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Evergreen Herbal News

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Inside this issue:	
Managing your diet during summer	2
Useful hints on sunstroke and the summer flu	2
Evergreen's solutions for hay fever and stress during summer	2

Evergreen Herb quality assurance

Evergreen Herb™ is committed to providing 100% natural and high quality Chinese herbal remedies. Our manufacturing partner is licensed with internationally recognised Australian GMP (Good Manufacturing Practices). We have firm confidence that the quality control during the production of our products is among the highest standards in the world.

Only high quality raw herbs are used to manufacture Evergreen Herb™ remedies. The components of raw herbs, semi- and final products are tested using techniques such as atomic absorption, HPLC and TLC screening methods.

All of Evergreen Herb™ remedies undergo dual-testing procedures. Following the manufacturer's extensive in-house laboratory testing, heavy metal and microbial testing is conducted again at an independent third party authority to verify the results and ensure our safety standards are met. Such quality assurance systems are employed to give our customers natural remedies with high quality.

Why Evergreen Herb?

Evergreen Herb™ is a locally-owned herb company with a vision of promoting health and well-being through genuine traditional Chinese herbal remedies.

Chinese herbal remedies emphasises the great importance of the balance within the human body and its unity with nature. Evergreen Herb™ remedies aim to support your own self-healing ability, targeting both symptoms and causes.

All Evergreen Herb™ remedies are based on the classic formulas enhanced by our New Zealand experienced herbalist. They are specifically adapted to local people. The traditional formulation principle and modern herb research have been fol-

lowed to maximise the healing potential of each herbal ingredient. Evergreen Herb™ remedies are made in series and work synergistically to provide effective strategies for different health needs.

Manufactured as Australian GMP products, Evergreen Herb™ remedies are safe and of the highest quality, containing no coating, flavour, preservatives, artificial colouring, added sugar, gluten or lactose.

Understanding the holistic herbal approach is as important as taking the herbal remedies, we endeavour to provide knowledge about Evergreen Herb™ remedies for you to make the best out of our products.

A message from our herbal specialist

The central characteristic of traditional Chinese medicine (TCM) is to target both symptoms and causes of health problems. Over the last 10 years of clinical practice of TCM in New Zealand, I have witnessed many people who have indeed benefited greatly from using TCM remedies. TCM has proven to be effective especially in dealing with chronic conditions, rehabilitation, health maintenance and well being.

However, there is existing fraudulence in using the name of TCM to sell herbal products containing prescribed medicines (often

sold under-the-counter), particularly in the areas of weight loss and sexual enhancement. Distinctive features of those products include poor labelling, non-GMP (good manufacturing practice) manufacturers and unclear instructions. Unfortunately, these incidents paint a false picture for the real TCM industry. In order to eradicate the fake herbal products, it is essential that high quality, genuine TCM herbal products are made readily available to the public.

Evergreen Herb Intl. Ltd, a locally founded herb company, endeavours to promote a healthy TCM

herbal industry in New Zealand through developing and marketing quality herbal remedies. TCM has been serving for thousands of years in the East and is quickly gaining popularity in the West, we believe it belongs to people all over the world and everyone deserves the benefits it offers.

—Shelly Sun

TCM Herb Specialist, Evergreen Herb Intl. Ltd; Master Degree of Medicine (TCM); Over 20 Years Clinical Experiences in China and New Zealand; Dip Ac. (New Zealand); Member of NZRA; ACC Healthcare Provider; TCM Practitioner (Acupuncturist and Herbalist), Sun Acupuncture & Herb Clinic.

What is Australian GMP? The Australian Good Manufacturing Practice (GMP) is a stringent internationally recognised standard for manufacture of pharmaceutical and therapeutic goods, including complementary medicines. Manufacturers who hold this license must comply with manufacturing principles of the Australian GMP. Licensed manufacturers are subject to regular audits examining factory premises, manufacturing procedures, quality control, and staff expertise among other factory operations. Regular audits certify that manufacturers are in full compliance with all the Australian GMP standards (For more information refer to <http://www.tga.gov.au/docs/html/gmpcodes.htm>).



Staying healthy during the busy holiday season

With summer finally arriving and the holidays drawing near, no doubt everyone is looking forward to spending some time with loved ones and away from work. Despite the fact that we all want a relaxing holiday, preparations can often be stressful at times. According to Traditional Chinese Medicine (TCM), a balanced diet and lifestyle is essential in maintaining good health. Here are a few ideas based on TCM, to give you and your families extra information on staying healthy during the summer.



Managing your diet during summer

Our bodies are sensitive to seasonal and environmental changes and adapts accordingly to those changes. Diet plays a significant role in this process.

According to TCM summer is a season during which our body's vital energy tends to flow outwards, corresponding to summer's growing character. A diet predominantly consisting of foods with 'cooling' properties and some with 'warming' properties is advised. Foods with 'cooling' properties help cool the body during the warmer weather to counteract overflowing of vital energy, whilst consuming adequate 'warm' foods helps keep the body in balance and proper flow of vital energy. Examples of 'cooling' foods include tomatoes, watermelon, bean sprouts and pumpkin, 'warm' foods include apricots and ginger.

It is not recommended to eat an excess amount of spicy foods, red meat, and salt during summer, as these foods have strong 'heating' characteristics.

Our solutions for hay fever and tension related stress

Two specific conditions for New Zealanders during the summer season are hay fever and tension related stress. These conditions are often triggered or worsened due to the scorching summer weather.

According to TCM, poor health is related to internal imbalances of the body; when this balance is restored, the body will become stronger and healthier.

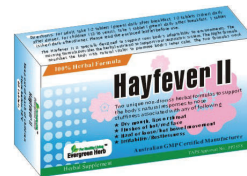
Evergreen Herb's Hayfever II and Tension-free II both restore imbalances of the body and are specifically designed to tackle hay fever and stress during summer.

Hayfever II is designed for those who have chronic 'internal flaming' conditions,

which are worsened when exposed to warmer environment, e.g. spring and summer pollen seasons. This remedy consists of two formulas. The Morning formula supports the body's natural responses against pollen environments. The Night formula reinforces the body's essence and dispels chronic 'internal flaming'. These people are prone to having a dry mouth or throat, irritability and/or restlessness.

Tension-free II is designed for those who have poor sleep, stress,

tension, or an irregular bowel movement. These conditions are often paired with a busy lifestyle and aggravated during the warmer summer months. This remedy consists of three formulas. Formula I nourishes the body and promotes inner calm. Formula II soothes the mind for a sound sleep. Formula III helps the body relax during times of physical or psychological stress, while assisting the digestive system in cleansing the body. The three formulas work together to support the body's natural healing responses.



Cooling summer recipe

Mung bean soup:
Boil 100g of mung beans with one litre of water for 30 minutes or until the mung beans well expand. The soup can be served while it is warm or cold. For a warm drink serve straight away, for a cold drink leave the soup in the fridge until cooled. White sugar can be used to enhance the cooling functions of the mung beans.

Hints on sunstroke and the summer flu

According to TCM, seasonal changes have a significant effect on our lives. Our bodies naturally adapt to seasons and the environment. Some people may not adapt well to seasonal change especially when their bodies are already imbalanced, they may become weak and prone to external pathological invasions.

General health can be maintained through diet, and specific herbs can also be helpful to keep away sun-stroke and flu during summer. The foods with cooling properties such as fresh garlic, mung beans, bitter melon, watermelon and cucumber are traditionally recommended for defending against external flu pathogens and sun-stroke. They

are also a tasty addition to meals, snacks and soups.

Internally balanced body is essential for resistance to external pathological invasions. Evergreen Herb's Body Cleanser is designed to help your digestive system clean waste more efficiently and restores natural balances of your body, making you stand strong against external pathogens. For more information about Evergreen Herb's products or general information on staying healthy naturally, please visit our website.

