

**FAQ**  
*Two Willows Farm & Vineyard™*  
6059 West Webster Road  
Montague, MI 49437

**Our Products**

Our products are 100% Natural. After the fermentation process, no chemicals, fillers, or preservatives are added.

**Harvesting Standards** - Our products are American grown and harvested by American workers. Most vintners do not rinse their grapes after harvesting. We do!

**Processing** - Many herbal products come with undesirable plant parts such as stems included due to costly processing. Our products are hand processed and separated to produce a product that meets our high standards. All fermentation takes place in stainless steel tanks. After the initial fermentation, separation of juice, skins, and seeds takes place to produce our end products. Grape skins and seeds are dried and left whole in a cool dry environment until orders are processed. We "Grind to Order".

**Grape Seed and Grape Skin**

**GRAPE SEED Actions (According to Mosby's Hand Book of Herbs & Natural Supplements, Linda Skidmore-Roth, RN, MSN, NP)**

Vision Improvement – Grape seed has produced beneficial effects in people with vision problems. One study focused on participants with computer related visual stress. People who worked at a video display terminal (VDI) for at least 6 hours a day were assigned to one of three groups, receiving either grape seed, bilberry, or a placebo. After 2 months, the grape seed group reported much less visual stress, with improvements even greater than those seen in the bilberry group (Fusi, 1990). An earlier study had shown grape seed to be significantly more effective than a placebo in improving night vision. This earlier study included 98 people who experienced prolonged night visual glare or visual stress caused by VDT's (Corbe, 1988).” – **Source: Mosby's Hand Book of Herbs & Natural Supplements, Linda Skidmore-Roth, RN, MSN, NP**

**Some Common Uses for Grape SEED Extract**

Antioxidant, Allergies, Arthritis, Asthma, Blood Clots, Blood Pressure, Cancer, Cataracts, Cellulite, Cholesterol, Circulation, Diabetes, Diabetic, Retinopathy, Eczema, Edema, Emphysema, Eyestrain, Fibromyalgia, Glaucoma, Gout, Hair Loss, Hay Fever, Heart Attack, Heart Disease, Hives, Impotence, Leg Cramps, Macular Degeneration, MS, Night Vision, Numbness (tingling), PMS, Psoriasis, Scars, Skin Cancer, Skin Elasticity, Skin Health, Stretch Marks, Stroke, Teeth & Gum healing, Tumor formation, Varicose Veins, Wound healing, and Wrinkles (not scientifically proven).

**GRAPE SKIN Extract Beneficial Uses (According to Northwestern University)**

"Grape Skin contains high concentrations of the substance, trans-resveratrol, and health industry researchers have found that this substance may be the key to its source as an antioxidant that may help in the prevention of serious infection. According to Northwestern University, the significant amounts of resveratrol naturally present in Grape Skin have demonstrated potentially beneficial properties, including: •antioxidant, •anticoagulant, •anti-inflammatory and •anticarcinogen effects.

Recent research shows that trans-resveratrol may interfere with the development of disease by •blocking the actions of carcinogens, •inhibiting the initiation and proliferation of diseased cells and •causing pre-cancerous cells to revert to normal. Grape Skin contains proanthocyanidins, the phytonutrients that •provide a high degree of antioxidant capacity that fights free radical damage in the body.

These compounds allow the body's cells to absorb vitamin C, which are thought to be helpful in •protecting cells from the free radicals that can bind to and destroy cellular compounds. These qualities may be helpful in •building the immune system and •fighting serious malignant disease and other infections.

With regard to good coronary health, Grape Skin •may be very helpful in reducing platelet aggregation (clotting) in the blood, thereby •reducing the risk of arteriosclerosis, stroke and heart attacks. Researchers at Northwestern University Medical School have found that a chemical in red wine is a form of estrogen called resveratrol (highly concentrated in the skin of grapes), and it •may reduce the risk for Cardiovascular disease. Resveratrol has a molecular structure similar to that of diethylstilbestrol, a synthetic estrogen. The resveratrol in Grape Skin is said to •raise the levels of high-density lipoproteins (HDLs or "good" cholesterol) in the blood, while •decreasing the low-density lipoproteins (LDLs, or "bad" cholesterol) and thereby possibly •helping to prevent heart attacks and strokes.

It is also said to •prevent fat in the bloodstream from sticking together and clogging the arteries, which is thought to promote better circulation of blood throughout the body, especially to the heart. Grape Skin may help to •minimize brain damage from strokes. Research has discovered that resveratrol can •absorb free radicals, stopping them from doing any more damage to the brain.

The phytonutrients that contribute to the grape vine's resistance to viruses are thought to •protect against some viral infections in humans as well." - **Source:** Northwestern University

## **GRAPE SKIN Extract Beneficial Uses continued (According to Answers.com)**

“Red grape skins contain an array of bioflavonoids quercetin, catechins, flavonols, anthocyanidins, and nonbioflavonoid polyphenols (acid derivatives). One important nonbioflavonoid in grape skin is called resveratrol. Resveratrol is a plant-specific enzyme that exists in 72 plant species, such as grapes, peanuts, and pine trees. Grapes are the most abundant source of this health-promoting enzyme.

Resveratrol's presence in the plant is induced by stress, injury, infection or ultraviolet irradiation. It is thought that the injury to the grape skin, produced during the wine-making process, significantly increases resveratrol levels. The relatively high quantities of the enzyme in the grape skins are thought to help the plant resist fungal infections, diseases, adverse weather, and insect or animal attack.

“In humans, some researchers have found that resveratrol thins the blood more effectively than aspirin, which is often used to decrease the risk of a Heart attack.

Preliminary tests in animals also indicate that resveratrol may interfere with the development of cancer in three ways: by blocking the action of cancer-causing agents, by inhibiting the development and growth of tumors, and by causing precancerous cells to revert to normal.

Although researchers are uncertain about how much resveratrol is needed to produce beneficial effects in humans, supplementation with red grape skin extract or consuming a glass or two of red wine may prevent or alleviate the following conditions:

Antioxidant, Aging Bruising (capillary fragility) Cancer (cancer-inhibiting effects) Diabetes, Fungal Infection, Heart Disease, Hardening of the Arteries and high Cholesterol), Inflammation (including bursitis and tendonitis), Reynaud's Syndrome (a blood vessel disorder), Varicose Veins, Vision problems (including Cataracts and Glaucoma) and Wound healing. Contains Resveratrol which may interfere with the development of Cancer in three ways: by blocking the action of cancer-causing agents, by inhibiting the development and growth of tumors, and by causing precancerous cells to revert to normal.

### **Preparations**

Red grape skin extract is prepared in capsule form as a nutritional supplement. For adult maintenance, the therapeutic range is thought to be 200–600 mg at 30% anthocyanins (OPCs), although guidelines have not been definitively established.

The resveratrol found in red grape skin and its extract is also found in red wine and Concord grape juice. However, grape juice has been found to have fewer benefits than red wine, **due to the technique for processing the grapes.** For example, grape juice has only one-third the anti-clotting properties of red wine.” – **Source:** Answers.com

## **White Pine Bark and White Pine Needles**

### **Benefits of White Pine Bark:**

Historically White Pine Bark was ground into flour and used by Native Americans to make bread. Some tribes used the inner bark and sap as a poultice or dressing for wounds and sores. White Pine Bark increases circulation and has a slight “warming” effect. It carries away toxins, increasing secretion of fluids, and loosens phlegm. It is used to treat a stuffy, not runny nose, and helps make coughing and sneezing productive, which will clear air passages. It is an excellent expectorant, helping to reduce mucus secretions and works to stimulate mucus elimination. White Pine Bark is also a very powerful antioxidant. Typically a paste made from Pine Bark can be made into a poultice to treat wounds, or may help with **headaches**. Used in a combination with uva ursi (bearberry), marshmallow, and poplar bark, it is used as a treatment for **diabetes**.

### **White Pine Bark (Pinus Strobus) may be used for the following:**

- Anti-oxidant
- Headaches
- Muscle Pain
- Expectorant
- Demulcent
- Diabetes
- Diuretic
- Strengthens Urinary Tract
- Coughs Colds
- Bronchitis
- Influenza
- Sore Throats
- Stuffy nose
- Laryngitis
- To strengthen bladder and kidneys

**Native Americans Ate Pine Bark:** Native Americans included the inner bark of pines and other trees as an important part of their diet. Early foreign explorers of North America recorded finding acres of trees stripped of bark for food by the local inhabitants. Easily obtainable in large quantities all year round, storable, and very nutritious, at least one famous tribe is well documented as making bark an important part of their diet. There are no known side effects for White Pine Bark. Check for allergic reaction which might include a skin rash, headache, or nausea. **Source:** Home Remedy Central

## White Pine Needle (Needle of Pinus Strobus) - Some Common Uses

Contains a very high amount of vitamin C, Allergies, Relief of Heart Disease, Heart Ailments, Varicose Veins, Muscle Fatigue, Sclerosis, Kidney Ailments, Promotes strengthening of nerves in eye, Eye relate ailments that concern connective muscles in the eye, Gangrene, reacts with smooth muscles that line blood vessels. Pine Needle decoction is a traditional remedy that may be used in the treatment of about 80% of human diseases.

## Red Clover

### Benefits of Red Clover Extract

#### “Cardiovascular Health

Red clover contains vitamins and minerals that promote cardiovascular health and deter cancer. Red clover can help promote good cholesterol. It is also used to help increase blood flow and keep blood clots from forming. It contains isoflavones, whkch help prevent plaque from building up in the artery walls.

**Menopause** - The isoflavones found in red clover are beneficial for many women who suffer with symptoms of menopause and PMS. It especially helps with hot flashes, flushes and night sweats.

Manage Overactive Bladder

**Osteoporosis** - The isoflavones found in red clover may slow bone loss and help build up bone mineral density. Women at risk for osteoporosis use red clover for bone health.

**Skin Treatment** - Red clover ointments are frequently used as a tropical ointment for treating psoriasis, eczema and other rashes of the skin.

**Cancer** - The abundant isoflavones in red clover may be beneficial in warding off cancer cells. Red clover has been suggested as a preventative measure against prostate and endometrial cancer. A strong correlation between isoflavone intake and a reduced rate of cancer has been found in several population studies, according to the University of Maryland Medical Center.

**For Women** – The isoflavones may alleviate menopausal hot flashes, vaginal dryness, night sweats and mood changes.

**For Men** – Estrogen is necessary to keep fat content down.

#### Other Uses

Red clover has been found to help those trying to quit smoking by relaxing the nerves and having a calming effect. It is also used as a cough suppressant.” **eHow**

## Are Standardized Herbs Better?

By Andrew Gaeddert, BA, AHG (Acupuncture Today [acupuncturetoday.com](http://acupuncturetoday.com))

“Standardized is a term which means a substance contains a guaranteed amount of a certain botanical constituent. For example, St. John's Wort can be standardized to contain hypericin; ginkgo can be standardized to contain flavones; ma huang can be standardized for ephedrine; and milk thistle can be standardized for its silymarin content.

Standardized does not necessarily mean stronger or better.

Chemical solvents such as hexane, benzene, acetone and methyl chloride are typically used in standardized extracts. Residues of the chemicals are found in the finished products. They may furthermore be hazardous to the environment.

The problem with obtaining an amount of a standard constituent is that a plant can contain hundreds of active constituents. Because concentrating on one component, we may lose synergistic compounds that can improve effectiveness and lessen adverse reactions.

Often, scientists do not fully understand which constituents are beneficial for the clinical results of an herb. For example, scientists are unclear whether it is hypericin, hyperiform, or the interaction of several constituents that have antidepressant properties in St. John's Wort. It was once thought that the immune effects of echinacea were due to echinosides; it is now thought that polysaccharides and proteins may also support immunity. In the case of ginseng, ginsenosides are found in ginseng leaves and roots; however, the leaves do not have the same properties as the roots. In the south Pacific, the locals use kava kava roots; German pharmaceutical companies, however, use the stems to make standardized kava kava.

Another drawback of standardized herbs is the chemicals used to manufacture them. Advocates of standardized herbs are usually academics with little clinical experience with herbs or researchers whose work is funded by companies that manufacture standardized products.

Traditional herbalists seldom used standardized products for a variety of reasons. First, standard extracts tend to be more expensive. Second, there is little evidence that they are more effective than the whole herb. For example, I have never seen studies comparing ginkgo tea to standardized ginkgo extracts; such extracts have not been shown to be superior to whole ginseng root. Finally, many herbalists reject the pharmaceutical model of health care, which involves costly production techniques and capital investment to make a standardized extract.

Standardized herbs play a role in the drug model of herbal medicine. However, traditional herbalists will continue to recommend herbs in their more natural state, which may include water and alcohol extracts and teas and pills that have not been standardized.

A variety of factors influence a product's quality, including weather; type of soil; the time of year the plant is harvested; the age of the plant; the part of the plant being used; the plant's DNA; and storage and processing. You can also blend various batches of herbs to achieve a consistent potency: this is commonly done in the wine-making industry. In addition, you could add an active compound (synthesized) to an herbal product.

The purpose of this article is not to condemn standardized herbs. It may be a good idea to remember that this type of herbal preparation is just one of many forms. If you have any questions about the issues in this article, please contact me at the address below.”

Two Willows LLC - Disclaimer / Considerations / Recommendations

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