

THE POWER OF HERBAL MEDICINE



IRIDOLOGY & NUTRITION

Bridging the Gap between Food and Drugs

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Table of Contents

Moving Humanity Beyond Disease.....	5
The Magic Of Herbs	6
What Do Herbs Do?	7
The Three Stages Of Recovery	8
Stage One	8
Stage Two	8
Stage Three.....	8
Things to Remember.....	8
Points On Taking Herbs.....	10
Healing & Cleansing	11
Blood Purification	12
Blood Purifying Tonic	13
Bowel Cleansing	14
Regular Bowel	15
Pro Cleanse.....	16
Reno	17
Minerals.....	18
Twelve Points on Taking Minerals	20
Mineral Max	21
The Thyroid	22
The Thyroid Gland	23
Thyrogene	24
Iron	25
Herbal Iron.....	27
The Heart & Circulation.....	28
Cardio	29
The Respiratory System	30
Asthma	31
Freedom	34
Sinease.....	35
Tissues & Joints	36
The Eleven Stages of Arthritis	37
Muscle & Joint	39
Calcium & Osteoporosis	40
Nerves	41
Serene	44
Sedatone	45
Ginkgo Mem	46
Withania Compound.....	47
Women Only	48

Woman's Tonic.....	49
Men Only.....	50
Prostate	51
Men's Tonic	52
Children	53
The Developing Child.....	54
Children	55
Worms & Parasites	56
Para	58
The Sweet Taste	59
Sugar	60
Eleven Points About Fat	61
Natural Immunity	62
Immuno.....	63
Viroguard	64
Recuperation & Rejuvenation	65
Rejuvenation	66
Teeth & Gums	67

Moving Humanity Beyond Disease

When two or more compatible herbs are put together in a balanced formula and potentised using

alchemic principles incorporating natural substances to enhance the biocompatibility to the consumer, a remedy is created which is greater than the sum of its parts. This remedy provides optimum absorption and contains

not only the nutrients and active principles of the plant but also its unique life force and potency. New Zealand Herbals has created a system of herbal formulation, combining ancient and modern knowledge and our own discoveries.

Herbs have been used historically for a number of health problems from acute injury to chronic diseases or to enhance fitness and performance levels. The armies of Alexander the Great and the Romans and Egyptians made use of liquorice root to enhance stamina and improve performance. Today science has discovered that liquorice root supports the adrenal glands and exerts a powerful influence on human steroid hormone function. The role of the professional herbalist is to determine the best and safest level of dosage. At all times the minimum dosage is the best. This is called "The Principle of Minimum Dose". Some herbs are known as "nutritive tonics" and can be used in larger amounts.

Michael J. McCammon N.D. personally chooses the raw materials that go into his formulations and tests are conducted to provide the optimal dosage, quality and compatibility. Many herbs are not compatible with each other and this knowledge is essential to provide the very best results. What herbs to use, in what form, what strength, what dose and which type of processing are all important for the final finished product. This product should be as pleasant as possible to consume, convenient and within optimum potency while still adhering to the principle of "minimum dosage" to achieve the desired result. An excess amount of the herb can "swamp" the remedy and actually weaken the formula or even render it ineffective.

Michael's system involves using the finest raw plant materials available and these are manufactured under stringent controls. All stages of the process of creating and manufacturing the formulas are in strict accordance with ancient and modern alchemic principles. Special processing ensures only the finest products leave the premises. Normal plant oxidation is inhibited, maintaining product potency and freshness, and ensures the bioavailability of the formulas. There are no artificial substances, and no irradiation.

We completely guarantee our products to your satisfaction. Our bottles of capsules include natural oxygenabsorbing packets and have special airtight seals, and our liquid formulas which are in amber glass bottles are 100% bioavailable, convenient and contain no artificial preservatives.

Michael's formulas are best used initially for a ninety day period before any real assessment can be made the vast majority of clients report amazing results long before this. However, the habits of many years cannot always be expected to disappear overnight. The first reports are generally of an increase in energy and a certain "lightness". Many feel better than they have in years. Of course it often depends on the original purpose for taking the product. Formulas are considered food supplements rather than remedies. Remember that herbs have been and still are to a lesser degree nutritive substances and have been used by the family of humanity for thousands of years. Even coffee and tea can be beneficial substances in certain circumstances. Herbalists consider these herbs to be on the strong side, moving into the area of "stimulants".

After the ninety day period you may decide to use the formula for longer. Many can and should be used as part of the daily regime. Naturally, always seek advice from a naturopath, your doctor or the person from whom you purchased the formula.

The Magic Of Herbs

Herbs are in tune with the rhythms of the cosmos. Like all sentient beings they have wisdom, will and emotion.

Plants exist to transmute light into life through the process of photosynthesis. Human beings exist to transmute life into consciousness.

We are interdependent on plants which convert sunlight and the minerals of the Earth into life. The plants feed our physiology, our minds and our nervous systems to help the processes of growth and consciousness.

All the universe is a metamorphosis of light. The growth of consciousness involves love, for only love can embrace all.  The plant converts light into life, the human being converts life into love.

“The leaves of the trees are for the healing of the Nations” Revelations.

What Do Herbs Do?

In basic terms herbs/plants do four things:

- 1. ACTIVATE:** Herbs activate life and normal bodily processes due to their life force and vitamin, mineral, trace element and active chemical constituents, lignans, alkaloids, flavonoids, tannins, etc. The energetics of plants cannot be separated from their chemical elements. Chemical elements on their own cannot sustain life. Just as scientists can make seawater but no fish will live in it, the biological order and intelligence of plants and their biomagnetic fields are transferred to the human being to the degree that they are chosen and prepared, and in the manner that they are consumed.
- 2. BUILD:** Building elements are supplied mainly through herbs. Mineral, protein and carbohydrate constituents. Herbs have been used as foods for thousands of years. Essentially many of today's vegetables were once herbs before they were selectively bred. Herbs retain the concentrated elements in unhybridised form. They still contain the natural resistance to predators and require little or no artificial sprays, pesticides etc. Their leaves contain rich amounts of bloodbuilding chlorophyll. Each part of the plant works upon the corresponding tissues of the human body; its juice works upon our plasma, resin upon our blood, softwood upon our muscles, gum upon our fat, bark upon our bones, leaves upon our marrow/nerves, and flowers/fruit upon our reproductive organs.
- 3. CLEANSE:** Herbs cleanse the physiology by acting as natural "detergents". Emollient, laxative, mucilaginous and astringent properties aid the body in clearing away old debris. Many herbs work on the physiology of the liver, kidney, bowel, lungs, lymph and skin. These are organs of cleansing. We clean the plaque off our teeth every day this plaque secretes acid strong enough to dissolve the hardest substance in the human body enamel. The waste products in our bodies are very similar; they can corrode organs, glands, tissues, nerves and bone just as readily. Cleansing of these waste products are vital, and more vital in today's world with the addition of chemicals, preservatives, colourings and "foods" grown from depleted, poisoned soils. We clean our houses, we clean our bodies, and our hospitals isn't it wise to also cleanse our insides?
- 4. BALANCE:** Herbs also balance. Human beings are biologically complex no scientific laboratory can reproduce the wholeness of nature, there is no wonder drug to improve on nature's plan. Herbs are also biologically complex and are ideally suited to the human physiology. Our bodies have a homeostatic balance which requires the correct organic elements to achieve its perfection. Well chosen herbs supply the raw materials to create the correct acid to alkaline ratio upon which all life depends. Minerals, cofactors and active principles have supported the physiological design for over one million years. After the 90 day intensive period on the herbal programme it is advised to follow a balancing programme to restore equilibrium and maintain your health changes. In Chinese traditional medicine there is a saying "the inferior doctor treats actual sickness the mediocre doctor attends to impending sickness the superior doctor prevents sickness". To be empowered in this world we can tap into our own wisdom and the use of natural remedies.

The Three Stages Of Recovery

When embarking on a true healing path some laws and principles and the process involved needs to be understood. There are 3 distinct stages of total recovery and each stage varies as to the length of time it takes. They do not always occur in the following order.

Stage One

This is the stage of the programme when you alter the diet and introduce the herbal, homoeopathic and other natural formulas as recommended. Usually there is wonderful progress.

Each day you feel better and stronger and each day feel less pain and disability. Every day is a progress day.

Stage Two

This stage is marked by apparent setbacks. Suddenly for no apparent reason symptoms return or you have a "healing crisis" of some description.

There may be mucus or what appears to be a cold or flu. Pain may be experienced in the body as toxins are on the move. These toxins do not just miraculously disappear. They have to go somewhere and as the eliminative channels are working better due to the programme, the body uses these channels to get rid of stored toxins and mucus waste.

Often healing occurs from inside out, from above down, and in the reverse order in which they first appeared. This is a time to be kind to yourself and support your body's attempt to heal things that were mismanaged in the past.

Drink lots of water and try not to suppress the healing process by denying feelings or by using drugs to suppress. If there were joint pains before you started the programme and after an initial improvement you may feel these again as toxins move these are called "liberation pains" and can last from 1 to 3 weeks and sometimes longer. Skin symptoms can become worse or return for a time.

Stage Three

This is the stage of final recovery. This stage in itself is a series of smaller stages, sometimes with minor setbacks, but eventually should lead to complete restoration of health.

Things to Remember

It takes five to seven times the normal amount of nutrition to build and repair than it does to maintain.

Complete mineral saturation is important both to build new tissue and maintain the new changes. I recommend New Zealand Herbals Mineral Max as the best complete source of minerals, vitamins and trace elements.

Eat 3 good meals per day. Sugar and junk food, coffee and tea deplete the body's mineral reserves and will set back or halt your progress.

Nothing chronic heals in the body in less than three months. Even though symptoms may disappear, to achieve a longer lasting healing it is best to continue the programme for at least three months.

From there a maintenance programme can be followed.

Sometimes you have to get sick in order to get well. Toxins will be on the move and as this happens it is important for you to be aware that it is an opportunity to heal in a deeper way. Always seek support from loving friends and your skilled practitioners. Other herbal, homoeopathic or home treatments can aid this process.

Stay away from negative people during your this time many people will not understand what it is you are going through, and wellmeaning but negative comments will feed the doubts and denials in your own mind. Healing time is sacred time. Choose to be alone or only with people who will truly support your process.

Unfortunately many of the people in supposedly helping and professional positions can be the most undermining. Read good books and get to understand the inner process. Do this with joy knowing that growth, awakening and health will surely come.

Be consistent with your programme. Although many experience rapid and almost miraculous relief, it doesn't disappear overnight. It took years to get this way, and if you haven't given it at least ninety days, you haven't given it a fair go.

Please report any changes of health and discontinue any programme you are unwilling to take full responsibly for, including healing or cleansing reactions.

Points On Taking Herbs

1. Start slowly. Because herbs are concentrated nutrition, many contain active principles. A good rule of thumb is to start with half of the recommended dose and build up slowly.
2. Always drink plenty of water with the encapsulated or concentrated herbs.
3. Herbs Activate normal bodily processes, they help Build new tissues and help to Cleanse toxins from the physiology. This is called the A. B. C. of herbs.
4. You may experience some discomfort initially as toxins are cleansed from your body. Reduce the formulas appropriately, then come back to the original dose. Never allow diarrhoea or watery motions to continue longer than three days.
5. New Zealand Herbals formulations are food supplements to be used as additions to the everyday diet. They can be taken direct or with water or vegetable juice. Formulas taken by drops are best used direct. Cleansing herbs are best on an empty stomach. They can be used on a short, cleansing fast under strict supervision. They are not to be relied upon as "food", or as prolonged stimulants or sedatives. In this case herbs would be taking an inappropriate role.
6. The reaction of the 5 senses is a good barometer of the appropriate remedy. In general herbs should taste good, smell good, and feel good. An unfavourable or bad sensory reaction to a herb generally indicates that the herb is not suited to your physiology. Exceptions to this rule are the "bitter" herbs which should taste bitter but not "bad". For this reason some New Zealand Herbals herbs are in liquid form. Others, where the taste is not so important, are in preservative free gelatine capsules which dissolve quickly and allow for efficient use by the body.
7. Too many combination herbs should not be used closely together. This may "confuse" the remedy, like putting a football team in the same field as a basketball team. They may have different purposes and "rules". Well chosen single remedies can be used with combination formulas. A good rule of thumb is to wait one second before using each formula.
8. Do not combine prescription drugs and herbs together. Keep them at least one hour apart.
9. Never take cleansing herbs when pregnant unless under strict supervision. Always consult expert help in choosing a herbal programme during pregnancy.
10. Use the herbal programme for at least ninety days. After that period of time, please discuss with your practitioner a maintenance programme. Bear in mind that even acute situations can arise from a chronic base.
11. Please take responsibility for any cleansing reactions you may experience and please report any changes in health. If in doubt, discontinue the programme until you receive expert guidance.
12. Like foods, herbs can be overdone or used inappropriately. Your attitude to them, and the decisions you make regarding the use of herbs, affects their ultimate effectiveness. They are your "allies" to be treated with kindness and respect.

Healing & Cleansing

*We clean our teeth everyday.
Does it not make sense to also clean our cell tissues?*

Blood Purification

Blood purification is a poorly understood term and often confused in medical areas where specific tests are made to determine known chemical, hormonal and blood lipid factors etc. While this does describe an impure or unbalanced blood stream and does indicate other areas of concern, the herbal and naturopathic concept of blood purification covers a much broader field. An impure blood stream is always an effect showing symptoms of imbalance elsewhere in the body. Current medical tests on the whole cannot determine subclinical levels of blood conditions. Indeed there are many conditions such as eczema, headaches, arthritis, vascular diseases, and fatigue which are considered by herbalists to have their origins in the blood stream.

The organs of elimination, the liver, kidney, bowel, lymph, skin and lungs all share functions of blood purification which involve filtering out metabolic wastes and other poisons from our internal environment such as pesticides, sprays, preservatives, colouring agents, and bacterial wastes.

Even a good diet eaten under stress, or poorly combined, creates toxic byproducts. Even thoughts create chemicals, toxic or beneficial depending on the thought created.

Your 100 trillion cells are dependent on a healthy blood stream to provide the source for all they are. As these cells divide creating a whole new body in around 3 months, the quality of their reproduction depends on good daily routine, organic food, and plants rich in blood purifying mineral salts and other properties.

A blood purifying programme is one which supports the function of the eliminative organs. It is also much more than that. A healthy blood stream is also a more efficient one. Cells are able to receive the nourishment they need to function at their best.

At its basic expression disease begins in the cell. By providing the cells with high quality nutrient levels and facilitating efficient drainage of waste, the cell is able to work to the efficiency for which it was intended. It can then produce healthy tissues.

Blood purifying tonics are herbs that contain nutrient rich mineral salts and active principles which have a cleansing effect on the blood stream. These herbs are often bitter and contain high levels of organic minerals and trace elements essential to the cell and its environment, e.g. sodium phosphate to neutralise lactic and uric acid, toxic to muscles and joints, sodium sulphate to control the flow of fluids including water and bile, potassium phosphate for the brain, nerves, muscles and blood, potassium chloride for the connective tissues and stomach secretions, potassium sulphate and iron for oxygenation, calcium salts for nerves, bones, teeth, new cell formation and connective tissue, magnesium salts for the brain, silica for hair skin and nails, assimilation of nutrients and to remove pathogenic (harmful) waste. All these minerals and more are found in blood purifying herbs known broadly in herbal medicine as "alteratives".

Alteratives have therapeutic action on the healthy functions of all the cleansing and filtering organs of physiology. The term implies that the properties of the blood are gradually being changed from unhealthy to healthy. In reality toxins and wastes are being filtered out, microbial poisons are being killed, vital salts are being adjusted and balanced, nutrients are being furnished and important plasma substances are being strengthened and enhanced.

In the human physiology chlorophyll is transmuted into healthy haemoglobin, the red blood cell. As usual a herbal programme goes best alongside a healthy daily diet and routine. Herbal remedies concentrate these elements and to some degree compensate when the diet and daily routine are not up to scratch or living conditions make it impossible. They have been foods and medicines for over a million years of human existence.

Blood Purifying Tonic

New Zealand Herbals Blood Purifying Tonic is specially designed to enhance your body's own natural ability to cleanse itself from damaging toxins. Your body naturally produces toxic wastes due to cellular activity, but the level of contamination can be considerably increased due to certain lifestyle factors and medical conditions. Those who have poor diets, or consume foods which contain toxic pesticides and other contaminants usually have increased contaminants within their blood.

The organs of the body which remove these toxins include the liver, kidneys, bowels, lymphatic system, skin, and lungs. However, these organs can become over burdened if too much toxicity exists within the blood, all of which leads to illness and disease.

Each one of your bodies 100 trillion cells requires adequate nutrition and waste removal to ensure that the process of cellular division can occur efficiently and correctly. A cell that is 'sick' will also produce an unhealthy cell to take its place. The use of a blood purifying tonic helps to ensure that the body's natural waste removal system is performing at its best, this reduces the amount of damaging toxic waste and therefore helps to improve cellular health.

This is not to say that a blood purifying tonic will remove all wastes from the body. Although the remedy can partially compensate for poor lifestyle choices and other environmental factors, the introduction of too much toxicity into the blood will mean that the full benefits of the remedy cannot be realised.

New Zealand Herbals Blood Purifying Tonic is made from only the finest quality ingredients, ensuring you get is powerful and effective. Herbs contained within the remedy include:

- **Burdock Root:** This herb has a strong cleansing action for the blood and lymphatic systems. It clears congestion, and reduces swelling by dispersing toxins through the skin, kidneys and bowels. It has proven to be particularly useful for urinary tract infections as well as skin and joint conditions.
- **Dandelion Root:** Dandelion has a cleansing effect on some of the elimination organs, including the liver, kidneys, lymphatic system and bowels. It also increases the secretion of digestive enzymes and bile. It has long been known as a supreme liver detoxifier.
- **Echinacea:** Echinacea enhances the body's natural resistance to bacteria and viruses by being a catalyst to the body's white blood cells. It is also a natural antidote to many of the negative effects caused by excess toxins found within the blood.
- **Liquorice Root:** Liquorice is a natural anti-inflammatory which aids in the relief of muscle spasms and inflammation. It has a healing effect on all the body's mucous surfaces. It helps to liquefy and expel toxic mucus from the body. It is also a mild laxative which soothes and tones the mucous membranes. It also aids the removal of excess toxins found within the bowels.
- **Sarsaparilla:** Sarsaparilla helps to remove any impurities from the urinogenital tract, dispelling any infections or inflammation that may exist. It also improves digestion and helps to dispel toxins in the gastro intestinal tract due to its gentle laxative effects.
- **Red Clover:** Red Clover is rich in micronutrients and possesses several properties which make it an effective antibacterial agent for certain types of bacteria (including the pathogen that causes tuberculosis). It is rich in many vitamins and minerals.
- **Oregon Grape:** This herb is widely used to treat certain skin diseases that are caused by toxins found within the blood. It also stimulates the liver and is a mild stimulant of the thyroid gland.

New Zealand Herbals Blood Purifying Tonic is beneficial in the treatment of a number of skin diseases (especially inflammatory skin disease such as psoriasis and eczema), as well as the treatment of painful joint conditions. It also aids in reducing lymphatic congestion and to treat people who have been diagnosed as having a murky iris.

Most chronic disease can be traced back, to one extent or another, to toxins found within the blood. Therefore, this remedy is often prescribed as a booster to other herbal, homeopathic, and nutritional remedies.

Typical Dose: 10mls twice daily or 3 capsules twice daily.

Bowel Cleansing

Cleansing and detoxification are essential aspects of all of Nature's domain. Creatures, trees, plants, rivers and seas all have natural purifying cycles without which this would be a dead world or a very sick one.

Nobel prize winner Dr Alexis Carrol in 1911 demonstrated in the laboratory that if living tissue was fed every day with a nutrient solution and the wastes washed away, the tissue thrived. If the wastes were not washed away the cells gradually deteriorated. Dr Carroll managed to keep this tissue alive in the laboratory for thirty years until one time the assistant neglected to clean it and it was dead within four days.

The intestinal system is a long system of winding tubes around six meters in length from mouth to anus. It has many folds and crevices where blockages and wastes remain. If you can imagine the average New Zealand diet and put all that daily bread, potatoes, chips, cheese, milk and flour into a blender you would have the finest wallpaper glue. This material eventually lines the wall of the large bowel and forms layers of hard mucus, pus and sludge, forming a fertile breeding ground for harmful bacteria.

The large intestine (the colon) is a permeable membrane and its permeability is damaged by the actions of bacteria and parasites irritating the mucosa and secreting their waste. This waste infiltrates through the intestinal mucosa and permeates cells, tissues, organs and glands often in genetically weakened areas or areas of psychological and physical stress.

The body will attempt to get rid of this material vicariously (abnormally) through other channels of elimination. In acute situations it will eliminate it through the mucus channels of the lymphatic system, the sinuses, or lungs. If this is not successful it will move to the subacute stage where some toxins will build up and be stored. Eventually it will become chronic, and active disease will manifest.

For any disease to show, it has been there many years and there have been signs and symptoms, however subtle. The mismanagement of these stages has been the greatest error of our time and very expensive in term of money spent and lives lost.

According to Dr Bernard Jenson, a renowned Naturopath and regarded as the "Father of modern Naturopathy", disease begins in the colon. In treating over 300,000 patients he has found that it is the bowel that has to be taken care of first before any effective healing takes place.

A healthy bowel should move three times daily and the results should be the consistency of a ripe banana. There should be little odour and normally it should move soon after every meal. Even when the bowel moves daily it is no sign that there isn't toxic waste present lining the membrane walls.

Ideal transit time is around 12-14 hours. When it is longer than this period of time, if junk food has been eaten, fresh vegetables, raw food, and adequate water have not been consumed, and food combining principles neglected, the bowel has a tendency to become dry, and material sticks to the walls. The resultant toxic sludge has many chemical names such as cadavarene, indole and skatole. The names are not important the understanding is this; within a healthy bowel there is an intestinal flora containing around 80% beneficial bacteria. These bacteria help to create an environment where minerals are absorbed and some vitamins are synthesised. When the intestinal flora is unbalanced, harmful bacteria build up and create toxins upsetting the whole balance.

If these toxins are injected into a guinea pig they will kill it in 20 minutes. We are bigger than guinea pigs but these toxins can kill us just as surely maybe a little slower. Bowel cleansing is the primary starting place in a naturopathic programme. Diet, exercise and herbal remedies help to dislodge impacted material and move them naturally and effortlessly. All the bodily tissues benefit.

Regular Bowel

Regular Bowel contains a number of herbs that may aid in the relief of constipation without creating a dependency. Its natural cleansing action effects both the bowel and liver.

If you eat three meals daily then your bowels should move three times daily. Sometimes constipation can still be present even if the bowel moves once a day. Constipation is common cause of many health problems since build up within the bowels causes toxic materials (of a similar texture to wallpaper paste) to accumulate on the bowel walls which in turn effects the tissues and causes some of these toxins to enter the blood stream.

New Zealand Herbals Regular Bowel formula is made from completely organic and pesticide free ingredients, ensuring you get the finest quality remedy in the strongest possible strength. Herbs contained within this remedy include:

- **Cascara Sagrada:** This herb comes from the inner bark of the cascara tree. When aged and prepared properly, this herb acts as one of the finest natural laxatives within the herb world. Meaning 'sacred bark' in Spanish, it has been used for many hundreds of years as a nonhabit forming natural laxative. Cascara stimulates the action of the liver which in turn releases bile which then acts to encourage peristalsis (the natural rhythmic movements of the intestine to eliminate waste). Unlike other laxatives, it restores tone to the bowel.
- **Ginger Root:** Ginger has been used worldwide as an aromatic carminative and pungent appetite stimulator. In India, and in other countries with hot and humid climates, ginger is eaten daily and is well known to assist in digestive problems. Ginger is a strong stimulant, and can aid in reducing gastric and intestinal pain, it is also a sedative to an irritated and overwrought system (particularly when there is extreme exhaustion). It can also overcome flatulence and can quickly relive flatulent colic while promoting renewed structural activity and tone.
- **Liquorice Root:** Liquorice is a natural antiinflammatory which aids in the relief of muscles spasms and inflammation. It has a healing effect on all the body's mucus surfaces. It helps to liquefy and expel toxic mucus from the body. It is also a mild laxative which soothes and tones the mucus membranes. It also aids the removal of excess toxins found within the bowels. It is also added to this remedy to reduce the drying tendency of cascara and to distribute the formula evenly.

Typical Dose: One to two capsules each night. For stubborn constipation up to four capsules may be taken to establish a regular rhythm. Once a rhythm is achieved, cut back on the number of capsules you consume.

Pro Cleanse

Pro Cleanse is a product designed to promote healthy bowel flora, regularity and general immunity.

We clean the plaque from our teeth every day why not clean our insides?

A proper intestinal flora and cleanliness is essential for the restoration of optimum health. Any imbalance of intestinal acidity and flora ensures the build up of disease producing microorganisms including yeasts and fungi. A fully functioning bowel with appropriate acidity and flora levels prevents diseases such as wind, gas, irritable bowel syndromes, diverticuli and bowel cancer.

A well balanced intestinal flora has been shown to have an interactive function on the body's immune system and stimulate powerful defence cells such as lymphocytes, phagocytes and anti viral chemicals like interferon. Bowel flora restoration and intestinal cleansing and harmony is the single most important factor in a health restorative programme.

Pro Cleanse contains Barley grass, alfalfa leaf, psyllium hulls, malt, wholegrain brown rice, barley, wheat, oats, rye, maize, millet, buckwheat, flax seed, alfalfa, mung beans, soy beans, linseeds, buckwheat, sunflower kernals, whey protein concentrate, malt, molasses, green ginger, lemon juice, Lactobacillus acidophilus, L. delbruekii, L. casei, L. bulgaricus, L.causasicus, L. fermenti, L. plantarum, L. brevis, L. heveicus, and L. leichmannii.

Some of the key ingredients in this formula are:

- **Barley Grass:** Barley grass is rich in all the essential amino acids, antioxidant vitamins, live enzymes, minerals and chlorophyll which helps to purify the and detoxify major body systems including the lungs, liver and colon.
- **Alfalfa Leaf:** Meaning "father of all foods" from Arabic The Arabs considered alfalfa so nutritious it was regarded as a staple food. The rich chlorophyll content of the fine powdered green leaves of this legume contain eight essential enzymes, all known vitamins and a variety of minerals in a balanced form including calcium, magnesium and phosphorus.
- **Psyllium Hulls:** Psyllium hulls is well known amongst herbalists as the best, safest, and most gentle laxative. It swells to around 10 times its size when mixed with sufficient water to become gelatinous. The herb's mucilage accounts for its use in treating both diarrhoea and constipation. This bulk forming action increases stool volume and triggers natural peristalsis, the wave like contractions we recognise as "the urge". Psyllium's waterabsorbing action decreases stool density and helps lubricate its passage. Clinical studies have demonstrated that psyllium reduces cholesterol by 5% and reduces the risk of heart attack. It helps protect intestinal damage from toxic food additives and absorbs bacteria and other toxins, soothes inflamed mucus membranes and moistens dryness. It has been used historically to treat diarrhoea, haemorrhoids, urinary problems and more recently, high blood pressure.
- **Slippery Elm:** Slippery elm has the ability to neutralise stomach acidity and to absorb foul gases. It aids in the digestion of milk and acts as a buffer against irritations and inflammations of the mucus membranes. It has the ability to remove catarth (toxic mucus) with a stronger action than other herbs.

Pro Cleanse can be beneficial in general feeling of cleanliness, immunity, energy, lowering serum cholesterol and inhibiting to developing intestinal tumours. Nonspecific interactions with the immune system, may assist in metabolising lactose and reducing lactose intolerance, improving the absorption of calcium, improving the synthesis of vitamins and the predigestion of proteins.

Typical Dose: One heaped teaspoon in 250mls water one to three times daily. Mix well and drink immediately. Can be flavoured with lemon and barley concentrate or grape juice if necessary.

Reno

Reno contains a number of herbs that have traditionally been used to treat problems of the kidneys and bladder. Reno may assist with urinary tract infections, enlargement of the prostate, cystitis, kidney related back problems, bedwetting, kidney fatigue, allergies, and burning urine.

New Zealand Herbals Reno formula is made from completely organic and pesticide free ingredients, ensuring you get the finest quality remedy in the strongest possible strength. Herbs contained within this remedy include:

- **Buchu:** This herb has a healing effect on all complaints of the genitourinary tract. It has disinfecting properties and removes excess uric acid which in turn reduces bladder irritations, scalding urine, and aids in the relief of urinary tract infections. It has also been used to treat prostatitis.
- **Couch Grass:** Couch grass is well known by herbalists for its beneficial effects on the urinary system. It is especially useful in the treatment of cystitis and catarrhal diseases of the bladder. It contains antibiotic properties as well as a number of minerals and vitamins (such as silicon, potassium, sodium, magnesium, calcium, and vitamins A, C, and Bcomplex).
- **Echinacea Root:** Echinacea is an immunostimulant shown in clinical tests to enhance resistance to both viral and bacterial infections. It is well suited to the treatment of all chronic immune disorders and autoimmune diseases, but its best benefits are seen over long term consumption. Traditionally, it was used by the American Indians to treat skin diseases and blood purification.
- **Liquorice Root:** Liquorice is a natural antiinflammatory which aids in the relief of muscles spasms and inflammation. It has a healing effect on all the body's mucus surfaces. It helps to liquefy and expel toxic mucus from the body. It is also a mild laxative which soothes and tones the mucus membranes. It also aids the removal of excess toxins found within the bowels. The herb can also promote stamina and normal adrenal function.

PRECAUTIONS: Kidney problems can be very serious. Always seek the advice and guidance of your general practice doctor or naturopath if your symptoms are not alleviated.

Typical Dose: Ten to twenty drops three times daily.

Minerals

The common denominator in ill health

Minerals are essential to all life and their deficiencies are the common denominator in all disease.

Structurally they are constituents of bone, connective tissue and cell membranes. They stabilise cell membranes and fluids. They have an electrochemical role by regulating acid/alkaline balance, osmosis and electrical potential. Metabolically, they act as enzyme activators and affect almost all metabolic pathways and cellular functions.

About 50% of all body enzymes are known to require minerals to promote effective metabolism; without minerals these enzymes cannot function properly and the organism dies. A single atom of iron for example can increase the rate of activity of the enzyme catalyse from 50 to about 100,000 molecules processed per second. Complete mineral saturation in the body is essential for all bodily processes and for healing to occur. All other treatments, without taking into account these essential elements, will only be partially effective or eventually fail.

Only plants have the ability to efficiently extract minerals from the soil in a way that is bioavailable to the human body. All higher organisms in the food chain depend either directly or indirectly on mineralrich soils and the plants which transmute and assimilate them.

Today it is virtually impossible to get adequate mineral saturation from the food we eat. Current agricultural practices do not allow for proper soil humus regeneration, and chemical fertilisers, insecticides etc. further add to the toxic burden and mask soil deficiencies. In a recent 4 year study of 1000 crop samples taken from farms in 11 Midwestern States of U.S.A., analysis showed that food mineral levels declined on average over 42% over 4 years! However, on organic farms these trends are reversed.

By examining early human bones the archaeological evidence shows that from Palaeolithic times bone density was several times that of modern humans. These individuals lived in a mineral rich environment where the animals and plants, including wild herbs, provided complete and wholesome nutrients. Anyone who has read "Clan of the Cave Bear" will appreciate that archaeological research has proved that early diets contained by far more nutrients per day than the average daily New Zealand diet.

Today everyone can be seen to be mineral deficient and having metabolic defects to some degree, often genetically transmitted and made worse by stress and poorer soils. Even when a patient is diagnosed to be deficient in one or more minerals, e.g. zinc, calcium, iodine etc., it is not enough to supplement just those minerals alone.

All minerals are codependant on one another and too much of any one can give a relative imbalance to others. They are not always on a one to one basis; for example for better calcium absorption silica is needed, while calcium tablets will make the situation worse through absorption problems. Indeed single mineral tablets do not take our biological complexity into account and vitamins cannot be adequately absorbed without a complete saturation of all the minerals.

While scientists can make artificial seawater in the laboratory, no fish will live in it. Only plants can supply this biologically complex stuff of life, and only organic plants can supply them as nature intended. Herbs are unhybridised and contain minerals in natural and concentrated form.

They are naturally chelated (bound with proteins) and along with good diet and daily routine, well chosen herbal nutritive tonics are rich in all the minerals and cofactors necessary to address and maintain total bodily health.

Twelve Points on Taking Minerals

1. According to Senate Document No. 264 (official publication), 99% of American people are deficient in minerals, and a marked deficiency in any one of the important minerals actually results in disease!
2. The body is equipped to chelate only a small amount of some inorganic elements from nature, therefore, the body requires the minerals to come from plants in a chelated form so that they may be properly assimilated and utilised. The efficiency of each mineral is enhanced by balanced amounts of other minerals.
3. The body must maintain an adequate mineral supply to maintain a balance between internal and external pressure of the body cells (called osmotic equilibrium). This state must be maintained for normal cell function and continued youthful health.
4. All nutrients such as vitamins, proteins, enzymes, amino acids, carbohydrates, fats, sugars, and oils require minerals for activity. All bodily processes depend upon the action of minerals!
5. Trace chelated minerals are more important in nutritional terms than vitamins. Vitamins can be synthesised by living matter, minerals cannot.
6. Vitamins are required for every biochemical activity of the body. Vitamins cannot function unless minerals are present.
7. Minerals are the catalysts that make enzyme functions possible. Chelated minerals combine with enzymes into an alkaline detoxifying agent which neutralises the acid metabolic byproducts of the cells and other toxic conditions within the body and prepares them for elimination.
8. Hormonal secretions of glands is dependent upon mineral stimulation.
9. The acidalkaline balance (ph) of the tissue fluid is controlled by minerals.
10. All elements work together as a collective whole. If there is a shortage of just one mineral, the balance of the entire activities of the body can be thrown awry. A deficiency of one mineral may disrupt the entire chain of life, rendering other nutrients either useless or inefficient.
11. The concept brought forth by French scientists concerning the biological transmutations of the elements within the body makes it understandable as to why the body needs the broad range of chelated minerals in balance to regain and maintain good health.
12. Minerals are, therefore, justified as a supplementary dietary substances, especially in these days when the mineral content of our fruits and vegetables are destroyed by petrochemicals and synthetic fertilisers and lack of organic structures in the soil. Minerals are the lowest common denominator in disease, representing the basic building blocks of the body.

Mineral Max

Mineral Max is a combination of herbals that are very high in mineral content as well as being in an alkalisied form (which is more suited to the human physiology). Mineral Max contains around 80% alkalisied minerals, and 20% acid forming minerals – the perfect balance for the human physiology.

This formula aids in reducing systemic acidity and provides sixty seven minerals and trace elements, for this reason it is often used as the foundation for all herbal programmes. Minerals are essential for the effectiveness of any chosen remedy!

However, it is important to consistently take this product for at least three months in order for full mineral saturation to occur (it takes the body this long to “recharge”).

Herbs contained within this remedy include:

- **Alfalfa:** This amazing herb contains more minerals and trace elements within an alkaline reaction than any other known herb! Rich in chlorophyll and cholesterol lowering properties, it has strong blood cleansing and building properties. It contains almost all known vitamins, minerals, and trace elements including vitamins A, B1, B6, B12, C, D, E, and K, as well as niacin, pantothenic acid, biotin, folic acid, protein, calcium, phosphorus, potassium, magnesium, iron, zinc, copper, as well as eight essential amino acids! It combines well with other natural supplements and is well known as a nutritive tonic which cleanses and detoxifies the body. It also provides the raw materials that the body needs for regeneration, electrochemical activity, and all metabolic processes! A truly amazing herb!!
- **Barley Grass:** Barley grass contains one of the highest known herbal quantities of life giving chlorophyll. Chlorophyll which is the natural process that plants use to obtain food from sunlight is well known as being essential to our daily diets.
- **Psyllium Hulls:** Renowned as the finest lubricating and bulk laxative in the plant world. Through its bulking action it aids in the even distribution of organic minerals contained within the formula. Where there are mineral deficiencies, inadequately processed food and metabolic wastes encumbering the intestinal mucosa, psyllium hulls will gently remove waste materials and encourage healthy peristalsis, and therefore, along with other formulas improve the assimilation of all other nutrients.
- **Slippery Elm:** A highly nutritive tonic food for all conditions of deficiency. It helps to rebuild the plasma element of the body and to restore mucus membranes (particularly of the lungs and stomach). Its emollient action is very soothing for inflamed or ulcerated membranes and surfaces. It is high in niacin, riboflavin, thiamine and vitamins E, F, and K. It also contains the minerals calcium, iron, sodium, selenium, iodine, copper, zinc, potassium, and phosphorus! It has as much nourishment as oatmeal.
- **Liquorice Root:** Liquorice is a natural antiinflammatory which aids in the relief of muscles spasms and inflammation. It has a healing effect on all the body’s mucus surfaces. It helps to liquefy and expel toxic mucus from the body. It is also a mild laxative which soothes and tones the mucus

membranes. It also aids the removal of excess toxins found within the bowels, as well as containing vitamins E, C, B (complex), biotin, niacin, thiamine, riboflavin, pantothenic acid, lecithin, and the minerals magnesium, manganese, iron, silicon, sodium, iodine, chromium, and zinc.

Additional benefits of New Zealand Herbals Mineral Max formula include its ability to aid in cases of inflamed joint conditions (such as rheumatism, arthritis, gout, tennis elbow, and repetitive strain injuries) and where there is digestive irritation, discomfort or acidic build up. A very important element in any detox programme.

Typical Dose: Take three capsules twice daily.

The Thyroid

Gland of the Emotions

The Thyroid Gland

There is a whole cluster of symptoms that may be present in persons with low thyroid function or hypothyroid. These symptoms are very common, especially among women and children. This is due to deficiencies of iodine, zinc, vitamins A, C, E, B2, B3, B6, the essential fatty acids, trace minerals and the amino acid, tyrosine.

The thyroid function is inhibited by chlorine and fluoride in water, alcohol, cigarettes, coffee, transfatty acids, (all cooking oils), elevated oestrogen levels, direct Xrays and emotional stress.

Hypothyroidism involves the underproduction of the thyroid hormone, thyroxin, and is a very common symptom in New Zealand with our iodine deficient soils and diet. According to Dr. Stephen E. Langer "even a seemingly slight deficiency in thyroid hormone can cause an incredible number and variety of sabotaging physical, emotional and mental ailments".

The early stages of hypothyroidism do not show up in blood tests and are marked by decreased energy and depression. The next stage is marked by fatigue, dry skin, constipation, cold extremities, and some mental hassles such as poor memory and concentration, irritability and lethargy or slowness. The final and most advanced stage shows up in the blood tests as a measurable deficiency in the circulating thyroid hormone. This is marked by many symptoms including extreme weakness, very dry skin, coarse hair, constipation, lethargy, memory impairment, very cold hands, feet and body, weight gain, muscle cramps, persistent back aches, anaemia (not iron induced), easy bruising, arthritis, stiff joints, general stiffness, knee pains and degeneration, sore muscles, swollen feet, spinal corrections that won't hold, nervousness, heart muscle weakness, brittle nails, premature grey hair, irritability, recurrent colds, flu, throat, nose and respiratory infections, lowered immunity, sluggishness, low blood sugar, poor assimilation of food, decreased ability to detoxify, migraine headaches, decreased oxygen utilisation, hardening of the arteries, increased susceptibility to cancer, heart pathology, and diabetes (which has symptoms very similar to hypothyroidism and probably overlap).

Remember, hypothyroidism is marked by coldness, fatigue, lowered immunity and depression and according to Dr Broda Barnes, an expert in thyroid disorders over two thirds of hypothyroids do not show up in blood tests.

WOMEN: Among women the symptoms are legion, including vaginal infections, leucorrhoea, candida, lowered libido (sexual desire) poor complexion, acne, eczema, psoriasis, dry skin, flooding periods, fibroids, cysts, infertility, miscarriages, toxemia of pregnancy, P.M.T., sore breasts, oedema, irritability, post partum depression, increased incidence of breast cancer, excess oestrogen levels, cold hands and feet and cold personality. The mental symptoms can be the worst such as uncontrolled anger and suspiciousness, failing memory, chronic nervous exhaustion, neurosis, and feeling very tired. Depression is often a sign of thyroid failure where psychiatric techniques do not help beyond the palliative.

CHILDREN: Dr Broda Barnes, author of the classic book, "Hypothyroid, the Unsuspecting Illness" states "I have seen many children who suffered from repeated colds, followed by complications such as; tonsillitis, sinusitis, ear and mastoid infections, who needed repeated antibiotics and went right on getting new infections until their hypothyroid was treated" Other symptoms noted in children with suspected hypothyroid are... frequent temper tantrums, short attention span, lacking in self confidence, slow progress in school, a slow starter and difficulty engaging with other children.

DETECTING HYPOTHYROID

Studies at the vascular Research Foundation in New York observed that laboratory tests failed to uncover even a minute fraction of hypothyroids. Clinical tests that have some degree of accuracy are 1. temperature tests, 2. kinesiology, 3. acupoint testing, 4. Iridology, 5. some of the newer blood tests, 6. observing symptoms and demonstrating results.

Thyrogene

Thyroid conditions are extremely common, often being passed down from one generation to the next. Incorrect thyroid functioning can result in a poor metabolic rate, lack of immunity, poor mineral absorption, and can lead to mental health and weight issues.

Symptoms of improper thyroid functioning can include any one of the following symptoms:

- Continuous tiredness.
- Underweight or overweight body types with no clear explanation for their size.
- Cold hands and feet.
- Difficulties with menstruation.
- A number of mental symptoms including nervousness, stress, mood swings, and depression.

Thyrogene feeds the thyroid rather than stimulating it. It is a nontoxic, nonhormonal preparation designed to go alongside a healthy diet to supply optimum thyroid function. This remedy can also be used where there is a perceived need for additional iodine or if one is suffering from a hypothyroid condition.

New Zealand Herbals Thyrogene formula is made from completely organic and pesticide free ingredients, ensuring you get the finest quality remedy in the strongest possible strength. Herbs contained within this remedy include:

- **Iodine:** Iodine is an essential trace mineral necessary for the thyroid gland to function properly. It is required only in small amounts as a component of the thyroxin hormone produced by the thyroid gland. Most of the iodine contained within the body is held in the thyroid gland. Some of the main functions of iodine within the human body include:
 - ♥ Aids in all nutritive processes and energy production (thereby increasing fat metabolism).
 - ♥ Balances the glandular system.
 - ♥ Has a factor in the colour and texture of hair.
 - ♥ Stimulates the circulatory system.

The importance of iodine cannot be understated since it has a profound effect on all tissues and glands of the body – iodine deficiency is a growing epidemic within New Zealand and unfortunately most people who suffer from this deficiency will not be aware of it.

- **Colloidal Minerals:** Our body tissues are mildly saline and it has been postulated that this internal environment is similar to that of the sea where we supposedly evolved. New Zealand Herbals colloidal minerals are taken from an ancient seabed and contain uncontaminated fossil seawater which is rich in all known minerals and trace elements.
- **Zinc:** Zinc is another essential mineral needed for the thyroid gland to function properly. It helps the body to break down alcohol, aids vitamin B1 and carbohydrate assimilation, heals wounds and burns, maintains healthy body tissues, encourages normal prostate function, and aids with reproductive organ growth and development. It also helps to promote growth, mental alertness, restores a sense of taste, helps in the treatment of infertility, and eliminates white spots on the fingernails.

PRECAUTIONS: Do not use this product if you are presently taking a prescription thyroid medication (such as Thyroxine) unless you have consulted with your general practice doctor.

Typical Dose: Five to ten drops twice daily. You may wish to take the remedy with water or fruit juice.

Iron

The Frisky Horse

Iron is considered the "Frisky Horse" of nutrients. A single atom of iron can increase the rate of the activity of the enzyme catalyse from 50 to about 100,000 molecules processed per second. Iron imparts energy and aliveness. In the biodynamic system of Rudolf Steiner, iron is considered to help bring the Will and Soul force into the body.

Iron is an essential component of the central molecule of haemoglobin, the red blood cell, which carries energy giving oxygen to your brain, muscles, bone and other vital organs. Individuals with insufficient healthy haemoglobin are often tired, depressed, have difficulty breathing, and have lacklustre skin and hair.

Iron is an essential nutrient for all ages. Women need at least twice as much iron as men due to menstrual loss, and more than half of women in New Zealand have some degree of iron deficiency.

Iron in some ways is a difficult mineral to absorb without many cofactors present such as healthy thyroid and parathyroid glands, healthy liver for iron storage, vitamin C, vitamin B12, folic acid, calcium, cobalt, copper, chlorophyll, phosphorus and adequate amounts of stomach hydrochloric acid.

Deficiencies of any of these factors can cause blood disorders that mimic iron deficiency and these must all be present to facilitate its proper absorption and utilisation. Shallow breathing can be both a deficiency sign and a partial cause of iron deficiency.

Not only are mineral and vitamin deficiencies common, or rather, the rule in New Zealand, sufficient hydrochloric acid production is often below optimum after or during periods of stress, and as we get older.

Children today are at risk of iron deficiency due to the rapid growth to adolescence. Pregnant women need extra iron, and also after the birth if there is excessive blood loss. Breast feeding mothers also have a need for extra iron. Strict vegetarians are also at risk as absorption is impaired by whole grains, soya and other products.

An area seldom considered but remarkably common is the iron deficiency caused by various intestinal parasites such as hookworm, roundworms and pinworms, and some of the smaller less visible parasites. All these show clearly in the iris of the eye as black, grey or white "spokes" radiating out from the pupil termed "radii solaris".

Iron supplementation is thus justified along with an adequate dietary intake due to the very common occurrence of iron deficiency in our community. Iron tablets may not be efficient as supplemental forms of iron because they may not contain the augmenting nutrients necessary for its absorption, and oftentimes the tablet does not dissolve in time to be absorbed in the duodenum the primary site of iron uptake. Inorganic iron can also constipate and interfere with the utilisation of vitamin E.

Iron is absorbed by the body in the iron 2nd state. If iron is converted in the digestive tract to the iron 3rd state it is not absorbed and acts to cause constipation. This is a common effect from iron tablets.

New Zealand Herbals Herbal Iron is rapidly absorbed, has no toxic side effects and has the advantage of containing the augmenting nutrients and cofactors that make it a quality supplement second to none. Many report almost instant effects.

Herbal Iron

Herbal Iron is a nutritional supplement designed to provide a natural source of iron in case where dietary intake is lacking in iron quantities. In addition, other herbs have been added that assist the body to full utilise the available iron.

This remedy is suitable for all cases of iron deficiency. Symptoms of such a deficiency may include:

fatigue, pallor, low resistance, irritability and a difficult to breath. This remedy is especially helpful for the very young and the elderly.

New Zealand Herbals Herbal Iron formula is made from completely organic and pesticide free ingredients, ensuring you get the finest quality remedy in the strongest possible strength. Herbs contained within this remedy include:

- **Bladderwrack (Kelp):** Kelp contains all the minerals considered to be vital to maintain a healthy body. It also provides a number of nutrients to help with the bodies absorption of iron (as well as actual iron itself) – in fact a total of thirty minerals and vitamins can be found within kelp! Kelp is not only an excellent source of nutrition, it has also been shown to provide benefits for the thyroid gland, the digestive tract, and to regulate colonic bacteria.
- **Glycerine:** Glycerine is a natural vegetable sugar with tonic properties.
- **Kumerahou:** Kumerahou is an indigenous plant of New Zealand and has traditionally been used by the Maoris as a blood purifier and for use in wounds, skin disease and lung problems (such as asthma and bronchitis). It is a bitter herb and helps to promote the secretion of hydrochloric acid and other enzymes necessary to absorb kumerahou's high iron content.
- **Yellow Dock:** Renowned as one of the best blood builders in the herbal kingdom, this herb is a nutritive tonic which is very high in iron. It nourishes the spleen and liver and is therefore effective in treating iron deficiencies (such as anaemia, jaundice, lymphatic problems, and skin eruptions).
- **Withania:** Withania has long been used as a longevity tonic and immunomodulator in Ayurvedic (Indian) medicine. It is a gentle nerve tonic and it can be used by young and old alike.
- **Malt:** A natural sweetener with some beneficial nutritional properties.
- **Molasses:** A traditional remedy for iron deficiencies and fatigue.
- **Manuka Honey:** Honey is a natural sweetener that has many healing properties. New Zealand's Manuka honey has been shown to be very high in antibacterial and antiinflammatory properties.
- **Liquorice Root:** Liquorice is a natural antiinflammatory which aids in the relief of muscles spasms and inflammation. It has a healing effect on all the body's mucus surfaces. It helps to liquefy and expel toxic mucus from the body. It is also a mild laxative which soothes and tones the mucus membranes. It also aids the removal of excess toxins found within the bowels. However, it is added to this remedy to mask the taste of some of bitter herbs which this remedy contains.

PRECAUTIONS: Do not use this remedy if you suffer from diabetes or high blood pressure, and use caution if you have thrush. Do not take this remedy on an empty stomach, it is best consumed with meals.

Typical Dose: Begin with three to four tablespoons with breakfast for the first one to three weeks, then gradually cut back to one tablespoon per day.

The Heart & Circulation

The heart “loves” every cell in your body by virtue of its desire to “feed” every tissue.

Cardio

Cardio is a remedy specially design to improve conditions relating to circulation. In particular, the remedy is most suited to treat those who suffer from heart arrhythmia, angina pectoris, poor circulation or lack stamina. It is very beneficial for those who have a genetically weak heart or where their lifestyle has lead to strain on the cardiovascular system. Cardio is also imperative to use as a daily prophylactic where there are genetic (family) heart conditions.

New Zealand Herbals Cardio formula is made from completely organic and pesticide free ingredients, ensuring you get the finest quality remedy in the strongest possible strength. Herbs contained within this remedy include:

- **Cayenne:** Cayenne is one of the finest circulatory stimulants and equalisers known in herbal medicine. This amazing herb has the tendency to reduce blood pressure if it is too high and increase blood pressure if it is too low – essentially it is a blood pressure stabiliser. It has also been seen to be very beneficial in cases of heart weakness and for those who are recovering from a heart attack (for these purposes, additional cayenne should be added to this remedy). It is also contained within this formula to aid in the effectiveness of other herbs.
- **Dan Shen:** Dan Shen acts as a circulatory tonic, hypertensive, anticoagulant, and sedative. Used traditionally in Chinese medicine for the treatment of ‘blood stagnation’ and coronary heart disease, its actions include the dilation of blood vessels, stimulates an increase in portal and liver flow, and it also acts as a natural chelating agent to the microvascular walls. Through these properties it is capable of relieving ischemia (anaemia) of the tissues and enriching nutrition to cells to aid in the repair of damaged vessel walls. Overall, Dan Shen improves blood flow and reduces the tendency for red blood cells to stick together (platelet aggregation).
- **Hawthorne:** These amazing berries have a special action on the heart. They help to strength the heart muscle and promote longevity. They are particularly beneficial for nervous palpitations or heart problems which can occur with old age. Hawthorne berries also increase peripheral blood flow and they tend to reduce blood pressure by decreasing peripheral resistance.
- **Inula:** This traditional Ayurvedic herb is used to treat certain heart conditions, particularly angina. It aids in the oxygenation of the heart and has an overall calming effect (especially if one suffers from ischemic heart disease). Finally, it also has a slight pacifying effect on stressed or overactive adrenal glands.

Please be aware that you should consume this product for at least ninety days before the full benefits of this product can be realised. However, for certain individuals, the product can be very fast acting.

PRECAUTIONS: If you are sensitive to the consumption of cayenne, please consult your health practitioner before consuming this product. Consumption of the product should start slowly, gradually building up the dosage to the recommended level if you do have such a sensitivity.

Typical Dose: Ten to fifteen drops on the tongue, one to three times daily with meals or as needed.

The Respiratory System

The miracle of gaseous exchange

Asthma

What is asthma? Asthma is a condition marked by recurrent attacks of wheezing, coughing and shortness of breath associated with a narrowing of the bronchial airways. These symptoms are typically interspersed with symptom free intervals. The persons bronchial tubes constrict excessively often in response to various external stimuli and become inflamed along with the tissues surrounding them.

Types Of Asthma

There are three main types of Asthma. I call the nervous or stress induced, the inflammatory and the catarrhal.

Nervous Asthma is brought about by psychological stress and is characterised by dry cough and wheezing. Additional symptoms are thirst, dry mouth, dry skin, constipation, anxiety and craving for warm drinks. Attacks are predominantly at the beginning of the day or at the end of it but can happen any time.

The Nervous asthmatic is aggravated by chemicals such as food colourings and preservatives. White sugar including all its hidden sources are also often involved such as biscuits, lollies and chocolate.

Inflammatory asthma is characterised by cough and wheezing with yellow mucus. There is often pain in the chest and other symptoms such as fever, sweating, irritability and the need for cool air. Attacks are often at noon and midnight.

The inflammatory Asthma is aggravated by household chemicals and prone to many allergies such as house dust mite, pollens, moulds, fungal spores, animals and the salicylates found in several foods.

Catarrhal Asthma is characterised by cough and wheezing with abundant clear or white mucus or phlegm. The lungs may have a rattling sound and attacks are often in the morning and the evening. The catarrhal Asthma is aggravated by heavy textured foods and especially by dairy products and the gluten in wheat.

(these types of Asthma can overlap by one or more making a total of seven identifiable types)

Causes of Asthma

- Common allergens such as house dust mites, animal fibre and dust and moulds and cigarette smoke increases the risk.
- These things are but triggers and are not the actual cause of asthma.
- 13% or 450,000 New Zealanders with asthma the third highest rate of asthma in the world. New Zealand spends around \$112 million dollars on asthma drugs per annum.
- Each hospital admission for asthma under the age of 18 costs around \$1400 per stay.
- In total asthma care costs public hospitals \$23 million a year, as much as heart surgery.
- There are also the hidden costs; the time lost at work and school, home care nursing and the endless extra medication costs for associated colds flu allergies and other affections that the asthma sufferer is prone to.
- Asthma is made worse by current habits including diet, lifestyle, social and family conditions.
- Asthma is often associated allergies such as hay fever, low immunity, low energy, eczema and a host of companion diseases.

Acute asthma is generally regarded as the actual attack where symptoms are present. Here professional care is needed.

Subacute asthma is where there is a tendency only and symptoms are relatively few. Time and a triggering factor is necessary for it to become acute or chronic.

Chronic asthma is where the symptoms are ongoing. Hardly a day or at least a week goes by without the need for medication or home care of some sort.

Degenerative level; here the asthma has been medicated over a period of several years and the individual has consumed relatively large amounts of steroids and or other aggravating factors such as long term smoking.

Basic Causes

Before looking at the causes of asthma lets look at the basic premise of Hippocrates the Greek physician of the 5th Century B.C. today known as the "Father of medicine".

"It appears to me necessary to every physician to be skilled in Nature and to strive to know, if he would wish to perform his duties, what man is in relation to his food and drink and to his other occupations and what are the effects of each of them on everyone. Whoever does not know what effect these things produce upon a man cannot know the consequences which result from them. Whoever pays no attention to these things, or, paying attention, does not comprehend them, how can he know the diseases which befall man? For by every one of these things a man is affected and changed this way and that, and that the whole of his life is subjected to them whether in health, convalescence or disease. Nothing else then, can be more important and necessary to know than these things".

Food and drink: Almost all asthma is aggravated by certain foods and drink. Each type by a particular group:

On the whole asthma is improved when the diet contains plenty of fresh vegetable and some fresh fruits the sulphur containing vegetables such as broccoli, brussel sprouts, cabbage, onions and garlic.

Common foods known to aggravate asthma are; white flour including that in biscuits, bread, waffles, doughnuts pastries, crackers, spaghetti, macaroni, dumplings, noodles. Dairy products are distinctly mucus forming that includes cheese and ice cream. Hot chocolate or cocoa prepared with milk and condensed milk. red peppers and other salicylate containing foods such as dried sultanas, prunes, raisins, currants. Tomato products, tea and alcohols such as liqueur, port, wine and rum.

A number of chemicals can also trigger an asthma attack. Avoid metabisulphate found in soft drinks, fruit juices, wine, some dried fruit and fruit bars, pickles, pickled onions, potato chips, sausages and sausage meat.

Monosodium glutamate found in Asian food (particularly in soy sauce). Commercially prepared savoury foods e.g. packaged soups, seasonings and sauces.

Tartrazine is the yellow, orange colouring found in many fruit juices, cordials, sweets desserts, toppings, sauces and pickles.

A common cause of asthma is a build up of acid mucus throughout the system. The disease itself is an attempt by the body to correct the problem.

Mucus forming white bread, white sugar, excess dairy products, and chemicals aggravate the problem and create an ideal breeding ground for bacteria and a source of irritation to the mucus membranes of the bronchial tubes.

The acids generated caused reflex spasm of the bronchial airways.

Other Causes of Asthma

THE SPINE

When certain spinal nerves become irritated by incorrect articulation from injuries, genetic tendencies, posture habits and misuse they affect the optimum function of organs glands and tissues including the lungs and bronchials. Osteopathic treatment is a valuable adjunct to the herbal programme.

INCORRECT BREATHING

Most asthmatics are shallow breathers who breathe from the intercostal muscles of the ribs rather than from the diaphragm as is the proper way to breathe.

WORMS

Parasites are involved in some cases of asthma. The science of Iridology can readily determine whether worms are involved as a or part cause of the asthma.

DISORDERED UPPER DIGESTIVE MOTILITY

Many clinical studies have shown a relationship to low hydrochloric acid and gastric reflux syndrome in Asthma. Poor stomach secretion of hydrochloric acid results in difficulty with protein breakdown. Treatment of oesophageal reflux, common in asthma and hiatus hernia has improved asthmatic symptoms.

Herbal Remedies Shown to Have a Beneficial Affect on Asthma.

ELECAMPANE: Elecampane is a gentle, stimulating expectorant with a strengthening and tonic action on the lungs. It has mild antiseptic and antibacterial properties. Indicated in congestive bronchial or pulmonary disorders such as bronchitis or asthma. Helps to facilitate the release of mucus.

EUPHORBIA: Traditionally used for its spasmolytic and antiasthmatic actions on the respiratory system, and expectorant and antitarrhal properties. Indicated in asthma, bronchitis, nervous cough, and cough caused by upper respiratory catarrh (toxic mucus).

GINGER: Ginger is a circulatory stimulant, antiinflammatory, and a natural expectorant which reinforces the therapeutic effect of other herbs. Its uses in respiratory diseases and digestive conditions are well known. Ginger is described by herbalists as a "diffusive stimulant", indicating that it has a natural heating quality.

GRINDELIA: A relaxing expectorant useful in respiratory conditions marked by spasms and tension such as asthma, asthmatic bronchitis, whooping cough, dry, irritable or nervous cough, and cough caused by upper respiratory catarrh.

LICORICE: A natural antiinflammatory with soothing and emollient properties. Healing to all mucus surfaces. Licorice has a powerful effect on reducing inflamed mucus membranes, and is effective in its role as a distributor of the other herbs in the formula.

OIL OF FENNEL: Fennel has a stabilising effect on the nervous system. The herb has a pain relieving property, and the seed has a powerful expectorant and antiinflammatory action.

MULLEIN: Mullein has a calming effect on inflamed and irritated nerves. Valuable for all lung problems it controls coughs, cramps and spasms and loosens mucus removing it from the body. The herb also has nourishing and strengthening properties.

SLIPPERY ELM: A highly nutritive tonic food for conditions of deficiency. Helps to rebuild the plasma element of the body and helps to restore the mucus membranes, particularly of the lungs and stomach. Its emollient action is very soothing for inflamed or ulcerated membranes and surfaces. High in niacin, riboflavin and thiamine, plus vitamins E, F, K, and containing the minerals calcium, iron, sodium, selenium, iodine, copper, zinc, potassium and phosphorus, it has as much nourishment as oatmeal.

GARLIC: Garlic is a natural antibiotic, antispasmodic and disinfectant. Small quantities of raw garlic is beneficial in asthma if the individual can handle it. Best with food.

Freedom

New Zealand Herbals Freedom remedy can be used for the treatment of a number of lung conditions, including asthma, persistent coughs, bronchitis, and many other respiratory conditions.

Some asthmatic patients have even found their need for an inhaler has been reduced or even eliminated!

New Zealand Herbals Freedom formula is made from completely organic and pesticide free ingredients, ensuring you get the finest quality remedy in the strongest possible strength. Herbs contained within this remedy include:

- **Elecampane:** This herb is a gentle, stimulating expectorant and has a strengthen effect on the lungs. It has mid antiseptic and antibacterial properties and is often used to treat congestive bronchial conditions or pulmonary disorders (such as asthma or bronchitis). It also facilitates the release of mucus.
- **Euphorbia:** Traditionally, this herb has been used for its spasmolytic, antiasthmatic, expectorant, and anticatarrhal properties. Used to treat asthma, bronchitis, nervous coughs, and coughs caused by upper respiratory catarrh (toxic mucus).
- **Ginger:** Ginger is a circulatory stimulant. It also has antiinflammatory properties and acts as a natural expectorant which reinforces the therapeutic effects of other herbs contain within this remedy. Its use in the treatment of respiratory conditions is well known. Ginger has been described as a 'diffusive stimulant', meaning that it has a natural heating quality.
- **Grindelia:** A relaxing expectorant useful in respirator conditions which are marked by spasms and tension (e.g. asthma and coughs caused by a number of conditions).
- **Oil of Fennel:** Fennel has a stabilising effect on the nervous system and has powerful pain relieving properties. It also acts as an antiinflammatory.
- **Mullien:** Another antiinflammatory herb which helps to dispel congestion from the lungs. It has been actively used in the herbal treatment of bronchitis, coughs, respiratory catarrh, asthma, and hay fever.
- **Liquorice Root:** Liquorice is a natural antiinflammatory which aids in the relief of muscles spasms and inflammation. It has a healing effect on all the body's mucus surfaces. It helps to liquefy and expel toxic mucus from the body. It is also a mild laxative which soothes and tones the mucus membranes. It also aids the removal of excess toxins found within the bowels. It also benefits as a distributor of other herbs found within this remedy.

Typical Dose: Ten to fifteen drops, three times daily. In acute cases, twenty to thirty drops may be used.

Sinease

Sinease is a natural collection of herbs that combine together to create an excellent remedy for conditions of the upper respiratory system. It is particularly beneficial for those who suffer from sinus infections, hayfever, catarrh, constant sneezing, and catarrhal conditions of the eustacian tubes and middle ear.

New Zealand Herbals Sinease formula is made from completely organic and pesticide free ingredients, ensuring you get the finest quality remedy in the strongest possible strength. Herbs contained within this remedy include:

Cayenne: Cayenne can help to stimulate blood flow and strengthen the heart, arteries, capillaries, and nerves. It is also beneficial for the digestive system.

It benefits to the circulation system can help those who suffer from cold extremities. It may even assist the body to fight off colds and infections.

- **Echinacea Root:** Echinacea is an immunostimulant shown in clinical tests to enhance resistance to both viral and bacterial infections. It is well suited to the treatment of all chronic immune disorders and autoimmune diseases, but its best benefits are seen over long term consumption.
- Traditionally, it was used by the American Indians to treat skin diseases and blood purification.
- **Eyebright:** An effective antiseptic and antiinflammatory which cools and detoxifies. It also contains anticatarrhal properties. The herb acts within the formula as a vasoconstrictor to the nasal mucus membranes and conjunctiva. It has been shown effective in catarrhal conditions of the ear, eye, nose, and throat.
- It contains vitamins A, C, D, E, and B complex, as well as the minerals iron, silicon, copper, and zinc.
- **Golden Rod:** Golden rod is an antiinflammatory, anticatarrhal and antiseptic to the mucus membranes. It is especially useful in the treatment of chronic nasopharyngeal catarrh.
- **Golden Seal:** Golden seal was one of the favourite herbs of the Cherokee Indians and is well known for its natural antibiotic and detoxifying properties. It has an anticatarrhal and antiseptic action on all mucus surfaces including the nasal passages, bronchial tubes, and throat.
- The herb also contains powerful alkaloids and the vitamins A, C, E, F, and B complex as well as the minerals calcium, copper, potassium, phosphorus, magnesium, iron, zinc, and sodium.

PRECAUTIONS: If you are pregnant, you should consult your general practice doctor or naturopath before using this remedy (and use only small doses within the first three months if you have been given clearance to use the product). Children may find the cayenne within this formula too overpowering.

Typical Dose: 5mls three times daily.

Tissues & Joints

Everyone at some stage in their life experiences one or more of the stages of arthritis.

The Eleven Stages of Arthritis

Stage 1. CATARRH

Catarrh often begins in children from the age of three to eleven. This is a toxic form of mucus. There may be bronchitis (a catarrhal condition of the lungs), constipation and tonsillitis, a Bacillus Coli infection which is the earliest onset of all rheumatic and arthritic disorders.

Stage 2. COLD HANDS AND FEET.

This may be associated with increase or decrease in body weight. The "soft sand" sound in joints may now be detected with movements. This is caused by small "crystals" of mineral salts and toxins out of solution.

Stage 3. FIBROSITIS.

Muscular pains, stringy and hard sinews, shoulder and neck pain. Fibrositis inflammation of the muscle fibres. There may be disc strain. This may lead to the next stage.

Stage 4. LUMBAGO, SCIATICA, AND STIFF, PAINFUL MUSCLE MOVEMENTS

These are typical characteristic of this stage. The muscles are stiff after resting, but better after movement. These are danger signals and osteopathic or chiropractic treatment may not be advisable as the rheumatism has developed to early arthritis.

Stage 5. MUSCULAR RHEUMATISM.

This is where the condition has reached to the point of inflammation of the muscle sheaths and acute pain of the muscles occurs. Here the blood is starting to thicken and there is a slowing down of the circulation. Arthritis may affect the hands and feet first.

Stage 6. ORGANIC.

Here the organs are affected. Symptoms may relate to the bowel, thyroid, liver, kidney or spleen, and it takes expert diagnosis to isolate the primary cause. The organs of the body have become toxic and this is often associated with constipation where the bowel has not cleared the body properly of waste. Any recovery from this stage will take as many months as years it has been in the process of development.

Stage 7. WEATHER AGGRAVATES.

This level is even more serious and symptoms are made worse by wet weather. This is due to the fibrous and toughened ligaments which tighten like tense strings in damp weather or during weather changes. This tightening draws the joints more closely together, and if the cartilages or joints have already become affected, joint movement becomes more painful.

Stage 8. VARICOSE VEINS AND BLOOD VISCOSITY.

There is steady physical deterioration due to the preceding stages and the blood viscosity (platelet aggregation) causes varicose veins in the legs. There is general calcification and malfunction throughout the body. The skin becomes wrinkled, body temperature of the extremities is lower than that of the trunk and the overall circulation is lessened. All this is the result of calcification of the arterioles, the fine veins below the skin. The patient feels the cold and is often tired.

Stage 9. OSTEOARTHRITIS.

May be triggered by an injury. If there is deviation in the spine, this can compress the spinal nerves and affect organ and limb functions. There is calcification of the spine as the body's response to the irritated nerves. This calcification can extend to the joints of the limbs such as osteoarthritis of the hip.

Stage 10. ARTHRITIS DEFORMANS.

Mainly involves the joints and the muscles. There is hardened and stringy tissue and muscle fibres. This fibrous tissue has become much more dense much like the difference between young chicken and old. Here there is very often distortions of the joints especially the hands and feet. The spine itself can become fused together with calcified deposits and become drawn forward and fixed in this position.

Stage 11. RHEUMATOID ARTHRITIS.

This stage is marked by loss of weight and excess nervous energy. There is endocrine gland imbalance. Its origin is often due to a mechanical disturbance of the sacroiliac joint very often caused at birth. There may be kidney, adrenal and thyroid imbalance.

Muscle & Joint

Muscle & Joint is a remedy specifically designed to aid in the relief of muscle and joint discomfort. It produces steroid like antiinflammatory properties, but does so using natural ingredients.

This remedy can be used in the treatment of arthritis, rheumatism, muscle aches, repetitive strain injury, carpal tunnel, and other inflammatory tissue problems.

New Zealand Herbals Muscle & Joint formula is made from completely organic and pesticide free ingredients, ensuring you get the finest quality remedy in the strongest possible strength. Herbs contained within this remedy include:

- **Devils Claw:** Extensive experiments have shown that devils claw has healing properties for arthritis, rheumatism, diabetes, arteriosclerosis, liver, kidney, and bladder conditions. It cleanses toxic impurities from deep within the muscle and tissue walls.
- **White Willow:** The original source of salicin, the forerunner of aspirin, white willow is a natural pain killer and an excellent nerve sedative. When combined with other herbs, it is mild on the stomach. Historically it has been used for pain relief for many conditions, including rheumatism, headaches, fever, arthritis, gout, and angina. White willow bark is converted to salicylic acid through oxidation within the body. It has many cofactors that may enhance its pain killing, antifever, disinfectant, and antiseptic properties.
- **Yucca Root:** Yucca was traditionally used by the American Indians of the south west for skin disorders, eruptions, inflammations, ulcerations, and as a poultice on breaks and strains. Yucca has a high content of steroid like saponins, which are the precursors to cortisone. Its precise antiinflammatory action is unknown, but it may be caused by the herb providing material to the adrenal glands which in turn produce their own cortisone.
- **Black Cohosh:** A very useful tonic for the central nervous system. The herb has one of the finest antispasmodics, antirheumatics and antiinflammatory agents in the world. It contains effective amounts of calcium, potassium, magnesium, iron, and other minerals and vitamins.
- **Liquorice Root:** Liquorice is a natural antiinflammatory which aids in the relief of muscles spasms and inflammation. It has a healing effect on all the body's mucus surfaces. It helps to liquefy and expel toxic mucus from the body. It is also a mild laxative which soothes and tones the mucus membranes. It also aids the removal of excess toxins found within the bowels. It also benefits as a distributor of other herbs found within this remedy.

PRECAUTIONS: The naturally high sodium content of the formula needs to be balanced with our Mineral Max formula and a high potassium diet. Monitoring of blood pressure during the use of the formula is advised for susceptible individuals. You may wish to avoid using this remedy if you are sensitive to salicylate or suffer from hypertension or edema.

Typical Dose: Two to three capsules, two to three times daily.

Calcium & Osteoporosis

Around 25% of post menopausal women have calcium loss and for osteoporosis to show on a bone density scan over 30% bone loss has already occurred. A lack of calcium is the major cause of osteoporosis, the gradual loss of bone mass resulting in increased fractures, loss of height, pain in the hip and back, and spinal curvature.

The risk of developing osteoporosis increases with age, as the peak bone mass is achieved at about 35 years of age. In New Zealand we consume arguably more dairy products than anywhere in the world yet we have one of the highest rates of osteoporosis.

Dairy products are not necessarily good sources of calcium because it is meant for calves, and human beings are the only animals who consume dairy products after their first teeth. The calcium in cows' milk is much coarser than in human milk and is tied up with casein. This prevents the calcium from being absorbed. Also the pasteurising, homogenising or other processing involved degrades the calcium making it very difficult to utilise. Cows' milk simply is not designed for humans. The cow itself doesn't get calcium from milk it gets it from green grass!

The fact is that all green leafy vegetables contain calcium, and most fruit and nuts contain ample calcium. One of the main functions of calcium is to neutralise acid in the system, yet all dairy products except butter are extremely acidforming. The more these substances are consumed the more calcium is used to neutralise the effects of the dairy products.

Yet for calcium to be consumed there still needs to be a number of factors present; ample hydrochloric acid in the stomach, healthy thyroid/parathyroid function, adequate hormone ratios of oestrogen to progesterone, and sufficient exercise are just some of them.

WOMEN WHO ARE MOST LIKELY TO HAVE EXCESS BONE LOSS :

Woman tend to be more prone to osteoporosis, especially if they:

- Have a fair complexion.
- Have experienced early menopause.
- Smoke.
- Have had their ovaries removed.
- Drink excessive amount of alcohol.
- Have a diet low in calcium.
- Regularly use cortisone, antiseizure medication or anticoagulants.
- Have overactive endocrine glands.
- Are thin and have small bones.
- Have a family history of osteoporosis.
- Have a relative progesterone deficiency.
- Are not physically active.
- Have a high intake of coffee, tea or soft drink.
- Have digestive disorders.
- Have chronic liver or kidney disease.

It is recommended that you avoid:	
• Soft drinks.	• High protein animal foods.
• Alcohol.	• Unripe citrus fruits.
• Smoking.	• Sugar and excessive amounts of salt.
• Coffee and tea.	• Excessive use of pharmaceutical drugs.

Instead you should emphasis:

- Vegetables and fruit, especially broccoli. Green vegetables are the most beneficial.
- Flounder and sardines, salmon with bones (protein).
- Kelp, molasses, nuts and seeds, especially sesame seeds, cod liver oil.
- At least six vegetables daily, two fruits, one protein, one or more complex carbohydrate (wholegrain, potatoes).
- Exercise by walking at least nine kilometres weekly 3 kilometres, 3 times per week.

Nerves

Mantle of peace or frayed wires.

One of the most important themes in our lives is our choices of how we are going to spend our time

and what inspires us the most. A major difference between these two could well create an anxiety or depressive state within us. It could well be mindful to stop viewing our depressions and anxieties as something to be got rid of and to begin to view them as messages which have the potential to bring life enhancing change.

Anxiety and depression always speak out that something is wrong. For some this could be physical condition which needs to be put right. For others it could be an emotional or psychological condition which could be worked through with a counsellor healer you are comfortable with and **trust**. For others it could well be a spiritual condition a calling from the heart to begin to seek your truth.

Anxiety can be described as an intense state of apprehension or worry which may lead to obsessive compulsive states such a reactive or circumstantial depression which is the result of a traumatic situation such as the death or loss of a loved one. Anxiety can be the result of uncertainty of the future or the loss of the solid foundations you once hoped for or depended on. In its essence anxiety masks people getting in touch with their own power.

Depression can be observed as signs of insomnia, appetite loss, significant weight changes, loss of interest or motivation in life, suicidal thoughts and functional disorders of physiology which are undetectable in medical tests.

In the normal process of life and relating we have a cycle of awareness. At any one time the awareness or the resting state of ease will experience excitation and a movement creating a contact and then a withdrawal and back to awareness.

In all transactions from using a toothbrush to meeting a friend, playing tennis or shopping there is a beginning, a middle, and an end. If in any of these processes a blockage occurs preventing the completion of the cycle a lack of ease results. This lack of ease can manifest as any disease but usually begins as a subtle levels of feeling and if unresolved or incomplete they can become anxiety or depressive states.

In living out our lives it is impossible that no offences should come. If our responses to these remain un dealt with they stay in the body/mind and express themselves as spiritual emotional, mental and physical disorders.

• Ent	
• Pain.	The pituitary gland – beings to atrophy.
• Anger.	The thyroid and parathyroid – metabolism and calcium balance.
• Fear.	Thymus and immunity. 48 hours of stress can shrink the thymus gland by 50%.
• Grief.	The adrenals, pancreas giving rise to hypoglycaemia – fatigue and depression.
• Apathy.	Spleen – blood disorders words like “what’s the use?”.
• Unconsciousness.	Sexual system. Doesn’t want to know – addictive personalities – chronic denial.

“The body weeps the tears that the eyes refuse to shed”

In healing anxiety and depression, understanding is first required to know that what is commonly deemed a “breakdown” may well be a spiritual awakening.

The things that trigger it are many. In the 1960’s two American psychologists, Thomas Holmes and Richard Rahe constructed a list of the most stressful events we can experience, these were then rated in terms of the amount of stress they imposed

Event	Rating
Death of spouse	100
Divorce	73
Marital separation	65
Personal injury	53
Marriage	50
Being fired	47
Retirement	45
Sexual difficulties	39
High mortgage	31
Child leaving home	29

In many ways anxiety and depression are part of a grief cycle. Grief is normal, natural process which a healthy adjustment to death or any other significant change in his or her life.

The stages of grief:

1. Shock, denial, numbness, disbelief.
2. Emotional and physical reactions may be crying, distress, disturbed sleeping and eating patterns, inability to concentrate and headaches.
3. Depression, loneliness, despair, panic.
4. Guilt. Why wasn't I; why couldn't I; have done/been something/somewhere else.
5. Anger/Resentment wanting to hit out/ frustration
6. Blame its all their fault.
7. Idealisation. thinking things were better then they were.
8. Hope the future may not be so bad.
9. Acceptance and readjustment.

What to do in times of anxiety and depression?

1. Give yourself time. No one can put a time on it whether it is days months or years.
2. Find a good counsellor/ healer you feel absolutely comfortable with.
3. Eat warm nourishing meals this is not a time for fasting or punishment.
4. Stay away from judgmental people this is sacred time for you.
5. Use herbal, Homeopathic and nutritional allies.

“Be gentle with yourself if you will not be your unconditional friend who will be?”

When we become stressed, our adrenal glands release adrenaline and noradrenaline into the blood stream. These powerfully stimulating hormones, which are also produced from nerve cells, act as chemical messengers affecting almost every organ in the body, including the eyes, intestines, bladder, and bowel.

Anxiety and depression can lead to almost any health problem but in particular the most common disorders are: Irritable bowel syndrome colitis, constipation, diarrhoea, chrones disease and sleeping disorders, nervousness such as shaking, agoraphobia, headaches and chronic fatigue.

Serene

Serene is designed for those who are suffering from mild to moderate depressions, post viral infections, chronic or acute nerve pain, chronic fatigue or lethargy.

A nonaddictive product, Serene is designed not to create a dependency but instead allow the person to recover from a particular period in their life.

Serene contains the following herbs:

- **St John's Wort:** St John's Wort is a natural antiinflammatory, astringent, vulnerary, nervine and antimicrobial herb. When taken internally, St. John's Wort has a sedative and pain reducing effect which makes it ideal when neuralgia, anxiety, tension or other such similar problems are evident. During menopausal changes where irritability and anxiety can be a problem, St John's Wort can prove to be particularly beneficial.

The herb has also been shown to be beneficial for physical injuries as well. This includes muscle bruising, deep soreness, throbbing sensations, burning pains, spinal pain or irritation, shock and swelling.

- **Withania:** Withania is a mild sedative with antiinflammatory and immune balancing properties. A popular herb in Ayurvedic, Unani and ancient Indian medicine, the root of the plant is commonly referred to as ashwaganda. The seeds and leaves are traditionally used to relieve pain, kill lice and can be used in the production of soap.

The roots are commonly thought to contain a sedative which calms the body and mind.

Withania is often used in natural aphrodisiac formulas to increase erectile function and enhance sex drive in both men and women. During periods of long term stress (both physical and mental) withania can prove to be particularly beneficial. This is mainly due to the adaptogens (biologically active substances found within plants which help the body deal with stress) which are contained within withania which also provides the body with an immune boost.

Research in the 1970's showed that certain properties within withania may be beneficial during cancer treatment. Withania has also been linked to increased hemoglobin levels and iron levels making it ideally suited for the elderly.

- **Liquorice Root:** Liquorice is a natural antiinflammatory which aids in the relief of muscles spasms and inflammation. It has a healing effect on all the body's mucus surfaces. It helps to liquefy and expel toxic mucus from the body. It is also a mild laxative which soothes and tones the mucus membranes. It also aids the removal of excess toxins found within the bowels. It is also added to this remedy to reduce the drying tendency of cascara and to distribute the formula evenly.

As with all cases of depression and anxiety proper counselling is recommended. Serene is a natural and safe alternative to harsh antidepressants and sedatives. Always seek guidance from your health provider before stopping any medication.

PRECAUTIONS: This product may potentiate (make stronger) the effects of antidepressant medication.

Typical Dose: In cases of mild depression or anxiety take two capsules daily. For more moderate levels of depression or anxiety take up to three capsules daily.

Sedatone

A powerful nerve tonic used to treat anxiety, depression, and insomnia. This remedy may be able to assist you if you suffer from such conditions.

New Zealand Herbals Sedatone formula is made from completely organic and pesticide free ingredients, ensuring you get the finest quality remedy in the strongest possible strength. Herbs contained within this remedy include:

- **Valerian:** Valerian is a very strong nervine and is a very beneficial in the treatment of insomnia. It contains essential oils and alkaloids which combine together to produce a calming a sedative like effect.
It can be used as a tranquiliser, but rather than leaving the person feeling sluggish, this herb tends to leave one feeling refreshed. It is known as a safe, nonnarcotic herbal sedative and has traditionally been used for anxiety.
The herb is best used when combined with other nervines (such as the ones contain within this remedy). It also has pain relieving and antispasm properties.
- **Damiana:** Damiana has tonic and nervine properties and is particularly useful for those who suffer from depression or anxiety.
- **Hypericum:** A gentle sedative which has a calming and restorative effect on the nervous system. It is specifically beneficial for those with neurotic depression, anxiety, tension, or irritability. It is thought to help the release of neurotransmitters in the central nervous system.
- **Vervain:** A well known nerve tonic. Vervain has been used by herbalists for hundreds of years. It is best used to treat nervous disorders, including depression, nervous exhaustion, and stress. It is also an excellent liver tonic and therefore very beneficial if there is a relationship between depression and the liver.
- **Skullcap:** Skullcap has been traditionally used as a nerve tonic. It is said to calm the heart, promote awareness, clarity and detachment as it restores control over the senses.
Classed by herbalists as a nervine tonic, antispasmodic, and anticonvulsant, it contains calcium, potassium, magnesium, zinc, and vitamins C & E.

PRECAUTIONS: This remedy is best used short term and infrequently. Valerian can cause headaches and mental depression in some people. Do NOT use continuously for more than three months.

Typical Dose: Five to ten drops when required.

Ginkgo Mem

A traditional collection of herbs designed to improve concentration, coordination, learning and memory. A fast acting formulation with superior absorption. Due to its effects on the circulatory system, this remedy may help with headaches and for those who suffer from poor cerebral circulation.

New Zealand Herbals Ginkgo Mem formula is made from completely organic and pesticide free ingredients, ensuring you get the finest quality remedy in the strongest possible strength. Herbs contained within this remedy include:

- **Ginkgo:** A very well known and studied herb, its complete benefits are too many to list here. It has been shown to improve vascular disorders such as vertigo, tinnitus, as well as other conditions such as inner ear disturbances, impairment of memory, poor concentration. Studies have shown that it may assist those who have a sensitivity to cold and pallor in the toes (caused by poor circulation) due to its effect on the circulation system. It has also been found to be a good uterine stimulant.
- **Schisandra:** Traditionally used in Chinese medicine to strengthen the lungs, kidneys, and adrenal glands. It is also said to calm the spirit and is used so accordingly in the natural treatment of insomnia, palpitations, and forgetfulness. The lignans found in schisandra help to improve concentration, fine coordination skills, and sensitivity in young children. Improvements in vision, hearing, and a reduction in fatigue have also been seen from the consumption of this herb. Finally, this herb also appears to elevate liver microsomes which in turn increase the liver's ability to detoxify foreign substances within the body.
- **Siberian Ginseng:** This herb helps the body to adapt to changes within the environment and increases resistance to radiation and other stresses (including physical, chemical, and biological). Studies on healthy individuals who have consumed Siberian ginseng have shown that the consumption of this herb tends to improve mental and physical performance (including stamina).
- **Rosemary Oil:** Rosemary stimulates the circulatory, digestive, and nervous systems. In particular, it has been found that rosemary has a strong effect on the brain, clearing thought and memory (partly due to its positive effect on the blood supply to the brain). Not only does rosemary have a beneficial effect on a number of the body's systems, it also is a good source for vitamins A and C. It also contains large amounts of calcium, iron, magnesium, phosphorus, potassium, sodium, and zinc.
- **Bacopa:** A traditional Ayurvedic herb, often used as a brain tonic to improve memory and learning. However, other benefits include its use in the treatment of epilepsy, insanity, nervous breakdown, and exhaustion.
- **Gotu Kola:** An excellent herb when used after a nervous breakdown (or before to help prevent it). It is also said to help rebuild energy reserves and for this reason it is known as an excellent 'food for the brain'. It increases mental and physical power, helps to combat stress and improves reflexes. It is also known to aid the body in defending itself from various toxins.

PRECAUTIONS: This product is perfectly safe when used within the recommended dosage. Exceeding the dosage may lead to over stimulation although no toxic dosage has yet been established.

Typical Dose: Ten drops to 5mls, twice daily.

Withania Compound

Withania Compound has been designed as a response to the countless number of people who suffer from the side effects of stress and tension. It has been shown at times to have a dramatic effect in the levels of calmness and the use of this compound has been a major factor in the relief of anxiety, insomnia, tissue wasting diseases, conditions of the elderly.

The remedy is particularly useful for nervous exhaustion, tissue wasting and sleep deprivation. It is particularly beneficial remedy for the nervous system and is superior to any other herb or compound – its remarkable effects are deep and long lasting.

You may use Withania Compound for long or small periods of time, and it is also safe for use during pregnancy. It comes in two different forms, powder and capsules.

There is no functional difference between the capsule or powdered form of Withania Compound. However, many people mix the powder with milk (traditionally, Withania was consumed with goats milk in India) and enjoy the smooth and sweet consistency. The choice is yours.

Herbs contained within this remedy include:

- **Withania:** Known as ‘Indian ginseng’, Withania is an adaptogenic herb which assists in normalising the bodies processes. It is regenerating to the hormonal system, and a rejuvenator of the muscles, marrow, and sexual fluids.
It is used in all conditions where there is a weakness or tissue deficiency and for those who are overworked, stressed, lack sleep, suffer from nervous exhaustion, or have a low libido (or impotence). It can be used for the young and the old.
This remedy also contains Withania extract, which has exactly the same properties as normal Withania, except it is in a more concentrated form – this boost the power of the remedy.
- **Slippery Elm:** A highly nutritive tonic food for conditions of deficiency. It helps to rebuild the plasma element of the body and to restore the mucus membranes, particularly of the stomach and lungs. Its emollient action is very soothing for inflamed or ulcerated membranes and surfaces.
It is high in niacin, riboflavin, thiamine, and vitamins E, F, and K. It also contains the minerals calcium, iron, sodium, selenium, iodine, copper, zinc, potassium, and phosphorus. It has as much nourishment as oatmeal!
- **Cinnamon:** Cinnamon is beneficial for the circulatory, digestive, respiratory, and urinary system. It also has benefits for the plasma, blood, muscles, marrow, and nerves. The herb is strengthens and harmonises blood circulation and is especially good for those suffering from weakness or fatigue. It is also a pain reliever and strengthens the heart, warms the kidneys, and promotes digestion. Its action within this formula promotes all of the above, but it is also added as a natural buffer or anti allergen to those with an intolerance to milk.

If you use the powder version of this product, then the product is typically consumed by mixing two teaspoons of Withania Compound with milk or water to make a paste. Once a paste is formed, continue to add either hot milk or water until the cup is full. You may wish to sweeten with honey or sugar.

Typical Dose: Withania Compound can be consumed as often as you like, although a typical dose is usually two to five capsules two to three times daily. For those who consume the product in powder form, a typical dose would be one cup per day.

Women Only

*"Women are peonies, spring flowers, lotuses and bowers
Women are pomegranates, peaches, melons and pears.
Women are receptacles, crucibles, vessels and worlds.
Women are the fruit of life, the nourishing force of nature."*

*Yuan Shih Yeh Ting
Chi, Tao TsungI*

Woman's Tonic

Woman's Tonic contains a variety of herbs specifically chosen for their unique properties. A formulation target just for woman's unique requirements, the herbs used within this product can assist with conditions such as endometriosis, hot flushes, hormone related digestive distress, muscular aches and pains and for certain period conditions (including irregular and uncomfortable periods).

Woman's Tonic is safe for those who are pregnant, and in fact is particularly beneficial during the last five weeks of pregnancy.

New Zealand Herbals Woman's Tonic formula is made from only the finest quality ingredients, ensuring you get the finest quality remedy in the strongest possible strength. Herbs contained within this remedy include:

- **Black Cohosh:** A very useful tonic for the central nervous system. This herb is one of the finest natural antispasmodics, antirheumatics and antiinflammatory agents in the world. It contains effective amounts of calcium, potassium, magnesium, and iron, as well as other minerals and vitamins. American Indians have used this herb for hundreds of years to assist in childbirth, and if taken within the recommended dosage it has never been shown to produce any toxic effects.
- **Chaste Tree:** This herb has been used traditionally for over two thousand years. It is rich in flavonoids and micronutrients and is a useful remedy for hot flushes that occur as a result of low levels of oestrogen. It can help to reduce flooding, spotting, irregular periods, fibroids, and endometriosis, while balancing emotions, making skin clearer, improving vaginal dryness, and hormonally related digestive distress such as constipation and indigestion. It counters many of the usual P.M.S. symptoms such as headaches, depression, fluid retention, and breast tenderness. Clinically shown to increase the brain's level of dopamine, it can increase the sense of well being. Although the herb is slow acting, it has profound effects.
- **Don Quai:** Don Quai has been named the queen of all the female herbs. It has a mild tranquillising effect on the central nervous system and gives nourishment to brain cells. It is also said to nourish the blood and womb, and lubricate the intestines.
- **Red Raspberry:** Red raspberry is a very well known woman's herb. It is very helpful during pregnancy since it contains nutrients to help strengthen the uterus, reduce nausea, reduce pain (especially false labour pains), and helps to prevent haemorrhaging. Rich in vitamins and minerals, especially iron and calcium, it has also been used to treat many children's illnesses such as colds, diarrhoea, colic, and fevers in all their stages.
- **Liquorice Root:** Liquorice is a natural antiinflammatory which aids in the relief of muscle spasms and inflammation. It has a healing effect on all the body's mucous surfaces. It helps to liquefy and expel toxic mucus from the body. It is also a mild laxative which soothes and tones the mucous membranes. It also aids the removal of excess toxins found within the bowels.

This tonic is specifically designed for the health concerns of woman. It contains blood purifying and circulatory herbs to help promote good health. In particular, it targets the female reproductive system (while also strengthening all of the body's organs), it is particularly suitable for the mother to be.

Typical Dose: One teaspoon, two to three times daily.

Men Only

Prostate

The prostate is a cluster of glands surrounding the urethra at the point where it leaves the bladder. It is thought that the addition of secretions produced by the gland to the seminal fluid stimulate and active movement of the sperm.

SOME DISORDERS OF THE PROSTATE:

Enlarged Prostate

This is characterised by progressively restricted urinary flow, urgency and nocturia, hesitancy and intermittency with reduced force and calibre of urine.

Prostatitis

Inflammation of the prostate gland. Usually a result of urinary tract infection, it is characterised by an acute attack that makes you feel generally ill, with a high fever, chills, and pain in and around your penis. Later as the prostate becomes increasingly swollen and tender, there is difficulty and pain in passing urine through the narrowed urethra.

Cancer of the Prostate

This malignant growth on the gland does not progress in the manner typical of most cancers and often lies dormant, seldom causing symptoms or giving rise to health problems. If the cancer is not discovered however it can metastasise to the bones causing bone cancer. Common in men 40 and above (15% of all 40 year old men have it) and at the age of 80 virtually every male has it.

SOME POSSIBLE CAUSES:

1. Lower bowel toxicity. The civilised diet of large amounts of white bread, white flour, sugar, coffee, tea, and chemical preservatives, colourings, emulsifying agents etc. form toxic residue in the lower bowel and beyond. The prostate is very near to this permeable membrane and toxic seepage occurs, poisoning the prostate.
2. Food and chemical factors implicated in prostate cancer are cadmium and other chemicals from cigarette smoking, agricultural chemicals, pesticides, high fat, high meat and cholesterol metabolites.
3. Hormonal: The fall of testosterone levels with increasing age and the consequent excess of less favourable hormones such as prolactin, and oestradiol
4. Mineral and other nutrient deficiencies: Zinc has been shown to reduce the size of the prostate and has a critical role in the metabolism of male hormones. Much zinc is lost in the seminal fluid over time. Selenium, essential fatty acids, glycine and alanine have been shown also to be essential nutrients for the prostate.
5. Spinal subluxations: Disorders of the 4th lumber vertebra.
6. Emotional factors: These include a past history of sexual abuse and / or relationship issues where a healthy sex life has not occurred within the relationship. Marriage or partnership breakup, or guilt / shame complexes existing consciously or unconsciously.

Men's Tonic

New Zealand Herbals Men's Tonic is a collection of herbs designed specifically for needs of the male anatomy. Sexual dysfunctions in men (such as low sperm count, impotence, etc) may also be treated with this remedy. This remedy also provides benefits to those who are athletic and which to have an edge over their competitors and to those who are fatigued.

Herbs contained within this remedy include:

- **Withania:** Withania has traditionally been used in Ayurvedic medicine as a regenerative tonic particularly for the muscles, marrow, and semen. It is used in all conditions where there is a weakness or tissue deficiency and for those who are overworked, stressed, lack sleep, have nervous exhaustion or sexual dysfunction (which includes low libido (sex drive), impotence, etc.). Its Sanskrit name is 'Ashwaganda' which means "giving the power and vigour of a horse".
- **Skullcap:** Skullcap has been traditionally used as a nerve tonic. It is said to calm the heart, promote awareness, clarity and detachment as it restores control over the senses. Classed by herbalists as a nervine tonic, antispasmodic, and anticonvulsant, it contains calcium, potassium, magnesium, zinc, and vitamins C & E.
- **Damiana:** It has been suggested that Damiana can be used to increase sperm count in males and strengthen the egg in females. It is useful in increasing sexual prowess. This herb has been said to be one of the most popular and safest of all plants claimed to restore natural sexual capacities and functions.
- **Liquorice Root:** Liquorice is a natural antiinflammatory which aids in the relief of muscles spasms and inflammation. It has a healing effect on all the body's mucus surfaces. It helps to liquefy and expel toxic mucus from the body. It is also a mild laxative which soothes and tones the mucus membranes. It also aids the removal of excess toxins found within the bowels. The herb can also promote stamina and normal adrenal function.
- **Panax Ginseng:** Panax is one of the most important energising herbs traditionally used in Chinese herbal medicine. It is said to be transforming, nourishing, and warming to body tissues and the blood stream. It is said to 'calm the spirit' and has been used to alleviate conditions of anxiety, stress, fatigue, reduced resistance, and lowered libido. Ginseng increases the oxygen carrying ability of the blood and allows the muscle to use more of the available fatty acids contained within the blood stream. Its overall effect is energising, and it is particularly suited towards men.

Typical Dose: Twenty to thirty drops, twice daily. This remedy may take one to three weeks before any effects are noticed.

Children

Tomorrow belongs to them...

The Developing Child

During the developing years the child's nervous system and brain are extremely sensitive. Acting like a sponge to all sensory input, habits which constitute character find a fertile breeding ground. Brain development is especially affected by nutritional factors as well as environmental influences.

Often times it is difficult to get children to consume good nourishing foods especially if the parents do not. There are many temptations to consume "empty" foods such as biscuits, cakes, sugar and chemically laden breakfast cereals.

Organic food is best for old and young alike, and if given the chance children will eventually choose whole, alive and non toxic food. In my practice I have seen many times how children will eventually ask for fresh, rather than processed food, and more times than not actually ask for more of some of the bitter tonics prescribed by the herbalist.

We must not judge the taste buds of children by the measuring gauge of our own distorted tastes. Children are very susceptible to developing allergies especially during the first 6 months of life when the digestive system is not fully developed. These early patterns become problems later on in life as mucus builds up and is eliminated vicariously through the sinus, lungs, and skin.

The most insidious effect of catarrhal build up is the effect of the acid waste on the developing nervous system. This can result early or late as behaviour problems, hyperactivity, naughtiness, fatigue, irritability, and attention deficiencies.

The frontal lobes of the brain require first class nutrition and with today's food it is almost impossible to obtain all the minerals and trace elements needed for healthy brain development. Traditionally, herbal remedies have come to the aid of the developing child and I have personally been amazed at how quickly children respond to them.

Herbs used traditionally for the brain and nervous system are: bacopa, schisandra, rosemary, and Siberian ginseng. Other effective herbs are: skullcap, blessed thistle, gotu kola, withania and ginkgo.

Children

Children is a careful selection of herbs that have been shown in herbal medicine to be of great benefit

to children. These specially picked herbs have been shown to enhance children's concentration, coordination, and learning.

Benefits to children who suffer from an intellectual disability (or those who have Attention Deficiency Syndrome) have been shown as well as an overall improvement in behaviour and learning in most children.

The benefits of the Children formula is not only limited to children. Older persons who have suffered from a stroke, convalescence, Alzheimer's disease or dementia have also shown progress through the use of this remedy.

New Zealand Herbals Children formula is made from completely organic and pesticide free ingredients, ensuring you get the finest quality remedy in the strongest possible strength. Herbs contained within this remedy include:

- **Bacopa:** A traditional Ayurvedic herb, often used as a brain tonic to improve memory and learning. However, other benefits include its use in the treatment of epilepsy, insanity, nervous breakdown, and exhaustion.
- **Rosemary Oil:** Rosemary stimulates the circulatory, digestive, and nervous systems. In particular, it has been found that rosemary has a strong effect on the brain, clearing thought and memory (partly due to its positive effect on the blood supply to the brain). Not only does rosemary have a beneficial affect on a number of the bodies systems, it also is a good source for vitamins A and C. It also contains large amounts of calcium, iron, magnesium, phosphorus, potassium, sodium, and zinc.
- **Schisandra:** Traditionally used in Chinese medicine to strengthen the lungs, kidneys, and adrenal glands. It is also said to calm the spirit and is used so accordingly in the natural treatment of insomnia, palpitations, and forgetfulness. The lignans found in schisandra help to improve concentration, fine coordination skills, and sensitivity in young children. Improvements in vision, hearing, and a reduction in fatigue have also been seen from the consumption of this herb. Finally, this herb also appears to elevate liver microcosms which in turn increase the livers ability to detoxify foreign substances within the body.
- **Siberian Ginseng:** This herb helps the body to adapt to changes within the environment and increases resistance to radiation and other stressed (including physical, chemical, and biological). Studies on healthy individuals who have consumed Siberian ginseng have shown that the consumption of this herb tends to improve mental and physical performance (including stamina).

New Zealand Herbals Children formula is an excellent and safe remedy for all children. However, we also have a number of other products that may be of great benefit to your child (particularly if good

nutrition has been lacking). Please contact us for further details or arrange an appointment with one of our practitioners for a full diagnosis of any ailments which may be troubling your child.

Typical Dose: Ten to fifteen drops, two to three times a day.

Worms & Parasites

New Zealand's hidden epidemic

There are over 100 varieties of parasites that affect human beings in New Zealand and infected individuals are extremely common. Many species of parasites show no socioeconomic boundaries and may be found as commonly in the city dweller as on the country farm. The adult female roundworm in a dog's intestine can release as much as 200,000 eggs per day, and many of these animal parasites are just as content with a human host.

Unwashed vegetables, improperly cooked meat, uncovered sandpits and the habit of walking barefoot through the streets, paddocks or fields leave many risks for parasite infection to the point that it is rare in my practice not to confront several cases per day.

The average life cycle of the parasite is around 6 weeks and the remedies used during this whole period of time must be toxic to the parasite and non toxic to the patient. Parasites can be as small as yeast infections (termed Candida) or amoebic such as giardia, a little larger such as thread or pin worms, as big as a large nail such as some of the round worms, or even up to 3 metres long such as the tape worm.

Once worms are in the body they can do four things. They can:

1. Cause damage by poisoning with their toxic waste (termed verminous intoxication), including introducing viruses and bacteria which literally "piggy back" on their bodies.
2. Rob us of certain nutrients, vitamins, and amino acids. Some worms feed on red blood cells. Drowsiness after meals is another sign of worm infestation.
3. Block or damage certain organs by clumping together in a ball.
4. Create physical damage by perforating the intestinal mucosa, lungs and liver. Worms can literally make "Swiss cheese" out of your organs, including migrating to the top of the lungs, creating asthma. Allergies can be the first reaction.

Individuals infected with worms may feel bloated, tired or hungry. They may have trouble thinking clearly, have gas, eczema, or asthma and feel generally toxic. If they are children they may exhibit "hyperactive behaviour", have itchy bottoms and vaginas, may be anaemic, grind teeth and be restless at night, particularly during the full moon. They may snore, have abdominal pain, diarrhoea, lung infections, eye infections, blood sugar imbalances, weight loss and fatigue. One, some, or all of these symptoms may be present.

In many cases the adult individual may have developed a sort of coexistence where symptoms are not obvious or adequately diagnosed, and may experience anything from annoying seasonal hay fever, colds and flu to asthma and chronic fatigue. In some cases worse diseases may follow.

Parasites can be present in any disease and many individuals with parasitic infections are also undernourished and full of either viral, fungal, or bacterial infections, and may have various types of chemical and heavy metal poisoning.

When addressing the parasite issue the whole person must be addressed including the persons lifestyle, diet and hygiene habits. It often involves first detoxifying the body followed by nutritional rebuilding.

This along with an understanding of how the infection was acquired and how to avoid the infection in the future will allow the individual to become more self reliant in the area of health care. A mild food diet should be followed, avoiding as much as possible mucus forming foods such as white bread and white flour.

Para

It is estimated that over two thirds of New Zealand's population is infected with one or more forms of parasitic infection. Parasites show no socioeconomic boundaries and be found as commonly in a city dweller as it can be in a farm hand. Parasites rob our bodies of essential nutrients, vitamins and amino acids. They can cause all kinds of symptoms, or no symptoms at all. This makes them difficult to diagnose and often the symptoms that are associated with an infection are put to other conditions.

Once the body has become infected with a parasitic infestation, a number of things can happen. They can poison us with their toxins (this can result in a subsequent bacterial infection resulting in more illness), make us deficient in nutrients, they can block our organs (due to their overwhelming numbers and their tendency to clump into a ball), and can even physically damage our intestines, lungs and liver!

Ridding the body of these nasties is paramount if true healing and health is to occur. New Zealand Herbals Para is a natural formula that gently kills these parasites throughout their life cycle. However, it is important to note that most parasites have a life cycle of six weeks, therefore it is very important that Para is consistently taken during this period (in fact, the product should be consumed for at least two months).

- **Black Walnut:** Black walnut oxygenates the blood which in turn kills parasites. Containing natural organic iodine, the kernel and the green husks have been used to expel various kinds of worms by the Asian and American Indian cultures for hundreds of years. External applications have been known to kill ringworm.
- **Wormwood:** Wormwood, as its name suggests, has long been known to rid the body of intestinal worms. It is also useful for all complaints of the digestive systems (such as constipation or indigestion).
- **Prickly Ash:** Prickly ash destroys toxins in the gastrointestinal tract including worms. It has been traditionally used to treat yeast infections and Candida. Skin, digestion and abdominal problems can also benefit from the application of prickly ash. It is beneficial for the plasma, blood, muscles, as well as the digestive and circulatory systems.
- **Qing Hao:** This herb has a similar action to wormwood. Some speculate that it is in fact a more powerful antiparasitic herb. For this reason both wormwood and qing hao are included in this formula.
- **Citrus Seed:** This extract has been shown to be effective against a number of intestinal parasites including Giardia, Candida and the stomach pathogen helicobacter pylori (which is thought to be associated with gastric and duodenal ulcers). Many naturopaths believe that abnormal bowel flora, particularly overgrowth of Candida, can lead to many other health complications.
- **Liquorice Root:** Liquorice is a natural antiinflammatory which aids in the relief of muscles spasms and inflammation. It has a healing effect on all the body's mucus surfaces. It helps to liquefy and expel toxic mucus from the body. It is also a mild laxative which soothes and tones the mucus membranes. It also aids the removal of excess toxins found within the bowels.

PRECAUTIONS: Do not use this product if you are pregnant. Caution is recommended if you have a hyperactive (overactive) thyroid.

Typical Dose: 5 to 10mls each evening. Twice daily in severe cases.

The Sweet Taste

Pure, white, and deadly!

Sugar

There is nothing more insidious than the over consumption of sugar. Sugar is pure white and deadly, and its effects on the physiology can be devastating. Sugar depletes the body of minerals and vitamins especially calcium and vitamin B. Is it any surprise that these are primarily concerned with the nerves and the digestion?

Human consumption of sugar has increased over 100fold in the last 100 years until today we consume about our body weight of sugar per annum! Sugar has a taxing effect on the pancreas by creating first a rise in blood sugar and then an overcompensating low. This can result in depression, general moodiness, and, especially in children hyperactivity.

These facts are well known, yet still many are not aware of the hidden sugars in today's processed foods. The accompanying chemical preservatives, dyes and colouring agents makes the problem far worse. One only needs to see the children's behaviour the day after a birthday party with its traditional sugary jellies, lollies and icecream.

While sugar is an essential substances, it is normally found in nature accompanied by adequate nutrients that help its processing and assimilation. Sugar is found in complex carbohydrates, and also the sweet taste is found in flesh foods. In these complex foods is found the key to its metabolism. Refined carbohydrates on the other hand provide little or no means for their adequate utilisation by the body, but provide instead, short term energy and fat.

The pancreas is an endocrine gland which secretes insulin for the assimilation of sugar to the cells. When the pancreas is overburdened, its digestive capacity is weakened, and acid stomach and enzyme deficiency results. As much of our diseases are associated with inadequate or toxic digestive processes, the over consumption of sugar has far reaching effects not always obvious to the sufferer.

Sugar also stresses the adrenal glands resulting in nervous energy or chronic fatigue. Inflammation is aggravated by sugar, especially inflammation of the joints, muscles and mucus membranes. By feeding on sugar and refined carbohydrates the plaque bacteria in the mouth secrete acids which can dissolve even the hardest substance in the human body tooth enamel. Is it any surprise that it can do the same within the physiology?

Overall, sugar is acid forming, and by depleting the body of alkaline mineral reserves and the B complex vitamins, bodily stress can manifest in a number of ways such as irritability, fatigue, overweight, muscle and joint discomfort, repetitive strain, yeast and fungus infections.

Sugar masks a craving for natural protein and can vicariously compensate for lack of self esteem or love. Mothers' milk is sweet, and whether or not the individual was breastfed, there is an innate craving for the sweet taste when sweet is associated with love and nurturing. Manufacturers take full advantage of this addictive quality when processing foods, often placing the most sweet and tasty morsels at children's eye and hand level. We call our loved ones "sweetie" and "honey", unlike the ancient Egyptians who called their wives "onions" which are also very sweet when cooked. These sweet foods are rich in the nutrients needed to digest and assimilate them.

To guard against the over consumption of sugar, three good meals per day are essential, and if sugar is used, it should be natural sugar only. Where there is low blood sugar, a breakfast of complex carbohydrate is ideal to deliver the sugar slowly to the blood stream to avoid the ups and downs of a manic pattern. Herbs have much to offer in dealing with the over consumption of sugar, and when accompanied by an appropriate diet and daily routine, changes can be seen in a very short time.

Eleven Points About Fat

New Zealand has one of the highest incidence of excessive fat in the world. This has many implications for health :

1. Obesity leads to lowered self esteem.
2. High blood pressure results from excess fat consumption. This puts a strain on the heart and kidneys, and can increase the risk of heart attack or stroke.
3. Fat increases cholesterol. Excessive fat correlates with high cholesterol levels and clogs the arteries.
4. Obesity leads to muscular aches and pains. Excess fat in the arteries makes it more difficult for the muscles to release lactic acid. As this lactic acid builds up, more aches and pains are felt, such as fibrositis, frozen shoulder, neck pain, headaches, etc.
5. People who are over weight tend to wear out their joints sooner than they should due to the excess. There is swelling and stiffness, and joints may become inflamed, such as in arthritis, and in some cases show degenerative processes such as joint fusion, and osteoarthritis. Hip replacements may be needed.
6. Kidneys may become overburdened with the extra work they have to do. This may further worsen the problem as the kidneys clog up causing fluid retention and high blood pressure.
7. Other organs may become stressed such as the liver, pancreas and gall bladder. Digestion of proteins, fats and carbohydrates is further impaired.
8. The heart may become weakened and enlarged as the clogging continues. Obesity puts a strain on the heart, requiring as many as an estimated 200 miles of new capillaries per extra pound of body fat.
9. Eyes may suffer due to extra fatty deposits in the blood vessels feeding the eye. Extra blood pressure can cause bleeding of the retina. Blocked blood capillaries to the photosensitive cells of the eye can reduce vision or cause blindness.
10. Constipation may occur due to the loss of muscle tone and the clogging of the bowel wall of inadequately digested and wrongly combined food.
11. General fitness is impaired: You feel unable to share the same activities with many of your friends. Your body is overburdened with toxins and you are not feeling yourself. Break the cycle NOW.

Natural Immunity

The frontline in our bodies defences!

Immuno

A natural formula using traditional herbs that have been shown to assist and strengthen the immune system. This remedy can help to fight off infections and conditions of poor immunity.

New Zealand Herbals Immuno formula is made from completely organic and pesticide free ingredients, ensuring you get the finest quality remedy in the strongest possible strength. Herbs contained within this remedy include:

- **Codonopsis:** A traditional Chinese herb which is similar to panax ginseng, but with none of the difficulties for children's consumption. Codonopsis helps to increase the red blood cell count and improves conditions of anaemia, hypoglycaemia, debility, and adrenal exhaustion.
- **Echinacea Root:** Echinacea is an immunostimulant shown in clinical tests to enhance resistance to both viral and bacterial infections. It is well suited to the treatment of all chronic immune disorders and autoimmune diseases, but its best benefits are seen over long term consumption. Traditionally, it was used by the American Indians to treat skin diseases and blood purification.
- **Elecampane Root:** Elecampane has antiseptic properties and has been shown to give relief where there are respiratory difficulties. It also aids in expectoration and in the treatment of general catarrhal conditions. It has specific worm destroying (anthelmintic) properties and is rich in calcium, potassium, and sodium.
- **Siberian Ginseng:** This herb helps the body to adapt to changes within the environment and increases resistance to radiation and other stresses (including physical, chemical, and biological). Studies on healthy individuals who have consumed Siberian ginseng have shown that the consumption of this herb tends to improve mental and physical performance (including stamina).

Immuno is excellent at helping your body fight off colds, flu, allergies, glue ear, catarrhal conditions (of the lungs and bronchials), chronic fatigue, and reduce your body's susceptibility to reoccurring infections.

Typical Dose: Five to fifteen drops daily. In severe cases, up to thirty drops several times a day may be consumed.

Viroguard

Viroguard may assist the body's natural resistance to viruses and bacterial infections and does so without the consequences of antibiotics abuse. It is a recommended remedy for anyone who suffers from a viral infection.

New Zealand Herbals Viroguard formula is made from completely organic and pesticide free ingredients, ensuring you get the finest quality remedy in the strongest possible strength. Herbs contained within this remedy include:

- **Echinacea Root:** Echinacea is an immunostimulant shown in clinical tests to enhance resistance to both viral and bacterial infections. It is well suited to the treatment of all chronic immune disorders and autoimmune diseases, but its best benefits are seen over long term consumption. Traditionally, it was used by the American Indians to treat skin diseases and blood purification.
- **Hypericum:** A gentle sedative which has a calming and restorative effect on the nervous system. It is specifically beneficial for those with neurotic depression, anxiety, tension, or irritability. It is thought to help the release of neurotransmitters in the central nervous system. However, it is contained within this remedy due to its antiviral properties, including a potent activity against retroviruses and enveloped viruses (much of this was found after recent scientific research). It may be useful for the treatment of viruses such as hepatitis B (but unfortunately not the A strain of this disease), as well as encephalitis, yellow fever, dengue fever, and German measles.
- **Codonopsis:** A traditional Chinese herb which is similar to panx ginseng, but with none of the difficulties for children's consumption. Codonopsis helps to increase the red blood cell count and improves conditions of anaemia, hypoglycaemia, debility, and adrenal exhaustion.
- **Phyllanthus:** A traditional remedy of Inida. It has been used to treat jaundice. It has also shown liver protecting effects and an antiviral property (particularly towards the hepatitis B virus).

Typical Dose: Five to fifteen drops, three times daily (usage must be long term).

Recuperation & Rejuvenation

*The human body completely replace itself every seven years.
Everyday your body makes a cup full of new cells – feed them right and enjoy the miracle of true health!*

Rejuvenation

Rejuvenation contains herbs that have traditionally been used to assist recovery after a period of shock or illness. Particularly, it may assist if you suffer from fatigue, poor memory, lack of concentration, depression, headaches, etc.

New Zealand Herbals Rejuvenation formula is made from completely organic and pesticide free ingredients, ensuring you get the finest quality remedy in the strongest possible strength. Herbs contained within this remedy include:

- **Bacopa:** A traditional Ayurvedic herb, often used as a brain tonic to improve memory and learning. However, other benefits include its use in the treatment of epilepsy, insanity, nervous breakdown, and exhaustion.
- **Siberian Ginseng:** This herb helps the body to adapt to changes within the environment and increases resistance to radiation and other stressed (including physical, chemical, and biological). Studies on healthy individuals who have consumed Siberian ginseng have shown that the consumption of this herb tends to improve mental and physical performance (including stamina).
- **Schisandra:** Traditionally used in Chinese medicine to strengthen the lungs, kidneys, and adrenal glands. It is also said to calm the spirit and is used so accordingly in the natural treatment of insomnia, palpitations, and forgetfulness. The lignans found in schisandra help to improve concentration, fine coordination skills, and sensitivity in young children. Improvements in vision, hearing, and a reduction in fatigue have also been seen from the consumption of this herb. Finally, this herb also appears to elevate liver microsomes which in turn increase the liver's ability to detoxify foreign substances within the body.
- **Rosemary Oil:** Rosemary stimulates the circulatory, digestive, and nervous systems. In particular, it has been found that rosemary has a strong effect on the brain, clearing thought and memory (partly due to its positive effect on the blood supply to the brain). Not only does rosemary have a beneficial effect on a number of the body's systems, it also is a good source for vitamins A and C. It also contains large amounts of calcium, iron, magnesium, phosphorus, potassium, sodium, and zinc.
- **Cayenne:** Cayenne can help to stimulate blood flow and strengthen the heart, arteries, capillaries, and nerves. It is also beneficial for the digestive system. Its benefits to the circulation system can help those who suffer from cold extremities. It may even assist the body to fight off colds and infections.
- **Withania:** Withania has traditionally been used in Ayurvedic medicine as a regenerative tonic particularly for the muscles, marrow, and semen. It is used in all conditions where there is a weakness or tissue deficiency and for those who are overworked, stressed, lack sleep, have nervous exhaustion or sexual dysfunction (which includes low libido (sex drive), impotence, etc.). Its Sanskrit name is 'Ashwaganda' which means "giving the power and vigour of a horse".

Typical Dose: Five to ten drops three times daily. This remedy is most effective if taken over a period of ninety days or more.

Teeth & Gums

The nation's tragedy.

Dental Health

HHealthy teeth and gums have a profound influence on our physical and psychological well being.

A smile is the simplest and most expressive piece of body language and it reveals a great deal about our personality and self image. The joy of a smile, the confidence of fresh breath, and the pleasure of clean teeth gives radiance to the personality. The health of our teeth and gums not only reflects our overall health but can also profoundly influence it. The ancient Chinese discovered acupuncture points and meridians relating to each tooth. Any imbalance in a tooth (decay, abscesses, gum diseases, some fillings and root fillings) can affect the autoimmune system, creating a host of seemingly unrelated problems.

When in health the teeth and gums have a normal balance and resistance to decay through a remarkable system of homeostasis. Animals in the wild seldom get tooth decay, and in the archaeological records our early ancestors, though showing signs of tremendous wear, tooth decay was relatively rare. Ancient and so called primitive cultures managed to thrive for great periods without the dentist's drill or fillings. How these cultures discovered natural techniques to care for and preserve teeth and gums is part of the object of this article, and to demonstrate that this knowledge is available today. Even your dentist probably knows it but hasn't the time to demonstrate it thoroughly, or perhaps the reliance on fluoride and improved dental techniques has made it of lesser importance within a clinical practice. Prevention is the key word and if only individuals knew more about simple dental techniques such as correct brushing and simple commonly available herbs and spices, even household salt and baking soda, there would be far less of, arguably, one of New Zealand's greatest tragedies tooth decay and its predisposing condition gingivitis (gum inflammation).

The mouth, including all mucosa (soft tissue), inner cheeks, roof of the mouth, tongue, gums and teeth all have an integral homeostatic balance. The correct P.H. (acid/alkaline balance) is essential, as well as proper mineralization and cleansing, to maintain the healthy flora and minimise harmful pathogens. Disease and decayproducing bacteria which form colonies in the gingival margins (the space between the tooth and the gum), and between the teeth, secrete toxic acids corrosive enough to dissolve the hardest substance in the human body enamel of the teeth. The enamel is not the only thing they damage however once decay sets into the tooth, toxins travel right into the interior of the tooth and find their way further down the dentine to the very root nerve and eventually to infect the body's system through the blood stream. However, the blood stream is already affected by the plaque bacteria within the gingival margins. The metabolism of the mouth is probably one of the fastest in all our physiology. By the time it takes you to read this sentence nearly all the cells lining the mucus membrane of your mouth will have been destroyed and regenerated. How effective this process is for the rest of the oral environment is up to you. The importance of proper dental hygiene cannot be underestimated. Cleaning of the teeth and gums is a simple and natural process. However the laws of natural hygiene need to be followed correctly if one is to have beautiful shining teeth and gums free from decay or gingivitis for the rest of one's life.

The Plaque and the Pellicle.

There are two types of material that form on the tooth surface the first is a healthy layer of mucus cells called the pellicle. This amorphous proteinlike membrane contains salivary proteins which have "absorbed" into, and coat the enamel surface. Initially this pellicle is predominantly bacteria free and when present, it has the role of reducing demineralisation of tooth surfaces caused by acidic conditions. In short, it prevents or reduces decay. When this pellicle is not present, or present in a denatured form, there is plaque buildup. Plaque is a collection of food and bacterial remains, carbohydrates and proteins that harbour pathogens which secrete acid on to the tooth surfaces and mucus membranes causing irritation, inflammation and decay. The enamel itself is particularly decay resistant if it is fully saturated with the correct mineral balance, particularly calcium, fluoride and phosphate in their ionic forms, along with all the micronutrients and minerals needed for their stability. This is the third line of protection, the first being saliva, and the second, the pellicle. Saliva needs to be first alkaline to create a proper protective pellicle, and to do this it must have adequate alkalineforming mineral salts in dissolved solution. If the individual is mineral deficient, which is almost invariably the case, and acidforming foods

are consumed, the saliva will tend to be acid, and the pellicle will have some difficulty in forming an

adequate protective layer. Once the plaque has set in between the teeth and gingival margins even on the surface of the tongue and inside lining of the cheeks, along with an inadequate pellicle protection, the bacteria feeding on food waste excrete their wastes on to the tooth and gingival surfaces creating demineralisation or decay.

An Alkaline Saliva

For a healthy oral environment, including the teeth and gums, a number of steps are efficacious in supporting healthy tissue, saliva, pellicle, gum and enamel. Arguably the most important step is to establish a proper alkaline saliva. To create an alkaline saliva the diet needs to have around 80% alkalineforming foods and 20% acidforming foods. These foods need to be as unprocessed as possible, containing an abundance of live enzymeric fruit and vegetables, free from artificial fertilisers, sprays, preservatives, and colouring agents, as variable as possible, and combined on the dinner table according to the principles of proper food combining, and eaten in an unhurried manner. Obviously foods rich in sugar, salt, refined carbohydrates, e.g. lollies and biscuits contribute to both an acid saliva, and tooth decay. Dietary supplements, especially those that create complete mineral saturation, provide an ideal foundation for the body's PH balance and all enzyme functions. This involves the regular use of New Zealand Herbals Mineral Max and Blood Purifying Tonic along with an appropriate sugar free, chemical free alkaline diet with plenty of fresh fruits and vegetables.

The Mercury Amalgam Issue.

Many articles have appeared recently and as far back as the early 1900s to hopefully leave you in no doubt that mercury amalgam fillings are a hazard to our health. Mercury leakage occurs more readily in an oral environment that is over acid.

So called "silver" amalgam fillings are actually alloys of silver, tin, zinc, copper and 50% mercury. If the plaque bacteria are secreting acids, an electrical charge is generated in the presence of these metals, much like a car battery. This can be readily measured by a galvanometer. The higher the charge the more molecules of mercury are bouncing around to be methylated (turned to mercury vapour) by the plaque bacteria.

Mercury vapour is up to 100 times more toxic than elemental mercury. I have seen consistently that after proper tooth and gum hygiene as suggested by this article, the electrical charges dramatically reduce and thus the corresponding mercury leakage.

I have seen chronic fatigue, anaemia, and many of the symptoms attributed to mercury toxicity also dramatically improve, though it is difficult to prove whether this is due to mercury toxicity reduction or improved oral hygiene. My "guess" is that it is both.

Dental Kit

Dental ABC's

Your dental kit contains three items. A dental powder, a 'Butler' toothbrush, and an activator. These three items work together to ensure that your body's own natural defences against tooth decay and gum disease are strengthened.

There are three natural lines of defence against decay within the oral environment. First, a mineral rich alkaline saliva which helps to build enamel resistance against decay. Secondly, a healthy protective lining or 'skin' which adheres to your teeth's enamel surface (termed the 'pellicle') again protecting it from demineralisation. Lastly, a mineral rich saliva also aids in replenishing enamel surfaces – again building your natural defences.

To aid this process, your herbal Dental Kit contains natural herbal formulations designed to Activate the natural balance (homeostasis) within your teeth, gums and saliva. The Building of new structures is achieved by supplying organic, chelated alkaliforming minerals which are delivered to their necessary places through enzymes.

Finally, Cleansing of damaging plaque (which contains acid secreting bacteria) from the mouth helps to ensure that negative bacterial colonies are reduced – improving your oral health and cleansing your breath.

Teeth Cleaning

Naturally, this is the most important step you need to take. Plaque causing bacteria can reorganise themselves to produce acidforming substances within twenty minutes if the correct environment is present. To avoid this, your mouth must become an unsuitable environment for these pathogens. To ensure this, take the following steps:

1. ***Brush your tongue and inner cheeks every morning.*** Within your pack you will find a toothbrush, use this brush (or a tongue scraper if you wish) and clean your tongue from back to front and lots of running water.
Even the roof of your mouth and inner sides of your cheeks contain a number of bacteria that are lean, mean, and hungry for their first dinner! Cleaning your tongue and checks will reduce their numbers and in turn reduce the negative effects that they can cause.
2. ***Use New Zealand Herbs Dental Powder & Activator to brush your teeth.*** In general you want to avoid toothpaste, instead use New Zealand Herbs Dental Powder. You need to mix this powder with the Activator. To do so, take the following steps:
 - a. Mix ¼ of a teaspoon with five drops of activator onto a spoon or dish.
 - b. Mix these two substances until a paste is formed.

With a soft dry toothbrush, apply the bristles onto the paste. Brush the gingival margins (the margins of your gums, where the gums and teeth meet) at a 45 degree angle

~~Massage each tooth~~ Massage each tooth/gum surface with a side to side motion ensuring that you stroke along the grain of the tooth. Do not use a circular motion on any teeth except the top surface of the back teeth. Remember to rinse when you are finished.

3. Continue steps one and two for ten days. At that time you must not use the Activator again
(unless your gums have deteriorated again – if this occurs, consult your practitioner). However,

you should continue using the dental powder (replacing the Activator for a small amount of water to make the paste) at least twice daily.

Avoid the use of dental floss since it has a tendency to cut into gums (which in turn cause them to bleed). Instead, use dental tape.

Remember, visit your dentist on a regular basis (at least once every six months) for a full check up and assessment. This program is not a replacement for a dental appointment! You may, however, wish to select a dentist who has knowledge of mercury amalgam replacement as well as one who is familiar with herbal and homeopathic remedies.

Testimonials

Please note that some names have been withheld for patient confidentiality unless specific permission was granted.

Chronic back pain many years. "Thanks for everything. Everything is going well. I've had no headaches and no back pain since I last saw you." (ref #1)

Chronic Iron deficiency and fatigue, impending operation.

"Thanks for all your help. My hysterectomy went extremely well and I am quite sure due to your help, herbs you prescribed etc. I was only in hospital 2 days and staff at (the hospital) could not believe how quickly I recovered. So I told them herbs and positive thinking. My iron level has increased to the extent where it is acceptable and my thyroid is OK But the best news of all I have given up smoking. Once again many thanks." (ref # 2)

Chronic knee pain.

"After taking "mineral Max" twice a day for three days I noticed the burning pain that had continuously been in my knees was gone great stuff!" (ref # 3)

Chronic colds and flu

"I take Thyrodine and the Freedom drops and I feel better and also went through winter without a cold and that is good for me as I am an asthmatic. My son gets bad asthma and I have found when he needs a nebuliser I also give him Freedom and he doesn't need another nebuliser later." (ref # 4)

Chronic asthma

" I have not needed to use an inhaler since finding out about Freedom. For me it works quicker than an inhaler, has no nasty after taste and lasts for a longer period of time. I can't recommend it highly enough" (ref # 5)

Low thyroid and depression

I have found NEW ZEALAND HERBALS "Thyrodine" excellent for assisting with emotional stability such as when suffering from the after effects of depression. Has a calming effect so that problems are kept in perspective" (ref # 6)

Headache and stress

(NEW ZEALAND HERBALS "SERENITY" is) ..."Ideal for those extra tense times. If used early enough it (has) stopped a headache becoming more intense. It (has been)... great for providing "extra courage" in times of extreme stress" abridged (ref # 7)

New lease of life for an old dog

" I have a 14 year old dog who from time to time during his later years has problems with biting on top of his nails and hair loss behind his ears. His feet become septic and swollen. After a course of B.P. (tonic) he put weight back on, is no longer continuously biting his feet and is walking normal again" ref # 8.

Relief from gout

"Started on blood purifying tonic and mineral max approx 2 months ago. I have only experienced 2 gout attacks of minor consequence. (only lasted 1 day) I was experiencing heavy and regular attacks for the last 10 years. At present I am in good health. I have changed direction with a career. I was not doing any physical work in my old position. Now we are managing apartments. I am now doing physical work daily. I have lost 7 KGs since January and am feeling good." (ref 2001)

Regular bowel motions incredible energy

"When using (NEW ZEALAND HERBALS) "Mineral Max 2000" I feel a lot less tired, I tend to eat much less, have a positive energy filled outlook on life, and very regular bowel motions. ... incredible difference in energy levels. Mineral Max also seems to work as an immune tonic" (ref # 9)

Relief from headaches and severe migraines

"After a spinal injury I had a constant headache above one eye and I couldn't tolerate any pressure whatsoever on my head. Even hair ties or sun hat or sunglasses would cause a severe migraine. After a long period of time taking (the GINKGO MEM.) I can wear my hair up, can constantly wear sunhats and sunglasses. But most importantly I don't have a constant headache" (ref # 10)

Improvement for Intellectually disabled child

" Since taking my son David 6 yrs to see Michael J McCammon N.D. a year ago, David has gone from visiting the doctor 1015 times a year to once a year.....we have noticed great improvement. ...has been very hyperactive all his life, now he is a lot calmer and controllable.....for the first time in his 6 years we now have regular bowel motions....David himself is a lot happier and also sleeping throughout the night for 10 12 hours....it is now a lot happier household and coping easier with David's disabilities" (ref#11)

No more heart palpitations!

"....your medications (NEW ZEALAND HERBALS "CARDIO 2000") seem to be going well particularly Bill's heart palpitations. no more palpitations!!" (ref # 12

"Stressed out" to calm and happy

"I am a mother/housewife and am always on the go! My busiest time is between 5pm and 7 pm, getting tea ready, bath times etc. Every night at this time, I would find myself getting very "stressed out!" which made things even worse. I started taking "Serenity" and Herbal Iron from the "NEW ZEALAND HERBALS" and the results were quite amazing. After about three days of taking them I was getting tea ready and trying to occupy my son at the same time and I thought "wow, I'm so calm, I'm usually stressing out by now". It was wonderful and things just flowed so easily. My partner doesn't have to wonder what sort of mood I'm going to be in when he gets home from work because he knows I'm in control of things now, and everyone is happier" _ Amanda Adams, Raumati Beach, Kapiti Coast by permission (ref #13)

Sexy man!

"I had been off the pill for 2 years as my partner and myself were trying to start a family but it wasn't working. We found out that my partner had a low sperm count due to smoking cannabis. So we got some "Men's Ardour" from "NEW ZEALAND HERBALS" and he started taking it. Two months later I fell pregnant and now we have a beautiful, healthy little boy. Thankyou , he's the light of our lives" (ref#14)

Goodbye to Arthritis

"Great news on the "Mineral Max". Mum has been taking it for 1 week and she is totally amazed, her swelling in knuckles, elbows etc have all reduce (d), she has heaps more energy, not as stiff in the mornings and she is able to make a fist which she hasn't been able to do for years she is over the moon and can't believe how fast it happened, 5 7 days (picture of a happy face). She is more flexible all over her body. She has had rheumatoid arthritis for 13 years and this is the best thing that's happened to her thank you (ref # 15)

Recovery from surgery

"....after having taken the herb(s) for some six months, I bounced back from major surgery well ahead of expectations. This is quite an accomplishment as I am 65 years of age. with permission _ Daisy Kirkwood Whakatane (ref #16)

HOPE FOR INTELLECTUALLY CHALLENGED

David , who is 6 years old, has a degenerative condition which was diagnosed at the age of two. He has been treated by Michael J McCammon over the last two years and has gone from a child who was continually on antibiotics for ear and chest infections as well as continual diarrhoea, to a very healthy child. Michael has been treating David's body not the condition as so many others have tried to do.

Remedies Michael has treated David with over the past 2 years by NEW ZEALAND HERBALS :

Thyrodine2000: Helped David's thyroid gland function normally reducing the number of infections.

Serenity: Calmed a very hyperactive child giving him better concentration.

Children 2000: Helped his very limited speech to increase for awhile. After taking a few drops he actually put two words together, which he had never previously done.

Enzymes 2000: For the first time in David's life he is having 1 to 3 solid bowel motions a day instead of up to 10 loose motions.

THE PATH TO RADIANT HEALTH

I have a history of Bulimia, anorexia and alcohol abuse which I received treatment and full recovery from in the late 1980's. I have throughout my life, experienced periods of uncomfortable stomach bloating, constipation, fatigue, anxiety and have been prone to developing "unexplained" and thus "untreatable" skin conditions.

In August '95, I gained an incredible amount of weight over a 2-3 week period. This concerned and mystified me as I felt and looked 5-6 months pregnant. I was really thrilled the day someone stopped me in the street to excitedly congratulate me on my pregnancy.

Over the following months I attempted a range of diet changes and increased my exercise programme considerably WITH NO CHANGE. My bloating and constipation became worse and I began to experience pain after eating only minimal amounts of food, after which I would change my clothes to accommodate my expanded stomach.

Mid '96, I visited a medical practitioner and had a series of blood/urine tests. The results were "no problem", and I was instructed to come back in a few months time if my condition persisted for a thorough and unpleasant internal examination. By this time I was beginning to fear my condition may have been a growth or worse caused by my earlier history of eating disorders/ alcohol abuse.

In September, after a week in continuous agony and desperation, I visited a Naturopath also, now seeking help for my seemingly high anxiety level, (I had developed a habit of chewing my nails to the core), it was suggested I try the product belonging to the "NEW ZEALAND HERBALS" range for my

thyroid gland function. On beginning this, I was amazed to discover my anxiety level reduced 90% overnight.

A month later, still amazed by the results of the thyrodine, I began a special treatment programme designed by Michael McCammon (N.D.) utilising the NEW ZEALAND HERBALS products. I was very pleased by the thoroughness and accuracy of the diagnostic process, and the knowledge and understanding given regarding my condition.

I began to experience an immediate healing response and the changes that took place were incredible.

No more stomach bloating or discomfort, my weight began to vanish, my fingernails began to grow. My outlook on life became more positive and people orientated. I not only gained back my energy, but also a sense of humour I had missed for quite some time. I have only listed some of the changes experienced on the course of the treatment programme believing they alone speak volumes. My whole life has changed and I am more happier and contented than I have ever been.

I am absolutely thrilled with the results of the treatment, and find it difficult to express in words my gratitude, and the acknowledgement this healing process deserves." (ref #17)

Anonymous for my patients privacy. Michael J McCammon (registered Naturopath)

TESTIMONIAL #19 12 YEAR OLD HAS HIS LIFE BACK

"In November 1994 Brett was admitted to Gisborne hospital with severe abdominal pain, diagnosed as appendicitis. His appendix was removed and, although found to be mildly inflamed, it was not serious. After returning home he developed a high fever, became delirious with severe diarrhoea. On recovery his bowel completely shut down and he was severely constipated which entailed a return to hospital to be given enemas, Golightly (12 bottles in all) none of which met with any success. He was checked over with blood tests, ultra scan and barium enema. Nothing significant was noted, although it was suggested that his Iron levels were fairly low and there was a possibility that he was not absorbing minerals water etc. appropriately. On boxing day 1994, he appeared to be returning to normal function and returned to fitness.

In October 1995, he again complained of abdominal pain accompanied by headaches, backache and

fever. Initially I believed this to be the flu, but eventually he was back in hospital. He spent time in both Gisborne and Starship hospitals. During this time he had blood tests, a barium meal, Catscan, bonescan, MRI. He also underwent physiotherapy and pain management sessions. In February 1996, he was diagnosed with "chronic pain syndrome" (!) This we were told, would improve over a two year period. Brett then began a regimen of 4 hourly panadol and Amatryptalene at night.

School became difficult. He has been unable to participate in any sport running, jumping etc. were too painful. He tried to be at school as much as possible, but often had to come home at lunchtime he was in constant pain and constantly exhausted. During this time he lost his independence, his sense of humour and vitality.

When his symptoms again worsened in October 1996 we decided to investigate alternative therapies.

We heard of Michael (McCammon N.D.) through friends, and I took Brett along with both of us feeling a
Page 75 of 120

fair degree of scepticism, with Brett being particularly reluctant to try "disgusting" herbs! This did not look promising.

After our first visit, I felt more positive. Michael's diagnosis made total sense and in the light of Brett's lifelong digestive problems (vomiting as a breast feed baby and difficulty with weaning), the comments were astute. I found his approach to Brett to be excellent. Brett felt totally involved in the diagnosis and was made to feel he had some control over the treatment. I believe that with children, this is central to the potential success for any programme. Brett did not find the herbs disgusting and followed the treatment programme religiously.

Initially his symptoms worsened and he had a full week off school. After this time he showed slow but steady improvement. After about 6 weeks on the programme he began diving, running and jumping. The change was incredible.

He has continued to improve and his health is now better than I ever remember it to be. He has an

interest in food, his quick wit has returned and he now has his life back.

There is absolutely no doubt in my mind that it was Michael's treatment that bought about this dramatic improvement. Without his treatment Brett would still be in chronic pain, unable to enjoy life as a 12 year old should". (Ref : file # 10).

With permission ;Bridget Mead Mother.

Notes: Brett presented with lower back pain, swollen upper eyelids and a tired, dull appearance. He was chronically fatigued and "just coping".

In clinical practice it is explained to the client that things can get worse before they are better.

Diagnosis. Chronic parasitic infection and associated kidney/bowel infection.

A TESTIMONIAL FROM A GRATEFUL PATIENT.

EILEEN PATRICIA HYLAND DOB 2041932

THIS IS MY STORY.

It was over 4 years ago that I decided to take a trip to Perth to see my family. Apart from having a Spinal fusion 7 years ago and arthritic changes in the spine, I was in reasonably good health when I went to Perth. I had a lovely holiday thanks to my children. The day I arrived back from Perth, I was not well and put it a down to jet lag. I was suffering from chronic fatigue. I could hardly walk and I knew something was drastically wrong. I visited my GP and asked to have some blood tests run. I was very angry when he suggested I was just depressed because I was missing my family. Being a registered nurse I could not accept this, and decided to consult Mr Raymond Burr a colour therapist who immediately diagnosed I had the Esteem Barr virus, which causes glandular fever. I had liver involvement and an enlarged spleen. I insisted that my Doctor run some tests, which he did. He rang me the following Tuesday and said I had a "raging glandular fever", which didn't impress me. By this time I had a very sore throat and meningeal symptoms and enlarged glands in my neck and was generally ill and had no energy. I live alone and was too ill to eat proper meals and lived on bananas and Complian and was putting on weight.

My weight went from 11 stone to 13 1/2 stone and was deeply depressed, and I just wanted to die. All my four children lived overseas and they didn't understand my illness nor did my two brothers and neighbours. That upset me very much. A friend visited me and could see that I was very ill and suggested Herbal Life I was spending literally hundreds of dollars but this did help a little. My Doctor was sympathetic and acknowledged that I had ME but could only treat the symptoms as they arose. In desperation, I consulted a specialist privately. He did numerous tests including autoimmune deficiency, but as usual with ME, the test were all within normal limits. By this time I had developed severe fibromyalgia a painful complaint affecting the muscles and joints of both arms. Dr Reddy put me on a small dose of Prednisone, with no relief, and this was discontinued. I was having frequent viral infections which were affecting my throat, had severe headaches and was very depressed. I had difficulty showering and was too tired to get out of bed. This continued for 4 years, and I hate to admit suicide crossed my mind on several occasions, but I had to consider my children. They didn't understand my illness, and were at a loss to help being so far away. I returned to Mr Burr who said he could treat me, but I could not afford the treatment and was too sick to go. Arthritis was causing me great distress and I was virtually living on Panadol 4 hourly. My system was becoming very toxic and frequent antibiotics caused thrush in my mouth and bowel. I was also diagnosed with having diverticulitis after having had a scan. I was at the end of my tether and rang my daughter in Melbourne who suggested I see a Herbalist and Naturopath. I noticed Michael's ad in the paper and rang him. He was very understanding, and said

he would see me if I could be there in 5 minutes, which I did. It was the best thing I ever did. He told me my thyroid was underactive, and I was put on "Thyrodine " 5 drops AM and midday. The effect was great and my energy levels improved greatly. He was also treating my stomach, intestines, bowel, liver, lungs, chronic sinusitis, pituitary gland, arteries, spine, brain, and vitality. I will be ever grateful to him as he was very caring and I came home feeling relieved that I was receiving help at long last ! His provisional

diagnosis was 1. High cholesterol, 2. Cerebral anaemia. 3. Intestinal Dysbiosis, likely candida, and other parasites and pathogens. These issues were compounded by 4. mineral deficiencies 5., spinal degeneration and pain. Thyroid was activated by "Thyrodine", 5 drops AM and PM., "Gingko Mem", 5 10 drops, 3 times daily., and "Para" formula each evening. My short term memory was very bad, and I could not even put a letter together. I was straining to think clearly. I was able to write to my children at last. Within a few days I was looking better, had more energy and the depression had lifted. When I

visited my doctor he couldn't get over the change. I told him I was seeing a Naturopath, and he was very pleased as he couldn't do any more for me. I am on a weight loss programme with "Slender 2000" and am losing weight. In the 6 weeks I have been seeing Michael, my eyes are brighter, my bowel problems have improved, my friends and neighbours are amazed at the dramatic change in me. He has increased my herbs and now am on Ginkgo plus, Immune tonic, B.P tonic, also vitamin B6 for the fibromyalgia. I am now taking an interest in my appearance, having nutritious meals and managing my energy levels. I have always been a high achiever and a workaholic, and have been under a lot of stress due to a

marriage breakup. I feel 1997 is going to be a great year thanks to Michael. I have recommended

several people to Michael, as they can see how much I have improved. I feel much more positive and my family are very happy for me. Michael has always reassured me when I have had the odd down day, and has been counselling me.

Thank you Michael, for putting my life back together. With permission Eileen Hyland.

NOTES:

Diagnosis was made through Iris diagnosis. Case history including present symptoms :

Iris showed extreme toxemia (radii Solaris to a degenerative level, sodium ring, cerebral anaemia).

Ref # 20)

CHRONIC THRUSH

(TESTIMONIAL # 21)

"My problem began one year ago when I was unable to cope with an ordinary day without feeling

absolutely drained of every ounce of energy, feeling cold all the time and suffering with thrush. I always had a permanent bloating feeling of the stomach and hadn't anything to eat. I got to the stage of not

eating at all dreading the outbreak of thrush all the time. I am usually 52kgs but dropped to 47 kgs. I'm a real night person but struggled to keep awake past 7.00PM. I drank quite a lot of coffee and enjoyed a glass of wine most nights.

My life changed completely after meeting with Mike (McCammon N.D.). The first thing I had to change was the diet. I started with lots of water, completely off all dairy products and bread. The thrush stopped rapidly and the energy levels were up. I then began the detox programme taking Blood Purifying tonic (BP) in water 3 times per day, plus hydrated Bentonite with Psyllium ("PROCLEANSE"), which gave me a good clean out. At night I take REGULAR BOWEL 2000 capsules which I find are life savers as food doesn't sit around causing that awful bloating feeling.

Sugar had to go as that was certainly feeding the yeast cells, so I ate lots of rice, cooked and raw

vegetables plus fish, chicken and pork. Keeping away from all processed foods and foods with a high sugar content it was getting better each day. Once you have made the change, its easy to stick to this diet. I only find it hard away from my own environment.

I am now taking CANDIDA drops to really knock the cells from the bowel lining but two days on these drops I felt yuk! I felt I had lead in my shoes and just wanted to sleep but it didn't last long and now I feel great. I feel in control of the problem and if I do have a slip up my saying is "you play, you pay". Its

usually only a sugar binge that I fail on but my sugar tolerance is a lot greater now than before. I rub

sesame oil into my body each day and that has improved my skin as I'm prone to eczema and dermatitis bad.

It's not easy to make this change and go through the detox diet, but I can honestly say it's worth the battle and think my family would agree. I'm a far better person to live with. I have heard of so many women suffering with the same symptoms as myself, but most of them are still using Canesten cream from their Doctor, which to me is only short term relief when really with the right diet and simple herbs,

you can be cured long term. It's up to you and how you focus on the programme, but each day gets better and better. My thanks go to Mike."

With permission ;Cathy McNabb. 32 years.

Practitioner comments:

Dietary modifications are essential in dealing with candida, yeast and fungal infections (broadly termed "thrush"). So also is detoxification by herbal, and, on occasion, Homoeopathic means. (We have not moved on to Homoeopathic prescribing for this patient at this stage). Herbals classed as "blood purifiers" are used to achieve detoxification, along with bowel management programmes and attention to lifestyle and body type, (in this case "Vata" or "Air" type). However, due to the candida, elimination of dairy food, wheat and sugar for a time was essential.

Michael J. McCammon, N.D. Naturopath, Medical Herbalist, Iridologist.

TESTIMONIAL # 22 SEVERE SCIATICA

"Hi, last February I was diagnosed with what seemed to be the most acute case of sciatica Doctors or Michael had seen.

My landlady had recently visited Michael for a problem she had been experiencing for awhile and was diagnosed with a liver problem from Michael a problem noone else had picked up, she left with her herbs and then moved home to Edgcombe, then became very ill suddenly and was taken to hospital for a major problem around her liver, she has since told me, it was like a unwound cotton wool roll was

laying around in her stomach, since surgery she has found out she is lucky to be alive, anyway she's going to write to Mike herself so I'll leave that up to her, that's her story.

Mike had formulated his products but had no packaging or labelling or capsule service then, you have come a long way.

I was so sick I did not know whether I was coming or going I promise myself I will never be that ill

again. Anyway, I had a little massage, and Mike put my back into place and gave me all this stuff to

drink, and some herbs in an envelope to eat when I got home (Mineral Max) and I think some Regular Bowel along with some Thyrodine. Anyway, within 3 months I was coming along very well also with the help of a great osteopath and I have not looked back since.

I stopped taking the herbs about six months ago as being a single Mum and a student, trying not to incur any more debts and bills, I never really queried what I was taking and for what. All I knew was that it

worked. It's obvious that I had an underactive thyroid and a sluggish bowel. I never looked as good in my life as I did after my sciatic problem subsided as I was taking the right medication (herbal) and had

been diagnosed right for the first time, yeah, I too have poor memory, irritability, dry skin, constipation, lethargy very cold hands, body and feet, all the stiff joints, OVERWEIGHT again since being off my herbs gosh I looked great 6 months ago wearing a lot of my beautiful clothes, that I have not been able to wear for at least years because of my swollen stomach (pregnant look really is how you would describe it). I believed I was a diabetic, but it would not show on tests, so that's what I put everything down to.

So now I really know that I have a Thyroid problem and sluggish bowel I will always be taking NEW

ZEALAND HERBALS herbs. I cannot wait to take this bloated feeling away again and wear all my beautiful clothes, but most of all keep on my herbs.

I am just about to start "Slender 2000", gosh I need a hand. I'll let you know how that goes too.

I have sent other friends along, they are all happy with their results. Of course, if things are too far gone, you can only assist with some of their problems. It's just getting them to "NEW ZEALAND HERBALS" or on their product before it's too late.

Mike said if I sent him any more customers, he'll have to give me commission, nah, that's not what it's about. After being very ill for the first and last time in my life, I just want to put my friends in the right

hands that can cure them and get on the right path to great health.

I also believe that once you have found a cure for what you had, it must be passed on to others in need of that knowledge for that sickness.

In my area a remote beach in Northern , when I became sick with sciatica, two other women had it too,

one is still feeling the pain regularly and the other a girl I went to school with is having repercussions and is at present very sick with this piercing pain again. She has asked about me and my recovery, and I was only too happy to share my knowledge. Two days ago I visited her, (as us sciatic sisters do), and was real happy to find her on the "NEW ZEALAND HERBALS" herbs great. Coincidentally she has thyroid problems too a sciatic connection perhaps.

I think I'm lucky to have been put in great hands, for at some point during the three months in bed with sciatica I would have opted for the surgeon and his knife, but it's amazing what a little faith and the right medication can do.. Name permission granted: Shirley Dawn Porter"(4297)
TEST # 994 GOODBYE CHRONIC FATIGUE

I am well used to living a physically and mentally active lifestyle and being a professional working in

stressful conditions for long hours. I have spent the last several months feeling drained of energy, and the last few months experiencing moderate to severe aches and pains in my muscles and joints. Over these months I found the week before my period to be the most difficult of all as it appeared to exacerbate all the physical systems and cause emotional stress.

I have been literally dragging myself through each day as I am only in my early 30's this concerned me greatly. I had put my lethargy down to a number of life changing circumstances in quick succession and thought that my body aches and pains was the beginning of arthritis believing I had become old before my time. At this time I read through a list of symptoms under the heading of "Chronic fatigue syndrome"

Alongside this it had the causes. I noted all applied to me, including long term prednisone use. It also

informed me this could take a very long time to heal from. The way I felt I certainly could not have seen myself picking up in a hurry.

After reading this I consulted with Michael J McCammon, a Naturopath who believed much of my difficulty could be caused by my liver and a buildup of toxicity. (he called it "nicotine saturation!") in my blood. I began his Blood Purifying Tonic 2000" taking 3 teaspoon a day. THREE DAYS LATER

after swimming for an hour (something I had not been capable of for a very long time) and working solidly the whole day I realised I had my life back and my energy had actually returned overnight from my first

taking of the Blood Purifying formula, and the aches and pains I was experiencing had diminished by 90%. What really surprised me, after a week of being on the formula my period arrived and I had experienced none of the previously debilitating symptoms"

Yours faithfully
(Name withheld)

PSORIASIS TEST 996

"Went to Mike Sept 1996 with rash in various parts of my body that Doctors could not clear up or control. Everything they gave me, I reacted to; so my only option was alternative medicine.

My results with Mike were instant. For 2 weeks my body was covered with a rash which blistered, oozed, itched, peeled and joints arms, legs and face swelled. It was hell. This was followed by another 2 weeks of the same thing only not quite so bad. When I went out in public people thought I had been

burned; seeing new pink skin all over the place. The next 2 months were much the same, only everything happened more quickly; about 3 days and with longer periods of no rash. It is now July 97 and except for a small eczema type rash in web of a couple of fingers which comes and goes, Im free of discomfort pain and embarrassment. Also finally all symptoms of Glandular fever and other gland problems have gone.

Mikes confidence, support and advice kept me going when I wanted to give up. He never once doubted himself, he explained the reasons why these things were happening and how to fix them.

I wouldn't hesitate in recommending Mike to anyone and he is my first choice over any Doctor.
NAME WITHHELD Original on file 996

ASTHMA

"Since the early age of 4 , I have been an asthmatic and always anaemic. Through the earlier years of my schooling several days and weeks were spent at home with asthma attacks and the after effects of the drugs I was taking. At the age of 14 and than again about 20, I suffered terribly with asthma and after various types of medication, including Ventolin Atomisers, we decided to the only thing to do was to

accept the fact that I would have to take medication every day to counteract the onset of the attacks. I married at 21 and we moved out of town after being told it could improve my health. My husband and I were resigned to the fact that I would probably die from asthma.

February 1983 my first child was born by Caesarean section under general anaesthetic. After a most

dreadful pregnancy I said “no more”. From the first 6 weeks until the baby was born I vomited, suffered from nausea, fatigue and finally ending in acute toxemia. Six months later I still hadn't recuperated.
I

became depressed and was becoming overpowered by stress. My husband and family were nearly driven mad by the continual fearfulness and moaning. Thank heaven they are an understanding lot.

My sister, at that stage owned a health food shop in Greymouth: thanks to her knowledge and understanding she convinced me to see Mike.

January 1984 _ I met Mike McCammon N.D. After a lengthy consultation with Mike, he took photographs of my eyes and for the next three months I visited him regularly and took several herbs and minerals. I soon began to feel better. I'm sure I could never have felt worse than before meeting Mike.

Migraine headaches had been a problem since the birth of my first child. After the doctor telling me it was stress and blood pressure, I decided to tell Mike about it. In a matter of twenty minutes, the headaches had disappeared. A herbal adjustment was all it needed. I suppose about two or three times a year I have my neck adjusted and thankfully I have not had a headache since.

August, 1995 my second child was born also by Caesarean section but under Epidural Spinal block. The pregnancy started out a little rough so along I went to Mike and he prescribed a Homoeopathic remedy which cured all symptoms of morning sickness, the rest of the pregnancy was a breeze. I have never been a person with any amount of will power, but knowing I had to give natural healing a go, decided to change my diet and take supplements. Instead of a lot of fatty foods or preservative based foods, I eat raw fruit and vegetables, fish and chicken. I admit I have not changed my diet so much that I don't eat the odd meal of fish and chips or eat the odd bit of pavlova. I do, however, eat a more balanced diet.

As far as the asthma is concerned it has completely subsided. I eat little cheese and drink hardly and milk now, whereas before, cheese was my main meal. I have more energy and am not afraid to exercise whereas exercise was the main cause of asthma once.

Take it from one who has been there and has no intention of ever going back, being depressed, fatigued, overweight and everything else I was, is no fun for anyone, especially when it's happening to you.

I have gone from a walking Zombie to a reasonably healthy human being. I have come from a point of desperation to reach a stage where I can look back and say goodbye to the past and hello to the future. I still have a long way to go, I know that, but I will keep climbing that ladder of health, and happiness. I can now enjoy life instead of just surviving.

Thanks to one man, Mike McCammon his knowledge and great skill of natural healing, I have improved in health to look back and to look at other people in need of help makes me realise that natural remedies and cures are the best, not the ONLY way this world should be moving towards.

I also take this opportunity to thank Mike, from the bottom of my heart, for all of his help and tremendous energy he has extended to help me and my family. I truly hope your wishes, that mankind will revert back to natural remedies and cures, will come true one day and I want to say now that I am right up there with Mike. It will be a long hard slog but I know if everyone sticks behind Mike he can achieve his goal in life.

Good luck Mike! You are the best.

Name withheld Original on file with photographs of Iris changes test 997

CHRONIC VAGINAL BLEEDING

Dear Michael

Just a note to share with you how much I appreciate your support.

I came to you when I was at my wits end and had lost faith in hospital and doctors and just about given up on my body and was getting used to the idea of having to go through with a hysterectomy.

For the first time in 2 and 1/2 years of visiting the hospital and various doctors finally here was someone that really listened and I felt was truly on my side.

You encouraged me to do counselling which at first I thought would be a waste of time. But over the past few months I can't believe how far I've come so much hard work I have done so determined to beat all this. It brought up so much and yes it's all connected to my whole being.

I got worse before I got better. Those spots that came and covered my body were horrific but great news they're gone.

My cycle (well what used to be continual bleeding and spotting) has changed dramatically.

I had a "normal" cycle for the first time in 3 years last month I have never had 3 weeks without a sign of blood it was so wonderful. The month before was 2 weeks break.

So I'm so excited to see how this month goes.

I know now I will not be having that major surgery. All thanks to your herbs, encouragement, support, emotional energy and love.

Thank you (name withheld original file on record test # 998)

ASTHMA AND FATIGUE

many thanks Freedom arrived this morning. (name) has lost 5 KGs thanks to our not mixing proteins and carbohydrates since Anzac day coupled with Freedom. He is almost a different man. 5 activities yesterday,, whereas one would (normally) wipe him out for the day. Love your articles in OPTIONS much obliged, God Bless. (name withheld test 998)

HEADACHES

"My mother had always had severe migraine headaches and had a spell in hospital as a result of side effects from so-called medication. (name) talked me into taking Mum into coming to see you. She did exactly what you told her to do with regard to food and in the time periods that you said she came out of the migraine cloud and has been so well, healthy and active since that I still marvel at the transformation. Mum is 70 years now and is still busy and active, revelling in the fact that she can belong to organisations and commit herself to being an office holder and various other jobs and know that she can do everything she said she would do without a moment's illness.

Every time I look at Mum and see how energetic and well she is, I think of you so when I saw your name in Healthy Options I felt compelled to write to you to tell you what a difference you made to this family. I will be forever grateful.

You also made a big difference to me as my health had always been poor to indifferent and you showed me how to take control and improve my own health myself, an essential skill to survival today.
Yours Sincerely (name withheld test 999)

CHRONIC FATIGUE THE LOT!

I had experienced chronic fatigue, headaches, burning stomach and problems with my ears for several years. The problems were getting worse. I was finding it more and more difficult to eat because of a

burning sensation in my stomach after I ate. I was losing weight and getting worried. After numerous trips to the doctor I was put on a waiting list of six months to a year just for the initial endoscope which is only to discover the problem without doing anything about a solution. After a lot of prompting and encouragement I went to Michael McCammon. He immediately suspected a lack of hydrochloric acid which is needed to digest food. He took a photo of my irises to confirm this and uncovered several other problems from the photo analysis. Such as parasites in the large bowel, toxins in the liver and pancreas hence burning stomach, chronic fatigue and headaches. Within two days of taking the slippery elm powder, prescribed by Michael to repair the damaged stomach lining and hydrochloric acid tablets the stomach burning vanished and has not returned. He also prescribed his BP liver tonic and that helped to increase my energy levels. I had raised bumps on my forehead which had been there for five years which I had read indicated a buildup of toxins in the liver and pancreas. I decided this would be a good test of this tonic and sure enough after four weeks of using the tonic they gradually disappeared. I had previously used a stream of creams and lotions to try to get rid of those bumps and nothing had worked.

Michael also cleared my ears which had been blocked for sixteen months with an ear candling process. An entirely painless and effective process which killed off the bacterial yeast that had been causing the problems. He then prescribed herbal ear drops to completely eradicate the problem.

I am impressed with Michael's honesty. He will only use or recommend products that meet his standards of purity and concentration. If he doesn't have the best product for you personally, he will recommend other brands. He has a wide knowledge of other brands and herbs and knows which products are effective and which aren't. He is always happy to share his considerable knowledge and will explain in great depth what he thinks will be beneficial. He is also happy to recommend other forms of treatment and therapists if he feels they would be useful for your particular problems.

He personalises your herbal treatment requirements by often combining two or more remedies to reduce the number and expense of medicines that you may require. He goes the extra mile by returning phone calls, posting products to you wherever you are in NZ, trying to another track if one doesn't work to his standard and is always willing to explain what he is doing for your personal treatment and why. I would be happy to recommend Michael to anyone and have done so several times already. In the knowledge that they will be getting a very comprehensive personalised, holistic approach to their specific problems.

(name withheld original file 1000)

KIDS AFTER WORMING

Rashes on (youngest son) all but gone, (oldest) is feeling 100% better. No grumpy moods and seems less agitated than I've ever seen him. GREAT!! (name) has been really tired for first few days but I know that's OK he'll get over it.

All in All everyone's in better spirits.

Thanks heaps

Keep in touch.

(name withheld test # 995)

POST FLU INFECTION

"It all started off over 11 months ago when I got a flu virus and ended up with phlegm on my chest, which would wake me up at night time coughing. I would also cough myself nearly sick every morning with lumps of green phlegm coming up, and I was continually blowing my nose and kept getting a sore throat. I had been on asthma inhalants for the first time in my life and often on the Nebuliser when I got bad. But after going on the "programme" from Michael and taking BP., antiworm formula and Freedom for 4 months, I am pleased to report that the phlegm has gone, I can actually feel the air going into my nose (for the first time in years) my sinuses are nearly clear, I have less wax in my ears, my teeth (false) always feel much cleaner, my hair is not coming out so much, my skin is a lot softer to touch, and I generally feel better in myself, And now I have (under Michael's instructions) done a 9 day Detox and lost 1/2 stone and feel better again."

(name withheld test # 1001)

GUT PROBLEMS , ASTHMA AND THE PARASITE CONNECTION.

In 1987 I went to see Mike McCammon in an attempt to alleviate symptoms of a persistent productive cough with frequent lung infections that I had suffered for a number of years. In addition I had symptoms of bloating, wind and colic type pain especially after eating which were of more recent origin. My visits to my GP had been restricted to getting prescriptions for antibiotics when a chest infection made it absolutely essential. He had nothing to offer me for my underlying chronic problems.

Mike McCammon did an iris analysis and among other things diagnosed that I had parasitic worms that were causing both my gut and lung symptoms. I must admit that I took this diagnosis with a large pinch of salt. Being a parasitologist, I was fairly positive I did not have parasites especially of the kind that could cause symptoms such as mine. However, I followed Mike's detailed advice and embarked on a 10 day fast and a course of herbs. I felt fine during the fast. All my gut problems disappeared and I was tempted to go off food forever! This was more the case when I started eating again. At almost the first mouthful my gut symptoms returned with a vengeance.

After another visit to my GP I had a stool sample analysed and imagine my amazement when he rang to tell me that the eggs of the large round worm, *Ascaris lumbricoides*, had been found. This worm is supposedly not transmitted in New Zealand and so can only be caught abroad or by eating food from

overseas contaminated with the eggs. As I had not been overseas for several years I had to conclude I had acquired the parasite from contaminated food. The most likely candidate seemed to be Turkish figs to which I was (and still am) partial.

The diagnosis of this parasite explained many of my symptoms especially the gut ones. It became clear why they returned so dramatically after I resumed eating after fasting. The poor worms which feed on gut contents, were voracious by that time and went crazy at the first sniff of food! Needless to say, as soon as I realised I had such large, active, unwanted passengers I was determined to get rid of them as fast as possible and went straight for the sledgehammer approach with drugs. Even these didn't work the first time and I had to try again before my gut symptoms disappeared. I has taken many years to work through that one but that is another storey.

In conclusion I would like to say that Mike McCammon was absolutely correct in diagnosing parasitic worms in my gut by Iris analysis.

(name withheld on record # 1002)

SUCCESSFUL FERTILITY TAKE

“Dear Michael

I've finally put pen to paper as I was reluctant to push my luck earlier, not wanting to tempt fate.

I came to you about July last year suffering secondary infertility having been successfully conceived, but unfortunately loosing twin boys at 20 weeks gestation 7 years earlier. Over the successive years I/we had the battery of medical tests where they could find nothing abnormal hence “unexplained infertility” I had two IVF attempts which resulted in fertilised embryos being replaced but unfortunately no pregnancy resulted.

After consulting with yourself you recommended several “New Zealand Herbals” remedies namely the Woman's tonic, thyrodine 2000, Mineral Max 2000,. I took these for about 34 months and I noticed, especially when I started the Woman's tonic 2000, a heightened awareness of my monthly cycle and was in good spirits. On your recommendations I visited (Osteopath) , who manipulated my back and uterus. I remember walking out of his rooms feeling quite euphoric and very positive in my thinking.

During this time my name came up on the Public Health list for another IVF attempt. I found it difficult to decide whether I should continue with the herbal remedies or try the IVF. I decided that in this day and age you don't turn down the public health system so I ceased the herbal remedies upon their request and embarked on what was to be our best ever IVF attempt where the number and quality of fertilised eggs were excellent, (exceeding the other two attempts). The result a successful pregnancy! I am now the very proud mother of a 3 month old son, (name)

I have no doubt in my mind that the above herbal remedies in particular the Woman's Tonic

2000, and the session with the osteopath, contributed to both my physical and mental welfare so that when I embarked on our third attempt I was in a very positive, relaxed frame of mind and to everyone's credit it was a success.

The nurses at National Women's hospital commented that they had noticed those Women who had sought Naturopathic help, particularly for those having stored frozen embryos replaced, had great success rates. (this is not documented)

I have frozen embryos as a back up for next time but hope my body will be able to conceive naturally next time we try when we do I shall visit for some more Women's Tonic 2000 and advice.

Thank you for helping us to achieve a dream

(name withheld) test # 1002.

IRRITABLE BOWEL SYNDROME AND MORE

All my problems started when my system couldn't handle the contraceptive pill and I was strongly advised into having the coil. I fell pregnant on that and for 4 months felt very ill the whole time and turned very black and then I was admitted into hospital where I had a miscarriage (4th pregnancy) They found I had blood poisoning and the coil was imbedded through the baby's neck. (I was in my 30's) I had post natal depression as well which improved soon after I lost the baby. Then I started bleeding in between the periods and was told a small operation would fix it. But things got much worse in the end. I couldn't put my feet to the floor because I would “flood” worse than a tap on full bore and this bleeding contained large clots. After a period of time (23 months) I had a hysterectomy. This left me with high blood pressure. And then about 6 years ago I again took sick at work, feeling generally unwell and I had to sit down most of the time and I was treated as having flu symptoms and didn't get any better. I was then admitted to hospital where they did a series of tests and found I was on one too many blood pressure tablets per day. They had caused an ulcer and I was in need of a gall bladder operation. They left the

tubes in for three weeks the first tube that came out was fine and the second one sent me into spasm

with rolling pains. (couldn't hold me on the bed) A specialist gave me an injection to quieten it. They couldn't explain what caused the pain. After that the bowel went "haywire". I lived on the bed most of the time for the first year, had violent headaches fruit was the only thing I could eat until the Doctor told me to introduce stuff such as the high fibre diet and metamucil. But if I wanted to pass wind I was always to late. I had no control over the bowel, just liquid and a vile smell. I was up all hours of the night with

vomiting and diarrhoea and severe headaches. headaches were better after the vomiting and diarrhoea. I used to go through a 100 pack of panadol per week. That's taking them every three or four hourly. I have been to specialists out of town 3 times and at the specialists here in Gisborne every three weeks (at a cost of \$100 per visit) Specialists said there was nothing they could do to help the "irritable bowel syndrome" (as what they called it) except a high fibre diet. This did not help at all. Tests never showed up anything. We had spent all our retirement savings by this stage seeking help, this amounted to \$29,000! Fortunately our insurance company Southern Cross paid out 80% of it.

After suffering this was for 5 and 1/2 years with no let up off symptoms I still knew there was someone out there that could help.

Last January 1997 walking up town to pay the bill I was having a real bad day carrying my usual spare clothes and tablets which was normal for me as it was now "my life" my little grandson said "why can't you play with us anymore". I walked into a health food shop crying and begged him for help. I had reached the end of my tether and I knew that if I didn't get help this time I would be back in hospital. I was told of a local Naturopath. I rang and made a time and visited Dr McCammon,

a Naturopath and Medical Herbalist. I was given a diagnosis and put on a special diet and given some herbal remedies.

My next visit in 3 weeks my bowel had "eased off" a lot. In about 6 weeks I was fine! fine! and have been doing extremely well ever since. Even my headaches have improved.

I would dearly like to see Michael's profession (Naturopaths and Herbalists) more known and there must be a lot of people out there like me who need help. And I can't thank Michael enough for the time he has put into me. It's wonderful to not have to carry a bag of underwear and other clothes or a bag of tablets. (Name withheld # 992)

WOUND INJURY

On Feb 13th,1997,Adrian was on a school camp. While on a bush walk, he slipped and the side of his leg, below the knee was ripped open by a short sharp tree root. The wound was 6.5 cm long across the side. The flap of the skin was stitched, taking 16 stitches.

Four days after his leg was stitched, he was admitted to hospital, stitches taken out and a gross infection had occurred.

His leg was cleaned twice daily with saline and he was given two different antibiotics. This treatment continued for one month. In that time the flap of skin and the flesh underneath proceeded to rot away to the depth of approx. 2.5 cm.

We were told that the wound needed to be skin grafted, but there was no guarantee of success as hopefully all of the infection had gone.

We were told to take him home for the 4 days before the operation as "he had become to hospitalised"

With this information my husband and I decided to against the operation and to let the wound heal naturally.

Upon taking him home I put together a quantity of herbs.

1. Garlic and Echinacea and Golden seal.
2. Antioxidant
3. Vitamin C and propolis

Doubling the dose.

After 4 days the wound had turned from green to a healthy bright red.

We then met Michael McCammon

He added Blood purifying tonic 2000 to Adrians herbs.

Three days later Michael applied the first of "Green Mountain ointment" This was a poultice.

For two weeks the wound was cleaned with Hypercal, Activator, for any little pussy spots followed by the poultice. Which was changed every 24 hours.

Due to the combination of herbs and the Green Mountain ointment the flesh had risen a little over 2cm.

In this time also new pink skin was growing in from the sides of the wound.

We decided to take Adrian back to the specialist at the hospital for a checkup to see the reaction.

Proudly he presented his leg for inspection only to be met with a rude and abrupt approach. Commenting on the height of the flesh proceeded to cortorize the wound before we knew what was happening. Feeling very depressed we returned to Michael the next day for our appointment where he applied fresh Aloe Vera gel. 5 hour later the wound was looking healthy and red again.

The flesh had now risen to approx. 2.5 cm. a little to high.

To shrink the flesh back a little straight Hypecal was used along with kawa kawa ointment. Three weeks later (now approx. 3 months after the injury), new skin had grown and the remaining size of a 5c coin. Golden seal was powder was applied straight and within 2 days a scab had formed. Five days later the scab dropped off to reveal skin underneath.

The healing was now complete.

After time in the sun, the scar will hardly be noticeable.

We will always be eternally grateful for the day we met Michael McCammon with his knowledge and

power of healing with herbs.

Truly a remarkable man!

Dorothy WarringFlood.

SEVERE BURN

One week before my sons second birthday (1988) we had a visitor who accidentally knocked over about one litre of boiling water over my son. I was outside chopping wood at the time (it was in the middle of a very cold winter and we lived several kilometres away from civilisation) The first time I knew something was very wrong when my wife called me in urgently and explained what happened she had the good sense to immediately remove his upper clothes where the boiling water had spilled copiously over his head and down his arm and chest. I took him and jumped into the creek some minutes away which was icy cold. (I discovered later that cold water or saline just continuously poured over the area would have been less traumatic) We were several hours away from the nearest hospital and my son had been brought up in a completely drug and chemical free environment we had to make a decision whether to deal with this ourselves or subject him to IV drips and all the rest of what we knew to be the standard treatment for severe burns. We decided to tackle this ourselves and take him to hospital the moment we felt out of our depth. All night we kept his wounds wet and all night my mind kept ticking over as to what was the best thing to do. In the morning the full extent of his wounds became apparent as large amounts of tissue sloughed off and the horrendous wound was confronting us. By that time I knew what to do. I am a qualified Naturopath and Herbalist and had in the past worked closely with some remarkable healers and an experience I had some years previously when I had moderately severe sunburn I had used a colleges recipe with good effect. This burn was much more serious with the ever present threat of shock and infection. After showing off my son with tepid water I made a mixture which today is known as Green Mountain ointment from the herbs which grew not more than a few meters from our caravan in which we lived at the time. Immediately upon applying the poultice my the pain and distress my son was suffering from immediately stopped and he went into a deep and peaceful sleep. the poultice was changed every 24 hours and myself and my wife kept an all day and all night vigil to monitor any signs of dehydration and stress. The only stressful times for our son was the changing of the bandages which took only a few minutes. No scab formed as the burn healed from within and while the poultice was on no discomfort or pain was felt by him. By the day of his birthday (2 weeks later) he even managed to put on a smile and happily play with his balloons and his friends. With the daily changing of bandages we observed incredible healing and around 10 days after that the final bandage was removed. Most of the healing occurred within the first two weeks. The doctor was amazed how fast and effectively the

healing had occurred with no complications. He gave us a sobering comment re how we could have had a fatality on our hands. Myself and my wife and the 3 other practitioners we lived with at the time were there for support and advice, at all times we were aware of the risks and would not have hesitated to take him to hospital at the slightest sign of shock or worsening he showed none of these. My Herbal knowledge and faith had taken the ultimate test and my confidence in Gods good herbs never failed me.

To date it never has and I am so grateful for the experience as painful as it was for all of us. My son Ben showed a courage well beyond his years and today he is a fine young man with his own knowledge of herbs. There is some keloid tissue left on his arm and chest which we will deal with when he's ready. Possibly through laser treatment or through other means I am still researching. There is no doubt in my mind that had we gone the other way with IV drips, chemicals and the standard burn treatment of the day he would have had a greater suffering and far worse scar tissue as I have seen many cases prior and since. I do not recommend this home treatment in cases like this at least to this degree. One thing I am convinced about though is that every home in the world should have a jar of Green Mountain ointment in

the fridge! for minor burns and to minimise damage reducing or stopping pain in severe cases while rushing to hospital.

Yours Sincerely Michael J McCammon N.D.

SKIN CANCER & THE "INDIAN POULTICE"

February 28 1999

"Recently I was referred to Michael J McCammon Naturopath. I had basil cell carcinoma removed by the medical profession in Canada, and was not happy with the result; as they left a stitch in the incision, causing infection and more scar tissue than necessary. On top of that, two satellite basil cell carcinomas appeared next to the scar tissue. This was not satisfactory, as you realise you will soon have numerous scars. Aside from this, you begin to wonder if you ever have a chance of beating this affliction or if you will end up being one big mushy mess of scars! So now the mind is trying to panic you into negative thoughts not good! To help me try and panic was a sister of mine who is a registered nurse. As I had another carcinoma on my chest, her words were "Blyth for God's sake go and get it cut out before it gets in your blood system, your life is going great and why chancing DYING DO something about it". That's enough to scare anyone But, being rather stubborn I decided the medical profession was not the answer to the problem. I tried Hoxsey red cover formula and Urine treatment to name a couple. Nothing cured the sores and by now 4 or 5 years had passed. They were always in the back of my mind playing on it. Then a visit to Michael McCammon not knowing what to expect! Well, the next thing, I was on my back having what I call "magic mud" (Indian Poultice) administered to the lesion on my chest. I left the clinic with a herbal Blood Purifying tonic (BP tonic 2000) and mineral blood builder to take (Mineral Max 2000) The magic mud destroyed all abnormal cells in the area and healed well! Then we eliminated the satellites on my back in the same fashion. I also had two sores on my left leg which were going to be serious, due to circulation in the outer limbs. Mike gave me a herbal and mineral mix to build up my system for the Big challenge (Special formula 2000) the two sores on my leg. He warned me they would be big craters and he was right. they were not only big, they were deep! The healing process took time and they were open wounds for approximately 2 months. Being a person who gets infections from small scratches the fact I came through this without even a sign of infection speaks for itself! today, only a month after the last scab came off there is only a small scar with some discoloration which is slowly disappearing. To me, this was worth looking for and waiting out the medical profession, as I feel Michael not only saved my leg but probably my LIFE! the alternative medicine used by Michael WAS "MAGIC"! At all times Michael was there to alleviate my fears that my mind could possibly conjure up, as to the healing process I was going through. Many thanks to an ALTERNATIVE Practitioner who definitely puts the welfare of his clients ahead of monetary gain After all , how much is ones life worth??"

BLYTH. M.DEAN.
PO Box 602
Gisborne
New Zealand

Relief from Epilepsy
Testimony of Mike Pinkerton

I have been in and out of hospital most of my life from a form of epilepsy that the doctors had great difficulty bringing any level of stability to my life. A specialist told me "with the drugs on the market at this time we have a 20% chance of bringing a degree of stability to the form of epilepsy you suffer from to improve the quality your health. I went to talk to Herbal New Zealand Naturopath Michael J McCammon about how disheartened and depressed I felt about my health. Combined with the power of prayer from many precious Christians for healing. I started to use the Blood Purifying tonic to cleanse my liver and my blood to get more oxygen to my brain to stop the seizures. I started to take "Ginkgo mem" which has helped me to remember a lot better and has improved my concentration for longer periods of time.

I also took (Mineral Max 2000) capsules to replace the vitamins which were getting drained out of

my
system. I was a real sceptic and was pretty closed minded to the use of alternative forms of treatment.

My attitude has totally changed to the using of herbal remedies to improve my health. This is mainly due to the radical results I have experienced as a result of using these products. I have been taking these products for a little over two months. I have had a 70% reduction in amount of small facial seizures which used to number 2030 seizures a day. The number of these seizures have been dramatically cut down also to 25 small facial seizures a day and other days I do not have any.

I do not get run down and tired like I used to. It is so cool to end the day and still have energy. I thank God for the hope that has been restored to me through many peoples prayers and the circumstances that bought my path across Herbal New Zealand products.

Yours faithfully

Michel Pinkerton

Single Herbs

ALFALFA: (*Medicago sativa*) From Arabic meaning "Father of all foods", alfalfa contains more minerals and trace elements within an alkaline reaction than any other herb. Rich in natural chlorophyll and cholesterol lowering properties it has blood cleansing and building properties. It contains almost all known vitamins, minerals, and trace elements including vitamins A, B1, B6, B12, C, D, E, and K, niacin, pantothenic acid, biotin, folic acid, protein, plus eight essential amino acids, Calcium, Phosphorus, Potassium, Magnesium, Iron, Zinc, and Copper. It combines well with other natural supplements. Well known as a nutritive tonic, its action is cleansing and detoxifying, and provides the raw materials for the bodily structure, electrochemical activity, and all metabolic processes.

BACOPA: A traditional Ayurvedic herb used as a brain tonic to improve memory and learning. Other traditional uses include epilepsy, insanity, nervous breakdown and exhaustion. Experiments with laboratory rats have verified its effects on learning and memory, by demonstrating reduced errors, and improved performance in acquisition and retention.

BARBERY BARK (BERBERIS VULGARIS) Contains antiseptic and liver stimulating properties and assists the removal of morbid matter from the stomach and bowels. High in Vitamin C the herb contains iron, manganese and phosphorus.

BARLEY GRASS : Barley grass contains one of the highest quantities of life giving chlorophyll.

BLACK COHOSH: (CIMICIFUGA RACEMOSA) Useful as a tonic for the central nervous system the herb is also one of the finest antispasmodic, antirheumatics and anti inflammatory agents in the herb world. It contains effective amounts of calcium, potassium, magnesium, and iron and some vitamin A, inositol, pantothenic acid, silicon and phosphorus. It is a safe natural sedative which exhibits anti inflammatory, hypoglycaemic, and estrogenic activity. It is also antispasmodic and alleviates pain. Traditionally used by the American Indians for 100's of years to assist childbirth, and in the recommended dosage it has never been shown to produce toxic effects.

BLACK WALNUT(GREEN HULLS):

Black walnut oxygenates the blood to kill parasites. Containing organic iodine, the kernel and the green husk have been used to expel various kinds of worms by the Asians, as well as by some American Indian tribes. External applications have been known to kill ringworm. It has high tannin content and juglandin, juglone, and juglandic acid, which may be responsible for its anthelmintic property.

BLADDERWRACK: (FUCUS VESICULOSIS) Kelp contains all the minerals considered vital to maintaining health including good amounts of the nutrients necessary to assimilate Iron in the human physiology such as Organic Iron Iodine, Calcium, and the B complex vitamins. Its nearly 30 minerals and vitamins include Sulphur, Silicon, Phosphorus, Sodium, Potassium, Magnesium, Copper, Zinc, Manganese, Vitamins A, C, E, and K and small amounts of lecithin. Amongst its many medicinal properties are its benefits to the thyroid gland, its ability to absorb toxins from the bowel, sooth the digestive tract, and regulate colonic bacteria.

BUCHU: (BAROSMA BETULINA) Buchu has a healing influence on all complaints of the genitourinary tract. Its astringent, tonic and disinfectant properties remove excess uric acid, reducing bladder irritations, scalding urine and other urinary tract infections. Has been used in treatment of prostatitis.

BURDOCK ROOT: (Artium lappa) Burdock has a strong action in cleansing the blood and the lymphatic systems. It clears congestion, reduces swelling and dispels toxins via the skin, kidneys and bowel. It is a nutritive tonic and rejuvenate. Historically it has been used to support the action of the kidneys in urinary tract infections and skin and joint conditions. Burdock is indicated in all conditions where an accumulation of toxins is present in the body especially in particular skin diseases such as boils, eczema and ulcers.

CATS CLAW (UNCARIA TORMENTOSA) This South American herb sometimes called "Una de Gato" has been described as the most therapeutic herb in the world having the status as a Panacea in Peru. The herb has demonstrated effectiveness in growing hair and turning grey hair black.

CAYENNE: (Capsicum frutescens) Cayenne is one of the finest circulatory stimulants and equalisers known. One of the favourite herbs of the Thomsonian School of Herbal Medicine. It has a tendency to

normalise blood pressure in that if the blood pressure is too low, it will tend to bring it up. When too high, its tendency is to bring it down. Helpful in cases of heart weakness or heart attack for revival purposes in larger doses than is in the formula. It is used within this formula for the above reasons and to help stimulate the other herbs into action.

CHASTE TREE: (VITEX AGNUS CASTUS) Vitex has traditionally been used for over 2,000 years.

Rich in flavonoids and micronutrients, it is a useful remedy for hot flushes that occur as a result of low levels of oestrogen. It can help reduce flooding, spotting, irregular periods, fibroids, and endometriosis, while balancing emotions, making skin clearer, improving vaginal dryness and hormonally related digestive distress such as constipation and indigestion. It counters many of the usual P.M.S. symptoms such as headaches, depression, fluid retention and breast tenderness. Shown clinically to increase the brain levels of dopamine, it can increase the sense of well being. Vitex is slow acting but profound in its effects.

CHICKWEED: (STELLARIA MEDIA) Chickweed is a herb that has traditionally been used as a blood cleanser and metabolic balancer. It has nutritive, cooling and demulcent properties and its saponins and mucilaginous substances are said to help dissolve the plaque out of the blood vessels and fatty substances out of the system. Chickweed is mild and has been used for a food as well as a medicine. Its effectiveness may depend on the herb's high nutritive content which includes vitamin A, several B vitamins, vitamin C, phosphorus, zinc and calcium.

CITRUS SEED: Citrus seed extract has been shown to be effective against a number of intestinal parasites including Giardia, Candida albicans and the stomach pathogen Helicobacter pylori thought to be associated with gastric and duodenal ulcers. Many Naturopaths believe that abnormal bowel flora, particularly overgrowth with Candida albicans and other parasites, can lead to many other manifestations of chronic ill health.

COLOIDAL MINERALS : From an ancient seabed. Our body tissues are mildly saline. It has been postulated that this internal environment is similar to the sea from which we supposed evolved. Our colloidal minerals contain uncontaminated fossil seawater rich in all known minerals and trace elements.

COUCH GRASS: (AGROPYRON REPENS) Couch grass is well known by Herbalists for its beneficial effects on the urinary system. Especially useful in cystitis and catarrhal diseases of the bladder. Containing antibiotic properties, it contains silicon, potassium, sodium, magnesium, calcium and vitamins A, C, and B complex.

CODONOPSIS: (CODONOPSIS PILOSA) This traditional Chinese herb is similar to Panx Ginseng with none of the difficulties for children's consumption. Increases the red blood cell count and improves conditions of anaemia, hypoglycaemia, debility and adrenal exhaustion.

DAN SHEN: (Salvia miltiorrhiza) A circulatory tonic, hypertensive, anticoagulant and sedative. Dan Shen is used in traditional Chinese medicine for the treatment of "blood stagnation" and coronary heart disease. Its action is dilating to the blood vessels, increases portal and liver flow and acts as a natural chelating agent to the micro vascular walls. Thus it relieves ischaemia (anaemia) of the tissues and enriches nutrition to the cells accelerating repair of damaged vessel walls. Overall Dan Shen improves blood flow and reduces the tendency for red blood cells to stick together (platelet aggregation).

DANDELION ROOT: (Taraxacum officianalis) Dandelion cleanses the liver, kidneys, lymph and bowel and is ideal for toxic blood conditions. It increases the secretion of digestive enzymes and bile and is widely regarded as the supreme liver tonic. An excellent source of Iron, Sodium and vitamin A, it has been used to treat liver conditions, constipation, digestive upsets, inflammatory skin conditions such as psoriasis, urinary problems, hepatitis, gout and rheumatism.

DAMIANA: (TURNERA APHRODISIACA) Damiana has been recommended for increasing sperm count in the male (and to strengthen the egg in the female) It is useful in increasing sexual prowess. The herb has been said to be one of the most popular and safest of all plants claimed to restore the natural sexual capacities and function.

DEVILS CLAW: (HARPAGOPHYTUM). Extensive experiments have proven that Devils claw has healing powers in arthritis, rheumatism, diabetes, arteriosclerosis, liver, kidney and bladder disease. It cleanses toxic impurities from deep in the muscle and tissue walls.

DON QUAI: (ANGELICA SINENSIS) Don Quai has been named the Queen of all the female herbs. It has a mild tranquillising effect on the central nervous system and gives nourishment to the brain cells. It is also said to nourish the blood and womb, and lubricate the intestines. This blood purifier, cleanser and circulatory tonic has been used in almost every type of complaint of the female system. It possesses constituents for nourishing female glands, and helps to strengthen all body organs and muscles especially of the mother to be.

ECHINACEA: (ECHINACEA AUGUSTAFOLIA) Echinacea is a well known natural antibiotic and immunostimulant which improves the body's resistance to viral and bacterial infections by stimulating the production of white blood cells. It improves lymphatic filtration and drainage and helps to remove toxins from the blood. Termed the King of the Blood Purifiers, it is ideal, along with other herbs for healing infections of the sinuses.

ELECAMPANE: (INULA HELENIUM) Elecampane is a gentle, stimulating expectorant with a strengthening and tonic action on the lungs. It has mild antiseptic and antibacterial properties. Indicated in congestive bronchial or pulmonary disorders such as bronchitis or asthma. Helps to facilitate the release of mucus.

EMU OIL

Is the best natural carrier of remedies to where they are required in the human body. Also increases the efficacy of the other elements and is excellent for restoring the natural elasticity of the skin.

EUPHORBIA: (EUPHORBIA HIRTA) Traditionally used for its spasmolytic, antiasthmatic, expectorant and anticatarrhal properties which act on the respiratory system. Indicated in asthma, bronchitis, nervous cough, and cough caused by upper respiratory catarrh (toxic mucus). Euphorbia has spasmolytic and antiasthmatic actions on the respiratory system as well as having expectorant and anticatarrhal properties. It contains triterpenoid saponins, sterols, flavanoids (including quercetin) small amounts of an alkaloid tannin, etc. Euphorbia is indicated in asthma, bronchitis, nervous cough and cough caused by upper respiratory catarrh.

EYEBRIGHT: (EUPHRASIA OFFICIANALIS) Eyebright is an effective antiseptic antiinflammatory with cooling, detoxifying, and anticatarrhal properties. The herb acts within the formula as a vasoconstrictor to the nasal mucus membranes and conjunctiva. It has been shown to be effective in catarrhal conditions of the ear, eye, nose and throat. It contains vitamins A, C, B complex, D and E, and the minerals iron, silicon, copper and zinc, with traces of iodine.

ELECAMPANE: (INULA HELENIUM) Elecampane is a gentle, stimulating expectorant with a strengthening and tonic action on the lungs. It has mild antiseptic and antibacterial properties. Indicated in congestive bronchial or pulmonary disorders such as bronchitis or asthma. Helps to facilitate the release of mucus.

EUPHORBIA: (EUPHORBIA HIRTA) Traditionally used for its spasmolytic and antiasthmatic actions on the respiratory system, and expectorant and anticatarrhal properties. Indicated in asthma, bronchitis, nervous cough, and cough caused by upper respiratory catarrh (toxic mucus).

FENNEL OIL: (OLEUM FOENICULI) Fennel has a stabilising effect on the nervous system. The herb has a pain relieving property, and the seed has a powerful expectorant and antiinflammatory action.

FENNEL HERB: (FOENICULUM VULGARE) Fennel is a natural digestive, carminative, stimulant with appetite suppressant properties. The herb is mildly diuretic which also adds to its value in weight loss. The volatile oils which are responsible for most of its medicinal action stimulates the gastric mucosa which in turn stimulates the pancreas to increase its secretions resulting in better and quicker digestion of food with less flatulence. Fennel also has a general cleansing and organ purging action and tends to reduce spasm of smooth muscles. Oil of fennel contains a phenolic ether (anethole) and a ketone (fenchone) The oil has a powerful expectorant and antiinflammatory action.

FENUGREEK: (*Trigonella foenumgraecum*) A herbal food for convalescence and debility. Particularly for the nerves, digestion, and liver. Lowers high blood sugar.

GARLIC (*Allium sativum*) Garlic is a natural antibiotic, antispasmodic and disinfectant. Small quantities of raw garlic is beneficial in Asthma if the individual can handle it. Best with food.

GINGER:(*GINGIBER OFFICINALE*) Ginger is a diffusive stimulant which acts as a catalytic agent in that it effectively increases the power and potency of any other herb it is combined with. As a gentle stimulant its power is unequalled in by any other herb. It contains vitamins A, C and B complex making its stimulating properties nutritional rather than merely chemical. It also contains the minerals calcium, phosphorus (a brain stimulant) iron (blood oxygenation) sodium, potassium and magnesium.) Ginger is a circulatory stimulant, antiinflammatory, and a natural expectorant which reinforces the therapeutic effect of other herbs. Its uses in respiratory diseases and digestive conditions are well known. Ginger is described by herbalists as a "diffusive stimulant", indicating that it has a natural heating quality. Ginger owes its pungency and stimulating effect to a phenolic compound, ginerol. Ginger also possesses expectorant and visceral relaxant properties and is a pulmonary antiseptic, probably largely due to its content of essential oil..

GINKGO: (*GINKGO BILOBA*) Ginkgo has been shown in clinical studies to improve blood flow to the brain, inhibit vasospasm and platelet aggregation and to improve peripheral blood flow. It has been used to increase short term memory, intelligence, improve emotional stability, headaches, balance, and EEG analysis..

GOATS RUE (*GALEGA OFFICIANALIS*): Has been used to treat both high and low blood sugar. Galega promotes the glucose (sugar) uptake by cells, and inhibits the intestinal absorption of glucose. It also has a regenerative effect on the insulinproducing cells of the pancreas.

GOLDEN ROD: (*SOLIDAGO VIGUREA*) Golden Rod is antiinflammatory, anticatarrhal and an anti septic to the mucus membranes. It is specially useful in chronic nasopharyngeal catarrh.

GOLDEN SEAL: (*HYDRASTIS CANADENSIS*) Golden seal was a favourite herb of the Cherokee Indians, and is well known for its natural antibiotic activity, and detoxifying properties. It has an anti catarrhal and antiseptic action on all mucus services such as the nasal area, bronchial tubes and throat. The herb contains powerful alkaloids, mainly hydrastine and berberine, and the vitamins A, C, B complex, E and F, and minerals calcium, copper, potassium, phosphorus, manganese, iron, zinc and sodium. Valuable for all catarrhal conditions and has the ability to heal mucus membranes anywhere in the body. When taken with other herbs it increases the tonic properties of the whole formula. Containing vitamins A and C B complex, E,F, calcium, copper, potassium, phosphorus, manganese, iron, zinc and sodium.

GOTU KOLA: (*HYDROCOTYLE ASIATICA*) Gotu Kola is excellent when used after a nervous breakdown. The herb is able to assist the rebuilding of energy reserves. For this reason it is known as 'food for the brain' It increases mental and physical power, combats stress and improves reflexes. Gotu Kola has an energizing effect on the cells of the brain. It is also said to help prevent nervous breakdown. It relieves high blood pressure, mental fatigue, and senility, and helps the body defend itself against various toxins. Gotu Kola has been called food for the brain after its tonic and nerveine properties. The herb has long been used in traditional Ayurvedic medicine as a "tonic for the hair" and to aid hair growth. Contains vitamins A and C, vitamin B complex, E, F, calcium, copper, potassium, phosphorus, manganese, iron, zinc and sodium.

GREEN OATS: (*AVENA SATIVA*) Oats have a particular affinity for the skin. High in vital skin and nerve nutrients such as silica, calcium, magnesium and protein. They have been used in its crude form and in homoeopathy in cases of sexual debility, nervous exhaustion and skin problems.

GRINDELIA: (*GRINDELIA CAMPORUM*) A relaxing expectorant useful in respiratory conditions marked by spasms and tension such as asthma, asthmatic bronchitis, whooping cough, dry, irritable or nervous cough, and cough caused by upper respiratory catarrh. It contains about 20% of resins, saponins, (including grindelin), essential oil, flavonoids, tannins and a bitter alkaloid. grindeline.

Grindelia is used in respiratory conditions marked by spasms and tension, such as asthma, asthmatic bronchitis, whooping cough and dry, irritable or nervous cough. It is also indicated in cough caused by upper respiratory catarrh.

GUAR GUM: When mixed with water, Guar gum swells to form bulk in the intestine and creates a feeling of fullness. Because of this, it needs to be taken with large amounts of water. Recent research has shown it reduces levels of low density lipoprotein cholesterol (the "bad" type) between 10 % to 25% over a three month period.

GYMNEMA: (*Gymnema sylvestre*) Found in the rainforests of central India, this vine has a long history in treating diabetes. The Indian name "Gurma" means sugar destroyer, and it has tremendous application here in the "West". Documented in Ayurvedic texts over 2000 years ago, it appears to have a beneficial action on the liver and pancreas, and has a normalising effect on blood sugar levels. Gymnema pacifies the craving for sugar, and may be an aid in dieting and weight control.

HAWTHORNE: (*Crataegus oxycantha*) Hawthorn berries have a special action on the heart, strengthening the heart muscles and promoting longevity. Particularly good for nervous palpitation, or the heart problems of old age, and to reduce cholesterol and arteriosclerosis. Hawthorn increases peripheral blood flow and reduces blood pressure by decreasing peripheral resistance mainly by vasodilatation of muscles. Particularly useful in formulations for hypertension through its action on the heart muscles. Also decreases myocardial oxygen need.

HORSETAIL:(*EQUISETUM ARVENSE*) Contains significant amounts of silica in the form of silicic acid. The herb has also been found to stimulate circulation to the skin.

HYPERICUM: (*HYPERICUM PERFORATUM*) Hypericum is a gentle sedative with a calming and restorative effect on the nervous system. It is specifically indicated in neurotic depression, anxiety, tension and irritability. Its active constituent, hypericin is thought to help the release of neurotransmitters in the central nervous system.

INULA: (*Inula racemosa*) This traditional Ayurvedic herb is used for heart disease especially angina. Inula aids the oxygenation of the heart and has a calming effect particularly on those suffering from ischaemic heart disease. Also has some pacifying effect on stressed or overactive adrenal glands. It is a gently stimulating expectorant and has a strengthening tonic action on the lungs, as well as some anti tussive and bacteriostatic properties. Elecampane contains an essential oil (including camphor and lactones), triterpenoid saponins with expectorant action, mucilage and about 40% of the polysaccharide inulin. Elecampane is indicated in congestive bronchial or pulmonary disorders such as bronchitis and will increase the productivity of coughs of bronchial or pulmonary origin. The essential oil acts as a pulmonary antiseptic.

IODINE: Iodine is an essential trace mineral for the thyroid gland. Needed in small amounts as a component of the thyroxine hormone produced by the thyroid gland. Most of the Iodine is stored in the thyroid gland. Thyroxine accelerates the release of energy in the tissues from the combustion of glucose. Iodine aids the nutritive processes, balances the general glandular system, colour and texture of hair, energy production, excess fat metabolism, promotes growth and development, promotes proper thyroid function and stimulates the circulatory system. The importance of this vital trace mineral with its profound influence on every tissue and gland can never be overestimated. Its deficiency symptoms are endemic in New Zealand and the vast majority go unrecognised .

KELP (*FUCUS VERSICULOSUS*) An excellent promoter of thyroid glandular health. The thyroid governs the health of the hair and skin. Kelp contains nearly 30 minerals. It is rich in iodine, calcium, sulphur and silicon. It also contains phosphorus, iron, sodium, potassium, magnesium, chlorine, copper, zinc and manganese. It has a small amount of barium, boron, chromium, lithium, nickel, silver, titanium, vanadium, aluminium, strontium, bismuth, chlorine, cobalt, gallium, tin and zirconium. The plant is rich in B complex vitamins. It contains vitamin A, C, E and F.

KAWA KAWA LEAF: (*MICROPIPER EXCELSUM*) The root, fruit and seeds, and especially the leaves of the Kawa Kawa plant were favourite remedies of the New Zealand Maori. Externally, Kawa Kawa was used to heal cuts and wounds, as an ingredient in vapour baths, and also as an insect repellent.

Internally, it was found to be efficacious as a blood purifier in cases of eczema, boils, cuts, wounds, rheumatism, neuralgia, ringworm, itching sore feet, and all forms of kidney and skin ailments.

LAVENDER: (LAVENDER OFFICIANALIS) Lavender is an excellent insecticide and antiseptic, with antburn and aromatic properties.

LICORICE ROOT: (GLYCYRRIZA GLABRA) Liquorice root and its derivatives, especially glycyrrhetic acid, have been found to possess substantial antiarthritic and antiinflammatory properties. It has a high affinity for glandular receptors that are specific for adrenocortical hormones and has a healing effect on the adrenal glands supporting the release of their antiinflammatory substances (corticoids). Liquorice root can be every bit as effective as hydrocortisone with none of its side effects. Liquorice is one of the most studied of all plants. Containing biologically significant amounts of Iron, Chromium, Cobalt, Magnesium, Zinc, Niacin, Silicon and Sodium, B complex vitamins, Biotin, Pantothenic acid, Calcium, Phosphorus, Potassium, Protein, Thiamine and Vitamins A, C, and E. Over 50 times sweeter than sugar, it helps to reduce the sugar craving that often goes along with the symptoms of low iron, while providing, with its mineral salts and pantothenic acid, a natural support for the adrenal glands. Liquorice root is a natural antiinflammatory with emollient and soothing properties and acts along with its iron content to help sweeten, distribute and potentise the formula. Liquorice root is a natural antiinflammatory agent and is healing to all mucus surfaces. It is an effective expectorant, helping to liquefy and expel toxic mucus from the body. Cleansing for the lungs and stomach it is a mild laxative which soothes and tones the mucus membranes, relieving muscle spasms and reducing inflammation.

Liquorice has been used historically by the Greeks, Egyptians and Romans, and by the armies of Alexander the Great. The herb imparts great stamina and contains factors which help to stimulate normal adrenal function as well. Contains iron, chromium, cobalt, magnesium, manganese, niacin, phosphorus, potassium, protein, silicon, sodium, thiamine, zinc and vitamin C. Healing to all mucus surfaces, it distributes the other herbs in the formula as well as having its own energising properties.

Liquorice is antiinflammatory, largely due to its content of glycyrrhizin. It also has marked expectorant and demulcent properties as well as spasmolytic action. Glycyrrhetic acid, the aglycone of glycyrrhizin, has been shown to have an antitussive effect similar to codeine.

LECITHIN: Lecithin is needed by every living cell in the human body. Cell membranes, which regulate which nutrients may enter the cell, are largely composed of lecithin. Its structure protects the cells from oxidation damage, and without it the cell membranes would harden. Lecithin aids the absorption of the fat soluble vitamins, and acts as an emulsifying agent enabling fats, such as cholesterol and other lipids, to be dispersed in water and removed from the body.

MALABAR TAMARIND: (GARCINIA CAMBOGIA) The Malabar tamarind or Brindleberry is currently receiving much attention as a potential weightloss herb. The fruit of this Indian plant, which is not related to the Tamarind contains xycitric acid (HCA). Research has shown that HCA inhibits a liver enzyme involved in the conversion of excess carbohydrate into cholesterol and fatty acids. This results in increased glycogen production and experiments have demonstrated significant reductions in both food intake and body weight.

MANUKA HONEY: Honey is a natural sweetening agent that has many healing properties. New Zealand Manuka honey has been shown to be high in antibacterial and antiinflammatory properties. The honey in the Herbal Iron formula along with the liquorice, malt, molasses and glycerine helps to make the taste more pleasing.

MULLEIN: (VERBASCUM THAPSUS) Mullein has a calming effect on inflamed and irritated nerves.

Valuable for all lung problems it controls coughs, cramps and spasms and loosens mucus removing it from the body. The herb also has nourishing and strengthening properties. Mullein combines the soothing and relaxing actions of mucilage with the stimulating expectorant action of saponins. Other constituents include essential oil, glycosides (including aucubin) and the flavonoids hesperidin and verbascoside. Mullein is also antiinflammatory and anticatarrhal and helps dispel congestion from the lungs. Mullein is indicated in bronchitis, dry and hard coughs, respiratory catarrh, asthma and hay fever.

NETTLE: (URTICA DIOICA) Nettle is rich in chlorophyll and contains alkaloids that neutralise uric acid. Its affinity for the skin could also be due to its homoeopathic action of having the opposite effect in a small dose to what it would cause in a larger dose. May cause irritation when in contact with the skin.

Nettle is also very rich in minerals and vitamins such as calcium, magnesium, chromium, iron, phosphorus, potassium, silicon, zinc, selenium, thiamine, and vitamins A and C, riboflavin and high quality protein.

OATS GREEN (AVENA SATIVA) Rich in body building elements oats is high in silicon and rich in calcium. Also contains phosphorus and vitamins A, B1, B2, and E.

OLIVE OIL: A cholesterol free oil with bacteriostatic and skin healing properties.

OREGON GRAPE (Berberis aquifolium) Well known for the treatment of skin diseases due to toxins in the blood. The herb stimulates the action on the liver and is one of the best blood cleansers. Mild stimulant to the thyroid functions and aids in the assimilation of nutrients. A tonic for all the glands it

contains minerals such as manganese, silicon, sodium, copper and zinc.

PANAX GINSENG: Panax is one of the most important energising herbs traditionally used in Chinese medicine. It is transforming, nourishing and warming to body tissues and the blood stream. Said to "calm the spirit" it has been used for conditions of anxiety, stress, fatigue, low resistance and lowered libido (low sexual desire and/or function). Ginseng increases the oxygen carrying capacity of the blood and makes the muscles more able to use free fatty acids in the blood stream. Its overall effect is energising, and it is particularly suited to men.

PAW PAW LEAVES (CARICA PAPAYA) Pawpaw has long been used by the Australian aboriginals in the treatment of cancer. Dr Jerry McLaughlin of Purdue University, USA has discovered an anticancer substance from the pawpaw tree and an Australian layman Stan Sheldon was cured in 1962 of cancer he claims due to the use of pawpaw. Since that time Stan has reckoned to have cured 75 people with the remedy. No definitive proof exists to date however of the effectiveness of this plant

PLANTAIN: (PLANTAGO MAJOR AND MEDIA) Plantain is a fine blood purifier and has been used

traditionally by the Europeans, American Indians and Maoris of New Zealand. Externally the leaves were used for boils, ulcers, eczema, nettle rash, insect bites and stings.

POKE ROOT: (Phytolacca Americana) Blood purifier with a cleansing action on the liver, spleen and lymph. Renowned for its effect in stimulating a sluggish glandular system.

PRICKLY ASH: (XANTHOXYLUM RUTACEAE) Prickly Ash destroys toxins in the gastrointestinal tract, including worms, and has been traditionally used for treating yeast infections, and candida, either in the gastrointestinal tract or in the blood. Also skin diseases, digestive problems, cold abdominal pain, chronic chill, lumbago, chronic arthritis and rheumatism. It is beneficial to the plasma, blood, muscles and the digestive and circulatory system. It has heating energy, and a bitter taste.

PSYLLIUM HULLS: (Plantago psyllium) Renowned as the finest lubricating and bulk laxative in the plant world. Through its bulking action it aids the even distribution of the organic minerals within the formula. Where there are mineral deficiencies, inadequately processed food and metabolic waste encumbering the intestinal mucosa, regardless of whether the person experiences constipation or not, Psyllium Hulls gently removes the waste and encourages healthy peristalsis, and thus, along with the other formulas, improves the assimilation of all other nutrients.

PHYLLANTHUS (PHYLLANTHUS AMARUS) This traditional remedy of India has been used for the

treatment of jaundice. The herb shows hepatoprotective effects (liver protecting) and antiviral activity especially against hepatitis B virus.

QING HAO (CHINESE WORMWOOD) Has a similar action to Artemisia and some herbalists claim to get better results to avoid the controversy I include both wormwoods in this formula.

RED CLOVER (Trifolium pratense) Firmly entrenched in American folklore red clover has gained a reputation as a fine blood cleansing herb. Rich in micronutrients it possesses activity against several bacteria, the most significant of which is the pathogen that causes tuberculosis. A good dietary supplement of vitamin A and Iron it also contains B complex, vitamins C, F, and P, some selenium, cobalt, nickel, manganese, sodium and is particularly rich in magnesium, calcium and copper.

RED RASPBERRY: (RUBYS IDEUS) Red raspberry is one of the most well known women's herbs.

Very helpful during pregnancy, it contains nutrients to help strengthen the uterus, helps to reduce nausea, and to prevent haemorrhage, and reduces pain, especially false labour pains, and eases childbirth. In the menstruating woman it can relieve painful periods and aid the flow. Rich in vitamins and minerals, especially iron and calcium, it has also been used in many children's illnesses such as colds, diarrhoea, colic and fevers in all their stages.

ROSEMARY: (ROSEMARINUS OFFICIANALIS) OIL. Rosemary stimulates the circulatory, digestive, and nervous system. The brain is especially stimulated by Rosemary and it is said to aid clear thought and memory. Its stimulating and warming action increases blood supply to the brain. Traditionally it has been used for poor memory and concentration, as an aid in studying, to aid recovery after a nervous breakdown and as a general tonic in the young and old. Contains vitamins A and C, Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium and Zinc.

SARSAPARILLA: (Smilax ornata) Sarsaparilla purifies the urinogenital tract, dispelling all infection and inflammation. While purifying the blood, it also improves digestion and helps to dispel accumulated toxins in the gastro intestinal tract by its gentle laxative action. Its purifying action extends to the nervous system and is therefore useful in many nervous disorders. Sarsaparilla's diaphoretic and blood cleansing action is useful for rheumatic inflammation.

SAW PALMETTO: (SERENOA SERRULATA) Saw Palmetto has been shown to tone and strengthen the male reproductive system. It may be used with safety where a boost to the male sex hormones is required. It is specific in cases of enlarged prostate glands and of value in infections of the genitourinary tract. Has been shown in double blind clinical trials to reduce the size of enlarged prostate glands in older men and to relieve irritation of the bladder. It corrects the irritable character of the urine, increases the ability to void urine with ease. In women it has been shown to increase breast size and increase sexual power and fertility.

SHATAVARI (Asparagus racemosus) The main Indian Herb for Women. Especially the reproductive system and the Blood. An effective demulcent (soothing agent) for the lungs, stomach, kidneys and sexual organs. Works on all tissue elements and the circulatory, reproductive, respiratory and digestive systems.

SCHISANDRA: (SCHISANDRA CHINENSIS) Used in China traditionally for strengthening the lungs, kidneys and adrenal glands. It is said to calm the spirit and is used accordingly in insomnia, palpitations and forgetfulness. The lignans in Schisandra improve concentration, fine coordination and sensitivity in young children. It also improves vision and hearing and reduces fatigue. It elevates liver microsomes, which increase the ability of the liver to detoxify foreign substances in the body.

SIBERIAN GINSENG: (ELEUTHEROCOCCUS SENTICOSUS) Siberian Ginseng is a herbal adaptogen. This means it helps the body adapt to environmental changes and increases resistance to radiation and other stresses including physical, chemical and biological. Studies on healthy individuals have shown an increase in mental and physical performance, work capacity and stamina. Proof readers are quicker and make fewer errors.

SKULLCAP: (SCUTELLARIA LATERAFLORA) Skullcap has relaxing and gentle sedative effects on the central nervous system. It also has tonic restorative effects on the nerves, which may be due in part to its potassium, calcium, and magnesium content. It also contains iron, zinc and vitamins C. and E.

SLIPPERY ELM: (Ulmus fulva) A highly nutritive tonic food for conditions of deficiency. Helps to rebuild the plasma element of the body and helps to restore the mucus membranes, particularly of the lungs and stomach. Its emollient action is very soothing for inflamed or ulcerated membranes and surfaces. High in Niacin, Riboflavin, and Thiamine, plus vitamins E, F, K, and containing the minerals Calcium, Iron, Sodium, Selenium, Iodine, copper, Zinc, Potassium and Phosphorus, it has as much nourishment as oatmeal.

STYLLINGIA ROOT : (STILLINGIA LIGUSTINA) An effective glandular stimulant as well as an activator for the liver. Said to be valuable to rid the system of toxic drugs when using chemotherapy treatment for cancer. It is one of the most powerful herb alteratives (blood purifiers) known.

SQUAW VINE: (MITCHELLA REPENS) Squaw vine is especially useful in childbirth, strengthening the uterus for safe and effective childbirth. Known as a uterine tonic by herbalists, it relieves congestion of the uterus and ovaries. Helps restore menstrual function, and contains antiseptic properties, ideal for any kind of vaginal infection. It is also a natural gentle sedative and best used with the other herbs in the combination.

VERVAIN: (VERBENA OFFICINALIS) Vervain is well known as a nerve tonic by herbalists, and has been used for hundreds of years. It is indicated in a wide range of nervous disorders including depression, nervous exhaustion, and stress. It is also a liver tonic, useful where there is a relationship between depression and the liver.

VALERIAN: (VALERIANA OFFICINALIS) Valerian is a strong nervine and is very helpful for insomnia. It contains an essential oil and alkaloids which combine to produce calming and sedative effects. It can be used as a tranquilizer but leaves one feeling refreshed rather than sluggish. It is known as a safe non narcotic herbal sedative and has been used traditionally in anxiety states. The herb is best used with other nervines such as the ones in this formula and also has a pain relieving and antispasm property. It is rich in magnesium, potassium, copper and zinc.

WHITE WILLOW: (SALIX) The original source of salicin, the forerunner of aspirin, white willow bark is a natural pain killer. It is an excellent nerve sedative and, in combination with the other herbs is mild on the stomach. Historically it has been used for pain of many different sorts, including rheumatism, headache, fever, arthritis, gout and angina. Willow bark is converted through oxidation to salicylic acid within the body. It has many cofactors that may enhance its analgesic, (pain killing) antipyretic (antifever) disinfectant and antiseptic properties.

WILD YAM: (DISCOREA VILLOSA) Used for hundreds of years by the Trobriand Islanders from Papua New Guinea, the Wild Yam is the source material for hormonal birth control pills. It contains glycosides such as Diosgenin from which the body can manufacture the hormones progesterone and cortisone. Wild yam has been shown to improve energy levels, digestion, eliminate aches and pains normally associated with aging or rheumatic conditions, balance emotions, and to restore libido (capacity for sexual pleasure).

WITHANIA: (WITHANIA SOMNIFERA) Withania is traditionally used in Ayurvedic medicine as a regenerative tonic, particularly for the muscles, marrow and semen. It is used in all conditions where there is weakness and tissue deficiency and in those suffering from overwork, stress, lack of sleep, nervous exhaustion or sexual dysfunction, low libido, impotence etc. Its Sanskrit name "Ashwaganda" translates as meaning "giving the power and vigour of a horse". It can be used for young and old alike.

WORMWOOD: (ARTEMISIA ABSINTHIUM) Wormwood as its name suggests has long been renowned for its ability to rid the body of intestinal worms. It is also useful for all complaints of the digestive system such as constipation and indigestion.

YELLOW DOCK: (RUMEX CRISPUS) Renowned as one of the best Blood builders in the herb kingdom the herb is a nutritive tonic very high in Iron. It nourishes the spleen and liver and is therefore effective in treating Iron deficiency anaemia, jaundice, lymphatic problems and skin eruptions.

YUCCA ROOT: (YUCCA GLAUCA) Yucca was used traditionally by the American Indians of the south west for skin disorders, eruptions, inflammations, slow healing ulcerations, and used as a poultice on breaks and strains and for rheumatism. Yucca has a high content of steroid like saponins, which are the precursors to cortisone. Its precise antiinflammatory action is unknown but may be due to supplying the adrenal glands with the material to produce its own cortisone.

ZINC: Zinc is necessary for the proper function of the thyroid gland. Helps the body to break down alcohol, aids Vitamin B1 and carbohydrate assimilation, heals wounds and burns, maintains healthy tissues, normal prostate function, phosphorus and protein metabolism, reproductive organ growth and development. Helps promote growth and mental alertness, restores sense of taste, helps treat infertility, eliminates white spots on the fingernails and may help regulate menstrual periods.

Iridology & Herbal Medicine

With credits to Dr. Bernard Jensen D.C.

I Iridology and Sclerology is a science that involves the use of the Iris and white of the eye to diagnose and monitor tissue changes that are occurring or have occurred in the body. The iris is the “fingerprint” of the body and reveals the uniqueness of individuals displaying body constitution, inherent weaknesses, inflammations, level of health and transitions that take place due to lifestyle. Appropriate herbal formulations and other nutritional factors can be readily chosen.

Imagine a system of diagnosis that is like a body scan without excessive expenses, the use of

potentially harmful effects of radiation or chemicals or even painful procedures. Iridology is such a system. It can accurately give a “readout” of exactly what is going on in your body including your genetic strengths and weaknesses. Iridology can accurately pinpoint the likely cause of any illness to give direction to appropriate methods of treatment.

The iris of the human eye is similar to a computer screen in that it displays information on what is held on data base. All it requires is an operator with the right knowledge and skills to access and interpret the data.

Iridology has been practiced for centuries by the American Indians, Ayurvedic physicians of India, the ancient Chaldeans and others, but it wasn't until a Hungarian doctor, Ignatz von Peczely (1826 1911), rediscovered it, that Iridology found its place in the modern western world. Today Iridology is a widespread science practised in many areas of the world including USA, Russia, China, Europe and New Zealand.

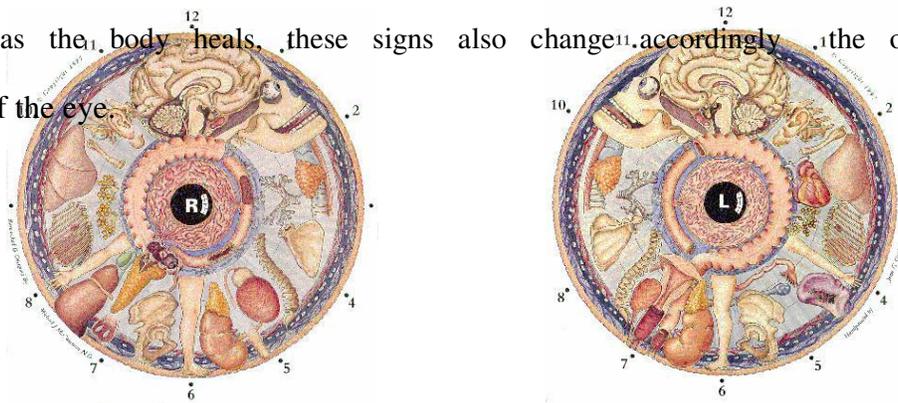
How does it work?

The human eye is formed within six weeks of fetal life and is connected via the optic cord. There are more than 28,000 nerve fibres in the iris and when viewed under an electron microscope, each fibre separates into many more fibres, much like an electric cable. All these “cables” eventually run to the brain. Indeed, it could be said that the iris fibres are reflective of brain tissue.

The brain is in contact with all the nerves and cells of the body and the iris becomes a screen on which the central and autonomic system project information about what is happening all over the body. The iris is like a multidimensional, multicoloured, holographic display of interpretable data relevant to the health of the individual.

Note that iridology doesn't diagnose specific diseases. The point has been largely misunderstood by those not fully versed in the science. The place of iridology as a diagnostic tool is to clearly demonstrate what happens when disease is suppressed and to show the various levels of inflammation or disease as it progresses. Acute shows up as a bright white mark in the iris fibres and is associated with pain and inflammation. Subacute disease (the beginning of suppression) are displayed as a light grey mark. Chronic disease shows up as a dark grey mark and degenerative disease as a black mark.

Remarkably, as the body heals, these signs also change accordingly, the overall effect being a brightening of the eye.



The iris map above is designed to make this fascinating art and science understandable.. The left iris corresponds to the left side of the body and the right iris to the right side. The iris is mapped into zones radiating from the centre outwards.

Zone 1. the stomach

Zone 3. the heart, pancreas, pituitary gland, adrenal glands, gall bladder, solar plexus, para thyroid, bronchiols, bronchus, uterus and prostate.
Zone 4. the lungs, ribs, liver, pelvis, kidneys, bladder, ovaries, cervical spine, thyroid etc.
Zone 5. the oesphagus, spleen etc.
Zone 6. the arteries, lymph and veins.
Zone 7. the skin.

These are further divided into sections as a clock face for ease of location and by cross matching the practitioner can identify and describe each location, for example, the heart is in the left iris at 3.00 pm zone 3. The iris signs, as well as related sclera (white tissue of the eye) and pupil tone and shape, all give indications of function or dysfunction, metabolic waste settlement and vitamin or mineral deficiencies etc.

Notice that the map is like a wheel, the digestive system being the hub of the wheel. We know that embryological organs, glands and tissues develop firstly from the gut of the growing fetus. It remains that all organs and tissues are still dependant on the gut for nourishment and that a reflex relationship to these areas remains (as seen in zone one and two of the map) This is like the hub of a wheel and the organs, glands and tissues are the spokes. Like a bicycle wheel, the hub is the most essential part, The wheel can still function with a few missing spokes but it cannot do without the hub.

Iridology clearly demonstrates that it is the digestive systems of the stomach and bowel then pancreas and liver that need to be taken care of first. All the cells of the body are dependant on a healthy digestive and eliminative system. Holistic health practitioners over the years have clinically observed this principle.

Iridology is more than an idea whose time has come. Medical technology has reached a point where, at times, it cannot see the wood for the trees. Current medical diagnostic techniques can be isolationist in approach and the whole picture is seldom seen or addressed. By treating symptoms without a true understanding of the cause we have a danger of trying to fix the oil leak in a car by taking the warning light out. The science and practice of iridology is much like the dashboard light of the car. Just like the flashing oil light, warning signs are clearly seen in the eyes well before the disease appears. Proper preventative measures can then be incorporated along with appropriate health care.

What Iridology can do

- Determine genetic strengths and weaknesses.
- Levels of inflammation.
- Certain structural dysfunction.
- Certain functional dysfunction.
- Endocrine relationships and imbalance.
- Vitamin and mineral deficiencies.
- The presence of parasitic organisms non specific.
- Acute, sub acute, chronic and degenerative conditions.
- Likely prognosis or healing rate of the patient within natural variables.
- Level of toxins specific and non specific.
- Give a guideline to the practitioner for further tests and confirmation.
- Determine nutritional needs, including diet, herbs and other supporting therapies.

What Iridology cannot do

- It does not diagnose disease.
- It cannot tell viral diseases.
- It cannot diagnose pregnancy.
- It cannot diagnose kidney or gall stones because they are not part of the body.
- It cannot show operations the areas are no longer recording.
- It cannot predict the future only likelihood's which you may change.
- It cannot determine some cancers.
- It has nothing to do with astrology, palm reading or the occult.

Iridology, along with a proper case history and physical examination and sometimes backed up by laboratory analysis, is an invaluable tool for both practitioner and patient. For the doctor it gives an

immediate indication of the “ground” and treatment protocols. For the patient the understanding of the situation and why and how long treatment may take.

At 6 weeks of fetal life the eye is created and extends from the brain in the form of the optic nerve which terminates as the Iris of the eye. Iris contains fibres termed trabeculae which in themselves contain many more microscopic fibres much like an electric cable. This cable contains cells rich in mitochondria the powerhouse of the cell, and is remarkably like brain tissue. The iris tissue remains connected to the brain which is in turn intimately connected to all areas of the body.

Everything is seen in relationship and the focus is on correcting functional disturbances that may not be readily seen in any other form of diagnosis.

The advantage of using the Iris of the eye to determine factors in health is that unlike any other area of the body the iris is transparent and it is much like seeing through the body observing relationships of organs, glands, and their structures and functions. All cure comes from within. The gastro intestinal system is the central hub of the wheel and all organ systems are dependent on this for nourishment. Structure and function can be clearly observed and a rational system of cure devised.

Iridology does not diagnose disease in the same way as “main stream “ medicine. Iridology analysis works holistically. It is the whole system or rather the patient not the disease, which forms the basis of the technique. The practitioner of Iridology makes no attempt to diagnose disease in the same way as other methods. Everything is seen in relationship and the focus is on correcting functional disturbances that may not be readily seen in any other form of diagnosis.

Iridology is a science that involves the use of the eye to diagnose and monitor tissue changes that are occurring or have occurred in the body. It reveals inflammation as well as the location and stage of its manifestation. The Iris also reveals body constitution, inherent weaknesses, level of health and transitions that take place in the body due to lifestyle.

This workbook is designed to coordinate information necessary to start a path of right living, lived in awareness in the pursuit of good health. It is your advantage to study the human body and the information provided regarding nutrition and herbal and homeopathic remedies. Methods of improving the health of the body mind complex should be searched out. Although a perfectly well individual may no exist, one is afforded the opportunity to prevent illness or improve quality of life through a more healthy life.

The body is a servant to your mental leadership, discipline and discernment. It knows so little without a good driver and one who knows where s/he is going. Truly the body needs a good path to travel on. The body moulds to that good path.

A more natural life, is the means of obtaining a more clean body. One who has earned clean body has a zest for living; life is a challenge. Greater contributions may be made to society and to the family unit. happiness and harmony are a wonderful reflection and an example to friends, family and professional associates. Good health allows a person to become the individual s/he wants to be and to attain the highest goals.

Herbs, nutrition and iridology go together, Iridology determines the extent of nutrition’s effectiveness in an individual. All tissues are altered according to the nutritional program applied and the living habits taken up. Improper living habits undermine the body until the body is eventually unable to reverse toxic conditions; chronic conditions may result. A nutritional program should be of a cleansing nature; if this is so the iris records favourable changes. Nutrition is not the whole solution, but without it illnesses manifests first subtly by lack of ease (disease) symptoms followed by the acute (painful) stage, drops down to the sub acute where there is a general susceptibility, then on to the chronic and finally degenerative. It is infinitely better to begin a health restorative program at the earliest stage possible and if no disease symptoms are present still best to follow a preventative program. In New Zealand these steps would save each individual \$1,400 dollars per annum in health taxes and the save the country more than the \$800,000,000 per annum it spends on prescription drugs alone (that’s not counting the expenses of operations and operating the system itself!)

This workbook is designed to coordinate information necessary to start a path of right living, lived in awareness in the pursuit of good health. It is your advantage to study the human body and the information provided regarding nutrition and herbal and homeopathic remedies. Methods of improving the health of the body mind complex should be searched out. Although a perfectly well individual may not exist, one is afforded the opportunity to prevent illness or improve quality of life through a more healthy life.

Organs of primary importance to your health are considered first. It is considered important that you improve the functions of these organs. A health program is designed for your specific needs and is covered in greater detail both in the later part of this workshop and in private consultation with your Naturopath/ Iridologist.

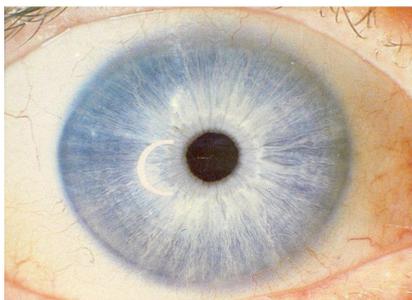
The herbal section outlines suggestions as to a Herbal program that would best suit both your physiology and condition. In the authors opinion Herbal medicines or food supplements are the most ideal choice in health restoration. Appropriately chosen herbs are the most suited to your genetic program and your physiology recognises the photochemical (plant chemicals) and active principles. The formulas chosen are designed to A. Activate normal bodily processes. B, Build new tissue and C. Cleanse your system of toxins. In this way well chosen herbs support what your body is doing anyway except in a more powerful way. The herbal program speeds up the process of healing and supplies nutrients and active principles specifically to achieve a better outcome that is unlikely to happen with diet or exercise alone.

CONSTITUTION

An indication of your general constitutional type can be gained from your Iris.

Note the iris is made of many fibres and the density of these fibres give us some indication of the corresponding density or constitutional strength of your body. In a way, the number of Iris fibres suggest the amount of impact your body can take. Like a natural fibre rope its density is determined by the type of work it is required to do, whether to hold a ship to port or to tie a shoelace. Rest assured your fibre density is right for you and the special purpose you are here for.

Your constitution can also be compared between an oak and a pine tree. The solid oak termed “silk” is regarded as the best constitution and the loose grained pine tree is the poorest. An individual with an oak or silk constitution can abuse his or her body and maintain fair health while a pine or net constitution (poor) cannot remain healthy while abusing his or her body. The silk has excellent recuperative powers and their body rejuvenates tissue effectively. The silk linen and linen constitutions have a fair amount of recuperative ability while the net constitution has a lower rate of change. Constitution represents the average of the inherent weaknesses.



Good Constitution

Observe the tight weave of fibre denoting a strong vital genetic heritage. This person is able to withstand stress and damage.



Poor Constitution

The less dense weave of fibres. This individual has a poor genetic heritage and more effort is required to maintain health.

PUPIL RESPONSE

The pupil may be extremely tense and tight. (small) under nervetension living conditions. It may become very relaxed in the individual who is resting, who is fatigued, who has depleted his or her body's vital

energy. Such a person is enervated. Note that one pupil may be larger than the other. In this instance, the response may be related to circulation heart activity; it may also indicate the use of drugs or inherent weaknesses.

ELIMINATIVE ORGANS

The body is constantly breaking down or disintegrating. Dead blood cells and worn out cells and organic material must be eliminated effectively. If eliminative organs are unable to function effectively, end products of metabolism, worn out elements and cells will not be eliminated properly. This builds up toxic overload to your system.

DIGESTIVE SYSTEM IS THE GREATEST IN IMPORTANCE

Iridology shows how important the digestive system is to your entire body. Improper diet, stress or faulty nutrition can undermine digestion and these adverse conditions prevent the proper flow of digestive juices. The bowel is the second most important system which is responsible for elimination. The blackest, most under active function and the most chronic and toxic areas are always located in the bowel region. The bowel is most adversely affected when vital energy is low. Observe in the Iris map that the digestive system and bowel is in zone two and surrounds the pupil this system is the "hub of the wheel" and all organs, glands and systems are dependant on this area for nourishment. A disharmony in this area can effect virtually any other area of the body.

MINERALS/ELEMENTS DEFICIENT

It is difficult to list all the mineral elements deficient. A minimum of four biochemical elements may be mentioned. However in all cases mineral saturation needs to occur before proper healing can take place. This is why a full spectrum mineral supplement is always recommended (Mineral Max) and both types of minerals are optimum (Colloidal and noncolloidal) The colloidal minerals are contained in all liquid herbal formulations recommended in this report. Minerals must be present in the correct acidity and quantity not too much and not too little. Around 50% of your body enzymes require minerals to function and without these vital elements vitamins and millions of other bodily processes cannot occur. Minerals are the most common denominator of disease.

VITAMINS

Vitamins are to the body what petrol is to the car petrol runs the car, but it doesn't build it. Likewise vitamins are fuel to the body, but it is the mineral elements that build the body. Without a complete saturation of all the correct minerals and trace elements, vitamins cannot be retained because the minerals hold vitamins in the body. When proper mineralization is present, vitamins can be of the greatest advantage to the human body. Vitamins are best taken from food with the possible addition of vitamin E, A and C in supplemental form. Remember however that although vitamins can be obtained through food it is virtually impossible today to receive all the mineral elements from even a good diet.

ADDITIONAL SUGGESTIONS

The suggestions listed here within your workbook may be valuable when integrated into a health program. A naturopath, nutritional consultant or your doctor should be able to outline a program suitable for your individual requirements. Consider only those suggestions checked and approved by your health practitioner.

BRAIN AREA

Inherent weaknesses apply to the brain area, in addition to the amount of toxic material which may be settled there. Brain area conditions may be of a psychological or physiological nature. (mental or physical) The area at the very top of the brain area in the middle is the body's fatigue indicator. It shows overwork, stress, the pace at which you live etc. Other areas of brain activity or inactivity may be marked on your chart. Toxic material may have been deposited there. Acute, subacute, chronic and degenerative conditions in any organ indicate toxic settlement. Nutrition for the brain may be found in the herbal formulation Ginkgo Mem.

LUNGS

The lung structure picks up a considerable percentage of toxic material for elimination. It is one of the four eliminative organs and one of the most vital. An excess of toxic material not properly eliminated produces catarrh, phlegm, mucus. The acute stage allows the body to eliminate catarrh in the flowing state. An elimination diet along with recommended herbal remedies produces a "running" catarrhal condition which is a cleansing process for this area. During the acute stage the lungs are extremely active, eliminating excess catarrh and an overactive condition of the lungs structure which is temporary. This is an indication that an extreme amount of acidity has settled in the tissues. The sub acute stage indicates that a certain amount of catarrh, phlegm, mucus must be eliminated. If chronic is indicated considerable elimination is needed however it may well be that very little is eliminated in the liquid form; instead it is in the dried up or suppressed state. In order to reach the eliminative stage the tissues must reach the acute stage of hyperactivity. When the chronic level is marked, one has sustained colds, bronchial conditions, influenza (flu) in the past and an elimination program is necessary. This chronic state may include hay fever or asthma. Asthma can be developed as a result of suppressed catarrhal eliminations. Remember that Iridology does not name disease, but it leads the doctor or practitioner to suspect organ pathology or malfunction.

BRONCHIAL TUBES

The discussion of the lungs is applicable to the bronchial tubes as well. However the bronchial tubes are generally more seriously affected than the lung structure. They are closely allied to bowel disturbances and their state of health, tissue wise, is usually comparable to the state of the bowel. If the bowel is not functioning properly the bronchials carry an extra load and become overworked, resulting in breakdown or atrophy of tissues. This aids the development of a chronic condition in the bronchial tubes similar to the one in the bowel. The bowel could still be functioning daily and be asymptomatic (no symptoms) however toxic material is still in excess.

GALL BLADDER

If an acute condition is indicated in the gall bladder, it indicates irritation and over activity of the gall bladder itself or the bladder wall. When the condition reaches subacute level, the gall bladder is not secreting bile as rapidly as it should. In the chronic stage, the gall bladder wall is under active, bile is not being passed off efficiently. Under these circumstances bile tends to thicken and gallstones may form. Gallstones may be settled but the iris does not indicate the presence of gall stones as Iridology describes tissue activity, not what is in tissue that is not part of the body and there are not nerves connecting the gallstones to make a recording in the Iris. Gallstones are common and it has been estimated that around 50% of individuals over 50 have gallstones. Gall bladder tissue can be revitalised it all depends on the level of activity. A degenerative condition of the gall bladder could lead to surgery however this is best avoided. If you have a chronic or degenerative condition in the gall bladder it is best to consult your doctor as well as consider a natural gall bladder cleansing program.

LIVER

The liver is one of the most vital organs. It is the detoxifying organ as well as having around 500 known functions. Blood is cleansed in the liver as it is cleansed and oxygenated in the lungs. Toxic material is concentrated and changed into bile which acts as an inciter for the bowels activity. (peristalsis) and promotes natural bowel movements. The liver also aids in digestion. Constipation may develop if bile is not secreted properly. In these circumstances I use the "regular" formulation as it contains aged Cascara sagrada which works on the gall bladder as well as ginger and liquorice. If the liver is marked as chronic it is best to limit the intake of fats and oils since the liver is largely responsible for their digestion. The same advice is applicable to the subacute stage. A chronic liver condition is possibly indicative of hardening of the liver or cirrhosis although Iridology cannot identify diseases from the Iris. Nearly all eliminative diets benefit the liver by cleansing it. As the whole body is cleansed and purified less work is forced on the liver. Nutritious food, clean living, positive thinking (as the liver is affected by anger) and a good philosophy all affect the liver favourably. A fine herbal formulation for the liver is Blood Purifying Tonic which supports not only liver function but all organs or purification.

PANCREAS

The pancreas is both an endocrine gland for sugar handling and a digestive organ. An excess of heavy, refined food overburdens the role of the liver and the pancreas has to overwork to compensate. This may effect the sugar balance and fat levels in your bloodstream.

TESTES AND OVARIES

These glands are probably the most important of the procreative organs because the new generation cell life is propagated in these organs. Secretions from these two organs (testes in males and ovaries in females) are vital to the preservation of life in addition to being necessary for producing sperm and ovum for the next generation. It is appropriately stated that a person is as young as his or her glands. The

whole body is dependant on strong and active glands. If acute is marked these glands are overactive; Subacute indicates that they have slowed to under active; Chronic indicates that these glands are failing to support life properly which can be responsible for infertility in Women and impotence or erectile dysfunction in men. An inherently weak ovary may cause irregular menstrual cycles, premenstrual tension, cramping, heavier flow and breast tenderness especially as nerve rings (discussed later) enter the area. If chronic is indicated, growths or cysts can develop, but they are not identified as such by the Iris since only the tissue is observed through the iris and a cyst has no nerve supply and thus not recorded. In the reading the Iridologist is reading the degree of activity and the amount of toxic material settled in the organ. Do not underestimate the importance of the bowel in this area due to its close proximity toxic leakage can occur from the bowel to ovaries or testes and prostate and include mechanical pressure due to any prolapsus or the bowel or lower lumber spinal difficulties.

KIDNEYS

The kidney structure is one of the most abused organs in the eliminative chain, largely because most individuals do not drink the proper water, soups, broths, juices and other liquids. Under functioning skin places an excessive workload on the kidneys. The kidneys must also accept toxic material from the liver, from the bowel and any other eliminative organs which are overloaded or under active. Wintertime forces more work on the kidneys than summer. The skin and kidneys work together; in fact the skin is referred to as "the third kidney". Thus hypo activity in skin elimination makes the kidneys overwork and in cases of kidney disturbance the skin may be involved as well. If the skin needs extra care the body needs to more fresh air, skin brushing, sunbaths and cotton clothing. If the bowel, the bronchials tubes and the skin are hypoactive, the kidneys must overwork to try to maintain health. The best formula I have found is Reno supported by minerals and Blood Purifying Tonic.

BOWEL

In conjunction with most illnesses the bowel will be checked unless you have undergone an extensive healing process and a good eliminative program, added bulk to the diet, improved nutrition and started an exercise program to develop better bowel tone it is unlikely the bowel will be functioning optimally. Bowel conditions change according to the program followed. The darkest area in the Iris is always the bowel area. Low grade infections begin in the bowel (colon) One must prevent under active or chronic states in the bowel from developing and treat them properly when they do (which is most times) The blood removes toxic material and cleanses tissues in addition to transporting biochemical's necessary for repair and building; but above all, it carries toxic material from various parts of the body to the most dominant inherent weaknesses. This means that the toxic material from the bowel will settle in area of genetic weakness. The bloodstream is as clean as the bowel. Organs are as clean as the blood and every organ is as clean as the bowel. Consider the bowel your primary area for care, even if it moves daily. If it doesn't and/or there is constipation, pain or digestive discomfort in any way even more vital to restore this area to full functional activity and health.

ADRENAL GLANDS

chronic conditions and acute conditions apply to the adrenal glands. Chronically functioning adrenal glands must be cared for. Any chronic condition is indicative of toxicity, that the eliminative organs in the body are not functioning properly, or that various other organs are hypoactive. Under active adrenal glands may be indicated in low blood pressure, fatigue and possibly in hypoglycaemia (low blood sugar)

Mental depression, lethargy, faulty concentration, memory lapses and mental confusion are all symptoms of adrenal gland hypo activity, exhaustion or toxicity.

LEG

Toxic material may have settled in the leg area. Inherent weaknesses may also exist, but it is difficult to determine whether the muscle structure, the bone marrow, or some other part of the leg structure is affected. Commonly I have found that leg and knee problems originate in the lower back, sacrum, hip and/or bowel. If the leg is inherently weak and/or toxic material is settled there. Varicose veins, a lack of healthy bone marrow, poor circulation, cold extremities can be suspected. Bone marrow complications, muscular structure problems, calcium deficiency in the leg area may result form weakness in genetically inherited ways. Exercise assists this area for better circulation and healing. Often poor circulation in the lower extremities corresponds to a lack of blood in the brain (cerebral anaemia) If this is evident brain or cerebral anaemia lowers the energy level. Consider appropriate osteopathic treatment, the whole body concept of health as outlined in you report and the herbal formulations Mineral max 200 and Muscle and joint formula.

THYROID

An acute check in this area represents a hyperactive thyroid. Chronic indicates hypo activity. The thyroid regulates metabolism, gives you energy, keeps you awake and alert, promotes a feeling of well being and vigour and regulates the functional activity of each organ of the body. A blood test often reflects a normal thyroid function even when it is not and the patient shows thyroid symptoms. On these occasions a doctor is reluctant to prescribe thyroid medication relying to much on blood thyroid level tests. Over 2/3 of thyroid disorders do not show up in the blood. In cases of hypoactive or hyperactive thyroid iodine is needed. A hyperactive thyroid users an excessive amount of iodine and a hypoactive thyroid lacks iodine. If the thyroid is checked as toxic, poor elimination is often involved as well as other elimination channels. The formula Thyrogene is best for the thyroid along with an appropriate diet and lifestyle.

SPINAL AREAS

Toxic settlements may be found in inherently weak spinal areas. The various spinal areas (Cranial bones, cervical, thoracic, lumbar, sacrum , hip etc) may be under active. In this case calcium is often out of balance or deficient. Proper nerve supply may not be reaching the spinal areas. Inherently weak spinal areas cannot hold calcium properly. (an inherent weakness, wherever located, is unable to hold its necessary biochemical elements.) The spine, a calcium organ, shows the calcium balance for the whole body. Consider the Mineral Max, Muscle and Joint along with Blood Purifying Tonic and appropriate healing touch techniques.

HEART

The heart area shows up primarily in the left Iris at 3.00 o'clock and often appears a diamond shape if inherently weak. If it is marked, toxic conditions are evident. These toxins may interfere with reparability of the heart muscle. The heart is a potassium organ. The correct potassium balance is essential for proper heart function. For all organs the body must be kept as clean as possible. If there is evidence of hardening of the arteries the heart has difficulty in pumping blood through these particular arteries. A sedentary occupation places a hardship on the heart. In addition, reflex bowel conditions (diverticula, and so forth) affect the heart area unfavourably. Gas pressure at times may cause problems in the heart and chest. Many "heart conditions "have been reevaluated and found to be digestive disorders. Consider a proper exercise program, vitamin E and the herbs Dan Shen, Schisandra and Hawthorn berry (Cardio).

SPLEEN

The spleen collects the dead red blood cells. It is also considered an eliminative organ for this reason.. White blood cells are produced in the spleen. Although it is not as important as some other vital organs, it is involved in times of fevers and toxic accumulations in the body.

SECONDARY STRUCTURES TO CONSIDER

The secondary structures to consider are located also in the Iris chart. Compared to the above primary considerations they are still vital in that any one can give symptoms of disease. The reason they are considered secondary is that it is the “upline” organs discussed above that need to be taken care of first or concurrently with the program or recommendations for secondary areas.

PITUITARY GLAND.

Toxic conditions possibly manifest in the pituitary gland as elsewhere in the body. The pituitary gland may show under activity. In this case it is often a contributing factor in obesity by retaining excessive fluids. The pituitary is the master gland, capable of affecting all other gland connected to it in the glandular chain. If the pituitary is checked, possibly toxic material is settled there and causing sluggishness. A toxic pituitary can cause fuzzy heads, headaches or migraines depending on the degree of toxicity.

EYE

When the eye is discussed here it refers to the eye structure and its tissue health and pathology. Mineral balance is involved and if the balance is not normal functions are not right. The eye structure is very complicated, having to do with many kinds of inflammation and related tissue functions. Eyes are extensions of the brain. And when the eyes are failing, often nerve depletion is settling in the body. Due to its complex nature the eye offers two areas in which to check for signs of pathology One in the eye itself and the other in the eye area of the Iris chart. From checking the eye area of the chart the practitioner can ascertain the likely cause whether nutritional, stress related or nerve connections to the cervical spine or organ relationships such as the cecum area of the colon. Toxic material from the colon whether by reflex action or toxic infiltration can and does affect the eye. To improve eyesight the whole body needs to be taken into account. One sees with the brain itself. The back of the eye contains some two million rods and cones connected to the brain by nerve filaments which record the various colours visible to the eye. There are over 50,000 nerves connecting the eye structure to the brain through the optic nerve. The eye is a nerve structure, unique from other tissue of the human body and always reflects its state of health or disease.

PROSTATE AND UTERUS

Toxic material may also settle in these areas (prostate in males and uterus in females) Iridology deals with raising tissue integrity. The Iridologist is interested in repair and rebuilding in addition to pressure symptoms from upper organs as they cause improper blood circulation. The blood must be healthy, but it must also circulate vigorously in all organs for repair of organ efficiency. Both the prostate and uterus are located near the lower bowel and its health both functionally and anatomically (where positioned in relationship to the prostate and uterus) can affect surrounding tissue.

BREAST

Toxic settlements may also be found in the breast area. This organ is made up of lymphoid gland tissue. If toxins are deposited here, the entire body must come to its aid. Cleanliness, a mechanically active body and the correct biochemical nutrition are essential when chronic conditions develop in the breast area. The acute stage indicates pain and discharging in many instances. Lumps and congestions are likely to develop in a chronically active organ. Encumbrances or toxins in the breast area are common in Iridology and may or may not be symptomatic or palpable. The breast area is relatively small in the Iris and may not be mentioned unless the patient specifically asks or has palpable lumps.

LYMPH SYSTEM

The lymphatic system covers an area around 1 and 1/2 times the volume of the blood. Here T Lymphocyte activity is focused. The lymphatic system is a nutritional delivery and drainage system and is frequently found in any of the four levels of tissue activity. The system has no pump of its own apart from muscular activity and exercise is essential to keep this system healthy.

SKIN

The skin is the largest organ to reach the outside of the body and is related to the bowel, thyroid and kidneys. All eliminative organs are connected to the health of the skin hence local treatment is seldom effective. Around 3 kilos of toxic waste is eliminated daily from each of four organs bowel, skin, kidneys and lungs. The lymphatic system is generally considered an eliminative organ because it reaches areas the blood cannot and carries toxic waste to a point of elimination. The skin will take over from any of these areas when they are clogged. A proper cleansing program taking care of the liver, kidney, bowel, lymph and lungs and supplementing with complete minerals and vitamins C and A while avoiding junk food and drinking lots of clean water does the most good for the skin. On occasion hormonal factors may be involved.

STOMACH

If the stomach is secreting too much or too little hydrochloric acid it is checked. Lack of hydrochloric acid is also checked. An under active secretion of this acid is checked as sub acute or chronic. Either condition requires more sodium foods in the diet because the stomach is a sodium organ. Excess hydrochloric acid rapidly drains sodium and lack of hydrochloric acid indicates a deficiency of sodium. The stomach is probably the most vital organ of the body. It is not always what you eat that counts, it is what is digested. Mental attitude has a powerful influence on digestion. Hate, fear, nerve stress all affect the solar plexus (pit of the stomach) and digestive system more than anywhere else in the human body. The saying "you make me sick to the stomach," and "I can't eat because I don't feel good," are familiar. Joy or in harmony are felt in the stomach and influence digestion.

DUODENUM

Ulcerous conditions may develop in the duodenum. If acute is marked the active, painful stage is evident. Subacute or chronic indicates a condition of long standing, of hypo activity existing for possibly many years.

SMALL INTESTINE

This organ is a principle digestive structure. Many enzymes necessary for digestion and decomposition of nutrients are produced here. The first criterion for good digestion is thorough mastication or chewing of food. From here the food passes through the hydrochloric bath in the stomach and then enters the small intestine for final assimilation. The nutrients enter the blood stream in a form assailable by body organs. The organs use this material for construction of new cells and normal repair.

PEYERS PATCHES

The peyers patches are located opposite the thyroid area in the Iris chart. Extreme fevers, i.e. scarlet fever, typhoid fever, have an adverse effect on the peyers patches. Digestive capacity is influenced by the peyers patches as this is where the bulk of nutrient assimilation occurs. If one begins a healthy way of living the Healing crises will eventually recreate extreme fevers responsible for damaging the peyers patches.

CHOLESTEROL RING (Formerly called "sodium ring")

A white ring circling the iris near the periphery (outermost region) of the iris which contributes to hardening of the arteries. Often this deposit settles in the heart area, the aorta, causing considerable heart disturbance. Cholesterol intake in the diet should be limited (avoid all heated oils) as a preventative measure. This is a cholesterol age because hardened, hydrogenated fats and oils are so prevalent. All heated oils add to cholesterol deposits in the body. In addition to indicating cholesterol deposits, the cholesterol ring may indicate calcium out of solution or excessive use of inorganic salt in the diet.

NERVE RINGS

Nerve rings are displayed in the Iris as concentric circles and show the degree which one's style is

cramped. Are you struggling to get through life rather than letting life flow smoothly. People are a source of stress and tension and life holds many fears and dreads. Resistance, dissension and unhappiness prevail. Peace, joy, harmony, contentment are lacking to the detriment of the nervous system. Nerve rings are referred to as "cramp rings" because the fibres of the iris are cramped and tense. The presence of nerve rings indicated by their severity the degree of stress in your life and whether it is physical or mental. They also show a need for extra calcium, magnesium and "nerve herbs".

PARASITES

There are over 100 types of parasites that can effect human beings. Pinworms, roundworms, threadworms and hookworms are common. Probably the most insidious are the smallest and microscopic variety which can weaken the mucous of the bowel and surrounding membranes and even migrate to other areas of the blood, lymph and tissues. Parasites cause problems through the toxins they secrete and the viruses that "piggy back" on them. Parasite infection can weaken your immunity, imbalance intestinal flora and cause symptoms in almost any body system.

OVER ACID BODY CHEMISTRY

Acidity is indicated by extreme whiteness of fibres throughout the iris. Acutely white fibres denote pain, inflammation, irritation, rheumatic conditions or preliminary joint disturbances and stiffness. The breakdown of all tissue produces acidity. An elimination diet causes the eye to become whiter as excessive acids are being eliminated. Acidity also usually denotes a fast working body. An alkaline diet is the most effective way to reduce systematic acidity along with the two most important herbal supplements; Minerals and Blood purifying tonic.

DRUG/CHEMICAL DEPOSITS

The traditional homeopaths who used iridology emphasised that various discoloration in the iris were attributed to drug settlements from drug administration. They found that drug deposits originated in the ancestors or parents of the patient. Considerable discoloration can be traced to inorganic iron in old water pipes. Other chemicals can settle in the body from food additives, pollutants, industrial products harmful to the body. These foreign substances are toxic to the body and produce harmful side effects. Many drugs are visible through Iridology. Other drugs accumulate so insidiously and subtly that they are not detected in the iris. Blood purification is generally the most effective means of detoxing drug and chemical products.

POOR CIRCULATION

The result of poor skin activity, enervation, over abundance of toxic settlements in the body and inherent weaknesses throughout the body. Poor circulation invariably manifests in the legs and head area. When arteries have lost elasticity, poor circulation is the result. Active thyroid and adrenal glands are also necessary for good circulation. Adequate oxygen necessary for good circulation is attracted by plenty of Iron in the diet and in the blood stream. Exercise is the best form of stimulation for poor circulation.

ASSIMILATION

An assimilation ring is located adjacent to the black pupil of the eye. If this area is darkened, nutrients are not absorbed well and food is not properly digested in order to build new cells. Assimilation is designated as fair or poor. If mentioned, consider this application applicable. Circulation can be improved by exercise and the use of digestive stimulant herbs. (alteratives and pungent bitters).

CONCLUSION

Herbs nutrition and iridology go together, iridology determines the extent of nutrition's effectiveness in an individual. All tissues are altered according to the nutritional program applied and the living habits taken up. Improper living habits undermine the body until the body is eventually unable to reverse toxic

conditions; chronic conditions may result. A nutritional program should be of a cleansing nature; if this is so the iris records favourable changes. Nutrition is not the whole solution, but without it illnesses manifests first subtlety by lack of ease (disease) symptoms followed by the acute (painful) stage, drops down to the sub acute where there is a general susceptibility, then on to the chronic and finally degenerative. It is infinitely better to begin a health restorative program at the earliest stage possible and if no disease symptoms are present still best to follow a preventative program. In New Zealand these steps would save each individual \$1,400 dollars per annum in health taxes and the save the country more than the \$800,000,000 per annum it spends on prescription drugs alone (that's not counting the expenses of operations and operating the system itself!)

“This workbook is designed to coordinate information necessary to start a path of right living, lived in awareness in the pursuit of good health. It is your advantage to study the human body and the information provided regarding nutrition and herbal and homeopathic remedies. Methods of improving the health of the body mind complex should be searched out. Although a perfectly well individual may no exist, one is afforded the opportunity to prevent illness or improve quality of life through a more healthy life.” Dr Bernard Jensen D.C.

“The body is a servant to your mental leadership, discipline and discernment. It knows so little without a good driver and one who knows where s/he is going. Truly the body needs a good path to travel on. The body moulds to that good path.” Dr Bernard Jensen D.C.

“A more natural life, is the means of obtaining a more clean body. One who has earned clean body has a zest for living; life is a challenge. Greater contributions may be made to society and to the family unit. happiness and harmony are a wonderful reflection and an example to friends, family and professional associates. Good health allows a person to become the individual s/he wants to be and to attain the highest goals.” Dr Bernard Jensen D.C.

The diet section outlines important principles for you to understand. This information is structured to align as close as possible to the ideal however, knowing your Constitutional type, body type and blood type as well will enable you to “fine tune” this information. Your constitutional type is contained within this workbook. Your body type may not be unless you have informed your health practitioner prior to the report. (ask you practitioner for a “Body type questionnaire and he/she will assist you with this) The blood type cannot be assessed by any other means than a blood test and this test is available on appointment – see me or a practitioner who can do this at a reasonable cost.

Nutrition

The essence of life...

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Nutrition Basics

1. 1.EAT SOME RAW FOOD EVERY DAY.

At least 50% of your diet should consist of foods in their natural uncooked state. There are numerous

studies which demonstrate superiority of raw, living foods, both for maintenance of health and prevention of disease. Cooking destroys much of the nutritional value of most foods. Many vitamins are partly destroyed, minerals are leached (If boiled in water) and all enzymes are destroyed by temperatures over 120 degrees F. Enzymes are essential to life and without an external supply of enzymes, minerals and vitamins cannot be utilised optimally.

2. EAT NATURAL FOODS

Your food should be whole, unprocessed and unrefined, and be organically grown in fertile soil. They should be preferably grown in your own environment, and eaten in their season.

That your health and longevity are in direct relationship to the naturalness of the foods you eat is a well established fact. Where natives eat a diet of natural, whole, unprocessed and unrefined foods, they enjoy perfect health, absence of disease and long life. When denatured, refined, processed, man made foods, such as white sugar and white flour, and canned and processed foods enter into their lives, disease becomes rampant among them.

3. EAT ONLY POISON FREE FOODS

Your food should be grown without the aid of chemical fertilisers and should contain no residues of toxic insecticides, chemical additives, preservatives or emulsifiers. Remember to read the labels before you buy anything.

4. COMPLEMENT THE THREE BASIC HEALTH BUILDING FOODS WITH THE FOLLOWING

- **VEGETABLE JUICES AND/OR GOAT MILK** In moderation i.e. No more than 200mls per day. Many individuals cannot tolerate cows milk. Vegetable juices such as carrot, celery and beet juice contain minerals and living enzymes.
- **COLD PRESSED VEGETABLE OILS** e.g. olive, sunflower or sesame oil. High quality fresh, cold pressed crude and unrefined vegetable oils are recommended as an addition to your daily diet. The average daily amount should not exceed one tablespoon.

Vegetable oils are rich in unsaturated fatty acids, vitamins F and E, and Lecithin (essential for healthy arteries) Make sure that the oils are not rancid (you can taste rancidity) and that they are actually cold pressed. The safest way to avoid rancidity is to consume your unsaturated fatty acids by soaking overnight nuts and seeds such as pumpkin, almond, walnut and sunflower seeds and consuming these with fruit or grain breakfast. It is essential to soak nuts and seeds overnight and pour off the soaking

water (or water your plants with it). Soaking allows a partial germination of the seed and renders it more assailable..

- **HONEY** Natural, raw, unheated, unfiltered and unprocessed honey should be the sweetener used instead of sugar. Honey possess nutritional and medicinal properties and has been used for healing since early history.
- **SPECIAL PROTECTIVE FOODS, HERBS AND SPICES** Garlic, onions, green leafy vegetables, Echinacea, Cayenne, ginger, Sarsaparilla, Burdock, Dandelion, Liquorice root etc – these are outlined in greater detail in the Recommended Herbs in this report. In particular it is important to understand that no diet in this age can give all the minerals and cofactors needed for total health unless Blood Purification and Minerals in abundance are supplemented.

- **GARLIC** – a natural antiseptic high in anti cancer factors organic germanium and selenium. Beneficial for the arteries and lungs, garlic stimulates healthy cell growth and activity. It has a rejuvenate effect on all body functions. It helps dissolve cholesterol in the blood stream, stimulates the lymph system to throw off waste materials, reduces blood pressure in hypertensive patients, and contains sulphur, calcium, magnesium, iron, copper, and a lot of B1, zinc, and potassium. Use 2 – 4 cloves per day.

AVOID AN EXCESS OF PROTEIN IN YOUR DIET

Seeds, nuts and grains; vegetables and fruits – supplemented with the foods and herbs named above, will assure you a complete and adequate supply of all required nutrients for optimum health, including sufficient amounts of complete high quality proteins.

Our past beliefs in regard to high requirements of protein are outdated and incorrect, the actual daily need for protein in human nutrition is far below that which has long been considered necessary. Our actual need is for 3050 grams per day, even less if raw proteins from milk and vegetable sources are use. Almonds, sesame seeds, soybeans, buckwheat, sunflower seeds, pumpkin seeds, potatoes, and all leafy green vegetables contain complete protein.

World wide scientific research is now bringing to light the fact, (Which Naturopaths have known for many years), that proteins, essential and important as they are, can be extremely harmful when consumed in excess of your actual needs.

A high protein diet also causes premature aging and lowers life expectancy. Overindulgence in meat leads to a mineral imbalance in the system – too much phosphorus and too little calcium (meat has twenty times more phosphorus than calcium) which leads to severe calcium deficiency and resultant loss of teeth to gingivitis. Also, a high protein diet causes severe deficiencies of B6, magnesium, calcium and niacin B3. Meat and fish are okay if you eat them in moderation.

5. **DRINK PURE NATURAL WATER** Avoid sodium fluoride, chlorine and cadmium from taps. Always run your taps for several minutes before drinking the water, or purchase a good water filter.
6. **USE HERBS LIBERALLY IN YOUR DIET.** Herbs are unhybridised concentrated sources of vitamins, minerals, trace elements and active principles all extremely health promoting if used with some knowledge and common sense. Please read the instruction on “Points for taking herbal remedies) Also culinary herbs are protective to many bodily functions including digestion and the health of your immune system and arteries. Special herbal formulas are available in the New Zealand Herbals range.
7. **CLEANSE YOUR SYSTEM PERIODICALLY WITH JUIC FASTING** Historically and traditionally our genetic code is programmed for a periodic abstinence from food, which was necessitated by the periodic unavailability of food, particularly during famines and during winter and early spring, when the storage supply of food was exhausted and the new crops were still unripe. Our ancestor’s bodies used these periods to cleanse themselves from the toxic wastes accumulated during periods to cleanse themselves from the toxic wastes accumulated during periods of overindulgence. These periodic fasts also helped to repair and heal any health disorders, give digestive and elimination organs a rest, and to restore and normalise the functions of all glands and organs. Because of these involuntary fasts they lived longer and enjoyed better health. Systematic under eating and periodic fasting are two important health and longevity factors.

Because of our sedentary life, lack of exercise and tendency to overeat, our body mechanisms need such a spring cleaning to keep in good working order. Also, spring is the best time to fast!

Juice fasting has been shown to be the safest and most effective way to restore health, as part of the overall biological therapeutic program. But juice fasting has also a tremendous preventative potential. Periodic juice fasting will speed up the process of elimination of toxic wastes and the dead cells from the body and accelerate and stimulate the building blocks new cells.

8. CULTIVATE THE FOLLOWING HEALTH PROMOTING EATING HABITS;

- **EAT ONLY WHEN HUNGRY** Nature has provided a built in mechanism within your brain which will tell you unmistakably when you should eat or drink. You should eat when you are hungry, and drink when you are thirsty. Contrary wise, you should never eat when you are not hungry and you should never drink when you are not thirsty. Your requirements for food and drink are unique, different from those of everybody else. Food eaten without appetite will do you no good. It will, in fact, harm you by overburdening the digestive organs with unwanted material and create indigestion, gas and other disturbances.
- **EAT SLOWLY IN A RELAXED UNHURRIED MANNER** Chewing thoroughly increases the assimilation of nutrients and makes you feel satisfied with a smaller amount of food. Well chewed and generously salivated food is practically halfdigested before it enters the stomach. Food eaten in a relaxed atmosphere and enjoyed will do you more good than food eaten hurriedly.
- **EAT SEVERAL SMALL MEALS DURING THE DAY IN PREFERENCE TO A FEW LARGE MEALS.** It is better to eat 4, 5 or 6 small meals a day than 2 or 3 large meals. While 2000 calories eaten at two meals will result in new fat accumulation, the same 2,000 calories eaten in 6 small meals with 2 to 3 hour intervals, will not only fail to add weight but may actually help you to reduce.
- **DO NOT MIX TOO MANY FOODS AT THE SAME MEAL** The fewer foods you mix at the same meal, the better your digestion and assimilation will be.
- **DO NOT MIX FRUITS AND RAW VEGETABLES AT THE SAME MEAL.** Raw vegetables and raw fruits require totally different enzyme combinations for their effective digestion.
- The exception to the above rule – lemon and papaya. Both can be used with any food. The tomatoe is a fruit and a vegetable and can be eaten with either.
- **WHEN PROTEIN RICH FOODS ARE EATEN WITH OTHER FOODS – EAT THE PROTEIN –RICH FOODS FIRST.** Proteins require generous amounts of hydrochloric acid in your stomach in order to be properly digested. If you first fill you stomach with predominantly carbohydrate foods and then finish your meal with a protein food, the protein will remain largely undigested because of an insufficient amount of hydrochloric acid in the stomach. There fore it is best to eat protein foods first on an empty stomach, when the hydrochloric acid secretion will be generous. Those with enzyme or hydrochloric deficiency may need extra enzyme and other digestive aids, till the body's natural supplies are optimum
- **PRACTICE SYSTEMATIC UNDEREATING** Overeating, even of health foods, is one of the main causes of disease and premature aging. Food eaten in excess of actual body needs acts in the system as a poison. It interferes with proper digestion, causes internal sluggishness, gas, incomplete assimilation of nutrients, putrifaction in the bowels, thus actually poisoning the system. Overindulgence in protein is particularly harmful. Overeating is especially dangerous for older people, who are less active and have a slowed up metabolism.

9. AVOID THE FOLLOWING HEALTH DESTROYERS

All the following are well proven as potent health destroyers:

- Coffee, tea, chocolate, cola drinks and soft drinks.
- Excessive use of salt.
- Excessive consumption of alcohol.
- Harmful spices, mustard, black or white pepper, white vinegar.
- Refined white sugar and white flour and everything made with them: white bread, pastry, packaged cereals, pies, doughnuts, ice cream, sweets, biscuits, chewing gum etc.
- All processed, refine, canned or factory foods.

- All rancid foods, even such health foods as wheat germ, seeds and vegetable oils if they are not absolutely fresh.
- All chemical drugs, except in absolute emergency, try not to use.
- All household and environmental toxic chemicals: garden sprays, air fresheners household chemicals and cleaners, detergents (use soap flakes) hair sprays, chemically cleaned or treated clothes, beds or wallpaper, fly killers etc.
- Avoid amalgam fillings; mercury leakage is a proven fact. Mercury destroys enzymes and attacks the central nervous system.
- Avoid a sedentary life and lack of sufficient exercise and relaxation.

Ample regular exercise is imperative for optimum health for two reasons:

1. It will tone up your muscles, improve digestion and general metabolism, keep your eliminative organs doing their work effectively – and is general, contribute to the better circulation and better function of all your organs and glands
2. It will increase and improve your tissue oxygenation. The ultimate cause of all disease and premature aging is a lack of oxygen in your cells. Vigorous daily exercise will keep all your cells and tissues well oxygenated and in the peak of their efficiency.

Relaxation of peace of mind – emotional and mental stresses such as fears, anxiety, worries, tensions, depression, hat, jealousy, unhappiness, deprivation of love, and loneliness, can cause practically every disease in the medical dictionary including arthritis, ulcers, constipation, asthma, strokes, diabetes, high or low blood pressure, angina, glandular disturbances, heart disease and cancer.

Relaxation, peace of mind, a positive outlook on life – free from fear, hate, jealousy, envy; Love and compassion for yourself and others, these are all powerful health promoting factors without which optimum health cannot be achieved. When health is lost, it cannot be fully restored unless all the above mentioned underlying emotional and mental stress factors are eliminated or at least reduced. Together with a good diet – vitamin X – relaxation – peace of mind – positive and happy disposition and faith, you can regain or retain good health and a life free from disease.

Now all the above mentioned factors, positive outlook, free from lethargy and depression, might sound like an impossible order to someone who has been depressed a good part of his or her life, but, we often forget that the brain is an organ too, and can suffer the effects of dietary imbalances exactly the same way as any other organ in your body. Sometimes there are circumstances that make things very difficult to overcome and at these times it also difficult to eat and live well as the self image suffers, nevertheless know that “ even this shall pass” and make small steps every day.

WHEN CONSIDERING DIET A DAILY PERCENTAGE CAN BE WORKED OUT

6 vegetables daily – any according to your body type or blood type if you now these
 2 fruits daily ditto
 1 good protein such as fish, free range chicken avocado, soaked nuts and seeds, lean beef or lamb.
 1 or more complex carbohydrates – such as potatoes, kumaras, yams, parsnips, pumpkins, rice,
 1 – 2 litres of purified water daily

BLOOD GROUPS

The above nutritional guidelines are best modified according to your blood group, if you know it. Blood groups evolved along with the types of environments and foods that individuals in a group lived in and consumed. Blood chemistry/groups have been found to be compatible with what the group has grown accustomed to and developed coping mechanisms and ways to handle the general or specialised foods, climate and social behaviour.

Blood Type A

Type A is the natural vegetarian. This type has sensitive digestive tracts, tolerant immune systems, adapt well to settled dietary and environmental conditions, respond best to stress with calming activities and require an agrarian diet to stay lean and productive.

Type As flourish on a vegetarian diet and its important that foods are eaten in as natural a state as possible. To receive the greatest benefits, type As should eliminate all meats from their diet. Begin by substituting fish for meat several times a week, and stay away from processed meat products, which contain nitrates that promote stomach cancer in people with low levels of stomach acid common in the type A blood group. They are biologically predisposed to heart disease, cancer and diabetes, but if they follow this diet they can supercharge their immune systems.

When it comes to digesting animal foods, Type As ultimately store meat as fat due to the low stomach hydrochloric acid. Some experience fluid retention as their systems slowly process the unwieldy foods. dairy foods are also poorly digested by this blood group which commonly eat too much dairy to compensate what is often an instinctive dislike for meat. The dairy provokes insulin reactions another factor which can shut down a type As metabolism. Dairy products tend to create mucus discharge in the sinus and respiratory passages and are high in saturated fats, the kind that compromises the heart and lead to obesity and diabetes. A little yogurt, fetter, goat cheese and ricotta is OK.

The best foods are fish which can be highly beneficial such as carp, cod, grouper, mackerel, red snapper, trout, perch, salmon, sardines and white fish,, but avoid anchovies, barracuda, caviar, crab, crayfish, prawns, herring, oysters, scallops, octopus, mussels, calamari and sole. Soya products are good, as are lentils and black, pinto, and adzuki beans. Avoid chickpeas, kidney, navy and lima beans. A limited amount of cereals are also beneficial.

Vegetables are vital to type As, providing some minerals, enzymes and antioxidants. They should eat lots of broccoli, carrots, kale, pumpkin, garlic, onions, alfalfa sprouts, okra,, parsley and spinach but avoid capsicums, eggplant, cabbage, potatoes, olives, mushrooms and tomatoes. Of the fruits avoid bananas, melons, mangoes, oranges, papayas and coconuts. Green tea is highly beneficial.

Foods that encourage weight gain include meat, dairy foods, kidney beans, lima beans and wheat (in overabundance) Foods that will benefit weight loss, include vegetable oils (not corn, peanut, sesame and safflower oil) soy foods, vegetables and pineapple.

If type As adopt the lighter techniques, such as yoga or meditation, they'll counter negative stress with focus and relaxation. Tai chi, yoga, hiking, swimming and bike riding are favoured. Heavy competitive sports and exercise will only exhaust their nervous energy, making them tenser and leave their immune system open to illness or disease.

Type As did poorly on high protein diets that includes big portions of meat, but did well on vegetable proteins, such as tofu. When told to increase their levels of exercise, they usually felt fatigued and unwell. However when they performed lighter forms of exercise, such as yoga, they felt alert and energised. On the other hand, Type O patients thrived on high protein diets, and felt invigorated by intense physical activities.

Your blood type is one of the keys that unlocks the door to the mysteries of health. Follow a programme suited to your blood type diet and consider complementary dietary supplements such as Blood Purifying tonic 2000, Mineral Max2000 and appropriate anticatarrhal herbal blends.

Blood Type O

Type Os have overactive immune systems, hardy digestive tracts (when eating suitable foods) are intolerant to environmental and dietary adaptations, respond best to stress with intense physical activity and require good, efficient metabolisms to stay lean and energetic.

Type Os can efficiently digest and metabolise meats because they tend to have a high stomach acid content. They should eat lean beef, lamb, turkey, chicken or fish as often as possible. The more stressful their job or demanding their exercise programme, the higher the grade of protein they should eat. However they need to be careful of the portion size, and balance the meat proteins with the appropriate fruits and vegetables to avoid over acidity.

Type Os don't find dairy products and grains as user friendly as most of the other blood types do in many Blood type Os dairy and grain is as close to a poison and slowly and insidiously creates a toxemia that can poison their whole system creating further enzyme deficiencies and a host of allergic and immune deficient problems. Being an ancient blood group which evolved during a time when human beings did not have both the domestic cow or cultivated grain their digestive systems haven't adapted to them well.

It is best for blood group Os to limit their consumption of grains (especially wheat) breads, legumes and beans. And limit or exclude altogether all dairy products. Gluten found in wheat is the most toxic and inhibits their insulin production, interfering with the efficient use of kilojoules for energy and taxing the digestive functions also of the pancreas. Allergies are common and come about partly through this process.

Type Os have a tendency for hypothyroidism low thyroid levels and require extra supplementation of iodine, B6 and zinc. Often times the low thyroid will not show up in medical testing unless very chronic however lower levels of thyroid hormone will manifest as fatigue, cold hands and feet and low immunity and Iron levels. New Zealand Herbals have a formula Thyrogene which assists the health of the thyroid gland on these occasions.

I have found that my vegetarian patients who have blood group Os are amongst the sickest I have seen and commonly complain about chronic fatigue and low immunity. This may explain why some people who frequent the health foods shops appear anaemic and tired (especially if they are O groups and vegan or vegetarian).

Type Os respond well the Blood Purifying Tonic and minerals as all are deficient in the vital elements these formulas supply. They also respond well to oils such as linseed and olive oil (but not peanut, corn or safflower) and pumpkin seeds and walnuts. Beneficial fruits include plums, prunes, figs, artichokes, broccoli, onions,, garlic, lettuce, pumpkin, sweet potatoes, red capsicums, parsley and spinach. (unless a specific allergy has developed over time) Avoid strawberries, melons, oranges, blackberries, avocados, cabbage, olives, cauliflower, corn, mushrooms, eggplant, alfalfa sprouts and potatoes. Type Os should also work up to cutting out tea, coffee, liquor and soft drinks (except for soda water.) If the Os want to loose weight they should encourage the use of kelp, seafood, iodised salt, (and especially from the product Thyrogene which contains the augmenting nutrients such as zinc etc.) liver, red meat, kale and spinach.

Type Os release built up hormonal forces through vigorous physical exercise. They respond well to intense, heavy exercise, such as aerobics, swimming, jogging, weights, contact sports and cycling at least 4 sessions a week is needed to for the best results. If type Os dont release stress through exercise, their metabolism will slow and they'll suffer depression, fatigue or insomnia, and become vulnerable to inflammatory and auto immune disorders.

BLOOD TYPE AB

The blood type ABs are modern merging of A and B, and at times are somewhat of an enigma. This type has a chameleon's response to changing dietary and environmental conditions, sensitive digestive tracts, overly tolerant immune systems, which respond best to stress spiritually, with physical verve and creative energy.

This blood type is rare and biologically complex, merging aspects of type A and type B genes. They have type A's low stomach acid, along with type B's adaptation to meats so although they're genetically programmed for the consumption of meat, they lack enough stomach acid to metabolise them efficiently, so it's stored as fat. Lamb, mutton, turkey and rabbit are better than beef, cured meats or chicken.

For weight loss, type ABs reflect their consumption of meats, eating small amounts supplemented with vegetables and tofu. Their type B propensities cause that blood groups insulin reaction when they eat kidney or lima beans, corn, buckwheat or sesame seeds.. However their type A side makes them friendly to lentils and peanuts. They lack the severe reaction to wheat that other blood types have, but for weight loss purposes, it's best for type ABs to avoid it.

They'll benefit from some seafood such as carp, cod, grouper, mackerel, red snapper, trout, perch, salmon, sardines and white fish,, but avoid anchovies, barracuda, caviar, crab, crayfish, prawns, herring, oysters, scallops, octopus, mussels, calamari and sole. Most fruits and vegetables are beneficial. However type ABs should limit and ultimately eliminate artichoke, avocado, corn, mushrooms, olives, capsicums, radishes, bananas, coconuts, mangoes, guava, oranges and rhubarb.

Foods that encourage weight gain include red meat, kidney beans, lima beans, seeds, corn, buckwheat, wheat, while products that help type AB's loose weight include tofu, seafood, dairy foods, green vegetables, kelp and pineapple.

Type ABs react badly to stress their systems slows down and they become weaker, while their immunity to infection decreases. Unstressful exercise such as yoga and meditation can be very positive and gentle martial arts, golf, cycling, dancing, stretching and swimming also suit type ABs. Heavy competitive sports and exercises will only exhaust their energy and eventually make them sick.

Your blood type is one of the keys that unlocks the door to the mysteries of health. Follow a programme suited to your blood type diet and consider complementary dietary supplements such as Blood Purifying Tonic, Mineral Max and appropriate anticatarrhal herbal blends. Naturally the Blood Purifying Tonic and the Minerals Max are essential for blood type.

BLOOD TYPE B

Blood type Bs have balanced, strong immune systems, tolerant digestive systems, the most flexible dietary choices, respond best to stress with creativity, require a balance between physical and mental activities to stay lean and sharp, and are dairy eaters.

On the whole, the sturdy and alert type Bs are usually able to resist many of the most severe diseases common to modern life, such as heart disease and cancer. Yet their systems seem more prone to exotic immune system disorders, such as multiple sclerosis, lupus and chronic fatigue syndrome.

For type Bs the biggest factors in weight gain are corn, buckwheat, wheat, lentils, peanuts and sesame seeds, which affect the efficiency of their metabolic process, resulting in fatigue, fluid retention and hypoglycaemia. On its own, wheat doesn't attack type Bs as severely as it does type Os, but in combination with the above foods it is just as damaging and should be avoided. And if type Bs are trying to loose weight it definitely should be avoided.

Red meat can be beneficial but type B's should stick to lamb, mutton, rabbit and venison,, and steer clear of bacon, duck, pork, ham and heart. One of the most difficult adjustments type Bs must make is giving up chicken, but it's worth the effort as it contains harmful antibodies that attack their immune systems.

Type Bs thrive on seafood The best are carp, cod, grouper, mackerel, red snapper, trout, perch, salmon, sardines and white fish,, but avoid anchovies, barracuda, caviar, crab, crayfish, prawns, herring, oysters, scallops, octopus, mussels, calamari and sole. The B blood group are the only type can that usually fully enjoy a variety of dairy foods. Soya milks and cheeses are okay; but shouldn't be substituted for dairy, meat and fish. Instead add them for variety, as they don't have the many health benefits for type Bs that they do for other blood types. Avoid ice cream, and most oils except olive oil. Most fruits and vegetables are beneficial for people in this blood group,, but avoid tomatoes, corn, avocado, pumpkin, artichoke, olives, tempeh, tofu, coconuts, rhubarb and pomegranates.

Food that encourage weight gain in type Bs include corn, lentils, peanuts, sesame seeds, buckwheat, wheat, while green vegetables, meat, eggs, low fat dairy products, liver and liquorice tea will aid weight loss.

Type Bs respond well to stress. Therefore they need exercises that are neither too aerobic nor completely aimed at relaxation. The ideal balance includes activities that involve other people such as group hiking, biking excursions, martial arts and tennis. People in this blood group don't do well when sport is fiercely competitive.

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