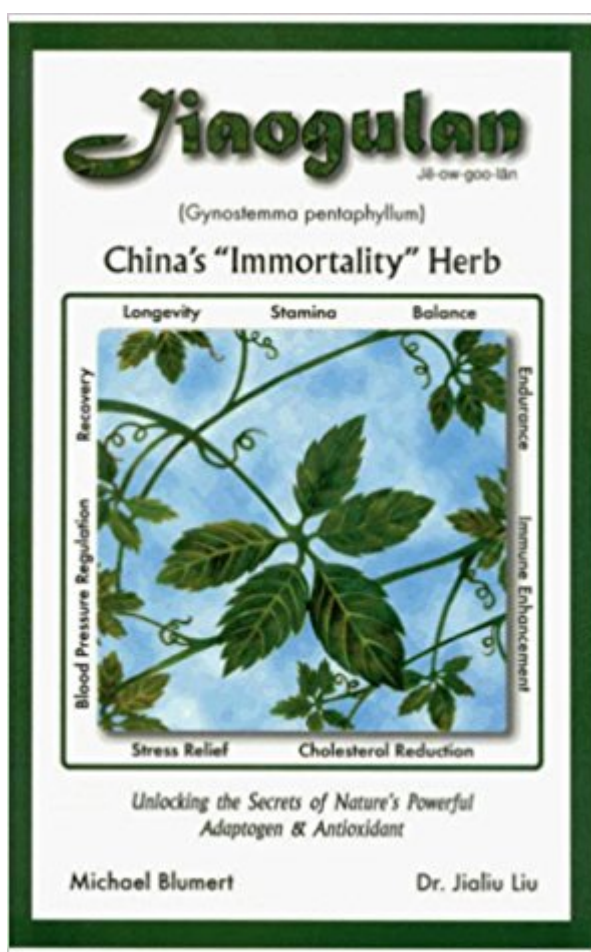


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Jiaogulan: China's "Immortality Herb"--Unlocking The Secrets Of Nature's Powerful Adaptogen And Antioxidant



Synopsis

This is the first book to reveal the complete history and the traditional and modern uses of Jiaogulan (je-ow-goo-lan). Learn about the benefit effects of this "miracle grass" on regulating blood pressure, strengthening the immune system, lowering cholesterol levels and increasing stamina and endurance.

Book Information

Paperback: 80 pages

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Average Customer Review: 3.9 out of 5 stars Â Â See all reviews Â (12 customer reviews)

Best Sellers Rank: #761,031 in Books (See Top 100 in Books) #70 in Â Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals #312 in Â Books > Health, Fitness & Dieting > Nutrition > Vitamins & Supplements #579 in Â Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy

Customer Reviews

Jiaogulan, China's Immortality Herb, is full of information about this new herb (new in the West anyway). I picked it up because I have high blood pressure, and this herb is known to normalize blood pressure, lower cholesterol, and help with general heart health. The evidence of the herb's efficacy in treating many health problems is impressive! And it's all backed up with scientific studies. I have to admit, I ended up buying the herb and using it, and it has helped me lower my blood pressure without taking any heavy drugs. What a relief! Read this book if you are at all interested in improving your heart health!

I received this book as a gift and began drinking Jiaogulan Tea at about the same time I started reading the book. My personal results has been positive from both items. I was amazed at how the topic was so thoroughly researched in so many countries. I have to say that this book really brought attention to the idea that there may be lots of remedies for healing from the Eastern world that may never make it into Western countries. If one herb has been so completely researched in China,

Japan, and the USA, it seems like it should be made available to people in all countries. Thank you M. Blumert and Dr. J. Liu for a great and meticulous job on the assembly of such important research results available about Jiaogulan.

In China and Japan, jiaogulan is also prescribed by herbalists for the treatment of obesity. Having become somewhat overweight myself, I was delighted to find that over a period of one year, and with the help of a lot of fruit and vegetables and a lot of walking, I was able to lose 18 kilograms.

The book had some valuable information which was easy to read and understand. However, the author often referred to "the Appendix" in regards to where to actually get the products and the Appendix was missing. Someone else commented on this. It is aggravating because the Appendix would have made it easier to research sources for the product.

Oh my goodness, this plant is truly amazing! I can't believe that so few people in the health industry know about it. The more I look into jiaogulan, the more obsessed with it I become. It looks like it has all the benefits of ginseng, plus way more. It also seems to have longevity and metabolic benefits. It is also very sustainable compared to ginseng. Instead of waiting ages for the ginseng plant to produce enough of the root to harvest for medicine, the jiaogulan plant's bioactive compounds are in the leaves and stems and the plant practically grows like a weed! I like this book and it seems pretty comprehensive for being dated. I want to find more current research on this plant, but am so grateful that these guys put out such a nice review on this plant and its uses.

It gave a good description and use of the herb. It also gave information on its primary uses. It is rather dry but informative reading

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