

# **The Systematic Guide to Natural Remedies**



**An index to the historical uses of  
single herbs, herbal formulas, and  
nutritional supplements.**

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# Table of Contents

About This Guide.....	1
Adaptogens (Herbs for stress).....	2
Anti-Inflammatories (Herbs for inflammation and pain).....	2
Anti-Parasitics (Herbs for worms and parasites) .....	3
Antibiotics/Antiseptics (Herbs for infection) .....	4
Aphrodisiacs (Herbs for sexual problems) .....	5
Blood Purifiers (Herbs which cleanse or build the blood).....	6
Cardiac/Circulatory Tonics (Herbs for blood pressure and circulation) .....	7
Cold, Flu and Fever Remedies.....	8
Diabetic/Hypoglycemic Remedies .....	9
Digestive Aids.....	10
Diuretics/Kidney Aids .....	11
Energy Enhancers .....	12
Expectorants/Decongestants (Herbs for respiratory problems) .....	13
Eye Remedies.....	14
Female Balancers (Herbs for female reproductive problems) .....	15
Immune Stimulants (Herbs for weakness of the immune system) .....	16
Intestinal Cleansers (Bulk and stimulant laxatives).....	17
Liver Remedies .....	18
Nervines (Herbs for nervous system problems).....	19
Prostate Remedies .....	20
Structural Remedies (Herbs to heal damaged tissues) .....	21
Thyroid Remedies .....	23
Weight Loss Aids .....	23

## About This Guide

When one is new to herbs, the long list of singles and combinations seems quite overwhelming. However, experienced herbalists know it isn't as complicated as it appears. Herbs (especially herbal formulas) are not "magic bullets" designed to target a specific disease condition. They are more of a "shotgun" approach to disease. Rather than fighting a specific disease directly, they act to strengthen body functions such as digestion, circulation or elimination. This helps the body effect repairs to whatever ails it.

The reason there are so many products to choose from is because there is a great deal of duplication. Many of these herbal formulas are designed to do the same job. Often the differences between them are minor, being simply a matter of personal preference. Some people feel that a particular combination works better for them than another. This is due to the differences in people's basic makeup or constitution. With experience, you will find which singles and formulas work best for you and your family.

Hence, to simplify your introduction to the use of herbs, this guide organizes the products according to their basic functions. This will help you to see the different functions of herbs more clearly, and hopefully learn the uses of the various products more quickly.

After each product is a list of diseases it has been used to aid. In compiling this list of uses, we are not claiming that the product will cure any of these diseases or that the company which produces them created them to cure these disorders. We are merely reporting that people have used the product to aid these conditions. We hope you will consult other sources for more detailed information.

Finally, we wish to caution you that the information in this booklet is for educational purposes only. Always consult with a qualified health practitioner before deciding on any course of treatment, especially for serious or life-threatening illnesses.

# Adaptogens

(Herbs which help the body adapt to stress.)

## Key Herbs:

**Ginseng, Siberian:** Endurance-lack of, fatigue, frequent colds and infections, impotency, immune system weakness, stress.

**Ginseng, American and Korean:** Anemia, anxiety, arteriosclerosis, asthma, cancer, cardiac arrhythmia, depression, diabetes, endurance-lack of, energy-lack of, fatigue, headache, heart disease, hypertension, hypotension, impotency, indigestion, menstrual problems, nervousness, neurosis, poison ivy-prevention, radiation sickness, stress.

**Gotu Kola:** Aging, blisters, circulation to brain, depression, inability to concentrate, learning problems, leprosy, memory problems, mental fatigue, psoriasis, senility, spinal meningitis, ulcerations.

## Major Formulas:

**HS-C (“Burnout” Formula):** Confusion, emotional problems, exhaustion, heart weakness, impotency, inability to concentrate, insomnia, memory problems, muddled thinking, nervous disorders, night sweats, palpitations, restlessness, restless dreams, sex drive-lack of, urinating frequently at night, waking up frequently at night.

**Mind Max (Mental Alertness Formula):** Concentration, confusion, memory problems, poor circulation to brain, stress. .

**Suma Combination (Adaptogen Formula):** Low immune response, fatigue-general, energy-lack of, endurance-lack of, general weakness, aging-to prevent, glandular imbalance, immune deficiency.

# Anti-Inflammatories

(Herbs which relieve inflammation and pain.)

## Key Herbs:

**Yucca:** Arthritis, bowel-infection of, inflammation, rheumatism.

**Licorice:** Auto-immune disorders, viral disorders, inflammation.

## Major Formulas:

**APS II W/White Willow (Herbal Aspirin):** Aches, afterbirth pain, arthritis pain, backache, childbirth, colds-aches and pain, cramps, earache, fibrositis, flu-with aches, headache, heart pain, hysteria, pain-acute, pain-general, smoking, tension.

**IF-C (Anti-Inflammatory):** Colds with fever/inflammation, earaches, eyes-irritation of, fever with chills, flu, gum inflammation, headache,

immune deficiency, inflammation, pain, skin eruptions, sore throat, TMJ, toxic blood.

**JNT-A & JNT-AV (Arthritis Formulas):** Arthritis, bursitis, calcium deposits, fibrosis, fungal infection, gout, lupus, neuritis, rheumatism, stiffness-general.

### **Other Supplements:**

**Capsaicin Gel (Topical Pain Reliever):** Arthritis, joint pain, muscle pain.

**Glucosamine Sulfate:** Arthritis, damaged connective tissue, joint pain, osteoarthritis, stiffness, swelling.

**Grapine:** Allergies, arthritis, bleeding, cancer, heart disease, eye degeneration due to diabetes, hemorrhoids, inflammation, injuries, poor circulation, sprains, stroke, swollen joints.

**Target Defense (Antioxidant Formula):** Age spots-to prevent, aging-counter effects of, AIDS, arthritis-anti-inflammatory, cancer-prevention, cancer-sod production, colds-build immune system, contagious diseases, flu, infection, inflammation, liver spots, pollution-protection from, radiation-protection from, sore muscles, stiffness-general.

**Tei Fu Essential Oils (Topical First Aid):** Allergies-inhalant, antiseptic, arthritis pain, backache, bites/stings, bleeding, bruises, canker sores-topical for pain, cold sores-topical for pain, colds-inhalant for sinus, congestion-sinus, cough, croup-used as inhalant, cuts, gas-one drop in water, headache-apply externally, migraine-apply externally, motion sickness-one drop on tongue, muscle pain, sprains, stiff neck, stress, toothache.

## **Anti-Parasitics**

**(Herbs which destroy and expel worms and other parasites.)**

### **Key Herbs:**

**Black Walnut:** Athlete's foot, boils-apply externally, canker sores, cold sores-topical to heal, dandruff, eczema, goiter, gum disease, herpes, impetigo, infection, lice, lupus, malaria, oxygen-deficiency in blood, parasites, poison ivy/oak-topical, prolapsed uterus, rash, rectal itch, ringworm, sores-infected, tape worm, thyroid-low, tooth decay, worms/parasites.

### **Major Formulas:**

**Artemisia Combination with Elecampane (Parasite Cleanser):** Parasites, respiratory congestion, toxic bowel, worms.

**Herbal Pumpkin (Parasite Cleanser):** Constipation, parasites, prostate problems, toxic bowel, worms.

**Para-Cleanse (Parasite Cleansing Pack):** Inability to gain weight, parasites, restlessness, worms.

## **Antibiotics / Antiseptics (Herbs which help to fight infection.)**

### **Key Herbs:**

**Garlic:** Antibiotic-natural penicillin, appendicitis-fights infection, arteriosclerosis, arthritis, asthma, blood poisoning, blood pressure-high, bronchitis, cancer, Candida albicans, cholera, circulation-poor, colds, colitis, congestion, contagious diseases, cough-expectorant, dysentery, fever, flu, gas, hypertension, infection, liver problems, lungs-fluid in, lupus, mercury poisoning, parasitic diarrhea, pin worms, plague, pneumonia, sore throat, staph infections, strep throat, toothache, toxic blood, tuberculosis, tumors, viruses, warts, whooping cough, worms/parasites, yeast infections. Garlic Oil: Athlete's foot, ear infection, earache, fungal infection, lice, pneumonia, sore throat, sores-infected, warts, wounds-prevent infection.

**Goldenseal:** Aneurysm-stops bleeding, antibiotic, bladder infection, bleeding-speeds healing, bronchitis, canker sores-internal and topical, chicken pox-topical for itch, cholera, colds-fights infection, colitis, contagious diseases, diabetes-lowers blood sugar, diarrhea, earache, gangrene, gonorrhea, hemorrhage, infection, inflammation, insulin-lack of, kidney infection, measles, meningitis-bacterial, morning sickness, mouth sores, parasites, pink eye, skin cancer, sore gums, sore throat, sores-aids healing, staph infections, swelling, syphilis, tonsillitis, tooth extraction, toxic liver, tuberculosis, typhoid, ulcerations, wounds-speed healing.

**Oregon Grape:** Alternative to goldenseal, appetite-lack of, bronchial congestion, liver problems, lymphatic congestion, skin disorders, staph infections, syphilis, vaginitis.

### **Major Formulas:**

**Goldenseal/Parthenium (Antiseptic Formula):** See uses for goldenseal. Canker sores-topical, chicken pox-topical for itch, colds-fight infection, contagious diseases, flu, impetigo-topical, infection, sore throat-gargle, spinal meningitis, strep throat, tonsillitis.

**Herbal H-p Fighter:** H-pylori bacteria (cause of stomach ulcers), anti-parasitic, antifungal.

**HIGS-II (Infection In Lymph Glands-Hypoglycemics):** Antibiotic, bites/stings-use internally, blood poisoning, breasts-swollen or tender, bronchitis, colds-fight infection, contagious diseases, ear infection, emphysema, fever, flu, infection-bacterial, lymphatic infection, psoriasis-cleanse system, sore/swollen lymph glands, tonsillitis.

**IGS-II (Infection In Lymph Glands):** Abscess, antibiotic, appendicitis, bile-excess, bites/stings-use internally, bronchitis, colds-fight infection, contagious diseases, ear infection, emphysema, enteritis, fever-infection, flu, gastritis, infection, jaundice, lymphatic infection, swollen glands, tonsillitis, ulcerations.

**IN-X (Infection Formula):** Antibiotic, bites/stings-use internally, bronchitis, cold limbs, ear infection, emphysema, fever, flu, infection, kidney infection, lymphatic infection, prostate-inflammation of, tonsillitis.

### **Other Supplements:**

**Colloidal Silver:** Antibiotic including antiviral. AIDS, athlete's foot, Candida albicans, common cold, dyptheria, dysentery, flu, food poisoning, giardiasis, malaria, measles, pneumonia, ringworm, Q fever, Rocky Mountain spotted fever, thrush, typhoid.

**Tea Tree Oil:** Applied topically for: Abscess, antiseptic, athlete's foot, boils, burns/scalds, Candida albicans, canker sores, chicken pox-topical for itch, cuts-to sterilize, fungal infection, gangrene, impetigo, infected wounds, itching, lice, poison ivy/oak, pyorrhea, sunburn, toothache, ulcerations-external, yeast infections. May be taken internally (diluted 1 drop per cup of water) for: laryngitis-gargle, ringworm, staph infections, strep throat-gargle diluted, yeast infections.

## **Aphrodisiacs**

**(Herbs which relieve impotency and loss of sex drive.)**

### **Key Herbs:**

**Damiana:** Aphrodisiac-female, cough, estrogen-low, fatigue, female problems, frigidity, hormone imbalance, hot flashes, impotency, infertility, kidney diseases, Lou Gehrig's disease, nerve-loss of, PMS, prostate-inflammation of, sex drive-increase.

**Sarsaparilla:** Aphrodisiac-male, arthritis, burns/scalds, cough, edema, eyes-soreness of, hormone imbalance, Lou Gehrig's disease, mercury poisoning, pleurisy, poisoning, psoriasis, rheumatism, skin disorders, thin hair, toxic blood.

## Major Formulas:

**Achieve w/Yohimbe (Men's Reproductive Pack):** Aphrodisiac-men, impotency, infertility, prostate problems.

**X-A (Sex Stimulant):** Aging, anorexia, aphrodisiac-general, chronic weakness, endurance-lack of, fatigue, frigidity, hormone imbalance, hot flashes, impotency, infertility, menopause, night sweats, nocturnal emission, senility, sex drive-increase, urine-turbid.

## Blood Purifiers

(Herbs which cleanse and/or build the blood.)

### Key Herbs:

**Burdock** : Acne, blood cleansing, allergies, arthritis, blood poisoning, boils, bruises, burns/scalds, bursitis, canker sores, chicken pox-blood cleanser, chicken pox-internal and topical for itch, constipation, eczema, herpes, hypoglycemia, itching, kidney diseases, liver problems, lymphatic congestion, poison ivy/oak, psoriasis, toxic blood.

**Dandelion:** Acne, age spots, anemia, appetite-lack of, arthritis, blood pressure-low, diabetes, digestive system-weakness of, edema, eczema, gout, hepatitis, hiatal hernia, liver problems, toxic blood, yellow jaundice.

**Pau d'Arco:** Age spots, AIDS, antibiotics-side effects of, arthritis, athlete's foot, blood poisoning, body odor, cancer-immune booster, Candida albicans, chemotherapy-side effects, eczema, fungal infection, herpes, immune deficiency, leukemia, Lou Gehrig's disease, meningitis-viral, parasites, polyps, prostate problems, spinal meningitis, toxemia, toxic blood, tumors, yeast infections. **Lotion:** Athlete's foot, deodorant-underarm, fungal infection-topical, poison ivy/oak, psoriasis, skin cancer, skin disorders.

**Red Clover:** Acne, blood cleansing, boils, cancer, gout, mercury poisoning, mononucleosis, muscle tone-lack of, psoriasis, stiffness-general, toxic blood, tuberculosis, whooping cough.

**Yellow Dock:** Acne, blood cleansing, anemia-supplies iron, cancer, chicken pox-internal and topical for itch, cough, hepatitis, leprosy, liver problems, pregnancy-iron supplement for, ringworm, sores, yellow jaundice.

## Major Formulas:

**BLG-X (Liver and Gallbladder Formula):** Age spots, gall bladder-sluggish, indigestion, liver-sluggish, liver problems, yellow jaundice.



**BP-X (Blood Purifier Formula):** Abscess, acne-blood cleansing, addictions, AIDS, anemia, anemia-builds liver, boils, cancer, chronic weakness, contagious diseases, cysts-breast, dermatitis, eczema, gangrene, impetigo, jaundice, mononucleosis, myasthenia gravis, poison ivy/oak, polyps, psoriasis-cleanse system, ringworm, sickle cell, skin-inflammation of, toxemia, toxic blood, tumors.

**Daily Enviro-Detox:** bacteria, chemical ingestion, degenerative diseases, pollution-protect from, radiation-protect from, skin disorders, toxins, yeast.

**E-Tea (Cancer Formula):** Cancer-immune booster, leukemia, toxic blood, tumors.

**I-X (Herbal Iron Formula):** Anemia-supplies iron, fatigue-anemia, oxygen-deficiency in blood, pregnancy-iron supplement, sickle cell, toxic blood.

**Liquid Chlorophyll:** Anemia, body odor, fatigue, gas, infection, intestinal cleansing, pregnancy, weakness-general.

**Red Clover Blend (Cancer Formula):** Cancer-immune booster, leukemia, toxic blood, tumors.

## Cardiac / Circulatory Tonics

(Herbs which lower blood pressure and improve circulation.)

### Key Herbs:

**Butcher's Broom:** Aneurysm, arteriosclerosis, blood clots-to prevent, bruises, capillary weakness, hemorrhoids, inflammation-general, jaundice, phlebitis, stroke prevention, surgery-preparation for, thrombosis, urination-scant, varicose veins.

**Capsicum:** Appetite-lack of, arthritis, bleeding-external/internal, blood pressure-high or low, bronchitis, chills, circulation-poor, colds, congestion-general, convulsions, fatigue-stimulant, fever, frostbite-to prevent, hangover, heart attacks, hemorrhage, hypotension, indigestion, infection, laryngitis-drunk as tea, lungs-fluid in, nose bleeds, perspiration-lack of, phlebitis, senility, shock, sore throat, surgery-preparation for, sweating-lack of, tonsillitis, ulcer-stomach, ulcers, varicose veins, wounds-stop bleeding.

**Evening Primrose Oil:** Source of essential fatty acids. Alcoholism, arthritis, atherosclerosis, brittle nails, eczema, heart disease, high blood pressure, multiple sclerosis, obesity, PMS, schizophrenia.

**Hawthorn Berries:** Adrenal weakness, angina, arrhythmia, arteriosclerosis, blood pressure-high, heart disease, heart fibrillation, heart

valves, heart weakness, hypertrophy.

## Major Formulas:

**Capsicum, Garlic & Parsley (General Circulatory Formula):** Arteriosclerosis, blood pressure-low/high, bronchitis, chills, circulation-poor, colds-general formula for, cough, earache, emphysema, fatigue-stimulant, fever, flu, hemorrhoids, hypertension, infection, kidney infection, lymphatic congestion, mucus-expel, pneumonia, tonsillitis.

**GC-X (Blood Pressure Formula):** Arteriosclerosis, blood pressure-low or high.

**Ginkgo/Gotu Kola (Brain Circulation Formula):** Inability to concentrate, cold limbs, numbness, age spots, memory problems.

**Ginkgo/Hawthorn (Heart and Brain Circulation):** Circulation-poor, heart problems, inability to concentrate, cold limbs, numbness, age spots, blood pressure-low, mitral valve prolapse, memory problems.

**Guggul Advantage:** Cold hands and feet, high cholesterol, high blood pressure, poor circulation.

**HS-II (Heart Formula):** Angina, anorexia-to support heart, arrhythmia, arteriosclerosis, blood pressure-low or high, cholesterol, circulation-poor, dropsy, edema, fatigue, flu, heart disease, hyperlipidemia, thrombosis, weakness-general.

## Other Supplements:

**CoQ10-30:** Increases energy levels by strengthening the heart. High blood pressure, high cholesterol, poor circulation.

**MegaChel (Oral Chelator):** Aging, arteriosclerosis, blood clots, cholesterol, circulation-poor, circulation to brain, diabetes, gangrene, heart disease, heavy metal poisoning, impotency, lead poisoning, ringing in ears, senility, strokes, varicose veins.

# Cold, Flu and Fever Remedies

## Key Herbs:

**Blue Vervain:** Adenoids-nose drops, bronchitis, circulation-poor, colds, congestion, convulsions, croup, cystic fibrosis, diarrhea, fatigue, indigestion, insomnia, nervous disorders, plague, seizures, swelling, toxic liver, whooping cough, worms.

**Rose Hips:** Arteriosclerosis, capillary weakness, colds-natural vitamin C, fever, infection, scurvy.

**Yarrow:** Chicken pox, colds, cuts-styptic, diarrhea, female problems, fever-induce perspiration, flu, fungal infection, inflammation, kidney

diseases, menstrual disorders, perspiration-lack of, pleurisy, pneumonia, toothache-chew for, urinary infections.

### **Major Formulas:**

**CC-A and CC-A Relief (Cold Formula):** Acute illness, colds, flu, sore throats.

**Children's Chewable Elderberry Plus:** Adaptogen, bronchitis, cold, stomach flu.

**FV (Flu/Vomiting Formula):** Colds, cramps-stomach, diarrhea, fever, flu, motion sickness, nausea, stomachache, vomiting.

## **Diabetic / Hypoglycemic Remedies** (Herbs which help to balance blood sugar levels.)

### **Key Herbs:**

**Licorice:** Addictions, Addison's disease, adrenal exhaustion, alcoholism, allergies, anorexia- balance blood sugar, arthritis-natural cortisone, bed wetting, blood pressure-low, bursitis, chills, circulation-poor, congestion-throat, cough-soothe throat, diabetes-raise blood sugar, dizziness, drug withdrawal, edema, endurance-lack of, estrogen-low, fatigue-build endurance, female problems, fibrosis, halitosis, hepatitis, hoarseness, hot flashes, hypoglycemia, inflammation, itching, jet lag-to prevent, lupus, mood swings, muscular dystrophy, numbness, Parkinson's disease, piles, skin disorders, sore throat, sugar craving, tendonitis, throat-tickling of, ulcer-stomach, weak voice.

### **Major Formulas:**

**HY-A (Hypoglycemia Formula):** Anemia, anorexia- balance blood sugar, blood sugar imbalance, blood sugar problems, dizziness, hypoglycemia, pancreatic weakness, sickle cell anemia.

**HY-C (Heat, Dryness and Thirst):** Blurred vision, burning skin, constipation, cough- dry, diabetes-build pancreas, fever, heart problems, hot flashes, inflammation, kidney problems, memory problems, night sweats, ringing in ears, skin-dry, sore throat.

**NBS-AV (Diabetic Remedy):** Diabetes, pancreatic weakness.

**P-14 (Pancreatic Formula):** Blood sugar problems, cystic fibrosis, diabetes, pancreatic weakness.

**PBS (Pancreas/Blood Sugar):** Blood sugar-high, pancreatic weakness, diabetes-build pancreas, insulin-lack of.

## Other Supplements:

**Target P-14 (Pancreatic Formula):** Diabetes-build pancreas, hypoglycemia, pancreatic weakness.

# Digestive Aids

## Key Herbs:

**Catnip:** Aches, acid indigestion, acne, addictions, bronchitis, chicken pox, chicken pox-to prevent, childhood diseases, colds, colic, convulsions, croup-used as enema, enemas for children, fever-in children, flu, gas-expel, insomnia, measles, mumps, nervous disorders, pain.

**Fennel:** Acid indigestion, appetite-excessive, appetite-lack of, breast milk-increase, colic, gas-expel, indigestion, uric acid retention.

**Ginger:** Bloating-expels gas, bronchitis, circulation-poor, colds, cough, cramps, diarrhea, dizziness, fatigue-stimulant, flu-relieve nausea, headache, hives-used in bath, indigestion, learning problems, morning sickness, motion sickness-to prevent, nausea, paralysis, toothache, ulcerations.

**Safflowers:** Acid indigestion, arthritis, breasts-enlarged, colic, diabetes, gas-to prevent, gout, hypoglycemia, indigestion, jaundice, lesions, skin disorders, sore muscles, uric acid retention.

## Major Formulas:

**AG-C (Indigestion Formula):** Appetite-lack of, bloating, cold limbs, congestion-general, fatigue after eating, foul belching, worry-excessive.

**AG-X (Anti-Gas Formula):** Alfalfa, allergies, anemia-supplies iron, aneurysm, appetite-lack of, arthritis, asthma, Bell's palsy, bloating, blood not clotting, bursitis, cancer-colon, foul belching, gas-expel or prevent, gout, heartburn, hiatal hernia, indigestion, morning sickness, nursing, overacidity, rheumatism, tooth decay, uric acid retention.

**Catnip & Fennel (Colic Formula for Children):** Acid indigestion, colic, gas-in children, indigestion, stomach ache.

**Papaya Mint (Digestive Aid):** Cancer, cystic fibrosis, gas-expel or prevent, heartburn, indigestion.

**UC-C (Weak Stomach Formula):** Abdomen-inflammation of, aches, anorexia, cold limbs, cramps-stomach, diarrhea, edema, hemorrhoids, hernias, hiatal hernia, hunger-unusual, indigestion, menstrual cramps, prolapsed uterus, sallow skin, worry-excessive.

## Other Supplements:

**Chewable Bifidophilus for Kids:** antibiotics-to restore friendly bacteria, constipation, diarrhea, gas, stomach infections.

**Food Enzyme Digestion Aid, Proactazyme, Leguzyme, Lactase Plus, Activase and High Lipase (Enzyme Combinations):** Bloating, cancer, cystic fibrosis, debility, fatigue-chronic, food allergies, gas-prevent, headache, heartburn, indigestion, indigestion of fats, pancreatic weakness, skin problems, ulcers-duodenal.

**PDA (Protein Digestive Aid):** Anemia, appetite-lack of, bloating, cancer, fibrosis, food allergies, food poisoning-to prevent, gas-prevent, heartburn, indigestion, indigestion of proteins, malabsorption of minerals, osteoporosis, protein digestion.

**Peppermint Oil:** Bloating-dispel gas, Candida albicans, cold sores-topical for pain, colic, constipation, cysts, diarrhea-with gas, flu-relieve nausea, gas-fast relief, halitosis, impetigo, insect bites, morning sickness, mumps, nausea, rheumatic fever, stomach ache, ulcerations.

## Diuretics / Kidney Aids

(Herbs which flush excess fluid and/or aid kidney function)

### Key Herbs:

**Cornsilk:** Blood pressure-high, dropsy, edema, kidney problems, painful urination, urinary tract-inflammation of.

**Hydrangea:** Arthritis-calcium deposits, backache, bladder stones, calcium deposits, gall stones, kidney stones.

**Juniper Berries:** Adrenal weakness, bed wetting, bladder problems-general, cystic fibrosis, diabetes-diuretic, fungal infection, hypoglycemia, incontinence, kidney stones, nephritis, optic nerve weakness, urinary problems.

**Parsley:** Adrenal weakness, bed wetting, body odor, breast milk-to dry up, cancer-prevention, edema, halitosis-chew, kidney problems-to prevent, kidney stones, nursing-cessation, urinary problems.

**Uva Ursi:** Bed wetting, bladder infection, bleeding, cuts-styptic, diabetes, gonorrhea, hemorrhage, hemorrhoids, kidney infection, nephritis.

### Major Formulas:

**Cranberry/Buchu:** Urinary tract infections.

**Combination Potassium:** Anorexia-to support heart, blood pressure-high, cancer, circulation to brain, cysts, diarrhea-replace electrolytes, dry skin, hardened tissues, hypertension, irregular heart beat, liver-slug-

gish, muscle tone-lack of, muscular dystrophy, nervousness, paralysis, reflexes-poor, skin disorders, thirst-excessive.

**JP-X (Diuretic Formula):** Backache, bed wetting, bladder infection, bloating, edema, kidney problems, pregnancy, urination-scant.

**K (Kidney Formula/Diuretic):** Backache, bed wetting, bladder problems-general, bloody urine, cysts, edema, enuresis, gonorrhea, incontinence, kidney diseases, kidney stones, nephritis, pregnancy, urethritis, urination-scant, uterine bleeding.

**K-C (Diuretic):** Dizziness, edema, indigestion, joint pain, kidney problems, obesity, pain in limbs, prostate-infection of, prostate-swelling of, scant urine, urinary infection.

**KB-C (Kidney and Bone Formula):** Asthma, backache, bladder infection, enuresis, fatigue, fear-excessive, gray hair, impotency, infertility, joint pain, kidney -chronic weakness , kidney infection, knees-weak, lumbago, nocturnal emission, osteoporosis, ringing in ears, sciatica, urination-frequent.

**URY (Urinary Formula):** Bladder infection, edema, incontinence, kidney problems.

## Energy Enhancers

### Key Herbs:

**Bee Pollen:** Allergies-pollen, appetite-lack of, capillary weakness, convalescence, endurance-lack of, fatigue-build energy, immune deficiency, pregnancy-energy.

**Spirulina:** Appetite-excessive, cataracts, diabetes, fatigue, glaucoma, hepatitis, hypoglycemia, weight gain.

### Major Formulas:

**ENRG-V (Energy Formula):** Endurance-lack of, energy-lack of, fatigue.

**Fasting Plus (Fasting/Energy):** Acne, allergies, arthritis, cancer, compulsive eaters, fasting-hunger during, fatigue while fasting, fever, gout, hepatitis, jaundice, liver problems, lupus, poisoning, skin eruptions, toxemia.

**Fitness Plus (Athlete Formula):** Adrenal exhaustion, endurance-lack of, fatigue, tendonitis, weak muscles.

**GGC (Endurance/Energy Formula):** Aging, anemia, aneurysm, endurance-lack of, epilepsy, fatigue-build endurance, inability to concentrate, jet lag-to prevent, learning problems, memory problems, mental dullness, Parkinson's disease, prolonged illness, senility, sickle cell.

**Nature's Chi (Natural Stimulant):** Fatigue, sinus problems, stimulant, sugar craving.

### **Other Supplements:**

**Target Endurance (Endurance Formula):** Athletic performance-to improve, endurance-lack of, fatigue while exercising, stamina-lack of.

## **Expectorants / Decongestants** **(Herbs which aid respiratory problems.)**

### **Key Herbs:**

**Lobelia:** Abscess, allergies, asthma-acute attack, bites/stings-topical, blood poisoning, bronchial asthma, bronchial spasms, bronchitis, bruises, canker sores, chicken pox, colds-expectorant, colic, congestion, congestion-lymphatic, contagious diseases, convulsions, cough-expectorant, cramps-internal or topical, croup, earache, emphysema, epilepsy, food poisoning, glands swollen, headache, hepatitis, hiatal hernia, hiccups, hydrophobia, hyperactivity, induces vomiting, insomnia, lead poisoning, lockjaw, lymphatic congestion, migraine, miscarriage-to stop, mumps, muscle control-loss of, nervous disorders, pain-acute, paralysis, pleurisy, pneumonia, poison ivy/oak, poisoning-food, seizures, smoking-reduce desire for, spasms, spinal meningitis-external, sprains, stomach spasms, teething-rub on gums, tetanus, toothache, ulcerations, whooping cough.

**Marshmallow:** Bed wetting, bloody urine, breast milk-increase and enrich, bronchitis, cholera, cystic fibrosis, diarrhea-soothing, emphysema, enteritis, eyes-inflammation of, gonorrhea, kidney problems, kidney stones, nursing, teething, urinary problems, urinary tract-inflammation of, whooping cough.

**Mullein:** Allergies-respiratory, asthma, bronchitis, congestion-lymphatic, cough, croup, earache, emphysema, glands swollen, lymphatic congestion, mumps, swollen joints, tuberculosis.

### **Major Formulas:**

**AL-C (Respiratory Congestion Formula):** Asthma-acute attack, bronchial congestion, congestion-respiratory, cough, edema, grief-excessive, indigestion, lungs-fluid in, muscle tension.

**AL-I (Allergy/Lung Formula):** Allergies-respiratory, asthma, bronchial congestion, bronchitis, congestion-respiratory, cough-expectorant, diarrhea, dyspepsia, earache, emphysema, hayfever-decongestant, indigestion, inflammation, lungs-fluid in, lymphatic congestion, nasal

drainage, pneumonia, sinus congestion, swollen glands.

**BRN-AV (Bronchitis Formula)**: Asthma, bronchitis, congestion, cough.

**Fenugreek & Thyme (Sinus Congestion Formula)**: Allergies, asthma, congestion-respiratory, cystic fibrosis, diabetes, emphysema, gas, indigestion, migraine, sinus congestion, sinus headache, sore throat.

**FOUR (Respiratory Allergy Formula)**: Acne, allergies-pollen, asthma, bronchitis, congestion-general, cough-dry and hard, hayfever, mucus, pleurisy, pneumonia, sinus headache.

**LH (Lung Healer Formula)**: Allergies, asthma, bronchitis, chest pain, colds-decongestant, cough, emphysema, hayfever, hoarseness, mucus, pleurisy, pneumonia, respiratory congestion, sinus congestion, sinus headache, sinus infection, sneezing.

**LH-C (Lung Weakened Formula)**: Asthma, bronchial spasms, cold limbs, cough, dizziness, edema, emphysema, muscle tone-lack of, pain in limbs, prostate-swelling of, scant urine, weakness-general, weight gain, wheezing, sweating- excessive.

**Marshmallow & Fenugreek (Decongestant Formula)**: Asthma, bronchitis, chest pain, cough, emphysema, hayfever, hoarseness, knees-weak, mucus-loosen, pleurisy, pneumonia.

**SN-X (Natural Antihistamine)**: Allergies, asthma, colds, congestion-sinus, cough, eyes-itching, hayfever, runny nose, sinusitis, sinus congestion, sinus infection, wheezing.

## Eye Remedies

### Key Herbs:

**Bilberry**: Eyes-irritation of, night blindness.

**Eyebright**: Allergies, cataracts, conjunctivitis, earache, eye problems-general, eye strain, eyes-infection of, glaucoma, pink eye, runny nose, sneezing.

### Major Formulas:

**EW (Eyewash Formula)**: Bleeding, cataracts, conjunctivitis, diarrhea, edema, eye infections, eye problems-general, eyes-blood shot, eyes-stinging, farsightedness, glaucoma, light sensitivity, nearsightedness, pink eye, respiratory infections, sty.

**Eyebright Plus with Lutein**: cataracts, glaucoma, macular degeneration, poor vision.



# Female Balancers

(Herbs which balance female hormones and cycles.)

## Key Herbs:

**Black Cohosh**: Angina, aphrodisiac-female, bedbugs, birthing pain, bites/stings-internal/external, black widow bite, blood poisoning, bronchitis, cramps, estrogen-low, eye strain, gonorrhea in men, hysteria, measles, menopause, menstrual cramps, nervous disorders, neuralgia, osteoporosis, ringing in ears, sciatica, snake bite, tension, uterine problems.

**Blessed Thistle**: Angina, brain-circulation to, breast milk-to enrich, calcium deposits, depression, female problems, inability to concentrate, memory problems, nursing, pregnancy.

**Dong Quai**: Childbirth, circulation-poor, female problems, menopause, menstrual disorders, migraine, muscle spasms, prolapsed uterus.

**Red Raspberry**: Acid indigestion, afterbirth pain, birthing pain, childbirth, colds, diarrhea-mild, female problems, fever, flu, gastritis, labor pain, menstrual flow-decrease in, miscarriage-to prevent, morning sickness, pregnancy-uterine tonic, uterus-weak.

## Major Formulas:

**5-W (5 Week Formula)**: Labor and delivery, pregnancy- last five weeks only.

**C-X (Female Corrective)**: Acne-female hormones, aphrodisiac, estrogen-low, fatigue, hot flashes, impotency, infertility-female, menopause, menstrual cramps, mood swings, osteoporosis.

**FC W/Dong Quai (Female Corrective)**: Acne-female hormones, breastsore, dysmenorrhea, endometriosis, female problems, fibroid cysts, hot flashes, infertility-female, menopause, menstrual cramps, PMS.

**FCS-II (Female Corrective)**: Acne-female hormones, anemia, birth control side effects, breastsore, edema, female problems, fibroid cysts, hemorrhaging, hot flashes, infertility-female, menopause, menstrual cramps, nephritis, PMS, postpartum weakness, puberty-female hormones, uterine problems.

**NF-X (Female Hormonal Formula)**: Edema, infertility, nephritis, postpartum weakness.

**Red Raspberry Blend (Pregnancy Formula)**: Diarrhea, estrogen-low, female organs-weakness of, hormone imbalance-female, morning sickness, nausea, pregnancy, pregnancy-general tonic, whooping cough.

**Wild Yam/Chaste Tree**: Cramps, hot flashes, inflammation, menopause, menstrual irregularities, miscarriage-to prevent, nausea, PMS.

## Other Supplements:

**DHEA-F:** Hormonal supplement for short-term correction of female hormonal imbalance. Breast cancer, degenerative diseases, menopause, menstrual irregularities, PMS.

**Pro-G-Yam:** Used externally for menopausal symptoms: breast tenderness, hot flashes, vaginal dryness. Heart disease-to prevent and osteoporosis-to prevent.

## Immune Stimulants

(Herbs which build up the immune system.)

### Key Herbs:

**Barley Juice Powder:** Aging-to prevent, AIDS, appetite-excessive, illness-general, immune system weakness, liver spots, muscular dystrophy, polyps.

**Echinacea:** Acne, bites/stings-internal/external, blood poisoning, boils, colds-fight infection, congestion-lymphatic, contagious diseases, diphtheria, ear infection, eczema, emphysema, Epstein-Barr virus, fever, gangrene, immune deficiency, infection, lymphatic congestion, malaria, meningitis, mercury poisoning, mouth sores, sore gums, strep throat, syphilis, tonsillitis, tumors, typhoid, viruses, wounds.

**Phyto-Soy:** Arteriosclerosis, arthritis, blurred vision, burns, cancer, dizziness, external ulcers, headache, high cholesterol, menopause, osteoporosis, poisoning, sore throat

**Uña de Gato:** Acne, allergies, arthritis, asthma, blood pressure-low, cancer, chemotherapy-side effects of, cholesterol, chronic fatigue syndrome, diabetes, digestive problems, fibromyalgia, herpes, hormone imbalance, inflammation, parasites, PMS, prostate problems, ulcers, viral infections, weak immune system.

### Major Formulas:

**IMM-C (Chi or Energy Formula):** Aging, anorexia, backache, baldness, chills, cold limbs, depression, emotional problems, Epstein-Barr virus, exhaustion, hemorrhoids, immune deficiency, impotency, memory problems, menstrual flow-scant, palpitations, self esteem-low, sweating-excessive, thymus-underactive, weak legs, weakness-general.

**THIM-I (Thymus Formula):** Addictions, AIDS, Candida albicans, cancer-immune booster, colds, Epstein-Barr virus, flu, hepatitis, infection, low immune response, Lyme's disease, myasthenia gravis, thymus-underactive, self esteem-low.

**VS-C (Herpes/Viral Formula):** AIDS, Candida albicans, canker sores, cold sores-to prevent, Epstein-Barr virus, fever blisters, flu, herpes simplex, mononucleosis, shingles, viruses.

### **Other Supplements:**

**Defense Maintenance (Cancer Prevention Formula):** Aids, cancer-prevention, Candida albicans, Epstein-Barr virus, immune deficiency, infections-reoccurring, low immune response, myasthenia gravis, spinal meningitis.

**SC Formula:** Cancer, tumors, weakened immune system.

**Super Algae:** AIDS, antiviral, cancer, high cholesterol, memory loss, weak immune system, weight gain.

**Thymus Glandular:** Supports glands involved in immune system.

## **Intestinal Cleansers**

**(Bulk and stimulant laxatives for cleansing the bowel.)**

### **Key Herbs:**

**Cascara Sagrada:** Congestion-general, constipation, gall bladder-sluggish, gall stones, gas, hemorrhoids, jaundice, toxic bowel, worms/parasites.

**Psyllium Hulls:** Cholesterol, constipation-bulk laxative, diarrhea, hemorrhoids, multiple sclerosis, toxic bowel.

**Psyllium Seed:** Colitis, constipation-bulk laxative, diarrhea-mild, diverticulitis, toxic bowel.

### **Major Formulas:**

**Bowel Build (Colon Formula):** Bloating, Crohn's disease, colitis, diarrhea, diverticulitis, irritable bowel syndrome, prolapsed colon, toxic bowel.

**LB Extract (Lower Bowel Formula):** Constipation-children, same as LBS II.

**LBS-II and LB-X (Lower Bowel Formulas):** Colitis, constipation-laxative, digestion-poor, diverticulitis, jaundice, liver imbalance, Lou Gehrig's disease, multiple sclerosis, obesity, worms/parasites.

**Marshmallow & Pepsin (Small Intestinal Cleanser):** Cancer-prevention, heartburn, indigestion, Lou Gehrig's disease, mucus-break up, small intestines.

**Nature's Three and Psyllium Hulls Combination (Bulk Laxatives):** Appetite-excessive, constipation, cholesterol-high, diarrhea, hemorrhoids, hyperlipidemia, liver problems, irritable bowel syndrome, multiple scler-

rosis, sinus problems, weight control.

**Senna Combination (Stimulant Laxative):** Constipation-severe, jaundice.

**Special Formula 1 (General Cleansing Formula):** Acne, arthritis, body odor, breast lumps, cancer-cleansing, cleansing-general, constipation-mild, cysts, fibroid cysts, Lou Gehrig's disease, parasites, polyps, toxemia, tumors, tumors-fatty, weight loss.

**Tiao He Cleanse:** Allergies, arthritis, body odor, bowel-toxic, cancer, cholesterol, congestion, digestive problems, earaches-to prevent, energy-lack of, fatigue, gout, inflammation, liver-sluggish, sinus problems, toxic blood.

## Liver Remedies

### Key Herbs:

**Barberry:** Appetite-lack of, blood pressure-high, Candida albicans, constipation-liver related, gall bladder-sluggish, gall stones, jaundice, liver problems, pyorrhea, syphilis, toxic liver, typhoid, yeast infections.

### Major Formulas:

**AD-C (Anti-Depressant):** Depression, dizziness, fatigue-with depression, headache, hypersensitivity, insomnia, nervous disorders, neurosis, tension.

**BP-C (Weakened Liver Formula):** Anemia-builds liver, blurred vision, cramps, depression, dizziness, eyes-dry, fatigue, food poisoning, gall bladder-weakened, hepatitis, hypochondriac, hypoglycemia, immune deficiency, jaundice, leukemia, liver problems-chronic, menstrual disorders, menstrual disorders-long cycle, mood swings, morning sickness, nausea-chronic, pallor, PMS, polyps.

**LIV-A (Liver Formula):** Age spots, alcoholism, appetite-lack of, gall bladder-sluggish, gall stones, hangover, hepatitis, liver problems, mononucleosis, morning sickness, yellow jaundice.

**LIV-C (Stressed Liver Formula):** Allergies, anger-excessive, backache, defensiveness, depression, diarrhea, food poisoning, hangover, hepatitis, hostility, hypochondriac, hypoglycemia, insomnia, irritability, liver problems-acute, menstrual disorders, morning sickness, PMS, stress.

**LIV-I (Liver Formula):** Age spots, alcoholism, allergies-food, blood sugar problems, fat metabolism, indigestion, psoriasis, liver-sluggish, toxic blood.

# Nervines

(Herbs which strengthen and relax the nervous system.)

## Key Herbs:

**Chamomile:** Abscess, alcoholism, appetite-lack of, circulation-poor, colic, corns, cysts-breast, drug addiction, gas-expel, hyperactivity-children, indigestion, inflammation-children, insomnia, menstrual flow-tardy, muscle pain, nervous disorders, smoking-calm nerves, toothache, ulcerations.

**Feverfew:** Arthritis pain, hayfever, headaches, high blood pressure, hysteria, menstrual cramps, migraine-to prevent, psoriasis.

**Hops:** Alcoholism-beer drinkers, anxiety, cramps, fever, insomnia, leg cramps, nervous disorders, pain, restlessness, sex drive-decrease, shock.

**Passion Flower:** Alcoholism, blood pressure-high, bronchial asthma, epilepsy, headache, heart weakness, hysteria, insomnia, irregular heart beat, nervous disorders, neuralgia.

**Scullcap:** Alcoholism, circulation-poor, edema, emotional problems, epilepsy, gout, hangover, heart problems, hydrophobia, hysteria, insomnia, meningitis, migraine, muscle twitch, nervous disorders, neuritis, rabies, rheumatism, sciatica, spasms, tetanus.

**Valerian Root:** Aches, afterbirth pain, alcoholism, anxiety, arthritis pain, colds with aches and pains, colic, contagious diseases, cramps, headache, heart palpitations, insomnia, leg cramps, nervous disorders, pain, restlessness, spasms, twitching.

## Major Formulas:

**CBG (Anti-Spasm Tincture):** Allergies, bites/stings-topical, bronchitis, colds, deafness, ear infection, earache, emphysema, equilibrium-problems with, fever, flu, kidney infection, lymphatic congestion, mucus, nervous disorders, pneumonia, sinus problems, sore throat, spasms, tonsillitis.

**Eight (Nervine Formula):** Alcoholism, anxiety, arthritis pain, asthma, compulsive eaters, drug addiction-nerves, headache, hysteria, menstrual cramps, multiple sclerosis, nerve sheaths-frayed, nervous disorders, smoking-calm nerves, stress.

**HVS (Nervine/Sleep Formula):** Alcoholism, anxiety, Bell's palsy, blood pressure-high, drug addiction, headache, hyperactivity, insomnia, menstrual disorders, nervous disorders, nocturnal emission, pain, smoking-calm nerves, stress.

**Kudzu/St. John's Wort:** Targeted at helping drinkers quit drinking.

**Lobelia/St. John's Wort:** Targeted to help smokers quit smoking.

**RE-X (Nervine Formula):** Alcoholism, anxiety, drug addiction, headache, insomnia, nervous disorders, schizophrenia, shingles-relieve pain, smoking-calm nerves, stress.

**STR-C (Nervine Formula):** Convulsions, dizziness, emotional problems, excitability, headache, heart palpitations, incoherent speech, indigestion, insomnia, irritability, mental illness, nervous disorders, stress, restlessness, fright-excessive.

**STR-I (Nervine Formula):** Stress, nervousness, anxiety, pain, addictions, anorexia, Crohn's disease, depression, hyperactivity, chest pain, nervous disorders.

**VAL Extract (Nervine Formula):** Arthritis pain, asthma-acute attack, convulsions, cough-to relax nerves, insomnia, leg cramps, nervous disorders, spasms, stress.

### **Other Supplements:**

**Melatonin:** Hormone supplement for short-term correction of insomnia, jet-lag, sleep disorders.

**Nutri-Calm (Anti-Stress Formula):** Alcoholism, anorexia-nerves, chest pain, Crohn's disease, depression, dermatitis-to stop itching, drug withdrawal, emotional problems, hyperactivity, nervous disorders, nervousness, Parkinson's disease, schizophrenia, stress.

## **Prostate Remedies**

### **Key Herbs:**

**Saw Palmetto:** Breasts-enlarged, diabetes, glandular weakness, hormone imbalance, prostate problems, reproductive organ weakness, throat troubles, thyroid-low, weight gain.

### **Major Formulas:**

**Men's Formula (Prostate Formula):** Incontinence, prostate enlargement.

**PS-II (Prostate Formula):** Acne, kidney infection, lumbago, prostate problems, urinary problems.

**P-X (Prostate Formula):** Edema, impotency, prostate problems, urinary infection, urinary problems.

## Other Supplements:

**DHEA-M:** Short term hormonal balancer. Diuretic, parasites, prostate cancer, prostate enlargement, testosterone production.

# Structural Remedies

(Herbs which help heal damaged tissues.)

## Key Herbs:

**Alfalfa:** Allergies, anemia, aneurysm, appetite stimulant, arthritis, asthma, Bell's palsy, bursitis, cancer, gout, hemorrhage, indigestion, jaundice, morning sickness, nursing, overacidity, rheumatism, tooth decay, ulcer-peptic, uric acid retention.

**Aloe Vera:** Acne-blood cleansing, allergies, bites/stings-apply externally, bleeding, burns/scalds, canker sores, chicken pox itch, Crohn's disease, colitis, denture sores, diaper rash, eczema, flu, heartburn, herpes, indigestion, pain, pin worms, poison ivy/oak, poisoning -food, psoriasis, ringworm, scars, stomach ache, sunburn, thin hair, toxic bowel, ulcers, warts, wounds.

**Horsetail:** Bell's palsy, fingernail biting, fingernails-weak or brittle, hair-split ends, osteoporosis, parasites, sty, worms/parasites.

**Oatstraw:** Bursitis, debility, fingernails-weak or brittle, fractures, frost-bite, hair-split ends, lead poisoning, nerve sheaths-frayed, nervous disorders, paralysis, rheumatism, scrofula.

**Sage:** Baldness, bladder problems-general, bleeding, body odor, breast milk-dry up, hoarseness-use as tea, indigestion, laryngitis-drunk as tea, night sweats, sores, worms.

**Slippery Elm:** Abscess, broken bones, burns /scalds, cholera, colitis, constipation-children, debility, diaper rash, diarrhea-especially in children, diverticulitis, dysentery, hemorrhoids, hiatal hernia, indigestion, irritable bowel syndrome, labor pain, leprosy, sore throat, sores-soothing poultice, swelling, tonsillitis, ulcerations, wounds.

**White Oak Bark:** Adenoids-nose drops, bladder infection, bleeding-external, bleeding gums, bloody urine, diarrhea-to arrest, edema, gall stones, goiter, gums-bleeding, hemorrhage, hemorrhoids, loose teeth, mouth sores, oral surgery, phlebitis, pyorrhea, sore throat, sores-astringent, teeth loose-mouthwash, ulcerated bladder, uterine-douche, varicose veins.

## Major Formulas:

**BON-C (Bone Knitter):** Arthritis, bed wetting, breast milk-increase, broken bones, bursitis, cartilage damage, cramps, eczema, fingernails-

weak or brittle, gout, injuries, joint pain, muscle spasms, sprains, torn cartilage.

**CLT-X (Colitis Formula):** Colitis, constipation, convalescence, debility, intestines-inflammation of, ulcerations.

**Herbal CA (Herbal Calcium):** Arthritis, backache, bed wetting, breast milk-enrich, broken bones, bursitis, cartilage damage, cramps, eczema, gout, menstrual disorders, multiple sclerosis, muscle spasms, sciatica, shingles-relieve pain, teeth grinding, tooth decay.

**HSN-W (Hair, Skin & Nails):** Baldness, dandruff, fingernails-weak or brittle, fractures, hair-split ends, hair loss, nails-problems with, nerve sheaths-frayed, pregnancy, skin disorders.

**PLS-II (Poultice Formula):** Bites/stings-apply externally, blood poisoning, cuts, hiatal hernia, inflammation, sciatica, sores-soothing poultice, swelling, ulcerations, wounds.

**SKN-AV (Skin formula):** Acne, blood purifier, boils, eczema, infection, inflammation, psoriasis, skin problems, ulcers, psoriasis.

**Three (Herbal Minerals):** Acne, anemia, dermatitis, endurance-lack of, fingernails-weak or brittle, glandular imbalance, growth-problems with, hair-dullness of, pregnancy-supplement.

**U (Ulcer Formula):** Bleeding-internal, boils, canker sores, colitis, gastritis, halitosis, hiatal hernia, ulcer-stomach and duodenal, ulcerations-external.

**UC3-J (Bowel Inflammations):** Abdomen-inflammation of, Crohn's disease, colitis, hemorrhoids, hiatal hernia, intestines-inflammation of, irritable bowel syndrome, ulcerations, ulcers.

## **Other Supplements:**

**Activated Charcoal:** Bloating, chemical poisoning, diarrhea-severe, food poisoning, foul belching, gas-severe, insect bites-external, jaundice in infants, poisoning, spider bites-external.

**Aromin (Mineral Supplement):** Allergies-food, anxiety, bleeding gums, chronic fatigue syndrome, chronic weakness, Epstein-Barr virus, exhaustion, fatigue-general, heart palpitations, immune deficiency, insomnia, multiple sclerosis, osteoporosis., toothache. .

**Healing AC Cream:** bedsores, blemishes, bruises, cracked skin, diaper rash, joint pain, sore nipples, sprains, swelling, varicose veins.

**Herbal Trim (Skin Conditioner):** Abrasions, burns, insect bites and stings, obesity, skin disorders, wrinkles.

**SKL (Skeletal Formula):** Backache, broken bones, fractures, osteoporosis-to prevent, skeletal development-lack of.



# Thyroid Remedies

## Key Herbs:

**Kelp:** Acne-thyroid imbalance, adrenal weakness, birth defects-prevention of, cancer, fatigue-low thyroid, hair loss, heart disease, infection, lead poisoning, nails-problems with, obesity, pregnancy, radiation protection from, thyroid-low.

## Major Formulas:

**KC-X (Thyroid Formula):** Allergies, convalescence, debility, depression, epilepsy, fatigue, frigidity, goiter, low thyroid, obesity, swollen glands.

**TS-II W/Hops (Thyroid Formula):** Allergies, blood pressure-low, cold limbs, convalescence, debility, epilepsy, fatigue, frigidity, glandular swelling, goiter, hair loss, hyperactivity, incoherent speech, jet lag-to prevent, low thyroid, obesity.

# Weight Loss Aids

## Key Herbs:

**Chickweed:** Acne, allergies, appetite suppressant, blood poisoning, boils, bronchial congestion, burns/scalds, cancer-fatty tumors, cellulite, cholesterol, deafness, eyes-inflammation of, fat dissolver, fatty tumors, gout, hayfever, hemorrhoids, obesity, plague, psoriasis, sores, wounds.

## Major Formulas:

**AS W/Gymnema (Appetite):** Appetite control, blood sugar problems, diabetes, fat metabolism, obesity, pancreas-lack of insulin, sugar craving, weight loss.

**Fat Grabbers:** Appetite suppression, blocks fat absorption, bulks stools, diarrhea, obesity.

**Garcinia-Chi:** Cleansing, weight loss.

**SF (Weight Loss Formula):** Appetite-excessive, constipation-mild, edema, fatigue, obesity, toxemia, worms/parasites.

**Target TS-II (Thyroid Stimulating Formula):** Fatigue, obesity-low thyroid, schizophrenia, skin-lack of tone, thyroid-low.

**Thermo-Chi:** Metabolism-slow, weight loss.

**Thermo-Max:** Metabolism-slow, weight loss.



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