

HERBS FOR SPECIFIC BODY CONDITIONS

(FROM Dr. Jensen's, Dr. Heinerman & Dr. Jim Jenks' books and Gary Null radio show, or visit his website, <http://www.garynull.com>) (if capsules are used, take with hot herb tea) or brew herb (with lid, 15 min.) in 155 degree spring water, never in boiling water.)

ANTI-BIOTICS- Cleavers, echinaecea, golden seal, gentian, nettles, oats, wormwood. Myrrh.

ASPERGER-(Autistic spectrum) Pervasive development disorder, ATD. Brain foods. Vaccines cause it. Read Money Mag May 97. Virus during pregnancy.

ACHES- Yarrow, if bad enough, skullcap. Red poppy bolus in tisane. All tisanes made with water brought to 155, between a bath and a boil, drop in herbs, cover, let steep. For bursitis, bromelain, pineapple extract. Also hard massage by pal with linamint or sesame/marjoram (below) on bursa. Take anti inflammatory, ibupofren (Motrin) while you spend a few days working that area, it's an anti-inflam and allows you to exercise with slow yoga to loosen spasms without feeling the tension and pain. Spasms in muscles, from disc problems, afflicting major muscles around spine, use cured sesame oil with an EO. Pour good, crude sesame oil into crock pot. Turn on low, overnight. next morning, cool. Put four oz in squeeje bottle, rest in fridge. Add 30 drops marjoram essential oil (EO) to the sesame oil. Stops those spasms flat.

ACNE- Apple Cider vinegar

ADDICTION/ ALCOHOLISM-Milk thistle,l-Glutamine, Spinach salads, when they crave drink Another trick, protein with raw fruit full of enzymes. Fresh fruit blended with milk into a fruit shake. It ferments and gives 'em feeling they had booze. Any protein given with raw fruit will ferment, that's why we who eat protein do NOT mix it with fruit in same meal! Impedes protein digestion which is done with stomach acid.

ADRENALS-licorice; siberian ginseng (eleuthro), jamaican sarsaparilla, Prickley Ash bark, safflower flowers, dandelion root, horseradish, hawthorne, freeze-dried adrenals, lysine will heal. If hypertension, must use de-glycyrrhizined licorice, TO STIMULATE: gotukola, damiana, saw palmetto, kelp. **MASTER HORMONE PRECURSORS** like wild yam, ginseng, borage, licorice, ginseng, DHEA. Glandular called 'Adrenal Support" by Natra-Bio (Ferndale WA).Clove tea w. dandelion root capsules 3, 3x a day.

AGING, and AGE SPOTS- Germanium! Found in barley, garlic. S.O.D, VIT C B COMPLEX, B-6, VIT E.ROYAL JELLY, LECITHIN. CO-ENZYME Q 10, Tea: red clover, burdock, milk thistle, dandelion. SILICA will give longevity, Devil's claw takes care of joint pain, stiffness, instead of aspirin to thin blood, take willow bark "Pain Stop" capsule. Bitter herbs before every protein meal, like chicory, endive, dandelion in salad. And be sure to smell the protein cooking beforehand so there's an acid flux in tummy. For men, saw palmetto, bearberry, burdock, juniper berry, prickly ash, slippery elm formula.

AGINGEYE SIGHT: bilberry, A,C. E, selenium. Malva Tea

AGING OF BODY- Exercise. Weight training. DHEA, L-carnatine, PREGNENOLONE, PROGESTERONE. **AGING OF BRAIN:** Use some of those new Smart drugs, they have names like Brain Power, Think, found at healthfood store, niacin with meals.Google up "phosphatidylserine," 2 mos supply low as 19\$ online. Made of soy lecithin, restores memory.

AIDS- Bitter Melon, Chapparal, Pau d'arco, wheatgrass juice, red clover. Lomatium St John's Hyssop, Lemon balm, Thuja, Echinacea. ANTI-VIRALS: lomatium dissectum, St john's wort, bupleurum, cinnamon. ELDERBERRY fruit.

ALCOHOLISM- To repair damage already there, GARY NULL says take glutathion. and N-acetyl cystine and Chlorophyll, and Thiamine, Grapeseed extract And Vit C.

ALLERGIES- Super Enzyme by Twin Labs, (Bromelain is key ingredient.) Eyebright, Goldenseal, Horseradish root, Nettle seed, Yarrow flower, ECHINCECA, RED CLOVER, BORAGE, LICORICE, MARSHMALLOW, SLIPPERY ELM, DANDELION, CHAMOMILE, yarrow. Alfalfa juice (easy to grow; seed avail. at all HFS) L- Glutamine. Fiber added to drinks with acidophilus, bifidus. msm or METHYL SULFONYL METHANE, a natural form of sulfur(also eat broccoli, brussel sprouts, onions, garlic, raw so sulfur is not destroyed.)

ALZHEIMERS-240 mg. Ginko Bilboa daily. Acetylcarnitine; METHYL COBALAMINE. (co enzyme B-12) ANEMIA- Nettles, beets, black strap molasses, parsley, coriander, teas of yellow dock, verbena hawthorn, raspberry.

AMYLOID SCLEROSIS /LOU GEHRIG'S creatine, NO CANOLA. Olive oil on everything. See movie "Lorenzo's Oil" or read the book. TAKE CoEnzyme Q-10. Google up "phosphatidylserine," 2 mos supply low as 19\$ online. Made of soy lecithin, restores memory, synapses between nerves which this disease destroys.

ANGINA PECTORIS- Cayenne, Hawthorn, double consumption of water. Pauling recommended 5 g of vitamin C (as ascorbic acid) and 5 g of lysine, 200 mg Coenzyme Q10, daily in divided dosages, and wait 10 days. This therapy halts intractable angina chest pain, sometimes on the first day..

APLASTIC ANEMIA-(LEUCOPENIA) DRUGS, ANTIBIOTICS, ANTI-INFLAMMATORIES, ANTI CONVULSANTS ARE THOUGHT TO CAUSE IT. HYPERSENSITIVITY TO CHEMICALS, ALLERGIES. Erythropoietin is medicine is injected to increase red blood cells. Testosterone has been used. If only red blood cells are affected, (RBC) immuno suppressants indicated. Prednisone and Cyclophosphamide and cyclosporin. Call NAT Information in Maryland 800 300-7469 FDA, Also Info: "N Assoc for Rare Diseases." 203-746-6518.

REGULAR ANEMIA:yummy Blackberry and APRICOT juice, black strap molasses, all forms of chlorophyll: spirulina, chlorella, wheat grass, barley grass, wild blue green algae.

ANTI FUNGAL- echinacea, garlic, pau d' arco, goldenseal, cinnamon

ARTHRITIS- Green Tea as a daily beverage. Alfalfa tablets, burdock, bogbean, black cohosh, tea of celery seed, meadowsweet, echinacea, devil's claw, yarrow; licorice, wild yam. Supplements of calcium, boron, magnesium, cod liver oil, other fish oils; eve primrose oil; kelp, selenium, nettles, hawthorn, prickly ash. Rub aloe, peppermint oil, comfrey, cayenne, onion, CELERY/ cabbage juice on with DMSO on clean skin or put into a poultice, wrap. Get rid of rigid mental attitudes. Aurvedic cure for joint pain, tumeric in hot milk. Boswillia (from India); bromellian (active enzyme in raw pineapple) eat it on empty stomach, pycnogenol; black cohosh, chapparal, garlic, sarsaparilla, desert willow, poke root, meadowsweet, colloidal silver, glucosamine sulfate or acetyl glucosamine. Take Calcium citrate with magnesium, boron, cod liver oil. Apple Cider Vinegar with other forms calcium. Niacinamide. CHINESE HERBS: Dong Gui, Gou Ji, Siberian Ginseng, Bone Mender, Xo Xian, Eucommia bark, Fo Ti, Disacus Root Mulberry Stem, Dodder Seed, Job's tears. DRINK MORE WATER! DOUBLE THE

AMT. And eat the cartilage off chicken or beef bones. Beef trachea extract. RED or black cherries eaten alone. DAILY. DMSO (vets' shin rub) with garlic on very clean, soaped then well rinsed skin only as the sulphur carries everything ON the skin deep into the body!

ASTHMA- Hot foods, chile peppers, tabasco, (lungs water just like eys) onions, garlic, echinecea, licorice, borage, coltsfoot, hyssop, elecampane, thyme, skullcap, vervain, golden seal, elderflower, peppermint, chickweed, chamomile, ginger. Khella seed, skunk cabbage, grindelia, tumeric, thyme, muellin, radish juice. Anise seed, seneca, comfrey, mouse ear, ill bearing spurge, sundew, wild cherry. If it's an allergy, use ephedra. Motherwort to strengthen heart. Switch to goat's milk.

ATHEROSCLEROSIS- Wakame, (seaweed) Magnets on heart, crown of head. Malva tea.

ATHLETE's FOOT- Human urine on the area, reapplied every few hrs w. cottonball.

ATTENTION DEFICIT-Drifty, (can't remember instructions) driven, (fidgity) daring, (reckless). Remove all sugar, food additives. Avoid allergins. May have high toxic metals, high copper levels, get tested for both. Add raw cilantro to salad if that's the case. AD Caused by LOW MINERAL intake. Take organic high min vegies 14 x more min than supermarket veg. Take S-adenosyl-l-methione a precursor to B-12, (take 2 tablets of 400 mg 8A.M., 1 PM and 6 p.m. If one can read in a focused manner, obsessive compulsive disorder is suspected, start on Prozac, very slowly, a drop a a day increasing slowly. Give child phosphatidylserine and phos choline.

AUTISM-Magnesium, B-6 in combo; Food allergies/candida checked. DiMethyl Glycine from Food Science; (Vit B-15) Top Researcher: Bernard Rimland; Inst. Child Behav San Diego 619 281-7165. Catalogue: Vit Shop 800 2331216. Vit Trader 18003349310. Again, "phosphatidylserine," 2 mos supply low as 19\$ online. Made of soy lecithin, restores memory, brain function.

BOILS-slippery elm brings it to a head. Hot towel compresses, hot as skin can stand, every 2 hrs, when it breaks open, press, drain, use calendula petal compress. MIRACLE flower. I use a garlic press, push the petals thru it, mix with Neosporin orig formula, apply aswad to opening. Seals any wound. You can use hot compresses with Muellin/lobelia fomentation 3 parts Muellin to 1. To get rid of microbes, echinacea, eucalyptus, garlic, myrrh, nasturtium, thyme, wild indigo, wormwood. In WWI they used garlic oil on spagnum moss dressings. To close it after it bursts, use calendula petals as it seals any wound.

BONE-to form, condroitin sulfate, horsetail (organic silicon); eat ends of chicken bones. Mix bell pepper into your celery juice as it has silicon.

BRAIN- Ginkgo, (leaf) glutamine, Cayenne, siberian ginseng, gotu kola, and amino acid arginine, choline (a Vitamin). Periwinkle, holy thistle, lilly of valley root, lobelia. No hard minerals in water; do Shoulder stands. For paralysis, Masterwort 1 oz in 1 pt water as tea, 3x per day. Phosphatidylserine, a soy lecithin extract.

BLADDER: Cranberry, grapefruit peel, cinnamon, beanpod (not seed), fennel; make watermelon fruit/rind /goldenrod, beanpod/horsetail tea and take wi. HERB EXTRACTS OF: Cornsilk, horsetail, pipsissew, Juniper berry, goldenrod.

BLOOD PRESSURE: Celery juice.

BRAIN/MEMORY-Gotu Kola, Ginkgo, Passionflower, Skullcap, Calamus, Rosemary. Prenenolone. (sp) Phosphatidylserine, a soy lecithin extract. 19\$ for two mos supply found online, google it up

BREASTS- Cysts: No caffeine. Phytolaca compresses. Prevention Cancer: selenium. 200 mcg., Brown Kelp, rosemary, basil, parsley, cumin seeds.

BRONCHIALS- comfrey, marshmallow, lobelia, chickweed, mullein, slippery elm, lobelia, bayberry, ginger, white pine bark, cloves.

BURNS - Comfrey stem sap. Calendula flower petals, crushed wi garlic press, rubbed on surface, seals

any wound. Causes skin to grow.

BURSITIS- SARSPARILLA, hyssop, bromelain or pineapple extract. Linamint and massage done while you're sedated with ibuprofen, or MOTRIN, an anti inflammatory pain killer. BROMELAIN, the pineapple extract, taken internally.

CANCER-Red Clover, Chaparral, Pau d'arco. Beet juice. Roasted Soy beans. GRAPE FAST, stems, seeds, skins and all! Nothing else for two weeks. Quit sugar and salt. Glutathione. Madagascar periwinkle (Vinca). To strengthen Liver, burdock, blue flag, essaic, (ask me for files on this one) yellow dock. To clean kidneys, cleavers, dandelion. Echineacea, Poke Root, cumin, basil, rosemary, parsley.

APPLY TO TUMOR: guaiacum, mistletoe, red clover, sweet violet, hot castor oil packs. IMMUNE SYS: astragalus, ligusticum wallichii, shitake mushroom, schizandra chinensis. Anti-Tumor activity: Flaxseed, freshly ground. Washed apple skins, eaten with or w/o the apple. USE ORANGE PEELS full of pycogonels which as capsules are expensive. RICH in these, whole grapes in juice as a fast, (seed is full of antioxidants), watermelon seeds-- made in the watermelon juice. JUICER crushes them. Active ingred. in seeds. Take Chlorella or wakasa during chemo.

CANDIDA- Biocidin, Bipidius Fos, Acidophilis Call: Dr. Biamonte (212) 967-1762. 139 Fulton St. NY 5th Floor. Dilute teatree oil in water, add lemon, garlic, make into cleansing douche, acidophilis implants. Raw Garlic orally in foods to clean intestine. ASTRAGALUS systemically, great fungicide. Citricidal. Caprylic Acid! SOLGAR brand. NO ALUMINUM, MERCURY. (foil, deodorants, mercury fillings). Use a homeopathic triple remedy CUPRUM, Calc Sulf and Alumina, which draws it out of system. THEN the candida responds to treatment. Copper complex.

CATARACTS- Give up salt, sugar. Use celery juice, lecithin daily. Sweat. Vit C plus bioflavenoids, magnets 2 inches from eyes. Glutathione. (Toxic liver). No lactose, (milk, dairy foods) no mercury from fillings. No rancid oils, fried foods or heated oil, all of which produce free radicals, which is suspected to cause cataracts. Glutathione and anti-oxidants must be taken.

CHOLESTEROL-Wakame (seaweed), Onions, garlic, skullcap, butcher's broom, hawthorn, horsetail, limeflower, dandelion root, cayenne. GINGER root (reduces clotting) eating beans, soy beans (takes 4 weeks). Rice Bran oil. Lime-ade. Garlic, ginger, lime on salad before meals. Lecithin capsule w. every fatty meal.

CHRONIC FATIGUE SYNDROME-LYSINE no pork. Take Herbal Energy Boost, bladderwrack, beet powder, boron, chromium picolinate, fo-ti, ginger, ginkgo, sida cordifolia linn, hawthorn, kola nut, saw palmetto, white willow, zinc, 1-800-303-0187.

CREAKY JOINTS, BONE DAMAGE- Slippery elm, alfalfa, oat straw, tumeric simmered in milk.

Calcium w boron, magnesium, codliver oil. DRINK MORE WATER! Calc.Flour, Calc.Phos.

CONJUNCTIVITIS- BORAGE, CLEAVERS, ECHINECEA, EYEBRIGHT, goldenseal, lemon balm, plantain, raspberry, valerian. Neosporin orig. formula in the eye socket, works great, feels great.

COLDS: Oregano seed tea at first symptom, Ginger tea, echinacea, goldenseal, osha, spilanthus, yerba santa, horseradish, elder, watercress, wild indigo. Red, Swollen eyes, take 'eyebright.'

CYSTITIS-(IF CONSTIPATED, yellow or red urine, hot body, heat): goldenseal, cornsilk uva ursi, plantain, marshmallow, if bleeding shepherd's purse, gentian. If coldness: add astragalus, cherry stems. Vit C or Cranberry juice. Mix 1 tsp baking soda, drink 2x a day five days.

CHOLESTEROL- BLUEBERRY, fish oils made of fish from cold waters.

COLON-cascara sacra, buckthorn bark, licorice & dandelion root, cayenne, ginger, barberry root bark, couchgrass, red clover tops, lobelia, rhubarb, senna. Psyllim (unflavored metamucil) stirred into drinks.

COUGH- wild cherry bark, thyme leaf, licorice root, skunk cabbage, petasites, elecampane, yerba santa, grindelia, bloodroot, sundew, radish juice.

COLIC- FENNEL, catnip, ginger, peppermint, lemon balm, chamomile.

COLITIS- (Ulcerative) Chlorella or Wakasa.

CONSTIPATION- eat apples; senna, rhubarb, homeopathic bryonia (wild hops). Can be result of hypothyroidism.

CRAMPS- black haw bark, cramp bark, pasque flower tea. Also black cohosh, false unicorn, wild yam. Kal Phos, Mag Phos

CRIB DEATH- no synthetic blankets, no soy milk. Mattress covered with sealed material, so gases can't come out of it. No vaccination of any child, ever. Join a Christian Science Church if you have to so that the state can't force you!

CYSTIC FIBROSIS- glutathione, 200-500 mlgms. or Cystine, (NAC).

CYSTITIS-YARROW, CHAMOMILE, CELERY SEED. Barley broth, cranberry. Take care of all Vaginitis which causes it. A Betadine or Goldenseal tea wipe after sex.

DEPRESSION - St. John's Wort, valerian, Ginseng, wild oats, damiana, basil, vervain, dandelion.

Fennel juice (anise) makes endorphins flow, banishes depress. Magnets on crown chakra while asleep.

Lime blossom aroma. Kola, rosemary, lavender, skullcap, lady's slipper, valerian, orange blossom.

MORE sleep is able to beat panic, anxiety and depression. Insomniac keeps piece of cheese next to bed, 1" square. Every time he wakes, he has a piece, chewed, followed by one big sip of dark beer. Rinse mouth, one sleeps like a baby!

DERMATITIS- COLLOIDAL SILVER. Hyssop.

DIAHARREA- Cantaloupe, blackberry, blueberry, pea, quince, raspberry, rhubarb juice. Herb Tea:

American cranesbill, bayberry, meadowsweet, oak bark hourly. Try Citricidal in case of enterococcus.

For babies, podohyllum cahmolla a homeopathic remedy. For children, immediately start giving

PEDIATRIC FLUID REPLACEMENT. Every supermarket sells it in baby food area. It's a high mineral, sweetened WATER! Also, feed GRAIN GRUEL. RECIPE: Toast brown rice until golden, grind in cleaned out coffee grinder, whizwhirring it to powder, Boil in pure water until thick like breakfast cereal, stir in dash of soy sauce. Feed to baby, no sweetener. Binds bowels.

DIABETES-Devil's club root bark, Jambul seed, blueberry leaf, bean pod, dandelion root, leaf, flower.

DIABETIC CATARACT (prevent) Bioflavenoids, quercitin. JUICE: Cabbage, chile peppers, stringbean, jerusalem artichoke, bitter melon. Niacinamide. If type two Diabetes is suspected where body doesn't recognize insulin, take cinnamon. For Type II Diab. sage, oregano double insulin activity; tumeric, cloves triple the activity, cinnamon is most potent. Normal doses given in foods fine.

DIVERTICULITUS-Natural, soft fiber foods, metamucil, not bran; MORE FLUIDS

DOWNS SYNDROME -Nuveen makes cure. Ask Julian Whittaker 4321 Birch Newport Bch CA for his free newsletter on this

DRY SINUSES, NASAL PASSAGES- Rub with sesame oil regularly in winter.

DYSENTERY (see diaharrea, or enteritis)

EAR ACHE- Lymph rub around collar bone, neck. Moving downwards.

ECZEMA Apple cider in bath tub, no showers, aveeno soap. Discontinue all cows milk products, goat ok. Bitters before meals. Proteins w. low carb vegies only, not w. starch/sugar/ dessert/ fats. INternal tea: burdock, figwort, fumatory, mountain rape, nettle, pansy, red clover and hyssop. Pour boiling water on top, let steep. EXTERNAL WASH for skin: tisane of chickweed, comfrey, golden seal, calendula petals, pansy, witch hazel. 2 tbsp herb to pt water. Burdock ointment on skin, sop w. almond oil all the time.

EDEMA-Use kidney herbs, diuretics, salads of white radish. Nat Mur.

EMPHYSEMA- MARSHMALLOW, MUELLIN, COMFREY CHICKWEED AS A TEA.

EPILEPSY-No carbs, go on the Dr. Atkins Diet. "Diet Revolution" This is a high meat, egg, milk protein diet.

ESTROGEN-Black cohosh, chaste tree berry, saw palmetto, sage leaf, licorice, alfalfa juice powder, pomegranates, VITEX, avocados, dong quai, DHEA, Pregnenolone, in diet eat tofu.

ENTERITIS- (diaharrea) turkish rhubarb root; Cantaloupe, blackberry, blueberry, pea, quince, raspberry, rhubarb juice. Oatmeal, rice as food. Cayenne and garlic in food. Brown rice gruel. Toast whole brown rice in heavy skillet, grind fine as flour, simmer w. good water, til thick like mush, add dash of soysauce, stir in, give as a meal, no other food, NO MILK! Liquid replacement. Supermarket has pediatric fluid in baby food section.

EYES-Rue tops, Fennel Seed, Eyebright, calendula, Goldenseal, Muellin, Boric acid. EYESIGHT- Gotukola, bilberry, Vits A, C, E, selenium. MACULAR DEGENERATION -Ocuvit (Jules Styne Clinic) google it.

FATIGUE-Siberian or korean ginseng, licorice, oat seed, jamaican sarsaparilla, prickley ash, gotu-kola.

B-12.

FEMALE PROBLEMS- Dong quai (chaste berry); Licorice root, (for estrogen) Fo-ti, Mexican Yam, Raspberry leaves, Queen of the Meadow, Black Cohosh, St John's Wort (depres), Damiana (flashes); Foenegreek (brings period). Eat avocados, olive oil, take Royal Jelly, vitamin E. (VITEX), Pulsatilla, Motherwort.

FEVER- currant, elderberry, grapefruit, peach, pear, raspberry juice.

FLU-Lomatium, St. John's wort, Hyssop, Lemon balm, Thuja leaf, Echinacea. (see cold remedy).

ELDERBERRY Zinc,

FAT-(to kill appetite) Fennel (finocchio) given in your salad, several times a day. Herbs: licorice root, uva ursi. Minerals: magnesium and chromium.

FERTILITY-Essential fatty acids, B Complex, Vit E, Octacosonal, Folic acid, Zinc.

TO CONCEIVE:Dong quai, black cohosh, royal jelly, loicorice rt, sarsaparilla, damiana, wild yam, fo-ti, burdock rt, yellow dock, scullcap, ginger, bladderwrack. red raspberry, rosemary, nettles, dandelion rt, angelica, peony rt, oatsraw, fennel, ma huang, ginger, hawthorn, rosehips, rehmannia, natural iodine, sea weeds like kombu, kelp, dulse, also alfalfa, spirulina, irish moss, watercress, borage seed. Take minerals in beet/green salad. AFTER QUITTING THE PILL: black cohosh, chasteberry, licorice, motherwort tea 3x day.

FEVER- Boneset, yarrow, echinaecea, cayenne, calendula, cleavers, golden seal, in tea every 2 hrs. Blue Verbain

FIBROIDS- goldenseal, ramp bark, squaw vine, red raspberries, dong quai, false unicorn, rose hips, sarsaparilla, peony, uva ursi, blessed thistle, rehmannia, ginger, lobelia. Treat LIPOMA or tumors same way. Cayce recom. hot castor oil on flannel, heating pad.

FIBROMYALGIA-Malic Acid and Magnesium, chlorella, wakasa,(liquid extract of chlorella.)

FOOD POISONING- Tumeric, ginger.. Covering raw meat/fish with rosemary in fridge.

FUNGUS-Usnea, Spilantes, Oregano, Pau d'Arco, Teatree.. ASTRAGALUS systemically, great fungicide Nails: coco oil. (Foot FUNGUS gets human urine, applied w. cotton ball every few hrs.)

GALL INFLAMMATION: tea of marshmallow root, dandelion, fringtree bark, wahoo, mountain grape.

GALLSTONES-Fennel juice, marshmallow root, barberry, mountain grape, balmony, boldo, fringtree bark, golden seal. 3x day.

GASTRITIS- chamomile, licorice, marshmallow, comfrey, meadowsweet, golden seal, calendula, slippery elm.

GOUT: Devil's claw; yarrow; kidney stims like celery juice or seed, boneset, uva ursi, wild carrot, yarrow, burdock root. NO sardines, shell fish, kidney or organ meat, caffeine, alcohol. Cut down on meat.

GUMS- alfalfa. Keep several tooth brushes, dry in window between uses. Use cold water only when brushing teeth.

HASHIMOTO'S - NO mercury hence no clams, shellfish, swordfish, tuna. No melatonin, popular sleep aid.

HEADACHES-Jamaican dogwood, petasites rhizome, passionflower, meadowsweet, white willow bark, St John's Wort, feverfew, wood betony, rosemary, periwinkle, lavender flower, ginger. Ginger, willow bark. FeverFew for migraines. BANISH ALL SALT from DIET.

HEALING- amino acids; digestive enzymes, HCI with proteins. Zinc, B-6, magnesium.

HEART- Cayenne, (give to anyone in pain) Hawthorn extract, L-Taurine, L-Arginine 6 gm daily, reverses ability to relax blood vessels, lost in old age; Magnesium, Garlic, Ginger, Lecithin, Evening primrose oil; black cohosh, Vitamin E. Cactus flower/stem, Motherwort. Bromelian, Trypsin for clot removal. Creatine, N-Acetyl Carnatine or L-Carnatine, Co-Enzyme Q 10 taken with fatty meal or Omega oils, borage oil, GLA/EPA. Rice Bran Oil. Kidney and black Beans in diet. For Congestive heart failure, creatine.

HEAVY METAL POISONING- 7 day brown rice, vegie juice cleanse, carrot juice, potassium broth, miso soup. Antioxidants from whole grape juice. Cilantro in all salads, vegie dishes.

HEART DISEASE-bile salts, Yeast, Bovine heart tissue, Vit E, Lecithin, Dwarf Elder, Bitter root,

mistletoe, oil peppermint, cassia.

HEART ATTACK PREVENTION: Before breakfast, liquid potassium, VIT E, 400-800 units; CO-ENZYME Q10, 300 mllgms. L-Carnatine 500-155000, Vit C, 2k to 4k on arising. Exercise. Don't skip meals. **VULNERARIES:** aloe,, arnica, bistort, black willow, burdock, chickweed, cleavers, comfrey, cranesbill, daisy, elder, elecampane, fenugreek, flaxseed, garlic, goldenseal, horsetail, hyssop, irish moss, calendula, marshmallow, mullein, plantain, poke root, shepherd's purse, slippery elm, st. john's wort, thyme, witch hazel, wood betony, yarrow.

HEMMORHOIDS-Bioflavenoids, butcher's broom. astringents: pilewort, witch hazel, periwinkle, tormentil. Pilewort ointment after BM. Take hepatics: barberry, dandelion root, golden seal, yellow dock in tea many times a day. Turnip greens and roots.

HERPES- Lysine, astragalus, siberian ginseng, calcium. No chocolate, Lomatium, St John's Hyssop, Lemon Balm extract cream topically 5x daily, Thuja, Echinacea. BHT, DMSO topically w. garlic. Avoid eating argenine rich foods. (nuts, peanuts, chocolate.) Apply anti-viral herbs topically: melissa, licorice root, aloe vera goldenseal tincture, echinacea extract orally, lysine cream, also 500 mg. 3x daily, extracts of licorice, myrrh, l-lysine, aloe vera, eg glycerine, lecithin, grapefruit seed ext. agar-agar. The Quercitin in red onions very good.

HEPATITIS- Liver Assoc. 800-223-0179 (auto immune).

HIGH BLOOD PRESSURE-Olive leaf, Linden flower, Bean pod, no beans, Mistletoe, cayenne, niacin. Make certain there's no tumor on adrenals. Co Enzyme Q 10, Hawthorn daily 12 weeks. Tea of chrysanthemum flowers, 100 mlg daikon radish juice daily.

HOMEOPATHIC REMEDIES: Sudden colds. Aconite, under tongue. 30cc pellets. FERRUM FOS slow flu. Sore throat/flush take Belladonna. Wet cold, Alium sepa; Cold sores, dry lips, Natrum Muriatica.

The art of using these is a study in itself. This writer has seen diseases cured with homeopathy that only antibiotics could cure. astrology@earthlink my addie, I'll tell you about this by email letter.

HOT FLASHES- Bioflavenoids (500-3000 mg) w. magnesium, B6, E

HUNTINGTON'S CHOREA- Co Enzyme Q 1-

HYPOGLYCEMIA- Devil's club root bark, Jambul seed, blueberry leaf, bean pod, dandelion root, leaf, flower. **JUICE:** Jerusalem artichoke, red/black raspberry, stringbean, tomato, zucchini. Stop eating carbs, high sugar fruits, refined starches. Instead, whole grain sprouted bread, and only 1 slice daily.

GREEN JUICES. GAIA tincture. If type two diabetes is suspected where body doesn't recognize insulin, take CINNAMON in all compatible foods. 'Sanicle/ or healwell' an ancient herb, hard to find. 3 drops sassafras oil in ltbspn fruit juice 2 x daily, four weeks. Red beets as a food.

HYPO-THYROID- Get rid of flouride in water, toothpaste. Switch to baking soda for toothpaste. Get purified water.

HYSTOPLASMOSIS-Move away from ocean. Diflucan medicine.

IMMUNE SYS- Vit C/Bioflavenoids, Echinacea, Goldenseal, wild indigo, Boneset, prickley ash bark, Thuja leaf. St John's Lomatium, Hyssop, Lemon Balm. See "Thymus." Pregmolone and Progesterone.

IMPOTENCE-Jamaican sarsaparilla, American ginseng, saw palmetto, oat seed, damiana, cardamon.

INDIGESTION- Sage, dill, anise, fennel, added to food while it cooks. The menthol in peppermint relieves gass.

INFERTILITY- WOMEN: Pituitary insufficiency. Viburnum and Raw pituitary gland from animal.

Scars: Sitz baths. 2 tubs, Hot 3 min, Cold 1 min. Scar tissue gets elim. Do 3 mos before attempt preg.

Ovoduets open up in that time.

INSOMMIA-valerian, rescue remedy, vervaine, marjoram, lavender, neroli, sweet orange, nutmeg, basil, bergamot, geranium (E/O's) basil, jamaican dogwood, DHEA, beer. METHYL COBALAMINE, (co enzyme B-12) in a product called dibencocide. Lettuce juice. passionflower, catnip, hops, valerian, skullcap, vervain, chamomile. And the amino acid ornithine, kava-kava. Vit C, magnesium ascorbate, aspirin, niacinamide. Ask me for big file on this astrology@earthlink.net

IRRITABLE BOWEL- Tea of wild yam, chamomile, peppermint, agrimony, marshmallow, goldenseal 3x. Add hops 4-stress, slippery elm gruel. enteric coated peppermint oil capsules. Diet of fiber rich foods, grains, beans, but not bran. Friendly flora like lacobacillus acidophilus. 1 cap of powder after a

meal. A pinch of asafoetida in all your cooked vegetables' sauce. Very yummy and popular Indian food thing. DISCONTINUE milk. Bacteria in milk causes it.

JAUNDICE-Carrot juice, horseradish, castor oil fomentations. Wild Yam and Barberry tea 6 x a day. (1 to 2), tea of balmony, black root, dandelion, fringtree bark, golden seal.

JOINT PAIN- Devil's claw, cured sesame oil with marjoram, see "ACHES"

KIDNEY- Tea made of Juniper berries, parsley herb, uva ursi leaves, dandelion root, corn silk, chamomile flowers.

KIDNEY STONES- madder root, hydrangea root, gravel root, burdock seed, horseradish root, hydrangea, parsley piert, stone root and chamomile made into tea taken w. pinch sodium bicarbonate in 8 oz pear juice between meals. Eat rice bran daily, celery, asparagus, artichoke. AM 1st thing, take watermelon tea. BORON, MAGNESIUM, CALCIUM. This come from raging osteoporosis, your calcium's melting off your BONES. Quit diuretics! (tea/cafe, acids like vinegar, pasteurized citrus, aspirins.) Quit SOY products.

LABOR-(these CAUSE LABOR, that means this list is what you avoid using during pregnancy as will provoke!) autumn crocus, angelica, barberry, buchu, buckthorn, cascara sagrada, coffee, comfrey, ma huang, golden seal, horseradish, juniper, loage, male fern, mandrake, misteltoe, mugwort, wormwood, pennyroyal, rhubarb, rue, senna, southernwood, tansy, thuja, ginger, wormwood.

LINIMENT-St John's Wort, Arnica, Melilot, Wormwood, Rue tops, Yarrow flower, Cayenne pepper.

LIVER- angelica, queen of the meadow, beets, burdock, fresh dandelion root, parsley, fresh horseradish, horsetail, liverwort, birch, lobelia, blessed thistle, (sylibium marianum) chamomile, gentian, golden rod, wild yam, barberry, Oregon grape, red clover, tumeric, artichoke leaf, beet leaf. Take in fennel seed tea or take w. tomato juice. Castor Oil fomentation pack on liver, hotwater bottle on top. Use senna, psyllium occasionally as laxatives. Milk thistle extract, ginseng. Bastyr U. says: go vegie, take fiber, 1 gm Vit c 3x a day, milk thistle, 70-210 mg broken into 3 doses daily. 2 qts pure water daily, Vit/min formula daily. D. Hoffman says liver tonic of dandelion, meadowsweet, fringtree bark, golden seal tea after meals. Bitters before meals. Also hepatics like balmony, barberry, black root, blue flag, boldo, dandelion, fringtree park, golden seal, vervain, wahoo, wild yam, yellow dock.

LOW THY- Tyrosine and iodine, (kelp or seaweed in veg soup). No Flouride, get baking soda for toothpaste, get purified water.

LUNGS- Eat chile peppers. lungs water just like eyes. quickfix: 20 drops tabasco in beverage.

Chickweed, lobelia/muellin, radish juice. Shoulder stands. White onion juice. Cherry bark. Onions in slices. Expectorant.

LUPUS-Get rid of aspartame or nutrasweet type drinks, sweets!

LYMPH- PURPLE Echinacea, golden seal, yarrow, cayenne, myrrh, garlic, Red Clover, Licorice, Buckthorn, Stillingia, Oregon Grape root, Phytolacca, Prickley Ash, Wild Indigo. To move the lymph, DAILY exercise & massage. Adjunct therapy for cancer. SWELLING: Muellin/Lobelia fomentation.

LYMES DISEASE- phone Gary Null, ask him for show on this.

Macular DEGENERATION- Ocuvit, sez Jules Styne Eye clinic. Combo Vit C, bioflavin, zinc, etc.

MASTITUS-Muellin Lobelia fomentation.

MENOPAUSE- Vitex, Pulsatilla, Motherwort, Black cohosh, Licorice, CHINEESE: Dang Gui, (called Dong Qui in the west). Magnesium for hot flashes, Phytohormone diet of tofu, Vit E and bioflavenoids for hot flashes. Lots of water. No caffeine.

MEMORY- Choline with Ginko 500 mgm min. Aceytl-L-carnatine, GotuKola, L-Phenylelamine, choline. Phosphatidylserine, google up that word. Amazing stuff. Made of soy lecithin extract. 19\$ for 2 mos. Supply.

MENOPAUSE- BLACK COHOSH. And google up that word with menopause, there's an info center for this. Homeopathic remedies 'bone grow' at carb, silican, calc flor and heckla.

MIGRAINE- food allergies. RELIEF: Bryonia alba (wild hops) Belladonna, natrum muriaticum, iris versicolor (blue flag), sanguinaria canadensis (blood root) feverfew, valerian, willow, ginkgo, DL-Phenylalanine, magnesium.

MILK PRODUCTION- aniseed, blessed thistle, caraway, fennel, fenugreek, goat's rue, vervain. Eat

beans/oats for abundant milk. AND TO STOP MILK red sage, garden sage.

MINERALS- red raspberry lf, nettles, oatstraw, watercress, dandelion, borage seed, horsetail herb, alfalfa, yellow dock in a tea with calcium ascorbate, fennel, rosemary, acidophilus, dry Vit E, Vit B 6.

MISCARRIAGE- to stop labor, BLACK HAW BARK, BLUE COHOSH, CRAMP BARK, FALSE UNICORN root, true unicorn root.

MOTION SICKNESS- ginger in tea

MORNING SICKNESS- ginger in tea, peppermint or catnip tea, cukes. The problem is related to low blood sugar in the morning. One is not aware of it as it isn't manifesting as HUNGER. The cure is to put cheese/tortilla or cheese/cracker under pillow. A few hours before you rise, take a bite, rinse mouth after.

MUCUS/SINUS- chamomile, peppermint, hyssop, ginger, cinnamon, golden seal, eyebright, ederflower, plantain, marshmallow, comfrey. Hot foods, hot peppers. Towel/steam, head inside, onion slivers up nose, tickle sinuses.

MULTIPLE SCLEROSIS- Get rid of Mercury fillings. Co-Enzyme Q-10.

NAUSEA-(pregnancy/chemo) Ginger, Black horehound, Cinnamon, nutmeg, clove, ginger, rosemary, lavender in tea, meadowsweet, chamomile. The problem is related to low blood sugar in the morning.

The cure is to put cheese/tortilla or cheese cracker under pillow. A few hours before you rise, take a bite, rinse mouth after.

NERVES-(nervous) Herbs: Black cohosh, cayenne, mistletoe, lady's slipper root, skullcap, hops, wood betony, ginger, St. Johnswort, ginger root, passionflower, white peony, Valerian, Yucca, B-Complex taken 2 hrs before bedtime, either as tea or in capsules. B-12 has to be real which requires fridging, ask me for file on this. astrology@earthlink.net

NEURALGIA- (pain in nerves) Hyssop. Magnets on feet while asleep.

NEUROPATHY (PERIPHERAL) - B-12 defic. Folic Acid. Vit A, Prenenolone, (neuro-hormone) progesterone, get A.L.A test to make sure no Multiple Sclerosis, check urine for DIABETES, major cause of this. Massage, cayenne in capsules or on all food.

OXYGEN LACK- dark circles? Vit E, CoEnzyme Q-10, Vit 15, green juices, salads. Quit dairy and flour of all kinds. Avoid cat litter, other chalky fumes of minerals which dust, sweeping, certain soils have when worked. Leave windows open when asleep.

OSTEOPOROSIS- Magnesium, boron, flouride, Vit K, B6, B12, Cal-Mag.

PANCREAS- digestive enzymes, (with pancreatin), sea greens, kelp for minerals, Cal-Mag, B complex, pantothenic acid, propolis, chromium, lecithin, C, acidophilus, coenzyme Q-10, Castor oil pack.

Blueberries. Herbs: Milk thistle, Golden seal, juniper berries, uva ursi leaves, loquat or huckleberry or mullein leaves, comfrey root, yarrow flowers, garlic bulb, cayenne, dandelion root, marshmallow root, buchu leaves, bistort root, licorice root.

PARASITES- Pumpkin seeds, culver's root, mandrake root, violet leaves, comfrey root, pomegranate bark, or seeds, male fern, cascara sagrada bark, witch hazel bark, chaparral, mullein leaves, senna, slippery elm bark, wormwood, (artemesia absynthia;) black walnut bark, and the green nuts of black walnut, (cut rinds off, throw rinds into any drinkable alcohol like vodka, weigh down so all nut rinds are submerged, cover, leave in fridge for a few days). garlic, freshly powdered cloves, encapsulated. Unripe persimmon/ pomegranate juice, peach w. castor oil, ginger tea. Salted/peppered pineapple after meals.

(On skin or in shoe lining) garlic, lemon, plantain, dandelion stem juice. Colloidal silver with acidophilus. Zinc. Apple Cider vinegar, 2 tbsp daily. THREAD WORMS: Quassia chip tea enema for rectal threadworms. And some as tea before meals. Unpeeled garlic in rectum over night. (yeah, riiiiight!) Artemesia absynthia which is wormwood, tansy, I believe it has several names. Absinthe was made from it. Lovely garden plant, avail. all garden catalogues and from me. Take the GREEN stage "black Walnut" and slice meat of outer covering into vodka, Fill that jar. Let sit. Potency of the green covering goes into the alcohol. Deadly for worms. Forces you to drink, unfortunately. Maybe tisanes of the nuts. Fresh real coconut for breakfast. Pumpkin seeds for lunch.

PARKINSON'S No heavy metals, no smoking (cadmium). Take antioxidants. Brain neurotransmitters like phosphatidal choline. L Dopa but no B6. DLPA (amino). Oral chelation program. HERBS:

hawthorn, Ginko, black cohosh, skullcap. Vitex. MSM sulfur. No more canola oil. No more diet soft drinks. Co-Enzyme Q-10

PERIOD- False unicorn, squaw vine cramp bark, blue cohosh, ginger. PMS: Butcher's broom extract. Free pamphlet on Natural hormones PO Box 6293 Malibu CA 90264 Dr. Pensati.

PSORIASIS- cod liver oil, Sarsaparilla; Hyssop taken internally.

PROSTATE - Saw Palmetto, Pumpkin Seeds, Zinc, & glandulars. Pygeum an herb from Africa, essential fatty acids, uva-ursi, alanine, glutamic acid and lysine in equal amts & bee pollen. 1 tbsp apple cider vinegar 3x a day in water.

PYORRHEA- alkaline reaction foods only. See that salads are given w. protein meals. Yogurt in a.m. Then, Bowels move 4 x a day. Daily MOUTHWASH. simmer 1st group herbs 5 minutes, then add 2nd group, simmer another 5 minutes. Simmer root mixture first: ECHINACEA (purple cone flower) root, PRICKLEY ASH, Licorice root, bloodroot rhizome, ginger rhizome, and GOLDENSEAL ROOT; simmer rootstock which is obtained from herb stores) for 10 minutes. LAST Simmer leaves of usnea thalus, Myrrh, Plantain & plantago major only 5 minutes. Water should not be bubbling, just at the verge. Add Peppermint oil and Propolis (bee resin) when it is finished. Resin is bacteriacide, anti-fungal. Store in fridge. BRUSH TEETH WITH THIS LIQUID and leave on gums. After PROFESSIONAL teeth cleaning, while gums are sore, rub gums with a little oil from vitamin E capsule. Also use mouthwash. DIET to heal gums: vegies rich in niacin, folate, minerals, leafy greens, broccoli, asparagus, lima beans, romaine, kale. Also sweetbreads or liver 2x weekly for folate, Vit A, also eggs and raw peanuts. IPSAB products Edgar Cayce recipes, full of prickly ash bark, work, their moutwash, toothpaste, HERITAGE PROD BOX 444 Virginia Bch VA 23458. Wholesale them!

RADIATION POISONING- sezium a homeopathic remedy, 10 m; Magentum 5m, put crytals under knees. Alfalfa. Brown kelp

SALVE- comfrey, St John's Wort, Calendula, Plantain, Chickweed, Muellin in olive oil/bee's wax, propolis.

SCABIES-Garlic, dilute with lemon juice. Apply topically. Neem oil, Tea tree, also in dilution with it.

SCARS- laser therapy; Vit E oil.

SCHIZOPHRENIA- Eve Primrose, niacin, manganese,

SCLERADERMA- COENZYME Q-10, BEE POLLEN, VIT E 400-1000IU. propolis, Vit C/ pycnogenol, cayenne/garlic.

SENILITY-periwinkle, holy thistle, lilly of the valley, lobelia, in tea..Google up "PHOSPHATIDYLSERINE" restores brain function.

SHINGLES -Bioflavenoids "NUTRIFLAVENOID" megadose. See "virus."

SIDS-NO SYNTHETIC BLANKETS ON THE BABY, No face down on chemical exuding mattresses. Wrap mattress in a safe substance that allows no chemicals to exude from inside. NO SOY MILK. No vaccinations. Claim to be 7th Day Adventist to doctors. Show enough horror they'll back off. A breast fed baby gets mother's immunities can beat any childhood disease.

SINUS - pau de arco with golden seal, as a tea, but sniffed and sprayed up nose. Raw onion slivers stuck up nose over a basin of very hot steaming water. Makes you sneeze convulsively, loosening mucus.

Onion is viricidal, expectorant, germicidal so very useful.

STRESS/FATIGUE- Milk thistle.

STROKE DAMAGE- Hypobaric oxygen (yoga); enzymes, chelation, speed, meth but only with exercise program.

STROKE PREVENTION- Bioflavenoids (cherries, berries, citrus and peppers and guavas). Pycnogenol, Rose hips, Garlic. Green or Black tea, Bilberry. Ginkgo. 40 mgs. 3x a day.

SWELLINGS- 3 part muellin, 1 part lobelia. Fomentation.

TEETHING- Licorice tea or licorice root to chew on.

TOBACCO ADDICTION- lobelia, licorice, oat seeds, sassafras root bark, calamus rhizome, skullcap together instead of smoking.

THRUSH-GRAPEFRUIT SEED EXTRACT (diluted) called Citricidal

THYMUS-Zinc, Vit B, eat Sweetbreads, (all creates T Cells, IMMUNE)

THROAT SORE- JUICE OF WHITE TURNIP, fresh, raw PINEAPPLE.

THYROID- Black cohosh root, kelp, licorice, false unicorn, siberian ginseng, sarsaparilla, squaw vine, blessed thistle. Chromium, niacin, magnesium, B complex.

TMJ-valerian, skullcap, chiropractor manipulation.

TOXINS- (BANISH) QUERCITIN - VIT C, Gluthathione, licorice, crude citrus bioflavenoid extracts, hesperadin, rutin, technogenol (pine bark) alfalfa, NAC, organic selenium, antioxidants, betacarotene megadoses, 50,000 IU. Niacin.

TRIGLYCERIDES HIGH- Creatine.

TUMOR TENDENCY-wholesome vegan diet, no salt, flesh, eggs, milk, dairy, cheese AND no beans, cooked grains, especially brown rice, cooked vegetables, or legume/pulse beans. No sugar at all. Feeds tumors. You will enjoy a pure, RAW food diet, along lines of Hippocrates Institute. Read the books of Dr. Ann Wigmore to understand how you will fix really tasty raw veggie burgers, (ask me for recipes) make rejuvelac milk, etc. These books are avail. at any GOOD healthfood store in America. Eat fruits, vegies, cooked, raw. Also grains, seeds, legumes. Clarified butter is fine on cooked vegies, olive oil/lemon garlic dressing on salads. Whole grain products, especially those made of sprouted grains, (breads) are fine. For brain tumors, use a crushed comfrey leaf and whole grape poultice placed at base of neck. It will draw the poisons out of the inside of skull. ALSO use the herb MASTERWORT made into tea. Ditto BINDWEED, which I give away in summer as it grows like a weed here. Throw 1 oz of the herb into a pot of 1 pint of simmering water, hold JUST BELOW a simmer for 10 minutes. Drink a cup 3 times a day. Make all three cups in the morning, stuff is delicious!. ACTIVE ANTI-CANCER DIET: Grapes are the most beneficial food for cancer control as they contain cell salts which nourish the blood system. A diet of nothing but grapes may be eaten for three months. Take care to drink only distilled water, between meals, at least 1 cup per hour. When using the grape diet eat the seeds, skins and meat of the grape.

OTHER POWER FOODS that rid body of cancer: carrots, broccoli, watercress. Use them raw if you know you have active tumors. HERBS that banish cancer. Crush fresh violet leaves, use in a poultice with crushed, fresh raw cranberries. Red Clover, Chaparrel, Pau d'arco and bindweed, masterwort made into tea. HOW TO MAKE A POULTICE: Get a pkg of surgical gauze. Open up a rectangle long enough to go around your neck, and 3 times the width of area between collar and hairline. Put crushed wad of herbs/fruits in the center, fold gauze over it from both sides. Use surgical tape or a scarf to affix to back of neck. Wear it while you study, read or sleep. Another way Edgar cayce recommends is castor oil, hot, poured onto wool flannel, lay against tumor; use heating pad on top, then your shirt; watch t.v. with it there.

ULCERS- Bleeding duodenal require bioflavenoids, low acid diet. D-GLYS Licorice, no salt in diet, as salt makes stomach acid. Tea: comfrey, marshmallow, american cranesbill, echinacea, golden seal.

URINARY TRACT INFECTION-Bee Propolis, Hit VitA, Garlic liquid 8 oz day, Vitamin C/Bioflavenoid, no alcohol, Cranberry Juice.

UTERINE INFECTION/BLEEDING- Chlorophyll infusions. Vinegar, garlic, comfrey too.

VAGINITIS- Take several cloves garlic, use press so it comes apart into a cup of water. Add 1 tbsp or 2 of vinegar or lemon; let sit, strain into cup then add teatree oil, put inside a cup or classic Coke bottle. In bathtub, tilt, let glug glug into body. Hold for a few secs, expell extra; don't rinse, just pat your self dry and wear cotton pants. If that doesn't work save grapefruit seeds, then grind in blender w. water, strain/add to mixture (homemade citricidal) Take ASTRAGALUS systemically, great fungicide, Also, all trousers and pants go to the laundry after one wearing. Panty hose or non breathing poly undies a no no. ANOTHER WAY: Betadine douche (from supermarket). Or ordinary iodine, diluted in water. Take yogurt in one meal a day, the kind with live cultures in it, daily. ANOTHER Douche :. lemon juice, garlic. (method: juice a lemon, crush a few cloves of garlic in it, Wash the area, plain soap, Do a douche with water, then douche with the lemon. Top off with neosporin cortisone formula, applied wi. finger for itch.

VIRUS- Lomatium, St John's Wort, Hyssop, Lemon Balm, Thuja Echinacea. Licorice Root. Garlic.

ELDERBERRY fruit. Blood electrification. Plans for machine which costs 50\$ to build in May June 96

issue Explore Mag. Washington DC. Find at New Age book stores.

VEINS- Collinsonia, Horse Chestnut, Butcher's Broom, Rosemary, Prickly Ash. Cure Varicosities: Butcher's broom.

VITAMINS TO TAKE JUST FOR YOUTH: CHROMIUM, algae, L-Glutathione. Germanium (found in crushed, raw garlic and barley. DHEA.

WARTS-Juniper, Iomatium, St John's Hyssop, Lemon balm, Thuja, Echinacea both as tea and topically. Milk of dandelion stem, lemon, garlic, or common garden plantain weed, squeezed on skin fresh.

WEIGHT PROBLEMS- Chromium piccolinate, 1200 mgms magnesium & Bitter melon reverse insulin resistance, kelp, cherry bark, dong quai for hormones, curcuma longa (curumin) barberry, tumeric to improve fat metabolism, Licorice root, blood purifier. L-Carnitine (fat converter); niacin; Garcinia Cambogia (has hydroxycitric acid) dulls appetite. Poria cocous, Fu Ling and Peony root cleanse; choline/inositol b-6 Methionine stimulate liver. Taurine is prod. by body if Meth. Vit B6 and Cystein are present. So take B Complex several times a day. Grapefruit juice between meals or with proteins in small amts.

WOUND HEALING-Vitamin E, calendula petals, mashed, add some neosporin original formula as a carrier. Closes any wound. Great for pets. For garden wounds to hands I crush calendula in fingertips, smush on wound. Germicidal too.