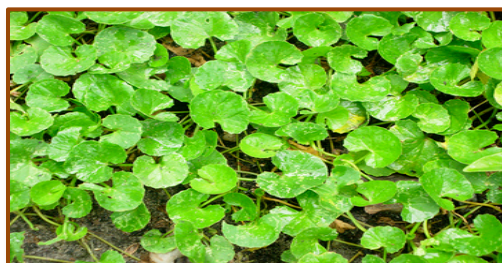

BACOPA MONIERRI – BRAHMI



Brahmi (lat. *BacopaMonierri* or *Centellaasiatica*) is a potent herb that **strengthens the mind** and has the rare quality of **lowering Vata and Kapha without raising Pitta**. It is perhaps **the most important synergizer in Ayurveda**. It has a **soothing** and **calming** effect, while simultaneously brightening the spirit and the mind, which makes it ideal for treating **nervousness and fatigue**.

It **lifts fear** and **improves memory** as well as **increasing concentration**. Brahmi is highly recommended for employees who suffer from **extreme stress**, for **students in difficult exam periods**, for seniors to **retain mental vitality**, and for managers to increase their memory. Brahmi is considered the **best nourishment for the brain**. It effectively **stimulates nerve activity** and so **increases the capacity to learn, memory, and concentration** while at the same time **letting the mind enter a calm and peaceful state**.

PRODUCTION

The valuable Brahmi comes from the natural planter forest in Batauli, Nepal. It is harvested in the wild by the Praja cooperative of the Chepangs, a disadvantaged tribe indigenous to Nepal. The harvest is closely monitored. Courses in sustainability are given regularly through OneWorldalc and every year the cooperative is inspected and certified by IMO Switzerland. Since 2007 the produce has been certified '**organic**', and is therefore completely sustainable and **LOHAS**.

OUR PRODUCTS CONTAINING BRAHMI

Brahmi is used in our following teas: "**Klar & Wach**"; "**Lamas Kraftquelle**" and "**Gut Drauf Sein**".

Pure Brahmi can also be purchase upon request.