



Dr. Steve's Nutritional Supplement Guide

Acacia: fiber is the gum extracted from various species of the acacia tree; is soluble in water; normally sold as a fine powder or in tablet form; studies have shown that fiber works in the body to help maintain healthy cholesterol, blood sugar and blood pressure levels. Historically used to help maintain a healthy body weight and reduce the risk of obesity-related illness; fiber plays a vital role in healthy detoxification.

Acai: is a purple berry which is only found in the Amazon rainforest; has high level of antioxidants. Historically used to combat fatigue, illness, and disease, including heart ailments, cancer, and other degenerative health issues; also known to benefit an individual's desire in becoming healthier, stronger, and motivated during physical activity; desirable health benefits, including boosting heart health and maintaining important organs, muscles, and tissues.

Acetyl L-Cysteine: is made from the amino acid cysteine joined to an acetyl group; a strong antioxidant. It donates the amino acid cysteine to help form the antioxidant glutathione, a powerful antioxidant normally found in the body; promotes detoxification, and acts directly as a free radical scavenger; historically used as a mucus dissolving agent in a variety of respiratory illnesses;

beneficial in conditions characterized by decreased oxidative stress, such as HIV infection, cancer, heart disease, and cigarette smoking.

Alfalfa: is a high protein plant, also categorized as a legume and has been used for kidney conditions, bladder and prostate conditions, and to increase urine flow. It is also used for high cholesterol, asthma; a great natural source of vitamins, minerals, and chlorophyll. Historically used for arthritis, anemia, pituitary gland and healing the body after injures and illness.

Aloe Vera: is a species of succulent plant, also known as "lily of the desert", the "plant of immortality", and the "medicine plant"; contains three anti-inflammatory fatty acids that are helpful for



the stomach, small intestine and colon; naturally alkalizes digestive juices to prevent over acidity - a common cause of indigestion; helps clean the digestive tract by exerting a soothing, balancing effect. Historically used to soothe and heal; anti-inflammatory, sunburns, arthritis, radiation poisoning, intestinal inflammation and ulcers.

Alpha Lipoic Acid: is a naturally-occurring compound produced in our body and is also derived from the foods we eat. It is both fat- and water-soluble and can cross any membrane in the body; protect both the fatty and aqueous portions of cells from harmful free radicals. It has been known to reverse oxidative damage to enzymes and DNA, increase ATP (energy) levels, restore levels of glutathione, a protective antioxidant and detoxification compound; Alpha Lipoic Acid and Glutathione regenerate each other. Also known to decrease C-reactive protein; promote vasodilation (relaxation of blood vessels), improve metabolism, increase insulin sensitivity and improve glucose transport, reduce appetite, decrease fat accumulation and increase lean muscle mass, protect the integrity of the brain and nervous system, can chelate heavy metals.

Amylase: is a digestive enzyme that helps the body to digest carbohydrates; is present in human saliva, where it begins the chemical process of digestion. The pancreas also makes amylase; plants and some bacteria also produce amylase. Historically used in conditions of chronic pancreatitis, diabetic ketoacidosis, pancreatic pseudo cysts, other damages to the pancreas, pancreatic cancer, kidney disease/failure and toxemia during pregnancy.

Anamu: is an herbaceous perennial that grows up to 1 m in height. It is indigenous to the Amazon rainforest and tropical areas of Central and South America, the Caribbean, and Africa. Has been used to reduce pain and spasms, reduce anxiety, kill bacteria, kill cancer cells, kill leukemia cells, reduce fever, kill Candida, lower blood sugar, expel worms, promote menstruation, reduce inflammation, reduce free radicals, kill insects, prevent tumors, kill viruses, increase urination, enhance, immunity, used to support the structural system, particularly the joints.

Apple Cider Vinegar: Historically used as a natural cure for a number of ailments which usually require antibiotics and other medications; known to reduce sinus infections and sore throats; balance high cholesterol; skin conditions such as acne; protect against food poisoning; fight allergies in both humans and animals; prevent muscle fatigue after exercise; strengthen the immune system; increase stamina; increase metabolism which promotes weight loss; improve digestion and cure constipation; alleviate symptoms of arthritis and gout; prevents bladder stones and urinary tract infections.

Astragalus: is a single herb. Acts as an adaptogen, antioxidant, antiviral, cardiac, diuretic, immune stimulant, tonic and vasodilator. Stimulates natural interferon, activates T-cells and NK cells, and enhances the production of immunoglobulin. Historically used as a tonic for persistent infections and chronic ulcerations for centuries in China; known to help with night sweats, fatigue, weakness, loss of appetite and diarrhea.

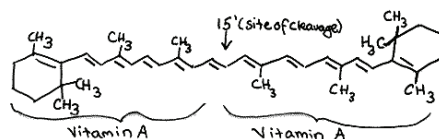
Barley: is a single herb loaded with natural sources of vitamins, minerals, amino acids, enzymes and historically used to protect the body from free-radical damage and radiation. Properties include anti-arthritic, antilipemic, appetite suppressant, digestive tonic, mineralizer, and nutritive.

Bayberry: is a single herb used as an astringent; historically used with internal and external bleeding, diarrhea, sinus drainage and to dispel mucus.

Historically used mixed in water for internal bleeding; bloody stool, nose bleeds, and heavy menstrual bleeding.

Bee Pollen: Known as a super food – contains all known vitamins and all known (22) essential amino acids, several minerals, enzymes coenzymes. Historically used to increase energy, improve athletic performance and reduce allergic response in hay fever, adrenal exhaustion and burnout. Known to stabilize blood sugar, aid for the pituitary and balance the reversed polarity.

Beta Carotene: Historically used to protect your cells from the damaging effects of free radicals; provide a source of vitamin A; enhance the functioning of your immune system; help your reproductive system function properly; known for its benefit to eye health and immune support with out build up in the body.



Beta Sitosterol: it is widely distributed in the plant kingdom, found in pecans, saw palmetto, avocados, pumpkin seed, cashew fruit, rice bran, wheat germ, corn oils, soybeans, sea-buckthorn, and wolfberries. Historically used in treating high cholesterol; enlarged prostate; gallstones; enhancing sexual performance; boosting the immune; combats colds, flu and asthma; relieves menopause symptoms; hair loss or baldness. Betaine HCl: The stomach manufactures hydrochloric acid (a natural protein-digesting enzyme), to break down proteins; as people age, they usually produce less HCl, which affects the amount of protein they can absorb. Incomplete protein digestion can lead to subsequent imbalances in the flora that feast on these compounds causing health concerns.

Bifidophilus: is friendly bacteria found in the intestinal tract known as probiotic and are friendly bacteria required for intestinal health. Antibiotics destroy

the friendly bacteria which can create problems with yeast infections and leaky gut syndrome which can lead to immune deficiencies and health problems. Historically used to restore bowel health and fight yeast infections.

Bilberry: is a single herb used historically to support eye problems such as cataracts, night vision, failing vision, glaucoma, tired and irritated eyes. Some known properties include anti diabetic, antioxidant, diuretic, nutritive, and tonic.

Black Cohosh: is a single herb that contains phytoestrogens; historically used to relieve menopause symptoms; regulate female cycles; relax muscle cramps and spasms and bronchial in asthma; reduces blood pressure. Also is known for bites and stings, menstrual cramps, depression, low estrogen, tension headache, menopause, post partum depression snake bite and tinnitus.

Black Currant: is a rich source of gamma-linolenic acid (GLA) along with other important polyunsaturated fatty acids. Fatty acids are involved in many body functions, such as maintaining body temperature, insulating nerves, cushioning and protecting tissues and creating energy; historically known to help in dilating blood vessels, supporting arterial pressure, metabolizing cholesterol, activating T-lymphocytes, protecting against platelet aggregation, controlling abnormal cell proliferation and other functions.

Black Tea: some studies suggest high consumption of black tea is associated with reduced risk of heart disease. Has less caffeine than coffee making it a possible better choice for health.

Black Walnut: is a single herb historically used for thyroid health due to its high iodine content; also antifungal and antiparasitic; used for cold sores, fever blister, intestinal worms, fungus, hemorrhoids. Also known as a blood purifier for



skin eruptions and has been used to get rid of ringworm, amoebas, protozoa, pinworms and fungus.

Bladderwrack: is a single herb historically used to nourish the thyroid gland with iodine, thereby supporting metabolism making it helpful in weight loss and health of the thyroid gland. Often found in combinations to assist in weight loss.

Blessed Thistle: is a single herb historically used to increase the flow of breast milk in nursing mothers. Strengthens liver, helps with hormonal imbalances, blood purifier; helpful in teenage acne, memory loss, menstrual concerns.

Blue Cohosh: is a single herb historically used to ease heavy menstrual bleeding; used to induce labor and strengthen uterine contractions during labor and helps relax pelvic muscles. Systems effected by include female reproductive system and nervous system; known for its strong oxytocic effect (stimulates uterine contractions).

Bromelain: is a food enzyme that helps break down mucus; historically used to assist in snoring issues, (too much mucus in the pharyngeal/nasal area can promote snoring). Small amounts are found in pineapples. Also known to be used for urinary tract infections, strains, muscle injuries and sport injuries



Burdock: is a single herb historically used in skin and liver problems; stimulates the flow of bile; blood purifier; acne, arthritis, cancer and blood poisoning. Some conditions known to help with include boils, eczema, fatty tumors or deposits, poison ivy or oak, itching, psoriasis, rashes and hives, seborrhea and oily skin.

Butcher's Broom: is a single herb historically used for heart disease, strokes

and prevention of post-operative thrombosis; relieves hemorrhoids, heavy legs and varicose veins. Known properties include anticoagulant, antithrombotic, vascular tonic and cardiac.

Cascara Sagrada: is a single herb historically used to promote normal peristalsis in the colon; laxative stimulant, bile stimulant. Systems affected include the gall bladder, intestinal system, large intestine (colon) and liver.

Cat's Claw: (Una de Gato) is a single herb historically used to build the immune system; anti-inflammatory; relieve degenerative diseases such as cancer and arthritis; aid intestinal diseases and hormonal imbalances. Known to be used for AIDS/HIV arthritis, bursitis, cancer treatment, cartilage damage, reducing the side effects of chemotherapy, Crohn's disease, diabetes, diverticulitis, chronic fatigue, leaky gut and radiation sickness.

Catnip: is a single herb historically used to ease digestive problems such as acid indigestion, colic, gas, digestive cramps; soothing effect relieving anxiety, insomnia, menstrual cramps and nervous disorders; used as a children's remedy.



Cayenne Pepper: (Capsicum) is a single herb used as a spice and historically used to clear congestion, stop bleeding, ease pain, stimulate digestion, promotes circulation and improves high or low blood pressure. Properties include anesthetic, catalyst, coagulant, diaphoretic, hemostatic and circulatory stimulant.

Chamomile: is a single herb historically used for nervous tension, colds and fever, digestive upset and inflammation, very helpful with inflammation of the digestive tract and good remedy for children; calms stomach, relaxes nerves and reduces inflammation.

Charcoal: Historically used as a first-aid to prevent ingested poisonous

chemicals from being absorbed; aids with intestinal gas and diarrhea; insect bites and reduces cholesterol. Always consult poison control center before use or in case of emergency.

Chasteberry: are the small brown fruit of the Chaste tree. The health benefits come from its influence on the pituitary gland to regulate the release of the hormones prolactin, progesterone, and luteinizing hormone. Historically used to help with infertility, menstrual irregularities, and low breast milk supply; PMS and PMDD.

Chickweed: is a single herb which contains saponins. Historically used to break down fats and suppress appetite; helps with weight loss, fatty tumors; fatty congestion in the liver; mild diuretic; used topically for itching.

Chicory Root: Historically used for digestive system and toxin cleansing properties; contains Vitamin C, a powerful antioxidant; prevents jaundice and an enlarged liver; natural sedative and anti-inflammatory for the nervous system; helps the body resist gallstones and liver stones; feeds digestive flora in the intestines; the inulin content is not digestible, so its lack of glucose can help promote optimal blood sugar levels; increases stool bulk and consistency; aids in decreasing the levels of serum LDL cholesterol in the blood.

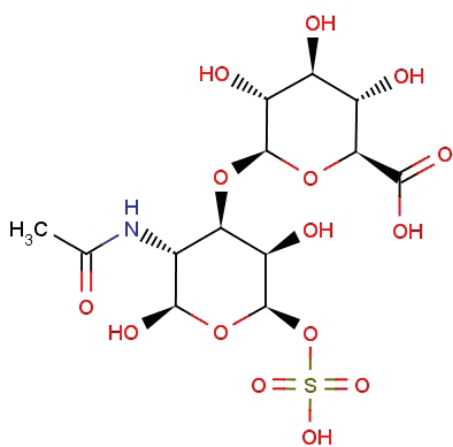
Chitosan: Some people have used this for Heart Disease, Cardiovascular Disease, Cholesterol, Diabetes, Diabetes Type 2, High Blood Pressure, High Cholesterol, Obesity, Skin Problems, Nutrition, Weight Loss. Found in shell fish such as crab and lobster.

Chlorella: is a freshwater green algae known for its chlorophyll, also a rich source of vitamins A, E, B2 and B12. Has been used to boost nutrition and detoxify heavy metals from the body and support healthy blood and reduce acidity in the body.

Chlorophyll: is the green juice of plants. Historically used to build blood; improve general health; enhance oxy-

generation of tissues; reduces body odor, natural deodorizer. It has also known to enhance energy and stamina.

Chondroitin: is derived from shark cartilage or bovine (cow) cartilage. Historically used for arthritis; helps reduce inflammation and pain while promoting joint healing. Helps bond connective tissue to maintain strength; inhibits enzymes that can deplete cartilage nutrition; helps retain moisture in the joints, this allows for flexibility, resiliency, and cushioning against activities such as jumping and lifting. It works with other nutrients like glucosamine to stimulate the rebuilding and maintenance of cartilage. The function of cartilage is to protect bones from moving against each other and reduce friction. The production of chondroitin decreases as we grow older.



Cinnamon Bark: comes from the inner bark of a tree. The Chinese used it for treating fever, diarrhea and menstrual problems; reduces insulin resistance in cells, making it useful with diabetes.

CLA: (Conjugated linoleic acid) is an essential fatty acid; aids in weight loss, reduces inflammation and improves metabolism. Although CLA is best known for its anti-cancer properties, researchers have also found that the cis-9, trans-11 form of CLA can reduce the risk for cardiovascular disease and help fight inflammation.

Collagen: Historically used to build cartilage, heart muscle tissue, tendons, skin and lean muscle mass; help repair damaged connective tissues. To support your

collagen tissue, remember that overall protein intake - both quality and quantity; include a variety of foods that provide protein including nuts, seeds, and legumes.

Colloidal Silver: Historically used to fight infections of all kinds and used internally and externally.

In January, 2009 a study by researchers concluded that colloidal silver was found to be effective in eliminating the dangerous MRSA virus.

Cordyceps: is a fungus product that contains the larval remains from the caterpillar larva on which it grows. Historically used to strengthen the immune system, build endurance and strength; ease chronic cough and coughing of blood; lung builder; impotence and menopause problems. The Chinese consider it safe because it tones both the yin and yang.

Cornsilk: is a single herb historically used as a diuretic to sooth kidney and bladder inflammation, water retention and painful urination; helps with irritable bladder, cystitis, nephritis, urethritis, burning or painful urination and frequent urination.

Cranberry: Historically used as a diuretic and for preventing urinary tract infections; has substances that alter the bacteria population in urine; makes harmful bacteria less likely to cling to the surface of cells in the urinary tract.

Curcumin: Turmeric contains curcumin, a compound with stronger antioxidant properties than vitamin E; potent anti-inflammatory agent; a stronger action than hydrocortisone, without the harmful side effects; a very good agent for treating the chronic inflammation that accompanies free radical damage to tissues; promotes digestion and aids liver function by stimulating the secretion of bile.

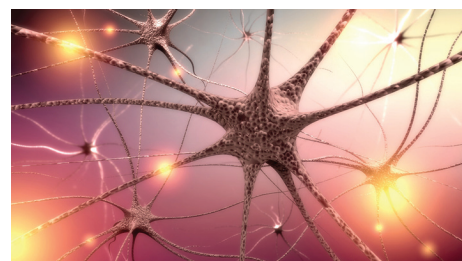
Damiana Leaf: is a single herb historically used as an aphrodisiac enhancing sexual drive in men and women; blood purifier; prostate inflammation; eases depression and nervous anxiety; known to have a positive affect on the nerves, ovaries, parathyroid, and reproductive glands.

Dandelion Leaf: is a single herb high in potassium. Historically used as a blood purifier, diuretic; water retention, stomach and liver problems; jaundice; arthritis. Also known as an antidepressant, aphrodisiac, cardiac, corrects polarity, glandular, nerve and stimulant.

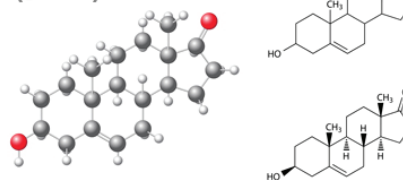
Devil's Claw: is a single herb historically used as anti-inflammatory for joint pain; backache; headaches; stimulates digestion. Used topically for sores, wounds and boils; Known to be used for rheumatoid arthritis, uric acid retention and gout.

DHA: (docosahexaenoic acid) is a fatty acid that is absorbed into the fatty perimeter of cells. 30% of gray matter in the brain is composed of DHA; highly concentrated in the retinal neural tissues; required for brain development and important in maintaining and protecting the neural tissues. Research has shown that daily dietary DHA intake is lowest among women in the United States compared to women in Europe or Japan.

DHEA: A naturally occurring hormone and is the most abundant of all hormones in the body; it is produced by the adrenals. GHEA levels usually decrease about 80% between 20 and 65 years of age. Historically used to increase metabolism and promote weight loss; could reduce fat stores in the body; increases insulin sensitivity. Some research has found the level of DHEA in the bloodstream has proven to be a good barometer of cancer risk.

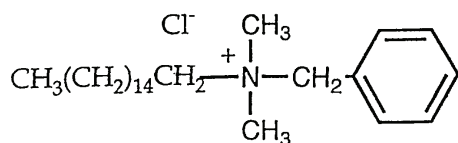


dehydroepiandrosterone (DHEA)



Dong Quai: is a single herb historically used as a blood tonic, anemia, blood loss; tonic for women; increases fertility; relieves symptoms of PMS and menopause; regulate menses. This is a single herb known in Chinese medicine for treating feminine problems; however it has been used to help men for anemia and general weakness.

Echinacea: is a single herb historically used as an immune stimulant, increases white blood cell count. Has been used for bacterial and viral infections, colds and lowered resistance; to strengthen and clear lymph nodes. Do not use with autoimmune conditions as it stimulates the immune system.



Eyebright: is a single herb historically used as eyewash for inflamed eyes and eyelids, pink eye, cataracts; reduces swelling of the Eustachian tubes. Is a single herb known to be used as an anti-allergenic, anti-inflammatory, anticytarahal, expectorant and ophthalmicum.

False Unicorn: is a single herb historically used to counteract excess estrogens; help prevent miscarriage; ease congestion in the pelvis (with a heavy feeling on the bladder); known as an anti-abortion, diuretic, female tonic, kidney tonic and uterine tonic.

Fenugreek: is a single herb that contains mucilaginous compounds known for their ability to soothe inflamed tissues. Is an excellent herbal source of selenium, an antioxidant that helps the body utilize oxygen; reduces inflammation, stimulate digestion and lower blood sugar levels.

Feverfew: is a single herb with known properties as an analgesic, anti-inflammatory, anti-bacterial, diuretic, emenagogue, febrifuge, insecticide, nervine, stomachic and vermifuge; historically used to prevent migraine headaches and psoriasis.

Flax Seed: an essential fatty acid; historically used to reduce inflammation; heart health; cardiovascular health. Ground seeds are excellent nutritional fiber adding bulk to the intestinal system has been helpful with constipation.

GABA: is short for gamma-aminobutyric acid. Has been known to help you sleep better if you struggle to fall asleep or stay asleep; increases alertness; a growth hormone and increases memory function; promotes muscle recovery and feelings of well-being, reduces stress and anxiety; calms excessive brain activity; used for hyperactivity, tremors and seizures. Known as anti-epileptic and nervine and has been used in schizophrenia, seizures and ADD and ADHD and epilepsy. Found in almonds, bananas, beef liver, broccoli, brown rice, halibut, lentils, citrus fruits, rice bran, spinach, walnuts, whole grain oats, whole wheat and whole grains.

Garcinia: is a single herb. Known to have antioxidant and anti-inflammatory properties; inflammation plays a significant role in the development of chronic and degenerative disease in general; also added in weight loss formulas. Known uses include astringent, rheumatism, bowel complaints, piles, bilious affections, anti-Cancer, edema, Intestinal parasites, constipation and delayed menstruation.

Garlic: is a single herb. Historically used as a natural antibiotic that kills fungus, viruses, bacteria and parasites; specifically helpful for lung infections including pneumonia. Lower high blood pressure and prevent hardening of the arteries.



Ginger Root: is a single herb. Historically used for digestive disturbances such as intestinal gas, nausea and

vomiting, morning sickness and motion sickness; also known to break up congestion in colds and flu.

Ginkgo Biloba: is a single herb. Historically used to enhance circulation to the brain; helps with memory loss in elderly by improving peripheral blood flow; counteracts some effects of aging making it an excellent preventive remedy for the elderly. Also known to be anti-aging, blood thinner and affects the brain, nerves and serotonin.

Ginseng: is a single herb. Historically used as a general tonic promoting general health to people as they age; is known as an adaptagen, androgenic, anti-aging, antioxidant, aphrodisiac, blood building, cardiac, nervine, panacea, stimulant and tonic.

GLA: (gamma linolenic acid) is an omega-6 fatty acid found primarily in the oils of plants; has been used for rheumatoid arthritis, diabetic neuropathy, allergies, eczema and high blood pressure, inflammation, swelling, & pain, pressure in the eye, joints or blood vessels; secretions from mucus membranes and their viscosity; smooth muscle & autonomic reflexes, gastrointestinal, arterial, ear, heart; water retention, blood clotting ability, nerve transmission, steroid production & hormone synthesis. Nature's most potent concentration of GLA comes in the form of borage seed oil.

Glucomannan: is a purified fiber from konjac root. Some known benefits include weight loss, allergy relief, lung cancer prevention, hyperthyroidism treatment, lower cholesterol, blood pressure, relieves constipation, help for type 2 Diabetes, anti-aging benefits.

Goldenseal Root: is a single herb. Historically used to clear infection such as staph, strep, E coli bacteria, giardia and cholera; reduces inflammation; lowers blood sugar levels in diabetics and overcomes insulin resistance; topically used to heal ulcerations and wounds.

Gotu Kola: is a single herb. Historically used to enhance circulation to the brain; improves mental fatigue, memory loss,



Grapeseed Extract: is very high in antioxidants, which may have benefits for heart, skin and brain health. Antioxidants can help to prevent heart disease, UV skin damage, cancers, as well as Alzheimer's disease; has also been shown to neutralize free radicals and protect skin from wrinkles and other signs of aging.

lack of concentration; also useful in relieving skin disorders. Known to neutralize the blood acids and cools the blood, removes excess toxic fat; general tonic for the body, helping it adapt to stress.

Green Tea: Historically used as a powerful antioxidant; reduces cholesterol, prevents vascular clotting and protects the heart; used for fever and hemorrhoids and gastrointestinal infections. Some research suggests it to be a better choice over coffee and black tea.

Guarana Extract: Guarana's active component is guaranine; chemically identical to caffeine and provides similar properties. Has been used as a stimulant, increases energy, dilates blood vessels, increases urination, pain relief, kills bacteria, a blood thinner, increase libido, aid in weight loss, soothe nerves.

Guggul Lipids: comes from the yellowish sap gathered from the bark of the small Commiphora mukul tree, which is a relative of myrrh. Historically used as a blood thinner; may work by helping enhance thyroid function by increasing levels of circulating T3; weight loss and strengthen the heart; has shown to lower cholesterol without dietary changes, supportive to circulation.

Hawthorne: is a single herb. Historically used to strengthen the heart; prevent heart disease; dilates blood vessels;



Huperzine A: an extract from Chinese club moss, huperzine plays a role in boosting memory. Also has been very helpful with Alzheimer's and is being studied at the Walter Reed Army Institute of Research in Washington D.C. for Huperzine's potential role as a pretreatment drug to protect against chemical warfare nerve agent poisoning.

Hyaluronic Acid: is an important component of cartilage that plays a crucial role in joint motion and homeostasis; promotes the viscosity and elasticity of the fluid surrounding the joints. Research has shown hyaluronic acid to be an effective treatment for both rheumatoid and osteoarthritis, particularly in its injectable form.

normalizes high or low blood pressure; helps improve tone and oxygen uptake and circulation to the heart muscle.



Hops: is a single herb. Has estrogenic effects; historically used as a sedative for nervous tension and insomnia; calming to the stomach; helpful for alcoholism specifically for beer drinkers. It is

also known as an aphrodisiac, antacid, CNS depressant and a sedative.

Horse Chestnut: is a single herb. Historically used as a nutritive supply of silica, an element essential to healthy skin, nails, hair, bones and nerves; also as an astringent, diuretic, kidney tonic, mineralizer, parasiticide. It may be as effective as compression stockings for treating edema in the legs.

Horsetail: is a single herb; systems affected include bladder/urinary, central nerves, connective tissue, cuticle, eye, gall bladder, hair, intestinal system, kidneys, lungs, nails, nerves, parathyroid, parotids, pineal, skeletal system, skin, structural system, urinary system and uterus. It is high in the mineral silica; historically used to promote health and formation of bone, hair, nails and skin; urinary disorder and bloody urine.

Hydrangea: is a single herb. It has historically been used as a solvent for calcium; helpful in dissolving kidney and bladder stones, bone spurs and calcifications; the body systems it is known to help include urinary, gall bladder and skeletal.

Juniper Berry: is single herb. Historically used as a stimulating diuretic; water retention; bladder and urinary problems and difficulty passing urine. If inflammation of the kidney is suspected AVOID using.

Kava Kava: is a single herb. Historically used to calm nerves and relieve nervousness, tension, insomnia, and anxiety; relaxes muscle spasms, useful in backache and cramps; produces a sense of well-being; useful for bladder and urinary infections; vaginitis, stiff neck, restless leg syndrome and depression.

Kelp: a single herb. High in iodine; historically used to stimulate the thyroid gland, boost metabolism and prevent goiters; hypothyroid; clears toxicity from heavy metals; helps with radiation exposure. A good source of sodium and potassium, it is helpful for maintaining fluid balance in the body.



Krill Oil: Known to be rich in Omega 3's which supports cardiovascular and brain health, provide joint and skin support and may help support cholesterol levels already within the normal range; a natural source of astaxanthin, a powerful antioxidant carotenoid; naturally contains phospholipids, which bind to the omega-3 fatty acids, improving their absorption in the body; phospholipids provide strength and elasticity to the cell membrane, helping to keep toxins out and let nutrients and oxygen in.

L-Acidophilus: is known as a probiotic. Probiotic are live microbial organisms that are naturally present in the digestive tract and vagina. Historically used for diarrhea due to antibiotic use, Traveler's Diarrhea, side effects of Radiation Therapy, Irritable Bowel Syndrome, Vaginal Yeast Infections, Ulcerative Colitis, Crohn's Disease, Immune Support, Lactose Intolerance, prevention of colds, Allergic Rhinitis, hay fever, constipation, colon cancer prevention, small intestine bacterial overgrowth and canker sores.

L-Carnitine: is an amino acid and is synthesized in the liver and kidneys. The body requires l-carnitine for the transport of long-chain fatty acids into the cells; symptoms of deficiency include progressive muscle weakness and severe hypoglycemia; is not found in vegetable foods but is mostly found in animal muscle tissue.



L-Carnosine: Known to increase longevity; comprised of two important amino acids (alanine and histidine) that the body needs; a powerful antioxidant; as we grow older, the L-carnosine levels decrease; found in fish, red meat and poultry. Known to help with autism, epilepsy, heart conditions, eye health, wound healing.

Lecithin: Known to emulsify fats in the body; lower cholesterol, promote heart health, aids in weight loss, promote liver health, improve brain function, reproductive health and decrease the risk of cell membranes hardening; reduce arthritis pain; promote gall bladder health and prevent gallstones.

L-Glutamine: is one of 20 amino acids in the body, is the most abundant in the body and commonly found in muscles. Common food sources are high proteins like red meats, fish, beans and dairy products. Effects the brain and nerves; has been known to help with addictions to drugs, alcohol and sugar or food; prevention to aging, anemia, heal bruises, colitis, depression, vertigo, ear infection or earache, poor fat metabolism, fatigue, gout, hypoglycemia, leaky gut syndrome, motion sickness, schizophrenia and senility.



L-Glutathione: is an antioxidant that occurs naturally in the body; has been known to help the liver detoxify the body and prevent cell disintegration; help prevent diseases like cancer, heart disease and dementia. It may also help treat autism and Alzheimer's.

Licorice Root: is a single herb. Historically used to strengthen the adrenals; soothe intestinal inflammation, dry cough and ulcers; relieves fatigue; improves stamina; eases caffeine and sugar cravings; helps stabilize blood-sugar levels in hypoglycemia. Caution with high blood pressure.

Lipase: Lipases are a class of enzymes that assist in the breakdown of dietary fats; supports the digestive system; provides enzymes that target fat; has been known to help individuals who have difficulty efficiently digesting lipids (fats); relax and soothe the stomach; produced by the salivary glands, pancreas and stomach; also manufactured by certain plants.

L-Isoleucine: is one of three branched chain amino acids, the other two being L-leucine and L-valine, found in proteins of all forms of life and can be obtained in the diet through animal and vegetable sources. L-Isoleucine is important in hemoglobin synthesis and in the regulation of blood sugar and energy levels. It also increases endurance. Some known benefits are: helps boost energy; helps the muscles recover from strenuous activity; may help stabilize blood sugar levels; may help facilitate wound healing as it plays a role in the clotting of blood.

L-Leucine: is an amino acid found to be effective in maintaining blood sugar levels and also increases growth hormone production; combines with isoleucine and valine to protect and provide fuel to the muscles, and also helps to increase your endurance level and boost energy; other benefits are the preservation of lean muscle mass and muscle tissue, so that it doesn't break down as quickly during the aging process; can also speed the recovery process for muscle damage and skin injuries.

Lobelia: is a single herb. Historically used to relax bronchioles, bronchitis; spastic cough, muscle spasms, intestinal cramps; asthma; helps with seizures and anxiety attacks; induces vomiting in large doses to expel the toxin, such as mucus in the sinuses or throat, lung or stomach.

Lutein: known as an antioxidant affecting the eyes and breasts; has been used as a natural therapy for cancer, macular degeneration. Historically used to support vision; help protect against UV damage to the eyes and skin; support breast health; provide powerful antioxidant properties. Natural sources are kale, spinach, turnip greens, collard greens, romaine lettuce, broccoli, zucchini, corn, garden peas and Brussels sprouts.

Lycopene: Has been known to help prevent cardiovascular disease, diabetes, cancer and osteoporosis; to have an inhibitory effect on cataract development and some rare cancer cells; some claim anti-ageing effects. Foods highest in lycopene include tomatoes, pink grapefruit, watermelon, and guava; small amounts in persimmon and apricots.



Maca: is a root plant. Historically used as a tonic and adaptagen; reduces stress, improves mental concentration, enhances energy, improves general health and well-being; increase sexual desire and stamina in men and women. Body systems affected by adrenal cortex, glandular and reproductive glands and testes.

Mangosteen: is a tropical fruit. Some of mangosteen's medicinal properties may be attributed to compounds called tannins in the rind. Tannins have anti-inflammatory, antiseptic, and astringent properties, and are used for such conditions as diarrhea, irritable bowel syndrome, and skin conditions. Historically used as an antimicrobial, anti-fungal antioxidant; reduces oxidative stress; general tonic to improve health. Marshmallow: is a single herb. Historically used as a mucilaginous herb; soothing and reducing inflammation of the digestive system, lungs and urinary system; dry cough, irritated bladder inflammation of the intestines and kidneys; cystitis; urethritis.

Melatonin: is a hormone produced by the pineal gland in the brain that helps regulate sleep and is made from an amino acid called tryptophan. Generally used as a sleep aid or to help overcome jet lag more quickly. The building blocks for natural melatonin production in the body include sufficient amounts of vitamin B6, vitamin B3, and most important, the amino acid tryptophan, which is found in high quantities in foods such as black cherries excellent

source, red meat, dairy products, nuts - especially walnuts, seeds, bananas, soybeans and soy products, tuna, shellfish, and turkey.

Milk Thistle: is a single herb. Historically has been used to protect the liver from poisons and toxins; increase and enriches breast milk; stimulates production of bile; used with hepatitis and other liver disorders. Body systems affected include gall bladder, liver and spleen.



MSM: (methylsulfonylmethane) historically used for structural and circulatory health; used for allergies, respiratory systems, carbohydrate metabolism, hair, skin and nail health, and gastro – intestinal health and for bones, joints and ligaments; is a naturally occurring organic form of dietary sulfur used by our bodies every day. Food sources include

sunflower seeds, soybeans, garlic, lentils and yogurt; found in small amounts of fresh fruits, grains and vegetables.

Mullein: Historically used for lung congestion, chest colds, croup, bronchitis; strengthens and hydrates lungs in chronic and degenerative respiratory diseases. Known to help with swollen lymph glands, mastitis, mumps, wheezing, and emphysema, detoxify from vaccines.

Noni Extract: (*Morinda citrifolia*) is a tropical fruit. Historically the juice was used to alkalize, reduce inflammation, and strengthen the immune system by increasing the white blood cell count and as an antioxidant; roots were used as a tonic to the kidneys. Has been used medicinally to help with arthritis symptoms and joint pain, cancer treatment and to enhance the health of cells in the human body

Olive Leaf: This natural medicinal herb is extracted from the actual leaf of the olive tree. Historically used as an anti-microbial; anti-fungal; anti-bacterial; reduces oxidative stress and enhances circulation.

Oregano Extract: known to be a potent antiviral, antibacterial, antifungal, and antiparasitic oil can reduce pain and inflammation and effectively fight off infections; benefits of are destroying organisms that contribute to skin infections and digestive problems; strengthening the immune system; increasing joint and muscle flexibility; improving respiratory health.



Dr. Steven T. Castille

CEO and Director Community Wellness Centers

PABA: is classified as a micronutrient and an antioxidant; known to help improve the body's use of protein, and help to make folic acid; breaks down protein and maintains intestinal flora; best used with vitamin C and the group B vitamins, as well as folic acid; found in such foods as liver, molasses, whole grains, mushrooms and spinach; sometimes made by intestinal bacteria.

Pancreatin: (also known as pancreatic acid) a digestive enzyme that is used to supplement loss of or low levels of digestive enzymes; is produced by the pancreas to digest proteins, carbohydrates and fats in the small intestines and is often used in people with cystic fibrosis; has been claimed to help with food allergies, celiac disease, autoimmune disease, cancer, and weight loss.

Parsley: is a single herb. Historically used as a stimulant for menstruation, digestion and improving appetite, kidney function and increase urinary output; used to dry up breast milk; known to support the pituitary gland.

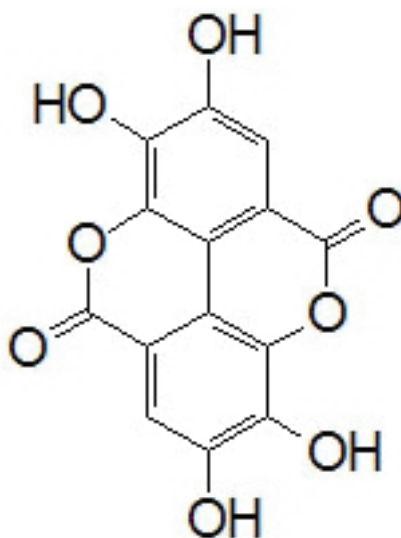
Parthenium: also known as Feverfew and is a single herb. Historically used as immune stimulant and for urinary tract infections, reducing fever, for treating headaches, arthritis and digestive problems.

Pau D' Arco: is the inner bark or heartwood of a tropical member of the bignonia family found in South America. Historically used as an antifungal, antibiotic properties to treat viruses, infections, cold flu, fever, circulatory and respiratory problems, arthritis and AIDS therapy.

Paw Paw: is a single herb. It strengthens the stomach and acts as a digestive aid and contains the enzyme papain which helps protein to digest; useful for weak digestion or dyspepsia (indigestion); rich in vitamin A and C. Historically used for chronic viral infection like shingles, fungal infections, parasites; antitumor and cytotoxic properties; topically for warts.

Policosanol: is a natural waxy substance from the coating of sugar cane or yams; has been known for maintaining healthy cholesterol levels; has been studied extensively against statin and other groups of cholesterol lowering drugs and has proven not only safe but highly effective as well.

Pomegranate: is a fruit full of vitamins, minerals and antioxidants; an excellent source of potassium, vitamin C, and polyphenols (antioxidants which have been known to protect against cancer, heart disease, and other chronic conditions).



Pregnenolone: produced in the cells of the central nervous system and adrenal glands. Historically used to improve memory, as a natural antidepressant, anti stress benefits, decrease joint pain, improve libido, and improve moods and productivity.

Protease: a digestive enzyme that is needed to digest protein in the body. Has been used as anticancer, antilipemic, digestant, immune amphoteric. Do NOT use if ulcers are present.

Psyllium: Mucilaginous herb that absorbs water adding bulk and lubrication to the stool. Historically used for constipation and diarrhea; help balance blood-sugar levels, help reduce cholesterol.

Quercetin: has been connected to curing ailments and improving health when consumed in natural forms like blackberries and green leafy vegetables and when taken in the form of a vitamin. Some benefits may include improved athletic ability, arthritis pain, eye disorders, heart disease prevention and cancer prevention.

Raspberry: is a single herb. Historically used by Native Americans throughout pregnancy to tone and strengthen the

uterus in preparation of delivery; tone and strengthen uterus during all stages of a woman's life, regulate female organs; relieve morning sickness and enhance lactation; helpful for teenage boys and girls to balance hormones when moodiness is a symptom!

Red Clover: is a single herb. Historically used as a blood and liver purifier; strengthens the immune system; helpful with skin problems, whooping cough, arthritis and lymphatic congestion.

Red Yeast Rice: is produced by a yeast that grows on rice and contains several compounds called monacolins which inhibit the synthesis of cholesterol. Used during the Ming dynasty for circulation, improved spleen and stomach health, and relief from mild gastric issues such as diarrhea and indigestion. Has been used to lower cholesterol production in liver; lower blood cholesterol levels.

Resveratrol: a powerful antioxidant found in red skin grapes; known as an anti-aging supplement; known to help reduce the growth of cancer cells in the body; also plays a role in helping reduce coronary heart disease risk; to lower blood sugar and cholesterol levels.

Rose Hips: is the fruit of the rose plant. Excellent source of vitamin C and bioflavonoid; nutritive and astringent. Historically used to strengthen immune system; heal body tissues; alleviate pain and stiffness in the knees, hips, and other joints.

Royal Jelly: is a honey bee secretion that is used in the nutrition of larvae, as well as adult queens; secreted from the glands in the hypo pharynx of worker bees, and fed to all larvae in the colony. Historically used as a supplement for treating arthritis, asthma, liver problems, insomnia, ulcers, kidney conditions, bone fractures, high cholesterol, male baldness, as well as a sexual performance enhancer, and an immunity booster.

Safflower: is a single herb. Historically used to relieve digestive issues; strengthen gallbladder and liver; neutralize lactic acid and break fevers by

inducing perspiration. Believed to neutralize waste acids and stimulate natural hydrochloric acid production.

Sage: is a single herb. Historically used as an astringent and antiseptic; helpful with dyspepsia and sore throat; reduces excessive perspiration and night sweats; has been used for gas and indigestion.

SAME: (S-adenosylmethionine) is a dietary supplement and has been known to enhance mood, support joint, promote longevity by aiding the regeneration of new cells; facilitate muscle/nerve harmony; support liver health and repair. Consult a doctor if you are taking prescription antidepressants or have bipolar (manic) depression.

Sarsaparilla: is a single herb. Historically used to relieve skin problems, arthritis; strengthen the liver and kidneys helping to purify the blood; strengthen reproductive glands; increase low sperm count in men; balance hormones in women.

Saw Palmetto: is a single herb. Historically used to tone the male reproductive system; enhance male sex hormones; relieve symptom of benign prostatic hypertrophy (BPH); helps with respiratory weakness; digestive weakness and weight loss; has been used for prostate enlargement and urinary problems in men.

Shark Cartilage: is a popular alternative medicine for those with cancer or those at risk due to the notion that sharks cannot get cancer; therefore, ingesting their cartilage will give humans greater immunity to it. Other reported benefits are arthritis relief, digestive health, immune health, skin health, anti-inflammatory and eye health.

Slippery Elm: is a single herb that has been used both internally and externally in home remedies. Historically used to soothe and calm the digestive system; absorb toxins from GI tract; helpful for diarrhea – very helpful with children; mild bulking laxative; inflammatory bowel disorders; sore throat, gastritis, diverticulitis, Crohn's disease and wasting.

Spirulina: is known as a super food

loaded with easily digested proteins, vitamins and minerals; helpful to those trying to lose weight by providing a full feeling and all the essential amino acids; has helped clear toxicity; easy to digest and assimilate especially for vegetarians and people who have a hard time digesting animal proteins. Has helped to reduce food cravings and fatigue; appetite suppressant.

St. John's Wort: is a single herb. Historically used as a mild antidepressant; antibacterial, antiseptic, antiviral; helps repair nerve damage; topically used for minor cuts and injuries and anti-smoking.

Stinging Nettle: is a single herb. Historically used for allergies and hay fever, enlarged prostate, arthritis, high blood pressure, internal bleeding, nosebleeds, anemia, poor circulation, kidney stones, urinary tract infections, diarrhea, diabetes, eczema, cancer, dandruff and hair loss.

Turmeric: is a single herb that contains curcumin, a compound with stronger antioxidant properties than vitamin E; a very potent anti-inflammatory agent; a stronger action than hydrocortisone, without the harmful side effects; a very good agent for treating the chronic inflammation that accompanies free radical damage to tissues; promotes digestion and aids liver function by stimulating the secretion of bile. Note that eye problems are linked with liver function in Chinese herbal medicine.

Uva Ursi: is a single herb. Historically used for urinary infections and incontinence; disinfects urinary tract; diuretic and astringent. Not for use in cases involving fluid deficiency, wasting or dryness and not recommended for long term use due to its strong astringency properties.

Valerian Root: is a single herb. Historically used as a nerve tonic and sedative; helpful in nervous tension, anxiety, insomnia and regulates the heartbeat; helps in minor pain. Not recommended with people that are high strung, nervous, excitable or with "hot" disorders. Passion flower could be a better choice for those individuals.

White Oak Bark: is a single herb. Known as an astringent; historically used for varicose veins, hemorrhoids, diarrhea; sore throat, bleeding gums; antiviral and antimicrobial activity; has been used for anal fistula, phlebitis, loose teeth and poison oak or ivy.

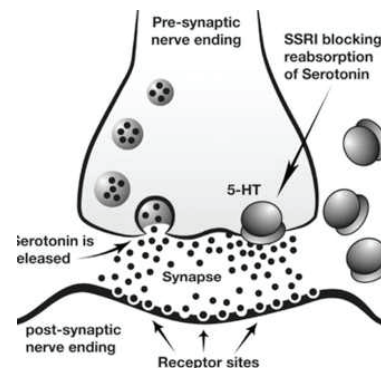
Wild Yam: is a single herb. Known as an antispasmodic and anti-inflammatory; historically used with menstrual cramps, intestinal cramps and pain, rheumatism and diarrhea. Historically used for natural birth control, does not contain progesterone.

Yarrow: is a single herb. Known as astringent and antiseptic actions, yarrow historically was used to stop bleeding and reduce pain in bleeding wounds; helpful for flu, colds and lymphatic congestion.

Yellow Dock: is a single herb. Historically used as a blood purifier, strengthening the liver and increasing the flow of bile; improves assimilation of iron; is high in organic iron; skin eruptive disease such as small pox and measles.

Yucca: is a single herb. Historically used as a blood purifier and anti-inflammatory; natural alternative to corticosteroid drugs; useful with arthritis and infection of the bowel. It also has been used in autoimmune disorders, fibromyalgia syndrome; lupus and rheumatoid arthritis.

5-HTP: (5-hydroxytryptophan) is a chemical that is produced in the body, from the amino acid tryptophan, which is obtained through food; after the body converts tryptophan into 5-HTP, it then converts 5-HTP into another chemical called serotonin. Serotonin is a neurotransmitter often called the "happy neurotransmitter" making it useful in helping with depression. Historically used as a mood elevator, helps promote sleep, reduces carbohydrate cravings; converts to serotonin in the brain.





Natural Remedies Guide

To Purchase - Go to One of Our Wellness Centers

356-1251 Lafayette Office

896-4141 Carencro Office

662-3120 Sunset Office

Acidosis - an acidic pH is often called the "Real Silent Killer". Saliva pH should stay close to 6.5 with a range of 6.4 morning to 6.8 in the evening. Urine pH should fluctuate between 6.0 morning and 7.0 in the evening. [Calcium Complex](#) to buffer acids. Use alkaline minerals like [Adult-Food Based Multimineral](#), [Digestive Enzyme Complex](#) with meals. Cleanse as needed with [Psyllium Husk + Organic Fiber Powder](#). Also, strengthen the lymphatic systems ability to accept acids using [Whole Body Vibration](#).

A.D.D / A.D.H.D. - [Mood Enhancer](#), [Flax Seed Oil](#), [Multi Minerals Cal-Mg-Zn](#), [Vitamin C](#). Use the "Eat Right for your blood type diet". [Whey Protein](#) and [Childrens multi-vitamins](#). Eliminate sweeteners, sugar, sodas, etc. Check for possible food allergies. If ADHD is involved, [Niacin](#) may also be needed.

Acne - [Acidophilus Probiotic](#) and [Digestive Enzyme Complex](#). [Colloidal silver](#), [Zinc](#), and [Tea Tree Oil](#) externally. [Flaxseed Oil](#), [Vitamin B Complex](#), [Vitamin C](#), [Vitamin D3](#), [CoQ10](#). [Garlic](#) as a natural antibiotic and [Wheatgrass](#) for the chlorophyll to cleanse

the blood, lymphatics, and skin. Use an [Infrared Sauna](#) to detox the skin and [Whole Body Vibration](#) to increase blood and lymphatic circulation.

Age Spots - (also called Liver Spots) are results of waste build-up from free radical accumulation. [pH 9.5 drops](#), [Green Waters Alkaline Water](#), [Milk Thistle](#), [Antioxidant Complex](#), [Adult Multi-Mineral + Vitamin E](#). Use [L-Arginine](#) to flush and cleanse the liver. [Lecitin](#) and [Digestive enzymes](#) to emulsify fat and increase digestion to reduce the burden on the liver. [CoQ10](#) promotes tissue oxygenation and [Selenium](#) is a good detoxifier.

Allergies - [Acidophilus Probiotic Complex](#) to improve digestion. [Immune Formula](#) to boost the body's natural virus fighting abilities. [Pain and Inflammation Enzymes](#), [Cal-Mg](#), [Organic Garlic](#), [CoQ10](#), and [Grape Seed](#) to reduce free radical damage. [Vitamin C](#) protects the body from allergens.

Alzheimer's - [Vitamin E](#), [Mood Enhancer](#), [pH 9.5 drops](#), [Wheatgrass](#), [Zinc](#), [CoQ10](#),

and [Folic Acid](#) to aid in controlling homocysteine levels. Studies have shown high levels of homocysteine in this disorder. Lecitin to improve memory. [Food-Based Multivitamin](#) and [Multimineral. Antioxidant Complex + Selenium](#) as a powerful antioxidant to protect brain cells.

Anemia - [Chelated Iron](#), [Vitamin B12](#), [Vitamin C](#), [Vitamin E](#), [Zinc](#), and add [Wheatgrass](#) to drinking water. (do not use iron if anemia is thalassemia - a blood disorder).

Anxiety / Panic Attacks - [5-HTP](#), [Mood Enhancer](#), [Cal-Mg](#), [Food-Based Multivitamin and Multimineral](#), [Vitamin E](#), [Vitamin D3](#), [CoQ10](#), [Ginkgo Biloba](#), [Chromium Picolinate](#). Use [Melatonin](#), [Valerian](#), and [Sleep Aid](#) to sleep at night.

Appetite Stimulant - [Organic Grass Juice](#), [Saw Palmetto](#), [Wheatgrass](#) and [Food-Based Multivitamin](#) and [Multimineral](#).

Appetite Suppressant - [Glucomannan](#) expands to sixty times it's own weight to curb appetite and promote a sense of fullness.

[Food-Based Multivitamin](#) and [Multimineral, Spirulina, Organic Fruits & Greens Powder Blend](#).

Arteriosclerosis - The buildup of deposits inside the artery wall. Use [pH 9.6 Drops](#), [Green Water Alkaline Water](#), [Amino Acid Complex](#), [Omega-3](#), [Food-Based Multimineral](#), [Garlic](#), [Wheatgrass](#), [Vitamin C](#), [Antioxidant Complex](#), and [Selenium](#) a powerful liver detoxifier. A Heavy Metal Detox program may be necessary.

Arrhythmias - electrical disorders that disrupt the natural rhythm of the heart. 100-300mg /day [CoQ10](#) - strengthens the heart without exercise. [Cal-Mg, Vitamin E, Cardiac Support](#), and [Iodine Liquid Drops](#) to activate the thyroid (thyroid helps to regulate heart beat).

Arthritis - The "Eat Right for your blood type diet" usually improves arthritis. Check for food allergies. [Digestive Enzyme Complex + Probiotic Complex](#) are essential for this condition. [Pain and Inflammation Enzyme, Quercetin with Bromelain, Glucosamine Complex with Chondroitin & MSM, Cal-Mg-Zn with D, Kelp, Food-Based Multimineral and Multivitamin, Flaxseed, Amino Acid Complex, Antioxidant Complex + Selenium, CoQ10, Vitamin E, Vitamin D3](#) for circulation.

Asthma - medical attention needed until nutrition rebuilds. [Food-Based Multivitamin + Multimineral, CoQ10, Vitamin E, Vitamin D3, Vitamin C with bioflavonoids](#) needed to protect lung tissue and keep infection down. [Vitamin B12](#) and [Kelp](#) for minerals in balanced amounts.

Backache - [Pain and Inflammation Enzyme, Cal-Mg-Zn with D, Food-Based Multivitamin and Multimineral, Glucosamine Complex with Chondroitin & MSM, Green Waters Alkaline Water](#) minimum 64 oz daily. [Vitamin B12](#) aids in calcium absorption. [Shark Cartilage, Flaxseed Oil, Vitamin B Complex, and Vitamin C](#) is essential for the formation of collagen.

Bad Breath /Halitosis - usually caused by poor digestion or poor elimination. [Psyllium Husk, Digestive Enzyme Complex, Probiotic Complex, Wheatgrass](#), and [Garlic](#) as a natural antibiotic. Clean the colon with [Organic Fiber](#).

Baldness - Eat plenty of soy to block negative testosterone. Take [Flaxseed, Hair-Skin-Nail, Biotin, Vitamin C, Vitamin B Complex, Ginkgo Biloba + CoQ10](#) to increase circulation in scalp.

Bladder Incontinence - check for bladder infection and balance pH. [Probiotic Complex, Amino Acid Complex, Cal-Mg-Zn with D](#).

Bladder Infection (cystitis) - [Cranberry Chewables, Organic Cranberry](#) are the two primary supplements needed. Add [Colloidal Silver](#) and [Organic Garlic](#) as natural antibiotics to soothe painful urination. Take 4,000 - 5,000 mg [Vitamin C](#) in divided doses of 1,000 mg to produce an antibacterial affect through acidification of the urine. [Probiotic Complex, Cal-Mg-Zn with D, Food-Based Multivitamin and Multimineral](#). If re-occurring bladder infections check for Candida.

Blood Clots (Venous Thrombosis) - a blood clot in a vein and needs medical attention. [Vitamin E, Grape Seed Extract, CoQ10, Wheatgrass](#) (do not take Wheatgrass if taking blood thinning meds). [Flaxseed, Organic Garlic, Lecithin, Cal-Mg, Vitamin C](#), and [Vitamin B Complex](#) to speed up healing time and aid with bodily functions. Fasting decreases blood coagulation and may be beneficial.



Blood Count - to build red blood cells: assist the liver and balance pH. An acidic pH prevents iron from absorbing (See *Acidosis*). [Milk Thistle, Chelated Iron, Wheatgrass, Food-Based Multivitamin and Multimineral](#).

Blood Pressure, High (Hypertension) - 39% of those with high blood pressure have a [CoQ10](#) deficiency and weak kidneys. [Organic Garlic](#) and [Valerian](#) if stressed or nervous. [Niacin](#) and [L-Arginine, Cal-Mg-Zn, Sustained Release Potassium, Flaxseed, Selenium, Vitamin C, Vitamin E, Lecithin, Kelp](#) to balance minerals, and [Antioxidant Complex](#).

Blood Pressure, Low - [Liquid Iodine, Sustained Release Potassium, L-Tyrosine](#).

Boils - referred to as furuncles by medical professionals. Toxic bowel and/or excess junk foods are causes of most boils. [Vitamin E, Chelated Iron, Antioxidant Complex, Organic Garlic, Selenium, Colloidal Silver, Vitamin A, CoQ10, and Vitamin C](#) as a powerful anti-inflammatory and to enhance the immune system.

Breast Cysts - can be caused by negative estrogen not processed by the liver. [CoQ10](#) is a powerful anti-oxidant that helps to remove toxins from the body. [Vitamin E + Kelp](#) is a rich source of iodine. [Iodine](#) deficiency has been linked to fibrocystic breast.

Vitamin A, Vitamin B Complex, Vitamin C, Zinc, and Food-Based Multimineral which provides balanced mineral content for the body. Women's Hormone Balance. Estrogen or birth control pills can make symptoms worse - switch to low-dose pill.

Bronchitis - [Immunity Formula, Vitamin C, Cal-Mg-Zn with D, Organic Fiber](#) to detox the colon, [Colloidal Silver, CoQ10](#), and [Pain and Inflammation Enzyme](#) to reduce the inflammation. [Garlic, wheatgrass](#) for chlorophyll to detox the lymphatic system, [Zinc](#), and [Vitamin B Complex](#).

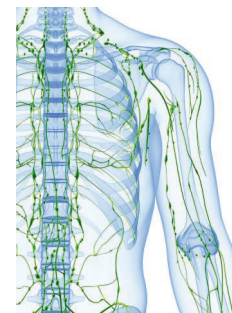
Bursitis - Balance pH levels.- see Acidosis. [Flaxseed, Cal-Mg, Amino Acid Complex, Vitamin C, Vitamin E, CoQ10, Zinc, Glucosamine, Food-Based Multivitamin, Antioxidant Complex](#), and a [Probiotic Complex](#) to aid in digestion. [Manglier Tea](#).

CANDIDA - *Candida Albicans*, a single-celled fungus, is always present in the genital and intestinal tracts. If it is present in disproportionate quantities it can cause infection. [Organic Fiber](#) and [Psyllium Husk](#) for healthy bowel elimination, [Digestive Enzyme Complex](#) and [Probiotic Complex](#) to build good bacteria in the bowel. [Colloidal Silver, Organic Garlic, Cal-Mg-Zn with D](#) is often deficient in people with candida. [Food-Based Multivitamin and Multimineral, Selenium, and Vitamin C with bioflavonoids](#). Eliminate all sugars, wheat, and dairy products for at least 2 weeks.

Carpal Tunnel - [Pain and Inflammation Enzyme, Cal-Mg-Zn with D, Flaxseed Oil, Lecithin, Vitamin B Complex, Grape Seed Extract, Kelp](#), and [Zinc](#) to aid healing.

Cataracts - Balance pH levels.- see Acidosis. [Vitamin E, Lutein Plus for eyes, L-Lysine, Vitamin E, Vitamin C, Zinc](#).

Cholesterol - Over 60% of cholesterol is produced by the body in the liver. Start with [Organic Fiber + Digestive Enzyme Complex, Red Yeast Rice, Green Tea, Selenium, L-Carnitine, Lecithin, Vitamin B Complex, Vitamin C, Vitamin E, Flax Seed Oil](#), and [Organic Garlic](#) which lowers cholesterol and blood pressure levels. [Fat Complex](#) to absorb excess fat in the body.



Chronic Fatigue Syndrome - [B-12 + Thermo X](#) to boost the body's metabolism. [Probiotic complex, CoQ10, Vitamin E](#), and [Melatonin + Sleep Aid](#) for a restful sleep. [Amino Acid Complex Ginkgo Biloba](#) improves circula

The nutrition supplements found in this Natural Remedies Guide are available at:

NAMASTE Wellness: 356-1251 Natural Health Center: 896-4141 DHARMA Wellness : 662-3120 CARIBBEAN: 678-1844

tion and brain function. [Milk Thistle](#) protects the liver. [St. John's Wart](#) has antiviral properties and is a good antidepressant. [Mood Enhancer](#) to improve mood.

Circulation - Vitamin C, Vitamin D3, and CoQ10. [Ginkgo Biloba](#) improves circulation and brain function. [Wheatgrass](#) for chlorophyll which improves oxygen levels in the body. [L-Carnitine](#) helps to strengthen the heart muscle and and promote circulation by transporting long fatty acid chains.

Cirrhosis (of the liver) - Milk Thistle and Digestive Enzyme Complex are very important. [Probiotic Complex, Garlic, L-Arginine, L-Carnitine, Lecitin, Wheatgrass, Cal-Mg, Amino Acid Complex.](#)

Cold Sores (Fever Blisters) - L-lysine, Vitamin E, and Mood Enhancer for stress relief. [Immunity Formula, Antioxidant Complex, Colloidal Silver, and Probiotic Complex.](#)

Colic - Add [Organic Fiber](#) to your baby's formula. Some studies have suggested that colic may improve in certain infants when fiber is added to their formula. Organic Fiber, a bulking agent that draws water into the stool, to the babies' formula. Anywhere from one-half teaspoon three times a day to one-half teaspoon six times a day seems to do the trick. Start by adding small amounts of fiber to the formula, and build up to higher doses. Although not the answer for every baby, adding a little fiber is safe and worth a try. Mom should avoid chocolate, garlic, onions, caffeine, cow's milk, cabbage, corn, and eggs.

Common Cold - Immunity Formula, Antioxidant Complex, Echinacea, Organic Garlic, Vitamin C.

Constipation - Organic Fiber, Psyllium Husks, Probiotic Complex, Digestive Enzyme Complex.

Dandruff - Food-Based Multivitamin and Multimineral, Essential Fatty Acids, Kelp, Selenium, Vitamin B Complex, Vitamin C with Bioflavonoids. May be caused by Candida - See CANDIDA.

Depression - Usually the thyroid is involved, see hypothyroid. [St. John's Wort, 5-HTP, and Mood Enhancer](#) for mood

support. For nutritional support use [Liquid Iodine, Cal-Mg, Vitamin C, L-Tyrosine, and Essential Fatty Acid.](#) A liver cleanse may be necessary. For PMS related mood swings use [Women's Hormone Balance.](#)

Diabetes - L-Carnitine, Spirulina, Vitamin B Complex, Vitamin B-12 needed to prevent diabetic neuropathy, [CoQ10](#) improves circulation and stabilized blood sugar, [Psyllium Husk](#) is a good fiber source and [fat mobilizer, Probiotic Complex, Digestive Enzyme Complex, Vitamin E, Organic Fiber](#) to detox the colon.

Diarrhea - Activated Charcoal or Hydrated Bentonite, Essential Fatty Acid, Acidophilus Probiotic, Kelp to replace minerals lost during diarrhea, [Colloidal Silver](#) acts as a natural alternative to antibiotics, [Organic Garlic, and Immunity Formula.](#)

Diuretic - promotes the production of urine. Use parsley with [Vitamin B-6.](#) Watermelons and cucumbers are good diuretics. See Lemon Cleanse to reduce excess fluids.

Diverticulitis - Digestive Food Enzyme, Organic Fiber, Psyllium Husks, Flaxseed, Vitamin B Complex are needed for all enzyme system in the body and for proper digestion.

Dizziness (Vertigo) - Ginkgo Biloba, Vitamin C, and CoQ10 to improve circulation to the brain. [Zinc](#) promotes a healthy immune system. [Immunity Formula and Antioxidant Complex, Cal-Mg](#) is important in maintaining regular nerve impulses. [Melatonin](#) helps to maintain equilibrium.

Dry Skin - Flax Seed Oil, Iodine Liquid, Lecithin, Food-Based Multivitamin and Multimineral, Vitamin E protects against free radicals, and [Zinc](#) is necessary for proper functioning of the oil-producing glands of the skin.

Ear Infection - Colloidal Silver, Vitamin C with bioflavonoids, Zinc quickens the immune response, [Immunity Formula, Antioxidant Complex, Organic Garlic](#) as a natural antibiotic, and [Vitamin E](#) enhances the immune function.

Eczema - Balance pH - see Acidosis. Clean the bowels with [Organic Fiber](#) and [Psyllium Husk, Wheatgrass](#) is high in chlorophyll

which detoxes the lymphatic systems and benefits eczema.

Emphysema - a degenerative lung disease. Use [Antioxidant Complex, Wheatgrass](#) for chlorophyll, [Essential fatty acids, Zinc, CoQ10, Amino Acid Complex, Organic Garlic, Vitamin C, and Cal-Mg](#) which acts as a nerve tonic to protect nerve endings.

Endometriosis - Inflammation of the uterine lining. [Pain and Inflammation Enzyme](#) consistently for 90 days. [Vitamin E, Iron, Vitamin B Complex](#) promotes blood cell productivity and proper hormone balance. Cleanse the liver . See Lemon Cleanse.

Energy - low energy levels. [Vitamin B-12, ThermoX, Food-Based Multivitamin and Multimineral, Spirulina, Valarian](#) for a restful sleep. Liteon Natural's [Whey Protein](#) is the foundation for great tasting, highest quality, all natural meal replacement protein shakes. Get lean, burn fat, boost immunity, stay focused, and feel energized all day long with Liteon Natural's [Whey Protein.](#)

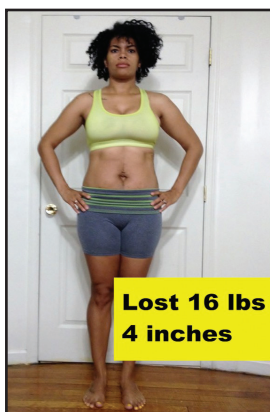
ESTROGEN DOMINANCE - Milk Thistle, Women's Hormone Balance, Black Cohosh.

Fever - Immunity Formula, Antioxidant Complex, Organic Garlic, Pain and Inflammation Enzyme, and Manglier Tea.

Fibromyalgia - Symptoms mimic Chronic Fatigue Syndrome. Research has associated Fibromyalgia with [Magnesium, B-6,](#) and Malic acid deficiencies. [Cal-Mg-Zn with D, Pain and Inflammation Enzyme, Vitamin E, Flaxseed, and Organic Fiber](#) to cleanse the bowels. [Sleep Aid and Melatonin](#) for nervous fatigue and for proper sleep.

Flu (Influenza) - For Children: [Colloidal Silver, Immune Formula, Vitamin C.](#) For Adults: [Immune Formula, Vitamin C, Organic Garlic, Colloidal Silver, Food-based Multivitamin](#) because all vitamins are needed for healing. [Vitamin B Complex](#) reduces stress caused by viral infection. [Selenium](#) boosts the immune response, enhancing the body's ability to fight infection.

Food Poisoning - Activated Charcoal (6 capsules to neutralize poison) and [Probiotic Complex.](#)



LASER TUMMY TUCK TREATMENTS

Text TUMMY TUCK and your name to (337) 424-5066 for more information.

Lafayette Office (337) 356-1251
Carenro Office (337) 896-4141
Sunset Office (337) 662-3121





Female Problems - Excess estrogen and lack of progesterone can cause heavy bleeding during the menstrual cycle. See **ESTROGEN DOMINANCE**. Each month the ovaries produce 2 negative oil soluble estrogens (Estradiol, Estrone). They must first pass through the liver to be converted to a water soluble estrogen form (Estroil). If the liver can not break down these negative estrogens, they remain in our system. [Flaxseed](#), [Lutein](#), and [Women's Hormone Balance](#).

Gall Bladder - [Green Water](#) and [Wheatgrass](#) to help dissolve stones. If you have an attack, drink 1 tablespoon of apple cider vinegar in a glass of apple juice. This should relieve the pain quickly. If the pain does not subside, go to the emergency room. Gall Bladder mini-cleanse recipe : Drink 1 tbsp olive oil and juice of 1/2 lemon before bedtime. Repeat the drink first thing in the morning with 2oz apple juice. This is a mild cleanse that may take up to 30 days before passing Gall stones(which look similar to green peas) through the bowel. Its important to keep the bowel moving with [Organic Fiber](#) while cleansing the gall bladder.

Gingivitis (Periodontal Disease) - Use [Organic Garlic](#) and [Colloidal Silver](#) to kill off bacteria infection and use [Pain and Inflammation Enzyme](#) to ease discomfort and sooth tissue. [Echinacea](#) helps to keep down inflammation and enhance immune function.

Glaucoma - (see a doctor first) Liver must be cleansed before real advancement is made. See Lemon Cleanse. [Lutein Plus](#) for eyes, [Vitamin E](#), [Vitamin D3](#), and [CoQ10](#). Use [Lecithin](#) for a good source of choline and inositol, [Essential Fatty Acids](#), and [Vitamin B Complex](#). [L-Arginine](#) facilitates natural syntesis of nitric oxide, which promotes healthy blood vessels. Note: Avoid arginine

if you are pregnant or have cataracts, colitis, or a viral infection such as herpes.

Gout - Occurs when there is too much uric acid in the blood, tissue, or urine. Overweight males are the often affected. Usually affects the big toe. Check for digestive system problems. Diet is very important for this ailment - Use the "Eat Right for your blood type diet" and [Balance pH](#). [Essential Fatty Acids](#), [Vitamin B complex](#), [Vitamin C with bioflavonoids](#), and [Vitamin E](#) improves circulation. [Amino Acid Complex](#) because uric acid production increases if essential amino acids are lacking. [Kelp](#) and [Wheatgrass](#) contain complete protein and vital minerals to reduce serum uric acid. [Grape Seed Extract](#) and [Antioxidant Complex](#) are powerful antioxidants.

Hay Fever - allergic response to pollen. [Immunity Formula](#), [Antioxidant Complex](#), [CoQ10](#), [Vitamin C with bioflavonoids](#), [Zinc](#), and [Organic Garlic](#) to help reduce isinus inflammation. [Pain and Inflammation Enzyme](#).

Headache/ Migraine - [5-HTP](#) has been shown in many clinical studies to have excellent results for tension headaches and migranes, [L-Tyrosine](#) for relief of cluster headaches. [Vitamin B3](#) improves circulation and aids in the functioning of the nerves. [Vitamin B Complex](#), [Glucosamine Complex](#), [Ginkgo Biloba](#) improves circulation to the brain and [Valerian](#) is a good sedative to take during a headache.

Heartburn - Insufficient digestive enzymes is most common cause. Use [Digestive Enzyme Complex](#), [Probiotic Complex](#), [Organic Fiber](#), [Papaya Chewable](#), [Cal-Mg-Zn](#), [Pain and Inflammation Enzyme](#), [Green Water Alkaline Water](#), [Wheatgrass](#). Balance pH - see Acidosis.

Hemorrhoids - [Probiotic Complex](#), [Organic Fiber](#), [Ca-Mg](#), [Vitamin C with bioflavonoids](#), [Psyllium Husks](#), to soften stool. [Vitamin E](#), [Shark Cartilage](#) and [Pain and Inflammation Enzyme](#). [Vitamin D3](#) aidsin healing of mucous membranes and tissues. Also needed for calcium absorption. [Infrared Sauna Treatments](#).

Hepatitis - [Amino Acid Complex](#), [L-Arginine](#), [Lecithin](#), [CoQ10](#), [Vitamin C](#), [Vitamin E](#), [Antioxidanat Complex](#), [Cod Liver Oil](#). Nutrition: [Immunity Formula](#), [Milk Thistle](#), [Food-Based Multivitamin](#).

Herpes - see Cold Sores for type 1. For type 2 herpes virus, also add [L-Lysine](#), [Vitamin B Complex](#), [Vitamin C with bioflavonoids](#), [Zinc](#), [Acidophilus Probiotic Complex](#), [Organic Garlic](#), [Colloidal Silver](#).

Hiatal Hernia - [Pain and Inflammation Enzyme](#), [Vitamin E](#), [Antioxidant Complex](#).

High Blood Pressure (Hypertension) - 39% of those with high blood pressure have a [CoQ10](#) deficiency and weak kidneys. [Organic Garlic](#), [Valerian](#), [Niacin \(Vitamin B3\)](#), [L-Arginine](#), [Flaxseed Oil](#), [Selenium](#) deficiency has been linked to heart disease. [Vitamin E](#) improves heart function. [Vitamin E](#) also acts as a blood thinning agent; use with caution if you taking prescription blood thinners. Vitamin C improves adrenal function and reduces blood-clotting tendencies. [Food-Based Multimineral](#) for good nutrition.

Hives - an reactionary liver overload caused by either environmental exposure to toxins or traumatic / emotional stress. [Valerian](#), [Mood Enhancer](#), [Pain and Inflammation Enzyme](#), [Acidophilus Probiotic](#) reduces allergic reactions and helps replenish "friendly" bacteria.

The nutrition supplements found in this Natural Remedies Guide are available at:

NAMASTE Wellness: 356-1251 Natural Health Center: 896-4141 DHARMA Wellness : 662-3120 CARIBBEAN: 678-1844

Hot Flashes - Menopause - In the beginning stages the [Women's Hormone Balance](#) is recommended first. The key is finding the right amount of hormone herbs for your body in your current stage of menopause. If the [Women's Hormone Balance](#) is too weak then add [Black Cohosh](#). Also, [Cal-Mg-Zn with D](#) and [Food-Based Multimineral](#) to prevent bone loss is suggested as well as extra Vitamin E. use [Valerian](#) and [Sleep Aid](#) for a restful sleep.

Hyperglycemia - see Diabetes

Hyperthyroid - Graves' Disease - (overactive thyroid) [Omega 3](#), [Essential Fatty Acids](#), [Lecithin](#), [Vitamin C with bioflavonoids](#), [Vitamin E](#), [Antioxidant Complex](#).

Hypoglycemia - (low blood sugar) - often caused by poor digestion or food allergies. [Digestive Enzyme Complex](#), [Probiotic Complex](#), [Organic Fiber](#), [Amino Acid complex](#). [Thermography](#) to check for hypothyroid.

Hypothyroid - (see thyroid explanation) [Liquid Iodine](#), [Amino Acid Complex](#), [Kelp](#), [L-Tyrosine](#) because low plasma levels have been associated with hypothyroidism. [B-Complex](#) because B vitamins improve cellular oxygenation and energy and are needed for proper digestion, immune function, red blood cell formation, and thyroid function.

Immune System - [Immunity Formula](#), [Antioxidant Complex](#), [Vitamin C](#), [Digesting Enzyme Complex](#), and [Organic Fiber](#).

Incontinence - (Involuntary urination) [Probiotic Complex](#), [Amino Acid Complex](#), [Cal-Mg](#), and [Zinc](#) for improved bladder function.

Indigestion - Any of these products alone will stop indigestion and heartburn. [Glucosmannan](#) and [Organic Fiber](#) to cleanse the colon and to aid in normal stool formation. Insufficient digestive enzymes is most common cause. Use [Digestive Enzyme Complex](#) with each meal. Balance pH - see Acidosis.

Infertility - [Selenium](#) deficiency leads to reduced sperm count and has been linked to sterility in men and infertility in women. [Vitamin E](#) carries oxygen to the sex organs. [Zinc](#) is important for the functioning of reproductive organs. [L-Arginine](#), [L-Tyrosine](#), [Folic Acid](#), [Vitamin B-12](#), [DHEA](#) improves

libido. [Essential Fatty Acids](#) are essential for normal glandular function.

Insomnia - [Calcium/Magnesium, 5-HTP](#) plus one of the following: [Mood Enhancer](#), [Sleep Aid](#), [Melatonin](#) or [Valerian](#).

Irritable Bowel Syndrome - [Flaxseed Oil](#), [Amino Acid Complex](#), [Organic Garlic](#), [Psyllium Husk](#), [Organic Fiber](#) has a cleansing effect, [Vitamin B Complex](#), [Vitamin B12](#), [Probiotic Complex](#).

Kidney Stones - Balance pH, [Green Water Alkaline Water](#), [Wheatgrass](#), [Food-Based Magnesium Complex](#), [L-Arginine](#) aids kidney disorders, [Vitamin E](#), and [Vitamin C](#). [Pain and Inflammation Enzyme](#) for pain, and drink fresh squeezed lemon juice with pure water.

Laryngitis - [Colloidal Silver](#), [Antioxidant Complex](#), and [Organic Garlic](#) as a natural antibiotic.

Leg Cramps - [Cal-Mg](#), [Calcium Complex](#), [Food-Based Multimineral](#), and [Digestive Enzyme Complex](#).

Lemon Cleanse - A no food fast for 3 -10 day that will flush and remove toxins, help high blood pressure, flush kidneys and liver, and help with sinus congestion or allergies. Recipe: 3qts. reverse osmosis purified water, 1 cup fresh squeezed lemon juice, 1 cup pure maple syrup, and 2 capsules Capsicum daily. Drink 8-12 glasses of the lemon mixture daily.

Lupus - Use the "Eat Right for your blood type diet". [Flaxseed Oil](#), [Cal-Mg](#), [L-Lysine](#), [Glucosamine Complex](#), [Vitamin C](#), [CoQ10](#), [Kelp](#), [Probiotic Complex](#) protects against intestinal bacterial imbalances. [Wheatgrass](#) is a good source of minerals for healing and oxygen for cell metabolism. [Antioxidant Complex](#), [Pain and Inflammation Enzyme](#), and [Vitamin E](#). Perform a weekly colon cleanse with [Organic Fiber](#).

Lyme Disease - [Flax Seed Oil](#), [Organic Garlic](#), [Kelp](#) for essential minerals, [Food-Based Multivitamin and Multimineral](#), [Selenium](#) as a free radical scavenger, [Vitamin C](#), [Vitamin E](#).

Memory - [Ginkgo Biloba](#), [Mood Enhancer](#), [Flax Seed Oil](#), [CoQ10](#) and [DHEA](#).

Menopause - - In the beginning stages the [Women's Hormone Balance](#) is recommended first. The key is finding the right amount of hormone herbs for your body in your current stage of menopause. If the [Women's Hormone Balance](#) is too weak then add [Black Cohosh](#). [Vitamin E](#), [DHEA](#), [Effential Fatty Acid](#), [Zinc](#), [L-Arginine](#), [L-Lysine](#), [Cal-Mg](#).

Morning Sickness - [Red Raspberry](#), [Ginger](#), [L-Methionine](#) prevents nausea, and [Vitamin B Complex](#).

Muscle Cramps - usually a deficiency of magnesium or potassium. [Food-Based Multimineral](#), [Cal-Mg](#), [Lecithin](#), [Zinc](#).

Nervousness - can be caused from a weak thyroid and/or mineral deficiency especially magnesium. [Mood Enhancer](#), [Liquid Iodine](#), [St. John's Wort](#), [Mood Enhancer](#), [Cal-Mg](#), [L-Tyrosine](#), and [Vitamin E](#).

Osteoarthritis - [Cal-Mg](#), [Pain and Inflammation Enzyme](#), [Omega-3](#), [Glucosamine Complex](#), [CoQ10](#), [Vitamin E](#), [Vitamin D3](#).

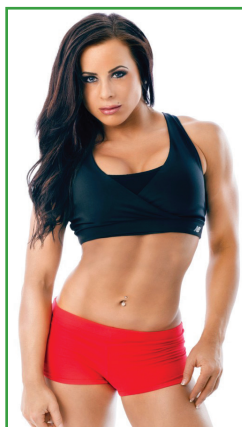
Osteoporosis - [Vitamin C](#), [Calcium Complex](#), [Food-Based Multivitamin and Multimineral](#).

Parasites (worms) - [Organic Garlic](#), [Colloidal Silver](#), [Selenium](#), [Acidophilus Probiotic](#) to restore a normal intestinal flora, [Essential Fatty Acid](#), [Food-Based Multivitamin and Multimineral](#), [Zinc](#) promotes a healthy immune system.

Parkinson's Disease - [Vitamin B12](#), [Ginkgo Biloba](#), [Digestive Enzyme Complex](#), [Lecithin](#), [Cal-Mg + Potassium](#), [CoQ10](#) allows cells to produce energy and may slow brain cell death.

Pneumonia - a very serious infection of the lungs that may be caused by a number of different infectious agents. [Immune Formula](#), [Antioxidant Comoplex](#), [Vitamin C](#), [Colloidal Silver](#) reduces inflammation and promotes healing of lesions in lung tissue, [Organic Garlic](#), [Vitamin A](#), [L-Carnatine](#) to protect lungs from free radical damage, and [CoQ10](#).

Poison Ivy / Oak - [Vitamin C](#) to prevent infection and spreading of the rash, [Shark](#)



BODY REBOUND

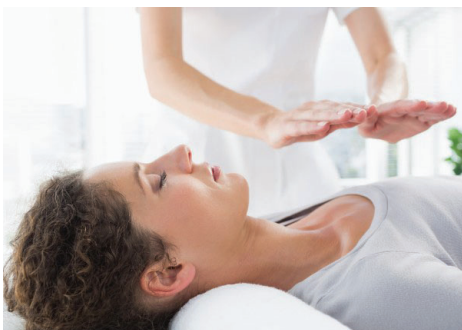
Weight Loss Program

6-Week Program Only
\$340

Lose weight with meal replacment shakes and BF-4 fat burners.
Join today and get a bottle of BF-4 and a box of wheatgrass.

Must present this coupon at the time of joining.





Cartilage to reduce inflammation, **Pain and Inflammation Enzyme, Vitamin A, Zinc.**

Prostate Problems - **Prostate Health, Saw Palmetto, Organic Fiber** and **Psyllium Husks** for bowel cleansing and essential for keeping the prostate functioning properly. **CoQ10, Organic Garlic** enhances the immune function, **Selenium** is needed for proper prostate growth and stimulated the immune system, **Wheatgrass** with SOD destroy free radicals, **Vitamin A** is a powerful antioxidant that destroys free radicals, **Vitamin E, Vitamin B Complex, Vitamin B12, Vitamin C with bioflavonoids** is a powerful anticancer agent, **Vitamin D3, Acidophilus Probiotic** has an antibacterial effect on the body. **Zinc** plays a role in the prevention of prostate cancer.

Psoriasis - Check for Food Allergies. Balance pH - See Acidosis. Use the "Eat Right for your blood type diet". **Wheatgrass, Hair-Skin-Nails, Spirulina, Flaxseed, Organic Fiber** to cleanse the bowel. Use **Vitamin A, Zinc, Selenium, Shark Cartilage, Vitamin B Complex, Vitamin C** is important for formation of collagen and skin tissue, **Vitamin E** neutralizes free radicals that damage the skin. **Kelp** supplies balanced minerals, **Lecithin**, and a **Food-Based Multivitamin**.

Rheumatism - **Pain and Inflammation Enzyme, Digestive Enzyme Complex, Glucosamine Complex, CoQ10.**

Rosacea or Acne Rosacea - **Wheatgrass Liquid, Antioxidant Complex, Immunity Formula, Vitamin E, Acidophilus Probiotic, Digestive Enzyme Complex, Betaine hydrochloride** (hydrochloric acid) 45 grains (1/2 tsp) per full meal.
Sex Drive, Low Libido - Women: **Women's Libido, DHEA.** Men: **L-Tyrosine, DHEA,**

Maca, L-Arginine.

Shingles - **Immunity Formula, Wheatgrass Liquid, Antioxidant Complex, L-Lysine, Colloidal Silver, CoQ10,** and **Vitamin C** to stimulate the immune system.

Sinusitis - **Immunity Formula, Colloidal Silver, Vitamin C.** Use **Acidophilus Probiotic** to replace good bacteria in the colon - important if antibiotics are prescribed **Flaxseed oil, Food-Based Multivitamin and Multimineral.** Eliminate wheat, cheese, milk or dairy products. See Lemon cleanse.

Smoking, Stop - **St. John's Wort, CoQ10** adds oxygen to the brain and protects heart tissue, **Vitamin B Complex, Vitamin B12, Folic Acid, Vitamin C, Vitamin E,** and **Vitamin A.**

Sore Throat - Strep - **Gargle** with **Colloidal Silver**, then swallow. **Vitamins A, C,** and **Zinc. Immunity Formula** and **Antioxidant Complex. Organic Garlic.**

Stress - **5-HTP, Mood Enhancer, L-Tyrosine, Vitamin C with bioflavonoids** is essential to adrenal gland function, **CoQ10, Cal-Mg-Zn, Ginkgo Biloba.**

Sweating - check thyroid. **Immunity Formula** and **Antioxidant Complex.**

Tendonitis - **Glucosamine Complex, Pain and Inflammation Enzyme, Calcium Complex.**

Ulcers (canker sores) - **Probiotic Complex, Digestive Enzyme Complex,** and **Organic Fiber** to clear the bowels.

Varicose / Spider Veins - **Vitamin E, Vein Stop,** and **CoQ10. Increase circulation** using **Whole Body Vibration** and **Infrared Sauna Treatments.**

Viral Infection - Rotate anti-virals for more effective results. **Organic Garlic, Colloidal Silver, L-Lysine** may be needed to break down the viruses protective coating. **Vitamin A, Vitamin C, Vitamin E** and **Zinc.**

Warts - **Vitamin E,** apply **Tea Tree Oil** to wart 3-4 times/ day, **Immunity Formula, Antioxidant Complex, CoQ10, Selenium,** and **Probiotic Complex.**

Water Retention - Support the heart if swelling in legs does not improve within 30 days. See Arteriosclerosis. **CoQ10, Vitamin E, Cardio Support, Potassium, Organic Garlic,** and **Selenium** to activate the Kidney.

Weight Loss - **Raspberry Ketones, Green Coffee Bean Extract, Whe Tea** to target abdominal fat, **Green Water pH 9.5 Alkaline Water** to raise the body's alkalinity and decrease production of fat cells. **BioLean** to raise the body's thermogenic fat burn-

ing capability. **ThermoX** increases the body's metabolism, **Fat Complex** binds to fat and reduces fat absorption in the body, and **Glucosamine** is an appetite suppressant. Use **Probiotic Complex** and **Digestive Enzyme Complex** to improve digestion. **Organic Fiber** clears the bowel and releases excess waste. **DHEA** inhibits enzymes that are involved in fat cell production, **DMAE** is an effective fat burner, **Lecithin** emulsifies fat so that it can be removed from the body. **L-Arginine** and L-Carnitine are amino acids that reduce body fat. **Vitamin B Complex** is needed for proper digestion.



Yeast Infections - See CANDIDA. **Organic Garlic, Probiotic Complex** and **Digestive Enzyme Complex,** and **Immunity Formula.** Eliminate all sugars, breads, and dairy products for 2 weeks.

RECOMMENDED DAILY INTAKE

VITAMINS

Folate (folic acid)	400 - 1,200 mg.
Niacin (vitamin B3)	10-50 mg.
Riboflavin (vitamin B2)	5-25 mg.
Thiamine (vitamin B1)	5-25 mg.
Vitamin A	5,000-25,000 I.U.
Vitamin B6 (pyridoxine)	5-50 mg.
Vitamin B12 (cyanocobalamin)	5-50 mcg.
Vitamin C (ascorbic acid)	250-2,500 mg.
Vitamin D	0-500 I.U.*
Vitamin E (alpha tocopherol)	100-600 I.U.

MINERALS

Calcium	800-1,200 mg.
Chromium	50-250 mcg.
Iron	10-30 mg.
Magnesium	300-400 mg.
Selenium	50-200 mcg.
Zinc	15-30 mg.

Note:

I.U. = international units
mg - milligrams
mcg - micrograms

* If you drink at least a quart of vitamin D-enriched milk a day or you bask in the sun year-round, you may need no D supplementation. Otherwise, some extra D is in order: 200 I.U. per day in most circumstances; 400 I.U. per day for the elderly in winter; 500 I.U. per day for women who are pregnant or nursing.

DISCLAIMER: The information provided here is for informational and educational purposes only. It is not to be construed as medical care or medical advice and is not a replacement for medical care given by physicians or trained medical personnel. The publishers of *Natural Awakenings Magazine* nor the staff at any wellness centers associated does not directly or indirectly practice medicine, dispense medical advice, diagnosis, treatment or any other medical service as part of their public services. Always seek the advice of your physician or other qualified healthcare provider(s) when experiencing symptoms or health problems, or before starting any new treatment.

The nutrition supplements found in this Natural Remedies Guide are available at:

NAMASTE Wellness: 356-1251 Natural Health Center: 896-4141 DHARMA Wellness : 662-3120 CARIBBEAN: 678-1844