

WELLNESS HANMER

Holistic Health Support for People and Animals



Information on our:

Herbal Tinctures

Herbal Salves

Homeopathic Remedies

Colloidal Silver

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OREGANO:

Oregano has anti oxidant properties: Oregano contains thymol and rosmarinic acid that work on the body to minimize the destructive effects of free radicals. There is a lot of current medical interest in the ability of antioxidants to help repair damage to the body on a cellular level and combat cancer, heart disease, high blood pressure, macular degeneration and help slow geriatric muscle deterioration.

Anti-Fungal Properties of Oregano

Historically used as a food preservative, oregano has some impressive credentials as an anti-fungal. Oregano has been used as both an internal and external preparation in treating fungal infections and has been tested successfully in inhibiting the growth of yeasts like Candida Albicans.

Antibiotic Properties of Oregano

A phenol in oregano, carvacrol is generating interest for its powerful ability to kill bacteria. Preliminary tests conducted at Georgetown University suggest that oregano's antibacterial muscle may rival that of streptomycin and penicillin.

Other Medicinal Uses of Oregano

Oregano can be used as a digestive aid because it encourages salivation. It can soothe bee stings and treat venomous spider and snakebites. Oregano is also an efficient pain reliever.

Cautions when Using Oregano

Concentrated herbal tinctures are powerful medicine. Oregano has many medicinal applications that can help you get and stay well, but consult your doctor before making any changes or additions to the medications you are taking. Oregano can cause skin irritations in some people, and should be avoided if you are pregnant or nursing.

Oregano contains: iron, vitamin E, vitamin C, copper, magnesium, calcium, vitamin B6, niacin, thiamine and riboflavin.

Oregano is sometimes taken as a supplement to help avoid colds and flu.

Ingredients: Oregano leaf extracted in 40% alcohol.

All of our ingredients are Organic, or Responsibly Wildcrafted. No genetically modified organisms (GMO's) are involved. All other products that are distributed by us meet our high-quality standards.

Instructions: Use 6-12 drops in juice or water, under the tongue or as desired. May be taken 3 times daily. Shake well. Store in cool dark place. Keep out of reach of children.



DANDELION ROOT:

Dandelion's roots have a long history in traditional medicine as an all-around digestive aid and are also thought to be a fantastic natural diuretic, fine blood cleanser and excellent tonic that can help detoxify the system, especially the liver, spleen, and gallbladder. Dandelion may stimulate a poor appetite, making this herb beneficial in cases of malnourishment and frailty. Dandelions are rich sources of vitamins, minerals, and other antioxidant phytochemicals. The roots may assist in digestion and soothe an upset stomach. Dandelion root extract may help to regulate blood sugar, as a treatment for anaemia and to keep your cholesterol in check. Research has shown that Dandelion root tinctures may show promise in the fight against cancers. This herbal extract should be added this to your herbal regimen for an overall feeling of good health and improved mobility. Dandelion root has also been recommended for tinnitus, tonsillitis, pneumonia, bronchitis, osteoporosis, abscesses, heart health, mammary tumours, and warts. Dandelion root extract may also be effective in eliminating or averting age spots. Another benefit of Dandelion root tincture is it eliminates the toxins in the body that cause other skin conditions such as psoriasis, eczema, and acne. It has also been found that Dandelion roots may help alleviate depression and fatigue caused by stress. It has great benefits for women who suffer from these conditions as a result of PMS. Dandelion Root is a potent natural diuretic (even compared to synthetic products) that increases urine flow, rids the body of excess water and helps to relieve bloated feelings. The high level of potassium is so important

because large amounts are lost in the urine and too often flushed from the body when synthetic diuretics are used. This has been used effectively for treating health problems associated with urinary tract infections. It also helps to keep the bloating and water retention levels down, effective in losing weight.

Dandelion is said to help promote healthy heart function. The potassium works with sodium to regulate the body's water balance and normalize heart rhythms. It may lower cholesterol and triglycerides, as well as high blood pressure due to its diuretic action in ridding the body of excess fluid, thereby reducing the amount of fluid the heart must pump to circulate blood. Because of its high zinc and iron content, and it is often used to treat anaemia.

Dandelion Root and Leaves are known for keeping the internal organs clean and clear and is considered a great liver tonic that is said to promote healthy gallbladder, pancreas, and spleen function. This herb is effective in promoting the flow of bile and may ease such conditions as hepatitis, inflammation of the liver, jaundice and liver enlargement. By promoting the flow of bile, it is said to be helpful when used in the first stages of cirrhosis of the liver.

Herbalists use this herb to treat kidney ailments, and it is also thought to improve gallbladder function, possibly even preventing gallstones. As a blood purifier, Dandelion Leaf is considered an excellent tonic that cleanses poisons from the body. Through its action both on the liver and kidneys, it gently eliminates toxic wastes from the body. The powerful blood purifying and liver cleansing properties help to clear skin problems, especially acne and psoriasis. A liver that is not performing adequately can worsen acne because it cannot break down and clear excess hormones from the body.

Free radicals are known to wreak havoc on cells, the most common effect being the conversion of normal cells into cancer cells. Dandelion root preparations have been found to have significant amounts of antioxidants that have been scientifically proven to eliminate free radical activity. A Japanese study demonstrated that ingredients found in Dandelions inhibited tumor growth in animal studies on skin cancer. Another study showed that its prowess against breast and prostate cancer caused a decrease in breast cancer cell growth and proliferation and to block prostate cancer invasion.

Research suggests the Dandelion root may improve the health and function of natural bacteria in the gastrointestinal tract. The root is a mild laxative that promotes digestion and is also used as an appetite stimulant and to improve upset stomachs such as flatulence, feelings of fullness and constipation. The root is believed to increase the stomach function, and the gallbladder can especially benefit from this supplement, it can even keep gallstones from forming and may help to dissolve any that are present.

Dandelion root extract has been found to have anti-inflammatory properties that are particularly useful for those suffering from rheumatoid arthritis and help to keep it effectively under control. They can also reduce swelling and improve the pain that can accompany muscle spasms. A rich source of calcium, silicon, and boron it may be helpful in cases of osteoporosis.

Dandelion's benefits extend to the treatment of infection as well. Supplements of Dandelion roots are thought to be helpful in treating inflammatory skin conditions as well, including acne, psoriasis, and eczema.

Ingredients: Dandelion Root, extracted in 40% Alcohol.

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Instructions: Use 6-12 drops in juice or water, under the tongue or as desired. May be taken 3 times daily. Shake well. Store in cool dark place. Keep out of reach of children.

Contraindications: Pregnant and nursing women should not use Dandelion Leaf or Root. It is not recommended for people with gallstones or biliary tract (bile duct) obstruction without first consulting a physician. In cases of stomach ulcers, gastritis or irritable bowel, Dandelion should be used cautiously, as it may cause the production of excess stomach acid. Those who are allergic to daisies or asters should not use Dandelion. Do not take Dandelion without talking to your doctor first if you are taking certain medicines used to treat infection (antibiotics such as Cipro, Tequin, Levaquin, etc., as it may lower efficacy of drug); Potassium supplements for health condition (too much may be harmful); Blood thinning medicine (Coumadin, Plavix, aspirin, etc.).



TURMERIC:

Turmeric is an overall health tonic for protecting the liver, gallbladder and improving digestive functions, as it stimulates bile flow. It is a powerful anti-inflammatory and antioxidant. Turmeric has been used for the relief of aches and pains of sore joints, arthritis, and rheumatism. Recent studies have shown great promise in the treatment of malignant diseases, including those involving prostate, colon, oesophagus, pancreas, and breast.

Because Turmeric boosts the production of enzymes that digest sugar and fat, it is said to cut fat from the blood and may be helpful in weight loss regimens. Indian healers have used Turmeric for thousands of years in Ayurvedic medicine to control weight problems.

For good digestion, Turmeric has a long and venerable history as a warming herb that stimulates the digestive tract. Its mild aromatic properties have been used for thousands of years to stop stomach irritation when not overused. It is also thought to stimulate the appetite and is sometimes used to treat anorexia.

Turmeric is a potent non-steroidal anti-inflammatory that has been very beneficial in the treatment of rheumatism and arthritis. It is said to curtail inflammation of both osteoarthritis and rheumatoid arthritis and reduces swelling in recent bruises, wounds and insect bites. Also considered helpful for easing muscle pains and sports injuries, fibromyalgia, tendonitis, carpal tunnel, syndrome and bursitis.

Turmeric is said to improve blood vessel health and stimulate the entire circulatory system. It helps to regulate blood pressure, thereby lessening a risk of heart attack. It is also thought to reduce tissue damage during an attack.

Turmeric appears to lower serum cholesterol in the blood and to diminish platelet aggregation (blood clotting), which is helpful in cases of arteriosclerosis. It also enhances the respiratory system and is often used to relieve head colds, sinusitis and coughs, and ease chest congestion.

Turmeric has helped ease the discomforts of women's monthly menstruation and regulate its flow. It has also been called a uterine stimulant and has been thought to be helpful in treating uterine problems.

Said to stimulate the immune system, recent research claims that it appears to effectively fight free radicals. Turmeric is said to work well in conjunction with, and aid recovery after, chemotherapy drug and radiation treatments. Recent studies completed at Johns Hopkins have indicated that compounds in Turmeric (Curcumin) may, in fact, help prevent colon cancer.

Also, in recent research studies have suggested that the herb has the ability to reduce the effects of Alzheimer's disease. Data from the University of California indicated that using vitamin D in combination with Curcumin-Turmeric may help prevent and treat Alzheimer's disease because of its ability to boost the immune system and protect the brain against beta-amyloid accumulation.

The 2009 research, which was published in the British Journal of Cancer, demonstrated that Curcumin, the active chemical in Turmeric can destroy gullet cancer cells, and the team indicated that this natural remedy started to kill cancer cells within twenty-four hours. Also, the cells began to digest themselves, after the Curcumin triggered lethal cell death signals, which opens up the possibility that natural chemicals found in Turmeric-Curcumin could be developed into new treatments for oesophageal cancer and can benefit advanced pancreatic cancer sufferers.

Turmeric is thought to accelerate the detoxification process in the whole body. It is an antiviral and fights viral infection. There is some indication that Turmeric may help to inhibit HIV infection from progressing to full-blown AIDS by acting as a protease inhibitor. It is considered an antibacterial and has been known to kill parasites, fight skin infection (acne) and improve the texture and smoothness of the skin.

The herb is also said to possess antifungal properties, inhibiting yeast overgrowth. And finally, the herb appears to be an effective tonic that normalizes energy flow, enhances the immune system and improves overall good health. Turmeric's potent antibiotic qualities may be helpful in combatting MRSA (methicillin-resistant *Staphylococcus aureus*), a particularly dangerous bacterium that may not respond to conventional pharmaceutical treatments.

Ingredients: Turmeric Root extracted in 40% alcohol.

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Instructions: Use 6-12 drops in juice or water, under the tongue or as desired. May be taken 3 times daily. Shake well. Store in cool dark place. Keep out of reach of children. Add the tincture to a cup of boiling water and let cool to dissipate the alcohol content. Safe for children and pets.

Contraindications: Those taking blood thinners (Coumadin, etc.) should avoid Turmeric, as it may add to their anti-clotting effects. Overuse (more than the recommended dosage) is not recommended, as it may result in stomach distress. Normal therapeutic doses of Turmeric protect from ulcers, but at very high doses, it may induce ulcers. Turmeric is not recommended for persons with biliary tract obstruction, as the curcumin stimulates bile secretion. People with congestive heart failure, whose cause remains unidentified, should avoid this herb. Turmeric is not recommended for people with painful gallstones, obstructive jaundice, acute bilious colic or extremely toxic liver disorder. This is why it is very important to take only the recommended dose of this herbal remedy. Since Turmeric is considered a uterine stimulant, pregnant women should not use it. Turmeric is said to work best when taken on an empty stomach.



BAY LEAF:

There are several types of plants called bay leaves, but the only true Bay Leaf is *Laurus nobilis*, which is a well-recognized herb since the earliest of times. The Bay Leaf tinctures contain many notable compounds, minerals, and vitamin that are essential for optimum health and wellness. These compounds are known to have antiseptic, diaphoretic, diuretic, digestive, antioxidant, and even thought to have anti-cancer properties. It is a rich source of natural vitamin C, which has anti-viral effects for fighting the symptoms of common colds and flu. Bay leaf extracts are a good source of folic acid, important during the preconception period. The extract of Bay leaf is a good source of minerals, as well as B-complex groups of vitamins. These can be helpful for enzyme synthesis, nervous system function, and for regulating body metabolism. Bay leaf is also an excellent source of vitamin A, essential for healthy eyes. The lauric acid in the bay laurel leaves has insect repellent properties. Components of the extract have also been used in the treatment of arthritis and muscle pain. Traditional herbalists knew that the Bay leaf poultice or wash could help heal wounds, but modern science has also discovered just how well this herbal remedy works. Bay leaves have been found to have antimicrobial activity against some of the most common pathogens, including Staph, Strep, *Aspergillus fumigatus* and *Candida albicans*. It is being researched for the effects on blood sugar, and because diabetes increases your risk of heart disease, the leaf has shown encouraging results.

Experts warn that other "bay leaves" do not have the same health benefits, and some can even be toxic. The *Kalmia latifolia* is a relative of the Bay leaf and even looks similar, but according to the Herb Society of America, it is poisonous. California bay leaves, California laurel, are often sold as California bay leaves, but experts say these are damaging to the central nervous system and cause respiratory difficulties when inhaled.

Bay leaf contains chemoprotective properties which provide resistance against different types of cancer. They also contain phytonutrients which have been shown to have specific effects restraining the proliferation of cervical cancer cells.

Tinctures of Bay leaf are reported to have a very soothing effect on the stomach, for relieving colic and flatulence. The herb has also been used traditionally for stomach ulcers, and a study found that, along with eight other traditional herbs, the Bay leaf was able to reduce the amount of urease in the body. Bay leaves are an excellent herb remedy for heartburn, acid reflux, constipation and irregular bowel movements. The enzymes of the herb enable the breakdown of proteins, and it also acts as an appetite stimulant when recovering from illness.

Powerful phytonutrients in Bay leaf provide protection against cardiovascular diseases, such as heart attacks and strokes. They contain valuable compounds of rutin, salicylates, caffeic acid, which boost heart health and improve function. In a study published in the *Journal of Clinical Biochemistry and Nutrition*, Bay leaf was given to type 2 diabetics daily and they showed significant reductions in blood glucose, cholesterol and triglyceride levels. And because it is so promising, it is now believed to actually boost heart health, thereby helping to prevent heart attacks and stroke. Potassium, contained in the herb, is an important component which helps to control heart rate and blood pressure. Manganese and copper are used by the body as co-factors for antioxidant enzyme, superoxide dismutase. Iron is essential for red blood cell production, and as a co-factor for cytochrome oxidase enzymes.

The Bay leaf has anti-inflammatory properties which can ease the pain of strains, sprains, arthritis, rheumatism, as well as general aches and pains. The herbal supplement contains both salicylates and caffeic acid, which are known to be extremely effective for pain. Massaging temples with the extract of Bay leaf in a carrier oil may relieve your headache and migraines rather quickly.

Ancient texts have referred to the herb as a treatment for seizures. In a recent animal study, it was found that the extract of Bay leaves was effective in protecting against the occurrence of seizures because of the extract's unique chemical

components. It is being researched for people diagnosed with epilepsy. The tincture of Bay leaf with water has been consumed at bedtime for relaxing your nerves and inducing sleep.

Bay Leaf extracts are said to be very helpful for preventing and easing kidney infections. The herbal remedy has also been shown, when consumed twice daily, to help stop the formation of kidney stones.

Bay leaf has been used in tea and oil as a remedy for treating dandruff, hair loss, head lice and for nourishing the scalp. Bay leaves are also an excellent source of vitamin A and recommended for its antioxidant effects for healthy eyes, as well as for maintaining mucous membranes and skin health. It is also rich in vitamin C, which helps in preventing free radical damage. Inhaling the fumes of Bay leaf tea can help to de-stress your skin, preventing the occurrence of wrinkles and skin outbreaks of pimples, blemishes, acne, and rashes.

Consumption of natural foods that are rich in vitamin A and vitamin C are been found to help protect from lung and oral cavity cancers. For sparkling white teeth, brush them with an addition of Bay leaf tincture once in 3 days. It contains anti-bacterial properties which act as a cleansing agent, for obtaining healthy oral hygiene and teeth. Bay leaf contains lauric acid, anti-infectives, which can be applied to stings and bites for a speedy recovery.

Ingredients: Bay Leaf, extracted in 40% Alcohol.

All of our ingredients are Organic, or Responsibly Wildcrafted. No genetically modified organisms (GMO's) are involved. All other products that are distributed by us meet our high-quality standards.

Instructions: Use 6-12 drops in juice or water, or under the tongue. May be taken 3 times daily. Shake well. Store in cool dark place. Keep out of reach of children.

Contraindications: Bay Leaf Herbal Supplement is not recommended for pregnant or nursing women, nor for those who are taking medication for diabetes. As a uterine stimulant, it has been called an abortifacient. Although a herb to calm the digestive tract, taken in large doses, Bay Leaf is considered an emetic that produces vomiting. People with asthma, dermatitis, eczema and gastrointestinal problems should not use this herb as it may worsen their current health conditions. Those who are allergic should stay away from the herbal supplement completely. Other than that Bay leaf is considered to be safe as a seasoning and as a remedy for certain health conditions.



ROSEMARY:

Rosemary has been used in the past for strengthening the memory and sharpening the senses, including vision, and to stimulate circulation to all parts of the body. It is believed to enhance good digestion, ease pain, and nervous anxiety, and may even be helpful in restoring the look and glow of your youth.

Used as a memory and brain stimulant, it is said to improve to brain function by feeding it with oxygen-rich blood. Recent studies suggest that rosemary may shield the brain from free radicals, lowering the risk of strokes and neurodegenerative diseases, like Alzheimer's and Lou Gehrig's disease. It is believed to fight free radicals and has shown to be effective against malignant disease and anti-tumour activity.

This is a wonderful stimulant for the circulatory system and has been used to treat disorders characterized by chronic circulatory weakness, such as high and low blood pressure, varicose veins, bruises and sprains.

Rosemary, is an effective aid to good digestion and a relaxant that gives strength and tone to the stomach, stimulate digestion, and relax the smooth muscle of the digestive tract, which helps to calm an upset stomach, ease cramps and spasms in the intestines, alleviate flatulence, dyspepsia, and relieve bloated feelings. It is also said to aid the digestive system of dietary fat and is thought to be particularly helpful in treating indigestion caused by anxiety.

It has been used for calming and soothing the nerves, relaxing the muscles, easing pain and reducing tension and anxiety throughout the body, and so it has been very helpful in treating stress, headache, migraines, depression, nervous exhaustion, and apathy. It is also believed to be effective in alleviating the pain of neuritis, neuralgia, tendonitis, rheumatism, aching joints and overall muscle pain and spasms.

Rosemary cleanses the blood and is potent enough to help kill a bacterial infection, but does not completely wipe out the natural bacterial population of the digestive tract that keeps the intestines in a healthy balance. As a diuretic, it increases the flow of urine that flushes bacteria from the body before they have a chance to cause infection. Rosemary has shown

to be promising in treating toxic shock syndrome, and if used externally, its antiseptic qualities make it a good extract for gargles and mouthwashes and a cleanser for wounds.

The fungicidal properties of this herb have been effective in killing chronic yeast infections, such as *Candida albicans*. It also promotes menstruation and regulates its flow, and has been used for treating low or excessive bleeding, as well as, easing menstrual cramps and pain in the uterus. Because it stimulates and improves circulation it increases the blood supply to the skin, which is believed to help restore a healthy youthful glow, and when used externally, it is believed to stimulate hair bulbs and prevent baldness.

Ingredients: Rosemary Leaf extracted in 40% Alcohol.

All of our ingredients are Organic, & Responsibly Wildcrafted. No genetically modified organisms (GMO's) are involved.

Instructions: Use 4 - 6 drops in juice, water, under the tongue or as desired. To remove the alcohol, put the drops into boiling water and wait for it to cool, then suitable for pets and children. May be taken 3 times daily. Shake well. Store in cool dark place. Keep out of reach of children.

Contraindications: Pregnant women should not use Rosemary in therapeutic doses, as it is a uterine stimulant, and it should never be used continuously by women with a heavy menstrual flow. Rosemary should not be used in excessive amounts as it may produce convulsions. Rosemary should not be taken by those who suffer from seizure disorders or epilepsy. Some people may be allergic to Rosemary and other members of the mint family (sage, thyme, basil, etc.).



YARROW:

For thousands of years, Yarrow has been used as a healer of wounds, helping to control haemorrhages and infection. Yarrow flowers are also thought to have a wonderful tonic effect on the gastrointestinal system, thereby easing indigestion, flatulence, and dyspepsia and it acts as a system purifier that rids the body of toxins through the skin and urinary tract. It is used by herbalists to treat high blood pressure and large amounts of fat in the blood. It has helped to stop bleeding of stomach ulcers, haemorrhoids, balance the menstrual flow, relieve dull, achy menstrual pains and for nosebleeds (especially those due to allergies). It has also helped with postpartum bleeding and abnormal flows.

It has been used to improve the appetite and ease and improve certain gastrointestinal conditions. It relieves general cramping and menstrual cramps, as well. Yarrow has been helpful for varicose veins, dysentery, and diarrhoea.

As a diuretic, the herb promotes the release of toxic wastes (including uric acid) through increased urine flow, which is also helpful in cases of many urinary problems.

As a diaphoretic, Yarrow naturally increases the body's temperature, opens up skin pores and stimulates perspiration, increasing the elimination of toxins through the skin. By inducing sweat, it also helps to lower fever, which is useful in treating feverish illnesses, especially colds, flu, and measles.

Yarrow has been used to treat diarrhoea, especially mucous diarrhoea, haemorrhoids and excessive menstruation and bladder conditions, in particular, those related to involuntary urination in children.

Yarrow is thought to be good for cardiovascular health as it lowers blood pressure, helps hypertension and protects against thrombosis after a stroke or heart attack.

As an anti-inflammatory, Yarrow has been used to help ease the discomforts of rheumatism, gout, and arthritis, and to provide relief from headaches and menstrual pain. Some modern research confirms the historical use of Yarrow as a pain reliever for many conditions.

Used for centuries as a haemostatic, an agent that controls or stops the flow of blood. Yarrow has been used internally to control haemorrhaging from the lungs and the bowels, among other applications.

Used externally, this herb has been a reliable remedy for healing wounds and arresting the blood flow from nosebleeds, shaving cuts, etc. Because it is thought to be so effective and quick when used in this manner, it is wise to clean a cut first before applying Yarrow, because it may begin the healing process while the dirt and infection are still within the wound. However, all deep or infected wounds should be treated by a doctor. In recent tests, it has demonstrated antibiotic

and antibacterial qualities that appeared to kill many kinds of bacteria found on human skin and destroyed the pain-causing infection. It is also effective against athlete's foot, yeast infections, microbial infections, toothaches, gum infections and boils.

Other internal uses: to help clear blood clots, lung congestion, chronic cystitis and urethritis, mucus discharge of the bladder, nephritis (Bright's disease), smallpox, chicken pox, glandular imbalances, and diabetes. It has been used to treat amenorrhea, colic, Crohn's disease, ulcerative colitis, PMS, indigestion, and heartburn.

Ingredients: Yarrow Flower extracted in 40% Alcohol.

All of our ingredients are Organic, & Responsibly Wildcrafted. No genetically modified organisms (GMO's) are involved. All other products that are distributed by us meet our high-quality standards.

Instructions: Use 6-12 drops in juice, water, under the tongue or as desired. May be taken 3 times daily. Shake well. Store in cool dark place. Keep out of reach of children.

Contraindications: Pregnant or nursing women should not use Yarrow, as it is a uterine stimulant, nor should women with heavy periods or pelvic inflammatory disease. Continued or long-term use of Yarrow may cause skin irritation and/or allergic reactions. If so, discontinue its use. Yarrow may produce photosensitivity. If using Yarrow to treat wounds, be sure to clean the affected area first, as the herb can stop blood flow so quickly that it may seal in dirt or other contaminants. People with gallstones should avoid its use. Yarrow may cause severe allergic skin rashes when applied topically.



THYME:

Thyme is a powerful antiseptic and expectorant, and some research has found that it is also an excellent pain-relieving herb. It is an incredibly potent yet simple herbal remedy that affects multiple systems. Used for thousands of years to loosen phlegm in chest infections and ease bronchitis, sore throats, coughs, croup, whooping cough, acute bronchitis, laryngitis, and asthma. The herbal tincture of Wild Thyme is often used to support the gastrointestinal system and is particularly helpful for getting rid of gas in the body, or flatulence, as well as easing indigestion, gastritis, dyspepsia and stomach cramps. The fungus, *Candida albicans* is a common cause of mouth, gastrointestinal and vaginal yeast infections, and Thyme has been found to help to combat the issue. After testing the effects of Myrrh, Wild Thyme, and Marigold, or Calendula tinctures on the bacteria that causes certain types of acne, the herb was found to be much more effective than some other preparations, as a remedy. Thyme is thought to calm the nervous system, induce sleep, and helps to increase energy. It acts as a memory booster and an antidepressant. It is believed to help with concentration and focus.

Thyme acts as a digestive that supports a healthy gastrointestinal system. It is thought to relax the smooth muscle of the stomach, relieving all kinds of stomach upsets. It is commonly used by herbalists for entrapped gas, abdominal and intestinal aches, and even spasmodic cholera. This action may be due to lessening spasms in the intestines. This can be helpful as for conditions that may rob you of your appetite for good food that the body needs. The tincture of Wild Thyme may also help to inhibit bacterial growth within and outside of the body. It kills bacteria and keeps them away from the organs, which can be particularly beneficial in curing bacterial infections like B-colitis, renal colic, infections of the urethra and genitals.

One of the more important uses of Thyme that is still being used and studied today is for heart troubles. With heart problems growing at an alarming rate, it is important to keep the valves functioning properly. With its antispasmodic properties, it helps to relax the arteries and veins and thereby reduces blood pressure and stress on the heart. It has been said to strengthen the cardiac muscles and tone the heart. Basically, it is good for every part of a healthy heart.

Wild Thyme is thought to be an excellent herb to boost the immune system. Getting all the vitamins your body needs every day can be difficult. Luckily, Wild Thyme tinctures are packed with vitamin C and is also a very good source of vitamin A, as well as copper, iron, and manganese. So, if you feel a cold coming on, this may be just the herb to help get you back in shape. It has also been used to treat mould, an air pollutant that can lurk in your home. And it has shown good results against clinical strains of *Staphylococcus*, *Enterococcus*, and *Escherichia* genus of bacteria.

Women should be interested in this herbal remedy for the relief it may offer for obstructed and painful menstruation. This herb has been used forever for abdominal pain, fatigue, backache, headaches, nausea, depression and low blood pressure, often associated with menstruation. It may also help to delay menopause, thereby keeping women happy, healthy and fertile. The herb is believed to have the action of stimulating certain hormones, like oestrogen. Studies are

being conducted on the herb for its protective effect against colon and breast cancer, as it has been shown to induce cell death in cancer cells.

Used externally, it is helpful dental decay, plaque, thrush, tonsillitis, halitosis, deep wounds, bruises and when used as an ingredient in a bath, helps to alleviate nervous exhaustion.

Ingredients: Thyme Leaf, extracted in 40% Alcohol.

Instructions: Use 6-12 drops in juice, water, under the tongue or as desired. May be taken 3 times daily. Shake well. Store in cool dark place. Keep out of reach of children.

Contraindications: Pregnant and nursing women should not use Thyme, as it is a uterine stimulant. Habitual and excessive usage (many times the recommended dosage) is not recommended, as it may cause gastric irritation, headache, dizziness, convulsions, and coma. Thyme should not be taken by people with heart problems nor by those who suffer from seizure disorders or epilepsy. Those who are allergic to members of the mint family (thyme, basil, sage, marjoram, etc.), should avoid this herb.



CALENDULA:

Calendula flower, also known as pot marigold, has been used in compounds, oils, creams, and tinctures to treat minor skin problems. A strong antiseptic and astringent with antibacterial and anti-inflammatory properties, Calendula has been used to relieve the symptoms of rashes, minor burns, acne, eczema, skin inflammation and conjunctivitis.

A salve or tincture, it has and continues to be used in connection with bruises, sprains, pulled muscles, sores and more. Earaches respond well to Calendula herbal extracts, which both soothe the pain and combats infection. Calendula flower extract is wonderful when rubbed in a cream onto the face and skin, which may prevent wrinkles by stimulating the collagen production by the body. Gargling with Calendula can soothe sore throats and stop infections and the same solution can be used as a mouthwash for infected gums and other mouth problems. The Massachusetts College of Pharmacy and Health Sciences says that Calendula consumed seven days before a woman's menstrual cycle may alleviate the pain of cramps. It can also relieve the discomfort associated with indigestion, colitis, and menopausal symptoms. There is some evidence that Calendula flower tincture can help treat certain types of cancers like Heren's Carcinoma when used with other herbs such as [Echinacea purpurea](#).

Calendula Flower in tincture form, taken internally, promotes healing of ailments in the digestive tract. Some report it to be effective as a treatment for recurrent vomiting. It has been used to lessen the effects of ulcers in the stomach, mouth or throat. Calendula works by stimulating the lymphatic system and by reducing swelling and cleansing of toxins in the body. Calendula flower tincture also aids the body by helping to digest food, especially food that is high in fat. Since it is a "bitter", it will soothe indigestion and heartburn, as well as stimulate the liver and gallbladder, making it useful in treating hepatitis. Calendula is thought to be a great herbal remedy for colitis, stomach cramps, diarrhoea and protects the lining of the stomach and intestines by inhibiting the cause of inflammation and swelling, and by limiting the effects of the bacteria associated with gastritis, peptic ulcers and stomach cancer and works against *Helicobacter pylori*, a bacterium connected with peptic ulcer.

Calendula also has anti-inflammatory and antibacterial activity and the most well-known health benefits are for those dealing with skin ailments of all kinds. Unless the user is allergic to this plant there have been no reports of side-effects or drug interactions when using this medicinal herb. It is often used topically for lacerations, abrasions, boils, lesions and other infections. Calendula flower used in creams is a wonderful treatment on the face and skin as well and may help reduce and prevent wrinkles by stimulating collagen production in the body. It can be used as a natural moisturizer and is very soothing to irritated chapped and sun-damaged skin. Calendula is also recommended for its use in treating varicose veins, chronic ulcers, capillary engorgement, and congestion.

Calendula provides one of its greatest benefits in relieving eruptive skin disorders such as shingles and warts from viral infections. Calendula is considered to be an effective detoxifying herb that can help with the toxicity associated with many severe fevers and infections. The fungicidal properties found in Calendula flower extract, making it a popular antiseptic herbal remedy. The astringent qualities help the capillaries function better; thus accelerating the treatment of physical wounds, cuts, abrasions, insect bites, muscle pains, bruises, varicose veins and other inflammatory disorders of the body. Calendula also helps alleviate skin infections such as fungi, ringworm, athlete's foot and thrush. Calendula extract is

gentle enough for baby's use to ease cradle cap, diaper rash, and nursing mother's sore nipples. It has been used effectively in a sitz bath for genital inflammations or haemorrhoids. It has been recommended for use in an ointment for first-degree burns and sunburns. It has healthy influences on oily skin and normalizes the activity of the sebaceous glands and is useful for oily hair as well as, reducing dandruff. This plant has strong antibacterial properties that work against some pathogens particularly streptococci and staphylococci.

Calendula is often recommended as a treatment for an ear infection. Studies have shown the flower extracts can offer as much pain relief for an ear infection as some non-herbal eardrops. Earaches often respond well to a Calendula treatment which both eases the pain and combats infection. A few drops in the ear are a common and often effective treatment.

Not only is this herb considered a vulnerary, antimicrobial, and anti-inflammatory, but it is also useful as an emmenagogue, both regulating and balancing painful and irregular menstrual cycles. Of all the marigold benefits, this is perhaps the most interesting, as the flower blooms on a monthly basis. This tincture can also be an excellent herb for treating anaemia.

Calendula's high molecular weight polysaccharides stimulate the immune system activity. The herb's properties have been researched and were determined to have some potential therapeutic activity against the human immunodeficiency virus (HIV-1) in vitro, and reduced HIV transcriptase in a dose and time-dependent manner.

More recently scientists have investigated Calendula tincture for possible anti-cancer and antiviral actions this herb may possess. The most recent studies involving marigold seek to isolate its role and there has been some evidence that Calendula flower can help treat some forms of cancers like Heren's carcinoma. Researchers from Universidad de Granada, Spain demonstrated its effects on tumour cell lines derived from leukemias, melanomas, fibrosarcomas, breast, prostate, cervix, lung, pancreas and colorectal cancers. The inhibition of these cancer cells ranged from 70% to 100%. Also, tests suggested Calendula may help prevent dermatitis in breast cancer patients during radiation. In one small study of about 250 women undergoing radiation therapy after surgery for breast cancer, commercial Calendula ointment reduced the amount of skin irritation better than another commonly used commercial preparation. Women who used Calendula ointment also reported less pain from radiation.

Ingredients: Calendula flower extracted in 40% Alcohol.

All of our ingredients are Organic, and Responsibly Wildcrafted. No genetically modified organisms (GMO's) are involved. All other products that are distributed by us meet our high-quality standards.

Instructions: Use 6-8 drops in juice, water or under the tongue or as desired. To remove the alcohol, put the drops into a cup of boiling water and wait for it to cool, making it suitable for children and pets. May be taken three times daily. Store in a cool dark place. Keep out of reach of children.

Contraindications: Do not use while pregnant. Calendula may cause an allergic reaction in people who are sensitive to Asteraceae/Compositae family. Calendula might cause too much drowsiness if combined with medications used during or after surgery and with sedatives.



CHAMMOMILE:

Among the most popular herbal supplements in Europe, Chamomile extract is commonly used for its soothing effects without side effects. Modern science claims that it soothes frayed nerves because it actually slows down the central nervous system and has a long history of use as a tranquilizer. If you suffer from insomnia, stress, and anxiety, this natural sedative acts as a tonic to help combat, depression, soothe your nerves and induce sleep. As a calmativ, the herb is said to be helpful in treating Attention Deficit Disorder (ADD). Chamomile flower liquid extract is useful in the treatment of tension headaches, PMS with nervous tension, over-sensitivity (over-sensitive, "whiny" adults and children is a traditional indication), menstrual pain, nightmares, depression with anxiety, neuritis, and fibromyalgia. Chamomile flower tinctures help calm ulcerative colitis, GERD, gastritis and improve digestion, supporting the gastrointestinal tract and easing a nervous stomach. Chamomile is frequently used to treat colic in infants and teething problems. It is useful as a natural treatment for allergies and works much as an antihistamine would. Chamomile relieves morning sickness during

pregnancy. It is also used to speed healing of wounds, skin ulcers, burns and to treat acne, eczema, and rashes, and is excellent for diaper rash.

Chamomile herbal extract is commonly used for the soothing effects and ability to support normal tone in the digestive tract. Chamomile stops spasms in the smooth lining of the stomach and intestines and contains chemicals that are anti-inflammatory, antibacterial, antiviral and antiparasitic. Chamomile is helpful in treating irritable bowel syndrome (IBS), colitis, ulcers, hyperacid gastritis, enterocolitis, haemorrhoids, stomatitis, dyspepsia, gas, travel (motion) sickness, diarrhoea and nervous stomach. As an antispasmodic, it helps to relieve stomach cramps. Chamomile may be very helpful for relieving nausea, heartburn, and stress-related flatulence. It may also be useful in the treatment of diverticular disorders and inflammatory bowel conditions such as Crohn's disease. This herbal tincture is believed to dissolve kidney and gallstones.

Chamomile has been studied for its beneficial effects in the management of diabetes. The study concluded that Chamomile regulates blood sugar or blood glucose. It has been shown that when given to animals in the study a lesser amount of glucose was turned into sorbitol (a sugar alcohol). Excess sorbitol can cause damage to kidneys, eyes and nerve cells. The study stated that there was a clear link between the daily consumption of Chamomile extract and preventing the progression of diabetic complications and hyperglycemia. These benefits aren't only for those with diabetes, even people without diabetes can benefit from maintaining normal blood sugar levels. Blood sugar swings are associated with fatigue, insulin resistance, and sugar cravings, among other symptoms. Taking measures to regulate blood sugar levels can actually prevent the onset of diabetes in healthy individuals and it can also help to make you feel more energetic and maintain a healthy weight.

Many people tend to overeat or turn to junk food when they feel stressed. Studies at the University of Maryland showed that Chamomile flower liquid extracts help with anxiety and reducing stress, thus allowing dieters to make wise decisions instead of stress eating. Chamomile contains substances that act as appetite suppressants, which changes how the body functions. Together these chemicals promote a feeling of fullness, which can help you to eat less. Chamomile is a diuretic, meaning it removes fluids from the body by urination. This can be useful for rapid weight loss, however, water weight loss is usually temporary and there is no loss of fat.

Chamomile's overall soothing effect has been used as a remedy for teething complaints in infants, as well as a treatment of such common childhood ailments as stomach cramps, colic, middle-ear infections and alternating bouts of constipation and diarrhoea. Although it is possible to have an allergic reaction to Chamomile, it is usually considered safe enough for the elderly and young children.

Certain active compounds in Chamomile extract work similar to anti-anxiety medications, which promote relaxation in the brain and nervous system. Chamomile has a relaxing effect on the body, and it has been used for centuries to treat insomnia, especially when it is a result of anxiety, its mildly sedating and muscle-relaxing effects may help those who suffer from sleeplessness. And it is useful for nervousness due to common every day overwork and fatigue as well as easing the impact of stress.

Chamomile is a particularly good choice for children whose insomnia may be related to gastrointestinal upset. Chamomile has also been given to restless children and is said to decrease nightmares in both children and adults when taken before bedtime. Also, [Hops](#) and [Lemon Balm](#) are approved by the German government for relieving sleep disturbances. Chamomile herbal supplement may improve some symptoms of an attention-deficit disorder (ADD) and attention-deficit hyperactivity disorder (ADHD). In studies, scores were improved for hyperactivity, inattention and immaturity factors.

This herb is an antispasmodic which stops and prevents muscle spasm. It is ideal for muscle cramps, asthma, and other disorders which relate to muscle irritability, spasm or contraction. Traditional herbalists have long recommended it for back pain, neuralgia, fibromyalgia, rheumatism, arthritis, and headache. Compresses made with the extract can be used to reduce the swelling of blows and bruises, arthritic joints and even for dark circles under the eyes.

Another active ingredient in Chamomile reduces free radical activity. In vitro studies show possible protection against several different types of cancer cells. This chemical seems to prevent the production of proteins that allow malignant cells from anchoring to new sites and counters the inflammatory reactions necessary for new diseased growths to gain blood supplies.

As an antifungal, it combats *Candida albicans* and other yeast infections. Chamomile flowers have an agent that helps to bring on menstruation and regulate its flow and in the treatment of pelvic disease. Chamomile was used to relieve menstrual cramps, menopausal symptoms and other common problems related to stress.

Chamomile possesses antioxidant and antiseptic qualities. Evidence indicates that its use neutralizes certain germs and prevents infection, including staph and strep toxins. Chamomile also has immune boosting properties and helps in the fight against colds and sinusitis due to its antibacterial properties.

A topical preparation of Chamomile has been used to speed wound healing in elderly people with stasis ulcers, or bed sores, caused by inadequate circulation, as well as for people who have tattoos removed. Chamomile flower liquid herbal supplements have been known to help ease the pain and uncomfortable feelings associated with sunburn, windburn, minor burns, eczema, and psoriasis. It has also been applied to the skin to treat haemorrhoids, soothe swollen and painful breasts, diaper rash, other skin rashes as well as, eye problems and skin ulcers. It is often used to whiten the skin, to naturally treat and prevent acne, dermatitis, herpes and to prevent and destroy bacterial infections. In fact, HSV-1 may have met its match in Chamomile. It is particularly good at targeting the virus without causing irritation and may be suitable for topical application in recurrent outbreaks of HSV-1 infection, even those infections that are resistant to acyclovir. It is also widely accepted that stress plays a role in the development of genital herpes. Because Chamomile has the effect of reducing stress levels, it has been suggested for those who suffer with it.

One of Chamomile's active ingredients, Azulene, directly fights staphylococcus and streptococcus infections. By destroying the bacteria that cause infections, Chamomile helps to speed up recovery time. Chamomile also speeds healing of mouth sores and a mouthwash containing [Echinacea](#), [Myrrh gum](#), [Clove](#) and [Caraway](#) extracts, or tinctures, have been used successfully to treat gingivitis.

Ingredients: Chamomile Flower, extracted in 40% Alcohol.

All of our ingredients are Organic, and Responsibly Wildcrafted. No genetically modified organisms (GMO's) are involved. All other products that are distributed by us meet our high-quality standards.

Instructions: Use 6-8 drops in juice, water or under the tongue or as desired. To remove the alcohol, put the drops into a cup of boiling water and wait for it to cool, making it suitable for children and pets. May be taken three times daily. Store in a cool dark place. Keep out of reach of children.

Contraindications: Those who suffer from allergies to members of the daisy family (ragweed) should consult a doctor or allergist before using Chamomile. Chamomile contains natural blood thinners (coumarins) and should not be taken by those using the prescription drug Coumadin or other blood thinners. Because Chamomile is a uterine stimulant, pregnant women should discuss its use with their physicians before using it. Chamomile may cause drowsiness. Chamomile may have adverse effects if you are taking anticonvulsant medications or sedatives



LEMON BALM:

Lemon Balm is the ultimate medicinal plant for emotional detox and has been used for centuries to "restore the joy of life to even the most melancholy" and alleviate stress and anxiety. The herb is used for nervous agitation, functional gastrointestinal complaints, menstrual cramps, urinary spasms and symptoms of PMS. It is also said to improve memory and mental function. For a good night's sleep, try Lemon Balm. It has been useful for combatting cold sores, caused by herpes and is even said to prevent baldness.

Lemon Balm has been used for thousands of years as a calmative that is good for all kinds of nervous problems, including tension headaches, migraines, neuralgia, hysteria, nervous tension, stress, anxiety, excitability and heart palpitations. Studies have shown that when combined with Valerian root tincture, it improves sleep patterns and was comparable to the effectiveness of the prescription drug Halcion. It may also be effective in treating Attention Deficit Disorder (ADD) and Hyperactivity Disorders (ADHD), easing such symptoms as inability to listen, fidgeting, inability to sustain attention and shifting from one incomplete task to another. It appears to relax muscle tension without daytime drowsiness.

In the treatment of Alzheimer's disease, it shows great promise, it may even positively affect cognitive abilities, enhance memory and improve mental clarity. This effect may be due to its antioxidant content, which is thought to protect the body from damage caused by a chemical process called oxidation. Another small, but interesting, the study used Lemon balm extract, in aromatherapy, to calm overexcited individuals suffering from dementia. Dementia is an increasing deficiency in thought processing, caused by brain damage, such as by a stroke or diseases like Alzheimer's disease.

Lemon Balm is effective in calming the digestive tract. It relieves dyspepsia, colic, gas, upset stomach, indigestion and stomach cramps. The herb has been used to relieve irritable bowel syndrome (IBS), often stopping the spasms and relieving the pain and cramps associated with the disease. And although it is strong enough to ease spasms, it is not so strong as to cause constipation. It is thought that the volatile oils of Lemon balm contain chemicals that actually relax muscles, particularly in the bladder and stomach, thereby relieving cramps, gas, and nausea.

Lemon Balm was used as an old folk remedy for treating feverish patients. It promotes perspiration and cools the body by breaking a fever. It is especially helpful for treating the aches and fever of colds and flu. It is said to relieve bronchial catarrh and some forms of asthma.

Lemon Balm is used in Europe for treating thyroid problems and is shown to have thyroid regulating action, which has been known to block the attachment of thyroid cells by antibodies that cause Graves' disease. This property of the herb along with its anti-viral characteristics has made it useful in the treatment of Chronic fatigue syndrome, or CFS.

Lemon Balm's strong anti-viral properties and volatile oils have been known to destroy viruses in test tubes in as little as three hours, and this quality makes the herb especially helpful in combating cold sores, herpes virus infection. It is also thought to relieve the pain, itching, and sting of an outbreak. Topical use of Lemon Balm has been proven to speed the healing time of herpes simplex virus sores on the mouth and genitals when applied externally in a cream or salve. At least part of this effect is due to the antiviral properties of caffeic acid and rosmarinic acid. Lemon Balm is an antibacterial and when used externally, it makes a fine poultice that has anti-putrescent effects and has been used as a surgical dressing. It is good for tumours, insect bites, and stings, and it also cleanses sores and wounds on the body.

Ingredients: Lemon Balm, extracted in 40% Alcohol.

All of our ingredients are Organic, and Responsibly Wildcrafted. No genetically modified organisms (GMO's) are involved. All other products that are distributed by us meet our high-quality standards.

Instructions: Use 6-8 drops in juice, water or under the tongue or as desired. To remove the alcohol, put the drops into a cup of boiling water and wait for it to cool, making it suitable for children and pets. May be taken three times daily. Store in a cool dark place. Keep out of reach of children.

Contraindications: Lemon Balm is mild, gentle, and safe for children. It is wise, however, not to take it concurrently with barbiturates for insomnia or anxiety, as it may increase their effects. With regard to the Essential Oil (only) of Lemon Balm, persons with glaucoma should avoid it, as animal studies show that it may raise the pressure in the eye.



SAGE:

Sage is known to stimulate the nervous system and digestive tract. It also considered a memory strengthener and an herbal way to good health! Medicinally, its benefits are numerous, including its antioxidant, anti-inflammatory, antiseptic and anti-aging qualities.

A mild tonic it stimulates the central nervous system and strengthening it to reduce excess nervous energy. It has been used to quiet the nerves, relieve spasms, induce sleep and combat depression, mental exhaustion, trembling and nervousness. It has been used to calm seasickness, and traditionally some herbalists considered it useful in treating certain forms of insanity.

Sage is considered an antiperspirant and natural deodorizer that works from inside out. Sage contains tannins and volatile oils and seems to have the ability to dry up perspiration and slow excessive saliva flow. This is also helpful for reducing the heavy perspiration of night sweats and hot flashes.

Sage has been used as an old and trusted remedy for drying up breast milk when women wish to stop nursing. It has also been used for clearing and drying mucous congestion in the nasal passages and airways of the respiratory tract.

This drying effect is also used to treat diarrhea. And it is said to promote good digestion and considered one of the best remedies for stomach issues. Sage can ease gas pains, stimulate the appetite, remove mucus in the stomach and relieve biliousness and dyspepsia so it is said to keep the stomach, intestines, kidneys, liver, spleen and sexual organs healthy.

Sage leaf extract is thought to be a stimulant that strengthens the brain and promotes wisdom. Since ancient times, it has had a reputation for slowing down the aging process and bringing long life. It also appears to be a memory strengthener, by helping to restore failing memory in the elderly and improving concentration in everyone who uses it.

Sage is often used to bring on suppressed menstruation and it is said to help regulate its flow. Modern researchers have claimed that Sage has phytoestrogenic effects on the body that may even treat oestrogen deficiency. So Sage is useful for the relief of hot flashes that result from either hysterectomy or menopause.

Other studies claim that as a stimulant it increases circulation and relieves headaches and is gaining a reputation for improving circulation to the heart.

A powerful antioxidant, it can inhibit destructive and harmful free-radical compounds. It is also an anti-inflammatory that helps to shrink and soothe inflamed tissue.

Sage, as an antifungal, has shown to exhibit anti-yeast activity against *Candida albicans*; and inhibited antiviral activity in herpes simplex virus II and influenza virus A2. It has been used to assist in healing wounds by protecting against infection and stimulating cell growth.

Sage, used topically, has antiseptic properties that will clean sores and old ulcers, treat cuts, wounds, and bruises, and help to stop bleeding and encourage healing. And when used externally, it is helpful for insect bites, infections of the throat, mouth, gum, skin infections and vaginal discharge.

Sage has been useful in treating intestinal and respiratory infections and also been effective in breaking fevers, reducing cold symptoms, treating dysentery and expelling worms and parasites.

Used for gargling, it is known as an antiseptic remedy for disorders affecting the mouth and throat, i.e. dental abscesses, infected gums, mouth ulcers, sore and bleeding gums, loose teeth, cold sores, sore throat, tonsillitis and throat infections.

Sage is used in baths as a relaxant and is said to soothe sore muscles.

Ingredients: Sage extracted in 40% Alcohol.

All of our ingredients are Organic, and Responsibly Wildcrafted. No genetically modified organisms (GMO's) are involved. All other products that are distributed by us meet our high-quality standards.

Instructions: Use 6-8 drops in juice, water or under the tongue or as desired. To remove the alcohol, put the drops into a cup of boiling water and wait for it to cool, making it suitable for children and pets. May be taken three times daily. Store in a cool dark place. Keep out of reach of children.

Contraindications: Sage is not recommended for pregnant or nursing women, nor should it be taken by individuals with seizure disorders or epilepsy. Sage may interfere with the absorption of iron or other minerals in the body. Those who are allergic to members of the mint family (thyme, basil, sage, marjoram, etc.), should avoid this herb



CILANTRO:

Cilantro Leaf, also known as Coriander, acts mainly on the digestive system and the captivating aroma may have been responsible for humans around the world intuitively incorporating it into their diets for health reasons that modern science is only beginning to understand. It has been used as an herbal digestive aid to improve the appetite, relieve flatulence, upset stomach and indigestion, soothe the stomach of both adults and colicky babies and generally reduce irritation in the gastrointestinal tract, including heartburn, nausea, dyspepsia, and intestinal gas as it kills bacteria. It has a powerful natural cleansing agent and has been effectively used in removing heavy metals and other toxic agents from the body. This herbal remedy is protective against bacterial infections such as salmonella in food products. Cilantro acts to increase HDL cholesterol (the good kind) and reduces LDL cholesterol to help maintain heart health. It has been used to ward off urinary tract infections as it disinfects and helps to detoxify the body. Cilantro may help with insulin secretion and assist in lowering blood sugar levels. Cilantro Leaf also appears to be an effective anti-inflammatory that safely eases the pain and swelling of arthritis, rheumatism, and sore muscles. The extract of Cilantro helps to ease conjunctivitis, as well as eye-aging, macular degeneration and other stressors of the eyes. It contains immune boosting properties and strong general antioxidants to help fight disease. Cilantro acts as a natural antiseptic and anti-fungal agent for the skin and disorders such as fungal infections dermatitis and eczema. It has shown to reduce painful menstrual cramps and ease hormonal mood swings associated with menstruation and PMS. Cilantro or Coriander leaves may also act as an herbal aphrodisiac, boosting sex drive.

Cilantro is a natural diuretic that aids in digestion and prevents nausea. It is a major source of limonene, which is a hormone that helps get rid of belly fat. It also stops the stomach from absorbing saturated fats, which can lead to that unwanted bulge around the midsection. It is claimed to be able to stop belly bloat within 24 hours. It soothes the digestive tract and relieves acidity and flatulence and the fiber content helps in the regularization of digestive functions.

The extract of Cilantro has antioxidant properties that help control free radicals and it has long been known that it helps in cases of indigestion. Cilantro has bactericidal and fungicidal properties and may also have a chelating effect on leaching heavy metals from the system. The aromatic contained substance, coriandrol, is a very adjuvant in the treatment of liver cancer. Rich in phytonutrients and flavonoids it is effective in detoxifying the body. It has been proven to cross the blood-brain barrier and actually the removal of lead, mercury or other heavy metals, from the brain in as little as two weeks. Accumulation of these metals in the body can hamper brain function and cause memory loss, impaired cognitive function, and Alzheimer's disease.

Cilantro gives relief from diarrhoea, especially if caused by microbial or fungal infections. Studies have shown that the Cilantro herb contains compounds that are even more effective for salmonella infections or salmonella poisoning and e. Coli, than antibiotic medications, and for improving resistance to other diseases. Cilantro also contains an alcohol called borneol, which claims to be effective in killing germs and viruses that cause colds. Cilantro Leaf is also thought to be an expectorant that encourages the loosening and expulsion of phlegm from the respiratory system.

The amount of antibacterial and antifungal substances that kill certain bacteria and fungi, thereby preventing infections from developing in wounds. Cilantro is a rich source of vitamin A, an important vitamin for eye health. It is used to reduce eye infections like conjunctivitis, thanks to vitamin A's corneal protections this is also helpful for eye aging, macular degeneration and other stressors on the eyes, such as night vision.

Cilantro is said to relieve muscle aches and sore joints. It is an anti-inflammatory that has been used to treat arthritis. Topically applied, Cilantro Leaf extract in a lotion is used as an herbal pain reliever to ease the discomforts of rheumatic joints, neuralgia, sciatica, and fibromyalgia, which also appears to attest to its anti-inflammatory reputation.

Healthy skin is a reflection of a healthy body. Digestion and assimilation of healthy herbs like Cilantro can help the skin to look beautiful and glowing. Research shows that the extract of Cilantro helps in fighting skin cancer and regular intake can reduce it by about 30%. This is due to the presence of antioxidants like chlorogenic acid and caffeic acid. These two acids presented in Cilantro help to trap free radicals that are produced as a result of overexposure to the sun.

Ingredients: Cilantro Leaf, extracted in 40% Organic Alcohol.

All of our ingredients are Organic, or Responsibly Wildcrafted. No genetically modified organisms (GMO's) are involved. All other products that are distributed by us meet our high-quality standards.

Instructions: Use 6-12 drops in juice or water, under the tongue or as desired. May be taken 3 times daily. Shake well. Store in cool dark place. Keep out of reach of children

Contraindications: While many sources state that Cilantro Leaf has little to no side effects, there are some sources that warn that it should not be used during pregnancy, as it may increase the chance of miscarriage in mothers, or may reduce the chances of conception in women trying to get pregnant. If you are pregnant or breastfeeding please consult your health practitioner before consuming Cilantro Leaf tinctures.



CHICKWEED:

Chickweed is a little-known herb which has considerable nutritive value and a variety of medicinal and wellness uses. It has long been used as a reliable herbal tonic to strengthen the health of the frail and sickly and to improve overall health. This edible plant was mostly used by Native Americans for respiratory problems such as bronchitis, whooping cough, colds, and sore throat. What is known is that Chickweed is a great source of vitamin C, calcium, magnesium, and potassium. Chickweed is said to be a healing herb that relieves pain in addition to stimulating healing, and it not only decreases pain but also helps reduce swelling such as with torn ligaments. It has been used both internally and externally throughout history to stop bleeding in the stomach and bowels. Chickweed extract is an excellent acne wash and found to be useful in the healing of sores, rashes, boils, and burns. This herb is excellent for blood vessels and your circulatory system. Taken internally, it helps to purify the blood and carry out toxins and has even been known to help with blood

poisoning. It is also believed to help dissolve plaque in blood vessels, as well as dissolving fatty tumors and substances, then removing them from the body. Chickweed is well known for helping with weight loss and actually works as an appetite depressant. Modern herbalists use Chickweed tincture to treat joint pain, eczema, psoriasis, rheumatism, gout, blood diseases, eye inflammations and hemorrhoids. Chickweed may aid in digestion and help reduce symptoms of bladder infections, indigestion, peptic and gastric ulcers. It also acts as a diuretic and a mild laxative that may help to relieve symptoms of constipation.

The humble Chickweed is still used by herbalists to soothe the inflamed tissue of sore throats, coughs, bronchitis, pleurisy, hoarseness, chronic cough, nasal congestion, colds and other viral infections. Chickweed is a demulcent, which means it produces mucilage that helps to soothe and protect tender and inflamed tissues. As an expectorant, Chickweed leaf soothes bronchial spasms and eliminates mucus by supporting a productive cough. This herbal tincture can have an enormous effect on asthma and allergy symptoms, even smoker's cough, by moisturizing and soothing the membranes of the throat and lungs, while at the same time disarming toxins and bacteria.

As a diuretic, Chickweed is believed to stimulate the kidneys and promote urine flow. Along with its antibacterial properties, it has been useful in relieving urinary tract inflammations, including cystitis and vaginitis, as well as the elimination of excess water, toxins, and chemicals.

The herb is also good for blood vessels and circulatory system. Taken internally, it helps to purify the blood and it has been used by herbalists for impotence, or erectile dysfunction and diabetes.

Chickweed purifies the blood and kidneys as well as, calms and cools a troubled digestive stomach, easing constipation, haemorrhoids and stomach ulcers. It has a mild laxative effect on the body, so don't overdo it. The benefits of Chickweed leaf may be traced to the presence of gamma-linolenic acid or GLA. This fatty acid is effective for gastrointestinal complications, skin irritation, and inflammation. It has been used for skin ailments, such as psoriasis, eczema, blisters, and ulcers. The herb's anti-inflammatory properties help alleviate arthritis discomfort, stiff neck, and stiff joints.

Chickweed leaf liquid extract is believed by herbalists to assist the body to eliminate mucus and fatty plaque from the system, as well as address fat accumulations, possibly helping to dissolve fat deposits and benign fatty tumours (lipoma). Chickweed's properties cleanse and rejuvenate the body while nourishing it at the same time. It is a positive herbal extract for weight loss, as it helps the body dissolve and rid itself of excess fat cells. This ability to break down fat molecules may result in fat loss. It also works as an appetite-suppressant, digestive aid, and diuretic. The flushing effect acts as a natural detox agent, which may hasten the rate of weight loss.

Due to its ability to cleanse the blood and has been used to treat all forms of cancer and tumours. It has also been used in a poultice for abrasions, sore eyes, and swollen testicles. Chickweed is renowned for its ability to cool redness and speed healing, for internal and external flare-ups of the skin. It has been commonly used to treat adolescent acne, bruises, cuts, wounds, sores, warts, carbuncles, ulcers, boils, itchy skin, rashes, burns, and abscesses.

Ingredients: Chickweed Leaf extracted in 40% Alcohol.

.All of our ingredients are Organic and Responsibly Wildcrafted. No genetically modified organisms (GMO's) are involved. All other products that are distributed by us meet our high-quality standards.

Instructions: Use 6-12 drops in juice or water, under the tongue or as desired. May be taken 3 times daily. Shake well. Store in cool dark place. Keep out of reach of children.

Contraindications: Excess consumption may cause vomiting and diarrhea. Use of this herb is not recommended during pregnancy or breastfeeding.



MANUKA: (NZ TEA TREE)

Botanical name: *Leptospermum scoparium*

Common name: Tea Tree, New Zealand Tea Tree, Kahikatoa

Manuka is one of the most popular and well-known New Zealand native herbs with a wide variety of therapeutic actions and indications. It is probably most famous for its powerful antibacterial and antifungal actions, which have been well investigated in a laboratory setting. It has been shown to be effective against some 20 different types of bacteria, including the notorious methicillin-resistant *Staphylococcus aureus* (MRSA).

Activity against various species of fungi has also been demonstrated, including those responsible for athlete's foot and candida (thrush). In recent years many herbal practitioners and patients have used topical preparations containing Manuka oil for such infections with impressive results.

Manuka contains many tannins and is extremely astringent (that is, it tightens tissues – the feeling you get when you drink black tea). This action, combined with its impressive antimicrobial properties, helps relieve symptoms of diarrhoea and dysentery, as well as making it useful in wound healing and to decrease inflammation and bleeding in the case of gum infections.

In the tincture form, the high levels of tannins in Manuka make it extremely astringent, meaning it helps to draw tissues together to aid in the healing process.

Manuka's actions make it perfectly suited to helping with a wide range of conditions; cuts, sores, infections (both fungal and bacterial), inflammatory skin conditions, oral infections and ulcers. Manuka oil is excellent as a first aid application for cuts, scratches and bites. It can also be used diluted as an anti-septic lotion on even very sensitive skins, such as baby's bottoms!

Laboratory studies done at the Dental School at New Zealand's Otago University show a synergistic action between Manuka and another NZ native Tanekaha against many common oral pathogens, including *Streptococcus mutans*, *Strep. mitis*, and *Actinomyces naeslundii*. Manuka is useful for promoting oral health, reducing mouth and gum infection, and can be used for sores in the mouth and healing after dental surgeries. It can also be gargled or sprayed into the mouth for sore throats.

Ingredients: Manuka leaves and bark extracted in 40% alcohol.



MARJORAM:

Marjoram Leaf, an aromatic tonic in the mint family which originated in Egypt and India. The aromatic qualities means that it good digestion, and is believed to be a wonderful remedy for colic, eliminating flatulence, sour stomach and stomach pains. It is also an effective expectorant that loosens phlegm in the lungs and alleviates sinus headache, bronchitis, dry coughs and the symptoms of colds and flu. Marjoram is also a natural disinfectant, anti-inflammatory, antifungal and antioxidant that effectively relieves pains and aches. Studies show that another benefit of Marjoram leaf extract is for lowering blood pressure, greatly reducing the risk of hypertension, which results in heart problems. It also helps to prevent the build up of cholesterol, and that may help to reduce the risk of hardened arteries. With sedative and antidepressant qualities, Marjoram has a variety of psychological and neurological benefits. It is believed to aid in relieving insomnia, reducing stress, calming anxiety, minimizing emotional reactions, and decreasing sexual desire. When applied topically it may help to heal wounds, bruising, insect bites and itch, and help in the treatment of chilblains. Marjoram Leaf can promote the flow of urine, helping to relieve stomach bloating and clearing the body of toxins, cleansing the blood, and is beneficial in treating eruptive diseases and skin disorders, particularly eczema.

Current research shows that Marjoram demonstrates noteworthy antioxidant activity, helping to prevent free radical damage, thereby reducing the risk of cancer and atherosclerosis. This is particularly attributed to the herb's content of rosmarinic acid, a polyphenol valued for the antimicrobial, anti-inflammatory and anticarcinogenic effects. Rosmarinic acid has demonstrated superior antioxidant activity and has been compared to that of vitamin E3, which is currently used in the treatment of cataract cancer.

Marjoram leaf also contains vitamin A and betacarotene, cryptoxanthin, lutein and zeaxanthin, which are all powerful flavonoid anti-oxidants. Together these compounds play a big role in anti-aging and various disease processes. They are also very important to healthy eye-sight and maintaining healthy skin. The properties have also been found to have a beneficial action against age-related macular disease (ARMD), especially in the elderly. Sweet Marjoram is also one of the richest sources of vitamin K which has a potential role in bone mass building, by promoting osteotropic activity in the bones. It also has a role in the treatment of Alzheimer's disease by limiting neurological damage in the brain.

Marjoram Leaf is also diaphoretic and stimulates perspiration, which also helps to rid the body of toxins through the skin. It may be used for reducing fevers and helps to relieve cold and flu symptoms. Considered to be an emmenagogue, it helps with frequent urination and gets rid of excess sodium from the body. It also helps to relieve abdominal pain, dizziness that is sometimes experienced during menstruation. With diuretic properties, it helps

Marjoram leaf also contains a good amount of minerals like iron, magnesium copper, zinc, manganese, calcium, and potassium. Potassium is very important as a component of cell and body fluids which helps control heart rate and blood pressure. Lab tests claim that it prevents cholesterol buildup and improves blood circulation.

This herb promotes healthy digestion and treats simple gastrointestinal disorders, such as indigestion, nausea, and flatulence. It is said to act like peppermint in the way it soothes minor digestive upsets and colic. Marjoram leaf extracts can help digestion in a number of ways. First, it increases the digestive enzymes and saliva, calming the digestive system. It also helps to improve the appetite and fights against food-poisoning.

A mild tonic for the nervous system, it is thought to be more relaxing than Oregano, and it is used to soothe the nerves, reduce tension and mitigate stress, especially environmental stress. The sedative qualities help to relieve insomnia, tension headaches, and migraines. Its sedative effects are also believed to be beneficial for snoring. It is considered to be an anti-aphrodisiac, and beneficial for those who are suffering from abnormal sexual urges.

When used externally, it eases toothache pain, rheumatic pain, muscular pain, arthritis, sprains, stiff and paralytic limbs. It is a natural disinfectant, antiseptic, antifungal and antibacterial that has healing qualities and combats infection. It has been used to help heal wounds and prevent scarring. It has also been used in the treatment of bruises as well as for toothache pain.

Apart from the many benefits given to Marjoram leaf tincture, covering almost every aspect of good health, it's also commonly used in beauty and hair products.

Ingredients: Marjoram Leaf, extracted in 40% Alcohol.

All of our ingredients are Organic, or Responsibly Wildcrafted. No genetically modified organisms (GMO's) are involved. All other products that are distributed by us meet our high-quality standards.

Instructions: Use 6-12 drops in juice or water, under the tongue or as desired. May be taken 3 times daily. Shake well. Store in cool dark place. Keep out of reach of children.

Contraindications: Pregnant and nursing women should not use Marjoram Leaf. Those who are allergic to members of the mint family (thyme, basil, sage, oregano, lavender, hyssop, etc.) should avoid this herb.



MARSHMALLOW (MALLOW) ROOT:

Marshmallow plants were a native of Europe and Asia, but they are also now found in areas of the U.S. as well and have been used for over 2500 years for healing and soothing respiratory conditions and digestive issues. It has been used in folk medicine to treat the pain associated with constipation, and the discomfort that accompanies diverticulitis and irritable bowel syndrome (IBS). The mucilage content of Marshmallow extracts has the ability to soothe hacking coughs and sore throat. The herbal extract can be very helpful in conditions of the urinary tract, relieving burning urination, inflammation and pain. Externally, Marshmallow root extracts have been found to be effective for the treatment of boils, sunburns, burns, chapped skin, minor wounds, dermatitis, bee stings, abscesses, varicose veins and even toothache pain. Marshmallow has also been used in suppositories for haemorrhoids, and as a gargle for dry mouth and throat irritations.

This herb has been put to use for centuries, thanks to its overall healing, calming and soothing properties. And, the many health benefits may be contributed to the vitamins, which boost the immune system, such as vitamin C and vitamin A, beta-carotene, amino acids, and pectin. If you experience trouble with asthma, bronchitis or other respiratory problems, Marshmallow Root with its high mucilage content, makes it a soothing and effective respiratory system supplement. It aids the body and has been used in herbal medicine for expelling excess fluid and mucus, as well as soothing the mucous membranes and a dry, hacking cough. Marshmallow has been used to relieve the pain of headaches and muscle aches. It has also been found to be quite soothing for a sore throat, mouth sores, and has an anti-irritant effect on all mucous membranes.

Marshmallow root, or *Althaea officinalis*, contains mucilages, which may be responsible for the herb's effect on the urinary tract, according to the "PDR for Herbal Medicines." The roots have an anti-inflammatory and an anti-irritant effect on the mucous membranes, including the bladder and urinary tract. If you have a UTI, bladder inflammation can reduce the amount of urine your bladder can hold comfortably, which causes the body feel the need to urinate frequently. Marshmallow may reduce bladder inflammation and soothe urinary tract membranes. Decoctions of the plant, especially

the root, are found to be an excellent remedy for the relief of pain and irritation. It has also been recommended in haemorrhage from the urinary organs, as well as for easing the passage of kidney stones, bladder infections, and cystitis.

Marshmallow Root, when used externally, may be used in an ointment as an emollient to soften and soothe dry, chapped skin. As a soothing demulcent, it helps to heal the skin and has been used for the treatment of wounds, rashes, burns, eczema, psoriasis, and diaper rash, and other skin problems.

Ingredients: Marshmallow Root, extracted in 40% Alcohol.

Instructions: Use 6-12 drops in juice, water, under the tongue or as desired. May be taken 3 times daily. Shake well. Store in cool dark place. Keep out of reach of children.

Contraindications: Currently, there are no known warnings or contraindications with the use of Marshmallow Root Herbal Supplement; however, taking Marshmallow and iron together may reduce the absorption of the iron.



MOTHERWORT:

Motherwort herb inherits its name from the application of use as a plant for pregnancy, birth, motherhood, and menopause. Motherwort's use in pregnancy can also put a pregnancy in danger of termination, so be very careful if you are pregnant or seeking to become pregnant. Women who tend to have a menstrual cycle that comes on slowly and have other symptoms of PMS such as anxiety, digestive disturbances, cramps, and nervousness, have seen great benefits with the use of this herbal remedy. As an antispasmodic, it relieves stomach and menstrual cramps. It is good for other "female troubles," by encouraging and easing uterine contractions during childbirth and as a painkiller, easing the pain of childbirth, and menstrual-related headaches. After childbirth, it has been used to tone and restore uterine health and may help to reduce the risk of postpartum bleeding. It is strongly indicated as an herbal remedy for postpartum depression. This organic herbal tincture is also quite useful throughout motherhood, in easing the stress of children as they cycle through difficult phases. It is said to balance hormones and help in the relief of the discomforts of PMS (premenstrual syndrome), as well as the unpleasant symptoms of menopause. It can aggravate heavy bleeding, so if you are prone, use it sparingly.

Conditions of the heart and nervous system have been treated historically with Motherwort, as history tells us it is considered a cardiogenic as well as a nerve tonic. Due to the presence of the chemical alkaloid leonurine, a mild vasodilator, it acts as an antispasmodic to relax smooth muscle, and the heart is made up of smooth muscle. Studies performed in China found Motherwort to decrease clotting and the level of fat in the blood. Motherwort was also found to decrease clotting and the level of fat in the blood. With its calming effects, it may help to slow heart palpitations and rapid heartbeat. Mildly diuretic, it also aids in lowering high blood pressure, and most effective when it is a symptom of stress and anxiety. There is nothing subtle in the effects it has on the nervous system. Motherwort "gladdens the heart" and relaxes the nervous system, which can result in elevated mood, relief of nervous debility and spasms. Higher doses are said to work as a sedative to improve sleep. Because one of the main symptoms of hyperthyroidism is heart palpitations, many herbalists believe that Motherwort leaf may be helpful in treating the condition. Hyperthyroidism may also lead to infertility if it is not taken care of.

Motherwort plant extracts have also been shown to aid in conditions with fever, where there are delirium and sleeplessness. As an antispasmodic, it has also been used for rheumatism and lung afflictions such as asthma and bronchitis.

Motherwort is a wonderful support herb for women's health, easing menstrual cramps, PMS and the symptoms of menopause. But it is also a great relaxant that helps to alleviate stress, depression, anxiety and nervous disorders. Used for centuries as a calmative and nervine that induces passivity in the whole nervous system, and alleviates hysteria and palpitations of the heart. It is also said to be an effective painkiller that eases headaches, and a sedative that helps to treat insomnia. As a tranquilizer, it is thought to be good for tremors, convulsions, and delirium. It is also believed to decrease thyroid function, but the plant brings balance and helps to alleviate the symptoms associated with a hyperactive thyroid.

Ingredients: Motherwort, distilled water, 40% Alcohol.

All of our ingredients are Organic, or Responsibly Wildcrafted. No genetically modified organisms (GMO's) are involved. All other products that are distributed by us meet our high-quality standards.

Instructions: Use 6-12 drops in juice or water, under the tongue or as desired. May be taken 3 times daily. Shake well. Store in cool dark place. Keep out of reach of children.

Contraindications: Pregnant women should avoid Motherwort, as it stimulates uterine contractions, but it may be used during labor. Those who have heart conditions should not use this herb without the advice of a physician. Motherwort may produce allergic reactions to those susceptible to dermatitis. It is not recommended for people with clotting disorders, high blood pressure or heart disease without first consulting a physician. Women who have a family or personal history of cancers that are linked to higher levels of estrogen, including breast and uterine cancer, should consult a physician before using Motherwort.



VALERIAN:

Valerian is said to induce a sound sleep, calm the nerves, ease pain and relax nervous tension, stress, and anxiety. Often called nature's tranquilizer, Valerian does not produce morning grogginess, and may reduce night awakenings. The herb has also been used to help children with hyperactivity and behavioural problems.

It has been used for centuries to regulate the nervous system and relieve tension, irritability, nervous exhaustion and stress, anxiety and hysteria. As a sedative, it is said to relieve insomnia, helping to provide a sound sleep without the morning-after grogginess frequently associated with prescription drugs. It also does not lead to dependence or addiction when used.

Valerian is considered an anodyne that relieves pain and reduces the sensitivity of the nerves. The herb is thought to help recovery from shock and sudden emotional distress, and relieve the harsh effects of rehabilitation for many addicts. Valerian is also an old-time nervine and remedy for St. Vitus Dance, vertigo, fainting, epilepsy, and convulsions. Recent research has demonstrated that Valerian has contributed to the treatment of, and it has helped greatly for children with hyperactivity and behavioural problems. The treatments enhanced motor coordination, calmed their anxieties and diminished restlessness and aggression.

Valerian Root has been known to strengthen the heart and may sometimes reduce high blood pressure, especially when anxiety is a factor. Some studies claim that its use helps to stabilize heart rhythm and helps treat palpitations.

As an antispasmodic, Valerian Root helps to alleviate muscle, intestinal and menstrual cramps.

Considered an analgesic, Valerian's pain relieving qualities are thought to be especially beneficial to athletes or anyone engaged in aerobics, weight training or strenuous exercise as a preventative and recovery treatment for aches and pains. It is also said to ease the pain of headaches.

Valerian has been used since ancient times as an expectorant, reducing mucus from colds, and it is also said to alleviate throat tickling and nervous coughs. Because of its relaxant properties, Valerian has been thought to benefit those who suffer from irritable bowel syndrome and other problems of the intestines and stomach. Valerian increases peristalsis, contraction and relaxing of muscles in the intestines, which moves things along more easily. The herb is also thought to prevent fermentation in the stomach and decrease gas and intestinal colic.

Used externally, Valerian is an antibacterial and makes a fine facial wash. It also encourages the healing of acne, skin rashes, wounds, and ulcers. In baths, it is soothing and relaxing and relieves muscle cramps

Ingredients: Valerian Root, extracted in 40% Alcohol.

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Instructions: Use 6-12 drops in juice or water, under the tongue or as desired. May be taken 3 times daily. Shake well. Store in cool dark place. Keep out of reach of children.

Contraindications: Valerian is not recommended for children, pregnant or nursing women, or those who suffer from low blood pressure or hypoglycemia. This product should not be combined with alcohol or with other sleep-inducing medications. Because it is a sedative, one should never drive or operate machinery when using Valerian. It is advisable to stop taking Valerian Root after two or three weeks and then restart; uninterrupted usage is not recommended. Avoid large doses (many times the recommended amount), and if headaches or heart palpitations occur, its use should be discontinued. The herb is not recommended for those taking prescription medications, particularly liver medications

unless a physician is first consulted. Valerian should be stopped about one week before surgery because it may interact with anaesthesia.



OLIVE LEAF:

The olive tree has been referred to as "The Tree of Life", and this should be included in every diet for the maintenance of good health and for the prevention of disease. Olive tree's produce oleuropein abundantly in its leaves, as well as in the fruit. That means consumers can have access to one of the most beneficial components of olive oil, without using excessive amounts of it for our health. The leaves are best known for their ability to lower high blood pressure naturally. The latest studies reveal that the health benefits of the Olive Leaf extracts extend well beyond that. Additionally, anti-inflammatory and antioxidant properties offer promise in the fight against heart disease, stroke, cancer and neurodegenerative disease, such as Alzheimer's disease and Parkinson's disease. It is 400% higher in antioxidants than Vitamin C, and the herbal extract has been used in traditional medicine for centuries to improve age-related disease and promote longevity. According to findings in laboratory studies, Olive leaf extract is effective in fighting organisms like bacteria, fungi, viruses, and protozoa. Olive leaf has been used for candida, hyperacidity, peptic ulcers, colds, flu, malaria, dandruff and obstinate fevers. Traditional Moroccan medicine used an infusion of olive leaf to stabilize blood sugar and control diabetes. This use has been corroborated in published studies, and in some it was shown to decrease blood sugar levels by 17 - 23%.

Free radicals cause oxidation in the body, which is why antioxidants, like vitamin C, vitamin E and Olive Leaf extract can play a major role in the fight against them. It appears to stimulate phagocytosis, and by interfering with the ability of bacteria and viruses to replicate themselves and cause infection. Free radicals can leave the body vulnerable to advanced aging degenerative disease and cardiovascular problems. Olive leaf is shown to have an antioxidant capacity almost double that of Green Tea extract and 400% higher than the equivalent amount of vitamin C.

This wonderful herb has a long history of use as an herbal tonic to support cardiovascular function, and it may even help to prevent heart disease. Their traditional reputation may be at least partially due to its beneficial effects on the blood vessels. A powerful antioxidant, it is said to protect the heart and circulatory system from free radical damage. These properties are contributing to the effects, especially on inhibiting (LDL) or "bad cholesterol", that is often connected to various heart problems. Other research has demonstrated that it may significantly decrease blood pressure and increase blood flow through the coronary arteries. Used as an aid to good heart health, the herb is believed to normalize arrhythmias and boost circulation thereby relaxing arteries.

Some of the most amazing anti-tumour results were reported by Biochemical and Biophysical research Communications. When oleuropein was administered orally to mice that had developed tumours, and they were shown to have regressed in 9 to 12 days. And it's not just cancer that the Olive Leaf extract approaches, another study conducted by the New York University School of Medicine showed that it changes the pathways of HIV-type infections such as herpes and shingles (herpes zoster) as well, and may even help to reverse these conditions. The initial results are very positive, in short it appears to be living up to its unique expectations. It may also be beneficial for conditions caused by virus, retrovirus, bacterium, or protozoan. Among these conditions are meningitis, Epstein-Barr Virus (EBV), encephalitis, tuberculosis, gonorrhoea, malaria, dengue, bacteremia, severe diarrhoea, dental, ear, urinary tract and surgical infections, and blood poisoning. Long-term use of Olive Leaf extract may work for you as a preventative agent.

Diabetic and pre-diabetic states of chronic blood sugar elevation imposes substantial oxidative stress on the body, triggering inflammation and tissue damage that can rapidly accelerate aging. Treatments for diabetes have two goals: lowering blood glucose, and limiting the damage done by blood sugar spikes that can still occur. Olive leaf extracts are showing great promise in both of these areas. In animal and basic lab studies, Olive Leaf extracts and oleuropein have been found to lower blood sugar by slowing the digestion of starches into simple sugars, and protecting the tissues from the oxidant damage caused by a process called glycation. They also increase levels of other natural antioxidant systems in the body, broadening the protection. Supplementation also lowered fasting plasma insulin levels, an important point because chronic insulin elevations may also contribute to diabetics' higher cancer risks.

Olive leaves and their extracts have long been used in the Mediterranean as folk remedies for arthritis. Now, there is scientific evidence that has proven Olive Leaf extract can, in fact, interfere with the development of several different types of arthritis, including gout, rheumatoid arthritis, and osteoarthritis. Gout, the accumulation of uric acid crystals in the joints, is often treated with allopurinol, oleuropein prevents the build-up of uric acid. And, those who suffer with arthritis have shown marked improvement in the symptoms associated with the disease, more energy and improved disposition.

Many people think it's the cold weather that makes us more susceptible to colds, flu and respiratory infections, but that's not really the case. The bigger issue is our ability to fight viral infections and that in cold weather we are more inclined to stay indoors, where in a warm environment, and in close proximity to airborne bacterial or viral infections. The adult

immune system does not have the ability to fight all of cold and flu viruses that are continually mutating into new forms. Every time we are confronted our immune systems have to go to battle against them. Taking Olive Leaf tincture may help to enhance the functioning of the immune system, and aid in the management of viral infections, especially when fever is present.

This herb has been used to treat pruritis, the effects of stings or burns and as a vehicle for liniments and ointments. Olive Leaf effective against antibiotic-resistant fungi and yeast strains. The antifungal and antibacterial action is shown to have an effective action on candida, chlamydia and other vaginal yeast infections. It also has shown to effectually fight against athlete's foot and other infectious fungal disease such as mycotic nails.

Drug Interactions: No known drug interactions.

Ingredients: Olive Leaf, extracted in 40% Alcohol.

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Instructions: Use 6-12 drops in juice, water, under the tongue or as desired. May be taken 2 times daily. Shake well. Store in cool dark place. Keep out of reach of children.

Contraindications: Olive leaf liquid extract can be potent with its internal cleansing action and may cause significant detox, or "die-off", effects. Its affects different people in different ways. Reactions could include extreme fatigue, diarrhea, headaches, muscle/joint achiness, or flu-like symptoms. If you experience these symptoms you should discontinue use to allow the body to process the "die-off". Any dietary regimen is best done under professional guidance.



GINGER ROOT:

Have you ever reached for a glass of Ginger ale for an upset stomach, if so, you are on the right track! Ginger is a time-honored remedy for upset stomach, indigestion, motion sickness, diarrhoea, and cramps. This food additive has also been used to help reduce fevers, relieve pain, reduce inflammation and help remove toxins from the body. In the news, important research done in 2009, from the University of Michigan has indicated that Ginger has caused ovarian cancer cell death in laboratory tests. Ginger root composes many essential nutrients and vitamins such as vitamin B-6, pantothenic acid (vitamin B-5) that are required for optimum health. Furthermore, the herb also contains a good amount of minerals like potassium, copper, manganese, and magnesium. Potassium is an important component of cell and body fluids that help to control heart rate and blood pressure. A few preliminary studies suggest that Ginger root extracts may lower cholesterol and help to prevent blood from clotting. It has been used throughout the world as an important cooking spice and to treat the common cold, headaches, symptoms associated with viruses and painful menstrual periods.

Ginger is warming and stimulating and has been used as a medicine in Asian, Indian and Arabic herbal traditions since ancient times. Today, healthcare professionals may recommend the use of Ginger root to help prevent or treat nausea and vomiting from motion sickness, cancer chemotherapy, after surgery and morning sickness. It has helped to promote gastric secretions, thus aiding with food absorption. It has been used as a digestive aid for mild stomach upset caused by indigestion, heartburn, flatulence, and colic. Although this is an old-time remedy for morning sickness, pregnant women should use Ginger sparingly and only with doctor's approval.

Ginger root is also known to reduce the pain of osteoarthritis. As an anti-inflammatory, painkiller (analgesic), nerve soothing, antipyretic as well as an anti-bacterial. According to studies in Iran, Ginger extract is at least as effective as ibuprofen for relieving pain and inflammation. It has been used for relief of headaches, migraines, vertigo, joint aches and pains and arthritis. Ginger's anti-inflammatory properties are said to help bursitis and sprains. The herb inhibits the production of immune system components that create a long-term tendency toward inflammation and stimulates blood circulation, offering pain relief, increased joint mobility, decreased swelling and morning stiffness. Some people with chronic lower back pain have found Ginger to be effective in their treatment. It is also used for stimulating circulation and will help to warm cold hands and feet.

This sweet, pungent, aromatic and warming herb is still considered a fine treatment for congestion, colds and other viral infections, asthma, and chronic bronchitis. It is said to ease cold symptoms. It has a beneficial effect on the lungs, helping to dispel mucus and phlegm. Taken hot, it promotes sweating and very helpful during cold and flu season. The extract of this root will stimulate the saliva and help to soothe a sore throat and the pain associated with strep throat.

Ginger has qualities that help to combat H. pylori, which can be useful in fighting ulcers. Because compounds found in Ginger root stimulates the digestive juices, it may also aggravate peptic ulcers. One of Ginger's healing benefits is its

ability to reduce inflammation, as noted by the University of Maryland Medical Center, due to its anti-inflammatory and antioxidant qualities. Used in this way ginger might relieve the inflammation associated with ulcerative colitis. In addition, Ginger root increases circulation for faster healing and helps to remove the toxins from the body by aiding in digestion. This is particularly helpful in digesting rich, fatty foods. Ginger is considered effective in combating parasitic infection. Ginger has been included with sushi to ward off parasites and also to clear the palate and improve digestion. The antibiotic activity of Ginger may strongly inhibit the growth of salmonella and other bacteria. It is slightly diuretic and further cleanses the body by strengthening kidney function and increasing kidney filtration.

Ginger root extracts have been used as natural blood thinners and may help to prevent strokes, heart attacks and hardening of the arteries. Because of its blood-thinning qualities, there has been promising research to show Ginger's effectiveness in preventing clotting and protecting nerve cells in the brain. Ginger has also been used to retard the production of cholesterol by the liver and is believed to reverse the increase in triglycerides and LDL cholesterol, which may be helpful in heart conditions.

Ginger root tincture is also thought to relieve both the pain and to stop the production of hormones that cause swelling in fibrocystic breasts. New research from the University of Michigan has indicated that Ginger causes ovarian cancer cell death. And it did so in a way that may prevent tumour cells from becoming resistant to treatment, a common problem with chemotherapy. Ginger can cause autophagic cell death in addition to apoptosis, it may circumvent resistance to conventional chemotherapy.

Some recent research indicates that Ginger is useful in the treatment of minor burns and skin inflammations. Ginger on the skin can increase the skin's radiance and decrease inflammation that may contribute to conditions such as psoriasis. Ginger's antioxidant properties inhibit harmful free radicals that cause skin damage and aging, promoting smoothness and an even skin tone. The extracts have been found to use for lightening age spots while acting as an energy-booster in spa treatments. By this action, it is believed to improve circulation and it is often used in cellulite-reducing treatments. Ginger has antiseptic and anti-inflammatory that is shown to be acne fighting ingredients for killing the bacteria that causes acne, and reducing inflammation on the skin.

Nutrients: Amino acids, calcium, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc, vitamins A, B1, B2, B3, B6, and C.

Drug interactions: Interacts with Heparin, Warfarin. Check with physician if on Ticlopidine. Supports interaction if on chemotherapy drugs, general anaesthetics and nitrous oxide.

Ingredients: Ginger Root, extracted in 40% Alcohol.

Instructions: Use 6-12 drops in juice or water, under the tongue or as desired. May be taken 3 times daily. Shake well. Store in cool dark place. Keep out of reach of children.

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Contraindications: People taking blood thinners (Coumadin, aspirin, etc.) should avoid Ginger, and the herb should be avoided for two weeks prior to elective surgery. Pregnant women should not take large amounts of Ginger for morning sickness, nor for prolonged periods and only after consulting a physician. Ginger increases bile production and should not be used by people with peptic ulcers, gallstones or gallbladder disease unless supervised by a doctor.



COMFREY LEAF:

Comfrey Leaf extract is a contact healer and has been used for tissue and bone healing. Until the 1800's it was only used externally as a treatment for cuts, skin ulcers, burns, varicose veins, bronchitis, and rheumatism. Internally and externally, Comfrey is used in the treatment of colitis, diarrhoea, periostitis, metritis and as a bulk laxative and sedative. It is credited with being an effective herbal extract in the healing of scars, blemishes, twists and strains, gout, eczema, psoriasis and boils. The leaf has been used in a mouthwash to help with bleeding gums, hoarseness and throat infections. One of the reasons for its effectiveness is its high content of vitamin C, carotene, B12, chlorophyll, and calcium. Comfrey Leaf is a very beneficial remedy for respiratory disorders, gastric ulcers, IBS, and colitis. Considered an overall tonic, it is good for the stomach, liver, kidneys, and bowels. Other indications include mental fatigue, cramps in the legs, anaemia, pain, and arthritis.

In one study in Germany medical journal "Fortschritte der Medizin" in 2002, found that Comfrey had significant anti-inflammatory and pain-relieving effects for patients suffering from sprains, tendinitis, torn ligaments, pulled tendons,

bruises and muscle and joint problems. Use of Comfrey tincture in a salve on the skin reduced the need for non-steroidal anti-inflammatory drugs and improved joint tenderness, pain, movement and was well tolerated by those who participated. Both oral and topical Comfrey preparations have been successful in treating varicose veins, according to the University of Pittsburgh Medical Center.

According to a recent study, Comfrey may also work as a pain reducing treatment for acute back pain. The results thus far look very promising. Comfrey root extract shows a great potential to become a popular remedy for treating this and other chronic pain. Using Comfrey Leaf extract in an ointment on the skin reduced the use of non-steroidal, anti-inflammatory drugs and improves joint tenderness, pain, and mobility for its natural analgesic and anti-inflammatory properties. Research has found this herbal extract to be effective for the treatment of arthritic knee pain. Topical Comfrey ointments have been used traditionally for symptoms of osteoarthritis, gout and acute inflammatory arthritis. Participants in the study experienced a significant reduction of pain, along with improvements in quality of life and mobility compared to those who received a placebo. It may also be beneficial for easing the pain and encouraging the healing of shingles.

Its expectorant qualities make it a healing aid for bronchitis and sore throats, as its mucilage content coats, soothes and lubricates the mucous membranes of the respiratory system and the digestive tract, including the lining of the large intestine. It may be used as a mouthwash for cold symptoms and bleeding of the gums.

Comfrey, commonly known as knitbone and bruisewort, hints at its use to heal sprains and broken bones or fractures, pulled tendons and tissue. It is also considered a major first aid medication applied topically over fractured bones, speeding up the healing and closing process.

Comfrey Leaf is an effective healer because it contains allantoin, and for this reason, it is helpful in growing new flesh and bone cells and for accelerating the healing process. Comfrey also contains an essential fatty acid known as gamma linoleic acid and vitamin B12, which cosmetic companies have incorporated into many beauty products. Comfrey has been found to be useful in reducing scar tissue, fading old scars. Comfrey leaves are rich in carbohydrates, which soothe dry, damaged skin, and the allantoin content, which promotes skin cell rejuvenation and regenerates damaged tissue. Comfrey's astringent tannins form a protective surface over wounds that promotes healing. Research has shown the claims for healing properties Comfrey Leaf treatments, in salves, compresses and other topical applications, are very effective in treating dermatitis, eczema, psoriasis, viral skin infections, ulcers of the lower leg, burns, flea and insect bites and just about any skin irritation.

Comfrey leaves have noticeable anti-inflammatory effects which can benefit fungal infections if your skin has become inflamed, hot and sore. When treating skin fungus with herbal Comfrey Leaf extracts, you are treating both the cause and the symptoms of the condition with its natural antifungal properties. Research has shown Comfrey Leaf to be very useful for treating athlete's foot and as a douche for women to treat yeast infections. Sore and caked breasts are treated with a poultice of comfrey. This herbal extract helps relieve tenderness quickly.

Herbalists continue to use Comfrey Leaf topically for symptoms associated with acne flare-ups. The plant's astringent tannins accelerate the healing of acne by removing dead tissue and fluid and provide a protective covering for acne infections. Comfrey's anti-inflammatory properties help relieve the pain and inflammation of pus-filled pimples.

Comfrey Leaf extracts may have an effect on blood sugar levels, which would impact the amount of insulin your body requires. The mucilage present in the leaves could slow the absorption of carbohydrates in the digestive system, thereby reducing the sugar spikes and the need for increasing the amount of insulin your body may require.

Ingredients: Comfrey Leaf, extracted in 40% Alcohol.

All of our ingredients are Organic, or Responsibly Wildcrafted. No genetically modified organisms (GMO's) are involved. All other products that are distributed by us meet our high-quality standards.

Instructions: Use 6-12 drops in juice or water, under the tongue or as desired. May be taken 3 times daily. Shake well. Store in cool dark place. Keep out of reach of children.

Contraindications: excessive consumption may be damaging to the liver. Do not use while pregnant.

COMFREY LEAF SALVE:

For topical use on broken bones, tendon or ligament injuries, or painful joints and muscles.



PLANTAIN:

Plantain has been used as a panacea in some Native American cultures, and it holds powerful skin-healing properties. There is a very good reason for this, as it has many active constituents that show antibacterial and antimicrobial properties. Plantain is known for soothing and cooling mucous membranes, and at the same time, its astringency helps to relieve diarrhoea, excess menstrual flow, haemorrhoids and incontinence in children and adults. It is also soothing to the lungs, effectively loosening and expelling phlegm and congestion and treating hoarseness. Plantain leaves are believed to be useful for diabetes, gout, gastric and bowel ulcers, dyspepsia, tuberculosis, jaundice, epilepsy, constipation, varicose veins, and even eye infections.

Plantain contains potassium, calcium, sodium, phosphorus, copper, zinc, fibre and magnesium, as well as vitamins A, C and K. It is also rich in numerous phytochemicals, including glycosides, phenols, allantoin, salicylic acid, and tannins. The phytochemicals are antioxidant compounds that are found naturally in plants that may help to prevent free radical induced damage in the body. The International College of Herbal Medicine states that Plantain leaves have anti-inflammatory, antibiotic, analgesic and immune-stimulating properties.

Plantain, a diuretic, increases urine flow, and its antiseptic properties make it effective in easing uterine infections, urinary tract infections, syphilis and bladder infections. It has shown to be beneficial for female disorders with fluent discharges and internal problems symptomatic of the urinary tract, including cystitis and leucorrhoea. Plantain may also slow the growth of staphylococcus infection and tuberculosis bacteria. The increased urine flow also helps in cases of oedema and excess water weight.

It also helps to ease indigestion and heartburn and may help in cases of diarrhoea and dysentery. It has also been found to be useful in problems of constipation, dropsy, gastric and bowel ulcers, dyspepsia, and jaundice. Its astringency also helps to reduce haemorrhoids and incontinence in children and adults. The mucilage in Plantain is said to soothe the stomach and ease indigestion and heartburn, as well as soothe the inflamed tissues of the lower intestinal tract.

Plantago major is believed to be one of the most versatile of herbal medicines, according to Bartram's. Plantain leaf tincture contains a high amount of mucilage, which soothes and cools mucous membranes. This action is soothing to the lungs and may help to effectively loosen and help to get rid of phlegm and congestion. It is both an astringent, both moistening and drying, Plantain makes a great addition to herbal cough syrups and can be so soothing.

Plantain can help to stop bleeding (including bleeding from mucous membranes) and control excess menstrual flow. It has also been found to be helpful in controlling vaginal and other types of infection.

Plantain Leaf herbal extract contains salicylic acid, the natural property of synthetic aspirin, and it has been effective in relieving pain, including neuralgic pain. An infusion of the herb has been used in the ear for ear infections, as long as the eardrum has not burst, to ease the pain and shorten the duration. When used externally, the astringent actions of Plantain leaves are said to soothe bee stings, bites, poison sumac and poison ivy. And, when used topically, acts to staunch haemorrhage and ease wounds and bleeding cuts by contracting blood vessels. It is also believed to help those who wish to "kick the habit" to stop smoking, by including Plantain tincture in a gargle.

Ingredients: Plantain Leaf, extracted in 40% Alcohol.

All of our ingredients are Organic, or Responsibly Wildcrafted. No genetically modified organisms (GMO's) are involved. All other products that are distributed by us meet our high-quality standards.

Instructions: Use 6-12 drops in juice or water, under the tongue or as desired. May be taken 3 times daily. Shake well. Store in cool dark place. Keep out of reach of children.

Contraindications: Currently, there are no known warnings or contraindications with the use of Plantain.

PLANTAIN SALVE: is also available in 100gm or 250gm jars. A fantastic general family salve for burns, bites, cuts, scratches, sores and just a general wound dressing. Contains plantain leaf extracted in Olive Oil, and beeswax.

BASIL:

"One of the primary medicinal uses for basil is for its anti-inflammatory properties. This effect stems from eugenol, a volatile oil in basil that blocks enzymes in the body that cause swelling, making basil an ideal treatment for people with arthritis.

Basil, especially as an extract or oil, is known to have exceptionally powerful antioxidant properties that can protect the body from premature aging, common skin issues, age-related problems and even some types of cancer. The herb also contains the flavonoids orientin and vicenin, which are plant pigments that shield your cell structures from oxygen and radiation damage.

Basil oil can be used to treat constipation, stomach cramps and indigestion as well as the cold, flu, asthma, whooping cough, bronchitis and sinus infections. It is also a great source of magnesium, an essential mineral that helps the body's blood vessels relax, which can improve blood flow."

In small doses, it can have a pleasantly stimulating effect on the mind and nerves, relieving fatigue and aiding insight. In larger doses, Basil has a kind of detoxicant effect, helping to bring clarity to a clouded mind in a rather robust manner.

A good way to get to appreciate the power of Basil to use it as a compress to rapidly clear the head when someone has a heavy, congestive headache, the kind where people say, 'they just can't think' This is done by soaking a cloth in a strong tea of Basil (one heaped tsp of the dried herb soaked for 10 minutes in a covered cup of freshly boiled water) and then placing the cloth wringing wet over the sore head. See what happens next, in a matter of minutes the fog may clear and the headache with it, or at the least it should significantly subside.

Basil combines particularly well with Rosemary and Ginkgo when we want to increase the flow of energy to the mind and it works perfectly with Bacopa, Withania and/or St John's wort when we want a restorative tonic to the brain and nervous system.

Ingredients: Basil Leaf, extracted in 40% Alcohol.

All of our ingredients are Organic, or Responsibly Wildcrafted. No genetically modified organisms (GMO's) are involved. All other products that are distributed by us meet our high-quality standards.

Instructions: Use 6-12 drops in juice or water, under the tongue or as desired. May be taken 3 times daily. Shake well. Store in cool dark place. Keep out of reach of children.

Contraindications: Currently, there are no known warnings or contraindications with the use of Basil



CALENDULA/YARROW HEALING SALVE:

Calendula (*calendula officinalis*): Calendula promotes cellular healing and provides effective treatment for most skin problems. It is also antiseptic and antimicrobial and helps fight infections. It is used for cuts, scrapes and wounds. Also for red and inflamed skin, including burns and sunburn, for acne and rashes.

Yarrow (*achillea millefolium*): Yarrow has a long history as a wound healer and is our first choice herb we use to stop bleeding. It was used by humans dating back over 50,000 years. Soldiers used yarrow to staunch bleeding and Greek myths tell the tale of it given to Achilles to use during battle hence its botanical name *Achillea*.

Available in 100gm and 250gm jars. Contains Calendula Flowers and Yarrow flowers extracted in Olive Oil, and beeswax



COLLOIDAL SILVER:

MRSA, SARS, Avian flu, a few of the big-time bugs called "super-germs" that are making headlines on almost a daily basis. People are afraid, and rightly so. Super-germs can mutate so quickly that conventional antibiotics have become virtually useless against them. As soon as an effective antibiotic is created, the germ mutates and the antibiotic becomes

obsolete. The same has been found to be true of many of the vaccines out there. But, there is no need to feel defenceless against them, because these mutating germs may have met their match with Colloidal Silver. Colloidal Silver is the next germ-fighting, a wonder drug. And not just for the serious threats, it is also effective against bacterial infections such as strep throat, viruses and fungal infections like Candida.

The presence of Colloidal Silver near a virus, fungus, bacterium, or any other single-celled pathogen, disables its oxygen metabolism enzyme, its chemical lung, so to speak. Within a few minutes. the pathogen suffocates and dies, and is cleared out of the body by the immune, lymphatic, and elimination systems. Unlike pharmaceutical antibiotics, which destroy beneficial enzymes, Colloidal Silver leaves these tissue-cell enzymes intact, as they are radically different from the enzymes of primitive single-celled life. Colloidal Silver is absolutely safe for humans, animals, reptiles, plants and all multi-celled living matter.

Colloidal Silver is the result of an electro-magnetic process that pulls microscopic particles from a larger piece of silver into a liquid, such as water. These microscopic particles can more easily penetrate and travel throughout the body. Colloidal Silver works as a catalyst, disabling the enzyme that all one-celled bacteria, fungi, and viruses use for their oxygen metabolism. In short, the bad guys suffocate.

From 1900 to 1940, medical doctors in the U.S. used colloidal and other small particle silver preparations intravenously to cure otherwise fatal disease and infections. But then sulfa medications, penicillin, and other patented antibiotics were introduced and initially, they seemed to work like gangbusters against them. Since silver preparations are unpatentable, they fell into disuse and were even criticized as "old-fashioned" or ineffective by proponents of the patented medications. Some even claimed that a little bit of silver can be dangerous to your health. But, silver is a natural and normal part of our diets. Whole wheat and mushrooms are just two of the sources that contain relatively large amounts of silver. Unlike with antibiotics, resistant strains have never been known to develop with the use of Colloidal silver preparations. In fact, antibiotics are found to only be effective against perhaps a dozen forms of bacteria and fungi, but never viruses. Because no known disease-causing organism can live in the presence of even minute traces of the chemical element of metallic silver, Colloidal Silver is believed to be effective against more than 650 different disease-causing pathogens. Patented anti-fungal medications aren't working as well as they did at first either and the number of antiviral medications has always been small. Now, as we know, the situation is spiralling out of control.

While Colloidal silver has been used as a preventative against viruses, bacteria, and fungus, it has also been applied directly to open wounds and sores to eliminate surface infections. Colloidal silver does not sting or burn, while other antiseptics do because they are killing the surrounding tissue as well as killing the germs. Colloidal silver, on the other hand, kills topical germs within six minutes, and it does not harm any surrounding tissue.

In addition to fighting harmful germs and bacteria, Colloidal silver is an excellent remedy for treating acne breakouts. In addition to omitting the sugar, fats, and chocolate from the diet, any person with acne should wash and rinse the face thoroughly four times a day, and after rinsing, use a small amount of Colloidal silver, massaging it into the problem areas two to three times a day. This wash-rinse-massage activity may be continued throughout the acne breakouts, leaving the skin continuously clear.

Eczema and skin rashes may also be helped with the use of Colloidal silver, by dabbing it onto the affected areas, rubbing slightly, repeating often and keeping the area moist with the preparation by using it with a bandage.

Intestinal problems may also be helped with the use of this wonderful preparation. Put all or a fraction of the recommended daily amount into your beverage of choice accompanying any meal and as the food is digested, the presence of Colloidal silver will keep the food from putrefying in the digestive tract. This kills any germs present in food and leaves the food more usable for the body as well as, there will be no flatulence afterward. Parasites and their eggs cannot live and hatch when there is sufficient Colloidal silver in the surrounding body tissue. They are killed within a short time and subsequently eliminated by the immune system.

Colloidal silver kills pathogens very quickly and this may cause the eliminatory organs, the liver, kidneys, skin, bowels, and lungs to be temporarily overloaded. This is especially true in the case of overcoming AIDS and HIV with Colloidal silver, as one may feel as though he or she has the flu. It is recommended to continue the silver regimen, although you should be drinking up to 4 liters of water a day, and take five or six grams of vitamin C and a high enema to prevent these effects.

Ingredients: Distilled water. Contains excessive silver (less than 20 parts per million of electrically generated silver ions and colloidal particles of pure silver in solution). No chemicals are used in the production of this product.

Instructions: Drink one or more ounces for occasional use. May be applied directly to cuts, rashes, earaches, toothaches, and burns. Store in a cool, dark place. NEVER REFRIGERATE.

May consume up to 16 to 32 oz daily for up to 14 days. May be applied topically as needed anytime.

Special Precautions & Warnings: Colloidal silver water is not to be used every day except as a gargle in the morning and should only be swallowed if there is any bacteria, fungus or virus, inflammation, or cold/flu is present. Keep out of reach of children.



HOMEOPATHIC REMEDIES: all in 25ml dropper bottles. Made with distilled water.

We make remedies on request for specific problems. Our standard remedies include:

MOVEMENT RECOVERY: For pets or people, this remedy has Arnica, Ruta Grav, and Rhus Tox. Great for injury or chronic aches and pains. Elderly animals benefit and can use this daily long term.

LAMINITIS BLEND: Created for Acute laminitis attacks in horses to alleviate initial pain, throbbing and circulation. Contains Arnica, Belladonna, Nux Vomica, Ledum, Hypericum, Secale.

SLEEP COMBO: For the insomniac who needs some natural assistance for a good nights sleep. A much kinder solution than pharma drugs. Contains Coffea, Valerian, Kali Brom, Passiflora.

HAY FEVER: Sick of the sneezing and snuffles? Contains Allium Cepa, Ars Iod, Euphrasia and mixed pollens and grasses.

CRAMP STOP: For those embarrassing muscle cramps that happen just when you least expect. Contains Mag Phos, Nux Vom, Lachesis, Cuprum, Zincum, Coffea, Baryta Carb.

COLD AND FLU: Recommended to use alongside our Yarrow Tincture, contains Ferrum Phos, Eccinachea and Thuja.



Thank you for reading our herbal and homeopathic catalogue. We hope to be including more New Zealand grown herbs as we grow our business. If you have any requests for blends or salves you would like us to make please don't hesitate to ask.

We have endeavoured to provide as much information about our herbal products as possible, however we do recommend if you have any concerns or have health issues you confirm with your Doctor that herbal supplements are appropriate for your situation.

We do not diagnose conditions and we have no knowledge other than anecdotal of any interactions with any medical pharmaceutical medicines that our herbal solutions may have. We suggest caution with initial use of any products to ensure you have no allergies to the particular plant family, or the strength of the solution. Our herbs are sold as extracted in 40% alcohol, and are undiluted so they are a full strength formula. For children or pets we recommend you add half the adult dose to a cup of boiling water and allow the alcohol to dissipate for 10 minutes before administering. Herbs can be taken orally before or after meals, they will absorb through your mucus membranes very quickly.