

# THE BODY ELECTRIC

The herbs in our **Body Electric** formula are all adaptogens; they strengthen nerve connections to the brain and colon (the “second brain”) as a key in providing vitality and immune health. It is formulated to combat issues such as chemical and electromagnetic pollution (including cell phone / tower exposure), brain fog, adrenal fatigue, stress, anxiety, tension, and sleep difficulty. The first four listed are classic Ayurvedic brain and nerve tonics. Siberian Eleuthero has a synergistic function here.

## **Ingredients:**

**Bacopa moniera** (Brahmi) (leaf): It supports brain function, aiding memory, concentration, mental sharpness, counteracting stress. It is promising for mental deficiencies and cognitive decline. Its strong antioxidant properties benefit in environments of electromagnetic and chemical pollution.

**Ashwagandha** (root) Its adaptogenic abilities benefit the immune system, balance/increase energy (providing relaxing and steady energy) and mood, relieving stress and fatigue. As a neuro-protective, it helps restore the nervous system while improving brain function. It controls cortisol levels, which both provides adrenal support while reducing anxiety and depression. As a rejuvenative herb, it is loaded with antioxidants and anti-inflammatory factors. Ashwagandha helps regulate blood pressure, and is considered a superior Ayurvedic tonic found in many Rasayana Prash (tonic paste) formulas dating back thousands of years. As with many of these herbs, it helps improve memory and nerve transmission.

**Gotu Kola** (leaf): In India, it is used along with meditative practices. It helps strengthen nerves, improve brain function, energy reserves, and the immune system, and is also good for blood circulation, especially in the legs, so is good for varicose veins. It supports memory, sharpens mood, and helps with insomnia. Gotu kola is good for skin, hair, nails, and connective tissue, helping with collagen production, similar to MSM. The rejuvenating qualities of Gotu Kola help promote wound healing.

**Tulsi** (Holy basil) (leaf): A sacred plant to the Hindus. It is an aromatic, used in beverages; only a small amount is used in the formula. It helps boost the immune and digestive systems, promotes healthy metabolism, and helps bring clarity to the mind. Tulsi is highly revered in India, often planted in gardens.

**Siberian Eleuthero** (root): It is the classic adaptogen, documented as helpful with over-stressed adrenal glands, for combating fatigue, boosting energy levels (builds chi), concentration, focus, alertness; it is grounding and balancing as a stress regulator, immune system and kidney strengthener, and an anti-inflammatory. It is a versatile tonic in its own right, and an excellent complement with other herbs.