



### CHILLING OUT SIBERIAN STYLE

A statement from America's Surgeon General reports that 70% of people attending U.S. doctors' surgeries had illnesses that were stress-related.

In the UK and Europe, the current medical opinion seems hardly to vary. One doctor recently observed: 'Modern day society, dietary inadequacies and financial pressures are combining to take their toll on the human immune system.'

Like so many other things, it would seem that the answer to our departure from a more natural lifestyle can be found in nature herself.

From a part of the world more normally associated with salt mines, severe winters and tigers to avoid, comes a herb whose benefits are so extensive that research trials are still finding new applications.



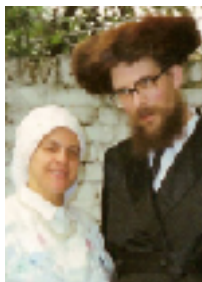
Eleutherococcus Senticosus is a herbal shrub found in Siberia and has been used in that region for centuries as a source of good health and relief for many ailments. Eleutherococcus has demonstrated effectiveness in combating physical stress of all kinds, and it is this discovery that is garnering more and more interest from doctors, sportspeople and researchers across the World.

When the body's system experiences stress, either from physiological or emotional sources, then a network of reactions set in. This culminates in several hormones being generated from the adrenal area, normally preceded by a series of messages being generated from the hypothalamus gland just behind the brain. There is also a raising of sodium and potassium levels in the body.

None of this is particularly good for any sustained period and will start to take its toll on the body's cellular system. The long-chain sugars in Eleutherococcus -Eleutherosides -appear to counter-act the build up of these unwanted biochemicals at times of stress, and support the continuing presence of the immune system's cells. They achieve this by normalising the activities of the hypothalamus receptor. This offers nutritional succour for those suffering from stress and, for sportspeople, equates to an underpinning of stamina.

So the next time that unexpected bill lands on the doormat, remember there is at least some nutritional support there for you. Eleutherococcus can't be guaranteed to strengthen your salt-digging arm but it does offer a genuine resource as we face the daily vicissitudes of life.

"I have no doubt that Elagen is the best form of Siberian ginseng that I have ever used. I would notice that almost immediately after taking Elagen with some vitamin C, I would leave the house and as I would go up the hill I would involuntarily start singing because my body (or my soul) had begun to feel more lively and more youthful. This despite being an insulin-dependent diabetic for about 30 years, having had many comas and semi-comas, the flesh-eating bug, arthritis and more. There definitely is something in your Elagen that works."



J.M.Marmostein.



Elagen Capsules are a standardised high-strength extract of the herb Eleutherococcus Senticosus.

See overleaf for details of special offers and how to buy.

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Please do so next time you place an order - to receive exclusive offers and regular email newsletters.

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