

How The Amazon Rainforest Can Improve Our Relationships

By "Amazon John" Easterling

Who would imagine that the Amazon Rainforest could have such a profound impact on our relationships? My numerous experiences in the Rainforest have lead me to believe that the way we view ourselves and the world around us is ultimately dependent on the chemistry, nutrition and information that our cells have access to. The Amazon plants offer solutions for every body.

In the remote Rainforest village of Porvener, Peru, a community of about 70 live harmoniously together. Children and adults experience life relatively disease-free and with a vitality rare in the outer world. Their loving interactions with one another reflect this personal balance.

In our "modern" world here in the United States, millions experience degenerative disease, physical pain, obesity, weakened immune function and absence of vitality. With the same people, we see conflict, divorce, rivalries and jealousy within families and friendships.

Our diet contains at least one clue to this marked dichotomy. Could it be that the wild foods, particularly healing herbs like those found in the Amazon Rainforest hold fundamental keys to addressing nutritional deficiencies that rob us of health, thereby disrupting our relationships. My observation says, "Yes!"

All things are connected as Chief Seattle once said. And, we have lost our connection to whole, wild foods and the wisdom of the environment from where they

come. The good news is that we can regain that connection, and in turn, help restore our health and our relationships.

In the Amazon Rainforest, I have learned many lessons from the plants and Indigenous People living there. I have seen the power of synergistic, mutually beneficial and "tribal" relationships: Our relationships with other people. Our relationship to the planet. And, our relationship to the plants of the Rainforest.

The wild Rainforest plants have grown in virgin soil composting for millennia, free from mechanical disruption, chemicals and pesticides - strengthening themselves through the process of evolution. They provide unique phyto-nutrition not present in our "domesticated", commercially grown foods. Our modern world requires this "wild nutrition" to restore our optimal health and restore our relationships.

I might go on to say the Rainforest plants are speaking out to us, "Help, save me from destruction." And, "I have help for you, to save you from destruction." Living in ecological balance for millennia with all other life in the Rainforest, the plant "bio-energetics" offer on a subtle level the experience of living in harmony. As part of a greater whole – "with all my relations" - as the Lakota of the North American continent would say.

On a direct physical level, herbs effect our emotions. Many relationships suffer because one, both, or all parties experience compromised health and unbalanced emotions. Science documents that depression, anxiety, anger and lack of passion all result in part from poor nutrition. Weakened liver function, candida, poor digestion/assimilation, toxicity, weight gain, fatigue and lack of minerals have all been linked to emotional/mental imbalance. How can we engage in healthy relationships with others when we feel uncomfortable and ill within ourselves?

Reviving ancient tribal formulas, partnering with doctors and researching the benefits of Amazonian herbs, we have found that people can and do experience a new level of health and life experience – and consequently renewed relationships.

Here are a few examples: Special blends of exotic Rainforest herbs can feed our bodies to assist in the fight against candida – as well bacteria, viruses and other fungus. Our moods can change for the better when our bodies free themselves of these toxin sources and immune disrupters.

Cleansing and nutrifying herbs such as Quebra Pedra, Boldo and Jurubeba can gently detoxify the colon and support the liver. In Chinese medicine anger is sourced from liver dysfunction. After detoxifying and tonifying the liver, people often experience more peace – an environment essential for relationships to flourish.

For many involved in intimate sexual relationships lack of vitality and health also affects our sex lives and therefore partnerships. The Amazon Rainforest is famous for sex tonics. People using a formulas containing Suma, Maca, Catauba and Muira Puama report enhanced libido, endurance and sexual pleasure.

Good self-esteem, our ability to love ourselves, enables us to love those in our lives. Feeling younger and looking younger adds to our self-worth at a deep level. Suma and Maca feed the body's hormonal system, and thus helps slow the aging process. We all want to look and feel younger, and feel better about ourselves when we do.

For anxiety and stress there are calming herbs such as kava. Kava has long been used in the South Pacific as a "social lubricant" free from the toxic and harmful effects of alcohol.

The Indigenous People of the Amazon ecologically harvest these exotic herbs as a sustainable economic alternative to logging and burning, thus making the Rainforest more

valuable alive than dead. We get the life-giving benefits of the Rainforest plants. Thus, we all win – including the Rainforest and our planet.

Harmony is woven throughout every aspect of the Amazon Herbs. Ultimately all of us must win, for any one of us to win. This I believe is what the Rainforest has to offer and teach us about relationships.

At 49, I feel younger and healthier than I did at 30. My experiences with the Rainforest herbs give me a sense of purpose and quality of life I could have never imagined. I call it a whole new level of life experience. Not only do I benefit but also those I love, for now I resonate with an inner peace and can more fully appreciate the special gifts of others in my life.

For more information on Amazon Herbs call (800) 239-5859 or visit www.amazonherbshop.com.

Bio for “Amazon John” Easterling:

Deep in the Amazon Rainforest, John Easterling’s life took an unexpected turn when he stumbled into a Shipibo Village sick with a fever. The fever stemmed from a bout with hepatitis and Rocky Mountain Spotted Fever from which he had never fully recovered. Native healers served him wild herbal teas, healed him and brought his health to a new level of life experience. Ten years and dozens of trips to the Amazon later, John commits daily to living a vision larger than himself. Sharing the healing miracles of the Rainforest, Amazon John champions a growing effort to preserve the Amazon Rainforest, empower Indigenous People and bring optimal health to all. President and CEO of the Amazon Herb Company, John travels internationally speaking on how wild Rainforest Herbs can offer us a new level of life experience. His story and example of unparalleled health serves as inspiration and the herbal treasures he shares changes lives.

Some highlights to be possibly quoted for sides or within article layout.

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