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COMMON AILMENTS SUPPORT*

Directions: Use all the products listed for each ailment. See each bottle for the recommended amounts to take unless suggested otherwise by your NSP Herb Specialist or by your doctor.*

A.D.D.‡* - Focus Attention, Flax Seed Oil, Colloidal Minerals. Eat balanced meals.
A.D.H.D.‡* - Focus Attention, GABA Plus, Flax Seed Oil, Colloidal Minerals. Eat balanced meals.
‡**NOTE*** - Eliminate artificial coloring & sweeteners, sugar, sodas, etc. Check for food allergies.
ACNE* - Ay. Skin Detox, Beta Carotene w/mixed Carotenes, Zinc, and Tea Tree Oil.
ACNE TEENAGERS* - Add with above; Females - add FCS II. Males - add Sarsaparilla.
ALLERGIES, GENERAL* - ALJ, Proactazyme, Tiao He Cleanse. Consider cleansing liver.
ANEMIA* - I-X, Iron, B-12, Proactazyme. Add Chlorophyll to your water as a refreshing drink.
APPETITE STIMULANT* - Alfalfa, Chamomile, Digestive Bitters or Colloidal Minerals.
ARTHRITIS* - Joint-Ease, MSM, Chondroitin, Vitamin B-6, Food Enzymes.
ASTHMA* - ALJ or Ay. Bronchial formula, Asthma Homeopathic, Lobelia Essence. T[illegible]
BACK PAIN* - Ay. Joint Health, MSM, Tei Fu Lotion, and Nature's [illegible]enyltol. Check[illegible]
BAD BREATH* - Liquid Chlorophyll, Peppermint Oil, Food Enzymes, Clean Colon - CleanStart.
BALDNESS* - Phyto-Soy take early to prevent hereditary. Jojoba Oil, [illegible]
BED WETTING* - Cornsilk or Uva Ursi, Bifidophilus, Bedwetting Homeopathic.
BLADDER INFECTION* - JP-X & Cranberry/Buchu. Follow up with Colostrum & Bifidophilus.
BLOOD PRESSURE, HIGH* - Stress Pack if Stress. Capsicum/Garlic/Parsley, Mega-Chel.
BRONCHITIS* - Ay. Bronchial Formula, Vit. A&D, Cough Syrup NT. Clean Colon w/CleanStart.
BRUISING* - Citrus Bioflavonoids, Alfalfa, Grapine Hi-Potency, Proactazyme.
BURSITIS* - Joint-Ease, MSM, Phenyltol (for pain), Deep Relief essential oil (w/Massage Oil).
CANDIDA* - Caprylimune, CleanStart (then Ultimate Build), Pau D'Arco, Bifidophilus.
CANKER SORES* - L-Lysine and/or VS-C, Tea Tree Oil topically. Stress-related add Stress-J.
CARPAL TUNNEL* - Herbal CA, Vit. B-6, MSM, Food Enzymes, Tei Fu Lotion externally.
CHOLESTEROL/TRIGLYCERIDES* - Mega-Chel, Guggul Lipid, Garlic Hi-Potency, Lecithin.
COLIC* - Catnip & Fennel liquid (Mom take too if breast feeding). Lobelia Essence externally.
COMMON COLD* - CC-A Relief Pack, Garlic Hi-Potency, Vitamin C.
CONSTIPATION* - LBS-II, Cascara Sagrada, or Senna Comb. If locked bowels use Magnesium.
COUGHING* - LH if wet, Ch. Lung Support if dry. Use cough syrups. See Respiratory System.
DEPRESSION* - St. John's Wort, 5-HTP, or Ch. Mood Elev. Add Super Suppl. and EFA's.
DIABETES* - See 'Hyperglycemia' (high blood sugar) or 'Hypoglycemia' (low blood sugar).
DIARRHEA* - Slippery Elm, Activated Charcoal or Hydrated Bentonite, Acidophilus.
DIURETIC* - Parsley or Kidney Activator with Vit. B-6. Potassium if deficiency in it.
DRY SKIN - Flax Seed Oil, Target TS II. Drink ½ your body weight in ounces of water per day.
EARACHE* - CBG Extract, Bifidophilus (If continues, eliminate dairy from diet for 3 weeks).
EARS, RINGING* - Ginkgo & Hawthorn, Mega-Chel, Food Enzymes.
ECZEMA* - Ay. Skin Detox, Nat. Noni, Vit. A&D, Clean Bowels w/CleanStart then Ult. Build.
ENERGY* - Energ-V, Bee Pollen, Cordyceps, Nature's Chi, or Nervous Fatigue Formula.
FEVER* - IF-C, VS-C, Colloidal Silver, or Olive Leaf, Catnip (enema).
FIBROMYALGIA* - Fibralgia, Flax Seed Oil, Lecithin, St. John's Wort, Super Supplemental.
FLATULENCE (GAS)* - Anti-Gas Formula, Food Enzymes. Assure proper food combining.
FOOD POISONING* - Activated Charcoal and Slippery Elm (use 4 capsules every hour).

*This information has not been evaluated by the FDA. The products listed are for nutritional support only and are not intended to cure, prescribe, diagnose, or replace proper medical advice. Please feel free to check with your nutritionally aware doctor. If you are having a serious medical problem, please seek proper medical attention.

EVERYDAY VITAL NUTRITION

ALFALFA - Helps balance pH. Contains trace minerals and more. Also in 270 count.
BARLEY JUICE - Energy, very nutritional, alkalizing, fights aging & joint breakdown.
BERRY HEALTHY - (9.8 oz) Refreshing drink mix. Support brain, eyes, urinary tract.
COLLOIDAL MINERALS - (32 oz) Important for all cell functions. Taste great.
GREENZONE - (8.75 oz) Green Food! Incredible cell cleanser. Benefits entire body.
GREENZONE, ULTIMATE - (17 oz) Whole food nutrition for all ages. Grains & Greens.
HEALTHY BLAST - (14 Packets) Complete Meal. Balance of vit., minerals. Energy-boosting.
HERBAL BEVERAGE - (3.5 oz) Coffee substitute. Naturally caffeine free.
HERBAL PUNCH - (16 oz) Natural flavored punch drink for children and adults.
MULTIPLE VIT. & MIN. - (60) SynerPro Base, using the USRDA's suggestion.
MULTIPLE VIT. & MIN. T/R - (60) One a day natural supplement. Time released.
NATURE'S THREE - (12 oz) Great source of fiber, cholesterol, healthy bowel.
RECOVERY - (14 oz) Electrolytes. Decrease muscle soreness, shorten recovery period.
SUPER SUPPLEMENTAL WITH IRON - (120) Vitamin & Mineral in an herbal base.
SUPER SUPPLEMENTAL WITHOUT IRON - (120) Vitamin & Mineral in an herbal base.
SYNERPROTEIN - (12 oz) (Vanilla) - Protein drink w/ fruits and cruciferous vegetables.
TOFU MOO - NATURAL - (25.4 oz) Tofu drink mix. Calcium and more. Also in **CAROB** flavor.
VITA LEMON - (25 oz) Citrus tonic drink. Weight loss. Mix with water. Drink hot or cold.

PRODUCTS FOR PETS

When figuring out which herbs to help your pet, use the same herbs as you would for humans. [illegible] them? With cats & dogs, usually, 1 capsule per 25 lbs. of body weight.

AY, JOINT HEALTH - [illegible]int stiffness, hard to walk, helps rebuild and cleanse joints.
[illegible]K WALNUT EXT[illegible]ACT - (2 oz) Kills and expels worms. Also good for healthy skin.
DIS[illegible]ESS REMEDY - [illegible] oz) Calming, use before lightning storm or times of distress.
HSP[illegible]Y - Encourage h[illegible]lthy shinny coats, builds strong sound bones.
MSM - (90) Organic S[illegible]ur. Constant scratching, hot spots, great for skin and coat.
TEA TREE OIL - (.5 oz) Use as dip, kills fleas and mites. Dry skin.

DRAFT

THE BASIC ABC's TO NATURAL HEALTH

Where do I begin?... Consider the A-B-C + D approach.

A - **A**ctivate your body with an enzyme supplement (Food Enzymes or Proactazyme - see Digestive System) and targeted Homeopathics.
B - **B**uild your cells with basic elements. A good multiple vitamin and a colloidal mineral supplement (see Everyday Vital Nutrition).
C - **C**leanse your body two to four times a year (see Intestinal System).
D - **D**irect aid to an ailment. Read throughout this brochure or see an Herb Specialist to assist you in finding an herb program right for you.

A:_____ **C:**_____

B:_____ **D:**_____

Name of Product	Quantity	Price