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Cistus incanus

WHAT IT IS:

- A Mediterranean herb to support patients with chronic infections

WHY YOU NEED IT:

- Targets biofilms where 'bugs' hide from attack
- Important for patients with chronic infections
- Immune booster during cold and flu season
- Great for patients looking for relaxation support
- Good for patients wanting whiter teeth
- Deodorizes stool and intestinal gas

HOW IT HELPS:

Have you ever wondered how bacteria and other 'bugs' stick to your insides and cause an infection? Infectious disease bugs secrete a sticky substance known as a biofilm which can adhere to just about anything, including your teeth.

The tartar and plaque on your teeth are biofilms that allow bacteria to hold on long enough to your enamel to create cavities.

Under a microscope, the biofilm looks like a net-like cocoon that has tiny portals that allow the bacteria access to food that can diffuse inside the cocoon. However, these portals are too small for your immune cells to climb through, and they are also small enough to keep out most antibiotic molecules. Pretty sweet if you are a marauding bacteria looking to settle in for awhile.

Biofilms are one reason some infections are so hard to eradicate. Many patients erroneously believe that taking enough antibiotics should eventually take care of any infection, but not if the bugs are hiding inside their protective biofilm shields.

Cistus incanus is a Mediterranean herb that is used by herbalists as a 'biofilm breaker' to expose the bacteria inside to the deadly force of your immune system, antibiotics and other remedies. As a side benefit, Cistus tea supports naturally white teeth by weakening the tartar biofilm that protects the bacteria which cause tooth yellowing, stains, and decay.

Herbalists also recommend Cistus tea to promote a healthy relaxed mood and support the body when fighting viral and flu illnesses. Cistus has another unique property in that it completely deodorizes stool and intestinal gas by removing the biofilms that line our intestinal tracts.

Usual dosage: Use 3 droppersfull (not 'drops') in 3-4 ounces of water three times daily.