



"I used to wake up with
excruciatingly PAINFUL
cramps in my legs & feet.
I now have ZERO pain!"

Rebecca F



The High Impact Magnesium Recipe

The Secret to Relaxation and Pain Relief

Take the Magnesium Quiz!



How can you tell if you are deficient in magnesium?

Magnesium's main function in the body is to relax the nervous system and the muscles. When the body runs out of magnesium, many different health concerns can result. The magnesium quiz can help you identify if you are suffering from low magnesium levels.




If you relate to any of these signs, and especially if you are experiencing several of them, you may benefit significantly from a high impact magnesium recipe.



Have you ever experienced....?

- Headaches
- Constipation (use laxatives / fiber)
- Eyelid twitch
- Knee, joint, or back stiffness
- Tight or stiff neck / shoulder muscles
- Trouble falling asleep (even if tired)
- Often feel tense & it's hard to relax
- Leg cramps/muscle cramps or spasms
- Often feel cold (including after weight loss)
- Concern about blood pressure levels





The information presented here has not been evaluated by the FDA, and is for informational purposes only, not the diagnosis or treatment of disease. For any diagnosis or treatment of disease, you should consult with a physician or health care professional. Where possible and appropriate, we personally prefer health care professionals that are also knowledgeable in natural health and the ketogenic diet.

*Note: While the growing research on the benefits of nutrition and use of herbs is extremely promising, for any diagnosis or treatment of disease, you should consult with a physician or health care professional, ideally one knowledgeable in Natural Medicine, including nutrition and herbs. Articles in medical and scientific literature indexed on PubMed.gov or any other medical journals do not constitute governmental approval or endorsement of any kind.

Please note that the authors and testimonials shared are from customers and/or independent distributors that may benefit from the sale of nutritional products.

Real People, Real Results



"Leg Cramps Gone!"

"I was already taking another type magnesium every night & still I used to wake up with excruciatingly PAINFUL cramps in my legs (thighs and calves) and feet (toes and arches). I started taking a high impact magnesium recipe – so excited to report all muscle cramps are gone!! After only ONE dose!! I now have ZERO pain! So grateful for this formulation & will take it forever!" - Rebecca F.



"Constipation Solved!"

"I've struggled with constipation for as long as I can remember. I have even been hospitalized! I sometimes would go days, and even weeks! NOTHING HELPED!! I tried Prescriptions, OTC, everything you can imagine. Consistently taking a high impact magnesium recipe helps tremendously! It has also helped with over all stiffness in my body, aches, and pains, in combination with the keto lifestyle, & a core nutritional program!! I'm so THANKFUL!!" - Sarah P.



"Headaches Gone!"

"I was getting migraine headaches and it felt like someone was stabbing me behind my eyes. I tried a high impact magnesium recipe and was so surprised at the results – my headaches are completely gone now! I take it every day and If I feel a headache coming on, I take an extra dose and the headache starts subsiding. Plus, it is easier to relax and I am sleeping a lot better too. Using this high impact recipe alongside a core nutritional program I feel like a million bucks!!" - Kurt E.

Real People, Real Results

"Better Sleep & Stiffness Gone!"

"I've always struggled with mild to moderate stiffness and difficulty relaxing. Sometimes I deal with headaches and trouble falling asleep. I have been using magnesium for a long time. But within minutes of the first dose of a high impact magnesium recipe, I felt a big difference in my ability to relax and the stiffness went away. I have fewer headaches and sleep better. If I do get a headache, I just take some extra and the headache disappears." - Lonnie K.

"More Relaxed, Less Tension!"

"I am often tense, uptight, and struggle with painful nerves. When I take a high impact magnesium recipe it's so much easier to relax and deal with everyday stress. My nerves hurt a lot less and I can sleep much easier and deeper." - Christie M.



Relax. Rest. Rejuvenate.

These are things we want to be able to do on a regular basis. If we aren't able to relax easily, then our body and mind can't recover and heal like they should.

Today, more than ever, many Americans are not experiencing full spectrum relaxation. Many of us are suffering from poor sleep quality, headaches, stiff or sore shoulder and neck muscles, leg cramps, and are concerned about our blood pressure levels. All of these health concerns lead us to be unable to relax and rejuvenate properly.

Our bodies are constantly bombarded with stressors whether it be physical, mental, or everyday frustrations. We need a natural way to support our body's and muscle's ability to manage these everyday life stressors. Many of the options available either come with unwanted side effects or simply have limited or no results. Ideally, we would use natural ingredients that don't have any negative side effects or toxic ingredients.

Fortunately, there's a natural answer that you can use to relax and achieve all of these benefits. It might be simpler and easier than you ever believed possible – if you look in the right place. Nature has provided us with many natural answers to help us relax. But among those answers, **four nutrients really stand out** as providing some of the most effective and rapid results for full spectrum rest and relaxation.



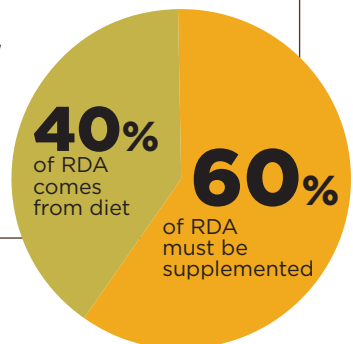
Magnesium

Sometimes referred to as the “lullaby” mineral, magnesium plays a key role in the body’s ability to relax and rest. Because it is involved in so many different areas of the body, it has **long been considered a Master Mineral**. Over the last 40 years, thousands of studies have been published proving that magnesium is a crucial nutrient supporting more than 300 functions in your body. ⁽¹⁾

While we regularly consume large amounts of calcium fortified products such as milk and cheese, the average American diet provides less than half of even the minimum amount of magnesium needed. ⁽²⁾

About magnesium

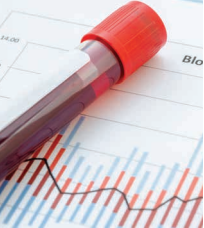
- ▶ **The refining and processing of food can reduce magnesium by 82–97%.**
Chaudhary DP, Sharma R, Bansal DD. Implications of magnesium deficiency in type 2 diabetes: a review. *Biol Trace Elem Res.* 2010;134:119–129
- ▶ **According to Dr. Romani, Case Western Reserve School of Medicine, "Magnesium is required for many of the major organs to function and..."**
 - is essential for the structure of bones and teeth
 - acts as a cofactor for more than 300 enzymes in the body, including binding to ATP for kinase reactions (energy production) affects permeability of excitable membranes and neuromuscular transmission (signals from nerves to muscles). ⁽¹⁾
- ▶ **“The average American diet provides only 40% - less than half the magnesium that we all need in a day.”**
Dr. Sherry A. Rogers, Nutritional Magnesium Association; 2014



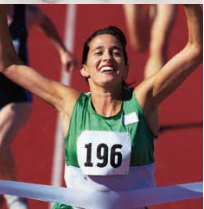
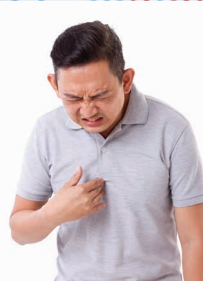


Magnesium Deficiency Risks

Are you or a loved one at risk for extremely low magnesium? According to Dr. Rosenoff as published in the *Journal of Nutritional Review*, and other scientific reports, people with the following conditions may be especially prone to a magnesium deficiency: ^(2,20,21)



- ▶ Type 2 Diabetes
- ▶ Depression
- ▶ Anxiety
- ▶ Leaky gut
- ▶ Celiac disease
- ▶ IBS, IBD
- ▶ Cardiovascular Disease
- ▶ Atrial Fibrillation (A-Fib)
- ▶ High Blood Pressure
- ▶ Migraines
- ▶ Restless Leg Syndrome
- ▶ Most chronic illnesses
- ▶ Use multiple medications
- ▶ Take Diuretics
- ▶ Use Acid Reflux Medication
- ▶ The Elderly
- ▶ Athletes
- ▶ Have high stress levels
- ▶ Eat a ketogenic diet



8 Ways Magnesium Can Benefit You according to medical journals

1. Headaches & Migraines

Relaxes the muscle tension in the back of the neck/ behind the eyes during a headache and help to decrease both frequency and intensity of headaches/migraines. (3,4,5)



2. Constipation

Softens stools and draws water into the bowels stimulating intestinal muscle contractions and healthy bowel movements. (6)



3. Fatigue

Magnesium is heavily involved in energy production (the ATP cycle) and supports healthy adrenal function. (7)



4. Insomnia

Stimulates the brain to produce GABA and synthesize Melatonin. GABA promotes relaxation and heavily influences sleep quality. Without enough magnesium, the brain can't produce adequate levels of GABA or synthesize Melatonin. (8,9,10)



5. Muscle Spasms & Cramping

Signals the muscles to contract. When magnesium is depleted muscle contractions become weak and uncoordinated which results in painful cramps and spasms. (11,12)



6. Feeling Tense & Unable to Relax

By helping the muscles and nerves to relax, magnesium calms the nervous system and the mind. With better relaxation, we can better handle stress. (13)



7. Depression & Stress

Regulates neurotransmitters in the brain (including GABA) and HPA axis which regulates focus, sleep, ability to relax, and thought patterns. Magnesium plays a critical role in brain function and mood. Low levels are linked to an increased risk of depression. (14,15,16)



8. Blood Pressure Levels

Allows the muscles surrounding the arteries to relax and widen which reduces pressure inside the arteries. (17,18,19)





High Impact Magnesium Recipe

Not all magnesium is created equal. Perhaps you have tried a magnesium product before. But was it regular magnesium or a “high impact” magnesium recipe? The difference is in the formula. Without the right magnesium co-factors or recipe, many magnesium products may help somewhat with constipation or bowel movements, but they do little to nothing for stiff shoulders, healthy blood pressure, or muscle tightness or cramping. However, with the right recipe and synergistic ingredients, many people are experiencing far better results than they did with magnesium alone, and often in as little as one or two daily doses.

An award-winning recipe vs. one ingredient is very different. Have you ever gone to a restaurant and asked for a slice of cream cheese? Probably not. But you’ve probably ordered a delicious cheesecake for dessert. Cheesecake has lots of cream cheese in it so what makes such a difference? The difference is that instead of a single ingredient like cream cheese, the cheesecake is a synergistic recipe or blend of ingredients. When you add eggs, graham crackers, cherry pie filling, and all of the rest of the ingredients in the recipe you get an amazingly delicious cheesecake as the result. When you have the right recipe, you can take something that works (magnesium) and make it work even better. With the right recipe of magnesium and synergistic nutrients many people are experiencing far better results than they ever could with just magnesium alone.

The ideal high impact magnesium recipe should contain not only the most absorbable forms of magnesium, but also specific herbs to help increase the effectiveness of the magnesium. Some of the most important of these synergistic herbs include **Valerian Root**, **Passionflower**, and **White Willow Bark**. It is this type of recipe that can help have a high impact on your body’s ability to relax sore muscles and the ability rest and rejuvenate.

Valerian Root

Valerian, also known as ***Valeriana officinalis***, is a flowering plant native to Europe and Asia. During the time of the Roman and Greek Empires, Hippocrates used Valerian Root to treat headaches, nervousness, trembling, heart palpitations, and insomnia.

Valerian contains a substance called valerenic acid which inhibits the breakdown of GABA in the brain. This results in feelings of calmness and tranquility. As seen in medical journals, this is the same mechanism by which anti-anxiety medications like Valium and Xanax work. ^(22,23,24)

1

Improve sleep quality

Research indicates that Valerian Root may improve sleep quality and quantity and shorten the time it takes to fall asleep including in menopausal sleep disturbances. ^(25,26,27)



2

Antioxidants

Hesperidin and linarin are other nutrients in Valerian Root that studies have shown not only help improve QUALITY of sleep but they also serve as antioxidants to fight free radical damage. ⁽²⁸⁾



3

Stress & anxiety

The *Journal of Medicinal Food* explains that the unique compounds in Valerian Root help to combat both physical and psychological stress, reduce anxiety, and improve serotonin, GABA, noradrenaline, and other neurotransmitters in the brain. ⁽³⁰⁾



Passionflower

Passionflower is a large family of plants with various varieties that have been used to help with wounds, boils, liver problems, digestive issues, and more.

But one variety in particular, *Passiflora incarnata*, has been used medicinally since the 16th century to help with insomnia, relieve anxiety, and soothe restlessness – making it a perfect companion to high impact magnesium.

In fact, research in the *Journal of Clinical Pharmacy and Therapeutics* demonstrated that *Passiflora incarnata* was equally as effective as a pharmaceutical in combating anxiety and without any impairment of job performance, a side effect common with the medication.⁽²⁹⁾ It's common to see passionflower used together with other calming herbs such as Valerian Root and even high impact Kava.

1

Anxiety

Passionflower is believed to increase GABA levels in the brain that leads to less anxiety. This results in a greater sense of relaxation and calm. These effects may be enhanced with the addition of Valerian Root.^(31,32)



2

Blood pressure levels

Because of Passionflower's ability to increase levels of antioxidant enzymes, decrease levels of oxidized lipids, and encourage GABA production, multiple studies show improvements in blood pressure levels.^(33,34)



3

Improved sleep

Studies show significantly improved sleep quality with no negative side effects. Passionflower especially when combined with Valerian Root may help to relax the brain when your mind is hard to quiet.⁽³⁵⁾



White Willow Bark

White Willow Bark has been used for centuries as a natural pain reliever and fever reducer. It is often referred to as “nature’s aspirin”. As far back as the 4th century, the Greeks would use it to get rapid relief from pain. It contains a compound called salicin. In the body, salicin converts to salicylic acid and has a very similar method of action to the main ingredient found in aspirin.

1

Joint pain

Research shows that its powerful anti-inflammatory effect is especially effective at combatting joint pain. ⁽³⁶⁾



2

Possible alternative to aspirin or NSAIDs

White Willow Bark may be an effective replacement for aspirin or other non-steroidal anti-inflammatory (NSAIDs). The bark’s salicin compounds target the same enzymes that NSAIDs target to help the body block pain and inflammation, and research shows can be more effective in reducing the COX-2 inflammation and pain mechanism than other NSAID’s tested. ⁽³⁷⁾



3

Low back pain

A randomized double blind study in the *American Journal of Medicine* showed that willow bark extract can be extremely effective for low back pain. ⁽³⁸⁾





Maximizing the Results from a High Impact Magnesium Recipe

The best time to take a high impact magnesium recipe is at night just before bed. When you sleep the body goes into repair mode. As your body is trying to repair your bones and muscles, if you're deficient in magnesium, the body will pull magnesium from your muscles because you aren't using your muscles while you sleep. This is the reason that most leg cramps occur at night. If you take a high impact magnesium recipe at night, the body will now have access to enough magnesium to work on repairing the bones and muscles without having to take it from your legs or arms. In addition, ingredients like Valerian Root and Passionflower will enhance your ability to relax and sleep deeper and longer.

Many people also love using an extra high impact magnesium recipe whenever they feel a headache starting to come on or are experiencing extra muscle tension or stiffness.

How much should you use? Most people love using between 2 and 6 capsules a day, depending how many of the signs of magnesium deficiency they are experiencing. If you only have minor symptoms, you will need less, and with more severe symptoms, you can use more.

Typically people start with 2 to 3 capsules before bed, but may increase the amount you use until you get the results you are looking for.



Ketogenic lifestyle and magnesium

When you follow a ketogenic lifestyle, your body requires more magnesium to help the liver break down the fat you are burning. With keto, you can often see more signs of needing a high impact magnesium recipe. For those following a keto lifestyle, constipation, leg cramps, headaches, and trouble sleeping are the most common symptoms people experience if they do not have enough high impact magnesium.

We recommend you use it as part of your complete nutritional core program that focuses on supporting your body's ability to

- eliminate toxins
- reduce inflammation
- repair digestion
- provide all essential nutrients

Remember that as wonderful as full spectrum relaxation with a high impact magnesium recipe can be, it is only part of the complete picture for vibrant health. Wishing you vibrant health!



References

1. Long, S., & Romani, A. M. (2014). Role of Cellular Magnesium in Human Diseases. *Austin Journal of Nutrition and Food Sciences*, 2(10).
2. Rosanoff, A., Weaver, C. M., & Rude, R. K. (2012). Suboptimal magnesium status in the United States: are the health consequences underestimated? *Nutrition Reviews*, 70(3), 153–164. <https://doi.org/10.1111/j.1753-4887.2011.00465.x>
3. Wang, F., Van Den Eeden, S. K., Ackerson, L. M., Salk, S. E., Reince, R. H., & Elin, R. J. (2003). Oral magnesium oxide prophylaxis of frequent migrainous headache in children: a randomized, double-blind, placebo-controlled trial. *Headache*, 43(6), 601–610.
4. Shahrami, A., Assarzagdegan, F., Hatamabadi, H. R., Asgarzadeh, M., Sarehbandi, B., & Asgarzadeh, S. (2015). Comparison of therapeutic effects of magnesium sulfate vs. dexamethasone/metoclopramide on alleviating acute migraine headache. *The Journal of Emergency Medicine*, 48(1), 69–76. <https://doi.org/10.1016/j.jemermed.2014.06.055>
5. Chiu, H.-Y., Yeh, T.-H., Huang, Y.-C., & Chen, P.-Y. (2016). Effects of Intravenous and Oral Magnesium on Reducing Migraine: A Meta-analysis of Randomized Controlled Trials. *Pain Physician*, 19(1), E97-112.
6. Portatalin, M., & Winstead, N. (2012). Medical management of constipation. *Clinics in Colon and Rectal Surgery*, 25(1), 12–19. <https://doi.org/10.1055/s-0032-1301754>
7. Feeney, K. A., Hansen, L. L., Putker, M., Olivares-Yanez, C., Day, J., Eades, L. J., ... van Ooijen, G. (2016). Daily magnesium fluxes regulate cellular timekeeping and energy balance. *Nature*, 532(7599), 375–379. <https://doi.org/10.1038/nature17407>
8. Bilyard, A. J., Eggett, D. L., & Franz, K. B. (2006). Dietary magnesium deficiency decreases plasma melatonin in rats. *Magnesium Research*, 19(3), 157–161.
9. Moykkynen, T., Uusi-Oukari, M., Heikkilä, J., Lovinger, D. M., Luddens, H., & Korpi, E. R. (2001). Magnesium potentiation of the function of native and recombinant GABA(A) receptors. *Neuroreport*, 12(10), 2175–2179. <https://doi.org/10.1097/00001756-200107200-00026>
10. Winkelman, J. W., Buxton, O. M., Jensen, J. E., Benson, K. L., O'Connor, S. P., Wang, W., & Renshaw, P. F. (2008). Reduced brain GABA in primary insomnia: preliminary data from 4T proton magnetic resonance spectroscopy (1H-MRS). *Sleep*, 31(11), 1499–1506. <https://doi.org/10.1093/sleep/31.11.1499>
11. Pham, P.-C. T., Pham, P.-A. T., Pham, S. V., Pham, P.-T. T., Pham, P.-M. T., & Pham, P.-T. T. (2014). Hypomagnesemia: a clinical perspective. *International Journal of Nephrology and Renovascular Disease*, 7, 219–230. <https://doi.org/10.2147/IJNRD.S42054>
12. Bilbey, D. L., & Prabhakaran, V. M. (1996). Muscle cramps and magnesium deficiency: case reports. *Canadian Family Physician Medecin de Famille Canadien*, 42, 1348–1351.
13. Kirkland, A. E., Sarlo, G. L., & Holton, K. F. (2018). The Role of Magnesium in Neurological Disorders. *Nutrients*, 10(6). <https://doi.org/10.3390/nu10060730>
14. Serefko, A., Szopa, A., Wlaz, P., Nowak, G., Radziwon-Zaleska, M., Skalski, M., & Poleszak, E. (2013). Magnesium in depression. *Pharmacological Reports* : PR, 65(3), 547–554.
15. Tarleton, E. K., & Littenberg, B. (2015). Magnesium intake and depression in adults. *Journal of the American Board of Family Medicine* : JABFM, 28(2), 249–256. <https://doi.org/10.3122/jabfm.2015.02.140176>
16. Boyle, N. B., Lawton, C., & Dye, L. (2017). The Effects of Magnesium Supplementation on Subjective Anxiety and Stress-A Systematic Review. *Nutrients*, 9(5). <https://doi.org/10.3390/nu9050429>
17. Hatzistavri, L. S., Sarafidis, P. A., Georgianos, P. I., Tziolas, I. M., Aroditis, C. P., Zebekakis, P. E., ... Lasaridis, A. N. (2009). Oral magnesium supplementation reduces ambulatory blood pressure in patients with mild hypertension. *American Journal of Hypertension*, 22(10), 1070–1075. <https://doi.org/10.1038/ajh.2009.126>
18. Kawano, Y., Matsuoaka, H., Takishita, S., & Omae, T. (1998). Effects of magnesium supplementation in hypertensive patients: assessment by office, home, and ambulatory blood pressures. *Hypertension* (Dallas, Tex. : 1979), 32(2), 260–265. <https://doi.org/10.1161/01.hyp.32.2.260>
19. Kass, L. S., Skinner, P., & Poiera, F. (2013). A pilot study on the effects of magnesium supplementation with high and low habitual dietary magnesium intake on resting and recovery from aerobic and resistance exercise and systolic blood pressure. *Journal of Sports Science & Medicine*, 12(1), 144–150.
20. Magnesium Fact Sheet for Health Professionals Updated: July 9, 2019 Retrieved from: <https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/#en41>

21. DiNicolantonio, J. J., O'Keefe, J. H., & Wilson, W. (2018). Subclinical magnesium deficiency: a principal driver of cardiovascular disease and a public health crisis. *Open Heart*, 5(1), e000668. <https://doi.org/10.1136/openhrt-2017-000668>
22. Benke, D., Barberis, A., Kopp, S., Altmann, K.-H., Schubiger, M., Vogt, K. E., ... Mohler, H. (2009). GABA A receptors as in vivo substrate for the anxiolytic action of valerianic acid, a major constituent of valerian root extracts. *Neuropharmacology*, 56(1), 174–181. <https://doi.org/10.1016/j.neuropharm.2008.06.013>
23. Houghton, P. J. (1999). The scientific basis for the reputed activity of Valerian. *The Journal of Pharmacy and Pharmacology*, 51(5), 505–512. <https://doi.org/10.1211/0022357991772772>
24. Murphy, K., Kubin, Z. J., Shepherd, J. N., & Ettinger, R. H. (2010). Valeriana officinalis root extracts have potent anxiolytic effects in laboratory rats. *Phytomedicine : International Journal of Phytotherapy and Phytopharmacology*, 17(8–9), 674–678. <https://doi.org/10.1016/j.phymed.2009.10.020>
25. Lindahl, O., & Lindwall, L. (1989). Double blind study of a valerian preparation. *Pharmacology, Biochemistry, and Behavior*, 32(4), 1065–1066. [https://doi.org/10.1016/0091-3057\(89\)90082-8](https://doi.org/10.1016/0091-3057(89)90082-8)
26. Balderer, G., & Borbely, A. A. (1985). Effect of valerian on human sleep. *Psychopharmacology*, 87(4), 406–409. <https://doi.org/10.1007/bf00432503>
27. Taavoni, S., Ekbatani, N., Kashaniyan, M., & Haghani, H. (2011). Effect of valerian on sleep quality in postmenopausal women: a randomized placebo-controlled clinical trial. *Menopause* (New York, N.Y.), 18(9), 951–955. <https://doi.org/10.1097/gme.0b013e31820e9acf>
28. Sebastián Fernández, Cristina Wasowski, Alejandro C Paladini, Mariel Marder, Sedative and sleep-enhancing properties of linarin, a flavonoid-isolated from Valeriana officinalis, *Pharmacology Biochemistry and Behavior*, Volume 77, Issue 2, 2004, Pages 399-404, ISSN 0091-3057, <https://doi.org/10.1016/j.pbb.2003.12.003> (<http://www.sciencedirect.com/science/article/pii/S009130570300368X>)
29. Akhondzadeh, S., Naghavi, H. R., Vazirian, M., Shayeganpour, A., Rashidi, H., & Khani, M. (2001). Passionflower in the treatment of generalized anxiety: a pilot double-blind randomized controlled trial with oxazepam. *Journal of Clinical Pharmacy and Therapeutics*, 26(5), 363–367.
30. Jung, H. Y., Yoo, D. Y., Nam, S. M., Kim, J. W., Choi, J. H., Yoo, M., ... Hwang, I. K. (2015). Valerianic Acid Protects Against Physical and Psychological Stress by Reducing the Turnover of Serotonin and Norepinephrine in Mouse Hippocampus-Amygdala Region. *Journal of Medicinal Food*, 18(12), 1333–1339. <https://doi.org/10.1089/jmf.2014.3412>
31. Kim, M., Lim, H.-S., Lee, H.-H., & Kim, T.-H. (2017). Role Identification of Passiflora Incarnata Linnaeus: A Mini Review. *Journal of Menopausal Medicine*, 23(3), 156–159. <https://doi.org/10.6118/jmm.2017.23.3.156>
32. Dhawan, K., Kumar, R., Kumar, S., & Sharma, A. (2001). Correct Identification of Passiflora incarnata Linn., a Promising Herbal Anxiolytic and Sedative. *Journal of Medicinal Food*, 4(3), 137–144. <https://doi.org/10.1089/109662001753165710>
33. Chimura, T. I., Amanaka, A. Y., Chiba, T. I., Oyokawa, T. T., Amada, Y. K., Amamura, T. T., & Aruyama, S. M. (2006). Antihypertensive Effect of an Extract of Passiflora edulis Rind in Spontaneously Hypertensive Rats, 70(3), 718–721.
34. Konta, E. M., Almeida, M. R., do Amaral, C. L., Darin, J. D. C., de Rosso, V. V., Mercadante, A. Z., ... Bianchi, M. L. P. (2014). Evaluation of the antihypertensive properties of yellow passion fruit pulp (*Passiflora edulis Sims f. flavicarpa* Deg.) in spontaneously hypertensive rats. *Phytotherapy Research : PTR*, 28(1), 28–32. <https://doi.org/10.1002/ptr.4949>
35. Ngan, A., & Conduit, R. (2011). A double-blind, placebo-controlled investigation of the effects of Passiflora incarnata (passionflower) herbal tea on subjective sleep quality. *Phytotherapy Research : PTR*, 25(8), 1153–1159. <https://doi.org/10.1002/ptr.3400>
36. Nieman, D. C., Shanely, R. A., Luo, B., Dew, D., Meaney, M. P., & Sha, W. (2013). A commercialized dietary supplement alleviates joint pain in community adults: a double-blind, placebo-controlled community trial. *Nutrition Journal*, 12(1), 154. <https://doi.org/10.1186/1475-2891-12-154>
37. Khayyal, M. T., El-Ghazaly, M. A., Abdallah, D. M., Okpanyi, S. N., Kelber, O., & Weiser, D. (2005). Mechanisms involved in the anti-inflammatory effect of a standardized willow bark extract. *Arzneimittel-Forschung*, 55(11), 677–687. <https://doi.org/10.1055/s-0031-1296917>
38. Chrubasik, S., Eisenberg, E., Balan, E., Weinberger, T., Luzzati, R., & Conrad, C. (2000). Treatment of low back pain exacerbations with willow bark extract: a randomized double-blind study. *The American Journal of Medicine*, 109(1), 9–14. [https://doi.org/10.1016/s0002-9343\(00\)00442-3](https://doi.org/10.1016/s0002-9343(00)00442-3)

Authors



Blake Graham

As a pre-med student Blake was always fascinated by health. In college he discovered life-changing information on natural health and nutrition in overwhelming amounts in medical journals that wasn't being taught in medical schools. As a result, Blake began what has become the life-long journey as a natural health journalist and educator.

For more than 26 years, Blake has had the opportunity to help create audio recordings, booklets, and magazine, TV, and radio interviews, and more with a wide variety of scientists, doctors from multiple disciplines, and pharmacists.

"In all my research, I have come to believe that given the right things, our bodies have the amazing ability to heal themselves from a myriad of health concerns that too often look inevitable."



Carolee Koehn

Carolee is a Certified Holistic Nutritionist and Health and Wellness Consultant who loves teaching others how to be healthy using simple strategies that fit into today's busy lifestyles. She has had the opportunity to learn from numerous MDs, NDs, chiropractors, and nutritionists about using natural methods to begin healing from multiple life-threatening health challenges. This began her calling to impact the lives of others including life-changing health transformations for her closest family as well as complete strangers.

"After having my own health challenges, I have fallen in love with natural healing and the opportunities it provides to make a real, lasting difference in the lives of people. I love being able to teach people the root cause of why they are sick and how they can regain their health!!"