

# This holiday season, you need the **Chinese stress cure!**

It's a Chinese herbal sensation—new studies show **jiaogulan** can erase seasonal stress, pump up your energy levels, help you sleep soundly and much more!



**T**he holiday season may be in full swing, but if you're feeling less than holly-jolly lately, you're not alone. The commitments, tasks, activities and social engagements that cram our calendars this time of year can leave us all feeling stressed and overwhelmed. That's why herb experts say you shouldn't leave home without **jiaogulan**.

"This ancient Chinese herb works better than ginseng to relieve stress, pump up energy levels and fight off illnesses," says herbal researcher Michael Blumert, co-author of *Jiaogulan: China's Immortality Herb*. Just look what a dose a day can do for you:

### **Keep you calm when you're under stress**

Research has shown that **jiaogulan** (pronounced gee-OW-goo-lahn) normalizes the body's neuro-endocrine functions—a fancy way of saying that it prevents stress hormones from flooding your body and wreaking havoc on your nerves during high-pressure situations. You keep feeling calm, focused and upbeat, and you're less vulnerable to mood swings and irritability in the first place. **Jiaogulan** also combats physical

stressors, so late nights, holiday feasts and even one too many champagne toasts won't leave you dragging the next day.

### **Pump up your energy**

The Chinese call **jiaogulan** "the poor man's ginseng," but it's really the smart woman's energizer: it's as good as ginseng at stimulating the release of the adrenal and thyroid hormones that activate your energy and metabolism. In fact, studies show a 60-mg. dose can rev you up for three hours or more. "Plus, **jiaogulan** strengthens the heart, helping it pump more

blood, oxygen and nutrients with every beat," adds Blumert. "And that means a dramatic boost in mental energy and physical stamina, too."

But unlike coffee and other stimulants, **jiaogulan** won't leave you jittery or restless, and it won't keep you from getting the rest you need to fully recharge. In fact, surprising research shows it can help up to 95% of insomniacs sleep soundly in as little as a week.

### **Power up your immune system**

Research shows that a daily dose of **jiaogulan** can up your body's production of infection-fighting white blood cells by 225% in a month, giving you the internal protection you need to fight off the nasty cold and flu bugs that so often spoil the holidays.

"The credit goes to **jiaogulan's** unique immunity-stimulating plant compounds, called gypenosides and saponins," says clinical researcher Jialiu Liu, M.D., of China's Guiyang Medical College.

Everyone can benefit from this immunity boost:

Chinese clinical research shows that cancer patients who take 240 mg. of **jiaogulan** daily have up to a 30% lower risk of relapses, compared to those who don't take it.

—Caitlin Castro

**Too many holiday toasts? Jiaogulan to the rescue!**

### **Why is Thailand's Jiaogulan Special?**

Thailand's Northern highlands are known for plentiful rain, fertile soil, clean air and remarkably sweet **Jiaogulan**.

"We were awarded 1st Prize for the Best Tasting Tea in Thailand for 2002. Our **Jiaogulan** tea and capsules include FREE shipping. You're guaranteed *fresh* product when you order direct-from-the-source," says Marc Cofer, **Jiaogulan** wholesaler. Gift packages, case studies and **Jiaogulan** in the news at [www.AumTea.com](http://www.AumTea.com).

As an alternative cash crop, **Jiaogulan** may help to eradicate dependence on illegal opium production in Northern Thailand.