

Disclaimer

This webinar is not to be used instead of going to a competent doctor. I do not directly nor indirectly dispense medical advice nor prescribe in any way alternative treatment!

In the event you use this information, which is only of historical value, you are prescribing for yourself which is still your constitutional right. I assume no responsibility.

I am independent in my attempt to educate the public. Although I do endorse some top quality products, I receive no financial support from any health or herb company for producing and sharing this information.

I also believe it is a crime that we have to pussy foot around the truth because there is a law that says that I cannot declare what changing your lifestyle and diet can do for your health, but I love this great country and will do my best to try to obey their law, even if I strongly disagree with them...

Natural health works slowly. I suggest that you do not stop medication without guidance of a doctor. I say this not only because it is the law, but because I BELIEVE STOPPING MEDICATION WITHOUT THE GUIDANCE OF A DOCTOR IS UNWISE AND DANGEROUS.

If you would like to make healthier changes in my diet and my doctor was not willing to help you while you work with a natural health practitioner, I suggest you find a doctor who values and respects his patient's rights and fire the doctor who would not!



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Welcome!!!
Just hang On :o)
Our meeting will start soon.



Doctrine of Signatures or Simpling

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Doctrine of Signatures: The belief that God marked plants with His "signature" which is a sign for their purpose.

Simpling: Growing, testing and/or using single herbs for medicine.



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At least 90% of the diseases we develop are from poor food choices.

•Dis-moi ce que tu manges, je te dirai ce que tu es

•Tell me what you eat, and I will tell you what you are



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Macrocosm and microcosm

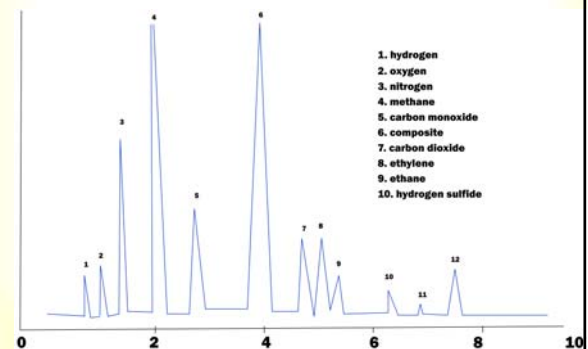
Macrocosm and microcosm - ancient observation of seeing the same patterns in all levels of the cosmos, from the largest scale (macrocosm or universe-level) all the way down to the smallest scale (microcosm or sub-atomic or even metaphysical-level).

As it is above.... So it is below



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Chromatography



There are over 14,000 photolytic chemical constituents in an Avocado... modern science has only studied and named 141 of them.

Gotta Wanta: Make Changes for Quality of Life; Inspirational Quotes and Remedies

By Shira Riste



The Secret Language of Plants

By Stephen Harrod Buhner

- When attacked, many plants release smells that not only repel their attackers, but summon other insects that prey on the pests
- Plants may even communicate with each other using scent signals

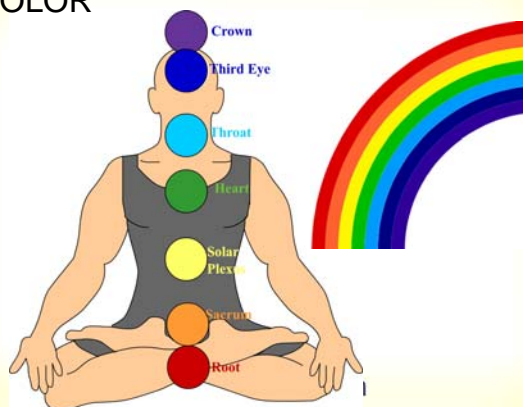


Doctrine of Signatures

- COLOR
- SHAPE
- SMELL
- TASTE
- HABITAT
- SEASON
- CHARACTERISTICS
- ADAPTATION



COLOR



Color: Blue and Purple and Black			Pigmentation From: Anthocyanins
Fruits	Vegetables	Berries	Known Benefits:
Figs Plums Prunes Grapes (purple) Raisins Mangost. Thai-go	Eggplant	Blackberries Black Currants Black Raspberries Blueberries Elderberries Juneberries	Powerful antioxidants, reduced risk of cancer, stroke and heart disease. Believed to help improve memory and nourish the pituitary and pineal gland



Color: Green			Pigmentation From: Chlorophyll & Lutein
Fruits	Vegetables	Berries	Known Benefits:
Apples (green) Grapes (green) Honeydew melon Kiwi Limes	Artichokes Arugula Asparagus Avacados Green beans Broccoli Brussels sprouts Cabbage (green) Peas Peppers (green) Spinach Watercress Zucchini		Healthy eyes, reduce risk of birth defects and cancer Chlorophyll is a great blood builder



Color: Orange and Yellow			Pigmentation From: Caratenoid
Fruits	Vegetables	Berries	Known Benefits:
Apples (yellow) Apricots Cantaloupe Grapefruit Lemons Mangoes Nectarines Oranges Papayas Peaches Pears Persimmons Pineapple Tangerines Watermelon (yellow)	Beets (yellow) Butternut squash Carrots Peppers (yellow) Potatoes (yellow) Pumpkin Rutabagas Squash (yellow) Corn Sweet potatoes (yellow) Tomatoes (yellow)	Cape Gooseberries	Healthy eyes, immune system, converted to Vitamin A which nourishes eyes and membranes

Color: Red			Pigmentation From: Lycopene and Anthocyanins
Fruits	Vegetables	Berries	Known Benefits:
Apples (red) Grapefruit (pink and red) Oranges (blood) Pears (red) Pomegranate Watermelon	Beets Cabbage (red) Lettuce (red leaf) Peppers (red) Potatoes (red) Radishes Rhubarb	Cherries Cranberries Grapes (red) Raspberry (red) Strawberries Tomatoes	Reduce risk of cancer, especially prostate cancer. Antioxidant and heart health Herbs - Blood purifiers and/or builders

Color: White			Pigmentation From: Anthoxanthins
Fruits	Vegetables	Berries	Known Benefits:
Bananas Pears (brown) Dates Nectarines (white) Peaches (white)	Cauliflower Garlic (allicin) Ginger Mushrooms Onions Parsnips Potatoes (white) Turnips		Minerals

SHAPE




Contains omega oils which help balance hormones

It takes exactly 9 months for an avocado to go from blossom to ripened fruit.

SHAPE


Horsetail

Looks like hair
Has leaves which look like joints and bones



SHAPE

Omega oils help develop over 3 dozen neurotransmitters



SHAPE

4 Chambers

Sinoatrial (SA) Node

Atrioventricular (AV) Node

RA = Right Atrium
RV = Right Ventricle
LA = Left Atrium
LV = Left Ventricle

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SHAPE

Nourishes Eyes

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SHAPE

Nourishes Pancreas

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SHAPE

Resemble Testes in number and shape

Peanuts contain L-Arginine, the main component of Viagra

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SHAPE

Nourishes Ovaries

Helps balance Hormones

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SHAPE



Helps heal and maintain Kidney health

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Grapefruit


Helps improve lymphatic drainage

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Karela



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SHAPE

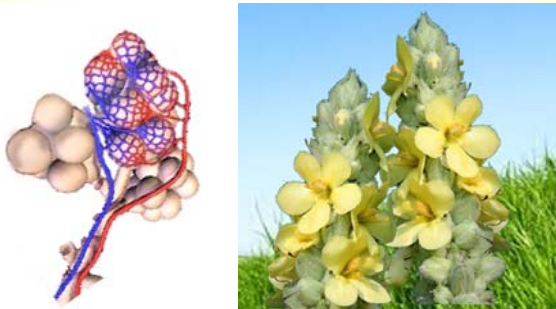
Pomegranate



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SHAPE

Mullein



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TASTE


Sweet



Chromium MarysHerbs.com

TASTE

Bitter



MarysHerbs.com **Stimulates Liver**

SEASON Christmas Rose

Bloom in winter.... Good for people in the winter of their life.



Scientific tests show this plant is effective for Arteriosclerosis

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SEASON Black Cohosh

Between 2 climates... that of the field and the woods



Helps women change between fertility and menopause

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SEASON Warm season crops, restores water and thins blood



Helps body tolerate heat

MarysHerbs.com

SEASON Ginseng



Develops potency only after 7 years Longevity

larysHerbs.com

CHARACTERISTICS Ephedra



Grows in dry climates at higher altitudes where oxygen is less available

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CHARACTERISTICS Fia fruits hang in pairs.



Known to increase quantity and mobility of male sperm

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CHARACTERISTICS



HABITAT/ADAPTATION



HABITAT/ADAPTATION



HABITAT/ADAPTATION



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Submit your e-mail address to our emailing list... If you are currently on our list, you will not be added.

First Name


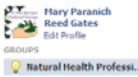

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To be put on our emailing list go to: <http://www.naturesherbs.biz/>


Submit your e-mail address to our emailing list... If you are currently on our list, you will not be added.

First Name

Email Address

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Nature's Secret Messages:
 Hidden in Plain Sight
 Elaine Wilkes

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**Nature's Secret Messages:
 Hidden in Plain Sight**
 Elaine Wilkes, Hay House, \$15.95 paper


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