

# COMPLETE GAIA ORGANICS CATALOGUE

CONTACT DETAILS: PHONE & FAX: 044-532-7695/7765; PO BOX 2147, KNYSNA, SOUTH AFRICA, 6570

E-MAIL: [director@gaiaresearch.co.za](mailto:director@gaiaresearch.co.za) -2<sup>nd</sup> Edition- WEBSITE: [www.gaiaresearch.co.za](http://www.gaiaresearch.co.za)

## -CONTENTS-

### Introductory Sections:

- *Introduction* (Page 2)
- *What Makes Gaia Organics Personal Care Products Unique?* (Page 3)
- *Notes On The Listing Of Product Ingredients:  
Market Honesty & Transparency Needed – A Challenge to Role-players!* (Page 4)

### Part 1: Advanced Personal Care Products (35 products)

#### Products List (Page 5)

- *Sodium Lauryl Ether Sulphate vs. Cocamidopropyl Betaine Cleansers* (Page 6)
- *Mineral vs. Plant Oil As Carrier/Spreading Agents In Cosmetics:  
A Modern Reappraisal* (Page 9)

### Part 2: Mature Gold Range Products (10 products)

#### Products List (Page 15)

### Part 3: Advanced Baby Care Range (?0 products)

#### Products List (Page 18)

- *Are You Harming Your Baby By Using A Natural Baby Range?* (Page 18)

### Reports Relating to Parts 1-3

- *Gaia Research's Pioneering Controversial Position On Potential Harm  
From SPF-Rated Products Vindicated By Subsequent Research* (Page 18)
- *The Shocking Truth About Chemical Sunscreens* (Page 19)
- *How Do Gaia Organics Achieve Safe & Effective Sun Protection?* (Page 20)

### Part 4: Advanced Health Care Products (13 products)

#### Products List (Page 21)

- *Explanatory Note* (Page 21)
- *Advanced Internal Health Optimising Products: Introduction* (Page 22)
- *Why Gaia Organics Quality Green Tea?* (Page 25)

## INTRODUCTION

*Dear Valued Consumer*

*It is with great pleasure that we bring you our revised Gaia Organics range of natural personal care products. With more than 20-years experience in this field, we bring you a modern range of the finest products available anywhere in the world, in terms of quality, safety & efficacy. Formulations remain identical to those of ours now exported to the E.U. / U.K. markets.*

*My first product, a toothpowder, was made more than 20 years ago for my own use as a substitute for commercial toothpaste when my wife Lettie and I 'dropped-out' and began living self-sufficiently on a smallholding in the Garden Route, growing vegetables and herbs and with a herd of milk goats.*

*Many of the idealistic totally natural products that would follow for our own use have evolved since then, arising from practical experience and eventually dictated by solid natural product science, so that today you may also benefit from our mistakes and discoveries, many very hard earned.*

*We do not take lightly our responsibility for your health and well-being and we often face fierce criticism from well-meaning, yet essentially ignorant sources, of our sometimes controversial positions on so-called natural product formulation, yet the passage of time has and still does vindicate our principled stand as correct and holding of the high moral ground.*

*Scattered throughout this catalogue and more definitively dealt with in detailed reports, we will share with you the truths regarding personal care toxicology to help you gain perspective on the cesspool of alarmist toxic ingredient scare misinformation circulating on the internet and via e-mail and new age magazines as clever marketing strategies by those who know or should know better, but sadly prefer to profit at the cost of truth.*

*Because some truths are interspersed into promotional hype, it is difficult for distributors and consumers to discern what information is accurate and what not. A truly informed perspective is the key to making sense of this quagmire and using our 30-year knowledge base and full-time research facility, we are sure you will appreciate our considerable efforts to ensure your safety, including from surprisingly common natural product toxicity and health fraud.*

*Sincerely,*

*Stuart Thomson, Director, Gaia Research Institute, Garden of Eden, Knysna, South Africa*

## WHAT MAKES GAIA ORGANICS PERSONAL CARE PRODUCTS UNIQUE?

- **FIRST PRINCIPLE: DO NO HARM TO HUMANS, ANIMALS AND THE EARTH.**
- **A 30+ YEAR NATURAL PRODUCT RESEARCH KNOWLEDGE BASE AND 15+ YEAR FORMULATIONS AND CONSUMER FEEDBACK EXPERIENCE BASE.**
- **MULTIDISCIPLINARY RESEARCH AND EFFICACY RATIONALE AND HENCE PRODUCT FORMULATION BASED ON 'THE FREE RADICAL THEORY OF AGING', INITIALLY SELF-PIONEERED BY US AS A FRONTIER SCIENCE IN THIS FIELD, BUT NOW VINDICATED BY SEVERAL ASSOCIATED FIELDS OF BIOSCIENCE.**
- **NATURE'S FINEST INGREDIENTS, ENHANCED BY RIGOROUS MODERN CHEMISTRY, 'INCLUDING' SELECTIVE NATURAL PETROCHEMICALS, WITHOUT WHICH NO SKIN CARE PRODUCT CAN BE TRULY SAFE IN USE.**
- **STRICTLY LIMITED USE OF PLANT OILS TO AVOID OXIDATION, THE CAUSE OF PREMATURE AGING, ACTUALLY ACCELERATED BY MOST SUCH PRODUCTS AND ESPECIALLY CRUDE, SO-CALLED 'NATURAL' ONES.**
- **NO HYPE INGREDIENTS, BUT RATHER A MINIMALIST APPROACH TO AVOID DERMAL ALCHEMICAL MAYHEM FROM THE COMBINED TOXIC EFFECTS OF AMBIENT HEAT, UV LIGHT & 21% ATMOSPHERIC OXYGEN TO PLANT OILS.**
- **PIONEERED FRUIT ACIDS, GREEN TEA, COLLOIDAL SILVER, COPPER, ZINC & MANGANESE AND KOMBUCHA USE IN PERSONAL CARE PRODUCTS, THE LATTER, A UNIQUE SOURCE OF BIOACTIVE CELL-REGENERATIVE SUBSTANCES OTHERWISE ONLY CRUELLY ANIMAL KINGDOM SOURCED.**
- **GENUINE FRUIT ACID COMPLEXES PIONEERED BY GAIA RESEARCH WERE INTRODUCED WAY AHEAD OF ALL COMPETITORS AND WHILST OTHERS REDUCED CONCENTRATIONS DUE TO IRRITATION, GAIA'S PRODUCTS, TAMED BY GREEN TEA AND UNIQUELY FORMULATED AS TONERS, REMAIN NON-IRRITATING AND THE MOST POTENT, SAFEST AND EFFICACIOUS VISIBLE-AGE-REVERSING AHA PRODUCTS AVAILABLE INTERNATIONALLY.**
- **SPECIALITY AND CROSS-PURPOSE SYNERGISTIC FORMULATIONS ENSURE UNPRECEDENTED EFFICACY AND UTILITY FROM MINIMAL PRODUCT SELECTION WHEN INFORMATIVELY AND SEQUENTIALLY COMBINED. PRODUCTS ARE TYPED TO SPOT-PRONE, COMBINATION OR MATURE SELECTIONS, WITH FINE-TUNING ACHIEVED BY CROSS-SELECTION. OUR FREE INDIVIDUALISED EXPERT PRODUCT SELECTION CONSULTANCY IS ALWAYS AVAILABLE ON PHONING THE INSTITUTE AT: 044-532-7765/7695.**

*For more information on any 'apparently' controversial statements herein, please visit [www.gaiaresearch.co.za](http://www.gaiaresearch.co.za), email [director@gaiaresearch.co.za](mailto:director@gaiaresearch.co.za) or phone 044-532-7552 & chat with the Director. You owe it to yourself!*

## NOTES ON THE LISTING OF PRODUCT INGREDIENTS: Market Honesty & Transparency Needed

Gaia Organics have, under the auspices of and as the independent funding arm of the Gaia Research Institute, been providing it's own natural personal care products to South African and international clientele for nearly two decades. In recent years however, some competitors with little or no history, experience or expertise, have engaged in ignorant armchair public criticism of ingredients used by other role-players, including Gaia Organics, not on any merit, but as cheap, cowardly marketing ploys to enter a traditionally tranquil market with a big splash, a very effective and lucrative marketing strategy started by Neways, a US multi-level internet marketing company.

Local copycats, using *Biophile magazine*, pamphlets, forums and their websites, reluctant to forgo such harmful practices, continue to put profit before truth by deliberately disseminating fraudulent misinformation relating to crucial safety aspects of the ingredients of others. Gaia Research has completely rebutted such criticisms in writing. See [www.gaiaresearch.co.za/biofilth.html](http://www.gaiaresearch.co.za/biofilth.html) for “*The Biofilth Files: Have You Been Enchantricked?*” & [www.gaiaresearch.co.za/naturebabes.html](http://www.gaiaresearch.co.za/naturebabes.html) for “*The Essential Organic Skincare Files: Are You And Your Toddlers Truly Naturebabes?*” Gaia have uncovered a fraudulent misrepresentation, miscontextualisation and even outright false fabrication of misinformation, not only maligning the target ingredients of others, but also in the portrayal of ‘suspect’ ingredients used by the culprits themselves, that are not fully listed or are falsely portrayed.

It is truly ironic that the most innocuous (safest) ingredients comprising the base formulation or inert components of some Gaia Organics products are the ones that have been criticised as being unsafe, but this actually reveals the Neways plot, which deliberately targets the common denominators in most personal care products so as to cast as wide a net of malicious aspersions as possible. A further irony is that the culprits have had to compromise on the safety and efficacy of their own products, by using poor alternatives to the completely safe and efficacious common denominator ingredients that they have targeted, namely entirely natural mineral oil; quasi-natural sodium lauryl ether sulphate and nature-identical parabens. Alternatives to these ingredients, which are perfectly safe when used correctly in pure form, are several orders of magnitude more hazardous than those they replace.

I have touched on some of these issues in this catalogue and invite you to evaluate for yourself the strength of the genuine superiority of our ingredients and products over that of the scaremongers, whose only advantage are their lies and false claims to safety and superiority by supposedly being ‘all natural’ and ‘organic’; great sounding ideals, but the reality is that such products could only either still be living in nature or, having been removed, are decomposing, since that is what happens to previously living things – when not ‘unnaturally preserved by human ingenuity’. At best, the life force ebbs away and at worst, toxic molecules are produced that really are undesirable. **The term ‘natural preservative’ is an oxymoron.** If it were truly natural, it would decompose and cease to be, which is exactly what happens to the traces of **nature identical Parabens** used to preserve our Aqueous Cream.

Not listed in the above entries are the constituent ingredients of the **Aqueous Cream** itself, which like others, is listed as the complex. However, because the British Pharmacopoeia *Ung Emulcificans Aqueosum (UEA)* formula is modified to meet our needs as entirely suitable for leave-on applications, we, in the interests of transparency, shall proportionally list the individual constituents: 1) water; 2) mineral gel; 3) cetyl stearyl alcohol; 4) mineral oil; 5) sodium lauryl sulphate; 6) **methyl paraben** and 7) **propyl paraben**. Items 2&4 are fractionally distilled to purity from natural crude oil; 3&5 are synthesised from coconut oil and 6&7 **from gum benzoin and are nature-identical to those found in Oka and Mangoes respectively** and are used in traces just sufficient to maintain the integrity of the base cream long enough to complete product formulation, when **colloidal silver** assumes duty.

Regular UEA contains too much Sodium lauryl sulphate, not only as a formulating emulsifier, also more to increase utility as a soap-free cleansing emulsion cream. It is also generally inappropriately preserved for leave-on purposes, traditionally with chlorocresol, but now more frequently with phenoxyethanol, which latter has spoilt a long and impressive widespread-use history of suitability for even troubled skin conditions such as eczema and (radiation) burns. We stand by our UEA as superior to ‘natural’ water & plant oil emulsions in terms of quality, safety and efficacy for our purpose of a stable inert spreading cream for our biological actives in such products. See [www.gaiaresearch.co.za/aqueousafe.html](http://www.gaiaresearch.co.za/aqueousafe.html) . We again challenge the opposition to provide a full listing of their ingredients and sub-ingredients as we have done. We really are proud of ours, they apparently not of theirs.

The order of ‘potential toxicity’ of Gaia ingredients *from highest to lowest risk* are: fixed & volatile (essential) plant oils (long and short term respectively); anti-oxidative vitamins; herbal extracts; synthesised coconut oil ingredients; nutrients/co-factors; kelp; fruit acids; crude oil sourced petroleum inerts; silver & parabenoate preservatives. Please see our free blue-bordered “**Consumer Awareness**” booklet or “**Personal Care Toxicology: The Facts**” available online at: [www.gaiaresearch.co.za/personaltoxicol.html](http://www.gaiaresearch.co.za/personaltoxicol.html) or request specific information via e-mail.

## PRODUCT CATALOGUE: *PART 1*

# Gaia Organics: Advanced *Personal Care* Products

The bolded text represents the common or abbreviated product reference name, eg for communicating orders. The order of the group headings and also the products corresponds to the shelves and order (L-R) in our display cabinet.

DUE TO PRICE DIFFERENCES BETWEEN OUTLETS, PLEASE REQUEST A CURRENT PRICE LIST FROM YOUR OUTLET OR DIRECTLY FROM GAIA

### **A (1<sup>st</sup> Shelf) - FACIAL CLEANSERS, TONERS, NUTRI-HYDRATOR & NUTRI-UV-PROTECTOR**

- 1) **CLEANSING WASH** -*pH-BALANCED-* (All Skin Types) **100ml**
- 2) **COSMETIC SOAP** -*SPOT-PRONE & NORMAL SKIN-* **100ml**
- 3) **MOISTURISING CREAM CLEANSER** -*MATURE & DRY SKIN* **100ml**
- 4) **ALPHA-HYDROXY FRUIT ACID TONER** -*ALL SKIN TYPES* **100ml**
- 5) **ALPHA-HYDROXY FRUIT ACID TONER** -*SPOT PRONE SKIN* **100ml**
- 6) **ALPHA-HYDROXY FRUIT ACID TONER** -*MATURE SKIN* **100ml**
- 7) **DERMA-OPTI-MIST: BIO-NUTRITIVE HYDRATOR** **100ml**
- 8) **BIO-NUTRICELL: ADVANCED ANTI-AGING/ PRO-ACTIVE ANTI-SKIN CANCER** **100ml**

### **B (2<sup>nd</sup> Shelf) - FACIAL MOISTURISING CREAMS, EXFOLIATOR & TISSUE OIL**

- 9) **DAY DEFENSE CREAM: LIGHT MOISTURISER** **50ml**
- 10) **CELL REGENERATING CREAM: RICH MOISTURISER** **50ml**
- 11) **NIGHT NOURISHING CREAM** **50ml**
- 12) **GENT'S DAY CREAM: TO SHAVE & MOISTURISE** **50ml**
- 13) **EXFOLIATING SCRUB: SKIN-POLISHING CREAM** **50ml**
- 14) **CELL OIL: ULTRA-FINE TISSUE OIL/EYE-ZONE (ROLL-ON)** **10ml**

### **C (3<sup>rd</sup> Shelf) – BENEFICENT SKIN CREAMS & ORAL CARE (TOOTH-POWDER & LIP OIL)**

- 15) **PIGMENT BALANCE CREAM: LIGHT SPOTS (VITILIGO)** **50ml**
- 16) **EX-ZIT SPOT CREAM: SKIN-CLEARING CONCEALER** **50ml**
- 17) **E.F.A. CREAM (ESSENTIAL FATTY ACIDS): DRY/ECZEMATOUS SKIN** **50ml**
- 18) **HEALING BALM: COMFREY AND THYME: NEO CELL-PROLIFERATIVE** **50ml**
- 19) **TOOTH-POWDER: TRADITIONAL TYPE** **50ml**
- 20) **LIP OIL: COCONUT & MINT (ROLL-ON)** **10ml**

### **D (4<sup>th</sup> Shelf) – BODY SUN-DEFENSE, MOISTURISING & BENEFICENT LOTIONS**

- 21) **EXTREME UV-SUN-DEFENSE LOTION: IMMEDIATE DEFENSE** **150ml**
- 22) **NUTRICELL BODY LOTION: PROGRESSIVE DEFENSE** **150ml**
- 23) **SUNBURN LOTION: SOOTHING & HEALING ACCELERATIVE** **150ml**
- 24) **BODY LOTION: MOISTURISING/NOURISHING** **150ml**
- 25) **HAND LOTION: DRY/ROUGH/CRACKED SKIN** **100ml**
- 26) **FOOT LOTION - PEPPERMINT: TIRED FEET** **100ml**
- 27) **MOSQUITO REPELLENT & BITE LOTION** **100ml**

### **E (5<sup>th</sup> Shelf) – PERSONAL HYGIENE (SOAP, SHAMPOO, CONDITIONERS & DEODORANTS)**

- 28) **LIQUID SOAP - HAND & BODY: CONCENTRATE** **150ml**
- 29) **BIO-SHAMPOO: TRADITIONAL SOAP TYPE** **150ml**
- 30) **HAIR CONDITIONER -DANDRUFF/ALL TYPES** **150ml**
- 31) **HAIR CONDITIONER -GROWTH-OPTIMISER** **150ml**
- 32) **WARM-OIL CONDITIONER: DRY/DAMAGED HAIR** **100ml**
- 33) **BIO-DEODORANT -HER- (NON-ANTIPERSPIRANT)** **100ml**
- 34) **BIO-DEODORANT -HIS- (NON-ANTIPERSPIRANT)** **100ml**
- 35) **HAPPY NAPPY BABY POWDER: ABSORBENT, SOOTHING, SCENT-FREE** **40g**

## **(A) (1<sup>st</sup> Shelf) - FACIAL CLEANSERS, TONERS, NUTRI-HYDRATOR & NUTRI-UV-PROTECTOR**

**1) CLEANSING WASH - *pH-BALANCED* – *FOR ALL SKIN TYPES* - **100ml**  
**COCONUT OIL BASED; SOFTENS WATER; GENTLE EFFECTIVE ACTION; BIODEGRADABLE**  
*Contains: purified rainwater; high purity sodium lauryl ether sulphate [S.L.E.S.]\*; certified vegetable glycerine; green tea & centella extracts; essential oils of lemon, neroli, peppermint, rose geranium & German chamomile.*  
**Directions:** Apply sparingly to wet skin; avoid the eyes and rinse well prior to alpha-hydroxy fruit acid toning.**

\* **Sodium Lauryl Ether Sulphate (S.L.E.S.)** is a foaming water softener produced by treating coconut with a sulphur salt, alcohol and oxygen, all ubiquitous natural constituents of higher life forms. Only the highest purity cosmetic-grade material is used and only in wash-off products. Please see our detailed safety data on S.L.E.S. and other 'supposedly' harmful ingredients in our blue-bordered **Consumer Awareness** booklet. You will be shocked at what is really harmful and what not. More often than not, the truth is actually counter-intuitive and most so-called completely natural products (are they really?) are far more hazardous for the body and especially the skin than those using **natural sourced ingredients specifically enhanced by rigorous innovative science**, including the much-maligned petrochemicals, without which the modern world would not exist. **Natural petrochemicals** (only the pure distilled oil and gel are used to produce an inert non-oxidising and hence as safe a spreading cream as possible), are sourced from **crude oil**, the result of the return to source of the constituents of ancient vegetation and algae over millions of years and representing the richest repository of pure organic natural substances laid down before any anthropogenic activity and resultant pollution. As with money, all such raw materials can be used for good or for evil and are not inherently one or the other.

**2) COSMETIC SOAP (LIQUID) -*SPOT-PRONE & NORMAL SKIN* - **100ml**  
**DEEP CLEANSING; SEBUM BALANCING; SPOT CONTROL; BIODEGRADABLE**  
*Contains: purified rainwater; palm kernel oil potassium soap; high purity sodium lauryl ether sulphate [S.L.E.S.]\*; green tea extract; vegetable glycerine and essential oils of lavender, lemon, sage, rose geranium, tea tree & thyme.*  
Highly recommended for removing environmental pollutants and spent oil residues at day's end, especially if exposed to cigarette or cooking and/or combustion engine smoke/fumes, city or industrial air and/or busy roads.  
**Directions:** Apply sparingly to wet skin, avoiding the eyes. Rinse well, preferably with warm water and always follow with an alpha-hydroxy fruit acid toner (Nos. 4-6) to re-establish the vital protective acid mantle on the skin.**

**3) MOISTURISING CREAM CLEANSER -*MATURE & DRY SKIN*- **100ml**  
**GENTLE ACTION; pH BALANCING; NON-DEHYDRATING; SEBUM CONSERVING; COCONUT CLEANSER & MINERAL OIL FORMULA FOR SUPERIOR CHEMICAL SAFETY & EFFICACY**  
*Contains: purified rainwater; a specially formulated low oxidation-potential aqueous cream\* base; high purity sodium lauryl ether sulphate coconut cleanser [S.L.E.S.]\*; veg. glycerine; cold-pressed sesame oil; mineral oil\*; green tea extract; and essential oils of lemon, lavender, rosemary, tea tree, ylang ylang & German chamomile.*  
**Directions:** Shake well. Apply to wet skin, closing/avoiding the eyes. Rinse well, preferably with warm water if removing oil-based makeup, especially mascara, in the absence of which, cold rinse for moisturisation.**

\* See "**Personal Care Toxicology: The Facts**" in our "**Consumer Awareness**" booklet or extensively online: [www.gaiaresearch.co.za/personaltoxicol.html](http://www.gaiaresearch.co.za/personaltoxicol.html) for our radical positive take on S.L.E.S., mineral oil & aqueous cream. **Mineral oil** is distilled crude oil, the lipidic equivalent of distilled water. In fact, the highest distillation grade white oil, as used by Gaia Organics, represents the primordial lipid, without the synthesis of which, no life would have been possible on Earth. **Aqueous cream** is natural mineral oil and jelly semi-naturally emulsified with water and in our application, is a proprietary formula of these highly purified end-stage natural-sourced materials, used to spread the active constituents over the skin and temporarily substitute for protective sebum inevitably washed off during routine washing.

### **SODIUM LAURYL ETHER SULPHATE VS. COCAMIDOPROPYL BETAINE: THE TRUE FACTS**

Some local manufacturers/distributors of so-called natural/organic personal care products, eg. **Esse Organic Skincare**, **Enchantrix** and **Naturebabes**, when exposed by us as having sneaky double standards, claim an informed choice to use Cocamidopropyl betaine (CAPB) rather than Sodium lauryl ether sulphate (S.L.E.S.) as a foaming cleanser (it is less stinging to the eyes). CAPB, like S.L.E.S., is also a semi-natural substance, made by treating coconut oil with petrochemicals, but in the case of **Cocamidopropyl betaine however, this has been increasingly identified as a significant cause of allergic contact dermatitis, to the extent of being voted "Contact Allergen Of The Year" in 2004 by a panel of concerned dermatologists** (Mowad C, *Adv Dermatol*, 20:237, 2004); (Shaffer K, *15th Ann Meet Am Contact Dermatitis Soc, Wash*, 5 Feb, 2004); (Agar N et al, *Australasian J Dermatol*, 46(1), 2005); (Bloom M, *Recognising contact dermatitis, Dermatol Times*, June, 2005). See more in our blue bordered '**Consumer Awareness**' booklet or online at: [www.gaiaresearch.co.za/cocamidopropyl.html](http://www.gaiaresearch.co.za/cocamidopropyl.html).

## **INTRODUCTION TO ALPHA-HYDROXY FRUIT ACID TONERS**

Contrary to popular advertising myth, **the first available over-the-counter natural alpha-hydroxy fruit acid preparations in the world, were conceived, formulated and manufactured by the Gaia Research Institute**, years before their current worldwide popularity. Since then many have followed our lead as science validated the amazing ability of properly used fruit acids to turn back the years in terms of visible aging. Today we still lead the field with genuine fruit acid preparations (Nos. 4-6) rather than the harsh cheap mimics (usually sugar-cane derived glycolic acid) used by most other manufacturers. We have also had vindicated by the test of time, our belief that AHA toner lotions are far more appropriate vehicles than creams. Our genuine Alpha Hydroxy Fruit Acid Toners deep cleanse the skin, including the portals of the pores, via natural herbal organic acids and essential oil solvents, which dissolve contaminated, oxidised and rancid sebum not reached by conventional cleansers. AHA and botanical astringents, on constricting the pores, cause dissolved spent wastes to ooze to the surface to be easily removed by wiping with cotton wool or tissue, a gentle, yet exceptionally efficacious process without equal.

For most of our existence, bar for the last few centuries, humans were primarily fruit eaters and so evolved an exquisite protective acid mantle of natural fruit acids brought to the skin during perspiration. Now, our specially extracted and balanced harmless alpha-hydroxy fruit acids can provide leading-edge biological visible age control via complex mechanisms that optimise the many natural functions of the skin and its sub-matrix and significantly improve texture and appearance, which condition peaks within 4-8 weeks with daily use, without the risk of sensitisation or skin damage attendant to many other acid preparations, even if excluding the chemical peels, which can leave disastrously permanent blemishes. Used properly, our AHA products redefine texture and visibly smooth out and retard development of fine wrinkles and significantly reduce the severity of deeper wrinkles by naturally stimulating, via polypeptide signalling, the endogenous production of collagen and elastin. Due to the early demise of spent surface cells, the skin is rendered slightly more vulnerable to UV light if and when a physical exfoliator is used to force the removal of cellular debris (perceived as dry skin), in which case we recommend the use of the most appropriate of our specially formulated biological solar defense products (Nos. 8, 9, 10, 12, 21, 22 & 24).

We have also led the entire field with the incorporation of green tea extracts, which are highly specific anti-irritants against possible inflammation, which is the main drawback of AHAs not formulated as we have done, and which has led to most manufacturers having to reduce their AHA concentrations to often practically useless levels. We note with interest that our most progressive competitors have only now started to follow our lead in these respects. Further benefits of topically applied green tea extracts include very powerful antioxidant properties, which retard the aging process as well as other constituents that actively protect against all serious forms of skin cancer.

**All our AHA Toners contain:** *purified rainwater; distillate of witch hazel astringent; seaweed extract [iodine], partly for cell-optimising trace minerals, polysaccharides and sulphonated galactins; comfrey extract, especially for chlorophyll and healthy cell-proliferating allantoin; green tea extracts, partly for anti-inflammatory and antioxidant polyphenols, chlorophyll, astringents and organic Germanium; stinging nettle extract, partly for gallic acid, organic silica and astringents; centella extract, partly for chlorophyll and immuno-stimulating and skin-healing accelerative asiaticosides; kombucha (green tea symbiont) extract (selenium), partly for hyaluronic acid and beta-glucan polysaccharides, two rare anti-aging bio-actives normally only obtainable from placenta & healing mushrooms; expressed oil of lemon as natural solvent; vitamin C as cell-protectant, thymol as antiseptic and three genuine alpha-hydroxy fruit acids as astringents, preservatives and more specifically for their collagen, elastin and hyaluronic acid stimulating cytokine reactivation activities. Each toner type has its own unique extras.*

The ingredients listed above were scientifically selected following more than a decade of research for specific skin enhancing properties additional to basic nutritive and abovementioned co-constituents and properties, having valuable additional empirical bio-activities far too numerous to mention here. Each of the three toners additionally contains individualised ingredients. These are listed as contents for each AHA Toner entry. The toners form the skin-type specific basis for correct product selection for optimal results, with an appropriate cleanser and moisturiser being chosen to complement and synergise the anti-aging properties of the AHAs. There are no products capable of safely competing with properly formulated genuine alpha hydroxy fruit acids when it comes to delaying and reversing premature visible aging of the human face, neck, arms and hands. Gaia Organics introduced this natural organic anti-aging technology 16 years ago and even today remains the field leader in this respect.

**Note: Genuine Fruit Acids cannot thin the skin as reported for other Alpha Hydroxy Acids.** Only if spent surface cells are physically exfoliated, can skin become slightly more vulnerable to solar damage. Being fruit-eating animals by design, we are biologically constituted to eat fruit and perspire its acids.

**4) ALPHA-HYDROXY FRUIT ACID TONER –ALL SKIN TYPES- 100ml**  
**FINE LINE RETARDING; DEEP PORE CLEANSING AND REFINING; SEBUM BALANCING; ANTI-OXIDATIVE; PROTECTIVE ACID MANTLE RESTORATIVE.**

*In addition to the collective ingredients listed on the previous page, this product, as part formula specifically Contains: essential oils of rose geranium, neroli (orange blossom), lavender, rose & German chamomile.*

**5) ALPHA-HYDROXY FRUIT ACID TONER –SPOT PRONE SKIN- 100ml**  
**WRINKLE RETARDING; DEEP PORE CLEANSING/REFINING; RE-TEXTURISING; ACID MANTLE RESTORATIVE; ANTI-MICROBIAL. The single most effective intervention for acne, after dietary reform.**  
*In addition to the collective ingredients listed on the previous page, this product, as part formula specifically contains: colloidal silver (additional); centella extract (additional); jojoba oil; vitamins A, C & E and essential oils of lemon, neroli, bergamot, lavender, sage, juniper, patchouli, tea tree, thyme, German chamomile and lemon balm.*

**6) ALPHA-HYDROXY FRUIT ACID TONER –MATURE SKIN- 100ml**  
**CONTROLS SOLAR / REACTIVE OXYGEN INDUCED WRINKLES & OTHER VISIBLE SIGNS OF PREMATURE AGING; ANTIOXIDATIVE; STIMULATES ENDOGENOUS COLLAGEN & ELASTIN.**  
**The most advanced topical visible-aging (wrinkle) retarding & reversing product available anywhere today.**  
*In addition to the collective ingredients listed on the previous page, this product, as part formula specifically contains: extra green tea extract and specialised kombucha [selenium] extract; panthenol; cold-pressed jojoba oil and essential oils of lemon, patchouli, lavender, rose geranium, rosemary, sage, thyme & German chamomile.*

**DIRECTIONS (for all AHA Toners):**

Shake well and apply the lotion to water-dampened and squeezed-out cotton wool. Progressively regulate the dilution, starting with 3 or more drops according to skin sensitivity, increasing the strength as the skin adapts. Leave around the eyes until last in the sequence. The fruit acids should tingle for approximately 30 seconds starting a few seconds after application and then diminish in intensity, in which case allow it to dry on the skin or apply your moisturiser. Should the first sensation prove uncomfortable, merely rinse off and increase the dilution at next application or vice versa. If the skin is ultra sensitive, use only a few drops and rinse off. If rough flaking is noticed (usually after a couple of days), reduce the strength (increase dilution) until you find the maintenance strength just short of visible and tactile flaking, which is known as desquamation, is highly beneficial if mild and should not be confused with ordinary dry skin. If desquamation is visible, the dead cells may be lightly exfoliated twice weekly. **Caution!** Do not use fruit acids after exfoliation or skin trauma, except as a few drops in rinse water (not to sting).

**7) DERMA-OPTI-MIST: OPTIMAL HYDRATING BIO-NUTRITIVE MIST- 100ml**  
**BIO ANTI-OXIDANT; ANTI DERMA-STRESS; ULTRA CELL-PENETRATING & SOOTHING; MICRO-NUTRITIVE; BIO-SYNERGISTIC WITH VIRTUALLY ANY BIOACTIVE SUBSTANCES.**

First choice treatment for dry and especially sensitive skin and to optimise the efficacy of any following product or as a biological micro-nutrient & moisture booster/freshener for dry and all skin types at any time of day and night. *Contains: colloidal silver & copper; vitamin C; panthenol; glycerine; allantoin, kelp [iodine], witch hazel, green tea, kombucha [selenium], centella & ginkgo extracts; essential oils of geranium, lavender & German chamomile.*  
**Directions:** Shake well and spray a light mist over your skin, closing the eyes and tissue this area partly dry.

**8) BIO-NUTRICELL: ADVANCED ANTI-AGING & PRO-ACTIVE ANTI-SKIN CANCER- 100ml**  
**UV-DEFENSIVE; DERMA PIGMENT BIO REGULATING; MULTI-NUTRITIVE; ANTI-OXIDATIVE; SUN-DAMAGED SKIN SPECIFIC. Our Premier Product. Please cross-refer to nos. 21 & 22 for more info.**

*Contains: in addition to kelp [iodine] trace minerals too numerous to detail: purified rainwater; green tea, kombucha & yeast [selenium], comfrey allantoin, ginseng, whey & pollen extracts; zinc oxide; titanium dioxide; tannic, para-amino benzoic (PABA), alginic & orotic acids; beta-carotene; vitamins A, B2 & 6, C & E; panthenol; tyrosine; glutathione; thymol; colloidal silver, copper, zinc & manganese; cold-pressed sesame, jojoba, flaxseed & evening primrose oils; mineral oil and essential oils of lavender, geranium, neroli, bitter orange, patchouli & ylang ylang.*  
**Directions:** Wet the skin, shake well, puddle into one cupped hand, spread over the hands, then face, neck & arms.

## **(B) (2<sup>nd</sup> Shelf) - FACIAL MOISTURISING CREAMS, EXFOLIATOR & TISSUE OIL**

### **9) DAY DEFENSE CREAM -FOR NORMAL, COMBINATION & YOUNG SKIN- 50ml** **MOISTURISING NOURISHMENT & SUN/POLLUTION PROTECTION; BIO ANTI-OXIDANT**

*Contains:* a specially formulated low oxidation-potential aqueous cream base; comfrey allantoin, green tea, centella, kombucha [selenium] & aloe extracts; vegetable glycerine; panthenol; para-amino benzoic acid (PABA - a vitamin B-complex factor); beta-carotene; zinc oxide; titanium dioxide; vitamins A, B2 & 6, C & E; cold-pressed sesame, jojoba, coconut & evening primrose oils and essential oils of neroli, rose geranium & German chamomile.

**Directions:** Apply a light film to the skin after applying the appropriately typed AHA toner, whilst skin is moist.

### **MINERAL OIL VS. PLANT OILS As Carrier/Spreading Agents In Cosmetics: A Modern Reappraisal**

**It is an ignorant, malicious myth that cosmetic mineral oil clogs pores.** The molecules are too large and oxidatively stable to do so. **Ironically, it is plant oils, which initially become thinner as they warm up that will migrate into and clog pores as they progressively oxidise, increase in viscosity and harden extracellularly.** It is generally not understood how undesirable it is to apply any plant oil to the skin in excess of the crucial amount that can be incorporated into living skin cells within 15 minutes. As natural health consumers, we go to great lengths to acquire and refrigerate cold-pressed food oils, yet fail to consider that **plant oils applied to the skin due to body heat and ambient temperatures** in addition to the **21% oxygen in the air**, ubiquitous daytime **ultra-violet light** and **likely air pollutants** are consequently certain to **oxidise within a mere 20 minutes, let alone continue to do so all day before eventual removal, prior to which trillions of premature skin-aging & tumour-inducing free radicals and other reactive oxygen species increasingly oxidise the oils and assault the skin.** **Toxic aldehydes, ketones, alcohols and acids are produced** that destroy the biological integrity of cellular essential fatty acids, damage cellular membranes and macromolecules and critical microstructures such as DNA, **leading to premature aging, inflammatory skin disorders and skin cancers.**

See our detailed report: "*Mineral vs. Plant Oil As Carrier/Spreading Agents In Cosmetics: A Modern Reappraisal*" in our free "**Consumer Awareness**" booklet or online at: [www.gaiaresearch.co.za/mineralvsplantoil.html](http://www.gaiaresearch.co.za/mineralvsplantoil.html)

### **10) CELL REGENERATING CREAM -FOR SPOTTY, DRY & MATURE SKINS- 50ml** **AQUA NUTRI- & EFA-ENRICHED DAY AND ESPECIALLY NIGHT BOOSTER; ANTI-OXIDANT**

(For a heavier, more oil penetrating coverage, especially for the elderly, see Night Nourishing Cream [No.11])

*Contains:* a specially formulated low oxidation-potential aqueous cream base; vegetable glycerine; green tea, centella, comfrey allantoin, aloe, kombucha [selenium] & kelp [iodine] extracts; PABA (Vit. B-factor); panthenol; vitamins A, B2 & 6, C & E; zinc oxide; cold-pressed jojoba, sesame, flaxseed, evening primrose & coconut oils and essential oils of lavender, neroli, rose geranium, bitter orange, ylang ylang & German chamomile.

**Directions:** Apply a light film to the skin after applying the appropriately typed AHA toner, whilst skin is moist.

### **11) NIGHT NOURISHING CREAM -FOR ALL SKIN TYPES, ESP. THE ELDERLY- 50ml** **DEEP LIPIDIC ENRICHMENT & NUTRITIVE RECOVERY; ULTRA-RICH EMOLLIENT**

(For a lighter, but nutrient richer and more water penetrating coverage, see Cell Repair Cream above)

*Contains:* a specially formulated low oxidation-potential aqueous cream base; cold-pressed coconut, jojoba, flaxseed, & primrose oils; vitamins A, C & E; glycerine; green tea, comfrey allantoin, centella, aloe, kombucha [selenium] & kelp [iodine] extracts; panthenol and essential oils of lavender, rose geranium & German chamomile.

**Directions:** Apply a light film to the skin after applying the appropriately typed AHA toner, whilst skin is moist.

### **12) GENT'S DAY CREAM: TO SHAVE WITH &/OR MOISTURISE- 50ml** **SUN/POLLUTION DEFENSE; SOOTHING; SMOOTHING; ANTI-BACTERIAL; ANTI-OXIDANT**

*Contains:* a specially formulated low oxidation-potential aqueous cream base; comfrey allantoin, centella, green tea, aloe, kombucha [selenium] & kelp [iodine] extracts; panthenol; PABA (a natural vitamin B-complex factor); zinc oxide; titanium dioxide; vitamins A, B6, C & E; chlorophyll; cold-pressed evening primrose, sesame, jojoba and coconut oils and essential oils of lemon, rose geranium, neroli, tea tree, thyme & German chamomile.

**Directions:** To shave, after cleansing, apply repeatedly after every round, rinse, towel off and apply as a moisturiser. To moisturise, apply sufficient to leave, after absorption, a hint of residue as a pollution protective barrier, if required. If not shaving, a milder alternative, if the skin is not infected, is the Day Cream listed above.

**13) EXFOLIATING SCRUB: ULTRA-GENTLE SKIN-POLISHING CREAM- 50ml**  
**UNIQUE NATURAL MICRO-DIATOMIC SILICACEOUS CRYSTALS; CAPILLARY FRIENDLY;**  
**ULTRA SAFE SLOUGHING OF DEAD EPIDERMAL CELLS; SMOOTHING; PORE REFINING**  
*Contains: siliceous micro-crystals from ancient diatoms; specially formulated low oxidation-potential aqueous cream base; colloidal silver; certified vegetable glycerine; green tea, centella, comfrey allantoin and aloe extracts; vitamin C; cold-pressed sesame & coconut oils and essential oils of lavender, neroli & German chamomile.*  
**Directions: Friction 'very lightly' onto clean wet skin**, preferably just before retiring. Rinse well. For *dry/rough skin*, follow with Derma-Optimist (No.7). For *acne or eczematous skin conditions*, follow later with Comfrey Healing Balm (No. 18) and for the latter, a few minutes later with E.F.A. Cream (No. 17). **Can also be used as a masque**, if left on the skin to dry following exfoliation and so draw impurities out of *congested skin conditions*.  
**Caution:** Never use fruit acids for at least 12 hours following exfoliation, except for a few drops in rinsing water to re-establish the acid mantle. Do not to use any other cosmetic product following skin sensitising exfoliation other than those listed above, if at all. Do not exfoliate more than twice weekly (a few days apart) to remove what might be perceived as dry skin when intensively using fruit acid toners, since spent surface cells do filter some UV rays.

**14) CELL OIL: ULTRA-FINE TISSUE EYE-ZONE & BLEMISH OIL- 10ml**  
**TRACE ESSENTIAL FATTY ACID-NUTRITIVE; OCCASIONAL REGENERATIVE BOOSTER**  
*Contains: cold-pressed jojoba, sesame, flax, evening primrose and coconut oils; mineral oil; vitamins A, C & E and essential oils of neroli, jasmin & ginger. Preserved with ascorbyl palmitate (oil soluble vitamin C) and a trace of butylated hydroxyanisole (BHA), a well-tested synthetic food anti-oxidant used in butter and snack foods incorporating vegetable oils and long used as a safe exogenous antioxidant by leading life-extension researchers and which, with the minimal exposure for the purpose proposed, we deem the only safe means to prevent the bioactive unsaturated oils comprising this formula from oxidising and becoming a source of toxins and skin-damaging reactive oxygen species.*  
**Directions:** Shake well. Avoid contaminating the roller-ball via unclean skin. Starting under the eye area, apply sparingly (rather too little than too much) directly to freshly cleansed skin. Pat into the skin, closing the eyes and finishing on the eyelids with the remaining trace residues to prevent oil migrating into and smarting the eyes.

**(C) (3<sup>rd</sup> Shelf) – BENEFICENT SKIN CREAMS & ORAL CARE (TOOTH-POWDER & LIP OIL)**

**15) PIGMENT BALANCE CREAM: ESP. FOR LIGHT SPOTS (VITILIGO)- 50ml**  
**CORRECTIVE OF NUTRITIVE DEFICITS ASSOCIATED WITH IRREGULAR PIGMENTATION**  
Since this problem stems from negatively altered dermal nutritional reserves, a reformed diet and topical application of key nutrients may correct, or at least reduce the severity of the condition or degree of contrast.  
*Contains: a specially formulated low oxidation-potential aqueous cream base; vitamins B2 & 6; PABA; tyrosine; zinc oxide; green tea & aloe extracts and essential oils of neroli, geranium, rose, bergamot & German chamomile.*  
**Directions:** Apply lightly to the overall problem area and reapply specifically to the light spots, tapping these vigorously with a fingertip to increase microcirculation specifically at these loci. Repeat application to the light areas as often as feasible. Leave on the skin for biological assimilation so as to effectively re-pigment deficient spots, which are otherwise at high risk of skin cancer due to direct UV-penetration. Moisturise a little later as usual.

**16) EX-ZIT SPOT CREAM: SPOT-PRONE SKIN-CLEARING CONCEALER- 50ml**  
**TRAUMA CELL/MATRIX-DIGESTIVE; REPLACEMENT ACCELERATIVE; BIO STERILISING**  
*Contains: a specially formulated low oxidation-potential aqueous cream base; zinc oxide; titanium dioxide; natural (alpha) malic & (beta) salicylic hydroxy acids; beta carotene; comfrey allantoin, green tea, kelp [iodine], centella, aloe & kombucha [selenium] extracts; colloidal silver; panthenol; vitamins A, B6, C & E; magnesium & hydrogen peroxides; MsulphurM and essential oils of tea tree, lavender, bergamot, patchouli & German chamomile.*  
**Directions:** Cleanse the skin, hands and product containers with warm water and Cosmetic Soap (No. 2) and apply AHA Toner: Spot-Prone Skin (No. 5) to the affected area. If there is severe generalised pustulation, apply Ex-Zit Spot Cream very lightly to the affected area. If the skin reacts with unbearable stinging for more than 30 seconds, then rinse off until a future application. If bearable, leave on the skin as a moisturiser and spot concealer. If the pustulated spots are sparse, apply heavily only to these spots, twice daily. **Dietary Reform.** Eat plenty fresh fruit and salads and fresh raw nuts and oilseeds. Avoid fried oily foods/snacks and pastries. Frequent short sun exposures are recommended for deep sterilisation. Avoid stripping sebum from the skin via cleanser over-use.

**17) E.F.A. CREAM: DRY/ECZEMATOUS SKIN (ESSENTIAL FATTY ACIDS)- 50ml**

**DRY/ECZEMATOUS SKIN CHALLENGING OMEGA 3 & 6 ESSENTIAL FATTY ACIDS (E.F.A.S)**

*Contains: a specially formulated low oxidation-potential aqueous cream base; green tea extract; cold-pressed flax & evening primrose oils; vitamins A, C & E and essential oils of lavender, tea tree, patchouli & German chamomile.*

This formula concentrates on lipidic penetration of the essential fatty acids. For weeping or infected (inflamed) lesions, first apply Comfrey Healing Balm (No. 18), a water-soluble formula, to sterilise and accelerate healing, without which improvement, attempts at balancing the E.F.A. derangements may not fully resolve the condition.

**Directions:** If weeping, pre-wash the hands and containers with warm soapy water, wash the affected area with warm water and dry with clean paper towel or under natural sunlight for deep sterilisation. Lightly apply Healing Balm and 5-10 minutes later, E.F.A. Cream. **Dietary Reform.** Eliminate as much plant oil and animal fat products from the diet as possible, especially fries and shortenings such as biscuits and pastries. All oils and fats compete for assimilation. Acquire a “first pressing of the day” refrigerated cold-pressed flaxseed oil (a standard unique to Gaia Research) and consume ½ teaspoon daily (away from other oils, hot foods & oxidisers) for 2-3 weeks to correct Omega 3 deficiencies and build up reserves and thereafter 15-20 drops a day on a low oil/fat diet to maintain these.

**18) COMFREY & THYME HEALING BALM: NEO CELL-PROLIFERATIVE- 50ml**

**HEALING; SOOTHING; ANTI-MICROBIAL; PROTECTIVE; COSMETIC FIRST-AID IN A JAR**

**Our multi-purpose, gentle approach to minor injured/broken skin aberrations of cosmetic consequence.**

*Contains: a specially formulated low oxidation-potential aqueous cream base; comfrey allantoin, centella, green tea, kelp [iodine], kombucha [selenium] & aloe, extracts; colloidal silver & copper; gum benzoin; MSulphurM; vitamin C; chlorophyll; expressed oil of lemon; thymol and essential oils of lavender, tea tree & German chamomile.*

This formula concentrates on aqua-penetration of the healthy cell-proliferative and anti-microbial bio-actives. If you have to choose just one multipurpose cream (besides your moisturising and sun-care), then this should be it. We recommend it as a constant companion. Excellent anti-infective action/film. Good for problem shaving too.

**Directions:** Apply to washed and preferably paper towel or sun dried trouble areas, starting with light applications.

**19) TOOTH-POWDER: ORAL CARE WITH DIATOMS, OXYGEN & HERBS- 50ml**

**OPTIMAL GENTLE POLISHING ABRASIVE CLEANSER; NEUTRALISES CORROSIVE ORAL ACIDS; COMBATS PLAQUE, CARIOGENIC BACTERIA, DECAY & HALITOSIS; FRESHENS; CONDITIONS GUMS; DEODORISES; ADVANCED GREEN TEA EXTRACT & OXYGEN FORMULA**

*Contains: diatomite silica micro-crystals; magnesium peroxide; bicarbonate of soda; pure sea salt; certified vegetable glycerine; comfrey allantoin, green tea & centella extracts; colloidal silver, copper, zinc & manganese; and essential oils of spearmint, peppermint, gaultheria, clove, lemon, cinnamon, cassia, tea tree & thyme.*

**Directions:** Dip the bristled tip of a dry toothbrush into the powder. Brush lightly with a soft brush. Tilt your chin slightly downwards to avoid swallowing the salt, which can cause a strong regurgitative reflex. Avoid inhaling the dust. There is no need to rinse the mouth since oral debris will adhere to the salt stimulated saliva to be spat out.

**20) LIP OIL: COCONUT & MINT PROTECTIVE NOURISHER- 10ml**

**PROTECTS AGAINST SUN AND WIND DEHYDRATION & DAMAGE ; HEALING; SOOTHING**

*Contains: cold-pressed sesame & coconut oils; mineral oil and essential oils of lemon balm (a natural Herpes prophylactic antiviral, thereby discouraging cold-sores), peppermint, spearmint, cinnamon, lemon & thyme.*

**Directions:** Shake well, wipe lips clean with a handkerchief / tissue and apply sparingly with roller-ball dispenser.

**(D) (4<sup>th</sup> Shelf) – SUN-DEFENSE, MOISTURISING & BENEFICENT LOTIONS**

**21) EXTREME UV SUN-DEFENSE BODY LOTION (Correct usage is important) 150ml**

**HIGH IMMEDIATE BROAD-SPECTRUM PHYSICAL ULTRA-VIOLET LIGHT SHIELD; ANTIOXIDATIVE; SOOTHING; MODERATELY WATERPROOF; CHILD & BABY SAFE\***

\*Note: Whilst only water and high purity mineral oil are truly “baby safe”, this is as safe as you can get for critical sun defense. Unlike seriously harmful chemical sunscreens, this formula ensures the safest immediate essential broad-spectrum protection possible without incorporation of any proprietary synthetic sun-screening chemicals. Ultimately, a correctly developed tan is the safest, durable, most practical defence against sun-damaged skin. See **Nutricell Body Lotion** (No. 22) as the means to achieve this healthiest option to the safest sun protection, best achieved by a combination of products 21 and 22 as various sun exposure circumstances dictate or permit. CONT....

## 21) EXTREME UV SUN-DEFENSE BODY LOTION continued.....

**Contains:** a specially formulated low oxidation-potential aqueous cream base; zinc oxide; titanium dioxide; green tea, comfrey allantoin, aloe, centella & kombucha extracts (selenium); cold-pressed sesame & coconut oils; panthenol; PABA; vitamins C & E; MsulphurM; and essential oils of lavender, patchouli & German chamomile.

**Directions:** The effectiveness of this product is determined by its correct usage at all times. It is very important to **apply liberally until skin becomes opaque (noticeably paler) and remains so for immediate high protection.** Alternatively, the SPF is progressively adjustable by a factor of  $\pm 10$  with each light reapplication as solar intensity increases during the day. Reapply as often as necessary to maintain this effect to avoid skin-reddening under intense and/or prolonged sun exposure and if washed-off, towelled-off or rubbed-off by clothing, if to be re-exposed.

## 22) NUTRICELL BODY LOTION: **ADVANCED ANTI-AGING/UV-DEFENSE- 150ml UV-DEFENSIVE; DERMA PIGMENT BIO REGULATING; MULTI-NUTRITIVE; SUN-DAMAGED SKIN SPECIFIC. Combined with no. 21, this is the most advanced topical sun defensive strategy available.**

This products works by optimising the development of a deep uniform protective suntan, which is the most natural, effective and durable sun protection possible against all serious skin cancers. ***This is not an immediate sun block!*** For circumstances demanding immediate sun protection, see Extreme UV-Sun-Defense Lotion (No. 21). This is a **diluted version of the concentrated Bio-Nutricell (No. 8), our 'top product'**, the diluents being high-purity mineral oil and pure rainwater, two non-reactive primordial solvents at the core of all life forms on Earth.

**Contains:** in addition to kelp [iodine] trace minerals too numerous to detail: purified rainwater; green tea, kombucha & yeast [selenium], comfrey allantoin, ginseng, whey and pollen extracts; zinc oxide; titanium dioxide; tannic, para-amino benzoic (PABA), alginic and orotic acids; beta-carotene; vitamins A, B2 & 6, C & E; panthenol; tyrosine; glutathione; colloidal silver, copper, zinc & manganese; mineral oil; cold-pressed sesame, jojoba, flaxseed & evening primrose oils; thymol; and essential oils of lavender, geranium, neroli, bitter orange, patchouli & ylang ylang.

**Directions:** If possible, for economy, pre-wet the skin. Shake well, puddle into a cupped hand, rub carefully between and over the hands and spread thinly over the arms, face, neck and other areas exposed to the sun. Avoid initial contact with clothing and other fabrics until absorbed into the skin. Waterproof, but re-apply lightly if toweled-off and further optimal coverage is required. Limit sun exposure appropriately to degree of the current tan.

## 23) SUNBURN LOTION: **SOOTHING, CALMING, HEALING-ACCELERATIVE- 150ml POST SUNBURN FIRST-AID UV-CARE; LIGHT PHYSICAL & BIO SUNSCREEN, BUT NOT TOTAL SUN-BLOCKING; SOOTHES, CALMS & SPEEDS RECOVERY. Consult a doctor if severely burnt.**

**Contains:** a specially formulated low oxidation-potential aqueous cream base; colloidal silver; panthenol; green tea, centella, aloe extracts, vitamins C & E; PABA (Vit. B- factor); allantoin; zinc oxide; cold-pressed sesame, coconut, flaxseed & evening primrose oils; mineral oil and essential oils of lavender & German chamomile.

**Directions:** If possible, rinse the traumatised area with fresh water to remove any sand and excessive salt or chlorine residues. Blot dry with clean paper towel, tissue or handkerchief to avoid adding bacteria from in-use towelling. Wash hands and dry likewise prior to lightly applying the cream to the affected areas. Repeat as often as necessary and attempt to expose the skin only to clean cotton fabrics until tissue integrity is restored. If the burn is severe, you could, after washing and without drying, apply room-temperature green tea infusion in an atomiser spray and allow to air dry prior to applying the cream. This will extra soothe and discourage inflammation and infection. If the sunburn was severe and inflammation persists after 48-hours, please consult a doctor/pharmacist.

## 24) BODY LOTION: **MOISTURISING/NOURISHING & SUN PROTECTIVE- 150ml NUTRI-HERBAL BIO-ACTIVES; SKIN SOFTENING; ULTRA SOOTHING; ANTIOXIDANT; CHEMICALLY INERT LIPIDIC SHIELD; MODERATELY BIO/PHYSICALLY SUN-DEFENSIVE**

Protects and regenerates sun and wind stressed epidermal cells by **moderately** inhibiting ultra-violet induced free radical cellular damage and by countering infra-red and wind dehydration by enhancing the skin's own natural moisture-binding capacity. For optimum sun-defence see Nos. 8, 21 & 22 (Nutricell & Extreme UV Defense Lotion).

**Contains:** a specially formulated low oxidation-potential aqueous cream base; purified rainwater; colloidal silver & copper; green tea, kelp, comfrey allantoin, centella, aloe & kombucha (selenium) extracts; cold-pressed sesame, coconut, jojoba & evening primrose oils; pure mineral oil; vitamins A, C & E; para-amino benzoic acid (PABA)-a; zinc oxide; titanium dioxide and essential oils of neroli, rose geranium, jasmin & ylang ylang.

**Directions:** Shake well. Apply a light film via firm rubbing into the skin after washing or prior to sun exposure.

**25) HAND LOTION: FOR DRY, ROUGH, CALLOUSED & CRACKED SKIN- 100ml**  
**E.F.A.-ENRICHED; DEEP MOISTURISES; SOFTENS & SMOOTHES; SUN-DEFENSIVE**  
Provides a light, restorative, nurturing and penetrating healing and protective invisible anti-chemical barrier.  
*Contains:* a specially formulated low oxidation-potential aqueous cream base; purified rainwater; lanolin (wool-fat – the only animal product, besides whey (Nos. 3, 22 & 3g) in our range, since it causes no harm); glycerine; cold-pressed sesame & coconut oils; vitamin E; colloidal silver; zinc oxide; titanium dioxide; green tea, centella, comfrey allantoin, kombucha (selenium), aloe & camphor extracts; mineral oil and essential oils of lavender, cajuput, geranium & thyme.  
**Directions:** Shake well. Apply a light or heavy film via firm rubbing firmly into the hands depending on whether having finished working with and having washed the hands or about to engage in hands-on activity, especially gardening or handling rough materials or chemicals, in which cases allow sufficient time for good absorption.

**26) PEPPERMINT FOOT LOTION: FOR TIRED, SORE & ACHING FEET- 100ml**  
**DE-FATIGUES; DEODORISES; REFRESHES; DISINFECTS; ANTI-FUNGAL; SOOTHES/CALMS**  
Eases fatigue from excessive motion or standing. Softens callouses/corns. Corrects and prevents cracked heels.  
*Contains:* a specially formulated low oxidation-potential aqueous cream base; green tea, comfrey allantoin, kelp [iodine], centella & camphor extracts; essential oils of peppermint, tea tree, lemon, thyme & German chamomile.  
**Directions:** Shake well. Apply a light or heavy film by firmly rubbing into the feet, either before activity as a prophylactic or later, once fatigued. Especially effective as a massage after a warm or hot footbath.

**27) MOSQUITO REPELLENT & BITE-RELIEF LOTION- 100ml**  
**SOLELY BOTANICAL ACTIVE AGENTS; NATURAL ANTISEPTIC; LONG LASTING ACTION; HASTENS HEALING; SOOTHING TO EXISTING BITES; NON-TOXIC; CHILD/BABY SAFE\***  
\*Note: Whilst only water and mineral oil are truly “baby safe”, this is as safe as you can get to repel injurious insects. Uses body heat to slowly release volatile components that disorientate biting and blood-sucking flying insects.  
*Contains:* a specially formulated low oxidation-potential aqueous cream base; mineral & castor oils (large molecular lipids for skin-absorption-inhibition and premature-evaporation-retardation of aromatic volatile oils); comfrey allantoin, green tea & centella extracts; colloidal silver; essential oils of lavender, peppermint, rosemary, patchouli, marigold, citronella, lemon, cajuput & thyme and camphor & pyrethrum (daisy) resins.  
**Directions:** Rub a thin film only over all exposed susceptible sites (especially the ankles & knuckles). Avoid eyes.

#### **E (5<sup>th</sup> Shelf) – PERSONAL HYGIENE (SOAP, SHAMPOO, CONDITIONERS & DEODORANTS)**

**28) HAND & BODY LIQUID SOAP: MULTIPURPOSE CONCENTRATE- 150ml**  
**WHOLE BODY BIO-PROTECTION, INCLUDING PERSONAL HYGIENE; POTENT HERBAL ANTISEPTIC; MULTI-PURPOSE; NATURAL HYDROCARBON SOLVENT; BIODEGRADABLE**  
*Contains:* palm kernel oil potassium soap; purified rainwater; high purity S.L.E.S.; green tea extract; expressed oil of lemon; thymol and essential oils of cajuput, tea tree, honeysuckle & tulip (may contain traces of other oils).  
**Directions:** Shake well. Apply to wet skin (avoid eyes), sparingly to avoid stripping the natural protective sebum barrier (in which case apply an appropriate compensating moisturiser). Also serves very well as a single travelling multipurpose cleanser, especially suitable for hiking, long distant sailing and the like, doubling as a soap, shampoo and clothes wash, albeit not necessarily the most suitable for continuous use for each of these individual purposes. For the face, for long-term regular use, we suggest a choice of item Numbers 1-3 and for hair, Bio-Shampoo (No.29).

**29) BIO-SHAMPOO: PALM KERNEL OIL & COCONUT OIL BASED- 150ml**  
**GENTLE ACTION; RICH CONCENTRATE; CITRUS OIL SOLVENT; SEBUM CONSERVING; POTENT HERBAL ANTISEPTIC ACTION; NON-DEHYDRATING; BIODEGRADABLE**  
*Contains:* palm kernel oil potassium soap; purified rainwater; high purity S.L.E.S. coconut cleanser; green tea extract; vegetable glycerine; expressed oil of lemon; thymol and essential oils of bergamot, rosemary & sage.  
**Directions:** Wash with warm (not hot) water to prevent stripping of lubricating protective sebum. Avoid over-use in oily hair conditions. This may appear counter-intuitive, but shampooing less frequently and allowing the hair to remain slightly oily over a period of time, will in fact correct the over-production of sebum as the process adapts to the retentive presence of more sebum than previously. Follow with a lubricating sebum compensating and scalp protective acid mantle restoring Hair Conditioner from the selection below appropriate to hair type and condition.

**30) HAIR CONDITIONER (SEAWEED/HERBAL) -DANDRUFF/ALL TYPES- 150ml**  
**ACID-MANTLE RESTORATIVE; NUTRITIVE; LUBRICATING; BOTANICAL ACTIVE AGENTS; ACTIVELY FEEDS THE FULL SPECTRUM OF ESSENTIAL NUTRIENTS TO THE SCALP**  
*Contains:* purified rainwater; colloidal silver & copper; slow fermentative decoction of kelp [iodine], stinging nettle, green tea & comfrey; malic acid; panthenol; kombucha symbiont (selenium) extracts; cold-pressed jojoba, sesame & coconut oils; and essential oils of rosemary, sage, cedarwood, bergamot, juniper, cajuput & patchouli.  
**Directions:** Following the use of our Bio-Shampoo, after a thorough rinsing, shake the bottle of Conditioner well, squirt sufficient into the hair depending on its length, density and condition to enable you to finger massage all the hair. It is best to leave the conditioner to dry in the hair, but if even after maximally reducing the amount used, you are not pleased with the prevailing individualised effect, then you can rinse or towel out any excess Conditioner.

**31) HAIR CONDITIONER (SEAWEED/HERBAL) -GROWTH-OPTIMISER- 150ml**  
**ACID-MANTLE RESTORATIVE; ACTIVELY FEEDS THE FULL SPECTRUM OF NUTRIENTS TO THE SCALP & STIMULATES NUTRIENT CIRCULATION; LUBRICATING; SCALP PROTECTIVE**  
*Contains:* purified rainwater; slow fermentative decoction of kelp [iodine] for multi-minerals, stinging nettle, green tea & comfrey allantoin; colloidal silver & copper; malic acid (apple cider vinegar crystals); panthenol; kombucha symbiont (selenium), ginkgo, ivy & wormwood extracts; cold-pressed jojoba, sesame and coconut oils; and essential oils of rosemary, sage, cedarwood, cajuput & German chamomile and exclusively, capsicum resin.  
**Directions:** Following shampooing and thorough rinsing, shake the bottle of Conditioner well, close the eyes and carefully apply to and finger massage into the scalp and through the hair. Please take care to avoid the conditioner entering the eyes. It is entirely safe, but the capsaicin, even in traces, will sting the eyes. Keeping the eyes closed and depending on the condition of the hair, sponge-out any excess conditioner from the hair, retaining as much as possible on the scalp, since this is where the nutrients need to remain and microcirculation needs stimulating. Carefully wash the hands, face and closed eyes with plenty of fresh flowing water before drying off. Repeat procedure after each hair washing so that active concentrated residues always remain in contact with the scalp.

**32) WARM-OIL CONDITIONER: FOR DRY, BRITTLE & DAMAGED HAIR- 100ml**  
**ACID-MANTLE RESTORATIVE; MAXIMUM LUBRICATION; NUTRITIVE; DAMAGE CARE**  
*Contains:* cold-pressed jojoba, sesame & coconut oils; purified rainwater; slow fermentative decoction of kelp [iodine], green tea, comfrey allantoin & stinging nettle; malic acid (apple cider vinegar crystals); D-panthenol (pro-vitamin B-5); vitamins C & E and essential oils of rosemary, sage, patchouli & bergamot.  
**Directions:** After shampooing and rinsing, shake well and mix a few drops into both hands, appropriate to the length of the hair and finger-comb well into warm wet hair, working from the drier ends towards the scalp. Rinse with warm, preferably running water to minimise entanglement and remove excess oil. Only a thin film is required to achieve the initial moisture-retaining and subsequent lipidifying effect. Over-application results in hair looking dark, damp and greasy, rather than light, lubricated and shiny. Use only a few drops initially. Adjust at subsequent treatments, a week or so apart, according to experience. Alternate with appropriate conditioner (Nos. 30 or 31).

**33) BIO-DEODORANT -HER- FRAGRANT ROLL-ON- 100ml**  
**ULTRA-SAFE NON-ANTIPERSPIRANT (NO ALUMINIUM); BIO-CONTROLS & NEUTRALISES MAL-ODOUR-PRODUCING BACTERIA AND ENDOGENOUS & EXOGENOUS ODOURS**  
*Contains:* a specially formulated low oxidation-potential aqueous cream base; colloidal silver & copper; distillate of witch hazel; green tea, comfrey allantoin & aloe extracts; malic & citric fruit acids; vitamin C; expressed oil of lemon; thymol and essential oils of neroli, tea tree, bergamot, lemon, orange, coriander and specifically of rose geranium, lavender, honeysuckle & carnation. This product does not use Paraben as an active ingredient.  
**Directions:** If shaving underarm, apply cautiously starting with very light applications. Although unlikely, if a rash should develop, do not reapply for at least a week. Best used regularly after washing rather than as a substitute.

**34) BIO-DEODORANT -HIS- AROMATIC ROLL-ON- 100ml**  
*Contains:* a specially formulated low oxidation-potential aqueous cream base; colloidal silver & copper; distillate of witch hazel; green tea, comfrey allantoin & aloe extracts; malic & citric fruit acids; vitamin C; expressed oil of lemon; thymol and essential oils of neroli, lavender, tea tree, bergamot, lemon, orange, coriander and specifically of peppermint, spearmint, tuberose, ylang ylang & patchouli. **PROPERTIES** and **directions** the same as above.

## PRODUCT CATALOGUE: *PART 2*

# Gaia Organics: Premium Mature *Gold Range* Products

DUE TO PRICE DIFFERENCES BETWEEN OUTLETS, PLEASE REQUEST A CURRENT PRICE LIST FROM YOUR OUTLET OR DIRECTLY FROM GAIA

- 1 g) **TISSUE OIL (GOLD RANGE)...25ml**
- 2 g) **FRUIT ACID CONCENTRATE** (Now exclusive to the **GOLD RANGE**)...25ml
- 3 g) **ROYAL BIO NUTRICELL (GOLD RANGE)...100ml**
- 4 g) **ENDO-EPIDERMAL STERI-OXYGENATOR** (Now exclusive to the **GOLD RANGE**)...75ml
- 5 g) **ENZYMASQUE** (Now exclusive to the **GOLD RANGE**)...(35g)
- 6 g) **AHA TONER - MATURE (GOLD RANGE)...100ml**
- 7 g) **COSMETIC SOAP (GOLD RANGE)...100ml**
- 8 g) **COSMETIC CREAM CLEANSER (GOLD RANGE)...100ml**
- 9 g) **PHYTO-RADICAL SCAVENGER** (Exclusive to the **GOLD RANGE**)...100ml
- 10 g) **SKIN PERFECTING PIGMENT COMPLEX** (Exclusive to the **GOLD RANGE**)...50ml

**EXPLANATORY INTRODUCTION:** By virtue of perfection being a moving target and us not wanting to price our already outstanding standard range out of the reach of younger, less genetically predisposed, sun and/or lifestyle weathered consumers who might not actually need the extraordinary level of intensive personal care required to effectively reverse premature visible aging, this Gold Range addresses the special needs of the latter without compromise and at only a slight, yet worthwhile premium. Generally, 35-45 years of age are the guideline crossover years. Three products (Nos. 2g, 4g & 5g) are now reserved exclusively within the Gold Range, in addition to two products (Nos. 9g & 10g), which were from the outset uniquely exclusive to the Gold Range. All Gold Range products have as their signature, a special fragrance cross-indigenous Pelargonium essential oil.

**1g) TISSUE OIL: *ULTRA-FINE: ESP. FOR EYE-ZONE & BLEMISH REPAIR-* 25ml**  
REGENERATIVE BOOSTER; ESSENTIAL FATTY ACID NUTRITIVE; ANTI-OXIDANT PROTECTED  
**For the fine porous structure under and around the eyes & lids and care of recent scar tissue or blemishes.** This is the Gold Range version of **Cell Oil**. The **Gold Range** version is extra enriched with more of the finer more penetrating omega-6 evening primrose and omega-3 flaxseed essential fatty acids and vitamins. Best used at night.  
**Contains:** cold-pressed jojoba, sesame, flax, evening primrose and coconut oils; mineral oil; vitamins A, C & E and essential oils of neroli, rose Pelargonium & ginger. Preserved with ascorbyl palmitate (oil soluble vitamin C) and a trace of butylated hydroxyanisole (BHA), a well-tested synthetic food anti-oxidant used in butter and snack foods incorporating vegetable oils and long used as a safe exogenous antioxidant by leading life-extension researchers and which, with the minimal exposure for the purpose proposed, we deem the only safe means to prevent the bioactive unsaturated oils comprising this pure oil formula from oxidising and becoming a source of skin-damaging free radicals.  
**Directions:** Shake well. Avoid contaminating the roller-ball via unclean skin. Starting under the eye area, apply sparingly (rather too little than too much) directly to freshly cleansed skin. Pat into the skin, closing the eyes and finishing on the eyelids with the remaining trace residues to prevent oil migrating into and smarting the eyes.

**2g) FRUIT ACID CONCENTRATE (ALPHA-HYDROXY): 20% *HIGH POTENCY-* 25ml**  
NATURAL QUADRUPLE COMPLEX; BIOLOGICALLY ANTI-IRRITANT BUFFERED CONCENTRATE;  
FOR PROGRESSIVE AHA-PRODUCT POTENTIATION OR SPOT-ON/WASH-OFF APPLICATIONS  
REQUIRING COLLAGEN & ELASTIN STIMULATION OR SAFE SELECTIVE TISSUE EXTIRPATION  
**Contains:** purified rainwater; anti-inflammatory green tea; three genuine gentle natural alpha-hydroxy fruit acids; lactic & ascorbic acids; and essential oils of anti-irritant German chamomile, lavender & rose Pelargonium.  
**Directions:** **For AHA Toner potentiation**, add one pipette to it's bottle via the puffer should your skin have adapted to the initial strength. **For treating wrinkles**, apply directly to the upper 'smoker's lip' area (completely avoiding contact with the nose) to the forehead, neck and outside of the hands and forearms and rinse immediately at first sign of a stinging sensation. Add more if not. **Caution.** Never use neat around the eyes. For the rest of the face, please use the **Mature AHA Toner (No. 6g)**. **For gradual extirpation of minor warts, moles, and other raised irregularities**, apply concentrate thereto (preferably with ear bud), strictly avoiding runoff to normal tissue and leave on until stinging begins. Rinse off at first sign of stinging, including runoff to normal surrounding tissue.

**3g) BIO-NUTRICELL: ADVANCED ANTI-AGING & PRO-ACTIVE ANTI-SKIN CANCER- 100ml**  
LEADING EDGE DAY-USE BIOLOGICAL PRODUCT; BIOLOGICAL UV-DEFENCE ENHANCING;  
PIGMENT REGULATING; PHYTO & NUTRITIONAL ANTI-OXIDANT; NOT A COMPLETE SUN-BLOCK  
Will not instantly protect you from burning UV-B rays. Facilitates progressive UV-A defense against premature aging and skin cancers, with optimal broad-spectrum protective tan developing with disciplined and repeated use.

**Contains:** *in addition to kelp [iodine] trace minerals too numerous to detail: purified rainwater; green tea, kombucha & yeast [selenium], comfrey allantoin, ginseng and pollen extracts; zinc oxide; titanium dioxide; tannic, para-amino benzoic (PABA), alginic & orotic acids; beta-carotene; vitamins A, B2 & 6, C & E; panthenol; tyrosine; glutathione; thymol; colloidal silver, copper, zinc, & manganese; cold-pressed sesame, jojoba, flaxseed & evening primrose oils; and essential oils of lavender, neroli, bitter orange, patchouli, ylang ylang & rose Pelargonium.*

**Directions:** Wet skin, shake well, puddle into a cupped hand, spread over the hands, then face, neck & exposed arms.

**4g) ENDO-EPIDERMAL STERI-OXYGENATOR: OXYGEN SKIN STERILANT- 75ml**  
SLOW-RELEASE CELLULAR ENZYME CATALYSED NASCENT OXYGENATION & DEEP BIOLOGICAL  
STERILIZATION; BIO-OPTIMISES NORMAL CELLULAR RESPIRATION (See also *Enzymasque*, No. 5)

Supplements diminishing oxygen levels in aging, melanin or lipofuscin pigmented, cancerous and acne-prone skin.  
**Contains:** *colloidal silver, copper, zinc and manganese; H<sub>2</sub>O<sub>2</sub> (for endogenous enzyme triggered oxygen release supplemented by potato juice &/or *Enzymasque*), stabilised into a special anti-oxidant and anti-inflammatory green tea and vegetable glycerine liquid matrix, with soothing and cell-proliferating comfrey allantoin, healing centella and multipurpose and anti-oxidant ginkgo & witch hazel extracts; oxygen trapping mineral and jojoba oils; anti-oxidant vitamins A & E; and essential oils of rose Pelargonium & anti-inflammatory German chamomile.*

**Directions:** Spray a micro-film onto cleansed skin to which raw **potato juice** and /or *Enzymasque* has been pre-applied for designed optimal synergistic oxygenating effect. Avoid and/or tissue-off ‘closed eyes’, lashes and eyebrows if slight bleaching/itching is to be avoided. If found to be at all irritating, rinse-off and apply less next time (days). If it does not prickle uncomfortably, reapply once dried. Do not shake prior to the 1<sup>st</sup> application. Shake well after 2<sup>nd</sup> application and immediately reapply a 3<sup>rd</sup> application to ensure that a then emulsified lipidic seal traps oxygen on the skin. Store in a refrigerator. **Caution:** Use maximally twice a week, just prior to retiring, followed by no cosmetic product whatsoever until the next morning. Not for use following the Exfoliating Scrub.

**5g) ENZYMASQUE: BIO-ANTIOXIDANT / SYNERGISTIC OXYGENATOR- 35g**  
PHYTO ANTI-OXIDANT & ENZYME-MEDIATED FREE-RADICAL QUENCHING; EXCLUSIVE  
LEADING-EDGE REGENERATIVE BIO-OXYGENATION TECHNOLOGY, YEARS AHEAD OF ITS TIME  
This product may be used advantageously on its own, but has been specially formulated to work synergistically with the previous item, *Endo-Epidermal Steri-Oxygenator* (Item no. 4g), as indicated in that entry.

**Contains:** *(from kelp, dehydrated green barley juice, green tea powder, whey & yeast [selenium] extracts) bio-viable anti-oxidative trace elements, free radical scavenging enzymes, chlorophyll, nucleic acids, B-complex vitamins; soothing and repairing comfrey allantoin; catalase, superoxide dismutase and glutathione peroxidase enzymes; hyaluronic acid and beta glucan polysaccharides and other skin respiratory factors, with significant detoxification, oxygen uptake, and repair increasing potential. Also magnesium peroxide and co-enzyme Q10, the former an oxygen donor and the latter, which in the presence of H<sub>2</sub>O<sub>2</sub> provided by the Steri-Oxygenator (item no. 4g), enhances intracellular thermogenesis, a stimulation of cells essential to and hence optimising cellular function. The base is demulcent gum Arabic and impurity-drawing micro-kaolin & micro-diatomaceous earth.*

**Directions:** Mix 1 gram (1/4 tsp.) of powder in a tablespoon with a few drops of not warmer than tepid water into a spreading consistency and disperse over well hot-cleansed skin. For best results use tepid **green tea** to wet the powder and for even better results add a few drops of **raw potato juice**. Allow to dry and pull tight before softening and rinsing, or preferably re-hydrating with *Endo-Epidermal Steri-Oxygenator* (item no.4g) to experience the unique benefits of this, our leading-edge innovative development in skin bio-detoxification, rejuvenation and regeneration. Repeat the re-hydration cycle as many times as desired or until an itching sensation dictates termination. We suggest two rehydrations; the second directly followed by a final spray of a now for the first time, a ‘well-shaken’, hence (oxygen-trapping oil on the skin) emulsified **Steri-Oxygenator**. (Store in a cool dry place)  
We would like you to get optimal results from our products. You are welcome to phone our **specialist advisory service** at **044-532-7765 or 7552** to clarify the correct usage procedure for this and any other Gaia Organics product.

**6g) ALPHA-HYDROXY FRUIT ACID TONER: - MATURE SKIN: AGE-REVERSING- 100ml**  
**CONTROLS SOLAR / REACTIVE OXYGEN INDUCED WRINKLES & OTHER VISIBLE SIGNS OF**  
**PREMATURE AGING; ANTIOXIDATIVE; STIMULATES ENDOGENOUS COLLAGEN & ELASTIN.**  
The most advanced topical visible-aging (wrinkle) retarding & reversing product available anywhere today,  
rivalled only by the equally advanced solar-damage and skin cancer specific *Bio-Nutricell* (item 3g above).

*Contains:* purified rainwater; distillate of witch hazel astringent; seaweed extract [iodine], partly for cell-optimising trace minerals, polysaccharides and sulphonated galactins; comfrey extract, especially for chlorophyll and healthy cell-proliferating allantoin; green tea extracts, partly for anti-inflammatory and anti-oxidant polyphenols, chlorophyll, astringents and organic germanium; stinging nettle extract, partly for gallic acid, organic silica and astringents; centella extract, partly for chlorophyll and immuno-stimulating and skin-healing accelerative asiaticosides; kombucha [selenium] (green tea symbiont) extract, partly for hyaluronic acid and beta-glucan polysaccharides, two rare anti-aging bio-actives normally only obtainable from placenta and rare healing mushrooms; expressed oil of lemon as natural solvent; vitamin C as cell-protectant, thymol as antiseptic and three genuine alpha-hydroxy fruit acids as astringents, preservatives and more specifically for their collagen, elastin and hyaluronic acid stimulating cytokine reactivation activities. **Gold Mature Toner additionally contains:** ginkgo extract and extra green tea extract and specialised kombucha extract; panthenol; cold-pressed jojoba oil and essential oils of lemon, patchouli, lavender, rose Pelargonium, rosemary, sage, thyme & German chamomile.

This **Gold Mature Toner** is the premium version of the standard item no. 6 in the main first section. Please consult our rather extensive '**Introduction to Alpha Hydroxy Fruit Acid Toners**' in the section preceding listings 4, 5 & 6 (6<sup>th</sup> page in this catalogue) should you not yet be familiar with that information on fruit acids generally, and more importantly, please consult the '**Directions (for all AHA Toners)**' entry following the toner listings (7<sup>th</sup> page in this catalogue), since we are unable, given limited space, to duplicate all of that information here. We do regret the inconvenience of a premium client having to cross-refer to access such useful and important product information.

**7g) COSMETIC SOAP (LIQUID): ESP. FOR EVENING COSMETIC RESIDUES- 100ml**  
**DEEP CLEANSING; EFFECTIVELY REMOVES TOXIC POLLUTANTS; PALM KERNEL OIL BASED**

This is the purist's equivalent of no. 2 in the main selection. Best used at end of the day. Please consult item 2, page 6 for information. We regret the inconvenient cross-referring, but are unable to repeat that information here. Items **7g and 8g** also contain the exquisite indigenous distinctive signature cross Pelargonium essential oil.

**8g) COSMETIC CREAM CLEANSER: MOISTURISING, FOR MATURE SKIN- 100ml**  
**NON ALCOHOL; NON SOAP; EXTRA GENTLE NEUTRAL ACTION; OPTIMUM pH BALANCING;**  
**NON-DEHYDRATING; SEBUM CONSERVING; COCONUT CLEANSER & CREAM BASED**

This is the richer equivalent of no. 3 in the main selection. Please consult the entry for item no.3 on page 6.

**9g) PHYTO-RADICAL SCAVENGER: ANTI-AGING FREE RADICAL SCAVENGER- 100ml**  
**DERMA-CYTO-OXYGENATOR; ANTI-DERMA-STRESS & VIRGIN SKIN PREPARATORY; ULTRA BIO-**  
**ANTI-OXIDANT HYDRATING MICRO-NUTRITIVE BIO-SYNERGISER; ULTRA PENETRATING**

This is the antioxidant Gold Range version of the ultra-hydrating **Derma-Optimist** (No. 7) in the main selection.  
*Contains:* green tea, seaweed [iodine], witch hazel, yeast & kombucha [selenium], centella, ginkgo, aloe, & pollen extracts; certified vegetable glycerine; vitamin C; bioflavonoids; colloidal silver, copper, zinc & manganese; MsulphurM; panthenol; and essential oils of rosemary, rose Pelargonium; lavender & German chamomile.

**Directions:** Shake well and spray a light-mist over your skin, closing eyes and tissue dry the corners. Best used after toning and prior to applying a moisturising cream, especially where that would not entail using *Bio-Nutricell*.

**10g) SKIN PERFECTING, PIGMENT CONTRAST CONTROLLING COMPLEX- 50ml**  
**MOISTURISER; SUPREME AGING RETARDANT; BIO-ANTI-OXIDANTS & BETA HYDROXY ACIDS**

Primarily a herbal extract based biological 'lightening' product for over-pigmented blemishes for night use.

*Contains:* a specially formulated low oxidation-potential aqueous cream base; colloidal silver & copper; vitamins A, C, B2, B6 & E; panthenol; vegetable glycerine; MsulphurM; magnesium; tyrosine; comfrey allantoin, green tea, centella, bearberry, heather, licorice, lime tree, curcuma and kombucha [selenium] extracts; salicylic acid; and essential oils of rose, rose Pelargonium, lavender & German chamomile. See synergistic **Bio-Nutricell** (item no. 3g).

**Directions:** Apply first to over-pigmented areas, allowing absorption and a few minutes later, to the overall area.

## PRODUCT CATALOGUE: PART 3

# Gaia Organics: *Baby & Kiddies* Range Products

### ARE YOU PUTTING YOUR BABY AT RISK USING A SO-CALLED 'NATURAL' BABY RANGE?

*There is no Gaia Baby Range - for good reason - the utmost safety of the baby. Please do not use 'any' products on a baby, outside of an unavoidable emergency such as exposure to *injurious insects* or *UV*. There is no such thing as a safe baby range other than warm water, pure mineral oil and a non-talc absorbent powder. **Cleansers strip an infant's protective barrier, increasing already extreme vulnerability (undeveloped detoxification systems) to all extraneous agents, including hype 'natural' baby products.** A 'natural' classification does not equal safety. Gaia will not be tempted to engage in such criminally irresponsible dangerous marketing practices. All Gaia Organics products may be safely used as indicated after 2 years of age.*

Please note that no mere 'baby-safe' indication renders any product safe for babies, or young children. There is always a trade-off with the use of any product other than water, always some risk, irrespective of how 'natural' or 'organic' such product may be. Soap and all cleansers, without exception, strip protective sebum; plant oils oxidise and rancidify; oxidation products, essential oils and sunscreen chemicals enter the bloodstream. The act of applying anything other than water to the human body is, in the final analysis, an unnatural act, period.

**Essential oils** can cause subtle and/or serious outcomes, even in adults. For example, **Eucalyptus oil** applied to the skin **can cause skin tumours, systemic toxicity, muscle weakness, convulsions, toxic seizures, unconsciousness and even coma in children at exceptionally low concentrations.** Please see our full special reports on these and related important topics in our free '**Consumer Awareness**' booklet and even more online at: [www.gaiaresearch.co.za/paediaticulyptus.html](http://www.gaiaresearch.co.za/paediaticulyptus.html) ; [www.gaiaresearch.co.za/childchemexpose.html](http://www.gaiaresearch.co.za/childchemexpose.html) ; [www.gaiaresearch.co.za/cocamidossless.html](http://www.gaiaresearch.co.za/cocamidossless.html) and [www.gaiaresearch.co.za/cocmidopropylbetaine.html](http://www.gaiaresearch.co.za/cocmidopropylbetaine.html) .

All Gaia Organics products may be safely used after **2 years of age**, if supervised. All are safe during **pregnancy**. We at **Gaia Organics** have indicated only [Mosquito Repellent & Bite Lotion](#) (No. 27) and [Extreme UV-Sun-Defense Lotion](#) (No. 21) as acceptable for said unavoidable emergencies, where the benefit of use might realistically exceed any possible risk. We do have a baby-safe **Happy Nappy Powder** that can be used from birth.

### **35) HAPPY NAPPY BABY POWDER: ABSORBENT & SOOTHING. SCENT-FREE 40g**

*Contains: Absorbent kaolin & maize flour; healing comfrey allantoin; alkalising, oxygenating and sterilising magnesium peroxide; lubricating and anti-oxidant ascorbyl palmitate (a lipidic, non-acidic form of vitamin C); and essential oils of lavender & German chamomile.* Please use only this and unscented mineral oil on your baby.

**Directions:** Use liberally after bathing on thoroughly dried skin. Please put the baby on the breast and nothing else.

### GAIA RESEARCH'S PIONEERING CONTROVERSIAL POSITION ON POTENTIAL FOR HARM FROM SPF-RATED PRODUCTS IS VINDICATED BY A DECADE OF SUBSEQUENT SCIENTIFIC RESEARCH

**"Most Sunscreens Do Only Half The Job, Blocking Unsafe UV-B Rays, But Not Skin-Damaging UV-A Can We Get Better Cover?"** By Jennifer Huget, Special to the Washington Post, Tuesday June 28, 2005

*"With growing certainty and trepidation, dermatologists, cancer doctors and anti-aging gurus over the past decade have come to realize that available sunscreens may fight only half the battle, fending off the sun's short-wave UV-B radiation. What's missing is an equally useful weapon against longer-wave UV-A rays, whose deleterious effects have **only recently come to light.**"* (Gaia Research has been saying this in the prior decade!)

*"Scientists have come to understand that while UV-A damage isn't immediately visible. UV-A is **now** thought to be a prime culprit in premature wrinkling. More unsettling, UV-A **now** is believed to alter skin cell's DNA, causing mutations that can lead to the big 'C' (cancer)." (Gaia Research has been saying this in the prior decade!)*

*"(Only) Avobenzone (a drug), **Titanium dioxide and Zinc oxide** (two natural minerals) are known to protect against UV-A (& UV-B). An application for the human drug product Mexoryl (irresponsibly already in use outside the USA and available on eBay, for example) is currently undergoing regulatory review before the FDA for permission to market or use commercially." (Gaia use safe [non-nano-particle] Zinc oxide & Titanium dioxide)*

Below follows how I put the above-summarised 'revelations' in considerable scientific detail some 10 years ago. As I have said before. **"We Lead; Others Follow". "In Us You Can Trust. Science Fact, Not Science Fiction"**.

## **THE SHOCKING TRUTH ABOUT CHEMICAL SUNSCREENS/SUN PROTECTION FACTORS (SPFs) LEADING TO, RATHER THAN PREVENTING SERIOUS & DEADLY SKIN CANCERS**

By Stuart Thomson, Director, Gaia Research Institute (A decade old article still vindicated by current research)

Not only are these products bogus science and easy revenue hype for various collaborating industries, including the certification labs and plastic surgeons, but also criminal perpetuation of same by actively contributing to photo-ageing and even more atrociously, actually criminally increasing the risk of the deeper and far more deadly skin cancers, as well as critically suppressing other essential factors reliant on natural sun exposure for optimum health and prevention of not only skin cancer, but also eg. menopausal complications, seasonal depression, both high blood cholesterol and blood pressure, vitamin D deficiency, osteoporosis and even cancers other than that of the skin, especially prostate cancer (*Cancer, Dec. 1992 & Anticancer Research, Sept./Oct. 1990*) and breast cancer (*International Journal of Epidemiology, Dec. 1990*), the fastest growing cancer epidemics amongst males and females respectively. SPF products are risk-laden beyond your wildest imagination - causing all skin cancers!

Increasing chemical sunscreen use is scientifically linked not only to greater risk of chemical carcinogenesis (chemically induced cancer - higher SPF's = more chemical ingredients = increased likelihood of carcinogenicity) (and allergic reactions - *Archives of Dermatology, Nov. 1992*), but also directly to increased more serious basal cell carcinoma and especially deadly malignant melanoma (*Annals of Epidemiology, Jan. 1993*), due to criminally misleading photo-dynamics propaganda by so-called university and medical "experts", who in spite of knowing that SPF's relate only to UV-B (burning & superficial cancer) and minimally, if at all to UV-A (ageing & deep cancers), still falsely promote these as enabling prolonged safe exposure as a multiple of the Sun Protection Factor (SPF) and also exaggerate the pitiful protection potential of such products against skin cancers generally.

In reality these sunscreen promoting pseudo-experts are actually irresponsibly encouraging severely increased and imbalanced deadly UV-A exposure, which they should know significantly comprises more than 90% of the total UV spectrum and which excessive exposure only such mal-applied chemical cocktails render not only possible, but also probable by artificially delaying the natural inflammatory erythematous (reddening) warning signals which would otherwise alert one to the fact that one's evolutionary/ethnic/medical tolerance level for solar exposure was being exceeded (*Journal of the National Cancer Institute, Jan. 1994*). SPFs represent false security.

A maximally achievable chemical UV-A sunscreen, in spite of the "broad spectrum" promotional hype, would only have an extrapolated SPF of about 4, which would in any event be comparable to a light tan, which tan significantly, in terms of UV-B protection, would amount to as much as 75% of the only 5-10% of the UV spectrum comprised of UV-B and the remaining 25% of which, if not screened, would contribute important biological protective factors, since it photo-activates vitamin D precursors having anti-tumor effects, which if blocked by sunscreen, could allow UV-A induced deadly melanoma to develop more readily (*Medical Chronicle, Jun. 1993*). UV-B also excites cells into producing immuno-alerting interleukins and even mild UV-B induced sunburn flaking is a critical protective response whereby UV genetically damaged cells commit suicide (apoptosis) and are safely sloughed-off (*Nature, Dec. 22, 1994*). UV-B damage is generally superficial and self-heals, UV-A is the opposite.

UV-B sunscreen protection does not imply immuno-protection (*Dermatology, Mar. 1993*) and since the activation of melanocytes by UV-A alone takes considerably longer and exerts greater direct immuo-suppressive effects (*Photochemistry and Photobiology, Feb. 1993*), the longer exposures needed to develop a healthy & protective tan pose about the same cancer risk for superficial cancers and five times that for deeper cancers, since what is vulnerable to carcinogenic transformation is not the surface skin but the proliferating cells below (*Health Physics, Oct. 1994*). UV-B exposure is needed to trigger biological cancer protection pathways against UV-A exposure.

Sunburn protection does not imply skin cancer protection and yet industries and organisations reliant on cancer for their prosperity, including medical and cancer associations, perpetuate the lie of cancer protection from sunscreen use, despite the absence of evidence for this position (*New England Journal of Medicine, Oct. 1993*) and considerable evidence to the contrary, namely that increased skin cancers are associated with increased chemical sunscreen use (*Garland C, et al, American Journal of Public Health, 82(4): 614, 1992*), (*Wolf P, et al, Journal of the National cancer Institute, 86(2): 99, 1994*), (*Autier P, et al, International Journal of Cancer, 61(6): 749, 1995*), (*Sabri K & Harvey I, Public Health, 110(6): 347, 1996*), (*Autier P, et al Melanoma Research, 7(S2): S115, 1997*), (*Davenport V, et al, Journal of Investigative Dermatology, 108(8): 859, 1997*). SPF rated products decrease superficial UV-B burning, but clearly increases the risk of developing deadly UV-A induced skin cancers.

## **HOW EXACTLY DO GAIA ORGANICS ACHIEVE SAFE AND EFFECTIVE SUN PROTECTION?**

By Stuart Thomson, Director, Gaia Research Institute

Gaia uses the only two natural UV-A sunscreens approved by the US FDA, namely **Zinc Oxide and Titanium dioxide (Gaia do 'not' utilise nano-particles)**. We will not use the 3<sup>rd</sup> approved chemical Avobenzene, because this is entirely synthetic and is incompatible with the former chemically inert mineral options, which simply act as microscopic mirrors on the skin and so safely refract (scatter) all UV-light away from such protected areas.

Unless a product is selected to contain 'sufficient' titanium dioxide and/or zinc oxide or alternatively Avobenzene (Parsol 1789) (*butyl methoxydibenzoylmethane*), or the not yet FDA safety approved Mexoryl (*bicyclo[2.2.1]heptane-1-methane sulfonic acid,3,3'-(1,4-phenylenedimethylidene)bis[7.7]-dimethyl-2-oxo*) (that's its name), or Tinosorb S (*bis-ethylhexyloxyphenol methoxyphenyl triazine*) or Tinosorb M (*methylene bis-benzotriazolyl tetramethylbutylphenol*), and these are used *in sufficient quantity* (2mg/cm<sup>2</sup>) - usually 4 times that used in real-life - you will not be adequately protected from UV-A. Chemical types are dangerously absorbed into the skin, whilst non-nano mineral types (as used by Gaia) lie safely on the surface, so from a safety perspective, the latter are clearly superior.

Avobenzene 'absorbs' the whole UVA spectrum at 310-400 nm. It does *not* provide any UV-B absorption. Titanium dioxide and Zinc oxide are approved UV-A minerals and provide 'refractive' protection against the entire UV spectrum. The most commonly used benzophenones (oxy & dioxy-benzones) only protect in the 320-340 nm portion of the UVA range and hence are not true UV-A screens, yet products can claim to be 'broad spectrum', since this is literally correct, irrespective of how weak or incomplete such protection might be.

Gaia also use nutritional **Para-amino benzoic acid (PABA)**, a FDA approved natural UV-B sunscreen. Industry-wide use of synthetic PABA esters have created reputations as skin sensitisers, yet nutritional PABA, a natural component of folic acid and a B-complex vitamin constituent of many whole-foods, when stabilised with anti-oxidants such as green tea extracts, remains the safest UV-B screen available besides the refractive minerals, but unlike these, actually bonds to the skin's surface proteins, affording durable UV-B absorptive protection should the minerals be inadvertently rubbed off by clothing or inevitably be towed off.

Gaia also uses minimal anti-oxidant **vitamin E**, which is synergistic (combined enhancing effect greater than individual contributions) with PABA. **Sesame oil** is used for its anti-oxidative lignan and phenolic constituents and for its relatively high refractive index. **Tannic acid** is also used in some (darker) products as an effective UV-absorber, polyphenolic anti-oxidant. Both sesamol and tannic acid have specific skin carcinoma-inhibiting properties, as does also **Green tea**, to an even greater degree than the former two and over and above the latter's anti-oxidant properties, so much so, that green tea extracts have been the most promising substances in the field of skin-cancer prevention and treatment for the past decade, limited only by its non-patentability.

**Actinic keratosis** (a scaly or crusty bump that forms on the skin surface) and **squamous cell carcinoma** (a rodent ulcer), are benign pre cancers and superficial cancers respectively, both caused by **UV-B** exposure. **Basal cell carcinoma** and the usually fatal **malignant melanoma** are far more serious deep-seated skin cancers caused by **UV-A** exposure. Clearly both UV-B and UV-A are best avoided, if not carefully controlled; yet SPF-type sunscreen products usually fail dismally to address UV-A. This is the principal rationale behind our impassioned educational expose' and provision of carefully formulated products to meet this dire need.

In particular, **green tea extracts** are **effective cancer preventive agents** for many of the adverse effects of sunlight on human health and may thus serve as natural alternatives for photoprotection, in part by inhibiting the erythema response evoked by UV radiation, reducing the number of sunburn cells, protecting epidermal Langerhans cells from UV damage and reducing the DNA damage that forms after UV radiation (*Elmets C et al, J Am Acad Dermatol, 44(3), 2001*); possess antioxidant and sunscreen activity, as well as UV-B signal transduction blocking activity (*Einspahr J et al, Recent Results Cancer Res, 163:151-64; 2003*); inhibit UV-induced activation of transcription factor and proinflammatory pathway (*Xia J et al, Int J Mol Med, 16(5), 2005*); enhance chemopreventive apoptosis selectively in focal basal cell hyperplastic areas of the epidermis (*Lu Y et al, Carcinogenesis, 26(8), 2005*); affects several biomarkers that are involved in UV-carcinogenesis, including inhibition of angiogenic factors and recruitment of cytotoxic T cells in the tumor microenvironment (*Mantena S et al, J Nutr, 135(12), 2005*); protects keratinocytes from photodamage (*Huang C et al, Arch Dermatol Res, 296(10), 2005*); reverse extracellular matrix degradation induced by UV-A (*Lee J et al, J Dermatol Sci, 40(3), 2005*) and protects against UV induced DNA damage (*Morley N et al, Photodermatol Photoimmunol Photomed, 21(1), 2005*) and prevents photocarcinogenesis via inhibition of angiogenic factors and induction of antitumor immune reactivity (*Mantena S et al, Photochem Photobiol, 81(5), 2005*). Most Gaia Organics products are formulated with green tea.

To wrap up and facilitate a flow of continuity between Gaia's external personal care products and Gaia's internal health products, consider the following filler, bearing in mind that Gaia assures your protection, inside and out:

*"Ultraviolet radiation may severely damage important biomolecules, such as lipids (exogenous and endogenous), DNA, carbohydrates and proteins due to initiation of free radical reactions and generation of highly reactive radical oxygen species. If the amount of these oxidative influences is higher than that of the components of the human (exogenous and endogenous) antioxidative defense system(s), then a condition of oxidative stress is reached. The human skin is of particular concern, because it is constantly exposed to ultraviolet radiation, oxygen and other noxious environmental influences (including personal care breakdown substances) on this important barrier that can lead to a variety of carbonyl compounds that may exert toxic actions. These factors can lead not only to premature skin ageing and mutation, but such oxidative dysfunction can also further lead to oxidative damage of physiological structures in the entire organism." (Trommer H and Neubert R, J Pharm Pharmaceut Sci 8(3), 2005)*

## PRODUCT CATALOGUE: PART 4

# Gaia Organics: Advanced *Health* Care Products

DUE TO PRICE DIFFERENCES BETWEEN OUTLETS, PLEASE REQUEST A CURRENT PRICE LIST FROM YOUR OUTLET OR DIRECTLY FROM GAIA

### - SUPER - BEVERAGES, SUPER – FOODS, & SUPER - WATER CONDITIONERS / OPTIMISERS -

- A) GREEN TEA BAGS...100g
- B & BL) GREEN TEA LOOSE WHOLE-LEAF...100g - Also (BUDGET Code BL)...200g
- C) GREEN TEA & CHAMOMILE TEA BAGS ...100g
- D) KOMBUCHA GREEN TEA SYMBIONT...(Kit Consisting of live culture, filter, literature & green tea)
- E) NUTRI-SPICE SALT MILD (HIGH POTASSIUM TABLE-SALT SUBSTITUTE)...84g
- F) NUTRI-SPICE SALT HOT (HIGH POTASSIUM TABLE-SALT SUBSTITUTE)...84g
- G) NUTRI-PASTE (SAVORY FLAXSEED MEAL WITH ANTIOX HERBS & SPICES)...50ml
- H) MICRONISED KELP (NATURAL CHELATED TRACE ELEMENT CONCENTRATE)...60g
- I) SELENIUM SEA (SELENOMETHIONINE ENRICHED MICRONISED KELP POWDER)...60g
- J) FLAXSEED OIL (UNIQUE COLD-FIRST PRESSING OF THE DAY) (Nitrogen purged)...250ml
- K) SUPER-OXYGENATED WATER (DRINKABLE DISSOLVED OXYGEN)...350ml
- L) STABILISED OXYGEN POWDER (ALKALINE MAGNESIUM PEROXIDE)...50g
- M) HYDROPEROX 35% (120Volume) FOOD GRADE HYDROGEN PEROXIDE...75ml

### ***EXPLANATORY NOTE: SUSPENSION OF THE GAIA IMMUNOLOGICAL OPTIMISING PROTOCOL***

*After 15 years of supplying the same services, the Gaia Research Institute has revised its extensive activities. The retained Advanced Internal Health Care Products listed above represent a handful of true gems, more worthy than any and all others, of incorporation into a pro-active healthy modern lifestyle.*

*These products form what was previously renowned as the 'Gaia Immunological Optimising Protocol', a comprehensive program utilised by tens of thousands around the world who have taken their ill-health into their own hands and successfully managed their advanced, supposedly incurable cancers and AIDS.*

*This program no longer formally exists, following the end of a 10-year provision to natural health professionals and the public of thousands of internationally pioneering colloidal generators incorporating silver, copper, zinc and manganese electrolytic micro-clusters and ions suspended and dissolved in water.*

*Several overlapping issues have led us to temporarily suspend this program, in particular, the imported components being exhausted, but more importantly, the unique Cu, Zn and Mn electrodes no longer being available due to the specialised manufacturer, Argen Precious Metals, having ceased operation.*

*Pending resumption of provision of the electro-colloids, the remaining components can nevertheless be utilised on their own to very good effect, with the possible exception of immediately imminent death.*

## **ADVANCED INTERNAL HEALTH OPTIMISING PRODUCTS: INTRODUCTION**

It is the clear philosophy, practical experience and conviction of the Director of the Gaia Research Institute, after 30+ years of virtually full-time holistic health research, that health cannot be found in a pill or potion of man-made nutritional supplements or medicines. Health is a gift from the Creator, which we, through application of divine and natural law, either preserve and nourish, or squander, and more rarely, rebuild and recover, according to our enlightenment, efforts, karma and life's circumstances. All higher animals find their nourishment at the level of their eyes, and humans should be no exception, but paradoxically, due to our higher 'intelligence', almost always is. The extent to which we eat outside of the natural postural reach of our (raw) food collecting appendages (fruits) largely determines our health or disease status and ultimately the timing and circumstances of our suffering/demise.

Meticulous research in this past decade has also revealed to us which natural food substances are most likely to keep our bodies well-nourished and protected against disease and likewise, best able to return us from a state of ill-health, in spite of increased levels of stress and environmental chemical onslaughts and the ongoing nutritional deficiencies of especially critical micro-nutrients in the food chain. By way of example, a Medline electronic database search of the US National Library of Medicine reveals thousands of peer reviewed published scientific papers corresponding to the keyword 'Green Tea', constituting more than any other natural food or even any nutritional or herbal or other medicinal substance, thereby vindicating our international pioneering introduction of our own high and unique health criteria "Quality Green Tea" into the Gaia Organics personal care product formulations and forming the foundation of our evidence-based advanced internal health optimising products.

Gaia Research is furthermore proud to advise readers that it has also pioneered the availability of similar substances, such as high lignan, but low cyanide flaxseed paste, non-irradiated micronised kelp and several oxygenating products, none of which are medicines, yet singularly and especially collectively, render most, if not all other than emergency medicine redundant. The following information, whilst informing reader's of the near miraculous properties of this treasured handful of selected natural substances in their correct form and usage, is not intended to imply medicinal claims, since prevention and eradication of disease via food, beverages, minerals, air and water as advocated by us could never constitute medicine, except in the minds of those deranged individuals with financially vested interests in same and accordingly, in the suppression or expropriation of positive health strategies and the perpetuation, if not creation of disease for purposes of lucrative long-term disease management.

Whilst the Director of the Gaia Research Institute strongly upholds the principles of freedom of choice regarding the means to health and the treatment of disease, including availability of dietary supplements and safe herbal medicines, provided that these are of good quality and are honestly marketed in terms of scientific evidence based claims, it is the informed opinion of this institution that these should, in most cases, follow or be adjunctive to the premier anti-oxidant, micro- and macro- nutritive, alkalizing, oxygenating, enzyme-inducing, anti-pathogenic and life-inoculating substances introduced hereafter, if indeed such peripheral interventions are still required thereafter. Since it is not practical to fully document all of the relevant research in this brochure, a synoptic research database is incorporated on the Gaia website at: [www.gaiaresearch.co.za/projects.html](http://www.gaiaresearch.co.za/projects.html) for the ongoing scientific evaluation of our leading-edge minimalist natural health strategies at a level rarely, if ever, offered for other health service anywhere in the world. Please avail yourself to all of this information before requesting any advice or assistance.

Ongoing free consultations with the Director (at the client's expense in the case of telephonic sessions and by voluntary donation for institutional appointments) are generally available in respect of the most appropriate use of and incorporation of these and possibly other adjunctive components into one's own health regimen, though these will of necessity be brief, in particular where the enquirer is not prepared to make all necessary dietary and related lifestyle changes deemed essential to accommodate and complement these measures in order to optimise their health. Readers are specifically referred to the '**Gaia Diet**' as the minimum prior commitment to qualify for free telephonic and especially personal consultations. ***The Director may so conditionally be contacted by phone at 044-532-7765 or 7552 during office hours.*** Personal institutional consultations are not encouraged and are always strictly by appointment only. Our decade-old free natural health clinic has been closed because of an unsustainable drain on limited resources and furthermore to accommodate a renewed focus on consumer education. Professional correspondence may be addressed by e-mail to [director@gaiaresearch.co.za](mailto:director@gaiaresearch.co.za), but only following obvious prior perusal and knowledge of the relevant website sections, otherwise communications will have to be ignored.

## **A & B) CHINESE GREEN TEA: PEASANT-GROWN OPTIMAL HEALTH GRADE- 100g**

Undoubtedly the most versatile and efficacious natural health substance yet discovered. Extensively scientifically researched and verified in the laboratory and epidemiologically (large-scale usage studies). A recent Medline search revealed thousands of peer reviewed published scientific papers focussing on green tea, more than any other health food, beverage or even herbal, nutritional or medicinal substance. There is no other natural health substance or product anywhere in the world, known to be capable of competing for safety and efficacy, even regular commercial green tea, let alone our unique special 'peasant grown, harvested and processed optimal health grade'. No medicinal claims are implied, but rather a broad review of the tremendous health optimising potential hereof.

Chinese green tea generally, let alone its authentic traditional peasant-grown whole-leaf form here, has received extensive scientific acclaim from diverse biological disciplines that on analysis of the voluminous research at hand can only be accurately described as a ***“mega-potent anti-oxidant health optimising anti-aging beverage”***. Gaia's exclusive Short Literature Review follows, with more extensive and updated information available on our website:

An early Review: ***“The Nutritional and Therapeutic Value of Tea”*** (J Sci Food Agric, 26, 1975,) stated that:

*“Green tea contains vitamin C in amounts comparable to lemon, vitamins K and P (bioflavonoids) comparable to green vegetable and buckwheat rutin respectively and beta-Carotene comparable to carrots. In their capillary and blood vessel strengthening and anti-inflammatory roles, the polyphenols act synergistically with ascorbic acid and improve growth and resistance to infection, increasing accumulation of vitamin C in the tissues and reducing the level of urinary excretion and even inhibiting the ulceration and stomach mucosa bleeding induced by aspirin. Green tea is also high in folic acid and the polyphenols further increase its synthesis by the intestinal microflora.”*

This review continued: ***“The pharmacological action of green tea caffeine*** (lower than regular tea) *is so modified by the interaction with the polyphenols that the beneficial properties of the alkaloid (vasodilator, anti-atherosclerotic, diuretic, fluid balance restoration following vomiting or diarrhoea, assisting recovery of mental depression [the cup that cheers] by providing alertness without loss of tranquility, stimulation of mental alacrity, relief of mental and muscular fatigue, enhancement of liver-metabolism and gastro-intestinal secretion, aiding digestion and relieving post-prandial distress and gout as well as promoting circulation and improving bronchial asthma and cardiac oedema), may be enjoyed without harmful side-effects.”*

This review continued: ***“Green tea has been found to normalize thyroid hyperfunction that causes thyroxicosis and also to afford protection against the development of leukaemia after exposure to radiation, as well as to eliminate radioactive strontium from the body before it reaches the bone marrow and causes long term radiation damage, and furthermore exerts an anti-inflammatory role beneficial in reducing the secondary effects of radiation damage to tissue. Green tea has been used extensively in combating plague and as an adjunct in the treatment of several diseases, including dysentery, typhoid and cholera. It is clear that it is much more than a pleasant, mildly stimulating beverage and warrants a thorough medical reappraisal.”***

More recently a published paper, ***“The Biological Activity And Toxicological Test Of Tea Polyphenols”*** (Proc Intl Symp Tea Sci, Shizuoka, Japan, Aug. 1991) stated: ***“From ancient times, tea is regarded as a healthy beverage. ‘Lost Property Of Medicinal Herbs’, an ancient book in China’s Chang Dynasty recorded that while various medicines are the cure of different diseases, ‘green tea is the cure to all’. Active hydroxyl hydrogens in the molecular structure of green tea polyphenols end the chain reaction of excessive free radicals that result in pathological changes in the body. Tea polyphenols increase the activity of glutathione peroxidase and superoxide dismutase. The scavenging rate is much stronger than vitamins C and E. Green tea polyphenols are the ideal anti-oxidants. The anti-carcinogenic mechanism includes cellular immune function and inhibition of tumor growth.”***

Noting the mounting scientific evidence of positive health effects and the clear positive correlation between green tea use and (increased) average human life span, another researcher added the following properties: ***“antidepressant, protection against sunburn and protection against nitrosamines”***, and showing that tea is rich in potassium, zinc, manganese and copper, commented as follows: ***“We must point out that it is the most popular beverage after water and that its excellent reputation is justified”*** (Lunder T, In 'Phenolic Compounds in Food & Their Effects on Health', [Symp] Amer Chem Soc, 1992).

Dr Yukihiro Hara, Food Research Laboratories, Japan, the world authority on green tea who earned his PhD. from the University of Tokyo for a doctoral thesis titled “*Physiological Activities of Tea Polyphenols*”, has in several published reviews listed the “**prophylactic (preventive) functions of green tea**” as: “**anti-oxidative; radioprotective; anti-mutagenic; anti-tumor; anti-hyper-cholesterolemic; anti-hyperglycemic; fat-reducing; anti-hypertensive; anti-ulcer; anti-bacterial; anti-viral; and deodorant**”. He further elaborates that “**green tea polyphenols inhibit  $\alpha$ -amylase and control obesity and diabetes by diminishing the hydrolysis of starch to glucose**” and “**polyphenols are bactericidal against pathogenic bacteria, yet ineffective against acid forming good bacteria, and prevent the formation of dental plaque and caries at far lower concentration than an everyday cup of tea.**” (Hara Y, In ‘*Food Phytochemicals For Cancer Prevention*’, [Symp] Amer Chem Soc, 1994); (Hara Y, *Proc Intl Symp Tea Science & Human Health*, Calcutta, Jan 1993); (Hara Y, *Uses And Benefits Of Tea*, *Food Rev Intl*, 11(3), 1995); *Green Tea: Health Benefits and Applications*, Yukihiro Hara (Ed), Marcel Dekker, NY, 2001); Yukihiro Hara, book by same title, C.H.I.P.S., Weimar, Texas, 2006)

Furthermore, Dr Hara presented interesting research results of human trials using quantities of green tea corresponding to 6 cups daily for several weeks to evaluate the selective effect of green tea against food-borne pathogenic bacteria, as follows: “*A human intestine harbours 100 trillion viable bacteria of 100 different species which influence many factors pertaining to the host’s health. Results indicated remarkable **improvement in bowel conditions in that the levels of Lactobacilli acidophilus bacteria and Bifido-bacteria increased significantly, whereas others decreased significantly*** (1999 World O-CHA Forum, Shizuoka, Japan).

Professor Hasan Mukhtar, Case Western Reserve University, Cleveland, at the same forum summarised recent findings into green tea from several laboratories as “**affording prevention against the onset and subsequent progression of a variety of conditions including cancer and coronary heart disease, arthritis, stroke, osteoporosis, liver disease, bacterial and viral infectivity.**” His own studies showed protection against human prostate cancer cells. His conclusion: “**Thus medical research is confirming the ancient oriental wisdom that therapy of many diseases may reside in a teapot.**” (1999 World O-CHA (tea) Forum, Shizuoka, Japan)

To quote further conclusions: “*A growing body of research has demonstrated green tea polyphenols to be powerful antioxidants with anti-carcinogenic properties. **Current studies are hopeful as they show an inverse association between green tea consumption and cancer risk***” (Brown M, *Altern Med Rev*, 4(5), 1999). “**The mechanisms of antimutagenesis and anticarcinogenesis of green tea suggest that the inhibition of tumors may be due to both extracellular and intracellular mechanisms including the modulation of metabolism, blocking or suppression, modulation of DNA replication and repair effects, promotion, inhibition of invasion and metastasis, and induction of novel mechanisms**” (Kuroda Y, Hara Y, *Mutat Res*, 436(1), 1999).

“*Polyphenols, which comprise 30-40% of the extractables of green tea, have demonstrated **significant antioxidant, anticarcinogenic, anti-inflammatory, thermogenic, probiotic and antimicrobial properties** in numerous human, animal and in vitro studies* (Editorial, *Alt Med Rev*, 5(4), 2000). “**Catechins and polyphenols from green tea show the strongest anticancer activity**” (Colic M, Pavelic K, *J Mol Med*, 78(6), 2000).

Research officials at the prestigious Institute of Materia Medica, Chinese Academy of Medical Sciences recently opinioned: “*Green tea catechins have **significant bioactivity on clearing free radicals as well as anti-cancer, anti-inflammatory, anti-allergic, anti-mutation, anti-aging and liver function improving properties** and will have a wonderful prospect*” (Liu C, Chen R, *Zhongguo Zhong Yao Za Zhi*, 29(10), 2004).

**Vindicating Gaia’s pioneering, arguably visionary, personal care applications nearly 2 decades ago, researchers have now stated: “Green tea can be used as a natural ingredient with excellent physiological functions for the human skin through cosmetic or food composition”** (An B et al, *Am J Clin Med*, 33(4), 2005).

**Green tea helps prevent oxidative stress-related diseases: cancer, cardiovascular disease, neurodegenerative disease (Parkinson's and Alzheimer's) and aging** (Guo S et al, *Free Radic Biol Med*, 39(5), 2005), (Yamamoto M et al, *Biosci Biotechnol Biochem*, 70(1), 2006), (Weinreb O et al, *J Nutr Biochem*, 15(9), 2004), (Reznichenco L et al, *J Neurochem*, 93(5), 2005), (Mandel S et al, *Neurosignals*, 14(1-2), 2005). **Green tea has been shown to act post-absorptively to influence substrate utilization or thermogenesis, altering energy expenditure and appetite control of benefit for weight control** (Kovacs E, Mela D, *Obes Rev*, 7(1), 2006).

## C) GREEN TEA & CALMING CHAMOMILE BLEND (TEA BAGS ONLY)

100g

There is a general misconception that because Green Tea contains a small amount of Caffeine (which is not harmful, but actually synergises the healthful properties), it might disrupt sleep - so essential to good health - but this is not so. Theanine is an amino acid present only in Chinese tea (2% in green & reduced via oxidation to black) and in a species of wild mushroom. Of all amino acids found in green tea, L-theanine is the most prevalent and is a taste component, which specifically negates this assumed effect of caffeine, resulting instead in a state of 'relaxed alertness', which once one withdraws one's attention from active stimuli, actually results in improved sleep. There is no nervousness, drowsiness, grogginess or other negative side effects as associated with other sedatives and stimulants and the calming effect of L-thianine in green tea can improve sleep quality without increasing duration.

The mechanisms are known. When L-theanine is absorbed in the intestinal tract and delivered to each organ, it is also delivered concentration-dependently to the brain. Increase of dopamine levels and changes of serotonin levels by L-theanine have been observed. (Yokogoshi H et al, *Biosci, Biotech Biochem*, 62(4), 1998); (Yokogoshi H et al, *Neurochem Res*, 23(5), 1998); (Yokogoshi H, Terashima T, *Nutrition*, 16(9), 2000). In various behavioural tests, improvements in memory and learning performance with the administration of L-theanine have been observed. In human subjects, the activity of the parasympathetic nervous system increased. Also, alpha waves in the brain increased significantly, inducing relaxation. (Kobayashi K et al, *Nippon Noegikagako Kaishi*, 72 (2), 1998); (Lekh R et al, *Trends Food Sci Technol*, 10 (6-7), 1999); (Kakuda T et al, *Biosci, Biotechnol Biochem*, 64(2), 2000)

Gaia Research have identified Chamomile as the perfect companion to green tea to set consumer's minds at ease over the widely assumed issue of caffeine in green tea disturbing sleep, which unnecessarily limits their use of green tea to daytime only. To encourage consumption of sufficient green tea throughout the wakened state so as to extend and optimise its well-established considerable health benefits, Gaia have blended some of our Green Tea with ¼ German Chamomile to take advantage of the synergistic calming and digestive settling properties of both, making the blend more than suitable for afternoon and even evening consumption and complement and synergise the already considerable beneficial properties of green tea, without any of the hazards attendant to tranquillisers.

These two beverages have not been used together until now, due to an incorrect notion of expected conflict of principal properties, whereas the reverse is true, in particular towards the end of a busy day as one prepares to 'actively unwind'. The combination teabags make convenient effective warm eye compresses, perfect for treating our hard working windows to the world that reflect the strains of our hectic lifestyles and chronic lack of quality sleep. Whilst Chinese green tea is the most widely consumed beverage in the world, Chamomile is still an official traditional medicine recognised by government authority in the pharmacopoeia of 26 countries and it has been estimated that over one million cups of Chamomile tea are ingested daily worldwide, making it the most widely consumed herb tea. (Foster, S. *Chamomile, Botanical Series, No 307, Amer Bot Council, Austin, Texas, 1991*)

Animal studies have demonstrated German Chamomile's ability to reduce inflammation, speed wound healing, reduce muscle spasms, and to serve as a mild sedative to help with sleep. In Europe, Chamomile was traditionally and is commonly used as a digestive aid, to treat mild skin conditions, menstrual cramps, insomnia, and as a tension reliever. Chamomile has also been used successfully to provide comfort in cases of the common cold, sore throats, abscesses, gum inflammation (gingivitis), psoriasis, acne, eczema, psoriasis, minor first-degree burns, inflammatory bowel disease (ulcerative colitis), stomach ulcers, diaper rash, and colic. Laboratory studies have also confirmed some anti-microbial properties. (Blumenthal M, Goldberg A, Brinckmann J, *Herbal Medicine: Expanded Commission E Monographs, Integrative Medicine Communications, Newton, MA, 57-61, 2000*)

Chamomiles have been used for centuries in teas as a mild, relaxing sleep aid. In the Developed World, oral chamomile is used primarily for relaxation and sleep. Low doses produced a calming effect, while higher doses are more likely to cause sleep, sedating and anti-anxiety effects. Chamomile also has antispasmodic effects, relieving or preventing uncomfortable muscle contractions, especially in the gastrointestinal tract and has also been used to treat minor gastrointestinal complaints such as gas, motion sickness, and stomach cramps. Topically, Chamomile can be applied to the skin as a wash or a poultice (hot teabag) for haemorrhoids and minor skin irritations. (*DrugDigest.com April 17, 2006*) No medicinal use is intended or implied. These properties are an added bonus.

## WHY GAIJA ORGANICS QUALITY GREEN TEA?

In order to ensure the most healthful green tea available, Gaia supply only hard-sought and acquired authentic imported peasant-grown whole-leaf Chinese green tea as our unique “quality” standard, selected on the following unique evidence-based unorthodox quality, safety and efficacy criteria, established during our many years research into the intricacies of this truly amazing miracle natural health product. Any green tea may be termed “Chinese” by virtue of its geographical evolutionary origins in China, as signified by its botanical name *Thea* (now *Camellia sinensis*), which renders it important to specify ‘Chinese grown’, indeed ‘**peasant grown Chinese green tea**’ to ensure optimal quality and that you are not obtaining inferior Japanese, Taiwanese, Hong Kong, or commercial Chinese tea, for numerous significantly important, but generally unrecognised reasons to be outlined hereafter.

Of varietal significance is that green tea grown commercially even inside, but especially outside of China, has a lower vital polyphenol content due to different breeding lineages over many centuries, whereby national cross-cultures have favoured certain characteristics to suit different agronomic, taste or aesthetic preferences. In particular, the valuable polyphenol antioxidants are moreover not significantly induced in irrigation, fertiliser and pesticide pampered crops, hence our choice of tea grades originating from peasant grown sources, since these poor subsistence farmers cannot afford the aforementioned luxuries, so allowing the plants to beneficially struggle.

An unappreciated critical advantage of agronomic austerity, besides lack of toxic agrichemical residues, is the fact that as the indigenous tea plants struggle against the harsh environmental factors of drought, heat, wind, insects, and fungal attack, under these conditions they also optimise the synthesis of complex survival chemistry developed evolutionarily to cope with such conditions and of which the potent antioxidant polyphenol catechins are the most important for health, but are far from fully exploited when the plants are agronomically pampered as is standard practice in mainstream world tea markets and grades of tea. Struggle breeds character, and in this case, strength.

Further unappreciated advantages are avoidance of rather significant risks relating to the chemical bio-accumulation characteristics of the tea plants themselves, whereby heavy nitrogen fertilisation, as used extensively for commercial crops so as to optimise yield and produce brilliant green foliage, besides pampering the plants, also radically increases the uptake of toxic aluminium to truly undesirable levels as high as 1000ug/g and which process is further aggravated by the standard extensive use superphosphate fertilisers outside of Chinese peasant systems, and which moreover release and cause significant uptake of the toxic heavy metal, cadmium, to as much as 250ppm, particularly noteworthy since cadmium is a chronic mammalian enzyme poison having no place at all in a healthy diet, let alone of those who are ill. How many suppliers of Green Tea as a health beverage consider this?

The Chinese peasants significantly also still use the time-honoured traditional organicultural methods of fertilisation with organic agricultural wastes, night soil and crushed rock mulches, which are more practical for their hilly terrain than synthetic fertilisers, which would in any event be lost by runoff by the first rain following application. A recent development is the introduction of annual selenium-rich rock dressings to optimise benefits. Interestingly the Chinese Academy of Sciences have pioneered the development of environmentally benign bio-pesticidal strategies to the obvious benefit of products of the local peasant system, so helping to keep pests to manageable levels without actually requiring pesticide use. Our detailed assays confirm the success of this strategy.

Chinese peasants moreover, still use pan-firing to control the anti-oxidant destructive polyphenol oxidase enzyme mediated damaging oxidative chain-reaction, whereas the Taiwanese, Japanese and highly commercialised Chinese plantations use the significantly more nutrient leaching steam method. The Chinese peasants still scrounge and grow their tea on the rich hilly alkaline red earth in the south-east provinces, which are more exclusively devoted to traditional green tea production in the plant’s original ecological niche, under ancient natural labour-intensive systems, content to trade-off toxic agrichemicals and processing machinery for a lower crop yield, but bearing and recognising, albeit not intellectually, the mentioned distinct health advantages over all other types of green tea.

What additionally, uniquely sets Gaia’s own green tea standard way ahead of the competition, besides the above-mentioned and our hand-sorting quality control, is our leading-edge use of ozone (triple oxygen molecule) sterilisation and furthermore, our exclusive use of 7.83 Hz Schumann Resonance of the final product, to ensure optimal frequency reorientation of the molecules to the original Earth frequency following post-harvest disruptions. A comprehensive assay of our product from the Fresenius Institute in Germany has verified the purity of this tea.

## **D) KOMBUCHA GREEN TEA SYMBIONT: COMPLETE HOME PRODUCER'S KIT**

Gaia pedigreed Kombucha cultures are personally raised in our laboratory exclusively on high quality peasant grown Chinese green tea, fueled with natural brown sugar, providing access to high integrity source materials to perpetuate a centuries old tradition of producing your household's own "Divine Che", "Mo Gu", "Manchurian Tea" or "Kargasok Tea", some of 100-odd names by which the slightly sweet, tart beverage produced is known around the world and which culture every fortnight doubles its production capacity, which is why it's offspring are often given away as a gift and it has been called the "*fungus of charity*". Consumption of Kombucha was first recorded in 220 BC in Manchuria, from whence it spread throughout the Far and Near East, Pacific, Russia and Germany to eventually the rest of Europe, Africa and more recently the entire globe. The kit comprises a solid living culture, live liquid concentrate, durable hygienic micro-sieve, a starting green tea sample and literature.

Kombucha is not a fungus but a jellyfish-like zoogelial mat (a near-lichen), a symbiosis of beneficent non-toxic nutritional yeasts and bacterium. Kombucha, which for two millennia enjoyed great popularity in the Far East and for a century in Eastern Europe for its tasty and refreshing tonic beverage, fell into relative oblivion during World War II due to economic circumstances, as the tea and sugar so essential to its activity and preservation became unavailable. Kombucha is however experiencing a phenomenal resurgence of popularity as a healthful tonic beverage (the pasteurized commercial bottled brew is useless, since the living component has been destroyed). Being comprised of fission (split) yeasts it does not contain the yeast spores from which so many suffer. Due to improved colon ecology, it actually helps rather than aggravates the battle against candidiasis. It has been widely reported that especially with elderly people, Kombucha beverage has rejuvenating effects, causing hair to colour again, as well as having the effect of tightening the skin and enhancing the overall feeling of health and vitality.

Kombucha's liquid medium (tea kvass) (*Medusomyces gisevii Lindau* is its botanical name) has also been extensively investigated as a result of numerous early observations that this medium showed distinct antibiotic (bactericidal and bacteriostatic) effects against a number of disease organisms and was used for several therapeutic purposes in veterinary and human medicine. Contrary to public health and medical ignorance or propaganda, the beneficial properties of Kombucha have been rather well documented for a full scientific century and is still contemporarily so for such a relatively obscure natural food product. Early to mid 20<sup>th</sup> century, mainly German medical research, documented Kombucha primarily as an intestinal regulator and as having excellent effects on general body functions, but also established specific efficacy in cases of digestive disturbances, constipation, haemorrhoids, kidney stones, gall bladder problems, diabetes, arteriosclerosis, cholesterol, high blood pressure, angina, gout, gouty eczema, arthritis, rheumatism, atherosclerosis, irritability, anxiety, headaches, dizziness, fatigue, tiredness. The references for these are readily available on the Internet, so we will focus on what is not.

Initially, due to a lack of research in the English language, I assumed that Kombucha owed most of its beneficial properties to the tea with which it is brewed, since its benefits dovetail well with the outstanding properties already scientifically documented for Chinese tea. Translations of Russian and German research and chemical analysis have altered this view. The Kombucha ferment contains various metabolic by-products, including acetic, ascorbic, butyric, glucuronic\*, hyaluronic, lactic, usinic and chondroitin sulphate acids, glucosamines, heparin, beta-glucans (cell-wall only), B-vitamins, including B-12 and also antibiotic substances (*Hauser S, Schweiz Rundsch Med Prax, 79(9), 1990*); (*Mayser P, Mycoses, 38(7-8), 1995*); (*Sreeramula G, et al, J Agric Food Chem, 48(6), 2000*); (\**Loncar E et al, Nahrung, 44(2), 2000*); (\**Jayabalan R et al, Food Chem, 102(1), 2006*).

***Gaia Research has successfully pioneered the use of Green Tea Kombucha cell-wall components in several of its leading edge Gaia Organics range of personal care products.*** Several progressive cosmetic houses use animal products and some have even changed over to synthetically produced materials in order to reduce or delay wrinkles, sun damage and risk of skin cancers. The Kombucha yeast cells are eukaryotes, ie of a class that includes all plants and animals, including humans. Consequently substances traditionally obtained by others from animal sources, eg hyaluronic acid, which is collected from aborted fetus, womb, umbilical cord, vitreous humour or synovial fluid of sacrificed animals, is uniquely humanely obtained by us from Kombucha without involving animals at all, as is our strict research ethic and manufacturing policy. Some 15 years after our pioneering this application, Croda, a leading industry supplier is now actually offering Kombucha extracts to "*decrease glycation, increase adipocyte population, reduce skin roughness and increase skin radiance*". "***We lead; others follow***".

Beta glucan, usually expensively obtained from rarely available imported medicinal mushrooms, but also a cell-wall component of Kombucha, is a potent free radical scavenger and stimulator of the human immune response, in particular macrophages, which play a pivotal role in the initiation and maintenance of the immune response. When macrophages, which are the front line of defence, are activated, a myriad of immunological reactions occur against challenging stimuli such as viruses, bacteria, fungi, endotoxins and foreign debris, including the up-regulation of cytokines, bone marrow production, monocytes, neutrophils, and natural killer cells. (*Luzio N, et al, Int J Cancer, 24; 1979*); (*Di Renzo L, et al, Eur J Immunol, 21, 1991*); (*Muto S et al, J Clin Immunol, 13, 1993*); (*Thornton B, et al, J Immunol, 156(3), 1996*); (*Williams D, et al, Clin Immunother, 5(5), 1996*)

Anecdotal medical reports of ‘**adverse effects**’, including hepatotoxicity and even possibly death exist (*Perron A, et al, Ann Emergency Med, 26(5), 1995*). Interestingly, not one of these toxic reports are linked to Kombucha made with Green Tea. All were linked to **Black Tea** (*Amer Assoc Poison Contr Centre Bull, Nov, 1993*); (*Anon, MMWR Morb Mortal Wkly Rep, 44(48), 1995*); (*Webb J, Drug Informat Perspectives, 15(2), 1995*); (*Monson N, Alter Compl Therap, Sept/Oct, 1995*); (*JAMA, 275(2), 1996*); (*Ellenhorn’s Medical Toxicology, 2<sup>nd</sup> Edn, 1997*); (*Srinivasan R, et al, J Gen Intern Med, 12(10), 1997*); (*Sadjadi J, JAMA, 280, 1998*); (*Greenwalt C, et al, J Food Prot, 63(7), 2000*). Memory serves me to recall several similar episodes in South Africa arising from the use of **Rooibos Tea** (*Tygerberg Hosp, Stellenbosch Univ*). Contamination with pathogenic organisms such as *Aspergillus* is possible, since fermented teas, including black, are higher in spores of this fungus. Green tea naturally inhibits aflatoxin production by *Aspergillus* and other toxigenic fungi (*Hitokoto H, et al, Mycopathologia, 66(3), 1979*).

Green Tea exhibits phenomenally potent and diverse antimicrobial properties capable of selectively maintaining Kombucha’s 2000-year evolutionary microbial integrity until it produces its own anti-microbial arsenal, recently scientifically verified as capable of inhibiting amongst other documented pathogenic micro-organisms: *Staphylococcus aureus*, *Shigella sonnei*, *Escherichia coli*, *Aeromonas hydrophila*, *Yersinia enterocolitica*, *Pseudomonas aeruginosa*, *Enterobacter cloacae*, *Staphylococcus epidermis*, *Campylobacter jejuni*, *Salmonella enteritidis*, *Salmonella typhimurium*, *Bacillus cereus*, *Helicobacter pylori*, and *Listeria monocytogenes* (*Sreeramulu G, et al, J Agric Food Chem, 48(6), 2000*) and multi-drug-resistant TB (*Pers, com. Dr Anita Segal, ex Cantacuzino Inst. Bucharest Romania, May 2007*). Sub-acute oral toxicity studies with Kombucha by military researchers indicated that it had no toxic effects (*Vijayaraghavan R, et al, Biomed Environ Sci, 13(4), 2000*). Kombucha is documented as having potent hepatoprotective properties (*Pauline T et al, Biomed Environ Sci, 14(3), 2001*).

Bearing in mind the combined antimicrobial properties of Green Tea and Kombucha, ‘risk-benefit analysis’ adjudicates a positive health potential second to none for Kombucha brewed under hygienic conditions strictly using quality green tea and natural brown sugar. Whilst most modern reports quite rightly advise caution in the use of black tea Kombucha, continuing research has continued to improve its safety and efficacy profile. It has been recently confirmed that Kombucha has in vitro antimicrobial activity, enhances sleep and pain thresholds (*Greenwalt C et al, J Food Prot 63(7), 2000*), has potent anti-oxidant and immunopotentiating activities (*Sai Ram M, et al, J Ethnopharmacol, 71(1), 2000*), and in rodent studies, mice that drank Kombucha demonstrated enhanced cognition, decreased appetite and weight and all lived longer natural lives than the controls (*Hartmann A, et al, Nutrition, 16(9), 2000*). Kombucha has potent antioxidant and immunomodulating properties and has been shown to be protective against lead-induced oxidative stress (*Dipti P et al, Biomed Environ Sci, 13(3), 2003*).

**E & F) NUTRI-SPICE HEALTH SALT: POTASSIUM-RICH TABLE-SALT SUBSTITUTE- 84g**  
COMPLETE SPECTRUM MINERAL & ULTRA-TRACE ELEMENT NATURAL CONDIMENT; BIO-pH & SODIUM/POTASSIUM BALANCED (POTASSIUM-RICH DOMINANT) MICRONISED KELP/SEAWEED, WITH POWDERED ANTIOXIDANT SAVOURY HERBS, FRUITS & SPICES, TO WHICH IS ADDED NASCENT OXYGEN-RICH STABILISED ELECTROLYTES OF ALKALINE MINERAL MAGNESIUM

A pure, uniquely natural processed kelp, blended with a synergising selection of culinary herbs and spices chosen for their combined flavour and health-promoting properties, collectively superior to any mineral supplement and even the most exotic herbs currently being hyped as wonder-drugs. This formula also focuses on providing abundant organic potassium to offset excess dietary sodium, an essential change to restore/maintain health. **Contains** micronised kelp, paprika, turmeric, marjoram/oregano, rosemary, celery seed, cumin, garlic, thyme (cayenne & black pepper, if “Hot”); and potassium chloride and magnesium peroxide. Sprinkle on food to taste (after cooking). Please refer to our more detailed nutritional and herbal research information relating to the constituents comprising the formulation of this pro-active food product on our website at: [www.gaiaresearch.co.za/nutrispice.html](http://www.gaiaresearch.co.za/nutrispice.html) .

**G) NUTRI-PASTE: HIGH INTEGRITY HORMONAL PRECURSOR CONCENTRATE- 50ml**

A UNIQUE SAVORY FLAXSEED BLEND OF ANTIOXIDANT AND POTASSIUM-RICH HERBS & SPICES  
A uniquely micronised and defatted flaxseed based foodstuff, pioneering optimal bioavailability of the lignans, which are even more health protective and beneficial than the already well-established beneficial oils, purposely largely removed from this product to enhance bioavailability and assimilation of the water soluble- and bacterial conversion-dependent lignans. Flaxseed is the most significant dietary source of vital dietary phyto-hormonal precursors known as lignans. Studies in humans have shown flax lignans to play an important role in avoidance of menopausal symptoms, osteoporosis, cancer, and heart disease (*Kurzer M & Xu X, Annu Rev Nutr, 17, 1997*).

**Contains:** *micronised defatted flaxseed meal and the high potassium and antioxidant Nutri-Spice (See item E).*  
The cyanide precursor that remains in ground (including chewed) flaxseed and flaxseed sprouts has been removed by centrifuging. Suggested use: a mere smear or finger-lick daily; possibly a little more initially, will exceed all meals in provision of these valuable nutrients. Can be refrigerated for preservation of optimal integrity, though it will keep very well even at room temperature. Please refer to our very detailed nutritional and herbal research information relating to the formulation of this product on our website at: [www.gaiaresearch.co.za/flaxseed.html](http://www.gaiaresearch.co.za/flaxseed.html).

**H) MICRONISED KELP (WEST-COAST SEAWEED): MINERALS & TRACE ELEMENTS- 60g**

NATURE'S RICHEST & PUREST BIOAVAILABLE SOURCE OF CHELATED COLLOIDAL MINERALS & TRACE ELEMENTS; ULTRA-MICRONISED FOR OPTIMAL BIO-AVAILABILITY AND ASSIMILATION

Trace elements are essential to all critical life-dependent enzyme pathways, including cellular immunity, but are increasingly deficient in modern foods. All earth elements leached from our soils are bio-accumulated by kelp in an optimum chelated form. Avoidance of nutrient damaging irradiation (ozonisation sterilised instead) and focussing on ultra-micronisation, ensures that critical nutrients are up to 1000 times more bio-available than with kelp tablets.

**Suggested use:** up to ¼ of a teaspoon daily in water, fruit juice / smoothies, vegetable juices and cool food. Ensures that mineral deficiencies from widespread soil depletion, cooking and processing are more than recovered. Nature's richest source of calcium, magnesium, potassium, iron, iodine and manganese. An exceptional source of all other nutrients. Please refer to our detailed research information on our website at: [www.gaiaresearch.co.za/kelp.html](http://www.gaiaresearch.co.za/kelp.html).

**I) SELENIUM-SEA: SELENOMETHIONINE ENRICHED MICRONISED KELP POWDER- 60g**

As with H) above, but optimally fortified with selenium. **Maximum usage:** ¼ teaspoon (200ug selenium) daily. Please refer to our detailed research information on our website at: [www.gaiaresearch.co.za/selenium.html](http://www.gaiaresearch.co.za/selenium.html).

**J) FLAXSEED OIL: 1st COLD-PRESSING OF THE DAY - NITROGEN PURGED- 250ml**

MEGA-RICH IN OMEGA 3 & 6 ESSENTIAL FATTY ACIDS; A SOURCE OF MAMMALIAN-SPECIFIC BIO-ACTIVE LIGNANS; FROZEN & ENTIRELY COLD-CHAIN TRANSPORTED FROM THE OUTSET

Our '*first 25kg seed cold-pressing of the day*' standard is unique in the industry. 'Cold' presses soon run at temperatures at around 40 degrees Celsius or more. The term "cold-pressed", rather than equating to a 'cold' press, merely indicates that the press does not utilise thermal elements to artificially increase the temperature beyond the frictional temperature as is commonly done commercially to reduce the oil viscosity even further so as to maximise the yield that can be expressed from the seeds. Our oil is always pressed first, when the equipment is started stone-cold in the morning and is never more than the first 25kg seed yield, to avoid exposure to inevitable increasing temperatures as the built in metal heat sinks saturate and can no longer draw heat away from the screw and barrel.

**Absolutely no one but Gaia Organics supply a flaxseed oil of such outstanding quality and integrity, period.**

Use as a dose or salad dressing – initially up to a teaspoon daily for a few weeks and thereafter 15-35 drops daily, depending on the amount of competing oil and fat in the diet - to fill a major nutritional gap in the natural food chain, without the organo-chlorine PCB toxicity attendant to Salmon oil, the only other rich source of omega-3 besides nearly always suspect rancid hemp oil. The dietary n-3 fatty acids in high integrity flaxseed oil can confer a novel approach to improving arterial function (*Nestel P, et al, Arterioscler Thromb Vasc Biol, 17(6), 1997*), has anti-inflammatory, antithrombotic, anti-arrhythmic, hypolipidemic and vasodilatory properties (*Simopoulos A, Am J Clin Nutr, 70(3 Suppl), 1999*) and can markedly prevent or reduce the development of hypercholesterolemic atherosclerosis and related heart attack and stroke (*Prasad K, Atherosclerosis, 132(1), 1997*), to list but a few benefits over and above basic nutrition. Please refer to our very detailed nutritional and herbal research information relating to this exclusive product on our website at: [www.gaiaresearch.co.za/flaxseedoil.html](http://www.gaiaresearch.co.za/flaxseedoil.html).

**K) SUPER-OXYGENATED WATER: DISSOLVED OXYGEN – DRINK PURE FRESH AIR 350ml**  
THE GENUINE ARTICLE, NOT A RIP-OFF HYPE PRODUCT OF THE BOTTLED WATER MARKET.

This specialised dissolved oxygen, like no other, is uniquely hand prepared and bottled in the Garden of Eden in the pristine forested coastal and mountain area between Knysna & Plettenberg Bay with love and sensitivity to the human condition in accordance with the wisdom of pioneering water visionaries. It's natural equivalent would be a condensation of the vitalised mist rising from a waterfall, where micro-molecules maximally absorb atmospheric oxygen, the difference being that we simulate atmospheric conditions as they were prior to the Great Flood, when humans lived nearly 1 000 years on purer and highly oxygenated Edenic air, water and alkaline fruit diet under greater atmospheric pressurised oxygen levels. Our process involves time-lapse thawing (melting glacier simulation) super-oxygenation of Garden of Eden rainwater with mineral-selectivity pH control; elemental gold & silica crystal imprinting; silver, copper, zinc & manganese colloidalisation; southern hemispherical vortexing; Earth Specific high Gauss magnetisation and 7.83 Hz Earth-frequency Schumann resonance, so as to simulate the Earth's electromagnetic field and other natural phenomenon impacting on the life-sustaining forces of living water.

Since the alimentary tract, like the lungs, is a moist surface across which oxygen diffuses, it represents an oxygen-assimilating organ, essentially starved of these most vital of nutrients on modern oxidised devitalised fare. Under modern polluted conditions, attempts at oxygenation through exercise other than pranayama (yogic breathing), actually leads to an oxygen deficit. In humans, during exercise oxygen consumption may be at 15-20 times the resting value, and invariably causes a corresponding oxygen deficit from which the body is slow to recover. We extract only 2-5% of inspired oxygen, whilst in the stomach and intestine, oxygen content is usually below 1% and in the colon, often zero, yet the alimentary canal possesses a significant surface area through which water and oxygen are readily absorbed, (*Prosser & Brown, Comparative Animal Physiology*) and observed to be considerably increased in the blood after drinking oxygen enriched water, especially when the pH in the tract is alkalisied.

**Gaia's dissolved molecular oxygen (not peroxide) in pure rainwater is free of extraneous minerals other than added alkaline magnesium and is, in terms of chemistry, technically more an oxygen than a water product.** It is free of carbon dioxide, a natural contaminant of spring water and added to sparkling water and other carbonated beverages, exceedingly foolish from a health perspective, since carbon dioxide is a toxic waste product of human metabolism and the very antithesis of vital oxygen, rendering the **'dissolved' oxygen content (the only form used by the body)** of such beverages close to zero. Gaia super-oxygenated water contains minimally 60mg/litre of dissolved molecular oxygen (if the bottle feels solid) and as such is at least 7 times more than is considered possible, spring water having only 7mg/L dissolved oxygen. Higher values are more stable at low temperatures, so the product is best stored/served chilled to prevent leakage/premature disassociation of its oxygen. Unlike fakes, dissolved oxygen does not immediately escape on opening the bottle, but rather slowly over hours.

Albert Szent-Gyorgyi, the Nobel laureate who discovered vitamin C, called water ***"the mother and matrix of all life"***. Viktor Schauberger, the father of water observation and research, predicted that: ***"one day good water will be recognised for what it is and will become more expensive than good wine"***. Despite their exact measurements, scientists cannot agree on the ultimate structural formula of water and despite representing an unprecedented rich field for research, it is the most puzzling and hence the least well researched of the elements. This state of affairs has much to do with the fact that it's natural benefits cannot be patented and for this reason its outstanding health potential has been largely ignored, and so humanity seeks elsewhere for the magic bullet, the secret herb or nutrient that will increase health and extend youth and lifespan, whilst unrecognised, it lies wasted and polluted at our feet.

Premature aging and disease relate to slow dehydration, accumulation of acids and poisonous waste, inorganic mineralisation, anti-oxidant depletion, free radical oxidative damage and hypoxia (oxygen starvation) of the vital organs. We progressively deteriorate from the 90% fluid composition of a newborn baby, to the 60% average in middle age, and yet, whereas we dehydrate and extract only 2-5% of inspired oxygen from the lungs, the alimentary tract has a large convoluted and villi-rich absorbing surface of approximately 300 square meters through which either vitalised pure or devitalised polluted water and also water-soluble substances, including oxygen can be relatively efficiently absorbed. We can only live a few days without water and a few minutes without oxygen. Is superoxygenated water not somewhat surprisingly, the veritable elixir of long and healthy life? Please refer to our detailed research information on our website at: [www.gaiaresearch.co.za/superwater.html](http://www.gaiaresearch.co.za/superwater.html) .

## **L) STABILISED OXYGEN (MAGNESIUM PEROXIDE): OXYGENATED MAGNESIUM- 50g**

**Magnesium peroxide (MgO<sub>2</sub>) is 43% powdered magnesium (Mg) and 57% pure 'solid phase oxygen' (O<sub>2</sub>). Magnesium is an ideal carrier for the oxygen, since it is an antacid and alkalizes the gut fluid, enabling the oxygen to dissolve. Magnesium peroxide progressively liberates the oxygen upon contact with the acids in water and also imparts a beneficial high alkaline reaction to water to which it is added. Oxygenated magnesium has additional advantages over other forms - such as significantly greater mineral ionisation. Normally Gaia Research would not recommend elemental minerals, preferring food sources, but in this case there is considerable scientific evidence that it is uniquely well utilised as a water additive, especially since it is ionised.**

The combined oxygenating, alkalisating and other chemo-physiological and nutritional effects of magnesium peroxide by far exceed basic magnesium nutritional benefits. Magnesium peroxide is produced by saturating fine magnesium powder with hydrogen peroxide. **The spent magnesium peroxide is converted to magnesium hydroxide (Mg (OH) 2), which is 'Milk of Magnesia', which explains just part of its gentle, yet reliable laxative effect at doses approaching ½ - 1 heaped teaspoon in a glass of water.** Conventionally, various pharmacopoeias indicate **deodorant, antiseptic, anti-infective, antacid, oxygenating and laxative** effects, which with the preceding properties, renders magnesium peroxide a **safe multi-functional drinking water conditioner.**

Water-borne magnesium is absorbed 30% better and much faster than food magnesium. There is a considerable variation in the amount of Mg absorption, leading to a 50-70% lower Mg status during the morning hours. When little or no breakfast is taken, the low Mg period is extended until much later and the Mg content of water will then be of crucial importance. Magnesium also prevents so-called "calcium overload". (*Löwik M et al, in: Trace substances in environmental health: proceedings of University of Missouri's annual conference on the trace substances in environmental health, 16: 189-95, 1982*) The modern-day world's dietary magnesium status appears bleak, unless one has access to magnesium-rich drinking water (*Marier J, Magnesium 5:1-8, 1986*).

High levels of dietary fibre from fruits, vegetables and grains, and also high protein intakes, but not green leafy vegetables, 'decrease' magnesium absorption and retention (*Kubena K, Durlach J, Magnes Res, 3(3), 1990*). Magnesium deficiency is likely to get worse because modern farming methods cause it to leach from the soil and unlike some nutrients, it is not current practice in agriculture to replace the soil magnesium that is harvested or leached (*Durlach J, Magnesium Research, 2:3, 1989*). Magnesium is essential for potassium transport. Deficiency is closely interrelated to potassium deficiency and refractory potassium repletion. (*Rude R, Am J Cardiol 63(14), 1989*) **Magnesium deficiency causes immune dysfunction** (*Bogden J, et al, Am J Clin Nutri, 72(3), 2000*).

Magnesium is involved with several physiological and biochemical processes including **synthesis of RNA, DNA or protein and stabilization of membranes** (*Schweigel M, Martens H, Frontiers in Bioscience 5, August 2000*). Magnesium **activates over 300 enzymes, controls immune phenomena and exhibits anti-mutagenic effects against genotoxicity** (*Bronzetti G, et al, J Environ Pathol Toxicol Oncol, 19(4), 2000*). Currently, pathologies as common as **diabetes, hypertension and dyslipidaemia, cerebral palsy and pregnancy complications are associated with altered magnesium levels** and it is now considered a potential tool in the **prevention or co-adjuvant treatment of ventricular arrhythmias, coronary heart disease and cirrhosis of the liver, asthma, migraine, and systemic lupus erythematosus** (*Yago M, et al, Frontiers in Bioscience 5, July 1, 2000*).

**Directions:** We recommend a pinch of powder in every glass of water or up to a heaped teaspoon early morning in a glass of water/dilute fruit juice on an empty stomach at least 30 minutes, if not longer, before breakfast, continued daily until the bowel completely empties, after which halve the dose daily until 1/8<sup>th</sup> of a teaspoon is reached. Magnesium peroxide is also useful for coating seeds for gardening and adding to sprouting seeds to improve germination and alkalise, oxygenate and sterilise the young roots as it slowly liberates hydrogen peroxide and oxygen.

**Magnesium Peroxide References:** (R Todd (ed), in *Martindale Extra Pharmacopoeia, The Pharmaceutical Press, 1967*); (S Budavari (ed) in *The Merck Index: An Encyclopedia of Chemicals, Drugs and Biologicals*, Merck & Co, 1989); (J Macintyre (ed) in *Dictionary of inorganic compounds*, vols 1-3, Chapman & Hall, 1992); (R Lewis (ed) in *Hawley's Condensed Chemical Dictionary*, Van Nostrand Reinhold Co, 1993); (D Lide (ed) in *Handbook of Chemistry and Physics*, CRC Press, 1996); (N Greenwood and A Earnshaw (eds) in *Chemistry of the Elements*, Butterworth, 1997); (F Cotton, et al (eds) in *Advanced Inorganic Chemistry*, John Wiley & Sons, 1999).

**M) HYDROPEROX: Unadulterated 35% (120 Volume) Food-Grade Hydrogen Peroxide (H2O2)- 75ml PURE HYDROGEN PEROXIDE FOR BIO-COMPATIBLE DRINKING WATER HYPER-OXYGENATION & STERI-PATHOXIDATION; ALSO FOR ECO-BIODETOXIFICATION OF DRINKING, BATHING & IRRIGATION WATER; ALSO, FRUIT & VEGETABLE RINSE, FOOD SURFACE & UTENSIL STERI-DETOXIFICATION; CAN ALSO BE USED FOR INDOOR ATMOSPHERIC STERI-OXY-VAPOURISATION.**

H2O2 is found naturally in very low concentrations (i.e. highly diluted) in rain and seawater, raw seeds, sprouts, fruits and vegetables and mothers' milk. H2O2 is formed when for example: ether is exposed to sunlight, when a hydrogen-oxygen flame impinges on ice and when water in a quartz vessel is exposed to ultraviolet light. Humans and other mammals and also plants, synthesise H2O2 intracellularly, under endogenous anti-oxidative enzyme control, in particular as an essential component of the immune response against infectious micro-organisms.

'Food grade' hydrogen peroxide is stable at 35% (120 vol.) and is therefore free of the stabilisers, preservatives and other contaminants, normally not considered a problem in the commercial 3-12% (10-40 vol.) solutions used as skin antiseptics and hair bleaches, which are not suitable for human oral consumption. H2O2 at a dilution of 1-3, possibly 5 drops per glass of water (up to 15 drops in polluted water survival emergencies) in a 250ml glass of water serves as an effective drinking water disinfectant against unicellular pathogens and reproductive egg stages of multi-cellular pathogens without the high toxicity potential of chlorine, other disinfectants and their by-products.

Food-grade 35% hydrogen peroxide, suitably diluted to or below the maximum oral strength of 15 drops per glass of water is perfectly harmless at this dilution, provided it is consumed on a relatively empty stomach free of iron supplements, vitamin C and polyunsaturated oils. If it reacts with food residues, extra water should be drunk to increase dilution and reduce nausea caused by excessive nascent oxygen liberation, which may be totally avoided by limiting use to 3 drops per glass, with no limitation being applicable to how many such glasses are consumed. It is recommended that any regimen using high dose oral H2O2, also include the regular consumption of **green tea**.

So safe is this dilution that beneficial acidophilus intestinal bacteria are not threatened, since they actually produce H2O2 to control their natural enemy, *Candida albicans*. H2O2 decomposes to water and oxygen in the bowel before absorption. With doses over 5 drops per glass of water, rinse the mouth with neat water to avoid any likelihood of decalcifying tooth substance. H2O2 tastes obnoxious at the higher levels mentioned, serving as a precaution against inappropriate use, which would be difficult to achieve due to nausea that would accompany consumption of too much, other than accidental gulping, which is why the bottle must be stored responsibly.

**CAUTION: NEVER CONSUME 35% HYDROGEN PEROXIDE IN AN INCORRECTLY DILUTED STATE.**

**Caution:** Please be mindful of the abovementioned maximum suggested oral dilutions. Higher concentrations up to this 35% product are considered corrosive and must be treated as such at all times. Painful gastric distension and belching may be caused by the liberation of large volumes of oxygen in the stomach. Blistering of the mucosae and oropharyngeal burns may follow ingestion of concentrated solutions, and laryngospasm and haemorrhagic gastritis are a possibility. Sinus tachycardia, lethargy, confusion, coma, convulsions, stridor, sub-epiglottic narrowing, apnoea, cyanosis and cardiorespiratory arrest may ensue within minutes of ingestion of upper end concentrations.

**Emergency Poisoning Measures:** Immediately drink some water. Gut decontamination is not indicated, thanks to rapid decomposition by catalase to oxygen and water. If distension is painful, pass a gastric gas release tube.

**Suggested uses for 3% strength (50ml in a 500ml hand-pump atomizer of water)** include: sterilisation and chemical detoxification of fruit and vegetables, crockery, cutlery, chopping boards and kitchen sinks and surfaces. Wait a few minutes, the longer the better, before rinsing, except for fruits and vegetables, which should be rinsed within 3-minutes to preserve the beneficial biothiols. Dry off all non-stainless steel metals to prevent rusting. The presence of micro-organisms is detectable by a micro-foaming action that is often even audible at close ear range and is a useful indicator of hotspots. Can be sprayed on the body and rinsed off before or once itching first becomes perceptible. An excellent antiseptic skin damage monitor - all bacterial pockets will prickle and present as whitened effervescence on or under the skin, indicative of oxidative disinfection. Also suitable, at 5-35ml to 500ml water as a light toilet seat and toilet paper spray for 1<sup>st</sup> class personal hygiene; and boiled or sprayed onto a suitable hot surface or used in a humidifier/steamer, serving as an atmospheric steri-oxygenator, especially in a sick-room.

**Caution: Do not ever mix with any other chemical, eg chlorine or bleach, since the result could be explosive.**