



**Health Concerns®**

Combining Modern Research & Ancient Wisdom®

## Did you know?

Health Concerns is the first company in the United States to manufacture Chinese herbs, bringing centuries of tradition to the West. By applying modern biochemistry and scientific accuracy to the rich base of Eastern knowledge, Health Concerns has developed uniquely effective formulas. We continually research, test, and adapt traditional formulas for modern healthcare applications. Our formulas are manufactured under the strictest quality controls, producing easy-to-take products with consistent potency. During the formulation process and after manufacture, our formulas are tested extensively to ensure optimum effectiveness, consistent potency and maximum bioavailability.

Andrew Gaeddert is the founder and the president of Health Concerns. He is an herbalist, lecturer, and author of *Healing Digestive Disorders, 3rd Edition*, *Healing Skin Disorders*, *Digestive Health Now*, *Healing Immune Disorders* and his first novel, *Jailing of Dr. Hu*, as well as numerous articles. He has been on the protocol team of several scientific herb studies.

Mr. Gaeddert became involved with herbal therapy after conventional medicine failed to relieve his symptoms of Crohn's disease, a potentially life-threatening digestive disorder. Through years of research, experimentation and self-treatment, he healed his condition and regained his health, which he maintains to this day.

# Discover the Healing Power of Health Concerns Formulas



## Health Concerns Formulas: Pure, Potent and Safe





## OUR COMMITMENT:

At Health Concern, we believe that herbs provide powerful healing. We take extra care to make sure our herbs are the most potent available. We have the strongest herbs in the industry. In fact, none have been proven stronger. Careful attention is paid to the correct harvesting time to produce the highest yielding botanicals. We back our time-tested herbal knowledge with rigorous quality testing, to ensure exceptional quality and potency in every bottle.

Health Concerns' formulas have been used by healthcare professionals for many years and these select formulas are now available to the general public. Through extensive research, Health Concerns uncovers ancient Chinese formulas that may have therapeutic healthcare applications and translates them into English. They are then carefully evaluated by a team of experts and modified according to current biochemical knowledge. Today, approximately half of our formulas are strictly traditional. The other half has their roots in traditional formulas. But to some formulas, we have added natural enzymes, vitamins, minerals and nutrients, based upon modern scientific research.

### Astra 8™

#### Defense Builder Herbal Formula

Our most widely-taken formula, Astra 8 is highly effective for toning the body's defense system and helping the body to adapt to stress, and to boost energy. A precise blend of Astragalus, Ligustrum, Eleuthero and Ginseng root is balanced with additional herbs for ease of digestion and assimilation. According to the tenets of Traditional Chinese Medicine, Astra 8 helps to tonify Lung, Spleen and Kidney Qi and strengthen Wei Qi.

*Ingredients: Astragalus, Eleuthero, Ginseng, Schizandra, Ligustrum, Oryza, Licorice.*

50 tablets, 270 tablets

3 tablets, 2-3 times per day between meals

### Cordyceps Extract™

#### Tonifying Agent

Improves lung function and has been traditionally used for wheezing, chronic cough, and fatigue, as well as the effects of chemo and radio therapies. Boosts the immune system's resistance to disease and enhances athletic performance.

*Ingredients: Cordyceps extract (500mg),*  
50 tablets

2 tablets, 2 times per day with or between meals

### Digest and Thrive™

#### Gluten Free, Dairy Free Enzyme Formula

Digest & Thrive is a special formula designed to treat the common symptoms of wheat, gluten, and dairy intolerance: cramping, bloating, belching and intestinal gas. Digest & Thrive will help you digest food more easily.

*Ingredients: Proprietary Blend of: Protease 6 (450 DPP-IV units), Amylase, alpha-Galactosidase, Glucoamylase, Lactase, Invertase, Lipase, Acid Maltase, Peptidase.*

90 capsules

1-3 capsules per day with or between meals

### Digestive Harmony®

#### Settle Stomach Herbal Formula

An effective tonic for a range of modern digestive complaints, including diarrhea, nausea, intestinal gas, poor digestion and bloating. Particularly helpful for traveler's stomach and aiding the digestive system in processing unfamiliar foods consumed while traveling.

*Ingredients: Poria, Coix, Barley Shen Qu, Magnolia, Angelica, Pueraria, Red Atractylodes, Vladimiria Souliei, Pogostemon, Oryza, Trichosanthes, Chrysanthemum, Halloysite, Red Citrus.*

50 tablets

2 tablets, 2-3 times per day between meals



Thousands of years of herbal traditions can help to **restore harmony** within your body and help you to achieve **optimum health for life.**

# Discover What Health Concerns Can Do For You.

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## Enzyme Harmony™

### Digestive Aid

Aids food assimilation, reducing intestinal gas, cramping, nausea and diarrhea. Relieves motion sickness, hangover symptoms and the effects of jet lag. Helps to promote the absorption of herbs and vitamins.

*Ingredients: Amylase, CereCalase, Protease, Catalase, alpha-Galactosidase, Lipase, Glucoamylase, Cellulase, Malt Diatase, Poria, Magnolia, Red Atractylodes, Vladimiria /souliei, Pogostemon, Giner, Blue Citrus, Citrus peel, Lindera, Radish, Cardamon, Licorice, Cyperus, Citrus fruit, Peppermint.*

50 tablets

2 tablets, 3 times per day with or between meals

## Power Mushrooms™

### Strengthens Resistance to Stress and Illness

Ganoderma (*Reishi*) herbal formula combines the four most commonly used mushrooms in Chinese herbal medicine. Two of these, Ganoderma (*Reishi*) and Tremella, help to strengthen and stabilize the organ systems of your body. The other two, Poria and Polyporus, assist the digestion and assimilation of the other mushrooms. The effect of this herbal combination is overall energy stabilization and resistance to stress and illness (tonifies Qi). Power Mushrooms can be taken with Astra 8 for additional energy and defense system (*Wei Qi*).

*Ingredients: Ganoderma (Reishi), Tremella, Poria, Polyporus.*

50 tablets

2-3 tablets, 3 times per day between meals

## Restore™

### Sustained Energy Herbal Formula

Works synergistically with the body's circulatory system. Warms cold extremities and moistens dry skin, hair and brittle nails. Restores vitality and strengthens the blood after menstruation. Aids vegetarians in building strength and vitality. Often recommended by healthcare practitioners to be taken in combination with Astra 8 for those who suffer from frequent illnesses, nervousness, lethargy, poor digestion, achiness and poor concentration.

*Ingredients: Codonopsis, White Atractylodes, Poria, Rehmannia, White Peony, Tang Kuei, Ligusticum, Spatholobus, Baked Licorice, Ginger, Red Date Extract.*

50 tablets

3 tablets, 2-3 times per day between meals

## Stress and Stability™

### Less Stress Herbal System

A unique blend of Western nutrients and traditional Chinese herbs. Provides the body with the immediate benefits of the well-known, calming and stabilizing nutrients, magnesium glycinate and taurine, and a proven Chinese herbal formula. Active plant enzymes further protect body cells from the harmful effects of stress, support the digestive system and aid in assimilation.

*Ingredients: Biota, White Peony, Tang Kuei, Fu Shen, Polygala, Zizyphus, Ophiopogon, Codonopsis, Amber, Taurine, Magnesium glycinate, Amylase, CereCalase, Protease, Catalase, alpha-Galactosidase, Lipase, Glucoamylase, Cellulase, Malt Diatase.*

50 tablets

3 tablets, 2-3 times per day between meals

## VRROOOM™

### Quick Energy Herbal System

Assists the body in releasing energy. Supports, balances and maximizes the body's natural energy system that may be depleted by poor diet and stress. This quick-energy formula can actually neutralize damage caused by over-consumption of caffeine, alcohol and fried foods.

*Ingredients: Pseudostellaria, Dioscorea, Dolichos, Schizandra, Oryza, Adrenal Cortex, PAK (Pyridoxal alpha Ketoglutarate)*

50 tablets

2 tablets, 3 times per day between meals

## Woman's Harmony™

### Pre-Menstrual Herbal Formula

Promotes hormonal balance, nourishing and invigorating the liver, where hormonal balancing begins. Enhances digestion and reduces food cravings. Best taken for the ten days prior to the beginning of monthly period.

*Ingredients: Bupleurum, Tang Kuei, White Peony, Salvia, Poria, White Atractylodes, Cyperus, Citrus, Moutan, Gardenia, Ginger, Licorice*

50 tablets

3 tablets, 2-3 times per day between meals

## Specialty Items

### Quercenol

Antioxidant Formula

84 tablets

### Po Sum On Oil

Warming topical treatment

30ml

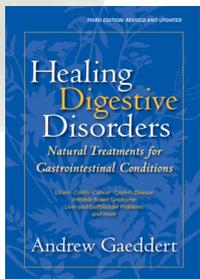
### White Flower Analgesic Balm

Cooling balm

.67 oz.

## Books

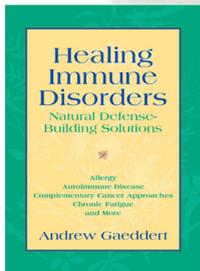
Health Concerns' Founder and President, Andrew Gaeddert, is the author of several insightful and informative books, including *Healing Digestive Disorders*, *Healing Immune Disorders*, *Healing Skin Disorders*, *Digestive Health NOW*, and his first novel, *Jailing of Dr. Hu*. Mr. Gaeddert's books have garnered praise from fellow herbalists and other alternative-health practitioners.



### Healing Digestive Disorders, 3rd Ed.

*Trained herbalists evaluate our herbs*

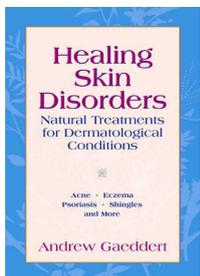
314 pages  
\$18.95



### Healing Immune Disorders

*Natural Defense-Building Solutions*

388 pages  
\$18.95



### Healing Skin Disorders

*Natural Treatments for Dermatological Conditions*

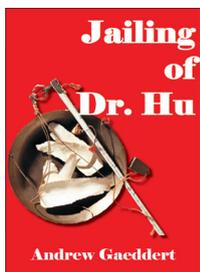
262 pages  
\$15.95



### Digestive Health NOW

*The Four Week Plan to Heal*

106 pages  
\$12.95



### Jailing of Dr. Hu

*Story of a senior and a Chinese herbalist living in a world of toxic drug therapies, methamphetamine addiction, and elder abuse.*

108 pages  
Available through Amazon.com



Health Concerns foundation is built upon centuries of traditional Chinese medicine and daily advances in Western scientific research that can help you to achieve optimum health and to maintain that good health throughout your lifetime. Used successfully for years in clinics around the world, the benefits of these formulas can now be yours by ordering from us directly.

Call us at (800) 233-9355 or visit our website [www.healthconcerns.com](http://www.healthconcerns.com) to place your Health Concerns order today.



“I suggest Astragalus to people who get too many colds or otherwise feel they have depressed immunity or lack of energy. The product I use is Astra 8, available through Health Concerns.”

Andrew Weil, M.D.  
Tucson, AZ