



THAI FREEZE DRY
COMPANY LIMITED

Jiaogulan Leaf: Scientific name: (*Gynostemma pentaphyllum*)



Jiaogulan (“jow-goo-lan”) is, native to S. W. China, known for the longevity of its inhabitants (where it is called “*Xiancao*” or “Herb of Immortality”). In Thailand and throughout S.E. Asia, jiaogulan has been used for centuries, taken in the morning to provide energy and after work to relieve fatigue.

Jiaogulan grows best in its primal growing conditions high in the mountains where environmental conditions are extreme: hot days and cold nights, strong winds, and excessive seasonal rains alternating with dry season. It

thrives on stressful conditions and adapts to these extremes to survive. This ability to adapt to stress is inherent in jiaogulan’s genetic code. What jiaogulan does for you when it enters your body is a remarkable reflection of how it survives and prospers in the wild.

Jiaogulan maintains vital functions, increases endurance, provides resistance to injurious stimuli, and promotes individual core health with strong potential for prevention as well as healing. It is an effective adjunctive therapy used by eclectic medical doctors in Asia to speed recovery and reduce the negative effects of more aggressive Western treatments.

HOMEOSTASIS: The Thai concept of “The Wisdom of Equilibrium” identifies balance as the key to good health. When balanced, your well-being and natural healing abilities are at their highest natural level. Jiaogulan helps to achieve homeostasis via multiple metabolic pathways through normalizing the balance of the central nervous system, neuro-endocrine regulation, immune system, and cardiac health.

Research on jiaogulan has shown improvement in many brain and nervous system disorders. One further result of jiaogulan is its role in balancing the enorphorines in the body. Included in this list is the balance of serotonin levels. Another glandular process that is directly affected by jiaogulan is the production of hormones in the category of steroids. In this respect, jiaogulan has been clinically tested to improve asthmatic conditions by balancing specific hormones.

ADAPTOGEN: The ability to adapt is a defining condition of life; nothing could be more central to our existence and survival. Adaptogens are a precious category of herbs that are defined as being able

to adapt and overcome a stressful situation/environment in nature. Furthermore, they catalyze one's ability to adapt to stressful circumstances in everyday life. One characteristic of adaptogens is its "bi-directional" trait: should you feel fatigued, adaptogens will increase your energy; if you are overactive they will calm your nerves. If your blood sugar level is low, jiaogulan will raise it; if it is too high, jiaogulan will lower it. There is nothing like this bi-directional response in allopathic medicine. Jiaogulan works on what's given and different for each person to adjust and strengthen the body sequentially while maintaining overall balance.

ANTIOXIDANT: Naturally, our bodies synthesize the antioxidant enzymes superoxide dismutase (SOD) and glutathione to control free radical imbalances. These antioxidants are part of your natural defense system, but the level of free radical imbalance that is a result of environmental pollution, poor diets etc. may be more than our bodies can naturally handle without supplementation. Jiaogulan is very effective in stimulating the body to produce its own enzymes. By taking jiaogulan, we encourage the synthesis of these antioxidants within our bodies by balancing the functions of our enzymes.

NUTRITIONAL VALUE: With 120 saponins, jiaogulan is truly the "Saponin King". Saponins are complex molecules that modulate and balance our physiology. Jiaogulan contains the broadest range of saponins on the planet (ginseng has 32 saponins and astragalus root has 24). Each of these saponins have been isolated, numbered and subjected to intense scientific investigation. Science is validating the specific compounds (ie: saponin gypenoside # 49 which contributes to longevity) that balance your physiology by their regulatory effects on blood pressure, blood sugar levels, immune system, nervous system etc.

Jiaogulan leaves and young green stems contain well-balanced proportions of selenium, magnesium, zinc, calcium, iron and phosphorus, vitamins B1, B2, and carotene. Proteins and amino acids found in jiaogulan include: lysine, phenylalanine, arginine, glutamic acid, glutamine, aspartic acid, and isoleucine.

Though prominent for its diverse and groundbreaking nutritional qualities, Jiaogulan should not be overlooked by taking an extract alone. Though extracts may contain some of the nutritional value of the plant, it does not contain the fibers of the leaves and stems; it is not in full equilibrium. The healing message requires the whole food in all its intelligent complexity.

Fiber is essential to location specific delivery; it stimulates peristalsis which moves the food/supplement etc. through your gut to where it is most needed. Not only do the fibers proportionately balance the phytonutrient intake levels, but they also contain a coded message that the body can decrypt, interpret, and therefore know exactly what and how to utilize the available nutrients of the plant to its maximum capacity. Without the "complete food", our body does not recognize the food in its intelligent complexity, and therefore cannot utilize an extract to its full potential. info@thaifreezedry.com It is for this reason that TFD's mission is to: "Revive Your Relationship with Nature's Complete Foods."