

# Natural Healing Protocols

- ***Chronic & Minor Health Issues***
- ***Emergencies***
- ***Highly Concentrated Proven Natural Remedies***
- ***Conventional Medical Wisdom Plus 20 Years of Holistic Care***



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*Author of Stop the Medicine!*

# **Natural Healing Protocols**

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## **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 healing 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 with the use of 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 – COMPLETE BLASPHEMY to anyone who believes in God and in God's power to heal.

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 created by God, and 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, autoimmune disorders, 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 LITERALLY owns the words healing, diagnose, treat, cure, mitigate, prevent, disease, and illness. By law, every bottle of herbs, our healing plants created by God, must be labeled with the phrase “This product is not intended to diagnose, treat, cure or mitigate any disease.” This is blasphemy against God. The medical profession also owns 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 in this document. 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, according to many estimates from the Institute of Medicine, kill between 140,000 to 200,000 people per year due to adverse reactions.

The FDA gives its 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 whatsoever in natural healing methods and herbal medicine and they will

probably discourage you from trying any of the formulas and programs. All doctors have been taught during their medical training that all other forms of healing are quackery. Therefore, many, if not most, doctors will object to you using any natural methods of healing – not because it's true, and not because they have any evidence of it, and not because it does not work, but because it's what they were told and they believed it without questioning it or investigating it.

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.

**Enormous Sacrifice:** To fight the mainstream media has required enormous effort and sacrifice on my part in order to both heal myself as well as to heal others. The medical establishment continues to punish and persecute any natural healers or even medical doctors who announce to the world that there are natural cures for incurable diseases. They send out warning letters, and do everything they can to discredit these healers and doctors and try to completely ruin their reputation. You can read more about how our medical establishment does this to innocent doctors and healers in the book "When Healing Becomes a Crime." There's also a great book called "The Essiac Report" that describes how the medical establishment willfully, with malice and aforethought, tried to destroy an herbal remedy called "Essiac" that was being used all over the North American continent to heal cancer. At the upper echelons of our Modern Medical Establishment are people so evil, it would make you cringe, recoil in horror and cry for days. They will stop at nothing to destroy every last bit of herbal and natural healing knowledge that we have left.

If they have their way, you will be afraid of every person you meet. You'll be constantly afraid of catching something contagious from someone. You'll have no tools for understanding that it's actually your internal environment inside your body that makes you sick and has very little to do with your exposure to sick people. You'll be bankrupt from all of your medical bills, as their drugs and are so ineffective that they have to keep adding on more and more of them – each one with different side effects so that you'll need to take more and more of them just to feel like you can function as a human being.

Just about every year a pharmaceutical company gets in trouble because they've committed fraud. They've said fraudulent things about their medications, and they've put drugs out on the market that resulted in permanent disability and even death. They actively try to discredit valid forms of healing outside of their scope that actually work such as chiropractic, osteopathy, midwifery, energy healing, herbal medicine, massage therapy, juice fasting, therapeutic nutrition, etc. It's obvious to me how much they lie to the public. And if they lie this much, odds are that they're lying about other things as well. What else are they lying about? Why would we trust them with anything? Trust should be earned and with their extensive history of lying, committing fraud and getting caught at it, they have not earned our trust. Why should any of us trust them with our health?

This is what I do: save people's lives with herbs. I've been doing it for over 20 years. I have conventional medical training, so I have MD after my name. But I endured four years of twice-daily epileptic seizures before I was awakened to the amazing power of natural healing and was able to heal myself - WITHOUT ANY MEDICATIONS, WITHOUT VACCINES, WITHOUT CANNABIS and WITHOUT SURGERY. There have been great natural healers throughout history who paved the way for us and were very successful at healing incurable diseases. I've learned from many of them and I'm very happy to have learned enough to save my own life years ago when I was in agonizing pain and in danger of dying from epileptic seizures.

It took effort on my part to recover my health. It did not involve my taking just a few vitamins and supplements. It was an entire diet (see "pH Balanced Diet" below) and lifestyle change along with very powerful herbal cleanses, essential oils, emotional healing techniques, energy healing techniques and other natural methods.

It was NOT an easy decision to leave medicine. I have made countless personal sacrifices over the years to continue to do what I do and help these people despite the opposition to natural cures. Up to my eyeballs in debt due to attending medical school, I was lucky that some natural healers allowed me to attend their events and trainings on hardship scholarships. Many of them have graciously made sacrifices for me in order to keep their traditional healing knowledge alive, and I will always be grateful for their generosity.

But that wasn't the end of the suffering. I have endured horrific living conditions due to going against the mainstream, suffering a skull fracture because, living in a low-priced apartment in a questionable area of Los Angeles, I was mugged & assaulted. I was trying to help desperate people

who could not afford to pay me, and I have been through a lot of years of living right around the poverty line to help these people, who were abandoned by modern medicine and left completely penniless, riddled with cancer, and all types of incurable diseases. The good news is that we were able to heal those things together with God's help and with God's natural remedies.

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## Heal Naturally in the Comfort of Your Own Home:

I've published my natural healing protocols below (scroll down to the blue section to see them) to let everyone know how to heal themselves – for the most part for themselves and in the comfort of their own homes. There is also important dietary and herbal information below as well, and that will help you understand things like how herbs work, what a healing crisis is, how to know what dose to take and so on.

*So, please don't merely scroll down to the name of your disease or you're going to miss a lot of important information that is critically important for your healing.*

*Make sure to read the sections before the protocols as well so that you thoroughly understand why you are sick and what you can do about it. This is information that your medical doctor does NOT know and has NEVER LEARNED.*

I know conventional medicine. I earned my MD degree. I already know what your doctor knows. But I know natural healing too, and that's what I'm teaching you in this book. I did NOT forget my medical training. I realized that natural healing was so effective that my medical training was no longer necessary.

I'm regularly adding to the protocols in this ebook and making new herbal formulas as people come to me with rare, incurable things, and I realize after so many years of doing this that I am not running a business. I am in this FOR YOU. I've designed formulas FOR YOU, for all of the terrible, traumatic diseases out there and that's why there are so many herbal formulas I carry. It's FOR YOU and it's to save your life. These protocols are not all there is – I've written even more books with even more details and will continue to do so for as long as it's possible.

**And now that I've written the articles and published the protocols in this Ebook, the POWER is in YOUR hands which is where it belongs. We've now had thousands of people who have healed themselves with these protocols even though they were unable to see me in person.**

## Diagnosing with Natural Healing:

I've been to natural practitioners who told me more about my body using kinesiology, pulse diagnosis, fingernail and tongue diagnosis, iridology, Ream's testing, hair analysis, machines that "scan" my meridian energy, and medical intuition, than I ever learned from taking a blood test.

Blood tests are often negative even in the face of a severe health problem. Usually the blood doesn't show disease until the disease has become firmly entrenched in the tissues and in its more advanced stages. Then the disease finally spreads to the blood after all the body's attempts to contain the disease fails. The blood has many buffering systems in place so you won't see acid imbalances in the blood unless it's severe and life-threatening (diabetic ketoacidosis as an example). **But we'll see acidic toxins accumulated in the body's tissues ALL THE TIME, making those cells overly acidic.** Toxins are in your cells – in your fat cells, your muscle cells, your internal organs – your colon, liver, kidneys, bladder, lungs, spleen, pancreas, thyroid, brain, sinuses, stomach, throat – they can settle anywhere on the inside of your body.

My first nutritionist was a holistic nurse. She healed all types of incurable diseases naturally. She used to tell me you can get far more information about someone's health if you do a test that tells you what's going on **INSIDE the cells** instead of testing the blood (which is **OUTSIDE of the cells**). If you're relying on conventional medicine to do blood tests to know if you're healthy, that's very BAD STRATEGY, and it's a bad investment in your health.

Up to 30% of the time, an EKG can be read as negative/ normal even in the middle of a full-blown heart attack. A stool test can be negative for parasites and then that same person can pass an entire toilet bowl full of worms while doing an herbal parasite cleanse. People can have thousands of gallstones and all kinds of toxic buildup in their liver and gallbladder and their liver function tests given by their doctors will turn out normal. Our modern medical profession misses things! They miss a LOT of things and their tests do NOT catch diseases in their earlier stages.

That's what natural healers do. They catch health problems at their earliest stages which is when it's easiest to heal it and you actually have the most power to change it.

Many of us grew up in a generation where you simply went to a doctor when you were sick. But this is not the way natural healing works. In natural healing, we learn that cultivating our energy every day, paying attention to our emotional health and releasing trapped emotions, exercising, getting good sleep, consuming pure organic whole foods diet, filtering our water or drinking pure spring water, cleansing and detoxifying our internal organs, and tapping and massaging our bodies regularly is important for our health and doing these things on a regular basis can keep us healthy – even if a certain disease runs in the family. Then we pay attention to our symptoms and heal the root cause of them instead of getting a quick fix that simply makes the pain go away but does not heal the cause of the pain. We pay attention to how we feel and whether or not energy flows through various parts of our body instead of waiting by the phone to hear the results of your latest blood tests.

In comparison to the way I've experienced natural healing, the natural "diagnosis" of "deficient liver," "spleen chi deficiency," "excess heart energy," "water element imbalance" "blocked gallbladder meridian" "energy block," "liver chi stagnation," "congealed lymph" etc. was actually superior to any blood test offered by our Modern Medical system because when I healed those imbalances, my health problems went away – even so-called incurable health problems.

The official medical statistics actually show us that if you happen to catch a cancer in its early stages, you will not survive any longer than if you had discovered it in a later stage and used conventional medicine to treat it. In fact, due to the damaging effects of chemo and radiation, your quality of life is actually worse with conventional medicine than if you had found the cancer in its early stages. What if you did things differently and stepped outside of the Modern Medicine model of treating disease?

## **If You Have a Rare or Incurable Disease:**

It doesn't matter if your disease is rare or if the doctors can't understand it. I know it seems that they are the only ones who understand what's wrong with you because they use very big and complicated words and their research studies are announced in all the journals and magazines, on television and on websites all over the country. They have a general consensus – a lot of the people in our country believe that doctors are the ultimate experts on all matters pertaining to health.

But you're not seeing the whole picture. You're not listening to independent radio stations that talk about the natural healing of incurable diseases. You're not shopping at local health food stores and farmer's markets and talking about the natural healing of various health issues. You're not in the offices of every natural healer out there watching them heal these diseases.

Our medical establishment actively hides this information from you. So, it may look like they know everything, but in fact, they actually know very little that actually heals you. It's more of a highly expensive complicated way of waiting for you to get into a health crisis and then simply using strong drugs to end the crisis until you will eventually get to another crisis (because the root cause of the original problem was never resolved). It's crisis management and has nothing to do with the things you can do every day to avoid getting into any health crises altogether.

If your internal organs are clogged with toxins, your entire body can't function properly. Detoxifying the body – especially your elimination organs (mainly, the colon, liver and kidneys but detoxifying your blood and lymph are also important), can result in a chronic or acute health condition *literally going away*. Literally thousands of gallstones can come out when you do a strong liver or stone cleanse.

How can your body function when it is bogged down by a heavy mucoid plaque layer lining your entire intestinal tract caused by years of constipation. How well can your body function when you've accumulated thousands and thousands of gallstones? Or when you have a gut and liver filled with parasites? How can you have a healthy gut when you only have one bowel movement per day and the backup from these missing bowel movements is recirculated back into your lymphatic system every day, and the backed up fecal material in your colon is rotting and fermenting and poisoning your entire body on a regular basis?

The rest of diseases are usually caused by faulty nutrition due to our over consumption of processed, devitalized foods and buried emotional traumas and some inherited problems. Although prescription antidepressants can reduce the emotional pain caused by depression, it is not helpful in the long term. In the long term, it is better to heal the actual emotion than to numb it so that you don't feel it anymore.

Everyone recovers their health the same way – through what's called the Reversal Process. That means your body needs to reverse what it did to get you here. It takes knowledge, patience, courage and the right know-how to

reverse an incurable disease, but natural healers have been doing this for centuries, and if you can follow the recommendations in this book, so can you.

## **When to Use Herbs:**

Herbs are not just here to help us with a health crisis. There are herbs called “tonics” that are for our daily use. Their daily use strengthens our bodies and makes them more resilient against disease. If we would do an herbal cleanse at the change of every season of the year and take tonic herbs regularly, we would experience much greater health, and many health problems could go away.

Don't wait for a health problem to take herbs. Herbs can increase your lifespan, give you strength and energy, reduce inflammation and give you a much better life than the life you would have taking petrochemical-based prescription medications (based on coal tar). These coal-tar containing medications enrich the enormous oil & gas industry and also cause cancer. You are far better off taking herbs than any prescription drug.

## **When to Use Modern Medicine and When to Use Natural Healing:**

After numerous discussions with other natural health practitioners, attending natural healing trainings, seminars and expos, I've come to the conclusion that natural healing is SUPPOSED to be your primary medicine and modern medicine is SUPPOSED to be only for emergencies.

If you get in a horrible car or motorcycle accident, fall down a hiking trail, get shot or stabbed or otherwise have an urgent situation such as a gangrenous gallbladder or you're in kidney failure, you should go to an emergency room and use those services. If you're on kidney dialysis, you should continue that for as long as it's needed because it's essential for your survival until you can learn how to heal and regenerate your kidneys and put those techniques into action with favorable results.

However, for many other so-called urgent situations, you can heal those naturally just simply by knowing how and being prepared in advance with the right remedies beforehand. If you have gallstones, kidney stones or any other type of stone, you can often dissolve those with herbs. If you have the early warning signs of appendicitis, you can heal that naturally as well. If you have high cholesterol, high blood sugar, high blood pressure, nerve damage, Lyme disease, an autoimmune disorder, or arthritis, you can heal those things naturally at home. **I healed my own chronic epilepsy AT HOME, following written instructions that were provided with the herbal cleanses I ordered.**

You can rapidly accelerate healing from injuries with herbs – things like a sprained ankle, broken bone, torn ligament, etc. You can glue wounds together with herbs, disinfect wounds and heal from them without minimal scarring and sometimes no scars at all using herbs such as aloe vera and comfrey as well as many herbs that are known to help repair damage and trauma in your body. You can stop internal and external bleeding with cayenne, styptic herbs, hemostatic herbs and astringent herbs.

You can stop a headache with herbs. You can slow down and regulate your own heartbeat with herbs. You can lower fevers – even high ones – with herbs and you can also stop seizures with herbs. You can relieve heartburn, heal up your stomach and intestinal lining, fill in a stomach ulcer, strengthen your blood vessel walls, help varicose veins and hemorrhoids, stop asthma attacks within minutes and even heal many types of allergies.

If you have an acute infection (ear infection, eye infection, sinus infection, urinary tract infection, etc.), many of these infections can be healed naturally – without antibiotics - by using things such as herbs high in berberine, urinary tract disinfecting herbs, oregano oil, thyme oil and other natural antimicrobial remedies that are listed in the protocols section of this book. You can dry up nasal congestion, calm a cough with herbs. Even pneumonia can be healed with herbs and natural healing – without antibiotics, and yes - in your own home.

You can heal your brain and nervous system naturally AT HOME – from mild brain fog to nerve damage all the way up to healing from a stroke, dementia, memory loss, multiple sclerosis and Parkinson's disease among others.

You can save yourself from all kinds of surgeries, healing up things such colitis, hepatitis, enlarged prostate, coronary artery disease, fibroid tumors, cysts,

and even cancer – all naturally and IN YOUR OWN HOME with the right herbs, knowledge and follow through.

You can regulate irregular periods, increase fertility, heal many types of infertility, balance your hormones, calm an overactive thyroid, heal an underactive thyroid and heal all kinds of autoimmune disorders.

If you act early enough and incorporate a natural diet and lifestyle into your daily routine, you can avoid many so-called “diseases of aging” – including cataracts, osteoporosis, arthritis, loss of hearing and eyesight, and if you do it correctly, you may be able to repeat Asia’s history of women staying fertile and having babies naturally WITHOUT any IVF or other medical intervention well into their 60’s.

After years of research and a holistic practice spanning over 20 years, I have realized a very tragic fact. **THE MAINSTREAM MEDIA REGULARLY LIES TO YOU.** This includes your nightly news, the radio, magazines and many books as well. They lie about diseases and natural cures, and they’ve been lying for decades. They are also lying about the latest virus, how dangerous it is and that the only answer is an experimental shot for which no one seems to know the ingredients.

Every day God’s children are subjected to mind control and brainwashing techniques broadcast through their television set. It sounds like this, “There is no cure for...[name of any disease]” “Ask your doctor if [this medication] is right for you.” “Tell your doctor if you are taking.....”

The mainstream media is now at an all-time low, encouraging violence, fear and hatred amongst us. Please, I beg you, turn off the mainstream news and watch some different perspectives on what’s going on in the medical world, or start watching some independent journalism or online news instead. You have been used, manipulated and lied to for way too long. If you’re with me, I love you and I will continue to fight for you, expose the corruption and deliver the truth.

You should look at mainstream television, mainstream radio and magazines like **marketing arms of the pharmaceutical industry.** You are watching their advertisements – and that’s all it is. But instead of using honest marketing techniques, they are using sneaky underhanded and very dishonest marketing to make you think that your problems are hopeless and incurable and that you have no power to change it - that you must pay thousands of dollars in insurance every month because “there is no cure” – that you must

“race for the cure” and donate money to their cause so they can do more research.

Their brainwashing urges you to spend enormous amounts of time in doctor's waiting rooms only to be seen by your doctor for around 5 minutes and to have many of your symptoms dismissed or outright ignored. When they perform their lab tests, they are often negative even though you are in pain and have a lot of toxins built up in your body.

Their brainwashing also urges you to stand in line at a pharmacy to get an overpriced drug that is a synthetic chemical experiment when herbs have a long history of thousands of years of safe and effective use.

Their brainwashing urges you to visit doctors who have almost zero training in nutrition – the very foundation of good health. Even their medical diagrams show the important of Vitamin C in cross-linking collagen, which is important for healthy arterial walls. Their diagrams also feature the importance of B vitamins such as thiamine and Vitamin B-12, without which you can become very sick and even die. They acknowledge that a deficiency of vitamin C can cause diseases yet fail to recognize the symptoms or recommend any foods high in Vitamin C for their patients with blood vessel disease.

They acknowledge acetylcholine as an important neurotransmitter for brain function which actually contains choline – a simple B vitamin that you could be getting from the foods you eat. But they'll give you a cholinesterase inhibitor to try to help you accumulate what little amount of choline you have in your body so that you can think straight with your choline deficiency – nevermind what other deterioration is going on in your body elsewhere because of this vitamin deficiency. They'll simply call that another disease and give you another experimental chemical drug with more side effects.

Instead of addressing the food you eat as a cause of your nutritional deficiencies, they recommend a synthetic constipating iron and synthetic vitamins (if they even recommend them at all) that are not even absorbed or assimilated very well at all. Their constipating synthetic iron takes months to work whereas you could get a result in as little as one week with vegetable juices, edible algae and herbs.

Their marketing for their cancer-causing coal-tar derived petrochemical drugs is all about giving away all of your power to your doctor, so that you cannot make even simple decisions related to your own body without first asking your doctor.

***NO ONE should have that much power over you – no doctor, no nurse, no medical professional - not even a natural healer and not even me.***

God and you are the source of all healing. You collaborate and you work together with God and in harmony with Nature - you tap into that and you can heal anything. You have the ability to feel what is going on inside your own body and heal it. You just need to know how to do it and to practice it until you're good at it. Then you will no longer need lab tests to figure out what's wrong with you. We need to stop being so obedient and "compliant" to Modern Medicine's recommendations and instead, cultivate our own abilities and take our power back. We've been slaves to this system for too long now.

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

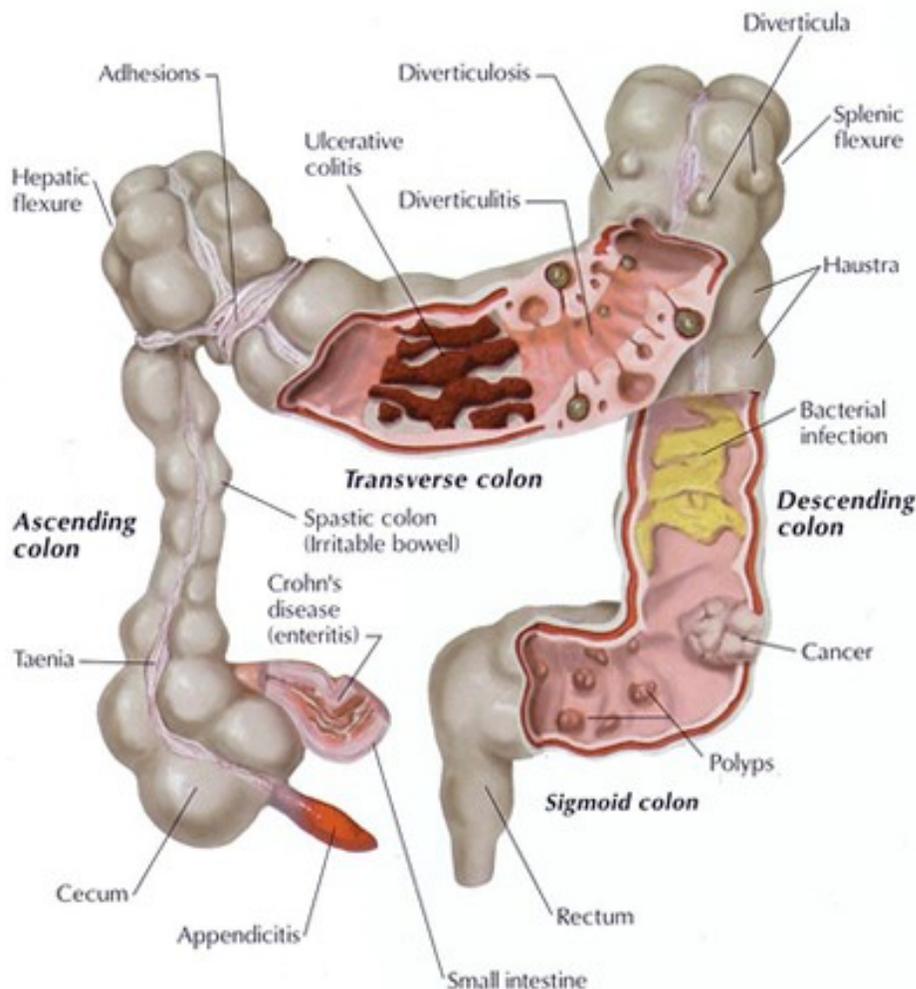
**Everything we have, have ever had, and ever will have is God's**

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

## Your Toxic Colon

**This is What it Looks Like and This is Causing All Kinds of Diseases and Health Problems All Over Your ENTIRE BODY – even ones that your doctor says are incurable.**

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### **How Your Colon Has Made You Sick All Over Your ENTIRE BODY:**

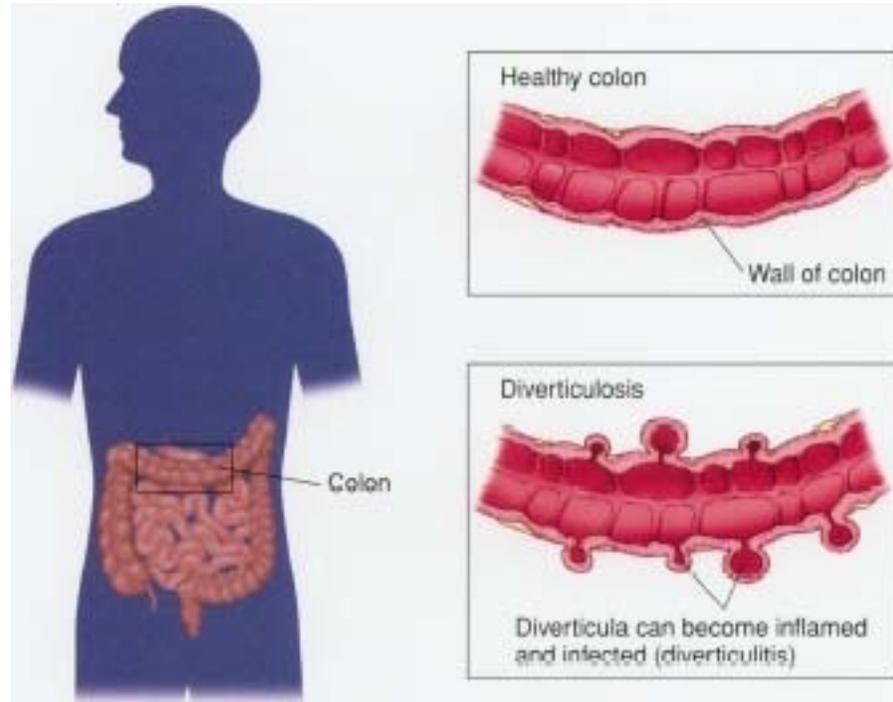
Please read this whole flyer so that you understand your body and how it works. It's going to give you a fighting chance of getting off all of your medications and even avoid some surgeries, and if I explain it well

enough to you, you'll be able to avoid medical professionals throughout your life. Some of this information can be shocking because your doctor has no clue what has happened to you inside your colon or why. I thought my one-a-day bowel movement was normal. It was not. I've listened to medical school professors rehash the same nonsensical advice that it doesn't matter what you eat or how often you have a bowel movement for health.

When I got to my first natural healer (a holistic RN), she immediately informed me that I was constipated and that was contributing to the epileptic seizures that I was having at that time.

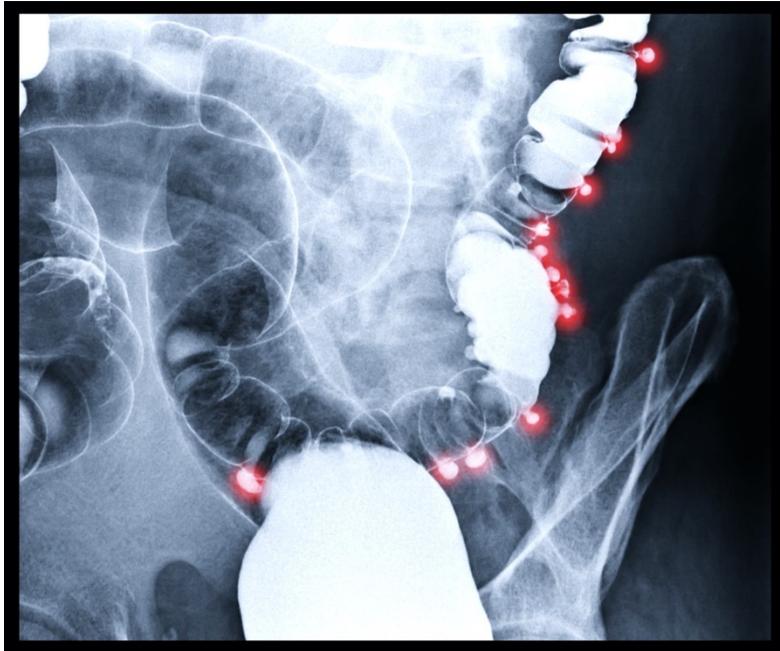
Then she told me that most of the civilized world is constipated too! When she healed people's colons, many health issues would diminish or even go away. Yes, the RN was teaching the MD – and saving my life with her natural healing knowledge!

Due to chronic constipation (Yes, everyone who has one bowel movement or less per day), Americans suffer from very high rates of colon disease. Diverticulosis is common, hemorrhoids are common, and colon cancer is becoming more common. As you miss a bowel movement you were supposed to have (you should have one bowel movement per day for every main meal that you eat – that means 3 bowel movements per day if you are eating 3 square meals per day), pressure builds up in your colon and begins to cause hemorrhoids. Parts of your colon may begin to expand and balloon out to accommodate the extra stool that is left inside of you. As the pressure builds up in your colon, it can push up against your stomach, causing the valve between your esophagus and stomach to



malfunction, causing acid reflux. Your entire GI tract is overly pressurized and backed up!

This pressure, as it builds up, also causes tiny pockets in your bowel wall to form called diverticuli. These diverticuli result from a weakening of the muscles of the bowel wall and these weak muscles cannot empty out their waste.



*Barium Enema Showing Bowel Pockets Highlighted in Red*

Therefore, food collects there, rots, ferments and causes inflammation and infection (otherwise known as diverticulitis). As those areas further weaken, the bowel wall can literally rupture and that fecal material can leak into your belly and cause overwhelming infection and even lead to death! These bowel pockets **cannot be seen during colon-**

**oscopy**, but they are often seen with a barium enema test.

As this food rots and ferments and stays inside your gut and also inside those bowel pockets for prolonged periods of time, inflammation can develop in the lining of your colon – that shows itself as “irritable bowel,” spastic colon, inflammation of the colon (“colitis), polyps in the colon and even colon cancer.

To make matters worse, the colon can bulge out so much it starts to droop and even fall down onto the reproductive organs (this is called a “prolapsed colon”). It can also seep toxins into the bladder, uterus, ovaries, prostate and the entire surrounding area. Now you’ve got prostate problems, uterus problems, heavy periods (your body trying to rid itself of the toxins), infertility, bladder problems and other issues of

your reproductive organs. When the colon drops, it creates too much space under the stomach and the stomach will also fall down a little, resulting in pooling of the acid at the bottom of the stomach with resulting indigestion and other stomach problems.

Now on top of that, as you eat processed foods, your colon secretes mucus in order to protect you from the toxins in these foods, including various pesticides, and petroleum-based artificial colors and flavors and other additives. With each meal of the wrong foods, more and more mucus is produced and covers the

intestinal lining, and over the years, it hardens and turns into what is called the “Mucoid Plaque Layer.” ***Even if you are currently eating organic whole foods, that doesn’t change the layer of hardened mucus that has***

***accumulated over many years your colon – it’s still there.*** The mucoid plaque layer can be removed (and the results can be life-changing), but it takes specific herbs that soften, swell up and expand against the walls of the intestines to do it, and it also must absorb that rotten material from the bowel pockets as well.

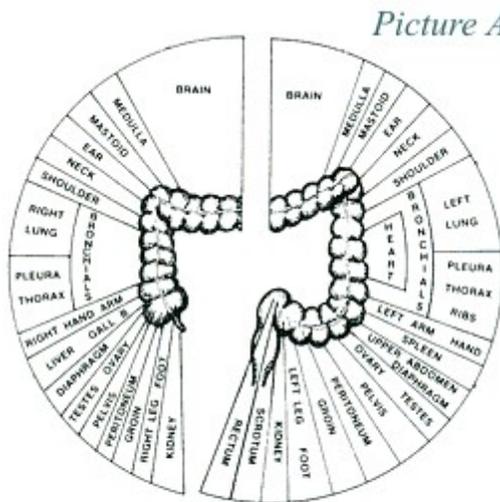


***Mucoid Plaque Layer That Was Eliminated During a Strong Herbal Cleanse. It’s One huge hardened piece in the shape of your intestines.***

Your colon has lymph vessels taking away wastes every day from your colon. If you have an excess of toxic buildup, it’s going into your lymph system. This results in swollen lymph nodes, headaches, sinus congestion, acne, rashes, and many other health problems. There is also something called the “Portal Vein” that takes substances from your colon to your liver, so when you have a lot of toxins in your colon, they go directly to your liver. Your liver will store the toxins because these toxins are not being eliminated through your colon. Now your liver is toxic and you’re suffering from hormonal imbalance, chronic fatigue, chronic infections, blood sugar problems, sinus problems, weight gain and numerous other health problems throughout your entire body. Now your liver is plugged up and cannot produce enough bile and the result is

high cholesterol as well as more constipation (bile helps your body process cholesterol and also acts as a natural laxative).

When your liver is full of toxins, your body will try as hard as it can to reroute them through your kidneys to eliminate them through your urine because your body is trying really hard to survive at this point. As your kidneys are filtering out your rotten old fecal material that went into your lymph and blood system, your kidneys will also fill up with toxins and now you've got urinary tract infections, kidney diseases, cysts and tumors in the kidneys, kidney stones, joint pain, high blood pressure, and many other health issues. (This is one of the reasons why you should also do liver cleanses and kidney cleanses and take herbs to clean out your blood and lymph after you've cleaned out your colon).



*Bowel chart indicating reflex reference to the organs in the iris*  
By Dr. Bernard Jensen, USA

Great natural healers and doctors made bowel reflex charts to show the association between each section of your colon and other parts of your body (see chart to the left). Each area of your colon is associated with another organ in your body and depending on the location where your colon is toxic, you could have toxins leaking into the thyroid, breast, lungs, brain, reproductive organs, neck, shoulder and any number of other areas. These

toxins in the colon can be so severe that you develop cancer **SOMEWHERE ELSE** in your body – even **OUTSIDE** of your colon.

Sir Arthur Arbuthnot (surgeon to the British crown in the 1800's) found that if he removed a toxic portion of the colon, the associated health issue would also disappear. After removing a portion of a little boy's diseased colon, the boy's rheumatoid arthritis completely disappeared after around 2 months. After years of performing surgeries, Dr. Arbuthnot left his surgical practice and started teaching people how to eat and how

to properly care for their colon to ***avoid the colon disease in the first place.***

Many of you are literally ROTTING from the inside out because of chronic constipation. It's like throwing trash in a trash can but only emptying it out every two weeks. It's going to stink, smell bad and literally cause body odor.

## **Can it Be Fixed? Yes! Can it Be Done Overnight? No!**

People can have amazing shifts in their health after just one colon cleanse and especially if they do the juice fasting with it that really helps to remove this mucoid plaque layer. I've seen huge transformations in people who have had the mucoid plaque layer removed – rashes can go away, pain in the colon can go away, and the color can come back into their face, and up to 25 pounds of accumulated fecal matter can come out in one cleanse. But one colon cleanse does not necessarily fix the ballooned-out areas, the scar tissue (adhesions), the fistulas, and the bowel pockets.

You may need a few cleanses, more juice fasting, a diet change, some thyroid healing, and some abdominal massage work in order to permanently change the state of your colon. If your colon is *extremely toxic* or you've already had parts cut out, you may need to be on this cleanse for up to 2 months. What's most important is that you *avoid having constipation from this point forward* and allow your colon to recover from the damage done by the years of chronic constipation. It's one of the reasons why with every herbal cleanse I offer you, **there's always a colon cleanse that's included with it.** There is a reason why fasting is mentioned in every holy book on our planet, and that is because your colon needs a rest from food periodically in order to be healthy.

These herbal colon-cleansing formulas originate with great natural healers such as Dr. Harvey Kellogg, Dr. Henry Lindlar, Dr. John Tilden, Paavo Airola, Dr. Norman Walker, Dr. John R. Christopher and Dr. Bernard Jensen who all used a version of these formulas to remove the mucoid plaque layer and help to restore the bowel back to health. They

healed not only leaky gut, but also things FAR WORSE than leaky gut with these formulas, including colon cancer.

You'll also need to undo the damage caused to your other organs, especially your liver and kidneys. The good news is that these organs will begin to dump some of their toxins into your bowel as soon as you've removed the mucoid plaque layer. Liver cleanses and kidney cleanses are very important after you've done a colon cleanse.

## **Am I Too Sick To Do an Herbal Cleanse?**

No! In a lot of cases, your life **DEPENDS** on doing at the very least, a colon cleanse (Intestinal Rejuvenation Program). This is where your disease actually started and it is the original point that needs to be healed. This is one of the most important cleanses you can do in your entire lifetime. If you have diarrhea, skip the Vibrant Colon Formula and start taking the Colon Detox Caps by itself. Even if you're taking a prescription blood thinner or other medications, you can still do an herbal colon cleanse. If you have diabetes, you can still do a colon cleanse. Just don't drink fruit juice or eat dried fruits during this cleanse. I've watched diabetics have their blood sugar literally go down into normal range while doing the 28-day healing program.

I've been taking people through many types of herbal cleanses for over 20 years. There is no herb in these formulas that I do not thoroughly understand. Every herb in these formulas has a specific purpose and is there for a reason and they are custom formulas based on the results my patients were getting over the years. If you've found a medical website that debunks any one of these herbs, it is **MISINFORMATION**. The pharmaceutical industry hires "shills" daily to write online articles disproving herbs and showing that they cause harm.

Don't listen to the noise! It may look intimidating. They may cite research articles to prove their point. (There are plenty of research articles showing herbs **DO** work and I've listed them at the end of this flyer.) I have seen it happen personally where research studies were funded by the pharmaceutical industry with the intent to **DISCREDIT** an herb and they have no interest in discovering if it actually works or not.

They want you dependent on their system to the tune of thousands and thousands of dollars over your lifetime – thousands for prescription drugs, thousands for mostly unnecessary surgeries and thousands for many other procedures, hospitalizations, office visits and insurance. It is a multibillion-dollar industry that thrives on your ignorance. They make billions of dollars off of making you a helpless, passive victim with no knowledge of how to care for yourself. And they spend millions on their fake scientific-looking propaganda to convince you that herbs are scary, dangerous and could hurt you.

Listen to the healers throughout the ages who have been healing their patients naturally for centuries. ***I have six bookcases not only of regular medical books, but also of books on herbs, supplements, and natural healing, including some very rare books*** by natural healers and eclectic medical doctors from this country and from other countries as well – and I’ve learned from some of them in person or gone through their trainings as well. Their CLINICAL RESULTS, the pictures they’ve taken, the videos they’ve made, the books they’ve written - all speak for themselves – and their knowledge is actually common sense. You’ve been talked out of using your God-given common sense by the Medical Profession who has convinced you that disease is complicated, unexplainable, random and incurable and the only answer is to have parts of your body cut out or take a synthetic patented chemical combination that they “invented” last year and hasn’t yet been thoroughly tested.

It's time you trusted your own feelings and gut instincts and start going into action to do everything possible to heal yourself so that you don't need them anymore.

Please keep reading to learn more about how to heal yourself naturally in the comfort of your own home with the 3-step Herbal Cleansing & Detox System (the “Foster Method”) to eliminate these toxins from your colon and the rest of your body, supercharge your nutrition, regulate your immune system, balance your hormones and re-experience what it is like to feel energy and vitality again in your body. **The program is laid out in detail on page 61.** More explanations on how and why natural healing

works and why it gets to the core issues to give you a fighting chance at a long-lasting healing.

## **Suppressing Symptoms Vs. a True Healing:**

### **Finding the Root Cause Instead of Chasing Symptoms:**

Getting healthy is sometimes very confusing. With all of the informative websites out there, what we are confronted with is a lot of conflicting information. Many organizations claim to be holistic, yet all of the treatments they offer are too specific. For a chronic cough, they recommend a single lung-healing herb to suppress it. They quote lots of research studies and use fancy pictures. The ease of the treatment and how scientific it sounds lures people in. Although they may experience temporary relief, or none at all, these people become discouraged and even hopeless.

### **Why Taking One Supplement for One Health Issue Often Fails:**

Every time someone asks me “What herb do I take for (name of their diagnosis) I have to laugh. The problem is much larger than you think it is. What the medical doctors have done to you is tell you that you only need one medication for the one diagnosis you have. What this does is basically put a “bandaid” on your problems, fixes it just enough so that you’re more comfortable and don’t have as many symptoms. At best, it’s only a partial treatment. The reason is because most health issues have multiple causes (including nutrient deficiencies, stress, emotional reasons, chronic constipation, inherited issues, overwork, lack of sleep, accumulated toxins in the kidneys and liver, weak immune system, and more).

Some people can’t get to the point where they can believe that the medical establishment is wrong about so many health problems and what causes them.

But the reality is, whether they intend to be wrong or not, THEY ARE SIMPLY WRONG. And you need to address every factor that caused your health problem, not just one.

To address all or most of the underlying root causes, you must do the whole program in order to get the miraculous results my patients experienced and to protect yourself against future health issues - even if you believe you do not

have a problem in that particular area of your body – and even if your lab tests look normal.

My experience is that most people are so accustomed to taking drug store remedies or medications for their symptoms that they have no idea how toxic their bodies have become and how sick they actually are. I've known people to have three perfect bowel movements per day who had tons of toxins in their intestines. I've also known people to have parasites with no obvious symptoms whatsoever.

You could have a lot of problems inside your body and not realize it because your doctor keeps medicating you with chemicals and cutting out parts and then telling you you're ok. Most people have been given a false sense of security by their medical doctors who pretty much never get to the root cause of their health problem. In my experience, people can have loads of toxins in their liver, yet have completely normal liver function blood tests, and they can have highly toxic kidneys, while also having normal kidney function blood test results.

Conventional blood tests are not sensitive enough to pick up these problems, and this is why many patients walk into a doctor's office with cancer, and their medical doctor **never saw it coming**. I want to teach you how to see these serious things coming, while they are still in the early stages, so that you can intervene and heal yourself before any serious disease can ever develop in your body. For best results, do not skip any steps and make sure you do the maintenance program every 3 months after you get well.

## **Healing Your Entire Body Versus Just the Part That Appears to Be Sick:**

The Modern Medical Profession insists that none of the organs in your body affect each other. And yet during their own surgeries, they see that all of your organs are literally touching each other, and according to their own teachings are communicating with each other through hormones, neurotransmitters, peptides, neuropeptides and other biological substances. Their reductionist concepts go AGAINST thousands of years of natural healing and holistic medicine and they go against God.

Natural healers throughout the ages have taught us that when we are sick, there is usually more than one cause and that often the causes are in areas that are not in the same area that seems to be sick. The culprit is often the

colon or other elimination organs. **Because of these underlying root causes, you will need to heal those other areas – not simply the one part of your body that seems to have the problem.** You may need to do a few cleanses or take more than one formula, especially if you are older or have had numerous health issues throughout the years. Taking numerous remedies and healing all underlying root causes is normal, usual and typical for holistic healing.

If you start with one remedy 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 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.*

## **Most Natural Healers Don't Do Enough:**

Many natural healers try to act like medical doctors and recommend a specific formula for a specific problem without getting to the root cause of the health issue. They recommend headache herbs for a headache and miss the toxic colon and liver that are causing the headaches. Or it's ginkgo capsules when someone's had a stroke, completely missing the liver malfunction. Or hawthorne berry for a heart attack, while completely ignoring the small intestine toxins that affect the heart. They recommend one formula when they should recommend five or more. Most traditional Chinese herbalists still living in China send patients home with an entire shopping bag full of herbs to make herbal tea. This is what is needed when someone has a serious health problem. We cannot expect to take a little powdered uva ursi in a capsule and think that it will cure our bladder infection or dissolve a stone. It's necessary to take many herbs to cleanse the entire urinary tract, not simply just kill the germs.

## **It's Not Just About Killing Germs:**

If it was just a matter of killing germs, so many women would not end up with chronic bladder infections despite the fact that they have taken multiple courses of antibiotics. Antibiotics do kill germs, but they cannot remove the

toxic filth that accumulates in the urinary tract or the rest of the body. These are the toxins that cause future infections and even kidney stones.

## **Toxins Create a Vulnerability to Germs and Diseases:**

It is the internal filth that germs thrive on to create chronic infections and disease. This filth is typically acidic. When a person accumulates enough of these acids, it turns the whole body chemistry too acidic. It is in this acidic environment that disease thrives. Herbs not only remove this internal filth, but they supply large amounts of naturally-occurring vitamins, minerals and other trace nutrients that the body needs in order to rebuild and repair itself.

## **The Body Requires Nutrients To Heal:**

When we are sick or have a chronic disease, the body requires these nutrients in larger amounts in order to heal. Medications often fall short since they do not contain any nutrients at all, are typically acidic, and do nothing to help shift the pH balance from overly acidic to a healthy alkaline balance.

## **How to Use Herbs to Get to the Cause:**

Much, if not most, disease is caused by the accumulation of metabolic wastes, calcium deposits, uric acid, lactic acid, heavy metal deposits, and other toxic materials. The goals of herbal therapy are to remove this internal waste, strengthen and repair the organs so that the body can function normally again. Herbal therapy can be begun at any time, and in most cases, it is not too late -- even if medical doctors say that the problem is incurable or too serious. In fact, many people who try herbal therapy for the first time are those who have already failed conventional medical treatment or have been sent home to die. Fortunately, we are still able to get wonderful results with many of these people using the **28-Day Healing Program**. To reverse a health issue, we must do at least 3 things:

### **1. Build and Repair the Body with Nutrients:**

We cannot have healthy tissues or a strong immune system when our bodies do not have enough nutrients to function properly. Most Americans are malnourished. Even with an organic food diet, most of us still need supplementation. Many people complain to me that they are anemic. They are anemic because, quite simply, they are not getting enough nutrients in the diet to produce red blood cells. When they get the proper nutrients, they no longer suffer from anemia. Iron pills and other vitamin pills are usually not absorbed well enough to make rapid changes and can take several months to show results. Herbs and nutrient dense foods typically work much faster (usually only a week or so).

## **2. Cleanse the Detoxifying Organs With Herbal Formulas:**

The major detoxification organs are the intestines, liver, and kidneys. When we cleanse these major organs, then the other organs (such as the brain, thyroid, pancreas, lungs, etc.) in the body can cleanse themselves. This happens naturally since their wastes are dumped into the elimination system which has now become clean. Trying to cleanse the brain or other organs without first cleansing the elimination organs can be harmful as well as ineffective.

## **3. Reduce or Limit Processed Foods and Chemicals in the Body:**

These things are acid-forming and create more waste products that end up as internal filth, causing disease.

## **Healthy Lifestyle Makes a Difference:**

Getting healthy does not have to be complicated. What I have found in my clinical practice is that healthy lifestyle habits go a long way. Most of us have not been taught these healthy lifestyle habits. We have been brought up with processed, denatured foods and many synthetic chemicals, and all of the experts tell us that this is "normal." What's even more confusing is when we hear medical doctors telling us that the foods you eat don't even matter! Yet, their advice is coming from practitioners who have the bare minimum of

knowledge to give you only enough nutrition to survive if you happen to be in a coma. Their knowledge of nutrition is **woefully inadequate**. When Dr. Bernard Jensen went to conventional doctors with stage four prostate cancer and told them not only was he a chiropractor, but he was also a nutritionist and that he planned to heal his cancer naturally, his doctors replied, “What do we know about nutrition?” and also something like, “Hey, you’re over 80 and you’ve lived a full life, so why don’t you just go home and get your affairs in order?” Using juice fasting, supplements and natural healing principles, Dr. Jensen was able to completely cure his cancer – without any chemo, without radiation and without surgery and his clinical practice spanned over 50 years.

My clinical experience spans over 20 years and it has shown me that nutrition and the foods you eat DOES matter. Adequate rest, stress reduction and regular exercise can be major factors in determining whether or not someone gets well or gets worse. Many chronic insomniacs and those suffering from clinical depression have overcome their problem merely by taking up a regular exercise program.

What else you can do besides following a healthy diet to get well and stay healthy:

## **Natural Healing is a Lifestyle:**

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 our 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 healing 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. In modern times, we are completely surrounded by synthetic chemicals – on our food, in the air, on our clothes, in our furniture and carpeting, and at our workplaces. Those synthetic chemicals accumulate in our bodies and cause diseases. To heal, we need to cleanse those toxins out of our bodies. God will work through herbs, but it can take time. Don’t lose faith – anything is possible with God.

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.

These healing sacraments are based solely on my experience with my parishioners and my years of spiritual training, including a 3-year continuous, nonstop prayer practice. The sacraments 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 my opinions and beliefs are not accepted by medical doctors, medical associations and the scientific community, especially my 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.

In the meantime, the people who order the medical schools what to teach, who own the medical schools and the pharmaceutical companies, are worshipping demonic gods, raping babies, drinking human blood and engaging in blood sacrifices, illegal drug trafficking and child sex trafficking – all without the knowledge of any of their nurses, doctors and medical school professors who are completely oblivious and unaware of this and blindly follow their so called "healing" protocols that involve cutting, slicing, radiating, aborting, drawing of blood, and other grotesque acts of violence against the human body (such as such as hysterectomy, cholecystectomy, tonsillectomy, appendectomy, colectomy, sinus surgery, organ transplants, and other surgeries and injections) that are mostly unnecessary if only God's healing plants and natural healing methods were used.

When other methods of diagnosis are available, I often ask myself why the medical profession is so obsessed with blood. They draw blood for blood tests when they are inaccurate and not necessary. They take animal blood, filter it

and put it in your preventive shots (they call it “bovine calf serum.”) Then, they take blood, filter out the cells and inject it into patients with autoimmune disorders that were created by the preventive shots they gave you earlier. According to their own gruesome research on rats, combining the adjuvants in these shots with food substances (mainly the dairy protein casein and eggs but peanut oil has also been used), results in potentially deadly and lifelong food allergies, which has caused an epidemic of food sensitivities and allergies all over the world as well as hayfever and many other types of allergic and anaphylactic reactions. When they mix in the aluminum (there are 6 types used in these shots) and the mercury (in the form of thimerosal), they add brain and nerve damage to the mix, causing Alzheimer’s, Parkinson’s disease, Lou Gehrig’s disease, multiple sclerosis, Bell’s palsy, and even shingles.

The irony in this is that natural healers were healing infectious diseases BEFORE antibiotics were invented, and BEFORE these preventive shots were ever discovered. Natural healers were healing measles, mumps, rubella, diphtheria, whooping cough, tetanus, paralysis and the flu with herbs and natural healing. There are numerous herbal recipes to heal these things and they do work.

There is no spirituality in the practice of Modern Medicine. On the contrary, there is a lot of unnecessary gore and brutality that do not need to exist at all. At the end of every research abstract I always read that any animals used during the study were “sacrificed” at the end of the research study. It’s an interesting choice of words that they use because animal “sacrifice” is a key component of satanic rituals. Modern Medicine is unholy and demonic in many ways. Their symbology, the caduceus, features 2 snakes wrapped around a pole. Even the original Hippocratic Oath has doctors swearing to Apollo and other Greek Gods. It is NOT a spiritual practice.

On the other hand, natural healing has always been a spiritual practice. Most natural healers are highly spiritual people who rely on a high power – a power that is a constant source of unconditional love and healing. That power often supercedes any need to cut, burn, radiate or poison disease out of the body with synthetic chemicals.

## **The Four Stages of Disease, the Reversal Process and How Long It Takes To Heal:**

**See below...**

## **The Four Stages of Disease, the Reversal Process and How Long It Takes To Heal:**

### **Stage One of Disease:**

When we are young, most of us get sick with a cold or flu and this is the first stage of sickness. Most will overcome it with chemical-based medications or over-the-counter medications. Unfortunately, these medications, although quickly relieving discomfort, does not heal the underlying cause of the sickness. Therefore, the sickness goes deeper into the tissues and we reach stage two of disease.

### **Stage Two of Disease:**

After a few times of using a chemical-based “quick fix” to make the symptoms go away, eventually we get to a point where we start to have some mild chronic issues such as hayfever, headaches, constipation, or other mild health complaints. We can continue to get sick at this point, but it usually feels worse and we may even have some episodes of bronchitis. Doctors prescribe prescription chemicals which can temporarily fix the pain or discomfort, but, again, does not heal the underlying root cause. Therefore, after a few more episodes of sickness, we start to move into the third stage of disease.

### **Stage Three of Disease:**

The third stage of disease is where most adult Americans are with their health. This is marked by asthma, arthritis, benign tumors, low thyroid, fibromyalgia, pneumonia and other health issues that occur on a daily basis. If we ignore the root cause of the health problems at this point by taking chemical-based medications, we can temporarily fix the discomfort or pain, relieve some symptoms, and maybe even force the body to do some things we want it to

do, but we actually drive the disease deeper into the body until we reach the last and fourth stage of disease.

## Stage Four of Disease:

At this stage, we see tissue destruction, such as emphysema, tuberculosis, cancer, liver failure, kidney failure, adrenal failure, cachexia (unexplained weight loss). Eating junk food to try to maintain a “healthy weight” fails miserably and the person gets sicker and sicker until they die. This is the point at which doctors want to use surgery to aggressively cut out dead, infected tissues, tumors and use chemotherapy and radiation. You cannot get to this point without severe malnutrition – eating overly processed foods, fast food, convenience foods, and junk foods. The only “natural” answer at this point is to do a complete change of diet and lifestyle and do powerful natural healing measures.

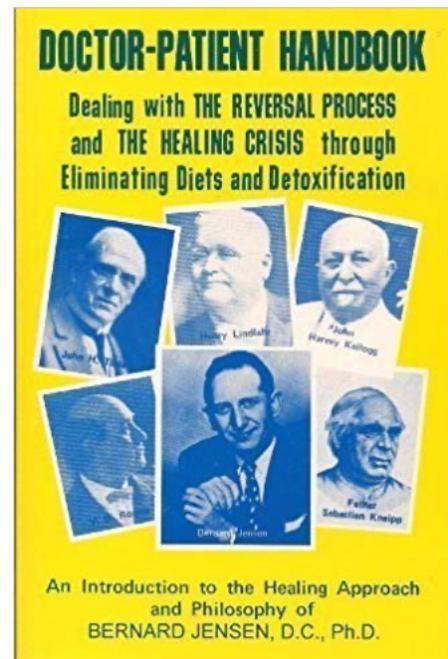
## The Healing Crisis: (Why it gets worse before it gets better)

### And Which Health Problems Heal First and Which Heal Last:

In order to get well, the body must reverse everything it has done to get to the current stage you are in. This means as you’re healing, you need to go through the above four stages in reverse.

During this healing process, you could reexperience any symptom you have had in the past – IF that health problem was not healed naturally. In other words, if you suppressed the symptoms with prescription medication or synthetic chemicals, there will be toxins that need to come out of the area of the body that was affected.

The Healing Crisis is often referred to by natural healers as the “Reversal Process,” and also “healing opportunity.” Or “symptoms of healing.” The great natural healers throughout the ages have discussed this healing process in great detail and even written books about it – the best known one is called “Doctor Patient Handbook”



This process of healing and reversing disease is governed by something called “Hering’s Law of the Cure” which states the following:

***All Healing Occurs From the Top Down, From the Inside Out and in the Reverse Order as the Symptoms First Appeared.***

- Healing Occurs from the top down: This means that the healing process starts around the head area and then moves down towards the feet. This also means the feet heal last.
- Healing Occurs from the inside out: The healing process occurs inside your body first and then moves outwards towards your skin. Your body is built for survival and because of this, your body prioritizes what's most important for your survival. Your internal organs are much more important for survival than your skin so they heal first, and your skin heals last.
- Healing Occurs in the reverse order as the symptoms first appeared – this means that the most recent healthy problems you've had are the ones that heal first, while the health problems that are the oldest and that you've had for the longest period of time are the ones that heal last.

What this means sometimes is that the problems you want to heal first are actually the ones to heal last, and the ones you want to heal last are the ones you want to heal first. But your body knows what to do for its survival and it will always choose survival over your personal preference.

Sometimes people who have skin problems are not happy when I tell them this. But you need to know if you have a rash is that something serious is happening in your internal organs and it's simply showing up as a rash. This serious toxicity problem in your body could well be life-threatening, but your body is choosing to eject as many toxins as it can from your internal organs out through your skin.

I can give you herbs to clear up your skin temporarily and that rash can go away, but as long as you have chronic constipation, toxins in your liver and kidneys, your body is going to choose to have those toxins ejected out

through your skin – because that's what your body does to survive. Once you heal your internal organs, the rashes typically go away permanently.

And while all of this internal toxicity is going on and your very life is at stake from these dangerous toxins lodged in your body that can eventually cause life-threatening diseases such as cancer, heart attacks, strokes, high cholesterol, high blood pressure and more, your doctor will recommend you simply put a steroid cream on your skin to calm it down – doing **ABSOLUTELY NOTHING** to heal that rash from the root cause. The rashes can heal completely, but you often need to be patient and let that healing process happen from the inside out.

If you are a person that suffers from a lot of rashes, there may be times during your healing that a lot of toxins break loose from your internal organs and you break out into another rash temporarily. It's part of the healing process and it's actually a sign of healing. Don't panic!

**Herings Law of Cure:**

**Healing Occurs**

- From the Top Down
- From Within Out
- In the Reverse Order as the Symptom First Appeared

**Explanation:**

- Head, Brain and Emotions Heal first, then healing descends downward.
- Vital Internal Organs Heal First, Skin Heals Last. Body prioritizes most important systems for survival to heal first (Heart, Brain, etc.) Least important heals last.
- Most recent health issue clears up first, longer-standing issues are the last to heal

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In fact, any symptom you have ever had in the past can reappear temporarily as you are going through this “reversal process.”

In addition, if you are seriously ill or carrying a large toxic burden in your body, the toxins coming out of you can create burning sensations on the way out. Some of you don't realize how sick you actually are because your doctor keeps telling you you're “basically healthy” when you're actually NOT.

## **The Toxins That Have Accumulated In Your Body Are Acids Covered By a Layer of Mucus:**

### **The Toxins That Have Accumulated In Your Body Are Acids Covered By a Layer of Mucus:**

From taking people through this detoxification process for over 20 years now what I've discovered is that these toxins in your body are acidic. A lot of them are pharmaceutical medications you've taken in the past that were stored in your body's tissues and never came out! Others are pesticide residues, and other synthetic chemicals you've been exposed to. Some are metabolic waste such as lactic acid buildup in your muscles. They're mostly acids and they accumulated in your body mainly because of chronic constipation. When you only have one bowel movement or less per day, the toxins cannot come out, so your body must put them somewhere in order to protect itself from them. Your body could not get rid of them, so it stored them somewhere out of the way so they would cause the least amount of problems.

These acidic toxins have been stored in your fat cells, in your muscle cells, in your brain, your liver, kidneys, colon, lymph system – basically everywhere your body can safely store them. Your body, as I mentioned before, is programmed and built for survival, so as it's storing those toxins somewhere in your body, it will cover those toxins with a layer of mucus. That mucus protects you from those acidic toxins.

Iridologists say that where these toxins go are usually the weakest areas of your body – genetically and nutritionally. That means if you have kidney disease in the family, you will have a tendency to store your toxins in your kidneys. It also means that if you eat junk food and become deficient in certain nutrients, the organs that depend on that nutrient are going to collect toxins. For example, the thyroid, breast and ovaries need iodine to function at their optimum. If your diet is deficient in iodine, you're going to have toxins collect in those areas because those parts of your body are weaker.

But when we start the detoxification process, the toxins are going to move out. Acidic toxins are going to come out through your bowels and through your urine. If you have a huge amount of toxins in your body, you can get burning bowel movements and/or burning urine. Your bowel movements may be covered with a layer of mucus or it may be multi-colored from old accumulated toxins that are mixed with your ordinary bowel movements.

Your nose may run and it may LOOK like you have a cold. It's NOT a cold. It's actually old accumulated mucus – that mucus layer that was covering those acidic toxins. It may smell old. It may smell foul. It may be different colors. Usually what distinguishes this mucus from the normal mucus that occurs with the common cold is that it tends to smell old. My first nutritionist used to have people taking a decongestant every day because so mucus would come out of them during the healing process. I prefer to use astringent herbs instead or have people use an essential oil blend called Germ Shield just inside their nostrils to help dry up excess mucus.

During the healing process, you may feel achey in your muscles or joints, or you may get a headache. You can get a rapid heartbeat or heart palpitations as your body tries to pump the blood faster in order to handle the toxic load that moved from your tissues into your bloodstream for removal. These are very typical healing reactions.

If you've ever had a problem in your kidneys, during a healing crisis, you may actually experience what feels like a urinary tract infection. Your urine may burn on the way out. You may pass mucus strands in your urine. Your urine may actually look cloudy from all of the toxins coming out. Again, this is temporarily and only happening because you have toxins in your body that need to come out so that you can be healthy again. It's important to work WITH this process and treat these symptoms naturally as much as possible. You can drink chia seed tea or flax seed tea to soothe your urinary tract and bowel movements. You can apply some herbal ointment to your anus if you feel any burning bowel movements

You may experience fevers as part of the reversal process. It's important to let that happen, but make sure you drink a lot of fluids – a lot of purified water and herbal tea because that helps your body cool down. The liquids help to reduce the fevers so they don't get to a high level.

Many people don't have a large toxic burden, so they will not feel the burning sensations, but some do and when they do, they often panic, go to their doctor and end up on an antibiotic or steroid that they don't actually need. The reaction typically goes away in around 3 days regardless and the antibiotics or steroid can sometimes do harm. What's the most helpful during this time is to drink lots of water and stop all herbal formulas except for the herbal colon cleansing formulas. So, we slow down your detox and simply maximize the elimination of toxins through your bowel movements and through your urine and you should get through a healing crisis just fine.

## ***If You're in a Healing Crisis, Slow Down your Cleanse, Stop Taking the Liquid Herbal Tinctures and Focus on Bowel Cleansing Formulas and Drinking Water Instead.***

You can also take an enema during this time and doing this can be enormously beneficial. I've seen a simple enema take away most if not all of the symptoms of healing. If you get heart palpitations, you can also add an herbal heart formula (Healthy Heart Formula) to your next detox/ cleanse. Or, if you had a rough time with your first cleanse, you can take lower doses for your second cleanse.

### **Herbal Doses and Length of a Cleanse:**

There's no law saying you absolutely must follow the dosage recommendations on the product label. You also don't have to do a strong cleanse for five days the way it's written. You can take a five-day cleanse and turn it into a ten-day cleanse at half doses of the liquid herbal extracts. You can adjust those doses and length of your detox up or down depending on how your body is responding to the detox. So, you might decide to do a weekend long cleanse or a 3-day cleanse or a one month long cleanse or a two month long cleanse. As long as your health issue is not life-threatening, it's completely fine to take a slower approach than what's written out in your instruction sheets.



As you continue using natural healing protocols, the symptoms of healing become less and less and usually only occur during short three-day periods known as a "healing crisis." Between healing crises, you'll feel gradually stronger and healthier.

Don't blame the herbs if you experience a healing crisis. That is a beautiful healing process that will lead you all the way back to radiant health. If you have a healing crisis, adopt the mindset of "I've found a way to heal my body and this healing crisis is a sign that it's working and working really well at that! I'm experiencing something wonderful and amazing." If you can do this, you can get all the way through these short healing reactions and to the other side which is your wonderful amazing healthy life ahead!

## Healing Reactions Versus Allergic Reactions:

As I mentioned in the previous section, whenever a person makes enough positive changes in diet and/or herbs, the body releases toxins and those toxins can sometimes be felt as a "healing reaction."

### *A Healing Reaction is NOT the Same Thing as a Side Effect of a Prescription Medication. It's VERY Different.*

Side effects from prescription medications often indicate damage that is happening inside your body. A side effect to a synthetic hormonal medication would be something like your entire body and the whites of your eyes turning yellow because your liver is being damaged. You'll know you're taking a liverdamaging medication when your doctor tells you, "We have to take blood tests every 6 months while you're on this medication." Beware if you hear this phrase!

They're checking your liver function tests to see if the medication they gave you, (which they ALREADY KNOW can cause liver damage because it's a well-established side effect), is actually causing damage in your liver.

Another side effect is that the bile in your liver thickens and turns into like a sludge. It's called "bile sludge" and it often happens when people are in the hospital where they are given numerous medications all at once. They are introducing NEW toxins into your liver. Your body cannot process all of the chemical medications, so it accumulates in your bile fluids and cannot be completely eliminated. It's the OPPOSITE of a healing reaction where old accumulated toxins are literally coming OUT of the liver and going through the bile to be eliminated.

Another damaging side effect of a prescription medication would be that you start to have ringing in your ears or you lose your hearing. This is indicating kidney damage – something that is an all-too-common side effect of many types of **commonly prescribed antibiotics**. If you take antibiotics too many times or for too long, you can kill off so much of your gut flora that you are left with chronic fungal infections that you may struggle with for YEARS.

With a side effect, you are left with LESS bodily function. Your body functions LESS optimally than before you started taking the medication. With a healing reaction, it typically lasts approximately 3 days and when it's over, your body actually functions BETTER. You don't LOSE any vital functions and you have MORE bodily function.

<b>Prescription Drug Side Effects</b>	<b>Healing Reaction Caused By Natural Healing</b>
New toxins are going INTO the body	Old toxins are coming OUT of the body
Damage is being done	Damage is being repaired
Usually lasts for as long as you are taking the medication	Usually only lasts for 3 days and can be reduced or eliminated by using colon cleansing formulas and drinking lots of water
You can lose a vital function such as vision or hearing	Vital functions typically improve after it's over. Better vision and hearing can sometimes happen after the healing reaction is over.
Numbness, tingling and pain in the nerves. Left with nerve damage – often irreversible.	Nerves being repaired. Lost sensations can actually return. Minimal pain comes and goes as the nerves are healing.
Patient is left worse off than when they started	Patient is left better off than when they started
Liver overtaxed and toxins accumulate there. Liver function will suffer. Condition of the liver is worse than when you started.	Accumulated toxins are released from the liver so the liver will actually function better than when the patient started.
Kidneys overtaxed with overwhelming amounts of chemicals in the medications with resulting kidney damage. Kidneys are worse off than when you started.	Kidneys release old accumulated toxins resulting in BETTER kidney function when the healing reaction is over.
Gut flora damaged or destroyed by either antibiotics or cancer chemotherapy. Result is nausea, diarrhea and even colitis. Patient left with chronic irritable bowel	While either constipation or diarrhea can occur during a healing reaction, gut flora is being restored with resultant better colon function, stronger digestion and elimination after the reaction is over. Temporary bloating and discomfort can occur,

<p>syndrome, SIBO (small intestine bowel overgrowth) and it gets worse over time. Patient may be presented with the option to remove a portion of the colon that is diseased. Chronic yeast infections and overgrowth happen often as the result of using antibiotics. Coated tongue is a sign of fungal overgrowth and disease.</p>	<p>however, the mucoid plaque layer is released from inside the intestines resulting in far better absorption from the foods you eat and a higher level of health is the result. Coated tongue occurs during a juice fast and is an indicator and that intestinal toxins are coming out. It is a sign of healing.</p>
<p>Synthetic medications often leave toxic residues/deposits in the body's internal organs resulting in kidney stones, gallstones and other signs of damage. They can be stored in the internal organs for many years, if not for an entire lifetime.</p>	<p>During a healing reaction, deposits from toxic pharmaceutical medications actually come out of the body. You can literally have the taste in your mouth of a pharmaceutical drug you took years earlier, you can smell them coming out in your urine and you can feel the effects of them even though you haven't taken them in many years. When these pharmaceutical drug deposits are eliminated, the body functions better.</p>
<p>Prescription drugs have a carcinogenic coal tar base. Patient sometimes develop cancer as a result of taking these medications over the long term.</p>	<p>Herbs are anti-inflammatory and protective against cancer and usually help to heal cancer. A healing reaction can result in the reduction of chronic inflammation, which leads to a lower risk of cancer.</p>

<p>Medications that are too stimulating (diet drugs or ADHD drugs for example) speed up the heart rate. Racing heartbeat can also mean the medication is damaging the heart (some chemotherapy drugs are known to damage the heart) or causing a heart attack due to thickening of the blood.</p>	<p>A healing reaction can result in a racing heartbeat due to the heart speeding up to facilitate removal of old accumulated toxins. The heart rate can be reduced by lowering doses of liquid herbal extracts, doing a simple enema, taking herbs to slow down the heart rate. Although a cholesterol number can be high during a healing crisis, it's often much lower after the reaction is over and the cholesterol typically stays at a lower level because the excess has been eliminated from the body. Cleaning out the internal organs results in a naturally thinner</p>
	<p>blood and this protects against heart attacks and strokes.</p>
<p>Anemia can occur as prescription drugs are destroying your bone marrow (chloramphenicol, methotrexate and cancer chemo drugs.). Your ability to make new red blood cells could be temporarily or permanently disabled.</p>	<p>Anemia does not occur as the result of any herb. On the contrary, herbs are usually rich in vitamins and minerals that help build a stronger bone marrow that is better able to produce healthy blood and a healthy immune system.</p>
<p>Pain as a side effect of a prescription medication usually means something in your body is being damaged. Body is worse off than when you started.</p>	<p>Pain usually means a large collection of old toxins has come out of your body's tissue and is making its way through your elimination organs to be removed, or it could mean a tumor is breaking lose from healthy tissue, a cyst is breaking open as the result of healing, or a calcium deposit in the joints is being dissolved and eliminated. Joints and tissues will be healthier than when you started.</p>

A true healing reaction can feel temporarily uncomfortable, but it is actually a sign that the body is healing itself. As toxic wastes are released from fat cells, liver cells, brain cells, kidneys, and other organs, they go into the bloodstream. From there, the body will make every attempt to route those toxins through

your elimination organs – mainly your colon and your kidneys, and permanently eliminate them from your body.

Sometimes during herbal therapy, people can taste in their mouth drugs that they have not taken in many years. This is an indication that old medication residues have been released and are now working their way out of the body. Many symptoms from the past can temporarily reappear during an herbal cleansing program - fatigue, joint pains, muscle aches, headaches, dizziness, weakness, itching, etc. This is nothing to be concerned about, but rather something to be HAPPY about.

A healing reaction is usually easy to recognize. Initially, when we first make beneficial changes to our diet and lifestyle and take strong herbs and use natural healing techniques, our symptoms begin to feel better. We feel better and have more energy. During this time, the body is gathering vital energy. It is this energy that the body is going to use to cleanse and heal itself. Enzyme systems are activated, including not just digestive enzymes, but the very important metabolic enzymes, such as the P-450 enzyme system, the cytochrome oxidase system and glutathione. These enzymes are responsible for dissolving any foreign substances in the body.

With this newfound strength and energy, the body then does what it needs to do in order to get disease out of the way. It's not always pretty or pleasant, but it is absolutely crucial for healing. The enzymes begin to dissolve, stones, calcium deposits, tumors, bile sludge and other wastes. Suddenly, we begin to feel badly again - or even worse than we did originally. This is a classic healing reaction, and it is wonderful! Finally we are able to get into a sick, diseased area that we couldn't reach before with weak, mass marketed products. If we don't stop, but keep on going, we will eventually get to the end of it and be healed once and for all.

On the other hand, it is not necessary to have severe healing reactions when we are usually able to reduce them through the use of herbal intestinal cleansing formulas. This is why the first step in any herbal cleansing program is to cleanse the intestines. This makes way for more advanced herbal healing that might otherwise be very uncomfortable and filled with intense healing reactions. If taking an herbal formula or green nutritional formula, and unpleasant symptoms occur, it is most likely NOT an allergy, but a healing reaction. In this case, it is important to do the intestinal cleansing formulas (e.g. Vibrant Colon and Colon Detox Caps) more and/or reduce the dose of

the formula that caused the problem so that the detoxification happens more slowly and is better tolerated.

I knew one lady who had a severe skin disease with multiple boils all over her body that appeared from time to time. She drank a spirulina smoothie at the health food store, and broke out in boils all over again. The spirulina was simply too strong for her to take at that particular time since she had not first begun with intestinal cleansing. Whenever the intestines contain large amounts of toxins, the body will try to rid itself of toxins in other ways besides through the colon. This usually ends up being a detoxification through the skin which can be very uncomfortable. This is avoidable if intestinal cleansing is done first. After a thorough intestinal cleansing, one should be able to handle strong detoxifying substances such as spirulina and other herbs without their causing any discomfort

In the case of severe or chronic disease, there may be multiple healing reactions or reactions that are more prolonged. In these cases, it is important NOT TO STOP in the middle of the cleansing process, otherwise, the healing benefits stop and the health issue never clears up. Most people grossly underestimate the amount of toxins in their bodies. They are impatient to get out of pain when they should be focused on cleansing away the toxins that are causing the pain.

Any doctor can prescribe pain medication that relieves pain; however, pain relieving medication does not cure health issues, but merely forces them deeper into the body's tissues while giving a false sense of security. Meanwhile, disease continues to worsen unless we have the courage to follow through on a program, experience some unpleasantness while the body is cleansing and readjusting itself. Toxins do not simply evaporate; they must come out of the body. We cannot expect it to be a walk in the park. However, when the cleansing process is completed, people finally regain their health, strength and vitality.

Rarely, allergic reactions do occur. Some people are so allergic to peanuts that they cannot even inhale the aroma of peanuts on an airplane or they have a severe allergic reaction. For people who have a tendency toward severe allergies, it is best to use small amounts of herbs when trying them for the first time, and always cleanse the bowel first. It is said that people who are allergic to ragweed should not have chamomile since they are in the same plant family. However, I've been severely allergic to ragweed my entire life, and I've consumed plenty of chamomile without having any allergic reaction to it whatsoever. On the other hand, there is one case in the

medical literature that describes a woman with a ragweed allergy who consumed chamomile tea and had an allergic reaction. So, individual reactions can vary and caution still applies here.

Allergies in general are mostly due to internal toxicity that overloads the ability of the immune system to function properly. The adrenals are typically weak along with the kidneys, liver and the entire endocrine system. When these areas of the body are cleansed and nourished, allergic reactions usually greatly diminish or disappear. We have had one client who had severe anaphylactic reactions to vinegar. After completing one liver cleanse routine, he was no longer allergic to vinegar, and had no further anaphylactic reactions.

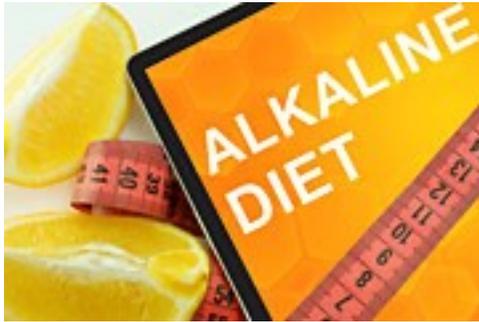
Many allergies are directly caused by taking those “preventive” shots you get in your doctor’s office (they are designed to somehow “protect” you against getting certain types of infections in the future) and if you continue to allow them to give you these shots, your allergies will get worse and worse over the years. If you get any shot in a doctor’s office, you should see the full ingredient list first for your approval. The ingredient list should NOT contain things like aluminum (can thicken your blood and cause blood clots), thimerosal (can cause brain and nerve damage), bovine calf serum (baby cow blood), beef heart infusion, squalene or other adjuvants (can cause allergies and autoimmune disorders). If it contains any of these ingredients, or if the ingredient list is not available for you to look at in full details, you should decline the shot.

Allergies can be healed naturally with herbs such as nettle, eucalyptus oil, therapeutic mushrooms (reishi as an example), garlic, echinacea, quercetin, bromelain, astragalus, colon cleansing and liver cleansing and also with energy healing and with something called NAET (natural allergy elimination technique). But don’t expose yourself to any further shots in your doctor’s office or you could get a **brand new** set of allergies! Modern Medicine’s idea of preventive medicine is actually quite toxic, potentially dangerous and can be deadly.

## The PH Balanced Diet:

Over 20 years ago, when I was attending a regular medical school and having just received a Hepatitis vaccine that caused an anaphylactic

reaction and resulted in 2 grand mal seizures a day, I knew I had to do something dramatic to heal myself. After 2 years of misdiagnosis through the conventional medical system, I had made zero progress and my condition had actually worsened.



Fortunately, I was not willing to give up, and found a holistic RN. This RN taught me the importance of nutrition, organic foods, juicing, probiotics, colon cleansing, herbal and emotional healing. The changes I made in my diet were very instrumental in my COMPLETE CURE from epilepsy, something that 100% of medical doctors would say is impossible.

I did not take any seizure medications and I did not have brain surgery, nor did I allow any medical treatments for epilepsy to be done to me. What I had learned and implemented was that powerful. After my cure, I left the medical profession, completely disillusioned with their diagnostic techniques and treatments. Instead, I embarked on a decades-long journey into natural healing, learning everything I could about nutrition, herbs, emotional and spiritual healing and sharing all of it along the way with my patients who have had amazing results over the last twenty years.

Most of the people who came to me over the years were people who had also failed conventional medical treatment and were told by their doctors that nutrition made no difference in their health. In spite of their medical doctors' misinformation, we all proved the doctors wrong. Without a shadow of a doubt, the Standard American diet is too high in sugar, animal proteins, processed foods and too low in fiber. This processed food, predominantly animal-based diet results in an overly acidic body chemistry. This acidic situation aggravates every health issue including chronic pain.

The diet most of us grew up on inevitably leads to obesity, Type II Diabetes, high blood pressure, heart attacks, enlarged prostate, cancer and many other chronic and incurable diseases. The following article is a combination of my medical knowledge combined with my natural healing study and almost 20 years of clinical experience - the best of both worlds - science combined with nutrition.

**More Below...**



The body functions best with a slightly alkaline pH. The normal pH of human blood ranges from 7.35 to 7.45. For pH values, 1 is the most acidic, while 14 is the most alkaline. A pH of 7 is neutral, which means it is right in the middle of the acid base scale and is neither acidic nor alkaline. When the body chemistry turns too acidic, we see many disorders and diseases develop.

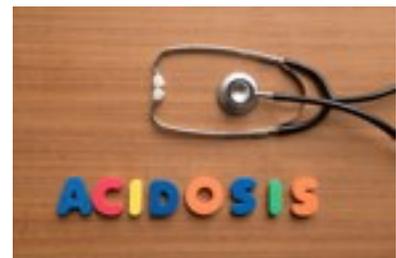
## Acidic pH and Cancer:

For example, cancer thrives in an overly acidic body chemistry. Every single case of arthritis and every type of arthritis (osteoarthritis, rheumatoid arthritis, polyarthritis, lupus, psoriatic arthritis, etc.) I have ever seen was associated with an overly acid body chemistry. People with more acidic body tissues experience more pain. If they can alkalize their body more, they experience less pain, or sometimes even a disappearance of pain. Generally speaking, when the body tissues and blood are at a healthy pH, a person is in good health.

The pH balance of the blood is very rarely disturbed because the body has so many backup systems that regulate the pH of the blood. The body places a high priority on balancing the blood pH since too much variation in the pH of the blood can be fatal. It will always balance the blood above all other things because, if not, it will mean death. Occasionally we see a dangerous acidic condition in diabetics called diabetic ketoacidosis, a life-threatening condition caused by too many acids in the bloodstream.

## Acidic pH and Difficulty Exhaling:

Another overly acid condition of the blood is called metabolic acidosis that can occur in patients who suffer from chronic pulmonary obstructive disease as they are not able to exhale carbon dioxide and carbon dioxide breaks down into an acid (carbonic acid). Too many acids overload the kidneys' ability to eliminate them.



## **Acidic pH and Overactive Thyroid:**

The higher the metabolism, the more acid wastes are generated. We see that in hyperthyroidism, the thyroid turns up the body metabolism too high: the heart beats too fast, the breath rate increases, the bowels move too quickly and more acid wastes are generated as a result. In the extreme case of hyperthyroidism, we see thyrotoxicosis, a condition marked by fever, exhaustion and overly acid blood (yet another cause of metabolic acidosis).

## **Acidic pH, Stones, Bone Spurs and Arthritis:**

Yet, much more common than these rare pH conditions of the blood is a situation caused by excess acids stored in the body tissues (such as muscles, joints, bones, connective tissue, kidneys, liver, brain and other organs) while the blood remains pH balanced. This overly acid situation happens to most Americans due to the standard American lifestyle. Acids accumulate in vital organs and attract calcium deposits. These calcium deposits show up as arthritis, bone spurs, gallstones, kidney stones and calcification of tumors (which are always very acidic areas).

## **Acidic pH Drains Calcium:**

Calcium is attracted to very acidic areas because it is so alkaline. The body uses calcium as a buffer to neutralize excess acid. This is simple acid/base chemistry principles taught to all medical doctors all over the world. All chemists are familiar with these concepts as well. The body will pull calcium out of the bones, if needed, to neutralize excess acidity in the blood and tissues. For this reason, too much acidity in the body over a long enough period of time will result in osteoporosis.

How does the body accumulate these excess acids? Some of the most common causes are the following:

1. Shallow breathing
2. Lack of exercise
3. Not enough sleep/ burning the candle at both ends
4. Stimulants - caffeine, cocaine, speed, diet pills, pills taken to stay awake
5. Not drinking enough water
6. Overactive thyroid (hyperthyroidism)
7. Consumption of excess protein in the diet.

## **Acidic pH and High Protein Diet:**

Proteins break down to amino acids which must be eliminated by the body in order to keep the blood at the proper pH balance. The only two ways to eliminate acid from the body are through the breath and through the kidneys. When the kidneys fail, they may only be able to eliminate a tiny amount of acid or maybe none at all. The body then tries to eliminate the acid through the breath. The breath rate increases dramatically. A normal breath rate is about 10 to 14 breaths per minute.

A high breath rate is one of the ways we can tell if a person is in ill health. The more times a minute a person breathes, the sicker they usually are. According to Ayurvedic medicine, a very high breath rate can be a sign that a person will die soon. In kidney failure, breathing more often is usually not near enough of a compensation to eliminate all of the acids, and if the person in kidney failure does not get kidney dialysis to eliminate the acids and waste products in their blood, they can die in as little as a few days.

Excess protein can turn the body chemistry to an overly acidic state. Animal proteins are sulfurated amino acids that are particularly acidic that can overwhelm the kidneys and cause an accumulation of acids in the body tissues. Meat can also be very high in uric acid, a normal byproduct of metabolism, stored in the muscle tissue of an animal. Excess consumption of foods containing uric acid can cause gout. The average American diet contains about 3 times more protein than what is recommended for a healthy adult. Athletes commonly overload themselves with excess protein by consuming large amounts of protein powders that are not needed and cause a strain on the kidneys to eliminate them.

Everyone needs some protein and we cannot have a perfectly alkaline diet. But the body easily eliminates the acids created by normal metabolism as well as from a diet that contains a healthy amount of protein. The problem is excess protein. In the early 1900's, meat was consumed more as a luxury item. As the years have gone by, the American consumption of meat has reached an astoundingly high frequency - instead of once or twice a week, Americans are consuming meat at every meal. Many research studies show that the consumption of excess protein causes premature aging of the kidneys and a deterioration of kidney function.

Because the kidneys must eliminate the acids that result from eating protein, medical doctors (nephrologists) always recommend to patients in kidney failure to follow a low protein diet. If a person in kidney failure tried to consume a high protein diet, it could be life-threatening because their kidneys could not eliminate enough of the acids generated in the body by the high amount of protein. This is another case of metabolic acidosis. Kidney dialysis removes not only metabolic wastes, but acids from the body as well. I don't think anyone wants to go through regular kidney dialysis in order to remove acids from their body.

A diet that is pH balanced contains proteins in the proper proportion. No one, not even people who are a Type O Blood, needs meat 3 times a day. This is far too much protein to consume in a day and far exceeds any recommended daily allowance for protein. I do not believe in Blood Type Diets because for every single one of my patients who followed a Blood Type Diet, they stayed sick and did not get well. Recently I discovered that the author of this book wrote another book and reversed many of his earlier beliefs.

## **Balancing the pH With the Foster Method Diet:**

The following are recommendations for the Foster Method diet. This pH balanced healthy diet is high in plant foods and low in animal foods. Plant foods are high in antioxidants (meat contains no antioxidants whatsoever), fiber (meat contains no fiber whatsoever), phytonutrients that fight cancer (again, meat contains none of these). The healthiest, most alkaline diet contains foods as close to their original state as possible. This means that they have not been processed, refined, or canned. They are organically grown without the use of pesticides, insecticides, fungicides, hormones, or antibiotics.

None of us is perfect, and sometimes availability is a problem. For example, when I request whole grain bread at restaurants, I am told they don't have it because no one ever asks for it. It is time for everyone to start asking for it! We can still do our best to eat healthy most of the time. It is what we do (eat, drink, sleep, breathe, feel, and believe) 6 days out of the week that largely determines our health. If we have healthy food and lifestyle habits most of the time, we can be reasonably healthy.

## **Eat Whole, Organic, Unprocessed Foods**

- Fruits, vegetables, whole grains, nuts, seeds, nut butters, nut milks, seed butters, and seed milks.
- Nut, seed and grain milks such as rice milk, oat milk, almond milk, pecan milk and cashew milk can often take the place of pasteurized, homogenized cow's milk, a highly acidic and mucus-forming food (creates excess mucus in the body)
- Some fresh raw foods should be included in the daily diet since they place the least amount of strain on the digestive organs, are the most alkaline, and contain the most vitamins and minerals.
- The most highly alkalizing foods are leafy green vegetables, algae (spirulina, chlorella, etc.), cereal grasses (wheat grass, barley grass, alfalfa) and lemon. Although lemons are acidic when they are tested outside of the body, when they are consumed, they have an alkalizing effect on the body due to their stimulation of bile which is a very alkaline substance. Most herbs have an alkalizing effect on the body (except for stimulant and caffeine-containing herbs). The [Essential Nutrients](#) and [Earth's Nutrition](#) Formulas are highly alkalizing formulas that often result in a beneficial shift to a more alkaline body.
- The [Essential Oil of Lemon](#) is also highly alkalizing. Unlike lemon juice, which is made by pressing the pulp, Lemon Essential Oil is pressed from the outer peel, giving it a different phytonutrient profile and a stronger alkalizing effect than lemon juice.

## Get a Juicer and Start Juicing:

A juicer is an excellent tool that can greatly improve health, and can sometimes work faster than herbs when used as part of a **juice fast**. Fruit juices and high carbohydrate veggies such as carrot and beets are high in sugars so most people need to dilute them half and half with water to reduce the natural sugar content, and prevent a rise in blood sugar. Make sure to read the [juicing article on the DrFostersEssentials.com](#) for more detailed information on juice fasting and how to do one.

## Sweeteners:

Sweeteners should be as close to nature as possible. Including some fresh fruit in the diet during the day can sometimes stop cravings for sweets later on in the day. The best sweetener is whole fruit. Next to this, the natural sweeteners I like the most are brown rice syrup, coconut nectar and coconut sugar. Second only to whole fruit, they seem to have less of an effect on the blood sugar.

Of course, stevia is the best option for many people as it does not raise the blood sugar at all, but some people complain of a slightly bitter taste. For me, the taste of stevia depends on the quality. If you're not enjoying the taste of stevia, perhaps try another brand. Monk fruit is also another natural sweetener that does not raise the blood sugar.

Honey, maple syrup - these are natural, especially if the honey is raw, unheated and unfiltered and if the maple syrup is Grade B organic and formaldehyde-free. We are looking at alkaline substances here, but they can still have an effect on blood sugar and some people with blood sugar issues, cancer, Candida overgrowth, or active infections may need to limit them.



Soft drinks/soda pops are highly acidic and are full of simple carbohydrates that contribute to obesity, diabetes, osteoporosis and metabolic syndrome. I do not believe there is a safe level of soda pop consumption. They should be eliminated from the diet completely or dramatically reduced.

Try sweetening your foods less and less. Learn how to be happy with less "sweet" in your foods. You might be amazed to find out that many recipes that call for a certain amount of sugar could actually be reduced or even cut in half without much affect on the taste. It's good to experiment.

## **Artificial Sweeteners:**

We have enough research now to show that these are harmful, can cause cancer and can damage the nervous system. It's not a good idea. Do not consume artificial sweeteners. I do not believe there is any safe level of consumption. Huge offender: aspartame. I've known several people with memory problems who stopped their diet soda intake and their memory came back. Quit now before it's too late and the damage has been done! We need to stop the thinking that there is a miracle synthetic chemical out

there that's going to allow us to continue to eat junk food without repercussions.

Learn to be happy with good quality, organic, unprocessed foods. Taste buds are highly adaptable and can easily be changed. Your taste buds are not that different from anyone else's. After a while of eating pure, unprocessed foods, it becomes natural - sugar and soda pop will seem too sweet, unpleasant and "too chemical."

## Drink Purified Water

- Water helps flush out excess acids through the kidneys as well as other waste products created by metabolism. Never drink tap water. Pure spring water, distilled water, reverse osmosis water are best – as long as it's not tap water.
- Water is best drunk between meals or about 15 to 30 minutes before a meal. Drinking large amounts of water *with* a meal typically dilutes the stomach acid too much and can create indigestion. However, drinking water 15 to 30 minutes *before* a meal begins helps supply the body with enough water to manufacture the enzymes and acids that are needed for optimal digestion. Chewing your food well and not relying so much on beverages to wash down your half-chewed food is going to do wonders for your digestion.
- The best amount of water to drink: half of the body weight per day in ounces. For example, a person who weighs 100 pounds should drink around 50 ounces of water per day, and a person who weighs 150 pounds should drink around 75 ounces of water per day. An infant's water needs are typically met through breastfeeding (the breastfeeding mother should stay well hydrated in order to keep the water content of her breast milk at a healthy level for the infant).
- Drinking caffeinated beverages causes a loss of water from the body; therefore, if one consumes coffee, black tea, caffeinated green tea, or soft drinks containing caffeine, they should drink extra water to make up for the dehydrating effect of caffeine. Caffeine also turns up the metabolism, which creates slightly more acid in the body, and this increase in metabolism can also cause anxiety and heart palpitations.



Caffeine is a vasoconstrictor - it tightens up blood vessels and consequently raises blood pressure. If you have high blood pressure, limit your intake of caffeinated products and see how it affects your blood pressure.

## **Minimize or Eliminate Processed Foods:**

Foods that are highly processed are more acidic. They include white sugar, enriched flour, white rice, pasteurized and homogenized dairy products, luncheon meat, artificial sweeteners, foods that contain artificial colorings and flavorings, monosodium glutamate (MSG), canned foods, and processed foods containing ingredients that can't be pronounced. If a health food store is available, it is best to shop there than to shop at a regular grocery store.

## **Minimize or Eliminate Meat:**

Meat includes both red meat, white meat and fish:

- Beef (ground beef, hamburger meat, steak, steak tartare, sirloin, filet mignon, beef broth, beef boullion, veal, corned beef)
- Poultry (turkey, chicken, chicken broth, chicken boullion, duck, Cornish hen, wild game, etc.)
- Fish and Seafood (lobster, shrimp, scallops, molluscs, shark, swordfish, trout, salmon, halibut, sushi, eel, squid, oysters, etc.)
- Pork (ham, bacon, pork rinds, pork chops, ham hocks, pork sausage)
- Organ meats (pates, kidneys, liver, sweetbreads, tripe, giblets, giblet gravy, etc.),
- Processed meat (hot dogs, frankfurters, salami, bologna, pepperoni, sausage, bratwurst, canned spreadable meat, etc.)
- Other meats: lamb, lamb chops, buffalo, venison, snake, frog, and anything else that had muscles and/or a face
  - If meat is to be eaten, it should ideally be eaten once or twice a week.



- America's annual meat consumption has risen dramatically, as well as their rates of heart disease, stroke and diabetes. According to the USDA

Agriculture Fact Book (2001-2002), America's total meat consumption (including red meat, poultry and fish) in the year 2000, reached 195 pounds per person - a whopping 57 pounds above the average annual consumption in the 1950's. In all, Americans consumed about 7 pounds more red meat, 46 pounds more poultry and 4 pounds more fish and shellfish than in the 1950s. This is far too much protein!

- Amy Jamieson-Petonic, a spokeswoman for the American Dietetic Association and an employee wellness manager for the Cleveland Clinic, says many people don't realize that the body can't store protein. If you consume more than you need, you'll just eliminate it through your urine and put an extra strain on your kidneys to metabolize it.
- "Would we all be better off if we dramatically reduced meat to the point of one meal a week? I would say yes," says Dr. Bob Lawrence, director of the Center for a Livable Future at the Johns Hopkins Bloomberg School of Public Health.
- The regular consumption of meats of all kinds (even organic or free-range meats) have been proven time and time again in research study after research study to cause many health problems including acne, increased risk of cancer (especially colon, prostate and breast cancer), constipation, diabetes, diverticulosis, diverticulitis, fibroid tumors of the uterus, food poisoning, intestinal flu, obesity, gallstones, gouty arthritis, heart disease, hemorrhoids, high blood pressure, high cholesterol, hormonal imbalances, increased hostility, acute indigestion, irritability, kidney stones, worsening of kidney diseases, premature aging of the kidneys, worsening of liver diseases, mercury and arsenic poisoning (fish and seafood), osteoporosis, enlarged prostate (BPH), premature puberty, parasite infections, stroke, and many types of colon and rectal diseases. All meats, even if organic and free range, are still very high in protein, and because of this, they are still acidic in the body, although less dangerous to consume than conventional meats sold at regular grocery stores.

## **Minimize or Eliminate Dairy Products:**

- Mass marketed Dairy products (especially homogenized, pasteurized cow's milk) are not as acidic as meat, but they are acidic in the body and can aggravate colitis, asthma, childhood ear infections, sinus infections, COPD, emphysema, cystic fibrosis, lung diseases, psoriasis, acne, eczema, and many skin and colon diseases. The most alkaline milk is raw milk, and especially raw goat's milk from a local farm that pasture-raised the animals ethically and uses no antibiotics or hormones.
- 
- Milk allergy is a very common food allergy and many people are lactose intolerant- including people who are Blood Type B - supposedly the Blood type that can digest dairy products. I've never found a person who had a Type B blood type that did well on dairy products.
  - The consumption of commercial processed dairy products has been found in research studies to be the most common cause of constipation in children.
  - If symptoms are caused by dairy products, or if suffering from any lung or intestinal ailment, I suggest a trial of eliminating them for a while. See if it makes a difference for you. Otherwise, for most healthy people, reducing intake of dairy products or switching to more alkaline forms of milk such as raw dairy products from pasture-raised animals should be sufficient.
  - High calcium foods can be substituted such as beans (*all* beans are high in calcium - soy beans are not the only beans that contain calcium!), seaweeds, kale, broccoli, almonds, and carrot juice, or the herbal **Calcium Formula called Bone, Tissue, Nerve**. If there is a soy allergy, you can substitute other types of beans to meet calcium and protein needs.
  - Some people may need dairy products to maintain their bone density or they may need some animal fats that are in the dairy. The least acidic type of dairy products are raw milk from goats and sheep. In over 20 years of recommending therapeutic diets to my patients I've never known anyone to get an infection from consuming raw milk or eating raw cheese, but there is a slight risk of serious bacteria infection that can be caused by the consumption of raw milk, so caution is advised with raw dairy products in people who have a weak, underdeveloped or compromised immune system - the elderly, infants, HIV/AIDS patients, bone marrow transplant

recipients, patients undergoing radiation therapy or cancer chemotherapy, or patients taking immunosuppressive medications.

## Testing Urine pH

- Testing the urine pH is an easy indicator of health that pretty much anyone can do for themselves at home. The urine pH is a good general indicator of the total body pH. According to Carey Reams, a biochemist who tested thousands upon thousands of people in various stages of life in disease and in health, the urine pH of a healthy person is 6.4. The urine should be slightly acid because the body is always eliminating a small amount of acid that is generated by normal metabolism. However, when a person undergoes an herbal detoxification program, the urine pH can vary widely.
- 
- The urine pH can turn too alkaline when the kidneys are not doing their job of eliminating acids and can be a sign of kidney disease. However, the urine pH can also turn too alkaline when the liver is being cleansed and the person doing the liver cleanse has no kidney problems at all.
  - The liver produces bile containing highly alkaline digestive enzymes. When the liver is being cleansed, it can release large amounts of old accumulated toxic bile. This can temporarily turn the urine pH too alkaline.
  - On the other hand, the body can release large amounts of stored up acid wastes, and these will end up in the urine, turning it too acid. This situation can make it look like a person is not doing well on an alkaline diet, when in fact, they are doing very well and their body is healing.
  - So, during a healing and detoxification program, one should not be discouraged by an overly high or low urine pH. We look for broad general trends instead. Charting the first morning urine every day over a month's time and even over several months gives us more of a trend that is more accurate than a single high or low reading.

## **How The Foster Method Saved Me From a Life-Threatening Disease:**

When I had epilepsy for four years, having seizures up to twice a day, I thought for sure I was incurable. I was attending a reputable state medical school learning how incurable my condition was and that it could only be managed with anticonvulsant medications. In my desperate search for answers, I found a holistic RN who I chose because of her medical credentials. She was far more than a conventional nurse! She helped me with a very specific whole food, unprocessed diet - NOT the ketogenic diet - and taught me how to detoxify my body naturally.

She was incredibly selective about the natural products she used and warned me against buying anything in health food stores due to the poor quality that was being sold there. She healed all types of health issues - even severe issues that defied conventional medical treatments - all of which I verified by speaking to all of her patients in her waiting room.

I healed a great deal during those weekly visits to her office but it wasn't until I met the next natural healer who recommended a powerful **one-month long herbal detox** that I repeated twice, that I was able to cure myself completely and permanently of epilepsy. Because of my own personal cure as well as seeing what was possible with natural healing, I refused to practice conventional medicine and struck out on my own as a natural healer. But there was much more to learn and that was only the beginning of the Foster Method. I then had to learn how to repeat my own personal healing with my patients, regardless of their health issue.

***See Next Page for the Complete Program....***



# The Foster Method:

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## The Beginner's Program Outline:

**How I Helped People Who Had Failed Medical and Natural Treatments Using the Foster Method:**

**What is the Foster Method**

- How the Foster Method Saved My Life From a Life-Threatening Disease
- Why It Does Not Work To Use Cheaper Supplements
- Why the Foster Method is Much Stronger Than Anything You Have Tried Before • Why Taking One Supplement For One Health Issue At a Time Fails

1. Step One: Beginner's Cleanse
2. Step Two: Stone Cleanse
3. Step Three: Advanced Cleanses

1. Targeted Formulas for Specific Issues
2. 28-Day Total Body Cleanse For Severe Issues
3. Maintenance "Keeping Healthy" Program

- Suppressing Symptoms Vs. a True Healing
- How to Use Herbs to Get to the Cause
- Healthy pH Balanced Diet
- Does Lifestyle Make a Difference?
- Allergic Reaction, Side Effect or Healing Reaction?

*See next page for details....*

# STEP ONE:

## Beginner's Herbal Nutrition and Healing Program: First 4 Weeks



*The Beginner's Program*

1. **Vibrant Colon Formula OR Colon Starter Plus:** Omit in cases of colitis or diarrhea
2. **Digest Factor or Digestive Tonic:** Take 1 to 2 capsules Digest Factor with each meal to optimize digestion. An alternative is the Digestive Tonic – dose is 1 to 2 droppers with each meal.
3. **Immune Valor:** Take one dropper full 3 times daily to balance the immune system and encourage healthy immune system function. Take until the bottle is finished.
4. **Colon Detox Caps:** Begin when you are regulated on the Vibrant Colon Formula or Colon Starter Plus
5. **Essential Nutrients or Earths Nutrition Powder:** Begin this nutritional formula at any time.

Make the Essential Nutrients a part of the daily routine to provide all daily nutritional requirements. Then, synthetic multivitamin and mineral supplements are no longer needed. Also helps correct most types of anemia.

6. Start following a more plant-based diet with organic, unprocessed foods - **the pH balanced diet**
7. **Massage:** Consider getting weekly massage therapy for at least a few months. This opens up circulation and helps the herbs to better penetrate into the areas of the body that are sick. I highly recommend the **Muscle Energizer Massage Oil** as it contains essential oils that are anti-inflammatory, circulation enhancing and can help reduce pain.

No matter what the health problem, this is where everyone begins. One exception would if you have something urgent, serious or life-threatening and this is where we recommend doing the **28-Day Healing Program** or if you absolutely know you have parasites, you can start with the **Parasite Cleanse Kit**, or if you have a gallstone and you're in pain from it, you can start with the **Simplified Stone Cleanse** or **Liver Regeneration Program**. Having healthy digestion, elimination, nutrition and immune function is the foundation of good health.

Unless the intestines have first been cleansed, targeted specific herbal formulas may not have the desired effect. Even if you just have something minor or simple like tennis elbow, we recommend you also do the Beginner's Program (in addition to the **Tissue Repair Oil**), mainly because you have most likely missed the **early warning signs of colon toxicity**, and you could also have hidden gallstones and kidney stones that are affecting your health right now without a single lab test turning abnormal and without your realizing it. These problems are root causes that your medical doctor has not yet addressed or is even aware of.

## What's Next? Now Can I Take Specific Formulas?

## What's Next? Now Can I Take Specific Formulas?

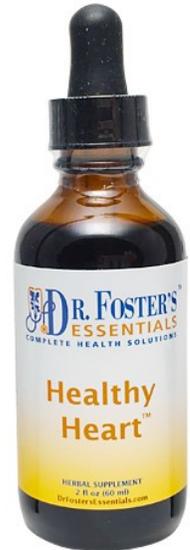
If there is/are (a) specific health issue(s) that still need(s) attention, individual formulas can be added (such as **Brain Regain**, **Healthy Heart**, **Eyebright Formula**, or a hormonal strengthening formula, etc.) If you have chronic headaches, you can go ahead and do a steam inhalation with Germ Shield or take the **Brain Regain** or **Head Relief Formula**. If you have chronic pain, you can go ahead and apply **Tissue Repair Oil** wherever you have pain.

If you have a lot of fatigue, it's very likely you have a hormonal weakness, showing up as low thyroid symptoms, menopausal symptoms or exhausted adrenals (even if you haven't been diagnosed), and so at this point, it can be very important to start not only cleansing, but toning the body.

Toning basically means strengthening. You can strengthen your hormonal system with adaptogens and herbs specific for the endocrine system (**Femme Pause**, **Female Harmony**, **Adrenal Support**, **Damiana Formula**, **Immune Valor**, or **Prostate Formula**). So, if you have a hormonal weakness, you want to get right on a hormonal strengthening formula - so pick one, and continue that for the long-term for at least one year. You can also take these throughout any cleanse, even if it's not listed that way in the instructions.

Individual formulas such as the above can usually be taken starting the second week of colon cleansing. Targeted formulas can be taken at any time, and they do work, but for a complete healing, and to avoid detox reactions, it's best to do all of the colon, stone, liver, and kidney cleanses. To heal, it's important to consider the entire body, and not the part that seems ill.

So, let's say you have a heart problem. You do a colon cleanse and take the Healthy Heart Formula. It's still important to do a liver cleanse because the liver rules cholesterol and brain function, while the kidneys are involved in regulating body pH, and eliminating excess fluids and acidic wastes from the body - all of which can affect your heart. It is this way with pretty much every disease. We can take specific formulas, and they can help a great deal, but until we cleanse, detoxify and strengthen the *entire* body, you may only get a partial result.



The colon, liver, gallbladder and kidneys can accumulate quite a lot of toxins without obvious symptoms and even lab tests can be completely normal. Yet, these organs are often leaking toxins throughout the entire body, creating symptoms that appear unrelated, but which are, in fact, directly related. After the Beginner's Cleanse (colon cleansing, digestive enzymes, immune system balancing and Essential Nutrients). The Intermediate Program is next: **Stone Cleanse**.

After that, Advanced Cleanses are usually done next such as the **Liver Regeneration Program**, the **Kidney Revitalization Program**, **Cholesterol Busters Program**, **AntiCandida Program**, **28-Day Healing Program**, **Natural Fertility Program**, **Juice Fasting Program**, **Parasite Cleanse Kit**, or **Weight Loss Program**. You can also consult the natural protocols below for more ideas.

## **STEP TWO:**

**Please scroll down to next page...**

## STEP TWO:

### Simplified Stone Cleanse AND Specific Formulas



1. Continue taking **Essential Nutrients** or **Earths Nutrition Powder** and any **specific formulas** you need
2. Do the **Simplified Stone Cleanse** (**Note:** the Stone Dissolve Tea has been replaced by K/B Herbal Tea which now contains stone-dissolving herbs, and the 4 ounce bottle has been replaced by two 2-oz. bottles)

Before we begin to flush out toxins, we have to be mindful of blocks. First we unblocked the intestines, and now we need to unblock the liver and kidneys. What stands in the way? On a physical level - stones. Stones in the gallbladder and stones in the kidneys. They form silently over many years, and produce either no symptoms at all, or ones that appear to be unrelated.

One of the first things I noticed when I began my herbal healing practice was that when I put people on a liver cleanse, they would get pain in the liver and very uncomfortable flu-like symptoms due to toxins coming out of the liver that were not clearing out of the colon. This was due to constipation and built up toxins in the colon. The first remedy I applied was to make it mandatory to do colon cleansing with the liver flushes. This took care of most of the muscle aches and pains, and made it easier to flush out the toxins, but people were still getting liver and gallbladder pains, a sign of gallstones. Many of them were in their thirties and according to medical science, they shouldn't have been old enough to have gallstones.

I then started suggested they do a stone cleanse first before attempting liver flushes. Amazingly, this took care of all the pains, and people started reporting miraculous healing results. Gallstones can be silent. People can go for years having them without symptoms until they do a liver flush to flush them out. Instead of forbidding people with gallstones to take certain bile-stimulating herbs, I simply have them remove the blockage first. Now, we can cleanse the liver!

Another reason for the stone cleanse was because many women were doing kidney cleansing for chronic bladder infections who did not realize they had kidney stones. They had low back pain as their only symptom. As long as the kidney stones remain in the kidneys, they do not produce much pain. When they try to move out of the kidneys into the ureters, they can get stuck, causing an enormous amount of pain. Doing the stone cleanse got to the stones on which bacteria were collecting and causing infections.

Although both the liver cleanse and kidney cleanse contained a few stone-dissolving herbs, the herbs didn't seem to have an immediate effect. I designed the stone cleanse to contain these herbs in higher doses and in a more concentrated form to dissolve stones more quickly. Bingo! It worked.

## **Doing the Simplified Stone Cleanse if You Have Had Your Gallbladder Surgically Removed**

You cannot get a stone stuck since you no longer have a gallbladder, so theoretically, you could move forward to the Liver Regeneration Program or the Kidney Revitalization Program (Step Three). But keep in mind that in the case of gallstones, there are often liver stones that collect in the liver and these stones cannot be removed by your surgeon when he or she

takes out your gallbladder. Therefore, they may still be there in your liver causing problems. Kidney stones have also been on the rise and a lot of people do not know they have them until they are in excruciating pain. It is a good cleanse to avoid future problems.

This cleanse also has other benefits that I have seen such as reducing chronic inflammation in the body, helping gynecological issues, sometimes helping urinary incontinence, reducing joint discomfort due to gout, rheumatoid arthritis and other causes. So, I leave it up to you what you'd like to do. If you have a liver issue and need to immediately work on your liver, and you've either had your gallbladder removed or you know absolutely for sure that you don't have gallstones, you can skip this cleanse for now, but come back to it after you've done a liver or kidney cleanse.



**Step Three:**

**Scroll Down Below...**

## STEP THREE:

### Advanced Herbal Program: Liver or Kidney Cleansing

- a. Continue taking **Essential Nutrients** or **Earth's Nutrition Powder**
- b. Begin or continue taking the specific formula for the specific health issue. **Prostate Formula, Female Harmony Formula, Brain Regain Formula, Digestive Formula, Healthy Heart, Vasco-Calm, Healthy Cholesterol Formula, Eyebright Formula, Femme Pause Formula, Head Relief, etc.)** If you're having problems figuring out what you need, consult the **Herbal Reference Guide**

#### AND EITHER

**Liver Regeneration Program** (Vibrant Colon, Colon Detox Caps, L/GB Formula, Detox Chai Spice)

#### OR

**Kidney Revitalization Program** (Vibrant Colon, Colon Detox Caps, Kidney/Bladder Formula, K/ B Herbal Tea)



*The Liver Regeneration Program*



*The Kidney Revitalization Program*

There are three liver cleanses available:

- The **Liver 1 Cleanse** - pictured above, is what most people use.
- The **Liver 2 Cleanse** contains an extra strength colon formula for people who are constipated - they have less than one bowel movement per day.
- The **Liver 3 Cleanse** is the same as the Liver 1 cleanse but it contains an extra garlic and ginger tincture so that you can make the morning flush drink quietly without having to use a blender.

If everything going's great and there are no health issues remaining, then follow up with the **Maintenance Program** to maintain ideal health.

If the issue cannot be resolved after several months of the Advanced Herbal Cleanses, or if the health issue is serious, then it is suggested to begin the **28-Day Healing Program** which includes not only herbal formulas to cleanse the entire body, but other natural healing methods as well that are done to break up blockages in the body, increase circulation, and address emotional issues.

## Why it Does Not Work to Use Cheaper Supplements:

Most of the supplements sold on the market were watered down, processed incorrectly and sold in their weakest form (burnt herbs in capsules) where they quickly deteriorated on the shelves. They were being touted by famous doctors and book authors. Many were not organic or wildcrafted and some were made from activated sewage sludge, ground up rocks, metallic iron filings and many other horrifying things and yet, the manufacturer had the gall to

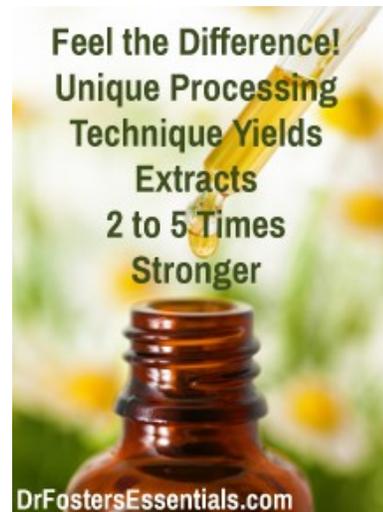
list *pure* and *natural* on the label and did not list the toxic substances at all! The worst were so-called natural vitamins! If the product label did not list a food as the source of the product, it contained these horrifying ingredients without listing them.

To make matters worse, these synthetic toxic vitamins - including calcium, magnesium, and other common vitamins and minerals were being mixed with herbs with the claim that the vitamins helped the herbs - which were already weak and watered down to begin with, work better. People are led

to believe that vitamins are natural when the vast majority are not, and it is done purposefully in the natural products industry to sell products.

No one realized the massive fraud that was being perpetrated on the unsuspecting American public. It shocked me to the core that 95% of all natural products on the market were not - and still are not - natural at all. It was extremely difficult to find a manufacturer who was willing to use the purest organic ingredients and put them in a super strong concentration that was several times stronger than National Formulary and US Pharmacopeia standards which are still being used for all of the products sold by most natural health practitioners and health food stores.

Over twenty years ago, because of poor natural product quality - which remains an issue today, I had to design all of the formulas in the Foster Method to be the absolute strongest, most powerful American-made formulas that could be made while major natural product manufacturers were - and still are - using cheap Chinese and Indian herbs that were the lowest possible quality in order to maximize their profit, all with colorful, slick marketing to convince people it would work. At that time, people using alternative medicine were desperately ill and used it as a last resort. If I didn't give them the strongest possible remedy, they would give up and stop trying. They had NO money and could not afford even basic lab tests.



I pray over everything, so most of my formulas came out of my deep prayers to help others. I had made a very unpopular choice to leave conventional medicine when everyone around me was telling me not to - even though I was completely cured of a deadly disease! It was a huge risk seeing patients for very little money, as I had huge medical school loans that I could not pay. But I wanted to do the right thing for every person that came to see me. In order to avoid ordering expensive lab tests, I prayed intensely and tried to "scan" their bodies to know what was wrong with them.

After several years, something was different. I started seeing health issues in their body - literally, the cholesterol in their arteries, the places in their bodies where it was stagnant and the emotional issues that were causing their health problem. I became a medical intuitive through my constant prayers and also

started to see what formulas sick people needed in order to regain their health and maintain it.

So, the Foster Method has been through many adjustments and tweaks until I came up with the strongest and best program to help those in need. Most of my patients came to me with grocery bags full of cheap supplements that most people buy that had hardly any effect on them whatsoever. When they tried my concentrates, and followed my other recommendations they were in shock. "Casings" were coming out of their intestines, they were passing gallstones, and parasites and toxins were pouring out of their bodies. But most importantly, they recovered, which is what I had been praying for all along.

The following are the guidelines I have used for over 20 years to help people get well after they had failed treatments recommended by medical doctors as well as from natural healers.

The major reasons I saw that people did not get well with other natural healers or with medical doctors was because of the following:

- Poor product quality - Read about **Our Product Quality** and Why It is So Strict
- Doses were far too low
- Herbs did not get to where they were needed due to lack of circulation and blockages in the body.
- Practitioner or patient wanted to focus on just the symptom and take just one "supplement" instead of healing the entire body
- Failure to recognize symptoms caused by patient's over the counter and prescription medications
- Failure to address the emotional component
- Patient followed a diet high in processed foods or junk foods

## **Why The Foster Method is Stronger Than Anything You've Tried Before:**

The Foster Method, for the abovementioned reasons, will only work with Dr. Fosters Essentials highly concentrated herbs. If you want to benefit the most from this method, do not pick and choose individual formulas or try to get a "similar" formula online - it will not work. Most herbal formulas are formulated by people who have never seen a patient and many of their formulas are poorly designed. I saw a man have intestinal bleeding caused by taking a poorly designed herbal formula recommended by a highly trusted chiropractor.

This system was designed not only to help you with health issues you know you have, but hidden health issues that have been lurking in your body for many years without obvious symptoms. It does no good to heal yourself of one issue at a time with one supplement at a time. This only results in future health issues because you did not heal the *root cause* of the health problem. What good does it do to have your thyroid numbers look good on a lab test only to come down with irritable bowel a year later because you didn't heal the underlying colon issue? What good does it do to heal a rash if you come down with a kidney problem soon after because you did not heal your elimination organs that caused the rash?

## How To Use This Guide:

From this point on, all references to natural healing techniques and natural healing remedies will be referred to as **HOLY SACRAMENTS**. I hold these healing techniques to be holy and sacred and ordained by God. In this Ebook, there is an introduction for a God-given natural healing system that helps most people can do at home with natural supplements and natural healing techniques in order to regain their health.

There is a recommended diet as well as recommended herbal cleanses that are recommended for everyone and is the foundation for all other protocols. Dietary recommendations will differ slightly from person to person as well, but it will always include recommendations to avoid pesticides, processed foods, factory feedlot animals/ animal products, soda pop, (refined) granulated sugar, high fructose corn syrup, (refined) enriched flour, "vegetable oil" and regular table salt.

Doses for all of these healing programs are dependent on you, your body, your metabolism and your response to the formulas, so it will be different for everyone. Most people will be fine with the doses listed on the product labels,

and I also encourage everyone to pray and even use your intuition to “feel” what doses are right for you.

After this section there is a full listing by health issue (scroll down to the sections in blue) and a listing and explanation of foods, herbs and natural techniques to heal them. These are very specific protocols/ healing sacraments for over 400 health issues.

Each listing is followed by holy sacraments/ spiritual healing protocols as revealed to me in deep prayer and through experience in using them. Some listings have two or more formulae and programs listed. **All healing sacraments are listed in their order of priority, so start with the first formula listed.**

**See Next Page  
for the Full Listing  
of Natural Healing Protocols...**

## **Cynthia Foster, MD's Natural Healing Protocols:**

*\* Remedies listed with an asterisk are found to be most potent/ most effective and have the highest recommendation.*

# Cynthia Foster, MD's Natural Healing Protocols:

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<p><b>Abrasions/ Cuts/ Scrapes:</b></p>	<p>*Jojoba/ Tea Tree oil blend, *Germ Shield, AV Blend, Funga-Gone Essential Oil Blend. Antibiotic creams are unnecessary for most minor cuts and scrapes and using them for minor things like this can contribute to antibiotic resistance, so the times when you need an antibiotics, it may not work. So, use Germ Shield or Tea Tree/ Jojoba oil blend instead. Leave the antibiotics for when you have a serious infection like pneumonia or something you cannot treat naturally.</p>
<p><b>Acne:</b></p>	<p><b>Causes:</b> hormonal imbalance (especially cystic acne), toxic colon, constipation, food additives, processed food diet, soda pop, "vegetable oil, "toxins in the liver or kidneys. Chocolate is rumored to cause acne, although not everyone reacts to it.</p> <p>Never underestimate the underlying causes of acne. You can always use a topical treatment to treat acne and make the face look nice, but the topically treatments do not treat the underlying causes which can become worse and ultimately lead to future health problems. Acne, depending on its location on the face, can indicate problems in the reproductive area, liver area, kidneys, lungs. Pay attention if the acne always recurs in the same location because it can clue you into a disease process happening on the inside of the body. Recurring acne on the chin indicates toxicity in the female reproductive organs such as endometriosis, infection, ovarian cysts, polycystic ovary syndrome, reaction to an IUD). Acne on the forehead and between the eyebrows indicates toxins in the liver and gallbladder areas.</p> <p><b>Herbal therapies:</b> *Foster Flora (Flora-G) or Foster Flora Plus (Flora-G Plus) – take by mouth. Echinacea – take 2 droppers 4 to 5 times daily for one week to help clear out</p>

	<p>toxins from the bloodstream. Healthy Cholesterol Formula helps clear out some toxins from the bloodstream and the liver. To help hormonal imbalance take Female Harmony or Femme Pause. For a severe or longstanding case of acne, do a liver cleanse and/or kidney cleanse (Liver Regeneration Program + Blood Detox Formula, Kidney Revitalization Program + Echinacea Premium)</p> <p><b>Topical therapies:</b> *Myrrh oil – can use to spot treat large cystic pimples as well as on the entire face, *Can-G – make solution and rinse face daily. Can also spot treat with a paste made from Can-G capsule contents plus a small amount of water. *Tea tree/Jojoba oil blend – apply topically, Floral waters (Rose, Geranium).</p> <p>Topical remedies most effective when combined with internal herbal remedies (*Healthy Skin or Healthy Cholesterol Formula - daily), Intestinal Rejuvenation Program).</p> <p><b>Dietary therapies:</b> Eliminating mass-produced pasteurized dairy products from the diet has been known to result in a disappearance of acne. Conventional dairy products available in most stores have been sourced from feedlots where hormones are used to increase milk yields. These hormones can be passed into the milk and cause hormonal imbalance in people who consume it. Avoid foods that are canned, overly processed. Eat foods that are organically grown/ pesticide-free.</p>
<p><b>Adenoids, enlarged:</b></p>	<p><b>Causes:</b> often follows vaccinations. Can result from mercury amalgam fillings. Adenoids are a lymph organ – when they are swollen it indicated congestion throughout the entire lymphatic system. The lymph system can be backed up due to infection, congested colon, constipation, lack of exercise, dairy allergy, consumption of mass-produced dairy products.</p> <p><b>Herbal therapies:</b> Echinacea Premium – take 2 droppers 4 to 5 times daily for around 2 weeks to clear toxins from lymph and bloodstream and fight infection, Immune Boost Syrup (infants and young kids), Berberine Power – to</p>

	<p>fight infection, Celebration blend (apply to bottoms of feet 1 to 3 times daily during an infection). Adults can take Blood Detox Formula to clear lymph congestion or Cider Blaster to fight infections as long as they do not suffer from chronic diarrhea.</p> <p><b>Dietary:</b> Eliminate commercially available pasteurized dairy products from the diet. The casein in childhood shots can cause dairy allergy.</p>
<b>Adhesive Capsulitis</b>	See frozen shoulder
<b>Adrenal Fatigue/ Burnout/ Stress/ Exhaustion/ Failure:</b>	<p><b>Causes:</b> long-term stress (caring for an aging parent or child with multiple or serious health issues, working too many overtime hours, “burning the candle at both ends”, sleep deprivation (aggravated by snoring), consuming a devitalized diet with inadequate vitamin and mineral content – enriched flour, granulated sugar.</p> <p><b>Herbal therapies:</b> *Adrenal Support or Female Harmony; Essential Nutrients (double dose), *Immune Valor, Liver Regeneration Program. Avoid caffeine-containing foods, beverages, “energy drinks” and medications.</p> <p><b>Dietary therapies:</b> eat seeds (sesame seeds, pumpkin seeds, sunflower seeds, raspberry seeds, strawberry seeds, etc.) Make nondairy squash seed milk.</p> <p><b>Other therapies:</b> treat snoring problem. Try the Humming mask at nighttime or use Germ Shield under nose before going to sleep. Investigate any dental work or causes of inflammation in the jaw area. Have all root canals tested for silent infections. If you are waking up tired and with high blood pressure, odds are you’re snoring. Snoring interferes with deep sleep and the ability to regenerate and heal your body at night. It can contribute to severe health issues.</p>
<b>AIDS:</b>	<p><b>Causes:</b> long-term consumption of processed foods such as enriched flour, potato chips, french fries, hamburgers, milkshakes, fast foods, corn chips, soda pop, “vegetable</p>

	<p>oil," canned foods, granulated sugar, desserts (pies, cakes, cookies, brownies, etc.) recreational drugs (especially IV drugs), sharing needles, contaminated blood transfusion, vaccinations containing African Green Monkey cells have been found to contain SIV (Simian immunodeficiency virus)</p> <p><b>Herbal therapies:</b> *28-Day Healing Program + Berberine Power + Adrenal Support. Repeat if needed. Cider Blaster (to help kill infections and only if there is no diarrhea), Celebration oil (bottoms of feet to help fight infections). Parasite Cleanse kit if there are parasites.</p> <p><b>Dietary therapies:</b> plant-based diet with healthy fats emphasized. Consume raw dairy products from small local farms, pasture-raised eggs. Minimize meat consumption. Throw out all white flour and sugar and never consume them again. Stop drinking all alcoholic beverages and coffee. Take adaptogenic herbs instead of drinking coffee. Have all foods or as many as possible organically grown or pesticide-free. Sugar and other sweeteners (even natural ones) can feed infections. Do not consume sugar, honey, maple syrup or other sweeteners. Do not consume artificial sweeteners. For sweeteners, use only stevia and monkfruit.</p> <p>Maintenance: Immune Valor, Adrenal Support, Celebration oil, Cider Blaster if needed. For immune strengthening, take Echinacea Premium (2 droppers 4 to 5 times daily) for one week out of each month.</p> <p>See also Pneumonia, colitis.</p>
<b>Air freshener:</b>	Essential oils (Lemon, Orange, Circu-Tone, Celebration, Lavender, Geranium, Sweet Essence, Relaxing blend, AV Blend, Funga-Gone)
<b>Alcoholism:</b>	<b>Herbal therapy:</b> *Milk Thistle tincture (helps protect liver from the damaging effects of excess alcohol consumption – take daily), Tummy Tea (soothes stomach), Lemon oil (for bleeding), Liver Regeneration

	<p>Program (Vibrant Colon, Colon Detox Caps, L/GB Formula, Detox Herbal Tea), Vibrant Colon, L/GB Formula, Brain Regain Formula (cloudy thinking)</p> <p><b>Dietary therapy:</b> Essential Nutrients (for anemia and nutritional deficiency – take double the recommended dose on label),</p>
<p><b>Allergies:</b></p>	<p><b>Causes:</b> vaccination is the #1 cause, adjuvants of any kind injected into the body can cause ASIA (Autoimmune Inflammatory Syndrome induced by Adjuvants). Adrenal weakness.</p> <p><b>Chronic allergies:</b> *ALG Oil Blend (acute), *Essential Nutrients - daily, *Liver Regeneration Program, Immune Valor - daily, Adrenal Support – daily.</p> <p><b>Acute allergy:</b> Echinacea Premium – 2 to 4 droppers full and/or Cider Blaster, ALG – apply one drop to chest and upper back to stop asthma attack, Germ Shield – apply 1 drop to inside of nose lining to stop sneezing.</p> <p><b>Dietary therapies:</b> Eliminate dairy products and wheat from the diet. Add garlic and elephant garlic to diet. Raw dairy from small farms may help and tends not to cause the problems that pasteurized dairy from mass-produced animals causes.</p> <p>See also Sinus Congestion.</p>
<p><b>Alopecia:</b></p>	<p><b>Causes:</b> autoimmune, reaction to a vaccine, gradual decline of hormones (low hormones). The Chinese say it is caused by low kidney energy and recommend herbs to strengthen hormones.</p> <p><b>Herbal therapies:</b> Brain Regain Formula, Cayenne, Adrenal Support, Female Harmony, Bone Tissue Nerve Formula.</p> <p>Grounding Oil Blend (massaged into scalp), Lavender oil (massaged into scalp),</p>

	Dietary therapies: Essential Nutrients Formula
<b>ALS:</b>	<p><b>Herbal therapy:</b> 28-Day Healing Program + Nerve Revive + Geranium essential oil massage on spine. Bone Tissue Nerve Formula. Immune Valor – balance immune response.</p> <p><b>Causes:</b> Cases of Lou Gehrig’s disease have been reported after vaccination. Avoid future vaccinations if possible. Any neurotoxic chemical may cause ALS, including pesticides. Heavy metal accumulation in the body. Tooth/ teeth that are root canaled can contribute. Sometimes caused by mercury amalgam fillings.</p> <p><b>Dietary therapy:</b> Add coconut oil to the diet. Avoid all pesticides, insecticides. Eat only organically grow/pesticide-free foods. (pesticides are neurotoxic). Pure cod liver oil to help repair myelin sheath. Juice fasting is the deepest detoxification technique and can get toxins deep in the tissues out of the body – my patients have reported eliminated toxic chemicals they were exposed to when they were children over twenty years previous.</p> <p><b>Other therapies:</b> Regular spinal massage with essential oils. Percussion massage gun that you use yourself to massage deep into your muscle or deep tissue massage.</p>
<b>Alzheimer's Disease:</b>	<p><b>Herbal therapy:</b> *Brain Regain Formula – daily – helpful in the beginning stages, but will need more if the disease is more advance. Liver Regeneration Program – repeat the program several times, Earth’s Nutrition Formula or Earth’s Nutrition Caps – daily, Cayenne Tincture – help increase circulation to the brain, Youthful Circulation (thins the blood, helps lower high blood pressure some and helps increase circulation). 28-Day Healing Program (more severe cases). Use Nerve Calm at night or up to 4 times daily if there is also anxiety (it is common to have anxiety and anger outbursts when a person realizes they are losing their memory and brain function or to panic</p>

when they realize they don't know who or where they are.).

**Healing Crisis:** When doing the 28-Day Program, juice fasting or other strong detoxification program, there can be episodes of worsening that lasts for only a few days and then improve. This is called a healing crisis and happens when the body gains strength to throw out a lot of accumulated toxins at once. It can temporarily look as if the Alzheimer's has worsened. At the end of the healing crisis, the brain function improves. You should prepare for ups and downs during the healing process and supervise the person who has this disease.

**Topical therapies:** Grounding essential oil – use 1 drop massaged over pulse points at neck (the place where you would normally feel the pulse in the neck). It can help with finding the right words and thinking more clearly, feeling more grounded.

**Other therapies:** Use the Humming Mask every day for at least one 22-minute cycle.

**Causes:**

1. **Blood sugar imbalance:** too high or too low. Check for insulin resistance.
2. **Parasites** can cause brain fog, which lifts after they have been killed.
3. **Prescription drugs:** Review prescription medications for side effects. Memory loss may also be the side effect of blood pressure medication. Memory loss is often a side of multiple medications. Suspect prescription medications FIRST above all else. Reduce or eliminate any unneeded medications of all types. Antibiotics are known to cause delirium. Investigate natural infection-killing herbs and essential oils (oregano oil, thyme oil, cinnamon oil, Echinacea, goldenseal, usnea, coptis, etc.)

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.)

4. **Mercury:** May need to remove mercury amalgam fillings.

5. **Weak heart:** Symptoms of congestive heart failure may mimic Alzheimer's disease. It is commonly confused. When the heart is weak/ low ejection fraction, it indicates that the heart is too weak to pump oxygenated blood to the head and brain.

6. **Atherosclerosis** – buildup of cholesterol in the arteries, especially in the carotid arteries can set the stage for mini-strokes, after each one, the person suffers from more and more loss of memory and function.

7. **Shots:** After ten flu shots, the rate of Alzheimer's dramatically increases. Vaccinations contain 6 different types of aluminum.

**Dietary therapy:** Strict avoidance of aspartame/ artificial sweeteners. Avoid aluminum cookware – pots, pans, breadmakers, muffin pans, cookie sheets, etc. Use stainless steel, clay, or glass cookware instead. Avoid fried foods. Never consume “vegetable oil” or “shortening.” Add organic, cold-pressed coconut oil to the diet.

**Lifestyle:** Avoid aluminum-containing antiperspirants – use Germ Shield essential oil blend in armpits instead of antiperspirants. Engage in regular daily exercise.

**Other therapies:** Use Humming Mask every day for at least one 22-minute cycle, and up to 5 cycles per day. Be patient and continue for at least 6 months. Improvement in symptoms is a sign of healing and you should keep using.

**See also:** Congestive Heart Failure, Weak Heart, Cholesterol (High)

<p><b>Amenorrhea (loss of menstrual period):</b></p>	<p><b>Herbal therapy:</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.</p> <p><b>Causes:</b> underweight, starvation diets, iron deficiency, hormonal weakness, pregnancy, extreme stress or trauma, sleep deprivation, vegan diet.</p>
<p><b>Anemia:</b></p>	<p>Essential Nutrients (or Earth's Nutrition Powder or Caps), Iron From Herbs Formula, Adrenal Support, Iron From Herbs Formula.</p> <p><b>Dietary:</b> Essential Nutrients Smoothie recipes. Eat a salad every day with leafy greens, shredded beets, sunflower seeds. Iron as naturally contained in plant food is not harmful and cannot cause an overdose. Iron overdose toxicity is caused by taking synthetic iron supplements (ferrous fumarate, etc.)</p> <p>Anemia of pregnancy is common and is often overcome with a double dose daily of Essential Nutrients. Iron From Herbs can also be added if needed.</p> <p><b>Causes:</b> Hookworm is the #1 cause of anemia worldwide – it attaches to the intestinal lining and feeds on blood. See also Parasites</p> <p>Anemia can also be caused by blood loss – a major blood loss or a slow slight loss of blood caused by colon cancer. Some people have colon cancer and do not know it. The first symptom is sometimes anemia. You can find out if you are losing blood in the stool by using a Hemacult test – test for occult blood in the stool.</p> <p>A bleeding stomach ulcer can also cause anemia due to blood loss through the stool. The stools have a black tarry appearance due to the blood that has been partially broken down during digestion. Differentiate this from the black-colored bowel movements that occur due to taking herbal formulas with activated willow charcoal in them – which is harmless and actually therapeutic) The number one cause of a bleeding stomach ulcer is the</p>

	<p>use of nonsteroidal anti-inflammatory medications, otherwise known as NSAID's. (ibuprofen, etc. used as painkillers for arthritis, chronic pain, injuries, inflammation, etc.)</p> <p>Iron deficiency anemia can also be caused by heavy menstrual periods, and especially when there are fibroid tumors in the uterus which can bleed excessively. Liver Regeneration Program * Blood Detox Formula (do not do this cleanse during the menstrual period), juice fasting, Youthful Circulation are all important routines to help heal fibroid tumors of the uterus. Bleeding between periods can happen with endometriosis.</p> <p>There is another type of anemia called hemolytic anemia. The most common cause of hemolytic anemia is thalassemia, and the second is sickle cell anemia. Both usually improve with Essential Nutrients at double dose.</p> <p>Another cause of hemolytic anemia is prescription medications. Some antibiotics are to blame. Other medications suppress the bone marrow (often called aplastic anemia.)</p>
<p><b>Aneurysms:</b></p>	<p>Aneurysms can occur anywhere in the body, but are most dangerous when they are located in the brain. They can also occur along the main artery of the body called the aorta. A ruptured aneurysm can cause severe hemorrhaging and even death. Smaller aneurysms can leak blood into surrounding tissues, causing damage. Leaking brain aneurysms can cause seizures, paralysis, loss of vision, loss of hearing, and other severe health issues.</p> <p>Some aneurysms can be inherited, while others are created when cholesterol accumulates and deteriorates inside the arteries.</p> <p>Nutritional deficiencies can cause a weakening of the arterial walls, causing aneurysms.</p>

	<p><b>Foods that stop bleeding:</b> Cayenne and cayenne tincture. Take 5 to 30 drops of Cayenne Tincture daily. Start with the lowest dose and increase your dose gradually every day until your body becomes accustomed to higher doses. Always take cayenne with food and never on an empty stomach. In a crisis situation with bleeding, you can take a high dose of cayenne to save your life – one dropper full or more of the liquid extract.</p> <p><b>Supplements that strengthen arterial walls:</b> bioflavonoids, rutin, vitamin C, cayenne, collagen supplements. Bioflavonoids are found in citrus fruits and peels as well as in hot chili peppers (cayenne). Earth’s Nutrition Powder – take 2 TBS per day.</p> <p><b>Herbs that strengthen arterial walls:</b> Cayenne Tincture, Lemon Essential oil (can use topically over area of concern) or take 1 drop in a glass of water and drink down once daily. Bone, Tissue Nerve Formula helps to build healthy arterial walls.</p> <p>If you have a cholesterol problem, do the Liver Regeneration Program with the Blood Detox Formula or do the Cholesterol Busters Cleanse. It’s a good idea to do a liver cleanse at least twice a year for health maintenance purposes regardless.</p>
<p><b>Angina:</b></p>	<p><b>Acute:</b> Healthy Heart Formula, Cayenne Tincture, and/or Open Heart Essential Oil Blend blend (apply a few drops of this oil topically over chest during episode). Massage the left thumbpad. Soak left arm in warm water to help open meridians.</p> <p>Angina that lasts for a prolonged period of time can be a sign of heart attack.</p> <p><b>Long-term healing:</b> Healthy Heart, Cayenne Tincture, Liver Regeneration Program, 28-Day Healing Program, Open Heart Essential Oil Blend (topical – over heart), Peppermint (topical – over heart area), Lavender oil (topical – over heart area)</p>

	<p><b>Other therapies:</b> Practice deep breathing and stress reduction tips. Use a releasing technique to let things go.</p> <p>Treat any underlying insomnia (daily exercise in fresh air, walking on the ground barefoot, use Nerve Calm or Peaceful Nerves Formula 20 minutes before bedtime.)</p> <p>Avoid any medications that damage the heart (chemotherapy drugs daunorubicin, doxorubicin, and any other chemo drug administered through a port). Check all medications for any side effects on the heart.</p> <p><b>Lifestyle factors:</b> Avoid carrying cell phone in the shirt pocket. The electromagnetic field of a cell phone can interfere with the electrical signals transmitted by the sinus node of the heart.</p> <p>See also heart attack.</p>
<b>Animal Bites:</b>	<p>Echinacea Premium – adults take 2 droppers 6 times daily the first day, then 3 times daily until the 2 oz. tincture bottle is used up, Immune Boost Syrup (kids), Funga-Gone Blend, AV Blend. Add a blend of 50/50 organic apple cider vinegar and water to Colon Soothe to make a paste to draw out the toxins, bacteria, fungi, viruses, etc. Add Funga-Gone Blend or AV Blend to soothe and pull out toxins.</p>
<b>Anticoagulant:</b>	<p>*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</p>
<b>Antioxidant:</b>	<p>Essential Nutrients - daily, Brain Regain Formula - daily, Adrenal Support Formula - daily, Immune Valor – daily</p>

<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>	<p>*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, Bone Tissue Nerve Formula, Lobelia, Peaceful Nerves. Use Open Heart Essential Oil Blend over heart area regularly.</p> <p><b>Causes:</b></p> <p>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.</p> <p>Heart rhythm problems may indicate calcium deficiency.</p> <p>Heart function is linked to small intestine/digestive function and can improve after a colon cleansing program. Take Digest Factor with meals if there is trouble digesting foods.</p> <p>May also be emotionally-based as in a recent divorce, death of loved one, or breakup, traumatic experience (PTSD), psychic attack, schizophrenia. 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. Repetitive activities can calm the heart such as repetitive prayers on prayer beads.</p> <p><b>Dietary:</b> Do not consume any foods, beverages or medications containing caffeine, including black tea, green tea, coffee, chocolate, cocoa powder, etc.</p>

	<p>Medications: avoid stimulants such as those used to treat ADHD, adult ADHD, methamphetamines.</p> <p><b>Other therapies:</b> Deep breathing exercises, stress releasing exercises.</p>
<b>Arthritis, Gouty</b>	See Gout
<b>Arthritis, Osteoarthritis:</b>	<p>Also referred to as Osteoarthritis. We are often told by medical doctors that this is caused by normal aging, and it is also referred to as “wear and tear” arthritis.</p> <p><b>Causes:</b></p> <p style="text-align: right;"><b>Dietary</b></p> <p>- granulated sugar, soda pop, enriched flour (white flour), gluten intolerance, processed foods, alcoholic beverages, meat-based diet (too acidifying for the body – turns the body chemistry too acidic which leads to chronic inflammation, arthritis, gout, chronic diseases, kidney stones and gallstones). <b>Physical causes:</b> parasites. <b>Emotional causes</b> – being too rigid in your belief systems.</p> <p><b>Herbal therapy:</b> *Simplified Stone Cleanse (dissolve deposits) – at least 2 (4-Day) rounds, * *28-Day Healing Program, Clove oil, Lavender oil, Lemon oil (alkalizes), Essential Nutrients (especially to alkalize), Liver Regeneration Program, Kidney/Bladder Revitalization Program</p> <p><b>Topical therapies:</b> *Tissue Repair Oil – use a few drops topical three times daily, Peppermint oil – apply one to 2 drops topically three times daily (can be diluted with carrier oil if skin is sensitive), Castor oil packs wrapped around joints and left on for around 2 hrs per session, and used around 3 to 5 days out of the week.</p> <p><b>Dietary:</b> Trial elimination of dairy products and wheat to see if these food allergies are causing or worsening the issue. Some people also are sensitive to gluten such as people with undiagnosed celiac disease and with gluten intolerance who may not know they have it. Pure cod liver oil- around 1 TBS per day. 3 TBS of organic gelatin stirred into a hot beverage daily can sometimes completely eliminate the pain within 3 days, but continue</p>

	<p>taking it until the cartilage has regrown completely – could take around 6 months. Gelatin therapy can help regrown cartilage even if it's bone-on-bone arthritis. Pure cod liver oil – around 1 TBS per day can help reduce inflammation and pain.</p> <p>See also rheumatoid arthritis, psoriatic arthritis, gout</p>
<p><b>Arthritis, Rheumatoid:</b></p>	<p>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.</p> <p><b>Causes:</b> 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. Vaccines can cause or contribute to this problem (Autoimmune Inflammatory Syndrome Induced by Adjuvants). Cases have been reported after receiving the Hepatitis B vaccine.</p> <p><b>Herbal therapy:</b> 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. Do juice fasting to remove toxins from the body.</p> <p><b>Topical treatments:</b> 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.</p> <p><b>Dietary:</b> Up to 3 TBS daily of Organic gelatin from grass-fed cows until pain has stopped and continue for around 6 months until all cartilage has regrown (can help even</p>

	<p>bone-on-bone arthritis) Pure cod liver oil – around 1 TBS per day can help reduce inflammation and pain. Juice fasting is the deepest detox and it will also hurt temporarily for a few days at a time as the calcium deposits are cleaned out of the joints. Just be prepared and know that it's part of the healing process.</p> <p>See also gout, osteoarthritis</p>
<p><b>Arthritis, Psoriatic:</b></p>	<p>See psoriasis</p>
<p><b>Asthma:</b></p>	<p><b>Acute attack:</b> *ALG Oil Blend (acute attack) – apply one drop to chest and upper back, *Lobelia (regular and acute use. Acts as a bronchodilator) – use one dropperful in a couple of ounces of water and sweetened with stevia if desired, *Peppermint oil (apply 1 - 2 drops with carrier oil rubbed on back or chest or soles of feet) to help open breathing passages</p> <p><b>Underlying causes</b> include colon toxicity, parasites, adrenal weakness, food allergies. Use Intestinal Rejuvenation Program (2 week program), AntiParasite Cleanse Kit, Cider 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 – especially helpful when there is an infection in the bronchials.</p> <p><b>Dietary:</b> Eliminate dairy products and wheat from the diet.</p> <p><b>Household:</b> Stop smoking/ avoid being around smokers while they are smoking. Avoid synthetic perfumes,</p>

	<p>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.</p>
<b>Atherosclerosis:</b>	<p>*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.</p>
<b>Athlete's Foot:</b>	<p><b>By mouth:</b> *Tea Tree and Jojoba oil blend, *Funga-Gone Blend, *Kick the Candida Campaign for 120 days to get to the underlying root cause in the bowel (Flora-G Plus, Colon Detox Caps and Youthful Circulation – taken by mouth), Echinacea Premium – to stimulate the immune system/ build resistance against infection.</p> <p><b>Topical:</b> soak foot in Can-G solution.</p> <p><b>Dietary:</b> Avoid sugar until well.</p> <p><b>Other causes:</b> weakened immune system due to working too many hours, exhaustion, adrenal weakness.</p>
<b>Attention Deficit Disorder:</b>	<p>*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. Kick the Candida Challenge: Foster Flora (Can-G + Flora-G Plus) + Colon Detox Caps.</p> <p><b>Causes:</b> Often caused by vaccinations/ B vitamin deficiency/ excess of sugars, processed foods and artificial colors in the diet.</p>
<b>Autism Spectrum Disorder:</b>	<p><b>Causes:</b> Often associated with candida overgrowth, heavy metal toxicity, and parasites. Often follows vaccination. Avoid future vaccinations if possible. Can</p>

also be caused by recreational drug use/ malnutrition during pregnancy.

**Parasites** are often present in autism and conventional parasite tests miss most cases. Worms, flukes and microscopic parasites may be in intestines, liver, pancreas and even spread to the brain and cause seizures. Parasite infestation is often associated with high ammonia levels, elevated eosinophils in the blood, violent aggressive behavior, confusion, constipation, diarrhea, flatulence, food allergies, appendicitis, joint pain, muscle pain, rectal itching, mysterious rashes.

Symptoms of parasite infestation can be heightened at the time of the full moon when parasites are at their most active. Parasite eggs in the feces may look like undigested food and can be very difficult to diagnose. If there is any suspicion whatsoever, even in the absence of an official diagnosis, treat for parasites. Can make an enormous difference in behavior and can sometimes stop seizures (if they are due to parasites)

Begin with a parasite cleanse, formulas depends on child's weight. For young children, use Colon Cleanse Syrup, Colon Detox Caps (dose according to child's body weight) and Anti-Parasite Formula (add stevia to sweeten this formula). For older children, Vibrant Colon can be used in place of Colon Cleanse Syrup. Treat for at least 21 days with the Anti-Parasite Formula and longer if needed – 2 months for severe cases or even longer.

**Candida overgrowth:** an overgrowth of candida in the bowel can also cause high blood ammonia levels and is an important contributing factor in autism – it is usually always present. Can-G is a strong candida killer that is safe for children. Begin with Can-G and Youthful Circulation to address candida overgrowth. Youthful Circulation helps minimize the Herxheimer reaction. (For babies still breastfeeding, sprinkle capsule contents on nipple before breastfeeding) Add Colon Detox Caps in an adjusted dose depending on child's weight. Can improve behavior as well as symptoms. Go slowly with the dose of Can-G and drink lots of water to help flush

	<p>out candida toxins. Stay on Can-G for at least 120 days. Older children can take Flora-G Plus in addition to the Can-G.</p> <p>When everything is stable, next step is to add Funga-Gone Blend Essential Oil on bottoms of feet once daily. Use Immune Valor daily to build immune system and help brain function</p> <p><b>Brain function:</b> and 1 drop daily Grounding Essential oil applied to area between eyebrows, on neck pulse points and at back of neck. Lavender oil at back of neck can be used for its calming effect.</p> <p><b>For chelating heavy metals,</b> use half dose Essential Nutrients at first and slowly build up to double dose. This increases heavy metal elimination through the urine as well as through the bowel movements.</p> <p>For heartburn/digestive burning, use Digestive Formula and/or coconut milk chia seed pudding.</p> <p><b>Dietary:</b> avoid granulated sugar, iodized salt, “vegetable oil”, vegetable shortening. Sugar increases emotional extremes. Use stevia, monk fruit concentrate, fresh fruit instead. Use Celtic salt or Himalayan salt in foods to help remineralize the body. Use Atlantic dulse, kelp and other seaweeds to help thyroid function (stabilizes emotions)</p> <p>See also Vaccine Injury</p>
<b>Autism:</b>	<p>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.</p>

<b>Autoimmune Disorder, Nonspecific:</b>	<p>28-Day Healing Program, *Immune Valor, Adrenal Support, massage with essential oils. Do an herbal cleanse every 3 months – liver clans, kidney cleanse, stone cleanse, parasite cleanse.</p> <p><b>Causes:</b> often associated with vaccination as part of the ASIA Syndrome (Autoimmune Syndrome induced by Adjuvants). Some cases are hereditary. Some cases can be triggered by a virus.</p> <p><b>Dietary therapy:</b> juice fasting. Eat foods high in antioxidants. Reduce meat intake and focus on organic fruits, vegetables, grain, nuts and seeds. Some cases will be worsened by dairy products, while some may benefit from raw milk. Avoid gluten-containing foods. Cook own food as much as possible and avoid highly processed foods, canned foods, instant foods from a mix.</p> <p>See also: arthritis, lupus, Raynauds</p>
<b>Bad Breath:</b>	<p>*Peppermint oil – one drop in mouth freshens breath, Digestive Tonic – One to two droppers by mouth helps freshen breath and optimizes digestion, Intestinal Rejuvenation Program, Liver Regeneration Program.</p> <p><b>Causes are varied:</b> sinus infection, tooth infection, liver toxicity, Candida overgrowth, bacterial, viral or fungal infection; diabetes, ketosis diet, maldigestion, consumption of fermented or pungent foods, certain medications.</p>
<b>Baldness:</b>	<p>See Alopecia</p>
<b>Bed Wetting:</b>	<p>Kidney/Bladder Revitalization Program, Stone Buster Formula</p>
<b>Bell's Palsy:</b>	<p><b>Internal detox:</b> Heavy Metal chelating program – Liver Regeneration Program + Essential Nutrients or Earth's Nutrition Formula – double dose, Blood Detox Formula.</p>

	<p>Take Nerve Calm by mouth to help repair/ regenerate nerves from the inside.</p> <p><b>Topical therapies</b> (combine with internal detox for best results) Massage nerve area with Peppermint Essential Oil, Lavender Essential Oil, Tissue Repair Oil.</p> <p><b>Causes:</b> Can be reaction to a vaccination or mercury amalgam fillings.</p> <p><b>Other therapies:</b> chiropractic</p>
<b>Bipolar Disorder:</b>	see Manic Depression
<b>Bladder:</b>	<p>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.</p> <p><b>Causes of bladder problems:</b> Reevaluate synthetic vitamin supplements that can cause bladder irritation. All synthetic vitamin C supplements (all ascorbates, and even esterified and buffered ascorbates) can irritate bladder/ urethra and produce bladder infection-type symptoms. Unripe citrus juices can irritate bladder. Synthetic vitamin/minerals can irritate bladder. Smoking irritates bladder lining. Bubble baths can cause bladder irritation/infection due to the sudsing chemicals used to create the bubbles. Scented toilet paper can also irritate urethra. The bladder is surrounded by the large intestine. The large intestine can retain pounds of toxins that can then leak into the bladder. For all bladder problems, it's important to do the Intestinal Rejuvenation Program to address the large intestine toxin cause.</p> <p><b>Dietary:</b> avoid gas-ripened citrus fruits and seek out vine-ripened citrus fruits or grow your own. Avoid coffee, black tea, soda pop/ soft drinks. Drinking flax seed tea or chia seed beverage can soothe. Drink corn silk, horsetail tea daily or 1 cup of Detox Chai Tea daily.</p>

	See also bladder infection
<b>Bladder Cancer:</b>	<p>Simplified Stone Cleanse, then 28-Day Healing Program. 28-Day Healing Program can be repeated as much as need.</p> <p><b>Causes:</b> All synthetic vitamin C supplements (all ascorbates, and even esterified and buffered ascorbates) can irritate bladder/ urethra and produce bladder infection-type symptoms. Smoking is a known cause of bladder cancer and must be stopped completely in order to heal the bladder. Emotional factors include long-term anger at spouse or romantic partner.</p> <p><b>Dietary therapy:</b> raw living foods diet and/or juice fasting. Avoid all foods with granulated sugar, carbonated beverages, orange juice</p>
<b>Bladder Infection (Cystitis):</b>	<p><b>Herbal therapy:</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. Cider Blaster can help as well. 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.</p> <p><b>Dietary:</b> Avoid carbonated drinks, pasteurized milk. Flax seed tea/corn silk tea can be very soothing.</p> <p><b>Causes:</b> gut flora imbalance (often caused by taking antibiotics), honeymoon cystitis occurs after having more sex than usual. All synthetic vitamin C supplements (all ascorbates, and even esterified and buffered ascorbates) can irritate bladder/ urethra and produce bladder infection-type symptoms, root canal in the front teeth. Chemicals on condoms, IUD's. Liver toxins contribute to interstitial cystitis. Anger at sexual partner, chronic frustration. Bubble baths. Contributing factors –</p>

	<p>consuming citrus fruits that have been gas-ripened instead of vine-ripened.</p>
<p><b>Bladder Stones:</b></p>	<p>See Kidney Stones for the *stone-busting routine. The stagnation is in the bladder more so than the kidneys.</p> <p><b>Causes:</b> An enlarged prostate can interfere with the emptying of the bladder and cause stagnation there, leading eventually to bladder stones. Use Prostate Formula daily for at least six months. Antibiotics can increase the risk of kidney stones that can then be passed into the bladder. Any medication known to damage the kidneys can cause stones anywhere in the urinary tract.</p> <p><b>Topical therapy:</b> 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.</p> <p><b>Medications:</b> opiate painkillers, codeine cough syrup can delay or even stop the emptying of the bladder. Medications with anticholinergic effects can also interfere with the emptying of the bladder. Urinary retention has been described with the use of drugs with anticholinergic activity (e.g. antipsychotic drugs, antidepressant agents and anticholinergic respiratory agents), opioids and anesthetics, alpha-adrenoceptor agonists, benzodiazepines, NSAID's (nonsteroidal anti-inflammatory drugs, also commonly known as over the counter painkillers), detrusor relaxants and calcium channel antagonists. This is called drug-induced urinary retention. Find natural alternatives to all of these medications and/or seek natural pain relief.</p> <p>Avoid smoking. Smoking irritates the bladder lining which can lead to stone formation.</p> <p>See also pain</p>
<p><b>Bleeding:</b></p>	<p><b>Herbal therapy:</b> *Cayenne Tincture – can take by mouth for internal bleeding, and also use topically over the area</p>

	<p>that is bleeding, Lemon essential oil – use topically, Tooth and Gum Formula – contains astringent herbs that can stop bleeding on contact. Dilute with water and use as rinse over bleeding area – it doesn't have to be in the mouth. Bone Tissue Nerve Formula contains astringent herbs that help stop bleeding</p> <p><b>Causes:</b> if not caused by injury, excess bleeding can indicate a severely compromised liver (as in the case of chronic alcoholism and liver cirrhosis, undiagnosed cancer (especially colorectal cancer), fibroid tumors of the uterus, or a vitamin C/ bioflavonoid deficiency.</p> <p><b>Other therapies:</b> Use ice packs over bleeding area.</p> <p>See also fibroids, cirrhosis</p>
<p><b>Blepharitis:</b></p>	<p><b>Herbal therapy:</b> Use Eyebright Formula without cayenne. This formula is a concentrate and MUST ALWAYS be used DILUTED with water. Use 2 to 6 drops in an eyecup and fill eyecup with distilled water. Create a seal with the eyecup and wash the affected eye for 2 minutes. Repeat at least 2 more times throughout the day and up to 6 times daily. Continue until inflammation subsides. Dip wash cloth in ice cold water and apply to inflamed eyelids to reduce inflammation.</p>
<p><b>Blindness:</b></p>	<p><b>Herbal therapy:</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.</p> <p><b>Causes:</b> 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.</p>

	Use Humming Mask daily for several months to open up/ increase circulation to the eyes and brain. Any Improvement means keep using the mask, keep going.
<b>Blunt Trauma:</b>	*Peppermint oil – apply immediately as soon as it happens. *Tissue Repair Oil – apply several times daily to repair trauma. Use Calcium With Herbs Formula by mouth to help repair broken bones and other associated trauma. Circu-Tone or Tissue Repair Oil applied topically can help bruising.
<b>Blood Clot(s)</b>	*Youthful Circulation, Cider Blaster, Blood Detox, Garlic Tincture. 28-Day Healing Program.  Do not take herbs if you are currently taking prescription blood thinners such as Warfarin, Clopidogrel, Ticlopidine, etc.), or aspirin.  <b>Causes:</b> diet high in animal products, liver toxicity  <b>Dietary therapy:</b> juice fasting, raw living foods diet
<b>Blood Pressure, High:</b>	See Hypertension
<b>Blood Pressure, Low:</b>	*Adrenal Support (balances high or low), *Immune Valor. See Adrenal Fatigue, Hypothyroid.  <b>Causes:</b> Sometimes associated with veganism. Can be associated with vaccines as part of the POTS syndrome. If associated with being underweight, find and treat the cause for the underweight issue (parasites, cancer, etc.). Most common causes of unexplained weight loss are diabetes and cancer.  <b>Dietary therapy:</b> Add Celtic or Himalayan salt to diet.
<b>Boils:</b>	*Intestinal Rejuvenation Program + Echinacea Premium or Blood Detox Formula. Chaparral Tincture or Blood Cleansing Tea can be used as alternatives to the Blood

	<p>Detox Formula for adults suffering from inflamed colon, or for kids. Funga-Gone Blend (use topically), Myrrh oil – (use topically), AV Blend (use topically), Healthy Skin Formula for maintenance.</p> <p><b>For chronic, recurring boils:</b> Liver Regeneration Program + Blood Detox Formula.</p> <p><b>Causes:</b> any and all prescription and over the counter medications can cause this. Suspect the prescription medication first above all else. Boils indicate a toxic colon, toxic liver and toxic bloodstream (even if all blood tests are normal)</p> <p><b>Dietary:</b> Avoid commercial dairy products. Use raw milk from local farms who raise animals ethically (pasture-raised animals)</p> <p>Follow the Foster Method Diet</p>
<b>Bone, Fractures:</b>	<p>*Tissue Repair Oil (apply often) + * Bone Tissue Nerve Formula (1 dropper full every hour for 1<sup>st</sup> few days, then use maximum dose until healed) + * Essential Nutrients (double or triple dose).</p> <p><b>Causes:</b> After the age of 40, bones that easily fracture can be a sign of hormonal deficiency.</p> <p><b>Dietary therapy:</b> 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.</p>
<b>Brain, Circulation:</b>	<p>Brain Regain, Cayenne Tincture, Youthful Circulation, Essential Nutrients</p>
<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 Open Heart Essential Oil Blend for several minutes. If unconscious and</p>

	<p>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. 28-Day Program can also be done.</p> <p><b>Dietary:</b> 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.</p> <p><b>Other therapies:</b> Use *Deep foot Reflexology – especially around big toes which correspond to brain area to release nerve blocks and help restore brain function. Craniosacral therapy is also highly recommended.</p> <p><b>Lifestyle:</b> Avoid toxic fumes (nail polish, varnishes, paint, synthetic air freshener, car exhaust fumes, synthetic perfume, etc.), all of which can affect the brain.</p> <p>See also neck injury</p>
<p><b>Brain Tumor:</b></p>	<p>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. 28-Day Program may need to be repeated .</p> <p>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</p>

abnormally high pressure in the skull which can be life-threatening. Healing the area over time will naturally take care of the fluid accumulation.

If there are seizures, use \*Peaceful Nerves 4 times daily – one dose just before bedtime. An alternative is Nerve Calm Formula.

A brain tumor can begin in the brain, or it can begin in another organ and metastasize to the brain. If the tumor began somewhere else, treat the original site of the tumor as well as the brain.

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.

**Causes:** If tumor begins in brain, it can be caused by artificial sweeteners, especially aspartame. A root canaled tooth or tooth filled with mercury amalgams can contribute. Exposure to cancer-causing chemicals. Consuming a high fat, low fiber, processed food diet. Taking any medication that is known to damage the liver. Drinking tap water, water from public fountains. Parasites can contribute.

**Dietary therapy:** Avoid all aspartame – read all labels. May need salt-restricted diet to avoid fluid accumulation in brain around tumor. Raw living foods diet or juice fasting. Do as much juice fasting as you can.

**Lifestyle:** Avoid Wifi. No electronics (TV, cell phone, etc.) in the bedroom. Do not charge cell-phone on nightstand next to bed. Do not keep a cordless phone next to the bed. Do not ever wear a cell phone in a pocket. Carry it away from the body in a bag or tote. Turn off wifi, put cell phone in airplane mode at night.

See also: herbal chemo support program

<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)]; Bone Tissue Nerve Formula, Iron From Herbs, Adrenal Support, Postnatal Program
<b>Breast Cancer:</b>	<p>28-Day Healing Program + topical use of Frankincense oil + Clove oil. Castor oil packs.</p> <p><b>Causes:</b> enduring abuse from an abusive spouse, loss of a child, conflict in a close romantic relationship. Diet consisting of refined/ convenience foods, meats from conventional feedlots, dairy products sourced from feedlots, using chemicals in the armpits (antiperspirants, deodorants with synthetic ingredients). Mercury amalgams, Root canaled tooth/teeth in a tooth corresponding to the breast area.</p> <p><b>Dietary:</b> do short to medium to long juice fasts. Get a juicer and start juicing vegetable juices.</p> <p><b>Lifestyle:</b> Avoid toxic exposures (fumes, chemicals, smoking, secondhand smoke, toxic paint, formaldehyde, etc.). Need to learn to nurture and honor oneself. Get out of any abusive relationship immediately. May need to remove a root canaled tooth if it corresponds to the breast area. Hyperthermia treatments.</p>
<b>Breast Cancer (Inflammatory):</b>	See above – breast cancer
<b>Breast Milk, Increase:</b>	See Nursing
<b>Breast Pain:</b>	<p><b>Herbal therapy:</b> Female Harmony, Blood Detox Formula, (Frankincense oil used topically)</p> <p><b>Causes:</b> Most commonly caused by caffeine consumption. Hormonal imbalance is a common cause. Lymphatic congestion, blocking perspiration with antiperspirants. Fibrocystic disease of the breast. If breastfeeding, can be caused by overflow of milk in the</p>

	<p>breasts with inadequate breastfeeding or mastitis (infection of the breast). Breast cancer is a rare cause but possible.</p> <p><b>Dietary:</b> eliminate caffeine and chocolate from the diet, meat from conventional feedlots should be avoided as these often contain estrogens that can cause hormonal imbalance.</p> <p><b>Lifestyle:</b> use a drop of Germ Shield as a natural deodorant instead of using antiperspirants. Germ Shield contains essential oils that help to cleanse the lymph as well as to decrease inflammation. Avoid the use of bras with tight straps that block the flow of lymph around the breast area.</p>
<b>Breathing:</b>	<p><b>Herbal therapy:</b> *Lobelia, *ALG Blend, *Lung Support, 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, Cider Blaster. Essential oils taken in very small doses by mouth – peppermint, thyme, clove, lavender, marjoram.</p> <p><b>Causes:</b> Lung function is linked to large intestine function. Healing the gut helps the lungs. Lungs are related to grief, loss of a loved one, depression.</p> <p><b>Dietary:</b> Eliminate dairy products from the diet.</p> <p><b>Lifestyle factors:</b> 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.</p>
<b>Bronchitis:</b>	<p><b>Herbal therapy:</b> *Steam therapy with Germ Shield – 5 drops in a personal steam inhaler (do two 15-minute cycles per day), *Cider Blaster Formula – 4 to 10 droppers</p>

full as needed to help kill infection, Echinacea Premium – 2 droppers 6 times daily to stimulate immune system, Peppermint oil – 1 drop applied to chest and upper back, Oregano oil – apply 1 drop to soles of feet twice daily, AV Blend – dilute 1 drop with carrier oil and apply to chest, Liver Regeneration Program, Cayenne tincture, Immune Boost Syrup (kids).

Lung function is strongly influenced by the colon. Constipation (less than 2 to 3 bowel movements per day) can cause a buildup of mucus and toxins. If there is any constipation, take Vibrant Colon, Colon Activator or Colon Start Plus to unblock the colon.

**Dietary:** Eliminate dairy products from the diet. While sick, do not consume bread or any products made with enriched flour/ all-purpose flour. Processed flour increases the production of mucus and can interfere with breathing. Do not consume anything made with sugar, including granulated sugar, brown sugar, molasses, turbinado sugar, coconut sugar, honey, brown rice syrup, etc. Sugar can cause infections to worsen. Instead, use stevia and/or monk fruit concentrate to sweeten any foods and beverages.

For severe cases, do a juice fast, drinking 2 to 4 quarts daily of fresh squeezed vegetable juice, and take both Vibrant Colon and Colon Detox Caps (the Intestinal Rejuvenation Program)

**Lifestyle and Toxic Household Products:**

- Stop smoking/ avoid being around smokers while they are smoking. Do not vape
- 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.

<p><b>Bruises:</b></p>	<p><b>Topical therapy:</b> apply *Tissue Repair Oil, Lemon essential oil, Orange essential oil, Circu-Tone Essential oil blend</p>
<p><b>Bunion:</b></p>	<p>*Deep tissue massage of the foot, calf and leg. Avoidance of high heeled shoes and shoes with a narrow toe box. Massage with Tissue Repair Oil</p>
<p><b>Burns:</b></p>	<p><b>Topical therapy:</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, peppermint floral water, chamomile floral water.</p> <p><b>Internal therapies:</b> repair the burn with nutrients from the inside of the body. Essential Nutrients (build new skin), Healthy Skin (build new skin)</p>
<p><b>Bursitis:</b></p>	<p><b>Topical therapies:</b> apply Tissue Repair Oil, Castor oil pack,</p> <p><b>Internal therapies:</b> Simplified Stone Cleanse with at least 8 days of Stone Buster, Kidney/Bladder Revitalization Program, Liver Regeneration Program.</p> <p><b>Causes:</b> Often indicates excess heat in the liver. Shoulder – can indicate a repetitive use injury.</p>
<p><b>Cancer:</b></p>	<p><b>Herbal therapy:</b> 28-Day Healing Program (regardless of type) and also: Immune Valor, Berberine Power, Clove oil, Frankincense oil.</p> <p><b>Causes:</b> emotional trauma, chronic depression, medications, liver toxins, toxins in the bloodstream, root canaled tooth, repressed anger/resentment, exposure to carcinogens such as talc, asbestos, formaldehyde, benzene, pollutants, dry-cleaning chemicals, etc. Hormonal type medications (Hormone replacement</p>

	<p>therapy, birth control pills) are associated with cancer. Discontinue any cancer-causing medications.</p>
<p><b>Cancer Chemo Herbal Support Program:</b></p>	<p>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.</p> <p>The Essential Nutrients Formula helps support blood cell formation, can help the anemia associated with chemotherapy. Immune Valor is an adaptogenic formula that helps stabilize all body systems when subjected to extreme stress. Can help reduce symptoms of chemotherapy.</p> <p>Any chemo drug known to damage the liver: use Milk Thistle Tincture throughout the entire course of chemotherapy to protect liver/ reduce liver enzyme levels.</p> <p>Cyclophosphamide – use K/B Herbal Tea and Stone Buster. Daunorubicin/ Dauxorubicin – add Healthy Heart to protect heart.</p> <p>Vincristine/ Vinblastine – add Peaceful Nerves and Bone Tissue Nerve Formula.</p> <p>Herbs encourage apoptosis of diseased cancer cells and strengthen healthy cells. They do not interfere with killing of cancer cells – they encourage it.</p> <p>Radiation burns: Tea Tree/ Jojoba oil blend, Can-G applied topically, floral waters, pure shea butter.</p>
<p><b>Candida Overgrowth:</b></p>	<p><b>Natural therapies:</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, *Cider Blaster Formula, Oregano oil). Can add Anti-Parasite Formula (for stronger effect – antiparasite herbs are also</p>

	<p>antifungal). Berberine Power. Maintenance on Flora-G Plus and Adrenal Support, Immune Valor if needed to keep immune system strong. Oregano oil, Funga-Gone Blend, Peppermint oil, Myrrh oil, Clove oil.</p> <p><b>Causes:</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.</p> <p><b>Dietary:</b> Avoid sugar, honey, maple syrup and all other sweeteners except fruit. See other listings for infections to find out the natural alternatives to antibiotics.</p> <p>See also diabetes (both types), yeast infection</p>
<p><b>Cardiomyopathy:</b></p>	<p>*Healthy Heart, Cider Blaster (antiviral), *28-Day Program. Viral: Herp-Ez blend or AV Blend applied over heart area several times daily.</p> <p><b>Causes:</b> usually caused by a virus, especially the flu. Heart function is influenced by the small intestines.</p> <p><b>Dietary:</b> Juice fasting in severe cases.</p> <p><b>Other therapies:</b> Emotional healing for heartbreak, difficult relationships. Intestinal Rejuvenation Program, Adrenal Support</p> <p>See also heart</p>
<p><b>Carpal Tunnel Syndrome:</b></p>	<p><b>Topical therapy:</b> *Tissue Repair Oil (apply several drops to wrists, shoulders and neck, regardless of where the pain is - reduces inflammation and pain and helps repair damage when used three times daily), Geranium oil (helps the nerve), Peppermint oil (reduces inflammation, helps nerve function)</p> <p><b>Internal herbal therapy:</b> Adrenal Support, Sweet Essence over thyroid area.</p>

	<p><b>Causes:</b> repetitive use injury. Sometimes indicates vitamin B deficiency. Weak adrenals and/or thyroid</p> <p><b>Dietary:</b> avoid enriched flour, granulated sugar, iodized table salt. Use *Earth's Nutritional Powder or capsules to help heal nerves.</p> <p><b>Other therapies:</b> deep tissue massage of upper back, shoulders, arms, wrists.</p>
<b>Cataracts:</b>	<p>*Eyebright Formula (both by mouth and diluted to use as eyewash), *Youthful Circulation proteolytic enzymes, Brain Regain, Cayenne Tincture, Bone Tissue Nerve Formula, 28-Day Healing Program.</p> <p><b>Causes:</b> indicates overly acid body chemistry, lack of enzymes.</p> <p><b>Dietary:</b> Alkaline diet without pasteurized dairy products.</p> <p><b>Other therapies:</b> Slant board exercises, inverted yoga postures helps increase healing circulation to the head and eye areas.</p>
<b>Celiac Disease:</b>	<p><b>Herbal therapy:</b> Colon Detox Caps ( 2months at full dose then maintenance dose of 4 caps per day afterwards), Immune Valor (to calm the autoimmune process). Pharmaceutical grade alcohol used in herbal tinctures is naturally gluten-free as gluten molecules are too large to pass through the distillation process.</p> <p><b>Causes:</b> could be caused by vaccination, can also be inherited.</p> <p><b>Dietary:</b> avoid all gluten-containing foods (wheat, barley, spelt, rye) and substitute with corn, quinoa, oats. Juice fast Program. Drink fresh vegetable juices daily to help strengthen intestinal lining. Essential Nutrients Powder. Aloe vera juice. Chia seeds may be very soothing if they do not cause diarrhea.</p>

	<p><b>Symptoms:</b> Autoimmune disorder associated with a severe reaction to gluten and gluten-containing foods. Symptoms include diarrhea, rashes, joint pain following consumption of gluten.</p> <p>See also colitis, chronic diarrhea, autoimmune disorder.</p>
<b>Cellulite:</b>	<p><b>Topical therapies:</b> Lemon oil (massage topically), Sweet Orange oil (massage topically), Circu-Tone Oil Blend (massage topically), Cayenne Tincture, Liver Regeneration Program.</p> <p><b>Causes:</b> poor circulation, lack of exercise, wearing high heels.</p>
<b>Cerebral Hemorrhage:</b>	<p><b>Acute:</b> Cayenne Tincture – up to 10 droppers full in an emergency, Eyebright Formula.</p> <p><b>Recovery</b> from (depends on cause): Cayenne, Brain Regain, 28-Day Healing Program. Avoid blood thinning herbs/formulas (Garlic, Cider 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.</p>
<b>Cervical Cancer:</b>	<p><b>Herbal Therapies:</b> 28-Day Healing Program + Female Harmony. Berberine Power.</p> <p><b>Causes:</b> Indicates anger issues or long-term frustration with sexual partner. Often associated with Human Papilloma Virus (HPV). Chemicals in bleached tampons, chemicals in sexual lubricants, chemicals in feminine deodorants. Chronic constipation (1 or less bowel movements per day)</p> <p><b>Other therapies:</b> Use hot and cold hydrotherapy over pelvic area 1 – several times daily.</p>

<b>Cervical Dysplasia:</b>	See Pap, Abnormal. See Cervical Cancer
<b>Cervix Infections:</b>	<p><b>Herbal therapies:</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-Parasite Formula, Liver Regeneration Program + Blood Detox Formula, Female Harmony.</p> <p><b>Other therapies:</b> Hot and cold hydrotherapy applications over pelvic area several times daily.</p>
<b>Chest Cold:</b>	*Cider Blaster, (Berberine Power + Echinacea Premium), ALG Oil Blend, Throat Soothe Formula, Tissue Repair Oil, Immune Boost Syrup (kids), Juice fasting
<b>Chicken Pox:</b>	Berberine Power + Echinacea Premium, Tea tree/Jojoba oil (apply to spots, helps control itching, soothes irritation, reduces inflammation), Essential Nutrients, Immune Boost Syrup (kids), AV Blend (apply one drop to bottoms of feet, or dilute with carrier oil and use as part of whole body massage)
<b>Chilblains:</b>	see frostbite
<b>Childbirth:</b>	<p><b>Bleeding:</b> Cayenne – take just before and during childbirth to protect against hemorrhage. Essential Nutrients (replenishes blood after blood loss) – use double dose or 4 TBS daily to help replenish blood lost during childbirth.</p> <p><b>Easing painful labor:</b> Lobelia, Lavender oil (relaxing, helps with pain).</p> <p><b>To encourage labor:</b> use Berberine Power. Black cohosh, blue cohosh, goldenseal are the birth helper herbs. Use deep foot reflexology to help encourage the progress of labor &amp; delivery.</p>

	<b>Breech birth</b> – Moxibustion at outer edge of the pinkie toe can help turn a breech baby. Make sure you have a knowledgeable midwife present.
<b>Cholecystitis:</b>	See Gallstones
<b>Cholesterol (high):</b>	<p><b>Herbal therapies:</b> *Healthy Cholesterol Formula, *Liver Regeneration Program, Garlic Tincture, Lemon oil, Blood Detox Formula, Thyroid Support, Sweet Essence applied over thyroid gland.</p> <p><b>Nutritional therapy:</b> cook eggs intact so that yolk is never broken. Begin drinking Leafy green juices. Stop drinking alcoholic beverages and soda pop. Eliminate meat or cut down to one or two servings per week.</p> <p><b>Other therapies:</b> Castor oil pack used over liver area – helps clear cholesterol residues from liver.</p>
<b>Chronic Fatigue:</b>	<p>Echinacea Premium + Berberine Power, Essential Nutrients, Adrenal Support, Immune Valor, Iron From Herbs, 28-Day Healing Program.</p> <p><b>Causes:</b> infections (bacterial, viral, fungal), root canaled teeth, overwork, adrenal exhaustion, parasites, anemia, chronic diarrhea, malabsorption, malnutrition, Lyme disease, diabetes types I and II, low thyroid, snoring, sleep deprivation, being in chronic pain.</p>
<b>Circulation, Enhance:</b>	Cayenne Tincture, Brain Regain, Healthy Heart, Ginger Tincture (stimulates microcirculation, circulation to pelvis, eyes, kidneys), Cider Blaster, Youthful Circulation (proteolytic enzyme formula thins blood)
<b>Cirrhosis (Liver):</b>	Liver Regeneration Program + Echinacea Premium. Add Lobelia and Cayenne if fluid retention. 28-Day Healing

	<p>Program. The liver cannot be healed without healing the colon too.</p> <p><b>Symptoms:</b> swollen feet and abdomen due to water retention, tendency toward bleeding, jaundice. This is end-stage liver disease caused by decades of damage in the liver.</p> <p><b>Causes:</b> longstanding Hepatitis B or C, medication-induced liver damage, alcoholic liver disease.</p> <p><b>Nutritional therapy:</b> Do not consume beer, wine or alcoholic beverages until well. There is a tendency towards bleeding and the veins around the esophagus can become enlarged causing a predisposition towards severe bleeding of the esophagus if foods with sharp edges are consumed (corn chips, potato chips, crunchy crackers, etc.). eat soft foods, or have lots of smoothies and green vegetable juices.</p>
<b>Clot:</b>	See Blood Clot(s)
<b>Colic:</b>	<p>Tummy Tea. Something as simple as fennel seed tea or catnip tea can work wonders. Use a warm compress on the belly to help relax muscle cramps and spasms in the colon.</p> <p><b>For infants:</b> Breastfeeding mother takes Digestive Tonic, Peaceful Nerves, or Lobelia to go through the breastmilk to benefit baby in the right dose.</p> <p><b>Dietary:</b> If bottle-feeding, the symptoms of colic can indicate allergy or intolerance to infant formula. Try switching to a different infant formula.</p> <p><b>Reflexology:</b> massage bottoms of feet in the center of each foot to help infant pass gas.</p>
<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

	<p>Plus (Flora-G Plus), use only the Foster Flora (Flora-G) regular strength), Immune Valor, Adrenal Support, Essential Nutrients, Bone Tissue Nerve Formula, Digestive Formula. Eliminate dairy products and wheat from the diet. Lots of fresh leafy green juices in the diet.</p>
<p><b>Cold Sores:</b></p>	<p>AntiViral Formula + Cider Blaster or Berberine Power, AV Blend, Echinacea Premium, Blood Detox Formula, Tea Tree/Jojoba oil blend, Clove oil, Lemon oil.</p> <p>Chronic: add Immune Valor, Adrenal Support, Earth's Nutrition Caps.</p>
<p><b>Colds and Flu:</b></p>	<p><b>Note:</b> it does NOT matter what the name of the virus is or if the authorities and doctors are saying it's incurable. It's NOT incurable. You do NOT have to wait it out or let it run its course! You can take all kinds of shortcuts and nip it in the bud early on and dramatically reduce the time it takes to heal from colds and flu.</p> <p><b>Herbal Therapies:</b> (Within first 24 hours: Cider 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.</p> <p>ALRG oil blend – apply to bottoms of feet, upper back and chest several times daily for congestion and to ease breathing. Throat Soothe Formula – 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). 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</p>

	<p>sensation in throat. About 1 – 2 drops of total blend per dose diluted in olive, sesame or other cold-pressed oil.</p> <p><b>Dietary therapies:</b> Dairy products increase the production of phlegm in the sinuses and lungs. Avoid all dairy products until you are well. Consume fresh lemon juice and hot chili pepper, ginger and turmeric.</p>
<p><b>Colon Cancer:</b></p>	<p><b>Herbal therapies:</b> Parasite Cleanse. Liver Regeneration Program + Blood Detox Formula, *Juice fasting (allows colon to rest and heal and activates metabolic enzymes). *28-Day Program is best. Constipation issue must be solved – bowels must move 2 to 3 times daily – use Vibrant Colon or Flora-G Plus,</p> <p><b>Causes:</b> the result of decades of constipation or colitis. Parasites are often a causative factor. Some rare cases are inherited - Familial polyposis.</p> <p><b>Dietary:</b> 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.). Drink half body weight in ounces of water per day and get 20 minutes of exercise daily.</p> <p>See Constipation for more details.</p>
<p><b>Coma:</b></p>	<p>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).</p> <p><b>Other therapies:</b> Craniosacral therapy.</p> <p>See also pneumonia and infections. Coma caused by diabetes: see diabetes. Coma caused by heart failure: see congestive heart failure</p>

<p><b>Congestive Heart Failure:</b></p>	<p><b>Causes:</b> top 2 reasons are heart attack and years of high blood pressure (even if treated with blood pressure-lowering medications. Sometimes a long-term complication of diet drugs or a heart valve defect (aortic stenosis, mitral valve prolapse, etc.). Emotional causes: heartbreak, grief over loss of a loved one.</p> <p><b>Herbal Therapies:</b> *Cayenne Tincture + 28-Day Healing Program + Healthy Heart. You can use Lobelia Tincture to help release excess water retention.</p> <p><b>Dietary:</b> large doses of hot chili pepper can help. Avoid salt (use the least amount of salt possible and use only Celtic salt or pure unprocessed pink salt). Avoid all canned foods, white salt, white flour (enriched flour) . Shop only at health food stores or farmer's markets.</p> <p>Radical change in diet and lifestyle needed in order to heal this. Change all processed foods over to a whole foods organic, plant-based diet. Use emotional release techniques to release trapped emotions, shocks and traumas throughout the years. Regular exercise is also important – even if you can only do a little.</p> <p>See also: heart problems, palpitations, high blood pressure</p>
<p><b>Conjunctivitis:</b></p>	<p>*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 inflammation.</p> <p>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</p>

	<p>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>
<p><b>Constipation:</b></p>	<p><b>What it is:</b> Constipation is defined as having less than one bowel movement per major meal eaten throughout the day [three meals daily = three bowel movements daily]</p> <p><b>Herbal Therapies:</b> *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).</p> <p><b>Causes:</b> 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 (Bromocriptine), 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><b>Dietary therapy:</b> Consume a plant-based diet with emphasis on more raw foods. Increase water intake.</p> <p><b>Other therapies:</b> 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>
<p><b>Convulsions:</b></p>	<p><b>Causes:</b> May be a reaction to vaccination (any and ALL types). Can be caused by various types of parasites. Other causes: mercury amalgam fillings, low blood sugar/</p>

	<p>diabetes, mercury toxicity from eating fish, heavy metal poisoning. Root canals may contribute.</p> <p><b>Herbal Therapies:</b> Peaceful Nerves (acute but also for long term healing), Lobelia, 28-Day Healing Program, Parasite Cleanse Kit (if you suspect parasites). Taking the amino acid Taurine can help suppress seizures, but you must keep taking it.</p> <p><b>Topical therapies:</b> Frankincense oil (apply to neck pulse points, nape of neck, top of head, third eye area) – can stop some seizures, Lavender oil (apply same way as Frankincense oil).</p> <p>See also epilepsy</p>
<p><b>COPD (Chronic Obstructive Pulmonary Disease):</b></p>	<p><b>What it is:</b> 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><b>Causes:</b> This is usually the end result of many years of smoking. Anything that damages the lungs can contribute such as mold exposure in the home, exposure to gasoline or diesel fumes, second hand smoke, synthetic air fresheners, synthetic perfumes, synthetic household cleaners. Emotions contributing: grief over loss of loved one(s).</p> <p><b>Herbal Therapies:</b> 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</p>

infection. For severe or acute bronchial infection, add Cider Blaster – the garlic and onions kill infection while cayenne acts as an expectorant.

**Topical Therapies:** 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 time or longer and Liver Regeneration Program should also be attempted.

**Dietary therapies:** 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.

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.

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.

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

	<p>cells in the case of allergies and can help immune weakness.</p>
<p><b>Coronary Artery Disease:</b></p>	<p><b>Causes:</b> toxins accumulated in liver (even if liver function tests are normal), consumption of processed foods, heartbreak. May indicate vitamin C deficiency/early sign of scurvy.</p> <p><b>Herbal Therapies:</b> *Healthy Heart + *Youthful Circulation + *Liver Regeneration Program + *Blood Detox Formula. (all of these help to thin the blood naturally) *Cayenne Tincture. 28-Day Healing Program.</p> <p><b>Dietary Therapies:</b> 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. Avoid trans-fats, hydrogenated oils, fried foods, margarine, white refined sugar.</p>
<p><b>Cough:</b></p>	<p><b>Herbal Therapies:</b> Throat Soothe Formula, Lobelia, Cider Blaster, Echinacea Premium, Immune Valor, AV Blend, Peppermint oil.</p> <p><b>Dietary:</b> Eliminate pasteurized dairy products from the diet.</p> <p><b>Lifestyle:</b> 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> <p>See also: asthma, allergies, bronchitis, pneumonia, interstitial lung disease</p>

<b>Crohn's Disease:</b>	<p><b>Causes:</b> associated with a history of using birth control pills (especially for six years or longer), adjuvants (especially aluminum hydroxide) used in injections</p> <p><b>Herbal therapies:</b> [Colon Soothe + Can-G + Immune Valor], Foster Flora (Flora-G), Tummy Tea, Adrenal Support, Bone Tissue Nerve Formula, 28-Day Healing Program. Colon Soothe or Colon Detox Caps should be used Daily for at least 2 months.</p> <p><b>Nutritional therapies:</b> Eliminate dairy products and wheat from the diet. Juice fasting helps rest the colon and allows it to heal.</p>
<b>Cuts, scrapes, bruises:</b>	<p>(Tea Tree/Jojoba 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>Degenerative Disc Disease:</b>	<p><b>Causes:</b> If this is in the lower portion of your spine, consider your sitting position and the ergonomics of it. Slouching can decrease the circulation to your spine and interfere with your spinal alignment. Straining your neck to see your computer can also interfere with your spinal alignment.</p> <p>Another cause is constipation. It can worsen degenerating discs in the lumbar and sacral spine due to excess pressure in the area.</p> <p>Another cause is an accident, whiplash injury, severe fall or other physical trauma that affects the spine. Using the Tissue Repair Oil as soon as possible after the injury is</p>

recommended, but if years have passed, the Tissue Repair Oil is still very beneficial.

Another cause is an overly acidic body chemistry. You can get some pH test strips for your urine so you can see how acidic your body chemistry is. An overly acidic body chemistry creates the conditions for this issue by leaching minerals from the body (the minerals are used up after they attach to excess acids in your body to neutralize them.) If your body is overly acidic, it indicates 1 or both of the following: 1. You've build up acidic toxins in your body and need to detox to remove these acid wastes. 2. You're eating too much protein in your diet.

**Alignment/ Chiropractic:** Discs sometimes deteriorate because the spine is out of alignment, especially when out of alignment for long periods of time. (You may have injured yourself a long time ago and your doctor recommended pain medication but you never had a spinal adjustment to have your spinal bones put back into alignment). The spine can also be pulled out of alignment from tension in certain muscles. It's important to identify where the tension is and release it. Make sure to stay aligned in your spine while sitting, working at a computer, standing and performing daily activities. Don't slouch. A massage therapist or chiropractor can be very important in the healing of this issue. I prefer gentle touch chiropractic or non-force chiropractic the best but use whatever works for you.

**Herbal Therapy:** use Tissue Repair Oil over the affected discs three times daily (or more) for several months. Use the Tissue Repair Oil as many times per day as you can remember and keep massaging around the area to open it up and allow the circulation to come in. Take Bone Tissue Nerve Formula to help provide the specific nutrients your body needs to heal from this issue. Do the Liver Regeneration Program every 3 to 6 months to remove acidic wastes from your body. This can take a while to heal, but the herbs do help to repair damage over time.

	<p><b>Essential Oil Therapy:</b> massage the entire spine with essential oils diluted with coconut oil to help increase blood circulation, heal spinal nerves (peppermint oil, lavender oil, geranium oil) and reduce inflammation (Tissue Repair Oil, peppermint oil).</p> <p><b>Hydrotherapy Routine (very powerful):</b></p> <p>Alternate hot water and cold water – 1 minute each over the spinal area for 7 repetitions for a total of 15 minutes for one session. Repeat the entire session at least once per day and more if you have the time. The more circulation you bring to this area, the more it will heal.</p> <p><b>Dietary Therapy:</b></p> <p>All of the Superfoods (Dr. Foster’s Essential Nutrients or Earth’s Nutrition formula) and organic foods are also important to help provide the building blocks for the discs to regenerate.</p> <p>Taking a collagen supplement can help the discs repair as well. If your body chemistry is too acidic, cut down on animal protein, drink apple cider vinegar tonics 1 to 3 times daily (1 Tablespoon organic unfiltered apple cider vinegar in 1 cup of purified/filtered water with 12 drops liquid stevia or unheated, unfiltered honey).</p>
<p><b>Degenerative Joint Disease (DJD):</b></p>	<p>The same as osteoarthritis. See arthritis, osteoarthritis.</p>
<p><b>Depression:</b></p>	<p><b>Herbal Therapies:</b> 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. Citrus essential oils help lift the mood and can help depression, especially when inhaled.</p> <p><b>Lifestyle:</b> take alternating hot/cold showers. Fall in love. Try something new. Change the daily routine.</p>

<p><b>Dermatitis:</b></p>	<p><b>Herbal Internal Remedies:</b> It's important to treat any skin problem from the inside out and not simply apply something to the skin. Skin issues can have many causes including a toxic colon, liver, kidneys, lymph and/ or blood. Echinacea Premium, Blood Detox Formula, Healthy Skin, Intestinal Rejuvenation Program, Kidney/Bladder Revitalization Program. If you cannot handle an herbal cleanse, use the Immune Valor formula to help calm down an overactive immune system. Take for as long as needed or until it calms down.</p> <p><b>Topical Herbal Therapies:</b> Tea Tree/Jojoba oil blend, Germ Shield, Can-G – make solution and apply to affected area. Geranium, oil Lavender oil, Peppermint oil</p>
<p><b>Diabetes I:</b> (insulin-dependent)</p>	<p><b>Causes:</b> Type I Diabetes is often referred to as insulin-dependent diabetes. People who have type I diabetes are dependent on insulin injections to manage their blood sugar. It can be the result of a vaccination reaction or can be precipitated by a flu-like illness/ viral infection that spreads to the pancreas. It can also occur as the result of acute or chronic pancreatitis. Pancreatitis can occur as the result of a gallstone getting stuck in the bile duct. Pancreatitis can also occur in association with colitis. After having poorly controlled Type II diabetes (insulin-resistant diabetes), a person can develop Type II diabetes and have to start taking insulin.</p> <p><b>Herbal therapies:</b> *(Sweet Essence Oil Blend + 28-Day Healing Program + Pancreas Support). Other supportive formulas after the 28 day program is over: Female Harmony, Adrenal Support, Celebration essential oil blend (helps fight infections), Flora-G Plus (help fight candida overgrowth and fungal infections), Cayenne (increases circulation to extremities and helps avoid gangrene and warms the body), Ginger (increase circulation to the eyes, kidneys and pelvic organs and warms the body). Lemon essential oil, Geranium essential oil. For children, reduce dosages according to their weight and avoid adult laxative formulas for children</p>

	<p>under 100 pounds (Vibrant Colon, Colon Start Plus, Colon Activator)</p> <p><b>Dietary therapies:</b> avoid all granulated sugar, enriched flour, multi-purpose flour, honey, maple syrup. Use only stevia and monkfruit for sweetening. Add organic cold-pressed coconut oil to the diet.</p>
<p><b>Diabetes II:</b> (insulin resistant)</p>	<p><b>Causes:</b> obesity, long-term exposure to petrochemicals, long-term diet of too many desserts and sweets, soda pop, high fructose corn syrup, cakes, cookies, brownies, pies.</p> <p><b>Herbal therapies:</b> Liver Regeneration Program + Blood detox Formula – repeat every 3 to 6 months. Every 3 to 6 months do a Kidney Bladder Revitalization Program. Can rotate liver and kidney cleanses ever 3 months.</p> <p><b>Topical therapies:</b> Sweet Essence Essential oil – one drop rubbed on belly or soles of feet at mealtimes to help potentiate the action of insulin on the meal. This blend also helps provide endocrine support for the pancreas, adrenals and thyroid. It can sometimes help lower blood sugar into the normal range if they mildly to moderately elevated.</p> <p><b>Dietary therapies:</b> add raw garlic to the diet. Sprinkle hot chili pepper on foods. Cut out soda pop, enriched flour, multi-purpose flour, corn syrup, maple syrup, honey, desserts. Instead of sweets, have simple fruit desserts such as baked apples. Cut out white bread made with yeast.</p> <p><b>Other therapies</b> – exercise especially after meals to help blood sugar enter cells and optimize the effects of your own insulin production. Losing extra weight can also help insulin work better and is sometimes enough to reverse the disease. Extra weight may be caused by overeating, eating of processed foods or by low thyroid function/ Hashimoto's.</p>

<b>Diaper rash:</b>	*Tea tree/jojoba oil blend, diluted Lavender oil
<b>Diarrhea:</b>	<p><b>Herbal therapies:</b></p> <ul style="list-style-type: none"> <li>• (*Colon Detox Caps or *Colon Soothe Formula) – to stop the diarrhea. Take 8 capsules of Colon Detox Caps and repeat an hour later. Usually two doses is enough, but you can take more if needed. Take 2 to 3 teaspoon of Colon Soothe Powder mixed in 8 ounces of water, then repeat again one hour later. Usually two doses is enough to stop it, but you can take more if needed.</li> <li>• Echinacea Premium, Sweet Orange oil, (Flora-G), Parasite Cleanse (if caused by parasites). Do not use Flora-G Plus, Vibrant Colon, Colon Starter Plus or Colon Activator during diarrhea.</li> </ul> <p>See also Celiac disease, Crohn's disease, colitis, food poisoning</p>
<b>Disinfection:</b>	Essential Oils: *AV Blend, *Circu-Tone Blend, Lemon oil, Lavender oil, Celebration essential oil blend, Funga-Gone Essential Oil Blend, Clove essential oil, most essential oils.
<b>Diverticulitis:</b>	<p>Infection or inflammation of the diverticuli – abnormal pockets/ out-pouching of the bowel caused by abnormally high pressure in the colon for long periods of time.</p> <p><b>Cause:</b> Caused by long-term constipation.</p> <p><b>Herbal therapies:</b> Juice fast + Vibrant Colon + Colon Detox. This is the foundation. It has always worked. Do the juice fast for at least 2 weeks. One week will help, but 2 weeks are ideal.</p>

	To maintain colon health afterwards and avoid future health problems, take 1 dose of Colon Detox Caps or Colon Soothe Formula once daily.
<b>Diverticulosis:</b>	<p><b>Causes:</b> long-term constipation (having one or less bowel movements per day. One bowel movement per day is constipation. Often associated with diverticulitis (inflammation and/or infection of the diverticuli) and hemorrhoids</p> <p><b>Herbal therapies:</b> Vibrant Colon (or Colon Starter Plus Formula), Colon Detox Caps, Bone Tissue Nerve Formula (strengthen colon tissue), Essential Nutrients.</p> <p>See also constipation.</p>
<b>Dizziness:</b>	<p><b>Causes:</b> the #1 cause is prescription drugs. Review all side effects of every prescription medication you are taking. Medications for insomnia and anxiety are often culprits, but it could be ANY prescription medication. Stroke is another cause. Meniere's disease. Alcoholism. Inner ear infection.</p> <p><b>Herbal Therapies:</b> Cayenne Tincture, Brain Regain (review prescription medications for side effects)</p>
<b>Dropsy:</b>	See Congestive Heart Failure
<b>Drug withdrawal - alcohol &amp; sedatives:</b>	<p><b>Herbal Therapies:</b> *Peaceful Nerves or Nerve Calm – 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 (helps mood and emotional stability), Lavender essential oil (inhale or massage along nape of neck, scalp).</p> <p><b>Drug overdose:</b> Colon Soothe can neutralize drugs if recently consumed/ they are still in the stomach. Colon Detox Caps can pull drug residues out of intestines.</p>

	Blood Detox Formula helps clear drugs out of the bloodstream.
<b>Drug withdrawal - cocaine, amphetamines, &amp; stimulants</b>	<p><b>Herbal Therapies:</b> Vibrant Colon + Colon Detox Caps – keep elimination going during any drug withdrawal. Adaptogenic herbs such as the Adrenal Support or Immune Valor formulas help during any drug withdrawal. Depending on the drug, different herbs may be indicated. For withdrawal from stimulants, use Adrenal Support. For rapid heartbeat, use Healthy Heart. For nausea and vomiting, use Digestive Tonic.</p> <p>Blood Detox Formula, Earth's Nutrition Caps, Brain Regain.</p>
<b>Dysentery:</b>	see Diarrhea
<b>Dysmenorrhea:</b>	See Menstrual cramps
<b>Earache/Infection:</b>	<p><b>Topical herbal therapy:</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 severe 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.</p> <p><b>By Mouth:</b> Take by mouth: Echinacea Premium, Immune Boost Syrup (kids), Cider Blaster (adults only). Do NOT use a neti pot in cases of ear infection/ earache – use of a neti pot can aggravate fluid in the ear and worsen an ear infection/ fluid in the ear. Maintenance: Immune Valor, Chewable Flora, ALG – bottoms of feet, neck pulse points.</p> <p><b>Causes:</b> sinus infection, silent tooth infection, dental work, root canal, recent vaccination, wrong breastfeeding position (infant).</p>

	<p><b>Dietary:</b> Eliminate dairy products and wheat from the diet.</p>
<p><b>Eczema:</b></p>	<p><b>Topical therapy:</b> Tea tree/Jojoba oil blend, *Germ Shield, Geranium oil, Lavender oil, Tissue Repair Oil. Dilute all essential oils with carrier oil before applying to skin.</p> <p><b>Herbs by mouth:</b> (Liver Regeneration Program + Blood Detox Formula). Immune Valor (calms down overactive immune system)</p> <p><b>Causes:</b> Indicates kidney toxins and immune dysfunction. May be a reaction to vaccinations. Weak adrenal function. Can be a dairy allergy. Avoid future vaccinations if possible. Eczema can sometimes be an undiagnosed fungal infection.</p> <p><b>Dietary:</b> avoid sweets and sugary foods until the flare is over. If the cause is fungal, sweets and sugary foods will make it worse.</p> <p><b>Maintenance:</b> Healthy Skin (maintenance), Foster Flora (Flora-G), Immune Valor (to regulate overactive immune system, allergies), Adrenal Support (hormonal support).</p> <p><b>Other therapies:</b> skin brushing, therapy with light</p> <p><b>Dietary:</b> Eliminate dairy products and wheat from the diet.</p>
<p><b>Edema:</b></p>	<p><b>Herbal therapy:</b> Kidney/Bladder Formula, K/B Herbal Tea, Liver Regeneration Program, Cayenne, Lobelia. Kidney bladder formulas and lobelia stimulate urination and act as natural diuretics (water pill), but the underlying cause must be found and addressed. movements also helps eliminate excess fluid from the body.</p> <p><b>Causes:</b> Usually indicates either kidney toxins or heart problems or both. Can be caused by constipation, obesity, low thyroid function. Longstanding or chronic edema (water retention) can indicate congestive heart failure, liver failure, or kidney failure. The colon eliminates</p>

	<p>a lot of water – if there is constipation, a lot of water is not getting out through the colon. In the case of constipation (less than 2 bowel movements per day), stimulating the bowel with herbs will help to remove excess fluid from the body.</p> <p><b>Dietary:</b> Eliminate white table salt from diet. Bath of rock salt for severe cases has been used with success – it draw the excess water out of the body. Water follows salt.</p> <p>See also kidney failure, liver failure, cirrhosis, congestive heart failure, overweight</p>
<p><b>Emetic/ Swallowed something toxic</b></p>	<p>Lobelia (very large dose). An emetic would be used if you've accidentally swallowed something toxic, or eaten something that has caused food poisoning and it's in the first few hours. Beyond the first few hours, the stomach has emptied into the small intestine and taking an adsorptive formula is then indicated – Colon Soothe or Colon Detox Caps. Open up Colon Detox Caps before taking in order to have the formula coating the esophagus and stomach as well as the intestines)</p> <p>Do not use an emetic to vomit a caustic substance that was swallowed. Do not induce vomiting if something with sharp edges was swallowed, otherwise, you risk tearing the esophagus. If in doubt, contact your local poison control. Colon Soothe Formula or Colon Detox Caps can be used to absorb a toxic substance that was swallowed. They can be administered after the emetic has done its job or in place of the emetic if a few hours have passed since the substance was swallowed.</p>
<p><b>Emphysema:</b></p>	<p><b>Causes:</b> long-term smoking, chronic lung disease such as interstitial fibrosis, silicosis</p> <p><b>Herbal therapies:</b> 28-Day Healing Program + Lobelia Tincture. Anti/viral oil blend. Stop smoking/ avoid being around smokers while they are smoking. 5 to 10 drops of</p>

	<p>Lobelia can be used to fight cravings for nicotine each time they occur.</p> <p><b>Topical therapies:</b> essential oils can help the body maximize its use of oxygen and can help symptoms of oxygen starvation. Use ALRG or Open Heart blend to help open up breathing passages.</p> <p><b>Inhalation therapies:</b> Use steam therapy with Germ Shield essential oil blend to help decongest sinuses and lungs. Add AV Essential Oil blend to Germ Shield to a personal steam inhaler to help fight respiratory infections.</p> <p><b>Avoidance of Toxins:</b> 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.</p>
<b>Endometriosis:</b>	<p><b>Herbal therapies:</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.</p>
<b>Energy:</b>	<p><b>Causes:</b> Chronic dehydration often causes energy loss. Iron deficiency can also be a cause. Low energy can be associated with hypoglycemia. If accompanied by unintended weight loss, this symptom usually indicates something serious. Can indicate either a cancer, neuromuscular disease, overactive thyroid or diabetes. Do NOT eat junk food if you are losing weight without trying. Get evaluated and find out why you're losing weight.</p> <p><b>Herbal therapies:</b> Essential Nutrients (or Earth's Nutrition Caps), Cayenne Tincture, Liver Regeneration Program, Brain Regain, Female Magnetism, Adrenal Support, Peppermint oil (inhale deeply).</p>

	See iron deficiency, hypoglycemia, chronic fatigue syndrome.
<b>Enuresis:</b>	See Bedwetting
<b>Epilepsy:</b>	<p><b>Causes:</b> 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. Epilepsy in women of child-bearing age often occurs with increased frequency around menstruation. At the time of menses, seizures can increase.</p> <p><b>Herbal therapies:</b></p> <p>Use *28-Day Healing Program + Peaceful Nerve or Nerve Calm formula. Repeat if needed.</p> <p>Lavender oil diluted with carrier oil and applied to nape of neck, bottoms of feet - especially big toes, forehead are between eyebrows and temples. 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.</p> <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. Lobelia tincture is an antispasmodic herb that can suppress seizures. Bone Tissue Nerve Formula – a long-term tonic to help strengthen and balance nerve function.</p> <p>Treat any underlying issues such as colitis, food allergies, parasites, liver toxicity, diabetes, etc.</p> <p>In women, use Female Harmony or Immune Valor every day for the long-term, even if menses are regular. There</p>

can still be a hormonal imbalance/ hormonal component even though periods are regular.

**To help memory/ focus/ concentration:** Grounding oil blend, Essential Nutrients – help maximize brain function and stabilize mood.

**Dietary:** 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.

**Topical therapy:** Massage spine and head with essential oils on regular basis – focus especially on area at base of skull.

**Other therapies:** 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.

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 diabetes, stroke, parasites, heavy metal poisoning, brain injury, and autism.

**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></p>	<p><b>Herbal therapy:</b> Cider Blaster, Liver Regeneration Program + Echinacea Premium, AntiViral Formula, Sweet Essence (or Adrenal Support), Immune Valor, Immune Virus Herbal Tea, Immune Boost Syrup (kids). Liver Regeneration Program – to help with fatigue and brain fog) 28-Day Healing Program.</p> <p><b>Dietary:</b> use Earth's Nutrition Powder or Essential Nutrients powder daily to help increase energy and mental alertness/ help with brain fog.</p> <p><b>Causes:</b> Chronic fatigue-like illness can follow vaccination or influenza or chronic severe stress.</p>
<p><b>Esophageal Cancer:</b></p>	<p><b>Causes:</b> long-term acid reflux, exposure to toxic chemicals</p> <p><b>Herbal therapy:</b> 28-Day Healing Program + Digestive Formula for 2 to 3 months. Can-G, Tummy Tea, Juice fasting. Massage chest with Frankincense and clove oils. Use Lobelia tincture to release any spasms in the throat and esophagus. Take 5 to 30 drops at the first sign of pain or spasm in the esophagus.</p> <p><b>Dietary:</b> Ideal if a juice fast can be followed for the first 30 days with mainly green vegetable juices.</p>
<p><b>Eyes, Bags Under:</b></p>	<p><b>Watery bags:</b> this type of eye bag looks like it is filled with fluid and sags a little bit. Often accompanied by dark circles under the eyes. Kidney/Bladder Revitalization Program, Immune Valor, Lobelia, Lemon oil, Orange oil, Adrenal Support. Indicates kidney toxins, hormonal weakness.</p> <p><b>Fat bags:</b> this type of bags under the eyes look more solid and look “plump”. Liver Regeneration Program + Blood Detox Program or Cholesterol Busters Program, Youthful Circulation. Indicates cholesterol issues.</p> <p>See also: high cholesterol</p>

<p><b>Eyes, Injury, Infection:</b></p>	<p><b>Herbal therapies:</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. Treat for at least 7 days and ideally up to 10 days. There is also a cayenne-free formula if the cayenne in the regular formula is too much.</p> <p>See also Blepharitis</p>
<p><b>Eyesight loss:</b></p>	<p><b>Herbal therapy:</b> Eyebright Formula, Brain Regain, Cayenne Tincture, Essential Nutrients, Frankincense oil (topical use only). Liver Regeneration Program (eyesight is connected to liver function – even if your liver test blood tests are normal)</p> <p>Use Humming Mask daily for at least one 22- minute cycle and up to 6 cycles per day.</p> <p><b>Dietary:</b> food high in beta carotene helps especially with night blindness as well as other vision problems: carrots, carrot juice, butternut squash, pumpkin. Use Earth's Nutrition Powder or Essential Nutrients powder – the algae and greens help eyesight.</p> <p>See also Stroke, Diabetes</p>
<p><b>Farsighted:</b></p>	<p>See Vision</p>
<p><b>Fatigue:</b></p>	<p><b>Herbal therapies:</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. Do the Liver Regeneration Program regardless of what the “pinpointed” cause is.</p> <p><b>Causes of fatigue:</b> iron-deficiency anemia, low thyroid/ Hashimoto's, constipation, any type of infection,</p>

	<p>autoimmune disorder, nutritional deficiency, insulin resistant diabetes, parasite, cancer, mitral valve prolapse, period of extreme stress, grief over death of loved one, chronic fatigue syndrome, low adrenal function, constipation, poor digestion, infectious mononucleosis ("the kissing disease"), chronic Epstein Barr, sleep deprivation, caring for an aging parent, Lyme disease</p> <p>See also anemia, diabetes, parasites, cancer, heart</p>
<b>Fat-dissolving:</b>	<p><b>Herbal Therapy:</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.</p> <p>Weight also depends on diet and thyroid function. Do not do an herbal cleanse while eating junk food or ice cream. Make sure to drink plenty of water every day and do an exercising program three times weekly that you like and are capable of doing.</p>
<b>Fertility, Men:</b>	<p><b>Herbal Therapy:</b> Liver Regeneration Program + Blood Detox – at least two cleanses. Then Adrenal Support for long-term building/strengthening. Damiana Formula.</p> <p><b>Dietary:</b> seeds are the reproductive organs of plants and they nourish our endocrine organs. Eat lots of seeds including sesame seed (especially black ones), sunflower seeds, pumpkin seeds, raspberry seeds, strawberry seeds, blackberry seeds, cucumber seeds, tomato seeds. Watermelon seed tea.</p>
<b>Fertility, Women:</b>	<p><b>Herbal Therapy:</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. Natural Fertility</p>

	<p>Program – both partners do the cleanse regardless of whose “fault” it is.</p> <p><b>Dietary:</b> seeds are the reproductive organs of plants and they nourish our endocrine organs. Eat lots of seeds including sesame seed (especially black ones), sunflower seeds, pumpkin seeds, raspberry seeds, strawberry seeds, blackberry seeds, cucumber seeds, tomato seeds. Watermelon seed tea.</p>
<p><b>Fever:</b></p>	<p><b>Causes:</b> infection, thyroid storm (extreme over activity of the thyroid), cancer, flu, exposure to toxic pesticides such as malathion or parathion</p> <p><b>Herbal therapies:</b> *Peppermint oil, *Echinacea Premium Formula, Cider Blaster Formula, Liver Regeneration Program, Immune Virus Herbal Tea, Immune Boost Syrup (kids), Ginger Tincture, Cayenne Tincture, Lemon oil</p> <p>Heal any underlying diseases such as diabetes.</p> <p>See also diabetes, flu</p>
<p><b>Fibroids: (Uterus)</b></p>	<p><b>Causes:</b> These occur due to hormonal imbalance, greatly aggravated by xenoestrogens in commercial meats, dairy products and plastics. 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.</p> <p><b>Herbal therapies:</b> Liver Regeneration Program + Blood Detox Formula followed up by Female Harmony.</p> <p><b>Dietary therapies:</b> 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. Eat raw garlic – around 3 cloves</p>

	<p>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. Do the Liver Regeneration Program 2 to 4 times with the Blood Detox Formula and juice fasting if possible.</p> <p><b>Other therapies:</b> 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.</p> <p>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.</p>
<p><b>Fibromyalgia:</b></p>	<p><b>Causes:</b> Can be associated with thyroid imbalance (underactive or overactive). Another cause is a hidden parasite (modern stool tests for parasites are notoriously inaccurate). Fibromyalgia has been reported after vaccination. Can also be the aftermath of the flu or other severe viral infection. Muscle damage can be caused by taking statins for high cholesterol. Working too hard, enduring a high amount of stress for a long period of time.</p> <p><b>Herbal therapies:</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.</p> <p><b>Other therapies:</b> tai chi can help with muscle pain and weakness. Deep tissue massage. Avoid neurotoxins (pesticides, insecticides, aluminum adjuvants, etc.)</p>

	See also hypothyroidism, hyperthyroidism, high cholesterol
<b>Fits:</b>	see Epilepsy
<b>Flatulence:</b>	See Gas
<b>Flea repellent:</b>	Peppermint oil, Lavender oil
<b>Flu:</b>	See colds & flu
<b>Fluid retention:</b>	<p><b>Causes:</b> Fluid 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.</p> <p><b>Herbal therapies:</b> *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.</p> <p>It is important to treat the underlying cause rather than simply eliminate the excess fluid. This means getting the colon moving at least 2 or 3 times daily to eliminate excess water, healing liver, kidneys and heart as well as stimulating urination.</p> <p>See also congestive heart failure, liver failure, kidney failure</p>

<b>Food poisoning:</b>	*Colon Detox Caps (or Colon Soothe), Peppermint oil, Echinacea Premium, Lemon oil, Clove oil, Digestive Tonic
<b>Foot Pain:</b>	<p><b>Causes:</b> foot injury, bunion, ingrown toenail, athlete's foot, neuropathy (especially if there is burning pain), fracture, gout (especially if the pain is worse at night and in the big toe and worsened with beer and wine consumption), rickets, Morton's neuroma, bone cancer, arthritis, foot deformity, Lyme disease (especially if other joints are affected as well), fluid retention. Neuropathy is often associated with diabetes. Bizarre musculoskeletal pains can occur when taking statin medications. Fluid retention in the feet is associated with obesity, advanced liver disease, advanced kidney disease, congestive heart failure</p> <p><b>Herbal therapies:</b> Tissue Repair oil (massage foot with a few drops three times daily), Bone Tissue Nerve Formula (Take by mouth and also rub a few drops on foot several times throughout the day). If you suspect nerve damage, use Nerve Calm by mouth and also massage a few drops on the foot several times daily. Geranium oil can also help repair nerves over time if used topically.</p> <p><b>Dietary therapies:</b> cut out all beer and wine and high purine foods if you suspect gout. Gout is often the side effect of blood-pressure lowering medications. Cut out all junk foods including sweet foods with granulated sugar, honey and maple syrup. Avoid soda pop of all kinds. Do not drink tap water – filter all water coming into the house. If you are vitamin D deficient, take a Vitamin D supplement. Bone pain can also occur if you are taking too much Vitamin D, so it's best to get the Vitamin D levels checked. Arthritis can often be associated with gluten sensitivity. Try a gluten-free diet for a test period of around one month to see if it makes a difference.</p> <p><b>Other therapies:</b> avoid tight shoes. Massage the feet with Muscle Energizer Massage Oil.</p> <p>See also arthritis, gout, bunion, eczema, athlete's foot</p>

<b>Frostbite:</b>	Cayenne Tincture, Tissue Repair Oil, Ginger Tincture
<b>Frozen Shoulder:</b>	<p><b>Causes:</b> Can be caused by trauma to the shoulder (car accident, shoulder dislocation, repetitive use injury, recent vaccination, mishandled during a hospital stay, etc.) Computer work greatly aggravates. Try to use dictation software rather than type until the shoulder is healed. A computer touchpad could also be helpful, but prop it up so that the hand using it is in the neutral "handshake position" – hand is rotated inwards so that thumb is on top and fingers face the opposite hand on the other side of the body. Frozen should is otherwise known as adhesive capsulitis.</p> <p><b>Topical therapy:</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] – this technique is most effective for pain). Follow with Peppermint oil or Tissue Repair Oil diluted with castor oil and massaged into the shoulder and neck.</p> <p>Deep tissue massage of both shoulders, neck, upper back, mid-back, low back can increase mobility in as little as one session. Percussion massage gun can also help as well. Roll on tennis balls – two put together in a sock and place the sock with tennis balls along each side of the spine and roll spine up and down (do not roll on the spine itself, roll with balls on either side of the spine). Acupuncture can help relieve pain during the acute stage. 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.</p> <p>Pain in the left shoulder can be related to heart issues (broken heart, broken relationship, heart disease).</p>
<b>Fungal infection:</b>	<b>Causes:</b> taking antibiotics is the #1 cause. Often follows a course of antibiotics, especially if given over a long

	<p>period of time. Diet high in sugary foods, diabetes types I and II</p> <p><b>Herbal therapies:</b> Flora-G Plus – take by mouth for 90 days. *90-day Kick the Candida Challenge (helps get to the root of the problem in the gut). *Anti-Par Formula, *Echinacea Premium Formula, *Cider Blaster Formula,</p> <p><b>Topical therapies:</b> *Funga-Gone Blend, *Tea tree/ jojoba oil blend. Make a paste with Can-G and apply to infection. If a paste is not practical, mix Can-G with warm water and spray area that is affected repeatedly throughout the day. Geranium oil, Essential oils penetrate deeper into fingernails and toenails than do herbs.</p> <p>See also diabetes</p>
<p><b>Gallstones:</b></p>	<p><b>Herbal therapy:</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.</p> <p><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 – use only 1 to 2 droppers at a time, otherwise you can feel nauseated.</p> <p><b>Causes:</b> 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. Gallstones typically indicate a diet that is too rich in animal fat, a meat-based diet and consumption of trans-fats, fried foods, consuming “vegetable oil” or margarine.</p> <p>See also high cholesterol and hemolytic anemia</p>

<p><b>Gangrene:</b></p>	<p><b>Causes:</b> diabetes types I and II. Long-term consumption of a devitalized diet consisting of enriched flour, granulated sugar, “vegetable oil”, sweets, candies, alcohol, pies, cake, soda pop, potato chips. Smoking can also contribute to gangrene. Drinking coffee will restrict circulation to the legs and make this worse.</p> <p><b>Herbal therapy:</b> Cayenne Tincture, 28-Day Healing Program, Germ Shield blend.</p> <p><b>Topical therapy:</b> Hot and cold hydrotherapy of affected limb several times daily.</p> <p><b>Dietary therapy:</b> cut out all junk foods, meat, alcoholic beverages, desserts, coffee, chocolate or anything caffeinated. Sprinkle foods with hot chili pepper flakes or powder. Consume lots of RAW garlic, crushed in an avocado.</p> <p><b>Other therapies:</b> If associated with diabetes, must also use remedies to control blood sugar (Sweet Essence, Immune Valor, Liver Regeneration Program, etc.).</p> <p>See also diabetes.</p>
<p><b>Gas:</b></p>	<p><b>Herbal therapy:</b> Digestive Tonic, Peppermint oil, Intestinal Rejuvenation Program, Liver Regeneration Program, Foster Flora (Flora-G), Appetite Calmer (topical), Parasite Cleanse Kit.</p> <p><b>Causes:</b> Sudden onset may indicate food poisoning or viral gastroenteritis (stomach flu). May also be associated with irritable bowel syndrome, Crohn’s disease, ulcerative colitis or parasites. Parasites can travel to the liver and mimic gallstone pain – they are also notorious for causing excess flatulence.</p> <p><b>Dietary:</b> 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). Use Digestive Formula or Digest Factor with meals containing beans (the hemicellulose in Digest</p>

	<p>Factor helps break down the hemicellulose in beans, which is the cause of gas). Use proper food combining rules.</p> <p>Add a piece of the seaweed kombu to beans to increase digestibility. Presoaking beans in water overnight before cooking also helps increase digestibility and reduce gas.</p> <p><b>Fiber and lactose intolerance:</b> If eating fiber causes gas, take Digest Factor with meals (the cellulase enzyme in Digest Factor breaks down fiber to reduce or eliminate flatulence) Lactose intolerance: Digest Factor contains lactase which breaks down the lactose in milk.</p>
<p><b>Gastritis:</b></p>	<p><b>Herbal therapy:</b> *Colon Soothe – take ½ to 1 tsp once daily to help regenerate stomach lining, Tummy Tea, Digestive Formula (to help heartburn – dilute the formula with boiling water before consuming), Detox Chai Spice, drink fresh aloe vera juice/gel. Take 3 DGL tablets 3 to 4 times daily. Especially first thing in the morning and last thing before bedtime. If you suspect parasites in your stomach, use Dr. Foster's Essential Parasite Cleanse Kit.</p> <p><b>Symptoms:</b> heartburn, pain and indigestion. Pain is worse when there is an empty stomach, but pain can also be present when after eating a large meal. Large meals can stretch the stomach and cause more pain.</p> <p><b>Causes:</b> stomach virus, long-term stress (difficult job, difficult relationship, loss of job, marital conflict, etc.), stomach parasite. "Swallowing" your stress. Gastritis may often be confused with peptic ulcer or GERD. Use emotional release techniques to release stress, traumas and trapped emotions from the stomach area.</p> <p><b>Dietary:</b></p> <ul style="list-style-type: none"> <li>• Do not consume by mouth: salt, essential oils, citrus juices, vinegar, citric acid, tomatoes, garlic, onions, cinnamon, curry, asafetida, or acidic foods or carbonated beverages – these can cause pain</li> </ul>

	<p>and delay healing. Hot chili pepper can also aggravate. You can take a formula with a little hot chili pepper, but pour boiling water on top of the formula and add nondairy milk to make an herbal “latte” so that the pepper does not irritate the stomach.</p> <ul style="list-style-type: none"> <li>• Avoid coffee and black tea. Replace with coffee alternatives and herbal tea, especially chamomile tea. Instead of drinking caffeinated beverages, replace with adaptogenic herbs (Adrenal Support)</li> <li>• Synthetic vitamin C can increase pain (even esterified or buffered vitamin C can cause pain in people who have gastritis.)</li> <li>• A rice-based diet is recommended with bland soups, congees, custards and blenderized drinks. Gluten-free diet may be helpful.</li> <li>• A raw food diet can sometimes increase the discomfort, especially salad dressings. But, 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 or very low amount of salt.</li> <li>• Take Earth’s Nutrition Powder or Essential Nutrients Formula – the spirulina, chlorella and other cereal grasses all help to regenerate the stomach lining. Take 2 to 4 TBS per day.</li> </ul> <p>See also: ulcer, GERD</p>
<p><b>Gastroparesis:</b></p>	<p><b>Causes:</b> diabetes, damaged nerves due to Lyme disease or other causes.</p> <p><b>Herbal Therapy:</b> Digestive Tonic, Digest Factor, massage belly with Sweet Essence with each meal. Must control diabetes as well because it can cause the problem again and again if not healed.</p>

	See also diabetes
<b>GERD:</b>	<p><b>Causes:</b> Usually indicates constipation, slow emptying of stomach (gastroparesis). Excess belly fat creates additional pressure on the stomach, interfering with stomach emptying. Can also indicate gastroparesis and undiagnosed diabetes.</p> <p><b>Symptoms:</b> GERD causes symptoms typically just after consuming a large meal and then lying down. Symptoms include indigestion and heartburn.</p> <p><b>Herbal therapy:</b> Digestive Tonic, Can-G, Intestinal Rejuvenation Program, Tummy Tea, Peppermint oil (2 drops in a glass of water taken when there is heartburn), Liver Regeneration Program.</p> <p>Take Digest Factor and/or Digestive Tonic with meals. Incorporate more plant-based foods in the diet.</p> <p><b>Chiropractic:</b> there is a chiropractic adjustment to move the stomach down through the diaphragm and drop it back down into place where it should be.</p> <p><b>Lifestyle:</b></p> <ul style="list-style-type: none"> <li>• If overweight, lose weight to reduce pressure on lower esophageal sphincter.</li> <li>• Do not wear tight belts or constrictive clothing.</li> <li>• Excess weight may indicate a low thyroid. Take basal body temperature test to determine if thyroid function is low.</li> <li>• You can raise the head of your bed so that your upper body is slightly elevated when you lie down. This helps avoid the symptoms, but make sure you treat all underlying causes, as this is just symptomatic relief.</li> </ul>

	<p><b>Dietary:</b> Avoid eating heavy meals at nighttime. Have your heaviest meal by lunch. Don't nap after meals.</p> <p>See also gastritis and ulcer. See low thyroid</p>
<p><b>Glands, Swollen:</b></p>	<p><b>Herbal Therapy:</b> Echinacea Premium – take 2 droppers full 3 to 6 times daily to help shrink down enlarged nodes, Cider Blaster – to help fight infection, Immune Boost Syrup (kids), Liver Regeneration Program with Blood Detox (especially if the problem is chronic or has lasted a long time)</p> <p><b>Causes:</b> infections – bacterial, fungal, viral, parasitic; immunizations; cancer of the lymph nodes (rare). Sinus infections, silent dental infections and any infection in the head and neck region can cause enlarged nodes around the neck. Cancer is another cause, especially lymphoma (cancer of the lymph nodes), but it can be any type of cancer.</p>
<p><b>Glaucoma:</b></p>	<p><b>Herbal therapies:</b> Eyebright Formula – take by mouth and also use as eyewash several times daily, Youthful Circulation, Healthy Heart, Ginger Tincture, Frankincense oil – apply one drop around orbit of eye (make a circle around outside of eye – diluting with carrier oil if needed), 28-Day Program. Juice fasting program.</p> <p><b>Causes:</b> Is often associated with kidney toxins and high blood pressure, demineralized/ processed foods.</p> <p>Use Humming Mask Daily for at least one 22-minute cycle and up to 5 cycles daily.</p> <p>See also high blood pressure</p>
<p><b>Gingivitis:</b></p>	<p><b>Herbal Therapy:</b> *Tooth &amp; 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.</p>

<p><b>Gout:</b></p>	<p>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.</p> <p><b>Causes:</b> Gout results with high purine foods are consumed and the body cannot eliminate the excess uric acid. It usually indicates a kidney issue. Gout is often the side effects of many blood pressure medications, which can raise uric acid levels. Check any medications for this side effect (blood pressure-lowering medication is notorious for raising uric acid levels and causing gout. Heavy beer and wine drinkers often have gout. Certain fungal infection can raise uric acid levels.</p> <p><b>Dietary:</b> Stop drinking beer and wine. Nutritional yeast is contraindicated (Earth's Nutrition Formulas). Avoid yeast-risen breads. Reduce intake of meat (organ meats are especially high in purines) and rich foods. Consume a plant-based whole-foods diet. Take great care of your kidneys – drink nothing but pure water, herbal teas, fresh-pressed vegetable juices, diluted fruit juices. Avoid all else.</p>
<p><b>Graves' Disease:</b></p>	<p>See hyperthyroidism</p>
<p><b>Guillain-Barre Syndrome:</b></p>	<p><b>Symptoms:</b> sudden onset of paralysis. Usually affects the extremities and then progresses towards the trunk of the body. Arms and legs are often affected. Some cases are severe and life-threatening.</p> <p><b>Causes:</b> Rare complication of influenza or vaccination.</p> <p><b>Herbal therapy:</b> Massage area with *Tissue Repair Oil, Peppermint essential oil, Lavender essential oil, Geranium Essential Oil. *Bone Tissue Nerve Formula – maximum dose listed on product label. Avoid future vaccinations if possible. Heavy Metal Chelating Program – Liver</p>

	<p>Regeneration Program with Blood Detox Formula. 28-Day Healing Program.</p> <p><b>Dietary:</b> Pure cod liver oil/essential fatty acid supplement to help repair myelin sheath. *Earth's Nutrition Formula – double or triple dose to help repair/ regenerate nerves and brain. Raw organic pasture-raised eggs help repair the myelin sheath. (Do not use conventional eggs from a regular grocery store)</p> <p><b>Other therapies:</b> Deep foot reflexology to help heal and regenerate nerves.</p>
<b>Halitosis:</b>	See Bad Breath
<b>Hair:</b>	<p><b>Herbal therapies:</b> Lavender oil (dilute with carrier oil and apply to scalp), *Grounding Oil Blend (dilute with carrier oil and apply to scalp), Bone Tissue Nerve Formula – take by mouth to remineralize the body, Essential Nutrients (contain vital vitamins and minerals that help hair growth), Female Harmony or Adrenal Support if cause is low hormones.</p> <p>See hair loss</p>
<b>Hair loss:</b>	<p><b>Causes:</b> some of the causes include birth control pills, pregnancy, anemia, iron deficiency, low thyroid function, Hashimoto's, overactive thyroid, Graves' disease, low hormones, mineral deficiency, B vitamin deficiency, poor circulation, weak heart, seborrheic dermatitis, scabies, biting mites, sudden or severe trauma, congestive heart failure, weak heart, sleep deprivation.</p> <p><b>Herbal therapies:</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,</p>

	<p>*Grounding Essential Oil, Adrenal Support. Iron From Herbs.</p> <p><b>Dietary:</b> use double dose of Earth's Nutrition Powder or Essential Nutrients daily</p> <p>See also hypothyroidism, anemia, congestive heart failure, weak heart.</p>
<b>Hand sanitizer:</b>	Germ Shield – use as is out of the bottle one drop at a time and rub hands together. Lemon oil
<b>Hashimoto's:</b>	See hypothyroidism
<b>Hay Fever:</b>	<p><b>Causes:</b> vaccination (all types – every single one of them), consumption of GMO foods.</p> <p><b>Herbal Therapy:</b> *ALG Oil Blend (apply one drop to chest and just under jawline on both sides of neck), Echinacea Premium (take 2 to 3 droppers full and repeat if needed), Immune Valor, Adrenal Support, Lung Support Formula, Essential Nutrients. For chronic allergies, do the Liver Regeneration Program to detox from heavy metals, pesticide residues and other environmental toxins.</p> <p><b>Dietary therapy:</b> elephant garlic can stop some attacks. Reishi mushroom.</p>
<b>Headaches:</b>	<p><b>Herbal Therapy:</b> *Head Relief (acute use and also daily use for prevention of all types of headaches), *Brain Regain Formula + Lobelia), Open Heart Essential Oil Blend, *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,</p>

	<p>Frankincense oil, Head Relief or Brain Regain (daily as preventative).</p> <p><b>Causes:</b> Headaches may be caused by mercury amalgam fillings, TMJ (temporomandibular joint dysfunction), a stress pattern of clenching the teeth, infection anywhere in the body, stress/tension, subluxed cervical vertebra, toxic chemical exposure, head trauma.</p> <p><b>Lifestyle:</b> Avoid fumes (nail polish, synthetic air freshener, synthetic perfumes, car exhaust fumes, chlorine bleach, household cleaning chemicals, etc.) For household cleaning, use baking soda and/or distilled vinegar. Use Lemon or Orange Essential oil as degreasers and to help remove adhesives.</p> <p><b>Other therapies:</b> Craniosacral therapy</p>
<b>Heart Arrhythmia:</b>	See Arrhythmia
<b>Heart Attack:</b>	<p><b>Causes:</b> atherosclerosis (cholesterol build up inside the arteries, extreme stress over a long period of time, exposure to toxic chemicals, certain chemotherapy drugs, especially if delivered through a port.</p> <p><b>Herbal therapies:</b> *Cayenne Tincture (stimulates circulation the heart muscle, *Healthy Heart (two droppers 3 or more times daily), Open Heart Essential Oil Blend – massage 1 drop over heart area as need if there is any chest discomfort or if a stressful situation arises. Healthy Heart can be also be used to ease chest discomfort. In the event of a heart attack in process, take a large dose (six to ten droppers full in an emergency) of cayenne pepper to help open up coronary arteries. If you have powdered cayenne, use 1 tsp in a cup of water and drink it down immediately. Can take up to 8 droppers full of Healthy Heart in an emergency and repeat one hour later if needed.</p> <p><b>Dietary therapies:</b> sprinkle powdered cayenne on food or take Cayenne Tincture – start with 5 drops 3 times daily</p>

	<p>and gradually increase dose to 1 dropper full 3 times per day to increase circulation to heart. Reduce meat intake to once or twice weekly. Eat a plant-based diet of whole foods. Buy all foods from a health food co-op or farmer's market.</p> <p>See coronary artery disease.</p>
<p><b>Heart, Bundle Branch Block:</b></p>	<p><b>Causes:</b> tricyclic antidepressants (side effect), side effects of other medications (always check side effects of any medication you are taking). Can be the aftermath of a heart attack.</p> <p><b>Herbal therapies:</b> *Healthy Heart Formula – take daily for the long-term to help protect and heal the heartbeat, to regulate heartbeat. If this has followed a heart attack, do the Cholesterol Busters Program + Healthy Heart Formula. Do liver or kidney cleanses every 3 months after.</p> <p><b>Dietary therapies:</b> sprinkle powdered cayenne on food or take Cayenne Tincture – start with 5 drops 3 times daily and gradually increase dose to 1 dropper full 3 times per day to increase circulation to heart. Reduce meat intake to once or twice weekly. Eat a plant-based diet of whole foods. Buy all foods from a health food co-op or farmer's market.</p> <p><b>Other therapies:</b> Tai chi can very helpful as can emotional release techniques. Listen to classical music. Steer away from stressful people and situations. May need to change jobs or relationship.</p>
<p><b>Heart Disease:</b></p>	<p>See Congestive Heart Failure, Coronary Artery Disease, Cardiomyopathy</p>

<b>Heart, Protective:</b>	<b>Herbal Therapies:</b> Healthy Heart, Cayenne Tincture, Ginger, Bone Tissue Nerve Formula, Open Heart Essential Oil Blend (massage over heart area), Immune Valor
<b>Heartburn:</b>	see indigestion
<b>Heart Palpitations:</b>	See Palpitations
<b>Heart Problems: (with palpitations)</b>	<p><b>Causes:</b> mitral valve prolapse, overactive thyroid, toxins accumulated in liver (even if liver function tests are normal), chronic constipation. Heart function is connected to small intestine function, making colon cleansing critical for healing it. Emotional causes – excess fear and anxiety, grief over loss of loved one, loneliness and isolation, divorce or bad breakup. Smoking. Using recreational drugs that are stimulants (such as cocaine, crystal meth, uppers), diet drugs, prescription medications for attention deficit disorder.</p> <p><b>Herbal Therapies:</b> *Healthy Heart Formula, Lavender oil, Peppermint Oil, Liver Regeneration Program, Essential Nutrients, Cayenne tincture,</p> <p><b>Topical therapies:</b> Open Heart Essential Oil Blend.</p> <p><b>Dietary:</b> avoid all coffee and black tea and caffeinated sod pop, and replace with adaptogenic herbs (such as Adrenal Support). Avoid all sources of caffeine until you have healed it.</p>
<b>Heavy Metal Poisoning:</b>	<p><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.</p> <p><b>Children:</b> Colon Cleanse Syrup + Colon Detox Caps + Liver/Gallbladder Caps + Blood Purifying Tea + {Earth's Nutrition Caps or Essential Nutrients}</p>

<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), Bone Tissue Nerve Formula (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 Vascu-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/Joboba 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, Bone Tissue Nerve Formula, 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

<p><b>Hypothyroidism:</b></p>	<p>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.</p>
<p><b>Immune Strengthening, Balancing:</b></p>	<p>Echinacea Premium, Immune Valor, Immune Boost Syrup (kids), Essential Nutrients, Adrenal Support</p>
<p><b>Impotence:</b></p>	<p>*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.</p>
<p><b>Incontinence - Urinary, Men:</b></p>	<p>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.</p> <p>Herbal therapies: Simplified Stone Cleanse, then Kidney/Bladder Revitalization Program. Prostate Formula.</p> <p><b>Causes:</b></p> <ul style="list-style-type: none"> <li>• Incontinence may be the only symptom of a bladder infection or prostate infection.</li> <li>• Dietary bladder irritants: unripened citrus, sugary foods, carbonated beverages, refined salt, synthetic vitamin C, coffee, alcohol.</li> <li>• Medications that can cause urinary incontinence: <ul style="list-style-type: none"> <li>○ Long-acting benzodiazepines</li> <li>○ Alpha-agonists</li> <li>○ Alpha-antagonists</li> <li>○ Anticholinergics (this includes many antidepressants)</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ Prescription Diuretics (taken usually for high blood pressure)</li> </ul> <p><b>Dietary therapies:</b> drink cornsilk tea to soothe bladder lining. Chia seed tea reduces bladder inflammation. Avoid coffee and alcoholic beverages (both bladder irritants), sugary foods. Have only tree-ripened citrus fruits and avoid the gas-ripened.</p> <p><b>Other therapies:</b> Kegel exercises. If smoking, must stop smoking.</p> <p>See also: bladder infection, prostatitis.</p>
<p><b>Incontinence, Urinary - Women:</b></p>	<p><b>Differential diagnosis:</b> (what else it could be): 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.</p> <p><b>Herbal therapies:</b> Simplified Stone Cleanse – with at least 2 bottles (8 days) of Stone Buster, then Kidney/Bladder Revitalization Program. K/B Herbal Tea.</p> <p><b>Causes:</b></p> <ul style="list-style-type: none"> <li>● Incontinence may be the only symptom of a bladder infection.</li> <li>● Sometimes occurs after childbirth</li> <li>● Pelvic floor dysfunction</li> <li>● Dietary bladder irritants: <ul style="list-style-type: none"> <li>○ Unripened or gas-ripened citrus</li> <li>○ Sugary foods</li> <li>○ Carbonated beverages</li> <li>○ Refined salt</li> <li>○ Synthetic vitamin C</li> <li>○ Coffee</li> <li>○ Alcoholic beverages</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>• Medications that can cause urinary incontinence: <ul style="list-style-type: none"> <li>○ Long-acting benzodiazepines</li> <li>○ Alpha-agonists</li> <li>○ Alpha-antagonists</li> <li>○ Anticholinergics (this includes many antidepressants)</li> <li>○ Prescription Diuretics (taken usually for high blood pressure)</li> </ul> </li> </ul> <p><b>Dietary therapies:</b> drink cornsilk tea to soothe bladder lining. Chia seed tea reduces bladder inflammation. Avoid coffee and alcoholic beverages (both bladder irritants), sugary foods. Have only tree-ripened citrus fruits and avoid the gas-ripened.</p> <p><b>Other therapies:</b> Kegel exercises. If smoking, must stop smoking.</p> <p>Other therapies: Kegel exercises are good for this type of incontinence.</p> <p>See also: bladder infection, interstitial cystitis, vulvodynia, diabetes, bladder cancer, vaginitis (atrophic)</p>
<p><b>Indigestion:</b></p>	<p>Acute/ severe: *Peppermint oil (1 drop in a glass of water with 2 drops stevia and drink down), *Digestive Formula – 2 droppers full in 2 oz. water), Ginger Tincture – 1 dropper full in 2 oz. water), Sweet Essence Oil Blend (rub 1 drop on belly)</p> <p>Chronic/long term indigestion: Intestinal Rejuvenation Program and Liver Regeneration Program (to address long term root cause), Tummy Tea</p> <p>Causes: May be aggravated by mercury amalgam fillings, especially if leaking. May be the first sign of food poisoning. May indicate a peptic ulcer or gastritis. Could be a sign of GERD. Often caused by improper food combining (meat with soda pop/soft drinks), overeating. Indigestion often occurs while taking</p>

	antibiotics or other medications. Check medication side effects for nausea, digestive disturbances.  See also ulcer, GERD, gas.
<b>Infection, Internal:</b>	*Cider Blaster Formula – kills many types of infection, *Echinacea Premium – in the first 24 hours, can take one dropper full every hour on the hour, otherwise, take 2 droppers full 3 to 6 times daily. *Blood Detox Formula, *Anti-Par Formula, *Oregano oil (diluted with olive oil), *AV Blend, *Funga-Gone Blend, Myrrh oil, Clove oil, Geranium oil, Lemon oil. Some fungal and pabacterial infections have at their root, a parasite. It may be necessary to do a parasite cleanse to get at the root of a chronic infection.
<b>Infection, External:</b>	Tea Tree/Jojoba Oil Blend, Funga-Gone Blend, AV Blend, Oregano oil, Germ Shield
<b>Infection, Chronic:</b>	see Infection. Chronic infections often involve hormonal weakness, especially thyroid and adrenal weakness. The hormone weakness prevents the healing of the chronic 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>	<p><b>Causes:</b></p> <p>Chronic pain, taking stimulants such as coffee, chocolate, and other stimulants, liver toxins, parasites, too much Kundalini fire (upward moving flow), enlarged prostate with frequent nighttime trips to the bathroom to urinate. Sleep apnea/ snoring</p> <p><b>Herbal therapies:</b> *Peaceful Nerves Formula, Nerve Calm Formula – take 2 droppers 30 minutes before bedtime. Can use over the long-term. *Healthy Heart Formula (2 droppers full 30 minutes before bedtime), Liver Regeneration Program, Parasite Cleanse Kit (when killing parasites, use Nerve Calm to offset any anxiety that can occur as a part of the parasite-killing process).</p> <p><b>Topical therapies:</b> Lavender oil – apply one drop at back of neck, at neck pulse points just under jaw on both side, at temples. Relaxing oil blend, Sweet Orange oil. Apply Tissue Repair oil on areas that are painful.</p> <p><b>Dietary therapies:</b> avoid coffee past noontime. Avoid theobromine, weight loss drugs, chocolate, caffeinated sodas. Avoid meat at the evening meal. If there is indigestion, use Digestive Tonic with meals and/or do an Intestinal Rejuvenation Program.</p> <p><b>Other therapies:</b> grounding (walking barefoot on the grass for 15 minutes daily), visualize energy moving downwards through the body. Looking at the stars or stars projected onto ceiling via a star projector for around 15 to 20 minutes before bedtime can have a profound and rapid effect.</p> <p>See also prostate, enlarged for detailed therapies</p>
<b>Insulin Resistance:</b>	See Diabetes Type II
<b>Interstitial Cystitis:</b>	See Bladder Infection. Bladder infection that has happened enough times so that even in the absence of

	<p>infection, there is chronic inflammation. *28-Day Healing Program. Pelvic floor dysfunction can be a causatory factor. Some pelvic floor muscles may need to be strengthened or stretched in order to restore function. D-mannose can provide some relief – 1 tsp 1 to 3 times daily if the inflammation is due to urinary tract infection. D-xylose is an additional aid to fighting urinary tract infection, as is the Kidney/Bladder Revitalization Program.</p> <p><b>Diet:</b> do not consume any soda pop, carbonated drinks, sugar, honey, maple syrup, high fructose corn syrup, corn syrup, granulated sugar, brown sugar, orange juice. Unripe citrus may aggravate/ worsen the symptoms. Vitamin C can improve or worsen the symptoms.</p> <p><b>Emotional causes:</b> anger at sexual partner, being romantically involved with a narcissist, overly cynical or negative person, or a person that is otherwise difficult to get along with. A romantic partner who cheats on you. Could also be caused by anger at mother/ difficult relationship with mother.</p> <p><b>Other therapies:</b> Use hot and cold hydrotherapy over pelvic area 1 to several times daily.</p>
<b>Interstitial Fibrosis:</b>	See Lung Fibrosis
<b>Irritable bowel:</b>	<p><b>Causes:</b> long-term antibiotic usage, medication side effect, stress</p> <p>*90-Day Kick the Candida Program, *Peppermint oil, *Digestive Formula – take 2 droppers full with each meal, *Intestinal Rejuvenation Program, Liver Regeneration Program. Eliminate mass marketed dairy products and wheat from the diet. Follow rules of proper food combining.</p> <p>See also constipation, diarrhea, colitis</p>

<p><b>Itching:</b></p>	<p>*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)</p>
<p><b>Jaundice:</b></p>	<p>(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.</p>
<p><b>Jetlag:</b></p>	<p>*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.</p>
<p><b>Kidney Cancer:</b></p>	<p>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.</p>
<p><b>Kidney Infection:</b></p>	<p>*Kidney Revitalization Program + Blood Detox Formula.          *D-mannose – 3 tsp per day can also help fight the infection. If you treat solely with antibiotics and neglect the herbs, large kidney stones can form (called staghorn calculi).</p> <p><b>Topical therapy:</b> Tissue Repair Oil + AV Essential Oil Blend applied over kidney area at least twice daily.</p> <p><b>Maintenance:</b> Adrenal Support helps build up the kidney energy. Drink K/B Herbal Tea or Detox Chai Spice regularly.</p>

	<p><b>Symptoms:</b> usually starts with a bladder infection that worsens and rises up into the kidneys. Burning on urination and only a small amount comes out. Foul odor to urine. Usually accompanied by fever, nausea and sometimes vomiting.</p> <p><b>Causes:</b> bladder infection, Low kidney energy can occur as the result of long-standing fear.</p> <p><b>Dietary:</b> consume 3 raw garlic cloves per day (add to mashed avocado, hummus or other foods. Avoid all soft drinks/ soda pop until well. Avoid all sugary foods and sweets until well. Drink plenty of water and herbal tea. Avoid coffee and black tea until well. If infection is severe, fruit may need to be eliminated from the diet temporarily.</p> <p><b>Other therapies:</b> alternating hot and cold water over the kidney area to increase healing circulation there. Crucially important. Kidneys are located inside the ribcage around the back of the body.</p> <p>See bladder infection</p>
<p><b>Kidney Failure:</b></p>	<p><b>Herbal therapy:</b> 28-Day Healing Program minus the Essential Nutrients. Do not do any less than the 28-day Healing Program. This is a severe disease and toxins in all other organs contribute to this problem. Lobelia Tincture can help stimulate urination, but the entire 28-day cleanse should be done and possibly even repeated a few times for a total of at least a few months. Do not go halfway, do all recommended programs or it may not work.</p> <p><b>Causes:</b> May have many causes including repeated infections, large kidney stones, prostatic enlargement with obstruction of urine (hydronephrosis), long-standing high blood pressure, autoimmune disorders, toxic reaction to medication (antibiotics, cancer chemotherapy regimens, radioactive contrast dye used with CAT scans and other imaging studies), chronic</p>

	<p>NSAID (nonsteroidal anti inflammatory) use. Polycystic kidney disease can eventually cause kidney failure.</p> <p><b>Dietary:</b> Observe salt, fluid and potassium restrictions as directed by your doctor. Raw living foods diet is very important and can over time help regenerate the body. Short juice fasts may be possible and can be very therapeutic. Throw out all aluminum pots and pans and use only stainless steel, glass or clay pots. Never use aluminum foil to cook foods – aluminum can leach into the food you are cooking and get into the body. Patients in kidney failure have a difficult time eliminating heavy metals from the body.</p> <p><b>Teeth affecting kidneys:</b> May need to remove mercury amalgams from teeth – especially amalgams in the front four teeth on top and bottom – these teeth correspond to kidneys and bladder meridians and can directly affect/ influence their function. Root canals in these teeth can also compromise kidney function. Find a good holistic dentist and get their opinion on what they can safely do to help you.</p> <p>See also high blood pressure, autoimmune disorder, prostate (enlarged), kidney infection, polycystic kidneys, kidney stones</p>
<p><b>Kidney Stones:</b></p>	<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 + Stone Dissolve Tea</b> 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><b>Causes:</b></p> <ul style="list-style-type: none"> <li>• <b>Water Intake:</b> 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> </ul>

- **Taking antibiotics:** Kidney stones can form as the result of kidney damage caused by taking antibiotics. Several types of antibiotics can damage the kidneys. Each round of antibiotics can cause subtle undetectable kidney damage. Antibiotics also kill the gut bacteria oxalobacter formigenes that processes dietary oxalates and prevents them from binding to calcium and forming stones.
- **Acid/ Alkaline Balance:** 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 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.
- **Gut Inflammation:** Kidney stones may also occur in association with Crohn's disease or gout.
- **Infections:** 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).

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.
<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. Cider Blaster Formula, Blood Detox Formula. Avoid dairy products until recovered.
<b>Leaky Gut:</b>	<b>Causes:</b> antibiotics, vaccinations, constipation, gluten intolerance, celiac disease, exposure to propylene glycol in commercial available lotions, creams, shampoos, and other household products. Long –term treatment with antibiotics is almost guaranteed to cause it along with SIBO.  Herbal therapies: AntiParasite Cleanse Kit – absorbs/cleanses away bacterial overgrowth, Candida and soothes intestinal lining. Follow up parasite cleanse

	<p>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.</p> <p>Adrenal Support and Immune Valor to fortify and balance immune system.</p> <p>Dietary therapies: fermented veggies, sauerkraut, Gluten-free diet helps many. Pasteurized/processed dairy and wheat-containing foods may damage intestinal lining.</p>
<b>Lead Poisoning:</b>	See Heavy Metal Poisoning
<b>Leucorrhea:</b>	Female Harmony, Bone Tissue Nerve Formula, Lavender oil, Frankincense oil, Myrrh oil
<b>Leukemia:</b>	<p><b>Causes:</b> exposure to ionizing radiation, long-term exposure to toxic chemical(s). Can be caused by reaction to mercury amalgams/dental materials. Avoid future vaccinations if possible. Also caused by previous cancer treated with chemotherapy.</p> <p><b>Herbal therapies:</b> 28-Day Healing Program (repeat a few more times if needed.) Follow up with liver or kidney cleanses every 3 months afterwards and with Blood Detox Formula taken daily for the next 1 to 2 years.</p>
<b>Ligament, Sprain:</b>	<p><b>Herbal therapies:</b> *Bone Tissue Nerve Formula – take by mouth to speed healing of muscles, tendons and connective tissue, *Essential Nutrients – take 4 TBS per day</p> <p><b>Topical therapies:</b> *Tissue Repair Oil – apply often, *Bone Tissue Nerve Formula – rub a few drops onto strained/sprained area a few times daily to speed</p>

	healing, Peppermint essential oil – reduces inflammation/nerve healing, Geranium oil – nerve healing, Lavender oil – soft tissue and nerve healing
<b>Liver, All Problems:</b>	<p><b>Causes:</b> hepatitis viruses, alcoholism, side effect of prescription medications, consumption of fried foods, especially trans-fats, margarine, “vegetable oil”. The liver can be negatively affected by gluten in those with gluten-intolerance and with undiagnosed (or known) celiac disease.</p> <p><b>Herbal therapies:</b> *Intestinal Rejuvenation Program, *Liver Regeneration Program, Blood Purifying Tea, Anti-Par Formula, Castor oil pack, Lemon essential oil.</p> <p><b>Dietary therapies:</b> Avoid beer, wine and other alcoholic beverages until well. Use Essential Nutrients Formula to help gently chelate heavy metals, build up blood, provide energy, clarity, mental focus, to speed healing, to protect liver.</p>
<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, Cider Blaster, Intestinal Rejuvenation Program, Adrenal Support, AV Blend, Peppermint essential oil, Immune Valor

<b>Lung Cancer:</b>	28-Day Healing Program, Cider 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, *Cider 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>	<p>*28-Day Healing Program + Lobelia Tincture. ALG blend. Peppermint + Lavender oil + Germ Shield - Daily massage of upper back, chest &amp; 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. Do not go halfway. Do all recommended therapies.</p> <p><b>Other therapies:</b> Daily Deep Breathing Exercises.</p> <p><b>Causes:</b> Lung function is associated with/influenced by large intestine function. Inhalation exposure to asbestos, fiberglass, talc or silica dust.</p> <p><b>Air quality:</b> Avoid synthetic perfumes, hairspray, deodorizing sprays, air fresheners, talc and powders. Use pure essential oils only for scenting a room. Use baking</p>

	soda instead of scented scouring powders. Avoid burning incense. Avoid synthetic scented powdered laundry detergent – use natural liquid detergents found in health food stores. Some of these synthetic products/ powders may have actually caused the fibrosis. Stop smoking/ avoid being around smokers while they are smoking.
<b>Lupus:</b>	Immune Valor + 28-Day Healing Program + Adrenal Support. 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). Do not go halfway, do the entire 28-Day Healing Program.
<b>Lyme 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. Or use entire 28-Day Healing Program.
<b>Lymphoma:</b>	*28-Day Healing Program – may need to repeat 2 or 3 times, Cayenne Tincture. Some cases have followed vaccination.  <b>Dietary:</b> raw living foods diet, juice fasting. Completely eliminate processed foods and junk foods.
<b>Macular Degeneration:</b>	<b>Herbal therapy:</b> *Eyebright Formula – take by mouth and also use as eyewash several times daily, *Brain Regain Formula (helps bring healing circulation to the eye area), *Essential Nutrients, Liver Regeneration Program

	<p><b>Topical therapy:</b> Frankincense oil – dilute with carrier oil and massage around outer orbit of eye – eyebrows and under the eye (not inside the eye)</p> <p><b>Causes:</b> liver toxins, too much computer work, nutritional deficiency, poor circulation of blood to the head including atherosclerosis</p> <p><b>Dietary:</b> carrot juice, foods that are high in beta carotene (mangos, sweet potatoes, carrots, Essential Nutrients Formula)</p> <p>Use *Humming Mask for at least one 22-minute cycle per day and up to 5 cycles per day. Very important. Wet or dry types both respond. Can also be very relaxing and lower the blood pressure.</p> <p>Minimize computer screen work, take frequent breaks from close up reading and computer screens, cell phones.</p> <p><b>Other therapies:</b> inverted yoga postures (brings more circulation to the eyes)</p> <p>See also high blood pressure, atherosclerosis</p>
<b>Malaria:</b>	AntiParasite Cleanse + Blood Detox Formula, Lemon Essential Oil, 28-Day Healing Program with Anti-Parasite Formula
<b>Malnutrition:</b>	Essential Nutrients, Earth’s Nutrition Caps, Iron From Herbs, Bone Tissue Nerve Formula, Intestinal Rejuvenation Program, Foster Flora (Flora-G). Pure cod liver oil.
<b>Manic Depression:</b>	<p><b>Herbs by mouth:</b> *Brain Regain, *Adrenal Support, Liver Regeneration Program, Thyroid Support.</p> <p><b>Topical therapy:</b> Sweet Essence Oil blend (apple 1 drop over thyroid area to help balance thyroid. Use</p>

	<p>Grounding essential oil on pulse points at neck (apply one side at a time) to help balance brain chemistry.</p> <p><b>Causes:</b> thyroid imbalance and brain chemistry, hypersensitivity to sugar and sweets, vaccine injury, some cases are hereditary.</p> <p><b>Dietary:</b> No sugar, caffeine, coffee, soda pop/ soft drinks. *Earth's Nutrition Powder or Caps helps rebuild nerves and nervous system. Just avoiding stimulants in the diet can make a huge difference. Take adaptogenic herbs (Adrenal Support) instead of drinking coffee.</p> <p><b>Other therapies:</b> Prayer/Meditation. Slow breathing and releasing exercises.</p>
<b>Mastalgia:</b>	See Breast pain
<b>Mastitis:</b>	<p><b>Herbs by mouth:</b> Echinacea Premium up to 6 times daily, Intestinal Rejuvenation Program (remove intestinal toxins feeding the infection), Cider Blaster – take by mouth several times daily – up to 1 dropper every hour during acute crisis to kill infection.</p> <p><b>Topical herbs:</b> compress with AV Blend, Funga-Gone Blend and/or Lavender oil, Hot and Cold Hydrotherapy, Oregano or Celebration blend – bottoms of feet several times daily.</p> <p><b>Causes:</b> usually occurs while breastfeeding. Exhaustion is a contributing factor. Nutritional deficiency.</p>
<b>Measles:</b>	<p><b>Herbal therapy:</b> *Echinacea Premium (can clear the rash, help lower fever, fight infection), Immune Boost Syrup (kids), Earth's Nutrition Caps (high in beta carotene which protects mucous membranes and helps raise resistance to infection), Blood Cleansing tea (helps clear rash). Liver Regeneration Program + Blood Detox or Echinacea Premium (adults)</p>

	<p><b>Topical therapy:</b> Tea Tree/ Jojoba oil blend helps reduce itching.</p> <p><b>Dietary therapy:</b> veggie broth, soups, herbal teas. Avoid all sweets until the infection is over.</p> <p><b>Other therapies:</b> deep foot reflexology (can lower fever and clear infection), drink lots of fluids (helps lower fever), darken the room and avoid bright lights. A simple enema can clear out a lot of toxins that feed the infection.</p>
<p><b>Meditation/ Prayer: to facilitate</b></p>	<p>*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)</p>
<p><b>Memory:</b></p>	<p><b>Herbal therapy:</b> *Brain Regain, *Liver Regeneration Program</p> <p><b>Nutritional therapy:</b> *Earth's Nutrition Caps or Essential Nutrients, Cayenne Tincture (increases circulation the head and brain areas)</p> <p><b>Topical therapy:</b> Frankincense oil, Peppermint oil, *Grounding oil blend.</p> <p><b>Inhalation therapy:</b> inhale peppermint oil to stimulate memory and brain function.</p> <p>Memory is tied to hormones and liver function.</p>
<p><b>Meniere's Disease:</b></p>	<p><b>What it is:</b> a disorder of the inner ear that causes severe vertigo (spinning sensations), tinnitus (ringing in the ears), hearing loss, and a feeling of fullness of congestion in the ear. Meniere's disease usually affects only one ear, usually starting, but not always, between the ages of 40</p>

	<p>and 60. Characterized by attacks with symptoms that can last for minutes to hours to days.</p> <p><b>Symptoms:</b> vertigo, spinning sensation, nausea and sometimes vomiting.</p> <p><b>Cause:</b> usually caused a fluid buildup in the inner ear. Can be the after effect of a middle ear infection. Root cause: usually infection or disease of the bladder, uterus or kidneys affects the kidney meridian and reflexly causes the vertigo. Kidneys, bladder, uterus and vagina affect ears and hearing. Check for endometriosis, uterine fibroids, chronic urinary tract infections, kidney infection, cyst(s) on kidney, tumors in the urinary tract, vaginal yeast infections, complications from a previous miscarriage or abortion. Imbalance in bite – could be caused by problem with dental work, (“silver” fillings or other incompatible dental materials in the teeth.)</p> <p><b>Physical therapy:</b> Chiropractic Adjustment of the cervical vertebra may also be helpful.</p> <p><b>Reflexology/ massage:</b> massage kidney areas on soles of foot. Massage points along the kidney and bladder meridians. Massage points around outside of ears with Celebration Essential Oil Blend. Swab inside of ear with Germ Shield Essential Oil Blend. Massage outside of ears and back of neck with a few drops Nerve Calm to help heal nerves. Take Nerve Calm by mouth at night to help heal damaged nerves in this area. Lymphatic drainage massage especially around the neck and ear areas can be helpful as well.</p> <p><b>Herbal therapy:</b> Kidney Revitalization Program. Simplified Stone Cleanse. See also remedies for urinary tract infections, interstitial cystitis, yeast infection and ear infection. Castor oil pack applied over pelvic area or kidneys if they are affected.</p>
<p><b>Memory Loss:</b></p>	<p><b>Herbal therapy:</b> Immune Valor, Liver Regeneration Program, Female Harmony (or Femme Pause®), Adrenal Support.</p>

	<p><b>Causes:</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. 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. Antibiotics are notorious for interfering with brain function.</p> <p><b>Nutritional therapy:</b> Essential Nutrients – double dose. Take an essential fatty acid supplement. Use extra virgin coconut oil in diet.</p> <p><b>Topical therapy:</b> Grounding essential oil blend – massage into scalp, back of neck, area between eyebrows.</p> <p><b>Other therapies:</b> Remove mercury amalgam fillings. Inverted yoga postures help increase healing circulation to the brain area and help brain function.</p> <p>Use *Humming mask for at least one 22- minute cycle daily and up to 5 times daily for several months. Very important.</p> <p>See also congestive heart failure, anemia, epilepsy</p>
<p><b>Meningitis:</b></p>	<p><b>Herbal therapy:</b> *Echinacea Premium + Cider Blaster – 1 dropper each every hour on the hour + massage bottoms of feet with 1 to 2 drops Oregano + Peppermint oil several times daily. Do a juice fast for best results. Brain Regain – several times daily. 28-Day Healing Program. Oregano oil diluted with olive oil and taken by mouth up to 3 times daily to kill the infection. When killing a severe infection, you should also use the Intestinal Rejuvenation Program to absorb die-off from the infection and to release these waste products as soon as possible. Colon toxins feed meningitis.</p> <p><b>Dietary therapy:</b> Juice fasting program with Cider Blaster and Echinacea Premium.</p>

	<p><b>Topical therapies:</b> Grounding Essential Oil or Geranium essential oil – dilute with carrier oil and use as a massage for the entire length of the spine and over scalp. Also, use deep foot reflexology with essential oil massage, focusing on the big toes and the arch of the foot.</p>
<p><b>Menopause:</b></p>	<p><b>Herbal therapy:</b> *Femme Pause® ( helps stop hot flashes as well as providing hormonal support and helping to retain youthfulness), Adrenal Support (hormonal support), Liver Regeneration Program.</p> <p><b>Topical therapy:</b> Geranium oil can help balance hormones. Apply peppermint oil to neck area to help cool off hot flashes.</p> <p><b>Symptoms:</b> hot flashes (usually indicates liver toxins), anxiety, heart palpitations, painful sexual intercourse due to thinning of the vagina tissues, bone density starts to decline. Symptoms worsen if there is sleep deprivation or exhaustion.</p> <p><b>Dietary:</b> raw milk and Bone Tissue Nerve Formula help bone density. Essential Nutrients</p>
<p><b>Menorrhagia/Heavy Menstrual Periods:</b></p>	<p><b>Causes:</b> fibroid tumors of the uterus (most common), cancer in one of the reproductive organs (mainly uterus)</p> <p>*Cayenne (during period) – can help curb excessive blood loss. Female Harmony – take regularly for a few months to help balance the hormonal system; Bone Tissue Nerve Formula (the astringent herbs in this formula can help stop bleeding).</p> <p>Between menstrual periods: Liver Regeneration Program, juicing – help balance hormones.</p> <p>See also Menstrual Cramps.</p>

<p><b>Menstrual Cramps:</b></p>	<p><b>Acute:</b> *Cramp Away Formula, Peaceful Nerves, Tissue Repair Oil (rub a few drops topically over pelvic area), Ginger Tincture, Cayenne Tincture, Lavender oil.</p> <p><b>Between menstrual periods:</b> Intestinal Rejuvenation Program, Liver Regeneration Program, Female Harmony, Adrenal Support.</p> <p><b>Causes:</b> Often aggravated by dairy products in the diet. Symptom of chi stagnation. Sometimes means not enough sex or love in a love relationship.</p> <p><b>Other therapies:</b> do situps or exercise during the period, massage acupressure/ trigger points, alternating hot and cold therapy over pelvic area. Castor oil packs over pelvic area (not during menstruation)</p>
<p><b>Menstruation, Irregular:</b></p>	<p>*Female Harmony or Female Magnetism or Adrenal Support – take regularly for a few months to help balance hormones and the menstrual cycle.</p> <p><b>Causes:</b> Investigate any underlying causes such as malnutrition, previous use of birth control pills, hormone-blocking medications, hyperthyroidism, polycystic ovarian syndrome.</p> <p><b>See also:</b> polycystic ovarian syndrome, hyperthyroidism</p>
<p><b>Mental Fatigue:</b></p>	<p><b>Herbal therapy:</b> Brain Regain</p> <p><b>Topical therapy:</b> *Peppermint oil – apply to hands, rub together, cup hands over nose, close eyes and inhale deeply for 5 to 10 minutes.</p> <p><b>Nutritional therapy:</b> Essential Nutrients (double dose), Earth’s Nutrition Caps, Cayenne Tincture.</p> <p><b>See also</b> Candida, Fibromyalgia, Hypothyroid, Adrenal Fatigue.</p>

<b>Mercury Poisoning:</b>	see Heavy Metal Poisoning
<b>Migraine:</b>	<p><b>Herbal therapy:</b> *Brain Regain, *(optional adds: Feverfew Tincture + Lobelia Tincture),</p> <p><b>Topical therapy:</b> Tissue Repair Oil (apply to scalp, back of neck), *Open Heart Essential Oil Blend – 1 drop applied inside nostrils, *Lavender oil (apply to back of neck), *Clove applied to the top of the hard palate in the mouth),</p> <p><b>Inhalation therapy:</b> 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). Add 6 drops of Open Heart Essential Oil Blend or peppermint oil to a personal steam inhaler and inhale for one 15 minute cycle.</p> <p><b>Causes:</b> May indicate subluxation of neck vertebra at C1, C2, clenching the teeth creates excess tension at the base of the skull. Toxins in liver are usually always contributing. Can be the symptom of reactive hypoglycemia which should be healed, otherwise, it can eventually turn into insulin-resistant diabetes.</p> <p><b>Between headaches:</b> Intestinal Rejuvenation Program, Liver Regeneration Program, Adrenal Support (or Female Harmony), Tissue Repair Oil applied to back of neck.</p> <p><b>Other therapies:</b> CranioSacral therapy, Network (no-touch) chiropractic)</p>
<b>Milk production, stimulate:</b>	<p><b>Herbal therapy:</b> Lactation Tea, Bone Tissue Nerve Formula (source of important minerals needed for breastfeeding), Iron From Herbs (especially if there has been anemia during pregnancy (which happens most of the time)).</p> <p><b>Dietary therapy:</b> Take 2 to 4 TBS of Essential Nutrients or Earth's Nutrition Powder/ Caps*. Nutritional yeast. Fennel tea. Avoid parsley (dries up milk). The more nutrition the</p>

	breastfeeding mother has, the more breastmilk she can produce.
<b>Miscarriage:</b>	<p><b>Acute:</b> Cayenne (stop bleeding), Peaceful Nerves (stop cramping), Female Harmony (soothes and balances emotions caused by sudden loss of hormones).</p> <p>Herbal Preparation for pregnancy to avoid problems in future: Female Harmony, Liver Regeneration Program + Blood Detox Formula – both partner should do the Natural Fertility Program to prepare for next time.</p>
<b>Mites: Bird, Rodent</b>	<p>(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.</p> <p>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.</p> <p><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</p>

switches, door handles, sponges, etc. Use pure organic hand sanitizer with alcohol often.

**Scalp:** 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. **Privates:** 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.

**House and Car:** 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 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. **Dishes:** 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.

**Cosmetics:** 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.

**Clothing:** Wash clothing in enzyme solution with borax. Use portable steamer to steam delicate clothing that cannot go in the dryer. **Shoes:** spray soles of shoes with Bac-Out. Steam suede shoes. Sprinkle insides of shoes with borax and/or cayenne powder. Bottoms of feet –

	<p>use liquid Dead Sea Minerals after showering, bathing to keep mites from crawling onto the body from the floor.</p> <p><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.</p> <p><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.</p> <p><b>Other therapies:</b> PEMF therapy is effective against parasites and mites. Use daily for a few months and then a maintenance program afterwards.</p> <p><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>
<p><b>Mold Exposure/ Toxicity:</b></p>	<p>The most important thing to do is to recognize that there is mold in your household or workplace. Mold in buildings is often caused by plumbing leaks. Mold can also grow in the walls. If you see mold growing anywhere, have it checked by a mold remediation specialist and have it removed as soon as possible. Immediately remove yourself from the environment until the mold is completely remediated.</p> <p>Black mold (stachybotris) can be associated with shingles. If you have shingles, check for mold or other toxins in your home.</p> <p>Once the mold has been abated, removal of the mold from the body is crucial. Any damage that was done to</p>

	<p>the immune system and hormonal system will also need to be healed.</p> <p><b>Herbal Mold Detox:</b> If the mold sickness is extreme, start with the mildest detox – the Intestinal Rejuvenation Program. The next step is Liver Regeneration Program + Blood Detox Formula. Treat the sinuses and lungs with 5 drops Germ Shield in a personal steam inhaler that has an essential oil compartment. Do the steam treatments once or twice daily. The mold can often be harbored in the sinuses and lungs as well as in the liver. The strongest cleanse is the 28-Day Cleanse. Whatever mold detox is followed, it <b>MUST</b> be accompanied by the Intestinal Rejuvenation Program as this program absorbs the mold toxins being released from the cells and stimulates their speedy removal through the colon. The Intestinal Rejuvenation Program is crucial and is the foundation of any mold detox program. Lung Support can be added to help aid in the removal of the mold from the lungs. ALRG oil can also help breathing if it is compromised. Use Flora-G Plus daily to help kill candida/ fungal overgrowth in the gut. Depending on how severe and how long the exposure was, the detox could take a few months.</p> <p><b>Dietary:</b> Avoid all sugar. Sugar can feed mold. Use stevia and monk fruit concentrate instead of sugar. Even coconut sugar and brown rice syrup, though mild sweeteners, can be too much sugar when a person has mold toxicity. Juice fasting can remove mold residues from the body but it should be done with mainly green juices. Look for Cynthia Foster, MD's article on juice fasting on the website.</p> <p>See also Dr. Foster's article on mold allergies on the website</p> <p><b>Other therapies:</b> hyperbaric oxygen therapy.</p>
<b>Motion sickness:</b>	*Digestive Formula, Peppermint oil, Ginger tincture
<b>Multiple Sclerosis:</b>	<b>Herbal therapy:</b> *28-Day Healing Program. This cleanse helps chelate heavy metals as well as helping supply

	<p>crucial nerve nutrients. Best results were with my former patients who did juice fasting combined with the 28-day cleanse.</p> <p><b>Topical therapy:</b> Regular essential oil massage of spine and neck with essential oils of Geranium, Peppermint, Lavender. Castor oil packs over spine &amp; neck. Hydrotherapy routines (alternating hot and cold water) applied to entire spine and neck with shower wand in show or lying down with alternating hot and cold compresses. Do not use ice packs.</p> <p><b>Causes:</b> 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. I've had a few cases that were caused by DDT accumulation from use in childhood by their parents. Arsenic can also cause symptoms of multiple sclerosis. Aspartame can cause symptoms that mimic multiple sclerosis.</p> <p><b>Nutritional therapy:</b> Bone Tissue Nerve Formula, Earth's Nutrition Formula – double dose. Eat only organically grown foods. Do not eat foods grown with pesticides. Essential fatty acid supplement is crucial – pure cod liver oil, etc. Use only animal products that are pasture-raised on small farms. Find at health food stores, farmer's market and health food co-ops. Avoidance of neurotoxic chemicals – monosodium glutamate, aspartame</p> <p><b>Other therapies:</b> Craniosacral therapy. Chiropractic. Remove mercury amalgam fillings. Avoid mercury, aluminum, household cleaning chemicals, toxic fumes, etc.</p>
<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.

	<p><b>Other therapies:</b> deep foot reflexology (helps fight infection and lower fever)</p>
<p><b>Muscle Cramps/Spasms:</b></p>	<p>*Bone Tissue Nerve Formula, *Lobelia, *Peaceful Nerves, Open Heart Essential Oil Blend, Tissue Repair Oil, Essential Nutrients.</p> <p><b>Causes:</b> occur when a muscle is overused. Overtraining. Cramps that reoccur often indicates calcium deficiency or pH imbalance (tissues overly acid or alkaline).</p>
<p><b>Muscle Torn, Sprains:</b></p>	<p><b>Herbal therapies:</b> *Bone Tissue Nerve Formula – take internally and can also rub a few drops topically on affected area (use with Tissue Repair Oil topically for best results). *Earth's Nutrition Caps – take by mouth to speed healing,</p> <p><b>Topical therapies:</b> *Tissue Repair Oil – apply a few drops topically to the affected area (use with Bone Tissue Nerve Formula internally and topically for best results), Lavender essential oil, Peppermint essential oil – apply one drop to affected area once or twice daily. Lavender and Peppermint are both nerve healers and Peppermint is a very strong anti inflammatory oil. *Alternating Hot and Cold Hydrotherapy – use topically at least once daily until area has healed.</p>
<p><b>Nausea:</b></p>	<p><b>Causes:</b> acid reflux, food poisoning, infection (kidney infection, shingles, or other type of infection), side effect of medication (especially an opiate painkiller, but any other prescription medication can cause). Check for fever to see if the cause is infectious. Nausea may be associated with acid reflux/ hiatal hernia. If accompanies by “sulfur” burps, it is most likely food poisoning.</p> <p><b>Herbal Therapies:</b> *Digestive Formula – take 2 droppers full at first sign of nausea, *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</p>

	<p>heavy or fatty meal), Lavender oil (use topically), Clove oil</p> <p>See also vomiting, food poisoning, acid reflux, hiatal hernia for more information</p>
<b>Nearsighted:</b>	See Vision
<b>Neck Injury:</b>	<p><b>Acute:</b> apply ice and Tissue Repair Oil. Use Essential Nutrients, Bone Tissue Nerve Formula to help repair damage, facilitate healing.</p> <p>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.</p> <p>Use acupuncture points around base of skull to alleviate headaches – push hard on the points until the pain radiates somewhere else, then continue pushing/massaging until the pain subsides. Chiropractic can be useful as long as it is gentle.</p> <p>See also headaches, nerve damage.</p>
<b>Neuralgia:</b>	Peaceful Nerves, Lobelia, Tissue Repair Oil, Geranium oil, Bone Tissue Nerve Formula, 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>	<b>Herbal therapy:</b> Peaceful Nerves, Nerve Revive Formula,

	<p><b>Topical therapy:</b> *Tissue Repair Oil, Peppermint Oil, Lavender essential oil, Geranium essential oil, ,</p> <p><b>Nutritional therapy:</b> Bone Tissue Nerve Formula, Earth's Nutrition Caps. Avoid enriched flour, granulated sugar and substitute with whole grains (the bran and germ contain natural B vitamins), raw milk</p> <p><b>Causes:</b> anesthetic shots that hit a nerve, reaction to vaccination (especially Bell's palsy or Guillain Barre Syndrome), mercury poisoning, diabetes, B vitamin deficiency, calcium deficiency, trauma, surgery, Lyme disease.</p> <p><b>Other therapies:</b> *Deep foot reflexology – excellent for repairing nerves. Combine with essential oils, placing essential oils on the reflexology areas that correspond to the damaged area.</p>
<b>Nervous Tension:</b>	See Anxiety
<b>Night Sweats:</b>	<p>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.</p> <p>Causes of excess heat: anger, irritation, annoyance, liver problems, overworking, not enough sleep, too much stress.</p> <p>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.</p> <p>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</p>

	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>OCD/ Obsessive Compulsive Disorder:</b>	<p><b>Herbal Therapy:</b>  <a href="#">Earth's Nutrition Powder</a>* - this helps provide crucial brain nutrients to help mood and nervous system function.  <a href="#">The Grounding Essential Oil Blend</a> helps to ground anxiety and can help normalize brain function.  <a href="#">Nerve Calm</a>* - this helps relieve anxiety that can feed into the OCD. It's good to take this formula long-term at least once daily (nighttime is best) in order to help heal and strengthen the nervous system. You can also take it during the day for anxiety if needed.  For heart palpitations, use the <a href="#">Healthy Heart Formula</a>.  All of the herbal cleanses can be helpful including the <a href="#">Intestinal Rejuvenation Program</a> and the <a href="#">Liver Regeneration Program</a>.</p> <p><b>Dietary therapy</b> – use 1 TBS daily of rice bran or nutritional yeast to help strengthen nervous system. Smoothies with pasture-raised raw egg yolk. (Do not use conventional eggs)</p> <p><b>Other therapies:</b> There is a Bach flower Remedy called White Chestnut that helps with unwanted repetitive thoughts. Use deep breathing an emotional release technique to release the anxiety and/or the compulsion.</p>
<b>Oliguria:</b>	<p><b>Definition:</b> means you are urinating only very small amounts.</p> <p><b>Herbal therapy:</b> Simplified Stone Cleanse with at least 2 bottles (8 days) of Stone Buster, Kidney/Bladder</p>

	<p>Revitalization Program, 28-Day Healing Program. Lobelia Tincture can be added on in order to help stimulate release of accumulated fluid.</p> <p><b>Dietary therapy:</b> parsley juice, celery juice. Depends on underlying cause.</p> <p><b>Causes:</b> Check medications that cause urinary retention (prescription painkillers, codeine cough syrup, etc.) Other causes are varied including bladder infection, prostate infection, and kidney failure.</p> <p>See also: enlarged prostate, bladder infection, kidney failure</p>
<b>Osteoarthritis:</b>	See arthritis, osteoarthritis
<b>Osteoporosis:</b>	<p><b>Herbal therapy:</b> Essential Nutrients + Femme Pause® or Adrenal Support.</p> <p><b>Causes:</b> Check for Vitamin D deficiency. Weight-training as tolerated. Check thyroid for overactivity. Acid blocking medications for heartburn can lower bone density. Soda pop/ soft drinks have been associated with osteoporosis. Vegan diet can sometimes result in osteopenia.</p> <p><b>Nutritional therapy:</b> Bone Tissue Nerve Formula, Essential Nutrients, green vegetable juices. Discontinue all sodas and carbonated beverages. Drink raw milk.</p> <p>Other therapies: weight-bearing exercise.</p>
<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

<p><b>Pain:</b></p>	<p><b>Herbs by mouth:</b> Liver Regeneration Program.</p> <p><b>Topical therapy:</b> *Tissue Repair Oil, *Clove oil, *Peaceful Nerves, *Peppermint oil, Muscle Energizer Massage oil, Lavender oil, Tea tree/ Jojoba oil blend</p> <p><b>Nutritional therapy:</b> an overly acidic body chemistry contributes to pain. Consume a plant-based diet to alkalize the body. 3 TBS organic gelatin daily can help arthritis pain. Never underestimate the effect of diet on pain. Drink apple cider vinegar tonics every day (1 TBS apple cider vinegar in 1 cup of water sweetened with raw unheated, unfiltered hone or stevia). Drink green vegetable juices. Juice Fasting Program.</p> <p><b>Causes:</b> overly acidic body chemistry, nutritional deficiency, trauma (car accident, etc.), dental infection, chronic inflammation, autoimmune disorder, repetitive use injury, any type of infection can cause pain. Overwhelming pain can be a response to overwhelming emotion that the conscious mind cannot handle.</p>
<p><b>Palpitations:</b></p>	<p><b>Herbs by mouth:</b> *Healthy Heart – take 2 to 8 droppers as needed, Peaceful Nerves, Cramp Away, Cayenne Tincture (if caused by heart blockage).</p> <p><b>Topical therapy:</b> * Open Heart Essential Oil Blend – apply one drop over chest/heart area. Lavender essential oil, Peppermint essential oil,</p> <p><b>Causes:</b></p> <ul style="list-style-type: none"> <li>• Anemia or iron deficiency can cause palpitations.</li> <li>• Low blood sugar can cause heart palpitations, accompanied by sweating, confusion, hunger, shakiness and anxiety – occurs most often in diabetics.</li> <li>• Can be caused by excess caffeine contained in foods (chocolate), beverages (coffee, tea, sodas), “energy drinks” and/or medications.</li> </ul>

	<ul style="list-style-type: none"> <li>• Medications include weight loss drugs, ADHD medications, and caffeinated headache medicines among others.</li> <li>• Some supplements can cause palpitations including adrenal glandular supplements, thyroid glandular supplements and DHEA.</li> </ul> <p><b>Nutritional therapy:</b> avoid caffeine-containing foods and beverages (coffee, black tea, green tea, and even chocolate, cacao). Drink green juices to help replenish iron. Take Iron From Herbs. Double dose Essential Nutrients (2 TBS stirred in a beverage, stirred into food or blended in with a smoothie twice daily) helps replenish iron and helps anemia.</p> <p>See anemia, hypoglycemia, diabetes.</p>
<b>Pancreatitis, Acute</b>	<p><b>Herbal therapy:</b> Simplified Stone Cleanse with juice fast and double dose of Essential Nutrients/ Earth's Nutrition Formula). All solid food should be discontinued. I disagree with water fasting – I believe juice fasting with greens is much safer than stopping all nutrition (as happens with water fasting). One week of juice fasting is often enough, but you can juice fast for longer if needed until the inflammation subsides.</p> <p><b>Causes:</b> ½ of all cases caused by gallstones, 1/3 caused by excess alcohol consumption, many other cases caused by doctor-prescribed medications (called drug-induced pancreatitis). Some cases occur in chemical engineers.</p> <p><b>Symptoms:</b> severe nausea and vomiting, pain in the midsection that radiates straight through to the back</p> <p><b>Topical therapy:</b> Use castor oil packs over the pancreas area.</p> <p><b>Nutritional therapy:</b> Discontinue all alcohol. Juice fast with emphasis on dark leafy green vegetables and do the Simplified Stone Cleanse. Do not eat solid food. If in</p>

	<p>doubt, consult a physician or call an ambulance immediately.</p> <p><b>Medications:</b> Discontinue any medications that have pancreatitis as a possible side effect. Check ALL side effects for ALL medications that you are taking. Side effects may occur even after months of taking a medication.</p>
<p><b>Pancreatitis, Chronic</b></p>	<p><b>Herbal therapy:</b> Simplified Stone Cleanse, then Liver Regeneration Program, Immune Valor. May need to continue taking L/GB Formula for several weeks until it subsides. Can also use Pancreas Support Formula. Adaptogenic herbs are very helpful as well.</p> <p><b>Topical therapy:</b> alternating hot and cold hydrotherapy over the pancreas area (solar plexus area).</p> <p><b>Nutritional therapy:</b> Essential Nutrients – 4 TBS per day, 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 (with double dose Essential Nutrients or Earth's Nutrition Formula), broken up into one or two week segments if it cannot be done continuously. Juice fasting is super important for this.</p> <p><b>Essential Oil Therapy:</b> Lemon Essential Oil, Circu-Tone Essential Oil Blend.</p> <p><b>Reflexology therapy:</b> find the pancreas area on the sole of the feet. Massage all tenderness out of that area. Also massage the liver, stomach and spleen areas as well until all tenderness is gone. You can apply Circu-Tone to these areas on the soles of the feet as well.</p>
<p><b>Panic Disorder:</b></p>	<p><b>Herbal therapy:</b> *Healthy Heart during acute episodes – can take up to 8 droppers full at a time.</p> <p><b>Topical therapies:</b> *Open Heart Essential Oil Blend applied over heart area of the chest. Heavy, grounding</p>

	<p>essential oils (Grounding essential oil or Frankincense and Myrrh essential oils) massaged into belly. Lavender oil applied over the heart area may help to calm the emotions.</p> <p><b>Emotional healing:</b> Deep, slow breathing and “let go” repeatedly during an attack until it subsides.</p> <p><b>Causes:</b> 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, epilepsy (especially temporal lobe seizures), POTS Syndrome (autonomic dysfunction sometimes caused by vaccination), PTSD (post-traumatic stress disorder). The Indian Ayurvedic System calls this a Vata imbalance.</p> <p><b>Dietary:</b> 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.</p> <p><b>Emotional healing:</b> Shamanic work/ soul retrieval, trauma release. Emotional release techniques. 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.)</p> <p><b>Other therapies:</b> Regular weekly massages by a trusted friend or massage therapist can help.</p>
<p><b>PAP Smear, Abnormal:</b></p>	<p><b>Herbal therapy:</b> Female Harmony – for at least 2 months to strengthen hormonal system – even if periods are regular), Garlic, Intestinal Rejuvenation Program, *Liver Regeneration Program + *Blood Detox Formula (or Blood Purifying Herbal Tea), Immune Valor Formula. 28-Day Healing Program.</p> <p><b>Topical therapies:</b> alternate hot and cold applications to pelvic area at least once daily for a few months or until</p>

	<p>problem is gone. Castor oil pack applied over pelvis used 2 to 3 times a week or more often to decongest the entire pelvic area/ open up the circulation of lymph and blood.</p> <p><b>Causes:</b> Human Papilloma Virus (HPV), HPV vaccination, consumption of processed foods, vitamin and mineral deficiency, chlorine-bleached tampons, condoms with chemical coating. Other causes: anger at sexual partner, abusive sexual partner.</p> <p><b>Dietary:</b> Juice fasting Program. Consume 3 cloves of raw garlic per day (add to avocado, hummus or other foods to avoid upsetting stomach)</p>
<p><b>Paralysis:</b></p>	<p><b>Herbal therapy (by mouth):</b> Nerve Revive, 28-Day Healing Program, Cayenne Tincture. Vibrant Colon formula if needed to help bowel movements.</p> <p><b>Topical herbal therapy:</b> *alternating hot and cold treatments over the area of spine that has caused the paralysis or entire spine, * Tissue Repair Oil – use three times daily for several months to help regenerate nerves, Geranium essential oil – dilute in carrier oil and use as massage oil over the length of the entire spine.</p> <p><b>Causes:</b> stroke, influenza, Guillain Barre Syndrome follows either severe influenza or any vaccination.</p> <p><b>Dietary:</b> Earth's Nutrition Powder – 2 TBS twice daily to help regenerate nerves. Juice fasting program.</p> <p>See also stroke</p>
<p><b>Parasites:</b></p>	<p><b>Symptoms:</b> can be mild or even nonexistent. They can secrete many gases such as ammonia and can lead to excess belching/ flatulence. Can also cause stomach pain, gut pain, intestinal cramping, indigestion, weight loss, hives, headaches, brain fog, rashes, worsened allergic reactions, joint pain, muscle pain, fibromyalgia and even seizures. They can also be a contributing cause</p>

to cancer of all types. Parasite flukes in the liver can mimic gallstone pain. Large parasites can block the gallbladder and intestines, causing constipation and in some cases, even jaundice.

**Lab tests:** can sometimes show high eosinophils in the blood. Stool tests are rarely positive and notoriously inaccurate and doctors often misdiagnose/ under-diagnose. Sometimes the only way a person finds out they have parasites is by doing an herbal parasite cleanse and then passing them in the toilet.

**Types of parasites:** parasites include not only worms (flat worms, round worms, large and small), but also flukes (round and flat disc-shaped parasites), and microscopic parasites that are invisible to the human eye (Giardia and Cryptosporidium). They can infect the stomach, intestines (worms, flukes and microscopic), liver (schistosoma and other types of flukes), pancreas (flukes), brain (toxoplasmosis and others), kidneys and bladder (schistosoma) and blood (malaria). They can migrate out of the GI tract and move into the muscles, joint, brain and other areas.

**Herbs by mouth:** \*Parasite cleanse kit (this works the best), Add Blood Detox Formula or Blood Purifying Tea to Parasite Cleanse for severe cases. Cider Blaster and/or garlic and onions mixed in a blender with water can intensify the cleanse and kill the parasites faster as can taking a little oregano oil (diluted with olive oil) by mouth. Continue Anti-Parasite Formula for at least 3 weeks, and preferably 2 months. In extreme cases, take 2 weeks off and then do another Parasite cleanse.

The Colon Detox Caps/ Colon Soothe Formulas are extremely important to take in addition to the traditional parasite-killing herbs as they help absorb the die-off toxins parasites secrete when they are dying (causes headaches, anxiety and many other symptoms). The Colon Detox Caps/ Colon Soothe formula also helps to pull the parasites off of the walls of the intestines where sometimes parasites can be strongly hooked in with their suckers. The Vibrant Colon Formula is also an important

part of the parasite-killing process as it contains additional herbs that also kill parasites.

Use the entire Parasite Cleanse Kit for parasites, don't take just the Anti-Parasite Formula. For prevention, do a parasite cleanse once yearly, and make sure to do a Dr. Foster's cleanse once every change of the seasons (a parasite cleanse, a stone cleanse, a liver cleanse or kidney cleanse)

**Dealing with Parasite Die-Off** – as parasites die, you can feel them moving and squirming in your digestive tract. They can also release wastes that cause a feeling of anxiety. Use the Nerve Calm formula as needed for anxiety. Make sure you are taking both the Vibrant Colon and the Colon Detox Caps and not simply the Anti-Par Formula, as the colon formulas help absorb a lot of the die-off that makes people feel uncomfortable when killing parasites.

**For stomach parasites:** For people who suffer from weak digestion with deficient stomach acid production (most anyone who is sick and anyone who is elderly), capsules (of all types made by all manufacturers of supplements) tend not to open up in the stomach but further ahead in the small intestines. Most parasites are in the intestines, but rarely, you will find some in the stomach. Signs of a parasite in the stomach include excess belching and stomach pain that can feel like a stomach ulcer – worse when the stomach is empty and also when the stomach is too full. Parasites in the stomach can cause gastritis/ inflammation of the stomach so that it hurts to eat and it hurts NOT to eat.

If you suspect you have parasites in the stomach, make sure to open up all herbal capsules and mix with water before consuming, otherwise, the capsules may not open in the stomach and instead move past the stomach into the small intestine before opening up and releasing their contents. In the case of stomach parasites, use Vibrant Colon capsules mixed in 2 oz. of water so that the contents can directly reach the

parasites in the stomach – you are putting the herbal formulas directly on the parasites in the stomach this way.

For parasites in the stomach, Colon Detox Caps should all be opened up and mixed with 8 to 12 ounces of water before consuming, or if you don't want to twist open capsules, use the Colon Soothe Formula at maximum tolerated dose.

**Topical therapies:** \*Oregano oil, \*Clove oil, Peppermint oil, Lemon oil, Myrrh oil – use on soles of feet, diluting with carrier oil if needed.

**Causes:**

1. Heavy meat consumption.
2. Poor quality animal products (animals that were raised in feedlots), watercress, bamboo shoots can also contain parasite eggs.
3. Tap water and water fountain water can contain parasite eggs – especially Giardia lamblia and Cryptosporidium – microscopic parasites that cannot be seen with the human eye.
4. Constipation contributes. If you don't eliminate the eggs in a timely fashion, they can hatch while still in the intestines.
5. Taking antacids, by neutralizing stomach acid, leaves the body more susceptible to parasites. Stomach acid is the body's best defense against parasites. When food containing parasite eggs is consumed, stomach acid often kills the eggs before they can hatch.
6. Weak stomach acid production. Stomach acid declines as part of the aging process. The elderly are more susceptible due to weak stomach acid production (this weak stomach acid production also causes Vitamin B12 deficiency since stomach acid is required to convert the vitamin to its active form.)
7. Cats can carry parasites and changing their litter box can sometimes cause a parasite infection.
8. Travelling outside of the country where parasites are common and the drinking water is not well-purified. (Mexico, India, Africa, etc.)

	<p>9. Naegleria parasites can enter in through the nose while swimming in fresh water lakes (rare)</p> <p>10. Products containing propylene glycol (found in many household and personal care products) can contribute to their spread</p> <p>See Dr. Foster's article on parasites at <a href="http://DrFostersEssentials.com/store/parasite_cleanse.php">DrFostersEssentials.com/store/parasite_cleanse.php</a></p>
<p><b>Parkinson's Disease:</b></p>	<p><b>Herbal therapy:</b> Peaceful Nerves (to ease spasms, tremors), Lobelia Tincture (to ease spasms, tremors), Brain Regain, *28-Day Healing Program. Best to use the entire 28-Day Program. Apply 1 drop Grounding Essential oil to the pulse points at the neck (where you can feel the pulse) once or twice daily.</p> <p><b>Topical therapies:</b> Grounding oil blend – massage on scalp several times daily.</p> <p><b>Causes:</b> Sometimes caused by head trauma (as in the case of boxers, or football players who did not wear helmets in the early 1900's). Many sufferers report a history of whiplash caused by a car accident. Sometimes caused by mercury amalgam fillings. Can be greatly influenced by root-canaled tooth. Exposure to pesticides or any other neurotoxins. Reports of Parkinson's have followed vaccination.</p> <p><b>Dietary:</b> Add organic, cold-pressed coconut oil to diet. Juice Fasting Program helps eliminate pesticides from the body that can cause Parkinson's disease. Cayenne Tincture helps to stimulate healing circulation to the brain.</p> <p><b>Other therapies:</b> CranioSacral therapy. NeuroCranial Restructuring.® Remove all mercury amalgams. Test for problems with root canals by using a cone beam.</p>
<p><b>Parosmia (Loss of sense of smell)</b></p>	<p><b>Causes:</b> severe cold or flu, sinus infection, traumatic brain injury, or nerve damage can cause this. Often</p>

	<p>associated with loss of sense of taste, loss of appetite and loss of desire for food.</p> <p><b>Essential Oil Therapy:</b> use 6 drops Germ Shield in a personal steam inhaler for a 15 to 20 minute cycle. Repeat for a total of twice daily. Put a drop of peppermint oil on a tissue and inhale deeply for a few minutes – repeat throughout the day. Apply Germ Shield directly into the nostrils. Continue until smell comes back. Apply lavender oil at back of neck and around nose a few times daily and at neck pulse points to help repair the nerves.</p> <p><b>Herbal Therapy:</b> take Nerve Calm at recommended dose to help repair nerves in the nose area. Can take by mouth and can use this formula topically and massage it around the nose or at the pulse points at the neck. Continue until smell comes back.</p> <p><b>Reflexology therapy:</b> massage reflexology points on the face and massage around the nose to increase healing circulation to the area.</p> <p><b>Nutritional Therapy:</b> use double dose of Earth's Nutrition Formula every day to help repair the nerves.</p> <p>It can take anywhere from a day to a couple of months to get the sense of smell back. How long it takes depends on how severe the damage was and whether there is an underlying health condition such as diabetes or a tumor pressing on a nerve. Keep trying until it returns and address all underlying health issues.</p>
<b>Peptic Ulcer:</b>	See Ulcer, Peptic
<b>Phlebitis:</b>	<p><b>Acute:</b> *Blood Detox Formula (or Echinacea Premium) + *Bone Tissue Nerve Formula, 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,</p>

	<p>Youthful Circulation (if accompanied by high cholesterol or blood clots). Stay away from tobacco smoke.</p> <p><b>What it is:</b> An infection or inflammation of a vein or multiple veins. Veins are the blue blood vessels that carry blood from all of the body tissues back to the heart.</p> <p><b>Symptoms:</b> swollen, hardened vein, sometimes accompanied by redness in the location of the affected vein</p> <p><b>Causes:</b></p> <ol style="list-style-type: none"> <li>1. Medications administered through an IV. Always suspect a prescription medication or medical procedure FIRST - above all else. Cancer chemotherapy administered through IV or through a port. Hemodialysis.</li> <li>2. Vitamins administered through an IV. Any synthetic ingredients in an IV can cause irritation/ inflammation. Most vitamins are synthetic and according to a 2019 research study, 80% of them are manufactured in China, including vitamin C.</li> <li>3. Autoimmune disorder</li> <li>4. Pregnancy. In pregnancy, it can be caused by a deficiency of calcium and other minerals.</li> <li>5. Smoking</li> </ol> <p><b>Long term healing:</b> juice fasting (especially in the case of smokers), Bone Tissue Nerve Formula (to help strengthen vein walls), Cayenne, Blood Detox Formula, Echinacea Premium.</p> <p><b>Other therapies:</b> Cold compresses reduce inflammation and pain. Do not apply ice, rather, apply very cold water instead. Leave on until the compress turns warm.</p>
<b>Pink eye:</b>	see Conjunctivitis
<b>PMS:</b>	<b>Herbal therapy:</b> Female Harmony – follow directions on label, Essential Nutrients, Peaceful Nerves or Nerve Calm

	<p>(to calm anxiety), Healthy Heart (to calm anxiety, slow down rapid heartbeat, ease heart palpitations), Adrenal Support (hormonal support).</p> <p><b>Causes:</b> Sometimes aggravated by caffeine consumption. Hormones are weakened by improper diet. Feedlot animal products can cause severe hormonal imbalance as they have typically been given numerous antibiotics to increase their growth to maximize profit.</p> <p><b>Dietary therapy:</b> Eat a whole foods diet including seeds and peels. Purchase animal products only from local farmer's market, health co-ops, health food stores.</p>
<b>Pneumonia:</b>	<p><b>Inhalation therapy***:</b> use 6 drops Germ Shield* in a personal steam inhaler and run two 15-minute cycles daily or more. Along with Lung Support and Cider Blaster (taken by mouth), this is the most powerful therapy. Always include this therapy. An additional drop or two of AV Essential Oil Blend can be added to the personal steam inhaler as an additional aid to fight infection.</p> <p><b>Herbal therapy:</b> ***Cider Blaster (address infection), *Lung Support (natural decongestant, helps ease wheezing and open up breathing), Lobelia (to ease breathing), and Echinacea Premium (heighten immune system). Cider Blaster can be taken every hour on the hour during the worst phase. <b>*Intestinal Rejuvenation Program is mandatory</b> – helps lung function reflexly through the Large Intestinal Meridian and helps drain excess fluid from the lungs. You cannot eliminate much fluid from the lungs when you are constipated. The large intestine absorbs a lot of water – being constipated will cause the fluid to be re-absorbed into the lungs. Immune Valor (contains herbs that are specific for allergies and lung function).</p> <p><b>Topical therapies:</b> ALG oil blend (apply 1 drop to upper chest in the front and back to help stop wheezing).</p> <p><b>Rectal therapy:</b> A high enema and the Intestinal Rejuvenation Program can help unload a lot of mucus from the lungs and is crucially important – a must. Germ</p>

Shield can be diluted into a teaspoon of oil and can be administered rectally to decongest the lungs. This is a powerful therapy when the patient cannot eat or is in a coma.

**Causes:** toxic household cleaning chemicals, toxic laundry detergent, synthetic air fresheners, synthetic perfumes, smoking can also cause chronic irritation in the lungs and leave them more susceptible to infection of all types. Exhaustion is another factor. Toxin overload in the large intestine is ALWAYS a factor. Pneumonia can be bacterial, viral, fungal, parasitical or caused by cancer in the lungs. It can also be caused by fluid accumulation in the lungs (People who suffer from congestive heart failure, liver failure or kidney failure can accumulate fluid in their lungs as well as people who have autoimmune disorders and when this fluid stays stagnant, infections form in the fluid)

**Nutritional therapy:** consume 3 raw garlic cloves per day. Avoid commercially available pasteurized dairy products until well. Dairy products can increase phlegm. Avoid sugar and all sweets until well. Cayenne is a powerful expectorant that I have used in people who were comatose and suffered from ventilator-induced pneumonia. Combine with Lung Support and essential oils used rectally via rectal syringe (available in most drug stores).

**Toxic Things to Avoid:** 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.

**See also** autoimmune disorder, congestive heart failure, liver failure (cirrhosis), kidney failure, smoking (to stop)

<p><b>Poison Ivy/Oak:</b></p>	<p><b>Herbs to Take by mouth:</b> Echinacea Premium, Immune Boost Syrup (kids), Blood Purifying Tea, Blood Detox Formula.</p> <p><b>Herbs to use Topically:</b> For itching: Tissue Repair Oil – dilute with carrier oil and apply topically or use Tea Tree/Jojoba oil.</p> <p><b>Other therapies:</b> Spray on mixture of half apple cider vinegar and half distilled water that has been chilled beforehand in a refrigerator. The chilled vinegar water can greatly reduce symptoms and the itching. Oatmeal baths can be soothing.</p>
<p><b>Polycystic kidneys:</b></p>	<p><b>Herbal therapy:</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. All mandatory. When the whole body is toxic, the kidneys take the brunt and must filter all of the toxins that should have been eliminated through the colon, liver and lymph. This is why a complete body cleanse is necessary when there is a kidney disease. Don't take just the Kidney/Bladder Formula – do the entire 28-Day Cleanse.</p> <p><b>Causes:</b> many cases are hereditary. Any nephrotoxin (toxin that damages the kidneys) can contribute, aggravate or worsen. Antibiotics can damage kidneys. Exposure to heavy metals can hurt the kidneys. Root canal in a tooth corresponding to the kidney meridian (front four teeth on top and bottom) can leak toxins into the kidneys.</p> <p><b>Dietary:</b> 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. Consider vegetarian diet or living foods diet. All foods consumed should be organic. Short periods of juice fasting can also help. Throw out all aluminum pots and pans as well as aluminum foil.</p>

	<p>Aluminum foil can leach aluminum into the food during cooking. Cook food in covered casserole dishes instead of aluminum foil.</p> <p><b>Medications:</b> Many medications cause kidney damage and can worsen this disease. Check all side effects of all medications you are taking for kidney damage. Try to replace any toxic medication with natural alternatives. Avoid any injections containing aluminum adjuvants.</p> <p><b>Other therapies:</b> may need to remove mercury amalgam fillings. Mercury-filled teeth are often cracked (unbeknownst to the person) and can leak mercury throughout the body. Check root canaled teeth with a Cone Beam X-ray. May need to remove root canaled tooth if it corresponds to the kidney area.</p> <p><b>See also:</b> various types of infections to find natural ways to treat infections without antibiotics.</p>
<p><b>Polyps, Intestinal:</b></p>	<p><b>Herbal therapy:</b> *Intestinal Rejuvenation Program – repeat several times. No red meat, white meat or fish. *Liver Regeneration Program + Blood Detox Formula. Juice fasting can be enormously helpful. After about 2 months of the Intestinal Rejuvenation Program, I've known polyps to dry up, disintegrate and fall off without any surgery needed as verified by colonoscopy. Take the herbs and do all the natural healing routines even if the polyps are considered hereditary. If you do not do the natural healing, the cause has not been removed and the polyps simply grow back. Address the root cause and the polyps will no longer form. Constipation should be addressed – use Flora-G Plus or Vibrant Colon. Eat more sauerkraut and fermented foods.</p> <p><b>Causes:</b> Intestinal polyps are a sign of chronic inflammation that has been present for at least 10 years. Gut inflammation is caused by consuming a processed foods diet with enriched flour, all-purpose flour, granulated sugar, iodized white salt, “vegetable oil”, shortening, canola oil. Constipation also adds to gut</p>

	<p>inflammation. There is a rare cause called familial adenomatous polyposis.</p> <p><b>Dietary:</b> eat only pesticide-free or organic foods. Replace all iodized salt with unprocessed salt such as Himalayan salt or Celtic salt. Salt that contains colors have nutritious and helpful minerals in them that are very therapeutic.</p>
<p><b>Polyps, Nasal:</b></p>	<p><b>Herbs by mouth:</b> Liver Regeneration Program (removes toxins in liver contributing to chronic inflammation). Immune Valor or Cider Blaster can sometimes stop hayfever and other common allergies.</p> <p><b>Topical therapy:</b> *Germ Shield (apply to inside of nostrils several times daily or use a few drops in a neti pot with ¼ tsp salt) – acts as a natural decongestant and anti inflammatory., ALRG Oil Blend (use on bottoms of feet or pulse points on neck to help allergic congestion),</p> <p><b>Nutritional therapy:</b> Eliminate dairy products from the diet. Consider eliminating wheat from the diet.</p> <p><b>Causes:</b> chronic allergies. Aspirin is contraindicated. Avoid tartrazine, artificial colors. Allergies treated with antihistamines and decongestant persist because the underlying causes are not addressed. Parasites can contribute to allergies, adrenal weakness.</p> <p>see Allergies</p>
<p><b>Pregnancy:</b></p>	<p><b>Herbal therapy:</b> Mother's Tea (in the last trimester), Foster Flora (Flora-G) to address constipation</p> <p><b>Topical therapy:</b> Frankincense oil – dilute with carrier oil before use. Helps minimize stretch marks. Massage belly with pure cocoa butter.</p> <p>Do not use Vibrant Colon, Colon Start Plus or Colon Activator in the last trimester of pregnancy as these</p>

	<p>herbal laxatives can sometimes bring on premature labor.</p> <p>Generally we do not do any herbal cleanses during pregnancy unless mother's life is at risk.</p> <p><b>Nutritional therapy:</b> Essential Nutrients or Earth's Nutrition Formula or Caps – at double dose, Bone Tissue Nerve Formula Pregnancy can be a huge drain on the calcium reserves and the hormones. It is important to take hormone supporting herbs just after pregnancy to replenish hormonal energy. Rest for at least 6 weeks and drink lots of nourishing broths and soups (easier to digest). Herbal calcium is superior to synthetic calcium which is derived from ground up rocks. Calcium deficiency during pregnancy shows up as varicose veins and hemorrhoids and children can develop with missing teeth.</p>
<p><b>Premature Aging:</b></p>	<p><b>Herbal therapy:</b> Adrenal Support, Immune Valor, Liver Regeneration Program.</p> <p><b>Causes:</b> Multiple vitamin/mineral deficiencies are often the cause. Hormonal weakness is a big factor. Sudden fright/trauma, extreme stress, combat conditions.</p> <p><b>Nutritional therapy:</b> Essential Nutrients (antioxidant, vitamin/mineral support). Juice Fasting Program.</p> <p>See also hair loss, memory loss, chronic fatigue</p>
<p><b>Prostate, Enlarged:</b></p>	<p><b>Herbal therapy:</b> Prostate Formula, Adrenal Support, Simplified Stone Cleanse – 8 days, Kidney/Bladder Revitalization Program + Echinacea Premium, Liver Regeneration Program + Echinacea Premium. The Liver Regeneration Program helps flush out excess hormones in the liver that could not be processed.</p> <p><b>Causes:</b> eating feedlot animal products. Beef, chicken, eggs, dairy products – all contain growth hormones to grow the animal larger to maximize profit. These</p>

	<p>hormones can cause enlargement of the prostate. Toxins in the large intestines, specifically the sigmoid colon which lies just behind the prostate can leak toxins into the prostate.</p> <p><b>Dietary:</b> avoid all feedlot animal products and seek out local health foods stores, health co-ops, farmer's markets. It may be beneficial to become vegan for a while (along with the herbs recommended) until prostate shrinks.</p> <p><b>Other therapies:</b> 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.</p> <p>See also prostate infection</p>
<p><b>Prostate, Infection:</b></p>	<p><b>Herbal therapy:</b> Prostate Formula + Simplified Stone Cleanse. Adrenal Support (hormonal support), Kidney/Bladder Revitalization Program + Echinacea Premium. Liver Regeneration Program + Echinacea Premium.</p> <p><b>Causes:</b> could be bladder infection or sexually transmitted infection. Is usually bacterial. Synthetic vitamin C can irritate prostate, leaving it more vulnerable to infection. 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 (oregano, AV Essential Oil Blend + Peppermint in 1 tsp carrier oil) can be used</p>

	<p>daily to help fight the infection. Liver toxins contribute to the infection and inflammation. <b>Emotional causes:</b> anger at sexual partner.</p> <p><b>Dietary:</b> avoid sugary foods and all sweets until infection is gone.</p>
<b>Prostatitis:</b>	see Prostate, infection
<b>Psoriasis:</b>	<p><b>Herbs by mouth:</b> Vibrant Colon + Blood Detox (by mouth) + a topical formula to ease itching. Healthy Skin Formula, Healthy Cholesterol Formula can also clear skin rashes. Do the Liver Regeneration Program and the Kidney Bladder Revitalization Program.</p> <p><b>Topical therapy:</b> Tea Tree/Jojoba oil (use topically to help itching). Germ Shield (dilute with carrier oil and use topically – can help itching), Rose Hydrosol, Kidney Revitalization Program, Adrenal Support.</p> <p>Psoriasis is often confused with ringworm – a fungal infection of the skin which often responds to Funga-Gone Blend, Foster Flora Plus (Flora-G Plus), Can-G (use topically per directions)</p> <p><b>Psoriatic arthritis:</b> follow the same recommendations as above, but add Blood Detox to every herbal cleanse you do. Do short to long periods of juice fasting. Two weeks to 2 months juice fasting. 28-Day Healing Program. Wrap joints with castor oil packs. Do alternating hot and cold showers.</p>
<b>Pulmonary Fibrosis:</b>	See interstitial fibrosis
<b>PVC's (premature ventricular contractions):</b>	<p><b>Herbal therapies:</b> *Healthy Heart, Peaceful Nerves, Lobelia. Heal all underlying health issues, including high blood pressure, high cholesterol, toxic colon, kidney stones, etc. Use Healthy Heart Formula before, during and after all herbal cleanses to protect the heart. Liver</p>

	<p>Regeneration Program + Blood Detox or Echinacea Premium. The Blood Detox helps clear out excess cholesterol buildup from the arteries and acts as a mild blood thinner. Take instead of aspirin.</p> <p><b>Causes:</b> previous heart attack, drinking caffeinated beverages on a daily basis such as coffee, black tea, soda pop. Even green tea and chocolate can contain enough caffeine to aggravate this condition. Toxic condition of the colon and small intestines add to the problem. A root canal in certain teeth could be a hidden cause. A severe trauma can also cause or contribute to this problem. High blood pressure over the years can weaken the heart and cause many types of heart problems.</p> <p><b>Dietary therapies:</b> fermented veggies, plant-based diet, juicing (green vegetable juice blends)</p> <p>See also high cholesterol, diabetes</p>
<b>Pylonephritis:</b>	See kidney infection
<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>	<p><b>Herbs by mouth:</b> Intestinal Rejuvenation Program (removes radiation from the intestines and clears the way for more radiation to be removed from entire body), *28-Day Healing Program (especially if radiation therapy was used for cancer, and even if the cancer has been deemed cured by the Western Medical Profession.</p> <p><b>Topical therapy:</b> Tea Tree/Jojoba oil blend or Germ Shield (used topically for burns),</p>
<b>Rashes:</b>	<b>Herbs by mouth:</b> *Echinacea Premium Formula, *Healthy Skin Formula, Blood Detox Formula, *Healthy Cholesterol

	<p>Formula all help to clear rashes from the inside by cleansing the blood and lymph systems.</p> <p><b>Topical therapy:</b> *Tea Tree/Jojoba Oil Blend, *Germ Shield, Lavender oil (dilute with jojoba oil before applying to skin)</p> <p><b>Causes:</b> antibiotics, vaccinations, other medications, food allergies, heat rash, measles, chickenpox, dermatitis, allergic reaction, allergy to soap or laundry detergent. Ringworm or fungal infection of skin. Eczema. Autoimmune disorder. Toxins in liver, toxins in kidneys. Junk food diet. Check side effects of ALL prescription medications. Any one of them could be the cause.</p> <p><b>Other therapies:</b> apply very cold wet cloths to rash to take out the heat and relieve itching. Often works when all else has failed.</p> <p>See also hives</p>
<p><b>Raynaud's:</b></p>	<p><b>Symptoms:</b> fingers turn cold, then white and blue. Fingers and toes can become infected and/or hardened. Circulation shuts off to extremities, especially to fingers and toes.</p> <p><b>Causes:</b> This is an autoimmune disorder. Causes: vaccinations, silicone breast implants. Some cases are hereditary.</p> <p><b>Herbal Therapies:</b> Ginger Tincture, Fresh Ginger Tea, Cayenne Tincture, Detox Chai Spice, Youthful Circulation (thins blood and allows it to circulate more easily).</p> <p><b>Topical therapies:</b> Tissue Repair Oil applied to fingers, toes, entire spine. Any essential oil diluted with carrier oil and applied to entire length of spine.</p> <p><b>Dietary:</b> sprinkle cayenne pepper on food. Avoid coffee, chocolate, ice beverages. Have all beverages warm to hot.</p>

	<p><b>Other therapies:</b> Hyperbaric oxygen therapy, PEMF (pulsed electromagnetic therapy. Remove root canals, silicone implants, mercury dental fillings)</p>
<b>Rectal Cancer:</b>	<p><b>Herbal therapy:</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). Can-G.</p> <p><b>Nutritional therapy:</b> Flax seed tea is a stool softener that can ease bowel movements if needed. Chia seeds also have this softening quality. Chia seed pudding. Raw living foods diet. Juice Fasting Program.</p> <p><b>Rectal therapy:</b> Fresh wheatgrass juice rectal implants held in for 20 to 30 minutes each time.</p> <p><b>Causes:</b> Carrying cell phone in the pants pocket. Chronic constipation. The bowels should move once daily for each major meal eaten throughout the day. Eating three major meals = 3 bowel movements per day. Root canal in a tooth that corresponds to the colon/rectum.</p> <p>This is a serious disease. Do not undertreat. Do at least the 28-Day Healing Program. Best to do all therapies.</p>
<b>Reflux Esophagitis:</b>	See GERD
<b>Renal Failure:</b>	See kidney failure
<b>Restless Legs:</b>	<p>Herbal therapy: *Iron From Herbs, *Peaceful Nerves, Cayenne, Muscle Energizer Massage Oil, Liver Regeneration Program.</p> <p><b>Causes:</b> Is often a sign of iron deficiency or sometimes poor circulation in the legs.</p>
<b>Rhabdomyolysis:</b>	Breakdown of muscles due to various causes. Can cause severe muscle pain and even paralysis. Causes: Excessive exercise, severe infection – especially Epstein

	<p>Barr Syndrome, excessive caffeine consumption. Lab results: elevated creatine kinase and liver enzymes may be elevated even though the liver is not inflamed (false positive for elevated liver enzymes). Immunotherapy is associated with rhabdomyolysis.</p> <p><b>Herbal therapy:</b> Liver Regeneration Program, Muscle Energizer Massage Oil, Immune Valor. Lightly massage muscles with peppermint oil diluted in a carrier oil. Rhabdomyolysis releases waste products through the kidneys and can hurt the kidneys. Kidney Revitalization Program helps the overwhelm of the kidneys and helps them clear out the wastes. Use Adrenal Support Formula if the adrenals are weak or if there is exhaustion.</p> <p><b>Dietary Therapy:</b> anti inflammatory diet consisting of an organic whole foods diet. Anti inflammatory foods such as ginger, turmeric.</p> <p>See also Epstein Barr,</p>
<b>Rheumatoid Arthritis:</b>	See arthritis, rheumatoid
<b>Ringworm:</b>	<p>90-Day Probiotic Challenge with Colon Detox Caps. Then for topical use – Funga-Gone 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.</p>
<b>Sarcoidosis:</b>	<p>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</p>

	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, *Bone Tissue Nerve 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

<p><b>Shingles:</b></p>	<p><b>Herbs by mouth:</b> (Cider Blaster + Blood Detox + Peaceful Nerves). Anti-VR is an herbal antiviral formula, Echinacea Premium is an alternative to Blood Detox and can help if the person cannot tolerate garlic. Cider Blaster kills the virus, Blood Detox kills the virus and cleans the bloodstream to minimize or eliminate the breakout. Peaceful Nerves and Nerve Calm are nerve tonics that can help nerve pain and rebuild the nerves. The nerves have been weakened, so it's important to build up their strength again to avoid future breakouts. Immune Valor should be taken for a few months to help build up the immune system again. Add Adrenal Support to help regain hormonal energy, vitality and strength.</p> <p><b>Topical herbs:</b> Use DMSO mixed with Antiviral Essential oil to relieve pain. Herp-Ez Essential Oil Blend, Geranium essential oil, Peppermint essential oil, Use essential oils diluted with a carrier oil and massage onto spine, right around area of breakout. Add DMSO to massage oil to reduce or eliminate pain.</p> <p><b>Dietary:</b> Earth's Nutrition Powder or Caps helps to nourish and repair the damaged, painful nerves. Nerves need calcium for their normal function. Taking the Bone Tissue Nerve Formula can help replenish the nerve calcium and can ease the pain. All foods should be pesticide-free or organic to reduce the nerve-damaging pesticides commonly used on commercially available foods. Consume a whole foods diet. Raw dairy products (NOT pasteurized commercially available dairy products) can help regain strength and vitality and can soothe the nervous system (pacifies Vata)</p> <p><b>Causes:</b> depletion of hormonal energy, exhaustion, consumption of processed food. Chocolate and peanuts can worsen it. Chickenpox and Shingles vaccine can both cause shingles breakouts. I've seen many cases caused by caretaking of an aging or sick parent.</p>
<p><b>Shoulder, Frozen</b></p>	<p>See frozen shoulder</p>

<p><b>Sinus Congestion/Infection :</b></p>	<p><b>Inhalation therapy:</b> *Use Germ Shield with a personal steam inhaler to kill infection and reduce congestion. A drop or two of AV Essential Oil blend can be used with Germ Shield in the personal steam inhaler as an additional aid to fight infection. ALRG Oil Blend – apply on soles of feet, pulse points at neck to relieve congestion, asthma attacks, coughing fits), Germ Shield (take a drop and rub between palms, cup palms together over nose and inhale deeply for several minutes. Inhale throughout the day and/or apply several times daily inside nostrils),</p> <p><b>Herbs by mouth:</b> Cider Blaster (kills infection), Echinacea Premium (kills infections, boosts immune function), Liver Regeneration Program + Blood Detox – helps clear out the underlying causes of recurring sinus infections, Immune Boost Syrup (kids can take to boost immune function).</p> <p><b>Neti pot therapy:</b> Use Germ Shield or Can-G in a neti pot and rinse sinuses. Avoid use of neti pot if there is fluid in the ear or in the case of ear pain or infection. The neti pot can leave a little fluid in the ears.</p> <p><b>Causes:</b> consuming processed foods, food allergies, cold or flu that was incompletely healed. Anger at person near you – roommate, partner co-worker, boss, etc.</p> <p><b>Dietary:</b> Eliminate pasteurized dairy products from the diet.</p> <p><b>Air quality:</b> Stop smoking/ stay away from smokers. Avoid burning incense and petroleum-based candles made with synthetic fragrance.</p> <p>See also colds &amp; flu and how to heal it completely with natural healing instead of drug store remedies.</p>
<p><b>Skin Cancer:</b></p>	<p><b>Herbal therapy:</b> Clove oil + Frankincense oil – apply topically diluted with carrier oil, Blood Detox Formula, 28-Day Healing Program. Do the full 28-Day Healing Program regardless of type of skin cancer. Melanoma is systemic</p>

	<p>and can spread throughout the body – topical remedies are not enough to stop it – a full body detox is required.</p> <p><b>Causes:</b> Excess exposure to the sun/ numerous sunburns over a person's lifetime is only one of many causes of skin cancer. Skin cancer indicates a highly toxic colon, liver and bloodstream even though it appears to involve only the skin. Cancer of ALL TYPES is ALWAYS associated with toxins in the liver and bloodstream. Squamous cell skin cancer has an unpleasant odor and can secrete a lot of fluid – the fluid is indicative of a toxic colon, liver, lymph and blood.</p> <p><b>Notes about surgery:</b> As the medical profession recommends surgery to remove skin cancers, they do not recommend anything to remove the underlying causes of skin cancer. Therefore, sites often crop up in numerous areas, resulting in numerous surgeries over the years. If you've gotten skin cancer once and don't heal it naturally, it is only a matter of time before a new skin cancer appears in a different area. Surgery can be an important option for skin cancers that have grown to a large size and can be life-saving in some cases.</p> <p><b>Dietary therapy:</b> Juice fasting highly encouraged. A raw living foods diet is also be very helpful. Drink lots of fresh wheatgrass juice</p> <p>See also Melanoma.</p>
<p><b>Skin, Dry, Chapped, Sore:</b></p>	<p>Tea Tree/Jobba oil blend, Germ Shield, Myrrh oil diluted with jojoba oil, Rose Hydrosol, Geranium Hydrosol</p>
<p><b>Sleep apnea:</b></p>	<p>Humming mask.</p> <p><b>Causes:</b> Root Canals can contribute by causing a low grade inflammation in the jaw and nasal tissues. Deviated septum. Chronic nasal congestion/ allergies/ sinus problems</p>

	<p><b>Other therapies:</b> Detoxifying the body can help. Treat any underlying problematic dental work.</p> <p>See also allergies, sinus problems</p>
<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 – helps provide energy so that the withdrawal from smoking does not cause excess fatigue.
<b>Snoring:</b>	<p><b>Causes:</b> Aggravated by nighttime alcohol consumption which causes too much relaxation of the nasal and throat passages. Avoid alcohol at nighttime. Thyroid disorders can contribute – with overactive or underactive. A swollen thyroid can also contribute. Can also be caused by root canals and dental work which can create chronic inflammation in the nasal and throat passages.</p> <p>Chronic nightly snoring contributes to high blood pressure, daytime sleepiness and chronic fatigue. Treat any and all underlying health conditions.</p> <p>See also allergies, sinus problems, hyperthyroidism, hypothyroidism</p>
<b>Spasms:</b>	<p>*Peaceful Nerves, Lobelia Tincture, Bone Tissue Nerve Formula. Intestinal spasms often respond well to Lobelia Tincture.</p> <p><b>Causes:</b> Can indicate malabsorption or mineral deficiency. Spasms can also occur around gallstones, kidney stones, and in the esophagus in the case of stomach ulcer or acid reflux (GERD).</p>

	See also epilepsy, fibroids
<b>Sprains:</b>	<p><b>Herbal therapy:</b> *Peppermint oil (apply immediately – within seconds after the sprain has occurred is most effective, reduces inflammation quickly and can reduce pain), *Tissue Repair Oil (apply a few drops to affected area - reduces inflammation, helps body repair and rebuild the entire area around the sprain, reduces bruising), *Bone Tissue Nerve Formula (to repair tissues, ligaments, joints, etc. – take by mouth for around 1 month after injury), Essential Nutrients (take 2 to 4 TBS per day to help rebuild tissues), Sweet Orange oil – apply topically for bruising,</p> <p><b>Other therapies:</b> Apply ice within the first 24 hours of injury. Check to make sure the sprained ligament is not also associated with a nearby fracture. After 1 or 2 days, begin alternating hot and cold water to the affected area. See story on Pinterest of how to heal a sprained ankle naturally.</p>
<b>Stings:</b>	see insect bites
<b>Stomach Cramps:</b>	<p><b>Causes:</b> Very common cause of stomach cramps is drinking iced beverages with meals. Improper food combining – fruit with meat, meat with soda pop, etc. Stomach cramps can also be an early symptom of food poisoning or indicate a parasite, especially when accompanied by flatulence.</p> <p><b>Herbal therapy:</b> Digestive Tonic – 1 to 2 droppers full in 2 oz. water, Peppermint oil in 2 oz. water with a few drops liquid stevia, Lobelia – 1 dropper full, Cramp Away – 1 to 2 droppers full, Peaceful Nerves – 1 to 2 droppers full, Colon Soothe. 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, if not all, food poisoning toxins and can be taken at dose of 1 tsp to 1 TBS each hour until symptoms subside.)</p>

	<p><b>Dietary:</b> Follow food combining rules. Stay away from foods with pesticides – pesticides can cause many side effects including stomach cramps.</p>
<p><b>Stomach Ulcers:</b></p>	<p>*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.</p> <p><b>Causes:</b> 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. Can be caused by taking certain medications. See arthritis, headache for natural alternatives to pain relief. Many vitamins and supplements can irritate (especially synthetic vitamin C, any type of ascorbate, including esterified and buffered ascorbate.)</p> <p><b>Symptoms:</b> 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 pain just after consuming. 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.</p> <p><b>Lifestyle:</b> if smoking, stop. Smoking causes the secretion of excess stomach acid.</p> <p><b>Dietary:</b> Avoid alcoholic beverages, carbonated beverages, citrus and citrus juice, vinegar, citric acid, garlic, cinnamon, curry, onion, asafetida, red meat, salt, and NSAID's. Canola oil can trigger heartburn and acid reflux. Avoid canola oil and all commercially baked goods with canola – cakes, brownies, cookies, etc. Canola oil is hidden in many baked good – read labels carefully. Taking essential oils by mouth can also cause pain – better to use them topically over stomach area. Juice fasting speeds healing. Depending on diet and stress, an ulcer can heal in 5 days or up to a year.</p>

	<p><b>Medications:</b> Do not take any medicines or herbs that thin the blood.</p> <p><b>Emotional healing:</b> Emotional healing includes deep breathing exercises, learning the importance of resting, letting go and taking breaks.</p> <p><b>Herbal therapy:</b></p> <ol style="list-style-type: none"> <li>1. Colon Soothe absorbs ulcer-causing helicobacter bacteria and greatly soothes the stomach, often providing immediate relief, while the demulcent herbs in this formula soothe and heal stomach and intestinal lining.</li> <li>2. Can-G and Flora-G replace the unbalanced stomach flora to beneficial flora.</li> <li>3. Fresh aloe and comfrey powder help stimulate tissue repair while minimizing scarring.</li> <li>4. 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.</li> </ol>
<b>Stones:</b>	See Kidney Stones, Bladder Stones, Prostate.
<b>Stress:</b>	*Healthy Heart (calming), *Peaceful Nerves (calming), Immune Valor – daily formula for long term stress support, Adrenal Support (energizing), Liver Regeneration Program
<b>Stretch Marks:</b>	See Scars/Stretch marks
<b>Stroke:</b>	<b>Herbal Therapy:</b> 28-Day Healing Program + Brain Regain + Cayenne Tincture. Geranium essential oil (helps heal brain and nerves), Grounding Essential Oil Blend (helps mental clarity, helps brain function, helps to find words), Peppermint oil (helps alertness, memory). If symptoms of

stroke appear, take cayenne powder dissolved in water or cayenne tincture ASAP to open up circulation to the brain.

**Symptoms:** sudden paralysis, confusion, difficult speaking, etc.

**Causes:** There are two types of stroke – hemorrhagic (bleeding) stroke and ischemic (lack of oxygen caused by cholesterol buildup). Ischemic stroke is caused by a buildup of cholesterol on the insides of the arteries that slowly closes off their opening and reduces circulation of blood to the head and brain. Beginning warning signs include confusion, depression, forgetfulness, transient ischemic attacks.

In Chinese medicine, stroke is known to be caused by anger rising. It is tied to the function of the liver (even if liver function tests are normal). Caffeinated products (sodas, coffees, certain medications for ADHD, weight loss drugs), raise the blood pressure and can worsen this problem, also causing an additional strain on the heart.

**Stroke recovery:** Humming Mask – use one 22-minute cycle and up to 5 cycles.

**Dietary therapies:** must stop all junk food, any food cooked with “vegetable oil” or “shortening”, trans-fats, soda pop, margarine, French fries, fast food, potato chips, white rice, pasta made with (enriched) wheat flour, fried foods, spray cheese, onion rings (refined) granulated sugar (white sugar), iodized (table) salt, hot dogs, processed cheese, dairy products from feedlot animals, daily coffee habit, white bread and sandwiches made with white bread, desserts (cakes, brownies, pies, cupcakes, candy, ice cream, etc.)

Instead, consume a organic whole-foods plant-based diet. Consume meat at a maximum of twice weekly. Raw milk from small local farms. Only pasture-raised eggs. Replace table salt with Himalayan salt and cut down salt content in recipes to ½ of most recipes. Cut down caffeinated coffee and gradually replace with

	<p>noncaffeinated coffee substitutes. Consume more salads, beets and leafy green vegetables.</p> <p><b>Notes:</b> The side effects of statins include muscle and joint pain and severe fatigue. Some people end up in wheelchairs due to severe muscle damage caused by these drugs. Do herbal liver cleansing to help lower cholesterol levels.</p> <p>See also High Blood Pressure and High Cholesterol to resolve these underlying issues. Continue all programs until healed.</p>
<b>Stye:</b>	<p><b>Herbal therapy:</b> *Eyebright Formula – use eyewash up to 5 times daily – 2 to 5 drops in an eyecup filled with distilled water repeated with a fresh batch for each eye, Echinacea Premium – take by mouth diluted with 4 to 6 ounces water, Blood Detox Formula (take by mouth diluted with 4 to 6 ounces water and liquid stevia)</p> <p><b>Symptoms:</b> painful swelling suddenly appears on eyelid.</p> <p><b>Causes:</b> improper diet, consuming feedlot animals and feedlot dairy products. Clogged glands in the eyelids. Eye infection.</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> <p>Apply Ice cold wet cloths.</p> <p>Use diluted apple cider vinegar and distilled water mixed half and half and refrigerate. Spray diluted vinegar mixture on sunburn. If you refrigerate the mixture beforehand, the coldness of the spray will feel very soothing and help relieve itching.</p>

**Tachycardia (Rapid Heartbeat):**

**Herbal therapies:** \*Healthy Heart, Cayenne Tincture, Peaceful Nerves, Liver Regeneration Program, Femme Pause® (during menopause).

**Symptoms:** Tachycardia is defined as more than 100 heartbeats per minute.

**Causes:**

1. Dietary: Can indicate too many sweets in the diet. 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, confusion, weakness, dizziness, and loss of consciousness and even seizures in severe cases.
2. Tachycardia often occurs in cases of hyperthyroidism where it can turn into atrial fibrillation.
3. Tachycardia can be associated with the following disorders: panic disorder, anxiety disorder, post traumatic stress disorder (PTSD), seizures, mitral valve prolapse
4. Recreational drug use – uppers, amphetamines, cocaine
5. Alertness medications sold in drugstores to help stay awake
6. Stimulant beverages: overdose of coffee, caffeinated tea, caffeinated soda pop/ soft drinks
7. Medications: medications used for weight loss (amphetamine-type medications) and attention deficit type disorders (Ritalin, Cylert, etc.),
8. Withdrawal from sedative medications and other substances: withdrawal from alcohol or other sedatives such as Valium;
9. Subluxation of thoracic vertebrae usually right at T-4
10. Low blood pressure episodes,
11. Sudden Kundalini awakening,
12. Acute grief reaction or sudden breakup with a loved one.

	<p>13. Rapid heartbeat can also occur during a strong herbal detox program, indicating a healing crisis.</p> <p><b>Lifestyle:</b> Need to stop taking any stimulants, if any, and begin a stress reduction program. Slow down.</p> <p><b>Dietary:</b> Reduce or eliminate caffeine (caffeinated sodas, chocolate, cocoa, black tea, green tea, etc.) and caffeine-containing supplements and medications.</p> <p><b>Herbal Therapy:</b> Tachycardia is sometimes associated with skipping heartbeats. Healthy Heart is of enormous benefit in these cases. Concentrated tinctures of Motherwort and hawthorne help to stabilize and normalize the heart rhythm. Any program to heal the heart should also include the Intestinal Rejuvenation Program as the small intestines affect the heart.</p> <p>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><b>Infants:</b> Funga-Gone Essential Oil 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 who receives it through the breast milk.</p> <p><b>Adults:</b> gargle with Can-G solution or Tooth and Gum Formula diluted with a small amount of water.</p> <p><b>Causes:</b> taking antibiotics.</p> <p><b>Symptoms:</b> painful white coating on inside of mouth, tongue, throat</p>

<p><b>Thyroid Cancer:</b></p>	<p><b>Causes:</b> Exposure to ionizing radiation. Eating radiated foods (kitchen spices are often irradiated – buy organic spices), eating radioactive foods, living near a nuclear reactor or Porter Ranch gas leak, swimming in water contaminated with radiation. Exposure to toxic chemicals (mechanics, laboratory technicians, house painters, pest control person, farmers exposed to pesticides, etc. Also, look for emotional cause (difficulty expressing oneself or standing up for oneself.) Can be caused by living with an abusive partner and not speaking up for yourself, not being able to stand up to them or defend yourself.</p> <p><b>Herbal therapies:</b> 28-Day Healing Program + Myrrh Essential Oil + Clove Essential Oil (use essential oils topically over thyroid area). Female Harmony or Thyroid Support to help balance thyroid hormones. Do the 28-Day Program 2 or 3 times, then take Blood Detox Formula for 1 to 2 years afterwards and do maintenance liver or kidney cleanses every 3 months.</p>
<p><b>Thyroid, Overactive:</b></p>	<p>See hyperthyroidism</p>
<p><b>Thyroid, Underactive:</b></p>	<p>See hypothyroidism</p>
<p><b>Tics, Twitches:</b></p>	<p><b>Herbal Therapy:</b> *Peaceful Nerves, *Bone Tissue Nerve Formula, Lavender Essential Oil, Earth's Nutrition (powder or caps), Grounding essential oil blend. Regular essential oil massage of spine and neck. Open Heart Essential Oil Blend.</p> <p><b>Causes:</b> Mineral deficiency. In elderly could be sign of stroke. Tics are sometimes a reaction to a vaccine. Tourette's Syndrome can follow a vaccine. Examine all medications for side effects, especially mood altering meds. Some antipsychotic medications can have involuntary movements as side effects. Mercury amalgam fillings, dental work, tooth infection. Eyelid twitches can simply be a reaction to stress (a deadline, fear the worst, etc.). More serious twitches can occur</p>

	<p>alongside certain neuromuscular diseases such as ALS or Multiple Sclerosis</p> <p><b>Other therapies:</b> Craniosacral Therapy, Deep Foot Reflexology. Remove mercury amalgam fillings. Avoid future vaccinations if possible.</p> <p>See also stroke, epilepsy, ALS, multiple sclerosis.</p>
<b>Tinnitus:</b>	<p><b>Herbal Therapy:</b> Brain Regain relieves a lot of cases caused by insufficient circulation to the brain. Cayenne Tincture, Peaceful Nerves – to repair damaged nerve, Essential Nutrients.</p> <p><b>Causes:</b> poor circulation to the brain, previous ear infections, low kidney energy, high blood pressure, low blood pressure, subluxed neck bones), taking a daily aspirin, aspirin overdose. Usually associated with low hormonal energy and/or bladder problem (bladder infections, inflamed bladder, interstitial cystitis, or a bladder infection in the past that was treated with antibiotics and no natural healing). Sometimes related to dental work, silent tooth infection, root canals.</p> <p><b>Other therapies:</b> Chiropractic relieves cases caused by subluxed neck vertebrae.</p> <p>See also high blood pressure, blood pressure.</p>
<b>Tooth, Bone loss:</b>	<p><b>Herbal therapy:</b> Tooth &amp; Gum, Bone Tissue Nerve Formula. Gargle with Bone Tissue Nerve Formula - several drops in about 1 oz. of water to help tooth pain.</p> <p><b>Causes:</b> 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><b>Herbal Therapy:</b> *Colon Soothe – pack in area between tooth and cheek around affected tooth to draw out</p>

toxins. Leave in all day, then rinse and apply new batch, leave in all night, rinse, apply new batch.

\*Lozenge (Flora-G) – dissolve several tablets daily in mouth, especially using with Chew n Brush or other toothbrush.

\*Tooth & Gum Formula – swish as gargle several times daily,

\*Bone Tissue Nerve Formula – 1 dropper every 1 – 2 hours during acute crisis). Additional, add several drops to 1 ounce water and gargle for 2 minutes several times daily to help tooth pain.

\*Echinacea Premium – dilute with water and swish as gargle several times daily and/or take 2 droppers full 6 times daily,

\*Funga-Gone Blend (topical on cheek in area closest to tooth, pulse points on neck), \*Celebration essential oil – bottoms of feet/pulse points on neck. Combine with DMSO to get deep into the tooth structure and tooth root. DMSO + the essential oil blends also help to control the pain.

Oregano oil (dilute w/ coconut oil and use as topical on cheek/bottoms of feet) to fight tooth infection.

Immune Boost Syrup (kids).

Can use pure comfrey root powder packed around the decayed tooth to help remineralize/ re-enamelize the tooth.

Brush teeth with Himalayan salt and baking soda to help alkalize the mouth.

**Dietary:** 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. Add high calcium foods into diet, especially kale, collard

	greens, broccoli – fresh juices, soups, etc. If bone density is low, adding raw milk to the diet often helps.
<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>	<p><b>Dietary:</b> Eliminate all pasteurized commercially available dairy products from the diet. Could be caused by dairy allergy, especially following a vaccine that contains casein. Raw dairy products from a small local farm that pasture-raises the animals without hormones or antibiotics could improve the symptoms.</p> <p><b>Herbal therapies:</b> Blood Detox Formula, Echinacea Premium, Cider Blaster, Immune Boost Syrup (kids). Make a gargle with: Peppermint oil, Clove oil, Cayenne Tincture with 1 to 2 ounces of water, and gargle several times throughout the day. A gargle can also be made with Echinacea Premium as well.</p>
<b>Tourette's Syndrome:</b>	<p><b>Herbal therapies:</b> Lavender Essential Oil, Peaceful Nerves, Bone Tissue Nerve Formula, Earth's Nutrition (powder or caps), Grounding essential oil blend. Regular essential oils massage of spine and neck. Essential fatty acid supplementation/ pure fermented cod liver oil.</p> <p><b>Other therapies:</b> Craniosacral Therapy, Deep Foot Reflexology,</p> <p><b>Medication reactions:</b> Examine all medications for side effects, especially antidepressant meds and antipsychotic meds. Remove mercury amalgam fillings. Avoid vaccinations if possible (contain thimerosal/ mercury).</p>

	See also tics/ twitches
<b>Tremors:</b>	<p><b>Herbal Therapy:</b> Peaceful Nerves, *Lobelia (releases the spasms that cause the tremors), *Earth's Nutrition Caps or Powder, *Liver Regeneration Program. Take *Nerve Calm daily for at least 6 months to help heal, tonify entire nervous system. The Earth's Nutrition Formula helps heal the nervous system over time – take daily for several months.</p> <p><b>Causes:</b> liver toxins, heavy metal poisoning, mercury amalgam fillings, vaccinations, pesticides on foods, exposure to any neurotoxin, dandruff shampoos.</p> <p><b>Dietary:</b> throw out aluminum pots and pans. Do not use aluminum foil to cook foods – use a covered casserole or slow cooker instead. Throw out any baking powder that contains aluminum. Throw out any aluminum-containing antiperspirants and use Germ Shield as a natural deodorant instead.</p>
<b>Tumors:</b>	<p><b>Causes:</b> colon, liver, kidney, blood and lymph toxins. Overly acidic body chemistry. Consuming junk foods over a long period of time. Eating too much protein. Lymph congestion. Too much hormonal stimulation (caused by eating feedlot animal products that have been treated with hormones to increase their size to maximize profit) Needs a complete body detox, not simply the area where the tumor is located. Can also be caused by any toxin such as laundry detergent or household cleaning chemicals. Only buy laundry detergent from health food stores. Major brand names that say "Free &amp; Clear" still contain toxic chemicals although slightly less.</p> <p><b>Herbal therapies:</b> *28-Day Healing Program (do for 2 or 3 months, then do maintenance liver or kidney cleanse every 3 months afterwards, and take Blood Detox Formula daily for 1 to 2 years. Blood Detox Formula, Echinacea Premium Formula, Liver Regeneration Program, Intestinal Rejuvenation Program</p>

	<p>(especially important for uterine, ovarian, prostate, stomach, colon and rectal growths)</p> <p><b>Topical therapies:</b> *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.</p>
<p><b>Ulcer, Peptic:</b></p>	<p><b>Causes:</b> long-term stress, bacterial infection (helicobacter bacteria)</p> <p><b>Herbal therapies:</b> *Can-G – keep it by the bedside with a glass of water for stomach pain. The aloe barbadensis miller content helps repair the stomach lining and the Bacillus Coagulans kills the bacteria.</p> <p>*Colon Soothe – take ½ tsp 3 times daily to help ease heartburn, absorb the helicobacter and its toxins. May need Vibrant Colon for a while if there is constipation.</p> <p>Licorice root powder – take ½ to 1 tsp 3 times daily. Licorice root can raise the blood pressure, so if you have high blood pressure, use DGL instead. This is licorice root that has the glycerrhizin component removed from it so that it does not raise blood pressure.</p> <p>Tummy Tea – drink throughout day,</p> <p><b>Topical therapies:</b> Frankincense oil – use 1 drop topically over the stomach area, Myrrh oil – use topically over the stomach area, Peppermint oil – use 1 drop rubbed topically over the stomach area.</p> <p><b>Dietary therapies:</b> drink aloe vera juice, take aloe juice concentrate. Include brown rice, congees and custards. Raw milk also helps heal the stomach lining. Powdered goat milk whey – 1 TBS in a cup of water can help repair the stomach lining over time. Avoid cinnamon, mustard, raw garlic and reduce salt intake. Avoid fresh lemon juice or orange juice by itself. A few spices may not be so bad as long as you eat a full meal</p>

	<p>with it, but for severe cases, you may need to eliminate spices and go to a bland diet. Do not drink soda pop or anything carbonated.</p> <p>Can heal in 1 to 3 months if the right nutritional and herbal remedies are used and if spices are avoided and the high stress situation has been resolved.</p> <p>See also Stomach Ulcer</p>
<b>Urethritis:</b>	<p>*Kidney/Bladder Revitalization Program, Simplified Stone Cleanse, Prostate, Echinacea Premium.</p> <p><b>Causes:</b> previous bladder catheterization, certain chemotherapy drugs (cyclophosphamide, etc.), sexually transmitted diseases, Synthetic vitamin C can cause symptoms of urethritis and cystitis, even if it is buffered or esterified.</p> <p>See also bladder infection</p>
<b>Urinary Incontinence:</b>	<p>See incontinence</p>
<b>Urinary retention / blocked urination/ can't get urine out</b>	<p><b>Causes:</b> bladder stones, enlarged prostate (benign prostatic hyperplasia), kidney failure, cancer that blocks the kidneys, ureters or bladder</p> <p><b>Medications that cause it:</b></p> <ul style="list-style-type: none"> <li>• Opiate painkillers, including hydrocodone and all its derivatives, codeine, and codeine cough syrup can delay or even stop the emptying of the bladder.</li> <li>• Medications with anticholinergic effects can also interfere with the emptying of the bladder. Urinary retention has been well documented in the scientific literature with the use of drugs with anticholinergic activity: <ul style="list-style-type: none"> <li>○ Antipsychotic drugs</li> <li>○ Antidepressants</li> <li>○ Anticholinergic respiratory agents)</li> <li>○ Opioid medications</li> </ul> </li> </ul>

- Anesthetics
- Alpha-adrenoceptor agonists (prescribed for glaucoma, high blood pressure, bradycardia/abnormally slow heartbeat, and anxiety) Includes clonidine, methyldopa, phenylephrine, and many other drugs.
- Benzodiazepines (commonly prescribed for anxiety and insomnia)
- NSAID's (nonsteroidal anti inflammatory drugs, also commonly known as over the counter painkillers)
- Detrusor (bladder muscle) relaxants
- Calcium channel antagonists (commonly prescribed to control high blood pressure)

This is called drug-induced urinary retention. Thoroughly check the side effects of every prescription medication you are taking. Read any and all package inserts and particularly take note of any black box warnings for any medication you are taking.

Also avoid taking prescription testosterone as this can cause enlargement of the prostate which can block the urine from getting out of the bladder..

Find natural alternatives to all of these medications and/or seek natural pain relief. If any of these medications cause acute urinary blockage, there may be an underlying prostate issue (benign prostatic hyperplasia/ BPH/ enlarged prostate) which will also need to be healed.

**Herbal therapies:** \*Kidney/Bladder Revitalization Program  
\*Lobelia Tincture – 1 dropper full as needed, up to 6 times daily, Kidney/Bladder Formula, , stop taking any medications that cause it

**Dietary therapies:** raw living foods diet, avoid all animal products that came from feedlots – they have been given hormones that can cause abnormal prostate growth. This stops the excessive growth of the prostate due to added hormones in animal products.

<b>Urticaria:</b>	See Hives
<b>Uterus (shrink after birth)</b>	Female Harmony, Bone Tissue Nerve Formula, Postnatal Program, warm broths.
<b>Vaccine Injury:</b>	<p><b>Acute treatment for recent vaccine:</b> ice the area of the vaccination to slow down its release into the body, Peaceful Nerves (seizures), Immune Valor (balance overactive immune system and helps brain function), Peppermint oil + Deep Foot Reflexology along arch of both feet to help calm the nervous system and take down fever. Apply oregano oil on soles of feet if infection is suspected. Frankincense essential oil, Grounding Essential Oil Blend can also be used if there are seizures/ convulsions.</p> <p><b>After the acute phase has passed:</b></p> <p><b>Herbal therapy:</b> heavy metal cleanse (Vibrant Colon + Colon Detox Caps + Essential Nutrients or Earth's Nutrition Formula). Depending on age of child – Children's Colon Cleanse Syrup can be substituted for Vibrant Colon if child doesn't weight enough to take Vibrant Colon. Can-G can help balance the imbalanced intestinal flora.</p> <p><b>2021 Addition:</b> if you took the Convid vaccine, use Vibrant Colon, Colon Detox Caps and the Blood Detox Formula for 1 to 2 weeks to detoxify the ingredients out of your body. This is the bare minimum to take. A Liver Regeneration Program is also high recommended. If you've experienced any brain or nerve damage, follow the other recommendations in this section for nerve and brain damage.</p> <p>Long term healing of nerve damage: Earth's Nutrition Formula taken at double dose daily. Muscle Energizer Massage oil and geranium oil massaged along entire spine. Peaceful Nerves or Nerve Calm for seizures, twitches, spasms – take at full dose 3 to 4 times per day. If seizures occur at nighttime, take one dose just before</p>

	<p>bedtime. Peaceful Nerves is more of an antispasmodic antiseizure formula. Nerve Calm is a tonic that can be taken every day to strengthen nervous system over time.</p> <p><b>Signs/ symptoms:</b> POTS syndrome (disorder of the autonomic system characterized by dizziness upon standing up and heart palpitations, intolerance of temperature changes, etc. POTS is caused by damage to the autonomic nervous system) brain damage, paralysis, nerve damage, chronic fatigue, autoimmune disorder, food allergies (dairy, egg, gluten, soy, MSG), learning disabilities, behavior disorders, fibromyalgia, fever, high-pitched screaming. The fever occurring just after vaccination is often caused by serum sickness (animal serum (blood) contained in vaccination) or by becoming infected with the weakened virus contained in the injection. The brain and nervous system damage is often caused by the aluminum and thimerosal and/or infection with the weakened viruses that were injected.</p> <p><b>Behavior issues:</b> Grounding Essential Oil, Lavender Essential Oil, Nerve Calm, Can-G</p> <p><b>Hearing Loss:</b> Kidney/Bladder Revitalization Program, Make a tea with Nerve Calm and use as a wash to wash out ears. Every 7<sup>th</sup> day, flush ears with half and half warm apple cider vinegar and distilled water. Apply Nerve Calm around ears combined with ear massage (gently pull entire ears up, down, forwards, backwards to activate circulation around the ears), apply essential oils around the outside of the ear (never drop straight undiluted essential oils in the ear – it is very painful and can cause damage. Essential oils can work just as well outside of the ear – it's not necessary to apply them inside the ear)</p> <p><b>See also:</b> Autoimmune disorder, Type I Diabetes, fibromyalgia, chronic fatigue, attention deficit, epilepsy</p>
<p><b>Vaginal Infection:</b></p>	<p><b>Herbal therapy:</b> Herbal Therapy: *Blood Detox (strongest), *Echinacea Premium – especially helpful for yeast infections, *Can-G can be mixed with small amount of</p>

	<p>water and used as an implant. Liver Regeneration Program. Supplement with Femme Pause if in perimenopause or menopause.</p> <p><b>Causes:</b> antibiotics (often cause yeast infections), sexually transmitted infections (trichomonas, gonorrhea, chlamydia, etc.) Liver toxins contribute to the inflammation of the infection, anger at sexual partner, Root canal in front teeth, Swimming in chlorinated pools or spending time in hot tubs can aggravate. Lower hormones during perimenopause and menopause can increase susceptibility to vaginal and bladder infections.</p> <p><b>See also</b> yeast infection, vaginitis (atrophic)</p>
<b>Vaginal Dryness:</b>	Femme Pause® (or Female Harmony), Adrenal Support
<b>Vaginitis, Atrophic:</b>	<p><b>What it is:</b> Dryness, irritation and thinning of the vagina walls, leading to painful intercourse. Usually occurs during and after the menopausal years.</p> <p><b>Causes:</b> low female hormones, happens after removal of ovaries or around the time of menopause.</p> <p><b>Herbal therapies:</b> Femme Pause® (or Female Harmony), Adrenal Support. Female hormone supportive herbs should be taken throughout life and especially after menopause to preserve youthfulness, beauty, blood sugar balance, cholesterol balance, and increase longevity</p> <p><b>Dietary therapies:</b> eat foods high in jing energy such as black sesame seeds, goji berries, longan fruit, chaga mushroom. Fennel juice. Avoid refined foods such as multi-purpose flour, table salt, soda pop, and start juicing green vegetable juices more.m</p>
<b>Varicose Veins:</b>	<b>Herbs by mouth:</b> *Bone Tissue Nerve Formula (especially during pregnancy) – (up to 1 dropper per hour during acute crisis if needed), Brain Regain Formula.

	<p><b>Topical therapy:</b> 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), Peppermint oil (if veins are inflamed)</p> <p><b>Causes:</b> chronic constipation, calcium deficiency, calcium deficiency during pregnancy</p>
<p><b>Vasculitis:</b></p>	<p><b>Types:</b> Churg-Straus, Cryoglobulinemia (associated with Hepatitis C), ANCA Vasculitis, Giant Cell Arteritis, Henoch Schonlein Purpura, Kawasaki Disease, Takayasu's arteritis, Wegener's Granulomatosis, Buerger's Disease, CNS (central nervous system) vasculitis, Behcet's disease, Hypersensitivity vasculitis (caused by allergy).</p> <p><b>Definition:</b> Inflammation of the blood vessels – arteries, veins and capillaries. Over time, blood vessels can become narrower, resulting in less oxygen delivered to the body's tissues. Clots are more likely to form, and aneurysms can develop. Symptoms: fever, tiredness, joint pain, muscle pain, numbness, weakness. Can affect and damage internal organs as well as brain &amp; spinal cord. Neurologic signs include mental changes, seizures, confusion, headaches, visual problems, dysphasia (difficult speaking). Outward sign on the body: tiny red spots on the skin and/or hives indicate leakage of blood from the blood vessels into the skin, and purpura are larger purplish areas that appear on the skin indicating a larger amount of blood leaking out from the blood vessels.</p> <p><b>Causes:</b> Autoimmune (induced by adjuvants such as aluminum hydroxide contained in routine injections received in the doctor's office. Cases have been reported following Hepatitis B Vaccine. Often associated with rheumatoid arthritis, lupus, inflammatory bowel disease and Sjogren's syndrome. Mercury-containing dental fillings contribute. Chronic hepatitis. Copper allergy induced by use of a copper-containing IUD (intrauterine device) for birth control. Chronic bacterial or viral infections (Hepatitis B, Hepatitis C, HIV) can cause vasculitis. Cancers such as leukemia and lymphoma are</p>

	<p>often associated with vasculitis. Smoking (especially in the case of Buerger's disease). Smoking almost always results in the inflammation of blood vessels.</p> <p>Certain medications can cause vasculitis as a side effect. Offending medications include the following: certain antibiotics such as penicillin and sulfa drugs, some blood pressure-lowering medications, phenytoin (aka Dilantin, an antiseizure medication), allopurinol (used for gout).</p> <p><b>Other causes:</b> mineral deficiencies such as calcium, silica and others.</p> <p><b>Nutritional therapies:</b> organic collagen supplement, alkaline diet, daily Essential Nutrients. Juice fasting.</p> <p><b>Topical therapies:</b> massage area with *Circu-Tone Essential Oil, helps normalize circulation. Muscle Energizer Massage Oil. Castor oil packs applied onto inflamed areas.</p> <p><b>Herbal therapies:</b> *Echinacea Premium (helps blood vessel walls directly &amp; reduce inflammation), *Bone Tissue Nerve Formula (high in calcium, silica and other minerals needed to build healthy artery and veins walls). Heavy metal cleanse (Liver Regeneration Program + Essential Nutrients Formula or Earth's Nutrition Formula), Immune Valor Formula (adaptogenic formula helps modulate a hyperactive immune system). Parasite Cleanse Kit if there are parasites</p> <p><b>Other therapies:</b> PEMF mat. Reduce chronic frustration, anger at boss, family member or romantic partner.</p>
<p><b>Vertigo:</b></p>	<p><b>Causes:</b></p> <p>Women: Check for vaginitis, uterine tumors and bladder infections or inflammation from previous infection that was not completely healed. These issues often manifest symptoms in the ears.</p> <p>Men: check bladder/ prostate. If an infection is treated with antibiotics, the pus, dead bacteria, viruses, fungi are</p>

	<p>not removed and these waste products can contribute to further infection and/or cause problems in associated organs – bladder and reproductive organs are connected to the ears through the body meridians.</p> <p>Natural healing of an infection – even if it was an infection in the past) <b>MUST ALWAYS</b> be done in order to completely heal an infection. Use of antibiotics can result in an incomplete healing of an infection even though the symptoms may have disappeared. If you use antibiotics to fight a bacterial infection, you should do a cleanse of that area afterwards in order to eliminate the antibiotic residues in your body as well as the leftover waste materials still trapped in your body from the infection.</p> <p><b>Herbal therapy:</b> *Brain Regain Formula, Cayenne, Ginger Tincture. Women: Chronic inner ear infections are often associated with bladder or vagina/uterus problems.</p>
<p><b>Vision (nearsighted, farsighted):</b></p>	<p><b>Herbal therapy:</b> *Eyebright Formula – take by mouth 3 to 4 times per day and use diluted with distilled water as eye wash up to 5 times per day, Kidney/Bladder Revitalization Program, Liver Regeneration Program, Frankincense oil (topically around eye area, but Frankincense is never used in the eyes).</p> <p><b>Other therapies:</b> inverted yoga poses, Slant board exercises to increase circulation to the head area.</p> <p><b>Dietary:</b> deficiency of beta-carotene contributes to poor eyesight, especially to poor night vision.</p> <p><b>Causes:</b> too much close-up reading and time in front computer screen contributes to nearsightedness. Vision is influenced by the health of the liver. If the liver has accumulated toxins such as heavy metals, pesticide residues, pharmaceutical residues, gallstones, etc, the eyesight will suffer. The liver can accumulate a large amount of toxins and liver function tests can still be normal. Blurred vision can be caused by medications – anticholinergic medications, antidepressants, drugstore</p>

	<p>or prescription antihistamines. Poor circulation to the brain contributes to poor eyesight which is usually related to cholesterol buildup in the arteries and hardening of the arteries. Low hormones contribute to poor eyesight.</p> <p>See also high cholesterol, arteriosclerosis, allergies, gallstones, macular degeneration</p>
<p><b>Vomiting:</b></p>	<p><b>Herbal therapy:</b> Digestive Formula (helps the nausea in the moment), Colon Soothe (absorbs the toxin causing the problem), Peppermint oil, Ginger Tincture (helps nausea).</p> <p><b>Causes:</b> underlying causes (food poisoning, gastritis, acute hepatitis, GERD, chemotherapy, medication side effect, etc.). Nausea/ vomiting is often the side effect of prescription painkillers (morphine, hydrocodone, etc.). Check the side effects of ALL medications you are taking. Nausea and vomiting can be caused by an infection of any kind, shingles, kidney infection, among others. Nausea can also be the first symptom of kidney failure along with itching and a strange odor on the breath. Severe nausea and vomiting can also be caused by Hepatitis A and appendicitis.</p> <p>See also hepatitis, food poisoning, acid reflux, shingles, kidney infection</p>
<p><b>Viruses/cold sores:</b></p>	<p><b>Causes:</b> Drinking alcoholic beverages to excess. Smoking cigarettes or anything else contributes. Generally caused by too much heat or fire in the liver.</p> <p><b>Topical herbal therapies:</b> *Herp-Ez essential oil blend – apply topically to area of concern as well as to corresponding area in the spine, Tea tree/Jojoba oil Blend – apply topically, Clove oil, Oregano oil, *AV Blend, Lemon oil</p> <p><b>Herbs by mouth:</b> Anti-VR, Echinacea Premium Formula, Liver Regeneration Program.</p>

	<p><b>Dietary:</b> avoid peanuts, chocolate – these can trigger cold sore outbreaks. Avoid sugar – granulated sugar, brown sugar, maple syrup, honey, fructose, high fructose corn syrup, corn syrup</p>
<p><b>Vulvodynia:</b></p>	<p><b>Causes:</b> urinary tract infection, chronic vaginal infection. Pelvic floor muscle dysfunction. Could start off as reaction to an IUD.</p> <p><b>Herbal therapies:</b> Liver Regeneration Program. D-mannose or Kidney Revitalization Program if caused by urinary tract infection. 28-Day Healing Program.</p> <p><b>Dietary therapies:</b> avoid all forms of sugar – no granulated sugar, brown sugar, honey, corn syrup, maple syrup, fructose, high fructose corn syrup. No soda pop or anything carbonated to drink. Eat raw living food diet.</p> <p><b>Other therapies:</b> avoid chlorine-bleached feminine hygiene products and toilet paper. May need to stretch/strengthen various pelvic floor muscles. Alternating hot and cold water therapy over pelvic area once every day or two. Avoid any sexual lubricants containing glycerine. 90-Day Kick the Candida Challenge (especially if you suspect candida overgrowth)</p>
<p><b>Warts:</b></p>	<p>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</p>
<p><b>Warts, Genital:</b></p>	<p>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.</p>

<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. Use with prosperity affirmations.
<b>Weight (to Lose):</b>	<p>*Liver Regeneration Program or Cholesterol Busters Program, *Essential Nutrients or Earth's Nutrition Caps – as meal substitute), Appetite Suppressant oil blend (diffuse 30 minutes before meals to help curb appetite), Female Magnetism or Thyroid Support (for metabolism and/or low thyroid), Cayenne (stimulates metabolism, especially if there is a tendency towards cold hands and feet), Lemon oil (diluted as massage), Sweet Orange oil (diluted as massage), Circu-Tone Oil Blend (massage topically to help with cellulite), Adrenal Support (weight balancer), Foster Flora Plus (Flora-G Plus) (weight balancer, can curb cravings, helps constipation).</p> <p>Many pounds of extra weight can be carried in the colon as hard impacted feces. Make sure bowels are moving 2 to 3 times daily. Doing a colon cleanse, especially with juice fasting, can remove up to 25 pounds of impacted fecal waste (the more severe the constipation, the more pounds are eliminated during the Intestinal Rejuvenation Program).</p> <p>Although people often lose weight during an herbal cleanse, it also can depend on what foods you eat during the cleanse. Raw foods are more slimming than cooked ones. If you eat ice cream every night during your herbal cleanse, you will NOT lose weight.</p> <p><b>Causes of obesity:</b> consumption of enriched flour, white rice, granulated sugar, soda pop, French fries, cheeseburgers, processed foods. Inactivity. Low thyroid hormone/ Hashimoto's. Liver clogged with toxins (even if</p>

	<p>liver function tests are normal), constipation. Consuming animals raised in feedlots and treated with hormones.</p> <p><b>Dietary:</b> Animal products must be hormone-free. Concentrate on raw foods (they are more slimming). Avoid processed/ canned foods (enriched flour, granulated sugar, iodized table salt) as much as possible. Start drinking green vegetable juices.</p>
<p><b>Weight (to Gain):</b></p>	<p>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.</p> <p><b>Causes of underweight:</b> hyperthyroidism (overactive thyroid), Graves's disease, inflamed thyroid, loss of appetite, poor digestion (malabsorption syndrome), colitis, Crohn's disease, chronic diarrhea of unknown cause, stomach ulcer, celiac disease, emotional: fear of eating due to previous bout of colitis/ diarrhea, aversion to certain types of food due to gallbladder dysfunction (can't digest fatty or oily foods) or pain in the stomach, anorexia nervosa. Parasites can cause weight loss. Other hidden causes of sudden unexplained weight loss can be diabetes or cancer (especially in the older than 50 age group)</p> <p>Being underweight is not necessarily caused by a disorder. Some people are naturally thin, especially children.</p> <p>See also hyperthyroid, colitis, diarrhea, parasites, stomach ulcer, celiac disease</p>
<p><b>Wheezing:</b></p>	<p><b>Herbal therapy:</b> Lobelia – 1 dropper as needed, ALG Oil Blend (apply one drop to chest, back, bottoms of feet. Usually works within minutes), Cider Blaster (especially if the wheezing is caused by an allergy) Cider Blaster has a</p>

	<p>natural antihistamine effect and can also stop some allergic reactions.</p> <p><b>Causes:</b> vaccination, childhood traumas, dairy allergy, food allergies, fluid retention in the lungs, congestive heart failure, pleurisy/ fluid in the lungs, pneumonia. The lungs are influenced by toxins in the large intestine. Do the Intestinal Rejuvenation Program. In an emergency, a high enema can help lung function.</p> <p><b>Dietary:</b> Eliminate dairy products from the diet.</p> <p>See also asthma, pneumonia, congestive heart failure, edema</p>
<b>Wounds, Cleansing:</b>	<p>*Tea Tree/Jojoba oil blend, *Tooth and Gum Formula – dilute with water and use as rinse</p>
<b>Wrinkles:</b>	<p><b>Topical herbal therapy:</b> *Myrrh oil, *Frankincense oil. Use Rose floral water, Geranium floral water in a spray, close eyes and spray on face.</p> <p>Can-G – contains aloe barbadensis miller with Bacillus Coagulans powder which can be 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 barbadensis miller helps to rejuvenate the skin, create a more youthful appearance to the skin.</p> <p><b>Causes:</b> Smoking is the #1 cause of premature wrinkles. Wrinkles can also indicate dehydration.</p> <p><b>Dietary:</b> Make sure to drink 1 oz. per pound of body weight per day to keep well hydrated. Essential fatty acid supplement can also help to lubricate the body from the inside and help moisten the skin from the inside. Can be aggravated by mineral deficiency.</p>

	<p><b>Herbs by mouth:</b> Doing all herbal detoxes can take years off the face and result in a more youthful appearance. Use Bone Tissue Nerve Formula, Essential Nutrients Formula to replenish minerals. Healthy Skin Formula also helps remineralize the skin as well as helping to clear rashes, acne and other skin problems.</p>
<p><b>Yeast infection:</b></p>	<p>*Tea tree/Jojoba blend – apply to outer inflamed tissues + *Echinacea Premium Formula or Foster Flora (Flora-G Plus) taken by mouth. Blood Detox Formula (stubborn cases), Funga-Gone Blend (bottoms of feet or added to herbal douche), Myrrh oil (apply either or both topically, add to herbal douche). If yeast infections are recurring, do the Liver Regeneration Program and the Kick the Candida Challenge. The Candida originated from the bowel and leaks into various tissues.</p> <p><b>Symptoms:</b> burning cottage-cheese-like vaginal discharge that is usually white. Can also cause burning while urinating.</p> <p><b>Causes:</b> antibiotics, diabetes I and II, overconsumption of sweets, exhaustion. Women in perimenopause and in menopause are predisposed towards getting vaginal infections due to the lower amount of estrogen in the body which causes a thinning of the vaginal tissues. If perimenopausal or menopausal, add Femme Pause. Sexual lubricants containing glycerine can aggravate/worsen yeast infections. Can also indicate conflict/anger with sexual partner.</p> <p><b>Dietary:</b> avoid sweets, candy, mints, gum, desserts, doughnuts, cakes, pies, and even fruit until the infection is gone.</p> <p>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</p>

the Gardnerella bacterial species that naturally inhabits the vagina.

See also diabetes (both types), candida

## About the Author:

**Dr. Cynthia Foster, M.D.**

### **A Conventionally Trained Medical Doctor Who Left Medicine Almost 20 Years Ago to Practice 100% Holistically**

After receiving a required Hepatitis B vaccine for entry into medical school, Dr. Cynthia Foster became severely ill with grand mal epileptic seizures. The seizures occurred twice daily for almost four years – *almost the entire time she was in training to become a conventional medical doctor* at the University of Texas Health Science Center. Putting her life into the hands of a very experienced holistic nurse who was using holistic healing methods with unprecedented and extraordinary results, she refused all medications or other medical interventions for the seizures.

Using only natural methods as her treatment, the seizures went into complete remission, and she has been seizure-free for over 20 years. Her first book *Stop the Medicine* tells the incredible story of her miraculous recovery as well as giving a behind-the-scenes look at the Modern Medical Establishment. In her search for

healing, she has traveled the world learning and incorporating natural methods into her holistic practice, including herbal detox, natural supplements, aromatherapy, hydrotherapy, energy healing, mind-body medicine, healing visualizations, juice fasting and therapeutic foods.

After receiving her MD degree, and refusing to practice medicine because of the miraculous healings she had seen in others and experienced for herself, she began her practice using only natural methods to heal her patients, specializing in teaching people how to heal themselves with simple remedies and techniques, and has been able to repeat the miraculous healing results with her patients that she herself had personally experienced.

Over the past 20 plus years, she has served many roles including not only healing practitioner, but also herbal product trainer and spokesperson for herbal product companies, and also founded her own pharmaceutical strength herbal



**Dr. Cynthia Foster, M.D.**

**Author of *Stop the Medicine!*  
Medical Intuitive, Medical Doctor  
Who Has Been Practicing  
Holistic Healing for Over 20 Yrs.**

product line called “Dr. Foster's Essentials” to address the health problems she was seeing in her practice. She noticed over a period of two decades of seeing patients, that they usually brought her grocery bags full of so-called “natural” supplements that simply did not work. She founded Dr. Foster's Essentials, insisting on including herbal extracts up to ten times stronger than what is traditionally available in grocery stores, drug stores health food stores, and even online, as she felt these “mass-marketed” remedies were too weak and watered down to heal anything as serious as what she had experienced with the epilepsy.

A highly sought after speaker and university instructor, she has lectured worldwide on a wide range of topics from the use of herbs to emotional healing to conventional medicine classes for acupuncture students. She has been interviewed numerous times on radio programs and mentioned in the press as well as featured in magazines, newspapers, and on television. Recent books include Liver Cleanse Action Guide, Kidney Cleanse Action Guide, Top 21 Liver Healing Recipes, Rescue Your Heart, Heart Rescue Action Guide, Breathe Better. Current projects include a book on healing the thyroid naturally and another one called Cancer Action Guide. Also, in the works is a book describing how to use herbs and natural healing techniques to overcome life-threatening, chronic and incurable health issues.