

Everything Herbs: The Next Best Thing to Your Doctor



Natural Alternatives
A Handbook of Food & Herb Supplements

EDUCATIONAL MATERIAL
EXCERPTED FROM THE COPYRIGHTED WORKS OF DR. A. B. HOWARD

September 2009

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Revised: September 2009

Section One

IMPORTANT! DISCLAIMER INFORMATION.

By accepting this electronic version of the booklet, "**Natural Alternatives**", you agree to the following:

Just like you can find as many people to say that coffee is good for you, you can find an equal number of people that say it is bad for you.

Our philosophy here is to read everything you can about ANY product which you might be considering for yourself. If you do this often enough, you will get pretty confident in your own abilities to pick and choose what will be good for you.

If the product has been unaltered and is still natural and you can trust the company producing it, then it probably will be fine for you.

The information provided herein is for educational purposes only and should not be used by unqualified individuals to diagnose or prescribe. Just like a reference librarian, we only provide the information and cannot give you personal advice about your health problems.

Please consult a qualified health care professional if you need help in making decisions about your health program.

Information provided is condensed from their sources and most information on the liquid herbal extracts is condensed from the works of Dr. A.B. Howard. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

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Section 2

LIQUID HERBS ARE ABSORBED MORE EASILY

An herbal food diluted in distilled water and ethanol may be used as "natural medicine". Natural ethanol is an alcohol distilled from grain and is also known as neutral alcohol. Synthetic ethanol is made from an explosive, inflammable, compound known as acetylene gas. It is cheap, "lifeless" and un-natural and should not be used in making herbal extracts.

A frequently asked question is what herbal extracts are and why do they contain a natural or neutral alcohol. Herbal extracts are herbal plant foods that have been diluted in a liquid. This is a "natural medicine".

An herbal extract can be made with something that allows an herb to dissolve in it. This can include most common liquids, such as water, vinegar, wine, glycerin (sugar and fat compound most commonly derived from animal tissue) or a neutral alcohol. When you put an herbal tea bag into a cup of hot water, the color, taste and aroma, which dissolve into the water make herbal water extract. However, some parts of the herb in the tea bag do not dissolve in water. Water will not dissolve the oil, waxy, detergent, enzymes or hormonal content of the herb. Vinegar, wine and glycerin will dissolve a small amount of this.

The fact is that a combination of distilled water and a neutral alcohol is the best fluid known for dissolving all parts of any herb. A distilled water and neutral alcohol extract give an herbal food in a "predigested" form. It should be noted that when you get the full strength of an herbal food, a little goes a long way. (So don't **over-eat!**) The concept of moderation is the key.

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Extracts are intended to be used to supplement the diet with herbal foods in an easily absorbable form. Most people are not even aware that they may be carrying around as much as ten pounds of rather disgusting debris coating the surfaces of their digestive canal: stomach, small and large intestines. This debris forms a barrier between the food, which is eaten, and the absorption of the needed nutrition. This means the digestive system needs some help.

When you take a look at the digestive canal of the adult, you see a tube or pipe about 26 feet long which is often clogged or very slow to empty due to debris or worse yet, if not eliminated, this putrid barrier film can itself be constantly reabsorbed back into the body. Not only is this barrier of debris bad for absorption of commonly eaten foods, but also herbal powders, herbal powders in capsules, herbal pills, and vitamin tablets. An efficient method was needed to get herbal foods absorbed through this barrier film and dissolve the barrier itself. Otherwise, herbs would not nourish and act like the health food books say they should. Herbal extracts solve the puzzle. Not only can they cross the debris barrier, they do so rapidly and can help to dissolve the barrier in the process. This eliminates the problem of having to take 114 tablets and capsules per day to finally get something through the debris barrier and dissolve it. As a matter of fact an herbal extract can be applied externally right over the area where required. This, of course, would be difficult to do with a capsule or tablet.

Depending on the quantity, a neutral alcohol performs different functions when introduced into or on the body. In minute quantities (drops), it acts as a carrier to whatever is dissolved in it. It dissolves herbal food substances and allows for their easy absorption by the body. In larger quantities, it acts as a stimulant. By the glassful, alcohol acts as a depressant to the body functions and as an intoxicant. This constitutes abuse rather than use. A person can tell the difference.

Dr. William Donald Kelly, author of many books on natural ways to become healthier, tells us that the human pancreas (principal digestive organ of the body) actually produces a small amount of a natural, neutral (ethanol) alcohol on a constant basis so that we will not freeze. As a further observation, most mouthwashes and deodorants utilize a fairly high percentage of alcohol that acts as a carrier for the deodorant, mouth and breath cleansing substances. In many cases, these are extracts of cleansing and aromatic substances. The alcohol acts as a carrier. Many times a combination of neutral alcohol, water and an herb or herbs will form a complex that no longer shows up as three things, but rather as one compound. If a person can use a mouthwash or underarm deodorant, they can probably use an herbal extract without a problem. If they cannot use them without a problem, then they should probably use capsules, tablets or teas.

A fair question might be how much neutral alcohol should an extract contain? Roughly, a mixture of one-third neutral alcohol and two-thirds water will dissolve enough of the herb so that a person gets the proper nourishment in a few drops of the extract. An extract could be made with so much water that you would have to consume bottles of the extract to achieve the same nutritional value you could get in a few drops of a one-third neutral alcohol extract.

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Herbal Product Definitions

A.-W - Arthritis, rheumatism. (Alfalfa, Juniper Berry, Dandelion Root, Oregon Grape, Echinacea, Knitbone, Wild Rose Hips, Bitter Orange).

Acerola Cherry: Unusually high in natural Vitamin B-1 which provides a sense of well-being.

A.E.A.-B - Asthma, emphysema, Allergies by Dr. Bill Horosh, sinus, upper respiratory congestion. (Indian Tobacco, Herbal Adjustment, Thyme, Wild Rose Hips, Una De Gato).

A.F.-R - Herbal Anti-Flu by Ruben Schwartz kills virus, fights poison. (Herbal Adjustment, Golden Seal, Wild Rose Hips, Licorice Root).

A.G.-W - Anti-Gas, bloating, digestion. (Ginger, Fennel, Catnip, Angelica, Peppermint Leaves).

A.IF.-T - Anti-inflammatory for Females by Tamara Gordiyenko. (Licorice Root, Sage, Chamomile, Calendula, St. John's wort).

Alfalfa - (liquid or capsules) Food, alterative (good for the whole body), CO-Q 10 source, body nutrients, tonic, joints, stomach and arthritic discomfort, stops excess sweating, deodorizes, pituitary gland nutrient.

All Cells Salts (liquid or capsules) - Complete multi-mineral supplement, all vegetable source, organize minerals and trace elements, constipation, corrects inorganic calcium build-up, energy. (Arrowroot, Atlantic Kelp, Bladderwrack, Irish Moss)

All Heal - General repair, sore throat.

Aloe - Arthritis, bloating, removes poisons and bowel poison.

Alum Root - Hemorrhoids, mouth and throat ulcers, wrinkles, nose bleed, aftershave

A.M.F.-W - Animal Maintenance Formula, complete support for animals, stress. (A.C.S., Vita-Lixir, Mullein, Blessed Thistle, Gentian, Siberian Ginseng, OI #11, Mugwort).

Angelica - Digestion, colds, anti-gas, flavoring.

A.P.-W - Anti-Plague, excellent antibiotic, underarm deodorant. (Parsley, Sage, Rosemary, Thyme).

Arnica - Remove physical shock from the nervous system, bumps, bruises, burns, sprains, injuries, vulnerary (promotes healing), operations, genital inflammations, reduces cholesterol, reduces swelling of boils.

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ARNICA OIL BLEND (peanut oil) - Powerful blend for sore muscles, tendons and ligaments. Relief of aches and pains associated with sports injuries, sprains, backache, muscular aches, bruises, including inflammation and the pain of arthritis by Jean Kinnett. (Peanut Oil, Arnica, Indian Tobacco, Rosemary, Universal ER, Wintergreen).

ART.-C Arthritis Relief Team by Pat Castro. (Licorice Root, Devil's Claw, Yucca, African Aloe).

Ashwagandha - Improved sexual function, energy, concentration, lung problems, and stress from chronic disorders.

Astragalus - Powerful immune system builder, Interferon production, improve appetite, expel poisons, strengthens the ability to digest, repairs chronic lung problems, reduces fluid swellings, provides energy by being an adrenal gland(s) nutrient and increases circulation.

Barberry - Loss of appetite, convalescence, tonic, high blood pressure, excessive menstrual flow, nose bleeds, selenium source, emaciation (skin and bones).

Basil - Bloating, digest better, increase of milk flow.

Bayberry - Deobstruent (removes obstructions), astringent (tighten the tissues), sinuses, nasal polyps, vaginal polyps, tonic, Alimentary Canal mucus cleaner, depurative (purifies), ear and eye problems.

B. & B.-W - Brain and Balance, inner-ear imbalance, Parkinson's, Cerebral Palsy, hearing problems. (Blue Vervain, Blue Cohosh, Black Cohosh, Indian Tobacco, Scullcap).

B.C.-W - Blood Cleaner, pollution, toxicity, skin problems, blood poisoning. (Yellow Dock, Burdock, Greasewood, Red Clover, Dandelion Root, Barberry, Yarrow, Sarsaparilla, Gentian, Black Cohosh).

B.D.R.-C - Bone Density Regulator by Pat Courter. (Dulse, Red Clover, Sunflower Seeds, Black Walnut Hulls, Sarsaparilla, Flax, Lapacho, Horsetail, Oatstraw, Knitbone, White Oak Bark, Peppermint Leaf, Ginger Root, Grape Seed, Chippewa Pine, Rhizome Drynariae).

Bee Pollen - Longevity, energy, hormone manufacture, build immunity, surgical dressing, stress, protein.

BEE POLLEN "SPECIAL" - Energy, stamina, fatigue. (Bee Pollen, Licorice Root, Elderberry).

Bee Propolis - Colds, coughs, flu, viral flu, fevers, antibiotic, bowel poisons.

Beet Root - Liver cleaner & source of sulfur compounds, potassium, magnesium & trace element boron. Provides folic acid. Pushes aluminum out of the nerves and brain.

BIG FIVE - by Pat Courter - Apply especially to spine and neck, relaxes, removes soreness, increase circulation, take poisons out of the nervous system, repairs nervous system, removes physical trauma, do not use if pregnant. (Arnica, B. & N.C.-W, Herbal Adjustment, Ol#11, Rue).

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BIG FIVE PLUS TWO - Just like Big Five but for deeper penetration, external use only, do not use if pregnant. (Arnica, B. & N.C.-W, Herbal Adjustment, Ol#11, Rue, Peppermint Oil, Oil of Cajeput).

Bilberry - Macular Degeneration, white spots under nails, selenium, iron, zinc, manganese, Vitamin C sources.

Bistort - Dry coughs, expels mucus, Vitamin C source.

Bitter Orange - Allergies, hay fever, pollen, pollution, emotional upsets, bronchitis, asthma.

Black Cohosh - Poison antidote, female hormone, lowers blood pressure, promotes normal hair growth, antispasmodic, sedative, support adrenal gland function, meningitis (see: below), allergic reactions.

Black Currant - Repair connective tissue, arthritis, kidney and urinary system, gout, Vitamin C-Complex, Fibromyalgia.

Black Walnut - Antibiotic, antiseptic, tonic, vermifuge (antagonistic to parasites), lymphatic cleaner, apply externally for brown hair color.

Black Walnut Meats - Cartilage repair, hormone manufacturer, manganese, wrinkle control.

Bladderwrack - Weight reduction, energy, colds, stress, iodine source, pushes aluminum out of the brain and nervous system, improves memory.

Blessed Thistle - Oxygenator to brain, heart, lungs and blood system, promotes mother's milk, chest complaints, catalyst, energy and sense of well-being through oxygenation, menopause, female puberty, improve liver functions, good potassium source.

Blueberry Leaf - Diabetes, urinary complaints, fluid retention, blood building tonic.

Blue Cohosh - Hormone regulator, ease child delivery, genetic taint, regulate menstrual cycle, high in selenium.

Blue Flag - Powerful lymphatic cleanser, liver regulator, dropsy (fluid accumulation), swollen lymph glands, cysts, torpid liver (lazy, clogged liver).

BLUE STEELE - Used by men and women, restores and enhances sexual activity. (Damiana, Dong Quai, Korean Ginseng, Sarsaparilla, Saw Palmetto, Elderberry, False Unicorn Root, Yokum, Siberian Ginseng, French Vanilla, Wood Betony, Indian Tobacco).

Blue Vervain - Tonic (perks up all body systems), nervine, deobstruent, lymphatic assistance, tranquilizer, expels worms, poison oak, cleans out afterbirth.

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B. & N.C.-W - Brain & Nerve Cocktail, feeds and repairs brain and nerve tissue, memory, pituitary, pineal, brain and involuntary nervous system. (Alfalfa, Parsley, Chamomile, Gotu Kola, Barberry, Black Walnut, Scullcap).

Boneset - Viral flu, fevers, builds immunity, Interferon production.

Borage - Joy, calcium source, potassium source.

B.P.-W - Blood Purifier, bad cells, tumors, yeast, germs, viruses, heavy metals, chronic fatigue syndrome. (Peach Leaf, Stillingia, Red Clover, Bee Pollen, Greasewood, Buckthorn, Inkberry, Prickly Ash).

Brewers's Yeast - Allergies, calm nerves, sense of well-being, energy, high and low blood sugar, allows cells to digest glucose, cracks at mouth corners, sore tongue, trouble sleeping when tired, stress, Vitamin B-Complex, protein, Chromium source for insulin source.

BROAD BEANS - Source of B Vitamins, L-Dopamine, pituitary nourishment, natural L-Lysine, shaking disorders, blood mineral source. (Selected Broad Beans).

Buchu - Aromatic, stimulant, diuretic, diaphoretic (encourage sweating out poisons), carminative (relieves gas), urogenital system (urinary tract & reproductive organs), prostate, kidney and lower back pains, potassium.

Buckthorn - Gentle bowel cleaner, regularity, itching, warts, restore normal Probiotics (flora).

Bugleweed - Poison antidote, heart regulation, coughs, appetite, albumin (egg white-big bubbles on top of urine), expel mucus, tuberculosis.

Burdock - Blood cleaner, hair, liver cleaner, stubborn skin problems, "Shingles." ♦

Butcher's Broom - Repair bones and soft tissue, shrink varicose veins.

CA.-W - Calcium supplement, irregular heart beat, teeth that hurt, ringing in ears, nervousness, muscular cramping. (Horsetail, Oat Straw, Knitbone, Dulse, Red Raspberry Leaf, Indian Tobacco).

Calendula "Bad Cells" and tumors, blood cleanser, circulatory corrective, wounds, varicose veins, gums, frostbite, fistula, athlete's foot, skin pigment disorders, diarrhea.

CAN-SOL: (liquid or capsules) - Candida formula from Solomon Wickey, severe yeast infections. (Greasewood, Purple Loosestrife, White Pond Lily).

Capsicum - Stimulant, diaphoretic (causes sweating), condiment (seasoning), aperients (expels gas), hemostatic (stops unnatural bleeding), energizer, calmativive, cleaner.

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Carpenter's Square - Lymphatic cleanser, spleen, tonsils, fig warts.

Carrot Root - Nourishes skin, Vitamin A source, nourish eyes, helps maintain eyesight, (bad cells), and cleans out all hollow organs.

Cascara Sagrada (liquid or capsules)- Baffling disorders, bowel cleaner-regularity.

Catnip - Stimulant, tonic, antispasmodic, normalizes blood pressure, decreases the desire for cigarettes, carminative (dispels abdominal gas).

C.C.-W - Cough, cold, flu, sinus, strep throat, smokers cough, lung congestion. (Sage, Eucalyptus, Bistort, Horehound, Wild Cherry Bark).

C.C.E.-W - Cleansing Corrective Extract, bowel cleaner, blood cleaner, antibiotic, poison antidote, deformations of hands and legs, arthritic complaints, gall bladder. (Aloe, Angelica, Camphor, Carline Thistle, Manna, Myrrh, Rhubarb, Saffron, Senna, Theriac, Zeodary).

Cedar Berries - Supports and corrects pancreatic function, sustains immunity, dissolves "bad cells."

Celandine - Eye problems, jaundice, pass urine, insomnia.

Celery Seed - Eases heart, lungs, kidneys, joint and muscle problems, potassium source.

Chamomile - Any kind of childhood or baby's complaints, especially fever and teething, nervine for all ages.

Chaste Tree Berry - Menopause, normalize desire, adaptogen, handles many conditions.

Chestnut Leaf - Varicose veins, hemorrhoids, blood thinner, dissolves and prevents blood clots.

C.H.E.-B - Chest Elixir by Bella Vladimisky. Cough, bronchitis, lung congestion, allergic cough, asthma, colds flu. (Coltsfoot, Astragalus, Olive Leaf, Eucalyptus, L.-W, Bilberry).

Chickweed - Contact healer, refrigerant, emollient (soother and softener), discutient (dissolves fat and tumors), weight loss, high iron.

Chicory - Cleans glands, spleen, kidney and urinary system, liver and gallbladder cleaner.

Chippewa Pine - Vitamin C source, longevity, repair bones, soft tissue, scurvy, "Osteoarthritis," "Lupus."

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Chlorella - Concentrated source of chlorophyll from fresh water plants, Vitamin B-12 source, helps remove mercury and other heavy poisonous metals, improves memory especially short term.

Chuchuhuasi - Important women's herb, arthritis, osteoarthritis, "bad cell" tumors and preventative herb, immunity builder, repels mosquitoes.

Cilantro - Antibiotic, calmative for the stomach and for application to joints, muscles, tendons, bones and nerves plagued by the discomfort we call rheumatism and fibromyalgia.

Cinchona Bark - Cure for malaria.

Clava Huasca (White Clove) - Increase a woman's sexual desire.

Cleavers - Epilepsy, seizures, "bad cell" disorders and tumors, pancreas, kidney and urinary system, gland cleaner.

Cloves - Nausea, sore throat, teeth, gums, and plaque, kills parasite eggs.

Coltsfoot - Asthma, bronchitis, smokers cough, shortness of breath.

Cornsilk - Gentle repair for kidneys, bladder, urinary complaints, diuretic (relief of fluid retention), bedwetting.

CORN SILK COMBINATION - Urinary tract infections, repairs kidney damage, dissolves stones, fluid retention. (Cornsilk, Uva Ursi, Gravel Root).

Crampbark - Promotes pregnancy, antispasmodic, nervine, tonic, relaxant, diuretic, expectorant, astringent, sedative, emmenagogue (promotes menstruation).

CRAMPBARK & FALSE UNICORN - Infertility for both male and female, prevents and stops miscarriage. (Crampbark, False Unicorn).

Cranesbill - Corrects mercury poisoning from mercury teeth fillings (heavy metals), wrinkles, bleeding gums, baffling disorders, diabetes.

C.S.-W - Circulatory System, blood pressure, prevents hemorrhages and strokes. (H.T., Lily-Of-The-Valley, Blessed Thistle, Capsicum).

CST.-M - Shrink Cyst by Micki Jones. (Celandine, Milk Thistle, Jerusalem Artichoke, Turmeric, Barberry, Sanicle).

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Cudweed - Correct emotional torment and the abnormal behavior of men and women, swollen tonsils, head lice.

Culver's Root (Black Root) - Bowel cleaner, lazy and or congested conditions of the stomach, duodenum, liver, gallbladder, pancreas, remedy fevers (including serious types), expel worms, jaundice (yellow whites of eyes and skin due to congested liver and gallbladder and or infection), swollen glands, infant diarrhea, chronic constipation, syphilitic impurities, sallow complexion, dull frontal headache, thick and white coated tongue and to remedy the condition of pleurisy (excess fluid accumulation around lungs and or heart). Take for the "miseries".

D.-W - Digestion, stomach problems, ulcers, heartburn, bloating, morning sickness, motion sickness. Gentian, Ginger, Juniper Berries, Safflowers.

Damiana - Aphrodisiac, stimulant, sexual rejuvenator, laxative, increase physical control of extremities.

DAN.-C - Depression, Anxiety, Nervousness by Pat Courter. (Evening Primrose, Lady's Slipper, Blue Vervain, Rice Bran, St. John's Wort, Horsetail, Feverfew, Indian Tobacco, Wormseed, Cudweed, Universal E.R).

Dandelion Leaf - Eyes, skin, Vitamin A source, cleans out all hollow organs, Potassium source, Hypoglycemia.

Dandelion Root - Repair stomach and joints and its bladder and liver cleaning properties, vigorous body cleaner.

DB.8-W - 8 Diabetic herbs, high blood pressure. (Lapacho, Yarrow, Blueberry Leaf, Elecampane, Golden Seal, Gentian, Mugwort, Bugleweed).

Devil's Claw - Puts crumbling bones back together.

Dong Quai - Regulates hormones, menopause, hormone replacement, estrogen hormone balance.

DSK - Disc, introduces calming, restorative influence to the disc, works on regeneration of structure. (Knitbone, Valerian Root, Willow Bark, Papaya Fruit).

Dulse - Is the finest sea vegetables known for the thyroid gland, cold hands and or cold feet, to prevent fibroid tumors in breasts, of the uterus and on the ovaries. Take to reduce swelling of thyroid, enlargements or swollen lumps in the intestinal area.

E.-W - Eyes, congestion in eyes, conjunctivitis, visual impairment. (Wood Betony, Eyebright, Bayberry).

EAZY Co-Q-10 - (SOFTGELS) More energy, stronger heart, easier breathing, improved memory, mental clarity and quality of life.

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Echinacea - Circulatory cleanser, antidote for poisons, repairing, abscesses, boils and skin conditions.

E. & E.-B - Eyes & Ears by Dr. Bill Horosh. (All Heal, Bayberry, Gentian, Golden Seal, Gravel Root, Chickweed, Peach Leaf, Dandelion Leaf and Root, Purple Loosestrife, Eyebright, Wheat Germ, Ginger, Wood Betony).

E. & F.-W - Energy and Fitness, invigorating body building, weight reduction and energy formula. (Siberian Ginseng, Dong Quai, Juniper Berry, Bee Pollen, Licorice Root, Peppermint Leaf, Capsicum, Gentian, Blessed Thistle, Eyebright).

E.H.-T - Emotional Health, ADD. (Rice Bran, Life Everlasting (Cudweed), St. John's Wort, Gotu Kola, Lady's Slipper, Kava Kava).

Elderberry - Longevity, colds, flu swellings, respiratory problems, energy, anemia, and sexual energy.

Elecampane - Sugar diabetes, mucous membrane irritation, heaviness of pelvic organs, bronchial complaints, tonic, expectorant, emmenagogue (encourage menstrual flow), diuretic, sweating, dissolves obstructions, skin disorders.

END-J - Endometriosis problems and to provide relief for viral infections. Formulated by Herbalist Joseph. (Yarrow, Turkey Rhubarb, Partridge Berry, Burdock, Marshmallow).

E.O.-W - "Ease-Off" formula, break addiction to alcohol, caffeine, overeating, cigarettes, drugs of all kinds, sugar. (Indian Tobacco, Chamomile, Catnip, Arnica).

E.R.TWO-W - Emotional Remedy #2, wild flower essences developed by Dr. Bach, on top of the world and confident one day and down in the cellar and dejected the next day. (Vervain, Vine (Wild Grape), Mustard, Schleranthus, Gorse, Chicory, Honeysuckle).

E.R.TWO W/MIMULUS - Fear of anxiety of a known origin, dejected, fearful. (Vervain, Vine (Wild Grape), Mustard, Schleranthus, Gorse, Chicory, Honeysuckle, Mimulus).

E.T.-B - Eliminate Tuberculosis by Millie Horosh, raises body immune system, antibiotic, cleans lungs, restores circulation. (Plantain, Echinacea, Coltsfoot, Horehound, Myrrh, Blessed Thistle, Juniper Berries, Yerba Santa).

E.T.I.-W - Ear and Throat infections, tonsillitis, strep throat, ear infection, swollen glands. (Echinacea, Myrrh, Licorice Root, White Oak Bark).

Eucalyptus - Antiseptic, expectorant, oxygenator, antimalarial, increases urinary flows, energy, membrane cleanser, respiratory decongestant, diaphoretic (sweating herb), prolapsed (fallen) uterus.

Eucalyptus Oil - Antiseptic, Colds, Flu, Sore Throat, Asthma, Bronchitis, Cuts, Scrapes, Fevers, Cuts Mucus, Breathe easier, Boils and Swelling.

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Evening Primrose - Central nervous system (brain and spine), mental depression, nerve acids, whooping cough.

Eyebright - Eye problems, mental depression, oxygenation, radiation poisoning, prevent deafness in unborn if mother exposed to measles.

False Unicorn Root - Bright's Dis-ease (big bubbles on surface of urine), diabetes, prostate problems, reproductive system of either the male or female, promotes pregnancy, tape worms.

Fennel - Curb appetite, expel gas, digestaid, regulate estrogen, menopause, vision and hearing.

Fenugreek - Lymph gland and skin cleaner.

Feverfew - Migraines, radiation poisoning, Niacin source, "motor mouth" (talks continuously).

F. & F - Flu, Fever by Edna Ford, mucus, decongestant, sick stomach, pain associated with fever. (Natural source oils of Peppermint and Wintergreen, Golden Seal, Hyssop, Lemon, Knitbone, Wild Cherry Bark).

Figs - Ulcers, burning stomach.

FIGS & FLAX - Heals the stomach, joints, repair and relief of burning and discomfort in the stomach, ulcers. (Figs, Flaxseed).

"FIVE GOOD" - Vegetarian protein extract, high and low blood sugar problems, nerve deterioration and muscle atrophy. (Pearl Barley, Rye, Millet, Sunflower Nuts, Sesame Seeds).

FIVE OILS - Apply topically for relief of arthritis, muscle aches and pains, joint discomfort and used as a mosquito repellent. This is a natural herbal combination formulated by Jonny Yaden. (Wintergreen Oil, Cajeput Oil, Eucalyptus Oil, Peppermint Oil, Mullein Oil).

Flax - Ulcers, cholesterol and or triglyceride reduction, cleans arteries, contact healer.

FORMULA FOUR - External use only same as Big Five except does not contain rue and safe for pregnant women. (Herbal Adj. Ol#11, Arnica, B. & N.C.-W).

FORMULA M - Maintenance Formula, multiple vitamin and mineral source, includes protein and digest aid. (Wild Rose Hips, Wheat Germ, Rice Bran, Dandelion Leaf, Organic Carrots, Raw Sunflower Nuts, Bee Pollen, Gentian, Bladderwrack, Irish Moss, Arrow Root, Kelp, Myrrh, Motherwort, Hawthorn, Oregon Grape, Wild Blue Irish, Marshmallow, Stillingia, Mullein).

FORMULA MAX - Body building for teens and adults, stress, arthritis. (All Cells Salt, Vita-Lixir, Brewers Yeast, Formula Three, Saw Palmetto, Mullein, Blessed Thistle, Gentian, Ol#11, B. & N.C.-W, H.T. Comb.).

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FORMULA THIRTY-ONE - Prolapsed of uterus, or any prolapsed part of the body, valves of all kind, stomach, colon, dropsy, ballooned blood vessel, excessive flow just before or at the time of menopause, a Dr. Shook combination. (Black Walnut Leaves, Bugleweed, Black Cohosh, Hawthorn, Lily-Of-The-Valley, Irish Moss, trace Calcium Chloride).

FORMULA THREE - Strength, stamina, extreme fatigue, chronic fatigue, illness or surgery. (Licorice Root, Bee Pollen, Siberian Ginseng).

FORMULA TWELVE - By Lise Blouin, coats digestive system with an oxygenating patch, lungs, stomach, intestines, colon, ligaments, bones, glands. (Slippery Elm, Marshmallow Root, Knitbone).

F.P.-W - Female Problems, rejuvenating for reproductive tract, hormonal, menopause. (White Pond Lily, Black Cohosh, Sarsaparilla, Blue Cohosh, Passion Flower).

French Vanilla - Joy, stimulant.

F.V.E.-W - Flu, Vomiting and Earache, antibiotic, neutralizes poisons, prevent and corrects flu and colds by cleaning out mucus, settle stomach. (Wild Rose Hips, Golden Seal, Myrrh, Chickweed).

Garlic - Antibiotic, baffling disorders, lowers high blood pressure, CO-Q 10 source.

Garlic & Mullein Oil - By Dr. Frank Miesse, earache, croup, lung, lung complaints, swollen glands. (Garlic Oil, Oils of Mullein, Mullein Flowers).

Gentian - Tonic, lifesaving digestaid, gout, fever, powerful alterative (changes for the good), fevers, oxygenator, general debility, anxiety, increased immunity, female weakness, dizziness.

G.F.-G - Gladys Conner's Formula, arthritis, edema, high cholesterol, psoriasis, regulate appetite. (Plantain, Fennel, Burdock, Hawthorn Berries, Kelp, Bladderwrack).

Ginger Root - Stimulant, dispeptic (settles upset stomach), diaphoretic (promotes elimination by sweating), diuretic (water retention), carminative (dispels gas), digestaid, female circulation.

Ginkgo - Memory, Alzheimer's, brain circulation improvement, recovery from stroke, ringing in the ears, baffling disorders, eats free radicals poisons.

GINKGO COMB. - Ginkgo Combination for memory and concentration by Cheryl Lawson. (Ginkgo, Gotu Kola, Blessed Thistle).

GO.-W - Go! Herbal Stimulant, energy, fatigue, adrenal exhaustion, not a crash later stimulant. (Bitter Orange, Bee Pollen, Eyebright, Licorice Root, Gentian, Prickly Ash, Capsicum).

Gold Thread - Reverse alcohol abuse, repair canker sores, stomach ulcers.

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Golden Bough (Mistletoe) - Build immunity, prevent reoccurrence of "bad cells" in Germany, lowers chronic high blood pressure, white spots under nails, aggravated sleep, selenium source.

Golden Seal - Tonic, alterative (works on all body systems), antibiotic, yellow dye for clothing, varicose veins, infections of veins, diabetes.

GOLDEN SEAL & ECHINACEA - Combat infection, flu, cold, antibiotic. (Golden Seal, Echinacea).

Gorse - This herb is for a person who is experiencing the condition of "hopelessness."

Gotu Kola - Memory, blood cleaner, high blood pressure, mental depression, reduces brain fatigue, scaly skin, baffling disorders.

Grape Seed - Antioxidant, has free radical scavenging properties, seeks out and destroys poisons.

Gravel Root - Kidney and urinary problems, stones, impotency, gout, rheumatism discomfort.

Greasewood - Antibiotic, antiseptic, antifungal, antibacterial, nourishing, cleaning corrective, dissolves "bad cells," cleans out drug L.S.D.

(Green Hull) Black Walnut - Kills body parasites.

Ground Ivy - Lead poisoning, baffling disorders, muscle atrophy (foot or wrist drop).

Hawthorn - Heart regulation and repair, heart food.

H.B.-W - Hormonal Balance for men and women, rejuvenating, repairs glands, energy. (Sarsaparilla, Ginger, Gotu Kola, Siberian Ginseng, Wild Rose Hips).

HERBAL ADJUSTMENT - Mental or physical shock to any part of the body, headaches, migraines, neck and shoulder pain, sore muscles, circulation, arthritis comfort, painful joints, sports injury, distortion of the spine. (Black Cohosh, Blue Vervain, Capsicum, Indian Tobacco, Siberian Ginseng).

He Shou Wu: Cardiovascular dis-ease (heart and circulatory systems problems), selenium source.

Hibiscus Flowers - Astonishingly large amounts of two valuable trace mineral elements, chromium and selenium, destroys harmful "bad cells" causing compounds in the body, known as "free radicals." Selenium does this by protecting the genetic machinery of the cell nucleus or "cell headquarters", when it is in the process of division to form new body cells. Selenium also corrects heart and circulatory dis-eases by preventing the break down of the circulatory system.

HI.I.-W - High Iron, energy, fatigue. (Thyme, Yellow Dock, Red Raspberry Leaf, Indian Tobacco).

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HI.K.-W - High Potassium "K is the Latin chemical Symbol", muscular strength, low blood sugar, hyperactive children. (Dulse, Peppermint, Parsley, Dandelion Leaf, Yarrow).

H.L. ONE-W: Herbal Laxative #1, daily housekeeping, loosen old impacted wastes, expels parasites, flushes gall bladder. (Buckthorn, Turkey Rhubarb, Cascara Sagrada, Fennel, Pumpkin Seed).

H.L. TWO-W - Herbal Laxative #2, gas, discomfort, bowel conditioner. (Senna, Mayapple, Sweet Root, Fennel, Turkey Rhubarb).

H.M.E.-H - All Heavy Metal Elimination by Paul Hilty. (All Cells Salt, Horsetail, Oat Straw, Siberian Ginseng, Wheat Germ).

H.N.S.-W - Hair, Nails, Skin, Nails grow faster and stronger, more flexible, stops tearing, splitting and peeling, hair color restored, nourishes thyroid. (Dulse, Horsetail, Rosemary, Sage).

Hoodia - Substains food satisfaction, weight loss.

HOODIA COMBINATION -Appetite control and weight loss cleansing. (Hoodia gordonii. Acerola Cherry, Red Raspberry Leaf, Pumpkin Seed, Sunflower Seed, Dandelion Leaf, Horsetail, Bladderwrack, Chlorella, Cascara Sagrada).

Hops - Radiation poisoning, Niacin source, potassium, sleep well.

Horehound - Coughs, fevers, obstructed menstruation, baffling disorders, red spots under skin.

Horsetail - Kidneys, blood pressure, skin problems, elasticity of tissue, drive out heavy metals, contains M.S.M. (Menthyl Sulfonyl Methane) for joint problems.

HR.-F - Hair strengthener and good growth formula, also used by flu and fever by Edna Ford. (Sage, Horsetail, Capsicum, Echinacea, Rosemary, Barberry, Yarrow, Royal Jelly).

H.T. COMBINATION: (liquid or capsules) Heart Tonic, nourish and strengthen heart, form of oral chelation, removes congesting fat, cholesterol triglycerides and waste mineral deposits from blood vessels. (Hawthorn, Myrrh, Motherwort).

Hydrangea - Fluid retention, diuretic, kidneys and urinary system, dissolves stones, lower back pain.

HYG.-W - Hypoglycemia (low blood sugar), adrenals, stress, fatigue, energy. (Bee Pollen, Licorice Root, Rice Bran, Sweet Root, Juniper Berry).

Hyssop - Expel gas, tonic, expels mucous, stimulant, reduce high blood pressure.

Indian Tobacco (Lobelia) - Specific for asthma, powerful nervine, cramped muscles, "Charlie horse", abdominal cramping, antispasmodic, nervous agitation.

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Inkberry: "Bad cells" disorders, tumors and prevention, mercury poisoning and mercury fillings (heavy metals).

Irish Moss - Connective tissue repair, bowel softener, soother and bulk exerciser, cold extremities, iodine, magnesium, vital trace element.

IM.S-W - Immune System builder, reduces swollen glands, neutralizes poisons from bacteria, virus, fungal and yeast poisons, chronic fatigue syndrome. (Juniper Berry, Marshmallow, Mullein, Sweet Root, Carpenter's Square, Black Cohosh, Sarsaparilla, Lapacho).

IS.-F - Eyes by Edna Ford, nourish and repair eyes. (Bilberry, Quack Grass, Rosemary, Juniper Berry, Rue, Capsicum, Eyebright).

I.V.-H - Infection and Viruses by Paul Hilty. (Myrrh. Olive Leaf, Wild Rose Hips, Yarrow).

I.V.Y.-D - By Jake Schwartz and Solomon Wickey, reverses the modern scourge of acquired immunity deficiency and other contagious types of dis-eases. (Blue Flag (Wild Blue Iris), Spring Violet, Yarrow).

Jerusalem Artichoke - Diabetes, enzyme boost.

Jewel Weed: Corrects Poison ivy, poison oak, skin care.

JOINT HELPER Natural Herbal Roll-On (Extra Strength) For those who suffer from hurting, aching and stabbing joints. (Capsicum Extract, Witch Hazel Extract, Peppermint Oil, Arnica Extract, Indian Tobacco Extract, Horsetail Extract, Sweet Cassava Starch, Coconut Oil, Lecithin, Xanthan Gum, Glycine Amino Acid, Honeysuckle Extract, Purified Water) 2 oz.

Juniper Berries - Dissolve uric acid, acids, gout, digestaid, kidneys and urinary system antibiotic, build immunity systems.

KAVA KAVA COMB. - Stress, anxiety, tension by Cheryl Lawson. (Kava Kava , St. John's Wort, Ginkgo).

Kelp - Energy, hair, stress, calcium source, magnesium source, potassium source, vital trace elements, weight reduction, add to animal food to prevent frequent veterinary visits.

KID.-W: Severe kidney problems, to restore function. (Juniper Berries, Uva Ursi, Parsley, Dandelion Root, Chamomile).

Klamath Weed (St. John's Wort) - Nerve problems, depression, anxiety, shaking disorders-Parkinson's, Bell's Palsy, bedwetting, white spots.

Knitbone - External and internal damage to body, contact corrective, grows healthy new cells rapidly, nutritive, valuable source of organic Calcium. Corrects Poison Ivy and Poison Oak.

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KNITBONE & FENUGREEK - Cleans lymphatic-spleen, swellings of hands, feet, underarms, liver. (Knitbone, Fenugreek).

Korean Ginseng - Glandular nourishment, build immunity, viral infections (including AIDS), oxygenation, germanium source.

Kudzu - Break alcohol addiction.

L.-W - Lungs, repairs damage or congested lungs, for those quitting smoking, improves lung capacity. (Yerba Santa, Mullein, Indian Tobacco, Marshmallow, Gentian, Blessed thistle).

L.6W - Last 6 Weeks, easy and quick delivery with a minimum of discomfort for mother and baby. (Blue Cohosh, Pennyroyal, Red Raspberry Leaf, Spikenard, Partridge Berry, Blue Vervain, Angelica).

Lady's Slipper - Excellent nervine, anti-spasmodic, epilepsy, migraines, blood pressure, regulates brain stem.

Lapacho: "Bad Cells" and "bad cells" preventative (in South America), repairs genetic disorders.

L.A.S.-J.B. (CAPSULES ONLY) - Lungs, Allergies and Sinuses by Jeanne Burgess, clears out the breathing passages, counteract allergic reactions. (Fennel, Chinese Horseradish, Marshmallow Root, Mullein, Fenugreek).

L.B.-J - Low Blood Sugar by Jake Schwartz, sweet addiction, starches, memory and concentration. (Licorice Root, True Saffron, Marshmallow, Milk Weed, Myrrh).

L.B.R.-W - Lower Bowel Repair, toner and conditioner for ballooned bowel, lazy bowel. (Greasewood, Marshmallow, Butcher's Broom, Barberry, White Oak Bark, Bitter Orange, Angelica, Sweet Root, Senna).

L.C.-W - Lymphatic Cleaner, tonsils, adenoids, polyps, ear and eye congestion, swellings in spleen, arms, ankles, fingers, abdomen, boils, cysts, acne, gout. (Oregon Grape, Blue Flag, Marshmallow, Stillingia, Mullein).

Lecithin: (CAPSULES) Dissolves cholesterol and fats, dissolves fat deposits around eyes and throughout body, cleans arteries and veins, repairs kidneys, insulates brain and nerve, brain and nerve cells talk together better, restores reproductive fluids. (225 ct.)

Lemon Grass - Calms nerves, longevity, antibiotic.

L.G.-W - Liver, Gall Bladder Dissolves gall stones, flushes poisons, restores flow of bile from liver. (Burdock, Yellow Dock, Calendula, Turkey Rhubarb).

Licorice Root - (LIQUID OR CAPSULES) Specific for low blood sugar, ulcers, coughs, stress, allergies, stamina, magnesium source, sweetener.

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Lily Of The Valley & Blessed Thistle - Angina pectoris (chest pain due to heart), heart valve repair, heart repair, circulatory correction, varicose veins, fluid retention, dyspnoea (difficult breathing), antispasmodic. (Lily of the valley, Blessed Thistle).

Linden Flowers - Remedy for the nerves.

LIV.-J - Liver Cleaner by Jake Schwartz. (Wild Yam, Crampbark, Fennel, Ginger, Catnip, Barberry, Aloe (African).

L.P.-W - Liquid Pearle, arthritis, circulation, frozen joints, mineral deposits. (Angelica, Echinacea, Ginger, Marshmallow, Broad Beans, Spikenard, Eucalyptus, Gentian, Lady's Slipper, Bee Pollen, Prickly Ash, Myrrh).

Maca - Nourishes the glandular control bridge of the brain (pituitary-hypothalamus-pineal-complex) and encourages it to work properly, ovaries, testes, adrenals, pancreas, thyroid, thymus etc., and they begin producing their hormones again, suffering of menopause, sugar craving and depression during and after menopause, fertility is increased and sexual function is strengthened, more youthful skin, improved sexual desire, normalizing vaginal lubrication and improved emotional balance. For both men and women: Energy and stamina, anemia, build immunity and improve memory. Can also be used for animals.

Male Fern - Worms (tapeworm, roundworm, pinworm and seatworm), tonic, vulnerary (healing).

Marshmallow - Reduces inflammation, poison absorber, lubricant, repairer, coats and lubricates kidney stones to slide them out.

Mayapple - Bowel cleaner-regularity, "bad cells" of the testicle, fevers, lazy or polluted liver, cleans glands, tuberculosis of lymph nodes, pin worms, lead poisoning, venereal dis-ease problems, venereal warts.

M. & B.-A - Milk & Baby by Amelia Schendel, enriches and/ or increases mother's milk supply. (Blessed Thistle, Marshmallow Root, Plantain, Fenugreek, Fennel, Universal E.R).

Meadowsweet - Blood thinner, arthritis, fevers, pain relief, natural aspirin source, headache.

MEL-W - Production of Melatonin and numerous neurotransmitters. Improve overall brain function. (Alfalfa, Parsley, Chamomile, Gotu Kota, Barberry, Black Walnut, Bee Pollen, Maca).

M.G.-W - Multi-Glandular, reversal of starved glands. (Ginger, Sarsaparilla, Licorice Root, Dulce, Gotu Kola, Gentian, Alfalfa, Chamomile).

Milk Thistle - Reverse alcohol abuse, clean and repair liver and gallbladder, oxygenation, selenium source, to prevent "bad cells".

Milkweed - Softens gall stones, apply externally to remove warts.

Motherwort - Build heart stamina, Bright's dis-ease (big bubbles on surface of urine).

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MP.E.-P - Menopause by Barbara Stegmann. (Dong Quai, Wild Yam, Saw Palmetto, Chaste Tree, Black Cohosh, Hops, Ginkgo).

MPS.-I - This natural herbal combination was formulated by certified Herbalist Sandra Inman. This combination is for women that are experiencing the ill effects of menopause. (Black Cohosh, Dong Quai, Sarsaparilla, Strawberry Leaf, Damiana, Rosemary, Passion Flower, Evening Primrose, Sunflower Seed, Red Raspberry, Red Clover, Flax Seed).

Mugwort - Worms, corns, sleepwalking, eye problems, sore muscles, cataleptic state (stay in one position), Hydrocephalia (water on the brain).

MUGWORT & WORMSEED - Kills parasites of all kinds. (Mugwort, Wormseed).

Mullein - Repairs connective tissue, general repair, varicose veins, cartilage repair, epilepsy seizures, heart regulation and repair, coughs, heart circulation, asthma, bronchitis, smokers cough, lung repair, pain relief, menstrual cramping, iron source, universal healer.

Mullein (Flower Oil) - Prevent stretch marks, hearing, repair connective tissue.

M.Y.O.-C - Muscles for the Young and Old by Pat Courter. (Broad Beans, Saw Palmetto, Barley, Peppermint Leaf, Sarsaparilla, Sesame Seed, Papaya, Horsetail, Flax, Mugwort, Black Walnut Meats, Oriental Mustard).

Myrrh - Antibacterial, antiseptic, antiviral, circulatory, immune system.

N.-W - Nerves, repairs nerves, relieve tension, improve coordination and control of body functions by brain. (Lady's Slipper, Blue Vervain, Scullcap, Hops, Valerian Root).

Nettle - Arthritis, dissolves uric acid, repairs kidney and urinary system, start and continue milk flow, stubborn skin problems, calcium source, chromium source, magnesium source, helps circulation, weight reduction, hair.

N.P.-T - Blend for Nerve and Pain by Joan Thompson. (St. John's Wort, Scullcap, Siberian Ginseng, Oatstraw).

N.S.S.-M - Natural Sex Stimulant for men and woman by Frank Miesse. (Blue Steele, Pumpkin Seed, Maca, Sarsaparilla, Gravel Root).

Nutmeg - Expel gas, nausea, joy.

Oat Straw - Hair, drives out foreign objects, mercury poisoning and mercury fillings (heavy metals), calcium replacement, chromium source, magnesium source, silicon source, aching muscles, sleep aide, promotes hair growth.

O.C.M. - Oral Chelation by Micki Jones, removes from blood vessels the undesirable congested fats, cholesterol, triglycerides and waste mineral deposits. (Ginkgo, Gotu Kola, Chickweed, Flax, Stone Root).

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Oil Of Cajeput - Apply externally to kill fungus and infection. Bites, insects, parasites, poisoning, allergies, pain, sprains and aches, serious injury, colds, cough and flu, stopped up nose, antiseptic, canker sores, cold sores, expel mucus, sore throat, earache, headache, head lice, yeast problems, swollen breasts, venereal dis-ease problems, acne, athletes foot, toenail fungus, etc.

Olive Leaf - Defeats harmful microorganisms, antibiotic, virus and bacteria and many types of fungal parasite problems, energy, repair of heart and circulatory problems, normalizes blood pressure, reverses colds and flu, fatigue and muscles soreness, strengthens the immune system's scavenging ability.

OL' NUMBER 11 - Repairs any tissue, brain, nerve, flesh, cartilage, bones, for strong body and nervous system. (White Oak Bark, Marshmallow, Mullein, Mugwort, Indian Tobacco, Scullcap, Knitbone, Black Walnut Hull, Gravel Root).

Oregon Grape - Nerve tonic, depurient (purifies), alterative, lymphatic cleaner, antisiphilitic, skin corrector.

Osha - "Bad Cells" disorders and tumors and preventative, build immunity, viral infections, tested and true pioneer remedy.

P.-W - Prostate, comfort to prostate and kidneys, bladder, urinary flow, restores normal sexual activity. (Buchu, Wild Rose Hips, White Pond Lily, Pumpkin, Knitbone).

P.A.-K - Poison Antidote by Kim Schlessinger, counteracting poisons from bacteria and or viruses and poisons in general, possess potent antibiotic properties. (Echinacea, Golden Seal, Virginia Snake Root).

PAPAYA MINTS - Gentle digest aid, indigestion, hiatal hernia. (Papaya, Peppermint Leaf, Spearmint Leaf).

Parsley - Autonomic nervous system, fluid retention, diuretic, breath cleaner, scalp parasites, dry up mother's milk, swollen breasts, deodorant, iron source, potassium source.

Partridge Berry - Ease delivery, last four weeks of pregnancy, sore nipples, regulate menstrual cycle, venereal dis-ease.

Passion Flower - Menopause, sciatica, stiff neck, delirium tremens (alcoholic terrors), dermatitis, insomnia.

P.C.-C - Prevents, Cures, think Essiac tea, bad cells, corrects the blood and liver functions, provides a continuing poison antidote effect. (Burdock, Slippery Elm, Turkey Rhubarb, Sheep Sorrel, Marshmallow Root).

Peach Leaves - Eliminate bad breath, bladder infection, stomachaches, deafness, urinary problems, stress, whooping cough, herpes (virus blisters), itching and inflammation.

Pennyroyal - Menstrual cramping, suppressed menstruation.

Peppermint Leaf - Oxygenator, antispasmodic, stomatic, stimulant, nervine, cardiac, tonic, febrifuge (reduces fever), aromatic (smells and tastes good). For sagging stomach after birth or weight loss add Buckthorn.

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Peppermint Oil - Eases headaches, cooling, oxygenating, refreshing, cuts mucus in throat and drains sinuses.

Pipsissewa - Viral infections, baffling disorders, blood poisoning, lower back pain, venereal dis-eases and venereal warts.

Plantain - Draws out foreign objects, viral infections, antibiotic, blood poisoning, fever blisters, herpes, canker sores, cold sores, enriches mother's milk.

Pleurisy Root - Hardening of the arteries, high blood pressure, expels fluid from lungs around the heart, venereal dis-ease problems, warts.

P.M.S.-W - Pre-Menstrual, normalizes estrogen levels, provides calcium and minerals to relieve cramping, headaches, fluid retention, depression, calms nerves. (Dong Quai, Gravel Root, Red Raspberry Leaf, Partridge Berry, Blessed Thistle, Black Cohosh, Wild Yam).

P.N.-W - Prenatal, promotes normal development, prevents miscarriage, nourishment for expectant mothers, builds strong uterus. (Red Raspberry Leaf, Blessed Thistle, False Unicorn Root, Crampbark, Ginger, Partridge Perry).

Potentilla - Epilepsy, seizures, teeth, gums and plaque, general repair.

Prickly Ash - Overall stimulant, cardiac stimulant, alterative, deobstruent (dissolves obstructions), antiseptic, sialagogue (moistens dry mouth), nervine.

Protein - Longevity, baffling disorders, building body repair, injury, "bad cells" disorders and tumors, diabetes.

Psyllium Seed Husk (CAPSULES) A stool softener and lubricant. (100 ct.)

P.T.B. - Bee Prevents Tuberculosis by Micki Jones. (Bee Pollen, Myrrh, Juniper Berries, Indian Tobacco, Scullcap, Horehound).

Pumpkin Seed - Worms, pinworms, male fertility and virility, foot odor, white spots under nails, selenium source, zinc and copper source, Muscular Dystrophy.

Purple Loosestrife - Eyes, secretory glands and organs, nervous system.

Pygeum Bark - Reduces inflammation of the male prostate, normalize hormonal activity.

Q.N.-R - Quiet Night by H. Rasheed, snoring, keeps breathing passages open while sleeping. (Chestnut Leaf, Gotu Kola, Gravel Root, Indian Tobacco, Bitter Orange).

Quack Grass - Baffling disorders, kidney and urinary systems, gout, selenium source to eat free radical poisons.

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Quince - Skin care, hair.

Red Clover - Sialagogue (moistens dry mouth), deobstruent, alterative, sedative.

RED CLOVER BLEND - Bad Cells, blood cleanser, tumors, lymphatic, skin disorders, kidneys. (Red Clover, Greasewood, Buchu).

Red Raspberry Leaf: Pregnancy, enriches mother's milk, prenatal, strengthen uterus, niacin source, iron source, manganese source, selenium source, healthy elastic connective tissues, wrinkle control.

Red Root (Blood Root) - Gum dis-ease, plaque, apply externally to gums to clean teeth roots, skin disorders, high blood pressure, yellow skin, apply externally to eczema.

Reishi Mushroom: "Bad Cell" disorders and tumors and preventative, high blood pressure, build immunity, viral infections.

REMEMBER WHEN - Restoring your youth, and memory. (Gotu Kola, Gingko, Bladderwrack, Chlorella, Black Cohosh, Wormseed).

RESEARCH FORMULA - Antibiotic, energy, balance, solar plexus, prevents infection, fatigue. (Sea Vegetables and Algae with Minerals).

Rice Bran - Energy, sense of well-being, hypoglycemia (low blood sugar), sore tongue, stress, Vitamin-B Complex, CO-Q 10 source, allergies, calms nerves.

Rosemary - Arthritis, hair, night sweats, nightmares, baffling disorders.

Royal Jelly - Energy, glandular nourishment, hormone replacement, menopause, aged skin, nourish skin, stress, Vitamin-B Complex, pantothenic acid.

R. & S.-W - Rest and Sleep, insomnia, calms nerves. (Valerian Root, Blue Vervain, Lady's Slipper, Chamomile, Scullcap).

R.S.T.-C - Blend to Repair of Scar Tissue by Pat Courter. (All Cells Salts, Chickweed, He Shou Wu, Skunk Cabbage, Oriental Mustard Seed).

Rue - Repair connective tissue, carpal tunnel syndrome, sprains and aches, serious injury, falling sickness, whooping cough, croup, glandular swelling, worms, brings on period, vision and hearing.

Rupturewort - Ruptures, kidneys and urinary system.

Safflowers - Iron source, sweats out a fever or cold, gas and bloating.

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Sage - Sweats out poisons, brain stimulant, sex stimulant, restores hair and hair color, balance Zinc and Copper.

Sanicle - Discutient (tumor dissolver), alterative, depurative (purifying), vulnerary (healing), astringent.

Sarsaparilla - Allergies, lungs, glands, skin, stamina, blood clots, anti-stress, sense of well-being, energy, hormone replacement, female problems, venereal dis-eases, dermatitis.

Sassafras - Allergies, dissolve and prevent blood clots, blood thinner, hangovers, poison ivy, poison oak.

Saw Palmetto - Hair, hormone replacement, development, increase breast size, prostate problems, testosterone source, testicle size.

S.B.-T - Super Bug for the immune system by Joan Thompson. (Grape Seed, Echinacea, Mugwort, Sanicle).

S.C.-W - Skin Care, softening and toning and nourishing of the skin. (Whole Apricot, Black Cohosh, Quince, Saw Palmetto, A.C.S., Herbal Adjustment, Echinacea, Wheat Germ, Wild Rose Hips).

Scullcap - Nervine, calms and repairs nerves, hyperactivity, antispasmodic, antivenomous, insomnia, antiviral.

S.D.-R - Stone Stone Dissolver by Ruben Schwartz, kidney, bladder. (Stone Root, Gravel Root, Marshmallow Root, Hydrangea Root).

Senna - Bowel cleaner-regularity, magnesium source.

Sheep Sorrel - Longevity, cure for scurvy, "bad cell" disorders and tumors, balance glandular system, Vitamin C-Complex.

Shepherd's Purse - Stops bleeding, blood in urine or and stool, diarrhea, kidneys and urinary system, stops bleeding after delivery, bent penis.

SI.-W - Sinus, liquefy and drain sinuses, relieve sinus swelling and discomfort, hay-fever, allergies. (Bayberry, Golden Seal, Wood Betony, Gentian, Chickweed, Oregon Grape).

SI.A.-R - Brings a more complete approach to the relief of sinus problems. Allergies are often associated with and aggravate sinus conditions by Reuben Schwartz. (Golden Seal, Bayberry, Thyme, Indian Tobacco, Capsicum, Wild Rose Hips, Siberian Ginseng, Licorice Root, Blue Vervain, Black Cohosh, Bitter Orange).

Skin Lotion Plus #101: (SCENT-LAVENDER) - Moisturize, Revitalize skin. (Aqueous Herbal Blend of Horsetail, Pumpkin Seed, Red Raspberry Leaf, Chippewa Pine, Coconut Oil, Natural Vitamin E, Vitamin A & D Fish Liver Oil), Sweet Cassava, Glycine Amino Acid, Lecithin, Essential Oils of Lavender, Juniper and Rosemary). 2 fl. oz. Tube

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Skin Lotion Plus #102: (SCENT-FENNEL-GREEK NUTS) Moisturize, Revitalize skin. (Aqueous Herbal Blend of Horsetail, Pumpkin Seed, Red Raspberry Leaf, Chippewa Pine, Coconut Oil, Natural Vitamin E, Vitamin A & D Fish Liver Oil), Sweet Cassava, Glycine Amino Acid, Lecithin, Essential Oils of Fennel and Greek Nuts). 2 fl. oz. Tube

Skin Lotion Plus #103: (SCENT GRAPEFRUIT & LEMON) Moisturize, Revitalize skin. (Aqueous Herbal Blend of Horsetail, Pumpkin Seed, Red Raspberry Leaf, Chippewa Pine, Coconut Oil, Natural Vitamin E, Vitamin A & D Fish Liver Oil, Sweet Cassava, Glycine Amino Acid, Lecithin, Essential Oils of Grapefruit and Lemon, Essential Oils of Lavender, Juniper, Rosemary). 2 fl. oz. Tube

Skin Lotion Plus #104: (SCENT LEMON VERBENA) Moisturize, Revitalize skin. (Aqueous Herbal Blend of Horsetail, Pumpkin Seed, Red Raspberry Leaf, Chippewa Pine, Coconut Oil, Natural Vitamin E, Vitamins A & D Fish Liver Oil, Sweet Cassava, Glycine Amino Acid, Lecithin, Essential Oil of Lemon Verbena, Essential Oils of Fennel and Bitter Almond). 2 fl. oz. Tube

Siberian Ginseng - Stress, nutrition for adrenal glands, high blood pressure, low blood pressure, high blood sugar, low blood sugar, energy, stamina, reproductive support, jet lag (crossing time zones rapidly).

Skunk Cabbage - Epilepsy, seizures, calms nerves, nerve problems, shaking disorders, Parkinson's Disease, asthma, bronchitis, smoker's cough, allergies.

Slippery Elm - Mumps, canker sores, sore throat, radiation poisoning, niacin source, easy to digest nutrition, baffling disorders.

S.M.F.-B - Stress Maintenance Formula by Dr. Bill Horosh, supplies B-Complex, Calcium, Vitamin C. (Rice Bran, Wild Rose Hips, CA.-W, UR.-W, Pleurisy Root).

S.M. & W.-S - Stimulant for Men & Women by Solomon Wickey. (Sarsaparilla, Pumpkin Seed, Yokum, Wild Yam, Maca, Stone Root).

Solomon's Seal - Bumps, bruises and acne.

Sow Thistle - Stress, energy.

Spearmint Oil; Refreshing, tastes superb, respiratory congestion, fever, apply to swollen gums, sinus, relief from itching including scabies, colic (gas), headache, itching insect bites, irritable bowel, motion sickness, hiccups, nausea, digestive disorders, relax muscle of digestive tract to relieve intestinal cramping, apply to sprains, sore throat, add a few drops to humidifier or vaporizer freshens up the room, antibiotic against germs, fungus and viruses, add few drops to massage oil for refreshing massage experience.

Spikenard - Acne, blood cleaner, gout, reduce uric acid from stress.

Spirulina - Radiation poisoning, radiation protection, Vitamin A source, Vitamin B-Complex source, niacin source, Vitamins B-1 and B-12, magnesium source, protein source, weight reduction.

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Sports Cream Plus Original Formula - Pains in muscles and joints of the body, arthritis, sports injury, sports massage, dissolving and relieving the discomfort of breast lumps, acne. (2oz tube)

Sports Cream Plus Extra Strength - (EXTRA ACTIVE OILS) Pains in muscles and joints of the body, arthritis, sports injury, sports massage, dissolving and relieving the discomfort of breast lumps, acne. (2oz tube).

SPRING GREENS - Spring tonic, iron, sulfur, blood builder, cleans skin, rejuvenating, cleans liver. As seasonally available (As seasonally available) Lamb's Quarters, Inkberry Leaf, Swiss Chard, Collard Greens, Dandelion Leaf, Narrow Dock, Radish Leaves, Kale, Curly Leaf Mustard, Spinach, Horseradish Leaf).

Spring Violet - Stubborn skin problems, ears and throat, headache.

ST.-W - Stomach, ulcers, urinary tract, pain and burning. (Figs, Flax Seed, Bitter Aloe, Dandelion Root).

Stillingia - Lymphatic problems, skin disorders, syphilis, pancreatic digestaid, cystic fibrosis (pancreas disorder).

St. John's Wort - Nerve problems, depression, anxiety, shaking disorders-Parkinson's, Bell's Palsy, bedwetting, white spots.

Stone Root - Shrinks varicose veins, dissolve calcium and or waste mineral deposits, arteries, clean out fat, kidneys and urinary systems, male fertility and virility, prostate problems

Strawberry Leaves - High blood pressure, bowel repair-toner, blood builder and cleaner.

Sundew - Sundew lends us its digestive power to ensure we can digest properly.

Sunflower Seed - Arthritis, Vitamin D-Complex.

SUPERB SUPPLEMENTAL PLUS: (TABLETS) A carefully selected array of supplemental vitamins and minerals and herbs that may help fulfill the nutritional needs of the human diet. (120 tablets)

Superb Wheat Grass Extract - Life Energy Healing, Protein source, nourishing.

Sutherlandia - Improves the workings of the immune system (bone marrow, thymus gland, liver, lymph nodes, spleen and other parts of the body). It assists the body to root out and clean out viruses wherever they may be in the body, no matter how long they have been at their destructive work.

SUTHERLANDIA COMBINATION - The mischief caused by viruses and their poisons can be unraveled and corrected. Sutherlandia also works on the tumor causing viruses called retroviruses.) Spring tonic, iron, sulfur, blood builder, cleans skin, rejuvenating, cleans liver. (Sutherlandia, Virginia Snake Root, Cascara Sagrada, Bee Pollen).

Sweet Root: "Bad Cells", tumors and prevention, digestaid, build immunity, prevent flu, allergies.

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T.-W - Thyroid, organic iodine, goiter, fibroid tumors, ovarian cysts, edema, salt cravings, warms up hands and feet. (Dulse, Bladderwrack, Wild Lettuce, Irish Moss).

Tansy - Kill parasites, duodenal ulcers, bruises and freckles, heart palpitations, brings on period.

Tart Cherries Extract - Natural source of Melatonin, helps unclog arteries and also been shown to be effective in shrinking tumors.

T.G. & P.-W - Teeth, Gums, Plaque, cleans roots of teeth and corrects swollen gums, dissolves plaque, mouth rinse. (Blood Root, Myrrh, White Oak Bark, Marshmallow, Mullein, Mugwort, Indian Tobacco, Scullcap, Knitbone, Black Walnut Hulls, Gravel Root).

THREE BEES - Energy, antibiotic, chronic fatigue, invigorates entire system. (Bee Pollen, Bee Propolis, Royal Jelly).

Thyme - Calms nerves, antibiotic, worms, suppressed menstruation, deodorant, iron source, whooping cough.

T.L.C. - Blend for Throat, Laryngitis, by Pat Courter. (Bayberry, Virginia Snake Root, D.-W, Bee Pollen "Special", Bee Propolis, Bilberry).

TRQ.-RH - Depression, mood swings, restlessness, emotional outbursts. (St. John's Wort, Valerian Root, Passion Flower, Hops, White Willow Bark, Kava Kava, Chamomile, Red Raspberry Leaf, Rice Bran, Brewer's Yeast, Rosemary, Angelica Root, Anise, Peppermint Leaf, Chickweed, Licorice, Scullcap).

True American Ginseng - Glandular nourishment, stamina, build immunity, viral infections, oxygenation, germanium source, selenium source, longevity.

True Saffron - Menopause, dark clots during flow, baffling disorders, appetite, bloating, regulate hormones.

Turkey Rhubarb - Acute diarrhea, constipation, (adaptigen), hemorrhoids, relaxed digestive organs, duodenum, dry mouth.

Una De Gato - Arthritis, rheumatism, bad cells, gastritis, irregularities of the female cycle, build immunity.

UNIVERSAL E.R.: Support Emotional Remedy, resentment, hatred, cleansing emotionally and physically, dwelling on thoughts of the past, shock, mental stress, tension, panic, desperation, inattention, unconsciousness, Dr. Back's flower essence works. (Support Group, Willow, Holly, Crab Apple, Honeysuckle).

UNIVERSAL E.R W/ASPEN - Fear of unknown origin. (Support Willow, Holly, Crab Apple, Honeysuckle, Aspen).

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UNIVERSAL E.R W/GORSE - Dealing with the feeling of hopelessness. (Support Group, Willow, Holly, Crab Apple, Honeysuckle, Gorse).

UNIVERSAL E.R W/MIMULUS - Fear of anxiety. (Support Group, Willow, Holly, Crab Apple, Honeysuckle, Mimulus).

UNIVERSAL E.R W/WILLOW - Dealing with feeling of resentment. (Support Group, Holly, Crab Apple, Honeysuckle, and double Willow).

U.R.-W - Urinary, infections stones, bedwetting. (Cornsilk, Uva Ursi, Gravel Root, Buchu, Yarrow).

Uva Ursi - Infections of bladder, antibiotic for the entire urinary system, chronic gonorrhea, female white mucous discharge, astringent, tonic, kidney gravel.

VANE EAZE - Gives relief from the swelling, itching, burning and throbbing of varicose veins & hemorrhoids. 2 oz tube.

Valerian Root - Calm nerves, sleep when tired, heart regulation and repair, calcium source, studied to make Valium.

Vinca : Leukemia, "bad cells", high blood pressure, nightmares.

Virginia Snake Root - Heart regulation and repair, increase arterial flow, fevers, viral infections, antibiotic, after-effects of immunization, vaccination complications, pneumonia, poison antidote, venereal dis-ease, baffling disorders, convalescence. (1 ounce only)

VITA-LIXIR - Liquid multi-vitamin supplement entirely from herbs and vegetables, can be applied externally of infants. (Dandelion Leaves, Carrot Roots, Rice Bran, Wild Rose Hips, Raw Sunflower Seeds, Raw Wheat Germ, Gentian, Bee Pollen).

VITAMIN A & D Capsules - (Fish oil source; A 25,000 iu, D 1,000 iu.) Skin, eyes, sweeps out the dead cells, dirty, mucus, and congestive accumulation, sinus, lungs, urinary system, intestines. (60 ct.)

VITAMIN B Capsules: Energy, calm nerves, alterness, for recovery and prevent depression. (100 ct.)

VITAMIN C Capsules: Body Glue, Strengthens the immune system, counteracts the effects of pollution, smoking, antibiotics, steroids and oral contraceptives, nourishes adrenal glands, reduces tension. (1,000MG TR) Immune System. (120 ct.)

VITAMIN E/SELENIUM Capsules - (as d-alpha tocopherol; 400 iu) Circulation, burns, minimize scarring. (60 ct.)

V.M.-W - Vital Minerals, removes obstructions, satisfies cravings for minerals, neutralize and prevents acid, fluid retention. (Kelp, Dandelion, Alfalfa).

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V.V.H.-W - Varicose Veins & Hemorrhoids, stroke repair, restores blood vessels, scar tissue and adhesions in veins, lungs, intestines. (Knitbone, Calendula, Chestnut Leaves, White Oak Bark, Wild Rose hips).

W.-W - Worms, kills parasites of all types. (Mugwort, Male Fern Root, Pumpkin Seed, Black Walnut Hulls, Cascara Sagrada).

Wahoo: Lazy or polluted liver, strengthen uterus and vaginal area, vision and hearing.

Wheat Germ - Canker sores, oxygenation, poison antidote, fertility male and female, skin care, vision and hearing, Vitamin E-Complex, CO-Q 10 source, protein source, longevity, antioxidants, baffling disorders, bones and soft tissue, cleans out arteries, varicose veins, heart regulation and repair, nourish eyes and maintain eyesight, prevent nearsightedness, hormone replacement.

White Oak Bark - Antibiotic, fistula (abnormal tube growth between body parts), prolapsed (fallen) rectum, prostate, varicose veins, stones, drain sinuses.

White Pond Lily: "Bad Cells", tumors, prostate, combats Candida, yeast problems, aphrodisiac.

Whole Apricot - Glandular areas, "bad cells" preventative, Vitamin B-17 source, moles.

Wild Cherry Bark - High blood pressure, colds, coughs, whooping cough, breathe easier, expel mucus, tuberculosis.

WILD CHERRY BARK "SPECIAL" - By Alan Pfund, coughs, colds, sore throat. (Wild Cherry Bark, Wild Rose Hips, Bilberries).

Wild Lettuce - Relief of pain in association with any disorder including migraines.

WILD LETTUCE/WOOD BETONY - Relief for pain, migraines, restlessness. (Wild Lettuce, Wood Betony).

Wild Rose Hips - Longevity, baffling disorders, bones and soft tissue, bumps, bruises and sprains, convalescence, cure for scurvy, gum dis-ease, plaque, hemorrhoids.

Wild Yam - Hormones, zinc source, the fertility of women, progesterone, preventing the onset of some "bad cells". Give for spastic hiccoughs, rheumatism (sore joints), hardened liver, diarrhea or cholera (frequent dehydrating bowel discharges resulting in extreme dehydration, and usually death, if not handled properly). Taken throughout pregnancy to prevent miscarriage or other problems.

Willow - Natural aspirin, pain reliever, blood thinner, prevent blood clots, sore eyes, typhoid fever.

Wintergreen Oil - Natural Aspirin, Fibromyalgia, Rheumatoid Arthritis, joint, muscle, tendon, bone and nerve pain. Astringent, expels mucus, relieves gas, stimulant, brings on stubborn menstrual flow.

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W.L.-S: (liquid or capsules) Is an approach to weight loss that has not been seen before by Solomon Wickey. Available in liquid or capsules. (Chickweed, Blue Vervain, Greasewood, Bladderwrack, Capsicum and Dandelion Root). (100 ct.)

W.L.-W - Weight Loss, dissolves fat, clears out debris, curbs appetite, arteriosclerosis, cholesterol. (Chickweed, Gentian, Siberian Ginseng, Dulce, Dandelion Leaf, Licorice Root, Cascara Sagrada).

Wood Betony - Pains of the head & face, cataracts (poor circulation to the lens of the eye causing it to turn cloudy and blurring vision), or in the case of glaucoma, depression & migraine headaches, mental sharpness returns & brain coordination.

Wormseed - Killing and expelling hookworms, deafness due to brain disorder is reversed, as well as ringing in the ears, Asthma, pressure in the uterus, convulsions, epilepsy, pain on the side of the head, repairs damage from stroke, paralysis and pain in the shoulder blade. One of the most curious properties of Wormseed is to conquer the condition of aphasia (uh-faze'-yuh), where a person cannot express themselves properly through speech or has loss of verbal comprehension.

Yarrow - Vulnerary (healing), stimulant, tonic, incontinence, fistulas, Bright's Dis-ease, (large bubbles on the surface of urine), diuretic, high blood sugar.

Yellow Dock - Astringent, tonic, scurvy, skin problems, especially itch, lymphatic system, syphilis, spongy gums.

Yerba Santa - Asthma attacks, all-star expectorant herb to cleanse the lungs and throat, colds, fluid in the lungs.

YERBA SANTA COMBINATION - Lung congestion, asthma, laryngitis, bronchitis, mucus or fluid in lungs or throat. (Yerba Santa, Indian Tobacco, Mullein).

Yokum - Proven aphrodisiac (produces sexual desire and strength), carries blood to the pelvic area; stimulates the spinal nerves, stimulant to the parasympathetic nervous system** (resulting in profound emotional feelings), impotence & frigidity; hot flashes during menopause.

YTH.E.-I - This unique combination was formulated by Herbalist Sandra Inman for the young and the young and heart. (Spirulina, Bilberries, Alfalfa, Royal Jelly, Wild Yam, Irish Moss, Papaya Mints, Yucca).

Yucca - Joints are lubricated and strengthened and elasticity is restored. There is some indication that part of Yucca's work may be accomplished by detoxifying or neutralizing the poisons given off by unfriendly colon bacteria or flora, which inhibit the manufacture of healthy cartilage, as well as providing lubrication for the joints.

Z.C.B.-J - Zinc and Copper Balancer by Jake Schwartz, Muscular Dystrophy. (Scullcap, Sage, Dandelion Root, Plantain, Chippewa Pine, Blue Vervain).

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