

Various Ailments

Allergies:

- Nettle Leaf
- Local Raw Honey
- Bee Pollen
- Bromelain
- Zinc
- Bayberry
- Eyebright
- Mullein Leaf

Boils:

- Blood Purifier Teas: Chaparral, Burdock, Red Clover.
- Charcoal Poultice
- Allicin
- Good Nutrition
- Water

Insomnia:

- Valerian Root, Hops, Skull Cap, Passion Flower
- Magnesium
- Magnesium Oil
- Chamomile
- Light or no Dinner
- Tryptophan
- B Complex
- Sunshine

Mouth Sores:

- Pine Sap
- Aloe Vera
- Goldenseal
- Myrrh Gum Powder
- Bee Propolis
- Activated Charcoal
- Salt
- Investigate Possible Digestive Problems

Gum Disease:

- Goldenseal Root
- Myrrh Gum Powder
- Pine Sap
- Bee Propolis
- Black Walnut
- Barberry
- Calendula
- Comfrey

Strep Throat:

- Goldenseal
- Colloidal Silver
- Allicin

Sore Throat:

- Lemon and Honey
- Aloe Vera
- Goldenseal
- Bee Propolis
- Salt Water

- Colloidal Silver
- Hydrotherapy

Eye Care (Scratch):

- Vitamin E Oil
- Flax Seed

Eye Care (Pink Eye):

- Saline Solution (Warm Water & Sea Salt)
- Charcoal Poultice
- Raw Milk (Human, Cow, or Goat)
- Goldenseal Wash
- Periwinkle (White)
- Lemon in AM & Honey in P

Pain:

- Water
- Wild Lettuce
- California Poppy
- Jamaican Dogwood
- Turmeric
- Exercise
- Ice Massage
- Hydrotherapy
- White Willow
- DMSO
- Cayenne
- Pine Sap

Angina:

- Cayenne Pepper Sublingual
- Magnesium Oil
- Arnica

Stomach Ache:

- Activated Charcoal
- Peppermint Tea
- Ginger Root
- Aloe vera
- Lobelia
- Yellow Root

Irritable Bowel Syndrome (IBS):

- Stop ALL: Dairy, Caffeine, Meat, Wheat & Gluten
- Manage Stress
- Exercise
- Eat Slowly
- Aloe Vera
- Trace Minerals
- Colon Formula: Psyllium Seed (Whole), Slippery Elm, Marshmallow Root, Peppermint< and Spearmint.
- Carob Powder
- Thoroughly Chew Food

Ulcerative Colitis:

- Follow IBS protocol
- Cayenne Pepper (if bleeding)
- White Oak Bark (if bleeding)
- Potato Soup (initial diet): Potatoes, Carrots, Celery, Onions
- Fruits and Vegetables (Only cooked, NO raw)

Constipation:

- 1 qt of Warm Water with 2 lemons first thing each morning (drink in 20 minutes)
- Adequate amounts of Water: Kindergarten Age - 128 lbs = $\frac{1}{2}$ Gal.
- Over 128 lbs = $\text{Body Weight} / 2 = \text{oz}$
- High fiber diet (35 to 60 grams): Whole Foods, Psyllium Seed Whole, Flax Seed
- Exercise
- Eat at the same time every day
- Abdominal massage
- Magnesium
- Prune juice
- Herbs: Senna Leaf, Cascara Sagrada, Haritaki

Hemorrhoids:

- If constipated use protocol above
- Aloe Vera
- Apple Cider Vinegar
- Cabbage Poultice
- Coconut Oil
- Witch Hazel
- Hydrotherapy
- Rutin
- Squat, Don't sit at the toilet
- Exercise & Loose Weight
- Probiotics
- Water, water, water

- Soak the area with warm water for 10-15 minutes, 3 times a day
- Sitz bath
- Ice pack or Cold Compresses

Enlarged Prostate:

- No Dairy
- Saw Palmetto
- Pumpkin Seeds
- Pau D' Arco
- Pygeum
- Flax Seed
- Zinc
- Sitz bath
- Iodine

Female Hormones:

- Proper Nutrition (minerals & Juicing)
- Wild Yam Cream
- Nettle Leaf Tea
- Flax Seed
- Oatstraw
- Vitex
- Address Stress
- Rest
- Address the Adrenals

Type 2 Diabetes:

- Manage IBW
- Duke Ride Diet

- Simple Raw Diet
- Vegetable Juice Diet
- Whole Foods, Plant Based Diet
- Exercise
- Chromium
- Gymnema Sylvestre
- Fenugreek
- Cedar berry
- Blueberry Leaf
- Peach Tree Leaf
- Basil

Atherosclerosis & Atherosclerosis:

- Reduce Vascular
- Eat Nuts
- Lecithin Granules
- Psyllium
- Horsetail
- Ashwagandha
- Guggul

Triglycerides:

- Eliminate Refined Sugars
- Manage Stress
- Eliminate Cooking Oils
- No Meat
- Whole Foods
- Plant based Diet
- Flax Seed (Grind and Eat w/i 15 minutes of grinding)
- Red Yeast Rice

Weight Loss:

- Adequate Water
- Whole Food
- Plant Based
- Two Meals (Breakfast and Lunch) No meals after 3PM
- Adequate Bowel Movements
- Manage Stress
- Exercise
- Go to bed by 9PM
- Duke Rice Diet
- Vegetable Juice Diet
- Raw Food Diet

Thyroid:

- No Fluoride
- No Chlorine
- No Bromide
- No Gluten
- Iodine
- Kelp
- Dulse
- Supplements: Vitamin B2 & B3
- Zinc
- Selenium
- Tyrosine
- Charcoal Poultice
- Bentonite Clay Pack
- Castor Oil Pack
- Rest

- Manage Stress

Shingles:

- Olive Leaf Extract
- Allicin
- Castor Oil Pack
- Charcoal Poultice
- B-Complex
- Flax Seed (Eat Freshly Ground)
- V-C
- Hydrotherapy (Fever Treatment)

Depression:

- Skullcap
- Oatstraw
- St. John's Wort
- SAMe
- 5-HTP
- Kava Kava
- Hops
- Chamomile
- Valerian
- Classical Music
- Read At Least One Chapter of Proverbs
- Each Day
- Massage
- Hydrotherapy
- Identify the Causes, then Look Forward in How To Overcome the Challenges.

- One on One Time With a Positive and Forward Thinking Support Individual.

H-Pylori:

- Garlic (Allicin)
- Probiotic