



DR. PARKER

Margo Jordan Parker, OMD, is the CEO of Herbal Fortress. Dr. Parker has been practicing and teaching Chinese Medicine and Nutrition for the past 17 years with a license in Acupuncture and Oriental Medicine since 1985 from the State of California. Her doctoral degree is in Oriental Medicine.

Dr. Parker is a faculty member of the University of Arizona's College of Medicine where she teaches a fourth-year elective course "A Survey of Chinese Medicine". Margo was a founding member of the Program in Integrative Medicine which is directed by Dr. Andrew Weil also at the UofA, College of Medicine.



DR. WEIL

Dr. Andrew Weil wrote that Reishi, Astragalus and Cordyceps are the Three Herbal Superstars in his May, 1999 issue of "Dr. Andrew Weil's Self-Healing Newsletter" Herbal Fortress is honored to be mentioned in that article as a company that Dr. Weil feels is highly reliable. We are because I made sure that our product contains the highest quality ingredients, is manufactured under strict GMP standards, our products are actually up to pharmaceutical level standards. We require certificates of analysis for each batch of product produced to make sure that there is documentation to prove that our product contains what it claims to contain, and that the recommended dosage is up to or exceeds the established standard therapeutic dose for each product.

WHO IS HERBAL FORTRESS??

Herbal Fortress has now been in business since 1998. We supply health care providers, Integrative Pharmacies and sell directly to consumers.

We are building a dedicated base of customers. Herbal Fortress is a company today due to the support and vision of a few very special people who are interested in the future of Integrative Medicine, and who want to see people live healthier, happier lives.

ACCOLADES

"I just wanted to tell you how much I believe in the use of your high quality supplements. My husband, son and I live in one of the most beautiful and physically demanding places in the world.....Alaska! To get anywhere you need to be fit enough to climb a rugged mountain trail. I have been a competitive runner for 30 years and thought that I was up to the challenge of running here. From the beginning I was impressed by the quality of the products and the professional yet caring attitude I encountered when speaking with you on the phone. Herbal Fortress has not disappointed me, and, neither has the cordyceps. I ran the Alpine Adventure Run again this summer and I was able to capture 1st place in the women's division....sweet victory! Thanks Dr. Parker."
~ Carol Brannan

"I have had asthma all my life, when I as ten years old my family moved to Tucson for my health. The move helped me regain my health with few inconveniences. Until my late thirties, each year I was getting worse. Asthma was cramping my style, it was consuming my life. I was taking Predisone, Kenalog shots (a form of cortisone) Theodure, Albutal, Allegra, Singular, Asmacort and an Alupent inhaler.

Our products are manufactured in Irvine, California by one of the most highly respected manufacturers of concentrated herbal extracts using state-of-the-art pharmaceutical quality manufacturing equipment and standards. Concentrated extracts are much more potent and more effective than powdered herbal products. Margo Jordan Parker is the CEO and formulator of the products. She can be reached by calling (888) 454-3267, or by e-mail at: mparkeromd@herbalfortress.com.

I also was using a nebulizer. I hated taking so much medicine but there seemed like no other choice. I read everything I could get my hands on about asthma. I tried different diets; I also tried acupuncture, that is when I met Margo Parker. Margo suggested I try Chinese herbs; she gave me Herbal Fortress Reishi, Cordyceps, and Astragalus. It may have taken six months until I started to notice I was not using my inhaler as much, I wasn't having attacks as much, and I started cutting back on some of my medication. I still was not sure, I am a positive thinker. But what about the spring? Could I make it through that? ..Well I have, it has been a year and a half now. I feel so GOOD! I am able to do things I have not done for a long time, and enjoying every minute of it. Herbal Fortress changed my life, the medicine I was taking was compromising my immune system, the Chinese herbs are building my immune system. The side effects of the Chinese Herbs are I do not get colds like I did before. As I did my taxes this year, I noticed that I did not spend as much on Herbal Fortress as I did the year before at the Pharmacy. Thank you Margo. Feeling Good!! And loving it !!"
~Donna Pacheco, Tucson, Arizona



WHY HERBAL FORTRESS?

Who can you trust? There are nutritional supplement companies who will sell anything to anybody. The nutritional supplement industry is self-regulated and there are several conscientious manufacturers. There are also many disreputable companies who bring the whole industry down with them. The Internet is rife with products making incredible claims for products that are dangerous and unhealthy. There are products that are simply not effective or products that don't contain what the company says it contains. The reason we started Herbal Fortress was to make a difference in the lives of many. I have been practicing Chinese Medicine for 17 years and providing health care advice to many people. I have been involved in the emerging field of Integrative Medicine and in instructing physicians who are forming a bridge between alternative medicine and standard medicine. In the future, we see prevention being very important in the main stream.

We all know now that antibiotics, drugs and surgery are not the answer in the battle against functional disorders. Antibiotic resistant bacteria is a huge issue, and it is up to us to build up our body's own healing system rather than take antibiotics at the first sign of a cold or flu. We can't continue to take steroid drugs for all of our respiratory problems and not deplete our body's own healing

energy. We can't expect to have surgery to cure our diabetes or heart disease if we don't take steps to manage our weight and blood sugar levels with diet, nutrition and exercise.

The Asian culture has a different attitude about health and the prevention of disease than we in the Western world have been thinking. They revere old age, and a very active and long life. In Asia, the Tonic Herbs have been used for centuries to prevent disease and help prolong life. These herbs are very unique in that they are not medicinal, but very nurturing. They build Chi (Vital Life Energy) by balancing and enhancing our bodies' own healing ability.

You can trust Herbal Fortress. You will always be able to contact me via e-mail with any questions or comments.

Sincerely,

Margo Jordan Parker, OMD , CEO Herbal Fortress

NEW PRODUCTS

TANG KVEI

Don't have any info for these yet - just leave room for now.

GINGKO

Don't have any info for these yet - just leave room for now.

ADVANCED STOMACH SUPPORT FORMULA

Safe, effective, fast relief from ulcers, H. pylori infection, GERD, gastritis, acid reflux, indigestion, bloating, gas and stomach pain.

BOWELAX

Safe, effective, very gentle relief for constipation and colon cleansing. Extremely gentle and non-habit formula.

BOWELSOOTHE

Quick, effective and safe relief for abdominal pain, cramps, bloating, distention, diarrhea, constipation, nausea, bowel urgency, water retention and gas.

PRESSASSURE

Clinically proven herbal product to lower blood pressure. It safely and

CURRENT PRODUCTS

REISHI (Ganoerma lucidum)

One of the most important tonics in China for over 4,000 years, this "mushroom or immortality" has been shown in clinical research to improve immune function and protect the liver, and studies have found it to work as well as steroids in reducing pain and inflammation.

BENEFITS AT A GLANCE: Longevity, Reduce Pain & Inflammation, Relieves Stress, Reduces High Cholesterol, Improve Energy, Improved Liver Function, Reduces High Blood Pressure

SIBERIAN GINSENG (Eleutherococcus Senticosus)

While it is not a true ginseng, it is a member of the same family. Siberian Ginseng has been shown to be very balancing while it increases endurance and helps to calm stress disorders. Siberian Ginseng is also beneficial for the immune system as it increases the number of immune cells in healthy people.

BENEFITS AT A GLANCE: Prevent Respiratory Tract Infections, Colds, Flu, Improves Immune System

ASTRAGALVS (Astragalus Membranaceus)

Astragalus is one of the most potent health tonics in the world. Astragalus helps to balance the immune system and is an excellent

effectively controls hypertension and anxiety. It will also give you a deep, restful sleep.

VENTILAIID

Safe, effective natural herbal product for relieving symptoms of asthma and bronchitis including breathlessness, coughing, chest pains and wheezing.

SINUSHEALTH

Quick, effective and safe relief for congestion, sneezing, runny nose, allergy, infection, acute and chronic sinusitis, headache and post

nasal drip.

BENEFITS AT A GLANCE: Immune System, Sinus, Lungs, Digestive System

PAIN RELIEF FORTE (Comforting relief of muscle pain)

A traditional Chinese herbal remedy which disperses the pain that accompanies swelling. Pain Relief Forte is composed only of purified herbal concentrates and does not contain any Western ingredients such as aspirin, acetaminophen or ibuprophen. Pain Relief Forte is safe to use in people who have a history of ulcer, gastritis, duodenitis, colitis, bloody stools and kidney disease.

BENEFITS AT A GLANCE: Relieves Pain, Relieves Swelling, Improves Blood Circulation

HEALTHY HEART AND CIRCULATION FORTE

(Ganoerma lucidum)

Comprehensive support for maintaining healthy heart function and a healthy circulatory system.

BENEFITS AT A GLANCE: Regulates Central Nervous System, Inhibits Fatigue, Lowers Blood Pressure, Improves Blood Circulation

nasal drip.

HEARTHEALTH

Natural clot buster for maintaining a healthy heart and circulation. Helps to reduce risk of heart attack and stroke.

MUSCLESOOTHE

Natural, safe and effective pain management for: back pain and stiffness, joint pain and stiffness, knee pain, strains and sprains and muscle stiffness

HERBAL FORTRESS CONGRATULATES THE NOMINEES AND THE FINAL WINNER OF THE FIRST BRAVEWELL LEADERSHIP AWARD.

We extend our thanks to the Philanthropic Collaborative for Integrative Medicine for this opportunity to acknowledge the courageous and innovative work



HERBAL FORTRESS IS THE MAKER OF: **CRANBERRY BLISS** ORGANIC CRANBERRY POWDERED DRINK CONCENTRATE

Your source for therapeutic dose single tonic herbs, clinically tested herbal formulas, custom formulations and convenient to use powdered Organic Cranberry Juice concentrate. For more information call toll free: (888) 454-3267 and visit us online: WWW.HERBALFORTRESS.COM