



KB-C

Chinese formula for strengthening the kidneys and the bones

When we think of the characteristics of water, we can readily see that water is fluid, flexible, flowing and lubricating. So, when these qualities are lacking in the body, the Chinese would say that one is deficient in the water element (or energy). This lack of water energy would make a person stiff, brittle, rigid and dry.

KB-C is a Chinese formula that corrects this deficiency of water energy. It strengthens the organs associated with water in the body, the kidneys and bladder. In addition it also strengthens the bones. In Chinese medicine, the kidneys help “build the bones.” Although this may seem like a strange concept to Western minds, the kidneys also regulate the balance of mineral electrolytes and flush acid waste to help maintain pH balance, which maintains the health of the structural system. Acid pH contributes to a loss of bone density.

KB-C can be helpful for broken bones, arthritis, backache, weak and brittle bones (osteoporosis), constipation, frequent urination (irritable bladder), chronic back problems, weak knees and ankles, kidney inflammation, kidney stones, prostate swelling, impotence, fatigue and insomnia due to waking up frequently to urinate.

Fear is the emotion associated with the kidneys, and KB-C can also be helpful for a person who is fearful and timid and lacks “back bone.” It rejuvenates and strengthens the bones (especially the spine), kidneys, connective tissues and sexual organs. This leads to a healthier urogenital system and more energy and sexual vitality.

Here is a list of the ingredients in this formula:

Eucommia is the key herb in KB-C. It strengthens kidney energy. It has been used to treat backache, painful urination, impotence, muscular weakness and osteoporosis.

Cistanche supports eucommia by enhancing urinary flow. It has been used to treat impotence and frequent urination.

The following herbs support the structure-building properties of KB-C: **Rehmannia root** is a bitter, astringent herb. It reduces inflammation and strengthens capillaries. It has been used to treat infertility. **Morinda** aids in the regeneration of tissues. It has been used to treat arthritis, impotence, backache, joint aches and osteoporosis. **Drynaria** strengthens connective tissue by strengthening capillaries. It has been used to treat arthritis, backache, joint pain, broken bones and osteoporosis.

Achyranthes increases the production of urine and relieves pain. It promotes menstruation. It has mucilaginous compounds that soothe inflamed tissue. It has been used to treat backache, muscle aches and painful urination.

Epimedium increases the flow of urine. It has been used for impotence, back pain and arthritis.

Hoelen is a bitter sedative that increases urine flow. Its energy is neutralizing. It has been used to treat swelling, insomnia, frequent urination and water retention.

Dipsacus is a bitter root that enhances the production of urine. It has been used to treat joint pain, arthritis, rheumatism, uterine bleeding and backache.

Lycium fruit promotes the regeneration of liver cells. It has been used to treat backache and impotence.

Dioscorea is an expectorant that also speeds healing. It has been used to treat nocturnal emission and frequent urination.

Ligustrum fruit relieves pain, tones the heart, increases the flow of urine and strengthens immunity. It has been used to treat lower back pain, urinary tract infection, colds and flu.

Cornus fruit promotes the flow of urine, shrinks swollen tissues, lowers blood pressure and increases immune response. It has been used to treat swollen tissues and urinary difficulty.

Dong quai relieves smooth muscle spasms (especially in the uterus), promotes menstrual flow, and reduces pain and inflammation. It has been used to treat female complaints, arthritis and headaches.

Panax ginseng is an energy tonic. It improves mental capabilities and physical stamina, stimulates the endocrine system and reproductive organs and extends life span. It is adaptogenic. It has been used to treat impotence, forgetfulness, fatigue and gynecological problems.

Astragalus has a slightly warm energy. It increases the flow of urine and the immune response. It has been used to treat fatigue, debility, urinary tract infections, edema, inflammation of the kidneys and night sweats.

Liquidambar is a bitter herb which promotes the movement of Chi (vital energy) and increases the flow of urine. It has been used to treat pain and stiffness of the lower back and knees.

Atractylodes is a general tonic and digestive aid. It has been used to treat loss of energy, bloating and arthritis.

Usage

To strengthen weak bones and kidneys take 3 capsules three times daily. Also available as a TCM concentrate where the dose is 1 capsule, two to three times daily.

Selected References

- Chinese Herbal Medicine: Materia Medica* by Dan Bensky and Andrew Gamble
An Illustrated Dictionary of Chinese Medicinal Herbs by Wee Yeow and Hsuan Keng
Nutritional Herbology by Mark Pedersen

For Educational Purposes Only

Seek appropriate professional assistance for all serious health problems. Handout prepared by Tree of Light Publishing
P.O. Box 911239, St. George, UT 84791 (www.treelite.com)
©2011 May be reproduced provided it is not altered in any way.

Distributed by:



Kidney Activator

Herbal diuretic formula for water retention and other urinary tract problems

The kidneys are charged with the responsibility of removing waste material from the blood stream. Without this vital function, acid waste from metabolism would build up in the body, resulting in disease and eventually death.

When the body starts to retain water, the kidneys may need a little help in filtering waste fluid from the system. Remedies that help to restore urine flow and remove excess water from the system are known as diuretics.

Kidney Activator is an herbal diuretic formula, that also has antiseptic and anti-inflammatory properties. It can be used to reduce water retention and to help fight urinary tract infections. The ingredients of Kidney Activator are as follows:

Juniper Berries

Juniper berries, which are actually miniature female cones of juniper trees or shrubs, were used by Zuni women (native people of America's past) to aid in uterine recovery after birth. Employed externally as an antiseptic, the aromatic oil of this plant acts as a diuretic when ingested. An infusion of juniper-berries is a traditional treatment for encouraging the start of menstruation, reducing inflammation related to arthritis, and for stimulating and strengthening the urogenital organs. Excessive dosages of juniper tend to irritate or inflame the urinary system and are not recommended for children under two years of age. Juniper is also not a good choice when the kidneys are inflamed or when there is pain and burning in the urinary passages.

Parsley Leaf

Parsley has a rich history of symbolic and medicinal use in western culture. This common table garnish has long been recognized as a mild diuretic. Parsley contains an essential oil that stimulates urination (much like juniper), but it is also a rich source of sodium and potassium, mineral electrolytes used by the kidneys (and other cells) to regulate water and energy flow. Most diuretic drugs deplete the body of potassium, but parsley supports the kidneys by supplementing the body with extra potassium.

Uva Ursi

The leathery leaves of this plant were used by Native Americans as a urinary tract remedy. Uva ursi is not only a strong diuretic, it is also a urinary tract disinfectant. It contains up

to 17% hydroquinones like arbutin, which have a disinfectant action on the urinary tract. It is one of the best remedies for urinary tract infections (UTIs), but is not a good choice if the kidneys are infected at the same time. Uva ursi works best when the urine is alkaline, so drink lots of water and avoid heavy acid forming foods like meat and grain when using it for UTIs. The astringent nature of uva ursi also makes it helpful for urinary incontinence.

Dandelion Root

Dandelion has a long history of medicinal use. The root is used as a remedy for the stomach, liver and kidneys. It is a mild detoxifying agent, helping to flush irritants from the body. The leaf is rich in potassium and is also used for urinary tract problems.

Chamomile

Used primarily as a remedy to reduce nervousness and anxiety, chamomile also has anti-inflammatory and mild antispasmodic action. It can help to soothe urinary passages and may have a mild antiseptic action as well.

Suggested Use

For relief of water retention, take two capsules one to four times daily with one to two glasses of water. For bed-wetting, take one capsule one hour before bedtime. For UTIs, take one capsule three to four times daily along with Goldenseal and Echinacea or Silver Shield.

Warnings

Do not use with kidney inflammation. Also not recommended for burning or scalding urination. For these conditions use soothing urinary remedies like cornsilk or marshmallow. Always drink plenty of water when taking a diuretic formula.

Selected References

- The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light Publishing
- The Book of Herbs* by Dorothy Hall
- The Energetics of Western Herbs* by Peter Holmes
- The Healing Herbs* by Michael Castleman
- Nutritional Herbology* by Mark Pedersen

For Educational Purposes Only

Seek appropriate professional assistance for all serious health problems. Handout prepared by Tree of Light Publishing
P.O. Box 911239, St. George, UT 84791 (www.treelite.com)
©2011 May be reproduced provided it is not altered in any way.

Distributed by:



Chinese Kidney Activator

Water reducing (diuretic) formula from Traditional Chinese Medicine (TCM)

An excess of water is a pretty obvious symptom in both Chinese and Western medicine. We call it edema or water retention. It is characterized by swelling of the tissues due to retained fluids. Chinese Kidney Activator is an herbal formula designed to reduce this excess of water.

Logically, the Chinese associate the water element with the kidneys and bladder, which filter the body's fluids and flush excess moisture from the body. However, the kidneys aren't the only consideration with water retention. The lymphatics must be functioning properly in order to flush fluid from the tissues and inflammation (an underlying cause of fluid retention) must be reduced. So, Chinese Kidney Activator not only acts as a diuretic, stimulating the kidneys to flush more fluid from the body, it also works with other body systems and processes that flush excess fluid from the tissues.

Chinese Kidney Activator can be helpful for frequent urination, scanty urination, kidney stones, abdominal inflammation and swelling, kidney inflammation, burning urination, backache, leg pain, hip pain, swelling of the legs, ankles, fingers, etc., and high blood pressure due to fluid retention. It can also help feelings of late afternoon sluggishness, heavy feelings in the body and dizziness.

Chinese herbal formulas can also help with related emotional problems, and the emotional issues associated with excess water energy include fear and a wishy-washy personality. Chinese Kidney Activator can improve these emotional issues by redistributing and eliminating excess moisture. It relieves pain and inflammation, especially in the joints and back, as well as reducing abdominal pressure and swelling in the breasts.

Here are the ingredients in this formula.

The first three herbs of Chinese Kidney Activator act as diuretics, stimulating the kidneys to produce urine and flush excess fluids from the body. **Stephania** increases the flow of urine and relieves pain. It has been used to treat rheumatic arthritis, edema and frequent urination. **Hoelen** increases urine flow and decreases blood sugar. It has been used to treat edema, dropsy, frequent urination and water retention. **Morus bark** is an expectorant and an anti-inflammatory. It promotes the flow of urine, reduces blood pressure and thins mucus while increasing its production. It has been used to treat swelling, fever, water retention, difficult urination and edema.

The next three herbs of this combination support other organs involved in kidney and bladder problems. **Chaenomeles** increases digestive fluids and has been used to treat rheumatic arthritis and leg cramps. **Astragalus** increases the flow of urine and the action of the heart. It is a general tonic and immune stimulant. It also increases heart action. It has been used to treat urinary tract infections, edema, inflamed kidneys and night sweats. **Actractylodes** promotes

the flow of urine, increases blood pressure and aids digestion. It has been used to treat bloating and diarrhea.

Alisma is a major herb for the kidneys. It also calms the organs of the abdomen and the flow of urine. It is associated with permeating wetness and is said to be good for all diseases that deal with the amount of water in the system. It has been used to treat dysentery, kidney stones, urinary tract infections and edema.

Magnolia bark is a diuretic, a digestive aid and an antiseptic sedative. It alleviates water retention. It has been used to treat bloating and diarrhea.

Polyporus increases the production of urine and lowers blood pressure. It has been used to treat frequent urination, edema and inflamed kidneys.

Akebia increases the flow of urine and reduces inflammation. It has been used to treat urinary tract infections, edema and rheumatoid arthritis.

Areca is an anti-parasitic. It promotes sweating and shrinks inflamed tissues. It has been used to treat edema and increase peristalsis.

Cinnamon Twig promotes perspiration and the flow of urine, strengthens the stomach and increases blood flow. It has been used to treat poor circulation, weak heart, arthritis and pain in the shoulders, joints, limbs and abdomen.

Typhonium flagelliforme is a Chinese herb used to relieve coughing. It also has analgesic and anti-inflammatory action.

The following herbs are the catalysts in Chinese Kidney Activator: **Ginger** aids digestion and circulation and increases perspiration. It is also used to relieve aches and pains. **Citrus peel** is an expectorant that thins mucus while increasing its production. It is antiseptic and anti-inflammatory. It enhances blood circulation and digestion. **Licorice** is a soothing herb for inflamed membranes. It has an effect on the adrenals which probably enhances the diuretic effect of Chinese Kidney Activator.

Usage

To build the kidneys and eliminate excess moisture from the body, it is suggested to take 4 capsules of Chinese Kidney Activator 3 times daily. A TCM concentrate is also available. One capsule of the TCM concentrate will replace 4 capsules of the regular blend.

Selected References

Chinese Herbal Medicine: Materia Medica by Dan Bensky and Andrew Gamble
An Illustrated Dictionary of Chinese Medicinal Herbs by Wee Yeow and Hsuan Keng
Nutritional Herbology by Mark Pedersen

For Educational Purposes Only

Seek appropriate professional assistance for all serious health problems. Handout prepared by Tree of Light Publishing
P.O. Box 911239, St. George, UT 84791 (www.treelite.com)
©2011 May be reproduced provided it is not altered in any way.

Distributed by:



JP-X

Herbal formula for urinary tract infections and edema

We think of urine as being unsanitary, but the truth is that urine is sterile, that is, free of bacteria. In order to get a bacterial infection in the bladder or urethra, bacteria have to enter the urethra and travel upwards into the urinary system. Women are five times more prone to UTIs than men because they have much shorter urethra.

UTIs usually involve bacteria from the colon such *E. coli* and are typically treated medically with antibiotics. Unfortunately, frequent use of antibiotics disrupts the friendly bacteria in the colon, contributing to yeast overgrowth. This can weaken the immune system and make one more prone to future UTIs.

JP-X is a diuretic formula that also contains herbs to fight urinary tract infections. It can be used for UTIs, bladder infections, edema, cystitis and urethritis. Here are the herbs it uses to support urinary tract health.

Dong Quai Root

The sweet, warming dong quai plant is grown in China and Japan and is a part of Chinese Traditional Medicine. It is used as a blood tonic, sedative, antispasmodic, circulatory stimulant and uterine tonic. It enhances blood flow to the pelvic region.

Juniper Berries

Juniper berries, which are actually miniature female cones of juniper trees or shrubs, were used by Zuni women (native people of America's past) to aid in uterine recovery after birth. Employed externally as an antiseptic, the aromatic oil of this plant acts as a diuretic when ingested. An infusion of juniper-berries is a traditional treatment for encouraging the start of menstruation, reducing inflammation related to arthritis, and for stimulating and strengthening the urogenital organs. Excessive dosages of juniper tend to irritate or inflame the urinary system and are not recommended for children under two years of age. Juniper is also not a good choice when the kidneys are inflamed or when there is pain and burning in the urinary passages.

Parsley Leaf

Parsley has a rich history of symbolic and medicinal use in western culture. This common table garnish has long been recognized as a mild diuretic. Parsley contains an essential oil that stimulates urination (much like juniper), but it is also a rich source of sodium and potassium, mineral electrolytes used by the kidneys (and other cells) to regulate water and energy flow. Most diuretic drugs deplete the body of potassium, but parsley supports the kidneys by supplementing the body with extra potassium.

Uva Ursi

The leathery leaves of this plant were used by Native Americans as a urinary tract remedy. *Uva ursi* is not only a strong diuretic, it is also a urinary tract disinfectant. It contains up to 17% hydroquinones like arbutin, which have a disinfectant action on the urinary tract. It is one of the best remedies for urinary tract infections (UTIs), but is not a good choice if the kidneys are infected at the same time. *Uva ursi* works best when the urine is alkaline, so drink lots of water and avoid heavy acid forming foods like meat and grain when using it for UTIs. The astringent nature of *uva ursi* also makes it helpful for urinary incontinence.

Ginger Rhizome

This common kitchen spice has been used medicinally for over 2,000 years. It stimulates digestion and enhance circulation in the pelvis. It is also anti-inflammatory.

Marshmallow root

Unlike the puffy treats you put in your hot chocolate, marshmallow root is used for medicinal purposes. It contains mucilage, a water soluble fiber, that soothes irritated mucus membranes. Marshmallow root is soothing to inflammation in the digestive tract, lungs and urinary passages. It is a good remedy for burning or scalding urination, and helps to fight UTIs.

Golden Seal Root Extract

A plant native to North America, goldenseal contains berberine and hydrastine, two isoquinoline alkaloids that tone mucus membranes and help to fight infections in the digestive tract, respiratory passages and urinary tract.

Recommended Use

For UTIs or edema take two capsules three times daily with one to two large glasses of water. It is very important to drink extra water when taking an herbal diuretic. This formula is more soothing than *Kidney Activator* and is better suited to treating UTIs, but it is still irritating to the kidneys and should not be used when the kidneys themselves are inflamed. Because it contains goldenseal, which stimulates the uterus, pregnant or lactating women should consult their health care professional before using JP-X.

Selected References

- The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light Publishing
- The Encyclopedia of Medicinal Plants* by Andrew Chevallier
- The Complete Medicinal Herbal* by Penelope Ody

For Educational Purposes Only

Seek appropriate professional assistance for all serious health problems. Handout prepared by Tree of Light Publishing
P.O. Box 911239, St. George, UT 84791 (www.treelite.com)
©2011 May be reproduced provided it is not altered in any way.

Distributed by:



Goldenseal and Buchu

Herbal formula for preventing frequent urinary tract infections (UTIs)

Urinary tract infections (UTIs) are five times more common in women than they are in men. This is because bacteria have to travel up the urethra to enter the bladder. Since women have much shorter urethra than men, it is easier for bacteria to migrate up into the bladder.

Cranberry and Buchu is a simple combination of two herbs that can help to prevent frequent UTIs. It is not the best formula for treating an active UTI, but can be taken regularly to prevent them from occurring. Here are the two herbs that make this formula work.

Cranberry

Cranberry is an all-American fruit. Known by the white man since the earliest New England colonies, cranberries are said to have been on the menu of the first Thanksgiving meal. For a long time cranberries were used as nothing more than a food in the areas where they grew. As time went on, New England sailors found that cranberries prevented scurvy.

During the Thanksgiving of 1864 General Ulysses S. Grant ordered that it be served to the troops at the siege of Petersburg. General Grant considered cranberry sauce to be a necessary part of Thanksgiving; apparently his troops agreed. We have been eating them with our Thanksgiving turkeys ever since.

Except for scurvy prevention nothing was known about cranberry's health benefits until the 1840s. German researchers discovered that the cranberry caused people to pass hippuric acid in their urine. Hippuric acid killed bacteria along the urinary tract.

Later, at the turn of the century, American researchers thought that the cranberry acidified the urine and might prevent UTIs. In the 1960's they changed their minds and said that cranberries did not acidify the urine enough to make a difference. By then it was too late. Cranberries already worked their way into the American consciousness and were there to stay.

Fortunately naysayers of the past have not stopped research into cranberries. In fact, recently a study showed that most subjects showed significant improvement in urinary bacterial counts after drinking 300 ml of a cranberry juice cocktail a day. Unlike past researchers, the researchers in this study think that the benefits of the cranberry are caused by a compound with the ability to keep bacteria from sticking to the wall of the

bladder. This inhibits bacteria from migrating up the urethra and colonizing the bladder.

Unsweetened cranberry juice is most effective as the sugar in sweetened cranberry juice makes the remedy less effective. Since cranberries are extremely tart, they can also be taken in an encapsulated product like this one.

Buchu

The second ingredient in this blend comes from the other side of the world, Africa. Buchu's main use and glory is as a diuretic. The first Europeans that settled South Africa began to use it extensively. Because of its rue-like smell, the native Hottentots use buchu as a perfume.

Buchu has been traditionally used to treat cystitis, nephritis, urethritis and urinary tract infections. Taken regularly, it can help to prevent recurrent attacks of cystitis or urethritis. It can be used for prostatitis in men and leucorrhea in women. It is helpful for chronic UTIs associated with yeast infections and may also be helpful for an irritable bladder when used with soothing herbs like cornsilk or marshmallow.

Suggested Use

To prevent recurring UTIs take 1-2 capsules of Cranberry and Buchu three times daily. Ideally, take the formula about a half hour before meals with one or two 8 ounce glasses of water. The water will help to flush toxins from the urinary passages and will also help prevent UTIs.

Cranberry and Buchu can also be taken if you have an active UTI or other urinary tract problem, but should probably be combined with uva ursi, goldenseal, Goldenseal and Echinacea or Silver Shield for best results. For cystitis, urethritis or burning and scalding urine, combine Cranberry and Buchu with cornsilk and marshmallow.

Selected References

"Reduction of Bacteriuria and Pyuria After Ingestion of Cranberry Juice" by Jerry Avorn, MD; Mark Monane, MD, MS; Jerry H. Gurwitz, MD; Robert J. Glynn, Ph.D.; Igor Choodnovskiy; Lewis A. Lipsitz, MD, Journal of the American Medical Association, (March 1994).

Nutritional Herbiology: A Reference Guide by Mark Pedersen

A Modern Herbal by Mrs. M. Grieve

"Phytotherapy Review & Commentary," by Donald J. Brown, N.D., Townsend Letter for Doctors (July 1994).

For Educational Purposes Only

Seek appropriate professional assistance for all serious health problems. Handout prepared by Tree of Light Publishing
P.O. Box 911239, St. George, UT 84791 (www.treelite.com)
©2011 May be reproduced provided it is not altered in any way.

Distributed by:



Kidney Drainage Formula

Alcohol-free, liquid herbal formula for improving kidney function

Our two kidneys filter acids and other water-soluble wastes from the blood and dispose of them in our urine. In the process, the kidneys also regulate blood pressure and discard or reabsorb electrolyte minerals as needed to maintain a balanced blood chemistry; including pH. They help maintain the sodium/potassium balance (too much sodium promotes water retention) and also regulate blood levels of calcium and magnesium.

Kidney Drainage is a diuretic formula that enhances the kidneys' ability to filter acid from tissues. This formula is best suited for conditions where urinary function is underactive and there is fluid accumulation in the tissues. It's kidney tonic herbs make it especially nourishing for "sluggish" kidneys.

The ingredients in this alcohol-free, liquid herbal formula are as follows.

Juniper Berries

Juniper berries (*Juniperus spp.*) are warming and astringent. They contain aromatic oils that stimulate an increase in the rate of urine production. This can be helpful for the water retention and some kinds of high blood pressure.

The warming properties of juniper berries stimulate the production of digestive fluids which improves digestion. They help reduce acidic, toxic wastes from the body and are considered exceptionally cleansing. The oils are also antiseptic. This can be helpful when there is a tendency to urinary tract infections.

The berries also contain vitamin C and help strengthen and tone tissues. They have been recommended for rheumatic joint pains, gout, and neuralgia. They are ideal for older persons who more-frequently experience poor digestion, scanty urine, tissue weakness, and water retention.

Because juniper is slightly irritating to the kidneys, it is not a good herb to use when the kidneys are irritated or inflamed. It is not a good choice for burning or scalding urine, either.

Asparagus

Asparagus (*Asparagus officinalis*) has a soothing and restorative effect on urinary membranes. Its growth as one of the earliest spring vegetables suggests it is a good tonic for the kidneys after winter, flushing acid wastes that may have accumulated in the tissues from winter. Asparagus is a very alkalizing herbal remedy.

Asparagus is traditionally used for gout, water retention and rheumatism. Large quantities are contraindicated for inflammatory kidney disease and congestive heart problems.

Goldenrod

Goldenrod (*Solidago virgaurea*) is an astringent and a non-irritating diuretic that is useful for a wide variety of urinary ailments, including nephritis and cystitis (kidney and bladder inflammation). It is suitable for use when the kidney are exhausted. In this case, there may be dark, heavy, scant urine, with dry skin. Kidney exhaustion might also be accompanied by edema and swelling in the legs with cool, moist skin.

Goldenrod is especially helpful for emotional exhaustion where a person feels tired with low back pain and a numb mind. It also has some ability to reduce allergic reactions.

Plantain

Plantain (*Plantago major*) is cooling and soothing; it promotes healing of damaged or irritated tissues. It is historically used for bruises, wound-healing and as an anti-inflammatory for both internal and external problems such as arthritis.

Plantain has a beneficial effect on the lymphatic system; promoting drainage of waste from the tissues to be filtered by the kidneys. It also reduces "heat" in the tissues, helping to balance the stimulating or heating effect of the juniper.

Suggested Use

Take 15-20 drops (1/4 teaspoon) in water twice daily. A great way to use this product is to add 1/2 teaspoon of Kidney Drainage and 1/2 teaspoon of Lymphatic Drainage to a quart of purified water and sip this throughout the day. One can drink up to two quarts of this mixture daily. This helps to reduce fluid retention and flush toxins from the tissues.

Warnings

Because of the warning effect of juniper, this formula should be avoided when the kidneys are inflamed or fever is present.

Selected References

The Comprehensive Guide to Nature's Sunshine Products by Tree of Light Publishing

The Encyclopedia of Medicinal Plants by Andrew Chevallier

For Educational Purposes Only

Seek appropriate professional assistance for all serious health problems. Handout prepared by Tree of Light Publishing
P.O. Box 911239, St. George, UT 84791 (www.treelite.com)
©2011 May be reproduced provided it is not altered in any way.

Distributed by: