

What is the secret to vibrant health?

Struggling through everyday life

Years ago, I struggled to find a way to improve my overall health. My energy fluctuated wildly, my sleep was erratic, and various health challenges sapped my resistance. I wanted ample energy to give to my family, work, and community. I had set my sights on graceful aging—I wanted to be able to do what I enjoyed most in life as the years went by.

Something was missing

I believe that positive choices made daily build a strong foundation for a healthy future. I ate well, exercised, and did yoga. I took part in a spiritual practice. To ensure that I received the nutrients my body needed, I crafted a program of vitamin and mineral supplements. I instituted an herbal program to address my specific health issues. Though taking supplements and condition-specific herbal formulas for individual health issues was a good beginning, it wasn't enough. Something was still missing.

Ancient health secret discovered

I spent years searching for the secret to health possessed by celebrated healers of the past. Ultimately, I discovered the mystery of how to propel health to the next level. The key hinged on building deep vital energy reserves. These healers used powerful tonic herbs that reached down, way below the surface, to boost resistance, resilience, and stamina. The herbs created vibrant health, inside and out, by generating something called “chi.”

What is chi?

My research revealed that Traditional Chinese Medicine considered chi to be the protective, vital energy that is stored in and circulated throughout your body. Chi is nurtured by practicing a healthy lifestyle that includes nutritious foods, regular exercise, satisfying work, energizing play, sufficient rest, and, most importantly, the use of potent herbs and specific medicinal mushrooms. The more abundant your chi level, the easier it is to stay healthy. Though chi is intangible,

when it flows inside you as freely as a river, the result is exceptional physical, emotional, mental and spiritual health. As you build chi, you deepen your inner reservoir of vitality by filling it up and keeping it full. Building chi, then, is the ancient secret of how to move health to the next level and keep it there.



This illustration shows the progression of benefits as you fill your inner chi reservoir. An abundance of chi is the foundation of vibrant health.

Adaptogens: The chi builders

I learned that every healing tradition worldwide treasured powerful herbs that create vigorous health. These deep-acting herbs are known as adaptogens. Adaptogens protect, balance, and strengthen your entire body without directly addressing individual health issues. Instead, they work to support all your internal organs and strengthen every system of your body. They penetrate to the deepest levels where they protect and increase the fundamental energies at your core. In other words, adaptogens excel at building chi.

I found that adaptogens have the remarkable ability to regulate physiological activity by either energizing or relaxing body functions as needed. These herbs are not stimulants and do not alter your functions beyond what is optimal for your health. For example, blood fats achieve desirable ratios and blood sugar attains

normal levels. Blood pressure stays within a healthy range, your immune system becomes robust, and so on. Additionally, many specific adaptogens are outstanding at nourishing your adrenal glands. Healthy adrenals provide an extra cushion so you can adapt to change easily as you pursue your active lifestyle.

Finally, I noted that adaptogens were shown to be harmless and free of side effects. Taking these findings to heart, I sought a formula that incorporated adaptogenic herbs praised for their ability to build chi.

Deep Health®: Delivering the world's best adaptogens

My search led me to Deep Health®, a unique, synergistic formula that features the world's best adaptogens, drawing on the finest that Asia, India, and America have to offer. This formula combines nine adaptogens: four powerful medicinal mushrooms and five deep-acting herbs. Together, they fortify every system and organ in the body and normalize stress-hormone levels.

Shifting into wellness

I began taking Deep Health® and, at first, I did not notice any changes. Within a month, however, wellness shifts started to occur. I began to experience deep, refreshing sleep. My energy level remained stable throughout the day. My mind felt clear and focused. Within two months, my physical stamina increased. I felt more energetic. After three months, I recovered from stressful episodes more rapidly. My immune system was stronger. My digestion improved. My health had finally reached a higher level.

Start today to create vibrant health

Naturally, the trick to creating vibrant health is to prepare in advance. Chi reserves are not built overnight. For instance, those who study the time-honored disciplines that build chi—like tai chi or chi gong—practice the movements each day. Benefits accrue as the discipline is maintained. The same goes for the adaptogens that build chi: you need to take them daily. This is how Deep Health® builds layer upon layer of stored energy. And, the longer you take it, the deeper and more substantial your reserves become.

Propel Your Health to the Next Level in 100 Days

The Practical Guide to Vibrant Health



Taken daily, Deep Health® builds chi, the protective, vital energy reserves that are stored in and circulated throughout your body.

Take the Deep Health® challenge!

My quest was to achieve and maintain vibrant health. The ancient healing masters were adamant about the value of adaptogenic herbs as an effective way to accomplish this. Deep Health®, a formula combining the world's best adaptogens is exactly what I needed. It's a powerful daily chi builder that increases my vitality and keeps me healthy. That's why I use it daily. **Will Deep Health® work for you? Take it for 100 days, and see for yourself.**

Deep Health®: Your daily chi builder

Deep Health®, a superior adaptogenic formula, combines medicinal mushrooms with potent herbs to shift you into wellness. These extraordinary botanicals have been revered for centuries. Together, they balance and enhance the efficiency of every physiological system in your body. As they strengthen and increase the fundamental energies at your core, they build chi.



Reishi

Shiitake mushroom enhances natural defenses, moderates the highs and lows of immune activity, improves liver function, and acts as a general tonic to the circulatory system.



Shiitake

California Spikenard harmonizes the activities of the limbic system, a region of the brain involved with emotions. It resets the limbic emotional thermostat, decreases adverse stress responses, improves memory, and helps you become emotionally balanced.

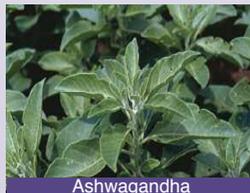
Astragalus is one of the best preventive herbs available. It activates deep immune system function, promotes healthy adrenal gland response, increases stamina, and boosts overall resistance.



Astragalus

Maitake mushroom protects and sustains cellular and tissue health. It normalizes blood pressure as well as blood fats, and aids digestion.

Ashwagandha is India's foremost adaptogenic herb. It promotes healthy brain-cell function, promotes regeneration of nerve cells, enhances sleep quality, and reduces the harmful effects of stress.



Ashwagandha

Siberian Eleuthero helps you stay resilient in the face of challenges. It evens out energy peaks and valleys, strengthens adrenal gland function, increases mental concentration, and builds physical stamina.

Schisandra protects your liver and helps it perform more efficiently. It reduces the debilitating effects of stress and calms the spirit.

Cordyceps mushroom boosts physical stamina and mental energy. It aids recovery from long-term health challenges.

Ginger, though not an adaptogen, is an integral part of Deep Health®. It increases the body's absorption of the herbs in the formula and normalizes inflammatory responses.

Deep Health®: helps you thrive in a fast-paced world

Deep Health® builds and enhances your body's protective, vital energy or chi. It delivers these benefits and more by harnessing the power of adaptogens. This strengthening formula helps your immune system stay in top shape during times of seasonal challenges. It tones and protects your internal organs and body systems. Deep Health® improves physical stamina and sharpens mental concentration, so you feel energized and alert all day. It moves your body toward vigorous health. The bottom line is that you spend less energy maintaining your health, and more energy doing what you enjoy.



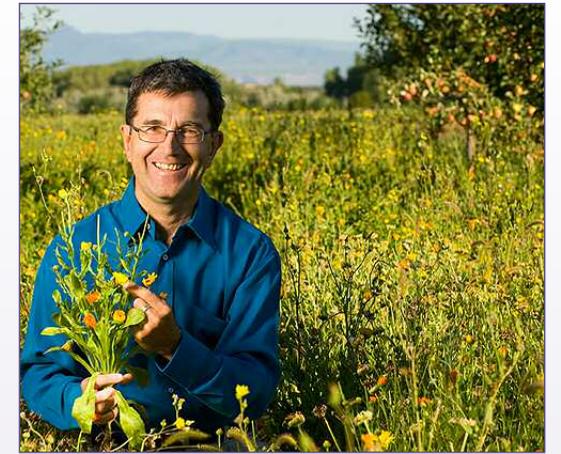
Contains: Reishi (fruiting body)¹, Shiitake (fruiting body)¹, California Spikenard (root), Astragalus (root)¹, Maitake (fruiting body)¹, Ashwagandha (root)¹, Siberian Eleuthero (root), Schisandra (berry)¹, Cordyceps (mycelium) [may contain soy], and Ginger (root)¹.
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The Herbs, Etc. family of products features a line of fast-acting liquid herbal softgels, professional strength liquid herbal extracts and alcohol-free liquid herbal extracts.

Daniel Gagnon, Owner of Herbs, Etc. and a Medical Herbalist since 1976, was an early proponent of the healing properties of herbs. His focus is on creating synergistic medicinal formulations that are unique, safe, and effective.



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