

## The Health Benefits of the Sisel Kaffe ingredients:



**Coffee Bean** The award-winning Panamanian Boquete Gesha is nourished by a perfect mixture of high altitude, sun exposure and humidity. Look it up on Google.



**Chaga** Chaga contains B-vitamins, flavonoids, phenols, minerals and enzymes to support the immune and digestive systems.

**According to The Korean Nutrition Society:** 1) Chaga Increases the defense reactions of an organism 2) Stimulates metabolism in brain tissues 3) Has an anti-inflammatory effect when used internally and externally 4) Is an antioxidant 5) Delays the growth of some kinds of tumors 6) Lowers arterial and venous blood pressure 7) Regulates the heart beat. 8) Decreases sugar level in blood.

**According to The Russian Medical Academy:** 1) Positive effect on lung cancer and liver cancer 2) Calms the nervous system 3) Proven medically, it effects positively various stomach diseases and ulcers 4) Stimulates the immune system



**Ganoderma** Ganoderma is an ancient mushroom used in traditional Chinese medicine to promote longevity. Ganoderma has recently attracted the attention of Western cancer researchers. A case study report from Columbia University indicates that a Japanese dietary supplement containing ganoderma as well as genistein, a soybean derivative, may be useful in the prevention and treatment of [prostate cancer](#).

Ganoderma is also used in treating conditions of the nervous system. It is used to calm the nerves, cure **insomnia**, reduce **stress**, eliminate nervous exhaustion, and increase determination and focus. Laboratory studies show fairly conclusively that ganoderma does act as a [sedative](#) on cells of the central nervous system and possibly has [painkilling](#) and [anti-convulsive](#) properties.

<http://www.healthline.com/galecontent/ganoderma>



**Bacopa** Don't let this small Indian herb fool you. Research shows Bacopa lends big support for the memory. In many areas of the world, **Bacopa** is also used to treat:

- Depression
- Stress
- Anxiety
- Attention Deficit Disorder
- Epilepsy
- Alzheimer's
- Mental Deficiency

### **Bacopa May Also Prevent Dementia and Alzheimer's Disease** Read

more: <http://undergroundhealthreporter.com/benefits-of-bacopa-increase-in-helping-prevent-alzheimers-and-dementia#ixzz2mzuPh32G>



## Gotu kola

The leaves and stems of Gotu kola have a long history supporting respiratory health. Gotu Kola is a rejuvenative nervine recommended for nervous disorders, epilepsy, senility and premature aging. As a brain tonic, it is said to aid intelligence and memory. It strengthens the adrenal glands and cleanses the blood to treat skin impurities. It is said to combat stress and depression, increase libido and improve reflexes. It has also been indicated for chronic venous insufficiency, minor burns, scars, scleroderma, skin ulcers, varicose veins, wound healing, rheumatism, blood diseases, congestive heart failure, urinary tract infections, venereal diseases, hepatitis and high blood pressure. <http://www.herbwisdom.com/>

**For sample or more info:**

*If you would like to learn more or choose to become a part of this rewarding venture of sharing Kaffe and changing lives, contact me at above number.*