



TRUE SCIENCE ALLIANCE (TSA)

Ingredient Guide





Inspired Living + True Science Alliance (TSA)

I have aligned myself with True Science Alliance which means you now have access to it through Inspired Living. Access to this technology is an absolute privilege and I have been appointed your designated agent/consultant. I can advocate for your no hope cases. Please do not try to contact them directly, they will not answer you. I am your direct contact and access. I will provide what I can for as long as I can as this organization's mission is global health - responding to pandemics and producing for governments. They are not here to provide for me as a practitioner, I just have privileged access.

Please note: all TSA products have the same basic botanic ingredients. The following list represents the baseline for all of the formulations. There are different amounts of these ingredients depending upon the product. TSA ingredients are proprietary, but these are some of the things you'll find they use.

Ingredient List

LATIN	ENGLISH	USED FOR
Anethum graveolens	Dill	Anethum is used as an ingredient in gripe water, given to relieve colic pain in babies and flatulence in young children. The seed is aromatic, carminative, mildly diuretic, galactagogue, stimulant and stomachic. The essential oil in the seed relieves intestinal spasms and griping, helping to settle colic. The carminative volatile oil improves appetite, relieves gas and aids digestion. Chewing the seeds improves bad breath. Anethum stimulates milk flow in lactating mothers, and is often given to cattles for this reason. It also cures urinary complaints, piles and mental disorders.
Angelica archangelica	Angelica	Angelica is used for heartburn, intestinal gas (flatulence), loss of appetite (anorexia), arthritis, circulation problems, "runny nose" (respiratory catarrh), nervousness, plague, and trouble sleeping (insomnia). Some women use angelica to start their menstrual periods. Sometimes this is done to cause an abortion.
Apium graveolens	Celery	Medical uses: This herb alkalizes the body as a whole and detoxifies with specificity to the musculoskeletal system. It promotes the elimination of uric acid and waste products and so is helpful in cases of gout and rheumatism.
Arctium lappa	Great Burdock	Arctium lappa L. root is traditionally used in herbal remedies to treat tonsillitis, throat pain, arthritis, rashes, and various skin problems, and as a diuretic, diaphoretic, and blood purifier
Camelia sinensis	Tea Shrub	Camellia sinensis leaf extract is the oil obtained from the leaves of tea plants. It's rich in bioactive compounds, such as catechins, L-theanine, and caffeine, and studies have linked it to multiple beneficial effects. It may also boost your immune system, reduce stress and anxiety, and promote weight loss.
Cola nitida	Tea Shrub	Cola nut is used for short-term relief of fatigue, depression, chronic fatigue syndrome (CFS), melancholy, lack of normal muscle tone (atony), exhaustion, dysentery, a type of diarrhea called atonic diarrhea, weight loss, and migraine headaches. In foods and beverages, cola nut is used as a flavoring ingredient.
Commiphora abbyssinica	Myrrh	Myrrh is used to make medicine. Myrrh is used for indigestion, ulcers, colds, cough, asthma, lung congestion, arthritis pain, cancer, leprosy, spasms, and syphilis. It is also used as a stimulant and to increase menstrual flow.
Crataegus oxyacantha	Hawthorne Berry	Hawthorn (Crataegus oxyacantha) is a widely used Chinese herb for treatment of gastrointestinal ailments and heart problems and consumed as food. In North America, the role of treatment for heart problems dates back to 1800.
Crocus sativus	Saffron	The stigmas, and sometimes the petals, are also used to make medicine. People use saffron most commonly for depression, anxiety, Alzheimer disease, menstrual cramps (dysmenorrhea), and premenstrual syndrome (PMS).
Cynara scolymus	Globe Artichoke	Early research shows that taking artichoke extract by mouth can reduce symptoms of IBS such as stomach pain, cramping, bloating, gas, constipation, and heartburn. A grouping of symptoms that increase the risk of diabetes, heart disease, and stroke (metabolic syndrome).
Foeniculum vulgare	Fennel	Foeniculum vulgare Mill commonly called fennel has been used in traditional medicine for a wide range of ailments related to digestive, endocrine, reproductive, and respiratory systems. Additionally, it is also used as a galactagogue agent for lactating mothers.
Fucus vesiculosus	Brown Seaweed	Fucus vesiculosus is a type of brown seaweed. People use the whole plant to make medicine. People use Fucus vesiculosus for conditions such as thyroid disorders, iodine deficiency, obesity, and many others, but there is no good scientific evidence to support these uses.

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<i>Humulus lupulus</i>	Hops	Prenylflavonoids. The female inflorescences of the hop plant (<i>Humulus lupulus</i> L., Cannabaceae) are used in the brewing process to add bitterness and aroma to beer. In phytomedicinal applications, extracts of hop cones are widely used as a gentle tranquilizer and bitter stomachic.
<i>Hyssopus officinalis</i>	Hyssop	Hyssop is used for digestive and intestinal problems including liver and gallbladder conditions, intestinal pain, intestinal gas, colic, and loss of appetite. It is also used for respiratory problems including coughs, the common cold, respiratory infections, sore throat, and asthma.
<i>Inula helenium</i>	Horse-Heal or Elfdock	Elecampane is a soothing herb that has been used to treat coughs associated with bronchitis, asthma, and whooping cough. More. Elecampane is a demulcent (soothing herb) that has been used to treat coughs associated with bronchitis, asthma, and whooping cough.
<i>Jeniperus communis</i>	Juniper	It has been widely used as herbal medicine from ancient time. Traditionally the plant is being potentially used as antidiarrhoeal, anti-inflammatory, astringent, and antiseptic and in the treatment of various abdominal disorders. The main chemical constituents, which were reported in <i>J. communis</i> L.
<i>Leonorus cardiac</i>	Motherwort	One traditional use of motherwort is to help reduce rapid or irregular heart rate caused by stress or anxiety. In test-tube and animal studies, motherwort extract exhibited anti-arrhythmic effects, suggesting that it could help lower elevated heart rate.
<i>Medicago sativa</i>	Alfalfa	Alfalfa (<i>Medicago sativa</i> , lucerne) is a herbaceous perennial legume used primarily as a hay crop and has a high feeding value. In many regions it is a key component of cropping systems valued for its deep roots and its contribution to soil fertility because of nitrogen fixation, and it is established from seeds.
<i>Mellissa oficinalis</i>	Lemon Balm	<i>Melissa officinalis</i> is a plant cultivated in some parts of Iran. The leaves of lemon balm, <i>Melissa officinalis</i> L. (Lamiaceae), are used in Iranian folk medicine for their digestive, carminative, antispasmodic, sedative, analgesic, tonic, and diuretic properties, as well as for functional gastrointestinal disorders.
<i>Ocinum basilicum</i>	Sweet Basil	<i>Ocimum basilicum</i> L. (Lamiaceae) commonly known as sweet basil, has been used as a traditional medicinal plant for the treatment of headaches, coughs, diarrhea, constipation, warts, worms, and kidney malfunctions.
<i>Origanum majorana</i>	Sweet Marjoram	It is also used as a "nerve tonic" and a "heart tonic," and to promote better blood circulation. Marjoram oil is used for coughs, gall bladder complaints, stomach cramps and digestive disorders, depression, dizziness, migraines, nervous headaches, nerve pain, paralysis, coughs, runny nose; and as a "water pill."
<i>Petrolinum crispum</i>	Parsley	It is a biennial plant which is widely cultivated as an annual plant. Traditionally, roots of <i>P. crispum</i> has been used as a powerful diuretic, seeds have been used as antimicrobial, antiseptic, antispasmodic, and in the treatment of gastrointestinal disorders, inflammation, halitosis, kidney stones, and amenorrhea.
<i>Pimpinella anisum</i>	Anise Seed	Anise seeds are used as analgesic in migraine and also as carminative, aromatic, disinfectant, and diuretic in traditional medicine
<i>Rosa canina</i>	Dog Rose	The fruit is noted for its high level of vitamin C, and is used to make syrup, tea, and marmalade. It has been grown or encouraged in the wild for the production of vitamin C from its fruit (often as rose-hip syrup), especially during conditions of scarcity or during wartime.
<i>Rosmarinus officinalis</i>	Rosemary	Rosemary, <i>Rosmarinus officinalis</i> L. (Labiatae) has been used in folk medicine to alleviate several diseases including headache, dysmenorrhea, stomachache, epilepsy, rheumatic pain, spasms, nervous agitation, improvement of memory, hysteria, depression, as well as physical and mental fatigue

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Rubus idaeus	Red Raspberry	Tea made from the leaves of Rubus idaeus L. (raspberry) has been used for centuries as a folk medicine to treat wounds, diarrhoea, colic pain and as a uterine relaxant.
Salvia officinalis	Sage	Taking a single dose of common sage (Salvia officinalis) or Spanish sage (Salvia lavandulaefolia) by mouth seems to improve memory, alertness, and attention in healthy adults. When used as aromatherapy, these sage species seem to improve alertness, but not attention and memory.
Sambucus nigra	Elderberry	In folk medicine, the dried berries or juice are used to treat influenza, infections, sciatica, headaches, dental pain, heart pain, and nerve pain, as well as a laxative and diuretic (2). Additionally, the berries can be cooked and used to make juice, jams, chutneys, pies, and elderberry wine.
Thymus vulgaris	Mint family	Thymus vulgaris has been used since ancient times to achieve healing, cure chest congestion, and induce saliva; the fresh leaves are taken to relieve sore throats. The plant is also used as an effective remedy for chest infections (bronchitis, pharyngitis, whooping cough) as well as to treat worms in children.
Verbascum thapsus	The great Mullein	Common mullein (Verbascum thapsus L.) is a medicinal plant readily found in roadsides, meadows and pasture lands and has been used to treat pulmonary problems, inflammatory diseases, asthma, spasmodic coughs, diarrhoea and migraine headaches.
Zingiber officinalis	Ginger	Ginger (Zingiber officinale) is one of the most widely used natural products consumed as a spice and medicine for treating nausea, dysentery, heartburn, flatulence, diarrhea, loss of appetite, infections, cough, and bronchitis.