

Wolf Creek Ranch

Ingredients List

Benefits and Properties of Ingredients:

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Aloe Vera: finds wide usage in many herbal applications and remedies. Aloe gel is a very potent wound healing agent and is used both as a topical medication as well as an internal herbal remedy for its ability to heal wounds. The gel is also used as a general herbal tonic or cure-all in the treatment of many different disorders and conditions.

Studies confirm that the treatment of different types of skin ulcerations in humans and animals can be carried out using aloe vera gel, the gel can also be used to treat burn and frostbite injuries in animals as well as humans. The value of the cream containing aloe vera in the treatment of frostbite was demonstrated during a study, when it was found that applications of the aloe vera cream manages to preserve the circulation in the skin of the affected person following the frostbite. The rate of wound healing in injured tissues was also found to be accelerated to a great degree by the application of aloe vera gel.

The current scientific consensus about the actual action of aloe inside the body is by its possible inhibition of the compound called bradykinin, this is a pain inducing compound present in the body of individuals. Aloe is also believed to somehow impede the synthesis of another compound known as thromboxane in the affected part of the body, the actions of this chemical mainly impedes the rate of wound healing in burnt tissues on the human body. The bactericidal and fungicidal actions of the aloe gel are also beneficial to the process of healing as it keeps infection at bay in the affected parts of the body.

Amor Seco Leaf: has many applications in the medicine systems of the regions where the plant is native. People in those places have been traditionally using the herb for treating a variety of health conditions including asthma, allergies, malaria, inflammation, gastritis, parasites, viruses, kidney stones, and in the form of a blood purifier and also as a sedative.

Andrographis: also known as "Indian echinacea," andrographis (*Andrographis paniculata*) is an herb long used in traditional Chinese and Indian medicine. Andrographis is popular in Scandinavia as a cold and flu treatment. Andrographis is also said to act as a natural immune-booster.

Angelica Root: Acts as an expectorant for coughs especially those accompanied by fever, stimulates appetite, and eases rheumatic inflammation.

Anise Seed: The herbal remedies derived from the seeds of the anise are famous for their ability to bring about a reduction in gas and bloating affecting a person, they are also able to settle the problems related to digestion. Remedies derived from anise seeds are very commonly used with infants and children to induce relief from cases of colic, and these remedies are also given to people of all ages to help in relieving the symptoms associated with indigestion and nausea arising as a result of different reasons.

Apple Cider Vinegar: is a natural storehouse of vitamins (including beta carotene), minerals, amino acids and beneficial enzymes which contains over 90 different components.

Apple Pectin: Indigestible, soluble fiber, an antioxidant. Helpful in maintaining good digestive health, general intestinal regulator that is used in many medicinal preparations, especially as an anti-diarrhea agent, helps protect against certain diseases, apple pectin has also been known to decrease the chances of colon cancer. Apple pectin helps maintain intestinal balance by cleansing the intestinal tract with its soluble and insoluble fibers, it increases acidity in the large intestines, evidence that the regular use of apple pectin may lessen the severity of diabetes.

Apricot Kernel: Contains small amounts of natural occurring cyanide. Apricot kernel has the highest percentage of B17 in any fruits and it is believed that consuming this seed will help prevent cancer. Vitamin B17, and hence apricot seed, also helps to lower high blood pressure, helps to reduce pain associated with arthritis, and is said to help to maintain the general health and well-being. Hence, it may strengthen the ability to resist infections like colds and flu.

Arnica Flowers: have been used for reducing the swelling and pain of bruises, sprains, muscle/joint problems, and insect bites.

Astragalus: boosts and maintains a healthy immune system. A number of clinical studies have been reported regarding the use of astragalus for colds and upper respiratory infections. Administration of astragalus, given either orally or as a nasal spray may decrease the incidence of illness and shorten the length of its course.

Ashwagandha: aka the 'ginseng' of Ayurvedic medicine. Ashwaganda Root is considered an 'adaptogen', a term used to describe herbs that improve physical energy and athletic ability, increase immunity to colds and infections and increase sexual capacity and fertility.

Balm of Gilead: Stimulant, tonic, diuretic, and antiscorbutic. Also useful for complaints of the chest, stomach, and kidneys, rheumatism and scurvy.

Barley Grass Seeds: Used medicinally to heal stomach and colon disorders, duodenal ulcers, ulcerative colitis and is an effective anti-inflammatory.

Bayberry: The root bark is the part of the plant used medicinally, and Native American tradition contains many references of its uses to support various structures and functions in the body. Many herbalists have highly praised the usefulness of bayberry and some of them have even asserted that this herb is the most valuable medication in herbalism or botanic practice. Bayberry has been used to support and modulate a healthy immune response. Bayberry has also been used to support respiratory function. Bayberry is useful in the treatment of diarrhea, chronic gastritis, jaundice, scrofula, etc. It is also a good remedy for excessive menstrual bleeding and uterine discharge. The powder form of Bayberry Root Bark is an effective ingredient of the so-called composition powder that is widely used for sinusitis, asthma, laryngitis, colds and flu. In addition, bayberry formulations are also applied topically in the form of poultices to effectively treat persistent ulcers that do not heal easily.

Beeswax: Beeswax is a substance that is secreted by worker honeybees. Used for cosmetics, salves, body care products, or lotions. Beeswax works well in cosmetic products because of the "wax esters" that exist in both beeswax and human skin and it is these compounds which help to bind and emulsify ointments, lipsticks and lotions. As a natural hydrating ingredient that increases essential moisture in the skin, it is commonly found in hand and body creams that help retain natural skin moisture and in the relief of itching from sensitive skin. Applied to burns and other skin damage Bee's Wax aids in the healing; when mixed with olive oil and other herbs aids in the healing of other skin irritations

Black seed: An overall tonic herb known for its effectiveness on the respiratory system, stomach, intestinal tract, kidney, liver, circulatory and immune system. Anti-parasitic.

Immune stimulant, digestive, detoxifying, expectorant. Black seed provides ubiquitous immune and circulatory effects, as well as support for the pulmonary, gastrointestinal, hepatic, and renal systems. Black seed is a detoxifier of the liver and blood pressure. It improves kidney functions, promotes the secretion or expulsion of phlegm, mucous or other matter from the respiratory tract, including the treatment of bronchial asthma, and promotes the expulsion of intestinal parasites, digestion and elimination.

Black Pepper Fruit: The health benefits of black pepper include relief from respiratory disorders, coughs, the common cold, constipation, indigestion, anemia, impotency, muscular strains, dental disease, pyorrhea, diarrhea, and heart disease. Black pepper helps in transporting the benefits of other herbs to different parts of body, maximizing their efficiency.

Pepper increases the hydrochloric acid secretion in the stomach aiding in digestion. Proper digestion is essential to avoid diarrhea, constipation and colic; pepper also helps prevent the formation of intestinal gas. When added to a person's diet, it can promote sweating and urination, which remove toxins from the body. A number of studies have shown that black pepper may have beneficial effects on gastric mucosal damage and peptic ulcers, due to its antioxidant and anti-inflammatory properties.

In Ayurvedic practices, pepper is used tonics for colds and coughs. Pepper also provides relief from sinusitis and nasal congestion. Pepper is a good treatment for respiratory conditions like asthma or whooping cough due to its properties as an expectorant, as well as its strong anti-inflammatory properties. Pepper has an expectorant qualities aids to break up mucus and phlegm in the respiratory tract. Pepper's natural irritant quality helps you to expel loosened material through the act of sneezing or coughing, which eliminates the material from the body, helping you heal. Pepper's antibacterial properties helps to fight against infections and insect bites. Pepper in the diet may also help keep your arteries clean, acting in a similar way to fiber and scraping excess cholesterol from the walls, thereby helping to reduce atherosclerosis, the condition highly responsible for heart attacks and strokes.

Pepper's antioxidant qualities may repair or prevent damage caused by free radicals, helping to prevent cancer, cardiovascular disease and liver problems. The antioxidant properties help to protect your body from many conditions, even premature aging symptoms, such as wrinkles, age spots, macular degeneration and memory loss.

Black Walnut Hull: Herbalists are most interested in the bark, leaves and nut husks of black walnut. Black walnut hulls contain juglone, a chemical that is antibacterial, antiviral, antiparasitic, and a fungicide. Black walnut is used to treat ringworm, yeast and candida infections. Black walnut hull is one of the best and safest worming agents.

Many parasites do not confine themselves to the intestinal tract. There are at least 1000 species of parasitic organisms that can live in humans, including Giardia, flatworms, hookworms, ringworms, nematodes, and a whole host of fungi. Some invade the liver, and others, such as Cryptococcus gatti, invade the lungs, nervous system, soft tissue, lymph nodes, and joints. Anti-parasitic and anti-fungal herbs such as black walnut can help drive all of them out of the body.

Before vitamins and minerals were commonly used, herbalists were known to use black walnut for a variety of conditions including easing scrofula, ulcers, wounds, rickets, scurvy and as a gargle. In more recent times, Russian military hospitals also used the nut as a cleansing and quick healing medication for wounds and ulcers.

It may also help with lowering blood pressure and cholesterol levels. The black walnut hull's tannin content is thought to help shrink the sweat glands and reduce excessive sweating. It may also help with menorrhagia and diarrhea. Other uses include:

- ❖ aiding digestion
- ❖ helping relieve colic
- ❖ helping relieve heartburn
- ❖ helping relieve flatulence
- ❖ stimulating bile flow
- ❖ easing pain in spleen
- ❖ balancing blood sugar levels
- ❖ warding off heart disease
- ❖ combating malaria
- ❖ helping with syphilis
- ❖ helping with skin conditions such as boils and acne

Blessed Thistle C Helps the flow of gastric juices relieving dyspepsia, indigestion, and headaches. It stimulates the flow of bile, which cleanses the liver, an anti-inflammatory and cellular regenerator. Detoxifies and cleanses the liver.

Blessed thistle has numerous therapeutic properties. This herb is an excellent bitter tonic that stimulates the secretions in the stomach, intestines and the gallbladder. In addition, blessed thistle has been used traditionally to treat intermittent fevers. Blessed thistle possesses gentle antibiotic and expectorant properties, and can be used to prepare a balm to heal sores and wounds.

Blessed thistle is an extremely beneficial herb, especially for women. This herb is prescribed to alleviate painful menstruation and for menstrual headaches. Blessed thistle helps to hasten suppressed periods, this herb ought to be avoided by pregnant women. Blessed thistle may also be useful when any woman has problems during menopause, for instance, profuse hemorrhage. The bitters present in blessed thistle augment the appetite and facilitate digestion, at the same time, invigorating the liver as well as the flow of bile. In addition, blessed thistle is an excellent medication for treating anorexia, gas, indigestion, colic and any other health condition related to the slow functioning of the liver. The astringent action of this herb is beneficial for curing diarrhea.

The bitters present in blessed thistle have exhibited to possess antimicrobial action and are effective for supporting the functioning of the immune system. In addition, blessed thistle has also established that it works in the form of an anti-neoplastic, obstructing the development of atypical cells, proving to be helpful in treating cancer. Blessed thistle also possesses diuretic properties and when it is taken in the form of a hot infusion, it is effective for fevers as well as an expectorant for easing chest problems.

Blueberries (Bilberries): Bilberry has a long medicinal history in Europe; bilberries have been used to treat anything from kidney stones to Typhoid fever. During World War 2, British pilots noted that ingesting Bilberry jam before a flight dramatically improved night vision, modern research now supports these claims.

Bilberry contains anthocyanosides which are potent antioxidants that strengthen blood vessels and capillary walls, improve red blood cells, stabilize collagen tissues, such as tendons, ligaments and cartilage, and can aid in lowering cholesterol. Bilberries also increase retinal pigments that allow the eye to tolerate light. In addition, bilberry helps to maintain the flexibility of red blood cells, allowing them to pass through the capillaries and supply oxygen. The herb acts as a vasodilator, opening blood vessels and lowering blood pressure. Since the eyes have a high concentration of

capillaries, bilberry may be particularly helpful in improving eyesight. Bilberry has been known to improve night vision, slow macular degeneration, prevent cataracts and diabetic retinopathy. Scientific studies have shown improvement in the eyesight, circulation, angina, stroke and atherosclerosis. It has also been used to improve varicose veins and has anti-aging effects on collagen structures.

Recent research showed that Bilberry extract has promising anti-ulcer activity, both preventive and curative. It also has shown anti-cancer properties in animal experiments. When administered to diabetes patients, Bilberry normalized capillary collagen thickness and blood sugar levels in humans and animals.

Blood Root: In modern herbal medicine, bloodroot is primarily used as an expectorant, which encourages coughing as well as cleansing the accumulated mucus in the respiratory tract. In addition, this herb is also prescribed for treating chronic bronchitis and, since this herb possesses antispasmodic actions, it has been used to treat asthma and whooping cough. Bloodroot can be used in the form of a gargle to treat sore throats or as a rinse or lotion for healing viral and fungal skin infections, warts and athlete's foot.

Bloodroot extracts have been extensively used as an ingredient in toothpastes to combat infection of the gums, such as gingivitis, as well as to lessen the formation of plaque. The Food and Drug Administration (FDA) has approved the use of bloodroot in toothpastes for the reasons mentioned here.

Bloodroot is an effective herb for skin disorders through external applications. Salve prepared with bloodroot or a paste of the herb is used cure for numerous skin complaints, warts, inflammations, skin tags and even tumors. In addition, the essential oil yielded by the herb has been found to be very effective for skin lesions and tags. In traditional herbal medicine, small doses of bloodroot extract have been used to alleviate bronchial infections and sore throats. People have used the extract for common colds, pneumonia, emphysema, whooping cough and sinus congestion.

Boneset: an excellent remedy for colds and congestion; treats colds by raising body temperature to kill the colds virus, but it also treats fevers by inducing perspiration to lower body temperature. The polysaccharides in boneset activate T-cells to fight bacterial infections. English folklore notes that the leaves can be burned to get rid of wasps and flies. Civil war troops were known to use it before the advent of aspirin for aches and fever.

Boswellia Gum: anti-inflammatory; reduces pain, swelling, mucus and inflammation in the lungs, intestines and joints. Boswellia has been used extensively in Ayurveda for joint support. Popular with herbalists to aid in treatment of arthritis. Boswellia supports the body's natural inflammation response; supports the normal function of the body's connective tissues. Boswellia supports normal functioning of the joints, normal flexibility of the body. Boswellia provides relaxation and soothing relief.

Bromelain: Anti-inflammatory, digestive support, antihistamine, mucolytic. Anti-inflammatory properties that make it useful for treating arthritis and other aches and pains. Bromelain assists with the breakdown and digestion of proteins, useful in allergies and helps produce mucus.

Brown Mustard Seed: Used in fevers, colds, influenza with anti-parasite properties.

Burdock Root: Brings the body into systemic balance, good for rheumatic complaints, stimulates digestive juices, helps strengthen vital organs especially the liver, pancreas and spleen. Promotes the flow of bile, eliminates excess fluid in the body, blood cleansing, purifying, absorbs toxins from the bowel, and improves digestion.

Butternut Bark: is a close relative of the black walnut and the two are often combined in herbal preparations. Butternut is effective in reducing the levels of LDL cholesterol, while promoting the elimination of waste materials from the liver, lessening the load on the liver. An infusion prepared with the inner bark of this tree is used in the form of a febrifuge, cholagogue, stomachic as well as a gentle laxative. When taken in small doses, this infusion is very effective and does

not result in cramps. An infusion prepared with the dried out external bark of butternut tree is used for treating toothache as well as dysentery. The oil extracted from the nuts (fruits of the butternut tree) is used for treating fungal infections as well as tapeworms.

Catnip Leaf: Catnip is a beneficial herb for all types of infections, including colds flu and fevers. Tea made from catnip will make you perspire profusely, alleviating fevers and working as a decongestant. Catnip should be taken at the first sign of a cold or flu. Traditionally, catnip has been used when treating asthma or bronchitis.

Catnip tea can also be used as a calming, sleep aid having an effect much like Valerian root. This calming effect can even be seen in the digestive tract, alleviating tension, gas, colic, indigestion, diarrhea and pain; catnip may be used with infants for these same conditions.

Due to Catnip's relaxing effects, benefit many areas of the body. The herb can also be used to alleviate tension headaches. Catnip is useful in regulating menstrual periods and alleviates pain, stress and tension caused by menstrual period.

Catnip possesses antiseptic attributes which are effective in treating skin infections. This herb contains high levels of tannins which help to accelerate the process of repairing damaged tissues and stop hemorrhages from grazes and cuts. The tannins are also useful in curing burn injuries and scalds, insect bites, piles and skin problems accompanied by inflammations.

Cat's Claw Bark: Immunostimulant, anti-inflammatory, antioxidant, antimutagenic, hypotensive and vasodilating, antiulcerous, antiviral, contraceptive, analgesic, anticoagulant, antidysenteric, detoxifier, diuretic. Used as a bowel cleanser, an anti-inflammatory for arthritis, muscle and joint pain, strains and injuries; for colitis, diverticulitis, irritable bowel syndrome, an immune stimulant, and in a wide array of other treatments.

Traditional herbalist and indigenous healer in South America use the cat's claw for all types of infectious diseases, cancerous disorders and inflammation Cat's claw has been used as an alternate preventative and as an alternative treatment option for disorders such as cancer, HIV, arthritis, asthma and ulcers, as well as other long-term, persistent inflammatory illnesses.

Cedar Berry: Traditionally Cedar Berry is used for numerous ailments due to its natural antibacterial, antiviral, diuretic, and antiseptic properties. Inhaled essential oil from Cedar Berry has been traditionally used to treat bronchitis and as a pain reliever.

When ingested Cedar Berry is used for many maladies. Cedar Berry soothes the gastrointestinal system by alleviating inflammations and increasing the production of stomach acids. This is helpful for conditions such as upset stomach, gas, bloating, loss of appetite, gastrointestinal infections and intestinal worms. Cedar Berry's diuretic properties assists the kidneys to flush toxins out of the body. In addition, Cedar Berry's antiseptic properties disinfects the urinary tract providing relief from urinary tract infections, urethritis, kidney stones and bladder stones. Cedar Berry also helps to reduce fluid around the joints. Cedar Berry is high in natural insulin lowering the blood sugar levels. Cedar Berry also assists in healing the pancreas.

Cedar Berry applied topically can alleviate many skin ailments and conditions; these include acne, athlete's foot, warts, skin growths, cystitis, psoriasis and eczema. Due to its antibacterial properties Cedar Berry has been used for wounds and snakebites. Topical applications can also provide relief for joint and muscle pain.

Cayenne Pepper: Cayenne (or paprika) peppers are often used as a natural fat burner and pain killer with anti-inflammatory properties. A stimulating stomachic. Cayenne improves circulation, aids digestion by stimulating gastric juices, stimulates the appetite, reduces inflammation, is a mild stimulant or tonic, improves metabolism, relieves gas,

colds, chills, and stops bleeding from ulcers. Cayenne Pepper benefits the kidneys, lungs, spleen, pancreas, heart, and stomach. Cayenne is used to boost the immune system, aid digestion, nausea, herpes, shingles, pleurisy, Raynauds disease, pleuritis and pericarditis.

Cayenne is often used as a tonic for the heart, kidneys, lungs, pancreas, spleen and stomach, and has been indicated for preventing heart disease, sometimes preventing or lessening the effects of a stroke. Cayenne can be used as a general stimulant to build up resistance at the beginning of a cold, tonsillitis, laryngitis, hoarseness, shingles, and for swollen lymph glands.

Recently, cayenne has been used successfully to treat patients with cluster headaches, a particularly painful type of headache. Studies have also shown that Cayenne Pepper can raise metabolic rates by as much as 25%. Used with Lobelia it can also help soothe nerves.

Cayenne may be used internally or externally to treat arthritis, bunions, psoriasis, and muscle and joint pain. Used externally in a liniment or added to a moisturizer cream can be massaged into the skin to increase blood flow to afflicted areas.

Cayenne taken internally as capsules, or dried powder added to food or as a tea can be taken for stomach and bowel pains or cramps. Small quantities of the fresh fruit or the powder may stimulate appetite and expel worms.

Chamomile Flowers: Chamomile's best known use is in tea form as a mild, relaxing sleep aid it has been used since Ancient times for this calming effect. Chamomile also possesses anti-inflammatory properties as well as acting as an antipeptic, antispasmodic, antipyretic, antibacterial, antifungal, and anti-allergenic activity.

Traditionally, Chamomile has been used traditionally for asthma, colic, fevers, inflammations, nausea, nervous complaints, children's ailments, skin diseases, colds, stomach ailments and cancer. Chamomile may be used internally or externally.

Recent and on-going research has identified chamomiles specific anti-inflammatory, anti-bacterial, muscle relaxant, antispasmodic, anti-allergenic and sedative properties, validating its long-held reputation. This attention appears to have increased the popularity of the herb and nowadays Chamomile is included as a drug in the pharmacopoeia of 26 countries.

Chaparral Leaf: Anti-bacterial, anti-fungal, anti-microbial, anti-inflammatory, antioxidant, analgesic, anti-diarrheal, diuretic, emetic. It is thought to be a useful herb in fighting the symptoms of cancer and is often recommended by herbalists when cancer is diagnosed in the stomach, liver, or kidneys. This is due to the powerful antioxidant properties of the herb. Some studies have been carried out that suggest the herb may be able to inhibit tumor growth.

Chia Seed: Consumption of plant-based foods of all kinds has long been associated with a reduced risk of many adverse health conditions including obesity, diabetes, heart disease and overall mortality. Maintaining a diet high in plant-based foods has also been shown to support a healthy complexion, increased energy, and overall lower weight. Among all plants, chia contains the maximum amount of omega-3 fatty acids and omega-6 fatty acids; Chia is the best source of this nutrient in the entire plant kingdom. As chia contains elevated amounts of omega-3 fatty acids, it is very useful for lowering low-density lipoprotein (LDL), also known as "bad" cholesterol, as well as triglycerides.

Chia is an excellent food for women during pregnancy as well as nursing mothers, as it facilitates the growth as well as restoration of tissues.

Chia seeds are also beneficial for people suffering from hypertension (high blood pressure), as they work to bring down the blood pressure. As our body does not possess the aptitude to synthesize essential fatty acids (EFAs), it is extremely

vital that we acquire enough of these nutrients to adequately support the cardiovascular, immune, and reproductive as well as nervous systems.

Chia seeds inhibit the pace of complex carbohydrates digestion and their subsequent assimilation into our body. These seeds also contain soluble dietary fiber, which aids in keeping the glucose levels in the bloodstream stable, thereby releasing a stable as well as sustained level of energy all through. A study undertaken on people suffering from diabetes showed that after they took chia seeds regularly for three months, their blood became thinner, and was also less inclined to form clots. At the same time, their blood pressure reduced considerably.

Chia is also said to be beneficial for people with arthritis. Several people suffering from arthritis have asserted that taking chia seeds regularly for a few weeks helped to reduce the pain and inflammation associated with the condition. Omega-3 fatty acids are effective for lubricating the joints and also maintaining their suppleness.

Like psyllium, chia seeds swell manifold when they are soaked and this action facilitates the cleansing as well as soothing of the colon. The seeds take up toxic substances from the colon and, at the same time, reinforce the colon's peristaltic action (contraction and relaxation of the muscles). Regular elimination is also good for eliminating toxins from the body.

Chia seeds are also a wonderful natural resource of antioxidants. In fact, it contains several times more antioxidants compared to freshly obtained blueberries. In addition to antioxidants, chia seeds are full of fiber, magnesium, zinc, iron and calcium.

Chickweed: Among herbalists, Chickweed is best known for its ability to cool inflammation and speed healing for internal or external flare-ups. Chickweed poultices may be useful for cooling and soothing minor burns, skin irritations, and rashes particularly when associated with dryness and itching. Many herbalists believe ingestion of Chickweed by companion animals assist in the expulsion of hair balls, and sooth the digestive tract. Chickweed is also traditionally used as a spring tonic cleanse the blood.

Used as an herbal ointment, poultice, or cream chickweed herb is generally used in the treatment of external disorders such as skin irritations. Chickweed is believed to soothe and alleviate the itchiness caused by skin issues. External disorders such as eczema, problems like varicose veins, and disorders such as nettle rash are treated using the herbal remedies made from the chickweed. Many bathe in chickweed fortified bathwater, the emollient properties and anti-inflammatory effects of chickweed relieve symptoms of skin disorders as well as rheumatic joints.

Many types of chest ailments can also be treated by consuming concoctions made from the chickweed herb. Digestion is also aided by taking remedies made from the chickweed especially when this is done in small quantities or at minimal doses over a long period. As a detoxification agent, remedies made from chickweed are equal to other herbs, including burdock in its blood cleansing ability.

Chlorella Microalgae: Chlorella is a blue-green algae, similar to spirulina. Studies have shown that Chlorella benefits the entire body by supporting healthy hormonal function, good cardiovascular health, helps to negate the effects of chemotherapy and radiation, lowers blood pressure and cholesterol, and aids in the detoxification of our bodies. Chlorella has been shown to strengthen the immune system in a number of ways - from boosting immune cell numbers to increasing production of powerful immune chemicals like interferon.

It is important for your overall health and wellness to be proactive in detoxing heavy metals and toxins. One of Chlorella's most significant health benefits is that it wraps itself around these toxins residing in our bodies including lead, cadmium, dioxin, nickel, mercury, and uranium and keeps them from being reabsorbed. In a Japanese study, chlorella helped cadmium-poisoning victims get rid of the heavy metal at 7 times the normal rate. Clinical research has also

shown chlorella removed mercury from the bowels, blood and cells. Regular consumption of Chlorella helps to keep heavy metals from accumulating in the body's soft tissues and organs.

The brain needs B12 to stay healthy. Chlorella supplies the body with the only form of this vitamin your body can use. In fact, it is one of the few plant sources on the planet of this active form of B12. Clinical research has also shown chlorella helps seniors boost their recall. Chlorella's B12 is also essential for heart health. Vitamin B12 is linked to healthy arteries and blood cell counts. Chlorella has also been linked to maintaining healthy cholesterol levels and healthy blood pressure levels.

Chuchuhuasi Extract: Chuchuhuasi is commonly used for its effects on symptoms of arthritis and rheumatism and for back pain. It is a muscle relaxant and is thus effective at relieving sore muscles. Extracts show analgesic properties as well as anti-inflammatory activity. It inhibits production of the enzyme protein kinase C (PKC), which is indicated in the development of health problems including arthritis.

Chuchuhuasi shows anti-diarrheal effects, and is also used for stomach aches, upset stomach, and hemorrhoids. Women benefit from using chuchuhuasi from pain and discomfort associated with the menstrual cycle, and it is also an effective herb for adrenals. Natives use chuchuhuasi for bronchitis and asthma, perhaps because of its anti-inflammatory effects. Some of the substances in chuchuhuasi have demonstrated anti-tumor activity, and a decoction is used as a tonic for the immune system. It can increase the ability of immune cells to attack bacteria and other invading organisms.

Cinnamon: Cinnamon has been consumed since 2000 BC in Ancient Egypt, where it was very highly prized (almost considered to be a panacea). In medieval times doctors used cinnamon to treat conditions such as coughing, arthritis and sore throats. Modern research indicates that cinnamon may have some beneficial health properties. Cinnamon can be used to help treat muscle spasms, vomiting, diarrhea, infections, the common cold, and loss of appetite. Cinnamon may lower blood sugar with type 1 or type 2 diabetes. Cinnamon can help fight against bacterial and fungal infections. Researchers have discovered that cinnamon may help prevent Alzheimer's disease, an extract found in cinnamon bark contains properties that can inhibit development of the disease.

Cloves: Anti-parasitic, anti-septic, anti-spasmodic, stimulant. Clove has a positive effect on stomach ulcers, stops vomiting, relieves gas, simulates digestion, kills parasites, exhibits broad anti-microbial properties, effective against fungal infections, pain reliever, tonic, and carminative. The aromatic flowers and oil of clove has been used for culinary and medicinal uses for centuries; over the course of centuries clove has been used to treat worms and internal parasites.

Coffee Bean: eases an asthma attack. It can also be used as a decongestant when stuffed up with a cold or flu. Caffeine relieves pain.

Coffee, high in antioxidants, offers a host of benefits, according to research studies, including reducing the risk of several medical conditions such as diabetes and Parkinson's disease.

Coffee might reduce the risk for diabetes, a study found that coffee consumption reduced levels of interleukin and isoprostane, both biomarkers of inflammation. Furthermore, the study revealed that subjects improved their HDL, or good cholesterol, while decreasing LDL, or bad cholesterol.

It has also been found that coffee may reduce the risk of some forms of cancers, including liver and prostate cancer.

Colloidal Silver: Colloidal silver is an effective natural antibiotic alternative that works for all beings.

Comfrey: Traditionally, Comfrey is widely used for a number of conditions. Comfrey can be used both externally and internally as a tea or a combined plant infusion. Among herbalists, comfrey is considered a major first aid tool. Comfrey's main element, Allantoin is believed to encourage cell growth and mend damaged cells.

The most common use of Comfrey use is in the form of a poultice applied externally. Comfrey poultices are traditionally used on lesions, injuries, cuts and, burns. A poultice or balm prepared with comfrey roots may be used to heal an assortment of conditions, including blemishes, twists and strains, gout, arthritis, varicose veins, ulcers, swellings, burns and phlebitis (inflammation of veins characterized by pain, swelling and change of skin color). Again, a decoction prepared with comfrey root or an infusion prepared with the leaves of the herb serves as an effective eyewash for tender, inflamed eyes as well as a cleanser for skin conditions like eczema, acne, psoriasis and boils.

External use is believed to support healing ulcers in the stomach as well as to function as a "blood purifier." Comfrey may also support treatment of respiratory disorders pertaining to the lungs and bronchial airways. In addition, many herbalists believe comfrey aids in issues pertaining to the bowels, gallbladder and, liver.

Concord Grape Wine: Intensifies the activity of the herbal tincture while acting as a natural preservative and flavoring.

Corn Silk: A soothing diuretic helpful with irritation of the urinary system.

Couch Grass Root: Its demulcent properties soothe irritation and inflammation. Couch grass root enhances urine flow and aids in the treatment of kidney stones. It is believed that couch grass is highly effective in dissolving kidney stones to a great extent and does not allow further extension of the stones. To treat infections of the urinary tract, couch grass is usually used in combination with other herbs like yarrow, uva ursi (bearberry) and buchu. Couch grass root extract has been used to heal jaundice and additional disorders of the liver.

Cramp Bark: The US National Formulary documented cramp bark as late as in the 1960s in the form of a tranquilizer for conditions related to the nervous system as well as in the form of an antispasmodic in treating asthma. As the name "cramp bark" suggests, the therapeutic use of this herb is primarily related to easing cramps as well as other conditions, for instance, painful menstruation due to excessive tightening of the muscles as well as colic.

Cramp bark has a number of therapeutic uses, it is useful in alleviating excessive muscle stress, including the smooth intestinal muscles, the muscles of the uterus and airways as well as the striated muscle in the back or the limbs. In order to ease stressed muscles, cramp bark can be used both internally and topically on the affected areas. In addition, cramp bark is also useful in treating symptoms related to extreme muscle tension, painful menstruation owing to too much tightening of the uterus as well as to ease breathing problems in the case of asthma. To treat conditions, such as back pain and night cramps, generally cramp bark is blended with lobelia. This herb also provides relief from other conditions, including irritable bowel syndrome (IBS), constipation and colic.

Dandelion Root: Research has shown that it works well as a diuretic, but the mechanism for its work is not understood. Research in Germany showed that it helped to detoxify the body and stimulate the production of bile by the gallbladder. Dandelion helps with water retention, regulation of blood glucose, upset stomach, urinary tract infections, kidney and bladder stones, liver and gallbladder complaints, and loss of appetite.

Dandelion has been used for centuries to treat jaundice and the yellowing of the skin that comes with liver dysfunction, cirrhosis, hepatitis and liver disease. Modern naturopathic physicians use dandelion to detoxify the liver and reduce the side effects of prescription medications. Liver function isn't the only use of this nutritious plant, it is also used to treat infections, swelling, water retention, breast problems, gallbladder problems, pneumonia and viruses. Studies have shown that dandelion stimulates bile flow and has a mild diuretic effect.

Devil's Club Root & Bark: Anti inflammatory, antipyretic, and antitussive. An important plant medicine, ceremonial purifier, and protective charm for many native peoples in western North America and southeastern Alaska. Its traditional uses are extensive; few medicinal plants are more widely and consistently used within their native region. A

decoction of the inner bark of the root and lower stem taken as a tea is used to treat an extensive variety of conditions such as rheumatism, arthritis, diabetes, stomach and digestive disorders, tuberculosis, dry coughs from the lungs, colds, and fever.

Echinacea: stimulates the overall activity of the cells responsible for fighting all kinds of infection. Echinacea is considered to be a broad-spectrum immune system stimulant; most used to protect against, & to treat, common colds, flu, & sore throat. A natural antibiotic, echinacea is used to treat infections, to combat low resistance to sickness & to enhance the immune system. Builds the immune system, antimicrobial, anti-inflammatory, antiviral, etc.

Elder Berry: used for its antioxidant activity, to lower cholesterol, improve vision, boost the immune system, improve heart health and for coughs, colds, flu, bacterial and viral infections and tonsillitis. Elderberry juice was used to treat a flu epidemic in Panama in 1995.

Elder Flower: antiviral and immune-boosting properties; traditionally used to treat influenza, colds, mucus, sinusitis, feverish illnesses and other upper respiratory tract problems, as well as hay fever.

Elecampagne Root: An expectorant and can thin the mucus in the chest and respiratory system, fight infections, treat stomach upset and increase one's appetite. It can also be used to treat a case of intestinal worms.

Eleuthero: aka Siberian Ginseng, a strong stimulatory herb it can promote mental resilience, jogs the memory and reduce the effects of physical stress on a person involved in some heavy physical activity. This herb acts as a rejuvenating and strengthening herbal remedy. Eleuthero can be beneficial to people recovering from some chronic illnesses. Those in a weakened state may also benefit from taking the herb as it stimulates the immune resistance and speeds up the recovery process during convalescence. Drinking a tonic made with this herb can help to prevent infection; when consumed regularly Eleuthero helps in the maintenance of health and mental well being.

Esther C: Immunity, detoxifier, immune builder. Esther C is crucial for your pet to bind together connective tissues, muscles, tendons, and ligaments, it also helps to bind cartilages, blood vessels, skin, and bones. A detoxifier and is extremely effective in helping your pet's immune system fight off bacteria and viruses that can cause several very serious diseases. Bladder infections are also controlled with the usage of Esther C because it is excreted by the kidneys. Esther C also helps with skin problems that are generated by several allergies as well as helping to retard the aging process in dogs.

Eyebright: Eyebright has a long history of use for eye problems. When used appropriately, eyebright will reduce inflammation in the eye caused by blepharitis (inflammation of the eyelash follicles) and conjunctivitis (inflammation or infection of the membrane lining the eyelids). It can be used as an eyewash, as eye drops, or plant infusions taken internally for ophthalmic use.

Eyebright is also used as an anti-inflammatory for hay fever, sinusitis, upper respiratory tract infections, and inflammation of the mucous membranes. Eyebright can also be used for dry congestion, bronchial colds, seasonal allergies and other nasal irritations.

Eyebright may also be made into a poultice and used to aid in healing skin wounds when applied topically.

False Unicorn Root: False Unicorn Root is considered an emetic, tonic, diuretic, and Vermifuge.

False Unicorn root is used in formulations for impotence, as a tonic in genito-urinary weakness or irritability, for liver and kidney diseases (albuminaria), especially in diseases due to poor action of the liver.

False Unicorn Root's most popular use is for disorders of the female reproductive organs. This herb contains estrogen precursors that seem to exert hormonal activity in women that helps regulate the menstrual cycle. It also seems to relieve menstrual pain and morning sickness and aid in the prevention of miscarriage. False unicorn contains hormone-like saponins which partly account for its long tradition as an excellent ovarian and uterine tonic. False unicorn was used specifically for uterine weakness and over-relaxation, characterized by a dragging sensation, a feeling of downward pressure in the pelvis, often associated with irritability and depression. False unicorn has also been used to encourage fertility in women and treat impotence in men. False unicorn has an adaptogenic or balancing effect on sex hormones, helping to relieve many disorders of the reproductive tract, menstrual irregularities and premenstrual syndrome, which are related to hormonal imbalance. False unicorn improves the secretory responses and cyclical functions of the ovary and has been used in infertility caused by dysfunction in follicular formation in the ovary.

Fennel Seed: Rich in phytoestrogens, Fennel is often used for colic, gas, irritable bowel, kidneys, spleen, liver, lungs, suppressing appetite, promoting menstruation, improving digestive system, milk flow and increasing urine flow. Fennel is also commonly used to treat amenorrhoea, angina, asthma, anxiety, depression, heartburn, water retention, lower blood pressure and to boost libido. Fennel is an effective treatment for respiratory congestion and is a common ingredient in cough remedies.

Fenugreek Seed: Fenugreek helps to reduce bloating and stomach ache. It can also help to increase the appetite. It generally helps to improve digestion.

Feverfew: Used for the prevention of migraines & headaches, arthritis, fevers, muscle tension and pain, Feverfew is also used to lower blood pressure, lessen stomach irritation, stimulate the appetite and to improve digestion and kidney function. It has been indicated for colitis, dizziness, tinnitus and menstrual problems.

Flax Seed: Promotes good health, contains omega 3 fatty acids, beneficial for the digestive tract, coughs, bronchitis, and pneumonia.

Garlic: is called "nature's antibiotic". Cleanses the liver to break down toxins in the blood. Garlic contains over 200 vitamins, minerals, amino acids, and enzymes. It is very healthy and also repels fleas, most mosquitoes, lice, mites, and flies. Garlic helps maintain a healthy heart and is excellent for the skin and fur. Antibiotic / Expectorant / Anticoagulant / Tonic. Good for cough, colds, expectorant to thin mucus, and lowers blood pressure by thinning the blood.

Ginger: is well known as a remedy for travel sickness, nausea and indigestion and is used for wind, colic, irritable bowel, loss of appetite, chills, cold, flu, poor circulation, menstrual cramps, dyspepsia (bloating, heartburn, flatulence), indigestion and gastrointestinal problems such as gas and stomach cramps.

Glucosamine: Anti-inflammatory. Glucosamine can be very beneficial in maintaining a dog's joint health and ensuring that they are mobile and active. Studies have shown that Glucosamine is absorbed and distributed to joint tissues and that it has anti-inflammatory properties. Glucosamine is supportive in many forms of arthritis, disc degeneration, bursitis, ankylosing spondylitis, tendinitis, cartilage/tendons/ligaments repair, skin wound-healing, and in reducing inflammatory response. Glucosamine can also assist with dog's inflamed discs, sciatic nerve, and inflamed joints associated with aging.

Goldenseal Root: Antimicrobial, improves appetite, tonic, antiparasitic, stimulates production of bile which assists digestion, especially good for gastric disturbances, cases of painful digestion, and bleeding.

Grain Alcohol: Intensifies the activity of the herbal tincture while acting as a natural preservative.

Grapefruit seed extract: Bactericide, fungicide, anti-viral, anti-parasitic compound. The antimicrobial activity of grapefruit seed extract (citricidal) is in the cytoplasmic membrane where the uptake of the amino acids is prevented and disorganization of the cytoplasmic membrane and leakage of low molecular weight cellular contents.

Grape Seed: Antibacterial, Antiviral, Anti-carcinogenic, Anti-inflammatory, Anti-allergic, Vasodilatory actions. Grape Seed extract is traditionally used for conditions related to the heart and blood vessels, such as atherosclerosis (hardening of the arteries), high blood pressure, high cholesterol, and poor circulation; complications related to diabetes, such as nerve and eye damage; vision problems, such as macular degeneration (which can cause blindness); swelling after an injury or surgery; cancer prevention; and wound healing.

Gravel Root: is an extremely useful herb for treating problems of the urinary tract. In effect, this herb helps to avoid the formation of stones in the kidneys and gallbladder and may also shrink the existing stones in these organs. In addition, gravel root is effective for treating medical conditions like cystitis (inflammation of the urinary bladder), enlarged prostate or other types of obstruction, urethritis (inflammation of the urethra) as well as gout and rheumatism. The root or rhizome of this herb is believed to facilitate in treating rheumatism and gout by augmenting the elimination of waste products from the kidneys.

Habanero Pepper: high in Vitamin C, clears out congested mucus membranes in the nose and lungs and causes sweating, which is one way your body eliminates toxins. Peppers can help reduce swelling caused by muscle pain. Peppers help improve digestion by stimulating the flow of stomach secretions and eliminating the discomfort of excess gas. Support blood circulation - hot peppers stimulate blood flow naturally. Promote healthy lipid profiles, acting as a thinning agent, organic peppers help dissolve fibrin, the insoluble protein that builds up in your blood vessels which might cause blood clots. Peppers function as an anti-oxidant, the beta-carotene in peppers works as an antioxidant that counteracts the damage caused by free radicals.

Hawthorn Berries: Hawthorn is one of the best herbal remedies to boost the performance of the heart and circulatory system. A potent vasodilatory (widening of the blood vessels) action can be induced by the flowers, leaves and the berries of the hawthorn. When hawthorn is consumed, it opens up the arteries to promote circulation and improve the blood supply to all the general tissues in the body. Regular use of hawthorn can help balance blood pressure and is considered to be an excellent remedy for the treatment of high blood pressure - especially when the condition is connected to hardening in the arteries. Problems such as those connected to poor circulation caused by aging arteries, problems of poor circulation towards the lower body and legs as well as problems like poor memory and confusion induced by poor blood circulation to the brain can all be remedied with use of hawthorn. Hawthorn is also effective in angina cases, the hawthorn based remedies can help open the coronary arteries in the heart and by so doing aid in the improvement of blood flow to the heart; hawthorn also softens deposits in the arterial system. The vagus nerve, which influences the cardiac muscles, is also beneficially affected by hawthorn herbal remedies, the consumption of hawthorn can thus slow down irregularities in the heart and reduce a rapid or fast heart rate.

Hawthorn berries possess a potent and effective astringent effect - this is very effective in the treatment of problems such as diarrhea and dysentery. The digestive system also benefits from the relaxant action of hawthorn. Hawthorn also boosts the appetite. At the same time, it acts in relieving abdominal distension and in the removal of stagnation of food in the intestinal tract. Hawthorn herbal remedies also have an effective relaxing effect on the functioning of the nervous system, the herb aids in relieving excessive stress and anxiety, it helps in calming mental agitation, it lessens restlessness and reduces nervous palpitations. The herb also induces sleepiness in people affected by insomnia. The herbal remedies made from hawthorn also act as a diuretic, hawthorn remedies aid in relieving fluid retention in the body and help dissolve deposits of kidney stones and gravel.

Modern research has proven hawthorn to be most valuable as an herb to treat cardiovascular problems and promote a healthy heart. It causes more blood flow to reach the muscles of the heart. Hawthorn can also help to reduce the incidence of angina, which is a spasm of the blood vessels, improve the smooth muscle walls of the rest of the circulatory system, improve blood pressure, improving circulation and treating symptoms of mild heart failure, decreasing the occurrence of chest pain, reducing atherosclerosis, and helping with trouble sleeping. Hawthorn will not stop an angina attack. Hawthorn is an herbal product. It works by widening blood vessels, especially heart blood vessels, which results in increased heart blood flow.

Hibiscus Flowers: Hypotensive, antispasmodic, anthelmintic, antibacterial, diuretic. For indigestion, loss of appetite, colds, respiratory problems and circulation disorders.

Honey: Honey's anti-inflammatory properties soothe sore throats and coughs. Pollen contained in honey is said to relieve seasonal allergy symptoms.

Honey boosts memory and can be used as a sleep aid.

Honey has anti-bacterial and anti-fungal and antibiotic properties, so it is often used as a natural antiseptic in traditional medicines. Honey's antimicrobial properties helps in promoting autolytic debridement, deodorizes malodorous wounds and speeds up the healing process by stimulating wound tissues. Honey helps in initiating the healing process in dormant wounds, also helps in promoting moist wound healing.

High in antioxidants, honey contains nutraceuticals, which are very effective for the removal of free radicals from the body. As a result, our body immunity is improved against many conditions, even potentially fatal ones like cancer or heart disease.

Hops Flowers: Hops have tonic, nervine, diuretic and anodyne (pain reducing) properties. Their volatile oil produces sedative and soporific (tending to induce drowsiness or sleep) effects, and the Lupamaric acid or bitter principle is stomachic (promotes the appetite or assists digestion) and tonic. Hops has been useful in treating heart disease, fits, neuralgia and nervous disorders, indigestion, jaundice, and stomach and liver affections. Hops has been known to relieve symptoms of an irritable bladder, and is said to be an excellent drink in cases of delirium tremens. Infusions have been used to promote liver function, hop juice cleanses the blood.

Clinical use of the alcoholic hop extracts in different dosage forms has also been used by doctors in the People's Republic of China, in treating different forms of diseases such as leprosy, problems like pulmonary tuberculosis as well as acute bacterial dysentery with varying results. The presence of a couple of antibiotic bitter acids, called lupulon and humulon in the herb may be the reason for the partial effectiveness of such treatments. These two compounds are known to kill certain strains of Gram positive and acid-fast bacteria, example, the staphylococcus strain. The infections from staphylococcus is evident in cases of suppurating wounds, and all manners of abscesses, some types of boils as well as osteomyelitis - which is the presence of inflammation in the bone marrow of people.

Hops also aids in reducing tension along affected muscles in the body due to its strong anti-spasmodic actions, this effectively relieves muscular spasms and cases of colic in the gut. This action also ensures hops is an excellent remedy for cases of conditions such as irritable bowel syndrome, problems like diverticulitis, problems like nervous indigestion, along with problems such as peptic ulcers, problems like Crohn's disease, ulcerative colitis and other kinds of stress related digestive problems affecting patients. In addition, digestive action in the body is aided by the bitter principles present in the hops, these enhance the action of the liver and aid in the secretion of bile as well as other digestive juices in the body of the patient. Remedies made from the hops plant are very effective in the treatment of tension especially when blended with other healing herbs, such blends are also used for treating headaches. Hops anti-spasmodic action is also very effective relieving some asthma conditions and even painful menstrual symptoms.

The asparagin content found in hops helps to eliminate toxins from the body. This compound is a soothing diuretic which aids in the reduction of fluid retention.

Horehound: loosens accumulated phlegm in the lining of the throat, lungs and sinuses; alleviates headaches associated with sinus infections. It is known to alleviate the pain of a sore throat and soothes inflamed lung tissues caused by cold and flu.

Hyssop: Aids mild cramping and discomfort in the digestive tract.

Irish Moss: High in nutrients, immune booster, aids in the recovery of thyroid, demulcent, relaxing expectorant, antitussive, emollient.

Jatoba: Anti-candidal, anti-fungal, anti-bacterial, stimulant, cough suppressant. For candida and yeast infections, fungal infections, prostatitis, for cystitis and urinary tract infections, as a natural stimulant and energy tonic (tones, balances, strengthens overall body functions). Properties/Actions documented by research: anti-inflammatory, anti-bacterial, anti-candidal, anti-fungal, hepatoprotective (liver protector), molluscicidal (kills snails). Other properties/actions documented by traditional use: anti-dysenteric, anti-spasmodic, astringent, carminative, cough suppressant, digestive stimulant, cough suppressant, diuretic, purgative (strong laxative), stimulant, tonic (tones, balances, strengthens overall body functions), vermifuge (expels worms), wound healer.

Jergon Sacha: Antiviral, antivenin, cough suppressant, protease inhibitor (typically used for viral infections), anti-inflammatory. Used to treat asthma, bites (snake, insect), chlorosis, gout, menstrual disorders, scabies, skin sores, whooping cough, worms, and as an antidote for poison arrow wounds.

Kelp: Anti-inflammatory, anti-oxidant, blood purifier, cellular regenerator, anti-obesic, antirheumatic, demulcent, gentle metabolic stimulant, nutritive, adaptagen, thyroid tonic.

Lavender: Lavender oil is believed to have antiseptic and anti-inflammatory properties which can be used to help heal minor burns and bug bites. In addition lavender contains anti-fungal properties that were found to be lethal to a range of skin pathogenic strains.

Research has revealed that the essential oil of lavender may be useful for treating anxiety, insomnia, depression, and restlessness. Some studies even suggest that lavender can help digestive issues such as vomiting, nausea, intestinal gas, upset stomach, and abdominal swelling. In addition to helping with digestive issues, lavender is used to help relieve pain from headaches, sprains, toothaches, and sores. It is also used to prevent hair loss and repel insects.

Lemon: Contains flavinoids and naturally occurring Vitamin C. Excellent for cleansing the liver.

Lemon Balm: Aids nervous tension and insomnia, as well as to treat colds, fevers and coughs. Based on research, the German Commission E recognizes lemon balm for treating nervous disturbances of sleep and functional gastrointestinal disorders. Lemon balm can also be used against mental fatigue, poor memory, chronic fatigue syndrome, thyroid disorders. Lemon balm extract also has strong antimicrobial properties against viral, bacterial and fungal infections and can be used both internally and externally. Studies show that lemon balm extract is effective against herpes simplex, Newcastle disease and other viruses.

Licorice: Supports lung tissue, blood cleansing, anti-inflammatory, anti-microbial, stimulates immune system (immunostimulant). Licorice is known for its antiviral, antibacterial, anti-inflammatory, antispasmodic, antioxidant, antidepressant, demulcent and expectorant activity. Due to its remarkable healing components, Licorice Root has been

used in the treatment of health conditions which include asthma, sore throat, cold and flu, coughs, bronchitis, and infections caused by viruses. Research suggests that Licorice Root may help with dry cough, bronchitis, and asthma.. The antiviral, anti-inflammatory and demulcent properties of Licorice Root may also help lubricate the irritated and inflamed respiratory tract and sore throat, relax bronchial spasms, and combat viral flu, cold and other respiratory tract infections. including asthma.

Lobelia: reported to treat bronchitis, laryngitis, asthma and convulsive and inflammatory disorders, such as epilepsy, tetanus, diphtheria and tonsillitis. Lobelia was widely used by Native Americans who smoked its leaves to relieve Asthma and other lung ailments. Lobelia is an ingredient in some cough medicines supporting its historical use as an expectorant in folk medicine. Lobelia has been used for centuries as an expectorant that promotes the expulsion of phlegm from the lungs. Lobelia is considered a diaphoretic that promotes perspiration and helps to lower fever and cool the body (also ridding the body of toxins through the skin). This action may also be beneficial in cases of colds and flu. It has also been found inhibit the growth of drug resistant tumor cells. It is sometimes referred to as the thinking herb, as it seems to treat many ailments in different ways.

Maca Root: Maca root is rich in B-vitamins and has high levels of bioavailable calcium and magnesium and is great for remineralization. Maca root helps balance our hormones. Maca stimulates and nourishes the hypothalamus and pituitary glands which are the "master glands" of the body; these glands regulate the other glands. Maca does not produce hormones, maca works as an adaptogen, maca responds to different bodies' needs individually. If you're producing too much of a particular hormone, maca will regulate the production downward. However, if you're producing too little, it'll regulate the production upward.

Macela Leaf: Antiviral, antibacterial, analgesic, anti-inflammatory. Traditionally used for gallbladder and liver disorders Macela is also used for respiratory problems (asthma, bronchitis, flu, and upper respiratory bacterial and viral infections).

Male Fern: stuns intestinal parasites, making them easier to expel from the body.

Mandrake Root: was used by Native Americans as a laxative and to remove intestinal parasites.

Maple Syrup: contains over 54 antioxidants that can help delay or prevent diseases caused by free radicals, such as cancer or diabetes. In addition, maple syrup features high levels of zinc and manganese, keeping the heart healthy and boosting the immune system. Maple syrup contains essential nutrients like zinc, iron, calcium, and potassium. Zinc helps to keep your white blood cells up, which assist in the protection against colds and viruses.

Marshmallow Root: used to reduce swelling and inflammation of bites, stings, and burns.

Milk Weed: has been used in traditional medicine to treat warts.

Mistletoe: several well-known and accepted writers on herb advise taking mistletoe tea in the form of a remedy for a number of medical conditions varying from nervousness to cancer. Mistletoe is used to alleviate the symptoms of epilepsy, hysteria, dizziness, nervous fits, neurosis, cardiac ischemia, arterial hypertension.

Motherwort: Sedative, nervine, antispasmodic, emmenagogue, mildly hypotensive, cardiac tonic, gentle uterine stimulant, relaxant, carminative, diaphoretic.

Mullaca: boosts immune functions. Research also suggest that mullaca contains steriodal chemicals that act on an enzyme level to arrest the cell cycle of cancer cells and cause DNA damage inside of cancer cells rendering them unable to replicate.

Mullein: Anti-viral properties, astringent, promotes discharge of mucous, and soothes irritated mucous membranes.

Myrrh: Stimulates the production of white blood cells, has a direct anti-microbial effect, brings down fever, rids lungs of congestion, strengthens capillary circulation, restores tone and normal secretions to mucous membranes, and increases digestion.

Neem: is a common Ayurvedic aid in preventing and ridding the human body of parasites.

Nettle Leaf: Has an important effect on the kidneys and on fluid and uric acid excretion, so is of benefit in gout and other arthritic conditions, particularly if there is an element of anemia. Other clinical trials have reported improvements in urinary flow, and reduced urinary frequency, nocturia and residual urine after six months treatment.

Nettle leaves are high in antioxidants with vitamin activities and have high potassium to sodium ratio. All this indicates it as an excellent natural source for protection against neoplastic diseases (tumors), cardiovascular disorders, and immune deficiency.

Oat Seed: this incredible herb is known as one of the most nourishing tonics for overall health and wellbeing. It has been said to increase brain power, memory, and concentration as well as combat fatigue, stress and calm the nerves.

Oat Straw: Nutritive, anti-inflammatory, nervine, detoxifier, energizer. Oat Straw works well on the nervous system (especially when it is under stress). It also helps pets who are chronically nervous or depressed. May boost libido, improve mental clarity, and regulate hormone levels. Oat Straw has calcium, iron, magnesium, copper, zinc, protein and alkaloids.

Olive leaf: antioxidant; natural pathogens killer; commonly used to fight colds and flu, yeast infections, and viral infections. An excellent anti-microbial against many species of virus and bacteria, as well as provides enhancement for the immune system. Olive leaf can lower blood pressure and improve circulation and help maintain blood sugar levels. From research and clinical experience to date supplemental olive leaf may be beneficial in the treatment for conditions caused by, or associated with, a virus, retrovirus, bacterium or protozoan; among those conditions are: influenza, the common cold and candida infections.

Onion: contains phytochemicals and quercetin which assist the body by moving and breaking up the mucus in the head and chest. Onion stimulates the immune system to fight viral or bacterial infection. Onion helps your body shed the virus and reduce the inflammation from congestion.

Orange Peel: anti-inflammatory, anti-bacterial and anti-fungal. .

Oregon Grape: An antimicrobial, anti-inflammatory, tonic, antiparasitic. Strongest affinities: liver and digestive system, mucous membranes.

Osha Root: healing properties of Osha Root are a diaphoretic (produces perspiration), diuretic (increases the flow of urine), decongestant and expectorant. Osha root is a powerful antiviral and antibacterial herb used mainly for the respiratory system and mildly used for other body systems. It is used for such conditions as head colds with dry or wet cough, irritating coughs, bronchial infections and sore throats. It is also used to treat flues, fevers, pharyngitis, early stages of tonsillitis and pneumatic complaints.

Parsley Leaf: A diuretic that is rich in vitamins A and C. Also rich in minerals: calcium, iron, riboflavin, potassium, thiamin, with trace amounts of niacin. It should not be used by pregnant animals as it is also a uterine stimulant.

Pau d'arco: contains antibiotic properties; provides support for relief of bronchitis and asthma. Tonic, anti-tumor, anti-inflammatory, anti-biotic, anti-fungal, immune stimulant, cleanser. South American herb that reduces pain and enhances immunity; effective against microscopic parasites, fungus, viruses, and bacteria. It's particularly useful for infections of the upper respiratory system and gut. Large doses or continued use of this product can cause miscarriage in pregnant animals. Anti-bacterial. Large doses or continued use of this herb can cause miscarriage in pregnant animals.

Peppermint Leaf: Peppermint's main active agent, menthol, is an effective decongestant. Because menthol thins mucus, it is also a good expectorant, meaning that it helps loosen phlegm and breaks up coughs. It is soothing and calming for sore throats (pharyngitis) and dry coughs as well. Peppermint also contains vitamins A and C as well as a number of minerals. Carminative / antiseptic / antispasmodic / sweat stimulant / digestive. Used to treat gas, indigestion, colic, diarrhea, constipation, cramps, pain and sensitivity of the skin.

Pine Needles: Contain similar properties that cranberries have. High in Vitamin C, cleanse the mucous lining of the bladder and urethra.

Pine Tar: Pine Tar has been used for over a century in the making of soaps, ointments and salves for many skin disorders. Most commonly It is used for the treatment of dandruff, psoriasis, eczema, and other forms of dermatitis. It moisturizes dry, scaly skin and helps it heal.

Pine tar products can heal severely irritated skin associated with the chronic skin conditions eczema and psoriasis. Both psoriasis and eczema lesions can be thick, red and scaly, but eczema also commonly appears as moist and oozing sores. Pine tar products are beneficial for healing rashes caused by poison ivy, poison sumac and poison oak. It also can be used for relieving symptoms of contact dermatitis, or skin allergic reactions caused by various substances.

Pine tar is a natural way to relieve skin of the discomfort associated with dermatophyte infections. Topical and oral medications that treat the infections may have side effects such as blistering, dryness, itching, and rashes. Pine tar is a natural remedy to relieve these discomforts.

Plantain Leaf: Antidiarrheal, mucilaginous properties very similar to slippery elm, anti-inflammatory, stimulates the immune system. Lubricates, soothes, and protects internal mucous membranes, emollient, astringent, stops bleeding. Soothes inflamed tissues in the intestinal tract.

Pleurisy Root: considered one of the best plant based expectorants that has been used to ease pleurisy, pneumonia, and other pulmonary and respiratory ailments. It also has been used to promote sweating, which will help to cool the body and reduce eruptive and burning fevers Pleurisy Root is also considered an effective expectorant that encourages, loosens and removes phlegm from the respiratory tract. The herb is said to reduce inflammation of the pleural membranes of the lungs, enhance secretion of healthy lung fluids and stimulate the lymphatic system. Its specific action on the pulmonary and respiratory system is said to help break up colds, ease consumption, bronchitis, asthma.

Pokeweed Root: Antirheumatic, mild anodyne, cathartic, stimulant, antiscorbutic, purgative and emetic in large doses, parasiticide, fungicide, anti-inflammatory, stimulates leucocyte and lymphatic activity.

Prickly Ash Bark: Improves the circulation of the blood, improved circulation helps the blood carry oxygen around the body and can help the system to rid itself of toxins much more efficiently. Prickly ash bark has a positive effect on the body's nervous system and is thought to be able to improve fatigue which may be beneficial for the elderly and those recovering from illness.

Pumpkin: are regarded as being very potent and effective teniafuges - these are de-worming agents that can easily paralyze and eliminate intestinal worms from the digestive system.

Purple Loosestrife Extract: topically used for ulcers and sores and is soothing to bruises, abrasions and irritated skin.

Quassia: traditionally the quassia tree bark has been effectually used to throw out threadworms and other parasites from the body; decoction prepared with the quassia bark may be effectively used to repel insects and pests.

Quercetin: Antihistamine, Anti-inflammatory, Antioxidants, Nervine. Quercetin's antihistamine action may help to relieve allergic symptoms and asthma symptoms. The anti-inflammatory properties may help to reduce pain from disorders such as arthritis. Quercetin are antioxidants, helps with nerve pain, allergies, prostate inflammation.

Red Clover Blossom: Beneficial in cases of cough, colds, flues, sore throat, and liver problems. Tonic, useful for general debility, weakness, nerves, and fertility.

Raspberry Leaf: Rich in iron and calcium, astringent, tonic, refrigerant, parturient, uterine stimulant, digestive remedy.

Rhodiola Root: known as the "Plateau Ginseng" in the Orient, Tibetans regard rhodiola as a revered plant. Rhodiola has long been known as a potent adaptogen; adaptogens are plant substances that increase the body's non-specific resistance and normalize the functions of the body. Rhodiola is thought to strengthen the nervous system, fight depression, enhance immunity, elevate the capacity for exercise, enhance memory, aid weight reduction, increase sexual function and improve energy levels.

Rose Hip Fruit: Antimicrobial, antipyretic, antiscorbutic, antiseptic, antispasmodic, mild astringent, mild diuretic, mild laxative, nutritive, stomachic, tonic. A defense against colds and flu, catarrh, sore throats, and chest infections. Flourishes the bacteria of the digestive system. Assist in nervous system functioning and relieve exhaustion.

Rosemary Leaf: Antioxidant, aids digestion, antibacterial, and blood cleansing.

Sage: a traditional remedy of long standing for soothing sore throats as it has antiseptic and anti-bacterial properties. Sage contains the essential oil, eucalyptol, which kills *Candida albicans*, bacteria, and worms.

Samambaia: Indigenous Hondurans have long used the plant as an all-natural treatment for rheumatoid arthritis, psoriasis and malignant tumors.

Sarsaparilla Root: traditionally used topically to alleviate fungal infections, acne and other skin disorders. Sarsaparilla is considered by some to be a blood purifier with the ability to counteract toxins and other contaminants from the blood. Additionally, it is said to act as a detoxifier, encouraging the body to eliminate toxic buildup through urinary excretion and sweating.

Schisandra Berry: Schisandra (sometimes spelled Schizandra) berries are a powerful adaptogen. Adaptogens are used as an overall wellness tonic; Schisandra exerts a normalizing effect on the entire body. It will take you from any extreme back to a balanced state.

Shave Grass: Astringent, diuretic, vulnerary, diaphoretic. Shave Grass is useful in bladder dysfunctions, wounds, digestive disorders and gout. This herb is an excellent source of silica which is necessary for bone repair, cartilage, and connective tissue. Shave Grass is used to reduce fevers and to soothe eye inflammations, such as conjunctivitis and corneal disorders.

Sheep Sorrel: Leaves, stems, & flowers is a cleansing agent, a diuretic, and a detoxifier. Sheep sorrel is a great source of oxalic acid, sodium, potassium, iron, manganese, phosphorous, beta-carotene, and vitamin C; the combination of these vitamins and minerals promote the glandular health of the entire body. Sheep Sorrell also contains carotenoids and

chlorophyll, as well as citric, malic, and tannic and tartaric acids. The chlorophyll carries oxygen throughout the bloodstream. This is significant because cancer cells cannot live in the presence of oxygen. Chlorophyll closely resembles hemoglobin in its functioning: both are capable of carrying oxygen to every cell of the organism. When chlorophyll molecules carry oxygen through the bloodstream chromosome damage can be inhibited to effectively block cancer. Chlorophyll also helps block germs and harmful bacteria. Stimulates cell regeneration, detoxifies and cleanses the body, contains antioxidants, is useful for diarrhea, good source of chlorophyll, removes foreign deposits in the blood vessels, breaks down tumors, improves the vascular system, blood cleansing, reduces inflammation of the pancreas and raises the oxygen level of the tissue cells.

Skullcap: alone or when blended with roots of valerian is an ideal tranquilizer. Individually as well as in combination with valerian roots, skullcap is beneficial in healing disorders like muscular contractions, jerks and common tremors. Skullcap is known to be an effective stimulant for the nervous system. The herb is particularly effective in helping as well as escalating the nervous system when a person undergoes mental and physical stress and strain. Skullcap is a time tested medicine for all kinds of disturbed mental states, be it tension, anxiety, insomnia, neurasthenia, panic, headaches, fatigue, depression as well as melancholy. Skullcap's ability to heal physical irregularities like convulsions, jerking muscles, epilepsy, wobbliness as well as heart trembles has been tested over the ages. Skullcap is also known to be beneficial in lowering high body temperatures, aid in the absorption of food intake, as well as promote liver function.

Slippery Elm Bark: Emollient / Nutritive / Laxative / Demulcent. Stimulates the mucous membrane tissue of the body to produce more mucus, soothe irritation or ulceration of the stomach and intestines, heals bronchitis, soothes a cough and builds up and prevents waste.

Spearmint Leaf: stimulant, carminative and antispasmodic, diuretic, febrifuge, and rubefacient. Treats inflammations of the eyes, nausea, diarrhea, headaches, cramps and colds. Relaxing to the esophagus. Eases motion sickness and, helps restore appetite.

Tansy: has been used traditionally in remedies for expelling worms in children, nervous disorders, hysteria, kidney weaknesses, reducing fevers, soothing the stomach and relief of flatulence, and gout.

Tayuya Root: South American Indians have been using tayuya since prehistoric times; traditionally used as a tonic and blood cleanser. The National Cancer Center Research Institute in Tokyo reported (1995) that five cayaponosides in tayuya had been shown to have significant anti-tumor-promoter activity in screening tests; and two other cayaponosides had been shown to suppress skin tumors on mice. A cucurbitacin found in tayuya, cucurbitacin R, has been found to be a powerful adaptogen, preventing stress-induced alterations in the body. Other flavone phytochemicals in tayuya have been reported act as potent scavengers of free radicals, providing an antioxidant effect as well as protecting against damage induced by gamma-radiation.

Thyme: considered to be a potent antiseptic suitable for internal as well as external use. Thyme reinforces the immune system to combat against different types of contagions caused by bacteria, virus and fungus. Thyme and preparations made with it are especially effective in tackling infections in the digestive, respiratory and genitourinary tracts, and gastroenteritis. The combined astringent and antiseptic properties of thyme help in preventing as well as curing diarrhea and its causes. In addition, thyme also functions as a liver decontamination tonic. The herb is effective for alleviating indigestion, lack of appetite, skin disorders, anemia, lethargy and gallbladder as well as invigorates the digestive system and function of the liver. Thyme is also a good cough remedy, as it promotes expectoration reducing unnecessary spasms.

Turmeric: a natural anti-inflammatory, turmeric aids in giving relief to sufferers of arthritis, osteoarthritis, and rheumatoid arthritis.

Uva Ursi: Useful for kidney stones, bladder infections, and urinary tract infections. Antiseptic, antimicrobial, and acts on the mucus membranes of the urinary tract to soothe irritation, reduce inflammation, and fight infection.

Valerian Root: Sedative / Anti-anxiety / Antispasmodic / Nervine/Relaxant / Blood pressure reducer. Relief from muscle tension, allays pain and promotes sleep.

Vervain: Vervain tea is traditionally used as a stimulant, astringent, diuretic and diaphoretic to alleviate fever by encouraging sweating. In addition, Vervain is still considered to be an effective sedative or tranquilizer, anti-spasmodic that reduces cramps and muscle pains. Vervain is considered an excellent stimulant or tonic that helps to calm down nerves and soothe anxiety.

Vinegar: is a natural storehouse of vitamins (including beta carotene), minerals, amino acids and beneficial enzymes which contains over 90 different components. It's effective in treating gas in small puppies, helps prevent urinary tract problems in male cats and the formation of mineral stones, and also helps in dissolving hairballs. It has been said to lengthen life, improve hearing, vision, calm nausea. It can also help relieve arthritis, sore muscles, and pain, osteoporosis, prevent cancer, kill infections, condition the skin, aid digestion, control weight, preserve memory, and protect the mind and body from aging as it helps prevent aging and breakdown of joints, bones, and cartilage in the body. Vinegar contains over 30 important nutrients and a dozen minerals and improves overall health.

Water Cress: Stimulates the appetite, purifies the blood, aids in bone and joint problems, detoxifies and helps respiratory congestion.

White Oak Bark: has antiseptic properties, which means it helps to inhibit the growth of bacteria; it is a useful topical aid for the treatment of wounds and helps prevent secondary infections. White oak also has anti-venomous properties and is used to treat bee stings, insect bites, poison ivy and snake bites.

White Willow Bark: A natural form of aspirin that reduces pain, fever, and inflammation. Antiseptic, diuretic, and tonic.

Wild Cherry Bark: traditionally used in cough syrups and cough drops; expectorant, antispasmodic, alterative, astringent. Helps with colds, flu, dry coughs, whooping cough, bronchial spasms, tuberculosis and many other pulmonary complaints. Expectorant / Astringent / Anti-spasmodic / Nervine. Used to thin mucous, relax the muscles of the chest, treat cough and cold symptoms. Give relief from diarrhea and irritable bowel syndrome.

Wood Betony: Nervous debility associated with anxiety and tension, neuralgia when of nervous origin, but especially those caused by hypertension.

Wormwood: aids in reducing fever caused by killing intestinal parasites.

Yarrow: is a decongestant, anti-inflammatory, expectorant and fights bacteria. Yarrow helps in getting relief from fevers and contagions like colds, flu, coughs as well as sore throats. Yarrow is also beneficial in removing heat and toxins from the system. Anti-inflammatory, antiseptic, antispasmodic, astringent, digestive, helps control bleeding, and reduces fever. Astringent/Fever reducer/Anti-inflammatory/Antispasmodic/Tonic/Blood pressure reducer/Bleeding/Diuretic. Reduce fever, bleeding and pain. Strengthen the digestive system.

Yellow Dock Root: Blood purifier/cleanser, tonic. This medicinal herb is effective in activating clogged blood and lymph. In addition, yellow dock can extract toxins out of tissues and also ensure their removal from the body. Yellow can be used wherever there is blockage, heat and irritation. Old herbalists also mention its usefulness as an anti-tumor herb and include it in various folk-medicine cancer treatments.

Yohimbe: Yohimbe aids an increase in dilation of blood vessels and thus helps lower blood pressure. Yohimbe may also reduce depression and anxiety and aid in weight loss by suppressing the body's ability to store fat.

Yucca Root: Anti-inflammatory. Used to treat skin inflammation and joint pain.

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