

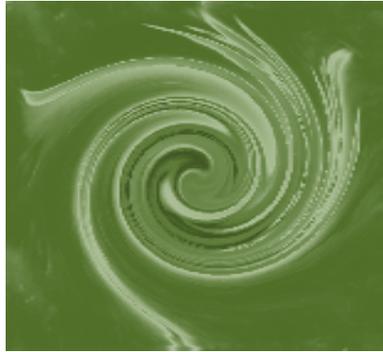
PRODUCT INSTRUCTIONAL GUIDE

Product Instructional guide

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BLUEPRINT FOR THERAPEUTIC HERB USE

by Nature's Compounds



With the follow through of these superb guidelines you can expect only efficient responses

Before anyone partakes in the use of any products, it is imperative that they read through the contents of this booklet. This guide is for the purposes of insuring that the appropriate guidelines for herb use are adhered to for optimal results. It allows you to determine the gradual increase or decrease in the dosage of the herbal compounds based on the remarkable results that one has experienced.

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INTRODUCTION

We welcome you on a journey of healing and revitalization; a path that awakens the self-inherent processes of self healing, thus bringing forth optimal health and abundance. A blueprint that illustrates the gradual steps toward enhanced clarity, perception and insight into the most integral aspects of health, disease and therapeutic herb use.

This instructional guide efficiently diagrams the most appropriate details that ensure the most optimal response to self-healing. The body has the self-inherent capability to heal most any condition that one can encounter. The purpose of medicinal and nutritional herbs is to activate and revitalize this self-inherent potential to facilitate the healing process. This process can only occur if the appropriate environment exists to allow for its activation and facilitation. The dietary practices of today create the internal environment that inhibits the activation of this process. This is where the use of medicinal and nutritional blends comes into use; they assist the body in removing the blockages and accumulation of debris that prevent self-healing; and once the obstructions are released the body becomes primary facilitator.

The plant kingdom was the first form of medicine to emerge on earth; it was the only source for food and medicine. This existed for thousands of years until the introduction of allopathic (pharmacy prescription) based medicine in 1893. The magnificence of medicinal herbs is realized in a bizarre way by the AMA-founders of the present day medical establishment; for all of the properties synthetically made in modern medicine were first observed in Nature's original wild plant forms.

Imagine properties within medicinal plants that have existed thousands of years before human's encountered conditions that called for their use. Herbs contain compounds called alkaloids to counter cancer; hypertensives to counter hypertension, and expectorants to counter asthma and bronchitis; these are just a few examples of many that exist within plants. So now we will focus our attention to disease; its causes, contributive factors, and guidelines that counter its development.

A GLANCE AT DISEASE

Disease and illness are classified into (2) two categories; we classify them as imbalances, measured in terms of deficiency or excess. Carbohydrates, structural proteins, enzymatic proteins, water, fats and mineral cell salts determine excess or deficiency, creating the environment for the development of disease. They also manifest from neuro-endocrine imbalances, due to regressive thought process, but is not the emphasis of this presentation. We place emphasis on optimal health by way of internal environmental changes that eradicate disease.

Disease is an unnatural response of the body; a consequence resulting from the consumption of inappropriate foods and additives that create by-products of waste residues, and chemical responses that form the internal environment known as illness and disease. This internal environment is the determining factor and should always be the objective for correction; it can develop as excess or deficiency, and its progression will determine its stage, measure and manifestation.

The state of health and disease is determined by five (5) main factors: (1) the intricate balance or imbalance of compounds in food, which determines how efficiently or inefficiently they are absorbed, assimilated, synthesized (reconstructed) and eliminated; (2) how efficiently or inefficiently they are combined; (3) the genetic vitality or lack thereof from parents in certain DNA functions of the body; (4) mental and emotional instability; (5) detrimental additives in food, beverages and cleaning products, along with toxins present in medication; not to mention the many side effects that are prevalent with every single prescription of medication. These side effects manifest as additional symptoms, which occasionally require more prescriptions.

Our body like all other things in life is designed to live and thrive in conditions that are optimal to its natural ecology, and when deprived of that environment, disease and illness will slowly or quickly evolve.

Life has the inherent capacity for optimal health or degeneration; the environment sets the stage for one or the other; the option is ours, which path will we follow, slow death or optimal health?

There are numerous ailments and diseases that are created by conditions due to toxins in medication. Many of the over-the-counter prescription drugs contribute to many side effects and all create a number of symptoms; many are mild, some are serious and few are detrimental. If symptom relieving and cleansing /detoxifying herbs are used without skill then they too can cause some reactions as well. Each of us have a slightly different tolerance and sensitivity level, so there is not one dosage that is 100% feasible for everyone, but a level that's suitable for most. It is either intense or inadequate for very few people; therefore a slight adjustment should be made. The intense response requires a decrease in dosage and the inadequate response requires an increase.

Prescription medication will cause side effects and/or reactions no matter what dosage is prescribed or how they are taken. This is because they were not made by the hands of the divine, in association with other life forms; they were created in a laboratory, with no regard to the other aspects of life, void of omnipotence. What has existed for decades is the depletion of life (microbes) in soil, the void of nutrients in food; which occur because of degenerative farming practices. This is where nutrition begins; it starts with the genetic vitality of seeds, the intricate life within the soil and the bio-chemical properties that develop from the parent rock material which created soil, that are imperative for proper plant development. If farming methods reflect sustainability, our health would gradually progress.

It is imperative that we emphasize that these Medicinal and nutritive blends are an integral part of a corrective program of self healing and should be used in conjunction with a transitional food regimen. This will allow the medicinal properties to activate the inherent self-healing functions much more efficiently;

considering that the imbalanced composition of foods created the environment that obstructed normal functioning and self-healing, thereby creating the need for medicinal plant therapy.

There are genetic traits inherent in DNA during conception that is reflective in the nutritional genetics of a child, and manifests over generations. When cells first evolve, they contain genetic strengths and weaknesses inherited from the previous generations; this reflects in the mutated expression of the genes and chromosomes causing incurable born diseases such as cerebral palsy, epilepsy, Parkinson's, autism, retardation and downs syndrome.

THE FOUR STAGES OF DISEASE

When internal environments within the body develop and accumulate small portions of debris and waste, they become slightly out of balance. When this has occurred for a short period of time, a **Sub-acute condition** arises; this is the developing stage of illness and disease, when we observe symptoms of coughing, mucus and nasal congestion.

When these sub-acute conditions within the internal environments further develop, with the buildup of additional debris and waste, and has persisted for a considerable period of time, an **Acute condition** arises; this is when disease has taken form. We observe more progressed symptoms commonly known as frequent urination, migraines, blurred vision, dizziness, breathing difficulty etc...

When these acute conditions within the internal environment have persisted for long periods of time and portions of debris and waste have accumulated to a greater degree, a **Chronic condition** arises; this is when the depletion of vital energy has arisen, weakening the body and suppressing normal organ functioning. They reflect as symptoms commonly known as high glucose, respiratory congestion, chronic constipation, rashes etc...

When the chronic conditions within the internal environment have persisted for a more extended duration; larger accumulation of waste and toxins have caused greater obstructions in certain areas, extreme deficiency in others and cancerous or malignant tumor growths in the most depleted organs. This is when a **Degenerative condition** sets in; when tissue, organ damage & deterioration have occurred to a lesser or greater degree. They reflect as conditions commonly known as cancer, dialysis, glaucoma, cataracts, gangrene, strokes, and leukemia.

Diseases are identified by different names, though many manifest in the same systems of the body. These ailments are either lesser or greater stages of each other or the same manifestation developing in a different part of that system or organ. We will list some of the most common ailments that develop within the same systems of the body:

Respiratory conditions: asthma, bronchitis, sinusitis, hay fever, flu, emphysema, ear infection, tuberculosis
Allergy, pneumonia and common cold

Circulatory conditions: atherosclerosis, low blood pressure, high blood pressure, stroke and heart attack, arteriosclerosis,

Lymphatic conditions: lupus, swollen lymph glands, cancer, tumors, inflammation, bacterial infection, viral infections, boils, AIDS, tonsillitis and appendicitis, multiple sclerosis,

Digestive conditions: Indigestion, ulcer, ulcerative colitis, diarrhea, constipation, crohns disease, hepatitis, cirrhosis, diabetes, gallstones, pancreatic and liver cancer

Muscular skeletal: arthritis, osteoarthritis, osteoporosis, bone cancer.

Nerve conditions: stress, anxiety, fatigue, insomnia, nervous breakdowns, spastic bowels, hypertension cerebral palsy,

Rather than deal with categories of assumed body types based on certain conditions, we saw it more appropriate to focus on the stages that all disease must follow, this would address every condition. The disease is not the primary concern; the stage, organ or vessel obstructed, area and level of deficiency, and tissue damage are the primary areas of focus. We will now focus on the four (4) stages of Disease; giving specific attention to each stage as it relates to imbalances of deficiency or excess reflective in the areas of nerve response, blood flow, bowel activity, glucose levels and mucus development

GUIDELINES FOR PRODUCT USE

Herbs are divided into four (4) major Categories; Each one addressing specific and general functions..

- 1) **Detoxifying - Cleansing**
- 2) **Symptom relieving**
- 3) **Tonics** (strengthening)
- 4) **Nutritive** (nourishing)

Detoxifying – Cleansing herbs possess properties that activate kidney, bowel, liver, lungs, muscle tissue, blood and lymphatic functioning to remove toxins and residue that obstruct their normal functioning.

Tonic herbs possess compounds that activate within the body the ability to strengthen tissue, muscle elasticity, internal organ functions, resistance to disease; recovery from surgery, injury, childbirth, miscarriage; and enhance the ability to correct irregular heart impulse, male erectile function etc... They are categorized as heart tonic, uterine tonic, prostate tonic, adrenal tonic, nerve tonic, immune tonic etc...

Symptom relieving herbs possess properties that activate the functions which relieve or counteract symptoms of swelling, bleeding, pain, bloating (gas), spasms, fever etc...

Nutritive Herbs are the wild ancestors (mothers) of many organic and conventionally cultivated foods; they are the most radiant green leafy vegetation upon land and along the sea shore. They possess the single strand DNA character which revitalizes all metabolic, cellular, organ and stem cell responses which rebuilds cell, tissue, tendon, cartilage, bone, muscle and organs. They are the wild species of watercress, purslane, arugula, dandelion, chickweed, sorrel, lambs quarter, green amaranth, Egyptian spinach, wild mustard, lambs quarters, lambs lettuce, sea kale, sea beets, sea cabbage and many others.

Symptom relieving and cleansing-detoxifying herbs do not possess the cures for any ailments or disease; they contain chemical compounds that assist in the activation and enhancement of the inherent self-healing functioning within the body.

Only **Nutritive Herbs** provide the revitalization the body is in need of during illness and disease; and should be used continuously, resulting in optimal nourishment. No other herb category can be used indefinitely without causing imbalancing responses or levels of dependency in individual or multiple systems of the body. They have the highest vibration for healing, strengthening and symptom relieving over an extended period and should be looked upon as the primary facilitator.

The long term use (> 21 consecutive days) of **Symptom relieving herbs** is inappropriate; they should be used up to 21 consecutive days and used in conjunction with nutritive or nutritive / tonic blends.

The use of **Cleansing & Detoxifying herbs** should not exceed 14 consecutive days and must always be used in conjunction with nutritive - Tonic blends. This process requires the body to use vital energy and lose vital substances (fluid), and is in need of replenishment-revitalization.

Tonic herbs can be used up to 28 consecutive days; they function more effectively when used in conjunction with Nutritive herbs.

Sub-acute conditions are the most difficult to detect outside of a common cold; they manifest as very mild discomforts, such as on/off pain, stiffness, dizziness, coughs, etc... Based on the genetic character of an individual, waste build-up will begin to develop in the weakest part of the body and in the area it has a natural tendency to accumulate in. Certain blood types contain antibody's that have healing responses against certain foreign substances (waste by-products) more so than others in certain organs; this will result in the cleansing of potential waste and toxic residues by specialized immune cells (phagocytes, macrophages) as opposed to the build-up.

In **Sub-acute conditions** there is very little precaution to take when using our Healing blends; a general maintenance program is the most effective approach. The Inner Temple cleanse gradually cleanses the entire intestinal tract, liver, kidneys, lungs, lymph and blood vessels of accumulated undigested food residue. It assists in the detoxification of impurities and toxins from within the same organs and vessels. The Therapeutic blends in this program are: **Intestinal relief, Purification and Liver flush**

Acute conditions manifest within the vital organs, the vessels and the tissues; sinusitis, hay fever, allergy, emphysema, bronchitis, pneumonia, diabetes, ulcer, stomach flu, yeast infection, kidney & bladder infection, flu, ear infection and hypertension are the major acute conditions that most Americans develop. The pneumonia, diabetes and hypertension can eventually result in death or serious damage if left untreated. When such conditions are present in a major system or organ of the body, the vessels that carried the waste materials into that area brought them from other areas. All undigested food residue in time becomes waste and toxins which travel through the small intestines first, then to the liver, lymph vessels, lungs and kidneys via the blood and lymph.

Waste particles are deposited in each of these areas along its path; if they continue to settle in the liver, then diabetes can occur; if they continue to settle in the lungs, then the flu, sinusitis, ear infection, emphysema, bronchitis or the common cold can occur; and if they continue to settle in the Kidneys, then bladder infection, prostatitis or kidney infection can occur.

In **Acute conditions** there is some precaution to take when using our therapeutic blends, but if these guidelines are followed then there need not be any concern. The organ and system affected should be addressed during phase one (1) of the program then all the general areas effected during phase two (2) of the program.

Phase one (1) - the symptom relieving and nutritive blends should be taken 2 X daily for fourteen (14) days

Phase two (2) - the cleansing / detoxifying herbs 2 X daily for seven (7) days; and the nutritive/tonic herbs should be taken 2 X daily for fourteen (14) days.

The vessels don't have the same tissue structure or the capacity to accumulate waste at the rate of the vital organs; therefore, it takes longer to develop and detect acute conditions in this area.

Chronic conditions have persisted within the vital organs, the vessels and tissues over an extended period of time. Asthma, arthritis, gout, colitis, impotence, multiple sclerosis, atherosclerosis, high blood pressure, cataracts, parasites, shingles, pneumonia, lupus, candidacies, cirrhosis and benign tumor growth are conditions that require a little more delicate approach when applying therapeutic herbal therapy, primarily because they have penetrated deep into the tissues and have created slight damage. When such conditions have persisted in a major system or organ of the body, the vessels that carried the waste materials into that area brought it from other areas.

All undigested food residue, which has become waste and toxins, passed through the small intestines and vital organs via the blood and lymph. These waste particles have persisted for a considerable period of time in each of these areas along its path. If they have accumulated to a greater degree in the liver, then hepatitis or jaundice can occur; if in the lungs, then pneumonia or asthma can occur; if in the Kidneys, then kidney stones, infection or prostatitis can occur; if in the vessels then atherosclerosis can occur; and if they have accumulated in the blood vessels (capillaries) within the eye then cataracts can occur;

If they have accumulated in the Digestive tract then parasites can occur; if in the joints then arthritis or gout can occur; or if they have accumulated within the lymphatic/nerve system, then lupus, multiple sclerosis or shingles can occur.

In **Chronic conditions** there is more precaution to take when using therapeutic blends, the organs and systems effected have been slightly weakened and are in need of vital nourishment and strength, and need not exert much energy; Cleansing/Detoxifying herbs require the body to utilize vital energy and lose vital substances (fluids); this is why they are not implemented until phase three (3), when the organs have been relieved of the major symptoms and have increased their vitality.. If these guidelines are followed then there need not be any concern.

The organ and system affected should be addressed during phase one (1) and two (2) of the program, then all the general areas effected during phase three (3) of the program.

Phase one (1) - the symptom relieving herbs used for chronic conditions should be taken 2 X daily for seven (7) days; and the nutritive / tonic herbs should be taken 3 X daily for seven (7) days.

Phase two (2) - the symptom relieving herbs should be taken 3 X daily for seven (7) days; and the nutritive / tonic herbs should be taken 3 X daily for fourteen (14) days.

Phase three (3) - the cleansing / detoxifying herbs should be taken two (2) times daily for seven (7) days; and the nutritive herbs should be taken three (3) times daily for fourteen (14) days.

Degenerative conditions have persisted within the vital organs, vessels and tissue over extended periods of time, and have created a degree of damage in the tendons, bone structure, digestive canal, organs or blood vessels. Arteriosclerosis, osteoporosis, Osseo-arthritis, kidney failure, glaucoma, chron's disease, cancer, gangrene, stroke, heart disease, aids, and malignant tumors are the conditions that require a very delicate approach when applying herbal and self-healing therapy; primarily because they have damaged organ and tissue to a greater or lesser degree. They should only be addressed by using very a delicate approach. When such conditions have created damage in a major system or organ of the body, another area has most likely suffered some damage as well. The digestive enzyme secreting capacity as well as the metabolism is gradually reduced. The food residue, which has become waste residue and toxins, created the environment for abnormal development / deterioration. It is imperative that this environment is changed to nurture normal tissue development and blood constitution.

In **Degenerative conditions** there is much precaution to take when using therapeutic blends, the organ and system(s) effected have been weakened and are in need of nourishment and revitalization, and need not exert any energy during this stage.

Cleansing / Detoxifying herbs require the body to utilize vital energy and lose vital substances (fluids); that's why they are not implemented until phase four (4) when the organs have been relieved of the major symptoms, have increased vitality and strength, and have replenished damaged tissue structure. If these guidelines are followed, then there need not be any concern. The organ and system affected should be addressed during phase one (1), two (2) and three (3) of the program; then all the general areas effected during phase four (4) of the program. **This process should be repeated after a 3-week resting period.**

Symptom relieving and nutritive herbs - phase one (1) and two (2); Tonic and nutritive herbs phase three (3); and cleansing / detoxifying and nutritive / tonic herbs - phase four (4).

Phase one (1) - the symptom relieving herbs used for degenerative conditions should be taken 2 X daily for fourteen (14) days; and the nutritive herbs should be taken 3 X daily for fourteen (14) days.

Phase two (2) - the symptom relieving herbs should be taken 3 X daily for seven (7) days; and the nutritive herbs should be taken 3 X daily for fourteen (14) days.

Phase three (3) - the tonic herbs should be taken two (2) times daily for fourteen (14) days; and the nutritive herbs should be taken three (3) times daily for fourteen (14) days.

Phase four (4) – the cleansing/detoxifying herbs should be taken 2 X daily for seven (7) days; and the nutritive/tonic herbs should be taken 3 X daily for fourteen (14) days.

The 3 major Categories of medicinal plants

Nutritive plants are to be used strictly as food for Nourishment and have very mild medicinal qualities; they are classified as Nutritive and fall in the Description of Nourishing. These plants can be nutritive or nourishing herbs, edible wild plants, fruit or raw green leafy vegetation. Purslane, watercress, dandelion leaf, sorrel leaf, miners lettuce, chickweed, lambs quarters, Amaranth and wild arugula are some of the most nourishing wild herb vegetation in America

Medicinal / Nutrient-based plants are used to relieve the symptoms of disease; by provide nutritional and mineral elements that are utilized by the body to produce an environment that changes the expression of disease; these are classified as either aromatic, mucilaginous, astringent or bitters and fall in the description of symptom relieving.

One classification of these plants considered medicinal foods are the culinary spices (cinnamon, basil, curry, garlic, ginger, cayenne pepper).

Medicinal-based plants are used to cleanse and detoxify all impurities and excess mineral components lodged within the tissues, vessels and around the cells. The more popularly used are classified as bitters and astringents that fall into the category of cleansing / detoxifying.

THERAPEUTIC AND NOURISHING BLEND CATEGORIES

Cleansing / Detoxifying Category

PURIFICATION & SYSTEM DETOX are system blood cleansers that requires the body to use vital energy and lose vital nourishment; the addition of REJUVENATOR is needed to replenish what the body will lose and to give it more vitality to carry out the cleansing and purification process. It should be used for seven (7) straight days. For general use, it should be used every four (4) weeks for a period of three months.

ELIMINATOR has a mild purging and intense cleansing response that requires the body to use moderate vital energy and lose little vital substances; so the need of CELL NUTRITION is not needed for replenishment. Take 4 capsules 2 X Daily, for 14 straight days and the parasites and/or worms conditions will have been eradicated.

LIVER FLUSH has a mild cleansing response and requires the body to use moderate vital energy and small levels of vital substances; so the need addition of replenishment is not required. **Liver flush** should always be combined with **Purification (permanent weight loss, Inner Temple cleanse and diabetic program)** for seven (7) straight days. For general use, it should be used for fourteen (14) straight days once every two (2) months.

RESPIRATORY TONIC has a cleansing response that requires the body to utilize moderate vital energy and is not in need of replenishment. For general use, Take 1 Tablespoon 2 X Daily for fourteen (14) straight days; only when needed.

KIDNEY FLUSH has a cleansing and symptom relieving response that requires the body to lose vital substance (fluids); so the addition of **Cell Nutrition** is needed for replenishment; which results in more vitality to enhance the body's ability to carry out the cleansing and symptom relieving process without the aide of Kidney flush. For general use, Drink 1 8oz cup 2 X Daily for fourteen (14) straight days; it should be used when needed.

Symptom Relieving / Tonic Category

SERENITY X has a strengthening, nourishing and symptom relieving response that provides the nervous and cardio-vascular systems the lacking minerals it is in need of. The addition of **Cell Nutrition** provides even more nourishment to the nervous system and the entire body to enhance neuro- endocrine functions in particular. For general use, Take 1 Tablespoon 2 X Daily for at least fourteen (14) straight days.

TRANQUILITY has a nourishing, strengthening, and symptom relieving response that provides the female reproductive system the vitality and lacking hormone (progesterone) it is in need of, while decreasing the excessive secretion of estrogen. The addition of **Cell Nutrition** provides even more nourishment to the female reproductive system and the entire body to enhance ovary functions in particular. For general use, Take 1 Tablespoon 2 X Daily for fourteen (14) straight days.

Tonic Category

N E R (Natures Estrogen Replacement) has a strengthening and nourishing response that provides the female reproductive system the lacking hormone component - Estrogen it is in need of.

The addition of **Cell Nutrition** provides even more nourishment to the female reproductive system and the entire body to enhance estrogen production in particular. For general use, Take 1 Tablespoon 2 X Daily for as long as needed, not exceeding 28 straight days.

Symptom Relieving Category

UTERINE FLUSH has a symptom relieving response that provides the uterus the needed environment to maintain proper functioning. For general use, take 1 Tablespoon per use, with 1 Teaspoon of organic apple cider vinegar, only when needed.

Nourishing Category

CELL NUTRITION has a very strong nourishing and strong strengthening response that provides the entire anatomy the nourishment and revitalization that it requires for day-to-day functions. For general use, it should be taken on a daily basis alone or with symptom relieving, cleansing and tonic herbs; especially when addressing degenerative conditions. For general use take 1 Teaspoon 2 X Daily indefinitely.

Nourishing /Tonic Category

REJUVENATOR has a strong nourishing and strengthening response that provides the entire anatomy the nourishment and rejuvenation that it requires during times of energy loss and acute and chronic conditions. For general use, take 1 Teaspoon per use 2 X Daily for 14 straight days.

HERB USE WITH MEDICATION

For those who inquire to use healing blends and are on some form of Prescription medicine, should not stop using medication. The use of medicinal blends for conditions in the degenerative category should be administered by a professional alternative practitioner.

An observation of the category of disease is the initial step; conditions in the sub-acute, acute and chronic categories are within the scope of these guidelines.

The gradual decrease in dosage of prescribed medications each week, in conjunction with herb use is most appropriate; tacking herbs 2 hrs before or after medication. Allow the medicinal properties of healing herbs to activate the body's vitality, level of nourishment and self healing functions; then at this point in time, you should decide whether or not to continue taking medication when symptoms are gradually corrected.

The creator didn't provide a physician for us; therapeutic Herbs were given. One has to decide whether or not they should consult the advice of one, who is neither skilled nor divinely connected in the use of the creator's therapeutic Herbs - the required medicine that was prescribed prior to our encounter with illness and disease. One has to ask if man's artificial creations can match the omnipotence of natures medicine, that manifested long before mans encounter with illness and disease.

If symptom relieving and cleansing /detoxifying herbs are used without skill then they too can cause some reactions as well. Since everyone has a slightly different tolerance and sensitivity level, there isn't one dosage amount that is feasible for everyone, but there is a level that's suitable for most. This level will be a little intense or not adequate for very few people, therefore a slight adjustment should be made. The intense responses requires a decrease in dosage and the inadequate responses require an increase. The prescription and healing blends shouldn't be taken together. Take herbs one hour before or after taking medication; and also find out what side effects each particular medicine causes.

These side effects can lead to other serious problems; sometimes more serious than the problem you're being treated for. The Human Body has the natural ability to heal itself. Don't take too many herbs and medicines during the same time period.

When at least three (3) forms of medication are taken during the same time period, at least one of them is prescribed to counter the side effect(s) created by the other two (2) medications prescribed initially. Don't take more than two (2) Healing herb blends when taking medication. Cell nutrition and Rejuvenator are nourishing blends and can be used in addition to two (2) healing blends.

DIETARY GUIDELINES DURING HERB USE

A balanced food regimen is imperative in order for the self-healing process initiated by the therapeutic and nourishing herbs to facilitate. The energetics of food has to be consistent with the herbs, for balanced food alone will activate self-healing, but at a slower rate when taken alone. The categories below are an illustration of foods consistent with the corrective and revitalization process of self-healing:

LOW-STARCH VEGETABLES (low protein)

winter squash (baked)
asparagus
mushrooms
bamboo shoots
beets
carrots
water chestnuts
corn

LOW-CARB VEGETABLES (low protein)

celery, cucumber
cabbage, greens
pepper, okra
summer squash, zucchini
nori, dulse
tomatoes, eggplant
cauliflower, broccoli
lettuce, kohlrabi
spinach, bok choy
onions, leeks
chard, Brussels sprouts
green beans, sprouts

SWEET FRUITS

bananas
dates and figs
persimmons
sapotes
papaya, avacado
guavas, star fruit
mango, sour sop
star fruit, apple custard,
coconut, currants, carambola,
lychee, persimmon

CITRIS FRUITS

oranges
grapefruit
lemon (hybrid)
lime
kiwi (hybrid)
kumquat
tangerine

SUB-ACID FRUITS

cherry, apple, peach
plums, apricot, berries
pear, nectarine
pomegranate
grapes/muscat grapes
strawberry, pineapple

MELONS

watermelons
honeydew
muskmelon
cantaloupe

SEASONINGS

Beneficial

Nature's seasoning Blend
All seaweeds:
 dulse, nori, kelp,
 wakame, hiziki and
 aramé
herbamare, tarcomare
sea salt (use sparingly)
eden shake (with nori)

Detrimental

salt
seasoning salt
cajun seasoning
garlic, onion salt
veggiesal, spike
taco seasoning
chili, onion powder
BBQ seasoning

NURSING AND PREGNANT MOTHERS

The use of **Cleansing and Detoxifying herbs** is off limits during any stage of pregnancy. The release of toxins during detoxification will flow into the bloodstream affecting the fetus. The intestinal Cleansing process creates stimulation in the abdominal area, right near the developing fetus, and can very easily purge the uterus into premature contractions (menstruation),

Symptom relieving and Tonic herbs can be used when called upon; there are certain situations that call for the use of these therapeutic herbs, if taken during the proper time duration and in a skillful manner, there is no need for concern, vitality can now return.

Nourishing Herbs are highly recommended; it is imperative that they be taken before, during and after pregnancy and throughout lactation. Indigenous wild nourishing Herbs provide levels of nourishment and revitalization not found in any other land vegetation on earth; they provide this nourishment to the mother during the time most needed in her life – pre and post child bearing stages.

BODY RESPONSE TO HERB USE

Understanding the way our body responds to the four (4) different categories of therapeutic and nourishing herbs depends on the state of mind and body; the effectiveness of the appropriate blends and the instructional guidelines. Our thoughts are an extension of our physical well being; if they reflect encouragement, confidence, faith and assurance, then the body can respond remarkably in overcoming disease. In the same token, if they reflect doubt, fear, sorrow and disbelief, then disease has already dominated the body's physical, mental and spiritual state; and will dictate the end. The discourse of decision making is the biggest factor in implementing the blueprint.

If one decides to use the therapeutic and nourishing Herbs designed by the creator then this is an indication of the direction of their thoughts. If one uses man's artificial creations after being introduced to the creators therapeutic Herbs, then this is an indication of their mind set, disbelief, and lack of faith in the creators magnificent.

Symptom relieving herbs require the body to utilize vital energy. That's why they should be used for only a certain length of time. The body should experience no discomfort when using herbs in this category; swelling will subside, pain will ease, over stimulation and stagnation will cease.

Cleansing and Detoxifying herbs require the body to utilize various levels of vital energy as well as lose different levels of vital substances; and the body is in need of replenishment. Cleansing and detoxification should be applied in short intervals; discomforts and sudden reactions can occur if cleansing is too intense and too long, because the body is not prepared to endure this process. The body can also experience slight intestinal griping in very few cases.

Tonic herbs are used to strengthen the physical structure of organs, tissue and tendons, and need to be used for extended periods of time. The body develops an increase in strength, stamina, endurance, metabolism and nerve stability.

Nourishing herbs are used to supply the body with the required nourishment and vitality that it's in need of. The body can only respond in a remarkable way. The body develops an increase in cellular functioning, organ efficiency, mental clarity, stamina, endurance, metabolism and nerve stability; thereby reversing the aging process.

HEALING RESPONSE

Histamine, inflammation, skin eruptions, swollen lymph glands and frequent urination are four (4) main reactions that occur during a Healing Response.

Histamine occurs during an asthma attack, when the cells expand in an attempt to expel the obstruction that suffocates the blood vessels surrounding the bronchial air sacs, inhibiting the oxygen supply needed to replenish the blood; the size of the capillaries surrounding the air sacs increase in diameter and the blood pressure decreases. Histamine also occurs during sneezing and coughing; when the vessels expand to move lesser obstructions or are agitated in their quest for oxygen.

Inflammation occurs when tissue has been damaged, either by injury, irritation or constant exposure to extreme acidity within the surrounding tissues. The swelling that occurs allows the blood vessels to bring more oxygen, blood clotting proteins, mineral elements and nutrients to increase the healing and rebuilding process.

Skin eruptions are more commonly a response than any other. When the eliminative channels are not opened to allow for the removal of waste residue once the cleansing and detoxification process begins, then this waste will purge itself through the skin causing eruptions.

Swollen lymph glands & nodes is the centralizing of waste materials so that the specialized immune cells can digest and devour them; this increases the lymph content within the nodes, resulting in swelling. The swelling of the tonsils (lymph gland) is the result of the congestion of food waste particles in the colon, and in close-by areas, and the over secretion of leukocytes, enzymes and lymphocytes that have caused over activity. The osmotic pressure, (fluid buildup) do to blockage, prevents the drainage of waste materials into the colon. Blockage in the form of constipation can cause headaches – a condition in which pressure is backed up into the main vessels feeding the brain area causing tension. The swelling of the appendix is a result of secreting continuous amounts of spermicidal fluid, leukocytes, enzymes and lymphocytes within the cecum, requiring it to change the environment that alters the bacteria (unfriendly) population within the colon, resulting from the over toxicity of undigested food waste from the small intestines.

Frequent urination is mainly caused by early warning symptoms reflective of diabetic conditions; in an attempt to expel excess blood sugar (glucose) the kidneys frequently manufacture urine. The swelling of the prostate also reflects the early warning symptoms of frequent urination, where the bladder continues to empty despite not being full. The enervation of nerve energy reflects an early warning system in children due to weakened immune function caused by excess sugar intake, causing urination during sleep.

Thanx for taking the initiative in addressing your health and well being; we appreciate the opportunity to serve and assist u on the road to optimal health and well being.

May the Divine instruction of the creator be with you in all your endeavors in life!

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