

## ***Wu Chia Pi (Siberian Ginseng)—Strengthens Joints, Ligaments, and Tendons...***

So many people hold this plant in so much awe! It is loved and cherished in all countries of the Far East. For the Chinese it is the “single most powerful and beneficial herb” for almost seven thousand years. They claim it gives endurance, energy, resistance and stamina. Some claim it helps with metabolism, strengthening the circulatory system. Also, that it nourishes and strengthens the liver, bone marrow and adrenal glands. It has long been used to improve athletic performance and occasional sleeplessness. This spiny shrub is not in the same family as Asian and American ginsengs and is less costly than these varieties. It helps your body “adapt” to stress; it is often used to improve athletic performance. It contains precursors to human anabolites that build muscle. It helps all connective tissue, muscle, ligaments, bones, and joints. ***Wu Chia Pi, also sometimes called Siberian Ginseng***, according to pharmacological research, improves rheumatic and arthritic conditions, relieves fatigue, and improves resistance.<sup>1</sup> Enhances mental activity and physical endurance. (Included in ***SportCaps*** and ***JOI***.) Great before and after workouts with ***SportCaps, Sunrise*** and ***JOI!***

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<sup>1</sup> Healthway Plant Issues, Chinese Herbal Medicine, Natural Health, June 2000