

My Ageless Brain™ Detox Herbals

*NOTE: Check with your doctor before adopting any new dietary, herbal or lifestyle changes!

The three top herbals for this self-care detox are very special traditional Ayurvedic formulas that help prepare and support the elimination system of the body for smooth and comfortable detox.

I've chosen these three because they are premier Ayurvedic detox formulas and my experience has shown they are generally well-tolerated by the vast majority of individuals, if used in the manner described below.

These formulas are manufactured by Maharishi Ayurveda Products International (Mapi), are of the highest quality, and are independently tested for purity and authenticity. I have used exclusively Mapi products in my practice for over 20 years as they give reliable results and are of superior quality.

Just taste test Mapi formulas compared to other brands and you will feel a burst of freshness and innate power contained in their herbs. For details on Mapi's quality control procedures and their stringent adherence to Ayurvedic guidelines for growing, harvesting and production, visit www.mapi.com.

Note: As always, if you have a health condition, please check with your personal health care practitioner before beginning these or any supplements, and before

Herbal #1: Genitrac

"Guduchi" or "heart-leaved moonseed," *sida cordifolia* is the salient detox ingredient of this formula, as it is described in Ayurveda as promoting the removal of both internally-generated and environmentally-acquired toxins from the body.

Genitrac also contains amalaki, a multi-purpose rejuvenative that notably supports digestion without aggravating pitta (the heat dosha,)

Usual dose: One to two tablets of this herbal formula may be added to the Ageless Brain Detox "Tea" each day, where it will dissolve into the water and deliver a steady, but gentle aid to detox throughout the body on a daily basis.

Herbal #2: Digest Tone

This formula is classically known as "Triphala," a combination of three fruits that are revered in Ayurveda as a rejuvenative for the eyes and skin, as well as promoting long life and reversal of aging. The formula has a gentle, mildly laxative effect, supports elimination of excess cholesterol and fat-soluble toxins through the bile, and has dozens of other benefits according to the Ayurvedic texts. Recent research found that Triphala has an anti-mutagenic effect and may lower the risk of pancreatic cancer.

Mapi's Digest Tone also contains a rare, especially potent and effective form of haritaki that makes their product especially effective as compared to low-cost versions commonly available.

Usual dose: One to three tablets at bedtime is the traditional dose and timing for this herbal supplement, which is especially appropriate if elimination is slow or enhanced cleansing is desired.

Herbal #3: Amrit Kalash—Nectar tablet or paste

This formula is the #1 most powerful rejuvenative described in the Ayurvedic texts, and dozens of published research studies have verified its health-promoting effects. One of the most powerful, well-balanced antioxidant formulas ever tested, Amrit helps protect the body from the damaging effects of free radicals that are generated in day-to-day detox occurring in the body's cells and tissues. In addition, Amrit is particularly valuable after a detox program has been completed, to strengthen and renew the tissues, making them more resistant to aging, free radical damage and toxic accumulation in the future.

Usual dose: One tablet or 1 - 1/2 tsp twice a day. Choose the Nectar in tablet form if you are overweight (or wish to avoid sugar or ghee,) and Nectar in paste form if you would like extra nourishment or prefer the original formula described in the Ayurvedic texts. Both have tested comparable in antioxidant and other benefits.

First-time customer to www.mapi.com? Call 1-800-255-8332 to order and get 10% off your first order (mention Dr. Lonsdorf's *My Ageless Brain* LIVE Webinar Intensive)

FULL 30% of purchase price for all products goes to support World Peace-Creating non-profit organizations.

