

Gota Kola

Centella asiatica

Apiaceae family



G o t a K o l a

Pink ends



V slot



Benefits

- Reduces arthritic pain, back pain,
- Has Vitamins A B C D, Calcium, Chromium, Cobalt, Magnesium, Manganese, Phosphorus, Sodium, Potassium, Selenium, Silica, Zinc
- Diuretic, antibacterial, antifungal, anti-inflammatory, sedative, antispasmodic, antioxidant, adaptogen tonic, digestive, antiviral, antibiotic, regenerative, blood purifier, adrenal strengthener
- Strengthen digestion, shrinkage of varicose veins, prevention of **Alzheimer's** and arthritis by **eating 2 -3 leaves a day..**
- **Gotu kola** increase **brain capacity**, longevity, digestion, revitalising of nerve & brain cells.
- Relieves ADD, hyperactive conditions, **arthritis**, back pain
- Has anti-inflammatory properties as well as improving circulation and strengthening blood vessels reducing varicose and spider veins, haemorrhoids and for improving memory and mental clarity.
- increases collagen production and improves circulation, which speeds healing of wounds and burns and reduces scarring.
- Strengthens and revitalise worn out bodies and brains!!!

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I Acknowledge Isabell Shipard
for her Wisdom,
Knowledge and Sharing.

Much Gratitude

Leonie Shanahan

