

STARFLOWER OIL

Starflower Oil (Borage Oil) is extracted from the annual herb Borage (*Borago officinalis*). The cultivation of this plant was introduced by the Arabs in southern Spain in the early Middle Ages. It is now grown in many parts of Europe, Asia and North America. The plant can often be seen growing in such places as river banks, compost heaps, barren areas and even the Alps.

The Starflower is a medicinal plant known to have been used worldwide in the research and treatment of cancer for over 700 years, as quoted by the Cancer Research Campaign, Registered Charity No 225838.

The Benefits of Starflower Oil

This plant contains Gamma Linolenic Acid (GLA) at approximately twice the level of Evening Primrose Oil (EPO).

Starflower Oil has been shown to be beneficial for a wide range of conditions.

Premenstrual syndrome (PMS) - has been shown to eradicate swollen abdomen and breast discomfort as well as reducing irritability and depression.

Eczema and other skin disorders - available on prescription for eczema. Psoriasis may be helped by Starflower Oil.

Cholesterol and blood pressure - has been shown to reduce high serum cholesterol and blood pressure, but may take several weeks to achieve.

Rheumatoid arthritis - sufferers have discontinued use of non-steroidal anti-inflammatory drugs after supplementation, but is more effective when taken with fish oils.

Alcoholism - may make withdrawal easier and reduce post drinking depression.

Immune system - low levels of essential fatty acids may stop the action of interferon, the body's natural virus killer.

Other conditions - obesity, benign breast disease, childhood hyperactivity and schizophrenia have all been shown to be helped by Starflower supplementation.