

# **Natural Remedies for Common Health Conditions**



**A guide to herbs and supplements  
for specific health problems.**

**by Steven H. Horne**

# Introduction

Herbs have been used as man's medicine and food for thousands of years. They are not primitive substitutes for modern drugs. In fact, they do not work like chemical drugs at all.

Plants contain the principle of life, something synthetic chemicals will never possess. They were designed by the Creator to work in harmony with the natural processes of our bodies. While most modern medicines are designed to suppress symptoms, herbs support the natural function of body systems and help the body heal itself.

This booklet is a guide to herbs and nutritional supplements which have been used to help various disease conditions. The secret to successful herb therapy is to find out which systems are out of balance and take the appropriate herbs and supplements to balance those systems. Hence, for many conditions I have indicated different possible causes and various remedies for each underlying cause.

For example, high blood pressure can result from hardening of the arteries, kidney problems, liver problems and stress. Therefore, I have recommended remedies for each of these underlying causes. Similarly, fatigue can have over a dozen different causes and I have suggested different possibilities for each cause.

Herbs and supplements by themselves are not sufficient to restore a person to complete health. Proper diet, rest, exercise, mental attitudes and other factors are also important. This booklet also provides some basic suggestions for other natural therapies which can aid certain disorders.

A small booklet such as this is completely inadequate to answer all the questions a person might have about various disease conditions. However, it does serve as a handy, quick reference to many common health problems. For more detailed information, let me recommend my course, *The Body System's Approach to Natural Healing*. It will provide more detailed information on how to use herbs and supplements effectively.

To learn how to better determine which body systems are out of balance in a given individual, I have compiled a more advanced course, *The Master of Holistic Healing Course*. This program does not provide the detailed product information which the Body System's course does. Instead, it focuses on constitutional analysis, body typing, muscle testing and iridology as assessment tools.

## — A —

### **Acid Indigestion**

Carminatives and stomachics (Safflowers, Catnip, Catnip and Fennel, Peppermint oil) help to settle the stomach. Stomach Comfort and calcium neutralizes excess stomach acid. Red Raspberry Blend may also help.

### **Acne**

Acne is a sign of a general toxic condition of the blood. To clear up acne, start by cleansing the colon (Aloe Vera, Chickweed, Psyllium, Special Formula #1, Tiao He Cleanse, etc.). Also use blood purifiers (Dandelion, Burdock, Red Clover, Yellow Dock, BP-X, Daily Enviro Detox ). In teenagers, acne can be a sign of hormonal problems. Try adding glandulars for females (C-X, FC w/Dong Quai, FCS-II) or males (PS-II or X-A) to the program. Large doses of vitamin A sometimes prove helpful. The thyroid may be involved (Kelp, TS-II, KC-X). Reducing fat intake and otherwise improving one's diet is a must for a complete cure. Cat's Claw Combination (Una de Gato) may also help.

### **Addictions**

To help someone going through drug withdrawal try nervines (Catnip, STR-J, RE-X), blood purifiers (Chaparral, Burdock, BP-X, BP-C) and blood sugar regulators (Licorice Root, Chromium). These help to ease withdrawal symptoms. Seek appropriate assistance for serious addictions.

### **Aging**

The following may help slow the aging process or reduce its effects: Gotu Kola, Siberian Ginseng, IMM-C, GGC, Master Gland, X-A, L-Glutamine, Melatonin, Pantothenic Acid, Chelated Cell Minerals, Mineral Maintenance, Suma Combination, Barley Juice Powder, Target Defense. Mega-Chel makes an excellent vitamin and mineral supplement for elderly persons.

### **AIDS**

To help boost the immune system use: Immune Maintenance, THIM-J, Target Defense, Pau d'Arco, BP-X, Barley Juice Powder, VS-C, Suma combination, Red Root and Super Algae. A candida control program may be helpful. These are not magic bullets for curing AIDS, but they can be helpful in conjunction with an overall health program (diet, exercise, positive attitude, etc.).

## **Alcoholism**

Kudzu/St. John's Wort helps reduce alcohol cravings while lessening withdrawal symptoms. Also consider nervines (Scullcap, Passion Flower, Valerian, Chamomile, Nutri-Calm, HVS, RE-X, Eight), liver formulas (BP-C, LIV-A, LIV-J) and blood sugar balancers (Licorice). The following nutrients are also reported to be helpful: Black Currant Oil, Magnesium, B-Complex, L-Glutamine. Hops may help beer drinkers.

## **Allergies, Food**

Food allergies may indicate: a need for digestive enzymes (Proactazyme, Leguzyne, Lactase Plus, Food Digestive Enzymes); a lack of trace minerals (Aromin); or liver problems (BP-C, LIV-C, LIV-J). Eating very, very tiny amounts of the offending food and gradually increasing the amount over time may also be helpful.

## **Allergies, Respiratory**

Respiratory allergies may be aided by expectorants and decongestants (Four, Lobelia, SN-X, BRN-AV, AL-J, LH) which break up mucus and help to expel it from the body. Bowel cleansing (Tiao He Cleanse, Hydrated Bentonite, Special Formula #1) is a must for complete relief. Thyroid support (KC-X, TS-II W/Hops) and blood purifiers (Burdock, BP-C, Milk Thistle Combination) may also help. Allergies to pollen may be helped by taking bee pollen (start with very tiny amounts and gradually increase dose—locally gathered pollen works best). A Candida Control Program (See page 6) may also be helpful.

## **Alzheimer's Disease**

Improve circulation to the brain and chelate toxic metals with an Oral Chelation Program (See page 16). Research suggests Ginkgo Biloba may be helpful. Gotu Kola, Ginkgo/Gotu Kola, Vitamin B-12, Lecithin and purified water may also help.

## **Angina**

Seek appropriate medical attention. Supplements which may help include Hawthorn Berries, HS-II, CoQ-10 Plus and Blessed Thistle.

## **Anorexia**

Seek appropriate medical attention. To stimulate appetite taste bitter herbs (Golden Seal, Gentian) about 20 minutes prior to eating. Carminatives and stomachics may also stimulate appetite when taken as teas prior

to eating (AG-X, AG-C, Chamomile). Support the nervous system (STR-J, NutriCalm), the heart (Combination Potassium, HS-II) and stabilize blood sugar levels (Licorice, HY-A).

### **Antibiotic**

The following can help to fight infection in place of antibiotics: Garlic, Goldenseal, Tea Tree Oil, IN-X, IGS-II, HIGS-II, Oregon Grape. If the infection is bad enough to require antibiotics from the doctor take Pau d'Arco and Acidophilus afterwards to prevent yeast infections.

### **Aphrodisiac**

To help stimulate sexual drive in men try X-Action (men's), X-A, Sarsaparilla, Ginseng or Achieve w/Yohimbe. To help stimulate sexual drive in women try X-Action (women's), Damiana, X-A, KC-X, Vitamin E, C-X, Black Cohosh or Siberian ginseng.

### **Arteriosclerosis**

Follow the Oral Chelation Program (See page 16). For prevention: use Garlic, Capsicum, Chromium, Lecithin, Hongqu (Chinese Red Rice) and drink pure water.

### **Arthritis**

Use anti-inflammatories (JNT-AV, JNT-A, Cat's Claw Combination (Una de Gato) Yucca, Target Defense, Evening Primrose Oil, Germanium Combination), blood purifiers (Special Formula #1, Burdock, Chaparral, Sarsaparilla, Safflowers, Pau d'Arco) and tissue healers (Alfalfa, Comfrey, Aloe Vera, BON-X, HSN-W, Herbal CA, Calcium w/Magnesium, Glucosamine Sulfate, Chondroitin). A program that combines these factors is JNT-Ease. For topical pain relief try: Capsaicin gel, Tei Fu oils. Internally for pain try: Feverfew, Valerian Root, APS-II w/White Willow, Eight, VAL Extract. To dissolve calcium deposits add Hydrangea and MegaChel. Use Licorice Root as an alternative to cortisone. The following may also be helpful: drink purified water, eliminate nightshades from the diet (potatoes, tomatoes, peppers, capsicum, eggplant, etc.) and reduce meat consumption. A juice fast is also helpful.

### **Asthma**

As a bronchial dilator Lobelia cannot be surpassed. AL-C or VAL Extract may also help acute asthma attack. Other respiratory combinations which may help to clear the lungs include: Fenugreek, Garlic, Yerba

Santa, Marshmallow and Fenugreek, Fenugreek and Thyme, Four, BRN-AV or AL-J. Colon cleansing may be helpful. Adrenal support (Licorice Root), adaptogens (Wild American Ginseng) and nervines (Eight) may also prove helpful. Also consider Cat's Claw Combination (Una de Gato)

## — B —

### **Backache**

Strengthening the kidneys (KB-C) and drinking more pure water often helps backache. Calcium (Calcium w/Magnesium, Herbal CA, SKL) are also helpful for some people. APS-II w/White Willow may help the pain. For an herbal back adjustment massage Capsicum and Lobelia extracts along spine and follow with Tei Fu Oils.

### **Bites and Stings**

The following herbs have been applied to bites and stings to relieve pain, itching and swelling: Aloe Vera, Comfrey, Lobelia essence, CBG extract, Tei Fu oils, Herbal Trim, Activated Charcoal, Healing AC Cream. The following can be helpful either internally or externally: Echinacea, Black Cohosh, Vitamin E and massive doses of Vitamin C.

### **Bladder Problems**

The following have been used for bladder infections: KB-C, Uva Ursi, Golden Seal, JP-X, Vitamin C, White Oak Bark, Cranberry/Buchu, URY. For recurring bladder infections try a Candida Control Program.

### **Bleeding**

To stop external or internal bleeding use astringents (White Oak Bark, Bayberry, Uva Ursi) and/or Capsicum. Combination U is good for internal bleeding. To help prevent bleeding take Vitamin C, Capsicum, Citrus Bioflavonoids. For serious bleeding, seek appropriate medical attention.

### **Blood Pressure, High**

High blood pressure is aided by circulatory herbs (Garlic, Hawthorn Berries, Capsicum, Capsicum Garlic and Parsley, GC-X, HS-II), diuretics (Dandelion, Cornsilk) and nervines (Passion Flower, HVS, NutriCalm) depending on the cause. Liver herbs (Barberry, BP-X) may also prove helpful. An Oral Chelation Program often is the permanent solution. Other possible aids for high blood pressure are CoQ-10 Plus, Cat's Claw Combination (Una de Gato), Chromium, Combination Potassium, Eve-

ning Primrose Oil, and Calcium w/Magnesium.

### **Blood Pressure, Low**

The following may help low blood pressure: Capsicum, Dandelion, TS-II W/Hops, Ginkgo/Hawthorn, Licorice Root, Ginseng.

### **Bronchial Congestion**

Use nervines (Passion Flower, Lobelia) and expectorants (AL-C, Yerba Santa, BRN-AV, AL-J). See “Bronchitis.”

### **Bronchitis**

Use expectorants (Mullein, Marshmallow, LH, GRH-X, Four, Marshmallow and Fenugreek, Yerba Santa, Garlic, BRN-AV, AL-J). Infection fighters (Golden Seal, Vitamin A&D, IN-X, IGS-II, HIGS-II) may also help. Nervines may be helpful for coughs and bronchial spasms (CBG, Lobelia, Blue Vervain, Black Cohosh).

### **Bruises**

To treat bruises try the following internally: Butcher’s Broom, Burdock, Comfrey, Lobelia, L-Glutamine, Crisis Remedy. Externally, apply Tei Fu Essential Oils. To prevent easy bruising use Citrus Bioflavonoids, Vitamin C or Butcher’s Broom internally.

### **Burns and Scalds**

Apply Aloe Vera, Tea Tree Oil, honey or pure vanilla extract externally for burns and scalds. The following herbs may be also be moistened and applied externally: Burdock, Chickweed, Comfrey, Slippery Elm or crushed Zinc tablets.

## **— C —**

### **Cancer**

Cancer is a run-down condition of the entire body and requires attention to the total health of the individual, including diet, exercise and emotional healing. Natural therapy for cancer should include blood purifiers and immune-boosting agents, digestive enzymes and general cleansing. The following are most commonly used: E-Tea, Red Clover Blend, Special Formula #1, SC w/Shark Cartilage, Cat’s Claw Combination (Una de Gato), Anamu and Pau d’Arco. Other supplements which may be helpful include: Zinc, THIM-J, Papaya Mint, BP-X, Food Enzyme

Digestion Aid, PDA, Flax Seed Oil, Germanium Combination, Melatonin, C-Herb, Essiac, Daily Enviro Detox, Super Algae, Morinda or Noni, and Proactazyme. Chickweed has been used to dissolve fatty tumors. See also "Chemotherapy, Side Effects."

### **Cancer, Prevention of**

For prevention of cancer the following have been used: Target Defense, Vitamin A&D, Marshmallow and Pepsin, Parsley, Selenium, Vitamin C, Beta-Carotene, Defense Maintenance.

### **Candida Control Program**

Dietary changes are a must. Eliminate all refined sugars and carbohydrates (sugar, white flour, white rice, etc.) Focus the diet on whole grains, vegetables and protein. Moderate amounts of whole fruits can be tolerated by most people, but avoid fruit juices. The following help to control or destroy yeast: Pau d'Arco, Candida Formula, Acidophilus, Caprylic Acid and Garlic. Externally, Tea Tree Oil and Peppermint Oil help. The following help to rebuild the immune system: Black Currant Oil, Germanium Combination, Evening Primrose Oil, Defense Maintenance, THIM-J. Lavender or Tea Tree oil baths may also be helpful.

### **Chemotherapy, Side Effects**

The following have been used to ease side effects of chemotherapy: mucilants to soothe irritated digestive membranes and settle the stomach (Slippery Elm, Aloe Vera) and antioxidants to slow free radical damage from chemotherapy and radiation (Vitamin E, B-Complex, Cat's Claw Combination (Una de Gato), Target Defense, Vitamin C, Pycnogenol). Pau d'Arco tea may also be helpful .

### **Chest Pain**

Although chest pain may be an indication of heart problems (seek appropriate medical assistance), it is often an indication of stress (Nutri-Calm, STR-J) or gall bladder problems. May also be respiratory (Marshmallow and Fenugreek, LH).

### **Childbirth**

Prior to labor to prepare for childbirth use Red Raspberry or Red Raspberry Blend to strengthen uterine muscles. During the last five weeks take 5-W to prepare for labor. During labor Blue Cohosh helps to strengthen contractions, Lobelia or APS-II w/White Willow may ease



pain and Red Raspberry Blend, Vitamin C, Vitamin E and Liquid Chlorophyll can help to increase energy.

### **Cholesterol, High**

Mucilants (Nature's Three, Chickweed, Activated Charcoal, Psyllium Hulls) absorb cholesterol from bile and expel it from the body. Hongqu helps prevent the liver from manufacturing excess cholesterol. Other possible aids include: Niacin, Flaxseed Oil, Lecithin, Omega-3 EPA, Cat's Claw Combination (Una de Gato), Evening Primrose Oil, Vitamin C, MegaChel and HS-II.

### **Chronic Fatigue Syndrome**

Try glandulars (Bee Pollen, Licorice Root, Spirulina, ENRG-V, X-A, MasterGland, Kelp, KC-X, HS-C) and immune system boosters (THIM-J, Cat's Claw Combination (Una de Gato), IMM-C). Adaptogens (Suma Combination, Mind Max, Ginkgo/Gotu Kola) may also be helpful. Lots of rest and emotional healing may also be helpful. (See also "Fatigue")

### **Colds**

The following are general remedies for colds: CC-A, Elderberry Combo, Capsicum, Ginger, Red Raspberry, CBG, FV, GRH-X and Vitamin C. For aches and pains associated with colds try APS-II w/White Willow (Pain), Chamomile or Valerian Root. To help break up mucus use Bayberry, Red Root, Garlic, LH, Yerba Santa or Lobelia. To build the immune system Rose Hips, Target Defense or THIM-J may be helpful. To fight secondary bacterial infection try any of the following: Echinacea, Golden Seal, Golden Seal/Parthenium, HIGS-II, IGS-II or Garlic. Tei Fu Essential Oils can be used as an inhalant to relieve sinus pressure. SN-X is a natural antihistamine and alternative to over-the-counter cold remedies. If the cold is accompanied by a fever Boneset, Yarrow or IF-C may help. For children, Chewable Children's Elderberry Plus may be useful.

### **Colic**

All of the following have been used to help colicky infants: Catnip and Fennel, Catnip, Chamomile, Lobelia and Peppermint Oil (rub on stomach).

### **Congestion, Respiratory**

Expectorants (Fenugreek and Thyme, Lobelia, Yerba Santa, Garlic, AL-C, BRN-AV, Four, AL-J) help clear congestion temporarily. Improv-

ing digestive function (AG-C, Proactazyme, Food Digestive Enzymes) and colon cleansing (Tiao He Cleanse, Cascara Sagrada, Psyllium Hulls Combination) are more long term solutions. SN-X is a natural antihistamine and Tei Fu Essential Oils may be inhaled for temporary relief.

### **Constipation**

The best way to relieve constipation is to drink lots of pure water and take a bulk (fiber) laxative (Psyllium Seed, Psyllium Hulls, Nature's Three, Slippery Elm). Eat more fruits and vegetables and eliminate refined flours and heavy meat and dairy consumption. Stimulant laxatives (Cascara Sagrada, LB Extract, LB-X, Senna Combination, LBS-II) may provide temporary relief but are not the long term solution. For a spastic (erratic or irregular) colon try Magnesium or Lobelia. Improving digestion with enzymes and aiding liver function (Burdock, BP-C, Barberry) may also help. Other possible aids include Acidophilus, Tiao He Cleanse, CLT-X, Herbal Pumpkin, HY-C, SF and Special Formula #1, Chewable Bifidophilus for Kids.

### **Cough**

To help expel mucus and irritants from the lungs (making the cough productive), use expectorants (BRN-AV, AL-J, Yerba Santa, Garlic, Lobelia). For a dry cough consider Four, HY-C or Lobelia. To soothe throat tickle suck on Licorice Root or Slippery Elm. For a nervous cough use VAL Extract or Lobelia. Other possible cough aids include Mullein, LH-C, AL-C, Tei Fu Essential Oils (rub on chest), Garlic oil (internally and rub on chest), LH and SN-X.

### **Cramps**

The following may be helpful for cramps: Calcium w/Magnesium, Magnesium, Herbal CA, Black Cohosh, Ginger, Hops, Valerian Root and Lobelia.

### **Croup**

The following have been used for croup: Garlic, Lobelia, Mullein, Blue Vervain. Catnip has been used for an enema. Tei Fu Essential Oils may be used as an inhalant or chest rub. Garlic oil is useful as a chest rub, too.

## **Cuts**

Astringents (Bayberry, Yarrow, Calendula) help to stop bleeding. So does Capsicum. The following may speed healing when applied topically: PLS-II (moisten powder with Aloe Vera juice or water), Tei Fu Essential Oils, Vitamin E and Tea Tree Oil.

## **Cysts**

The following may help cysts to heal: K, Cat's Claw Combination (Una de Gato), Special Formula #1, Combination Potassium, Peppermint Oil, Vitamin E, Vitamin A&D and Plantain.

## **— D —**

### **Dandruff**

Jojoba oil rubbed into the scalp may relieve dandruff problems. Dandruff can be related to stress (B-Complex, NutriCalm) and candida (See "Candida Control Program"). Also consider Black Walnut extract or Bayberry tea externally and HSN-W internally.

### **Depression**

St. John's Wort is a popular remedy for depression. 5-HTP Power may also help. Can be a sign of a weakened liver (Blessed Thistle, BP-C, AD-C) or nervous system problems (B-Complex, Magnesium, NutriCalm, Vitamin B-6, STR-J). Also consider thyroid problems (KC-X), circulatory problems (Iron, Niacin, Ginkgo Biloba) and adaptogens (IMM-C, Siberian Ginseng, Gotu Kola, Wild American Ginseng). Black Cohosh helps postpartum depression.

### **Diabetes**

Diabetes is a serious disorder. Seek appropriate medical assistance. Major herbs and formulas used historically to treat diabetes include Target P-14, P-14, PBS, Nopal, NBS-AV, Morinda or Noni, Chromium and Goldenseal. Goldenseal helps to lower high blood sugar levels like insulin. Eliminate all refined carbohydrates and simple sugars. A diet of non-starchy vegetables (squash, string beans, lettuce, etc.) is also helpful. MegaChel, Garlic and Hawthorn may be helpful for circulatory problems arising from diabetes. Other possible aids include: Spirulina, Juniper Berries and Uva Ursi.

## **Diarrhea**

Diarrhea is treated herbally with bulking agents (Psyllium Hulls, Activated Charcoal, Nature's Three, Hydrated Bentonite, Slippery Elm, Bowel Build, Psyllium seed, Marshmallow) and/or astringents (Yarrow, Bugleweed, Red Raspberry Blend, White Oak Bark, Blackberry root). Golden seal helps giardia. For diarrhea in children first try Slippery Elm and Red Raspberry Blend. If this doesn't work try Activated Charcoal. Replace lost electrolytes with Combination Potassium. To help prevent diarrhea while traveling take Acidophilus. For prevention in children use chewable Bifidophilus for Kids.

## **Drug Withdrawal**

The following have been used to aid in cases of drug withdrawal: Chamomile, HVS, RE-X, Chaparral, Eight, NutriCalm, L-Glutamine, B-Complex and Licorice. (See also "Addictions")

## **— E —**

### **Ear Infection or Earache**

The following have been used in the ear to relieve pain and speed healing (warm before placing in ear): Lobelia, Garlic Oil, CBG, Aloe Vera and Tea Tree Oil. The following have been used internally to aid earaches: Echinacea, HIGS-II, IGS-II, IN-X, Golden Seal, Mullein, BRN-AV, and AL-J. For recurring earaches consider a Candida Control Program (See page 6) and possible food allergies (wheat, dairy, etc.).

### **Emotional Problems**

The following may aid recovery from various emotional problems: NutriCalm, IMM-C, Scullcap, HS-C, STR-C, Crisis Remedy. Flower essences and aromatherapy are also helpful.

### **Emphysema**

Seek appropriate medical assistance. LH-C, Mullein and Comfrey may help emphysema. Other products to consider: IN-X, LH, Marshmallow and Fenugreek, BRN-AV, AL-J, Marshmallow, Lobelia, Fenugreek, Echinacea.

### **Exhaustion**

Besides lots of rest, the following may aid cases of exhaustion (extreme fatigue): IMM-C, Cat's Claw Combination (Una de Gato), Aromin,

HS-C.

## **Eye Problems, General**

The following are useful for general eye problems such as tired eyes, sore eyes and eye infections: Eyebright, EW, Germanium Combination, Marshmallow, Chickweed, Vitamin A, MegaChel, Pycnogenol, Golden-seal and Eyebright Plus with Lutein.

## **— F —**

### **Fatigue**

A general energy formula is ENRG-V. There are many other products which may help fatigue, depending on the cause—low thyroid (TS-II, Kelp, KC-X, Target TS-II), adrenal weakness or blood sugar imbalances (Siberian Ginseng, Chromium, Pantothenic Acid, Licorice Root, GGC, Wild American Ginseng, Suma Combination), anemia (I-X, Iron), lowered immune response (IMM-C, Cat's Claw Combination (Una de Gato), Spirulina, Bee Pollen), lack of sound sleep (HVS, Aromin, HS-C), liver problems which cause "nighthawk" behavior followed by morning sluggishness (LIV-C, BP-C) or fatigue coupled with depression (AD-C), digestive problems which cause fatigue after eating (Food Digestive Enzymes, AG-C, Proactazyme, Leguzyme), nervous exhaustion or burnout (HS-C, Aromin, B-Complex, NutriCalm), poor circulation (Capsicum, Ginger, Garlic and Parsley, HS-II, CoQ-10 Plus, Niacin), fatigue while fasting (Fasting Plus).

### **Female Problems**

The following have been used to correct various female problems: FCS-II, FC w/Dong Quai, Monthly Maintenance, Comfrey, Damiana, Dong Quai, Licorice Root, Red Raspberry, Yarrow, Cat's Claw Combination (Una de Gato), Blessed Thistle and False Unicorn. Also look up specific problems (menstruation, menopause, etc.).

### **Fever**

Many people have found Garlic or Catnip tea enemas extremely effective in relieving fevers, especially in children. Yarrow, Capsicum, Peppermint and Boneset taken as warm teas can help promote perspiration and thus break a fever, especially when combined with a warm bath. The following help fight infection associated with fever: Garlic, IN-X, HIGS-II, IGS-II or Echinacea. For fever with chills, IF-C may be helpful.

## **Flu**

Three of the best flu remedies are FV, Ginger and Peppermint Oil. Other possible aids include: Aloe Vera, Boneset, Catnip, Red Raspberry, AG-C, Chewable Children's Elderberry Plus and Yarrow. For aches associated with the flu try APS-II w/White Willow.

## **Food Poisoning**

The following have been used to aid cases of food poisoning: Lobelia (induces vomiting), Activated Charcoal and/or Hydrated Bentonite (to absorb irritants) and LIV-C or BP-C (to support liver). Taking Acidophilus and PDA can help prevent food poisoning.

## **— G —**

### **Gas**

The most common remedies for gas include: AG-X, AG-C, Peppermint oil, Catnip and Fennel. A drop of peppermint oil in a glass of warm water can provide fast relief. Activated Charcoal can absorb severe intestinal gas. For gas in children try Catnip and Fennel, Chamomile, Safflowers, Chewable Bifidophilus for Kids (see also "Colic"). Leguzyme can help prevent gas when eating beans and other gas causing foods. Other digestive aids (Papaya Mint, Food Enzyme Digestive Aid, PDA) may also help to prevent gas.

### **Gonorrhea**

The following have been used to treat gonorrhea: K, Uva Ursi, Marshmallow, Golden Seal, Black Cohosh. A prescription antibiotic should probably be taken with this disease. Consult a physician.

### **Gout**

The following have been used to aid gout: JNT-AV, JNT-A, Alfalfa, Chickweed, Red Clover, Safflowers. Reducing meat and dairy consumption, while increasing intake of fruits and vegetables and pure water is also important.

### **Gum Disease**

The following have been used to treat and prevent gum disease: Black Walnut, Citrus Bioflavonoids, Vitamin C, and CoQ-10 Plus. Aromin works well as a mouth rinse for bleeding gums. IF-C helps reduce inflammation of the gums. Bleeding gums may be helped by brushing with

a mixture of White Oak Bark and Black Walnut.

## — H —

### **Hayfever**

The following have been used for hayfever: Feverfew, Cat's Claw Combination (Una de Gato), Comfrey, Chickweed, LH, Four, Marshmallow and Fenugreek, SN-X, BRN-AV, AL-J, Yerba Santa, Bee Pollen.

### **Headaches**

The following may be helpful for relieving a headache: APS-II w/ White Willow, Lobelia, HVS, Wood Betony, Valerian and Eight. Tei Fu Essential oils and/or lobelia and capsicum extracts (combined) may be applied topically to neck, shoulders and temples to help relieve headaches. The following may also help prevent headaches (depending on the cause): IF-C, AD-C, STR-C, Passion Flower, Feverfew, Ginkgo Biloba and drinking more pure water.

### **Heart Attacks**

Capsicum extract or powder placed in the mouth may aid heart attack victims while seeking appropriate medical assistance. To prevent heart attacks or aid in recovery, consider: Magnesium, Hawthorn, HS-II, MegaChel, CoQ-10 Plus.

### **Heart Disease**

The following may aid in strengthening a weak or diseased heart. HS-II, Hawthorn Berries, MegaChel, CoQ-10 Plus, Bugleweed, Evening Primrose Oil, Flax Seed Oil, Germanium Combination, Kelp, Wild American Ginseng, Lecithin, Omega-3 EPA, Vitamin E, Ginkgo/Hawthorn, and L-Carnitine.

### **Heartburn**

The following may help prevent or relieve heartburn: Aloe Vera, Catnip, Calcium, AG-X, Papaya Mint, Marshmallow and Pepsin, Gentian.

### **Hemorrhage**

The following may help to arrest internal bleeding while seeking appropriate medical assistance: White Oak Bark, Capsicum, Golden Seal, Bayberry, Uva Ursi. Remove powders from capsules and place directly in mouth.

## **Hemorrhaging, Uterine**

The following may help stop uterine hemorrhage: False Unicorn, Bayberry, Capsicum, White Oak bark. Use powder from capsules placed directly in mouth or use tea as a douche. Seek appropriate medical assistance.

## **Hemorrhoids**

The following have been taken internally to help heal hemorrhoids: astringents (White Oak Bark, Uva Ursi, Butcher's Broom), mucilants (UC3-J, Psyllium Hulls, UC-C, Nature's Three, Slippery Elm, Chickweed), tissue healers (Citrus Bioflavonoids, Calendula, Capsicum) and laxatives (Nature's Three, Psyllium Hulls, Cascara Sagrada). Topically, the following have been used: Black Ointment, White Oak Bark.

## **Hepatitis**

Seek appropriate medical assistance. The following may be helpful in aiding recovery: BP-C, LIV-C, Germanium Combination, LIV-A, Yellow Dock, Spirulina, Lobelia, Licorice Root, Dandelion, Bayberry, THIM-J, Fasting Plus.

## **Hernias**

The following have been used to aid in the healing of hernias: UC-C, Red Raspberry, PLS-II, BON-C, Herbal CA.

## **Hot Flashes**

The following hormonal herbs have all been used to aid hot flashes: Flash Ease, Pro-G-Yam Cream, Wild Yam/Chaste Tree, C-X, FCS-II, FC w/Dong Quai, Damiana, HY-C, X-A, 5-W, Master Gland, Licorice. Also consider trace minerals (Aromin), blood purifiers and liver herbs (BP-C, LIV-C, LIV-J), colon cleansing (Tiao He cleanse) and vitamin E.

## **Hyperactivity**

Hyperactivity may be a sign of blood sugar problems (Licorice Root, HY-A), nervous tension (NutriCalm, B-Complex, HVS, Lobelia, STR-J, Chamomile) or thyroid problems (TS-II W/Hops). Also consider food allergies.

## **Hypoglycemia**

It is very important to eliminate sugar and refined carbohydrates from the diet. Eat small, frequent meals. Also avoid stimulants like caffeine.



Licorice Root and Stevia help stabilize blood sugar levels. HY-A and P-14 help rebuild the adrenals and pancreas. Other possible helps include: Chromium, Protein Powder, Target P-14, Stevia, L-Glutamine, LIV-C, Spirulina, BP-C and HY-C.

## — I —

### **Immune Deficiency**

C, IF-C, CoQ-10 Plus, Cat's Claw Combination (Una de Gato), Vitamin A&D, Beta-Carotene, Germanium Combination, Zinc, Chewable Children's Elderberry Plus, Super Algae, Melatonic and Suma Combination.

### **Impotency**

The following have been used to help impotency in men: hormonals (X-A, C-X, Siberian Ginseng, Wild American Ginseng, Damiana, Achieve w/Yohimbe), prostate remedies (Men's Formula, P-X, PS-II) and others (KB-C, HS-C, IMM-C, MegaChel).

### **Indigestion**

The following are used to prevent or treat indigestion: Food Enzyme Digestion Aid, AG-X, Papaya Mint, Catnip and Fennel, Alfalfa, PDA, Aloe Vera, Marshmallow and Pepsin, AL-J, UC-C, Slippery Elm, Safflowers, Ginger, Gentian, Fenugreek, Fennel, Chamomile and Capsicum. For indigestion when eating fats consider a gall bladder flush and BLG-X or Hi Lipase. For indigestion when eating proteins use PDA, Proactazyme or Papaya-Mint. For indigestion when eating beans or vegetables try Leguzyme.

### **Infection**

All of the following have been used for infection: IN-X, IGS-II, HIGS-II, Golden Seal/Parthenium, Golden Seal, Garlic, Capsicum, Garlic Oil, Echinacea, Target Defense, Germanium Combination, Vitamin C, Beta-Carotene, Vitamin A&D, Capsicum Garlic and Parsley, Rose Hips, Kelp, THIM-J. For topical application for infection try Garlic Oil, Pau d'Arco Lotion, Tea Tree Oil or Black Walnut extract. For recurring infections consider a Candida Control Program and immuno-stimulants (Immune Maintenance, IMM-C).

## **Infertility**

For female infertility try C-X, X-A, FC w/Dong Quai, FCS-II, Aromin, Damiana and/or Vitamin E. For male infertility consider: X-A, Siberian Ginseng, Wild American Ginseng, Vitamin E, Damiana and/or KB-C.

## **Inflammation**

The following all have anti-inflammatory effects: IF-C, Pycnogenol, Yarrow, Licorice, Butcher's Broom, Zinc, Target Defense, PLS-II, Yucca, Golden Seal, Comfrey, Chamomile.

## **Insomnia**

The following have been used to help a person relax and fall asleep: Kava Kava, 5-HTP Power, HVP, Valerian Root, Melatonin, Scullcap, Passion Flower, Lobelia, Hops, Chamomile, Catnip, RE-X, VAL Extract and Aromin Nite. Licorice root and HS-C are helpful for difficulty staying asleep or restless sleep. Nervous energy at bedtime followed by a "groggy" feeling in the morning may indicate liver problems. Try, LIV-C or AD-C.

## **— J —**

### **Joint Pain**

The following may help to relieve joint pains: K-C, BON-X, KB-C, JNT-A, JNT-AV, Alfalfa, Yucca, Chondroitin, Collatrim, Glucosamine Sulfate. Topically, Capsaicin Gel or Tei Fu oils may be helpful.

## **— K —**

### **Kidney Problems**

Start by reducing meat and protein consumption and drinking more pure water. KB-C and parsley are good for strengthening weak kidneys. Other general kidney aids include: Marshmallow, HY-C, K-C, Peach Bark, Cornsilk, JP-X, URY, Burdock, Damiana, K, Yarrow.

## — L —

### **Labor**

Blue Cohosh and Red Raspberry can help stimulate contractions during labor. Liquid Chlorophyll and Vitamin C can help keep up a woman's strength during labor. Red Raspberry, Lobelia and Slippery Elm may help with labor pains.

### **Liver Problems**

The following have been used for various liver problems: Oregon Grape, Garlic, Yellow Dock, LIV-A, Dandelion, BLG-X, Burdock, Barberry, Fasting Plus, LB-X, LIV-C, BP-C, Combination Potassium, BLG-X. A gall bladder flush may be helpful.

## — M —

### **Memory Problems**

The following may help improve memory: GGC, Gotu Kola, Blessed Thistle, L-Tryptophan, HS-C, IMM-C, HY-C, Lecithin, Vitamin B-12, Ginkgo/Hawthorn, Super Algae and MegaChel.

### **Menopause**

The following have been taken to help regulate female cycles during menopause: C-X, FC w/Dong Quai, Vitamin E, L-Glutamine, X-A, FCS-II, Dong Quai, Black Cohosh, Wild Yam/Chaste Tree Combination.

### **Menstrual Problems, General**

The following have been used to help normalize the menstrual cycle: FCS II, FC w/Dong Quai, C-X, Wild American Ginseng, LIV-C, BP-C, Dong Quai.

### **Migraine**

The following have been used for migraine headaches: Lobelia, Feverfew, Wood Betony, Scullcap, Dong Quai, Fenugreek and Thyme, Magnesium, Niacin and Ginkgo Biloba. Feverfew has been taken daily to relieve some types of migraine headaches. Tei Fu Oils applied to neck, shoulders and temples have also helped migraine sufferers. Feverfew can be taken daily as a preventative for some types of migraine headaches. Other migraines may be prevented by regular use of Ginkgo. Also

consider the possibility of food allergies (See "Allergies, Food) and liver problems (See "Liver Problems").

### **Miscarriage**

Bayberry and Capsicum have been used to help stop bleeding. Lobelia, False Unicorn, and Red Raspberry may help stop a miscarriage. To help prevent miscarriage also consider taking Vitamin E, Vitamin C and Red Raspberry or Red Raspberry Blend.

### **Mononucleosis**

The following have been used for mononucleosis: L-Lysine, LIV-A, BP-X, Red Clover, VS-C.

### **Morning Sickness**

The following may prove helpful in preventing or relieving morning sickness: Red Raspberry Blend, Ginger, Red Raspberry, Alfalfa, Golden Seal, Vitamin B-6, LIV-A, LIV-C, BP-C, Peppermint Oil.

### **Muscle Pain**

Chamomile, Lobelia, JNT-A, IF-C, Crisis Remedy have all been used for muscle pain. Externally, Tei Fu Essential Oils, Capsicum and Lobelia extracts (combined) and Capsaicin Gel may be helpful.

## **— N —**

### **Nausea**

The following may help to prevent or relieve nausea: Peppermint Oil, Ginger, FV, Vitamin B-6, Red Raspberry Blend, BP-C.

### **Nervous Disorders**

All of the following have been used to aid various nervous system disorders: Eight, Passion Flower, Valerian Root, B-Complex, Blue Vervain, Blue Cohosh, Black Cohosh, Chamomile, Catnip, Bugleweed, Hops, Oatstraw, Lobelia, Wood Betony, Scullcap, STR-C, HS-C, AD-C, CBG, HVS, VAL Extract, RE-X, NutriCalm, STR-J. Eliminate sugar and food additives from the diet.

## — O —

### **Oral Chelation Program**

The oral chelation program helps reduce arterial plaque and remove heavy metals from the body. Take Mega Chel with Mineral Maintenance or Aromin. Start with a small dose and work up to a full dose over a period of several weeks. Stay on a full dose (10-12 tablets of MegaChel per day) for a minimum of one month for every ten years of your age. Taper off gradually over a period of several weeks. Other circulatory herbs (GGC, HS-II, Capsicum Garlic and Parsley, etc.) may be used in conjunction with the MegaChel.

### **Osteoporosis**

The Oral Chelation Program helps reverse osteoporosis. The following may also prove helpful: Pro-G-Yam Cream, Morinda or Noni, KB-C, PDA, Germanium Combination, Black Cohosh, C-X, Horsetail and Aromin. To prevent osteoporosis eliminate refined sugars, reduce meat consumption, drink pure water, exercise, avoid soda pop and take mineral supplements (SKL, Calcium with Magnesium, HSN-W and/or Aromin).

## — P —

### **Pain**

There are no herbs which will relieve pain like drugs. However, some herbs can reduce pain by relieving inflammation (APS-II w/White Willow, Boneset, Aloe Vera, Germanium Combination, Pycnogenol) or by relaxing the nerves (Bugleweed, Catnip, Hops, HVS, Valerian Root, Wood Betony, IF-C, STR-J). The best choices for acute pain are: Lobelia, Valerian Root, APS-II w/White Willow, Hops, HVS, Distress Remedy. External applications of the following may also be effective: Tei Fu Essential Oils, Capsaicin Gel and Lobelia and Capsicum extracts combined in equal parts.

### **Parasites**

All of the following have been used to help destroy parasites: Herbal Pumpkin, Black Walnut, Cat's Claw Combination (Una de Gato), Special Formula #1, Pau d'Arco, Horsetail, Golden Seal, Chaparral, Garlic, Chinese Para-Cleanse, Artemisia Combination with Elecampane.

## **PMS**

All of the following have been used to relieve symptoms of PMS: Monthly Maintenance, Damiana, BP-C, FCS-II, FC w/Dong Quai, Vitamin B-6, Vitamin E, Evening Primrose Oil. For PMS cramps consider Magnesium. Eliminating sugar and caffeine is also helpful. Also consider Cat's Claw Combination (Una de Gato).

## **Pneumonia**

Seek appropriate medical assistance. The following may aid in recovery: BRN-AV, AL-J, Garlic, Garlic Oil, LH, Four, Marshmallow and Fenugreek, CBG, Capsicum, Garlic and Parsley, Yarrow and Lobelia.

## **Pregnancy, Herbs For**

The following are good supplements to take during pregnancy: Nature's Pre-Natal, Vitamin E, Chlorophyll Capsules, Liquid Chlorophyll, Calcium w/Magnesium, Vitamin B-6, Red Raspberry Blend, Super Supplemental, I-X, Yellow Dock. The following may also be helpful: Three, K, HSN-W, Kelp and Bee Pollen. 5-W is designed for use during the last five weeks of pregnancy. (See also "Morning Sickness and Labor.)

## **Pregnancy, Herbs to Avoid During**

The following herbs should be avoided during pregnancy: Black Cohosh, Blue Cohosh, Pennyroyal, Wormwood, Tansy and Anamu. The following herbs should be used with cautiously during pregnancy: Cascara Sagrada, Goldenseal, Chinese Ephedra or Ma Huang. It may also be wise to avoid all hormonal herbs including: Damiana, Saw Palmetto, X-A, FCS-II, FC w/Dong Quai, etc.

## **Prostate Problems**

The following are the most commonly used remedies for prostate problems: PS-II, Men's Formula, Men's Formula with Lycopene, Herbal Pumpkin, Saw Palmetto, P-X, Siberian Ginseng, Zinc. Other possible prostate remedies include: K-C, Cat's Claw Combination (Una de Gato), Damiana, IN-X, LH-C, Pau d'Arco.

## **Psoriasis**

Colon cleansing (Tiao He Cleanse) and blood purifiers (Sarsaparilla, Red Clover, Burdock, LIV-J, BP-X, Daily Enviro Detox) may be helpful. There may be a problem with fatty acid metabolism. Evening Primrose Oil, Borage Oil, Flaxseed oil, Vitamin A&D and Hi-Lipase enzymes may

also be needed. Other possible aids include: Chickweed, Aloe Vera, and Zinc. Pau d'Arco Lotion and Aloe Vera have been used topically. Reducing fat and meat intake may also help.

## — R —

### **Respiratory Infections**

Garlic and AL-J can be very useful in recovering from respiratory infections. Also consider: Ultimate Echinacea, EW, Yerba Santa, Golden-seal, Oregon Grape, IGS-II, HIGS-II and IN-X.

### **Rheumatism**

The following may prove helpful in cases of rheumatism: JNT-AV, JNT-A, Yucca, Scullcap, Sarsaparilla, Cat's Claw Combination (Una de Gato), Oatstraw, Buckthorn, Alfalfa. Reduce meat consumption.

## — S —

### **Seizures**

Seek appropriate medical attention. Lobelia, Blue Vervain and Aro-min may be helpful. Eliminating refined sugar and obtaining essential fatty acids (Borage oil, Flaxseed oil) may help as well.

### **Senility**

Often a sign of poor circulation to the brain. The following may be helpful: MegaChel, Wood Betony, Gotu Kola, Capsicum, L-Glutamine, X-A, GGC.

### **Sex Drive, To Decrease**

The following may help to reduce the sex drive: Hops, Chaste Tree.

### **Sex Drive, To Increase**

The following may help to increase sex drive: X-Action, X-A, X-Action with Yohimbe Pack, Damiana, Siberian Ginseng, HS-C.

### **Sinus Problems**

The following may help to dry the sinuses: Bayberry, SN-X, CBG, HCP-X. These products may help drain the sinuses: AL-J, Fenugreek and Thyme, BRN-AV, Four. Eliminating dairy products and using a milk

substitute like Tofu Moo or soy milk may be helpful. Cleanse the colon (Tiao He Cleanse, Psyllium Hulls, Special Formula #1).

### **Skin Cancer**

Seek appropriate medical assistance. The following have been used topically for skin cancers: Golden Seal, Black Ointment, C-Herb. (See also "Cancer.")

### **Skin Problems**

To help general skin problems try cleansing the colon and blood (BP-X, Oregon Grape, Sarsaparilla, Buckthorn, Burdock, Pau d'Arco, Daily Enviro Detox). The thyroid may be involved (TS-II, Kelp, KC-X). Silica is vital for healthy skin (Horsetail, Dulse, HSN-W, Oatstraw). Other products which may be helpful taken internally include: Beta Carotene, Safflowers, Vitamin E, Combination Potassium, Licorice Root, IF-C, Iron. The following may be helpful used externally: Pau d'Arco Lotion, Herbal Trim and Calendula.

### **Smoking**

Lobelia/St. John's Wort helps reduce the craving for nicotine while lessening withdrawal symptoms. Nervines (NutriCalm, Chamomile, Eight, HVS, RE-X) help to calm the nerves and ease withdrawal symptoms. Cleansing the blood (BP-X, Chaparral) is also helpful. Also consider AL-J to clear the lungs and Vitamin C to aid in detoxification. Tobacco Detox homeopathic may also help.

### **Sneezing**

The following can help ease sneezing: Eyebright, LH, AL-J, Fenugreek and Thyme. (See also "Congestion, Respiratory.")

### **Sore Throat**

Gargling with Golden Seal/Parthenium Extract, CBG Extract, or Capsicum Extract diluted in water can ease sore throat pain. Capsicum and lobelia extracts (combined) or garlic oil rubbed on throat can also ease sore throat pain. Sucking on the powder of Licorice Root or Slippery Elm has also been known to ease sore throats. The following can be made into teas for gargles: Garlic, Golden Seal, Bayberry, White Oak Bark, Fenugreek, Capsicum, Licorice. The following may also be helpful: HY-C, IF-C, L-Glutamine.



## **Sores**

The following have been applied to help heal sores: mucilants (Chickweed, Comfrey, Slippery Elm, PLS-II, Aloe Vera), astringents (Sage, Black Walnut, Yellow Dock, White Oak Bark, Bayberry) and antiseptics (Golden Seal, Tea Tree Oil, Tei Fu Oil). Also consider Zinc and Vitamin C internally. Golden Salve may also be helpful. Healing AC cream can be used on unbroken skin.

## **Sprains**

The following can help relieve swelling and aid in the healing of sprains: Lobelia, Beta-Carotene, Vitamin A&D, Tei Fu Essential Oils, Comfrey, BON-C. Soaking the sprain in a decoction of Comfrey Leaf or Plantain can be very effective. Other herbs which may be helpful for soaks include: White Oak Bark, Pau d'Arco, Marshmallow and Chickweed.

## **Stomachache**

The following can help to relieve stomachaches: Aloe Vera, Peppermint Oil, Catnip and Fennel, FV. (See also "Indigestion.")

## **Strep Throat**

The following may help relieve strep throat: Fresh (Raw) Garlic, High Potency Garlic, Echinacea, Golden Seal/Parthenium, Garlic oil. Highly diluted Tea Tree Oil can be used as a gargle. May require medical attention.

## **Stress**

The following can help improve a person's ability to cope with stress in their lives: NutriCalm, STR-J, STR-C, Eight, LIV-C, HVS, VAL Extract, RE-X, Niacin, Pantothenic Acid, Magnesium, HS-C, Wild American Ginseng, Distress Remedy, Aromin Nite, St. John's Wort.

## **Strokes**

Seek appropriate medical attention. The following can help prevent or aid in recovery from strokes: MegaChel, Lecithin, Magnesium, Omega-3 EPA, Ginkgo Biloba, Butcher's Broom, Capsicum.

## **Surgery**

The following have been taken prior to surgery to help prevent complications: Capsicum, Butcher's Broom, Vitamin E, Comfrey. The

following have been used following surgery to speed healing: BON-C, Comfrey, Calcium w/Magnesium, Vitamin E, Vitamin C, Pantothenic Acid, Calendula, Pycnogenol, Aromin. Blood purifiers (BP-X, BP-C, Pau d'Arco, Burdock, E-Tea) can help to detoxify the body from drugs following surgery.

### **Swelling**

The following can be taken internally to help reduce swelling: Yerba Santa, Pycnogenol, Slippery Elm, Golden Seal, CoQ-10 Plus, IGS-II, HIGS-II, PLS-II. The following can be applied externally as poultices or fomentations to reduce swelling: Comfrey, PLS-II, Mullein, Slippery Elm, Aloe Vera, Marshmallow, White Oak Bark.

## **— T —**

### **Teething**

Marshmallow tea may help teething infants. Rubbing Lobelia or Clove Oil diluted in olive oil on the gums may also help. A liquid calcium supplement, Herbal Minerals or a tea of Herbal CA may also help.

### **Tendonitis**

Licorice, Fitness Plus and Safflowers may aid tendonitis. Externally, Tei Fu Massage Lotion or Capsaicin Gel may be helpful.

### **Tonsillitis**

The following have been used in treating tonsillitis: IN-X, IGS-II, HIGS-II, Golden Seal/Parthenium, CBG extract, Capsicum Garlic and Parsley, Golden Seal, Echinacea and Red Root.

### **Toothache**

Yarrow has been chewed for relief of toothache. Other remedies which may aid toothaches include: Tei Fu Essential Oils or Tea Tree Oil massaged on gums, Lobelia, Ginger, Garlic, Chamomile, Calendula and Aromin. These are all temporary measures to use while seeking dental assistance.

### **Tuberculosis**

The following have been used to treat tuberculosis: Red Clover, Mullein, Golden Seal, Garlic, Lobelia and Elecampane.

## Tumors

Cancer is a serious illness. Seek appropriate assistance. The following have been used to shrink tumors. Pau d'Arco, Red Clover Blend, Chaparral, Echinacea, Garlic, Special Formula #1, BP-X, CoQ-10 Plus, Super Algae, Cat's Claw Combination (Una de Gato), Black Ointment, E-Tea, C-Herb.

## — U —

### Ulcers

Recent research shows bacteria to be the cause of ulcers. Herbal H-p Fighter may help kill these bacteria. The following have also been used to help heal stomach ulcers: U, Golden Seal, UC3-J, Concentrated Licorice, Capsicum, Aloe Vera. For duodenal ulcers, the following have been used: UC3-J, Food Enzyme Digestion Aid, U, Aloe Vera. Other possible aids for ulcers include: Cat's Claw Combination (Una de Gato), Calendula, Chamomile, Citrus Bioflavonoids, L-Glutamine, Vitamin A&D, PLS-II and Slippery Elm.

### Urinary Problems

See "Kidney Problems and Bladder Problems."

### Uterine Problems

Red Raspberry is typically used to strengthen the uterus. Other possible uterine tonics include: Peach Bark, FCS-II, Black Cohosh, Bayberry.

## — V —

### Vaginitis

Oregon Grape, Pau d'Arco and Barberry may be helpful. A douche with Red Raspberry tea or highly diluted (1-2 drops per pint) Tea Tree Oil may also be helpful.

### Viruses

The following may help the body combat viruses: Cat's Claw Combination (Una de Gato), Garlic, VS-C, Germanium Combination, Echinacea, FV, CC-A, Yarrow, Viral Recovery Homeopathic.

## **Vomiting**

The following may help to settle the stomach: Peppermint Oil, HCP-X, FV, Ginger. Lobelia, Blue Vervain and Boneset can help induce vomiting in large doses. See also "Flu."

## **— W —**

### **Warts**

All of the following have been used to help remove warts: Aloe Vera, Buckthorn, Chaparral, Garlic (raw), Germanium Combination, Black Ointment, Garlic Oil and C-Herb.

### **Weight Loss**

The following may be helpful for weight loss: Fat Grabbers, Garcinia Chi, Thermo-Chi, Nature's Fen-Chi, Collatrim, Nature's Chi, Nature's Three, L-Carnitine, SF, Tiao He Cleanse, Target TS-II, TS-II, AS w/ Gymnema and Chickweed.

### **Wounds**

The following have all been applied externally to aid in the healing of wounds: Calendula, Aloe Vera, Chickweed, Echinacea, Flax Seed Oil, Slippery Elm, PLS-II, Pau d'Arco Lotion, Comfrey, Golden Seal, Golden Salve, Garlic Oil and Capsicum.



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