

# 50 SHADES OF HERBS

The Best Natural Remedies  
for Better Sex, Better Sleep  
and More Energy



**Michelle O'Shaughnessy, D.O.M**

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*THE BEST NATURAL REMEDIES FOR BETTER SEX, BETTER SLEEP, AND MORE ENERGY*

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The recipes featured in this book are not intended to be a substitute for professional guidance. It is important that a dietitian is consulted as to the proper ingredients and portions recommended for the patient's individual health conditions and daily diet plan. Only your healthcare provider should diagnose your healthcare issues and prescribe treatment, including any dietary needs.

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# INTRODUCTION

As you start getting older, you may start experiencing the following 5 symptoms:

1. Low energy
2. Problem sleeping
3. Poor circulation and pain
4. Low libido
5. Fine lines and wrinkles

This book will introduce you to 10 different herbs or foods that will help with each of these different conditions and related problems. Let this book help you use herbs or alternative medicine instead of taking medication or running to your Western doctor for help without first dealing with the underlying causes of your health problems.

I have given you a little tease of each of the herbs to hopefully entice you to do some more research or to add them to your daily regimen. I have also given you a cute nickname for the herb to hopefully help you to remember it when you go to the store or try to tell a friend about this cool herb or food that you have discovered that helps with a particular issue.

These herbs are safe, sexy, and they don't have the yucky side effects that most medications do. If you start indulging in some of these precious beauties, you may find yourself aging more gracefully and feel full of energy and vitality. My hope is that in the future you will think like Hippocrates and make, "food your medicine and medicine your food."

God Bless,

Michelle O'Shaughnessy

Doctor of Oriental Medicine

# 10 HERBS FOR BETTER SEX

## 1. GINSENG, "THE KING OF ALL HERBS"

This herb is the most revered herb in China, Korea, and Japan. They revere it for its tonifying and anti-aging properties. Most Chinese and Koreans take it for energy during the day or when they start getting older to boost their whole body.

Legend has it that the famous Chinese monarch Qin Shi Huang regularly ate ginseng in hopes of gaining eternal life. King Yeongin lived to be 83, and he also made ginseng a regular part of his diet. Many Emperors of China used ginseng to remain virile and for optimum health and most of us want the same results.

This sexy root, which looks like an old man, is full of energetic powers that benefit the whole body. Ginseng is a potent energy tonic and will keep you awake and alert for several hours. This herb will help you to stay focused and to keep your mind alert. What is really incredible is that it doesn't just give you a boost of energy, but it also helps with depression, high cholesterol, and diminishing libido. In Korea and China, men and women take it every morning when they start getting older so that they don't lose their stamina and vitality.

This sexy tonic also helps to offset general weakness in the muscles, lungs, and the male's sexy appendage, so that you and your significant other both can have the energy to go all night or as long as you wish, both finishing with smiles on your faces.

P.S. This is Siberian, Panax, or Chinese Ginseng – not American ginseng. The American species is used for insomnia and nourishing the Yin of the body, not the Yang.

Panax or Korean Ginseng can be purchased raw, in pill form, capsules, tea, or tinctures. It is also one of the main ingredients in many of those energy drinks on the market, but it is not the ginseng that hurts your adrenals – it is the caffeine and sugar that they also add to the mix. Having a nice cup of ginseng tea will not give you a nervous buzz that will later cause you to crash.

Ginseng will give you a nice feeling of energy and alertness for the day without the jitters. In China, it is also called the "wrinkle eraser," because this herb can give you energy and help erase your wrinkles. Now don't you think Chinese herbs are sexy?

"I'm not sure ginseng is any better for you or me than a carrot but just in case the Chinese are right, I grow it in my garden."

-James Duke, USDA Botanist as quoted in *The Wall Street Journal*.

## 2. YERBA MATE, "DRINK OF THE GODS"

This sexy herb has the strength of coffee, the health benefits of tea, and the euphoria of chocolate. It comes from Argentina and legend has it that the goddesses moon and cloud were coming to Earth to visit and a jaguar went to attack them, but a man stopped the jaguar from attacking them, so the goddesses gave him the mate as a present. It is considered the "National Drink" of Argentina.

This sexy herb has been used in South America for centuries to give their people a jolt of caffeine but without the jitters and the upset stomach. Yerba Mate also has 12 vitamins and minerals, 15 amino acids, and an abundance of antioxidants. They say that this herb contains practically all the vitamins necessary to sustain life. Now don't you think that is better than having a cup of Joe?

This is what I drank to get over my addiction to my regular, "Grande Soy latte" at Starbucks every morning. I read that Yerba Mate would give me a boost of energy and keep my mind alert while it also suppressed my appetite. That is all they had to say to help me kick my habit. It took a week, but Yerba Mate and I have bonded, and it helps me to wake up every morning.

They do sell it in tea bags but the loose leaf variety is what did it for me. I could get up in the morning and go to the coffee maker but instead of putting in French Roast or Colombian, I put in Yerba Mate and after a week I was hooked. In South America, they drink it out of a gourd with a silver-looking straw but me and my coffeemaker wake up each day to a sexy cup of Yerba Mate and I do my sexy-dance of gratitude for the goddesses' sexy gift to us mere mortals.

"When you rise in the morning give thanks for the light, for your life, for your strength. Give thanks for your food and for the joy of living. If you see no reason to give thanks, the fault lies within you."

-Tecumseh

### 3. HE SHOU WU- FO-TI, "YOUTHFUL TONIC"

"A sexy weapon against aging." This sexy root and vine is known to fight aging, boost your energy, and fortify your bones, while keeping your hair on top of your head healthy and shiny. It also helps you to keep your natural color longer in between colorings. A Chinese woman will start drinking this tea the minute that she sees a grey hair.

The name He Shou Wu means, "Mr. He who has beautiful black hair" because the legend is that Mr. He was a very old, grouchy man who lived by himself out in the woods. He was also a stingy man who didn't want to pay for tea so when he saw this vine growing outside his house, he started cutting it and brewing it as a tea, and the results were amazing. His hair turned black again, his wrinkles disappeared, and he had so much energy that he was able to marry a young girl in the village, and he lived long enough to have many children.

Fo-Ti is the Western name for this herb and Western medicine has found that it is an "adaptogen." Adaptogens are a super-elite, sexy group of herbs. They have only discovered 18 of these sexy herbs that give the body what it is missing so if you need energy, it gives you energy; if you need sleep, it helps you to sleep.

This herb can also help you to remember things because it helps to rejuvenate brain cells. The other nice quality of adaptogens is that they help your body to deal with stress. They stop your adrenal glands from producing cortisol which is that yucky hormone that goes crazy when we are in constant stress and produces that belly fat that we can't get rid of easily. Stress is really hard on the body and after being under constant stress for a long period of time you will burn out your adrenals and cause havoc to your health. This sexy herb helps to nourish your adrenals so they get their second wind while it also gives you a Zen Master feeling of calmness and the energy that will help you get through the current crisis.

I love this herb because it gives you a nice zing of energy so you can leap tall buildings, act like Buddha in stressful situations, and have a clear mind to juggle all those balls you have up in the air while your hair is smoking hot.

"Aging is not lost youth but a new stage of opportunity and strength."

-Betty Friedan

#### 4. ASHWAGANDHA, "INDIAN GINSENG"

This herb is very popular in Ayurvedic medicine because it has such wonderful healing properties. Ashwagandha is one of the special 18 adaptogens here on the planet, so it can give you energy. It helps with anxiety while at the same time lowering your cortisol levels. It also has a positive effect on your irritable mood and stops your mind from racing so you can get a good night's sleep.

Ashwagandha also helps with infertility in both men and women and will help you with a low libido. Imagine being in a really good mood, having lots of energy, and being able to leave all your worries behind you. You can have a sexy night with your honey bunny of choice. The icing on the cake for this herb is that after your sexy night you will be able to indulge in a great night's sleep.

From this moment on you won't have to worry about being exhausted and not wanting to be bothered when you feel frisky and ready to play because you have taken a few drops of your herbal tincture.

Ashwagandha can be bought online or at any health food store. It is sold in capsules or as a tincture. This is one of the herbs contained in most of your adrenal tonics. I take an adrenal tonic each day so I get this sexy herb in my blood system every day. Alleluia!

"Happiness is no more than good health and a bad memory."

-Albert Schweitzer

## 5. BAI ZHU, "POOR MAN'S GINSENG"

This sexy rhizome is the most used herb in Chinese Medicine because it benefits both men and women's health. It is used in China as a Qi tonic to help build up your "digestive Qi" and the Qi for your whole body.

You will know if your Qi is weak when you are just plum tired and you can't seem to shake it or if your muscles and mind just seem to be on auto zombie mode and you just have no passion or drive for anything. Maybe you are so tired that you can't even visualize things getting better or planning something fun. All you can think about is just getting through the day.

This herb is sexy because it can assist you with getting your zest for life back and you don't have to worry about Bai Zhi interfering with any medications that you are currently taking. It is a gentle and sexy Qi builder for your whole awesome body. This herb can also improve any kind of edema because it is a light diuretic that drains the excess fluid without hurting the body.

It is commonly used for its ability to build up Qi in the body without any side effects or negative interactions with other drugs, so if you are holding back from taking a Qi tonic because of the medications you are on you might want to purchase Bai Zhu in its raw form or go to see an acupuncturist to make sure that it is part of your personal tonic.

If you purchase it raw and want a little more kick, then dry fry the herb in a pan before boiling it in water.

"Qi is that intangible energy that animates the human body and all things in this universe."

-Richard Lee founder of the China Healthways Institute

## 6. DEER ANTLER VELVET, “A VELVET THAT ROCKS”

This is a very powerful tonic for the body. We use it in Chinese Medicine for people who have chronic back pain, weakness, fatigue, or if you are just feeling weak, tired, and cold all the time. This extract does a great job of tonifying your body from the inside out. It also helps with strengthening the muscles of the body and helping you to feel strong like a Buck again.

I like the fact that deer antler can strengthen your bladder and uterine muscles so you don't have to run to the bathroom every few minutes and feel like, “I've got to go, I've got to go,” or having to worry about a sneeze. You can also start to enjoy a good belly laugh and you won't have to worry about leaking. My issue with leaking was when I used to do jumping jacks in the morning as part of my routine. I took deer antler for a while, and I can sleep through the night without having to get up, and I can go to my exercise classes without having to wear a mini pad just in case there is a lot of jumping involved.

For men, it helps with getting their groove back and their virility. Muscle magazines have been praising the benefits of deer antler for a while because it helps with energy, stamina, and virility. I recommend it to my male patients who are recovering from cancer or a post-operative to help them to feel like their “Super-Stag” selves again quickly.

These sexy antlers are also full of glucosamine chondroitin sulfate that helps with joint inflammation and also helps with stimulating your brain so the next time you see Bambi on TV and you see his little velvety antlers think sexy brain, sexy joints, strong back, and no incontinence. Now that is a sexy mindset.

The deer are not killed. They are raised, and the baby antlers are harvested because they grow back each fall. They only cut the young, fresh antlers, because they are still alive and producing DHEA and Growth Hormone. They also want the IGF1 factor that is only available until the antlers start to calcify. Once they calcify, they are basically just dead bone that looks great for attracting a cute doe.

"I ask people why they have deer heads on their walls. They always say

because it's such a beautiful animal. There you go. I think my mother is attractive, but I have photographs of her."

-Ellen DeGeneres

## 7. GUARANA, “SEXIER THAN A CUP OF JOE”

This sexy plant is from Venezuela and Brazil, and it packs more punch than a cup of espresso. These little seeds have double the amount of caffeine than coffee. Guarana has 4.5 grams of caffeine while coffee has 2.2. These guys can definitely help you get going in the morning and can put a high voltage spring in your step.

If you don't like the bitter taste of coffee, but you enjoy that jolt of energy that only caffeine can give you, then you might want to think about guarana. These sexy seeds have the ability to super charge your energy, get your mind to focus, and to keep you sharp and alert. Guarana would be a good choice on days that you have to take a big exam, do a presentation, or you have to sit through a boring class or meeting. While the others in the room are yawning or are having a hard time concentrating, you will ace the exam or presentation and feel like a sexy winner when you are done. Nothing is more “unsexy” than a foggy brain that has no focus or direction. Wittiness and a quick brain are sexy tools that work wonders at every age. Keeping your mind clear and sharp into old age will benefit everyone around you and even contribute to your overall health.

Guarana has also been used for weight loss because of the saponins in the plant. They help to burn pesky fat deposits in the body. For those of you who are sensitive to caffeine because of high blood pressure or other issues be cautious when purchasing an innocuous energy drink. They have been adding Guarana to them and they have added it to many of the weight loss pills out there as well. If you have no problem with caffeine, then indulge in this sexy drink when you want to shine.

If you are a tired, sexy one and you need to do a presentation or have an event to go to and all you can think about is your pillow, you might want to take some guarana capsules to help you perform at your best.

They are sold online or your local health food store likely carries it. Follow the directions on the bottle and don't take it every day because it will wear out your adrenals. It is for special occasions.

“I don't usually drink caffeine so that when I need it, it actually does

something."

-Anna Kendrick

## 9. ROYAL JELLY, "ANTI-AGING ELIXIR"

This is what they feed the larvae that they want to turn into queen bees, and this is also what the queen bee eats so that it has everything in it to become a gorgeous sexy Queen and then to remain one for the rest of its life. I think that is sexy.

I want to be treated like a Queen, so I have added it to my daily routine and I like it. This jelly is packed full of your B vitamins like B5, B6, and B3, and we all need our B vitamins to keep our minds calm and collected. It also has acetyl-choline which helps with brain function which keeps your mind alert so you can make big decisions in a calm state.

This elixir also is full of all of your fat soluble vitamins like A, D, and K, which help your skin and body, and it also contains 'royal-lactin,' which is the protein that is needed to turn the egg into a queen. Since it can turn an egg into a hot bee, it will also help you with your hormones and hot flashes while also giving you the proper amount of amino acids to build up your collagen. Imagine having more energy because it is an overall tonic, having a clear mind, beautiful skin, and your hormones in balance.

I think every woman should be taking her royal jelly every day to remind herself that she is gorgeous and that she is the "Queen of her empire."

"The secret of my health is applying honey on the inside and oil outside."

-Democritus contemporary of Hippocrates who lived to the ripe age of 109

## 8. CREATINE, “MUSCLE POWDER”

If you wish that you could have more energy and muscle mass because you feel that you are looking weak and your muscle tone is diminishing, you might want to add this powder to your protein drink or green drink in the morning and you will build muscle mass.

This powder is very popular with the weightlifters because they know that if they take it they can do more reps or they can lift heavier weights to build bigger and stronger muscles. We women also need to lift weights because we start to look flabby and doughy if we don't lift or if we just concentrate exclusively on aerobic exercises. I love aerobic, yoga, and tai chi exercises but to make sure we have strength, tone, and definition we must incorporate weight lifting at least 2 to 3 times a day. If you want bigger muscles, then add this powder to your morning drink.

The first week that you start incorporating creatine to your morning routine you will gain weight but it will be water weight until the muscles start to release the water and start building muscle, so just relax, keep working out, and you'll start noticing those nice, defined arms and legs as they start appearing. Then put on those short or sleeveless shirts and start strutting your stuff.

This super supplement is not just for weight lifters anymore. Older people are starting to take it to help with being less creaky and to have more mobility. Remember, it is only helpful for those sexy seniors who are already doing exercise but are feeling some stiffness and tightness in their bodies. They, too, will be able to do more reps or start to lift heavier weights.

It also helps us to build muscle mass when we start getting older because we lose our muscle mass as we age. If you are a senior, you should be lifting weights 2-3 times a week and taking creatine powder to make sure you keep your sexy muscles and to keep you looking buff.

They have also found that creatine helps alleviate depression for those who don't respond well to anti-depressants or do not want to go on medication. Imagine being over 60 and that you are still active, flexible, and happy. Now that is sexy!

So if you are in your 60s or above, you are active and want to stay that way, then you will want to add 5 grams of Creatine to your juice in the morning. Make sure when you buy it that it is pure Creatine Monohydrate and that you drink it quickly after putting it in liquid because it starts breaking down within seconds.

"When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied."

-Herophilus

## 10. ASTRAGALUS, "THE GREAT BODY LIFTER"

This is a great herb for tightening up the skin on the neck and those pesky droopy eyelids. It is also good for building up the Qi (energy of the body) so it gives you energy. Since it is working from the inside out it also builds up your immune system, so you get more energy, tighter, and lifted skin while at the same time it is making your immune system strong with sexy, little white cells running around keeping you healthy and attractive.

Astragalus "the great lifter" means it can also lift saggy skin from the knees and elbows on the body. It can also help women who suffer with prolapse of the uterus. The only way to put it back where it was in your 20s is with surgery. If it has fallen and the doctor doesn't want to perform surgery you might want to get some astragalus or go see your local acupuncturist because acupuncture can help, and she can mix the astragalus with other herbs to make it even stronger.

It can be purchased in the form of raw, capsules, powder, or tincture online or at your local Chinese store or health food store. If you buy the dried form, it can be added to any soups; just make sure that you rinse and soak it before adding it to the soup because they sometimes spray it with sulfur to preserve it longer.

I love this herb so much that it is an ingredient in my Orange Soup because this particular soup helps to build up the Qi and immune system of your body while it also tonifies your digestive tract and pancreas.

In Chinese Medicine when the digestive tract is healthy and strong, the rest of the body will be healthy and strong because it is responsible for the production of Qi, and Qi is good.

"Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul."

-Samuel Ullman

# 10 HERBS TO HELP WITH LIBIDO

## 1. MACA ROOT, "PERUVIAN VIAGRA"

This funny looking root that comes from the Andes in Peru is making a big splash here in the States because it is like Viagra for both men and women. This root will help to build testosterone in men and in women it will help to balance our hormones during menopause while giving us energy and making us feel frisky.

This root is classified as an adaptogen and "Adaptogens" are an extraordinary group of herbs that can help to balance out the body. If you need energy, they will give you energy but if you need sleep, they will help you sleep. They give the body what it is missing. There are about 18 known adaptogens in the world. If you can add one or several of these incredible herbs to your regimen the healthier you will be because these guys decrease your cellular damage caused by stress so that you can age more gracefully and have less wrinkles as you do so.

Maca will also help with infertility, and it builds up your body's immune system. This sexy, Peruvian wonder also contains 18 of the essential amino acids that are the building blocks to protein, so it can help keep your hair and nails healthy, and it can help alleviate your symptoms of anxiety and depression.

Some women who have had hypothyroidism and started taking Maca were able to cut down or eliminate their medication after taking it for several months. (I love that! One medicine gone!). Maca is also full of omega-3 oils that help to lubricate your joints and skin.

Can you imagine having energy, feeling frisky, experiencing no depression or anxiety, and having a great hair day? Now don't you think that is sexy?

Maca can be bought in capsules and in powder form. You can add the powder to your morning drink or sprinkle it on cereal. It tastes like malt so here is a quick drink that you can take in the morning to get your engine running hot all day long.

## CHOCOLATE MACA SHAKE RECIPE

### *Ingredients*

2 cups of almond milk

2 tsps. of maca powder

1 banana

3-4 cocoa bits

Agave syrup to taste

### *Directions*

Blend all ingredients with a few pieces of ice and enjoy.

## 2. HORNY GOAT WEED, “YIN YANG HUO”

Don't you just love the name of this herb? It is just totally sexy and the name says it is all. It is Viagra in an herb. Horny Goat also helps with erectile dysfunction and increases the blood flow to the capillaries and other areas that need blood. It also inhibits estrogen production while increasing your testosterone. If you are a man and you are starting to get a little chubby and feel like you are developing man boobs it is because you have too much estrogen in your body. When you decrease the estrogen levels, your body will lean out and the doughy look will disappear.

The cool thing is that there are no side effects when you take this weed, and it won't interfere with your medication. I like the fact that it stimulates both males and females, so you both can feel aroused at the same time and enjoy the sexual fireworks.

They have also found that it helps with brain traumas and dementia so imagine an herb that will help your libido plus you will be able to remember everything on your to do list.

Horny goat is also a good detoxifier for the liver and kidneys. Can you believe that this one, sexy herb is the Trifecta of herbs? It helps with your libido, your memory, and also cleanses your liver. You can't tell me the real Viagra can do all that.

P.S. If you really want to get your groove on take horny goat weed with Maca for VaVa Voom.

"Sex creates an increase in chemicals that keep us young. When you have loving conjugal love with someone and you actually have that passionate moment you not only exchange bodily chemicals, but you make chemicals within you that keep you young."

-Dr. OZ

### 3. POMEGRANATE, “SEXY RUBY SEEDS”

Have you ever seen such beautiful, sexy seeds? They look like rubies, and their health benefits are even more valuable than a ruby. This antioxidant rich fruit has been revered as a symbol of health, fertility, and eternal life for a very long time.

These sexy seeds benefit the heart and the blood vessels because they increase the speed that heart blockages melt away. In a study of 84 patients who drank a glass a day, they found that their blood pressure lowered by 12% and plaque by 30% and those who did not drink the juice saw their plaque levels rise by 9%.

Now for the really good news: these crimson beauties can build up your testosterone for both men and women. They help with depression and also help to lower your cholesterol levels. By drinking a glass a day you can help lower your cholesterol, protect your skin with some potent antioxidants, and it will keep you feeling turned on and sexy all day long.

#### *ANTIOXIDANT RICH SMOOTHIE BY DR. FUHRMAN*

##### *Ingredients:*

4 cups of baby spinach

½ cup of pomegranate juice

½ cup of blueberries frozen

½ cup of strawberries frozen

4 dates, cut in half

1 tablespoon of flaxseed, ground

½ avocado, optional

##### *Instructions:*

Blend all the ingredients together and enjoy.

#### 4. L-DOPA MUCONA, “THE SEXY VELVET BEAN”

These ebony color beans are very sexy because of the wonderful things they can do to help your mind and body. L-dopa is an amino acid that your body needs to make Dopamine for your brain. The neurotransmitter Dopamine is responsible for giving you that wonderful feeling of joy. If you feel like you always have a cloud over your head and just can't seem to shake it, then you might want to consider taking Dopa Mucona because your dopamine levels may be low. It will also help you to sleep and it stops the nightly chatter in your head before bed so you can go right to sleep.

In India and Brazil, Dopa-Mucona is known as a powerful aphrodisiac because it helps build up testosterone in the body. It also builds up the Human Growth Hormone (HGH) in your body, so you get two powerful hormones to help stimulate your libido and give you a sense of joy.

When you ingest the Dopa Mucona, the body is able to assimilate the HGH and use it: yet, if you take HGH in capsules it can cause inflammation because it has been forced into the body, and the body doesn't know how to use it.

Imagine feeling friskier, joyful, and getting a really good night's rest. Your sleep will improve and your mood will improve exponentially because the L-dopa takes away the cloud and improves your sleep. It also calms your nervous system and balances out all your hormones.

L-Dopa Mucona can be purchased in pill form or in powder form and some muscle powders are adding it to their mixes as well. I would recommend taking 1-2 capsules a day to keep those ugly clouds away, so you can feel sexy and sunny every day. If you are having a problem with depression along with the black clouds, you might want to add 5HTP (which helps build up your serotonin levels) with the L-dopa so that you can balance out two neurotransmitters instead of one and really see the sun breaking through the clouds.

One way to tell if your dopamine levels are low is if you crave sugar. Sugar burns up your dopamine so if you eat a lot of refined carbohydrates you will start losing your natural joy. Sugar gives you a temporary feeling of joy, but

it is short lived and then it makes the problem worse, so you will crave more hoping that you will feel well again. I recommend taking L-dopa to stop the craving for sugar and then trying to look for things in your life that give you sweetness and joy instead of trying to find a feeling of sweetness in your life exclusively from your food intake.

"And from the midst of cheerless gloom I passed to bright unclouded days."

-Emily Bronte

## 5. YOHIMBE BARK, "THE SUPER VIAGRA"

This incredibly sexy bark that comes from the Congo region of Africa possesses some very exciting properties. This bark can help with erectile dysfunction like other herbs can but what is ground-breaking is that it also helps with erectile dysfunction that is worsened or caused by taking anti-depressants, heart pressure medicine, or from being diabetic. A lot of these medications make it very difficult for herbs to help with erectile dysfunction but this one does not interfere with the medication. It bypasses the medication and increases blood flow only to the groin area. How exciting is that?

This herb also has the ability to help women who have lost their desire for sex because of their anti-depressants or other medications that they are taking. We women don't have to worry about getting it up but if our heart and minds are not in it we might as well call it a day because we won't get excited. This herb helps you to get aroused while it gets your mind and body to get in sync so all you have to do is kick back and enjoy the ride.

How is this incredible bark able to help diabetics and people on high blood pressure medicine? It works because it contains a chemical called "yohimbine," which can increase blood flow and nerve impulses to the penis or vagina. This increases desire and stamina without interfering with medication or elevating the heart rate. I am very excited about this herb because I have tried to help patients with erectile dysfunction who are taking these medications and the results were not that great until recently.

This bark can also help with weight loss and energy. Weightlifters use it to improve their workout performances. I know it seems like this is a miracle herb, but I would really like to emphasize the benefits for people suffering from erectile dysfunction and how exciting it is to get your desire back for both men and women. Many people taking anti-depressants just chalk it up to, "oh well, I guess I will have to deal with low libido but at least I am not so depressed and irritable all the time." Now with Yohimbe you can be calm, cool, and collected, while still enjoying a wonderful sex life. Now don't you think that is something to cheer about?

This sexy bark can be purchased online and many health food stores in tincture, powders, and tablets. Take the Yohimbe daily to clear out the blood

vessels and build up desire and stamina.

"If I had just one night to live, I'd live it in your arms, for you hold all my joy, happiness, and desires."

-Unknown

## 6. SAW PALMETTO BERRIES

These sexy berries can keep your man's prostate healthy and keep him virile for a long time. Many men experience benign prostatic hyperplasia (BPH) when they start getting older which is caused by their prostates swelling up. BPH can lead to a myriad of symptoms like increased urinary frequency, a weak urination stream, and difficulty initiating urination. Saw Palmetto can help with these symptoms and in many countries like Germany, Italy, and Austria this herb is the first line of defense against BPH.

Here in the USA, men are usually prescribed Flomax to help with their symptoms and some of the yucky side effects of taking Flomax are a dry mouth, abnormal ejaculation, dizziness, runny nose, and a sore back. Saw Palmetto, on the other hand, has no known side effects.

Saw Palmetto can also raise testosterone which will cause a higher libido. It will also reduce hair loss and it helps to build muscle tissue because it is so high in essential fatty acids that bind to the protein molecules to build muscle mass.

Imagine a husband who is suffering with an enlarged prostate, a runny nose, dry throat, sore back, and dizziness. Now imagine a husband who has an enlarged prostate that is getting smaller, his hair is growing in, his muscles are becoming more defined, and his libido is up. How I just love herbs, and I think that they are so sexy compared to Western medications.

"Love is a matter of chemistry, but sex is a matter of physics."

-Unknown

## 7. CNIDIUM MONNIER, "NATURAL LIBIDO BOOSTER"

This herb has been used for thousands of years in Traditional Chinese Medicine as an aphrodisiac and a libido booster. It has the ability to help the body to produce nitric oxide which helps the body to send blood to the penis, so you can have stronger and longer lasting erections. If your problem is premature ejaculation this herb will help you to prolong your erection for a longer time.

Cnidium Monnier are yellow seeds that come from the same family as the carrot and fennel. These sexy seeds can also help women because they can send blood to your clitoris so that it engorges and it becomes very sensitive. You will have some wonderful orgasms and these sexy seeds will put you in the mood for more and more. Another nice side effect of taking Cnidium is that it helps with vaginal dryness and because the clitoris feels so sensitive it can help with frigidity too.

This libido enhancer also helps to strengthen your bones and is a warming tonic for the whole body, so it also has a gentle strengthening effect on the entire body. These sexy seeds promote vigor and give the body a nice sense of wellbeing and will hopefully put a smile on your face.

"I admit I have a tremendous sex drive. My boyfriend lives forty miles away."

-Phyllis Diller

## 8. DAMIANA, "MAYAN SEXUAL ENHANCER"

This herb grows in Mexico and Texas and has been used since the Mayans have been gazing at the stars and developing their incredible calendar. They have used it as an aphrodisiac and a sexual rejuvenator for men who suffer with impotence.

What I like about Damiana is that it is a general tonic for the body, so it can help with exhaustion and overall weakness. Damiana can build up your strength and energy and hopefully then you will start to desire intimacy. It is hard to want sex when you are just completely exhausted and weak all the time.

This sexy herb can also help calm down your nervous system and help with depression and anxiety. They have even found it very helpful for people who suffer from obsessive compulsive disorder (OCD) because it can help calm the racing mind and settle anxiousness.

This sexy Mayan secret can also regulate the level of female hormones in the body, so it can help with menopause and hot flashes. Imagine not being exhausted, feeling happy or content, and not having hot flashes; now doesn't that make you feel a little friskier? This herb can be used alone or in conjunction with similar herbs to make it more powerful. They say it works well with Saw Palmetto that helps the prostate and for some men it gave them a mild sense of euphoria. I think a euphoric feeling in the bedroom before anything happens can be pretty exciting.

"Good humor is a tonic for mind and body. It is the best antidote for anxiety and depression. It is a business asset. It attracts and keeps friends. It lightens human burdens. It is the direct route to serenity and contentment."

-Greenville Kleisser

## 9. TRIBULUS TERRESTRIS, "MUSCLE BUILDER AND SEXUAL ENHANCER ALL IN ONE"

This herb is sometimes called "Puncture vine," and it has been used for centuries in Asia and in Eastern Europe. In Asia, it has been used as a libido enhancer in both men and women because it helps to increase testosterone in the body. Tribulus produces a steroid called "protodiosin" that converts androgen into testosterone or estrogen, whichever the body needs, so it helps balance the hormones.

This sexy vine also produces DHEA which is the precursor for all the hormones in the body, so it makes sure that your testosterone keeps on being produced by the body. If your testosterone is low, it can raise the testosterone to a normal level, and it can keep it there for quite a while. The reason I said for a while is because I want you to take Tribulus for 2-3 months every day and then stop for a month and then go back on again. If you go off it for a while, it lets the body know that it can't rest on its laurels and has to keep on making testosterone. The body will go on vacation and stop doing its work if you keep on giving the body what it is missing. We want the body to start working again and not always be relying on herbs, creams, or pills. We just want to give it a loving push to get going again.

Many of the herbal formulas that they sell have Tribulus in it, and it is a good thing. I do like it mixed with other herbs and not just on its own to give it a bigger punch. The dosage is 85-250mg, 3 times a day, for 3 months, and then off for a month, and then back on for another 3 months.

"Sex is a two way treat."

-Franklin P. Jones

## 10. GINKGO BILOBA, "MEDICINAL LEAVES FROM THE OLDEST LIVING TREE SPECIES"

The Ginkgo Biloba tree has been around for over 15-20 million years, and its leaves have been used in Chinese medicine for thousands of years. The leaves are known to help with circulation and to get oxygen and nutrients to every part of your body to promote longevity. There have been many studies done on how it can help with memory and cognitive abilities, but they have also been doing research on how it helps with getting blood down to the male sex organ and how it can help with infertility and erectile dysfunction.

Can you imagine how wonderful it would be to live with a man in whom both of his heads are working at an optimal level? You can start singing an old TV commercial by Enjoli but you will need to modify the words a bit like,

"He can remember to bring home the bacon, fry it up in the pan, and he never ever forgets how to please me, because he's a Ginkgo Biloba man!"

This 'oldie but goodie' herb can also help with asthma, allergies, and it can relax the lungs when they are in a state of inflammation because it delivers pure oxygen to those cute lungs. It can also help with peripheral vascular disease, and it breaks up platelets and helps the blood to flow more freely.

There are side effects to this herb. Please do not take it if you are on a blood thinner or are prone to seizures but for the rest of us we should be taking at least 40-80 milligrams, 3 times a day, so we will be sharp and alert all the time.

"Oldest tree bears the sweetest fruit."

-German Proverb

# 10 HERBS TO HELP WITH PAIN AND CIRCULATION

## 1. TURMERIC, "THE ORANGE WONDER"

Or you might know it by its Latin name "Curcumin," but whatever you decide to call this sexy herb is okay as long as you start taking it. It works wonders if you have any kind of shoulder or neck pain. This herb invigorates the blood, but it specifically goes to those areas. This sexy orange root is part of the ginger family and is one of the herbs used to make curry.

It has been used in India for over 2500 years, and they consider it a "Wonder Herb" because it can help with so many things, from cancer all the way to Alzheimer's. Turmeric helps to invigorate the blood and is an anti-inflammatory for the whole body, so it helps with arthritis, pain, stiffness, and any kind of systemic inflammation. It can also help with depression and if you mix turmeric with cauliflower some Ayurvedic physicians say it can also help with prostate problems.

Turmeric is a strong liver detoxifier so it can help with depression, frustration, and irritability which are all signs of liver toxicity. This orange spice can also stop the growth of cancer cells and prevent metastasizes from occurring for many different forms of cancer.

Andrew Weil, M.D. loves turmeric and he has stated that if you make one resolution he recommends you to start taking this one herb. He also stated that there are not many herbs that can help with pain, stop inflammation, kill cancer cells, get the blood flowing to the brain, and help with depression.

I think this orange wonder is very sexy, and I agree with him. The beginning of disease in Chinese Medicine is when blood stops flowing or if we have inflammation, so the more we can get our blood flowing and reduce the inflammation, the better we will be and the less pain we will feel.

Turmeric can be added as a spice to your food or in pill form that can be bought in any health food store. Be careful of taking the powder and making it into a tea because it will stain your teeth or dentures, and orange teeth are

not sexy.

"Adding spices to your diet can curb hunger, strengthen muscles, boost your brainpower, and improve mood new research shows. Plus, you get instant, big-time flavor for a few calories and nearly zero fat."

-Alyson Mcnutt English

## 2. DRAGONS BLOOD, "SANGRE DE DRAGO"

This sexy resin that is found in the Amazon rainforest comes from the sap of the tree and when they cut the tree to get the sap it looks just like blood coming out of a freshly cut wound. This tree sap is very helpful for all different kinds of blood and circulation problems. I find it interesting that even the leaves of the plant are shaped like little hearts. The sap helps to stop bleeding and is an anti-inflammatory like Turmeric. The sap can also help with nerve pain and with any kind of bleeding issues for women. The Amazon Indians know that if they get a severe cut they can just smear the sap on their wound, and it will stop the bleeding and create a second skin. This is very helpful when the closest doctor or hospital is thousands of miles away.

Another sexy property of this sap is that it can help with skin problems and because of all the anti-oxidants it has some anti-aging properties and will keep you looking young. The more we can get new blood up to the skin, the faster our old skin will regenerate and the blood will give our skin a nice, rosy look.

Imagine taking Dragons blood on the inside to help you with any wound, pain, or circulation problems and then using it on the outside of your body to keep you looking great. So the next time somebody asks if you would like some dragon's blood to drink, I would give a resounding yes.

Dragon's blood is sold in capsules and tinctures that you can buy online or at any health food store. You can also buy a cosmetic cream with dragon's blood as the main ingredient in it at Nordstrom.

P.S. The Amazon Indians say that if you take the burnt resin and put it under your mattress it acts like an aphrodisiac. I think I saw some small Dragons blood trees for sale online. Good planting.

"Dragon's blood can be used as an oven cleaner, spot remover, cure diseases, and potion strengthener."

-JK Rowling in Harry Potter

### 3. BOSWELLIA, "INDIAN FRANKINCENSE"

This sexy herb is used a lot in Ayurvedic medicine for inflammation. It is like Ibuprofen because it has anti-inflammatory properties and it also helps to invigorate the blood. It is great for bursitis, menstrual cramps, and all inflammatory bowel diseases. They also make it into an ointment for back pain so you can take it internally and externally to help alleviate the pain, and it doesn't hurt you or your liver (yahoo).

Ashwagandha is a Nootropic so it can help you to sleep if you are having difficulties. It is also an adaptogen so if you need energy it can give you a boost of energy that will last the whole day. For sleeping problems taking ashwagandha with 2 capsules of 250mg of magnesium helps you get a good night's rest, especially if you are up all night with pain.

Another healing property of this resin is that it can help with digestion and with chronic indigestion and gas. It helps to speed up the digestion and the secretion of the digestive juices, so that food is broken down faster and easier while at the same time also breaking down the gas that gets blocked. Can you imagine getting a good night's sleep, not having as much back pain, less indigestion, and less gas? Now doesn't that make you want to strut your stuff?

Some cosmetic companies are starting to use it in night creams because it can help soften wrinkles. I am all for an herb that can help with my pain and stops me from frowning which causes me to have wrinkles so if I had chronic pain I would take it internally, and I would rub the ointment on my back to get the most bang for my buck. Pain hinders us from being as sexy as we can be and can cause us to be irritable and cranky, so anything that will help us to be pain-free without getting caught up in the Western medicine pill mill... I am in favor of it.

Now I understand why the "Three Wise Men" brought it to baby Jesus; they wanted to make sure he was pain free so he could minister to us in all his "Magnificence."

"They entered the house and saw the child with his mother, Mary, and they bowed down and worshiped him. Then they opened their treasure chests and gave him gifts of gold, frankincense, and myrrh."

-Matthew 2:11

#### 4. ECOMMIA BARK – DU ZHONG, "THE BONE STRENGTHENER"

This small, little, tree bark can help with lower back aches, knee pain, and strengthen the skeletal system so that you can stand up straight without any pain for years to come. We use it in Chinese medicine as a tonic to help strengthen the bones and the essence of the body. It is also used in Chinese Medicine as a liver and kidney tonic.

Some scientists believe it helps the bones because it helps you to absorb your vitamin D. We Chinese doctors prefer that our patients get their vitamin D in a form that the body can absorb, but we also like that this bark is a kidney and bone tonic. Kidney tonics help to tonify the bones and the body so that you are not as achy and stiff as before your treatment. Some herbs just invigorate blood while others tonify the body. This herb tonifies and invigorates, so you will feel that your pain is better even though you might be getting older. This herb will help you to get that "Spring" back in your step.

If you are feeling stiff and achy at your lower back or knees I would recommend taking this herb in capsule form, or you can go to the Chinese market and purchase the bark and make it into a tea to help to keep you limber and sexy for years to come.

"The leadership instinct you are born with is the backbone. You develop the funny bone and the wishbone that go with it."

-Elaine Agather

## 5. BURDOCK ROOT, "THE GOUT RELIEVER"

This root is very popular in Japan and all over Asia as a blood purifier and to help with ridding the body of inflammation. Burdock is so good for pain because this root is chock-full of omega oils that help stop inflammation and pain. I highly recommend this herb if you have rheumatism or gout because it can clear the uric acid and stop the throbbing pain and inflammation by directly clearing the acid out of the body via your blood system.

Burdock also helps with pain that is associated with psoriasis and with the skin condition that goes with it. It also helps with other inflammatory skin conditions like eczema and acne because of its strong blood purifying properties and the omega-3 oils that also alleviate the redness and itching.

This root can be purchased in capsules or in teas from any health food store, or you can purchase the root itself at Whole Foods or any Asian store. I would recommend you try to make a wonderful Japanese dish called "Kimpira," that is easy to make and so good for you. The Standard American diet (SAD) causes a lot of inflammation in the body because of the high quantities of refined carbohydrates and animal protein. Those foods are very acidic and that causes more inflammation, so the more anti-inflammatory dishes you can add to your diet the better you will be in the long run.

Burdock root is also very high in vitamin C, so it is also a strong antioxidant for the skin. This helps the skin look smoother, clearer, and the inflammation can stop, and your skin will be able to regain its youthful look again.

### *KIMPIRA RECIPE (CARROT AND BURDOCK STIR FRY)*

#### *Ingredients:*

3-4 burdock roots, peeled and cut into 2 inch pieces

2 carrots, peeled and cut into 2 inch pieces

1½ Tbsps. of toasted sesame oil

¼ tsp. of Chinese 5 flavor spice

¼ cup of tamari

Toasted sesame seeds to garnish

*Directions:*

1. Cut the carrots and burdock into matchstick size pieces. Soak them in cold water for about 20 minutes. Drain. Remove the excess water by wrapping the carrots and burdock into a clean dish towel. Press out as much water as possible.
2. Heat the oil in a wok or large skillet over medium heat and then stir fry the burdock and carrots for about 5-8 minutes.
3. Add the Chinese five flavor seasoning and mix well. Then add tamari and stir until the liquid is absorbed.
4. Sprinkle with the sesame seeds before serving.

## 6. WHITE WILLOW BARK, "NATURAL ASPIRIN"

The little magical pill you take whenever you are in pain comes from this sexy tree. A German doctor figured out that the bark contains a chemical called "salicin" or "salicylic acid" which is an anti-inflammatory and helps with pain. Some people don't like to take a synthetic version and would rather take the real stuff for their pain. When I have a sore back or knee from over working them I will brew myself a cup of willow bark and sit down and relax for a moment. I enjoy taking the moment to acknowledge what my body is trying to tell me and then enjoying the relief when the tea kicks in, and it works.

White willow bark is sold in capsules, tinctures, or teas. I do recommend the tea if you are having a tooth ache or a sore throat because you can gargle with it and it helps to numb the throat. It is also good for any kind of lower back aches, joint pain, or any kind of pain for that matter.

They say that you can take it for a cold to stop the fever, but I would rather recommend that you take a hot bath and sweat out the virus more than trying to stop the fever. The fever is the body's way of heating up so the body can kill the bacteria or virus, and if you stop the fever the virus or bacteria stays longer in the body and it takes on a stronger hold. When you are experiencing chills during the fever, then that is the body's way of telling you that the body is losing that round of the fight. When your fever breaks and you sweat that is your body's way of knocking the bacteria out and helping you to win the fight. I would also recommend that you only drink liquids or soups during the time that you have the fever because you don't want the body to have to do anything else but fight. The warmth of the soup will give your body a shot in the arm to help knock ugly bacteria out of the park.

White willow bark is nice to take but all the precautions that exist with aspirin also exist with the bark. Do not take it if you are on any kind of blood thinners, suffer from peptic ulcers, or have any kind of bleeding conditions. Please do not give it to a child less than 16 years old because they could develop Rye's syndrome.

Anytime I can have a cup of tea and not have to pop a pill I am happy, so if you would like to sip your pain away from a lovely cup of tea, then enjoy

some white willow bark and relax.

"Many South African tribes used extracts from the African Bush willow to heal the sick."

-Bob Pettit

## 7. AMERICAN SKULLCAP, "A WONDERFUL NERVE TONIC"

This wonderful American herb helps with muscle pain, muscle cramping, tremors, and tension headaches. Skullcap is an anti-inflammatory and it also has a relaxing and sedative property that affects your nervous system and calms you down and settles the irritated nerve that is letting you know he is not happy.

We use this herb for chronic pain and not so much for acute pain because there are other herbs that are better for that. It is, however, safe for children and the elderly so in their case you can use it for acute pain. The nice thing about this herb is that you can take it for a while because it is a restorative tonic and it can help anybody to relax and get centered.

This herb also can help alleviate anxiety and stress that is related to your pain and help you to calm down. You don't even have to be experiencing pain to enjoy this herb because it can be used when you are just stressed out or when you can't seem to quiet the brain. It will help you to focus and relax.

I prescribe this herb to my patients who are feeling like they are on their last nerve or they feel like their "nerves are raw" because they are just really exhausted. Skullcap helps them to relax. It also alleviates some of their pain and helps them to get some much needed sleep. If it is really bad and they can't sleep I do mix it with Kava Kava to help knock them out so that they can heal.

Purchase this herb in a tincture bottle and not in a tea bag because the tincture will help with the pain and is medicinal while the tea bag is very weak and does not have that many medicinal properties.

"Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If I quit, however, it lasts forever."

-Lance Armstrong

## 8. STINGING NETTLE, "THE STING THAT HEALS"

If you have ever been hiking and have gotten stung by the hairs of the nettle plant please don't get too upset about the sting because this plant has many healing properties. It has several uses in folk medicine and around the world. When these sexy hairs sting you they cause a histamine reaction that can help calm your inflammation. It is very helpful for arthritis, gout, tendonitis, and sciatic pain.

This herb is also used extensively for allergies and hay fever to stop the inflammation, redness, and irritation that develops when you suffer from these conditions. If you are suffering with pain and allergies you might want to give this herb a try because it will help with the allergies without all the side effects of the over-the-counter drugs, and it will also help with the pain.

If you are suffering with gout, drink a tablespoon of the juice 3 times a day because it will break down the uric acid, and it will help to eliminate it from the body. This herb also has a diuretic effect as well as a nourishing effect on the body. Nettle has also shown to be very helpful for an enlarged prostate and because it is also a vasorelaxant it will lower your blood pressure. So if you would like your blood pressure or prostate to go down, you might want to start drinking a cup of nettle every day. A cup of nettle will keep your heart and prostate sexy and healthy.

Nettle has also been used for malnourished children and for children who have rickets because it is very high in vitamins D, C, and A, as well as minerals like iron, calcium, magnesium, and phosphorus. If you have children who are looking weak or having problems absorbing their nutrients this herb is safe for them to take, and they will absorb the nutrients right into their bodies.

This herb can be boiled and eaten just like spinach but the process of getting the plant into the pot can cause some discomfort, so I would recommend wearing gloves if you are adventuresome enough to try. For the rest they sell it as capsules or tea. Both are very nice but not as potent as the real plant.

"Float like a butterfly, sting like a bee."

-Muhammad Ali

## 9. CAYENNE PEPPER, "ONE HOT MAMA"

This spicy herb can heat up your tongue and body when you add it to your cooking. By adding some spice to your dish it will give you several health benefits. This hot mama and all the spicy peppers help with circulation and can help break up plaque and congestion in the arteries to help lower your blood pressure and cholesterol.

This pepper helps with getting your blood moving so it can also help with arthritis and pain. It helps by revving up your blood flow and at the same time calming the sensory nerves to help you relax the pain. If the area of the pain responds well to heat you might want to take this herb internally because it can raise your internal thermostat to relieve some of the pain.

Cayenne does have some thermogenic properties; it raises your body temperature so it can help with weight loss. It only works for weight loss if your weight gain is due to a low thyroid or if you are sluggish and cold all the time. I would not take it for weight loss if you are having problems with sleeping, hot flashes, or feel like you are too hot all the time. Those are usually signs of a hot liver and you don't want to get your liver any hotter. You will want to cool your sexy liver down with some wonderful, dark, leafy greens like dandelion, collards, or kale. He just loves those leafy greens.

I would also like to recommend taking cayenne to warm you up if you are just feeling cold because you are out in the elements. Some skiers take it when they are on the slopes to prevent them from getting frostbite. You can also take it if you are living up north and you have to be outside in the cold weather. It will keep your sexy fingers and toes warm.

"Adding spices to your diet can curb hunger, strengthen muscles, boost your brain power, and improve your mood, new research shows. Plus you get instant big-time flavor for a few calories and nearly zero fat."

-Alyson McNutt, *English Self Magazine*

## 10. CINNAMON, "THE BODY WARMER"

This inconsequential spice that most of us have on our spice rack is capable of doing some wonderful things for the body. This warming spice comes from India and at one time in history it was desired more than gold because its benefits are quite astounding. If you suffer with pain in your body and it is worse on a cold, rainy day, then cinnamon might be the herb that you will want to grab out of the kitchen. This spice is able to warm not just your digestion but it warms all the limbs and can break up that pain. If you mix it with raw honey the results are even more astounding. It can help alleviate arthritis and it cost pennies a day.

In Copenhagen, some doctors did an experiment on 200 patients who have suffered with chronic arthritis. Every morning before breakfast they were given 1 tablespoon of raw honey with  $\frac{1}{2}$  teaspoon of cinnamon, and within a week 73 patients were totally relieved of pain and within a month all the patients who could not walk or move around because of their arthritis began walking and moving around without pain.

What I will say is that if your body is achy and cold, or you can't find any relief, and it is about to rain or a cold front is coming in cinnamon will be more precious to you at that moment than gold. After your pain is gone and you feel nice and warm inside you can now go and enjoy your other activities without pain.

Cinnamon is great for pain due to cold, but it is also great for lowering blood sugar levels and cholesterol. They say that if you start taking  $\frac{1}{4}$  teaspoon of cinnamon a day you will lower your blood sugar by 18% and cholesterol by 7%. Now don't you think that taking a tasty spice like cinnamon is a lot better for you than taking metformin or a statin? The other benefit is that it breaks up plaque on the brain and helps it to function better.

We also use it in Chinese medicine for providing vitality and longevity. We recommend making a tea every day out of 4 spoons of raw honey, 1 spoon of cinnamon powder, and 3 cups of water. Bring it to a boil and then drink  $\frac{1}{4}$  a cup 3-4 times a day.

This will give you energy, warm up the body, and help you to lose weight. I

think that it is not sexy to be a weather monitor and letting everybody know that it is going to rain today because your arthritis is starting to act up. I think it is sexier to run around in the rain, laughing, and singing, because you are loving life and enjoying it without pain.

"Women are made out of sugar and spice and all things nice."

I think that cinnamon is one of those wonderful spices because it keeps us healthy and nice.

# 10 HERBS TO HELP WITH SLEEP

## 1. JUJUBE SEEDS, “SLEEPY SEEDS”

Suan Zao Ren are the seeds of the jujube fruit that we use in Chinese Medicine to calm down the mind and nourish the heart. These cute seeds have the same benefits as the fruit, but they can also be used to help stop sweating, as well as relieve insomnia and anxiety, so these sleepy seeds are great for relieving insomnia and especially menopausal insomnia which also produces the night sweats and the anxiety.

In Chinese Medicine, these sleepy seeds are so good for helping with insomnia that they are the main ingredient in a popular formula that we prescribe for insomnia, which is called Suan Zao Ren Tang. This formula has an awesome sedative effect on the body, so you can stay asleep during the whole night. It also helps to balance your hormones and because it nourishes your heart it also alleviates anxiety. This formula works by bringing your body back to balance, so if you are up all night sweating and pacing the floor with your mind going a mile a minute these sexy seeds can help you stop this vicious cycle. The nice thing about taking Suan Zao Ren Tang is that it brings your body back to balance and after a while you won't have to keep taking it. One of the things that I like about taking Chinese herbs is that you take them until your body is back in balance and then you can stop. You don't take them forever because they are addressing the core issue and solving it instead of just treating the symptoms.

Can you imagine all your sleep difficulties resolved and you are sleeping through the night without sweating and you will just feel refreshed and ready to conquer your day?

You can purchase Suan Zao Ren Tang online or at your local acupuncture office. Purchase it and follow the directions on the back. It usually takes about 3 to 6 months to get your circadian clock back in balance, especially if you have been taking sleeping pills for a while.

"A good laugh and a long sleep are the cures in the doctor's book."

-Irish proverb

## 2. PASSION FLOWER, “STOPS THE MONKEY BRAIN”

Have you ever had a problem going to sleep because your brain is running around in your head like a monkey bouncing all around with no rhyme or reason? You try to get it to stop, but it is difficult? This sexy flower has the ability to stop the overactive brain, so you can go to sleep and not stay up all night worrying or overthinking about your problems.

This beautiful flower can help you with nervousness and anxiety even during the day. If you suddenly get a sense of dread, or you are having palpitations because you are feeling anxious, you can get the monkey off your shoulder by having a nice cup of passion flower during the day. This tea does not cause any sleepiness. It just calms down the mind and gets the monkey to leave so you can relax and enjoy the present moment.

Passion Flower has also been helpful for women who suffer from high blood pressure during their pregnancy and for those who are just stressed and worried about things when they are pregnant. It will calm down the future mother and it will even help her to sleep when the baby is doing zumba or kickboxing in her uterus all night.

If your baby has colic they make a great homeopathic remedy for babies out of passion flower and valerian that will help you and the baby to sleep and will stop the colic.

If you are an overstressed person, I would recommend just indulging in a nice cup of this sexy tea when you get home so you can turn off the mind and enjoy your loved ones or for you just to have a Zen moment of serenity. Now don't you think you will feel sexier when you don't have the monkey running around in your head and you are just in a state of tranquility?

"It's not stress that kills us; it is our reaction to it."

-Hans Selye

### 3. LAVENDER, "THE PURPLE WONDER"

This beautiful flower is known for its intoxicating scent that has many medicinal qualities. We like to think that we need a pill to solve our problems but sometimes you might just need a nice cup of tea or a few drops of an essential oil to bring you back to balance. This purple wonder has so many applications; from adding it to your bath, for relaxation, to adding it to your baking for a scrumptious aromatic flavor.

Lavender essential oil is used for stress, anxiety, and insomnia. You can put a lavender sachet under your pillow so that when you smell the scent it helps you to calm down and go to sleep, or you can spray your sheets with the essential oil to give them a nice scent and a sense of relaxation to you when you climb inside for a slumber. If you really want to calm down after a stressful day, I would recommend taking a hot, Epsom salt bath with lavender essential oil followed by a cup of chamomile and lavender tea and then slide into those scented lavender sheets. You will feel like a queen because you have stimulated all your senses and have just gotten a sumptuous night's sleep. You got a good night's sleep without a Tylenol PM that could potentially hurt your liver. Now don't you think purple is sexy?

This purple power essential oil can also be used to help relax the muscles and alleviate pain. Lavender has a mild sedating effect on the muscles, so it will alleviate some of the tension of the day. Massage away the aches and pains before you take your Epsom salt bath because after the bath you will be too relaxed to do anything other than curling up and enjoying a snooze.

Lavender oil can also help with respiratory ailments and will clear the pathways and relax the bronchial lining, so you can add a few drops to your vaporizer before going to bed so that you are not disturbed by your own breathing. It is safe enough to be used in your children's room vaporizer, too. Imagine having a good night's sleep even though you suffer from Sleep Apnea. Try putting a few drops on your mask before bed and see if that helps you feel more refreshed. Imagine using a few lavender essential oil drops to alleviate your stress, pain, and respiratory issues and the only side effect is some sensuous pleasure.

I am always into trying something that can solve my issues and at the same

time help me in feeling like a goddess. That is my kind of remedy.

You can purchase the dry lavender flowers to use in your bath, sachet, or tea or you can purchase the essential oil. I like to purchase the lavender tea with chamomile and then I try using the essential oil whenever I need it. The minute I smell the luxurious scent I automatically relax and feel like a sensual goddess.

"Make sure you never, never argue at night. You just lose a good night's sleep, and you can't settle anything until morning anyway."

-Rose Kennedy

#### 4. GABA POWDER - GAMMA-AMINO BUTYRIC ACID,- “THE SLEEP NEUROTRANSMITTER”

It's one of the sexy neurotransmitters of the brain. This transmitter acts to reduce communication between nerve cells and the brain to produce a sexy and calming effect. If you are suffering with anxiety and insomnia this neurotransmitter might be deficient and the symptoms will go away once you give your body enough Gaba to bring it back to its normal levels.

There are three other neurotransmitters of the brain and you can tell when they are deficient if you are suffering with the following symptoms:

1. Serotonin - Depression, anger, irritability, and always hungry. Tryptophan or 5Htp build up the serotonin in the body. 100-200 mg daily.
2. Dopamine - Feel like you have, “a cloud over your head” and you never feel a sense of joy. If your diet is high in sugar, you are killing your dopamine. Dopa-mucuna can help to bring it up. Take about 120- 240 mg daily.
3. Acetyl-Choline - It acts like a neuromodulator for the brain or like a battery to get the other transmitters to work. Lecithin helps to make choline which is one of the compounds to make acetyl choline. Take 1200 mg a day to keep the battery charged.

Gaba can help you to fall asleep easier by lowering the activity of the neurons in your brain and by stopping the constant chatter that makes you anxious instead of your sexy self.

The exciting news is that Gaba can also increase the amount of the human growth hormone in your body, which will help improve your sleep cycles and decrease the disruptions in your sleep so you can get a good, "full" night's sleep and wake up refreshed and ready to enjoy your day.

Gaba also inhibits the transmission of pain impulses throughout the body and can help lessen chronic pain and the stress that is associated with it. Gaba is also used to improve your mood and especially with anxiety. If you are feeling depressed and not anxious I would use 5HTP for depression and Gaba for anxiety and insomnia. Imagine feeling sexier because you have turned off

the chatter at night, got a good night sleep, and are not riddled with anxiety.

Gaba comes in powder, capsules, and liquid. It can be purchased online or at your health food stores. The daily dosage to help with sleep is 500-1000 mg an hour before bed and if you are interested in taking it for anxiety it is 250-500 mg 3 times a day.

I would recommend taking it for anxiety and sleep in the supplements but all of us might want to add some of these foods that are high in Gaba to our diet so that you can keep this neurotransmitter nice and healthy. It is also important to eat foods that nourish the other 3 neurotransmitters of the brain.

## THE TOP 15 FOODS FOR GABA

This list is organized from the most potent GABA foods to the least:

1. Almonds

2. Whole Wheat

3. Mackerel

4. Halibut

5. Whole grain oats

6. Beef liver

7. Walnuts

8. Rice Bran

9. Lentils

10. Brown Rice

11. Potato

12. Broccoli

13. Spinach

14. Banana

15. Orange

## 5. AMERICAN GINSENG, “THE COOL GINSENG”

This sexy herb is truly red, white, and blue all the way through. It grows in almost all the states that are east of the Mississippi except for Florida. This homegrown herb is a general tonic for the body, but it is completely different than Korean Ginseng which is very warming and energizing to the body and will make you feel like you got a kick of energy. American Ginseng on the other hand cools the temperature of the body and at the same time it stimulates the brain. It helps you to focus and concentrate. It can also lower your blood sugar levels and it alleviates PMS and menopausal symptoms because it increases estrogen levels in your body.

Imagine an herb that can cool you down so you stop having hot flashes, insomnia, and helps keep your mind alert and active. This sexy herb is also able to help with circulation so if you have any numbness or limbs falling asleep, you might want to have a cup of American Ginseng tea before you go to bed, so you and your legs can have a restful night's sleep.

"A woman is like a tea bag; you can't tell how strong she is until you put her in hot water."

-Eleanor Roosevelt

## 6. KAVA KAVA, "A SLEEP AID FROM THE GODS"

This plant's root grows in Hawaii and Polynesia and is used in many ceremonial dances. They chop up the root, and they make a drink out of it. This root has a wonderful sedative effect on the body, so it is great for calming the body down when you are full of anxiety and stress. The Hawaiians value this herb so much that they say, "it is a gift from the Gods."

Kava Kava can cause your whole body to relax and reduce any kind of anxiety due to social settings and can be a safe way to be more social without using alcohol. It is also very beneficial for insomnia because of its mild sedative properties and because it also relaxes the muscles, so your mind and body will be sedated so you can go to sleep faster and have a better quality of sleep. You will wake up refreshed and you will not have a feeling of drowsiness or fogginess in the morning. You will wake up feeling bright eyed and bushy tailed.

This sexy herb is also a nice alternative to anti-anxiety medications because it helps to calm you down without impairing your judgment or ability to drive. In the bedroom, it can relax you and turn off all the voices running around in your head that are causing you to feel anxious.

This herb is really a gift from the gods because it will help you get your beauty rest and then it will help relax your anxiety whenever you have to be the, "Belle of the Party," or the "Networking Goddess." We all feel anxiety in certain social situations and many turn to alcohol to help alleviate the stress, but the problem is the next morning your head hurts, your eyes are all puffy, and sometimes you don't remember what you did the previous evening. Kava Kava will relax you, so you can shine without all the other yucky side effects of alcohol.

Kava Kava comes in a tincture, pill, or capsule and can be taken as needed. Please do not take it if you have any liver problems or if you are pregnant. Kava Kava is not addictive, so it is very useful for insomnia caused by menopause. When you finally start getting a really good night's sleep without narcotics you might want to have your own ceremonial dance to thank the gods for this blessed root.

"If you're going to do something tonight that you'll be sorry for tomorrow morning, sleep late."

-Henny Youngman

## 7. VALERIAN ROOT, "NATURE'S VALIUM"

This amazing root has been used for centuries to assist with sleep, stress, and nervousness. It was given to the soldiers to take during World War I, and German women used to use it as a coffee substitute to make them feel less stressed during World War II, and the British women used it as a soup base for themselves and their families to keep everybody feeling calm cool and collected. Thank God we are not in a World War but some of us are having our own World Wars to deal with. This root is not as strong as Kava Kava in knocking you out so you can get a good night's sleep, but it does help with calming you down so you can go to sleep.

Valerian Root alleviates stress, insomnia, palpitations, and pain. It also has a grounding and calming effect on the body. If you use it during the day just make note that you might feel drowsy and sleepy. There are many Homeopathic remedies that use valerian root to help with stress and insomnia. They usually mix the valerian root with passion flower, so you have the passion flower stopping the "Monkey Brain," and the valerian root to calm and sedate the central nervous system. Valerian root is very gentle to the body, so it is safe for children. There is a homeopathic remedy that most health food stores sell that is a mixture of valerian and passion flower and is made specifically for children. Now when the baby is up crying because they have colic or are teething and you are stressed out because you can't get them to calm down, you both can take your valerian and go back to bed. Forget about taking two aspirin and calling the doctor in the morning. Instead, take some valerian and get a good night's sleep. You will feel better in morning and will be ready to jump out of bed feeling refreshed and grounded.

If you have been taking some strong sleep medications for a while, it will take your body several weeks to get over its dependency on the medication. In that case, I would recommend taking the Kava Kava with the valerian and passion flower until the dependency has stopped and then just taking the valerian regularly to assure that you get some sleep.

Valerian root has the mild sedative quality but it also produces Gaba for the brain, so you are getting a reduction to your nervousness but you are also building up the Gaba so you won't feel so anxious all the time. I think that is

a win-win situation.

"Beautiful music is the art of the prophets that can calm the agitations of the soul; it is one of the most magnificent and delightful presents God has given us."

-Martin Luther

## 8. BAI ZI REN, "A SPIRIT TONIC"

Bai Zi Ren is a seed that comes from the Biota tree that grows in China. This herb has many benefits but the one I like the most is that it can help calm nervous disorders. It does have a sedative effect like most of the other herbs in this section but this one also nourishes the heart, and in Chinese Medicine the heart is where the internal spirit resides.

When you nourish the heart you are also nourishing the spirit. The heart is affected and depleted by stress and anxiety. The heart replenishes when one gets a good night's sleep. The heart will let you know it is in distress by giving you certain symptoms like palpitations, nervousness, or an anxiety attack. This is the heart's way to tell you that it needs attention and loving tender care. The biota seed will make the heart sing because the heart likes a "Calm Spirit." This seed goes directly to the heart and gives it a big hug and lets it know that it is here and everything is going to be OK. Your anxiety medicine is just stopping the symptoms, but it is not resolving the core issue which is that your heart needs to be nourished and replenished. The funny thing is if you take herbs to help nourish the heart and the spirit, your symptoms will go away after a while and you will not have to keep on taking it for the rest of your life. I would also recommend eating foods that nourish the heart like tomatoes, adzuki beans, pomegranate juice, cranberry juice (Unsweetened and not from concentrate), beets, and if you really want to be daring, cow or pig's hearts that they sell at Asian markets.

Bai Zi Ren also helps a weak memory or if you are having some short or long term memory loss. It helps to get circulation of blood and oxygen up to the brain and because these seeds are also made up of good fats, they help to nourish the brain and help it to function better. Our brain is basically made up of fat so it likes good fats like coconut oil, flax seed, fish oils, and biota seeds to keep it in optimal health.

These sexy seeds also help with hair loss because it is a general body tonic and the high oil content can help with constipation. Now don't you think that this is a sexy seed? It is a spirit tonic, memory booster, hair growth stimulator, and a bowel mover. You can never have too much of those in your diet except maybe the bowel mover.

It is contraindicated for people who have loose stools or diarrhea and for women that are pregnant, but for the rest of us we can feel calm from the inside of our hearts and not just sedated.

These seeds can be purchased at any Asian store or at your local acupuncturist. It is very nice to mix this one with Suan Zao Ren or with some Chinese dates to make it into a stronger tonic while also giving it a nice taste.

"Never be in a hurry; do everything quietly and in a calm spirit. Do not lose your inner peace for anything whatsoever, even if your whole world seems upset."

-Saint Francis de Sales

## 9. HE HUAN PI, "HAPPINESS TREE"

He Huan Pi is the bark off the Mimosa Tree that in China is called the "Collective Happiness Tree" because it helps to promote a sense of joy for you and your community when you drink it.

This sexy tree bark helps you if you are feeling sad, depressed, or full of grief and anger because it creates a sense of calm inside and helps you to find your inner joy so that you can feel peace even when you are under some of the emotional strain and stress.

He Huan Pi is also very good if you cannot fall asleep because you are feeling full of anger, frustration, or you just feel completely irritable all the time. You might want to partake of the tree of happiness during these times so you can get your joy back. He Huan Pi has a marvelous quality of allowing the mind to calm down while eliminating the extremes of the 5 emotions like worry, grief, anger, sadness, and fear. It primarily harmonizes the heart and when the heart is harmonized then the consciousness naturally opens to happiness without care. You will feel a sense of calm from your core, so things won't bother you so quickly and you will be able to get a good night's sleep.

This bark brings joy back to your mind, but it can also help the body to heal after trauma. If you have a broken arm or were in an accident, this herb helps your mind and body to heal at the same time so while you are convalescing you might want to receive the blessings of joy and repair.

The Mimosa flower is also called the Happiness Flower, so imagine planting this tree in your backyard and experiencing happiness just outside your back door and when you are not feeling the "the love or joy," all you have to do is go out to the tree and remove some of its bark and become your joyful self again. I think every family in the USA should have one of these Joyful trees in their yard and then we'll see if we become a joyful nation again.

The "Joy" bark can be found at any Asian grocery store and look for one that is firm and does not have any holes in it. You can also go see your local acupuncturist, and she can prescribe it as a single herb, or she might mix it with some other herbs to create the perfect decoction for you.

“The purpose of our lives is to be happy.”

-Dalai Lama

## 10. MOTHERWORT, “GLADDENS THE HEART”

This herb is native to Europe and Asia but was brought here by the colonists and has been used for women’s issues for a long time. I put it in this category because it alleviates insomnia due to menopause and the anxiety and tension surrounding it. This sexy herb calms the excess energy that is running around your body when you are in a state of anxiety. It calms the nervous system right down and even causes your heart rate to come down. This herb is a “nervine tonic,” and a “cardiac tonic” all in one, so afflictions of the heart and nervous system can all find rest in the leaves of motherwort. They will embrace you and gladden your heart. There is an alkaloid called “leonurine” which is a mild vasodilator, mild diuretic, and an antispasmodic, so it stops the palpitations, sweating, and the raised blood pressure, and brings you back to a state of peace.

This herb should be taken as a tincture to induce sleep and then by taking half that dose during the day to help with energy and anxiety free during the day.

If you suffer with Hyperthyroidism and cannot find relief for your insomnia, or if you have high blood pressure and you are always feeling like you are on hyper-drive, you might want to take a few drops of the tincture during the day. A few drops will help you to feel centered and grounded in a few minutes.

Sometimes anxiety is our heart’s way of saying that we have not been listening to what we truly desire out of life. This wonderfully sexy herb can bring us some stillness and sleep so that we can hear our inner voice more clearly.

Imagine not feeling so anxious, getting a good night’s sleep and feeling grounded enough to listen to your own inner wisdom. You will feel like a sexy Zen Master because you will have a sense of peace all the way from the tip of your head to your sexy tippy toes. Now don’t you think inner peace and motherwort are sexy?

“If there’s no inner peace, people can’t give it to you. The husband can’t give it to you. Your children can’t give it to you. You have to give it to you.”

-Linda Evans

## 11. BONUS SLEEP HERB: “DRAGON BONE”

Now I have talked about "Dragon Blood," but today I am talking about the bones. This is not an herb but fossilized bones that we have cooked down and then pulverized. These bones are very high in calcium, potassium, and all your essential minerals. We use this pulverized powder to calm the spirit, especially if someone is in a manic state or manic/depression. We usually mix the bones with other herbs to help bring down the mania and calm the spirit.

Dragon bone can also help if your manic episode causes you insomnia, night sweats, stress, or excessive perspiration. Some people don't do very well on bi-polar medications so if you are having problems you might want to consider seeing an acupuncture physician to help you because the herbs can stop the manic episodes without causing the zombie effect that happens when you go on the medications. The Chinese Herbs will help to stop the manic episodes by giving your body what it is missing and giving you a sense of serenity from the inside out. Now that is something that should put a smile on your face. Calmness without zombieness – now don't you think that is sexy?

The Chinese herbs are very helpful for stress, hysteria, and mania because they help bring the body back to balance. They will take a little longer to work, but their job is not to just sedate the symptoms but to get to the core of the issue so that you can feel calm, balanced, and sexy from the core of your being.

“We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves.”

-Buddha

# 11 HERBS TO SOFTEN FINE LINES AND WRINKLES

## 1. CHRYSANTHEMUM FLOWERS - JU HUA, "FLOWER BUD TEA"

These cute little buds can enhance any cup of tea. At the same time, they can enhance your beauty and clear any heat or inflammation from your body. Heat can build up in our bodies through the consumption of alcohol, stress, greasy foods, sugar, or refined carbohydrates. These foods will cause the body to go into a state of inflammation which will cause heat, but these cute little buds can help the body to drain the heat and help to soothe your mind and body.

If you are constantly eating the above mentioned foods your body will remain in a constant state of inflammation, which will cause wrinkles, dry skin, dry hair, and insomnia. The premise of Chinese Medicine is to stop the inflammation, cool the heat, and nourish the body. When you do that wrinkles diminish, your hair and skin aren't so dry, you can sleep better, and your liver is less toxic, and he is happy.

Chrysanthemum flower buds are sold as dried buds that can be added to any tea or made into a tea by themselves. You want to add about 2-4 flower buds to each cup of tea or about 8-10 for a pot of tea. The buds are also incredible for relieving dry itchy eyes or they can help to alleviate a temporal headache because they also help to detoxify our livers; that never lets us forget when we have overindulged in sugar, junk food, alcohol, or to remind us that he doesn't like stress.

The flowers can be bought in any Chinese store and online. Just drop a handful into a pot and let it seep for 4 minutes. These flower buds are also delicious to eat. For an extra bonus you can add a handful of Goji berries to the tea pot. This sexy combination will clear, heat, and nourish the blood, especially around the eyes which will soften the fine lines around the eyes as well as moisten the eyes.

I like to serve it when guests come over because it looks so appealing, plus it is so good for them. I also let them know that they can eat the flowers, too,

because they become gelatinous and they taste pretty good.

P.S. Serve it to anybody who is crabby because that is a sign that their liver is not happy, so this will make their liver sing with joy.

"Is life worth living? It all depends on the liver."

-William James

## 2. GOJI BERRIES, "RED QI BERRIES"

These little, red, juicy, medicinal berries look like red raisins and are an incredible "Super Food." These little guys are packed with more vitamin C than an orange and lots of Vitamin A. These two powerful antioxidants are great protectants of the skin and body. These little, red powerhouses can also help to keep your vision clear and free from glaucoma, while at the same time softening the fine lines and wrinkles around the eyes. The skin around the eyes is a reflection of the health of the liver and these guys help to nourish the liver and blood. They promote circulation, and they build the blood and flow to the fragile capillaries around the eyes. The more blood flow that you can get to your sexy eyes the better it is going to be for your health and skin.

On a serious note, these sexy berries can help to lower blood sugar, cholesterol, and they can prevent cancer cell growth. You can eat them dried like a raisin; you can add them to your oatmeal; or you can drop a handful of them into your tea. One doctor at my clinic liked eating them as a snack mixed with walnuts because the Goji berries nourished his liver and the walnuts nourished his brain. That is a sexy combination.

Walnuts help to nourish the brain because they are high in the essential fats that the brain needs to function. Look at a walnut; it looks like a brain and the Chinese say that if it looks like it, it usually benefits it.

In one snack you nourish the liver and the brain and by keeping these two organs happy you will be sexy and alert for a very long time. I love these red Qi berries because they are Super Heroes and because they are so much fun and versatile. Eat a handful a day to keep you looking magnificent in mind, body, and soul!

"A fit, healthy body—that is the best fashion 'statement.'"

-Jess C. Scott

### 3. ALOE VERA PLANT, "THE GREAT HEALER"

Now this is a sexy plant, and the medicinal benefits are many. This plant can be used externally for wounds, burns, psoriasis, or itching, but it is the internal uses that I hope you like the most. The inside of the plant has a gelatinous texture that helps to heal and soothe any irritation you might have in your digestive tract. Remember that the digestive tract starts at the mouth and ends at your anus. If there is any irritation, this jelly-like substance will adhere to the wound and help it to heal. It is great for ulcers, acid reflux, and irritable bowel syndrome. Aloe is also an adaptogen so if you have diarrhea it will help heal that or if you have constipation it will help with that as well.

Aloe Vera is also antifungal, antimicrobial, and can kill parasites in the digestive tract, so you don't get H-Pylori later in life. If you have already gotten H-Pylori, you might want to start drinking aloe to prevent you from getting it again. Once you have been diagnosed with H-pylori, the doctors will put you on a very strong dose of three antibiotics to kill it but since the bacteria can hide anywhere along your digestive tract you will be very susceptible to getting it again.

Aloe is also very alkalizing to the body which will help to keep you healthy. Cancer, viruses, bacteria, and diseases can't grow if your body is in an alkaline state. The rule of thumb is you want your diet to be 80% alkaline and only 20% acid, but the Standard American Diet is made up of foods that are more acidic so our ratio is usually 80% acid and 20% alkaline. This can lead to sicknesses like diabetes, high blood pressure, cancer, and autoimmune diseases, especially of the digestive tract or intestines.

This plant is also great for keeping you looking young and healthy. You can use it on your skin externally but if you take it internally, it will help your skin remain moist and supple way past the 50 year marker. Aloe can also help if you are suffering with bleeding gums after a chemo treatment. I recommend blending 1 part aloe and 1 part mint together in the blender and then pouring the liquid into ice trays and putting them in the freezer. They won't freeze completely but they will be a cool, gelatinous cube that will feel refreshing and cooling to the gums, and when you swallow it the whole digestive tract will benefit.

Aloe Vera can be purchased at any health food store, Wal-Mart, or drug store. I like the quality of the aloe at the health food stores, but I have bought it at Wal-Mart when I have been in a pinch. If you buy the juice I recommend that you only drink 4 oz. in the morning and 4 oz. in the evening with 6-8 oz. of water for about a month and then take a break and do it again in another month. I have also bought the aloe leaves and have taken off the outer skin and thrown them into my juicer in the morning. They are all beneficial and I hope you might want to start adding it to your daily routine. If your digestive tract is already compromised you might want to stay away from the "whole-leaf aloe juice," and just drink the Aloe juice until you get stronger.

An extract from a letter Gandhi wrote to his biographer:

“You ask me, ‘What were the secret forces which sustained me during my long fasts?’ Well, it was my unshakable faith in God, my simple and frugal lifestyle, and the Aloe plant whose benefits I discovered upon my arrival in South Africa at the end of the 19th century.”

#### 4. CHINESE PEARL BARLEY - YI YI REN, "THE DE-PUFFER GRAIN"

These cute, little grains are full of medicinal properties that will make you feel skinny and sexy all over. They help to reduce edema in the legs, and they drain those pesky, irritating whiteheads from your face. They also contain beautiful essential oils that make your skin look smoother and plumper because they are like miniature water controllers running around your body putting fluid where it is needed and ridding the body of the excess. Don't you just love that? They get you to be able to button your favorite pair of skinny jeans while they make the congestion around your nose disappear. They also help to lessen and soften your fine lines. Now don't you think some grains are sexy?

This grain can be cooked alone or added to any other grain like rice, amaranth, or oatmeal and you can cook it alone as a pilaf. This is a super grain so don't worry about it if you are paranoid about eating the bad, yucky grains that turn to sugar and cause you to gain weight. These little guys have the opposite effect, while they benefit your skin.

You can also cook them with some cinnamon twigs and then drain the liquid and drink it as a tea. This will also help to resolve any joint pain that is worsened with cold or rainy weather. If you live in a cold or damp area I would make sure to have these two ingredients available for those cold days or when you feel cold and stiff all over. I know when it is going to rain some days because my knee will start feeling stiff and it begins to hurt. I can wait for the pain to go away after the rain, or I can drink this combination and go on with my day feeling much better while taking my umbrella with me to work.

Chinese Pearl Barley can be bought at any Chinese grocery store or online. They will be a nice change from your usual potato or pasta dishes which are the usual staples. Pull them out and soak them whenever you are feeling bloated, swollen, or when you look in the mirror and your skin looks sallow and the lines are looking more pronounced.

"Thanks to the effects of gravity, retained water tends to flow southward and pool in the feet, ankles and legs, although no area of the body is immune. Try

to elevate your legs frequently. If you suffer from the occasional bloated-cow feeling due to PMS, eating too much, or not drinking enough water, the kitchen is the place to deflate yourself."

*-Discovery Health Guide*

## CHINESE PEARL BARLEY SOUP RECIPE

### *Ingredients:*

1 cup of brown rice

1 cup of Chinese Pearl Barley

1 butternut squash cubed

1 lb. of kale chopped

1 onion diced

8 cups of vegetable stock

2 Tbsps. of toasted sesame oil

5 cinnamon twigs

1 Tbsp. of organic maple syrup

Himalayan sea salt and pepper to taste

### *Instructions:*

1. Rinse your brown rice until the water becomes clear and then add the pearl barley and let it soak overnight in a nonaluminum bowl
2. Sauté the onions in a pot with a little bit of toasted sesame oil until translucent then add the butternut squash and cook for about 5 minutes.
3. Add the grains, kale, cinnamon sticks, the vegetable stock, salt, and pepper and cook until the butternut squash and the rice are tender, which is about 30-40 minutes.
4. Right before serving, remove the cinnamon sticks and add the maple syrup drizzled on top.
5. Enjoy!

## 5. WHITE PEONY - BAI SHAO YAO, "WHITE BEAUTY"

This flower doesn't just look beautiful; it will help you to look more BEAUTIFUL too. When you are feeling like you are having one of those mean, witchy PMS days, think about having a cup of white peony tea because it will transform you back into your gorgeous, sexy self again. White Peony helps with cramps, PMS, irregular periods, and anemia but this white beauty also helps to calm your nerves whenever you are feeling frustrated, irritable, or you are just having a bad hair day.

The other amazing benefit of this sexy flower is that it will nourish your skin and will give you a nice healthy glow even though inside you might be feeling like a female Shrek. This is one of my favorite teas, and it does not just have to be taken when you are having a bad day; it can be taken anytime, any day, or everyday as a tonic for your skin and disposition.

White Peony Tea can be purchased at any health food store, Chinese market, or online. It is also used in many Chinese herbal formulas that help to nourish the blood.

"Our sorrows and wounds are healed only when we touch them with compassion."

-Buddha

## 6. WAKAME SEAWEED, "QUEEN OF ALL SEAWEEDS"

You have most likely eaten wakame seaweed before if you have eaten a seaweed salad or have had a bowl of Miso Soup. If you did enjoy the wakame seaweed, then you gave your body an infusion of several vitamins and mineral that the body needs.

Wakame is chock-full of all the minerals that the body needs especially the mineral Iodine. Iodine helps to regulate your thyroid, converts food into energy, and helps to regulate your body's temperature. The queen of seaweed is also very high in a soluble form of Iron which is essential for your red blood cells.

Wakame seaweed is called the Queen because it nourishes everything that is important to a female. She nourishes our hair, nails, and skin and helps diminish any inflammation or redness that might be showing up on our cheeks or chin. This seaweed can also help to cool you down, especially if you are feeling hot most of the day. This seaweed and all other seaweeds are very cooling to the body. They are also very low in calories so you can have as much seaweed salad that you like but be careful about the soy sauce that is full of sodium and wheat because that is what kills most people.

Next time you are at your local sushi joint and thinking about getting a roll full of cream cheese pass on it and get a seaweed salad, and your body will sing, "Thank You," or in Japanese, "Arigato."

Seaweed Salad Recipe:

*Ingredients:*

- Handful of freeze dried wakame
- $\frac{1}{4}$  cup rice wine vinegar
- 2 Tbsps. tamari
- $\frac{1}{2}$  Lemon
- 8 Walnuts
- $\frac{1}{2}$  Avocado

- 1½ cups of baby Arugula
- 3 Tbsps. extra virgin olive oil
- Salt and pepper to taste

*Directions:*

1. Place the seaweed in a bowl of cold water and let it rehydrate and then throw the water out.
2. Squeeze all the excess water out and then chop into ½ inch pieces.
3. Whisk the tamari, rice wine vinegar, lemon, olive oil, salt, and pepper in a small bowl and set aside.
4. On a plate, place the arugula in the center and then add the avocado, walnuts, seaweed, and drizzle the dressing on top and enjoy a healthy cooling salad.
5. Enjoy!

## 7. SESAME SEEDS

"Open Sesame" is a famous line in Arabian Nights. It reflects the distinguishing feature of the sesame pod that bursts open when it is mature. These little, sexy seeds help to benefit your skin and body because they are packed full of omega oils that keep our skin glowing, and they are also abundant in minerals that are essential in keeping our skin healthy, like calcium, magnesium, copper, and zinc.

The omega oils that are in sesame seeds are so precious for your skin that Cleopatra used to eat them with honey every day to keep her skin and hair looking splendid. The un-hulled sesame seeds have 63% more calcium than the hulled seeds which are still very high in calcium.

By adding sesame seeds to your diet you will be adding a form of calcium that the body can absorb very easily, so next time you are making a stir-fry throw a tablespoon or two in to your stir fry to keep your skin and bones healthy.

If you think that you are absorbing calcium from the dairy that you eat, you might want to think twice. Americans are one of the countries that eats the most dairy, and we are also one of the highest nations with osteoporosis and osteopenia, so we are not absorbing calcium from our dairy products. Green leafy vegetables, fish, and sesame seeds are loaded with calcium and the body can absorb it very easily, so by eating sesame seeds you can have the gorgeous skin and bones that you want. I think that healthy bones and skin are sexy.

There are white and black sesame seeds. The black ones are more tonifying than the white, but I like to mix the two together and toast them on the stove with a little sea salt. They call that mixture "Gomaschio," and you can purchase it at Whole Foods already mixed, toasted, and salted or you can make your own. Gomaschio is a nice condiment to have on the table and to add to your salads and vegetables.

"Health is not simply the absence of sickness."

-Hannah Green

## 8. SHIITAKE MUSHROOMS, "THE SEXY MUSHROOM"

These sexy mushrooms are highly valued in Asia for their healing properties. They are known for building up your immune system but from a beauty perspective these sexy fungus are full of bioavailable iron and vitamins that can help our skin to shine. These guys can even break up fat in the body like cellulite and congestion in your nose and skin, like white mucus from the nose and white heads on the skin. These guys break it all up, and they are also very really tasty.

You can add them to any stir-fry, soup, salad, or with your Chinese pearl barley and you will have two super foods breaking up that extra congestion and cellulite on your upper thighs. Now isn't that better than liposuction?

These sexy 'shrooms have 50% more flavor than a button mushroom and are imbued with minerals and 3 of your essential Vitamin Bs: B2, B5, and B6. They also have a nice, smoky, meaty taste and are a rich source of protein without the saturated fat.

They can be purchased raw or freeze dried. If you buy them dry, they have to soak for about 10 minutes before you add them to your cooking. The raw can be sliced and added to any sauté or salad that you like. Just to let you know, the dry ones are more medicinal and add a bigger punch. I like mixing the two together when I am cooking.

There are also some skincare companies that are touting the benefits of using them in a cream, but I think you get more bang by eating them, and I am all for benefiting the inside and the outside at the same time.

If you are feeling bloated and your skin is pale, here is a recipe with shiitake mushrooms that will help to stop the bloating while nourishing your skin.

Miso soup with Shiitake mushrooms and tofu

*Ingredients:*

½ pint of vegetable stock

3 shiitake mushrooms

1 strand of wakame seaweed

1 scallion

1 tablespoon of miso paste

1 ounce firm tofu diced

*Directions:*

1. Slice shiitake mushrooms.
2. Soak the wakame in cold water for about 10 minutes and then chop.
3. Slice up the green part of the scallion (for garnish).
4. Bring vegetable stock to a boil.
5. Stir in miso, mushrooms, wakame, and tofu.
6. Lower heat and simmer for 5 minutes.
7. Pour into bowl and serve immediately and garnish with scallions.

## 9. REHMANNIA ROOT-SHU DI HUANG- "BLACK SEXY MAMA HERB"

This herb is so sexy because it helps to nourish the Yin (The femaleness) of the body. The Yin and Yang elements work together to keep the body healthy and active. They are opposite energies that complement each other. Yang is energy: warmth, movement, dryness, and it is active from sunrise to sunset. The Yin element, on the other hand, provides moisture, stillness, and coolness to the body and is active from sunset to sunrise.

You can tell when your body is Yin deficient because you will experience dry skin, dry hair, hair loss, hot flashes, insomnia, lack of saliva, chapped hands and feet, and knee joint pain, which is characterized by a popping sound when you flex. These are signs that the Yin of the body is drying up like a leaf, and we need to nourish it. This "Black mama" is awesome at nourishing the Yin and making you feel luscious and sexy again. Shu Di Huang also helps to balance your hormones and keeps your bones nice and strong without having to take some artificial hormone extracted from a horse's urine.

This herb is sold in its raw form which is beneficial but if you get the cooked version it is even more potent because they have soaked it in wine and then they have let it dry. It looks like a dry, burnt cookie but don't let its funny appearances dissuade you from drinking in her blessings. Many Chinese formulas sold for menopause have her as one of their main ingredients, so you can go to your local acupuncturist and ask her for a formula or you can venture out and try it on your own. If you have a little diarrhea the first few times you drink the tea it is normal, and later your body will self-regulate after the toxins have been removed.

"In youth we run into difficulties; in old age difficulties run into us."

-Josh Billings

## 10. PEARL POWDER - SHEN SHU MO, “WHITENING POWDER”

Those precious gems that we wear regally around our neck have some wonderful health properties if you digest their powder. They help to soften fine lines, whiten dark spots, and help to regenerate new collagen so the skin stays nice and firm for years to come. This powder can be taken internally as well as externally. This is the ancient Chinese secret powder that the young concubines in the Forbidden City would use to remain young and beautiful for the emperor.

Pearl Powder has been used for centuries by the empresses and concubines of China to keep their skin looking young and white. They would grind the pearls into a very thin powder and then they would ingest the powder or they would then apply the powder to their skin externally. Asian women cherish a white complexion and dark spots on the skin are considered bad luck, so they are always looking for ways to keep their skin as white as ivory.

Women all over China have been ingesting these gems for centuries to soften their wrinkles, help with hyperpigmentation, erase freckles, and to tighten their skin.

Some researchers have found that the powder also has a very calming effect on the body and can be very helpful for anxiety, ADD, and ADHD. It helps the mind to remain calm and focused because of the very high mineral content.

Pearl Powder taken internally does help the body to make collagen, specifically for the skin, and can help with age spots. Pearl powder is also very high in calcium and with the new nano-particle technology it can be absorbed by our bodies pretty quickly. I would recommend taking pearl powder internally about 1-2 capsules a day and then taking some of the powder and adding it to your moisturizer to work as a whitener and protector of your skin.

I think the next time you wear your pearl necklace around your neck think that if you also took them orally you would have younger looking skin, your adult ADD or ADHD would be less, and you would be able to concentrate. Now aren't those pearls even sexier?

Make sure you purchase your pearly gem powder from a reputable source because you want it to be free of chemicals and bleaches.

"Real friendship, like real poetry, is extremely rare-and precious as a pearl."

-Tahar Ben Jelloun

## 11. COLLAGEN DRINK, "THE ANTI-AGING DRINK"

I am excited that the skincare business is finally realizing that beauty comes from the inside and not just from applying creams and serums on the outside. There is now the first skincare line in Japan that has incorporated a drink to help build collagen, but I know others will follow suit very quickly.

The collagen drink is the new rage in Asia. They are selling little ampoules full of marine collagen and boasting that these ampoules can help boost the collagen in your skin, soften the fine lines, tone a saggy neck, and can soften age spots. I don't think that this is a cure-all, but I do like the concept. Marine collagen is very high in protein, so it contains the building blocks for make collagen and it is also abundant in your essential oils so it can't hurt. I would stay away from it if you are vegan because their protein source is a tiny fish.

The Collagen drink can definitely help but if the rest of your diet is full of refined carbohydrates you will not see any change. If your diet, on the other hand, is full of whole grains, vegetables, fruit, and other good sources of protein you will definitely benefit from drinking these ampoules.

These ampoules are also loaded with vitamin C and hyaluronic acid (which helps the skin to retain 100% of its weight in water), so it gives you a nice plump look and feel to your skin. Some Americans don't like the fishy taste, so they have opted to purchase the drink in powder or capsules. It is not as potent in a powder or capsule. I don't mind the taste, so I drink it out of the ampoules. When you go searching for the drink just make sure that the ampoules or powders are not full of sugar because the sugar will negate the benefits.

They suggest that you stay on the regime for at least 30 days to see optimal results and many Asian women are staying on it continuously as a preventative measure. I have seen results but only from women whose stress is low and do not have many inflammatory foods or substances in their diet. These ampoules are just another tool to add to your healthy lifestyle and not a magical ampoule that will solve all your anti-aging concerns.

Most Western doctors poo-poo it and say that there is no way that this collagen can get to the skin and that the skin needs 5 different forms of

collagen, but when I look at Japanese women's skin I do like the way their skin looks, so you choose. It can be purchased online from different companies or you can try the Japanese skincare line, Shiseido.

Just remember to look at the sugar content and enjoy your "shot" of collagen. I like the idea of drinking my lines away and not having to get a painful, hypodermic shot that can cause bruising.

"Beauty, to me, is about being comfortable in your own skin; that, or a kick-ass, red lipstick."

-Gwyneth Paltrow

## ABOUT THE AUTHOR



Michelle O'Shaughnessy was born in Florida. During her formative years, she lived in Bogota, Colombia, where she became fluent in Spanish. She began her academia in Florida. She then continued at the Sorbonne Université in Paris, where she had her first facial and fell in love with skin care. She earned her bachelor's degree from the University of Central Florida in Anthropology and Latin American studies. She is now a Doctor of Oriental Medicine (DOM) who graduated cum laude with a Master's in Oriental Medicine from the Florida College of Integrative Medicine in Orlando, Florida. Additionally, she has received several advanced certifications in acupuncture facelifts and cosmetic acupuncture.

O'Shaughnessy is the proud owner of an Aesthetic Acupuncture Clinic in Orlando. Her clinic specializes in acupuncture, facelifts, and is among the first to incorporate facials, Chinese herbs, acupuncture, and skin care to help improve skin care concerns including acne, rosacea, anti-aging, rashes, psoriasis, as well as women's general health. She also owns Healing Herbal Soups, a line of medicinal soups that are made with herbs and vegetables to bring the body back to health. They are also cooked in alkaline water while healing vibrational music is played during the whole process.

O'Shaughnessy has a strong passion for studying traditional Chinese medicine and herbal remedies for bringing the body back to health naturally.

She completed an internship in China at the “Chinese PLA General Hospital,” the largest military hospital in Beijing. She is a board member of FSOMA Florida State Oriental Medicine Association and is a faculty member where she teaches Food Therapy and other classes to graduate students at the Florida College of Integrative Medicine.

O’Shaughnessy has been an esthetician for more than 18 years. She has worked for Sothys USA as a national trainer as well as Babor.

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