HY-A contains a unique combination of herbs that have been shown to enhance digestive functions, support gastrointestinal health, and help balance blood sugar levels.

**Licorice** (*Glycyrrhiza glabra*) root extracts are widely used for the treatment of gastric (stomach) ulcers. Licorice protects and heals the gastric mucosa and has been shown to significantly inhibit the bacteria that causes peptic ulcers (*Helicobacter pylori*) from attaching to stomach tissue. Licorice contains the primary active ingredient, glycyrrhizin, which exerts anti-inflammatory effects, promotes the healing of gastric ulcers, and protects against aspirin-induced damage to the gastric mucosa. Glycyrrhizin has also been shown to provide significant anti-diabetic effects in animal studies, including improving blood glucose levels and lowering serum insulin levels. Furthermore, licorice contains chromium, a trace mineral necessary for proper blood sugar control. Chromium regulates or potentiates the action of insulin, thereby aiding in the treatment of both diabetes and hypoglycemia.1-9

**Dandelion** (*Taraxacum officinale*) root contains bitter constituents that aid digestion by stimulating the release of gastric and salivary juices and increasing bile secretion and bile flow from the gallbladder and liver. These bitter substances also provide a mild laxative effect. In addition, dandelion indirectly stimulates the pancreas to secrete lipases, which facilitate the assimilation of fat-soluble nutrients. Both animal and human studies show that dandelion improves bile duct inflammation, gallstones, hepatitis, jaundice and liver congestion. Dandelion may also help loss of appetite, constipation, dyspepsia (indigestion), gallbladder inflammation (cholecystitis), and sluggish liver function stemming from alcohol abuse or poor diet. Animal research has confirmed that dandelion root extract exerts a protective effect against alcohol-induced liver toxicity, and may prove beneficial in reducing risk factors for coronary artery disease and preventing atherosclerosis. Furthermore, preliminary evidence suggests that dandelion root may exert hypoglycemic (blood sugar-lowering) activity. Dandelion is not recommended for use during pregnancy, due to the potential for uterine stimulant activity.3,6,7,10-24

**Horseradish** (*Armoracia rusticana*) has a long history of use for bronchial congestion and respiratory disorders, joint inflammation and swelling, urinary tract infections, and as a circulatory and digestive stimulant. Research has also confirmed that horseradish exhibits antimicrobial activity against gram-positive and gram-negative bacteria. In addition, horseradish contains important minerals needed for healthy blood sugar regulation, namely calcium, magnesium and potassium—studies suggest that low dietary intake of these minerals is associated with a higher risk of developing type 2 diabetes. Horseradish also contains chromium, a trace mineral needed for proper blood sugar control.2,3,6,7,11,24,32-35

**Safflower** (*Carthamus tinctorius*) - According to Western folk medicine, safflower is employed as a laxative, diuretic, and anti-inflammatory, and is beneficial for reducing fevers, healing skin rashes, relieving digestive problems and intestinal colic, and treating gout and jaundice. Safflower is used extensively in traditional Oriental medicine for treating cardiovascular and cerebrovascular diseases (diseases that affect the blood vessels and blood supply of the heart and brain). Safflower is also used as a circulatory stimulant, anti-inflammatory agent and analgesic (pain-reliever). Research has confirmed that safflower contains compounds that exert antioxidant, cardioprotective and neuroprotective (nerve cell-protecting) effects. Safflower also contains chromium, a trace mineral that is essential for proper blood sugar control. Safflower is not recommended for use during pregnancy, due to the potential for uterine stimulant activity.3,6,7,10-24

**References:**


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