

Eve's Herbs 2010/2011 catalog

Herbal Remedies for Rejuvenation & Healing

www.evesherbs.com



I love the herbs...



They have, with the grace of God, since I "discovered" them nearly 30 years ago, freed me of chronic fatigue, cystitis, chronic constipation, hypoglycemia, manic PMS, depression, cancer and arthritis. They have similarly helped the thousands of people to whom I am grateful for giving me my life work. The herbs are nutritional and medicinal. They are the original vitamins, minerals and micronutrients, organic and therefore, ideal for the human body.
Eve Campanelli, Ph.D.

NEW
FORMULA



Ashland, OR 541-482-2112 • Culver City, CA 310-838-2527 • Los Angeles 310-855-1111

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Three simple ways to order:

Online: www.evesherbs.com

Phone: (choose a number below)

Or by Fax: 541-482-1011



The following are (condensed) commentaries of experiences with two of my patients:

“I am a white male, 34 years old, living in Los Angeles, California. I had experienced a significant amount of pain near my tailbone from 1980 to 1992, increasing in severity in 1993. Friends of mine mentioned that it was possibly a cyst around my tailbone, which, from what they had heard, is a very serious type of cyst and would be literally a “pain in the ass” to get rid of. They told me to avoid surgery at all costs unless absolutely necessary..... It is now 1998, and I have been using the herbs Dr. Campanelli recommends for maintenance. I have never felt better, and the cyst has not as much as reared its ugly head my way again. Thank you Dr. Campanelli !!!”

“I had a complete Achilles Tendon break...100% detachment. Actually, it wasn't painful at all, except for the moment of impact. Then it was over. Maybe it was due to the complete tear of the tendon leaving it hanging in a relaxed state. (Sounds stressful, doesn't it?) This was, in my orthopedic surgeons' word's, “the worst case he had ever seen”. He had done many famous sports figures, and even a few famous celebrity actors. He said that he went so far as to show the film of my surgery to two other surgeons and neither of them could believe the severity of the tear. It was detached and had pulled a 3/4 inch piece of my heel bone 1/4 way up my calf...

..... I am sure that with Eve's Herbs and a new workout program, which definitely increased my circulation to this faraway limb, credit must be given for the miraculous turnaround that I experienced just a few days before my [next] scheduled surgery..... My body must have reached a saturation point with the herbs and finally began to heal itself. Both doctors agreed that the improvement was good enough to call off the surgery..... My warmest regards and thanks to Dr. Campanelli!!!”

Dr. Eve Campanelli

131 Oak Meadow Place
Ashland, OR 97520

4255 Baldwin Avenue
Culver City, CA 90232

**Just a little aside for those who have asked:
OUR EVE'S HERBS CAPSULES ARE KOSHER**

Ashland, OR 541-482-2112 • Culver City, CA 310-838-2527 • Los Angeles, CA 310-855-1111

These statements have not been evaluated by the FDA. This reference is to be used for educational information. It is not a claim for cure or mitigation of disease, but rather an adjunctive approach, supplying individual nutritional needs that otherwise might be lacking in today's lifestyle.

ACP FORMULA: PRICE: \$16.00

Consists of predominantly Chinese herbs which contain naturally occurring mild pain relievers, muscle relaxants and nervines. Therapeutic Actions: Can help with sleep especially if there is pain. Only use at night. Will not replace prescription pain medications, but may aid their efficiency.

Each capsule contains: Zhi Gian Cao, Mu Gua, Wei Ling Xian, Ji Xue Teng, Niu Xi (Chuan), Gou Ji, Yan Hu Suo, Gui Zhi, Liu Zhi Huang, Ge Gen, Mo Gu Xiao, Huan Jin Gui, Bai Shao.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	-	-	1 Capsule
130-170 lbs.	-	-	2-3 Capsules
over 170 lbs.	-	-	4 Capsules

ANTI GEOTRICHUM: PRICE \$16.00

For use in stubborn constipation. Laxative and anti-parasitic herbs balanced with demulcents (soothing herbs). It is not habit forming or cramping. Doses are often reduced as bowel action regulates.

Each capsule contains: Chaparral, Shepherds Purse Herb, Echinacea Augustifolia Root, Aloe Cape.



Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	-	-	1 Capsule
130-170 lbs.	1 Capsule	1 Capsule	1 Capsule
over 170 lbs.	2 Capsules	2 Capsules	2 Capsules

AR+ FORMULA: PRICE: \$ 16.00

Its action is anti-inflammatory, analgesic, sedative, mildly diuretic and is a liver stimulant. Therapeutic Actions: It is excellent for mild, chronic arthritis, bursitis, tennis elbow and other inflammatory conditions. If these inflammations are particularly acute, or in the case of osteoarthritis, use along with Devil's Claw.

Each capsule contains: Smilacis Glabrae Root, Gravel Root, Loquat Leaves, Devil's Claw Root, Tarragon Leaves, Oat Straw, Wild Red Peppers, Mullein Leaves.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	1 Capsule	1 Capsule
130-170 lbs.	-	2 Capsules	2 Capsules
over 170 lbs.	-	3 Capsules	3 Capsules



ASTRAGALUS BLEND: PRICE: \$ 16.00

Is helpful for mild and chronic immune system weaknesses when they also include adrenal gland weaknesses. This is most efficient for long term prevention of immune problems. We usually precede this formula with the quick-acting Bactotox. Somewhat energizing. It combines well with the Defense formula for extra support.

Each capsule contains: Astragalus, Ligustrum, Ganoderma, Eleuthro Ginseng, Codonopsis, Schizandra, Licorice, Oryza, Malt.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	1 Capsule	1 Capsule
130-170 lbs.	2 Capsules	-	2 Capsules
over 170 lbs.	3 Capsules	-	3 Capsules

BACTOTOX: PRICE: \$ 16.00

Our most popular formula as nature's potent and fast-acting antibacterial/antiviral. Enables white blood cells to engulf bacterial or viral invaders. Heightens the actions of the lymphatic system, circulation, liver, endocrine functions and respiration. Maintains mucous membrane health and enables them to repel allergens. It is high in vitamin C, A and B3 amongst many other micronutrients.

BACTOTOX is a must for airline travel and to have on your medicine shelf for the first sign of colds, sore throats or other infections.

Each capsule contains: Echinacea, Goldenseal, Garlic.

P.S. Distribute dinner doses to breakfast and lunch if it is too energizing at night.



Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	1 Capsule	1 Capsule
130-170 lbs.	2 Capsules	2 Capsules	2 Capsules
over 170 lbs.	3 Capsules	3 Capsules	3 Capsules

BILICA: PRICE: \$ 16.00

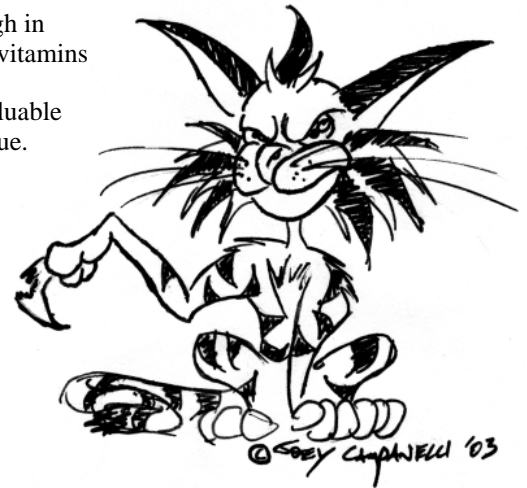
It's known actions are antidepressant and a restorative nerve tonic. Bilica is very high in silica, the essential nutrient for healthy hair, skin, teeth and nails. It is high in the B vitamins naturally occurring in this formula so it is easily digested and causes no nausea.

Therapeutic Actions: It is an excellent tonic for the whole system. Outside its invaluable use for splitting and weak nails or hair, it is also used for physical and nervous fatigue. It has been known to balance thyroid and estrogen deficiency.

Each capsule contains: Comfrey Leaves, Oat Straw, Horsetail.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	1 Capsule	1 Capsule
130-170 lbs.	1 Capsule	1 Capsule	2 Capsules
over 170 lbs.	2 Capsules	2 Capsules	2 Capsules



BLACK COHOSH TINCTURE: PRICE: \$ 24.00

Our Black Cohosh tincture is an effective enough aid for some women who have had a complete hysterectomy. The Herb Research Foundation has released its updated findings stating that Black Cohosh is safe and helpful even for women who have had estrogen dependant breast cancer. PRICE: \$24.00 for a 4 oz. bottle last about 3 weeks with initial doses. 4 weeks with many doses of 1 tsp 2 times a day. **Suggested Dosage:** 1 Tsp. 3-4 times/day

BORAGE: PRICE: \$ 16.00

Soothing to the digestion, it contains tannins, vitamin C, calcium, essential fatty acids, gamma-linoleic acids and potassium. Known as a heart tonic, it helps steady the adrenal glands, promotes lactation, and is an anti-rheumatic. Therapeutic Actions: We use it primarily for SUGAR CRAVINGS and to help young moms with milk production.

Each capsule contains: Borage

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	1 Capsule	-
130-170 lbs.	2 Capsules	2 Capsules	-
over 170 lbs.	2 Capsules	2 Capsules	2 Capsules



BWC TINCTURE: PRICE: \$ 32.00

This tincture is very bitter and excellent as a tonic, stomachic, febrifuge, anthelmintic and antiseptic. Good to take with you into countries where you might worry about the water!! Therapeutic Actions: It can kill parasites, helps the body to get rid of yeast and is useful for gout. Each 4 oz. bottle contains Black Walnut, Wormwood and Cloves in a base containing alcohol as a preservative. 4 oz. bottle lasts 2-3 weeks, just to use as needed.

Suggested Dosage:

WEIGHT	
Under 130 lbs.	1 tsp. 2 times a day
130-170 lbs.	1 tsp. 3 times a day
over 170 lbs.	2 tsps. 3 times a day

CARDIO HV: PRICE: \$ 16.00

A tonic heart formula that tones the entire system, especially if there are also bowel disorders.

Therapeutic Actions: It strengthens weak veins, soothes anxiety and strengthens kidney function. Cardio HV is an alternate to the HBP Formula.

Each capsule contains: Tansy, Garlic, Hawthorne Berries, Thalespi, Yucca, Yellow Sophora Fruit, Coriander Seeds, Rehmania Glutinosa, Prickley Ash Berries, Black Figwort.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	1 Capsule	1 Capsule
130-170 lbs.	2 Capsules	-	2 Capsules
over 170 lbs.	3 Capsules	-	3 Capsules



CAYENNE: PRICE: \$ 16.00

Is very high in vitamin C. It is historically used as a powerful local stimulant with no narcotic effects. It is used for atony (lazy or lax) intestines and stomach. For the alcoholic, it is useful possibly, because it reduces dilated blood vessels and thus relieves chronic congestion. I have used it often in my formulas to act as a catalyst for the other herbs, as in the Joy Formula. If you sprinkle it in your socks when skiing it will help to keep your feet warm. It is excellent for sluggish circulation and often effective in arresting bleeding.

Each capsule contains: Cayenne

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	-	-	1 Capsule
130-170 lbs.	-	1 Capsule	1 Capsule
over 170 lbs.	1 Capsule	1 Capsule	1 Capsule

CoEnzyme Q10: PRICE: \$ 16.00

Best known as an anti-oxidant, and recommended by cardiologists as a heart function and circulatory nutritional support.

Each capsule contains: 30 mg. Co-enzyme Q10.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	-	-
130-170 lbs.	2 Capsules	-	-
over 170 lbs.	2 Capsules	2 Capsules	-

Special notes.



CHOL-LITE: PRICE: \$ 16.00

Our new formula for both lowering high cholesterol and as a weight loss aid. Policosanol is the waxy substance from rice bran or sugar cane, touted to “scrub” the arteries, reduce the bad cholesterol and raise the good. It is comprised of a long chain of the beneficial fatty acids. The myrrh (gugulipid) in combination with the policosanol is traditionally used to treat obesity and fat obstruction. This formula helps the liver, thyroid function and may also prevent the development of atherosclerosis, inhibit platelet aggregation and thus prevent stroke or embolism.

Each capsule contains: Policosanol, Guggul, Green Tea Extract, Hawthorne Berries.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	1 Capsule	-
130-170 lbs.	2 Capsules	2 Capsules	-
over 170 lbs.	2 Capsules	2 Capsules	2 Capsules

CRAMP BARK: PRICE: \$ 16.00

High in magnesium, calcium, minerals and trace minerals.

Therapeutic Actions: Nervine, antispasmodic, anti hysteria. It is known as a female regulator and relaxant of ovaries and uterus. It is our most popular herb for menstrual cramps, charley horses and sciatica. Actors use it along with Vervain for stage fright and audition nerves. Can relieve premature labor.

Each capsule contains: Cramp Bark

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	1 Capsule	1 Capsule
130-170 lbs.	2 Capsules	2 Capsules	2 Capsules
over 170 lbs.	3 Capsules	3 Capsules	3 Capsules

CUBE BERRIES: PRICE: \$ 16.00

Anti-asthmatic, antiseptic, mild diuretic, expectorant, stomachic and carminative. Therapeutic Actions: We use it primarily for a safe and effective vitamin C during pregnancy and as lung and bladder support. Excellent for chronic asthma.

Each capsule contains: Cube B Berries

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	1 Capsule	-
130-170 lbs.	2 Capsules	2 Capsules	-
over 170 lbs.	2 Capsules	2 Capsules	2 Capsules

DAMIANA: PRICE: \$ 16.00

A mild aphrodisiac, damiana is an antidepressant, stimulating nervine and excellent for male and female hormonal imbalances.

Therapeutic Action: We use it primarily as an adjunct to the O/N formula for sexual energy in “mature couples,” and have had much happy feedback. Can also help with hot flashes.

Each capsule contains: Damiana

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	-	1 Capsule
130-170 lbs.	2 Capsules	-	2 Capsules
over 170 lbs.	3 Capsules	-	3 Capsules

DEFENSE BLEND: PRICE: \$ 16.00

Most effective when used along with the Astragalus formula for long term immune system support. The combination of these two is often sufficient for adrenal support as well.

Each capsule contains: Ganoderma, Shiitake, Tremella, Poria, Polyporus.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	1 Capsule	1 Capsule
130-170 lbs.	2 Capsules	-	2 Capsules
over 170 lbs.	3 Capsules	-	3 Capsules



DEVIL'S CLAW: PRICE: \$ 16.00

Anti-inflammatory, analgesic, liver stimulant. Therapeutic Actions: We use it primarily for sore and inflamed joints. Can also be very helpful in osteoarthritis.

Each capsule contains: Devils Claw secondary root.



Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	1 Capsule	1 Capsule
130-170 lbs.	2 Capsules	-	2 Capsules
over 170 lbs.	3 Capsules	-	3 Capsules

DIGEST FORMULA: PRICE: \$ 16.00

Therapeutic Actions: A digestive for chronic indigestion with constipation. It assists a sluggish liver and gallbladder and aids in the digestion of fats.

Each capsule contains: Papaya, Boldo Leaves.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	-	1 Capsule	-
130-170 lbs.	-	1 Capsule	2 Capsules
over 170 lbs.	-	2 Capsules	2 Capsules

E:V: PRICE: \$ 16.00

Therapeutic actions include anti-rheumatic, mild diuretic, anti-inflammatory, uterine stimulant, soothing to the adrenal glands, ovarian toner, tonic, and nutrient for women. Excellent for Menstrual irregularities, PMS, energy, libido, breast enhancement, can increase fertility, relieve stress symptoms yet energize, and is one of our best herb formulas to relieve menopausal symptoms as well.

Each capsule contains: Black Cohosh Root, Borage, Saw Palmetto, Prickly Ash Bark, Damiana, Mistletoe.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	2 Capsules	-
130-170 lbs.	2 Capsules	2 Capsules	-
over 170 lbs.	2 Capsules	3 Capsules	-



EVE'S CARDIO: PRICE: \$ 16.00

We use this formula as an alternate to Cardio HV. Eve's Cardio contains Yucca, known to "wash" plaque out of the arteries and lower cholesterol. Native Americans have used Yucca for hundreds of years to treat a variety of disorders, as well as using it as soap. If you cut the bark off Yucca and hose the area, the water will be sudsy.

Each capsule contains: the minerals iron, magnesium, phosphorus, selenium and silicon and vitamins A, B complex and C.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	2 Capsules	-
130-170 lbs.	2 Capsules	2 Capsules	-
over 170 lbs.	2 Capsules	3 Capsules	-



EVE'S ESSIAC: PRICE: \$ 34.00

Essiac was originally an anti-carcinogenic formula used by the Ojibway Indians. It was made famous by Rene Caisse, a nurse who began using it for the same purpose. Many people seem to have benefited from it. One of my clients feels it normalized her liver enzymes from both Hepatitis B & C positive. Another seems to gradually have "discharged" her uterine fibroids from it. There are no negative side effects from proper doses.

Each 4oz. Bottle contains: Sheep Sorrel, Burdock Root, Slippery Elm and Turkey Rhubarb in a base containing alcohol as a preservative.

Price: \$34.00 for a 4 oz. bottle.

Suggested Dosage: 1-3 teaspoons 3 times/day.

F FORMULA: PRICE: \$ 16.00

A hormonal balancer high in nutrients including, calcium, magnesium, B vitamins and essential oils. Blend F is soothing and restoring when stress levels are high and if recovering from illness. Therapeutic Actions: Stress coping mechanisms, hormonal balancing especially in the male and female reproductive system, it is tonic and nutritive.

Each capsule contains: Saw Palmetto Berries, Prickly Ash Berries or bark, Damiana Leaves, Black Cohosh Root, Red Korean Ginseng Root, Fo-Ti Herb, Mistletoe, Licorice Root, Mandrake Root.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	2 Capsules	-
130-170 lbs.	2 Capsules	2 Capsules	-
over 170 lbs.	2 Capsules	3 Capsules	-

FE 7: PRICE: \$ 16.00

Used in the last month of pregnancy to prepare the uterus for an easier birth. Has been helpful for eliminating fibroids and endometriosis.

Each capsule contains: Squaw Vine, Blessed Thistle, Pennyroyal, False Unicorn Root, Red Raspberry Leaves, Lobelia, Black Cohosh Root.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	2 Capsules	-
130-170 lbs.	2 Capsules	2 Capsules	-
over 170 lbs.	2 Capsules	3 Capsules	-



FEMALE DAILY: PRICE: \$ 16.00

A well rounded herbal multiple vitamin for women that will not cause the nausea often experienced by man-made vitamins. It is easily absorbed and digested. Helps to relieve weakness and fatigue due to poor diet or illness.

Each capsule contains: Alfalfa, Nettle, Oatstraw, Lemon Grass, Red Clover, Fennel Seeds, Burdock, Cramp Bark.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	-	-
130-170 lbs.	2 Capsules	-	-
over 170 lbs.	3 Capsules	-	-



FIBROHERB: PRICE: \$ 16.00

A combination of herbs that helps to break down fibrous matter in the body and can be effective for cysts and endometriosis as well as fibroids. This formula is an alterative, mildly diuretic and blood cleansing.

Each capsule contains: Celendine Herb, Cubeb Berries.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	2 Capsules	1 Capsule
130-170 lbs.	1 Capsule	2 Capsules	2 Capsules
over 170 lbs.	2 Capsules	2 Capsules	3 Capsules

50/50: PRICE: \$ 16.00

Hormonal, especially adrenal energy support. It contains glycosides, volatile oils and vitamin D. Its actions are tonic and stimulant. They regulate blood sugar and cholesterol levels and balance the immune system. The damiana in this formula is known to be a mild aphrodisiac and often helps hot flashes and dryness during menopause. 50/50 increases energy, helps to activate the libido (sexual energy) and increases endurance.

Each capsule contains: Red Korean Ginseng Root, Damiana Leaves.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	2 Capsules	-
130-170 lbs.	2 Capsules	2 Capsules	-
over 170 lbs.	2 Capsules	3 Capsules	-

40 + : PRICE: \$ 16.00

Primarily acts on the pituitary gland (the master hormonal gland), to stimulate and normalize hormonal function. Vitex, the master herb in this formula is one of the proven natural hormonal supports for PMS, but primarily used for menopausal symptoms. 40+ is also indicated when fibroids or cysts are present. It can relieve hot flashes, dryness, and ease irritability.

Each capsule contains: Chaste Berry, Vitex, Devil's Claw, Discoria Villosa, Motherwort.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	2 Capsules	-	-
130-170 lbs.	2 Capsules	2 Capsules	-
over 170 lbs.	2 Capsules	3 Capsules	-

Special notes.

Minor variations to suit individual needs are fine - these are whole plants - not drugs.

G.B.: PRICE: \$ 16.00

Wonderfully effective in all gallbladder complaints. It is a cholagogue (increases the flow of bile), a digestive aid, highly nutritious and, along with R.I. blend, has been known to release gravel and stone from the gallbladder and kidneys. It is an important part of our popular "Pilonidal Cyst Therapy Pack."

Each capsule contains: Papaya Leaves, Spareanii Root, Loquat Leaves, Gravel Root, Perilla, Mullein Leaves, Turmeric, Fennel Seeds, Wild Red Peppers, Blackberry Leaves, Zedoarea Root, Yucca.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	-	1 Capsule
130-170 lbs.	2 Capsules	-	1 Capsule
over 170 lbs.	3 Capsules	-	3 Capsules

GENTIAN ROOT: PRICE: \$ 16.00

Is an anthelmintic (kills worms), tonic, stomachic, antiseptic and digestive aid. Therapeutic Actions: We use it to increase appetite in recovery from illness and to take along to countries where the "touristas" may mess with your vacation. It can also be used in the regulation of some female complaints. We use it primarily to prevent diarrhea and nausea during travel.

Each capsule contains: Gentian Root.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	-	-	1 Capsule
130-170 lbs.	-	1 Capsule	2 Capsules
over 170 lbs.	-	2 Capsules	3 Capsules

GINGER: PRICE: \$ 16.00

A digestive, anti-nausea and anti-inflammatory. We use it primarily for motion sickness and an adjunct to the AR+ Formula or Devil's Claw for inflammation like arthritis.

Each capsule contains: Ginger. Double doses can be used to control nausea during choppy travel.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	-	1 Capsule	-
130-170 lbs.	-	1 Capsule	1 Capsule
over 170 lbs.	1 Capsule	1 Capsule	1 Capsule



GINKGO BILOBA: PRICE: \$ 16.00

Our ginkgo is very effective, a potent extract without fillers or any excipients to sidetrack its wake-up call to the brain and circulation. In Europe it is also used to prevent and treat Alzheimer's.

Each capsule contains: Ginkgo Biloba Extract 24%.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	-	-
130-170 lbs.	2 Capsules	-	-
over 170 lbs.	2 Capsules	-	1 Capsule



GOAT WEED FORMULA: PRICE: \$ 16.00

The name comes from Chinese farmers noticing that their goats became more amorous after eating it. In East Asia, Horny Goat Weed is considered a yang herbal tonic – an aphrodisiac. This herb has an affinity for the pelvis and helps reduce congested fluids therein due to its circulatory benefits. Its diuretic and anti-inflammatory properties traditionally increase libido, relieve back pain and boost energy. The Greek poet Ovid wrote about nettle seeds as an aphrodisiac 2000 years ago. Then, a mixture of pepper and nettle seeds was recommended to increase virility. See our Cayenne herb to add to this formula if needed. Cayenne, also known as

Capsicum, may already be in another of our formulas that you are already taking. I use it as a catalyst in these formulas to assist the body's utilization of the other herbs. Nettle is valuable in freeing up "bound" testosterone in the body, part of the reason why nettles stimulate the whole metabolism and can help to counteract rheumatism and gout. It can aid gallbladder and liver disorders, helping to detoxify the entire body. It is a part of our O/N Formula (also an aphrodisiac), which I use for prostate problems in men.

Each capsule contains: Horny Goat Weed Extract and Nettle Seed



Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	-	2 Capsules
130-170 lbs.	2 Capsules	-	2 Capsules
over 170 lbs.	2 Capsules	-	3 Capsules

GOTU KOLA (Centella asiatica): PRICE: \$ 16.00

Gotu Kola is not only a powerful herb in itself, but can act as a catalyst for the efficacy of other herbs and formulas. For example, since one of the benefits of this herb is increased brain function, it can serve as an adjunct to ginkgo, increasing memory, concentration and acuity. With the tissue knitting Bilica formula, and Solomon Seal root, Gotu Kola is especially effective for nerve damage stemming from neuromuscular disorders, and from trauma of wounds and surgeries. This powerful combination of plants is high in magnesium, silica and other necessary nutrients essential for healing. Gotu Kola can help inflammatory skin conditions like psoriasis and eczema, as well as depression and anxiety. In proper amounts it is both safe for children and a fine alternative or complementary remedy for the "concentration challenged."

Each capsule contains: Gotu Kola

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	2 Capsules	-
130-170 lbs.	2 Capsule	2 Capsules	-
over 170 lbs.	2 Capsules	3 Capsules	-



GYMNEMMA SYLVESTRE: PRICE: \$ 16.00

It's translation from the Hindi, literally means sugar destroyer and has been used for several centuries to regulate blood sugar. Gymnemma leaves raise insulin levels by regeneration of the cells in the pancreas that secrete insulin. It suppresses and neutralizes the cravings for sweets, so it's a perfect little weight loss aid for people whose weight is due to excessive intake of sugar. The leaves are also noted for lowering serum cholesterol and triglycerides.

Each capsule contains: Gymnemma Sylvestre Extract.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	1 Capsule	1 Capsule
130-170 lbs.	1 Capsule	2 Capsules	2 Capsules
over 170 lbs.	2 Capsules	2 Capsules	2 Capsules



HBP : PRICE: \$ 16.00

Several of the herbs in this formula are high in instantly absorbed magnesium and calcium, which is essential in lowering blood pressure. These minerals work best in plant form rather than their man made counterparts, which are more difficult to digest. The cholagogues in this formula help the gallbladder to break down fatty deposits and are mildly diuretic, while the demulcents and nervines are soothing and calming, helping to reduce blood pressure and strengthening the heart muscle. Each capsule contains: Comfrey Leaves, Hawthorne Berries, Garlic, Yucca, Chickweed.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	-	1 Capsule
130-170 lbs.	1 Capsule	1 Capsule	2 Capsules
over 170 lbs.	2 Capsules	2 Capsules	3 Capsules



HOODIA GORDONII: PRICE: \$ 24.00

The Kalahari Bushmen eat this plant on long treks in the desert to sustain them without food. It is nourishing and suppresses the appetite without reducing energy levels.

Each capsule contains: 500mg Hoodia Gordonii

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	1 Capsule	1 Capsule
130-170 lbs.	2 Capsules	2 Capsules	2 Capsules
over 170 lbs.	3 Capsules	3 Capsules	3 Capsules

HORSE CHESTNUT: PRICE: \$ 16.00

The most popular treatment for varicose veins and spider veins in Germany. It counters inflammation, tones and protects veins, scavenging tissue-damaging free radicals. It is claimed to feel as effective as prescribed compression stockings.

Each capsule contains: Horse Chestnut 650 mg.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	-	2 Capsules
130-170 lbs.	2 Capsules	-	2 Capsules
over 170 lbs.	2 Capsules	-	3 Capsules

HOT FLASH FORMULA: PRICE: \$ 16.00

This formula is very effective for many women in menopause. It often not only helps the flashes but the insomnia that comes with them, though often we use the MNF formula with it. The two together take good care of the bones, preventing osteoporosis. The Hot Flash Formula includes all the best-known herbs for this rather rattling condition.

Each capsule contains: Vitex fruit, Black Cohosh, Valerian, Fu Ling Sclerotium, Peony Root, Dan Gui Root.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	1 Capsule	1 Capsule
130-170 lbs.	1 Capsule	2 Capsules	2 Capsules
over 170 lbs.	2 Capsules	2 Capsules	3 Capsules

Special notes.

JOY BLEND: PRICE: \$ 16.00

As its name implies, it is a wonderful anti-depressant. The St.John's wort in it is an anti-inflammatory, vulnerary and diuretic. It has been used for neuralgic conditions and psychiatric disorders since the 1500s. It was used as a wound healer when first discovered, and since then, it is touted as highly effective for anxiety, neuroses and depression. We've added motherwort and cayenne to increase its efficiency. It also makes an alternate heart tonic to the Cardio HV.

Each capsule contains: Motherwort, St. John's Wort, Borage, Cayenne.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	1 Capsule	-
130-170 lbs.	2 Capsules	2 Capsules	-
over 170 lbs.	3 Capsules	3 Capsules	-



KLEANZ: PRICE: \$ 16.00

One of my first and favorite formulas when I started using it 30 years ago. It is an intestinal cleanser and toner. It is not harsh or griping, but aids the natural peristalsis of the colon. It is also not habit forming. It is a tonic and laxative formula with demulcents (soothers) and astringents for toning. It is also a nutritive.

Each capsule contains: Cascara Sagrada Bark, Red Raspberry Leaves, Ginger Root, Capsicum, Barberry Bark, Rhubarb Root, Goldenseal Root, Lobelia Herb.



Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	-	1 Capsule	-
130-170 lbs.	-	1 Capsule	1 Capsule
over 170 lbs.	-	2 Capsules	1 Capsule

MACA: PRICE: \$ 16.00

Has been used in Peru for 3000 years and has recently become known to the American market. It is used to increase physical stamina and to enhance sexual vigor. Some studies have shown it to increase the motility and quantity of sperm and enhance sexual desire in both men and women. We use it as an alternate herb to Rhodiola Root and as an adrenal support.

Each capsule contains: Maca

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	2 Capsules	-
130-170 lbs.	2 Capsules	2 Capsules	-
over 170 lbs.	2 Capsules	3 Capsules	-

MALE DAILY: PRICE: \$ 16.00

Our multivitamin and multi mineral for men, high in calcium, potassium, silica and B vitamins. Outside its all-around nutritive value, it is a tonic, aphrodisiac, adaptogenic (helping the body adjust to stress), blood cleansing and immune enhancing. It supports the kidneys, liver and prostate and is a good maintenance formula, especially during times when the diet is erratic.

Each capsule contains: Siberian Ginseng, Nettle, Saw Palmetto Berries, Dandelion, Burdock Root, Hawthorne, Fennel Seeds, Wild Oats.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	2 Capsules	-
130-170 lbs.	2 Capsules	2 Capsules	-
over 170 lbs.	2 Capsules	3 Capsules	-

MNF: PRICE: \$ 16.00

High in magnesium, calcium, trace minerals. Therapeutic Actions: anti-spasmodic (muscle relaxer), sedative, astringent, cardiac tonic and uterine relaxant. Is fabulous for PMS, menstrual cramps and sciatica. Can help in the prevention and often reversal of osteoporosis, sensitive teeth, receding gums, muscle spasms and muscle weakness. (Also called the Cramp Bark Complex Formula). Will help to counteract the calcium drawn out of the bones by drinking excessive amounts of coffee, sodas, etc.

Each capsule contains: Cramp Bark, Blessed Thistle, Comfrey Root, Red Raspberry Leaves, Catnip Leaves, Irish Moss, Chamomile Flowers, Saw Palmetto Berries.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	-	1 Capsule
130-170 lbs.	2 Capsules	-	2 Capsules
over 170 lbs.	3 Capsules	-	3 Capsules

NATURAL HERBAL LAXATIVE: PRICE: \$ 16.00

This formula is stronger than the Kleanz and helpful for very stubborn long-term constipation. Doses of this formula are not usually high, and as the cleansing properties of these herbs establish themselves and stools become loose, the milder Kleanz, which tonifies the bowel, should be sufficient .

Each capsule contains: Senna Leaf, Aloe, Prune in a base of anise and fennel.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	-	-
130-170 lbs.	1 Capsule	-	1 Capsule
over 170 lbs.	1 Capsule	-	2 Capsules



NU-BREATH: PRICE: \$ 16.00

Nu-Breath is a formula we added as an alternative to PNEU. It is most effective when there is a history of asthma and allergies.

Each capsule contains: Boswellia Serrata Extract, Butter Bur Extract, Cubeb Berries



Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	1 Capsule	1 Capsule
130-170 lbs.	2 Capsules	-	2 Capsules
over 170 lbs.	3 Capsules	-	3 Capsules

NU-LIV: PRICE: \$ 16.00

This formula is a gentle yet powerful liver detoxifier. It aids this important organ in discharging leftover toxins from long-term drug use, be they prescription or recreational. It is used for chronic liver, spleen and kidney congestion, hepatitis of all kinds and for "fatty liver" due to alcoholism. Our combination of Milk Thistle with Blessed Thistle complement each other and make this formula effective for anorexia, dyspepsia and indigestion as well.

Each capsule contains: Milk Thistle Extract, Blessed Thistle.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	-	1 Capsule
130-170 lbs.	1 Capsule	-	2 Capsules
over 170 lbs.	2 Capsules	-	2 Capsules

O/N: PRICE: \$ 16.00

A mild aphrodisiac (more potent with the Damiana) hormonal regulator and kidney support. We have found it particularly helpful in 'newlyweds over 60.' Believe it or not!!! It is also supportive to the kidneys and helpful for allergies. It is especially high in calcium and supports the nervous system, helping to relieve depression, insomnia and stress.

Each capsule contains: Oat Straw, Nettle Leaves.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	1 Capsule	1 Capsule
130-170 lbs.	2 Capsules	-	2 Capsules
over 170 lbs.	3 Capsules	-	3 Capsules



OLIVE LEAF EXTRACT: PRICE: \$ 16.00

An excellent long-term anti-viral herb. It is known to be helpful for allergies, EBV, CMV and other chronic viral conditions. Best used along with one of the adrenal support formulas (see Stress in back of catalog).

Each capsule contains: Olive Leaf Extract.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	-	1 Capsule
130-170 lbs.	2 Capsules	-	2 Capsules
over 170 lbs.	3 Capsules	-	3 Capsules

PAN D2: PRICE: \$ 16.00

Therapeutic Actions: It is a blood sugar stabilizer. It strengthens pancreatic function to regulate insulin production. Can be very helpful with hypoglycemia, nutritional support for diabetes, and stabilize sugar cravings.

Each capsule contains: Jaborandi Leaves, Red Cedar Berries, Elder Blossoms, Golden Rod, Periwinkle, Wild Red Peppers, Capsicum.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	1 Capsule	1 Capsule
130-170 lbs.	2 Capsules	-	2 Capsules
over 170 lbs.	3 Capsules	-	3 Capsules

PATIC FE: PRICE: \$ 16.00

An alternative to the Pan D2 used for hypoglycemia and sugar cravings especially when accompanied with minor constipation and/or liver congestion with iron deficiency.

Each capsule contains: Yellow Dock Root, Borage Tops, Nettle Leaves, Boldo Leaves, Spirulina, Algae.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	-	-	1 Capsule
130-170 lbs.	-	2 Capsules	2 Capsules
over 170 lbs.	-	2 Capsules	3 Capsules

PAU D'ARCO TEA: PRICE: \$ 8.00

Also known as Incan Lapacho or Tajebeo. This needs to be cooked. Its primary recorded use is for stomach ulcers and cancers.

Orders include directions for preparation.

PEEPER KEEPER: PRICE: \$ 16.00



Our eye formula, developed for L.A. EyeWorks. It is high in lycopene and several of the historically known herbs that improve vision and strengthen the eyes. An excellent nutritional support to avoid macular degeneration eye fatigue, and clear mucous in and around the eyes.

Each capsule contains: Eyebright, Bilberry, Greater Celandine, Red Raspberry Leaves, Cayenne, Vervain.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	-	1 Capsule
130-170 lbs.	2 Capsules	-	2 Capsules
over 170 lbs.	3 Capsules	-	3 Capsules

PINE BARK EXTRACT: PRICE: \$ 42.00

The Rolls Royce of the most powerful of all the known anti-oxidants. Great to take before workouts. One can usually feel the extra oxygen and energy to the muscles and lungs. It is also the most expensive. We use it for serious trainings and workouts, travel by plane and emergencies that deplete the energy and can cause a lowered immune function.

Each capsule contains: Pine Bark Extract 50 mg. Since it is a strong extract, doses are much lower than average and so it lasts a lot longer.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	-	-
130-170 lbs.	2 Capsules	-	-
over 170 lbs.	2 Capsules	2 Capsules	-



PNEU: PRICE: \$ 16.00

Our very popular herbal vitamin C and expectorant. It loosens stuffy colds and coughs and works extremely well with the Bactotox in the prevention or shortening of colds and flus. It helps to clear clogged sinuses due to its cleansing action upon the mucus membranes. It helps both the respiratory system and the kidneys.

Each capsule contains: Juniper Berries or Bark, Cubeb Berries, Comfrey Root, Lemon Grass, Vervain, Lobelia.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	1 Capsule	1 Capsule
130-170 lbs.	2 Capsules	-	2 Capsules
over 170 lbs.	3 Capsules	-	3 Capsules

PRE-NATE: PRICE: \$ 16.00



Our multi-herb for pregnant people. It encompasses all the necessary nutritional factors for a healthy pregnancy without causing the nausea that man-made vitamins often cause. We do often add Cramp Bark to it, to make doubly sure of extra calcium and magnesium supplies to mom and baby, to prevent charley horses and any other cramping in the body, including the tight chest caused by hiatal hernia and reflux. These two formulas together will also ease any excessive discomfort from Braxton-Hicks contractions.

Each Capsule contains: Yellow Dock Root, Rose Hips, Poppy Seeds, Slippery Elm Bark, Saw Palmetto Berries, Hawthorne Berries.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	-	-
130-170 lbs.	2 Capsules	-	-
over 170 lbs.	2 Capsules	2 Capsules	-

PS:HW: PRICE: \$ 16.00

A vermifuge (kills worms) in the intestine. It does not cause griping or diarrhea. It can also be used as a gentle liver cleanser or digestive aid as needed.

Each capsule contains: Quassi Chips, Curcuma Root, Collinsonia Root, Wormwood, Burra Gookerro, Tarragon Leaves, Salvia Root, Fennel Seeds, Wild Red Peppers, Peucedanum Root, Chaparral.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	-	1 Capsule	1 Capsule
130-170 lbs.	1 Capsule	1 Capsule	1 Capsule
over 170 lbs.	2 Capsules	2 Capsules	2 Capsules



PS: SS: PRICE: \$ 16.00

Therapeutic Actions: It is a yeast cleanser and vermifuge which is also moderately laxative.

Good for travel to avoid parasites, especially if travel constipation is also a factor. It does not generally cause griping or cramps.

Each capsule contains: Cascara Sagrada Bark, Wormwood, Quassia Chips, Golden Seal Root, Fennel Seeds.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	-	1 Capsule	1 Capsule
130-170 lbs.	1 Capsule	1 Capsule	1 Capsule
over 170 lbs.	2 Capsules	2 Capsules	2 Capsules

QUAD: PRICE: \$ 16.00

An adrenal, thyroid and gonadal tonic formula, it increases metabolism by nourishing these glands. Its inclusion of saw palmetto and damiana is helpful with sexual energy. It often aids in weight loss.

Each capsule contains: Desert Tea, Damiana Leaves, Red Korean Ginseng Root, Saw Palmetto Berries.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	2 Capsules	-
130-170 lbs.	2 Capsules	2 Capsules	-
over 170 lbs.	2 Capsules	3 Capsules	-

RED RICE YEAST EXTRACT: PRICE: \$ 18.00

A natural cholesterol lowering agent. This rice yeast is not manipulated in any way, it is simply crushed and put into capsules. There are no known side effects. Along with reasonable adjustments in diet, our feedback from clients and their doctors has been a drop of 40 points in overall cholesterol per one to two months until normal levels are reached.

Each capsule contains: Red Rice Yeast Extract, Coenzyme Q-10.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	-	1 Capsule
130-170 lbs.	2 Capsules	-	2 Capsules
over 170 lbs.	3 Capsules	-	3 Capsules

REN CLEANZ: PRICE: \$ 16.00

A gentle kidney flushing formula. It is mucilaginous, diuretic, antiseptic and is used in gravel and catarrh of the bladder and kidneys. Can be helpful in urethritis and cystitis. Though for chronic cystitis in particular we use the Blend R.I.

Each capsule contains: Spearmint Leaves, Buchu Leaves, Horsetail, Pennyroyal, Asparagus Root.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	-	1 Capsule
130-170 lbs.	2 Capsules	-	2 Capsules
over 170 lbs.	3 Capsules	-	3 Capsules

RENTONE V: PRICE: \$ 16.00

An alternate to the Ren Cleanz. It is a toner and nourisher to the bladder and kidneys. It soothes mild discomfort and irritation in that it helps to alkalize too much acidity in the blood. Mildly diuretic.

Each capsule contains: Oat Straw, Cubeb Berries, Horsetail Herb, Spearmint Leaves, Buchu Leaves, Comfrey Leaves, Goldenseal Root.

Suggested Dosage:

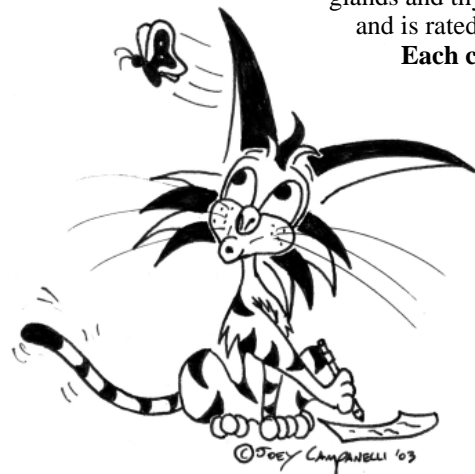
WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	1 Capsule	-
130-170 lbs.	2 Capsules	2 Capsules	-
over 170 lbs.	3 Capsules	3 Capsules	-



RHODIOLA ROOT: PRICE: \$ 16.00

Is an adaptogen, anti-aging, antidepressant, immune enhancing, a tonic and focusing herb for the brain. It helps fatigue, anemia, gastric disorders, impotence and though energizing overall, is calming to the nerves in larger doses. It is a tonic both to the adrenal glands and thyroid. Just becoming known in the U.S., it has been used for thousands of years in Europe and is rated at least as highly as Ginseng as a panacea.

Each capsule contains: Rhodiola Root Extract 100 mg.



Double the dosage for relaxing effect.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	-	-
130-170 lbs.	1 Capsule	1 Capsule	-
over 170 lbs.	2 Capsules	2 Capsules	-

R.I.: PRICE: \$ 16.00

Diuretic, antiseptic astringent, antibacterial with an especially powerful effect on the urinary mucus membranes. Therapeutic Action: It reduces inflammation and is cleansing to the kidneys and bladder. We have had much happy feedback claiming almost instant relief from cystitis (bladder infections). Taken with an 8 oz. glass of warm water.

Each capsule contains: Cubeb Berries, Buchu Leaves, Horsetail, Echinacea, Augustifolia Root, Goldenseal Root, Comfrey Leaves, Uva Ursi Leaves, Garlic.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	1 Capsule	1 Capsule
130-170 lbs.	2 Capsules	2 Capsules	2 Capsules
over 170 lbs.	3 Capsules	3 Capsules	3 Capsules

S FORMULA: PRICE: \$ 16.00

Our most popular male stress relief, adrenal formula. Therapeutic Actions: It is high in plant vitamin C, a tonic, and mild diuretic with a soothing, yet energizing, quality. It acts directly on the reproductive organs, is a stimulant and mild aphrodisiac.

Each capsule contains: Sarsaparilla Root, Gotu-kola, Prickley Ash Bark, Borage Tops, Damiana Leaves, Saw Palmetto Berries, False Peanut Herb.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	2 Capsules	-
130-170 lbs.	2 Capsules	2 Capsules	-
over 170 lbs.	2 Capsules	3 Capsules	-

SILC FORMULA: PRICE: \$ 16.00



This is primarily a Chinese herbal formula that has, in some people, helped to restore hair. It is a nourishing (multi-vitamin) herb formula, which is a hormonal balancer with particular nourishment for hair. We use it as an alternate formula to the Bilica.

Each capsule contains: Radix Glycerrhizae, Radix Angelica Sinensis, Fructus Forsythiae, Radix Polygoni Multiflora, Semen Cassiae, Radix Scutellariae, Radix Paeonia Alba, Flos Magnoliae Officinalis, Semen Arecae, Rhizoma Cyperi, Rhizoma Coptidis, Radix Saussurea, Semen Trichosanthis, Cotex Moutan Radicis.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	1 Capsule	1 Capsule
130-170 lbs.	1 Capsule	1 Capsule	2 Capsules
over 170 lbs.	2 Capsules	2 Capsules	2 Capsules

SKIN FORMULA: PRICE: \$ 16.00

The herbs in this formula are primarily wonderful blood cleansers and tonics which support the liver in its work to detoxify the bloodstream. A clean bloodstream will almost always clean the skin, especially with hormone balancing formulas and bowel cleansers. Our Skin Formula is a favorite for teenagers of any age with acne, boils and cystic skin problems. For faster action at the beginning, take with Bactotox.

Each capsule contains: Red Clover, Burdock Root, Dandelion Root, Flax Seed

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	-	2 Capsules
130-170 lbs.	2 Capsules	-	3 Capsules
over 170 lbs.	3 Capsules	-	3 Capsules

SLEEPER FORMULA: PRICE: \$ 16.00

The Sleeper Formula is a combination of the best known ingredients and safe herbs to promote a deep and restful sleep.

Each capsule contains: Valerian, Seditol, Hops, Ginger, Lavender, Passion Flower, Chamomile, Peppermint

Take one hour before sleep

Suggested Dosage:

WEIGHT	BEDTIME
Under 130 lbs.	1 - 2 Capsules
130-170 lbs.	2 - 3 Capsules
over 170 lbs.	3-4 Capsules

SLIPPERY ELM: PRICE: \$ 16.00

Along with the MNF formula it is in itself very nourishing. It includes B vitamins, proteins, calcium, magnesium and a host of micronutrients. It is mucilaginous and consequently coating to irritated intestines. I use it for Irritable Bowel Syndrome and hemorrhoids along with herbal stress relief formulas. It is simple and effective.

Each capsule contains: Slippery Elm Bark

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	1 Capsule	1 Capsule
130-170 lbs.	2 Capsules	2 Capsules	2 Capsules
over 170 lbs.	3 Capsules	3 Capsules	3 Capsules

SOLOMON SEAL: PRICE: \$ 16.00

Is a tonic and wound healer. It is a restorative, in that it helps inflammations of the stomach and bowel. We use it primarily to speed healing of wounds from surgeries or accidents.

Each capsule contains: Solomon Seal.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	1 Capsule	1 Capsule
130-170 lbs.	1 Capsule	2 Capsules	2 Capsules
over 170 lbs.	2 Capsules	3 Capsules	3 Capsules

SUGAR FREE: PRICE: \$ 16.00 ~~~~~ Our NEW sugar balance formula



This new formula is an alternative to the straight Gymnemma as a single herb, to help us snicker at the sugar cravings and drop a few pounds as well. This formula contains Gymnemma, American Ginseng and Cinnamon.

Gymnemma many of you already know about. It is so supportive to the pancreas that in Europe it is used for diabetes. American Ginseng is back in the news for diabetics as well as prediabetics. Recent studies at the University of Toronto highlighted the herb's ability to regulate blood sugar surges after meals, notably in type II diabetics.

There is mounting evidence to suggest that American Ginseng improves diabetes control, reducing associated risk factors such as hyperlipidemia (excess fat in the blood - another holiday abundance) and hypertension. One of the main reasons I like using ginseng, as in my 50/50 formula for the adrenals, for instance, is that all ginsengs are adaptogens; i.e., they help the body adjust to new circumstances and unusual stresses, very common during the holidays. Its reputation as an anti-aging herb that improves sexual function is primarily due to the fact that its long-term use improves overall health, and that, as you can imagine, is likely to restore sexual interest. But watch out, it is also known to increase sperm production and motility. Wanted pregnancies have occurred even sooner than expected.

Cinnamon is an ancient "new" discovery. It is now understood that regularly ingesting this spice not only helps to harmonize blood sugar, but can also regulate cholesterol and fat levels.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	-	1 Capsule
130-170 lbs.	1 Capsule	-	2 Capsules
over 170 lbs.	3 Capsules	-	3 Capsules

TATE I: PRICE: \$ 16.00

Is anti-inflammatory, emollient, tonic, nutritive and immune system strengthening. It is high in a non-irritating vitamin C and other essential nutrients to support the prostate. We use is primarily for the initial enlarged, inflamed, and/or painful prostate that causes frequent urination.

Each capsule contains: Wild Red Peppers, Damiana Leaves, Goldenseal Root, Garlic, Desert Tea, Echinacea Augustifolia Root, Saw Palmetto Berries, Chinese Myrrh Gum, Capsicum, Pipsissewa.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	1 Capsule	1 Capsule
130-170 lbs.	1 Capsule	2 Capsules	2 Capsules
over 170 lbs.	2 Capsules	3 Capsules	3 Capsules

TQH: PRICE: \$ 16.00

High in vegetable protein, iron, iodine, vitamin E and a multitude of vitamins and minerals, it includes seaweeds and other thyroid and adrenal nourishing and balancing plants. Therapeutic Actions: Increased metabolism, weight loss only in those who are overweight (along with a good diet). It does not include mahuang or pseudoephedrine.. Relieves hot flashes in many women.

Each capsule contains: White Oak, Desert Tea, Bladderwrack, Wintergreen Leaves, Thyme Leaves, Black Figwort, Saw Palmetto Berries, Chaste Berry, Wild Ginger Root, Yucca, Perilla, Elder Berries. Wild Red Peppers, Hops.



Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	2 Capsules	-
130-170 lbs.	2 Capsules	2 Capsules	-
over 170 lbs.	2 Capsules	3 Capsules	-

VERVAIN: PRICE: \$ 16.00

This herb is also called the herb of grace, and has uses in upward of 30 complaints. It is said to be useful in intermittent fevers, ulcers, ophthalmia, pleurisy and breast milk production (galactagogue). Due to its many other virtues, I prefer its nervine, soothing qualities to that of Valerian Root. We use it primarily as a relaxant for stressful situations during the day, as well as a sleep aid at night. It works well together with Cramp Bark for pre-audition nerves, or at night with the MNF formula to aid a deeper sleep.

Each capsule contains: Vervain



Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	-	-	1 Capsule
130-170 lbs.	-	1 Capsule	1 Capsule
over 170 lbs.	-	1 Capsule	2 Capsules

VITEX : PRICE: \$ 28.00

Vitex is also called Chaste Tree. It is a wonderful female hormonal stabilizer especially in our “mature” years. For acute hot flashes we combine it with the Black Cohosh. It has also helped to gently slough away uterine fibroids. I have made it into a tincture for easy use and transportation.

Each 4oz. Bottle contains: Vitex in a base containing alcohol as a preservative.

Suggested Dosage: 1Tsp 2-4 times a day

YOHIMBE: PRICE: \$ 16.00

A powerful aphrodisiac used as an adjunct to the Damiana and/or O/N formulas.

Each Capsule contains: Yohimbe

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	-	-	1 Capsule
130-170 lbs.	-	1 Capsule	1 Capsule
over 170 lbs.	-	1 Capsule	2 Capsules

HOMEOPATHICS

The following are homeopathic remedies that work well with the Eve's herbs formulas and/or are helpful if you have trouble swallowing caps. They are often successfully used alone, for children and the elderly.

DOSES for homeopathic remedies: These are all ideally taken every 15 minutes for the first hour of beginning the remedy. Then 3-6 times a day, under the tongue, depending upon severity of symptoms. Take away from food residue in the mouth.

ALLERDRAIN *PRICE: \$19.00*

Is a homeopathic antihistamine which focuses on draining hardened mucous in sinuses and bronchials. It is also helpful for the accompanying fatigue, acne, flatulence and other allergic responses.

Take for the first hour, every 15 minutes. Then at least three times a day especially first thing upon waking and last dose at bed. Do not take with food.

ALLERTOTAL *PRICE: \$19.00*

Allertotal is a homeopathic antihistamine geared especially to food allergies like wheat, milk, peanuts MSG and animal dander. It's a favorite in our office as it works instantly and can be used under the tongue as needed.

For an acute allergy reaction: Take every 15 minutes for one hour, then 3 times a day. Especially first thing upon arising and last at bed.

BILE DUCTS *PRICE: \$19.00*

Is a wonderful homeopathic aid to the gallbladder - be it for gravel or to help the body adjust after gallbladder removal. Excellent for children with digestive problems, headaches, nausea, vomiting, flatulence and fat intolerance. It totally eliminated a child's severe stomach pains after his gallbladder had been removed and he had missed a lot of school. It may be needed for up to a year until the body adjust to being without a gallbladder.

CALCIUM METABOLISM *PRICE: \$19.00*

Is a homeopathic remedy to aid in calcium absorption for those who can't take the herb capsules as in the MNF formula or Cramp Bark. It may also be used as an adjunct in cases of severe osteoporosis, cramps etc. It is also helpful for nervous irritability, menstrual cramps and to support natural growth.

DPRSN *PRICE: \$19.00*

Is a homeopathic remedy helpful to many for depression, brain fog, fatigue, nervous irritability, restlessness and fever blisters. It is often successfully combined with the Joy formula for severe depression and drug withdrawal.

DRY EYE RELIEF DROPS *PRICE: \$16.00*

Are wonderfully soothing to the eyes as they ease all types of dry eye conditions, clear redness of eyes and lids, reflex watering second to dry eyes, sensation of grittiness and sensitivity to light. They last 1-2 months.

FIBROSOLVE *PRICE: \$16.00*

Is a homeopathic remedy we have often used successfully to help reduce or eliminate fibroids. It is best used in combination with the Eve's Herbs Fibroherb formula and other herbal hormonal support like the 50/50 or EV formulas. Directions as above.

FLU PLUS *PRICE: \$16.00*

Are homeopathic tablets dissolved under the tongue for both flu in full swing to ameliorate symptoms as well as for prevention. For prevention take 1 tablet under the tongue 1 time a day. For active symptoms take 1 tablet 3-6 times a day depending on severity of symptoms. It can help chills, fever, nausea, body aches, and fatigue.

GLUCOBALANCE *PRICE: \$16.00*

Is a homeopathic remedy to help balance blood sugar, aid pancreatic function and ease sugar cravings. It can help fatigue, weakness, sadness and headaches which are often caused by blood sugar imbalances. It is a good adjunct to the PAN D2 or Sugar Free formula for hypoglycemia or diabetes.

GRIPP HEEL *PRICE: \$24.00*

Same as above but more effective if painful joints are also involved.
Price: 100 tablets \$24

STRONG JOINTS AND LIGAMENTS *PRICE: \$16.00*

Is also a homeopathic remedy in drop form, the qualities of which are as the label suggests. Outside strengthening joints and ligaments however, it can also give some relief to trauma and bruising.

THYROIDINUM *PRICE: \$ 9.50 - \$17.00*

These are homeopathic pellets 3-4 under the tongue 1-3 times a day depending on severity of symptoms. They also come in drop form, 8 drops 3 times a day. Either one, as preferred, is a highly successful thyroid strengthener and has also been nutritionally effective after thyroid removal. Recommended with the Eve's Herbs TQH formula or Rhodiola. They can also be helpful for eczema, psoriasis and hair loss.

Drops will last about 1 month \$ 17.00

Pellets will last about 3 weeks \$9.50

Prices are the same both in the 4c and 9c potencies.

TRAUMEEL *PRICE: \$18.00 - Ointment, \$24.00 - Tablets*

Is a homeopathic remedy which comes both in tablets and a topical ointment. Both are for trauma, bruising and mild aches and pains including sports injuries and joint pain, to use on as-needed basis. Great for children, as they love the taste. Amongst other homeopathics, it includes Arnica and Aconite, which makes it valuable for pre and post surgery with the Eve's Herbs Solomon Seal Root and Bilica formula.

100 sublingual tablets Price \$24
Ointment, 8 ozs. Price \$18

Yst/CAN *PRICE: \$16.00*

Is a homeopathic remedy in an easily dissolved tablet form to address yeast infections and other fungal conditions. In severe cases it should be taken as an adjunct to the BWC herbal drops, Gentian root or the Patic FE formula..

Special notes:

THE FOLLOWING SPECIAL NEEDS SUPPLEMENTS FOR EXTRA NUTRITIONAL SUPPORT IDEALLY USED ALONG WITH THE HERBS

AHCC *PRICE: \$48.00*

An immune enhancing nutritional food supplement developed from several species of mushrooms, including shitake. Intensive worldwide research has shown positive results in its effectiveness for the immune system and for cancer patients undergoing chemotherapy. More generally, it is used for other immune system imbalances and health and well-being. I always recommend it, along with the Bactotox for frequent fliers and people working with young children.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	-	-
130-170 lbs.	2 Capsules	-	-
over 170 lbs.	2 Capsules	-	2 Capsules

COLOSTRUM *PRICE: \$29.00*

Is a good “traveling” acidophilus/bifidus (the friendly bacteria for the intestine), as it doesn’t need to be refrigerated. Since it is high in immunoglobulins, it further assists proper immune function. Ideal when traveling and you have, or are taking anti-biotics, as it will minimize their possible side effects of yeast infections and other stomach distress.

PRICE: \$29 FOR 120 capsules. Take 1 -2 capsules twice a day, depending on your weight, 2-3 hours away from the antibiotic.

COMFREY OINTMENT *PRICE: \$11.00*

A wonderful organic burn ointment, that is also good for sprains bruising and arthritic joints. Apply to unbroken skin only. 2 oz. jar which last for a year.

CALM SPIRIT *PRICE: \$16.00*

Consists of primarily Chinese herbs and is a wonderfully effective remedy for anxiety and insomnia. Dose is 1-2 tablets during the day for anxiety as needed. 1-3 at bed depending upon your weight and severity of symptoms. It may also be taken with the Eve’s Herbs Vervain and Sleeper formula, and or the especially effective sublingual melatonin, (see below).

Price: \$16.00 for 90 tablets

COLLOIDAL SILVER SPRAY *PRICE: \$18.00*

Very effective when sprayed directly into the back of a sore throat, and thus, in small doses, as needed, helpful to overall healing of the tissue.

CORDYCEPS *PRICE: \$20.00*

We’ve found these Chinese tablets very effective in regulating excessive or abnormal female hormonal bleeding, when the medical doctor can find no cause. It also helps to regulate excessive mucous production and is especially valuable when used with the Eve’s Herbs Pneu and Bactotox formulas.

Price: \$20.00 for 50 tablets. Take 1-2 tablets twice a day, depending on body weight.

DETOX DIETARY FIBER FORMULA *PRICE: \$22.00*

Consisting primarily of flax meal, it is a good vegetarian source of omegas with many vitamins and minerals naturally occurring in it. It is a powerful detoxifier for the digestive system and effective remedy for regulation of the intestinal tract. If you tend to be constipated, though, you’ll feel even better adding the Fiber Regulator to this powder. 1 of these per serving of powder should be sufficient. It is also used for clearing excess estrogen out of the colon and causing the blood to be more alkaline. It is satisfying and helpful as a fasting aid or meal replacement for weight loss especially with the Power Barley added to it. (see below).

Price: \$22.00 about 1 month’s supply.

ENHANCE *PRICE: \$45.00*

A combination of Chinese and American herbs, it is a powerful regulator of the immune system, and will give the AHCC formula some competition. It also tends to clear liver obstruction in some cases and can only be used for people who tend more towards constipation than diarrhea, as it is somewhat laxative.

Use 1-3 3 times a day depending upon severity of symptoms and body weight.

Price: \$45 for 420 tablets.

FIBER REGULATOR PRICE: \$16.00

Are an alternative to the Eve's Herbs Natural Herbal Laxative formula. It is about the same strength, but the capsules are smaller so you might need to take 1 extra. They both move fiber through the body, clean the intestine thoroughly and hence cause a sense of well-being. They go well with the Detox powder and Power Barley powder, used as meal replacements or for fasting. This and all Eve's Herbs cleansing formulas, restore the muscular tone of the intestines and are not habit forming.

120 capsules Price: \$16.00

KYOGREEN PRICE: \$48.00

Is a 10 oz. powder to mix into water or diluted juice for a daily supply of vegetarian protein in the form of sprouted barley and chlorella both high in chlorophyll and anti-oxidants. It also contains ascorbic acid however which causes flatulence and bloating in those with sensitive stomachs, which the Power Barley does not. Both it, and the Power Barley listed below make good meal replacements and vitamin/protein support while fasting.

Price: \$48.00 Lasts about 1 month.

MAGNESIUM CHELATE PRICE: \$17.00

This, as with high-in-magnesium herbs like Cramp Bark or the MNF formula supports nerve and muscle function. It is a good adjunct to the above herbs which support healthy bones as well. I keep this particular Mg Chelate because it is derived from vegetable proteins for easier assimilation, for those who want to make extra sure of their magnesium and calcium.

Price: \$17.00. 100 mg, 250 tablets.

MELATONIN (SUBLINGUAL) PRICE: \$10.00 - \$15.00

This is the fastest acting most effective melatonin I have ever found. It is a hormone secreted by the pineal gland in the brain that helps maintain the body's circadian rhythm. It is primarily used for insomnia. Darkness stimulates the production of melatonin while light suppresses its activity. Jet lag and shift work, for instance, can disrupt melatonin cycles. Research has found that melatonin is related to the aging process, as children have the highest levels of nighttime melatonin while older people have very little. More recent research has shown that low levels of melatonin can stimulate certain types of breast cancer while adding melatonin inhibits their growth. In many people it relieves nighttime reflux – quite a handy little supplement to have around the house. Use as directed, more is not better. We like to carry the time release one for those who wake and can't go back to sleep.

Price: 1 mg. 100 tabs. \$10.00 - 1 mg. 200 tabs. \$15.00

Suggested Dosage:

WEIGHT	BEDTIME
Under 130 lbs.	1 tab
130-170 lbs.	2 tabs
over 170 lbs.	3 tabs

NATTOKINASE PRICE: \$95.00

A serious roto-rooter to clear plaque out of the arteries, and consequently to also lower blood pressure. This is a long term remedy so we buy it to be more cost effective. Dose is 1 at breakfast and 1 at dinner,

Price: \$95 for 180 gel caps. This is a 3 month supply.

OMEGA 3 PRICE: \$28.00

When it comes to Omegas from fish, the smaller fish are better than the larger, as they contain less mercury. Ours is made from sardines, the smallest after krill, which is being discontinued due protective laws which keep them from being over harvested. Sardines are very heart healthy and high in naturally occurring calcium amongst other minerals and proteins.

120 soft gels. Price: \$28.00. Take 1 - 2 soft gels at Breakfast and Lunch according to body weight and need.

POWER BARLEY *PRICE: \$35.00*

Probably my favorite and least expensive of the green proteins, it does not include ascorbic acid with its possible attendant bloating problems. Power Barley provides a gentle energy and sense of well-being and can act as a daily vitamin, especially in conjunction with the Eve's Herbs Male or Female daily. It is a gentle detoxing aid full of soothing chlorophyll and easy to digest vegetarian protein, it neutralizes high acid levels in the blood which can be caused by too much acidic food, drug withdrawal and a diet too low in vegetables. It increases oxygen levels in the blood which always makes us feel better. It also contains the naturally stress-reducing B vitamins and folates in their original, pure form. The glutathione (a three amino acid protein) contained in it, binds up toxins in the body and transforms them for easy excretion.

Between either the Eve's Herbs Male of Female Daily and the power barley, all nutritional needs are met in a form that digests easily and instantly, being most friendly to stomach and intestine. With the Detox powder, it is popular used as a meal replacement or for fasting to increase the metabolism. It is well priced at:

Price \$35.00 for 8.48 ozs. Lasts about 31/2 weeks.

PROSTACTIVE PRO *PRICE: \$42.00*

This is a powerful Saw Palmetto extract, which is very effective in maintaining prostate health. I usually recommend this after a few rounds of the Tate I, as this formula rapidly eases prostate inflammation, swelling and discomfort. In an acute situation, it is helpful to take both for a while until PSA readings have stabilized and you feel comfortable again. At that point prostate health maybe maintained with the less expense Eve's Herbs "S" saw palmetto formula. Each Gelcap contains: Saw Palmetto extract.

Suggested Dosage:

WEIGHT	BREAKFAST	LUNCH	DINNER
Under 130 lbs.	1 Capsule	1 Capsule	-
130-170 lbs.	1 Capsule	2 Capsules	-
over 170 lbs.	2 Capsules	2 Capsules	-

RED WINE EXTRACT WITH RESVERATROL *PRICE: \$21.00*

Since being touted on Oprah as the great anti-oxidant/weight loss supplement which also supports heart function, it has enjoyed much popularity. It is good, but I don't recommend it for people with anxiety, rapid pulse rates or while coming off drugs, as it is too stimulating. For the same above benefits without stimulation, use the pine bark extract or CoQ10 or Eve's Cardio HV.1-2 tablets daily are recommended.

Price: \$21.00 for 60 tablets.

VITAMIN D3 *PRICE: \$16.00*

Ours is a high quality product which contains 2,000 International units per small capsule, so 1 a day is sufficient. This vitamin is usually supplied by the sun, which we no longer get enough of due to fear of exposure, yet it is entirely necessary for immune functions and good calcium and magnesium absorption. 1 a week for children helps protect their immunity also.

WELL CHILD *PRICE: \$18.00*

One of the best kids remedial and preventative syrups that I have found. It is effective for both prevention and relief, and kids love it. It contains primarily Echinacea and Elderberries with other soothing and pleasant tasting herbs high in vitamin C and minerals. At a teaspoon a day given preventatively, it contains 23 servings. For more acute conditions, give 3-4 times a day.

Special notes.

NUTRITIONAL SYMPTOM REFERENCE GUIDE

Acne

Skin Formula, Nu Liv, (cystic, add Bactotox). See Detoxification Chapter in “Feeling Very Much Better”.

A.D.D./A.D.H.D.

Rhodiola Root. Homeopathic: Selenium Homaccord and Phosphoricum acidum. For nutritional causes see the Children’s Chapter in “Feeling Very Much Better”.

Addiction (tobacco)

Nu-Liv, Pneu

Allergies

Cubeb Berries, Pneu, Rhodiola Root. Homeopathics: Allertotal, Histaminum

Anti-aging Tonic

Rhodiola Root, EV, 50/50, Power Barley and Detox powder

Anxiety

Vervain, MNF, HBP, Calm spirit, ACP

Arthritis

Devil’s Claw, AR+

Asthma

Pneu, Cubeb Berries, Bactotox. With constipation see Kleanz and Respiratory Diet in “Feeling Very Much Better”.

Back Pain

MNF, ACP (night time), Cramp Bark (esp. with sciatica)

Bladder Infection (Cystitis)

R.I., MNF, with pain: ACP.

Bloated Stomach

Digest, Cramp Bark, Nutridophilus, with constipation: Kleanz. Due to sugar cravings: Gymnemma or Patic FE.

Boils, Carbuncles, Folliculitis

Bactotox, Bilica, Skin Formula, BWC.

Breakthrough Bleeding

Cayenne, E:V, MNF, Cordyceps.

Broken Bones

Bilica, MNF, Solomon Seal, Comfrey ointment.

Bronchitis

Bactotox, Pneu, Cramp Bark. Chronic: add Vervain and/or Astragalus and Defense Formulas.

Cancer (nutritional support)

See Liver Diet in “Feeling Very much Better”.

Venus Fly Trap, AHCC, Pau D’Arco tea, Eve’s Essiac, F.

Candida

BWC, Yeast-can (homeopathic), Gymnemma, Patic Fe, Colostrum or Nutridophilus.

Cardiovascular Deficiencies

Eve’s Cardio, Cardio HV, Joy. Spider veins and varicose veins: Horse Chestnut.

High blood pressure: HBP

Cervical Dysplasia

FE 7, Nu Liv, Rhodiola Root, AHCC.

Chemo/Surgery Nutritional Support

Nu-Liv, MNF, Rhodiola Root, Pau D' Arco tea, Cardio HV. Nausea: Digest, Nux Vomica, Ginger.

Children

Frequent infections: Astragalus, Echinacea Astragalus, Well Child syrup. Other children's illnesses, see Children's Chapter in "Feeling Very Much Better."

Chronic Fatigue Syndrome

Bactotox, E:V, S, Astragalus and Defense, MNF, Enhance

Chronic Infections

Bactotox (first few weeks), AHCC, Rhodiola Root, Pneu, MNF.

Colds and Flu

See Chronic Infections.

Colitis

Bactotox, Colostrum, Slippery Elm, Power Barley and Detox Powder.

Constipation

Acute: Anti-Geotrichum or Natural Herbal Laxative.

Moderate: Kleanz or PS:SS

Mild: Patic Fe or Digest

Cough

Pneu, Bactotox, Cramp Bark, (wheezing), Nu-breath

Dry: Antimonium Tartrate Wet: Hepar Sulphate

Crohn's Disease

Colostrum, Bactotox, Slippery Elm, Cramp Bark, Power Barley and Detox Powder.

Depression

Joy Formula, Rhodiola Root, TQH, DPRSN

Due to anxiety: Vervain.

Due to sugar excesses: Borage, Gymnemma, Patic Fe.

Diarrhea

Baltone, Arsenicum album.

Diverticulitis

Slippery Elm, Cramp Bark, Colostrum, Bactotox, F, Detox Powder and Power Barley.

Ear Infection

Bactotox, Pneu, Willow/Garlic Ear Oil (topical only). With fever, right side: Belladonna. Without fever, left side: Pulsatilla.

Eczema

Skin Formula, Nu-Liv, S, EV, Bilica. Graphite (homeopathic). Thyroidinum pellets of drops. Also see Detoxification Chapter in "Feeling Very Much Better".

Edema

With pain in kidneys or bladder: R.I.

With water retention: Ren Cleanz. Also see Kidney Chapter in "Feeling Very Much Better".

Endometriosis

Vitex Tincture, Fe 7, Cramp Bark, Ren Tone V.

Energy

Rhodiola Root, Kleanz, Peeper Keeper, Red Wine with Resveratrol, Bactotox..

Men: S Women: E:V

Eye Disorders

Peeper Keeper, Nu-Liv, Euphrasia.

Epstein Barr Virus/CMV

Bactotox followed by Astragalus and Defense, Nu-Liv, Enhance, S or E:V.

Fatigue

Due to adrenal exhaustion: TQH, Quad, E:V, S, Rhodiola Root, F.
 Due to digestive disorders: Kleanz, Digest, PS:SS.
 Due to chronic viral infection: see Epstein Barr above.

Fibromyalgia

Devil’s Claw, AR+, MNF, Pan D2.

Fibrocystic Breasts

Devil’s Claw, Vitex, FibroHerb.

Gallbladder Pain, Stones or Inflammation

GB, R.I.

HIV

Enhance, Astragalus, Defense, Rhodiola Root, Eve’s Essiac, MNF, Bactotox.

Hayfever

Allertotal, Histaminum, Pneu.

Headaches

Nu-Liv, Ginkgo, Migra-Tox.
 With constipation: Kleanz.

Heart Deficiencies

Cardio HV, Eve’s Cardio, Joy, Cayenne, CoQ10.

Hemorrhoids

Slippery Elm, MNF, Horse Chestnut.

Hepatitis

Bactotox, Nu-Liv, Eve’s Essiac, Skin Formula, GB.

Herpes

Skin Formula, Astragalus/Defense, Gripp heel.

High Cholesterol

Red Rice Yeast, Chol-Lite, Eve’s Cardio.

Hot Flashes

Hot Flash Formula, Black Cohosh, Vitex

Hypertension, High Blood Pressure

HBP, MNF, Cramp Bark, Vervain, ACP.

Immune system (over/under active)

Bactotox first three weeks, then follow with Rhodiola Root, Astragalus, Defense Formulas and/or AHCC, Vitamin D 3.

Impotence

O/N, Damiana, E:V, S, Vervain, Horny goat weed.

Incontinence

Ren Tone V. With constipation: Kleanz.

Indigestion

Patic Fe, Digest. From reflux: Cramp Bark.
 Also see Detox Chapter in “Feeling Very Much Better”.

Infertility

Female: E:V, Pan D2, Ren Tone V, Rhodiola Root.
 Male: S, Tate I, Rhodiola Root.
 (see Reproductive System Chapter in “Feeling Very Much Better”).
 Inflammation & Infections
 Bactotox, Devil’s Claw, MNF.
 See Kidney Diet (low acid), “Feeling Very Much Better”.

Inflammatory Bowel Disorder

Bactotox, Cramp Bark, Slipper Elm, Power Barley and Detox powderl

Injury/Surgery

Solomon Seal, Bilica, MNF. Traumeel.

Insomnia

Vervain, MNF, ACP (with pain or discomfort).

Calm Spirit, Sleeper, sublingual melatonin - this combination is a knock-out with no hangover.

Liver Detox

Nu-Liv, Skin Formula, Astragalus and Defense formulas. (See Liver Chapter in Feeling Very Much Better)

Low Back Pain

Cramp Bark, MNF, Ren Tone V.

With constipation: Kleanz.

Menopause

Overall symptoms: TQH, MNF, 40+, Vitex tincture, Black Cohosh Tincture, Cardio HV, Horse Chestnut.

Depression: Joy formula, Rhodiola Root.

Depression and sleeplessness: MNF, Vervain, 5-HTP

See Reproductive Chapter in “Feeling Very Much Better”.

Memory Poor

Rhodiola Root, Ginkgo Biloba, Horse Chestnut, Gotu Kola

Menstrual Bleeding (Excessive)

Vitex, E:V, Cayenne, cordyceps.

With cramps: Cramp Bark.

See Reproductive Chapter in “Feeling Very Much Better”

Mental Fatigue

Rhodiola Root, Ginkgo Biloba.

With constipation: Kleanz.

Muscle Tension and Spasms

MNF, Cramp Bark.

See Kidney Chapter in “Feeling Very Much Better”.

Nausea

Ginger, Digest, Nu-Liv, Gentian

Nervousness

Adrenal Support: E:V, S, MNF, Vervain, Calm Spirit.

Due to excessive sugary diet: See Hypoglycemia and

Diabetes Chapter in “Feeling Very Much Better”.

Neuropathy

Devil’s Claw, AR+, Cramp Bark.

See Kidney Diet (low in acids, which can exacerbate pain) in “Feeling Very Much Better”.

Osteoporosis

MNF, Cramp Bark, E:V, S, Magnesium chelate.

Overweight

With high cholesterol: Chol-lite, TQH, Quad, Red wine with resveratrol

With sugar cravings: Gymnemma, Patic Fe.

With fat cravings: GB, Kleanz, Digest.

Parasites

With constipation: Anti-geotrichum, PS:SS.

With diarrhea: PS:HW, BWC tincture, Nutridophilus, Colostrum, Slippery Elm.

Phlegm

Pneu, Bactotox.
 Due to chronic viral condition: Olive Leaf Extract,
 Ginger, Cordyceps, Nu-Breath.

PMS

Cramp Bark, E:V, Quad.
 See Reproductive System Chapter in “Feeling Very Much Better”.

Post Menstrual Fatigue

Patic Fe, Female Daily, Power Barley. Nutritional help see PMS above.

Prostate Conditions

Begin with Tate I for 6 weeks then follow through with S and Male Daily.

Pylonidal Cyst

GB, Bactotox, Nu-Liv, Hepar Sulphate

Sciatica

Cramp Bark, Ren Tone V. With constipation: Kleanz.

Skin disorders

See Eczema above.

Spasms

Cramp Bark, MNF, Female Daily, Male Daily. See Kidney Diet in “Feeling Very Much Better”

Stomachache

Patic Fe, GB

Sore Throat

Bactotox, Pneu, Ginger, Colloidal Silver spray.

Stones, (Kidneys or Gallbladder)

GB, R.I., Slippery Elm. See Liver and Gallbladder Diet in “Feeling Very Much Better”.

Stress

S, E:V, F, MNF, Rhodiola Root, Bilica.

Stroke Prevention

Horse Chestnut, Chol-Lite, Cardio HV, Borage.

Sugar Cravings

Gymnemma, Patic Fe, Borage, Pan D2. Also see Hypoglycemia/Diabetes Chapter in “Feeling Very Much Better”.

Thyroid Imbalances

TQH, Quad, Rhodiola Root, F , Homeopathic Thyroidinum.

Ulcers

Bactotox, Slippery Elm

Vaginal Yeast Infection

BWC tincture, Yst-can (homeopathic), Olive Leaf Extract.

Virus (Acute)

Bactotox, Colostrum, Pine Bark Extract.

Virus (Chronic)

Bactotox, Astragalus and Defense, Olive Leaf Extract, PS:HW. Nutritional support: See Liver Chapter in “Feeling Very Much Better”.

Weight Loss

Hoodia Gordonii, Chol-lite, Green excellent

Yeast infections

See Vaginal Yeast Infections or Candida above.N

EVE'S HERBS

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