

## **Xtra Sharp/Pure Milk Calcium Information # 162**

Xtra Sharp does not work on the adrenal glands like other energy boosters. If you keep stimulating the adrenals, you become very fatigued without your stimulant. You exhaust your immune system and some Chronic Fatigue sufferers are turned around because they were deficient in minerals-- potassium, to be exact! Xtra Sharp has no ephedra, no sugar, no caffeine and no carbohydrates! New X5 does have 11 g of carbs. People who are taking potassium-retaining heart medications probably should not take Xtra Sharp. Most people taking heart medications are on diuretics, which means they are peeing out their potassium, magnesium and other minerals very fast. Xtra Sharp is GREAT for them. If they are already on potassium pills, they can cut back on the pills and take Xtra Sharp, which is potassium in a liquid form and much faster and easier for the body to absorb into the system. Some people are sensitive or allergic to some herbs – heart will race, etc. Just drink 6 - 8 glasses of water (dilute and pee out Xtra Sharp!). If you don't drink the water, the racing heart will calm down anyway. NO ONE has ever had a heart attack from an allergy reaction, BUT it is scary to the person. Remember, this is VERY rare. One more precaution: If you are taking Xtra Sharp everyday, maybe twice a day for a long time, and it is very warm, or you are sweating a lot but not drinking water, you can feel confusion, maybe even be a little dizzy. You are dehydrated and you're getting more potassium than you need. Just drink water and it will stop.

### **Ingredients in Xtra Sharp:**

**Potassium** (citrate & glycerophosphate): Most Americans are potassium-deficient. Potassium controls their energy level.

- Works with sodium to regulate the body's water balance and normalize heart rhythms.
- Nerve and muscle functions suffer when the sodium / potassium balance is off.
- Can help dispose of body wastes.
- Can help assist reducing blood pressure.
- Can aid in allergy treatment.

VERY FEW people do not notice a reaction their first time they take a dose of Xtra Sharp. They are usually VERY low in potassium. By the second dose, they have been brought up to normal I feel good levels.

**Magnesium:** Magnesium has many functions in the body. One of the things it does, working in opposition to calcium, is relax nerve impulses and muscle contractions. Magnesium is mainly an intracellular (inside the cells) ion. Most magnesium in the body is in the skeleton, 20 percent to 30 percent is in muscle, and only about 2 percent is outside of cells (extracellular). Magnesium regulates cellular ion balance—keeping potassium in the cells and sodium out. In heart tissue, magnesium functions as a calcium channel blocker, preventing the influx of calcium into cells. Calcium influx can be precipitated by lack of oxygen to the cells. Magnesium performs all these actions by being an enzyme activator. In fact, magnesium is involved in more than 300 different enzyme reactions.

**Iron:** Iron is part of hemoglobin, the oxygen-carrying component of the blood. Iron-deficient people tire easily because their bodies are starved for oxygen. Without enough iron, ATP (the fuel the body runs on) cannot be properly synthesized. As a result, some iron-deficient people become fatigued even when their hemoglobin levels are normal. By the way, people who crave and chew ice all the time are VERY deficient in iron.

**Calcium:** Calcium is needed to form bones and teeth and is also required for blood clotting, transmission of signals in nerve cells, and muscle contraction. The importance of calcium for preventing osteoporosis is probably its most well known role. The body needs calcium to make strong bones. Calcium is also needed for the heart, muscles, and nervous system to work properly. The bones serve as a storage site for the body's calcium. They are continuously

giving up calcium to the bloodstream and then replacing it as the body's need for calcium changes from day to day. When there is not enough calcium in the blood to be used by the heart and other organs, your body will take the needed calcium from the bones. When you eat foods rich in calcium, the calcium will be restored to the bones and the balance between your blood and bones will be maintained.

**Iodine:** Iodine is needed to make thyroid hormones, which are necessary for maintaining normal metabolism in all cells of the body. Reports suggest that iodine may have a number of important functions in the body unrelated to thyroid function that might help people with a wide variety of conditions; these other uses for iodine are only supported by minimal research.

**Alfalfa:** Historical or traditional use (may or may not be supported by scientific studies): Early Chinese physicians used young alfalfa leaves to treat disorders of the digestive tract. In India, physicians prescribed the leaves and flowering tops for poor digestion. It was also considered therapeutic for water retention and arthritis due to its high mineral content. North American Indians recommended alfalfa to treat jaundice.

**Angelica:** Historical or traditional use: Used for both men and women with cardiovascular disease, including high blood pressure and problems with peripheral circulation.

**Celery seed:** Historical or traditional use: Celery Seed is most often taken to aid in the maintenance of healthy joints. It is suitable for anyone who wishes to reduce the degeneration of body joints that commonly occurs with age. Celery Seed can also ease joint discomfort that occurs due to inflammation and is, in fact, mainly used for the relief of symptoms of such conditions as arthritis, rheumatism, and gout. Celery Seed has an antiseptic property that makes it useful to the health of the urinary tract and a diuretic property to help relieve fluid retention.

**Chamomile:** Historical or traditional use: Chamomile taken internally prevents and treats ulcers and other gastrointestinal problems including indigestion, gastritis, heartburn, and flatulence.

**Damiana:** Therapeutic Actions and Indications: Acts as a tonic on the central nervous system and the hormonal system. Used in treating depression and anxiety, particularly when influenced by sexual factors. Strengthens the male sexual system.

**Dandelion:** Therapeutic Actions and Indications: Dandelion is an excellent, safe diuretic and liver tonic. Dandelion is a valuable diuretic, because it is rich in potassium- a vital mineral often lost when the kidneys are stimulated by drugs. It is useful in treating: water retention due to heart problems, inflammation and congestion of the liver and gall bladder, and congestive jaundice.

**Echinacea:** Therapeutic Actions: This herb targets the secretory immune system (lymphatic system, skin, and mucous membranes) and activates cellular immunity when the cellular integrity is threatened by viral attack.

**Gentian:** Therapeutic Actions and Indications: Excellent in treating sluggish digestion and lack of appetite, as indicated by conditions like dyspepsia and flatulence. Gentian stimulates the appetite and digestion and promotes the production of saliva, gastric juices, and bile.

**Ginkgo Biloba:** Historical or traditional use: The main active compounds in Ginkgo leaves are the Flavoglycosides. These compounds have antioxidant and free radical properties helping to improve mental performance, brain function and concentration problems. Helps keep blood platelets from becoming sticky .

**Ginseng:** (American) Historical or traditional use: American Ginseng root is matured six years before it is harvested. American Ginseng is a traditional vitality herb used by the Native Americans. It has many properties similar to the popular herb Korean Ginseng. This product is especially popular among people leading an active and demanding lifestyle.

**Grape seed:** Historical or traditional use: Grape seed extract is a bioflavonoid-rich extract used for fighting free radicals and maintaining capillary health. Proanthocyanadins have been indicated for:

- poor distribution of microcirculatory blood flow in the brain and heart
- altered capillary fragility and permeability
- chronic arterial / venous insufficiency in the extremities
- breakdown in the elastic fibers of the capillaries (collagen & elastin)

**Guarana seed:** Historical or traditional use: Promotes Energy - Guarana is a world-famous plant found primarily in the Amazon Jungle. It has been used for centuries by the Brazilian Indians and is commonly referred to as Brazilian Cocoa, a remedy for fatigue. In homeopathic medicine, Guarana is used to treat headaches. There is, however, no evidence of its effectiveness for this problem. Among Guarana's many effects are a tendency to strengthen and speed up the heartbeat, relax blood vessels (except for those in the brain), and open bronchial tubes. Guarana also discourages blood clots, stimulates the urinary system, and promotes production of digestive juices.

**Licorice root:** Therapeutic Actions and Indications: Acts on the endocrine system and the liver as an antihepatotoxic effective in treating hepatitis and cirrhosis. Licorice is also an expectorant and anti-inflammatory, useful in cough and bronchitis.

**Milk thistle:** Therapeutic Actions and Indications: Excellent as a liver tonic and in treating numerous liver and gallbladder conditions such as hepatitis and cirrhosis. May also reverse toxic liver damage and protect against hepatotoxic agents. Helps to increase glutathione levels in the liver.

**Passion Flower:** Therapeutic Actions and Indications: As a sedative, passionflower is the preferred herb for treating insomnia and leaves no hangover. As an antispasmodic, it is helpful in Parkinson's disease, asthma (with much spasmodic activity), seizures, and hysteria. It relieves nerve pain in conditions like neuralgia and shingles.

**Sarsaparilla:** Therapeutic Actions and Indications: Gradually restores the proper functioning of the body, correcting a wide range of systemic problems. These include scaling skin conditions such as psoriasis, and rheumatic conditions. Especially useful for rheumatoid arthritis.

**Saw Palmetto:** Historical or traditional use: It is one of the best herbs available for prostate health and the treatment of benign prostatic hypertrophy, as it can increase urine flow and decrease the frequency of nighttime urination. The berries are used for asthma, colds and bronchitis. It is also good for poor appetite and digestion.

**Spirulina algae:** Therapeutic Actions and Indications: Rich in marine minerals.

**Thyme:** Historical or traditional use: Thyme is antibacterial and antifungal. It eliminates gas, lowers cholesterol, reduces mucus and helps headaches. Thyme is good for croup and other respiratory problems.

## **GUARANA**

- ***Relieves stress***
- ***Improves alertness and concentration***
- ***Fights fatigue***
- ***Natural anti-depressant***
- ***Helps with weight loss***

## **GUARANA**

### **LEGENDARY HERB OF THE AMAZON**

Boosts energy. Guarana has a broad-spectrum effect that ranges from its use as a builder of stamina and staying power, to its value in calming and soothing the whole body and relieving physical and mental stress. It is thought to stimulate brain function and aids concentration and alertness.<sup>1</sup> It has been found to be helpful for headaches, especially migraines, and Slimmers may also benefit from Guarana, as it helps to allay feelings of hunger. The body

system most commonly affected during these daily happenings is that of the adrenals. The adrenal glands, located above the kidneys, are responsible for the secretion of various hormones, such as adrenalin, which help our bodies cope during stressful situations. A constant onslaught upon the adrenals, which comes with continued everyday stress, may result in one of our most common modern day complaints: extreme tiredness and fatigue--often referred to as 'adrenal exhaustion'. By rebalancing the adrenal energy, Guarana imparts a calming effect on the whole body as well as providing it with increased energy and an uplifted mood.

### **FIGHTING DEPRESSION**

The natural action of Guarana may have a special place in the treatment of depression, especially where depression is brought on by nervous exhaustion or menstruation.<sup>4</sup> It helps to provide uplifted feelings without sudden highs and lows of emotion. Because it acts upon the whole system, and not just one particular body part, the effects are longer lasting. It does not give a short boost followed by a craving for more.

### **IS IT JUST A CAFFEINE PILL?**

There has been speculation among some that Guarana is just a caffeine pill. This is not essentially true. Caffeine is a single substance with specific actions in the body. The caffeine present in Guarana is known as guaranine and its effect on the body is determined by the other active substances in the herb. Because of the presence of these other elements, Guarana's total action is gentle, without the side effects commonly noted with the use of single substances. Guarana, almost identical to caffeine, is released slowly--over as much as 6 hours--so the energy boost that is experienced from Guaraná is not like that of coffee (with a sudden rush and quick drop-off), but continues to escalate over hours. The tannic acid is an astringen (any of a group of substances that tend to shrink mucous membranes and raw surfaces and to dry up secretions) and probably accounts for its use as a digestive tonic.

### **THE SAFETY FACTOR**

Guarana has been used without harm for thousands of years in the Amazon region. More recently it has become the subject of much clinical and laboratory investigation by the government and universities of Brazil. Guarana has been found to be safe and effective in recommended doses without harmful side effects.<sup>6</sup> Also important is the finding that Guarana is non-habit forming and will not interfere with sound sleep.<sup>7</sup> To sum up—Guarana is a high-energy source that increases mental alertness, fights fatigue, slows the pulse, decreases the appetite, and is an excellent mood elevator. This herb can also be used as a nervine tonic for hangovers, menstrual headaches, and neuralgia. It is also useful for leucorrhea, diarrhea, and fevers; its chief use in Europe and North America is for headaches, especially if of a rheumatic or nervous nature.

### **REFERENCES**

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