



# Health Matters

by  
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**Tulsi** is one of the most effective "adaptogenic" herbs known. It is revered for its various healing properties for over five centuries in traditional medicine of India. It helps with adapting to stressful situations, as it provides relief from the many common ill-effects of stress, such as anxiety, fatigue and insomnia.

Besides making us feel tired and irritable from lack of sleep, stress gives us brain fog and causes us to overeat. It can be brought on by emotional difficulties, mental tension and/or poor lifestyle habits. Also known as "Holy Basil", **Tulsi** calms the nerves, supports immunity, provides stamina and improves digestion.

Naturally caffeine-free, **Tulsi** is customarily used as a tea, but it's also available in convenient capsules. For more energy without stimulants like caffeine and sugar, try **Tulsi**. It gently soothes, supports and strengthens the nervous system and gives greater clarity of mind.

As always, we guarantee your satisfaction.

*Locally Owned for 34 Years*

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