ENERGY

PRODUCT DOCUMENTATION

PERALGIN

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Text of the leaflet

Peralgin is a bioinformation product containing oils and extracts obtained from medicinal plants and exotic fungi. It harmonises in particular the lung and controlling meridian as well as the urinary bladder meridian, the nervous and hormonal systems, the spleen and pancreas.

Use:

The base of Peralgin consists of the extract and oil from the beefsteak plant, which is, for its antioxidising and anti-allergic effects, a much valued herb in traditional Chinese medicine. The product contains also an extract from the medicinal parasitoid fungus *Cordyceps*, used as a traditional medicine for the enhancement of good health and immunity. The unique complex is supplemented with borage, valerian and grapeseed essences and fortified with magnesium. Thanks to its unique composition it **enhances and harmonises natural immunity**, it helps combat any **signs of allergy** and helps to prevent **allergic attacks**. It soothes asthmatic **cough attacks**, works against **hay fever, itchy mucosa**, and skin redness. It helps to eliminate allergic skin reactions, such as **hives or atopic eczema**. It has also powerful effects on **migraine-type headaches** and **hot flushes** during menopause.
Peralgin is a toning product, suitable for **general energy enhancement.**

Other possible applications:

- For food allergy or poisoning
- For problems with excessive sweating and hot flushes
- To calm down the nervous system (exhaustion, stress, agitation, etc.)
- To combat lack of energy
- For premenstrual syndrome and painful period
- For stomach and cardiac neuroses
- For kinetosis
- To combat muscular spasms

Composition:

Perilla frutescens (beefsteak plant)
It has antioxidising and anti-inflammatory effects. Its effect on the treatment of allergic symptoms has been scientifically evidenced.

Cordyceps sinensis (caterpillar fungus)
It provides vitality and tones the body, enhances energy, acts as an aphrodisiac, and has protective effects on the ventilatory system. It improves blood circulation and detoxifies the body.

Magnesium (Magnesium)
It activates the enzymatic and hormonal system and controls the function of viscera. It has pronounced anti-inflammatory and anti-allergic effects (it helps combat attacks). It alleviates the feeling of nervousness caused by stress; it releases spasms and provides relief from pain.

Borago officinalis (common borage)
It has positive effects on the treatment of atopic eczema, allergies, psoriasis and acne. It treats infections of the upper airways. It has positive effects on the hormonal system and provides relief from menopausal symptoms. It generally enhances the organism and increases resistance to stress.

Vitis vinifera (common grape vine)
Grapeseed extract has antioxidising effects; it reduces the risk of cardiovascular diseases and improves blood flow. It stimulates the synthesis of collagen and hence helps combat the development of wrinkles.

Valeriana officinalis (common valerian)
It markedly soothes the nervous system, alleviates pain and spasms. It helps combat sleeping difficulties, nervous exhaustion, flatulence and nausea.

Bioinformation

Bioinformation represents frequencies which simulate the control frequencies of subcortical brain centres, which regulate the vegetative nervous system and the function of viscera. Bioinformation acts to offset negative information and induce a new regenerative process.

Recommended dosage:

1 capsule 1–3 times per day
Do not exceed the recommended daily dose!

Peralgin should be used both preventatively and immediately if required by an acute condition.

Warning:

The product is not intended for children under 3 years of age, pregnant and breast-feeding women. Not recommended for persons with soybean product hypersensitivity. Dietary supplements must not be used to substitute all-day varied diet.

Store at a dark, dry place at 10–25°C. Keep out of the reach of children!

Introduction to the topic

Allergies

The term “allergy” came into use at the beginning of the 20th century. It is derived from the Greek phrase “allos ergos”, which translates as “another reaction”. The very name suggests that the underlying nature of allergies is a **disproportionate reaction of the body** (or of the immune system) to irritating stimuli from the outside. The substance that triggers an allergy (an allergen) may be practically anything – dust, pollen, mites and moulds, animal fur or excrements, insect bites, some medicines, food additives and various types of food or even substances which, at the first sight, seem to be rather harmless, such as dill or normally used metals (chromium). The contact of an allergic organism with an allergen always results in a disproportionate reaction of the immune system, which externally demonstrates as skin or mucosa itching or burning, sneezing, constantly running nose (hay fever), eye redness, uncontrolled cough attacks and suffocating asthma, headache and skin rashes (so called atopic eczema). All of these acute symptoms of hypersensitivity to a certain substance are scientifically called **anaphylactic reaction**, which is induced by the **IgE antibodies** (imunoglobulin E) and which, in some individuals, may assume the form of the life-threatening anaphylactic shock.
An anaphylactic reaction (or shock) is a sign of immediate hypersensitivity, where the induced immune reaction results in the **activation of mast cells** (mastocytes), a rapid outflow of their secretion granules (degranulation), and in the release of their **mediators** to tissues and circulation, where they increase the permeability of blood vessels and help to develop the inflammatory reaction. Mast cells are localised on the border between the body and the outer environment, i.e. especially in the skin and in respiratory and gastrointestinal tracts. They are, however, also found in the vicinity of the bloodstream vessels, and that is why, following activation, their products enter blood circulation quite easily. The granular mediators proper are **histamine**, heparin, chondroitin sulphate E and A, tryptase, chymase, carboxypeptidase and **leukotrienes**. These substances are released within a few minutes of the mast cell activation and as mediators of the early stage of an allergic reaction they are responsible for blood vessel dilatation and bronchial constriction, development of oedema, increased mucus secretion, hives, itching, smooth muscle spasms, etc., and, in terms of their systemic activity, they are responsible even for the development of an asthmatic attack, which is usually accompanied by circulatory failure. Mast cells, furthermore, produce **prostaglandin D2, TNF-a** (tumour necrotising factor a), a whole range of **interleukins** and interferon g.

The causes of allergy development include **genetic** factors on the one hand and **civilisation** factors on the other. It has been reported that where both parents are allergic, the risk of having an allergic child is 50%, and where one parent is allergic, the

risk of having an allergic child is 30%. The increasing rate of allergies is logically associated with the ever increasing **environmental pollution**, but also with global warming due to which some allergenic plants are more widespread (such as the olive tree). Of substances which pollute the environment, the ones most involved in the development of allergies, are **nitrogen oxides** (NOx) and **dust particles**. Individuals suffering from asthma and seasonal pollen allergies in particular notice a significant deterioration of their condition during days when the pollution is high.

Clinical effects of some mast cell (mastocyte) mediators involved in allergic reactions

Histamine	Blood vessel dilatation, skin redness, oedema, itching, hives, bronchoconstriction, increased stomach acidity, intestinal colic, white blood cell (leukocyte) activation and degranulation of other mast cells
Leukotrienes	Bronchoconstriction, increased blood vessel permeability and contractility (ability to shrink).
Prostaglandin D2 (PGD2)	Nasal secretion, pain, itching, osteoporosis
Tumour necrotising factor (TNF-a)	Inflammatory cell attraction
Interleukins	Increased temperature, inflammation

WHO (the World Health organisation) reports that the occurrence of allergic conditions in the world ranges from 5 to **20 % of adult as well as paediatric population.**

In the Czech adult population, allergic individuals represent 20%, but in the young generation up to 15 years of age, the number of allergic children is in excess of 25%! In the Czech Republic, there are approx. 2 million of allergic individuals. It has been evidenced that the percentage of children suffering from asthma keeps growing and that compared to rural population, the inhabitants of cities suffer increasingly more from allergies, which is surely directly correlated with environmental pollution. It is also interesting to note that statistical data suggest that more allergic individuals live in wealthier families as well as in developed countries. An example of this process is the rapid growth of allergic conditions in the countries of Central and Western Europe, which have quickly adopted the Western lifestyle.

The principal changes which have occurred in this area and which need to be taken into account, include the reduced penetration of parasitic infections in children, and suppression of many a childhood infection. The underlying mechanism of an allergic reaction normally effectively prevents parasites from entering blood circulation from the intestines. Possibly, in children who live in almost sterile hygienic conditions, this mechanism which is no longer employed by intestinal parasitic infections turns against less dangerous “invaders”. In large

families, younger siblings suffer from allergies much less than their elder brothers and sisters. This phenomenon in the younger children is most probably caused by the more frequent infections they suffer, which are normally transmitted among the members of large families. The elder siblings mostly elude these infections which are presumed to divert the reactions of the immune system from the production of allergic antibodies. Hence also the general trend towards smaller families results in higher percentage of children suffering from allergic conditions.

The most frequent types of allergens (in descending order)

1.	Domestic dust mites
2.	Grass pollens
3.	Pets (dogs and cats in particular)
4.	Trees
5.	Moulds (primarily the genus Aspergillus)
6.	Foodstuffs (milk, eggs, fish, peanuts, preservatives)

Useful sources of information:
www.alergici.cz
www.alergia.cz

Suggestion works also in the case of allergic reactions
A proof of possible psychosomatic etiology of allergies has been provided by means of a simple experiment with several individuals suffering from hay fever. The experimental persons were blindfolded and a bowl with cornstarch was placed in front of them. All of them were asked to dip their fingers into the bowl and put them in front of their noses. At the same time, they were told that the bowl contained plant pollen. All of them began to sneeze and their eyes started to run. After some time, the experiment was repeated with the same people; unlike in the first experiment, the bowl did indeed contain plant pollen, but this time the experimental persons were told that it contained cornstarch. Nobody began to sneeze...

Mental causes of allergies
If we admit that our psyche is, together with genetic and civilisation impacts, also involved in the development of allergies, it is obvious that this case demonstrates a problem with accepting the surrounding world as it is. An allergic person has a hostile attitude to life. A completely common substance is perceived by an allergic organism as especially antagonistic and the immune system of the allergic organism responds to it often with an almost hysterical vehemence. It is, in any case, a disproportionate overreaction, and on the mental level it represents strong aggressiveness suppressed by the allergic person, who is not consciously aware of it and experiences it on the physical level. The militant aggressiveness of an allergic person is aimed at harmless objects and therefore this fight may indeed last forever (allergies are, in absolute majority, long-term problems).

Aggression is closely associated with fear and that is why the allergic person always fights against whatever he/she fears the most. Children commonly develop an allergy to dogs if they have been bitten by a dog or following a traumatic experience associated with dogs. In most allergic persons, however, the “selection” of the allergen is much symbolic in nature and hence it often discloses that area of life which causes the concerned person the biggest problems. Allergies to animal hair points out to problems associated with a loving sexual relationship and caress. Pollen allergy then suggests there is a problem in fertilisation and reproduction sphere. Dust and dirt symbolise the dark spheres of life. An allergic person, upon recommendation from the doctor, avoids allergens, and hence intentionally eliminates the relevant spheres of life from his/her conscious experience. A method of immunisation (intentional exposure of the patient to “his/her” allergen) known in scientific practice, yet rarely applied, may present the allergic person with an opportunity to cope with the “feared” sphere of life by means of the “feared“ substance. If the allergen is allowed to enter the body, that sphere of life which the patient is to cope with is then allowed to enter his/her consciousness. The much recommended avoidance of allergen surely will not rid the person of the allergy – quite to the contrary. An allergic person first has to make peace with his/her enemies and begin to love them. It is interesting that allergies are often triggered by a mere look at a picture of the concerned allergen and do not demonstrate e.g. during narcosis which clearly shows that the role of the conscious in their demonstration is indeed minor.

An allergic person should ask himself/herself the following questions:

1) Which spheres of life do I fear so much that I avoid them?
2) To what extent do I push the allergy forward and use it to manipulate my vicinity?
3) What about my ability to love (to open myself)?

Literature: Dethlefsen T., Dahlke R.: Nemoc jako cesta, Aquamarin, 1995

Peralgin composition

Product form: soft gelatinous capsule
Capsule size: 740mg

Active substances

Ingredient	Content per capsule
Perilla frutescens (seed oil)	90 mg
Perilla frutescens (leaf extract)	90 mg
Magnesium oxide	53.35 mg
Cordyceps sinensis (extract)	25 mg
Grapeseed (extract)	25 mg
Borago officinalis (seed oil)	25 mg
Valeriana officinalis (extract)	15 mg

Excipients:
Soybean oil, water, calcium carbonate, glyceryl monostearate

Recommended dosage

Peralgin should be taken both preventatively and immediately after the breakout of an allergic reaction.

Recommended daily dose:
1 capsule 1–3 times per day
Do not exceed the recommended daily dose.

Warning: The product is not intended for children under 3 years of age, pregnant and breast-feeding women. Not suitable for persons with soy product hypersensitivity. Dietary supplements must not be used to substitute all-day varied diet.

Storage method

Store in a dry and dark place at 10–25°C.

Approval of the Czech Ministry of Health

OVZ – 350 – 02.06.2006 – 25211

Description of effects of individual ingredients

BEEFSTEAK PLANT

Latin name: Perilla frutescens (L.) Britt.
Czech name: perila křovitá
English name: Beefsteak plant, Chinese Basil, Wild sesame, Purple mint
Name in TCM: Hung sha yao, Sugeng
Family: Mint (Lamiaceae)
Taste: spicy
Nature: heating
Meridians: lungs, colon

Beefsteak plant is a rather undemanding annual which thrives on open sunny places. It is a native of the hills and mountains of Eastern and South-East Asia, but due to the migration of the population and due to the plant's sturdiness it has quickly spread also to other continents and has become, apart from other, also a garden favourite, as it is a very suitable companion of tomatoes, because it repels unwelcome insects and attracts butterflies.
Due to its pleasant spicy taste, the beefsteak plant is used in cuisine in a similar manner as basil or coriander. It combines the spicy taste of basil with the gentle refreshing taste of mint; the perfume of rubbed beefsteak plant leaves slightly reminds of the combination of cinnamon, aniseed and liquorice. It is much suitable for meat and fish dishes, and although it is used mostly for its delicious taste, it also works very well also as an antidote if the food contains any adverse substances or organisms.

In Japan, the use of beefsteak plant in cuisine has been common for a long time; leaves and seeds form also part of the Japanese national dish "shisho". Preserved seeds are also an ingredient of some Japanese candies and seed oil is, for its powerful antioxidative properties, a much sought-for preservative in the production of traditional soy sauce.
The beefsteak plant is, however, primarily a much valued medicinal plant whose effects have been known in Eastern medicine for more than 3,000 years. Currently it may be stated that the medicinal effects of this traditional Chinese plant have been also scientifically confirmed. For centuries, this plant has been used in Oriental medicine for three basic health issues – **lung and respiratory** problems, **nervous** problems and **gynaecological** inflammations. A beefsteak plant extract (ideally a combination of leaf extract and seed oil) effectively combats asthma, cough, lung infections and works as a prevention of flu and colds. It controls the opening of skin pores and helps combat excessive sweating, it alleviates spasms, headache, and has sedating and toning effects. The complex of these properties together with the fact that it is used also as a remedy to treat uterine inflammations makes the beefsteak plant an ideal plant for women during the physically as well as mentally difficult menopause. The plant, moreover, can be effectively used for pregnancy nausea, rheumatism as well as digestive disorders, and it is also useful in the treatment of some types of

Description of effects of individual ingredients

cancer. As shown by scientific analyses, beefsteak plant extracts have provable antibacterial, antiseptic and, primarily, pronounced antioxidative properties. Scientific experiments have, however, also shown that the beefsteak plant has the ability to **reduce the production of histamine and TNF cytokine**. It is encouraging to see that, according to statistical data, beefsteak plant extracts are effective in 90% of all patients with allergic symptoms and that 55% of them have reported that following a two-month application they have experienced a significant improvement and alleviation of typical allergic symptoms. Officially, beefsteak plant extract has been generally recommended for the treatment of allergies since 1990. The huge advantage of beefsteak plant extracts is that, unlike the commonly used antihistamines and corticoids, they have no adverse effects and do not develop any dependency in the body.

Active substances isolated from Perilla frutescens extract

Ascorbic acid, beta-carotene, bioflavonoids, apigenin, elemicin, luteolin, myristicin and quercetin, peril aldehyde and rosmarinic acid.

Perilla frutescens seed oil

Beefsteak plant seed oil contains, in particular, large quantities of the n-3 (omega-3) unsaturated alpha-linolenic acid (55–64%). The remaining percentage is represented by oleic acid (12–22%) and linoleic acid (13–20%). Apart from linseed oil, beefsteak plant oil is the richest natural source of the alpha-linolenic essential fatty acid (C18:3), which acts in the body as a prostaglandin precursor with provable anti-inflammatory effects. Moreover, the beefsteak plant oil contains not only essential vitamins and amino acids, but also substances of the flavonoid and anthocyan group (apigenin, elemicin, luteolin, myristicin, quercetin, scutelarin), which act as potent antioxidants and scientific data have shown that they can significantly improve allergic symptoms and even prevent the rapid onset of allergies in the critical periods. The oil should not be used by pregnant and breastfeeding women.

Luteolin

An important anti-allergic component which is present both in the oil and in the leaf extract is the bioflavonoid luteolin, which exhibits in vitro as well as in vivo ability to reduce the production of TNF-a, and hence is actively involved in blocking the allergic response and associated inflammatory reaction.

Rosmarinic acid

Another very important substance present mostly only in the leaf extract is the rosmarinic acid. This Polyphenolic acid demonstrates biologically interesting properties. The rosmarinic acid has anti-inflammatory, antiviral, and antioxidising properties which have been scientifically evidenced. Rosmarinic acid is said to be an antioxidant even more potent than vitamin E, it therefore provides effective

protection from the activity of free radicals and hence reduces the risk of cancer or atherosclerosis. It has also pronounced anti-inflammatory effects and it has been scientifically evidenced that the use of rosmarinic acid helps to improve allergic asthma and rheumatoid arthritis. Rosmarinic acid is also used for the treatment of the following conditions: gastric ulcers, arthritis, cancer, cataracta and, naturally, also bronchial asthma.

Mechanism of the anti-allergic activity of Perilla frutescens oil and extract

The alpha-linolenic acid has anti-inflammatory effects and scientific studies have reported that the bioflavonoids apigenin, luteolin and quercetin are capable of inhibiting the release of histamine, leukotrienes, interleukins (IL-4 a IL-13) and PGD2 (see Introduction to the topic) from the activated mast cells. Rosmarinic acid together with the bioflavonoid complex then acts as a potent antioxidant, which protects the body from adverse effects of free oxygen radicals, which are provably involved in the development of the allergic reaction.

MAGNESIUM

Chemical formula: Mg
Latin name: Magnesium
Natural sources: bananas, figs, almonds, nuts, dark leaf vegetables, cereals, legumes and wholemeal bread.

Magnesium is a very important biogenic element which plays a vital role in the human body. Chemically, it is a silvery, glossy, very soft metal. In nature, magnesium has one of the most important roles, as it is part of the chlorophyll molecule. This green folic pigment is an essential precondition of photosynthesis, thanks to which the solar energy is in plants converted to the energy of chemical bonds. Photosynthesis and hence also magnesium is therefore the most important source of energy for all biological reactions on the Earth.
The daily intake of magnesium in food is usually insufficient and it is therefore important to supply it to the body by means of dietary supplements.
The recommended daily dose of magnesium for an adult ranges around 300mg/day; the recommended daily dose for children represents approximately one half of it.
Magnesium in the human body has a number of essential roles; it is said to be the most important element in the human organism, as magnesium deficit deteriorates the course of practically any illness. Magnesium preconditions the activity of approx. 300 enzymes and it enhances the usability of oxygen, hence being much involved in the exchange of energies among cells. It is important for the proper activity of muscles and nerves and it supports the release of energy from glucose. It is essential for proper bone and teeth development and especially for optimal bone mineralisation. It also improves the resistance of enamel to dental carries. Magnesium is

much important for the control of calcium levels and utilisation in the body.
It maintains good condition of the cardiovascular system; together with calcium it controls heart activity, blood pressure and blood clotting. It has preventive effects on myocardial infarction and other cardiovascular conditions (such as atherosclerosis).
Magnesium is also involved in the production and use of insulin and hence is an element essential for diabetic patients as well as a mineral which may prevent the development of Type II diabetes.
It has provably calming effects on the nervous system, particularly if combined with calcium. It may be used as an ideal means for solving various mental problems, such as depressions, anxiety, irritability, mood swings, hysteria, weeping tendencies, exhaustion, nervousness, stress and difficulty sleeping. It improves the memory, reasoning, thinking, and most importantly calms down emotions.
Magnesium is also an essential mineral for chronic fatigue, as it enhances the resistance of the body and supports the immune system. It has been discovered that magnesium requirement in stress is as much as twenty times the normal requirements.
The effects of magnesium on releasing spasms and alleviation of muscular tremor and pain are well known. Magnesium is very effective in combating period pain. It releases muscular tension and can prevent allergic attacks. In terms of its anti-allergic function, the ability of magnesium to reduce hypersensitivity of the body to some allergens is of importance. In pregnant women, magnesium safeguards proper foetal development, prevents congenital developmental defects, and acts as prevention of miscarriage.
Magnesium in the body, however, has a number of other roles – it controls the activity of the thyroid gland, supports proper prostate function and reduces harmful effects of heavy metals (mercury, lead, cadmium) and aluminium.
Magnesium deficit is often seen in sportsmen who lose significant quantities of minerals through sweat, and also in pregnant and breastfeeding women, diabetic patients and people with unvaried diet, and individuals who often consume alcohol. Higher magnesium requirement is seen also in people who use many synthetic medicines, eat a lot of animal proteins, sweets and chemically treated foodstuffs.

CORDYCEPS

Latin name: Cordyceps sinensis (Berk.)
Czech name: housenice čínská
English name: Winter worm, Summer grass
Name in TCM: Dong chong xia cao
Taste: sweet and heating
Meridians: lungs, kidneys, liver

Cordyceps sinensis is a rare parasitoid fungus which can be found in the Chinese provinces of Szechuan, Yunnan, Cinchai and in Tibet where it is common in altitudes around 3,500m. Its life cycle is

truly remarkable, as winter worm (or its propagation spores) takes favour of caterpillars of the Hepialus family butterfly. The caterpillar infected with the spores dig in the earth for the winter and during this time the growing Cordyceps mycelium fills in the entire space of the caterpillar's body. The growing Cordyceps is for this reason very rich in vitamins, specific enzymes, and substances obtained from plants growing in the high altitude mountain biotopes. The caterpillar proper is a highly resistant organism, with an extraordinary survival capacity, and all of the substances which the caterpillar needs for its survival, pass into the body of the parasitoid fungus. Cordyceps is a typical, traditional drug of Chinese medicine; its use is reported to have a history of 5,000 years. Chinese emperors used this remarkable medicinal fungus as an effective vitalising tonic, aphrodisiac and a means to extent their lives. As early as one thousand years ago, Cordyceps was called the "God's miraculous creation" and, unlike most of other Chinese herbs, was recommended both to men and women. It does not have any adverse effects.

Cordyceps has a wide range of beneficial effects on the human body and helps to rid the body of many a disease. Cordyceps has been reported to be useful to support the vitality, endurance, sport performance (which is much used by Chinese athletes) and in particular to enhance and harmonise the immune system, which is especially important for allergies. Cordyceps also exhibits anti-inflammatory, antiviral and antibiotic effects on tens of bacterial strains (pneumococcus, streptococcus, staphylococcus, etc.). It generally detoxifies the body and has pronounced antioxidising effects.

It has protective effects on the airways in asthma, cough, chronic bronchitis and dyspnoea. It is traditionally used for the treatment of tuberculosis.

It enhances and supports the function of the heart, lungs, liver and kidneys and helps to eliminate toxic substances from these organs. Cordyceps has been scientifically shown to improve the function of renal glomeruli and channels, to help the excretion of urea and generally improve kidney metabolism.

The effects of Cordyceps against incontinence have also been described. It also works as an aphrodisiac and supports sexual and reproductive functions.

It helps in fatigue and loss of energy, apart from other by improving the oxygen use in the body. Important is Cordyceps activity in increasing the body immunity to stress factors of the outer environment and its generally soothing effect on the nervous system.

It controls cholesterol and triglyceride blood levels. Furthermore, it regulates blood pressure, supports the vascular system and acts as prevention of myocardial infarction and other cardiovascular conditions. It helps combat the feeling of cold hands and feet. It has vasodilatation effects and hence improves visceral blood supply. It has shown to be also an effective agent in the treatment of cancer of chief internal organs of the body (liver, kidneys, heart, and lungs) and supportive means during

chemotherapy. For individuals with oncological susceptibility or diagnosis Cordyceps represents an ideal preventive means suitable for long-term use.

BORAGE

Latin name: Borago officinalis L.
Czech name: brutnák lékařský
English name: Borage

Borage is an annual growing on dry, sunny spots. In folk medicine this cucumber-perfumed medicinal plant enjoys a long tradition. Particularly in medieval times borage was often grown and this even gave rise to a saying that “a garden without borage is like a heart without courage”. Borage worn on the body was said to bring courage. Celtic warriors in particular used borage in the form of wine mulled with borage leaves to stimulate their courage. This mixture can indeed remarkably increase adrenalin blood levels, which certainly influences one’s courage and the warrior spirit. Borage tea was traditionally used as a beverage stimulating the soul as well as the body. Fresh or dried leaves are an efficient means of stress control, as borage helps to regenerate the adrenal cortex, endocrine glands responsible for the production of the stress hormone adrenalin. Leaf infusion is also used to reduce fever, to treat mucosa inflammations and to stimulate the production of breast milk. Borage tops contain a large amount of silicic acid which has anti-inflammatory and diuretic effects. Borage tops infusion is also used to dress ulcers, burns and inflamed spots.

Borage seed oil
Borage oil is one of the essential ingredients of Peralgin. It contains large amounts (as much as 25%) of gamma-linolenic acid (GLA), which is a direct precursor of the production of prostaglandin 1 (PGD1), which is involved in a number of body functions, has provably anti-inflammatory and antibiotic effects, reduces blood pressure and blood cholesterol levels, supports normal cardiac function and the function of the entire circulatory system. Borage oil is traditionally used for the treatment of atherosclerosis and as a protection of the cardiovascular system in diabetic patients. It is also interesting to note that it supports the burning of unsaturated fats, which helps the slimming process. It is also well applicable in upper airways inflammations, intestinal and joint inflammations. Borage oil, moreover, prevents central nervous system disorders, generally enhances and regenerates the organism and increases resistance to stress, as it has slightly antidepressive and soothing effects.
Borage oil is suitable especially for women, as it has beneficial effects on the hormonal system and alleviates menopausal problems – especially excessive sweating. It restores hormonal equilibrium in the body, alleviates premenstrual tension and breast pain.

Due to the content of GLA borage oil is suitable for the treatment of atopic eczema, allergies, psoriasis and acne both in children and in adults. It particularly resolves the itchiness of eczematic skin. The gamma-linolenic acid is also contained in cannabis and it is well known to protect the skin from infections and dehydration and to be an effective therapeutic means for neurodermatitis. For this reason, cannabis cosmetics have been rightfully winning much popularity and have begun to be much sought after.

GRAPESEED EXTRACT

Latin name: Vitis vinifera (seeds)
English name: Grape seed extract

This remarkable substance is obtained from pressing the seeds and peels of grapes, the same material, which is used for the production of wine. Grape seed extract is valued particularly for its high content of flavonoids with antioxidative effect, which can protect cells from the malignant influence of oxygen radicals. The most valuable of the present flavonoids is so called proanthocyanidin, or proanthocyanidins, as this is always a complex of several connected molecules – so called oligomer complex. In addition to its potent antioxidative properties, this complex also has the ability to support blood circulation and to strengthen vessel walls, it acts as prevention of cardiac and vascular events and its anticarcinogenic effects have been also reported.

Heart and blood vessels
Due to its antioxidative properties, grapeseed extract is suitable as the prevention of cardiac, vascular, and brain events. Like aspirin it is particularly active against the formation of thrombi, which obstruct small capillaries, but unlike aspirin the use of the extract does not present the risk of gastrointestinal bleeding. Grapeseed extract also penetrates into the brain and can protect it from the effects of free radicals. Moreover, it supports the circulatory system, blood circulation and sufficient oxygen supply to tissues.

Cancer
The capacity to block the growth of tumour cells has been noted in the entire family of berries (blueberries, cowberries, etc.), as they prevent the synthesis of proteins in cancer cells. In vitro studies have shown that grapeseed extract is capable of eliminating as many as 73% of cancer cells in breast, lung and stomach carcinoma and in myeloid leukaemia and to re-establish normal cellular growth.

Skin
To date, studies have shown that grapeseed extract has stronger protective and antioxidising properties than vitamins C, E or betakaroten, both individually or in combination. Adverse oxidisation in the body results not only in the higher risk of cardiovascular diseases and cancer, but also in quite ordinary ageing, which is the more apparent the more oxidisation is going on in the body. The effects of

ageing are much obvious on the skin which is, apart from the internal effects of free radicals, also exposed to external effects and, moreover, UV radiation, which much supports the oxidisation process. It has been found out that the combination of grapeseed extract and vitamin E has a very potent protective effect particularly on the skin. It enhances especially skin elasticity and hence visibly acts against ageing and the development of wrinkles.

VALERIAN

Latin name: Valeriana officinalis L.
Czech name: kozlík lékařský
English name: Valerian

Common valerian is a perennial which is a native of both Europe and Asia. It prefers moist soil and warm air. The organ which is most valued from the medicinal point of view is the rhizome. In the Middle Ages, valerian was considered a cure-all and was often grown especially in monastic gardens. Popular superstition regarded valerian a means for attracting love, for settling lover's quarrels, and for supplying enough lovers to young girls…
Dried valerian rhizome has a specific musky odour, which is said to attract cats and rats. Valerian rhizome is a renowned means for the treatment of nervous disorders, such as hysteria, dizziness, migraine, cardiac and gastric neuroses. Generally, it may be said that it alleviates pain, reduces stress, tension, agitation, and has slightly sedative effects. It is an excellent remedy inducing sleep and fighting sleeplessness. Valerian may be taken in the form of tea, but it is also an ideal herb for soothing night baths.
Long-term use of higher doses requires caution, as it may cause headache and loss of physical as well as mental activity.
The calming effects of valerian may be applied also in the treatment and prevention of allergies, as the immune system is closely connected with the nervous system. If an allergic individual is agitated, he/she is more likely to develop an allergic reaction even to a milder stimulus and a more severe stress may even induce anaphylactic shock. For this reason it is necessary to pay attention also to the good mental condition and wellbeing of allergic clients.

ENERGY

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