

FO TI

What is FO TI?

This root is called Fo Ti in the American market, but its Chinese name is He Shou Wu. It is a Chinese rejuvenative herb famous for promoting healthy hair, skin and sexual vitality. Fo Ti contains rich phospholipids. Phospholipids play an important role in maintaining the completion of the cell membrane structure and its functions. Fo Ti has a number of applications in Traditional Chinese Medicine. The common use is as a tonic to promote longevity. The anti-aging effects of Fo Ti are due to its ability to nourish the essence and increase the production of SOD, the enzyme most prominent for fighting free radicals that cause premature aging and cellular damage. The prepared Fo Ti is uniquely different from its raw form in that the traditional preparation enhances the overall effectiveness and is the most easily assimilated. *

What are the benefits?

Fo Ti builds stamina and resistance to disease; it is a tonic for the endocrine system. Fo Ti is used in the treatment and prevention of senility. It builds red blood cells and sperm and strengthens the muscles, tendons, ligaments and bones. It strengthens the kidneys, liver and nervous system. It is useful for the conditions of backache, aches and pains of the knee joint, neurasthenia and traumatic bruises. Fo Ti is effective in lowering cholesterol and to prevent against platelet aggregation. It is used for the relief of constipation and to increase energy level. Fo Ti enhances the growth of head hair while restoring the natural color. Gray hair may gradually return to its original color. *

Supplement Recommendation:

Look for a product that has been naturally extracted and grown or ethically wild crafted without the use of chemical fertilizers, pesticides or preservatives; preferably in a vegetarian capsule. Be sure it is a prepared Fo Ti (He Shou Wu) and a standardized true spectrum herbal supplement without fillers, binders or common allergens.

- **Enhances head hair growth and helps to maintain natural color***
- **Adds radiance to the skin***
- **Helps reduce high cholesterol and prevent against platelet aggregation***
- **Helps to relieve constipation***
- **Powerful anti-aging effects that support longevity and increase energy***
- **Prevention for atherosclerosis***
- **Maintains a healthy cardiovascular system***
- **Builds stamina and resistance to disease***
- **Promotes sexual vitality***
- **Helps strengthen the kidneys, liver and nervous system***

Supporting Research:

Frawley D, Lad V. *The Yoga of Herbs – Ayurvedic Guide to Herbal Medicine*. Lotus Press; 1986; pgs 73, 75, 167-168, 221

Frawley D, O.M.D. *Ayurvedic Healing – A Comprehensive Guide*. Passage Press; 1989; pgs 106, 114, 159, 177, 181, 194, 238, 333, 339

Rector-Page L, N.D., Ph.D. *Healthy Healing: An Alternative Healing Reference*; 1992; pg 95

Tenney L. *Today's Herbal Health*; Woodland Health Books; 1983; pgs 76, 185

* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.