

# FINALLY.... A TRULY EFFECTIVE HAPPY PILL!

CAPE TOWN, WESTERN CAPE, SOUTH AFRICA, March 12, 2016 /EINPresswire.com/ -- The Khoe and San people of South Africa may have been using a natural anti-depressant for centuries. *Sceletium tortuosum* also known as Kougoud has traditionally been used by the Khoe San as a mood enhancer, pain reliever and sleeping aid. It contains a variety of alkaloids that affect the nervous system.

One of these is mesembrine, which scientists have shown act on serotonin in much the same way as scripted antidepressants. It lessens anxiety, stress and tension, raises the spirit and enhances the sense of connection. It is swift, effective, non-addictive and it does not cause any hallucinations. Nor do nearly 400 years of documented use reveal many serious adverse effects. *Sceletium tortuosum* has been documented as early as the 1600s as a fast-acting, natural mood enhancer that has the ability to diminish anxiety.

People have reported that *sceletium*-induced relaxation has helped them to focus on inner thoughts and feelings and to have a heightened experience of the beauty of nature. Some have reported an increased sensitivity of the skin as well as sexual arousal, while others have said it leaves them feeling free of fear and stress.

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*Kevin Coyne*

A number of doctors and psychiatrists have reported a wide range of positive uses for *sceletium*, from treating anxiety and depression to alleviating alcohol, cocaine and nicotine addiction. Moreover, by promoting a sense of empathy and connection, it has also been reported to help couples in therapy.

How does it work? The active constituents of the plant are

alkaloids, including mesembrine, mesembrone, mesembrenol and *tortuosamine*. According to laboratory studies sponsored by the National Institute of Mental Health near Washington DC, its major alkaloid, mesembrine, acts primarily in the brain as a serotonin modulator. Further research concluded in 2015 at the University of Stellenbosch has supported these findings and more importantly has further established that the primary action is that of a mono-amine releasing agent (MRA) rather than that of solely a SSRI. *Sceletium* also appears to have a harmonizing and



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balancing effect on the other feel-good neurotransmitters, dopamine and noradrenalin, as well as on adrenaline.

Combining tradition and science, the new [StillCalm](#) supplement is now available in South Africa. StillCalm has been produced through a patent pending proprietary highly sophisticated and superior extraction process. It is important to know that not all *Sceletiums* are equal. Alkaloids present themselves in varying quantities from plant to plant. Climate, geographical location, time of harvesting all play a major role in the quality and integrity of active ingredients. StillCalm uses a standardized extract of *Sceletium* which ensures the right level and ratio of alkaloids are present in each capsule and has been independently tested at the Cape Peninsula University of Technology as well as being bench marked against two other major *Sceletium* brands for a direct comparison.

The results demonstrate that StillCalm not only delivers 3 times the amount of total alkaloids on a per capsule basis, but also that the three major alkaloids were abundantly present in comparison to others tested. The outcome is an exclusive extract which contains 300% more total Alkaloids and delivers a highly efficacious ratio of the 3 major alkaloids, Mesembrine, Mesembrenone and D7 Mesembrenone.

This revolutionary new StillCalm contains the exact ratios of necessary alkaloids to provide a finished product that is scientifically proven to be superior in quality and efficacy and offers a fast and effective solution to reducing anxiety levels from the very first time you use it. It promotes a calm state of mind and provides other cognitive benefits such as improved focus and concentration, reducing hyperactivity and fatigue, tension and exhaustion associated with everyday stress.

With the alarming increase of mental health conditions related to stress and a modern lifestyle, StillCalm offers a safer and effective solution for those looking for improved mood and reduced anxiety quickly and safely.

Kevin Coyne  
Coyne HealthCare  
021 421 9144  
[email us here](#)

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