HEAL MARKETPLACE

BRAIN FOOD

Dr. Christopher's Herbal Support for Healthy Brain Circulation!

Memory, mental clarity, and healthy hearing and eyesight all depend on one thing the brain can't do without: good circulation. When brain cells aren't being nourished and their waste isn't being cleared, the result is congestion, toxemia, and poor brain function.

Brain Food is built around Ginkgo Leaf, one of the most widely used herbs in the world for brain and circulatory support, and rounded out with five herbs that support mental clarity and healthy circulation in their own right.

This Herbal Combination:

- SUPPORTS healthy circulation to the brain
- TRADITIONALLY used for memory support and mental clarity
- SUPPORTS healthy hearing and eyesight, including tinnitus and balance concerns tied to circulation
- PROMOTES overall blood and oxygen circulation, with Rosemary and Cayenne
- 100% organic, herbal, sugar-free and chemical-free

BOTANICAL INGREDIENTS: Ginkgo Leaf, Rosemary Leaf, Cayenne Pepper, Calamus, Kola Nut, Gotu Kola Herb



Ginkgo Leaf

The dominant herb in this formula — famous worldwide for increasing brain circulation, supporting memory, and traditionally used alongside conventional care for age-related cognitive decline. See the note below.



Rosemary Leaf

Named alongside Cayenne as a direct circulation booster — also a traditional herb for memory and mental focus.



Cayenne Pepper

A traditional circulatory stimulant, used throughout Dr. Christopher's formulas to help move nutrition where it's needed.



Calamus

Traditionally used to support digestion and mental alertness.



Kola Nut

A natural source of caffeine, included for its traditional support of alertness.



Gotu Kola Herb

A traditional herb for mental clarity and healthy circulation, often paired with Ginkgo in brain-support blends.

HOW IT WORKS

Ginkgo Leaf increases circulation to the brain, nourishing brain cells and helping clear the waste that builds up when circulation is poor. Rosemary and Cayenne promote blood and oxygen flow alongside it, Gotu Kola supports mental clarity, and Calamus and Kola Nut round out the blend for digestion and alertness.

Dosage

As tincture: 2 dropperfuls, 3 times a day, up to double this dosage. As tea: use 6 cups per day, one teaspoon of herb to a cup.

Note: Ginkgo Leaf has mild blood-thinning properties; traditional caution applies for anyone on blood-thinning medication, with a bleeding disorder, or scheduled for surgery.

For more on this formula, see my blog post “Circulation Is Everything for a Clear Mind” at www.daradietz.me.