



CATALOG



ABOUT AMERICAN HEALTH & HERBS MINISTRY

The professionals at American Health & Herbs Ministry are committed to guiding you to better health through education and superior products. We represent tried-and-proven herbal products formulated and produced by Rev. Truman Berst, Master Herbalist.

We are a complete health and herb source for practitioners, stores and individuals. Courteous service and professional support are backed by years of experience and knowledge in the health food industry. We give clear, concise information to help people understand how nature works to cleanse, build, and strengthen the body.

We are nondenominational Christian and non-profit. It is the American Health & Herbs Ministry philosophy that God has given us the plant kingdom and from it we can derive everything we need for food, shelter, clothing, and health. We believe in (and practice) living a life-style which promotes wholesome nutrition, exercise, proper rest, love, and Christian values and that this is the best formula to achieve health and happiness for ourselves and our future generations.

1/800/345-4152 ext 0 or 1/541/929-2233 ext 0 - www.healthherbs.com



5 WAYS TO PLACE AN ORDER

1 -- Mail

Mail your order to:

American Health & Herbs Ministry
 attn: Order Dept.
 PO Box 940
 Philomath OR 97370

**Be sure to include payment and ship to address
 if different from billing address
 (only one ship to address per order, please)**

2 -- Phone

Call:

1/800/345-4152 ext 0 or 1/541/929-2233 ext 0

3 -- Fax

Call: 1/541/929-2911

Fax orders automatically receive 1% discount

4 -- Internet On-line

Visit our web site at www.healthherbs.com

Use our secure, encrypted on-line order form

On-line orders automatically receive 2% discount

5 -- E-mail

Send an e-mail message to:

healthinfo@healthherbs.com

E-mail orders automatically receive 2% discount

Payment options

1 -- Credit card

We accept MasterCard, Visa, Novus/Discover,
 and American Express cards

2 -- Check

We accept your check by mail (your order will be
 shipped immediately upon receipt of your check).

We also accept check by phone, fax or e-mail (call
 for details).

3 -- Ecount

Go to www.ecount.com to set up your account

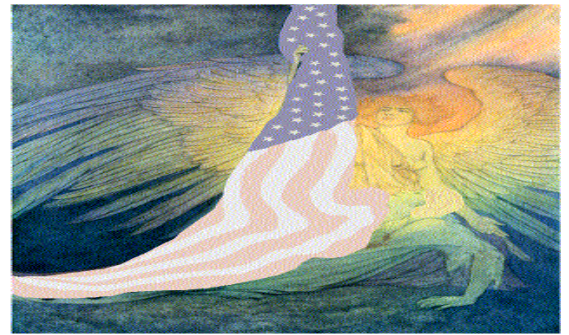


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American Health & Herbs Ministry, PO Box 940, 1313 Main St., Philomath OR 97370

Most orthodox medical institutions in America frown upon self health care and the use of herbs, natural foods and other types of natural healing modalities for the reestablishment and maintenance of health.

Although it is your inherent right to choose for yourself whatever type and source of health care you deem appropriate, it must be emphasized that practicing such medical freedom not only involves the responsibility of acquiring valid health information and skills, but also the wisdom to recognize when health care is needed and to choose that health care with discretion. The information in this catalogue is not intended to medically prescribe or promote the sale of any herbs over prescription medicines or to replace qualified medical health care. American Health & Herbs Ministry assumes no responsibility for the results of self-diagnosis and/or self-medication. If you have, or think you have, a condition which requires medical attention, you should seek qualified medical care immediately.

The FDA has not evaluated this statement or these products. They are not intended for the prevention, treatment, cure or mitigation of disease.

SUPPLEMENTS

DIET

- **Weight Loss Support** -----
#1662-002-0010
St. John's Wort, Borage, Passion Flower, Gotu Kola, Ginkgo, Lobelia, Cayenne Pepper, Atlantic Kelp, Alfalfa, Bladderwrack, Cleavers, Dandelion, Licorice, Ma Huang, White Willow Bark, R/O Water, 12% Alcohol.
- **Energy Up - Weight Down**
powder; 3.5 oz ----- #2101-035-0025
powder; 16 oz ----- #2101-016-0025
90 capsules; 500 mg ea #2101-090-0025
Alfalfa Leaf • Barley Grass • Chlorella • Spirulina • Wheat Grass • Citrin
- **Craving (stop)** ----- #1592-002-0010
Calamus Root • Lobelia • Valerian • Mistletoe • Scullcap • Hops • Kava Kava • Passionflower
- **Curbs Appetite/Trims Weight**
#1500-002-0010
Kelp • Alfalfa • Bladderwrack • Licorice • Cleavers • Dandelion • Ma Huang • White Willow Bark
- **BodyTrim Liquid** #2102-016-0025
Weight management and nutritional supplement combined in liquid form. Helps muscle tissue use energy more efficiently and increases strength and vitality.
- **TurboTrim Plus** -- #2103-090-0025
Energy without ephedra, stops cravings, blocks sugar. Contains thermogenic herbs and nutrients for weight loss.
- **BodyTrim/TurboTrim Combo**
#2104-000-0025
Buy both and save!

CLEANSE DETOXIFY STRENGTHEN

- **Bentonite Clay (Montmorillinite)**
1 lb. ----- #8560-016-0025
Bentonite Clay is a naturally occurring prehistoric volcanic ash. It absorbs negative radiation and toxins internally and may be applied externally for skin disorders
- **Truman's CAC (colon & liver cleanser) Liquid**
16 oz ----- #1477-016-0025
32 oz ----- #1477-032-0025
Cascara Sagrada • Milk Thistle • Buckthorn • Burdock • Dandelion • Licorice Root • Red Clover • Fringe Tree

• Yellow Dock • Echinacea • Goldenseal • Fennel • Ginger • Pau d'Arco • Astragalus

CAC Liquid is a concentrated form of our popular Truman's CAC Tea with several added ingredients. It is easy to use and does not have the bitter taste of the tea.

- **Cleansing Program**
22 oz ----- #3444-000-0025
Truman's CAC (colon & liver cleanser) Liquid (16 oz) • Fiber (6 oz)
- **Truman's Fiber**
6 oz ----- #3349-006-0025
12 oz ----- #3349-012-0025
Psyllium Husks • Acidophilus • Barley Grass • Chlorella • Spirulina • Wheat Grass • Kamut™ • Alfalfa • Marshmallow Root • Slippery Elm Bark • Echinacea Root • Shepherd's Purse • Wild Yam Root • Kelp

Truman's Fiber is a unique blend of ingredients which provides dietary fiber, intestinal digestive support, nutrition, chlorophyll and herbs. Add Fiber to water, juice, or your favorite blender drink. Adds bulk to bowel movement, stops diarrhea, detoxifies, soothes stomach ulcers. Use with *Bentonite Clay* and either *CAC (Colon and Liver Cleanser) Tea* or *CAC Liquid* as part of a diet program

Truman's Fiber Special with Bentonite Clay

- 6 oz ----- #3350-006-0025
 - 12 oz ----- #3350-012-0025
- See Bentonite Clay and Truman's Fiber

- **Gland Formula**
16 oz ----- #7017-016-0025
32 oz ----- #7017-032-0025
Digestion #1 • Gall Bladder • Adrenals & Hypoglycemia • Lymphatic Glands • Brain/Digestion/Glands • Spleen & Pancreas • Thyroid/Pituitary • Heart

Use with *Chromium Polynicotinate* and either *Male Hormone* or *Chaste Tree Berry* (for women) for weight and hormone balancing

- **Truman's Colonic Mix**
8 oz ----- #2589-008-0025
Pau d'Arco • Catnip • Slippery Elm • Peach Bark • Chamomile • Myrrh • Plantain • Turkey Rhubarb • Burdock • Sheep Sorrel • Marshmallow • Lobelia • Cayenne

Use in enemas and colonics

- **Diatomaceous Earth**
6 oz ----- #5593-006-0025
12 oz ----- #5593-012-0025

Kills intestinal parasites safely without chemicals.



Energy up - Weight Down
page 5



Gland Formula, pages 5 and 18



Silver generator in use
page 11

TEAS

- **CAC (colon & liver cleanser) Tea**
8 oz ----- #4300-008-0040
Cascara Sagrada • Buckthorn • Burdock • Dandelion • Licorice Root • Red Clover • Pau d'Arco • Astragalus
- **Cat's Claw Tea — Regular**
8 oz ----- #4617-008-0040
Cat's Claw (Una de Gato)

Good for digestive complaints and arthritis pain, strengthens immune system
- **Cat's Claw Tea - Spice**
8 oz ----- #4616-008-0040
Cat's Claw (Una de Gato) • Cinnamon • Orange Spice • Raspberry

All the benefits of our regular Cat's Claw Tea with an added zing
- **Daily Health Tea — Regular**
8 oz ----- #4227-008-0040
Pau d'Arco • Stevia

Pau d'Arco has been revered by natives of Brazil, Paraguay and Argentina for its ability to build blood, eliminate cancer, and ease the pain of arthritis and cancer. Steep as you would any tea and enjoy hot or cold. The longer you steep it, the more it will color the water, indicating that you are getting the maximum benefit from the tea.
- **Daily Health Tea — Spice**
8 oz ----- #4427-008-0040
Pau d'Arco • Stevia • Cinnamon • Orange Spice • Raspberry
- **Daily Pregnancy Tonic Tea**
8 oz ----- #4603-008-0040
Red Raspberry • Cat's Claw • Alfalfa • Peach Leaf • Wild Yam • Ginger • Rose Hips • False Unicorn • Yellow Dock • Slippery Elm • Bilberry • Dandelion • Burdock • Winter Cherry
- **Truman's Essiac Tea**
8 oz ----- #4339-008-0040
Burdock • Turkey Rhubarb • Slippery Elm • Sheep Sorrel
- **Truman's Flor•Essence Tea**
8 oz ----- #4582-008-0040
Burdock • Turkey Rhubarb • Slippery Elm • Sheep Sorrel • Blessed Thistle • Kelp • Watercress • Red Clover Blossoms
- **Truman's Gallbladder Tea**
8 oz ----- #4649-008-0040
Cascara Sagrada Bark • Blessed Thistle • Marshmallow Root
- **Green Tea**
100 bags ----- #4585-100-0040

- **Kombucha Mushroom Tea**
16 oz ----- #4634-016-0040
- **37th-Week Pregnancy Tonic Tea**
8 oz ----- #4604-008-0040
Red Raspberry • Black Cohosh • Blue Cohosh • Beth Root • Squaw Vine • Cramp Bark • Anise • Spikenard • Nettle • Dill • Borage • Lobelia

HEALTH KING
HERB TEAS

- **American Ginseng Herb Tea**
40 bags; ----- #4400-040-0040
American ginseng • Green Tea • Jasmine Flower
- **High Blood Pressure Tea**
20 bags ----- #4401-020-0040
Apocynum Venetum • Green Tea • Jasmine Flower
- **Astragalus Immunity Herb Tea**
20 bags; ----- #4402-020-0040
Astragalus root, leaf, flower • Green Tea • Jasmine Flower
- **Beautymate Herb Tea**
20 bags; ----- #4403-020-0040
Chinese motherwort • Green Tea • Jasmine Flower
- **Sugar Control Herb Tea**
20 bags; ----- #4404-020-0040
Mulberry leaf • Green Tea • Jasmine Flower
- **Chrysanthemum Vascuflow Herb Tea**
20 bags; ----- #4405-020-0040
Chrysanthemum flower • orchid flower • Jasmine Flower
- **Diet Master Herb Tea**
20 bags; ----- #4406-020-0040
Rhubarb • Astragalus • Green Tea • Jasmine Flower
- **Gastroease Herb Tea**
20 bags; ----- #4407-020-0040
Astragalus • Roasted Wild Millet • black tea • Jasmine Flower
- **Panax Ginseng Herb Tea**
20 bags; ----- #4408-020-0040
Ginseng • Green tea • Jasmine Flower
- **Ginseng Tonic Herb Tea**
40 bags; ----- #4408-040-0040
Ginseng • Green tea • Jasmine Flower
- **Jointflex Herb Tea**
20 bags; ----- #4409-020-0040
Dioscorea nipponica • Green Tea • Jasmine Flower

- **Manhood Herb Tea**
20 bags; ----- #4410-020-0040
40 bags; ----- #4410-040-0040
Broomrape • Panax ginseng • Astragalus • Green Tea • Jasmine Flower
- **President's Herb Tea**
40 bags; ----- #4411-040-0040
Panax ginseng • Astragalus • Siberian ginseng • Green Tea • Jasmine Flower
- **Reishi Liver Guard Herb Tea**
20 bags; ----- #4412-020-0040
40 bags; ----- #4412-040-0040
Reishi mushroom • Astragalus seed • Green Tea • Jasmine Flower
- **Siberian Ginseng Vascutone Herb Tea**
20 bags; ----- #4413-020-0040
40 bags; ----- #4413-040-0040
Siberian ginseng • Green Tea • Jasmine Flower
- **Sniffle Herb Tea**
40 bags; ----- #4414-040-0040
Scutellariae • Siberian ginseng • Green Tea • Jasmine Flower
- **StopSmoking Herb Tea**
20 bags; ----- #4415-020-0040
Licorice • Peppermint • Green Tea • Jasmine Flower
- **Sweet Dream Herb Tea**
20 bags; ----- #4416-020-0040
40 bags; ----- #4416-040-0040
Mulberry • Atractylodes • Green Tea • Jasmine Flower
- **TanGui Lady's Herb Tea**
20 bags; ----- #4417-020-0040
TanGui (Angelica) • Green Tea • Jasmine Flower

SUPER
GREENFOOD

Fabulous and fast! These salad or veggie substitutes are great if you're on the go or don't get enough vegetables in your diet. They are rich in chlorophyll, beta carotene, vitamins, amino acids, minerals, DNA, RNA, and enzymes. Easy to digest, they contain more concentrated nutrition than any leafy green vegetable and are an excellent source of dietary fiber!

- **Truman's Super Veggie Powder**
3.5 oz ----- #3600-035-0035
16 oz ----- #3600-016-0035
Chlorella • Spirulina • Barley Grass • Wheat Grass • Kamut™ • Alfalfa



Daily Health Tea, page 6

Super Veggie Powder
page 6Health King Herb Teas
page 6

- **Super Blue-Green Algae from Klamath Falls**
60 tabs; 500 mg ea --- #3931-060-0035
120 tabs, 500 mg ea -- #3931-120-0035
Freeze-dried; harvested from upper Klamath Lake in the Oregon Cascades
- **Kamut™** ----- #3367-002-0030
Triticum aestivum

GINSENG BLENDS

- **Truman's 3 Ginsengs**
2 oz ----- #1803-002-0015
Tienchi • Tang Shen • Chinese
- **Truman's 5 Ginsengs**
2 oz ----- #1487-002-0015
Siberian • Korean • American • Chinese • Brazilian
- **Truman's 7 Ginsengs**
2 oz ----- #1805-002-0015
Tienchi • Tang Shen • Chinese • American • Siberian • Korean • Brazilian

ENERGY ADAPTOGEN HERBS

- **Bee Pollen Granules (fresh)**
16 oz ----- #8621-001-0015
Fresh and golden! Bee pollen is one of the most nutritious foods available. Keep in the freezer to ensure freshness.
- **Bee Pollen (tincture)**
2 oz ----- #3261-002-0015
The same as bee pollen granules, but in liquid form; keep refrigerated.
- **Brain/Digestion/Glands/Energy**
2 oz ----- #1068-002-0010
Gotu Kola • Kelp • Alfalfa • Dandelion • Brigham Tea • Hydrangea • Saffron • Parsley
- **Female Energy & Power**
2 oz ----- #1447-002-0010
Chlorella • Spirulina • Barley Grass • Wheat Grass • Bee Pollen • Dong Quai • Siberian Ginseng
- **Male Energy & Power**
2 oz ----- #1347-002-0010
Chlorella • Spirulina • Barley Grass • Wheat Grass • Bee Pollen • Korean Ginseng • Siberian Ginseng
- **Super Power Pollen**
2 oz ----- #1490-002-0010
Bee Pollen • Siberian Ginseng

AMINO ACIDS

- **Chewable Amino 1500**
150 tablets #8985-150-0080
20 amino acids in chewable form
- **L-Glutathione**
60 capsules; 250 mg ea. #8959-060-0080
Anti-aging, detoxifies, helps metabolism, protects blood cells
- **GABA**
90 tablets; 250 mg ea - #8963-090-0080
Improves sleep; helps with weight reduction; necessary for normal human growth
- **L-Arginine**
100 capsules; 500 mg ea, --- #8967-100-0080
Aids in weight loss; builds muscle; strengthens the immune system
- **L-Carnitine**
30 capsules; 250 mg ea #8968-030-0080
60 tablets; 500 mg ea - #8990-060-0080
Flushes fat; helps maintain muscle
- **L-Cysteine w/B6 & C**
100 tablets; 500 mg ea #8969-100-0080
Helps hair growth; detoxifying agent
- **L-Glutamine w/B6**
120 caps; 500 mg ea -- #8971-120-0080
Sustains mental agility
- **L-Histidine**
60 caps; 500 mg ea --- #8972-060-0080
Aid for sufferers of allergies, arthritis or ulcers
- **L-Lysine**
100 capsules; 500 mg ea --- #8973-100-0080
Inhibits virus growth; helps relieve stress, serious help for cold sores, blisters, and skin conditions
- **L-Methionine w/B6**
100 capsules; 500 mg ea --- #8980-100-0080
Prevents excessive fat buildup in the liver; helps detoxify harmful compounds; anti-fatigue agent
- **L-Ornithine**
120 caps; 500 mg ea -- #8974-120-0080
Increases muscle; strengthens the immune system
- **L-Phenylalanine**
120 caps; 500 mg ea -- #8975-120-0080
Mood enhancer; fights depression
- **L-Taurine w/B-6**
100 capsules; 500 mg ea #8976-100-0080
Strengthens eyes, nerves, heart,
- **L-Tyrosine w/B6**
60 capsules; 500 mg ea #8977-060-0080
Aids in weight control; strengthens glands; builds blood



Seven Ginseng Formula,
page 7
(2 oz tincture shown actual size)



Comfrey Poultice, page 12

VITAMINS and MINERALS

— VITAMINS —

- **Vitamin A**
100 perles; 10,000 IU ea --- #2803-100-0020
100 softgels; 25,000 IU ea - #2804-100-0020

from fish oil
- **Beta Carotene**
250 softgels 25,000 IU ea - #2408-250-0020

Beta Carotene is essentially two Vitamin A molecules joined together - the same form in which Vitamin A is commonly found in yellow colored fruits and vegetables.
- **Vitamin B6**
100 tablets; 50 mg ea - #2800-100-0020
from Pyridoxine Hydrochloride

Vitality enhancer
- **B12/Folic Acid Drops**
1 oz ----- #2475-001-0020
Aids digestion; aids proper absorption of iron to combat anemia; essential for proper fetal development
- **B Complex**
90 tablets; 100 mg ea - #2805-090-0020
Reduces stress; soothes nerves
- **Esterified Vitamin C**
100 tablets; 1,000 mg ea --- #2364-100-0020
250 tablets; 1,000 mg ea --- #2364-250-0020
Continuous release; non-acid, does not irritate stomachs
- **Hi-C 500**
250 tablets; 500 mg ea #2801-250-0020
With bioflavonoids derived from citrus (lemons); reduces stress; boosts vitality
- **E-400**
100 softgels; 400 IU ea #2806-100-0020
Vitamin E with mixed tocopherols: unesterified d-alpha plus d-beta, d-delta and d-gamma
- **Miracle 2000**
liquid; 32 oz ----- #2000-032-0020
vitamins • minerals (including many trace minerals) • antioxidants • amino acids • herbs

In a great tasting liquid form
- **Multi-Herb Vita**
90 tablets ----- #2397-090-0020

180 tablets ----- #2397-180-0020

This potent time-released tablet provides important vitamins, amino acids, chelated minerals, herbs, RNA and DNA in a one per day form. 90 tablets will last for 3 months; 180 tablets for 6 months

- **Niacin (Flush-free)**
90 capsules; 275 mg ea #2802-090-0020
Improves circulation; helps reduce serum cholesterol
- **Niacinamide w/B3**
100 capsules; 500 mg ea --- #2612-100-0020
Beneficial against depression, addictions and mental illness

— CHILDREN'S CHEWABLES —

- **Children's Multi-Vitamin ---**
----- #2645-060-0020
60 wafers, chewable; 4 fruit flavors
- **Children's Chewable Vitamin C**
180 tabs; 500 mg ea -- #2644-180-0020
4 fruit flavors in one bottle

— MINERALS —

- **Coral Calcium**
100 capsules; 500 mg ea --- #9372-100-0090
With Vitamin D (400 IU) and Magnesium (250 mg)•
- **Calcium 500+**
120 tablets; 500 mg ea #9362-120-0090
Strengthens bones and teeth; strengthens the heart; builds muscle
- **Cal-Mag**
150 capsules; 200/200 mg ea -----
----- #9983-150-0090
Calcium • Magnesium
- **Chromium (Polynicotinate)**
100 capsules; 200 mcg ea -- #9982-100-0090
- **Colloidal Minerals**
32 oz ----- #9640-032-0090
- **Magnesium**
90 tablets; 250 mg ea - #9985-090-0090
Improves brain function; reduces stress; aids digestion
- **Mineral Complex**
120 capsules ----- #9986-120-0090
Helps maintain youthful vitality
- **Molybdenum**
100 tablets; 500 mcg ea --- #9987-100-0090
Strengthens immune system; aids iron absorption to relieve anemia

- **Potassium Gluconate**
250 tablets; 99 mg ea - #9409-250-0090
Main healing mineral
- **Super EPA Fish Oil Lipids**
120 softgels; 360 mg EPA, 240 mg DHA
----- #9984-120-0090
Omega 3 polyunsaturates; Arthritis-
Blood Pressure/Eczema/Psoriasis/
Breast Cancer
- **Zinc Gluconate**
250 tablets; 50 mg ea - #9988-250-0090
Aids the healing process. Builds
strong bones and healthy skin

NUTRITIONAL OILS

- **Borage Oil**
120 softgels; 240 mg ea -- #6489-120-0105
Strengthens immune system; soothes
nerves; beneficial to MS patients
- **Omega 3 Flax Seed Oil —
High Lignan**
liquid; 16 oz ----- #6606-016-0105
100 softgels; 1000 mg ea -- #6607-100-0105
250 softgels; 1000 mg ea -- #6607-250-0105
Reduces symptoms of aging, allergy/
asthma and PMS, reduced water
retention; reduces stress, eases many
skin conditions; builds blood, heart
muscle; beneficial against cancer and
diabetes
Flax Seed Oil liquid must be
refrigerated after opening.
- **Garlic Oil**
2 oz ----- #6232-002-0105
Lowers blood pressure; builds heart
muscle, fights infection, use
externally to help dissolve warts
- **Pumpkin Seed Oil**
100 softgels; 1000 mg ea -- #6933-100-0105
Help eliminate parasites from the
system; beneficial for good prostate
health

UNI QUE SUPPLEMENTS

- **5-HTP**
90 capsules; 50 mg ea - #8612-090-0080
Vitamin B6 • Niacin • 5-
hydroxytryptophen
Serotonin support

- **Acidophilus (non-dairy)**
100 capsules ----- #8413-100-0080
powder, 4 oz ----- #8413-004-0045
powder, 16 oz ----- #8413-016-0045

Micro-encapsulated to survive
stomach acids; hypoallergenic.
Contains no lactose or whey;
fermented and grown on rice so it
needs no refrigeration. Contains
Acidophilus bulgaricus and bifidus plus
Vitamin C, apple pectin, rice bran,
Comfrey Root and freeze-dried
carrot, all of which have the vitality
to establish total microbial growth of
friendly bacteria throughout the
entire digestive tract.

- **Alpha-Lipoic Acid**
60 capsules; 250 mg ea #8042-060-0080
High potency antioxidant

- **AMERIDAN™ Olive Leaf Extract**
60 vegicaps; 500 mg ea #8020-060-0080
See Olive Leaf Tincture

- **Bee Propolis**
100 capsules; 500 mg ea -- #8902-100-0080

- **Bilberry Complex**
50 capsules; 80 mg ea - #8960-050-0080
Bilberry • beta carotene

Beneficial to eyes and pancreas;
helpful for diabetics

- **Bromelain**
90 tablets; 500 mg ea, 2000 GDU -----
----- #8643-090-0080

A digestive supplement

- **Chondroitin Sulfate Support**
60 capsules; 500 mg ea #8639-060-0080
Protects joints, helps reduce pain and
inflammation.

- **Colostrum**
60 caps; 500 mg ea --- #8415-060-0080
Natural boost to the immune system;
to ensure freshness, refrigerate after
opening.

- **COQ-10**
30 capsules; 30 mg ea - #8371-030-0080
120 capsules; 30 mg ea #8371-120-0080
Counters the effects of aging, AIDS,
MS and allergies; builds muscle
including heart, boosts immune
system

- **COQ-10 w/Hawthorn Berry**
180 capsules; 100 mg ea -- #8370-180-0080

The benefits of COQ-10 plus
improves circulation and strengthens
cell structure

- **Cranberry Concentrate**
100 capsules ----- #8230-100-0080
Fortified with vitamin C



Acidophilus Powder (non dairy)
page 9



Flax Seed Oil (high lignan) --
capsules and liquid
page 9



CAC Liquid and CAC Tea,
pages 5 & 6



Noni
page 10



MSM -- ultrapure
(methyl sulfonyl methane)
page 10

- **DHEA**
Herbal; 60 caps; 1100 mg blend -----
----- #8622-060-0080
Synthetic, 120 caps; 25 mg pure -----
----- #8623-090-0080

Energy, mood and memory enhancer;
aids in weight loss
- **Digestive Enzymes**
100 capsules; 750 mg ea --- #8026-100-0080
Pancreatin • Protease • Amylase • Lipase
• Diastase • Papain • Pepsin • Bromelain
• Ox Bile • herbal enzymes • Garlic •
Ginger • Fennel Seed • Cayenne

Since cooking destroys many of the
digestive enzymes in food, taking
plant fiber-based Digestive Enzymes
aids in digesting even the heaviest
meal
- **Garlic (Odorless)**
90 capsules; 500 mg ea #6932-090-0080

Lowers blood pressure; builds heart
muscle, fights infection
- **Glucosamine Sulfate**
60 capsules; 750 mg ea #8964-060-0080

Builds cartilage, protects joints
- **Glucosamine & Chondroitin**
60 capsules ----- #8658-060-0080
1500 mg Glucosamine • 1200 mg
Chondroitin in each capsule
- **Glucosamine & Chondroitin w/
Manganese**
60 capsules ----- #8991-060-0080
500 mg Glucosamine • 400 mg
Chondroitin • 17 mg Manganese in each
capsule
- **Goldenseal Root Powder**
2 oz ----- #8132-002-0045

Organic
- **Grape Seed Extract**
60 tablets; 100 mg ea - #8965-060-0080

Antioxidant; improves tissue growth;
beneficial to eye health
- **KM Matol Potassium** -----
----- #9961-032-0090
- **Kombucha Mushroom**
4 oz ----- #8966-004-0080
Fungus japonicus bacteria

Lowers blood pressure; helpful against
arthritis, cancer, Candida and herpes

Live start with instructions for
growing and for making tea;
mushroom will grow to size of
container it's placed in. Historical use
since before 221 BC
- **Lecithin Powder**
1 lb ----- #8970-016-0045
- **Lutein Esters**
60 softgels, 20mg ea -- #8880-060-0080

Antioxidant capsules. Reduces risk of
age-related macular degeneration.
Lutein is also capable of scavenging
free radicals that contribute to disease
and aging.
- **Melatonin**
60 capsules; 3 mg ea -- #8978-060-0080

Improves sleep, immune system,
libido, lowers cholesterol level
- **Modifilan**
1.5 oz ----- #4520-015-0045
Laminaria japonica

Extract of brown kelp, combined with
essential vitamins and minerals;
contains iodine.
- **MSM -- Ultrapure**
Crystalline powder; 1 lb. --- #8979-016-0080
Methyl sulfonyl methane

Helps rejuvenate joints and all body
cells, lessens the pain and stiffness of
arthritis, boosts energy level
- **Noni**
16 oz ----- #8025-012-0080
Morinda citrifolia

Pure Tahitian Noni juice; aids
digestion; eases arthritis and allergy
symptoms; helps eliminate parasites
- **Phosphatidyl Serine**
60 capsules; 100 mg ea #8641-060-0080

Helps reduce damage caused by aging,
improves vascular health and memory
- **Pregnenolone**
30 caps; 30 mg ea ---- #8638-030-0080

Helps fight stress reaction, fatigue and
depression



Multi-Herb Vita, page 8

- **Pycnogenol**
60 capsules; 30 mg ea #8981-060-0080
Proanthocyanidin Complex
- **Samento (TOA free Cat's Claw)**
30 capsules; 600 mg ea #8625-030-0080
Samento is *over 100* times as effective as Cat's Claw. Studies suggest Samento to be beneficial in the treatment of a wide range of immune system related conditions; these include but are not limited to cancer, arthritis, bursitis, rheumatism, allergies, ulcers, systemic candidiasis, all forms of herpes, diabetes, lupus, chronic fatigue syndrome, intestinal disorders and HIV infection.
- **SAMe**
30 capsules; 800 mg ea #8624-030-0080
SAMe works closely with folic acid and vitamin B-12, functioning as a methyl donor in the manufacture of DNA and neurotransmitters.
- **Shark Cartilage**
100 capsules; 750 mg ea #8962-100-0080
Especially helpful for persons with arthritis and cancer
- **Stevia Extract (white)**
liquid (clear); 2 oz #8657-002-0080
powder; 1 oz #8642-001-0045
powder; 8 oz #8642-008-0045
300 times sweeter than sugar and rich in chromium. NO calories!! Great for diabetics and dieters
- **Stevia (green)**
powder; 8 oz #8620-008-0045

MISCELLANEOUS

SILVER

- **Book - Colloidal Silver**
by Zane Baranosusky
#5720-000-0005
- **Colloidal Silver (silver water)**
Liquid; 16 oz #7997-016-0025
10 ppm. Use as external spray for skin disorders or take internally for increased immunity or as a safe, natural antibiotic. Used for centuries around the world as a "wonder cure"
- **Colloidal Silver (silver water) Generator**
#7998-000-0025
Make your own colloidal silver.
- **Silver Wire (.999 pure)**
6" long, 14 gauge #7999-000-0025
For use with Silver Water Generator

ESSENTIAL OILS

- **Essential Oil of Citronella**
2 oz #6609-002-0060
Mosquito repellent
- **Catnip Oil**
2 oz #6106-002-0060
Insect and mosquito repellent
- **Essential Oil of Clove**
2 oz #6225-002-0060
Local anesthetic
- **Essential Oil of Eucalyptus**
2 oz #6224-002-0060
Helps break up congestion when used as an inhalant
- **Lavender Flower Oil**
2 oz #6576-002-0060
Helps fight depression
- **Essential Oil of Peppermint**
2 oz #6220-002-0060
Helps break up congestion when used as an inhalant
- **Essential Oil of Tea Tree**
2 oz #6398-002-0060
Melaleuca alternifolia
Antiseptic/anesthetic/antifungal for skin
- **Essential Oil of Wintergreen**
2 oz #6223-002-0060
Use externally as a sore muscle heat wrap; first aid for rash/burns

- **Oregon Breeze Essential Oil**
2 oz #6646-002-0060
Menthol • Cassia Oil • Peppermint Extract Oil • Eucalyptus Oil • Camphor White Oil
Helps relieve headache and sinus pain; reduces allergy symptoms
 - **Oregano Oil (wild)**
2 oz #6222-002-0060
Origanum vulgare (wild)
Take internally for joint pain, aching muscles, chronic cough, infections, asthma and bronchial congestion; can be used topically as an anti-fungal, anti-parasitic, anti-viral and antibacterial
 - **Oregano Oil (diluted)**
2 oz #6226-002-0060
50% wild Origanum vulgare • 50% extra-virgin organic olive oil
Cayenne Oil
2 oz #6621-002-0060
Cayenne Pepper (Capsicum annum) 4, Olive Oil, 12% Alcohol.
 - **Peppermint Oil (diluted)**
2 oz #6234-002-0060
Essential Oil of Peppermint diluted with cold-pressed olive oil
Helps break up congestion when used as an inhalant
- ### OILS, LINIMENTS & LOTIONS
- **Emu-MSM Cream**
1.75 oz #6634-002-0060
MSM, Cocoa Butter, Emu Oil, Lavender Oil, Tea Tree Oil, Vitamin E Oil, Glucosamin Sulfate, Chondroitin Sulfate, Coconut Oil.
 - **Black Salve**
2 oz #6600-002-0060
Olive Oil, Chaparral, Beeswax, Glycerine, Pine Tar, Lanolin, Wheat germ oil, Lobelia, Goldenseal, Comfrey, Plantain, Red clover, Mullein, Marshmallow root, Chickweed, Poke root, Vitamin E.
 - **Lemon Balm Lip Salve**
5.5 grams #6000-055-0060
Lemon Balm, Comfrey, Marshmallow, Slippery Elm, Calendula, Lobelia, Chickweed, Olive Oil, Wheat Germ Oil, Jojoba Oil, Glycerine, Bees Wax, Lemon Oil, Lemon Extract, Honey.
 - **Truman's E-3 Oil**
2 oz #6231-002-0060
Garlic • Mullein • Lobelia • cold-pressed Olive Oil
Use as ear drops for ear infections

- **Cinnamon Herb Oil Lotion**
2 oz ----- #6588-002-0060
Cinnamon Oil • Tea Tree Oil • Olive Oil

Use sparingly — 1 drop at a time as a skin antiseptic, antifungal, to improve circulation.

- **Cocoa Butter - pure**
5 oz ----- #6633-005-0060

Skin emollient, helps stretch marks; great soother for chapped skin

- **Facial Cleanser Lotion**
2 oz ----- #6374-002-0060

Pure castile soap • potassium solution • jojoba oil • coconut oil • olive oil • lavender oil • tea tree oil

Formulated for sensitive skin; ideal for post-surgical cleansing

- **Garlic Oil**
2 oz ----- #6232-002-0060
Cold-pressed olive oil • garlic

Use externally on warts; helps fight infection when used as a tincture in water; breaks up congestion when used in steam as an inhalant

- **Jojoba Oil**
2 oz ----- #6648-002-0060

Use externally to help psoriasis and dermatitis; use as a moisturizer for skin and hair

- **Truman's Liniment (Topical Concentrate Rub)**
2 oz ----- #6219-002-0060
Oils of Wheat Germ • Olive • Wormwood • Clove • Cinnamon • Lobelia • Cayenne

For relieving sore joints and muscles

- **Miracle Oil**
8 oz ----- #6110-008-0060

Blend of 7 natural oils and 14 herbs; super on all parts of your body.

- **Miracle Lotion**
8 oz ----- #6115-008-0060

All the effectiveness of Miracle Oil but in a smooth, silky lotion

- **Mullein Oil**
2 oz ----- #6233-002-0060
Cold-pressed olive oil • mullein

Use topically to help eliminate stretch marks; heal sunburn and dry, cracked skin

- **Truman's Head-to-Toes Lotion**
2 oz ----- #6375-002-0060
Lemon Oil • Mullein Oil • Wheat Germ Oil • White Oak Bark • Thyme • Black

Walnut • St. John's Wort • Comfrey • Myrrh • Marigold • Bee Pollen • Plantain • Balm of Gilead

Excellent all-purpose moisturizer.

- **Truman's Skin Spots**
2 oz ----- #6395-002-0060
Bee Propolis with Tea Tree Oil • Peppermint Oil • Clove Oil

Pleasant Scent! For external use only. Antiseptic/Anesthetic/Antifungal for Skin

POULTICES

- **Comfrey Poultice**
2.5 oz ----- #7205-002-0055
Comfrey • Slippery Elm • Goldenseal • Chickweed

Aid for minor cuts and scrapes

- **Myrrh Poultice**
2.5 oz ----- #7206-002-0055
Comfrey • Myrrh • Slippery Elm • Lobelia

Drawing poultice for infections, etc

- **Plantain Poultice**
2.5 oz ----- #7222-002-0055
Comfrey • Plantain • Slippery Elm • Myrrh • Oat Straw • Lobelia

Soothing for skin irritations and rashes

- **Wonder Cure**
1 oz ----- #7210-001-0055
2 oz ----- #7210-002-0055
3 oz ----- #7210-003-0055

Calcium Hypochlorite 1.8% • Sodium Phosphate • Dibasic Sodium Carbonate • Calcium Carbonate • Starch

Therapeutic remedy for topical skin infections. Instant relief for cold sores, ringworm, impetigo, and infection. No burning, no side effects.

- **Poultice Mixer**
2 oz ----- #7207-002-0055
8 oz ----- #7207-008-0055
Mineral Water • Wheat Germ Oil • Honey

First aid for burns; mix with any of the above poultices

HYGIENE

- **Breath, Teeth & Gums**
2 oz ----- #1499-002-0010
Bee Pollen • Black Walnut • Clove Oil • Peppermint Oil • Bee Propolis • Blood Root

Breaks up plaque; sweetens breath; strengthens tooth enamel



Acne & Skin Disorders Formula
page 16



White Stevia Extract
powder and tincture
page 11



Herbal Emergency First Aid Kit
page 13



Truman's Fiber, page 5



Kombucha Mushroom
page 10

- **Nature's Deodorant Stick**
3.5 oz ----- #7934-035-0070
Hypoallergenic. Safe. Unscented.
Lasts a year or more with normal use
- **Oxyfresh Mint Mouthrinse w/
Oxygene!**
16 oz ----- #7939-016-0070
- **Oxyfresh Mouthrinse w/
Fluoride**
16 oz ----- #7938-016-0070
- **Oxyfresh Toothpaste w/
Oxygene!**
5.5 oz tube ----- #7937-000-0070
- **MSM Toothpaste**
3 oz tube ----- #7735-000-0070
Whitens teeth naturally; helps prevent
gingivitis and pyorrhea
- **No Lice Formula**
2 oz ----- #7701-002-0070
Essential Oil of Thyme, Essential Oil of
Lavender, Essential Oil of Tea Tree, Pure
Castile soap.
- **Facial Cleanser Lotion**
2 oz ----- #6374-002-0060
Pure Castile Soap, Potassium Solution,
JoJoba Oil, Coconut Oil, Olive Oil,
Lavender Oil, Tea Tree Oil.
- **Deodorant Stone**
3 oz ----- #7934-003-0070
Aluminum Sulfate, Ammonium, Barium,
Calcium, Iron, Magnesium, Manganese,
Phosphorus, Potassium, Silicon, Sodium,
Strontium, and Titanium.

HERBAL KITS

- **Children's Kit** ----- #7702-000-0110
Colic and Gas Pains • Fevers • Teething •
E-3 Oil (for ear infection, rash, burns,
cuts and scrapes)
- **Detoxify Kit** -----
----- #7935-000-0110
CAC Liquid (16 oz) • Fiber (6 oz) •
Bentonite Clay (16 oz) • Digestive
Enzymes (100 caps) • Daily Health Tea -
Spice (8 oz)
- **Emergency Home Health Kit**
#7936-000-0110
Antibiotic • Fevers • Headache/Tension/
Pain • Sinus & Lung Congestion •
Coughs/Sore Throat Syrup • Sleep • Strep
Throat • Cold/Flu/Virus • Echinacea
- **Herbal Emergency First Aid
Kit** ----- #7700-000-0110
Eye Rinse Concentrate • Shock/
Childbirth • E-3 Oil for burns • Arnica
for pain
- **Pregnancy/Childbirth Kit** -----

- #7701-000-0110
Shepherd's Purse to control bleeding •
Childbirth — 5 Weeks Before • Labor
Pains — Reduce • St. John's Wort to
reduce afterpains of childbirth
- **Weight Loss Kit** #7943-000-0110
Curbs Appetite/Trims Weight •
Chromium • Energy Up - Weight Down •
L-Carnitine

WATER FILTRATION SYSTEMS

- **Drinking Water Filtration
System** ----- #7567-000-0075
- **Reverse Osmosis Water
Filtration System**
----- #7127-000-0075

BOOKS, CASSETTES & VIDEOS

Maureen Salaman is one of the foremost authorities on nutrition and health and the former editor of three health magazines. She holds a Master's Degree in Nutrition, a Ph.D. in Theology, and is president of the National Health Federation. Her book *Nutrition: The Cancer Answer*, a smashing best-seller, was voted Best Health Book of the Year by the American Book Exchange

We have three of her most popular books and a video tape of her interviews with Master Herbalist Truman Berst compiled from the nationally syndicated, Angel Award winning TV program, *Maureen Salaman's Accent on Health*

- **Foods that Heal** #5100-000-0005

A result of hundreds of interviews with natural-healing medical doctors, researchers, and biochemists, this book provides the most complete guidance available today on everyday foods that actually heal illness.

- **Nutrition: The Cancer
Answer II** ----- #5101-000-0005

Maureen presents a complete, easily understood explanation of the discoveries and cancer prevention facts compiled in the recent report by the National Academy of Science. The report recognizes the vital connection between foods we eat and the causes and prevention of cancer. Maureen adds to this her own practical applications so that you can put this nutritional



Bee Propolis tincture,
page 21



Essential Oil of Citronella
page 11

information to work in your own life.

- **The Diet Bible** -- #5102-000-0005

Never before has anyone done the in-depth study and research necessary to find the biblical way, the effortless way, the health-promoting way to dissolve away unwanted pounds and increase your energy. Here is a small sample of what The Diet Bible discusses:

- hidden causes of being overweight
- how to kick the junk food habit
- foods from the Bible that banish excess poundage
- how to beat cellulite
- how to love thyself and lose weight

- **Maureen's & Truman's Health Video** ----- #5103-000-0005

This video was compiled from 10 of Truman's appearances on Maureen Salaman's Accent on Health television program.. The video covers many relevant areas of health as Truman and Maureen discuss the importance of herbs, nutrition, and diet in everyday life. It is an entertaining way to learn more about health and the latest breakthroughs.

- **Truman's Cassette Tapes** ----- #8500-000-0005

This set of three 1-hour audio tapes was recorded live from Truman's appearances on the popular radio call-in health talk shows. We have selected the most informative and interesting questions and answers; great for listening to while working around the house or driving in your car.

- **Herbal Descriptions by Truman Berst** ----- #1235-000-0005

- **Book - Colloidal Silver by Zane Baranosusky** ----- #5720-000-0005

- **Book - The Miracle of MSM by Jacob, Lawrence, & Zucker**
Hard bound ----- #5110HB-000-0005
Paper bound ----- #5110PB-000-0005

- **Book - The Arthritis Cure by Theodosakis, Adderly, & Fox** ----- #5111-000-0005

- **Book - The Cure for all Diseases by Hulda Regehr Clark** ----- #5112-000-0005

- **Today's Herbal Health** ----- #5105-000-0005

- **Prescription for Nutritional Healing** ----- #5104-000-0005

- **The Little Herb Encyclopedia** #5106-000-0005

- **Catalog** ----- #0585-000-0005

HERB CLASS

- **Beginning Herbal Course** ----- #5200-000-0005

Learn the basics of herbalism with our correspondence course. Learn how to make your own herbal remedies and gifts. Includes *Herbal Descriptions* by Truman Berst, 20 sample packs of herbs, and 4 class projects.

PROTOCOLS

These are short informative papers giving Truman Berst's tested protocols for a variety of common (and some not so common) disorders.

- **Alcoholism.** ----- #0001-000-0005
- **Allergies** ----- #0010-000-0005
- **Anemia** ----- #0015-000-0005
- **Arthritis** ----- #0020-000-0005
- **Asthma** ----- #0030-000-0005
- **Athlete's Foot** --- #0035-000-0005
- **Attention Deficit Disorder (ADD)** ----- #0040-000-0005
- **Auto-Immune Disorders** ----- #0050-000-0005
- **Benign Prostatic Hyperplasia** #0530-000-0005
- **Boils** ----- #0060-000-0005
- **Bone Spurs** ----- #0070-000-0005
- **Bronchitis** ----- #0080-000-0005
- **Burns** ----- #0085-000-0005
- **Cancer** ----- #0100-000-0005
- **Candidiasis** ----- #0090-000-0005
- **Carpal Tunnel Syndrome** ----- #0110-000-0005
- **Cholesterol** ----- #0130-000-0005
- **Chronic Fatigue Syndrome** (see Epstein-Barr Virus)
- **Colds/Flu** ----- #0140-000-0005

- **Colitis** (see Ulcerative Colitis)
- **Colloidal silver** #0571-000-0005
- **Crohn's Disease** #0150-000-0005
- **Depression** #0160-000-0005
- **Diabetes** #0170-000-0005
- **Digestive disorders** #0180-000-0005
- **Dyslexia** #0190-000-0005
- **Ear** #0200-000-0005
- **Emphysema** #0220-000-0005
- **Endometriosis** (see Fibroid tumors)
- **Energy** #0230-000-0005
- **Enzymes** #0240-000-0005
- **Epilepsy & Seizures** #0250-000-0005
- **Epstein-Barr Virus** #0210-000-0005
- **Equilibrium** #0260-000-0005
- **Eye problems** #0270-000-0005
- **Fibroid tumors** #0280-000-0005
- **Fibromyalgia** #0290-000-0005
- **Gallbladder** #0300-000-0005
- **Glands** (see Thyroid)
- **Gout** #0310-000-0005
- **Hair** #0320-000-0005
- **Heart & Arteries** #0340-000-0005
- **Hepatitis** #0350-000-0005
- **High Blood Pressure (hypertension)** #0330-000-0005
- **Hyperthyroid** #0360-000-0005
- **Hypoglycemia** #0370-000-0005
- **Hypothyroid** #0375-000-0005
- **Impotence** #0390-000-0005
- **Infertility** #0400-000-0005
- **Irritable Bowel Syndrome** #0380-000-0005
- **Kidney Stones** (see Gallbladder)
- **Liver** #0410-000-0005
- **Lung Cancer** #0420-000-0005
- **Lupus** #0422-000-0005
- **Memory** #0430-000-0005
- **Meniere's Syndrome** #0440-000-0005
- **Menopause** #0450-000-0005
- **MS (Multiple Sclerosis)** #0460-000-0005
- **Muscular Dystrophy (MD)** #0470-000-0005
- **Nervous disorders** #0480-000-0005
- **Ovarian Cysts** (see Fibroid tumors)
- **Parasites** #0485-000-0005
- **Parkinson's Disease** #0490-000-0005
- **Pleurisy** #0500-000-0005
- **Pneumonia** #0510-000-0005
- **Pregnancy** #0520-000-0005
- **Prostate** #0530-000-0005
- **Prostate Enlargement** #0530-000-0005
- **Rosacea** #0540-000-0005
- **Skin disorders** #0540-000-0005
- **Thyroid** #0550-000-0005
- **TMJ** #0555-000-0005
- **Tuberculosis** #0560-000-0005
- **Ulcers** #0570-000-0005
- **Ulcerative Colitis** #0610-000-0005

OTHER

- **Bottle, amber w/dropper**
2 oz #7290-002-0095
- **Bottle, amber w/cap**
8 oz #7290-008-0095
16 oz #7290-016-0095
32 oz #7290-032-0095
- **Dropper only** #7290-000-0095
- **Cap-M-Quick Capsule Maker**
Size "00" #7961-000-0095
Size "0" #7962-000-0095
- **Cap-M-Quick Empty Capsules**
Size "00" #9960-000-0095
Size "0" #9951-000-0095
- **Cap-M-Quick Tamper**
Size "00" #7964-000-0095
Size "0" #7963-000-0095



Truman's E-3 Oil, page 11



Heartburn Formula, page 18

TINCTURE FORMULATIONS

These low alcohol herbal tinctures are created using our own exclusive process which results in high quality, live-concentrated tinctures and extracts. The products listed are our 2 oz size. Also available at substantial savings in 8, 16, 32 oz, and gallon sizes. See *Single Herb Tinctures* for botanical names.

- **3 Mushroom Tincture** -----
----- #1663-002-0010
Maitake Mushroom • Red Reishi
Mushroom • Shiitake Mushroom

How to Use Tinctures

Tinctures are easy to take; simply place drops under the tongue or in water, tea or juice. In general, a dose of 6-12 drops can be taken 3 or 4 times a day. In times of health crisis, you can take 30-60 drops each 1/2 hour until the crisis has passed, then resume normal dosages.. Half dosages are recommended for young children.

For your convenience you may combine any tincture with another or use them before or after prescription medicines. Be sure to monitor the effects and avoid overmedicating. Note: Some tinctures may appear to be cloudy or have suspended particles. This is normal, as some may contain honey, vinegar, glycerine, or lecithin. Herbs will also change slightly in color and taste from season to season.

- **Acne & Skin Disorders** -----
----- #1004-002-0010
Black Walnut • Burdock • Pau D'Arco •
Astragalus • Yellow Dock • Goldenseal
Root • Sassafras • Valerian Root •
Echinacea • Plantain • Chickweed • Garlic

Use with *Antiseptic/Sinus, Skin Sores/
Antibiotic, Truman's Daily Health Tea
and Truman's CAC (colon & liver
cleanser) Tea*

- **Adrenals & Hypoglycemia** -----
----- #1055-002-0010
Licorice Root • Juniper Berry • Wild Yam
• Dandelion • Ginger

Included in Gland Formula

- **Allergies** ----- #1007-002-0010
Bayberry • Echinacea • Yarrow • Wild
Cherry Bark • Cayenne • Goldenseal Root

Use with *L-Histidine*

- **Anemia** ----- #1008-002-0010
Dandelion Root • Barberry • Parsley •
Yellow Dock • Myrrh • Kelp • Comfrey
Leaf

Supplement with *B-12/Folic Acid
Drops and Molybdenum*

- **Antibiotic** ----- #1009-002-0010
Echinacea • Goldenseal Root • Poke Root
• Cayenne

See *Silver Water (colloidal silver)
Generator* also

- **Antibiotic w/o Goldenseal** -----
----- #1010-002-0010
Echinacea • Myrrh • Poke Root •
Cayenne

- **Asthma** ----- #1014-002-0010
Blood Root • St. John's Wort • Mullein •
Saw Palmetto • Wild Cherry Bark •
Goldenseal Root • Cayenne • Comfrey
Root • Lobelia

Use with *Congestion, Sinus & Lung
Congestion, Respiratory System, and
CAC (colon & liver cleanser) Tea or
CAC Liquid*

- **Asthma & Bronchitis #1**
(8 oz) ----- #1651-008-0010
Elderberry • Elecampane • Horehound •
Marshmallow Root • Peach Bark • Peach
Leaf • Pleurisy Root • Slippery Elm •
White Pine Bark • Wild Cherry Bark

- **Asthma & Bronchitis #2**
(8 oz) ----- #1652-008-0010
Blue Vervain • Cayenne • Eucalyptus •
Horseradish • Licorice Root • Mullein •
Nettle • Spikenard • Violet Leaf • Wild
Yam

- **Bed Wetting (stop)** -----
----- #1016-002-0010
Corn Silk • Plantain • St. John's Wort •
Sanicle • Mullein • Sarsaparilla • Cubeb
Berries • Watermelon Seeds • Cayenne

See *Prostate Support Formula* for
help with adult male problem

- **Blood Builder** ----- #1015-002-0010
Buckthorn • Yellow Dock • Garlic •
Dandelion • Poke Root • Cayenne

See also *L-Tyrosine*

- **Bone, Flesh & Cartilage**
(external) ----- #1238-002-0010
White Oak Bark • Black Walnut Hulls •
Marshmallow Root • Mullein • Gravel
Root • Scullcap • Comfrey Leaf •
Wormwood • Lobelia • Vegetable Glycerin

For external use only; for internal
use, see *Bones/Hair/Teeth/Fingernails*

- **Bones/Hair/Teeth/Fingernails**
#1017-002-0010
Oat Straw • Shavegrass • Slippery Elm •
Burdock • Comfrey Leaf • Lobelia

- **Bowel Cleanser** -- #1310-002-0010
Red Clover • Burdock • Echinacea •
Chaparral • Pau D'Arco • Astragalus •
Mullein • Uva Ursi • Parsley •
Marshmallow • Cascara Sagrada

See *Bowel Tonic—Lower, Bowel
Regulation, CAC Liquid, CAC Tea,
Fiber, and Bentonite Clay* for
alternatives

- **Antibiotic w/o Poke Root** -----
----- #1035-002-0010
Echinacea • Goldenseal • Cayenne

Anti-Cancer Formula

16 oz ----- #1099-016-0010

32 oz ----- #1099-032-0010

Cat's Claw, Violet Leaves, Essiac Formula,
Shitake, Maitake, Periwinkle,
Bhringaraja, Mistletoe, Immune Formula,
Red Reishi, R/O Water, 12-24% Alcohol.

- **Antiseptic/Sinus (dilute-and-
snuff)** ----- #1073-002-0010
Bayberry • Goldenseal • Myrrh

Also see *Sinus & Lung Congestion*

- **Arthritis** ----- #1013-002-0010
Yucca • Alfalfa • Buckthorn • Burdock •
Parsley • Slippery Elm • Yarrow • Devil's
Claw • Yerba Santa • Cayenne

Use with *MSM, Flax Seed Oil and L-
Cysteine*



Agar Agar, page 21



Bee Pollen granules and tincture page 7

- **Bowel & Liver Cleanser** -----
----- #1019-002-0010
Buckthorn • Burdock • Chaparral • Pau
D'Arco • Astragalus • Dandelion •
Cascara Sagrada • Licorice Root • Red
Clover • Lobelia

Use with *Bowel Tonic—Lower, Bowel
Regulation, Bowel Cleanser* and
either *CAC Liquid* or *CAC Tea*
- **Bowel Regulation** -----
----- #1299-002-0010
Cascara Sagrada • Buckthorn • Ginger •
Barberry • Goldenseal • Raspberry •
Fennel • Rhubarb • Lobelia

See *Colon & Liver Cleanser, Bowel
Tonic—Lower, Bowel Cleanser, CAC
Liquid, CAC Tea* for alternatives
- **Bowel Tonic (lower)** -----
----- #1061-002-0010
Barberry • Cascara Sagrada • Licorice
Root • Senna Leaf • Red Raspberry •
Lobelia • Cayenne

See *Colon & Liver Cleanser, Bowel
Regulation, CAC Liquid, CAC Tea,
Fiber, and Bentonite Clay* for
alternatives
- **Brain/Digestion/Glands/
Energy** ----- #1068-002-0010
Gotu Kola • Kelp • Alfalfa • Dandelion •
Brigham Tea • Hydrangea • Saffron •
Parsley

Use with *CAC Liquid* or *CAC Tea*
- **Breath, Teeth & Gums
Formula** ----- #1499-002-0010
Bee Pollen • Black Walnut • Clove Oil •
Peppermint Oil • Bee Propolis • Blood
Root

Breaks up plaque; sweetens breath;
strengthens tooth enamel
- **Childbirth (5 Weeks Before)** ---
----- #1043-002-0010
Red Raspberry • Blue Cohosh • Bayberry
• Squaw Vine • Blessed Thistle • Ginger •
Motherwort • False Unicorn • Wild Yam
• Cayenne
- **Childbirth (Pain After)** -----
----- #1005-002-0010
Wild Lettuce • St. John's Wort • Valerian
Root • Cayenne
- **Circulation** ----- #1024-002-0010
Ginkgo • Butchers Broom • Witch Hazel
• Garlic • Ginger • Prickly Ash • Cayenne

Also see *High Blood Pressure*
- **Cold Sores (internal & external)**
#1027-002-0010
Bayberry • Myrrh • Echinacea •
Goldenseal • Cayenne

Can be taken internally or used
externally as topical ointment
- **Colds/Flu** ----- #1018-002-0010
Vinegar • Vegetable Glycerin • Honey •
Garlic • Comfrey Leaf • Wormwood •
Marshmallow Root • White Oak Bark •
Black Walnut Hulls • Mullein • Scullcap •
Uva Ursi • Lobelia
- **Colds/Flu Preventative** -----
----- #1025-002-0010
Comfrey Leaf • Fenugreek
- **Cold/Flu Virus** --- #1637-002-0010
Elderberry, whole • Elderberry Flower •
Echinacea Angustifolia Root • Echinacea
Purpurea Root • Goldenseal Root
- **Colic & Gas Pains** -----
----- #1020-002-0010
Catnip • Fennel • Peppermint • Lobelia

• Great for babies. Also see *Gas/Acid
Stomach and Digestion #1* for ages 1
and older
- **Congestion** ----- #1037-002-0010
Garlic • Bayberry • Mullein • Blood Root
• Cayenne • Lobelia

See *Asthma, Sinus & Lung
Congestion and Respiratory System*
- **Coughs/Sore Throat Syrup** ---
#1083-002-0010
Wild Cherry Bark • Cubebs Berries •
Mullein • Skunk Cabbage • Clove Oil •
Peppermint • Honey

Use with *Colds/Flu* and *Gargle --
herbal*
- **Cramping w/o Black Cohosh** -----
----- #1041-002-0010
Wood Betony • Sarsaparilla • Valerian
Root • Blessed Thistle • Dandelion •
Garlic • Chamomile
- **Craving (stop)** ----- #1592-002-0010
Calamus Root • Lobelia • Valerian •
Mistletoe • Scullcap • Hops • Kava Kava
• Passionflower
- **Curbs Appetite/Trims Weight**
#1500-002-0010
Kelp • Alfalfa • Bladderwrack • Licorice •
Cleavers • Dandelion • Ma Huang • White
Willow Bark
- **Depression** ----- #1559-002-0010
St. John's Wort • Borage • Passionflower
• Gotu Kola • Ginkgo • Lobelia • Cayenne
- **Detoxifier** ----- #1033-002-0010
Echinacea • Yellow Dock • Garlic •
Lobelia • Cayenne

Use with *Colon & Liver Cleanser* and
CAC Tea

- **Diabetes** ----- #1029-002-0010
Yarrow • Juniper Berry • Huckleberry • Cayenne • Goldenseal

Use with *Adrenals & Hypoglycemia, Thyroid/Pituitary* and *Kidney/Bladder*
- **Diabetic Insulin Support** -----
----- #1298-002-0010
Cedar Berries • Uva Ursi • Licorice • Mullein • Cayenne
- **Diarrhea (stop)** -- #1031-002-0010
Witch Hazel • Slippery Elm • Ginger • Shepherd's Purse • Red Raspberry
- **Digestion #1** ---- #1028-002-0010
Hyssop • Garlic • Hydrangea • Catnip • Peppermint • Cayenne
- **Digestion #2** ---- #1080-002-0010
Thyme • Myrrh

See *Digestion #1, Gallbladder, Gas/Acid Stomach, Heartburn* and either *CAC Liquid* or *CAC Tea*
- **Douche Concentrate (herbal)**
#1051-002-0010
Aloe Vera • White Oak Bark • Slippery Elm • Uva Ursi • Cayenne • mineral water

Use with *Detoxifier, Yeast/Fungus Infection* and either *CAC Liquid* or *CAC Tea*
- Elderberry Syrup Formula**
8 oz ----- #1636-008-0010
Elderberry Whole (Sambucus nigra), Elderberry Flower (Sambucus nigra) 4, R/O Water, 12% Alcohol.
- **Endometriosis** ---- #1335-002-0010
Astragalus • Pau d' Arco • Pipsissewa • Licorice Root • Prickly Ash • Cramp Bark • False Unicorn • Saw Palmetto • Red Clover • Chaparral
- **Truman's Essiac Formula** -----
----- #1339-002-0010
Burdock Root • Sheep Sorrel • Turkey Rhubarb Root • Slippery Elm Bark
- **Eye Formula** ----- #1034-002-0010
Eyebright • Bayberry • Passionflower • Goldenseal • Cayenne

To be taken internally. Use with *Eye Rinse Concentrate*
- **Eye Rinse Concentrate** -----
----- #1036-002-0010
Eyebright • Bayberry • Passionflower • Goldenseal • Cayenne • Honey

For external use. Dilute with water. Use with *Eye Formula*
- **Female Energy & Power** -----
----- #1447-002-0010
Chaste Tree Berry • Siberian Ginseng • Bee Pollen • Spirulina • Chlorella • Barley Grass • Wheat Grass
- **Female Estrogen w/Progesterone**
#1038-002-0010
Red Raspberry • Black Cohosh • Valerian • Blessed Thistle • Damiana
- **Female Progesterone w/Estrogen** ----- #1039-002-0010
Black Cohosh • Licorice Root • Sarsaparilla • Siberian Ginseng • Goldenseal
- **Female -- Sports Formula** ----
----- #1328-002-0010
Blessed Thistle • Saw Palmetto • Red Raspberry • Siberian Ginseng • Gotu Kola • Kava Kava • Lobelia • Arnica
- **Fevers** ----- #1044-002-0010
Peppermint • Garlic • Valerian Root • Yarrow • Echinacea • Goldenseal • Cayenne • Lobelia
- **Truman's Flor-Essence Formula** ----- #1582-002-0010
Sheep Sorrel • Burdock Root • Slippery Elm Bark • Turkey Rhubarb Root • Blessed Thistle • Kelp • Watercress • Red Clover
- **Gallbladder** ----- #1045-002-0010
Dandelion • Oregon Grape • Rhubarb • Bayberry • Yellow Dock • Lobelia
- **Gargle (herbal)** --- #1052-002-0010
Sage • Myrrh • Goldenseal • Bayberry • Cayenne • Ginger • Apple Cider Vinegar

For sore mouth or throat use with *Coughs/Sore Throat Syrup* and *CAC Liquid*
- **Gas/Acid Stomach** -----
----- #1047-002-0010
Catnip • Peppermint • Fennel • Cayenne • Lobelia

Use with *Heartburn, Digestion #1, Gallbladder, Digestive Enzymes* and either *CAC Liquid* or *CAC Tea*
- **Gland Formula**
(16 oz) ----- #7017-016-0025
(32 oz) ----- #7017-032-0025
Combination of: *Digestion #1 • Gall Bladder • Adrenals & Hypoglycemia • Lymphatic Glands • Brain/Digestion/Glands • Spleen & Pancreas • Thyroid/Pituitary • Heart*

Use with *Chromium Polynicotinate* and either *Male Hormone* or *Chaste Tree Berry* (for women) for weight and hormone balancing
- **Hay fever** ----- #1053-002-0010
Bayberry • Mullein • Cayenne • Lobelia

Use with *Allergies, Congestion, Sinus/Lung Congestion* and *Respiratory System*. Detoxify with *CAC Liquid* and *Fiber*
- **Headache/Tension/Pain** -----
----- #1048-002-0010
White Willow Bark • Valerian Root • Scullcap • Wood Betony

Use with *Arnica* and *Pain*
- **Heart** ----- #1249-002-0010
Hawthorne Leaf • Hawthorne Berry • Motherwort • Ginkgo • Tansy • Fenugreek • Garlic • Cayenne
- **Heartburn** ----- #1050-002-0010
Sarsaparilla • Thyme • Valerian Root • Wood Betony • Peppermint • Catnip • White Willow Bark

Use with *Digestion #1, Gas/Acid Stomach, Digestive Enzymes, CAC Liquid* and *Fiber* for more complete relief
- **High Blood Pressure** -----
----- #1049-002-0010
Black Cohosh • Blue Cohosh • Wild Cherry Bark • Sanicle • Hyssop • Garlic

Use with *Circulation, Adrenals & Hypoglycemia* and *Heart*
- **Truman's "Hoxy" Formula**
#1022-002-0010
Chaparral • Red Clover • Pau D' Arco • Echinacea • Buchu • Astragalus • Blood Root

Use with either *CAC Liquid* or *CAC Tea* and *Bentonite Clay*
- **Immune System** - #1284-002-0010
Rosehips • Sage • Yarrow • Burdock • Echinacea • Goldenseal Root • Yellow Dock • Garlic • Nettle • Lemon Grass • White Oak Bark • Black Cohosh • Fenugreek • Juniper Berry • Oregon Grape Root • Plantain • Thyme
- **Infertility** ----- #1403-002-0010
False Unicorn • Lobelia
- **Insomnia** ----- #1011-002-0010
Hops • Lobelia • Valerian Root • Cayenne
- **Kidney/Bladder** -- #1059-002-0010
Peach Bark • Marshmallow Root • Buchu Leaf • Corn Silk • Echinacea
- **Labor Pains (reduce), Colds**
#1026-002-0010
Bayberry • White Pine Bark • White Poplar Bark • Clove • Cinnamon • Ginger • Cayenne
- **Laxative (mild)** --- #1023-002-0010

Senna • Fennel • Rhubarb

See *Colon & Liver Cleanser* and *CAC Liquid* for alternatives

- **Liver** ----- #1058-002-0010
Barberry • Chamomile • Dandelion •
Horehound • St. John's Wort • Tansy •
Wood Betony • Yellow Dock

- **Lung Support Formula** -----
----- #1364-008-0010

Comfrey, Fenugreek, Lobelia,
Marshmallow, Wild Cherry Bark, R/O
Water, 12% Alcohol.

- **Lymphatic Glands** -----
----- #1063-002-0010

Prickly Ash • Sarsaparilla • Poke Root •
Stillingia • Red Clover • Burdock •
Barberry • Peach Bark • Licorice Root •
Chaparral • Echinacea • Pau D'Arco •
Astragalus • Cayenne

Use with *Antibiotic* or *Antibiotic w/o Goldenseal* and either *CAC Liquid* or *CAC Tea*

- **Maintain Formula** -----
----- #1003-002-0010

Alfalfa; Dandelion; Dulce; Echinacea;
Ginseng; Gotu Kola; Irish Moss; Kelp-
Norwegian; Lemon Grass; Peppermint;
Poke Root; Saw Palmetto; Watercress;
Wild Carrot; distilled water; 12% alcohol

- **Male Energy & Power** -----
----- #1347-002-0010

Korean Ginseng • Siberian Ginseng • Bee
Pollen • Chlorella • Barley Grass • Wheat
Grass • Spirulina

- **Male Hormone (muscle)** -----
----- #1285-002-0010

Sarsaparilla • Saw Palmetto Berries •
Strawberry Leaf

Helps increase muscle mass

- **Male Hormone (sex drive)** -----
----- #1054-002-0010

Siberian Ginseng • Damiana • Gotu Kola •
Sarsaparilla • Sassafras • Saw Palmetto

Use with *Sex Stimulant* and *Yohimbe Bark* to increase sex drive

- **Male — Sports Formula** -----



5 ways to place an order

1 -- Mail

- Mail your order to: American Health & Herbs Ministry
attn: Order Dept.
PO Box 940
Philomath OR 97370
- Be sure to include payment and "ship to" address if different from billing address (only one "ship to" address per order, please)

2 -- Phone

- Call: 1/800/345-4152 ext '0' or 1/541/929-2233 ext '0'

3 -- Fax

- Call: 1/541/929-2911
- Fax orders receive **1% discount**

4 -- On-line

- Visit our web site at www.healthherbs.com
- Use our secure, encrypted on-line order form
- On-line orders receive **2% discount**

5 -- E-mail

- Send an e-mail message to: healthinfo@healthherbs.com
- E-mail orders receive **2% discount**

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We accept MasterCard, Visa, American Express, and Novus/Discover cards

2 -- Check

We accept your check by mail. We also accept check by phone, by fax or by e-mail (call for details)

3 -- E-COUNT (go to www.ecount.com to set up your account)

See Order Form for shipping cost.

- #1327-002-0010
Sarsaparilla • Saw Palmetto • Strawberry • Siberian Ginseng • Gotu Kola • Kava • Kava • Lobelia • Arnica
- **Measles & Childhood Herbs** -----
#1065-002-0010
Cleavers • Pleurisy Root • Saffron • Valerian Root • Yarrow • Bistort • Catnip • Lobelia • Cayenne
 - **Memory Formula #1** -----
----- #1281-002-0010
Valerian Root • Rosemary • Gotu Kola • Borage • Siberian Ginseng • Licorice • Lobelia
 - **Memory Formula #2** -----
----- #1546-002-0010
Ginkgo Leaf • Gotu Kola • Siberian Ginseng • Fo-Ti Root
 - **Menopause Formula** -----
----- #1938-002-0010
Black Cohosh Root • Licorice Root • False Unicorn Root • Siberian Ginseng Root • Squaw Vine • Sarsaparilla Root • Blessed Thistle
 - **Menstrual Cramping** -----
----- #1040-002-0010
Black Cohosh • Wood Betony • Blessed Thistle • Chamomile • Fennel • Ginger • Cayenne
 - **Menstruation (decrease)** -----
----- #1030-002-0010
Mistletoe • Blessed Thistle • Witch Hazel • Nettle • Shepherd's Purse • Red Raspberry
 - **Menstruation (increase)** -----
----- #1056-002-0010
Black Cohosh • Blue Cohosh • Red Raspberry • Catnip • Wild Yam • Wild Carrot • Motherwort • Pennyroyal • St. John's Wort
 - **Miscarriage (helps prevent)** -----
----- #1064-002-0010
Wild Yam • Ginger • Red Raspberry • Catnip • False Unicorn • Squaw Vine
 - **Muscle Relaxant** #1311-002-0010
Kava Kava • Cramp Bark • Ginger • Cayenne • Lobelia • Valerian Root • Red Clover

Use with *Pain*
 - **Nausea/Morning & Motion Sickness** -----
----- #1066-002-0010
Catnip • Peppermint • Cinnamon • Ginger • Alfalfa • Lobelia
 - **Nerve Tonic (internal), Ears (external)** -----
----- #1237-002-0010
Black Cohosh • Blue Cohosh • Blue Vervain • Scullcap • Lobelia
- Take internally as a nerve tonic. Use externally with *E-3 Oil* as ear drops
- **Nerves** ----- #1287-002-0010
Valerian Root • Mistletoe • Scullcap • Hops • Passionflower

See *Nerves and Tension* and *Nerves/Pain/MS* for alternatives
 - **Nerves/Cleanser/Stimulant** -----
#1062-002-0010
Lobelia • Cayenne
 - **Nerves/Pain/MS** #1060-002-0010
Wild Lettuce • Valerian Root • Wood Betony

See *Nerves & Tension, Headache/Tension/Pain, Pain, Nerves or Muscle Relaxant* for alternatives
 - **Nerves/Stomach/Ulcers** -----
----- #1221-002-0010
Cranesbill • Goldenseal • Marshmallow • Poke Root • Echinacea

See *Ulcers* (#1081-002-0010) for alternative
 - **Nerves & Tension** -----
----- #1012-002-0010
Scullcap • Skunk Cabbage • Black Cohosh • Myrrh • Lobelia • Cayenne

Use with *Digestion #1*
 - **Nursing (dry up milk)** -----
----- #1032-002-0010
Sage • Yarrow
 - **Nursing (increase milk)** -----
----- #1042-002-0010
Sanicle • Marshmallow • Fennel • Blessed Thistle • Ginger
 - **Pain** ----- #1070-002-0010
Wild Lettuce • Valerian Root • Scullcap • Blue Vervain • Arnica • Lobelia • Cayenne

See *Headache/Tension/Pain, Nerves/Pain/MS, White Willow Bark* and *Wood Betony* as possible alternatives
 - **Paracan-Parasite Formula (internal)** -----
----- #1591-002-0010
Green Black Walnut Hulls • Wormwood • Cloves • Senna • Usnea
 - **Parasites & Scabies** -----
----- #1067-002-0010
Wormwood • Black Walnut • Senna • Wild Carrot

Use with *Acidophilus* or *Super Veggie Powder* and either *CAC Liquid* or *CAC Tea* to keep bowel loose
 - **Perspiration (increase)** -----
----- #1069-002-0010
Pennyroyal • Cayenne • Catnip • Ginger • Chamomile • Mustard

Use with *Yarrow* in hot tea
 - **Prostate** ----- #1071-002-0010
Strawberry • Sassafras • Sarsaparilla • Echinacea • Garlic

Use with *Antibiotic* and *Saw Palmetto* to maintain and improve prostate health
 - **Prostate Support Formula** -----
----- #1665-008-0010
Saw Palmetto • Pygeum • Pumpkin Seed
 - **Respiratory System** -----
----- #1297-002-0010
Ephedra • Mullein • Goldenseal • Coltsfoot • Marshmallow • Comfrey • Lobelia • Cayenne

Use with *Asthma, Congestion, Sinus & Lung Congestion* and either *CAC Liquid* or *CAC Tea*
 - **Rheumatism** ----- #1072-002-0010
Buchu Leaf • Oregon Grape • Cayenne • Black Cohosh • Buckthorn • Burdock • Hydrangea • Lobelia • Nettle • Scullcap • Wild Yam • White Willow Bark • Yellow Dock • Arnica

Use with *Truman's Liniment*; see *Arthritis* for alternative
 - **Rosacea Skin Formula (female)** -----
----- #1583-002-0010
Echinacea • Blessed Thistle • Barberry Bark • Oregon Grape Root • Astragalus • Pau d'Arco
 - **Rosacea Skin Formula (male)** -----
----- #1584-002-0010
Echinacea • Saw Palmetto • Barberry • Oregon Grape • Astragalus • Pau d'Arco
 - **Sex Stimulant** --- #1078-002-0010
Damiana • Licorice • Ginseng • Passionflower • Cayenne

Use with *Female Estrogen w/ Progesterone* or *Male Hormone—sex drive*
 - **Shock/Childbirth** --- #1074-002-0010
Lobelia • Cayenne • Mineral Water
 - **Sinus & Lung Congestion** -----
----- #1076-002-0010
Mullein • Peppermint • Chickweed • Lobelia • Comfrey Leaf • Cayenne

Use with *Essential Oil of Peppermint* or *Peppermint Oil—diluted* as inhalant

SINGLE HERB TINCTURES

These low alcohol herbal tinctures are created using our own exclusive process which results in high quality, live-concentrated tinctures and extracts. The products listed are our 2 oz size. Also available at substantial savings in 8, 16, 32 oz, and gallon sizes

- **Skin Sores/Antibiotic** ----- #1046-002-0010
Goldenseal • Myrrh
- **Skin Tumors (external)** ----- #1075-002-0010
Myrrh • White Poplar Bark • Balsam
For external use only. Taking *Antibiotic*, "*Hoxy*" *Formula*, *Fiber*, *Truman's Daily Health Tea*, *Digestive Enzymes*, *Bentonite Clay* and either *CAC Liquid* or *CAC Tea* will increase the benefits
- **Sleep** ----- #1295-002-0010
Hops • Valerian • Scullcap
See *Insomnia* for alternative
- **Spleen & Pancreas** ----- #1077-002-0010
Chamomile • Dandelion • Goldenseal • Parsley • Uva Ursi • Yellow Dock • Cayenne • Yarrow
See *Gland Formula* for alternative
- **Stomach Upset** -- #1021-002-0010
Catnip • Peppermint • Lobelia
Use with *Digestion #1* and *Gallbladder*
- **Strep Throat** ---- #1570-002-0010
Sundew • Kava Kava • Skunk Cabbage • Pennyroyal oil • Black Cohosh • Myrrh • Lobelia • Clove oil • Peppermint oil • Lemon oil • Cedar oil • Marjoram oil • Scullcap • Cayenne
- **Teething** ----- #1057-002-0010
Valerian Root • Chamomile • Lobelia • Arnica • Cayenne
- **Thyroid/Pituitary** ---- #1079-002-0010
Kelp • Parsley • Irish Moss • Cayenne • Licorice • Dulse • Bayberry • Bugleweed
See *Diabetes, Diabetic Insulin Support* and *Gland Formula* for possible alternatives
- **Toothache** ----- #1006-002-0010
Clove • Oat Straw • Lobelia • Cayenne
Use with *Arnica*
- **Ulcers** ----- #1081-002-0010
Goldenseal • Cayenne • Myrrh • Ginger • Poke Root • Yellow Dock • Comfrey Leaf
Use with *Nerves/Stomach/Ulcers*, *Acidophilus* and *L-Hystidine*
- **Varicose Veins (internal)** ----- #1082-002-0010
Oat Straw • Buckthorn • Yarrow • Brigham Tea • Witch Hazel • St. John's Wort
Use topically with *Bone/Flesh/ Cartilage*
- **Vitamin Formula (herbal)** ----- #1354-002-0010
Alfalfa • Kelp • Rosehips • Plantain • Garlic
- **Warts (external/internal)** ----- #1084-002-0010
Garlic • Celandine • Mullein • Buckthorn
Can be taken internally or used externally as topical ointment. Use with *Skin Tumors* and *Wintergreen Oil*
- Weight Loss Support** ----- #1662-002-0010
St. John's Wort, Borage, Passion Flower, Gotu Kola, Ginkgo, Lobelia, Cayenne Pepper, Atlantic Kelp, Alfalfa, Bladderwrack, Cleavers, Dandelion, Licorice, Ma Huang, White Willow Bark, R/O Water, 12% Alcohol.
- **Yeast/Fungus Infection** ----- #1085-002-0010
Echinacea • Goldenseal Root • Bayberry • Myrrh • Plantain • Slippery Elm • Wild Carrot
Use with *Detoxifier*, *Herbal Douche Concentrate*, *Daily Health Tea* and *Acidophilus*
- **Agar Agar** ----- #3324-002-0030
Gelium mansli
- **Agrimony** ----- #3208-002-0030
Agrimonia eupatoria
- **Alfalfa** ----- #3086-002-0030
Medicago sativa
- **Angelica Root** ---- #3273-002-0030
Angelica archangelica
- **Anise Seed** ----- #3266-002-0030
Pimpinella anisum
- **Arnica** ----- #3087-002-0030
Arnica montana
- **Artichoke Leaf** -- #3022-002-0030
Cynara scolymus
- **Ashwagandha (Winter Cherry)** ---- #3599-002-0030
Withania somniferum
- **Astragalus** ----- #3530-002-0030
Astragalus membranaceus
- **Barberry** ----- #3088-002-0030
Berberis vulgaris
- **Barley Grass** ---- #3407-002-0030
Hordeum vulgare
- **Bay Leaf** ----- #3089-002-0030
Laurus nobilis
- **Bayberry** ----- #3090-002-0030
Myrica cerifera
- **Bee Propolis** ----- #3302-002-0030
- **Bhringaraja** ----- #3575-002-0030
Eclipta alba
- **Bilberry** ----- #3550-002-0030
Vaccinium myrtillus
- **Birch** ----- #3272-002-0030
Betula alba
- **Bistort** ----- #3091-002-0030
Polygonum bisorta
- **Black Cohosh** ---- #3092-002-0030
Cimicifuga racemosa

- **Black Walnut Hulls** -----
----- #3093-002-0030
Juglans nigra
- **Black Walnut Hulls (green)** ----
----- #3368-002-0030
Juglans nigra
- **Blackberry Root** #3556-002-0030
Rubus villosa
- **Bladderwrack** ---- #3343-002-0030
Fucus vesiculosus
- **Blessed Thistle** -- #3094-002-0030
Cerbenia benedicta
- **Blood Root** ----- #3095-002-0030
Sanguinaria canadensis
- **Blue Cohosh** ----- #3096-002-0030
Caulophyllum thalictroides
- **Blue Flag Root** -- #3293-002-0030
Iris versicolor
- **Blue Vervain** ---- #3097-002-0030
Verbena hastata
- **Blueberry Leaf** -- #3241-002-0030
Vaccinium species
- **Boneset** ----- #3240-002-0030
Eupatorium perfoliatum
- **Borage Leaf** ---- #3098-002-0030
Borago officinales
- **Boswellia** ----- #3390-002-0030
Boswellia Serrata
- **Brigham Tea** ---- #3099-002-0030
Ephedra sinica
- **Buchu Leaf** ----- #3100-002-0030
Barosma betulina
- **Buckthorn Bark** - #3101-002-0030
Rhamnus frangula
- **Bugleweed** ----- #3268-002-0030
Lycopus virginicus
- **Burdock** ----- #3102-002-0030
Arctium lappa
- **Butcher's Broom** #3245-002-0030
Ruscus aculeatus
- **Calamus Root** ---- #3279-002-0030
Acorus calamus
- **Camphor** ----- #3103-002-0030
Cinnamomum camphora
- **Caraway Seed** ---- #3104-002-0030
Carum carvi
- **Cascara Sagrada Bark** -----
----- #3105-002-0030
Rhamnus purshiana
- **Castor Root** ----- #3211-002-0030
Ricinus communis
- **Catnip** ----- #3106-002-0030
Nepeta cataria
- **Cat's Claw (Una de Gato)** -----
----- #3573-002-0030
Unicaria tomentosa
- **Cayenne** ----- #3107-002-0030
Capsicum minimum
- **Cedar Berry** ----- #3313-002-0030
Juniperus monosperma
- **Celandine** ----- #3108-002-0030
Chelidonium majus
- **Celery Seed** ----- #3314-002-0030
Apium graveolens
- **Centaury** ----- #3625-002-0030
Centaureum erythraea
- **Chamomile** ----- #3109-002-0030
Matricaria recutita
- **Chaparral** ----- #3110-002-0030
Larrea mexicana
- **Chaste Tree Berry** -----
----- #3497-002-0030
Agnus castus
- **Chickweed** ----- #3111-002-0030
Stellaria media
- **Chicory Root** ---- #3654-002-0030
Cichorium intybus
- **Chlorella** ----- #3406-002-0030
Chlorella pyrenoidon
- **Cinnamon Bark** -- #3112-002-0030
Cinnamomum cassia
- **Cleavers** ----- #3113-002-0030
Galium aparine
- **Clove** ----- #3114-002-0030
Caryophyllus aromaticus
- **Collinsonia Root** - #3224-002-0030
Collinsonia canadensis
- **Coltsfoot Leaf** -- #3243-002-0030
Tussilago farfara
- **Comfrey Leaf** ---- #3115-002-0030
Symphytum officinale
- **Corn Silk** ----- #3116-002-0030
Zea mays
- **Couchgrass** ----- #3655-002-0030
Agropyron repens
- **Cramp Bark** ----- #3262-002-0030
Viburnum opulus
- **Cranesbill Root** -- #3209-002-0030
Geranium maculatum
- **Cubeb Berries** ---- #3117-002-0030
Piper cubeba
- **Culver Root** ----- #3258-002-0030
Veronica virginica
- **Cumin Seed** ----- #3210-002-0030
Cuminum cyminum
- **Cyani** ----- #3269-002-0030
Centaurea cyanus
- **Damiana** ----- #3118-002-0030
Turnera diffusa
- **Dandelion Root** -- #3119-002-0030
Taraxacum officinale
- **Devil's Claw** ----- #3239-002-0030
Harpagophytum procumbens
- **Devil's Club** ----- #3246-002-0030
Harpagophytum procumbens
- **Dogwood Bark** ---- #3315-002-0030
Cornum florida
- **Dong Quai Root** - #3276-002-0030
Angelica sinensis
- **Dulse** ----- #3120-002-0030
Rhodymenia palmata
- **Echinacea** ----- #3121-002-0030
Echinacea angustifolia
- **Echinacea Purpurea** -----
----- #3207-002-0030
Echinacea purpurea
- **Egyptian Blue Lotus** -----
----- #3021-002-0030
Nymphaea caerulea
- **Elderberry - whole** -----
----- #3635-002-0030
Sambucus nigra
- **Elderberry Flower** -----
----- #3247-002-0030
Sambucus nigra
- **Elecampane Root** -----
----- #3122-002-0030
Inulu helenium
- **Eucalyptus Leaf** - #3123-002-0030
Eucalyptus globulus
- **Eyebright** ----- #3124-002-0030
Euphrasia officinalis
- **False Unicorn** ---- #3125-002-0030
Chamaelirium luteum
- **Fennel Seed** ----- #3126-002-0030
Foeniculum vulgare
- **Fenugreek** ----- #3127-002-0030
Trigonella foenum-graecum

- **Feverfew** ----- #3212-002-0030
Tanacetum parthenium
- **Figwort** ----- #3263-002-0030
Scrophularia nodosa
- **Fo-Ti** ----- #3217-002-0030
Polygonum multiflorum
- **Fringe Tree** ----- #3282-002-0030
Chionanthus virginicus
- **Garlic** ----- #3128-002-0030
Allium sativum
- **Gentian** ----- #3129-002-0030
Gentiana lutea
- **Ginger Root** ----- #3130-002-0030
Zingiber officinale
- **Ginkgo** ----- #3286-002-0030
Ginkgo biloba
- **Ginseng-American** -----
----- #3131-002-0030
Panax quinquefolium
- **Ginseng-Brazilian** -----
----- #3321-002-0030
Pfaffia paniculata
- **Ginseng-Chinese Shui Chu** -----
----- #3316-002-0030
Panax ginseng
- **Ginseng-Korean** ----- #3255-002-0030
Panax schin-seng
- **Ginseng-Prince** ----- #3802-002-0030
Radix ophiopogonis
- **Ginseng-Siberian** -----
----- #3254-002-0030
Eleutherococcus senticosus
- **Ginseng-Tang Shen** -----
----- #3801-002-0030
Campanumaea pilosula
- **Ginseng-Tienchi** ----- #3800-002-0030
Radix pseudo-ginseng
- **Goldenrod** ----- #3274-002-0030
Solidago virgaurea
- **Goldenseal Root** ----- #3132-002-0030
Hydrastis canadensis
- **Gotu Kola** ----- #3133-002-0030
Centella asiatica
- **Gravel Root** ----- #3267-002-0030
Eupatorium purpureum
- **Grapefruit Seed** -----
----- #3659-002-0030
Citrus paradisi
- **Guarana** ----- #3387-002-0030
Paullinia cupana

- **Gymnema Sylvestre** -----
----- #3584-002-0030
Gymnema sylvestris
- **Hawthorne Berry** -----
----- #3134-002-0030
Crataegus oxyacanthus
- **Hawthorne Leaf** -----
----- #3204-002-0030
Crataegus oxyacanthus

- **Kava Kava Root** -----
----- #3323-002-0030
Piper methysticum
- **Kelp Norwegian** -----
----- #3142-002-0030
Ascophyllum nodosum
- **Kola Nut** ----- #3626-002-0030
Cola acuminata

H O W L O N G W I L L I T L A S T ?

1 drop = 26 m g	38 drops = 1 gram	1 cc = 37-40 drops
2 ounces = 2000 drops* = 1000 (500 m g) capsules		
2 ounces = 80 squirts		1 squirt = 25 drops
taken 1 time/day	6 drops = 333 days	12 drops = 166 days
taken 2 times/day	6 drops = 167 days	12 drops = 83 days
taken 3 times/day	6 drops = 111 days	12 drops = 55 days
taken 4 times/day	6 drops = 83 days	12 drops = 41 days
* 250 m g activity per drop		

- **Hibiscus** ----- #3213-002-0030
Hibiscus sabdariffa
- **Holly Leaf** ----- #3023-002-0030
Mohonia Lomariifolia
- **Hops** ----- #3135-002-0030
Humulus lupulus
- **Horehound** ----- #3136-002-0030
Marrubium vulgare
- **Horseradish** ----- #3260-002-0030
Cochleria amoracia
- **Huckleberry** ----- #3137-002-0030
Vaccinium myrtillus
- **Hydrangea** ----- #3138-002-0030
Hydrangea arborescens
- **Hyssop** ----- #3139-002-0030
Hyssopus officinalis
- **Irish Moss** ----- #3140-002-0030
Chondrus crispus
- **Jewel Weed** ----- #3410-002-0030
Impatiens pallida
- **Juniper Berries** ----- #3141-002-0030
Juniperus communis
- **Kamut** [™] ----- #3367-002-0030
Triticum furgidum

- **Ladyslipper** ----- #3085-002-0030
Cypripedium pubescens
- **Lemon Balm** ----- #3627-002-0030
Melissa officinalis
- **Lemon Grass** ----- #3144-002-0030
Cymbopogon citratus
- **Lemon Peel** ----- #3331-002-0030
Citrus limon
- **Licorice Root** ----- #3145-002-0030
Glycyrrhiza glabra
- **Liverwort** ----- #3271-002-0030
Hepatica americana
- **Lobelia** ----- #3146-002-0030
Lobelia inflata
- **Lomatium** ----- #3628-002-0030
Lomatium dissectum
- **Ma Huang** ----- #3214-002-0030
Ephedra sinensis
- **Magnolia Bark** ----- #3317-002-0030
Magnolia virginiana
- **Maidenhair** ----- #3242-002-0030
Adiantum capillus veneris
- **Maitake Mushroom** -----
----- #3580-002-0030
Grifola frondosa

- **Mandrake** ----- #3250-002-0030
Podophyllum peltatum
- **Marigold** ----- #3148-002-0030
Calendula officinalis
- **Marjoram** ----- #3656-002-0030
Origanum majorana
- **Marshmallow Root** -----
----- #3149-002-0030
Althea officinalis
- **Milk Thistle Seed** -----
----- #3388-002-0030
Silybum marianum
- **Milkweed Root** --- #3480-002-0030
Asclepias syriaca
- **Mistletoe (European)** -----
----- #3150-002-0030
Viscum album
- **Momordica** ----- #3629-002-0030
Momordica charantia
- **Motherwort** ----- #3151-002-0030
Leonurus cardiaca
- **Muir Puama** ----- #3574-002-0030
Ptychopetalum uncinatum
- **Mullein Leaf** ----- #3152-002-0030
Verbascum thapsus
- **Mustard Seed** --- #3215-002-0030
Sinapis alba
- **Myrrh** ----- #3153-002-0030
Commiphora molmol
- **Nettle** ----- #3154-002-0030
Urtica dioica
- **Oat Grain** ----- #3205-002-0030
Avena sativa
- **Oat Straw** ----- #3155-002-0030
Avena sativa
- **Olive Leaf** ----- #3020-002-0030
Olea europaea
- **Onion** ----- #3329-002-0030
Allium cepa
- **Orange Peel** ----- #3330-002-0030
Citrus aurantium
- **Oregon Grape** --- #3156-002-0030
Berberis aquifolium
- **Orris Root** ----- #3318-002-0030
Iris germanica
- **Osha Root** ----- #3236-002-0030
Ligusticum porteri
- **Papaya Leaf** ----- #3251-002-0030
Carica papaya
- **Parsley Herb** ----- #3157-002-0030
Petroselinum sativum
- **Parsley Root** ----- #3264-002-0030
Petroselinum sativum
- **Passionflower** ----- #3158-002-0030
Passiflora incarnata
- **Pau d'Arco** ----- #3248-002-0030
Tabebuia impetiginosa
- **Peach Bark** ----- #3159-002-0030
Prunus persica
- **Peach Leaf** ----- #3322-002-0030
Prunus persica
- **Pennyroyal** ----- #3160-002-0030
Mentha pulegium
- **Peppermint** ----- #3161-002-0030
Mentha piperita
- **Periwinkle** ----- #3277-002-0030
Vinca minor
- **Peruvian Bark** --- #3294-002-0030
Chinchona succirubra
- **Pipsissewa Herb** --- #3601-002-0030
Chimaphila umbellata
- **Plantain** ----- #3162-002-0030
Plantago major
- **Pleurisy Root** --- #3163-002-0030
Asclepias tuberosa
- **Poke Root** ----- #3164-002-0030
Phytolacca americana
- **Prickly Ash** ----- #3165-002-0030
Xanthoxylum americanum
- **Pumpkin Seed** --- #3257-002-0030
Cucurbita pepo
- **Pygeum Bark** ----- #3590-002-0030
Pygeum africanus
- **Queen of the Meadow** -----
----- #3275-002-0030
Eupatorium purpureum
- **Queen's Root** --- #3019-002-0030
Stillingia sylvatica
- **Red Beet Root** --- #3270-002-0030
Beta vulgaris rubra
- **Red Clover** ----- #3167-002-0030
Trifolium pratense
- **Red Raspberry** --- #3166-002-0030
Rubus idaeus
- **Red Reishi Mushroom** -----
----- #3577-002-0030
Ganoderma lucidum
- **Red Root** ----- #3292-002-0030
Ceanothus americana
- **Rhubarb (Turkey)** #3168-002-0030
Rheum palmatum
- **Rose Hips** ----- #3218-002-0030
Rosa canina
- **Rose Petals** ----- #3216-002-0030
Rosa centifolia
- **Rosemary** ----- #3169-002-0030
Rosmarinus officinalis
- **Rue** ----- #3291-002-0030
Ruta graveolens
- **Saffron** ----- #3170-002-0030
Crocus sativus
- **Sage** ----- #3171-002-0030
Salvia officinalis
- **Sanicle** ----- #3172-002-0030
Sanicle marilandica
- **Sarsaparilla** ----- #3173-002-0030
Smilax medica
- **Sassafras** ----- #3174-002-0030
Sassafras officinale
- **Saw Palmetto** --- #3175-002-0030
Serenoa repens
- **Schizandra Berry** -----
----- #3630-002-0030
Schisandra chinensis
- **Scullcap** ----- #3176-002-0030
Scutellaria lateriflora
- **Senega Snake Root** -----
----- #3320-002-0030
Polygala senega
- **Senna Leaf** ----- #3177-002-0030
Cassia marilandica
- **Shavegrass** ----- #3178-002-0030
Equisetum arvense
- **Sheep Sorrel** --- #3612-002-0030
Rumex acetosella
- **Shepherd's Purse** -----
----- #3179-002-0030
Capsella bursa-pastoris

- **Shiitake Mushroom** -----
----- #3578-002-0030
Lentinus edodes
- **Skunk Cabbage** -- #3180-002-0030
Symplocarpus foetidus
- **Slippery Elm** ----- #3181-002-0030
Ulmus fulva
- **Spearmint Leaf** - #3256-002-0030
Mentha viridis
- **Spikenard Root** -- #3280-002-0030
Aralia racemosa
- **Spirulina (blue-green algae)** -----
#3365-002-0030
Spirulina platensis
- **Squaw Vine** ----- #3182-002-0030
Mitchella repens
- **St. John's Wort** #3183-002-0030
Hypericum perforatum
- **Stevia Extract (White)** -----
#8657-002-0080
Stevia Rebaudiana
- **Stevia Leaf** --- #3288-002-0080
Stevia Rebaudiana
- **Stillingia** ----- #3184-002-0030
Stillingia sylvatica
- **Strawberry Leaf** #3185-002-0030
Fragaria vesca
- **Sundew** ----- #3557-002-0030
Drosera rotundifolia
- **Tansy** ----- #3186-002-0030
Tanacetum vulgare
- **Thyme** ----- #3187-002-0030
Thymus vulgaris
- **Turmeric** ----- #3618-002-0030
Curcuma longa
- **Usnea** ----- #3399-002-0030
Usnea barbata
- **Uva Ursi** ----- #3188-002-0030
Arctostaphylos uva ursi
- **Valerian Root** ----- #3189-002-0030
Valeriana officinalis
- **Violet Leaf** ----- #3259-002-0030
Viola odorata
- **Wahoo Root Bark** #3024-002-0030
Euonymus Atropurpureus
- **Watercress** ----- #3252-002-0030
Nasturtium officinale
- **Watermelon Seed** #3253-002-0030
Cucurbita citrullus
- **Wheat Grass** ----- #3366-002-0030
Triticum aestivum
- **White Oak Bark** #3190-002-0030
Quercus alba
- **White Pine Bark** #3191-002-0030
Pinus strobus
- **White Poplar** ----- #3192-002-0030
Populus alba
- **White Willow Bark** -----
#3193-002-0030
Salix alba
- **Wild Carrot** ----- #3194-002-0030
Daucus carota
- **Wild Cherry Bark** #3195-002-0030
Prunus serotina
- **Wild Indigo** ----- #3631-002-0030
Baptisia tinctoria
- **Wild Lettuce** ----- #3196-002-0030
Lactuca virosa
- **Wild Yam** ----- #3197-002-0030
Dioscorea villosa
- **Wild Yam (Mexican)** -----
#3632-002-0030
Dioscorea spp.
- **Wintergreen** ----- #3198-002-0030
Gaultheria procumbens
- **Witch Hazel** ----- #3199-002-0030
Hamamelis virginiana
- **Wood Betony** ----- #3200-002-0030
Betonica officinalis
- **Wormwood Herb** #3201-002-0030
Artemisia absinthium
- **Yarrow** ----- #3202-002-0030
Achillea millefolium
- **Yellow Dock** ----- #3203-002-0030
Rumex crispus
- **Yerba Santa** ----- #3278-002-0030
Eriodictyon californicum
- **Yohimbe** ----- #3283-002-0030
Coryanthe yohimbe
- **Yucca** ----- #3304-002-0030
Yucca filimentosa

PET PRODUCTS

- **Hot Spot Salve**

1 oz ----- #6804-001-0120

2 oz ----- #6804-002-0120

Olive Oil, Lavender buds, Yarrow Leaf, Chamomile Flowers, Calendula Flowers, Comfrey Root, Oregon Grape Root, Echinacea Root, Tea Tree Oil, St John's wort Oil, Bees Wax, Cocoa Butter.

An all natural salve made especially for hotspots or other chronic skin irritations. Made with herbs known for soothing raw, irritated skin. For dogs & cats.

- **Basic Ear Wash**

4 oz ----- #6802-004-0120

8 oz ----- #6802-008-0120

Boric Acid, Mullein, Lavender Oil.

Excellent for use after swimming or bathing. Can be used weekly for pets with chronic ear problems. Dissolves and loosens wax, dries and soothes the ears, and helps remove debris.

- **Ear Mite Oil**

2 oz ----- #6801-002-0120

Lavender buds, Grapefruit Seed Extract, Tea Tree Oil, Vitamin E Oil.

A safe and natural alternative to using harsh chemicals found in traditional treatments. Made with herbs known for their effectiveness to eradicate parasites. For dogs & cats.

- **Ear Relief**

4 oz ----- #6803-004-0120

8 oz ----- #6803-008-0120

Distilled Water, Comfrey Root, Calendula Flowers, Lavender Buds, Mullein Leaf, Grapefruit Seed Extract, Tea Tree Oil, Grain Alcohol, Aloe Vera Gel.

Excellent for use on mild infections. Recommended for dogs that frequently develop red, itchy ears or a yeasty, sour smell in the ears.

- **Animal Essentials**

400 grams ----- #6806-125-0120

Ground stabilized flax seed, Spirulina, Garlic, Lecithin, Alfalfa, Dandelion root, Ginkgo leaf, Hawthorn berries, Nettle leaf, Yucca root, Amino Acid Chelated Minerals, Vitamin C, Vitamin E, Niacinimide, D-Calcium Panthenate, PABA, Vitamin B-1, Vitamin B-2, Vitamin B-6, Vitamin A Palmitate, VitaminD-3, Vitamin B-12, Folic Acid, Biotin.

A powdered supplement for dogs and cats. A balanced assortment of vitamins, chelated minerals, essential fatty acids, and a special blend of health-supportive herbs that are combined to improve digestion and assimilation of nutrients. Sprinkle on food once daily.

TRUMAN'S GOOD-TASTING HERBAL DIET

When it comes to diet, there are few people who practice what they preach. Our Master Herbalist, Truman Berst, is an exception. He maintains a clean and orderly kitchen which is well-stocked with wholesome foods. Here he will share with you his personal daily regimen of The Simple Art of Eating Right

MORNING

Begin your day with a cup or more of warm Truman's Daily Health Tea with 1 tsp.. to 1 cup of brewed Truman's CAC Tea or 1 tsp.. or more of the Truman's CAC Liquid added. If you prefer juice or water add to that and include any tincture drops; they're made to go together for improving your health. You'll know when you've had the correct amount of the Truman's CAC Tea or the Truman's CAC Liquid because your bowel movements become regular and your stool is "so soft it breaks up into a cloud." Most people need at least eight 8 oz glasses of quality liquids every day, i.e. herbal tea, water, juice, etc.. Add 1 tsp.. to 2 Tbs.. of Truman's Fiber if you need more bulk or fiber. It will slow or stop diarrhea and create a balance. Now you're in control of your digestive tract as you always should be.



Rev. Truman Berst, Master Herbalist

When you're ready to begin eating unless you're fasting on water, tea, fruit or vegetable juice, etc. and herbal drops, start with whatever fresh, seasonal fruit that is local to your area. If oranges and grapefruit are not local to your area, have small amounts only 1/2 of one fruit daily because citrus can have too much acid and is bound with incompatible mineral structures that aggravate Arthritis, thin the blood, and cause many skin problems, including Herpes and other viruses. Bananas are best taken in the morning and apples at night. Take your vitamins at this time. Always wait about one hour before or after eating fruit, before eating protein foods except pineapple or papaya (no papaya if you have skin disorders). Pineapple and papaya are excellent food digesters!

Whole grains, such as millet, buckwheat, amaranth, quinoa, rice, oats, etc., are all a great source of energy and are best eaten sprouted, not cooked. These sprouts can be added to various dishes. Grains which have been ground into flour and baked tend to cause digestive ailments. If you prefer to cook your grains, boil them and add this delicious seed or nut "milk" on the top for a nutritious meal: Liquefy seeds or nuts in a blender by adding about a tablespoon of your favorite raw sunflower, sesame, or pumpkin seeds, or almonds, walnuts, filberts, etc. to 1 or more cups of water. Use more nuts if you wish to gain weight; add more seeds and fewer nuts if you want to lose weight. I like to add flavor to my milk, so I suggest Stevia, ginger, cinnamon, vanilla, mint, maple, etc. This milk substitute can also be used as a drink or in salad dressings and sauces.

An alternative meal could be Truman's Fiber: Take 1 tsp.. or more mixed in 8 ounces of water, vegetable or fruit juice and drink plenty. Pineapple is my favorite fruit because it improves digestion and can—and should—be used with protein. Below are 2 drink recipes that I developed as meal replacements. They are loaded with nutrition and, as meal replacements, promote a gentle, healthy weight loss.

Pineapple Beverage Drink: Blend 1/2 fresh pineapple freeze the other half to use the next time and 1 can of frozen RW Knudsen unsweetened Cherry Cider in a half gallon pitcher. Add unsweetened Cranberry Nectar frozen concentrate, fill the pitcher with water and refrigerate. Shake well before using.

For a delicious health drink, I pour about 1 cup of this Pineapple Beverage Drink into a small jar then add Truman's CAC Liquid, Super Veggie Powder, Truman's Fiber and whatever tinctures I want and shake well. Some people also like to add Lecithin and Bentonite or other supplements.

Pineapple Green Drink: In a blender, combine 1" slice of fresh pineapple, 1-2 cups of unsweetened pineapple juice or water and 1 or more tsp. Truman's Super Veggie Powder. While blending, add fresh sprouts, parsley, beets or carrots with tops, chard, kale, collard greens and any other veggies of this nature until your blender is nearly full. A slice of lemon and/or fresh mint—or 1 or more drops of pure peppermint oil—is very refreshing. For a cool, slushy treat add ice cubes as you liquefy those greens. You might also like to add 1 tsp. or more of Truman's Fiber. Change this recipe to suit your individual taste.

MIDDAY/LUNCH

Eat lighter meals when the weather is hot or you are not exercising; have heavier meals when the weather is cool. If you're going to have a heavier, protein meal do so at LUNCH TIME

Use Truman's Fiber with or before a meal to reduce your appetite. Remember: be sure to drink plenty of liquids, especially Truman's CAC Tea or Truman's CAC Liquid, to keep your bowel movements soft.

Consider having a fresh salad with lots of veggies and assorted sprouted seeds, grains and beans, artichoke hearts, avocado, or any raw vegetables that you prefer. For an extra boost of nutrition, I dust the top with 1/2 to 1 tsp. or more of Truman's Super Veggie Powder. As the final touch to this tasty creation, make it your own work of art with lots of eye appeal by adding freshly ground or blended seeds and/or nuts and herbal spices.

Want more to eat? Now is the time to use the water that you have saved from boiling your grains or steaming those vegetables and make a nice soup stock from the raw vegetable scraps you used to throw out. Don't forget to add all the seasonal vegetables along with parsley, chard, kale, collard greens, beets and carrots with tops. String beans and Jerusalem sun artichokes are both great for diabetics. If you are not vegetarian, add turkey, chicken, fish -- sardines are excellent -- lamb, etc., anything except beef, which has too much fat, or pork, which is too toxic. The secret to delicious, nutritious soup is SEAWEED—kelp, Dulse, Irish moss, and others. Add 1/2 to 1 cup of dried seaweed or 1 Tbs. of tincture per gallon of soup.

DINNER/EARLY EVENING

Your evening meal should be the lightest of the day and is best enjoyed as early in the evening as possible. This promotes better digestion which has been proven to be helpful in losing weight and aids in getting a better night's sleep.

My favorite evening meal is a large salad along with a baked potato seasoned with virgin olive oil seasoned with whole garlic cloves. Here's how to make fresh Garlic Olive Oil: Place the blade of your wide knife flat over 1-3 cloves of garlic and press firmly to loosen the peel and slightly crush the garlic. Remove the peel, then drop these bulbs into the olive oil and refrigerate. The oil will absorb the flavor very quickly and will become even more flavorful with time.

When I get the urge to snack, I air-pop organic popcorn and top it with this same olive oil with garlic clove seasoning. About 1 to 2 hours before bed, have an apple. The enzymes clean tartar from teeth as well as begin to clean the digestive tract, preparing you to wake up to a new and better day!

NOTE: Refrigerate all oils, nuts and seeds to protect them from becoming rancid and toxic.

ABOUT HERBAL TINCTURES

Of the five most common ways of taking herbs

- 1 eaten fresh
- 2 dried, powered and then encapsulated
- 3 brewed as teas
- 4 as tinctures
- 5 as low-alcohol, live-concentrated tincture/extracts

the concentrated tincture/extract method is the most effective.

Taking fresh herbs is difficult for several reasons. First, it is nearly impossible to get or even find many of these herbs in fresh form. Second, you would have to consume massive quantities of the fresh herb to obtain significant results. And, lastly, we must rely on our digestive systems to digest the herbs so we can access their beneficial properties. Many of us have less than optimal systems which cannot adequately digest some herbs. Some herbs, in fact, are very difficult to assimilate. Result - we do not get full benefit of herbs eaten fresh, or (for many of the same reasons) from herbs taken in capsule form.

Tea is a good method to use when taking herbs. During the brewing process, many of the beneficial properties of the herbs are liberated and made available for absorption into our system. However, there are some disadvantages to teas: all the properties are not liberated and the heat destroys valuable enzymes.

The “king of value” and the state-of-the-art delivery system in herbs is liquid herbs. Herbs taken in this manner cost less per dose, are easier to use (by simply placing a drop or two under the tongue or adding to water or juice) and are better assimilated than the same herbs taken in other forms.

The two main categories of liquid herbs are extracts and tinctures. Within these categories you will find liquid herbal drops, fresh plant, non-alcohol, glycerin or standardized forms. Better equipment and methods to break down botanicals has resulted in new and more potent medicines! There is not sufficient room here to outline the various methods of preparation however, after years of research Master Herbalist Truman Berst has developed a special low-alcohol, live-concentrated tincture/extract that yields an enzyme active product like no other ever available.

Low-alcohol, live-concentrated tincture/extracts have none of the disadvantages of fresh or encapsulated herbs or of herbs taken in teas. They are made by placing the finely ground fresh or dried herb into a solution of distilled water and alcohol (which acts as a solvent). The process takes approximately 3 weeks (some herbs require more time) of soaking and agitating before pouring the liquid into a reserve chamber. The bulk that remains is then placed in a cold-process vacuum extraction chamber. The rich reserve gained from this extraction process is then combined with the original reserve.

After much testing with many different natural solvents, alcohol has been found to be both the safest and the most effective method of extracting the essence from herbs. Glycerin grows bacteria too easily and vinegar is not an effective solvent with many herbs. Should you prefer, you can easily remove the alcohol by lighting the tincture like a flambé in a restaurant, or by adding the tincture to water or tea that is warm enough to have steam rising from it. Do not use boiling water which will destroy the precious enzymes.

(Fact: In your digestion you get more alcohol from one soda cracker than from 2 oz. of our low-alcohol tincture.).



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We're always adding new products; just ask!