

FOCUS. CONNECT. GROUND



# Mindful MedZ

PRODUCT CATALOGUE



Holistic products and practices

"One cannot separate body from mind, they create each other, they live as one another, they are one and the same "



- TIAAN TROSKIE , MINDFUL MEDZ DIRECTOR



# OUR PHILOSOPHY

"PLANTS AND HUMANS EVOLVED TOGETHER..."

Without plants no other species would have reached the 20th century. Our disregard and lack of respect for plants are clearly visible in the state of humanity's health. Humans might grow older than before, but we get there diseased and plagued by chronic illnesses of the mind.

At Mindful MedZ we believe the cause of this diseased state is our lost intimate connection with plants, nature and ourselves. We have lost our way and separated ourselves from the natural healing forces (the elements). This has not only translated into our sickness, but has also affected the way we treat our beautiful Earth. Reconnecting with plant intelligence and working in Harmony with Nature will radically change our experience on this Green/Blue Planet.

Healing can have many forms. The Ancients believed in balancing body with mind through practice and connection, both with other humans and the greater environment.

Throughout the ages the Greeks, Romans, Persians, Mayans, Native Americans, Indians and Vedic traditions revered plant intelligence. Many Ancient texts on the healing power of plants exist even today. Written on stone tablets, painted on cave walls by the indigenous people of South Africa, the evidence is clear. All across the globe people have been using plants as healers and teachers since the beginning and we believe they were wise in many more ways than we could understand today.

The team behind Mindful MedZ has built our foundation through again relating with the herbs, mushrooms and flowers of the Natural world. Man is on a never ending quest to find the perfect cure for suffering. We search for this magical cure in many ways: drugs, sex, food, cars and material consumption. While all along its been hiding right in our backyards, and within ourselves!

Nature is our best chemist, doctor, psychologist and healer, if only we were able to listen to it and truly understand. We might even start to understand ourselves again. For, we are made of Nature, every cell in our being resonates with the oceans, cliffs and herbage!

Let's Reconnect Together



# INSOMNIAC

**SLEEP DEEP, REST FULLY**

**POWER PLANTS FORMULA:**

Kava Kava

Valerian

Scullcap

Hops

Passion Flower

Lavender

# MORE ABOUT THE PRODUCT



Insomniac was specially formulated to relieve sleeplessness that is linked to anxiousness, over activity of the mind, stress and or depression. It gently relaxes the body and calms the mind and nervous system. It can also be used in a lower dose during the day to help counter the effects of high stress levels and anxiety, and to help relax tense muscle spasms and tension headaches.

This Product may enhance the effects of GABA in the brain. Do not use this tincture with other GABA-enhancing medications (Benzodiazepines) or with high amounts of alcohol. Caution is advised to individuals already taking other sleep medication prescribed by a qualified professional. Advise on use should be obtained from a healthcare professional.

*Dosage: 10-30 drops as needed in water, tea or juice.*

**R195 PER 50ML TINCTURE**

# MORE ABOUT THE PLANTS

## KAVA (PIPER METHYSTICUM)

Actives: Kavapyrones, Kavalactones

Kava has calming, relaxing and mood enhancing effects. Pacific islanders (Fiji and Tonga) have used this plant as part of their traditional medicine and social events for centuries. It helps relieve pain and relaxes muscles. It is an excellent remedy for stress, anxiety, sleeping difficulty and PMS.

## VALERIAN (VALERIANA OFFICINALIS)

Actives: Valerenic acids, Chatinine, Shyanthine, Valerianine, Valerine

Valerian was used by the Romans and Greeks to aid with migraines, insomnia, stress, anxiety and nervous disorders. This plant acts as a mild sedative and tranquilliser. It increases GABA (relaxing) and Serotonin (happy) neurotransmitters in the brain.

## SCULLCAP (SCUTELLARIA LATERIFLORA)

Actives: Baicalein, Baicalin, Wogonin

Scullcap was used in traditional herbal medicine as a sedative and to treat conditions linked to anxiety, sleeplessness and convulsions. The plant was prized by Native Americans for its powerful medicinal properties and was considered a sacred herb.

# MORE ABOUT THE PLANTS

## HOPS (HUMULUS LUPULUS)

Actives: Alpha acids, 2-methyl-3-buten-2-ol

With similar effects to Valerian, Hops can be used to relieve feelings of anxiety, restlessness, and insomnia. A pillow filled with Hops is a popular folk remedy for sleeplessness, and animal research has proven its sedative properties.

## PASSION FLOWER (PASSIFLORA INCARNATA)

Actives: Chrysin, Vitexin, Coumerin, and Umbelliferone, Benzoflavones

With a long history of use as a traditional medicine by Native Americans of North America it was also adapted by the European colonists. It was used mainly as a sedative (anxiolytic) and as a sleeping aid. Passionflower appears to work by modulating GABA in the brain.

## LAVENDER (LAVENDULA OFFICINALIS)

Actives: More than 100 individual phytochemicals.

The German scientific committee on traditional medicine reports using lavender for restlessness, insomnia, intestinal discomfort, and cardiovascular diseases. In Roman Times one pound of lavender flowers was valued equal to fifty haircuts at the local barber.



# Suggested practice for sleep/relaxing

## BREATHING

Racing thoughts are often at the root of sleeplessness. Our minds loop and we struggle to fall asleep. When we breathe mindfully we start to observe our thoughts and feelings with some distance, breaking the loop. Lie down in a comfortable position. Consciously exhale twice as long as you inhale. For example a 3 second inhale is followed by a 6 second exhale.

Notice how the mind and body start to let go.



# Neurofix

MEMORY, MOOD & SHARP MIND

POWER PLANTS FORMULA:

Ginkgo Biloba

Rosemary

Gotu Kola

Bacopa Monneiri

Mucuna Prurensis

Cordyceps



# MORE ABOUT THE PRODUCT

The ingredients in Neurofix was inspired by many hours of reading research on nootropics- substances found in nature that enhance cognitive function. We initially planned to create a study, work and productivity enhancing formula (specifically formulated for people with ADD, because of its dopamine enhancing effects). But ended up creating an all round brain booster (assisted by this cocktail's effect of increasing the blood flow to the brain).

Why this is our get up and go formula:

Providing sustained energy-levels and focus throughout the day without the "jitters" of caffeine, Neurofix saves energy and money (you can use it in your coffee as it will enhance the duration of the effects while minimising shivers and cravings!). It is brilliant for lifting the mood and pleasure levels of the body. It also protects the brain from further damage caused by free radicals like sugar, alcohol and preservatives used in today's food production. Elderly community members and people suffering from neurodegenerative diseases (like parkinsons and alzheimers) may also benefit from the formula, Neurofix.

Advise on use should be obtained from a healthcare professional.

*Dosage: 10-30 drops as needed in water, tea or juice.*

**R195 per 50ml tincture**



# MORE ABOUT THE PLANTS

## BRAHMI (BACOPA MONNEIRI)

Actives: Bacosides, Bacopasides, Brahmine, Herpestine

Used for thousands of years to naturally improve functions of the mind and brain, Brahmi was used by ancient Vedic scholars to increase their cognitive function so they could memorise lengthy scriptures. Clinical research suggests that Bacopa helps boost brain function, treat (ADHD) symptoms, and reduces stress and anxiety.

## VELVET BEAN (MUCUNA PRURENSIS)

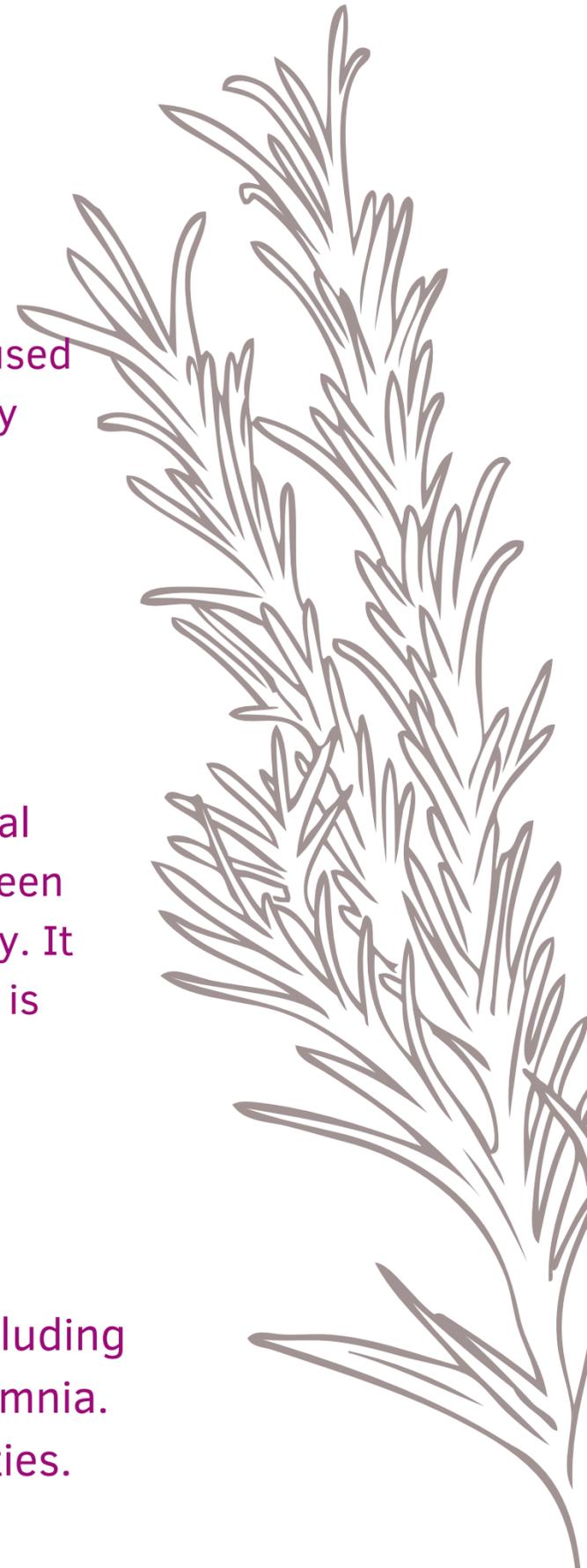
Actives: L-DOPA, trace amounts of Serotonin and Bufotenine

This furry bean grows from trees and is classified as an adaptogen. The ancient Indian medical system, Ayurveda, traditionally used it to treat brain diseases like Parkinson's disease. It has been shown to have powerful neuroprotective effects, which may be related to its anti-oxidant activity. It also contains high levels of naturally occurring L-dopa, the precursor to dopamine. Dopamine is a brain chemical that plays a major role in motivation, pleasure, and happy emotions.

## GOTU KOLA (CENTELLA ASIATICA)

Actives: Asiaticoside, Brahmoside, Asiuyatic acid, Brahmic acid and Madecassic acid

Gota Kola is cherished in both Ayurvedic and Chinese medicine. It has a long history of use, including treating disorders like Alzheimer's, mental fatigue, anxiety, depression, memory loss, and insomnia. It may also assist in improved circulation, detoxification and increase wound healing properties.



# MORE ABOUT THE PLANTS

## GINKGO BILOBA

Actives: Ginkgolides (A,B,C), Ginkgetin, Bilobetin, and Sciadopitysin

As one of the oldest tree species on the planet, Ginkgo has been referenced by many Chinese texts as being a superior mind aid. Modern research confirms this by it's studies and effects on Alzheimer's. It is an excellent all round medicine for mood, memory and mental performance.

## ROSEMARY (SALVIA ROSMARINUS)

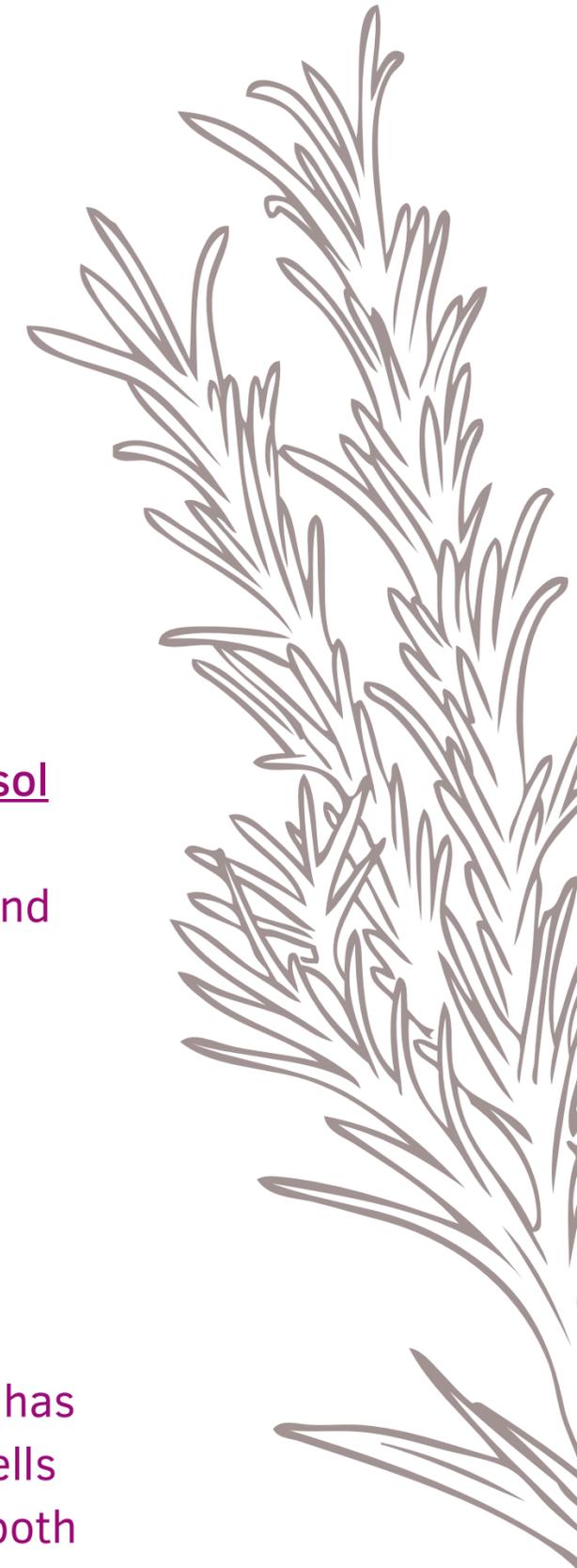
Actives: Rosmarinic acid, Camphor, Caffeic acid, Ursolic acid, Betulinic acid, Carnosic acid, Carnosol

Rosemary was considered essential to ancient Egyptians, Romans and Greeks. Most Salvias can be considered memory enhancers. Rosemary is also used to purify the thoughts and assist with mental clarity. In Shakespeare's Hamlet, Ophelia says, "There's rosemary, that's for remembrance. Pray you, love, remember."

## CORDYCEPS MILITARIS

Actives: Cordycepin, Cordycepic acid, Ophiocordin, Adenosine

Discovered by Tibetan yak herders who realised this fungi increases the life span of their animals. It has been touted as a superior antidote for fatigue and mental dullness. It enhances oxygen supply to cells and increases levels of adenosine triphosphate (ATP), essential for our energy production needs in both the body and brain.



# Suggested practice for mental clarity



## Activate the Mind

Sitting upright bring your awareness to the feeling of air passing in and out of your nose. Inhale and exhale consciously at the same pace. For example, inhale for 3 seconds then exhale for 3 seconds. Practise for 5 minutes daily to lengthen your attention span. If your thoughts start to wonder, come back to balanced breathing and notice what the practice does to your mental energy levels.



# ReaZen

ADAPT TO STRESS  
POWER PLANTS FORMULA

Ashwagandha  
Green tea  
Reishi Mushroom  
Rhodiola Rosea (Golden Root)  
Schisandra Berries  
Siberian Ginseng



# MORE ABOUT THE PRODUCT

ReaZen is our adaptogenic formula specifically designed to help the body and mind deal with stress. It balances the stress hormones (adrenaline and cortisol) and lifts us up when we feel exhausted or close to burnout. It can also help with recovery from burnout, that many professionals working in physically, emotionally and mentally taxing environments experience.

It also helps us calm down and relax when we are too wired and tired and struggle to sleep because of over stimulation. It basically resets us to be able to better adapt to the stressors in life. Stressors never go away, only the way we adapt to them change. Adapt to stress the natural way with ReaZen

*Dosage: 10-30 drops as needed in water, tea or juice*

**R195 per 50ml tincture**



# MORE ABOUT THE PLANTS

## ASHWAGANDHA (WITHANIA SOMNIFERA)

Actives: Glycowithanolides, Ashwagandha, Withasomniferin A, Withanolides A–Y, Cuscohygrine,  
Ashwagandha, better known as Indian Ginseng, has been described in sacred Ayurvedic texts dating back to 4,000 years. It was used to treat many different health conditions, and often as a tonic for the nervous system. It's recognised for its ability to control cortisol secretion and restore balance in times of stress, making it one of the best adaptogenic herbs for inducing a relaxed state of mind.

## REISHI MUSHROOM (GANODERMA LUCIDUM)

Actives: Polysaccharides, Triterpenes and many other Phytonutrients  
Reishi mushroom is one of the most powerful adaptogens we know of. This mushroom has the profound ability to nourish vitality, relax the nervous system, calm the mind, and promote a state of relaxed focus. Held in high regard as part the Ancient Chinese medical system it has documented use as far back as 4000 years.

## GREEN TEA (CAMELLIA SINENSIS)

Actives: Polyphenols, Catechins, Flavonoids  
Packed with anti-oxidants this power plant packs a boost in energy levels and mental clarity. Used for many years as a tea, science has now proven what the Ancients knew for years: anti-oxidants clear the system of toxins so everything flows better!

# MORE ABOUT THE PLANTS

## RHODIOLA ROSEA (GOLDEN ROOT)

Actives: Rosin, Rosavin, Rosarin and Salidroside

Grown in the mountains of Eurasia in extremely cold conditions, the roots of this plant is considered adaptogenic. Helps protect the body from the effects of stress and cortisol. Rhodiola has been shown to relieve anxiety, fatigue and depression. Modern Studies suggest that it can also improve learning skills, enhance work performance and boost memory output. Used by the Ancient Greeks, Vikings, Siberians, Mongolians, and Chinese: the legend of the plant speaks for itself.

## SCHISANDRA BERRIES (SCHISANDRA CHINENSIS)

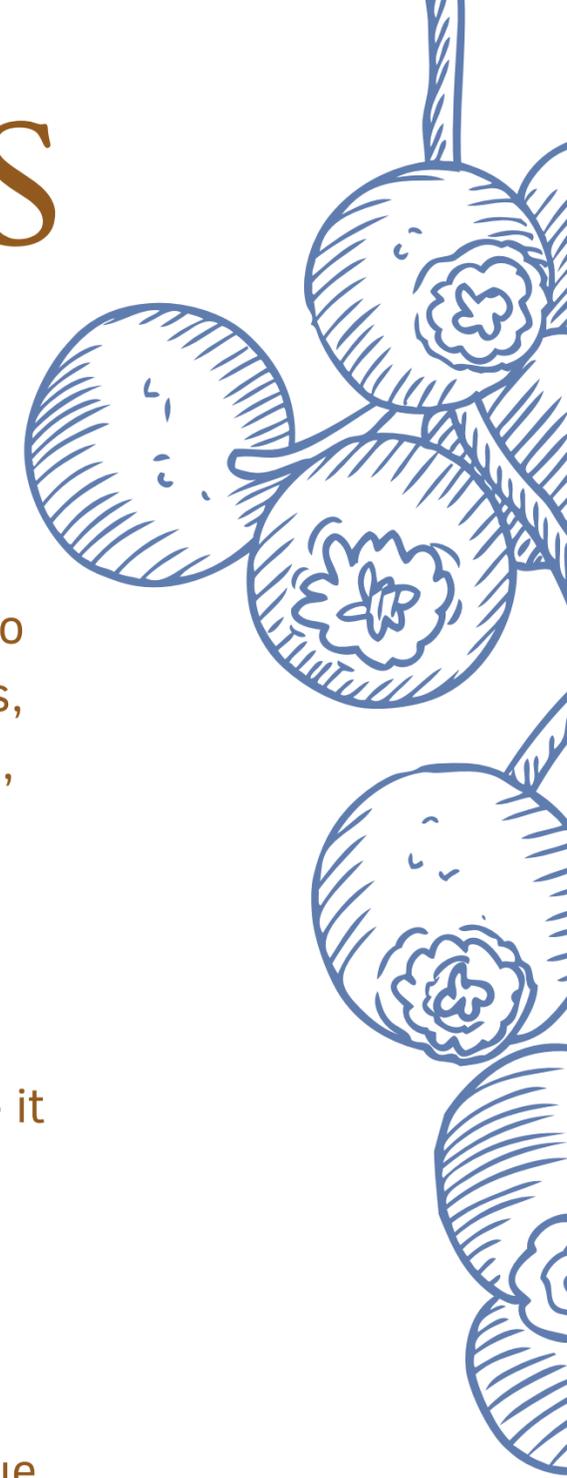
Actives: 70 Plus Phytochemicals including Polysaccharides

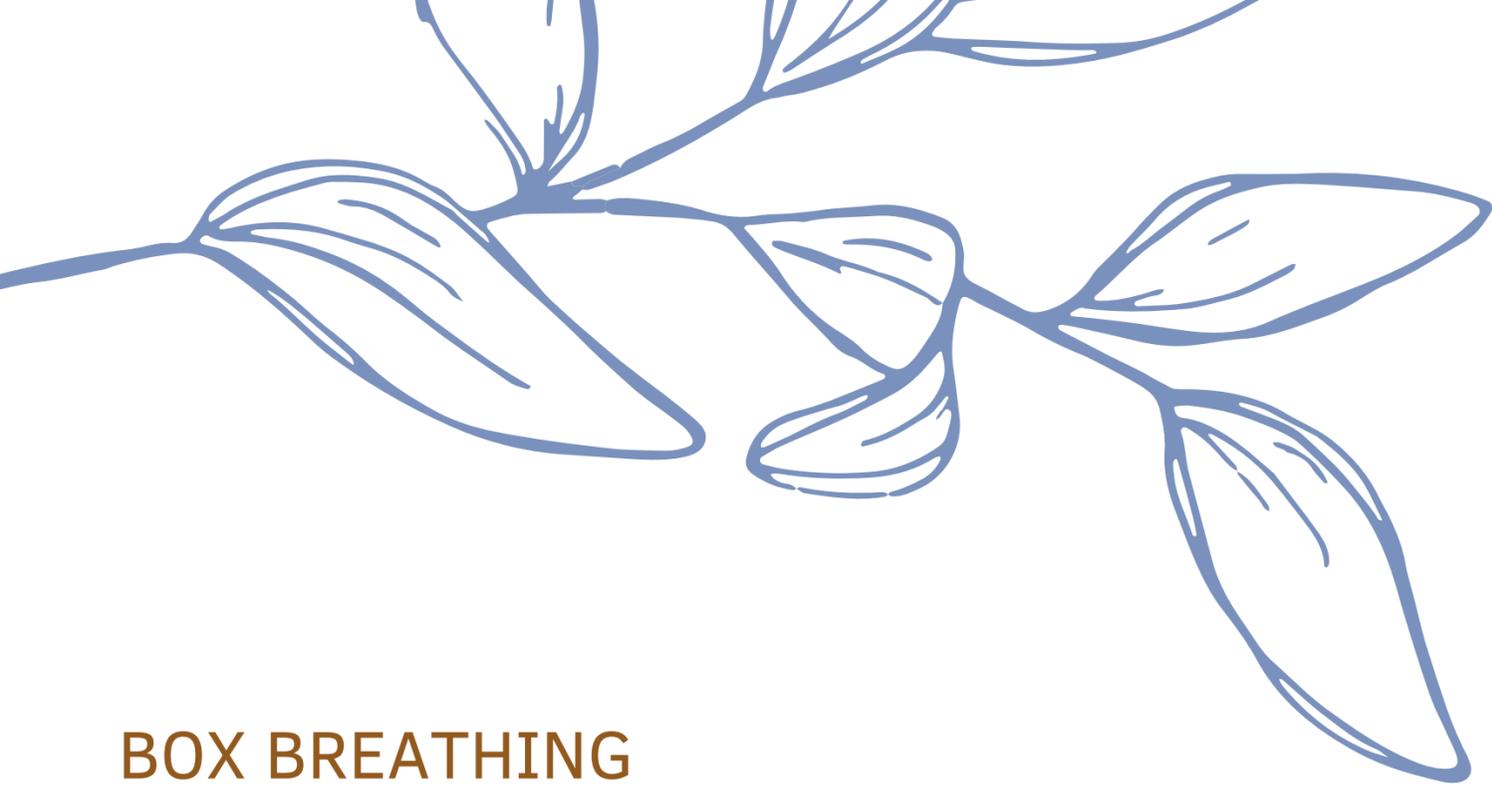
The berries increase heart health, decrease inflammation and help to alleviate stress and depression - it also boosts energy levels and libido.

## SIBERIAN GINSENG (ELEUTHEROCOCCUS SENTICOSUS)

Actives: Eleutherosides, Hyperine, Friedelin, Daucosterol and Syringaresinol,

Used by the Russians and Chinese to enhance performance of workers and warriors, this is a truly unique herb. As the name suggests this Siberian herb elicits fantastic adaptogenic effects including: strengthening the body, enhancing mental performance, neutralising stress and fatigue. It also increases one's vitality over time.





# Suggested practices to balance stress

## BOX BREATHING

Sit or lie down. Become silent and aware of the inner sensations happening in your body. Do not think the sensation, but focus on the feelings of pressure, throbbing, temperature etc. Just allow whatever comes up without resisting it or engaging the mind. Breathe in for 4 seconds, hold your breath for 3 seconds, breathe out for 4 seconds, hold your breath for 3 seconds. Continue in this circular fashion until the feelings of stress or tightness melt away. Notice how you feel after 5 minutes of practice.

## HEART-BRAIN HARMONY (ADAPTED META MEDITATION)

Take your dominant hand and lightly touch your heart. This moves awareness to your heart. Start to slow your breathing. Keep the rhythm the same, 4 seconds inhale, 4 seconds exhale. Lastly think about something or someone in your life that gives you the feeling of gratitude. Smile at them and feel them smile back at you. Consciously let this feeling of gratitude and compassion grow to envelop your whole body. At the end say and feel: Thank you, Thank you, Thank you.



# Libida

## SEXUAL PERFORMANCE POWER PLANTS FORMULA

Gokshura (Tribulus)

Cordyceps

Maca

Epimedium (Horny Goat weed)

Green tea

Mucuna Prurensis

Panax Ginseng



## MORE ABOUT THE PRODUCT

Libida was formulated in to response to low testosterone and lack of sexual desire. It was made for all genders. It might have powerful effects or, used in combination with the practice, inspire a gentle cuddling experience with your lover.

It enhances testosterone in both men and women. Women need testosterone to increase arousal, men need testosterone to engage and to feel relaxed. It can be taken throughout the day to build the level of "love hormones" for a special occasion of meeting each other in eroticism.

We suggest you use it throughout the day and about half an hour before sexual activity. 20 Drops is sufficient, and as with any tonic the more frequent you use it the better and longer lasting the effects.

Advise a healthcare professional before using any nutritional supplements.

*Dosage: 10-30 drops as needed in water,tea or juice*

**R195 per 50ml tincture**

# MORE ABOUT THE PLANTS

## GOKSHURA (TRIBULUS TERRESTRIS)

Actives: Terretribisamide, Tribulusterine, Terrestrosin D, Flavonoids, Glycosides and Saponins

Tribulus refers to the spiky fruits from a plant native to Southern Europe, Southern Asia, Africa and Australia. Used in the traditional medicinal systems of China, India, Bulgaria and Africa it was used primarily as a tonic to promote vitality, and as an aphrodisiac. It was also used as a treatment for female infertility, impotence, and low libido in both men and women. Studies performed in Bulgaria show that tribulus increases levels of various hormones in the steroid family, including testosterone.

## CORDYCEPS MILITARIS

Actives: Cordycepin, Cordycepic acid, Ophiocordin, Adenosine

Already discussed as enhancing oxygen supply to all cells and a key factor in energy production in both the body and brain, cordyceps is also fantastic at increasing sexual desire and function. By releasing testosterone, increasing blood circulation and enhancing erectile function this is a must for all men! But also especially good for women who may be in menopause or post-menopausal phase of life as it enhances the biosynthesis of the bodies steroid hormones (cortisol, estrogen & testosterone).

## MACA (LEPIDIUM MEYENII)

Actives: Glucosinolates and Polyphenols Amino acids, Vitamins and Minerals

Better known as Peruvian Ginseng, this root plant harmonizes the entire endocrine system. It adds an immediate improvement in both male and female sexual health, libido, fertility and hormonal health. It also gives relief to menopausal challenges.

## GREEN TEA (CAMELLIA SINENSIS)

Actives: Polyphenols, Catechins, Flavonoids

Packed with anti-oxidants this power plant packs a boost in energy levels and stamina. Used for many years as a tea. Anti-oxidants clear the system of toxins so everything flows better!

# MORE ABOUT THE PLANTS

## EPIMEDIUM (HORNY GOAT WEED)

Actives: Epimedin C, Prenylflavonoids and Flavonoids

This powerful plant received its name from a herder who noticed his goats becoming more sexually active after eating it. Horny Goat Weed's use as a medicinal herb dates back to at least 400 A.D., where it was used as a tonic for the reproductive system to boost libido, treat impotence and increase energy. Studies in mice have shown an increased testosterone level after administering plant extracts and other rodent trials have shown a decrease in levels of cortisol, a stress hormone that can depress the sex drive.

## VELVET BEAN (MUCUNA PRURENSIS)

Actives: L-DOPA, trace amounts of Serotonin and Bufotenine

This furry bean grows from trees and is classified as an adaptogen. The ancient Indian medical system, Ayurveda, traditionally used it to treat diseases like impotence and low moods. It also contains high levels of naturally occurring L-dopa, the precursor to dopamine. Dopamine is a brain chemical that plays a major role in motivation, pleasure, and happy emotions. Also contributing to sexual drive.

## PANAX GINSENG

Actives: Ginsenosides

Panax ginseng is native to mountainous regions of Russian (Outer Manchuria), Northeast China, and the Korean Peninsula. Famed by Li Shizhen (Writer of the Compendium of Materia Medica herbal of 1596) as a superior tonic, it has been used to enhance the senses and sexual experience since ancient times. This combined with energy enhancement and improved bloodflow is why we added it to Libida.

# Suggested practice for sexual connection



## Breathing:

Sit about a meter in front of your partner, lover, husband or wife, facing them. Look into each others eyes and synchronise your breathing. Breathe deeply through your mouth and exhale, sounding your breath. Let the energy flow between you, all the time keeping eye contact. Touch them and acknowledge their presence. Tell them how much you appreciate their beauty and presence. This practice is preferably done with sexy clothes or naked.



# PAINZ

**PAIN, INFLAMMATION & JOINTS**

**POWER PLANTS FORMULA:**

Cats Claw

Devils Claw

Frankincense (Boswellia Serrata)

Helichrysum Blend

Wood Betony

Paú de Arco



# More about the Product

PainZ was formulated in response to another major problem we as humanity have: chronic pain and inflammation. The way we live (eat, drink and consume) and the amount of stress and workload we carry, all put incredible strain on the body. A major sign of this strain is pain. Pain also has an emotional component- meditation and certain practices can help you to let go of this emotional hold and in some cases might relieve physical pain as well.

PainZ can help with many painful conditions like sciatic nerves, back pain, tooth aches, headache, muscle pain (inflammation) as well as stomach pains (combined with our Detox Formula).

It is an excellent remedy for gout (for a balanced combination treatment we advise using PainZ for gout together with our Detox formula). It is also recommended for women with menstrual pains and cramps, combined with our Reconnect formula about one week prior to menses.

PainZ is truly an all round wonderful addition to any pain control protocol you might be practicing. Say good bye to pain and live in peace within yourself. Set yourself free.

*Dosage: 10-30 drops as needed in water, tea or juice*

**R195 PER 50ML TINCTURE**

# More about the plants



## Cats Claw (*Uncaria Tormentosa*)

Actives: Quinovic acid, Phytosterols, Proanthocyanidins, Oxidole alkaloids

With a lengthy history of use by Native Amazonian tribes this herb has known anti-inflammatory and immune modulating properties. It helps with stiffness and swelling of muscles and joints also in treating arthritis and rheumatism.

## Devils Claw (*Harpagophytum pro. Radix*)

Actives: Beta-sitosterol, Harpagoside iridoid glycosides, Procumbide, Stigmasterol and Triterpenes

Devil's Claw has been used for many millennia by the San and Khoi-Khoi (dwellers of the Kalahari region) to treat illnesses such as skin problems, fever and various other aches or pains. Modern research supports its use as an anti-inflammatory and pain reducing herb in treating osteo-arthritis with much less side effects than allopathic steroidal treatments. It can also work wonders for gout if used as a preventative measure or during an acute attack (combined with our De-Tox formula).

## Frankincense (*Boswellia Serrata*)

Actives: Boswellic acids (triterpenoids), Phellandrene, Alpha-boswellic acid

Frankincense has been traded by the Arabian peoples for more than 6,000 years. It was mainly traded in its resin form (used as incense) and was regarded by some cultures as worth more than gold. In fact it was one of the three Biblical gifts that baby Jesus received at birth from the Magi (The Wise men or the three symbolic kings of the East). It has proven anti-inflammatory effects along with pain modulating functions. It can also help with cancer and negative side effects of its treatment protocols. This is a must in any pain support formula.

# More about the plants

## Helichrysum Blend

Actives : More than 100 active constituents.

Known for its anti-inflammatory and detoxifying properties Helichrysum has been part of the San medicine cabinet as a treasure herb. We combine three variants in our extract, H.Splendidum, H.petitoriae and H.odoratisium. The combination specifically targets inflammation and pain that is linked to cold extremities (hands and feet).

## Wood Betony (Betonica officinalis)

Actives: Betonyosides A-F, Acetoside, Campneosides and Forsythoside B

This perennial grassland herb is native to Europe, West Asia, and Northern Africa. Betony was an ingredient of "Pistoja powder," a folk remedy used for arthritis and gout treatment. Excellent in treating painful conditions like arthritis, headache, facial pain and disorders of the urinary tract including bladder and kidney stones (nephrolithiasis) and bladder pain or swelling (inflammation). According to modern herbalists it can help manage stress, tension, nervousness, and epilepsy. In combination with other herbs, betony is used to treat nerve pain (neuralgia) and anxiety.

## Paú de Arco (Handroanthus impetiginosus)

Actives: Anthraquinones, Furanonaphthoquinones, Lapachones, Lapachol and Naphthoquinones

Pau d'arco has a long and well-documented history of use by the tribes of the Amazon rainforests. They believed it helped to increase resilience, life span and vigour. It's use most likely predates the Incan civilisation. This sacred herb has antinociceptive (pain-reducing) and antiedemic (anti-swelling) properties. It also supports a healthy immune response.



# Suggested practice for pain relief

## Breathing:

Sit or lie down in a comfortable position. Breathe into your pain, focus on the sensation of tightness, burning or throbbing. With each exhale relax as much as possible. You can imagine your breath expanding the space of tension or tightness and with the exhalation you are blowing the pain out of your body. Remember the power of the mind and allow yourself to release and let go.





# De-tox

## 5-ORGAN CLEANSE POWER PLANTS FORMULA

Nettle Leaf

Dandelion (Leaf & Root)

Turmeric

Ginger

Holy Basil (Tulsi)

Plantain

Parsley



## MORE ABOUT THE PRODUCT

These carefully selected ingredients gently flush the systems from toxins. It cleanses all 5 major organ systems and is a must to any program involving detoxification.

Try this, for the next two weeks add 20 drops of the De-Tox formula to some lemon juice and drink it in the morning. Try to feel the difference in your day when you start with a toxin free brain.

De-Tox gently helps clean the kidneys, liver, digestive tract, lungs, blood and brain from harmful toxins that build up due to an unbalanced diet or lifestyle.

It is helpful to use this formula in combination with any of our other products to enhance its effects over time. Remember a clean system just functions better in the long run, that's why we service our vehicles annually- to increase it's lifespan. Why not do the same for the body? We recommend a treatment of two weeks on, one week off.

De-Tox, as of today!

*Dosage: 10-30 drops as needed in water, tea or juice.*

**R195 per 50ml tincture**

# MORE ABOUT THE PLANTS

## NETTLE LEAF

Actives: More than 50 phytochemical ingredients

The Ancient Egyptians used stinging nettle to treat arthritis and lower back pain, while Roman troops rubbed it on themselves to help stay warm. Science has been looking into the detoxifying properties of the herb for liver and kidney health. It protects the major organs from damage from toxins, heavy metals and inflammation. It's also an excellent diuretic which helps the body shed excess salt and water, which in turn could help lower blood pressure naturally.

## DANDELION (LEAF & ROOT)

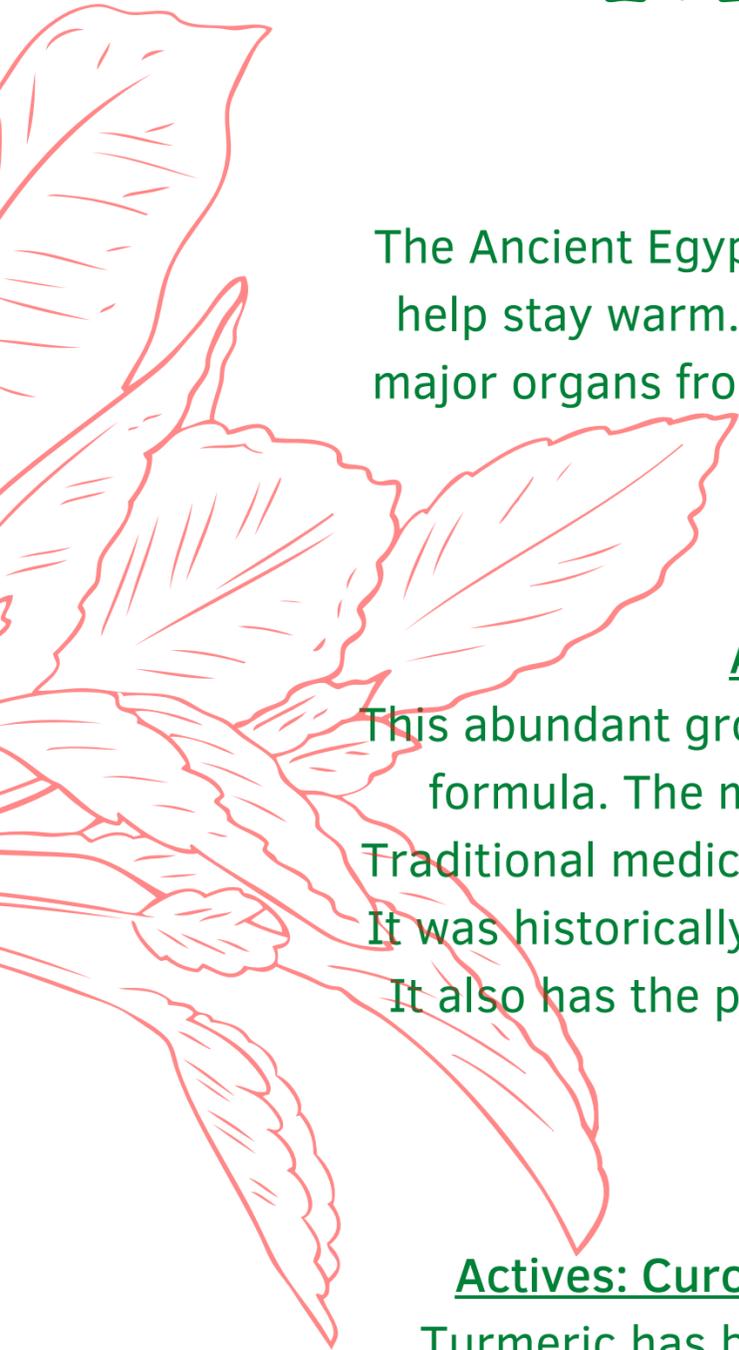
Actives: Beta-carotene, Polyphenols, Isoquercitrin, Terpenoids, Triterpenes, and Sesquiterpenes

This abundant growing herb is a super-powered detoxifier. Filled with antioxidants both the leaves and roots are used in our De-Tox formula. The medicinal quality of Dandelion was well known to the Egyptians, Greeks Romans, and is referenced from Chinese Traditional medicine texts for more than a thousand years. The plant was used as food and medicine by the Native Americans tribes. It was historically used as a digestive aid, diuretic and poison formula. It's a powerful tonic for the liver, kidneys and digestive tract. It also has the potential to help people suffering from chronic illness like cholesterol, high blood pressure, diabetes, weight issues and cancer. It might also be a key factor in the prevention of these diseases.

## TURMERIC

Actives: Curcumin, Demethoxycurcumin, Bisdemethoxycurcumin, Turmerone, Germacrone, Atlantone, and Zingiberene

Turmeric has been used in Asia for thousands of years and is a major part of Ayurveda, Siddha medicine, traditional Chinese medicine and Unani. The herb has great all-round detoxifying properties and reduces inflammation. It's also great for detoxifying the skin and alimentary canal. It can help with allergies and liver issues as well.



## GINGER

Actives: Zingerone, Shogaols, and Gingerols

This plant originated in South East Asia. Ginger is used as a detoxifier of the intestinal wall and is also an excellent remedy for constipation. It is said to move the energy from the head downwards to the intestines. It treats many stomach ailments including: motion sickness, morning sickness (nausea), colic, gas (flatulence), diarrhea, and irritable bowel syndrome (IBS).  
Ginger helps rid the body of unwanted toxins in gentle manner.

## Holy Basil (Tulsi)

Actives: More than 50 phytochemical ingredients

Also known as tulsi, Holy Basil is a culinary and medicinal aromatic herb that's indigenous to the Indian continent. The herb is highly revered for its medicinal uses within the Ayurvedic and Siddha medical systems. Many in vitro, animal and human studies attest to Holy Basil having multiple therapeutic actions including adaptogenic, antimicrobial, anti-inflammatory, cardioprotective, and immunomodulatory effects. Clinical evidence suggests that extracts of holy basil are a potential alternative treatment for depression and anxiety disorders.

## Plantain

Actives: Plantago major

Easy to grow everywhere from parking lots to playgrounds, plantain weed is often viewed as a pervasive garden invader, but with a catch... it's edible and available in abundance in most people's yard! Plantain weed contains compounds that helps reduce inflammation, improve digestion and speed up the wound healing process. It also Detoxifies the lungs, skin and circulatory systems

## Parsley

Actives: Flavonoids, Antioxidants (Luteolin, Apigenin), Lycopene, Lutein, Zeaxanthin, Folate, Vitamin K, Vitamin C, and Vitamin A

Parsley has been labeled one of the most powerful disease-fighting plants on Earth. Parsley provides great nutritional value and offers many potential health benefits including: detoxification (through high levels of anti-oxidants), supporting the skeletal, macular (eye health) and cardiovascular systems by reducing chronic inflammation. It is a wonderful herbal addition to the 5 Organ Detox



# Suggested practice for detoxifying



Breathing:

Taoist Organ Breathing.

This is a very specialised breathing technique. it takes about 10 minutes to complete Please look at our Instagram for a video or ask a Mindful MedZ consultant to demonstrate.



# Reconnect

ANXIETY & DEPRESSION  
POWER PLANTS FORMULA

Sceletium  
St John's Wart  
Holy Basil (Tulsi)  
Gotu Kola  
Kava Kava  
Gastrodia



# MORE ABOUT THE PRODUCT

Last but not least, our most prized product, Reconnect.

This powerful herbal blend will lift the spirit of anyone stuck in a low. It connects you back to your inner wisdom and takes away those anxious feelings. It literally puts the lights back on!

Excellent for those struggling with seasonal depression and anxiety disorder. Especially good for social anxiety if one does not want to use alcohol or other drugs.

Just remember to stay in the recommended dose range of 10-30 drops as needed and enjoy reconnecting with your inner Source.

This product may enhance the effects of Serotonin in the brain. Do not use with other serotonin-enhancing medications (SSRI's or similar) or with high amounts of alcohol. Caution is advised to individuals who are already taking other anti-depressant medications prescribed by a qualified professional. Advice on use should be obtained from a healthcare professional.

*Dosage: 10-30 drops as needed in water, tea or juice*

R195 per 50ml tincture



# MORE ABOUT THE PLANTS

## SCELETIUM

Active components: mesembrine, mesembrenone, mesembrenol and tortuosamine Also known as Kanna or “Bushman Ecstasy”. Chewed by the South African Khoisan as a mood enhancer and connector, Sceletium also has many other medicinal properties. It was used traditionally to counter stress and alleviate depression. It also relieves pain and decreases hunger pangs. Kanna is reported to be an acetylcholinesterase inhibitor and cannabinoid agonist, as well as possess selective serotonin reuptake inhibiting properties.

## ST JOHN'S WART

Active components: Hypericin, pseudohypericin, hyperforin, quercetin, amentoflavone, vanillic acid

St John's wort has a long history of use in herbalism and folk medicine. Used mostly to treat seasonal depression disorder (SAD), alcoholism and insomnia, its records date back to the Mithridate of Aulus Cornelius Celsus' De Medicina (ca. 30 CE) and the Venice treacle of d'Amsterdammer Apotheek in 1686. Two modern articles show supportive evidence: The first was a study in 2008 from The Cochrane review where 29 clinical trials concluded that St Johns Wart was superior to the placebo in treating major depression, as effective as standard anti-depressants but with fewer side-effects. A review in 2016 also stated that the use of St. John's wort for mild and moderate depression was better than the placebo for improving depression symptoms, and comparable to current antidepressant medications.

## HOLY BASIL (TULSI)

Active components: Cordycepin, Cordycepic acid, Ophiocordin, Adenosine

Also known as tulsi, Holy Basil is a culinary and medicinal aromatic herb that's indigenous to the Indian continent. The herb is highly revered for its medicinal uses within the Ayurvedic and Siddha medical systems. Many in vitro, animal and human studies attest to Holy Basil having multiple therapeutic actions including adaptogenic, antimicrobial, anti-inflammatory, cardioprotective, and immunomodulatory effects. Clinical evidence suggests that extracts of holy basil are a potential alternative treatment for depression and anxiety disorders.



# MORE ABOUT THE PLANTS

## GOTU KOLA

Active components: asiaticoside, brahmoside, asiuyatic acid, brahmic acid and madecassic acid

Gota Kola is cherished in both Ayurvedic and Chinese medicine. It has a long history of use, including treating disorders like Alzheimer's, mental fatigue, anxiety, depression, memory loss, and insomnia. It may also assist in improved circulation, detoxification and increase wound healing properties.

## KAVA

Active components: Kavapyrones, Kavalactones

Kava Kava has calming, relaxing and mood enhancing effects. Pacific islanders (Fiji and Tonga) have used this plant as part of their traditional medicine and social events for centuries for many years. It helps relieve pain and relaxes muscles. It is an excellent remedy for stress, anxiety, sleeping difficulty and PMS.

## GASTRODIA

Active components: Gastrodin, vanillyl alcohol, phenolics, polysaccharides, organic acids, sterols

This notable herb has been traditionally used to treat various conditions including headache, dizziness, spasm, epilepsy, stroke, amnesia, and other disorders in Chinese Oriental countries for centuries. The extraction is made from the rhizome of the plant. The earliest records of the medicinal effects of Rhizoma Gastrodiae date back to about 2,000 years ago. In Shennong's Classic of Materia Medica, the first herbal monograph in Chinese history written in the Han Dynasty, it was described as a "top grade medicine" that rejuvenates the body, enhances health, extends lifespan and can be used long-term used without toxic effects. In modern times, a large number of experiments have been conducted on the pharmacological properties of Rhizoma Gastrodiae. It has various therapeutic effects including neuroprotective, anti-inflammatory, antioxidative, antiepileptic, anticonvulsive, antipsychotic, anxiolytic, antidepressant, circulatory system modulating, memory-improving effects, and more.





# Suggested practice for connecting

## Breathing:

Inhalation twice as long as exhalation. While you breathe you can open your arms, raising your chest and face to the sky. Posture can be very powerful and if you want to feel more connected, opening up the front of your body can inspire a feeling of connectedness. Inner Smile Practice: a Balinese meditation technique requires practitioners to practice meditation with a smile on their face instead of the common relaxed expression. But this smile can also be imagined or visualised as your heart smiling.

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