

IASO TEA Ingredients

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Iaso Tea ingredients are a special blend of safe, natural, edible herbs: **Holy Thistle**, **Persimmon leaves**, **Malva leaves**, **Marsh Mallow leaves**, **Blessed Thistle**, **Papaya**, **Ginger**, **Chamomile**, and **Myrrh**.

It is the special blend allows the gentle cleansing of the whole body with continued use. All the enzymes that used to be in our food to give us colon health have been destroyed with modern processing of foods and pasteurization of dairy products. Now we can get back to enjoying perfect colon health!

Dr. Miller has been working on his safe and effective colon-cleansing **Iaso Tea** product for 20 years, perfecting it for consumption by persons of every age and weight.



Persimmon Leaves

Persimmon (*Diospyros kaki*) originated in China and has been grown for over 1000 years in Japan, which is the leading producer today. A similar variety of the Persimmon fruit (*Diospyros virginiana*) grows in the Eastern USA and is called Pawdad. The tannins and flavonoids in Persimmon leaves have anti-hypertensive, anti-carcinogenic, and anti-mutagenic properties. The leaf also acts as a mild laxative, is antihemorrhagic (stops bleeding), is an effective remedy for hemorrhoids, and strengthens weak blood vessels such as spider veins or varicose veins. Persimmon leaf extract and its major flavonoid constituent, astragaloside, when taken orally, acts as a natural antihistamine which inhibits the release of histamine and thus helps reduce allergic reactions. It relieves the symptoms of dermatitis, with less inflammation and thickening of the skin, and less water loss which can lead to dry skin. It may also act as dermatitis preventive. An allergy preventive food or an itching preventive food which contains Persimmon leaves, or an extract of Persimmon leaf, or a cosmetic composition containing Persimmon leaf extract, has the action of improving rough skin conditions due to allergies, or alleviating itching. The astringent

raw Persimmon fruit is used for constipation relief, gastro-intestinal irritation, dysentery, chronic diarrhea, ulceration of the bowel and stomach, catarrh of the rectum and colon, hemorrhoids, and to stop bleeding. Studies have shown that compounds in Persimmon leaves bind to excess fat and help remove fat from the body. Deal with Allergies and Hay Fever the natural way. No need for Antihistamines and their negative side-effects.



Holy Thistle

Holy Thistle (*Silybum marianum*) supports the liver in the release of toxins. Holy thistle has been used medicinally for over 2000 years, most commonly for the treatment of liver disorders such as jaundice, and gallbladder disorders; but also for lactation problems, disorders of the spleen, psoriasis, and mushroom poisoning. It has recently been used by HIV-positive patients to protect the liver from diseases such as hepatitis and damage from the drugs taken for HIV or AIDS. A flavanoid in the fruit called Silymarin (with its most active beneficial component called Silibinin or Silybin) is a powerful antioxidant, and may also protect the cells of the liver by blocking the entrance of harmful toxins and helping remove these toxins from the liver cells. Silymarin has also been shown to regenerate injured liver cells. It stimulates liver and gallbladder activity and may have a temporary mild laxative effect in some people. Holy Thistle products are popular in Europe and the United States for various types of liver disease, being able to counteract the harmful actions of alcohol on the liver (cirrhosis), and helping the liver return to a healthy state when an alcoholic stops drinking. Some clinical trials indicate that it may improve quality of life and even increase life expectancy in patients with cirrhosis of the liver. Holy Thistle is believed to have great power in the purification and circulation of the blood, and is such a good blood purifier that drinking a cup of Holy Thistle tea twice a day can cure chronic headaches. It is also used for stomach and digestive problems, gas in the intestines, and constipation relief. It is very effective for dropsy, strengthens the heart, and is good for the liver, lungs, and kidneys. It was claimed that warm Holy Thistle tea given to mothers will produce a good supply of milk, which led to this thistle being called by another name: Milk Thistle. Holy Thistle is also said to be good for girls entering womanhood, as a good tonic. The leaves and stems are eaten as a salad green in Europe.



Malva Leaves

The Malva or Chinese Mallow plant (*Malva verticillata*) is a member of the Malvaceae family which also includes the Marsh Mallow and the Hibiscus. The leaves have a mild and very pleasant flavor. Malva has been cultivated in China for over 2,500 years, and is now cultivated in some countries of Europe as a tasty salad green. Malva seed contains mucilage, polysaccharides and flavonoids. In traditional medicine, the Malva leaf was often made into a tea to soothe the membranes of the digestive system. It is demulcent (the mucilage soothes and softens irritated tissues, especially the mucus membranes), mild diuretic, emollient (softens the skin), galactagogue (increases milk flow in nursing mothers), and a mild laxative (a gentle stimulant of the bowels). Malva Leaf teas are used in the treatment of renal disorders, the retention of fluids, frequent thirst, and diarrhea. Malva Leaf has been used to treat stomach ache, gastroenteritis, irritable bowel, and conditions of the spleen. The Chinese use Malva Leaf as an expectorant and as a demulcent gargle to soothe a sore throat. It can also soothe a bronchial irritation in persons with bronchitis or emphysema. (Beware of Chinese Mallow teas which also contain Senna, also known as *Cassia angustifolia* or *Cassia acutifolia* or *Cassia Senna* or *Indian Senna* or *Egyptian Senna*. *Cassia* is a strong and harsh laxative that works by irritating the intestines. It should only be taken occasionally and for no longer than 7 days because it can create bowel dependency, stomach cramps and headaches. The safe Chinese Mallow leaf is added to soothe its irritating effects. Dr. Miller's Holy Tea does NOT contain Senna.)



Marsh Mallow

The Marsh Mallow or Marshmallow (*Althaea officinalis*) was used by the ancient Greeks to remedy bruises and bleeding, and as a mild laxative. It was used in medieval Europe for indigestion and diarrhea. The Marsh Mallow root or leaf was traditionally used to soothe and support the intestines. It is rich in calcium, zinc, iron, sodium, iodine, vitamin B complex, and pantothenic acid. Herbs high in mucilage, such as Marsh Mallow and Malva Leaf (of the same family), are often helpful for symptomatic relief of coughs and irritated throats. Mallow has expectorant and demulcent properties, which accounts for this herb's historical use as a remedy for the respiratory

tract, particularly in cases of irritating coughs with bronchial congestion. Marsh Mallow root and, to a lesser extent, Marsh Mallow leaf both contain significant percentages of mucilage, a natural gummy substance that does not dissolve in water. Like other mucilage-containing substances, Marsh Mallow swells up and becomes slick when it is exposed to fluids. The resulting slippery material coats the linings of the mouth, throat, and stomach to relieve irritation and control coughing associated with respiratory conditions such as smoker's cough. For example, Marsh Mallow has been used to treat sore throats and to alleviate heartburn, and was originally used to make a candy-like medicinal lozenge. Marsh Mallow may also have mild anti-infective, immune-boosting, and diuretic properties. In the British Herbal Compendium the use of Marsh Mallow is listed for gastroenteritis, peptic and duodenal ulcers, colitis, and enteritis. Topically, Marsh Mallow is used to soothe and soften irritated skin, and as a remedy for cuts, wounds, abscesses, boils, burns, and varicose veins. The edible leaves are used as salad greens in France.



Blessed Thistle

Blessed Thistle (*Cnicus benedictus* or *Carduus benedictus*) has been used in traditional medicine as far back as the early sixteenth century as an appetite stimulant, astringent, blood purifier, choleric (bile flow stimulant), diaphoretic (sweat stimulant), digestion enhancement, diuretic (increasing urine), expectorant, fever reducer, memory improver, menstrual flow stimulant, and salivation stimulant. It was cultivated in monastery gardens as a cure for smallpox and is named in honor of St. Benedict, the founder of a holy order of monks. It is still used as a flavoring in their Benedictine liqueur. Blessed Thistle has been used for smallpox, malaria, fever, anorexia, dyspepsia, indigestion, constipation, and flatulence. More recently it has shown to be useful for indigestion, heartburn, and poor appetite. Blessed Thistle helps increase appetite in people with digestion or eating disorders such as anorexia (but does not increase the appetite of normal people). In herbal medicine, Blessed Thistle is used for cancer, infections, inflammation, gallbladder disease, jaundice, liver disorders, cervical dysplasia, heart ailments, skin ulcers, yeast infections, and diarrhea.



Papaya

Papaya is recommended to be one such pick from the group of Yellow and orange fruits, which promises abundant health benefits. It is a melon like fruit with yellow- orange flesh with dozens of small black seeds enclosed in skin that ranges in color from green to orange. Papaya has high nutritional benefits. It is rich in Anti-oxidants, the B vitamins, folate and pantothenic acid; and the minerals, potassium and magnesium; and fiber. Together, "these nutrients promote the health of the cardiovascular system and also provide protection against colon cancer." In addition, papaya contains the digestive enzyme, papain, which is used like bromelain, a similar enzyme found in pineapple, to treat sports injuries, other causes of trauma, and allergies. Vitamin C and vitamin A, which is made in the body from the beta-carotene in papaya, are both needed for the proper function of a healthy immune system. Papaya may therefore be a healthy fruit choice for preventing such illnesses as recurrent ear infections, colds and flu.



Ginger

For over two thousand years Chinese Medicine has recommended ginger to treat a number of health problems including abdominal bloating, coughing, vomiting, diarrhea, and rheumatism. Ginger is also used in the Ayurvedic and Tibetan systems of medicine for the treatment of inflammatory joint diseases such as arthritis, rheumatism and a variety of other conditions.

Proposed Medical Benefits of Ginger

Although officially recognized as a remedy for appetite loss, indigestion and motion sickness, ginger root has a proven ability to combat all forms of nausea and vomiting. It has also been taken to loosen phlegm, relieve gas, and tighten the tissues, although its effectiveness for these purposes hasn't been proven. Comparisons between ginger and prescription or non-prescription drugs for motion sickness relief have been conducted, but results were inconclusive. However, in some of these studies, similar effectiveness was seen between ginger and drugs.

Ginger may also ease sore throats, headaches, ulcerative colitis, some types of menstrual and arthritis pain, and fevers and aches caused by colds and flu.



Chamomile

Chamomile has been used to treat a wide range of conditions and diseases when used internally or externally. This bittersweet herb acts medicinally as a tonic, anodyne, antispasmodic, anti-inflammatory, antibacterial, anti-allergenic, and sedative. Chamomile tea can be used to treat digestive disturbances, gastrointestinal spasms, inflammatory disease of the gastrointestinal tract, and to treat coughs and colds, fevers and bronchitis. Chamomile contains bitter constituents that stimulate appetite and digestive secretions that help reduce flatulence. Chamomile's mildly sedating and muscle-relaxing effects can help those who suffer from insomnia to fall asleep more easily. Chamomile is best known as a muscle relaxant and antispasmodic. Chamomile helps to relieve nausea, heartburn, and stress-related flatulence. It may also be useful in the treatment of diverticular disorders and inflammatory bowel conditions such as Crohn's disease.



Myrrh

Myrrh is a hardy shrub that grows in desert regions, particularly in northeastern Africa and the Middle East and in regions around Arabia. The resin obtained from the stems is used in medicinal preparations. Today Myrrh is used in some mouth washes and sore throat medicines. Although it has had a number of reported medicinal uses throughout recorded history, myrrh is now found most often in mouthwashes to soothe mouth and throat irritations. In addition to relieving inflammation, using myrrh as a mouthwash also is thought to improve bad breath. As a mouth rinse, myrrh is approved for treating mouth inflammation by the German Commission E, the German governmental agency that evaluates the safety and effectiveness of herbal products. Undiluted myrrh tincture can also be applied directly to sores inside the mouth. Occasionally, diluted myrrh tincture is used as a wash for hemorrhoids or as a douche to relieve vaginal irritation.

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