Dear Greg,

This is explain the product :

1. **Mastin / Garcinia (Cambodia)**

Helps maintain the immune system.  
OTHER USES  
 Prevent cancer  
    Maintain cardiovascular health  
    Lowering cholesterol in the blood  
    Lowering blood sugar levels  
    Antibacterial activity  
WORK MECHANISM  
 The content of a mangosteen potential as an antioxidant by being able to fight free radicals such as hydroxyl radicals, superoxide anion, hydrogen peroxide and singlet oxygen  
    In the mangosteen peel xhantone containing compounds are powerful antioxidants that very potential to maintain immune system health and mental health support. xanthone believed to have health benefits, especially for cardiovascular health such as cardiovascular diseases, arteroklerosis, hypertension and thrombosis. Activity xanthones effect which widens blood vessels and improving blood flow. Besides mangosteen is also rich in potassium, a mineral that plays an important role in energy metabolism and heart health.  
  Xanthone compounds contained in the skin of the mangosteen activate the immune system by stimulating natural killer cells (NK Natural Killer Cell or Cell) in the body. NK cell that is in charge of naturally kill cancer cells and viruses that enter the body.  
    Phenolic compounds contained in white Pomegranate can increase plasma antioxidant capacity, increase free radical activity of the enzyme catalase contained in the liver, superoxide dismutase and have an impact on the reduction in LDL in the blood.  
    White Pomegranate extract has antidiabetic activity by increasing insulin levels and regeneration of beta cells of the pancreas.  
    Ethanolic extract of white Pomegranate has bacteriostatic once bacteriocidal activity against E. Coli

1. **Jati Belanda/guazuma ulmifolia**

Lose weight and appetite  
Other Efficacy:  
Lowering fat levels in the blood and as adstringent.  
Work mechanism :  
Tannin and mucilago contained in plants of Dutch identity may precipitate mucosal proteins that exist in the surface of the intestine (small intestine), thereby reducing the absorption of food (inhibit fat accumulation process). Mucilago also be a lubricant or lubricant so that the food is not given a chance to be absorbed

1. **Xirat/annona muricata**

Benefits of Soursop Leaf legendary  
Soursop is a tropical fruit plants are mostly found in Indonesia and the flesh can be consumed. Soursop plants have names of species of Annona muricata Linn., Is one of the plants of the class Dicotyledonae, Annonaceae family and genus Annona. Soursop name itself comes from the Dutch language - Zuurzak which means "Pockets Acid". This tropical fruit plants imported into the archipelago by the Dutch colonial government in the 19th century.  
As time went on and the development of science and technology, the plant is now proven soursop is a multipurpose plant. Benefits of soursop located in all parts of the plant that can be used include: bark, leaves, fruit, roots and seeds. Each - each plant has different characteristics and properties. In general, fruits and seeds are used for the treatment of fever, facilitating breastfeeding, supplementation during diarrhea and treat worms. While the bark, leaves and roots are used for anti-seizure, hypertension, and as a sedative.  
Expanding the use of the leaves as the discovery of efficacy as anticancer and antitumor. It has been reported that the US researchers have found compounds in the leaves of the soursop acetogenin which serves 10,000 times more than the cancer drug adriamycin. This compound is able to inhibit the production of ATP energy in cancer cells. The effect of cancer cell division will be disrupted.  
Acetogenin is a polyketide compounds with structures C-34 or C-37 unbranched carbon chain attached to the 2-propanol group at C-2 to form a lactone. This compound has 350 derivative compounds found in the family Annonaceae and 82 of them are owned by soursop. Acetogenin compound itself has LC50 (unit ug / ml) were very low, which is a measure of the strength in inhibiting transport of ATP in cancer cells (cytotoxic). Soursop leaf itself has LC50 of 7.8 ± 0.3 pg / ml which includes a high activity (<10 pg / ml).  
  
Research related to the use of soursop leaves:  
Soursop leaves proved to be active in destroy cancer cells in the body, where the active substance named acetogenin proven effective in treating cancers, among others: prostate cancer, pancreatic cancer, leukemia cancer, colon cancer, lung cancer - lung, cancer payudaradan various other cancer cell.  
    Soursop is able to increase the secretion of insulin so as to normalize blood sugar levels and increase the body's production of antioxidants endogenyang assist in neutralizing the cancer cells.

1. **Tulak/curcuma xanthoriza**

plants Air potato / Air rhizome had been since time immemorial famous and known as traditional medicine and can be used as a traditional herbal medicine, the content of which there is a very wide - range, processing / planting of herbal plants is very often found in the area of ​​Central Java and the west, even Java east, in the area of ​​Java this plant is very attached to the life of the people who still live in rural areas / places - places that there are still many vacant land, the plants are easy to grow with a good ground java, is a positive response to citizens because it can be used as a side income which will sold his produce, or even used as its own needs.  
  
But a row of plants in use as a medicine is not a family of plants that berubi such as potatoes, sweet potatoes, yam yam, this plant is often used as a substitute staple foods other than rice, but in the modern era potato plant is also used as a cosmetic therapy etc., but the potatoes that can be used as a medicine and is often used as a herbal medicine is a family of Zingiberaceae tribe.  
  
Curcuma is a member of a row of a tribal family Zingiberaceae spice this one was long ago used as a traditional medicine, one of the spices that is used as a drug is the content of the ginger rhizome, the content of the rhizome of ginger which have pharmacological effects as the protector of the liver (hepatoprotective) , improve appetite, anti-inflammatory, facilitate bile expenditure (kolagogum), and cope with gastrointestinal disorders such as diarrhea, constipation, and dysentery (Wijayakusuma, 2007).  
  
Ginger and turmeric is a plant that equally belong to the tribe Zingiberaceae. Both of these plants contain chemical compounds that are known to have the activity of such fisologi kurkuminoid and essential oils (Ban, 1985).  
  
Most of the tribal family Zingiberaceae has a content of essential oil, ginger is very popular and very well known since long ago because of bitterness that is extraordinary, in carrying medicinal also serves herbal ginger, reputedly said "Mbok" (carrying medicinal) herbal ginger can increase appetite because of bitterness incredible, these herbs kencur collaborated with herb rice, because rice kencur tastes slightly sweet and well used after pahitan herbs in the drink.  
  
Then actually carrying medicinal use of turmeric as hereditary always used to know scientifically what ?? which obviously is true since time immemorial used as a carrying medicinal ginger, and efficacy was not in doubt,  
  
People who do not consume carrying medicinal / herbal medicine they are also very memahai true benefits of ginger that are beneficial to health, the content of the bitterness is believed to be a cure for the disease in the body, there are also people who do not know in detail about the content of ginger and they also do not consume traditional herbal medicine, but they know very well the benefits of ginger they believe that the content of ginger is very beneficial for the body, because since the first efficacy and benefits of ginger has become hereditary introduced to our ancestors will benefit the ginger.  
  
In Indonesia plant ginger is ginger rhizome are used to make herbal godog. This rhizome contains from 48 to 59.64% starch, 1.6 to 2.2% from 1.48 to 1.63% curcumin and volatile oil and is believed to improve kidney function and anti-inflammatory. Another benefit of the rhizome of this plant is as an acne medicine, improve appetite, anti-cholesterol, anti-inflammatory, anemia, anti-oxidants, cancer prevention, and anti-microbial.  
  
Scientifically ginger has owned the compound of a tribal family Zingiberaceae it proved that ginger can be used as an herbal remedy that can cure the disease. Temuireng contains active substances such as essential oils, tannins, kurkumol, kurkumenol, isokurkumenol, kurzerenon, kurdion, kurkumalakton, germakron, a, ß, g-elemene, linderazulene, curcumin, demethyoxykurkumin, bisdemethyoxykurkumin (Yasni, 1993).  
  
There are many people who know the results will be ginger as herbs / spices alone even as yet do not know these plants, ginger is a clump of plants such as Curcuma kencur and other quasi-trunked. Ginger in West Java called Madura koneng big while in a meeting called turnip. Indo-Malaysian region is a place where turmeric is spread throughout the world. Currently this plant other than in Southeast Asia can be found also in China, Indo-China, Bardabos, India, Japan, Korea, the United States and some European countries.  
  
Research on ginger rhizome also continue, since the first people to trust ginger can eradicate worm infection, it is evident according to (Widowati 2007) Rhizome ireng Intersection Intersection buffoonery and contains curcumin and essential oil that can be used to eradicate worms and increase metabolism.  
  
The research is getting stronger because many studies that justify it, Essential oils have a characteristic odor and curcumin given the nature of the ginger and temuireng that can cure the disease. Juice of water was used to eradicate tapeworms and pinworms in humans and livestock. Both of these substances antagonize acetylcholine and suppress smooth muscle contraction that suppress the growth of worms (Rismunandar, 2004).  
  
The effect of the content of ginger is also useful for other organs, extract of turmeric contains curcumin which serves as an anti-inflammatory, antioxidant, antibacterial, immunostimulant, as kolagogum, hypolipidemic, hepatoprotective that will improve liver function and as a tonic / refreshing, so the metabolic rate will increase ( Anonymous, 2005).

1. **Kunti/curcuma zedoaria**

Traditionally used in cancer patients.  
  
Other uses:  
  
     Lowering cholesterol, heart  
     Uric acid  
     Lung disorders (asthma, tuberculosis)  
     hepatoprotektor  
     Abdominal pain, flatulence  
  
Work mechanism :  
  
      Zedoarin, kurdiona and kurkumol. These substances turned out to be anti-neoplastic damage the formation ribosoma on cancer cells and tissues wild by increasing the formation of fibroblast tissue around the cancer tissues, and form a layer of lymphocytes in cells of cancer tissue and wrap, so that the cells of cancer tissue is can not develop, eventually the cancer cells will die, and does not pose a danger anymore.  
     White Intersection contains RIP which serves to disable the development of cancer cells, eroding the cancer cells without damaging surrounding tissue, blocking the growth of cancer cells.

1. **Gotu kola/centela asiatica**  
     
   Gotu kola (Centella asiatica) is a wild plant that is not yet well known in the community, this plant can grow in various places. Gotu kola grows creeping ground cover, no stems, plant height between 10-50 cm.  
     
   Gotu kola has leaves arranged in a rosette blade root and consists of 2-10 leaves. The leaves are green and shaped like a fan, waist or kidney-shaped fruit. Gotu kola also has a leaf surface and back smooth, the edges slightly curved upwards, jagged, and sometimes hair, bones centered at the base and spread to the other end and the leaves have a diameter of 1-7 cm (Winarto, 2003). Gotu kola has shaped midrib petiole, rather long and measuring 5-15 cm. At dipangkalnya gotu kola leaf stalk leaf scales are very short, smooth, hairless, combined with the petiole.  
     
   Gotu kola has white or pink flowers arranged in umbrella-shaped bouquet. Gotu kola fruit oval or flat, fragrant and bitter, long pieces of 2 to 2.5 mm. Gotu kola fruit rather thick-walled, hard skin, notched two, ribbed clear, and yellow  
     
   Gotu kola is usually found in moist areas, swamps and rice paddies periphery as an annual plant that grows without the stem. In many countries, gotu kola has been set as a medicinal plant and has been used for generations to treat various diseases because it contains Centella asiatica active components that act as antioxidants for the body. Gotu kola is commonly used as traditional medicine in the form of fresh ingredients, extracts, dried or already in the form of herbs (herbs),  
     
   Benefits of Gotu Kola Leaf  
     
   According Winarto and Subakti (2003), gotu kola contains a chemical called asiaticosida which through clinical trials capable merevitalilsasi body and blood vessels and is able to strengthen the body's tissues. Gotu kola contains compounds asiatikosida, thankunisida, isothankunisida, madecassosida, brahmosida, brahminosida, acid brahmik, acid madasiatik, meso-inositol, centellose, karotenoids, mineral salts such as salts of potassium, sodium, magnesium, calcium, iron, vellarine, fatty substances and tannins. Glycoside compounds called triterpenoids asiatikosida and similar compounds, as an efficacious anti leprosy, as a healer of wounds, sore throat (Wikipedia)  
     
   Gotu kola is also used as a drug to speed up the healing of wounds and improve memory. Gotu kola can improve cellular hyperplasia and increases collagen in scar tissue cells (Sagrawat, Khan, 2007).  
     
   Gotu kola (Centella asiatica (L) Urban) is widely used as a natural remedy contains various active ingredients, the active ingredient that is active saponin.Bahan triterpenoid triterpenoid saponin that includes asiatikosida, centellosida, madekossida, asiatic acid and other components are volatile oils, flavonoids, tannins, phytosterols, amino acids and carbohydrates. Triterpenoid saponin active ingredient serves to enhance macrophage activation causes increased phagocytosis and secretion of interleukin. This will stimulate the secretion of interleukin β cells to produce antibodies (Besung, 2009).  
     
   Pegagang started in production as oabat herb that has properties of "Improving Memory, Reduce High Blood Pressure, Disguise Scar.  
     
   Why Blood Flow to the Brain Very Important?  
     
   The brain is the most important part of the body, because the brain as a tool to control all functions of the body, such as memory, concentration, etc. Needs nutrients to the brain more than the other parts of the body. Lack of nutrients to the brain greatly affect the workings of the brain to the maximum, which ultimately also affect the body's stamina.  
     
   In addition to nutrition, blood circulation to the brain also affect the brain power to the max. The process of revitalization of the blood vessels to help blood circulation to the brain to be smooth. Thus there are additional working capacity of neurotransmitters in the brain that serves to remember and learn, so as to improve the workings of the brain, sharpen memory, and cure of patients with mental disorders.  
     
   What Due When the Brain Blood Flow Into Current?  
     
       Difficulty concentrating  
       Decreased stamina  
       Drowsiness  
       Headache  
       Vision becomes impaired  
     
   How Streamlining Blood Flow To The Brain?  
     
       Enough sleep every day  
       Exercise regularly  
       Reduce stress  
       Positive thinking  
       Consuming a nutrient-rich protein foods (meat, fish, eggs, milk, etc.)  
       Consuming vegetables and fruits  
     
   WORK MECHANISM  
     
       Triterpenoids can revitalize blood vessels so that blood circulation to the brain becomes smooth, has a calming effect and improve mental function becomes better.  
       Asiaticoside works to increase the repair and strengthening of skin cells, stimulate growth of nails, hair, and connective tissue.  
       High doses of saponin glycosides would produce the effect of a pain reliever.  
       Saponins contained in this plant has benefits affect collagen for example in inhibiting the production of excessive scar tissue.  
     
   Research has been done  
     
   An experiment with mice given object gotu kola extract proves that the working capacity of the rat brain shows increased 3 -60 times compared to mice that were not given.  
     
   SRI Endah Suhartatik of the Faculty of Pharmacy UGM Doing research on gotu kola leaf infusion with 7.5% level best to dissolve calcium kidney stones.  
     
   It was also reported that gotu kola extract can improve chronic venous disorders and high venous pressure.  
     
   As a traditional medicine, can be consumed in a way;  
     
       Godog way (boiling) Approximately 30-60 g of fresh hreba washed, then boiled in 3 cups of water until remaining to 1 cup, after a cold drink as well.  
       How to grind and squeeze herb gotu kola is finely ground, then squeeze the juice and drink  
       How to pour 1-2 g of dry powder with hot water, after a cold drink as well.  
       Usually made juice is used to treat poisoning, gotu kola herb 500-1500g fresh juice, then drink as well.
2. **Pacego/morinda citrifolia**

Benefits and Benefits Noni Leaf  
  
Noni / Pace (Morinda citrifolia) is more famous for the usefulness, of the leaves, the properties of the noni fruit has even made a lot of noni extract and made capsule / medicine, traditionally all parts of the noni plant can be used as a drug. Roots to treat convulsions and tetanus, normalize blood pressure, fever medication, and tonic. The bark is used as a cure malaria, tonic, antiseptic on the wound or skin swelling deflates. The leaves are used as a remedy dysentery, intestinal spasms, dizziness, vomiting, fever Ambeyen, diabetes. etc. While fruit for urine laxative, enema, skin softener, convulsions, respiratory disorders, and inflammation of the lining of the joints. As for the other properties of the noni leaf is useful to shrink the uterus or the stomach to form in order not to look stretched after childbirth.  
  
Behind the privilege of this herbal plant leaves Noni is also very beneficial for health, Jamu Borobudur Herbal industry has issued a product of noni leaf spices, which are useful for treating diabetes, Lowers High Blood Pressure and increase endurance. The company has been producing herbal plants to provide efficacy and the benefit of the quality of the herb is that consumers can easily consume the properties directly without reducing the quality of herbal plants such, and easier to consume so that need not have to bother to mix their own, without reducing the efficacy of the noni fruit original. Especially for those who are not happy with the smell of noni fruit when ripe very pungent, noni capsules into plihan right.  
  
Noni for traditional medicine ingredients are very popular in Southeast Asia, the Pacific Islands, and the Caribbean. All parts of the noni are widely used for herbal medicine.  
  
 Another advantage of the benefits of noni leaf, are:  
  
    Increase Endurance Body  
    Normalize Blood Pressure  
    Against Tumor and Cancer  
    Anti-inflammatory and anti-allergic  
    Anti-bacterial  
    Set the Mood Cycle (Mood)  
    Set the Cycle Energy Body

1. **Kunirin/curcuma domestica**

Kunirin benefits Lowers Cholesterol and Inflammation Joints  
  
Turmeric spice that is very useful and handy to cure the disease. Community use as a remedy dysentery, with grated and drink while squeezed and filtered and taken its water content. The juice was very successful cure dysentery less than 3 days. It's useful, then what is contained in this herb that can cure dysentery for less than 3 days ?? many people especially the workers rush hour, do not know what exactly turmeric? Turmeric or kencur? well of a row of spice is indeed very similar when it interpreted the same - the same digukanan as traditional medicine and flavoring in cooking, but of course turmeric with kencur very DIFFERENT, between content and form have a difference alone, but turmeric and saffron are the same only the name of the region carried in other areas that have a name of its own local spices. Turmeric is known in various regions with few local names, such as turmeric (UK), turmeric (Netherlands), turmeric (Indonesia and Malaysia), turmeric (Java), koneng (Sunda), konyet (Madura).  
  
It grows wild in the fields and in the woods turmeric can also be planted in the yard as a plant for seasoning and for medicinal purposes, is currently turmeric is grown in monoculture, because the need for increased saffron, turmeric also for export to different countries. Turmeric is a shrub, can reach a height of 70 cm to 1 meter. Pseudo stem, erect, rounded, forming rhizomes, yellowish green color. Single leaf, lancet elongated, leaves three to eight, the tip and base tapering, flat edge, length of 20-40 cm, a width of 8 to 12.5 cm, pertulangan pinnate, pale green.  
  
Turmeric (Curcuma domestica) is one of the many types of medicinal plants have benefits, such as seasoning. Turmeric is very useful as an anticoagulant, lowers blood pressure, worming, abat asthma, blood booster, appendicitis and arthritis. Besides efficacious in medicine, turmeric is also used to dye food, beverages, textiles, cosmetics mixed material, bactericide, fungicide and stimulants. Turmeric can also be used to prevent Alzheimer's disease or dementia.  
  
one of the potential medicinal plants, as well as pharmaceutical raw materials are also used as herbs and natural dyes. Based on the results of the 2003 survey, the needs of turmeric is based on the amount absorbed by the traditional medicine industry in East Java and was ranked first in Central Java, including the big five along with other medicinal raw materials. Rhizome is very useful as an anticoagulant, lowers blood pressure, anthelmintic, an asthma drug, the blood booster, to treat abdominal pain, liver disease, carminative, stimulant, rashes, insect bites, diarrhea, rheumatism.  
  
Some chemical constituents of turmeric that has been known that as much as 6% essential oil composed of monoterpenes and sesquiterpene class of compounds (including zingiberen, alpha and beta-turmerone), yellow dye called kurkuminoid as much as 5% (includes curcumin 50-60% , monodesmetoksikurkumin and bidesmetoksikurkumin), protein, phosphorus, potassium, iron and vitamin C.  
  
Broadly speaking, turmeric has benefits.  
  
    Overcoming painful joints and bones  
    Dyspepsia treatment for acid and gas  
    Treat indigestion and stomach  
    Treating pancreatic cancer and rectal  
    Treat anti-inflammatory, anti-bacterial  
    Reduce flatulence and nausea  
    Lowering high cholesterol levels  
    Slimming  
    Skin rejuvenation  
    Care after childbirth  
    Overcoming liver disorders  
    Heart disease override cleanse the blood.  
  
However, the efficacy of which is approved by Commission E Monographs or internationally recognized institution in the country that has done a study German literature on the efficacy of the 300 species of medicinal plants is to indigestion.  
  
Traditional way of processing the spice Turmeric As traditional medicine:  
  
    How to use the traditional 10-15 grams of rhizome boiled, water is taken 3 times a day 50gram fresh turmeric rhizomes are cleaned and shredded. Add water hinggan stir evenly, then squeeze and filtered. The juice is divided into 3 sections, taken 3 times a day in the morning afternoon and evening.  
    Used for a laxative fart 3-8 grams of powdered rhizome Kaempferia rotunda, brewed with 1 cup of boiled water and then filtered. Distillate taken twice a day morning and afternoon just as much  
    How to increase appetite: rhizome grown as much as 25 grams, add 2 cups of water, strain and drink 2 times a day.  
  
Various scientific studies:  
  
Chany Fadlina Saputri, Pharmacy ITB in his thesis in 2006 showed antihiperkolesterolemia activity of turmeric in animal experiments. turmeric extract 200 mg / kg body weight of the mice showed activity as antihiperkolesterolemia, and can lower LDL without Affecting HDL.  
  
Research from Thamlikitkul V, J. Med Assoc Thai, in 1989 stated that more than 50% of patients who undergo gastric disorders get satisfactory results using turmeric extract.  
  
Based on the research of the Faculty of Pharmacy UNAIR L.Rizka Andalusia 1992, showed that the essential oil of Rhizoma Curcumae anti Hepatotoxicity has activity

1. **sambiloto/androgrphis paniculata**

Benefits And Benefits Leaves Bitter Cure Diabetes  
  
Paniculata is a row of plants bagging properties and health benefits for the body, this plant has actually been much utilized to treat diseases of the body, and is already widely consumed and produced as a herbal medicine of traditional / herbal carrying, in carrying medicinal bitter plant already is primary for the manufacture of traditional herbal medicine and very reliable for treating / answer complaints disease patient to the doctor complaining about carrying medicinal.  
  
Plants Sambiloto very helpful as an herbal remedy key can be relied upon to eradicate the disease in our body, the herb is very minimizing the side effects that occur in the body when consumed and treat, and even surveys to prove the herb can be consumed every day, because the efficacy of of these herbal plants in the trust could help eradicate the disease and very frightening in our body, for example a disease that is kept up to haunt us is Diabetes.  
  
As one of the herbal medicinal plants can be consumed in the long term, compared with chemical drugs which will have an effect on other organs aside.  
  
ACTIVE SUBSTANCES CONTENT sambiloto  
  
Andrographolide, diterpene glucoside  
  
WORK MECHANISM  
  
Andrographolide is the main active substance in bitter that works to reduce levels of glucose in the blood.  
  
RESEARCH RESULT  
  
    According to research Munawara colleagues from Faculty of Pharmacy th 2004 that bitter leaf decoction is able to lower blood glucose levels of male rats.  
    Soedigdo et al, ITB through experiments on kelici stated that andrographolide in paniculata extract proven to have the effect of hypoglycemic (lowering blood sugar levels).  
    Minggawati, th 1990, Faculty of Pharmacy, University of Widya Mandala, through experiments stating that a mixture of extracts of bitter: mustache cat = 7: 3 orally administered capable of lowering blood sugar levels.  
  
Diabetes (diabetes mellitus) is a disease characterized by blood sugar levels that exceed normal value, due to the body lacks insulin both in absolute and relative.  
  
Type - the type of diabetes  
  
    Type I or IDDM (Insulin Dependent Diabetes Mellitus)  
  
Insulin-dependent diabetes, the pancreas gland in these circumstances is unable to produce insulin at all. Generally suffered by people aged under 30 years and most often at the age of 10-30 years.  
  
    Type II, or NIDDM (Non Insulin Dependent Diabetes Mellitus)  
  
Generally affects people - those aged over 40 years and usually occurs in people - people with the state of obesity (overweight). In this type pancreas is still functioning but shows relative deficiency, so the body loses the ability to utilize insulin effectively.  
  
     3. DM that occurs during pregnancy.  
  
   
  
Symptoms of Diabetes  
  
- Frequent urination, especially at night.  
  
- Frequent thirst and hunger.  
  
- Often sleepy, feel itching and tingling.  
  
- Dry skin, easily arise ulcers, ulcers and wounds difficult to heal.  
  
- Weight loss continues to decline and become thin.  
  
- Quickly tired and not powered.  
  
- Decreased sex drive.  
  
- Pregnant women who give birth more than 4 kg.  
  
Prompts And Prevention  
  
 1. Eating food that contains a lot of fiber.  
  
Consumption of fruits and vegetables that contain lots of fiber, because fiber helps improve control of blood sugar and lower insulin requirements, so it can help people with diabetes.  
  
2. A healthy lifestyle through proper nutrition patterns.  
  
It takes proper nutrition patterns, which must be consistent and disciplined.  
  
3. Physical activity and exercise.  
  
Exercise can encourage the body to use insulin.  
  
4. For smokers to stop smoking  
  
Because nicotine can adversely affect the uptake of glucose by cells.  
  
In addition Bitter Herbs also bagged various khaisiat, Kashiat other than Bitter herbs can help cure:  
  
1. bacillary dysentery, diarrhea.  
  
2. Dysentery Herbs fresh purslane (Portulaca oleracea).  
  
3. Influenza, K epala Pain, Fever.  
  
4. Whooping cough (pertussis),  
  
5. Pneumonia, inflammation of the mouth,  
  
6. Nose Slimy (rhinorrhea),  
  
7. Middle Ear Infection (OMA),  
  
8. Diabetes  
  
9. Typhoid  
  
10. Sore throat  
  
11. malaria drug

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SECOND TRANSMISSION

1. **tongli/tongkat ali**

Tongkat Ali can help Increase Sexual Arousal in Men  
  
Tongkat ali is a herbal plants are very useful to improve arousal men, tongkat ali can naturally increase libidio naturally, which is useful as increase sexual arousal for men. besides that tongkat ali also merit increase testosterone.  
  
The hormone testosterone is important for men, this hormone will begin to decline in men aged 30 years and over. This hormone not only for stamina and energy, but it is also important to determine the virility of a lelaki.Testosteron is one of the major hormones of a number of male sex hormones or androgens produced by the gonads.  
  
Benefits of Testosterone  
  
                Fix a man's sexual abilities.  
        Bones become stronger.  
        Increase muscle density.  
        Reduce body fat.  
        Increase the rate of burning energy and oxidative phosphorylation.  
        Reduce stress.  
        Improve brain function including memory.  
  
Tongkat ali also nourish the male penis, this is a positive response contained in Tongkat Ali, besides adding gairan male sex can also help maintain the health of the male penis increase in the hormone testosterone in the body is also very influential for specific organs of men such as the penis, scrotum, testicles and seminal vesicles, these organs can grow testeron adequate intake in order to function optimally.  
  
Besides the increase in testosterone also can lower blood pressure so as to minimize the risk of diseases associated with increased blood pressure.  
  
Natural spices Tongkat Ali is very helpful for adult men who have problems in terms of romance, the use of unison Extract Tongkat Ali really brought the response Positive, Because Derived from Natural Herbs Tongkat Ali has no side effects like drugs other strong, because the natural ingredient of the extract Tongkat Ali does not like when the use of chemical drugs in length will be the tone of other impacts to other organs.  
  
Factors That Cause Decreased Stamina Men  
  
    Age  
    High stress  
    Work that is too heavy  
    Healthy lifestyles.  
    Lack of exercise  
    Diabetes  
  
TIPS TO KEEP STAMINA AND PASSION MEN  
  
    Eat a healthy diet.  
    Avoid foods that contain high cholesterol.  
    Enough rest.  
    Avoid cigarettes, liquor.  
  
WORK MECHANISM  
  
    Kuasinoid compound of Pasak Bumi (Eurycoma longifolia) is to be aphrodisiacs. Pasakbumi can increase testosterone levels.  
    TONGLI action increases the production of testosterone. Increased synthesis of hormones will take time until the effect is visible. The benefits will be felt over time use. The best effect will be felt in one week if used uninterruptedly or continuously.

1. **asima/ sauropus androgynus**

Expedite and increase the quantity of breast milk  
  
Other Efficacy:  
Helps maintain the health of mothers when breastfeeding and rejuvenate after childbirth.  
  
Work mechanism :  
The content of Omega 3, Omega 6 and Omega 9 found in black cumin is a nutrient that helps the development of infants and fetal brain tissue. The content of polyphenols and steroids in the leaves katuk role in stimulating the reflex prolactin or alveoli to produce milk, as well as stimulating hormone oxytocin to stimulate spending and flow of breast milk.

1. **busir**

Helps Relieve Hemorrhoids  
  
Other uses:  
Anti-inflammatory, Eliminate Pain, Treating Constipation  
  
Work mechanism :  
The content of alkaloids in the leaves of purple in BUSIR able to prevent and reduce pain and inflammation in the area around the onset of hemorrhoids

1. **coralgin/sericocalyx crispus**

Plants kejibeling vile Peluruh Kidney  
Keji beling plant is commonly grown species of society as a plant fence, or other ornamental plants. This plant can grow in nearly all regions of Indonesia. This plant is also a chronic life of wild herbs, which are many benefits to cure some diseases.  
Indonesia is a country rich in herbal plants, lawn grass - grass that is a pest also contains many useful benefits as a herbal medicine for our body. Utilization of grass weeds can be read here.  
Kejibeling is one of the herbs that menggandung rich benefits, kejibeling can treat various diseases: According Soewito (1989), the plant Kejibeling contains several nutrients that are efficacious in treating some diseases, such as kidney stones, diabetes, ulcers, and as a laxative (tackle constipation ).  
Kejibeling contain chemical substances, among others: potassium, sodium, calcium, silicic acid, alkaloids, saponins, flavonoids, and polyphenols. (Soewito: Gunawan 1989 in 2011).  
Based on research and Fajaru Endrini, (2008) leaves Keji shard tumordan efficacious to inhibit the growth of cancer cells without killing normal cells. Plant Kejibeling (Sericocalyx crispus L) easy to breed in the fertile soil, somewhat sheltered and in the open. This plant can live in areas with ecological conditions with the following requirements: His life is at altitude 1 m - 1,000 m above sea level with an annual rainfall of 2,500 mm - 4,000 mm / year the climate was wet months (over 100 mm / month) 8 months - 9 months, in dry (below 60 mm / month) 3 months - 4 months, living in air temperature of 200 C - 250 C with the humidity being, irradiation being, soil texture sand to clay, drainage is being - well, the depth of water ground 25 cm of the soil surface, rooting depth of 5 cm from ground level, acidity (pH) 5.5 to 7 average fertility. (Jake S, 2002)  
So many benefits contained in plants kejibeling, hopefully people began to use herbs as a barrier disease such as kidney stones, diabetes, ulcer and others. Interest in reading more in the habit will add insight into better health, and of the reading public can more easily understand the more so useful for themselves and in the environment.  
Kejibeling plant is a plant commonly grown as a hedge plant communities, so that people can take advantage of vacant land for ditanaman as herbs or even just to decorate the empty land to be used as a shade and adds a cool and comfortable in the yard.  
The content Kejibeling proven to treat the disease, one of which is kidney. The kidney is an organ that is important in order to maintain balance in the body system. If there is sediment in the kidney, the renal function will be impaired.  
Kidney disease Symptoms: Weak, tired. Nausea, lack of appetite. Pain throughout the back or side of the body part. Decreased urine volume. Urine contains blood cells and proteins. And the hot stinging during urination.  
Why it happened kidney stones?  
Urine contains ingredients that prevent the crystals, but in some of these functions do not work quite effectively it will bring negative.  
Once the danger of disease in the human body, it is better to prevent and understand the negative impact so that we can anticipate early on, we will give you tips to avoid kidney disease.  
Tips Maintaining healthy kidneys Limiting consumption of meat or fish, consumption of water at least 2.5 liters per day. Limit salt intake up to 8 grams per day. Sodium can increase the disposal of calcium in the urine, which increases the risk of stone formation.  
MECHANISM Orthosiphonis Folium (cat whiskers) ortosifonin content and the potassium salt are the main components that help the dissolution of oxalate in the human body, particularly in the bladder, and kidney that prevents precipitation of kidney stones. Sericocalycis Folium (Kejibeling) Contains potassium which helps dissolve oxalate in the urine. Sonchi Folium (Tempuyung) Has a diuretic effect that can help luruhnya kidney stones.

1. **delimas/punica granatum**

Benefits What is There in Pomegranate?  
  
Pomegranate (Punica granatum) is a fruit plant that is easy to grow in almost all climates. Known three kinds of pomegranate, namely white pomegranate, red pomegranate and pomegranate purple. Utilization of these plants as traditional medicine is very varied and all parts of the pomegranate plant can be used as a drug. One of the benefits of white pomegranate is as anti-cholesterol. The intake of pomegranate juice can maintain blood flow in the body to normal fixed so that it can reduce cholesterol. Some researchers have found active compounds in white pomegranate, one of which is a sterol compounds.  
  
In various countries and regions, pomegranate (Punicia granatum) has a name bermacammacam  
  
such as pomegranate (Indonesia and Malaysia), granada (the Philippines), salebin / Talibin (Myanmar), tortim (Cambodia), ph'ulaa (Laos), thaptim (Thailand), and lu'u / thap lu'u (Vietnam). This plant comes from the region of Central Asia (Iran), Afghanistan, and the Himalayan region. Of the area and then spread to the Mediterranean region, now has spread throughout the tropics and subtropics.  
  
In general, the pomegranate tree planted in the yard and useful as ornamental plants and medicines, and the fruit can be eaten directly having a sweet and sour taste. In addition, the fruit can be extracted be used as a refreshing drink. Pomegranate nutritional content per 100 g of fruit consists of water (78 g), protein (1.6 g), fat (0.1 g), carbohydrates (14.5 g), and minerals (0,7g).  
  
Another analysis shows that there is an inversion sugar content (20%), glucose (5-10%), citric acid (0.5 to 3.5%) and vitamin C (14 mg / 100 g). Yellow coloring agent on the skin of pomegranates contain galotanat acid. The highest content of tannins found in the root bark (28%). Form a tree-shaped plant deciduous shrubs, squiggly, branched, can reach a height of 5-18 m. There are branches of thorns, small oval leaves, flowers are at the ends of twigs, but also often in the armpit.  
  
Leaves more face, leaf shape oval, somewhat oval, taper leaf base but there is also a blunt, flat leaf edge with a pointed tip, also found bercabik with short petiole. The flower bud, the stalk are 1-5 buds are at the ends of twigs, leafy crown 3-7 strands, benangsarinya much, and the pistil stalk longer than the petals.  
  
Benefits Of Pomegranate Fruit Crops  
  
Almost all parts of the plant health benefits, from the leaf, flower, fruit, root bark, and so forth. Below are the benefits of the pomegranate plant parts, such as:  
  
   
  
1. The fruit (juice)  
  
1.1. Providers antioxidants.  
  
Pomegranate juice (juice), contains a lot of anti-carcinogenic rich in flavonoids, antioxidants are compounds that can prevent free radicals in the body and improve the body's cells are damaged. Capable of providing protection against heart disease, skin cancer, and prostate cancer. Antioxidants contained in it helps prevent clogging of the arteries by cholesterol, especially for those at high risk, pomegranate helps regulate blood sugar, improve insulin sensitivity, able to fight inflammation, and increase the range of other factors involved in the metabolic syndrome that often triggers associated with obesity and diabetes. Because of this effect, pomegranate can help weight loss, and pomegranate juice can cause cancer cell death.  
  
1.2 As cancer prevention.  
  
Pomegranates can also prevent breast cancer development danpenurunan both types of skin cancer, basal cell carcinoma and squamous cell carcinoma. Phytonutrients and antioxidants contained in pomegranates are able to interact with the genetic material of the body to protect it.  
  
1.3. Rescuer kidneys.  
  
Research in Israel reported that the high content of antioxidant polyphenols in pomegranate can prevent further complications for patients with renal failure, especially those who are undergoing dialysis. In the study also found that patients with kidney disease who drank pomegranate juice can reduce infection and damage to kidney cells caused by free radicals  
  
1.4. As an anti-bacterial.  
  
 Pomegranate fruit contains a chemical alkaloid and tannin that has anti bacterial and viral properties and can increase a person's immune system. In the fruit including fruit flesh and skin can prevent and control viral and microbial pathogens in the blood.  
  
Plant leaves Pomegranate  
  
The leaves are beneficial for menstruating women bullets, solve the problem of abdominal pain bloating and tenderness. The trick with sliced ​​pomegranate leaves as many as five pieces, pour half a glass of hot water, let stand for 10 minutes then drink, do it for 5 days.  
  
The root bark Pomegranate  
  
The root bark can overcome stomach ache due to dysentery, intestinal worms, blood vomiting Rahim inflammation, sore throat, inflammation of the ear, and whitish. The trick took 7 g of dried pomegranate root, washed and cut into pieces as needed. Boil the root piece with 1 cup water for 15 minutes, strain, and minumnairnya after cold

1. **jacki/catuaba**

Stamina plants Men  
  
Work mechanism :  
Catuabine A, B and C is the active substance in Catuaba that can enhance sexual function by stimulating the nerve.

1. **jambu biji/psidium guajava**

For the treatment of dengue fever and diarrhea.  
  
Other Efficacy:  
Astringent, laxative menstruation, and ulcers.  
  
Work mechanism :  
  
     Tannins and flavonoids expressed as quersetin in guava leaf extract can inhibit the activity of the enzyme reverse transcriptase, which means the efficacy to treat diseases by inhibiting the growth fever virus RNA core. The material also is said to increase the number to 100 thousand platelets per cubic millimeter without side effects.  
     Quersetin and quersetin glycosides which can inhibit the spontaneous contraction of ileum and acetylcholine secretion of gastric causes of diarrhea, so that the diarrhea can be resolved quickly.  
     Tannins are astringent, which line the intestinal mucosa, especially the colon. As well as absorbing toxins and can agglomerate protein.

1. **java tea/orthisiphon stamineus**

Tips Maintaining kidney health  
  
     Limiting the consumption of meat or fish,  
     Consumption of water at least 2.5 liters per day.  
     Limit salt intake up to 8 grams per day.  
     Sodium can increase the disposal of calcium in the urine, which increases the risk of stone formation.  
  
WORK MECHANISM  
  
     Orthosiphonis Folium (cat whiskers) ortosifonin content and the potassium salt are the main components that help the dissolution of oxalate in the human body, particularly in the bladder, and kidney that prevents precipitation of kidney stones.  
     Sericocalycis Folium (Kejibeling) Contains potassium which helps dissolve oxalate in the urine.  
     Sonchi Folium (Tempuyung) Has a diuretic effect that can help luruhnya kidney stones.

1. **madewa/ phaleria macrocarpa**

Cancer Treatment  
Other uses:  
Antibacterial, antiseptic and antioxidant  
Work mechanism :  
Crown god extracts contain active substances as follows:  
  
     Alkaloids worked as detoksifikan that can neutralize toxins in the body.  
     Saponins work as a source of antibacterial and anti-virus, boost the immune system and vitality.  
     Flavonoids act as an antioxidant, blood circulation, and as an anti-inflammatory.  
     Polyphenols work as antihistamines (anti-allergy).

1. **molax/rheum officinale**

Rhubarb Root Benefits Smooth CHAPTER  
Rhubarb (Rheum officinale) is a plant that is widely used as a spice mixture on traditional medicine / traditional herbal medicine. Plant part used is the root, rhubarb was also used as a mixture on the cigarette, so many herbal plants are grown in the State of Indonesia, but already you know the roots of rhubarb ??  
Characteristic of this plant is:  
Shrub, annual, 25-80 cm tall. Stem: Short, contained in the soil, grooved cross, massive, brown. Leaves: Single, oval, heart shape and hairy base, pointed tip, flat edge, stemmed 10-40 cm, the base of the petiole hugging stems, 10-35 cm long, 8-30 cm wide, green. Flower: Compound, androgynous or one, nine stamens, ovary triangular shape, curving stalk pistil, anthers thick, greenish white. Fruit: Rice, three winged, ovoid, red. Root: Stables, soft, round, light brown. When viewed at a glance rhubarb leaves almost like leaves of teak.  
Chemical Ingredients contained in rhubarb roots and leaves contain flavonoids, addition and roots also contain saponin glycosides, while the leaves also contain polyphenols. , Rhubarb leaves contain several types of Rheum undulatum antroglycoside. Spice plants rhubarb also contain harmful ingredients that Anthrone, which is highly toxic if ingested, although it has been boiled first.  
So if you want to make a mix / traditional herbal medicine alone please liver - liver and observe first of these plants before you use it. In addition, the stems of rhubarb also contain tannins. Please note once again, first read the content of what is contained in this plant, once you understand and confident of the content is simply racik according to your needs, we recommend to buy the company that has produced this spice, because the process of making more accurate and passed the test phase which has guaranteed quality. Since the first rhubarb root used as spice cigarettes,  
But it must be stressed again People should know that the material containing rhubarb root, it should not be used when abdominal pain, nausea or vomiting. As other laxative ingredient, rhubarb root should not be used for patients with intestinal damage, diseases of the abdominal cavity, when the body is deprived of fluids (dehydration), or constipation that has lasted long enough.  
Moreover, because the roots of rhubarb contains anthraquinone compounds then it should not be used in the long term (no more than 1-2 weeks) continuously, because it was feared would occur hazards due to the body's electrolyte balance disorders. Rhubarb root used as a bitter stomachic in the treatment of diarrhea, followed by a purgatif effect astringent effect  
Roots and stems are used to treat constipation (constipation), and help to overcome the clotting of blood and pus.  
Facilitate defecation (BAB). Active compounds from the roots of rhubarb will be described first by bacteria in the intestine so that to form a compound that can stimulate the digestive system, which ultimately can improve bowel movement so the bowel becomes easy.  
OTHER BENEFITS OF SPICES rhubarb Smooth menstruation. Helps overcome jaundice. Help stop the bleeding.  
Klembak note now also contain the active ingredient in the treatment of Hepatitis B.  
Results of the study In one study, a cup of infusion of fresh Rhubarb taken every morning or evening before bed can overcome the problem of constipation (constipation). Under the European Pharmacopoeia monograph, rhubarb can be used to treat constipation / constipation short term. Rhei Radix (Rhubarb), contains anthraquinone compounds that function as laksansia that help to expedite the process of defecation.

1. **niran/phyllanthus niruri**

The content Meniran Increase Endurance Body  
  
The use of traditional medicine has been used since the first, not only in Indonesia, but in the country - other countries, in general, the herbal medicine used menggandung relatively less side effects, even no side effects at all when the use of herbal medicines as needed.  
  
Spices - spices having a plurality of active ingredient that can cure various diseases since long ago and is still in use well even many companies are already using it as a herbal medicine in a more modern production, so that lebik consumption, efficient and easy.  
  
From a number of herbs that can cure one of them is meniran, this herb has a lot of content that has been used since long ago as a traditional herbal medicine,  
  
In the previous article we deal about the use and benefits of the herb herbs that can be used and utilized to treat some diseases, we expect the public interest to take advantage of herbal plants around us as drugs, because the use of more convenient and cheaper, not only the quality of efficacy was also proven and have been well tested.  
  
Spices meniran One of the plants is believed efficacious and used in herbal medicine. Meniran contains filantin, hipofilantin, potassium, resins and tannins. Filantin and hipofilantin believed efficacious protect liver cells from toxic substances (hepatoprotective) meniran (Phyllanthus niruri) has efficacy as an antiviral drug. Compounds found in Meniran among other triterpenoids, avonoid, tannins, alkaloids and phenolic acids. Empirically, leaf decoction Meniran often used as traditional medicine for treating liver disease, diuretics, venereal disease, cough, antidiarrheal, ulcers, heartburn and stomach tonic.  
  
Meniran is the local name of bebarapa species of the genus Phyllanthus members. Based on the classification Hadad, Meniran divided into three kinds, namely Meniran Red, Yellow and meniran Meniran Green (Hidayat et al., 2008).  
  
1. Antibacterial.  
Meniran methanol extract of the leaves has the highest antibacterial effect against Staphylococcus aureus, Bacillus subtilis, Escherichia coli and Pseudomonas aeruginosa. This effect is due to the antibacterial compounds such Meniran phyllanthin, hypophyllanthin, niranthin, and nietetralin  
  
2. immunomodulators.  
Recent research reveals that Meniran having immunomodulator activity. Immunomodulator role to make the system more active body carrying out their duties, including strengthening the immune system / immune system. If the immune system increases, the body's resistance against various bacteria and viruses are also increasing.  
  
3. hepatoprotective.  
The results showed that Meniran also serves as a hepatoprotective. A group of mice injected with carbon tetrachloride (inducer substances hepatotoxic). Apparently, given the cooking water Meniran improved liver organ. Meniran containing compounds such antihepatotoksik filantin, hipofilantin, triakontanal, and trikontanol.he  
  
4. Skin diseases.  
Meniran consumption is also useful as an adjunctive therapy of skin diseases such as leprosy and herpes zoster. Meniran extract works by increasing the cellular immune system. In other words, Meniran encourage more active T lymphocytes. Herpes zoster breed freely when the immune system melema  
  
5. Chronic hepatitis.  
The results of clinical trials in RS Soetomo prove efficacious overcome Meniran hepatitis chronic hepatitis B. Patients were given a Meniran capsule 3 times daily for a month. Meniran extracts can modulate the immune system through the proliferation and activation of lymphocytes T and B. Secretion of TNF-α and IFN-α increases.  
  
6. Anticancer.  
Ability Meniran as immunostimulator help stimulate the activity of natural killer cells (NK) and killer cells (K). If the toxicity of these cells increased, cells that have mutations and abnormal (cancer cells) are destroyed by both.  
  
7. Solvents gout and kidney stones.  
The content of flavonoids and flavonoid glycosides are compounds most commonly used in the treatment of gout and kidney stones. Therefore, Meniran flavonid-rich compounds, can be used to treat gout and kidney stones. have mutations and abnormal (cancer cells) are destroyed by both.  
  
8. Antidiabetes.  
Phyllanthin and hypophyllanthin is a major component suspected of active role in decreasing blood sugar levels. This is shown by the results of a study of mice that had induced alloxan (chemicals that are given to trigger the condition diabetes in experimental animals). Apparently, rats fed the extract Meniran decreased blood sugar levels. Meniran shown to act as an antidiabetic.

1. **pingset/ guazuma ulmifolia**

Lose weight and appetite  
Other Efficacy:  
Lowering fat levels in the blood and as adstringent.  
Work mechanism :  
Tannin and mucilago contained in plants of Dutch identity may precipitate mucosal proteins that exist in the surface of the intestine (small intestine), thereby reducing the absorption of food (inhibit fat accumulation process). Mucilago also be a lubricant or lubricant so that the food is not given a chance to be absorbed.

1. **sarat/syzygium polyanthum**

Lowering uric acid levels, relieve aches, pains in the joints and pain-relieving (analgesic)  
  
Work mechanism :  
Bay leaves efficacious as a laxative urine (diuretic) and pain relief (analgesic). As a diuretic, bay leaf able to expand the production of urine so it can lower blood uric acid levels ..

1. **seleri/ apium graveolens**

Efficacy and Benefits of Celery  
  
The content contained in Celery  
  
Celery (Apium graveolens. L) has been widely used as a flavoring dishes with spices - spices seasoning that has been combined with other spices, but did you know it turns in Seleri leaves are benefits that can be beneficial for our health, the compound already known and is now widely used as an alternative herbal treatment. Which aims to help cure the disease in our body by utilizing the content of this Seleri leaves.  
providing products spices extract of celery, with efficacy Lowering High Blood Pressure, Anti Anxiety and Lowers Cholesterol, Bororbudur Herbal Industry has been producing products Seleri with the right composition, then packed in capsules, in order to facilitate consumption without menggurangi of the benefits and properties of celery were already born as one of the herbal remedies that provide benefits, and khasit for our body.  
  
Celery leaves in the form of small Curly, and in plain view of this leaf is no different than other small leaves, and many assume celery leaves / celery as well as a grass / plants which pollute the ordinary and into other crop pests. But behind the shape is not assured that this leaf bagging various content and properties that make up its name from its shape.  
  
The content of this plant as follows: amino acids, boron, calcium, chlorine, essential fatty acids, folic acid, inositol, iron, magnesium, manganese, phosphorus, potassium, selenium, sulfur, zinc. Another Klandungan owned by celery leaves are vitamin A, vitamin B1, vitamin B2, vitamin B3, vitamin B5, vitamin B6, vitamin C, vitamin E and vitamin K.  
  
The richest of the content of celery leaves are Vitamin C, which is very useful as the efficacy Lowering High Blood Pressure, Anti-Anxiety, Lowers cholesterol and prevent cancer.  
  
Besides calcium which tinnggi celery leaves can calm the nerves. celery helps people to calm down. Celery acts as an antioxidant. All parts of celery including seed, root and leaves, can be used.  
  
Content of Active Substance From Leaves celery  
  
Apiin, apigenin, mannitol, volatile oil, glycosides, furanocoumarins, flavonoids  
  
Research result  
  
1. Aalthe Dondokambey, JF Faculty UNHAS, 1985.  
  
Giving celery infusion by way of squeeze and reflux showed a decrease in blood pressure.  
  
2. Fimelta Winata, FF Widman 1988.  
  
Infusion of celery with levels of 10% as much as 5 ml / kg / mm will give effect to the blood uric acid levels decrease significantly, when compared with probenecid administration of 20 mg / kg of body weight in 3,4,5 and 6 hours.  
  
High blood pressure (hypertension) is a disease characterized by high blood pressure. Normal blood pressure is 120/80 mmHg (milliliters of mercury).  
  
The risk of hypertension if not treated promptly is high blood pressure that causes the heart to pump harder, which ultimately leads to heart failure. Vessels will also be hardened to withstand blood pressure increased and there will be a brain attack (stroke) with paralysis of half the body due to the outbreak of a capillary.  
  
TYPES OF HYPERTENSION:  
  
    Essential hypertension, which is hypertension that is not known exactly.  
  
        Hypertension may occur in young people or adults. Although it can not be known with certainty the cause, but it is likely to occur because there are endocrine disorders, kidney dysfunction, metabolic function abnormalities (which can cause blood composition becomes less normal), or common factors are innate.  
  
    Secondary hypertension, which is already known to cause hypertension.  
  
        Secondary hypertension is more easily overcome than essential hypertension because the causes are known.  
  
SYMPTOMS HYPERTENSION  
  
    Headache  
    Soreness ditengkuk  
    Rotating flavors - turn (vertigo)  
    Heart beating faster  
    Emotional (quick-tempered)  
  
Causes increased blood pressure  
  
    Stress or psychological pressure  
    Disease or kidney disorders  
    Pregnancy or birth control pills.  
    The use of drugs such as heroin, cocaine or other drug types.  
    The head injury or bleeding in the brain weight.  
    Tumors in the brain or as a reaction to the surgery.  
  
TIPS FOR HYPERTENSION PATIENTS  
  
    For those who are overweight, you should lose weight.  
    Consumption of fiber and vegetables, fruits and nuts.  
    Limit your intake of sugar, salt, caffeine, fat-rich foods, and canned goods.  
    Exercise regularly.  
    Learn to control stress.  
    Stop smoking habits.  
    Avoid alcoholic beverages  
    Get enough rest and sleep

1. **senna/cassia angustifolia**

Smooth bowel movement and slimming.  
Other uses:  
Troubleshooting on the intestine, cope with colon cancer.  
Work mechanism :  
In senna laxative effect due to the active substance sennoside and active metabolism in the colon. Because of the barriers to absorption of water and electrolytes from the intestine to increase the volume and pressure of the intestines.

1. **simimba/ azadiractha indica**

Make the content of neem leaves  
  
Take advantage of neem leaves Ingredients For Body Health  
  
Neem (Azadirachta indica A. Juss) is a plant commonly grown as a shade plant. Indonesian people have used natural materials by utilizing various plants, to maintain the health and treatment. Neem leaves and seeds are known to contain Azadirachtin  
  
These plants have a high potential as a botanical insecticide. Because it is toxic to some types of pests of the order Orthoptera, Homoptera, Coleoptera, Lepidoptera, Diptera and heteroptera (Jacobson, 1981).  
  
Utilization content of neem plant is also used as a control pests on plants. In addition neem leaf extract more secure and efficient to use because it is easy to obtain, is not toxic to humans and non-target bodies and biodegradable, making it safe for the environment. Agus Kardinan (2002).  
  
The use of traditional medicines derived from plants other than cheap and easily available, it also has lesser side effects than chemical drugs. The human body is relatively easier to accept drugs from plant materials compared with chemical drugs (Muhlisah, 2001).  
  
Not only used as plant pest control, but the leaves of neem is also widely used as a herbal medicine. Because this plant, especially the leaves have many benefits are as anti dysentery, anti-malaria, insecticides, and fungicides. Leaves of neem have chemical constituents, among others: Azadirachtin, paraisin, alkaloids and components of the essential oil-containing compound sulfide not only that of several research leaves simimba also examined to lower blood glucose levels in mice blasphemy, which aims to treat diabetes.  
  
Utilizing leaves simimba of its content can also be used as a medicine to nourish our skin, anti-bacterial and as stiff.  
  
The skin is a complex structure that forms the body tissues strong and hard.  
  
The skin comprises two layers:  
  
    Epidermis: the outer skin layer contains a fatty substance that makes skin waterproof  
    Dermis: the skin layer actually contains a lot of nerves, blood vessels, collagen fibers, hair follicles.  
  
Bright and healthy skin is the desire of every person, especially women. Healthy skin will make people look fresh and young, healthy skin one of the important things that must be considered.  
  
CAUSES SKIN UNHEALTHY  
  
    Ultraviolet light  
    Air pollution and free radicals (motor vehicles, dust, cigarette smoke)  
    Dehydration (dehydrated)  
    Skin aging  
    Healthy lifestyles (lack of sleep, lack of exercise, unhealthy foods)  
    Stress  
  
SIGNS OF SKIN UNHEALTHY  
  
    Itching (scabies, ringworm, tinea versicolor, mushrooms)  
    Dry / Dull  
    Wrinkled  
    Hot  
    Redness  
    Pimply  
    Sores or scabs  
  
RECOMMENDED AND PREVENTION  
  
    Do not smoke Smoking will damage the circulation of the skin, making the skin look dull and not bright  
    Consuming vegetables and fruits Vegetables and fruits are rich in vitamins and antioxidants can maintain healthy skin  
    Exercise regularly Regular exercise can make your skin healthy and ideal weight  
    Enough sleep enough sleep is needed to repair cells damaged body, especially the skin cells that make the skin and the body becomes fresh.  
    Protect yourself from the sun Danger of sunlight is emitted ultraviolet A, which can damage the skin's collagen tissue so that the skin will be thinner and easier to occur wrinkles  
    Overcoming stress can damage health Stress also affects the health of the skin.  
    Diligent in cleaning the dirt that sticks to the skin when the skin is not cleaned will accumulate on the surface of the skin and make the skin becomes dull even when in the face will trigger the formation of blackheads and pimples

1. **Sirihan/piper betle**

Betel leaves Treat female Regional  
  
Betel leaf Friends femininity and Friends For the Body  
  
Back to Nature, healing long-term illness is dangerous if the principle of back to nature is not applied, is now very crowded Indonesian society began to get back to nature / priority function of the natural herbal remedies to treat illness.  
  
But people are still not sure because in terms of utilization is still in the realm of empirical evidence is not scientific evidence, even though it is scientifically proven, the public is also sometimes not fully trust because the healing effects are relatively different from the chemical drugs that instantly cures quickly.  
  
Harnessing the betel leaf is a positive response to researchers and the public, the source of the information obtained is invaluable for researchers / community, as more get proof content of spices - spices in Indonesia as a herbal medicine which is more efficient.  
  
Betel leaf since the first used by the community as an herbal remedy that can cure different kinds of illnesses, community antiquity have used betel leaf as reinforcement gear, the current nosebleed betel leaves are also used as medicine, with a stuffed nose, the blood will stop, then what exactly is the content of betel leaves ?? it's just whether that can be used ??  
  
We will give you tips on how to take advantage of betel leaf as an alternative treatment, the plant is actually encountered, and easy to maintain, betel plant widely grown in the yard of the house, if you find it difficult you can easily recognize this plant has green-brown stems. Skin surface rough and wrinkled, had a large nodule or segment where the discharge of roots. Growing climbing and leaning on another rod, can reach 5-15 m. Thick leaves, grow alternate, stemmed, heart-shaped leaves with a pointed leaf tips. Flat edge. Width of 2.5 - 10 cm, length of 5-18 cm, aromatic odor when crushed.  
  
All parts of the plant, roots, leaves and seeds are used for medicine but leaves more widely used and better known than his Efficacy of betel leaf is in addition as a styptic (retaining the blood) and vulnerary (wound medicine to the skin) are also powerful antioxidants, antiseptic, fungicide and even as a bactericide  
  
Betel leaves can be used as an antibacterial because it contains 4.2% essential oil composed mostly of betephenol which is an isomer Euganol allypyrocatechine, cineol methyl euganol, Caryophyllen (siskuiterpen), kavikol, kavibekol, estragol and terpinen (Sastroamidjojo, 1997).  
  
Tips to exploit the properties of betel leaf from various diseases  
  
1. To whitish  
  
10 lembat betel leaves are washed clean. Boiled with 2.5 liters of water to boil for 15 minutes. After cold is used to wash the feminine area.  
  
2. Overcoming bad breath  
  
Wash fresh betel leaves 2-4 pieces. Put into a glass, pour hot water, then cover tightly, use to rinse when warm.  
  
3. Cough and asthma  
  
Wash fresh betel leaf 10-15 sheets. Enter into the pot, boil 3 cups of water (600 ml) until the remaining 200 ml, later cover tightly, after a cold drink 3 times a day, each ¾ cup.  
  
4. Overcoming the eyes itchy and red  
  
Up to 6 pieces of betel leaves boiled with 1 cup of water to boiling. After cold use to wash the eyes by wearing glasses eye wash. Do it three times a day until healed  
  
5. Sprue  
  
Is a disease caused by a fungal infection of the mouth and esophagus.  
  
Preventing Thrush:  
  
        Eating foods with balanced nutrition.  
        Often consume fruits and vegetables.  
        Immediately to the dentist to overcome iritasipada mouth or complaints that occur in the mouth.  
        Consumption of vitamins to increase endurance.  
        Pay attention to oral hygiene with dental carasikat every meal.  
  
Other properties of betel leaf  
  
    Antiseptic  
    Antiolsidan  
    Heal skin wounds  
    Improve blood circulation  
    Heal canker sores and swollen gums  
    Overcoming body odor and bad breath  
    Relieve coughs, asthma, and inflammation of the airways  
    Anti-bacterial  
    Lowering kolestertol, triglycerides and fatty acids  
    Lowers blood glucose.  
  
ACTIVE SUBSTANCES CONTENT SIRIHAN  
  
Essential oils containing lead compounds chavibetol (betelphenole), catechol, cadinene, carvacrol, caryophyllene, chavicol, 1.8-cineol, estragole, eugenol, methyleugenol, pyrocatechin, terpinyl acetate, sesquiterpene, triterpene, flavonoids and triterpenoids.  
  
Neolignan compound (piperbetol, methylpiper betol, piperol A, piperol B), and crotepoxide.  
  
WORK MECHANISM  
  
    Chavicol in betel extract is very effective as an antiseptic, eradicate the fungus Candida albicans and reduce the secretion of fluid in the vagina.  
    Phenol compounds can kill germs that cause disease, so it will heal canker sores and bad odor arising from the presence of germs will be lost.

1. **sitam/ curcuma aeruginosa**  
   Increase appetite.  
   Other uses:  
   Overcoming worms.  
   Work mechanism :  
   The content of essential oils in very strong temuhitam used as an anthelmintic (worm repellent) which improves the appetite.
2. **tungit/ swietenia macrophylla**

Traditionally used to reduce diabetes  
  
efficacy  
Helps reduce blood sugar levels  
  
Work mechanism  
Saponins in mahogany seeds lowers blood sugar, precipitate proteins in the intestinal mucous membrane and form a layer that protects the gut, thus inhibiting the intake of glucose and inhibits the rate of increase in blood glucose.

1. **zolit/ nigella sativa**

Benefits of Black Cumin (Seed of Heaven)  
  
  
Maintain Body Health, Refreshing Body and Prevent Disease  
  
Along with the development of the times, the movement of fast-paced life of human dragged into the era of the all instant where the emerging demands to be able to work with a relatively short time. Under such circumstances, health is often overlooked because it is stuck in an unhealthy lifestyle. Wide - range of unhealthy lifestyle, among others:  
  
    Consuming excessive fast food  
    Lack of exercise  
    Consuming alcohol and drugs - drugs  
    Lack of attention to sanitation and hygiene  
  
Some of the above can cause various diseases, among others: cholesterol, diabetes, hypertension, cancer, and infections. This can be exacerbated by environmental conditions that are less clean or inclement weather. The disease not only can occur in adult individuals but may also occur in adolescents or children - both male child - male or female.  
  
To avoid the disease - the disease, awareness is needed to maintain health and a healthy lifestyle. Some herbs can help in maintaining good health as black cumin. Black cumin is a plant originating from the Middle East region that is commonly used is the seed. Black cumin is famous in the world to cure various diseases and known as the "Black Seed" with the active substance content Thymoquinone.  
  
   
  
Efficacy and Mechanism of Black Cumin  
  
Black cumin benefits include:  
  
1. immunomodulators  
  
Black cumin can increase endurance so it is not susceptible to disease.  
  
2. Antioxidants  
  
Thymoquinone compounds in black cumin has a very strong antioxidant activity due to its activities in capturing the radicals - the body of free radicals (cytoprotective). Even black cumin can capture free radicals are released when there is damage to the hull caused by alcohol so as to prevent damage to the gastric mucosa.  
  
3. Normalize blood sugar and cholesterol (LDL, triglycerides and total cholesterol)  
  
Black cumin can normalize the function of homeostasis and blood parameters (hematology) such as blood sugar, LDL, triglycerides and total cholesterol. In addition, black cumin can cleanse the blood of toxic / harmful toxin.  
  
4. Anti-allergy  
  
Black cumin is able to inhibit the release of histamine from mast cells. Histamine is a mediator of allergy which will be released in the event of allergies in the body.  
  
5. Anti-inflammatory  
  
Black cumin capable of inhibiting the enzyme cyclooxygenase so pain and inflammation mediator such as leukotriene and prostaglandin can not be formed. It will reduce the formation of inflammation and pain.  
  
6. Treatment of COPD (Chronic Obstructive Pulmonary Disease)  
  
COPD is a disease of tissue damage in the lungs - lungs. Black cumin able to inhibit neutrophil activity estalase which has destructive properties especially in lung tissue - lung.

1. **Patikan/ euphorbia hirta**

There are benefits in Patikan Kebo  
  
The Wild Plants Containing many benefits for the body  
  
Vines, such as grass, reed - grass, and plants are like the plants that grow around the yard of the house, especially the place - often in places other tumbuhi vines. But already know whether you, than most of the vines that are considered as pests of plants turns out there and grow medicinal plants herb that has many benefits for the health of our bodies, of a row of tanman we encounter perhaps we do not yet know it in from one tanman the it turns out since the first has been known and used as traditional medicine, medicinal herbs used to cure the disease and now has developed into herbal medicines promised usefulness to cure diseases that can be treated on the content of these plants.  
  
Make sure Kebo (Euphorbia hirta L) is a characteristic of this plant family Euphorbiaceae have soft stems containing liquid / water is almost like the stems of plants girlfriend water, the difference stems patikan buffalo has a white sap that is quite thick. As in other plants, buffalo patikan segmented rod segments, cylindrical, brownish green.  
  
Leaf shape as in other plant triangular, but the stems and leaves patikan buffalo, has white fur small - small very fine, seems like a sharp spines and very soft though - will be to protect themselves from other habitats, but it is not a small spines , but the feather in plants patikan this buffalo. The leaves of this plant is a single leaf by leaf sitting opposite each other one leaves with a leaf. Leaf length ranges between 0.5-5 cm.  
  
In many studies the content contained in these plants, which could be used to cure diseases,  
  
    "In 2011 researchers from the UK discovered a new use of latex Patikan Kebo namely as a skin cancer drug. When tested on 36 patients who have an average of 48 lesions or injuries due to melanoma cancer, the benefits of the sap is quite satisfactory. By rub it every day, the number of lesions was reduced an average of 41 pieces in just 1 month "(<http://health.detik.com/read/2011/01/26/132009/1554875/763/>)  
  
The content of the sap contained in the stem patikan buffalo since the first has been used as a cure skin diseases, reduce swelling and relieve itching, how to rubbing white sap / lenders contained in patikan kebo to skin wounds we are exposed to diseases such as ringworm, moldy, phlegm and other - other.  
  
But many in the community believe patikan kebo herbs also can cure lung abscess, asthma, bronchitis, abdominal typhoid. Make sure buffalo in fact many of us encounter on a place - a place that we often encounter to perform daily activities - our day, such as roads - roads, dipekarangan home, in between building a lot of growing plants that spread to the wall, yard fields, even these plants can also be growing in the gutters of the house. The content patikan kebo have anti-inflammatory properties (anti-inflammatory), diuretic (urination laxative) and anti-pruritic (relieves itching) plants that have a height less than 20 cm also contain some chemical elements,  
  
Among them: xanthorhamin, sap contains Euphorbora, herbs contain polyphenol compounds (such as gallic acid), flavonoids and sapoin. Therapeutic effects caused by Flanovoid that is hypo-allergenic, antiflamasi, anti inhibitor of tumor growth, the effects due to the influence of arachidonic acid metabolism.  
  
In Indonesia efficacy patikan kebo known to cure a variety of diseases including:  
  
    Treating strep throat, bronchitis, and asthma  
    Treat dysentery, gastritis, and diarrhea  
    Treating inflammation of the mammary gland and breast swelling  
    Treating eczema, skin diseases / itchy -gatal  
    Treat burns  
    Treating the disease coughs  
  
Patikan kebo MECHANISM AS COUGH MEDICINE  
  
    Flavonoid mainly glicosida in patikan can work as an expectorant which can stimulate the secretion of fluid and easy airway sputum by cilia movement and coughing.  
    phenolic compounds, flavonoids, saponins and terpenoids have antibacterial activity so as to inhibit the growth of bacteria that cause coughing up phlegm.  
  
RESEARCH ON patikan kebo  
  
    Veterinary Research Institute, Tarmudji and M. Salah stated that the administration of the extract preparation patikan kebo, significantly increase the number of erythrocyte hemoglobin levels and hematocrit values. Penelitianya results prove that patikan kebo can minimize the bleeding that results from infection with Eimeria tenella "  
    Nining Santini, Faculty of Pharmacy, University of Muhammadiyah Solo in 2006 testing of the antibacterial activity of ethanol extract patikan kebo against Staphylococcus aureus and Shingella flexneri. Anti-bacterial test results against Staphylococcus auerus and shingella flexneri with MBC values ​​(concentration Kill Minimum) 1% w / v to shigella flexneri. "  
  
So many benefits contained in this herbal plant, PT Borobudur Herbal Industry has been producing herbal extracts patikan patikan kebo berkashiat Relieves Cough, Asthma Treating and curing fever.

1. **habbatus sauda/nigella sativa**

Black cumin benefits include:  
1. Immunomodulatory  
Black cumin can increase endurance so it is not susceptible to disease.  
2. Antioxidants  
Thymoquinone compounds in black cumin has a very strong antioxidant activity due to its activities in capturing the radicals - the body of free radicals (cytoprotective). Even black cumin can capture free radicals are released when there is damage to the hull caused by alcohol so as to prevent damage to the gastric mucosa.  
3. Normalize blood sugar and cholesterol (LDL, triglycerides and total cholesterol)  
Black cumin can normalize the function of homeostasis and blood parameters (hematology) such as blood sugar, LDL, triglycerides and total cholesterol. In addition, black cumin can cleanse the blood of toxic / harmful toxin.  
4. Treatment of COPD (Chronic Obstructive Pulmonary Disease)  
COPD is a disease of tissue damage in the lungs - lungs. Black cumin able to inhibit neutrophil activity estalase which has destructive properties especially in lung tissue - lung.  
Work mechanism :  
Black cumin contains unsaturated fatty acids, Linoleic and Gammalinolenic that enter the body. This allows the acid to achieve a synthesis of important immune system that cause chronic diseases such as acne and hay fever, and cancer.

1. **bilon/momordica charantia**  
     
   Lowering blood sugar levels (Diabetes Mellitus)  
     
   Other properties:  
   Lowering high blood pressure, cough / sore throat / sputum, indigestion.  
     
   Work mechanism :  
     
        Babylon is the natural insulin-containing karantin, momordisin and polypeptide (p-insulin) which is effective for lowering blood sugar levels.  
        Babylon contain minerals (potassium, calcium, phosphorus and iron). High content of potassium and low sodium very advantageous for use as lowering high blood pressure.
2. **Daratin/formulasi**

Lowering Blood Pressure  
  
Other uses:  
Smooth urinating, Increase Stamina and Circulatory launch.  
  
Work mechanism :  
  
     Imperatae Rhizoma (Reed) to lower high blood pressure.  
     Apii graviolentis Herba (Celery) contains apigenin that can lower blood pressure. Centellae Herba (Centella asiatica) to lower high blood pressure.  
     Phyllanthi Herba (Meniran) for peluruh urine.  
     Folium Orthosiphon (cat whiskers) to peluruh urine.  
     Curcuma Rhizome Extract (Curcuma) as a tonic and to increase blood circulation.

1. **kattuk/sauropus androgynus**

Multiply and launched BMS  
  
Other Efficacy:  
Reduce fever and cleanse dirty blood  
  
Work mechanism :  
The content of polyphenols and steroids in the leaves katuk role in stimulating the reflex prolactin or alveoli to produce milk, as well as stimulating hormone oxytocin to stimulate spending and flow of breast milk.

1. **keji beling/formulasi**

Helped break down oxalate stones and help smooth urination.  
  
efficacy  
Helped break down oxalate stones in the kidneys and urinary tract. Help smooth urination.  
  
Work mechanism  
The content ortosifonin and potassium salts in the cat's whiskers are a major component that helps dissolution of oxalate in the human body, particularly in the bladder, and kidney that prevents precipitation of kidney stones. Kejibeling contains potassium which helps dissolve oxalate in water seni.Tempuyung have diuretic effects that can help luruhnya kidney stones.

1. **kenis/formulasi**

Reduce levels of glucose in the blood.  
Working Mechanism Andrographidis Herba (Bitter)  
Andrographolide active substance is an active substance in a bitter primary that works to reduce levels of glucose in the blood. Momordicae Folium (Pare)  
contains karantin, momordisin and polypeptide (p-insulin) which is effective for lowering blood sugar levels. Orthosiphonis Folium (Java Tea Leaf)  
The content orthosifonin and potassium salts are the main components that help the dissolution of uric acid, phosphate, and oxalate in the human body, particularly in the bladder, bladder, kidney and thus prevents precipitation of kidney stones.

1. **Losterin/formulasi**

Reducing the Fat Levels In Blood  
Other uses:  
antioxidants, weight loss, irregular menstruation, vaginal discharge, antiseptics  
The working mechanism: Folium Extract Cynara (Artichoke)  
Contains sesquiterpene, hydroxy cinnamic acid, flavonoids that can reduce fat levels in the blood sativi Bulbus Alli (garlic)  
Containing s-allyl cysteine working as hypolipidemic or lowering fat levels in the blood. Semen Glycine soja (soybean)  
Containing genistein with a slightly bitter taste that works as an antioxidant heyneanae Rhizoma Curcuma (Temu sleigh)  
Contain essential oils, starch, resins, fats, tannins and other Murraya Folium (Myrtle)  
Contains cadinene, eugenol, citronellol, s-guaiazulene working to reduce levels of fat in the blood

**38. Pingset plus/formulasi**

Helps reduce body fat.  
  
Other uses:  
  
     Lowering cholesterol levels  
  
Work mechanism :  
  
     Tannin and mucilago contained in plants of Dutch identity may precipitate mucosal proteins that exist in the surface of the intestine (small intestine), thereby reducing the absorption of food (inhibit fat accumulation process). Mucilago also be a lubricant or lubricant so that the food is not given a chance to be absorbed. The combination of polyphenols and EGCG in green tea can increase fat burning in the body and restore the body who are obese to the ideal shape but it can be antioxidants that counteract free radicals that make the body healthy.

**39. Sendi/formulasi**  
  
Treat rheumatism, stiff, tired, lethargic  
  
Other uses:  
  
Stimulates endurance and stamina, anti-inflammatory and joint pain naturally, decreased joint swelling and improvement of joint function  
  
Work mechanism :  
  
     Caffeic acid on turmeric extract can stimulate the spirit, as a refreshing, reduce fatigue and anti-inflammatory.  
     Protochatechuic acid and ukanon A, B, C and D in turmeric can stimulate the body's endurance, stamina and immunity.  
     The content of ginger extract feel the change in pain levels and the incidence of nodules in patients with rheumatic.  
  
     The content of essential oils in kencur works as an analgesic (painkilling) and keep warm.

**40. Slipi/valerian**  
Overcoming sleep disturbance.  
  
Other uses:  
Lowering high blood pressure, reduce anxiety, stress.  
  
Work mechanism :  
The active substance is contained in extracts of valerian is Iridoids and Valerenic acid works to regulate the nervous system making it easier for a person to sleep.

**41. Sukan/carica papaya**

Help improve appetite and maintain health  
  
Work mechanism :  
Bitter taste (papain enzyme) contained in papaya leaves evoke a sense of wanting to eat that increase appetite. While flavonoids (phenolic compounds) contained in papaya are compounds that have activity that is a good catcher of free radicals so as to merit as an antioxidant and keep the body from diseases caused by free radicals.  
  
Other properties:  
Also efficacious as a laxative menstruation, pain relief, facilitating breastfeeding, relieve intestinal worms (pinworms), fever, colds, beriberi, and anticancer

**42. Ukon ki/curcuma domestica**  
Maintaining heart health naturally.  
  
Other uses:  
Increase appetite, sore liver, anti-inflammatory and antibacterial.  
  
Work mechanism :  
Curcuminoid is the active substance in Ukon Ki which serves as hepatoprotector (liver protector)

**43. Jahe / zingiber officinale**  
Work mechanism :  
  
Ginger contains zingiberene, Curcumene, sesquiphellandrene, and bisabolene nutritious prevent antimuntah and anti-inflammatory.  
  
Other properties:  
  
     Helps relieve symptoms - flu-like symptoms, such as mild fever, sneezing - sneezing.  
     Keep warm.  
     Increase appetite.  
     Relieve indigestion

**Pricing**

All product of the bottle is same price

Wholesale price to you :  
1 bottle contained 100capsule @ 500mg is price 13usd....SRP's is price 25-30 usd  
Contained 60 capsule @ 500mg is price 10 usd....SRP's is  20-25 usd  
Contained 30 capsule @ 500mg is price 7 usd...SRP's is 15-20 usd.  
Not include shipping cost

Ingredients & Instructions

Dear Greg,  
  
1.mastin/garcinia cambodia  
  
COMPOSITION  
Garcinia mangostana Fructus Cortex Extract 550 mg  
  
  
DOSE  
Take regularly 2 times daily @ 2 capsules  
  
Efficacy and usefulness  
Keep in good condition  
Protect the body from free radicals  
  
STORAGE INSTRUCTIONS  
Stored in a cool and dry  
  
expiration date  
5 years (if stored as directed)  
  
  
2. Jati Belanda/guazuma ulmifolia  
  
  
Composition :  
Guazumae Folium 225 mg  
  
Efficacy and usability :  
Help you lose weight  
  
How to use :  
Take regularly 2 times a day @ 5 pills. The dose may be increased or decreased as needed.  
  
recommendation:  
Recommended multiply the consumption of high-fiber vegetables and fruits. drink plenty of water at least 2.5 liters per day. Reduce fatty foods, a lot of starchy and sugar. The use of this product should be accompanied by regular exercise, a diet low in calories and low in fat.  
  
3.Xirat/annona muricata  
Composition :  
Annonae muricata folium extract 550 mg  
  
Efficacy and usability :  
Traditionally used in cancer patients.  
  
How to use :  
Take regularly 2 times daily @ 2 capsules. The dose may be increased or decreased as needed  
  
4.Tulak/curcuma xanthoriza  
  
Composition :  
Curcumae Rhizoma Extract 550 mg  
  
Efficacy and usability :  
Maintaining healthy liver function.  
  
How to use :  
Take regularly 2 times daily @ 2 capsules.  
  
5.Kunti/curcuma zedoaria  
  
Composition :  
Zedoaria Curcuma Rhizome Extract 550 mg  
  
Efficacy and usability :  
Traditionally used in cancer patients.  
  
How to use :  
For treatment: drink regularly 2 times daily @ 2 capsules. For prevention: Take regularly 1 times daily @ 2 capsules.  
  
ATTENTION :  
Not recommended for pregnant and lactating women.  
  
6.Gotu kola/centela asiatica  
Composition :

Centellae Herba Extract 550 mg  
  
Efficacy and usability :  
Traditionally used to aid blood circulation.  
  
How to use :  
Take regularly 2 times daily @ 2 capsules

|  |  |  |
| --- | --- | --- |
|  | 0 |  |

7. pacego/morinda citrifolia  
  
Composition :  
Morindae Fructus Extract 550 mg  
  
Efficacy and usability :  
Help relieve the symptoms of mild high blood pressure. Helps improve endurance.  
  
How to use :  
Take regularly 2 times daily @ 2 capsules. The dose may be increased up to 4 times daily @ 2 capsules, or as needed.  
  
ATTENTION :  
Only for people with high blood pressure that has been set by the doctor. During the use of consult a doctor regularly.  
  
8.kunirin/curcuma domestica  
  
Composition :  
Curcumae domesticae Rhizoma Extract 550 mg  
  
Efficacy and usability :  
Helps maintain healthy digestive function.  
  
How to use :  
Take regularly 2 times daily @ 2 capsules. The dose may be increased or reduced in accordance with the needs  
  
9.sambiloto/androgrphis paniculata  
  
Composition :  
Andrographidis Herba Extract 550 mg  
  
Efficacy and usability :  
Traditionally used to help relieve the symptoms of diabetes  
  
How to use :  
Take regularly 2 times daily @ 2 capsules  
  
ATTENTION :  
Only for people with diabetes that has been set by the doctor. During the use of consult a doctor regularly  
  
10. tongli/tongkat ali  
Composition :  
Eurycomae Radix Extract 550 mg  
  
Efficacy and usability :  
Helps maintain the health and stamina of men.  
  
How to use :  
Minulah regularly 2 times daily @ 2 capsules. The dose may be increased or decreased as needed.

11. asima/ sauropus androgynus  
  
Composition :  
Sauropi Folium Extract 412.5 mg  
Nigellae sativae Semen Extract 137.5 mg  
  
Efficacy and usability :  
Helped launch a breast milk. Helps maintain the health of nursing mothers.  
  
How to use :  
Take regularly 2 times a day 2 capsules. The dose may be increased or decreased as needed.

12. busir  
  
Composition :  
Graptophylli Folium Extract 550 mg  
  
Efficacy and usability :  
  
Helps relieve hemorrhoids.  
  
How to use :  
  
Take regularly 2 times daily @ 2 capsules. The dose may be increased or decreased as needed.  
  
recommendation:  
  
     Increase consumption of foods high in fiber.  
     Avoid spicy foods.  
     It is advisable to drink water at least 2.5 liters per day  
  
13. coralgin/sericocalyx crispus  
  
Composition :  
Sericocalycis Folium Extract 550 mg  
  
Efficacy and usability :  
Helped break down oxalate stones in the kidney and urinary tract and help smooth urination.  
  
How to use :  
Take regularly 2 times daily @ 2 capsules. The dose may be increased or decreased as needed.  
  
recommendation:  
It is advisable to drink water at least 2.5 liters per day.  
  
ATTENTION :  
Only for people with kidney stones and bladder stones that have been set by the doctor. During the use of consult a doctor regularly. If there is no improvement of symptoms, contact your doctor immediately.

14.delimas/punica granatum  
Composition :  
Granati Cortex Extract 550 mg  
  
Efficacy and usability :  
Helps reduce excessive mucus, and a bad odor in particular organs of women. Helps reduce the symptoms of worm infestation.  
  
How to use :  
Take regularly 2 times daily @ 2 capsules. The dose may be increased or decreased as needed.

15. jacki/catuaba  
  
Composition :  
Catuaba Cortex Extract 550 mg  
  
Efficacy and usability :  
Helps maintain stamina  
  
How to use :  
Take regularly 2 capsules before bedtime. The dose may be increased or decreased as needed.

16. jambu biji/psidium guajava  
  
Composition :  
Psidii Folium Extract 550 mg  
  
Efficacy and usability :  
Help reduce the frequency of defecation and fecal tamp  
  
How to use :  
Take regularly 2 times daily @ 2 capsules. The dose may be increased or decreased as needed.  
  
WARNING :  
Should not be given to children under 5 years, and the patient must drink the ORS. When in use 3 days did not recover contact your doctor.

17. java tea/orthisiphon stamineus  
Composition :  
Orthosiphonis Folium Extract 550 mg  
  
Efficacy and usability :  
Help smooth urination.  
  
How to use :  
Take regularly 2 times daily @ 2 capsules.  
  
recommendation:  
It is advisable to drink water as much as possible  
  
ATTENTION :  
If there is no improvement in symptoms contact your doctor immediately.

18. madewa/ phaleria macrocarpa  
  
Composition :  
Phaleriae Fructus Extract 550 mg  
  
Efficacy and usability :  
Traditionally used in cancer patients.  
  
How to use :  
Take regularly 2 times daily @ 2 capsules. The dose may be increased or reduced in accordance with the needs

19. molax/rheum officinale  
  
Composition :  
Rhei Radix Extract 550 mg  
  
Efficacy and usability :  
Help smooth bowel movement naturally.  
  
How to use :  
Take regularly 2 capsules before bedtime. The dose may be increased up to 4 times daily @ 2 capsules, or as needed.  
  
recommendation:  
Recommended multiply the consumption of high-fiber vegetables and fruits. Drink plenty of mineral water. Reduce fatty foods.

20. niran/phyllanthus niruri  
Composition :  
Phyllanthi Herba Extract 550 mg  
  
Efficacy and usability :  
Helps maintain the immune system  
  
How to use :  
2 times daily @ 2 capsules

21. pingset/ guazuma ulmifolia  
  
Composition :  
Guazumae Folium Extract 550 mg  
  
Efficacy and usability :  
Helps Lose Weight  
  
How to use :  
Take regularly 2 times daily @ 2 capsules. The dose may be increased or decreased as needed.  
  
ATTENTION :  
The use of this product should be accompanied by regular exercise, a diet low in calories and low in fat.

22. sarat/syzygium polyanthum  
Composition :  
Polyanthi Folium Extract 550 mg  
  
Efficacy and usability :  
Helps relieve aches, pains linu- and pain in the joints.  
  
How to use :  
Take regularly 2 times daily @ 2 capsules. The dose may be increased or decreased as needed.  
  
recommendation:  
Avoid foods high in purines such as meat, offal and nuts. Drink water at least 2.5 liters per day. Do exercise regularly  
.

23. seleri/ apium graveolens  
  
Composition :  
Apii graveolentis Herba Extract 550 mg  
  
Efficacy and usability :  
Traditionally used to help relieve the symptoms of mild high blood pressure.  
  
How to use :  
Take regularly 2 times daily @ 2 capsules  
  
recommendation:  
It is advisable to drink water as much as possible.  
  
ATTENTION :  
For people with high blood pressure that has been set by the doctor. During the use of consult a doctor regularly. Reduce foods that contain fat and salt, such as jerohan, nuts, meat goat, durian.

24. senna/cassia angustifolia  
  
Composition :  
Sennae Folium Extract 550 mg  
  
Efficacy and usability :  
Help smooth bowel movement and helps slimming  
  
How to use :  
Take regularly 2 capsules before bedtime. The dose may be increased or decreased as needed  
  
RECOMMENDED  
-Dianjurkan Multiply the consumption of high-fiber vegetables and fruits  
-Dianjurkan Drinking water of at least 2.5 liters per day  
  
ATTENTION :  
The use of this product should be accompanied by regular exercise, a diet low in calories and low in fat.

25. simimba/ azadiractha indica  
Composition :  
Azadirachtae Folium Extract 500 mg  
  
Efficacy and usability :  
Helps maintain skin health.  
  
How to use :  
Take regularly 1 capsule every day.

26. sirihan/piper betle  
.Composition :  
Piperis Folium Extract 550 mg  
  
Efficacy and usability :  
Helps reduce excess mucus and the unpleasant smell of the female organs. Help relieve canker sores and bad breath odor.  
  
How to use :  
Take regularly 2 times daily @ 2 capsules. The dose may be increased up to 4 times daily @ 2 capsules, or as needed.

27. sitam/ curcuma aeruginosa  
Composition :  
Curcumae aeruginosae Rhizoma Extract 550 mg  
  
Efficacy and usability :  
Traditionally used in patients with worm infection and improve appetite.  
  
How to use :  
Take regularly 2 times daily @ 2 capsules

28. tungit/ swietenia macrophylla  
.Composition :  
Swietenia mahagoni Semen Extract 550 mg  
Efficacy and usability :  
Traditionally used to help relieve diabetes  
How to use :  
Take regularly 2 times daily @ 2 capsules. The dose may be increased or decreased as needed  
ATTENTION :  
Only for people with diabetes that has been set by the doctor. During the use of consult a doctor regularly

29.zolit/ nigella sativa  
Composition :  
Nigella sativa Semen Extract 550 mg  
Efficacy and usability :  
Maintaining health. Help refresh the body.  
How to use :  
Take regularly 2 times daily @ 2 capsules. The dose may be increased or decreased as needed.  
  
30. patikan/ euphorbia hirta  
Composition :  
Hirtae Herba Extract 550 mg  
  
Efficacy and usability :  
  
Help relieve cough with phlegm  
  
How to use :  
  
Take regularly 2 times daily @ 2 capsules

31. habbatus sauda/nigella sativa  
  
Composition :  
Nigella sativae cement extract 550 mg  
  
Efficacy and usability :  
Helps maintain the immune system  
  
How to use :  
Take regularly 2 times daily @ 2 capsules. The dose may be increased or reduced in accordance with the needs

32.bilon/momordica charantia  
Composition :  
Momordicae Fructus Extract 550 mg  
  
Efficacy and usability :  
Help alleviate diabetes.  
  
How to use :  
3 times daily @ 2 capsules  
  
recommendation:  
Reduce food containing carbohydrate and sugar. It is advisable to eat a lot of vegetables.  
  
ATTENTION :  
Only for people with diabetes on medical advice. During the use of this product, consult your doctor regularly.  
  
33.daratin/formulasi

Composition :  
Centellae Herba Extract 110.0 mg  
Curcumae Rhizoma Extract 110.0 mg  
Imperatae Rhizome Extract 110.0 mg  
Orthosiphonis Folium Extract 82.5 mg  
Phyllanthi Herba Extract 82.5 mg  
Apii graveolentis Herba 55.0 mg  
  
Efficacy and usability :  
Helps relieve mild high blood pressure.  
  
How to use :  
Take regularly 2 times daily @ 2 capsules. The dose may be increased or decreased as needed.

34.kattuk/sauropus androgynus  
  
Composition :  
Sauropi Folium Extract 550 mg  
  
Efficacy and usability :  
Mother's milk helps launch  
  
How to use :  
Drink 2 times daily @ 2 capsules.

35.keji beling/formulasi  
  
Composition :  
Sericocalycis Folium Extract 440 mg  
Orthosiphonis Folium Extract 55 mg  
Sonchi Folium Extract 55 mg  
  
Efficacy and usability :  
  
Helped break down oxalate stones in the kidneys and urinary tract. Help smooth urination.  
  
How to use :  
Take regularly 2 times daily @ 2 capsules. The dose may be increased or decreased as needed. Furthermore drink regularly 1 times daily @ 2 capsules.  
  
recommendation:  
It is advisable to drink water at least 2.5 liters per day.  
  
ATTENTION :  
Only for people with kidney stones and bladder stones that have been assigned a doctor. During the use of consult a doctor regularly.

36. kenis/formulasi  
  
Composition :  
Momordicae Folium Extract 275.0 mg  
Andrographidis Herba Extract 137.5 mg  
Orthosiphonis Folium Extract 137.5 mg  
  
Efficacy and usability :  
Help alleviate diabetes.  
  
How to use :  
Drink 2 times a day @ 1 capsule  
  
recommendation:  
Eat less food containing flour and sugar.  
  
ATTENTION :  
Only for people with diabetes who have been assigned a doctor. During the use of this product, consult your doctor regularly.

37. losterin/formulasi  
  
Composition :  
Curcumae Rhizoma Extract 412.5 mg  
Murrayae Folium Extract 82.5 mg  
Guazumae Folium Extract 55 mg  
  
Efficacy and usability :  
Helps reduce fat in the blood.  
  
How to use :  
Take regularly 2 times daily @ 2 capsules. The dose may be increased or decreased as needed.  
  
recommendation:  
Should reduce fatty foods.

38. pingset plus/formulasi

Composition :  
Guazumae Folium Extract 412.5 mg  
Camellia sinensis Folium Extract 137.5 mg  
  
Efficacy and usability :  
Helps Lose Weight  
  
How to use :  
Take regularly 2 times daily @ 2 capsules. The dose may be increased or decreased as needed.  
  
recommendation:  
Recommended multiply the consumption of high-fiber vegetables and fruits. It is advisable to drink water at least 2.5 liters per day. Reduce fatty foods, a lot of starchy and sugar.  
  
ATTENTION :  
The use of this product should be accompanied by regular exercise, a diet low in calories and low in fat.

39. sendi/formulasi  
  
Composition :  
Zingiberis Rhizome Extract 165 mg  
Curcumae domesticae Rhizoma Extract 165 mg  
Curcumae Rhizoma Extract 110 mg  
Equiseti Herba Extract 55 mg  
Piperis nigri Fruxtus Extract 55 mg  
  
Efficacy and usability :  
Helps relieve gout, stiff. Reinvigorate and keep warm.  
  
How to use :  
Take regularly 2 times daily @ 2 capsules. The dose may be increased or decreased as needed.

40. slipi/valerian  
  
Composition :  
Valerianae Radix Extract 550 mg  
  
Efficacy and usability :  
Help alleviate sleep disturbance.  
  
How to use :  
Take regularly 2 capsules before bedtime.  
  
ATTENTION :  
Should not be used with alcohol or other sedatives. Should not be used in pregnant women (and nursing).

41. sukan/carica papaya  
  
Composition :  
Caricae Folium Extract 550 mg  
  
Efficacy and usability :  
Help improve appetite and maintain health  
  
How to use :  
Take regularly 2 times daily @ 2 capsules. The dose may be increased or decreased as needed.

42. ukon ki/curcuma domestica  
  
Composition :  
Curcumae domesticae Rhizoma Extract 550 mg  
  
Efficacy and usability :  
Helps maintain heart health.  
  
How to use :  
Take regularly 2 times daily @ 2 capsules. The dose may be increased or decreased as needed.

43. jahe/zingiber officinale  
  
Composition :  
Zingiberis Rhizome Extract 550 mg  
  
Efficacy and usability :  
Helps relieve symptoms of colds such as nausea, flatulence, headache, and stiff  
  
How to use :  
Take regularly 2 times daily @ 2 capsules. The dose may be increased or decreased as needed.

2015-12-14 1:31 GMT+07:00 [support@herbhealers.com](mailto:support@herbhealers.com) <[support@herbhealers.com](mailto:support@herbhealers.com)>:

Boy . . .  
  
On 12/11/2015 9:25 AM, Boy Herry wrote:

Dear greg,  
  
I am grateful to you  
your care and concern about Indonesian traditional Jamu.

I am working on the product pages now.  
One thing that I DO need for all 43 products is :  
  
( 1 )  Ingredient Declaration :  everything that  
is contained with the product . . . and  
( 2 )  Instructions for use  
  
ALSO . . . it would be VERY helpful if I could  
get a scan of each of the 43 labels, because  
customers often ask for this.  
  
The information in #1 and 2 above is legally  
required in most countries . . . but even apart  
from this, most customers will want to know  
this before they make their purchase.  
  
Please advise.  
  
Greg