

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.




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I Use Herbs Instead.....





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It is amazing what the body can overcome if given the right stuff

- Step #1 Let the body run its course on acute infection conditions (except ear aches)
- Step #2 Try Herbs
- Step #3 Go to the Dr's.

- A healthy diet
- Adequate rest and exercise
- Good water
- Stop putting toxins in your body
- Maintain good elimination



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More of the right stuff



- Wash hands when returning home/use silver shield gel
- Brush teeth with black walnut
- Do skin brushing or use pot scrubber to bathe
- Cut out all Coffee, tea, soda, sugar and milk products (except butter)
- Avoid toxic relationships
- Laugh and love much




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Allergies - Respiratory


Trouble with OTC Allergy Meds	Cause	Changes	Herbal Suggestions
Keeps body from kicking out toxins	Happens when you have a pH imbalance	Change diet found on http://marysherb.com/herbal/heal-aci.htm	Una De Gato Homeopathic Allergies (dust/mold, animal dander) Histablock, Chinese Breath Enhance







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Antibiotics (Bacterial Infections)			
Trouble with Prescription Antibiotics	Changes	Herbal Suggestions	
Kills Bacillus in intestine, leading to yeast infections and B Complex deficiency, chronic fatigue	If you have to take antibiotic take Flora Force	Lymph Cleanse Formula and All Cell Detox	
			

Arthritis Pain (Joint Pain)			
Trouble with OTC	Cause	Changes	Herbal Suggestions
Liver damage, joint damage masking symptoms	pH imbalance toxins	Diet Changes http://marysherbs.com/heal/health-aci.htm	Liquid Chlorophyll, Everflex, Una De Gato, Omega 3 oils Triple Relief
			

Bruises		
Trouble with OTC	Cause	Herbal Suggestions
No OTC	Insult - causing rupture of small blood vessels	Arnica Sublingual Homeopathic and Homeopathic Cream
		

Burns (including Radiation)	
Trouble with conventional treatment	Herbal Suggestions
Pain and slow healing	<u>Fresh</u> Aloe Vera, Cantharis
	
	

COLDS			
There is no cure for the common cold because a cold is the cure			
Trouble with OTC	Cause	Changes	Herbal Suggestions
Increases tendency towards lung cancer Sinus problems	Virus	Eat high sulfur diet, garlic, onions, raw cabbage and citrus	ALJ if in head and Marshmallow Root & Fenugreek if in chest
Only intervene if the body is being overwhelmed  Keep it productive!!!			

Cold Sores			
Trouble with OTC	Cause	Changes	Herbal Suggestions
Cold sores can reoccur	Herpes Virus	Tooth brush, lip balm, kissing, sharing drinks	L-Lysine and VS-C Silver shield gel
			

Colic

Trouble with OTC	Cause	Changes	Herbal Suggestions
Frustrates digestion	Digestion immature	Breast milk or raw goats milk	Catnip & Fennel liquid herbal combo



Colitis, Crohn's IBS

Follow Acidosis protocol



Congestion Catarrh

Trouble with OTC	Cause	Changes	Herbal Suggestions
Dries up mucus which then concentrates bacterial domain	Usually acid which then causes mucus	Change diet, stop using products which thickens mucus	Onion poultice or Mustard plasters. All Cell Detox and Liquid Chlorophyll



Constipation

Trouble with OTC	Cause	Changes	Herbal Suggestions
Makes bowel lazy and can be addictive	Magnesium deficiency lack of fiber or liver function/digestion	A diet rich in raw veggies and fruits and whole grains	Cascara Sagrada (black bowel), Psyllium, LBS II, and Magnesium



Cramps (Menstrual)

Trouble with OTC	Cause	Changes	Herbal Suggestions
Masks problems and are tissue toxic	Hormonal imbalance & health of uterus	Cut out Chocolate Support liver (Liver Cleanse)	Female Comfort (light or skipped menses) FCS II (heavy clotty periods)




Fevers

- A fever is not a disease.
- It is the body's way of killing bacteria or virus or infections.
- Fever is the body working correctly and should not be suppressed unless:
 - Over 105 in children or 104 in adults
 - Raising rapidly after 4 o'clock PM
 - Person has liver disease
- WATCH FOR DEHYDRATION
- Onion's sulfur helps the body control fevers.




GERD (Gastro-Esophageal Reflux Disease)

Trouble with OTC	Cause	Changes	Herbal Suggestions
Long term contributes to more chronic condition or cancers	See Next Page	pH balanced diet http://marysherbs.com/heal/heal-aci.htm	Slippery Elm Bulk, Stomach Comfort

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Insomnia

Trouble with OTC	Cause	Herbal Suggestions
Addictive and leaves one feeling sluggish in AM	Usually myelin or B-5 deficiency if you can't get to sleep liver if you wake up at night	Pantothenic Acid (B-5) Fatty Acids Herbal Sleep Liver Cleanse

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Stress

Trouble with OTC	Cause	Changes	Herbal Suggestions
Addictive and does not make nervous system better prepared for stress	Affects myelin, washes B Complex out of system, over stimulates adrenals	Exercise especially aerobic or one which includes punching or kicking	Omega 3 Oils, B Complex, Maca, Chinese Stress Relief or Nutra Calm or Nerve Control or Distress Remedy

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Tonsilitis

Trouble with Removal	Cause	Changes	Herbal Suggestions
It limits your immune system and ability to store sulfur	Lack of sulfur or toxicity which invites bacteria	Tonsils are the only gland which can re-grow	Foods high in sulfur. Oregon Grape, Golden Seal/Echinacea All Cell Detox

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Warts

Trouble with OTC	Cause	Changes	Herbal Suggestions
Painful and does not get rid of the virus so they often reoccur	Virus which hides inside normal cells	Build immune system make sure no Vitamin A & D deficiency	VS-C or Pau D'Acro

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Basic Herbal Medicine Chest



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