

# The Top 26 Herbal Supplements You're Not Taking (but should be)

Discover ancient herbal remedies scientifically  
proven to prevent and reverse dis-ease!



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# Triphala

Triphala is a traditional Ayurvedic herbal formulation consisting of three fruits native to the Indian subcontinent: Amalaki (*Emblica officinalis*), Bibhitaki, (*Terminalia belerica*), and Haritaki (*Terminalia chebula*) and is recommended and used more often than any other formulation made with Ayurvedic herbs. It has a unique ability to gently cleanse and detoxify the system while simultaneously replenishing and nourishing it.



## BENEFITS:

- Assists natural internal cleansing
- Gently maintains bowel regularity
- Nourishes and rejuvenates all tissues
- Supports healthy digestion and absorption
- Natural antioxidant protecting cells from damaging effects of free radicals

# Neem

In some parts of the world, the neem tree is called the "Village Dispensary" because each part of the plant possesses at least one health-promoting property - it's a must have in your supplement cabinet! Neem can be taken internally (as a powder, tablet or liquid extract) or topically (as a paste or oil) to support vibrant health for the whole body.

## BENEFITS:

- Promotes healthy skin and clear complexion
- Cleanses natural toxins from the body
- Supports healthy blood sugar levels
- Encourages proper fat and water digestion and elimination
- Promotes clear breathing and healthy respiratory system
- Supports healthy hair, teeth, and gums



# Cascara Sagrada

Cascara Sagrada is produced from the bark of the *Rhamnus purshiana* tree which is a native of western parts of North America and has long been used as a natural laxative. There is a natural substance in the bark that helps to stimulate strong, wavelike contractions in the large intestine which keeps food moving through and prevents it from getting stuck and causing constipation. It is also used as an anti-fungal, anti-inflammatory, and has been shown to play a role in cancer treatment and management.



## BENEFITS:

- Acts as a natural laxative for constipation
- Acts as an antimicrobial effective against a range of bacteria
- Treats Candida as an anti-fungal
- Fights inflammation in the body
- Helps calm the central nervous system

# Cat's Claw

Cats Claw is a vine that grows in the rainforest in South and Central America and is a 'cure-all' type of Amazonian Medicine that helps with ulcers, rheumatism, toothaches, immune regulation, viruses, and is a known aphrodisiac. Used most often as an anti-inflammatory, Cat's Claw is another beautiful example of the medicine available to us from the Amazon.

## BENEFITS:

- Boosts your immune response
- Calms an overactive immune system
- Reduces inflammation in the body
- Relieves symptoms of osteoarthritis and rheumatoid arthritis
- Supplement used for a variety of health conditions including viral infections (including HPV and HIV)



# Pacific Yew

Pacific Yew has been used by local First Nations both internally (making teas from the needles and bark) and externally (applying crushed needles to wounds). Researchers later found that this powerful plant contains a chemical compound that has been approved for use against ovarian cancer, certain types of breast cancer as well as AIDS-related cancer. Because some species of Pacific Yew have been identified as poisonous, it is imperative that you source Pacific Yew from a trusted source.



## BENEFITS:

- Suppresses malignant cell growth
- Revitalizes the immune system
- Maintains optimal health
- Treats Cancer internally (through teas or inhaled through nebulizers)
- Treats Cancer externally (treated with a YewTip salve)
- Immunostimulant, anti-viral, anti-parasitic, anti-inflammatory, and detoxifying

# Hyssop

Hyssop has been praised as a medicinal plant for centuries (mentioned in many ancient texts including important religious events chronicled in the Bible) and is still in wide use today by herbalists and those seeking natural forms of treatment. This herb can be used for the treatment of a number of health conditions, including eliminating parasites, relieving premenstrual syndrome symptoms, and lowering blood pressure, among others.

## BENEFITS:

- Relieves respiratory conditions, such as the common cold, asthma or bronchitis
- Eliminates parasites in the GI tract
- Increases circulation & improves oxygenation
- Treats muscle pain and inflammation
- Prevents chronic disease
- Calms anxiety and stress
- Lowers blood pressure
- Reduces pain and discomfort of insect bites





# Noni

Noni juice is derived from the fruit of a small evergreen plant called Noni normally found in global subtropics and tropics. For thousands of years, the natural healing power of Noni has been esteemed for its ability to keep the skin healthy, boost energy levels, and prevent general body weakness. Noni accelerates wound healing and strengthens the immune system.



## BENEFITS:

- Antioxidant agent
- Relieves symptoms of gout
- Reduces muscle spasms
- Protects heart health
- Relieves fatigue
- Protects liver & controls diabetes
- Helps improve memory function
- Stimulates collagen & preventing formation of wrinkles - natural beauty product

# Soursop/ Graviola

Grown primarily in Central and South America, this fruit is frequently made into juices, ice cream and more, and is an exotic treat to those living outside the region. Think of its flavor as a cross between strawberries, pineapple, and a variety of intermingled citrus fruits, which make it a unique eating experience. Yet the flavor just scratches the surface as the real health benefits are far vaster than its taste.

## BENEFITS:

- Suppresses cancer cell growth
- Helps preserve eye health
- Relieves inflammation
- Helps manage diabetes
- Promotes GI health
- Helpful for IBS and Crohn's
- Kill's intestinal parasites
- Relieves respiratory symptoms
- Boosts immunity



# Nettle

While best known for the stinging reaction that occurs when the skin comes into contact with the fine stinging hairs (also known as trichomes) located on its leaves and stems, when processed and used medicinally, stinging nettle has a number of helpful health benefits. Studies have shown it has antioxidant, antimicrobial, anti-ulcer, astringent and analgesic capabilities.



## BENEFITS:

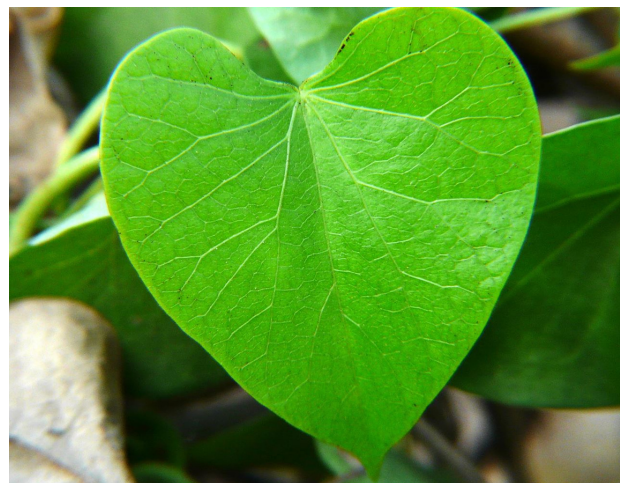
- Treats bladder infections & can be used as a successful general diuretic
- Slows and stops the spread of prostate cancer cells
- Decreases joint pain
- Treats arthritis
- Treats allergic reactions
- Calms and clears eczema

# Guduchi

Guduchi means "protector of the body." It also goes by the name Amrita, meaning "the herb for immortality." One of the most valued herbs, Guduchi is considered an effective treatment for a wide range of ailments - everything from the common cold to skin conditions.

## BENEFITS:

- Boosts and restores the immune function
- Reduces toxic load
- Removes impurities from the body
- Supports a normal body temperature
- Supports liver purification by cleansing the blood
- Promotes a healthy and clear complexion



# Guggul

Guggul, or guggul, means “helping all kinds of imbalances.” Guggulu is the gum resin obtained from a variety of plants native to India, Bangladesh, and Pakistan, and has been used for centuries in Ayurvedic medicine to treat various health conditions such as obesity, arthritis, and inflammation.



## BENEFITS:

- Reduces cracking in the joints
- Aids in joint comfort
- Helps maintain bone health and porosity in old age
- Used for detoxification and rejuvenation
- Kindles agni, chelates excess fat, and supports weight loss.
- Purifies the blood

# Gotu Kola

Gotu Kola can be found in warm climates across the globe and the leaves are thought to resemble a cerebellum - fitting as this herb is nature's brain food. This herb is popular throughout several cultures as a brain and focus supplement, with some having called it the "herb of enlightenment." It also slows the effects of aging as it helps a great number of systems in the body.

## BENEFITS:

- Enhances intelligence, cognition & memory
- Improves focus, concentration, & mental acuity.
- Promotes healthy hair and radiant skin
- Comforts and nourishes joints
- Supports circulatory, digestive and nervous systems.





# Ashwagandha

Reputed for having the “strength of ten horses,” Ashwagandha is an evergreen shrub that grows in Asia and Africa and is commonly used for stress relief. Ashwagandha contains chemicals that help calm the brain, reduce swelling, lower blood pressure, and balance the immune system.



## BENEFITS:

- Supports sound sleep & a calm nervous system
- Helps the body cope with external changes in environment and internal moods
- Supports healthy adrenal function
- Helps reduce stress and fatigue
- Improves energy and promotes a general sense of well-being
- Maintains strong, healthy tissues as the body ages

# Manjistha

Manjistha is commonly viewed as Ayurveda’s best blood purifying herb as it confers potent detoxifying effects. Manjistha removes excess heat and environmental toxins from the blood, helping to support healthy skin and clear complexion.

## BENEFITS:

- Stimulates circulation
- Cools the blood
- Promotes healthy menstruation in women
- Detoxifies the body
- Supports the lymphatic system, draining waste from the body and regulating the immune system.
- Good for treating all kinds of inflammation and healing the skin



# Kutki

Kutki is considered Ayurveda's premier liver tonic, but its benefits reach far beyond the liver. By boosting antioxidants like glutathione and many liver enzymes, it supports detoxification and immunity through both the liver and the lymphatic system. It's rare to come across an herb that is bitter but also pungent while being so gentle and safe to use!



## BENEFITS:

- Helps shield the liver from toxins, stress and the environment.
- Decongests bile and liver ducts, supporting healthy bile flow
- Encourages liver, gallbladder and intestinal detox
- Supports healthy skin
- Maintains the integrity of the intestinal and respiratory epithelial tissue (inner skin).

# Shatavari

Shatavari's name gives reference to its traditional use as a rejuvenative tonic to help women gracefully transition through various phases of life, including menopause and beyond. However, people of all ages and genders can also benefit from shatavari.

## BENEFITS:

- Promotes a healthy reproductive system
- Reduces mood swings
- Improves breast milk production
- Gently soothes the digestive tract
- Soothes and supports the respiratory tract
- Promotes healthy energy levels and strength
- Supports the immune system
- Contains naturally-occurring antioxidants



# Tulsi

Considered as a potent adaptogen, Tulsi promotes wellbeing and resilience and is credited with fostering beauty, stamina and a calm emotional disposition. Daily consumption of Tulsi is said to promote general health, prevent disease and assist in dealing with the stresses of daily life. This beautiful plant provides endless benefits for the body, mind, and spirit, offering support on physical and subtle levels.



## BENEFITS:

- Helps the body cope with stress
- Promotes mental clarity
- Supports rejuvenation
- Supports healthy, un-congested breathing
- Lowers blood pressure
- Boosts metabolism and helps manage weight
- Prevents cancers caused by toxic compounds
- Promotes anti-oxidants such as glutathione in the body

## Ajwain

Ajwain is a strong digestive and nerve stimulant and no stranger to Indian dishes. Often added to curries and pickles, the seeds can also be roasted or toasted in ghee or butter before adding them to dishes to calm the strong aroma and flavor. Rich in fiber, minerals, vitamins and antioxidants, Ajwain seeds can be chewed raw or added to water or tea to extract maximum benefits from them.

## BENEFITS:

- Instantly relieves acidity and indigestion
- Treats common cold
- Eases pain of ear and tooth aches
- Stops greying hair
- Repels mosquitos
- Lightens scars
- Eases arthritis pain
- Eases gas in babies and pregnant women





# Cardamom

Cardamom is a natural tranquilizer, bringing clarity and joy to the heart and mind. The seeds, oils and extracts of cardamom have been used in traditional medicine for centuries. Try adding some cardamom pods or powder to coffee as you are brewing it or boil cardamom in warm milk and drink before bed.



## BENEFITS:

- Neutralizes the acidity of coffee and caffeine
- Neutralizes the mucus-forming properties in milk
- Lowers blood pressure
- Contains cancer fighting compounds
- Aids in digestive problems, including ulcers
- Lowers Blood sugar Levels

# Fenugreek Seed

From blood sugar and weight regulation to libido and digestive boosts, the benefits of this Ayurvedic herb are boundless and easy to incorporate into your daily routine. Keep in mind, it has played an important role in Ayurveda and traditional cooking for thousands of years.

## BENEFITS:

- Support women during lactation
- Support liver and gallbladder health
- Balance blood sugar
- Regulate weight
- Boost overall digestive strength
- Plays an important role in reproductive health



# Cumin

Cumin lends its distinctive flavor to chili, tamales and various Indian curries. While a popular spice in dishes, it has also played a medicinal role in many parts of the world. Traditionally known for promoting digestion and reducing food-borne infections, Cumin has more recently been used to help promote weight loss, improve blood sugar control and cholesterol.



## BENEFITS:

- Aids in weight loss and reduces fat
- Balances cholesterol
- Enhances the digestive system and metabolism
- Helps reduce IBS symptoms
- Helps the body in nutrient absorption
- Lowers Stress
- Increases memory recall

# Coriander Seed

Coriander! This power-packed plant packs a lot of medicinal punch. From leaves (cilantro) to stems to seeds to roots, every part is used and each offers a different flavor. Around the world, it is extensively used as a condiment, garnish, or decoration on culinary dishes. It's an herb that easy to add to your diet and provides many health benefits.

## BENEFITS:

- Supports the blood coagulation process
- Helps lower blood sugar
- Rich in immune boosting antioxidants
- Protects brain health and heart health
- Leaf juice used to heal skin conditions
- Contains eleven components of essential oils, six types of acids (including ascorbic acid, better known as vitamin C), minerals, and vitamins.



# Fennel Seed

Fennel seeds are one of the best digestive herbs, some even say that you should chew fennel seeds after every meal to ensure optimal digestion. Fennel is an herb that is great for the whole family, from helping colicky babies to helping soothe the elderly. Fennel seeds are low in calories yet highly nutritious and also contain powerful antioxidants and potent plant compounds. Add fennel seeds into your diet and thank me later!



## BENEFITS:

- Dispels flatulence (gas)
- Stops cramping
- Aids with heart burn
- Calms belly aches
- Soothes acid indigestion
- Protects against cancer cell formation
- Relieves menopausal symptoms

# He Shou Wu

He Shou Wu is a popular in traditional Chinese medicine. It is said to be the most powerful extractor of Qi (energy) from the earth of any plant and has been linked to a number of health benefits, such as healthy aging, longevity, and virility. The primary active constituent is known as THSG which acts similar to resveratrol...and may be even more powerful.

## BENEFITS:

- Supports healthy blood production
- Supports hair growth & maintain hair color
- Helps protect the brain
- Supports healthy aging
- Improves liver & kidney health
- Boosts immune function
- Improves cholesterol & blood pressure





# Rehmannia Root

Rehmannia has been used in traditional Chinese medicine for thousands of years focusing on anemia and kidney function, although it has many other benefits. Chemical components of the plant are believed to help lower blood sugar, reduce pain, decrease swelling and positively impact the immune system.



## BENEFITS:

- Supports blood cell production
- Helps improve anemia
- Supports kidney function
- Lowers blood sugar
- Reduces diabetic complications
- Neuroprotective
- Helps prevent bone loss
- Reduces allergies and may aid with skin effects of allergies such as eczema.

# Valerian Root

Valerian is known as a heal-all. Since ancient times, the root of this plant has been used to treat insomnia, nervousness, trembling, headaches and heart palpitations. In the US, valerian root is mainly used as a sleep aid, while in Europe it is used to treat anxiety and restlessness.

## BENEFITS:

- Promotes relaxation and sleep
- Reduces anxiety
- Regulates nerve cells
- Increases GABA in the brain
- Improves symptoms of ADHD
- Relieves menstrual cramp pain

