**Specific Ailments Supplements**

No returns on Herbal, Vitamins, or Health Care products/supplements.

We recommend that you consult with your health care practitioner first for the best supplements for your personal health/condition. The information on this website is information that the reader can consider & bring forth the information to their health care professional for consideration.

These products are not FDA approved for any listed aliments below. We offer them only as they have shown themselves to be helpful as wellness support.

This list is based on our membership use and testimonials and should be regarded as your experimental and supplemental use only. We do not make any cure claims for any of the products we sell. Products are tried and used at the customers own discretion.

**Acne & Skin Problems**

Anytime there is a skin aliment it is an indication that the liver and blood system are too toxic.

Cleasing the body, especially the liver, of toxins is always helpful.

Also consider a 2 month Colon Cleanse using a product like Colon Enhancer.

Increase pure water intake by 2 glasses a day and make healthy dietary changes.

Supplements which may be helpful are:

**4 Herb Tea:** 1 TBSLP in water once a day for two weeks and then increase to twice a day for 2 months.

**Colloidal Silver:** ½ tsp. added to any natural liquid once or twice a day for at least 30 days. (natural antibiotic, antibacterial, anti fungal properties)

**Panoderm Forte**: Topical antioxidant and drying formula to be applied directly to the acne in the evenings before bed. 1/2oz bottle

**EMU Oil**: used topically for dry skin conditions, burns, sunburns, psoriasis, eczema.

**Dr. Chi’s Psoricaid**: Used for psoriasis, eczema, and lupus. Dose 2 capsules 3 times a day after meals.

**Arthritis**

Asthma and Lung Problems

Bladder and UTI Infection

Bone Spurs

Cancer Supplements

Candida – Systemic Yeast Infection – Epicdemic in US.

Cholesterol & Plaque build up in the arteries (Stop using synthic oils and margarines!)

Safe Daily Supplements for HEART SUPPORT

Colds & Flu

Break a Fever – naturally

Feed a cold, starve a fever

Natural Immune System Helpers for the Winter Months

Breathing – Runny Nose, Stuffed Up Head and Lung Congestion

Colon Cleaning

Cystis – Kidney, Liver Breast…

Diabetes supplements

Depression (Don’t rule out oxygen defictancy and or food allergies: especially artificial flavorings & food colorings)

Gerds, Acid Reflux, stomach problems (Use clean water: Filter out floride and chloride from drinking water.)

Heavy Metal detox

Infections – bacterial – viral – Acute

Kidney detox

Liver detox & Liver Support

Lymph Detox

Longevity & Quality of Life

Macular Degeneration, Cataracts or Glaucoma

Parasites

Viral Loads

Sexual function & hormonal balancing

Smoking

Snoring & sleep Apnea

Thrush in babies and adults

**What should I eat?**

Only natural foods. Organic if possible. (The more organic we buy the more will be available in the market place.)

No chemicals, additives, no MSG, nothing but PURE FOOD. (Single ingredients foods if possible. Or food, water, & salt at the most. Understand you can combine natural single ingredient foods to make a particular food. But leave out the chemical (preservatives, anti-caking ingredients, whiteners,) in the seasonings. Use natural seasonings like herbs, peppers, and unrefined salts, unrefined flours & unrefined sugars! Use olive oil & butter unless you have cancer. Cancer then use \_\_\_\_.) READ YOUR LABELS! If you don’t know learn. Good rule of thumb, if it is difficult to read or pronounce you probably shouldn’t be eating it.

Number one allergy food in USA in cow’s milk, next is artificial flavorings and food colorings.

**Remember you vote for the quality of America’s food and health every time you shop.**

Manufacturers will produce for what sells. So if you buy cheap and unhealthy ; cheap and unhealthy will be the available foods on the market in the USA. If you shop for healthy, natural and organic, that is what manufactures will provide. Also buy natural fabrics in clothing. Example cotton. As plastics are unhealthy for you regardless of where they are. AVOID THE USE OF MICOWAVE COOKING. It over stimulates the food molecules, destroying the nutriential value of your meal. Poor health follows are diet low in natural enzymes and amino acids. In area far from where the produce in harvested, frozen vegetables are often more nutritious then fresh shipped in. However, avoid the sauces and cheese covered vegetables. Make a home. Poor quality food equals poor health. Usually prematurely.

Crop fertilizers throw off the nutrient ratio in crops, plus fertilizers don’t provide a **wide** spectrum of supplements (only 5-7 versus the 57 to 200 for a balanced plant) for our crops. Result high crop yields with low/lower nutrient values than ever before. So it takes more food to keep you well plus, unbalanced food going in your mouth equals an unbalanced body. Then process the food in a mass, refining process, more chemical & preservatives. What food value is left? Example why doesn’t flour mold or be bug infested within a month anymore? (Wheat germ, pinto beans and sugar are nearly in the same class. Why? Very little to no nutritional valve, in respective order, but high in the starches/sugar content. Something to think about.

**You truly are a reflection of what you eat & drink! Your diet is affecting you in ways most people cant’ begin to imagine! SO educate yourselves and take action in your lives now. It will save you a lot of money, time, & problems in the long run!** (The amount of money most people have available usually lessens with age and or retirement.)

It is my opinion; those of you **with problem children, they are reacting to the chemical soup diet they are on. PERIOD! SO if you love yourself, your children, or spouse BE PROACTIVE and change your LIFE for the better.**

**Use extreme caution in what you eat. Don’t live to eat, eat to live.**

**Personal observations: an overactive, usually disobedient & time consuming child whom gets constantly reprimanded and is wearing out everyone one. Take the child to store and say, if you be quiet or behave**

(Based on the horrific royal lessons learned in my own life and the 200 plus books I am re-educating myself with now.)

What kind of water?

Water is very polluted now so we should switch to distilled water. However distilled water will seek or pull nutrients from the body if you don’t have enough nutrient in take. As it is trying to equalize itself with minerals.

In the case of using distilled water you are not getting mineral, parasites, medicines or other chemicals. So you will need to use a high quality colloidal mineral daily as well.

In the case of using reverse osmosis will be getting some mineral. But may still be getting some parasites in the water. SO a regular parasite removal program will be needed.

Note city water sources add chemicals to your water. If they recycle waste water you are getting medications(antibiotic, Prozac, Birth Control pills, etc. Which throws off your bodies balance and healing abilities), and a lot of other chemicals in your water also (all of it isn’t processed out). Plus the traditional chloride, fluoride and parasites. The treatments usually kill bacteria type organisms. Stuff from plumbing. Water in plastic containers pose their own health problems in hormone inbalances, PCBs, etc. [Good: Glass containers, or stainless steel]

Parasite eggs are not killed by treatment processes. From food either. They hatch in a nice warm nutritious environment – you. House pets will also give you parasites regularly. Cat or dogs especially indoors equals sick children.

Colon Clogged or slow can start your death

Detox out chronic candida and other fungals

Parasites – the silent killers

Plan For Health three point plan

Weight Loss Supplements

Other safe and effective natural supplements