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2005/08198/23

6 Fleming Rd. Wynberg

Tel: +27 (0) 87 807 8987/ 021 797 2868

Armin Hahnwald 079 741 1212,

Joachim Kaehny 072 412 1090

Dr Boxall's Sceletium with Avena Sativa

Dr. Boxall's Sceletium Tortuosum is guaranteed to be 100% pure, organic cultivated Sceletium Tortuosum. Sceletium Tortuosum has been used for over 300 years by tribes indigenous to where it is found in Southern Africa and has progressively got the attention of the modern world and medical industries for its incredible effect to our general **mood**.

This rare and expensive sought after succulent has incredible properties and yields very beneficial effects when taken into the body to assist us cope with the stresses of life and ultimately aim to leave us feeling less stressed, happier and more geared to deal with our gift of life.

Recorded Primary Uses:

Dr. Boxall's Sceletium Tortuosum can be used in the treatment of **anxiety disorders, depression, social anxiety and stress, very successfully while balancing brain neurochemistry**, thus giving a person an opportunity to live life with a renewed outlook.

Sceletium Tortuosum is effective in the treatment of many neurological conditions including: **A.D.D. Attention Deficit Disorder, Bi-Polar, Hyper Activity and Obsessive-Compulsive Disorder O.C.D.**

Sceletium Tortuosum is presently used also to assist **recovering drug abusers** due to its action in **increasing Serotonin levels** in the brain, which are severely depleted through drug abuse, thus giving the person an opportunity to recover from the negative after effects on their neurochemistry.

It is becoming clear that this type of treatment increases the success rate of recovery from abuse **drastically and reduces cravings for substance abuse**.

Sceletium Tortuosum also has also been reported to assist in **weight loss & relieving insomnia, irritable bowel syndrome IBS and premature ejaculation**.

Trials are presently being conducted for persons in relationships with higher dosages being administered as Sceletium Tortuosum can produce feelings of **euphoria and a better sense of touch and feeling, sexual arousal and diminish inhibitions and self consciousness, while boosting feelings of well being, thus helping with the cohesion between partners and promote better relationships**.

Avena sativa

is quickly becoming a popular natural alternative to pharmaceutical erection enhancers without the dangerous side effects. Also known as Oats Milky Seed or Wild Oats, Avena Sativa is used to stimulate both men and women quickly and effectively. In men it appears to be effective for treating impotence and premature ejaculation. In women it may increase sexual desire. It also contains compounds which are soothing to the brain and nervous system.

As a food, oats are known to be good for the heart because they keep blood fats under control. They also have other medicinal properties and are used in herbal medicine.

Avena sativa seeds are not only a rich source of carbohydrate and soluble fibre, they also have the highest content of Iron, Zinc and Manganese of any grain. In addition they contain compounds which are both sedative and soothing to the brain and nervous system. It is said to be a good herb as a nerve restorative, it is also said to be an aphrodisiac (hence the term 'sowing your oats')

Wild oats are reported to have been a noticeable sexual stimulant for horses and other animals, and studies suggest they have the same effect on humans of both sexes. Dr. Larry Clapp has studied alternative virility medicines extensively and concludes that "ten drops, under the tongue, twice a day works very powerfully to enhance erectile function." Other studies have also suggested powerful results in both sexes.

Avena sativa has no known side effects, unlike the sometimes dangerous sexual prescription drugs. It is used as a nervous system general tonic as well as a general health tonic.

Avena sativa is often the primary ingredient in expensive sexual formulas and in the popular alternatives Herbal V, Cobra and Biogra. There is no need to purchase expensive herbal formulas. The pure herb is more powerful and is not expensive to use.

Avena sativa does not appear to interact with drugs so it is often used as a safe alternative to other herbs that are used for anxiety, such as St John's wort, which cannot be taken with many prescription medications. Avena sativa may also be of use in helping with drug withdrawal and is often combined with valerian and skullcap.

Oats are sometimes added to the bath as a topical treatment for the skin condition eczema. Generally, there are no side effects or contra-indications from using avena sativa herbal supplements.

Latin Name: Avena sativa

Common Names:

Wild Oats, Wild Grass, Oat Straw, Wild Oats Milk seed

Suggested Properties:

Nourishing and restorative to nerves and reproductive organs. Antidepressant. Strengthening

Uses:

Loss of libido in both sexes

Impotence

Premature ejaculation

Anxiety

Nervous system tonic

Weakness and nervous exhaustion

Restless sleep from overexcitement

Used with Valerian root to ease withdrawal from tranquilizers

PMS with scanty menstruation and cramps

Exhaustion after childbirth and during breast-feeding

Baths for eczema. (<http://www.herbwisdom.com/herb-avena-sativa.html>)