

# ***Herbal Resource Guide***

Copyright © 2015 Sacred Gaia Church

## **Legal Warning:**

This document is published by Sacred Gaia Church under the First Amendment of the United States Constitution, which grants us the right to religious freedom and freedom of speech. The following herbal protocols are religious sacraments as practiced by Sacred Gaia Church. God is the only healer. The Great Divine Healer resides in and heals through Mother Nature -- through herbs, foods, water, sunlight and fresh air. In holy scriptures, God prescribes us to use herbs when we are ill in order to purify our bodies, purify our environment, glorify Him and reclaim our God-given health. Our bodies are our holy temples. We sanctify them through the use of prayer and God's healing herbs.

From the void of nothingness, God has created life -- life consisting of the five elements of earth, air, water, fire, and ether. Mankind cannot ever create life from nothingness, but can only create imperfect copies of God's miraculous creation. Our bodies were designed in the perfect image of the Lord to be self-healing, holy instruments of Divine Will. Doctors and scientists with their endless research studies will never understand through science how the body was created, and therefore, cannot ever understand how to heal it.

Unfortunately, the medical profession insists otherwise - that only licensed medical doctors have the right to heal, and that God does not – pure blasphemy.

The medico-pharmaceutical industry has become so powerful, it has influenced legislation, rendering our precious First Amendment rights null and void. Free speech has been reclassified into “commercial speech” if the subject matter is a natural God-created product, and all statements about these products are subject to FDA enforcement. Enforcement includes raids with guns, confiscation of natural products with threat to human life, libel and defamation of character. This means anyone who sells a natural product who tells the truth about its healing properties, can be subject to FDA warning letters, loss of thousands of dollars of inventory, loss of professional reputation and criminal prosecution – all because of “free speech” over a product that is holy and sacred.

Due to their unholy reign of tyranny, many people are completely unaware of any other way of healing or prevention other than expensive, rushed doctor's visits, prescription drugs, vaccinations, surgery, chemotherapy and radiation – none of which is natural, sacred or holy. People are treated like numbers instead of nurtured as God's children who deserve the right to be educated about all matters affecting their own body, mind, and spirit. To make matters worse, these unnatural chemical combinations can result in severe allergic reactions, suppressed immune system, liver/ kidney damage and serious side effects, so that instead of healing with Modern Medicine, many people find themselves humiliated and demoralized with their condition worse off than ever before.

Free Speech no longer exists in America with regards to nutritional supplements, and the use of Free Speech has become a punishable offense.

The medical profession owns the words healing, diagnose, treat, cure, mitigate, prevent, disease, and illness. They also own the words antibacterial, antiviral, antifungal, antiparasitic, anticonvulsant, antimalarial and every physical diagnosis made by the conventional medical industry including arthritis, fibromyalgia, sinus infection, Alzheimer's disease, heart disease, hypertension, high cholesterol, tumors, cysts, cancer, bronchitis, asthma, peptic ulcer, gastritis, GERD, attention deficit, depression, schizophrenia, HIV, etc.

Anyone who uses the above-mentioned words in relation to a natural product may be terrorized, subjected to unreasonable search & seizure, discredited and put out of business. In this way, the medical profession has remained an unchallenged monopoly since the 1950's, squelching its competition by paying off legislators to pass laws outlawing any other healing modality.

**I know of no other country with a hypocritical Free Speech Amendment that claims people have the right to speak freely, but then terrorizes them due to speaking "the wrong words."**

Therefore, we are *forced* to give you the following WARNINGS:

**The information in this document is provided for informational purposes and is not meant to substitute for the advice provided by your own physician or other medical professional. Never hesitate to tell your health care practitioner about dietary supplements you are taking or intend to take. You should not use the information contained herein for diagnosing or treating a health problem or disease, or prescribing any medication. You should read carefully all product packaging. If you have or suspect that you have a medical problem, promptly contact your health care provider. Never disregard professional medical advice or delay in seeking it because of something you have read on this site. Information and statements regarding dietary supplements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.**

The FDA does not approve dietary supplements. Therapeutic plants are created by and approved by the highest authority – God - far above any local, state or federal authority. God does not, never has and never will need FDA approval. People who put their trust in the FDA are putting their trust in the same people who have approved dangerous medications that kill over 140,000 people per year due to adverse reactions.

The FDA gives it approval to *patented drugs*, not herbs. If anyone says an herb heals something, the FDA tells us that this herb magically transforms itself into an unapproved new drug. In order to get a drug approved by this organization, it is required to pay enormous sums of money, thereby disqualifying most herbal companies who do not earn the millions of dollars it takes to do the required research and bribe the FDA for approval. Let us remember that research is required to confirm the safety of a drug because it consists of a combination of new chemical elements that have never before existed. As such, they are "experiments" and should be considered as such.

Regardless, any herbal formula or natural program you learn about in this document may cause harm, instead of the benefit you seek. Ask your medical doctor first, but be aware that the vast majority of doctors have no education in natural healing methods and herbal medicine and they will probably discourage you from trying any of the formulas and programs. Also, be aware that not a single person in the FDA has any knowledge of, any training in, any education in, or any experience using herbs. Therefore it is important that you read label directions and all instructions for any herbal or natural product thoroughly, review any cautions and contraindications and, most of all, use your common sense.

**Everything that we are, were and ever will be is God's.**

**Everything we have, have ever had, and ever will have is God's**

Everything we do, have ever done, and ever will do is God's

### How To Use The Sacrament Guide:

In this reference, each listing is followed by holy sacraments as revealed to Rev. Dr. Foster in deep prayer and through experience in using these sacraments. Some listings have two or more formulae and programs listed. **All sacraments are listed in their order of priority, so start with the first formula listed.** You may use more than one formula at a time. If you start with one and after a reasonable period of time you do not feel the healing power of the Lord, try the second and then the third recommended formula. God's holy herbs work with the body's chemistry, and thus, may not produce a dramatic effect immediately, however their effects are usually more effective in the long-term. You may continue to use the first formula when adding the second, and so on, using prayer and intuition (the voice of God inside you) to guide you. *This reference is only the beginning of the healing that is possible with God.*

PLEASE NOTE: These sacraments have the greatest effect when combined with lifestyle and diet changes. Consuming food that is chemically or genetically altered takes us away from God's plan for healing, and can interrupt the body's healing process. It may result in a quick fix, but not a long-lasting healing. True healing comes from creating a healthy lifestyle, discontinuing unhealthy lifestyle habits and beginning a healthy new diet and lifestyle program.

The sacraments recommended increase with the severity of the problem. People spend many years filling their bodies with unnatural products, living a sedentary unhappy lifestyle, and being exposed to toxic substances. God will work through herbs, but it often takes time and commitment. It is very important to understand how the entire body is connected and how our internal organs affect our outer appearance and health, so even though you may think your problems are just with your skin, the root of it may actually be in your colon, liver or kidneys. Most problems have their root in the colon, liver and kidneys – our elimination organs are like filters that can become clogged with toxins due to processed foods, stress, unhealthy emotions and sedentary lifestyle.

Dr. Foster's sacraments are based solely on her experience with her parishioners and her years of spiritual training. They are designed to bring you closer to the presence of God in your body and bring you into harmony with God's creation. Many of her opinions and beliefs are not accepted by medical doctors, medical associations and the scientific community, especially her beliefs that "God is in the herbs we take," "God created herbs for our healing," "Using intuition can be more important than a lab test" and "Love and forgiveness are important for healing." According to these medical groups, these beliefs have no scientific basis and are not provable theories. They claim that it is ok to ignore God, love, faith, belief, inspiration, intuition, dreams and hope because they are not FDA approved and their existence cannot be proven with a scientific research study.

\* *highest recommendation.*

<b>Abrasions:</b>	*Jojoba/ Tea Tree oil blend, AV Blend, AF Blend
<b>Acne:</b>	*Myrrh oil – dilute with jojoba oil and apply to face, *Can-G – make solution and rinse face daily. *Foster Flora (Flora-G) or Foster Flora Plus (Flora-G Plus) – take by mouth, *Tea tree/Jojoba oil blend, Floral waters (Rose, Geranium). Topical remedies most effective when combined with internal herbal remedies (*Healthy Skin or Healthy Cholesterol Formula - daily), Intestinal Rejuvenation Program). Eliminate dairy products from the diet.
<b>Adenoids, enlarged:</b>	Echinacea Premium, Immune Boost Syrup (kids), Berberine Power, Celebration blend (bottoms of feet), Germ Blaster. Eliminate dairy products from the diet.

<b>Adhesive Capsulitis</b>	See frozen shoulder
<b>Adrenal Fatigue/ Burnout/ Stress/ Exhaustion/ Failure:</b>	*Adrenal Support or Female Harmony; Essential Nutrients (double dose), *Immune Valor, Liver Regeneration Program. Avoid caffeine-containing foods, beverages, “energy drinks” and medications.
<b>AIDS:</b>	*28-Day Healing Program + Berberine Power + Adrenal Support. Repeat if needed. Germ Blaster, Celebration oil (bottoms of feet) See also Pneumonia. Maintenance: Immune Valor, Adrenal Support, Celebration oil, Germ Blaster if needed.
<b>Air freshener:</b>	Essential oils (Lemon, Orange, Circu-Tone, Celebration, Lavender, Geranium, Sweet Essence, Relaxing blend, AV Blend, AF Blend)
<b>Alcoholism:</b>	*Milk Thistle tincture (protect liver), Tummy Tea (soothe stomach), Lemon oil (for bleeding), Liver Regeneration Program (Vibrant Colon, Colon Detox Caps, L/GB Formula, Detox Herbal Tea), Essential Nutrients (for anemia and nutritional deficiency), Vibrant Colon, L/GB Formula, Brain Regain Formula (cloudy thinking)
<b>Allergies:</b>	Chronic: *ALG Oil Blend (acute), *Essential Nutrients - daily, *Liver Regeneration Program, Immune Valor - daily, Adrenal Support – daily. Acute allergy: Echinacea Premium and/or Germ Blaster, ALG, Germ Shield – apply 1 drop to inside of nose lining. Eliminate dairy products and wheat from the diet. See also Sinus Congestion.
<b>Alopecia:</b>	Grounding Oil Blend (massaged into scalp), Lavender oil (massaged into scalp), Brain Regain Formula, Cayenne, Adrenal Support, Female Harmony, Calcium From Herbs.
<b>ALS:</b>	28-Day Healing Program + Nerve Revive + Geranium essential oil massage on spine. Regular spinal massage with essential oils. Juice fasting. Add coconut oil to the diet. Sometimes caused by mercury amalgam fillings. Vaccinations can also be a factor. Avoid future vaccinations if possible. Avoid all pesticides, insecticides. Eat only organically grow/pesticide-free foods. (pesticides are neurotoxic). Calcium From Herbs. Pure cod liver oil to help repair myelin sheath. Immune Valor – balance immune response.
<b>Alzheimer's Disease:</b>	*Brain Regain Formula - daily, Liver Regeneration Program – several times, Earth’s Nutrition Formula or Earth’s Nutrition Caps – daily, Cayenne Tincture, Youthful Circulation. 28-Day Healing Program (more severe cases). Add organic, cold-pressed coconut oil to diet. Strict avoidance of aspartame/ artificial sweeteners. Avoid aluminum cookware. Avoid aluminum-containing antiperspirants. Regular daily exercise. Check for insulin resistance. Review prescription medications for side effects. Avoid anticholinergic medications in particular (contained in night-time pain relievers, certain narcotic pain relievers, sleep meds, antihistamines, certain antidepressants, and medications to control incontinence.) Memory loss may also be the side effect of blood pressure medication. Memory loss is often a side of multiple medications. Reduce or eliminate any unneeded medications of all types. May need to remove mercury amalgam fillings. Symptoms of congestive heart failure may mimic Alzheimer’s disease. It is commonly confused.  See also Congestive Heart Failure, Weak Heart, Cholesterol (High)
<b>Amenorrhea:</b>	Female Harmony – 2 droppers 3 times daily, Adrenal Support, Appetite Suppressant (topical – used for hormonal effects), Sweet Essence (massage on bottoms of feet), Iron From Herbs. Can be caused by: underweight, iron deficiency, hormonal weakness, extreme stress, sleep deprivation.
<b>Anemia:</b>	Essential Nutrients (or Earth’s Nutrition Powder or Caps), Iron From Herbs Formula, Adrenal Support. See also Parasites
<b>Angina:</b>	Acute: Healthy Heart Formula, Cayenne Tincture, and/or Migra-Stop blend

	(apply a few drop of this oil topically over chest during episode). Long-term healing: Healthy Heart, Cayenne, Liver Regeneration Program, 28-Day Healing Program, Migra-Stop (topical – over heart), Peppermint (topical – over heart area), Lavender oil (topical – over heart area)
<b>Animal Bites:</b>	Echinacea Premium, Immune Boost Syrup (kids), AF Blend, AV Blend. Add water to Colon Soothe to make a paste, add AF Blend or AV Blend to soothe and pull out toxins.
<b>Anticoagulant:</b>	*Healthy Heart Formula + *Youthful Circulation. Healthy Cholesterol Formula (if cholesterol is high), Garlic Tincture, Blood Detox Formula, Cayenne Tincture, Lemon oil (add 1 drop to water and drink/apply to liver area/bottoms of feet), Liver Regeneration Program or Cholesterol Busters Program – every 3 months. Geranium oil
<b>Antioxidant:</b>	Essential Nutrients - daily, Brain Regain Formula - daily, Adrenal Support Formula - daily, Immune Valor - daily
<b>Anxiety:</b>	*Healthy Heart, *Peaceful Nerves, Lavender Essential Oil, Adrenal Support, Liver Regeneration Program
<b>Aphrodisiac:</b>	Damiana, Adrenal Support, Female Magnetism, Male Magnetism
<b>Arrhythmia:</b>	*Healthy Heart (use up to 8 droppers full in the moment for acute issue. Use lower dose (1 to 2 droppers daily over the long term to gradually strengthen and rebuild), Cayenne Tincture (especially if due to weak heart or heart failure), *Intestinal Rejuvenation Program, Calcium From Herbs, Lobelia, Peaceful Nerves. Heart rhythm problems sometimes follow a heart attack. In these cases, the Healthy Heart Formula should be taken over the long term to eventually repair the heart. Heart rhythm problems may indicate calcium deficiency. Heart function is linked to small intestine/digestive function and can improve after a colon cleansing program. May also be emotionally-based as in a recent divorce, death of loved one, or breakup. Do not consume any foods, beverages or medications containing caffeine. Certain meditations can help calm/ reduce the heart rate and negative energy can be released from the heart area which can have a profound healing effect on the heart. Unconditional love goes a long way toward healing the heart.
<b>Arthritis:</b>	Also referred to as Osteoarthritis. *Tissue Repair Oil - topical, *Simplified Stone Cleanse (dissolve deposits) – at least 2 (4-Day) rounds, *Peppermint oil, *28-Day Healing Program, Clove oil, Lavender oil, Lemon oil (alkalizes), Essential Nutrients (especially to alkalize), Liver Regeneration Program, Kidney/Bladder Revitalization Program, Castor oil packs wrapped around joints and left on for around 2 hrs per session, and used around 5 days out of the week. Trial elimination of dairy products and wheat to see if these food allergies are causing or worsening the issue. Pure cod liver oil-around 1 TBS per day.
<b>Arthritis, Rheumatoid:</b>	This is a different type of arthritis than the osteoarthritis associated with aging. Rheumatoid arthritis can strike in the younger years and can cause severe deformities of the hands and feet. Skin surrounding these joints is often red, inflamed and swollen.  I have found an association with kidney toxins, weak kidneys. Kidneys are very important for balancing the pH of the entire body. If the blood becomes too acidic, the buffers in the blood take care of it most of the time, but the tissue pH can become quite acidic. Do 2 rounds of *Simplified Stone Cleanse, then 2 rounds of *Kidney/ Bladder Revitalization Program. Both can help reduce pain, which is aggravated by an overly acidic body chemistry. Essential Nutrients taken daily also helps to alkalize the body, as does Lemon Essential Oil.

	Castor oil packs can be used on hands and feet and any other joints involved. *Tissue Repair Oil can reduce pain almost immediately when used topically over the painful, inflamed joint. Alternating hot and cold treatments can help bring much-needed healing circulation to the joints to help in the healing process. Up to 3 TBS daily of Organic gelatin from grass-fed cows until pain has stopped. Pure cod liver oil – around 1 TBS per day can help reduce inflammation and pain.
<b>Autism Spectrum Disorder:</b>	Begin with Foster Flora (Flora-G) or Flora-G Lozenge (depending on child's age and ability to chew lozenge) and Youthful Circulation. Add Colon Detox Caps in an adjusted dose depending on child's weight. When everything is stable, next step is to add 1 cap Can-G and AF Blend Essential Oil on bottoms of feet once daily so you are taking all 5 products. Use Immune Valor daily to build immune system and 1 drop daily Grounding Essential oil applied to area between eyebrows, on neck pulse points and at back of neck. For chelating heavy metals, use half dose Essential Nutrients at first and slowly build up to double dose. For heartburn/digestive burning, use Flora-G Lozenge.
<b>Asthma:</b>	*ALG Oil Blend (acute attack), *Lobelia (regular and acute use. Acts as a bronchodilator), *Peppermint oil (soles of feet, 1 -2 drops with carrier oil rubbed on back or chest), Intestinal Rejuvenation Program (2 week program), Germ Blaster Formula (long term formula to strengthen lungs, but especially for those who are susceptible to bronchitis, influenza and chest colds), Immune Valor (The reishi and other therapeutic mushrooms have an antihistamine effect and help many with asthma caused by allergies, and the tonic herbs help to strengthen the entire body), Adrenal Support (adrenals are often weak in cases of allergies and asthma), Oregano oil – dilute with carrier oil before applying to bottoms of feet. Eliminate dairy products and wheat from the diet. Stop smoking/ avoid being around smokers while they are smoking. Avoid synthetic perfumes, hairspray, deodorizing sprays, air fresheners, talc and powders. Use pure essential oils only for scenting a room. Use baking soda instead of scented scouring powders. Avoid burning incense. Avoid synthetic scented powdered laundry detergent – use natural liquid detergents found in health food stores.
<b>Atherosclerosis:</b>	*Healthy Heart + *Youthful Circulation – daily for long term, Cayenne Tincture - daily, *28-Day Healing Program (1 month to clear out a lot fast), Lemon oil – mix 1 drop with water and drink.
<b>Athlete's Foot:</b>	*Tea Tree and Jojoba oil blend, *AF Blend, *Foster Flora Plus (Flora-G Plus) – by mouth, Echinacea Premium, soak foot in Can-G solution. Avoid sugar until well.
<b>Attention Deficit Disorder:</b>	*Grounding oil blend, *Essential Nutrients, Lavender oil (bottoms of feet/ pulse points at neck, nape of neck, temples, third eye area), *Peaceful Nerves, *Foster Flora (Flora-G) or Flora-G Lozenge, Colon Cleanse Syrup (kids) + Colon Detox Caps. Candida cleanse: Foster Flora (Flora-G) + Colon Detox Caps. Often caused by vaccinations/ B vitamin deficiency/ excess of sugars, processed foods and artificial colors in the diet.
<b>Autism:</b>	1 <sup>st</sup> step: *Candida and Heavy Metal Cleanse: Foster Flora (Flora-G) (or Flora-Chew) + Youthful Circulation + Colon Detox Caps. 2 <sup>nd</sup> step: Brain balancing and more Heavy Metal Cleansing: Brain Regain Formula + Grounding oil blend (apply to bottoms of feet, neck pulse point, temples, nape of neck, third eye area) + Earth's Nutrition Caps. Other options: Parasite Cleanse, Frankincense oil, Regular massage with essential oils, Liver Regeneration Program. Often caused by vaccinations. Avoid future vaccinations if possible.
<b>Autoimmune Disorder, Nonspecific:</b>	28-Day Healing Program, Immune Valor, Adrenal Support, massage with essential oils

<b>Bad Breath:</b>	Causes are varied: sinus infection, tooth infection, liver toxicity, Candida overgrowth, maldigestion, consumption of fermented or pungent foods. Peppermint oil, Digestive Tonic, Intestinal Rejuvenation Program, Liver Regeneration Program
<b>Baldness:</b>	See Alopecia
<b>Bed Wetting:</b>	Kidney/Bladder Revitalization Program, Stone Buster
<b>Bell's Palsy:</b>	Massage nerve area with Peppermint Essential Oil, Lavender Essential Oil, Tissue Repair Oil. Earth's Nutrition Formula – double dose. Chiropractic can help as well. Can be reaction to a vaccination or mercury amalgam fillings. Heavy Metal chelating program – Liver Regeneration Program, Essential Nutrients, Blood Detox Formula
<b>Bipolar Disorder:</b>	see Manic Depression
<b>Bladder:</b>	Kidney/Bladder Formula + K/B Herbal Tea, *Kidney/Bladder Revitalization Program (infection). Stone Buster + K/B Herbal Tea (infection due to stones). Stone Buster + Stone Dissolve tea, flax seed tea. Reevaluate synthetic vitamin supplements that can cause bladder irritation. Unripe citrus juices can irritate bladder. Synthetic vitamin/minerals can irritate bladder. All synthetic vitamin C supplements (all ascorbates, and even esterified and buffered ascorbates) can irritate bladder/ urethra and produce bladder infection-type symptoms. Smoking irritates bladder lining.
<b>Bladder Cancer:</b>	Simplified Stone Cleanse, then 28-Day Healing Program. All synthetic vitamin C supplements (all ascorbates, and even esterified and buffered ascorbates) can irritate bladder/ urethra and produce bladder infection-type symptoms
<b>Bladder Infection (Cystitis):</b>	*Kidney/Bladder Revitalization Program + Berberine Power. Simplified Stone Cleanse (silent kidney stones can cause chronic UTI's) – with at least 8 days of Stone Buster, Lobelia Tincture, Echinacea Premium, AV Blend. Germ Blaster can help as well. Avoid carbonated drinks, pasteurized milk. Flax seed tea/corn silk tea can be very soothing. After infection, take Foster Flora (Flora-G) or Foster Flora Plus (Flora-G Plus) to help re-establish beneficial gut bacteria and to help avoid future infections. All synthetic vitamin C supplements (all ascorbates, and even esterified and buffered ascorbates) can irritate bladder/ urethra and produce bladder infection-type symptoms
<b>Bladder Stones:</b>	See Kidney Stones for the *stone-busting routine. The stagnation is in the bladder more so than the kidneys. Castor oil packs over bladder can also be added to the stone-busting routine. Ginger Tincture to help increase circulation to the bladder to break up the stagnation in this area.
<b>Bleeding:</b>	*Cayenne Tincture, Lemon essential oil, Tooth and Gum Formula – dilute with water and use as rinse over bleeding area. Use ice packs over bleeding area. Calcium from Herbs
<b>Blindness:</b>	*Eyebright Formula – (eyewash and oral supplement – long term) + Brain Regain Formula + Essential Nutrients, Frankincense – dilute w/ carrier oil and massage around orbit bone around eye (Only around the outside – Do not get Frankincense oil in the eyes) and neck pulse points. Energy/Spiritual Healing. May be present from birth, or result from eye infection, stroke, retinitis pigmentosa, macular degeneration, glaucoma, cataracts, other eye diseases. Please see listings for these problems as well.
<b>Blunt Trauma:</b>	*Peppermint oil – apply immediately as soon as it happens. *Tissue Repair Oil – apply several times daily to repair trauma.
<b>Blood Clot(s)</b>	Youthful Circulation, Germ Blaster, Blood Detox, Garlic Tincture. Do not take herbs if you are currently taking prescription blood thinners such as Warfarin, Clopidogrel, Ticlopidine, etc.), or aspirin.
<b>Blood Pressure, High:</b>	See Hypertension
<b>Blood Pressure, Low:</b>	*Adrenal Support (balances high or low), *Immune Valor, Female

	Magnetism. See Adrenal Fatigue, Hypothyroid. Add Celtic salt to diet. Sometimes associated with veganism.
<b>Boils:</b>	*Intestinal Rejuvenation Program + Echinacea Premium or Blood Detox Formula. AF Blend (use topically), Myrrh oil – (use topically), AV Blend (use topically), Liver Regeneration Program + Blood Detox Formula (for chronic boils that recur). Healthy Skin Formula for maintenance.
<b>Bone, Fractures:</b>	*Tissue Repair Oil (apply often) + * Calcium From Herbs (1 dropper full every hour for 1 <sup>st</sup> few days, then use maximum dose until healed) + * Essential Nutrients (double or triple dose). Juice leafy greens often – especially kale, collards. Fractures from minimal trauma often indicates fat soluble vitamin deficiency (A, D and/or E) and/ or mineral deficiency.
<b>Brain, Circulation:</b>	Brain Regain, Cayenne Tincture, Youthful Circulation, Essential Nutrients
<b>Brain Injury:</b>	<p><b>Brain injury that just happened:</b> Take a few droppers full cayenne tincture immediately to reduce internal bleeding. Stabilize neck. Call 911. Inhale Migra-Stop for several minutes. If unconscious and no medical personnel available, place peppermint oil under nose. Skull fracture is a possibility, so it is important to get an X-ray/ go to emergency room ASAP. The person may not be in pain because of the surge of pain-killing endorphins that are released during/after a severe injury, so for any severe injury, it is important to know/ find out with imaging studies of head and neck how severe the injury is and whether or not there is/are a fracture(s).</p> <p><b>Injury in the past:</b> see Headaches. Can use hot/cold therapy and castor oil packs to heal. Use *Frankincense oil at nape of neck, temples, crown of head, third eye area, bottoms of both big toes. Use *Brain Regain daily. Use *Deep foot Reflexology – especially around big toes which correspond to brain area to release nerve blocks and help restore brain function. Essential fatty acids are extremely important for brain function. A low fat diet can affect brain function. Use Coconut oil or other essential fatty acid supplement daily. Craniosacral therapy is also highly recommended. 28-Day Program can also be done. Avoid toxic fumes (nail polish, varnishes, paint, synthetic air freshener, car exhaust fumes, synthetic perfume, etc.), all of which can affect the brain. See also neck injury</p>
<b>Brain Tumor:</b>	28-Day Healing Program + Brain Regain + Frankincense essential oil (applied to pulse points on neck, nape of neck, area between eyebrows). Berberine Power, Immune Valor. If tumor begins in brain, it can be caused by artificial sweeteners, especially aspartame. Avoid aspartame. Avoid Wifi. No electronics (TV, cell phone, etc.) in the bedroom. May need salt-restricted diet to avoid fluid accumulation in brain around tumor. Use Lobelia Tincture to help reduce excess fluid accumulation. The fluid accumulation is one way the body places a protective buffer around the tumor to reduce its effect on the rest of the body. It is a protective, life-saving response. Unfortunately, sometimes too much fluid accumulates and can cause abnormally high pressure in the skull which can be life-threatening. Healing the area over time will naturally take care of the fluid accumulation. The usual treatment is steroids. Do not stop taking steroids – stopping steroids suddenly can cause adrenal failure and death. Steroids should be tapered only with guidance from a physician.
<b>Breastfeeding:</b>	(Earth's Nutrition Caps or Essential Nutrients), Lactation Tea; [Sweet Essence Oil Blend (bottoms of feet) or Appetite Calmer (bottoms of feet)]; Calcium From Herbs, Iron From Herbs, Adrenal Support, Postnatal Program
<b>Breast Cancer:</b>	28-Day Healing Program + topical use of Frankincense oil + Clove oil. Avoid toxic exposures (fumes, chemicals, smoking, secondhand smoke, toxic paint, formaldehyde, etc.). Need to learn to nurture and honor oneself.
<b>Breast Cancer</b>	28-Day Healing Program + topical use of Frankincense oil + Clove oil.



<b>(Inflammatory):</b>	Avoid toxic exposures (fumes, chemicals, smoking, secondhand smoke, toxic paint, formaldehyde, etc.)
<b>Breast Milk, Increase:</b>	See Nursing
<b>Breast Pain:</b>	Most commonly caused by caffeine consumption. Hormonal imbalance can also be a cause. Lymphatic congestion. Fibrocystic disease of the breast. If breastfeeding, can be caused by overflow of milk in the breasts with inadequate breastfeeding or mastitis (infection of the breast). Breast cancer is a rare cause but possible.
<b>Breathing:</b>	*Lobelia, *ALG Blend, Peppermint and Lavender essential oil – dilute with carrier oil and massage on chest and back 2 to 3 times daily or more, Immune Valor - daily, Germ Blaster. Essential oils taken in very small doses by mouth – peppermint, thyme, clove, lavender, marjoram. Eliminate dairy products from the diet. Lung function is linked to large intestine function. Healing the gut helps the lungs. Stop smoking/ avoid being around smokers while they are smoking. Avoid synthetic perfumes, hairspray, deodorizing sprays, air fresheners, talc and powders. Use pure essential oils only for scenting a room. Use baking soda instead of scented scouring powders. Avoid burning incense. Avoid synthetic scented powdered laundry detergent – use natural liquid detergents found in health food stores.
<b>Bronchitis:</b>	*Germ Blaster Formula, Echinacea Premium, Peppermint oil, Oregano oil, AV Blend, Liver Regeneration Program, Cayenne tincture, Immune Boost Syrup (kids). Eliminate dairy products from the diet. Stop smoking/ avoid being around smokers while they are smoking. Avoid synthetic perfumes, hairspray, deodorizing sprays, air fresheners, talc and powders. Use pure essential oils only for scenting a room. Use baking soda instead of scented scouring powders. Avoid burning incense. Avoid synthetic scented powdered laundry detergent – use natural liquid detergents found in health food stores.
<b>Bruises:</b>	Tissue Repair Oil, Lemon oil, Orange oil
<b>Burns:</b>	*Lavender oil, *Peppermint oil, *Tea tree/Jojoba oil blend, (use all essential oils diluted with olive oil before applying to burns or if burn is very painful, put essential oils with water in spray bottle and spray on), Rose floral water, Essential Nutrients (build new skin), Healthy Skin (build new skin)
<b>Bursitis:</b>	Tissue Repair Oil, Castor oil pack, Simplified Stone Cleanse with at least 8 days of Stone Buster, Kidney/Bladder Revitalization Program, Liver Regeneration Program. Often indicates excess heat in the liver.
<b>Cancer:</b>	28-Day Healing Program (regardless of type) and also: Immune Valor, Berberine Power, Clove oil, Frankincense oil. Causes: emotional trauma, chronic depression, medications, liver toxins, toxins in the bloodstream. Hormonal type medications (Hormone replacement therapy, birth control pills) are associated with cancer. Discontinue any cancer-causing medications.
<b>Cancer Chemo Herbal Support Program:</b>	Vibrant Colon (unless there is diarrhea) + Colon Soothe + Immune Valor + Essential Nutrients + Blood Detox Formula (or Echinacea Premium Formula). Rotate Blood Detox Formula with Echinacea Premium – take one for 2 weeks, then switch to the other and repeat for as long as needed. Cyclophosphamide – use K/B Herbal Tea and Stone Buster. Daunorubicin/ Dauxorubicin – add Healthy Heart to protect heart. Vincristine/ Vinblastine – add Peaceful Nerves and Calcium From Herbs. Herbs encourage apoptosis of diseased cancer cells and strengthen healthy cells. They do not interfere with killing of cancer cells – they encourage it.
<b>Candida:</b>	Can indicate mineral deficiency, hormonal weakness, adrenal fatigue, parasites, heavy metal poisoning. Usually follows a round of antibiotics. See other listings for natural alternatives to antibiotics. Avoid sugar, honey, maple syrup and all other sweeteners except fruit. <b>Options:</b> Probiotic or

	herbal therapy. Should go through both programs: 90-Day Probiotic Challenge or Herbal Anti-Candida Program (*Liver Regeneration Program + *Echinacea Premium Formula, *Germ Blaster Formula, Oregano oil). Can add Anti-Par Formula (for stronger effect – antiparasite herbs are also antifungal). Berberine Power. Maintenance on Flora-G Plus and Adrenal Support, Immune Valor if needed to keep immune system strong. Oregano oil, AF Blend, Peppermint oil, Myrrh oil, Clove oil.
<b>Cardiomyopathy:</b>	Healthy Heart, Germ Blaster, 28-Day Program. Viral: Herp-Ez blend or AV Blend applied over heart area several times daily. Juice fasting in severe cases. Emotional healing for heartbreak, difficult relationships.
<b>Carpal Tunnel Syndrome:</b>	*Tissue Repair Oil, *Earth's Nutrition Caps, Geranium oil, Peppermint oil, massage therapy – shoulders, neck, arms, wrists, Adrenal Support, Sweet Essence over thyroid area. Sometimes indicates vitamin B deficiency.
<b>Cataracts:</b>	*Eyebright Formula, *Youthful Circulation, Brain Regain, Cayenne Tincture, Calcium From Herbs, 28-Day Healing Program. Alkaline diet without pasteurized dairy products. Slant board exercises, inverted yoga postures. Indicates overly acid body chemistry.
<b>Cellulite:</b>	Lemon oil (massage topically), Sweet Orange oil (massage topically), Circu-Tone Oil Blend (massage topically), Cayenne Tincture, Liver Regeneration Program. More common in women who wear high heels.
<b>Cerebral Hemorrhage:</b>	Acute: Cayenne Tincture – up to 10 droppers full in an emergency, Eyebright Formula. Recovery from (depends on cause): Cayenne, Brain Regain, 28-Day Healing Program. Avoid blood thinning herbs/formulas (Garlic, Germ Blaster, Youthful Circulation, Blood Detox Formula, Healthy Heart Formula, Digest Factor) until bleeding has stopped. After bleeding has stopped, Craniosacral therapy can help balance brain function.
<b>Cervical Cancer:</b>	28-Day Healing Program + Female Harmony. Berberine Power. Indicates anger issues or long term frustration with sexual partner. Often associated with Human Papilloma Virus (HPV). Use hot and cold hydrotherapy over pelvic area 1 – several times daily.
<b>Cervical Dysplasia:</b>	See Pap, Abnormal. See Cervical Cancer
<b>Cervix Infections:</b>	*Berberine Power + Echinacea Premium – 15 drops each every hour for 2 - 3 days, then down to 1 dropper each 6 times daily for 2 weeks. Anti-Par Formula, Liver Regeneration Program + Blood Detox Formula, Female Harmony. Hot and cold hydrotherapy applications over pelvic area several times daily.
<b>Chest Cold:</b>	*Germ Blaster, (Berberine Power + Echinacea Premium), ALG Oil Blend, Herbal Cough Syrup, Tissue Repair Oil, Immune Boost Syrup (kids), Juice fasting
<b>Chicken Pox:</b>	Berberine Power + Echinacea Premium, Tea tree/Jojoba oil, Essential Nutrients, Immune Boost Syrup (kids), AV Blend (bottoms of feet, or dilute with carrier oil and use as part of whole body massage)
<b>Chilblains:</b>	see frostbite
<b>Childbirth:</b>	Cayenne – take before and during childbirth to protect against hemorrhage. Lobelia, Essential Nutrients, Lavender oil. To encourage labor – Berberine Power
<b>Cholecystitis:</b>	See Gallstones
<b>Cholesterol (high):</b>	*Healthy Cholesterol Formula, *Liver Regeneration Program, Garlic Tincture, Lemon oil, Blood Detox Formula. Castor oil pack used over liver area. Leafy green juices.
<b>Chronic Fatigue:</b>	Echinacea Premium + Berberine Power, Essential Nutrients, Adrenal Support, Immune Valor, Iron From Herbs, 28-Day Healing Program.
<b>Circulation, Enhance:</b>	Cayenne Tincture, Brain Regain, Healthy Heart, Ginger Tincture, Germ Blaster, Youthful Circulation
<b>Cirrhosis:</b>	Liver Regeneration Program + Echinacea Premium. Add Lobelia and

	Cayenne if fluid retention. 28-Day Healing Program. Do not consume beer, wine or alcoholic beverages until well.
<b>Clot:</b>	See Blood Clot(s)
<b>Colic:</b>	Tummy Tea. Mother takes Digestive Tonic, Peaceful Nerves, Lobelia to go through the breastmilk to benefit baby in the right dose. If bottle-feeding, can indicate allergy or intolerance to infant formula. Switch infant formula.
<b>Colitis:</b>	*(Colon Soothe or Colon Detox Caps + Can-G + juice fast) for at least 1 week. Colon Detox Caps for at least 2 months. Foster Flora (Flora-G) (do NOT use Foster Flora Plus (Flora-G Plus), use only the Foster Flora (Flora-G) regular strength), Immune Valor, Adrenal Support, Essential Nutrients, Calcium From Herbs, Digestive Formula. Eliminate dairy products and wheat from the diet. Lots of fresh leafy green juices in the diet.
<b>Cold Sores:</b>	AntiViral Formula + Germ Blaster or Berberine Power, AV Blend, Echinacea Premium, Blood Detox Formula, Tea Tree/Jojoba oil blend, Clove oil, Lemon oil. Chronic: add Immune Valor, Adrenal Support, Earth's Nutrition Caps.
<b>Colds and Flu:</b>	(Within first 24 hours: Germ Blaster - 1 dropper every hour for the 1 <sup>st</sup> one to two days. Germ Shield – applied every 2 hours inside the nostrils. Or use Echinacea Premium – 1 dropper full every hour for the 1 <sup>st</sup> one to two days and Germ Shield as mentioned above). 1 <sup>st</sup> day – take a hot bath while drinking lots of ginger tea to the point of perspiring. Another alternative is to take 1 dropper each hour of Berberine Power for 1 – 2 days, then take 2 droppers 6 times daily for 1 more week. ALG oil blend – apply to bottoms of feet, upper back and chest several times daily for congestion and to ease breathing. Herbal Cough Syrup – if cold or flu has invaded the lungs, Lobelia – to open up breathing passages, Essential Nutrients, Immune Boost Syrup (kids), Peppermint oil (use on upper back and chest). Eliminate dairy products. Internal blend: only pure therapeutic grade Peppermint, Clove, Thyme, Lavender and Cinnamon essential oils and must be diluted with oil before consuming to avoid burning sensation in throat. About 1 – 2 drops of total blend per dose diluted in olive, sesame or other cold-pressed oil.
<b>Colon Cancer:</b>	Parasite Cleanse. Liver Regeneration Program + Blood Detox Formula, Juice fasting. 28-Day Program is best. Possible parasites. Constipation issue must be solved – bowels must move 2 to 3 times daily – use Vibrant Colon or Foster Flora Plus (Flora-G Plus), drink half body weight in ounces of water per day and get 20 minutes of exercise daily. See Constipation for more details. Avoid processed foods (table salt, enriched flour, white sugar, artificial colors, artificial sweeteners, artificial flavors, monosodium glutamate, soda pop, high fructose corn syrup, corn sugar, etc.)
<b>Coma:</b>	Head trauma: Cayenne (large doses), Brain Regain ( 2 droppers 3 to 6 times daily), Earth's Nutrition Formula (double or triple dose), Frankincense oil, Grounding essential oil blend – massage 1 drop on scalp several times daily, Peppermint oil – massage on scalp several times daily. Milk Thistle (if liver enzymes are elevated). Youthful Circulation (if blood thinners cannot be used). Craniosacral therapy. See also pneumonia and infections. Coma caused by diabetes: see diabetes. Coma caused by heart failure: see congestive heart failure
<b>Congestive Heart Failure:</b>	*Cayenne Tincture + 28-Day Healing Program + Healthy Heart. Often caused by many years of high blood pressure. May be the result of a heart attack. Sometimes a long term complication of diet drugs.
<b>Conjunctivitis:</b>	*Eyebright Formula – Take every hour on the hour (both as eyewash and 1/2 to 1 dropper full by mouth) in acute crisis situation, then reduce dose as situation improves. Echinacea Premium or Berberine Power – take by mouth several times daily and up to 1 dropper each hour during acute crisis, then down to maintenance dose until infection is gone. Use ice cold cloths over eyelids to decrease inflammation every hour on the hour during acute

	<p>inflammation. Viral conjunctivitis – usually characterized by swollen lymph nodes in front of the ears. Viral conjunctivitis is very contagious (also known as “pinkeye” in layman’s terms). In this case, add Anti-VR Herbal Formula. Viral Conjunctivitis is self-limited – it usually goes away over time, however, you can greatly hasten its disappearance and relieve pain and irritation with herbs.</p>
<b>Constipation:</b>	<p>*Vibrant Colon or Colon Starter Plus (extra strength), Ginger tincture, Liver Regeneration Program, Flora-G (for children), Flora-G Plus, Cayenne Tincture, Garlic Tincture, Colon Cleanse Syrup (children), Flora-G or Flora-G Lozenge(children), L/GB (adults or children). Constipation is defined as having less than one bowel movement per major meal eaten throughout the day [three meals daily = three bowel movements daily] A sedentary lifestyle contributes. Synthetic iron supplements are common causes of constipation. Medications that can constipate: opiate pain relievers (Vicodin, hydrocodone, codeine, morphine, oxycodone, methadone, etc.), tricyclic antidepressants, medications for psychosis anticholinergic medications, calcium channel blockers, ulcer medications (sucralfate), medicines for Parkinson’s disease (Bromocryptine), cholesterol-lowering medications (cholestyramine). Pasteurized/homogenized dairy products can result in constipation. May indicate toxic sludge in the liver/gallbladder Constipation can also be caused by hypothyroidism and imbalance of gut flora.</p> <p>Consume a plant-based diet with emphasis on more raw foods. Increase water intake. Use a stool in front of toilet on which to prop legs to approximate squatting position. The squatting position helps body to eliminate with less strain and more completely. Press acupuncture points on abdomen while sitting on toilet to help elimination.</p>
<b>Convulsions:</b>	<p>Peaceful Nerves (acute but also for long term healing), Lobelia, 28-Day Healing Program, Frankincense oil (apply to neck pulse points, nape of neck, top of head, third eye area), Lavender oil (apply same way as Frankincense oil). May be a reaction to vaccination. See also epilepsy</p>
<b>COPD (Chronic Obstructive Pulmonary Disease):</b>	<p>This is usually the end result of many years of smoking. Many air sacs in the lungs that normally fill with oxygenated air can be destroyed resulting in a chronic low oxygen saturation. There can be severe fatigue, shortness of breath. There may also be a chronic inflammation of the airways resulting in wheezing and increased mucous production (chronic productive cough). There is an increased likelihood of infectious bronchitis. Many people with COPD end up dependent on an oxygen tank.</p> <p>Begin with Lobelia Tincture (to act as bronchodilator and ease breathing) and Intestinal Rejuvenation Program. Intestinal Rejuvenation Program is very important as the large intestines affect lung function through the large intestine meridian. Germ Shield can also be used in a steam inhaler and 15 minutes of steam + Germ Shield can be done once or twice daily to help breathing, to decongest sinuses and help kill bronchial infection. For severe or acute bronchial infection, add Germ Blaster – the garlic and onions kill infection while cayenne acts as an expectorant.</p> <p>Essential oils applied anywhere on body can help the body become more efficient at using the oxygen it is getting. For opening the lungs, these essential oils can be used on the bottoms of feet, on the mid to upper back area or on the chest: Peppermint oil, AV Blend diluted with carrier oil before applying. Oregano oil can be used on bottoms of feet mixed with castor oil and some peppermint oil. Periods of juice fasting – around one week at a</p>

	<p>time or longer and Liver Regeneration Program should also be attempted.</p> <p>Eliminating pasteurized and homogenized dairy products from the diet can help reduce production of mucous. Recommend to stop smoking/ avoid being around smokers while they are smoking. Lobelia Tincture can help smokers stop smoking (lobeline is almost identical to nicotine, yet not addictive) and also acts as a bronchodilator to open breathing passages.</p> <p>Avoid synthetic perfumes, hairspray, deodorizing sprays, air fresheners, talc and powders, which can cause exacerbations. Use pure essential oils only for scenting a room (Commercially available air fresheners often contain lung-irritating chemicals. Use baking soda instead of scented scouring powders for housecleaning. Avoid burning incense. Avoid synthetic scented powdered laundry detergents. They can irritate lungs when inhaled. Use natural liquid detergents found in health food stores.</p> <p>If there is an iron deficiency, it is good to take the Essential Nutrients Formula to help maximize the RBC count and optimize oxygen utilization.</p> <p>Immune Valor or Adrenal Support can be very help to increase overall strength. Immune Valor contain adaptogens that help the body function better in a low oxygen environment, while Reishi can help stabilize mast cells in the case of allergies and can help immune weakness.</p>
<b>Coronary Artery Disease:</b>	<p>*Healthy Heart + *Youthful Circulation + *Liver Regeneration Program + *Blood Detox Formula. (all of these help to thin the blood naturally)</p> <p>*Cayenne Tincture. Reduce meat to 1 – 2 times weekly – only organic, free-range, hormone-free, antibiotic-free, bGH-free meat. Juice fasting – 1 to 2 weeks at a time or 1 month in an emergency. 28-Day Healing Program. Avoid trans-fats, hydrogenated oils, fried foods, margarine, white refined sugar. May indicate vitamin C deficiency/early sign of scurvy.</p>
<b>Cough:</b>	<p>Herbal Cough Syrup, Lobelia, Germ Blaster, Echinacea Premium, Immune Valor, AV Blend, Peppermint oil. Eliminate pasteurized dairy products from the diet. Avoid smoking/ being around smokers while they are smoking. Avoid synthetic perfumes, powders, hair spray, deodorizing sprays, air fresheners, scented scouring powders, talc. Use pure essential oils only for scenting a room. Use baking soda instead of scented scouring powders. Avoid synthetic scented powdered laundry detergent. Avoid burning incense.</p>
<b>Crohn's Disease:</b>	<p>[Colon Soothe + Can-G + Immune Valor], Foster Flora (Flora-G), Tummy Tea, Adrenal Support, Calcium From Herbs, 28-Day Healing Program. Eliminate dairy products and wheat from the diet.</p>
<b>Cuts, scrapes, bruises:</b>	<p>(Tea Tree/Joboba oil blend or Germ Shield: use in place of antibiotic creams), Lavender oil, Lemon oil or CircuTone (bruises)</p>
<b>Cystitis (Bladder infection):</b>	<p>See bladder infection</p>
<b>Cytomegalovirus/CMV:</b>	<p>28-Day Healing Program + Anti-VR. Herp-Ez essential oil blend, AV Blend.</p>
<b>Dandruff:</b>	<p>Lavender oil (apply to scalp)</p>
<b>Depression:</b>	<p>Earth's Nutrition Caps + Brain Regain + *Liver Regeneration Program. AntiDepressant Formula, Grounding oil blend, Celebration oil blend, Orange essential oil, Lemon essential oil, Geranium essential oil, alternating hot/cold showers. Fall in love. Try something new. Change the daily routine.</p>
<b>Dermatitis:</b>	<p>Echinacea Premium, Healthy Skin, Intestinal Rejuvenation Program, Kidney/Bladder Revitalization Program, Tea Tree/Joboba oil blend, Germ Shield, Blood Detox, Can-G – make solution and apply to affected area. Geranium oil Lavender oil, Peppermint oil</p>

<b>Diabetes I and II:</b>	(Sweet Essence Oil Blend + 28-Day Healing Program), Female Harmony, Adrenal Support, Celebration essential oil blend, Cayenne (circulation), Ginger (circulation), Lemon essential oil, Geranium essential oil. Type I Diabetes can be the result of a vaccination reaction. Add organic cold-pressed coconut oil to the diet.
<b>Diaper rash:</b>	*Tea tree/jojoba oil blend, diluted Lavender oil
<b>Diarrhea:</b>	(*Colon Detox Caps or *Colon Soothe Formula) – to stop the diarrhea, Echinacea Premium, Sweet Orange oil, Foster Flora (Flora-G), Parasite Cleanse (if caused by parasites). Do not use Foster Flora Plus (Flora-G Plus), Vibrant Colon, Colon Starter Plus or Colon Activator during diarrhea.
<b>Disinfection:</b>	AV Blend, Lemon oil, Lavender oil, Celebration essential oil blend, AF Blend, Clove essential oil, most essential oils.
<b>Diverticulosis:</b>	Vibrant Colon (or Colon Starter Plus Formula), Colon Detox Caps, Calcium From Herbs (strengthen colon tissue), Essential Nutrients. See also constipation.
<b>Dizziness:</b>	Cayenne Tincture, Brain Regain (review prescription medications for side effects)
<b>Dropsy:</b>	See Congestive Heart Failure
<b>Drug withdrawal - alcohol &amp; sedatives:</b>	*Peaceful Nerves – one dropper every hour if needed in acute situation, then slowly tapered, Essential Nutrients, 28-Day Healing Program, Healthy Heart (regulate blood pressure, sedating), Grounding oil blend, Lavender essential oil (inhale or massage along nape of neck, scalp). Colon Soothe can neutralize drugs if recently consumed/ they are still in the stomach. Colon Detox Caps can pull drug residues out of intestines. Blood Detox Formula helps clear drugs out of the bloodstream.
<b>Drug withdrawal - cocaine, amphetamines, &amp; stimulants</b>	Blood Detox Formula, Adrenal Support, Earth's Nutrition Caps, Brain Regain
<b>Dysentery:</b>	see Diarrhea
<b>Dysmenorrhea:</b>	See Menstrual cramps
<b>Earache/Infection:</b>	*Tea tree/Jojoba oil blend or Germ Shield - Can swab very superficially inside ear with a cotton swab, being VERY careful not to go in deep or touch the eardrum. Never pour or drip essential oils inside the ear canal, (causes <i>severe</i> pain if it touches the eardrum). Then use Celebration oil around outside of ear (not inside ear). Garlic oil can be used in the ear without problems. Take by mouth: Echinacea Premium, Immune Boost Syrup (kids), Germ Blaster (adults only). Eliminate dairy products from the diet. Maintenance: Immune Valor, Chewable Flora, ALG – bottoms of feet, neck pulse points. Eliminate dairy products and wheat from the diet. Do NOT use a neti pot in cases of ear infection/ earache
<b>Eczema:</b>	Tea tree/Jojoba oil blend, (Liver Regeneration Program + Blood Detox Formula), *Germ Shield, Geranium oil, Lavender oil, Maintenance: Healthy Skin (maintenance), Foster Flora (Flora-G), Immune Valor, Adrenal Support. Eliminate dairy products and wheat from the diet. Indicates kidney toxins and immune dysfunction. May be a reaction to vaccinations. Avoid future vaccinations if possible.
<b>Edema:</b>	Kidney/Bladder Formula, K/B Herbal Tea, Liver Regeneration Program, Cayenne, Lobelia. Usually indicates either kidney toxins or heart problems or both. Eliminate white table salt from diet. Bath of rock salt. Water follows salt.
<b>Emetic:</b>	Lobelia (very large dose)
<b>Empysema:</b>	Lobelia, 28-Day Healing Program, Anti/viral oil blend. Stop smoking/ avoid being around smokers while they are smoking. 5 to 10 drops of Lobelia can be used to fight cravings for nicotine each time they occur. Avoid synthetic perfumes, hairspray, deodorizing sprays, air fresheners, talc and powders.

	Use pure essential oils only for scenting a room. Use baking soda instead of scented scouring powders. Avoid burning incense. Avoid synthetic scented powdered laundry detergent – use natural liquid detergents found in health food stores.
<b>Endometriosis:</b>	*Intestinal Rejuvenation Program, Liver Regeneration Program + Blood Detox Formula, Stone Dissolve Tea + Stone Buster – 8 days, Female Harmony, Geranium oil, Clove oil, Tea tree/Jojoba oil blend. Youthful Circulation. 28-Day Healing Program.
<b>Energy:</b>	Essential Nutrients (or Earth’s Nutrition Caps), Cayenne Tincture, Liver Regeneration Program, Brain Regain, Female Magnetism, Adrenal Support, Peppermint oil (inhale deeply). Chronic dehydration often causes energy loss. Iron deficiency can also be a cause. Low energy can be associated with hypoglycemia. See iron deficiency, hypoglycemia.
<b>Enuresis:</b>	See Bedwetting
<b>Epilepsy:</b>	<p>*Peaceful Nerves (can give up to 8 droppers full in an emergency.) Use daily at 2 droppers full for at least 1 year, but preferably 2 years to reduce hyperactivity of brain cells. It is important to identify the cause, of which there are many: stroke, head trauma/ brain injury, autism, diabetes/ low blood sugar, electrolyte imbalance, vaccine injury, heavy metal accumulation/ reaction to silver amalgam fillings, parasites.</p> <p>All foods containing the artificial sweetener aspartame should be permanently eliminated. This sweetener has been associated with seizures and the symptoms of multiple sclerosis. All foods containing monosodium glutamate should be eliminated. Glutamate is an excitatory neurotransmitter that can overly stimulate the brain and nervous system. Caffeine should be minimized or eliminated. Rosemary essential oil is contraindicated – it is too much of a cerebral stimulant and can increase the risk of seizure.</p> <p>Epilepsy in women of child-bearing age often occurs with increased frequency around menstruation. At the time of menses, seizures can increase. In these cases, use Female Harmony or Immune Valor every day for the long-term, even if menses are regular. There can still be a hormonal imbalance/ hormonal component even though periods are regular.</p> <p>Use *28-Day Healing Program, Lavender oil diluted with carrier oil and applied to nape of neck, bottoms of feet - especially big toes, forehead are between eyebrows and temples. Lobelia tincture is an antispasmodic herb that can suppress seizures. Calcium From Herbs Formula – a long-term tonic to help strengthen and balance nerve function. Liver Regeneration Program – this is used especially in the case of vaccine injury, stroke, heavy metal accumulation, and diabetes. Parasite Cleanse Kit – for cases caused by parasites. To help brain function: Grounding oil blend, Essential Nutrients – help maximize brain function and stabilize mood.</p> <p>Massage spine and head with essential oils on regular basis – focus especially on area at base of skull. Craniosacral therapy is especially useful for those who have had brain injury/ head trauma. Deep foot reflexology especially along points related to spine and brain, regardless of cause.</p> <p>Avoid future vaccinations if possible. Seizures can be caused by mercury amalgams/ mercury overload in the body. Avoid fish, vaccinations and other sources of mercury. Can also be caused by parasites. Seizures may occur during periods of very low blood sugar. Check for diabetes. See also</p>

	<p>diabetes, stroke, parasites, heavy metal poisoning, brain injury, and autism.</p> <p>VERY IMPORTANT: For any cleanse that is done (colon cleanse, liver cleanse, kidney cleanse, parasite cleanse), the Peaceful Nerves Formula should be added. This is to prevent or minimize seizures from occurring during a cleanse.</p>
<b>Epstein Barr Virus:</b>	Germ Blaster, Liver Regeneration Program + Echinacea Premium, AntiViral Formula, Sweet Essence (or Adrenal Support), Immune Valor, Immune Virus Herbal Tea, Immune Boost Syrup (kids). 28-Day Healing Program. Chronic fatigue-like illness can follow vaccination or influenza or chronic severe stress.
<b>Esophageal Cancer:</b>	28-Day Healing Program + Digestive Formula. Can-G, Tummy Tea, Juice fasting. Massage chest with Frankincense and clove oils.
<b>Eyes, Bags Under:</b>	Watery bags: Kidney/Bladder Revitalization Program, Immune Valor, Lobelia, Lemon oil, Orange oil, Adrenal Support. Indicates kidney toxins, hormonal weakness. Fat bags: Liver Regeneration Program + Blood Detox Program or Cholesterol Busters Program, Youthful Circulation. Indicates cholesterol issues.
<b>Eyes, Injury, Infection:</b>	Eyebright Formula, Brain Regain, Essential Nutrients, Frankincense oil (topical use only). For infection, use Eyebright Formula eyewash every hour on the hour along with 1 dropper full Eyebright Formula by mouth, reducing dose as situation improves.
<b>Eyesight loss:</b>	Eyebright Formula, Brain Regain, Cayenne Tincture, Essential Nutrients, Frankincense oil (topical use only). See also Stroke, Diabetes
<b>Farsighted:</b>	See Vision
<b>Fatigue:</b>	*Peppermint oil (inhaled and used internally in glass of water), *Essential Nutrients, Female Magnetism Formula, Liver Regeneration Program, Adrenal Support, *Iron From Herbs Formula, Cayenne tincture, Ginger tincture, Tea Tree/Jojoba blend.
<b>Fat-dissolving:</b>	*Liver Regeneration Program with Essential Nutrients as meal replacement, Cayenne tincture, massage with essential oils - Sweet Orange oil, Lemon oil, Circu-Tone Oil Blend
<b>Fertility, Men:</b>	Liver Regeneration Program + Blood Detox – at least two cleanses. Then Adrenal Support for long term building/strengthening. Male Magnetism.
<b>Fertility, Women:</b>	Female Harmony, Liver Regeneration Program + Blood Detox – at least 2 cleanses. Female Harmony or Adrenal Support for long term building and strengthening. Adrenal Support. Miracles can happen after two months of Female Harmony.
<b>Fever:</b>	*Peppermint oil, *Echinacea Premium Formula, Germ Blaster Formula, Liver Regeneration Program, Immune Virus Herbal Tea, Immune Boost Syrup (kids), Ginger Tincture, Cayenne Tincture, Lemon oil
<b>Fibroids: (Uterus)</b>	Liver Regeneration Program + Blood Detox Formula followed up by Female Harmony. These occur due to hormonal imbalance, greatly aggravated by xenoestrogens in commercial meats and plastics. Vegetarian hormone-free diet is recommended. It is important to avoid any and all artificial hormones, such as those in most commercially available meats and dairy products obtained from feedlot operations. Try to go vegan for a few months or try to get these products free-range and without any hormones or antibiotics. Do the Liver Regeneration Program 2 to 4 times with the Blood Detox Formula and juice fasting if possible. Fibroids are also a manifestation of toxic lymph. The Blood Detox Formula is a deep lymphatic and blood cleanser. May need to take the Blood Detox Formula for a few months up to 6 months depending on the size and severity of the fibroids. Because this is a lymph problem, rebounding exercises are recommended in order to help circulate and clear out toxic lymph from the lymph system. Any exercise where the



	heels are pumped up and down or deep breathing exercises also help circulate the lymph that might otherwise not move at all due to sedentary lifestyle. Use Castor oil pack over pelvic area 5 nights per week, and use hot and cold hydrotherapy routine once daily for around a few months. The detox from the uterus may result in a temporary smelly discharge. Fibroids may dissolve slowly internally, or they may be passed through the vagina during a bowel movement. Eat raw garlic – around 3 cloves per day can also be effective in shrinking this type of tumor. Ginger and cayenne help to stimulate circulation to this area and are important adjuncts to the main liver and blood cleansing protocol.
<b>Fibromyalgia:</b>	*Tissue Repair Oil, Parasite Cleanse, Liver Regeneration Program, Brain Regain, *Foster Flora (Flora-G Plus), Immune Valor, Adrenal Support, Muscle Energizer Massage Oil, 28-Day Healing Program. Can be associated with thyroid imbalance (underactive or overactive. See also hypothyroidism, hyperthyroidism.
<b>Fits:</b>	see Epilepsy
<b>Flatulence:</b>	See Gas
<b>Flea repellent:</b>	Peppermint oil, Lavender oil
<b>Fluid retention:</b>	Foot retention in the legs or lungs may indicate congestive heart failure. Excess fluid accumulation can also indicate kidney disease. Can be caused by excess salt/soy sauce in the diet. Fluid can temporarily accumulate around a new injury, such as a trauma or a burn. Inflammation is also associated with a temporary fluid retention around the area – for example, bursitis. Water retention in the feet is commonly associated with morbid obesity as well as the later stages of pregnancy. *Kidney/Bladder Formula, Circu-Tone Oil Blend, [*Lobelia tincture + Cayenne tincture], [*Kidney/Bladder Revitalization Program + Lobelia Tincture], Sweet Orange oil diluted with a carrier oil and massaged into injured/inflamed area.
<b>Food poisoning:</b>	*Colon Detox Caps (or Colon Soothe), Peppermint oil, Echinacea Premium, Lemon oil, Clove oil, Digestive Tonic
<b>Frostbite:</b>	Cayenne Tincture, Tissue Repair Oil, Ginger Tincture
<b>Frozen Shoulder:</b>	Ice 20 minutes several times daily for the first week, then *[Hot and cold hydrotherapy twice daily. 1 minute hot followed by 1 minute cold, then repeated for at least 15 minutes] - most effective for pain) Follow with Peppermint oil or Tissue Repair Oil diluted with castor oil and massaged into the shoulder and neck. Deep tissue massage of both shoulders, neck, upper back, mid-back, low back. Acupuncture can help relieve pain during the acute stage. Can be caused by trauma to the shoulder (car accident, shoulder dislocation, repetitive use injury, etc.) Computer work greatly aggravates. Try to dictate rather than type until the shoulder is healed. Yoga and stretching to get back mobility and strength. Apply Peppermint oil or Tissue Repair oil after any stretching or massage work to reduce inflammation. Pain in the left shoulder can be related to heart issues (broken heart, broken relationship, heart disease).
<b>Fungal infection:</b>	*Tea tree oil, Geranium oil, Essential oils penetrate deeper into fingernails and toenails than do herbs. *Anti-Par Formula, *Echinacea Premium Formula, *Germ Blaster Formula, *AF Blend
<b>Gallstones:</b>	*Simplified Stone Cleanse, then Liver Regeneration Program, using the stronger liver flush option on the handout (6 ounces oil in the evening on the 5 <sup>th</sup> day of the liver flush). Lemon essential oil – can help over time, but is not a speedy dissolvent. <b>Stone stuck:</b> Peaceful Nerves, Cramp Away or Lobelia. Peaceful Nerves or Cramp Away can be used up to 8 droppers at a time for acute spasm/pain. For Lobelia – 1 to 2 droppers can be used at a time. Gallstones can indicate problems with cholesterol (indicating the need for liver cleansing). These are usually bright emerald green stones.

	Gallstones can also occur in association with hemolytic anemia (thalassemia, sickle cell anemia, etc.) – these type of stones are usually blood-red or black.
<b>Gangrene:</b>	Cayenne Tincture, 28-Day Healing Program, Germ Shield blend. Hot and cold hydrotherapy of affected limb several times daily. If associated with diabetes, use remedies to control blood sugar (Sweet Essence, Immune Valor, etc.). See also diabetes.
<b>Gas:</b>	Digestive Tonic, Peppermint oil, Intestinal Rejuvenation Program, Liver Regeneration Program, Foster Flora (Flora-G), Appetite Suppressant (topical). Add kombu to beans to increase digestibility. Use Digestive Formula or Digest Factor with meals containing beans. Use proper food combining rules. Sudden onset may indicate food poisoning or viral enteritis (stomach flu). May also be associated with irritable bowel syndrome, Crohn's disease, ulcerative colitis. Chew food thoroughly and do not drink cold iced drinks with meals (liquids should be consumed before the meal and should be warm or at least room temperature)
<b>Gastritis:</b>	*Colon Soothe, Tummy Tea, Digestive Formula, Detox Chai Spice, fresh aloe vera juice/gel. A short juice fast for a few days to a week may be needed in order to rest stomach and allow it to heal. If a juice fast cannot be followed, consume an all-soup diet without salt. Do not consume salt, essential oils, citrus juices, vinegar, citric acid, tomatoes, garlic, onions, cinnamon, curry, asafetida, or acidic foods or carbonated beverages – these cause pain and delay healing. Synthetic vitamin C can increase pain (even esterified or buffered vitamin C can cause pain.) Gastritis may often be confused with peptic ulcer or GERD. A rice-based diet is recommended with bland soups and blenderized drinks. Gluten-free diet may be helpful. See also: ulcer, GERD
<b>GERD:</b>	Digestive Tonic, Can-G, Flora-G Lozenge, Intestinal Rejuvenation Program, Tummy Tea, Peppermint oil (especially if there is burning), Liver Regeneration Program. GERD causes symptoms typically after consuming a large meal and then lying down. Usually indicates constipation, slow emptying of stomach. Excess belly fat creates additional pressure on the stomach, interfering with stomach emptying. Take Digest Factor and/or Digestive Tonic with meals. If overweight, lose weight to reduce pressure on lower esophageal sphincter. Do not wear tight belts or constrictive clothing. See also gastritis and ulcer.
<b>Glands, Swollen:</b>	Echinacea Premium, Germ Blaster, Immune Boost Syrup (kids), Liver Regeneration Program with Blood Detox
<b>Glaucoma:</b>	Eyebright Formula – by mouth and also as eyewash several times daily, Youthful Circulation, Healthy Heart, Ginger Tincture, Frankincense oil, 28-Day Program. Is often associated with kidney toxins and high blood pressure. See also high blood pressure.
<b>Gingivitis:</b>	*Tooth & Gum Formula – mixed with water as mouthwash or massage on gums, Echinacea Premium – mixed with water as mouthwash or massage on gums, Peppermint oil – mixed with water as mouthwash or massaged on gums, Oxygen Brushing Rinse
<b>Gout:</b>	Simplified Stone Cleanse – with Stone Buster for at least 8 days, then Kidney/Bladder Revitalization Program and Adrenal Support – for at least one month. Then, 28-Day Healing Program. Stop drinking beer and wine. Nutritional yeast is contraindicated (Earth's Nutrition Formulas). Reduce intake of meat and rich foods
<b>Graves' Disease:</b>	See hyperthyroidism
<b>Guillain-Barre Syndrome:</b>	Rare complication of influenza or vaccination. Massage area with *Tissue Repair Oil, Peppermint essential oil, Lavender essential oil. *Calcium From Herbs – maximum dose, *Earth's Nutrition Formula – double or triple dose.

	Deep foot reflexology. Avoid future vaccinations if possible. Heavy Metal chelating program – Liver Regeneration Program with Blood Detox Formula. Pure cod liver oil/essential fatty acid supplement to help repair myelin sheath.
<b>Hair:</b>	Lavender oil (dilute with carrier oil and apply to scalp), *Grounding Oil Blend (dilute with carrier oil and apply to scalp), Calcium From Herbs, Essential Nutrients, Female Harmony or Adrenal Support
<b>Halitosis:</b>	See Bad Breath
<b>Hair loss:</b>	*Lavender oil (dilute with carrier oil and massage into scalp), *Grounding Oil Blend (dilute with carrier oil and massage into scalp), Female Harmony (women and men) to help restore hormonal balance, Liver Regeneration Program, Cayenne tincture (increases circulation to head area), Brain Regain Formula, *Grounding Essential Oil, Adrenal Support. Iron From Herbs. Hair loss has many causes – some of the causes include anemia, iron deficiency, low thyroid function, low hormones, mineral deficiency, poor circulation, weak heart, seborrheic dermatitis, biting mites. See also hypothyroidism, anemia, weak heart
<b>Hand sanitizer:</b>	Germ Shield, Lemon oil
<b>Hashimoto's:</b>	See hypothyroidism
<b>Hay Fever:</b>	*ALG Oil Blend, Echinacea Premium, Immune Valor, Adrenal Support, Essential Nutrients
<b>Headaches:</b>	*Head Relief (acute use and also daily use for prevention of all types of headaches), *Brain Regain Formula + Lobelia), Migra-Stop, *Clove oil (press one drop against hard palate at roof of mouth), Lavender oil (applied to back of neck), *Peppermint oil (applied to temples, scalp), Intestinal Rejuvenation Program, Liver Regeneration Program, Frankincense oil, Head Relief or Brain Regain (daily as preventative). Craniosacral therapy. Headaches may be caused by mercury amalgam fillings, infection anywhere in the body, stress/tension, subluxed cervical vertebra, toxic chemical exposure. Avoid fumes (nail polish, synthetic air freshener, car exhaust fumes, etc.)
<b>Heart Arrhythmia:</b>	See Arrhythmia
<b>Heart Attack:</b>	Cayenne Tincture, Healthy Heart, Migra-Stop essential oil blend applied over heart area. See coronary artery disease.
<b>Heart Disease:</b>	See Congestive Heart Failure, Coronary Artery Disease, Cardiomyopathy
<b>Heart, Protective:</b>	Healthy Heart, Cayenne Tincture, Ginger, Calcium From Herbs, Migra-Stop (massage over heart area), Immune Valor
<b>Heartburn:</b>	see indigestion
<b>Heart Palpitations:</b>	See Palpitations
<b>Heart Problems: (with palpitations)</b>	*Healthy Heart Formula, Lavender oil, Peppermint Oil, Liver Regeneration Program, Essential Nutrients, Cayenne tincture, Migra-Stop.
<b>Heavy Metal Poisoning:</b>	<b>Adults:</b> Liver Regeneration Program + Blood Detox Formula, Essential Nutrients, and Garlic Tincture for two weeks. 4 caps of Colon Detox Caps and 2 TBS daily Essential Nutrients can be used as maintenance formulas.  <b>Children:</b> Colon Cleanse Syrup + Colon Detox Caps + Liver/Gallbladder Caps + Blood Purifying Tea + {Earth's Nutrition Caps or Essential Nutrients}
<b>Hemoglobin, Low:</b>	Essential Nutrients (double dose), Iron From Herbs, Liver Regeneration Program, Adrenal Support. Check for any sources of bleeding (peptic ulcer, excess menstrual periods, bleeding hemorrhoids, hidden or known cancer, sickle cell anemia, malaria, etc.) and address cause of bleeding, if any.
<b>Hemorrhoids:</b>	Vibrant Colon or Colon Starter Plus or Foster Flora Plus (Flora-G Plus) (needed in order to address constipation – the root cause), Intestinal Rejuvenation Program, Liver Regeneration Program (can help some cases of constipation), Calcium From Herbs (for mineral deficiency and to strengthen vein walls), Brain Regain Formula (helps circulation), Myrrh oil,

	Circu-Tone Oil Blend. Sometimes indicates lack of minerals (calcium, etc.). Must address cause(s of constipation). See also constipation.
<b>Hemorrhage:</b>	see Hemostatic
<b>Hemostatic:</b>	(stops bleeding) *Cayenne Tincture, *Lemon oil, *Lavender oil, Frankincense oil
<b>Hepatitis:</b>	[*Milk Thistle Tincture+ Essential Nutrients + Intestinal Rejuvenation Program]. [Liver Regeneration Program + Echinacea Premium]. *28-Day Healing Program. Check prescription medications for side effect of liver damage (cholesterol-lowering meds, diabetes meds, psychiatric meds, tricyclic antidepressants, birth control pills, anabolic steroids, NSAID's, acetaminophen, arthritis meds, meds to control seizures/epilepsy, etc.). Milk thistle is effective, but especially in the case of acute hepatitis, a stronger herbal regimen is required. Do not ignore the colon. Colon Detox Caps must be used to absorb toxins from the intestines that go directly to the liver through the portal vein. They also absorb toxins coming out of the liver and going into the intestines.
<b>Herpes Simplex:</b>	*Peppermint & Lavender oils (diluted with olive oil), *Anti-VR - taken internally, Berberine Power, *Herp-Ez Oil Blend, AV Blend (dilute with olive oil and apply topically), Oregano oil, Echinacea Premium, Immune Virus Herbal Tea, Blood Detox Formula, Garlic Tincture, Liver Regeneration Program. Herpes outbreaks can be precipitated by eating chocolate and nuts. Avoid chocolate and nuts. Use carob as a replacement for chocolate. Acute onset: 15 drops each Berberine Power + Anti-VR each hour, and apply Herp-Ez blend topically several times daily.
<b>Herpes Zoster:</b>	see Shingles
<b>Hiatal Hernia:</b>	Digestive Tonic, [Vibrant Colon or Turkey Rhubarb Formula], Detox Herbal Tea, Liver Regeneration Program
<b>Hiccoughs:</b>	Digestive Tonic, Lobelia, Peaceful Nerves
<b>High Blood Pressure:</b>	*[Kidney/Bladder Revitalization Program followed by Vasco-Calm Formula]. [*Healthy Heart + Youthful Circulation] – is a combination that often works. Simplified Stone Cleanse – with at least 8 days of Stone Buster (silent kidney stones may be a hidden cause), Liver Regeneration Program, Lavender oil, Frankincense oil, Clove oil, *Juice fasting
<b>High Cholesterol:</b>	Simplified Stone Cleanse, then *Liver Regeneration Program followed by *Healthy Cholesterol Formula as maintenance. Other maintenance formulas: *Lemon oil, Garlic Tincture, Essential Nutrients
<b>Hives:</b>	*Peppermint essential oil (topically), *Germ Shield (topical), Echinacea Premium (internal), Tea Tree/Jojoba oil blend (topical), Immune Boost Syrup (internal – for kids). Chronic: Liver Regeneration Program + Echinacea Premium, Immune Valor
<b>Hodgkin's Lymphoma:</b>	28-Day Healing Program
<b>Hormonal Imbalance:</b>	*Female Harmony (with anxiety), Femme Pause® (women in menopause), Female Magnetism Formula (with fatigue or low thyroid), Sweet Essence Oil Blend, Adrenal Support
<b>Hot Flashes:</b>	Femme Pause®, Peppermint oil, Liver Regeneration Program, Adrenal Support, Essential Nutrients. See also night sweats.
<b>Huntington's Disease/Chorea:</b>	28-Day Healing Program + Brain Regain + Cayenne Tincture. Geranium essential oil, Frankincense essential oil. Coconut oil in diet.
<b>Hypercholesterolemia:</b>	See High Cholesterol
<b>Hyperglycemia:</b>	See Diabetes
<b>Hypertension:</b>	see High blood pressure
<b>Hyperthyroidism:</b>	Healthy Heart + Female Harmony – for at least one year, preferably two. Also, Liver Regeneration Program + Blood Detox, Calcium From Herbs, Essential Nutrients – double dose. Immune Valor – at least one year. Myrrh oil – applied topically over thyroid area - once every other day up to twice

	daily.
<b>Hypoglycemia:</b>	Essential Nutrients, Sweet Essence, Liver Regeneration Program, Adrenal Support, Female Harmony.
<b>Hypotension:</b>	See Blood Pressure, Low
<b>Hypothyroidism:</b>	Female Magnetism or Adrenal Support – for at least one year. Also, Liver Regeneration Program + Blood Detox – every 3 months. Immune Valor for at least one year if there is an autoimmune cause. Sweet Essence oil blend – apply topically over thyroid/ front of neck area. Cayenne Tincture. Essential Nutrients. Youthful Circulation, Healthy Cholesterol – as needed if there are cholesterol issues.
<b>Immune Strengthening, Balancing:</b>	Echinacea Premium, Immune Valor, Immune Boost Syrup (kids), Essential Nutrients, Adrenal Support
<b>Impotence:</b>	*Male Magnetism Formula, *Damiana tincture, Cayenne tincture, Ginger tincture, Peppermint oil. Impotence is often the side effect of blood pressure medications and antidepressants. Reduce or eliminate these meds if possible.
<b>Incontinence - Urinary, Men:</b>	Simplified Stone Cleanse, then Kidney/Bladder Revitalization Program. Prostate Formula. May be a sign of prostate infection or urinary tract infection. Kegel exercises. Search for bladder and prostate irritants in the diet: unripened citrus, sugary foods, carbonated beverages, refined salt, synthetic vitamin C, coffee, alcohol. Incontinence may be the only symptom of a bladder infection or prostate infection. Differential diagnosis includes bladder cancer, diabetes, tumor pressing on bladder, interstitial cystitis (chronic bladder infection), urinary tract infection, spinal cord injury, multiple sclerosis or other neurologic diseases. Medications that can cause urinary incontinence: long-acting benzodiazepines, alpha-agonists, alpha-antagonists, anticholinergics (this includes many antidepressants), diuretics (taken usually for high blood pressure. See also: bladder infection, prostatitis.
<b>Incontinence, Urinary - Women:</b>	Simplified Stone Cleanse – with at least 2 bottles (8 days) of Stone Buster, then Kidney/Bladder Revitalization Program. K/B Herbal Tea. Search for bladder irritants in the diet: unripened citrus, sugary foods, carbonated beverages, refined salt, synthetic vitamin C, coffee, alcohol. Incontinence may be the only symptom of a bladder infection. Sometimes follows childbirth – Kegel exercises are good for this type of incontinence. Differential diagnosis includes atrophic vaginitis (thinning and irritation of vagina due to low estrogen), bladder cancer, diabetes, tumor pressing on bladder, interstitial cystitis (chronic bladder infection), urinary tract infection. Vulvodynia/ vestibulitis (inflammation/ pain, chronic infection of vagina), spinal cord injury, multiple sclerosis or other neurologic diseases. Medications that can cause urinary incontinence: long-acting benzodiazepines, alpha-agonists, alpha-antagonists, anticholinergics (this includes many antidepressants), diuretics (taken usually for high blood pressure). See also: bladder infection.
<b>Indigestion:</b>	*Peppermint oil (1 drop in a glass of water with 2 drops stevia and drink down), *Digestive Formula, Ginger Tincture, Sweet Essence Oil Blend (rub 1 drop on belly), Tummy Tea, Intestinal Rejuvenation Program and Liver Regeneration Program (to address long term root cause). May be aggravated by mercury amalgam fillings, especially if leaking. May indicate a peptic ulcer or gastritis. See also ulcer.
<b>Infection, Internal:</b>	*Germ Blaster Formula, *Echinacea Premium, *Blood Detox Formula, *Anti-Par Formula, *Oregano oil (diluted with olive oil), *AV Blend, *AF Blend, Myrrh oil, Clove oil, Geranium oil, Lemon oil
<b>Infection, External:</b>	Tea Tree/Jojoba Oil Blend, AF Blend, AV Blend, Oregano oil, Germ Shield
<b>Infection, Chronic:</b>	see Infection. Add Adrenal Support, Immune Valor, Liver Regeneration

	Program, Blood Detox Formula
<b>Infertility:</b>	see Fertility
<b>Influenza:</b>	see Colds and Flu
<b>Insect Bites:</b>	*Tea Tree/Jojoba oil blend, *Germ Shield, *Tissue Repair Oil, Lavender oil, Clove oil
<b>Insecticidal:</b>	Lemon oil
<b>Insect repellent:</b>	Repels lice and fleas: Lemon oil, Lavender oil, *Tea tree oil. For ants, use Peppermint oil or Cayenne tincture
<b>Insomnia:</b>	*Peaceful Nerves Formula, *Healthy Heart Formula, Liver Regeneration Program, Lavender oil, Relaxing oil blend, Sweet Orange oil
<b>Interstitial Fibrosis:</b>	See Lung Fibrosis
<b>Irritable bowel:</b>	*Foster Flora (Flora-G) + Can-G, *Peppermint oil, *Digestive Formula, *Intestinal Rejuvenation Program, , Liver Regeneration Program, Tummy Tea. Eliminate dairy products and wheat from the diet. Follow rules of proper food combining.
<b>Itching:</b>	*Tea tree/Jojoba oil blend, *Tissue Repair Oil, *Germ Shield, Peppermint Oil, Echinacea Premium, Liver Regeneration Program + Echinacea Premium (itching due to liver disease), Kidney/Bladder Revitalization Program + Echinacea Premium (itching due to kidney disease)
<b>Jaundice:</b>	(Liver Regeneration Program + Echinacea Premium), Lemon Essential Oil, Essential Nutrients. Avoid alcohol of all types until well. Check list of medications for side effects, especially medications for diabetes, antidepressants, antipsychotics, anticonvulsants (for epilepsy), and medications for high cholesterol.
<b>Jetlag:</b>	*Brain Regain Formula, Essential Nutrients, Grounding Essential Oil Blend, Cayenne tincture. Take one drop peppermint oil, rub into palms, bring hands up to nose, close eyes and inhale deeply several times to increase mental alertness. Sleep.
<b>Kidney Cancer:</b>	Simplified Stone Cleanse, then 28-Day Healing Program. Do not consume any liquids except pure water, fresh vegetable juices, fresh fruit juices and herbal tea made with distilled water. No sodas or milk.
<b>Kidney Failure:</b>	May have many causes including repeated infections, large stones, prostatic enlargement with obstruction of urine, autoimmune disorders, toxic reaction to medication (antibiotics, cancer chemotherapy regimens), chronic NSAID (nonsteroidal anti inflammatory) use. Stone Buster. 28-Day Healing Program minus the Essential Nutrients. Observe salt, fluid and potassium restrictions as directed by your doctor.
<b>Kidney Stones:</b>	<p>*<b>Simplified Stone Cleanse</b> – may be repeated up to 4 times. Followed by Kidney/Bladder Revitalization Program with juicing. At bare minimum, do *<b>Stone Buster</b> + Stone Dissolve Tea or *K/B Herbal Tea. Maintenance with Stone Buster, K/B Herbal Tea or Stone Dissolve Tea – at least twice yearly. Lemon essential oil for maintenance, added to glass of pure water or added to foods.</p> <p>Causes:</p> <ul style="list-style-type: none"> <li>• The most common cause is not drinking enough water. Coffee, black tea and caffeinated soft drinks are diuretics than can dehydrate the body and contribute to kidney stones.</li> <li>• Sometimes indicates long term calcium deficiency or overly acid body chemistry. A diet heavy in meats can create an overly acid body chemistry (although the blood typically stays rather neutral due</li> </ul>

	<p>to buffering systems, the body tissues themselves can become quite acidic). In an overly acid body chemistry, the body extracts calcium from the bones and other areas in an attempt to neutralize them. The calcium binds to the acid and can accumulate in the kidneys.</p> <ul style="list-style-type: none"> <li>• Kidney stones may also occur in association with Crohn's disease or gout.</li> <li>• Kidney stones can also form as a response to repeated urinary tract infections, which can often be traced back to the colon (usually either a gut flora imbalance created by repeated antibiotic use, or a colon that is sluggish and has accumulated toxins).</li> </ul> <p>Do not consume dairy products during herbal cleansing programs. Colon cleansing is part of the program because colon toxins can go to the kidneys. By the time kidneys are showing problems, there has already been an overload of colon toxins. When the colon cannot eliminate in a timely manner, the toxins accumulate, can pass through the intestinal veins and lymphatics into the bloodstream and then hits the kidneys. The kidneys, then, have the extra job of eliminating these toxins. Cleansing the colon, therefore, takes a toxic burden off of the kidneys.</p>
<b>Kundalini Syndrome:</b>	(Acute Crisis: Intestinal Rejuvenation Program, Grounding Essential Oil Blend, Immune Valor, daily exercise, Epsom salt baths, absolutely no pranayama or bandahs/locks/seals or breath retention exercises.) The Intestinal Rejuvenation Program stimulates the downward moving energy which counteracts the upward moving energy of the Kundalini. The Grounding blend also brings energy and life force back into the body. For Excess Heat: Liver Regeneration Program, Anti-Par Formula, Peppermint oil, Germ Shield – these all contains cooling herbs that help to cool the body down. Weakness/Fatigue: Adrenal Support, Immune Valor, Essential Nutrients. Severe headaches: Brain Regain – 8 droppers at a time
<b>Labor, Ease:</b>	Peaceful Nerves Formula, Lavender oil, Mother's Tea (prepare uterus during pregnancy for childbirth)
<b>Lactation:</b>	See Nursing
<b>Laryngitis:</b>	Dilute with water and use as gargle, then swallow: Peppermint oil + Echinacea Premium Formula + Cayenne tincture. Germ Blaster Formula, Blood Detox Formula. Avoid dairy products until recovered.
<b>Leaky Gut:</b>	AntiParasite Cleanse Kit – absorbs/cleanses away bacterial overgrowth, Candida and soothes intestinal lining. Follow up parasite cleanse with maintenance Foster Flora (Flora-G) or Foster Flora Plus (Flora-G Plus), Can-G. Add Youthful circulation if there is a severe Candida issue (it minimizes the Herxheimer reaction). If food allergies are a concern, do one round of Liver Regeneration Program as well. Long term leaky gut sufferers can stay on maintenance dose of Colon Detox Caps at 6 caps daily to help soothe and heal damaged gut lining. Adrenal Support and Immune Valor to fortify and balance immune system. Gluten-free diet helps many. Pasteurized/processed dairy and wheat-containing foods may damage intestinal lining.
<b>Lead Poisoning:</b>	See Heavy Metal Poisoning
<b>Leucorrhea:</b>	Female Harmony, Calcium from Herbs, Lavender oil, Frankincense oil, Myrrh oil
<b>Leukemia:</b>	28-Day Healing Program. Can be caused by reaction to mercury

	amalgams/dental materials. Avoid future vaccinations if possible.
<b>Ligament, Sprain:</b>	*Tissue Repair Oil – apply often, *Calcium From Herbs, *Essential Nutrients – double dose, Peppermint essential oil – reduces inflammation/nerve healing, Geranium oil – nerve healing, Lavender oil – soft tissue and nerve healing
<b>Liver, All Problems:</b>	*Intestinal Rejuvenation Program, *Liver Regeneration Program, Blood Purifying Tea, Anti-Par Formula, Castor oil pack, Lemon essential oil. Avoid beer, wine and other alcoholic beverages until well.
<b>Lou Gehrig's Disease:</b>	See ALS
<b>Low Blood Pressure:</b>	See Blood Pressure, Low
<b>Low Energy:</b>	Essential Nutrients, Cayenne Tincture, Liver Regeneration Program, Brain Regain, Female Magnetism, Adrenal Support
<b>Lumbago:</b>	Tissue Repair Oil, Intestinal Rejuvenation Program, Kidney Revitalization Program, Adrenal Support
<b>Lung:</b>	Lobelia, Germ Blaster, Intestinal Rejuvenation Program, Adrenal Support, AV Blend, Peppermint essential oil, Immune Valor
<b>Lung Cancer:</b>	28-Day Healing Program, Germ Blaster, Peppermint oil, ALG blend. Stop smoking/ avoid being around smokers while they are smoking. Avoid synthetic perfumes, hairspray, deodorizing sprays, air fresheners, talc and powders. Use pure essential oils only for scenting a room. Use baking soda instead of scented scouring powders. Avoid burning incense. Avoid synthetic scented powdered laundry detergent – use natural liquid detergents found in health food stores.
<b>Lung Congestion:</b>	*Echinacea Premium, *Lobelia, *Germ Blaster, ALG oil blend, AV Blend, Immune Boost Syrup (kids), Intestinal Rejuvenation Program, Liver Regeneration Program, Immune Boost Syrup (kids). Eliminate dairy products from the diet. Stop smoking/ avoid being around smokers while they are smoking. Avoid synthetic perfumes, hairspray, deodorizing sprays, air fresheners, talc and powders. Use pure essential oils only for scenting a room. Use baking soda instead of scented scouring powders. Avoid burning incense. Avoid synthetic scented powdered laundry detergent – use natural liquid detergents found in health food stores.
<b>Lung Fibrosis:</b>	28-Day Healing Program + Lobelia Tincture. ALG blend. Peppermint + Lavender oil + Germ Shield - Daily massage of upper back, chest & bottoms of feet with these essential oils diluted with carrier oil (olive oil, sesame oil, castor oil, etc.) Castor oil packs applied to chest/upper back + Youthful Circulation to help dissolve scar tissue. Essential oils increase body's ability to use oxygen. Daily Deep Breathing Exercises. Lung function is associated with/influenced by large intestine function. Intestinal Rejuvenation Program. Stop smoking/ avoid being around smokers while they are smoking. Avoid synthetic perfumes, hairspray, deodorizing sprays, air fresheners, talc and powders. Use pure essential oils only for scenting a room. Use baking soda instead of scented scouring powders. Avoid burning incense. Avoid synthetic scented powdered laundry detergent – use natural liquid detergents found in health food stores.
<b>Lupus:</b>	Echinacea Premium (my clinical experience shows that Echinacea is an immune <i>Balancer</i> , NOT an immune <i>Stimulant</i> . It is suitable for autoimmune processes. Fears about Echinacea and autoimmune diseases are unfounded and unscientific), Immune Valor, 28-Day Healing Program, Adrenal Support
<b>Lyme's Disease:</b>	Simplified Stone Cleanse, then, Parasite Cleanse Kit + Blood Detox Formula + Celebration oil (bottoms of feet) for at least 3 months. For joints: Kidney/Bladder Revitalization Program, Tissue Repair oil – use topically on joints. Sweet Essence – fatigue, thyroid, weakness. Geranium & Lavender essential oil massage along spine and neck to help soothe and repair



	nerves.
<b>Lymphoma:</b>	28-Day Healing Program, Cayenne Tincture
<b>Macular Degeneration:</b>	*Eyebright Formula – take by mouth and also use as eyewash several times daily, *Brain Regain Formula, *Essential Nutrients, Frankincense oil, Liver Regeneration Program
<b>Malaria:</b>	AntiParasite Cleanse + Blood Detox Formula, Lemon Essential Oil, 28-Day Healing Program with Anti-Par Formula
<b>Malnutrition:</b>	Essential Nutrients, Earth’s Nutrition Caps, Iron From Herbs, Calcium From Herbs, Intestinal Rejuvenation Program, Foster Flora (Flora-G). Pure cod liver oil.
<b>Manic Depression:</b>	*Brain Regain, *Adrenal Support, *Earth’s Nutrition Caps, Sweet Essence Oil Blend, Liver Regeneration Program, Grounding oil blend. No sugar. Prayer/Meditation. Slow breathing exercises. 2 main causes: hormonal and brain chemistry.
<b>Mastalgia:</b>	See Breast pain
<b>Mastitis:</b>	Echinacea Premium, compress with AV Blend, AF Blend and/or Lavender oil, Intestinal Rejuvenation Program, Hot and Cold Hydrotherapy, Oregano or Celebration blend – bottoms of feet several times daily. Germ Blaster – take by mouth several times daily – up to 1 dropper every hour during acute crisis.
<b>Measles:</b>	Echinacea Premium, Immune Boost Syrup (kids), Earth’s Nutrition Caps, Liver Regeneration Program + Blood Detox or Echinacea Premium
<b>Meditation/ Prayer: to facilitate</b>	*Frankincense oil (calms and slows down breathing), Peaceful Nerves (calming, promotes happiness, relieves stress), Brain Regain Formula (to stay alert), Relaxing oil blend (to calm mind), Grounding oil blend (for grounding), Healthy Heart (calm anxiety, restless mind)
<b>Memory:</b>	Brain Regain, Earth’s Nutrition Caps or Essential Nutrients, Cayenne Tincture, Liver Regeneration Program, Frankincense oil, Peppermint oil, Grounding oil blend. Memory is tied to hormones and liver function.
<b>Memory Loss:</b>	Indicates hormonal weakness, vitamin/mineral deficiencies. Can be a sign of iron deficiency or anemia. Can also be a symptom of congestive heart failure. Accompanies brain diseases and epilepsy. Essential Nutrients – double dose, Immune Valor, Liver Regeneration Program, Female Harmony (or Femme Pause®), Adrenal Support. Grounding essential oil blend – massage into scalp, back of neck, area between eyebrows. Check all prescription and over the counter medications for side effect of memory loss – especially sleeping pills and sedatives. Often occurs in people who take multiple medications. Remove mercury amalgam fillings. See also congestive heart failure, anemia, epilepsy
<b>Meningitis:</b>	*Echinacea Premium + Germ Blaster – 1 dropper each every hour on the hour + massage bottoms of feet with 1 – 2 drops Celebration blend several times daily. Brain Regain – several times daily. 28-Day Healing Program. Geranium essential oil – dilute with carrier oil and use as a massage for the length of the spine and over scalp. Deep foot reflexology with essential oil massage.
<b>Menopause:</b>	*Femme Pause®, Adrenal Support, Liver Regeneration Program, Calcium From Herbs, Essential Nutrients, Geranium oil
<b>Menorrhagia/Heavy Menstrual Periods:</b>	*Cayenne (during period), Female Harmony, Calcium From Herbs. Between periods: Liver Regeneration Program, juicing. See also Menstrual Cramps.
<b>Menstrual Cramps:</b>	Acute: *Cramp Away Formula, Peaceful Nerves, Tissue Repair Oil, Ginger Tincture, Cayenne Tincture, Lavender oil. Between menstrual periods: Intestinal Rejuvenation Program, Liver Regeneration Program, Female Harmony, Adrenal Support. Often aggravated by dairy products in the diet. Symptom of chi stagnation. Sometimes means not enough sex or love in a love relationship.

<b>Menstruation, Irregular:</b>	Female Harmony or Female Magnetism or Adrenal Support
<b>Mental Fatigue:</b>	*Peppermint oil – apply to hands, rub together, cup hands over nose, close eyes and inhale deeply for 5 to 10 minutes. Brain Regain, Essential Nutrients (double dose), Earth’s Nutrition Caps, Cayenne Tincture. See also Candida, Fibromyalgia, Hypothyroid, Adrenal Fatigue.
<b>Mercury Poisoning:</b>	see Heavy Metal Poisoning
<b>Migraine:</b>	*Brain Regain, *(optional adds: Feverfew Tincture + Lobelia Tincture), Tissue Repair Oil (apply to scalp, back of neck), *Migra-Stop – 1 drop applied inside nostrils, *Lavender oil (apply to back of neck), *Clove applied to the top of the hard palate in the mouth), Peppermint oil (put 1 drop in palm of hand, rub palms together and apply to scalp. Then, close eyes, cup palms together over nose and deeply inhale remaining peppermint oil for a few minutes) . Between headaches: Intestinal Rejuvenation Program, Liver Regeneration Program, Adrenal Support (or Female Harmony), Tissue Repair Oil applied to back of neck. May indicate subluxation of neck vertebra at C1, C2.
<b>Milk production, stimulate:</b>	Lactation Tea, Essential Nutrients or Earth’s Nutrition Caps, Calcium From Herbs, Iron From Herbs. Avoid parsley (dries up milk)
<b>Miscarriage:</b>	Acute: Cayenne (stop bleeding), Peaceful Nerves (stop cramping), Female Harmony (soothe emotions caused by sudden loss of hormones). Herbal Preparation for pregnancy to avoid problems in future: Female Harmony, Liver Regeneration Program + Blood Detox Formula
<b>Mites: Bird, Rodent</b>	(Must kill mites and eggs on body AND in the environment). Most topical remedies kill adult mites, but don’t always kill the eggs, and most do not reach deep into the skin where the bites burrow down – this is why we use DMSO to help the remedy penetrate deep. Mites bite then fall wherever gravity takes them. They fall onto counters, chairs, sofas and mostly on the floor. They lay their eggs on the floor, in the skin, in bedding, clothing, pillows, pets, and stuffed animals. They thrive in hair and can cause substantial hair loss as well as extreme itching. They can be spread by hands, so use hand sanitizer often. Remove shoes before entering anyone’s house. As you leave your house, spray soles of shoes with Bac-Out to avoid infesting your vehicle. When you reenter your house, spray shoe soles with Bac-Out again to avoid infesting your house. Best to wear shoes and socks in the house as it provides a barrier between mite eggs on the floor and skin. <b>Eyes</b> – use Eyebright Formula in an eyewash to kill mites on eyelids. <b>Ears, nose:</b> Use spray peroxide on a Q-tip and gently swab twice daily or more if needed to kill mites. <b>Eyebrows:</b> Tissue Repair Oil. <b>Throat</b> – gargle with peroxide or Oxygen Brushing Rinse. <b>Skin:</b> Use salt scrub daily on skin. Epsom salt baths. Spray bathtub/shower floor with peroxide spray after showering/bathing. <b>Hands:</b> Hands can spread mites from computer keyboards to light switches, door handles, sponges, etc. Use pure organic hand sanitizer with alcohol often. <b>Scalp:</b> Tissue Repair oil: it is too intense to put it all over entire body, but it’s an important formula because the cayenne kills the eggs and the DMSO drives the cayenne deep into the tissues where they burrow and the menthol crystals are an incredible itch reliever. The arnica, St. Johnswort and calendula are for skin repair. Put on entire scalp at least once then followup with spot use if there are any remaining. Focus on areas of the body that are most tender – these areas seem to be focus points/nests where they lay eggs. <b>Privates:</b> wipe anus after bowel movements with witch hazel pads. Genitals: 1/3 [Germ Shield + Herp-Ez oil blend] + 1/3 DMSO + 1/3 castor oil – must use the castor oil) – the clove oil in the Herp-Ez kills the eggs, and the DMSO drives it deep into the tissues where they burrow. <b>House and Car:</b> Steam floors, pillows, sofa cushions, and floors to kill mites and their eggs. Steam flooring and seats in car. Steam kills the eggs. If you don’t kill the eggs, you’ll never

	<p>get rid of them. Floors should be steamed daily in order to stay ahead of the mite's multiplication cycle. Spray computer keyboard, computer mouse, chairs, and anything you touch with your hands with Bac-Out (Lemon Thyme) or other essential oil spray containing thyme oil. <b>Dishes:</b> wash all dishes in enzyme solution (Enviro-One is good). Wash all cloth napkins in enzyme solution and put in dryer on high heat if possible. <b>Cosmetics:</b> throw out masacara, wash makeup brushes often in hot soapy water with peppermint oil. Use a hairdryer on high heat to dry the brushes. Wipe down hair barrettes with Germ Shield or hand sanitizer. Wash fabric hair accessories in enzyme solution and put in clothes dryer or use high heat hair dryer. <b>Clothing:</b> Wash clothing in enzyme solution with borax. Use portable steamer to steam delicate clothing that cannot go in the dryer. <b>Shoes:</b> spray soles of shoes with Bac-Out. Steam suede shoes. Sprinkle insides of shoes with borax and/or cayenne powder. Bottoms of feet – use liquid Dead Sea Minerals after showering, bathing to keep mites from crawling onto the body from the floor. <b>Air Sanitizing:</b> Diffuse Circu-Tone in every room multiple times. Get a negative ion generator for home and car. UVC technology kills them. <b>Internal:</b> Use Anti-Par Formula by mouth for as long as infestation continues to kill mites internally. Wash hands and use hand sanitizer before eating or putting anything in your mouth. <b>IMPORTANT:</b> find the source of the infestation: bird's nest, rodents and remove them. If you are living in an apartment where multiple units are infested, move out immediately. Pets can become parasitized by these mites as well, so they need to be treated, too. Do not use Germ Shield or tea tree oil on pets. Many pets cannot metabolize tea tree oil and it can cause a serious reaction.</p>
<b>Motion sickness:</b>	*Digestive Formula, Peppermint oil, Ginger tincture
<b>Multiple Sclerosis:</b>	28-Day Healing Program. Regular essential oil massage of spine and neck with essential oils of Geranium, Peppermint, Lavender. Calcium From Herbs, Earth's Nutrition Formula – double dose. Castor oil packs over spine & neck. Hydrotherapy routines applied to spine and neck. Craniosacral therapy. Chiropractic. Can be the reaction to a vaccination. Avoid future vaccinations if possible. Can be due to mercury amalgam fillings – may need to be removed. Pesticide and insecticide poisoning can be factors as well. Eat only organically grown foods. Do not eat foods grown with pesticides. Avoidance of neurotoxic chemicals – monosodium glutamate, aspartame, mercury, aluminum, household cleaning chemicals, toxic fumes, etc. Essential fatty acid supplement is crucial – pure cod liver oil, etc.
<b>Mumps:</b>	Echinacea Premium + Berberine Power – 1 dropper full of each every hour, then reduce dose as situation improves. Liver Regeneration Program + Echinacea Premium, Immune Boost Syrup (kids), Adrenal Support
<b>Muscle Cramps/Spasms:</b>	*Calcium From Herbs, *Lobelia, *Peaceful Nerves, Migra-Stop, Tissue Repair Oil, Essential Nutrients. Cramps that reoccur often indicates calcium deficiency or pH imbalance (tissues overly acid or alkaline).
<b>Muscle Torn, Sprains:</b>	*Tissue Repair Oil, *Calcium From Herbs, *Earth's Nutrition Caps, *Hot and Cold Hydrotherapy, Lavender essential oil, Peppermint essential oil.
<b>Nausea:</b>	*Digestive Formula, *Peppermint oil *(take 1 drop in glass of water by mouth, and rub 1 drop on belly), Ginger tincture (take with a few ounces of water), L/GB Formula (helps digest fatty foods, especially after a heavy or fatty meal), Lavender oil (use topically), Clove oil
<b>Nearsighted:</b>	See Vision
<b>Neck Injury:</b>	Chronic: use *hot/cold therapy, *castor oil packs. *Massage, massage, massage. Massaging can release toxins from neck muscles, causing headache. If you can get through this phase with natural headache remedies, you can heal the neck. Apply Tissue Repair Oil 2 to 3 times daily.

	Use acupressure points around base of skull to alleviate headaches. Chiropractic can be useful as long as it is gentle. See also headaches, nerve damage.
<b>Neuralgia:</b>	Peaceful Nerves, Lobelia, Tissue Repair Oil, Geranium oil, Calcium From Herbs, Earth's Nutrition Caps, Lavender oil. Sometimes indicates calcium deficiency. Can be reaction to a vaccination or mercury amalgam filling.
<b>Neurasthenia:</b>	See Weakness, Depression
<b>Nerve Damage, Repair:</b>	Causes: anesthetic shots that hit a nerve, reaction to vaccination (especially Bell's palsy or Guillain Barre Syndrome), mercury poisoning, diabetes, B vitamin deficiency, trauma, surgery, Lyme's disease.  Peaceful Nerves, Geranium essential oil, Calcium From Herbs, Earth's Nutrition Caps, Nerve Revive Formula, Tissue Repair Oil, Peppermint Oil, Lavender essential oil, Calcium From Herbs. *Deep foot reflexology – excellent for repairing nerves. Combine with essential oils, placing essential oils on the reflexology areas that correspond to the damaged area.
<b>Nervous Tension:</b>	See Anxiety
<b>Night Sweats:</b>	Most often caused by menopause. Femme Pause® (Menopause) and Liver Regeneration Program. Apply peppermint diluted with carrier oil to temples, base of neck, third eye, bottoms of feet. Indicates too much heat has accumulated in the body. The Liver Regeneration Program helps to release the excess heat. The body uses a self-protective mechanism to release the heat through sweating at night. Causes of excess heat: anger, irritation, annoyance, liver problems, overworking, not enough sleep, too much stress.  Emotional Releasing techniques can be used to release the energy of a hot flash, that is often accompanied by an unpleasant feeling or impending doom/ anxiety.  Night sweats should always be taken seriously as they can indicate life-threatening disease such as cancer. If person is over age 50, or develops after menopause has completed, suspect cancer. Use 28-Day Healing Program (if caused by cancer or other serious disease). See also cancer, menopause
<b>NonHodgkin's Lymphoma:</b>	28-Day Healing Program
<b>Nursing:</b>	See breastfeeding
<b>Obesity:</b>	See Weight
<b>Oliguria:</b>	Simplified Stone Cleanse with at least 2 bottles (8 days) of Stone Buster, Kidney/Bladder Revitalization Program, 28-Day Healing Program. Check medications that cause urinary retention (prescription painkillers, codeine cough syrup, etc.)
<b>Osteoporosis:</b>	Calcium From Herbs, Essential Nutrients + Femme Pause® or Adrenal Support. Check for Vitamin D deficiency. Discontinue all sodas and carbonated beverages. Weight-training as tolerated. Check thyroid for overactivity.
<b>Otitis Media:</b>	See Earache/Infection
<b>Ovarian Cancer:</b>	28-Day Healing Program + Frankincense oil + Castor oil Pack
<b>Overweight:</b>	see Weight
<b>Pain:</b>	*Tissue Repair Oil, *Clove oil, *Peaceful Nerves, *Peppermint oil, Muscle Energizer Massage oil, Lavender oil, Tea tree/ Jojoba oil blend, Liver Regeneration Program
<b>Palpitations:</b>	Healthy Heart, Peaceful Nerves, Cramp Away, Lavender essential oil, Peppermint essential oil, Migra-Stop. Cayenne Tincture. Anemia can

	cause palpitations. Can be caused by excess caffeine contained in foods (chocolate), beverages (coffee, tea, sodas), “energy drinks” and/or medications. See anemia. See also Hypoglycemia.
<b>Pancreatitis, Acute</b>	½ of all cases caused by gallstones, 1/3 caused by excess alcohol consumption, many other cases caused by doctor-prescribed medications. Some cases occur in chemical engineers. Discontinue all alcohol or any medications that have pancreatitis as a possible side effect. Juice fast with emphasis on dark leafy green vegetables and do the Simplified Stone Cleanse. Use castor oil packs over the pancreas area. Do not eat solid food. If in doubt, consult a physician or call an ambulance immediately.
<b>Pancreatitis, Chronic</b>	Simplified Stone Cleanse, then Liver Regeneration Program, Essential Nutrients, Immune Valor. Fresh wheatgrass juice. Use boiling water method with all liquid herbal concentrates. Do not drink wine, beer or other alcoholic beverages. Juice fasting for about 1 month, broken up into one or two week segments if it cannot be done continuously.
<b>Panic Disorder:</b>	Healthy Heart during acute episodes – can take up to 8 droppers full at a time. Migra-Stop applied over heart area of the chest. Deep, slow breathing and “let go” repeatedly during an attack until it subsides. Seek any underlying conditions that may lead to an incorrect diagnosis: hyperthyroidism, mitral valve prolapse, seizure activity, overuse of caffeinated beverages (sodas, coffee, tea), stimulant medication (for ADHD, weight loss), subluxation of thoracic vertebra, diabetes, hypoglycemia, low blood pressure episodes, sudden Kundalini awakening. The Indian Ayurvedic System calls this a Vata imbalance. A lighter diet and fasting can aggravate palpitations. Skipping meals or irregularly-timed meals also make this worse. A heavier diet higher in animal products can help the person to feel more grounded. Shamanic work/ soul retrieval, trauma release. Emotional release techniques. Regular weekly massages by a trusted friend or massage therapist can help. Heavy, grounding essential oils massaged into belly. Lavender oil applied over the heart area may help to calm the emotions. Find out where the stress is coming from and try to remove yourself from the situations that cause it (hostile person at work, abusive spouse, etc.)
<b>PAP Smear, Abnormal:</b>	Female Harmony, Garlic, Intestinal Rejuvenation Program, Castor oil pack applied over pelvis, Liver Regeneration Program + Blood Detox Formula (or Blood Purifying Herbal Tea), Immune Valor Formula, alternate hot and cold applications to pelvic area.
<b>Paralysis:</b>	Tissue Repair Oil, Nerve Revive, 28-Day Healing Program, Geranium essential oil, alternating hot and cold treatments, Cayenne Tincture
<b>Parasites:</b>	*Parasite cleanse, *Oregano oil, *Clove oil, Peppermint oil, Lemon oil, Myrrh oil. Add Blood Detox Formula or Blood Purifying Tea to Parasite Cleanse for severe cases. Continue Anti-Par Formula for at least 3 weeks, and preferably 2 months.
<b>Parkinson’s Disease:</b>	Peaceful Nerves (to ease spasms, tremors), Lobelia Tincture (to ease spasms, tremors), Brain Regain, *28-Day Healing Program, Grounding oil blend – massage on scalp several times daily. Cayenne Tincture. Add organic, cold-pressed coconut oil to diet. Sometimes caused by head trauma (as in the case of boxers, or football players who did not wear helmets in the early 1900’s). Sometimes caused by mercury amalgam fillings. CranioSacral therapy. NeuroCranial Restructuring.®
<b>Peptic Ulcer:</b>	See Ulcer, Peptic
<b>Phlebitis:</b>	Acute: *Blood Detox Formula + *Calcium From Herbs (or Echinacea Premium + Calcium From herbs), Hydrotherapy routine (Application of cold cloths dipped in ice water – apply and cover with dry towel and leave on until towel warms up. Repeat several times daily.) Cayenne tincture, Youthful

	Circulation (if accompanied by high cholesterol or blood clots). Stay away from tobacco smoke. Long term healing: juice fasting (especially in the case of smokers), Calcium From Herbs (to help strengthen vein walls), Cayenne, Blood Detox Formula, Echinacea Premium. Can be associated with an injection of medication, injection of vitamins, autoimmune disorder or pregnancy.
<b>Pink eye:</b>	see Conjunctivitis
<b>PMS:</b>	Female Harmony, Essential Nutrients, Peaceful Nerves, Healthy Heart, Adrenal Support. Sometimes aggravated by caffeine consumption.
<b>Pneumonia:</b>	***Germ Blaster (address infection), Lobelia (to ease breathing), and Echinacea Premium (heighten immune system). Intestinal Rejuvenation Program, ALG oil blend, Immune Valor. Stop smoking/ avoid being around smokers while they are smoking. Avoid synthetic perfumes, hairspray, deodorizing sprays, air fresheners, talc and powders. Use only pure essential oils for scenting/deodorizing a room. Use baking soda instead of scented scouring powders. Avoid burning incense. Avoid synthetic scented powdered laundry detergent – use natural liquid detergents found in health food stores.
<b>Poison Ivy/Oak:</b>	Take by mouth: Echinacea Premium, Immune Boost Syrup (kids), Blood Purifying Tea, Blood Detox Formula. For itching: Tissue Repair Oil – dilute with carrier oil and apply topically or use Tea Tree/Jojoba oil.
<b>Polycystic kidneys:</b>	Simplified Stone Cleanse followed by 28-Day Healing Program + castor oil packs and hot/cold hydrotherapy applied over kidney area at least once daily. No liquids in the diet except pure water, fruit juice, vegetable juice. No carbonated beverages, no coffee, no black tea, no milk. Follow dr.'s recommendations regarding protein restriction, fluid restriction and low potassium diet. If high potassium is a problem, do not take Essential Nutrients or Earth's Nutrition formulas.
<b>Polyps, Intestinal:</b>	Intestinal Rejuvenation Program – repeat several times. No red meat, white meat or fish. Liver Regeneration Program + Blood Detox Formula.
<b>Polyps, Nasal:</b>	ALG Oil Blend (use on bottoms of feet or pulse points on neck to help allergic congestion), Liver Regeneration Program, Germ Shield (apply to inside of nostrils several times daily or use a few drops in a neti pot with ¼ tsp salt), Immune Valor or Germ Blaster can sometimes stop hayfever and other common allergies. Eliminate dairy products from the diet. Consider eliminating wheat from the diet. Aspirin is contraindicated. Avoid tartrazine, artificial colors. see Allergies
<b>Pregnancy:</b>	Mother's Tea, Essential Nutrition or Earth's Nutrition Formula or Caps, Calcium From Herbs, Foster Flora (Flora-G), Frankincense oil – dilute with carrier oil before use.
<b>Premature Aging:</b>	Adrenal Support, Immune Valor, Essential Nutrients (antioxidant, vitamin/mineral support). Multiple vitamin/mineral deficiencies are often the cause. Hormonal weakness is a big factor. Sudden fright/trauma, extreme stress, combat conditions. Liver Regeneration Program. See also hair loss, memory loss, chronic fatigue
<b>Prostate, Enlarged:</b>	Prostate Formula, Adrenal Support, Simplified Stone Cleanse – 8 days, Kidney/Bladder Revitalization Program + Echinacea Premium, Liver Regeneration Program + Echinacea Premium. Castor oil pack over pelvic area helps open circulation and dissolve blockages. Rectal implants with fresh wheatgrass juice help to detoxify the area. Causes: The Standard American diet with feedlot meats contributes to the testosterone overload. Xeno-estrogens in pesticides can also cause problems with the prostate. Avoid mass marketed meats and animal products from feedlot operations, and try to eat organic and pesticide-free foods as much as possible. Meats should be hormone-free, antibiotic-free, free range as much as possible and

	may need to be limited. Visit health food stores and farmer's markets for healthier alternatives to mass marketed products.
<b>Prostate, Infection:</b>	Prostate Formula + Simplified Stone Cleanse. Adrenal Support, Kidney/Bladder Revitalization Program + Echinacea Premium. Liver Regeneration Program + Echinacea Premium. Typically a colon cleanse is included in each of these programs as the last section of the colon (the sigmoid colon) lies right next to the prostate. Because of its proximity, sigmoid toxins can leak into the prostate area, therefore, for any prostate problems, colon cleansing can be very important. Rectal implant with infection-fighting essential oils can be diluted with oil and used daily to help fight the infection.
<b>Prostatitis:</b>	see Prostate, infection
<b>Psoriasis:</b>	Vibrant Colon + Blood Detox (by mouth) + Tea Tree/Jojoba oil (use topically to help itching). Healthy Skin Formula, Healthy Cholesterol, Germ Shield (dilute with carrier oil and use topically – can help itching), Rose Hydrosol, Kidney Revitalization Program, Adrenal Support. Psoriasis is often confused with ringworm – a fungal infection of the skin which often responds to AF Blend, Foster Flora Plus (Flora-G Plus), Can-G (use topically per directions)
<b>Pulmonary Fibrosis:</b>	See interstitial fibrosis
<b>PVC's:</b>	*Healthy Heart, Peaceful Nerves, Lobelia
<b>Pyorrhea:</b>	Gargle: *Tooth & Gum, *Brushing Rinse, Peppermint oil (dilute in water and use as gargle). Colon Soothe powder can be applied next to any pus-filled areas and left in overnight to help draw out pus)
<b>Radiation Poisoning:</b>	Tea Tree/Jojoba oil blend or Germ Shield (used topically for burns), Intestinal Rejuvenation Program, 28-Day Healing Program
<b>Rashes:</b>	*Tea Tree/Jojoba Oil Blend, *Germ Shield, Echinacea Premium Formula, *Healthy Skin Formula, Blood Detox Formula, Lavender oil (dilute with jojoba oil before applying to skin), *Healthy Cholesterol Formula. See also hives
<b>Rectal Cancer:</b>	28-Day Program with Juice fasting. Antiviral herbs if caused by HPV (rectal implant of AV Blend diluted with a few ounces of carrier oil). Fresh wheatgrass juice rectal implants held in for 20 to 30 minutes each time. Can-G. Flax seed tea is a stool softeners to ease bowel movements if needed. Chia seeds also have this softening quality.
<b>Reflux Esophagitis:</b>	See GERD
<b>Restless Legs:</b>	*Iron From Herbs, Peaceful Nerves, Cayenne, Muscle Energizer Massage Oil, Liver Regeneration Program. Is often a sign of iron deficiency or sometimes poor circulation in the legs.
<b>Rheumatoid Arthritis:</b>	See arthritis, rheumatoid
<b>Ringworm:</b>	90-Day Probiotic Challenge with Colon Detox Caps. Then for topical use – AF blend (dilute with carrier oil before applying to affected area), Tea Tree/Jojoba oil or Germ Shield. Can also use these essential oils on bottoms of feet. To help clear rash from internal toxins, use Echinacea Premium or Blood Detox Formula. For kids, use Flora-G and topical essential oils listed above. If large surface area of skin is involved, dilute essential oils with a larger amount of carrier oil.
<b>Sarcoidosis:</b>	Lobelia, Blood Detox Formula, 28-Day Program. In lungs: Stop smoking/ avoid being around smokers while they are smoking. Avoid synthetic perfumes, hairspray, deodorizing sprays, air fresheners, talc and powders. Use pure essential oils only for scenting a room. Use baking soda instead of scented scouring powders. Avoid burning incense. Avoid synthetic scented powdered laundry detergent – use natural liquid detergents found in health food stores.
<b>Scars/Stretch Marks:</b>	*Frankincense oil, Lavender oil, Myrrh oil, Geranium oil. Dilute and use with organic, cold-pressed sesame oil (not toasted). May take one month or

	longer.
<b>Schizophrenia:</b>	*Liver Regeneration Program + Brain Regain, Grounding Essential Oil Blend, Foster Flora (Flora-G). 28-Day Healing Program or juice fasting are the quickest ways to help. Juice fasting helps clear the mind.
<b>Sciatica:</b>	*Intestinal Rejuvenation Program, *Tissue Repair Oil, Geranium oil (apply to nerve area), Lavender oil, Peppermint oil, *Calcium From Herbs Formula, Peaceful Nerves. Regular massage. Chiropractic. Correct sitting posture. Some cases are caused by chronic constipation. Take Vibrant, Colon Starter Plus or Foster Flora Plus (Flora-G Plus) if there is constipation.
<b>Seborrheic Dermatitis:</b>	(Blood Detox Formula (by mouth) + Intestinal Rejuvenation Program), Echinacea Premium, Healthy Skin, Tea Tree/Jojoba oil blend, Germ Shield, Essential Nutrients, Lavender oil, Peppermint oil
<b>Seizures:</b>	See Epilepsy
<b>Sexual Desire, Male:</b>	Adrenal Support, Male Magnetism, Prostate, Essential Nutrients, Intestinal Rejuvenation Program, Liver Regeneration Program
<b>Sexual Desire, Female:</b>	Adrenal Support, Female Magnetism, Essential Nutrients, Intestinal Rejuvenation Program, Liver Regeneration Program
<b>Shingles:</b>	(Germ Blaster + Blood Detox + Peaceful Nerves). Herp-Ez Essential Oil Blend, Echinacea Premium, Anti-VR, Adrenal Support, Earth's Nutrition Caps, Immune Valor, Geranium essential oil, Peppermint essential oil, Calcium From Herbs. Use essential oils diluted with a carrier oil and massage onto spine, right around area of breakout.
<b>Shoulder, Frozen</b>	See frozen shoulder
<b>Sinus Congestion/Infection:</b>	ALG Oil Blend – bottoms of feet, pulse points at neck), Germ Shield (inhale throughout the day and/or apply several times daily inside nostrils), Germ Blaster, Echinacea Premium, Liver Regeneration Program + Blood Detox, Immune Boost Syrup (kids). Eliminate dairy products from the diet. Stop smoking/ stay away from smokers. Avoid burning incense. Use Germ shield or Can-G in a neti pot and rinse sinuses.
<b>Skin Cancer:</b>	Clove oil + Frankincense oil – apply topically diluted with carrier oil, Blood Detox Formula, 28-Day Healing Program. See also Melanoma. Skin cancer indicates a highly toxic liver and bloodstream even though it appears to involve only the skin.
<b>Skin, Dry, Chapped, Sore:</b>	Tea Tree/Jojoba oil blend, Germ Shield, Myrrh oil diluted with jojoba oil, Rose Hydrosol, Geranium Hydrosol
<b>Skin Rash:</b>	see acne, eczema, psoriasis
<b>Smoking, To Stop:</b>	Lobelia- take a few drops each time there is a craving, Peaceful Nerves, Essential Nutrients, Adrenal Support
<b>Spasms:</b>	*Peaceful Nerves, Lobelia Tincture, Calcium From Herbs Formula. Can indicate malabsorption or mineral deficiency. Spasms can also occur around gallstones, kidney stones, and in the esophagus in the case of esophageal reflux. See also epilepsy, fibroids
<b>Sprains:</b>	*Peppermint oil (immediately after the sprain has occurred is most effective), *Tissue Repair Oil, *Calcium From Herbs Formula (to repair tissues, ligaments, joints, etc/), Sweet Orange oil (bruising), Essential Nutrients (to rebuild tissues)
<b>Stings:</b>	see insect bites
<b>Stomach Ulcers:</b>	*Colon Soothe Formula, [*Can-G + Flora-G (must take with food)], *Tummy Tea, Frankincense oil – use topically, Myrrh oil – use topically. Fresh mint tea. Cayenne helps some people and can also stop bleeding. Caused by excess stress over a long period of time. Can also be caused by long term use of non-steroidal anti inflammatory drugs (NSAID's) or by smoking. Pain is typically worse when stomach is empty such as between meals and first thing in the morning. Pain usually improves when food is eaten. However, if acidic foods, beverages, or supplements are consumed, they can cause



	<p>pain just after consuming. If smoking, stop. Avoid alcoholic beverages, carbonated beverages, citrus and citrus juice, vinegar, citric acid, garlic, cinnamon, curry, onion, asafetida, red meat, salt, and NSAID's. Taking essential oils by mouth can also cause pain – better to use them topically over stomach area. See arthritis, headache for natural alternatives to pain relief. Do not take any medicines or herbs that thin the blood. Ulcers can erode the lining of the stomach so much that the stomach acid can eat into the gastric arteries, causing minor or major bleeding. Signs of stomach bleeding include black tarry bowel movements. Juice fasting speeds healing. Depending on diet and stress, an ulcer can heal in 5 days or up to a year. Colon Soothe absorbs ulcer-causing helicobacter bacteria and greatly soothes the stomach, often providing immediate relief, while the demulcent herbs soothe and heal stomach and intestinal lining. Can-G and Flora-G replace the unbalanced stomach flora to beneficial flora. Fresh aloe and comfrey powder help stimulate tissue repair while minimizing scarring. Emotional healing includes deep breathing exercises, learning the importance of resting, letting go and taking breaks. Many vitamins and supplements can irritate (especially synthetic vitamin C, any type of ascorbate, including esterified and buffered ascorbate.) Flax tea, slippery elm gruel, chia gel and Colon Soothe mixed with warm water are most soothing and can be taken on an empty stomach. All other supplements and tinctures should be taken with food.</p>
<b>Stomach Cramps:</b>	<p>Digestive Tonic, Peppermint oil, Lobelia, Cramp Away, Peaceful Nerves, Colon Soothe. Avoid drinking iced beverages with meals. Follow food combining rules. Stay away from foods with pesticides – pesticides can cause many side effects including stomach cramps. Stomach cramps can also be an early symptom of food poisoning. Lobelia can relax the cramps, but if the cause is food poisoning or consumption of a toxin, these should also be treated (Colon Soothe absorbs most toxins)</p>
<b>Stones:</b>	<p>See Kidney Stones, Bladder Stones, Prostate.</p>
<b>Stress:</b>	<p>*Healthy Heart (calming), *Peaceful Nerves (calming), Immune Valor – daily formula for long term stress support, Adrenal Support (energizing), Liver Regeneration Program</p>
<b>Stretch Marks:</b>	<p>See Scars/Stretch marks</p>
<b>Stroke:</b>	<p>28-Day Healing Program + Brain Regain + Cayenne Tincture. Geranium essential oil, Grounding Essential Oil Blend, Peppermint oil. There are two types of stroke – hemorrhagic (bleeding) stroke and ischemic (lack of oxygen caused by cholesterol buildup). See also High Blood Pressure and High Cholesterol to resolve these underlying issues. If symptoms of stroke appear (sudden paralysis, confusion, difficult speaking, etc.), take cayenne ASAP to open up circulation to brain.</p>
<b>Stye:</b>	<p>Blood Detox Formula (internal), Eyebright Formula – use eyewash, Echinacea Premium – by mouth</p>
<b>Sunburn:</b>	<p>*Lavender oil and *Peppermint oil (diluted with jojoba oil and used together is best), *Germ Shield, *Tea tree/Jojoba oil blend, *Rose floral water/hydrosol</p>
<b>Tachycardia (Rapid Heartbeat):</b>	<p>*Healthy Heart, Cayenne Tincture, Peaceful Nerves, Liver Regeneration Program, Femme Pause® (during menopause). Reduce or eliminate caffeine (caffeinated sodas, chocolate, cocoa, black tea, green tea, etc.) and caffeine-containing supplements and medications. Tachycardia is defined as more than 100 heartbeats per minute. Can indicate too many sweets in the diet. It can also occur during a strong herbal detox program, indicating a healing crisis. Tachycardia is associated with hypoglycemia (blood sugar is too low). Hypoglycemia can occur with Diabetes as well as with reactive hypoglycemia. The symptoms of hypoglycemia include rapid heartbeat,</p>

	<p>confusion, weakness, dizziness, and loss of consciousness and even seizures in severe cases. Tachycardia often occurs in cases of hyperthyroidism where it can turn into atrial fibrillation. Tachycardia can be associated with panic disorder, anxiety disorder, post traumatic stress disorder (PTSD), seizures, recreational drug use, overdose of coffee or caffeinated tea, medication use for weight loss (amphetamine-type medications) and attention deficit type disorders (Ritalin, Cylert, etc.), withdrawal from alcohol or other sedatives such as Valium; subluxation of thoracic vertebrae, low blood pressure episodes, sudden Kundalini awakening, acute grief reaction or sudden breakup with a loved on. Need to stop taking any stimulants, if any, and begin a stress reduction program. Slow down aTachycardia is sometimes associated with skipping heartbeats. Healthy Heart is of enormous benefit in these cases. Motherwort and hawthorne help to stabilize and normalize the heart rhythm. See also hyperthyroidism, diabetes, hypoglycemia, menopause, mitral valve prolapse.</p>
<b>Teething:</b>	Echinacea Premium (topical), Clove oil (topical)
<b>Tendon, Sprains:</b>	see Muscle sprains
<b>Thrush:</b>	<p>Infants: AF Blend /bottoms of feet, rinse mouth with Can-G solution. Add Foster Flora (Flora-G) to infant formula or place on nipple if breastfeeding. If breastfeeding, mother takes Echinacea Premium for benefit of infant. For adults: gargle with Can-G solution or Tooth and Gum Formula diluted with a small amount of water.</p>
<b>Thyroid Cancer:</b>	28-Day Healing Program + Myrrh Essential Oil + Clove Essential Oil. Female Harmony or Adrenal Support
<b>Thyroid, Overactive:</b>	See hyperthyroidism
<b>Thyroid, Underactive:</b>	See hypothyroidism
<b>Tics, Twitches:</b>	<p>Lavender Essential Oil, Peaceful Nerves, Calcium From Herbs, Earth's Nutrition (powder or caps), Craniosacral Therapy, Deep Foot Reflexology, Grounding essential oil blend. Regular essential oils massage of spine and neck. Examine all medications for side effects, especially mood altering meds. Remove mercury amalgam fillings. This is sometimes a reaction to a vaccine. Avoid future vaccinations if possible. In elderly could be sign of stroke. See also stroke, epilepsy.</p>
<b>Tinnitus:</b>	<p>Brain Regain, Cayenne Tincture, Peaceful Nerves, Essential Nutrients. Chiropractic. Evaluate for high or low blood pressure. See also high blood pressure, blood pressure, low.</p>
<b>Tooth, Bone loss:</b>	<p>Tooth &amp; Gum, Calcium From Herbs. May indicate fat soluble vitamin deficiency (vitamins A &amp; D especially). May be caused by ill-fitting crown or chronic inflammation of the area.</p>
<b>Tooth, Infection:</b>	<p>*Colon Soothe – pack in area between tooth and cheek around affected tooth to draw out toxins. Leave in all day, then rinse and apply new batch, leave in all night, rinse, apply new batch.</p> <p>*Lozenge (Flora-G) – dissolve several tablets daily in mouth, especially using with Chew n Brush or other toothbrush.</p> <p>*Tooth &amp; Gum – swish as gargle several times daily,</p> <p>*Calcium From Herbs – 1 dropper every 1 – 2 hours during acute crisis).</p> <p>*Echinacea Premium – dilute with water and swish as gargle several times daily and/or take 2 droppers full 6 times daily,</p> <p>*AF Blend (topical on cheek in area closest to tooth, pulse points on neck),</p>

	<p>*Celebration essential oil – bottoms of feet/pulse points on neck.</p> <p>Oregano oil (dilute w/ carrier oil and use as topical on cheek/bottoms of feet), Immune Boost Syrup (kids).</p> <p>Tooth decay often indicates fat-soluble vitamin deficiency (vitamins A, and D especially). Pure organic fermented cod liver oil – 1 tsp daily helps in these cases.</p> <p>Can use pure comfrey root powder packed around the decayed tooth to help remineralize/ re-enamelize the tooth.</p> <p>Brush teeth with celtic salt and baking soda to help alkalize the mouth.</p> <p>Add high calcium foods into diet, especially kale, collard greens, broccoli – fresh juices, soups, etc.</p>
<b>Toothache:</b>	*Clove oil, Tooth & Gum Formula, Tissue Repair Oil. Use Oregano oil for tooth abscess. Colon Soothe powder applied between gum and cheek over affected area twice daily. Toothache sometimes indicates tooth infection, cracked tooth, dental trauma, reaction to dental work. See also: Tooth, Infection
<b>Tonsillitis:</b>	Gargle with: Peppermint oil, Clove oil + Cayenne Tincture. Blood Detox Formula, Echinacea Premium, Germ Blaster, Immune Boost Syrup (kids). Eliminate dairy products from the diet.
<b>Tourette's Syndrome:</b>	Lavender Essential Oil, Peaceful Nerves, Calcium From Herbs, Earth's Nutrition (powder or caps), Craniosacral Therapy, Deep Foot Reflexology, Grounding essential oil blend. Regular essential oils massage of spine and neck. Essential fatty acid supplementation/ pure fermented cod liver oil. Examine all medications for side effects, especially antidepressant meds. Remove mercury amalgam fillings. Avoid vaccinations if possible (contain thimerosal/mercury).
<b>Tremors:</b>	Peaceful Nerves, Lobelia, Earth's Nutrition Caps, Liver Regeneration Program
<b>Tumors:</b>	*28-Day Healing Program, *Frankincense oil, *Lavender oil, *Clove oil (skin, lymph), Peppermint oil, Geranium oil, Orange oil. Frankincense and Lavender or Clove are used together in addition to a complete detoxification program. Blood Detox Formula, Echinacea Premium Formula, Liver Regeneration Program, Intestinal Rejuvenation Program (especially important for uterine, ovarian, prostate, stomach, colon and rectal growths)
<b>Ulcer, Peptic:</b>	*Can-G – keep it by the bedside with a glass of water, *Colon Soothe, Tummy Tea – throughout day, Frankincense oil – use topically only, Myrrh oil – use topically only, Peppermint oil – use topically only. Can heal in 1 to 3 months.
<b>Urethritis:</b>	*Kidney/Bladder Revitalization Program, Simplified Stone Cleanse, Prostate, Echinacea Premium. Synthetic vitamin C can cause symptoms of Urethritis, even if it is buffered or esterified.
<b>Urticaria:</b>	See Hives
<b>Uterus (shrink after birth)</b>	Female Harmony, Calcium From Herbs, Postnatal Program, warm broths.
<b>Vaginal Infection:</b>	*Echinacea Premium, *Blood Detox, *Can-G used as implant. Liver Regeneration Program. See also yeast infection
<b>Vaginal Dryness:</b>	Femme Pause® (or Female Harmony), Adrenal Support
<b>Varicose Veins:</b>	*Calcium From Herbs (especially during pregnancy) – (up to 1 dropper per hour during acute crisis if needed), Peppermint oil (if inflamed), Tissue

	Repair Oil – massage into general area several times daily. *Lemon oil (topical massage), Circu-Tone Oil Blend (topical massage), Sweet Orange oil (topical massage), Brain Regain Formula.
<b>Vertigo:</b>	*Brain Regain Formula, Cayenne, Ginger Tincture. Women: Chronic inner ear infections are often associated with bladder or vagina/uterus problems. Check for vaginitis, uterine tumors and bladder infections. These issues often manifest symptoms in the ears. Men: check bladder/ prostate.
<b>Vision (nearsighted, farsighted):</b>	Eyebright Formula, Kidney/Bladder Revitalization Program, Liver Regeneration Program, Frankincense oil (topically around eye area, but Frankincense is never used in the eyes). Slant board exercises.
<b>Vomiting:</b>	Digestive Tonic, Colon Soothe, Peppermint oil, Ginger Tincture. Check for underlying cause (food poisoning, gastritis, acute hepatitis, GERD, chemotherapy, medication side effect, etc.). Often the side effect of prescription painkillers (morphine, hydrocodone, etc.)
<b>Viruses/cold sores:</b>	*Herp-Ez essential oil blend, Tea tree/Jojoba oil Blend, Clove oil, Oregano oil, *AV Blend, Lemon oil, Anti-VR, Echinacea Premium Formula, Liver Regeneration Program
<b>Warts:</b>	Topical use: ***Tissue Repair Oil (this is the best remedy – apply several times daily – this alone dries them up in a few days); (Clove oil + Lemon oil applied neat/ undiluted to affected area); Also, Echinacea Premium by mouth. Topical: Tea tree/Jojoba oil blend, Frankincense oil
<b>Warts, Genital:</b>	Mix together and apply topically: 1/3 [Germ Shield + Herp-Ez oil blend] + 1/3 DMSO + 1/3 castor oil – must use the castor oil); then Echinacea Premium + Anti-VR by mouth. Do not use Tissue Repair Oil on Mucous membranes – it causes an intense burning sensation.
<b>Water Retention:</b>	see Edema
<b>Weakness:</b>	Essential Nutrients (double dose), Iron From Herbs, Adrenal Support, Cayenne, Sweet Essence – apply to thyroid area. See also Fibromyalgia, Anemia, Hypothyroid, Adrenal Fatigue
<b>Wealth (attract):</b>	Frankincense oil, Myrrh oil
<b>Weight (to Lose):</b>	*Essential Nutrients or Earth's Nutrition Caps – as meal substitute), *Liver Regeneration Program, Appetite Suppressant oil blend, Female Magnetism (for metabolism), Cayenne (for metabolism, especially if cold hands and feet), Lemon oil (diluted as massage), Sweet Orange oil (diluted as massage), Circu-Tone Oil Blend, Adrenal Support (weight balancer), Foster Flora Plus (Flora-G Plus) (weight balancer, can curb cravings). Animal products must be hormone-free. Concentrate on raw foods. Avoid processed/canned foods as much as possible such as white flour, white sugar, white table salt.
<b>Weight (to Gain):</b>	Adrenal Support (weight balancer), Earth's Nutrition Caps (double dose), Intestinal Rejuvenation Program – increase absorption of food), Parasite Cleanse (underweight sometimes caused by parasites), Foster Flora (Flora-G) (weight balancer). Concentrate on cooked foods.
<b>Wheezing:</b>	Lobelia – 1 dropper as needed, ALG Oil Blend (apply to chest, back, bottoms of feet), Germ Blaster. Eliminate dairy products from the diet.
<b>Wounds, Cleansing:</b>	*Tea Tree/Jojoba oil blend, *Tooth and Gum Formula – dilute with water and use as rinse,
<b>Wrinkles:</b>	*Myrrh oil, *Frankincense oil. Use Rose floral water, Geranium floral water in a spray, close eyes and spray on face. Can-G – contains aloe barbadensis miller with Bacillus Coagulans powder which can mixed into a paste and applied to skin as a beautifying face mask. Or, the powder can be mixed with water and used in a spray bottle to use on the face. The Bacillus Coagulans helps preserve the skin's acid defenses killing many harmful bacteria that can cause acne and other skin conditions, and the aloe helps to rejuvenate the skin, create a more youthful appearance to the skin.

<b>Yeast infection:</b>	*Tea tree/Jojoba blend – apply to outer inflamed tissues + *Can-G – use as vaginal implant + *Echinacea Premium Formula or Foster Flora (Flora-G) Plus taken by mouth. Blood Detox Formula (stubborn cases), AF Blend (bottoms of feet or added to herbal douche), Myrrh oil (apply either or both topically, add to herbal douche). Do not douche, even with herbs, for longer than a few days because it can flush out beneficial flora that keep yeast and Gardnerella bacteria in check. Flushing out the beneficial flora in the vagina for too many days in a row can lead to bacterial vaginosis – an overgrowth of the Gardnerella bacterial species that naturally inhabits the vagina.
-------------------------	--