



OVARY / UTERUS BLEND



PROTOCOL FOR ENDOMETRIOSIS, CYSTS & TUMORS

1. Watch or listen to the “Taking Responsibility” seminar a minimum of two times. This is needed in order to fully understand how to change the lifestyle that created the problem. (Visit www.herbsoflight.com and click on “Taking Responsibility Video” in the left column.)

Have a short, 3 – 5 day fast. Consume nothing but water and fresh vegetable juice. Consume fresh vegetable juices a minimum of 2 times a day after the fast.

Rest your mind through prayer AND meditation.

Exercise up to your level, and then use a small-sized trampoline.

Eat mostly live vegetarian foods – NO ANIMAL PRODUCTS & NO CAFFEINE!

2. Start using Female Health Assist as discussed in the video. Take 4 squeezes in freshly made vegetable juice or water 3 times a day, six days a week.
3. Take Ovary / Uterus Blend, 2 squeezes in same vegetable juice or water 3 times a day, six days a week.
4. Rub Poke Root Extract on skin over ovaries and then put a Coconut Oil pack on the skin. Do this five days per week, twice a day if possible, for 10-15 minutes each time. To make the Coconut Oil pack, rub a moderate amount of oil on the skin over the ovaries, place a small piece of flannel over the skin to protect from the heat, and top with a hot water bottle (or heating pad, although a hot water bottle is preferred).
5. Mix 2+ tsp. of ichthammol black salve and vegetable glycerine together in a cup. Soak a clean tampon in this mixture and insert into vagina up to the cervix. Wear a sanitary cloth or napkin for any leakage. Do 5 nights a week before going to bed. Remove each morning.

Note: This assists the body in drawing out the infection and in helping to shrink fibroids, cysts and other growths in the uterus. Dr. Humbart Santillo, ND, has also used this protocol very successfully. This ichthammol black salve is a petroleum-based salve, but it is more effective than any other herbal black salve on the market. It shows no signs of toxicity in this form. This salve is available at Herbs of Light, while vegetable glycerin is available at most pharmacies.

6. After removing the tampon, douche in the morning with an infusion of goldenseal & myrrh. Put 2-3 squeezes of goldenseal extract and 2-3 squeezes of myrrh extract together per 1 quart of water. A large amount can be prepared in advance and refrigerated until use. A goldenseal and myrrh tea, prepared from the dried herbs, may also be used.

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

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