

The Original and Still the Best

with added  
**Hawthorn**

# Liquid Sea Minerals



Ideal Sea Minerals with added Hawthorn is a balance of minerals and special herbs which will help your internal organs to function better at the same time boosting your immune system. It will help your body get back on track

## Hawthorn

Hawthorn is considered a "cardiotonic" herb. Its flowers and berries have been used in traditional medicine to treat irregular heartbeat, high blood pressure, chest pain, hardening of the arteries, and congestive heart failure.

Animal and laboratory studies have found that hawthorn contains active compounds with antioxidant properties.

Many herbalists believe that the antioxidants in hawthorn may help protect against heart disease and help control high blood pressure and high cholesterol.



*Carica Papaya*

## Carica Papaya



*Hawthorn*

The Dictionary on Traditional Chinese Medicine states that Carica Papaya contains papain. Papain helps fight cancers, kill lymphatic leukemia cells, probacteria, parasite and bacillus tuberculars, helps diminish inflammation, normalizes the function of the gallbladder, alleviates pain and promotes digestion. Papain has a stronger curative effect on gynaopathy, glaucoma, osteoproliferation, healing of wounds, blood grouping and insect bites. Papaya powder can also promote blood circulation.

Women in Pakistan, India and Sri Lanka have long used papaya as a remedy for contraception and abortion. Medical research on animals confirms the contraceptive and abortifacient capability of papaya, and has also found that papaya seeds have a contraceptive effect on adult male langur monkeys, possibly in adult male humans as well.

Phytochemicals in papaya may suppress the effects of progesterone. The black Papaya seeds are edible, and have a sharp, spicy taste. They are sometimes ground up and used as a substitute for black pepper. In some parts of Asia the young leaves of papaya are steamed and eaten like spinach.

[www.idealhealthservices.com](http://www.idealhealthservices.com)

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