

CERTIFIED COLON HEALTH ONLINE COURSE - SESSION 8:

• MISCELLANEOUS

The following is information we thought would be useful to any student even though it may not be related specifically to the colon. We hope it is useful to you and to your clients.

Herbs that should and should not be used with others based on their “type”

4 Types of Herbs

1. **Aromatics**
 - a. **How the herb tastes: Usually spicy, hot, strong pungent taste.**
 - b. How it affects the body: It is a stimulant and stimulates all areas of the body.
 - c. What herbs are aromatics: All your kitchen spices such as rosemary, thyme, sage, pizza seasoning, also herbs such as peppermint, others in the mint family, capsicum,
 - d. When should they be taken: With food and when stimulation is necessary to help aid in digestion and circulation.
 - e. Should everyone take them? No, not if there is high blood pressure or other hyper activity in the body.
 - f. When should they not be used: Same as e above.
2. **Mucilaginous**
 - a. **How the herb tastes: Usually has very little taste. Maybe like a root.**
 - b. How it affects the body: It acts as a lubricant and soothes mucus membranes.
 - c. What herbs are mucilaginous: Any herb that absorbs water such as mushrooms, asparagus, Psyllium, slippery elm,
 - d. When should they be taken: They should be taken when there is inflammation in the body or when someone wants to do some cleansing using a bulking agent.
 - e. Should everyone take them? No, not if there is Diverticulitis or large bowel pockets.
 - f. When should they not be used: Same as e above.
3. **Astringent**
 - a. How the herb tastes: Sour
 - b. How it affects the body: It acts as a diuretic and eliminates water from the tissues. It forces the kidneys to eliminate water.
 - c. What herbs are astringent: Any herb or food that makes you pucker or dries out your mouth such as lemon, citrus,
 - d. When should they be taken: When someone is retaining water or has kidney weakness and is unable to eliminate excess water on their own.
 - e. Should everyone take them? No, not if there are issues with heart problems and dehydration.
 - f. When should they not be used? When a person has heart problems and dehydration issues.
4. **Bitter**
 - a. How the herb tastes: Bitter
 - b. How it affects the body: Cleanses the elimination systems: liver, spleen, lymph, kidneys, lungs, bowel. Acts like a soap or saponin in the body. Helps rid the body of toxins.
 - c. What herbs are bitters: Any bitter tasting herbs such as cascara Sagrada, dandelion, Pau d'Arco.
 - d. When should they be taken: Usually on an empty stomach with water only.
 - e. Should everyone take them? Only those who are strong enough to do internal cleansing.
 - f. When should they not be used? When a person needs to build up their system first.

Herbs and their Uses within the Body: 61 common herbs

1. **Alfalfa *Medicago Sativa*** - First discovered by the Arabs who named it the father of all foods. The leaves are rich in minerals and nutrients, including calcium, potassium, magnesium, and beta-carotene, which are all useful in the fight against cancer and heart disease. Alfalfa has been used historically to treat arthritis, and as an overall tonic. The leaves contain 8 essential amino acids, and Vitamin A, Vitamin C, Vitamin B-12, Vitamin K, Vitamin E, Beta-carotene, and calcium. It contains saponins, which may aggravate anemia. **Seeds are toxic and should not be consumed.** Seeds can cause miscarriage. Leaves generally considered safe, but should be avoided by anyone with anemia. Alfalfa is natural fluoride source, breathe deodorant and body deodorant. The plant's juice is used for Liquid Chlorophyll.
2. **Liquid Chlorophyll** - Helps cleanse the blood, Encourages production of hemoglobin, Strengthens cells, Improves immune response, Deodorizes the body, including the bowel, is completely safe. Anyone concerned with having healthy blood can look to chlorophyll for help. It is known to cleanse the body and strengthen the action of the circulatory, intestinal and female reproductive systems. It can also be useful in external applications and as a gargle. In addition, Chlorophyll is known to neutralize body odors and act as a natural deodorant. Scientists have also found that Chlorophyll helps to strengthen cellular walls in animal tissue and helps to promote the elimination of toxins from the body.
3. **Anamú *Petiveria alliacea*** - Anamú grows primarily in Peru, Cuba, and the southeastern United States. Folk use suggests that people who wish to target their immune systems may benefit from its immune enhancing properties. Historically, the leaf powder has been used to support the structural system, particularly the joints. It has many active constituents, including tannins, polyphenols, senfols, and benzyl-2-hydroxyethyl-trisulfide. **Don't use if trying to get pregnant.**
4. **Basil *Ocimum basilicum*** - This Annual/perennial grows to heights of 8-25 inches. It is native to Africa and of the lamiaceae family. Basil has been used throughout history to reduce stomach cramps, nausea, constipation for relief from gas, to aid in digestion and to promote normal bowel function. Although it is often used to spice up a meal it has a long history of medicinal uses. Ancient healers held this herb in very high regard. The Word Basil is derived from the Greek word for King. Basil requires more moisture than most herbs because it is a leaf crop. If the leafs are dark green the basil is growing properly. Basil will thrive in temperatures ranging from 80-90 degrees and if it is exposed to direct sunlight for 5-6 hours daily. Make sure the soil is well drained and the ph balance is neutral or near to neutral.
5. **Bilberry *Vaccinium myrtillus*** - The Bilberry plant is a dwarf shrub less than two feet in height. It is common to North America, central and northern Europe, as well as Asia. In North America Bilberry is often known as Huckleberry. The Berries are used but the leaves of the Bilberry shrub are not recommended. The high tannin content of Bilberry leaf could possibly cause digestive problems. Historically used as an astringent, disinfectant, and diuretic it is most often used to treat bladder ailments, but has many properties that boost the circulatory system. An interesting bit of history surrounds the discovery of Bilberry: British W.W.II pilots swore that eating Bilberry jam prior to night missions improved their vision. These reports sparked research in Europe and South America that eventually verified the pilots' claims. In addition to being tasty, Bilberry is high in organic aluminum, iron, magnesium, manganese, phosphorus and zinc.
6. **Black Walnut *Juglans nigra*** - The Black walnut tree grows to a Height of 50-150 ft. It is native to the western United States and Canada and of the juglandaceae family. Black walnut will thrive in rich, moist, well-drained soil and has full sun exposure. The ancient Greeks used the husks of the black walnut tree to support the intestinal system. Black Walnut is rich in organic iodine, manganese and vitamin B15. Black Walnut contains strong antiseptic properties. Commonly used to relieve bowel irregularities. Black Walnut is often used to cleanse the body of parasites. It oxygenates the blood. It can be used topically for rashes, fungal infections, herpes, and warts. Herbalists classify it as an astringent because it is rich in tannin, a toning substance.
7. **Blessed thistle *Cnicus Benedictus*** - Native to southern Europe, this annual can grow up to about two and a half feet tall. It has long, prickly edged, dark green leaves. The flower is yellow. It flowers from June to September. Blessed Thistle has been used throughout history to help strengthen the heart and lungs, to increase circulation to the brain, to aid in digestion, reduce fever, expel worms, and help alleviate menstrual cramps. It is most commonly used to support the female reproductive system, to regulate menstrual periods and for hormone balance. . It is a bitter herb that stimulates stomach secretions and increases appetite. The cnicin in Blessed thistle is a component of certain herbal liquors.

8. **Burdock arctium lappa** - This Annual/ biennial shrub is marked by purple round bulb like flowers and can grow to heights of 3-6 ft. Native to Europe and Asia, Burdock is a member of the Compositae family. It grows in light, loose soil, usually on the borders of fields and on roadsides. Its seeds are prickly burrs that cling to clothing and socks. It is said that Burdock inspired the creation of Velcro. Its name is a combination of French and English, Bur coming from the French Bourre, and dock coming from the old English reference to large leaves. This herb is popularly known as "the best blood purifier" It is used to rid the body of toxins". It increases the flow of urine and promotes sweating. Many herbalists believe that Burdock is the cure for cancer. In European studies it has been noted that fresh Burdock root contains a chemical that kills disease-causing bacteria and fungi. And may prevent the formation of gall and kidney stones. Burdock is used topically for skin irritations and rashes and may be the most potent, natural remedy for psoriasis and eczema. Burdock contains chromium, iron, magnesium, silicon and thiamin. It's chromium content helps to regulate blood sugar levels. Its cooked stalk tastes similar to asparagus. **Pregnant or lactating women should not use this herb.**
9. **Butchers broom Ruscus aculeatus** - A perennial evergreen that has been used widely in Egypt, Europe, France, Mediterranean, Spain, Turkey, Asia and Africa. In the 1950s a French scientist discovered two chemicals from the plant's stem that caused blood vessels to narrow and help reduce inflammation. Herbal healers then began to recommend the plant to treat hemorrhoids. More recently it has been used to help treat calf (lower leg) discomfort, including cramps, itching, and swelling, caused by poor circulation. Historically bundles of Butcher's Broom were used to sweep butchers blocks. Butcher's Broom contains important flavonoids (natural substances which strengthen capillary walls) such as rutin. It is a good source of iron and silicon. It also contains glycolic acid, which is found in parsley and juniper berries.
10. **Capsicum Capsicum minimum** - The plant grows to about 3 ft. and has pointy, green leaves and white flowers. The peppers grow to about 1 inch in length and are red in color. Native to The south western united states, Africa, and Asia and is a member of the solanaceae family. Capsicum is the active component of cayenne pepper. It has been used for thousands of years to spice up meals and to aid digestion. Capsicum is often used in herbal formulas as a catalyst for other herbs. It has a high content of Vitamin A, which is essential for normal vision, growth, cellular activity, reproduction, and healthy immunity. Capsicum influences blood flow revitalizes cells and circulation. It has been known to alleviate psoriasis when applied topically (capsicum cream). It has also been used to conquer alcohol and drug addiction. **Avoid this herb if you have any kind of inflammation.**
11. **Cascara Sagrada / Sacred Bark rhamnus purshiana** - As a nutritional support for the eliminative function, the bark has been used by cultures around the world, including the Native North Americans and American settlers. Spanish missionaries noticed its use among the Natives and called it Sacred; hence, the Spanish name. It was first marketed in 1877 and was later acknowledged and used by the medical profession. It is a strong, natural laxative that stimulates *peristalsis in the colon. It also stimulates the flow of bile, and helps detoxify the liver. Peristalsis (rhythmic, wavelike, contractions of the smooth musculature of the digestive tract that force food through the tube and wastes toward the anus)
12. **Chamomile Matricaria chamomilla** - Europeans have used Chamomile since the 1600's. It contains natural anti-inflammatory properties such as apigenin. Chamomile also contains chemicals that are antibacterial and anti-fungal. It is very soothing to the skin. Can relieve toothache pain, has a relaxing effect on the body. Has been used to relieve back pain, sunburn and other skin irritations.
13. **Chickweed stellaria media** - Primarily used to support urinary system function. Chickweed contains anti-inflammatory properties and antibiotic agents and is popularly used to promote healing and soothe irritated tissues. Chickweed provides the body with nutrients that are necessary for balancing metabolism-balancing functions, and fiber, which helps improve digestion.
14. **Cornsilk Zea mays** - First grown by Mexican farmers over 7000 years ago, Corn is native to North America as well as South America. Columbus recorded in his journal the many virtues of corn. Cornsilk, The silky tassel inside the cornhusk that sticks out from the tip of the ear of corn, has been used throughout history as a support for the urinary system. After the corn plant has shed its pollen, the silk is gathered, dried and powdered for various uses. It contains silicon, B vitamins, and PABA and moderate amounts of iron, zinc, potassium, calcium, magnesium and phosphorus. Its key constituents are maizenic acid, fixed oil, resin and mucilage. Cornsilk is very popular in Chinese herbology and is an example of one of the many valuable sources of nutrition that go overlooked or are considered waste by the general population.

15. **Cranberry** *Vaccinium macrocarpon* - Native to North America, Cranberry is a member of the same family as Bilberry. The ripe cranberry has been used historically to prevent urinary tract infections, kidney stones and bladder gravel, as well as to remove toxins from the blood. Cranberry prevents E. coli, the most common cause of urinary tract infections from adhering to the cells lining the wall of the bladder.
16. **Dandelion** *Taraxacum officinale* - This Perennial grows to approx. 12 inches in height, with Yellow flowers and green notched leaves. Native to Europe and naturalized in North America it is found worldwide. Dandelion is a member of the Compositae family. The name Dandelion is of French origin. "Dent de lion," is translated to "teeth of the lion" In reference to the tooth-like edges of the leaves. Dandelion was first recorded in 10th century Arabian medical journals. The entire plant is known for its medicinal properties, but usually the roots and leaves are what are used. It is a common wildflower often referred to as a stubborn weed because if cut away it will grow back stronger. The entire root must be dug out to remove dandelion permanently. Dandelion is often consumed as a vegetable and as a substitute for Coffee. It is a natural diuretic and digestive aid. Rich in potassium, which works with sodium to regulate the body's water balance and is often used to treat edema and to lower blood pressure. Dandelion may enhance liver and gallbladder function. It is a rich source of carotenoids, which the body converts to Vitamin A. Dandelion, has more carotenoids than carrots. Historically used to treat liver disorders. Rich in Lecithin, which is believed to protect against cirrhosis of the liver. Dandelion is often used to lower blood pressure. **Do not take this herb if you suffer from irritable or inflammatory conditions of the stomach or intestines, Acute diarrhea. This herb should not be used excessively.**
17. **Damiana** *Turnera diffusa* - Damiana comes from the leaves of Turnera diffusa, a shrub found in Mexico, South America, and the southwestern United States. Damiana has been used in the USA since approximately 1874 as an aphrodisiac. The herb has an aromatic scent and pleasing taste. Historically used for Constipation, Depression, and Fluid Retention, To induce euphoria and relaxation. Damiana has been known to stimulate weight loss and increase energy levels.
18. **Dong Quai / Dang Gui** *angelica polymorpha* - This fragrant herb is said to tone the blood, the liver and regulate menstruation. It contains folic acid making it a "female" herb. Chinese mothers traditionally have begun the use of Dang Gui 2 weeks after giving birth to regulate the body after delivery. This herb has also been used to boost production of white blood cells. **Dong Quai is NOT to be taken during pregnancy as it is believed to increase the risk of miscarriage.**
19. **Echinacea** *Echinacea Purpurea, Echinacea angustifolia, Echinacea pallida* - Native to the central and southwestern U.S. The plant grows in open fields and rocky soils, and bears purple flowers that resemble the black-eyed Susan. Echinacea was widely used by the plains Indians originally for snakebites, skin wounds, toothaches, and sore throats. American settlers also adopted its use, and natural health care advocates since have valued the herb. It has been one of the most scientifically studied herbs, especially in Europe. Echinacea can reduce at least 12 clinical symptoms of colds. Echinacea has been shown to help the body maintain a line of defense against viruses and to help restore normal immune function. Echinacea has also been successfully used to treat Candida. Echinacea is known as the most effective blood and lymphatic cleanser in the Herbal world. It acts as a natural antibiotic and works like penicillin in the body with no side effects, aids in reducing fever, infections, bad breath and mucous buildup. The Root contains cafeic acid glycoside. **Do not take before surgery.**
20. **Feverfew** *Chrysanthemum parthenium / Tanacetum parthenium* - Feverfew can grow to heights of between 8 inches - 2 or 3 feet. The brightly colored leaves have a strong, bitter taste. The flowers are daisy like and have yellow centers. Feverfew will thrive in any soil condition. Full sun exposure is required. Feverfew is often used for migraines. **It should not be taken with any anticoagulant as it can interfere with blood clotting. Do not take this herb during pregnancy. Controlled doses are safest.**
21. **Frankincense** *Boswellia carterii* - Native to Africa and India. The resin is used in herbology. Frankincense was greatly prized in the ancient civilized world and was often used as part of various rituals in many cultures, including Egyptian, Greek and Roman. Frankincense is comforting and elevating. It has long been associated with spirituality and is believed to have the ability to slow down the breathing process and relieve anxiety and tension, giving an overall feeling of relaxation Its anti-septic and astringent properties make it useful for the skin, especially mature or dry skin. **Not for use during pregnancy.**

22. **Garlic Allium sativum** - The leaves are approx. 18 in. The individual cloves are formed in a round bulb. Native to Siberia, Garlic is a member of the Amaryllidaceae Family. Garlic is a common ingredient in many meals and has been fore centuries. The ancient Egyptians who used it widely to treat wounds, infections and to remove parasites worshipped garlic. There are many benefits associated with consuming garlic. Garlic has been used to prevent heart disease, cancer, ear infections, tuberculosis, cholera, typhus, to disinfect wounds, prevent gangrene, to lower cholesterol, as a blood thinner, for skin disorders, and is an excellent digestive aid. Scientific research has confirmed that garlic does have the ability to lower cholesterol as well as blood pressure. Which in turn can lower the chances of cardiovascular disease. Garlic is also widely used to strengthen and stimulate the immune system. **You should consult a Doctor before consuming garlic if you have a history of bleeding problems, diabetes, or are pregnant or lactating.**
23. **Ginger Zingiber officinale** - This perennial grows to approx. 4' tall and has 6-7 in. long, narrow green leaves. Ginger grows from an underground stem that is knobby and branched. Family: Zingiberaceae. Nutritionally supports the digestive process. It has a long history of being very useful in alleviating symptoms of gastrointestinal distress such as nausea and vomiting. It contains protein, fat, carbohydrates, ash, calcium, phosphorus, iron, sodium, potassium, vitamin A, thiamin, riboflavin, niacin, and ascorbic acid. Ginger has also been known to exert significant effects against inflammation. Obstetricians often suggest Ginger for morning sickness along with vitamin B6. Ginger has been popular in Chinese medicine for over 2,000 years to treat arthritis, sprains, aches and pains, cold symptoms, colic, cramps, disease, and indigestion.
24. **Ginkgo Ginkgo biloba** - Described by Darwin as "the living fossil" Ginkgo is the world's oldest living tree. The Ginkgo tree has been around for about 200-300 million years, The Ginkgo tree grows over 100 feet high and can live for hundreds of years. Native to China, Japan, and Korea, it is now found worldwide. Ginkgo is derived from the Japanese word gingko, which means "silver apricot although this tree has been around for millions of years the true value of the Ginkgo tree has only been discovered in the last few decades. Ginkgo is now the most widely prescribed medication in Europe, often for problems related to poor circulation. Widely known as the "smart herb" of our time, it aids in mental functioning. Ginkgo increases the supply of oxygen to the brain, heart and all parts of the body by promoting optimal blood circulation. Gingko Biloba is often used to treat memory loss and Alzheimer's disease, in early stages. **Do not take if you've ever been warned about the possibility of inter-cranial hemorrhage. Combining Ginkgo with blood thinners or aspirin may increase risk of inter-cranial bleeding.**
25. **Goldenseal Hydrastis canadensis** - Is a member of the buttercup family and native to North America and parts of Canada. The Cherokee Indians valued the root not only for health purposes, but for the yellow dye it produced, which they used on their clothing and weapons. Goldenseal is a forest plant that grows in patches usually on hillsides. About 1 foot in height Goldenseal has a thick, yellow root with an erect hairy stem. The branches near the top bear a large leaf, a smaller leaf, a flower and a berry. Goldenseal produces a single greenish white flower in April and May followed by a berry that resembles a raspberry. The plants are usually harvested when they are three years old. In herbology the knotty yellow rootstock is the part that is typically used. Goldenseal supports the body's natural ability to fight infection and is one of the most popular herbs in the USA. Golden seal has been used for fungal infections such as candida, skin ailments, colds, flu, and congestion, Vaginitis, as an antiseptic, and a laxative. Once widely available in the wild, the plant has been largely over harvested and is periodically in short supply. Its properties are largely due to its alkaloids, which include berberine, hydrastine and canadine. Because demand for the herb is high and supplies are low, Golden Seal is one of the most expensive herbs on the market.
26. **Hawthorne Crataegus oxyacantha**- A thorny shrub that can grow to 40 ft but usually grows to between 5 - 13 feet. It is found in North America, Northern Europe, and Asia. Can grow in any type of soil condition. Needs partial sun exposure daily as well as partial shade. Hawthorn berries have been used for thousands of years in China to treat digestive disorders, insomnia and as a diuretic. The fruit is most often used but the leaves and the flowers are also used medicinally. In Europe, Scientists have found that Hawthorne is capable of expanding the blood vessels and enabling more oxygen-rich blood to reach the muscles of the heart. Research has revealed that certain chemicals in the berries seem to enhance enzyme metabolism and oxygen utilization by the heart muscle. Today Hawthorn berries are widely used and accepted in Europe to treat heart disease and believed to lower blood pressure. Hawthorn berries have also been used worldwide to make jellies, and flours. Throughout history hawthorn has had a reputation both as a symbol of hope and as a symbol of evil. In Christianity the Crown of thorns that Jesus wore is believed to be made of Hawthorne and to posses miraculous properties. Hawthorn berries should be taken over a period of time for their full nutritional benefits to be realized. Hawthorn berries contain vitamins C and B complex, crataegin, carotene flavonoids, sugars, and are high in chromium and selenium. **If you are taking prescription cardiac medications you should consult your doctor before taking hawthorn.**

27. **Horsetail *Equisetum hymale*** - A member of the Equisetaceae family is also known as shavegrass, American Valerian, and Scourbrush, is a slender green perennial with black colored rings at the joints. Horsetail grows to approx. four feet, with hollow stems that grow in moist, loamy soil all over the world, excluding Australia and New Zealand. Historically used to treat urinary infections, heal wounds, strengthen nails, scrub pots, and for ceremonial uses. Horsetail contains the highest amount of silicon of all known herbs. The best dietary source of silicon is whole grains—meaning much of our dietary silicon is lost in the refining process. In addition to silicon, horsetail contains large amounts of potassium as well as aconitic acid, equiaitinee, starch and many fatty acids. In herbology the entire herb is used. Avoid if you have cardiovascular problems, hypertension, and/or acute kidney inflammation. Horsetail should not be used excessively or for long periods. Some species of horsetail such as *Equisetum palustre* are poisonous and should not be used. Do not use horsetail if you are taking digoxin or digitalis. **The diuretic effects of horsetail may cause potassium loss, dangerously increasing the risk of toxicity associated with digoxin and digitalis.**
28. **Hydrangea *Hydrangea arborescens*** - An elegant shrub, native to the southern and mid-western U.S., Hydrangea is a bitter and a solvent. It contains chromium, manganese and silicon, and its solvent properties nutritionally support the urinary system. Traditionally used to treat inflamed or enlarged prostate and stones or gravel associated with infections such as cystitis. Herbalists often combine Hydrangea with Horsetail and Saw Palmetto to treat prostate problems. In herbology, the dried, powdered root is used.
29. **Hyssop *hyssopus officinalis*** - Hyssop is a two-foot evergreen shrub with dark blue flowers; it grows naturally throughout the Mediterranean region. It has been historically used for colds, fever, cough, and sore throat. Hyssop is among the oldest medicinal herbs. It is one of the herbs discussed in the bible. "Purge me with hyssop and I shall be clean". The name hyssop is derived from ancient Greek and means holy herb. Hyssop is often used for fevers, respiratory ailments, intestinal inflammation, liver complaints, gallbladder problems, and poor circulation although it has not been proven effective for any of these ailments. **Hyssop should not be used regularly or for long periods of time, as there is a slight chance of seizure due to prolonged use.**
30. **Juniper Berries *Juniperus communis*** - Native to Europe and North America, are found on the evergreen juniper shrub. Juniper Berries have been used for their health benefits since the Middle Ages. . New berries appear on mature trees in the fall, and by spring they ripen to blue. Because the berries take between two to three years to fully ripen, the same plant can have unripe and ripe berries at the same time. In addition to their use in herbology, the berries are used as a flavoring agent in gin and lunchmeats. The berries' nutritional profile and volatile oil make them particularly supportive of the urinary system. They contain vitamin C and other nutrients. The berries also make a refreshing scent for potpourris and perfumes and are used as a dye, producing a strong yellow color if fresh berries are used, or an olive brown color if dried berries are used. Juniper Berries have been used throughout history to help dissolve uric acid crystals which can cause kidney stones, gout, rheumatic discomfort, and to stabilize low blood sugar. **This herb should be avoided in kidney disease, and during early pregnancy. Potential toxicity associated with excessive consumption has been noted.**
31. **Kava Kava *Piper Methysticum*** - Perennial. Native to the South Pacific. The Kava shrub usually grows in shady, damp areas. The leaf is heart-shaped and the stem is green nodes and can reach heights of 10 ft. The oceanic people of the south pacific have used kava for several thousand years as a mild tranquilizer. It gives a feeling of mild euphoria but the user maintains control. It has also been used to aid in sleep, promote relaxation, and help reduce water retention.
32. **Kelp (seaweed)** - Is a wonderful source of iodine. Due to the large amounts of iodine found in kelp it is often used to assist in treatment of hypo (under active) thyroid. Kelp may assist in weight loss if the weight issues are directly related to thyroid disorder. Kelp contains algin, a fiber that absorbs toxins from the digestive system, and helps to purify the blood and boost the immune system.
33. **Licorice *Glycyrrhiza glabra*** - This perennial is native to southern Europe, Asia and the Mediterranean. Licorice is one of the most popular herbs today not only for it's flavoring of candies but for its health benefits. Licorice has been used by every culture in history to Expel mucous from the respiratory tract, to aid in healing hoarseness, and coughs. Licorice is a source of magnesium, silicon and thiamin. Excessive amounts may raise blood pressure and cause fluid retention. Should be avoided during pregnancy and by anyone with high blood pressure, heart or kidney ailments. **DO NOT USE IF SUFFERING HYPERTENSION OR TAKING STEROIDS.**

34. **Lobelia Lobelia inflata** - Native to North America, especially to the eastern regions, Lobelia is named after a Flemish botanist, Matthias de L'Obel, who lived at the end of the sixteenth century. It produces violet-pinkish-white flowers. It is sometimes called Indian tobacco because the American Indians smoked it for various benefits. When smoked, it produces mild marijuana-like euphoria. Lesser amounts tend to act as a stimulant. It has been shown to contain a substance called lobeline, similar to nicotine. The plant is beautiful as well as useful. Dwarf lobelia plants are often cultivated for use in hanging baskets. It can be added to baths or used in external cosmetic preparations. Extracts are especially beneficial for those who have difficulty swallowing capsules. Take 1 capsule daily with a meal. Add essence to a bath, relaxing poultices or other external applications. Lobelia's most common side effect is nausea and vomiting. It may also cause diarrhea, headache, dizziness, and anxiety. **Large doses taken orally are usually vomited up but if not can lead to convulsions or extreme sedation. Lobelia is not recommended for daily use, and should be avoided by children and pregnant women.**
35. **Marshmallow althaea officinalis** - Has been traditionally used for coughs, hoarse voice, sore throat, and respiratory ailments. Often used as a poultice or compress for inflammation and ointment for diaper rash. The plant is a member of the mallow family, which prefers wet places such as marshes for its habitat-hence the name. It grows widely around the world and is found in the western U.S. The modern confection has none of the plant in it. But in times past, the boiled roots were used to make marshmallows. Served as a vegetable, the plant was considered a delicacy among the Romans. In France, the young tops and leaves are eaten uncooked in salads. Its high mucilage content makes it an appropriate supplement for the respiratory system.
36. **Milk Thistle Silybum Marianum** - This Annual /biennial grows to approx. 6 ft, with coarse, sharp edged leaves with white streaks and Red or violet flowers. Native to Europe but can be found worldwide. Can grow just about anywhere and are often mistaken for weeds. Family: Compositae. Milk Thistle is one of the best friends the liver could have. Growing wild on most continents today, it has been used as a food and liver-specific supplement throughout recorded medical history. Its active constituent, silymarin has shown remarkable liver-protecting ability. Silymarin prevents damage to the liver by acting as an antioxidant. It is much more potent in antioxidant activity than vitamins E and C. however; it is best used over an extended period of time. It is used in Europe to treat hepatitis. Liver damage and poison caused by death cap mushrooms. Milk thistle has also been used widely for varicose veins, menstrual concerns and to increase breast-milk production. Silymarin = a mixture of flavonoids
37. **Mullein Verbascum Thapsus** - Native to Europe and Asia, although it has been naturalized in the U.S. It bears yellow clustered flowers and is known by many names, including Donkey's Ears, Bunny's Ears and Velvet Plant. The plant has a long history of use in many cultures. It has a high mucilage content and contains mild saponins, making it suitable for occasional needs of the respiratory system. Mullein contains iron, magnesium, potassium, sulfur and calcium phosphate. Mullein grows in fields, pastures, along roadsides, and in waste places, from Maine to Minnesota and southward. It is easy to recognize with its tall, straight stem, large woolly leaves, and its long, dense spike of yellow flowers. Native Americans have used mullein as a health aid for centuries.
38. **Myrrh Commiphora myrrha** - Like frankincense, Myrrh has been prized since ancient times. Myrrh is emotionally strengthening and empowering. It contains antiseptic, antibacterial, anti-viral, anti-fungal and anti-inflammatory compounds it has traditionally been used for aging skin. Myrrh is extracted by cutting and collecting the hardened sap. The stems and branches of the prickly shrub, Commiphora myrrha oozes an oily yellow/brown resin. This plant is native to Arabia and parts of Africa. Myrrh is referred to in the Bible. It was another ingredient of the holy anointing oil (Ex. 30:23-33). It was used basically as a deodorant, along with aloes, to anoint a dead body. **Not for use during pregnancy.**
39. **Noni Morinda citrifolia** - The juice contains unique phytonutrients and antioxidants. Phytonutrients nourish the body's cells, organs and tissues. They also fight damage caused by aging, harmful chemicals and pollution. The naturally occurring antioxidant selenium is also present. Years of native use suggest that the many benefits of the Morinda citrifolia fruit come from these phytonutrients, antioxidants and its other physiologically unique ingredients. Take 2 tablespoons of Nature's Noni juice daily, preferably before a meal.
40. **Noni encapsulated** - News about this remarkable plant-used by native islanders and Asians alike-is spreading fast. Ancient manuscripts cite Morinda citrifolia as an ingredient in many health preparations. Morinda citrifolia's historical uses target the digestive, intestinal, respiratory and immune systems. It is particularly useful in supporting the nervous and skeletal systems (especially painful joints) and for skin health. Nature's Sunshine offers the benefits of two species of Morinda-citrifolia and officinalis-dehydrated and encapsulated to avoid the unpleasant taste naturally present in Morinda plants.

41. **Nopal Genus Opuntia** - Nopal ranges in height from less than 1ft. - 7 ft and has flat, thick pads that look like leaves with red, purple or yellow flowers. Native to the deserts of the Southwestern US and Mexico, Nopal is a member of the Family Cactaceae (Cactus family) and is commonly known as the prickly pear. It contains pectins and mucilage that are beneficial to the digestive system. It's particularly useful in providing nutrients to the pancreas and liver, which support digestion and maintain blood sugar balance. Nutritional factors in Nopal may act in the bowel to prevent fat and excessive sugars from entering the bloodstream.
42. **Oregon Grape Mahonia Iberberis** - Native to the USA and of the Berberidacea family. The three species of Oregon grape range in heights of 1-10 ft., but usually no more than 5 ft. A beautiful evergreen shrub with leafs that resemble holly. The shrub has bright yellow flowers and green berries that ripen to a bluish purple color. Oregon grape has been used for hundreds of years to treat infections because of its powerful antibiotic properties. The roots are used as a nutritional aid to the digestive and circulatory systems. The plant contains the alkaloids that are beneficial for fighting infection, berberine and hydrastine, which are also found in golden seal. It also contains oxyanthine and columbamine. It improves circulation and purifies the blood. It is often used to improve digestion, stimulate appetite and lower blood pressure.
43. **Parsley Petroselinum crispum, Petroselinum sativum** - This Bennial grows to heights of up to 1 ft. tall and approx. 2 ft. wide, with bright green leaves at the end of long, thin stems. Parsley is a member of the Family Umbelliferae. It grows best in slightly acidic soil with a ph of approx. 6.0. Thrives in partial - full sun in temperatures of 60-70 degrees but can tolerate colder weather. When temperatures enter 90 degrees Parsley tends to wilt and sometimes the plant will die. Parsley is known worldwide as a garnish that sits, usually uneaten, on your plate at a restaurant. The original reason for restaurants placing parsley on the plate was that it might be used as an after-dinner breathe freshener. Its high chlorophyll content makes it a natural breath freshener, even in buffering the odor of garlic. The Greeks used it to make garlands, crowns and wreaths. In Russia, parsley is eaten as an ordinary green vegetable. There are many species of the plant, and it can be cultivated almost anywhere. It is a source of calcium, thiamin, riboflavin, potassium and iron. It also contains vitamin C, vitamin A, niacin, chlorine, phosphorus, sulfur, magnesium and silicon. Herbalists use the root to nutritionally support the kidneys and urinary system, but the whole plant can be used for general nutritional needs. It is known as a natural antispasmodic, Great for digestion, relieves gas, is a natural diuretic and contains anticancer compounds. Not just a pretty garnish. Parsley has been use throughout history to help settle the stomach after a meal.
44. **Pau d'Arco Tabebuia impetiginosa** - Often called Taheebo, or Lapacho Colorado. The Pau d'Arco tree is native to Brazil and the surrounding rain forests. The inner bark is scraped and often used as a tea. Pau d'Arco has been used for centuries as an immune booster. It is often used to treat Candida, athlete's foot and other fungal infections. Lapachol, an extract from the tree's bark, contains active ingredients found to be effective against some forms of cancer. Pau d'Arco has also been used to treat parasitic infections, lowering blood sugar, and for digestive concerns.
45. **Peppermint Mentha piperita** - This perennial, of the family Labiate, grows to a of height 1- 3 ft. with lance shaped, dark green leaves that thrive in hot weather. It is native to England but is cultivated worldwide. Peppermint was introduced to America as a cultivating crop in 1855. More people cultivate and use various mint species than any other culinary herb in the world. Its benefits are especially popular for both the nervous and digestive systems. Parts used for medicinal purposes: Flowering tops and leaves (I also use the stems when preparing a tea) Benefits: Peppermint stimulates the entire digestive system and helps to allay nausea and flatulence. It also encourages the secretion of bile by the gallbladder.
46. **Psyllium Plantago ovata, Plantago ispaghula** - Psyllium is native to Iran and India and is a member of the plantaginaceae family, also referred to as plantago. The hulls are the most often used part of the Psyllium plant. The nutritional benefits of this plant are enjoying a surge of interest in America, but the benefits have been known to other cultures for centuries. The plant is particularly popular in the U.S. due to concern about the effects of our nations highly refined; high fat diet on colon health. Psyllium has the highest level of soluble fiber known - more than eight times that of oat bran. Psyllium has also been used topically to treat skin irritations. In China and India Psyllium is often used to treat high blood pressure.
47. **Red Raspberry Rubus idaeus** - The red raspberry bush is native to North America and is well known for its delicious raspberries. In herbology the leaves are used. The leaves of the raspberry bush are rich in Vitamin C and contain astringent qualities that are due to the high tannin content in the leaf. Red Raspberry has been used throughout history to support and strengthen the female reproductive system especially during pregnancy and to regulate menstrual flow. Raspberry may cause mild loosening of stools and nausea.

48. **Red Clover Trifolium pratense** - A small perennial herb with red or white flowers, it is native to central Asia, Europe and northern Africa. It was also widely used by Native American tribes. Only the flowers are used for medicinal purposes. Red Clover contains isoflavone compounds that theoretically could help prevent certain types of cancer. Red clover has been historically used as a treatment for cancer, a blood cleanser, blood purifier, diuretic, expectorant, immune system enhancer, and a sedative it nutritionally supports the circulatory system. Red Clover is a good source of magnesium, copper, calcium, chromium, iron, phosphorus and vitamins A, B complex and C.
49. **Rosemary Rosemarinus officinalis** - Native to the Mediterranean, this aromatic, evergreen shrub grows to between 4'-6' and has needle-like leaves with scaly, grayish bark. The leaves are about 1 ft. long and the flower is a pale blue color. The Rosemary shrub has antiseptic properties and a strong aroma that is balancing, invigorating, revitalizing and regenerating. It stimulates the scalp and has been used for centuries on oily hair and skin. **Not for use during pregnancy or on those with high blood pressure or epilepsy. May irritate skin.**
50. **Safflower Carthamus tinctorius** - This perennial is of the asteraceae family. It grows to a height of approx. 1 to 5 ft. with yellow or yellow/orange thistle-like flowers. It is best grown in warm, dry regions. Most likely native to the Euphrates basin, Saffowers are cultivated throughout Europe, Asia and the U.S. Saffowers are mainly grown for their seeds which is where safflower oil is found. A natural, nutritional aid for the digestive system, Safflower is extensively used for cooking oil in the US. The cooking oil contains a concentrate of polyunsaturates. Polyunsaturates provide the raw material for prostaglandins, the hormone-like substances that function in cell membranes and molecular regulations. Saffowers have been used throughout history to treat digestive problems, as a blood purifier, to aid in removal of toxins and waste from the body system, Cleansing tissues and joints, lower cholesterol, treat rashes, relieve arthritis, helping relieve fevers due to colds or flu and to promote healthy liver functions. Saffowers are also known to help break down acid in the body and therefore are effective against Gout.
51. **Slippery Elm bark Ulmus fulva** - The Slippery Elm tree is also known by the name Red Elm, Moose Elm, and Indian Elm and is a member of the Ulmaceae family. Native to North America, The Slippery elm will usually grow to approximately 50-60 ft. tall. It has a dark outer bark and a white/off white inner bark. The inner bark contains the herbal medicinal values. This bark contains mucilage; a long chain of sugars that make a slippery substance when combined with water. This mucilage is believed to soothe the digestive system. Slippery elm is also rich in nutrients and is easy to digest, making it an excellent food during times of digestive discomfort. Slippery Elm works with the body to draw out impurities and toxins assisting with the healing of all body parts.
52. **Saw Palmetto Serenoa repens** - Native to Florida, this small, fan palm is named after its saw-toothed stems. The fat-soluble extract of the fruit/berries of the saw palmetto tree is widely used to treat the symptoms of enlarged prostate. It has also been used to treat Alopecia (loss of hair), and diabetes. It is currently being tested as a treatment for breast tenderness during menstruation.
53. **Skullcap Scutellaria lateriflora** - Native to eastern, North America, this perennial is a member of the mint family. It is often found near to water, as it grows best in damp soil. Physicians used Skullcap often to treat nervous conditions, insomnia, and seizures in the nineteenth century. It is considered a nervine due to it being both relaxing to the mind and a tonic to the nerves, It is magnesium rich and is excellent for PMS, mood swings, or to just smooth out the edges of a rough day. Skullcap is often used to normalize blood pressure and pain associated with stress.
54. **St. John's Wort hypericum perforatum** - Native to Europe, and of the Hypericaceae family, St. John's Wort has been historically used for treatment of depression, as well as to relieve uterine cramping, and to help the body fight viral infections. St. John's Wort has similar properties to the medication Luvox TM that is used to treat OCD (obsessive, compulsive disorder.) In Germany St. John's Wort is the #1 prescription drug for depression.
55. **Una De Gato / Cat's Claw uncaria tomentosa** - Native Asiatic Indians have used this plant for a wide range of treatments for many hundreds of years. It comes exclusively from the Peruvian Rainforest. Its giant woody vine grows more than 100 feet. The name Cat's Claw, is derived from the shape of the thorns found on the vine that resemble cat's claws. Scientists have isolated six alkaloids from the Una De Gato vine. Four of these alkaloids have a pronounced enhancement effect on the ability of white blood cells and macrophages to attack, and digest harmful microorganisms.

56. **Uva Ursi** *Arctostaphylos uva ursi* - An evergreen perennial shrub that grows close to the ground, growing wild in the northern latitudes of North America, Europe, and Asia. Known as kinnikinnick by Native Americans, mountain cranberry or bearberry, Bears like the red berries, as did Native Americans. It is also used in Europe, where it grows in northern latitudes. Most commercial uva ursi is grown in Spain. The leaves contain an antiseptic substance known as arbutin, which is a helpful nutritional supplement for the urinary system. Uva ursi contains vitamin A, iron and manganese. It is high in tannin content and it has been used to tan leather.
57. **Valerian root** *Valeriana officinalis* - Is nature's tranquilizer and is often referred to as "natural Valium" (Valerian is not chemically related to Valium). It helps normalize the nervous system. Valerian is used worldwide for its calming effect, relief from insomnia, to assist in periods of extreme emotional stress, and to relieve gas pain and stomach cramps. In Europe Valerian is often prescribed to treat anxiety.
58. **White Oak Bark** *Quercus Alba* - Native to England and has been naturalized in the U.S., where it is found mainly in the East. The White oak is said to be the sacred tree of the Druids. It grows as high as 100 feet and can live as long as 1,000 years. The key substances of white oak are tannin and quercin. Tannin is present in the bark at approximately 11 percent and accounts for white oak's bitter and astringent qualities. White oak contains the mineral manganese, calcium and zinc. White Oak bark is a marvelous herb to help nourish and strengthen injured areas of the body. It has been used successfully for many applications, including fortifying blood vessels and tissues. White Oak has astringent properties, and it is also known to soothe the throat.
59. **White willow bark** *Salix Alba* - Native to Europe, the White willow can now be found near water throughout North America. Salicum which is a derivative of this bark was used for centuries to break fevers, reduce pain and swelling, and relieve headache. White willow bark contains salicylic acid; researchers created a synthetic drug based on their research of this acid. They called this drug acetyl-salicylic acid also known as aspirin. The natural salicylic acid is nearly as potent as the synthetic drug, aspirin, however, it does not cause stomach upset or bleeding as aspirin can, this is due to the fact that the natural salicylic acid found in the White willow does not block prostaglandins in the stomach or intestines.
60. **Yarrow** *Achillea millefolium* - Is a member of the sunflower family and can be found along roadsides, in meadows and in pastures in Europe, Asia, South Australia and North America. It grows in altitudes as high as 8,500 feet. The plant has a long history of use, going back thousands of years. Legend has it that Achilles discovered yarrow's unique virtues. Yarrow's effects are mostly astringent. It contains an alkaloid principle called achillein, as well as potassium and calcium salts, resin, gum and tannin. Yarrow nutritionally supports mucous membranes. It is closely related to chamomile, both botanically and chemically.
61. **Yucca** *Yucca elata* - Is a plant familiar to most Americans who have traveled or lived in the southwestern U.S. and Mexico, where it grows abundantly. A member of the lily family, and also known by the names soap root, Spanish Bayonet, and Spanish Dagger. The reference to soap comes from long historical use of the plant's roots as a foaming cleanser. Native Americans made wide use of its special properties, using it not only for its nutritional value but also to make sandals, belts, baskets, ropes, cords and mats. Some Indians—namely the Hopi, Papago and Utes still use yucca for these purposes. Yucca contains large amounts of the steroid saponin, which accounts for its lathering ability.

Teas

- **Ginseng** - Mood lifting
- **Hawthorne** - Energizing
- **Hops** - Relaxing
- **Jasmine** - Mild nerve sedative
- **Orange flower** - Sleep aid
- **Sage** - Improves brain nourishment
- **Valerian** - Natural sedative

Herbs that should not be used with Medications

Quick Reference - Medications/Herbs

Please Note

This is not a complete list. Other herbs not listed are not necessarily safe. You should always be informed concerning herbs and other medications you are taking.

If you are on these Medications be cautious about possible interactions with these Herbs

Anticoagulants

- Warfarin (Coumadin)

Alfalfa
Chinchona Bark
Clove Oil
Ginkgo
Garlic
Ginger
Ginseng
Feverfew

Antiplatelet Drugs

- Aspirin
- NSAIDs
- Ticlopidine (Ticlid)
- Clopidogrel (Plavix)

Alfalfa
Chinchona Bark
Clove Oil
Ginkgo
Garlic
Ginger
Ginseng
Feverfew

CNS Stimulants

- Decongestants
- Methylphenidate (Ritalin)
- Dextroamphetamine (Dexedrine)
- Beta2 Agonists
- Caffeine/Theophylline

Guarana
Kola
Ma Huang
St. John's Wort
Yohimbe

CNS Depressants

- Alcohol
- Benzodiazepines
- Opioids
- Antihistamines

Hawthorn
Kava-Kava
Skullcap
Valerian

Antidepressants

- Tricyclics
- MAO Inhibitors
- SSRIs

Ginseng
Ma Huang
Passion Flower
St. John's Wort
Yohimbe

Quick Reference-Conditions/Herbs

Please Note

This is not a complete list. Other herbs not listed are not necessarily safe. You should always be informed concerning herbs and a specific condition.

If you have these Conditions be cautious about possible interactions with these Herbs

Diabetes

These may affect glycemic control:

- Garlic
- Ginger
- Ginseng
- Hawthorn
- Ma Huang
- Nettle

Hypertension

- Devil's Claw
- Ginseng
- Goldenseal
- Hawthorn
- Licorice
- Ma Huang
- Squill
- Yohimbe

Depression

- Valerian
- Kava-Kava

Allergies to Asteraceae Composite Family (ragweed, daisy, aster, chrysanthemum)

- Chamomile
- Echinacea
- Feverfew
- Yarrow

Allergies to other pollens

- Goldenrod
- St John's Wort
- Slippery Elm

Pregnancy or Nursing Special caution is always indicated for a woman who is pregnant or nursing. At least the herbs listed are contraindicated or not recommended, but this is not a complete list. Contraindicated or not recommended:

- Aloe (internal)
- Black Cohosh
- Dong Quai
- Feverfew
- Ginseng
- Kava-Kava
- Saw Palmetto

Safety not fully established

- Garlic
- Ginger
- St. John's Wort
- Valerian

Herbs and Surgery - The Combination Could be Dangerous

Many people who suffer from sleep disorders take herbal medication, not only to promote sleep, but for other health problems. Many people who suffer from sleep disorders have to undergo surgical procedures, not only for conditions relevant to sleep, but also for other medical reasons.

In the July 11 issue of JAMA (the Journal of the American Medical Association) an article reports that physicians from the University of Chicago have researched several common herbal remedies and investigated the danger of their use in conjunction with surgical procedures. Some of the most common remedies can cause dangerous complications for people during or shortly after surgery.

JAMA lists eight such herbal remedies, preparations commonly used by many people. Two herbs often used by people with insomnia or other sleep problems are kava and valerian. Both these herbs promote sleep, reduce stress and anxiety and calm the body. They are, in fact, mild sedatives and this is where the danger of taking them in conjunction with surgery comes in. They may well increase the sedative effects of the anesthetic or other sedatives prescribed by your doctor. They should not be taken for a week or more before surgery and for several days after surgery is over.

People take herbal remedies for many conditions besides using them to promote sleep.

- **Garlic** - Reduces blood pressure and helps to ward off infection.
- **Ginkgo biloba** - Not only increases circulation, it also helps with concentration and memory problems. There is a danger in using these in conjunction with surgery because both of these herbs interfere with the clotting properties of the blood and could cause severe bleeding problems. It would be wise to discontinue them a week before the date of your operation.
- **Echinacea** - Promotes healing and fights infection. Sounds like this would be desirable when you have surgery, but beware. Echinacea can cause a problem because it boosts your immune system and impairs immune suppressive drugs. Echinacea is especially dangerous if your surgery involves a transplant. Use of this herbal product should be discontinued as far in advance of surgery as possible.
- **Ephedra** - Often taken for its decongestant properties. However, this herb also increases your heart rate and raises the blood pressure. Stop using it at least 24 hours before surgery or heart attack or stroke could occur.
- **Ginseng** - Taken to improve the general health and well being and to reduce stress, also interferes with the clotting of the blood. Stop using it at least a week before surgery.
- **St. John's Wort** - Used for anxiety and depression, has already been under fire for its dangerous interactions with prescription medications. It alters the rate of metabolism of other drugs and may either increase or decrease the desired effect. Don't use St. John's Wort for at least 5 days before surgery.

If you are taking any herbal medication or dietary supplements, be sure to let your physician know. This is important at any time, as these supplements may have an adverse reaction when combined with your prescription medicines. It's doubly important to inform your doctor of everything you are taking if you're are slated for surgery.

Beware of These Herbs

It should be noted that the FDA (Food and Drug Commission) has linked the following to cause serious side effects and even death -- so AVOID THEM

- **Herbal Laxatives** - Usually sold as a diet tea, cascara, senna, buckthorn, aloe and rhubarb root. These herbs can cause cramping, diarrhea, and if overused, could cause your bowels to no longer function without laxative stimulation.
- **Ephedra** - Also known as ma huang, in high doses can raise blood pressure, increase heart rate, and over stimulate the central nervous system. The FDA reports more than 800 reports of side effects linked with the use of ephedra, including heart palpitations, seizures, stroke, chest pain, and heart attack. This herb has caused at least two deaths.
- **Herbal fen-phen** - Ephedra is the main ingredient in the version of the dangerous diet drug known as fen fen. Herbal fen-phen has not been shown to even work in clinical trials, but we know its misuse is associated with sever side effects, from heartbeat irregularities to death from heart attack and stroke.

Common Ailments and Historical Uses of Herbs

The following information is for your information only and is not intended to be used as a prescription for any ailment you might have. Be sure to consult a physician. The following information is from "Recipes for Success" and is based on Nature's Sunshine Products. Speak with Brenda to find out how to purchase products at wholesale.

- **Abscesses** – BP-X ATC and Vitamin A internally for prevention, put hot water on cloth with a few drops of Thyme Linalol. Apply for 5-10 minutes. Follow with Black ointment to abscess until it opens. Drain, sterilize with Tea tree oil, and pack with PLS II mixed with oil to make a paste or golden salve.
- **Acne** – Botanical Benefits skin care products. Adult: BP-X (2-3) or SKN-AV w/vitamin A&D. Bowel cleansing to increase fiber in diet. ACNE homeopathic remedy. LIV-C 6-9 a day. Hi-Lipase for better digestion of fats. Black currant oil to provide essential fatty acids. Teenage: Burdock (2 x 3) add hormone herbs to above. Male: Sarsaparilla, X-A, and Siberian Ginseng. Female: FCS II, Damiana. External: Pau d'Arco lotion, Colloidal silver, Tea tree oil, Ylang Ylang in massage oil or aloe vera gel. Eliminate dark-colored soft drinks such as Pepsi and Coke.
- **Adrenal Glands** – Licorice root and/or HY-A or HY-C build strength in the adrenal glands. DHEA-F or DHEA-M. Chinese mineral Chi + HS-C is a very good tonic for exhausted adrenals, i.e., "burn-out". AD-C (2 capsules every 2 hours) will correct adrenal stress when emotions are involved. Herbs are very effective for hypoglycemia, caused by adrenal "wipe-out" when used with protein or high fiber foods. It is especially important for hypoglycemics to have protein within one hour of awakening. Synerprotein in a milk, yogurt, or fruit shake. Homeopathic: Fatigue/Exhaustion, Distress remedy.
- **Aging** – Super antioxidants to prevent free radical damage, Life-Protex for nutritional support and free radical protection while supporting vascular system health, DHEA-F or DHEA-M, Barley green or Super Algae, Ginkgo & Hawthorn, Anti-Oxidant Arsenal with Grapine, Melatonic, Mega-Chel as multiple vitamin.
- **Allergies** – Food – Improve digestion with PDA and Food enzymes and LIV-J. For Children: Sprinkle Proactazyme on the food. Alfalfa (3 daily). Dairy: Allergies – Dairy Homeopathic. Grains: Safflowers and Allergies-Grains Homeopathic. Fats: Hi-Lipase. MSM – Allergies are often due to a sulfur deficiency (Elizer BenJoseph). Note: If you avoid dairy, be sure to supplement with calcium. Cleanse the bowel – Consider Candida Albicans. Note: According to Frank Meisse, "If you have allergies, you have a liver problem. See liver information."
- **Allergies** – Pollen – Antihistamine Combinations: Four, SN-X, ALJ, BRN-AV. Decongestants: Fenugreek & Thyme and Tei Fu Oil used externally under the nose. Breathe free essential oils blend. Additional Products: Special formula #1, Bee pollen, Grapine. Chewable calcium (Herbasurs) – 1 four times daily for children. Homeopathics: Allergy, hayfever/pollen, mold/yeast & dust. See Sinus information. Note: According to Frank Meisse, "If you have allergies, you have a liver problem. See liver information."
- **Alopecia** – Patches of baldness resulting in smooth, white skin. Usually caused by parasites, nerves and/or environmental. Parasites: Para-Cleanse followed by Artemesia. HSN-W of HSN Complex, Jojoba Oil rubbed into scalp at night. See Parasites, Detoxification, and Nerve information.
- **Anorexia** – Often caused by hypoglycemia: Licorice root or HY-A. Bergamot Essential oil – smell directly out of bottle or diffuse and apply mixture of 10-15 drops in ½ ounce massage oil to bottoms of feet and stomach (avoid the sun after use). Super Supplemental and Garden and orchard essentials to supply missing vitamins and minerals. Nerves: Nutri-Calm, Stress Pack, STR-J or Eight with B Complex and calcium (See calcium information). To support heart: Potassium and HSII.
- **Alzheimer's Disease** – Prevention: Vitamin E w/Selenium; sufficient levels of folic acid and B-12, limit vegetable oils, eliminate all aluminum (cookware, foil, deodorants, antacids). Treatment: Ginkgo/Gotu Kola concentrate – 3 a day, Enviro Detox and Homeopathic Detoxification, Lecithin helps 1/3 of all patients, B-12 and Mind Max to help with forgetfulness and confusion, Grapine, Melatonic to aid sleep (1 capsule at bedtime). Treatment for parasites as parasites in the brain can cause symptoms, which mimic Alzheimer's Disease – See parasite information. Reverse Osmosis Purified Water.
- **Appetite** – Depressants: SF, AS, Garcinia Chi, SF Tea with Garcinia, Fat Grabbers. 5HTP Power causes a loss of appetite for red meal and sugar. Stimulants: Saw Palmetto, Chamomile, Bergamot and Lemon essential oils. Homeopathic: Appetite control.
- **Arrhythmias of the Heart** – CO Q-10 (30) – 6 a day for 30 days; 3 a day for 30 more days; 1 a day for maintenance thereafter. L-Carnitine, Magnesium and potassium are the primary minerals that are lacking. Hawthorn berries, HS II or Mega-Chel, Stress Pack with B-6 and B Complex, Cordyceps.
- **Asthma Attacks** – For attacks: alternate every minute: Lobelia Essence (bronchial dilator); CC-A with Yerba Santa (clears mucous); & Licorice extract (Reduces inflammation). Nature's Chi will ward off an attack if taken immediately (2 capsules every 4 hours). Homeopathic: Asthma and Distress remedies. Frankincense or Breathe Free essential oils.

- **Asthma, Kids** – Eliminate dairy products. Open the bowel – LB extract and fiber. Treat for Candida – See Candida (Children) information, can be caused by mercury poisoning. See detoxification information. ALJ Liquid, Lobelia essence as bronchial dilator, Frankincense or Breathe free essential oils, Elderberry, Chewable, Homeopathic: Asthma and Distress remedies.
- **Asthma, Prevention** – LH, BRN-AV, AL-C and/or ALJ to build and cleanse the lungs. Marshmallow & Fenugreek to cleanse mucous from the lungs. Cleanse the bowel and the lymphatic system. Candida and mercury poisoning (detoxification) can be complicating factors. Essential fatty acids are often helpful – Black currant oil, Evening primrose oil, Flaxseed oil, or Omega 3 oils, Frankincense or Breathe free essential oils. MSM daily is an excellent prevention.
- **Arthritis** – Best product: JNT-Ease convenience pack. Minimal program: JNT-A or JNT-AV and/or MSM. Calcium products with PDA for absorption. Glucosamine and Chondroitin – try for at least a month. Morinda (4-8 daily). Additional products to consider: Grapine, Licorice ATC root, BON-C, Pantethenic acid, Black currant oil, Omega 3, Feverfew, Una de gato, SC, Homeopathic: Arthritis and inflammation remedies. Essential oils: Cellu-tone used in bath followed by deep relief massaged into muscles.
- **Arthritis, Rheumatoid** – Glucosamine and Chondroitin, JNT-A – 3 a day, Omega-3 and/or flax seed oil – reduces inflammation, Pantethenic acid – 200 mg daily to combat effects of stress, MSM markedly reduces inflammation over a period of months, VS-C and Oregon grape – for viruses which cause inflammation, Morinda capsules or liquid (alternate to see which works best), APS II for the pain, Colloidal minerals – 3 times a day, Essential Oils: Cellu-Tone used in bath followed by deep relief massaged into muscles,. Wild Yam internally and Pro-G-Yam Cream externally.
- **Athlete's Foot** – Candida control diet and supplements to correct the cause. See candida information. Pau d'Arco extract or colloidal silver applied externally twice daily – takes at least 3 weeks. Homeopathic: candida remedy. (Personal note: soak foot in white vinegar every night for 10 minutes.)
- **Attention Deficit Disorder** – May be caused by an over-abundance of mercury and/or aluminum – check with hair analysis. See detoxification information. May be caused by a lack of minerals. Chinese mineral chi is the best source. Nature's Chi, VAL extract and/or STR-J liquid or capsules, Grapine, Magnesium, MindMax liquid, Brain Protex, HVP ATC or Passion flower – Super algae or Spirulina. Consider hypoglycemia. Limit the carbohydrate consumption. Elimination of sugar and artificial food colorings is important. May be cause by a milk allergy. See allergy information. Many ADD kids have asthma. Treating one often clears up the other. Reference: Feeding the Brain by Keith Conners, Ph.D. Contact: Finegold Association: 1-800-321-3287.
- **Back Pain (Including herniated disk)** – PLS II, CA & JNT-A, Morinda – 2 capsules twice daily, Ylang Ylang essential oil. Homeopathics: Pain, sciatica, inflammation remedies. Herbal back adjustment when needed.
- **Bed Wetting** – Can be caused by milk allergies (substitute Tofu Moo), parasites, low blood sugar (limit carbohydrates at night and have a protein snack just before going to bed. Licorice root), kidney weakness (Corn silk at bedtime), thyroid weakness. Homeopathic: bedwetting.
- **Bell's Palsey** – HVP, Alfalfa, and Horsetail (all used together), Nutri-Calm with calcium (see calcium information) to feed the nerves, combination potassium – Jonas Yoder, noted herbalist, states that all Palsey is caused by a lack of potassium. St. John's Wort.
- **Bone Spurs** – Treatment: Tea tree oil and/or BON-C applied externally for a long time. CA concentrate and Spirulina plus Hydrangea and Digestazyme – take a lot. Guggul Lipid, Lavender oil applied externally helps with the pain. Prevention: Correct calcium imbalances (see calcium information).
- **Bronchitis** – Bowel cleansing is essential so mucous can move. Take daily to build and cleanse: ALJ, LH, Nature's Chi, Yerba Santa, and/or BRN-AV. Lobelia essence (have 2 bottles on hand at all times) – use to stop bronchial spasms as needed. CC-A relief pack as soon as a problem starts. If chronic, consider candida Albicans as the cause. Homeopathic: Asthma remedy.
- **Bites and Stings** – Externally: Black cohosh, Una de gato, or crushed Grapine tabs (mix with water or oil to make a poultice and change every hour), Jojoba oil, Morinda or Black ointment. Internally: Black cohosh or C-X plus Calcium (see calcium information) plus Combination Four given frequently (every 15 minutes the first hour, then every hour thereafter) to neutralize the poisons. BP-X to clean the blood, MSM binds and neutralizes the foreign proteins, Nervine (see nerve information) herbs to protect the nervous system, SUMA will prevent the spread of the poisons and encourage new skin growth. See detoxification and lymphatics information. Homeopathic: Inflammation, and distress remedies.
- **Blood Clots** – To dissolve (and prevent recurrence): Butcher's Broom 2-2-2, Capsicum 1-1-1, working to 2-2-2, Mega-Chel 2-2-2. In addition to supplements, apply moist heat for 30 minutes twice a day. Note: Many herbalists suggest Butcher's Broom as a substitute for blood thinning drugs used to prevent strokes caused by blood clots.
- **Blood Count** – To build red blood cells: I-X, Yellow Dock, Pau d'Arco, Blue Vervain liquid herb, (Dandelion increases iron absorption), Iron tablet. To increase white blood count: Echinacea, Anamú, Ginseng (will also lower chronically high blood count), Germanium, and Una de gato.

- **Blood Pressure – (High)** – Weight loss is very important if the person is overweight. Mega-Chel, GC-X: Capsicum, Garlic & Parsley; or Garlic, High potency. Stress Pack is very effective if high blood pressure is caused by tension (1-2 pkgs. daily). Reduce water retention, which causes pressure in the blood vessels to rise. Eliminate coffee as 3 cups a day raises blood pressure an average of 15%. Insufficient calcium can be a cause. Avoid using Rosemary essential oil with high blood pressure. Note: Beta-blockers increase risk of heart attack by 60%. (Personal note: Remove all salt from diet and exercise 2-3 times a day: 15+ minutes with a heart rate of 150 depending on your age).
- **Blood Pressure – (Low)** – Caused by low thyroid function resulting in slow circulation, adrenal exhaustion, and/or sodium/potassium imbalance. Dehydration can also be a cause. Sodium: Aloe Vera Juice, Dandelion, and KC-X. Note: If you are not using table salt, using it daily will often correct low blood pressure. Anyone who has raised animals knows the importance of salt in the diet. Potassium: Potassium combination or Herbal tonic supreme. Colloidal minerals for trace minerals. Circulation: Gingko and Hawthorn, HS II, GC-X and/or Capsicum, Rosemary essential oils. See Adrenal and Thyroid information.
- **Blood Thinners** – APS II – 3 capsules a day provide about the same amount of salicin as a baby aspirin. Capsicum, Guggul lipids, Vitamin E with Selenium.
- **Bloody Nose** – Caused by weak capillaries and/or high blood pressure. Apply Lemon essential oil on a cotton ball (avoid the sun after usage), Citrus bioflavonoids, Grapine, high potency, Alfalfa contains Vitamin K, necessary for proper clotting of blood. See blood pressure – high information.
- **Brain Improvement** – Brain-Protex – Gives maximum protection against free radical damage while supporting memory and brain function. Cordyceps – Eliminates disease related to blood flow to the brain. Gotu Kola or GGC, Mind Max, Ginkgo/Gotu Kola concentrate, L-Glutamine.
- **Breast Cysts** – Vitamin E – 1200 IU per day, Vitamin A&D – 4 caps per day, Chamomile – 8 per day, BP-X – 2 per day, Special Formula #1 – 6 per day. Complete elimination of all caffeine.
- **Breast Enlargement** – Safflowers with Saw Palmetto, Master Gland.
- **Breast Implants** – All implants use chemical envelopes regardless of the contents, and the envelopes always shed. Do NOT breast feed with implants or baby is exposed to chemicals. Diseases caused by implants include fibromyalgia, arthritis, lupus, joint pain, short-term memory loss, weakening of immune system. Removal is critical to regaining health. See detoxification information. Supplements which help to offset the effects of chemicals in system (even after implants are removed) include Garlic, Grapine, JNT-A, and all Anti-oxidant vitamins. Reference: The Silicon Breast Implant Controversy by Vasey.
- **Breast Soreness** – May indicate a lack of sufficient Vitamin E. Take 800-1200 IU of Vitamin E with Selenium daily. Elimination of all caffeine (coffee, soda and chocolate) will often eliminate the problem. HIGS II to cleanse lymphatics, Female hormone balancers: FCS II, C-X, FC with Dong Quai, Pro-G-Yam cream applied externally twice daily. Vitamin B-6 (4 daily) from ovulation until start of menses. Elimination of anti-perspirants is essential – substitute natural deodorants.
- **Bruising** – Caused by weak capillaries. To strengthen capillaries: Grapine, Citrus bioflavonoids, Alfalfa, which contains vitamin K, necessary for proper clotting of blood.
- **Burns** – Aloe vera gel or Herbal trim alternated with ice as often as necessary to handle the pain. Before scabs form, spray frequently with Tea tree oil, Colloidal minerals, and Aloe vera or Colloidal silver to prevent infection. After scabs form, peel away and apply Vitamin E and Vitamin A&D (pierce the capsules) to prevent scars. Follow with Healing AC cream. Sunburns: Aloe vera gel or Herbal trim lotion, Lavender essential oil, Healing AC cream.
- **Bursitis (Inflammation of shoulder or hip)** – Best product – JNT Ease convenience pack, JNT-A and/or JNT-AV, MSM, Glucosamine and Chondroitin (4 daily) try for 4-6 week minimum. Deep relief essential oil blend applied in massage oil. Calcium with PDA for absorption. See calcium information. Licorice root to stimulate production of natural cortisone. Tei-Fu massage lotion as topical pain reliever. Una de gato, IF-C and inflammation homeopathic as anti-inflammatory herbals.
- **Calcium** – Factors which increase absorption: Hydrochloric acid (PDA); Parathyroid support (TS II or KC-X); Magnesium. Factors, which inhibit absorption: Excessive meat and phosphorous (soda pop). Products: Calcium plus vitamin D, SKL, Calcium-Magnesium (SynerPro); CA, Herbasurs Chewable Calcium. Calcium Deposits: Hydrangea (3-4 capsules 3 times per day). Note: Weight-bearing exercise combined with calcium helps slow bone loss as we age. Exercise, Exercise. See calcium requirement information.
- **Calcium Requirements** – Recommended daily dosages (Include PDA for maximum absorption): Men and Pre-menopausal women: 800-1000 mg. Daily. Post-menopausal women: 1500 mg daily. Take morning and evening with the highest amount in the evening because the calcium level falls to its lowest in the early morning hours. Note: Weight-bearing exercise combined with calcium supplementation is the best way to protect bone density.

- **Cancer** – Pau d'Arco Power Pack (use twice the suggested dosage for several weeks) plus Una de Gato (9 daily). Note: Una de Gato needs HCL (PDA) for activation. Green Zone is an important nutritional support product. DHEA – Low levels have been associated with increased cancer rates. Red clover blend liquid herb, Enviro-Detox, Special formula #1, Consider parasite involvement (see parasite information), For Immune System: IMM-C, Defense Maintenance, Anti-Oxidant Arsenal and Phyto Soy are excellent preventatives. Pau d'Arco helps with the pain in the end stages of this disease. See Chemotherapy information.
- **Cancer (Prevention)** – Super antioxidant contains Tocotrienols, which prevent breast cancer; Lycopenes, which reduce risk of prostate cancer; Tumeric, which has anti-mutagenic activity, and Milk thistle, which protects the liver. Defense Maintenance – Can be used as a multiple vitamin if you add B complex. Green Zone whole food complex with antioxidant properties. Grapine. Anamú – Inhibits cancerous cell division and increases thymus gland activity. (Inhibits fertilization in rats. Don't use if trying to get pregnant). See Cancer information.
- **Cancer (Skin)** – Twice daily: Cleanse and tone skin with Botanical benefits products. Apply Tea tree oil directly followed by Geranium oil in massage oil (7 drops to ½ ounce) directly to the cancer spots. Follow with Vitamin E with Selenium (pierce a capsule and apply with your finger. Three times daily: Diffuse geranium oil for 10 minutes. Take Pau d'Arco and E-Tea or BP-X ATC concentrate plus Super Antioxidants internally.
- **Canker Sores** – Prevention: L-Lysine and/or Calcium with PDA for absorption. Editor's Note: We find most canker sores are caused by calcium deficiencies rather than a lysine deficiency as commonly thought. Stress burns extra calcium and canker sores usually occur during times of stress. Treatment: Gargle daily with a few drops of Tea tree oil or apply Golden Seal/Parthenium extract or Peppermint oil to sores. Increase calcium intake.
- **Carotid Artery** – Plaques in the artery is caused by calcium imbalance due to a lack of potassium iodide. Black walnut provides potassium iodide to prevent plaques. Super Anti-oxidants contain Toxotrienols, which prevent plaques. Mega-Chel used with Black walnut will safely open the blockages in the carotid artery.
- **Carpal Tunnel Syndrome** – Vitamin B-6 (with entire B Complex). The results will not be noticed for at least 12 weeks. One distributor suggests 12 B Complex + 12 B-6 three times daily; gradually reduce dose to 2 of each 2x daily for prevention. MSM (6 a day) plus Yucca (6 a day) + B-6 (3 a day). RE-X, Mineral maintenance, Colloidal minerals, plus Target endurance has been reported to heal carpal tunnel. Combine 10 drops Lavender and 10 drops Eucalyptus in 1 oz. Massage oil. Massage mixture from the neck, down the shoulders and through the tendon running down back of arm into wrist and hands. BON-C internally and as a poultice applied at night. Increase calcium.
- **Cataracts** – EW taken internally. EW wash used three times daily: Boil ¼ cup purified water. Remove from heat. Empty 1 capsule EW into water and steep for 5 minutes. Strain through coffee filter paper. Refrigerate. Make new solution every fourth day. Vitamin C prevents the formation of cataracts. Vitamin E sharply reduces the risk that existing cataracts will worsen.
- **Chemical Poisoning** – Take a Hydrated Bentonite bath twice weekly. Pour one-half bottle of Bentonite in the tub and fill with hot water. Soak until the water cools off (20-25 minutes). You may notice strange colors in the water from the toxins pulling out. Tiao He Cleanse (3 packages) plus BP-X (2-3 daily) or Enviro-Detox (6-10 daily) plus Detoxification homeopathic. LIV-C to assist the liver in cleansing. Una de Gato and Grapine (high potency) every day. Synerprotein 1-2 times daily to increase protein intake. If overweight, lose weight because chemicals are stored in fat cells. As you lose, chemicals will be released, so take lots of fiber to flush them from the body.
- **Chemotherapy** – Una de Gato and Defense maintenance to bolster the immune system. Vitamin E with Selenium (1600 IU) prevents hair loss. Thermo-Meal and Green zone to provide balanced, easy-to-digest meal with adequate protein. For nausea: Homeopathic: Nausea/Vomiting remedy and/or Ginger. To offset chemical side effects: Bee pollen, Barley green, BP-X or Enviro-Detox, or CO Q-10 (200 mg. Daily).
- **Cholesterol** – Twice Daily: 1 Guggul lipid, 1 Mega-Chel, 1 Omega 3 EPA, and 1 Black current oil. In the morning add 1 High potency garlic. Chinese red rice (HONGQU) to prevent liver from synthesizing "bad" cholesterol. LOCL or Fat Grabbers as a source of soluble fiber. Flaxseed oil to emulsify fat and move it through system. DHEA- helps lower serum LDL, the "bad" cholesterol. Do a gallbladder and/or liver cleanse if high cholesterol persists. Eliminate caffeine as it increases free fatty acids in the bloodstream. NOTE: Cholesterol-lowering drugs deplete the body of Coenzyme Q-10, a basic heart nutrient. (Health Revelations, 2/95) (A personal note: Change diet – Eliminate daily and red meat. Eat a lot of salmon and other fish. Eliminate cream cheese, ravioli and other fat foods. Exercise is a must to bring down cholesterol.)
- **Chron's Disease (Chronic inflammation of part of the small intestine, which can cause scarring, and narrowing of the passageway)** - Symptoms include diarrhea, severe cramping, abdominal pain, loss of appetite and energy, malabsorption and possible anemia. Nutri-Calm or STR-J or Eight + B Complex. UC3-J and Bowel build to heal the intestinal tract. Acidophilus or Flora Force or Bifidophilus. Aloe vera juice (4-6 oz daily) and Liquid chlorophyll for healing. To stop the bleeding: Slippery Elm, Marshmallow, or Rose Hips. Homeopathic inflammation and Una de Gato. Consider an allergy to wheat, oats, rye, barley, and corn as possible cause. Intestinal Flukes may cause this disease. See parasite information.

- **Cold Sores** – VS-C and L-Lysine for treatment and prevention. Oregon grape – Take internally and apply externally 2-3 times daily. Homeopathic: Cold sore/Fever blister.
- **Colic** – Catnip & Fennel liquid – Give a few drops every 1-2 minutes until crying stops. Mom should take 2-3 times daily if breast-feeding. Distress remedy homeopathic every 5-10 minutes. Roman chamomile essential oil is massage oil applied to bottom of feet and abdomen. Flora force: $\frac{1}{2}$ capsule dissolved in water on a spoon. Chamomile tea. 1-2 drops Peppermint oil in 2 oz. Of water. Nursing moms should avoid chocolate, onions, caffeine, garlic, broccoli, sugar, cauliflower, dairy (even cream in your coffee can cause problems).
- **Colitis (Inflammation of the colon)** - This treatment is good for spastic colon also. CLT-X, UC3-J and/or UC-C. Aloe vera juice to heal the mucous lining. Bowel build. Una de Gato or IF-C plus Inflammation homeopathic. STR-J, Eight, ATC, or Stress pack to control the stress that aggravates this condition. Roman chamomile in massage oil applied to abdomen. Avoid raw foods, using cooked fruits and vegetables or juices. Use AG-X or AG-C to dispel excess gas. MSM to reduce inflammation of intestines. Can be caused by parasites. See parasite information.
- **Congestive Heart Failure (Weakening of the heart causing poor blood flow to vital organs)** - CO Q-10 – At least 300 mgs. Daily. L-Carnitine, Magnesium – level has a direct correlation with survival rates. Hawthorne (capsules or liquid) or HS II.
- **Constipation** – Add fiber to diet (Psyllium, Nature's three, or LOCLO) along with Bowel stimulants. See bowel herb information. Combine 2-oz. Massage oil with 10 drops each of Rosemary, Lemon and Peppermint oils. Massage over colon from right to left. Use with colonic and enemas to get a good release. Aloe Vera juice – whole leaf, Acidophilus, Flora force, or Bifidophilus. Note: Children often become constipated from dairy products.
- **Constipation (Children)** – LB Extract to stimulate peristalsis. Bifidophilus for kids, chewable to increase beneficial bacteria in the bowel. LOCLO to provide fiber to soften the stool. Garden and/or Orchard essential, chewable to provide needed nutrients if children do not eat enough fruits or vegetables. Liquid Chlorophyll and/or Aloe vera juice in water.
- **Convulsions** – Lobelia essence, Catnip tea or enema or catnip & fennel extract. Lavender and Roman chamomile in cool bath or rubbed on feet with massage oil.
- **Cough** – Homeopathic cough syrups: DH – For a dry, hoarse cough (Use with LH-C), LP – For a loose, phlegmy cough (use with AL-C), NT – for nighttime relief. Children's homeopathic: Cough syrup. Diffuse Pine needle and tea tree oils for 20 minutes 3 times daily near the person with the cough. BRN-AV – 4-6 capsules 3-4 times a day. CC-A with Yerba santa liquid. Cough syrups: Golden seal/partenium extract with lemon, honey and water; Lobelia extract taken in $\frac{1}{4}$ cup water.
- **Cravings (Food, Sugar & Alcohol)** – Morinda, L-Glutamine, Chromium (3-4 daily), Licorice root, or HY-A, or HY-C, Nutri-Calm or Eight ATC if you are eating in response to stress. PMS food cravings are often eliminated with Phyto-Soy. Chocolate Cravings: Magnesium & GTF Chromium. See Addictions and Hypoglycemia information. Note: A low fat, high carbohydrate diet will lead to sugar, caffeine, and alcohol cravings. Eat protein in every meal and eat at least every 4-5 hours. Synerprotein drinks are an easy way to add additional protein to the diet.
- **Croup** – Lobelia essence – internally and rubbed on cheek, Blue vervain liquid herb will loosen up throat and chest, Mullein tea, Una de gato liquid herbal combination, Catnip tea enema (1-2 capsules in 1 cup water), Tei-fu oil or breathe free in vaporizer.
- **Cystic Fibrosis (Inherited disorder affecting the pancreas, causing deficiency of pancreatic secretions and poor fat digestion)** - P-14 or Juniper Berries, Food enzymes and Papaya mint for digestion, Frankincense essential oil, Bowel cleansing with fiber, Fenugreek & Marshmallow or Blue vervain for lung mucous. Parasites can be a contributing factor. See parasite information.
- **Cysts** – BP-X (2 a day), E-TEA or Enviro-Detox – (6 a day) to purify the blood. Special Formula #1 – 6 a day, Chamomile – 8 a day, Lavender oil – Apply directly to cysts 2-3 times daily, Una de Gato – 6-9 a day, Vitamin A – 100,000 IU a day for the first month, 75,000 IU a day for the second month, 25,000-50,000 IU maintenance thereafter. Liver cleansing strongly suggested. Ovarian cysts: Add FC with Dong Quai.
- **Depression** – AD-C (Anti-Depressant), St. John's Wort with Passion flower – calms those suffering from anxiety, Kava Kava – creates feeling of milk euphoria, 5HTP and exercise produces Serotonin, a natural mood-elevator. Homeopathic: Depressaquel remedy. Folic acid plus – 1/3 of depressed adults were lacking in folate. Bergamot or inner peace essential oils. Super supplemental – 4 daily (vitamins influence mood through their role in the synthesis of neurotransmitters.) Causes include low thyroid, Hypoglycemia, Candida. Reference Book: Depression & Natural Medicine.
- **Depression (Post-Partum)** – Caused by the sudden drop in progesterone after giving birth. Poor eating habits can lead to hypoglycemia, which can cause depression. Products, which supply progesterone, include wild yam, Pro-g-yam cream. See Hypoglycemia and Depression information.

- **Detoxification** – Enviro-Detox or BP-X with Homeopathic Detoxification. Tiao he Chinese cleanse – Use 2 full packages (2-3 packets daily, depending on bowel tolerance). Follow up with LIV-C or Liver cleansing to continue liver detoxing. See Liver Cleansing information. Pau d'Arco power pack. Bentonite Baths: Pour ½ bottle Hydrated bentonite in tub and fill with hot water. Stay submerged until water cools off. Will draw out toxic wastes. See Lymphatics information, as the lymphatic system is critical to detoxifying. See Chemical Poisoning information.
- **Diabetes** – P-14, Nopal, and/or NBS-AV to feed the pancreas and lower the blood sugar (See Science of Herbal Medicine), Morinda and Anamú lower high blood sugar, Mega-Chel supports the circulatory system, Soluble fiber (LOCLO) 2-4 times daily, Zinc promotes the formulation of insulin, Chromium is the missing mineral in many diabetic's blood. It lowers the amount of insulin needed. Colloidal minerals provide vanadium, a trace mineral, which works with chromium to prevent diabetes. Vitamin E causes cell membranes to be more permeable to insulin. Sores that won't heal: Golden salve applied externally. Some believe that parasites in the pancreas may cause diabetes.
- **Diaper Rash** – Internally: Acidophilus, Bifidophilus or Flora force – 1 capsule daily given in water on a spoon. If child is old enough to chew, give chewable Bifidophilus. Externally: Pau d'Arco lotion, Healing A/C cream, Golden salve, Aloe vera gel, Herbal trim, Slippery elm, or a paste made of Acidophilus and water.
- **Diarrhea** – Homeopathic: Diarrhea remedy, Slippery elm – Stir bulk in applesauce, Roman chamomile massaged on abdomen along with UC3-J taken internally, Bowel build – Please Note: If the gall bladder has been removed, there is a constant flow of bile which will cause diarrhea. Bowel build will help digestion, when the gallbladder has been removed, by providing bile acids. If prolonged, give Combination potassium to restore the potassium level and Acidophilus to restore beneficial bacteria.
- **Diverticulitis** – CLT-X and/or MSM for inflammation, Acidophilus, Bifidophilus, or Flora force, Aloe vera juice, PDA for digestion. Poorly digested food can be very irritating to the bowel. Gradually increase fiber (see fiber information) to prevent the disease from advancing. LOCLO or Psyllium seeds (not hulls) are the most easily tolerated fibers.
- **Dizziness** – Often caused by an inflammation of the inner ear caused by a virus (Labyrinthitis). VS-C, Garlic (High potency), and Pau d'Arco. Lavender oil rubbed around the ear. STR-C. If experienced after having a stroke: Ginkgo/Gotu kola and Grapine. Can be caused by low blood sugar – see hypoglycemia information. Can be caused by dehydration or mineral imbalance: use Herbal tonic supreme and/or colloidal minerals.
- **Earaches** – Externally: CBG extract, Pau d'Arco extract, Tea tree oil, and/or Garlic oil. (When administering eardrops, always have the person lie on their side for 5 min.) Rub Lavender oil around outside of ear. Internally: Adults: VS-C and High potency garlic. Children: CBG extract four times daily, Elderberry plus, Chewable C. Homeopathic earache pain remedy. Suspect candida if infections become frequent. Note: Excessive earwax may be caused by a lack of essential fatty acids.
- **Eczema** – SKN-AV and Vitamin A&D, Morinda. Can be caused by Staph infection: Oregon grape liquid internally and externally. Homeopathics: Acne, Eczema/Psoriasis remedies. BP-X or Red clover for blood purification, Bowel cleansing, Pau d'Arco lotion or golden salve applied externally.
- **Emphysema (Degeneration of lungs, usually caused by smoking or inhaling chemical irritants)** - LH; LH-C; BRN-AV; Marshmallow & Fenugreek; and/or ALJ. MSM decreases need for extra oxygen. Super antioxidant or Grapine. Anti-oxidants help reverse free-radical damage caused by smoking and chemical inhalants. Essential fatty acids (Omega-3 or Flaxseed oil) decrease prostaglandins, which encourage bronchospasm & inflammation. Note: Carbohydrates increase the body's production of carbon dioxide, which inhibits breathing. Six studies confirm that eating excess carbohydrates slowly asphyxiates people who have emphysema. (Health Revelations, Volume III, No 11).
- **Endometriosis** - Possibly caused by estrogen dominance caused by an overloaded or toxic liver. See liver cleansing. FC with Dong quai – 6 a day. False unicorn or Bayberry – 4 a day. Use more to manage hemorrhaging (9-15 a day). Vitamin A & D – First month: 100,000 units a day. Second month: 70,000 units a day; Third month and thereafter: 50,000 units a day, increasing to 100,000 one week before the flow begins. After third day of flow, drop back to 50,000 IU. Wild yam and Pro-g-yam cream twice daily externally for progesterone. Dosage should be highest last 10 days of the cycle. Cycles essential oils applied to abdomen twice daily.
- **Energy** – Energy-V pack or ENERG-V, Super algae or Green zone, Invigorating essential oils blend, Cordyceps to increase physical stamina and mental energy, IMM-C to generate Chi or Chinese mineral chi tonic. Adrenal glands – See adrenal glands information. Thyroid – See thyroid information; Candida control – See candida information; B Complex – See B-complex information. Iron – I-X or Iron tab, Cleanse and support the liver – BP-C or LIV-A, Improve digestion – PDA, Food enzymes, LIV-J, Homeopathic: Fatigue/Exhaustion remedy.

- **Epilepsy** – Seizures can be caused by an alkaline flow in the stomach causing a malabsorption of B-6, Calcium and Magnesium. Limit carbohydrates. PDA to ensure absorption of minerals. Lobelia and Passion flower or Kava kava in times of stress, SKL (Calcium and Magnesium) plus PDA for mineral absorption, B-Complex for the nervous system, Black currant or Evening primrose oil to provide the essential fatty acids. Parasites can be a major cause – see parasite information. Reference: Seizures & Epilepsy in Childhood: A guide for Parents, by Dr. John M. Freeman.
- **Eyes** – EW internally and as an eye wash (1 capsule dissolved in ¼ cup hot water – let steep for 10 minutes and strain), Colloidal silver dropped in the eyes as anti-bacterial, 2 drops of Roman chamomile in 4 oz. Warm water. Put on cotton ball and rub across closed eye from inside to outside, Passion flower, Eyebright plus with lutein – Prevention of macular degeneration. Dry eyes: Related to sinus congestion and dry nasal passages (see sinus information) or Hypothyroidism (See Thyroid information). For nasal passage, insert golden salve, using a Q-tip, 2-3 times daily. Diabetic Retinopathy: Grapine and Bilberry. Night Blindness: Bilberry and Vitamin A&D or Beta-Carotene. See Macular Degeneration information.
- **Facial Hair** – Can be caused by hormone imbalances and/or Adrenal stress. Adrenals: Chinese mineral chi with HS-C. Hormonal: Siberian ginseng, X-A, Damiana, Pro-g-yam cream, C-X.
- **Feet** – Sore, Burning, Cracked, Smelly – Sore or Burning: Consider circulation, bowel cleansing with increased fiber in diet, pantothenic acid – 500 mg daily, support kidneys to flush out excess uric acid. Cracked: Flax seed oil or Black currant oil (1-4 capsules daily), HSN-W, Golden salve applied at bedtime. Wear socks to bed. Smelly: Zinc, B Complex.
- **Fever** – Nature's way of burning toxins in body. Should only be fought when too high to be safe. Catnip enema or Catnip & fennel liquid herb will lower fever. Lobelia essence if seizure is eminent. Eucalyptus oil cools with fever and warms with chills, IF-C (Inflammation & Fever), STR-C (Quench the fire) – 3 capsules every 4 hours. Homeopathic: Fever. Use Prime Form recovery to restore electrolyte balance. Children: Fever homeopathic, Elderberry plus, Chewable C, Antioxidant w/Grapine.
- **Fever Blisters** – L-Lysine, VS-C internally and applied externally, Tei Fu oil or Tea tree oil applied externally, Geranium essential oil on a cotton ball applied to blister.
- **Fibrocystic Breast Disease** – Complete elimination of caffeine. Combine 5 drops each of Roman chamomile, Lemon, and Geranium in 1 ounce massage oil. Massage in "figure 8" around the breast twice daily. Damiana and/or Dong quai, Vitamin E with Selenium – 800-1200 IU daily.
- **Fibroid Cysts (Benign growth of various shapes and sizes which may be estrogen-fed)** - Only 3-7 cases per 1,000 become cancerous. Fasting 24-36 hours a week may shrink them eventually. Eliminate all caffeine (coffee, tea & chocolate) and foods high in estrogen (meat, milk, chicken, alcohol) as the growth of the cysts may be encouraged by excess estrogen. Liver cleansing (see information) is essential to give the liver enough strength to convert harmful forms of estrogen to estriol, the "good" estrogen. Without this cleansing, they will return. Support products: Special formula #1, BP-C or LIV-C, B Complex, FCS II or FC with Dong quai, Vitamin A&D.
- **Fibromyalgia (musculoskeletal disorder causing chronic muscle aches)** - Caused by a toxic body (See detoxification). Candida can also be a cause (see candida). 5-HTP power, Fibralgia (4 daily) plus 2-4 capsules Flax seed oil plus 6 capsules Lecithin (up to 12 a day) for nerve sheaths. Grapine plus JNT-A plus Glucosamine or JNT-Ease, Una de gato, Magnesium (500 mg 2x daily) and B-6 for inflammation. Melatonin extra for enhanced sleep. Morinda for pain relief. VS-C for the low –grade viral infections that cause additional pain. Colloidal or Chinese mineral chi minerals. Check for possible food intolerances. Suggested reading: Eat Right 4 Your Type. Example: Type A should eliminate orange juice. Ginkgo to increase circulation to that area of the brain that is affected. Red clover blend or Enviro-Detox. Homeopathics: Arthritis, Gout, Inflammation, and Sciatica (all these homeopathics contain Rhus Tox). Reference Book: Reversing Fibromyalgia.
- **Fingernails** – Lengthwise ridges indicate calcium deficiency. Crosswise tearing indicates iron deficiency. Little white specks indicate zinc deficiency. General weakness indicates poor protein assimilation (PDA) HSN-W or Horsetail plus Dandelion strengthens nails. Add MSM and Essential fatty acids (Evening Primrose oil, Black currant oil, or Flaxseed oil) for further strengthening. Fingernail biting caused by lack of silica (Horsetail or HSN-W); lack of B vitamins; Parasites (see parasite information); Nerves (see Nerve information)
- **Floaters in the Eye** – Usually the result of breakdown of the vitreous fluid which fills the central cavity of the eye. As people age, this fluid often "clumps together" and becomes visible as "floaters". Eyebright plus internally and EW as a wash. See Eyes information for eyewash recipe. If these come and go quickly, consider low blood sugar as a cause. See hypoglycemia information.
- **Gastritis (Inflammation of the gastrointestinal tract)** - Often indicates a Zinc deficiency. Papaya mint chewable tablets, Peppermint oil mixed with massage oil and applied to abdomen, Stomach-comfort – a healthy alternative to antacids, AG-X or AG-C for the gas. 90-95% of gas is caused by undigested carbohydrates: Leguzyme encourages digestion of carbohydrates. PDA (to promote digestion of proteins which cause gas), UC3-J, Aloe vera juice or capsules. Homeopathic: Indigestion remedy.

- **Gout** – Homeopathic: Gout remedy. Dandelion, Safflowers, Burdock, & ATC K aid in the excretion of uric acid. Aloe Vera and liquid chlorophyll or barley juice powder to neutralize the acidity. Food enzymes and/or PDA help digestion so there is less formation of uric acid. Feverfew ATC – 2-3 daily during attacks; 1 a day to prevent. 8-10 red cherries daily are very helpful. Avoid ALL red meat, mushrooms, wine and beans (except green beans). Eliminate salt, alcohol & aspirin as they impede elimination of uric acid.
- **Graves Disease (Hyperthyroidism)** – Master Gland to balance the glandular system, TS II with HOPS plus additional HOPS to slow the thyroid, Target TS II and/or Alfalfa to balance the hypothalamus.
- **Gums** – Gum disease can indicate advanced osteoporosis. See calcium and osteoporosis information. Externally: To kill bacteria, use Tea tree oil applied with a Q-tip 2x daily and twice weekly, pour 1-2 drops of Tea tree oil on tooth brush. Pack gums with White oak bark at night. Or rub Lavender and bergamot oils on the gums to kill the infection. Internally: White oak bark to shrink the tissues, Co Q-10 (2-8 a day) increases circulation to the gums and is very effective at encouraging healing and tightening gums. Grapine and/or Citrus bioflavonoids plus Lemon essential oil on toothpaste for bleeding gums.
- **Hair Loss** – HSN-W with Jojoba Oil rubbed into scalp daily. Phyto-Soy – Genistein provided by Phyto-Soy helps block excess testosterone, which causes baldness in most men and in some women. Colloidal minerals or Chinese mineral Chi. Can be caused by: Hormone levels (FCS II or C-X), Low thyroid (TS II or KC-X with Target TS II), Stress (Stress pack, STR-J, RE-X, Nutri Calm, or combination Eight), Low fat diets (Use Black currant oil or Evening primrose to supply essential fatty acids for hair, skin, hormone production & nails). Lack of Vitamin A.
- **Halitosis (Bad Breath)** – Cause by incompletely digested food, impacted small or large intestines, or imbalance of bacteria in large intestines. To sweeten intestines: Acidophilus or Flora force, Liquid chlorophyll, Digestive enzymes (PDA and/or Food enzymes, Papaya mint). Marshmallow & Pepsin to strip mucous from small intestines. Tiao he Chinese cleanse. Metallic breath is caused by liver stress. See liver and liver cleansing information.
- **Headaches** – Causes: Tension; Lymphatic congestion; Sinus congestion; Hormones; For some people, NutraSweet. APS II – Fenugreek & Thyme. Stress Combinations – AD-C, STR-J, and Nutri-Calm. Tei-Fu oil rubbed on temples and back of the neck. Toxic headaches with nausea can often be relieved with Blue vervain. Feverfew taken daily will greatly reduce incidence of migraine headaches by cleansing the liver. If taken at onset of headache, will often “chase it away”. Liver cleansing suggested. Hormone headaches: Wild yam plus Grapine plus Pro-G-Yam cream. MSM or 5-HTP can also be useful. Headaches due to weather changes: Burdock – 2 capsules every 2 hours. Sinus headaches: ALJ plus Fenugreek & Thyme – 4 each every 2 hours.
- **Heartburn (A burning sensation below the breastbone caused by inflammation of the esophagus)** - Heartburn occurs when stomach acids splash back up the esophagus. Stomach-comfort – A healthy substitute for antacids. Improve digestion: PDA, Food enzymes, etc. Prevent gas formation: AG-X, AG-C, Papaya mint. See Gastritis information. Soothe and heal the esophagus and stomach: Aloe vera juice, UC3-J. Consider H-Pylori bacteria as a cause: Herbal HP Fighter.
- **Heart Palpitations** – Calcium and magnesium levels control the heartbeat. Apply Ylang Ylang in massage oil or aloe vera gel to heart area and ring finger on left hand. SKL with CA and Magnesium, HS II or Hawthorn berries, RE-X, STR-J, Stress Pack, or Nutri-Calm. L-carnitine – An amino acid which helps with circulation and heart muscle health. Can be caused by hormone imbalances; see Menopause information. Consider blood sugar fluctuations as a cause. See hypoglycemia and arrhythmias information.
- **Hemorrhaging** – Uterine – Treatment: Bayberry, Capsicum, and/or Alfalfa. White oak bark plus false unicorn plus FCS II. Avoid Dong quai at time of menses as it may increase bleeding. Douche with Colloidal minerals to tonify the uterus. Prevention – Vitamin A & D: First month – 100,000 IU a day, Second month – 70,000 IU a day, Third month and thereafter – 50,000 IU a day, increasing to 100,000 IU daily one week before flow. After third day of flow drop back to 50,000 IU a day. Wild yam internally plus Pro-G-Yam cream externally.
- **Hepatitis** – Healthy eating is essential for healing with hepatitis. No sugar or refined carbohydrates, red meat, or dairy products. Use Green zone twice daily as a balanced food source. THIM-J and Una de gato or IMM-C for the immune system. IF-C for the inflammation. BP-C, Milk thistle combination, and/or LIV-A for the liver. Drink ½ your weight in ounces of water daily with Liquid chlorophyll added or use Chlorophyll capsules to cleanse and support the liver. Chromium GTF to prevent food cravings. Infection herbs “by the ton”. See Infection, Bacterial or Viral Diseases information.
- **Hiatal Hernia (Stomach is bulging up into diaphragm, sending stomach acid into esophagus, creating a burning feeling after eating)** - For relief: Stomach-Comfort – A healthy alternative to antacids. For healing and prevention of symptoms: MSM greatly reduces inflammation and therefore heals. UC3-J or UC-C to soothe digestive tract and improve digestion. AG-X or AG-C and PDA to prevent the formation of gas. Eliminate all carbonated beverages, coffee, and tea, except herbal.
- **Hives** – An overdose of aspirin is considered to be one of the most common causes of hives. Burdock internally – 6 at a time. Homeopathic: Allergy. Ginger in bath water. See Allergy Crisis information. (A personal note: Stress also has a part to do with hives. Use anti-stress herbs and change lifestyle. May also want to look into chiropractic adjustments as this can break the stress pattern.)

- **Hot Flashes** – Natural Changes packet, C-X (Estrogenic) 6-8 capsules daily, Vitamin E with Selenium – 800-1600 IU daily, Licorice root – 1-2 daily, Wild Yam and Pro-G-Yam cream (acts like progesterone), Master Gland, Target TSII, and/or HY-C to balance the glands, IF-C (“Clear the Heat”), Liver Cleansing is essential. Homeopathic: Menopause remedy. Licorice – 2 regular caps at bedtime will act as precursor to hormones. Cleanse the bowel, as bowel toxicity will affect the glands.
- **Hyperactivity** – Combination eight, Nutri-Calm, or Stress pack. STR-J is particularly effective with children. Nature’s Chi (1 capsule twice daily), Grapine, VAL extract, Calcium. Eliminate all sugar, food coloring, and artificial flavors from diet. Always eat protein and monounsaturated fats (almonds, olive oil, peanuts, and avocado) with carbohydrates. Reference: Feeding the Brain, by Keith Conners, Ph.D. Contact: Finegold Association: 1-800-321-3287.
- **Hypoglycemia** – Licorice root, HY-C, NBS-AV, or HY-A – (avoid these in the evening unless you want to stay awake). Chromium, GTF (Glucose Tolerance Factor) 2-4 tabs, Pantothenic acid, Spirulina, Super algae, or Green zone to provide protein. Adequate protein for breakfast – Synerprotein or Thermo-meal within one hour of awakening. Small, frequent meals containing protein and complex carbohydrates. High fiber diet effectively helps regulate release of sugar into blood. Reference Booklet: Hypoglycemia, #5046-7.
- **Immunity** – Herbs: Echinacea, Parthenium, IMM-C, THIM-J (stimulates thymus response), Una de gato, Morinda, Defense Maintenance, Garlic, Grapine, Elderberry Combination, Super Algae. Homeopathics: Prevention. Thyme Linalol or Guardian essential oil used with THIM-J. Vitamins: Vitamin A&D, Vitamin C. Note: Proteins provide the key elements of the immune system and are necessary for every natural restorative process. Vegetarians must watch protein intake carefully. Synerprotein or Thermo-meal daily is good insurance. Super algae and Green zone are high in protein. Reference Booklet: Immune System.
- **Impotence** – Achieve with Yohimbe plus Masculine tonic. Homeopathic remedy. X-Action for Men or for Women. X-A and Siberian ginseng, Sarsaparilla, or Damiana for hormone stimulation. Cordyceps improves sexual power. Mega-Chel to increase blood flow to the penis (impotence in men is almost always associated with decreased circulatory function.). Consider hypothyroidism as a possible cause.
- **Infections (Children)** – Chewable vitamin C, Elderberry plus, Colloidal silver, Golden seal/Echinacea liquid herb, Children’s chewable or Liquid vitamins, Chewable Bifidophilus, Herbasurs homeopathic cold. Pine and thyme Linalol diffused or spiritzed in the room will kill bacteria and viruses.
- **Infections (Viral)** – Herbs: VS-C – 4 caps or tabs 3-4 times daily, Garlic, high potency – 1 twice daily, Oregon grape liquid – ¼ teaspoon 4 times daily, Citrus bioflavonoids – 2 tabs every 4 hours, Vitamin A&D – 4 pearls daily, Zinc – 3-4 daily, Colloidal silver – 1 teaspoon 3 times daily, Homeopathic: Viral recovery remedy. Pine and thyme Linalol diffused or spiritzed in the room will kill bacteria and viruses. Note: Colds and flu are viral infections.
- **Infertility** – Females: FC with Dong quai plus Vitamin E with Selenium plus Bayberry to open blocked tubes. Geranium or cycles essential oil to balance hormones – Synerprotein or Thermo-meal 2x daily. (A study done at Stillman College, Tuscaloosa, AL found that high protein diets consumed by women greatly increased the probability of pregnancy. Another study showed that 95% of infertile women ate too many carbohydrates and not enough protein.) Males: Vitamin E with Selenium, Siberian ginseng, and X-A. Homeopathic masculine tonic remedy; zinc – 120 mg 2x daily doubled sperm count after 40-50 days; CO Q-10-60 mg. Daily. Drinking chlorinated water causes sperm to be so weak that they cannot penetrate the egg. Treat the nerves and clean the colon. Note: Adequate vitamin C is necessary for proper hormone production (Biology of Reproduction, 1995; 52). Reference Book: Overcoming Infertility Naturally, #5135-1.
- **Inflammation** – Una de gato, IF-C for inflammation and fevers, Patchouli essential oil, JNT-AV or JNT-A – use when joints are arthritic, MSM and/or Fibralgia – especially effective for muscles and joints, Flax seed oil, Licorice root to cause the adrenal glands to secrete natural cortisone, Grapine, Proactazyme – 4 capsules 3 times daily, BON-C, Feverfew, Homeopathic: Inflammation remedy, distress remedy.
- **Insect Bites (Prevent & Treat)** – Repellent: Tei fu oil or Lotion or Patchouli mixed with massage oil used externally, B-Complex vitamins taken internally. Treatment: Jojoba oil, Golden salve, Black ointment, Lavender oil, or Black cohosh mixed with oil applied externally.
- **Insomnia** – Melatonin or Melatonin extra one-half hour before bedtime if you wake up and can’t get back to sleep. You can use Distress remedy to fall back to sleep. Kava kava – take with evening meal or at night. HVP (2 concentrates) at bedtime if you can’t fall asleep. Diffuse chamomile and lavender oils starting 20 minutes before bedtime. 5-HTP. If waking up frequently, HS-C or Grapine (4 at bedtime). Consider hypoglycemia. Protein at bedtime will alleviate this cause of insomnia. Reduce the acids in the body with improved digestion and/or minerals. Can be caused by a heated liver (use liquid chlorophyll and LIV-C).
- **Interstitial Cystitis (Inflammation of urinary bladder causing pain and spasms)** - MSM is very effective at reducing the pain and inflammation. Marshmallow, Lobelia for the spasms. Vitamin A&D, Vitamin C ascorbates (non-acid Vitamin C), Inflammation homeopathic, drink “tons” of purified water, Avoid soda, coffee, or juices which contain acids.

- **Iron** – I-X contains herbs high in iron. Dandelion increases iron absorption. Liquid chlorophyll builds the blood. Iron tablet. Antagonists to iron absorption: Low levels of stomach acid; use of antacids; use of antibiotics; excessive amounts of zinc, copper, and manganese. Factors, which enhance iron absorption: PDA, Vitamin C, Calcium, Protein, and Iron. Too much: Give “plant” iron to break down the inorganic iron (I-X and liquid chlorophyll). Do liver cleanse. Note: 50-55% of all children in the US have anemia. For kids use Herbasours Children’s Chewable or Liquid Vitamins.
- **Irritable Bowel Syndrome (Often referred to as Spastic Colon)** - See Colitis information. Fat grabbers or Psyllium seeds as a gentle source of fiber, CLT-X or UC3-J with Aloe vera to heal the digestive tract, Acidophilus, Flora force, or Bifidophilus (with elimination of caffeine which destroys acidophilus), Bowel build – if needed for diarrhea. Stress is a strong contributing factor – See stress and nerves information. Often caused by allergy to: citrus, wheat, corn, caffeine, tea, or dairy. Eliminate all these foods and then add them one at a time to test for allergies. May be caused by intestinal flukes. See parasite information.
- **Joints** – JNT-A or JNT-ease convenience packs, Glucosamine plus Chondroitin (effect may take several weeks to be noticeable.), MSM and/or Collatrim supports collagen and fortifies connective tissues, SC, Yucca. Externally: Pro-G-Yam cream rubbed in the joint. Lavender oil rubbed on soles of feet or put in “foot bath”, capsacian or Tei fu lotion. Calcium.
- **Kidneys** – Diuretics: K plus Vitamin B-6. Infection: JP-X, Cranberry/buchu and URY. URY strengthens the entire urinary system. To prevent future infections: Flora force (1) plus 1-2 Cranberry/buchu daily. Inflammation: K-C; Weakened: KB-C, Sandalwood essential oils. Check the sodium/potassium balance (Combination potassium). Cleanse the colon. Mercury fillings may cause kidney damage and can result in up to a 60% reduction in kidney function. Blood in urine: Horsetail.
- **Laryngitis** – Liquid chlorophyll, Tea tree oil (3 drops), Lobelia essence, or Capsicum extract diluted in water. Gargle and swallow. Sandalwood essential oil massaged on throat. Gargle 3 drops in water and spit out 3 times daily. If hoarseness is persistent, take VS-C daily along with Lobelia essence. Homeopathic: Sore throat/Laryngitis remedy.
- **Leg Cramps** – Usually indicate low levels of calcium; occasionally low levels of magnesium or potassium. Calcium level is lowest at night when cramps occur. Calcium products plus PDA. Grapine, Butcher's broom plus Mega-Chel to increase circulation, Magnesium to release muscle spasms. Combination potassium or Herbal tonic supreme. Liquid potassium supplement. MSM is especially effective in the elderly at relieving leg cramps. Deep relief essential oils blend massaged into muscles.
- **Legs (Restless)** – Reactive hypoglycemia may be the cause: high protein meals devoid of sugar and limiting carbohydrates are then the answer. Avoid caffeine. Safflowers (9-12 daily) used with Butcher's broom to lower the levels of lactic acid and increase the circulation. Colloidal minerals or Chinese mineral chi to provide trace minerals. Calcium and magnesium. Vitamin E with selenium (200-400 IU daily), Iron (if blood tests show a low blood serum or ferritin level), 600-1200 mcg. Folic Acid (with B Complex) daily, Kava kava. Web site for information: <http://www.ris.org>.
- **Lice (Head)** – Tea tree oil, Eucalyptus oil, Garlic oil, or Black walnut extract in shampoo. Lavender, lemon, and Rosemary essential oils rubbed into the scalp. A great home remedy is to rub any of the above oils into the roots of the hair. Cover the hair with a shower cap or plastic bag and leave in place for several hours or overnight. The lice will suffocate. Note: Be sure you don't get the Tea tree oil in the eyes. Cotton packed around the hair line prevents dripping.
- **Liver** – Lemon essential oil, LIV-A and Milk thistle combination to build and strengthen, LIV-J when under functioning liver is affected digestion and/or causing food allergies, LIV-C if liver is over-active or the person is a high-stress type of individual, BP-C if liver is weakened, causing nausea, indigestion, burping, and/or gas or bloating after eating high fat meals, NOPAL works with pancreas to control cholesterol. Note: Anger is a sign of liver distress. LIV-C and St. John's Wort will often help one not feel so angry or be in better control of anger.
- **Liver Cleansing** – LIV-A Herbal Combination: Take one capsule the first day, two capsules the second day, three capsules the third day, and so on until you have reached 14-18 a day. Work back down to one capsule a day. You can use Activated charcoal, BP-X concentrate, and/or Detoxification homeopathic to help alleviate any nausea or headaches. Milk Thistle combination: Take two tablets twice daily for 6-8 weeks for liver support. One the even-numbered days of your cleanse, take 2 tablespoons of virgin olive oil mixed with 2 tablespoons of lemon juice in the morning when you arise. Note: Do not do this unless you are also doing bowel cleansing.
- **Lungs** – LH (Lung Healer) to support lungs. A must for smokers. LH-C (Lungs weakened) or AL-C (Lungs congested). ALJ, Marshmallow & Fenugreek loosens mucous, MSM, Cleanse the bowel with any lung problem.
- **Lupus Erythematosus (Autoimmune disease of the connective tissue affecting control of the nervous system and the joints)** - Often affects the kidneys. Can be caused by breast implants. Client will initially feel worse but then will feel better. Tiao he cleanse twice followed by Para-cleanse. Adrenal support. JNT-A or JNT-AV plus Grapine, Chondroitin for connective tissue support and repair, DHEA-F or DHEA-M, Candida control essential, Support kidneys and nerves, No caffeine, sugar, or red meat.

- **Lymes Disease (Caused by tick bite)** - Destroys nervous system, caused heart problems, and arthritis. Give infection herbs as soon as possible and lots of them. THIM-J to rebuild the thymus so that it can begin producing "T" cells once again (Jeannie Burgess). Editor's Note: Because of the severity of this disease, antibiotics should probably be used as quickly as possible after the infection is noticed. Add Flora force to rebuild the bacteria that the antibiotics destroy.
- **Lymphatic Congestion** – Stress causes the spleen to secrete an excessive amount of lymphocytes, which clog the lymphatic system. When the adrenal glands are under-functioning, the body retains toxic waste in the lymphatics. Echinacea, Parthenium, or HIGS II, Lymphomax, Cellutone and/or Thyme Linalol, Pink grapefruit essential oils blend, Licorice root or HY-A. See detoxification information.
- **Memory** – Mind Max (Ginkgo, Gotu kola and Korean Panax Ginseng), Brain-Protex – gives maximum protection against free radical damage while supporting memory and brain function. SUMA, Rosemary essential oil (avoid with high blood pressure), Ginkgo and Gotu kola concentrate, GGC, or Gotu kola. Mega-Chel to clean arteries and improve circulation to brain.
- **Menopause** – Natural Changes plus additional calcium and Vitamin E is the best program. Use Pro-G-Yam cream externally. C-X, Flash Ease, or Black cohosh. Cycles essential oils. Wild yam or Licorice root (strong adrenal glands will produce some estrogen-like hormones.) Vitamin E – at least 800-1600 IU, DHEA-F, Homeopathics: Menopause remedy, B Complex or Stress pack for nerves, Calcium supplementation plus PDA. See calcium and hot flashes information.
- **Migraine Headaches** – Causes: Food allergies, low blood sugar, hormone imbalances, stress, congested bowel. Geranium essential oil in bath and massaged on throat, Feverfew taken daily greatly reduces the incidence of migraine headaches. Homeopathic: Migracquel remedy. Lavender and peppermint essential oils in cold compress on forehead. Change whenever compress becomes warm. Niacin helps dilate blood vessels to the brain. To prevent hormone-related migraines: Take 1-2 Vitamin B-6 three times daily from ovulation to the start of the menses. Foods that trigger migraine headaches: Chocolate, aged cheeses, processed meats, alcohol (especially red wine), dairy products, coffee, MSG. (Personal note: Nightshade family is also a consideration.)
- **Miscarriage** – To Prevent: False unicorn, Nature's prenatal and Red raspberry daily throughout the entire pregnancy. Use a "mild food diet", eliminating all red meat, sugar, junk food and concentrating on fruits, vegetables, nuts, grains, seed, and soy. When eminent: 2 false unicorn plus 2 Capsicum every 2 hours with complete bed rest for three days. This will stop a miscarriage if the baby is healthy but not if it is deformed. Many experts feel that miscarriages are caused by an imbalance of estrogen and progesterone. Increase the progesterone level with Wild yam and Pro-G-Yam cream.
- **Mitral Valve Prolapse** – SKL plus additional Magnesium plus Ginkgo/Hawthorn or HS II. SKL has the best ratio of calcium to magnesium (1/1 ratio) for this problem. Co Q-10 – A minimum of 60 mgs. Daily. Use Ultimate echinacea with golden seal, IN-X, or IGS II for 2 days before and two days after dental work to avoid an infection in the heart.
- **Morning Sickness** – Prevention: LIV-A or LIV-J and LIV-C (stressed) or BP-C (weakened). (Morning sickness is often caused by liver dumping toxins to clean up the body for the pregnancy.) Herbal HP Fighter – 90% of women with severe nausea were infected with the Helicobacter pylori bacteria, which causes ulcers. FCS II, FC with Dong Quai, Pro-G-Yam cream or Red raspberry to adjust hormones. Treatment: Papaya mint chewable tablets, Ginger, Peppermint oil, Red raspberry liquid (one dropper at least 3 times a day), AG-C, Chinese mineral chi or Colloidal minerals. Have protein every time you eat, limit carbohydrates, and eat at least five times a day. Hypoglycemia can be a contributing factor.
- **Motion Sickness** – Prevention: BP-C or liver cleansing for several months. Treatment: Ginger, Fennel (Catnip and fennel liquid), Chamomile, Peppermint or Tei fu oil on the tongue, Papaya mint tabs, Homeopathic: Nausea/Vomiting remedy.
- **Multiple Sclerosis (A disease where the myelin sheath that covers nerve endings becomes scarred, inhibiting the flow of messages to parts of the body)** - Colon cleansing plus Liquid chlorophyll, Grapine for pain and inflammation, Liquid minerals and Herbal tonic supreme, Nature's chi for muscular weakness and fatigue. Digestive enzymes: PDA with Proactazyme (5 three times a day) and either Hi-Lipase or Leguzyme (2 three times daily). Feed the nerves. Reduce stress. The Herpes Virus is associated with the breakdown of the myelin. Consider candida Albicans as a contributing factor. An overload of lead and other metals may also contribute.
- **Muscle Relaxants** – Calcium plus Vitamin D or SKL taken with PDA for absorption, Fibralgia for muscular pain, Lobelia essence with Tei fu lotion and/or Capsacian gel used externally, Clove oil, diluted, massaged on muscles in spasm, Mullein – 12 to start and then 6 every 4-6 hours depending on when it feels like the spasm is returning. Kava kava (may cause sleepiness), for upper back and neck: LIV-C (8 at one time). For low back: KB-C. Using muscle tone before exercising will prevent soreness.

- **Muscle Tone** – Creatine – naturally occurring amino acid present in muscle cells. Increases muscle strength. Especially effective when combined with physical strength building activities. Fibralgia is helpful with muscle fatigue and pain. Collatrim supplements body's collagen production for development of lean muscle mass. Pyruvate-800 increases lean muscle mass. Target endurance with Calcium products. See calcium information.
- **Muscular Dystrophy** – MSM – 4-6 daily, Grapine – 800 mg. Daily, Proactazyme, Calcium and Magnesium, Combination potassium and Barley green or Super algae to tone muscles, Licorice root for inflammation and general weakness, Super supplemental with additional Vitamin B & E, Coenzyme Q-10 (300-400 mg.) daily gives significant improvement in 75% of those who use it. Complete elimination of salt, sugar, meat, and white flour.
- **Nausea** – Persistent nausea is usually a sign of liver/gallbladder problems. Red raspberry liquid, BP-C taken for a minimum of 6 months to clear the liver, Peppermint oil or Papaya mint tablets, Liver-Gallbladder cleanse, Slippery elm, Homeopathic: Nausea/vomiting, Oils: Apply cool Lavender compress on forehead and warm Lavender compress over rib cage. Take a whiff of Peppermint oil.
- **Nerves** – Nutri-Calm or Stress pack, St. John's Wort – Repairs nerve tissue, Kava kava, 5-HTP power, Tranquillity essential oils blend, Calcium, B-Complex vitamins, Herbal combinations: Eight, HVP, RE-X, STR-J, STR-C. Homeopathic: Nervousness, Distress remedies. Consider hypoglycemia as a contributing factor, especially if nervousness is worse 3-4 hours after eating.
- **Nightmares** – Prevention: at bedtime take 2-3 Passion flower, 3-4 CA, Stress pack or other nervine formula (see nerve information). Additional considerations: Parasites, Low blood sugar – limit or eliminate carbohydrates in the evening. Have a protein snack at bedtime. Too much Serotonin (5HTP or St. John's Wort cause the body to produce Serotonin).
- **Night Sweats** – Chlorophyll, HS-C, Cycles essential oils diffused in bedroom or applied to cotton ball placed on pillow. Or you can dilute in massage oil and rub over abdomen at bedtime. See menopause information.
- **Nosebleeds** – Caused by capillary weakness, high blood pressure or a lack of iodine. Can also be caused by taking too many blood thinners. Capillary weakness: Citrus bioflavonoids, Grapine, High blood pressure: see blood pressure (high) information. Iodine: KC-X, TS II, or Kelp. See blood thinners information.
- **Nursing (Milk Production)** – To increase milk flow: Blessed thistle (oxygenates) – 2 capsules 3 times daily, Marshmallow – 2 capsules 3 times daily, Catnip & Fennel extract (increases butterfat and makes for a less colicky baby) – 1 dropper 3 times daily, Fenugreek & Thyme increases milk – 2-3 capsules 3 times daily. Avoid parsley and sage as they can dry up milk. Note: Nursing mom should take Citrus bioflavonoids and SKL as they contain nutrients known to prevent SIDS (Sudden Infant Death Syndrome).
- **Osteoporosis** – Calcium, 2000 mg. Daily plus PDA, C-X (estrogen-like effect), Wild yam plus Pro-g-Yam cream externally (provides progesterone), Glucosamine plus Chondroitin for pain and rebuilding, DHEA inhibits bone reabsorption and stimulates bone formation. Para-thyroid for calcium metabolism. See thyroid information. Eliminate soft drinks and coffee and limit protein (especially red meat) to cut down on phosphorous intake, which limits calcium absorption. Weight-bearing exercise should be done at least 4 times weekly. Reference Booklet: Osteoporosis #561-3.
- **Pain** – Deep relief essential oil applied with massage oil, MSM – especially effective for muscle and joint pain, Pain homeopathic, APS II – “Nature’s aspirin”, Kava kava – for pain due to muscular tension, Distress remedy – homeopathic, and Morinda liquid or capsules.
- **Panic Attacks** – Low blood sugar is almost always the main cause; although, the thyroid can also figure in. Limit carbohydrate consumption and always have protein in the same meal as carbohydrates to control blood sugar. Bergamot or tranquillity essential oils, Distress remedy (Belladonna helps moderate the “fight or flight” reflex), Lobelia/St. John's Wort, Kava kava, HS-C if having heart palpitations or feeling “burned out”, Vitamin B-12 (3 daily) plus B Complex as a prevention. A Hiatal Hernia can cause panic attacks when you lie down. See adrenal gland, thyroid, or nerve information.
- **Parasites** – Best Program: Para-Cleanse: Use for 10 days, rest for 7 days, repeat for 3 cycles. Use with homeopathic Parasites remedy and Tea tree oil or Clove oil (30 drops dissolved in 2 tablespoons massage oil) applied to abdomen 3 times daily. Charcoal (4-6 at night) plus Acidophilus (3 in the morning), Black walnut (4 daily) for pinworms. Flatworms: Herbal pumpkin plus Garlic oil. Tape worms: Para-cleanse for 30 days (3 packages) plus 12 capsules a day of Echinacea purpurea and Red cover. Reference Booklet: Parasites, #5064-1.
- **Parkinson's Disease (Degeneration of the nerve center of the brain probably caused by free-radical damage)** - May be caused by over-use of drugs which suppress the nervous system. Always involves high sodium, low potassium levels. Stress pack or Nutri-calm, GGC or Gotu kola, Licorice root, HY-A, or HY-C for blood sugar levels, Grapine, Combination potassium or Herbal tonic supreme, St. John's Wort. Anti-viral treatments work in early Parkinson's Disease.

- **Perspiration (Excessive)** – Balance the sodium/potassium level with Aloe Vera juice, Herbal tonic supreme, and colloidal minerals. Sage – Contains rosmarinic acid, which reduces perspiration. Support the adrenals, Cleanse the bowel, Be sure to drink adequate water (1/2 your weight in ounces), Can be caused by weak lungs: LH-C, Can be caused by weak kidneys: K-C, Consider the Thyroid (see thyroid information.)
- **Pink Eye (also called conjunctivitis)** – EW wash and/or Colloidal silver 3 times daily. See eyes information for directions for making EW wash. Put 4 drops of Roman chamomile in ¼ tepid water. Put mixture on a cotton ball and rub over closed eye from the nose outward. Internally: Golden seal, Vitamin C, Elderberry combination.
- **Pituitary** – Alfalfa or Combination three plus Master gland, Vitamin E with Selenium – Prevents oxygen from breaking down pituitary enzymes and hormones. Target TS II – Strengthens pituitary so that it secretes Thyroid Releasing Hormone (TRH) for proper thyroid function.
- **Platelets (A low white blood cell count can be responsible for low platelet count)** – See blood count information. To increase platelets: Citrus bioflavonoids – To increase capillary strength and decrease bruising. Una de gato – To build up immune system and increase white blood cell count (this contains Echinacea, also), I-X – “Herbal iron) used with Dandelion for better absorption, Liquid chlorophyll – as a blood builder. To prevent clumping: Anamú.
- **Premenstrual Syndrome (PMS)** – Monthly maintenance combines vitamins, minerals and Chinese herbs which alleviate PMS symptoms. Taken 10 days before the flow begins. 2000 mg. Of Calcium daily eliminated emotional problems for 85% of those tested. 5-HTP power, FCS II, FC with dong quai, HY-C for hormone balance, Clary sage or Cycles essential oils (don't use when pregnant), Homeopathic: PMS remedy. To decrease food cravings: B Complex with extra B-6, Combination potassium, Phyto soy and/or Magnesium. Eliminate dairy products, sugar, and caffeine and limit proteins. Reference Booklet: Premenstrual Syndrome, #5064-1.
- **Poison Ivy** – Topically: Black ointment, Tea tree oil, or Pau d'Arco lotion or Lavender essential oil. Internally: Enviro-Detox or BP-X, Yucca, and/or Oregon grape liquid herb. Ginseng and Vitamin C taken before exposure will prevent recurrences. Homeopathic: Allergy, Inflammation remedies.
- **Prostate** – Men's formula – Standardized dosages of nutrients known to support and shrink prostate glands. P-X or PS II and/or Saw palmetto and Zinc. Pro-G-Yam cream applied to hand twice a day to provide progesterone, proven to shrink enlarge prostate. Flaxseed oil (3-6 capsules) daily taken with ¼ cup cottage cheese. Consider parasites as a causative factor (Herbal pumpkin supplies zinc and is anti-parasitic). Bowel cleansing to avoid unnecessary pressure on prostate. Note: A normal PSA reading is 4.0. Reference Booklet: Prostate Disorders, #5065-6.
- **Psoriasis** – HSN-W or SKN-AV, Zinc, & Vitamins A&D for the skin. Daily bath with Roman Chamomile and Lavender oils or apply by combining 10 drops of each in 1 oz. Of massage oil. Herbal Skin Treatment, Jojoba Oil, Pau d'Arco lotion, Healing AC cream, or Capsacian gel externally. Tiao he cleanse, Black currant, Flax seed, or Evening primrose oil to provide essential fatty acids, BP-X (12 regular or 3 concentrates), SC formula, Grapine, Homeopathic: Eczema/Psoriasis remedy. Reduce red meat, saturated fats and fried foods in diet. Results usually become visible within one month.
- **Radiation** – To protect against: Kelp, Bee pollen, Vitamin E, Anti-Oxidant arsenal or Super Antioxidants, Grapine, Gingko/Hawthorn, Cordyceps. To prevent diarrhea, 4-5 Slippery elm taken all at once. To prevent radiation cystitis from prostate radiation: Vitamin C – 2000 mg daily plus Vitamin E with Selenium – 1200 IU daily.
- **Rashes** – SKN-AV, Vitamin A&D, BP-X or Enviro-Detox, Pau d'Arco lotion, Healing AC cream, Colloidal silver, or Herbal trim applied externally. Mix Lavender, Roman chamomile, Geranium in Jojoba oil and apply externally. Homeopathics: Eczema/Psoriasis. Consider candida Albicans as a contributing factor in skin rashes that come and go for no apparent reason.
- **Rectal Itching & Burning** – Burning: Can happen as part of the cleansing process as the toxic material is actually hotter than the body and burns the tissue as it exits the body. Slippery elm or UC3-J will soothe the rectal tissue and prevent discomfort. Itching: Indicates presence of pinworms: 6 capsules Black walnut daily for one month. Sponge rectum with 50-50 combination of Tea tree oil and water. Homeopathic: Parasite remedy.
- **Rheumatism** – JNT-A or JNT-AV, Glucosamine plus Chondroitin (use at least 4-6 weeks before evaluating its effectiveness). Essential oils: Cellu-tone used in bath followed by Deep relief in massage oil massaged into muscles. Grapine (use at night to sleep better), Fitness plus, Calcium.
- **Ringworm** – Black walnut and Golden seal/Parthenium extracts and Tea tree oil applied externally 3 times daily, Herbal skin treatment.
- **Rosaceae (A chronic disease affecting the skin of the nose, forehead, cheeks, and chin. The skin is colored red or pink as the result of the dilation of capillaries)** – Herbal H-P fighter – Take according to the bottle for 30 days (3 bottles total), Evening primrose oil – 3-6 capsules daily, Grapine, high potency – 2-3 daily to strengthen capillaries, SKN-AV, HSN-W, or HSN complex, Botanical benefits skin care products, Special formula #1 plus Golden seal, Avoid the sun. Heat makes it much worse. Increase fiber. See fiber information.

- **Saliva** – To increase the flow: Capsicum or Ginger. To decrease the flow: Combination three.
- **Scar Tissue** – Care of wound: Wash twice daily with hydrogen peroxide. Cover liberally with Herbal trim (aloe vera, Calendula and Tei fu oil). Expose to air as much as possible. When wound is healed, treat with Vitamin E oil twice a day (pierce a capsule and squeeze onto finger.) To prevent formation of scar tissue, take internally: 1200 IU of Vitamin E daily, Yarrow (6), and Zinc (3-6) for one week before and 3 months after surgery or injury. Una de gato (4-8 daily) and Yarrow help to eliminate scars. MSM crushed and mixed with Irish moss lotion and applied externally. Oils: Lavender, Geranium, and Roman chamomile in massage oil 2x daily. SC promotes the growth of nerve endings in scar tissue.
- **Scarlet Fever (Caused by streptococcus (which also causes sore throats) which produces a toxin that causes a scarlet rash)** – Oregon grape, Garlic, IN-X, Ginger baths and Herbal trim externally.
- **Schizophrenia** – Niacin with B-Complex, AD-C and IF-C, L-Glutamine, which is fuel for the brain, Vitamin C, Target TS II to supply Zinc and Magnesium, Stress pack, Nutri-Calm, RE-X, HVP, or Eight. Enviro-Detox and Detoxification homeopathic, Mind Max. Consider hypoglycemia. Reference Book: Prescription for Natural Healing, P. 280-281.
- **Sciatica** – 2 PLS II plus Calcium 3-4 times a day, Morinda – 2 capsules three times a day, Magnesium (4-6 daily) plus B-6 (4-6 daily), IF-C, BON-C or Lobelia/St. John's Wort for inflammation, KB-C (6-8 a day) and SKL (4-6 a day). Peppermint oil and Lemon oil (in massage oil) rubbed on buttock area and down the leg. Homeopathic: Sciatica, Pain remedies. Cleanse the bowel. (Personal note: Get regular chiropractic adjustments: avoid side posture adjustments. Have chiropractor use muscle stimulator on buttock area as well as hot packs. Wear low back support under clothing to relieve stress on sciatic area.)
- **Scleroderma (a chronic disease which causes scarring of the skin, joints, and internal organs)** – MSM – Eases symptoms and normalizes collagen formation.
- **Seizures** – May be caused by lack of calcium, magnesium, and potassium. Prevention: Blue vervain and Lobelia (contains lots of magnesium) or Magnesium tablets. Kava kava. Elimination of mineral destroying sugar. Night seizures are usually caused by a calcium deficiency. See calcium information. Eliminate Nutra-Sweet to see if that is a cause. Treatment: Lobelia plus Chinese mineral chi or colloidal minerals, Herbal tonic supreme, and/or Alfalfa to provide minerals. See Epilepsy information.
- **Sex Drive** – To increase: Patchouli and Ylang Ylang essential oils or Intimacy blend massage on abdomen, low back, and feet. Or use in bath before bed. Men: X-action for men, damiana, Korean or American ginseng, X-A, Achieve, DHEA-M, Homeopathic: Masculine tonic (for men). Women: X-action for women, Siberian ginseng, X-A. Consider: Hormones, hypothyroidism, and poor circulation. To decrease: HOPS.
- **Shingles** – VS-C plus L-Lysine for the virus. RE-X plus CA or Nutri-Calm and Distress remedy to calm the nerve pain. Homeopathic: Pain, Viral recovery remedies. Herbal trim skin treatment, Capsaicin gel or golden salve used externally for pain. Please note: Using Tylenol-type products for the pain will inhibit the healing and lengthen the time of pain.
- **Sinus Congestion** – Four, SN-X, or ALJ plus Fenugreek & thyme to cleanse the mucous from the head plus Special formula #1 to cleanse the mucous at the cell level and activate the bowel. Morinda capsules – 8 a day. Snore-ease used throughout the day. Tei-fu oil under nostrils for headaches. Homeopathic: Sinus remedy. Breathe free essential oil blend. Consider candida and bowel congestion as additional prevention.
- **Skin** – Botanical benefits skin care products, Alfalfa, Colloidal minerals, HSN-W, SKN-AV, Morinda, Roman chamomile essential oil, Black walnut. Dry skin: Wild yam and Pro-G-Yam cream; treat the liver. Black current, Flax seed oil, or Evening primrose oil to provide essential fatty acids, Healing AC cream. Grapine strengthens collage and helps prevent wrinkles. Vitamin A, if there are little bumps on the upper arms. Collatrim provides hydrolyzed collagen to prevent sagging skin and wrinkles. See Cancer (skin) information.
- **Sleep Apnea (a temporary stopping of breathing during sleep)** – Co Q-10 – 60 mgs. At bedtime. Snore-ease according to bottle directions. Hawthorn berries to increase oxygen in the coronary artery. If you are overweight, lose weight.
- **Stress** – Stress pack, Distress remedy, Herbs: RE-X, Eight, HVP, STR-J. Vitamins: Vitamins B & C. Minerals: Calcium and Chinese mineral chi. For "burn out" – HS-C. Homeopathic: Nervousness remedy. Support the adrenal glands with Licorice root, HY-C or HY-A. References: Is It Worth Dying For? Mental Health Through Will Training, by Abraham Low. Reference Booklet: Stress, #5073-6.
- **Stroke** – As soon as possible after a stroke, give SUMA and Vitamin B-6, 750 mgs. Daily. Mega-Chel, Vitamin E w/Selenium, Ginkgo/hawthorn, Grapine to increase capillary strength. High potency garlic, Vitamin E, Butcher's broom and Omega 3 EPA inhibit abnormal blood clotting, reducing the risk of strokes (and the recurrence) in the same way as aspirin. (Note: Daily use of aspirin leads to bleeding ulcers.) Notes: The greatest risk of fatal strokes occurs in men and women with the lowest Vitamin C levels. (British Medical Journal, June, 1995; 310: 1565-1566) Vitamin A or Beta-Carotene taken daily helps prevent strokes.
- **Sun/Heat Sensitivity** – Vitamin E w/Selenium – Double up on your normal dosage for 2-3 days before sun exposure. Yucca – 8-12 capsules daily will help anyone who is working outside tolerate the heat much more easily. Sunstroke: Colloidal minerals (2 tbsp) taken internally. Sunburn: Aloe vera gel; Healing AC cream, Lavender oil mixed in Massage oil.

- **Surgery Preparation** – For 3-4 days preceding surgery take Capsicum (4) to prevent hemorrhaging. If having anesthesia: Butcher's Broom (4) to prevent abnormal blood clotting (thrombosis), BON-C (6) to build cell integrity for healing, Zinc (2) to increase healing potential, Yarrow taken for 1 month before and after surgery prevents adhesions. Distress remedy for emotional stress and healing. See Surgery Recovery information. Note: Do not use SC for 4 weeks before or after surgery as it may retard healing.
- **Teeth** – Loose: White oak bark tightens gums; Calcium, Vitamin C. Gums: Co Q-10-30 (2 daily) will halt progression of gum disease. Tea tree oil applied topically will kill infection. Tartar – A Niacin deficiency, with a lack of protein, will cause tartar to stick to the teeth. Brushing with Black walnut extract daily loosens plaque and whitens teeth. Abscesses: 1 drop each of Bergamot and Lavender on a Q-Tip rubbed on gum. Teething: Teething homeopathic and/or Rose hips. Roman chamomile massaged on outside of jaw. Toothache: Clove essential oil on cotton ball packed on gum. (Avoid with children under 12 years of age.)
- **Teeth (Grinding – Bruxism)** – Calcium plus 100-250 mgs. Daily of Pantothenic acid. (Take entire B Complex whenever taking single B vitamins. Nervine herbs – See nerves information. Some nutritionists feel that this can be caused by parasites. See parasite information.)
- **Tendonitis** – Glucosamine and Chondroitin to reduce inflammation and strengthen and rebuild the cartilage. IF-C and/or Una de gato for inflammation, MSM, Tei fu lotion and/or Capsaicin gel externally, Deep relief essential oil applied in massage oil, Licorice root for production of natural cortisone, Target endurance to strengthen mitochondrion of cells of tendons, Fitness plus, Homeopathic: Inflammation remedy.
- **Throat (Sore including STREP)** – Gargle and swallow: Golden seal/Parthenium extract, Oregon grape extract or water with a few drops of Tea tree oil or Tei fu oil. Bergamot or Sandalwood essential oil (7 drops in ½ ounce massage oil) massaged on throat. Gargle 3 drops in water and spit out 3 times daily. IF-C w/Inflammation homeopathic. Sore throat/Laryngitis homeopathic remedy. See infection and tonsillitis information.
- **Tinnitus (Ear Noises)** – Ginkgo & Hawthorn combination (6 daily) or Ginkgo/gotu kola concentrate (3 daily), Mega-Chel, Red raspberry and Black walnut as a source of manganese, IF-C. See dizziness information for information on inner ear viruses, which can contribute, to Tinnitus.
- **TMJ (Temporo-Mandibular Joint Syndrome. Muscles in spasm causing bones to grind on one another)** – Can cause headaches, earaches, jaw, and facial pain. TMJ syndrome is caused by stress. Stress pack or Nutri-calm, Magnesium, Calcium, Lobelia essence and/or Tei-fu oil rubbed on externally to relax muscle spasms, Capsaicin gel for pain. See stress information.
- **Toothache** – Brush tooth with Tea tree oil. Pack with Grapine tablets, crushed. Repeat three times daily. Be persistent and this will be very effective. For the pain: Tei fu oil rubbed into the gums. Geranium essential oil on a cotton ball placed over the gum numbs the area and eliminates the infection. Clove oil can be massaged on outside of jaw. Feverfew (3-4 capsules) with Digestazyme every 4 hours. Homeopathic: Pain remedy.
- **Tourette's Syndrome (Psychiatric disorder of unknown cause characterized by progressively violent tendencies and jerking movement of the face, shoulders, and limbs.)** – STR-J (Capsules or liquid) or Nutri-Calm tablets, Lavender and Chamomile essential oils daily in bath or massaged on feet, Distress remedy homeopathic, Black walnut extract or capsules, Red clover blend liquid.
- **Triglycerides (A type of blood fat linked to coronary artery disease.)** – A reading below 200 is considered normal. The test for triglyceride levels is only accurate after a 12-hour fast. Increase soluble fiber (see soluble fiber information) in your diet while eliminating sugar. Twice daily: 1 Guggul lipid, 1 Mega-Chel, 1 Omega 3 EPA, and 1 Black current oil. In the morning add 1 high potency garlic. Chinese red rice. L-Carnitine as a fat burner. (A personal note: Remove all pastas and breads from the diet as much as possible. Avoid cookies and candies and other forms of sugar. It takes 3 months for the blood to change so work hard at it. Exercise is a must 2-3 times a week.)
- **Tumors (Fatty)** – Chickweed – 3-4 three times daily to cause the liver to burn fat effectively plus Special formula #1 (2 x 3), Hi-Lipase with every meal, SC prevents blood supply from reaching tumors.
- **Ulcers (Duodenal)** – Caused by pancreas not producing enough enzymes to neutralize stomach acid as it enters the duodenum. Stomach comfort neutralizes stomach acid. Aloe vera juice with UC3-J heals ulceration. Food enzymes and/or Proactazyme for digestion. P-14 to strengthen the pancreas.
- **Ulcers (Intestinal)** – Herbal HP-Fighter – 1-2 bottles used as directly to kill the bacteria that causes 95% of all ulcers. Note: Treat anyone that you kiss or share drinking glasses or silverware with, including children. Stomach comfort to ease "heartburn", UC3-J (2 x 3) to soothe and heal the digestive tract. Always use with Aloe vera juice, 1-2 ounces or capsules per meal to provide natural sodium to repair the intestinal lining. Kava kava to help soothe the pain. Golden seal or Capsicum to stop bleeding.
- **Uterine Prolapse** – Burdock (2 three times daily) is very effective in tightening muscles which support the uterus. AD-C. Bowel cleansing is essential to take pressure off the abdominal area. See bowel herb information.
- **Vaginal Dryness/Atrophy** – C-X and/or Damiana (6-9 a day), Wild yam (2-3 at night; may cause drowsiness), Pro-G-Yam cream applied twice daily to thighs and upper arms on rotation basis, Flax seed oil internally, Vitamin E – Insert vaginally by piercing pearl with a pin and squeezing into the vagina while lying down.

- **Vertigo (Caused by water retention, high blood sugar, ear infection or inflammation, or dehydration)** – Ginkgo & Hawthorn, Vitamin B-12 (take entire B Complex plus additional B-12), Lavender oil rubbed around the entire ear. See dizziness information.
- **Vitiligo (A disorder in which there is a loss of pigment resulting in white patches of skin)** – SKN-AV, Large doses of Grapine, high potency, Super antioxidants.
- **Vomiting – FV (“Flu & Vomiting”)** – Insert rectally if unable to keep down when taken by mouth. AG-C, Liquid chlorophyll, Hydrated bentonite in water with fresh lemon juice, Herbal tonic supreme and/or Chinese mineral chi or colloidal minerals to replace electrolytes. Homeopathic: Nausea/vomiting remedy.
- **Water Retention** – K or K-C plus B-6, UC3-J, Lemon essential oil applied with massage oil over area of the kidneys, limit carbohydrates as they cause water retention. Note: Sufficient protein is needed in the diet for proper fluid balance. A low protein diet (low-fat, high carbohydrate diets) often cause water retention and bloating. Add Synerprotein shakes to daily diet). (A personal note: Eliminate salt from the diet as much as possible.)
- **Weight Loss** – Thermo-Trim or Syner-Slim, Thermo-Chi or Fen-Chi to increase metabolism and energy. Garcinia Chi and SF tea with Garcinia prevent conversion of carbohydrates to fat. Fat Grabbers – 4 capsules before each meal. Collatrim – Rebuilds lean muscle mass and stimulates human growth hormone for weight loss. Homeopathics: Appetite control. 5-HTP Power decreases desire for carbohydrates and meat. SF (“Skinny Formula”) and/or AS to depress the appetite. Pyruvate-800 – Increases lean muscle mass, which is responsible for fat burning, when combined with exercise. Thyroid support.
- **Whiteheads** – Vitamin B-6 (used with entire B Complex), Apply Tea tree oil directly followed by Geranium oil in massage oil (7 drops to ½ ounce).
- **Wounds & Cuts** – Pack immediately with Capsicum powder to stop bleeding. Wash with Sunshine concentrate. Externally apply Tea tree oil or Colloidal silver to sterilize. For healing apply: Herbal trim, Healing AC cream, MSM cream, or Golden salve. BON-C and Zinc encourage healing internally. Take Vitamin C, IGS II and Grapine to prevent infection and inflammation. (Do not take more than 1000 mg. Vitamin C daily or it encourages the formation of adhesions). Distress remedy for physical and emotional healing.
- **Yeast Infections** – A yeast infection is always a sign that candida is active. Homeopathic: Candida – Use for a month. Additional Products: Garlic, High potency and Caprylimune or Caprylic acid and Pau d’Arco. Rose bulgaria combined with massage oil and massaged in vagina and over abdominal region. To prevent repeated yeast infections, do candida control program. Always use acidophilus when taking antibiotics to prevent yeast infections. (A personal note: Sexual partner must be treated as well or candida will be transmitted back and forth during sexual intercourse. Also note that if there are parasites involved, candida will not go away.)
- **Veins (Varicose and Spider)** – HS II or Gingko Hawthorn with White oak bark or Butcher’s broom. Grapine to strengthen capillaries, Vitamin E with Selenium. Can be caused by copper deficiency (Liquid chlorophyll). Homeopathic: Varicose remedy. Combine ½ ounce massage oil with 1 drop each of Lavender, chamomile, lemon, and geranium. Massage toward the heart 2-3 times daily. If not having at least 2 bowel eliminations daily, cleanse bowel to take the pressure off the veins. See bowel information.