***NEW USES FOR THIS PRODUCT!***

 ***\*for professional use only***

**Medi Herb Gotu Kola 1:1 (M7060)** Topical cold extraction recipe from Kim Sperry of Standard Process

In nature, form follows function. It should come as no surprise then, that one of Chinese medicine’s most treasured herbs, Gotu Kola, is very similar in shape to the human brain. Not only does it enhance [cognitive](http://www.consciouslifestylemag.com/rhodiola-rosea-benefits-mind-and-body/) function, it promotes healing in any tissue, and is a true adaptogen. For thousands of years, it has been highly regarded in China and India-with references to the plant showing up in classical Ayurvedic and Daoist medical texts. It’s been said that elephants live exceptionally long lives because Gotu Kola is one of their main food sources. Could it be that the strength of the animal, the unfailing memory and its long life, are due to regular consumption of the herb? Typically herbs or substances that can achieve such

feats are highly stimulating; however, Gotu Kola is centering, which makes it ideal for anyone looking for a cognitive boost without any of the unwanted and unbalancing side effects of stimulants. [[1]](#footnote-1)

Due to its anti-fibrotic properties, Gotu Kola speeds up the healing process as well as prevents post-operative scars and adhesions.[[2]](#footnote-2) Tropho restorative to the connective tissue, it is a tonic in the deepest sense of the word, in that it provides substance for the building up of strength and function. While many herbs are nutritive, Trophorestorative herbs are unique in that they can restore actual physical function to a debilitated organ or tissue. Gotu Kola is excellent support for severe skin conditions such as eczema and psoriasis, but also excellent as a morning/evening moisturizer.

Jo Boyd ND and Nutrition Diplomate uses Medi Herb Gotu Kola 1:1 cold processed liquid extract topically for old scars. She, calls it her “Botox in a bottle”. I personally use Gotu Kola 1:1 spray as part my anti-aging regimen by applying it full strength, but also adding it to witch hazel as a daily tonic for my skin.

“I add the cold processed liquid Gotu Kola to Vitamin E cream purchased from a health food store. I actually saturate the Vitamin E cream with the Gotu Kola liquid to the point where it’s green and slightly runny. My body absolutely LOVES THIS and actually craves it!! I slather it on my face and shoulders every morning and evening, and have made several samples up for my patients-who also love it”. Contributed by Rachelle Ferraro DC, San Francisco

Another one of top SF Chiropractors uses equal parts of Medi Herb Gotu Kola 1:1 (#M7060) and Medi Herb Turmeric 1:1 (#M7470) along with Bio Resource Inflamyar ointment for severe skin challenges such as Basal cell carcinoma. He loves it!

Except for the rare person who is allergic to Gotu Kola, no significant adverse effects are experienced with internal or topical use of this herb. At the time of writing, there were no well-known drug interactions with Gotu Kola.

1. http://search.proquest.com/openview/d91fd6a7147076d00ae8363f5a1e2665/1?pq-origsite=gscholar&cbl=226505 [↑](#footnote-ref-1)
2. http://www.omicsgroup.info/journals/can-herbal-medicines-improve-cellular-immunity-patterns-inendometriosis-2167-04121000184.pdf [↑](#footnote-ref-2)