

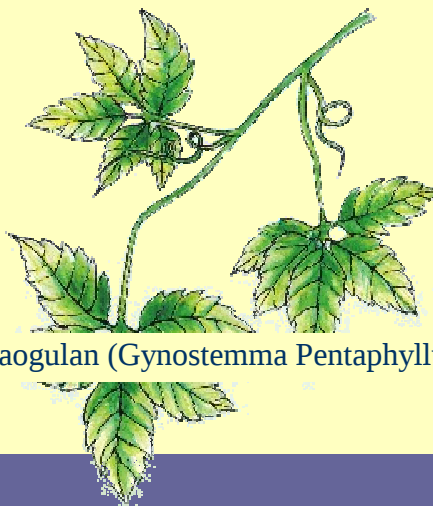
Jiaogulan

A miraculous plant from China spreads
its blessing into the West.

Due to its healing effect jiaogulan is applied when it comes to:

- **Cardiac insufficiency** (it improves the performance of the heart pump and consequently also the blood circulation)
- **High and low blood pressure** (the blood pressure is brought back to normal)
- High cholesterol level (jiaogulan lowers particularly the LDL level)
- Stroke and heart attack (jiaogulan inhibits the agglomeration of blood platelets)
- **Immunodeficiency** (lymphocyte activity is increased)
- **Disturbances in the blood count** (important for people who are going through radiotherapy)
- **Diabetes** (jiaogulan lowers the level of blood sugar and blood lipids)
- **Tumors** (jiaogulan contains substances which generate an antitumor effect, such as Rh2)
- **Stress** (jiaogulan has a soothing and balancing effect on the nervous system)
- **Metabolic troubles** (jiaogulan improves the blood circulation of the organs)
- **Athletes** (jiaogulan improves the mental and physical fitness and stamina)

jiaogulan is called “Xiancao” by the Chinese. Literally translated
Xiancao means “herb of immortality.”



Jiaogulan (*Gynostemma Pentaphyllum*)



A reaction of Peter Toth, Hungarian physician and distributor of Hungarian.

Hello Mr. Koehof,

Thank you for your support.

We have got very good experience with Jiaogulan that I can also see in my family. It had very positive effect on my wife, she feels much more energy. I feel calm and more quiet using Jiaogulan. My mother's pain coming from the nerves of her neck decreased, that we could not achieved, so far. There are also patients e.g. with cancer , colitis ulcerosa, who are very satisfied. Thank you very much for that nice experience.

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- Jiagulan, "The immortality herb".
- Reishi, "A health tonic for Caesars and kings".
- Virgin salt, "The European Himalaya salt".
- Healthy with Jiaogulan, Reishi and Virgin salt
- The new light, "A book to humanity".



Jiaogulan (five leaves Ginseng)

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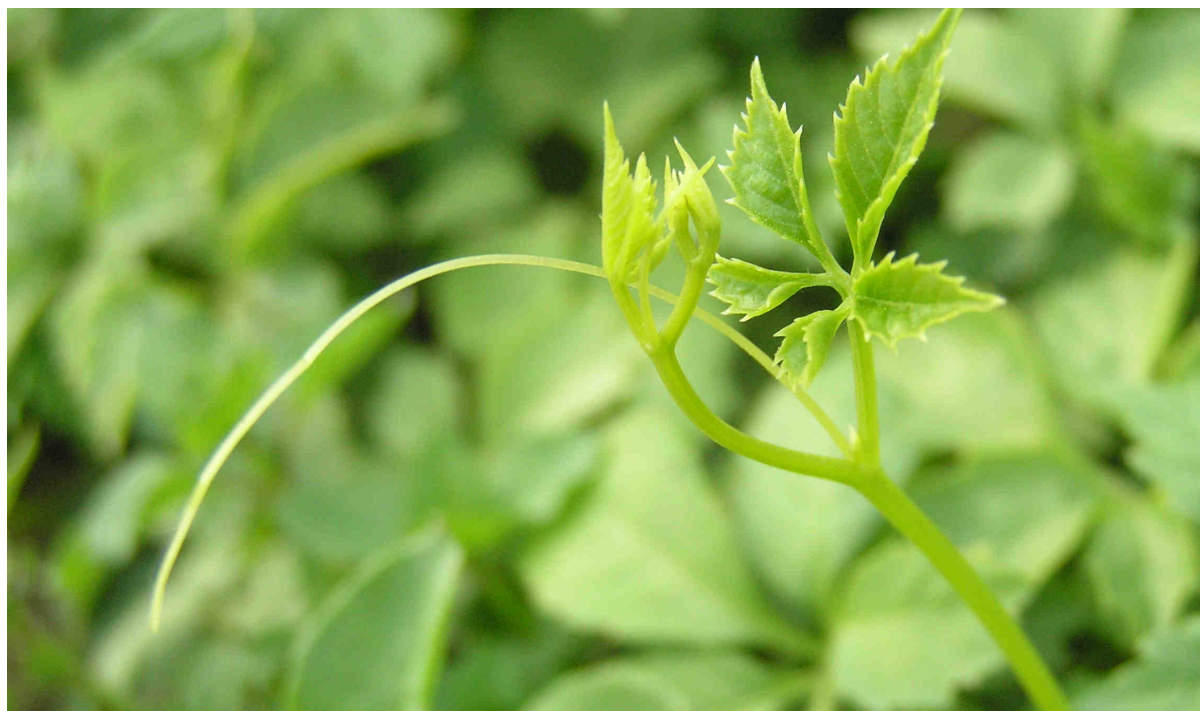
Preface

Motivated by the great success, the curiosity, and the excitement of people who had come into contact with coagulant, I felt the urge and the responsibility within me to gather precise and honest information about coagulant and to put it down in writing for all interested and medical oriented people.

These pieces of information are based on sources that are available for everyone through the internet. Hereby I would like to clarify that this brochure is not only based on my own accomplishments, but the work of all those scientists who have been enthused and inspired by coagulant, who have been attracted by it in such a way that they didn't shun effort and work and put much time and energy into research on the therapeutic properties and effects of coagulant

When I first came into contact with coagulant, I didn't know anything about its wholesome effect. For me, coagulant was not more than a tea that I found very well tasting, though, because of its sweet flavour. However, as luck would have it, I was able to get to know the properties of coagulant better. It may be my mission to open the door for coagulant to Europe and to inform people here about coagulant so that also people on this side of the planet could take advantage of this wholesome and miraculous herb.

With this brochure you are holding an interesting piece of information in your hands which you can also pass on to friends and relatives from which you believe that they might benefit from coagulant



1. Introduction



How come that a plant which the Chinese have known as “herb of immortality” for centuries had been entirely unknown in Europe up to the year 2007 and now, within a couple of months, this plant has been enormously successful.

It was October, 2006, when I first came into contact with coagulant. How this exactly happened I do not quite remember anymore.

I do remember, though, that I had read something in the internet about coagulant and so I ordered this tea this way.

I like drinking tea and I am open for new, varying flavours.

This coagulant tea, which had a sweet taste, I liked so much that I wanted to have more of it.

It more and more dawned on me that this tea was not available in the usual shops but only through the internet.

While searching the internet on this matter, I happened to find a page where I could order the seeds of the coagulant plant and even a whole plant. Both I had sent to me.

This was the beginning of an adventure that has changed my whole life.

I was fascinated by this plant without being able to explain what it really was that was so appealing to me. I also felt the urge from time to time to eat some leaves of this plant.

After further research in the internet, it turned out what kind of medical properties this plant had and what this coagulant tea could imply for the health of people.

I had the idea of importing the tea in small quantities from China to explore the reaction of a broader public to it.

In January, 2007, I got a license for an exhibition stand at a health fair in Zwolle, Netherlands, to introduce this tea there and to watch people's reaction to it.

At this fair, which lasted for four days, I distributed leaflets about coagulant, having only a simple table with two baskets full of coagulant tea.

On Saturday then, two ladies independently came up to me to buy some more refill packs of this tea, giving the explanation: “It really works!”

After further enquiry they told me that they had already bought tea on Thursday and now they were afraid that they could not get any more tea when the fair was over.

One lady told me that she had already lost some pounds. She constantly had to pass water and she assumed that her lymphatic system was being stimulated by the tea.

I was very surprised and excited to hear this face to face, for until then I had only read articles on the internet that claimed the tea's health improving effect.

The other lady told me that since she had been drinking this tea she had slept through during the previous two nights, something which she had not been able to do for a long time.

After the exhibition was over, I received more and more orders for this tea and soon I came to realise that this coagulant tea needs to be available to a broader public.

The only explanation I could come up with for the fact that this tea had not yet found its way into Europe were the barriers that had to be taken when doing trade with China.

I had gained some experience in doing business with China through my former work and so I was prepared for all kinds of difficulties that everybody faces while having the first contacts and transactions with China.

In this respect the first delivery that I received from China was very interesting.

I expected something like green tea but instead it looked more like straw and after I had had a cup, I also realized that it had no taste.

After some enquiries I was told that this really was Jiaogulan, it turned out, though, that I actually got the stalks, which are usually a by-product, and not the leaves. So it was Jiaogulan, though not the one which would have been useful for me.

This way I had to change traders some more times before I found some reliable and trustworthy contacts, which are the preconditions of a fair trade.

Eventually, I was rewarded for my efforts and today I am glad that I did not give in to disappointment. Today I have the privilege to work along Chinese people who do not only look after economic interests but also after the interests of the local farmers in the mountains of China, which have to make ends meet with the cultivation of tea.

After I was convinced of the reliability of my Chinese business partners, I was in a position to promote Jiaogulan seriously in Europe.

I was able to learn more about Jiaogulan and its effects during many fairs in the Netherlands and Germany where I sought the face to face contact with the final consumers. The next step, then, was to win shops and practices which would sell the tea. Now, half a year later, enquiries reach me from different parts of Europe, from people who wish to sell our Jiaogulan products.

The following enquiry clearly shows why Jiaogulan has been such a success story in Europe with increasing popularity.

Quote: “Dear sir or madam:

I have bought several packs of your tea at the dentist's. In the meantime, I am convinced of its healing effect. I could also fill some clients of my beauty salon with enthusiasm for it and I had them try some cups. I'd like to sell these Jiaogulan products in my salon. Please provide me with further information on how to do this.

Yours faithfully

R. Dooms-Meier”, (Netherlands)

In order to give a brief impression of the history and influence of Jiaogulan, I have done some research on the internet and have summed up the results from different sources and studies in this brochure.

I would also like to mention that Jiaogulan Europe aims at making a positive contribution to the health of people by means of information about Jiaogulan

2. Jiaogulan – history

Past (until 1970)

Jiaogulan is pronounced “jow-goo-lan”. Its botanic name is *gynostemma pentaphyllum*.

Literally translated, Jiaogulan means “twisting vine orchid.” Jiaogulan is a herbaceous vine that grows wild in different parts of China and other Asian countries.

The first accounts of Jiaogulan date from the Ming dynasty (1368-1644). Zhu Xia is the first to describe and draw the plant in his book “Materia Medica with malnutrition”. However, he only describes Jiaogulan as a food item that can be used during times of famine or lack of food.

Only later, in the year 1578, the famous herb physician Li Shi Zhen put down the first records about the healing properties of Jiaogulan in his book “Compendium of Materia Medica.” He mentioned Jiaogulan as medicine for: haemorrhage, edema, sore throat, heat and edema in the neck, and traumata. These were the first records that mentioned Jiaogulan as medicine. In those days, Jiaogulan was often confused with another plant called “Wulianmei 2”.

Later on, Wu Qi Jun worked out the notes of Li Shi Zhen in more detail in his book “Textual Investigation of Herbal Plants” and added several medical properties, whereby the proper application of Jiaogulan became clearer.

Jiaogulan has never been widely known as medicine. It used to be used only by the local people of the regions where Jiaogulan grew wild.

Originally, Jiaogulan used to grow exclusively in the southern mountain reaches of China (better known as the Old China), far away from central China.

Central China is the region where the pristine Traditional Chinese Medicine (TCM) has its origin. The reason why Jiaogulan has never been included in the system of traditional Chinese medicine is that people did not know the plant at all or too little. Jiaogulan has never been included in the standard pharmacology of medicinal herbs within TCM.

Later on, however, Jiaogulan was examined by an experienced TCM practitioner who described it as sweet, a bit bitter, neutral, warm, increasing Yin and supporting Yan. He said that it was applicable to increase resistance to infectious diseases and to prevent inflammations.

In the southern mountain reaches of China the tea used to be used as a stimulant. Before people went to work, they would drink the tea of the Jiaogulan plant to get more energy. After work, they took the tea to get rid of tiredness.

It was also used to promote health and it was well known as a fountain of youth. It was also used to treat colds and pulmonic troubles.

The indigenous people used to call Jiaogulan “Xiancao”, which means something like “herb of immortality.” They say: “It’s like ginseng, but better than ginseng.”

In a small village near the Fanjing Mountains, in the province of Guizhou, the percentage of people who are 100 years old is far above average. Scientific studies showed that people there mainly drink Jiaogulan tea instead of green tea.

Present (the development as from 1970)

In China

In 1972, a mixed group was formed of orthodox medical practitioners and Chinese practitioners using traditional methods who came from the town Qu Jing in the province of Yunnan.

They examined 537 cases of chronic bronchitis. This was the first account of Jiaogulan in modern Chinese medical literature.

Later, in the year 1987, a second study was carried out by 16 scientists, supervised by the pathologist Professor Jialiu Liu. This study had the support of the government of Guizhou. They ordered the Guiyang Medical College to carry out a study with respect to the natural resources of the region and to explore the economic possibilities that these would offer.

More than 100 plants were being examined. Later on, then, they exclusively concentrated on Jiaogulan, since they had discovered that this plant had many therapeutic and health sustaining properties. As a consequence, Jiaogulan was being used and tested in the Huiyang Medical College as well as in different other Chinese hospitals.

In Japan

Jiaogulan is also known as an indigenous plant in Japan. There it is called Amachazuru. *Ama* means sweet, *che* is tea, and *zuru* means vine. This name, sweet tea vine, characterises the phenotype of this plant very well.

Also in Japan, like in the Ming dynasty, this plant was known in the mountain reaches of Japan as a sweet tea plant and vegetable.

The great discovery of Jiaogulan occurred in Japan in the mid-seventies. At that time, Jiaogulan, or Amachazuru, was not known as a medical plant in Japan; however, like everywhere else in history, the great discoveries are made by people that are driven by scientific curiosity and hard labour.

In the sixties it was fashionable among scientists to find sweeteners as alternative to sugar. Though saccharides had been known for quite some time, they were constantly looking for new possibilities of extracting and producing sweeteners.

Dr. Masahiro Nagai, professor in the pharmacology of the Hoshi Pharmaceutical University in Hoshi, gives a report on his discoveries of the medical properties of the Amachazuru plant:

“I had worked at the “National Institute for Health” in the USA for two years (1969-1971), where we had carried out many studies with respect to the possibilities of using *Stevia* as a sweetener. *Stevia* is a safe alternative sweetener to replace sugar, but it doesn't contain any sugar in itself.

When I returned to Japan, I decided to locate the composition of another plant called *Amachazuru*, since I knew, owing to my pharmacognosy, that this plant had sweetening properties.”

When analysing the sweet components of *Amachazuru*, Dr. Masahiro made a peculiar discovery concerning the real components of *Amachazuru*. He observed that *Amachazuru* had many of the same components as *pantax ginseng*, though it was an entirely different plant. He made his discoveries public during a conference of the Japanese Association of Pharmacologists in Hiroshima in the year 1976.

In 1977, Professor Takemoto and his team of researchers read Dr. Masahiro's test results on *Amachazuru* and saw that further studies were carried out concerning the components of this plant. After he himself had analysed *Amachazuru*, he found out that *Amachazuru* had four of the same saponins as *pantax ginseng*. During the next ten years he discovered in further studies that *Amachazuru* had 82 different saponins, whereas *pantax ginseng* has only 28. The peculiar thing about this story is that these two plants are totally different, yet they contain the same important components, the saponins. This is a substance that is soluble both in water and in fat. If it is dissolved in water and it is shaken, it foams.

The saponins in *pantax ginseng* are called ginsenosides. When occurring in *Jiaogulan* or *Amachazuru*, the same are called gypenosides.

Professor Takamoto and his team tagged the saponins they had found with numbers from 1 to 82. In 1984, three studies were launched, through which the healing and supporting impact of *Amachazuru* became even better known.

During a swimming test with mice that had been fed with *Amachazuru*, it was evident that their activity, strength, and stamina were increased.

After a second test, it turned out that *Amachazuru* had tumour inhibiting properties..

After a third test, scientists found out that the plant had an adaptogenic effect.

Though these tests were only carried out with mammals, they did give a clear picture about the healing influences and areas of use in human medicine.

After these test results, tests with humans were inevitable. Also in these experiments evidence was supplied that *Jiaogulan* had tumour inhibiting and health improving properties.

Professor Takamoto passed away in 1989, and with him also the excitement about research on *Amachazuru* passed.

In the meantime, however, the interest of Chinese scientists in *Jiaogulan* had also grown. They more and more came to notice that in the southern reaches of China, this is where *Jiaogulan* grows, the percentage of people over 100 years was far above average, and, at the same time, the cancer rate was very low. Consequently, many scientists launched studies at the end of the seventies.

To this date, various scientific studies on *Jiaogulan* have been carried out and many pharmacological and therapeutic properties have been examined and written down. By now, more than 300 pages have been published on *Jiaogulan* in different renowned medical journals.

From a medical point of view it can be said that the scope of *Jiaogulan* is divided into two areas: Firstly, *Jiaogulan* has an adaptogenic effect, and, secondly, it has a highly antioxidant effect.

3. The antioxidant effect of Jiaogulan

Abstract

Many studies, e.g. one carried out by the Loma Lim University in 1993, prove that free radicals, due to their increased oxidant effect within the cell membrane, are the reason for many diseases, such as cancer, arteriosclerosis, diabetes, sciatica, liver diseases, arthritis, inflammations and an accelerated ageing process.

Many scientists who paid attention to Jiaogulan due to its highly antioxidant effect have been able to prove this effect in many studies. The results of all these laboratory researches lead to the conclusion that the gypenosides present in Jiaogulan will play a decisive role in the near future when dealing with the prevention of diseases like cancer, arteriosclerosis, inflammations, and liver diseases.

Experiments on animals showed that the gypenosides protected the animals against oxidative effects that were induced by external influences. At the same time, a significant effect against symptoms of old age was apparent. These are also associated with the presence of free radicals and their oxidative effect.

Clinical tests on humans discovered that Jiaogulan and the therein contained gypenosides have a healing effect when treating inflammations, contraction of the coronary artery, heart attack, and stroke. It delays signs of old age and infirmity.

Free radicals

The formation of free radicals in the body is a natural process that the body uses when eliminating undesired intruders, as well as bacteria, viruses, etc. by means of the immune system. Free radicals form during processes where oxygen is used (e.g. during physical exercise), but also through the influence of harmful substances, UV light, cigarette smoke, and air pollution. Also when suffering from certain diseases, such as diabetes and particularly chronic inflammations, free radicals can arise.

Free radicals are known as biochemical “bad boys” which according to estimates cause 80 to 90% of all degenerative diseases.

Free radicals have an unbound electron as a result of which these molecules are extremely reactive. If these are extant in larger quantities, they attack the regular functioning body cells and damage proteins, lipids, DNA and RNA structures, and produce so called *lipid peroxides*.

Lipid peroxides are very harmful, since they can provoke damage to the organism over a long period. This damage can manifest itself in the form of degenerative diseases, such as arteriosclerosis, diabetes, arthritis, early signs of age like wrinkled skin and cancer.

Protection of the body cells

Body cells are usually protected against free radicals by a number of antioxidant enzymes and by food with an antioxidant effect, as well as vitamin E, C, and beta carotene and other bioactive substances contained in food. Also selenium has a certain function in this process. To what extent these substances really contribute to the protection of free radicals has not yet been fully discovered.

If the balance between the number of free radicals and the defence of antioxidants is disturbed, free radicals can harm the body. Then we speak of oxidative stress. This can lead to cell damage and is likely to facilitate the development of different diseases, such as cancer and heart and circulation diseases. Also disorders of the central nervous system and signs of early ageing are associated with an over activity of free radicals, whereby these are not taken apart and cleaned up. And even if a substance has an antioxidant effect, this does not say anything about its ability to eliminate the damaging effect of free radicals. This is dependent on the fact whether the substance can be absorbed by the body in the necessary quantities and whether it is available at the right place (within the cell).

What is SOD and what is its function within the body?

Superoxide dismutase (SOD) is an enzyme that is naturally produced in the body. It neutralizes free radicals and actively opposes the production of lipid peroxides. The production of SOD varies from person to person, depending on one's life style. If the body does not produce enough SOD, i.e. a value of lipid peroxide below 5 mol/ml, oxidative damage might occur.

Jiaogulan activates the SOD production in the body, whereby free radicals are detected and eliminated.

Loma Lin University, California, 1993

The healing effect of gypenosides under an oxidative influence of phagocytes, occurring with damage of blood vessels and liver cells.

Dr. Li Lin:

In this study, scientists confirm the antioxidant effect of gypenosides (a component of the Jiaogulan plant) on white blood corpuscles, liver cells, and blood vessels. The conclusion was drawn that gypenosides eliminate the free radicals in cells and protect cells against further negative influence of free radicals. Furthermore they confirm that gypenosides even turn around the negative effect of free radicals on liver and blood cells.

Destructive free radicals in the brains

A study concerning the influence of Chinese antioxidant plants on SOD and MDA activity with mice which suffer from damage of brain tissue due to a chronic fluorosis. (*Chinese Journal of Endemic Diseases, China, 1998*)

Dr. Dain and his team examined the effect of Jiaogulan on mice that were suffering from a chronic fluorosis. Fluorosis is an intoxication that is evoked by an overdose of fluorides, something that is often used by scientists to imitate diseases that arise from the influence of free radicals. They concluded that the consequences of the effect of free radicals were reduced and that the SOD value increased. SOD is an antioxidant with a strong effect that the body produces by itself.

The results showed that Jiaogulan can be a good source of antioxidants, because through it the body gets stimulated to produce its own antioxidants. This is a more effective method than taking in antioxidants.

Antioxidants in the liver

The antioxidant effect of Chinese herbs on SOD activity, MDA activity, and on damage of tissue in the kidneys as tested on mice with chronic fluorosis.

Dr. Cheng got the same results as Dr. Dain when he examined the cells of the kidneys of mice suffering from chronic fluorosis. A decrease in symptoms occurred that had been caused by free radicals, and he could prove a significant increase in self produced antioxidants.

An SOD increase of 282%

The effects of gypenosides on SOD and MDA activity with middle-aged persons. (*Journal of Guiyang Medical College, 1994*)

Dr. Liu, a world renowned expert in the field of Jiaogulan, administered gypenosides to 610 healthy persons aged 50 to 90. They were given these for one month. Those aged between 70 and 90 showed a decrease in free radicals of 21.4 % and an increase in the production of SOD of 282.8 %. The group of people from 50 to 69 years showed a decrease in free radicals of 15.6 % and an increase in SOD of 116 %. A control group showed no changes. It follows from this that the observed effect results from gypenosides.

The removal of free radicals

The inhibitory effect of *Gynostemma pentaphyllum* under the influence of UV radiation as observed with bacteriophage 5 lysogenic *Escherichia coli*. (*Current Microbiology*, August 2001)

In this study at the Wuhan University in China, the effect of Jiaogulan on the growth of bacteriophages (viruses that attack bacteria) was being examined. It could be proved that Jiaogulan slowed down the growth of bacteriophages. It also came out by magnetic resonance imaging that Jiaogulan diverts free radicals from the body.

4. Jiaogulan and its adaptogenic effect

What is an adaptogen?

The term adaptogen has to do with adaption. It can be said that adaptogens support the body in regulating internal and external factors of stress. Adaptogens increase the natural resistance of the body thus actively preventing diseases.

Definition: An adaptogen is a substance that actively supports the body by having a balancing and regulating effect on it. An adaptogen must not be harmful to the body and may only have minimal side effects on the physiologic body functions. It must be able to bring the different body functions back to normal, regardless of their pathological condition, and has to have a non specific effect on the increase in resistance of the immune system. So an adaptogen is a substance with an ability to restore the natural condition or the balance of the body functions.

The term *adaptogen* was used for the first time by a Russian scientist named N.V. Lazarev. Later on, then, the term was further worked out and defined by his students, among others Brekhman.

Adaptogenic plants support the healing mechanism of the immune system by means of their nourishing properties and remove the causes for and results of illnesses. There are not many plants that are listed within the class of adaptogens. It can be assumed that one in 4000 plants falls into this category.

Jiaogulan fulfils all requirements that need to be met in order to belong to the group of adaptogenic plants. In fact, it is one of the plants with the most powerful effect of its kind.

In addition to saponins, Jiaogulan contains a great number of vitamins, minerals, and amino acids. Jiaogulan has a nourishing effect on the organs. It increases their blood supply whereby they can be better supplied with oxygen and vital cellulose, which are indispensable to the functioning of the cell metabolism.

Thereby Jiaogulan has an important soothing and strengthening effect on the whole nervous and hormonal system.

Jiaogulan takes a special place within the group of adaptogens, for not all adaptogens have such a broad spectrum of activity as the Jiaogulan plant. In a word, Jiaogulan takes effect where it is necessary. People that are weak and indifferent are reinvigorated by Jiaogulan.

People who suffer from cardiovascular conditions receive help.

People with hormonal troubles are helped by Jiaogulan

Despite the energizing effect of Jiaogulan, its tea can be drunk before going to bed without disturbing one's sleep.

If the body needs a rest, Jiaogulan gives restoring sleep.

Blood lipids and the blood sugar level are brought back to normal levels.

Organs get detoxicated.

The number of uses and properties could be elaborated on several pages, just like on the number of studies and scientific research on Jiaogulan that have been carried out.

5. Jiaogulan – an inexpensive alternative

Because Jiaogulan shows such a broad sphere of activity, both for therapeutic and preventive uses, many expensive dietary supplements can be replaced by drinking Jiaogulan tea daily, as a result of which many expensive health products can be omitted.

Jiaogulan is a plant that can be harvested several times a year, unlike the ginseng root, which has to grow in the soil for at least six years until it has fully developed its healing properties.

The cultivation and reaping of the plant is relatively economical. This is the reason why the Jiaogulan tea has gained popularity in Europe so fast, for compared to other health products this inexpensive tea is affordable by anyone.

Jiaogulan is a product that spreads very quickly due to its fast and positive effect on people. It is like the plant. Once it is properly rooted in the soil, it sprouts again from its rootstock, thus multiplying itself.

The Jiaogulan plant is very hardy and can endure temperatures up to -18°C (0°F).

It seems that this plant was only waiting to conquer Europe and that the Europeans had been waiting for the Jiaogulan plant.

Most people that come into touch with the Jiaogulan plant become very excited and taken with its effect and are happy to pass this on. This is the reason why we supply so much information: that the Jiaogulan tea can be passed on to many interested people, thus giving an opportunity to do something meaningful.

It is not only the salubrious properties of Jiaogulan that makes people so enthusiastic about it, also its sweet flavour is very appealing.

It is also thanks to the great popularity of ginseng in the west that Jiaogulan has been accepted so fast. Ginseng means something to young and old. When people talk about ginseng, everybody knows what is meant.

Jiaogulan is an inexpensive alternative to ginseng, while it has better and many more properties than ginseng.

It is not only less expensive, but it is also better digestible for many people.

It does not only have the same components as ginseng, but also even nearly four times more.

With every illness, Jiaogulan can be used additionally to assist the healing process.

Jiaogulan is a gift of nature to the people of this age.

6. Scientific research

Scientific tests from the year 1990 show that Jiaogulan increased the electrical resistance of the body and the condition of mice that had been exposed to high distress like anoxia, electric impulses, and high temperatures.

The same results were achieved with a group of 300 athletes that were compared to a control group. During competitions, the control group was administered a placebo, whereas all others received Jiaogulan. The athletes of the test group reported an increase in strength, alertness, and reflexes. They were also less nervous.

On the other hand, Jiaogulan gives rest and deep sleep to people that suffer from insomnia or nervousness.



During a study with 112 persons suffering from insomnia, 89 to 95 % of the test takers could report an improvement in their sleep.

The strong antioxidant effect of Jiaogulan is said to be its best property, since it cleanses the body from free radicals (these are toxic substances that accelerate the ageing process, cause brown spots on the skin, and intoxicate the body). The antioxidant effect protects the body from damage of the DNA (this can be evoked by oxidation).

The antioxidant effect is responsible for the fact that many of those enjoying Jiaogulan on a regular basis reach the age of 100, as it is the case in China.

A study of the Loma Linda University documents the antioxidant effect which is due to the fact that some constituents of the plant work against damage caused by the influence of oxidative processes.

The researchers drew the conclusion that the highly antioxidant effect of gypenosides, the active constituents of Jiaogulan, could be of great value when it comes to preventing and treating different conditions, such as arteriosclerosis, liver diseases, and inflammations.

Another outcome of the study concerning the antioxidant effect of Jiaogulan is that an antitumor effect could be proved.

Certain experiments on animals have been carried out in which rats had been fed with Jiaogulan before they were administered a carcinogenic substance. After 18 weeks the rats were examined. Not only was the number of tumours in the test group smaller than in the control group, but also the cancer developed in the rats being fed with Jiaogulan only after six weeks, although the rats were administered a carcinogenic substance on a daily basis.

Also clinical studies proved that Jiaogulan increased the natural activity of killer cells and the body's energy to fight against the tumour

Jiaogulan assists the body in reproducing white blood corpuscles. This is especially important for people who have finished or are presently going through a chemo or radiation therapy.

The immune system gets strengthened by increasing the number of lymphocytes and activating them.

Very high and very low blood pressure are both dangerous for one's health. They can evoke a number of diseases and conditions , e.g. heart attack or stroke. This is a serious condition that must not be underestimated.

Jiaogulan normalizes the blood pressure in both cases.

Moreover, in a clinical study performed on 223 patients suffering from high blood pressure, Jiaogulan was administered along with ginseng. The results were amazing.

82 % of the patients that were taking Jiaogulan reported an improvement in their state, whereas only 46 % of those taking ginseng did so.

Jiaogulan has a strong influence on people who are suffering from a high cholesterol level.

Numerous clinical studies show that the dangerous LDL value is lowered and the HDL value is raised. A lowered LDL value helps to prevent arteriosclerosis and stroke. Jiaogulan also stops the formation of plaque whereby a possible heart attack can be avoided.

Scientists have discovered that gypenosides strengthen the heart contraction, as a result of which the effectiveness of the heart's pump mechanism is improved.

By strengthening the heart function, Jiaogulan lowers the strain on the heart muscle, thus improving its pump mechanism.

Because of this property, Jiaogulan can be helpful for people who are active, hard working, or doing sports. It helps the body to regenerate fast.

Studies proved that Jiaogulan increases heart emission without increasing heartbeat or blood pressure.

However, the heart is not the only organ where Jiaogulan has its positive effect.

Jiaogulan also protects the liver against toxic influences.

Jiaogulan was administered to 100 cases with hepatitis B over a period of three months. As a result, 89 % of the subjects showed an improvement in their health. Another study, this time performed on 200 patients, had the same results.

Also further studies showed that Jiaogulan can protect the liver against the toxic influence of chemicals like carbon tetrachloride.

The lung function gets strengthened by Jiaogulan as well.

Jiaogulan is an effective remedy for conditions like bronchitis. This was the original area of use of Jiaogulan

In a study with 86 patients suffering from bronchitis, Jiaogulan could effect an improvement in 92 % of all cases.

In another study performed on 46 diabetics, 89 % reported improvement in their conditions after a treatment with Jiaogulan. Another study had equally good results.

7. The therapeutic effects of Jiaogulan

Improvement in the heart function

As proved with experiments on animals, Jiaogulan improves the muscle contraction (pump function) of the heart muscle. That is, the heart needs to work less while pumping the same amount of blood through the body.

It could even be proved through studies that Jiaogulan achieved better results than ginseng.

Clinical studies in which gypenosides were administered showed that their properties had a cardio tonic effect on patients.

Because of these test results, Jiaogulan is very interesting for people who do competitive sports, since competitive sports persons often reach their maximum potential. Jiaogulan improves blood supply and oxygen supply to the organs, thus improving the athlete's condition and stamina.

Jiaogulan lowers high blood pressure and raises low blood pressure

Hypertension is diagnosed when the systolic blood pressure rises above a value of 140 mmHg and the diastolic blood pressure is above 90 mmHg. High blood pressure can cause serious damage to the brain, kidneys, or heart. On the other hand, we talk of hypotension, an abnormally low blood pressure, when the systolic value is below 80 mmHg and the diastolic one below 60 mmHg.

Hypotension can cause lack of oxygen in the brains which can result in a sudden feeling of faintness.

Both, high and low blood pressure, are often treated with gypenosides in China. They balance a low as well as a high blood pressure.

Jiaogulan lowers the cholesterol value of the blood

Also in experiments on animals results showed a cholesterol lowering effect of Jiaogulan

The excessive amount of blood lipids can cause liver conditions and arteriosclerosis (a cardiovascular condition). Cardiovascular conditions are the number one cause of death in Europe.

Studies performed on patients showed that the LDL value (unhealthy blood lipids) was lowered and the HDL value (healthy blood lipids) was raised.

HDL supports the metabolism, as a result of which cholesterol is converted and so it cannot cling to the arterial walls. This prevents arteriosclerosis, heart attack, and stroke.

More than 20 books are available in Chinese literature on the cholesterol lowering effect of Jiaogulan

Jiaogulan prevents heart attack and stroke

Jiaogulan causes the blood platelets not to stick to one another. The sticking to one another of platelets (plaque) is the basis for a heart attack or stroke.

When plaques come off from blood vessels, these can cause a heart attack or thrombosis in the brain, with all its consequences.

Experiments showed that small quantities of gypenosides dissolved in water work against adhesion of platelets and also break up and clear up plaques.

Jiaogulan can raise body resistance

Jiaogulan can stimulate the production of new blood corpuscles. This is vitally important during times of illness or after an illness. White corpuscles support the healing process which results in faster recuperation.

It was proved that people who were going through chemo or radiation therapy could accelerate their recuperation by taking in gypenosides which caused an increase in white corpuscles.

Improvement of the immune system

Through laboratory research and experiments on animals it has been proven that Jiaogulan can evoke a lymphocytosis. Lymphocytosis designates an increase in the number of lymphocytes that are normally extant in the blood in an inactive state. This confirms that Jiaogulan can be used with people that are suffering from an immunodeficiency or low immunity caused by a chemo or radiotherapy.

Through an increased resistance or a strengthened immune system, the body is also better protected against a number of infectious diseases that are evoked by bacteria, viruses, parasites, or other influences. This is also true for different kinds of cancer that are caused by viruses or bacteria.

It would be interesting and sensible to test the effects of Jiaogulan on Aids patients.

Diabetes mellitus

During experiments on rats that were fed with Jiaogulan for four weeks, it was proved that blood sugar, insulin, triglyceride, cholesterol, and MDA values were lowered significantly and SOD values were raised. During clinical studies, 64 patients with diabetes mellitus received Jiaogulan over a period of eight weeks. The result was that blood sugar, glycol haemoglobin, cholesterol, triglycerides, the LDL value and the viscosity of the blood were lowered to standard values, whereas HDL values were raised. 89.1 % of all subjects reported improvement afterwards.

Moreover, a second study, which was performed on 80 patients with diabetes mellitus type 2, had similar results.

Liver complaints

The positive effect of Jiaogulan is also proven with damaged liver and hepatitis.

During experiments on animals, scientists observed that Jiaogulan was able to protect liver cells of rats against destructive damage that was evoked by administering toxic substances. 89 out of a hundred patients with damaged liver reported satisfying results. A second study with 200 patients had the same results.

Bronchitis

Originally Jiaogulan was used by the natives of China as a remedy for bronchitis.

A study with 86 patients, which were given Jiaogulan tea, showed a positive result of 93 %.

The therapeutic areas of use that are mentioned here reveal which health-improving properties Jiaogulan has. This is also the reason why worldwide so many studies have been carried out on the areas of use of Jiaogulan

These outcomes are also responsible for the fact that Jiaogulan is used by many therapists in China.

It seems that the time has come now that medical and non medical practitioners and the whole healthcare industry may get to know the high value of Jiaogulan

8. What is the function of saponins and polysaccharides

The saponins are held responsible for the therapeutic results.

Saponins are sugar compounds that are formed of two components. Saponins are soluble both in water and in oil and when shaken they foam like soap.

The structure of saponins is very similar to that of steroid hormones. Steroid hormones are extant in human and animal bodies by nature and play an important part in many bodily functions.

These substances similar to steroids have no hormonal function, but they make sure that the body remains balanced.

The saponins are the active components and contain the secret of a vitalizing and balancing therapeutic effect.

Jiaogulan contains 82 different kinds of saponins four of which are similar to those of pantax ginseng, though these belong to two different families of plants.

The advantage of Jiaogulan lies in the fact that it can be used by people who cannot easily digest ginseng.

Besides the saponins, Jiaogulan contains flavonoids, polysaccharides, amino acids, vitamins, minerals, and trace elements.

The polysaccharides

Many studies have been carried out over the last few decades that looked into the effect and the function that sugar has on and in our body, certainly generated by the high increase in the sugar consumption in the last 30 years (on average 50 kg per year and capita) and the resulting negative effect on people's health (increase in diabetes of 700 %). These studies have shed new light on the functions that sugar fulfils in our body. First of all, it must be acknowledged that not all kinds of sugar are harmful to the body. We must not make the mistake to lump all kinds of sugar together, for there are “good” and “bad” types of sugar. The “bad” types make you sick when consumed immoderately. These are the refined types of sugar which actually have nothing in common with natural sugar.

In order to function well, the body needs sugar. For instance, our connective tissue, enzymes, hormones, and saliva consist of sugar-protein compounds (glycoproteins), and nearly all biochemical reactions within cells take place under the influence of these sugar compounds.

These glycoproteins, among other substances, induce goal-directed activities within the cell.

There are eight essential sugar compounds that the body cannot produce by itself, which, however, are indispensable to the body for a good health. How important these are becomes clear when we realize that five out of these eight compounds are extant in mother's milk. Two of these compounds we take in through our “regular” diet, i.e., glucose and galactose.

38 enzymatic processes are necessary to convert one essential sugar into another one.

These essential sugar compounds also constitute a part of our immune system and of cell communication.

They cling to the cell membrane's surface (surface sugar); this way they form an effective indicator that passes on signals as to whether a cell is healthy, ill, or dead. Macrophages, which palpate the cell wall, receive information through these surface sugars about the condition of the cell. This is, they are told whether a cell is healthy or ill and are then coordinating further action within the immune system.

This way, ill, malignant, or dead cells are localised by macrophages by means of surface sugars and then cleared up.



These sugar compounds do not only support the immune system, but also help when having poor health, as well as degenerative joint conditions, and to defend bacteria, viruses, funguses, and parasites. Even with ageing troubles, stress, diabetes, and skin related troubles, or hyperactive children, these sugars offer promising therapeutic possibilities (*Sugars that heal*, E.I. Mondoa en M. Kitel).

9. Old tradition and modern science

Traditions have played an important part in China for ages. These traditions go back to a number of cultural patrons, who ruled public life and manners, something which the Chinese like to hold on to.

If we as West Europeans do not respect these traditions, then it will be difficult to get on with these people and to get in touch with them.

Generally it can be stated that with the Chinese the public at large and the commonwealth are more important than the individual. Here in the west quite the reverse is true. We spare no effort to enhance our individuality (also called selfishness).

These strong contrasts and the quest for harmony in our environment express themselves in social structures (family, education, work, social interaction, sports, and in medicine).

This has also led to strong hierarchical social bonds, something the Chinese like to hold on to and to submit their manners and customs to.

This attitude fostered that a great respect for old values and ancient traditions has been retained, both in philosophy and medicine, as a result of which the “Traditional Chinese Medicine” (TCM) is even today highly esteemed and has the same status as modern Western medicine.

Also this is in stark contrast with the western mentality and attitude where it seems that the pharmaceutical industry and physicians do everything possible to ban naturopathy and everything that is natural and based on ancient knowledge.

Because the Chinese know how precious this passed down knowledge is and because they preserve it out of respect for their ancestors, this ancient knowledge has not been replaced by modern methods, but their therapeutic effect has been scientifically examined.

The healing power of Chinese herbs has meanwhile been proven – e.g. there are many medicaments available on the market in which Chinese herbs are used because of their active substances. Also the use of traditional Chinese medicine has been expanding more and more in the west.

This shows that it is possible that old knowledge and modern science join hands and complement each other.

The best examples are the above mentioned studies in which modern research gives outcomes about the different uses of Jiaogulan, though certainly not all questions have been answered yet and there is more that needs explaining.

10. The cultivation of Jiaogulan

Jiaogulan is a climbing plant and though it belongs to the family of pumpkin plants (*cucurbitaceae*), it does not bear the typical fruit.

More than 13 different types are known that stem from gynostemma. Most of them, especially pentaphyllum, grow in southwest China, while different types are also found in other Asian countries. Pentaphyllum is certainly the best known, and meanwhile it has been cultivated as a tea plant in many countries. Also most research has been done on this Jiaogulan plant, however, the other genera have been examined as well and the same properties have been found..

Some less known types are the three- and seven-leaved Jiaogulan These, however, contain more bitter constituents and do not taste as sweet as the five-leaved Jiaogulan

Some types are still found wild in the provinces of Shaanxi, Yunna, Guizhou, Guangxi, and Huan. Jiaogulan grows on the higher situated plains where the climate is warm and humid. Jiaogulan loves

moist soil with a lot of sun and warmth and a shady environment. Jiaogulan does not grow well in a cold climate. In this case, the best environment for it to grow is a green house or a warm living room. The plant withers in the winter, but new shoots sprout again from its root in spring. The Jiaogulan plant is hermaphroditic, that is, it is both, male and female and has to grow together with other Jiaogulan plants in order to bring forth fertile seed.

During the summer, the plant bears grey-yellow blossoms. The female plant bears berries that later, when ripened, grow black and carry the seed.

The plant can be reproduced by planting seeds or by cutting off a stalk that has to have at least one leaf. Then you put this into the ground and cover it with some soil. It takes about twenty days until the stem forms roots. After that you take the plant out of the soil and cut the stem slightly near the root. This helps the plant to form more extensive roots and to grow better.

Jiaogulan is a fast-growing plant that can easily grow up to 2.4 " overnight.

When leaving the plant outside during the wintertime, it is sensible to cover the root with some peat. When cultivated in one's living room, the plant continues growing all through the winter and its leaves can also be used then to prepare tea.

Jiaogulan can be harvested a couple of times a year, though measurements showed that the cultivated plant has the highest concentration of gypenosides at the beginning of the summer, whereas wild-growing plants contain most gypenosides in August.

The season in which the plant is harvested and the composition of the soil strongly influence the taste of the plant.

(I have often received feedback of people who wanted to know for what reason the tea sometimes tastes differently. The reasons have been explained in the paragraph above. It is possible to neutralize the differences in taste by adding flavours, but this would impair the quality).

A cry for help of an enthusiastic owner of a Jiaogulan plant.

Hi. My Jiaogulan has developed two seeds, and I am very proud of this. But how do I proceed? When are they ripe and do I just put them into the ground? Or do I have to open the small shells? How deep do I put them into the ground? Under which circumstances do they sprout best? I know, I have a lot of questions, but I am very excited about what's happening. Are you able to help me and to answer my questions? This would be really kind of you. Thank you very much in deed.

Kind regards

Andrea



11. Preventive and therapeutic use

Tea: To improve vitality and to prevent different illnesses, Jiaogulan tea can be drunk daily. According to your needs, you can drink one cup and up to one litre of tea.

Capsules: The following chart is put together according to doses as they were administered in medical studies.

For an antioxidant protection		100 mg/ 1 to 2 times a day
For an adaptogenic effect		100 mg/ 1 to 2 times a day
To strengthen the cardiovascular functions		100 mg/ 1 to 2 times a day
To prevent different diseases		100 mg/ 1 to 2 times a day
When having high blood pressure	- preventively	100 mg/ 1 to 2 times a day
	- therapeutically	100 mg/ 3 times a day
When having high cholesterol values	- preventively	100 mg/ 1 to 2 times a day
	- therapeutically	100 mg/ 3 times a day
To improve one's blood values	- preventively	100 mg/ 1 to 2 times a day
	- therapeutically	100 mg/ 3 times a day
To support the white blood corpuscles	- preventively	100 mg/ 1 to 2 times a day
	- therapeutically (when going through chemo or radiotherapy)	100 mg/ 3 times a day
To strengthen the immune system when having different chronic diseases or after surgery		100 mg/ 3 times a day
When having diabetes, liver complaints, infections of the respiratory tracts		100 mg/ 3 times a day

12 Medical prevention

These days, as many people are ill and burdened, one out of three suffers from cancer according to the statistics (only some time ago it was one out of four). Moreover, more and more “age and lifestyle-related diseases” crop up at a young age (already children are affected by diabetes) and people's resistance is decreasing, as a result of which new diseases arise every year. In the face of these facts we can justifiably ask, “who is still healthy and when will it strike us.”

However, despite the negative reporting on the state of health of people, it is possible indeed to stay healthy up to an old age.

The magic word is called *prevention*.

It is the force of habit that does not have us do something for our health until we are affected. As long as we are healthy and feel “fine”, everything is all right, isn't it?

A disease does not develop within two or three days like an acute flu. Often years of deficiency symptoms precede a disease. If we do not get enough of certain minerals or vitamins, we feel nothing at first, because the body takes the biocatalysts (i.e., vitamins) that it needs for the cell metabolism from neighbouring cell tissue, as well as from blood vessels, nerve tracts, bones, etc., thus damaging the body until it cannot carry on living healthily. Only after years do people startle and come to realize that they are ill. Sadly, for many it is often too late then.

If we have a look at our food thoroughly, we will realize that our fruit and vegetables contain only 20 – 30 % of the precious vitamins and minerals they formerly had. Soil pollution, soil lixiviation through over-dunging and artificial fertilizers, harvesting of unripe crops, long storage times, radiation, and transportation over long distances are the reasons for that. In addition to that, extended cooking times completely mess up the food.

Our body cells need many vitamins and minerals for an optimal functioning of the cells (a fire does not burn without wood, either). Vitamins and minerals are biocatalysts. Without them a cell cannot fulfil its function. Therefore, if they are not available in sufficient quantities, a dysfunction arises and sooner or later one falls ill. This process can be going on for years without being noticed. During this period the immune system is commissioned to take up and divert or regulate all processes that do not run regularly, as a result of which everything can continue as well as possible. We all know people around us who had never had “anything” and then, suddenly, they were diagnosed with an incurable disease.

However, if the immune system has already been weakened, it is not able to regulate the smallest fluctuations and one develops all kinds of symptoms and illnesses at an early age, something which often brings about extensive medical treatment.

We more and more often hear the statements that tell us how vitally important a strong and healthy immune system is. The choice of immune strengthening products is wide and everything is recommended as absolutely necessary, though the products are often overpriced.

Do we really need all this?

No, of course not. The only thing we need is a positive and open attitude towards life while we develop the awareness that we have to give our body what it needs. This means first of all a healthy (organic) diet. What is important is the quality not the quantity. People still have the same eating habits as in former times when people thought that they had a “good” meal when they had a full table in front of them. These days, however, one can eat large amounts of food and yet the body does not get what it needs, because the food does not contain any vitamins, minerals, and other nutrients that are important to the body. And this is exactly the point where many people treat their body too carelessly.

A sound diet keeps our body healthy and strong. This way all functions on the cell level can be carried out correctly which is all we need.

At this, however, it is always advisable to do something “extra” for the body to give it a reserve for times of acute stress or of an acute illness.

A strong and well functioning immune system is the key to good health.

The main activity of our immune system starts in the bowels. Our gut flora is part of the immune system. If we have a good gut flora, we can take in all nutrients like vitamins and minerals, which our cells need for metabolic processes, from our daily food. If we support our gut flora with organically pure food (i.e., without chemicals and medicine), we are already on our way to a better health.

Moreover, we can support our immune system with herbs that are found in nature.

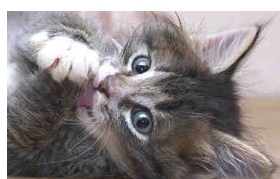
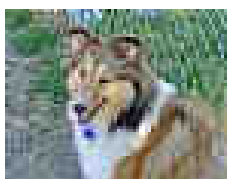
This principle of prevention has been known in Chinese medicine for a long time. Two of the most important herbs of Chinese naturopathy are *Reishi* and *Jiaogulan*.

Both herbs have been scientifically examined for 20 and 30 years, respectively, and though they are nearly indispensable to an optimal health, people in Europe had never heard anything of them until recently, in fact, they were virtually unknown.

Especially in these days both medicinal herbs are vitally important, since they have their effect where there is the greatest need worldwide, i.e., on our immune system.

13. Jiaogulan and animals

We are receiving more and more questions of owners of animals as of whether Jiaogulan can also be taken by animals and how it is administered best to them.



Jiaogulan is a plant whose leaves can be eaten without hesitation. In times of hardship, when there was little to eat, the locals used to eat the leaves of the Jiaogulan plant as a substitute for vegetables.

The leaves were usually only used for making tea, or they were eaten before doing hard work or afterwards.

Jiaogulan contains many nourishing and vitalising substances that strengthen and balance the body when it has become ill.

Just as it is the case with food for humans, also animal feed is no longer natural, as substances are added to increase taste and the appetite of animals.

These days it is nothing unusual that animals sooner or later get similar diseases of civilization that already affect humans.

Just like Jiaogulan has its effect on humans, it also has its effect on animals, of course, and sometimes it is even more effective with animals, since they are closer to nature than we are.

Dog food with Jiaogulan

At first we could hardly believe, but we have truly found dog food of highest quality to which Jiaogulan and cats claw have been added.

Relevant information on the composition of this feed you find on our website at www.jiaogulan-europe.com

Here's some feedback from the Dutch veterinary practice "The Animal Health Garden":

Dear Mr. Koehof,

With much interest I have read the brochure on Jiaogulan and I have studied the composition of the dog food.

This dog food has a very interesting composition, because many (skin) problems of dogs and cats (indirectly) arise from gluten/ wheat.

In this feed bananas are used as a basis for carbohydrates, something completely new to me. In combination with the herbs it could be a good nourishment for allergic dogs.

Yours faithfully

Lonneke Kerkenaar,

Natuurgeneeskundige voor Dieren

The Animal Health Garden

Jiaogulan in veterinary medicine

Because we also have veterinarians among our costumers, I have asked them how they use Jiaogulan in practice.

Small animals (cats, dogs) can be given Jiaogulan in form of a capsule of 100 mg (three times a day, wrapped in some meat). Bigger animals (horses, cows, sheep) are given Jiaogulan as loose tea mixed into their fodder (10 grams daily).

14. Jiaogulan products

Due to its therapeutic effect, Jiaogulan is used as herbal infusion or as medicinal plant with all its components.

Because gypenosides are mainly responsible for the healing effect and since they become more and more famous within Europe and North America, more and more products are launched into the market that contain gypenosides.

The traditional way of having Jiaogulan as a tea is being replaced by using products that contain extracts of gypenosides.

These may be products that contain exclusively gypenosides as active substances or products that have other active ingredients in addition to gypenosides.

Many herbal practitioners stick to the natural form of the plant, since they are convinced that the constituents as they are found in the plant enforce each other (synergy), thus being most effective.

Jiaogulan tea: The most common type of use of Jiaogulan is the tea, which is extracted from its leaves.

People in China drink a lot of tea, something that makes them appear vigorous and of great stamina.

The tea can be made from freshly plucked leaves (if you have a plant of your own) or from dried leaves.

The taste can range from sweet and slightly sweet to bitter, depending on the concentration of saponins.

Would you like to get to know Jiaogulan or Jiaogulan products? Then I recommend the company Jiaogulan-Europe. They offer inexpensive Jiaogulan of superior quality.

All Jiaogulan products have been tested by an independent laboratory for pesticides, heavy metals, and microbiology.

See test results at the end of the brochure.

Jiaogulan capsules: These capsules contain 100 % Jiaogulan extract in vegetarian capsules (100 mg Jiaogulan extract per capsule).

The dose for healthy people who want to take Jiaogulan as a prevention against sickness and disease should be 300 mg per day (a capsule of 100 mg three times a day).

When being ill, the dose should be doubled, and when suffering from diseases that are diagnosed as being incurable, the daily dose should be even tripled.

Jiaogulan beauty care: Jiaogulan is used for beauty care products due to its antioxidant properties.

A new natural beauty care has been on the market under the name “Jiaogulan Anti-Aging Cosmetics” since 2008.

Jiaogulan, Reishi, and Pai Mu Tan tea-extracts are used to make this Jiaogulan - natural beauty care on the basis of pure coconut oil.

Where is Jiaogulan available?

We are trying hard to get Jiaogulan more known by the public.

If there are no shops in your neighbourhood, you can still draw the shopkeepers' attention to Jiaogulan and ask them whether they would like to take it into their assortment.

At any rate, you can also order Jiaogulan via the internet at www.jiaogulan-europe.com

The different names of Jiaogulan

Gynostemma pentaphyllum (botanic name), Jiaogulan (China), Xianco (China, local name), Amachazuru (Japan), Dungkulcha (Korea), Five leave ginseng (Thailand)

15. Jiaogulan natural beauty care with Jiaogulan, Pai Mu Tan, and Reishi

Jiaogulan cosmetics solely use natural, skin friendly substances for our high quality Jiaogulan Anti-Ageing Natural Beauty Care. Therefore it is suitable for all skin types, especially for sensitive skin.

The cosmetic programme is divided into two areas:

- Jiaogulan Anti-Ageing programme
- Jiaogulan skin care programme for men and women

Jiaogulan Anti-Ageing Natural Beauty Care is especially suited to the technology of our ultrasound unit along with its corresponding concepts of treatment.

Jiaogulan Anti-Ageing Gel and Anti-Ageing Creme were both developed according to the state of the art in skin research.

By optimizing the natural components with an optimal concentration of active agents, we achieve the best treatment results possible.

Jiaogulan Natural Beauty Care contains apart from anti-ageing components the following valuable natural constituents: extracts of Jiaogulan, Pai Mu Tan, and Reishi; composed on the basis of pure coconut oil.

Jiaogulan is an adaptogenic, therapeutic plant from China with components similar to those of ginseng. These components are responsible for the fact that Jiaogulan has become a “star” among the therapeutic plants. Components like saponins and glycosides have a provable, healing effect on the blood circulation.

They positively influence the hormone system and regulate the central nervous system. Especially during times of stress, the plant is able to harmonize malfunctions of the organism and sexual disorders. One of the most important properties, however, is the antioxidant effect by means of which toxins are eliminated.

Pai Mu Tan is made from the buds of the tea plant. The young leaves of the tea plant are plucked and dried before they sprout. In this state, in which the buds are still closed, the leaves still contain all ethereal oils. Pai Mu Tan contains four times as much polyphenol as green tea, which has gained such popularity particularly because of its polyphenols. Polyphenols are also substances which have a strong antioxidant effect. The combination of Jiaogulan and Pai Mu Tan in one cosmetic product is unique. Both plants have a strong cleansing and rebuilding effect and are now united in Jia, the anti-ageing, natural beauty care. The antioxidant effect works against age spots.

Age spots develop when toxins (oxidants) are deposited in the body. Deposits under the skin appear, then, as brown spots (age spots). The age spots, however, can be repaired. Therefore we recommend to drink Jiaogulan tea daily in addition to using Jai natural beauty care.

Red Reishi (ganoderma Lucidum) is, just like Jiaogulan, one of the most effective medical herbs that have caught the attention of scientists in the last twenty years. Meanwhile, many scientific studies have been carried out concerning its medical and therapeutic use.

Reishi is a very significant food supplement that gives new power and energy to a weakened body, as a result of which the condition of the body improves and a feeling of being healthy is restored.

- Reishi stimulates and improves the oxygen transportation
- Reishi nourishes and cleanses the skin and facilitates the elimination of waste products.
- Reishi gives the skin a new, natural appearance.

For an optimal skin care we have developed a beauty care programme on the basis of coconut oil.

Coconut oil is an oil that has the smallest molecular structure among all natural oils. This makes coconut oil the ideal oil to make cosmetic components have their effect on the skin. Already the old Indians knew that and used coconut oil in their Ayurvedic medicine thousands of years ago.

Ultra protection with coconut oil

- Coconut oil has an antibacterial effect, similar to a deodorant. The bacteria that are responsible for body odour are no longer able to thrive when coconut oil is used.
- Coconut oil has a natural UV protection, as a result of which the skin is naturally protected against strong sun radiation.

Jiaogulan natural beauty care has been developed on the basis of natural ingredients and supports the smoothing of the skin. Jiaogulan natural beauty care can also be used with sensitive skin.

The programme of Jiao natural beauty care consists of the following skin and body care products:

Anti-aging ultrasonic gel, Anti-aging aftercare creme (supports a treatment with ultrasonics), Anti-aging eye crème, Anti-aging care creme for men, All-care 24-hour creme (can be used as day and night creme), Skin cleaning lotion and Peeling creme for face and body.

More information on these products is provided on our website at www.Jiaogulan-cosmetics.com



Jiaogulan (Gynostemma Pentaphyllum)

16. Press

Newspaper article

Article from the magazine “Raum und Zeit” (*Time and Space*), January 2008

“Herb of immortality” and “ginseng of the south” are the folkloric names of Jiaogulan (*Gynostemma pentaphyllum*), a vine native to the Asian rain forests.

Now, after barely 20 years of medical research, this unapparent plant has become one of the most renowned therapeutic plants. Physicians include Jiaogulan among the elite group of adaptogens; these are non-poisonous plants with a universal, so to speak, intelligent healing effect: According to the need, they stimulate weak body functions and diminish certain substances in the body. At the same time they strengthen the immune system and give wholesome health – mind you, without any side effects. Also ginseng, Ling-Zhi mushroom (*Reishi*), schizandra (*Schisandra chinensis*), and ashwaganda (*Indian ginseng*) belong to this elite class of therapeutic plants.

Jiaogulan with the healing powers of ginseng

Jiaogulan: intelligent healing power without side effects

Scientists of the Japanese Ehime University, the medical universities of Guiyang and Hengyanm, the University for Traditional Chinese Medicine of Shanghai, and the Loma-Linda University in California have done research on Jiaogulan and confirm: Jiaogulan improves the supply with nutrients of all inner organs and the cardiac output and by that the whole blood circulation. It positively influences the hormonal system and regulates the central nervous system. Especially during times of stress, the plant balances malfunctions of the organism and sexual disorders.

Moreover, it protects the liver and regulates cholesterol values and the fat metabolism. Also its antioxidant effect is particularly important, by which cells are protected against untimely ageing. This way, Jiaogulan stimulates the effusion of superoxide dismutase (SOD), a very strong antioxidant which is produced by the body, but less with advancing age. Many studies that have been published in the renowned “Journal of Traditional Chinese Medicine” prove: Jiaogulan helps prevent stroke, heart attack, arteriosclerosis, and many other diseases and it can reduce the number of carcinogenic substances in the body.

It was only by accident that Dr Tsunematsu Takemoto discovered that Jiaogulan contained the same active substances as ginseng when he was looking for new sweeteners about 20 years ago – though the two plants have nothing in common botanically speaking. But, compared to ginseng, Jiaogulan has the tremendous advantage that the leaves can be harvested year after year, whereas it takes many years until a ginseng root has accumulated enough active substances. Only some years ago people started to cultivate Jiaogulan professionally, previously only wild growing Jiaogulan was gathered. Now Jiaogulan is also available here, as tea or crushed herbs.

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18. Laboratory test results in respect to pesticides, heavy metals, and microbiology

No. W2008-01-0570
365264

**National Centre for Quality Supervision and
Testing of Processed Food(Guangzhou)**

Test Report

Page 1 of 2

Sample Name	Jiao Gu Lan	Production Date/Batch No.	-----
Trademark (Type / Specification/ Grade)	I	No. of Application Form	365264
Inspected Organization	-----	Sort of inspecting	Commission Test
Entrusted Organization	Sanleaf Trading Corp. LTD.	Amount of samples	500g
Producing Organization	-----	Sampling base	-----
Sampling spot	-----	Sampling date	2008.01.29
Method of delivering samples	Delivered by entrusted organization	Issuing date of the report	2008.02.19
Foundation of inspecting	See the page inside		
Sample status	Normal		
Condition of inspecting environment	Temperature : 15℃ , Relative humidity : 75%		
Result of inspection	 2008.02.19 (广州) The copy report will be invalid without the red special inspection seal.		
Remarks	 In case of divergence, the Chinese text shall be regarded as authentic.		

Approved by: 王强

checked by: 吴其林

Edited by: 许丽珠

**National Centre for Quality Supervision and
Testing of Processed Food(Guangzhou)**

Test Results

No.365264

Page 2 of 2

No.	Item	Unit	Inspection reference	Results	Assessment of Single Item Evaluation
			-----	-----	
1	Lead (Pb)	mg/kg	GB/T 5009.12-2003 《Determination of lead in foods》	<0.5	-----
2	Total Arsenic (count with As)	mg/kg	GB/T 5009.11-2003 《Determination of total arsenic and abio-arsenic in foods》	<0.5	-----
3	Total Mercury (count with Hg)	mg/kg	GB/T 5009.17-2003 《Determination of total mercury and organic-mercury in foods》	0.02	-----
4	Aerobic bacterial count	cfu/g	GB/T4789.2-2003 《 Microbiological examination of food hygiene— Detection of aerobic bacterial count》	1.2×10^3	-----
5	Coliform bacteria	MPN/100g	GB/T4789.3-2003 《 Microbiological examination of food hygiene— Detection of Coliform bacteria》	< 30	-----
6	Bacterium: Salmonella	-----	GB/T4789.4-2003 《 Microbiological examination of food hygiene— Examination of Salmonella》	Not detected	-----
7	molds	cfu/g	GB/T4789.15-2003 《 Microbiological examination of food hygiene— Enumeration of molds and yeasts》	60	-----
8	yeasts	cfu/g	GB/T4789.15-2003 《 Microbiological examination of food hygiene— Enumeration of molds and yeasts》	<10	-----
9	Moisture	%	GB/T 8304-2002 《Tea-Determination of moisture content》	8.8	-----
10	Tatol ash(count with dry matter)	%	GB/T 8306-2002 《Tea-Determination of total ash content》	15.2	-----
11	water extract(count with dry matter)	%	GB/T 8305-2002 《 Tea-Determination of water extracts content》	38.5	-----



71 number
22/02/2008

Approved by: 王强

checked by: 吴林森

Edited by: 许丽珠

Health effects of tea

Scientific studies confirm the health effects of tea.

By Katja Vogel, December 2003

People know for a long time that tea has positive effects on health. Especially in traditional Chinese and Japanese medicine, diverse characteristics are attributed to this drink. Around 1985, Western science got serious interest in the influence of tea consumption on health. An interest that is rising still. The increasing scientific interest is expressed in the fact that conferences in which tea is the subject, are organised regularly. Available research results point out that drinking tea regularly can contribute in the prevention of heart and vascular diseases and cancer.

Tea, a salutary drink: Tea is a drink with a long history. In China the drink has been used for thousands of years. The drink is made from the leaves of the *Camellia sinensis*; the tea plant. Apart from China, *Camellia sinensis* is growing in tea plantations in many other places in the world. For example in countries like India, Japan, Indonesia, Argentina, Tanzania, Kenya and Turkey.

An important finding from scientific studies in the health effects of tea, is that drinking tea regularly can help to oppose the decline of body tissue caused by oxidation. Oxidative infestation of body structures is an important factor in the arising of aging phenomena and plays an important role in the development of prosperity diseases like cancer and heart and vascular ailments. Damage of cells and tissue from oxidation can be compared to iron getting rusty and cannot be entirely avoided. However, the damage can be limited by certain types of nutritious substances, called antioxidants. Tea contains several of these antioxidants.

Black and green tea: Dependent on the handling of the leaves after gathering, different sorts of tea can be distinguished. The best known kinds of tea are black tea and green tea.

More than 75% of all kinds of tea that people drink in the world is black tea. Also in our country people mostly drink black tea. Black tea arises from activating enzymes which are present in tea leaves, causing a process to begin, called fermentation. This causes catechine (a component found in tea leaves) to be transformed into other compounds called theaflavines.

Green tea is made by giving the tea leaves a special treatment after gathering, which eliminates the enzymes arising from fermentation. Because there is no fermentation, green tea contains mainly all of the catechines found in the leaves naturally. Catechines, as well as theaflavines, are strong antioxidants. In principle, black tea which contains a lot of theaflavines and less catechines than green tea, doesn't affect the power to protect body tissue against oxidation.

Besides black and green tea there is an intermediate form of tea from which the leaves are partly fermented, known as Oolong tea. Furthermore, there is a fairly rare, valued a lot by connoisseurs and expensive white tea. White tea is made from special tea plants from which young leaves or buds are gathered and not (or sometimes very lightly) go through the fermentation process. Of all kinds of tea, white tea is the least processed.

Many different flavours: Besides the amount of fermentation, also factors like the type of *Camellia sinensis*, the condition of the soil and the climate contribute to the existence of many different kinds of tea. Today people can choose from a wide variety of different flavours. Every tea has its own flavour, for example the Ceylon tea (from Sri Lanka, called Ceylon before), Darjeeling tea (from the north of India near the Himalaya mountains) and Assam tea (also from India, but in the south-east) all have a different taste. Also the time of the year when the tea is gathered influences the taste. An example is Darjeeling: four different harvesting seasons all produce a different taste.

Choices are enhanced because of the availability of diverse melanges in which different kinds of tea are mixed. Also, special processes or additional features are used in the production of tea, which results in different kinds of tea like characteristic smoke tea, aromatic jasmine tea, or the well-known Earl Grey. The term Earl Grey is used for tea in which the oil of the Bergamot (a special kind of citrus) is added.

Drinks made from other plants than the *Camellia sinensis* are sometimes called 'tea' also. People then usually use the terms: herb tea and fruit tea. The word 'fruit tea' is also used for real tea to which a fruit flavour is added, like mango or black current.

Tea for heart and vascular diseases: Different studies on groups of the population has stated that drinking tea regularly can decrease the risk on heart and vascular diseases. One study, for example, found that for people who drank two cups of tea a day, got less chance, on average, in getting a heart attack than people who don't drink tea.

The prevention effects of tea on heart and vascular diseases come from the antioxidants which tea contains. Many heart and vascular diseases are a consequence of strictures in blood-vessels caused by thickened parts in the inside of the blood-vessels. These thickened parts or plaques are also caused by oxidations processes. Drinking tea regularly can decrease this oxidation and helps prevent strictures in blood-vessels.

There are other ways for tea to decrease the risk of people getting heart and vascular diseases. A study in Japan pointed out that drinking a lot of green tea (a type of tea that is very popular in the country) lowered the fat and cholesterol level in the blood. This is favourable in preventing strictures in blood-vessels because the development of plaques will be increased by high fat and cholesterol levels.

Interesting is a Dutch study in which a high consumption of certain antioxidants in tea considerably decreased the chance for people to die from a heart disease.

Tea against cancer: Important is that animal studies as well as research on groups of people point out the preventive effects of tea against different kinds of cancer. A lot of research has been done, in green the tea mainly, which makes it plausible that drinking tea regularly decreases the chance of getting cancer. The research results are that good that green tea is a acknowledged medicine to prevent cancer in Japan.

Compared to green tea, there is not much known about the anti-cancer effects of black tea, but animal experiments point out the possibilities of this tea in preventing the development of cancer.

Since a while, scientific research has been done in the effects of white tea. From these results it appears that this type of tea has got even stronger effects on preventing cancer than green tea.

Tea as a tranquillizer: Tea also has restful and relaxing effects, as many people know from experience. This effect is caused by I-theanine, which can be found in tea. This is a substance with healing effects on the functioning of the brain. It is present in larger amounts in green tea than in black tea.

In science, the effects of I-theanine are widely known. In animal studies it was found that giving the animals I-theanine during three months had positive effects on the ability to learn and the functioning of the brain. For people, it appeared that taking I-theanine leads to alpha waves in the brain, which are waves showing a relaxed mind.

Important is that I-theanine have a relaxing effect, but doesn't cause drowsiness. Research results concerning I-theanine are that positive that this substance is also used in nutritious supplements.

People who drink tea regularly are happy with the scientific arguments on the positive health effects of this drink. For others this information can lead to joining a large group of people for whom drinking a cup of tea is a pleasant moment of the day.

“Sanleaf” slimming tea/capsules

Sanleaf Slimming Tea is made of pure herbs according to a scientific procedure which has its origin in Chinese medicinal science. It reduces body fats, detoxifies the body of accumulated toxic substances, and makes the body lose weight.

Sanleaf Slimming Tea is cultivated in a natural environment, in the gardens of the provinces of Yunnan, Fujian, and Guangdong. There is no land or air pollution in these regions.

Sanleaf experts strictly accord the Chinese Medical theory, selecting pure natural Chinese herbs as the main ingredients and manufacturing in scientific process, produce the New, Green, Natural and Healthy weight loss product – Sanleaf slimming Tea

Scientific rapports are available.

Test en kwaliteitsrapporten kunt U bij ons aan te vragen.

Characteristics of Sanleaf slimming tea

Mechanisme

The selection and composition of these natural herbs accelerate and stimulate the excretion of body fats, cholesterol, blood sugars, urinary acids, and other toxic substances without any side effects.

Properties: A green tea. Healthy, safe, and effective.
Without theine or caffeine.



Recommendation:

Prepare a cup of tea three times a day, one hour after a meal. Steep for 3 to 5 minutes.

This can help to reduce body weight by up to 4.4 lb in 30 days.

Regular exercise and physical activity contribute to positive results.

Sanleaf Slimming Tea contains:

Pu'er thee, Rhizoma Alismatis, Lotus blaadjes, Casia Tora, Gynostemma pentaphyllum (Jiaogulan), Momordica Grosvenori.

Information:

www.Sanleaf-EU.com

(Eu import and wholesaler Sanleaf EU)

Sanleaf Slimming Tea

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三枝叶

今天你喝了吗?

三枝叶秀身茶
出你的美丽和健康

Sanleaf Slimming Tea • Show your beauty and health

政府最新立案批准 • 天然草本 • 降脂减肥

温馨提示: 请将茶包置于约 150ml 的开水中, 浸泡 3-5 分钟, 直接饮用。
每日 1-3 次, 每次一小包。最佳食用量为一个月起 (约 4 盒起)。

Lost your weight easily!!!



Virgin salt from Portugal

(The European Himalaya-salt)

Salt of life

Generally one can say that salt is fundamentally significant: The human body heavily relies on salt when it comes to digestion, since vital digestive secretions, such as stomach acid, pancreas juice, and bile, can only be produced in the organism by means of salt.

In ancient times as well as in the middle ages salt was one of the most precious commodities which was sometimes even the cause of wars. In our present day civilisation the great significance of salt often remains unnoticed because people have industrialised it. By this refining process all the valuable minerals and trace elements are removed and taste and quality are lost. These days salt (which only consists of sodium chloride) is a low-priced article that can also be found in convenience food in high dosage.

Compared to that, virgin salt possesses a high degree of purity in which all 84 elements are existent, partly as trace elements. These trace elements do not only give the body a high degree of health but they also give a unique flavour.

The elements that are contained in salt can be called “initiators” of life without exaggeration. They regulate the water balance of the body and support the functioning of nerves and muscles.

www.Virginsalt.com

Virgin salt and overweight

Another point is overweight that cannot be controlled by eating less. Many make this frustrating experience. As long as one uses sodium chloride, one cannot get rid of one's overweight, that is, of water tissue. All the diets do not have any effect then! We have been poisoned with sodium chloride since our infancy; at the same time we suffer from lack of salt, particularly of these 84 vital elements. Salt also has a certain function in the body. Salt builds up the electrolytic balance and generates electricity and with it energy for the body: this is, in turn, important for the neural system.



Brine for therapeutic applications

Put virgin salt into a sealable jar and fill it up with good fountain water. After about 2 – 3 hours, the virgin salt has dissolved in such a way that you have a 26-percent saturated, and ready-to-use brine solution.

Drink one teaspoon of brine along with one mug of water on an empty stomach in the morning. Drink after four weeks then only one teaspoon of brine diluted in one litre of water throughout the day. Not *a lot* is more but *less*!

Bio-chemically speaking, the movement of the bowels is stimulated within minutes. This in turn stimulates the metabolism and the digestion. The electrolytic balance is built up which leads to a better conductivity in the body.

Krantenartikel uit 1972

The Immortality Herb

Guangxi Ribao (Guanxi Daily News) March 4, 1972.

This story from a popular Chinese newspaper reports on a study in the 1970s. The Chinese government asked scientists to research the unusually large number of centenarians in the small mountain provinces of Guizhou, Guangxi and Shicuan . In addition to unusual longevity the researchers found low incidences of many common ailments associated with aging including, diabetes, high blood pressure, Alzheimer's and cancer. After over 10 years of study they found one common thread, a plant the locals called "xiancao" the "immortality" plant. The villagers drank it several times a day simply because it tasted good and is naturally sweet. The researchers identified the plant as Jiaogulan (*Gynostemma pentaphyllum*).



Jiaogulan

Jiaogulan tea is the most healthy drink world wide

