

# Gotu Kola

Also known as life plant, fountain of health, food for the brain, fountain of youth, Gotu Kola is said to fortify the immune system, both cleansing and feeding it, and to strengthen the adrenals. It further serves as a tonic for the purification of blood. It has been used worldwide for centuries to treat cancer, arthritis, hemorrhoids, inflammation, depression, and brain fog. Gotu Kola helps to counteract blood and liver impurities, excess bile secretions and acid indigestion. Gotu Kola is used for senility, aging, hair loss, cough, asthma, bronchitis, diabetes, colds, flus, sore throat and constipation. It further serves as a balancing tonic that both increases energy and relaxes the body.