



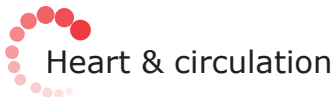
Colon



Detox



Digestive



Heart & circulation



Immune



Kidney



Liver



Lung



Menopause



Menstruation



Nerve



Sinus

Information

Advice

Diet

Exercise



# Product Catalogue





## Welcome to Specialist Herbal Supplies

### Our History

In 1982, Malcolm started producing herbal supplements for his acupuncture patients, and sold the excess to practitioners he'd trained with. Recommended by two best-selling authors, the business grew, year on year.

Shelley, Malcolm's daughter, worked in the business from a teenager. She later studied herbalism and naturopathy, and now runs day-to day operations. Malcolm and Shelley are supported by a small but strong team of dedicated staff.

### Our Products

The catalogue lists our six unique health "programmes" to help various areas of the body; and both single herbs and mixtures in both capsules, and liquid form. The liquids are mostly "fluid extracts", which are 5-10 times stronger than a tincture (you need less of them).

### Our Company

Our herbal products are based on the formulations of Dr John Christopher, the trail-blazing herbalist and naturopath from Salt Lake City, USA. Our founder, Malcolm Simmonds, is one of the few UK practitioners to have met and trained with Dr Christopher.

Some reasons customers like Specialist Herbal Supplies are:

- You receive unlimited, free advice and a friendly and helpful service
- Orders are sent quickly: order by 2pm on a working day, they are sent that day
- Unlimited, money-back guarantee on all you buy from us

For practitioner customers:

- Give your patient a prescription, and we will supply them and take their payment for you.
- Most items are available "7 for 6" of the same size of the same product
- We can "own label" for you, with a modest minimum order requirement
- Special orders are possible with a low minimum order

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## PRODUCTS - ALPHABETICAL

| <b>PRODUCT</b>                                           | <b>Page</b> | <b>PRODUCT</b>                                          | <b>Page</b> |
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| 90-day Digestive Programme                               | 7           | Hydrangea Root Tea                                      | 62          |
| 90-day Heart and Circulation Programme                   | 8           | Kelp Caps                                               | 63          |
| 90-day Immune Programme                                  | 9           | Kid Caps & Drops & Tea & Kid 2 Caps                     | 64          |
| 90-day Kidney Programme                                  | 10          | Licorice Caps & Drops & Tea                             | 65          |
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| Adreno Caps & Drops                                      | 17          | Mega-Ton Drops                                          | 71          |
| Advanced Multi Flora                                     | 18          | Milk Thistle Caps & Drops                               | 72          |
| Agnus Castus Caps & Drops                                | 19          | Min-Vit Caps & Drops                                    | 73          |
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| Cat's Claw Caps & Drops                                  | 37          | Siberian Ginseng Caps & Drops Sin/<br>All Caps          | 91<br>92    |
| Cayenne Caps                                             | 38          | Skin Brush                                              | 93          |
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| Dandelion Root Caps & Drops                              | 41          | St John's Wort Caps & Drops                             | 96          |
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| Devil's Claw Caps & Drops                                | 43          | Super Spirulina Tablets                                 | 98          |
| Dig Caps & Drops & Tea & Dig 2 Drops                     | 44          | Sx Drv Drops                                            | 99          |
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| esAroma Relax Massage Oil                                | 49          | Turmeric Caps                                           | 104         |
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| esAroma Zen Massage Oil                                  | 51          | Valerian Compound Caps & Valerian<br>& Passiflora Drops | 106         |
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| Femarone Caps & Drops & Tea Femarone<br>40+ Caps & Drops | 53<br>54    | Wheat Grass Caps & Powder                               | 108         |
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| Anti-Spas Caps & Drops                       | 21          | Herbal Snuff                        | 60          |
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| Cape Aloe Compound Caps                      | 32          | Marshmallow Leaf Tea                | 70          |
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| Slippery Elm Caps & Tea & Slippery Elm Plus  | 95          | Cayenne Caps                        | 37          |
|                                              |             | Devil's Claw Caps & Drops           | 42          |
| <b>DETOX</b>                                 |             | esAroma Muscles Massage Oil         | 47          |
| 90-day Detox Programme                       | 6           | SHS Omega 3 Caps                    | 90          |
| Burdock Drops                                | 30          | Super Omega 3 Caps                  | 90          |
| Detox Caps & Drops & Tea                     | 41          | Turmeric Caps                       | 104         |
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| Plantain Drops                               | 81          | <b>MENOPAUSE</b>                    |             |
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|                                              |             | Calendula Drops & Pessaries         | 31          |
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| Advanced Multi Flora Caps                    | 18          | Femarone 40+ Caps & Drops           | 53          |
| Dig Caps & Drops & Tea & Dig 2 Drops         | 43          | Motherwort Caps & Drops             | 74          |
| Licorice Caps & Drops & Tea                  | 65          | Red Clover Caps & Drops             | 85          |
| Marshmallow Root Caps                        | 70          | Sage Leaf Caps & Drops              | 87          |
| Pan Caps & Drops                             | 78          | Wild Yam Caps & Drops               | 109         |
| Stom Bal Caps                                | 97          | Wild Yam 40+ Caps & Drops           | 110         |
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| Bl-Circ Caps                                 | 28          | Dong Quai Caps & Drops              | 44          |
| Cayenne Caps                                 | 37          | Femarone Caps & Drops & Fem Rep Tea | 52          |
| Ginkgo Caps & Drops                          | 56          | Red Clover Caps & Drops             | 85          |
| Hawthorn Drops                               | 59          | Wild Yam Caps & Drops               | 109         |
| Ht Caps                                      | 61          |                                     |             |
| Lime Blossom Drops                           | 66          | <b>NERVOUS SYSTEM</b>               |             |
| Motherwort Caps & Drops                      | 74          | 90-day Nerve Programme              | 15          |
| Power Garlic Caps                            | 82          | Adreno Caps & Drops                 | 17          |
| SHS Omega 3 Caps                             | 90          | Anti-Spas Caps & Drops              | 21          |
| Super Omega 3 Caps                           | 90          | Ashwagandha Caps                    | 23          |
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| Astragalus Caps & Drops                      | 22          | Mega-Ton Drops                      | 71          |
| Astragalus & Echinacea Caps & Drops          | 23          | Motherwort Caps & Drops             | 74          |
| Calendula Drops & Pessaries                  | 31          | Nve Caps & Nve-Restor Drops         | 76          |
| Cat's Claw Caps & Drops                      | 36          | Oat Seed (Avena sativa) Drops       | 77          |
| Echinacea Caps & Drops                       | 45          | SHS Omega 3 Caps                    | 90          |
| Echinacea Compound Caps                      | 45          | Siberian Ginseng Caps & Drops       | 91          |
| Lym Caps & Drops                             | 69          | St John's Wort Caps & Drops         | 93          |
| Pau d'Arco Caps & Drops & Tea                | 79          | Super Omega 3 Caps                  | 90          |
| Plantain Drops                               | 81          | Valerian Compound Caps              | 106         |
| Power Garlic Caps                            | 82          | Valerian & Passiflora Drops         | 106         |
| Rene Caisse's Tea                            | 86          |                                     |             |
| SHS Omega 3 Caps                             | 90          | <b>NUTRITION</b>                    |             |
| Super Omega 3 Caps                           | 90          | Min-Vit Caps & Drops                | 73          |
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| 90-day Kidney Programme                      | 10          | Super Spirulina Tablets             | 98          |
| Dandelion Root Drops & Caps                  | 41          | WheatGrass Caps & Powder            | 108         |
| Hydrangea Root Tea                           | 62          |                                     |             |
| Kid Caps & Drops & Tea & Kid 2 Caps          | 64          | <b>SKIN</b>                         |             |
| Marshmallow Leaf Tea & Marshmallow Root Caps | 70          | Black & Chickweed Ointments         | 29          |
|                                              |             | Calendula Drops & Pessaries         | 31          |
| <b>LIVER</b>                                 |             | Comfrey Root Powder                 | 39          |
| 90-day Liver Programme                       | 11          | SHS Omega 3 Caps                    | 90          |
| Dandelion Root Drops & Caps                  | 41          | Super Omega 3 Caps                  | 90          |
| Liv Caps & Drops & Tea & Liv 2 Caps          | 67          | Skin Brush                          | 93          |
| Milk Thistle Caps & Drops                    | 72          | Skn Caps & Drops                    | 94          |
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| <b>LUNGS &amp; SINUSES</b>                   |             | <b>THYROID GLAND</b>                |             |
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| 90-day Sinus Programme                       | 16          | Kelp Caps                           | 63          |
|                                              |             | Thy 1 (Under) Caps & Drops          | 102         |
|                                              |             | Thy 2 (Balancing) Caps              | 103         |



# Colon Programme

## Caps

### Area concerned

Colon (bowel), detox

### Ingredients

Each 30-day pack includes:

100 Cascara Compound Capsules, 200 Psyllium Husk Capsules, 30 Advanced Multi Flora Capsules, and a comprehensive advice pamphlet about all aspects of the programme.

**See individual product catalogue pages for more detailed information.**

### Description *Applies to both programmes*

The Colon Programme is based around the well known formula of Dr Christopher, Cascara Compound Capsules. (Dr Christopher is the inspiration for our range of herbs.) The 90-day Colon Programme is our best-selling programme, and we get excellent feedback on it frequently.

Most naturopaths believe that colon cleansing is basic to detoxing, and that 2-3 bowel movements a day (as often as we eat) is healthy. Many people have told us this programme can help them to maintain this healthy frequency.

### Standard use

1 capsule, or 12-15 drops in a little water or juice, of the Cascara Compound; plus 2 Psyllium Husk Capsules 3 times a day, plus 1 Advanced Multi Flora daily. Initially, 2, 3 or even 4 times the Cascara Compound may be needed to get things started. This is fine; if the increased amounts are taken initially, they can usually be reduced to the amounts given above within 1 or 2 weeks. Otherwise, you will require additional supplies of the cascara product.

### How long to take it for

We recommend taking the full 90-day Colon Programme, then continue with just the Cascara Compound Capsules or Drops for a further period, on average 3-6 months.

### Cautions

Drink an extra 1-2 glasses of water a day when using. Do not use if pregnant or nursing. Do not use more than the standard amount alongside heart drugs, steroids or diuretics.

## Drops

### Area concerned

Colon (bowel), detox

### Ingredients

Each 30-day pack includes:

50ml Cascara Compound Drops, 200 Psyllium Capsules, 30 Advanced Multi Flora Capsules, and a comprehensive advice pamphlet about all aspects of the programme.

**See individual product catalogue pages for more detailed information.**

### Why use the Colon Programme?

The Colon Programme is a good thing for everyone to do at some time. The reasons for this are two-fold; firstly, we have seen the pictures and x-rays of the state some people's colon can get into (there are many on the Internet) and secondly, over the past 25 years we have had feedback from people who have carried out colon cleansing, which has frequently been very positive in a whole variety of situations.

We recommend a 90-day programme, followed by 3-6 months of Cascara Compound Capsules or Drops alone. Remember that naturopaths believe 2-3 bowel movements a day (as often as you eat) to be a healthy frequency

If you have any queries at all, please contact us.

### THE 90-DAY COLON PROGRAMME

for anyone who wants to look after their health

### Alternative versions of the Colon Programme

There are versions of the Colon Programme with different varieties of the Cascara Capsules - eg one without the hot herbs (cayenne or ginger) and versions with Psyllium Husk Powder instead of Psyllium Husk Capsules (which we think is better - but most people prefer capsules). Eg:

Colon Programme with Cascara and Lavender Capsules.

Colon Programme with Capsules and Psyllium Husk Powder.

Colon Programme with Drops and Psyllium Husk Powder.

## Caps

## Drops



# Detox Programme

## Caps

### Area concerned

Detox, Colon, Liver, Kidneys

### Ingredients

Each 30-day pack includes:  
100 Cascara Compound Capsules, 100 Liv Capsules, 100 Kid Capsules, a tub of Detox Tea, and a comprehensive advice pamphlet about all aspects of the programme.

**See individual product catalogue pages for more detailed information.**

**Description** *Applies to both programmes*

The Detox Programme has been designed to give thorough support to the body's natural detox processes. It does this by helping the colon, liver and kidneys, using our well-tried herbal products. The accompanying pamphlet gives details of the herbs used, diet, exercise, and other relevant lifestyle suggestions.

### Standard use

1 capsule of each of the encapsulated products, or 12-15 drops of each of the products in drops in water or juice, 3 times a day; plus one small pot of Detox Tea a day. The pot of tea can be made at any time convenient for you.

### How long to take it for

We recommend taking this programme for 3 months (90 days). If you wish, it can be repeated annually.

### Cautions

Drink an extra 1-2 glasses of water a day when using. Do not use if pregnant or nursing. Do not use more than the standard amount alongside heart drugs or steroids. Do not take with diuretic drugs.

### Companion Products

For a 'deeper' detox, use the 90-day Colon Programme, 90-day Liver Programme then the 90-day Kidney Programme. Following these three programmes consecutively will take three times as long - but we think it is three times more beneficial!

## Drops

### Area concerned

Detox, Colon, Liver, Kidneys

### Ingredients

Each 30-day pack includes:  
50ml Cascara Compound Drops, 50ml Liv Drops, 50ml Kid Drops, a tub of Detox Tea, and a comprehensive advice pamphlet about all aspects of the programme.

**See individual product catalogue pages for more detailed information.**

### Why use the Detox Programme?

1. As a good start to the New Year - or following the excesses of the Christmas season
2. At the beginning of spring, to prepare for the Summer
3. As a general cleanse carried out yearly, or every two years
4. Just to help the body to stay healthy, and to help the organs to keep working well
5. To help maintain energy and vitality

Many people believe that detoxing the body can help keep the body healthy and help keep you fit and young. We agree!

**A GREAT DETOX!**

### Companion Products

If a less thorough detox is required, then use Detox Capsules or Detox Drops plus Detox Tea for 3 months. Take 1-2 capsules or 12-30 drops in water or juice, 3 times a day plus a small pot of Detox Tea daily. You will need 300-600 Detox Capsules or 150-300ml Detox Drops + 3 tubs of Detox Tea for this course.

## Caps

## Drops



# Digestive Programme

## Caps

### Area concerned

Digestion - stomach, liver, pancreas, small intestine

### Ingredients

Each 30-day pack includes:

100 Dig Capsules, 100 Pan Capsules, a tub of Dig Tea, and a comprehensive advice pamphlet about all aspects of the programme.

**See individual product catalogue pages for more detailed information.**

**Description** *Applies to both programmes*

The 90-day Digestive Programme can give thorough support to the body's digestive processes. It does this by helping the stomach, colon, liver and small intestines with the assistance of our well-used herbal products.

The accompanying pamphlet advises you on how to get the most out of this holistic programme through use of herbs, diet, exercise, and other relevant lifestyle suggestions.

### Standard use

1 capsule of each of the encapsulated products, or 12-15 drops of each of the products in drops in water or juice, 3 times a day; plus a small pot of Dig Tea a day. Best taken 15-20 minutes before or after eating your main meal.

### How long to take it for

We recommend taking this programme for 3 months (90 days). A second programme can follow on from the first if you wish; or it can be repeated annually.

### Cautions

*Digestive Programme with Capsules:* Do not take if pregnant or nursing.

*Digestive Programme with Drops:* Do not take if pregnant or nursing or if using diuretic drugs.

### Companion Products

90-day Digestive Programme; Dandelion Root Drops; Dig Capsules, Drops or Tea; Liv Capsules, Drops or Tea; Pan Capsules or Drops; Slippery Elm Capsules or Tea; Slippery Elm Plus Capsules.

## Drops

### Area concerned

Digestion - stomach, liver, pancreas, small intestine

### Ingredients

Each 30-day pack includes:

50ml Dig Drops, 50ml Pan Drops, a tub of Dig Tea, and a comprehensive advice pamphlet about all aspects of the programme.

**See individual product catalogue pages for more detailed information.**

### Why use the Digestive Programme?

The DIGESTION is fundamental to good health. Though it is important that we put good food into our bodies (a high proportion of fruit and vegetable - 50% is good - and cutting down on dairy food, meat and starchy foods), once it is in the body it needs to be digested efficiently. If not, all our efforts at eating a good diet have been wasted.

Digestion efficiency can diminish with age. So keep yours good by carrying out an occasional 90-day Digestive Programme! We recommend you do this annually, to help keep your digestion ticking over well.

People carry out a Digestive Programme for reasons including:

1. To support good energy levels - poor digestion can compromise energy levels.
2. To help the body maintain comfortable gas levels
3. To help maintain digestive comfort after eating.
4. To help keep blood sugar balanced so energy stays at a good level right through the afternoon.

**HELP YOUR DIGESTION!**

## Caps

## Drops





# Heart and Circulation Programme

Caps

## Area concerned

Heart, arteries, veins, blood pressure

## Ingredients

Each 30-day pack includes:  
100 Ht Capsules 100 BI-Circ Capsules 100 Power  
Garlic Capsules

**See individual product catalogue pages for more detailed information.**

## Description

The Heart and Circulation Programme has been designed to give thorough support to the body's circulatory processes. The accompanying pamphlet advises you on how to get the most out of this holistic programme through use of herbs, diet, exercise, and other relevant lifestyle suggestions.

Ht Capsules include hawthorn berry and motherwort which are excellent herbs to support the heart. BI-Circ Capsules include hawthorn again and also cayenne - a wonderful herb for heart and circulation. Our Power Garlic Capsules are a high value form of this great herb for arteries and veins and for helping maintain a healthy cholesterol level.

Taken for 3 months, these herbs can help to keep your heart, arteries and veins working well. Combined with a healthy diet and good exercise and relaxation regime, this programme can help you to keep feeling well and energetic. Remember that good body weight is essential to continuing good health; if you need to address this issue, we suggest you concentrate on reducing calorie intake and increasing exercise. We recommend seeking advice from a nutritional therapist to help you develop a suitable programme.

Good kidney function is also essential to the heart. The kidneys maintain the correct level of water in the blood stream and this process maintains a healthy blood pressure.

## Standard use

1 capsule of each of the 3 products, 3 times a day. There is no tea with this programme, as there is with most others. There is no version of the programme with drops. (One reason for this is that you do not want to be in the same room as garlic tincture - it smells awful and lingers for hours!)

## Why use the Heart and Circulation Programme?

The circulation of blood around the body is basic to life. The blood carries nutrients to every cell and carries away its waste products; it moves oxygen from the lungs to the tissues, and it carries hormones from the gland which makes them to their target organs and areas. In short, blood is the infrastructure which holds together all body processes. To keep the blood circulation working well requires:

1. A healthy, strong heart
2. Supple and clear arteries and veins.

To keep these areas working well, the lifestyle considerations are similar, namely to get sufficient exercise; to maintain a healthy body weight; and to maintain a good work/life balance - to reduce stress and maintain a good relaxation level. In addition, the 90-day Heart and Circulation Programme can be extremely helpful. The benefits of garlic for the arteries and cholesterol balance are well known; our own Power Garlic Capsules capitalise on this by providing a full-potency garlic with very low garlic odour. The other two herbal products complete this programme with herbs which work with you to help keep the vital heart and circulation in top shape.

## SUPPORT YOUR HEART AND CIRCULATION

## How long to take it for

We recommend taking this programme for 3 months (90 days). If you wish, it can be repeated annually.

## Cautions

Do not take alongside Digoxin or blood thinning drugs such as Warfarin. Do not take if pregnant or nursing.

## Companion Products

BI-Circ Capsules; Cayenne Capsules; Kidney Programme; Kid Capsules, Drops or Tea; Ginkgo Capsules or Drops; Ht Capsules; Motherwort Capsules or Drops; Power Garlic Capsules.

Caps



# Immune Programme

## Caps

### Area concerned

Immune (lymphatic) system

### Ingredients

Each 30-day pack includes:

100 Lym Capsules, 100 Echinacea Compound Capsules, a tub of Pau d'Arco Tea, and a comprehensive advice pamphlet about all aspects of the programme.

**See individual product catalogue pages for more detailed information.**

**Description** *Applies to both programmes*

The Immune Programme has been designed to give thorough support to the body's immune system. We have used Lym Capsules for many years to help the immune (lymphatic) system. Pau d'Arco has been used for centuries in Brazil for the same purpose. The accompanying pamphlet advises you on how to get the most out of the programme through herbs, diet, exercise, and lifestyle suggestions. To stay completely healthy, it is essential to keep the immune system working at peak efficiency. The Immune Programme can help you to do just that.

### Standard use

1 capsule of each of the encapsulated products, or 12-15 drops of each of the products in drops in water or juice, 3 times a day; plus one small pot of Pau d'Arco Tea a day. The pot of tea can be made at any time convenient for

### How long to take it for

We recommend taking this programme for 3 months (90 days). By all means, repeat it annually if you wish, either just before the winter comes, or at any other time.

### Cautions

*Immune Programme with Capsules:* Do not take if pregnant or nursing. Do not take with diuretic drugs. Do not take alongside blood thinning drugs such as Warfarin. *Immune Programme with Drops:* Do not take if pregnant or nursing.

## Caps

## Drops

### Area concerned

Immune (lymphatic) system

### Ingredients

Each 30-day pack includes:

50ml Lym Drops, 50ml Echinacea Drops, a tub of Pau d'Arco Tea, and a comprehensive advice pamphlet about all aspects of the programme.

**See individual product catalogue pages for more detailed information.**

### Why use the Immune Programme?

Many people recognize the benefit of having a strong immune system - fewer days off, better energy level, and less chance of letting friends and family - and yourself - down.

Avoiding stress, or dealing with it in a better way, will help to keep the immune system strong. Maintaining a good work/life balance and avoiding overwork is also very helpful.

Once stress and overwork take over, there can be a downward spiral. To avoid this, it can be helpful to support the immune system in every way you can. This can be done by:

1. Exercise - one of the best ways to help the immune system - as well as reduce stress.
2. Diet - large amounts of fruit and vegetables (with potatoes only in moderation) help to boost the immune system
3. Our 90-day Immune Programme. This is best taken when you are perfectly well, to help you to keep well.

**HELP YOUR IMMUNE SYSTEM!**

### Companion Products

Calendula Drops; Cat's Claw Capsules or Drops; Cayenne Capsules; Echinacea Capsules or Drops; Echinacea Compound Capsules; Lym Capsules or Drops; Pau d'Arco Capsules, Drops or Tea; Power Garlic Capsules.

## Drops



# Kidney Programme

## Caps

### Area concerned

Kidneys, bladder

### Ingredients

Each 30-day pack includes:  
100 Kid Capules, 100 Kid 2 Capsules, a tub of Kid Tea, and a comprehensive advice pamphlet about all aspects of the programme.

**See individual product catalogue pages for more detailed information.**

**Description** *Applies to both programmes*

The Kidney Programme has been designed to give thorough support to the whole kidney and bladder area. It does this by using herbs which, for centuries, have been well known to give these benefits. The accompanying pamphlet advises you on how to get the most out of this holistic programme through use of herbs, diet, exercise, and other relevant lifestyle suggestions.

Making appropriate changes to your lifestyle plus taking the high quality herbs we include can help ensure your kidneys and bladder stay functioning perfectly.

### Standard use

1 capsule of each of the encapsulated products, or 12-15 drops of Kid Drops and 25-30 drops of Dandelion Root in water or juice, 3 times a day; plus one small pot of Kid Tea a day. The pot of tea can be made at any time convenient for you.

### How long to take it for

We recommend taking this programme for 3 months (90 days). If you wish, it can be repeated annually to help keep the kidney and bladder areas functioning well.

### Cautions

Do not take with diuretic drugs. Do not take if pregnant or nursing.

### Companion Products

Dandelion Drops; Kid Capsules, Drops or Tea, Kid 2 Capsules; Echinacea Compound Capsules.

## Caps

## Drops

### Area concerned

Kidneys, bladder

### Ingredients

Each 30-day pack includes:  
50ml Kid Drops, 100ml Dandelion Drops, a tub of Kid Tea, and a comprehensive advice pamphlet about all aspects of the programme.

**See individual product catalogue pages for more detailed information.**

### Why use the Kidney Programme?

People like this programme for various reasons including:

1. The kidneys and bladder and the liver are a team which ensures toxins are made safe then eliminated from the body. Good kidney/bladder function is essential to healthy detox.
2. The kidneys, when functioning well, maintain the correct level of water in the blood. When this process is working as it should, the blood pressure will be within normal limits.
3. The urethra eliminates urine from the bladder and is shorter in women than in men. Germs can fairly easily ascend this tube. If the kidneys and bladder are working well, this is less likely to happen, keeping the urethra healthy and comfortable.
4. Naturopaths believe that kidney function can gradually reduce over the years. Helping to maintain good kidney function will help the body to keep healthy and strong.

We recommend that everyone thinks about supporting the body's natural detox capabilities - this means cleanse the colon, kidneys and liver thoroughly every 1-2 years!

**HELP THE KIDNEYS & BLADDER!**

## Drops





# Liver Programme

## Caps

### Area concerned

Liver, gall bladder, nerves, detox

### Ingredients

Each 30-day pack includes: 100 Liv Capsules, 100 Milk Thistle Capsules, a tub of Liv Tea, and a comprehensive advice pamphlet about all aspects of the programme.

**See individual product catalogue pages for more detailed information.**

### Description *Applies to both programmes*

The Liver Programme has been designed to give thorough support to the whole liver and gall bladder area. It uses herbs which, for centuries, have been known to give such benefits - and there are many herbs which benefit the liver. The accompanying pamphlet advises you on getting the most from this holistic programme through use of herbs, diet, exercise, and other relevant lifestyle suggestions.

Making appropriate changes to your lifestyle plus taking the high quality herbs we include can help ensure your liver and gall bladder stay functioning perfectly.

### Standard use

1 capsule of each of the encapsulated products, or 12-15 drops of each of the products in drops in water or juice, 3 times a day; plus one small pot of Liv Tea a day. The pot of tea can be made at any time convenient for you.

### How long to take it for

We recommend taking this programme for 3 months (90 days). By all means repeat it annually to help keep the liver and gall bladder areas functioning well.

### Cautions

Do not take if pregnant or nursing.

### Companion Products

Detox Capsules, Drops or Tea; Dandelion Drops; Dig Capsules, Drops or Tea; Liv Capsules, Drops or Tea; Milk Thistle Capsules or Drops; Nve Capsules or Tea; Nve-Restor Drops; Wild Yam Root Capsules or Drops.

## Drops

### Area concerned

Liver, gall bladder, nerves, detox

### Ingredients

Each 30-day pack includes: 50ml Liv Drops, 50ml Milk Thistle Drops, a tub of Liv Tea, and a comprehensive advice pamphlet about all aspects of the programme.

**See individual product catalogue pages for more detailed information.**

### Why use the Liver Programme?

People like this programme for various reasons including:

1. The liver is the main detox organ in the body, so keeping the liver working well helps every single body function by reducing the toxin levels. Reduction of toxins is a key to good health.
2. The liver affects the nerves, so helps to keep us calm and relaxed. Where there is stress, the liver helps us deal with it. Keeping the liver working well is crucial to good nerve function.
3. The liver produces bile, which enables us to digest fats. As long as the liver is OK, we can digest fats well.
4. The liver is involved in breaking down hormones which are damaged or unnecessary. It is thus involved in keeping periods regular, and menopause balanced.
5. The liver stores excess sugar, releasing it into the blood stream on demand. It is thus vital to maintaining energy levels.

Having so many vital functions, it makes great sense to look after the liver very well. This is why we recommend this programme is followed every 12-18 months.

**HELP THE LIVER-USE THE 90 DAY LIVER PROGRAMME!**

## Caps

## Drops



# Lung Programme

## Caps

### Area concerned

Lungs, bronchial tubes, sinuses

### Ingredients

Each 3-day pack includes:

100 Lu Capsules, 100 Power Garlic Capsules, a tub of Lu Tea, and a comprehensive advice pamphlet about all aspects of the programme.

**See individual product catalogue pages for more detailed information.**

### Description

The Lung Programme has been designed to give thorough support to the lungs and bronchial areas. The accompanying pamphlet advises you on how to get the most out of this holistic programme through use of herbs, diet, exercise, and other relevant lifestyle suggestions.

Lu Capsules include herbs long used in the English tradition, including elecampane, golden rod and thyme, as well as those from other traditions, such as pau d'arco (immune system) from Brazil and aniseed, cinnamon and black pepper from Ayurveda. These herbs combine to make a formula which is very supportive for lungs and bronchial areas. Garlic is a wonderful herb for helping the lungs breathe more easily and helping mucous levels.

Our Power Garlic Capsules are particularly beneficial as they have good strength while the odour is controlled at a low level by a patented method.

Lu Tea completes the programme, further helping to support the lungs, including hyssop, comfrey and marshmallow leaf.

Taken for 3 months in this programme, these herbs can help to keep your lungs and bronchial areas working well. In conjunction with healthy diet and a good exercise and relaxation regime this programme can help you keep feeling well and full of energy.

### Standard use

1 capsule of each of the 2 encapsulated products, 3 times a day. Once a day, make a small pot of Lu Tea with 1 teaspoon of the herb. Leave for 10-15 minutes and drink when you like during the day.

## Why use the Lung Programme?

Every cell in the body needs oxygen for its survival. Nearly every process involves oxygen in one way or another. Very many processes in the body result in carbon dioxide being produced as a waste product, which needs excreting from the body. The lungs are the prime organ dealing with taking oxygen in, and excreting carbon dioxide.

One way we can help preserve lung health is through deep breathing. Breathing exercises from the yoga tradition are designed to do this and, also, regular exercise encourages us to use more of our lung capacity.

In fact, most of us use less than half of our lung capacity. Simply by learning to breathe from the lower abdomen rather than from the top of the chest, we will be increasing our lung efficiency thereby increasing oxygenation of the blood and improving our health. This is just a matter of practising abdominal breathing persistently until it becomes unconscious. These exercises are especially important for asthma sufferers. (Start off gently and build up.)

On top of such exercises, the Lung Programme can be a great help to keeping the lungs and bronchial areas working well, so helping to preserve good health in the long term.

We recommend carrying out the Lung Programme every one or two years to help keep the lungs healthy.

### LOOK AFTER YOUR LUNGS!

### How long to take it for

We recommend taking this programme for 3 months (90 days). If you wish, it can be repeated annually.

### Cautions

Do not take if pregnant or nursing. Do not use if taking blood thinning drugs such as Warfarin.

### Companion Products

Anti-Cat Capsules; Anti-Spas Capsules or Tincture; Chickweed Tea; Lu Capsules or Tea; Power Garlic Capsules; Sin/All Capsules; Three Healing Tea.

## Caps



# Menopause Programme

## Caps

### Area concerned

Menopause, female hormone system

### Ingredients

Each 30-day pack includes:  
200 Femarone 40+ Capsules, 100 Liv Capsules, a tub of Fem Rep Tea, and a comprehensive advice pamphlet about all aspects of the programme.

**See individual product catalogue pages for more detailed information.**

**Description** *Applies to both programmes*

The Menopause Programme has been designed to give thorough support to the whole female hormone system and is particularly used by menopausal women. It includes our own Femarone 40+, a herbal formula with a very successful track record. Additionally, it includes Liv Capsules or Drops for liver support. Helping the liver has been found to be most helpful at this time, as the liver is closely involved in hormonal balance. The final product in the programme, Fem Rep Tea, adds further help for the hormone system.

These herbs, and lifestyle measures, have helped thousands of women since author Leslie Kenton recommended us in her book *Passage to Power*. Many of them have shared with us their experience of the Menopause Programme, which is why we can recommend it so strongly.

### Standard use

2 capsules or 25-30 drops of Femarone 40+, 1 capsule or 12-15 drops of Liv Capsules or Liv Drops 3 times a day; plus one small pot of Fem Rep Tea a day. The pot of tea can be made at any time convenient for you.

### How long to take it for

We recommend taking this programme initially for 3 months (90 days). Many women choose to repeat it to make a total of 6 months. Thereafter, some women find they have had enough; others like to continue with a low level of Femarone 40+ for an extended period.

### Cautions

Do not take if pregnant or nursing.

## Caps

## Drops

### Area concerned

Menopause, female hormone system

### Ingredients

Each 30-day pack includes:  
100ml Femarone 40+ Drops, 50ml Liv Drops, a tub of Fem Rep Tea, and a comprehensive advice pamphlet about all aspects of the programme.

**See individual product catalogue pages for more detailed information.**

### Why use the Menopause Programme?

Very many women of menopausal age have used this programme and have been extremely pleased with it.

We recommend a 90-day programme, followed by a second 90-day programme if desired. Some women want to continue for a few extra months with the Femarone 40+; others find 90 days is enough for them. You have to see what suits you.

There are a number of other herbs, many highlighted by Leslie Kenton, taken by menopausal women. These include Red Sage, Red Clover, Wild Yam, Cayenne, Dong Quai & Agnus Castus, which we stock. See individual catalogue pages for more information. Different herbs suit different women; but our first recommendation is always the 90-day Menopause Programme.

As we always recommend, consider your diet and exercise and relaxation regime when helping yourself keep healthy.

### THE 90-DAY MENOPAUSE PROGRAMME!

### Companion Products

90-day Menstrual Programme; 90-day Liver Programme; Agnus Castus Capsules or Drops; Dong Quai Capsules or Drops; Femarone Capsules or Drops; Liv Capsules, Drops or Tea; Motherwort Capsules or Drops; Red Sage Capsules or Drops; Wild Yam 40+ Capsules or Drops.

## Drops



# Menstrual Programme

## Caps

### Area concerned

Monthly cycle, menstruation

### Ingredients

Each 30-day pack includes:  
200 Femarone Capsules, 100 Liv Capsules, a tub of Fem Rep Tea, and a comprehensive advice pamphlet about all aspects of the programme.

**See individual product catalogue pages for more detailed information.**

**Description** *Applies to both programmes*

The Menstrual Programme is used by menstruating women, to help keep the monthly cycle regular, relaxed and comfortable. It includes our own Femarone a herbal formula with a very successful track record. Additionally, it includes Liv Capsules or Drops for liver support which has been found to be most helpful at this time. The final product in the programme, Fem Rep Tea, adds further help for the hormone system. These herbs, combined with lifestyle measures, have helped thousands of women since we started using them 25 years ago. This is a great programme: the benefits seen from its use were a strong influence in our getting involved with herbs.

### Standard use

2 capsules or 25-30 drops of Femarone, 1 capsule or 12-15 drops of Liv Capsules or Liv Drops 3 times a day; plus one small pot of Fem Rep Tea a day. The pot of tea can be made at any time convenient for you.

### How long to take it for

We recommend taking this programme initially for 3 months (90 days). Following this, you may choose to follow on immediately with a further 90 days making 6 months in total. Many women choose to stop after this time. Others continue with a low level of Femarone for a further few months.

### Cautions

Do not take if you are pregnant or nursing.

## Caps

## Drops

### Area concerned

Monthly cycle, menstruation

### Ingredients

Each 30-day pack includes:  
100ml Femarone Drops, 50ml Liv Drops, a tub of Fem Rep Tea, and a comprehensive advice pamphlet about all aspects of the programme.

**See individual product catalogue pages for more detailed information.**

### Why use the Menstrual Programme?

Very many women have used this programme and have been very pleased with it. We have been impressed with the support it has provided on numerous occasions.

We recommend a 90-day programme, followed by a second 90-day programme if desired. If you feel no benefit by your second period, please seek further advice; either see your own natural health practitioner or contact us.

On average, 4-6 months of the programme is used. However you must take it every day - or nearly every day. If you miss herbs at one meal it is fine to take extra at the next one.

There are a number of other herbs which can benefit the monthly cycle, including Dong Quai and Agnus Castus. We stock these; see the individuals catalogue pages for more information. Different herbs suit different women; but our first recommendation is always the 90-day Menstrual Programme. Second best is to use the Femarone alone.

**WE STRONGLY RECOMMEND  
THE 90-DAY MENSTRUAL PROGRAMME!**

### Companion Products

90-day Menopause Programme; 90-day Liver Programme; Agnus Castus Capsules or Drops; Dong Quai Capsules or Drops; Femarone Capsules or Drops; Liv Capsules, Drops or Tea; Motherwort Capsules or Drops; Wild Yam 40+ Capsules or Drops.

## Drops



## Nerve Programme

### Caps

#### Area concerned

Nervous system, anti-stress functions

#### Ingredients

Each 30-day pack includes:

100 Nve Capsules, 100 Adreno Capsules, a tub of Nve Tea, and a comprehensive advice pamphlet about all aspects of the programme.

**See individual product catalogue pages for more detailed information.**

**Description** *Applies to both programmes*

The Nerve Programme has been designed to give thorough support to the whole of the nervous system as well as the adrenal glands, which are closely involved in the body's stress responses. Together, the Nerve Programme is a great support for the nerves.

We recommend you use this programme annually if you feel you have the type of constitution where your nerves benefit from regular support.

The accompanying pamphlet advises you on getting the most from this holistic programme through use of herbs, diet, exercise, and other relevant lifestyle suggestions.

Making appropriate changes to your lifestyle plus taking the high quality herbs we include can help ensure your nervous system is strong enough to help you deal perfectly with the stresses and strains of day-to-day living.

#### Standard use

1 capsule of each of the encapsulated products, or 12-15 drops of each of the products in drops in water or juice, 3 times a day; plus one small pot of Nve Tea a day. The pot of tea can be made at any time convenient for you.

#### How long to take it for

We recommend taking this programme for 3 months (90 days). If you wish, it can be repeated annually to help keep the nervous system functioning well.

#### Cautions

Do not take if pregnant or nursing, or if you have high blood pressure. Do not take with diuretic drugs.

### Caps

### Drops

#### Area concerned

Nervous system, anti-stress functions

#### Ingredients

Each 30-day pack includes:

50ml Nve-Restor Drops, 50ml Adreno Drops, a tub of Nve Tea, and a comprehensive advice pamphlet about all aspects of the programme.

**See individual product catalogue pages for more detailed information.**

#### Why use the Nerve Programme?

Many people are attracted to the Nerve Programme because the nervous system is involved in so many body functions.

1. If the nervous system is strong, we can deal best with situations of stress.
2. The immune system: an ability to deal well with stress helps the immune system to remain strong and help keep us well.
3. Calm in mind - a strong nervous system means we more easily feel in charge and relaxed. The stronger the nervous system, the easier it is for us to feel this way.

Many, many people have found that using the 90-day Nerve Programme gives them the extra support to help them deal with their busy and demanding day.

**HELP THE NERVES -  
USE THE 90-DAY NERVE PROGRAMME!**

#### Companion Products

Adreno Capsules or Drops; Bedtime Capsules or Tea; Mega-Ton Drops; Nve Capsules or Tea; Nve-Restor Drops; Siberian Ginseng Capsules or Drops; Super Spirulina Tablets; Valerian & Passiflora Drops; Valerian Compound Capsules.

### Drops





# Sinus Programme

## Caps

### Area concerned

Sinuses, upper bronchial areas.

### Ingredients

The first of three 30-day pack includes:

100 Sin/All Capsules

100 Anti-Cat Capsules

1 tub of Herbal Snuff, and an explanatory leaflet about the programme.

The second and third of the three 30-day packs includes: 100 Sin/All Capsules

100 Anti-Cat Capsules

100 Power Garlic Capsules

**See individual product catalogue pages for more detailed information.**

### Description

The Sinus Programme has been designed to give thorough support to the sinuses and upper respiratory areas. The Sin/All Capsules are based on Dr Christopher's formula for the sinus areas; the Anti-Cat Capsules are a formula of Ayurvedic origin given by Michael Tierra.

The Herbal Snuff contains bayberry, eucalyptus, golden seal, cayenne. When 'snuffed' up the nose, this herbal mixture can help keep the sinuses clear and comfortable. One tub of Herbal Snuff should last the 90 days of the course so, in months 2 and 3, Power Garlic Capsules take its place. Garlic can be beneficial for keeping catarrh in balance.

Combined with a healthy diet and good exercise and relaxation regime, this programme can help the sinuses stay balanced and comfortable. In the diet, foods thought to cause catarrh in some people include; dairy foods (milk cheese), wheat, oranges and flour products including bread; so you might like to avoid these foods or reduce them.

### Standard use

1 capsule of each of the encapsulated products, 3 times a day. Also, use the Herbal Snuff 3 times daily, to help the sinus areas directly.

### How long to take it for

We recommend taking this programme for 3 months (90 days). If you wish, it can be repeated, we suggest after a month's break, or perhaps annually.

## Why use the Sinus Programme?

The bones of the front of the skull, around the nose, are quite large. If they were solid bone, they would be heavy, so evolution has made them hollow. The cavities - the sinuses - are lined with mucous membranes, and they have a drain hole to drain away any excess mucous. Two situations can arise; firstly, the mucous membranes can produce excessive mucous, perhaps because of sensitivity to certain foods (cheese, milk, wheat appear to be the main culprits) and secondly, this sensitivity can cause inflamed tissues which can impinge on the drain hole, impeding the drainage of mucous through the - relatively small - hole.

The ideal approach is to keep the sinuses working well and this is where the Sinus Programme can be beneficial.

Take the herbs from the first pack every day, using the Herbal Snuff 3 times a day to help keep the sinuses clear. You only need a small pinch of the snuff each time, so one pot should last you the 90 days of the programme.

In months 2 and 3, Herbal Snuff is substituted with Power Garlic Capsules, garlic being recognised by herbalists to help balance catarrh in the body.

## HELP YOUR SINUSES

### Cautions

Do not use Sin/All Capsules if pregnant or nursing.

Do not take Power Garlic alongside blood thinning drugs such as Warfarin.

### Companion Products

90-day Lung Programme; Anti-Cat Capsules; Echinacea Compound Capsules; Lu Capsules or Tea; Power Garlic Capsules; Herbal Snuff.

## Caps



# Adreno

## Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C57-54  | 54 Capsules  | Usually lasts 18 days |
| C57-100 | 100 Capsules | Usually lasts 33 days |
| C57-200 | 200 Capsules | Usually lasts 65 days |

### Area concerned

Adrenal glands, nervous system

### Ingredients

min per vegan capsule; Gotu Kola 80mg, Sarsaparilla 80mg, Wild Yam 60mg, Siberian Ginseng 40mg, Licorice 40mg, Borage 20mg

### Description

The adrenal glands help our body to deal with the stresses of everyday life. To nourish these vital glands, Adreno Capsules or Drops can be very helpful. The adrenal glands are called upon to produce adrenaline every time we experience a stress situation. To help them stay strong and reactive, the Adreno Capsules or Drops offer valuable support. This formula consists of herbs long used for adrenal support. Many people have found a 3 months course valuable.

### Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 1-3 months if and when it is felt to be desirable.

### Cautions

Do not use if pregnant or nursing, or if you have high blood pressure. Do not take alongside diuretic drugs, Warfarin or other blood thinning drugs.

### Companion Products

Adreno Drops; Licorice Capsules, Drops or Tea; Siberian Ginseng Capsules; Wild Yam Capsules or Drops.

## Drops

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D28-50  | 50ml  | Usually lasts 33 days |
| D28-100 | 100ml | Usually lasts 55 days |

### Area concerned

Adrenal glands, nervous system

### Ingredients

25% Borage, 20% Sarsaparilla, 20% Milk Thistle, 15% Wild Yam, 15% Dandelion Root, 5% Licorice

### Description

For many people, the adrenal glands are highly stressed by the rapid pace of life, and the strains and demands of everyday living. Adreno Drops can help the body to balance the adrenal glands, and so maintain a normal response to these situations. For a more holistic approach, consider the 90-day Nerve Programme which contains Adreno Capsules or Adreno Drops as well as products more specifically for the nervous system.

### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

### How long to take it for

Take for a course of 3-4 months, or as and when desired.

### Cautions

Do not use if pregnant or nursing or with diuretic drugs.

### Companion Products

Adreno Capsules; Licorice Capsules, Drops or Tea; Wild Yam Capsules or Drops.

## Caps

## Drops



# Advanced Multi-flora

## Caps

| Code   | Size        | Duration                 |
|--------|-------------|--------------------------|
| C06-30 | 30 Capsules | Usually lasts 10-30 days |
| C06-60 | 60 Capsules | Usually lasts 20-60 days |
| C06-90 | 90 Capsules | Usually lasts 30-90 days |

### Area concerned

Intestinal flora, bowel (colon) health, detox.

### Ingredients

Total of 25 billion \*CFU's per 400mg vegan capsule at time of manufacture: plant based Microcrystalline Cellulose (MCC), Lactobacillus acidophilus, Bifidobacterium bifidum, Lactobacillus rhamnosus, Lactobacillus plantarum, Bifidobacterium breve, Bifidobacterium longum, Lactobacillus casei, Lactobacillus lactis, Lactobacillus bulgaricus, Lactobacillus salivarius. \*Colony Forming Units.

### Standard use

Usual amount taken is 1 capsule a day. If desired 2 or 3 a day may be taken. Store in a cool dry place or in higher temperatures may be refrigerated.

### How long to take it for

Take for a course of at least 3-4 months. Some nutritionists recommend a probiotic as a daily supplement.

### Cautions

None

### Companion Products

90-day Colon Programme; Detox Capsules, Drops or Tea; Cascara Compound Capsules or Drops; Psyllium Husk Capsules or Powder; Slippery Elm Capsules or Tea; Wild Yam Capsules or Drops.

### Description

Gut flora is the name for the mass of microorganisms, including "healthy bacteria", that live in humans and other animals' digestive tracts. These bacteria include the best-known strain, "acidophilus" or, in full, "Lactobacillus acidophilus". Gut flora also includes many other strains of these bacteria.

Bowel bacteria and the human body need each other to survive. The bacteria serve essential functions for our body. One crucial role is to convert fibre from our food into "fatty acids" which are then built into vital bodily structures. Without these bacteria, this would not be possible.

To keep these bacteria in balance, supplementation - taking extra - has been used for decades. In the early days, acidophilus alone was given. As time passed, practitioners added additional strains to provide even better support.

To keep up to date, SHS's latest variety of flora supplement - Advanced Multi-flora - provides a combination of ten of the essential bacteria strains in a one-a-day capsule. (Some users like to take more than this, which is perfectly safe.)

Practitioners recommend we take a flora supplement for 3-4 months. Some people like to repeat this annually for a top-up. It's also a popular approach to take a course of Advanced Multi-flora following prescription drugs such as antibiotics.

## Caps





# Agnus Castus

## Caps

| Code    | Size         | Duration                  |
|---------|--------------|---------------------------|
| C01-54  | 54 Capsules  | Usually lasts 18-27 days  |
| C01-100 | 100 Capsules | Usually lasts 33-50 days  |
| C01-200 | 200 Capsules | Usually lasts 66-100 days |

### Area concerned

Hormone system, menopause, menstruation.

### Ingredients

Agnus Castus 325mg minimum per vegan capsule.

### Description

A widely used herb which can help to keep the female reproductive system in balance. It is used throughout the monthly cycle, as well as during menopause. Take every day for the course. Also consider our Femarone (monthly cycle) or Femarone 40+ (menopause), which we strongly recommend.

### Standard use

2-3 capsules with food/drink at breakfast time daily. Or 1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

### How long to take it for

Try taking daily for 4 months, then try cutting down or leaving off completely. Thereafter, take if and when you want to.

### Cautions

Do not take if pregnant or breastfeeding. Use with caution alongside drugs for the hormone system.

### Companion Products

90-day Menopause Programme; 90-day Menstrual Programme; Cayenne Caps; Dong Quai Caps or Drops; Femarone or Femarone 40+ Caps or Drops; Fem Rep Tea; Motherwort Caps or Drops; Red Sage Caps or Drops; Wild Yam 40+ Caps or Drops

## Drops

| Code    | Size  | Duration                   |
|---------|-------|----------------------------|
| D01-50  | 50ml  | Usually lasts 28-35 days   |
| D01-100 | 100ml | Usually lasts 56-70 days   |
| D01-200 | 200ml | Usually lasts 112-140 days |

### Area concerned

Hormone system, menopause, menstruation.

### Ingredients

Agnus Castus fluid extract only.

### Description

A widely used herb which can help to keep the female reproductive system in balance. Is used throughout the monthly cycle, as well as during menopause. Take every day for the course.

### Standard use

25-35 drops in a little water/juice at breakfast time daily. Or 12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

### How long to take it for

Try taking daily for 4 months then try cutting down or leaving off completely. Thereafter take if and when you want to.

### Cautions

Do not take if pregnant or breastfeeding. Use with caution alongside drugs for the hormone system.

### Companion Products

90-day Menopause Programme; 90-day Menstrual Programme; Cayenne Caps; Dong Quai Caps or Drops; Femarone or Femarone 40+ Caps or Drops; Fem Rep Tea; Motherwort Caps or Drops; Red Sage Caps or Drops; Wild Yam 40+ Caps or Drops

## Caps

## Drops



# Anti-Cat

## Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C03-100 | 100 Capsules | Usually lasts 33 days |

### Area concerned

Sinuses, throat, lungs.

### Ingredients

(min per vegan capsule) Aniseed 130mg, Black Pepper, 65mg, Ginger 65mg, Elderflowers 65mg.

### Description

A formula given by respected herbalist Michael Tierra which can help support the function of the sinuses and mucous membranes which produce catarrh. This formula can help this catarrh to stay at a moderate level. Can be used together with Sin/All Capsules or with Lu Capsules. Also consider the 90-day Sinus Programme, which includes Anti-Cat Capsules.

### Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

### How long to take it for

Try taking this formula with Sin/All Capsules for 2 months or so. If you feel this is beneficial continue for a further 2-3 months, or longer if desired.

### Cautions

None

### Companion Products

90-day Sinus Programme; 90-day Lung Programme; Detox Capsules, Drops or Tea; Echinacea Compound Capsules; Liv Capsules, Drops or Tea; Lu Capsules or Tea; Power Garlic Capsules; Herbal Snuff.

## Caps



## Anti-Spas

### Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C96-100 | 100 Capsules | Usually lasts 33 days |

#### Area concerned

Muscles, nerves, intestines, stomach, reproductive areas.

#### Ingredients

(min per vegetarian capsule) Cramp Bark 80mg, Peppermint 80mg, Wild Yam 80mg, Chamomile 80mg.

#### Description

A combination to be used whenever an 'anti-spas' type of effect is required anywhere in the body. May help to balance the muscles of the body; also the bowel, liver, stomach, and the head. Also beneficial for the womb, when there is need. This soothing combination can give great benefit. Another product to be used in similar situations is Wild Yam Root Capsules; also, Cayenne Capsules can be extremely useful. Another great help at this time, can be ginger tea; make this at home - just simmer 3 or 4 thin slices of fresh root ginger in half a pint of water for 5 minutes. Add honey if desired, and sip slowly. Good for soothing muscles and organs in general - and seems to have a particularly good effect on the abdominal area.

#### Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to three times this amount can safely be taken. Alternatively, take 2 or 3 capsules when desired, up to a total of 9 capsules a day.

#### How long to take it for

Take for a course of 3-4 months, or as and when required.

#### Cautions

Do not use if pregnant or nursing.

#### Companion Products

Colit Capsules; Cayenne Capsules; 90-day Nerve Programme; Nve Capsules; Nve-Restor Drops; Valerian & Passiflora Drops; Wild Yam Capsules or Drops.

### Drops

| Code    | Size  | Duration   |
|---------|-------|------------|
| M10-30  | 30ml  | 2-4 weeks  |
| M10-100 | 100ml | 6-12 weeks |

#### Area concerned

Muscles, abdomen, intestines, stomach, reproductive areas.

#### Ingredients

Equal parts: Scullcap, Cramp Bark, Myrrh, Skunk Cabbage, Black Cohosh, Cayenne

#### Description

A combination to be used whenever a soothing effect on the muscles anywhere in the body is desired. Helps to balance the muscles of the body. Another product to be used in similar situations is Wild Yam Root Capsules; also, Cayenne Capsules can be extremely useful. A further helpful idea is to make ginger tea at home - just simmer 3 or 4 thin slices of fresh root ginger in half a pint of water for 5 minutes. Add honey if desired, and sip slowly. Good for soothing muscles and organs in general - and seems to have a particularly good effect on the abdominal area.

#### Standard use

5-15 drops 3-5 times a day in a little water or juice.

#### How long to take it for

Take for a course of 3-4 months, or as and when desired.

#### Cautions

Do not use if pregnant or nursing.

Department of Health warning: Black cohosh may rarely cause liver problems. If you become unwell (yellowing eyes/skin, nausea, vomiting, dark urine, abdominal pain, unusual tiredness) stop taking immediately and seek medical advice. Not suitable for patients with a previous history of liver disease.

#### Companion Products

Colit Capsules; Cayenne Capsules; 90-day Nerve Programme; Nve Capsules; Nve-Restor Drops; Valerian & Passiflora Drops. Wild Yam Capsules or Drops.

### Caps

### Drops



## Arth

### Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C04-100 | 100 Capsules | Usually lasts 33 days |

#### Area concerned

Joints, muscles

#### Ingredients

(min per vegan capsule) Bogbean 80mg, Celery seed 80mg, Meadowsweet 40mg, Devil's Claw 40mg, Dandelion Root 40mg, Willow 40mg.

#### Description

Contains the valuable herb menyanthes, or bogbean, as a main ingredient, which is excellent for assisting good function of joints and muscles. Also contains celery seeds which combine well with menyanthes and are also beneficial in their own right. Can help to maintain the blood circulation to the joints and muscles. Valuable if combined with Cayenne Capsules or with Devil's Claw Capsules or Drops.

#### Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

#### How long to take it for

Try taking daily for 3-4 months, then cutting down or leaving off completely. May be taken for a further 3-6 months if desired.

#### Cautions

Do not use if pregnant or nursing, or if sensitive to aspirin. Avoid if you have excessive stomach acid or digestive ulcers.

#### Companion Products

90-day Detox Programme; 90-day Colon Programme; 90-day Kidney Programme; 90-day Heart and Circulation Programme; 90-day Liver Programme; Arth Drops; BI-Circ Capsules; Detox Capsules, Drops or Tea; Cayenne Capsules; Kid Capsules, Drops or Tea; Liv Capsules, Drops or Tea; Turmeric Capsules.

### Drops

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D02-50  | 50ml  | Usually lasts 28 days |
| D02-100 | 100ml | Usually lasts 55 days |

#### Area concerned

Joints, muscles

#### Ingredients

20% each Willow, Celery Seed; 10% each Sarsaparilla, Barberry, Dandelion Root, Rhubarb Root, Prickly Ash, Devil's Claw.

#### Description

This formula combines herbs to cleanse the liver, kidneys and colon, with a circulatory agent (prickly ash); as well as herbs specifically to support and balance muscles, bones, and joints. Willow helps to soothe muscles and joints.

Also consider a 3-month course of the Heart and Circulation Programme which, by assisting the circulation of blood, will naturally help the joints and muscles.

#### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to three times this amount can safely be taken.

#### How long to take it for

Try taking for 3 months, then cutting down or leaving off. May be taken for a further 3-6 months if desired. In addition to the Heart and Circulation Programme, mentioned above, consider the Colon, Liver or Kidney Programmes, all of which support joint and muscle health in a holistic way.

#### Cautions

Do not take if sensitive to aspirin or if pregnant or nursing.

#### Companion Products

90-day Detox Programme; 90-day Colon Programme; 90-day Kidney Programme; 90-day Heart and Circulation Programme; 90-day Liver Programme; Arth Capsules; BI-Circ Capsules; Detox Capsules, Drops or Tea; Cayenne Capsules; Kid Capsules, Drops or Tea; Liv Capsules; Wild Yam Root Capsules.

### Caps

### Drops



# Ashwagandha

## Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C21-100 | 100 Capsules | Usually lasts 33 days |

### Area concerned

Energy, adrenal glands, nervous system.

### Ingredients

Ashwagandha root 275mg minimum per vegan capsule.

### Description

Ashwagandha is known as an 'adaptogen', a natural agent that may help the body to cope with stress as well as increasing energy levels and creating a general sense of wellbeing.

### Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

### How long to take it for

Take daily for a course of between 1 and 4 months. Have a break for a few weeks, then repeat if desired.

### Cautions

Do not use if pregnant or nursing or if you have an auto-immune disease.

### Companion Products

Adreno Capsules or Drops; Licorice Capsules, Drops or Tea; Nve Capsules, Drops or Tea; Siberian Ginseng Capsules or Drops; Wild Yam Capsules or Drops.

## Caps



# Astragalus

## Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C19-54  | 54 Capsules  | Usually lasts 18 days |
| C19-100 | 100 Capsules | Usually lasts 33 days |

### Area concerned

Immune system and other areas of the body

### Ingredients

325mg Astragalus membranaceous minimum per vegan capsule.

### Description

Astragalus has been used for centuries by Chinese herbalists to support the spleen (an important organ in immune function), help digestion and generally help the body's vitality.

### Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

### Cautions

None

### Companion Products

90-day Immune Programme; Echinacea Capsules or Drops, Echinacea Compound Capsules; Astragalus Drops; Mega-ton Drops, Dig Drops, Capsules or Tea, Min/Vit Capsules or Drops; Super Spirulina Tablets; Wheat Grass Capsules or Powder.

## Drops

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D09-50  | 50ml  | Usually lasts 28 days |
| D09-100 | 100ml | Usually lasts 55 days |

### Area concerned

Immune system and other areas of the body

### Ingredients

Astragalus membranaceous fluid extract only

### Description

Astragalus has been used for centuries by Chinese herbalists to support the spleen (an important organ in immune function), help digestion and generally help the body's vitality.

### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

### Cautions

None

### Companion Products

90-day Immune Programme; Echinacea Capsules or Drops, Echinacea Compound Capsules; Astragalus Capsules; Mega-ton Drops, Dig Drops, Capsules or Tea, Min/Vit Capsules or Drops; Super Spirulina Tablets; Wheat Grass Capsules or Powder.

## Caps

## Drops





# Astragalus & Echinacea

## Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C17-100 | 100 Capsules | Usually lasts 33 days |

### Area concerned

Immune system and other areas of the body

### Ingredients

(min per vegan capsule) Astragalus membranaceus 165mg, Echinacea angustifolia 165mg.

### Description

The combination of Astragalus membranaceus and Echinacea angustifolia provides extra support for the body. Astragalus has been used for centuries by Chinese herbalists to support the spleen (an important organ in immune function) support digestion and help to tone all internal organs.

### Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to three times this amount can safely be taken.

### How long to take it for

Try taking daily for 3-4 months, then having a break for a few months. Some people like to do this before the colder season arrives. Thereafter, take if and when it is felt to be desirable. Can also be taken on alternate months. Also consider our 90-day Immune Programme.

### Cautions

None.

### Companion Products

90-day Immune Programme; Cat's Claw Capsules or Drops; Cayenne Capsules; Echinacea Capsules; Echinacea Compound Capsules; Astragalus & Echinacea Drops; Lym Capsules or Drops; Pau d'Arco Capsules, Drops or Tea; Power Garlic Capsules.

## Caps

## Drops

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D10-50  | 50ml  | Usually lasts 28 days |
| D10-100 | 100ml | Usually lasts 55 days |

### Area concerned

Immune system and other areas of the body

### Ingredients

50% each Echinacea angustifolia and Astragalus membranaceus fluid extracts

### Description

The combination of Astragalus membranaceus and Echinacea angustifolia provides extra support for the body. Astragalus has been used for centuries by Chinese herbalists to support the spleen (an important organ in immune function) support digestion and help to tone all internal organs.

### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to three times this amount can safely be taken.

### How long to take it for

Take for a course of 3-4 months, or as and when desired. Some people like to do this before the colder season arrives. Thereafter, take if and when it is felt to be desirable. Can also be taken on alternate months. Also consider our 90-day Immune Programme.

### Cautions

None.

### Companion Products

90-day Immune Programme; Cat's Claw Capsules or Drops; Cayenne Capsules; Echinacea Capsules; Echinacea Compound Capsules; Astragalus & Echinacea Capsules; Lym Capsules or Drops; Pau d'Arco Capsules, Drops or Tea; Power Garlic Capsules.

## Drops



## B&B Drops

### Drops

| Code   | Size | Duration  |
|--------|------|-----------|
| M11-30 | 30ml | 4-6 weeks |

### Area concerned

Ears

### Ingredients

Black Cohosh, Vervain, Scullcap and Blue Cohosh

### Description

These Drops were originally formulated by Dr Christopher to support the anatomy, especially the nerves, of the ear. The B&B Drops can be used in conjunction with our Garlic

### Standard use

Apply 3-5 drops into each ear at night, plugging ear with cotton wool.

### How long to take it for

Take for a course of 3-4 months, or as and when desired.

### Cautions

Do not use if the ear drum is broken. A doctor can check this if there is any doubt.

Department of Health warning: Black cohosh may rarely cause liver problems. If you become unwell (yellowing eyes/skin, nausea, vomiting, dark urine, abdominal pain, unusual tiredness) stop taking immediately and seek medical advice. Not suitable for patients with a previous history of liver disease.

### Companion Products

Garlic Oil, Mullein Oil.

### Drops





## Bedtime

### Caps

| Code    | Size         | Duration                 |
|---------|--------------|--------------------------|
| C05-100 | 100 Capsules | Usually lasts 33-50 days |

#### Area concerned

Sleep, nerves

#### Ingredients

(min per vegan capsule) Wild Lettuce 80mg, Hops 80mg, Lemon Balm 80mg, Scullcap 80mg.

#### Description

This formula contains soothing hops and lemon balm herbs, which can help maintain a proper balance at bedtime; and wild lettuce and scullcap, which can help maintain the peace of mind and body at night.

#### Standard use

2-3 capsules half an hour before bedtime with a little food or a drink, such as Bedtime Tea. Can also be taken during the night if desired.

#### How long to take it for

Try taking daily for a month, then cutting down or leaving off completely. May be taken for a further 3-6 months if desired

#### Cautions

Do not use if pregnant or nursing.

#### Companion Products

Bedtime Tea; Nve Capsules; Nve-Restor Drops; Valerian & Passiflora Drops; Valerian Compound Capsules.

### Tea

| Code | Size | Duration         |
|------|------|------------------|
| T01  | 50g  | Lasts 14-28 days |

#### Area concerned

Sleep, nerves

#### Ingredients

Passiflora, Chamomile, Red Clover.

#### Description

A great loose leaf tea to help sleep. Take each evening for best effect, either at bedtime or 30-60 minutes before

#### Standard use

Make using 1 teaspoon to 1 mug of boiling water. Honey can be added if desired. Take each evening for best benefit, either at bedtime or up to an hour before. Can be taken alongside 1-3 Bedtime capsules.

#### How long to take it for

Try for 2 weeks, after which time you should feel a benefit.

#### Cautions

Limit to one cup a day if pregnant or nursing.

#### Companion Products

Bedtime Tea; Nve Capsules; Nve-Restor Drops; Valerian & Passiflora Drops; Valerian Compound Capsules.

### Caps

### Tea



## BF&C

### Caps

| Code    | Size         | Duration                 |
|---------|--------------|--------------------------|
| C07-100 | 100 Capsules | Usually lasts 33-50 days |

#### Area concerned

The body's natural healing processes, joints and muscles, digestion

#### Ingredients

(min per vegan capsule) Oak Bark 90mg, 45mg each Marshmallow Root, Mullein, Gravel Root, Black Walnut, 30mg each Wormwood, Scullcap.

#### Description

Based on Dr Christopher's well known formula for supporting the body's own natural healing processes. The letters in the name stand for 'Bone Flesh and Cartilage' being the areas with which this formula is concerned. We are no longer permitted (by the UK Department of Health) to put the fantastic comfrey root in this formula because of their health concerns; but we still sell comfrey leaf in tea form within our Three Healing Tea. So we recommend when you take these capsules, you also drink Three Healing Tea every day.

#### Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

#### How long to take it for

If you want to support the healing process of the body, take BF&C Capsules, preferably with Three Healing Tea for about three months. If it is felt to be beneficial, take for longer if you want to, or have a break for a month or two before resuming.

#### Cautions

Take two hours away from any drug medications.

#### Companion Products

Arth Capsules or Drops, Kid Capsules or Drops; Wheat Grass Capsules or Powder; Super Spirulina; Three Healing Tea.

### Caps

### Ointment

| Code | Size | Duration           |
|------|------|--------------------|
| O01  | 60g  | A month or longer. |

#### Area concerned

Supports general healing of the skin.

#### Ingredients

Comfrey Leaf, Oak Bark, Burdock, Marshmallow Root, Mullein, Lobelia, Gravel Root, Black Walnut leaves, Wormwood, Scullcap in a base of cold-pressed oil and beeswax.

#### Description

An excellent general purpose balancing ointment, made according to the formula of Dr John Christopher. This is a soothing ointment, containing herbs to help keep the skin in good health, and to help the body tissues in a whole variety of situations. For the added power of garlic, which will help to maintain good immune system function in a particular area, empty two or three capsules of our Power Garlic Capsules into a pot of BF&C Ointment, and stir well. Apply regularly, several times a day.

#### Standard use

Apply as required, 3-4 times a day.

#### How long to take it for

Use for 3-4 months, or as and when desired.

#### Cautions

None

#### Companion Products

BF&C Capsules; Chickweed Ointment; Pilewort Ointment; Skn Capsules or Drops, Three Healing Tea.

### Ointment



## BI-Circ

### Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C08-54  | 54 Capsules  | Usually lasts 18 days |
| C08-100 | 100 Capsules | Usually lasts 33 days |

### Area concerned

Blood circulation, general good health.

### Ingredients

(min per vegan capsule) Ginger 54mg, Cayenne 54mg, Hawthorn 54mg, Siberian Ginseng 54mg, Garlic 54mg, Parsley leaf 54mg.

### Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

### How long to take it for

Try taking daily for 3-4 months, then cutting down or leaving off completely. Thereafter, take if and when desirable.

### Cautions

Do not take alongside blood thinning drugs such as Warfarin.

### Companion Products

90-day Heart and Circulation Programme; Cayenne Capsules; Ginkgo Capsules or Drops; Ht Capsules; Motherwort Capsules or Drops; Power Garlic Capsules.

### Description

A herbal compound to help maintain good blood circulation, closely based on a Dr John Christopher formula; helps to maintain tone in the artery walls and other parts of the body. Its use can be supported beneficially with Cayenne Capsules and/or Power Garlic Capsules.

Maintaining and supporting the blood circulation will help to soothe the muscles, and to balance the muscles and joints, so will be very helpful for these areas, and will also help to keep in balance all organs and systems of the body. Good circulation carries nutrients efficiently to the cells and removes their waste products.

Helping these processes encourages all round good health. We strongly recommend this formula and also the more holistic 90-day Heart and Circulation Programme, which includes BI-Circ Capsules.

### Caps



## Black & Chickweed Ointments

### Ointment

| Code | Size               | Duration           |
|------|--------------------|--------------------|
| O03  | 60g Black Ointment | A month or longer. |

#### Area concerned

Supports general healing of the skin.

#### Ingredients

Golden Seal, Poke Root, Chaparral, Plantain, Chickweed, Comfrey Leaf, Red Clover, Mullein, in a base of cold-pressed oil and beeswax.

#### Description

An ointment which can give stronger support than BF&C Ointment, thanks to the properties of the herbs it contains - golden seal, poke root and chaparral in particular can give very strong support.

#### Standard use

Apply as required, 3-4 times a day.

#### How long to take it for

Use for 3-4 months, or as and when desired.

#### Cautions

None

#### Companion Products

BF&C Ointment; Lu Capsules or Tea; Pilewort Ointment; Skn Capsules or Drops; Three Healing Tea; Skin Brush.

### Ointment

### Ointment

| Code | Size                   | Duration           |
|------|------------------------|--------------------|
| O02  | 60g Chickweed Ointment | A month or longer. |

#### Area concerned

Supports general healing of the skin.

#### Ingredients

Chickweed in a base of cold-pressed oil and beeswax.

#### Description

A soothing ointment with very useful properties to promote good skin function. It can particularly help to soothe the skin, keeping it feeling comfortable.

#### Standard use

Apply as required, 3-4 times a day.

#### How long to take it for

Use for 3-4 months, or as and when desired.

#### Cautions

None.

#### Companion Products

BF&C Ointment; Lu Capsules or Tea; Pilewort Ointment; Skn Capsules or Drops; Three Healing Tea; Skin Brush.

### Ointment



# Burdock

## Drops

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D45-50  | 50ml  | Usually lasts 28 days |
| D45-100 | 100ml | Usually lasts 55 days |

### Area concerned

Blood, detox

### Ingredients

Burdock fluid extract only

### Description

Burdock is one of the standard herbs in the armoury of all herbalists for assisting the natural detox functions of the body. It has the reputation of helping other herbs to work that bit harder to perform their supportive functions - in other words, consider using burdock in addition to any other formula you are using, to help it provide extra support.

### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

### How long to take it for

Take for a course of 3-4 months, or as and when desired.

### Cautions

Take with caution if pregnant.

### Companion Products

90-day Colon Programme; 90-day Detox Programme; 90-day Kidney Programme; 90-day Liver Programme; 90-day Lung Programme; Detox Capsules or Tea; Cascara Compound Capsules or Drops; Kid Capsules, Drops or Tea; Liv Capsules, Drops or Tea; Lu Capsules or Tea; Lym Capsules or Drops; Power Garlic Capsules; Red Clover Capsules or Drops.

## Drops



# Calendula

## Drops

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D03-50  | 50ml  | Usually lasts 28 days |
| D03-100 | 100ml | Usually lasts 55 days |

### Area concerned

Immune system, skin.

### Ingredients

Calendula officinalis fluid extract

### Description

A herbal preparation to help balance the immune system, and to support the function of the skin. For the latter purpose, this can be applied externally, and/or taken internally. For the immune system, also use Echinacea Drops externally and/or internally. Other supports for the immune system include the 90-day Immune Programme, as well as Lym Capsules, Echinacea Compound Capsules, and Power Garlic Capsules.

### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to three times this amount can safely be taken. For skin care: dab on twice a day, as well as taking internally.

### How long to take it for

Try taking daily for 4 months, then cutting down or leaving off completely. Thereafter, take as and when required.

### Cautions

Do not take if pregnant.

### Companion Products

90-day Immune Programme; Echinacea Capsules or Drops; Echinacea Compound Capsules; Lym Capsules or Drops; Power Garlic Capsules.

## Pessaries

| Code    | Size          | Duration       |
|---------|---------------|----------------|
| M05-20  | 20 Pessaries  | Up to 20 days  |
| M05-40  | 40 Pessaries  | Up to 40 days  |
| M05-100 | 100 Pessaries | Up to 100 days |

### Area concerned

The vagina

### Ingredients

Organic Cocoa Butter, Beeswax and Calendula powder

### Description

Calendula Pessaries are for use in the vagina. Calendula helps to support the natural anti-inflammatory abilities of the body as well as calm and soothe skin and skin tissue. These pessaries may help to keep the vagina lubricated and comfortable at menopause and other times.

### Standard use

Insert 1 pessary each evening, or morning and evening, or use as directed by a practitioner. To protect against leakage, use a panty liner or tissue.

### How long to use them for

Use for 1-4 months, as required.

### Cautions

Keep refrigerated. The pessaries are handmade with natural cocoa butter and will melt in hot weather or if exposed to high temperatures. Product may not travel well in hotter climates.

### Companion Products

90-day Menopause Programme; Agnus Castus Capsules or Drops; Dong Quai Capsules or Drops; Femarone 40+ Capsules or Drops; Motherwort Capsules or Drops; Wild Yam 40+ Capsules or Drops.

## Drops

## Pessaries



# Cape Aloe Compound

## Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C55-54  | 54 Capsules  | Usually lasts 18 days |
| C55-100 | 100 Capsules | Usually lasts 33 days |
| C55-200 | 200 Capsules | Usually lasts 65 days |

### Area concerned

Colon, digestion.

### Ingredients

(min per vegan capsule) 72mg Cape Aloe, 36mg each Barberry, Cascara, Cayenne, Garlic, Ginger, Senna, Wild Yam.

### Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to three times this amount can safely be taken. Start with a small amount and increase slowly.

### How long to take it for

Take daily at the usage level you want. It is usually best to swap to the Cascara Compound Capsules or Drops when possible, which is more holistic. You may need to take both products together for a time as you are swapping over.

### Cautions

Drink an extra 1-2 glasses of water a day when using. Do not use if pregnant or nursing. Do not take alongside blood thinning drugs such as Warfarin. Do not use more than the standard amount alongside heart drugs, steroids or diuretics.

### Companion Products

90-day Colon Programme; Cascara Compound Capsules or Drops, Psyllium Capsules or Powder; Advanced Multi-flora Capsules.

### Description

These capsules have the reputation of having a very helpful effect on the colon, to help maintain regular bowel function at a healthy level, which naturopaths believe is 2-3 times a day, or as many times a day as meals eaten.

When possible, change to Cascara Compound Capsules which are better if used over a longer period. Also consider our best-selling 90-day Colon Programme for a more holistic approach to colon care.

## Caps





# Cascara Compound

## Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C12-54  | 54 Capsules  | Usually lasts 18 days |
| C12-100 | 100 Capsules | Usually lasts 33 days |
| C12-200 | 200 Capsules | Usually lasts 65 days |

### Area concerned

Colon, digestion.

### Ingredients

(min per vegan capsule) Cascara 64mg, Barberry 64mg, Rhubarb Root 32mg, Raspberry Leaf 32mg, Wild Yam 32mg, Fennel 32mg, Cayenne 32mg, Ginger 32mg.

### Description

Based on Dr Christopher's widely-known formula. The prime ingredient is cascara bark, together with turkey rhubarb root, supported by barberry bark, cayenne, fennel, and other herbs. Naturopaths believe 2-3 bowel movements a day [as many as meals eaten] is the healthiest frequency. For best support, we recommend our 90-day Colon Programme for the first 3 months of the 6-9 month course (see below), then continue with just Cascara Compound for the remainder.

### Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to four times this amount can safely be taken.

### How long to take it for

Take Cascara Compound Capsules every day, varying the amount taken as indicated by your body. After a few weeks use, most people take 1 capsule, 3 times a day. Use over an extended period (about 6-9 months). After 6 months, gradually reduce the amount used or leave off altogether to check whether the body still desires herbal support.

### Cautions

Drink an extra 1-2 glasses of water a day when using. Do not use if pregnant or nursing. Do not use more than the standard amount alongside heart drugs, steroids or diuretics.

### Companion Products

90-day Colon Programme; Advanced Multi-flora Capsules; Detox Capsules, Drops or Tea; Cape Aloe Compound Capsules; Cascara Compound Drops; Psyllium Husk Capsules or Powder; Slippery Elm Capsules or Tea.

## Caps

## Drops

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D04-50  | 50ml  | Usually lasts 28 days |
| D04-100 | 100ml | Usually lasts 56 days |

### Area concerned

Colon, digestion.

### Ingredients

Fluid extracts 20% Cascara, 20% Licorice, 20% Barberry, 11% Rhubarb Root, 11% Raspberry leaf, 11% Fennel, 5% Wild Yam, 1% Cayenne (tincture), 1% Ginger (tincture)

### Description

Based on Dr Christopher's widely-known formula. The prime ingredient is cascara bark, together with turkey rhubarb root, supported by barberry bark, cayenne, fennel, and other herbs. Naturopaths believe 2-3 bowel movements a day [as many as meals eaten] is the healthiest frequency. For best support, we recommend our 90-day Colon Programme for the first 3 months of the 6-9 month course (see below), then continue with just Cascara Compound for the remainder.

### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to four times this amount can safely be taken.

### How long to take it for

Take Cascara Compound Drops every day, varying the amount taken as indicated by your body. After a few weeks use, most people take 12-15 drops, 3 times a day. Use over an extended period (about 6-9 months). After 6 months, occasionally reduce the amount used or leave off altogether to check whether the body still desires herbal support.

### Cautions

Drink an extra 1-2 glasses of water a day when using. Do not use if pregnant or nursing. Do not use more than the standard amount alongside heart drugs, steroids or diuretics.

### Companion Products

90-day Colon Programme; Advanced Multi-flora Capsules; Detox Capsules, Drops or Tea; Cape Aloe Compound Capsules; Cascara Compound Capsules; Psyllium Husk Capsules or Powder; Slippery Elm Capsules or Tea.

## Drops





# Cascara & Buckthorn Compound

## Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C62-54  | 54 Capsules  | Usually lasts 18 days |
| C62-100 | 100 Capsules | Usually lasts 33 days |
| C62-200 | 200 Capsules | Usually lasts 65 days |

### Area concerned

Colon, digestion.

### Ingredients

(min per vegan capsule) Buckthorn 40mg, Cascara 40mg, Cayenne 40mg, Licorice 40mg, Ginger 40mg, Dandelion 40mg, Couchgrass 40mg, Red Clover 40mg.

### Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to three times this amount can safely be taken.

### How long to take it for

Take Cascara and Buckthorn Compound Capsules every day, varying the amount taken as indicated by your body. After a few weeks, most people take 1 capsule, 3 times a day. Use over an extended period (about 6-9 months). After 6 months, gradually reduce the amount used or leave off altogether to check whether you still want herbal support.

### Cautions

Drink an extra 1-2 glasses of water a day when using. Do not use if pregnant or nursing. Do not use more than the standard amount alongside heart drugs, steroids or diuretics.

### Companion Products

90-day Colon Programme; Advanced multi-flora Capsules; Detox Caps, Drops or Tea; Cape Aloe Compound Capsules; Cascara Compound Capsules or Drops; Psyllium Husk Capsules or Powder; Slippery Elm Capsules or Tea.

### Description

An alternative combination to both the Cascara Compound Capsules and Cascara and Lavender Compound Capsules. This formulation contains buckthorn, a herb in the cascara family, and cascara along with other well known herbs to assist the detox process - dandelion, couchgrass and red clover. For best support we recommend our 90-day Colon Programme for the first 3 months of the 6-9 month course (see over), then continuing with any one of the Cascara Compound blends for the remainder.

## Caps



## Cascara & Lavender Compound

### Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C63-54  | 54 Capsules  | Usually lasts 18 days |
| C63-100 | 100 Capsules | Usually lasts 33 days |
| C63-200 | 200 Capsules | Usually lasts 65 days |

### Area concerned

Colon, digestion.

### Ingredients

(min per vegan capsule) Cascara 95mg, Lavender 38mg, Barberry 38mg, Rhubarb Root 38mg, Raspberry Leaf 38mg, Wild Yam 38mg, Fennel 38mg

### Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to four times this amount can safely be taken.

### How long to take it for

Take Cascara and Lavender Compound Capsules every day, varying the amount taken as indicated by your body. After a few weeks, most people take 1 capsule, 3 times a day. Use over an extended period (about 6-9 months). After 6 months, gradually reduce the amount used or leave off altogether to check whether you still want herbal support.

### Cautions

Drink an extra 1-2 glasses of water a day when using. Do not use if pregnant or nursing. Do not use more than the standard amount alongside heart drugs, steroids or diuretics.

### Companion Products

90-day Colon Programme; Advanced multi-flora Capsules; Detox Caps, Drops or Tea; Cape Aloe Compound Capsules; Cascara Compound Capsules or Drops; Psyllium Husk Capsules or Powder; Slippery Elm Capsules or Tea.

### Description

A variation of our popular Cascara Compound Capsules, but omitting the 'hot' herbs - cayenne and ginger - and replacing them with lavender a 'cool' herb but one with circulatory properties. The prime ingredient is cascara along with turkey rhubarb root, barberry, wild yam, lavender, fennel and bayberry. Many practitioners find this alternative to the usual formula valuable. For best support we recommend our 90-day Colon Programme for the first 3 months of the 6-9 month course (see below), then continuing with just Cascara Compound or Cascara and Lavender Compound Capsules for the remainder.

### Caps



## Cat's Claw

### Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C86-100 | 100 Capsules | Usually lasts 33 days |

#### Area concerned

Immune system, general health.

#### Ingredients

Cat's Claw 325mg minimum per vegan capsule.

#### Description

Cat's Claw is another valuable South American herb, following in the steps of pau d'arco and guarana. It is in high demand in the United States, where it is used to support the immune system, as well as having a marked ability to assist the whole body.

#### Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

#### How long to take it for

Try taking daily for 4 months, then cutting down or leaving off completely. Thereafter, take if and when desired.

#### Cautions

Do not use in pregnancy.

#### Companion Products

90-day Immune Programme; Calendula Drops; Cat's Claw Drops; Cayenne Capsules; Echinacea Capsules or Drops; Echinacea Compound Capsules; Lym Capsules or Drops; Mega-Ton Drops; Pau d'Arco Capsules, Drops or Tea; Power Garlic Capsules.

### Drops

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D44-50  | 50ml  | Usually lasts 28 days |
| D44-100 | 100ml | Usually lasts 55 days |

#### Area concerned

Immune system, general health.

#### Ingredients

Cat's Claw fluid extract only

#### Description

Cat's Claw is another valuable South American herb, following in the steps of pau d'arco and guarana. It is in high demand in the United States, where it is used to support the immune system, as well as having a marked ability to assist the whole body.

#### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

#### How long to take it for

Try taking daily for 4 months, then cutting down or leaving off completely. Thereafter, take if and when desired.

#### Cautions

Do not use in pregnancy.

#### Companion Products

90-day Immune Programme; Calendula Drops; Cat's Claw Capsules; Cayenne Capsules; Echinacea Capsules or Drops; Echinacea Compound Capsules; Lym Capsules or Drops; Mega-Ton Drops; Pau d'Arco Capsules, Drops or Tea; Power Garlic Capsules.

### Caps

### Drops



# Cayenne

## Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C10-54  | 54 Capsules  | Usually lasts 18 days |
| C10-100 | 100 Capsules | Usually lasts 33 days |

### Area concerned

Blood circulation, general health.

### Ingredients

Cayenne 325mg minimum per vegan capsule.

### Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to twice this amount can safely be taken.

### How long to take it for

Try taking daily for 4 months, then cutting down or leaving off completely. Thereafter, take if and when it is felt to be desirable. Can be taken on alternate months to provide a general support and circulatory aid.

### Cautions

Do not take with Warfarin, Heparin, or other blood-thinning drugs. Do not use if pregnant or nursing.

### Companion Products

90-day Heart and Circulation Programme; BI-Circ Capsules; Ginkgo Capsules or Drops; Ht Capsules; Motherwort Capsules or Drops; Power Garlic Capsules.

### Description

A herb highly regarded by most herbalists because of its many uses. Its prime property is for the blood circulation. This helps the body to maintain the supply of oxygen to every cell, so supporting elimination, absorption, utilization of nutrients and general blood quality.

Cayenne Capsules can help to support the strength of the heart beat. It benefits the structure of all the arteries and of the veins - for example in the legs (especially, in this case, if taken with Vein Capsules).

Supports the muscles and joints (especially if taken with Arth Capsules or Drops). Many women who are menopausal have reported, perhaps surprisingly, that Cayenne Capsules can help them to keep cool and dry.

Also, use Cayenne Capsules alongside Pilewort Suppositories for extra support.

These are just some of the uses for Cayenne Capsules. It is one herb that most people would benefit from by taking a course every year - say, for 3 months.

In this way, Cayenne Capsules are similar to a number of other herbal products which we would recommend most people consider taking a 3-month course of every year, to help them to keep healthy. These include: Siberian Ginseng Capsules or Drops, Super Spirulina Tablets, Wheat Grass Capsules or Powder, Liv Capsules or Drops, Kid Capsules or Drops, Hawthorn Drops, Milk Thistle Capsules or Drops, Power Garlic Capsules and Turmeric Capsules.

## Caps



# Colit

## Caps

| Code    | Size         | Duration                 |
|---------|--------------|--------------------------|
| C11-54  | 54 Capsules  | Usually lasts 7-18 days  |
| C11-100 | 100 Capsules | Usually lasts 14-33 days |
| C11-200 | 200 Capsules | Usually lasts 28-66 days |

### Area concerned

Colon, stomach, small intestine.

### Ingredients

(Min per Vegan capsule) Wild Yam 128mg, Slippery Elm 64mg, Marshmallow Root 64mg, Barberry 32mg, Agrimony 32mg.

### Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to four times this amount can safely be taken.

### How long to take it for

Take 3, 6, 9 or even 12 a day as desired. You can use this formula just as and when you want to. Can be especially helpful when taken with Slippery Elm Tea. If you have a health condition, do see an alternative practitioner for ongoing support and advice as well as your doctor for a consultation and advice.

### Cautions

Take two hours away from drug medications. Do not take if pregnant or nursing

### Companion Products

90-day Nerve Programme; 90-day Colon Programme; Cascara Compound Capsules or Drops; Nve Capsules or Tea; Nve-Restor Drops; Slippery Elm Capsules or Tea; Valerian & Passiflora Drops; Wild Yam Capsules or Drops.

### Description

A soothing formula for the colon and small intestine. As an additional aid, Adreno Capsules or Drops can assist the Colit Capsules by supporting the adrenal glands. It is usually helpful to support the nervous system at this time, to help the emotions and mental state. For example, combine Colit Capsules and Nve Capsules. Also, consider using Colit Capsules alongside the 90-day Nerve Programme.

Scratchy foods, such as fruit skins and pips, nuts and seeds, raw foods, and bran, can irritate the colon; if you think this is happening, leave these foods out of your diet for some months. Check whether there is a sensitivity to dairy foods or wheat, by leaving them out of the diet for a few weeks, and observing the results; for many people these are very obvious. In time, these foods may slowly be reintroduced, testing them one at a time and assessing the body's reaction.

## Caps



# Comfrey Root

Powder

| Code   | Size | Duration                                                                                                                                |
|--------|------|-----------------------------------------------------------------------------------------------------------------------------------------|
| M01-35 | 35g  | Depends on size of area, and frequency of application. If a small area (say, 1 x 1 inch, or 2 x 2 cm) this tub will last about a month. |

## Area concerned

Supports general healing of the skin and areas under the skin.

## Ingredients

Comfrey root only (for external use).

## Description

One of the most fantastic herbs available to support the body's natural healing processes. Comfrey root used to be used extensively internally in the early 80's; however, the UK Department of Health now advise that it be available only 'for external use' in the UK.

## Standard use

Make a mixture of equal parts of wheat germ oil and honey; use, perhaps, a teaspoon of each. Add enough powder to make a thin paste. Apply a covering to the area you wish to benefit. For further details refer to the information sheet supplied with product.

## How long to take it for

Use for as long as required.

## Cautions

For external use only.

## Companion Products

BF&C Ointment; Three Healing Tea.

Powder





# Dandelion Root

## Drops

| Code    | Size  | Duration                 |
|---------|-------|--------------------------|
| D05-100 | 100ml | Usually lasts 16-17 days |
| D05-200 | 200ml | Usually lasts 32-34 days |

### Area concerned

Liver, kidneys, muscles and joints

### Ingredients

Dandelion Root fluid extract only

### Description

Valuable as a gentle cleansing and balancing aid to the liver and kidneys. Can benefit muscles and joints, and help keep blood sugar balanced. An excellent all-round herb.

### Standard use

25-30 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

### How long to take it for

Try taking daily for 4 months, then cutting down or leaving off completely. Thereafter, take if and when desired.

### Cautions

Do not take with diuretic drugs.

### Companion Products

90-day Liver Programme; Detox Capsules, Drops or Tea; Dig Capsules, Drops or Tea; Liv Capsules, Drops or Tea; Milk Thistle Capsules or Drops; Wild Yam Root Capsules or Drops.

## Caps

| Code    | Size         | Duration                 |
|---------|--------------|--------------------------|
| C30-100 | 100 Capsules | Usually lasts 16-33 days |

### Area concerned

Liver, kidneys, muscles and joints

### Ingredients

Dandelion Root 325mg minimum per vegan capsule.

### Description

Valuable as a gentle cleansing and balancing aid to the liver and kidneys. Can benefit muscles and joints, and help keep blood sugar balanced. An excellent all-round herb.

### Standard use

1-2 capsules 3 times a day food or drink. If desired, up to twice this amount can safely be taken.

### How long to take it for

Try taking daily for 4 months, then cutting down or leaving off completely. Thereafter, take if and when desired.

### Cautions

Do not take with diuretic drugs.

### Companion Products

90-day Liver Programme; Detox Capsules, Drops or Tea; Dig Capsules, Drops or Tea; Liv Capsules, Drops or Tea; Milk Thistle Capsules or Drops; Wild Yam Root Capsules or Drops.

## Drops

## Caps



# Detox

## Caps and Tea

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C09-100 | 100 Capsules | Usually lasts 33 days |
| T02     | 50g Tea      | Lasts 14-28 days      |

### Area concerned

Detox, generally supportive of good health.

### Ingredients

(min per vegan capsule) Burdock 42mg, Red Clover 42mg, Cleavers 42mg, Licorice 42mg, Barberry 42mg, Prickly Ash 42mg, Buckthorn 42mg, Poke Root 21mg.

**Detox Tea:** Red Clover, Chickweed, Nettle, Licorice.

### Description

To help detox the blood stream. Based on Dr Christopher's formula containing, among other herbs, cleavers and poke root; barberry - liver support; burdock - detox and lymphatic support; and buckthorn - colon support. Use in addition to other cleansing measures - eg cleanse and purify the elimination organs, cleansing diet (eg raw food), fruit juice fasting. For a more thorough detox, consider our 90-day Detox Programme.

### Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to twice this amount can safely be taken.

**Detox Tea:** Make using 1 teaspoon to 1 mug of boiling water. Leave to infuse for a few minutes and strain. Honey can be added, drink as often as desired.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

### Cautions

Do not take if pregnant or nursing; or if taking diuretic drugs.

### Companion Products

90-day Colon Programme; 90-day Detox Programme; 90-day Kidney Programme; 90-day Liver Programme; 90-day Lung Programme; Detox Drops or Tea; Cascara Compound Capsules or Drops; Kid Capsules, Drops or Tea; Liv Capsules, Drops or Tea; Lu Capsules or Tea; Lym Capsules or Drops; Power Garlic Capsules; Red Clover Capsules or Drops; Wheat Grass Capsules or Powder.

## Caps and Tea

## Drops

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D29-50  | 50ml  | Usually lasts 28 days |
| D29-100 | 100ml | Usually lasts 55 days |

### Area concerned

Detox, blood cleansing, elimination.

### Ingredients

Herbal fluid extracts: 20% Burdock, 15% Red Clover, 10% each Cleavers, Licorice, Barberry, Stillingia, Prickly Ash, Buckthorn, 5% Poke Root

### Description

To help detox the blood stream. Based on Dr Christopher's formula containing, among other herbs, cleavers and poke root; barberry - liver support; burdock - detox and lymphatic support; and buckthorn - colon support. Use in addition to other cleansing measures - eg cleanse and purify the elimination organs, cleansing diet (eg raw food), fruit juice fasting. Use to boost the support of other herbal formulas - eg when taking herbs for kidneys, liver, and other organs.

### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

### Cautions

Do not take if pregnant or nursing; or if taking diuretic

### Companion Products

90-day Colon Programme; 90-day Detox Programme; 90-day Kidney Programme; 90-day Liver Programme; 90-day Lung Programme; Detox Capsules or Tea; Cascara Compound Capsules or Drops; Kid Capsules, Drops or Tea; Liv Capsules, Drops or Tea; Lu Capsules or Tea; Lym Capsules or Drops; Power Garlic Capsules; Red Clover Capsules or Drops; Wheat Grass Capsules or Powder.

## Drops



## Devil's Claw

### Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C13-54  | 54 Capsules  | Usually lasts 18 days |
| C13-100 | 100 Capsules | Usually lasts 33 days |

#### Area concerned

Muscles and joints.

#### Ingredients

Devil's Claw 325mg minimum per vegan capsule.

#### Description

Many people take Devil's Claw because it can help to keep the joints and muscles of the body working freely and easily. Works well together with our Arth Capsules or Drops; or together with the 90-day Heart and Circulation Programme - a great help for joints and muscles. Also consider any detox measures (eg use one or more of the programmes mentioned below); as well as a diet with a high vegetable and fruit content (though citrus fruit might be best avoided for joints and muscles). Maintaining good body weight, and getting sufficient exercise are also very important.

#### Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired twice this amount can safely be taken.

#### How long to take it for

Try taking daily for 4 months, then cutting down or leaving off completely. Thereafter, take if and when desirable.

#### Cautions

Do not take if pregnant; or if you have excessive stomach acid or digestive ulcers.

#### Companion Products

90-day Colon Programme; 90-day Heart and Circulation Programme; 90-day Kidney Programme; 90-day Liver Programme; Arth Capsules or Drops; BI-Circ Capsules; Detox Capsules, Drops or Tea; Cayenne Capsules; Devil's Claw Drops; Kid Capsules; Kid Tea; Liv Capsules, Drops or Tea; Turmeric Capsules; Wild Yam Root Capsules.

### Drops

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D21-50  | 50ml  | Usually lasts 28 days |
| D21-100 | 100ml | Usually lasts 55 days |

#### Area concerned

Muscles and joints.

#### Ingredients

Devil's Claw fluid extract only

#### Description

A well known herb which many people take because it can help to keep the joints and muscles of the body working freely and easily.

#### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

#### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

#### Cautions

Do not take if pregnant; or if you have excessive stomach acid or digestive ulcers.

#### Companion Products

90-day Colon Programme; 90-day Heart and Circulation Programme; 90-day Kidney Programme; 90-day Liver Programme; Arth Capsules or Drops; BI-Circ Capsules; Detox Capsules, Drops or Tea; Cayenne Capsules; Devil's Claw Capsules; Kid Capsules; Kid Tea; Liv Capsules, Drops or Tea; Wild Yam Root Capsules.

### Caps

### Drops



## Dig

### Caps & Tea

| Code    | Size         | Duration            |
|---------|--------------|---------------------|
| C14-100 | 100 Capsules | Usually lasts 14-28 |
| T04     | 70g Tea      | Lasts 14-28 days    |

#### Area concerned

Digestion, stomach, liver

#### Ingredients

(min per vegan capsule) Gentian 138mg, Sweet Flag 138mg, Cardamom 23mg, Cinnamon 23mg.

**Dig Tea:** Meadowsweet, Wood Betony, Fennel, Comfrey Leaf, Peppermint, Chamomile.

#### Description

To help keep digestive areas balanced - stomach, small intestine, liver and pancreas. Contains gentian and sweet flag which work together to support the digestive areas, as well as helping to support appetite and food absorption.

**Dig Tea:** a loose leaf tea containing meadowsweet which can help keep stomach acid balanced; wood betony to help keep the stomach calm; fennel to help soothe intestinal gas; and comfrey as a soothing stomach agent.

#### Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

Make using 1 teaspoon to 1 mug of boiling water. Leave to infuse for a few minutes and strain. Honey can be added, drink as often as desired.

#### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

#### Cautions

Do not take if pregnant or nursing.

#### Companion Products

90-day Digestive Programme; Dandelion Root Drops; Dig Drops; Liv Capsules, Drops or Tea; Pan Capsules or Drops; Slippery Elm Capsules or Tea; Slippery Elm Plus Capsules.

### Drops

| Code    | Name        | Size  | Duration                 |
|---------|-------------|-------|--------------------------|
| D06-50  | Dig Drops   | 50ml  | 1 gi U`m`Ughg` & ,`XUmg  |
| D06-100 | Dig Drops   | 100ml | 1 gi U`m`Ughg` )) :`XUmg |
| D30-50  | Dig 2 Drops | 50ml  | 1 gi U`m`Ughg` & ,`XUmg  |
| D30-100 | Dig 2 Drops | 100ml | 1 gi U`m`Ughg` )) :`XUmg |

#### Area concerned

Digestion, stomach, Liver

#### Ingredients

**Dig Drops:** 15% Licorice, 12% Fenugreek (Tinc), Dandelion Root, 10% Barberry, 8% Buckthorn, Gentian, Angelica, Cardamom (Tinc), 4% Cloves (Tinc), Chamomile, Catnep, 2% each Centaury, Sweet Flag, Galangal, 1% Orange Essential Oil.

**Dig 2 Drops:** 15% Licorice, 12% each Dandelion Root, Catnep, Fenugreek (Tinc), 10% Barberry, 8% each Gentian, Angelica, Cardamom (Tinc), 4% each Cloves (Tinc), Chamomile, 2% each Centaury, Sweet Flag, Galangal, 1% Orange Essential Oil.

#### Description

Dig Drops can help to support the digestion, including stomach and liver. Dig 2 Drops are an alternative formula used by a small number of people who wish to avoid buckthorn. Dig Drops are very helpful for digestive support. We recommend them over the Dig Capsules because experiencing the bitter taste these drops have can help the digestion.

#### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken. Best taken half an hour or so before each meal.

#### How long to take it for

Try taking daily for 4 months, then cutting down or leaving off completely. Thereafter, take if and when it is felt to be desirable.

#### Cautions

Do not take if pregnant or nursing.

#### Companion Products

90-day Digestive Programme; Dandelion Root Drops; Dig Capsules or Tea; Liv Capsules, Drops or Tea; Pan Capsules or Drops; Slippery Elm Capsules or Tea; Slippery Elm Plus Capsules.

### Caps & Tea

### Drops



## Dong Quai

### Caps

### Drops

| Code    | Size         | Duration                 |
|---------|--------------|--------------------------|
| C95-100 | 100 Capsules | Usually lasts 14-28 days |

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D43-40  | 50ml  | Usually lasts 28 days |
| D43-100 | 100ml | Usually lasts 55 days |

#### Area concerned

Female reproductive system, monthly cycle, menopause

#### Ingredients

Dong Quai 325mg minimum per vegan capsule.

#### Description

Dong Quai has a good general benefit for women of menstruating or menopausal age, which makes it a great herb for helping maintain good hormonal balance. Dong quai has been used by Chinese women for centuries, with very worthwhile benefits. Use it on its own if you are menstruating or of menopausal age. Alternative, more holistic, approaches, are our 90-day Menstrual Programme and 90-day Menopause Programme.

#### Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

#### How long to take it for

Try taking daily for 4 months, then cutting down or leaving off completely. Thereafter, take when felt desirable. Can also be taken on a day to day basis, depending on how you feel that day. Can also be used to accompany the Femarone 40+, at the level you find satisfactory.

#### Cautions

Do not take if using blood thinning herbs such as Warfarin; or NSAID drugs including Ibuprofen. Use with caution if taking drugs which affect the female hormone system. Do not take if pregnant or nursing.

#### Companion Products

90-day Menopause Programme; 90 day Menstrual Programme; 90-day Liver Programme; Agnus Castus Capsules or Drops; Dong Quai Capsules; Femarone Capsules or Drops; Femarone 40+ Capsules or Drops; Liv Capsules, Drops or Tea; Motherwort Capsules or Drops; Sage Leaf Capsules or Drops; Wild Yam 40+ Capsules or Drops.

#### Area concerned

Female reproductive system, monthly cycle, menopause.

#### Ingredients

Dong Quai fluid extract only.

#### Description

Gives general assistance to women. This herb has both a building and a calming effect within it. This is the two-way 'amphoteric' effect which some herbs exhibit. Dong Quai has been used in China for centuries by women, who treasure its supportive benefits. Other herbs which can help include Agnus Castus, and others mentioned in the Companion Products section below.

#### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

#### How long to take it for

Try taking daily for a month or so. Continue for 3-4 months then try reducing it and you may find your body supports you sufficiently by itself. If not, resume for a further month or two, then try reducing again.

#### Cautions

Do not take if using blood thinning herbs such as Warfarin; or NSAID drugs including Ibuprofen. Use with caution if taking drugs which affect the female hormone system. Do not take if pregnant or nursing.

#### Companion Products

90-day Menopause Programme; 90 day Menstrual Programme; 90-day Liver Programme; Agnus Castus Capsules or Drops; Dong Quai Capsules; Femarone Capsules or Drops; Femarone 40+ Capsules or Drops; Liv Capsules, Drops or Tea; Motherwort Capsules or Drops; Sage Leaf Capsules or Drops; Wild Yam 40+ Capsules or Drops.

### Caps

### Drops





## Echinacea & Echinacea Compound

### Code

#### Echinacea Capsules:

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C15-54  | 54 Capsules  | Usually lasts 18 days |
| C15-100 | 100 Capsules | Usually lasts 33 days |
| C15-200 | 200 Capsules | Usually lasts 65 days |

#### Echinacea Compound:

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C02-54  | 54 Capsules  | Usually lasts 18 days |
| C02-100 | 100 Capsules | Usually lasts 33 days |
| C02-200 | 200 Capsules | Usually lasts 65 days |

#### Area concerned

The immune system and other areas of the body.

#### Ingredients

**Echinacea Capsules:** Echinacea angustifolia 325mg minimum per vegan capsule.

**Echinacea Compound:** (min per vegan capsule) 92 mg Echinacea, Odour Controlled Garlic, Myrrh; 42mg Wild Indigo

#### Description

Echinacea Capsules can be used either on their own, or to support the Echinacea Compound or Lym Capsules.

Echinacea Compound have additional properties which make them particularly useful at appropriate times. 1-2 capsules can be opened and stirred into BF&C Ointment to improve the ointment's properties.

We always use the 'angustifolia' variety of echinacea. It is more costly, but preferred by many herbalists.

#### Standard use

**Echinacea Capsules:** 1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to four times this amount can safely be taken.

**Echinacea Compound:** Take 2, 3 times a day when appropriate, usually for around 1 week; then continue for 1-2 months, taking 1, 3 times a day.

#### How long to take it for

Try taking daily for 3-4 months, then having a break for a few months. Some people like to do this before the colder season arrives. Thereafter, take if and when it is felt to be desirable.

#### Cautions

**Echinacea Capsules:** Do not take if pregnant or nursing. Not to be given to children under 12 years old.

**Echinacea Compound Capsules:** As above and not to be used alongside blood thinning drugs such as warfarin.

### Caps

### Drops

### Code

| Code    | Size  | Duration               |
|---------|-------|------------------------|
| D07-50  | 50ml  | Usually lasts 28 days  |
| D07-100 | 100ml | Usually lasts 55 days  |
| D07-200 | 200ml | Usually lasts 109 days |

#### Area concerned

Immune system and other areas of the body

#### Ingredients

Echinacea angustifolia fluid extract only

#### Description

Echinacea is one of our most popular products. The drops version is preferred by most customers. Echinacea Drops can conveniently be applied to the skin when desired, as well as taken internally. Apply 3-6 times a day wherever needed. Echinacea Drops can also be used as a gargle, adding 6-10 drops to a little water.

#### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to three times this amount can safely be taken. For skin care: Dab on twice a day, as well as taking internally.

#### How long to take it for

Try taking daily for 3-4 months, then cutting down or leaving off completely. Thereafter, take if and when it is felt to be desirable. Can be taken for 3-4 months, left off for a month, then resumed for another course of 3-4 months.

#### Cautions

Do not take if pregnant or nursing. Not to be given to children under 12 years old.

#### Companion Products

90-day Immune Programme; Cat's Claw Capsules or Drops; Cayenne Capsules; Echinacea Capsules; Echinacea Compound Capsules; Astragalus & Echinacea Drops or Capsules; Lym Capsules or Drops; Pau d'Arco Capsules or Drops or Tea; Power Garlic Capsules.

### Caps

### Drops





# esAroma Detox Massage Oil

Massage

Oil

| Code     | Size  | Duration |
|----------|-------|----------|
| ESDE-100 | 100ml | N/A      |
| ESDE-200 | 200ml | N/A      |

## Area concerned

Skin, detox, whole body.

## Ingredients

Sweet Almond oil, essential oils of Juniper Berry, Bergamot, Grapefruit and Lime. Tocopheryl Acetate (Vitamin E), \*Geraniol, \*Linalool, \*Limonene, \*Citral, \* naturally occurring in essential oils.

## Description

A synergistic blend of Bergamot, Grapefruit, Juniper and Lime essential oils, in a base of Sweet Almond oil.

A lovely uplifting massage oil to maintain lymphatic circulation, which can help support water balance, smooth skin and assist the body's Detox process.

## Standard use

For use in massage. Do not use on broken skin. To use in the bath: run a bath, pour in 10ml of oil and stir to blend into the water. Take extra care when getting in and out of the bath as the oil can make the bath slippery!

## How long to take it for

Use as and when desired

## Cautions

Do not use in pregnancy or while breastfeeding. Do not use before going in strong sunlight or on a tanning bed as citrus oils can make skin photosensitive.

## Companion Products

90-day Detox Programme; Detox Capsules or Drops; BI-Circ Capsules; Skn Capsules

Massage

Oil



# esAroma Muscles Massage Oil

Massage

Oil

| Code     | Size  | Duration |
|----------|-------|----------|
| ESMU-100 | 100ml | N/A      |
| ESMU-200 | 200ml | N/A      |

## Area concerned

Muscles and joints, whole body.

## Ingredients

Sweet Almond Oil, Grapeseed Oil, essential oils of Rosemary, Black Pepper, Sweet Marjoram and Ginger. Tocopheryl Acetate (Vitamin E), \*Geraniol, \*Linalool, \*Limonene, \*Citral, \* naturally occurring in essential oils.

## Description

A synergistic blend of Black Pepper, Ginger, Sweet Marjoram and Rosemary essential oils, in a base of Sweet Almond and Grapeseed vegetable oils. The perfect massage oil for use after sport or physical exertion to aid relaxation. Can also be used before sports activities to prepare the muscles.

## Standard use

For use in massage. Do not use on broken skin. To use in the bath: run a bath, pour in 10ml of oil and stir to blend into the water. Take extra care when getting in and out of the bath as the oil can make the bath slippery!

## How long to take it for

Use as and when desired

## Cautions

Do not use in pregnancy or while breastfeeding. Do not use if you suffer with epilepsy or high blood pressure.

## Companion Products

Arth Capsules or Drops; Anti-Spas Capsules or Drops; BF&C Capsules or Ointment; Bl-Circ Capsules; Cayenne Capsules; Devil's Claw Capsules or Drops; Turmeric

Massage

Oil



# esAroma Relax Massage Oil

## Massage

## Oil

| Code     | Size  | Duration |
|----------|-------|----------|
| ESRE-100 | 100ml | N/A      |
| ESRE-200 | 200ml | N/A      |

### Area concerned

Nerves and whole body.

### Ingredients

Sweet Almond oil, Grapeseed Oil and Jojoba Oil, essential oils of Lavender, Geranium and Frankincense. Tocopheryl Acetate (Vitamin E), \*Geraniol, \*Coumarin, \*Linalool, \*Limonene, \*Citral, \*Citronellol \* naturally occurring in essential oils.

### Description

A synergistic blend of Lavender, Frankincense and Geranium essential oils, in a base of Sweet Almond, Grapeseed and Jojoba vegetable oils. A wonderful relaxing and luxurious massage oil which helps you to unwind and soothes the body and mind.

### Standard use

For use in massage. Do not use on broken skin. To use in the bath: run a bath, pour in 10ml of oil and stir to blend into the water. Take extra care when getting in and out of the bath as the oil can make the bath slippery!

### How long to take it for

Use as and when desired

### Cautions

Do not use in pregnancy or while breastfeeding.

### Companion Products

90-day Nerve Programme; Adreno Capsules or Drops; Motherwort Capsules or Drops; Lime Blossom Drops; Nve Capsules or Tea; Nve-Restor Drops.

## Massage

## Oil



# esAroma Sensual Massage Oil

## Massage

## Oil

| Code     | Size  | Duration |
|----------|-------|----------|
| ESSE-100 | 100ml | N/A      |
| ESSE-200 | 200ml | N/A      |

### Area concerned

Sex Drive, whole body.

### Ingredients

Grapeseed Oil, Sweet Almond Oil, Jojoba Oil essential oils of Cardamon, Orange, Patchouli and Ylang Ylang. Tocopheryl Acetate (Vitamin E), \*Geraniol, \*Linalool, \*Limonene, \*Citral, \*Citronellol, \*Benzyl Alcohol, \*Eugenol, \*Iso Eugenol, \*Benzyl Salicylate, \*Farnesol, \*Benzyl Benzoate, \*naturally occurring in Essential Oils.

### Description

A synergistic blend of Patchouli, Cardamon and Ylang Ylang essential oil in a base of Sweet Almond, Grapeseed and Jojoba vegetable oils.

A luxurious oil with warming and sensual properties.

### Standard use

For use in massage. Do not use on broken skin. To use in the bath: run a bath, pour in 10ml of oil and stir to blend into the water. Take extra care when getting in and out of the bath as the oil can make the bath slippery!

### How long to take it for

Use as and when desired

### Cautions

Do not use in pregnancy. Do not use before going in strong sunlight or on a tanning bed as citrus oils can make skin photosensitive.

### Companion Products

Mega-Ton Drops; Min/Vit Capsules or Drops; Super Spirulina Tablets; Sx-Drv Drops.

## Massage

## Oil



## esAroma Zen Massage Oil

### Massage

### Oil

| Code     | Size  | Duration |
|----------|-------|----------|
| ESZE-100 | 100ml | N/A      |
| ESZE-200 | 200ml | N/A      |

### Area concerned

Nerves, muscles and joints, energy, whole body.

### Ingredients

Grapeseed Oil, essential oils of Frankincense, Black Pepper and Lime. Tocopheryl Acetate (Vitamin E), \*Geraniol, \*Linalool, \*Limonene, \*Citral, \*naturally occurring in Essential Oils.

### Description

A synergistic blend of Frankincense, Black Pepper and Lime essential oils, in a base of Grapeseed vegetable oil.

The perfect massage oil - whether you feel tense, stressed, tired, achy, or just want a blissful massage!

### Standard use

For use in massage. Do not use on broken skin. To use in the bath: run a bath, pour in 10ml of oil and stir to blend into the water. Take extra care when getting in and out of the bath as the oil can make the bath slippery!

### How long to take it for

Use as and when desired

### Cautions

Do not use in pregnancy. Do not use before going in strong sunlight or on a tanning bed as citrus oils can make skin photosensitive.

### Companion Products

BF&C Capsules or Ointment; Devil's Claw Capsules or Drops; Nve Capsules or Tea; Nve-Restor Drops; Mega-Ton Drops; Turmeric Capsules.

### Massage

### Oil



# Eyebright Mixture

Tea

| Code | Size | Duration             |
|------|------|----------------------|
| T17  | 50g  | Lasts for 14-28 days |

## Area concerned

Eyes

## Ingredients

Eyebright, Raspberry Leaf, Bayberry, Golden Seal, Buckwheat Leaves.

## Description

Eyebright Mixture works very well to soothe and support the eyes. Its main ingredient is eyebright - a herb specifically to benefit the eyes - with buckwheat which helps the arterioles (small arteries) and Golden Seal for its benefits for the immune system.

## Standard use

Use 1 teaspoon to 1 mug of boiling water. Leave to infuse for 10-15 mins, strain well and cool. Apply to eyes using an eyebath or compress. Can also be drunk as a tea.

## How long to take it for

Use for a week or two if sufficient; or for a course of 3-4 months or longer, as you feel is appropriate.

## Cautions

None

## Companion Products

Echinacea Capsules or Drops; Echinacea Compound Capsules.

Tea





# Femarone & Fem Rep Tea

## Caps & Tea

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C89-100 | 100 Capsules | Usually lasts 16 days |
| C89-200 | 200 Capsules | Usually lasts 33 days |
| T05     | 60g Tea      | Lasts 14-28 days      |

### Area concerned

Female reproductive system; menstruation.

### Ingredients

(min per vegan capsule) 46mg each Squaw Vine, Blessed Thistle, 23mg each Agnus Castus, Siberian Ginseng, Cayenne, Cramp Bark, Ginger, Raspberry Leaf, Uva Ursi, Sarsaparilla, Licorice, Barberry.

**Fem Rep Tea:** Raspberry Leaf, Motherwort, Squaw Vine, Uva Ursi.

### Description

Femarone has always been one of our most popular combinations. It has helped very many women during challenging times of the month. Many women have taken it for 3-6 months, and then stopped completely. Others have found it helpful to take it for an annual 3 months 'top-up'. A more holistic choice is our 90-day Menstrual Programme, which we strongly recommend.

### Standard use

2 capsules, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to three times this amount can safely be taken.

**Fem Rep Tea:** Make using 1 teaspoon to 1 mug of boiling water. Leave to infuse for a few minutes and strain. Honey can be added, drink as often as desired.

### How long to take it for

Try taking daily for 4-6 months, then cutting down or leaving off completely. Thereafter, take if and when desired.

### Cautions

Do not take if pregnant or nursing.

### Companion Products

90-day Menopause Programme; 90-day Menstrual Programme; 90-day Liver Programme; Agnus Castus Capsules or Drops; Dong Quai Capsules or Drops; Femarone Drops; Femarone 40+ Capsules or Drops; Liv Capsules Drops or Tea; Motherwort Capsules or Drops; Sage Leaf Capsules or Drops; Turmeric Capsules; Wild Yam Capsules or Drops; Wild Yam 40+ Capsules or Drops

## Drops

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D36-100 | 100ml | Usually lasts 28 days |
| D36-200 | 200ml | Usually lasts 55 days |

### Area concerned

Female reproductive system; menstruation.

### Ingredients

Herbal fluid extracts except where stated: 16% Squaw Vine, Blessed Thistle, 8% each Agnus Castus, Siberian Ginseng, Cramp Bark, Raspberry Leaf, Uva Ursi, Sarsaparilla, Licorice, Barberry; 2% each Ginger (tinc), Cayenne (tinc).

### Description

Femarone has been formulated to support the body's own natural balance, and to help the body's hormonal and other systems to stay in tune with nature. Many, many women are extremely pleased to have found this fantastic formulation, one of the best of renowned herbalist and naturopath Dr John Christopher.

### Standard use

25-30 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken. Combines well with Fem Rep Tea - follow directions on tub, and drink 1-2 cups a day.

### How long to take it for

Try taking daily for 4-6 months, then cutting down or leaving off completely. Thereafter, take if and when desired.

### Cautions

Do not take if pregnant or nursing.

### Companion Products

90-day Menopause Programme; 90-day Menstrual Programme; 90-day Liver Programme; Agnus Castus Capsules or Drops; Dong Quai Capsules or Drops; Femarone Capsules; Femarone 40+ Capsules or Drops; Liv Capsules Drops or Tea; Motherwort Capsules or Drops; Sage Leaf Capsules or Drops; Turmeric Capsules; Wild Yam Capsules or Drops; Wild Yam 40+ Capsules or Drops

## Caps & Tea

## Drops



## Femarone 40+

### Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C90-100 | 100 Capsules | Usually lasts 16 days |
| C90-200 | 200 Capsules | Usually lasts 33 days |

#### Area concerned

The female reproductive system, menopause

#### Ingredients

(min per vegan capsule) 60mg Agnus Castus, 60mg Dong Quai, 30mg each Blessed Thistle, Squaw Vine, 15mg each Siberian Ginseng, Barberry, Cayenne, Cramp Bark, Ginger, Raspberry Leaf, Uva Ursi, Sarsaparilla, Licorice

#### Description

Femarone 40+ is a unique support used by menopausal women. Many, many women have found this combination excellent, including thousands of readers of author Leslie Kenton's book about the menopause, *Passage to Power*, in which she recommends our herbs. As a best choice, we recommend our full 90-day Menopause Programme which includes Femarone 40+. Other helpful single herbs at this time are mentioned in the Companion Products section below.

#### Standard use

2 capsules, 3 times a day, taken with food or a drink. If desired, up to three times this amount can safely be

#### How long to take it for

Try taking daily for 4-6 months, then cutting down or leaving off completely. Thereafter, take if and when it is felt to be desirable. The 90-day Menopause Programme is a more holistic choice at this time.

#### Cautions

Do not take if pregnant or nursing.

#### Companion Products

90-day Menopause Programme; 90-day Menstrual Programme; 90-day Liver Programme; Agnus Castus Capsules or Drops; Dong Quai Capsules or Drops; Femarone Capsules or Drops; Liv Capsules, Drops or Tea; Motherwort Capsules or Drops; Sage Leaf Capsules or Drops; Wild Yam 40+ Capsules or Drops.

### Drops

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D37-100 | 100ml | Usually lasts 28 days |
| D37-200 | 200ml | Usually lasts 55 days |

#### Area concerned

The female reproductive system, menopause

#### Ingredients

Herbal fluid extracts: 20% Agnus Castus, 20% Dong Quai, 10% Squaw Vine, Blessed Thistle, 8% Licorice, 5% Siberian Ginseng, Cramp Bark, Raspberry Leaf, Uva Ursi, Sarsaparilla, Barberry, 1% Ginger (tinc), Cayenne (tinc)

#### Description

Following publication of Leslie Kenton's book (opposite), we have talked to thousands of women of menopausal age and helped them with herbal support. Herbs have proven most beneficial and we, as well as they, have usually been very pleased. Some women have used herbal support for 3-6 months then stopped; others have found they prefer to continue herbs - usually at a lower level - for a further period. In either case, there is a high level of safety with using herbs compared to other methods more commonly used.

#### Standard use

25-30 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

#### How long to take it for

Try taking daily for 4-6 months, then cutting down or leaving off completely. Thereafter, take if and when it is felt to be desirable. The 90-day Menopause Programme is a more holistic choice to assist menopausal women.

#### Cautions

Do not take if pregnant or nursing.

#### Companion Products

90-day Menopause Programme; 90-day Menstrual Programme; 90-day Liver Programme; Agnus Castus Capsules or Drops; Dong Quai Capsules or Drops; Femarone Capsules or Drops; Liv Capsules, Drops or Tea; Motherwort Capsules or Drops; Sage Leaf Capsules or Drops; Wild Yam 40+ Capsules or Drops.

### Caps

### Drops



# Garlic Oil

## Drops

**Code** M06-30  
**Size** 30ml  
**Duration** 3-4 weeks

### Area concerned

Ears

### Ingredients

Cold pressed olive oil, garlic.

### Description

An extract of garlic made in olive oil. Used to soothe and support the immune system and white blood cell production in the ear areas.

### Standard use

Put 3-5 drops in one or both ears, and plug with cotton wool. Do this just at night before going to bed, or can be repeated several times during the day.

### How long to take it for

Use as and when desired

### Cautions

Do not use if there is a broken ear drum. A doctor can check this if there is any doubt.

### Companion Products

B&B Drops, Echinacea Capsules or Drops; Echinacea Compound Capsules, Lym Capsules or Drops; Mullein Oil; Power Garlic Capsules.

## Drops



## GB-Infl

### Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C65-54  | 54 Capsules  | Usually lasts 18 days |
| C65-100 | 100 Capsules | Usually lasts 33 days |

#### Area concerned

Gall bladder

#### Ingredients

(min per vegan capsule) Wild Yam 150mg, Dandelion Root 100mg, Barberry 50mg, Vervain 25mg.

#### Description

To help maintain good condition of the gall bladder. Keeping the gall bladder balanced in this way helps to keep the bile flowing freely which can help to reduce the possibility of the bile solidifying into gall stones.

#### Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to twice this amount can safely be taken.

#### How long to take it for

This combination supports the gall bladder and assists balancing of the area. It should be taken for several months following a gall bladder cleanse. This can help the gall bladder to stay functioning well.

#### Cautions

Do not take if pregnant or nursing.

#### Companion Products

90-day Liver Programme; Liv Capsules, Drops or Tea; Liv 2 Capsules; Milk Thistle Capsules or Drops.

### Caps



# Ginkgo

## Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C51-100 | 100 Capsules | Usually lasts 33 days |

### Area concerned

Blood circulation, memory.

### Ingredients

Ginkgo biloba 325mg minimum per vegan capsule.

### Description

Ginkgo is one of the best selling herbal products in both Germany and France. It is widely believed that it may help to maintain good blood circulation to the head, ears, hands, feet and other areas of the body. Good blood circulation to the brain is thought to help good memory.

### Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to twice this amount can safely be taken.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable. Can also be taken on alternate months. There are no known reasons not to take Ginkgo Capsules or Drops every day for an extended period of time, if you take note of the cautions.

### Cautions

Do not take alongside blood thinning drugs such as Warfarin. Only take under supervision if you have high blood pressure or a history of stroke.

### Companion Products

90-day Heart and Circulation Programme; BI-Circ Capsules; Cayenne Capsules; Ginkgo Drops; Ht Capsules; Power Garlic Capsules.

## Drops

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D23-50  | 50ml  | Usually lasts 28 days |
| D23-100 | 100ml | Usually lasts 55 days |

### Area concerned

Blood circulation, memory

### Ingredients

Ginkgo biloba fluid extract only

### Description

Ginkgo is one of the best selling herbal products in both Germany and France. It is widely believed that it may help to maintain good blood circulation to the head, ears, hands, feet and other areas of the body. Good blood circulation to the brain is thought to help good memory.

### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable. Can also be taken on alternate months. There are no known reasons not to take Ginkgo Capsules or Drops every day for an extended period of time if desired, if you take note of the cautions.

### Cautions

Do not take alongside blood thinning drugs such as Warfarin. Only take under supervision if you have high blood pressure or a history of stroke.

### Companion Products

90-day Heart and Circulation Programme; BI-Circ Capsules; Cayenne Capsules; Ginkgo Capsules; Ht Capsules; Power Garlic Capsules.

## Caps

## Drops



# Gymnema

## Caps

**Code** C93-100    **Size** 100 Capsules    **Duration** Usually lasts 33-50 days

### Area concerned

Body weight, blood sugar, pancreas.

### Ingredients

Gymnema sylvestre 325mg minimum per vegan capsule.

### Description

A vine-like plant which has been used for centuries in India and Pakistan and is now becoming better known in other countries. Traditionally, Gymnema sylvestre is used to help the body maintain a healthy blood sugar balance. One of its common names is 'Gurmar' which translates as 'sugar-destroyer'.

### Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

### How long to take it for

Try taking daily for 4 months, then try cutting down or leaving off completely. Thereafter, take if and when you want to.

### Cautions

Do not take if pregnant or breastfeeding. Use with caution alongside drugs which reduce blood sugar, including insulin; consult your doctor before doing so.

Be aware that Gymnema sylvestre may add to the effect of herbs which balance blood sugar, including aloe vera, devil's claw, siberian ginseng, fenugreek, ginger, jambul, panax ginseng, psyllium husks, stevia and turmeric.

### Companion Products

Pan Capsules or Drops; Liv Capsules, Drops or Tea; W-Los Capsules or Tea

## Drops

**Code** M13-30    **Size** 30ml    **Duration** Usually lasts 10-30 days

### Area concerned

Body weight, blood sugar, pancreas.

### Ingredients

Gymnema sylvestre fluid extract only

### Description

A vine-like plant traditionally used to help the body maintain a healthy blood sugar balance. Try putting a few drops on the tongue, then tasting something sweet or fatty. There are similar 'receptors' to those found on the tongue in the intestines.

### Standard use

4-6 drops directly onto tongue before a meal or when desired. Or 12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

### How long to take it for

Try taking daily for 4 months then try cutting down or leaving off completely. Thereafter take if and when you want to.

### Cautions

Do not take if pregnant or breastfeeding. Use with caution alongside drugs which reduce blood sugar, including insulin; consult your doctor before doing so.

Be aware that Gymnema sylvestre may add to the effect of herbs which balance blood sugar, including aloe vera, devil's claw, siberian ginseng, fenugreek, ginger, jambul, panax ginseng, psyllium husks, stevia and turmeric.

### Companion Products

Pan Capsules or Drops; Liv Capsules, Drops or Tea; W-Los Capsules or Tea DPS

## Caps

## Drops





# Hawthorn

## Drops

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D46-50  | 50ml  | Usually lasts 28 days |
| D46-100 | 100ml | Usually lasts 55 days |

### Area concerned

Heart, blood pressure, arteries, veins

### Ingredients

Hawthorn fluid extract only

### Description

Hawthorn berry is a gentle herb used for centuries to assist the normal functioning of the heart and blood vessels. It is a great herb with a powerful reputation

### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

### How long to take it for

Take for a course of 3-4 months. Consider the 90-day Heart and Circulation Programme, a more holistic approach to heart and circulation health.

### Cautions

Do not take with heart drugs.

### Companion Products

90-day Heart and Circulation Programme; BI-Circ Capsules; Cayenne Capsules; Ginkgo Capsules or Drops; Kid Capsules, Drops or Tea; Motherwort Capsules or Drops; Nve Capsules or Tea; Power Garlic Capsules.

## Drops



## Herbal Snuff

Powder

**Code** M07-35  
**Size** 35g  
**Duration** Lasts up to 90 days

### Area concerned

Sinuses

### Ingredients

Equal Parts: Bayberry, Eucalyptus, Golden Seal, Cayenne and Black Pepper

### Description

To assist the sinuses. A mixture created to be 'sniffed' up each nostril, and so support the sinus areas. Especially beneficial if used as part of our Sinus Programme.

### Standard Use

Sniff a pinch of herbal snuff up each nostril 3 times a day to avoid blowing the nose for a couple of minutes for best benefit.

### How long to take it for

Take for a course of 3-4 months, or as and when desired.

### Cautions

None

### Companion Products

90-day Sinus Programme; AntiCat Capsules; Power Garlic Capsules; Sin/All Capsules.

Powder



## Ht

### Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C20-54  | 54 Capsules  | Usually lasts 18 days |
| C20-100 | 100 Capsules | Usually lasts 33 days |
| C20-200 | 200 Capsules | Usually lasts 65 days |

### Area concerned

Heart and blood circulation, blood pressure, arteries,

### Ingredients

(min per vegan capsule) Hawthorn 150mg, Motherwort 125mg, Lime Blossom 25mg, Dandelion Root 25mg.

### Description

This formula contains herbs which can help to support and balance the heart and circulation of blood. It can also help to keep the blood pressure at a healthy level, and can help to maintain the good health of the arteries and veins.

For many herbalists, hawthorn would be the first herb to spring to mind when thinking of the heart. Motherwort has benefits for energy and for women as well as the heart.

For more holistic support, consider our 90-day Heart and Circulation Programme. This can be repeated annually if desired.

### Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

### How long to take it for

Try taking daily for 4 months, then cutting down or leaving off completely. Thereafter, take if and when it is felt to be desirable. If desired, take for 3 months on, one month off, if you particularly wish to support the heart or circulation.

### Cautions

Do not take alongside Digoxin; or if pregnant or nursing. If you have hypertension or a condition involving the heart or circulation, consult with your doctor and/or alternative health practitioner before taking these herbs.

### Companion Products

90-day Heart and Circulation Programme; BI-Circ Capsules; Cayenne Capsules; Ginkgo Capsules or Drops; Hawthorn Drops; Kid Capsules, Drops or Tea; Kid Tea; Motherwort Capsules or Drops; Nve Capsules or Tea; Power Garlic Capsules.

### Caps



# Hydrangea Root

Tea

| Code | Size | Duration       |
|------|------|----------------|
| T18  | 60g  | 1-2 day course |

## Area concerned

Kidneys, prostate gland

## Ingredients

Hydrangea root only

## Description

For herbal support of the kidneys, for which purpose we have seen this herb prove most beneficial. Also recommended to help the body keep the prostate gland at its normal size.

## Standard use

Dr John Christopher gives the following useful method when helping the kidneys. Soak 30-60g of Hydrangea Root in 500-600ml of apple juice (apple juice is preferable to water, but if it cannot be tolerated, water can be used) for 6 hours. Simmer gently for 10 minutes and strain; take the resulting liquor over the course of one day. It is preferable to avoid meat, alcohol and rich and fatty foods and take plenty of fruit and vegetables. Marshmallow Leaf Tea is strongly recommended to be drunk during this time, as it can help to keep the kidney tubules lubricated.

## How long to take it for

Take as directed, over 24 hours. If desired, repeat a few days later. We recommend taking a 90-day Kidney Programme following the Hydrangea Root. Hydrangea Root can be repeated annually to help keep the kidneys working well.

## Cautions

Do not take with diuretic drugs. Do not take if pregnant.

## Companion Products

90-day Kidney Programme; Kid Capsules, Drops or Tea; Kid 2 Capsules; Dandelion Drops; Marshmallow Leaf Tea; Pros Capsules.

Tea



# Kelp

## Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C22-100 | 100 Capsules | Usually lasts 33 days |

### Area concerned

Thyroid, general body nutrition.

### Ingredients

Kelp 325mg minimum per vegan capsule.

### Description

To help maintain a balanced thyroid gland, which helps you to keep feeling vital and active. To help maintain normal body weight. Helps nutrition of the hair and nails.

### Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to twice this amount can safely be taken.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable. Can also be taken on alternate months for an extended period.

### Cautions

Use with caution in thyroid disease or if taking thyroid drugs. Do not use if pregnant or nursing.

### Companion Products

Arth Capsules or Drops; Min/Vit Capsules; Super Spirulina Tablets; Thy 1 (under) Capsules and Drops; Thy 2 (Balancing) Capsules; Wheat Grass Capsules or Powder.

## Caps



## Kid & Kid 2

### Caps & Tea

| Code    | Size               | Duration              |
|---------|--------------------|-----------------------|
| C23-54  | 54 Kid Capsules    | Usually lasts 18 days |
| C23-100 | 100 Kid Capsules   | Usually lasts 33 days |
| C23-200 | 200 Kid Capsules   | Usually lasts 65 days |
| C24-54  | 54 Kid 2 Capsules  | Usually lasts 18 days |
| C24-100 | 100 Kid 2 Capsules | Usually lasts 33 days |
| T06     | 55g Tea            | Lasts 14-28 days      |

#### Area concerned

Kidneys and bladder, muscles and joints, blood pressure.

#### Ingredients

**Kid Capsules:** (min per vegan capsule)  
Couchgrass 54mg, Dandelion Root 54mg, Parsley Leaf 54mg, Uva Ursi 54mg, Juniper 27mg, Ginger 27mg, Barberry 27mg, Cramp Bark 27mg.

**Kid 2 Capsules:** (min per vegan capsule)  
Buchu 80mg, Cleavers 80mg, Uva Ursi 40mg, Parsley Leaf 40mg, Corn Silk 40mg, Ginger 40mg.

**Kid Tea:** Buchu, Cleavers, Parsley, Uva Ursi.

#### Description

**Kid Capsules** help to keep the kidneys and bladder healthy. They contain juniper berries, uva ursi, parsley - all excellent for both these organs; soothing couch grass for the kidney tubules; and barberry for the kidney's mucous membranes. Can help to keep uric acid in the body balanced supporting bones, joints, and muscles. Can help maintain fluid balance of the body, and so maintain healthy blood pressure. Consider the more thorough 90-day Kidney Programme.

**Kid 2 Capsules** are an alternative formula with very similar properties.

**Kid Tea** - an excellent combination for kidneys and bladder.

#### Standard use

1 capsule, 3 times a day, with food or a drink. If desired, up to twice this amount can safely be taken.

**Tea:** Make using 1 teaspoon to 1 mug of boiling water. Leave to infuse for a few minutes and strain. Honey can be added, drink as often as desired.

#### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

#### Cautions

Do not take with diuretic drugs. Do not take if pregnant or nursing.

### Caps & Tea

### Drops

| Code    | Size  | Duration               |
|---------|-------|------------------------|
| D11-50  | 50ml  | Usually lasts 28 days  |
| D11-100 | 100ml | Usually lasts 55 days  |
| D11-200 | 200ml | Usually lasts 109 days |

#### Area concerned

Kidneys and bladder, muscles and joints, blood pressure.

#### Ingredients

Fluid extracts except where stated: 20% Parsley Piert, 15% Couchgrass, 15% Dandelion leaf, 15% Buchu, 13% Cleavers, 10% Uva Ursi, 10% Scullcap, 2% Ginger (tincture).

#### Description

A herbal fluid extract to help balance the kidney and bladder. Helps to balance the uric acid level of the body, so is helpful to support the muscles and joints. Kid Drops may help to maintain the fluid balance of the body, which helps the body to maintain blood pressure at a healthy level.

For thorough cleansing of the kidney and bladder areas, we recommend the 90-day Kidney Programme.

#### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

#### How long to take it for

Try taking daily for 3-4 months, then cutting down or leaving off completely. Thereafter, take if and when it is felt to be desirable.

#### Cautions

Do not take with diuretic drugs. Do not take if pregnant or nursing.

#### Companion Products

90-day Kidney Programme; Dandelion Drops; Kid Capsules or Tea; copious water to drink - preferably chlorine-free

### Drops





# Licorice

## Caps & Tea

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C70-54  | 54 Capsules  | Usually lasts 18 days |
| C70-100 | 100 Capsules | Usually lasts 33 days |
| T13     | 70g Tea      | Lasts 14-28 days      |

### Area concerned

Adrenal glands, stomach, duodenum, intestines.

### Ingredients

Licorice root 325mg minimum per vegan capsule. **Licorice Tea** Licorice root only.

### Description

Soothing licorice root helps maintain good function of the stomach, duodenum, and whole intestinal tract. It helps support the mucous membranes, for example in the bronchial area, as well as in the digestive tract. Licorice can also help provide support for the adrenal glands.

### Standard use

Licorice Capsules: 1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

Licorice Tea: Soak a teaspoon of herbs in 1-2 mugs of cold water in a small saucepan, for up to an hour. Bring to a gentle simmer for 5-10 minutes, then strain and drink. 1-2 mugs can be drunk daily.

### How long to take it for

Take for a course of 3-4 months, or as and when desired.

### Cautions

Do not take with diuretic drugs or if you have high blood pressure. Do not take if pregnant.

### Companion Products

90-day Digestive Programme; Adreno Capsules or Drops; Slippery Elm Capsules or Tea; Ulc-Dig Capsules.

## Drops

| Code    | Size | Duration              |
|---------|------|-----------------------|
| D47-50  | 50ml | Usually lasts 28 days |
| D47-100 | 100l | Usually lasts 55 days |

### Area concerned

Adrenal glands, stomach, duodenum, intestines.

### Ingredients

Licorice fluid extract only.

### Description

Soothing licorice root helps maintain good function of the stomach, duodenum, and whole intestinal tract. It helps support the mucous membranes, for example in the bronchial area, as well as in the digestive tract. Licorice can also help provide support for the adrenal glands.

### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

### How long to take it for

Take for a course of 3-4 months, or as and when desired.

### Cautions

Do not take with diuretic drugs or if you have high blood

### Companion Products

90-day Digestive Programme; Adreno Capsules or Drops; Licorice Capsules; Slippery Elm Capsules or Tea; Ulc-Dig Capsules.

## Caps & Tea

## Drops



# Lime Blossom

## Drops

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D48-50  | 50ml  | Usually lasts 28 days |
| D48-100 | 100ml | Usually lasts 55 days |

### Area concerned

Blood pressure, nerves

### Ingredients

Lime blossom fluid extract only

### Description

Can help maintain blood pressure at a satisfactory level. Also used to help the nervous system.

### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

### How long to take it for

Take for a course of 3-4 months, or as and when desired.

### Cautions

None

### Companion Products

90-day Heart and Circulation Programme; 90-day Nerve Programme; BI-Circ Capsules; Cayenne Capsules; Power Garlic Capsules; Nve Capsules or Tea; Nve-Restor Drops; Valerian Compound Capsules; Valerian and Passiflora Drops.

## Drops



# Liv

## Caps & Tea

| Code    | Size               | Duration              |
|---------|--------------------|-----------------------|
| C25-54  | 54 Liv Capsules    | Usually lasts 18 days |
| C25-100 | 100 Liv Capsules   | Usually lasts 33 days |
| C25-200 | 200 Liv Capsules   | Usually lasts 66 days |
| C71-54  | 54 Liv 2 Capsules  | Usually lasts 18 days |
| C71-100 | 100 Liv 2 Capsules | Usually lasts 33 days |
| C71-200 | 200 Liv 2 Capsules | Usually lasts 66 days |

### Area concerned

Liver, gall bladder, digestion, detox

### Ingredients

**Liv Capsules:** (min per vegan capsule)

Barberry 96mg, Wild Yam 32mg, Dandelion Root 32mg, Cramp Bark 32mg, Peppermint 32mg, Catnep 32mg, Fennel 32mg, Ginger 32mg.

**Liv 2 Capsules:** Dandelion Root 80mg, Barberry 80mg, Wild Yam 80mg, Licorice 80mg.

### Description

A formula to help keep the liver and gall bladder working well. The main ingredient of Liv Capsules is barberry bark. It is combined here with other herbs, including soothing wild yam and ginger. This formula helps to keep the digestion balanced, especially digestion of fats. It helps the other main liver activities including energy production, vitamin storage, hormone regulation, and waste-product breakdown. For a more holistic approach to liver care, use the 90-day Liver Programme which will give a great deal of support to the liver over an extended period. Liv 2 Capsules are an alternative formula to Liv Capsules with very similar properties.

### Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

### Cautions

Do not take during pregnancy or nursing.

### Companion Products

90-day Liver Programme; Detox Capsules, Drops or Tea; Dandelion Drops; Dig Capsules, Drops or Tea; Liv Drops or Tea; Milk Thistle Capsules or Drops; Wild Yam Root Capsules or Drops.

## Drops

| Code    | Size  | Duration               |
|---------|-------|------------------------|
| D12-50  | 50ml  | Usually lasts 28 days  |
| D12-100 | 100ml | Usually lasts 55 days  |
| D12-200 | 200ml | Usually lasts 109 days |
| T03     | 80g   | Lasts 14-28 days       |

### Area concerned

Liver, gall bladder, digestion, detox

### Ingredients

Fluid extracts except where stated: 20% Barberry, 15% Milk Thistle, 15% Dandelion Root, 15% Verbena, 10% Fringe Tree bark, 10% Rheum, 10% Yarrow, 5% Boldo

**Liv Tea:** Milk Thistle, Cardamom, Calendula, Licorice, Elderberry, Dandelion Root, Artichoke Leaf, Orange Peel

### Description

Soothing and cleansing Liv Drops have been designed to help to cleanse and support the liver and gall bladder. A very helpful formula for most people - we think that nearly everyone could do with a 3 month course of herbal assistance for the liver (hence our 90-day Liver Programme). The fringe tree in this formula is a great herb for the liver. Barberry is one of our favourite liver herbs; milk thistle and dandelion are also excellent for the liver; and soothing yarrow is a circulatory agent.

### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

**Liv Tea** - follow directions on tub, and drink 1-2 cups a day.

### How long to take it for

Try taking daily for 4 months, then cutting down or leaving off completely. Thereafter, take if and when it is felt to be desirable.

### Cautions

Do not take if pregnant or nursing.

### Companion Products

90-day Liver Programme; Detox Capsules, Drops or Tea; Dandelion Drops; Dig Capsules, Drops or Tea; Liv Capsules or Tea; Milk Thistle Capsules or Drops; Wild Yam Root Capsules or Drops.

## Caps & Tea

## Drops



## Lu

### Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C26-54  | 54 Capsules  | Usually lasts 18 days |
| C26-100 | 100 Capsules | Usually lasts 33 days |
| C26-200 | 200 Capsules | Usually lasts 65 days |

#### Area concerned

Lungs and throat, mucous membranes of these areas, oxygen intake.

#### Ingredients

(min per vegan capsule) Elecampane 64mg, Golden Rod 64mg, Thyme 48mg, Aniseed 48mg, Pau d'Arco 32mg, Cinnamon 32mg, Black Pepper 32mg.

#### Description

This formula supports the lungs, and assists balance of mucous and mucous membranes. It also contains circulatory agents which, by helping good blood flow, assist vitality of the lungs and the provision to the body of the oxygen it needs. For a more holistic approach consider our 90-day Lung Programme.

#### Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to twice this amount can safely be taken.

#### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

#### Cautions

Do not take if pregnant or nursing.

#### Companion Products

90-day Lung Programme; Anti-Cat Capsules; Anti-Spas Capsules or Drops; Lu Tea; Power Garlic Capsules; Sin/All Capsules; Herbal Snuff.

### Tea

| Code | Size | Duration         |
|------|------|------------------|
| T07  | 50g  | Lasts 14-28 days |

#### Area concerned

Lungs, throat and sinuses, mucous membranes of these areas, oxygen intake.

#### Ingredients

Hyssop, Comfrey Leaf, Marshmallow Leaf, Peppermint.

#### Description

To balance and cleanse the Lungs. This tea is also supportive for the throat and sinuses. It contains soothing and supporting hyssop; supporting comfrey; and soothing marshmallow. Combines well with Lu Capsules or Power Garlic.

#### Standard use

Make using 1 teaspoon to 1 mug of boiling water. Leave to infuse for a few minutes and strain. Honey can be added, drink as often as desired.

#### How long to take it for

Take for a course of 3-4 months, or as and when desired.

#### Cautions

None.

#### Companion Products

90-day Lung Programme; Anti-Cat Capsules; Anti-Spas Capsules or Drops; Chickweed Tea; Lu Capsules; Power Garlic Capsules; Sin/All Capsules; Three Healing Tea.

### Caps

### Tea



## Lym

### Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C27-54  | 54 Capsules  | Usually lasts 18 days |
| C27-100 | 100 Capsules | Usually lasts 33 days |
| C27-200 | 200 Capsules | Usually lasts 65 days |

#### Area concerned

Immune system.

#### Ingredients

(min per vegan capsule) Cleavers 96mg, Pau d'Arco 96mg, Calendula 64mg, Poke Root 32mg, Yarrow 32mg.

#### Description

A formula which provides herbal support for the lymphatic system, and helps maintain the production of white blood cells. Supports and balances the body's natural defences. The formula can be used interchangeably with Echinacea Compound Capsules, and can be supplemented with Echinacea Capsules or Drops, or Power Garlic Capsules.

For more holistic support of the immune system, consider our 90-day Immune Programme.

#### Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to twice this amount can safely be taken.

#### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

#### Cautions

Do not take with diuretic drugs. Do not take if pregnant or nursing.

#### Companion Products

90-day Immune Programme; Calendula Drops; Cat's Claw Capsules or Drops; Cayenne Capsules; Echinacea Capsules or Drops; Echinacea Compound Capsules; Lym Drops; Pau d'Arco Capsules, Drops or Tea; Power Garlic Capsules.

### Drops

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D13-50  | 50ml  | Usually lasts 28 days |
| D13-100 | 100ml | Usually lasts 55 days |

#### Area concerned

Immune system

#### Ingredients

(Herbal fluid extracts) 25% Cleavers, 20% Yarrow, 20% Calendula, 15% Heartsease, 10% Blue Flag, 5% Burdock, 5% Poke Root

#### Description

A valuable formula to cleanse and balance the immune system. Cleavers and calendula work well in combination to assist this balancing process; yarrow helps to support the blood circulation in the veins - important in helping the immune system; burdock helps to support the body's elimination function.

Supporting the immune system is a valuable way to maintain the body's ability to keep itself well, and many people do this to help protect them at times of stress or, for example, in the autumn to prepare the body for the cold winter.

#### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

#### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

#### Cautions

Do not take if pregnant or nursing.

#### Companion Products

90-day Immune Programme; Calendula Drops; Cat's Claw Capsules or Drops; Cayenne Capsules; Echinacea Capsules or Drops; Echinacea Compound Capsules; Lym Capsules; Pau d'Arco Capsules, Drops or Tea; Power Garlic Capsules.

### Caps

### Drops



# Marshmallow

## Tea

| Code | Size | Duration         |
|------|------|------------------|
| T14  | 50g  | Lasts 14-28 days |

### Area concerned

Kidney tubules, lungs and bronchial areas

### Ingredients

Marshmallow **leaf** only

### Description

Lubricating Marshmallow leaf makes a tea which is a valuable aid when seeking to maintain the health of mucous membranes in kidney, lung and bronchial areas. We strongly recommend its use when using our Hydrangea Root Tea.

### Standard use

Make using 1 teaspoon to 1 mug of boiling water. Leave to infuse for a few minutes and strain. Honey can be added, drink as often as desired.

### How long to take it for

Take for a course of 3-4 months, or as and when desired. When using Hydrangea Root we recommend using this tea several times a day for a week, then once a day for a further month or two.

### Cautions

Take two hours away from drugs or supplements.

### Companion Products

Anti-Cat Capsules; Hydrangea Root; Kid Capsules, Drops or Tea; Lu Capsules or Tea; Ulc-Dig Capsules; Slippery Elm Capsules or Tea.

## Tea

## Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C44-100 | 100 Capsules | Usually lasts 33 days |

### Area concerned

Digestion, stomach, colon.

### Ingredients

Marshmallow **Root** 320mg minimum per vegan capsule.

### Description

Marshmallow root can help to maintain and support optimum digestive comfort. It is a good alternative to Slippery Elm.

### Standard use

1 capsules 3 times a day with food or drink. If desired up to twice this amount can safely be taken.

### How long to take it for

Take for a course of 3-4 months, or as and when desired.

### Cautions

Take two hours away from drugs or supplements.

### Companion Products

Dig Capsules, Drops or Tea; Colit Capsules; Ulc-Dig Capsules; Slippery Elm Capsules or Tea; Slippery Elm Plus Capsules; Stom-Bal Capsules

## Caps





# Mega-Ton

## Drops

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D14-50  | 50ml  | Usually lasts 28 days |
| D14-100 | 100ml | Usually lasts 55 days |

### Area concerned

General energy level, nervous system

### Ingredients

Herbal fluid extracts: 15% Verbena, 15% Astragalus, 10% Angelica, 10% Damiana, 10% Dandelion Root, 10% Prickly Ash, 10% Pau d'arco , 10% Gotu Kola, 10% Siberian Ginseng

### Description

Designed as a general support for the whole body, including the body's energy level, the nervous system, digestive system, the immune system and the organs of the body in general. Verbena helps the nerves and the liver. Siberian ginseng supports the adrenal glands and nervous system. Astragalus is a great herb; herbalist Michael Tierra says "one of the most valuable .. for .. the spleen, kidneys, lungs and blood." Dandelion provides gentle support for the liver and kidneys; prickly ash assists the circulation; and pau d'arco supports the immune system. A supplement to help keep you energetic.

### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

### How long to take it for

Take for a course of 3-4 months. For maximum benefit, consider starting off with 25-30 drops 3 times a day for the first month, then reduce to 12-15 drops 3 times a day for the remaining 2-3 months of the course. Don't neglect your exercise regime at this time - exercise will work with the herbs to support your energy level the best.

### Cautions

Do not take if pregnant or nursing.

### Companion Products

90-day Immune Programme; Calendula Drops; Cat's Claw Capsules or Drops; Cayenne Capsules; Echinacea Capsules or Drops; Echinacea Compound Capsules; Lym Capsules; Pau d'Arco Capsules, Drops or Tea; Power Garlic Capsules.

## Drops



# Milk Thistle

## Caps

| Code    | Size         | Duration     |
|---------|--------------|--------------|
| C52-54  | 54 Capsules  | 54 Capsules  |
| C52-100 | 100 Capsules | 100 Capsules |
| C52-200 | 200 Capsules | 200 Capsules |

### Area concerned

Liver, gall bladder, detox

**Ingredients** Milk thistle 325mg (min per vegan capsule)

### Description

With so much pollution and stress in everyday life, it becomes more and more important to support the liver. Milk thistle is thought by many to be one of the best herbs for this purpose. It has certainly become one of the most popular herbs in the UK over the past few years. The liver is involved in energy production, the process of 'Detox', hormone regulation and vitamin production and storage. Helping the liver can only help to make sure these functions are all performed as they should be, helping to keep us fit and healthy. For a more holistic approach to liver care, use the 90-day Liver Programme which includes Milk Thistle Capsules or Drops. This programme will give a great deal of support to the liver over an extended period. Helping this major detox organ is a great help to many people.

### Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable. There are no known reasons not to take Milk Thistle Capsules or Drops every day for an extended period of time if desired.

### Cautions

None.

### Companion Products

90-day Liver Programme; Detox Capsules, Drops or Tea; Dandelion Drops; Dig Capsules, Drops or Tea; Liv Drops or Tea; Milk Thistle Drops; Wild Yam Root Capsules or Drops.

## Caps

## Drops

| Code    | Size  | Duration               |
|---------|-------|------------------------|
| D24-50  | 50ml  | Usually lasts 28 days  |
| D24-100 | 100ml | Usually lasts 55 days  |
| D24-200 | 200ml | Usually lasts 109 days |

### Area concerned

Liver, gall bladder, detox

### Ingredients

Milk thistle fluid extract only

### Description

A very popular herb in the UK, Milk Thistle Capsules or Drops are known as a very safe and beneficial support for the liver. Many people decide that they will benefit from a course of this product for 3-4 months to help keep them healthy.

Also see Description opposite.

### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable. There are no known reasons not to take milk thistle every day for an extended period of time if desired. Or try the 90-day Liver Programme for more holistic support of the whole liver and gall bladder area.

### Cautions

None.

### Companion Products

90-day Liver Programme; Detox Capsules, Drops or Tea; Dandelion Drops; Dig Capsules, Drops or Tea; Liv Capsules or Tea; Milk Thistle Capsules; Wild Yam Root Capsules or Drops.

## Drops



## Min/Vit

### Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C28-100 | 100 Capsules | Usually lasts 33 days |

#### Area concerned

Nutrition

#### Ingredients

(min per vegan capsule) Alfalfa 32mg, Irish Moss 32mg, Rosehip 32mg, Horsetail 32mg, Kelp 32mg, Spirulina 32mg, Parsley leaf 32mg, Watercress 32mg, Nettle 32mg, Yellow Dock 32mg.

#### Description

Min/Vit Capsules are a herbal form of a multi-mineral/ vitamin tablet. The ingredients are selected to offer a broad spectrum of nutrients. Being herbal, the nutrients are much more bio-available than vitamin and mineral products, which are nearly all chemicals. Chemicals which have been through a plant are many times more easily absorbed by the body. Use this formula to accompany other products which have either nutrient qualities or other reasons to be generally recommended, such as Spirulina Tablets, Wheat Grass Capsules or Powder, Kelp Capsules, Cayenne Capsules or Power Garlic Capsules. .

#### Standard use

1 capsule, 3 times a day, taken with food or drink. If desired, up to three times this amount can safely be taken.

#### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

#### Cautions

Do not take if pregnant or nursing.

#### Companion Products

Digestive Programme; Dig Capsules; Dig Drops; Mega-Ton Drops; Min/Vit Capsules; Nve-Restor Drops; Slippery Elm Capsules or Tea; Super Spirulina Tablets.

### Caps

### Drops

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D15-50  | 50ml  | Usually lasts 28 days |
| D15-100 | 100ml | Usually lasts 55 days |

#### Area concerned

Nutrition

#### Ingredients

Herbal fluid extracts: 15% Alfalfa, 15% Nettle, 10% Horsetail, 10% Kelp, 10% Parsley leaf, 10% Irish Moss, 10% Rosehip, 10% Yellow Dock, 10% Prickly Ash

#### Description

Min/Vit Drops are a herbal form of a multi-mineral/ vitamin.

See additional information in "Description" opposite.

#### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to three times this amount can safely be taken.

#### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

#### Cautions

Do not take if pregnant or nursing.

#### Companion Products

Digestive Programme; Dig Capsules; Dig Drops; Mega-Ton Drops; Min/Vit Capsules; Nve-Restor Drops; Slippery Elm Capsules or Tea; Super Spirulina Tablets.

### Drops



# Motherwort

## Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C92-100 | 100 Capsules | Usually lasts 33 days |

### Area concerned

Female reproductive system, menopause, heart, energy.

### Ingredients

Motherwort 325mg minimum per vegan capsule.

### Description

A wonderful multi-purpose herb. Author Leslie Kenton says '...the most physically and psychologically comforting plant I know.' Very helpful for supporting the female organs and hormone system; helpful during menopause. Can be used alongside Femarone 40+ or the 90-day Menopause Programme if additional support is needed. In addition, Motherwort helps the nervous system, vital energy and heart and blood circulation. Culpepper said 'There is no better herb to drive melancholy vapours from the Heart.' Another old herbalist said 'Take motherwort and live to be a source of grief to waiting heirs!'

### Standard use

1 capsule, 3 times a day, taken with food or drink. If desired, up to twice this amount can safely be taken.

### How long to take it for

Try taking daily for 4 months, then cutting down or leaving off completely. Thereafter, take if and when it is felt to be desirable. Can also be taken on a day to day basis, depending on how you feel that day. Can also be used to accompany our Femarone 40+ Capsules or Drops.

### Cautions

Do not take if pregnant.

### Companion Products

90-day Menopause Programme; 90-day Menstrual Programme; 90-day Liver Programme; Agnus Castus Capsules or Drops; Dong Quai Capsules or Drops; Femarone 40+ Capsules or Drops; Liv Capsules, Drops or Tea; Motherwort Drops; Red Sage Capsules or Drops; Wild Yam 40+ Capsules or Drops

## Drops

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D40-50  | 50ml  | Usually lasts 28 days |
| D40-100 | 100ml | Usually lasts 55 days |

### Area concerned

Female reproductive system, menopause, heart, energy.

### Ingredients

Motherwort fluid extract only

### Description

A widely used herb which can help to keep the female reproductive system in balance. It is used throughout the monthly cycle, as well as during menopause. Try it every day for a course of 3-4 months.

As a more holistic approach for women, we recommend our 90-day Menopause Programme at menopause time. Motherwort can be used in addition if desired. Motherwort is a great herb to use because of its reputation in supporting general energy level, the heart and circulation, and the nerves as well as benefiting women in general.

### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

### How long to take it for

Try taking daily for 4 months, then cutting down or leaving off completely. Thereafter, take if and when it is felt to be desirable. Can also be taken on a day to day basis, depending on how you feel that day. Can be used to accompany the Femarone 40+, or the Menopause Programme, at the level you find most suitable.

### Cautions

Do not take if pregnant.

### Companion Products

90-day Menopause Programme; 90-day Menstrual Programme; 90-day Liver Programme; Agnus Castus Capsules or Drops; Dong Quai Capsules or Drops; Femarone 40+ Capsules or Drops; Liv Capsules, Drops or Tea; Motherwort Capsules; Red Sage Capsules or Drops; Wild Yam 40+ Capsules or Drops

## Caps

## Drops



# Mullein Oil

## Drops

| Code   | Size | Duration  |
|--------|------|-----------|
| M09-30 | 30ml | 3-4 weeks |

### Area concerned

Ears

### Ingredients

Cold Pressed Olive Oil, Mullein Flowers only.

### Description

An extract of mullein herb made in olive oil. Used to soothe and support healing in the ear areas. Helps to support the body's natural anti-inflammatory abilities.

### Standard use

Put 3-5 drops in one or both ears, and plug with cotton wool. Do this just at night before going to bed, or can be repeated several times during the day.

### How long to take it for

Use every night, or as and when desired.

### Cautions

Do not use if there is a broken ear drum. A doctor can check this if there is any doubt.

### Companion Products

Garlic Oil, B&B Drops, Power Garlic Capsules, Echinacea Capsules or Drops; Echinacea Compound Capsules; Lym Capsules or Drops.

## Drops



## Nve & Nve-Restor

### Caps & Tea

| Code    | Size             | Duration              |
|---------|------------------|-----------------------|
| C29-54  | 54 Nve Capsules  | Usually lasts 18 days |
| C29-100 | 100 Nve Capsules | Usually lasts 33 days |
| C29-200 | 200 Nve Capsules | Usually lasts 65 days |
| T08     | 50g Nve Tea      | Lasts 14-28 days      |

#### Area concerned

Nervous system, relaxation, sleep.

#### Ingredients

(min per vegan capsule) Scullcap 72mg, Vervain 72mg, Lemon Balm 36mg, Damiana 36mg, Gotu Kola 36mg, Hops 36mg, Cayenne 36mg.

**Nve Tea:** Damiana, Red Clover, Motherwort, Scullcap.

#### Description

This is Dr John Christopher's excellent formula to help support the nerves. It includes scullcap, vervain and hops. Can also be taken at bedtime to help maintain a good night's sleep. Can be taken for a course of 3-6 months to support the nervous system fully. Or consider the 90-day Nerve Programme for a more holistic approach.

#### Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken. **Nve Tea** Make using 1 teaspoon to 1 mug of boiling water. Leave to infuse for a few minutes and strain. Honey can be added, drink as often as desired.

#### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

#### Cautions

Do not take if pregnant or nursing.

#### Companion Products

90-day Nerve Programme; Adreno Capsules or Drops; Bedtime Capsules or Tea; Mega-Ton Drops; Nve-Restor Drops; Super Spirulina Tablets; Valerian & Passiflora Drops.

### Caps & Tea

### Drops

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D16-50  | 50ml  | Usually lasts 28 days |
| D16-100 | 100ml | Usually lasts 56 days |

#### Area concerned

Nervous system, general energy level, sleep.

#### Ingredients

Herbal fluid extracts: 15% Vervain, 15% Melissa, 15% Lime Flowers, 15% Oats, 10% Passiflora, 10% Siberian Ginseng, 10% Wood Betony, 10% Gota Kola

#### Description

A formula which nourishes and helps to keep the nervous system in balance. Also a mildly soothing formula. Vervain is a powerful supportive nervous system herb, and also supports the liver; melissa is helpful for the emotions; lime flowers support the heart area; siberian ginseng supports the body's adrenal response, which is important for the nerves. Wood betony and oats both support the central nervous system.

#### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

#### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

#### Cautions

Do not take if pregnant or nursing, in high blood pressure or with heart disease. Do not take alongside Warfarin or other blood thinning drugs.

#### Companion Products

90-day Nerve Programme; Adreno Capsules or Drops; Bedtime Capsules or Tea; Mega-Ton Drops; Nve Capsules or Tea; Super Spirulina Tablets; Valerian & Passiflora Drops.

### Drops





## Oat Seed (*Avena sativa*)

### Drops

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D52-50  | 50ml  | Usually lasts 28 days |
| D52-100 | 100ml | Usually lasts 55 days |

### Area concerned

Nervous system

### Ingredients

Oat seed fluid extract only

### Description

Oat seed is one of the best known herbs among herbalists to nourish the nervous system.

### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

### How long to take it for

Take for a course of 3-4 months, or as and when desired.

### Cautions

None

### Companion Products

90-day Nerve Programme; Adreno Capsules or Drops; Bedtime Capsules or Tea; Mega-Ton Drops; Nve Capsules or Tea; Nve-Restor Drops; Super Spirulina Tablets; Valerian & Passiflora Drops.

### Drops



## Pan

### Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C74-54  | 54 Capsules  | Usually lasts 18 days |
| C74-100 | 100 Capsules | Usually lasts 33 days |

#### Area concerned

Pancreas, blood sugar

#### Ingredients

(min per vegan capsule) Goats Rue 92mg, Nettle 92mg, Cinnamon 46mg, Barberry 46mg, Dandelion 46mg

#### Description

The pancreas is concerned with maintaining the blood sugar level within well defined limits. It does this by releasing insulin. In addition, it releases a battery of enzymes to assist digestion, including those to digest protein and fats. This herbal formula can help the pancreas in these functions which are vital to the body.

If you want a more holistic approach to caring for the pancreas, use our 90-day Digestive Programme with Capsules, which includes this product.

#### Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to twice this amount can safely be taken.

#### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

#### Cautions

Do not take if pregnant or nursing.

#### Companion Products

90-day Digestive Programme; Dig Drops; Dig Tea; Liv Capsules, Drops or Tea; Pan Drops; Slippery Elm Capsules or Tea; Slippery Elm Plus Capsules.

### Drops

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D31-50  | 50ml  | Usually lasts 28 days |
| D31-100 | 100ml | Usually lasts 55 days |

#### Area concerned

Pancreas, blood sugar

#### Ingredients

25% Nettle, 20% Goat's rue, 15% Fringe Tree Bark, 15% Barberry, 15% Cinnamon tinc, 10% Jambul, 5% Gentian.

#### Description

Nettle and fringe tree are a classic combination for supporting and balancing the blood sugar and pancreas; goat's rue and jambul have similar effects; cinnamon is a 'binding' type of herb which - in Chinese terms - holds the formula together. Barberry balances the gall bladder, duodenum, pancreas; a small proportion of gentian gently supports the stomach and gall bladder. As well as supporting digestion, this remedy can also help support the organ's endocrine function (insulin production).

If you want a more holistic approach to caring for the pancreas, use our 90-day Digestive Programme with Drops, which includes this product.

#### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

#### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

#### Cautions

Do not take if pregnant or nursing.

#### Companion Products

90-day Digestive Programme; Dig Drops; Dig Tea; Liv Capsules, Drops or Tea; Pan Capsules; Slippery Elm Capsules or Tea; Slippery Elm Plus Capsules.

### Caps

### Drops



## Pau d'Arco

### Caps & Tea

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C85-54  | 54 Capsules  | Usually lasts 18 days |
| C85-100 | 100 Capsules | Usually lasts 33 days |
| C85-200 | 200 Capsules | Usually lasts 65 days |
| T16     | 70g Tea      | Lasts 14-28 days      |

#### Area concerned

Immune system

#### Ingredients

(minimum per vegan capsule) Pau d'Arco 325mg  
**Pau d'Arco Tea:** Pau d'Arco only

#### Description

This South American herb, also called lapacho, has been used for centuries to support the immune system. It was known to have been used by the Incas. It is a herb which has become more and more popular over recent years.

#### Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to twice this amount can safely be taken.

**Pau d'Arco Tea:** Soak a teaspoon of herbs in 1-2 mugs of cold water in a small saucepan, for up to an hour. Bring to a gentle simmer for 5-10 minutes, then strain and drink. Honey can be added if desired, 1-3 mugs can be drunk daily.

#### How long to take it for

Try taking daily for 4 months, then cutting down or leaving off completely. Thereafter, take if and when desired.

#### Cautions

Do not use in pregnancy.

#### Companion Products

90-day Immune Programme; Calendula Drops; Cat's Claw Capsules or Drops; Cayenne Capsules; Echinacea Capsules or Drops; Echinacea Compound Capsules; Lym Capsules or Drops; Pau d'Arco Drops; Power Garlic Capsules.

### Drops

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D27-50  | 50ml  | Usually lasts 28 days |
| D27-100 | 100ml | Usually lasts 55 days |

#### Area concerned

Immune system

#### Ingredients

Pau d'Arco fluid extract only

#### Description

This South American herb has been used for centuries to support the immune system. It was known to have been used by the Incas. The bark of the pau d'arco tree is also supplied by us as Pau d'Arco Tea, and Pau d'Arco Capsules. Some practitioners have told us that they have tested for the benefits of Pau d'Arco, and that it comes out well in such tests.

#### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

#### How long to take it for

Try taking daily for 4 months, then cutting down or leaving off completely. Thereafter, take if and when desired.

#### Cautions

Do not use in pregnancy.

#### Companion Products

90-day Immune Programme; Calendula Drops; Cat's Claw Capsules or Drops; Cayenne Capsules; Echinacea Capsules or Drops; Echinacea Compound Capsules; Lym Capsules or Drops; Pau d'Arco Capsules or Tea; Power Garlic Capsules.

### Caps & Tea

### Drops



# Pilewort

## Suppositories

| Code    | Size              | Duration       |
|---------|-------------------|----------------|
| M03-20  | 20 Suppositories  | Up to 20 days  |
| M04-40  | 40 Suppositories  | Up to 40 days  |
| M04-100 | 100 Suppositories | Up to 100 days |

### Area concerned

Rectal/anal area.

### Ingredients

Cocoa Butter, Pilewort, Witch Hazel Leaf, Comfrey Leaf, Lavender Essential oil.

### Description

Herbal suppositories with pilewort as the main ingredient. To help maintain comfort in the rectal area. Can be very helpful if combined with use of Cayenne Capsules. We suggest you try 1 Cayenne Capsule, 3 times a day.

### Standard use

Insert 1 suppository into rectum each evening, or morning and evening, or after each bowel movement. Or as directed by a practitioner.

### How long to take it for

Try for 1 month. If you find them satisfactory, continue for as long as desired.

### Cautions

Keep refrigerated. The suppositories are handmade with natural cocoa butter and will melt in hot weather or if exposed to high temperatures. Product may not travel well in hotter climates.

### Companion Products

Cascara Compound Capsules or Drops; 90-day Colon Programme; BI-Circ Capsules, Cayenne Capsules, Psyllium Husk Capsules or Powder; Advanced Multi-flora Capsules.

## Suppositories

## Ointment

| Code | Size | Duration          |
|------|------|-------------------|
| O04  | 60g  | A month or longer |

### Area concerned

Rectal/anal area.

### Ingredients

Pilewort, Chickweed, Tea Tree Essential oil in a base of cold-pressed oil and beeswax.

### Description

A herbal ointment with pilewort and chickweed. To help maintain comfort in the rectal area. Can be very helpful if combined with use of Cayenne Capsules and/or Pilewort Suppositories.

### Standard use

Apply as required, 3-4 times a day.

### How long to take it for

Use for 3-4 months, or as and when desired.

### Cautions

None

### Companion Products

Cascara Compound Capsules or Drops; 90-day Colon Programme; BI-Circ Capsules, Cayenne Capsules, Pilewort Suppositories, Psyllium Husk Capsules or Powder; Advanced Multi-flora Capsules.

## Ointment



# Plantain

## Drops

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D54-50  | 50ml  | Usually lasts 28 days |
| D54-100 | 100ml | Usually lasts 55 days |

### Area concerned

Digestive system, immune system, detox.

### Ingredients

Plantain fluid extract only.

### Description

Plantain is used mainly to help the digestive and immune systems. Plantain also helps detox.

### Standard use

12-15 drops in a little water or juice, 3 times a day.

### How long to take it for

Try a course of 12-15 drops 3 times a day for 3 months.

### Cautions

None.

### Companion Products

90-day Digestive Programme; 90-day Immune Programme; 90-day Detox Programme; Digestive Capsules, Drops or Tea; Lym Capsules or Drops; Detox Capsules or Drops

## Drops



# Power Garlic

## Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C31-54  | 54 Capsules  | Usually lasts 18 days |
| C31-100 | 100 Capsules | Usually lasts 33 days |
| C31-200 | 200 Capsules | Usually lasts 65 days |

### Area concerned

Blood circulation and arteries, immune system, lungs, catarrh.

### Ingredients

325mg odour-controlled garlic minimum per vegan capsule.

### Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to twice this amount can safely be taken.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable. Power Garlic Capsules can also be taken as a general health supplement say, on alternate months, in a similar way to Super Spirulina, Wheat Grass Capsules or Powder or Cayenne Capsules.

### Cautions

Do not use if taking blood thinning drugs such as Warfarin.

### Companion Products

90-day Heart and Circulation Programme; 90-day Immune Programme; 90-day Lung Programme; Calendula Drops; Cat's Claw Capsules or Drops; Echinacea Capsules or Drops; Echinacea Compound Capsules; Lym Capsules; Min/Vit Capsules; Pau d'Arco Capsules, Drops or Tea; Super Spirulina Tablets.

### Description

An excellent high-potency, odour-controlled garlic. Each capsule contains the equivalent of a whole clove of garlic, giving it very strong properties. Power Garlic Capsules are certified as producing 2000 parts per million (a good level) of allicin. That this can be done, and a low aroma garlic product still be produced, (it is the Allicin that smells, and is the main active ingredient), is due to the patented method of production, which is as follows.

The enzyme allinase - which catalyses the conversion of alliin to allicin - is removed from the garlic, which is then subjected to an evaporative 'cool-drying' process, which would otherwise destroy the enzyme. The enzyme is then added back to the garlic, in such a way that the production of allicin (which quickly breaks down) is discouraged. The result is that, once in the body, the beneficial allicin is still produced but over a longer period of time, and the 'after-aroma' - ie the odour coming from the breath and pores of some garlic users - is greatly reduced.

It can be interesting to compare the level of allicin which Power Garlic Capsules give, with the levels of any other low-aroma garlic products on the market; generally no aroma = no allicin = no (or little) effect. In addition, the lack of any additives or fillers make Power Garlic Capsules very rare in the market, at least in the UK. Many other garlic products contain additives and/or contain a relatively low level of garlic or 'garlic oil'. Garlic has blood cleansing effects.

It also has been found to be very beneficial in helping to maintain the function of the lymphatic system. Garlic has the ability to support the vital force of the cells, and the body.

As part of a healthy diet and lifestyle, studies indicate that garlic can help maintain a good cholesterol balance of the body.

## Caps





# Pros

## Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C32-100 | 100 Capsules | Usually lasts 33 days |

**Area concerned**  
Prostate gland

**Ingredients**  
(min per vegan capsule) Saw Palmetto 64mg, Horsetail 64mg, Couchgrass 64mg, Uva Ursi 32mg, Hydrangea 32mg, Pau d'arco 32mg, Damiana 32mg.

**Description**  
To assist cleansing and balance of the prostate gland. Pros Capsules also contain pau d'arco, which helps to support the immune system of the prostate and other areas. Valuable if combined with extra saw palmetto, which is available as Saw Palmetto Capsules or Drops, or with herbs for the kidneys, such as Kid Capsules, Drops or Tea.

**Standard use**  
1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to twice this amount can safely be taken.

**How long to take it for**  
Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

**Cautions**  
Do not take with diuretic drugs.

**Companion Products**  
90-day Kidney Programme: Echinacea Capsules or Drops; Echinacea Compound Capsules; Kid Capsules, Kid 2 Capsules or Kid Tea; Power Garlic Capsules, Saw Palmetto Capsules or Drops.

## Caps



# Psyllium Husk

## Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C33-100 | 100 Capsules | Usually lasts 16 days |
| C33-200 | 200 Capsules | Usually lasts 33 days |

### Area concerned

Colon, intestines, detox

### Ingredients

Powdered Psyllium Husk (*Plantago ovata*) 400mg minimum per vegan capsule

### Description

A valuable herb preparation, which benefits many people. It consists of a powder of the seed husks of *Plantago ovata*. This provides a soothing bulking agent, which may help to maintain regularity of the bowel, in a gentle way. An important secondary benefit is that natural fibre, such as that in psyllium husks, is considered to assist the body in eliminating toxins from the colon. Most people take it in convenient capsules, though it is also available as Psyllium Husk Powder, in a bag of 300g. It is just as beneficial in either form. Whether in capsules or used as powder, the husks should always be taken with plenty of fluid, to help them to move through the intestines.

### Standard use

2 capsules 3 times a day with a glass of water. If extra support is desired, take 3 or 4 capsules 3 times a day.

### How long to take it for

Try taking daily for 3-4 months, then cutting down or leaving off completely. Thereafter, take if and when it is felt to be desirable. Can be used for an extended period if desired.

### Cautions

Drink an extra glass or two of water daily when using Psyllium Husks, to counteract the water it absorbs, then excretes, from the body.

### Companion Products

90-day Colon Programme; Bio Multi-flora Capsules; Detox Capsules, Drops or Tea; Cape Aloe Compound Capsules; Cascara Compound Capsules or Drops; Psyllium Husk Powder; Slippery Elm Capsules or Tea.

## Caps

## Powder

| Code    | Size        | Duration              |
|---------|-------------|-----------------------|
| M08-300 | 300g powder | Approximately 4 weeks |

### Area concerned

Colon, intestines. detox

### Ingredients

Powdered Psyllium Husk only

### Description

Many people find that Psyllium Husks help maintain bowel regularity, and even better if used as part of a programme to cleanse the colon - such as our 90-day Colon Programme, which includes either Psyllium Husk Capsules or Powder. We recommend this powdered version because a larger amount can more easily be taken, and it is less costly than the capsules. The husks in water are tasteless, but many people do not like the glutinous sensation - hence the capsules are more popular.

Our popular 90-day Colon Programme is available with Psyllium Husk Powder; ask for the Colon Programme with Capsules and Psyllium Husk Powder, or with Drops and Psyllium Husk Powder.

### Standard use

Stir a rounded teaspoon of Psyllium Husks in a small glass of water or fruit juice 2-3 times a day between meals, and drink immediately (it quickly becomes glutinous if not drunk within a few seconds). Follow with another half a glass of water or juice to make sure husks are washed down and through the system.

### How long to take it for

Take for a course of 3-4 months, or as and when required.

### Cautions

Drink an extra glass or two of water daily when using Psyllium Husks, to counteract the water it absorbs then excretes from the body.

### Companion Products

90-day Colon Programme; Bio Multi-flora Capsules; Detox Capsules, Drops or Tea; Cape Aloe Compound Capsules; Cascara Compound Capsules or Drops; Psyllium Husk Capsules; Slippery Elm Capsules or Tea.

## Powder



## Red Clover

### Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C38-100 | 100 Capsules | Usually lasts 33 days |

#### Area concerned

Menopause, menstruation, muscles and joints, detox.

#### Ingredients

Red clover 250mg minimum per vegan capsule.

#### Description

Red Clover is a great herb to assist in a detox. For this reason, it supports the muscles and joints well. Red Clover has also become popular amongst menopausal women recently and with good reason. The fact that it contains a number of phytoestrogens explains its popularity. One major class of phytoestrogens is the isoflavones. Four types of these have been identified and red clover contains all four. The phytoestrogens can also make it helpful to take Red Clover Capsules or Drops during menstruation.

#### Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

#### How long to take it for

Take for a course of 3-4 months, or as and when desired. If desired, up to twice this amount can safely be taken. To assist detox, can be used together with our 90-day Detox Programme.

#### Cautions

Do not use if pregnant or nursing.

#### Companion Products

FOR WOMEN: 90-day Menopause Programme; 90-day Menstrual Programme; 90-day Liver Programme; Agnus Castus Capsules or Drops; Black Cohosh Capsules or Drops; Dong Quai Capsules or Drops; Femarone or Femarone 40 + Capsules or Drops; Liv Capsules, Drops or Tea; Motherwort Capsules or Drops; Sage Leaf Capsules or Drops; Wild Yam 40+ Capsules or Drops.

### Drops

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D17-50  | 50ml  | Usually lasts 28 days |
| D17-100 | 100ml | Usually lasts 55 days |

#### Area concerned

Menopause, menstruation, muscles and joints, detox.

#### Ingredients

Red clover fluid extract only

#### Description

A more holistic approach to care at menopause time is our 90-day Menopause Programme; Red Clover can be used to supplement this if desired. We are all individual, and what exactly is good for us we have to test out. However, just taking one herb is unlikely ever to do the job; this is why our 'Programme' approach including several products plus dietary and exercise recommendations, is so popular.

For menstruation, our 90-day Menstrual Programme is the more holistic choice and so we recommend it in this instance as it likely to be more supportive.

#### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

#### How long to take it for

If taking during menopause, try taking capsules or drops daily for a month or so. If satisfactory, continue at this level of use, otherwise you can try doubling the amount.

#### Cautions

Do not use if pregnant or nursing.

#### Companion Products

(cont'd) DETOX: 90-day Colon Programme; 90-day Detox Programme; 90-day Kidney Programme; 90-day Liver Programme; 90-day Lung Programme; Detox Drops or Tea; Cascara Compound Capsules or Drops; Kid Capsules or Drops; Kid Tea; Liv Capsules, Drops or Tea; Lu Capsules or Tea; Lym Capsules or Drops; Power Garlic Capsules.

### Caps

### Drops



# Rene Caisse Tea

## Tea

| Code | Size | Duration                 |
|------|------|--------------------------|
| T19  | 90g  | Usually lasts 10-20 days |

### Area concerned

Detox, immune system and digestive system.

### Ingredients

Approx per 90g: 56g Sheep's Sorrel, 21g Burdock Root, 14g Slippery Elm Bark, 3.5g Turkey Rhubarb Root

### Description

Originally a mixture used by Ojibwa Indians, and introduced to Rene Caisse, a medical nurse, in 1922. This calming and cleansing herbal combination provides valuable support for the immune system, the digestive system and blood circulation.

### Standard use

Soak 30g in a litre of filtered water overnight. Bring to a gentle simmer for 15 minutes. Strain and add 2-3 tablespoons of honey to preserve. Store in fridge for up to 4 days. Drink a small cupful (approx 125ml) 2-3 times daily on an empty stomach.

### How long to take it

Take for a course of 3-4 months, or as and when desired.

### Cautions

Do not take if pregnant or nursing. Do not use more than the standard amount alongside heart drugs, steroids or

### Companion Products

89-day Immune Programme; 89-day Detox Programme; Detox Capsules, Drops or Tea; Cat's Claw Capsules or Drops, Calendula Drops; Echinacea Capsules or Drops; Echinacea Compound Capsules; Cayenne Capsules; Dig Capsules, Drops or Tea, Lym Capsules or Drops; Pau d'arco Capsules, Drops or Tea; Power Garlic Capsules.

## Tea



# Sage Leaf

## Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C91-54  | 54 Capsules  | Usually lasts 18 days |
| C91-100 | 100 Capsules | Usually lasts 33 days |

### Area concerned

Often taken by menopausal women, dry and cool skin.

### Ingredients

Sage 325mg minimum per vegan capsule.

### Description

To assist hormonal balance, for example at the time of the menopause. May help the skin to keep dry and cool at night.

### Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to twice this amount can safely be taken.

### How long to take it for

This is a variety of the kitchen sage. It can assist hormonal balance, for example at the time of the menopause. May help the skin to keep dry and cool at night. Can accompany the Femarone 40+ or the 90-day Menopause Programme. Try taking it daily for 4 months, then cut down or leave it off. Thereafter, take if and when desired.

### Cautions

Do not take during pregnancy.

### Companion Products

90-day Menopause Programme; 90-day Menstrual Programme; 90-day Liver Programme; Agnus Castus Capsules or Drops; Dong Quai Capsules or Drops; Femarone 40+ Capsules or Drops; Liv Capsules, Drops or Tea; Motherwort Capsules or Drops; Red Clover Capsules; Sage Leaf Drops; Wild Yam 40+ Capsules or Drops

## Drops

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D39-50  | 50ml  | Usually lasts 28 days |
| D39-100 | 100ml | Usually lasts 55 days |

### Area concerned

Often taken by menopausal women, dry and cool skin.

### Ingredients

Sage fluid extract only

### Description

To assist hormonal balance, for example at the time of the menopause. May help the skin to keep dry and cool at night.

### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

### How long to take it for

Try taking daily for 4 months, then cutting down or leaving off completely. Thereafter, take if and when it is felt to be desirable. Can also be taken on a day to day basis, depending on how you feel that day. Can also be used to accompany the Femarone 40+, or the 90-day Menopause Programme.

### Cautions

Do not take during pregnancy.

### Companion Products

90-day Menopause Programme; 90-day Menstrual Programme; 90-day Liver Programme; Agnus Castus Capsules or Drops; Dong Quai Capsules or Drops; Femarone Capsules or Drops; Red Clover Capsules; Sage Leaf Capsules; Wild Yam 40+ Capsules or Drops

## Caps

## Drops



# Sage & Echinacea Gargle

## Drops

| Code    | Size  | Duration  |
|---------|-------|-----------|
| M15-50  | 50ml  | 2-4 Weeks |
| M15-100 | 100ml | 4-8 Weeks |

### Area concerned

Throat

### Ingredients

(Fluid extracts except where stated) 22.5% Sage, 22.5% Tormentil, 22.5% Echinacea, 22.5% Thyme, 9.5% Licorice, 0.5% Tea Tree essential oil.

### Description

A soothing gargle to use when desiring to support the throat area. Echinacea Compound Capsules or Lym Capsules can be used to support this formula.

### Standard use

Gargle 3-6 times daily with 20 drops - 1 teaspoon in about a quarter of a glass or mug of warm water. After gargling with a mouthful of the mixture spit out and repeat until finished.

### How long to take it for

Use for several weeks until you feel the need for support has passed.

### Cautions

None.

### Companion Products

89-day Immune Programme; Cat's Claw Capsules or Drops; Echinacea Capsules or Drops; Echinacea Compound Capsules; Lym Capsules; Pau d'Arco Capsules, Drops or Tea; Power Garlic Capsules.

## Drops





# Saw Palmetto

## Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C53-100 | 100 Capsules | Usually lasts 33 days |
| C53-200 | 200 Capsules | Usually lasts 66 days |

### Area concerned

The prostate gland and male hormone system.

### Ingredients

Saw palmetto 325mg minimum per vegan capsule.

### Description

To help maintain good function of the male reproductive system. May help men to maintain sex drive, and help the prostate gland to stay healthy and at its normal size. Traditionally, many herbs which benefit the kidneys and bladder are also indicated to help the prostate gland. Combines well with Pros Capsules, with which this herb can be taken for increased benefits.

### Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

### Cautions

More than 99% of users are men, however there is a caution for women: Do not use if pregnant or nursing.

### Companion Products

90-day Kidney Programme; Echinacea Capsules or Drops; Echinacea Compound Capsules; Kid Capsules, Drops or Tea; Power Garlic Capsules, Pros Capsules; Saw Palmetto Drops.

## Drops

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D26-50  | 50ml  | Usually lasts 28 days |
| D26-100 | 100ml | Usually lasts 55 days |

### Area concerned

The prostate gland and male hormone system

### Ingredients

Saw palmetto fluid extract only

### Description

Can help maintain good function of the male reproductive system. Works well in this respect if combined with Kid Drops or Kid Capsules. Many people believe saw palmetto can help men to maintain an adequate level of sex-drive, and a healthy prostate gland.

### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable. There are no known reasons not to take saw palmetto every day for an extended period of time if desired.

### Cautions

More than 99% of users are men, however there is a caution for women: Do not use if pregnant or nursing.

### Companion Products

90-day Kidney Programme; Echinacea Capsules or Drops; Echinacea Compound Capsules; Kid Capsules, Drops or Tea; Power Garlic Capsules, Pros Capsules; Saw Palmetto Capsules.

## Caps

## Drops



## SHS Omega 3

### Caps

| Code    | Size         | Duration                  |
|---------|--------------|---------------------------|
| S01-60  | 60 Capsules  | Usually lasts 10-30 days  |
| S01-120 | 120 Capsules | Usually lasts 20-60 days  |
| S01-240 | 240 Capsules | Usually lasts 40-120 days |

### Area concerned

Heart and circulation, muscles and joints, skin, digestion and general health.

### Ingredients

\*FISH OIL 1000mg. Omega 3 content 180mg EPA & 120mg DHA, 3mg Vitamin E, as Alpha-Tocopheryl Acetate, Gelatin Capsule \*FISH IS A KNOWN ALLERGEN

### Description

For once, nearly all Nutritionists and medical doctors agree: an omega 3 supplement is fantastic for health! Research demonstrates that fish oils can support all round good health of the heart, nerves, brain, joints and skin. One third of the brain is DHA - one of the two main omega 3 compounds.

As a guide, remember: "omega 6 bad, omega 3 good". We eat tons of omega 6 via the vegetable oils we use in cooking, and which are in many prepared foods. It is agreed that this is bad for us. (This applies to all vegetable oils, except for olive oil - which is neutral, regarding the omega 3/6 question, so it's the best oil to use generally.)

(Continued in the next column.)

### Standard use

2 capsules daily with food (for easier digestion) or a drink. If desired, up to 6 capsules daily can be taken.

### How long to take it for

Take daily as a general health supplement.

### Cautions

ALLERGEN INFORMATION: FISH USED IN PRODUCT. Do not use with blood thinning drugs.

### Companion Products

90-day Heart and Circulation Programme; Arth Capsules or Drops; BF&C Capsules; Ht Capsules; Min/Vit Capsules or Drops; Power Garlic Capsules; Skn Capsules or Drops; Super Spirulina Tablets.

### Caps

## Super Omega 3

### Caps

| Code    | Size         | Duration                  |
|---------|--------------|---------------------------|
| S02-60  | 60 Capsules  | Usually lasts 10-30 days  |
| S02-120 | 120 Capsules | Usually lasts 20-60 days  |
| S02-240 | 240 Capsules | Usually lasts 40-120 days |

### Area concerned

Heart and circulation, muscles and joints, skin, digestion and general health.

### Ingredients

\*FISH OIL 1000mg. Omega 3 content 330mg EPA & 220mg DHA, 3mg Vitamin E as Alpha-Tocopheryl Acetate, Gelatin Capsule \*FISH IS A KNOWN ALLERGEN

### (Description, continued)

Omega 3 is mainly present only in fish and in fish oil supplements: and, omega 3 is very good for us indeed! As you can only eat so much fish, you need to take a supplement "to get your omega 3".

A starting amount to take is 2 capsules a day of **SHS Omega 3**, delivering 600mg of omega 3 oils (2 x 300mg). Even better take 2 capsules a day of **Super Omega 3** which delivers 1100mg of omega 3 oils (2 x 550mg).

**Super Omega 3** gives you more omega 3 oils at a lower overall cost. Each capsules has close to double the omega 3 oils.

We recommend taking up to 6 capsules a day of either formula for maximum benefit.

### Standard use

2 capsules daily with food (for easier digestion) or a drink. If desired, up to 6 capsules daily can be taken.

### How long to take it for

Take daily as a general health supplement.

### Cautions

ALLERGEN INFORMATION: FISH USED IN PRODUCT. Do not use with blood thinning drugs.

### Companion Products

90-day Heart and Circulation Programme; Arth Capsules or Drops; BF&C Capsules; Ht Capsules; Min/Vit Capsules or Drops; Power Garlic Capsules; Skn Capsules or Drops; Super Spirulina Tablets.

### Caps



# Siberian Ginseng

## Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C42-100 | 100 Capsules | Usually lasts 33 days |

### Area concerned

Energy, adrenal glands, nervous system, menopause/hormone system

### Ingredients

Siberian ginseng 325mg minimum per vegan capsule.

### Description

Siberian Ginseng has been widely used by athletes, and in some studies, it was used by people carrying out jobs demanding great concentration, and in difficult conditions, such as radiography and proof-reading. Siberian ginseng has been used by menopausal women, who have been happy with it. Author Leslie Kenton (who recommends Specialist Herbal Supplies) recommends it highly for this purpose. Studies have shown it can assist the natural anti-allergic response of the body. Therefore, some people use it to help avoid developing hay fever.

### Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

### How long to take it for

Take daily for a course of between 1 and 4 months. Have a break for a few weeks, then repeat if desired.

### Cautions

Do not take in high blood pressure or heart disease. Do not take alongside Warfarin or other blood thinning drugs.

### Companion Products

90-day Nerve Programme; 90-day Menopause Programme; Adreno Capsules or Drops; Bedtime Capsules or Tea; Femarone 40+ Capsules or Drops; Mega-Ton Drops; Nve Capsules or Tea; Nve-Restor Drops; Super Spirulina Tablets; Valerian & Passiflora Drops.

## Drops

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D41-50  | 50ml  | Usually lasts 28 days |
| D41-100 | 100ml | Usually lasts 55 days |

### Area concerned

Energy, adrenal glands, nervous system, menopause/hormone system

### Ingredients

Siberian ginseng fluid extract only

### Description

Siberian Ginseng is a useful, generally supportive herb. It comes from a completely different family from Panax Ginseng. It is the root of a thorny shrub growing in Eastern Russia and Japan. It is widely used by men or women, whereas the more expensive panax ginseng is usually recommended only to be used by men. The root contains eleutherosides from which it is thought to derive its benefits. This herb has been extensively tested in Russia. It is widely taken to help the body's natural anti-stress faculties. It supports the mental, physical, emotional and environmental aspects of a person.

### Standard use

12-15 drops in a little water or juice, 3 times a day. If desired, up to twice this amount can safely be taken.

### How long to take it for

Take daily for a course of between 1 and 4 months. Have a break for a few weeks, then repeat if desired.

### Cautions

Do not take in high blood pressure or heart disease. Do not take alongside Warfarin or other blood thinning drugs.

### Companion Products

90-day Nerve Programme; 90-day Menopause Programme; Adreno Capsules or Drops; Bedtime Capsules or Tea; Femarone 40 + Capsules or Drops; Mega-Ton Drops; Nve Capsules or Tea; Nve-Restor Drops; Super Spirulina Tablets; Valerian & Passiflora Drops

## Caps

## Drops



## Sin/All

### Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C34-54  | 54 Capsules  | Usually lasts 18 days |
| C34-100 | 100 Capsules | Usually lasts 33 days |

### Area concerned

Sinuses, lungs, mucous membranes of these areas.

### Ingredients

(min per vegan capsule) Eucalyptus 40mg, Marshmallow Root 40mg, Juniper 40mg, Burdock 40mg, Parsley leaf 40mg, Golden Seal 40mg, Licorice 40mg,

### Description

Can help support and balance sinuses and nasal mucous membranes. Good if combined with Anti-Cat Capsules for several months. For maximum support of the sinus area, consider our more holistic 90-day Sinus Programme, which includes Herbal Snuff and, in the second and third months, Power Garlic Capsules. Garlic is beneficial for mucous membranes in the body.

### Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to twice this amount can safely be taken.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

### Cautions

Do not use if pregnant or nursing.

### Companion Products

90-day Sinus Programme; 90-day Lung Programme; Anti-Cat Capsules; Detox Capsules, Drops or Tea; Echinacea Compound Capsules; Liv Capsules, Drops or Tea; Lu Capsules or Tea; Power Garlic Capsules; Herbal Snuff.

### Caps



# Skin Brush

## Brush

### Code

M02

### Area concerned

Skin, Immune system

### Description

A pure bristle brush for brushing the skin. The action of Skin brushing helps skin function by removing dried mucous from entrance to the pores. This encourages healthy exchange of gases, which is part of the function of the skin.

Skin brushing also supports the function of the lymphatic, or immune, system. This is because the lymph vessels of the lymphatic system (similar to blood vessels) are largely located near to the surface of the skin. The brushing therefore helps the circulation in these vessels. This is an essential process to keep us disease-free.

### Standard use

Brush skin (dry) daily for 3-6 minutes. For the first few days, brush gently while the skin gets used to the brushing.

Move the brush gently up arms and legs, and over abdomen.

Some authorities recommend that you always brush towards the heart.

### How long to use it for

Use for several months, or longer if desired.

### Cautions

Avoid brushing any damaged areas of skin; and do brush gently for the first few days.

### Companion Products

90-day Immune Programme; Lu Capsules or Tea; Skn Capsules or Drops, Echinacea Capsules or Drops, Lym Capsules or Drops.

## Brush



## Skn

### Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C35-100 | 100 Capsules | Usually lasts 33 days |

#### Area concerned

Skin, detox.

#### Ingredients

(min per vegan capsule) Red Clover 65mg, Burdock 65mg, Cleavers 65mg, Sarsaparilla 65 mg, Yellow Dock 65mg.

#### Description

A formula to support the natural good health of the skin. This contains herbs which support detox and which particularly help the skin area. In addition, general cleansing measures will be of benefit, such as the Colon Cleansing Programme, Liver Programme, and Kidney Programme. Additionally, we recommend using one of our Skin Brushes to brush the sound areas of skin on the body.

#### Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to twice this amount can safely be taken.

#### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

#### Cautions

Do not use if pregnant or nursing.

#### Companion Products

90-day Colon Programme; 90-day Detox Programme; 90-day Kidney Programme; 90-day Liver Programme; 90-day Lung Programme; Detox Drops or Tea; Cascara Compound Capsules or Drops; Kid Capsules, Drops or Tea; Liv Capsules, Drops or Tea; Lu Capsules or Tea; Lym Capsules or Drops; Power Garlic Capsules; Red Clover Capsules or Drops; Skn Drops.

### Drops

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D19-50  | 50ml  | Usually lasts 28 days |
| D19-100 | 100ml | Usually lasts 55 days |

#### Area concerned

Skin, detox

#### Ingredients

Herbal fluid extracts: 15% Dandelion Root, 12.5% Yarrow, Cleavers, 10% Calendula, Sarsaparilla, Blue Flag, Dandelion Leaf, Barberry, 7% Burdock, 3% Buckthorn

#### Description

A formula to support the natural good health of the skin. This contains herbs which support detox and which particularly help the skin area. In addition, general cleansing measures will be of benefit, such as the Colon Cleansing Programme, Liver Programme, and Kidney Programme. Additionally, we recommend using one of our Skin Brushes to brush the sound areas of skin on the body.

#### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

#### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

#### Cautions

Do not take with diuretics drugs. Do not take if pregnant or nursing.

#### Companion Products

90-day Colon Programme; 90-day Detox Programme; 90-day Kidney Programme; 90-day Liver Programme; 90-day Lung Programme; Detox Drops or Tea; Cascara Compound Capsules or Drops; Kid Capsules, Drops or Tea; Liv Capsules, Drops or Tea; Lu Capsules or Tea; Lym Capsules or Drops; Power Garlic Capsules; Red Clover Capsules or Drops; Skn Capsules.

### Caps

### Drops





## Slippery Elm

### Caps & Tea

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C36-54  | 54 Capsules  | Usually lasts 18 days |
| C36-100 | 100 Capsules | Usually lasts 33 days |
| C36-200 | 200 Capsules | Usually lasts 65 days |
| T09     | 80g Tea      | Lasts 14-28 days      |
| T09-200 | 200g Tea     | Lasts 30-60 days      |

#### Area concerned

Stomach, small intestine, colon.

#### Ingredients

Slippery elm 325g min. per vegan capsule.

**Tea:** Slippery elm only.

#### Description

Slippery elm is the powdered inner bark of a type of elm tree with wonderful properties. It is very nutritious as well as having very soothing and healing properties. Many people swear by slippery elm's ability to help keep the whole length of the intestinal tract soothed, from the stomach through the duodenum and small intestine right to the colon. For this purpose, slippery elm can be taken as often as hourly if wished - it is a very safe, soothing herb. Slippery Elm Capsules or Tea are particularly suitable for children, the elderly, and the weak.

#### Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to twice this amount can safely be taken. Safe for long term use.

Slippery Elm Tea 1 cup once or twice a day.

#### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable. Or take it whenever you wish. Slippery Elm is a very mild and safe herb.

#### Cautions

None

#### Companion Products

Dandelion Root Drops; Mega-Ton Drops; Min/Vit Capsules; Slippery Elm Plus Capsules; Slippery Elm Tea; Super Spirulina Tablets; Wheat Grass Capsules or Powder.

### Caps & Tea

## Slippery Elm Plus

### Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C37-100 | 100 Capsules | Usually lasts 33 days |

#### Area concerned

Stomach, digestion.

#### Ingredients

(min per vegan capsule) Slippery Elm 300mg, Cloves 10mg, Cinnamon 10mg, Peppermint 10mg.

#### Description

Slippery Elm Plus Capsules have been designed to help the stomach to remain comfortable after eating. The wonderful soothing herb slippery elm is combined with three other valuable herbs including cinnamon and peppermint which can aid the stomach after eating. May also be taken before meals if this suits you better.

#### Standard use

1-4 capsules during or after eating.

#### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take when needed. Can also be used just when you feel you want to, on a day-to-day basis.

#### Cautions

None

#### Companion Products

90-day Digestive Programme; Dig Capsules or Drops; Slippery Elm Capsules or Tea.

### Caps



# St John's Wort

## Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C54-54  | 54 Capsules  | Usually lasts 18 days |
| C54-100 | 100 Capsules | Usually lasts 33 days |
| C54-200 | 200 Capsules | Usually lasts 66 days |

### Area concerned

Nerves, feelings of well-being.

### Ingredients

St John's Wort 325mg minimum per vegan capsule.

### Description

St John's Wort is especially well known in Germany where it has been widely used by doctors for decades, putting it among the top five best selling health products, even when including drug products. It is a very popular herb - and rightly so. Many people find it beneficial.

### Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable. St John's Wort Capsules can safely be taken every day, if you take note of the cautions.

### Cautions

Do not take with any drugs, particularly antidepressants. Use with caution during pregnancy. Avoid sunbeds and strong sunlight while taking the herb.

### Companion Products

90-day Nerve Programme; Nve Capsules or Tea; Nve-Restor Drops; Valerian & Passiflora Drops; Valerian Compound Capsules.

## Drops

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D25-50  | 50ml  | Usually lasts 28 days |
| D25-100 | 100ml | Usually lasts 55 days |

### Area concerned

Nerves, feelings of well-being

### Ingredients

St John's Wort fluid extract only

### Description

St John's Wort is especially well known in Germany where it has been widely used by doctors for decades, putting it among the top five best selling health products, even when including drug products. It is a very popular herb - and rightly so. Many people find it beneficial.

### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable. There are no known reasons not to take St John's Wort every day if you wish to, as long as you take note of the cautions.

### Cautions

Do not take with any drugs, particularly antidepressants. Use with caution during pregnancy. Avoid sunbeds and strong sunlight while taking the herb.

### Companion Products

90-day Nerve Programme; Nve Capsules or Tea; Nve-Restor Drops; Valerian & Passiflora Drops; Valerian Compound Capsules.

## Caps

## Drops



# Stom-Bal

Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C78-100 | 100 Capsules | Usually lasts 33 days |

## Area concerned

Digestion

## Ingredients

(min per vegan capsule) Meadowsweet 230mg, Charcoal 57mg, Caraway 7mg, Cinnamon 7mg, Rhubarb 7mg, Aniseed 7mg, Cardamom 7mg.

## Description

A helpful combination to assist in balancing the stomach's acid secretions. This is helped by using the amphoteric - balancing - herb meadowsweet as the main ingredient. In addition, charcoal, caraway, a small proportion of rhubarb, and three other carminative herbs are used to produce a product which is often useful. Can be used three times a day, or just after eating.

## Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to twice this amount can safely be taken.

## How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable. Can also be taken just as and when desired.

## Cautions

None

## Companion Products

Digestive Programme; Dig Capsules, Drops or Tea; Liv Capsules or Drops; Pan Capsules or Drops; Ulc-Dig Capsules; Slippery Elm Capsules or Tea; Slippery Elm Capsules Plus.

Caps



# Super Spirulina

## Tablets

| Code    | Size        | Duration              |
|---------|-------------|-----------------------|
| C39-180 | 180 Tablets | Usually lasts 30 days |
| C39-360 | 360 Tablets | Usually lasts 60 days |

### Area concerned

Nutrition

### Ingredients

500mg per Tablet Organic Spirulina only

### Description

A highly nourishing variety of Algae. Spirulina is extremely easily digested, because its cell walls are made of simple sugars, not cellulose. This means that Super Spirulina's many nutrients are easily 'liberated', rather than having to be 'wrenched' out of cells with normal, tough walls. Top quality Super Spirulina is organically grown in a controlled environment, away from the pollution prevalent in shallow sea water.

Used as a daily supplement, many people find that Super Spirulina supports vital energy, and promotes a general feeling of well-being. Desire for various substances may be balanced by using Super Spirulina, eg six tablets half an hour before eating, or taken through the day by smokers.

A good supplement for children also.

### Standard use

2 tablets 3 times a day at any time. Twice, or even three times, this amount can be taken safely.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 1-3 months if and when it is felt to be desirable. Can be used at any time as a general supplement, perhaps alternating with Wheat Grass, Cayenne Capsules and/or Power Garlic Capsules.

### Cautions

None

### Companion Products

Mega-Ton Drops; Min/Vit Capsules; Power Garlic Capsules; Slippery Elm Capsules or Tea; Three Healing Tea; Wheat Grass Capsules or Powder.

## BACKGROUND INFORMATION

Spirulina is one of a family of Blue Green Algae which is high in whole protein. It is easy to digest because the organism lacks a hard cell wall and so virtually 'dissolves' in the stomach, making the many nutrients within spirulina fully available.

### Key facts

- A natural "multi-mineral/vitamin" supplement.
- Very easily digested and absorbed, because of; 1. Its simple cell structure, which is very easily broken down and; 2. Its naturally 'chelated' nutrients, which are a form the body easily recognises.
- Contains about as much calcium, gram per gram, as milk - but in a much more usable form.
- Contains ample chlorophyll. Chlorophyll is almost identical to haemoglobin, which carries oxygen around in the blood. It is thought that chlorophyll can provide the nutrients to build haemoglobin easily.
- 6 tablets of Spirulina contain about 40% of the daily requirement of iron for women, and 75% of that for men. Anaemia is most common in women, during the childbearing years, when spirulina (and dark green vegetables) can be particularly valuable.
- Recommended during and following pregnancy to help build the blood.
- Low in sodium, so no risk of mineral-rich spirulina raising blood pressure.

**Minerals:** The waters Spirulina favours are packed with minerals. Spirulina has the ability to absorb these minerals and synthesise compounds from them which are very valuable for our health. This rich mineral content makes spirulina a valuable food, especially as these minerals are in an easy-to-absorb form, unlike many supplement tablets.

**Protein:** Spirulina is a good source of protein, containing 60-70% of whole protein (all essential amino acids).

**Typical full analysis:** "Dried Spirulina contains: Water 4.7%; Protein 57.5%; Total lipid (fat) 7.72%; Carbohydrate, by difference 23.9%; Fiber, total dietary 3.6%; Ash 6.2%. Minerals (per 100g): Calcium, 120mg; Iron, 28.5mg; Magnesium, 195mg; Phosphorus, 118mg; Potassium, 1363mg; Sodium, 1048mg; Zinc, 2.0mg; Copper, 6.1mg; Manganese, 1.9mg; Selenium, 7.2mcg. Vitamins: Vitamin C, 10.1mg; Thiamin 2.4mg; Riboflavin 3.6 mg; Niacin 12.8mg; Pantothenic acid 3.5mg; Vitamin B-6 0.4mg; Folate, 94mcg; Vitamin A, 570 IU; Vitamin A, RE 57mcg; Vitamin E 5.0mg (ate). Lipids: Fatty acids, total saturated 2.6%; Fatty acids, total monounsaturated 0.7%; Fatty acids, total polyunsaturated 0.047%. Amino acids: Tryptophan 0.9g; Threonine 3.0g; Isoleucine 3.2g; Leucine 5.0g; lysine 3.0g; Methionine 1.1g; Cystine 0.7g; phenylalanine 2.777g; tyrosine 2.6g; Valine 3.5g; Arginine 4.1g; Histidine 1.1g; Alanine 4.5g; Aspartic acid 5.8g; Glutamic acid 8.4g; Glycine 3.1g; proline 2.4g; serine 3.0g." (Information taken from The National Agriculture Library's USDA Nutrient Database for Standard Reference, Release 14 (July 2001)).

"In summary, Spirulina is very rich in natural beta-carotene, Vitamin D and GLA (Gamma Linolenic Acid) and contains all nine essential amino acids. Spirulina, as a food, also has an extremely long shelf life. It contains approximately 26 times the calcium of milk and has a good supply of niacin and phosphorus." (florahealth.com)

## Tablets



# Sx-Drv

## Drops

| Code    | Size  | Duration                 |
|---------|-------|--------------------------|
| D18-50  | 50ml  | Usually lasts 7-17 days  |
| D18-100 | 100ml | Usually lasts 25-35 days |

### Area concerned

Male reproductive system

### Ingredients

Herbal fluid extracts except where stated:  
 25% Muira Puama, 25% Saw Palmetto, 25% Gotu Kola, 24% Damiana, 1% Cayenne (tincture)

### Description

A herbal formula for men, based on muira puama, which can help to support and keep in balance a man's sex drive. If the body is in good balance and general energy level is satisfactory, this formulation can help the body to support the sexual areas and desires. If not, the body may withdraw energy from the sexual areas to keep everything else going; hence the need to treat the body as a whole. You can support general health with 3-4 months use of the Mega-Ton Drops or Nve-Restor Drops.

### Standard use

First week: 3ml (1 tsp) in a little water or juice 3 times a day. Then, 1ml (1/3 teaspoon) taken the same way, 3 times a day.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable. Sexual energy is supported by good general energy level. If your general energy is not satisfactory, a practitioner in natural medicine will often be able to help.

### Cautions

None for men. Not recommended for women.

### Companion Products

Kid Capsules, Drops or Tea (Chinese say Kidneys are root of sexual energy); Mega-Ton Drops; Nve Capsules; Nve-Restor Drops; Super Spirulina Tablets.

## Drops



## Tea Tree & Lavender

### Pessaries

| Code    | Size          | Duration       |
|---------|---------------|----------------|
| M04-20  | 20 Pessaries  | Up to 20 days  |
| M04-40  | 40 Pessaries  | Up to 40 days  |
| M04-100 | 100 Pessaries | Up to 100 days |

### Area concerned

The vagina

### Ingredients

Organic Cocoa Butter, Lavender and Tea Tree essential oils

### Description

Tea Tree and Lavender Pessaries are for use in the vagina. These herbs support the natural anti-inflammatory abilities of the body and support the level of defensive white blood cells - which keep this area healthy. Valuable if used alongside our Power Garlic Capsules which can also help maintain health of the vaginal area.

### Standard use

Insert 1 pessary each evening, or morning and evening, or use as directed by a practitioner. To protect against leakage, use a panty liner or tissue.

### How long to use them for

Use for 1-4 months, as required.

### Cautions

Keep refrigerated. The pessaries are handmade with natural cocoa butter and will melt in hot weather or if exposed to high temperatures. Product may not travel well in hotter climates.

### Companion Products

90-day Immune Programme; Calendula Drops; Cat's Claw Capsules or Drops; Cayenne Capsules; Echinacea Capsules or Drops; Echinacea Compound Capsules; Lym Drops; Pau d'Arco Capsules, Drops or Tea; Power Garlic Capsules.

### Pessaries





# Three Healing Tea

Tea

**Code** T12  
**Size** 80g  
**Duration** Lasts for 14-28 days

## Area concerned

General healing capabilities of the body

## Ingredients

Approx per 80g: 48g Comfrey Leaf, 16g Gotu Kola, 16g Ginger

## Description

Can help support the natural healing capabilities of the body. This tea combines three ingredients to help support the body's innate healing abilities; comfrey leaf - number one healing herb from the European tradition; centella leaf, or gotu kola from the knowledge of Ayurveda; benefits energy levels, circulation and artery health. Add in ginger to lift the mixture and add flavour, as well as to support blood circulation, and this is a fine tea to help healing and other body processes.

## Standard use

Make using 1 teaspoon to 1 mug of boiling water. Leave to infuse for a few minutes and strain. Honey can be added, drink as often as desired.

## How long to take it for

To support specific healing processes of the body, drink for a course of 3-4 months. Use together with other herbs which support healing, such as Arth Capsules or Drops, Lu Capsules or Tea, Slippery Elm Capsules or Tea.

## Cautions

None

## Companion Products

Arth Capsules or Drops; Lu Capsules or Tea; Slippery Elm Capsules or Tea; BF&C Capsules; BF&C Ointment.

Tea



# Thy 1 (Under)

## Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C79-54  | 54 Capsules  | Usually lasts 18 days |
| C79-100 | 100 Capsules | Usually lasts 33 days |
| C79-200 | 200 Capsules | Usually lasts 66 days |

**Area concerned**  
Thyroid gland

**Ingredients**  
(min per vegan capsule) Kelp 108mg, Damiana 54mg, Nettle 54mg, Wormwood 54mg, Alfalfa 54mg.

**Description**  
A formula which can help to support the function of the thyroid gland. Based on kelp, which can help support the body's vital energy. Damiana and wormwood give a boost to the properties of the kelp, and the other two herbs supplement this to produce a valuable formula to support the thyroid.

**Standard use**  
1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to twice this amount can safely be taken.

**How long to take it for**  
Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

**Cautions**  
Use with caution in thyroid disease or if taking thyroid drugs. Do not use if pregnant or nursing.

**Companion Products**  
Thy 1 Drops; Thy 2 (Balancing) Capsules; Kelp Capsules.

## Drops

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D32-50  | 50ml  | Usually lasts 28 days |
| D32-100 | 100ml | Usually lasts 55 days |

**Area concerned**  
Thyroid gland

**Ingredients**  
35% Kelp, 15% each Damiana, Nettle, Angelica, Alfalfa and 5% Wormwood

**Description**  
A formula which can help to support the function of the thyroid gland. Based on kelp, which can help support the body's vital energy and is also a very nutritious herb. Supplemented with the sweetly named angelica archangelica, which combines well with kelp to enhance its properties. These two herbs combine with the others in the formula to provide a great support for the thyroid. Can help to maintain a healthy body weight.

**Standard use**  
12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

**How long to take it for**  
Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

**Cautions**  
Use with caution in thyroid disease or if taking thyroid drugs. Do not use if pregnant or nursing.

**Companion Products**  
Thy 1 (Under) Capsules; Thy 2 (Balancing) Capsules; Kelp Capsules.

## Caps

## Drops



## Thy 2 (Balancing)

Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C40-54  | 54 Capsules  | Usually lasts 18 days |
| C40-100 | 100 Capsules | Usually lasts 33 days |

### Area concerned

Thyroid gland

### Ingredients

(min per vegan capsule) Kelp 162mg, Watercress 54mg, Parsley leaf 54mg Irish Moss 54mg.

### Description

A formula which can help to support the function of the thyroid gland. Based on kelp, which helps support the body's vital energy and is also a very nutritious herb. Can help to maintain a healthy body weight.

### Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to twice this amount can safely be taken.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for another 2-3 month course when it is felt to be desirable. Can also be taken as and when you feel like it.

### Cautions

Use with caution in thyroid disease or if taking thyroid drugs. Do not use if pregnant or nursing.

### Companion Products

Thy 1 (Under) Capsules or Drops; Kelp Capsules.

Caps



# Turmeric

## Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C80-100 | 100 Capsules | Usually lasts 33 days |
| C80-200 | 200 Capsules | Usually lasts 65 days |

### Area concerned

Joints and muscles, liver, menstruation, blood cleansing (detox).

### Ingredients

Turmeric 325mg minimum per vegan capsule.

### Description

A good amount of research has been carried out on turmeric. This demonstrates that turmeric can support the natural processes of the body which stop inflammation from developing. Turmeric can also help the muscles and joints, and has a beneficial effect on the liver. The latter may be why studies indicate that turmeric can help the body to maintain healthy cholesterol levels. In the Indian Ayurvedic tradition, turmeric has long been given to menstruating women. Turmeric has a reputation as a great blood cleansing herb so it will help if you are carrying out a detox. In addition to taking Turmeric Capsules, use lots in your food too; turmeric has been found to be perfectly safe at quite a high daily intake.

### Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to four times this amount can safely be taken.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

### Cautions

None

### Companion Products

90-day Menstrual Programme; 90-day Detox Programme; Arth Capsules or Drops; Cayenne Capsules; Femarone Capsules or Drops; Detox Capsules or Drops.

## Caps



## Ulc-Dig

### Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C81-54  | 54 Capsules  | Usually lasts 18 days |
| C81-100 | 100 Capsules | Usually lasts 33 days |
| C81-200 | 200 Capsules | Usually lasts 66 days |

### Area concerned

Stomach, duodenum, intestines

### Ingredients

(min per vegan capsule) Marshmallow Root 80mg, Slippery Elm 80mg, Barberry 40mg, Pau d'Arco 40mg, Chamomile 40mg, Calendula 20mg, Poke Root 20mg

### Description

A soothing combination to care for the stomach and duodenum, with pau d'arco added to support the white blood cell count. Slippery elm and marshmallow act as demulcents to soothe the mucous membranes of the stomach. Soothing chamomile balances the local nervous connections. If desired, start off with 2 capsules 3 times a day, as a lesser amount may not be enough for full support. Slippery Elm Capsules or Tea can also be extremely valuable at this time.

### Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to three times this amount can safely be taken.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable. Can also be taken just as and when desired.

### Cautions

Do not use if pregnant or nursing.

### Companion Products

90-day Nerve Programme; Valerian Compound Capsules; Nve Capsules or Tea; Stom-Bal Capsules; Slippery Elm Capsules or Tea; Slippery Elm Plus Capsules; Nve-Restor Drops.

### Caps



## Valerian Compound

## Valerian & Passiflora

### Caps

### Drops

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C76-100 | 100 Capsules | Usually lasts 33 days |

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D20-50  | 50ml  | Usually lasts 28 days |
| D20-100 | 100ml | Usually lasts 55 days |

### Area concerned

Nervous system, sleep, relaxation

### Area concerned

Nervous system, sleep, relaxation

### Ingredients

(min per vegan capsule) Valerian 81mg, Passion Flower 81mg, Scullcap 81mg, Rosemary 81mg.

### Ingredients

Herbal fluid extracts: 50% Valerian and 50% Passiflora

### Description

This is a soothing combination. Contains soothing and supporting scullcap and rosemary. This combination can be used in addition to Nve Capsules or Nve-Restor Drops when a very supporting effect is needed. These capsules can be very beneficial at bedtime.

### Description

You can use this formula during the day to help the nerves and assist relaxation, or just at night when many people find its soothing properties beneficial just before bed.

### Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken. Can also be used just before bedtime, when 2-3 capsules can be taken either with water, or a cup of Bedtime Tea.

### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken. Can also be taken once a day just before bed.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable. Can also be taken just as and when desired.

### How long to take it

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable. Can also be taken as and when you want to during the day rather than regularly.

### Cautions

Take with caution alongside central nervous system depressants. Do not use if pregnant or nursing.

### Cautions

Take with caution alongside central nervous system depressants. Do not use if pregnant or nursing.

### Companion Products

90-day Nerve Programme; Bedtime Capsules or Tea; Mega-Ton Drops; Nve Capsules or Tea; Nve-Restor Drops; Valerian & Passiflora Drops.

### Companion Products

90-day Nerve Programme; Bedtime Capsules or Tea; Mega-Ton Drops; Nve Capsules or Tea; Nve-Restor Drops; Valerian Compound Capsules.

### Caps

### Drops





# Vein

## Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C82-100 | 100 Capsules | Usually lasts 33 days |

**Area concerned**  
Veins, especially leg area.

**Ingredients**  
(min per vegan capsule) Horse Chestnut 64mg, Stone Root 64mg, Dandelion Root 64mg, Prickly Ash 32mg, Nettle 32mg, Hawthorn Berries 32mg, Rosehip 32mg.

**Description**  
A combination of herbs which can help to maintain tone of the veins, and sustain the blood circulation, including that of the leg and the anal/rectal area. This product can also be used as an alternative to BI-Circ Capsules, as it contains hawthorn berries and prickly ash which help to support blood circulation. It is often important to use measures which can help maintain good circulation through the liver in this situation. For example, Liv Capsules or Liv Drops or Dandelion Root Drops. Another very helpful product for the veins is our Cayenne Capsules. A good combination would be to use Vein Capsules with Cayenne Capsules, 1 of each 3 times a day, for several months.

**Standard use**  
1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to twice this amount can safely be taken.

**How long to take it for**  
Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

**Cautions**  
Do not take alongside prescription drugs, or if pregnant or nursing.

**Companion Products**  
90-day Heart and Circulation Programme; BI-Circ Capsules; Dandelion Root Drops; Ht Capsules; Liv Capsules or Drops; Cayenne Capsules.

## Caps



# Wheat Grass

## Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C88-100 | 100 Capsules | Usually lasts 33 days |

### Area concerned

Nutrition, detox.

### Ingredients

Organic Wheat Grass 325mg minimum per vegan capsule.

### Description

Wheat grass is a concentrated natural supplement which will add to the nourishment of your diet. An analysis shows that it contains; vitamins A, C, E, K, B1, B2, B6, B12; niacin, pantothenic acid, biotin, folic acid; chlorophyll, superoxide dismutase; calcium, phosphorus, potassium, magnesium, iron, selenium, zinc, iodine, copper, cobalt, sulphur, and other trace minerals; and Respected health author Leslie Kenton says that wheat grass is "...very special... unbelievably rich in vitamins and minerals, enzymes and hormones you would be hard pressed to find elsewhere." This means that your energy levels can stay high, and your immune system strong. We recommend 3 or 4 Wheat Grass Capsules or 6-8 Super Spirulina every day, alternating between the two.

### Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to four times this amount can safely be taken. If you wish to take a high amount, start low and gradually increase. Taking too much too soon can produce slight nausea or a detox effect.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 1-3 months if and when it is felt to be desirable. Can be used at any time as a general supplement, perhaps alternating with Super Spirulina Tablets. A very nourishing herb.

### Cautions

None

### Companion Products

90-day Digestive Programme; Dig Capsules; Dig Drops; Mega-Ton Drops; Min/Vit Capsules; Nve-Restor Drops; Slippery Elm Capsules or Tea; Super Spirulina Tablets.

## Powder

| Code    | Size | Duration                 |
|---------|------|--------------------------|
| M14-100 | 100g | Usually lasts 3-6 weeks  |
| M14-200 | 200g | Usually lasts 6-12 weeks |

### Area concerned

Nutrition, detox.

### Ingredients

Organic Wheat Grass only.

### Description

Specialist Herbal Supplies Wheat Grass is nutritionally superior to fresh wheat grass juice. This surprising fact is because of the high concentration of nutrients which build up in our wheat grass thanks to the way it is grown. SHS Wheat Grass is grown on fertile plains in Europe and is harvested while still young in order to capture its peak nutritional value. It is then processed at one of Europe's largest, highly innovative and most efficient dehydration facilities to be milled into a fine powder form.

### Standard use

Half to one level teaspoonful stirred into juice or water, twice a day. Start taking a small amount and increase slowly to avoid any possible temporary slight nausea because of the detox properties of wheat grass.

### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 1-3 months if and when it is felt to be desirable. Can be used at any time as a general supplement, perhaps alternating with Super Spirulina Tablets. A very nourishing herb.

### Cautions

None

### Companion Products

90-day Digestive Programme; Dig Capsules; Dig Drops; Mega-Ton Drops; Min/Vit Capsules; Nve-Restor Drops; Slippery Elm Capsules or Tea; Super Spirulina Tablets.

## Caps

## Powder



## Wild Yam

### Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C41-54  | 54 Capsules  | Usually lasts 18 days |
| C41-100 | 100 Capsules | Usually lasts 33 days |

#### Area concerned

The liver, muscle relaxation, muscles and joints, the female hormone system, adrenal glands.

#### Ingredients

Wild yam 325mg minimum per vegan capsule.

#### Description

Can help to balance the nerves and muscles of the liver, intestines, female reproductive organs and other areas. Women find that Wild Yam Capsules or Drops help them in general, especially with regard to the menstrual cycle and during the menopausal years. Also supports the smooth and relaxed functioning of muscles and joints. Can be a valuable support for the adrenal glands.

#### Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

#### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable. Can also be taken occasionally, as and when desired.

#### Cautions

Do not take during pregnancy.

#### Companion Products

90-day Menopause Programme; 90-day Menstrual Programme; Agnus Castus Capsules or Drops; Arth Capsules or Drops; BI-Circ Capsules; Cayenne Capsules; Dong Quai Capsules or Drops; Femarone Capsules or Drops; Femarone 40+ Capsules or Drops; Liv Capsules, Drops or Tea; Motherwort Capsules or Drops; Sage Leaf Capsules or Drops;

### Drops

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D34-50  | 50ml  | Usually lasts 28 days |
| D34-100 | 100ml | Usually lasts 55 days |

#### Area concerned

The liver, muscle relaxation, muscles and joints, the female hormone system, adrenal glands.

#### Ingredients

Wild yam fluid extract only

#### Description

Can help to balance the nerves and muscles of the liver, intestines, female reproductive organs and other areas. Women find that Wild Yam Capsules or Drops help them in general, especially with regard to the menstrual cycle and during the menopausal years. Also supports the smooth and relaxed functioning of muscles and joints. Can be a valuable support for the adrenal glands.

#### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

#### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable. Can also be taken occasionally, as and when desired.

#### Cautions

Do not take during pregnancy.

#### Companion Products

90-day Menopause Programme; 90-day Menstrual Programme; Agnus Castus Capsules or Drops; Arth Capsules or Drops; BI-Circ Capsules; Cayenne Capsules; Dong Quai Capsules or Drops; Femarone Capsules or Drops; Femarone 40+ Capsules or Drops; Liv Capsules, Drops or Tea; Motherwort Capsules or Drops; Sage Leaf Capsules or Drops;

### Caps

### Drops



## Wild Yam 40+

### Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C56-100 | 100 Capsules | Usually lasts 16 days |
| C56-200 | 200 Capsules | Usually lasts 33 days |

#### Area concerned

Often taken by menopausal or menstruating women.

#### Ingredients

(min per vegan capsule) Wild Yam 128mg, Motherwort 64mg, Dandelion Root 64mg, Sage 32mg and Rosemary 32mg

#### Description

Used by many menopausal women. This formula contains not only the popular herb wild yam, but extra herbs which have been selected to enhance wild yam's benefits. Together, they play a very supportive and beneficial role with regard to the female hormone system.

This is a valuable formula for women who are attracted to wild yam, but want something extra to enhance its benefits. The additional herbs are: motherwort, sage, dandelion root and rosemary. Also consider Femarone 40+ - which has been very successful - or the more holistic 90-day Menopause Programme, which is always our first recommendation.

#### Standard use

2 capsules, 3 times a day, taken with food or a drink. If desired, up to three times this amount can safely be taken.

#### How long to take it

Try taking daily for 4-6 months, then cutting down or leaving off completely. Thereafter, take if and when it is felt to be desirable. Also consider our 90-day Menopause Programme, a more holistic choice.

#### Cautions

Do not take if pregnant or nursing. Do not take with diuretic drugs.

#### Companion Products

90-day Menopause Programme; 90-day Menstrual Programme; 90-day Liver Programme; Agnus Castus Capsules or Drops; Dong Quai Capsules or Drops; Femarone Capsules or Drops; Femarone 40+ Capsules or Drops; Liv Capsules, Drops or Tea; Motherwort Capsules or Drops; Sage Leaf Capsules or Drops; Wild Yam 40+ Drops

### Caps

### Drops

| Code    | Size  | Duration              |
|---------|-------|-----------------------|
| D35-100 | 100ml | Usually lasts 28 days |
| D35-200 | 200ml | Usually lasts 55 days |

#### Area concerned

The female reproductive system, menopause

#### Ingredients

Herbal fluid extracts: 40% Wild Yam, 20% Motherwort, 20% Dandelion Root, 10% Sage, 10% Rosemary.

#### Description

Used by many menopausal women. This formula contains not only the popular herb wild yam, but extra herbs which have been selected to enhance wild yam's benefits. Together, they play a very supportive and beneficial role with regard to the female hormone system.

This is a valuable formula for women who are attracted to wild yam, but want something extra to enhance its benefits. The additional herbs are: motherwort, sage, dandelion root and rosemary. Also consider Femarone 40+ - which has been very successful - or the more holistic 90-day Menopause Programme, which is always our first recommendation.

#### Standard use

25-30 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

#### How long to take it

Try taking daily for 4-6 months, then cutting down or leaving off completely. Thereafter, take if and when it is felt to be desirable.

#### Cautions

Do not take if pregnant or nursing. Do not take with diuretic drugs.

#### Companion Products

90-day Menopause Programme; 90-day Menstrual Programme; 90-day Liver Programme; Agnus Castus Capsules or Drops; Dong Quai Capsules or Drops; Femarone Capsules; Femarone 40+ Capsules or Drops; Liv Capsules, Drops or Tea; Motherwort Capsules or Drops; Sage Leaf Capsules or Drops; Wild Yam 40+ Capsules

### Drops



## W-Los

### Caps

| Code    | Size         | Duration              |
|---------|--------------|-----------------------|
| C84-100 | 100 Capsules | Usually lasts 33 days |

#### Area concerned

Body weight, detox.

#### Ingredients

(min per vegan capsule) Kelp 128mg, Buckthorn 32mg, Spirulina 32mg, Cinnamon 32mg, Licorice 32mg, Poke Root 32mg, Dandelion Root 32mg.

#### Description

This product, and also the W-Los Tea, are recipes given by herbalist Michael Tierra. W-Los Capsules are designed to support the metabolism (Kelp is a main ingredient), maintain water balance (dandelion), and support elimination channels (buckthorn). It will help maintain a balanced body weight as part of an overall approach, which should include dietary reassessment and plentiful exercise. Psychological factors are very often involved in maintaining desirable body weight, as is maintaining good flow of lymphatic fluids. Counselling may be of help; and massage, saunas, and exercise will help maintain circulation of the lymphatic fluid.

#### Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to twice this amount can safely be taken.

#### How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

#### Cautions

Do not use if pregnant or nursing or with diuretic drugs.

#### Companion Products

Kid Capsules, Drops or Tea; Lym Capsules or Drops; Thy 1 (Under) Capsules or Drops; Thy 2 (Balancing) Capsules; Kelp Capsules; Super Spirulina Tablets; W-Los Tea.

### Tea

| Code | Size | Duration         |
|------|------|------------------|
| T15  | 70g  | Lasts 14-28 days |

#### Area concerned

Body weight, detox.

#### Ingredients

Cleavers, Chickweed, Fennel Seeds.

#### Description

This product, and also the W-Los Capsules, is given by Michael Tierra. W-Los Tea can help to maintain a healthy body weight.

#### Standard use

Make using 1 teaspoon to 1 mug of boiling water. Leave to infuse for a few minutes and strain. Honey can be added, drink as often as desired.

#### How long to take it for

Take for a course of 3-4 months, or as and when desired.

#### Cautions

Do not take with diuretic drugs. Do not take if pregnant.

#### Companion Products

Kid Capsules, Drops or Tea; Lym Capsules or Drops; Thy 1 Capsules (Under) or Drops; Thy 2 (Balancing) Capsules; Kelp Capsules; Super Spirulina Tablets: W-Los Capsules.

### Caps

### Tea