

CERTIFIED HERBAL COUNSELOR COURSE - SESSION 13:

• 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 (Herbasaur) – 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, Pantothenic 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, Pantothenic 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 (Cornsilk 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 Digestzyme – 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: Ginkgo 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, Grape, 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: Grape, 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, Herbasaur's 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; Turmeric, 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. Grape. 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** – Plaquing in the artery is caused by calcium imbalance due to a lack of potassium iodide. Black walnut provides potassium iodide to prevent plaquing. Super Anti-oxidants contain Toxotrienols, which prevent plaquing. 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. LOCLO 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: ½ 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 colonics 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/parthenium extract with lemon, honey and water; Lobelia extract taken in ¼ 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: Depressaqueel 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 (Labrynthitis). 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 ENER-G-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: Grape 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/Grape.
- **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. Grape 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: Leguzyne 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. Grape 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)** – Caused 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 Connors, 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. 10

- **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, Herbasaurs homeopathic cold. Pine and thyme Linalol diffused or spiritized 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 spiritized 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 Herbasaurs 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: Migraquel 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 Leguzyne (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 Capsaicin 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 nerve 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. Grape strengthens collagen 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, Grape 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 Ginkgo 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.