

**“We all experience the burden of mental tiredness; sometimes it feels like everything we try is hopeless, so we simply accept it as a sign of ageing...”
However, that’s far from the truth...**

If you are suffering from mental tiredness and are desperately looking for a solution, then this is may be the most important message you will ever read. Don’t live another day wondering what you could be doing if you had the energy, and take the first step with us – Evergreen Herb Team, on getting the solution!

Key words: Natural solution, Mental tiredness, Poor clarity/focus, Foggy Head

Hello there, welcome to Evergreen Herb specialists team.

There’s something important (and very interesting) we would like to share with you about what we do. Every day in our practice, we see people who are desperately seeking a solution for their mental tiredness. In working with our clients, they have shared with us their fears and frustrations:

- ▶ Within a few minutes of intense concentration, their head gets heavy and their mind feels blank and cloudy. While working for long periods they get ringing ears, become incredibly tired and can’t concentrate well.
- ▶ They constantly feel physically and mentally “bogged down”. Sometimes they are so used to it they don’t even realise that it’s happening. Only when they recover do they realise how mentally drained they really were!
- ▶ They are frustrated because their mind is not as sharp as it used to be. In the heat of the moment, they forget things they had done just moments ago.
- ▶ It’s hard to concentrate at times. It’s frustrating because even simple tasks like remembering to pick groceries or doing chores can take longer than expected.

The more we worked with our clients, the more we realised that – despite their differences in career, background, family and personality – deep down they all wanted the same things:

- ✓ They all wish to solve their mental tiredness so their mind is clear and they can think things through.
- ✓ Physically, they want to not feel “bogged down” all the time and have more energy to spend **quality** time with family and friends instead of devoting all their time to work and feeling mentally drained.
- ✓ Even under busy and stressful situations, they want their mind to be sharp and clear, so feel they are performing at their very best.

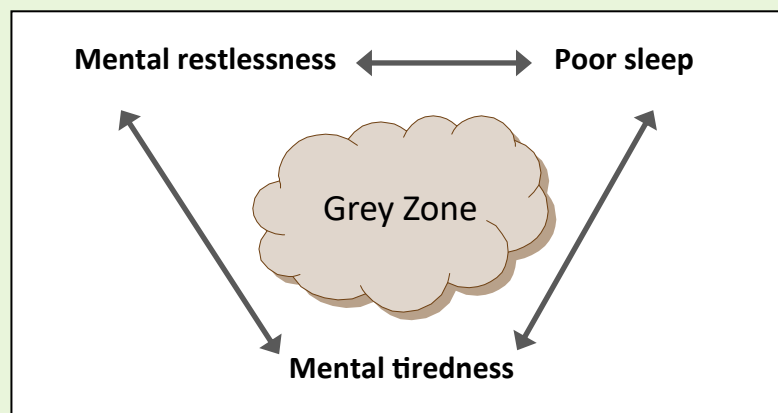


Evergreen Herb™ Know How and Can Do

Maybe people have tried many different remedies but disappointed with their effects. The sad thing is many people who suffer from mental tiredness have given up trying to look for a solution. They simply accept it as a “fact of life” and part of the normal ageing process.

Evergreen Herb **Mental Energy (I-III)** formulas combat the different root causes of mental tiredness, restoring your mental energy to full capacity. Most of our clients we have worked with have had a great benefit in overcoming their mental tiredness. Many people ask why we spend all the time and energy creating effective herbal formulas, our motivation comes from a passion to help others and a commitment to our profession we devoted to.

The truth is mental tiredness does not develop overnight. It is due to decades of physical and/or mental overwork, constantly pushing our bodies to its physical and mental limits without adequate recovery. This leads to a decline in our “reserves”. Over time, this gradual decline in our bodies’ reserves eventually leads to severe mental tiredness and lack of physical and mental stamina.



Poor quality of sleep can also result or attribute to mental tiredness. Many of our clients are constantly in a **mentally restless** state (like a train of thoughts spinning around their head which is hard to stop and detracts of their concentration) - while at the same time they are **mentally tired** from not getting quality recovery time.

Almost all of our clients were constantly living in the “**Grey Zone**”. They were never performing optimally and never completely switched off either. Mentally and physically, they were *always* in a sub-par state. These factors all contribute to the long-term mental tiredness that we discussed above.

If you or your loved ones have noticed that your mental tiredness is having a negative impact on your life... then we ask you to make a personal commitment to take the first step towards the solution.

A note on well-being and holistic health care...

In our point of view, health is not simply an absence of illness. Our philosophy on health and of our practice is that health is a state of both mental and physical well-being.

Our modified herbal formulas aim to restore the internal imbalances of the body which result in illness and target both symptoms and root causes. This ensures holistic health care and results that actually last!