



Empirical = Based on, or verifiable by observation or experience rather than theory or pure logic.

**NUTRI-T Available ONLY in LIMMITLESS**

**Nutri-T is NUTRITION designed to modify health deficiencies  
in the human body.**

*Nutrition to be taken during the prevention and restorative  
treatments of chronic degenerative diseases*



*[www.limmitless.com](http://www.limmitless.com)*

## TESTIMONIALS









# Nutri-T

## Herbal Empirical Formula

Nutri-T is NUTRITION to be taken ... mainly during prevention and / or during restorative treatments of chronic degenerative diseases.

Nutri-T is NUTRITION that is designed to modify health deficiencies in the human body.

This product has unique **INGREDIENTS** and **EXTRAORDINARY BENEFITS**, thanks to the NUTRITION it provides.

It is a combination of plants, powerful natural NUTRITION that strengthens the immune system against many kinds of deficiencies ... and its benefits are very remarkable when it is used to **NOURISH** the organism in case of chronic degenerative diseases

















**BEFORE**



Gangrene Caused by Diabetes.

- He had gangrene, pain and inflammation.
- His left toe was amputated from his left foot.
- Was scheduled for the amputation of his left leg.
- For about a year, he could not walk.



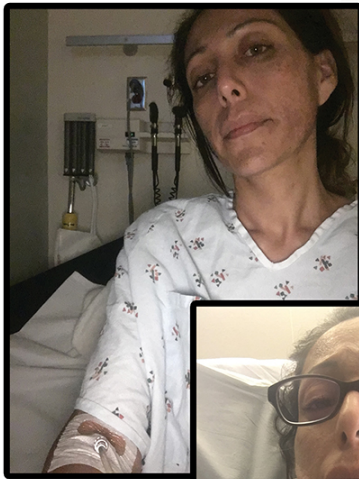
**AFTER**



Walking, and improving...



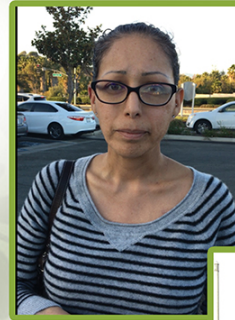




September 2017

**BEFORE**

**5 Cancerous Tumors**  
 1 In the Liver.  
 1 In the Abdomen.  
 1 Next to the Brain.  
 1 On the Spine.  
 1 Behind the Left Eye.



*"Doctors told me there was no cure"*

**AFTER**

January 2018



## CASE OF VENOUS THROMBOSIS

It is a condition in which the veins have problems returning blood from the legs to the heart.

- Swelling or Inflammation, Fever, Pain, More heat in the affected area, Ulcers, Redness, Weakness, Nausea, Sores, etc.

**The Medical Diagnosis:**  
**"Let's Amputate"**



July 07, 2018



August 21, 2018



And improving...



## INGREDIENTS & BENEFITS

# CAT'S CLAW

**Cat's claw, a potent and natural plant that strengthens the immune system against degenerative diseases**

“Uncariatomentosa”, popularly called cat's claw, is a climbing plant of the Rubiaceae family originally from Peru. It grows in virgin lands in the Peruvian jungle, and also in well-rested lands for a long time. Its bark contains alkaloids that confer the healing properties. The plant was used by indigenous inhabitants as medicinal.

### Description

The cat's claw is a liana of woody and thin trunk that reaches the 15 meters of height. Its leaves are opposite, ovate and of whole margin, with parallel enervation. They settle on the stem for a short petiole. Above its insertion grow thorns curved and reflected-directed spines contrary to the growth of the stem - which the plant uses to attach itself to the trees. To these thorns alludes to its common name, like those of about thirty plant species. It grows in the Amazon, along the eastern flank of the Andes, and is best developed at altitudes between 200 and 800 meters above sea level



### Applications

#### Traditional medicine

The cat's claw was known and used by the Yaneshas and Ashánincas of the central jungle of Peru for the cure of common diseases. They also used it, mixed with other plants, as a means of birth control.

### Modern medicine

Some clinical trials published in scientific journals have found evidence that show therapeutic effects by the use of this plant or any of its components. In general, there is evidence of anti-inflammatory and immunomodulatory action of the cortex. Evidence of its effectiveness as antitumor, antibiotic or antiviral refers to extracts or to isolated components.

## Some Benefits and Uses of Cat's Claw

- Fights **fungi**.
- Prevents heart disease.
- Combats **free radicals**.
- It is a **blood anticoagulant**.
- Regulates the **menstrual cycle**.
- It helps to **cleanse the kidneys**.
- Reduces **joint and muscle pain**.
- It can improve cases of **prostatitis**.
- Helps regulate **hormonal imbalances**.
- Stimulates healing and **wound healing**.
- Improves cases of **asthma and bronchitis**.
- It is used to combat **herpes (genital and zoster)**.
- It is very effective for cases of **general weakness**.
- Stimulates the functioning of the **immune system**.
- This plant helps prevent the spread of **cancer cells**.
- The cat's claw favors the proper functioning of the **digestive tract**.
- Accelerates recovery in cases of **colds, otitis, conjunctivitis and sinusitis**.
- Improves **inflammatory** diseases such as **arthritis, bursitis, rheumatism**, etc.

People who suffer from colitis, gastritis, stomach ulcers, Crohn's disease or alterations in the intestinal flora, can benefit from the properties of the cat's claw to improve these ailments.

Helps eliminate toxins from the body

Use during pregnancy and lactation is contraindicated. Before using this plant, consult with a health professional so that you can recommend the best in your particular case

## Medicinal Properties of Cat's Claw

Among the active ingredients contained in the root and bark of this medicinal plant are alkaloids oxindoles, glycosides, polyphenols, terpenes and steroids.

Thanks to these components, the cat's claw has analgesic, antioxidative, anti-inflammatory, anti-inflammatory, antiviral, immunostimulant, anticoagulant, antifungal, cardioprotective, antidiabetic, healing, antiallergic and even contraceptive action.

## Is it a miracle plant?

With regard to the digestive system, the cat's claw serves to relieve stomach ulcers, inflammation of the digestive tract -colitis and diverticulitis-, hemorrhoids, leaky bowel syndrome and shingles, although there is insufficient evidence.



Many people use cat's claw to prevent or cure infectious diseases, such as chickenpox, herpes, gonorrhea, as it strengthens the immune system; In turn is consumed by those who suffer from AIDS, precisely in order to strengthen their defenses; But again the same as in the previous cases, there are no scientific studies that support these properties.

It is even used to control birth, prevent cancer, slows the growth of cancer cells and help repair cell damage caused by chemotherapy and radiation therapy, cure chronic fatigue syndrome, asthma, Crohn's disease, Alzheimer's And even heal wounds.

## World Health Organization

There was unanimity at the First International Conference on Uncariatomentosa, sponsored by WHO in Geneva, Switzerland, that after the discovery of quinine, no other rainforest plant managed to arouse as much interest as it did. Interest was mainly concentrated in the alkaloids, since at least 6 of them were able to increase the level of immunity up to 50%.

## History

its scientific discovery dates from 1830, the year in which it was first described as a species. However it was not until the 1950s that the German naturalist Arturo Brell carried out the first systematic studies of the species from plants harvested in the central Peruvian jungle. The scientific discovery of the cat's claw as a medicinal plant and its subsequent diffusion throughout the world as "heal everything plant" begins much later.

This plant also acts as a vasodilator and diuretic, so it is advised for people suffering from hypertension. And it has antioxidant properties that attack the free radicals that damage our body, preventing in this way the appearance of many diseases even in the healthiest person. It is even good for brain activity, especially it helps to improve memory.



## MUICLE

Justiciaspicigera, is a species of aquatic plant belonging to the family of acanthaceae.

Muicle, which is also popularly known by other names such as Virgin Grass, Virgin Blood, Mohuitle, Stone Indigo, Trumpet, Muitle, Purple Grass, Limalin, etc.

A plant that depending on the region can have great variety of names, but whose scientific name is Justice spicigeraSchechtendal

of the family Acanthaceae.



Plant that almost always is like bush of 1 to 1.5m of height, densely branched. It has the longest leaves that are wide and more or less hairy with very marked veins. The flowers are grouped in the union of the stem and the leaf and in the terminal part of the plant, commonly of orange color, but sometimes pale red in the form of tubes that end up tearing, forming a lip, The fruits are a few capsules.

### **What benefits does Muicle offer?**

Muicle offers the consumer a huge variety of health benefits, which we will mention below to let you know about the miraculous benefits of this natural and economical product.

Its infusions are mainly used for the purpose of blood detoxification, or to purify the blood.

It is also used to soothe stomach pains, diarrhea problems, dysentery, juvenile constipation and even is used to treat the famous embarrassment.

It is used in cases of erysipelas, syphilis, tumors or grains hard to cure, and is indicated for blood pressure.

Muicle tea is quite useful in women to reduce the discomfort and pain caused by menstruation; It is also said to reduce the duration of it.

Its purifying effects are also useful for cleaning the kidneys of stones, relieving kidney pains, bad urine and other diseases related to the urinary system in general.

Another benefit that punctual is its usefulness in the treatment of respiratory diseases like influenza, colds, bronchitis and congestions.

This plant is used as a stimulant, anti-dysenteric, anti-apoplexy, antipyretic, antispasmodic, anti-inflammatory.

Tea leaves and flowers are recommended as emmenagogue, combined with other plants is used in the treatment of uterine cancer.

It is used for sleep disorders and mental disorders, it is also used to treat anemia, and the nerve system..

Very beneficial also for the prostate and urinary system, HIV, epilepsy among other uses.

The parts that are most used are the branches, leaves and flowers. The cooking of these as a treatment is very useful for blood pressure, purifying blood and syphilis; the crushing of the branches or hot cooking mixed with capulin, avocado, garlic, tobacco and guava, like washes, serves for the skin.

Taking in the morning is used for digestive problems such as constipation, diarrhea, stomach pains and vomiting, menstrual cramps, menstrual period regulation, etc.

In respiratory conditions such as cough, flu and bronchitis, the infusion of the leaves is used as water for use. Other common uses of the muicle are for headaches and kidney, anemia, dizziness, insomnia and for shock de-inflammation.

It is also used in some respiratory diseases such as cough, bronchitis and constipation.

It is used as a disinfectant in skin diseases.

For grains the whole plant is applied locally.

In pre-Hispanic times, in the colony and recently it has been used as a natural dye in the textile industry.

# HUEREQUE

Also known as Wereque (Wereke) is a plant that belongs to the cucurbit family, and is of Sonoran origin of Mexico; And has a dating of pre-Hispanic times.



It is a root or tuber, which contains medicinal properties and possesses a very bitter and intense taste.

Mexican Yaqui Indians, Mayans, opatics, among other tribes used it as a painkiller, antidiabetic, anti-inflammatory, heart problems, rheumatism and skin problems.

At present it took relevance, this root for its hypoglycemic properties.

The properties of the wereke are used for the control of diabetes and all its consequences, as well as control of fat in the blood and prevent the increase of glucose.

The medicinal popularity of the wereke dates back to the 18th century when different indigenous groups such as the Mayo, Opata, Sérís and Yaquis used it a lot to treat cardiac, skin, analgesic, anti-inflammatory, rheumatic complications and other purposes.

Today it stands out for its hypoglycemic properties that are effective for the treatment of type 2 diabetes, since the same plant requires the presence of insulin to work effectively.

On the other hand, it is important to note that it is a plant with magnificent antioxidant and anti-inflammatory properties, key qualities to be able to help the body to combat all those complications that are related to this pathology.

The properties of this plant, and more specifically of its root, are numerous and very beneficial to health, being this ideal as anti-inflammatory, analgesic, antidiabetic,

In the Wereke are present some components like:

- Fiber.
- Lecithin.
- Chlorophyll.
- Starch.
- Carbohydrates.
- Monoglycerides.
- Alkaloids in small concentrations.
- Proteolytic, diastase and oxidative enzymes.
- Proteins, nucleoproteins, globulin and albumin.
- Fatty acids: myristic, lauric, palmitic, pentadecanoic.
- Minerals such as sodium, calcium, magnesium, potassium, and iron.

Wereke is still very popular within traditional Mexican medicine because it is known to be effective for the treatment and prevention of different diseases or conditions.

Among the benefits we can mention:

- Helps control blood sugar levels.
- Decreases rheumatic disorder.



- It could reduce the typical discomfort of gastritis.
  - Reduces the aches and pains of complications that arise from increased glucose.
  - It is recommended for the treatment of bone fractures.
  - Works as analgesic, antimycotic, regenerating, healing and anti-inflammatory.
- It serves to treat and prevent different diseases such as: Cancer, tumors, dermatitis, arthritis, obesity, excess of boric acid and liver congestion.
- The hypoglycemic effect of this plant makes it a natural support to combat diabetes, allowing blood sugar levels to be reduced.

# BLUE AGAVE – MEZCALILLO

The agave is a plant of similar appearance to the Aloe, of Mexican origin and well known for being the plant from which the tequila comes. However, there are numerous properties of agave for our health and our beauty, being especially known agave syrup, a natural sweetener free of the problems of refined sugar

## *Medicinal Properties of Agave*

The agave is a rosette-shaped plant, with thick, fleshy leaves that end in a sharp point. It grows slowly and blooms only once a year. After the fruits are born, the plant dies, but new shoots are born quickly.

This plant contains elements with anti-inflammatory and antimicrobial action, while helping to improve the immune system. In this way, it serves to treat wounds and reduce inflammation caused by different diseases.



**It certainly was illustrious for the Aztecs, as it represented a symbol of longevity. It is an ancient plant with a rich history; however, today, it is most commonly associated with tequila. While tequila is one of its uses – specifically blue agave -- Agave can do much more than make liquor.**

From food to fiber, Native Americans have long been utilizing the plant in its entirety.

The **agave** also has **medicinal properties** such as disinfectant, antiseptic, laxative, diuretic, depurative.

Constipation, jaundice, dysentery, scalp infections -- all of these illnesses and then some have been treated by the healing powers of agave's roots, sap, juice, and leaves. Agave has anti-inflammatory and antiseptic properties, allowing it to heal wounds, burns, and skin irritations. Agave has also been used in treating toothache. A gum made out of the roots and leaves can be applied to an aching tooth to soothe the pain. In ancient Mexican folk medicine, agave was even used to cure snakebites!

This **plant** is effective to treat conditions such as ulcers, digestive and liver problems, constipation, jaundice, wounds and skin lesions, rheumatism, chronic diarrhea, combats parasites, helps regulate appetite for what

favors weight loss. In addition, **agave** helps to prevent certain diseases such as obesity, diabetes, colon cancer and osteoporosis.

This plant **naturally** contains **prebiotics** that prevent the spread of harmful bacteria to the digestive and intestinal system that can then cause diseases. To take advantage of the medicinal benefits of agave, you can use the fresh juice of the leaves on wounds externally as compresses.

It has also been shown to help **lose weight**, as it has a low impact on blood sugar and increases the feeling of fullness. But more importantly, **it reduces cholesterol**, the possibility of suffering from some types of cancer, and increases the absorption of nutrients - especially calcium, isoflavones and magnesium.

It is especially useful for problems of the digestive system such as Crohn's disease, ulcerative colitis and irritable bowel syndrome. In addition, it has high amounts of calcium, which can prevent bone diseases such as osteoporosis, increases energy levels in people in a balanced way -not like sugar-

## Agave Benefits for Beauty

Agave also has benefits for beauty, especially for skin care. Agave nectar spread on the skin can help heal the pimples with pus and **prevent premature aging of the skin**. Sometimes masks are made with syrup and salt to increase their antimicrobial properties and achieve a powerful action against severe acne.

The **nectar** or **agave syrup** is a natural sweetener similar to honey that besides being a substitute for sugar gives us numerous health benefits. Agave syrup has a low glycemic index, so it will not cause a rise in blood sugar. Inulin, a complex form of fructose, is where its sweet flavor comes from, which will avoid ailments such as **type II diabetes** or metabolic syndrome.

And, if that were not enough, agave syrup has fewer calories than sugar, although like everything else in this life it should be consumed in moderation.

A cup of sugar can be substituted by approximately  $\frac{1}{3}$  cup of agave syrup, and if we want to use it in recipes we must lower the oven 25 degrees, as well as reduce a little the liquid elements of the recipe.

# HUALAMO –



Nanche de perro (*Vitex mollis* Kunth.), Properties and medicinal uses  
Students: Yurico Harlet López Sotelo, and Iván Mejía Montejó  
Cuernavaca, Morelos, Mexico, October 2010

Traditional medicine. Traditional medicine. School of Nursing Autonomous University of the State of Morelos  
Academic agreement with Tlahui-Educa.

## SUMMARY

This work reflects the different properties of the medicinal plant and the origin Nanche de perro as well as the properties for which it is implemented in some states of the Mexican Republic and the uses that are given to it.

## NANCHE DE PERRO

Scientific name: *Vitex mollis* Kunth.

TSN (ITIS): 62101306

Family: Verbenaceae. [2]

## HUALAMO - Nanche de perro (*Vitex mollis* Kunth.)

Common names: Nanche de perro, coyotomate, higualmo, jariaceitunillo, capulincillo, querenque, hualamo, tompotomiltuvalama. [1]



# Habitat and botanical characteristics

**Origin and distribution:** The tree is native and abundant in wildlife, sometimes in extensive stands, in open pine forests and grass savannahs, from southern Mexico, through the Pacific side of Central America, Peru and Brazil, Also appears in Trinidad, Barbados, Curacao, St. Martin, Dominica, Guadalupe, Puerto Rico, Haiti, Dominican Republic and throughout Cuba and the Isle of Pines.

**Habitat:** xerophytic scrub and raparla vegetation on stony soils at elevations of 1000-1430 m.

**Phenology:** Flowers between February and May.

**Fructify:** Between June and July. [3]

The nanche de perro (coyotomate), of unknown origin inhabits low deciduous forest, SMSc: medium forest sub deciduous in particular in warm and semi-warm climate between 300 and 1600msnm, usually grow next to streams and streams.

## Description

The nanche is a slow-growing small shrub or tree usually reaching 33 feet (10 m) in height, or, in certain situations, can even reach 66 feet (20 m); The shape can range from rounded crown and extends to narrow and compact, short or tall trunk, straight or crooked.

The young branches are densely covered with reddish hairs. Opposite, ovate or elliptic to oblong-elliptic leaves may be 1 1/4 to 6 1/2 inches (3.2-17 cm) long and 1 1/2 to 2 3/4 inches (4-7 cm) Wide, rounded or pointed at the apex, obtuse or pointed at the base, coriaceous, generally shiny on the upper surface and more or less brown or gray-fluffy at the bottom.

Red-haired flowers, born in erect and conspicuous clusters, 4 to 8 inches (10-20 cm) long, are 1/2 to 3/4 inches (1.25-2 cm) wide; The 5 petals of yellow at first, change to dull red-orange. The fruit is particularly odorous, orange-yellow, round, 5/16 to 7/16 inches (8-12 mm) wide, with thin skin and white and juicy, oily pulp that can vary the taste from tasteless to sweet, Acid, or similar to cheese. It has a fairly large, hard core containing 1 to 3 white seeds. [4]

**Distribution:** Mexico, in the states of Baja California Norte, Baja California Sur, Colima, Mexico, Chihuahua, Guerrero, Morelos, Nayarit, Oaxaca, Puebla, Veracruz, Yucatan, Sonora, Peru, Jalisco and Durango, Central Pacific, Peru and Brazil, also appears in Trinidad, Barbados, Curacao, St. Martin, Dominica, Guadalupe, Puerto Rico, Haiti, Dominican Republic and throughout Cuba and the Isle of Pines.

**Soil:** In Mexico, the tree is often found on rocky terrain. It grows well in the sand and sandy, alkaline soils. It is very suitable for the restoration of infertile lands and those impoverished by the burning. [5]

## Ethnobotany and Anthropology

It is found in various states of the Mexican Republic where they are used in different ways and uses depending on their culture of each state. In states such as: Estado de México, Michoacán, sonora is mainly used to counteract the stings of venomous aminos mainly in scorpion stings due to high sting rates.

**Recipes:** A poultice is formed with the combination of the leaves of the coyotomate and the leaves of the papaya (carica, it is placed directly on the area of the sting of the scorpion.

Another way is to immediately take a coercion of the buds tender parts with the yolk of an egg, placing a maceration of these shoots with alcohol and placed in the damaged part.

In the state of Nayarit is used for digestive disorders mainly in the diarrhea that arises in summer time and the decomposition of food, with certain symptoms (stomach pain, desire to evacuate frequently, those are liquid, lack of). Recipes: A tea is made from the composition of barium medicinal plants: the leaves of the plant, leaves

of hualamo, of capulín, those of guava. Of this tea the amount to be ingested is: a glass and later will continue taking like water of use.

In Jalisco against diarrhea, the bark of guamúchil (*Pithecellobium dulce*), tepehuaje (*Lysiloma acapulcensis*), safflower's crown (*Vitex mollis*) and quebrillo (*Solanum nigrum*) crust are cooked; Of this they administer a tea three times a day.

In Oaxaca is used in conjunction with other medicinal plants for the treatment of intestinal colic and intestinal inflammation. Recipes: Boil the cocos of the plant, twigs of pochota and those of silly bird, along with the leaves of culebrina and with this preparation will give fomentations in the belly. In the event that the discomfort is chronic the treatment will be prolonged for three days or as often as necessary until healing.

In Michoacan. It is used to heal the heartburn that is a disease caused by "malpasadas" and consists of a pain in the mouth of the stomach, also feels a "finish in the stomach" and does not give appetite. The cure of this condition is done by rubbing alcohol on the arms, back, head, groin and stomach; In this last part the frictions must be given inwards. In addition a preparation is prepared with the leaves of the act and sweetened with panocha, to elaborate a syrup or conserves that is administered after the frictions. This treatment is done for nine days. The bark is also cured by administering orally an infusion of ruda (*Chalepensis Route*) to which is added Creole chocolate (regional homemade chocolate).

In Morelos. For the pain of the stomach is used the firming of the crust.

In the State of Mexico. Against dysentery, they occupy the leaves and the stem, and as purgative, the root or the latex. To calm the kidney pain caused by heat, by working a lot or by sewing too much in the machine (you feel waist pain), a baking is done with the peel of the stick, is allowed to calm and drink on an empty stomach for nine days, Resting another nine, and then starts treatment again. Or a tea is made with the leaves and it takes tibiecito in fasting, during six days.

To heal the dissipation it takes the firing of the aerial part. In cases of poor eye disease that is characterized by the secretion of lymph in one or both eyes and occurs in seasons "(it acquires great part of the people and it is not known why)", it is recommended to chew a tender Is wrapped in cotton and then squeezed over the eye. When there is a cloud in the eye, which forms from a water that falls inside and then begins as a white point that grows to cover the eye, an ointment is prepared as follows: the dried fruit shell is burned, Grinds and is beaten with kidneys suet, steamub, Inca vegetable shortening or petroleum jelly; This is applied on the eyelid. In the same way but greased on the forehead, it is used to remove the headache, which is caused by sunburn and by cold, by drinking coffee or by heat.

Even the infusion of the leaves is accustomed to take as a herbal tea as a stimulant, its flavor is similar to that of black tea (*Thea sinensis*). [5]

In Jalisco against diarrhea, the bark of guamúchil (*Pithecellobium dulce*), tepehuaje (*Lysiloma acapulcensis*), safflower's crown (*Vitex mollis*) and quebrillo (*Solanum nigrum*) crust are cooked; Of this they administer a tea three times a day.

In Oaxaca is used in conjunction with other medicinal plants for the treatment of intestinal colic and intestinal inflammation. Recipes: Boil the cocos of the plant, twigs of pochota and those of silly bird, along with the leaves of culebrina and with this preparation will give fomentations in the belly. In the event that the discomfort is chronic the treatment will be prolonged for three days or as often as necessary until healing.

In Michoacan. It is used to heal the heartbeat that is a disease caused by "malpasadas" and consists of a pain in the mouth of the stomach, also feels a "finish in the stomach" and does not give appetite. The cure of this condition is done by rubbing alcohol on the arms, back, head, groin and stomach; In this last part the frictions must be given inwards. In addition a preparation is prepared with the leaves of the act and sweetened with panocha, to elaborate a syrup or conserves that is administered after the frictions. This treatment is done for nine days. The bark is also cured by administering orally an infusion of ruda (*Chalepensis Route*) to which is added Creole chocolate (regional homemade chocolate).

In Morelos. For the pain of the stomach is used the firming of the crust.

In the State of Mexico. Against dysentery, they occupy the leaves and the stem, and as purgative, the root or the latex. To calm the kidney pain caused by heat, by working a lot or by sewing too much in the machine (you feel waist pain), a baking is done with the peel of the stick, is allowed to calm and drink on an empty stomach for nine days, Resting another nine, and then starts treatment again. Or a tea is made with the leaves and it takes tibiecito in fasting, during six days.

To heal the dissipates it takes the firing of the aerial part. In cases of poor eye disease that is characterized by the secretion of lymph in one or both eyes and occurs in seasons "(it acquires great part of the people and it is not known why)", it is recommended to chew a tender Is wrapped in cotton and then squeezed over the eye. When there is a cloud in the eye, which forms from a water that falls inside and then begins as a white point that grows to cover the eye, an ointment is prepared as follows: the dried fruit shell is burned, Grinds and is beaten with kidneys suet, steamub, Inca vegetable shortening or petroleum jelly; This is applied on the eyelid. In the same way but greased on the forehead, it is used to remove the headache, which is caused by sunburn and by cold, by drinking coffee or by heat  
Even the infusion of the leaves is accustomed to take as a herbal tea as a stimulant, its flavor is similar to that of black tea (*Thea sinensis*). [5]

#### Other medicinal properties

It is used as an analgesic for pulmonary pain and as an expectorant, the fruit, leaf and stem are boiled in cuatecomate (sp. N / r) and it is taken as water for use twice daily or else only tea Prepared with leaves.

Against the cough, it is prepared with the leaves and / or fruit, an infusion or syrup sweetened with piloncillo. TB is used to treat tuberculosis, although it is not said how. [6]

#### Less frequent uses

- To remove the remains of the placenta after delivery, the crust is baked with salt and drunk as water for 15 days or more.
  - In some regions of the country it is edible and sold in local markets to regularize menstruation in women. [7]
  - To counteract symptoms of scorpion stings.
  - In patients with rheumatism the leaves are placed directly in the affected area.
  - Its use as anti dysenteric, anti-inflammatory and analgesic, is cathartic and cleans milk. [8]
  - For skin conditions such as scabies, rashes and wounds.
  - It is used for infections in the womb and inflammation in the ovaries. [9]
  - The infusion of the bark is astringent and is used to stop diarrhea as well as febrile.
  - It is considered beneficial in pulmonary diseases.
  - In cases of leucorrhoea.
  - Secures the teeth when the gums are diseased.
- "In Belize, it has been taken as an antidote to the snake bite.  
In Guyana, the crushed crust is placed as a dressing on wounds.  
-The Mexicans apply the crust sprayed on the ulcers. [11]



## Applications

The fruits: They are eaten as a dessert whether raw or cooked, is an ingredient in soups or in the filling of meats. The fruits are often used to prepare carbonated drinks, or an acidic and fat fermented drink, known by the term chicha, which generically applies to a variety of beverages such as fruit beer or corn. By distillation, is produced in Costa Rica, a liquor like rum, called Cream of nanche.

In Magdalena, Colombia, an edible fat is extracted from fruits with boiling water.

By means of the distillation of this fruit a liquor called (cream d nance) is obtained.

When the fruits are green they are used to dye, mainly used the skin of these providing a color of brown hue to the cotton cloth.

Bark: The bark produces a strong fiber, and is used in the tanning of skins giving the leather a light yellow tone. The bark contains 17.25-28.26% tannin and 2.73% oxalic acid.

Branches: Fresh branches are cut into small pieces and thrown into streams to numb the fish, or else they are crushed at the edge of the waters so that the juice spills into the water, for the same effect.

Wood: The sapwood is gray; The hardy reddish-brown heartwood, thick, hard texture, and much prized boat ribs even though it is fragile and only moderately durable. It is usually only available in small sizes, it is used for tool handles, turning, shelving and furniture and for small-scale construction. In Brazil, wood is chosen to make the fire on which people smoke the stimulating 'guaraná paste' (Paulliniacupana HBK.) Because the wood when burning has a pleasant smell. In some areas it is used to make charcoal.

Nectar: In Costa Rica, nance is one of the few sources of nectar for bees in the month of June. [12]

## Phytochemistry and Pharmacology

Medicinal plant of very old use that has transcended until the present in its applications as anti dysenteric, analgesic and anti-inflammatory, which indicates its effectiveness in these cases. [13]

- The ripe fruit has a pH of 4.86, the edible part
- Have high levels of dietary fiber
- It's a rich source in chrome
- The seed is a source rich in copper, chromium and zinc. [14]

Food value per 100 g of edible portion: \*

The moisture 79.3-83.2 g

Protein 0.109-0.124 g

0.21-1.83 g of fat

2.5-5.8 g of fiber

Ash 0.58-0.69 g

23.0 to 36.8 mg of calcium

Phosphorus 12.6 to 15.7 mg

0.62 to 1.01 mg of iron

Carotene 0.002-0.060 mg

Thiamine 0.009-0.014 mg

0.015 to 0.039 mg of riboflavin

Niacin 0.266-0.327 mg

90.0 to 192.0 mg of ascorbic acid [15]

## Dosage and Prescriptions

For fever and infection: sprout, quina, thyme, pericon, verbena, ponytail and dog nanche together in tea; In microdose take 10 drops under the tongue every hour. [16]

Care and Contraindications: The Nanche de perro shows no toxicity

### Bibliography

- [1] Rojas Alba, Mario. Treaty of Traditional Mexican Medicine tome II. Tlahui, Mexico, second edition, 2008, p: 616-617.
- [2] Digital library of traditional Mexican medicine. UNAM. October 2010. URL: <http://www.medicinatradicionalmexicana.unam.mx/monografia.php?l=3&t=&id=7941>
- [3] Flora of the Tehotihuacán Valley. Fascicle 27. Verbenaceae. J. St. Hil. URL: [http://books.google.com.mx/books?id=AQOtsPmCirQC&pg=PA72&lpg=PA72&dq=usos+of+coyotomate&source=bl&ots=JV78MH0LOG&sig=W5INNcmEiRh8Ygebo-57W\\_CAdUQ&hl=en&ei=uEOpTOenPJD2tgPk1IDiDA&sa=X&oi=book\\_result&ct=result&resnum=4&ved=0CCAQ6AEwAw#v=onepage&q=usos%20del%20coyotomate&f=false](http://books.google.com.mx/books?id=AQOtsPmCirQC&pg=PA72&lpg=PA72&dq=usos+of+coyotomate&source=bl&ots=JV78MH0LOG&sig=W5INNcmEiRh8Ygebo-57W_CAdUQ&hl=en&ei=uEOpTOenPJD2tgPk1IDiDA&sa=X&oi=book_result&ct=result&resnum=4&ved=0CCAQ6AEwAw#v=onepage&q=usos%20del%20coyotomate&f=false)
- [4] Nance. Smarty. Org. October 2010. URL: <http://www.sabelotodo.org/agricultura/frutales/nancite.html>.
- [5] Digital Library of Traditional Mexican Medicine ... op. Cit.
- [6] Nance. Sabelotodo.org ... op cit.
- [7] Flora of the Tehotihuacán Valley. Fascicle 27. Verbenaceae ... op.cit.
- [8] Nance. Sabelotodo.org ... op cit.
- [9] Nance. Byrsonimacrassifolia. October 2010 URL: <http://www.hipernatural.com/en/pltnance.html>.
- [10] Nance. Byrsonimacrassifolia ... op.cit.
- [11] Mirna Amaya. Manual of medicinal plants for women during pregnancy, childbirth and the puerperium. October 2010. URL: <http://haurdun.files.wordpress.com/2008/11/manual-de-plantas-medicinales-para-mujeres-durante-el-embarazo.pdf>
- [12] Nance. Sabelotodo.org ... op cit.
- [13] Digital library of traditional Mexican medicine ... op. Cit.
- [14] Treaty of Traditional Mexican Medicine tome II ... op.cit. P 616-617
- [15] Byrsonimacrassifolia HBK. Byrsonimacubensis Juss. URL: <http://www.hort.purdue.edu/newcrop/morton/nance.html#Description>.
- [16] Manual of medicinal plants for women during pregnancy, childbirth and the puerperium ... op cit. P 4.

# Nutri-T

## Herbal Empirical Formula

Nutri-T is NUTRITION to be taken ... mainly during prevention and / or during restorative treatments of chronic degenerative diseases.

Nutri-T is NUTRITION that is designed to modify health deficiencies in the human body.

This product has unique INGREDIENTS and EXTRAORDINARY BENEFITS, thanks to the NUTRITION it provides.

It is a combination of plants, powerful natural NUTRITION that strengthens the immune system against many kinds of deficiencies ... and its benefits are very remarkable when it is used to NOURISH the organism in case of chronic degenerative diseases

