

The School of “Self-Applied” Prevention

Fall 2011 newsletter

Ages 5-21

By age 5 it is suggested that the brain has developed and by age 10, the body has adapted to its environment and its “struggles” set in place. Most believe we are adult by age 21 and equipped to make it on our own. Those not vaccinated, none drugged will respond normally to herbal supplements and supplements are needed based on the diet, the better the diet, the less it needs supplemented. Those that have a toxic life naturally can’t respond well and will suffer from toxicity. In my theory, herbs that aid in de-worming and herbs natural in tree iodine are the two most beneficial herbal products that even the best of diets can benefit from. Otherwise herbs rich in natural plant Iron and Calcium help the blood stream build a complete and healthy body capable of raising a family of their own. If the water is loaded with natural rock, then the Kidney Cleansing herbs are necessary, but noting is as good as distilling your own water at home and removing the rock. Once you see for your self how much rock your water has, you should be convinced for life that the “rock” in our water and foods are the number one reason for premature aging and loss of health.

By age 6 or so, most children can bite an herbal veggie capsule and swallow it with a glass of water and by age 8 have no difficulties taking herbs and by age 12, pretty much take most any good herbs. There is never a need to use toxic or narcotic herbs in human health. Raising children on **Baby Calm, Maximum Restore, Air Restore, Oregano Oil**, Skinner’s Salve then onto **Kids “B” Well** and depending on the diet, the use of **Happy Baby, Lower Bowel Balance Jr., Lower Bowel Balance Capsules, “Pica” or Iodine Mineral** formulas is what I made to help us raise our babies. These formulas mostly are based on my teacher’s and his teacher’s before him, etc. I took their herbal education; that I then tried to “simplify” for ease of use and effectiveness and hopefully improve upon. Children born to a mother that has taken her herbs, have no problem taking herbs all their lives, because they know herbs as natural foods they have been given since in the womb and grown up to take more of every time they did not feel well. A healthy child well planned for, most likely will never see a hospital or even a common doctor unless there has been a sever accident where emergency medical aid was needed.

By age 12 most children are starting to develop into young adults. For those that grew up with consuming commercial animal products with unnatural hormones as a way of raising the meat product, they can suffer abnormally and develop prematurely and suffer a lifetime of problems and this newsletter is about the healthy choices and not the thousands of unnatural choices modern humans can make and then the thousands of pages that could be written about these lifetime long disasters that has created the monstrous medical facilities world wide. For the normal healthy child, by age 12, they are prepared “if” they had their proper **natural iodine** while in their mother’s womb, enough by age 5 for proper brain development and by age 12, the proper amounts so they are capable of turning into young adults with out problems.

The child that suffers from lack of **natural iodine**, can be under developed mentally and physically and experience major changes by age 11-14, children fed wrong foods can not only suffer ill health, but also be practically full grown by age 12, while the properly nourished children will appear to grow “slower” and not be fully grown mentally and physically by age 22. Those growing slower, will naturally live longer, while those that grew fast were poisoned and their body responded believing the lifespan to be short and the haste to have children early in life. While the mature adult raised “responsibly” will not think about having children till approx. age 22 and be capable of having healthy children for a lifetime.

After age 12, what we call **Women's Wellness** or **Men's Wellness** in powder or capsules works for all ages through out their entire life as an all purpose plant based mineral source rich in calcium and bone building herbs.

Ages 22- 65

The child bearing years should be very simplistic, keeping in mind all the diseases / ailments humans "accept" as normal, are all diet related and preventable by diet correction. The body seems pretty indestructible till age 30, then takes another turn downward by age 40, then 50, then 60 and then color fades as the body loses circulation as it "thickens" and again, all 100% caused by diet / habits, choices and a result of our own choices. Virtually every herbal formula ever created was created as a supplement to the wrong diet. As much as every human needs the help of the **Hormone Balance** by age 40 or for some by age 21 or even younger, the formula is still the result of seeking to supplement the wrong diet that failed to supply the body's needs.

Actually, the rules do not change, what God created for us to eat after weaning at 18 months, are the foods designed for humans their entire lives. Less active calls for less food, but less active comes as a result of wrong diet and habits that prematurely wore the body out. I see no need to write down that which as already been written well and human health being the most studied subject in world history has some wonderful books, but many authors were following false trails, writing prematurely or just passing on wrong information, so the best of the best books were written in the retirement years of those that had clinics or private medical / herbal practices. The one that changed my life the most was written by the best M.D. in North American History that turned to Nature to save his own life and put down the knife and all drugs and as explained his story and opened a clinic he called the **Sunrise Clinic** and instructed 63,000 patients how to cure all disease in a 14 day stay. He used orange juice and food education and was the only M.D. / Surgeon proven to have the cure for all known diseases and he states he never had a repeat customer, because in 14 days of education and self-experience, the patients left knowing what caused diseases and the simple cure. He proclaims all diseases can correct themselves and no operations needed and never drugs of any kind. Being one of the most famed Medical Doctors of all time, no doctor of today can argue against his none drug, none operation methods.

Years ago I seen the plain interest was into promotion of ½ cost operations and seen many support this theory and going to Mexico for cheap operations, I tried writing to the plain interest offering to write articles explaining the cure for all diseases operation and drug free and was told they did not want my free offer nor wanted to know anything about such methods. I since then have come across several more such books with the cure for all diseases and they are easy to recognize, they all have no gimmicks, nothing to sell and simple explain human foods are the true cure that work and will always work, because God does not "change" and what humans were created to eat is the correct foods for all times. These books in general do not use herbs, because those with the cure for all; normally were medical doctors with no herbal background. I prefer to make use of herbs as an easier way and the best way to combat parasites and as well teach about poisons.

I took an original print of what I came to just call **BOOK I** and cut the back off of it and printed it into a computer word file and offered it free to the world 12 years ago as the beginners book to being your own physician which is the theme of the book, setting humans free of medical. We have based our methods from this book along with the use of herbs to make it better. I made a study guide for this and several other books, because too many people skim read and never take the time to actually read and learn a book and for those that don't believe what this author wrote and refuse to try the natural methods, I can only suggest they read the book again and again filling out the study guide until they can de-educate themselves and can accept natural as the cure. I can testify that what this author wrote works; it changed my life more than any other book I have read. The methods are all free and cheaper than "normal" day's cost of living sickly. I use this book for people world wide for one simple reason, it has the cure for all diseases and cost nothing to follow, so all humans world wide can do it, can learn to cure them selves and never seek medical help for diseases again. Doing this and giving it freely world wide is what gave us the ability

to have our own supporting business and not have to work in a factory anymore. This book fails no one, but just like many books and methods, people fail them selves by refusing to learn, try or help them selves. For those that desire to help them selves, I simply call his little book, **BOOK I**. The doctor wrote this book while on a two week vacation on his Lake Erie Island many years ago and I read that his methods were examined by a three way independent study in the top medical colleges of America and determined truthful and the true cure for all disease in the year 1950. Sadly this book does not promote medical treatments in any way shape or form and suggest they have never had any cures, so the book was long forgotten and never used by medical practice.

I have always offered this book and much more for **free** on my website www.barefootherbalistmh.com in the newsletters folder that has the passwords: **freedom** and **adults108**. This 2011 Amish newsletter education is available on my website in the Amish Newsletters folder that has the passwords: **students108** and **trueschool**. This is all **FREE!** The passwords are only to prove that we are not open to the general public and only for those that seek private information and thus the government has no ability to restrict such information as long as it is private use only. On this website I have the greatest parasite videos on earth, showing real humans with real parasites being removed and if a person watches all these **FREE** videos, they will be well educated and never doubt again that humans are plagued with worms and understand why I am the main person on earth that specializes in herbs in the prevention and removal of parasites. Greedy people come and they go, they seek to copy, they seek to lie and con people out of their money and they can never succeed and my wife and I have watched them come and go. You can rest assured, we make the original, I learned from the best, that learned from the best and I blend a large variety of education in an attempt to explain why people get sick so they are not clueless and turn their lives over to strangers; this simply means each person with the desire to live well, needs to want to read, learn and pass onto their families the ways that work.

This newsletter has cost us a fortune, many thousands of dollars as an attempt to undo some of the damage by the last person that sold some of our products to the Amish. Otherwise we deal with people world wide at no cost using the computer that allows hundreds of books if desired to be stored for free reading. For those that would like to read what I call **BOOK I**, but have no way of reading it for free, we can have it copied locally at the printer on 1 side, both sides or any size print you desire and shipped by mail or what ever method you desire at our "cost", which includes cost of printing, handling and shipping charge which is only fair, since the book has nothing to sell and does not promote herbal use of anything that benefits us. The book also educates on how people can still eat meats, vegetables, grains, etc. with out causing ill health. The common cost per page to print is about 12 cents, the amount of pages is determined by how large of print you want, 1 or both side printed, if you want the pages bound and how much the post office charges to send it to you. That is why I like the website method that makes it available **FREE** world wide at no cost to me and the method that you can share this newsletter **FREE** to anyone in the world.

Book I will give you the "fasting" cure, diet cure, habit cure and make you your own physician and medical / drug free the rest of your life if you believe and prove to your self that this book is correct. You could never want to take drugs or submit your body over for an operation after learning from this Surgeon M.D. As a master herbalist, I will now pass on some of my education that has been passed down from several great herbal doctors of past American History as a method for you to learn what herbs have been historically used to treat disease and hopefully understand, that if you make use of these herbs along with the education of **BOOK I**, then you just doubled your chances of restoration and prevention of illness.

My personal theories about food and drinks:

What I call **BOOK I** will teach you the truths, truths you may not like to learn, but if you're going to get sick, crawl to medical, and then you owe it to your self to know the truths and not whine and cry when you become old and crippled. Otherwise no human will eat or live correctly, they have not for at least a few hundred years or longer and the more modernized people become, the more anti-nature and anti-God they become, so nothing is going to get better. **My theory is, you can eat most anything you like, as**

long as you're healthy. When you're unhealthy, practically all wrong foods and even the good foods will make you feel sickly. So you want to eat meat, consume dairy, fill up on grains, drink toxic drinks or even smoke or work in extremely toxic conditions and odds are you can until your organs are over loaded with accumulated waste and toxins. As long as you accept that trade off, then you have no rights to cry when you're dieing and understanding paid drugs only hastens your death should be accepted as well. Otherwise there many options, the longer you can keep your circulation, the longer you can enjoy the modern lifestyle. This is where herbs and methods come into play and most people will accept these options over the idea of giving up their choice of foods and drinks and this is why herbal products and hundreds of gadgets exist.

Chewing one food well and eating only one type of food daily allows your stomach to work its best. You can eat all the food you desire that method with the least amount of damage. You can even drink cow's milk for 2 full years, "IF" that is the only food you consume and milk "fasting" has an old history. Ideally, the less food you consume the better off your stomach functions and medical proved many years ago, 11 ounces of food daily is ideal. Chewed well, 11 ounces of anything you can put in your mouth daily will do very little harm. While eating true foods such as in season tree / vine fruits, you can consume all your bellies can handle and never do harm and in fact, aid in restoration of the body. So by now, you should be getting the idea, the better the foods, less the problems, the worse the foods, the more the problems...that is pretty simple and anyone should understand that.

What fails when eating / drinking wrongly? The Kidneys, the Colon, the Liver, the Stomach, eventually the Skin, Lungs and Heart; pretty much in that order. So herbs knownto cleanse the Kidneys, the Colon, the Stomach, the Skin, the Lungs and the Heart is what people search for. Seldom do they want to know the reasons their body is failing and for you 300 out of the original 1,100 that answered our free offer for a health newsletter has proved this to YOU! I knew they would, because they were too "**scared**" and got "**angry**" when they read dairy does harm to their health and is responsible for filling the cemeteries with the unborn or short lived children and reading something saying they can't digest and assimilate their meats was just too much for them and God forbid vegetables are harmful and these 800 people or 2/3rds never wanted help understanding human health and this is why people die in such pains never understanding how they made them selves a hopeless case for the doctors; they were just looking for quick fix products that promises they can continue as they are and all will be well in their lives and these 2/3rds of the population is what makes Billions of \$\$\$\$ for the health industry, while those that desire to learn, will learn from what I call **BOOK I** to be their own physicians and never ever accept a drug or an operation the rest of their entire lives, which alone is worth most all the money a human can make in a lifetime, because the medical system seeks to d just that, own the farm when your dieing and can cost you 1/2 a million dollars your last 30 days of life in a hospital room. **So for the few that stayed with this newsletter, freedom is yours, for free!** We as a family have zero health insurance, we don't have a medical doctor, we don't take drugs, we don't buy vitamins, we do not buy any commercial made supplements and our doctor free boys are as strong, intelligent and more healthy as any child they go to school with and they all stand out as key players in sports, such as soccer, baseball, skiing, basketball, etc.

- **AND, we pretty much eat what we want, when we want!**

I grew up milking 100 dairy cows, drank pop, ate hotdogs, hamburgers, had a full mouth of mercury fillings, loads of root canals, had all my shots, including the dangerous polio drinks of the early 60's and put 30 years in a lead factory that was shut down for being the number one lead source for the entire state of Ohio and I watched people drop over dead in that factory and die before age 50.....and I am alive and doing much better with herbs, **Book I** information and correction methods using water and the such. What I do, what I eat, what I drink is of no value to you, for the simple fact I am a human and as a human, we refuse to follow God's creation laws and choose to live life "our" ways! This newsletter was not written about sinners like me, abusing my body most all "my" life, it was written as an education to reduce fetal deaths, premature deaths and for people to "understand" why they get sick and offer some solutions

that can help and I can assure you all, "IF" I had not sought out this type of information, I would have been dead some years ago, same as many I knew, are long dead. You all know, many a baby have died or was permanently disabled as a result of wrong ways of living and perhaps this is the number one reason the 800 people didn't want to continue this newsletter; they would rather hide from the truths than accept any responsibility, because we humans just refuse to accept responsibility for our actions, it is the strongest human trait we all share.

As a result of accepting the truths about my wrong living that resulted in making my life what it is and trusting God the best I could and trying to do "better", my health restored as

- **equally as I put in the efforts.**

How many today just want the "quick" fix and even if they know a product has to be fake, has to be a lying gimmick that made its way into their mail box, how many still buy such products with the false hope that the advertisements were not lies and the product would end their health problems and life could be happy ever more! In fact, these evil marketing companies selling trash health products floods the homes of the elderly who buy at least \$1,000.00 worth of vitamin/supplements annually and every few years throw them away as they become outdated and 95% of the time never ever empty the bottle. In fact, they purchase these faked products just out of false hopes and fill their shelves with them like little "idols".

What I offer freely as **Book I**, has the cure for every known human disease and was proven by the top medical colleges on earth as the truth, but this education is 100% diet and habit education, the two things people refuse to learn about. I am the one that suggest herbs makes this easier and better and I personally believe all humans are being eaten alive from birth till death and that all disease is a form of parasites and this is why I specialize in herbs for parasites more than anyone else on earth that I am aware of. I want to live, so I seek the best education from the best past medical and herbal authors I have been able to find, it is that simple. This is how I learned to care for my own broken bones, my own accumulated sickness over a lifetime and how I learned to never have an operation, never take a drug, never buy a vitamin and best of all, know what I can do to try to undo the damages from my own choices in life that were not healthy choices.

As long as you're healthy, most all foods will not bother you, so the key is staying healthy or simply eating and drinking closer to what nature intended us to do, the choices are yours. We drink about \$50.00 worth of fruit juices per week as a family, we don't drink milk, don't use salt and pepper and don't cook much meat, but eat meat and fish when eating out. Otherwise we stay on herbal **de-wormer herbs, Lower Bowel Balance, Kidney / Pancreas Cleanse, Women & Men's Wellness formula and lots of Herbal Spray I & III** as well as **Room Sprays** while we sleep. When any cold appears, we use lots of **Maximum Restore** and if need be, **Air Restore** and up the **Herbal Sprays**. We do not allow our selves to become constipated and see our Chiropractor at the first sign of pain or problems. If we eat really bad, we do this simple thing, take 2-4 **Lower Bowel Balance** with each bad meal. If we want to knock something down fast, we also take **Oregano Oil diluted** direct in the mouth. As an adult, **BOOK I** can easily be followed and a rapid change for better health achieved in 14 days as will be explained in the last newsletter the methods of my choice. So this simple means "balance", not permitting your self to get in a sickly constipated state of health. For most beginners, this simply means you're loaded with worms and you need to de-worm, stay de-wormed and rebuild your entire body as worm free as you can.

- **As long as you're loaded with worms, you are fooling your self if you think anything in this world is going to help you.**

Can "you" live happily ever after eating and drinking what ever you want with the use of these simple herbal formulas? That will all be based on your level of toxins, worms and ability to expel waste. I am sure you will need to cleanse periodically, and strive to eat and drink better as years pass by as you become older and less active. I am sure worms are a lifelong battle. Knowing what to do when your body

becomes out of balance, is what **Book I** is all about and herbs will make his so much easier and better. Prevention is the only method, because if you allow yourself to load up with worms, your kidneys to clog, your colon to swell, your stomach to burn...before you decide to make use of herbs and correction of diet, then you are going to fail miserably. The better your diet per **BOOK I**, the less money you spend on herbs, yes, it is just that simple! The wrong foods and wrong drinks come with a price on our health, while eating correctly is the cheapest thing we can possibly do that saves us a fortune over a lifetime.

I assure you all this one very simple statement is true:

- **For ever hour we have an acidic stomach, I am sure our blood is being robbed of its calcium, our intestines being burned from within and we at least, loose one hour (for ever acidic hour), of our life in return. Book I educates to never eat breakfast or lunch, this reduces your acid by 2/3rds and should increase your chances of living better and longer by 2/3rds. I know no human needs to eat more than one meal per day, no matter how hard they think they are working! Eating more than one meal daily is simply a learned habit. Every adult can skip all food one day per week for their entire life. Every healthy adult can do a 40 day juice fast and be healthier and stronger each and every day, doing more work than they ever could eating three meals a day.**

For those that do not believe the simple statement above, most likely they are over working their organs and our skin shows the fruits of our labor and we have been educated to call this “old” age, when in fact, it is just clogged up – worn our skin that is failing because the internal organs have already clogged. Just because we “know”, does not mean we practice what we preach in life, virtually all humans know better in life and choose to live making our own choices and accepts the results, good or bad. The idea of this newsletter was to explain why we get sick, so we have no right to seek medical saying; “we didn’t know” and then become a victim to every test, drug, and operation that you are not educated on and must turn your health over to strangers. Understanding makes available paths to restoration or choices when needed. Prevention pays off the best in life, but those waiting till the last minute also can benefit by avoiding the fear that comes as a result of taking unknown drugs, operations and test you can’t understand. Once you understand and believe, you always have Natural Ways to turn to, if you don’t desire drugs and operations when the pains of our choices catches up with us. Please read what I call **Book I**, it is free on my website to the entire world as the no herb, no test, no drug, no operation cure for all human diseases and for those that can afford and wants to make use of herbs, please keep us in mind and **support those that helped “you”** and not seek the absolute cheapest herbs you know little of and know less about who made them. I assure you, those that understand and accept **Book I** as truth; they will save an absolute fortune over a lifetime, by never desiring drugs, operations and always knowing what to do at home for human sickness. Add herbs to **Book I** and seek to be as worm free as you can your entire life and you will have many more healthy years of service and we all know, sickly bedridden people can barely serve others at all and serving others while on earth is what brings one the most enjoyment in life, watching the younger ones learn and each generation having a better life than the last.

What every you eat, eat it with enjoyment!

Unlike those that choose to copy us out of their greed, I make herbal formulas easier / better as I teach myself how to; and I can make any herbal formula I choose to make and alter it for the better anytime I choose too! Every formula **Weeds / Cleanses** as it **Feeds**, that is how you can recognize what we do! We don’t make false promises about herbal products, we are not “marketers” trained to create all the lies it takes to make the daily sales! We don’t make fancy colorful sales ads attracting moths to the glamorous light. We know the only people that will use our products responsibly and properly; are those that understand their own human health and more often than not, those that are the best; are the ones that saved their own lives and end up being lifelong customers. **Prevention is Key**, everyone knows that! Cure is more costly and undoing past damages a long term correction and education so we never make those same mistakes again, because for many, they don’t get a second chance. I strive to make herbal formulas better and easier every year, every new batch, etc. so it is hard to “know” what all I make and

self-experiment with, by the end of these newsletters, I hope to show more than I have ever showed before, because I don't intend spending this much time on a paper ever again and I hope I never get poor enough that I am forced into doing seminars again. This paper will be the best of what I have to say.

I want you all to understand your health based on what doctors over the past few hundred years have given names to where we hurt in our body, This allows you to add herbs to the information you learn about diet and "fasting" learned in what I call **BOOK I**. Knowing the **Food Cure** along with the **Herb Cure**, doubles your chances of success! You easily should understand the toxicity damage and no book needed for that subject, if you do want such a book, I suggest the late Dr. Hulda Clark book she called the cure for all diseases that explores not only parasites, but all the poisonous substances in the home, the work place and most of all, in the dental work.

The Herbal Cure starts with an understanding of herbal use, ***I hope you can appreciate our time*** we took to hand type this rare and first time ever printed from the original manuscripts in its entirety.

This list of ailments and herbal use has never been fully shown to the public before this newsletter. I have the original 1,000 pages from a long past author that was one of my greatest teachers and this is by far the best simplistic herbal education that allows people to understand the common names given to diseases, some of the causes and herbs known to help restore health. We are also the only people on this earth that seek to stock and sell as many of these original herbs as possible for those that still want to self-experiment with the simple single herbs usually drank as teas. We seek to learn and educate and make our own products based on our desires to self-experiment and share with others seeking to do the same, while there are at least two sources commonly advertising in Amish Newspapers that knows us well and have attempted to copy us and invade the Amish communities with their false gimmicks that lure people into buying their products that they only make as a method of profit. I guess we should be flattered that they want to copy us, but sad to think what they are selling in **their bottles** and thus the slogan, **"buyers beware!"** We seek lifetime customers and not the one time gimmick impulse buyers.

Here is the best simple herbal education you will ever receive for **FREE!**

Old Fashioned Spices

Old Fashioned Spices (herbs) dates back to biblical times and an American heritage which blends European / American Indian cultures of times when all humans were their own physicians and relied upon nature for relief of disease.

Most all of the truly good herbs used for human ailments have been well documented long before the year 1900 and most herbs written about after this time has been from modern day authors seeking to make a business and new discovered herbs may or may not be of value. This study will be about the historical or Old Fashioned Herbal use that all our forefathers created and handed down. In America, we have the truly wild herbs and the herbs that Europeans brought with them when they came to America to settle. Settlers moved these herbs westward and some adapted to American soils, while others must be cultivated with special needs. Naturally, the truly wild herbs growing in the woods and pastures are what nature provides to all freely. Native Indians normally "chewed" the whole herb, barks, roots, then teas became popular, then eventually powders and extracts and then formulas of several herbs ad "herbalist" practiced making herbal use "easier".

This education is a combination accumulated by my late teacher and the best of the best of all his teachers and the teachers before them. As far as an explanation of the human ailments what was good back 100 years ago, is good today and the herbs used then still work today for all. As a Master Herbalist, I naturally like to make formulas and make as simplistic as possible the method to restore proper circulation & health, but to do this, this historical education has to the base of all herbal making. One of the world's greatest modern day doctors, the late German Doctor Hans Neiper; stated that all good medicine was documented prior to the year 1900 and that everything beyond 1900 was just rediscovering

the same information or people seeking to complicate / create their own business in the health field. Naturally, prior to the year 1900, herbs were the true human medicines and all of this herbal education dates back well past 100 years and has been used through out the entire world with some herbs dating back past 6,000 years of historical use. Therefore I find no reason to alter my teachers and his teachers before him this herbal information. I did remove all the herbs that were not “specific” for each ailment, because listing all the “possible” herbs that could be used, would double the size of this paper with herbs that often are so long forgotten that most people would not be able to recognize or find them. The herbs listed here are the ones used the most in the past 200 years and some of these are today obsolete to buy would have to be found in nature only or what is called “wild crafted”. In order for a bulk herb to be available today, simply means there has to be a market and the herbal market has been shrinking every year as medical has taken over and fewer and fewer people have interest in natural methods. The simple explanations listed here for every common ailment are the best I have ever found, to explain more is to “complicate” human health as a method to remove home remedies and promote medical drugs and operations. All herbal use always recommends correction of the causes of illness, the foundational causes which are what causes the body to become toxic and loose circulation.

I will make a list of the herbs mentioned in this education on the first few pages and identify the ones we stock or can get for people in our product list of bulk herbs. We can make most of these herbs as a tea cut, powder, tincture or syrups and can also make formulas of as many different herbs desired. Very few herbal sources have this ability or capability as we do! Naturally it takes time for “custom” orders.

Agar, Agrimony, Alum Root, Angelica, Almond, Avens, Balmony, Barberry Bark, Barkberry Root, Barley, Bayberry, Bittersweet Twigs, Black Alder, Black Cohosh, Blueberry Leaves, Boneset, Brigham tea, Buchu, Buckthorn Bark, Bull Nettle, Burdock, Butternut Bark, Cayenne Pepper, Carrot, Catnip, Caramon, Centuary, Chaparral, Cheese Plant, Cherry, Chickweed, Cramp Bark, Colombo, Comfrey, Corn Silk, Culver’s Root, Cramp Bark, Cranesbill Root, Cud Weed , Dandelion Root, Distort Root, Echinacea Root, Elecampane Root, Elder Berry Flowers, Fennel Seeds, Gentian Root, Ginseng, Ginger, Glycerin (Palm Tree), Golden Rod, Golden Seal, Gooseberry, Leaves, Horehound, Horseradish, Horse Mint, Horsetail Grass, Hyssop, Irish Moss, Juniper Berries, Kansas Sunflower, Lecithin (soybean). Lemon Balm, Linden Flowers, Lobelia, Mandrake Root, Marshmallow Root, Mullein, Mustard, Myrrh, Oregano Oil, Parsley, Peach Leaves, Peppermint, Plantain Leaves, Pleurisy Root, Poplar Bark, Prickly Ash, Ragwort, Raspberry, Red Clover, Rhubarb, Sacred Bark, Saleratus, Sassafras Bark, Sea Weed, Self—Heal, Senna Pods, Shave Grass, Shepherd’s Purse, Slippery Elm, Skullcap, Skunk Cabbage Root, Smart Weed, Spearmint, Star Sarsaparilla, St. John’s Wort, Strawberry Leaves, Squaw Vine, Sunflower Leaves, Sweet Flag Root, Tormentil Root, Turkey Rhubarb Root, Turtle Bloom leaves, Queen of the Meadow, Queens Delight, Uva Ursi, Valerian Root, Verde Cactus, Vervain, Vinegar (Apple Cider Live), Virginia snake root, Wallwort, Walnut (Black), Water Pepper, White Oak Bark, Wild Alum Root, Wild Cherry Bark, Wild Sage, Wild Yam, Witch Hazel, Wormwood, Yellow Dock, Yellow Parilla

ABSCESS

Symptoms: A collection of pus within a cavity of the body. According to Thomas Deschauer’s, Complete Course in Herbalism, Book 11, page 201: “The brighter the redness the smaller will be the abscess. The softer the feeling and the darker the appearance the more extensive will be the destruction of the tissue. Thick yellow pus is termed ‘healthy’, thin watery and greenish pus is always bad, indicating prostration and difficulty in healing.”

Cause: An abscess is natures way of purifying the body, bringing the pus and waste materials to a deposit that can be drawn out with ease. Pus is formed by the loss of organic sulphur from the cells, whereupon they degenerate, die and decay. Herbs containing organic sulphur are used to rebuild and prevent this deficiency condition, such as those of the lily (Liliaceed) family (of which garlic is a good example).

Herbal aids: The use of poultices, where one desires to bring an abscess to a head and clear it out, is the most important method of relief. One of the great poultices of all times for this problem is when you apply **Slippery Elm, Wild Sage, and Lobelia** (equal parts); another poultice that will draw very rapidly and will relieve pain at the same time is with **Mullein** (three parts) and **Lobelia** (one part). Other poultices for this problem: flaxseed, **Lobelia**, and **Golden Seal**; leek boiled in milk; sour dock, hyssop and green fennel; ground ivy and **Yarrow**; carrot; potato.

AGUE

Symptoms: A fever of malarial—character which is attended by paroxysms or reoccurring chills at regular intervals.

Cause: This is a condition of malnutrition and poor blood circulation in the body.

Herbal aids: With this type of fever we need moist heat and profuse perspiration or sweating, and this calls for the diaphoretic or sweating herbs, (**Yarrow** is one of your best) also tonic or alternative herbs (**Brigham tea, Burdock, Ginseng**) must be used to build up the condition of the body, with special attention to a proper healthful diet.

APOPLEXY

Symptoms: The sudden diminution or loss of consciousness, sensation (hemiplegia, or a paralysis of one side of the body), and voluntary motion, caused by the rupture or obstruction (embolism or thrombosis) of an artery of the brain, very often resulting in death: also gross hemorrhage into any organ, such as the lungs, spleen, etc. (which would be “apoplexy of the lungs,” etc.),

Cause: This is a serious catarrhal condition of the body, wherein the normal excreting channels are blocked and the denser glutinous and fibrinous matters are overloading the bloodstream: If these thick fluids were not thrown out of the blood it would become too thick for the heart to keep in circulation, and this is what happens in apoplexy.

Herbal aids: With apoplexy, the suddenness with which this comes on necessitates something to be used quickly. The fastest therapeutic results will be from **Cayenne Pepper** (one teaspoon to the cup) administered quickly; tincture of **Lobelia** (three drops to one—half teaspoon, according to the size and age of the individual) should be given regular also for this, the antispasmodic tincture is excellent.

ARTHRITIS

Symptoms: Inflammation of the joints, usually referring to gout. Arthritis is an ailment of the body that is an old chronic condition. There are many forms of arthritis: the arthritis known as gout or rheumatoid arthritis is different from your commonly—known arthritis. With arthritis the joints become enlarged and painful, and they are very tender to any movement or pressure (the pain may be constant or intermittent). Often the hands draw back or to one side, and in the chronic conditions, the muscles will shrink and will eventually wither away. This affliction has a decided effect on childbirth (both to the mother and the newborn child).

Cause: Arthritis is caused by obstructions of acids and waste matter in the body. This is mucus formed to a point that it eventually solidified and will lock a joint. Through improper diet, the system becomes filled with poisons and uric acids which overload the liver, kidneys and bladder and the body system cannot eliminate properly, and these poisons settle in the joints. Some of your worse “intakes” into the body (we hate to call come of these foods) are eggs, bread, milk, meat, salt, sugar, etc., the acid mucus—forming foods of so many different types are forms of arthritic calcification. Also, the use of extremely hard water (generally of twelve or more grains in hardness) will often accentuate an arthritic condition, where softer water will help relieve the condition and ease it off. There are times when one individual with a good inherent structure can throw off the hardest water without arthritic effect; whereas a person with a weaker nature can drink water that is not very hard and absorb from it every bit of the inorganic minerals in it, which causes an arthritic condition, as well as kidney stones and gall stones. So a lot here depends on the individual and the condition of his or her body, as far as health is concerned.

Herbal aids: For relieving toxins from the bowels, one may use a high enema of **Slippery Elm** or **White Oak Bark** teas; clean out the system by a daily sweat bath with **Pleurisy Root**; massage (except the inflamed joints) with **Angelica, Black Cohosh, Buckthorn Bark, Colombo, Gentian Root,**

Skullcap, Valerian Root. One may use poultices for relieving pain of the swollen joints, such as **Cayenne, Lobelia, Mullein, Slippery Elm**; also liniments of oils, such as **Cayenne Oil, Coconut Oil, Lobelia Oil, Oregano Oil.**

ASTHMA

Symptoms: This is where the system is filled with waste matter and mucus. This is an afflicted condition characterized by labored breathing (dyspnea), wheezing and dry and painful coughing (often due to an extreme irritability of the mucus membranes in the nasal passages or bronchial tubes), accompanied by constriction of the chest (bronchiolar spasm), and expectoration of mucus (mucoid sputum), and results in an excessive development (hypertrophy) of glandular elements. This affliction is commonly believed to be due to hypersensitivity to inhaled or ingested substances such as odors, pollen, dust, smoke, etc.

Cause: Asthma is a malfunction of the body in the form of malnutrition. So for the cause of this “disease” we must go back to the original problem, which is improper diet. Only by and in diligent and consistent effort to change those imbedded habits will one get permanent relief. For, as was stated, this is a condition of the system loaded with body waste and mucus, and it is usually accompanied with troubles in the stomach, intestines, kidneys or bowels. The severe cough comes from nature’s effort to expectorate mucus from the lungs, and after this is discharged, breathing becomes easier. Oftentimes the cause of asthma is basically a nervous condition, the nerves being highly irritated and we often run into cases where there is more nerve irritation than there is mucus per se at the base of an asthmatic attack, which causes a pure asthmatic attack with a “dry run” but this nervous condition also stems back to a systemic malfunction due to malnutrition.

Herbal Aids: With a severe asthmatic condition, when a person is in a convulsion or in the throes (agonizing effort) of having asthmatic spasm there are certain herbs that will give very fast relief, and one of them is tincture of **Lobelia**. Now, if such an attack comes after a meal, one should use an emetic, such as a large dose of **Lobelia** or the Yoga finger method (drink several cups of warm water; and after the water is in the stomach, then place the middle finger deep down the throat and press the tongue until regurgitation starts; and herein you can bring back the materials in the stomach that you do not want to stay there); also **Mustard** is good to clean the stomach and lungs. Prior to the emetic **Peppermint** or **Spearmint** tea should be used to sooth the area so there will be no soreness after continual vomiting. Hot fomentations of **Castor Oil, Comfrey, Lobelia, Mullein,** etc., may be placed over the stomach, liver, spleen and lung areas; also hydrotherapy in frequent baths or in lengthy sweat baths is beneficial, finishing with a cold shower or sponging. Vapor bath twice a week; inhale steam from a decoction of **Cud Weed Ragwort, Wormwood,** a **Valerian** decoction with a little **Cayenne** added relieves spasms a decoction of the following herbs taken warm (equal parts) will prove very beneficial: **Elecampane Root, Horehound, Hyssop, Skunk Cabbage Root, Vervain, Wild Cherry Bark** (and to this preparation add tincture of **Lobelia** or **Antispasmodic Tincture**). With asthma one needs to clear the bowels, and for this a **Catnip** injection is good or you may add **Barberry Bark** to your herbal tea combination. This affliction also calls for plenty of outdoor exercise, deep breathing, good ventilation while sleeping, etc. The whole functional constitution of the body system should be built up with tonic herbs such as **Chickweed, Comfrey, Marshmallow, Mullein,** etc. Diet should be mostly fruits and vegetables, and processed devitalized foods should be avoided.

ASTHMATIC ASPHYKIA:

Suffocation or coma from asthmatic bronchiolar spasm, resulting in a deprivation of oxygen to the body. Cause: See asthma.

Herbal aids: In this problem, tincture of **Lobelia,** or **Antispasmodic** taken internally is excellent; also relief may be obtained by massaging the **Antispasmodic Tincture** on the outside of the body, rubbing thoroughly between the shoulder blades and across the upper ribcage area and through the chest and bronchials.

BLEEDING:

Symptoms: The escape or emitting of blood from the vessels, internally or externally. Blood from the lungs is of a bright red color, generally coughed up, mixed in with sputum (not found in stools) and preceded by nausea and stomach disorder, with blood generally passed also through the bowels.

Cause: Bleeding from vessels, unless it is by injury, is caused by a calcium deficiency in the body. Bleeding from the nose (epistaxis) is generally caused by the rupture of a small vessel in the nose due to a rush of blood and pressure in the head (with the rupture occurring at this weaker point). To eliminate the problem, again we must go back to diet, and furnish the herbal aids that will correct the poor assimilation and excretion of wastes.

Herbal aids: With many of the herbs, it is important to know in which area the problem lies) but in **Cayenne** we have a general herbal agent which will take care of almost all bleeding problems. **Cayenne** used internally or externally will generally stop hemorrhage of the body from any area quickly; by the time you count to ten. One of our favorite herbal agents for bleeding of the lower bowel (commonly called dysentery) for bleeding from ulceration is the use of **Mullein** as this aid is beneficial for either bleeding of the stomach or the bowels. As the all-around agent and healer, **Cayenne** is your best aid but for bleeding of the lower bowel, **Mullein** (preferably in milk) is superior to **Cayenne** and in the urinary tract **Marshmallow** (preferably in milk) is generally faster than any other herbal agent in this particular area. Other excellent herbs for a bleeding problem are your **Comfrey root, Golden Rod, Self—Heal, Shave Grass, Shepherd’s Purse, Wild Alum Root**. In bleeding of the nose, raise the arms above the patient’s head and administer **Cayenne** in hot water (your best aid); also the extract of **Witch Hazel** may be sniffed in the nostrils; or take a decoction internals (equal parts) of **Distort Root, Cranesbill Root, Avens or Raspberry**.

BLOOD PRESSURE:

Symptoms: The pressure exerted by blood upon the walls of the arteries, depending upon the force of the heart beat, the elasticity of the vessel walls, the resistance of the capillary network, and the volume and viscosity of the blood. In *Back to Eden*, p.488, we find the following: “Blood pressure shows the contractile powers of the heart and resistance of the blood vessels. The blood pressure increases every two years about one degree. The normal blood pressure at thirty is approximately 125 and at sixty it is 140. Persons who are weak physically have a slightly lower pressure. When exercise is taken, there will be a higher degree. In taking the blood pressure, the old accepted routine has been 100 systolic plus the age, wherein a person of thirty years was felt should have a normal blood pressure of 130, and a person of forty a blood pressure of 140, etc. But this is very erroneous, because at any age a heavy meat eater will have a higher blood pressure than a vegetarian will, so there is actually no hard and fast rule on blood pressure.

Cause, herbal aids, useful herbs: See “high blood pressure” and “low blood pressure”

BRONCHITIS:

Symptoms: An acute or chronic inflammation of the mucous membrane of the bronchial tubes.

Cause: This is a condition from improper diet and the fouled up bowels so if we are going to get to the basic problem and obtain permanent relief, just treating and relieving the effects will not do the job. Bronchitis usually develops from a cold going down into the lungs, and it further develops into a chronic condition if not healed there, and it will eventually go on into consumption or tuberculosis.

Herbal aids: In the case of bronchitis, there are a number of herbs that are excellent for this, of which **Comfrey** and **Almond** are specifics. Since constipation is one of the chief causes of the problem, the bowels must be cleared and kept open, and this we can do with the **Lower Bowel Balance** or herbal laxatives. If one has shortness of breath and needs the throat cleared of mucus, he can use an emetic or **Cayenne** is very effective for cutting the phlegm, or this can be done by drinking fruit juices such as grapefruit, lemon, orange, pineapple — but, **Chickweed, Comfrey, Marshmallow** or **Mullein** are your greatest cleansers that there is to get the mucus out of the body in that specific area. One can relax the throat, stomach, and bronchi very rapidly with a very small amount of **Lobelia**. Other useful aids for relief are: a hot vapor or steam bath, followed by a cold shower or sponging; hot fomentations of **Pleurisy Root** or **Mullein** (with **Lobelia** in it) on the chest and spine will assist in relieving congestion (when you want to speed up any fomentation of this type, add cayenne as a counter—irritant).

BURSITIS:

Symptoms: Inflammation of a bursa, or a small sac interposed between parts that move upon one another. This is a rheumatic or arthritic tendency again that affects different parts of the body, and so often it is in the shoulders.

Cause: The cause of bursitis is in the same family as is arthritis and rheumatism: it is because of malnutrition and poor circulation. Generally, the problem of most bursitis that hits in the shoulder and neck area comes from a congested condition in the transverse colon. This is a toxic acid condition going into a specific area and irritating it —thrown from the bowel itself.

Herbal Aids: In bursitis and neuralgia—type pains, soreness in the muscles, there are a number of fomentation and liniments which will generally give a very quick relief (but this, of course, is just going into the effect and not the cause): a fomentation, poultice or tea of **Burdock Leaves** (three parts) and **Lobelia** (one part); and your **Wormwood Oil** in combination with other oils is one of the fastest and most effective pain relievers. That really is needed is to cleanse the inflamed tissue of the toxic accumulations via the cleansing program and to change to a mucus—less diet.

CATARRH:

Symptoms: Chronic inflammation of the mucus membrane of the air passages of the nose and throat with an exudation containing mucin and epithelial cells. This is a general excessive and often morbid mucus discharge from the nose, throat, larynx, bronchi, stomach, duodenum, etc. Catarrh can go through the entire body from the head to the feet. We generally think of catarrh, however, in connection with pulmonary problem or in the sinuses, but it can be throughout the tissue of the entire system. Catarrh in the lungs would be similar to your colds, flu and pneumonia — unless it is into a chronic stage, which would then be like tuberculosis or consumption.

Cause: Catarrh is caused by eating devitalized or processed foods; excess starches and gluteneous foods (the mucus and acid—forming foods such as bread, cakes, chocolate, cooked cereals, gravy, dried lentils, macaroni, milk, pastries, dried peas, pies, spaghetti, thickened soup, etc); poor circulation in the system; lack of sunshine, fresh air, exercise, eating wrong food combinations; too much soft and cooked foods; drinking with meals; poor elimination. Particularly when foods are not digested, fermentation takes place in the digestive tract, alcohol and acetic acid are formed and various forms of catarrh are produced that clog the membranes; and when this thickened mucoid matter is dispatched to the skin, the 7—odd million skin glands become obstructed and colds and fever are the result. The fibrinous and glutenous substances (excess starches and carbohydrates, especially those rendered inorganic in cooking) overload the blood and tissues and they cannot be passed off fast enough into the intestinal tract; these backlog and clog the eliminative system and thereby are forced into the various mucus glands or membranes, producing the so—called colds and catarrhs. And though there is only one basic cause the manifest symptoms are varied (according to the form and location), resulting in such diseases as arthritis, asthma, biliousness, Bright's disease, bronchitis, cystitis, diphtheria, dysuria, gravel, jaundice, laryngitis, pleurisy, rheumatism, tonsillitis, etc. If catarrhs collect in the blood stream and congest circulation, you have high blood pressure and finally apoplexy.

Herbal aids: First one should keep away from the mucus forming foods, and the diet should consist entirely of leafy and juicy vegetables (such as beets, broccoli, Brussels sprouts, cabbage, carrots, celery, chard, leeks, lettuce, onions, radishes, spinach, turnips, etc.) and fruits (such as apples, avocados, berries, cherries, dates, figs, grapefruit, lemons, pears, plums, prunes, raisins, tomatoes, etc.). As catarrh is a general mucoid complaint, one must lay the foundation for healing by a thorough cleansing of the stomach, liver and intestines. One must keep the mucous membrane in the nasal passage clean; rapid relief here may be obtained often by blowing of **Bayberry** up the nose area, or snuffing it, or the applying of a nose ointment into the nasal passage (an ointment of oil of **Spearmint** and oil of **Peppermint**) or the use of **Horseradish**. The “musts” for catarrh are proper diet, outdoor exercise and good elimination. If one doesn't get enough fresh air and exercise, the catarrh will develop into hay fever, asthma, or tuberculosis. **Vinegar** and **Honey** taken copiously, especially for children (here you may add some **Glycerin**), will counteract catarrhal tendencies.

CHOLERA MORBUS

Symptoms: An acute, infectious affliction characterized by profuse, purging, rice-watery evacuations, vomiting, prostrating collapse, muscular cramps and suppression of the urine. Symptoms develop rapidly and become dangerous in 6-12 hours. Children may be restless and go into stupor or have convulsions.

Cause: Cholera is a deficiency condition in the body and the first corrective action will be to change the problem condition of the body system. Cholera comes with improper diet, unsanitary conditions, and with hot weather. As future foreboding problem conditions come upon us there will be more epidemics, so we must be prepared to handle cholera -- and forewarned is fore-armed ("an ounce of prevention is worth a pound of cure"). So the only way to avoid this deadly killer is to build up the body in such a way that the cholera organisms will not have to work on it at all.

Herbal aids: Rice water will check the diarrhea as will **Peach Leaves, Raspberry Leaves, Sunflower Leaves** (tea form), a very warm **Bayberry** and **Catnip** enema is very soothing and pain—relieving **Antispasmodic tincture** is soothing and relaxing and the **Slippery Elm tea** is nutritional and cleansing. Other excellent aids are **Uva Ursi, Prickly Ash, Queen of the Meadow, Raspberry Leaves, Red Clover, Rhubarb, Saleratus, Smart Weed, Tormentil Root, Wild Alum Root, Wild Yam.**

CHOLESTEROL

Symptoms: A monohydric alcohol found in the body as a glistening white, crystalline substance; it is insoluble in water and found in bile, gall stones, and nerve tissue.

Cause: This is a mucus condition, actually, stemming from improper foods, and some of these improper foods are too many flour products, meat, milk, starches, sugars, etc.

Herbal aids: Until the improper and causative diet is changed, all we can do is give herbs that will cut down cholesterol as fast as possible. **Apple Cider Vinegar** and **Honey, Cayenne** — there are a number of herbal aids (any of the good blood purifiers) that get to the root of this problem.

I suggest consuming 1-3 ounces daily of **Soybean Lecithin** or combination of plant based oils daily for life for prevention.

COLD

Also known as common cold, coryza, rhinitis.

Symptom: This is a disordered body condition in the respiratory tract caused by exposure, and resulting in catarrh and the invasion and work of nature's microbial cleansers. The affliction is usually mild, of short duration, and it is characterized by a chilly sensation followed by sneezing, watering of the eyes, congestion and discharges from the nose and throat, coughing, earache, and often the elevation of body temperature (pyrexia or fever). If this condition is neglected, it often develops into pneumonia, pleurisy, high fevers, etc.

Causes: A cold always signals a congestion of catarrh and faulty elimination and this condition affects the circulation as well as excretory organs (the delicate tubules of the mucous membrane and the skin glands and pores become blocked).

Herbal aids: There are many herbs that are stipulated for this condition and many ways to overcome it. Often in colds, all that is needed is copious amounts of **Raspberry Leaf tea** and some bowel cleaning. A very powerful remedy is the infusion of dried **Elder Berry Flowers** and dried **Peppermint Leaves** drunk as hot as possible: this will promote free perspiration (in many cases, fevers have been reduced from 104 to 99 in two hours). Also the diaphoretic herbs (of which your **Yarrow** is one of the best) will open the pores and discharge waste obstructions for correction of this catarrhal congestion is brought about quickly through an increase of moist heat in the system. So when the head is stuffed up, this is a warning signal that the whole system is involved. On the first sign of a cold, one should clean the nose and mouth of the toxic accumulations (through snuffing and gargling); and after a cold is broken with the sweating aids, the patient should be sponged with cold water and **Vinegar** (equal parts) to close the pores so that the condition will not go from a cold to pneumonia, placed in a clean bed, and given light nourishments as fruits, fruit juices or prunes. And in passing, the best way to avoid this type of catarrhal congestion is to avoid your acid and mucus—forming foods.

COLIC

Symptoms: Paroxysmal abdominal pain due to smooth—muscle spasm, obstruction by calculi, nervous indigestion, or distention or enlargement of any of the hollow viscera.

Cause: In all cases, this is due to improper diet, digestive disorder (wrong eating, indigestible foods), and the poor elimination (extended constipation).

Herbal aids: In colic there are a number of different herbs that are very good to soothe and correct this condition, such as **Wild Yam, Cramp Bark**, some of your nervines, and **Antispasmodic** tinctures (relieves cramping). The bowels should be cleansed with a **Catnip** injection, and hot bran fomentations over the stomach—abdominal area will give ease and comfort. For gassy colic, the following decoction is excellent: **Dandelion Root, Fennel Seeds, Marshmallow Root, Sweet Flag Root** (with **Cayenne** and **Ginger** added as stimulant carriers). For bilious colic, use a decoction in equal parts of **Agrimony, Barberry bark, Centuary, Dandelion root**; or an infusion of a handful of fresh **Parsley** will do the job.

COLITIS

Or colon trouble.

Symptoms: Inflammation of the colon or large intestine, especially its mucous membrane. This is characterized either by runny or constipated bowels, mucoid discharge from the bowel, weakness felt in the abdomen, often headaches pain, dizziness, etc., in various parts of the body.

Cause: This is caused by faulty diet, too many food mixtures irritating the stomach and bowels, refined sugars and white flour products, hasty eating (not sufficient mastication and saliva), too much liquids and cooked foods, excessive use of cathartics, foods cooked in aluminum (aluminum poisoning).

Herbal aids: Any of the following herbs used as a high enema are very beneficial and soothing: **Alum Root, Bayberry, Burdock, Golden Seal, Myrrh, Yellow Dock**. Also this irritation can be soothed by drinking teas of **Cayenne, Comfrey, Marshmallow Root, Mullein Leaves, or Slippery Elm**. The **Lower Bowel Balance Capsules** are excellent. Here, care should be taken to alleviate irritation of the bowels; so the foods that are taken into the system must be blended into puree style until some healing takes place and normal food roughage can be handled.

CONGESTION

Symptoms: An abnormal collection or over-accumulation of blood in a body part or organ. This is due to active dilation of the blood vessels or passively when normal drainage is hindered (a catarrhal obstruction).

Cause: See the listing for “catarrh.”

Herbal aids: Congestion in the system always calls for the use of an herbal stimulant, such as your **Cayenne**. When one has congestion in the bronchials it can be affected externally or internally, and a very good external application for breaking up bronchial congestion is the use of **Mullein** herb (3 parts) **Lobelia** (1/4 part) if there is pain, and adding **Cayenne** as a counterirritant. Here is where you use the herbal aids that assist circulation and facilitate wastage eliminations, so that toxic wastes and mucus do not accumulate and obstruct.

CONSTIPATION

Symptoms: A condition of peristaltic malfunction in the bowels wherein the fecal matter becomes condensed and compressed, and the evacuations are infrequent and difficult. This is a condition that afflicts many, many people in our present day society, because many believe that if they have a bowel movement once a day that their eliminative functions are working properly. This condition is largely a product of our modern way of life: the eating of highly refined and demineralized foods instead of a plain and coarse diet, the strain and stress of rapid livings hastily eaten meals, lack of exercise. When toxic waste matter is left to stagnate for any period of time in the lower bowel tract, the system becomes polluted with poisonous gasses — congesting and irritating the surrounding organs, causing adhesions, and all sorts of ailments. A person should have bowel movements as often as regular meals are eaten (this means if three meals are eaten, then there should be at least three bowel movements), and only in this manner will waste be eliminated before troublesome toxins and impurities ferment in the bowels and get into the circulatory system to contaminate the body system in general or to affect certain organs in particular, especially overloading other excretory organs).

Herbal aids: In this case you may get quick, temporary relief by using an herbal laxative to clear the lower bowel tract, but only with **Lower Bowel Balance** can you really get at the cause. With these, we show you how to use the herbs that heal and cleanse the liver, free the gall bladder, let the bile flow freely and feed the peristaltic muscles. Herein we get the direct cause of constipation, which is organ inactivity or laziness of specific organs. With the **Lower Bowel Balance**, we feed these organs to a point that they have new life, youth and energy, and work on their own — throwing away the crutches of enemas, colonics, and laxatives (which are crutches are actually working against nature). The proper procedure here is to build up the body, to cleanse it, and see that the bowels work on their own free will and choice. Often simple things such as prune juice or fruits will give relief and start the peristaltic motion coming again with ease. The afflicted person can assist in restoring natural bowel action by drinking copious amounts of water between meals (½ hour before and two hours after eating) and eating proper foods at regular intervals (especially such bulk foods as apples, berries, cabbage, cauliflower, celery, cereals, corn, dates, figs, lettuce, melon, onions, oranges, peaches, peas, prunes, raisins, spinach, string beans, vegetable soups). One should avoid any of the following: alcohol, coffee, cocoa, concentrated foods (like cheese), eggs, fried foods, rich puddings, salt, fish, tapioca, tea and others. If one needs a quick use of herbal laxative any of the following herbs may be used: **Agar**, or **Seaweed**, **Boneset**, bran, **Butternut Bark**, **California Barkberry Root**, and **Turkey Rhubarb Root**, **Culver's Root**, **Mandrake Root**, **Sacred Bark**, **Senna Pods**, **Turtle Bloom leaves**, **Virginia snake root**. One should be wary of an incorrect use of laxatives and purgatives, for as Dr. Shook warned; "Liquefied fecal matter is immediately absorbed by the intestinal villi into the blood stream, and if there be excess, some of it will be thrown out of the bloodstream into the lungs, skin, kidneys, or other organs, producing a chronic toxemia thus laying the foundation for chronic disease".

CONVULSIONS

Symptoms: Violent and involuntary attacks (paroxysms or spasms) of muscular contractions.

Cause: Convulsions can generally be traced to some irritation of the nervous system, such as afflictions of the spinal cord or brain, head injury, a toxic condition or the blood, teething, **worms**, hysteria, intense pain, griping of the bowels, fear — there are many causes for the common term convulsions.

Herbal aids: You must know a little bit about the cause before you can administer any herbal remedy. If convulsions are caused by poisons taken into the body through the stomach, then emetics must be used quickly, if they are from fright or fear, an **Anti-Spasmotic Tincture** with **Cayenne** will usually stop the attack at once; if the convulsions are caused from an empacked bowel, this must be removed and a **Catnip** injection will relieve the constipation and soothe the nervous system and help restore the balance of circulation. In convulsions, often the individual is in no condition to take oral aids, whatsoever; and when one is in this situation, give an enema or injection of antispasmodic or nervine or **Catnip**, etc., which will ease and soothe the convulsive condition. So in each case here, you must eliminate the cause -- eating wrong food combinations, too much salt and cooked foods, drinking with meals, or elimination — and according to the cause, determine the best procedure. Were one should keep away from the mucus formers, such as milk and certain other cooked starchy and protein foods. One must keep the mucus membrane in the nasal passage clean, and rapid relief here may be obtained often in convulsions by blowing of **Bayberry** up the nose area (or snuffing it), or by applying a **Nose Ointment** into the nasal passage. (Ointment of oil of **Spearmint** and oil of **Peppermint** or by using **Horseradish**). The other "musts" are proper diet, outdoor exercise and good elimination and if one doesn't get enough fresh air and exercise, the catarrh will develop into hay fevers asthma, or tuberculosis.

COUGH

Symptoms: The sudden involuntary and violent expulsion of air after deep inspiration that is due to irritation of some organ, usually the bronchi.

Cause: This is often caused by a bad stomach disorder that comes from overloading the system with food, wherein fermentation in the stomach causes phlegm, the cough may also be induced by inflammation in the bronchial tubes, which is due to a neglected cold, or worms may be the cause. We find that many coughs are from a nervous condition, wherein a person has a highly sensitive or irritated nervous system, and the coughing may eventually become habitual from the inflamed nerves. Coughs are

highly misunderstood, for usually a sore throat and coughing are from the sinuses draining down the Eustachian tubes, which is like pouring acid down the throats and it creates a condition of irritation to the point that you have continual coughing and a sore or raw throat because of it. In general, a cough usually comes from a lowered vitality in the system from improper diet, loss of sleep, lack of exercise and fresh air, improper breathing, poor elimination, or improper night clothing and bedding. Any of the foregoing may bring on a stockpiling of waste matter in the system.

Herbal aids: Acute coughs can often be relieved with a little **Honey** and **Onion Syrup**, and where there is an old acute condition we must go into types of herbs that will clear out the morbid condition as rapidly as possible, without causing irritation. In such old cough conditions, often **Comfrey** with **Vervain** or **Mullein**, are very good (to accentuate and speed up, add **Cayenne**); the **Antispasmodic Tincture** is also excellent and it is good to massage the chest area right across the back with **Antispasmodic Tincture** during bad attacks of spasms. Your **Antispasmodic Tincture** may be used both internally and externally as a liniment on the throat. One should take immediate action to cleanse the system and eliminate the cause. If this is due to a neglected cold, any diaphoretic herbs are excellent, such as **Yarrow**, **Hyssop**, etc., also to relieve the coughing spasms, you may use **Horehound**, **Comfrey**, or a small amount of **Lobelia**. High enemas of herbal laxatives will relieve congestion of the bowels, and if the cough is severe (asthma, whooping cough) just load the stomach with liquids and induce vomiting (and this may be done by the Yoga finger method, lobelia, or other suitable emetic).

CYST

Symptoms: A pouch or sac without an opening, having a distinct membrane enclosure, and containing fluid or semi-fluid morbid matter. This usually develops within a body cavity or an organ proper.

Causes: Cysts are unwanted material in the body that can be dissolved and cleared with the proper use of herbs. Cysts are often caused from “proud flesh”, which is that the body is in such a run—down condition and the malfunction is so intense in this specific area that the cell structure gets out of hand and grows additional unwanted or unneeded cell structure that comes in lumps or polyps in the body.

Herbal aids: In breaking up a cyst, that the use of **Walnut** herbs (leaves bark, or the green hull or dried pulp around the shell of the nut) are excellent for dissolving cysts, as are a number of other herbs. With the **Walnut** hull; we generally use it green, but even the dried pulp will work and do wonders. The use of **Chaparral** (creosote bush) is also good for eliminating cysts. Both the **Walnut** and the **Chaparral** may be used internally, externally, and / or both. The **Black Ulcer Ointment** that has done amazing things in decreasing the size of cysts down to a normal body structure and condition.

CRAMPS

Symptoms: Painful, spasmodic, and involuntary contractions of the muscles. Cramps may be in the stomach, in a muscle, in the uterus or genital organs, in the bladder, or in the kidneys.

Cause: Cramps are caused from many different types of problems: again from panic and fear, from something that has been eaten, from a congested condition in the stomach and the bowel, from overeating or improper eating or poisons.

Herbal aids: Find where the condition is first, and then cleanse the bowel if that needs to be done and use an **Antispasmodic** or some type of a **Cramp Bark**. There are many ways to health in this position, such as your **Antispasmodic Tincture** used externally, liniment of tincture of **Cayenne** and tincture of **Prickly Ash** (equal parts), for stomach cramps take a little tincture of **Turkey Rhubarb** in a little water, and for uterine cramping, **Cramp Bark**, **Squaw Vine**, **Wild Yam**, many times when a cramp comes on, all you need is ½ teaspoonful of **Ginger** in a cup of hot water, and this will in many cases stop cramping immediately.

DEBILITY

Symptoms: Weakness, absence or loss of strength (asthenia), loss of vital strength or muscular power (adynamia).

Cause: In debility, the condition generally comes from a run—down body, which in-turn is caused from the same reason -- improper diet. In case of debility or wherever there is this weakness, do not overload, overfeed, and give much foods, this is because the body is so overworked that the heart is overburdened

and the organs are tired from trying to digest the heavy foods that are so often given with the intent to nurture a person to strength again. The kind “angels of mercy” that bring in cakes, pies, and the little so-called “goodies” to the invalid and say, “Now you must eat to get the strength built up because you are in a debilitating condition,” are not really “angles of mercy”, as they only aggravate the problem, and these items produce more mucus to foul up the system until a point is reached that sometimes these added inorganic poisons kill the patient.

Herbal aids: In debility, one must proceed with caution and in some cases the whole digestion must be rebuilt, and a speedy recovery may be obtained with juice therapy alone or with the aids of **Slippery Elm** gruel (of porridge—like consistency); other nutritional herbs such as **Irish Moss** or **Comfrey**.

DIABETES / diabetes mellitus.

Symptoms: This is a constitutional disease in the body wherein the carbohydrates in the diet are not able to be used properly, due to failure in the pancreas to secrete sufficient insulin, wherein the body tissue cannot oxidize carbohydrates at a normal rate. This is characterized by excessive discharge of urine, sugar in the urine, excessive thirst and hunger, and progressive emaciation.

Cause: This problem condition is due to malnutrition and malfunction, and generally this is in connection with a bad pancreatic condition (often weak and inherent genes are passed on down, causing a weak pancreas). In this case, “fore-warned is fore-armed” - stay away from sugars and starches, which will go into diabetes very quickly if you have a weakened pancreatic area. Diabetes is caused by improper diet and abnormal digestive function, especially the pancreas wherein there is a heavy intake of starchy foods (that turn to sugar), and other sugars, meats and denatured foods, the use of baking soda and aluminum cooking dishes are especially deadly here.

Herbal aids: Diabetes is a forerunner for Bright’s disease and herein we have a number of very fine remedies. For people who are heavy on inorganic insulin, we have seen the use of insulin cut rapidly with a number of herbal remedies, such as **Verde Cactus** and **Ginger**, also the use of **Chaparral** — we have had many cases that have regularly and faithfully cut down the amount of insulin used, until this crutch is eventually eliminated. Clean the colon area with a high enema (we only use this in emergency as a substitute or crutch until we can get the peristaltic muscle working on its own, and then we would discontinue the laxative as quickly as possible) of **Burdock Root**, **Yellow Dock Root**, or **Bayberry Bark**. By taking a long, hot, soaking bath you will assist in eliminating sugars and body poisons through the skin, which should be accompanied internally by the diaphoretic teas, such as **Yarrow**, **Raspberry Leaves**, **Blueberry Leaves**, **Dandelion Root**, or **Pleurisy Root**, and finish off with a cold shower or sponging with cold water and **Vinegar** (equal parts). The bowels should be nurtured into tone and peristaltic regularity with the lower bowel tonic herbs; hot fomentations of **Caster Oil**, etc., may be used beneficially over the spine, stomach, and pancreas areas to assist the healing process and obtain relief. The patient should avoid all processed denatured foods and such “secondary” foods (especially animal by-products, such as meat, milk, eggs, fish, oysters, etc..) Herbs such as **Irish moss** and **slippery elm** are nutritive mucilages that soothe while they feed the irritated digestive areas. In general, the diet for diabetes should consist of the fresh fruits and tender greens and vegetables “in the season thereof” from your garden (preferably raw or cooked at low heat) — and this natural diet is the prime secret to health for almost all ailments Deep breathing and plenty of vigorous outdoor exercise is also a “must”.

DIARRHHEA

Symptoms: A common symptom of gastro-intestinal affliction; and could be either from acute infection, inflammation of the mucous membrane, or psychogenic (mental) causes. It is characterized by frequent and morbid profuse discharge or evacuations from the intestines.

Cause: Diarrhea is the most severe forms of constipation known to mankind. This is generally through complete blockage in the lower intestinal tract, so that nothing but the liquids will come through, and all of the solids are retained. Herein, the body must be cleansed as quickly as possible, or diarrhea will go into dysentery, and then in an even more serious condition.

Herbal aids: The use of **Peach Leaf** tea or peaches themselves (ripe peaches) will often stop common diarrhea, or the use of **Raspberry Leaves** and the **Sunflower Leaf** tea is one of the most potent (but this must be used in very small amounts or it will bind up the bowels again).

DIPHTHERIA

Symptoms: An acute febrile and contagious affliction (most common with children), characterized by the formation of coating of a fibrous, false and inflammatory membrane (yellowish or greenish) on the mucous membrane of the air passages (usually the pharynx, larynx and trachea). The tonsils become inflamed and are dark red, but the uneven swelling gives the appearance of white patches. This is further characterized by pain, swelling and obstruction, fever, prostration, often cardiac damage, and sometimes results in paralysis and death.

Cause: Diphtheria is caused by impure blood, improper diet (especially starchy food) or contaminated foods, and unsanitary conditions. A deficiency of organic calcium and what is commonly called vitamin C" (such as what you get from lemons, rose hips, etc.) is the basis for diseases of this type.

Herbal Aids: With diphtheria the throat area should be cleared of the false mucous membrane, and herein you're **Bayberry** and **Raspberry** combinations are good, also **Garlic**, or a purified type of **Turpentine** as a formentation or a few drops taken in some tea will cut the phlegm formation. Quick relief is of times given through **Antispasmodic** and **Cayenne** formentations on the chest, lung area: and your **Antispasmodic** and **Cayenne** can be taken internally (this will also ward off the danger of paralysis). One should always give an emetic before allowing the patient to go to sleep; the bowels should be cleaned of the poisons with high enemas accompanied with stimulant herbs. Any of the following may be used as enemas: **Bayberry Bark, Raspberry Leaves, Catnip, Chickweed, White Oak Bark, Shepherd's Purse, Wild Alum Root, Echinacea, Strawberry Leaves**. An emetic of **Lobelia** and / or **Bayberry Bark** (accentuated with **Cayenne** or **Ginger**) will remove the false mucous membrane and take away foul orders, and this should be repeated until the stomach is well cleaned. A hot vapor bath is beneficial or a hot foot bath of mustard and water, also fomentation of **Mullein** and **Ragwort** applied to the throat, also decoctions of **Raspberry Leaves, Mullein, Agrimony, Bayberry Bark**, Lemon Juice will relieve the soreness in the throat as will fresh Pineapple Juice in ample amounts.

DIZZINESS / vertigo

Symptoms: A swimming or swirling sensation of the head, a sensation of lack of equilibrium.

Cause: Dizziness is of times caused from constipation, when the bowels are congested to a point that the nerves become impinged. This is a very vague condition, as there are many other reasons for dizziness: of times it comes with menstrual periods, with injuries, falls on the head, with compacted sinuses, or blood pressure problems.

Herbal Aids: Again **Cayenne** will give relief, but there are many herbs that we will consider in the lessons themselves that are good for this problem; such as your **Skullcap** (and various other nervines).

DROPSY / generalized edema or anasarca.

Symptoms: Abnormal and excessive accumulation or infiltration of diluted lymph serum in the interfibrillar spaces of the succutaneous connective tissue or in the serious (peritoneal or pleural) cavities of the body. Dropsy is when we cannot get the liquid out of the body and the pores do not allow fluids to drain; there is accumulation of watery fluid in the cellular tissues or cavities (chest or abdomen) of the body and this is to malfunction in the heart, lungs, liver and gall bladder, kidneys, or peritoneum, and also a condition of impure blood. This combination is accompanied by swelling, scanty urine, poor appetite, sluggishness, and debility, the swelling usually begins in the feet and ankles and proceeds up the legs towards the abdomen.

Cause: In cases of dropsy, we very frequently have **heavy salt users**, wherein the salt has retained and captured the water in the cell structure or this will accompany a diabetic condition. We do not attempt to pin point the symptoms as to locality (hydrocephalus, hydrothorax, ascites, etc), as does orthodox medicine, but this is caused by an obstruction to the free circulation of body fluids which become infused into the tissue and cavities of the body, and this obstruction is largely due to malfunction of fluid elimination through the kidneys and skin. Dr. Edward Shook had the following to say about dropsy, when sulfuric acid is generated within the organism, it immediately unites with water and swells up. This action, produces heat, which expands the capillaries. The osmotic pressure forces the serum through the walls of the blood vessels, producing inflammation and dropsy. Hence the insanity of using inorganic matter is

always poisonous to the human organism in spite of all the apparent evidence to the contrary.

Herbal Aids: We have had very fast results in dropsy with the use of **Parsley** or **Juniper Berries**, also with **Verde Cactus** and **Ginger**; many have had amazing and fast results with **Chaparral** (also known as creosote bush). Here diet is the key to eliminating the cause -- and meats, pastries, salt, etc., should be avoided. The patient should go largely on a fruit diet (grapes and coconut especially) sprouts, leafy and green vegetables (do not mix fruits and vegetables). One should use vapor baths and diaphoretics to open the pores, stimulants to increase and regulate circulation, diuretics for kidneys, and be sure to treat the whole digestive system with your tonics. Also rubbing the body with vinegar and cold water is a splendid skin tonic, and be sure to keep those bowels cleaned, and you can achieve an immediate cleansing effect with herbal laxatives, but you get at the cause with your bowels in using the corrective lower bowel tonic herbs.

DYSENTERY / summer complaint.

Symptoms: An affliction characterized by inflammation of the large intestine or colon, with griping pains, constant desire and strain to evacuate the bowels (tenesmus), intense diarrhea, and frequent discharge of small amounts of mucus and blood. This is a symptom of impure blood (toxemia). This condition is characterized by straining and passage of blood from the lower bowel and slimy mucoid bowel movements, some fever, sleeplessness, lack of appetite, and sometimes a swollen abdomen; in advanced cases, there is paleness, rapid breathing, slow pulse, and the urine is hot in cases. As dysentery is an inflammation of the large intestine and rectum, here again you have the usual problems that lay the foundation to this affliction; improper diet, liquids with meals, over eating, wrong food, combinations, impure water, use of liquor, tobacco, coffee, and tea, eating fruits or vegetables that have begun to decompose, or chronic constipation. Where you have bleeding from the bowels, one of the fastest healers will be the use of **Mullein** in milk (which is one of the specifics for this problem). Here also one may give a warm very high enema with an astringent (such as **White Oak Bark**, **Bayberry Bark**, **Wild Alum** root, etc.). formentations of lobelia, castor oil, etc., may be placed on the abdomen and spine, followed by a liniment application of **Wormwood Oil**. The patient should be nurtured with a diet of light alkaline foods and mucilage herbs, such as your **Slippery Elm** and **Irish Moss**, and **Barley** or Oatmeal water is also good. Other very excellent therapeutic results can be obtained with **Bayberry Bark**, **Skullcap**, and **Wild Yam**, or **Raspberry Leaves** and **Witch Hazel Leaves** (with **Peach Leaves** added for infected kidneys).

DYSMENOUREA / difficult or painful menstruation.

Symptoms: This is of various types, such as intense congestion of the pelvic area, pain between menses, inflammation, mechanical obstruction to the menstrual fluid, uterine mucosa, problems with the ovaries, pain of mental or psychic origin, problems in the pelvic region, sudden and severe spasmodic uterine contraction, problems of the oviduct, and other problems of the uterus and vagina.

Cause: This is caused by weakness in the generative organs, colds, or a general body weakness.

Herbal aids: Here pain may be quickly relieved with your **Squaw Vine**, **Cramp Bark**, or any of your female correctives (emmenagogues). Stimulants should be given to equalize circulation, and **Ginger** is excellent; **Pennyroyal** and vapor baths will relieve the colds and congestions; and this problem calls for the use of the corrective tonics, of which any of the following in decoction (equal parts) will be very beneficial; **Golden Seal Root**, **Poplar Bark**, **Raspberry Leaves**, **Squaw Vine**, and **Uva Ursi**.

DYSPEPSIA

Symptoms:

Disturbed or deranged digestion, sour stomach, acid stomach, indigestion; poor assimilation is one of the basic causes.

Causes: As with the other conditions commonly known as "disease", sure alleviation of the problem will only be brought about as a person is willing to change his or her eating habits to the primary and natural plant foods. This is a hyperacidity condition in the body, wherein certain cooked and secondary substances are unable to be broken down and digested in such an intense acid medium, which then leads to fermentation and a number of subsequent problems such as flatulency, gas pains, colic, nausea,

headache, etc., Besides a stomach condition, the problem may lie in the liver, or the gall bladder. As this is caused by eating processed and devitalized foods such as white flour, white sugar, polished or white rice) too much soft or cooked foods, hasty eating, late or irregular meals, heavy seasoning, poor mastication, heavy eating, tea or coffee, iced drinks.

Herbal aids: When we have indigestion, instead of using the aids that are so highly advertised that are high in aluminum (which causes aluminum poisoning and bad side-effects and after-effects), we have a number of herbs that give quick relief. The herbs for the nerves, stomach and bowels will give relief in this problem. This calls for carminatives to assist the stomach herbs to improve elimination (such as the **Lower Bowel Balance**). alteratives to cleanse the blood and to tone up other excretory organs, stimulate-diuretics to help eliminate waste matter that may be causing the problem, and demulcents or emollients to soothe the irritated stomach lining. For carminatives to tone the stomach, you may use any of the following herbs: **Angelica, Balmomy, Black Alder, Cherry, Elecampane, Gentian Root, Raspberry Leaves, Turkey Rhubarb, Strawberry Leaf**. As mild alteratives you may use any of the following herbs; **Bittersweet Twigs, Brigham Tea, Bull Nettle, Burdock Root, Curled Yellow Dock, Kansas Sunflower, Queens Delight, Star Sarsaparilla, Sassafras Bark, Yellow Parilla**. As demulcents or emollients, use any of the following herbs: **Elm Bark, Flaxseed, Caramon, Cheese Plant, Golden Seal, Linden Flowers, Marshmallow Root, Raspberry Leaves, Strawberry Leaves, Wallwort**. As stimulant—diuretics, use any of the following herbs; **Barberry, Buchu, Carrots, Corn Silk, Gooseberry Leaves, Horse Mint, Horsetail Grass, Plantain Leaves, St. John's Wort*, Sweet Flag, Water Pepper**. This problem needs an increase in food intake, but it should be light and easy to digest and quick in elimination, and such calls for a dominance of green and leafy vegetables; also the afflicted person should concentrate on enjoying a happy and relaxful mealtime (French style).

DYSPNEA

Symptoms: Difficult breathing.

Cause: This usually arises from mucus in the air passages in the trachea, the nostrils, lungs, etc.

Herbal aids: This can be aided with a cup of **Cayenne** tea, also **Antispasmodic Tincture** taken internally and massaged on the chest area. Where this involves a breastfed baby, the mother should take a tea of **Lemon Balm, Hyssop, or Pennyroyal**. Also for the baby, where the problem is largely in the nose (sometimes referred to as shuffles), a mixture of milk and olive oil in the nose is good and the bowels may need to be relieved with a small injection of **Lobelia**.

To be continued:

Hopefully this herbal education is of interest to people, for the most part the herbs were drunk as teas. This was made back in a time when extracts and capsules were not available to most people, while many went to the woods and pastures seeking to wild craft the herbs and dry them and make use as drinks. Many countries to this day use herbal teas as medicines. Korea is one such country and when a Korean doctor ordered some of our plain herbal de-wormer, he was amazed and declared it his best cancer treatment. He explained to me that herbalist makes the medicines in the hospitals and they are almost always just tea formulas ordered by the doctors. So when he tried our simple concentrated extracts, it was something more powerful than he was use to. He immediately wanted to use our products and said our de-wormer was worth at least \$150 per bottle and he planned on becoming rich by providing these herbs to the more wealthy people. To his dismay, he quickly learned Korea has limits on herbal imports, because countries that use herbs as their medicines, do not want their culture changed by bring in more herbs. So this doctor was denied to import stronger herbs and had to return to prescribing teas only, same as this older herbal education is suggesting. There is nothing wrong with using these herbs as teas; it is the way humans used herbs up until the past 60 years. Teas are normally mild in action and best as preventives and when one waits until they are seriously ill; the herbal teas will need to be drunk in larger quantities. If you keep your herbal teas sealed in a plastic or glass container, they should be good for 2 years or more, keeping in mind, once picked the herb is dead and then dried, so all a tea can provide is the minerals within the plant and these minerals should last a long time as far as tea use is concerned.

The main reason for this newsletter was to educate people on the herbal formulas we make. Many herb books have been written and available from book sources explaining similar herbal use as described above, but no books will exist on what I make. I am not a book author, scientist, etc. and there are no true herbal testing available that truly says this herb or that herb works for human health. With herbs, it is experiences handed down by each generation that makes an herb “popular” and not medical science, because as much as medical desires people believes they can “test” herbs, they can’t. Dr. John R. Christopher believed no matter what scientific testing could be done on any given herb, that there would be at least 1,000+ unknown herbal qualities that science has no clues about and since medical can not obtain a patent on any natural herbal product, no true science really exist on herbs. If the labels do not list all the herbs in a bottle, medical science can not even determine what herbs have been used. So it is all about “experience” and the proof is this, “if” an herb or herbal formula works well, it will last and make it to the next generation and eventually end up in books written because of the testimonies of those that successfully used the herbs. This also means new herbs and herbal formulas have to be self-experimented with and most of the old herbs such as you just read above have been handed down by the American Indians and European historical use. Since there are an unlimited amount of untested herbs, we have people searching world wide talking to native people seeking to understand what their ancestors used and many seek to re-discover these herbs and then try to make a business for them selves in the American Herb Markets. So if you want the oldest and best herbal information, the above study will serve you well to learn, those herbs have worked for many years before we were ever born for people who had no doctors to go to and had to learn how to care for their own health.

Our herbal formulas are mostly based on my education by Dr. John R. Christopher books and schooling, so I use many of the herbs listed above, same as Dr. Christopher made over 60 herbal formulas based off that same historical education. The formulas are simply using several of the herbs historically known to help with specific ailments such as listed above. These formulas can be as a tea combination, as powders, as tinctures, etc. as a method to make it ‘easier” and often much stronger than drinking a normal herbal tea.

So I like all the formulas Dr. Christopher and his teachers before him created and likewise like making these formulas “my” way! I like to add the herbs I see as good for all ailments to every formula, so you will see **Olive Leaf, Tree Extracted Iodine Minerals & Pure Oregano Oil** in most every liquid formula I make. This is because I have faith in these herbs as being good for all situations, same as all herbalists depended upon their favorite herbs. Most herbal use has the tradition of chewing the herbs or drinking the teas, while I take this much further and use herbs externally on the skin and breathing in.

This is the first time ever we will have made an attempt to make a list of the products we make and a short suggested explanation to the best of our ability. It is not practical to compile a complete list of what we make, because we make many experimental formulas that often are never tried by customers. It is very difficult for people that have not read herbal books to ever make an educated decision on ordering herbs, because if you have no wisdom of historical use of herbs, then your putting your faith in those you buy from and hope they are telling you the truth and that your present health can make use of the herbs. This is why we have tried to give as much education in 12 months for free that we could afford to do.

We make a large assortment of herbal products, because I can make what ever I think will be of benefit. I will **start with** what we created a few years ago that we call **Herbal Sprays**. We are the only people that make these, there may be companies making “sprays” saying they are pain sprays and such, but I am the only person that created the **Herbal Sprays** that most people know of as **Herbal Spray I, II or III** or what fountain of life called wonder sprays 1, 2 or 3. Please note we no longer have any association with fountain of life and if they continue to sell formulas that “**appear**” to be what we make, **they are NOT!** They are copies and have zero to do with what we make. Keep in mind the hundreds of fountain of life testimonies of the past 5 years were made on the products they resold from us and we have had thousands of testimonies over the past 15 years world wide. There are no more unique herbal formulas than the formulas I make as “sprays”. They have more potential than all the herbs I have ever read of for

internal use and as sprays, they also can be taken by mouth by spraying directly in the mouth. These are the only herbal formulas on earth that have had amazing, almost miraculous results with the very first spray, sprayed in the air several feet from the person. Using these sprays daily for 1-2 years have “accumulated” results and in theory, using these herbs daily over a lifetime will give results never known before in herbal use. I am the “ONLY” person making these herbal sprays and I will never tell others “how” I make them, so no one can steal / copy what I have worked for. No one can copy them, it would be impossible for them to make anything better than a chemical mixture that would resemble what a lab test was the main ingredients based on chemical analyzes, which would result in a trash product. So if you do not obtain our **Herbal Sprays** from a direct source that is reselling our products or direct from us, then it will be a fake product.

The best introduction to these Herbal Sprays is to provide what others have written in as testimonies or what we call, “stories”. After these stories, I will then provide a little information about these formulas:

DISCLAIMER:

EXPERIMENTAL USE ONLY!

Adult use ONLY! Keep out of reach of children. All pregnant / nursing women or those seeking to become pregnant should never self-experiment.

The above disclaimer is very simple; once the parent has used an herbal product and understands the expected affects, and then the parent uses herbal products for their family! So all herbs and all supplements should always be called “ADULT” use only, because the adults choose what their children will be given and children trust their parents and do not decide what to buy. With that said, I will provide a list of the “early” stories we received form people first trying what I call **Herbal Sprays**. Fountain of life sold these for 3 years as wonder spray and many testimonies were sent in to them. I have learned much since these early days, but the first testimonies are always the most exciting to learn from the people who do self-experiment and trust herbal use.

Please enjoy reading about a new method of using herbs, I am the only person that has made these and I am sure it will take a lifetime to understand the many new ways never known of before my discovery. This collection of stories dates back 3 years. Based on what I have experienced, seen and heard “I” like to use the herbal sprays these ways and am constantly learning new ways.

Spray I

Face, ears, mouth, entire body. What ever hurts as often as needed. For breathing problems and general sickness, constant spraying in the air while resting and breathing in the vapors until symptoms subside. We use more Spray I than all the other Sprays put together, simply because the children all have their own bottles and use for every boo boo.

Spray II

Same as Spray I, only not so close to the eyes. This is basically Herbal Spray I with the BF&C formula of Dr. John R. Christopher added as a mineral source.

Spray III

Same as Spray II, only not close to the face, unless you are well experienced with this one and keep away from direct contact with eyes and tender skin; until you are well experienced with the hotness this formula can create because of the Cayenne and Essential oils. **This is for adults only, not for little children’s tender skin!**

I will have well over 100 + different Herbal Sprays before I am finished in the years to come. I can make an Herbal Spray from every herb I use and each will have results never before known about that herb.

Many of these formulas will never be tried by a customer and could be years before I have time to try them or even give them a fair trial. To my knowledge no one ever has made **Herbal Sprays** the way I am. There is no experience to fall back on or books to read. This is mostly all new and for those adults that are into Self-Experimentation Use Only! If they choose to use these herbs on their children, then they should be well experienced first. No child can choose to consume a herbal product; it is their parents responsibility.

With each formula, I will have a "Normal" Spray, an Adult Spray and an "X"treme Spray. The Normal Spray will be similar to Spray I strength, the Adult Spray may have more Essential Oils, Spices, etc...making it too hot for children. The "X"treme Spray is for the XTREME person seeking extremely HOT! Spices.....too hot to experience just the herbs in the spray...so HOT, they most likely will only spray the air and then breathe the air as their maximum dose. I do not recommend the Extreme Hot Sprays to anyone seeking herbs for their health; these formulas are ONLY for those seeking EXTREME HOT SPICES to the MAXIMUM EXPERIEECE!

90% of the Stories will be based on what I call **SPRAY I, II and III**. Most people feel they want the most for their value and choose **SPRAY III**. So naturally many of the stories will have **Spray III** mentioned.

I personally use allot of **Tooth & Gum, Spray I, The Silver Cord Kit, Topknot** and **Room Spray** and **Specialty Sprays** as I Self-Experiment. I strongly suggest a **kit of Spray I, II and III** for the first time user and to all, the **Tooth and Gum Sprays**.

I personally believe these Sprays are doing this:

Affecting the ability electrical flow of the skin when applied as a roll on or spray. This is the only explanation I have for the rapid results such as pain free in 1 minute or less for some people based on the type of pains they are experiencing. Often experienced when spraying the hands or where the bones are close to the skin.

I personally think inhaling the vapors from the Sprays such as spraying the skin, spraying into the air, or in the mouth allow the herbs and minerals to enter the blood stream and travel throughout the entire body, including the brain in less than one minute. This works with all the sprays and the more spices often the stronger experience. Some have experienced complete pain relief from injuries that have been over 30 years old in just two minutes time. This would suggest that the herbs relaxed or in some manner influenced the parts of the brain that control how the body feels pain. Inhaling the spicy herbs normally causes about 50% of the people to cough. Of those that continue the sprays, often they say after a week or so, their coughing is gone and that the sprays are the greatest decongestants.

The Sprays seem to enter the Lymph Glands when sprayed or rolled on the skin and aid in the removal of Inflammation /swelling at a rapid rate, often in 2 minutes.

Some people experience the herbs influencing the colon within seconds of using the Spicy Sprays and have a bowel movement as though the Lymph Glands rapidly expelled waste to the colon.

Some have experienced better dexterity of both hands after using the **Tooth & Gum Spray**, suggesting it does enter the blood stream, up into the brain and across the eyes and influences the parts of the brain that controls how well we can use our hands. These types of experiences would suggest it is individual herbs causing these effects in the blood stream and not just the Herbal Base Spray Formula which is the carrier for the herbs. Otherwise, all of the Herbal Sprays should have similar properties of influencing the Lymph Glands and ability to enter the blood stream at a rapid rate.

Some people seem to need to Spray and Spray, while others get permanent relief after their first use. Some have suggested those that are taking prescription or over the counter drugs, etc....get less results

or slower results. This would seem to make sense, but I have no real clue. I have seen those in real pain from OLD injuries have the most amazing results and it seems the older the injury, the better the results.

Some chronic head aches will disappear in 2 minutes, while the current stress related head ache may not go away at all or very slowly after many sprays.

Pain from real physical issues such as arthritis and restricted flow of blood and nerve function will be a daily issue to be dealt with. For REAL / PHYSICAL damage where bones and flesh are restricting blood and nerve flow, you will need a good chiropractor to help put the ribs, bones, skull plates, etc. in their proper place so circulation can be restored by the body. The sprays in no way have the ability to alter the position of the bones and can in no way alter your dental work, your toxic water and your toxic diet / habits.

What these Sprays will do, is supply natural plant minerals to the skin and when inhaled in the air, to the lungs and the body will "use" these minerals like it does all other foods and seek to expel the waste.

I personally believe LONG TERM USE is the only Theory for these Herbal Sprays. I believe the plant minerals aid in the removal of Lime build up in the tissues, Kidneys, organs and help the elimination organs and this increases in value over the months of use and in Theory, these sprays should be used several times per day for ever! The best stories are coming from those that have used them daily for months. The Long lasting improvements in the skin, hair, prostate, kidney and all functions of the human body I believe will only come as a result of long term use. I believe this, because I personally believe the increase in the ability of the cleaner kidneys to function along with increased circulation to the Brain is the Long Term Factor.

Some say have a saying; "If it hurts, give it a squirt". I say, if it hurts, you have not used enough yet. If you continue to hurt, see your dentist and remove all toxins from your teeth /gums, seek a great Chiropractor. You may need to search some time before you find a good dentist and a good Chiropractor, but they are out there, keep looking and listen to what others tell you about your local doctors. Seek to be drug free, dental work free, make your own distilled clean water supply, seek better fresh foods and learn to rest and have Peace when possible in life. Removing stress increases lifespan.

Herbs; I figure are maybe 1/6th the program to Living Well. These herbs are in very small doses, they are not as dangerous as smelling common perfumes; they are just herbs which are just foods. They should not effect drug use or be toxic in any manner. Smelling cigarette smoke or having a dental filling, I would think would be toxic; while spraying some herbal solution onto the skin or a squirt in the mouth would be like nothing. All things experienced will be from the increase of one's own circulation. Dr. John R. Christopher suggested all his patients **start** on the **Lower Bowel Balance Capsules** that greatly influences the Colon to become healthier in function and reduce constipation. This helps the person in the elimination of their accumulated toxins so they do not feel the results of their own toxins as the body seeks to expel them out the elimination channels. So "IDEALLY" making use of the **Lower Bowel Balance Capsules** would be help allot and speed things up. The dose for the beginner on the **Lower Bowel Balance Capsules** is as many capsules that are needed to maintain one bowel movement per meal eaten daily. Often Dr. Christopher suggested 8 capsules daily for 9 months and then determine the health of the colon and lower the dose to; "as needed" after 9 months of treatment.

I will guess 75% of those writing the submitted stories have not been using the **Lower Bowel Balance Capsules**, but my advice is like Dr. Christopher's; I suggest the LBB first or the same day as the Sprays are made use of. Each person has their God given right to choose their own foods and medicines; if you are confused about your health, please read what we call BOOK I written by the best medical author in American History many years ago and if your still confused, you should seek Professional Medical Counseling for your health needs. Natural methods, herbs, etc. is not for everyone. I suggest only those that do Self- Experimentation read the following for their entertainment. Those that do try herbs and

natural methods that make a change in their life for the better, please e-mail me so I can make use of your stories so others can learn what you chose to do!

To submit your testimony please send e-mail to:

askmh108@earthlink.net or write me at: **Old Fashioned Spices, P.O. Box 263, Middleburg, Ohio 43336**

The following stories are just stories. I have no way of knowing all these people and their names are not important. They are all at a different level of health and all grown up to a different degree than anyone else on earth. We can only make use of their stories for general knowledge so we have some base of learning. We do not know what anyone results can be, positive or negative. No one knows your health but you. What choices you make are your own.

Do not seek to follow others, but make your own path in your Life!

Please enjoy these stories, the people took the time to write them and I hope they write thousands more for our entertainment.

Joel Berry,
The "**Barefoot**" Herbalist, M.H. 108

The words below were made from reading the customer's letters!

1. Aches (general)

Symptoms: Random aches / pains / back pain, elbow pain / flexible / ache--feel like the tin man / acidic / limber/looser feeling.

Products mentioned: General

The plant minerals in all of your (**Barefoot**) formulas seem to make random aches and pains go away (even if they're not for that purpose--such as back pain, elbow pain etc). The liquid formulas seem to be the fastest working and most absorbable (?) and I notice I'm more flexible after taking some. Is it because my body is FINALLY getting absorbable minerals it so badly needs/craves? Maybe they make a person more alkaline and less acidic (I know when I'm acidic as I really ache--feel like the tin man. Just curious if the minerals in the formulas are alkalizing and has anyone else noticed a more limber/looser feeling after taking various barefoot products.

2. Adrenal / Kidney / Thyroid, growing hair back

Symptoms: pain / coughing / hair / legs / congestion / sinuses / face / arthritis / knee pain **Products mentioned: Spray II, Spray III, Room Spray, Ear candles**

You can keep a **Room Spray** mist in your room that may make your customer's pain free before you ever touch them and they may think you have magic hands that create a "miracle" for them.

I've certainly been thinking of incorporating the sprays into my future practice. I might be wary to use the more powerful sprays like **Spray 3** because if I spray a few on my upper body and abdomen I start to cough. I couldn't have my customers or myself coughing during a massage session even though I think **Spray 3** on the skin would be great for massage. What sprays did you have in mind that would help with pain and wouldn't make people cough? **Spray 2** maybe? I really like **Spray 3** and find it is very versatile. I'm using it (**Spray 2** and **3** but mainly **Spray 3** now) for adrenal / kidney / thyroid issues as well to grow my hair back and keep my legs fresh during massage class all with good success.

My mom had some congestion in her sinuses so I sprayed **Spray 3** in her face and told her to breath. I should have told her to specifically breathe through the mouth because she breathed through her nose and ended up stinging her nasal passage. Needless to say it cleared up her sinuses! My dad who has arthritis was having some knee pain and takes celebex on occasion. He asked me to try **Spray 3** on his knee and said it helped a lot. The only thing it hasn't worked for so far is for my housemate who has lower back pain / mental issues and refuses to stop taking synthetic vitamins, eating horribly, or to see a

chiropractor. I consider she is very toxic and probably needs more intervention than **Spray 3**. I heard Dr. Christopher say in his videos that there are some people that can't be helped and those are people who will not follow the 'program'.

Ps. I'll be ordering more **Spray 3** and some **Ear candles** today.

3. Amputations..... like magic!

Symptoms: Pain / foot / toe amputations / partial foot amputation / phantom pain / sinuses / methadone / carpal tunnel / wrist / skin tag / neck /

Products mentioned: Spray III

I received my **Spray III** in the mail 2 days ago. (thank you, thank you) I was going to hold off writing until after I used the whole bottle but I'm ecstatic!!!

I tore into the box like a kid opening a present on Christmas. I pulled off my shoe and sprayed it or rather doused my right foot (which has toe amputations and partial foot amputation) as I was having phantom pain and just heading to hook up my empi machine (similar to a tens unit) when the ups man arrived. I read a lot of people say the **Spray III** burns. I was a bit apprehensive at first and finally bit the bullet sprayed some to inhale (as you directed me to do). I don't smoke and never have but broke out in coughing fits and sputters. Once that passed my sinuses and head felt clear. I sprayed, sprayed and sprayed my foot. I paused after each spray and waited to see if the phantom pain would subside. It took me 8 sprays before I noticed the pain settling down. I never did feel the "burn" the spray was quite the opposite for me. It felt cool and soothing. Is that because my foot is hot (inflamed)? The first day I just sprayed away when I felt pain starting to creep up. And **like a magic** spray it calmed the pain within the first 2 sprays. Today I skipped a dose of methadone and controlled the pain with the spray. It worked!!! MH you are an herbal genius!!! I am going to continue to try weaning off the bad methadone and see if the spray alone will work for me. I am feeling positive it will. I also had a flare up of carpal tunnel on my left wrist and attacked it with the spray. That was no longer bothering me within a couple minutes and I haven't sprayed it again. I did have a small skin tag on that wrist that got soaked by the spray and now it is dark colored and dried out, perhaps it will fall off? Have others noticed the spray getting rid of skin tags? I may experiment with a little larger one on my neck and see what happens. Next week when my husband gets paid I will be placing an order for 2 more bottles. I need to keep one in my purse and make sure I have a back up bottle so I don't run out. I will keep you posted on my foot and if I can toss the methadone for the spray....yeah!!!! You are a godsend MH...I have been on that nasty drug for well over 12 years. God bless you and keep the miracle sprays coming, Gidget

4. Ankle

Symptoms

Ankle bone / pain / hurt / swelling

Products mentioned: Spray II

One of the joys of spring is playing softball. As I ran to field a zipping grounder, I missed the softball. The ball hit me square on the ankle bone. I recoiled in pain. Oh it hurt!

In the days that followed I used at least 4oz of **Spray II** to keep the swelling down. I was impressed!

Marcus

5. Ankle

Symptoms: pain / hurt / terrible pain / foot / painful cramps / accident / ankle / circulation /

Products mentioned: Spray II

I would like to share my experience:

My foot started having very painful cramps about 6 months ago. Everything started when I weaned my son from breast milk, then day after day the cramps were getting very strong, very hard to tolerate. They always start hitting when I enter the alpha sleeping mode; when I am very close to fall completely asleep the cramp would start and the pain is usually a big pain to the point that I would not be able to sleep. I can't bend my ankle well due to a severe car accident, so what I call cramp is in fact an involuntary movement (on which I have no control) that pushes my foot up or down and causes a terrible pain.

Therefore the only way I could ever sleep was: using a heat pad; from there I understood it must have been a circulation problem. About 10-14 days ago I started using **Spray II** on my foot. And I have already experienced several nights without cramp or pain of any sort, no heating pad, no 2-3 hours awake for the pain. What else may add, but saying thanks thanks thanks

6. Arthritis

Symptoms: Bad arthritis / cortisone shots / 20 years to numb the pain / breathe / fell asleep / breathing problem /

Products mentioned: Spray III

I recently ordered 1 gallon of **Herb Spray III** and gave small bottles of it out to family and friends over the holidays. One such friend is really amazed with the product. She has really bad arthritis and has been taking cortisone shots for the last 20 years to numb the pain which also makes it really hard for her to breathe. The first time she used the spray, she waited half an hour for it to work and fell asleep without realizing it. She was so happy since she hasn't been able to sleep because of the breathing problem that the cortisone shots created. By the 2nd day, she now feels that 50% of her arthritis is gone. This is by far the best testimony I have to date from people whom I've given your spray.

7. Arthritis

Symptoms: Arthritis pain

Products mentioned: Herbal Spray III

Herbal Spray III definitely kills arthritis pain. Mr. Yoder

8. Arthritis

Symptoms: Arthritis pain / hands are so crippled

Products mentioned: Wonder Spray

Herbal Spray I works for my arthritis pain. The problem is finding someone who'll spray it on me. My hands are so crippled. Barbara M.

9. Arthritis

Symptoms: Arthritis pain

Products mentioned: Spray III

I used your **Spray III**. It helps relieve my arthritis pain. Bellefontaine, Oh

10. Back

Symptoms: Back /

Products mentioned: Spray III

I've had alot of success with this **Spray III**. I hurt my back a couple weeks ago and have been spraying away, it brings immediate relief. I've used at least half a 2 oz bottle. Of course I've also been to chiropractor twice and that has brought considerable relief as well. Just wanted you to know you are great!! Thanks for all the truly amazing products! Amie R.

11. Back ---"I don't have any pain," she yelled out. / "now I have hope."

Symptoms: Back / bedridden / pain /

Products mentioned: Spray I

To barefoot and all:

My wife and I spent Christmas evening with my 72 year old sister. She broke her back about 4 years ago in a fall and was bedridden for over 7 months and has been undergoing rehab since for 3 days a week.

She is able to walk now with the aid of a walker and as it turns out, except for the pain she couldn't handle, should have been able to walk for some time. Christmas evening she was unable to get out of her chair complaining about the pain. I had my bottle of the formula **Spray I** with me and explained to her how it worked and that she might get instant results. I used **6 sprays, 3 on each side of her spine at the top, middle and lower back**. She got out of her chair and walked across the room within seconds after applying the spray. **"I don't have any pain," she yelled out.** That relief lasted through the evening. Needless to say, that was **a major event** in my sister's life. In her own words, **"now I have hope."**
Blessings to all of you, Mickey

12. Back --- This stuff is amazing!

Symptoms: Back / pain / legs / neck / body / hands /

Products mentioned: Spray III

I just wanted to share with you something that happened with the herbal **Spray III**. I received the bottle 3 days ago, now I have only half of it left. This spray has worked wonders for me and several people around me. Jake said his wife was in awful back pain, so bad it had spread into her legs and neck, her whole body ached, I said try this on her and see if it will help, he did, that's as they say the rest of the story. When he sprayed his wife's back, neck, legs etc. he used a lot of spray, about 10 minutes later she started crying, and told her husband that she had never been in so much pain in her life, they were not sure what to do, go to the E/R, or what, she hurt so bad she couldn't get out of her chair, Jake was going to call an ambulance for her and his wife said no not yet I think the pain is letting up, I'll just take a shower and maybe I will feel better. After a few minutes her husband said do you want to take a shower now or go to the E/R, she said neither I feel pretty good right now, in fact I don't hurt. **This stuff is amazing**, where did you get it, Jake told her it was from me , and she said find out how we can get some, which they have and will be calling the office to place an order.

While he was getting the info from me his wife had some sprayed on her hands because she couldn't close them, they hurt too badly, within seconds of spraying it on her hands she said the pain was completely gone and she made a fist to prove it. Then she ask if she could spray her back again so that she could make sure that pain didn't return again. She took the bottle home to spray her back, when she got home her neighbor call and said that her husband had hurt his back and wondered of they had anything for pain. Jakes wife said try this; just don't use a lot at one time. The neighbor's husband brought back the bottle to her a few minutes ago and said that the spray had worked so fast and so well, he read the bottle over and ordered some for himself.

MH thanks for making this wonderful spray, it sure has helped a lot of people here.

Barefoot believer, Mike

13. Back

Symptoms: Back

Products mentioned: Spray III

Thank you, I will be placing another order within the next month. Really like the **Spray III** , it works really quick on my back.

John

14. Back

Symptoms: Back

Products mentioned: Spray III

Brenda ask me last night how my back was doing I had 27 rowdy kids in the bus waiting to go home and had went in to find 1 last person so we could get going, so I didn't take the time to stop and answer very well. But my back is doing much better, I can't say that it is pain free but it is so much better than I ever thought it would be. I had resolved that I would just have to live with the pain the rest of my life. But it is really doing great. I played basketball for 2 hours Monday night and got up Tuesday not feeling bad at all. Tell Brenda I said thanks for asking. Dan

15. Back

Symptoms / Back

Products mentioned: Spray III

I'm 84 yrs old, the **Spray III** is great on my back! Stanley

16. Back: "The biggest help I have had concerning pain relief has been the use of your Pro-Pitcher Liniment."

Symptoms: Lower back / thighs / legs / knees / congenital skeletal problems / shorter than the other / spinal stenosis / scoliosis / a trapped sciatic nerve in the lower lumbar region of the back / as well as knee joint problems / a damaged nerve in my lower right leg / surgery / orthopedic surgeons / spine / massage therapy / spinal adjustments / pain killers /

Products mentioned: Pro-Pitchers Spray

Hi Bro. M.H.,

Bro. Jim told me that he had taken the books, CD's and DVD's out to you. I simply wanted to show my appreciation for your kindness, in providing me with the various liniments and muscle rubs; I know I have been blessed as I have listened to the testimonies of the men who were close to Brother Branham and I just wanted to pass on the blessing to you as well.

Now down to business: I have been using the **Pro-Pitchers Liniment Spray** for a good number of months now and here are my personal observations as I have used it primarily for my lower back and thighs, legs and knees. I have a number of congenital skeletal problems, i.e., one leg shorter than the other, spinal stenosis, scoliosis, a trapped sciatic nerve in the lower lumbar region of the back, as well as knee joint problems and a damaged nerve in my lower right leg.

I was assessed for surgery by one of Dayton's top orthopedic surgeons and would have to have had two stainless steel rods inserted in my back to support the spine, but it would have ended my ability to perform my pastoral duties on each.; so the surgeon recommended that I get massage therapy, spinal adjustments and also use pain killers to reduce the level of pain.

I am still having the massage therapy, and I have not used prescription pain killers, choosing rather to go the natural way wherever possible, although now and again I have had to use OTC pain killers. **The biggest help I have had concerning pain relief has been the use of your Pro-Pitcher Liniment Spray.** Here are my observations

(a) I obtain relief from one application of the liniment anywhere between one and a half to two and a half hours depending on the severity of the pain and the amount of liniment applied. I may apply a second application of the liniment in the afternoon if the pain is severe.

(b) The liniment does not stain clothing.

(c) The aroma from the liniment is not obnoxious

I hope that this information is of some help to you? May the Lord bless you, John M####

17. Blemishes

Acne Spray: I have sprayed twice a day for the last couple of weeks. It seems to improve my skin, but as soon as I stop using it the blemishes return. Now, if you could make a spray that got rid of wrinkles that would be fantastic.

18. Blisters

Symptoms: Blisters / hands / fingers / hurt / splinters

Products mentioned: Spray I

Over the weekend I raked down the hill on both sides of a long stair case and under the steps. Tons of leaves, of course, I did not intend to do so much work at that time, but kept on, since it was a pretty day on Friday. But I didn't have any gloves on, which meant blisters on both hands under my index fingers. After I went inside and washed my hands, I could see where the blisters were already forming and they hurt. I had taken **Spray I** with me and used it several times that day on the blisters. It did sting when I used it the first few times, but the blisters never raised up too much and they didn't even come close to popping like they would have if I hadn't had **Spray I**. I used it the next day and on Sunday too.

Today is Tuesday and I can see where there would have been a blister, not quite as big as a dime, if I hadn't had your spray. I am very glad I took it with me! I also used it on my husband's hand where he got

about 5 splinters doing some work on those stairs. After he dug them out, I sprayed the spots and it stung, but healed them up good. Thanks for your work!
Sheila B.

19. Bruise

Symptoms: Bruise / itchy skin

Products mentioned: Spray III

I tried the **Spray III** on a bruise and it cleared up within 2 days when usually this person takes a week or two to remove bruises. It also helped a friend's itchy skin condition. I'm grateful..Thank you.Phil

20. Bugs

Symptoms: Fleas / bit / deer tick / swelled up / pain/swelling.

Products mentioned: Oregano Oil Spray / Spray III

I have found that **Oregano Oil Spray** kills fleas almost instantly. I got bit by a big o'l deer tick a few months back. It swelled up pretty big and I used **Spray III** on it religiously and it helped with the pain/swelling.

21. Bumps

Symptoms: Small bumps / lower back / side of my torso / skin /

Products mentioned: Spray III /

I wrote a few weeks back how I had recently developed small bumps on my lower back and the side of my torso. Previously my skin was smooth so these bumps were a little annoying. So for about a week I have been using **Spray III** for about 2 squirts on each side. I did use a steam bath for about 15 minutes as well. I checked my sides today and the little bumps are 99% gone on my sides. The only bumps are on my lower back which is hard for me to reach with the spray. The sprays are very versatile.

22. Cancer

Symptoms: Skin cancer / nose / growing / red / crawling / legs / legs ache / dermatologist /

Products mentioned: Spray II,

My 87 yr old mother-in-law was told by her doctor that she had a skin cancer on the bridge of her nose. It had been growing over the past couple months and is the size of 2 pencil erasers and was red. She said it felt like something was crawling under it. She had been using **Spray II** for her legs (although she takes coumadin and a side effect is that your legs ache) She decided to use **Spray II** on her nose several times a day. She takes the lid off and applies the liquid to her skin cancer with the tip of the plastic spray tube. It is markedly better within the past 2 weeks --it's not red any more and she says it doesn't feel like something is crawling under it. She goes to a dermatologist in a month and she is looking forward to seeing if it is even there by then. She says she will take the spray to her doctor the next time she goes back. She was worried that there is not much spray left in the bottle but I reassured her that there was plenty more where that came from.

23. Carpal tunnel

Symptoms: Carpal tunnel / wrist / elbow / headaches / neck / shoulders / tension / swollen lymph glands in neck

Products mentioned: Spray I, Spray II, Spray III, Thyroid/ Lymph

I began using the herbal **Sprays I, II, and III** about 2 or 3 months ago and really like them. **Spray III** works well on my carpal tunnel in my right wrist and on a left elbow problem. They've helped with headaches too since I don't use Tylenol or Advil anymore. I use them on my neck and shoulders as well for constant tension in those areas but I think I need something stronger there. As of today, I've begun using Spray I on my entire body and will see how that turns out.

Recently began using the **Thyroid/ Lymph sprays** as well for very swollen lymph glands in neck and it has helped.

24. Chafing: "after a few minutes I was relieved"

Symptoms: Cycling / nylon shorts / sweaty / chafing / bed / itching and generally uncomfortable /

Products mentioned: Eye Spray /

So last night I went to a spinning (cycling) class after work, and after wearing some nylon shorts that got all sweaty I was left with some "chafing". I was lying in bed and it was itching and generally uncomfortable, so I sprayed the **Eye Spray** on myself and put some loose cotton gym shorts on, and **after a few minutes I was relieved**. I am thinking that all the sprays can do something for itchy skin conditions. I mean, why does the **Eye Spray** do it? Who knows, but it does.

25. Coughing

Symptoms: Coughing fit / constant tickle / throat / neck / chest

Products mentioned: Spray II

Just about 1/2 hour ago, my mom was having a coughing fit. She said she had a constant tickle in her throat so I immediately ran and grabbed **Spray II** and sprayed her neck, chest and throat. After a few minutes she stopped coughing completely!!!!!!!!!!!!!! I'm so excited that it worked so well because that's one of the reasons I got it. I'm also going to try to spray the bedroom tonight. I'm really fascinated with these sprays and I can't wait till more come out to buy and experiment with! So thank you for putting your time and effort into making amazing products that actually work! Sue

26. Coughing

Symptoms: Cough / night / sleep

Products mentioned: Spray I / Boo Boo Spray

Our children have all accepted **Spray I** as their **Boo Boo Spray**. I spray their bedrooms each night after they have went to sleep. The other night our oldest had a cough at 3 am. I got up and sprayed the room 10 times with **Spray I** and he didn't cough again.

27. Cuts "I saw before my own eyes the bleeding stop completely within 20 seconds."

Symptoms: Index finger / knife / cut / knuckle / burning feeling / bleeding / skin /

Products mentioned: Spray II /

About 15 min ago, I was cutting up some fruit to juice, and I cut my index finger with the knife by accident. The cut is right on the side of my finger where it bends at the knuckle, so I'm really feeling it. Ya know that bad burning feeling? I just came upstairs and happened to glance over at my bottle of **Spray II** and a light went off in my head...duh!

I sprayed 2 sprays directly on the cut. It didn't hurt / burn at all when I sprayed. There was some bleeding still before I sprayed, and **I saw before my own eyes the bleeding stop completely within 20 seconds**. The cut itself also seems just about closed and I just cut it 15 or so min ago!!! The skin is very tight together again and when I bend my finger I don't feel a thing, whereas before I sprayed it was burning pretty bad. I've had cuts before that seem to stay sliced open for days...not this one! These sprays can do anything it seems!! THANKS MH!

28. Cuts: "That thing healed up so fast it is miraculous. No redness, no scab!"

Symptoms: cut

Products mentioned: Eye Spray

I have the **Eye Spray** and have been experimenting with it. I had one of my cats spayed recently, and I sprayed the **Eye Spray** on the cut (cat didn't like it but oh well). **That thing healed up so fast it is miraculous. No redness, no scab!**

29. Dogs: "It seems like a miracle"

Symptoms : Rubbing his head / left eye / stung by a horsefly / bites / itches / Benadryl / swelling / much worse / 90% shut / uncomfortable / itchy feet / toes / paw pads / pink / bright red / chewed on his feet / allergy meds /

Products mentioned: Spray II /

Hey MH, here is the testimony I promised to send ya.

Unlike other testimonies, this one may be a bit different because I am not talking about me using **Spray II**, I'm talking about using it on my 4 legged friend.

I had 2 of my dogs running in the woods the other day. When we got back, one of them was rubbing his head on everything...the floor, couch, tables, you name it. I knew something was up so I checked him out and low and behold, looked like his left eye was a baseball. I think he got stung by a horsefly because they were everywhere. Normally in the past with bites or itches (he was itching like MAD) I would give the dogs Benadryl. First though, I gave it a few hours to see if the swelling would subside and it didn't....his eye got much worse and it was about 90% shut at this point. Since he was getting worse and was clearly uncomfortable, I ran upstairs and grabbed Spray II. I had someone else hold him still by the collar while I sprayed the eye area (not in the eye, just surrounding it) generously. Before I went to bed, I sprayed him again; though this time I sprayed it in my hands and then rubbed it onto his eye area.

I came down the next morning and couldn't believe it. His eye looked like nothing ever happened. The swelling was completely gone. I never saw him rub his head on anything to itch and he was back to his normal self. Also, come the warm weather, he gets severe itchy feet. He will lay down and just chew on his toes and in between them and they look like a dark red color and raw. Since the spray worked so well for his swollen eye, I immediately thought to use it on his feet. While he was resting, I generously sprayed in between the toes and on the paw pads. It startled him, but that was it. He didn't try to lick it off. Later that day, I checked his feet and they were pink, not bright red anymore. Ever since, I spray his feet once a day for now because that's all he seems to need, and he has not chewed on his feet since! **It seems like a miracle.** His vet kept pushing for allergy meds, but I declined as I wanted to find a natural route to help him and I did! I still can't believe it. I'm not used to seeing him with healthy pink feet in the summer!!

Thank you for making such a great product. I need to order more because I use it everyday and so does he!

Update: I used the spray on my dog a couple weekends ago when he got stung by a horsefly and his eye swelled up almost completely shut and by the next morning after spraying him throughout the day, his eye was 100% back to normal! I truly believe these sprays can help humans and animals alike!

30. Ear Infection: "outstanding improvement!"

Symptoms: ear infection / hearing loss / very bad

Products mentioned: Spray I

I am trying **Spray I** now, and although it is for my little son, I am using it for ear infection and hearing loss. The ear infection is doing better after 1 day of Ear Spraying (use of the spray and some particular touching); his chiro checked my son today, Monday the ear was very bad, today he saw an outstanding improvement. Ps: thanks MH

31. Ear Infection

Symptoms: Ear / infection / itching

Products mentioned: Ear Spray

Dear MH, I have been using the **Ear Spray** and it seems doing very good since the Infection is much less than before. When spraying my son's ear he says it itches and I hope it is positive Thing since usually itching is related to healing. I read your post on cure-zone about hear loss and you wrote that hearing Tests are dangerous - so I guess also making sonogram when I was pregnant Was dangerous, and I didn't know it. Is there another way to test the hear loss in my child ?

Dearest regards, Luciana

32. Eyes

Symptoms: Sight / eye / hips / sleep / pain / coughing / respiratory / night terrors

Products mentioned: Eye spray, Spray III, Room Spray,

Steve has been having tremendous success with the sprays in several different ways.

the **Eye Spray** actually made his sight worse for a while as the eye cleansed, then it began to improve and is doing allot better - he is still faithfully using it.He also uses **Spray III** every night on one of his hips so that he can sleep - otherwise he is in too much pain to sleep. An interesting side-effect is that while I was on my fast in the cabin, I would quite often spray it on for him which would get me coughing which

helped to clean out my respiratory system. I have used the **Room Spray** to help Allie not wake up with night terrors - she sleeps much more peacefully. Another side-effect which may or may not be due to the sprays is that we have gone through most of the winter now without Steve or Allie being sick - this is a major change for me and a welcome relief there are all of amazing testimonies coming in on these sprays -**Dr. Mom, head school teacher for David Christopher, owner of The School of Natural Healing.**

33. Eyes

Symptoms: Eyes /

Products mentioned: **Eye Spray**

Hi MH, Yesterday my friend that I was out with commented on my eyes. She said your eyes are so blue and clear. I looked at her questioning what she was saying. She said your eyes have been dull and cloudy but today they are soooo blue. I couldn't wait to get home and examine my eyes and sure enough I have deep blue eyes that I had as a kid and clear too. I have been using the **Eye Spray** for about two months now. I remember when I applied for my passport recently they ask what color your eyes are. I remember putting down blue but thinking they really aren't blue anymore. They are more of a gray. Thanks MH for helping me retain my blue eyes again. I keep looking in the mirror at them. I can only imagine what the future holds for my eyes as I continue to use your **Eye Spray**. I'm thinking maybe I'll be able to throw those glasses away. Yay!!! God bless

34. Eyes

Symptoms: Eyes

Products mentioned: **Advanced Eye Spray**

Advanced Eye Spray: this one is very, very hot. I spray on closed eyes, but once I open them it burns like crazy. I have to keep my eyes closed for about 10 minutes before the heat goes away. The only thing I have noticed as far as results is that my eyes seem brighter. Vision is still the same.

35. Eyes.... within seconds the throbbing was gone! - to my amazement everything on the screen is sharp and clear!

Symptoms: Eye / throbbing / focusing.

Products mentioned: **Sprays**

Received my sprays today and was pretty excited to try them out. I am not one to have many aches and pains, however I was working at the computer today, and my right eye was throbbing a little. I thought hey I will just spray some on my eye. One is always a little anxious but my head did not shrivel up like a raisin, lol. And of course I closed it first dah. Incredible results...**within seconds the throbbing was gone**...what was really weird is in a couple of minutes the back of my head felt kinda funny like a bump....which is where your vision is located, then went away. So I came into the computer...and **to my amazement everything on the screen is sharp and clear**. I have always had good vision but recently have trouble focusing...if this is all it took...this is great.

36. Eyes..... Love my sprays!!!

Symptoms: crusty's) discharge / eyes / mucus / sinus

Products mentioned: **Eye Spray**

Hi MH, Since using the **Eye Spray** for the past week I notice (crusty's) discharge in the corners of my eyes. Expelling mucus from the eyes I assume. I can feel my sinus draining as well.

Love my sprays!!!

37. Eyes

Symptoms: Can't see

Products mentioned: **Eye Spray,**

MH, Just wanted to give you some feedback. Today a friend of mine named Jake came over to tell me about his experience with the **Eye Spray**. First of all he said it kind of stings the eye a bit at first. Then he said he had something unusual happen to him last night. (he has only been using the eye spray for 4

days, and said he wondered if it could be the sprays.) While driving home last night he went to set the cruise control, for the last several years he has had to use a bright light to see the odometer and can't see the needle. Last night he saw the odometer and the needle both without a light. He wanted to know if it was the sprays, I ask him if he had done anything different and he said no, I just use the spray. I told Jake well you have your answer. Mike

38. Eyes

Symptoms: Eyes

Products mentioned: **Eye Spray, Spray #3, Advanced Eye Spray**

MH, Jake purchased the **Eye Spray** from you, I gave him the **Spray #3** for his wife, and she liked it so well they have ordered it again this time from you along with the **Eye Spray**. Yes he said it was the **Advanced Eye Spray**. They are good people and I just wanted to help them, now they are trying to help themselves. That's the way it is supposed to work. Thanks again for all you do. Mike

39. Eyes..... his acid reflux is gone!

Symptoms: Eyesight / acid reflux

Products mentioned: **Sprays II & III, Longevity Spices,**

He is faithfully using **Sprays II & III** - he loves the **Longevity Spices** and are also using them often. He is doing much better in several ways - his eyesight appears to be improving and **his acid reflux is gone**. Thanks again for everything, **Dr Mom**

40. Eyes: MIRACULOUS!

Symptoms: eye floaters

Products mentioned: **Eye Spray**

Hi MH, I have been using your **Eye Spray** for about a month now. I spray every morning and every night. This morning I noticed that all my eye floaters are gone. Miraculous. I will be interested to see what happens next. Thanks so much for all the sprays. God bless

41. Eyes

Symptoms: Eyes / blind / macular degeneration / worried / lung congestion / cough / relieves the congestion

Products mentioned: **Spray III**

I'm thinking of spraying my **III Spray** on my closed eyes. My mother is blind from macular degeneration so I'm worried about what's ahead for me. She loves **Spray III** for her lung congestion. It makes her cough like crazy but also relieves the congestion. She brags about it to everyone & they're asking for more information. Thank you very much for your help, Larene

42. Eyes

Symptoms: Eye congestion / enema /

Products mentioned: **Eye Spray Adult**

I wash by eyes for eye congestion by spraying the **Eye Spray Adult** on them daily, this herbal spray is like an enema for my eyes...Wonderful stuff! I am 70 years old. Len

43. Feet

Symptoms: Feet / nerve damage / heels / balls / painful / hardly walk / headaches / muscle aches / painful knot in her head and bumps on the right side of her face / right side of her body eases up on the pain.

Products mentioned: **Spray III / No Crash / Longevity Spices / Oregano Oil / Tree Iodine / PICA / Pro Sports Kit / Cancer Spray /**

My name is Eric B. from Texas, I'm one of your first users of the herbal spray. I use it mainly for my feet which have nerve damage in the heels and under the balls of the feet, whenever I'm real active in sports my feet get so painful that I can hardly walk on them next the morning but since using the **Spray III** on my

feet, they've actually seemed to not only stop the pain but also begin an internal healing process to my feet. I also just finished a 37 day fast, the **No Crash** method, & I use the **Longevity Spices** daily & **Oregano Oil** and **Tree Iodine**, my kids take the **PICA** minerals. I also use the spray on my wife and kids when they have headaches and muscle aches and the all agree that this stuff is great. How much for the **Pro Sports Kit** and what's included? You can take my order ASAP, just let me know when to send in the payment I'm going to be coaching High school and college age kids in basketball and would love to try it out. **I'm also interested in the external Cancer Spray**, my wife is totally congested on the right side of her body and gets a painful knot in her head and bumps on the right side of her face when she eats poorly but when she starts to fast, she immediately feels relief and the right side of her body eases up on the pain.

44. Flue

Symptoms: Chill / flu / fever / sweated / head / toe

Products mentioned: Herbal Spray III

Along with two friends I traveled to Central America for mission work and vacation time. Evening of the next day when we needed to do some hiking, plus move on further on our tour, I began to chill and felt myself coming down with the flu or fever. I took **Herbal Spray III** and sprayed myself from head to toe. I then went to bed and sweated it out. By morning my flu symptoms were gone and I could go with the rest. David

45. Fibromyalgia

Symptoms: Fibromyalgia / hip / pain / stress / hormone / panic attacks / anxiety / gums / dentures / crazy / mouth

Products mentioned: Spray I, Spray II, Spray III

I am a 60 year old female, and have spent a lot of time at chiropractors due to a hip that goes out a lot and my doctor says I have fibromyalgia. I was going through a very bad patch of fibromyalgia pain (you feel like you have been beaten with a hammer) when I first tried the **Herbal Spray III**, for constant pain. I got relief as long as I didn't overdue it.

- **Spraying, all my joints, I soon tried spraying most of my body and that is when within after a good 5 weeks I got total relief. And that horrible pain has not returned now for almost 2 months.**

Believe it, that **I never miss spraying 3 times a day.** I use **all 3 formulas.** I feel I don't need **# 3** 3x a day now.

- **I also noticed pretty quickly the formula 3 was helping my stress problems that I have been suffering with for 7 years.**

A lot of you know about the stress and hormone problems that cause panic attacks, and anxiety. I can't take prescription medicines, and I am improving every day. Also, my dentures drove me crazy, for some reason my gums would feel funny/numb after about an hour wearing them. (I found out fibromyalgia can make your body feel all kinds of sensations and just about drive you crazy). I was told I could spray in my mouth and I thought, why not spray the dentures, viola! I can stand wearing my dentures much longer now, and feel so much better; it can really wear you down having gum problems. Now that I have found help that works, I am working harder, watching what I eat and drink, that all goes toward my wellness goal. I finally feel there is a light at the end of this long tunnel I have been in. I carry small bottles in my purse and car. I never want to be without this amazing spray.

-mm from Ohio

46. Finger Nails - "For the first time ever I've had to take a file to them every few days because they're growing so much." "I keep admiring them because I cannot believe I finally have nice nails."

Symptoms: Fingernails / so thin / see through them / break off so easily / break off / painful / nail broke off / tear the others off like paper / for decades / white thick tips / gray streak in my hair seems to be fading.

Products mentioned: Thyroid Spray / 'Pica' /

Hello MH, Having nice fingernails has never been a goal in my life. I have NEVER had nice fingernails. Ever. Even a few months ago they were so thin you could see through them. And even if they grew a half inch or so, they would break off so easily. And break off really low on the nail so it was painful and they took forever to grow back. When one nail broke off, I could tear the others off like paper so they would all be the same length. This was the routine for decades. I started your **Thyroid Spray** and also began putting an ounce or so of your **'Pica'** in juice about a month or two ago. My fingernails today have nice white thick tips that are not see-through at all. NONE have broken in the past month. For the first time ever I've had to take a file to them every few days because they're growing so much. I keep admiring them because I cannot believe I finally have nice nails. BUT more importantly, I am so thankful because if my nails are now normal, something else good is going on. Thank you so much - I know this sounds trivial compared to other things you may hear about but I wanted to let you know something is really working because I've had paper-thin nails my entire life. (I'm now 54). MS ps - Also - since I've started **"Pica" & Thyroid Spray**, the gray streak in my hair seems to be fading.

47. Food sprays

Symptoms: Smooth energy

Products mentioned: Herbal Food Squirt / Olive Leaf Tincture / Oil Oregano / Peppermint Oil / Teasel Root Tincture / Cayenne Pepper / Cayenne Essential Oil / Spray III / Burn + Wound Salve /

I have a friend named Connor, a genetically superior human being if there ever was one. This guy can get up at 4:30am and work with his hands building a car from the ground up, or a house from a pile of sticks, until 1am and then get right back up and do it all over again. He has an iq of 150+, and can speed learn anything he chooses to. Right now he is restoring an old boat from the 1950's, I think there are only a handful of these type boats left in the world. He makes money like you and I breathe air. He made so much money on the internet in one week with a brand new paypal account that paypal threatened to close his account for fear of him being a terrorist and using paypal as a front of some kind to move money. But Connor sometimes gets carried away and forgets to do simple things like...eat. Two days ago I ran into him and he told me that he had been up for 36 hours straight "working on my boat, fishing, and making money" but that he hardly had anything to eat in 36 hours since he was so busy. He was about to go out to sea again, traveling to the Bahamas to look at a multi million dollar yacht that needed engine repairs done. He doesn't need the money, he just said he could repair the engines on this yacht because he "thinks it will be fun". Anyways, I always carry a black fabric bag with me that holds the following: 1 bottle **Oil Oregano**, 1 bottle **Olive Leaf Tincture**, 1oz **Peppermint Oil**, 1oz **Teasel Root Tincture**, 4 ounces **Cayenne Pepper**, 1 ounce **Cayenne Essential Oil**, 4oz. of your **Spray III**, 1oz. **Lobelia Vinegar / Vodka Tincture**, 4oz. **Burn + Wound Salve**, and an assortment of your gifted herb sprays. I pulled out the **Herbal Food Squirt** and tossed him the bottle. "hey, what's this?" he asked, as his boat backed out from the dock. "drink 1/4 of that bottle every 3 hours!" I yelled, and he was gone. I get a phone call from him 8 hours later "what was that stuff, some new type of nano sized fast acting b-12?" I asked why and he said he drank 1/4 of the bottle as I suggested and forgot to eat for 3 hours and had smooth energy, not that he was hungry, but went without, he just forgot to eat! The last I heard from him he was off to an island in the Bahamas somewhere, taking the multi-million dollar boat on a test run. He never stopped to eat, walked on the yacht, looked at the engines, listened to them run for 2 minutes, and fixed the problem in 3 hours. Took the boat on a "test run" around a few islands to take up time since he didn't want them knowing how easy it was for him to fix the engines, and collected his \$5,000.00 fee for his services. 24 hours later, he was probably back home under a palm tree, working on his 1950's boat and a few thousands richer. Not that he cares about the money.

48. Foot

Symptoms: Foot / surgery

Products mentioned: Spray II

Hi MH, By the way, I let a coworker try **Spray II** on his foot he had surgery on a few weeks back. He liked it and wanted to know where I got it. You might be getting some more business. Vince

49. Hair

Symptoms: Gray hair / temple

Products mentioned: Sprays I / II

Sprays I and II: I spray directly in my mouth twice a day. What I've noticed is that the one gray hair I have on my temple is now gone. Would using the sprays eliminate a full head of gray hair??? If so, my parents would love it.

50. Hair

Symptoms: Grey hair / thinning / bald spot / minerals / face / eyes / nose / inhaling / delicate glands

Products mentioned: Sprays I / II / III

MH, I used the three sprays continuously for a week and have noticed a change in my grey hair. I have brown hair which is thinning and have a bald spot at the top about five inches in diameter. I noticed when I sprayed my hair directly with the formula, that one grey strand of hair that noticeably stuck out, did in fact turn blond. When I was a little boy, I would get a stray blond hair and think nothing of it and just pull it out with tweezers. That must have been my body seeking minerals that it needed from my hair. It seems you've created a remarkable formula that does add the minerals back into the hair like you say. The transformation is clear that the grey hairs turn to blond as the first step and with continuous use it will undergo the final change from blonde to the original color - which in my case is brown hair. I mostly used **Spray I and II** to get these results but also used **Spray III** (but sparingly) and sprayed each on my hair, face, and closed eyes. I don't know yet if the results come from inhaling it through the nose, having it seep into the delicate glands of the eyes, or directly on the hair. It is possible that it is a combination of all of these. Thanks MH,

51. Hair

Symptoms: Head / peach fuzz / scalp / hair / hair replacement surgery

Products mentioned: Sprays I / II / III

MH, I've been using **Spray I, II, and III** on my head for a couple of weeks now and I looked in the mirror real closely last night. Sure enough there is peach fuzz on the front of my scalp where before there had been no hair. About a year or so ago I was seriously considering hair replacement surgery which would have cost \$\$\$\$\$. I was tempted but knew taking on such debt for such a selfish reason was not wise. I got something in the mail today from the same company (on that has advertised on tv a lot) and they are offering to cut off part of my scalp and transplant the hair for \$3800! It's hard to realize I ever considered such a barbaric thing but I'm glad I found the sprays, because it's a lot less painful and way more economical. If you put this stuff on tv and advertised it as a way to grow hair back I bet you could retire after selling so much. Who knows? Lol

52. Hair - "huge difference in my hair"

Symptoms: I have never had much hair / thicker

Products mentioned

Hi MH, What condition was your hair in when you first started on the herbs? Since I started using your sprays I have noticed a **huge difference in my hair**. People have commented on how much thicker it is. It's not that thick but it's just that I didn't have much hair before. I have never had much hair. I hope to be the first to order your new formula so I will be watching for it to be completed. God Bless

53. Hair

Symptoms: Head / 3 months / new hair growing / thin area / peach fuzz / thicker, longer, and stronger

Products mentioned: Spray III / Top Knot

I have been using the herb **Spray III** on my head for about 3 months and have noticed new hair growing in my thin area quite a bit. First it was peach fuzz, now it is thicker, longer, and stronger which is great, I think you are onto something here. There could be something about new hair coming in which would be

lighter like an infant getting new hair and the effects of the **Top Knot** formula is just beginning to take effect so it could take longer with your new formula which is ok. Will keep you informed.



Ancient “TopKnot” statue

Our **TopKnot** Hair Spray was originally based on Dr. Christopher’s favorite herbs for hair health; after hearing all the great results from using **Herbal Spray III** daily, I soon blended Herbal Spray III into our **TopKnot** Hair formula. The because a few customers with South American heritage wanted a formula to help their “black” hair, I then made a formula to aid people with black hair.

54. Hair

Symptoms: Grey hair / brown colored shiny healthy hair / scalp / circulation / dyed

Products mentioned: Spray III /

My grey hair has disappeared since I have been spraying it with **Spray III**. I also use a lot of MH's herbs so I would guess that getting all the minerals from his herbs and spraying my scalp to get the circulation going has brought back my brown colored shiny healthy hair. My friend asked me if I had dyed my hair!! How come no one else knows this stuff accept MH??? For shampoo I suggest grinding flax seeds and mix with water. Makes your hair nice and silky. I sometimes use my left over herbal tea instead of plain water. The shampoo only lasts a couple of days as the flax seeds go rancid. Just make a little at a time.

55. Hair - “working pretty darn good” “the Topknot gives my hair a yellow reddish tint”

Symptoms: Head to grow hair / very thin / growing peach fuzz / that peach fuzz has turned into long, thick peach fuzz / pain / what a nice side effect / reverse gray hair

Products mentioned: Spray III / Topknot

Hi MH, Just wanted to let you know that using your **Spray III** on my head to grow hair is **working pretty darn good**. I have always' had thick hair but since 35 I have thinned a lot so I became very thin on top. using your **Spray III** daily on my head, my hair is not just growing peach fuzz but that peach fuzz has turned into long, thick peach fuzz in a few months of use so I am happy about that and thank you for this product. I know there are many things your spray's can be used for besides pain, etc., but what a nice side effect.

Note: keep experimenting with the **Topknot**, you are close to something special. My hair is naturally dark brown and **the Topknot gives my hair a yellow reddish tint** so it is doing something. You may be a herb or two or process away from the perfect product to grow and reverse gray hair to a dark brown or natural color but keep trying. Thanks, Ryan

(56. I had to remove due to pictures made the file too large for the website to upload)

57. Hair

Symptoms: Peach fuzz / arms / legs / shoulders / sides of my body / no hair / the hair has just come out all of a sudden / fast. / head / seriously considering hair implant surgery / perplexed / liver flush /

Products mentioned

Spray II & III / Spray II & III /

I just finished a 14 day juice fast and made some mistakes but feel glad I did it. One interesting thing has happened - I now have peach fuzz growing on my arms, legs, shoulders, and sides of my body where there was no hair before. I have never been a very hairy person but the hair has just come out all of a sudden. I also was able to spend 2-3 hours a day out in the sun and swim in the ocean during my fast. The appearance of peach fuzz just about all over my body has been a major confirmation that I am on the right track with fruits and juicing. I am feeling more confident than ever that the hair on my head will grow back someday especially if I continue using **Spray II & III** and/or **TopKnot** and eat plenty of fruits and live food. I was seriously considering hair implant surgery which would have cost \$10,000+ so you have saved me a lot of money.

58. Hearing

Symptoms: Ear / outer ear / hearing / problem

Products mentioned: Advanced Hearing Spray

Just to let you know my progress, I have been spraying the **Advanced Hearing Spray** into each ear as well as the outer ear twice a day for the last 2 months. By using my hearing audio to test my progress once a week, my hearing has improved by 20 decibels in the high frequency range. my high frequency problem has been there for as long as I can remember so any improvement is great. I will continue to use the spray and hopefully this will benefit many others as well. Jody is a very good person to have around for you, gives you time to do your stuff. Wish I could convince more people to use your herbs, but people don't like lifestyle changes but that is there problem. **Eventually I will try just about everything you sell**, I still use your hearing spray. When I got the first version of the hearing spray my hearing really improved a lot the first couple of months. Maybe the spray cleared out some gunk or something and it is still improving just not as fast but I am very happy with it. Thanks for the products, Ryan

59. Hearing – “Is that possible after only two sprays”

Symptoms ; Ear / complaining / hearing / pain / right heel / arthritis / right knee / left ear / hurts / feet

Products mentioned ; Spray II

My mom was complaining about pain in her right heel. It's probably arthritis, as the weather was very raw and damp. I sprayed **Spray II** on her heel, and also her right knee. She said it felt better, but the next day, something very interesting happened. She was losing the hearing in her left ear, and plays the tv at full volume. When I get home from work, I have to cover my ears, because the high volume hurts. When I got home that day, the tv was at a very reasonable level. She said her hearing came back! Is that possible after only two sprays? Can a spray on the right heel affect the left ear? I have been doing reflexology massage on her hands and feet, focusing on the left ear. But the timing of the healing makes me wonder if it was the spray?

60. Hearing

Symptoms: Ear / hearing / bad

Products mentioned: Spray III

Hello, I was experimenting with the **Spray III** and decided to give two sprays on a q tip and insert it into my ear as far as comfortable. I have been doing this for about 2 weeks just to see if there would be any good results. My hearing has always been bad as far a high frequency goes because of chain saws, guns and such. I was using the **Garlic** and **B & B** for awhile with some positive results but not this good but haven't used them for awhile. I brought out my hearing audio cd just to see if there would be any

difference and low and behold, I am hearing sounds better than ever. Can you make up something with the base spray in mind with some herbs known to improve hearing or add the garlic and b & b? Thanks

61. Hormone

Symptoms: Nine pounds lighter / nasty flu / thyroid and belly.

Products mentioned: **Spray III** , **Thyroid Spray** / **Tooth and Gum** / **Woman's Hormone Spray** / **Mrs. Barefoot** / **LBB** /

Nine pounds lighter in one month, have been weighing myself daily for two months so this is not a brief fluctuation. Nothing else different, except I have used your **Spray III**, especially when I caught a nasty flu going around. It was gone in three days and folks have been hacking with it for 3-4 weeks. Sprayed in ears and up nose (stung like heck) - but really was good to get me over the congestion right quick. Never went into the lungs so had no cough, like most people with the same bug. Awesome products, will be reordering some sprays on payday, really want to try the **Tooth and Gum** one. **Thyroid Spray** will last a loooong time, have only been using a spritz here and there, once every day or two on the thyroid and belly. Suggestion for others: **Woman's Hormone Spray**, and maybe **Mrs. Barefoot** in spray form. Also **LBB** is spray form? I hate pills, just can't get myself to take them. Thank you - love your creative genius!

62. Itch

Symptoms: Skin / itch

Products mentioned: **Herbal Spray I**

Too bad I can't take a picture showing that **my skin doesn't itch anymore** after using **Herbal Spray I**. Pre itch and post itch!

63. Joints – “What a blessing that spray is!”

Symptoms: joints / hip / back / knees / ankles

Products mentioned: **Spray I**

MH, I have used that **Spray I** on my joints and it has helped me so very much. Helps my hip, back, knees, ankles etc. **What a blessing that spray is!**

64. Knee – “Pain Free”

Symptoms: Knee / swell / hurt / swollen /

Products mentioned: **Spray III**

As I was cleaning snow from the walks my motorized cart swung around and smacked my knee. Usually a hurt like that would swell and hurt for days. I sprayed the knee a couple times that day with **Spray III**. I'm amazed! My knee hasn't swollen and is pain free. It feels like nothing happened.

65. Knee / Shoulder

Symptoms

Knee / shoulder / hurting / ear / congested / menstrual cramps / left ear / hearing

Products mentioned: **Spray I**

I got my order last night. Thanks!

I brought **Spray I** to work with me, and I went to the ladies room and sprayed my knee and shoulder. I didn't do more because I wasn't sure how much my co-workers could smell on me. Hard to tell effect, because they weren't really hurting today, but I am pain free. I went back to work, and I kept getting the strong urge to spray more. I finally gave in and sprayed my ear, which is congested. It seems to have helped. Must mean my body needs it if I keep getting the feeling to spray more. I am looking forward to my menstrual cramps next week, so I can see if it will work on that! I am going to try it on my mom's left ear and see if her hearing improves.

66. Knee: “working miracles”

Symptoms: Knees / beating / damage

Products mentioned: **Spray II**

Hi MH, In junior high and high school I was quite the track star and excelled the most in sprinting and my favorite the 400 meter relay. I always was the one who was in the first leg of the relay first and gave the rest of the team a great head-start. However, long distance running was never my forte, which seemed to be favored by the U.S.A. air force for keeping us slaves in shape. After running on asphalt/ concrete four miles at a time three days a week my knees took a beating. Plus whatever other damages the experimental vaccines I was subjected to, did to me. I can really not run for too long anymore on hard or soft surfaces, unless a padded treadmill. But **Spray II** so far is working miracles on my knees along with cleaning up my diet. Vince

67. Knee

Symptoms: Knee pain / she's 71 / mobility

Products mentioned: Spray III /

My mom has been using **Spray III** for knee pain. It started unexpectedly little over a month ago (she's 71) and she swears by it. It really helps her mobility.

68. Knee - "When I used the spray on those pains, they disappeared within minutes."

"she did and the pain was gone from the infection within just a few minutes."

Symptoms: Pain in my knees and back / aches and pains / bad yeast infection / teeth / dentures / mouth pain free /

Products mentioned: Spray II

Thank you for the herbal **Spray II**, I have been using it for 4 days now and the pain in my knees and back has reduced by at least 90% after using the spray. I noticed many other less or aches and pains, I believe they were there all the time, just overlooked because of the back and knee pain. **When I used the spray on those pains, they disappeared within minutes.** On a side note, my wife had a bad yeast infection in her private area, I said use the spray she argued with me because she said it was for something else. I said use it, **she did and the pain was gone from the infection within just a few minutes.**

She said give me that bottle, it's mine now!!!!!!!!!!!!. I am going to continue to use the spray when I can get it back from my wife, she has been going to everyone of her friends and spraying their aches and pains. I honestly you have produced a product that will help many more veterans, and their families, oh by the way I had to get all my teeth pulled, and got dentures just 3 days ago. The spray has kept my mouth pain free. With all the things that this wonderful product does I call it the 108 uses spray, but I am sure that is leaving too much out. thank you again.

69. LEG

Symptoms: Leg / hurting / pain / calf / foot / white stuff / toes

Products mentioned: Herb Spray III

The other evening, my son's left leg started hurting again. Thankfully, I didn't have to sit there and massage it because I had the Herb Spray. He asked me to spray it every half an hour to hour and the pain went from his calf to his ankle to his foot, then finally, the bottom of his foot. The morning after, there were white stuff (similar to mold on a rotten orange) on the tip of his toes, but his foot did not hurt anymore. I wanted to see if it would happen again so I sprayed his foot that night even though there was no pain. No white, moldy-looking thing the next morning. Did any of your other herb spray users experience this? Btw, I used the **Herb Spray III** internally for several days of my last fast (1t a day). Quite a zinger! But, I think, the benefits are more noticeable used externally.

70. LEG (cramps)

"a God send for me"

"It relieves the muscle cramping right away"

"I have neck and back pain and the spray takes all the pain away."

"the brown spots on my hands are disappearing."

"usually my skin would be dry and itchy but with the sprays my face and neck area are silky soft."

Symptoms: Leg / foot cramps / very very painful / sleep / body / under arms / lymph in my under arm area are draining / back / neck / eyes / finger nails / hair /

Products mentioned: Spray II & III /

Hi MH, I have **Spray II & III** (not sure why I didn't order Spray 1). I guess I always go for the strongest. These are a **God send for me** as I have trouble swallowing capsules so this way I can spray as often as I want with no problem. When I first got the sprays I was being woke up in the middle of the night because of leg and foot cramps. It would keep me up as I would have to walk them out which could take half an hour or so. It was very very painful. Now I just spray my legs and feet and go back to sleep. **It relieves the muscle cramping right away.** I have **Spray II** in my bathroom and I spray my whole body after my shower every morning. I spray every part of my body. I spray my under arms and I can feel my lymph in my under arm area are draining. I spray my back and the back of my neck as I **have neck and back pain and the spray takes all the pain away.** I also notice that **the brown spots on my hands are disappearing.** It is winter time and **usually my skin would be dry and itchy but with the sprays my face and neck area are silky soft.** I haven't used any cream/oil on my face/neck area just the sprays and it is incredible how soft my skin is. Every place that I spray is silky soft. I also spray my closed eyes. I am hoping to restore my eye site. My finger nails are getting harder and my hair seems to have more body lately. I have **Spray III** in the kitchen and whenever I feel like I need a spray I spray my face neck, hands wherever I feel I need or want it. I love my sprays and every time I feel any pain I just get out my sprays and spray and the pain is gone. I look forward to your new sprays for specific problems. God Bless, ##### Vancouver BC, Canada

71. Lymph Glands – So yes, it definitely helps clear the lymph!

Symptoms: Blow up / foul mood / timid / chest / arms / calmer / relaxed / ears / lymph glands / neck /

Products mentioned: Spray I / Thyroid Spray / Spray III

Just wanted to share with you so far what I have noticed with the **Spray I** received day before yesterday. Tues they were on my doorstep after I came home from work, so I was very excited to give them a try. I did not really investigate the **Thyroid Spray** too much as it was late, but I had a blast with the herb **Spray III**. It had been a pretty stressful day and I had a blow up with my son so I was not particularly relaxed and in a fairly foul mood. I was sort of timid with it at first, just a few spritzes to my chest and arms and noticed within minutes how much calmer and more relaxed I felt. I did some studying and reading and then before bed decided to try a bit more of the spray. I felt a strong urge to spray it in my ears but I only did it in the right one first, to see if I had any kind of reaction to it and when **I went to feel the lymph glands on my neck the left one was about 8 times larger than the right! So I sprayed the left ear and could literally feel my left lymph gland going down, within 2 or three minutes it was the size of the right. So yes, it definitely helps clear the lymph!**

72. Lymph Glands - "I got a definite reaction the first time I used it, I had a strong bowel movement pretty quick after spraying and got the sense that this was something my body really liked."

Symptoms: Underarm and neck lymph node / lymph system / hairline / circulation / pinkish-red color / mouth / saliva /

Products mentioned: Spray II /

Hi MH, Here's my Herb Spray experience so far:

I've been using **Spray II** for a couple of months now. I'm mainly using it to spray the underarm and neck lymph node areas. I feel that it's helping my lymph system. **I got a definite reaction the first time I used it, I had a strong bowel movement pretty quick after spraying and got the sense that this was something my body really liked.** I also spray my hairline in hopes of having it thicken up. It seems to increase the circulation and it produces a pinkish-red color for a few minutes. I also spray once or twice in my mouth each morning. It seems to produce a lot of saliva which I understand is good for helping the body to assimilate the herbs. I'm in good health and have no major issues so I'll keep on using it to maintain good health. Thanks, Tim B.

73. Meditation

Symptoms: Sleep / meditation / clutter thoughts

Products mentioned: Sprays II

Spray II I use in the room for freshness and sleep. My newest experiment is to spray myself and the room immediately before meditation, and I do not have much experience in this journey yet as I have been practicing for only a month now and am still in "beginners" mind.(I hope to always be there). However, I am able to clear away my clutter thoughts allot easier and come out a bit more refreshed then usual.

74. Menstration: “My cramps disappeared within two minutes!”

Symptoms: Female monthly cramps / lower belly / lower back / advils / aleves

Products mentioned: Sprays I, II and III

Just a brief note to tell you that the sprays work beautifully for female monthly cramps. I have **Sprays I, II and III**. I first tried **Spray III** by spraying my lower belly and lower back. My cramps disappeared within two minutes. Tried Sprays I & II and they worked well too, although they took a minute or two longer to work. This is such a relief as I have sworn off the advils and aleves of this world! Thanks MH!

75. Menstration – “You're a life saver !” “amazing and fabulous!”

Symptoms: Slept / cramps / worst ever / pain / slept / night / lower belly / knees / attitude / "time."

Products mentioned: It is **amazing and fabulous!** Trust me, day one cramps were the worst ever. I almost couldn't believe that **Spray III** eliminated the pain and I slept through the night like a baby. I sprayed my lower belly, but didn't notice any hot sensation. I also use it on my knees with no burning, etc. I love spicy food, so maybe I'm just used to it... You're a life saver MH. Just ask my husband. The poor man has been on the wrong end of my cramp induced attitude. This time, he didn't even realize it was that "time."

76. Muscles (general) “Within minutes of spraying, he said his pain was gone”

Symptoms: Sore muscles / pain / sore shoulder / stiff necks / sore knees / back pain

Products mentioned: Spray III,

I purchased a couple bottles of the wonder spray with some other products of yours. I took **Spray III** to work since a lot of co-workers have sore muscles and such. I wanted to try it out to see what it could do for people who aren't into herbs and only medicines to relieve pain. First person had a very sore shoulder, he was listening to me tell another person about this spray when he asked me to spray it on his shoulder in this one spot. **Within minutes of spraying, he said his pain was gone**, and he wanted to know ere he could buy the spray. Other people who watched this came forward and told me pains. I sprayed people for half a day. From stiff necks, to sore knees, to back pain, people where amazed at the effects this had. Ryan

77. Muscles (general)

Symptoms: Bones / muscles / ligament / sore /muscle soreness

Products mentioned: Bone & Joint Spray (Pro Sports Kit) / Bone Syrup (BF&C)

I did receive the package. Personally, I have been using the **Bone / Joint Spray** regularly and taking the **Bone Syrup** every night. I have recently been lifting weights and doing a lot of cardiovascular work. So the sprays and syrups came just in time. Truly, my bones, muscles and ligament just don't feel as sore as they normally would when working out. As a matter of fact, muscle soreness has been at a minimum. I think your are on to something! Jack from maryland

78. Muscle (cramps) “spray takes it all away!”

Symptoms: waking up / foot cramps / leg / painful / sleep / muscle cramps / back / lymph / neck / brown spots / hands / skin / dry / itchy / eye sight / finger nails / hair

Products mentioned: Spray II, Spray III,

I have **Spray 2 & 3** (not sure why I didn't order Spray I). I guess I always go for the strongest. These are a god-send for me as I have trouble swallowing capsules, so this way I can spray as often as I want without any problems. When I first got the sprays I had trouble with waking up at night wit leg and foot cramps. I

would have to get up and walk them out for about half an hour or so. It was very, very painful. Now I just spray my legs and feet and go back to sleep. It works instantly on muscle cramps. I have **Spray 2** in the bathroom. My entire body gets sprayed each morning after my shower. I spray every part of my body. I spray my underarms, and I can feel my lymph in my underarm area is draining. **I spray my back and the back of my neck as I have neck and back pain. The spray takes it all away!** I also notice that the **brown spots on my hands are disappearing.** It is wintertime and usually my skin would be dry and itchy, but with the sprays my face and neck are silky soft. I haven't used any cream/oil on my face/neck area just the sprays. It is incredible how soft my skin is. Every place I spray is silky soft. I also spray my closed eyes. I'm hoping to restore my eye sight. My finger nails are getting harder and my hair seems to have more body lately. God bless,

79. Neck

Symptoms: Shoulders / neck pain / shoulder muscles seem to relax / relief

Products mentioned: Spray III

Spray III: my 9 year old daughter and I use it on our neck and shoulders because we both suffer from occasional neck pain. She reports having a warm feeling on the area once I spray, and her shoulder muscles seem to relax. I also obtain relief from spraying. It takes just seconds to work.

80. Neck

Symptoms: Smoking / weaker / aches / pains / neck ache / constant ache / muscle problem / stiff / relief / right side shoulder / sneeze / cough / sore back / knees / snorts

Products mentioned: Pre-cleanse / LBB / Oregano Oil / Sprays I / II / III / Eye / Mouth / Tooth & Gum.

I am a 43 year old woman who has been on a raw lifestyle for over a year now. Along with quitting smoking, I have lost 40 lbs. But this was not the reason for my journey. I was not a happy person and getting weaker in health by the month. I am not a very wealthy person and in a roundabout way, got in contact with MH and started my real changes after Book1 / Study Guide and book108. After doing the **Pre-cleanse**, I keep the **LBB**, and **Oregano Oil** at all times. I have just used about 1/2 the package of the **Sprays I / II / III** and **Eye** and **Mouth / Tooth / Gum**. I am most impressed with the **Spray III** and the **Tooth & Gum**. I got into yoga, taichi a little earlier then I should have (maybe too much body mass then should have) so the tranquility and peace of mind I was getting was being overpowered by the aches and pains afterward. I was truly doubtful about the benefits of these Sprays and should have known that anything MH touts as beneficial, has been experimented with his family and close friends. On my first Spray with III for my neck ache (chiropractor cannot seem to touch it-- constant ache--, but has aligned many other issues) so I deemed it a muscle problem) was after an especially grueling yoga, my neck was so stiff, I could hardly turn it to the right for days. I immediately had a surge of relief. I mean it. I didn't even have time to put the cap back on bottle before realizing that upon placing it back on the shelf.....I didn't have to favor my right side shoulder area. I thought.....what the heck? This can not be from the spray....but it was!! I have had this ache for quite some time and know my body rather well. I could not believe it. It lasted for about 45 minutes till I Sprayed again. The pain is almost non existent and I have gone several days without reapplication. I do Spray every now and again. Now, this Spray will most definitely make you sneeze or cough at first...but I hardly do that anymore. My husband thought I was full of crap when I told him, but after he used it for his sore back (from childhood) he fell asleep. Almost immediately from relief. Now, his knees are another story, but he does allow me to Spray him....he snorts and sneezes allot, but he is still on sad and has many other issues, but supports me 100% and will be open minded enough to try things. He is a believer of the **Spray III** too and that in itself is an accomplishment – (lemme tell ya).

81. Pain

Symptoms: Cough / wheezy / de-congestant / pain / knees / chest / throat / lungs / ear / arm / nose / scalp / hair / eyes / cold sores / lip /

Products mentioned: Spray III, Liquid Lecithin, Hormone Balance, Tree Iodine

I have been using herbal **Spray III** soon after it went on sale, so maybe for 7 weeks. So far this is what I have noticed. When I used to spray it on any are of my body I would get overcome by the fumes and very cough and wheezy. It is like a giant de-congestant. I originally bought it for pain. I have 2 knees that hurt when I go down the stairs. For some reason the spray has not made a difference for me in that area. However I also spray it on my chest and I have noticed my throat and lungs are clearer. I used to wake up in the mornings with a slight cough and no longer have that. I also stated to spray it in each ear and I spray it under each arm and no longer use a de-odorant. I only used all natural before and now need nothing. I am also now able to spray it in to my throat without too much of a problem, have not tried it in the nose yet but will. I feel my body is being detoxified in unusual ways with this spray. It does not seem to help me with surface pain but more from within. Oh yes, I also spray it on my scalp after a shower and it looks as if my hair is growing in thicker. Now I am not 100% certain if the spray is doing this and do not want to stir up false hopes as I take a lot of mh's other products, so it could be his **Tree Iodine** or his **Hormone Balance** or the distilled water. I have taken the **Liquid Lecithin** for over a year. It's fun to experiment. I would love a spray for the eyes. I've found **Spray III** to be effective on cold sores. My lip had a number of cold sores, so I began to use the spray. In a day or so the were gone. Caleb

82. Pain.

Symptoms

Pain / mean / grumpy / angry / joints

Products mentioned

Spray III

I have a friend whose father is 74 years old. He walks in pain 24 hours a day and is a mean sob, grumpy and angry at the world, because of his physical condition. He fought in martial arts tournaments back in the early to late 1970's, even watched Chuck Norris fight in small town arenas back when no one new who uncle chuck was. So yeah, he tore himself up at an age when he should have been behind a desk all day. Anyways, I took some of your **Spray III** pain spray and added one ounce of true Solomon's seal root tincture to the base spray. I told my friend to give it to his father and told him to have him spray it all over the body every morning and especially on the joints, then spray the joints 3x more daily. 3 days later I get a phone call. "what did you put in that stuff, military grade steroids or something??" I asked why. He said that his dad usually gets up around 10:30am, and lumbers through his day in pain, but that morning his father got up at 7:00-7:30 and was trying to single handedly move a refrigerator from his garage to his kitchen. Knowing these guys are crazy to begin with I just asked "is that normal for your dad?" he replied "normal? It's unheard of!"

83. Pains (General)

Symptoms: Pain / achy neck / shoulder / feet / crying / knee / hurting / back / itching / sprained ankle / head-ache / hands / rheumatoid arthritis

Products mentioned: Spray III

Just received the herb **Spray III** yesterday and went crazy with it on anybody who showed signs of pain. The smell is actually very cool & refreshing. Below are the people I've sprayed and their reactions. Gave my achy neck/shoulder 3 squirts yesterday; it didn't stop aching right away, but the ache hasn't come back. I'm currently on a fast so this may be helping the healing too. My son's feet aches once in a while--usually so badly that he would wake up crying. He has been asking me to spray his achy feet several times now. He likes the herbs that I get though so not sure if some of these are real aches or just his fascination with wanting to try a new product. My mother's knee has been hurting for a couple of months now so I gave her several squirts. It stopped hurting, and then came back so gave several more squirts. She ended up with less pain, but not completely pain free. My father has some persistent itch on his legs so I gave him several squirts. After a couple of minutes, he asked me to spray his back which was itching as well. I also sprayed some in the air for him and my mother and he said he felt better. My nephew has a sprained ankle so gave several squirts; after several minutes, he said it didn't hurt anymore. My sister had a head-ache so I squirted some in the air for her and she felt better. Squirted some on her neck & back since they were aching; pain lessened, but didn't go away completely. Squirted

some on her hands (twice) for her rheumatoid arthritis which only helped a little. Ended up leaving the bottle with my parents since they have more pains...

84. Prostrate

Symptoms: Pee easier / prostate

Products mentioned: **Herbal Sprays**

Now that I think about it the herbal sprays have helped me pee easier too. Taking care of the prostate through clean water and exercise should be a top priority.

85. Ribs..... I would recommend these sprays to anyone who wants to feel better!

Symptoms: Hurt / rib / sore / legs / hardly walk / knee

Products mentioned: **Spray I, Spray II , Spray III**

Want to add my story to the booklet about the sprays. 3 weeks ago, I hurt my rib under my under wire bra whenever I tried to pick up something that fell behind the drier and had to lean way over the counter. I heard a pop in my rib and it hurt very badly for a few days. At night it was hard to turn over in the bed.

Finally..... I got the idea to use **Spray III**, it burned, but that started the healing and I only used it once after that. The sore place is better now. I gave **Spray II** to my 87 yr old mother in law. Her legs hurt so bad she can hardly walk some days and has to hold to chairs and the counters in the kitchen when she tries cooking. She says the spray helps her some. My father in law had a knee replaced last spring and uses the spray on his knee. He says it helps too. I tell them to use it more frequently but I don't think they do. My favorite is **Spray I**. I use it several times a day. Whenever I am tired throughout the day I just spray my face, my ears and neck. Immediately I feel refreshed, restored and revived and ready to go on with my activities. **I would recommend these sprays to anyone who wants to feel better.**

Sheila / W.V.

86. Room Sprays

Symptoms: Feet / back / torso / sleep / insomniacs / dreams

Products mentioned: I sprayed a light spray over feet, back, torso and went to sleep, very relaxing stuff, I think it alone could be a good sleep aid for most insomniacs, I will definitely be packing it the next time I am stuck in a hotel room. I slept really well that night, had fabulous dreams (all about health and repair) and woke up completely energized at 4 am. Probably the best night's I have had in years. I had also been having trouble getting into gear for a few months now, and usually slam the alarm down until at least six or later, so this was exciting.

87. Room Sprays

Symptoms

Products mentioned

After a few minutes she stopped coughing completely!!!!!!!!!!!! I'm so excited that it worked so well because that's one of the reasons I got it. I'm also going to try to spray the bedroom tonight. I'm really fascinated with these sprays and I can't wait till more come out to buy and experiment with! So thank you for putting your time and effort into making amazing products that actually work!

88. Scrapes

Symptoms: Elbow / bloody / bleeding / cut

Products mentioned: **Spray I**

The three boys were jumping and going crazy while mom was in the motel shower. Tyler age 10 slipped and banged his elbow on the bed rail. The results were a bloody elbow. We sprayed the **Spray I** on the elbow and the bleeding immediately stopped. We gave several sprays and by the end of the day, you could barely see where the cut had been.

89. Shingles

Symptoms: Shingles / Parasites / Severe Pain / Itching / Pustules / Redness / Outbreak / Back / Bumps / Skin / Chicken Pox / Herpes / Agony.

Products mentioned: **Spray I, Spray II, Spray III, LBB Capsules, De-wormer, Olive Leaf Capsules, Oregano Oil, / Herbal Tea / Sorghum Molasses.**

I use the **Spray I** for underarm and all over. The satisfaction my body feels is indescribable. For I feel alive and receptive to the energies around me. How **Spray II** and **Spray III** helped me get through a nasty case of Shingles. I have been concentrating on my Parasite problem and have been taking the usual **LBB Capsules, De-wormer, Olive Leaf Capsules** and a few drops of **Oregano Oil** in a capsule daily. Sometimes I could feel those Parasites crawling up my Spine so when I broke out with a rash at my spine I thought it was Parasites coming out. This was on a Monday and I would spray my Back a couple of times a day with either **Spray II** or **III** whichever one was handy. I have one in my bedroom and one in the kitchen. I had a chiropractor appointment on Thursday and he said it looked like Shingles on my Back. I have never had Shingles nor did I have Chickenpox as a child. So I came home and searched your site on Shingles and found lots of people had suffered with their Painful and Itchy symptoms. I took your advice of course stopped eating; made sure the bowels were clear took lots of **LBB, De-wormer, Olive Leaf Capsules / herbal tea / Sorghum, Oregano Oil** in a capsule and Orange Juice. Everyone on your forum complained of Severe Pain and Itching. I had some Pain and Itching, but it didn't seem as extreme as everyone else complained about. Then of course I realized why this was. I had been **Spraying** the area with your **Sprays**. So I started **Spraying** more often. Every time I thought of it I would spray my Back. After one day of continuous **Spraying** the Inflammation around the Pustules was gone. The Pustules Scabbed over got very Red and seemed to get smaller. On Friday I had another Outbreak this time in the front just under my Breast flared up. So now that I know what I am dealing with I **Sprayed** it right away and continued to **Spray** it throughout the day every time I thought of it. This area did not develop into Pustules it merely got red and a small raise to the Skin. It was sore but not Itchy. I continued to **Spray** it and by Monday the Redness is gone and just some small Bumps remain. Can you imagine what your **Sprays** will do for children with Chicken Pox? If the parent **Sprayed** it right away a child may not have to suffer any ill affects of the Chicken pox. And then there are those people with Shingles and Herpes. MH you have made an amazing product!!!! Your **Sprays** have 'saved' me from a lot of Pain and Agony. If I had started **Spraying** my back continuously as soon as the Rash appeared I have no doubt that there would not have been any Pustules but merely Redness and maybe the second site would not even have erupted. Thank you so much. God bless

90. Skin Tags

Symptoms: Foot / phantom pain / chronic neuralgia / withdrawal symptoms / methadone / flare up / carpal tunnel / hand / skin tag / neck /

Products mentioned: **Spray III**

I wrote you a few days back about **Spray III**. I'm spraying it on my right foot for phantom pain and chronic neuralgia. It is doing well. I think I am experiencing some withdrawal symptoms from the methadone, but am working through it. I had a flare up of carpal tunnel on my left hand and sprayed it with **Spray III**. I then noticed a small skin tag turned brown and dried up. Today it fell off. I do have two skin tags on my neck. I will take a before picture and spray it with **Spray III** and an during/after picture so you can see how the skin tag reacts (dries up, dies, and falls off) with Spray III. This is awesome. Not only is it helping my foot, its getting rid of ugly skin tags as well. Thank you, thank you, Gidget

91. Skin tags - "The skin tag fell off in 3 days."

Symptoms: Skin tags

Products mentioned: **Spray III / Tooth & Gum Spray / Topknot Spray / No crash / Longevity spices**

Hello, Thank you just placed an order. I can't wait to try the Topknot spray. I ordered **Spray III, Tooth & Gum Spray, and Topknot Spray**. On next order I will order either **No crash** or **Longevity spices**. Just need to save up more money. I forgot to tell you in previous emails - I used **Spray III** on one of my skin tags. "**The skin tag fell off in 3 days.**" I ran out of the spray about a week ago. Plan on using the spray on other skin tags.

92. Sinus

Symptoms: Runny nose / ear infection / short flu /

Products mentioned: Room Spray / Maximum Restore / Earache Spray

Does **Maximum Restore** dry up runny nose?

I used it together with **Room Spray**, and true, his osteopath cleared his head a lot, but after one day of **Max Restore** and **Room Spray** - his nose is free free !! Back to normal. What is not back to normal is another spike of ear infection due to this short flu, the ear infection was much much better after using the **Earache Spray** and the touching around his ears.

93. Sinus

Symptoms: Pressure / nasal cavity / 14 months / sinus pressure

Products mentioned: Spray I & II

Don't know if anyone else has tried using the herbal spray as nasal spray but I'm giving it a go. I have had this pressure in my nasal cavity for 14 months which will not go away. I directly link it to chem-trails. The town I lived in most my life didn't see much chem-trail activity it wasn't until I moved on the east-side of Cleveland when I noticed chem-trails almost daily. The came the sinus pressure. I have tried the herbal **Spray I & II** both burn a little for about 5 seconds. Take care

94. Spasms

Symptoms: Muscle spasms / ambulance / body /

Products mentioned: Herbal Spray III

My wife woke me at 1:30 am during the night because of muscle spasms. The spasms were very severe! At 3:30 we called the ambulance for help, we were desperate. Meanwhile my granddaughter living next door awoke. Upon learning about the pains grandma was having, she ran over with a bottle of **Herbal Spray III**. It was amazing. You could see the body relax once it was sprayed. By the time the E/R arrived the muscle spasms had subsided. The spray kept the spasms from returning. We use it whenever needed. Jonas

95. Sports (basketball)

Symptoms: Painful / weak / stressful / weight / lazy / hurts / wimpy / leg / lungs / congestion / coughing / cold / sickness

Products mentioned: Spray III

I am a 40 year old so called weekend male athlete. I build houses during the week and I love to play Basketball whenever I can find a game. But from 30 yrs old until now it has been very painful. I would actually get mad at myself thinking, man, you are getting weak! I turned 40 this year. It was the most stressful year of my life. My business not as good, people not paying etc. I am gaining a little excess weight and feeling lazy because exercise hurts. I think to myself I am surely smarter and stronger than the way I am living. So I say enough! Start eating better and working on my insides. A couple months go by. I am using my elliptical machine and the bowflex, both easy on my body, still a little wimpy. I play a few games, pain still there , especially the 2nd day after , recovery time terrible. And I then find out about your **Herbal Spray III**. What I do; whenever I get out of the shower, I pretty much spray my whole body. After a couple of weeks still doing normal 15-30 minute workouts, I decide lets give it a test on Sunday night basketball. 1st night –played 1 ½ hrs.—felt good, no pain, leg recovery amazing. Next week played 3 hrs. (2 hour game time 1 hour shooting) what happened that week was amazing. We play / practice Monday / Wed. And Fridays before the high school games . I believe that anyone, whatever sport, be it golf, basketball, whatever. That if you are having pain, slow recovery, and are tired of taking alieve, advil, ect. You too will be amazed at what this spray will do for you. It has also helped my lungs, no congestion, at all. I've used the Spray III, with no coughing at all, my lungs are clear. I haven't had a cold or any sickness all winter. (there is some terrible stuff going around in our area) In closing I believe if you are MJ or just the average Joe; you will be telling everyone about this spray, after you use it ,,and will probably give it away because you are so excited about it. Thanks again, I will be trying to take my sports to the next level. Nature, what an amazing thing. Matthews team

96. Sports (hockey / skating)

Symptoms: Hockey / skating / sore muscles / aches / soreness

Products mentioned: Spray III

Playing hockey and skating usually results in sore muscles and some aches. I've found **Herbal Spray III** to be an effective solution to soreness. friend

97. Sports (working out) **“Over my 50 years I have tried numerous pain relief ointments, sprays and pills. Some were better than others to relieve pain, but I can honestly say that MH’s Spray III is by far the best pain relief formula that I have ever used” “I have finally found a natural solution to all my joint and muscle aches”**

Symptoms: Lifting weights / cardiovascular work / bones / muscles / ligament / working out / muscle soreness / pain relief ointments, sprays and pills / joint pains / stomach / injuries / wear and tear /

Products mentioned: Bone - Joint Spray / Pro Bones Syrup /

I did receive the package. Personally, I have been using the **Bone / Joint Spray** regularly and taking the **Pro Bones Syrup** every night. I have recently been lifting weights and doing a lot of cardiovascular work. So the sprays and syrups came just in time. Truly, my bones, muscles and ligament just don't feel as sore as they normally would when working out. As a matter of fact, muscle soreness has been at a minimum. I think your are on to something! Jack from Maryland

Updated:

Over my 50 years I have tried numerous pain relief ointments, sprays and pills. Some were better than others to relieve pain, but I can honestly say that MH’s Spray III is by far the best pain relief formula that I have ever used. I have found the **Spray III** to be the most effective remedy to minimizing or eliminating muscle soreness and joint pains. Because this formula is herbal base, I can apply it as often as I need and don't have to ever worry about my stomach being upset from taking nsaid's (anitinflamitories) Being an ex college basketball player and still actively working out, **I have finally found a natural solution to all my joint and muscle aches.** My old college basketball injuries and wear and tear from my workouts are no longer a challenge. I have found this herbal formula to be very powerful and only requires a couple sprays to the local area of pain. Thanks MH for developing this pain relief formula! Jack from Maryland

98. Sports (baseball)

Symptoms: Pitcher / surgery on his shoulder / broke his clavicle bone / muscle / remove the piece of Bone / muscle fatigue / thyroid / swollen /

Products mentioned: Spray Kit / Spray III / Spray II /

Hi MH, My husband is a pitcher and he had surgery on his shoulder about 6 weeks ago. He broke his clavical bone..didnt know for about 4 months so when the bone healed a piece had broken off an was digging into the muscle so they had to go in and remove the piece of bone. He's healing well but I just read your post on the herbal spray and thought why not give it a try. Which spray would you recommend? I'm TRYING to work on his diet as well... Also for muscle fatigue during baseball season what would you recommend?? Thank you, J.

M.H.

I'm wondering if one of the sprays would be beneficial to my thyroid since it's swollen????? That should be fine while nursing??? **He plays for the Baltimore Oriels...**so we spend half the year there and the other half in Arizona. Can you tell me if you have sent out my last order yet? Wondering If I can add the spray to that one If not no biggie I will place another order Thank you, J.

MH,
THANK YOU so much for the herbal **Spray Kit**. I love **Spray III** its so strong, I love the tingle :) Made my husband cough but other than that he likes it. Thank you again!!!! J.

Update

Because of you I know my family and I can achieve health :) My husband looked at the sports folder last night and will hopefully type of a story this week. His shoulder feels great. He's used up **Spray III** but is using **Spray II** and think it works great too!!! He's throwing regularly now and will be good to go for spring. J.

Update:

He will be taking the sprays to the field with him so I'm sure some guys will take interest.

99. Spray I

Symptoms

Products mentioned: Spray I / De-Wormer

I got my order last night, man I felt like a kid in a candy store. I had to open everything and try it.

Wonderful things just waiting to be opened just could not wait. Gee I sprayed everyone in the house with **Spray 1**, and had everyone take a shot of the **De-Wormer** etc.

100. Spray III - "Wow, that stuff works!!!..."

Symptoms

Products mentioned: Spray III

Dear MH, I just applied the **Spray III** liberally like you said. **Wow, that stuff works!!!...**

I don't have a whole lot of money to spare but I can see that would be an essential. What's the best you could do on a big jug of it? I'll bath in it if I have too! Thanks for Everything, Erik

101. Spray III - "It is amazing how many people are taking drugs to help them not think about their pains but the ones that weren't on pain medicine noticed the biggest difference. I could sell a gallon in no time to people with sore muscles."

"NO LONGER use a de-odorant"

"hair is growing in thicker"

Symptoms

Very coughy / wheezy / GIANT De-Congestant / pain / knees that hurt / chest / throat and lungs are clearer / slight cough / detoxified / nose / sore muscles / sore shoulder / stiff necks / back pain.

Products mentioned: Spray III / Tree Iodine / Hormone Balance / Liquid Lecithin /

I have been using **Herbal Spray III** soon after it went on sale, so maybe for 10+ weeks. So far this is what I have noticed. When I used to spray it on any are of my body I would get overcome by the fumes and very coughy and wheezy. It is like a GIANT De-Congestant. I originally bought it for pain. I have 2 knees that hurt when I go down the stairs. For some reason the spray has NOT made a difference for me in that area. However I also spray it on my chest and I have noticed my throat and lungs are clearer. I used to wake up in the mornings with a slight cough and no longer have that. I also stated to spray it in each ear and I spray it under each arm and **NO LONGER use a de-odorant**. I only used all natural before and now need nothing. I am also now able to spray it in to my throat without too much of a problem, have not tried it in the nose yet but will. I feel my body is being detoxified in unusual ways with this spray. It does not seem to help me with surface pain but more from within. Oh yes, I also spray it on my scalp after a shower and it looks as if my **hair is growing in thicker**. Now I am not 100% certain if the spray is doing this and do not want to stir up false hopes as I take a lot of MH's other products, so it could be his **Tree Iodine** or his **Hormone Balance** or the distilled water. I have taken the **Liquid Lecithin** for over a year. I will continue using **Spray III** as do not feel well without it. I purchased a couple of bottles of the herb spray (herb **Spray II & III**) with some other products of yours and brought **# 3** to work since a lot of co-workers have sore muscles and such. I wanted to try it out to see what it could do to people who aren't into herbs and only medicines to aleave pain. Ist person had a very sore shoulder, he was listening to

me tell another person about this spray when he asked me to spray it on his shoulder in this one spot. within a few minutes of spraying, he said his pain was gone and wanted to know how he can get buy this spray. Now other people who watched this came forward and told me about there issues and once again I sprayed people for half a day. From stiff necks to sore knees to back pain, people where amazed at the effects this had. There were a few folks who said it only helped a little but they were drugged up with pain medicine but 90% of the 25 people with problems of such I sprayed where convinced this is worth buying. **It is amazing how many people are taking drugs to help them not think about their pains but the ones that weren't on pain medicine noticed the biggest difference. I could sell a gallon in no time to people with sore muscles.** I think there will be people from my shop ordering your herb spray and probably other products. Thanks, R.

102. Spray III - "In any case, I do not know of anything else that would work as easily and effectively as the herb spray in this situation; it is truly a finely-crafted product that actually works."

Symptoms

Pain / achy neck / shoulder / feet aches / crying / knee / hurting / persistent itch / legs / back / sprained ankle / head-ache / hands / rheumatoid arthritis / shooting pains going down the back / outside of my right calf muscle /

Products mentioned: Spray III /

Just received the herb **Spray III** yesterday and went crazy with it on anybody who showed signs of pain. The smell is actually very cool & refreshing. Below are the people I've sprayed and their reactions. Gave my achy neck/shoulder 3 squirts yesterday; it didn't stop aching right away, but the ache hasn't come back. I'm currently on a fast so this may be helping the healing too. My son's feet aches once in a while--usually so badly that he would wake up crying. He has been asking me to spray his achy feet several times now. He likes the herbs that I get though so not sure if some of these are real aches or just his fascination with wanting to try a new product. My mother's knee has been hurting for a couple of months now so I gave her several squirts. It stopped hurting, then came back so gave several more squirts. She ended up with less pain, but not completely pain free. My father has some persistent itch on his legs so I gave him several squirts. After a couple of minutes, he asked me to spray his back which was itching as well. I also sprayed some in the air for him and my mother and he said he felt better. My nephew has a sprained ankle so gave several squirts; after several minutes, he said it didn't hurt anymore. My sister had a head-ache so I squirted some in the air for her and she felt better. Squirted some on her neck & back since they were aching; pain lessened, but didn't go away completely. Squirted some on her hands (twice) for her rheumatoid arthritis which only helped a little. Ended up leaving the bottle with my parents since they have more pains... I recently hurt my back by incorrectly lifting some heavy sacks of salt, and around the same time I started to have sudden shooting pains going down the back / outside of my right calf muscle. The back pain has since disappeared, but the pain in the leg would still randomly appear. I finally got my hands on a bottle of the herb spray and gave my leg a good spraying the next time the pain appeared. My pain was gone within a couple of minutes. During the next few days the pain came up less frequently and less severely. When it did come back full-force, a few spritzes of the herb spray quickly dispatched the pain. To me it appears that maybe by using the spray more regularly, in my case perhaps once in the morning, would work as a preventative to keep the pain at bay until I figure out how to deal with the source of my pain. **In any case, I do not know of anything else that would work as easily and effectively as the herb spray in this situation; it is truly a finely-crafted product that actually works.** Ian in Florida

103. Sunburn

Symptoms: Grey hair / face / sunburned / skin / flaking / peeling.

Products mentioned: Spray I

I don't have much grey hair just a little in the beard, and side burns. I am going to try **Spray I**. I already spray my face at least once a day, and usually feel good afterward. I recently got sunburned also, and used **Spray I** on my skin. I was hesitant, because I think there is some alcohol in it, and thought it would sting, but worked great. Skin was back to normal in two days, and no flaking or peeling. One thing I did

note is I seemed to be de-toxing like crazy after the sunburn, I am not sure what happened but...felt better afterward.

104. Sunburn - "the sunburn got lighter and lighter (just like the pain got less and less!)"

"thrilled / amazing!!"

Symptoms: Right hip / sun / lower left back / beat red / fair skin / burn easily / very painful / purple-ish red color / faint pink /

Products mentioned: Spray II

Last Friday here in southeastern Massachusetts, it was 70 degrees out and sunny. I was outside lying on my right hip while reading in the sun. Later that night I saw a large area of my lower left back was beat red knew it must have been sunburn. I'm a redhead with very fair skin and burn easily and the burns are always very painful. The pain was so bad I had trouble sleeping. In the middle of the night I got up and grabbed **Spray II** and sprayed the burned area generously and went back to bed. Saturday and Sunday I sprayed several times throughout the day just a few sprays each time, and here it is Monday evening and the burn is more than 50% gone. When I burn, it stays with me for days and **peels and occasionally blisters, but this time, nothing**. It barely hurts to the touch whereas Friday it killed just to have a shirt rub against it. Friday and Saturday it was beat red and then turned almost a purple-ish red color, but now 3 days later it's a faint pink. I kept an eye on it and noticed that after I kept spraying **Spray II**, the color of **the sunburn got lighter and lighter (just like the pain got less and less!)** I am SO thrilled with the results of this spray and I have already recommended it to several people. I just can't believe that someone, especially with my coloring can get over a sunburn so quickly...its amazing!! I really can't wait for more sprays to come out!!! If you ever need any testers for them, please let me know. Susan

105. Sunburn

Symptoms: Sun / skin / hot / stinging / immediate relief / peeling / freckles

Products mentioned: Spray I

Hi MH, I was out in the sun all day on Mothers day and when I arrived home my skin was hot and stinging. So I sprayed the **Spray I** all over. I felt immediate relief. I sprayed a couple more times...cause. I'm the "**spray lady**." In the morning it was a little tight but no pain. I sprayed some more and as of today no peeling. Just a few freckles...well maybe alot :) Best regards, Amie

106. Sunburn - 'No More Burn'

Symptoms: Sunny / skin / face / burned

Products mentioned: Spray II / III

When my daughter was leaving for work yesterday it was sunny out and she was going to be outside as it was sports day at school. She asked what she could put on her skin. I told her to just use the sprays. She used **Spray III** on her face. She said that her face didn't get burned until the later part of the afternoon. (she didn't take the spray with her) She sprayed once more last night about 6pm with **Spray II**. This morning when she got up she said '**No More Burn**' She only sprayed twice before she went out and when she got home.

107. Tail bone

Symptoms: Tailbone pain

Products mentioned: Spray III

Your wonder **Spray III** has relieved my mom's tailbone pain. Now she's going around telling everyone.
-es

108. Teeth

Teeth - instant relief from the pain !

Symptoms: Abscess / gum / pain / dentist /

Products mentioned: Spray III

Hello MH! My wife had an abscess on her gum which was causing her quite a bit of pain. She used **Spray III** directly on the gum and received instant relief from the pain. Every day for about 2 weeks she sprayed the gums and then went to a dentist. He pronounced her gums in great condition. There was nothing he could do for her! Imagine that. My wife has taken over the **Spray III**. I had to call Jody this morning and order some more.

109. Teeth – “I would be comfortable with tossing all my over the counter meds!”

Symptoms: Cramps / pain / amalgams / crowns / gums/teeth / cheek / gum / sore /

Products mentioned: Sprays I, II and III

Since **Spray III** worked wonders for my cramps, I thought I could use it to ease the pain of having two more amalgams removed and crowns put in. My gums/teeth were pretty darn sore. I sprayed a cotton ball with **Spray III**, put it between my cheek and gum...it was hot. I thought it would be okay since I love spicy food, but dang it was hot. I kept it there for approximately five minutes and replaced it with a cotton ball sprayed with **Spray II** - ahhhh (I only have **Sprays I, II and III** so far). I kept that in place for another five minutes. The pain was gone and hasn't returned! Since using the sprays for various aches has worked so wonderfully for me, I would be comfortable with tossing all my over the counter meds, but my husband won't let me. He still calls me a witch (he's kidding, sort of.) Lol.

110. Teeth

Symptoms: Teeth / gritty feel / breath / sour or rank / diet / gums are pink / bleed / tongue / mouth.

Products mentioned: Tooth/Gum Spray

I use the **Tooth/Gum Spray** everyday and night now. My teeth don't have the gritty feel at the end of the day and my breath is never sour or rank. My diet does allow for most of that, but my gums are pink and they have never been that way, they were on their way to bleed when brushing. Now...I love to smile and run my tongue over my squeaky clean mouth. The taste is good to me. And I feel so alive after using it.

- **Number 111 is an exceptional testimony! What a difference we all could have made “if” we knew then, what we know now! We can't go backwards and best we can do is educate the young ones to use natural and not medical.** Joel Berry, M.H.

111. Teeth – “He opens up his mouth wide whenever he sees the bottle coming! “

Symptoms: Mouth / teeth

Products mentioned: Tooth/Gum Spray / Baby Calm / Baby Calm and Tooth and Gum Spray

MH, My 8 month old grandson just loves his **Tooth and Gum Spray**. He opens up his mouth wide whenever he sees the bottle coming! Today, April 6, he is 8 months old and two bottom teeth have come in overnight with minimal problems. He also loves his **Baby Calm** and looks forward to getting it. He really is an herbal baby. I sure wish I had this herbal knowledge 30 yrs ago for my 7 kids. I would have done a lot of things differently. We are looking forward to a bottle of the combined **Baby Calm and Tooth and Gum Spray** you made last week. Thanks, Sheila B.

112. Teeth (teething) “My son absolute loves it and reminds me to spray him daily!”

Symptoms: Teething / sleep

Products mentioned: Tooth/Gum Spray

MH, The **Tooth and Gum Spray for kids** has been a god send! My son absolute loves it and reminds me to spray him daily. He usually is satisfied with three or four squirts. It relieves his teething issues fast and we all get more sleep. Jada

113. Teeth (ache) – “Now it just causes immediate pain relief!”

Symptoms: Toothache / neck / back pain / sore areas /

Products mentioned: Herbal Spray I / Spray III

I have been using the **Herbal Spray I** for a toothache effectively for about 3 weeks. I spray 2 squirts on it 3 times a day. I hope to get enough money together to have the tooth removed as soon as possible. I have been using the **Spray III** for neck and back pain. When I spray the sore areas, it works for about 20

minutes and then I spray it again. It was hot when applies the first few times, but now it just causes immediate pain relief. Lawrence W.

114. Teeth (motor coordination) - “Whistling”

Symptoms

Relax / mouth / tongue / hands feel much more relaxed / perfect penmanship / chips / teeth

Products mentioned: Tooth & Gum Spray /

Hi MH, I've had the **Tooth & Gum Spray** for a couple weeks. Use it regularly twice a day sometimes, when I remember. What I've noticed when using it regularly: **Whistling**: Normally, I never whistle. I don't like whistling, I don't like listening to other people whistle. I don't even like the word whistle. I think I've just typed the word whistle more times in the past minute than the amount of times I've typed it my entire life, or probably spoken for that matter. Something in it seems to relax my mouth and tongue making me want to whistle. **Hand writing**: I have a great signature, but my handwriting is classic sloppy M.D. for a few hours after using the Tooth & Gum Spray, my handwriting is much better, as my hands feel much more relaxed. In fact, about two weeks ago, I was working with a couple of clients at my desk. To help explain something to them, I was drawing a diagram, and labeling. The diagram was upside down to me, so they could see it right side up. I began labeling something and was writing upside down in perfect penmanship. The two clients sort of started to laugh in amazement at how perfect my handwriting was writing upside down. Then I started laughing a little bit myself in amazement, and had to tell them that I don't normally do that. And the funny thing is, normally I would have turned the piece of paper around so I could write right-side up, but it was completely natural, at that moment, to write upside down without even thinking about it. I'm not sure if the chips in my teeth are going to heal, but this formula seems to work well for motor coordination. Thanks for the great products,V.

115. Teeth (gum infection)

Symptoms: Horrible gum infection / teeth

Products mentioned: Tooth & Gum Spray (adult)

The spray that really blew me away though is the **Tooth and Gum Spray** (adult c formula). The day that it arrived, I woke up with a horrible gum infection that appeared out of nowhere. It was so bad that it felt and looked like 3 teeth were involved but I saw it was really only 1 after the swelling went down. After rinsing with sea salt, I sprayed the rest of the day w/ the **Tooth/Gum Spray** and by that night it was so much better!!! By the next day, I was able to gently brush that area again and have continued using the spray. I was truly amazed at how quickly it helped the gum infection!! Thanks for the great working sprays, MH and I hope you keep them coming:) Robin in Ohio

116. Teeth (teething)

Symptoms: Minerals / son / rest / night / irritation / teething

Products mentioned: Pica / Tooth and Gum Spray

MH, We have had the **Tooth and Gum Spray** for a week now and just an update....my son loves this stuff! The first day....he kept spraying and spraying....must had needed the minerals. He loves the spray and also loves his **Pica** minerals as well. It seems to be helping him rest at night as well without all the irritation from teething, etc. How often should I spray his mouth with it? Daily?

117. Teeth

Symptoms: Mouth / baby

Products mentioned

MH, Thanks so much for the offer of the free spray! Just wanted to give you our testimony since we have been waiting so long to try this spray. It's a great product! I leave the spray out on the coffee table for him and he usually tells me when to spray his mouth with it. He's finally gotten it down to how to spray it himself! It's a miracle spray! I'm wanting to use this on my next baby....whenever I get pregnant....I'll order some ahead of time!

118. Throat - “It's just magic!”

Symptoms: very bad sore throat.

Very bad sore throat / neck / pain

Products mentioned

Dear MH, I just had to write & tell you what happened, it was so nice. I had a very, very bad sore throat due to our changeable weather & not dressing properly. So I thought, oh, maybe I could use some of MH's herbal spray on it. So I sprayed it on both sides of neck & rubbed it in 'til almost dry then walked into the other room & when I swallowed the sore throat was gone. That was almost 20 minutes ago & the pain still has not returned. **It's just magic!** I wish I could buy one of every version you make. I'm older, almost 67, female, 5'8", 118#. I would like to put on some extra pounds but I'm too active to keep it on, I guess, due to taking care of my disabled mother & my sister. I'm trying to do all I can to stay healthy & not ever need to be looked after & cared for. Thank you so very much for all of your magical products. L.

119. Throat (sore) - That spray is wonderous!!

Symptoms: Sore throat / neck / irritation / soreness / sleep

Products mentioned: Oregano Oil / Olive Leaf Tincture / Spray III /

At 3 am this morning I woke up with a sore throat. I took 3 drops of MH's **Oregano Oil** in a capsule and 1 drop right on the back of the throat (it burns usually but that's ok). Then I chased that down with a dropper of **Olive Leaf Tincture** and 3 cups fruit juice. I grabbed the **Spray III** off my dresser and sprayed my neck in the area I could feel the irritation. (that also burned). The cool thing is within moments the soreness was gone and I was able to get back to sleep. That spray is wonderous!! I had a bad cramp this morning, I'm pretty sure within 4 hours I killed and crapped out whatever bug was trying to take hold. Just incredible stuff, who needs a doctor and I won't miss work! Mulberry

120. Thyroid - "I definitely noticed a huge spike in my energy level. It is funny how you get used to coming home from work tired and edgy, so you really notice the difference when you return feeling as happy and energized as when you left home".

Symptoms: Wired / wound up and energized / abdomen / thyroid / energy level / tired / edgy / happy and energized

Products mentioned: Thyroid Spray/

I experimented more with the **Thyroid Spray** on Weds - caution - you do not need a lot of it. I was so wired after my morning spritz - (I sprayed thyroid and abdomen) that I could barely sit still for my bible study and when I got to work all I wanted to do was get up and do something! So at lunch I went home, cleaned the house, made dinner early and did some laundry. Being a complete goob I naturally sprayed a few more spritzes on the thyroid before thinking twice about it and headed back to work. When I got home I was wound up and energized still and finally connected it to the spray. Good stuff! I am very curious about how this will affect me when my body calms down some on it, but I definitely noticed a huge spike in my energy level. It is funny how you get used to coming home from work tired and edgy, so you really notice the difference when you return feeling as happy and energized as when you left home.

121. Wrist

Symptoms

Wrist / pain

Products mentioned: Spray III,

I hurt my wrist a little playing with my 2yr old tonight so I got out my **Spray III**. I told him to stand away while I sprayed it. Now I have hardly seen anyone **Spray III** around them without at least a little cough or sneeze. Not only did the spray take away the pain, but he immediately saw what I was doing, came right over and put his nose on my wrist and just kept sniffing it. He got the bottle and wanted me to spray again so I did with him right there sniffing away and not once did he even flinch. No cough no sneeze, nothing! I'm amazed! Assures me what a healthy kid I've got.

122. Yeast Infection

Symptoms: Pain / knees / back / yeast infection / aches / teeth / dentures / mouth pain

Products mentioned: Spray II,

Thank you for the wonder **Spray II**, I've been using it for 4 days now and the pain in my knees and back has been reduced at least 90%. My wife had a bad yeast infection. I said, "use the spray." She did and the pain was gone from the infection within minutes. "give me that!" She rages. It's mine! I am going to keep using the spray when I get it back from my wife. She has been going to every one of her friends spraying their aches and pains. I honestly think you have produced a product that will help many more veterans, and their families. Of by the way, I got my teeth pulled, and got dentures 3 days ago. The spray has kept my mouth pain free. With all the things this wonderful product does, I call it the "108 uses spray" but I'm sure that is leaving too much out. thank you again

"MY" TESTIMONIES

My first three months "experiences" by, M.H.

The first was my finger. My finger was damaged many years ago and had what we would call arthritis in the middle joint. This had not bothered me for years. The boys wanted to go to a birthday party at the local bowling alley and I went along and after two hours of bowling with too small of a ball, my knuckle was inflamed and I was unable to bend it. This went on for 2 weeks. I held the finger straight and knew eventually it would return to normal and no big deal, even though this finger problem dated back over 20 years ago.

A customer stopped by after midnight and asked me if I had anything that hurt, I said not really other than my finger was stiff and not bent it for 2 weeks. He grabbed my finger and sprayed it with a chemical product and in 15 seconds my finger was pain free and I could bend it with zero pain. I didn't know such a thing could exist. I studied the product and didn't like the taste or what it was made of, but I felt I could understand the "theory" behind the product. I felt I could make something similar using herbs and minerals, etc. based on herbal tincture making I have learned many years before. I knew such a product would have an indefinite shelf life.

I made my first bottle and gave it as a birthday gift. I told the person of how my finger pain went away in 1 minute using a substance that I felt was toxic and had no shelf life, etc. and that this was my first attempt making an herbal spray. She used it at her party on her sister that has suffered migraine head aches much of her adult life. She just instinctively sprayed her face, her ears, neck and mouth. In a few minutes the inflammation started fading away and the head ache was greatly improved. This led to her and her husband using it.

Two days later I made another bottle and my brother was operating a cement power trowel for about 2 hours. I stayed around to occasionally put water on the cement. I noticed he shut the machine off and held his hand as he walked to his truck. I asked him what was wrong with his hand and he stated he had broken three of the fingers many years ago and they never healed correctly and after long use of vibrating equipment his hand swells. I seen his fingers were so swelled that he could not bend any of them, almost double their normal size.

I said wait a minute and I took the 4 wheeler to the house and grabbed my second ever bottle of what we came to call **HERB SPRAY I**. I went back and I grabbed his hand and sprayed it 2-3 times. He has never used herbs before and also, he was born with a hole in his heart and had an operation at age 5 and then 16. At 16 they took his heart out to patch it and it clotted, so they took it out a second time. I was also told that he was the first heart bypass patient in Ohio which was back when I was just a kid. So needlessly to say, he has taken drugs all his life and instead of drinking water, he drinks Pepsi and has fought with kidney stones and bladder cancers.

He goes back to running his machine and within 2 minutes he shuts it off and yells at me what was in that stuff I sprayed on his hand? I ran down to him and sprayed the spray in my mouth and stated it was so

safe a baby could use it. He showed me his hand and 100% of the swelling was gone and it never came back that day at all, with only one application of **Herb Spray I**. Naturally he wanted that bottle, so I gave him the second bottle ever made. So I make a third bottle.

An Amish man we know very well that resells our products stopped by to pick up some products. I explained the above stories and I gave him the third bottle to experiment with. He was in a hurry and had no clue what that bottle could have in it, but remembered the story of spraying the woman's face for the head ache. So he returns to his store and a man that he does business with was there and was having trouble breathing. The man explained he can never breathe well this time of the year when they are harvesting the soybeans. He said his asthma makes him swell and he has been on medical drugs for many years with no real success.

Instinctively with out knowing what was in this bottle, he sprays this mans face and ears. In two minutes this man starts breathing easier. The Amish man states this is the only bottle in existence and that he should take it home and try it and return with it the next day and the man agrees. The Amish man calls me at 11 P.M. the next night telling me that he has to tell me this story before he goes to bed. He says this English guy comes back to his store the next day and puts his check book beside the bottle of **HERB SPRAY I** and says he knows it is an experimental bottle and the only one in the world, but if it can be purchased, he stated he would write a check out for any amount if he could return home with this product. The Amish man laughed and told him he knew another bottle could be made and that he could have the bottle for free.

So I had three bottles out and three amazing stories similar to my finger. By the way, I did need to spray that finger for about one week before it never hurt again. In theory, you need to spray the joints every day regardless if they hurt or not. We need essential minerals all our life.

The next bottle created what we call **HERB SPRAY II** and then from it, came **HERB SPRAY III**. The person I gave the birthday gift to wanted a bottle for her mother's 93rd birthday. I know her mother has the crippling arthritic hands / body for many years. I stated I would make her a very powerful Herb Spray. So I took the base formula I and I added all of Dr. Christopher's herbs known to restore the bones / flesh / cartilage as well as the best herbs has to offer and I call this **HERB SPRAY II**.

Because this lady has very chronic loss of circulation with one of the worse cases of crippled hands I know of and very frail, etc. and also does not take herbs, etc...I wanted to add extra essential oils more than what I had used in the **Herb Spray II** alone. So I "beefed" up the formula so these essential oils would stay on top of the skin and this would make blood flow to those areas of the body to carry away these essential oils that the body has no use for what so ever. I knew this added circulation would aid her aches and pains and make the healing feel deeper and last longer as it takes almost a full day for the blood to remove these essential oils. The Base spray and herbs are used immediately as an acceptable food, while essential oils are always seen as an enemy and repelled. This combination added allot of circulation and warmth to her. We later seen her and asked her about her herb spray use and she said she loved that warm feeling and she grabbed and squeezed my hands hard and asked me if I believed these sprays could cure her hands! I told her anything is possible. Note that this lady has been sleeping with gloves on for many years because if her fingers touch each other she could not tolerate the pains. So I make another bottle of **HERB SPRAY III** and used it on my self:

Early that day I ate allot of grapes off our grape vine. Several hours later I used **HERB SPRAY III** for he first time. I sprayed my neck and elbows. A few seconds later I feel this rush of blood around my face and sensation down to my legs that lasted about 15 seconds. Then I had the sensation to go to the bathroom. I was all cleaned out by 10 AM that day and it was not normal for me to go to the bathroom until the next morning. After going to the bathroom, I noticed the only thing that came out was the grapes that I ate just a couple hours earlier. This only happened with the first application and by the second application my body had accepted the spray and I didn't have the flushing or urge to go to the bathroom, etc.

The Second person to use Herb Spray III

A long time friend Dean stops by to pick up a product that he resells a little of. I started telling him about these sprays and he has interest in **Spray III**. I told him **Spray III** is pretty strong and that maybe I should spray it in the air and let him smell it and make sure he is ok with the smell before he goes and buys a bottle. I knew Dean was in a near fatal motorcycle wreck almost 25 years ago. He hit a dump truck and was thrown into on coming traffic and ran over by a car. This ripped his lower back out with his kidneys and it is a wonder he is alive at all.

He explained he had been going to the chiropractor for years and taking pain medication because his legs hurt so bad. He went on to say he must pick his legs up to get in and out of a vehicle. Dean will gladly show anyone his massive scars and when my wife came in I asked him to show her and he took off his shirt and said take a picture, so I did.



My friend Dean results of a motorcycle wreck.

So I spray two mist of **Herb Spray III** into the air about 2 feet away from Dean. He smells it and says that smells ok to him, no coughing etc. So we continue to talk for about two minutes and then my wife walks in and **Dean stands up and proclaims a Miracle has just occurred**. My wife and I say what Dean. He states that for the first time in many years he is pain free! I said now come on, I aid we haven't even sprayed you yet!

Dean then commences to "dancing" and raising his legs high in the air with his knees higher than his waste. That is when I told my wife about Dean's wreck and he takes his shirt off to show her. So I had little choice but to give Dean my bottle and he takes it home to try it on his wife that has been wanting knee replacements, but unable to afford the surgeries. She uses the spray and is freaking out and starts

using it on their friends. Then Dean gets this idea to use it on an old crippled pony he has fenced in near his house. He says this pony has a frozen knee and is over 20 years old; so he goes out and saturates this knee joint of that pony and nothing happens. The next morning when his wife is making coffee, she says to Dean, come and watch this pony and he reported that the pony was bending both front knees and you couldn't tell which one had been stiff for years.

So Dean uses this bottle fairly quickly with all his experiments. So then I get a call from him asking for another bottle. I explained that was the only bottle and I have not had time to make another one yet. Then he calls each day wanting to know if I have made a new batch yet. He states that this stuff is "Chiropractor" in a bottle and with out it, his pains are plaguing him again and he needs this spray! So I stop make him one gallon and he says he is going to sale it in four ounce spray bottles and call it; Jasper's Miracle Spray. I asked what Jasper stood for and he said that was his nickname his Dad called him when he was a boy.

The third man to try Herbal Spray III

Len S. the man that made the first rover for mars.

A long retired man stopped by and we talked about the herb sprays. I mentioned how a few customers have had an "experience" with their first breathe of number III. Naturally he said, spray the air two times and let me give it a try. I repeated this simple experiment and he didn't mind the smell and in 2 minutes I asked him what he had experienced??? He started rotating his shoulders and bending his body.....

He proclaimed that for many years he has had a "catch" in his shoulder blade and that his local chiropractor had never been able to help him with this. He said I can't hear / feel that catch anymore and I can't really feel any pains in my body. So then he wanted a bottle for himself, his wife and his mother of number III and I gave those to him along with a free bottle of Number I, I said in fact, Number I has more uses. I gave them to him for the simple fact of this: He likes reselling products and he asked if next time he stopped by I could make some gallons for him.

The wife's mother.

Today the wife's mother stumbled in the house and fell hit her knee very bad. She knew this would swell badly from past occurrences; so she thought she would try the **HERBAL SPRAY II** that we had given her step son for his MS. She said she sprayed her knee right away and then several times through out the day and never seen any swelling and the spray kept the area pain free and by evening the same day she could barely tell she had taken a tumble. Her two step children that are near 50 years old that have suffered from MS all their lives have felt better using the **Spray II** we gave them to try.

While in the motel visiting the Grand Parents

The 3 boys were jumping and basically going wacko while Brenda was in the motel shower and Tyler age 10 slipped down with his elbow onto the bed rail and then Trevor age 4 did a flying leap onto his back and the result was a bloody elbow. This was the first trial for spraying NUMBER ONE directly onto a bloody cut. The result was immediate blood stoppage and we gave several sprays and by the end of the day, you could barely see where the cut had been. Naturally a Spray can be made just for fresh cuts that would work best

My Nose

At age 17 after putting in over 10,000 bales of hay in the barn on the dairy farm, my nose clogged and has never been freely open except while fasting. The doctor back then had a huge word to explain that my nose had become over reactive and only one side at a time can be breathed through. I started using **Spray I** on my nose and got some limited results. I mixed in a little herbs that are know to relax tissues and my nose instantly relaxed and both sides opened freely. I keep this near the bed and often spray it on my face at bedtime to have less restricted breathing. The spray seemed to work at the speed of electric. I say "electrical", because from what I have seen so far, that clogged nose can become unclogged in seconds.....and to me, that means it is working at the "speed" of electricity. I believe the nose regulates our body temperature via "electricity I have read this in old medical information on how the body keeps a perfect temperature.

The one legged man.

I guess the story goes like this: About 15 years ago medical told the man he was a dead man walking and gave up on him. He then found a lady that looked into his eyes and then sold him a pile of herbal supplements, etc.. and this lasted for 13 years and then he had his leg cut off and now his big toe on the other foot. I assume he is a severe diabetic and who knows what all else. A few days ago I learned he basically does not talk much, hangs his head and sets in a wheel chair and takes 5 pain drugs per day, etc. for the past 2 years, because the leg has never stopped hurting since it was cut off. The daughter gets a bottle of spray III and sprays his whole body except for his face. She reported back that in 5 minutes his color came back, he raised his head and started talking. She also reports that he reduced from 5 pain pills down to 1 the very first day.

Hurt Finger

A local Amish girl age 6 shut her hand in the house door and broke the skin on a finger and it hurt very badly. Her dad ran to get Herb Spray II and sprayed her hand, he asked her 15 minutes later how her hand was as he noticed she was drawing in her book, she turned around and said fine, don't feel anything. Her dad remarked how it did not swell and didn't hurt, stating he was amazed and would be telling other Amish to get this product.

The father also remarked that when he sprayed the child's stomach after complaining her stomach hurt, the pain went away.

Our Children

Our children have all accepted Spray I as their boo boo spray. Our 4 year old ask for it almost every day. I spray their bedrooms 1-3 sprays each night after they have went to sleep. The other night our oldest had a cough at 3 AM and I got up and sprayed his room 10 times with Spray I and he didn't cough again. I plan on making a specific room spray for children and anyone to improve sleep.

My wife

My wife soon became a believer when she had a neck ache at one of the soccer games. I kept a bottle of Spray I along in case the boys were injured. She asked me to spray her neck and had relief, so she started telling all her girl friends and the testimonies from all of them seem endless already with improved pain relief from bad knees and elbows.

The Local hair dresser

A local hair dresser brought over her niece age 17 who suffered from sever migraine head aches and messed up periods. I explained all the foundational causes and herb uses, which is all very complicated. By then the girl was setting down with her head hanging down in pain. I went to spray her face with HERB SPRAY I, but she put her hands up and blocked me and the spray hit her hands and forehead. Her aunt then sprayed her neck and ears. The aunt asked her two minutes later how her head ache was, she stood up and rolled her head and said what head ache, I don't feel anything!

Immediately the aunt started talking about all her surgeries and pains and wanted the Number III spray for herself and after one use she said I want to sale that stuff in my store. She has been back twice since then wanting more and more bottles.

The local testimonies are too numerous to write all down. Basically 100% that have tried the sprays have had positive results almost immediately.

The Heart Patient

I know a guy that had heart surgery many years ago and the doctors kept him on ampicillin for many/mayn/mayn years, in fear that if he ever got a sore throat or flue, it could kill him.....eventually he couldn't afford the drugs after he was old enough he had no job or insurance. Last week, he got a terrible sore throat and chest congestion. all he had was spray 1, an early bottle. He reported he sprayed his throat and neck/chest every 1/2 hour and instantly the sore throat was gone, but came back after 30

minutes. he did this 4 times and then the sore throat never came back. for the next few days, the sprays on the chest loosened up the mucus and he has been spitting it out.....better results than he ever got on the most expensive of drugsand only used the simplest of sprays, base spray I.

Basically I was so amazed after the first 3 months of making Herbal Spray I, II & III that my life was changed for ever and I don't think anyone could live long enough to self-experiment with all the possibilities these Herbal Sprays have to offer or ever truly understand how they fully work. Every herb I blend in with **Herbal Spray I**, creates a new method of use in mammal health that has never been discovered before this, never been tested or examined by those that have labs and write health books, etc. So the **Herbal Sprays** are approx. 4 years old and as new as a baby and still "changing" people's lives, because they "never" knew of such experiences, same as I never knew such a thing could exist. I don't try to explain herbal use; no one truly knows how our Blood makes use of our nutrients we consume by mouth, air, through our skin. I can make as many different herbal sprays as there are herbs, so this is a limit less experiment that in the past 4 years, we have barely touched and know so very little how they are actually working such wonders, not to mention the long term affects, because it seems with each additional days use, the affects are accumulative and "better" and a very slow and progressive step forward.

I am the only person to make these Herbal Sprays, I have never told anyone else how I make these, no matter how much they have tried to know, because they desperately would like to copy these. No one can possibly "reproduce" these sprays, the best they could come up with is a CHEMICAL look alike solution that would resemble what a machine test results would say my products had based on what minerals could be detected by the machines, otherwise, they will always be clueless. So if you see "Herbal" pain sprays being "Marketed" to your door step, our newspapers, then you "know" that is not us, not our products! My products do not elevate pain, they instead supply an herbal food to the blood stream and the blood stream creates the better health! My products are "natural" and we do not use flashy adds like the professional "marketers" use, because they can sell you water in a bottle and call it anything it takes to get you to buy from them one time. I would hope by now, you can see the difference between "commercial" tactics / products and our education / products. I would also hope you support those that help you and not those that desire to make you a sale based on their false claim adds.

Old Fashioned Spices General Herbal Supplements / Products

A short description written by the person that makes them!

I know it is very difficult pick out herbal formulas, simply because everyone dreams of a one formula cure for all, while in fact, there are so many herbs and so many uses, that herbal formula making is almost an unlimited theory. Naturally when selling herbal formulas, the customer needs some direction, even though in America, the government prefers no one making herbal formulas, should educate the public in herbal use. In fact, if you make herbs, then "they" don't even like any form of book "explaining" the herbs use. This is why in America, the land of the "Free"; herbs are sold by hundreds of sources as "herbs" and we can legally buy just about any herb we desire freely in America, as long as the person doing the selling does not explain its possible uses. Authors that do not make herbs for sale, on the other hand, can make all the claims False or True in their books as they like, with all the freedoms they want...just as long as they never try to sell any herb they have mentioned in their books. For example: Back in the early 1970's Apricot seeds and extracts became very popular as a cancer supplement, so popular the cancer societies seen the simple seed as a great threat to their mega cancer empire they have developed in America and it I legal to sell all the apricot seeds you want in America, unless you have a book in your store suggesting Apricot seeds are good for cancer. If you have a book, it makes the seeds illegal, even though no laws exist stating it is illegal, but the government takes the right to enter and take anything it wants to and the

government has desired herbs to be gone with for the past 80 years and since herbal use has grown and the government less powerful because great numbers of people seek the use of herbs, the doctors / government just simply started buying up herbal companies for the past 30 years; because they know, if you can't beat them, \$ Buy Them \$!

We have openly made and sold herbal products for 15 years for one simple reason, we have never preached that herb cure anything, in fact, and they are just dead plants! It is our blood that does the cure and herbs are just supplements to our lacking diet and nothing more! So you never see us saying take this and you will be cured! Instead, you will see us suggest that your constipated, poisoned and not assimilating what you eat and drink well enough to support your health. So when you read those deceptive ads, just ignore them, because you now know better than to be conned by those con men ever again!

Those that have read herbal books, the Dr. Christopher Herbal Books and have a general understanding of the many different herbs used traditionally in American History and or European history can understand why I make my formulas. Those that are new to the use of herbs can seem lost in this huge subject of herbal use and they often seek to make a call and ask for "suggestions" and this is what Jody who works for us and my wife Brenda often do for people. Once they try the basics and get their eyes opened to natural herbs and living a less toxic life, they soon have learned so much that they start telling all their friends. I can not begin to explain why I make each formula, the best I can do is give a simple explanation and keep it as short as possible and never take anything I write or say as God's Truth, in fact, every human is only passing on their suggested "beliefs" and none of us knows all the truths about any given subject. We all just do the best we can and learn as we go through life. **Keep in mind, many of the formulas I make, are similar to those of my teacher and his teacher before him, etc. only I make them "MY" Way, same as they made them "their" Way.** With that much said; this is what I have to say about our general product line:

Our Herbal "Spray" Formulas

The Herbal Sprays are **only made by us**, if you see others saying they are making Herbal Sprays, such as wonder sprays, etc. they are copies which are "Fakes" not to be compared to our "original" Herbal Formulas unique to us! You can clearly see; we have always made far more than what was sold as Wonder Spray mild / medium & hot, but since we do not run ads, most people do not know our products.

All Herbal Sprays are a Blend of Herbs with either; **Herbal Spray I, II or III Base Formulas**. Therefore consider all of these formulas as **Herbal "Flavored" Base Spray I, II or III**. They all will have the same properties as the base sprays, with the addition of the herbal nutrients of the single or blend of additional herbs. I consider these as safe and "remarkable" possibilities that never before in Herbal History has existed, so no books, no studies have been done on these herbal formulas beyond what you have read in the stories people have sent to us. **The standard suggested dosage is this:**

1. **Can be sprayed in the air and inhaled.**
- 2.
3. **Can be sprayed on all non tender skin.**
- 4.
5. **Can be sprayed direct in the mouth.**
- 6.

All herbal use is self-experimentation, use caution and go slow until you have taught yourself about each herb or herbal formula. With these Sprays, herbal use can be "rewritten", because this opens up a whole new use for herbs. No One can make copies of these formulas, no matter how hard they would try! I can make an Herbal Spray out of every possible herb known, so this is just a partial list. Each Spray can be "Spiced" up as hot as a person would desire and the Spices would increase circulation. Use caution to

keep all sprays out of direct contact with the eyes and soft tissues. All formulas listed here are considered **“Normal”** formulas for adult use.

- **“NOTE”**, using herbs as a “Spray” does not mean you will have the **“Normal”** historical experience, because the herb entering your breathing and through your skin normally is a **“new” unexplored use** for herbs! Using “safe” non toxic herbs in such small doses has lead to some amazing results such as you have read by those sending in testimonies. I suggest long term use of over 2 months tells “if” the supplement was well used by the blood stream and health improved because of it.

ACAI

Ingredients: ACIA wild crafted berries, Earth / Ocean Minerals, Tree Iodine, Olive leaf with essential plant oils.

ACNE

Ingredients: Wild yam, Oak, Yellow dock, Garlic, Tree Iodine, Skin Itch Tonic, Blood Purify Formula, Golden seal, De-Wormer 5, Olive leaf, Earth / Ocean Minerals with Essential Plant Oils.

ANTI - PLAGUE

INGREDIENTS: Elephant Garlic, St. John's Wort flower, Desert Parsley Rt., 6 Cayenne's Fruit / Seed, Turkey Oregano, Japanese Knotweed, Andrographis, Golden Rod, with Earth / Ocean Minerals, Tree Iodine, Olive leaf & Essential Plant Oils.

ANTI-SPASPTIC

Ingredients: Lobelia, Skullcap, Skunk Cabbage, Myrrh Gum, Black Cohosh, Cayenne, Valerian Rt., Olive Leaf, Tree Iodine Minerals, Earth / Ocean, Minerals extracted in grain water/alcohol with essential plant oils.

Suggested use: Spray one or more times daily on legs for restless leg syndrome, once in mouth for hiccups, and as desired for spasms.

ANTI-GERM SPRAY

Ingredients: Elephant Garlic, Tree Iodine, Cayenne, Virginia Snake Rt., Lobelia, Goldenseal, Tree / Earth / Ocean, 10 essential oils, Raw Apple Cider Vinegar, Olive Leaf, Desert Parsley.

BABY CALM / TOOTH AND GUM “Squirt” Bottle

Ingredients: Catnip, Fennel, Oak Bark, Horsetail Grass, Peppermint, Lobelia herb, Sorghum Molasses, Maple Syrup, Glycerin, Tree Minerals, Cloves, Earth / Ocean Minerals, Tree Iodine, Olive leaf & Essential Plant Oils.

Suggested use: Spray one or more times on teethe and gums as desired. No need to spit out.

This is a Spray Formula, but because of the addition of Concentrated Plant Minerals for “little” ones that are too young to brush or don't have teeth, the “thicker” formula must be applied in the mouth by use of a **“Squirt”** bottle. This formula would normally not be applied to the skin unless desired to as it would be a little “sticky”. This is very close to the **Tooth & Gum Squirt Formula**, only this one has the addition of the **Baby Calm** formula for those that are **“teething”** and want a little “extra” calming herbs.

BREATH OF LIFE / SINUS

Ingredients: Mullein, Lobelia, Goldenseal, Sinus Formula, Tree / Earth / Ocean Iodine Minerals, Essential Oils, Raw Apple Cider Vinegar, Olive Leaf, & Desert Parsley.

Suggested use: Breath- spray chest / throat / mouth. Sinus- Spray nose/face at bedtime.

BURN SPRAY

Ingredients: Apricot Oil, Olive Oil, Raw Honey, Aloe Herb, Marshmallow Rt., Burdock Rt.

Mullein Flower, Plantain Herb, Earth / Ocean Minerals, Tree Iodine, Olive leaf with Essential Plant Oils. I made this formula specifically for John Keim and sent him a few sample bottles and never really heard if he ever tried it. I have made a variety of formulas to make the treatment of Burns “easier” and what I consider more “Natural” all plant formulas using no dead animal such as the B&W method uses. I personally believe the B&W methods to be superior, but much more attention needs applied to the diet and herbal use while treating all burns & wounds. I believe “everything” needed to make the treatment “successful” and less painful should be well explained and made available, while the B&W method was always based on keeping their kits under \$100.00, which leaves out the herbs for internal use and **Herbal Sprays** that takes treatment to an entirely NEW LEVEL of burn treatment. I have more than enough to keep me busy, but one day would like to explain how treating burns can be made easier with ample herbs and “cleaner” ointments made for each step of the healing process. So what if it cost more, when dealing with burns of children, the cost should not matter that much.

Suggested use: Spray immediately asap directly on Sun / fire / chemical burns as many times as needed to relieve pain. For sun burn, spray many times per hour for the first day or two and if used immediately after learning your sun burned, in many cases, the skin has not peeled as long as you continue to spray until completely healed. For Burns, once relief is established; follow B & W methods. Spray between dressings.

CALM / SLEEP AID

Ingredients: Black Cohosh, Cayenne, Hops flowers, Lobelia, Skullcap, Valerian, Wood Betony and Mistletoe, Chamomile, Passion Flower, Tree Minerals, Cloves, Earth / Ocean Minerals with Essential Plant Oils.

Suggested use: Spray on forehead / face.

CHEST AND THROAT

Ingredients: Golden seal, Garlic, Horseradish, Yarrow, Peppermint, Elderberry, Echinacea, Air Restore Formula, Desert Parsley, Earth / Ocean Minerals, Tree Iodine, Olive leaf with Essential Plant Oils.

Suggested use: Spray as desired daily in mouth and upper throat /neck / chest or where desired.

CYCLE EZE

Ingredients: Blessed Thistle Herb, Dong Quai Root, Bupleurum Root, Squaw Vine Herb, Red Clover Blossom, Cramp Bark, Black Cohosh Root, Sarsaparilla Root, Uva Ursi Leaves, Marshmallow Root, Olive Leaf, Tree / Earth / Ocean Minerals, Tree Iodine, Olive leaf, Essential Oils, & Raw Apple Cider Vinegar.

Suggested use: Spray the stomach / back / hips as desired daily.

DESERT PARSLEY

Ingredients: Desert Parsley, Earth / Ocean Minerals, Tree Iodine, Olive leaf with Essential Plant Oils.

EAR ACHE

Ingredients: Garlic, B&B Formula, Earth / Ocean Minerals, Tree Iodine, Olive leaf with Essential Plant Oils.

Suggested use: Spray one or more times daily on ears and upper throat /spine or where desired.

ELDERBERRY SPRAY

Ingredients: Wild Crafted Elderberries, Earth / Ocean Minerals, Tree Iodine, Olive leaf with Essential Plant Oils.

EYES

Ingredients: Eyebright, Wolf Berries, Acai Berries, Willow Herb, Tree Iodine, Olive Leaf, Air Restore formula, BF&C formula, Yellow Dock Iron formula, Earth / Ocean Minerals with Essential Plant Oils.

Suggested use: Spray one or more times daily as desired on closed eyes. Use caution. Can be sprayed in ears, etc. as well, etc...Direct eye contact is extremely Self-Experimental.

GOLDEN SEAL

Ingredients: Wild Crafted Golden Seal Root, Tree / Earth / Ocean Minerals, Tree Iodine, Olive Leaf, Essential Oils, Raw Apple Cider Vinegar.

HEARING AID

Ingredients: B&B formula, Earth / Ocean Minerals, Tree Iodine, Olive Leaf with essential plant oils.

Suggested use: Spray one or more times daily on ears and upper spine or where desired.

HEART

Ingredients: Cayenne, Garlic, Olive Leaf, Hawthorn Berry flower, Bilberry, White Willow, Willow Herb, Horsetail, Earth / Ocean Minerals, Tree Iodine, Olive Leaf with Essential Plant Oils.

Suggested use: Spray one or more times daily on chest or where desired.

HORMONE

Ingredients: Black Cohosh Rt., Sarsaparillia Rt., Ginseng, Licorice Rt., Blessed Thistle, False Unicorn, Squawvine, Sage, Olive Leaf, Tree / Earth / Ocean Minerals, Tree Iodine, Olive Leaf Essential oils, & Raw Apple Cider Vinegar.

Suggested use: Spray the neck/side of face 1- 3 x daily as desired. Spraying the air and breathing is optional.

IODINE / POTASSIUM

Ingredients: Elderberry, Black Walnut Tree, Earth / Ocean Minerals, Tree Iodine, Olive Leaf with essential plant oils.

Suggested use: Spray one or more times daily on neck, feet, hands or where desired.

IVY ITCH

Ingredients: Sassafras Rt., Virginia Snake Rt., Chickweed, Burdock, Sarsaparilla, Lobelia, Natural Tree Iodine Minerals, Yellow Dock Formula, Solomon's Seal, Teasel Rt., Oak Bark, Earth / Ocean Minerals with added Essential Plant Oils.

Suggested use: Spray often when affected by Poison Ivy Itch.

Kid's "B" Well Spray Part B

Ingredients: Tree / Earth / Ocean Minerals, Essential Oils, Raw Apple Cider Vinegar, Yarrow, Peppermint, Elderberry flower, Olive Leaf Echinacea, Baby Calm, Air Restore, Mind Trac, Red Raspberry, LBB, Herbal Iron, Immune Calm, De-Wormer, Kidney / Pancreas formula extracts.

Suggested use: Spray chest area as needed. Avoid spraying on face or tender skin.

Kid's "B" Well Room Spray Part C

Ingredients: Tree / Earth / Ocean Minerals, Essential Oils, Raw Apple Cider Vinegar, Yarrow, Peppermint, Elderberry Flower, Olive Leaf Echinacea, Baby Calm, Air Restore, Mind Trac, Red Raspberry, LBB, Herbal Iron, Immune Calm, De-Wormer, Kidney/Pancreas formula extracts.

Suggested use: Spray Bedroom after sleeping has started. Avoid spraying "direct" on face or tender skin.

LBB

Ingredients: Barberry bark, Cascara Sagrada bark, Cayenne, Ginger, Lobelia Herb, Red Raspberry Leaves, Turkey Rhubarb, Fennel, Golden Seal Root, Olive Leaf, Tree Iodine Minerals, Earth / Ocean Minerals with Essential Plant Oils.

Suggested use: Spray one or more times as needed on lower spine, etc

LOBELIA

INGREDIENTS: Lobelia Herb, Earth / Ocean Minerals, Tree Iodine, Olive Leaf with essential plant oils

MIND OVER MATTER

INGREDIENTS: Alfalfa, Oregon Grape rt., Skullcap, Kava Kava rt., Mullein, Gingko, Dandelion rt., Valerian rt., Yellow Dock combination, Hops, St. John's flower, Sarsapriila rt., Olive leaf, Gotu Kola, Calcium balance formula, Ruta Graveolens, Winter cherry, Rhodiola rt., Ocean minerals, Passionflower, Lobelia, Oregon Oil. Tree / Earth / Ocean Minerals, Essential Oils, Raw Apple Cider Vinegar.

MIND TRAC

Ingredients: Mind Trac Formula, Olive Leaf, Tree Iodine Minerals, Earth / Ocean Minerals extracted in tincture with essential plant oils, Chamomile, etc..

MUSHROOM

Ingredients: SHIITAKE MUSHROOM,
Earth / Ocean Minerals, Tree Iodine, Olive Leaf with essential plant oils

PARASITE BODY SPRAY

INGREDIENTS: Walnut Tree, Olive Tree, Male Fern, Wormwood, Wormseed, Fennel, Cats claw, Boneset, Shitake, Teasel Marker, True Solomons seal, Andrographis, Desert Parsley, Peach Leaf, Pomegranate, Chaparral, Gingko leaf, Yarrow, Mormon tea, Comfrey, Yellow Dock, Virginia Snake rt., Elderberry, Milk thistle, Lobelia, Clover blossoms, Pumpkin seed, Tansy flower, Horsetail, Paul De Arco, Goldenseal, Ginseng, Red Raspberry, Hawthorn, Papaya, Pineapple, Apple cider, Goldenrod honey extracted in tincture and blended 16 Essential Oils / Herbal Spray I.

PAU D' ARCO

Ingredients: D'Arco wild crafted root, Earth / Ocean Minerals, Tree Iodine, Olive Leaf with essential plant oils.

PRO BONES DAILY JOINT SPRAY

Ingredients: Burdock Rt., Cilantro, Olive Leaf, Yarrow, Willow Herb, Desert Parsley. Ocean Minerals, Cabbage, Apple Cider Vinegar, Pineapple, Black Walnut Buds, Tree Iodine, Comfrey, Blue Cohosh, Black Cohosh, Blue Vervain, Skullcap, Lobelia, Oak Bark, Marshmallow Rt., Mullein, Wormwood, Walnut Bark, Gravel Rt., Red Clover, Chaparral, Licorice Rt., Poke Rt., Peach Leaf, Oregon Grape Rt., Sarsaparilla, Cascara Sagrada, Prickly Ash Bark, Buckthorn, Yarrow, Oregon Oil, Ocean - Earth Minerals & Essential Oils.

Suggested Dose: Spray wrist, elbow, armpit and chest morning and night every day or as desired.

PRO BONES PAIN SPRAY

Ingredients: Burdock Rt., Cilantro, Olive Leaf, Yarrow, Willow Herb, Desert Parsley. Ocean Minerals, Cabbage, Apple Cider Vinegar, Pineapple, Black Walnut Buds, Tree Iodine, Comfrey, Blue Cohosh, Black Cohosh, Blue Vervain, Skullcap, Lobelia, Oak Bark, Marshmallow Rt., Mullein, Wormwood, Walnut Bark, Gravel Rt., Red Clover, Chaparral, Licorice Rt., Poke Rt., Peach Leaf, Oregon Grape Rt., Sarsaparilla, Cascara Sagrada, Prickly Ash Bark, Buckthorn, Yarrow, Arnica, Huang Qin Rt., Gan Zao Rt., Dragon's Blood Resin, Oregon Oil, Ocean - Earth Minerals & Essential Oils.

Suggested Dose: Spray wrist, elbow, armpit and chest morning and night every day or as desired.

PRO BONES POWER SPRAY

Ingredients: Red Koren Ginseng, American Wild Crafted Ginseng, Black Walnut Bark, 5 Cayenne, Vaco, Lobelia, Olive Leaf, Willow Herb, Oregon Oil, Ocean/Earth Minerals & Essential Oils.

Suggested Dose: (Adults ONLY)

Work Out: One Spray in mouth and hold until taste is gone before swallowing.

Game Time: As many sprays as desired "before" game.

Game Point: 1-3 sprays prior to entering the game.

ROOM SPRAY

Ingredients: Mullien Herb, Lobelia Herb, Minerals both Earth/Ocean, , Tree Iodine, Olive Leaf & Essential Oils.

Suggested uses: Spray several times in the bedroom to aid in sleeping less congested breathing.

SILVER CORD KIT (four 2 ounce bottles)

Ingredients: Mormon Tea, Ma Huang, Red Ginseng, American Ginseng, Chapparral, Black Walnut Buds, Burdock Rt., Blood Purify formula, Kidney/Pancreas Formula, Desert Parsley, Virginia Snake Rt., B&B formula, Mind Trac formula, Bugal Weed, Hormone Balance Formula, Yarrow, Cilantro, Air Restore formula, Wild Yam, BF&C formula, Yellow Dock, Willow herb, St. John's Wort, Olive Leaf, Tree Iodine Minerals, Earth / Ocean Minerals extracted in grain water/alcohol with essential plant oils.

Suggested use: Spray on top of head before bedtime and as 1 bottle becomes empty, move to the next stronger bottle until all 4 bottles are empty which takes about 1 year.

STONE BREAKER BODY SPRAY

INGREDIENTS: Gravel rt., Bugal weed, Cilantro herb, Chaparral herb, Chanca Piedra, Yellow dock formula, K/P/H/P formula, Oregano oil, formula blended with Earth / Ocean Minerals, Tree Iodine, Olive Leaf with essential plant oils.

STONE BREAKER FEET SPRAY

INGREDIENTS: Gravel rt., Bugal weed, Cilantro herb, Chapparel herb, Chanca Piedra, Yellow dock formula, K/P/H/P formula, Goldenrod Honey, Oregano oil, Earth / Ocean Minerals , Tree Iodine, Olive Leaf with essential plant oils.

Suggested use: Spray daily: BOTTOM OF FEET. HOT SPICES!

STONE BREAKER JOINT SPRAY

INGREDIENTS: Gravel rt., Bugal weed, Cilantro herb, Chaparral herb, Chanca Piedra, Yellow dock formula, K/P/H/P formula, Oregano oil, Earth / Ocean Minerals, Tree Iodine, Olive Leaf with essential plant oils.

Suggested use: Spray daily / JOINTS.

STOP SMOKING

Ingredients: BITTER BERRY, ROSEHIPS, LOBELIA, CAYENNE5 BLEND, Olive Leaf, Tree Iodine Minerals, Earth / Ocean Minerals with essential plant oils.

Suggested use: Spray one or more times as needed each time the urge to smoke occurs.

SOLEMANS SEAL

Ingredients: True Solomon's Seal, Earth / Ocean Minerals, Tree Iodine, Olive Leaf with essential plant oils.

Suggested use: Spray one or more times daily on spine / hips; in mouth or where desired.

SPRAY I

Directions: (3x daily) Apply liberally to the wrist, fingers, ankles, toes, spine, hips, neck, knees, all joints and muscles that ache. Spray 1-2 sprays in the mouth morning and night or as desired. Close eyes when spraying the face. Or as directed by "YOUR" healthcare practitioner.

Ingredients: Minerals both Earth/Ocean & Herbs , Tree Iodine, Olive Leaf with essential plant oils.

SPRAY II

Ingredients: BurdockRt., Cilantro, Olive Leaf, Yarrow, Willow Herb, Desert Parsly. Ocean Minerals, Cabbage, Apple Cider Vinegar, Pineapple, Balck Walnut Buds, Tree Iodine, Blue Cohosh, Black Cohosh, Blue Vervain, Skullcap, Lobelia, Oak Bark, Marshmallow Rt., Mullien, Wormwood, Walnut Bark, Gravel Rt., Red Clover, Chaparral, Licorice Rt., Poke Rt., Peach Leaf, Oregon Grape Rt., Sarsaparilla, Cascara

Sagrada, Prickly Ash Barck, Buckthorn, Oregon Oil, Minerals both Earth/Ocean & Herbs, Tree Iodine, Olive Leaf with Essential Plant Oils.

SPRAY III (Hot Spices)

Ingredients: Burdock Rt., Cilantro, Olive Leaf, Yarrow, Willow Herb, Desert Parsley. Ocean Minerals, Cabbage, Apple Cider Vinegar, Pineapple, Black Walnut Buds, Tree Iodine, Blue Cohosh, Black Cohosh, Blue Vervain, Skullcap, Lobelia, Oak Bark, Marshmallow Rt., Mullein, Wormwood, Walnut Bark, Gravel Rt., Red Clover, Chaparral, Licorice Rt., Poke Rt., Peach Leaf, Oregon Grape Rt., Sarsaparilla, Cascara Sagrada, Prickly Ash Barck, Buckthorn, Oregon Oil, Minerals both Earth/Ocean & Herbs, Tree Iodine, Olive Leaf with Essential Plant Oils.

SPRAY III XXX- (EXTRA HOTT!!!)

Ingredients: Burdock Rt., Cilantro, Olive Leaf, Yarrow, Willow Herb, Desert Parsley. Ocean Minerals, Cabbage, Apple Cider Vinegar, Pineapple, Black Walnut Buds, Tree Iodine, Comfrey, Blue Cohosh, Black Cohosh, Blue Vervain, Skullcap, Lobelia, Oak Bark, Marshmallow Rt., Mullein, Wormwood, Walnut Bark, Gravel Rt., Red Clover, Chaparral, Licorice Rt., Poke Rt., Peach Leaf, Oregon Grape Rt., Sarsaparilla, Cascara Sagrada, Prickly Ash Bark, Buckthorn, Oregon Oil, Minerals both Earth/Ocean & Herbs, Tree Iodine, Olive Leaf with Essential Plant Oils.

Suggested Use: XXX HOT SPICES, AVOID THE EYES AND TENDER SKIN!

TEASEL MARKER

Ingredients: Teasel Marker wild crafted root, Minerals both Earth/Ocean & Herbs, Tree Iodine, Olive Leaf with Essential Plant Oils.

Suggested use: Spray one or more times daily where desired

TOOTH AND GUM

Ingredients: Oak bark, Horsetail grass, Peppermint, Lobelia herb, Cloves, Minerals both Earth/Ocean & Herbs, Tree Iodine, Olive Leaf with Essential Plant Oils.

Suggested use: Spray one or more times on teeth and gums. Brush when possible. No need to spit out.

THE SKY IS FALLING SPRAY

INGREDIENTS: Tree Iodine minerals, Wild Ginseng, Cilantro herb, Burdock rt., Virginia Snake rt., Lobelia Seed, Horsetail herb. Formulas: Blood Purify, Iron, Calcium, Kidney/Pancreas, Heavy Metal, 5 Cabbage vinegar/cider ocean minerals, Golden Rod honey in Base Spray II. This is a natural Iodine source in a base of blood cleansing herbs to help remove heavy metals.

Suggested use: As daily herbal supplement spray Neck several times and if desired, a few squirts in the mouth.

THYROID

Ingredients: Oak bark, Marshmallow rt., Mullein, Wormwood, Lobelia, Skullcap, Walnut bark, Gravel rt., Maple Syrup, Mullein, Lobelia, Elderberry, Black Walnut Tree, Minerals both Earth/Ocean & Herbs, Tree Iodine, Olive Leaf with Essential Plant Oils.

Suggested use: Spray one or more times daily on sides of neck and massage in upward motion as desired.

TOP KNOT

INGREDIENTS: Yarrow, Peach Leaf, Nettle Rt., Chaparral, Ginkgo, Cayenne 5 Blend, Saw Palmetto, Olive Leaf, Oak bark, Marshmallow rt., Mullein, Wormwood, Lobelia, Skullcap, Walnut bud / bark, Gravel rt., Tree Iodine Minerals, Wild Yam, 5 Essential / Anointing oils. Made the "Barefoot"108 Way!

Suggested use: Several sprays on top of head, temples and gray or bald areas as many x daily as desired.

TOP KNOT BLACK

INGREDIENTS: Yarrow, Peach Leaf, Nettle Rt., Chaparral, Ginkgo, Cayenne 5 Blend, Saw Palmetto, Olive Leaf, Oak bark, Marshmallow rt., Mullein, Henna, Wormwood, Lobelia, Skullcap, Bone knit. rt., Walnut bud / bark, Gravel rt., Tree Iodine Minerals, Wild Yam, Spray III, Tea Tree Oil, Essential / Anointing oils. Made the "Barefoot"108 Way! Formulated for people with dark hair.

Suggested use: Several sprays on top of head, temples and gray or bald areas as many x daily as desired.

Varicose Veins / Herbal Aid Spray

Ingredients: White Oak bark, Comfrey rt., Burdock Rt., Cilantro, Olive Leaf, Yarrow, Willow Herb, Desert Parsley. Ocean Minerals, Cabbage, Apple Cider Vinegar, Pineapple, Black Walnut Buds, Tree Iodine, Blue Cohosh, Black Cohosh, Blue Vervain, Skullcap, Lobelia, Marshmallow Rt., Mullein, Wormwood, Walnut Bark, Gravel Rt., Red Clover, Chaparral, Licorice Rt., Poke Rt., Peach Leaf, Oregon Grape Rt., Sarsaparilla, Cascara Sagrada, Prickly Ash Bark, Buckthorn, Oregano Oil, Minerals both Earth/Ocean & Herbs, Tree Iodine, Olive Leaf with Essential Plant Oils.

Suggested use: Spray affected area often.

VIRGINIA SNAKEROOT Ingredients: Virginia Snake Rt., Minerals both Earth/Ocean & Herbs, Tree Iodine, Olive Leaf with Essential Plant Oils.

WART

Ingredients: Garlic, Golden seal rt., Paul d' arco, Shiitake mushroom, Dandelion, Blood rt., Teasel Marker, Black Walnut, Olive Leaf, Sassafras, Yellow dock, Minerals both Earth/Ocean & Herbs, Tree Iodine, Olive Leaf with Essential Plant Oils.

Suggested use: Spray one or more times daily where desired.

YARROW

Ingredients: Yarrow flower, Minerals both Earth/Ocean & Herbs, Tree Iodine, Olive Leaf with Essential Plant Oils.

Our Formulas

Syrup / Tincture Blends

Standard 16 oz. bottles

Can be bottled in any size

ADRENAL BALANCE S/T

INGREDIENTS: Mullein leaves, Licorice Root, Siberian Ginseng Root, Gotu Kola Herb, Hawthorn Berries, Lobelia Herb, Cayenne Pepper, Olive Leaf, Ginger Root, Natural Tree Iodine, Oregano preserved in Plant based Syrups and tincture. Herbs used historically to help promote the overall health of the adrenal glands and other assisting glandular systems. Also, this formula consists of a synergistic blend of herbs to help promote homeostasis of the adrenal systems. The whole body benefits from the balanced state of the adrenal systems.

Suggested dose: 1 teaspoon – 1 tablespoon as desired.

ARTHRITIS AID

INGREDIENTS: Nettle Rt, Shave grass, Dandelion Leaf, Peppermint, Celery Seed, Tumeric, Devil's Claw Rt, Meadowsweet, Olive Leaf, in a Glycerin, maple syrup & herbal tincture, with wild oregano oil.

Suggested dose: 1 teaspoon – 1 tablespoon as desired.

BABY CALM S/T

INGREDIENTS: Catnip, Fennel, Natural Tree Iodine, Olive Leaf, Glycerin, Maple Syrup with Oregano Oil. The Catnip & Fennel formula is a blessing for infants. A great combination for colic, teething pain, flatulence, spasms, etc

Suggested dose: Droppers or teaspoon based on age per dose as desired.

BF & C S/T

Bone/Flesh/Cartilage

INGREDIENTS: Oak bark, Marshmallow rt., Mullein, Wormwood, Lobelia, Skullcap, Walnut bark, Gravel rt., Natural Tree Iodine, Sorghum / Glycerin & Oregano Oil. Herbs used historically to help regenerate healthy skin and connective tissue, healthy bones, healthy teeth & gums, healthy hair, skin and nails.

Suggested dose: 1 teaspoon – 1 tablespoon as desired.

BLOOD PURIFY S/T

INGREDIENTS: Red clover blossoms, Chaparral, Licorice root, Poke root, Peach bark, Oregon grape root, Stillingia, Cascara sagrada, Sarsaparilla, Prickly ash bark, Burdock root, Buckthorn bark, Natural Tree Iodine, Olive leaf, In a Tincture / Syrup base. Herbs that help promote a healthy and clean blood stream. The blood stream is life itself, and it is our job to keep it clean and pure so that we can have a good circulatory system for delivering food to the body properly and, in addition, to carry off the waste materials. This herbal blood re-builder is made up of herbs that are cleansers, herbs that give astringency, others aid in removing cholesterol, kill infection, and build elasticity in the veins and strengthen the vein and artery walls.

Suggested dose: 1 teaspoon – 1 tablespoon as desired.

CALCIUM S/T

INGREDIENTS: Horsetail Grass, Oat straw Herb, Lobelia Herb, Plant Minerals, Glycerin, Natural Tree Iodine, Olive Leaf Tincture, & Oregano oil. A wonderful all natural calcium formula. It is a synergistic blend of herbs; the silica in horsetail grass converts to calcium, and the other herbs work in close conjunction with this master calcium herb. We need calcium for nerve sheath, vein and artery walls, bone, teeth, etc. This combination is helpful for cramps, “Charlie horses,” successful pregnancies, growing children and maintaining adult’s alike, healthy bones, teeth, hair, skin and nails, healthy eyes and for all calcium needs in the body.

Suggested dose: 1 teaspoon – 1 tablespoon as desired.

CYCLE EZE S/T

INGREDIENTS: Blessed Thistle herb, Dong Quai Root, Bupleurum Root, Squaw vine Herb, Red Clover Blossom, Cramp Bark, Black Cohosh Root, Sarsaparilla Root, Uva Ursi Leaves, Marshmallow Root, Olive Leaf, Natural Tree Iodine, Glycerin / Sorghum, Oregano Oil. Helps Relieve PMS & Promotes Balance of the Female Body. This combination of herbs was developed specifically for women in aiding the body to normalize hormones, build and strengthen the female reproductive system and central nervous system and regulate menstruation. Cycle-Eze also helps to control cramping, stimulates the liver, kidney and lymphatic systems, expels phlegm, balances the glands, and aids in cleansing the female reproductive system.

Suggested dose: 1 teaspoon – 1 tablespoon as desired.

DEWORMER (P / W) S/T also has been sold as **Worms “B” Gone** and before that, **Old Amish De-Wormer”**

We “Specialize” in de-wormer formulas! More so than any other source in the world. Our Standard De-Wormer formula is based on the main herbs **Dr. Hulda Clark** suggested and we call this **P / W** which stands for **Parasites & Worms**.

INGREDIENTS: Male Bud, immature Green Hull & young Twig of the Black Walnut Tree, Olive Tree Leaf / Rt. Bark, Clove, Pumpkin seed, Wormwood, Natural Tree Iodine, Raw Vinegar, Glycerin / Sorghum Molasses, & Oregano Oil.

Suggested dose: 1 teaspoon – 1 tablespoon as desired.

Ideally several doses daily for 30 days as treatment and then a daily dose for life as desired.

DEWORMER ADULT (P / W A) S/T

Herbal De-Wormer **A** stands for “**ADULT**” strength herbs! The Adult Parasite herbs are a large assortment of historically used anti-parasite herbs from around the world for syphilis, swine flue, plague, lymes, etc.

INGREDIENTS: Wormseed, Male Fern, Tansy, Pomegranate, Boneset, Japan Knotweed, Andrographis, Stepani Rt., Teasil Marker, Male Bud, immature Green Hull & young Twig of the Black Walnut Tree, Olive Tree Leaf / Rt. Bark, Clove, Natural Tree Iodine, Pumpkin seed, Wormwood, Thuji, Juniper Berry, Garlic, Caraway Seed, Thyme, Allspice Pimcato, Coriander, Fennel, Bergamot, Cardamom, Cayenne,+ etc. Raw Vinegar, Glycerin / Sorghum Molasses, & Oregano Oil.

Suggested dose: 1 teaspoon – 1 tablespoon as desired.

DEWORMER (P / W E)

See Capsules

See Tincture

Also see Herbal Sprays

Note, “all” liquid herbal formulas marked as “Adult” Strength have the P / W A formula added.

EYE BALANCE S/T

INGREDIENTS: A synergistic blend of the following herbs: Bayberry bark, Bilberry / Eyebright herb, Golden seal root, Red Raspberry leaves, Natural Tree Iodine, Olive Leaf, Cayenne, & Oregano preserved in Palm Glycerin, Sorghum Molasses, Maple Syrup. This formula helps promote blood circulation to the eyes helping to repair damaged vessels, improve night vision, cleanse the tissues and bring antioxidants to the eye. Bilberries a close relative of blueberries, are high in a bioflavonoid complex known as anthocyanosides. Anthocyanosides speed the regeneration of rhodopsin, the purple pigment that is used by the rods in the eye for night vision. This makes bilberry a possible first line of defense for those with poor night vision.

Suggested dose: 1 teaspoon – 1 tablespoon as desired.

HAPPY BABY! S/T

Same as **Baby Calm** with added herbs for Mild Laxative / Calcium / Iron / Parasites (ages 0-2)

INGREDIENTS: Turkey Rhubarb, Catnip, Fennel, Horsetail Grass, Oat straw Herb, Natural Tree Iodine, Comfrey Leaf, Yellow Dock Combination, Lobelia Herb, Olive Leaf in a Palm Glycerin, Amish Sorghum Molasses, Maple syrup herbal formula, with Oregano Oil.

Suggested dose: 1 dropper per dose as needed; teaspoon for older babies.

HORMONE BALANCE S/T

INGREDIENTS: Black Cohosh, Sarsaparilla, Ginseng, Sage, Licorice, False unicorn, Blessed thistle, Squaw vine, Olive leaf, Palm Glycerin, Sorghum Molasses, Tree Potassium / Iodine Minerals, & Oregano Oil. One of the most famous formulas. It has been used historically for hormone imbalance. **Hormone Balance** is rich with phyto-sterols, which are plant hormones. The body then takes these phyto-sterols and changes them into human hormones via the liver only upon the body’s need. This formula is popular amongst those experiencing hormone imbalance of any kind, menopause, PMS, etc. This formula is safe and time tested for both females and males.

Suggested dose: 1 teaspoon – 1 tablespoon as desired.

IMMUNE CALM S/T

INGREDIENTS: Marshmallow Rt. & Astragalus, Natural Tree Iodine, in a Palm Glycerin, Sorghum Molasses, Maple Syrup & Oregano Oil. This formula is designed to calm yet strengthen the body’s immune responses. Many times we believe that we are allergic to certain foods, plants or animals, but in

reality our immune system may be just overreacting. This simple combination of marshmallow root and astragalus has made life easier for those who suffer from allergies, hay fever, asthma, rheumatoid arthritis or any hyperactive immune response. **Suggested dose: 1 teaspoon – 1 tablespoon as desired.**

IODINE MINERALS S/T

INGREDIENTS: Tree Iodine / Potassium extract, Olive Leaf, Oak Bark, Horsetail Grass, Peppermint, Lobelia Herb, Cloves, Oat straw, Glycerin, Honey, Maple Syrup, Sorghum Molasses, & Oregano Oil. This is our "Original" formula that no one else on earth makes and we believe to be the only true sources of true Iodine.

Suggested dose: 1 teaspoon – 1 tablespoon as desired.

IRON BALANCE S/T

INGREDIENTS: Yellow Dock Formula, Natural Tree Iodine, Palm Glycerin, Pure Amish Made Sorghum Molasses, Olive Leaf, & Oregano Oil. The herb Yellow Dock has considerable amounts of vitamin C, which has been used historically to help with the absorption of Iron. Yellow Dock is also over 50% iron by weight, thus it has been used historically for many usages such as iron deficiency (anemia). Many herbalists recognize this formula for it's high iron content, but in addition to this fact, it has also been used historically to help build and relieve prolapsed organs such as the uterus, bowel, or other organs or hemorrhoid problems.

Suggested dose: 1 teaspoon – 1 tablespoon as desired.

K/P/H/P S/T

INGREDIENTS: Parsley, Hydrangea Rt., Gravel Rt., Marshmallow Rt., Ginger Rt., Uva Ursi Leaf, Black Cherry Bark, Juniper Berry, Chance Pedro, Olive Leaf, Hawthorn Berry / Flower, Bilberry, White Willow Bark, Willow Herb, Saw Palmetto Berry, Pygum Bark, Cilantro, Cedar Berry, Sorghum Molasses, Natural Tree Iodine, Golden Rod Tinctures, Palm Glycerin & Oregano Oil. This is a blend of traditionally used herbs to help with **Kidney, Pancreas, Heart & Prostrate** health and all herbs suitable for both male and female use.

Suggested dose: 1 teaspoon – 1 tablespoon as desired.

KIDS-B-WELL S/T

Kid's "B" Well Part A

INGREDIENTS: Tree / Earth / Ocean Minerals, Essential Oils, Raw Apple Cider Vinegar, Yarrow, Peppermint, Elderberry flower, Olive Leaf Echinacea, Baby Calm, Air Restore, Mind Trac, Red Raspberry, LBB, Herbal Iron, Natural Tree Iodine, Immu Calm, De-Wormer, Kidney / Pancreas formula extracts with Sorghum Molasses, Maple Syrup, & Palm Glycerin.

Suggested use: 1 Dropper, 1 teaspoon or 1 tablespoon according to size as desired.

HERBAL LAXATIVE

INGREDIENTS: Senna seed pods, Ginger, Coriander, Cloves, Red Raspberry, Cinnamon, Fennel, Peppermint, Olive Leaf, Tree iodine, Sorghum, Maple Syrup, Glycerin, Oregano oil, Syrup/tincture formula. This formula is for those not able to swallow the **LBB** capsules.

Suggested use: 1 teaspoon or 1 tablespoon as desired.

L / G BALANCE S/T

INGREDIENTS: Barberry, Wild Yam, Cramp Bark, Fennel Seed, Ginger, Catnip and Peppermint, Olive leaf, Natural Tree Iodine, Maple Syrup, Palm Glycerin, Sorghum Molasses, & Oregano. This formula can greatly increase the vitality of the body. To speed up the blood purifying process, it is good to have a clean liver and gall bladder area. When the liver does not function properly, the bile does not excrete freely into the intestinal tract, and so it passes off into the blood stream and throughout the rest of the system, causing a toxic condition called cholemia, causing indigestion, sluggishness, fatigue, constipation, upset stomach, chills, vomiting and fever.

Suggested dose: 1 teaspoon – 1 tablespoon as desired.

L / G CLEANSE “Original” formula!

CARDIA - VASCULAR - RENAL BALANCE

INGREDIENTS: Lecithin, Olive Oil, Sunflower Oil, Grape Seed Oil, Gravel Rt., Marshmallow Rt., Mullein, Scullcap, Boneknit Rt., Black Walnut, Olive Leaf, Wheat Germ Oil, Avocado Oil, Sweet Almond Oil, Tree Extracted Natural Iodine / Minerals, Rose hip Oil, Oregano Oil & Peppermint Oils. An **“Original”** Barefoot Formula using traditional herbs suggested to aid the Liver / Gallbladder and the entire circulation & nervous systems to aid in the removal of old “lecithin” (cholesterol) and supply the building blocks for proper cholesterol health.

Suggested dose: 1 teaspoon – 1 tablespoon as desired. Once ounce daily for life is ideal, 3 ounces daily as treatment.

L / G CLEANSE “Coconut / Soybean Free formula!

CARDIA - VASCULAR - RENAL BALANCE

INGREDIENTS: Virgin Organic Coconut Oil, Olive Oil, Sunflower Oil, Grape Seed Oil, Gravel Rt., Marshmallow Rt., Mullein, Scullcap, Boneknit Rt., Black Walnut, Olive Leaf, Wheat Germ Oil, Avocado Oil, Sweet Almond Oil, Tree Extracted Natural Iodine / Minerals, Rose Hip Oil, Oregano Oil & Peppermint Oils. For those wanting a Soybean Free formula; an **“Original”** Barefoot Formula using traditional herbs suggested to aid the Liver / Gallbladder and the entire circulation & nervous systems to aid in the removal of old “lecithin” (cholesterol) and supply the building blocks for proper cholesterol health.

Suggested dose: 1 teaspoon – 1 tablespoon as desired. Once ounce daily for life is ideal, 3 ounces daily as treatment.

LBB ADULT S/T

INGREDIENTS: Slippery Elm Bark, Licorice Root, Fennel Seed, Anise Seed, Fig Syrup, Olive Leaf, Turkey Rhubarb, Tree Iodine / Potassium extract, Sorghum Molasses, Palm Glycerin, Maple Syrup & Oregano Oil. To many this formula is known as an herbal laxative; however, to many herbalists it is much more than this. One of the most important and beneficial factors of this formula is how it stimulates peristaltic action within the lower bowel and the whole body. Take according to how many you need. As there are no two people alike in age, size, or physical construction (and the bowel itself will differ in persons as much as the finger prints), Most start with 1 dropper of this Glycerin / Tincture based extract three times a day, and then regulate the dosage from there. If the stool seems too loose then cut down, but if it is difficult to get a bowel movement and the stool is hard and takes a long time, then increase the amount until the movements become soft and well-formed (and here, in very difficult cases, one can take this formula by the tablespoons as needed for these herbs are only food and can do no damage). After the hard material has broken loose and is eliminated (these are hard incrustations of fecal matter that have been “stored” in the bowel for many years that re breaking loose and soaking up intestinal liquids), one can gradually decrease but do not taper off the **Lower Bowel Formula** dosage so much at this point that one lose this advantageous momentum and continuity of elimination. In most cases, improper diet has caused the peristaltic muscles to quit working. It will take six to nine months with the aid of the **Lower Bowel Formula** for the average individual to clean out the fecal matter and to rebuild the bowel structure sufficiently to have the peristaltic muscles work entirely on their own. Most people have pounds of old dried fecal matter that is stored in the colon, which is toxifying the system, and keeping the food from being assimilated—because of this putrefied condition, most people engorge themselves with many times more food than the actual body requirements. In the process they wear out their bodies in trying to get sufficient nutrition and are still always hungry and eating; whereas, after the bowel is cleaned, the food is readily assimilated, and a person can sustain himself on about one-third the quantity of his current food consumption at some four or five times more power, vitality and life. Herein, the clean body is able to normally assimilate the simple food values through the cell structures in the colon instead of it being trapped in a maze of waste an inhibited by the hard fecal casing on the intestinal wall, which causes the large part of nutrition to be pushed on and eliminated before it can do any good. When the body is

completely clean, these aids will no longer be necessary—then your food will be your medicine and your medicine will be your food. After following this program properly and the bowels are cleansed, this formula should only be used when needed.

This adult formula are for those adults that “refuse” to use the Lower Bowel Balance Capsules which is the superior way to consume these herbs for colon health.

Adult Suggested dose: 1 teaspoon – 1 tablespoon as desired.

LBB JR S/T

INGREDIENTS: Slippery Elm Bark, Licorice Root, Fennel Seed, Anise Seed, Fig Syrup, Olive Leaf, Turkey Rhubarb, Natural Tree Iodine, Sorghum, Glycerin, & Oregano Oil. Same herbs as the Adult LBB made milder for children.

Suggested dosage: 1 dropper as needed.

LONGEVITY SPICES ADULT (Regular Strength) S/T

INGREDIENTS: Approx. 108 herbal extracts including; Cayenne peppers, Vinegar, Garlic, Olive Leaf tincture, Wormseed, Male Fern, Tansy, Pomegranate, Boneset, Japan Knotweed, Andrographis, Stepani Rt., Teasel Marker, Male bud, Clover blossoms, Wild crafted American Ginseng, Red Ginseng, Mushroom, Peppermint, Graviola, Cats claw, Echinacea, Willow Herb, Calendula flower, Paul De'Arco, Yarrow, Bayberry, Bitterberry, Golden seal, St. John's Wort, Cilantro, Tree syrups, plant syrups, Mullein, Lobelia, Comfrey, Black walnut, Clove, Wormwood, Pumpkin seed, Cascara Sagrada, Fennel, Gravel Rt., Hydrangea, Elderberry, Noni fruit, Yellow Dock, Gingko, Red raspberry, Oak, Cedar berry, Desert Parsley, Nettle Rt., Peach Leaf, Catnip, Wild Grape, Blue berry, Burdock, Oregon Grape, Chaparral, Saw Palmetto, Pygum, Apricot seed, Horse radish, Cabbage, Orange, Lemon, Horsetail grass, Glycerin, Oregano oil & Earth minerals, etc.

An “**Original**” Barefoot herbal formula known as “Shotgun” formulas or basically every herb you work with that has value in health. With the theory that the human body desires a small amount of a large variety of plant minerals. This is a very spicy / hot formula, so if you do not like cayenne pepper, this formula is not for you! You will either love this formula or you will not like it. It has some of the best testimonies when used in large doses.

“This is a very good De-Wormer / Plant Mineral Formula!”

Suggested dosage:

Prevention: 1 teaspoon or more daily for life.

Better: 1 ounce daily for life.

Ultimate: 3 ounces daily or basically 1 gallon monthly for life.

LONGEVITY SPICES SUPER HOT S/T

Asian Hot, too hot for the average person to ever enjoy! While those that like it HOT may love it!

INGREDIENTS: Approx. 108 herbal extracts including; Cayenne peppers, Vinegar, Garlic, Olive Leaf tincture, Wormseed, Male Fern, Tansy, Pomegranate, Boneset, Japan Knotweed, Andrographis, Stepani Rt., Teasel Marker, Male bud, Clover blossoms, Wild crafted American Ginseng, Red Ginseng, Mushroom, Peppermint, Graviola, Cats claw, Echinacea, Willow Herb, Calendula flower, Paul De'Arco, Yarrow, Bayberry, Bitterberry, Golden seal, St. John's Wort, Cilantro, Tree syrups, plant syrups, Mullein, Lobelia, Comfrey, Black walnut, Clove, Wormwood, Pumpkin seed, Cascara Sagrada, Fennel, Gravel Rt., Hydrangea, Elderberry, Noni fruit, Yellow Dock, Gingko, Red raspberry, Oak, Cedar berry, Desert Parsley, Nettle Rt., Peach Leaf, Catnip, Wild Grape, Blue berry, Burdock, Oregon Grape, Chaparral, Saw Palmetto, Pygum, Apricot seed, Horse radish, Cabbage, Orange, Lemon, Horsetail grass, Glycerin, Oregano oil & Earth minerals, etc.

An “**Original**” Barefoot herbal formula known as “Shotgun” formulas or basically every herb you work with that has value in health. With the theory that the human body desires a small amount of a large variety of plant minerals. This is a very spicy / hot formula, so if you do not like cayenne pepper, this

formula is not for you! You will either love this formula or you will not like it. It has some of the best testimonies when used in large doses.

“This is a very good De-Wormer / Plant Mineral Formula!”

Suggested dosage:

Prevention: 1 teaspoon or more daily for life.

Better: 1 ounce daily for life.

Ultimate: 3 ounces daily or basically 1 gallon monthly for life.

MAX RESTORE (REGULAR) S/T

INGREDIENTS: Raw Garlic, Raw Honey, Raw Vinegar, Raw Horseradish, Olive Leaf / Twig, Lobelia, Marshmallow, Mullein, Oak Bark, Skullcap, Walnut, Wormwood, Uva ursi, Echinacea, Peppermint, Yarrow, Elder Berry / Flower, Peach leaf, Pine needle, Desert Parsley Rt., Hawthorn Berry, Willow Herb, Cedar Berry, Cilantro, Pyghum Bark, Saw Palmetto Berry, Golden Rod, Cherry Bark, Natural Tree Iodine / Potassium, Chaparral, Skullcap, Natural Tree Iodine, Golden Seal, Horseradish Rt., Sorghum Molasses, Unfiltered Maple Syrup, Palm Glycerin, & Oregano Oil. This formula has been used historically for colds, flu and other infectious diseases. This formula contains some of nature’s greatest natural antibiotics, known as Garlic; this formula helps to promote well being during times of colds and flu. This is also an exceptional De-Wormer Formula. This is the formula we use for “everything” in our family!

Suggested dosage: 1 teaspoon / 1 tablespoon daily as all purpose prevention based on age.

Best taken at the very first sign of any ailment. For little ones 1 dropper at a time, for adults 1 tablespoon, etc. Best adult dose is drink 4 ounces day one of any ailment and 4 ounces daily until ailment has passed.

MAX RESTORE (ADULT) S/T

INGREDIENTS: RAW GARLIC, RAW HONEY, RAW VINEGAR, Olive Leaf / Twig, Lobelia, Marshmallow, Mullein, Oak Bark, Skullcap, Walnut, Wormwood, Uva Ursi, Echinacea, Peppermint, Yarrow, Elder Berry / Flower, Peach Leaf, Pine Needle, Desert Parsley Rt., Hawthorn Berry, Willow Herb, Cedar Berry, Cilantro, Pyghum Bark, Saw Palmetto Berry, Golden Rod, Cherry Bark, Natural Tree Iodine / Potassium, Chaparral, Skullcap, Golden Seal, Horseradish Rt., Thuja, Juniper Berry, Caraway Seed, Thyme, Allspice Pimcato, Coriander, Bergamot, Yarrow, Top 5 Parasite / Lymes Herbs, Top 5 Stone Breaker Herbs, Sorghum Molasses, Unfiltered Maple Syrup, Palm Glycerin, & Oregano Oil.

Suggested Dosage: Same as regular formula with added adult de-wormer herbs. This would be best for adults only and not children. Take 1 teaspoon per dose as desired.

MEMORY BALANCE S/T

INGREDIENTS: Blue Vervain, Gotu Kola, Ginkgo Biloba, Blessed Thistle, Cayenne, Ginger Rt., Olive Leaf, Lobelia, Sorghum Molasses / Maple Syrup, Palm Glycerin, & Oregano Oil. A great combination of old fashioned herbs used to cleanse, build and increase circulation to the brain. This formula has been used historically to help promote improved peripheral and cerebral circulation. All the anti-aging effects of better circulation go along with this ability: increased energy, antioxidant effects, better concentration, etc.

Suggested dose: 1 teaspoon – 1 tablespoon as desired.

MILK AID S/T

INGREDIENTS: Blessed Thistle herb, Red Raspberry, Olive Leaf, Natural Tree Iodine, Palm Glycerin, Sorghum Molasses, & Oregano Oil. A good herbal formula to aid in production of healthy milk.

Suggested dose: 1 tablespoon as desired.

MIND over MATTER S/T

INGREDIENTS: Alfalfa, Oregon Grape Rt., Skullcap, Kava Kava Rt., Mullein, Ginkgo, Dandelion rt., Valerian rt., Yellow Dock combination, Hops, St. John's Flower, Sarsaparilla rt., Olive leaf, Gotu Kola, Calcium balance formula, Ruta Graveolens, Winter cherry, Rhodiola rt., Ocean minerals, Passion Flower, Lobelia, Natural Tree Iodine, Maple Syrup, Sorghum Molasses, Palm Glycerin, & Oregano Oil.

This is an original Barefoot Formula that blends many of the historical “best” herbs for depression, bi-polar etc. Each person will be very much different and no way of knowing how they will respond to the use of herbs and all herbal use very much “experimental”.

Suggested use: As daily herbal supplement 1 teaspoon as desired.

MIND TRAC S/T

INGREDIENTS: Korean Ginseng, Rosemary Leaves, Ginkgo Biloba, Oregon Grape Root, Milk Thistle, Wild Yam Root, Skullcap, Natural Tree Iodine, Alfalfa, Barley and Kamut, Valerian, St. John's Wort, Mullein leaf, Lobelia, Gotu Kola, Sarsaparilla, Dandelion & Plant and Ocean minerals. This formula has become one of the most popular formulas for mental sharpness and clarity, emotional balance and overall health of the brain and nervous system.

Suggested dose: 1 Teaspoon / 1 tablespoon as desired.

OLIVE LEAF ECHINACEA S/T

INGREDIENTS: Olive Leaf, Echinacea Rt., Palm Glycerin, Sorghum Molasses, Maple, Natural Tree Iodine, & Oregano Oil. Echinacea / Olive leaf is a very effective alterative and blood-purifier, and it is a powerful and stimulating antiseptic and antiputrefactive agent. It is very valuable for correcting autoinfection, wherein elimination is imperfect and the tissues and fluids have altered and developed septic or putrefactive action with resultant systemal devitalization and adynamia (weakness). Its stimulating antiseptic and anti-putrefactive action on external surfaces is comforting; and in arresting pus-formation, it eliminates the disagreeable odors of foul surfaces and fetid discharges. It is an excellent healing agent wherever tissue decay is imminent or taking place, repair power is poor, and where there are unhealthy or sanious (bloody-tinged) discharges. Echinacea is a good appetizer and greatly improves digestion and is useful in strumous (goitrous, scrofulous) conditions. It relieves non-venomous bites and stings, and the Sioux Indians used the freshly-scraped root as a successful antidote for snake bites and hydrophobia. We made this as a daily prevention for children prior to the making of what we now call **Kids “B” Well.**

Suggested dose: 1 Teaspoon / 1 tablespoon as desired.

OLIVE LEAF S/T

INGREDIENTS: Olive Leaf, Natural Tree Iodine, Glycerin, Sorghum Molasses, Maple Syrup, & Oregano Oil. To full appreciate Olive Leaf, please read Olive Leaf Extract by Dr. Morton Walker \$5.99

Suggested dose: 1 tablespoon as desired.

PARASITE LURE S/T

INGREDIENTS: Elephant garlic, Onions, Cabbages, Apple cider vinegar, Earth salts, Golden rod honey, Sorghum, Maple Syrup, Glycerin, & Oregano oil.

Suggested dose: 1 Teaspoon / 1 tablespoon as desired.

PICA S/T

INGREDIENTS: Concentrated Ocean / Tree / Plant Minerals, Raw Honey, Natural Tree Extracted Iodine / Minerals, Olive Leaf, and Oregano Oil.

A natural Iron & Potassium Solution to curb “PICA” conditions. Good for all ages.

Suggested dose: 1 Teaspoon / 1 tablespoon as desired.

PRO "BONES" S/T

Herbs traditionally known to provide "Plant based" Calcium / Iron / Potassium / Iodine / Minerals etc. Along with herbs known to aid in general health and well being

INGREDIENTS: Oak bark, Marshmallow rt., Mullein, Wormwood, Lobelia, Skullcap, Comfrey. rt., Walnut bark, Gravel rt., Horsetail Grass, Oat straw Herb, Yellow Dock Root, Elderberry, Olive leaf, Cayenne, Cilantro, Desert Parsley, Tree Iodine / Potassium, Plant & Ocean Minerals, Sorghum / Maple Syrup / Glycerin / Tinctures, & Oregano oil.

Suggested Dose: One Ounce for the Professional Athlete best taken before bed (or as desired)

RED RASPBERRY S/T

INGREDIENTS: Red Raspberry Leaf, Olive Leaf, Tree Extracted Natural Iodine Minerals, Palm Glycerin, Sorghum Molasses, & Oregano. Red raspberry is a great agent for cleansing a canker condition of the mucous membranes in the alimentary tract, leaving the tissue toned. In pregnancy the infusion, when taken regularly, will quiet premature pains, and will produce a safe, speedy and easy delivery. Raspberry leaves stimulate, tone and regulate (both the leaves and fruit are high in citrate of iron which is the active alterative, blood-making, astringent and contractile agent for the reproductive area) before and during childbearing, assisting contractions and checking hemorrhage during labor, relieving after-pains, then strengthening, cleansing, and enriching the milk of the mother in the post-delivery period. The tea is a valuable and effective agent for female menstrual problems, decreasing the menstrual flow without stopping it abruptly. Raspberry leaves are soothing and toning to the stomach and bowels, with healing action to sore mouths, sore throats, nausea, aphtha, stomatitis, diabetes, diarrhea and dysentery. They are especially valuable in stomach and bowel complaints of children.

Suggested dose: 1 Teaspoon / 1 tablespoon as desired.

SLEEP EZE S/T

INGREDIENTS: Black Cohosh, Hops flowers, Lobelia, Skullcap, Valerian, Wood Betony and Mistletoe. Chamomile, Passion Flower, "Pica" formula, Blood Purify Formula, Natural Tree extracted Iodine Minerals, Maple Syrup, Palm Glycerin, Sorghum Molasses with Oregano Oil. An Original Barefoot Formula blending the best herbs traditionally known to help with proper sleep.

Suggested dose: 1 Teaspoon / 1 tablespoon as desired 15 minutes prior to bedtime and every time you wake up at night as desired.

CAPSULES

All capsules are "00" size Veggie Caps

ADRENAL BALANCE CAPSULES

INGREDIENTS: Mullein leaves, Licorice Root, Eleutherococcus Rt., Gotu Kola Herb, Hawthorn Berries, Lobelia Herb, Cayenne Pepper, Olive Leaf, Ginger Root. Used historically to help promote the overall health of the adrenal glands and other assisting glandular systems. Also, this formula consists of a synergistic blend of herbs to help promote homeostasis of the adrenal systems. The whole body benefits from the balanced state of the adrenal systems.

Suggested dose: For optimum results: Take 2 capsules 3 times a day. Separate usage from any other formula by approximately 30 minutes.

BF&C CAPSULES

INGREDIENTS: Gravel rt., Marshmallow rt., Boneknit Rt., Mullein, Lobelia, Wormwood, Scullcap, Black Walnut Bark, & Olive Leaf. Used historically by natural healers and many herbalists to help regenerate healthy skin and connective tissue, healthy bones, healthy teeth & gums, healthy hair, skin and nails.

Suggested dose: For optimum results: Take 2 capsules 3 times a day. Separate usage from any other formula by approximately 30 minutes.

CALCIUM BALANCE CAPSULES

INGREDIENTS: Horsetail Grass, Oatstraw Herb, Lobelia Herb, & Olive Leaf. Calcium Balance is a wonderful all natural calcium formula. It is a synergistic blend of the following herbs: Horsetail Grass, Oat straw, Comfrey root and Lobelia. The silica in horsetail grass converts to calcium, and the other herbs work in close conjunction with this master calcium herb. We need calcium for nerve sheath, vein and artery walls, bone, teeth, etc. This combination is helpful for cramps, "Charlie horses," successful pregnancies, growing children and maintaining adult's alike, healthy bones, teeth, hair, skin and nails, healthy eyes and for all calcium needs in the body.

Suggested dose: For optimum results: Take 2 capsules 3 times a day. Separate usage from any other formula by approximately 30 minutes.

HORMONE BALANCE CAPSULES

INGREDIENTS: Black Cohosh, Sarsaparilla, Ginseng, Licorice, False Unicorn, Holy Thistle, Squaw Vine, & Olive Leaf. One of the most famous formulas. It has been used historically for hormone imbalance. Rich with phyto-sterols, which are plant hormones. The body then takes these phyto-sterols and changes them into human hormones via the liver only upon the body's need. This formula is popular amongst those experiencing hormone imbalance of any kind, menopause, PMS, etc. This formula is a great formula for both females and males.

Suggested dose: For optimum results: Take 2 capsules 3 times a day. Separate usage from any other formula by approximately 30 minutes.

IMMUNE CALM CAPSULES

INGREDIENTS: Marshmallow root and Astragalus. This formula is designed to calm yet strengthen the body's immune responses. Many times we believe that we are allergic to certain foods, plants or animals, but in reality our immune system may be just overreacting. This simple combination of marshmallow root and Astragalus has made life easier for those who suffer from allergies, hay fever, asthma, rheumatoid arthritis or any hyperactive immune response.

Suggested dose: For optimum results: Take 2 capsules 3 times a day. Separate usage from any other formula by approximately 30 minutes.

LOWER BOWEL BALANCE CAPSULES (LBB)

INGREDIENTS: Barberry bark, Cascara Sagrada bark, Cayenne, Ginger, Lobelia Herb, Red Raspberry Leaves, Turkey Rhubarb, Fennel, Golden Seal Root, Olive Leaf. To many this formula is known as an herbal laxative; however, to many herbalists it is much more than this. One of the most important and beneficial factors of this formula is how it stimulates peristaltic action within the lower bowel and the whole body. Take according to how many you need. As there are no two people alike in age, size, or physical construction (and the bowel itself will differ in persons as much as the finger prints), most cases will **start with two numbers "00" capsules three times a day, and then regulate the dosage from there.** If the stool seems too loose then cut down, but if it is difficult to get a bowel movement and the stool is hard and takes a long time, then increase the amount until the movements become soft and well-formed (and here, in very difficult cases, one could take even up to 40 of these capsules a day, for these herbs are only food and can do no damage). After the hard material has broken loose and is eliminated (these are hard incrustations of fecal matter that have been "stored" in the bowel for many years that re breaking loose and soaking up intestinal liquids), one can gradually decrease but do not taper off the Lower Bowel Balance Formula dosage so much at this point that one lose this advantageous momentum and continuity of elimination. In most cases, improper diet has caused the peristaltic muscles to quit working. It will take six to nine months with the aid of the Lower Bowel Formula for the average individual to clean out the fecal matter and to rebuild the bowel structure sufficiently to have the peristaltic muscles work entirely on their own. Most people have pounds of old dried fecal matter that is stored in the colon, which is toxifying the system, and keeping the food from being assimilated—because of this putrefied condition, most people engorge themselves with many times more food than the actual body requirements. In the process they wear out their bodies in trying to get sufficient nutrition and are still always hungry and eating; whereas, after the bowel is cleaned, the food is readily assimilated, and a person can sustain himself on about one-third the quantity of his current food consumption at some four or five times more power, vitality and life. Herein, the clean body is able to normally assimilate the simple food values through the cell structures in the colon instead of it being trapped in a maze of waste an inhibited by the hard fecal casing on the intestinal wall, which causes the large part of nutrition to be pushed on and eliminated before it can do any good. When the body is completely clean, these aids will no longer be necessary—then your food will be your medicine and your medicine will be your food. After following this program properly and the bowels are cleansed, this formula should only be used when needed.

MENS WELLNESS CAPSULES

INGREDIENTS: Shave Grass Herb, Alfalfa Leaf, Dandelion Leaf, Dulse Granules, Irish Moss, Red Pepper, Ginger Rt., Chlorella, Beet Rt., Oat Straw, Lobelia Herb, Barley Grass, Kelp, Spirulina, Rosehips, Blue Violet Leaf, Boneknit Rt., Nutritional Yeast, Noni Fruit, Olive Leaf, Hawthorn, Saw Palmetto, Pygeum Bark, Nettle, Buchu, Pal d'arco. An Original Barefoot Formula blending the best herbal formulas into one designed as a daily herbal supplement for men.

Suggested dose: For optimum results: Take 2 capsules 3 times a day. Separate usage from any other formula by approximately 30 minutes.

WOMENS WELLNESS CAPSULES

INGREDIENTS: Shavegrass Herb, Alfalfa Leaf, Dandelion Leaf, Dulse Granules, Irish moss, Red pepper, Ginger rt., Chlorella, Beet rt., Oat Straw, Lobelia Herb, Barley Grass, Kelp, Spirulina, Rosehips, Blue Violet leaf, Nutritional Yeast, BoneKnit Rt., Noni Fruit & Olive Leaf. An Original Barefoot Formula blending the best herbal formulas into one designed as a daily herbal supplement for women.

Suggested dose: 4 capsules 3 x daily as a total all purpose herbal supplement. Double this while pregnant or nursing or anytime desired.

P / W ELIMINATION (Part A) ALL "N" ONE Herbal "00" Capsule Formula

This formula can be used as part of a stronger Adult De-Wormer P/W E Kit "B"

A blend of the following formulas: De-wormer P / W Formulas, Lower Bowel Balance Formula, Calcium Formula, Iron Formula, Heart Formula, Kidney/Pancreas Formula, Hormone Balance Formula, Prostrate Formula, Women's / Men's Wellness This formula is designed to aid in the elimination of waste, as it provides plant nutrients for improved health for adults.

Suggested Adult dosage: 1-2 capsules with each meal as desired to achieve 1 bowel movement for each meal eaten daily. So if you eat 3 meals daily, then ideally you should have 3 bowel movements each morning until cleaned out by 10 am each morning.

P / W Elimination "B" TINCTURE- ADULT ONLY

INGREDIENTS: Walnut Tree, Olive Tree, Male Fern, Wormwood, Wormseed, Fennel, Cats claw, Boneset, Shitake, Teasel Marker, True Solomon's seal, Andrographis, Desert Parsley, Peach Leaf, Pomegranate, Chaparral, Gingko leaf, Yarrow, Mormon tea, Comfrey, Yellow Dock, Virginia Snake rt., Elderberry, Milk thistle, Lobelia, Clover blossoms, Pumpkin seed, Tansy flower, Horsetail, Paul De Arco, Goldenseal, Ginseng, Red Raspberry, Hawthorn, Papaya, Pineapple, Wormseed, Male Fern, Tansy, Pomegranate, Boneset, Japan Knotweed, Andrographis, Stepani Rt., Teasil Marker, Male Bud, immature Green Hull & young Twig of the Black Walnut Tree, Olive Tree Leaf / Rt. Bark, Clove, Natural Tree Iodine, Pumpkin seed, Wormwood, Thuji, Juniper Berry, Garlic, Caraway Seed, Thyme, Allspice Pimcato, Coriander, Fennel, Bergamot, Cardamom, Cayenne, Oregano Oil. Etc. This is a maxed out formula made for the use of the P/W E capsules.

Suggested dose: 1 dropper as desired

NO BLEED CAPSULES In all cases of Bleeding, seek help!

A blend of traditional herbal powders known to aid "stop" bleeding from accidental cuts, punctures, etc. **NORMALIZES CIRCULATION AND BLOOD CALCIUM.** An Original Barefoot Formula!

Suggested Dose: For general bleeding problems, such as occasional nose bleed; 4 capsules per week.

For current nose bleed or accidental cuts, etc. 1-2 capsules with a glass of water every 2 minutes until bleeding stops!

For Bleeder type situations 1-2 capsules daily as desired to keep bleeding controlled.

Externally: Use Stop Bleed Powder (or the No Bleed Capsules can be pulled apart and used) apply freely direct into the injury and then cover with bandage. Don't remove the powder, just add more if desired. Keeping on until completely healed will prevent scarring. Apply to all external sores and tissues that need to heal. Do not apply to burns. Stop Bleed Powder Internally: take direct by mouth to aid in stopping internal/external bleeding as needed. Can be mixed with water/juice, etc. Take immediately by mouth in case of heart attack, chest pains, etc.

BLEEDERS: APPLY DIRECT TO CUT AND ALSO 1/8TH TEASPOON BY MOUTH.

OLIVE LEAF CAPSULES

INGREDIENTS: Olive Leaf (*Olea europaea*)

Please read Olive Leaf Extract by Dr. Morton Walker \$5.99 to fully appreciate Olive Leaf. This is the King of Herbs and the reason we use it in every herbal formula we make.

Suggested Dose: 7 capsules daily as prevention. 21 capsules daily for treatment dose.

PRE-NATAL

6 WEEK FORMULA- NEW-Intended for the last 6 weeks of pregnancy only!!

INGREDIENTS: Squawvine Herb, Blessed Thistle Herb, Black Cohosh Rt, Pennyroyal Herb, False Unicorn Rt, Red Raspberry Leaves, & Lobelia Herb. Using this formula (two or three capsules) morning and night is an aid in giving elasticity to the pelvic and vaginal area and strengthening the reproductive organs for easier delivery.

Suggested Dosage: This formula should be used only in the last six weeks before time of birth as follows:

1 capsule per day of the first week

2 capsule per day of the second week

2 capsule three times a day from the third week on.

Maximum Dosage per day- 6 capsules

SLEEP EZE CAPSULES

INGREDIENTS: Hops flowers, Skullcap, Valerian. Chamomile, Passion Flower & Chamomile flower.

An Original Barefoot Formula blending the best of the best herbs known to help with proper sleep.

Suggested Dose: 2 – 4 capsules 15 minutes before bedtime and 2 capsules each time you wake up at night.

ULCER AID CAPSULES

INGREDIENTS: Slippery Elm Bark, Mullein leaves, Comfrey Rt., Lobelia Herb, Cayenne Pepper, Olive Leaf, Ginger Root.

Suggested dose: 1 or more capsules as desired, best on empty stomach as a method to sooth the irritated stomach lining.

Herbal Tincture Extracts

2 ounce / 4 ounce / 8 ounce glass amber bottles

Note: Every Herb we sell, can be made into an Herbal Tincture, below is a partial list of the ones people like.

Tinctures are herbs extracted in a grain alcohol base and when made well, have an indefinite shelf life. Naturally these rarely ever taste good and the dosage is always small, such as drops or by the dropper. Herbs that are needed in large quantities most often are consumed as powders. Tinctures make the strongest extracts, so all the Syrup / Tincture formulas are a blend of concentrated tea extracts and tincture extracts using concentrated plant minerals.

The strongest extracts are the essential oils, which are the steam distilled “oils” within plants. All essential oil extracts are so concentrate they must be well diluted before making use of and often never suggested for direct internal use. It is impossible to list all the Tinctures, because this is literally an endless list, we

can make a Tincture out of every possible herb and herbal combination. I like storing herbs this way, so nothing ever goes to waste and **herbal tinctures are “best” when they are at least 12 years old and made the old fashioned way!** This is why most every herbal add you have ever read coming to you by way of newspaper / magazine ads, which are commercially being made, often are made with electronic machines and their extracts made in one day and are basically worthless extracts when compared to “original” methods. Commercial does not want stock sitting around, their sole purpose is to produce an income for their owners and nothing more.

Most every Amish newspaper I have read is loaded with these types of commercial made herbal products and easily recognized by their weekly / monthly ads, because they must always seek the “new” customer that has not yet wasted their money on the cheap made and worst of all, worthless products that usually use chemicals and radiation as part of their “fast” / “cheap” methods. It takes a large quantity of herbal tinctures to be capable of producing “true” herbal products and this is why the “others” can never do it correctly, they depend on trash methods producing “stock” for their shelves that they then depend upon their salespeople to mass market via what ever add they have to come up with. This is why we stopped buying all those trash products 15 years ago and had to make our own if we wanted anything of value to raise our children with.

When making herbal tinctures of “rare” herbs, I often try to make a lifetime supply! You will not find another herbalist in this world with that type of theory or quality. Even when you do find a person “trying” to make a herbal tincture the old fashioned way, they most always use cheap grade vodka, because the old herbal books used this, because pure grade of grain alcohol were not available and one thing Dr. Hulda Clark proved 15 years ago was that all vodka sold today has a type of mould in it and not suitable for herbal making and that is why we never use the “cheap” stuff in our herbal making.

Commercial herbal products no matter how you look at them, they use cheap / fast foundational methods and when your foundation is no good, your product can't be of quality. I would rather see everyone make their own herbal products than to **be taken in** by the false ads in their newspapers. 10 years ago David Christopher, son of Dr. John R. Christopher stayed at our house to do a seminar and stated he knew of no private owned source of herbs as large as ours. I gave him a quart of proper made wild American ginseng and he stated no one had ever gave him such a grand gift and then asked if his company could “buy” our Ginseng Extract in large quantity and I had to say “no”, because the “rare” herbs are rarely ever available in such large quantities. This is why the “commercial” sources seek the “fastest” methods to acquire their products, which almost always makes for a less quality product.

The “**Barefoot**” Way **My Way**

Hopefully by now, you have realized No One Else is into herbal use like we are! No One Else has the herbal capabilities that we do, No One Else Specializes in De-Worming like we do! In Fact, everyone else selling herbs via newspaper ads are just salespeople, not a Master Herbalist. I personally believe the word “master” is not proper and only use it to show by example that those with true interest normally seek out such an education. Having a Master Herbalist Degree does not mean anything other than you were capable of doing school work, while spending your life with herbs is far more important than a piece of paper proclaiming you studied herbal health.

Every herbal tincture listed below can be taken direct by mouth, with water, tea, etc. or in The “**Barefoot**” Made Easy Way described above! I truly believe supplementing with 2 ounces of Herbal Minerals daily is the greatest way to prevent ailments and also a fantastic herbal supplement to consume daily while doing juice fasting. Most of the herbal extracts used to make my base formula are 6+ years old and a method I have been self-experimenting with for years now.

ADRENAL BALANCE TINCTURE

INGREDIENTS: Mullein leaves, Licorice Root, Siberian Ginseng Root, Gotu Kola Herb, Hawthorn Berries, Lobelia Herb, Cayenne Pepper, Olive Leaf, Ginger Root, Oregano preserved in Plant based tincture.

Suggested dosage: 1 dropper as desired.

AIR RESTORE

INGREDIENTS: Wild Crafted Whole herb Mullein & Lobelia, Preserved with Apple Cider Vinegar & Tincture. An "Original" Barefoot Formula. This formula has been used historically with a focus on respiratory ailments, coughs, colds, croup, bronchitis and asthma. Mainly due to its soothing nature, Mullein has also been used in the treatment of hemorrhoids, ulcers and inflammatory skin disorders, as well as earaches and many lung ailments. One reason many herbalists tend to favor Mullein is simply because of its ability to break up congestion. Mullein is also known to many herbalists as a specific herb to help assist the body with many glandular disorders. Through the accumulation of toxic waste in the body from improper diet, poor blood stream and sluggish circulation, the glands become congested and infected and swell up to cause much pain and misery. (There are glandular systems that swell on the neck, breast, groin, under arm, etc.) Mullein is definitely the herb of choice to many herbalists when it comes to the glandular systems of the body.

Suggested dosage: 1 dropper daily as "prevention" taken in the morning hours. 1 dropper hourly as treatment. When breathing becomes a problem, often in the middle of the night, 1 dropper often soothes the lungs and allows for a peaceful sleep. When poisoned, or when the tongue has swollen and throat tightened restricting breathing or other unknown problems exist, 1 dropper doses while in a warm bath, drinking distilled water. This is an emergency formula that can save a life. Used in larger quantity can be an emetic causing the stomach to throw up, which often is required when illness strikes fast. When "breathing" becomes a problem, always seek "help". We relied on this formula raising small children that can develop the "croup" late at night, this and the **Maximum Restore** formula along with Skinner's Salve made the children's lives much easier growing up. The **Air Restore** formula has many uses in herbal health, **Lobelia** being one of the greatest of all herbs when properly used. Few people make **Lobelia** tincture correctly or know what parts of the **Mullein** Plant to use. Extremely few people on earth have made **Lobelia Seed Tincture**, because of the huge expense in doing so! 200 years ago **Lobelia Seed** commonly sold for \$1,000 a pound and still cost that much today if you can acquire it. We are probably the only people in current times to make it properly.

ANTI-PLAGUE TINCTURE

INGREDIENTS: Elephant Garlic, St. John's Wort flower, Desert Parsley Rt., 6 Cayennes Fruit / seed, Turkey Oregano, Japanese Knotweed, Andrographis, Olive Leaf, Natural Tree Iodine & Oregano. and Golden Rod Honey extracted tincture.

Suggested dosage: 1 dropper as desired.

ARTHRITIS AID TINCTURE

INGREDIENTS: Nettle Rt, Shavegrass, Dandelion Leaf, Peppermint, Celery Seed, Turmeric, Devil's Claw Rt, Meadowsweet, Natural Tree Iodine Minerals, Olive Leaf, wild oregano oil.

Suggested dosage: 1 dropper as desired.

B&B

Ingredients: Blue Cohosh, Black Cohosh, Blue Vervain, Skullcap, Lobelia, Olive Leaf, Natural Tree Iodine & Oregano. This is a famous Dr. Christopher tincture made our way. This formula is a formula specific to the motor nerves. Yet it is greatly beneficial to the whole nervous system. It is also popular for earaches and hearing loss. Used historically to help aid in assisting an improvement of poor equilibrium, failure of hearing, aiding the motor nerves, helping to rebuild the nerves and nervous system, etc. This formula has also been used historically for the health and vitality of the spinal cord and other nerves.

Suggested dosage: Shake Well. Take up to 6-10 drops 3 times a day or as desired.

BF&C

INGREDIENTS: Oak Bark, Marshmallow Rt., Mullein, Boneknit Rt., Wormwood, Lobelia, Skullcap, Walnut Bark, Gravel Rt., Natural Tree Iodine Olive Leaf & Oregano Oil. Herbs known to help regenerate healthy skin and connective tissue, healthy bones, healthy teeth & gums, healthy hair, skin and nails.

Suggested dosage: Shake Well. Take up to 6-10 drops 3 times a day or as desired.

BLACK WALNUT BUD

INGREDIENTS: Male Walnut Buds, Raw Vinegar, Olive Leaf & Oregano Oil. We are the only people on earth to make Walnut Bud Tincture and anyone you see having it listed in their de-wormer formula has “copied” us and most likely **does not have it in their product at all**. The Male Buds are the strongest part of the Black Walnut Tree used for de-worming and also most potent energy part of the tree. Since these Buds are not sold commercially anywhere in the world, commercial sources can not use them. They are also of no value once dried and must be used correctly the same hour harvested and extracted in a manner that it preserves the quality of the herb.

Suggested dosage: 1 dropper as desired.

BURDOCK ROOT

INGREDIENTS: Wild Crafted Burdock Root extracted tincture with Natural Tree Iodine, Olive Leaf & Oregano Oil. Burdock is one of the best alterative and depurative (blood-purifying) agents in nature but does not nauseate. Burdock root beneficially influences the skin, soothes the kidneys and relieves congestions of the lymphatic. It increases the flow of urine and it is a useful agent for removing excess and fatty (adipose) tissue.

Suggested dosage: 1 dropper as desired.

CAYENNE 5 BLEND

INGREDIENTS: 5 Home Grown HOT CAYEENE PEPPERS. An “Original” Barefoot formula. Cayenne is the purest and most certain stimulant, used medicinally and also as a condiment. This herb is a great food for the circulatory system. It feeds elements that may be lacking into the cell structure of the arteries, veins and capillaries to give them the elasticity of youth again, as the blood pressure adjusts itself to normal. When the venous structure becomes loaded with sticky mucus, the blood has a harder time circulating; therefore, higher pressure forces the liquid through. Cayenne regulates the flow of blood from the head to the feet so that it is equalized. Cayenne (as a stimulant) is an activator, carrier, and accentuator. Cayenne influences the heart immediately, then gradually extends its effects to the arteries, capillaries, and nerves. The frequency of the pulse is not increased, but it is given more power. In equalizing the blood circulation, cayenne produces natural warmth, and in stimulating the peristaltic motion of the intestines, it aids in assimilation and elimination. It rebuilds the tissue in the stomach. It also heals stomach and intestinal ulcers. Cayenne is used in nearly all fomentation, plasters, and poultices where speed is necessary, or where quick relief (as in arthritis, rheumatism, bursitis, sore muscles and those types of cases) is desired. Blended with Raw Honey & Vinegar makes for a great daily tonic.

Suggested dosage: 1 dropper as desired.

CHAPARRAL TINCTURE

INGREDIENTS: Chaparral Herb with Natural Tree Iodine, Olive Leaf & Oregano Oil

Suggested dosage: 1 dropper as desired.

CHERRY BARK TINCTURE

INGREDIENTS: Cherry Bark with Natural Tree Iodine, Olive Leaf & Oregano Oil.

Suggested dosage: 1 dropper as desired.

CILANTRO TINCTURE

INGREDIENTS: Cilantro herb with Natural Tree Iodine, Olive Leaf & Oregano Oil.

Suggested dosage: 1 dropper as desired.

COMFREY TINCTURE

INGREDIENTS: Wild crafted Knit Bone Rt., with Natural Tree Iodine, Olive Leaf & Oregano Oil. Also known as Bone Knit Herb or Knit bone

Suggested dosage: 1 dropper as desired.

DESERT PARSLEY (Not for children)

INGREDIENTS: Wild Crafted Whole Root Desert Parsley tincture. (Lomatium dissectum) I have the worlds largest collection of wild crafted Desert Parsley. It only grows above 10,000 feet in the upper western mountain ranges and the only herb known to cure the 1918 swine flue. I made a long newsletter on this herb explaining the historical uses. I know of only one other source for this herb which is almost exclusively used by the Amish and in my opinion, not extracted properly. This herb takes years to extract properly and I have a lifetime supply now 12+ years old. This is not a common herb and should be treated as a **“professional” use tincture only.**

Suggested Dose: 3 drops, no more than 7 per dose. One well known Amish Practitioner told me he used 3 drops daily for a total of 3 ounces for a treatment for bone pains using this powerful herb.

Use caution with this and all none familiar herbs until you are well “experienced”. Not for children!

ECHINACEA RT

INGREDIENTS: Wild Crafted Echinacea Rt., Olive Leaf, Natural Tree Iodine & Oregano Oil. A popular remedy during the cold and flu seasons. One of the most used herbs for children and adult herbal formulas. Echinacea Rt. was also known as “Snake” medicine several hundred years ago, sold for snake bites, because it is said to not allow the blood to clot when bitten by poisonous snakes.

Suggested dose: 1 dropper as desired. Use 2 weeks at a time and then skip a week. A Dr. Richard Schulze method: Drink 4 ounces at a time every 4 months as a “shock” treatment!

ELDERBERRY

INGREDIENTS: Whole Wild Crafted Elder Berries, Olive Leaf, Natural Tree Iodine & Oregano Oil. Elderberries have been used historically and traditionally as food, particularly in the dried form. Elderberry wine, pie, and lemonade are some of the popular ways to prepare this plant as food. The leaves were touted to be pain relieving and to promote healing of injuries when applied as a poultice. Native Americans used the plant for infections, coughs, and skin conditions. Elderberry has been used historically as an effective treatment for influenza. Dr. John R. Christopher believed all cancers were a result of lack of natural potassium and too much salt and stated **Elder Berry** Tincture as the best source of Potassium and **Black Walnut Tincture** as the second best source.

Suggested dosage: 1 dropper as desired.

EYE WASH

INGREDIENTS: Bayberry Bark, Eyebright Herb, Golden Seal Root, Red Raspberry Leaves, Olive Leaf, & Cayenne. This formula had been used historically for any eye disorder such as cataracts, glaucoma, macular degeneration, retinopathy and night blindness. In addition, this formula has been used to help promote the general health of the eyes. This formula is a synergistic blend of the following herbs:

Bayberry bark, Eyebright herb, Golden seal root, Red Raspberry leaves, and Cayenne. This extract is in a base of pure grain alcohol. Bayberry bark contains astringent compounds that reduce the secretion of fluids, reduce pain and shrink inflamed tissues. Golden seal root is an excellent herbal source of trace minerals, which include: cobalt, iron, magnesium, manganese, silicon and zinc. It is also an excellent herbal source of vitamin C. Eyebright herb also contains astringent compounds that shrink inflamed tissues. It also consists of bitter compounds that relieve pains, are antiseptic and soothe inflamed mucous membranes. This herb is also an excellent herbal source of B-1, B-2, niacin, calcium, cobalt, magnesium, manganese and zinc. Red Raspberry leaves consists of astringent compounds that help to relieve pain and shrink inflamed tissues. This herb is also a great herbal source of manganese.

Suggested Dose: 1-3 drops in an eye cup filled with distilled water and used the old fashioned way to wash the eye. Can be taken internally 1 dropper per dose as desired.

GARLIC TINCTURE (also make as an oil and an essential oil)

INGREDIENTS: Elephant garlic, with Natural Tree Iodine, Olive Leaf & Oregano Oil.

Suggested dosage: 1 dropper as desired.

GINSENG

INGREDIENTS: Wild Crafted American Ginseng. Adults ONLY! Ginseng has been known across the nations to help promote excellent health, help combat stress and fatigue, disease in general, and so on. This list is virtually endless. In the Chinese book of medicine known as Shen Nungâ Materia medica, Ginseng is known as the following: A tonic to the five viscera: quieting the spirits, establishing the soul, allaying fear, expelling evil effluvia, brightening the eyes, opening the heart, benefiting the understanding and, if taken for some time, invigorating the body and prolonging life. Ginseng has been used historically for many different ailments, such as the following: tuberculosis, coughs, nausea, diabetes, indigestion, diarrhea, kidney degeneration, gout, rheumatism, suppurating sores, carbuncles, enuresis, insomnia, leprosy and radiation poisoning, weakness of the spleen, longevity, sexual indifference and impotence just to mention a few. Ginseng is also known by many as the "cure all" in natural medicine, or the all around tonic for whole body balance.

Suggested dose: 1 dropper or more as desired every day for life. Great for both man and wife having problems conceiving. Ideal for the hard working man, take just prior to working hard.

GINSENG (Aged)

INGREDIENTS: Wild Crafted North American Ginseng Roots. My lifetime Collection / Aged 12+ years! Some of the roots are up to 100 years old. For those wanting a taste of the rarest of the rare Ginseng Tincture. From my personal collection of the oldest roots I have ever found.

Suggested Dose: 1 dropper per day for life, which follows the ancient Chinese tradition that suggest a man will grow very old and stay lean with daily consumption of Ginseng. In old times, rare /old Ginseng roots were traded for their equal weight in Gold! Today all ginseng is raised on farms and considered "cheap" and not suitable for true traditional Chinese health.

GOLDEN ROD

INGREDIENTS: Wild Crafted Golden Rod Flowers, Olive Leaf, Natural Tree Extracted Iodine & Oregano Oil. In ancient times Goldenrod flowers were carried by Knights and used to fill the body cavity after being pierced with a sword or spear as a method to stop the bleeding. Today it is used as a potent Kidney Stone dissolver.

Suggested use: 1-15 drops as desired.

GRAVEL RT.

INGREDIENTS: Wild Crafted Gravel Roots, Olive Leaf, Natural Tree Extracted Iodine & Oregano Oil. Gravel root is used principally as a therapeutic agent for the urinary-genital areas, influencing the kidneys, liver, bladder, prostate gland and uterus. It relaxes moderately, stimulates, and tones the pelvic viscera and mucous membranes (helping to cast off any sediments that have settled on surfaces). It is good when used alone, or in combination with other herbs. Its popularity (note the name) has been due to its powerful solvent effect on stony deposits in the kidneys (here it can do the work alone, but its effects are improved with other herbal agents in combination). Gravel root is one of the greatest herbs to use for any kidney and urinary problem, and it is also great as a tonic and stimulant. As a nervine, it is reputed to influence the entire sympathetic nervous system.

Suggested dosage: 1 dropper as desired.

HAWTHORN

INGREDIENTS: Hawthorn Berry, Olive Leaf, Natural Tree Iodine Minerals & Oregano.

Hawthorn contains bioflavonoid-like complexes, which are potent antioxidants (such as Oligomeric Procyanidins (OPCs), vitexin, quercetin, and hyperoside) that appear to be helpful for the cardiac actions of the plant. Hawthorn, unlike other cardio-stimulants, it slowly act on circulatory and cardiovascular disorders via causing dilation of the blood vessels, especially the coronary arteries, and by causing some reduction in blood pressure. It is helpful in the herbal aid of Angina, Congestive heart failure, Atherosclerosis and many other heart disorders. Another benefit of Hawthorn on the heart and blood vessels is how it may help improve coronary artery blood flow and the overall strength of the heart muscle. This herb has maximum effect and benefit when used over a prolonged period of time. It is also extremely safe during pregnancy or lactation and for long-term use. People taking prescription cardiac medications should consult their herbal oriented doctor before using Hawthorn containing products.

Suggested dosage: 1 dropper as desired.

HEART DROPS

Ingredients: Cayenne, Garlic, Olive Leaf, Hawthorn Berry / Flower, Bilberry, White Willow, Natural Tree Iodine & Oregano. An Original "**Barefoot**" Formula. The heart is the most vital muscle in the whole body. Thus, it is our life pump, and when it is not properly fed (with wholesome foods) it suffers malfunction, weakness, degeneration and eventually many other health issues. This in its totality is a major cause of heart failure, which is one of America's greatest killers. These herbs are considered by many to be the best heart tonic or foods, used historically to help restore back optimum health of the heart.

Suggested dosage: 1 dropper as desired.

HYDRANGEA RT

INGREDIENTS: Wild Crafted Hydrangea Rt., Olive Leaf, Natural Tree Iodine & Oregano.

Hydrangea Rt. has been traditionally used as a stone dissolving herb, making it ideal for cleansing the inorganic minerals (rock) from the tissues, especially the Kidneys.

Suggested dosage: 1 dropper as desired.

IODINE Natural Tree Based "Green" TREE IODINE / MINERALS

INGREDIENTS: All Natural Tree based Iodine / Potassium, Olive Leaf & Oregano. I wrote a 108 page book exploring Iodine History and the reasons why I believe all commercial made forms of Iodine to be nothing but toxic chemicals that the human body "rejects" and why the human body loves Natural Tree Extracted Iodine and I believe if your Iodine source is not from a tree, then it is not a "usable" Iodine for human health. The Book is free on my website.

Suggested dosage: 1 dropper as desired.

"I" NEED HELP

Boneset herb, Anti-Plague, Heart Drops, Elderberry, Echinacea, Mullein, Lymes, Worms, Olive Leaf, Adrenal Aid, Bugle Weed, Tooth & Gum Formula, Vinegar Minerals, Garlic, Horseradish, & Adult Oils. This formula is based on the herbs the late great Dr. Shook, the teacher of my teacher. I chose the name as a description of a "desperate" formula offering powerful herbs as an experimental group of herbs that can be experimented with as a preventative or a formula for those that nothing else has worked for them.

Suggested dose: 1 Table Spoon - Morning & Night

Maximum Dose 1 tablespoon per hour

IVY / ITCH

INGREDIENTS: Burdock Rt., Yellow Dock, Sarsaparilla, Bugleweed, lobelia, Olive Leaf, Natural Tree Iodine & Oregano.

Suggested dose: 1 dropper as desired. For poison Ivy Treatment: (Adult) 1 tsp, 3-4 times per day.

KIDNEY / PANCREAS

INGREDIENTS: Parsley Rt. Leaf, Cilantro Leaf, Hydrangea Rt., Gravel Rt., Marshmallow Rt., Ginger rt., Uva Ursi Leaf, Black Cherry Bark, Juniper Berry, Olive Leaf, Cedar Berry, Golden Rod, Chance Pedro, & Oregano. An Original "**Barefoot**" Formula based herbs known to have historical use in dissolving and

removal of inorganic minerals (rock) from the tissues / Kidneys / Pancreas / Prostrate and heavy metal removal. Quite Possibly the **“BEST”** herbal tincture formula ever created that I would suggest for all adults for self-experimentation.

Suggested dosage: 1 dropper as desired daily as prevention. For treatment, 1 teaspoon daily for one 8 ounce bottle every 6 months. More than 1 teaspoon daily can be taken for severe cases, but small daily long term doses are best. Always steam distill your water supply so you do not accumulate inorganic minerals that clog the Kidneys than then lead to every known disease as the body loses circulation.

LIVER ITCH

INGREDIENTS: Cats Claw, Echinacea Rt., Goldenseal Rt., & Virginia Snake Rt. An Original **“Barefoot”** Formula blending 4 herbs that changed my life the most when used to treat 30 years of lead / nickel poisoning. It seems to act as a powerful Liver Tonic that has done miracles for some severe skin conditions. Virginian Snake Rt. is one of the most rare and expensive herbs on earth, not available commercially and I most likely have the largest collection of anyone on the planet because of this formula.

Suggested dose: 1 tablespoon morning and night for 1- 4 bottles total depending on results.

LOBELIA

INGREDIENTS: Lobelia Herb extracted in grain alcohol & Raw Apple Cider Vinegar. Lobelia is one herb that requires raw vinegar as part of the extracting process. Understanding the proper use of Lobelia makes it one of nature’s “best” herbs that can be used in many health situations. This is a must have herb for those self-experimenting with other herbs as it can save your life when properly used for breathing problems in all ages. Dr. Christopher & Dr. Schulze are 2 of your best sources to read or listen to for an education on this fantastic herb. Lobelia is part of many herbal formulas as a way to make the formulas “better”.

Suggested Dosage: 1 dropper in the morning hours for daily “prevention”. For strong treatment, 1 dropper per hour and stop by 6 pm.

LOBELIA SEED

INGREDIENTS: Lobelia Seed, extracted in grain alcohol & raw apple cider vinegar. Pure Seed Lobelia Tincture properly made is practically unknown of in modern times. Even 200 years ago Lobelia seeds sold for \$1,000.00 a pound and still cost that much + today if you can obtain them. The seed tincture is what made this herb a “legion”. Here is some common history of use of this herb:

Lobelia is one of the greatest herbs ever given to the world. We concur with Dr. Thomson that "there is no vegetable which the earth produces more harmless in its effect on the human system, and none more powerful in removing disease and promoting health than lobelia." Lobelia is a general corrector of the whole system, as it is easily diffused and able to influence the entire body. Lobelia is an efficient relaxant, and is believed to be the best counter-irritant known to mankind. Its action is felt immediately on the serious, mucous, muscular and nervous systems, especially the sympathetic nervous systems. As a powerful antispasmodic, lobelia is effective in causing immediate relaxation and expansion of the contracted parts of the respiratory system (bronchial tubes, esophagus, glottis and larynx).

This allows the "breath of life" (oxygenized blood) to flow freely to the de-energized tissues. Lobelia's wonderful healing effects are due to the herb's great ability to remove obstruction and congestion within the body, especially the blood vessels. It lessens the depression through the vaso-motor and strengthens the muscular action of the vessel walls which propel the blood, and thus promotes health. Over years of practice, lobelia has been administered many times, and there have been numerous miraculous healings. Time after time, lobelia has helped the very young to the very old, with only positive results. As for lobelia being a poison: this is one of the most ridiculous falsehoods ever foisted upon the public by orthodox allopaths. This myth has been promulgated by allopaths to dissuade potential patients from using this God-given herb and being healed. My teacher has quickly swallowed as much as four tablespoons of honey sweetened tincture of lobelia at one time, mistaking it for apple cider vinegar.

After retching and vomiting profusely from the emetic properties of the herb, he felt nothing but improvement, and suffered no damage whatsoever; only a good cleaning out! Lobelia is a selective herb. When a fetus is dead, or in an extremely weakened condition, lobelia will cause it to abort. However, if the fetus is well and healthy, and the mother is weak, it will cause the mother to heal and strengthen, enabling her to carry the child until the proper time of delivery. Lobelia accurately and intelligently selects which way it is to go. It is truly a "thinking" herb. The belief that lobelia is a dangerous poison (including the statement in Joseph Meyer's *The Herbalist*, that "lobelia is too dangerous for internal use by the unskilled") has no basis in fact.

This misrepresentation began with Dr. Thomson's amazing success as a rustic herbal doctor. His achievements exposed the then-current deceit and fraud in orthodox inorganic theories and practices. This incited professional jealousy, and caused a loss of money and prestige to the "craft." In addition, when Dr. Thomson could not be easily removed from the scene by the usual maneuver of filing "malpractice" charges, the enraged profession vengefully organized to legislate their craft as the only legal medical practice. Dr. Nowell said this concerning the misclassification of lobelia as a "poison": So successfully did he (Dr. Thomson) use it, that the regulars of his day classed it a poison, as some writers said only a poison could bring about the speedy results that Dr. Thomson obtained by its use. If the student goes to buy a one-ounce package of the herb from the drug store, he will find it label led poison, and in practically all the official works such as B.P., the C.P., the U.S.P. and the American Dispensatory, etc., it is classed as a poison.

That it has no poisonous properties we very definitely affirm. Much has been said and written on this point, and it is because of this that we devote a special lesson to this herb. Dr. H. Nowell has used it for nearly thirty years, in all manner of cases, and at all ages. We have friends who have likewise used it freely, and if half that is said against it by the medical world were true, thousands should have been dead from its use. Throughout all the prosecutions, there has never been a single instance of harm resulting from the use of lobelia. For further information, we quote the late Prof. W. (William) Tully of Yale College, in a letter written to Dr. H. Lee of Middletown, Conn., dated March 22nd, 1838: Page 360 "Lobelia Inflata is entirely destitute of any narcotic powers. I have been in the habit of employing this article for twenty-seven years, in large quantities and for a long period, without the least trace of any narcotic effect. I have used the very best official tincture in the quantity of three fluid ounces in twenty-four hours, and for four and seven days in succession, and I have likewise given three large tablespoonfuls of it within half an hour, without the least indication of any narcotic operation.

I have known four and five tobacco pipes full of it smoked in immediate succession and without any narcosis, and I have also known it to be given by enema with the same result. Dr. Bigelow, of Boston, was the first person who ascribed narcotic powers to this agent, and he did this in 1817, but not from his own observation.

Medicinal uses of lobelia:

Abscesses, adynamia (weakness), angina pectoris (heart excitability), asthma, blood poisoning, blood circulation problems, boils, bronchial problems, bruises, catarrh, chicken pox, cold sweats, colds, colic, congestion, constipation, convulsions, cough, cramps, croup, digestive disturbances (nervous dyspepsia, acute indigestion, etc.), drowning, dyspnea, diphtheria, earache, eczema, epilepsy, fainting, febrile troubles (fevers), felons, female problems, heart weakness, hepatitis, hydrophobia (mad dog bites), hysteria, inflammations, insect stings and bites, laryngitis, measles, meningitis, nephritis, nervousness, palpitation, peritonitis, periostitis, phrenitis, pleurisy, pneumonia, poison ivy, poison oak, rheumatism, ringworm, scarlet fever, smallpox, spasms (spine, muscles, chest, or genital organs), sprains, stomach irritation (small doses), tetanus (lock jaw), vomiting (small doses), whooping cough, and zymotic diseases. Lobelia will allay and regulate violent pains in the loins during labor, which are due to the rigidity of the passages. Thomson writes: In cases where the spasms are so violent that they are stiff, and the jaws become set, by pouring some of this liquid into the mouth between the cheek and teeth, as soon as

it touches the glands roots of the tongue, the spasms will relax, and the jaw will become loosened so that the mouth will open; then give a dose of it, and as soon as the spasms have abated, repeat it. . . . After this, administer appropriate restorative or tonic herbs.

Suggested Dosage: 3-5 drops per dose as desired.

MEMORY BALANCE TINCTURE

INGREDIENTS: Blue Vervain, Gotu Kola, Ginkgo Biloba, Blessed Thistle, Cayenne, Ginger Rt., Tree Iodine, Olive lLaf, Lobelia, & Oregano Oil.

Suggested dose: 1 dropper as desired.

MILK THISTLE TINCTURE

INGREDIENTS: Milk Thistle Seeds extracted in Alcohol/ water, & wild oregano oil.

Suggested dose: 1 dropper as desired.

MIND over MATTER

INGREDIENTS: Alfalfa, Oregon Grape Rt., Skullcap, Kava Kava Rt., Mullein, Ginkgo, Dandelion Rt., Valerian Rt., Yellow Dock Combination, Hops, St. John's Flower, Sarsaparilla Rt., Olive leaf, Gotu Kola, Calcium Balance formula, Ruta Graveolens, Winter Cherry, Rhodiola Rt., Ocean minerals, Passion Flower, Lobelia, & Oregano Oil. An Original "**Barefoot**" Formula blending the best of the best herbs with traditional history of helping with depression, bi-polar problems, etc. Always seek professional help when these problems are serious and see your chiropractor once monthly.

Suggested use: As daily herbal supplement 1 dropper per dose as desired.

MUSHROOM "5"

INGREDIENTS: Reishi, ABM, Shiitake, Maitake, Moral Mushrooms, Olive Leaf, Natural Tree Iodine and Oregano. These mushrooms have traditional history of improving the Immune System, I suggest studying each of these mushrooms and see if they are something you desire to self-experiment with. An Original **Barefoot** Formula.

Suggested dosage: 1 dropper as desired.

NETTLE RT TINCTURE

INGREDIENTS: Wild Crafted Nettle Rt. with Olive Leaf, Natural Tree Iodine and Oregano.

Suggested dose: 1 dropper as desired.

OAK BARK

INGREDIENTS: White Oak Bark, Natural Tree Extracted Iodine Minerals, Olive Leaf & Oregano. Because of its powerful astringent properties, oak bark is used much for both external and internal hemorrhages. It has an excellent cleansing action on inflamed surfaces of the skin and mucous membranes. It will expel pin worms, increases the flow of urine, and removes gall and kidney stones. It has a cleansing and toning influence on the entire alimentary tract. **Herbal Uses:** Internal and external hemorrhage, leucyl diarrhea, dysentery, prolapsus uterine, prolapsed anus, relaxed vagina, sore mouth, gums, ulcerated and inflamed throat, diphtheria, seminal emissions, ulcerated bladder, bloody urine, pin worms, inflammations, burning fevers, infections, uterine troubles, piles, varicose veins, kidney and liver problems, goiter, hardened neck, tumors, swelling ulcers, hard tumors, sores, tetter, ringworm, scaly eruptions, catarrh, colon troubles, gonorrhoea, gleet, stomach troubles, relaxed tissue, thrush, cholera infant, hemoptysis, intermittents, phthisis, prolapsed uvula, gangrene, tooth powder, washes, poisoning.

Suggested dose: 1 dropper as desired externally or internally.

OLIVE LEAF TINCTURE

INGREDIENTS: Olive Leaves, Natural Tree Extracted Iodine Minerals & Oregano. An Original "Barefoot" Formula using the King of Herbs. To fully appreciate this herb, please read Dr. Morton Walker's Olive Leaf Extract \$5.99.

Suggested dose: 1 dropper as desired.

PARASITE TINCTURE- ADULT

INGREDIENTS: Walnut Tree, Olive Tree, Male Fern, Wormwood, Wormseed, Fennel, Cats claw, Boneset, Shitake, Teasel Marker, True Solomons seal, Andrographis, Desert Parsley, Peach Leaf, Pomegranate, Chaparral, Gingko leaf, Yarrow, Mormon tea, Comfrey, Yellow Dock, Virginia Snake rt., Elderberry, Milk thistle, Lobelia, Clover blossoms, Pumpkin seed, Tansy flower, Horsetail, Paul De Arco, Goldenseal, Ginseng, Red Raspberry, Hawthorn, Papaya, Pineapple, Apple cider, & Goldenrod honey.

Suggested dose: 1 dropper as desired

PARASITE P/W E "B" TINCTURE- ADULT ONLY

INGREDIENTS: Walnut Tree, Olive Tree, Male Fern, Wormwood, Wormseed, Fennel, Cats claw, Boneset, Shitake, Teasel Marker, True Solomons seal, Andrographis, Desert Parsley, Peach Leaf, Pomegranate, Chaparral, Gingko leaf, Yarrow, Mormon tea, Comfrey, Yellow Dock, Virginia Snake rt., Elderberry, Milk thistle, Lobelia, Clover blossoms, Pumpkin seed, Tansy flower, Horsetail, Paul De Arco, Goldenseal, Ginseng, Red Raspberry, Hawthorn, Papaya, Pineapple, Wormseed, Male Fern, Tansy, Pomegranate, Boneset, Japan Knotweed, Andrographis, Stepani Rt., Teasil Marker, Male Bud, immature Green Hull & young Twig of the Black Walnut Tree, Olive Tree Leaf / Rt. Bark, Clove, Natural Tree Iodine, Pumpkin seed, Wormwood, Thuji, Juniper Berry, Garlic, Caraway Seed, Thyme, Allspice Pimcato, Coriander, Fennel, Bergamot, Cardamom, Cayenne, Oregano Oil. Etc. This is a maxed out formula made for the use of the P/W E capsules.

Suggested dose: 1 dropper as desired

PUMPKIN SEED

INGREDIENTS: Pumpkin Seeds, Natural Tree Extracted Iodine Minerals & Oregano. Anthelmintic (taeniafuge, vermifuge), diuretic, nutritive. Pumpkin seed is an efficient agent for expelling both tape and round worms.

Suggested dose: 1 dropper as desired.

RED RASPBERRY

INGREDIENTS: Red Raspberry Leaf, Olive Leaf, Natural Tree Iodine Minerals & Oregano Oil.

Suggested Dose: 1 dropper as desired.

TRUE SOLOMON'S SEAL RT TINCTURE

INGREDIENTS: Wild crafted True Solomon's Seal Rt. WARNING! Experimental use only!

Suggested Dose: 1-3 drops as desired

SKULLCAP TINCTURE

INGREDIENTS: Skullcap extracted tincture.

Suggested Dose: 1 dropper as desired.

STONE BREAKER TINCTURE

INGREDIENTS: Gravel rt., Bugal weed, Cilantro herb, Chaparral herb, Chanca Piedra, Yellow dock formula, K/P/H/P formula, Goldenrod Honey, & Oregano oil.

Suggested Dose: 1 dropper as desired.

ST JOHNS WORT

INGREDIENTS: Wild Crafted St. John's Wort Flowers, Natural Tree Extracted Iodine Minerals & Oregano. St. John's Wort herb had its claim to fame in the United States when received the European clinical research confirming its effectiveness in the treatment of depression. The new popularity was no surprise amongst many herbalists. They have been using it not only for depression but also for the treatment of the following: wounds, burns, injured nerves, sciatica, ulcers, anxiety, inflammation, and many other ailments. In modern times, St. John's Wort is one of the most prescribed treatments for mild to moderate depression in many European countries and has become one of the top selling dietary supplements in the

United States. Some of the many benefits of this herb are as follows: it helps alleviate psychological symptoms of mild to moderate depression, including despondency, poor circulation, and inability to perform daily tasks, It eases physical fatigue, It helps to relieve the anxiety and insomnia that often accompany depression, and just about any disorder with regards to depression. The major components of St. John's Wort are the following: Hypericin, hyperform, pseudohypericin, flavonoids, xanthonenes, and essential oils.

Suggested dose: 1 dropper as desired.

TEASEL MARKER TINCTURE

INGREDIENTS: Wild Crafted Teasel Marker, Olive Leaf, Tree Iodine & Oregano Oil.

Suggested Dose: 1 dropper as desired.

TETNUS TINCTURE

Ingredients: Lobelia, Skullcap, Skunk Cabbage, Myrrh Gum, Black Cohosh, Cayenne, Valerian Rt., Olive Leaf, Tree Iodine Minerals, Chaparral, & essential plant oils.

Suggested use: (Experimental use only) 1 dropper as needed, seek Professional assistance.

TOOTH & GUM RESTORE TINCTURE

INGREDIENTS: Knit Bone Rt., Oak Bark, Horsetail Grass, Peppermint, Lobelia Herb, Cloves, Tree Iodine, Olive leaf & Oregano Oil.

UVA-URSI

INGREDIENTS: Uva-Ursi Leaves, Natural Tree Extracted Iodine Minerals & Oregano. Uva ursi has a specific healing action upon the genito-urinary organs, especially in cases of gravel or ulceration of the kidneys or bladder. It is of great value in these kidney and bladder problems, where it soothes, strengthens and tones the mucous membranes of the urinary passages. It is a solvent to urinic calculi deposits. Uva ursi stimulates kidney activity, and it has a slight antiseptic effect on the mucous membranes. The leaves are powerfully astringent (due to 6-8% tannin acid composition), and have been used as such as early as the 13th century (according to old herbal works, wherein it was known by the name of "arbutus").

Suggested dose: 1 dropper as desired.

VIRGINIA SNAKEROOT

INGREDIENTS: Wild Crafted Virginia Snake Rt., Natural Tree Extracted Iodine Minerals & Oregano. This has to be the rarest and most expensive herb on earth in my opinion. Diuretic, emmenagogue, aphrodisiac, anti periodic, stomachic, cardiac stimulant, expectorant, exanthematous, anodyne, febrifuge, diffusive stimulant, tonic, diaphoretic, diuretic, antispasmodic, nervine. It influences the circulation, skin, and kidneys. It is quite stimulating to the gastric membrane, is an excellent digestive aid, activates the secretive organs and increases the power of other herbal agents. Used for Dyspepsia, diphtheria, poison ivy rash, rheumatism fevers (especially typhoid). Since it is a stimulant, it is also a remedy for rheumatism. It is also good for nettle rash, poison ivy, poison snake bite, etc. Snake root generally is used as a tonic inside the body.

Suggested dose: 1 dropper as desired.

WORMWOOD

INGREDIENTS: Wormwood, Natural Tree Extracted Iodine Minerals & Oregano. Tonic, anthelmintic, (vermifuge) stomachic, stimulant, febrifuge, hepatic, aromatic, antiseptic, nervine, antivenomous, antibilious, carminative. Wormwood is an extremely bitter remedy--next to rue the bitterest herb known--(such that it is rarely given to children), but it is a valuable stimulative tonic to the digestive system (stimulates appetite, promotes digestion, corrects stomach disorders). It is especially useful for atonic and debilitated conditions. It is an excellent nervine tonic, and it will expel flatus from the gastrointestinal tract. The leaves possess antiseptic properties and are very resistive to putrefaction, and counteract the effects of poisonous plants such as hemlock, toadstool, etc. The leaves and flowers expel lumbricoid

worms, and they are excellent for correcting and toning the liver and clearing a bilious condition in the body. The oil is valuable for external use as a very stimulating liniment. Good for, round worms (lumbri), atonic dyspepsia, diarrhea, bilious and liver troubles, falling sickness (epilepsy), flatulence, debility, nervous conditions, melancholia, jaundice, nausea, morning sickness, intermittent fevers, gout, rheumatism, swelling, sprains.

Suggested dose: 1 dropper as desired.

YELLOW DOCK

INGREDIENTS: Yellow Dock, Natural Tree Extracted Iodine Minerals & Oregano. Yellow dock is considered to be the most medicinal variety of the dock family. The roots of yellow dock have been found to contain as much as 40 percent iron compounds, thereby making yellow dock one of the best blood builders in nature. It is very effective as a blood-purifier, and excellent for the lymphatic system. It is very valuable for all skin disorders and has therapeutic characteristics that are similar to sarsaparilla (Smilax officinalis) and turkey rhubarb (Rheum palmatum). Good for skin disorders and eruptions, scorbutic diseases, Scrofula, glandular tumors, swellings, leprosy, itch, syphilis, liver congestion, biliousness, cancer, running ears, ulcerated eyelids, sour stomach, lack of pep or vitality (adynamia), intermittent fevers, food (leaves), sores, anemia, cough, laryngeal irritation and catarrh, arsenic poisoning, hemorrhage, diarrhea.

Suggested dose: 1 dropper as desired.

- This is only a partial list of Tinctures, we can make a tincture out of any herb and herbal formula we have.

POWDERS & TEAS

Bulk Formulas

BF&C POWDER -OR- BF&C TEA

INGREDIENTS: Gravel rt., Marshmallow rt., Mullein, Lobelia, Wormwood, Scullcap, Boneknit Bark, Black Walnut Bark, Olive Leaf with Oregano Oil. Used historically by natural healers and many herbalists to help regenerate healthy skin and connective tissue, healthy bones, healthy teeth & gums, healthy hair, skin and nails. These bulk forms are user friendly to make fomentations (both cut & powder), poultices (both cut & powder), and teas (water infusion) (cut is preferred although both may be used), home encapsulating (powdered form is best), etc. (primary use: internal & external)

BOLUS POWDER (A)

INGREDIENTS: Squawvine, Slippery Elm, Yellowdock rt., Marshmallow rt., Chickweed, Goldenseal rt., Mullein with Oregano Oil. Many herbalists recognize this formula for its high iron content, but in addition to this fact, it has also been used historically to help build and relieve prolapsed organs such as the uterus, bowel, or other organs or hemorrhoid problems. Mixed with Coconut Oil to form pencil size bolus for both male and female use.

BOLUS PART B- OIL

INGREDIENTS: Pure Organic Extra Virgin Coconut Oil.

Suggested use: warm enough to melt, blend in part A powder, roll into pencil size rolls, refrigerate, then cut into small bolus size insert able bolus.

BLOOD PURIFY TEA

INGREDIENTS: Red clover blossoms, Chaparral, Licorice root, Poke root, Peach bark, Oregon grape root, Stillingia, Cascara sagrada, Sarsaparilla, Prickly ash bark, Burdock root, Buckthorn bark, Olive leaf with Oregano Oil. This formula helps promote a healthy and clean blood stream. The blood stream is life itself, and it is our job to keep it clean and pure so that we can have a good circulatory system for delivering food to the body properly, and, in addition, to carry off the waste materials. This herbal blood

re-builder is made up of herbs that are cleansers, herbs that give astringency, others aid in removing cholesterol, kill infection, and build elasticity in the veins and strengthen the vein and artery walls.

CALCIUM BALANCE TEA / POWDER

INGREDIENTS: Horsetail Grass, Oatstraw Herb, Lobelia Herb, Olive Leaf with Oregano Oil. Calcium Balance is a wonderful all natural calcium formula. It is a synergistic blend of the following herbs: Horsetail Grass, Oat straw, Comfrey root and Lobelia. As explained in the book, Biological Transmutations, the silica in horsetail grass converts to calcium, and the other herbs work in close conjunction with this master calcium herb. We need calcium for nerve sheath, vein and artery walls, bone, teeth, etc. This combination is helpful for cramps, “Charlie horses,” successful pregnancies, growing children and maintaining adults alike, healthy bones, teeth, hair, skin and nails, healthy eyes and for all calcium needs in the body.

IMMUNE CALM POWDER

INGREDIENTS: Marshmallow root and Astragalus with Oregano Oil. This formula is designed to calm yet strengthen the body’s immune responses. Many times we believe that we are allergic to certain foods, plants or animals, but in reality our immune system may be just overreacting. This simple combination of marshmallow root and astragalus has made life easier for those who suffer from allergies, hay fever, asthma, rheumatoid arthritis or any hyperactive immune response.

IRON BALANCE POWDER

INGREDIENTS: Bone knit rt., Oak bark, Yellow Dock rt., Marshmallow rt., Lobelia, Olive leaf, Walnut bark, Mullein with Oregano Oil. The herb Yellow Dock has considerable amounts of vitamin C, which has been used historically to help with the absorption of Iron. Yellow Dock is also over 50% iron by weight, thus it has been used historically for many usages such as iron deficiency (anemia). Many herbalists recognize this formula for its high iron content, but in addition to this fact, it has also been used historically to help build and relieve prolapsed organs such as the uterus, bowel, or other organs or hemorrhoid problems.

KIDNEY / PANCREAS AID POWDER

INGREDIENTS: Juniper Berry, Parsley, Uva Ursi, Marshmallow Rt., Lobelia, Ginger Rt., Goldenseal Rt., Olive Leaf, Hydrangia Rt., Gravel Rt., Cedar Berry, Chance Piedra, Cilantro, Cayenne, Licorice Rt., with Oregano Oil. This formula is a specific for the Kidneys & Pancreas. Approximately 80% of the body is liquid, and much of this fluid must be pumped, filtered, etc., through the urinary system of the individual. We generally do not take the best care of this delicate tract. Through it circulates irritating and clogging-type materials, i.e., tea, coffee; soft drinks, hard water, alcohol, etc. Also a formula of herbs used by people who have been afraid to be out in public because of lack of control over the urinary tract and unknowingly voiding urine.

LOWER BOWEL BALANCE POWDER

INGREDIENTS: Barberry bark, Cascara Sagrada bark, Cayenne, Ginger, Lobelia herb, Red raspberry leaves, Turkey rhubarb, Fennel, Golden seal root, Olive leaf with Oregano Oil. This is one of My Teacher’s most famous and popular formulas. To many this formula is known as an herbal laxative; however, to many herbalists it is much more than this. One of the most important and beneficial factors of this formula is how it stimulates peristaltic action within the lower bowel and the whole body. Take according to how many you need. As there are no two people alike in age, size, or physical construction (and the bowel itself will differ in persons as much as the finger prints), most cases will start with two numbers “00” capsules three times a day, and then regulate the dosage from there. If the stool seems too loose then cut down, but if it is difficult to get a bowel movement and the stool is hard and takes a long time, then increase the amount until the movements become soft and well-formed (and here, in very difficult cases, one could take even up to 30 of these capsules a day, for these herbs are only food and can do no damage). After the hard material has broken loose and is eliminated (these are hard incrustations of fecal matter that have been “stored” in the bowel for many years that re breaking loose

and soaking up intestinal liquids), one can gradually decrease but do not taper off the Lower Bowel Formula dosage so much at this point that one lose this advantageous momentum and continuity of elimination. In most cases, improper diet has caused the peristaltic muscles to quit working.

It will take six to nine months with the aid of the Lower Bowel Formula for the average individual to clean out the fecal matter and to rebuild the bowel structure sufficiently to have the peristaltic muscles work entirely on their own. Most people have pounds of old dried fecal matter that is stored in the colon, which is toxifying the system, and keeping the food from being assimilated—because of this putrefied condition, most people gorge themselves with many times more food than the actual body requirements. In the process they wear out their bodies in trying to get sufficient nutrition and are still always hungry and eating; whereas, after the bowel is cleaned, the food is readily assimilated, and a person can sustain himself on about one-third the quantity of his current food consumption at some four or five times more power, vitality and life. Herein, the clean body is able to normally assimilate the simple food values through the cell structures in the colon instead of it being trapped in a maze of waste and inhibited by the hard fecal casing on the intestinal wall, which causes the large part of nutrition to be pushed on and eliminated before it can do any good. When the body is completely clean, these aids will no longer be necessary—then your food will be your medicine and your medicine will be your food. After following this program properly and the bowels are cleansed, this formula should only be used when needed.

MENS WELLNESS POWDER

INGREDIENTS: Shavegrass herb, Alfalfa Leaf, Dandelion Leaf, Dulce Granules, Irish Moss, Red Pepper, Ginger Rt., Chorella, Beet Rt., Oat Straw, Lobelia Herb, Barley Grass, Kelp, Spirulina, Rosehips, Blue Violet Leaf, Nutritional Yeast, Noni Fruit, Olive Leaf, Hawthorn, Saw Palmetto, Pygeum Bark, Nettle, Buchu, Pal d'arco with Oregano Oil. Our "Original" all purpose daily supplement for men.

WOMENS WELLNESS POWDER

INGREDIENTS: Shavegrass Herb, Alfalfa Leaf, Dandelion Leaf, Dulce Granules, Irish Moss, Red Pepper, Ginger Rt., Chorella, Beet Rt., Oatstraw, Lobelia Herb, Barley Grass, Kelp, Spirulina, Rosehips, Blue Violet Leaf, Nutritional Yeast, Noni Fruit, Olive Leaf with Oregano Oil. Our "Original" all purpose daily supplement for women.

STOP BLEED POWDER

NORMALIZES CIRCULATION AND BLOOD CALCIUM.

A blend of traditional herbal powders known to aid "stop" bleeding from accidental cuts, punctures, etc. Externally: apply freely direct into the injury and then cover with bandage. Don't remove the powder, just add more if desired. Keeping on until completely healed will prevent scarring. Apply to all external sores and tissues that need to heal. Do not apply to burns. Internally: take direct by mouth to aid in stopping internal / external bleeding as needed. Can be mixed with water/juice, etc. Take immediately by mouth in case of heart attack, chest pains, etc. BLEEDERS: APPLY DIRECT TO CUT AND ALSO 1/8TH TEASPOON BY MOUTH. **In every case of bleeding, seek HELP!**

OLIVE LEAF POWDER -OR- LEAVES

INGREDIENTS: Olive Leaf / Olea europaea Please read Olive Leaf Extract by Dr. Morton Walker \$5.99 to understand why this is the King of herbs.

TOOTH AND GUM POWDER

INGREDIENTS: Oak Bark, Horsetail Grass, Peppermint, Lobelia Herb, Olive Leaf, Cloves & Oregano Oil. This formula has been used historically to help strengthen the gums (bleeding and pyorrhea-type infections of the gums), and assist in tightening loose teeth. This type of tooth powder will brighten tooth luster and make for a healthier mouth. For severe cases place this powder formula between the lips and gums (upper and lower) around the entire tooth area and leave on all night, six nights a week (as well as

brush regularly) until improvement is evident. Then continue on with regular brushing with this herbal combination.

TOP KNOT TEA

INGREDIENTS: Chamomile Flower, Yarrow, Peach Leaf, Nettle Rt., Chaparral Herb, & Ginkgo Leaf. Herbs known to aid the health of the hair, used as a tea internally and as a hair rinse.

YELLOW DOCK COMBINATION

INGREDIENTS: Oak Bark, Mullein Herb, Yellow Dock Root, Walnut Bark, Boneknit Root, Lobelia, Marshmallow Root, Olive Leaf & Oregano Oil. The herb Yellow Dock has considerable amounts of vitamin C, which has been used historically to help with the absorption of Iron. Yellow Dock is also over 50% iron by weight, thus it has been used historically for many usages such as iron deficiency (anemia). Many herbalists recognize this formula for it's high iron content, but in addition to this fact, it has also been used historically to help build and relieve prolapsed organs such as the uterus, bowel, or other organs or hemorrhoid problems.

KITS

(We can make most any type of herbal kit)

ALL-N-ONE KIT

The All "N" One Kit came about as a method **to help the elderly** that wanted a thorough herbal plan, but did not want to take the time to learn about the herbs or herbal products. I blended the many herbal products into as few bottles possible with the theory that they be taken daily for the rest of the life and each kit set up as a Monthly Kit, in that all bottles should be empty by the end of each 30 day use. For the beginner or person with a problem, it is suggested to make use of a "**Double Kit**" for the first 30 days or continue until the problem has been helped, no matter how long it takes.

DOUBLE KIT

Part A – 1 bottle (this formula does not need doubled)

Part B – 2 bottles

Part C– 2 bottles

Spray A – 8 ounce bottle

Spray B – 8 ounce bottle

Suggested Dose- consume all bottles in 30 days, repeat every 30 days for as long as seeking help from herbal use.

SINGLE MONTHLY KIT

Part A – 1 bottle (this formula does not need doubled)

Part B – 1 bottle

Part C – 1bottles

Spray A – 2 ounce bottle

Spray B – 2 ounce bottle

Suggested Dose- consume all bottles in 30 days, repeat every 30 days for as long as seeking help from herbal use. Ideally every month for life.

ALL "N" ONE PART "A"

STOMACH / LIVER / INTESTINE / COLON "STRENGHTEN"

INGREDIENTS: Barberry bark, Cascara Sagrada bark, Cayenne, Ginger, Lobelia herb, Red raspberry leaves, Turkey rhubarb, Fennel, Golden seal root, & Olive leaf.

Suggested Dose: Treatment. 8 per day for 30 Days.

Prevention.1-2 with each meal as needed.

150 ct 00 Veggie-Caps

ALL "N" ONE / PRE - CLEANSE KIT Part "B"

Anti Parasite Herbs - 4 parts / Hormone Assist Herbs - 1 part / Iron - 1 part / Calcium - 1 part / Kidney - 1/4 part / Pancreas - 1/4 part / Heart - 1/4 part / Prostrate - 1/4 part

Suggested use: 1 tablespoon morning and night for 30 day Pre-Cleanse. (2 bottles)

Prevention: 1 tablespoon daily (1 bottle per month)

ALL "N" ONE / PRE - CLEANSE KIT Part "C"

Liver - Gallbladder - Cardiac - Vascular - Renal Cleanse and Nourish

INGREDIENTS: Lecithin, Olive Oil, Sunflower Oil, Wheat Germ Oil,, Grape Seed Oil, Gravel Rt., Marshmallow Rt., Mullein, Sculcap, Black Walnut, Bone Knit Rt, Olive Leaf, Avocado, Apricot oil, Rose hip Oil, Sweet Almond Oil, Tree Extracted Iodine Minerals & Oregano Oil.

Suggested use: 1 tablespoon morning and night for 30 day Pre-Cleanse. (2 bottles)

Prevention: 1 tablespoon daily (1 bottle per month)

ALL "N" ONE SPRAY A

Ingredients: Minerals both Earth/Ocean & Herbs extracted in grain water/alcohol with essential plant oils.

Directions: (3x daily) Apply liberally to the wrist, fingers, ankles, toes, spine, hips, neck, knees, all joints and muscles that ache. Spray 1-2 sprays in the mouth morning and night or as desired. Close eyes when spraying the face.

ALL "N" ONE SPRAY B

Ingredients: Burdock Rt., Cilantro, Olive Leaf, Yarrow, Willow Herb, Desert Parsley. Ocean Minerals, Cabbage, Apple Cider Vinegar, Pineapple, Black Walnut Buds, Tree Iodine, Blue Cohosh, Black Cohosh, Blue Vervain, Skullcap, Lobelia, Oak Bark, Marshmallow Rt., Mullein, Wormwood, Walnut Bark, Gravel Rt., Red Clover, Chaparral, Licorice Rt., Poke Rt., Peach Leaf, Oregon Grape Rt., Sarsaparilla, Cascara Sagrada, Prickly Ash Bark, Buckthorn, Oregano Oil & Essential Oils.

Directions: (3x daily) Apply liberally to the wrist, fingers, ankles, toes, spine, hips, neck, knees, all joints and muscles that ache. Spray 1-2 sprays in the mouth morning and night or as desired. Avoid face and all "tender" skin.

DIGESTIVE FLUSH KIT

This Kit was designed for those wishing to do a Dr. Hulda Clark Epsom's Salts Liver Flush as easy as possible. I still suggest the "original" Clark method when the rules are followed is the cheapest and most powerful method. **Preparation for a Liver Flush consist of :** de-worming for at least 5 days, At least 5 days of using 8 Lower Bowel Capsules and ideally Kidney / Pancreas Cleanse as Pre-Treatment to avoid constipation problems. After 5 or more pretreatment days, then follow the Clark Liver Flush rules.

PART A (8 ounces)

INGREDIENTS: Unfiltered Maple Syrup, Vegetable Glycerin, Valerian Rt., Skullcap, Passion Flower, Hops, Chamomile Flower, Magnesium Sulfate, Distilled Water, and Wild Oregano Oil.

Suggested dose: 2 ounces 4 hours before bedtime, **2 ounces** 2 hours before bedtime. **2 ounces** upon wakening, **2 ounces** 2 hours after awakening. **REPEAT** every 3 -14 days as a desired liver flush. **Ideally 3x** or until all waste (stones / chaff) has been expelled. Then **REPEAT** every 6 months for prevention.

PART B (4 ounces)

INGREDIENTS: First Cold Pressed Olive Oil, & Wild Oregano Oil.

Suggested dose: 4 ounces mixed with your grapefruit juice right before bedtime. REPEAT as suggested above.

SPECIALTY PRODUCTS

AIR FRESHIN ROOM / WHOLE HOUSE PURIFIER

Large and very noisy air purification using water and Air Freshen Formula to treat the air in a room or entire house.

Suggested use: holds 1 gallon distilled water, ad 1 dropper Air Freshen nightly.

AIR FRESHIN ROOM PURIFIER

Small single room small scale room air purifier.

Suggested use: holds pint of distilled water, ad 1 dropper Air Freshen nightly.

BOOK I / Free on my website newsletter folder

We can custom print you a copy based on the size of print you desire and if you want printed on 1 side or both sides and if you want it "bound", the cost will be printers cost, plus shipping and handling.

EAR CANDLES

An ear candle, sometimes called an ear cone, is a long hollow tube tapered to a hand-finished tip, that fits comfortably into the outer ear canal.

The large end of the candle is lit and the smoke created spirals down through the ear candle into the ear during the first couple of minutes of the burn after which the flow changes direction.

Using ear candles is comfortable, non-invasive, peaceful and actually a quite pleasant experience.

EMPTY BOVINE CAPS 00 size

EMPTY VEGGI CAPS 00 size

PREGNANCY BEADS

Cycle Beads are a great way to help increase your chances of getting pregnant when you'd like to by easily following your cycle using beads as a visual reminder of where you are in your cycle. Only for women with cycles between 26 and 32 days long.

Description, the Cycle Beads have no side effects or chemicals. They are very inexpensive and can be used for multiple cycles, as in years. It provides you with an easy visual cue to your menstrual cycle. Cycle Beads seem a bit too good to believe. As long as you have a menstrual cycle between 26-32 days in length, it should be able to help you identify your most fertile period. While it is also 95% effective at preventing pregnancy using Natural Family Planning, many women also use these beads to aid them in conceiving by helping them pinpoint ovulation. By knowing when a woman ovulates, she can increase her chances of getting pregnant.

To do this you start with the black ring around the first bead and simply move it forward each day. When the ring is in the white bead range, you are likely to get pregnant if you are having unprotected sex. The brown beads indicate the days that you are not likely to get pregnant. There is a dark brown bead that indicates if your period starts before you get to this bead, your periods are under 26 days. The beads can be kept by your bedside, in your bathroom or any where it is convenient for you. Cycles beads can be used as non-hormonal forms of birth control, with a 95% effective rate when used correctly, even in some breastfeeding women. Cycle Beads cannot tell you exactly when you ovulate, therefore they are not the best method for women who are experiencing infertility or other fertility issue

ANIMALS

Farmer's Herbal Solution

Made for horse's leg performance! Good for all animals; arthritis / spine / hip pain, broken bones, all skin problems, mites, lice, parasites, lymes disease, etc.

INGREDIENTS: Arthritis formula, Broken Bone formula, Chinese Linement, Aloe Vera herb, Teasil Marker Rt., Boneset herb, Spring Bone knit, Virginia Snake Rt., Lobelia herb, Lavender flower, Garlic, Rosemary herb, Desert Parsley Rt., Grape seed, Bottom of the Barrel formula, Witch Hazel, Burdock Rt., Cilantro, Olive Leaf, Ocean Minerals, Cabbage, Apple / Pineapple Vinegar, & 16 Essential Herbal Oils.

Suggested Use, spray animals as needed for all pains, cuts, etc. avoid eyes and tender tissues!

Professional Strength Animal Parasite Control Oil

INGREDIENTS: 16 Essential oils - Wormseed, Wormwood, Cayenne, Oregano oil, Thuji, Garlic, Juniper Berry, Caraway Seed, Thyme, Allspice Pimcato, Corinder, Fennel, Bergamot, Cardamom, etc. VERY HOT " Cayenne taste"

Suggested use: 1 drop per gallon of water.

KEEP OUT OF REACH OF CHILDREN - ANIMAL USE ONLY - PROFESSIONAL USE ONLY

Professional Strength Animal Parasite Control NO GARLIC

INGREDIENTS: 16 Essential oils - Wormseed, Wormwood, Cayenne, Oregano oil, Thuji, Juniper Berry, Caraway Seed, Thyme, Allspice Pimcato, Corinder, Fennel, Bergamot, Cardamom, etc.

Suggested use: 1 drop per gallon of water.

ANIMAL USE ONLY / PROFESSIONAL USE ONLY

P / W FOR CATS & DOGS

INGREDIENTS: 16 Essential oils - Garlic, Wormseed, Wormwood, Cayenne, Oregano oil, Thuji, Garlic, Juniper Berry, Caraway Seed, Thyme, Allspice Pimcato, Corinder, Fennel, Bergamot, Cardamom, etc.

In an Olive Oil base herbal formula.

KEEP OUT OF REACH OF CHILDREN ANIMAL USE ONLY---

Suggested dose: Squirt direct in mouth or on fur, avoid eyes and tender skin.

OIL EXTRACTS

GARLIC OIL

INGREDIENTS: Elephant garlic, First Press Olive Oil & Oregano Oil.

Garlic's medicinal value is largely in its being a highly volatile essential oil, so precautionary care should be taken in its preparation. Anciently it was used in both healing and nutrition, as it was known to possess a great resource for physical strength and energy. It is a valuable nervine tonic, and is especially useful in lowering hypertension. It is an equalizer of blood circulation, and it is a useful expectorant for all respiratory affections and infections. It has a special affinity for the respiratory tract and beneficially influencing bronchial secretions, though it rapidly diffuses throughout the whole system. The odor is so readily diffusible that when the juice, oil, or other form is applied to the soles of the feet, in seconds it is exhaled by the lungs and detected on the breath. Garlic stimulates the gastric juices and has active carminative properties to correct any fermentive and gaseous conditions in the stomach. It is effective in arresting intestinal putrefaction and infection, while stimulating the healthful growth of the "friendly bacteria." According to one investigator, the oil is composed of sulfides and disulfides which halt the accelerated harmful effects while not harming the healthful organisms. The garlic oil is reportedly so popular in Russian medicine that it is referred to as "Russian penicillin," and the hospitals and clinics use the volatile garlic extracts almost exclusively in the form of vapors and inhalants. The use of garlic as an antiseptic and vulnerary during World War I was sensational; and wherever there is pus, it is a safe and

certain remedy. Its anthelmintic properties and action is deadly to round-and pin-worms. It also appears to be a powerful agent against tumor formation.

Suggested dose: 1-6 drops in each ear for ear ache or after each use of ear candles.

GARLIC OIL ADULT

INGREDIENTS: Elephant garlic, First Press Olive Oil & More Oregano Oil.

Suggested dose: 1 dropper by mouth or rubbed into skin as desired.

GARLIC OIL ADULT FOOT OIL

INGREDIENTS: Elephant garlic, First Press Olive Oil, Cayenne & Oregano Oil.

Suggested dose: rub into bottoms of feet to stimulate circulation or anyplace strong circulation desired. Avoid tender tissues.

OINTMENTS

HERBAL HEALING SALVE "A"

Ingredients: Oak, Marshmallow rt., Mullein, Wormwood, Lobelia, Skullcap, Walnut bark, Gravel rt., Deep earth clay, Cayenne, MSM, Magnesium, Tree Iodine. Oils of: Wheat Germ, Avocado, Coconut, Cayenne, Oregano, Peppermint, Lavender, Dragons blood, Menthol, Olive and Bees Wax, Honey. **My version of an alternative to using B&W ointment;** when John Keim gave a medical doctor his B&W formula a few years ago and all rights to making & sales and we were contacted by his doctor friend by phone and by letter with threat of law suit if we continued to sale B&W ointment. So we made our own formulas.

Suggested use: As an all purpose skin ointment and same use of B&W with no dead animal ingredients such as the B&W product uses.

HERBAL HEALING SALVE "B"

Same as A, with added BF&C type healing herbal minerals, to be used after Formula A when the wound / burn has healed over and can handle stronger herbs.

HERBAL HEALING SALVE "C"

Same as B, with added cayenne, to finish the wounded area with increase of blood circulation to attempt a scar free healing.

HERBAL "THAI" OINTMENT – MILD "A"

Based on a Thailand deep pain relief / broken bones, etc. Rub in affected area as desired and then wrap or cover.

HERBAL "THAI" OINTMENT – HOT "B"

Same as A with stronger herbs.

Essential Oils

We can obtain most any essential oil, essential oils are always expensive. Keep Out of the reach of Children! **Note**, every manufacturer must state that all essential oils are **not for Internal Use!**

AIR FRESHEN

Ingredients: Concentrated- Catnip, Cajeputi, Chamomile, Camphor, Eucalyptus, Fennel, Fir Needle, Menthol, Oregano, Tea Tree, Peppermint, Lavender, Margoram, Patchouli, Mandarin, Germanium, Cardamon, Hyssop, Juniper, Rosemary, Frankincense, Lemon, Orange Sweet, & Vetiveria zizanioides staphi oils. Keep Out of the reach of Children! Not for Internal Use!

Suggested Use: 1 dropper every night in room water / air cleansing device.

PURE OREGANO OIL

INGREDIENTS: Essential oil of the Origanum Vulgare plant. The strongest oregano.

Suggested use: Unlimited uses; 1 drop daily in water, several drops added to bath water, 1 drop while brushing teeth, all purpose herb considered one of the best essential all purpose oils on earth.

OREGANO / SUNFLOWER OIL

INGREDIENTS: Pure Oregano Oil blended with Sunflower Oil

Suggested use: to be used externally and internally. Great for all bug bites and stings.

Our Bulk Herb List

All prices subject to change!

Our Goal is to **STOCK** as many of the herbs listed in the historical use of herb education

Whole Herb / CUT & SIFT / POWDERS / etc.

This is our “common” list of herbs; **we can obtain many of the more rare** and out of country herbs as needed. All of the below herbs are also available as tinctures.

Price per pound / unless otherwise “noted”

(Note, the prices below have all changed, this is all old information)

Acai (Assai) berry powder	\$45.00
Acerola berry extract powder	\$25.00
Activated charcoal powder	\$18.00
Agrimony herb c/s	\$20.00
Alfalfa leaf c/s Cert. Org	\$20.00
Alfalfa leaf powder	\$21.00
Alfalfa seed whole, Cert. Org	\$12.00
Allspice ground	\$20.00
Allspice whole	\$20.00
Aloe vera leaf powder	\$21.00
Aloes (cape) powder	\$26.00
Angelica root c/s	\$20.00
Angelica root powder	\$21.00
Anise seed ground	\$21.00
Anise seed whole	\$20.00
Anise, Star whole select	\$20.00
Apple cider vinegar powder	\$22.00
Apple fiber powder	\$12.00
Apple pectin powder	\$28.00

Apple Pie Spice	\$12.00
Arnica flowers whole, True Arnica	\$20.00
Arrowroot powder, 100% pure	\$21.00
Artichoke leaf powder	\$21.00
Ashwagandha root powder	\$21.00
Asparagus powder	\$21.00
Astragalus root c/s	\$24.00
Astragalus root powder	\$21.00
Bacopa monnieri powder	\$27.00
Barberry root bark c/s	\$20.00
Barberry root bark powder	\$21.00
Barley grass powder	\$21.00
Basil leaf c/s, Cert. Org	\$12.00
Basil leaf ground	\$8.00
Basil leaf sweet c/s	\$8.00
Bay leaf ground	\$9.00
Bay leaves whole	\$9.00
Bayberry root bark c/s	\$28.00
Bayberry root bark powder	\$28.00
Bee pollen granules	\$13.00
Bee pollen powder	\$13.00
Beeswax, Domestic	\$18.00
Beet root powder	\$12.00
Bentonite clay powder	\$10.00
Benzoin gum pieces	\$18.00
Bergamont herb	\$20.00
Bilberry fruit powder	\$38.00
Bilberry leaf c/s	\$20.00
Bilberry leaf powder	\$21.00
Black cohosh root c/s	\$22.00
Black cohosh root powder	\$22.00
Black haw bark c/s	\$20.00
Black walnut bark c/s	\$20.00
Black walnut hulls powder	\$21.00
Black walnut leaf c/s	\$20.00
Black walnut leaf powder	\$21.00
Bladderwrack c/s	\$20.00
Bladderwrack powder	\$21.00
Blessed thistle herb c/s	\$20.00
Blessed thistle herb powder	\$21.00
Bloodroot c/s	\$37.00
Bloodroot powder	\$39.00
Blue cohosh root c/s	\$20.00
Blue cohosh root powder	\$22.00
Blue vervain herb c/s	\$20.00
Blue vervain herb powder	\$21.00
Blue violet leaf c/s	\$20.00
Blue violet leaf powder	\$21.00
Blueberry fiber powder	\$26.00
Boldo leaves c/s	\$20.00
Boneset herb c/s	\$20.00
Boneset herb powder	\$21.00
Borage leaf c/s	\$20.00

Broccoli powder	\$21.00
Bromelain powder	\$22.00
Buchu leaf powder	\$25.00
Buckthorn aged bark c/s	\$20.00
Buckthorn aged bark powder	\$21.00
Bupleurum root powder	\$21.00
Burdock root c/s, Cert. Org.	\$20.00
Burdock root powder	\$21.00
Butchers broom root c/s	\$20.00
Butchers broom root powder	\$21.00
Butternut tree bark powder	\$21.00
Cajun seasoning	\$10.00
Calamus root c/s	\$20.00
Calamus root powder	\$21.00
Calendula flowers petals	\$20.00
Calendula petals powder	\$21.00
Camu camu fruit powder	\$22.00
Caraway seed whole	\$6.00
Cardamom pods whole, green	\$29.00
Cardamom seed ground, Decort	\$29.00
Carob powder, med roast	\$7.00
Carrot powder	\$21.00
Cascara sagrada aged bark c/s	\$20.00
Cascara sagrada aged bark powder	\$21.00
Catnip leaf c/s, Cert. Org.	\$20.00
Catnip leaf powder	\$21.00
Cats claw bark c/s, inner bark	\$20.00
Cats claw bark powder, inner bark	\$21.00
Catuaba bark powder	\$21.00
Celery salt	\$5.00
Celery seed ground	\$6.00
Celery seed whole	\$6.00
Centaur herb c/s	\$21.00
Chamomile flowers powder, German	\$20.00
Chamomile flowers whole, German	\$20.00
Chaparral leaf c/s	\$20.00
Chaparral leaf powder	\$21.00
Chaste tree berries powder	\$21.00
Chaste tree berries whole	\$20.00
Chia seed whole	\$20.00
Chickweed herb c/s	\$20.00
Chickweed herb powder	\$21.00
Chicory root roasted granules	\$20.00
Chili powder, hot	\$8.00
Chili powder, mild	\$8.00
Chinese 5 spice powder	\$10.00
Chives chopped	\$20.00
Chlorella powder	\$26.00
Cilantro leaf c/s	\$21.00
Cinnamon chips, 1/2 inch	\$6.00
Cinnamon powder, Cert. Org.	\$10.00
Cinnamon sticks, 2 3/4 inch, A	\$8.00
Cinnamon sticks, 6 inch, A	\$8.00

Clay powder, Red, For external use	\$12.00
Cleaver herb c/s	\$20.00
Cleaver herb powder	\$21.00
Cloves ground	\$21.00
Cloves whole	\$20.00
Cocoa powder, alkalized	\$14.00
Coltsfoot leaf c/s	\$20.00
Coltsfoot leaf powder	\$21.00
Comfrey leaf c/s, Cert. Org.	\$21.00
Comfrey leaf powder	\$21.00
Comfrey root c/s, Cert. Org.	\$20.00
Comfrey root powder	\$21.00
Copal resin tears	\$20.00
Coriander seed ground	\$21.00
Coriander seed whole	\$10.00
Cornsilk c/s	\$20.00
Cornsilk powder	\$21.00
Cramp bark c/s	\$28.00
Cramp bark powder	\$26.00
Cranberry powder	\$28.00
Cransbill root c/s	\$22.00
Cumin seed ground	\$10.00
Cumin seed whole	\$10.00
Curry powder	\$8.00
Damiana leaf c/s	\$20.00
Damiana leaf powder	\$20.00
Dandelion leaf c/s, Cert. Org.	\$20.00
Dandelion root c/s Roasted	\$20.00
Dandelion root c/s, Cert. Org.	\$20.00
Dandelion root powder	\$21.00
Devils claw root c/s	\$22.00
Devils claw root powder	\$23.00
Dill seed whole, dewhiskered	\$16.00
Dill weed c/s 1	\$13.00
Dog grass root c/s	\$20.00
Dong quai root c/s	\$22.00
Dong quai root powder	\$21.00
Dragons Blood chunks	\$30.00
Dulse powder 1	\$23.00
Echinacea ang. herb c/s	\$20.00
Echinacea purp. herb c/s	\$20.00
Echinacea purp. tops powder	\$21.00
Echinacea ang. root c/s, Cert Org	\$33.00
Echinacea ang. root pwd, Cert Org	\$35.00
Echinacea purp. root c/s, Cert Org	\$24.00
Echinacea purp. root powder, Cert	\$25.00
Elder berries whole	\$20.00
Elder flowers whole	\$20.00
Elecampagne root c/s	\$20.00
Elecampagne root powder	\$21.00
Eleutherococcus c/s	\$20.00
Eleutherococcus powder	\$21.00
Eucalyptus leaf c/s	\$20.00

Eucalyptus leaf powder	\$21.00
Eyebright herb powder	\$21.00
Ezziac blend (1.4 lb) 1.4 pound	\$28.00
Ezziac Blend (2.8 lb) 2.8	\$45.00
False unicorn root powder	\$95.00
Fennel seed ground 1	\$21.00
Fennel seed whole, Cert.Org	\$10.00
Fenugreek seed powder	\$10.00
Fenugreek seed whole	\$10.00
Feverfew herb c/s	\$20.00
Feverfew herb powder	\$21.00
Flax seed whole, Cert. Org	\$6.00
Fo-ti root powder	\$21.00
Frankincense tears	\$20.00
French green clay powder,	\$12.00
Galangal root c/s	\$20.00
Garlic flakes	\$8.00
Garlic granulated	\$8.00
Garlic granules, Cert. Org	\$14.00
Garlic powder	\$8.00
Garlic salt	\$6.00
Gentian root c/s	\$25.00
Gentian root powder	\$26.00
Ginger root c/s	\$20.00
Ginger root powder	\$21.00
Ginkgo leaf c/s	\$20.00
Ginkgo leaf powder	\$21.00
Ginseng root pwd, American	\$45.00
Ginseng root pwd, Panax ginseng	\$35.00
Ginseng root whole, American	\$75.00
Ginseng root whole, Panax ginseng	\$45.00
Goats rue powder	\$20.00
Goldenrod herb c/s	\$20.00
Goldenseal leaf c/s	\$40.00
Goldenseal leaf powder	\$40.00
Goldenseal root c/s	\$75.00
Goldenseal root powder	\$75.00
Gota kola c/s	\$20.00
Gota kola powder	\$21.00
Grapefruit peel powder	\$21.00
Grapeseed extract powder, 95%	\$45.00
Grapeseed powder	\$21.00
Graviola powder	\$21.00
Grindelia tops c/s	\$20.00
Guar gum powder	\$12.00
Guarana seed powder	\$21.00
Guggul resin powder	\$21.00
Gum arabic powder	\$21.00
Gymnema sylvestris powder	\$21.00
Hawthorn berries c/s	\$20.00
Hawthorn berries powder	\$20.00
Hawthorn berries whole	\$21.00
Hawthorn flowers & leaf c/s	\$20.00

Hibiscus flower powder	\$21.00
Hibiscus flowers whole	\$20.00
Hops flowers powder	\$21.00
Hops flowers whole, sweet	\$20.00
Horehound herb c/s	\$20.00
Horehound herb powder	\$21.00
Horny goat weed powder	\$21.00
Horse chestnut powder	\$21.00
Horseradish root powder	\$21.00
Hydrangea root c/s	\$20.00
Hydrangea root powder	\$21.00
Hyssop herb c/s	\$20.00
Hyssop herb powder	\$21.00
Irish moss flakes	\$20.00
Irish moss powder	\$21.00
Italian seasoning whole	\$10.00
Jasmine flowers whole	\$20.00
Jiaogulan powder (gynostemma)	\$22.00
Juniper berries whole	\$20.00
Juniper berry powder	\$21.00
Kale powder	\$21.00
Kava kava root c/s	\$35.00
Kava kava root powder	\$30.00
Kelp granules	\$10.00
Kelp powder	\$21.00
Kola nut powder	\$21.00
Kudzu root c/s	\$20.00
Ladys mantle herb c/s	\$20.00
Lavender flowers powder	\$21.00
Lavender flowers whole, select	\$20.00
Lechitin granulated	\$10.00
Lemon balm leaf c/s	\$20.00
Lemon balm powder	\$21.00
Lemon peel c/s	\$20.00
Lemon peel powder	\$21.00
Lemon pepper	\$20.00
Lemon verbana leaf c/s	\$20.00
Lemongrass c/s, Cert. Org.	\$20.00
Lemongrass powder	\$21.00
Licorice root c/s	\$20.00
Licorice root powder	\$21.00
Licorice sticks, 6 inch	\$12.00
Linden flower c/s	\$20.00
Lobelia herb c/s	\$20.00
Lobelia herb powder	\$21.00
Lungwort leaf c/s	\$20.00
Lycii berry whole (Goji)	\$29.00
Maca root powder	\$21.00
Mandrake root c/s	\$20.00
Mandrake root powder	\$20.00
Mangostein powder	\$25.00
Marjoram leaf c/s	\$20.00
Marjoram leaf ground	\$21.00

Marshmallow root c/s, Cert. Org.	\$20.00
Marshmallow root powder	\$21.00
Meadowsweet herb c/s	\$20.00
Meadowsweet herb powder	\$21.00
Milk thistle seed powder	\$21.00
Milk thistle seed whole	\$20.00
Mistletoe herb c/s	\$20.00
Mistletoe herb powder	\$21.00
Motherwort herb c/s	\$20.00
Motherwort herb powder	\$21.00
Mugwort herb c/s	\$20.00
Mugwort powder	\$21.00
Muira puama root c/s	\$20.00
Muira puama root powder	\$21.00
Mullein leaf c/s	\$20.00
Mullein leaf powder	\$21.00
Mushroom powder, Cordyceps	\$30.00
Mushroom powder, Reishi	\$30.00
Mushroom powder, Shitake	\$35.00
Mustard ground yellow	\$6.00
Mustard seed whole yellow,#1	\$6.00
Mustard seed whole, Brown	\$6.00
Myrrh gum c/s	\$20.00
Myrrh gum powder	\$21.00
Nettle leaf c/s, Cert. Org.	\$20.00
Nettle leaf powder	\$21.00
Nettle root c/s	\$20.00
Nettle root powder	\$21.00
Noni fruit powder	\$21.00
Nutmeg ground	\$23.00
Nutmeg whole	\$27.00
Oat straw c/s, Cert. Org.,green	\$20.00
Oat straw c/s, green tops	\$20.00
Oat straw green powder	\$21.00
Olive leaf powder	\$21.00
Olive leaf whole	\$20.00
Onion flakes, white	\$8.00
Onion granulated, white	\$8.00
Onion granules, Cert Org.	\$15.00
Onion powder, white	\$8.00
Orange peel c/s, 1/4 inch	\$20.00
Orange peel powder	\$21.00
Oregano leaf c/s, Cert Org	\$20.00
Oregano leaf c/s, Med,	\$20.00
Oregano leaf ground, Med	\$20.00
Oregon grape root c/s	\$20.00
Oregon grape root powder	\$21.00
Orris root c/s, Natural	\$23.00
Orris root powder, Natural	\$26.00
Osha root whole	\$40.00
Papain powder	\$25.00
Papaya leaf c/s	\$20.00
Papaya leaf powder	\$21.00

Paprika ground	\$10.00
Parsley leaf flakes	\$16.00
Parsley leaf powder	\$21.00
Parsley root c/s	\$20.00
Parsley root powder	\$21.00
Passion flower herb c/s	\$20.00
Passion flower herb powder	\$21.00
Patchouli herb c/s	\$22.00
Pau d Arco bark c/s	\$20.00
Pau d Arco bark powder	\$21.00
Peach leaf c/s	\$20.00
Pennyroyal herb c/s	\$20.00
Pepper black coarse grd, 20 mesh	\$10.00
Pepper black cracked, 8 mesh	\$10.00
Pepper black L/M, whole	\$10.00
Pepper black med. grind, 30 mesh	\$10.00
Pepper black whole, Cert.Org	\$13.00
Pepper black whole, Tellicherry	\$13.00
Pepper black xtra fine grind, 60	\$10.00
Pepper red crushed, 40m shu, Cay.	\$20.00
Pepper red ground, 130m shu, Cay	\$20.00
Pepper red ground, 20m shu	\$20.00
Pepper red ground, 40m shu, Cay.	\$20.00
Pepper red ground, 90m shu, Cay.	\$20.00
Pepper white ground	\$10.00
Pepper white whole	\$10.00
Peppermint leaf c/s, Cert. Org.	\$20.00
Peppermint leaf powder	\$21.00
Periwinkle herb c/s	\$20.00
Pickling spice	\$8.00
Pipsissewa c/s (Princes Pine)	\$23.00
Plantain leaf c/s	\$20.00
Plantain leaf powder	\$21.00
Pleurisy root c/s	\$25.00
Pleurisy root powder	\$25.00
Poke root c/s	\$20.00
Poke root powder	\$21.00
Pomegranate fruit powder	\$28.00
Poppy seed whole	\$10.00
Poultry seasoning 1	\$9.00
Prickly ash bark powder	\$25.00
Prickly ask bark c/s	\$24.00
Pumpkin pie spice	\$10.00
Pumpkin seed powder	\$20.00
Pygeum bark powder	\$21.00
Quassia chips	\$20.00
Queen meadow herb c/s	\$20.00
Queen meadow root c/s	\$22.00
Queen of meadow root powder	\$23.00
Radish seed whole, Cert. Org.	\$8.00
Raspberry leaf c/s, Cert. org.	\$20.00
Raspberry leaf powder	\$21.00
Red clover blossoms powder	\$23.00

Red clover blossoms whole	\$22.00
Red clover leaf & blossoms c/s	\$21.00
Red clover leaf c/s, Cert.	\$21.00
Red clover seed whole, Cert. Org	\$10.00
Red root c/s (Jersey root)	\$21.00
Red root powder 1 pound	\$22.00
Resveratrol extract powder, 5%	\$33.00
Rhodiola root powder	\$22.00
Rhubarb root c/s	\$20.00
Rhubarb root powder, Turkey	\$21.00
Roobios tea c/s	\$13.00
Rose petals, Pink	\$20.00
Rosebuds & Petals, Red	\$20.00
Rosebuds powder	\$21.00
Rosehips c/s	\$20.00
Rosehips powder	\$21.00
Rosehips whole	\$18.00
Rosemary leaf ground	\$10.00
Rosemary leaf whole, Cert. Org	\$12.00
Safflower oil powder 1	\$20.00
Saffron whole, Spanish	\$15.00 <u>per gram</u>
Sage leaf c/s	\$20.00
Sage leaf ground	\$21.00
Sage rubbed	\$20.00
Sage, White incense 6 inch wand 1 wand	\$6.00
Sage, White incense whole	\$24.00
Salt, Dead Sea mineral	\$10.00 <u>2 pounds</u>
Salt, Himalayan Pink, fine	\$20.00 <u>2 pounds</u>
Salt, Himalayan Pink, for grind	\$20.00 <u>2 pounds</u>
Salt, Sea coarse ground	\$10.00 <u>5 pounds</u>
Sandalwood chips, red	\$20.00
Sarsaparilla root c/s	\$20.00
Sarsaparilla root powder	\$21.00
Sassafras leaf c/s	\$20.00
Sassafras root bark c/s	\$30.00
Sassafras root bark powder	\$31.00
Saw palmetto berries c/s	\$20.00
Saw palmetto berries powder	\$21.00
Schisandra berries powder	\$21.00
Schisandra berry whole	\$20.00
Scullcap herb c/s, Cert. Org.	\$25.00
Scullcap herb powder	\$26.00
Seesame seed hulled	\$8.00
Senna leaf powder	\$21.00
Senna leaf whole	\$20.00
Senna pods whole	\$22.00
Shavegrass herb c/s	\$20.00
Shavegrass herb powder	\$21.00
Sheep sorrel herb c/s	\$20.00
Sheep sorrel herb powder	\$21.00
Shepards purse herb c/s	\$20.00
Shepards purse herb powder	\$21.00
Slippery elm bark c/s	\$20.00

Slippery elm bark <u>powder</u> , inner.....	\$22.00
Soapwort herb <u>c/s</u>	\$20.00
Solomons seal <u>root c/s</u>	\$30.00
Spearmint leaf <u>c/s</u> , Cert. Org.	\$20.00
Spearmint leaf <u>powder</u>	\$22.00
Spikenard <u>root</u>	\$30.00
Spinach <u>powder</u>	\$21.00
Spirulina <u>powder</u>	\$25.00
Squawvine herb <u>c/s</u>	\$40.00
Squawvine herb <u>powder</u>	\$41.00
St. Johns wort herb <u>c/s</u>	\$20.00
St. Johns wort herb <u>powder</u>	\$21.00
Stevia herb <u>c/s</u>	\$20.00
Stevia herb <u>powder</u>	\$21.00
Stevia white extract <u>powder</u> , 90%	\$35.00
Stone root <u>powder</u>	\$22.00
Strawberry leaf <u>c/s</u>	\$20.00
Suma <u>Powder</u>	\$23.00
Taco seasoning	\$11.00
Tansy herb <u>c/s</u>	\$20.00
Tarragon leaf <u>c/s</u>	\$23.00
Tea, Darjeeling	\$16.00
Tea, Earl Grey	\$14.00
Tea, English Breakfast	\$14.00
Tea, Green	\$10.00
Tea, Green <u>powder</u>	\$10.00
Tea, Irish Breakfast	\$14.00
Tea, Jasmine	\$10.00
Tea, Oolong	\$10.00
Thyme leaf <u>ground</u>	\$21.00
Thyme leaf <u>whole</u> , Cert Org	\$20.00
Tongkat ali <u>powder</u>	\$33.00
Tribulus terrestris <u>powder</u>	\$20.00
Tumeric <u>ground</u>	\$14.00
Uva Ursi leaf <u>whole</u>	\$20.00
Uva Ursi leaves <u>powder</u>	\$21.00
Valerian root <u>c/s</u>	\$20.00
Valerian root <u>powder</u>	\$21.00
Vanilla beans (approx. 26-28)	\$29.00 ¼ pound
Watercress herb <u>powder</u>	\$21.00
Wheat grass <u>powder</u>	\$21.00
White kidney bean extract <u>powder</u>	\$27.00
White oak bark <u>c/s</u>	\$20.00
White oak bark <u>powder</u>	\$21.00
White pine bark <u>c/s</u>	\$20.00
White pine bark <u>powder</u>	\$21.00
White willow bark <u>c/s</u>	\$20.00
White willow bark <u>powder</u>	\$21.00
Wild cherry bark <u>c/s</u>	\$20.00
Wild cherry bark <u>powder</u>	\$21.00
Wild lettuce leaf <u>c/s</u>	\$23.00
Wild lettuce leaf <u>powder</u>	\$24.00
Wild yam root <u>c/s</u>	\$20.00

Wild yam root powder	\$21.00
Wintergreen herb c/s	\$20.00
Witchhazel bark c/s	\$21.00
Witchhazel bark powder	\$22.00
Witchhazel leaf c/s	\$20.00
Witchhazel leaf powder	\$21.00
Wood betony c/s	\$20.00
Wormwood herb c/s	\$21.00
Wormwood herb powder	\$22.00
Xanthan gum powder	\$21.00
Yarrow flowers c/s	\$20.00
Yarrow flowers powder	\$21.00
Yeast powder, nutritional	\$21.00
Yellowdock root c/s	\$20.00
Yellowdock root powder	\$21.00
Yerba mate leaf c/s	\$20.00
Yohimbe bark powder	\$26.00
Yucca root c/s	\$20.00
Yucca root powder	\$21.00