



Peak Health

Ayurveda-inspired Natural Supplements

Peak Health Center

<http://peak.health>

+1 (888) 337-4986

Plants Provide All of Our Basic Needs

By. Dr. Bomi Joseph

Peak Health Center has been a trusted source of scientifically formulated, Ayurveda-inspired supplements since 1832. The herbs used in our supplements are sourced from a network of small farms in the lush coastal regions and hill stations of Southern India.

Our company roots begin with the Johnson & Johnson Aryurvedic Pharmacy that was first established in Kerala, India, in 1832 by my uncle Douglas Johnson's great grandfather. It became a well-known and regarded family pharmacy specializing in *kayashams*, or herbal tinctures, that have been established, tested and refined for literally thousands of years in India.

Farmacy: From Seed, to Soil, to Supplements

Some customers traveled long distances in order to seek advice and purchase our renowned herbal extracts and supplements. But eventually my uncle passed away and his daughter was not interested in the business. A few months before the pharmacy building was sold off to be turned into a motel, I flew to India and gathered all the books and handwritten recipes from the pharmacy. I brought them, along with the knowledge I learned from working there as a youth, back to California where the tradition lives on as Peak Health.

Ancient Traditions Meet Modern Research

In addition to having supply-chain relationships with some of the best organic and pesticide-free farms in Southern India, we are affiliated with doctors and researchers across the subcontinent. We have sponsored studies to prove the efficacy of newly "discovered" herbs such as Indian flannelweed (*sida cordifolia*) and spotted spiral ginger (*costus pictus*). We also keep abreast of the data published by the Clinical Trials Registry of India (CRTI) - which can be a 'gold mine' of botanical research that highlights potential breakthrough herbs and extracts long before they are well-known to North America university research labs and pharmaceutical companies. We do the research and make our findings available to you in the form of cutting-edge nutritional supplement formulas and botanical skincare products.



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