

#16. **SLEEP-** A proven effective way to assist the body in obtaining a restful night's sleep: **Hops, Valerian, and Skullcap.** Highly valued, widely recognized and used.

#17. **PAIN-** Pain should not always be treated solely symptomatically. **Blessed Thistle, Blue Violet Leaves, Capsicum, Skullcap, Valerian Root, Vervain, and Wild Lettuce** are effective for pain of various causes and for relief of nervous tension.

#18. **WEIGHT REDUCTION-** Formula helps suppress appetite. effective in overcoming brain fatigue, revitalizes whole system, flushes bloodstream of re-circulated products from burned up fat, eliminates excess water, Feeds thyroid gland- increases rate of fat burn. Strengthens all glands: **Black Walnut Hull, Chaparral, Chickweed Cleavers, Echinacea Root, Fennel Seed, Gotu Kola, Hawthorne Berry, Kelp, Licorice Root, Papaya Leaves, and Safflowers.**

#19. **METABOLISM-** Helpful herbs beneficial in restoring normal, active, metabolic activity. These include. **Alfalfa, Aloe Vera, Black Cohosh, Capsicum, Comfrey Root, Fennel Seed, Garlic, Ginseng, Fo-Ti, Gotu Kola, Licorice Root, Myrrh Gum, Parsley Leaves, and Sarsaparilla Root.**

#20. **COLDS & FLU-** To remove fevers, infection, mucous build-up, chest and upper respiratory complaints- From Cold & Flu: **Bayberry Bark, Capsicum, Cloves, Comfrey Root, Fenugreek Seed, Echinacea Root, Ginger Root, Golden Seal Root, Thyme, White Pine Bark.**

#21. **CHEST & LUNGS-** This blend takes care of bronchitis, pneumonia, asthma, emphysema, coughs, and other respiratory complaints: **Chickweed, Comfrey Root, Fenugreek Seed, Marshmallow Root, Mullein, Slippery Elm Bark, and Thyme.**

#22. **MEMORY & MENTAL ALERTNESS-** Noticeable improvement comes when these seven super brain foods are used together, remarkable energizing effects on brain cells, increased clarity of mind, relief of nervous exhaustion and/or depression: **Blessed Thistle, Borage Root, Comfrey Root, Fo-Ti, Ginseng, Gotu Kola, and Rosemary.**

#23. **SKIN- ACNE-** Acne & boils disappear with the use of these: **Black Walnut Hull, Burdock Root, Capsicum, Chaparral, Dandelion Root, Echinacea Root, Golden Seal Root, Kelp, Licorice Root, Safflower, Sassafras Bark, & Valerian Root.**

#24. **PRENATAL-** Expectant mothers have reported easier deliveries with less hemorrhaging when they started taking a mixture of these herbs six weeks before expected delivery: **Black Cohosh, Blessed Thistle, Blue Cohosh, Catnip, Motherwort, Peppermint leaves, Red Raspberry leaves, Rhubarb Root, Spearmint leaves, Spikenard, Squaw vine, and Wild Yam Root.**

#25. **DIGESTION & NAUSEA-** God has bountifully blessed us with herbs to promote easier digestion and food assimilation as well as provide relief from nausea and vomiting: **Capsicum, Catnip, Chamomile, Cloves, Fennel Seed, Ginger Root, Marjoram, Papaya Enzyme, Peppermint leaves, Spearmint Leaves, and Wood Betony.**

#26. **EYES-** This combination can be used as eyewash as well as taken internally for brightening the eyes, healing and strengthening them. It removes cataracts, Conjunctivitis, macular degeneration, and lesions- it contains equal parts: **Bayberry Bark, Eyebright, Red Raspberry leaves, Golden Seal Root, Myrrh Gum, Chamomile, Chaparral, and 1/8 part - Capsicum.** Rinsing the eyes 8 to 10 times a day with the strained and cooled tea of the mixture has powerful results.

#27. **LAXATIVE-** Cleanses intestinal tract, removes toxins, prevents gas and fermentation, regulates bowel function, normalizes proper nutrient assimilation. Tried & true formula: **Black Walnut Hulls, Cascara Sagrada, Fennel Seed Flax Seed, Licorice Root, Psyllium Seed, and Senna Leaves.**

#28. **LIVER & GALL BLADDER-** Purging, toning, and stimulation the liver and gall bladder are: **Barberry Bark, Catnip, Dandelion Root, Gentian**

Root, Golden Seal Root, Parsley Root, Peppermint Leaves, Shavegrass, and Yellow Dock.

#29. **DIABETES & PANCREAS-** Taken into the pancreas these herbs act like natural insulin, stimulating it to revert to its natural functions of normalizing the blood sugar: **Blueberry Leaves, Capsicum, Dandelion Root, Ginger Root, Golden Seal Root, Juniper Berry, Licorice Root, Myrrh Gum, Red Raspberry leaves, Saw Palmetto.**

#30. **MENOPAUSE-** As women age the nutritional needs increase while her intake of vital nutrients decreases. Some herbs have the ability to nourish the essential organs with hormone producing capacities. When **Black Cohosh, Buchu Leaves, Elder Flower, False Unicorn Root, Licorice, Passion Flower, and Sarsaparilla Root** are taken together, they activate the body to regulate the hormone balance without the harmful effects drugs produce.

#31. **SINUS-HAY FEVER-** These herbs together have antihistamine and decongestant properties: **Bee Pollen, Blue Cohosh, Capsicum, Golden Seal Root, Hyssop, Mullein, and Saw Palmetto.**

#32. **ARTHRITIS-** This herbal formula cleans & heals rheumatic and arthritic conditions Natural steroids reduce & eliminate swelling and inflammation in the soft tissues and joints with no side effects. Helps return the calcium to solution and remove it from troubled areas, removes toxins and bacteria from the body: **Alfalfa Leaves, Buckthorn Bark, Chaparral, Comfrey Root, Devil's Claw Root, Licorice Root, Sassafras Bark, Slippery Elm Bark, Wild Yam Root, Yarrow, and Yucca.**

#33. **MALE GLANDS-** Men Experience a mid-life slow down in their overall hormone activity. This formula is a natural remedy provided to feed and improve their health and keep them vital and active: **Buchu Leaves, Damiana, False Unicorn Root, Fo-Ti, Ginseng, Gotu Kola, Sarsaparilla Root and Saw Palmetto.**

#34. **HEADACHE and MIGRAINES-** Relief from pain, including migraines & menstrual cramps, lessons nervous tension and nausea: **Blue Violet Leaves, Ginger Root, Peppermint Leaves, Rosemary, Sage, Skullcap, and Wood Betony.**

#35. **HORMONE BALANCE-** The entire system (Adrenals, pancreas, pituitary, thyroid, pineal, and thymus) is fed by a combination of: **Bayberry Bark, Chamomile, Chickweed, Coltsfoot, Comfrey Root, Hyssop, Juniper Berries, Licorice Root, and Wild Cherry Bark.** In utilizing these natural substances, the body can be revitalized from within, without drug-related problems.

#36. **DRUG WITHDRAWAL-** It can be very difficult to withdraw from dependence upon any drug. We have been given wholesome herbs to assist in this difficult restoration. This powerful combo: **Black Cohosh, Capsicum, Chaparral, Hops, Ginger Root, Golden Seal Root, Lady Slipper Root, Licorice, Sage, Skullcap and Valerian Root.**

#37. **SPRING TONIC-** Our wise ancestors always utilized a spring tonic to nudge the body into renewed vigor for the coming activities. A tried and true combination includes: **Catnip, Chickweed, Dandelion Root, Elder Berry Flowers, Hyssop, and Yellow Dock.**

#38. **STRESS-** Herbs with the elements that assist in the nourishing of the endocrine system and help the body heal from the ravages of stress, as well as build a zest and stamina for life are found in the combination: **Bayberry Bark, Ginger Root, Ginseng, Golden Seal Root, Licorice Root, Slippery Elm Bark and Uva Ursi.**

#39. **Tumor-** An herbal formula effective in tumor reduction containing: **Beet Root, Black Walnut, Blue Violet Leaves, Chaparral, Echinacea Root, Parsley Root, Plantain, Red Clover Flower, Red Raspberry Leaves, Slippery Elm Bark, and Yellow Dock.**

#40. **ANEMIA- IRON-** **Barberry Bark, Beet Root, BlackBerry Leaves, Comfrey Root, Dandelion, Fenugreek Seed, Yellow Dock and Hops** are very high in elements used for building red blood cells, such as iron, which brings oxygen to body cells and takes away carbon dioxide. An iron

deficiency makes a lack of red blood cells, which in turn causes anemia and low blood pressure.

#41. **CALCIUM- MINERALS-** Herbs that are rich in calcium, natural silica which is converted to calcium in the body and have important trace minerals are: **Comfrey Root, Kelp, Oat straw, and Shavegrass.** This group is especially important in healing broken bones, nails and hair.

#42. **HAIR HEALTH-** Herbalists have perfected a combination that nourishes the hair, promoting strength, shine, and body: **Alfalfa Leaves, Burdock Root, Capsicum, Kelp, Nettle Leaves, Parsley Root, Rosemary, Sage and Shavegrass.** Also helps to strengthen fingernails.

#43. **PARASITES-** Internal parasites can be more of a problem than many people are aware of, The ammonia nitrate thrown off by the living, breeding, and dying parasites causes cancer cells to grow. Kill the parasites and cleanse the body of the toxins, (Via a liver/gallbladder flush) the cancer will die off; if you wish to get a good kill off, take them for 30 days, as some eggs take upwards to 28 days to hatch, and you must kill the hatchlings before they can grow, breed and lay eggs. These herbs kill parasites: **Black Walnut Hulls, Cloves, Wormwood, Chaparral, Motherwort, Pumpkin seeds, Wood Betony, Garlic, Hibiscus, Tansy, 1/8th part Cascara Sagrada.**

#44. **HYPOGLYCAEMIA- LOW BLOOD SUGAR-** A natural herbal formula that effectively corrects adrenal and pancreatic gland imbalances in hypoglycemia. It allows the blood sugar level to remain in control by stimulating and actuating the adrenal glands. Helps the body handle stress and aids in eliminating toxic waste from the body. While this natural and harmless formula offers an alternative to drugs. It should be remembered that a correct nutritious diet is essential for complete recovery. This formula contains: **Catnip, Dandelion Root, Hawthorn Berry, Juniper Berry and Licorice Root.**

#45. **CIRCULATION-** A valuable formula that effectively equalizes circulation without raising blood pressure. Relieves the heart and arteries of undue tension. High mineral and vitamin content. This formula contains: **Black Cohosh, Cayenne, Chickweed, Golden Seal Root, Hyssop, Pleurisy Root, and Rose Hips.**

#46. **BONES, FLESH, AND CARTILAGE-** Ingredients: **Oak Bark, Comfrey Leaves, Marshmallow Root, Mullein Herb, Walnut Bark (or Leaves), Gravel Root, Wormwood, Lobelia, Skullcap.** Use internally, and as a poultice to heal broken bones, spine spurs, as well as flesh and cartilage. As a fomentation for up to 8 hours a day, or at night to heal the spine. Soak wool flannel in the warm decoction, wring cloth out a little, lay it down the spine, cover with plastic and a heating pad. Do this each night 6 days a week for upwards to 8 months until healing is complete.

For Legal reasons we must include the following statement:

The information contained in this tract is presented solely for general informational purposes only. This publication is not intended to diagnose or the treat any disease, always seek professional medical help. We make no assurances of the information being fit or suited to your medical needs, and to maximum extent allowed by law disclaim any and all warranties and liabilities related to your use of any of the information obtained from this tract.

Personally, I would never trust a Physician, if there was any way to do otherwise for according to Revelation 18:23 "Sorceries" the use of "pharmakeia" (G5332) is "Sorcery, witchcraft, magic" Exodus 22:18

THIS PUBLICATION IS NEVER TO BE SOLD

Freely ye have received, freely give.
Mat 10:8



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#1068



Herbal Healing

Genesis 1:29 "And God Said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth."

Psalms 104:14 "He causeth the grass to grow for the cattle, and herb for the service of man: that he may bring forth food out of the earth."

In His wise providence, God endowed nature with rich and varied vegetation, which can supply all the elements of nutrition required for the maintenance and recovery of health. The plant kingdom contains many herbs that are conducive to good health. Some assist in cleansing the blood stream and body; others strengthen the immune system; altogether they cleanse and prevent disease, heal and build the body without latent, adverse effects. Chemical remedies, even when used in small quantities and for short periods of time, leave their baleful influence, and if used in large doses or over and extended duration, the serious consequences are chronic illnesses and death.

HELPFUL TIPS:

Before trying herbs read and research them, look for the common denominator in several places, in other words if in 5 of the 7 sources you find the same herb for the same ailment. That herb is a tried and true healing source for that illness.

Try and find a grower to buy directly from them. Such as Pacific Botanicals; or Mountain Rose Herbs. These are sources that have not standardized or radiated their herbs. They are grown or wild crafted, harvested, dried and packaged as naturally as possible. While using whole herbs there is the potential for the Pharmaceutical drugs to no longer be needed, as the body is given the tools to repair, so keep a watchful eye as changes will need to be made with Pharmaceutical drugs.

METHODS OF PREPARATION:

Herbs are often used in the form of teas. In the preparation of teas, twenty grams of fresh herb is used per liter of water. If herb is dried use ten grams per liter of water. (Distilled works best as it is an empty, hungry water that will pull more minerals from the herb.)

*Hot Infusion: For Leaves and Stems -Pour Boiling Water over the herb, steep for fifteen minutes, and strain.

*Cold Infusion: For Leaves and Stems- Steep the herb or root in cold water for several hours, strain and use.

*Decoction: For Root, Bark, Berry, or seed Gently simmer for about thirty minutes in water. Strain and Use.

It should be noted that in all tea preparations of herbs, aluminum vessels should never be used. Glass, stainless steel, or good quality enamelware is preferable. If possible use only pure, soft, or distilled water.

Herbs can be dried, ground to powder and put in capsules.

COMMON HERBS AND THEIR APPLICATIONS

ALFALFA- A deep rooted herb highly valued for its trace minerals. Eight for digestive enzyme and eight essential amino acids. It contains many vitamins, including Vitamin U for peptic ulcers. Effective in the treatment of allergies, arthritis, diabetes and works as a blood purifier.

ALOE VERA- An effective healing agent. Aloe cleanses stomach, kidneys, bladder and colon. Heals burns, restores ruptured discs.

BARBERRY BARK- Excellent remedy for liver, causing bile to flow more freely, rids blood of impurities, improves appetite, expels waste from bowels and stomach, dilates blood vessels in helping control high blood pressure.

BAYBERRY BARK- Effective decongestant. Excellent sore throat gargle. Valuable in treatment of hemorrhages.

BEET ROOT- A liver and body cleanser, iron supplement, feeds the thyroid natural iodine.

BLACK COHOSH ROOT - Equalizes circulation. Supplies estrogen. Helps in menopause.

BLACK WALNUT HULL- Useful for many kinds of skin diseases. Expels parasites and worms. Can be taken internally or used as a poultice.

BLESSED THISTLE- Good blood purifier. Takes oxygen to brain. Relieves Headaches, balances hormones.

BLUE COHOSH- Contains vital mineral elements, good for correcting heart palpitations. Used by Indians to help ease childbirth pains. Helps regulate menstrual flow. Helpful for leg and stomach cramps. Diuretic. Nervous tension relief.

BUCKTHORN BARK- Helps regulate Urine flow. Reliable and effective laxative. Works against gout.

BURDOCK ROOT- One of the best blood purifying agents. Helps reduce swelling and deposits in joints. Soothing to kidneys.

CAMOMILE- Contains potassium. Soothes stomach, bowels and nerves; takes away inflammation of urinary tract, and painful menstruation. Insect repellent.

CAYENNE/CAPSICUM- Used as a catalyst for all other herbs. Equalizes blood flow and circulation without raising blood pressure. Has healing effect on stomach, duodenal, and colon ulcers. Heart stimulant. Opens constricted blood vessels.

CASCARA SAGRADA- One of the best remedies for chronic constipation. Increases secretions of pancreas, liver, stomach and lower bowels. Effective remedy for gallstones. Cleans old fecal matter out of bowel.

CATNIP- Soothes nerves and aids sleep. Excellent remedy for small children with colic. Effective for relief of gas pains, fever and upset stomach.

CHICORY-The fresh leaves may be eaten as salad which aids digestion. The decoction of the root for skin affections resulting from liver and stomach problems. Highly diuretic, laxative, and depurative drink. Also used in jaundice, gallbladder problems, and chronic catarrh of the lungs.

CHAPARRAL- Considered one of the best herbs for treatment of arthritis and cancer. Very useful in skin disorders, acne, blotches and warts.

CHARCOAL- Excellent taken internally for relief of gas, fermentation and heart burn, and to adsorb toxic substances & neutralizes poisons. Excellent for gangrene and inflammation, and also for pharmaceutical, and recreational drug over dose.

CHICKWEED- Useful in weight reduction. Excellent for respiratory problems. Considered one of the best remedies for piles, tumors and swollen testes.

CHRYSANTHEMUM- Strengthens the immune system, promotes a feeling of well being, gives tone & vitality to body, A decoction of the leaves cures colds, influenza and headache, The whole plant is good for bronchitis, whooping cough, and a variety of respiratory ailments.

COMFREY ROOT- Quickly heals internally and externally. The best healer for respiratory system. Best remedy for blood in the urine. Blood cleanser. Leaf poultice helps heal bones, flesh and cartilage. Leaves blended in apple or pineapple juice heal bones, cleanse and build the digestive tract. Root powder mixed with papaya for several weeks strips the hard layer of mucous out of the small intestine to cause absorption of vitamins, minerals and other nutrients from the food.

DAMIANA- Helpful in balancing female hormones. Considered to be a sex stimulant.

DANDELION- The root is one of the best cleansers for gall-bladder and liver. It is very high in vitamins and minerals so it is an excellent blood builder and purifier. Aids digestion,

DEVILS CLAW- Very effective in liver and kidney problems as well as in treatment of arthritis and rheumatism.

EYEBRIGHT- Most Widely recognized herb for maintaining and protecting the health of the eye. Tea may be used as eyewash. Also good for liver.

FENNEL SEED- Helps take away appetite. When uric acid is the problem, it aids digestion. Good for colic in infants, gout, gas and acid stomach.

FENUGREEK SEED- Natural intestinal lubricant, has a healing effect on the organs. Used as a healer for all mucous membranes. Effective poultice for sciatica, swollen glands and skin irritation.

GINGER ROOT- Acts as a catalyst from pelvic area down. Relieves painful spasms of bowels and stomach. Effective for motion sickness. Assists other herbs in their work.

GINSENG- A rejuvenator and invigorator. Excellent stimulant. Aids digestion, is helpful in coughs, colds and chest congestion. Aphrodisiac, eases childbirth, Clears most sexual impotency problems.

GOLDEN SEAL ROOT- Potent natural antibiotic. Restores normal body functions, relieves morning sickness, ulcers, sores, erysipelas, ringworm, and other skin diseases; diphtheria, tonsillitis, spinal meningitis, laxative for various stomach ailments.

GOTU-KOLA- Effectively strengthens the heart, memory and brain. Used in cases of mental troubles and nervous breakdowns. Well known for its rejuvenating properties.

HAWTHORNE BERRY- Used in dilating coronary blood vessels and restoring the heart muscle wall. Known as the heart herb.

HOPS- Induces sleep, relieves restlessness and increases urine flow.

JUNIPER BERRY- Excellent for prevention of disease. Used as a diuretic. Aids digestion. Useful for kidney and bladder problems related to pancreas and adrenal glands. Usually used in combination with other herbs.

KELP- Normalizes thyroid, feeds it natural iodine. Good for hair and nails. Rids body of radiation.

LICORICE ROOT- Helpful for hypoglycemia, stabilizes blood sugar, Natural cortisone. Good for coughs, chest complaints and throat conditions. Cleanses intestinal tract.

LOBELIA- Known as Smart Weed. Takes other herbs to the cysts, tumors, inflammations and other disease spots in the body. Cleanses & heals the body. Purges out the mucous & pus from lymph system. Pulls poisons out of the system.

MARSHMALLOW ROOT- Soothes and heals bowels and kidneys. Used also to bathe sore and inflamed eyes.

MILK THISTLE- Infusion of root used for spleen and liver obstructions. Its functions are highly hepatic. Decoction of fresh root and seeds effective remedy in cases of jaundice, kidney stones, dropsy, and stomachache. Tender leaves are eaten in salads or boiled to purify the blood and cleanse the liver.

MULLEIN- Relieves asthma, bronchitis, difficulty breathing, hay fever bleeding lungs and glandular swelling. Combined with Lobelia it cleanses the lymphatic system.

MYRRH GUM-Antiseptic for open or ulcerated surfaces. Helpful for chest problems. Used as a mouthwash for sore teeth and gums. When combined with other herbs it helps them work longer.

NETTLES- Good for upper respiratory problems. Diuretic. For treating diarrhea and hemorrhoids. Used as a hair wash strengthens, shines and feeds hair. High in Vit. A.

PAPAYA- Aids digestion. Effective in relieving allergies, and in reducing swelling. Combined with comfrey root it cleans the mucous lining off the small intestine so that food nutrients can be absorbed.

PARSLEY ROOT- Contains a substance in which tumors cannot multiply. Rich in B-Complex Vitamins. It is an effective diuretic.

PSYLLIUM SEED- Effective colon cleanser. Cleans out compacted pockets in colon.

RED CLOVER BLOSSOM- Excellent blood purifier. Cancer antidote. Contains silica and lime. Relaxes the entire system.

RED RASPBERRY LEAVES- Prevents miscarriage and relieves morning sickness during pregnancy. Strengthens uterine walls prior to childbirth. Feeds the baby minerals.

RHUBARB ROOT- Increases muscular action of bowels. Cleanses and tones bowels.

ROSE HIPS- Used in fighting infection because of its high Vitamin C content. Often used for relieving stress.

SARSAPARILLA- Considered a male hormone. Useful in purifying blood. Helps purify the entire system from infections. Used in treating gout, skin eruptions, colds, ringworm and rheumatism.

SKULLCAP- The best nerve tonic. Effectively reduces high blood pressure. Treats heart conditions, central nervous system, including epilepsy and palsy. More effective and much less harmful than quinine in treating malaria.

SHAVE GRASS/HORSETAIL- Good diuretic and helps with kidney stones. High in silica so effectively restores worn joints.

SLIPPERY ELM BARK- Treats inflammation of mucus membranes in kidneys, bladder, lungs, stomach and bowels. Effective poultice for wounds, burns, and chapped skin. An excellent and sustaining food. Helps feeble sick patients to gain weight.

SQUAW VINE- Excellent for easing childbirth. Used for female complaints and uterine troubles.

UVA URSI- Has great value for kidney and bladder problems, strengthens and tones mucous membranes of the urinary passages. Used in the treatment of gonorrhoea, hemorrhoids, liver, spleen and pancreas.

VALERIAN ROOT- A nerve tonic. Given to promote sleep and alleviate pain. Useful in treatment of scarlet fever and measles.

WHITE OAK BARK- Useful for any trouble of rectum. Normalizes spleen, liver and kidneys. Effective in treatment of varicose veins.

WHITE WILLOW BARK- Reduces inflammation in treatment of arthritis and rheumatism. Used for eye problems, chills, eczema, fever, headache, debility of digestive organs.

WORM WOOD- Recommended for cases of catarrh, colic, diarrhea, poisoning, scrofula, various stomach disturbances, leucorrhoea, liver affections, loss of appetite, influenza, dropsy, hysteria, halitosis, dysmenorrhoeal. When used in larger doses - this plant will expel worms, promote normal menstrual flow, and eliminate fever.

YARROW- Soothes and heals mucous membranes. A tonic for general run down condition. If taken at the on-set of a cold, it will help rapidly break it up.

YELLOW DOCK- Used to tone entire system and purify the blood. High in iron. Helpful in treatment of acne.

YUCCA- Often used for rheumatoid arthritis and rheumatism with encouraging results.

MEDICINAL COMBINATIONS

#1. **BLOOD PURIFICATION-** An overload of toxins and waste matter in the blood can overburden the system, causing disorders and disease. God has provided an abundance of blood purifiers which can be combined effectively into a formula containing: **Bayberry Bark, Blue Vervain, Catnip, Chickweed, Comfrey Root, Fenugreek Seed, Gentian Root, Golden Seal Root, Hyssop, Irish Moss, Myrrh Gum, Prickly Ash Bark, and Yellow Dock.**

#2. **FEMALE PROBLEMS-** Herbs reported to have a positive influence, by "feeding" the genital- urinary organs during pregnancy, the beginning of menopause, and during the menstrual cycle. This group of herbs includes: **Black Cohosh, Blessed Thistle, Capsicum, Damiana, Golden Seal, Licorice Root, Red Raspberry Leaves, and Squaw vine.**

#3. **NERVOUSNESS-** When the body is in need of a soothing restoration to the nervous system, a combination of: **Black Cohosh, capsicum Ginger Root, Hops, Lady Slipper Root, Sage, Skullcap, Valerian Root, Worm Wood.** Helps to rebuild frayed nerve sheaths and promote and inner calm.

#4. **KIDNEY AND BLADDER-** A Combination of: **Chamomile Flower, Corn silk, Dandelion Root, Ginger Root, Juniper Berry, Nettle, Parsley Root, Sassafras Bark, Shavegrass, Uva Ursi, and Yarrow.** Tones, cleanses and builds these organs and acts as a diuretic for improving toxic eliminations and for strengthening these organs' effectiveness.

#5. **HEART VESSELS-** **Capsicum, and Hawthorne Berries** are food for the heart. Combined with: **Motherwort, Mullein, Nettles, Passion Flower, and Valerian Root.** They provide strength and restoration to the heart muscle and valves, helping to increase circulatory benefits.

#6. **INFECTION-** A healthy lymph system is the body's defense against infections of all kinds. **Black Walnut Hulls, Capsicum, Echinacea Root, Golden Seal, Mullein, Lobelia and Nettles** have healing properties that fight and cleanse infection.

#7. **DIURETIC-** Many of the herbs found in nature are diuretics. A group of the best of these includes: **Chickweed, Corn silk, Golden Rod, Juniper Berry, Marshmallow Root, Nettles, Parsley Root, Red Raspberry Leaves, Shavegrass, and Uva Ursi.**

#8. **LOWER BOWEL -Disease BEGINS in the colon!** Healing can begin to take place ONLY after the Lower bowel is unclogged. Nutrients cannot be assimilated through layer upon layer of dried waste and toxic substances. **Bayberry Bark, Capsicum, Cascara Sagrada, Comfrey Root, Fenugreek Seed, Ginger Root, Parsley, Red Raspberry leaves, Rhubarb Root** act as a natural broom and also provide cleansing stimulation to the liver and gall bladder.

#9. **PROSTATE-** Inflammation and enlargement of the prostate gland makes some men's mid to later life miserable. A group of herbs that are known to clean out sedimentation and treat infection include: **Black Cohosh, Capsicum, Fo-Ti, Ginger Root, Kelp, Licorice Root, Parsley Leaves and Uva Ursi.**

#10. **POULTICE-** Insect bites, sores, boils, abscesses and wounds are not the only problems that can be treated with a poultice of: **Charcoal, Comfrey Root, Flaxseed, Golden Seal, and Slippery Elm Bark.** Enlarged glands, burns, arthritis, & joint pain of all descriptions can be helped by an externally applied poultice to the affected area.

#11. **THYROID-**Formula is rich in vitamins & trace minerals, normalizes the metabolism while revitalizing the thyroid gland. Also benefits kidneys, liver, gall bladder and pancreas. Utilizing the nutrients in: **Capsicum, Irish Moss, Kelp & Parsley with root.**

#12. **ULCER WOUNDS-** Both internal and external ulcers & wounds are healed with natural healing agents found in: **Capsicum, Comfrey Root, Echinacea Root, Golden Seal Root, and Myrrh Gum.**

#13. **ASTHMA- HAY FEVER-** Sufferers of upper respiratory allergic symptoms report noticeable improvement when using a blend of: **Black Cohosh, Blessed Thistle, Capsicum, Catnip, Comfrey Root, Mullein, Pleurisy Root, and Skullcap.**

#14. **ENERGY PICKUP-** A combination of **Capsicum, Ginseng, Gotu-Kola, and Fo-Ti** gives amazing results for persons needing an energy boost. Fo-Ti has, for centuries, been known as the long life elixir, as well as being hailed for its energy giving benefits. Gotu-Kola is valued for its curative properties in the treatment of mental troubles (Senility, weakness, loss of memory, depression) as well as high blood pressure.

#15. **BLOOD PRESSURE-** This formula regulates blood pressure, strengthens vascular system, thereby improving blood circulation. These include **Capsicum, Garlic, Ginger Root, Ginseng, Golden Seal Root, Parsley Leaves.**