

New Body Products:

| | | |
|-----------------------------|--------------------------------|-----------------------------|
| ALOE VERA RESIN | RH | SH |
| ARI | CAN | CAP |
| BLACK COHOSH | BLACK WALNUT | BURDOCK |
| BP-2 | C-1 | C-FU |
| CAPSICUM | CASCARA SAGRADA | CHAPARRAL |
| CHICKWEED | COMFREY & FENUGREEK | DAMIANA |
| CKLS | MIRACLE 2000 | AQU |
| DA | E-YE | 4-PG |
| DANDELION | EYEBRIGHT | FOT-TI-TIENG |
| FE-Y | NATURE'S PROMISE | PAR-K-SLIM PACK |
| FREED-OM | GGFC | HE-RT |
| GARLIC | GINGER | KOREAN (RED) GINSENG |
| GEM | LE-O | LIB |
| HIR | SK-F | ART |
| KELP | LICORICE ROOT | PAU D'ARCO |
| NVS | ALFALFA | ALOE VERA PEPPERMINT |
| PENNYROYAL | PSYLLIUM | RED CLOVER |
| PISC | SAG | SC-PO |
| PURE OLIVE OIL | OLYMPIC TONE | BEE POLLEN |
| SAW PALMETTO BERRIES | UVA URSI | VALERIAN |
| SIBERIAN GINSENG | GOLDEN SEAL ROOT | GOTU KOLA |
| TAU | VI-GO | BP-1 |
| VITAMIN C | WOOD BETONY | YELLOW DOCK |
| WHITE OAK BARK | BUTCHERS' BROOM | ASTRAGALUS |
| DEVIL'S CLAW | SUMA | HYSSOP |
| BLESSED THISTLE | WILD YAM | IRISH MOSS |
| SCHIZANDRA | RED RASPBERRY | HYDRANGEA |
| YUCCA | WORMWOOD | SHEA BUTTER |
| ECHINACEA | ST JOHN'S WORT | GINKGO |
| GINKGO/GOTU KOLA | DONG QUAI | LOBELIA |
| GOLDENSEAL | GOLDENSEA/ECHINACEA | AG-7 (MENOPAUSE) |
| WORMZ-B-GONE | DAMIANA/DONG QUAI | SARSAPARILLA |
| SENNA | YOHIMBE BARK | SLIPPERY ELM |
| NONI | NETTLES | MULLEIN |
| MILK THISTLE | BLACK SEED | HAWTHORNE BERRIES |
| HORSETAIL | | |
| | | |
| | | |

Human Cycle Nutrition/Horoscope Herbs

ARI

Potassium Phosphate will complete the cycle of individuals born between **March 22 and April 20**. When this mineral is not fully developed in the body, an imbalance will effect the brain nerves, and body cells. Lack of this mineral may cause confusion, nervousness, and mixed emotions.

Potassium Phosphate can be obtained from eating lettuce, cauliflower, olives, cucumbers, spinach, radishes, lentils, apples, walnuts, cabbage, potatoes, horseradish, onions, pumpkins, and lima beans; or in a special Herbal Formula called ARI (ARIES).

GEM

Potassium Chloride will complete the cycle of those born between **May 22 and June 22**. When this mineral is not fully developed in the body an imbalance will effect the blood circulation. Complaints from the lack of this mineral are bronchial infections, neuritis in the arms and shoulders, nervousness, impure blood, brain damage, and fever.

Potassium Chloride can be obtained from eating asparagus, green beans, beets, bean sprouts, carrots cauliflower, spinach, tomatoes, sweet corn, celery, oranges, peaches, pineapple, plums, apricots, and pears; or in a special Herbal Formula called GEM (GEMINI")

PISC

Phosphate of Iron will complete the cycle of those born between **February 20 and March 21**. The lack of this mineral will produce a chemical imbalance in the body and cause coughs, colds, chills, fever, pneumonia, and various glandular ulceration. Complaints from the lack of this mineral are gout, boils, ulcers, abscesses, corns, bunions, enlarged feet, lameness, and colds.

Phosphate of Iron can be obtained from eating lentils, cabbage, onions, barley, potatoes, walnuts, lima beans, apples, pumpkins, cucumbers, almonds, and lettuce; or in a special Herbal Formula called PISC (PISCES).

TAU

Sulphate of Soda will complete the cycle of those born between **April 21 and May 21**. When this mineral is not normal in the body, the body will experience mental and emotional imbalance, and loss of energy. Complaints from the lack of this mineral are emotional temperament, overindulgence in eating and drinking, sore throat, enlarged tonsils, goiter, and bronchial afflictions.

Sulphate of Soda can be obtained from eating beets, spinach, horseradish, Swiss chard, cauliflower, cabbage, radishes, cucumbers, onions, and pumpkins; or in a special Herbal Formula called TAU (TAURUS).

CAN

Fluoride of Lime will complete the cycle of those born between **June 23 and July 22**. When this mineral is not present in the body at times, an imbalance of the body will affect the veins, teeth, spine, eyes, and the female womb. Complaints from the lack of this mineral are cancer, indigestion, weakness of the chest and stomach, cancerous growths, dropsy, and asthma. Fluoride of Lime will help in varicose veins, falling of the womb, decay of the teeth, curvature of the spine, and weakened eyesight.

Fluoride of Lime can be obtained from eating cabbage, lettuce, watercress, pumpkins, or in a special Herbal Formula called CAN (CANCER).

CAP

Calcium Phosphate of Lime will complete the cycle of those born between **December 22 and January 21**. A body imbalance of this mineral will cause weak bones, Bright's Disease, stones, gravel, boils, pimples, earwax, and deafness. Complaints from the lack of this mineral are rheumatism of the knees and legs, skin diseases, fractures, weak knees, rickets, corns, and warts.

Calcium Phosphate or Lime can be obtained from eating figs, strawberries, plums, blueberries, almonds, spinach, asparagus, cucumbers, lettuce, coconut; or in a special Herbal Formula called CAP (CAPRICORN).

LE-O

Phosphate of Magnesium will complete the cycle of those born between **July 23 and August 22**. An imbalance of this mineral will cause one to be sensitive, emotional, and act without thinking. Complaints from lack of this mineral are heart afflictions, convulsions, fever, jaundice, sore eyes, and cramps. Phosphate of Magnesium will help one to think before acting, helps in sensitivity and helps in emotions.

Phosphate of Magnesium can be obtained from eating barley, wheat, rye, almonds, lettuce, figs, asparagus, cabbage, cucumbers, coconut, walnuts, and blueberries; or in a special Herbal Formula called LE-O (LEO).

LIB

Sodium Phosphate will complete the cycle of those born between **September 23 and October 22**. An imbalance of this mineral will cause a problem with the bladder, kidneys, and lungs. Sodium Phosphate helps expel carbonic acid from the lungs, skin, and bladder. It also helps relieve worry, fear, jealousy, kidney conditions, and bladder conditions.

Sodium Phosphate can be obtained from eating celery, carrots, spinach, asparagus, beets, peas, yellow corn, strawberries, apples, figs, blueberries, raisins, almonds, fresh coconut, oatmeal, wheat or in a special Herbal Formula called LIB (LIBRA).

SAG

Silica will complete the cycle of those born between **November 23 and December 21**. An imbalance of this mineral will cause lack of luster in the hair, weak nails, and poor skin. Complaints from the lack of this mineral are overheated blood, rheumatism, and neuritis in the lower limbs, goiter, and feverishness.

Silica can be obtained from eating skins of all fruits and vegetables, figs, prunes, and strawberries; or in a special Herbal Formula called SAG (SAGITTARIUS).

SC-PO

Sulphate of Lime will complete the cycle of those born between **October 23 and November 22**. A lack of this mineral will possibly cause one to lose self-control. Complaints from lack of this mineral are disease in the genital organs, ruptures, piles, urinary troubles, catarrh of the bladder.

Sulphate of Lime can be obtained from eating onions, asparagus, kale, garlic, mustard, watercress, turnips, coconut, cauliflower, radishes, leeks, figs, prunes, black cherries, gooseberries, and blueberries; or in a special Herbal Formula called SC-PO (SCORPIO).

VI-GO

Potassium Sulfate will complete the cycle of those born between **August 23 and September 22**. An imbalance of this mineral will cause hair loss, scalp conditions, liver problems, clogging of the skin pores, complaints from the lack of this mineral are obstructions in the bowels, intestinal worms, colic gastritis, nervous disorders, and appendicitis.

Potassium Sulfate can be obtained from eating endive, chicory, carrots, rye, oats, wheat, and most vegetables; or in a special Herbal Formula called VI-GO (VIRGO).

AQU

Sodium Chloride will complete the cycle of those born between **January 22 and February 19**. The lack of this mineral will produce a chemical imbalance within the body. The first sign of problems occur in the digestive system and mucous membranes. Complaints will be cramps in the legs, rheumatic fever, bad blood, and paralysis.

Sodium Chloride can be obtained from eating strawberries, apples, figs, spinach, cabbage, radishes, asparagus, carrots, cucumbers, lettuce, chestnuts, coconuts; or in a special Herbal Formula called AQU (AQUARIUS).

CKLS

It is said that all sickness begins in the colon and spreads to other parts of the body. The herbs in formula CKLS have been used to stop and eliminate all problems of the colon, kidneys, liver, spleen and other organs that build-up toxins. These herbs will not gripe the stomach like other body cleaners you may have tried. The herbs in CKLS have eliminated stress, sluggishness, headaches, mucus build-up, tiredness, worms, colon pockets, harmful bacterial and constipation. The CKLS herbal formula has also been used to rebuild the mucus lining and heal the intestines.

Ingredients: Aloe Vera Resin, Chamomile, Cascara Sagrada, Dandelion, and Eucalyptus.

Miracle 2000

Miracle 2000 is the newest formula in the New Body Products line and was developed to aid the following situations:

Increase Energy and Endurance
Promote Longevity
Retard Aging Process at the Cell Level
Promote Healthy Skin, Hair and Nails
Provide Protein and other Food Values

Ingredients: Algarrobo Beans, Plantain, Yuma, Wild Cherry Bark, and White Oak Bark.

BP-1

High blood pressure is caused by waste matter in the system, overeating, wrong diet, use of tobacco, liquor, meat, salt, sugar, de-vitalized foods and wrong combinations of foods. Symptoms are overweight, weakness and a general uncomfortable feeling. Low blood pressure is caused by a lack of vitality and diminished red corpuscles.

BP-1 Ingredients: Garlic, Capsicum

BP-2 has been used by those who do not care to have capsicum.

[BP-2](#) Ingredients are Garlic and Parsley

BP-2

High blood pressure is caused by waste matter in the system, overeating, wrong diet, use of tobacco, liquor, meat, salt, sugar, de-vitalized foods and wrong combinations of foods. Symptoms are overweight, weakness and a general uncomfortable feeling. Low blood pressure is caused by a lack of vitality and diminished red corpuscles.

BP-2 Ingredients: Garlic, Parsley

[BP-1](#) and BP-2 have been used for high as well as low blood pressure. They have also been used for parasites, fever, contagious diseases, ringworm, asthma, arthritis, colds, cramps, natural antibiotic and as an aid to digestion and circulation.

C-1

Cancer is an abnormal growth of cells and tissues, which do not serve any useful purpose in the body. This abnormal growth has the ability to invade, destroy and eventually replace neighboring healthy tissue. There are as many varieties of cancer as there are organs and tissues in the body. The herbs in C-1 have been used to answer this problem.

C-1 Ingredients: Shave Grass, Comfrey Root, Aloe Vera Resin, Yellow Dock, Barberry Bark, Dandelion Root, Garlic, and Capsicum.

C-FU

C-FU has been used to remove mucus from the system especially during cold and flu seasons.

Ingredients: Marshmallow, Golden Seal, Catnip, Comfrey Root, Fenugreek, Capsicum

Nature's Promise

Nature's Promise supplies all the necessary vitamins, minerals, amino acids, natural enzymes and natural fiber. This formula is complete and requires no additional supplements for proper nourishment. This product is mixed with your favorite beverage.

Percentage of U.S. Recommended Daily Allowances (for adults and children over 12 years of age per serving):

| | | | |
|------------|----|------------------|----|
| Protein | 35 | Vitamin B6 | 35 |
| Vitamin A | 35 | Folic Acid | 35 |
| Vitamin C | 35 | Vitamin B12 | 35 |
| Thiamin | 35 | Phosphorus | 10 |
| Riboflavin | 35 | Iodine | 35 |
| Niacin | 35 | Magnesium | 10 |
| Calcium | 10 | Zinc | 35 |
| Iron | 35 | Copper | 35 |
| Vitamin D | 35 | Biotin | 35 |
| Vitamin E | 35 | Pantothenic Acid | 35 |

PAR-K-SLIM PACK

No one wants to be overweight. Neither do they want to fall apart with nerve problems or bone deterioration, or cracking of the skin from taking shots to get rid of those unwanted pounds. Just examine your body in a mirror. If you don't like the excess flesh you see around your abdomen, thighs, arms or your double chin, then you are too fat. Some of the dangers of being overweight would be:

- Cancer
- Headaches
- Colon Disorders
- High Blood Pressure
- Hardening of Arteries
- Nervous Disorders
- Heart Disease
- Strokes

Now something can be done. PAR-K-SLIM PACK was designed to trim away unwanted pounds while restoring nutrition onto your body. The herbs in PAR-K-SLIM PACK were put together in perfect balance to cause the body to be in perfect harmony.

Ingredients: Irish Moss, Chickweed, Aloe Vera Resin, Kelp, Uva Ursi, Valerian Root, Dandelion Root, Alfalfa, Chamomile, Cascara Sagrada, Eucalyptus, Fenugreek, Mullein, Capsicum.

DA

The herbs in the DA formula have been used for indigestion and gas. They have historically provided relief for such stomach and intestinal problems.

Ingredients: Peppermint, Parsley, Slippery Elm, Cascara Sagrada, Ginger, Capsicum, Carob.

E-YE

The herbs in the E-YE formula have been used for all kinds of eye ailments, such as cataracts and glaucoma, and have been known to strengthen the eyes and improve the eyesight. They have also been used as an eyewash.

Ingredients: Raspberry, Eyebright, Golden Seal, Bayberry Bark, Fenugreek, Slippery Elm, and Capsicum

4-PG

4-PG is a combination of herbs put together in the right combination to give the body some of all vitamins and minerals known to man.

Vitamins: A, B, C, D, E, F, G, K, P, T, and U.

Minerals: Aluminum, Calcium, Chlorophyll, Chlorine, Copper, Fluorine, Iodine, Iron, Lithium, Manganese, Phosphorus, Potassium, Selenium, Silicon, Sodium, Sulfur, and Zinc.

Trace Minerals. Boron, Bromine, Nickel, Strontium, Vanadium.

Ingredients: Alfalfa, Kelp, Dandelion, and Capsicum.

FREED-OM

The herbs in Freed-Om formula have been used for many blood viruses. We have listed below two common ones from which Freed-Om has brought relief.

Herpes Simplex - A serious virus disorder, characterized by blisters or sores which appear in clusters of small painful swelling about the lips.

Herpes Zoster - Also known as shingles, a fairly common virus disease found most frequently in adults. This condition is characterized by the appearance of clusters of large painful blisters running in a band-like pattern on patches of reddened skin.

Ingredients: Golden Seal Root, Dandelion Root, Burdock Root, Yellow Dock Root, Capsicum, and Garlic.

GGFC

GGFC is for the athletic or high-energy person. It is associated with endurance, energy, mental stimulation and memory.

Ingredients: Ginseng, Gotu Kola, Fo-ti-tieng, and Capsicum.

HE-RT

There is a long list of heart troubles with various causes. Two common ones are irregular heartbeat and heart palpitations. The greatest cause of all heart trouble is a wrong diet. This causes impure blood and weakens the heart. The HE-RT formula has been used to strengthen the heart.

Ingredients: Hawthorn Berries, Capsicum, and Garlic.

HIR

Those who care about their hair have long used the herbs in the HIR formula. These herbs have been used to heal, purify and rejuvenate the scalp, supply hair food, stimulate hair growth, fight dandruff and stop split ends and hair breakage.

Ingredients: Aloe Vera Resin, Sage, Capsicum, Kelp, Nettles, Alfalfa, and Horsetail.

SK-F

People who have experienced skin problems due to sugar products and other junk foods have used the herbs in SK-F. The skin is one of the most abused parts of the body. It cannot be hidden because it is also the largest part of the body. The herbs in formula SK-F have been used to fight blackheads, whiteheads, pimples, scars, scratches, discoloration, cracks, face pitting and dry or oily skin.

Ingredients: Slippery Elm, Comfrey Root, Kelp, Valerian, Dandelion Root, Aloe Vera Resin, and Capsicum

ART

Rheumatic disease includes a variety of illnesses. In these illnesses, pain and disability in joints or in supporting tissues (muscles, tendons and ligaments) around joints are among the important symptoms. These illnesses involving the joints are called arthritis.

The herbs in the ART formula have helped with arthritis caused by known microbes called rheumatic. There are many types of rheumatic diseases. However, the most important varieties are:

Arthritis caused by known microbes
Rheumatoid arthritis

Rheumatic fever

Ingredients: Alfalfa, Capsicum, Comfrey, Licorice Root.

NVS

The Nervous System controls all muscular movements both voluntary and involuntary. It is responsible for thought processes and regulates bodily functions, such as circulation, respiration, digestion, and elimination. It also conducts pain and other sensations to the brain. When the nerves undergo damage, the body, mind and emotions suffer pain, discomfort and breakdown. The answer to these problems is NVS.

Ingredients: Peppermint, Catnip, Ginger, Valerian, Hops, Scullcap, Chamomile, and Rosemary.

ALFALFA

Alfalfa may be the most powerful herb in the herb kingdom because the roots are so long that they pick up essential minerals from deep in the soil. Alfalfa contains all eight of the digestive enzymes and eight essential amino acids of protein. Alfalfa has been used for:

- Allergies
- Diabetes
- Colon Disorders
- Poor Appetite
- Nausea
- Digestion Disorders
- Anemia
- Stomach Disorders
- Cramps
- Gout
- Pituitary Gland
- Bad Breath
- Rheumatism
- Blood Purifier for Uterus
- Peptic Ulcers
- Teeth

ALOE VERA PEPPERMINT or ALOE VERA RESIN

For thousands of years, people in tropical climates have been extracting Aloe Vera resin from the Aloe Vera plant for:

- Colitis
- Migraine Headaches
- Constipation
- Pain

RH

Frustration has to be the world's oldest problem. Frustration comes from a slow down of body energy, which cuts off some of the body's oxygen to its parts. This will cause one to be uptight, disgusted, upset, irritable, hungry, lazy and all those negative things you can think of, because the body is not functioning the way nature intended. These herbs have been used to supply energy and to relieve or eliminate such conditions as:

- Age Spots
- Epilepsy
- Hypoglycemia
- Smoking
- Convulsions
- Endurance Problems
- Menopause
- Sterility
- Drug Withdrawal
- Gland Problems
- Pituitary Gland Problems
- Fatigue
- Fingernail Problems
- Prostate Trouble

Ingredients: Damiana, Sarsaparilla, Slippery Elm, Gotu Kola, Bee Pollen, and Cayenne

SH

Frustration has to be the world's oldest problem. Frustration comes from a slow down of body energy, which cuts off some of the body's oxygen to its parts. This will cause one to be uptight, disgusted, upset, irritable, hungry, lazy and all those negative things you can think of, because the body is not functioning the way nature intended. These herbs have been used to supply energy and to relieve or eliminate such conditions as:

Age Spots
Epilepsy
Hypoglycemia
Smoking
Convulsions
Endurance Problems
Menopause
Sterility
Drug Withdrawal
Gland Problems
Pituitary Gland Problems
Fatigue
Fingernail Problems
Prostate Trouble

Ingredients: Zinc, Damiana, Siberian Ginseng, Licorice Root, Saw Palmetto Berries, Sarsaparilla, Gotu Kola, Fo-Ti Tieng, Capsicum

PURE OLIVE OIL

This Olive Oil is in the purest form. It is brought to a cold temperature to take out the fat; the result is a cholesterol-free product.

OLYMPIC TONE

Olympic Tone helps to rebuild muscles, remove stretch marks and stop those aches and pains. It is a good body toner. The super athlete is one who has endurance, energy, balance, control, stamina, speed and power in addition to strong bones, healthy skin, good nutrition and physical fitness. If working around the house drains your energy, replace that energy with Olympic Tone.

Ingredients: Flaxseed, Oats, Soybeans, Rice, Wheat, Rye, Barley, and Maize.

BEE POLLEN

Bee Pollen is an energy food. It is highly esteemed by many nutritionists who say it may be the only perfect food on earth. Pollen is the male element of the flower

BLACK COHOSH

Black Cohosh is said to be a potent remedy for:

Hysteria
Convulsions
Cholera
Spasmodic Problems
Epilepsy
Whooping Cough
Fits
Consumption

BLACK WALNUT

Black Walnut has been used successfully in a tincture for poison ivy, ringworm and other skin disorders. It may also be used as a poultice or taken to help restore the enamel. This herb has aided the following problems, conditions or breakdowns:

- Boils
- Lactation
- Poison Ivy
- Cold Sores
- Leucorrhea
- Syphilis
- Diarrhea
- Lupus
- Teeth
- Eczema
- Mouth Sores
- Vagina
- Herpes
- Parasites

BURDOCK

Burdock is one of the most powerful blood purifiers in the herbal kingdom. This herb has aided the following problems:

- Blood Purifier
- Joints
- Boils
- Skin Disease
- Eczema
- Swelling (Edema)
- Urine Flow

CAPSICUM

Capsicum acts as a catalyst for all herbs. When mixed with other herbs, it increases their effectiveness. It also can be applied directly to a cut to stop the bleeding and may be used for internal bleeding. It is good for ulcerated stomachs. It eliminates cholesterol build up and increases blood to the circulatory system. Capsicum is well known as a healer. This herb has aided the following problems, conditions or breakdowns:

- Acne
- Arthritis
- Asthma
- Bleeding
- Blood Pressure
- Bronchitis
- Chills
- Coughs
- Cramps
- Cuts
- Digestion
- Energy
- Eyes
- Fatigue
- Hangovers
- Heart

Indigestion
Infection
Palsy
Paralysis
Pyorrhea
Shock
Vagina

CASCARA SAGRADA

Cascara Sagrada has been used for the colon, constipation, digestion, jaundice, hemorrhoids, the liver and the spleen.

CHAPARRAL

Chaparral can be used for arthritis, skin, blood purification, warts, psoriasis, tumors, black-heads, and white-heads.

CHICKWEED

Chickweed gives excellent results in all cases of bronchitis, pleurisy, coughs, hoarseness and weakness of the bowels and stomach. It is good for any form of internal inflammation such as lungs and bronchial tubes. It heals and soothes anything it comes in contact with

COMFREY & FENUGREEK

Comfrey & Fenugreek used together can drive all mucus from the body. It can heal mucus membranes, strengthen the heart, eliminate headaches, drain the sinus cavities, provide a defense for mucus buildup, increase oxygen to the lungs, reduce swelling, eliminate infection and purify the blood.

DAMIANA

Damiana can be used for female imbalance and male prostate problems. The body will not function as it should when hormones are out of balance. This herb has aided the following problems, conditions or breakdowns:

Female Problems
Parkinson's Disease
Hot Flashes
Prostate
Menopause
Sex Stimulant

DANDELION

Dandelion is the blood builder and purifier. It is in calcium and other minerals. It can be used for the following problems, conditions or breakdowns:

Age Spots
Blood
Anemia
Boils
Appetite
Jaundice
Bladder
Kidneys
Liver

EYEBRIGHT

Eyebright is used for all eye ailments; cataracts, diabetes, hay fever and as an eye wash.

FOT-TI-TIENG

Li Chung Yun, born 1677; died 1933 (256 years old), made FO-TI-TIENG a part of his daily vegetarian diet. It yields a compound that has a marked energizing effect. FO-TI is the rejuvenating Vitamin X that works on the nervous system, brain cells and endocrine glands.

GARLIC

Garlic destroys bacteria. It can be used as a douche. The following problems, conditions or breakdowns have been aided by garlic.

Appetite
Fever
Blood Pressure
Parasites
Cancer
Worms
Contagious Disease
Yeast Infection

GINGER

Ginger is good for digestion, gas in the colon, colitis, stomach spasms, cramps, morning sickness, sinus and menstruation

KOREAN (RED) GINSENG

Korean Red Ginseng is stimulating to the central nervous system. Also to various glands, accounting for its reputation as a rejuvenator. This herb has aided coughs, colds, chest problems, nausea and vomiting. Some believe in its value as a love potion. The following problems, conditions or breakdowns have been aided by the use of this herb:

Age Spot
Frigidity
Aging
Longevity
Endurance
Prostate
Energy
Regulate Hormones
Strength

SIBERIAN GINSENG

Siberian Ginseng helps to strengthen and tone the stomach and relieve inflammation. It contains male and female hormones.

GOLDEN SEAL ROOT

Goldenseal Root is the penicillin of the herb kingdom. Whenever a problem arises in the body, Goldenseal Root is used as an excellent cure-all, especially when one does not know what to do. Goldenseal Root is used to fight infection. It can be used as a vaginal douche for fibroid tumors, infected tubes and vaginal discharge. The following problems, conditions, or breakdowns have been aided by the use of this herb:

- Alcoholism
- Eyes
- Bad Breath
- Hemorrhage
- Skin Cancer
- Burns
- Infection
- Ringworm
- Chicken Pox
- Inflammation
- Skin Disease
- Circulation
- Itching
- Ulcers
- Diabetes
- Menstruation
- Digestion
- Morning Sickness

GOTU KOLA

Gotu Kola is used as an aid for many memory problems. It is used daily to increase potential memory in school or at work, or for more severe problems such as senility in old age.

KELP

Kelp contains more vitamins and minerals than any other food. Because of its natural iodine content, kelp has a normalizing effect on the thyroid gland. Thin people with thyroid trouble can gain weight by using kelp, while obese people with thyroid trouble can lose weight with kelp. Kelp is also used for poor digestion, flatulence and constipation.

LICORICE ROOT

Licorice contains a natural hormone that will replace cortisone. It raises blood sugar levels to normal. It is also useful for:

- Adrenal Glands
- Hyperglycemia
- Age Spots
- Hypoglycemia
- Hoarseness
- Throat
- Voice

PAU D'ARCO

Pau D'Arco is also known as Taheebo, Bow Stock, Ipe Roxo, Lapacho and Tecoma Curialis. It has been found to be an antibiotic with virus killing properties. Some of the conditions, problems, or breakdowns that have been aided by this herb include:

- Anemia
- Cystitis

Polyps
Arteriosclerosis
Diabetes
Inflammation of the Prostate
Asthma
External Sores
Skin Disease
Bronchitis
Gonorrhea
Syphilis
Cancer
Hemorrhages
Ulcers
Colitis
Hodgkin's Disease

PENNYROYAL

Pennyroyal is used for burning fever. It will promote perspiration. It is a good remedy for toothache, gout phlegm in the chest and lungs. It is also used for jaundice, intestinal pains, convulsions, ulcers, sores in the mouth, itches, insect and snake bites, intestinal pains and colic. Used on a daily basis it could attack sperm cells. It will relieve nausea but should not be taken by pregnant women since it may cause abortion

PSYLLIUM

Psyllium is used for the colon, colitis, constipation and hemorrhoids. Psyllium should be taken by itself and not mixed with other combinations. Constipation can result if Psyllium is taken at the same time with some combination.

RED CLOVER

Red Clover is a blood purifier. It is used for cancer, nerves, rheumatism, skin disease and boils.

SAW PALMETTO BERRIES

The properties of Saw Palmetto Berries are said to ease colds, asthma, bronchitis and mucus congestion. It is considered to have aphrodisiac powers. Saw Palmetto Berries may increase the power of lubrication of the vagina when stimulated and will increase the male sperm count; it has been used to aid in pregnancy. When taken often it could cause small breasts to increase in size. Saw Palmetto Berries may be used for:

Alcoholism
Frigidity
Diabetes
Bladder Problems

UVA URSI

Uva Ursi helps to reduce accumulation of uric acid and to relieve the pain of bladder stones and gravel, weak kidney, kidney stones and bed-wetting. Don't use for over a week at a time so that the body can function.

VALERIAN

Valerian is used for all sorts of nervous conditions. It promotes sleep. It is also used for:

Migraines
Hysteria
Stomach Cramps
Fatigue
Vomiting

VITAMIN C

The lack of Vitamin C can affect the adrenal glands, blood, capillary walls, connective tissue (skin, ligaments, and bones), gums, heart, and teeth. Vitamin C is needed in the body for bone and tooth formation, collagen production, digestion, iodine conservation, healing burns and wounds, red blood cell formation, hemorrhaging prevention, shock and infection resistance (colds) and vitamins protection (oxidation). Some conditions aided by Vitamin C are:

- Alcoholism
- Colds
- Allergies
- Cystitis
- Arteriosclerosis
- Heart Disease
- Arthritis
- Hepatitis
- Baldness
- Hypoglycemia
- Cholesterol (high)
- Tooth Decay

WOOD BETONY

Wood Betony is used as an aspirin replacement, and good for headaches and pain.

YELLOW DOCK

Yellow Dock is a blood purifier. It can be used for skin problems, itching, sores and swellings

WHITE OAK BARK

White Oak Bark stops hemorrhages in the lungs, stomach and bowels, increases the flow of urine, checks excessive menstrual flow, brings temperature down in fevers, aids in other conditions, problems or breakdowns, such as bruises, gallstones, kidney stones, live, mouth sores, pyorrhea, varicose veins, and toothache.

DONG QUAI

Dong Quai was regarded highly throughout Asia for menstrual cramps, irregular periods and other gynecological problems. This herb is used as an alternative for all female problems. It has been used extensively for its ability to help with female disorders. Dong Quai has been called the "Queen of female herbs." The herb contains constituents for nourishing the female glands and strengthening all internal body organs and muscles. It has been used to help with irregular menses. Finally, it is also used to help during the pregnancy to nourish the fetus in the womb.

GINKGO/GOTU KOLA

Ginkgo/Gotu Kola combines two of the best memory boosters in the herb kingdom. This herb can be used to help you cope with stress, relieve symptoms of Alzheimer's, circulatory disorders, stroke and dizziness. It can also be used to reduce high blood pressure, relieve mental and physical fatigue, also prevent nervous breakdown.

ST. JOHN'S WORT (*Hypericum Perforatum*)

St. John's Wort is named for St. John the Baptist, as the story goes, however this herb is a centuries old infection fighter and wound healer. Recent research has shown that the restorative power of this herb even extends to mild states of depression, insomnia, sciatica, ulcers and viral infections including H.I.V.

LOBELIA

Lobelia is recommended as a muscle relaxant during childbirth and as a poultice for wounds. The herb's healing powers include the ability to remove congestion form within the body, especially in the blood vessels. It is also good for bronchial spasms as a relaxant. Lobelia is also thought to reduce the desire for tobacco, as its action resembles a mild form of nicotine. This is a powerful herb to relax the nervous system. It also increases the flow of urine and perspiration.

GINKGO

Believed to be the oldest surviving tree on the planet, Ginkgo was discovered to have healing properties in 3000 BC by the Chinese herbalist Sheng Nung, who deemed it beneficial for the heart. Recent research has verified Ginkgo's medicinal value in treating poor circulation and dramatically improving concentration because Ginkgo promotes blood flow to the brain, it has been found extremely useful in improving memory, relieving tinnitus and countering other effects of aging. Its effects on the vascular system make it particularly effective for treating Alzheimer's disease.

GOLDENSEAL/ECHINACEA

Golden Seal is the penicillin of the herb kingdom. It is an excellent cure-all that invigorates and strengthens the body. Golden Seal has been used traditionally for many different conditions such as boosting the glandular system, hormone imbalance, congestion, inflammation, female problems, infection, bronchitis, menstrual problems, catarrh of the bladder, gastritis, ulcers, bowel stimulation, antiseptic and as an immune system builder. Echinacea has proven to be an excellent preventive against colds, flu along with other bacterial, fungal and viral infections. This herb can be used for headaches, swollen glands and stomach cramps. It can be used for as a blood purifier against streptococcus and staphylococcus infections. This herbal combination is known to fight chemical toxic poisoning in the body.

ECHINACEA

Echinacea is the "King of the blood purifiers." This herb cleans the system and stimulates the body's natural immunity. Commonly known as the both "Purple Coneflower and Sampson Root" Echinacea has proven to be an excellent preventive against colds, flu and other bacterial, fungal and viral infections. When applied externally, a tincture made with Echinacea helps to heal wounds. Because tinctures are so difficult to prepare, ready-made ones are generally recommended.

SHEA BUTTER

Shea Butter also known as "Karite Butter" is derived from the nut of a tropical tree *Karite Mangifolia*. Originally, this product has been used by African healers for over thousands of years as the ideal treatment for dry skin and aging skin. Shea Butter also protects the skin against the damaging effects of the sun and other harsh weather conditions.

WORMWOOD

Wormwood was used to combat intestinal worms by Dioscorides and Pliny. European Wormwood has been used in medicine since ancient times. It has been used for poor circulation, rheumatism, fevers, colds and jaundice. Herbalists have also recommended Wormwood for indigestion, stomach acidity and constipation. Wormwood may help to stimulate sweating in cases of dry fevers. It has also been used to expel worms, promote menstruation, stimulate uterine circulation, menstrual cramps and as an insect repellent.

SUMA (Pfaffia Paniculata)

Suma is an energy tonic, which acts as an immune system booster that combats anemia, fatigue and stress. It is beneficial for:

AIDS

Cancer

Liver Disease

High Blood Pressure

Chronic Fatigue Syndrome

RED RASPBERRY (Rubus Strigosus)

Red Raspberry is the ultimate female tonic. It is excellent during pregnancy as it strengthens the uterine walls and helps prevent miscarriage. This herb also decreases menstrual bleeding and is beneficial for other female disorders such as morning sickness, hot flashes and menstrual cramps. Other uses include:

Canker Sores

Diarrhea

Diabetes

SCHIZANDRA (Schisandra Chinensis)

Schizandra is a great tonic that helps the body adapt to stress because of the way it strengthens and tones many different organs. It is particularly a great liver protective herb making it beneficial in the treatment of hepatitis and poor liver function. Other uses include:

- Reverse Depression
- Sexual Stimulant
- Quickens Reflexes
- Sedative
- Respiratory Infections
- Skin Rashes
- Mental & Emotional Remedy
- Balance Fluid Levels

BUTCHER'S BROOM (Ruscus Aculeatus)

Butcher's Broom relieves inflammation, also is beneficial for the bladder and kidneys. It has been used for:

- Circulatory Disorders
- Hemorrhoids
- Carpal Tunnel Syndrome
- Jaundice
- Gout and Leg Cramps
- Edema

YUCCA

Yucca acts as a blood purifier and is beneficial in the treatment of arthritis, muscle spasms and inflammatory disorders. Yucca also aids the gallbladder.

IRISH MOSS (Chondrus Crispus)

Irish Moss is a sea vegetable that is a good source of protein and useful for many intestinal disorders. It supports thyroid function making it beneficial for weight loss. Applied externally, it soothes inflamed skin and has been used in hair rinses for dry hair. It is also useful for:

- Ulcers
- Acid Indigestion
- Coughs
- Gastritis
- Bronchitis

ASTRAGALUS (Astragalus Membranaceus)

Astragalus acts as a deep immune tonic, making it beneficial for immune deficiency related problems including AIDS and Cancer. It also acts as an anti-stress agent, increases stamina and provides energy to combat fatigue. It is useful for:

- Increasing T-cells
- Lung Weakness
- Increasing Bone Marrow Reserve
- Colds & Flu
- Tumors
- Fluid Retention
- Reduce Thirstiness
- Uterine Bleeding

HYDRANGEA (Hydrangea Aborescens)

Hydrangea supports the function of the kidneys and will remove also help prevent the formation of bladder stones.

It has been used for:
Bladder Infection

Prostate Disorders
Kidney Disease
Rheumatism

HYSSOP (*Hyssopus Officinalis*)

Hyssop is a great body cleanser. It regulates blood pressure, loosens phlegm in the lungs and throat also promotes sweating. This is an excellent tonic for children's disease such as sore throat and tonsillitis. Apply it as a compress, use to gargle and take internally. Hyssop is also beneficial for:

Gas
Gout
Circulatory Problems
Epilepsy
Fevers
Weight Problems
Coughs
Shortness of Breath
Jaundice
Asthma

WILD YAM (*Dioscorea Villosa*)

Wild Yam is very relaxing and soothing to the nerves. It is excellent for pain in the urinary tract, will expel gas from the stomach and bowels. Wild Yam also relaxes muscle spasms, helps the liver, gallbladder and is beneficial for general pain during pregnancy. This herb has been used for:

Gallbladder Disorders
Kidney Stones
Gas and Cramps
Cholera
Painful Menstruation
Arthritis & Rheumatism
Ovarian Pain

BLESSED THISTLE (*Cnicus Benedictus*)

Blessed Thistle is excellent for nursing mothers since it increases the milk flow. This herb is also good for other female disorders including painful menstruation. Other uses include:

Improves Circulation
Antibacterial
Digestive Tonic
Strengthens Heart
Purifies Blood
Liver Congestion

DEVIL'S CLAW (*Harpagophytum Procumbens*)

Devil's Claw helps to lower inflammation also relieve pain and muscle spasms. It stimulates also tones the digestive system plus has been used as an ointment for sores, ulcers and boils. Other uses include:

Appetite Stimulation
Arthritis & Rheumatism
Digestion
Gout

AG-7 (MENOPAUSE)

This herbal formula addresses the condition of menopause alleviates hot flashes, while balancing female hormones.

Ingredients: Damiana, Dong Quai, Wild Yam, Cayenne, Kelp, Red Raspberry, Black Cohosh, Ginger.

WORMZ-B-GONE

This herbal combination rids the body of worms and parasites.

Ingredients: Black Walnut, Wormwood, Clove, Garlic, Hyssop, Cayenne.

DAMINA/DONG QUAI

This herbal formula is a female tonic that strengthens the uterus, balances the hormones while providing energy and purifying the blood.

SARSAPARILLA

A cleansing herb, which rids the body of infection, nourishes and strengthens the glands while improving the immune system.

SENNA

Senna has been used for the colon, constipation, to expel worms and digestion.

YOHIMBE BARK

Yohimbe, an African tree bark is used for energy, endurance, dilates blood vessels and acts as a sex stimulant.

SLIPPERY ELM

Slippery Elm has been used to heal the mucous membranes and sinuses.

NONI

This South Pacific fruit has a multitude of cleansing and healing properties. A very powerful antioxidant also strengthens the immune system and used to remove tumors.

NETTLE

Nettle is an herb high in minerals used to strengthen hair, skin, nails and bones.

MULLEIN

Mullein heals the mucous membranes of the body, plus heals burns, bruises and alleviates constipation.

MILK THISTLE

An excellent liver cleanser rids the body of tumors and purifies the blood.

BLACK SEED

Black Seed was discovered in the tomb of Tutankhamun, strengthens the immune system, improves circulation while reducing inflammation and infection.

HAWTHORNE BERRIES

An excellent herb used for sore throat, improves the cardiovascular system plus strengthens the heart.

HORSETAIL

This herb is high in silicon a nutrient used to improve the blood, strengthens connective tissue, hair, skin, nails, joints and bones.