

HEALING WITH NATURE

NATURAL NUTRITIONAL GUIDE:

2x3 = Two tablets three times a day 1x3 = One tablet three times a day

DISEASES	Mariandina A	Mariandina J	Mariandina B
AIDS/HIV	2x3	2x3	2x3
ALZHEIMER'S DISEASE	2x4	3x4	3x4
ARTHRITIS	2x3	1x3	1x3
ASTHMA	2x3	1x3	1x3
BREAST CANCER	2x3	3x3	2x3
BRONCHITIS	2x3	1x3	1x2
CANCER	2x3	3x3	2x3
CHRONIC FATIGUE (FIBROMYALGIA)	2x4	4x4	2x4
COLITIS	2x3	1x3	1x3
COCAINE & HEROINE DETOXIFICATION	2x4	5x4	3x4
DEPRESSION	2x3	2x3	2x3
DIABETES	2x3	1x3	2x3
DIZZINESS	2x3	1x3	1x3
ECZEMA	2x3	1x3	1x2
ENDOMETRIOSIS	2x3	4x3	2x3
GASTRO-ENTERITIS	2x3	1x2	1x3
GENERAL HEALTH	1x2	1x2	1x2
GENITAL HERPES	2x3	2x3	1x3
HEART DISEASE	2x3	1x3	1x2
CORONARY HEART DISEASE	2x3	2x3	2x2
HIGH BLOOD PRESSURE	2x3	2x3	2x3
HEPATITIS B+C	2x3	2x3	2x3
IRRITABLE BOWELS	2x3	1x3	1x3
KIDNEY DISEASES	2x3	1x1	1x3
LUPUS	2x3	2x3	1x3
LOSS OF LIBIDO	2x2	2x2	2x2
MENOPAUSE	2x2	2x3	1x3
MEASLES	1x3	1x3	1x2
MULTIPLE SCLEROSIS	2x3	2x3	2x3
PERIOD PAIN	2x3	2x3	1x2
PEPTIC ULCERS	1x3	1x3	1x3
PNEUMONIA	2x3	1x3	1x3
PROSTATE CANCER	2x3	3x3	2x3
PSORIASIS	2x3	1x3	1x2
RHEUMATIC JOINT	2x3	1x3	1x3
SCIATICA	2x3	1x2	2x3
SICKLE CELL	1x3	1x3	1x3
SKIN DISORDERS	2x3	1x3	1x2
STROKE	2x3	1x3	2x3

MARIANDINA TESTIMONIALS

DIABETES

I am 37 years old and was diagnosed with diabetes about two and a half years ago and was given insulin which I took for a few months. Then I was given Mariandina which I also started to take. After 6 months, I went for my check up and was told that my blood sugar was ok. This was surprising since most people stay on insulin for a long time. I take Mariandina every day now.

Solome Brown Brixton, London

STROKE / RECTAL BLEEDING

I had a stroke a few years ago and recently started bleeding from my rectum. After hearing about Mariandina herbal treatment, I decided to try Mariandina A and J. Within 3 to 4 days, the bleeding had stopped and has not returned since. Not only did Mariandina stop the bleeding but Mariandina has helped me feel a lot better within myself and I honestly believe that it still continues to do so. **Paul Brixton Hill, London**

HIGH BLOOD PRESSURE (AGED 26)

I am on Kidney Dialysis 3 times a week at St Thomas hospital in London. I was taking blood pressure tablets on a daily basis as my blood pressure was high. I took 3 different types every morning and at night if I missed one single dose, my blood pressure would shoot up. Mariandina has lowered my blood pressure to a reasonable level. I take Mariandina A and Mariandina J 3 times a day.

Joshua UK

LUPUS

I live in Birmingham and have 3 children. For the past year I was unable to even pick up my children because of the effects of Lupus. I then heard about Mariandina and my husband decided that we should give it a try. Six months later I was able to do most of the things that I hadn't been able to do including picking up and cradling my children. I was so grateful that we took the whole family to a conference to meet and Thank Prof Ssali the inventor. **Veronica Birmingham**

CERVICAL CANCER

I was diagnosed with Cervical cancer in 1986 at the New Cross hospital in the West Midlands. I have had regular biopsies and each time it was confirmed that I had Cervical Cancer in the early stages. In 1999, I was advised to have a hysterectomy because the cancer could not be contained any more. I refused because I wanted to have a baby. In 1999, I heard about the Mariandina Herbal supplements and started to take them. Since then, my general health improved and I suffered no side effects. I returned to my doctors in March 2000 for a biopsy which was negative so they couldn't detect any cancer. The biopsy was repeated 3 times and all proved negative. In November 2000 I conceived and now I am 5 months pregnant. I have taken no other medication other than Mariandina. Regular scans show that I am fine and my baby is fine. **Sophie North London**

PROSTATE GLAND - SOURCE - ACCRA, GHANA

My doctor after a scan in a private clinic in Kumasi told me my prostate gland had enlarged and I was put on medication for 4 months. There was no improvement after the 4 months and I was told of Mariandina. I started with A and J and after a month when I went for review there was a marked reduction in size. Upon continuous use the doctor has declared me free.

Asamoah Geoffrey Ghana

BREAST CANCER - Source - Accra, Ghana

A lump was removed from my breast in 1998 at the Teaching Hospital in Kumasi and after radiotherapy, I was declared fit. In 2002 another lump started forming and after tests it was shown to be cancerous. I heard of Mariandina in June 2003. After taking the combination of Mariandina A, B and J for 2 months my doctor reported of a reduction in the size and after another 3 months it is nowhere to be seen.

CHRIS - SOURCE - BOTSWANA

I am a gentleman of 32 yrs residing in Boteti District who has been bed ridden for almost 6 months with swollen feet and sores all over my mouth down to the throat and loss of appetite. I was helpless crying through the night. I was approached with mariandina A,B & J, to take 2 of each type three times a day with a supply of a month. Magically my first day I slept so deeply like a child sweating over night and on the second day I was even able to swallow soft porridge and before the end of the week I was able to stand up and bask outside without pain on my legs. Thanks for Mariandina products.

MR. DAVID NSIMBE - UGANDA - MARIANDINA CLINIC

Mr. David Nsimbe of Kampala in Uganda had been prone to recurrent pains in one of his knee joints caused by an old sports injury that he sustained years before. Since his start on a daily regime of Mariandina pills, the knee has mended remarkably well. The fluid that used to collect in the knee joint every few months, stopped and mobility is now unrestricted within less than four months. He can now enjoy his football like he used to do before the injury.



MASTERS OF EMPOWERMENT WELLNESS DAY

OUR HOLISTIC INTUITIVE HEALTH CONSULTATION EXAMINES

Root causes of disease	Disorders, dysfunctions and imbalances
Efficiency of body systems and organs	Emotional patterns and limiting beliefs
Nutrient deficiency analysis	Full body MOT percentage analysis
Holistic wellness solutions plan	

WE CREATE WELLNESS PROGRAMS TO HEAL USING A WIDE VARIETY OF NATURAL REMEDIES AND SUPER FOODS

Book your Wellness session today
Email: Holistichealthone@gmail.com
AND GET A 15% DISCOUNT

TO PURCHASE MARIANDINA HEALTH PRODUCTS CALL

Neter vital Health Store: 020 7978 8321 (Brixton)
Pempamsie Health Store: 020 8671 0800 (Brixton)
Maitri Health Store: 020 8769 0065 (Streatham)
Essence of Nature: 07868 849 729 (Sydenham)
Tree of Eternal Life: 020 88003114 (Tottenham)
Ankh wellbeing Health Store: 020 8743 1985 (Willesden)
Meeras Health Food Store: 020 8965 7610 (Harlesden)
Bodywise Health Store: 020 8429 1336 (Pinner)
Paulettes Holistic Massage: 07983 921 039 Greenford
Solomons Health Remedies: 07825 057 835 (Stratford)
Hylton Estates: 07958 182 824 (South Norwood)



MARIANDINA RESEARCH FOUNDATION Est. 1988

Professor Charles Ssali MBChB FRCS

Professor Charles Ssali was the founder of the Mariandina Research Foundation. The Mariandina range of food supplements has been developed after 10 years of scientific research by Professor Ssali who was a fellow of the Royal College of surgeons in Edinburgh, Professor Ssali was a medical doctor and researcher in both western and traditional herbal medicine. During his research he treated 18,000 patients with various diseases using Mariandina achieving an 80% success rate within a period of five years. Professor Ssali was an Ear, Nose and Throat specialist working in the National Health Service in the UK as a consultant. Mariandina repairs the body using anti-oxidants and supports recovery from a wide variety of conditions such as Asthma, Diabetes, Eczema, Stress, Lupus, Heart Disease, Loss of Libido, Depression, Prostate inflammation, Arthritis, Stroke, Chronic fatigue and Cancer by creating optimum immune function.



MARIANDINA NUTRITIONAL FOOD SUPPLEMENTS:

MARIANDINA A is an advanced natural composition consisting of 28 natural, vitamins, minerals and rare elements such as Vitamin C, Vitamin A, Vitamin E, Vitamin B6, Vitamin B12, Iodine, Zinc, Iron, Selenium and Copper plus many more **which boost the Immune System, repair body cells and tissues, provide stress relief and energise the body.**

- ✓ **SELENIUM** helps protect the body from cancer.
- ✓ **ZINC** boosts immunity, repairs wounds and protects cells.
- ✓ **VITAMIN C** is required for collagen and prevents oxidative stress.
- ✓ **VITAMIN E** protects cell membranes and reduces risk of heart disease.
- ✓ **VITAMIN B6** processes Amino acids and lowers homocysteine levels.
- ✓ **MAGNESIUM** relaxes muscles, arteries and improves insulin resistance.
- ✓ **IODINE** is used make thyroid hormones and optimise metabolism.
- ✓ **COPPER** assists in absorption of Iron and is required for melanin production.
- ✓ **CHROMIUM** used for insulin production, aids fat loss and promotes muscle gain.
- ✓ **FOLIC ACID** is required for DNA synthesis and normal cell replication.
- ✓ **QUECERTIN** is an anti-histamine and anti-inflammatory, it protects LDL.
- ✓ **VITAMIN B12** improves nerve cell activity, DNA replication and mood.
- ✓ **VITAMIN A** helps cells reproduce normally and stimulates immunity.



MARIANDINA B is an advanced natural composition consisting of 23 natural herbs and vitamins such as Siberian Ginseng, Alfalfa, Goldenseal, Vitamin E, Beta carotene, Bee pollen, Liquorice, Hawthorn, Yellow Dock, Echinacea, Ginkgo Biloba, Co-enzyme Q-10, Guarana **that optimise blood circulation in the brain, sexual organs and heart. Mariandina B also improves hormone imbalance and boosts energy production.**

- ✓ **ALFALFA** treats digestive disorders, water retention and Arthritis.
- ✓ **BEE POLLEN** has anti-inflammatory properties and relaxes muscles.
- ✓ **BETA CAROTENE** helps cells reproduce and stimulate immunity.
- ✓ **CAYENNE** treats the circulation system and relieves the pains of Arthritis.
- ✓ **COENZYME Q10** aids metabolic reactions ATP and heart function.
- ✓ **ECHINACEA** supports the Immune system, treats colds and flu.
- ✓ **GARLIC** supports the cardiovascular system, and is antibacterial/viral/fungal
- ✓ **GINKGO BILOBA** improves memory, prevents clots and improves Brain function.
- ✓ **KOLA NUT** stimulates nervous system and relieves migraines.
- ✓ **SIBERIAN GINSENG** detoxifies harmful toxins and improves stamina



- ✓ **GOLDEN SEAL** heals inflammation in digestive, respiratory, urinary systems.
- ✓ **GOTU KOLA** boosts mental activity and improves wound healing and injuries.
- ✓ **GURANA** assists diarrhoea, stimulates nervous system and optimises metabolic rate.
- ✓ **HAWTHORN** heals the Heart and lowers high blood pressure.
- ✓ **LICORICE** is an anti-inflammatory, anti-viral and treats viral hepatitis
- ✓ **YELLOW DOCK** aids digestion, treats skin conditions and cleans the blood.
- ✓ **VITAMIN C** is required for collagen production and prevents oxidative stress.
- ✓ **VITAMIN E** protects cell membranes and reduces risk of heart disease.

MARIANDINA J is a unique natural composition of 29 powerful herbs such as Calendula, Echinacea, Astragalus, St. Johns wort, Thyme, Camomile, Lecithin, Spirulina, Dandelion, Codonopsis, Berberis, Garlic, milk thistle and Calmus root plus many more that **detoxify and cleanse the whole body.**

- ✓ **YARROW** treats wounds, fevers, colds, inflammation and hypertension.
- ✓ **ASTRAGALUS** stimulates the immune system and lowers blood pressure.
- ✓ **BED STRAW** is a diuretic, relieves Edema and heals the lymphatic system
- ✓ **BARBERRY** treats Bronchitis, infections, Gastritis, inflammation and aids liver function.
- ✓ **OREGON GRAPE** treats inflammation and Psoriasis.
- ✓ **BLACK COHOSH** helps menopause, aids painful periods and improves insomnia.
- ✓ **CALMUS ROOT** is anti-parasitic, aids stomach problems and is anti-arrhythmic.
- ✓ **CALENDULA** treats inflammation, skin conditions and heals wounds.
- ✓ **CHAMOMILE** is anti-inflammatory and treats the gastrointestinal tract.
- ✓ **CLEAVERS** relieves Edema, jaundice, lymph swellings and wounds.
- ✓ **COLTSFOOT** is an anti-inflammatory and assists cough prevention.
- ✓ **COMFREY** treats inflammation, repairs bones, skin ulcers and heals strains.
- ✓ **COWSLIP** is an anti-inflammatory, treats pertussis, bronchitis and arthritis.
- ✓ **DANDELION** treats liver, gall bladder, kidney, joints and purifies Blood.
- ✓ **SPIRULINA** is anti cancer, anti-allergy, protects liver function and boosts immunity.
- ✓ **ACAI BERRY** boosts brain function, aids weight loss, slows down aging, aids digestion.
- ✓ **REISHI MUSHROOM** Immune boosting, Anti-Viral, Anti-Inflammatory, Anti- Aging, natural detox.



MARIANDINA SYRUP is a natural herbal syrup made of an enriched blend of vitamins, minerals and herbal extracts such as vitamin C, Birch leaf, Ginkgo Biloba, vitamin B12, Potassium, Zinc, Iodine and Sarsaparilla plus many more designed to optimise wellbeing for children's developing immune systems and prevent childhood disease.

- ✓ **BIRCH LEAF** assists Urinary tracts infections, Edema, Cystitis.
- ✓ **CALCIUM** assists Rickets, Osteoporosis and is required for bones and teeth.
- ✓ **FOLIC ACID** is required for DNA synthesis and normal cell replication.
- ✓ **GINKGO BILOBA** improves memory, prevents clots and optimises Brain function.
- ✓ **SIBERIAN GINSENG** detoxifies harmful toxins and improves stamina.
- ✓ **HAWTHORN** improves Heart function, Angina and lowers blood pressure.
- ✓ **IODINE** is used make thyroid hormones and normal metabolism.
- ✓ **IRON** helps with fatigue, helps muscles store energy, Depression.
- ✓ **LYSINE** helps maintain blood vessels, growth, calcium absorption.
- ✓ **MANGANESE** promotes healthy skin, bone and cartilage formation.
- ✓ **POTASSIUM** regulates water balance, acidity and blood pressure.



- ✓ **SARSAPARILLA** improves Eczema, Psoriasis, arthritis, cancer, skin diseases.
- ✓ **SODIUM** maintains blood and lymph health, weight loss.
- ✓ **VITAMIN B1** required to form ATP and improves nerve Cells and mouth ulcers.
- ✓ **VITAMIN B2** processes amino acids and fats, assists headaches and ulcers.
- ✓ **VITAMIN B3** releases Energy from carbohydrates and regulates cholesterol.
- ✓ **VITAMIN B5** aids energy production and lowers cholesterol.
- ✓ **VITAMIN C** is required for collagen production and prevents oxidative stress.

QUESTIONS AND ANSWERS ON MARIANDINA:

How safe is Mariandina?

Mariandina is safe because the ingredients are made from whole plant based natural nutrients as described with no side effects. Mariandina works in harmony with body by providing natural spare parts to replace lost nutrients and damaged cells and tissues. Large doses are well tolerated especially if taken after meals. Mariandina can be taken along side any medication you are taking. Mariandina will speed up the body's recovery and boost the healing process.

How does it work?

Mariandina mops up impurities produced in the body called free radicals which promote cell damage. Mariandina works by providing the cells with vitamins and minerals required for cells to function properly. Without these nutrients the cells would be destroyed by toxic substances that occur in the body.

Do I need a medical prescription to get Mariandina?

There is no need for a medical prescription to get Mariandina.

Is Mariandina safe to take during pregnancy?

Pregnant mothers using Mariandina A and B will often give birth to healthier babies, nourishing the mother and baby during pregnancy and if they take Mariandina regularly through the pregnancy and after, the baby will continue getting the nutritional additive through breast milk. (Note: Mariandina J should not be taken during pregnancy)

What sort of diet do you recommend?

You are advised to eat a lot of green vegetables and plenty of fruits. Beans, peas and lentils are also recommended. Seeds such as Sunflower seed, Sesame seed, pumpkin seed, Hemp seed and Linseed are a rich source of nutrients and help to nourish the body. High nutrient dense foods of vegetable origin such as broccoli, spinach, cabbage, avocado, carrots and others have beneficial medicinal properties.

How to take Mariandina?

Mariandina should be taken after your meal or after eating something and not on an empty stomach. If difficulty occurs in swallowing the tablets, then dissolve them in warm water or crush in blender or bullet after removing white sachet, if you want to make sure your body remains in optimum condition then continue taking a maintenance dose of one or two tablets daily. Drink plenty of water. 1.5 to 2 litres daily is recommended. This helps the kidneys to clear out any toxins from the blood. For those using contraceptive pills, smokers and alcoholics, the use of Mariandina is recommended in higher dosage because most of the nutrients are used to clear the backlog of impurities and toxins stored in the body fat. In cases of high blood pressure and diabetes, it is advisable to take Mariandina A, B and J together with the anti hypertensive drugs or insulin from your own doctor until the blood pressure or diabetes is controlled. This may take over six months. During this period the Mariandina helps the body to clear itself of cholesterol and open up coronary heart blood vessels and improve brain circulation. This reduces the risk of stroke, heart attack and Kidney failure. Patients diagnosed with Multiple Sclerosis, Skin, Kidney and Intestinal disorders may be treated as recommended in the health dosage guide.