



“Living Foods Herbal Extracts” Digest

AGRIMONY (*Agrimonia eupatoria*, Wildcrafted plant)

Body Parts Affected: Stomach, liver and intestines. Uses: Used for treatment of liver problems, i.e., jaundice, etc. Also helpful in skin blotches and pimples along with being used as a stomach tonic for ulcers. Externally, it is applied to athlete’s foot, sores, wounds, and insect bites. Dose: 20-40 drops up to four times a day. Contra: Do not use during pregnancy.

ALFALFA (*Medicago sativa*, Organic fresh flowering plant)

Body Parts Affected: Stomach and blood. Uses: Acts as a whole body tonic along with its amazing anti-rheumatic value. Helps inhibit increases in blood cholesterol, reduces tissue damage caused by radiotherapy. Dose: 20-30 drops three to four times a day.

ANGELICA (*Angelica archangelica*, Wildcrafted root)

Body Parts Affected: Circulation, heart, stomach, intestines and lungs. Uses: Improves circulation, warms the body and relieves spasms of the stomach and bowels. Good tonic for colic, gas, sour stomach, and heartburn. Assists in treatment for lung diseases, coughs, colds, and fevers. Dose: 5-15 drops three times a day. Contra: Not to be used by diabetics or during pregnancy.

ANISE (*Pimpinella Anisum*, Wildcrafted root)

Body Parts Affected: Lungs, and stomach. Uses: Eases griping, intestinal colic and flatulence. Also used as an expectorant with bronchitis and an anti-spasmodic for persistent irritable coughing and in whooping cough. Dose: 20-30 drops three times a day.

ARNICA (*Arnica*, Wildcrafted flowers and roots)

Body Parts Affected: Muscles, ligaments and joints. Uses: Apply **externally** as a liniment (not on open injuries) for bruises, sore muscles, arthritis and general athletic injuries. Apply by hand and let dry. Dose: EXTERNAL USE ONLY, as needed. Contra: If inflammation occurs cease use.

ASAFOETIDA (*Ferula asafoetida*, Wildcrafted resin)

Body Parts Affected: Stomach and lungs. Uses: To treat indigestion, bloat and gas. Used to treat bronchitis, whooping cough, and asthma. Dose: 5-15 drops three times a day. Contra: Do not exceed dosage.

ASHWAGANDHA (*Withania somnifera*, Wildcrafted root)

Body Parts Affected: Joints, reproductive system and nerves. Uses: Treats impotence, infertility, weakness of the back and knees, arthritis, and nerve pain. Dose: 20-40 drops three times a day. Contra: Not to be used during pregnancy.

ASTRAGALUS (*Astragalus membranaceus*, Wildcrafted root)

Body Parts Affected: Spleen and lungs. Uses: Tonic for strengthening immune system, digestion, lungs, metabolism, adrenal glands and promotes healing of wounds and injuries. Very effective in cases of nephritis that does not respond to diuretics. Dose: 15-30 drops as needed. 450mg/Cap Take 1-2 capsules three times a day with meals or as directed by a physician

BACOPA (*Bacopa monniera*, Cert. Organic herb)

Body Parts Affected: Brain, Mind, Hippocampus gland. Uses: Supports memory and thought processes along with providing antioxidant protection for memory centers. Assists concentration and mental clarity while protecting synaptic functions of the hippocampus gland. Is very helpful for memory, focus and alertness. Dose: 20-40 drops three times a day within water or juice, six days a week.

BALM OF GILEAD (*Populus balsamifera*, Wildcrafted closed buds)

Body Parts Affected: Lungs and disinfectant. Uses: As an expectorant for bronchitis, sore throats, and other respiratory ailments. Used externally to treat small wounds, itchy skin and hemorrhoids. Dose: 20-40 drops three times a day. Contra: Not to be used while breast-feeding.

BANABA (*Lagerstroemia speciosa*, cert. organic leaves)

Body Parts Affected: Pancreas, blood and cholesterol. Uses: Helps regulate blood sugar by stimulating glucose uptake. This sugar lowering effect is similar to that of insulin which induces glucose transport from the blood into body cells. This assists reducing elevated blood sugar and insulin levels to normal. Has been found very beneficial for prevention and assistance of hyperglycemia and obesity in type 2 diabetes along with a reduction in the accumulation of triglycerides. Has been found to also assist obesity quite well. Dose: Shake well. Mix 20-40 drops in water or juice 3 times a day, 6 days a week. Contra: If pregnant, consult your physician.

BAPTISIA (*Baptisia tinctoria*, Wildcrafted root)

Body Parts Affected: Lymph, blood and whole body. Uses: For inflammation and infection throughout the body (including arthritis). Ears, nose, throat, mouth, sinus, gums, and enlarged inflamed lymph glands, along with depression. Externally as an ointment for ulcers, and sore or ulcerated nipples. A douche of the extract will help leucorrhoea. Dose: 5-15 drops up to four times a day. Contra: Not to be used during pregnancy. Strong doses may have a purgative and emetic effect.

BARBERRY (*Berberis*, Wildcrafted root)

Body Parts Affected: Liver, spleen, digestive tract and blood. Uses: For all sluggish livers, fevers and inflammatory conditions. Helps poor digestion and appetite. Promotes peristalsis. Valuable for swollen spleen and chronic stomach problems when taken before meals. Helpful in skin disorders, i.e., herpes and eczema. Dose: 5-10 drops 15 minutes before meals. All other uses: 15-20 drops up to four times a day. Contra: Acute inflammation, pregnancy and liver disease.

BASIL (*Ocimum basilicum*, Wildcrafted leaf)

Body Parts Affected: Digestion. Uses: Treats fevers, colds, flu, stomach cramps, vomiting, indigestion, and menstrual cramps. Dose: 20-40 drops three times a day. Contra: Not to be used during pregnancy.

BAYBERRY (*Myrica*, Wildcrafted root bark)

Body Parts Affected: Sinus membranes, circulation, stomach, and intestines. Uses: Stimulating astringent raises the vitality of the system and improves circulation. Excellent for all mucous membrane conditions. Use as a gargle for bleeding gums and infected throat. Dose: 20-40 drops three times a day. Contra: Active inflammations.

BILBERRY (*Vaccinium myrtillus*, Wildcrafted leaf)

Body Parts Affected: Eyes and heart. Uses: Strengthens vascular activity and arterial weakness. Strengthens eye muscles. Dose: 20-30 drops three times a day.

BITTER MELON (*Momordia charantia*, Organic fruit)

Body Parts Affected: Blood. Uses: Purifies blood, used to increase T4 cell count in AIDS patients. Dose: 60 drops 3 times a day.

BITTER ROOT (*Lewisia rediviva*, Wildcrafted root)

Body Parts Affected: Liver, spleen. Uses: For angina pains, pleurisy, impure blood, skin problems and to increase breast milk. Dose: 10-40 drops three times a day.

BLACK COHOSH (*Cimicifuga racemosa*, Wildcrafted root)

Body Parts Affected: Reproductive system in females and nerves. Uses: Relaxant and normalizes the female reproductive system. Eases painful menstruation. Eases muscle tightness caused by nerves. Dose: 10-25 drops 3 times a day, Contra: Avoid during the first two trimesters of pregnancy.

BLACK CURRANT (*Ribes rubrum*, Wildcrafted berries)

Body Parts Affected: Blood. Uses: Great source of Vitamin C. Dose: 20-30 drops three times a day.

BLACK HAW (*Viburnum prunifolium*, Wildcrafted root bark)

Body Parts Affected: Nerves. Uses: Powerful relaxant of the uterus. Reduces blood pressure by relaxing peripheral blood vessels. Dose: 20-40 drops three times a day.

BLACK WALNUT HULLS (*Juglans nigra*, Wildcrafted hulls)

Body Parts Affected: Blood and skin. Uses: Antifungal in cases of candida yeast overgrowth, and as a blood cleanser. Dose: 20-30 drops three times a day. . 450mg/Cap Take 1-2 capsules three times a day with meals or as directed by a physician Contra: Not for long terms use.

BLACK WILLOW (*Salix nigra*, Wildcrafted bark)

Body Parts Affected: Blood. Uses: Anti-inflammatory, analgesic, antiseptic and astringent. Helps treat rheumatism and arthritis. Dose: 20-40 drops three times a day.

BLADDERWRACK (*Fucus vesiculosus*, Wildcrafted herb)

Body Parts Affected: Thyroid and blood. Uses: Thyroid stimulant for obesity due to under active thyroid. Dose: 20-30 drops three times a day. Contra: Do not use with hyperthyroid.

BLESSED THISTLE (*Cnicus benedictus*, Wildcrafted leaves)

Body Parts Affected: Stomach, heart, blood, mammary glands, and uterus. Uses: Useful for female hormone balance and circulation. Regulates menstruation and enriches breast milk. Induces sweating as a cleansing method. Dose: 20-30 drops three times a day.

BLOOD ROOT (*Sanguinaria canadensis*, Wildcrafted root)

Body Parts Affected: Lungs. Uses: Effective in treating bronchitis, asthma, croup and laryngitis. Dose: 10-15 drops 3 times a day.

BLUE FLAG (*Iris versicolor*, Wildcrafted root)

Body Parts Affected: Liver. Uses: Potent diuretic, cathartic, and emetic. Treats diseases of the blood and liver, skin diseases and rheumatism. Dose: 10-20 drops 3 times a day.

BLUE COHOSH (*Caulophyllum*, Wildcrafted root) Body Parts Affected: Uterus, nerves, joints and urinary tract. Uses: Regulates menstrual flow and relieves pain in back of legs and buttocks during cramps. Assists childbirth when labor is delayed because of weakness. Contains high mineral content to alkalize the blood. Dose: 5-20 drops three to four times a day. Contra: Not during pregnancy up to childbirth. Sometimes unpredictable during birth.

BLUE VERVAIN (*Verbena officinalis*, Wildcrafted herb)

Body Parts Affected: Circulation, lungs, and intestines. Uses: For the onsets of colds, flu, coughing and upper respiratory inflammations. Promotes sweating to help a fever. Settles nervous stomachs and pain in the bowels. Dose: 25-35 drops as needed. Contra: Not to be used during pregnancy, liver disease, hypo tension and other depressants.

BLUE VIOLET (*Viola odorata*, Wildcrafted leaf)

Body Parts Affected: Lungs and bladder. Uses: Used to cool any heat or distemperature of the body such as inflammations. Dose: 10-20 drops 3 times a day.

BOG BEAN (*Menyanthes trifoliata*, Wildcrafted leaf)

Body Parts Affected: Colon and digestion. Encourages the appetite and stimulates digestive secretions. Used as an aid for weight gain. Dose: 20-40 drops 3 times a day. Contra: Not to be used with diarrhea, dysentery, or colitis.

BONESET (*Eupatorium perfoliatum*, Wildcrafted herb)

Body Parts Affected: Stomach, liver, intestines and circulation. Uses: Specific for treating severe fevers. Excellent for relief from flu symptoms, inducing sweating, and for reducing chills. Dose: 20-40 drops three times a day.

BORAGE (*Borago officinalis*, Wildcrafted herb)

Body Parts Affected: Lungs and heart. Uses: Externally as a poultice for inflammatory swelling. Dose: Apply topically when needed.

BUCHU (*Barosma betulina*, Wildcrafted leaves)

Body Parts Affected: Bladder, stomach, and lungs. Uses: Treats fluid retention, indigestion and bloat. Dose: 30-60 drops three times a day. Contra: Not to be used during pregnancy.

BUCKTHORN (*Rhamnus catharticus*, Wildcrafted bark)

Body Parts Affected: Liver, gall bladder, intestines, and blood. Uses: Is a purgative and is effective in treating all conditions associated with constipation, liver, and gall bladder problems. Induce sweating when ingested hot. It will keep the bowels regulated, and is used during rheumatism, gout, dropsy and all skin diseases. Dose: 20-30 drops three times a day. Contra: Not to be used during pregnancy.

BUGLEWEED (*Lycopus europaeus*, Wildcrafted herb)

Body Parts Affected: Heart, lungs and circulation. Uses: Part of a detoxification formula against radiation and heavy metals. Treats hemorrhages in the lungs and bowels. Will aid the weak heart from hypothyroidism or a build up of water in the body. Dose: 30-50 drops 3 times a day.

BURDOCK (*Arctium lapa*, Organic root)

Body Parts Affected: Blood, kidneys and liver. Uses: Excellent blood purifier for chronic infections like arthritis, rheumatism, gout, acne, boils, canker sores and eczema. All IgE-mediated allergies. Wherever uric acid production is elevated or urine has unusually low pH. Also helps maintain peristalsis, prevents blood acidity and ketosis for people who fast more than 3-4 days. Dose: 20-30 drops up to four times a day as a tonic from 10-15 weeks. 400mg/Cap Take 1-2 capsules three times a day with meals or as directed by a physician

BUTCHER'S BROOM (*Ruscus aculeatus*, Wildcrafted root)

Body Parts Affected: Liver and kidneys. Uses: Improves circulation in hands and feet. Helps reduce edema in legs or feet. Anti-inflammatory action can reduce swelling caused by arthritis and rheumatism. Reduces pain caused by hemorrhoids. Dose: 10-30 drops three times a day.

BUTTERBUR (*Petasites hybridus*, wildcrafted root)

Body Parts Affected: Blood vessels, head, bladder, kidneys, liver and intestines.

Uses: Very effective in reducing smooth muscle spasms for migraine headaches, urinary disorders like incontinence, menstrual cramps and obstruction of bile flow. Reduces the frequency, number of days and intensity of pain for migraines. Very effective in relieving asthma, hay fever and bronchitis from its antispasmodic properties and anti-inflammatory action. Dose: Shake well. Mix 10-20 drops in water or juice 3 times a day, 6 days a week. For reduction of migraines, dose from 4 to 6 months until migraine incidence begins to decrease. Contra: Not during pregnancy and nursing

BUTTERNUT (*Juglans cinerea*, Wildcrafted bark)

Body Parts Affected: Colon. Uses: A mild laxative, good for constant constipation, dysentery and liver congestion. Can be used in tea form as natural pest control. Dose: 10-30 drops three times a day.

CALAMUS (*Acorus calamus*, Wildcrafted root)

Body Parts Affected: Stomach, bowels, digestion, and brain. Uses: Stimulates digestive process while increasing appetite. Helps with over acidity, heartburn and intestinal gas. Used in China and India for deafness, dizziness and epilepsy along with being a sedative for the central nervous system. Dilates blood vessels, which lower blood pressure. Used with Gotu Kola for the mind and nervous system, it improves memory and concentration. Helps detoxify hallucinogenic residue from the brain. Rejuvenates the brain and nervous system by purifying and revitalizing them. Dose: 20-40 drops up to three times a day. Contra: Not to be used during pregnancy.

CALENDULA (*Calendula officinalis*, Organic flower)

Body Parts Affected: Blood and skin. Uses: Varicose veins, bleeding hemorrhoids, ulcers and most hemorrhages are helped with herb. Dose: 5-20 drops up to four times a day. Contra: Not to be used during pregnancy.

CALIFORNIA POPPY (*Eschsholzia californica*, Organic herb)

Body Parts Affected: Nerves. Uses: Non-addictive sedative and hypnotic for children, where there is over-excitability and sleeplessness. Dose: 20-30 drops three times a day.

CASCARA SAGRADA (*Rhamnus purshiana*, Wildcrafted aged bark)

Body Parts Affected: Colon, stomach, liver, gall bladder and pancreas. Uses: Valuable for chronic constipation, intestinal gas, gall bladder distress and enlarged liver. Should be used with exercise and dietary changes. Dose: 10-20 drops morning and evening. Contra: Colitis and other acute inflammatory conditions. Not to be used during pregnancy.

CATNIP (*Nepeta cataria*, Organic flowering plant)

Body Parts Affected: Nerves and intestines. Uses: Very effective for children (and adults) when stomach cramps, spasms, gas and nervousness occur. Helps insomnia when these occur. Dose: 20-30 drops as needed.

CAT'S CLAW (*Unicaria tomentosa*, Wildcrafted bark)

Body Parts Affected: Blood. Uses: As an anti-inflammatory, anti-rheumatic, anti-viral and antioxidant. Very beneficial in stimulating the immune system for a wide range of conditions including Lyme Disease and nodular masses/tumors, and in the treatment of gastric ulcers. Dose: 20-30 drops three times a day.

CAYENNE (*Capsicum*, Wildcrafted flowers and fruit)

Body Parts Affected: Circulation, heart, skin, stomach and kidneys.. Uses: Excellent for stimulating circulation and assisting with the assimilation of other herbs and foods. Stops bleeding both internally and externally, while creating secretions for dry mucosa. Dose: 2-10 drops up to three times a day. 400mg/Cap Take 1-2 capsules three times a day with meals or as directed by a physician Contra: Start using a low dosage and slowly build up and listen to your body or the stomach will become irritated.

CELANDINE (*Chelidonium majus*, Wildcrafted herb)

Body Parts Affected: Liver and colon. Uses: For liver problems, hepatitis, jaundice, eczema and skin problems. Dose: 10-25 drops three times a day. Contra: Not to be used during pregnancy.

CELERY (*Apium graveolens*, Wildcrafted seed)

Body Parts Affected: Kidneys, bladder, spleen, and nerves. Uses: To treat chronic kidney and bladder problems from overweight, flatulence, dropsy, rheumatism, arthritis, impotence and frigidity. Dose: 20-30 drops every three days. Contra: Not to be used during pregnancy.

CENTAURY (*Erythraea*, Wildcrafted flowers)

Body Parts Affected: Liver, and stomach. Uses: As a blood purifier, working on the kidney and liver. Used for digestive weakness taken before meals. Use externally on the skin to remove freckles and spots. Dose: 20-30 drops three times a day.

CHAMOMILE (*Matricaria chamomilla*, Wildcrafted flowers)

Body Parts Affected: Nerves, stomach, kidneys, spleen and liver. Uses: Very good for insomnia, nervousness and menstrual related pain. Reduces inflammation from infections, wounds, metabolic disorders, etc. Has anti-ulcer, anti-bacterial and anti-mycotic effects. Use as a bitter while stimulating liver function. Dose: 20-60 drops three times a day. Contra: Not to be used during pregnancy.

CHAPARRAL (*Larrea*, Wildcrafted leaves)

Body Parts Affected: Stomach, intestines and blood. Uses: Used to treat cancer, skin problems, arthritis and rheumatism. Dose: 20-40 drops three times a day.

CHICKWEED (*Stellaria media*, Wildcrafted whole plant)

Body Parts Affected: Blood, liver, lungs, kidneys and bladder. Uses: Excellent in cases of bronchitis, pleurisy, coughs, colds and hoarseness. Decreases appetite. Externally soothes rashes and skin irritations. Dose: 20-30 drops as needed.

CHICORY ROOT (*Cichorium intybus*, Wildcrafted root)

Body Parts Affected: Liver. Uses: As a diuretic, laxative, skin eruptions and fevers. Dose: 20-30 drops three times a day.

CHLORELLA (*Yaeyama, broken cell wall*)

Body Parts Affected: Blood, Immune System, Pancreas, Liver, G.I. Tract, skin, Kidneys, Brain & tissues. Uses: Among Chlorella's major actions is to remove mercury and other heavy metals which have been pulled out of brain cells, etc. by Herbs of Light's Cilantro Supreme. The chlorella cell wall absorbs large amounts of toxic metals while detoxifying mercury from within the Central Nervous System. It is then excreted through the kidneys & bladder. Dose: 4-8 500 mg capsules a day, six days a week

CINNAMON (*Cinnamomum cassia, Wildcrafted bark*)

Body Parts Affected: Kidney, spleen liver and bladder. Uses: Warms and stimulates the system. Stops diarrhea, improves digestion, and counteracts congestion. Dose: 30-50 drops 3 times a day. 450mg/Cap Take 1-2 capsules three times a day with meals or as directed by a physician

CLEAVERS (*Galium aparine, Wildcrafted herb*)

Body Parts Affected: Kidneys, bladder, blood and skin. Uses: Treats urinary infection and water retention. Treats swollen glands, particularly effective on tonsillitis, and adenoids. As a body cleanser for skin diseases such as eczema and psoriasis. Dose: 20-40 drops three times a day.

CLOVES (*Syzygium aromaticum, Wildcrafted fruit*)

Body Parts Affected: Mouth, stomach, intestines, circulation and lungs. Uses: Will stop the pain of a toothache. Will stop nausea and indigestion. Improves digestion and circulation. Good for gas and intestinal spasms. Promotes sweating for colds, flu and fevers. Dose: 10-30 drops three times a day.

CLUB MOSS (*Lycopodium clavatum, Wildcrafted root bark*)

Body Parts Affected: Kidney and bladder. Uses: Diuretic treating kidney ailments and bladder disorders. Dose: 20-30 drops three times a day. Contra: Not to be used during pregnancy.

COMFREY (*Symphytum officinale, Wildcrafted root*)

Body Parts Affected: Skin. Uses: To regenerate cell growth to reduce wrinkles and scarring. EXTERNAL USE ONLY. Dose: Apply to affected skin as needed. Contra: External use only.

CORIANDER (*Coriandrum Sativum, Wildcrafted seed*)

Body Parts Affected: Stomach. Uses: An effective digestive stimulant that helps relieve diarrhea. Dose: 10-30 drops three times a day.

CORN SILK (*Zea mays, Wildcrafted stigmas*)

Body Parts Affected: Bladder and kidneys. Uses: Mild diuretic treating many different bladder and kidney dysfunctions. Treats cystitis, urethral and prostate inflammation. Dose: 10-20 drops three times a day.

COUCHGRASS (*Agrophryon repens, Wildcrafted root*)

Body Parts Affected: Kidneys, liver and bladder. Uses: Treatment of urinary dysfunctions. Soothes irritation and inflammation. Dose: 30-60 drops three times a day. Contra: Not to be used during pregnancy.

CRAMP BARK (*Viburnum opulis, Wildcrafted bark*)

Body Parts Affected: Nerves, heart, and reproductive organs. Uses: Used for menstrual cramps, spasms of involuntary muscles, asthma and hysteria. Can be used for heart palpitations and cramps during pregnancy. Dose: 15-30 drops three times a day.

CRANBERRY (*Vaccinium macrocarpon*, Organic fruit)

Body Parts Affected: Bladder. Uses: Effective in treating urinary and bladder infections. Dose: 20-40 drops three times a day.

DAMIANA (*Turnera aphrodisiaca*, Wildcrafted leaves)

Body Parts Affected: Reproductive organs, kidneys and nerves. Uses: To strengthen the male hormone testosterone. Small amounts act as a tonic for nervous system. Effects ailments of bronchitis, emphysema, hormone balance, hot flashes, impotency, infertility menopause, Parkinson's Disease and reproductive organs. Dose: 30-40 drops three times a day. Contra: Not to be taken during pregnancy.

DANDELION LEAF (*Taraxacum officinale*, Wildcrafted leaf)

Body Parts Affected: Liver and gall bladder. Uses: Diuretic and stimulating the kidneys. Great source of potassium. Dose: 20-40 drops three times a day.

DANDELION ROOT (*Taraxacum officinale*, Wildcrafted root)

Body Parts Affected: Liver kidneys, gall bladder, stomach, pancreas, intestines and blood. Uses: Stimulates kidneys and liver while absorbing toxins and soothing digestive tract. Rich in minerals to balance the body and promote healing. Affects anemia, endurance, gall bladder, and liver problems. Also helps lower blood pressure. Dose: 20-40 drops three times a day. 400mg/Cap Take 1-2 capsules three times a day with meals or as directed by a physician

DEVIL'S CLAW (*Harpagophytum procumbens*, Wildcrafted root)

Body Parts Affected: Liver, stomach, joints and kidneys. Uses: Used for gout, rheumatism and arthritis. It is a blood cleanser and will remove deposits in the joints and aid elimination of uric acid in the body. Dose: 20-40 drops three times a day.

DEVIL'S CLUB (*Opopanax horridus*, Wildcrafted root bark)

Body Parts Affected: Spleen and lungs. Uses: For arthritis, rheumatism, stomach pains, constipation, and especially for the prevention and treatment of diabetes. Dose: 10-30 drops three times a day.

DONG QUAI (*Angelica sinensis*, Cured roots)

Body Parts Affected: Uterus, blood, muscles and nerves. Uses: All female problems by nourishing glands. Assists with menopause, regulating menstruation and PMS. Helps liver problems, heart palpitations, high blood pressure, hypoglycemia and chronic bronchitis. Used to dissolve blood clots, strengthen central nervous system and nourish the brain. Dose: 10-20 drops up to three times a day. Contra: Not to be used during pregnancy.

ECHINACEA (*Echinacea angustifolia*, Organic root)

Body Parts Affected: Blood, kidneys and lymph glands. Uses: Strengthens immune system by stimulating white blood cells and assists in the repair of body tissue. Excellent for bacterial and viral infections. Use immediately for oncoming colds or flu or any upper respiratory problems. Dose: 20-40 drops as a tonic, up to four times a day or 10-20 drops every hour for acute situations.

ELDER BERRIES (*Sambucus nigra*, Wildcrafted fruit)

Body Parts Affected: Blood and lungs. Uses: High in Vitamin C and flavonoids. Detoxification for colds and flu. Sweating herb for respiratory problems. Laxative. Dose: 5-10 drops three times a day.

ELDER FLOWERS (*Sambucus nigra*, Wildcrafted flowers)

Body Parts Affected: Blood, circulation, lungs, bowels and skin. Uses: Treats colds and influenza. Ideal for treating hay fever, sinusitis and any respiratory inflammation. Dose: 20-30 drops three times a day.

ELECAMPANE (*Inula helenium*, Wildcrafted root)

Body Parts Affected: Lung and spleen. Uses: For chronic cold lung conditions, cough, consumption, bronchitis and asthma. Strengthens digestion and inhibits the formation of mucous from weak digestion. Dose: 20-40 drops three times a day. Contra: Not to be used during pregnancy or nursing. Large doses may cause vomiting, diarrhea, and spasms.

ELEUTHERO (*Eleutherococcus*, Wildcrafted root)

Body Parts Affected: Circulation, heart and whole body. Uses: Increases energies, strength, resistance and endurance. Dose: 20-30 drops three times a day. Contra: Not to be used during pregnancy or strong medication.

EUCALYPTUS (*Eucalyptus globulus*, Wildcrafted leaf)

Body Parts Affected: Lungs. Uses: For colds, flu, asthma and sore throat infection with lung congestion. Dose: 10-20 drops three times a day. Contra: Diseases of the gastrointestinal tract, bile ducts and liver.

EYEBRIGHT (*Euphrasia*, Wildcrafted plant)

Body Parts Affected: Eyes, liver and blood. Uses: For allergies in eyes, nose or throat. Cleanses optic nerve. Use internally with Goldenseal and Fennel for conjunctivitis. Use alone externally for inflammation and swelling of eyes. Dose: Internally use 20-30 drops up to four times a day. Externally mix 20-30 drops in hot water and let seep for 4-6 minutes.

FALSE UNICORN (*Chamaelirium luteum*, Wildcrafted root)

Body Parts Affected: Uterus and kidneys. Uses: Beneficial for female infertility, impotence and hormone imbalance. Specific for irregular menstruation and leucorrhoea. Good for depression in menopause. Dose: 20-30 drops three times a day. Contra: Not to be used during pregnancy.

FENNEL (*Foeniculum*, Wildcrafted seeds)

Body Parts Affected: Stomach, nerves, intestines and eyes. Uses: Relieves gas and cramping while removing waste material from the body. Promotes lactation in mothers while aiding babies with gas, diarrhea, intestinal spasms and dyspepsia. Dose: Babies; 2 drops up to four times a day, Adults; 20-40 drops up to four times a day. Contra: Not to be used during pregnancy.

FENUGREEK (*Trigonella foenumgraecum*, Organic seeds)

Body Parts Affected: Lungs, stomach, intestines, and reproductive organs. Uses: For all mucous conditions of the lungs and gargled for sore throats. Its bitterness soothes digestion. Strong stimulator of milk production for mothers while having a reputation for stimulating development of the breasts. Dose: 30-40 drops three times a day. 450mg/Cap Take 1-2 capsules three times a day with meals or as directed by a physician

FEVERFEW (*Tanacetum parthenium*, Wildcrafted leaves)

Body Parts Affected: Circulation, nervous system, skin and urinary organs. Uses: For migraine headaches and the relief of colds, arthritic inflammation (as a tonic), dizziness and all ears/nose/throat problems. Externally used for insect bites and as an insect repellent. Dose: 20-35 drops three times a day.

FIGWORT (*Scrophularia nodosa*, Wildcrafted root)

Body Parts Affected: Lungs, stomach and kidneys. Uses: Treats hepatic diseases, skin eruptions, eczema, dropsy, struma, externally for ringworm, bruises, piles, swelling, and itching. Dose: 20-40 drops three times a day.

FO-TI (*Polygonum multiflorum*, Wildcrafted root)

Body Parts Affected: Liver, stomach, kidneys and reproductive organs. Uses: Exerts a rejuvenating influence upon the endocrine glands, which in turn, strengthens the body. Has aphrodisiac capabilities along with being an excellent digestive tonic. Dose: 20-35 drops three times a day.

FRANKINCENSE (*Boswellia serrata*, Wildcrafted resin)

Body Parts Affected: Skin. Uses: An antiseptic for abscesses, carbuncles and septic sores. Dose: 20-30 drops three times a day.

FRINGE TREE (*Chionanthus virginica*, Wildcrafted root)

Body Parts Affected: Liver, gallbladder and digestion. Uses: Excellent for liver and gallbladder disease and in assisting the treatment of gallstones. Promotes the release of bile while stimulating gastric secretions. Specific as a laxative for constipation while not becoming habit forming. Dose: 30-40 drops three times a day.

GARLIC (*Allium sativum*, Organic bulb)

Body Parts Affected: Lungs, circulation, nerves and sinus. Uses: Use for all lung and respiratory ailments. Excellent for both high and low blood pressure, infections, stomach problems, indigestion and nervous headaches. Dose: 30-60 drops three times a day. 2-3 drops in infected ears twice a day.

GENTIAN (*Gentiana*, Wildcrafted root)

Body Parts Affected: Stomach, liver, blood, spleen and circulation. Uses: Helps balance stomach acid along with strengthening the digestive system while recuperating from prolonged illness. Warms and enlivens the system. Dose: 5-10 drops before meals.

GINGER (*Zingiber officinale*, Organic root)

Body Parts Affected: Stomach, intestines, joints, muscles and circulation. Uses: Warms the circulatory system and cleanses the body. Excellent for cramps from indigestion, nausea, coughs, sinusitis and sore throat. 450mg/Cap Take 1-2 capsules three times a day with meals or as directed by a physician
Dose: 15-60 drops three times a day.

GINKGO (*Ginkgo biloba*, Wildcrafted leaves)

Body Parts Affected: Circulatory system. Uses: Increases blood flow to arteries, capillaries and veins. Excellent for vertigo, loss of memory and hearing disorders due to poor blood flow. Has free radical scavenging effect. Dose: 20-40 drops three times a day. 400mg/Cap Take 1-2 capsules three times a day with meals or as directed by a physician
Contra: Overdose may create headache due to vasodilatation.

GINSENG/AMERICAN (*Panax quinquefolium*, Wildcrafted root)

Body Parts Affected: Circulation, heart, and the whole body. Uses: Stress from physical and emotional imbalance is helped, along with high blood sugars, lipids and uric acid levels. Dose: 10-20 drops two times a day. Contra: As with all panax ginsengs, females should avoid use.

GINSENG/KOREAN (*Panax ginseng*, Wildcrafted root)

Body Parts Affected: Nervous system and circulation. Uses: Helps increase brain and memory function. Energizes and regenerates body after illness or exhaustion. Dose: 10-20 drops three times a day. Contra: As with all panax ginsengs, females should avoid use.

GOAT'S RUE (*Galega officinalis*, Wildcrafted leaves and flowers)

Body Parts Affected: Liver and pancreas. Uses: Reduces blood sugar. Used as a diuretic and diaphoretic. Dose: 20-30 drops three times a day. Contra: Seek professional advice when wishing to substitute for insulin therapy.

GOLDENROD (*Solidago virgaurea*, Wildcrafted leaves)

Body Parts Affected: Lungs and kidneys. Uses: Treats upper respiratory ailments and influenza. Treats flatulent dyspepsia. Used as an anti-inflammatory urinary antiseptic. Dose: 20-30 drops three times a day. Contra: Seek professional advice when treating chronic kidney disorders.

GOLDENSEAL (*Hydrastis canadensis*, Wildcrafted root)

Body Parts Affected: Stomach, intestines, spleen, liver, eyes and mucous membrane inflammation (sinusitis, hay fever, allergies, mouth sores, stomach ulcers, vaginitis, etc.). A natural antibiotic and antiseptic. Dose: 10-30 drops up to four times a day. 450mg/Cap Take 1-2 capsules three times a day with meals or as directed by a physician. Contra: Not to be used during pregnancy, liver or kidney disease, and hypoglycemia. Prolonged use can reduce Vitamin B absorption and destroy good intestinal bacteria.

GOTU KOLA (*Centela*, Wildcrafted herb)

Body Parts Affected: Brain, nerves, bladder, kidneys, heart and circulation. Uses: Strengthens heart, brain and memory. Stimulates hypothyroid conditions, which helps obesity, dry skin, depression and sluggishness. Helps balance hormones and relax nerves. Dose: 20-40 drops two times a day. Contra: Not to be used during pregnancy or thyroid elevation.

GRAVEL ROOT/QUEEN OF THE MEADOW (*Eupatorium purpureum*, Wildcrafted root)

Body Parts Affected: Kidneys, bladder, nerves and joints. Uses: For all stones or gravel in the bladder, kidneys and urinary tract along with uric acid deposits in joints. Helpful for water retention. Contra: Not to be used while pregnant or nursing. FOR EXTERNAL USE ONLY. Long-term use is not recommended. Do not apply to broken or abraded skin.

GRAVIOLA (*Annona muricata*, wildcrafted flowering plant)

Body Parts Affected: Cells and Colon. Uses: Significant antitumor properties with selective toxicity against various types of cancer cells (without harming healthy cells). The chemicals, especially acetogenins, have demonstrated inhibiting enzyme processes only found in cancerous cells and again not in healthy cells. Also used as a antispasmodic, sedative, nervine for the heart, coughs, flu, difficult childbirth, asthma, hypertension and parasites. Dose: Shake well. Mix 20-30 drops in water or juice, 3 times a day, 6 days a week.

GREEN BLACK WALNUT HULLS (*Juglans nigra*, Wildcrafted unripe hulls)

Body Parts Affected: Blood, intestines and nerves. Uses: Strong parasitic when used in conjunction with wormwood and cloves. Dose: 20-30 drops three times a day.

GREEN TEA (*Camellia sinensis*, Wildcrafted buds and leaves)

Body Parts Affected: Liver, nervous system, stomach and intestines. Uses: Effective in treating dysentery, acute gastroenteritis and acute infectious hepatitis. Dose: 20-40 drops three times a day. 500mg/Cap Take 1-2 capsules three times a day with meals or as directed by a physician

Contra: Insomnia, dizziness, heart palpitations, excessive urination, nausea and constipation. Not to be used during pregnancy.

GRINDELIA (*Grindelia squarrosa*, Wildcrafted flowers and leaves)

Body Parts Affected: Lungs and spleen. Uses: As an expectorant, an antispasmodic, a sedative and a demulcent. Use externally to treat skin rashes (i.e. poison ivy). Dose: 20-40 drops three times a day. Contra: High doses may cause irritation of kidneys and stomach.

GROUND IVY (*Glechoma hederacea*, Wildcrafted herb)

Body Parts Affected: Lungs. Uses: To treat fever, and many problems involving the mucous membranes of the ear, nose, throat and digestive system. Dose: 20-30 drops three times a day.

GUGGUL (*Commiphora mukul*, Wildcrafted resin)

Body Parts Affected: Thyroid and joints. Uses: Lowers bad cholesterol and increases good cholesterol. Increases thermo genesis through stimulation of the thyroid, resulting in weight loss. Anti-inflammatory for joints and many other conditions. Dose: 20-30 drops three times a day.

GYMHEMA (*Gymnema sylvestris*, Wildcrafted leaf)

Body Parts Affected: Tongue and intestines. Uses: Reduces appetite for sweet food. Reduces absorption of sugars by the intestines. Dose: 20-30 drops three times a day.

HAWTHORN (*Crataegus*, Wildcrafted berries)

Body Parts Affected: Heart, circulation, nerves and kidneys. Uses: For hypertension, tachycardia, angina, early arteriosclerosis and myocardial weakness. Regulates blood pressure (both high or low), helps in nervous disorders and stressful situations by fortifying both nerves and heart. Dose: 10-30 drops three times a day. 500mg/Cap Take 1-2 capsules three times a day with meals or as directed by a physician

Contra: Slow pulse.

HEAL ALL (*Prunella vulgaris*, Wildcrafted flowers and leaves)

Body Parts Affected: Liver and gall bladder. Uses: Used for fevers, hepatitis, jaundice, high blood pressure, fluid retention and edema. Used externally to stop bleeding and improve the healing of sores and wounds. Dose: 20-40 drops three times a day.

HOLY BASIL (*Ocimum sanctum*, Organic leaf)

Body Parts Affected: Lungs, stomach, joints. Uses: Purifies respiratory tract; has significant antioxidant and anti-inflammatory properties; eases the effects of stress; lowers blood sugar. May protect from carcinogens and chemotherapy toxicity. According to Ayurvedic tradition, Holy Basil aids in elevating a person to enlightenment. Dose: 20-40 drops three times a day. 300mg/Cap Take 1-2 capsules three times a day with meals or as directed by a physician.

HOPS (*Humulus*, Wildcrafted strobiles)

Body Parts Affected: Nerves, stomach, blood, liver and gall bladder. Uses: Relaxing for nerves while producing restful sleep. Relieves tension, anxiety, colon and gastric spasms along with agitation from nervous stomach. Dose: 20-40 drops up to three times a day. Contra: Not to be used during pregnancy.

HOREHOUND (*Marrubium*, Wildcrafted flowering plant)

Body Parts Affected: Lungs, chest and stomach. Uses: For dry coughing with signs of pre-asthmatic bronchial constriction or gagging. Breaks up colds and chronic sore throats. A good digestive tonic. Dose: 20-30 drops three times a day. Contra: Renal excess.

HORSE CHESTNUT (*Aesculus hippocastanum*, Wildcrafted fruit)

Body Parts Affected: Circulation. Uses: Increases the strength and tone of veins helping varicose veins. Treats phlebitis, inflammation in the veins, varicosity and hemorrhoids. Dose: 20-30 drops three times a day.

HORSETAIL (*Equidatum*, Organic plant)

Body Parts Affected: Bones, flesh, cartilage, digestion, kidneys, blood, heart and lungs. Uses: Helps to metabolize calcium for health of hair, nails and teeth. Good for glandular swelling, pus discharge and also removing gravel from the bladder and kidneys. Coagulates the blood during excessive bleeding and menstruation. It is specific for internal bleeding and urine retention. Dose: 20-30 drops three times a day.

HYDRANGEA (*Hydrangea arborescens*, Wildcrafted root)

Body Parts Affected: Kidneys, bladder and colon. Uses: Treats fluid retention and stone formation in the kidneys and bladder. A diuretic useful for prostate infection and inflammation. Dose: 30-60 drops three times a day. Contra: Not for long-term use.

HYSSOP (*Hyssopus*, Wildcrafted herb)

Body Parts Affected: Lungs, sinuses and circulation. Uses: Removes congestion from lungs while assisting with coughs, asthma, sluggish circulation and weak digestion. Promotes sweating. Externally used for muscular rheumatism, bruises and healing of cuts. Dose: 20-40 drops up to four times a day. Contra: Not to be used during pregnancy.

IRISH MOSS (*Chondrus crispus*, Wildcrafted herb)

Body Parts Affected: Lungs, kidneys and skin. Uses: Soothes lungs from bronchitis and used as a coating agent for gastritis and stomach ulcers. Dose: 30-60 drops three times a day.

JUNIPER (*Juniperus*, Wildcrafted berries)

Body Parts Affected: Kidneys and stomach. Uses: Antiseptic for sub acute and chronic cystitis and inflammation of bladder and urethra. Strong diuretic. Dose: 20-30 drops three times a day. Contra: Not to be used during pregnancy, kidney disease, gastric inflammation or urinary tract infection.

KAVA KAVA (*Piper methysticum*, Wildcrafted root)

Body Parts affected: Nerves. Uses: Excellent for insomnia, nervousness and reduces pain. Dose: 20-30 drops three times a day. Contra: Large doses will cause accumulation of toxic substances in the liver.

KELP (*Ascophyllum nodosum*, Wildcrafted plant)

Body Parts Affected: Blood and thyroid gland. Uses: Rich in iodine, chromium and other minerals. Antibiotic. Used to stimulate thyroid. Dose: 20-30 drops three times a day.

KHELLA (*Ammi visnaga*, Wildcrafted seed)

Body Parts Affected: Respiratory and blood. Uses: Treatment of asthma and coronary arteriosclerosis. Dose: 20-30 drops three times a day. Contra: Not to be used for extended period of time..

KUDZU (*Puerariae lobata*, Wildcrafted root)

Body Parts Affected: Spleen, stomach and intestines. Uses: Good for most external. acute conditions and is particularly useful in relieving stiff neck and muscular tension as well as in treating colds, flu, headache and diarrhea. Dose: 20-30 drops three times a day.

LADY'S MANTLE (*Alchemilla vulgaris*, Wildcrafted plant)

Body Parts Affected: Kidneys. Uses: As an astringent, a diuretic, an anti-inflammatory and a treatment for diarrhea. Dose: 20-40 drops three times a day.

LEMON BALM (*Melissa officinalis*, Wildcrafted leaves)

Body Parts Affected: Nerves and circulation. Uses: Treats nervousness and depression. A relaxing tonic for the heart, circulatory system and hypertension. Used externally to treat cold sores. Dose: 30-60 drops three times a day.

LEMONGRASS (*Cymbopogon citratus*, Wildcrafted herb)

Body Parts Affected: Kidneys. Uses: As an overall cleansing agent. Dose: 20-30 drops three times a day.

LICORICE (*Glycyrrhiza*, Wildcrafted root)

Body Parts Affected: Lungs, stomach, intestines, spleen and liver. Uses: Good general effect on the whole system. Stimulates estrogen, cortisone and aldosterone production when needed. Nourishes adrenals and assists body to cope with stress. Excellent for stomach and intestinal ulcers. Specific for flu, colds and lung congestion. Should be added to cough syrups. Dose: 20-30 drops three times a day. Contra: Not to be used during pregnancy, high blood pressure or hyper adrenal function.

LINDEN FLOWERS (*Tilia europea*, Wildcrafted leaf and flowers)

Body Parts Affected: Nerves. Uses: Relaxes the nervous system. Also useful for respiratory problems and high blood pressure. Dose: 30-60 drops three times a day.

LOBELIA (*Lobelia inflata*, Wildcrafted plant)

Body Parts Affected: Nerves, lungs, stomach, muscles and circulation. Uses: For spasmodic lung and respiratory conditions along with being excellent for epilepsy, hysteria and convulsions. Great for people who stop smoking. Small dosage will stimulate (10-15 drops) while large dosage (20-30 drops) will sedate. Dose: 10-30 drops three times a day. 300mg/Cap Take 1-2 capsules three times a day with meals or as directed by a physician. Contra: Not to be used during pregnancy. May cause nausea and excessive dosage depresses respiration while slowing heartbeat.

LOMATIUM (*Lomatium dissectum*, Wildcrafted plant)

Body Parts Affected: Blood. Uses: To overcome colds and flu and other viral infections. Dose: 20-30 drops three times a day. Contra: Will react with blood thinning agents. May cause skin rash.

LUNGWORT (*Pulmonaria officinalis*, Wildcrafted herb)

Body Parts Affected: Lungs, intestines, bowel and liver. Uses: Treats coughs and bronchitis. Treats diarrhea especially in children. Externally used to help heal wounds. Dose: 20-30 drops three times a day.

MACA (*Lepidium meyeinii*, Wildcrafted root)

Body Parts Affected: Glands. Uses: Balances the thyroid, adrenal cortex and the gonads. Dose: 20-30 drops three times a day.

MAIDENHAIR (*Adiantum pedatum*, Wildcrafted herb)

Body Parts Affected: Mucous membranes. Uses: To treat coughs, bronchitis, excess mucous, sore throat, and chronic nasal congestion. Dose: 10-20 drops three times a day.

MAITAKE MUSHROOM (*Grifola frondosa*, Wildcrafted mushroom)

Body Parts Affected: Immune system. Uses: Regulate blood pressure, glucose, insulin and cholesterol levels. Contains D-fraction a 3-branched beta-1. Dose: 20 drops three times a day.

MANDRAKE (*Podophyllum peltatum*, Wildcrafted root)

Body Parts Affected: Liver and colon. Uses: Powerful liver and intestines stimulant. Strong glandular stimulant and useful for treating chronic liver diseases, promoting bile flow and production, and in the elimination of obstruction and skin problems. Dose: 10-30 drops up to two times a day.

MARSHMALLOW (*Althaea officinalis*, Wildcrafted root)

Body Parts Affected: Lungs, stomach and kidneys. Uses: Treats wasting and thirsting diseases, tuberculosis, diabetes, cough, dryness and inflammation of the lungs, gangrene, septicemia, ulcers, pain of kidney stones, difficult or painful urination, blood in the urine, and vomiting with blood. Dose: 20-60 drops three times a day.

MEADOWSWEET (*Filipendula ulmaria*, Wildcrafted plant)

Body Parts Affected: Circulation. Uses: For feverish colds or rheumatic pains. Also soothes children's upset stomachs. Dose: 20-30 drops three times a day.

MILK THISTLE (*Silybum marianum*, Organic seeds)

Body Parts Affected: Liver. Uses: For chronic liver problems, chronic alcoholism or solvent contact. Protects the liver and stimulates its regeneration from hepatitis and cirrhosis. Dose: 20-30 drops three times a day.

MISTLETOE (*Viscum album*, Wildcrafted herb)

Body Parts Affected: Nerves. Uses: To lower blood pressure. Slows heart rate and dilates arteries. Dose: 15-30 drops three times a day. Contra: Do not use if protein hypersensitivity and chronic-progressive infections such as tuberculosis and AIDS.

MOTHERWORT (*Leonurus cardiaca*, Wildcrafted flowers)

Body Parts Affected: Nerves, heart and uterus. Uses: Excellent remedy for delayed menstruation. Good for all nervous conditions, cramps, convulsions, sleeplessness and suppressed urine. Dose: 30-40 drops three times a day. Contra: Not to be taken during pregnancy.

MUGWORT (*Artemisia vulgaris*, Wildcrafted plant)

Body Parts Affected: Nerves, circulation, stomach and uterus. Uses: Stops excessive menstrual bleeding. Circulates the blood, warms the womb, pacifies fetus. Also used as a bitter tonic for the liver and stomach. Dose: 10-25 drops 3 times a day. Contra: Not to be used during pregnancy.

MUIRA PUAMA (*Ptychopetalum*, Wildcrafted bark)

Body Parts Affected: Reproductive. Uses: A mild tonic for distinct (but unpredictable) sexual stimulation in both sexes. Used when no particular organic or emotional problems are present but low energies are prevalent. Dose: 20-30 drops up to four times a day. Contra: Not to be taken during pregnancy.

MULLEIN (*Verbascum*, Wildcrafted leaves and flowers)

Body Parts Affected: Lungs, glands and lymphs. Uses: Good for bronchitis, lung congestion with hard cough, inflammation of throat and digestive system along with swollen lymph glands and sinus congestion. Dose: 30-40 drops every three to four hours.

MYRRH (*Commiphora*, Wildcrafted gum exudate)

Body Parts Affected: Stomach and lungs. Uses: Destroys putrefaction in the intestines and prevents blood absorption of toxins. Specific for mouthwash (added to a little water) for spongy gums, pyorrhea and all throat diseases. Added to Goldenseal for intestinal ulcers, bad breath, intestinal inflammation and all other mucous membrane conditions. External use for sinus infections, and a wash for wounds and skin diseases. Dose: 10-20 drops up to four times a day. 550mg/Cap Take 1-2 capsules three times a day with meals or as directed by a physician. Contra: Not to be taken during pregnancy, liver disease, auto-immunity or collagen disease.

NEEM (*Azadirachta indica*, Wildcrafted leaves)

Body Parts Affected: Blood, skin and eyes. Uses: Specific for blood disorders, consumption, eye diseases and intermittent fevers, as well as persistent low fever. Useful in skin diseases, ulcers and scrofula. Contains antibacterial and antifungal activity. Dose: 10-20 drops up to four times a day. Contra: Extended use may cause renal failure.

NETTLES (*Urtica*, Wildcrafted leaves)

Body Parts Affected: Lungs, kidneys, bladder and blood. Uses: An astringent for all inflamed mucous membranes with excess discharge. Hay fever, vaginitis, lungs and stomach hyper secretion. Acts as an alkalizing diuretic. Dose: 15-20 drops three times a day.

OATS STRAW (*Avena sativa*, Organic seeds)

Body Parts Affected: Nerves, uterus, stomach and lungs. Uses: Calms nerves and assists in withdrawal from nicotine and hallucinogenics; i.e., cocaine, opium, marijuana, etc. Excellent as a nerve tonic for burnout, breakdown and recuperation. Dose: 20-40 drops three times a day.

OLIVE LEAF (*Olea europaea*, Wildcrafted leaf)

Body Parts Affected: Immune system.. Uses: Strengthens the immune system. Alleviates sore throats, chronic sinusitis, skin disease and pneumonia. Eliminates symptoms from yeast, fungal, bacterial, and viral infections. Treats athlete's foot, arthritis, psoriasis and the common cold. Dose: 20-40 drops three times a day. 325mg/Cap Take 1-2 capsules three times a day with meals or as directed by a physician.

OREGANO (*Origanum vulgare*, Wildcrafted leaf)

Body Parts Affected: Lungs. Uses: As an expectorant for chest congestion. Also helps soothe the muscle lining of the digestive tract. Dose: 20-60 drops three times a day. 325mg/Cap Take 1-2 capsules three times a day with meals or as directed by a physician.

OREGON GRAPE ROOT (*Mahonia*, Wildcrafted root)

Body Parts Affected: Liver, blood, stomach, intestines and skin. Uses: An excellent blood purifier that clears chronic disease (acne, eczema, psoriasis and herpes). Stimulates liver and gall bladder to help overcome constipation. Helps with poor protein digestion. Dose: 20-30 drops three times a day. Contra: Not to be used during pregnancy, liver disease and hyperthyroid condition.

OSHA (*Ligusticum porteri*, Wildcrafted root)

Body Parts Affected: Lungs, throat and bronchials. Uses: Acute bronchial infection with sore throat and dry cough. Excellent at the beginning of cold or flu symptoms and children's earaches. Loosens mucous for easy removal. Dose: 20-40 drops as needed. Contra: Not to be used during pregnancy.

PANSY (*Viola tricolor*, Wildcrafted flowers)

Body Parts Affected: Blood, skin and lungs. Uses: Soothes mucous membranes and as an expectorant. Purifies the blood especially when toxins cause skin eruptions. Dose: 20-40 drops three times a day.

PARSLEY ROOT (*Petroselinum crispum*, Wildcrafted root)

Body Parts Affected: Lungs, stomach, bladder and liver. Uses: Used for edema, fluid retention, frequent urination, bed-wetting, rheumatic problems, menstrual disorders, indigestion, gas and intestinal worms. Dose: 30-60 drops three times a day.

PASSION FLOWER (*Passiflora incarnata*, Wildcrafted plant)

Body Parts Affected: Nerves and circulation. Uses: Produces refreshing sleep for emotionally upset, mentally worried and overtired individual. Muscle twitching, hysteria and irritability along with tension illness, especially in children's asthma. Dose: 10-20 drops three times a day for children over four. 20-40 drops three times a day for adults. Contra: Bradycardia, hypotension and major sedative use.

PAU D'ARCO (*Tabebuia impetiginosa*, Wildcrafted inner bark)

Body Parts Affected: Blood, digestion, circulation and beneficial effect on the whole body. Uses: Specific for candida infections. Excellent for all fungal infections of the mouth, diaper rash, vagina and feet. Increases resistance to disease. Dose: 20-30 drops up to four times a day. 300mg/Cap Take 1-2 capsules three times a day with meals or as directed by a physician.

PENNYROYAL (*Hedeoma pulegioides*, Wildcrafted plant)

Body Parts Affected: Circulation, uterus and lungs. Uses: Good for late, suppressed or spotty menses with poor secretion and clotting. Breaks up cramps, intestinal pains, dry fevers and coughs. Dose: 20-40 drops three times a day. Contra: Not to be used during pregnancy, excessive menstrual flow or uterine pathology.

PEONY ROOT (*Paeonia officinalis*, Wildcrafted root)

Body Parts Affected: Liver, spleen and lungs. Uses: Treats menstrual cramps and irregularities, amenorrhea, and both functional and emotional nervous conditions. Dose: 20-30 drops three times a day.

PEPPERMINT (*Mentha peperita*, Organic leaves)

Body Parts Affected: Stomach, intestines, muscles and circulation. Uses: Excellent for nausea, vomiting, chills, colic, fevers, gas, cramping and diarrhea. Use for all digestive problems. Dose: 10-20 drops three times a day. 350mg/Cap Take 1-2 capsules three times a day with meals or as directed by a physician.

PERIWINKLE (*Vinca major*, Wildcrafted herb)

Body Parts Affected: Bladder, uterus, and colon. Uses: An astringent for control of excess menstrual flow, colitis, diarrhea, hemorrhoids and bleeding gums. Dose: 10-30 drops three times a day.

PIPSISSEWA (*Chimaphila*, Wildcrafted herb)

Body Parts Affected: Urinary tract, liver, skin and circulation. Uses: Irritation of the bladder, kidneys or urethra. Painful urination along with prostate and urethral irritation. Dose: 20-40 drops three times a day. Contra: Not to be used during pregnancy, nephritis or anticoagulant drugs.

PLANTAIN (*Plantago major*, Wildcrafted leaves)

Body Parts Affected: Kidneys, veins, intestines and skin. Uses: Acts as a gentle expectorant while soothing inflamed and sore membranes, making it ideal for coughs and mild bronchitis. Aids with diarrhea, hemorrhoids and cystitis where there is bleeding. Dose: 20-40 drops three times a day.

PLEURISY ROOT (*Asclepias tuberosa*, Wildcrafted root)

Body Parts Affected: Lungs, kidneys and nerves. Uses: Excellent for pleurisy, pneumonia and bronchitis with hot dry mucous membranes. Breaks up colds, fevers and flu. Dose: 20-30 drops up to four times a day. Contra: Not to be taken when pregnant or with heart disease.

POKE ROOT (*Phytolaccaceae americana*, Wildcrafted root)

Body Parts Affected: Blood, lymph and lungs. Uses: One of the best blood and lymphatic cleansing herbs. Excellent in treating tumors, arthritis and degenerative diseases. Good for treating enlargement of the liver, spleen and thyroid glands. Dose: 5-15 drops up to three times a day. Contra: To be used only under the supervision of a physician.

PRICKLY ASH (*Xanthoxylum americanum*, Wildcrafted bark)

Body Parts Affected: Blood, circulation and stomach. Uses: Used to increase circulation. Produces warmth when chilled. Helps clear deposits in joints during arthritis and rheumatism. Brings on sweating when all else fails. Dose: 10-20 drops up to four times a day. Contra: Not to be used during pregnancy. If excessive sweating results, reduce dosage amount.

PYGEUM (*Pygeum africanum*, Wildcrafted bark)

Body Parts Affected: Normalizes male prostate and reduces inflammation and pain. Normalizes the passage of urine. Dose: 20-30 drops three times a day. Contra: If pregnant, consult a physician.

RASPBERRY (*Rubus idaeus*, Wildcrafted leaves)

Body Parts Affected: Stomach, liver, blood, genito-urinary system and muscles. Uses: Strengthens uterus walls and female reproductive system. Soothing to the mucous membranes and kidneys. An excellent female tonic. Dose: 20-30 drops three times a day.

RED CLOVER (*Trifolium pratense*, Wildcrafted flowering plant)

Body Parts Affected: Blood, liver, lymph, nerves, lungs and digestion. Uses: Excellent blood purifier and mineral supplement. Helps in all infectious diseases, i.e. mononucleosis, hepatitis, etc. Dose: 20-30 drops up to four times a day. Contra: Not to be used during pregnancy.

RED ROOT (*Ceanothus*, Wildcrafted root)

Body Parts Affected: Lymph. Uses: For acute tonsillitis, sore throat and boggy lymph. Inflamed lymph nodes and spleen. Specific for unhardened cysts in ovaries, breasts and testes. Dose: 20-40 drops up to four times a day. Contra: Not to be taken while pregnant, coagulation therapies or blood disorders.

REHMANNIA (*Rehmannia glutinosa*, Wildcrafted root)

Body Parts Affected: Liver, kidney and heart. Uses: Treats anemia, dizziness, pallor, palpitations, insomnia, irregular menstruation and bleeding after childbirth. Dose: 20-30 drops three times a day. Contra: Do not use if you have diarrhea and lack of appetite.

REISHI MUSHROOM (*Ganoderma lucidum*, Whole dried mushroom)

Body Parts Affected: Immune system and whole body. Uses: Provides homeostasis for the human system while acting as a stimulant and tonic for the immune system. Creates an increase of useable energy. Considered in the prevention and treatment of weakness, colds, flu, yeast overgrowth, cancer, AIDS and immune deficiency diseases. Dose: 20-40 drops up to four times a day.

RHATONY (*Krameria triandra*, Wildcrafted root)

Body Parts Affected: Gastrointestinal tract. Uses: A powerful astringent and antimicrobial. It is a useful remedy for problems affecting the gastrointestinal tract. Most commonly used for diarrhea and dysentery. Dose: 20-40 drops three times a day.

RHUBARB (*Rheum palmatum*, Wildcrafted root)

Body Parts Affected: Stomach and intestines. Uses: For diarrhea and hemorrhage in small dosage every 2-3 hours. Larger dosage used as a laxative. Can be given to nursing mothers to relax the bowels of a constipated infant. Is well known for its part in the Essiac formula. Dose: 30-40 drops three times a day. Contra: Not to be used during pregnancy.

ROOIBOS (*Aspalathus linearis*, Certified organic herb)

Body Parts Affected: Gastrointestinal tract, Skin, Whole Physiology. Uses: Acts as an anti-spasmodic and assists stomach cramping and colic for infants. Assists in insomnia, irritability, headaches, nervous tension and hypertension. Very helpful for allergies such as asthma and hay fever along with helping eczema. Is a good mineral and antioxidant food. Can be used by nursing mothers because it contains no caffeine. Dose: 20-40 drops three times a day in juice or water for 6 days per week.

ROSEHIPS (*Rosa canina*, Wildcrafted fruit)

Body Parts Affected: Immune system. Uses: Excellent source of non-acidic Vitamin C and bioflavonoids. Helps colds, flu and respiratory infection formulas. Strengthens capillaries, veins and arterial system. Dose: 20-40 drops three times a day.

ROSEMARY (*Rosarinus officinalis*, Wildcrafted leaves)

Body Parts Affected: Stomach, intestines, liver, nerves and lungs. Uses: Good for gas, colic, indigestion, nausea and fevers. Dose: 10-20 drops 3 times a day. Contra: Not to be taken during pregnancy.

RUE (*Ruta graveolens*, Wildcrafted plant)

Body Parts Affected: Nerves, tendons, circulation and uterus. Uses: Excellent for stomach problems, intestinal cramps, nervousness, hysteria, spasms, dizziness and congestion of the female organs. Externally used for sciatica. Dose: 10-20 drops three times a day. Contra: Not to be taken during pregnancy.

SAFFLOWER (*Carthamus tinctorius*, Wildcrafted flowers)

Body Parts Affected: Skin, kidneys and nerves. Uses: Produce sweating during colds, flu and fevers. Soothing to nerves in cases of hysteria and associated with anemia. Dose: 10-20 drops three times a day. Contra: Not to be used during pregnancy. Prolongs blood coagulation time. Not to be used with peptic ulcers or hemorrhage.

SAGE (*Salvia officinalis*, Wildcrafted herb)

Body Parts Affected: Bowels, sinus, bladder, mucous membranes and nerves. Uses: For colds a flu. Improving weak digestion. Gargle for sore throat. Dose: 30-50 drops three times a day. Contra: Not to be used during pregnancy. Not for long-term use. Do not exceed recommended dosage.

ST. JOHN'S WORT (*Hypericum perforatum*, Organic herb)

Body Parts Affected: Stomach, bladder, blood, liver and nerves. Uses: For agitation, depression, anxiety and tension triggered by menopause or hormone imbalance. Specific for neuralgic, fibrositis, sciatica and rheumatic pains. Dose: 20-40 drops three times a day. 300mg/Cap Take 1-2 capsules three times a day with meals or as directed by a physician. Contra: Not to be taken during pregnancy. Can cause photosensitivity in those with light skin.

SANICLE (*Sanicula europaea*, Wildcrafted flowers)

Body Parts Affected: Circulation and blood. Uses: As a detoxifier for skin problems. Treats bleeding within stomach or intestines. Dose: 20-40 drops three times a day.

SARSAPARILLA (*Smilax*, Wildcrafted root)

Body Parts Affected: Blood, skin, circulation and intestines. Uses: Very effective in gonad (male and female) hormonal production. Helps uric acid excretion in gout and rheumatic conditions. Skin problems like boils, acne, sores and wounds. Dose: 20-40 drops three times a day. Contra: Not to be used during pregnancy, steroid therapy or gastric ulcers.

SASSAFRASS (*Sassafras albidum*, Wildcrafted root bark)

Body Parts Affected: Liver, kidneys and skin. Uses: Used for skin problems like eczema and psoriasis. Treats rheumatism and gout. Dose: 20-40 drops three times a day. Contra: Not for long-term use. Do not exceed recommended dosage.

SAW PALMETTO (*Serenoa repens*, Wildcrafted berries)

Body Parts Affected: Lungs, throat, reproductive organs and kidneys. Uses: Valuable in diseases of the reproductive organs, ovaries, prostate and testes. Specific for prostatic hypertrophy, dribbling urine and sore, weakened reproductive glands. Increases weight and strength through improved digestion. Dose: 20-40 drops three times a day. 500mg/Cap Take 1-2 capsules three times a day with meals or as directed by a physician.

SCHIZANDRA (*Schisandra chinensis*, Wildcrafted berry)

Body Parts Affected: Circulation. Uses: For immune system strengthening. Dose: 20-30 drops three times a day.

SCULLCAP (*Scutellaria*, Wildcrafted plant tops)

Body Parts Affected: Nerves and stomach. Uses: Excellent for acute or chronic nervous system disorders from hysteria to insomnia. Aids in drug addiction rehab. Acts as a sedative and nerve tonic. Used in epilepsy, coughs, convulsions, alcoholism, insanity, insomnia, nervous headache and tension. Dose: 20-40 drops up to four times a day. Contra: Not to be taken during pregnancy.

SENEGA SNAKEROOT (*Polygala senega*, Wildcrafted root)

Body Parts Affected: Lung, heart and kidneys. Uses: Expectorant in cases of pneumonia and acute bronchial affections. Stimulating secretions, including saliva. Dose: 20-60 drops three times a day. Contra: Not to be used during pregnancy. Prolonged use may result in GI irritation.

SHATAVARI (*Asparagus racemosus*, Wildcrafted root)

Body Parts Affected: Lungs and kidneys. Uses: Treats dryness of the lungs and throat. Counteracts thirst and treats lower back pains when kidneys are involved. Dose: 20-30 drops three times a day. Contra: Do not use with renal diseases.

SHEEP SORREL (*Rumex acetosella*, Wildcrafted plant)

Body Parts Affected: Blood, stomach, appetite. Uses: Cools fevers, hemorrhages and urinary tract disorders. Acts well in blood cleansing, increasing appetite, nausea and removing obstructions within the abdominal and other viscera type organs. Is well known for its part within the Essiac formula. Dose: 10-40 drops three times a day. Contra: Not to be used during pregnancy.

SHEPHERD'S PURSE (*Capsella bursa-pastorias*, Wildcrafted plant)

Body Parts Affected: Kidneys, bladder and blood. Uses: Excellent astringent to stop bleeding of the lungs, kidneys and bladder. Specific for excessive menstrual bleeding, bedwetting, piles and hemorrhoids. Also good for diarrhea. Dose: 20-40 drops up to four times a day. Contra: Not to be taken during pregnancy, hypotension with bradycardia and coagulation disorders.

SHIITAKE MUSHROOM (*Lentinus edodes*, Wildcrafted mushroom)

Body Parts Affected: Immune system. Uses: Effective cancer inhibitor. Increases immune response. Dose: 20-30 drops three times a day.

SLIPPERY ELM (*Ulmus fulva*, Wildcrafted inner bark)

Body Parts Affected: Stomach and lungs. Uses: Coats irritated mucous membranes such as the stomach, bowel, colon and throat. Dose: 20-30 drops three times a day.

SPEARMINT (*Mentha spicata*, Wildcrafted leaves)

Body Parts Affected: Stomach. Uses: To aid in digestion and flatulence. Warms the system. Dose: 20-30 drops three times a day.

SPEEDWELL (*Veronica officinalis*, Wildcrafted herb)

Body Parts Affected: Blood and kidneys. Uses: As a blood purifier and as a diuretic. Dose: 20-30 drops three times a day.

SPIKENARD (*Aralia racemosa*, Wildcrafted root)

Body Parts Affected: Lungs and spleen. Uses: For chronic pulmonary diseases, digestive weakness, gynecological problems, blood purification, venereal diseases and rheumatic discomforts. Dose: 10-30 drops three times a day.

SQUAW VINE (*Mitchella repens*, Wildcrafted herb)

Body Parts Affected: Uterus. Uses: Used to prepare for childbirth, and for relieving menstrual cramps by normalizing blood flow. Dose: 20-40 drops three times a day.

STEVIA (*Stevia rebaudiana*, Wildcrafted leaves)

Body Parts Affected: Blood. Uses: Regulates blood sugars. 8 times the sweetening power of sugar and is acceptable to both hypoglycemics and diabetics in small quantities as a sweetening agent. Dose: Use as many drops as needed.

STILLINGIA (*Stillingia*, Wildcrafted root)

Body Parts Affected: Lungs, kidneys, skin and liver. Uses: For immuno suppressed, long standing infections with poor tissue healing capabilities. Specific for skin diseases, chronic coughs, liver disease and rheumatism. Dose: 10-20 drops two times a day. Contra: Not to be used during pregnancy or acute diseases.

STONE ROOT (*Collinsonia canadensis*, Wildcrafted root)

Body Parts Affected: Veins, liver and colon. Uses: Relaxes walls of the veins, arterioles and lymph in the pelvic and leg areas. Specific for hemorrhoids, cervical venosities, prostate or testicular varicosities. Excellent for pain from rectal surgery. Good tonic for strengthening overstrained heart. Dose: 30-40 drops up to four times a day.

SUMA (*Pfaffia paniculata*, Wildcrafted root)

Body Parts Affected: Immune system. Uses: Enhances both energy and immune strength. Dose: 20-40 drops three times a day.

TANSY (*Tanacetum vulgare*, Wildcrafted flowers)

Body Parts Affected: Liver and intestines. Uses: Promotes delayed or stopped menstruation. Eliminates parasites. Dose: 10-20 drops three times a day. Contra: Not to be used during pregnancy. Only use under the supervision of a physician qualified in using this herb.

THUJA (*Thuja occidentalis*, Wildcrafted leaves and young stems)

Body Parts Affected: Blood, lungs and skin. Uses: An expectorant against bronchial congestion. Externally for ringworm, thrush and athlete's foot. Treats dysentery and psoriasis. Dose: 5-10 drops three times a day. Contra: Not to be used during pregnancy. Not for long-term use. Do not exceed recommended dosage.

THYME (*Thymus vulgaris*, Wildcrafted tops)

Body Parts Affected: Intestines, lungs, throat, stomach and skin. Uses: Good for all throat and bronchial problems. Good for all intestinal problems such as diarrhea, lack of appetite, gas and colic. Relieves headaches. Dose: 20-40 drops three times a day.

TURMERIC (*Curcuma longa*, Wildcrafted root)

Body Parts Affected: Liver, blood and skin. Uses: Reduces uterine tumors. Clears skin cancers and cleans blood. Dose: 20-40 drops three times a day. Contra: Do not use during pregnancy.

USNEA (*Usnea barbata*, Wildcrafted lichen)

Body Parts Affected: Immune system. Uses: Contains usnic acid, which has remarkable antibacterial properties. Dose: 30-50 drops three times a day.

UVA URSI (*Arctostaphylos*, Wildcrafted leaves)

Body Parts Affected: Kidneys and urinary tract. Uses: For urethritis and cystitis with sharp pain during urination. Healing and soothing to the genito-urinary organs. Specific for kidney or bladder stones and nephritis. Dose: 20-40 drops up to five times a day. Contra: Not to be used during pregnancy or with anticoagulants.

VALERIAN (*Valeriana*, Organic root)

Body Parts Affected: Nerves. Uses: Beneficial for emotional stress and pain. Helps menstrual cramps, muscle pain, intestinal cramps, bronchial spasms and insomnia. Dose: 30-40 drops three times a day. 300mg/Cap Take 1-2 capsules three times a day with meals or as directed by a physician. Contra: Long-term use may cause depression.

VENUS FLY TRAP (*Dionaea Muscipula*) This plant has been used in Germany by physicians for the treatment of chronic diseases, including most forms of cancer, ulcerative colitis, multiple sclerosis, all types of herpes infections, chronic arthritis and almost any immune deficiency state, including AIDS: **ACTIONS** Deep Immune Activator, Antiviral, Analgesic, Antineoplastic. **DOSAGE:** Shake well. 10-30 drops three times a day before meals.. **NOTE:** If pregnant, consult physician.

VITEX (*Vitex agnus castus*, Wildcrafted berries)

Body Parts Affected: Reproductive system. Uses: Excellent in stimulating synthesis of progesterone while regulating estrogen for the symptoms of both PMS and menopause. Regulates periods of excessive bleeding and frequency. Used for fibroids, womb inflammation and to normalize ovulation and menstruation after stopping the "pill." Very good in stimulating lactation. Dose: 15-20 drops three times a day.

WATERCRESS (*Nasturtium officinale*, Wildcrafted leaves)

Body Parts Affected: Kidneys, bladder, stomach and lungs. Uses: To treat fluid retention, mucus in the lungs and indigestion. Stimulates metabolism and promotes bile metabolism. Helps dispel gas. Dose: 20-40 drops three times a day. Contra: Not to be used during pregnancy, breastfeeding, under 4 years of age.

WATERMELON SEED (*Citrullus lanathus*, certified. organic seed)

Body Parts Affected: Kidneys, bladder, colon, ovaries and skin. Uses: A valuable stimulant for the kidneys and bladder. A wonderful diuretic for the removal of accumulations in the urinary system. Cleanses body wastes that might otherwise create skin conditions like hives or edema (swelling). Assists in the relief of gastric pressure, ovarian inflammation and for post-partum kidney function after pregnancy. Very helpful during constipation. Dose: Shake well. Mix 20-40 drops in water or juice 3 times a day, 6 days a week. Contra: Not to be used during excessive or uncontrolled urination.

WHITE BRYONY (*Bryonia alba*, Wildcrafted root)

Body Parts Affected: Kidneys and urinary tract. Uses: As a diuretic and helps with gravel and all other obstructions and disorders of the urinary tract. Dose: 5-10 drops up to four times a day. Contra: If pregnant, consult a physician. Do not exceed recommended dosage.

WHITE OAK (*Quercus petraea*, Wildcrafted bark)

Body Parts Affected: Spleen, stomach and intestines. Uses: Treats dysentery, diarrhea, hemorrhages, prolapsed uterus or anus, indolent ulcers and chronic cough. Dose: 20-30 drops three times a day. Contra: For external use if weeping eczema or extensive skin damage.

WHITE WILLOW (*Salix alba*, Wildcrafted bark)

Body Parts Affected: Stomach, kidneys, bowel, intestines and head. Uses: Alleviates pain and reduces fevers. Use as a gargle to sooth sore throat. Dose: 30-60 drops up to 4 times a day.

WILD CHERRY (*Prunus serotina*, Wildcrafted bark)

Body Parts Affected: Lungs, stomach and nerves. Uses: Tonic for the respiratory and digestive tract. Treats chronic coughs, especially those with mucous. Remedy for heart palpitations when caused by stomach disorder. Dose: 30-50 drops three times a day. Contra: Not for long-term use.

WILD LETTUCE (*Lactuca virosa*, Wildcrafted leaves)

Body Parts Affected: Nerves. Uses: An antispasmodic and a calming nervine for relaxation and sleep. Dose: 20-40 drops three times a day.

WILD YAM (*Dioscorea villosa*, Wildcrafted root)

Body Parts Affected: Muscles, joints, uterus, liver and gall bladder. Uses: Valuable for abdominal spasms, cramps and menstrual cramps. Excellent for liver and gall bladder functioning along with counteracting nausea and morning sickness. Specific for miscarriage prevention when combined with ginger. Dose: 20-30 drops up to four times a day.

WINTERGREEN (*Gaultheria procumbens*, Wildcrafted leaves)

Body Parts Affected: Liver and lungs. Uses: Relieves pain and rheumatic complaints. Anti-inflammatory similar to aspirin. Use as a gargle to treat sore throat. Dose: 15-30 drops three times a day.

WITCH HAZEL (*Haemamelis virginiana*, Wildcrafted leaves and bark)

Body Parts Affected: Skin, stomach and intestines. Uses: Excellent to stop excessive menstruation, hemorrhages from lungs, stomach, uterus and bowels. Specific for varicose veins. Externally apply to sore breasts, muscles, varicose veins and insect bites. Dose: 20-40 drops up to three times a day.

WOOD BETONY (*Stachys officinalis*, Wildcrafted flowers)

Body Parts Affected: Nerves. Uses: Strengthens the nervous system while relaxing. Dose: 20-40 drops three times a day.

WORMWOOD (*Artemisia absinthium*, Organic herb)

Body Parts Affected: Liver, gall bladder, stomach, intestines, uterus and joints. Uses: Stimulates sweating and improves digestion. An excellent stomach tonic. In hot tea form it will bring on suppressed menstruation. Expels parasites. Relieves pain during labor. Dose: 15-25 drops 2 times a day. Contra: Do not use during pregnancy. Not for long-term use. Do not exceed recommended dosage.

YARROW (*Achillea millefolium*, Wildcrafted flowering plant)

Body Parts Affected: Circulation. Uses: Beneficial astringent for bleeding piles, urinary tract, uterus, lungs and hemorrhoids. Also in leucorrhoea, menorrhagia and amenorrhoea. Dose: 10-40 drops up to four times a day. Contra: Not to be used during pregnancy, bradycardia or nephritis.

YELLOW DOCK (*Rumex crispus*, Wildcrafted root)

Body Parts affected: Blood, skin, spleen, liver and gall bladder. Uses: Beneficial for skin eruptions along with constipation, indigestion and bad breath. Dose: 20-40 drops 2 times a day. Contra: Not to be taken during pregnancy. Excessive dosage will be cathartic and irritable.

YERBA MATE (*Ilex paraguayensis*, Wildcrafted leaves)

Body Parts Affected: Nerves. Uses: As a calmative and a refreshing tonic drink. Dose: 20-40 drops three times a day. Contra: Not to be used during pregnancy. Not for long-term use. Do not exceed recommended dosage.

YERBA SANTA (*Eriodictyon*, Wildcrafted leaves)

Body Parts Affected: Lungs and stomach. Uses: All forms of bronchial congestion along with being excellent for asthma and hay fever by dilating bronchial tubes. Good for dysentery and diarrhea. Dose: 20-30 drops up to four times a day.

YOHIMBE (*Pausinystalia yohimbe*, Organic root)

Body Parts Affected: Hormones. Uses: A hormone stimulant effective in the production of testosterone. An aphrodisiac for both men and women. Dose: 10-20 drops three times a day. Contra: Not to be used if pregnant or have high blood pressure. Use only under the supervision of a professional.

YUCCA (*Yucca glauca*, Wildcrafted root)

Body Parts Affected: Blood. Uses: Excellent for a percentage of people with arthritic and joint inflammation problems. Has an anti-stress agent along with being able to reduce toxicity in alimentary canal. Migraine headaches helped because of this. Dose: 20-40 drops up to three times a day.

Disclaimer: Statements made this manual have not been evaluated by the Food and Drug Administration. Our products are not intended to diagnose, treat, cure or prevent any disease.