

Himalayan secrets of Natural healing!

The scenic region of Assam—nestled in the Himalayan mountains of northern India—has more than just spectacular scenery, says Fox TV's "Medicine Hunter" Chris Kilham, author of *Hot Plants*. "It has some of the most powerful healing plants in the world!" And you can easily tap into their amazing benefits right here at home!

Assam tea fights aging!

You already know black tea has antioxidants that help turn back the clock, leading to better memory, reduced stroke risk and younger-looking skin. But Assam tea leaves are a cut above the rest: Because they're grown at sea level in a warm climate, "the plant compounds in the leaves are better preserved, so they pack more antioxidants than any other kind of black tea," says Donna Gates, author of *The Body Ecology Diet*.



Ashwaganda perks you up—and puts you to sleep!

Sound contradictory? Not so! Studies show the root of this shrub—sometimes called "Indian ginseng"—contains compounds called withanolides that reduce stress hormones in the blood. Result: "Everything in your body functions better, so you feel better overall, have more energy and get faster, better sleep," says Kilham. Recommended dose? About 550 mg., twice a day, of an extract like Full-Spectrum Ashwaganda by Planetary Herbals (\$5.60 at Amazon.com). Just be sure to check with your doctor first!

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Hot chili peppers zap pain!

Hot chilies—which are plentiful in Assam—don't just boost circulation and cardiovascular health, they also contain compounds like capsaicin that reduce the sensitivity of local pain receptors. Consuming chili peppers—even mild ones—triggers the release of pain-killing endorphins in the body, and applying a capsaicin cream topically eases everything from arthritis pain to the itching of psoriasis!

Now that's hot!
Assam's native bhut jolokia, also known as aga, is the hottest chili pepper on Earth—a mouth-blistering 240 times hotter than a jalapeño!

Lemongrass combats cancer!

Blessed with an abundance of anti-cancer agents, lemongrass is associated with lower risks of any condition in which inflammation is a factor, from cancer to conjunctivitis—and that isn't all there is to recommend this broad-bladed Indian plant, says Kilham: "Studies found fresh lemongrass tea kills cancer cells while leaving healthy cells unharmed!" Buy lemongrass—sold in Asian groceries and many supermarkets—and toss into soups and stews, or drink a cup or two a day of lemongrass tea, found at health-food stores.



Frankincense fades scars and wrinkles!

Frankincense—the gum of the Boswellia bush, native to Assam—is an ancient treatment for stretch marks, scars and wrinkles, explains Gates. "Inflammation is what ages cells, yet frankincense slows the inflammatory process, allowing cells to heal." Mix a few drops of frankincense essential oil, found at health-food stores, into some sweet almond oil, and massage into your skin daily.



Turmeric boosts your brainpower!

Turmeric's active ingredient, curcumin, helps prevent the buildup of plaque in the brain and regulate the neurotransmitters that pass signals between brain cells. Studies show people who eat a lot of turmeric have better cognitive function and virtually no Alzheimer's. "In fact, it's probably better at preventing Alzheimer's than anything that exists!" says Kilham. To get its benefits the way folks in Assam do, use it as a spice on meat, veggies and stews. Or take a curcumin concentrate like Curamin 95 by Jarrow (\$11.49 at Amazon.com).



Indian gooseberry revs your immune system!

The Indian gooseberry (also known as chyawanprash or amla fruit) contains 30 times more vitamin C than an orange—and it's not just good for boosting immunity, Kilham points out. New research finds its healing compounds also lower cholesterol, offer protection against cancer and can even counteract side effects of chemotherapy. Easy way to enjoy its benefits? Have a tablespoon a day of sweet-tart chyawanprash jam. Find it in health-food stores or online at Niam.com/corp-web/jams.htm.

