

Brahmi

By Belinda Harvy

Brahmi is an ancient Indian herb often called the 'wisdom plant'. Its healing properties are well suited for today's patient in search of optimal mental health.

Used as a nerve tonic, Brahmi is categorised as one of the medicinal plants rejuvenating intellect and memory. Ayurvedic (the traditional system of Indian medicine) practitioners recommended it to promote memory, intellect and general performance. Studies also show that it has positive effects as a potent antioxidant and antidepressant.

Health Conditions Brahmi may improve include:

- ADHD
- Insomnia
- Anxiety and Depression
- Cognitive Decline
- Alzheimer's Disease
- Memory Loss
- Neurasthenia
- Hypertension
- Irritable Bowel Syndrome and Gastric Ulcer

How much do I take?

Depending on what you are treating, but generally aim for these recommended doses:

- Dried Herb: 2 - 6g/day
- Fluid Extract: 5 -12ml/day in divided doses



As a Cognitive Activator clinical studies show 300mg/day produce positive effects. It has also been found that 12 weeks continual use is when the benefits are apparent.

So if you need to focus on studies or anything involving long hours of concentration, Brahmi may be just the thing you need to get your head around.

See your health professional for more advice on this great herb and visit us at New Leaf for Brahmi products.

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Note: New Leaf does not endorse any form of treatment, nor does it encourage you to undertake any such treatment on your own. We urge you to see your family practitioner before undertaking any kind of medical treatment. Supplements are to be taken with an appropriate diet, exercise program and advice from a qualified practitioner.