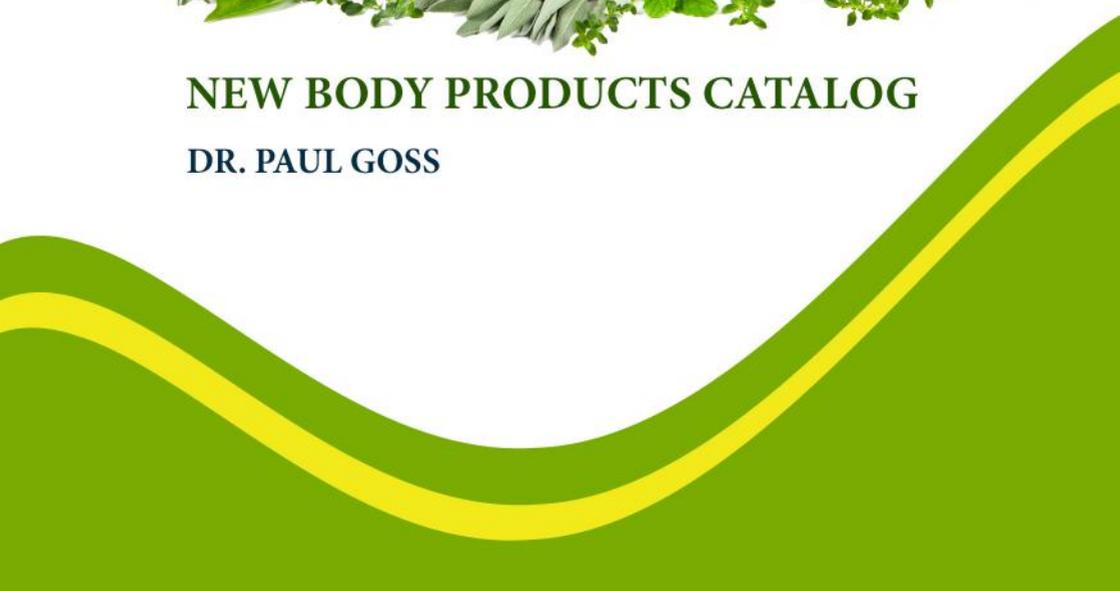


# **THE NATURAL WAY**



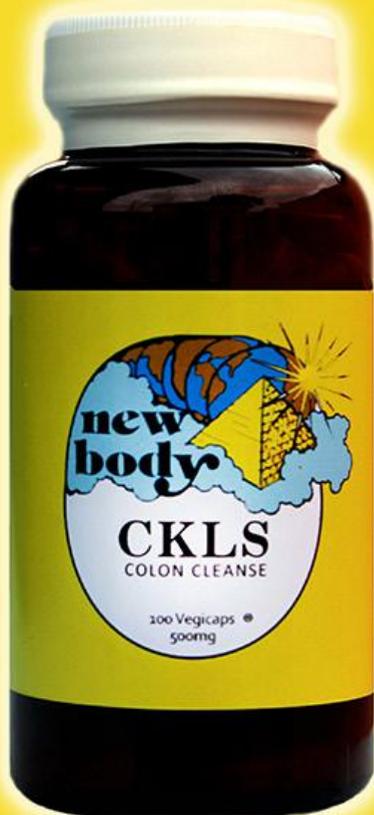
**NEW BODY PRODUCTS CATALOG**

**DR. PAUL GOSS**





New Body Products  
Established 1976 in America

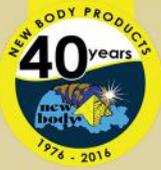


## 10 REASONS TO DETOX

- 1. Removes Toxins
- 2. Weight Loss
- 3. Increases Energy
- 4. Builds Immunity
- 5. Prevents Chronic Disease
- 6. Restores Balance to the Body Systems
- 7. Brilliant Skin
- 8. Stops Premature Aging
- 9. Mental Clarity
- 10. Increases Sex Drive



[www.newbodyproducts.net](http://www.newbodyproducts.net)



# HERBAL SOLUTIONS

## 4-PG

4-PG is a combination of herbs put together in the right proportions to give the body some of all the vitamins and mineral known to man.

Vitamins: A,B,C,D,E,F,G,K,P,T, and U.

Minerals: Aluminum, Calcium, Chloride, Copper, Fluorine, Iodine, Iron, Selenium, Lithium, Manganese, Phosphorus, Sulfur, Potassium, Silicon, Sodium, and Zinc.

Trace Minerals: Boron, Bromine, Nickel, Strontium, and Vanadium.

**Ingredients:** Alfalfa, Kelp, Dandelion Root, Capsicum.



## AG-7

AG-7 provides nutritional support for women experiencing hormonal imbalance, which causes menopause, PMS, fibroid tumors, menstrual cramps and other female dysfunctions including symptoms like hot flashes, mood swing, dry skin, and poor memory.

AG-& supports the natural production and maintenance of estrogen and progesterone.

**Ingredients:** Damiana, Dong Quai, Wild Yam, Cayenne, Kelp, Red Raspberry, Black Cohosh, Ginger.





## ART (Arthritis)

Rheumatic disease includes a variety of illness. In these illnesses, pain and disability in joints or in supporting tissues (muscles, tendons and ligaments) around the joints are among the important symptoms. These illnesses involving the joints are called arthritis.

**Ingredients:** Chaparral, Alfalfa, Capsicum, Comfrey, Licorice Root.



## ALOE VERA & PEPPERMINT

People in tropical climates have used Aloe Resin and Peppermint for thousands of years:

Colitis Migraine Headaches Constipation Pain

**Ingredients:** Aloe Vera, Peppermint.



## BP-1 or BP-2 (Blood Pressure)

Waste matter causes high blood pressure in the system, overeating, wrong diet and the use of tobacco, liquor, sugar, meat, salt and de-vitamin-ized foods. Symptoms are a flushed complexion, uncomfortable feeling overweight, and weakness. Low blood pressure is caused by the lack of red corpuscles.

BP-1 or BP-2 has been used for high and low blood pressure. They have also been used for parasites, fever, ringworm, asthma, colds, cramps, arthritis, as an aid to digestion and circulation, and as a natural antibiotic. Those who don't care to have capsicum use BP-2.

**Ingredients:** Garlic, Capsicum/Garlic, Parsley



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**Ingredients:** Garlic, Capsicum/Garlic, Parsley





### C-1 (Cancer)

Cancer is an abnormal growth of cells and tissues, which do not serve any useful purpose in the body. This abnormal growth can invade, destroy and eventually replace neighboring health tissue. There are many varieties of cancer as there are organs and tissues in the body. The New Body Herbal Formula C-1 has been used along with the New Body Herbal Formula FREED-OM to answer this problem.

**Ingredients:** Shave Grass, Comfrey Root, Aloe Vera Resin, Yellow Dock, Barberry Root, Dandelion Root, Garlic, Capsicum.



### C-FU (Colds & Flu)

C-FU is designed to support a balanced immune response that will speed recovery and remove mucous from the system. These herbs help to cleanse the mucous membranes, which is an important part of winterizing your immune system. For additional support, we have herbs that support the body's clearing of mucus in the upper respiratory system.

**Ingredients:** Marshmallow, Golden Seal, Catnip, Comfrey Root, Fenugreek, Capsicum.



## CKLS (Colon, Kidney, Liver, Spleen)

The New Body Herbal Formula CKLS was created to stop and eliminate all problems of the colon, kidneys, liver, spleen and other organs where toxins can build up. It will not gripe the stomach. CKLS has been used to eliminate stress, sluggishness, headaches, mucous build- up, tiredness, worms, colon pockets, harmful bacteria and constipation. It has also been used to rebuild the mucous lining and to heal the intestines.

**Ingredients:** Aloe Vera Resin, Chamomile, Cascara Sagarda, Chaparral, Mullein, Uva Ursi, Fenugreek, Cayenne, Dandelion, Eucalyptus.



## COMFREY & FENUGREEK

Comfrey & Fenugreek used together can drive all mucous from the body, heal mucous membranes, eliminate infections, strengthen the heart, reduce swelling, eliminate headaches, prevent mucous build up, increase oxygen to the lungs and purify the blood.

**Ingredients:** Comfrey Root, Fenugreek





## DA (Digestion & Gas)

More complete digestion contributes to good health in two main ways:

- 1). Increased absorption of nutrients
- 2). Minimizing of indigested food that can ferment and lead to the production of toxins.

DA is an anti-gas combination, which provides relief for stomach and intestinal problems related to indigestion and gas.

**Ingredients:** Peppermint, Parsley, Slippery Elm, Cascara Sagrada, Ginger, Capsicum, Carob.



## DAMIANA/ DONG QUAI

This blend of two excellent female herbs can be used to stimulate the female reproductive organs and keep them in balance. It increases sexual activity in women, relieves PMS and menstrual irregularities, reduces the pain of endometriosis and menstrual cramps, and minimize menopausal symptoms. It can also nourish body fluids, counter fatigue, and lower blood pressure.

**Ingredients:** Damiana, Dong Quai



## E-YE (Eyes)

The New Body Herbal Formula E-YE has been used to help promote healing of all kinds of eyes ailments, including cataracts and glaucoma. It has been known to strengthen the eyes and to improve eyesight. It can be used eyewash or taken internally.

**Ingredients:** Raspberry, Eyebright, Golden Seal, Bayberry Bark, Fenugreek, Slippery Elm, Capsicum.



## FREED-OM

This New Body Herbal Formula is used to purify the blood. It has been used to help promote healing in cases of boils, chicken pox, fever blisters, and venereal disease. Use it with the New Body C-1 Herbal Formula to help promote healing in cases of cancer, AIDS and herpes.

**Ingredients:** Golden Seal Root, Dandelion Root, Burdock Root, Yellow Dock Root, Chaparral, Capsicum, Garlic.





### FE-Y (Forever Young)

FE-Y has a rejuvenating effect on the cells and nerves of the body. It reverses the aging process. It is used to relieve or eliminate bone deterioration, drug withdrawal symptoms, heart disorders, memory loss, speech defects, stress and stroke.

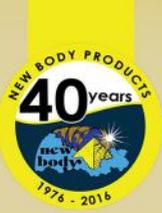
**Ingredients:** Korean Ginseng, Fo-ti-tieng, Gotu Kola, Damiana, Slippery Elm, Comfrey Root, Kelp, Capsicum, Alfalfa.



### GGFC (Ginseng, Gotu Kola, Fot-Ti-Tieng, Capsicum)

This New Body Herbal Formula is associated with endurance, energy, mental stimulation, and memory. It was created especially for the athletic or high-energy person who wants to get more out of life.

**Ingredients:** Ginseng, Gotu Kola, Fo-ti-tieng, Capsicum.



## GINKO/GOTU KOLA

This New Body Herbal Formula combines two of the best memory boosters in the herb kingdom. It can be used to help you cope with stress, relieve symptoms of Alzheimer's, circulatory disorders, stroke and dizziness. It can also be used to reduce high blood pressure, relieve mental and physical fatigue, and prevent nervous breakdown.

**Ingredients:** Ginkgo, Gotu Kola



## GOLDENSEAL/ ECHINACEA

Goldenseal and Echinacea combined make a supportive tonic for the cold and flu season, helps increase the body's resistance to infection, both bacterial and viral. Nature's antibiotic stops infections, colds, flu, fever, sore throats, bronchitis, sinusitis.

**Ingredients:** Golden Seal Root, Echinacea.





## HE-RT (Heart & Cholesterol)

There is a long list of heart problems, each with its own set of causes. Two common heart problems are irregular heartbeat and heart palpitations. The greatest cause of all heart problems is a wrong diet, which causes impure blood and weakens the heart. Other causes are lack of exercise and poor circulation. New Body's Herbal Formula HE-RT was designed to help the body strengthen the heart.

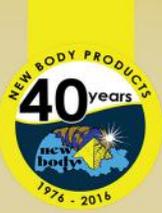
**Ingredients:** Hawthorn Berries, Capsicum, Garlic.



## HIR (Hair)

This New Body Herbal Formula was designed for those who take pride in the health of their hair. It rejuvenates the skin under the hair, supplies hair food, stimulates hair growth, fights dandruff and stops split ends and hair breakage. HIR provides nutritional support for healthy- looking hair.

**Ingredients:** Aloe Vera Resin, Sage, Chaparral, Capsicum, Kelp, Nettle, Alfalfa, Horsetail.



## MIRACLE 2000

This New Body Formula is high in protein and other food values. It supplies oxygen and water to cell tissues in the body. It has been used to increase energy and endurance, promote longevity, retard cellular aging, provide relief from arthritis and enhance the appearance of skin, nails and hair.

**Ingredients:** Algarrobo Beans, Plantain, Yuma, Wild Cherry Bark, White Oak Bark.



## NVS (Nerves & Stress)

The nervous system controls all muscular movements- both voluntary and involuntary. It is responsible for the thought processes and regulation of such body functions as circulation, respiration, digestion and elimination. It conducts pain and other sensations to the brain. When the nerves are damaged, the body suffers pain and discomfort.

**Ingredients:** Peppermint, Catnip, Ginger, Valerian, Hops, Scullcap, Chamomile, Rosemary.





## OLYMPIC TONE

The super athlete has energy, endurance, balance, control, speed and power. He or she also has strong bones and healthy skin. The New Body Herbal Formula Olympic Tone is a good body toner. It stops aches and pains, removes stretch marks and rebuilds muscle.

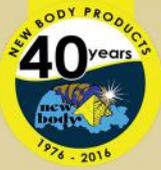
**Ingredients:** Flax seed, Oats, Soybeans, Rice, Wheat, Rye, Barley, Maize.



## PAR-K-SLIM PACK

No one wants to be obese. The New Body Herbal Formula Par-K-Slim Pack is perfectly balanced so that perfect harmony is restored in your body as you trim away unwanted pounds. Some of the health problems caused by obesity are: cancer, hardening of the arteries, poor circulation, high blood pressure, heart attacks, colon disorders and strokes.

**Ingredients:** Irish Moss, Chickweed, Aloe Vera Resin, Kelp, Uva Ursi, Valerian Root, Dandelion Root, Alfalfa, Chamomile, Cascara Sagrada, Chaparral, Eucalyptus, Fenugreek, Mullein, Capsicum.



## RH & SH (Revitalized Health & Stay Healthy)

Frustration- especially when it comes from sexual dysfunction- has to be the world's oldest problem. It comes from a slowdown of the body energy, which cuts off some of the oxygen to parts of the body. The lack of energy in the body is caused by not supplying the body with live foods that produce fuel for active response.

Frustration can cause one to be disgusted, uptight, upset irritable, hungry, lazy, and tired because the body is not functioning the way nature intended. The New Body Formulas RH & SH was designed to increase oxygen levels in the body. They also remove toxic poisons that cause blockages and drain life-giving energy.

**Ingredients:** Damiana, Sarsapilla, Slippery Elm, Gotu Kola, Bee Pollen, Cayenne, Fo-ti-tieng/ Zinc, Damiana, Siberian Ginseng, Licorice Root, Saw Palmetto, Berries, Gotu Kola, Fo-ti-tieng, Capsicum.



## SK-F (Skin)

The skin is one of the most abused parts of the body. It cannot be hidden because it is also the largest part of the body. The New Body Herbal Formula SK-F was created to help heal blackheads, pimples, scratches, whiteheads, and discoloration of the skin, scars, face pitting, dry skin, and oily skin.

**Ingredients:** Slippery Elm, Comfrey Root, Chaparral, Kelp, Valerian Root, Dandelion Root, Aloe Vera Resin, Capsicum.





## WORMZ-B-GONE

WORMZ-B-GONE has been used to get rid of over 100 types of parasites as well as their eggs and has been used successfully to help promote healing in cases of poison ivy, ringworm, and other skin disorders.

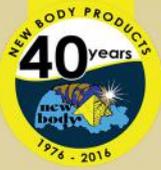
**Ingredients:** Black Walnut, Wormwood, Clove, Garlic, Hyssop, Cayenne.



## VITAMIN C

Vitamin C is needed in the body for bone and tooth formation, collagen production, digestion, iodine conversation, healing, red blood cell formation, infection resistance, and vitamin protection.

**Ingredients:** Rose Hips, Absorbic Acid. Single Herbs:



# SINGLE HERBS

## ALFALFA (*Medicago sativa*)

Alfalfa may be the most powerful herb in the kingdom because its roots are so long they pick up essential minerals in the soil. It contains the eight digestive enzymes and eight essential amino acids of protein. It has been used to help promote healing in cases of:

Allergies Anemia, Bad Breath, Colon Disorders, Rheumatism  
 Indigestion, Stomach Disorders Peptic Ulcers Poor Appetite  
 Tooth Decay, Nausea, Cramps, Gout, Diabetes



## ALOE VERA RESIN (*Aloe Vera*)

For thousands of years, people in the tropical climates have been extracting the resin from the Aloe Vera plant and using it to help promote healing in cases of:

Colitis  
 Constipation  
 Migraine Headaches  
 Pain





## ASTRAGALUS (*Astragalus Membranaceus*)

Astragalus acts as deep immune-deficiency related problems including AIDS and cancer. It also acts as an anti-stress agent, increases stamina and provides energy to combat fatigue. It is useful for:

- Increasing T-Cells
- Increasing Bone Marrow Reserve
- Tumors
- Reduce Thirstiness
- Lung Weakness
- Colds & Flu
- Fluid Retention
- Uterine Bleeding



## BEE POLLEN (*Apis Mellifica*)

Bee Pollen has been called nature's perfect food. It is very rich in vitamins and contains almost all known minerals, trace elements, enzymes and amino acids. It contains the essence of every plant from which bees collect pollen, in combination with digestive enzymes from the bees. This natural tonic food is a popular energy booster, strengthens the immune system and enhances vitality.



## BLACK COHOSH (*Cimicifuga Racemosa*)

Black Cohosh neutralizes poisons in the bloodstream and calms the nervous systems. **DO NOT GIVE TO BOYS!** It has been used for:

Asthma, Bronchitis, Menopause, Menstrual Problems  
 Convulsions, Hormone Balance, Lungs, Measles, Epilepsy  
 Nerves, Consumption, Neuralgia, Cholera, Poisonous Bites  
 Rheumatism, Labor Pains  
 Whooping Cough  
 Hysteria



## BLACK SEED (*Nigella Sativa*)

Black Seed was commonly used for a variety of respiratory ailments. It was also used to reduce inflammation, for digestive disturbances and constipation, to improve kidney function. The seed was also taken to improve milk production in nursing mothers, to detoxify and strengthen the liver, for increased energy and as a natural tonic.





## BLACK WALNUT (*Juglans Nigra*)

Black Walnut has been used successfully to help promote healing in cases of poison ivy, ringworm, and other skin disorders. Black Walnut can be used as a poultice or taken internally to help restore tooth enamel. It has also been used for:

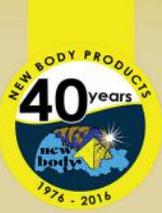
- Boils
- Milk: Dry Up
- Eczema
- Lupus
- Diarrhea
- Parasites
- Cold Sores
- Herpes



## BLESSED THISTLE (*Cnicus Benedictus*)

Blessed Thistle is excellent for nursing mothers since it increases the milk flow. It is also good for other female disorders including painful menstruation. Other uses include:

- Digestive Tonic
- Improves Circulation
- Purifies Blood
- Antibacterial
- Strengthens Heart
- Liver Congestion



## BURDOCK (*Arctium Lappa*)

Burdock is one of the most powerful blood purifiers in the herb kingdom. It has been used for:

Arthritis, Blood Purifying, Boils, Cleansing, Kidney Problems  
Lung Problems, Rheumatism, Skin Diseases, Swelling, Eczema  
Gout, Joints



## BUTCHER'S BROOM (*Ruscus Aculeatus*)

Butcher's Broom relieves inflammation and is beneficial for the bladder and kidneys. It has been used for:

Circulatory Disorders  
Carpal Tunnel Syndrome  
Hemorrhoids  
Gout  
Jaundice  
Edema





## CAPSICUM (*Capsicum Frutescens*)

When mixed with other herbs, Cayenne quickly carries them to the part of the body where they are most needed and increases their effectiveness. It can be put directly on a cut to stop the bleeding. It can also be used for internal bleeding and ulcerated stomach. Other uses include:

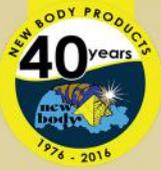
Acne, Hangover, Blood Pressure, Infections, Circulation, Pyorrhea, Fatigue, Asthma, Indigestion, Chills, Coughs, Rheumatism, Arthritis, Heart, Bronchitis, Kidneys, Paralysis, Shock, Diabetes, Cuts, Palsy, Cramps



## CASCARA SAGRADA (*Rhamnus Purshiana*)

Cascara Sagrada is one of the best herbs to use for chronic constipation. Instead of being habit-forming, it has a tonic effect on the colon, which leads to natural and regular elimination. It has been used for:

Constipation  
 Digestion Problems  
 Gallstones  
 Jaundice  
 Hemorrhoids  
 Liver Stimulation  
 Spleen Stimulation



## CHAPARRAL (*Larrea Tridentata*)

Chaparral is one of the best herbal anti-biotic. It contains nordihydroguaiaretic acid (NDGA), which destroys bacteria, viruses and parasites, both internally and externally. It has been used for:

Acne, Longevity, Bronchitis, Rashes, Eyes, Leukemia, Arthritis  
 Chicken Pox, Skin Problems, Dandruff, AIDS, Colds, UTI  
 Diarrhea, Warts, Strokes, Tumors, VD, Gum Disease, Cancer

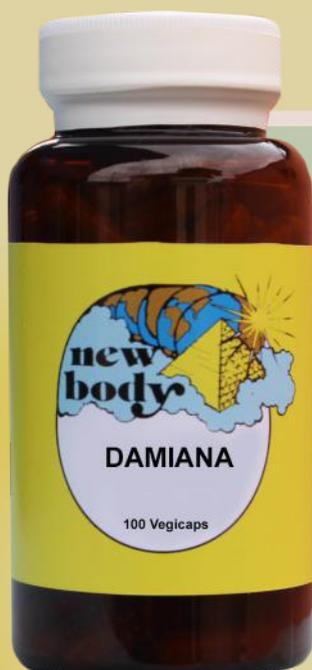


## CHICKWEED (*Stellaria Media*)

Chickweed is a mild herb that can be used in high dosage whenever needed. It heals and soothes any part of the body it touches. It is good for any form of internal inflammation of the bronchial tubes. It has been used for:

Appetite Depressant, Bleeding, Blood Purifying, Preventive  
 Coughs, Hoarseness, Bronchitis, Skin Rashes, Obesity  
 Pleurisy, Cancer, Convulsions





## DAMIANA (*Turnera Diffusa*)

Damiana is one of the safest and most popular plants used to restore the natural sexual capacities and functions for both men and women. It has been used for:

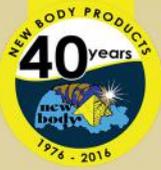
Bronchitis Emphysema, Energy, Menopause, Hot Flashes, Sex Stimulant, Infertility, Female Problems, Frigidity, Parkinson's Disease, Hormone Balance, Prostate Problems



## DANDELION (*Taraxacum Officinale*)

Dandelion is a valuable survival food that contains all the nutritive salts necessary for the body to purify the blood. It stimulates the liver to detoxify poisons. It has been used for:

Age Spots, Anemia, Appetite, Bladder, Kidneys, Boils, Circulation  
 Endurance, Gallbladder, Jaundice, Blood Purifying, Pancreas  
 Skin Spleen, Teeth, Blood Pressure, Liver



## DEVIL'S CLAW (Harpagophytum Procumbens)

Devil's Claw helps to lower inflammation and relieve pain and muscle spasms. It stimulates and tones the digestive system and has been used as an ointment for sore, ulcers and boils. Other uses include:

Appetite Stimulation  
 Digestion  
 Arthritis & Rheumatism  
 Gout



## DONG QUAI (Angelica Sinensis)

Dong Quai is the "queen of all female herbs." It addresses all ills of the female glands. It has been used for:

Anemia  
 Blood Purifying  
 Brain Nourishment  
 Hot Flashes  
 Internal Bleeding  
 Menopause  
 Menses Regulation  
 Nervousness





## ECHINACEA (*Echinecea Angustifolia*)

Echinacea is the “king of the blood purifiers.” It cleans the systems and stimulates the body’s natural immunity. It is used for:

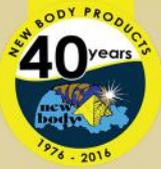
- Antibiotic
- Blood Building
- Blood Purifying
- Boils
- Lymph Glands
- Poison Ivy
- Poison Oak
- Prostate Problems
- Snake Bites
- Venereal Disease
- Insect Bites
- Gangrene



## EYEBRIGHT (*Euphrasia Officinalis*)

Eyebright stimulates the liver to clean the blood and relieve the conditions that affect clarity of vision and thought. It has been used for:

- All Eye Ailments
- Blood Cleanser
- Colds
- Diabetes
- Hay Fever
- Inflammations
- Liver Stimulation
- Memory Stimulation



## FO-TI-TIENG (*Polygonum Maltiflorum*)

Fot-Ti-Tieng contains the rejuvenating vitamin X that restores brain cells, nerve cells and the endocrine glands. It is believed the Li Chung Yun lived 256 years (1677-1933) because he included Fot-Ti-Tieng in his vegetarian diet everyday. It has been used for:

Aging, Kidneys, Longevity, Muscles Hypoglycemia, Cancer  
Endocrine Glands, Fertility, Blood, Liver, Memory  
Gray Hair, Nerves, Diabetes, Energy, Rejuvenation



## GARLIC (*Allium sativum*)

Garlic detoxifies and rejuvenates all parts of the body. It is effective against bacteria that may be resistant to other antibiotics. It has been used for:

Antibiotic  
Fever  
Cancer  
Contagious Disease  
Blood Pressure  
Worms  
Appetite  
Parasites  
Cholesterol  
Yeast





## GINGER (*Zingiber officinale*)

Ginger can be used with other herbs to enhance their effectiveness. It has been used for:

Circulation, Colds, Colitis, Morning Sickness, Gas, Indigestion

Kidneys, Menstruation, Fevers, Nausea, Sinus, Stomach Spasms

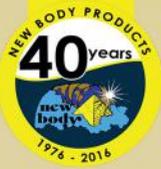
Cramps, Motion Sickness



## GINGKO (*Gingko biloba*)

Ginkgo increases oxygen and blood flow to the brain and the limbs. It helps the body to deal with stressful situations. It has been used for:

Alzheimer's  
Attention span  
Dizziness  
Stroke  
Impotence  
Circulation  
Hearing Loss  
Memory  
Tinnitus



## GINSENG (KOREAN RED) (*Panax quinquefolium*)

Korean Red Ginseng is the “King of the Tonics.” It stimulates the entire body and body and slows down the aging process. It has been used for:

Age Spots	Hearing	Rejuvenation
Aging	Heart	Sex Stimulant
Anemia	Longevity	Stress
Blood Pressure	Memory	Virility
Cholesterol	Hemorrhage	Vision
Circulation	Hormone Imbalance	Vomiting
Coughs	Colds	Nausea
Depression	Diabetes	Nerves
Endurance	Prostate Problems	Frigidity



## GINSENG (SIBERIAN) (*Eleutherococcus senticosus*)

Siberian Ginseng contains male and female hormones. It relieves inflammation and strengthens and tones the stomach. It has also been used for:

Age Spots	Impotence	Appetite
Longevity	Digestion	Prostate Gland

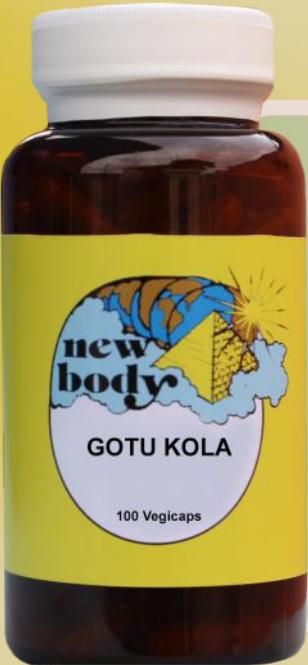




## GOLDENSEAL ROOT (*Hydrastis canadensis*)

Goldenseal Root is the penicillin of the herb kingdom. It is an excellent cure all that invigorates and strengthens the body. Goldenseal root is known as nature's antibiotic, stopping infection and poisons in the body. It is very helpful in reducing swelling and stopping internal bleeding, while healing mucus membrane; catarrhal conditions anywhere in the body and at the same time will tone and sustain venous circulation. Use it whenever a problem arises in the body and you don't know what other herb to take. It has been used for:

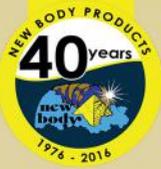
- |             |                  |              |
|-------------|------------------|--------------|
| Alcoholism  | Inflammation     | Bad Breath   |
| Itching     | Burns            | Menstruation |
| Chicken Pox | Morning Sickness | Circulation  |
| Mouthwash   | Diabetes         | Skin Cancer  |
| Digestion   | Ringworm         | Eyes         |



## GOTU KOLA (*Centella Asiatica*)

Gotu Kola is used as an aid for many memory problems. It can be used daily to increase potential memory at school or at work. It can also be used by the aged for problems related to senility.

It has been used for: Energy, Memory, High Blood Pressure, Senility, Mental Fatigue, Fevers, Schizophrenia, Boosting Learning Ability, Epilepsy, Reflexes, Inflammations, Stress



## HAWTHORN BERRIES (Crataegus Oxyacantha)

Hawthorn Berries are extremely valuable as a heart remedy. They restore the heart muscle, dilate the coronary blood vessels and reduce symptoms of angina. It was traditionally used in Europe for kidney and bladder stones, and as a diuretic. It is also helps with:

High Cholesterol  
Blood Pressure  
Circulatory Disorders



## HORSETAIL (Equisetum Arvense)

Horsetail's high silica content makes it a great herb for the regeneration of connective tissue, improving its strength and elasticity. Horsetail also promotes healthy hair, skin, nails, bone and teeth by increasing calcium absorption. It is an excellent clotting agent that stops nosebleeds, reduces the coughing up of blood and accelerates healing of wounds. Other uses include:

Arthritis  
Bronchitis  
Cardiovascular Disease  
Gallbladder Disorders  
Osteoporosis  
Rickets  
Edema  
Muscle Cramps





## HYDRANGEA (*Hydrangea Aborescens*)

Hydrangea supports the function of the kidneys and will remove and help prevent the formation of the bladder stones. It has also been used for:

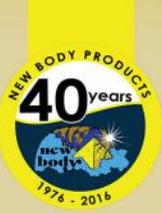
- Bladder Infection
- Kidney Disease
- Prostate Disorders
- Rheumatism



## HYSSOP (*Hyssopus Officinalis*)

Hyssop is a great body cleanser. It regulates blood pressure, loosens phlegm in the lungs and throat and promotes sweating. It is an excellent tonic for children's disease such as sore throat and tonsillitis. Apply it as a compress, use as a gargle and take internally. Hyssop is also beneficial for:

- Gas
- Circulatory Problems
- Fevers
- Coughs
- Jaundice
- Gout
- Epilepsy
- Weight Problems
- Shortness of Breath



## IRISH MOSS (*Chondrus Cripus*)

Irish Moss is a sea vegetable that is a good source of protein and useful for many intestinal disorders. It supports Thyroid function making it beneficial for weight loss. Applied externally, it soothes inflamed skin and can be added to hair rinses for dry hair. It is also used for:

- Ulcers
- Bronchitis
- Acid Indigestion
- Cough Gastritis



## KELP (*Laminaria Digitata*)

Kelp contains more vitamins and minerals than any other food. Because of its high iodine content, it normalizes the thyroid gland. It regulates metabolism and helps the brain function normally. It is essential during pregnancy. It has been used for: Adrenal Glands, Pituitary Gland, Poor Digestion, Thyroid, Dysfunction, Weight Gain, Obesity Constipation, Radiation Poisoning, Hair, Nails, Colitis, Gas Goiter and Skin.





## LICORICE ROOT (Glycyrrhiza Glabra)

Licorice contains a natural hormone estrogen. It stimulates the adrenal glands and helps the body maintain normal blood sugar levels. It has been used for:

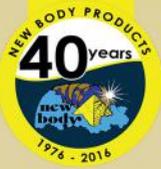
- Addison's Disease, Adrenal Glands, Blood Cleansing
- Lung Problems, Drug Withdrawal, Female Complaints
- Hyperglycemia, Hypoglycemia, Liver, Coughs, Throat, Ulcers
- Age Spots, Laxative, Colds, Hoarseness, Energy, Voice



## LOBELIA (Lobelia inflata)

Lobelia is the most powerful relaxant in the herd kingdom. It removes obstructions from any part of the body, including the blood vessels. It relieves dry, barking or hacking coughs and helps loosen hardened mucous. It has also been used for:

- |                      |                   |            |
|----------------------|-------------------|------------|
| Arthritis            | Muscle Irritation | Asthma     |
| Nervousness          | Bronchitis        | Pain       |
| Circulation          | Perspiration      | Colds      |
| Respiratory Problems | Pneumonia         | Congestion |
| Ear Infections       | Spasms            | Fever      |
| Urination            | Whooping Cough    | Lockjaw    |
| Lung Irritation      | Worms             |            |



## MILK THISTLE (*Carduus marianus*)

Milk Thistle is one of the best liver-protective herbs. Use it for any diseased condition associated with the liver including jaundice, hepatitis A and B, and chronic liver cirrhosis. Milk Thistle is excellent even in conditions when the liver is under stress, for example from excess alcohol usage, infections or chemotherapy. Not only does it protect, it regenerates the liver speeding up recovery from any diseased condition. Other uses include:

- Psoriasis
- Adrenal Disorders
- Inflammatory Bowel Disorders
- Increase Breast-Milk
- Depression
- Weakened Immune



## MULLEIN (*Verbascum Thapsus*)

Mullein is a valuable herb for pain, coughs and congestion, sleep aid, and as a laxative. Made into a tea it is good as a throat gargle, for toothache and for washing open sores. It also gets rid of warts. Other uses include:

- Asthma
- Dropsy
- Earache
- Hay Fever
- Swollen Joints





## NETTLE (*Urtica Dioica*)

Nettle is an essential herb for many disorders because it contains certain vital minerals such as calcium, potassium, silicic acid and iron it is an excellent remedy for kidney trouble. It is a cleansing and detoxifying herb that also slows or stops bleeding from wounds and nosebleeds. Other benefits include:

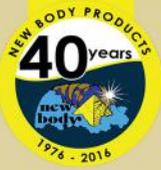
- Anemia
- Allergies
- Heavy Menstrual Bleeding
- Increase Breast Milk Production
- Diuretic
- Asthma and Mucus
- Urinary Inflammation



## NONI (*Morinda Citrifolia*)

Noni is a valuable medicinal plant. It is said to have anti-cancer, anti-tumor and immune-enhancing properties. It has also been used as a pain-killer, to treat bruises, sprains and other external injuries and is reported by many of its users to have a cleansing effect on the body by increasing peristalsis in the colon. Other uses include:

- Intestinal Worms
- Fights General Fatigue
- Tonic After Childbirth
- Anti-Fungal
- Antimicrobial
- Nutritive
- Headaches



## NONI JUICE

Noni is a valuable medicinal plant. It is said to have anti-cancer, anti-tumor and immune-enhancing properties. It has also been used as a pain-killer, to treat bruises, sprains and other external injuries and is reported by many of its users to have a cleansing effect on the body by increasing peristalsis in the colon. Other uses include:

- Intestinal Worms
- Fights General Fatigue
- Tonic After Childbirth
- Anti-Fungal
- Antimicrobial
- Nutritive
- Headaches



## PAU D' ARCO (Tabebuia Heptaphylla)

Pau D' Arco is also known as Taheebo, Ipe Roxo, Bow Stock and Tecoma Curialis. It contains compounds that seem to attack the cause of disease. It puts the body into a defensive posture to give the energy it needs to defend itself and to help resist diseases.

It has been used for:

- Anemia, Arteriosclerosis, Bronchitis, Diabetes, Hemorrhage
- Hodgkin's Disease, Prostatitis, Venereal Diseases, Asthma
- Polyps Cancer, Skin Disease, Ulcers, Colitis, Cystitis





## PENNYROYAL (*Hedeoma Pulegioides*)

Pennyroyal relieves burning fevers. It drives out the heat and inflammation through the pores of the skin and helps circulation. It could attack and kill sperm if used daily. **MAY CAUSE ABORTION!** It has been used for:

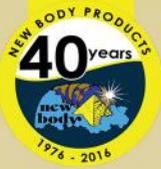
Birth Control, Chest Congestion, Colic  
 Nervousness, Gout, Toothache  
 Intestinal Pains, Childbirth, Mouth Sores  
 Skin Disease, Snake Bites, Insect Repellent  
 Itch, Jaundice, Convulsions  
 Gas, Insect Bites, Ulcers



## PSYLLIUM (*Plantago Psyllium*)

Psyllium is one of the best colon cleansers. It lubricates, moistens, and heals the intestinal tract. Psyllium should be taken alone. Constipation can result if Psyllium is taken at the same time as some combinations. It has been used for:

Colitis  
 Diverticulitis  
 Constipation  
 Hemorrhoids



## RED CLOVER (*Trifolium Pratense*)

Red Clover is an excellent blood purifier that benefits the entire system. It has been used for:

- Boils
- Bronchitis
- Cancer
- Nerves
- Rheumatism
- Skin Diseases

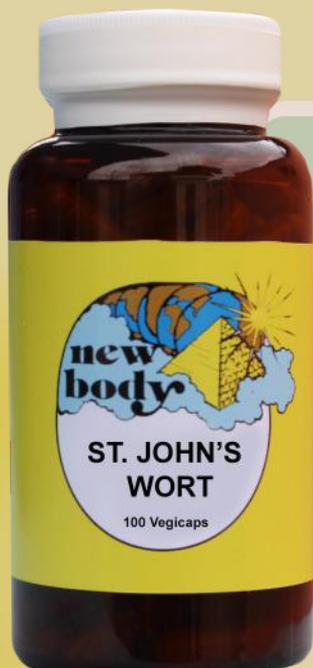


## RED RASPBERRY (*Rubus Strigosus*)

Red Raspberry is the ultimate female tonic. It is excellent during pregnancy as it strengthens the uterine walls and helps prevent miscarriage. It also decreases menstrual bleeding and is beneficial for other female disorders such as morning sickness, hot flashes, and menstrual cramps. Other uses include:

- Canker Sores
- Diarrhea
- Diabetes





## ST. JOHNS WORT (Hypericum Perforatum)

St. Johns Wort has been used as a tonic for anxiety, tension, insomnia, and depression. Other uses include:

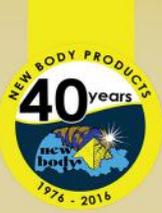
- Menopause
- Nerve Pain
- Neuralgia



## SARSAPARILLA (Smilax Officinalis)

Sarsaparilla is a very useful herb for skin problems such as psoriasis, eczema and itchiness. It regulates the hormones making it beneficial for infertility and premenstrual syndrome. Sarsaparilla is an anti-inflammatory and cleansing herb, good for disorders caused by blood impurities. Other uses include:

- Impotence
- Menopause
- Increase Energy
- Rheumatism
- Rheumatoid Arthritis
- Radiation Exposure
- Gout
- Aphrodisiac
- Frigidity



## SAW PALMETTO BERRIES (*Serenoa Serrulata*)

Saw Palmetto Berries are beneficial to all glandular tissue, particularly the male and female sex glands. They often promote pregnancy. They have also been used for: Mucous Congestion, Enlarge Breast, Bladder Problems, Digestion, Asthma, Impotence, Aphrodisiac, Diabetes, Bronchitis, Colds, Sex Organs, Alcoholism



## SCHIZANDRA (*Schisandra Chinensis*)

Schizandra is a great tonic that helps the body adapt to stress because of the way it strengthens and tones many different organs. It is particularly a great 'liver-protective' herb making it beneficial in the treatment of hepatitis and poor liver function. Other uses include:

- Depression
- Sedative
- Mental & Emotional Remedy
- Sexual Stimulant
- Respiratory Infections
- Quicken Reflexes
- Skin Rashes
- Balance Fluid Levels





## SENNA (Cassia Senna)

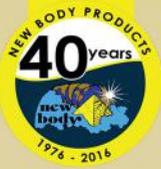
Senna is a powerful laxative for acute constipation. It is particularly appropriate when soft stool is required. Do not take for more than 10 days at a time.



## SLIPPERY ELM (Ulmus Rubra)

Slippery Elm is a gentle and soothing herb for the stomach, intestines and urinary tract. It is an excellent food in convalescence and debilitated states, especially when digestion is weak. It is also nutritious when taken regularly and a good baby food. It can bring instant relief from acidity, diarrhea and gastroenteritis. Applied externally, it softens and protects the skin. Its soothing properties relieve conditions such as:

Dryness of the Respiratory Tract, Constipation  
 Irritable Bowel Syndrome, Colic, Hemorrhoids, Diverticulitis  
 Coughs, Sore Throat, Cold & Flu, Bronchitis, Ulcers, Nausea



## SUMA (Pfaffia Paniculata)

Suma is an energy tonic, which acts as an immune system booster that combats anemia, fatigue, and stress. It is beneficial for:

AIDS  
 Liver Disease  
 Chronic Fatigue Syndrome  
 Cancer  
 High Blood Pressure  
 Leukemia  
 Asthma



## UVA URSI (Arctostaphylos Uva-Ursi)

Uva Ursi is one of the most reliable remedies for kidney and bladder infections. It is excellent for diabetes. Use for only one week at a time so the body can function on its own. It has also been used for:

Arthritis, Kidney Stones, Bladder Stones, Ulcerated Uterus  
 Digestion, Gravel, Bedwetting  
 Spleen  
 Cystitis  
 Weak Kidneys  
 Backache  
 Nephritis  
 Urethritis  
 Gonorrhea





## VALERIAN (Valeriana Officialis)

Valerian is one of the best nerve tonics. In addition to sleep disorders, valerian has been used for gastrointestinal spasms and distress, epileptic seizures, and attention deficit hyperactivity disorder. Valerian has also been used for:

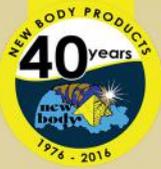
- Convulsions
- Nervousness
- Hysteria
- Migraine
- High Blood Pressure
- Vomiting
- Fatigue
- Sedative



## WHITE OAK BARK (Quercus Alba)

White Oak Bark is a slightly tonic, powerfully astringent, and anti-septic. It is useful, internally in chronic diarrhea, chronic mucous discharges, passive hemorrhages, and wherever an internal astringent is required. Oak Bark has also been used for:

- Bruises, Excessive Menses, Fevers,
- Gallstones
- Mouth Sores
- Pyorrhea
- Toothache
- Sore Throat
- Varicose Veins
- Urine: Increase



## WILD YAM (*Dioscorea Villosa*)

Wild Yam is very relaxing and soothing to the nerves. It is excellent for pain in the urinary tract, and will expel gas from the stomach and bowels. Wild Yam also relaxes muscle spasms, helps the liver and gall bladder and is beneficial for general pain during pregnancy. It also has been used for:

- Gallbladder Disorders
- Gas and Cramps
- Painful Menstruation
- Ovarian Pain
- Cholera
- Kidney Stones
- Arthritis & Rheumatism



## WOOD BETONY (*Betonica Officinalis*)

Wood Betony opens obstructions of the liver and spleen, and cleans impurities from the blood. It has been used for:

- Back Pains, Cramps, Delirium,
- Diarrhea,
- Fevers,
- Hysteria,
- Indigestion,
- Heartburn,
- Liver Problems,
- Nervousness,
- Worms,
- Jaundice,
- Headaches and Pain.





## WORMWOOD (*Artemisia Absinthium*)

Wormwood kills and expels various internal worms and parasites. It is a good remedy for fevers, jaundice, and liver troubles. It's a good nerve tonic, particularly helpful against flatulence. It's a good remedy for enfeebled digestion and debility. It increases stomach acid and bile production, making it useful for those with under active digestion. Other uses include:

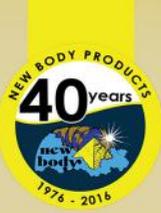
Gastritis, Cold Sores, Eczema  
 Stomach, Lupus, Diarrhea, Parasites  
 Gallbladder, Herpes, Various Aches, Syphilis



## YELLOW DOCK (*Rumex Crispus*)

Yellow Dock is one of the best blood purifiers in the herb kingdom. It cleans the lymphatic system and tones the entire system. It has been used for:

Amnesia, Boils, Cancer, Endurance  
 Gallbladder, Mental Fatigue, Rheumatism, Skin Problems  
 Liver, Congestion, Itching, Sores, Spleens, Swelling, Ulcers



## YOHIMBE (Pausinystalia Yohimbe)

Yohimbe has been used for centuries as an aphrodisiac for men, and has similar effects with women. Yohimbes energizing effects stem from its ability to increase blood flow to the genitals, both male and female. It is thought to stimulate pelvic nerve ganglia and thus is helpful for men with erection problems.



## YUCCA (Yucca)

Yucca root is a therapeutic anti-inflammatory phytosterol with the ability to break up inorganic mineral obstructions and deposits. Its primary uses are in pain relieving combinations for arthritic and joint pain, and sediments caused by inflammation such as gout, rheumatism, and cystitis. It is also used to establish a flora balance in the GT tract and for asthmatic relief. Yucca root may have a laxative effect. Yucca also aids the gallbladder.





## AQU (Sodium Chloride)

Sodium Chloride will complete the cycle of those born between January 22 and February 19. A lack of this mineral will cause problems in the digestive system and the mucous membranes. Complaints from the lack of this mineral are cramps in the legs, rheumatic fever, bad blood and paralysis.

Sodium Chloride can be obtained by eating strawberries, apples, figs, spinach, lettuce, cabbage, radishes, asparagus, carrots, cucumbers, chestnuts and coconuts; or in the New Body Formula AQU (Aquarius).

**Ingredients:** Alfalfa, Valerian Root, Comfrey Root, Bayberry Bark, Uva Ursi, Dandelion, Horehound, Capsicum.

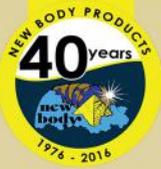


## ARI (Potassium Phosphate)

Potassium Phosphate will complete the cycle of those born between March 22 and April 20. A lack of this mineral will produce an imbalance in the body and affect the brain, nerves and body cells. Complaints from the lack of this mineral are confusion, nervousness, and mixed emotions.

Potassium Phosphate can be obtained by eating lettuce, cauliflower, olives, spinach, radishes, lentils, apples, walnuts, cabbage, potatoes, horseradish, onions, pumpkins, cucumbers, and lima beans; or in the New Body Herbal Formula ARI (Aries).

**Ingredients:** Comfrey Root, Gotu Kola, Chickweed, Chamomile, Dandelion Root, Licorice, Capsicum.



## CAN (Fluoride of Lime)

Fluoride of Lime will complete the cycle of those born between June 23 and July 22. A lack of this mineral will affect the veins, teeth, spine, eyes and womb. Complaints from lack of this mineral are cancer, indigestion, weakness of the chest and stomach, dropsy, and asthma. Fluoride of Lime will help correct falling of the womb, varicose veins, tooth decay curvature of the spine and weakened eyesight.

Fluoride of Lime can be obtained by eating cabbage, lettuce, watercress, and pumpkin; or in the New Body Formula CAN (Cancer).

**Ingredients:** Alfalfa, Garlic, Eyebright, Golden Seal, Capsicum.



## CAP (Calcium Phosphate of Lime)

Calcium Phosphate of Lime will complete the cycle of those born between December 22 and January 21. A lack of this mineral will cause weak bones, Bight's disease, stones, grave, boils, pimples, earwax, and deafness. Complaints from the lack of this mineral are rheumatism of the knees and legs, skin diseases, fractures, weak knees, rickets, corns and warts.

Calcium Phosphate of Lime can be obtained by eating figs, strawberries, plums, asparagus, blueberries, almonds, spinach, cucumbers, lettuce, and coconut; or in the New Body Products Formula CAP (Capricorn).

**Ingredients:** Alfalfa, Dandelion Root, Chamomile, Licorice Root, Chickweed, Capsicum.





## GEM (Potassium Chloride)

Potassium Chloride will complete the cycle of those born between May 22 and June 22. A lack of this mineral will affect the blood and circulation. Complaints from the lack of this mineral are impure blood, bronchial infections, neuritis in the arms and shoulder, nervousness, brain damage and fevers.

Potassium Chloride can be obtained by eating asparagus, cauliflower, spinach, green beans, beets, bean sprouts, carrots, tomatoes, sweet corn, celery, oranges, peaches, pineapple, plums, apricots, and pears; or in New Body Herbal Formula GEM (Gemini).

**Ingredients:** Comfrey Root, Dandelion Root, Alfalfa, Chamomile, Capsicum.

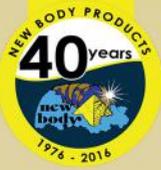


## LE-O (Phosphate of Magnesium)

Phosphate of Magnesium will complete the cycle of those born between July 23 and August 22. A lack of this mineral will cause one to act without thinking and to be sensitive and emotional. Complaints from lack of this mineral are heart afflictions, convulsions, fever, jaundice, sore eyes and cramps. Phosphate of Magnesium will help one to think before acting, reduce sensitivity and calm emotions.

Phosphate of Magnesium can be obtained by eating barley, wheat, rye, almonds, figs, lettuce, asparagus cabbage, cucumbers, coconut, walnuts, and blueberries; or in the New Body Herbal Formula LE-O (Leo).

**Ingredients:** Comfrey Root, Alfalfa, Fennel, Peppermint, Kelp, Capsicum.

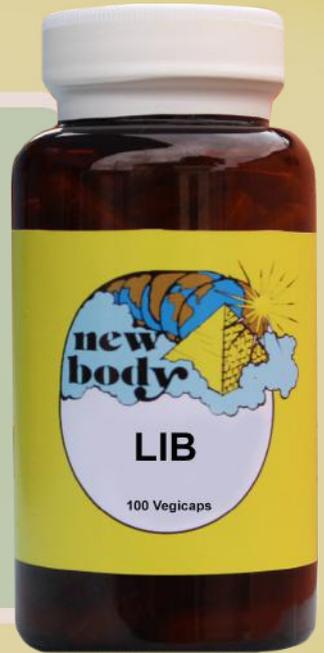


## LIB (Sodium Phosphate)

Sodium Phosphate will complete the cycle of those born between September 23 and October 22. A lack of this mineral will cause problems with the bladder, kidneys and lungs. Sodium Phosphate helps expel carbonic acid from the lung, bladder and skin. It also helps relieve worry, jealousy, fear, and kidney and bladder conditions.

Sodium Phosphate can be obtained by eating celery, carrots, spinach, asparagus, beets, peas, yellow corn, strawberries, apples, figs, blueberries, raisins, almonds, fresh coconut, oatmeal and wheat; or in the New Body Herbal Formula LIB (Libra).

**Ingredients:** Rose Hips, Thyme, Alfalfa, Dandelion Root, Licorice, Capsicum.

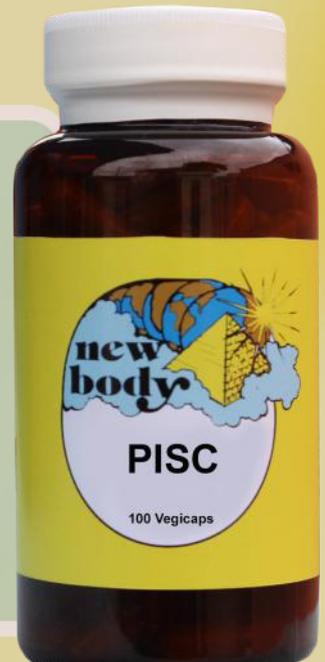


## PISC (Phosphate of Iron)

Phosphate of Iron will complete the cycle of those born between February 20 and March 21. A lack of this mineral will cause coughs, colds, chills, fever, pneumonia, and various glandular ulcerations. Complaints from the lack of this mineral are bunions, gout, ulcers, abscesses, colds, corns, lameness and enlarged feet.

Phosphate of Iron can be obtained by eating lentils, cabbage, onions, barley, potatoes, cucumbers, walnuts, almonds, lima beans, apples, pumpkins and lettuce; or in the New Body Herbal Formula PISC (Pisces).

**Ingredients:** Rose Hips, Wormwood, Chickweed, Alfalfa, Dandelion, Kelp, Capsicum. Combinations:





## SAG (Silica)

Silica will complete the cycle of those born between November 23 and December 21. A lack of this mineral will cause dull hair, weak nails, and poor skin. Complaints from the lack of this mineral are neuritis of the lower limbs, goiter, rheumatism, overheated blood and feverishness.

Silica can be obtained by eating the skins of all fruits and vegetables, figs, prunes and strawberries; or in the New Body Herbal Formula SAG (Sagittarius).

**Ingredients:** Burdock Root, Nettle, Alfalfa, Shave Grass, Kelp, Capsicum

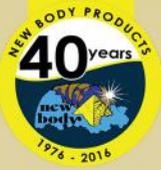


## SC-PO (Sulphate of Lime)

Sulphate of Lime will complete the cycle of those born between October 23 and November 22. A lack of this mineral will cause one to lose self-control. Complaints from the lack of this mineral are diseases in the genital organs, ruptures, piles, urinary troubles, and catarrh of the bladder.

Sulphate of Lime can be obtained by eating onions, asparagus, kale, garlic, mustard greens, watercress, turnips, coconut, cauliflower, radishes, leeks, black cherries, gooseberries, blueberries, figs and prunes; or in the New Body Herbal Formula SC-PO (Scorpio).

**Ingredients:** Nettle, Alfalfa, Garlic, Kelp, Wormwood, Horehound, Capsicum.



## TAU (Sulphate of Soda)

Sulphate of Soda will complete the cycle of those born between April 21 and May 21. When the body lacks this mineral it will experience loss of energy and mental and emotional imbalance. Complaints from the lack of this mineral are overly emotional temperament, excessive eating and drinking, sore throat, enlarged tonsils, goiter and bronchial afflictions.

Sulphate of Soda can be obtained by eating beets, spinach, horseradish, Swiss chard, cauliflower, cabbage, radishes, cucumbers, onions and pumpkins; or in the New Body Herbal Formula called TAU (Taurus).

**Ingredients:** Burdock, Gotu Kola, Aloe Vera, Kelp, Uva Ursi, Yarrow, Capsicum.



## VI-GO (Potassium Sulphate)

Potassium Sulphate will complete the cycle of those born between August 23 and September 22. A lack of this mineral will cause hair loss, scalp conditions, liver problems and clogging of skin pores. Complaints from the lack of this mineral are obstructions of the bowels, intestinal worms, nervous disorders, colic gastritis and appendicitis.

Potassium Sulphate can be obtained by eating endive, chicory, carrots, rye, wheats, oats and most vegetables; or in New Body Herbal Formula VI-Go (Virgo).

**Ingredients:** Comfrey Root, Chamomile, Garlic, Vervain, Scullap, Yarrow, Dandelion Root, Capsicum.



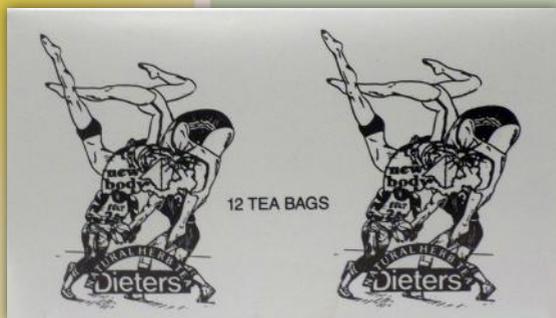


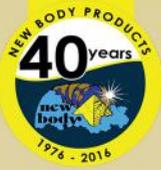
## OLIVE OIL

The greatest exponent of monounsaturated fat is olive oil. Olive oil is the natural juice, which preserves the taste, aroma, vitamins, and properties of the olive fruit. Olive oil is the only vegetable oil that can be consumed as it is- freshly pressed from the fruit. People who consume about 2 tablespoons- of virgin olive oil daily for 1 week show less oxidation of LDL cholesterol and higher levels of antioxidant compounds, particularly phenols, in the blood. This olive oil is in the purest form. It is a cold-pressed, cholesterol-free product.

## DIETER'S TEA

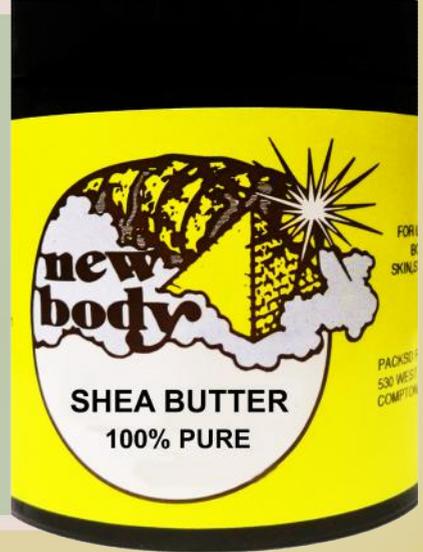
New Body Dieter's Tea is soothing and relaxing. It curbs the appetite and helps eliminate constipation. It contains no caffeine or preservatives. Slip a couple of teabags in your purse or briefcase.





## SHEA BUTTER

Moisturizing the superficial layers of your skin. The butter will penetrate deep into your skin, leaving a satin finish to the skin. The protection is real and will last a long time. Shea butter softens the lips and gives them a protective film against the cold. Shea butter also helps irritated noses due to allergies or colds.

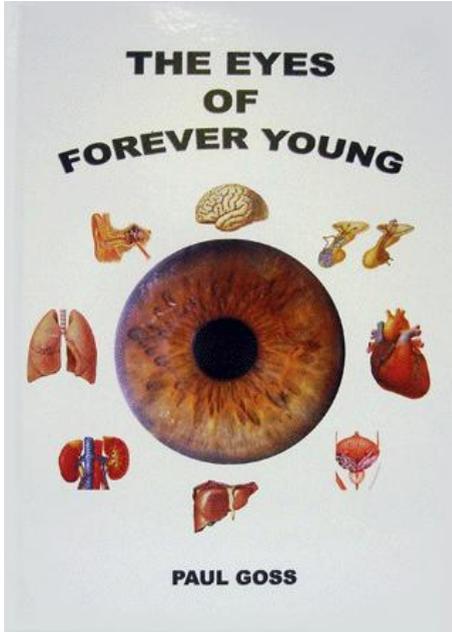


## BLACK SOAP

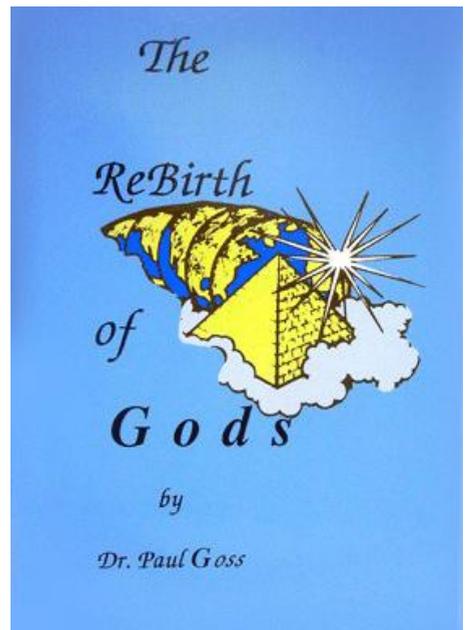
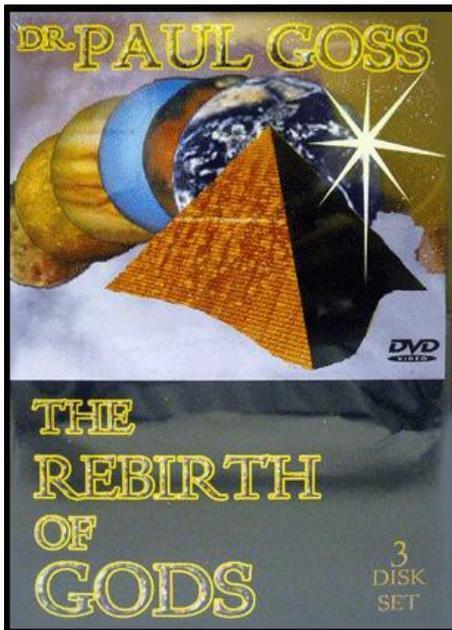
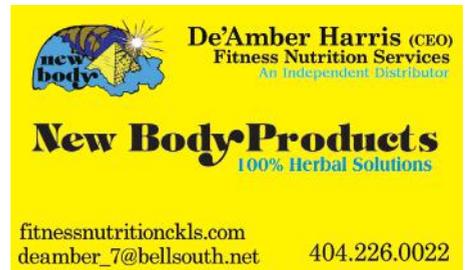
Black soap is an antiseptic soap used to make your skin radiant. It clears acne, blemishes and eczema. Never before was having soft clear skin this simple.



## BOOKS



## BUSINESS CARDS



## THE NATURAL WAY HELPFUL HINTS

### A

**Abscesses-** Slippery Elm, Burdock, Devil's Claw, Pau D' Arco

**Acne-** SK-F (See Blood Purifiers)

**Age Spots-** Fo-Ti-Tieng, Gotu Kola, FE-Y, RH, SH, SK-F

**AIDS-** C-1, CKLS, Chaparral, Freed-om, Astragalus, Suma, Red Clover

**Air Pollution-** Devil's Claw, Vitamin C, Gotu Kola

**Allergies-** Bee Pollen, RH, C-FU, Mullein, Nettle, Lobelia (Also See Respiratory)

**Anemia-** 4-PG, Alfalfa, Kelp, HE-RT, Dandelion, Capsicum

**Aneurysm-** Butcher's Broom, Gingko, Capsicum

**Angina-** Blessed Thistle, Hawthorn Berries, Garlic, Ginger

**Anxiety-** NVS, Valerian, Ginkgo, St. John's Wort, Black Cohosh, Wood Betony

**Aphrodisiac-** RH & SH, Damiana, Yohimbe, Sarsaparilla

**Appetite-** CKLS

**Arrhythmias-** Hawthorn Berries, Butcher's Broom, Gingko, Capsicum

**Arteriosclerosis-** BP-1, Hawthorn Berries, Devil's Claw, Butcher's Broom

**Arthritis-** ART, CKLS, Black Cohosh, Wild Yam, Yucca, Lobelia, Hydrangea, Chaparral, Horsetail, Devil's Claw, Uva Ursi, Nettle, Cayenne, Noni, Mullein, Alfalfa, Kelp

**Asthma-** Bee Pollen, Comfrey & Fenugreek, Slippery Elm, Mullein, Nettle, Lobelia (Acute Attack)

### B

**Back Pain-** (See Arthritis)

**Bad Breath-** Alfalfa, CKLS, DA, Goldenseal

**Baldness-** HIR, Nettle, Horsetail, Sage

**Bedwetting-** Uva Ursi, Horsetail, St. John's Wort

**Bee Stings & Insect Bites-** Comfrey & Fenugreek

**Bladder-** Uva Ursi, Red Clover, Hydrangea, Devil's Claw

**Bleeding-** Nettle (Internal & External), Horsetail (Internal)

**Blood Pressure-** BP-1, BP-2, Garlic, Hawthorn Berries, HE-RT, Butcher's Broom, Dong Quai, Valerian, Gotu Kola, Capsicum.

**Blood Purifier-** Freed-om, Astragalus, Burdock, Dandelion, Yucca, Sarsaparilla, Hysop, Pau D' Arco, Chaparral, Yellow Dock, Red Clover, Golden Seal

**Boils-** (See Blood Purifiers)

## Continuation

Diabetes- Uva Ursi, CKLS, FE-Y, Freed-om, Golden Seal, Schizandra, Horsetail, Devil's Claw  
 Diaper Rash- Olive Oil, Slippery Elm  
 Diarrhea- CKLS, DA, Red Raspberry, Nettle, Noni, Mullein, Slippery Elm  
 Digestion- DA, CKLS, Aloe Peppermint, Alfalfa, Blessed Thistle, Licorice, Noni, Pennyroyal, Red Raspberry, Slippery Elm, Wormwood  
 Dizziness- CKLS, Aloe Peppermint, 4-PG, Ginko, Schizandra  
 Douche- Goldenseal, Garlic  
 Drug Withdrawal- RH, SH, FE-Y, & FREED-OM, Ginseng  
 Dysentery- CKLS, SH, Nettle, Mullein, Hawthorne Berries.

**E**

Earache- Lobelia  
 Ear Infection- Lobelia  
 Eczema- SK-F, CKLS, Nettle  
 Edema- HE-RT, Hawthorne Berries, Garlic, Nettle  
 Emphysema- Comfrey & Fenugreek, Mullein, Lobelia  
 Endurance & Energy- GGFC, RH, SH, Olympic Tone, Miracle 2000, Bee Pollen, Cayenne, Dandelion, Fot-Ti-Tieng, Korean Red Ginseng, Suma, Schizandra  
 Epilepsy- FE-Y, RH, SH, Lobelia  
 Eyes- EY-E, Eyebright, Goldenseal

**F**

Fatigue-(See Endurance & Energy)  
 Female Problems- AG-7, Black Cohosh, Damiana, Dong Quai, Wild Yam, Sarsaparilla, Blessed Thistle, Red Raspberry  
 Fever- NVS, Valerian, Red Raspberry, Lobelia, Blessed Thistle  
 Fever Blisters- Freed-om (also see Blood Purifiers)  
 Fibroid Tumors- AG-7, FREED-OM, CKLS, C-1  
 Fingernails- HIR, Kelp, Horsetail, Nettle, Sage  
 Flu- C-FU, CKLS, Goldenseal, Echinacea, Vitamin C, Astragalus, Black Seed, Red Raspberry, Garlic, Pennyroyal, (also see Mucous)  
 Food Poisoning-Lobelia

**G**

Gallbladder & Gallstones- CKLS, Olive Oil, Hydrangea, Blessed Thistle, Dandelion, White Oak Bark, Gotu Kola, Cascara Sagrada, Milk Thistle.

Gas- (See Digestion)

Glands- RH, SH, FE-Y, GGFC, 4-PG, Mullein (swollen), Schizandra, Irish Moss, Horsetail, Kelp, Black Seed, Noni

Gonorrhea- Freed-om, Goldenseal, Hydrangea, Uva Ursi

Goiter- Kelp, Black Walnut, Irish Moss, Schizandra

Gout- (See Arthritis), Butcher's Broom

Gravel- Butcher's Broom

Gums- Capsicum

**H**

Hair Loss- HIR, Horsetail, Nettle, Sage

Halitosis- CKLS, Alfalfa, Parsley

Hay Fever- Comfrey & Fenugreek, 4-PG, Alfalfa, Bee Pollen

Headache- NVS, Ginger, Wood Betony, Lobelia, Devil's Claw, Blessed Thistle

Heart-HE-RT, Capsicum, Red Raspberry, Hawthorn Berries, Blessed Thistle, Schizandra

Heartburn- (See Digestion)

Hemorrhage External- Capsicum, White Oak Bark, Mullein

Hemorrhage Internal- Capsicum, White Oak Bark, Comfrey & Fenugreek, Mullein

Hemorrhoids- CKLS, Butcher's Broom, White Oak Bark

Hepatitis- (See Liver)

Herpes- Freed-om

High Blood Pressure- BP-1, BP-2, HE-RT, Noni

High Cholesterol- HE-RT, BP-1, BP-2, Devils Claw, Black Cohosh

Hoarseness- Licorice

Hormone Imbalance- (See Female Problems & Male Hormones)

Hot Flashes- (See Female Problems)

Hyperactivity- NVS, Lobelia

Hyperglycemia- Capsicum, Burdock, Licorice Root

Hypoglycemia- RH, SH, Noni, Burdock, Licorice Root

**I**

Impotency- RH & SH, Schizandra, Yohimbe, Nettle, Damiana, Ginseng

Indigestion- (See Digestion)

Infection- CKLS, Garlic, Kelp, Slippery Elm (Catarrhal)

Inflammation- CKLS, Butcher's Broom, Devil's Claw

Insect Bites- Black Cohosh, Aloe Vera (Plant)

Insomnia- NVS, Valerian, Lobelia, Mullein

Itching- Yellow Dock, Burdock

**J**

Jaundice- (See Liver)

Joints- Comfrey & Fenugreek, Sarsaparilla, Mullein (swollen)

**K**

Kidneys- CKLS, Astragalus, Dandelion, Uva Ursi, Milk Thistle, Hydrangea, Horsetail

Kidney Stones- (See Kidneys)

**L**

Labor Pains- Red Raspberry, Black Cohosh, Wild Yam

Lactation- (See Nursing Mothers)

Laxative- CKLS, Aloe Vera, Cascara Sagrada

Leukemia- (See Blood Purifiers)

Liver- CKLS, Milk Thistle, Dandelion, Burdock, Uva Ursi, Red Clover, Blessed Thistle,

Wormz-B-Gone, Cascara Sagrada, Hyssop, Irish Moss

Lock Jaw- Lobelia

Lumbago-ART

Lungs-(See Respiratory), Astragalus, Blessed Thistle, Slippery Elm

Lupus- Alfalfa, C-1, FE-Y, 4-PG, CKLS

Lymphatic Congestion- (See Respiratory)

**M**

Male Hormones- RH, SH, Sarsaparilla, Korean Ginseng, Damiana,

Measles- Freed-om

Memory- FE-Y, Gotu Kola, Blessed Thistle, Ginko

Menopause- AG-7 (See Female Problems)

Menstrual Cramps- (See Female Problems)

Menstruation- (See Female Problems)

Menstruation (excessive)- Damiana, Nettle

Migraine Headache- Wood Betony, Lobelia, Black Seed

Miscarriage- Red Raspberry, Lobelia, Wild Yam

Morning Sickness- Ginger, Wild Yam

Mouth Sores- Freed-om, Red Raspberry, Goldenseal, White Oak Bark, Sage, Chickweed, Cayenne, Echinacea, Wormz-B-Gone

Mucous Membrane- Comfrey & Fenugreek, C-FU, Red Raspberry, Mullein, Hyssop, Burdock, Lobelia, Slippery Elm, Licorice

Mumps- Freed-om, Lobelia

Muscle Pain- NVS, Valerian, Ginger, Wild Yam

**N**

Nausea- DA, Red Raspberry, Noni

Nerves- NVS, Valerian, Red Clover, Mullein, Lobelia, Horsetail

Neuralgia- Devil's Claw, Wood Betony, Black Cohosh, St. Johns Wort, Nettle

Nightmares- NVS, Suma, Schizandra, Blessed Thistle

Nosebleeds- Horsetail, Butcher's Broom

Nursing Mothers- 4-PG, Red Raspberry, Black Seed, Blessed Thistle (enriches milk)

**O**

Obesity- Par-K-Slim-Pack, CKLS, Natures Promise, Chickweed, Dandelion, Kelp, Schizandra

**P**

Pain- NVS, Valerian, Wood Betony, Mullein  
 Pancreas- Uva Ursi, Vitamin C, Goldenseal  
 Parasites- Wormz-B-Gone, CKLS, Black Walnut, Wormwood, Garlic, Goldenseal, Aloe Vera Peppermint, Horsetail  
 Piles- CKLS, Aloe Vera Peppermint  
 Pituitary Gland- RH, SH, 4-PG, FE-Y, GGFC, Alfalfa, Korean Red Ginseng  
 Phlebitis- Butchers Broom  
 Phlegm- (See Respiratory & Mucous)  
 Pleurisy-  
 Pneumonia- (See Respiratory)  
 Poisoning- CKLS, Freed-om  
 Poison Ivy/ Oak-  
 Pregnancy- 4-PG, Ginger, Red Raspberry, Sage, Nettle, Blessed Thistle  
 Prostate- RH, SH, FE-Y, Uva Ursi, Saw Palmetto, Garlic, Nettle, Yucca, Butchers Broom  
 Psoriasis- Wormz-B-Gone, Sarsaparilla, (See Blood Purifiers)  
 Pulmonary Disease- Mullein  
 Pyorrhea- Goldenseal, Vitamin C, Black Seed, Capsicum

**R**

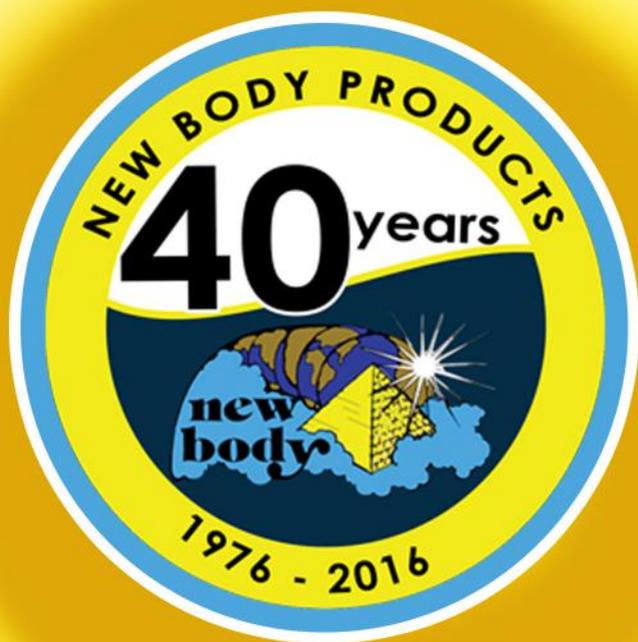
Respiratory- C-FU, Comfrey Fenugreek, NVS, Black Seed, Slippery Elm, Red Clover, Nettle Mullein, Lobelia, Garlic, Irish Moss, Hyssop  
 Rheumatism- (See Arthritis)  
 Rheumatic Fever- (See Arthritis), Lobelia  
 Ringworm- (See Parasites)  
  
 Scarlet Fever- (See Blood Purifiers)  
 Seizures  
 Senility  
 Sexual Problems  
 Shingles  
 Shock  
 Sinus  
 Skin Disorders  
 Sleep

Smoking  
Sore Throat  
Spasms  
Spleen  
Sterility  
Stomach  
Stress  
Stroke  
Swelling  
Swollen Glands  
Syphilis

**T**

Teeth  
Thrombosis  
Thyroid





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