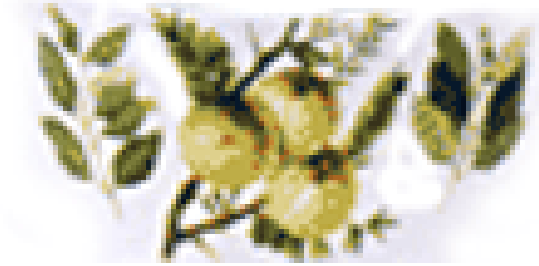


HARADA (45% tannins) (Terminalia Chebula) (fruit) Extract



Harada, having a bitter flavor, is associated with the vata humour as well as the air and space elements. It treats imbalances and diseases of the vata humour. Harada possesses laxative, astringent, lubricant, antiparasitical, alterative,

antispasmodic and nervine properties. It is therefore used to treat acute and chronic constipation, nervousness, anxiety and feelings of physical heaviness.

Harada (*Terminalia chebula*), is a small round fruit, brownish in color, historically used as a rejuvenator helping to normalize the general balance of the body.

Harada is a laxative and contains anthroquinones similar to those found in rhubarb and cascara.

Among Tibetans, Harada is so highly revered for its purifying attributes that it is the small fruit that is depicted in the hands of the "medicine Buddha" in their sacred paintings or tankas.

The fruit, traditionally picked in the spring, is a rich source of tannins, amino acids, fructose, succinic acid and Beta Sitosterol. One of numerous studies of Harada demonstrated its 'anti-vata' or anti-spasmodic properties by the reduction of abnormal blood pressure as well as intestinal spasms. This confirms its traditional usefulness for heart conditions, spastic colon and other intestinal disorders.

Harada helps to cleanse the colon, which in turn helps in purifying the fat tissue. For the skin, this means that the sweat glands get purified, and the skin is better able to flush toxins out through the sweat. The pores stay clear, and less toxic matter accumulates in the skin. Harada also clears and opens up the micro-circulatory channels of the skin. The skin's natural ability to self-detoxify is enlivened when the channels are clear.