

PHYTO-WELLNESS CHART

Plants have been used for their health benefits since the beginning of human history. From Ancient China to Classical Greece, herbs have been used across cultures, through the ages. Hippocrates famously proclaimed:

'Let food be thy medicine and medicine be thy food.'

- The Ebers Papyrus scrolls, document how the Ancient Egyptians used coriander for urinary and digestive complaints.
- Himalayan Buddhist monks discovered the antioxidant virtues of goji berries over 1000 years ago.
- Incan warriors took Maca root before battle to make them physically strong.
- Schisandra berries were documented in 100 AD to 'prolong the years of life without aging.'



We've compiled an easy reference chart of wholefoods, herbs, spices and botanicals and their associated uses. We hope this gives you a good starting point for further research.

Note: this should be used as a guide only and is not a substitute for advice from a qualified nutritionist or herbalist.

Aphrodisiac	Antioxidants	Beauty	Brainpower	Circulation/ Metabolic
Ashwagandha	Acai berry	Avens Oat Straw	Ashwagandha	Bilberry Leaves
Beetroot	Beetroot	Bentonite Clay	Blueberry	Cayenne Pepper
Catuaba Bark	Bilberry	Brahmi	Brahmi	Devils Claw Root
Gotu Kola	Blueberry	Flaxseeds	Cacao	Ginger
Horny Goat Weed	Cacao	Hibiscus Flowers	Ginkgo Biloba	Hawthorn Berries
Maca Root	Camu Camu	Horsetail	Guarana Seeds	Maca Root
Mucuna Pruriens	Goji berry	Moringa	Liquorice Root	Olive Leaf
Muir Puama	Incan Berry	MSM	Maca Root	Sea Buckthorn
	Moringa	Rosehips	Rhodiola Rosea	Turmeric
	Olive leaf	Sea Buckthorn		Wheatgrass
	Schisandra			
Detox/ Cleansing	Digestion	Energy	Immunity	Iron
Alfalfa	Baobab Fruit	Ashwagandha	Allspice Berries	Baobab
Barberry Bark	Caraway Seeds	Astragalus Root	Astragalus Root	Barleygrass
Burdock Root	Cardamom Pods	Avens Oat Straw	Bladderwrack	Beetroot
Cat's Claw	Dandelion Leaf	Bee Pollen	Camu Camu Berry	Chickweed
Chlorella	Fenugreek Seeds	Ginkgo Biloba	Dandelion Leaf	Pumpkin Seeds
Dandelion Root	Flaxseeds	Gotu Kola	Echinacea	Spinach

Horsetail	Ginger	Guarana Seeds	Elderberries	Spirulina
Lemon Verbena	Holy Thistle Herb	Maca Root	Goji Berries	Wheatgrass
Mate/Yerba	Liquorice Root	Mate/Yerba	Moringa	
Milk Thistle Seeds	Marshmallow Root	Moringa	Rosehips	
Senna Leaves	Senna Leaves	Schisandra Berries	Siberian Ginseng	
Stinging Nettle	Triphala	Siberian Ginseng		
		Tulsi Holy Basil		
Longevity Men Mood Muscles/ Joints Protein/ Performance				
Astragalus Root	Ashwagandha	Avens Oat Straw	Cat's Claw	Pea Protein
Burdock Root	Horsetail	Brahmi	Chia Seeds	Pumpkin Seeds
Elderberry	Nettle Root	Ginkgo Biloba	Devils Claw Root	Quinoa
Ginkgo Biloba	Sml. Flo. Willow	Guarana Seeds	MSM	Rhodiola Rosea
Goji Berries		Lavender	Rosehips	Rice Protein
Hawthorn Berries		Lemon Balm	Stinging Nettle	Sarsaparilla
Olive Leaf		Liquorice Root cut	Swedish Bitters	Siberian Ginseng
Turmeric		Motherwort	White Willow Bark	Spirulina
		Mucuna Pruriens		Sunflower Seeds
		Rhodiola Rosea		Tulsi Holy Basil
		St. John's Wort		Wheatgrass
Relaxation/ Sleep Respiratory Slimming/ Weight Control Women Vitamins				
Chamomile	Coltsfoot Flowers	Acai Berry	Acai Berry	Bee Pollen
Hops	Echinacea	Chia Seeds	Agnus Castus	Chlorella
Lemon Balm	Elderberries	Green Tea	Black Cohosh	Goji Berries
Linden Flowers	Eucalyptus Leaves	Guarana Seeds	Don Quai cut	Kale
Motherwort	Eyebright	Juniper Berries	Flaxseeds	Moringa
Passion Flower	Icelandic Moss	Raspberry Ketones	Horsetail	Shiitake
Skullcap	Lemon Grass	Psyllium Husks	Motherwort	Spinach
Tulsi Holy Basil	Marshmallow Root	Sea Buckthorn	Raspberry Leaves	Spirulina
Valerian Root	Mullein Leaves	Yerba Mate	Red Clover Flowers	
			Spirulina Powder	
			Stinging Nettle	
			Walnut Shells	
			Wild Yam Root	

IMPORTANT INFO:

- Consult with a healthcare professional before starting any diet, exercise or supplementation program.
- Food supplements should not be considered as a substitute for a healthy diet.
- Wholefoods, herbs, and spices should not be used to treat, cure or prevent disease.
- This page is provided for information purposes only. These statements have not been evaluated by the UK food and drug administration or other European community bodies, and have not been approved to treat, cure or prevent disease.

This guide was brought to you by Mountain Fresh. All the health foods featured in this chart are available at:

<http://www.mountainfresh.co.uk>