

# MULBERRY

Organically grown @ 



## The Benefits and Properties

- It controls blood pressure and blood sugar levels
- Lowers **cholesterol** level : Phytosterol -Assists to reduce Cholesterol in the blood vessels
- Chlorophyll - Supports the heart, intestines, cleanses liver; helpful in preventing liver cancer, **thyroid cancer** through regular use
  - improves overall vascular health
- The **leaves** of mulberry used in heart disease balance the rhythm disorders in the heart and cleanse the bowels
- Calcium, potassium, magnesium, iron and zinc in terms of a very rich plant
- Is used in the treatment of bone diseases and strengthens your bones
- It regulates the **digestive system**, it's good for constipation problem
  - Flavonoids - Powerful anti-oxidants
    - Carotenoids - Assist to decrease the risk of eye disease
  - Vitamin A - For Healthy Eyes: it is protective against eye diseases
  - Vitamin B1 - For Skin & Muscle Tone, Immune and Nervous System function
    - Vitamin B2 - For Digestive & Muscular Function
  - Vitamin B6 - Assists nerve function, break down proteins, produces antibodies & hemoglobin
- Vitamin C - Antioxidant with increasingly diverse uses in health promotion & disease prevention: Atherosclerosis occurs when the arteries narrow due to the build-up and hardening of plaque along the walls. Mulberry tea

may help prevent that build-up due to the presence of astragalin and isoquercitrin\_compounds.

- Amino Acids - Providing protein building blocks essential to healthy living
  - Contributes to weight loss and management: **absorption of carbohydrates**. Carbs are what can give us energy, but can lead to weight gain when absorbed too quickly. This means this tea could prove useful to those who are trying to lose weight
- Improving ability for digesting and assimilation and reduce inflammation. It appears that the mulberry leaf may actually inhibit inflammation that occurs due to high-fat induced obesity.
  - Suppressing hypertension
  - Strengthening body parts such as kidney
  - Suppressing mutagenesis of carcinogens

## Dosage

1 to 3 times a day 6 to 30 drops in a glass of water for a tincture at 60 % of alcohol

## Precaution

You should always look into and be aware of the side effects of any new food or beverage, and mulberry tea is no exception to this rule. While most of the side effects are not life threatening, it's always good to keep them in mind. Mulberry tea has the ability to lower your blood sugar.

While this may be okay for some of us, if you already suffer from low blood sugar this can have disastrous results.

Also, people who are on insulin or oral medications for diabetes should consult their doctor before consuming mulberry tea regularly, as it may cause hypoglycemia. Low blood sugar can cause things as simple as dizziness and headaches to more complicated problems like blurred vision and tremors.

Due to mulberry tea's fairly high levels of potassium, it may not be a good drink for people suffering from kidney disease. It's also for these reasons that mulberry tea is not recommended for women who are pregnant.

As with any food product, the allergenic response is always a potential problem. If you aren't sure about adding mulberry tea to your diet, consult your doctor and see if it fits in with your current health goals.