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*“Detox Patches from Kenrico have achieved  
the consecutive position of 'Number One Seller'  
14 times in Japan since 1990...”*

# Miracle Patches

**Revealing the Healing  
Powers of Detox Patches,  
Negative Ion, and Far  
Infrared Rays.**



# Contents

Introduction.

Who are we and why write this book?

Foreword

Words of wisdom from registered a Chiropractor.

Chapter 1:

Toxins And Detoxification

Toxins in our surroundings.

Detoxification.

Chapter 2:

Treating Your Body With Sap Sheet Therapy

The history of Detox Patches, or Sap Sheets.

What are Detox Patches?

Combination of herbs in the Detox Patches.

What to expect from treatment using Detox Patches.

Preparing for Detox Patches treatment.

Choosing the right Detox Patches.

Chapter 3:

The Healing Method Explained

Reflexology and energy in the body.

How Detox Patches are made.

Safety tests and clinical studies.

Licenses and standards.

Chapter 4:

Other Helpful Alternatives To Maintain Health

Negative Ions.

Far Infrared Rays.

Aromatherapy.

Herbs.

Chapter 5:

Stay Healthy With Exercise And Food

Eating a balanced diet.

Exercise.

Conclusion.





# Introduction

“Irasshaimase”

Welcome to the world of alternative health. Within the pages of this book, you will discover how different elements around us affect our body, and how we can combat their effects using alternative therapies and products that are widely available on the market today.

We have a vision, here at Kenrico, and that vision is:

‘To establish a world premier community that will become a global destination point, in order to guide people along the path of alternative medicine, with the help of our recommendations; based on our own research and the peer review studies. We will also provide continuous support into the research of alternative medicine, to improve the lives of people from around the world.

It is a vision we firmly believe in and we hope by writing this book that we can help you too along that road to better health.’

## Who are we?

From our humble beginnings in Japan, we have grown into a truly worldwide community of alternative medicines. We have a distributor network ranging from Europe to as far away as America. We understand the importance of reliability and reputation, and we are confident that we can make the process simple, effective, and easy for our customers. We are committed to make our products fresh and safe. We guarantee they are made to the highest possible standards.

Forged from our experience and expertise, we continue to build our success, bringing nature and health closer to your everyday lives. We are a global, financially secure company in Japan, one that our clients can count on for many years to come.

We have formulated this book solely with your health in mind. We aim to guide you through some of the alternatives available on the market





today, and if you combine them with our products, you will achieve optimum health benefits without the use of harmful chemicals.

Over the years we have become reliant on traditional medication and as we all know this carries risk of side effects, and in rare cases, even death. This is too often confirmed by articles in the news - such as the recent documentation and press coverage charting the removal of some arthritic drugs from the market, due to the mortality rates linked with them.

We at Kenrico, think its time for a change, back to traditional methods of healing. In the pages of this book you will find the guidance that you need to try alternative therapies and hopefully achieve better health.







# Foreword



“Sap Sheets, Our Bodies and Toxins”

Everyday, our body is exposed to all kinds of different chemicals; the exposure to the harmful components of these chemicals is a major contributor to toxic build-ups which occur throughout our body. After years of exposure our body can no longer keep up with elimination processes needed in order to effectively deal with these substances, and eventually they are circulated into the bloodstream, causing many problems throughout our bodies and some effects can be severe. The toxins can be stored in the various parts of the body but is also more worryingly stored in the Liver.

In addition to these toxic build-ups, our body can start having serious problems in many different areas. For instance; our gastro intestinal tract can develop microscopic ulcerations, pH imbalances, imbalances in bacteria and fungus, all leading us to feel unwell for long periods of time. Also, deposits of fatty acids in the liver and the liver cells can begin to deteriorate; bile flow can become inhibited making digestion of fats difficult. This can have very serious consequences. Same thing goes with other organs and tissues throughout the body, depending on the degree of toxic residue.

These types of build-ups, along with problems in all different parts of our body, can contribute to serious illness. In order to prevent, or reverse, the serious illness, the build-ups and other problems, they need to be removed as part of an overall detoxification. Although good detoxification works slower, it can be extremely beneficial to our bodily health. Detoxification that works too fast can hamper our fitness and may cause other side effects.





*Detox patches, or Sap sheets, work at the recommended level by improving sickness, or the symptoms associated with the sickness. Sap sheets are made with natural vinegars from wood (ubame oak – Quercus Phillyraeoides) and from bamboo (Pseudosasa Japonica). By applying it to the sole of our foot, it can absorb toxins and waste products from our body directly, thus improving our blood circulation and metabolism. In addition to the build-ups stated above, most sickness is caused by the stagnation of our blood flow. Bad blood circulation hampers our bodies' energy and can lead to many problems. If we have had chemical poisoning, or have been using prescription pharmaceuticals for a number of years, detoxification may be extremely helpful to our recovery.*



What is contained in the used Detox patch is the toxic fluid and wastes that come from our blood and lymphatic systems in our body. The lymphatic system is used to bring nourishment to cells and to remove waste. The lymph nodes, located in the lymph vessels, break down toxins. The breakdown of these toxins is especially important during infections and other acute illnesses. Sap sheets help clean our lymphatic system.

Clinics in Japan nowadays are recommending the Detox patch for treatment of chronic rheumatism, pain, swelling, dermatitis, and oversensitivity to cold. A dramatic improvement in these conditions was reported. Sap sheets are very easy to use and suitable for people have a busy life.

In this book, Suzanne Harris discusses not only the benefits of these sap sheets, along with clinical studies and scientific data, but other useful detoxification processes, all of which can help you to reach optimum physical health.

This book is a useful guide and a must have for everyone who is interested in dealing with their illnesses the natural way.

Kaneko Teruyoshi  
Licensed Chiropractor





## “The secret”



I believe that the secret of our energy lies in the sole of our foot. Infact the sole of our foot acts as a second heart. The reason why is, that the foot contains the largest number of capillary vessels in the entire body. In both Oriental medicine and Western medicine, according to a new theory disclosed by the German scholar Williams Fitz, “the foot is the source of health”. Man’s internal organs are related to the sole of the foot and the sole contains reactors to the internal organs.

The flow of energy is also closely related to the reflex points in the sole of our foot. The theory underlying reflexology is that applying pressure onto the reflex points stimulates the energy flow along a pathway (meridian, zone), clearing congestion and balancing our body. Working on all reflex points in the feet returns the body to homeostasis. Homeostasis is defined as the tendency towards a relatively stable equilibrium between interdependent elements, especially as maintained by physiological processes. In other words, by maintaining our body balances, we can overcome any sickness naturally.

My final advice to you is to care for the sole of your foot as it is the starting point of having a good health.

Follow the advice that Suzanne Harris gives you in the pages of this book, and you will achieve the health we all desire.

Yoshifumi Iwamoto  
Licensed Chiropractor





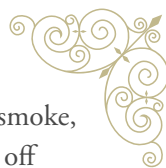
# Chapter One

## TOXIN AND DETOXIFICATION

### Toxins in our surroundings

Modern living is slowly, but effectively, taking its toll on our health. More and more children and adults are falling prey to modern illnesses that did not exist, or if they did, they were less severe than they are today. It can be traced back to as recently as the seventies. An energy crisis during this decade led modern house builders designing properties that consequently suffered from a distinct lack of clean air and airflow. This, in turn, led to an increase of pollution within our homes causing a sharp incline reported in the more common illnesses, such as, asthma and respiratory disorders. There is also a marked increase in common infections of the eye, throat and noses leading indirectly to other symptoms including headaches and fatigue. Our lifestyles dictate that we spend more time indoors behind our computers and TV & Hifi systems, breathing in stale air, instead of the outdoor activities that were normal before their invention. However, the motor vehicle is rapidly destroying our outdoor environment also. More and more people are seeking the country in order to live healthy lives and protect their children from the pollution of city life. There are also reported cases of killer infections infiltrating air conditioning systems in our hospitals such as legionnaire's disease and the recent outbreak of MRSA affecting postoperative wards. Is it any wonder that people are returning to their roots and seeking out alternative therapies to heal themselves? This can all be attributed to the pollution that is all around us in our homes. Pollution lurks in many places and although the lack of clean unpolluted air is responsible for most of it, it is not the only culprit. Everyday items that we use to keep our homes 'clean' are guilty of taking their toll on our health. They contain chemicals that people cannot





even pronounce, let alone understand. Plastics, solvents, tobacco smoke, wallpaper, fabrics even the PC I am using to write this book, give off harmful chemicals that you are breathing in everyday. Even The World Health Organization has stated, “There’s probably more damage to human health from indoor pollution than from outdoor pollution.”

Luckily, for us our bodies are capable of amazing things and, given time, they can self-heal but they need the right environment to be able to carry out its own repair work. There are things you can do to reverse the effects of modern living.

Here are a few suggestions:

- Grow indoor plants. They replace the oxygen we need to live and they induce a calming effect on us.
- Keep all harmful household chemicals in an airtight box and always use in well-ventilated areas, or use a mask to avoid harmful vapours.
- Take regular breaks and go for walks outdoors – away from traffic-filled areas.
- Give up smoking.
- Drink plenty of water.
- Eat healthily.

### Detoxification

We also need to free our body of all the toxins that regularly build up in the liver and kidneys. These again can be the cause of lethargy, headaches and a general feeling of being unwell. We need to take time for this essential internal cleansing. If we do not, our bodies will make us so ill we have to take the time to do it. It is a simple process, and once part of a daily routine it soon becomes second nature.

So, what is detoxification?

Every time we eat a meal or take a tablet for an illness, we produce waste products that need to be eliminated from our bodies. It is a





natural process. One that our bodies have developed in order to protect themselves from harm, however, we do not always do this by ourselves and our body needs extra help.

### Do You Need Detoxification?

The air that we breathe is polluted, the water that we drink is full of chlorine, the clothing we wear is made of artificial fabrics and chemicals, the lotions and shampoos that we use all contain chemicals. Once these chemicals are inside us, we can never fully eliminate them unless we undergo a detoxification process. As a result, most of us need some form of detoxification. It is one of the best ways to remain healthy in a polluted and toxic environment.

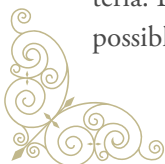
We all know that our bodies are designed to self heal but although it may be a natural process a regular detoxification regime can make all the difference to our well being. It may even help prevent chronic diseases such as cancer, diabetes, chronic fatigue and arthritis.

What are the signs that tell us our bodies need help to detoxify?

Unexplained headaches or back pain, joint pains or arthritis, your memory is failing, brittle nails and hair, you have psoriasis, depressed or lack energy, have a history of natural and synthetic steroid hormone use, exposure to cleaning solvents, pesticides, diuretics or certain drugs, unexplained weight gain.

### Benefits of Detoxification

Digestive tract is cleansed of accumulated waste and fermenting bacteria. Liver, kidney, and blood purification can take place that is not possible during regular eating patterns. Mental clarity is enhanced as





chemical and food additive overload is reduced. Reduced dependency on habit forming substances such as sugar, caffeine, nicotine, alcohol and drugs. Stomach size is returned to normal as bad eating habits can be stopped. Hormonal system is enhanced which is especially true for growth hormone. Immune system is stimulated.

Detoxification centres of the body are: Skin - Liver - Intestine - Kidneys.

Each one of these organs plays a vital role in eliminating the toxic substances and returning our body to optimum health. Look after these organs; they in turn will look after us.





# Chapter Two

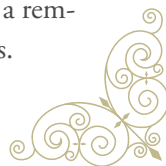
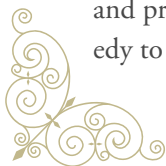
## TREATING YOUR BODY WITH SAP SHEET THERAPY

### The History of Detoxification Patches, or Sap Sheets



During the 15th century, towards the end of Muromachi period (1333 - 1573 AD), Japanese alternative medicine was on the rise and the practice of alternative medicine became a profession that attracted some of the best minds in the country. Consequently, up to 120 alternative remedies were introduced. The traditional philosophy underlying Japanese's alternative medicine can be summarized as the belief that health depends on unimpeded circulation, which in turn depends on the body's ability to maintain homeostasis. Disease is an imbalance resulting from the interaction between the person's constitution and the environment, both external and internal, which forms the context of the person's life.

During the Meiji period, (1868-1912 AD) Japan was influenced by European culture. Eager to modernize, the emphasis in medicine shifted to adopting Western methods of surgery, anaesthesia and microbiology. Japanese's alternative medicine was all but abandoned, but as it turned out, only temporarily. It began to attract attention again as early as the 1920s. During that time, a number of organizations for Japanese alternative medicine were founded, including the Japan Toyo Medical Association, based at the Asian Medicine Research Centre at Chiba University, and the Japan Society of Oriental Medicine.

The ingredients of the Sap sheet, or Detox pads, were part of the remedies introduced during the Muromachi period. At that time, the Sap sheet was the only remedy to treat acute illness, to regenerate energy and prevent recurrences and lingering debility. It was also used as a remedy to eliminate skin infections, and to remove unpleasant odours.







The clinical research efforts of these organizations for the recognition of alternative medicine, including Sap sheet, have been so successful that today Public Health Insurance covers 148 alternative medicine formulas prescribed by physicians, 861 over the counter preparations, 180 raw herbs and 53 powdered herbs prescribed by physicians. The Ministry of Health approves herbs and herbal formulae by the same process that governs new pharmaceutical products and strictly regulates the quality of all Japanese's alternative medicine products. For all products standardization, specification, purity, stability and microbiological assays are among the mandatory tests that are monitored by the Ministry of Health. Public confidence in the ability of the government to regulate public safety is very high.

### What are Detox Patches?

More commonly known as Sap Sheets, they are made from totally natural tree and bamboo extracts. They are the culmination of centuries of knowledge known to the Japanese, and have been passed down through the generations. They are reputed to relieve fatigue, joint pain, headaches, skin rashes and many other health problems. Apply Sap Sheets to the bottom of both your feet, before bed, and experience better sleep and wake feeling totally refreshed the following morning.

### Combination of Herbs in the Detox Patches

The following is the complete ingredient list of Kenrico Sap Sheet. A combination of these top grade ingredients are used to make our 11 types of Sap Sheet.

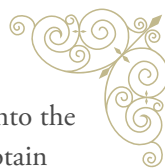


Wood Vinegar

Source: Urame Oak (*Quercus Phillyraeoides*)

Urame Oak, *Quercus phillyraeoides*, is placed in the furnace and





heated up to 250 degrees Celsius. The smoke is then condensed into the vinegar. The next step is to filter the vinegar at least 5 times, to obtain purity, it is then stored for 6 months. The middle layer of the vinegar is then used in the finished product.

To obtain the powder, the vinegar is then again heated, condensed, and then dried with a special drying machine before our quality inspection is performed. This process yields a very high concentrated extract with an extremely high level of purity.

Wood vinegar is known to be able to improve our blood circulation. This improved blood circulation can lead to improvement from fatigue, headache, double vision, blood pressure, arthritis, and many other similar symptoms.



#### Bamboo Vinegar

*Source:* Arrow Bamboo (*Pseudosasa Japonica*)

Arrow bamboo, *Pseudosasa Japonica*, is placed into the furnace and is heated up to 250 degrees Celsius. The smoke is then condensed into the vinegar. The next step is to filter the vinegar at least 5 times, to obtain purity, it is then stored for 6 months. The middle layer of the vinegar is then used in the finished product.

To obtain the powder, the vinegar is then again heated, condensed, and then dried with a special drying machine before our quality inspection is performed. This process yields a very high concentrated extract with an extremely high level of purity.

Bamboo vinegar is said to have double the effect of the wood vinegar. Due to its rarity, bamboo vinegar costs almost twice as much as wood vinegar.





## Chitosan

*Source:* Shell of a crab

Chitosan is the result of the biomass research; it is extracted from the shell of a 'crab shrimp' and added to the Sap Sheet. Chitosan products have been used now for over 30 years by water companies to trap toxins, grease, heavy metals, and oils. It is the second most plentiful fibre, after cellulose. Chitosan products are also used extensively by the medical profession due to their remarkable ability to promote wound healing, such as burns and skin inflammation.

Extensive studies have also been carried out to determine its fat binding properties. The results found it to lower LDL (bad) cholesterol by 6% and enhance the HDL (good) cholesterol by 10%. It has also been successfully marketed as a weight loss supplement.



## Dokudami

*Source:* Houttuynia cordata

This plant is native to Japan, Java and Nepal and is found at altitudes of over 6200 feet. It has been proved to contain a variety of flavoids, flavonoid glycosides (afzerin, quercitrin, isoquercitrin) and pyridine alkaloids. Its essential oil was found to consist mainly of decanal (capryl aldehyd), dodecanal (lauryl aldehyd) and 2-hendecanon (methyl nonyl ketone). It has been recognized for generations for its strong absorption properties.

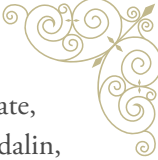



## Loquat Leaf

*Source:* Loquat leaf (Eriobotrya Japonica)

There is over 3000 years of history behind 'moxibustion therapies' and it has been used extensively in Buddhist medicine. In India it is widely used to treat many conditions and it has been crowned the king of all herbal medicines.





The Loquat leaf contains malic acid, tartaric acid, citric acid, tannate, carotene, vitamins A, B and C. Its leaves and kernel contain amygdalin, otherwise known as vitamin B17, or laetrile. It is known because of its ability to promote the secretion of body fluids and it also has antitussive, expectorant, antiemetic properties.





### Vitamin C

*Source:* Orange

It has long been known that human beings do not produce ascorbic acid (vitamin C).

*Below is the action of Vitamin C:*

- Increases HDL (high density lipoprotein) production. (HDL is able to help absorb fat located in plaque. In the process it changes from a disc shape to a globular form of HDL, and takes this fat to the liver to be burned.)
  - Decreases the production of lipoprotein (a). Our liver knows that when there is plenty of ascorbate on board, there is no need for high levels of lipoprotein (a) which is, after all, a repair factor for the cracks in blood vessel walls which come up in the absence of sufficient ascorbate.)
  - Down-regulates cholesterol and triglyceride production in the liver.
  - Lowers blood sugar and insulin requirements.
  - By relaxing the blood vessel walls, lowers blood pressure when hypertension is present.
- 
- 



- Inhibits inappropriate intravascular clot formation (the final and sometimes deadly event in cases of heart attacks and strokes).



### Vegetable Fibre

*Source:* Corn (corn fibre)

Vegetable fibre is used to prolong the lifetime of the sap sheet. Its fibre prevents ingredients from hardening due to humidity.



### Tourmaline

*Source:* Tourmaline (semi precious) stone

Tourmaline is a very popular gemstone and collectors mineral. It exists in all colours, and the multicoloured stones are unsurpassed in splendour. Tourmaline is both pyroelectric and piezoelectric. If a specimen is put under a pressure or temperature change, it will generate an electrical charge.

Tourmaline comes from the Sinhalese word “Turamali” which was given to mixtures of unidentified gem gravels in Ceylon, now Sri Lanka. Tourmaline exerts a cleansing and liberating energy upon our entire nervous system with a clearing and stabilizing effect. Tourmaline is best known as one of the only minerals to emit far infrared heat and negative ions.


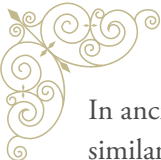


### Amethyst

*Source:* Amethyst stone

Cool and relaxing, amethyst is a stone of psychic power. It helps promote meditation, peace, tranquillity and oneness with your spiritual goals. It enhances and strengthens the powers of the bearer and helps attune with the higher self, dispelling fears, heightening intuition and helping to embrace your own intuitive wisdom.





In ancient times it was said to be “proof against poison”. Amethyst, similar to Tourmaline, is a “negative ion”, which exerts a cleansing and liberating energy upon our entire nervous system with a clearing and stabilizing effect. Amethyst is also said to be a stone of sobriety, and can help the user become free of addictive tendencies.

A mixture of Amethyst and Tourmaline in our Sap Sheets or Detox Pads is known as *Powdered Stones*.



### Agaricus

*Source:* Agaricus mushroom (Hime Matsutake)

Agaricus Blazei Murrill (Hime-matsutake) is a newly discovered species of mushroom that is attracting the attention of many scientists around the world. Artificial cultivation of this mushroom was achieved for the first time by the Iwaide Fungology Institute by Dr. Inosuke Iwaide, a professor at Tokyo and Mie Universities, after much trial and error.



This mushroom was presented by professors Hitoshi Ito, Keishiro Shimura and Sensuke Naruse, of the mushroom research group at Mie University medical school, as the highlight at the “the 39th General Meeting of Japanese Cancer Academy” in 1980, and is still attracting scientific attention today. Agaricus Blazei Murrill is known to have an anticancer effect and promotes homeostasis. It is also known to be able to relieve diabetes and allergic diseases.



### Grapefruit

*Source:* Grapefruit extract

Grapefruit contains pectin, a soluble fibre that reduces the rate of entry of carbohydrates into your bloodstream, thereby lowering insulin secretion. Grapefruit and other citrus fruits also protect against cancer. In Japanese studies, grapefruit extract stopped tumour growth after it was injected under the skin of mice. The researchers concluded that the





humble grapefruit is a 'remarkable anti-mutagen', a substance that reverses cellular changes that lead to the division and growth of cancer cells.

Grapefruit used in the sap sheet can also be used for aromatherapy. Aromatherapy is the use of scent items for the harmony and well-being of the body, mind, and spirit. It has both physical and psychological benefits and is used as a holistic treatment. The scent of grapefruit promotes feminine properties; soothes, cleanses and tones; benefits nervous system; uplifts the spirit and helps maintain self-confidence.

### Raspberry

*Source:* Raspberry extract

The scent of Raspberry soothes, restores and uplifts human spirit; excellent for refreshing tired head and feet.

### Lavender

*Source:* Lavender extract

The scent of Lavender relaxes, soothes, restores and balances the nervous system; excellent for refreshing tired muscles, feet and head and useful during the cold season.

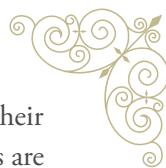
### Cayenne

*Source:* Chilli peppers

Cayenne pepper, also called *Capsicum frutescens*, is a stimulating herb made from the dried pods of chilli peppers and is well known for its pungent taste and smell. Cayenne is a popular spice used in many different regional styles of cooking, but it has also been used medicinally for thousands of years. Cayenne is often referred to as chilli, which is the Aztec name for cayenne pepper.

The main medicinal properties of cayenne are derived from a chemical





called capsaicin. Capsaicin is the ingredient which gives peppers their HEAT. A pepper's capsaicin content ranges from 0-1.5%. Peppers are measured according to heat units. The degree of heat determines the peppers' usage and value. Generally, the hotter the pepper, the more capsaicin it contains. In addition to adding heat to the pepper, capsaicin acts to reduce platelet stickiness and relieve pain. Other constituents of cayenne are vitamins E, vitamin C and carotenoids.

Today cayenne is used worldwide to treat a variety of health conditions, including poor circulation, weak digestion, heart disease, chronic pain, sore throats, headaches and toothache.



### Dextrin

*Source:* Corn flour

Dextrin is a product of starch hydrolysis, a carbohydrate having the same general molecular structure as starch but with a smaller and less complex molecule with adhesive properties. Its presence is necessary in Sap Sheet only as a filler and to bind other ingredients together. Beware of claims of Sap Sheet made without dextrin as this is misleading. Without dextrin, Sap Sheet will not work, like a car running without tires. However, keeping the amount of dextrin low in the *Sap Sheet* is the best way to achieve the best result.

### What to expect from treatment using Detox Patches

*Sap Sheets* work just like the osmosis pressure in a plant. Tree roots transport water to other branches utilizing its semi-permeable membrane. The heat from the *Sap Sheet* helps absorb perspiration from the bottom of our foot. The bottom of the foot is the location where most of the nerves in our body end. Therefore, the *Sap Sheet* is best used on the sole of the foot to clean out waste and toxic materials that are expelled in the form of sweat.







You can receive up to 24 hours reflexology treatment using Sap sheets. Reflexology is an ancient healing art, using a specialized version of compression and touch that focuses on the feet. Reflex points in the feet reflect the entire body, and stimulating these reflex points promotes equilibrium in the corresponding area of the body.

*Sap Sheets* directly affect the reflex points on the soles of the feet and by placing the Sap Sheet on the reflex points; it promotes equilibrium and greater healing in our body.

### Preparing for Detox Patches Treatment

Preparation for using the detox patches is relatively simple and does not involve expensive products or indeed any additional products than most people already do not have in their bathrooms.

I have put together a checklist to follow before applying the patch, one that is easily adapted as routine and should give you the maximum benefits from your detox patch.

- Wash your feet in a bowl of warm water – try adding a drop of your favourite oils, such as lavender, to help you relax at the same time as soften the skin. Although the vinegars in the detox patches have the capability to remove germs, feet that are covered with germs and dead skin cells can inhibit the detoxification process considerably.
- While your feet are still damp, rub in some exfoliating cream to remove dead skin cells, and leave your feet feeling fresh and soft. This will give the patches the best chance possible to penetrate the skin.





- Wash feet again to remove traces of the exfoliant and gently, but thoroughly, dry your feet – do not apply lotions or powers at this time, as this will block the pores and inhibit the patches. Most lotions contain collagen or glycerine that blocked the pores.
- Drink a glass of water in order to top up body fluids to help the elimination process. Water acts as an electrolyte in our body.
- Apply the patch to the sole of the foot, following the instructions supplied. Following the correct usage instruction is necessary to receive the optimum benefit from detox patches.
- Wearing a pair of cotton socks over the patch not only stops it moving or coming off in bed but it helps the perspiration process. That process is the one that eliminates the toxins. Socks help to retain far-infrared rays from the detox patches, helps detoxification process besides stops the patches coming off.
- Upon waking, remove the patch and again wash feet thoroughly to remove any residue. Although washing feet after removing the patch is not required, it is advisable to adopt good habits in order to keep the feet clean, especially as they contain all the nerve endings that can affect our health.
- Rubbing in Arigato Lotion will help to keep your feet in top condition. Although any lotion will work for this purpose, Arigato lotion is another step to helping keep your feet in top condition.



By following these simple guidelines, you will receive maximum benefit





from your detox patches.



### Choosing the right Detox Patches

There are twelve main types of patches available from us, your distributor will be able to advise you on the one best suited to your needs but as a guide below you will find a list of the patches available and the combination of herbs in each.

Gold edition (TRMX-1)

Made with first grade ingredients with 1.20 grams (30%) of Tourmaline.

Aroma edition (SS3L)

2 pads per 1 plastic seal.

Made with first grade ingredients with lavender.

Gold edition (TRMX-2)

Made with first grade ingredients with 2.00 grams (50%) of Tourmaline.

Bronze edition (GP)

Made with first grade ingredients with 30% bamboo and wood vinegar.

Blue edition (FX-2)

Made with First grade ingredients with 81.25% bamboo & wood vinegar.

Silver edition (AG)

Made with first grade ingredients with Agaricus and tourmaline.

Red edition (EXA-2)

Made with first grade ingredients with cayenne.

Green edition (KX-2)

Made with first grade ingredients with Tourmaline and Amethyst.

Aroma edition (SS1L)

Made with first grade ingredients with grapefruit.

Advanced grapefruit (TG-1)

Made with first grade ingredients with 1.00 grams of grapefruit.

Aroma edition (SS2L)

2 pads per 1 plastic seal.

Made with first grade ingredients with raspberry.

Quick edition (QU-1)

1 pad & 1 adhesive per 1 seal.

Pads with quick and simple application method.

If you are not sure which one is best for you, feel free to contact us at [www.kenrico.com](http://www.kenrico.com) and we will advise you and put you in touch with one of our many resellers around the world. Your health is our priority.





# Chapter Three

## THE HEALING METHOD EXPLAINED

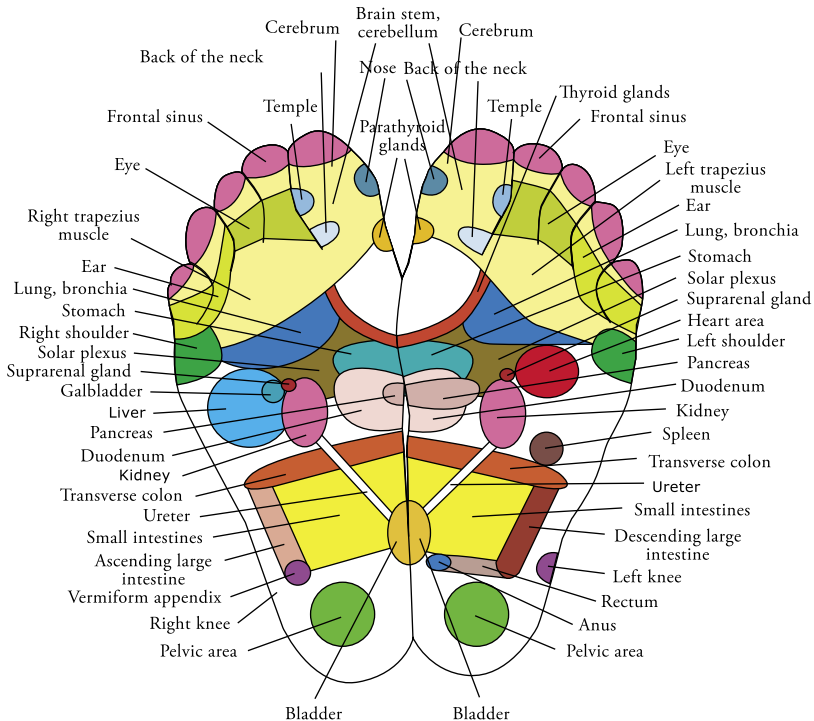
### Reflexology and Energy in the Body

Reflexology is the applying of gentle pressure to the soles of the feet, or the palms of the hands in order to stimulate the body's own healing processes and help people to regain optimum health and promote a feeling of wellbeing and increased energy. Reflexology is safe, natural and a non-invasive solution, that can also complement conventional medical treatment. It helps relieve many conditions caused by modern living. For instance, our bodies are often affected by minor illnesses, such as the common cold or influenza virus, stress and diet, making us feel down, depressed and feel generally unwell. These problems are treated using pressure, which is applied to specific areas of the feet that correspond to the body parts that are causing us concern, soon the body is rebalanced and a state of equilibrium is reached.

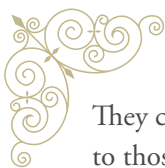
Reflexology dates back to Japan by at least 5,000 years. It was also prolific in China and Egypt; slowly news of its benefits spread to the West and arrived in Europe in sometime during the Dark Ages, resulting in modern day reflexology being born from medical studies which were carried out in the United Kingdom, Germany, the rest of Europe and eventually even the USA.



Below is a diagram of the feet and the corresponding pressure points used in reflexology.



You should always consult a qualified reflexologist in order to ensure you are given the correct treatment for your condition. They will also be able to advise you on changes that can be made to your lifestyle to help prevent reoccurrences in your symptoms. Your reflexologist can treat many conditions including Stress/Anxiety, Depression, and Lack of energy, Arthritis, Poor cardiovascular circulation, Headaches & Migraines, Irritable bowel syndrome and Insomnia etc. The list is exhaustive.



They can treat anybody whatever their age but is especially beneficial to those with long term illnesses or diseases. A long-term commitment may be required, as treatments will probably be needed in order to maintain your health, but your reflexologist will readily advise you during your first consultation as you will need to give them your complete medical history. Do not despair, these days some places even offer the treatments on the National Health Service as more and more hospitals and doctors practises are recognising its potential.

After the consultation you will receive your first treatment but be warned on rare occasions the release of toxins, as a result of the body's natural healing process, may result in temporary symptoms such as perspiration or headaches; however these symptoms are not directly related to Reflexology treatments, and should pass within a few hours. You will be able to ask any questions if you experience any thing you find uncomfortable or worrying. However, most people leave a treatment feeling relaxed and go on to have the best nights sleep they have had in a long time.

Here are a few guidelines to help maximise your treatment:

Avoid use for one hour after meals.

Immediately following massage, and no longer than 30 minutes, you should drink at least 250ml of tepid or room temperature water.

Do not feel alarmed if after a treatment, an ailment seems to worsen or the mouth feels dry. This is normal, especially in the case of inflammation or rheumatism, and will pass shortly.



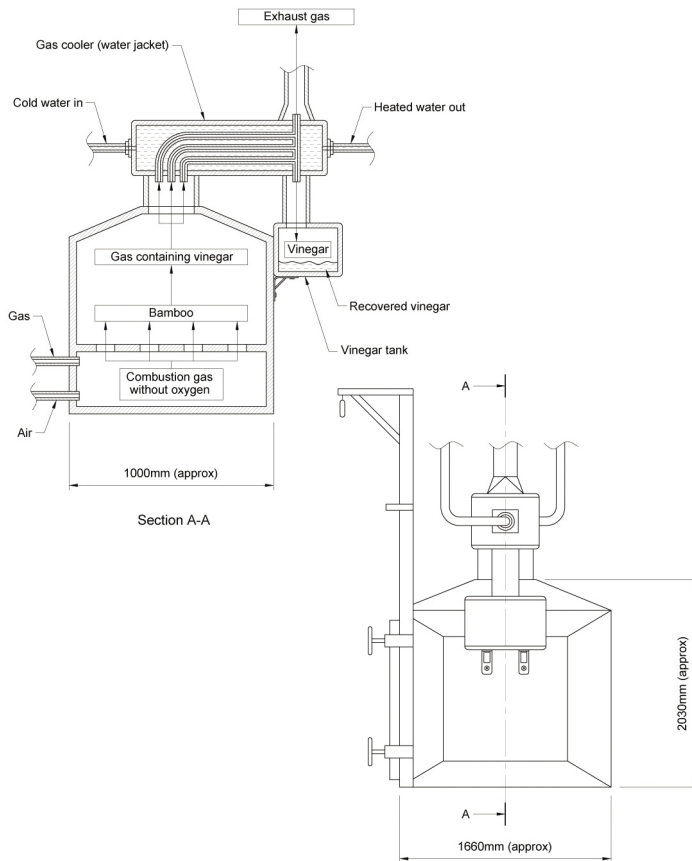
A low-angle photograph looking up at a large, dark tree trunk and its branches. Sunlight filters through the dense green foliage, creating a bright, hazy atmosphere with visible light rays and lens flare effects. The text is centered over the image.

# Vinegar in the Making

## How Detox Patches Are Made

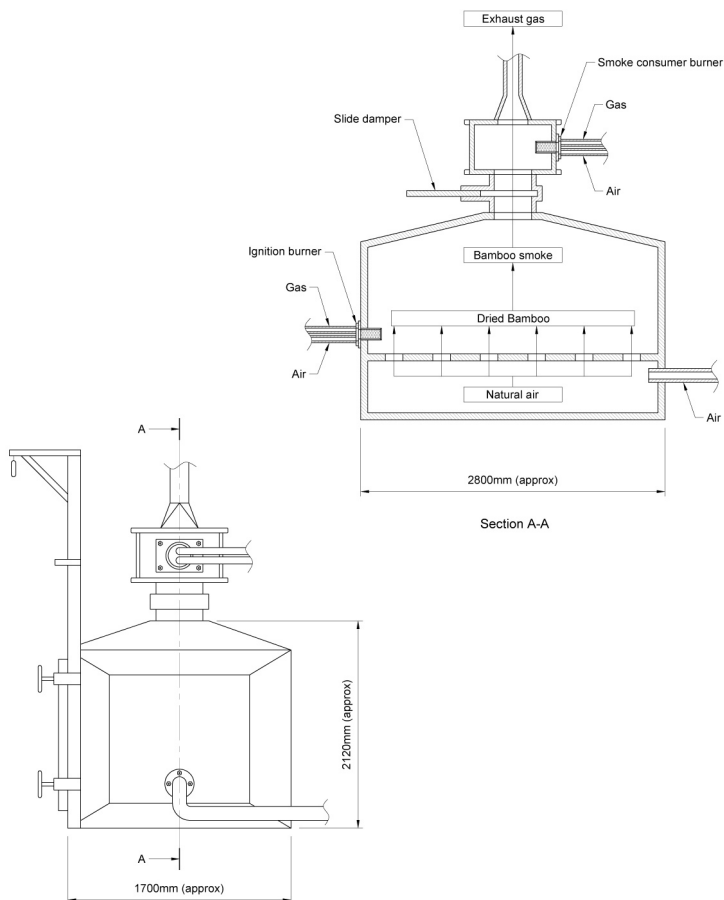
There is a specific process to making Sap Sheets, below is the process that we at Kenrico use.

## Vinegar Making



Technical drawing of wood/bamboo vinegar recovery furnace at Kenrico.



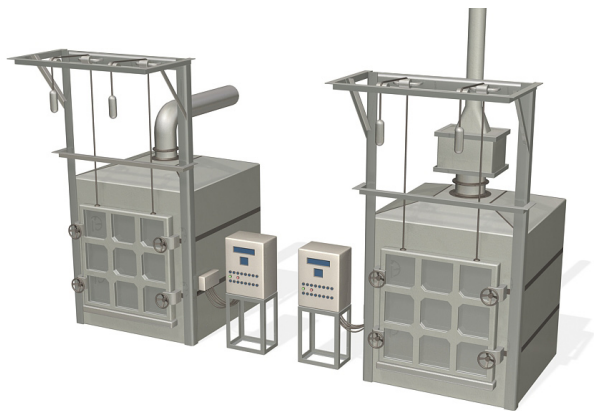


Technical drawing of vinegar distillation furnace at Kenrico.

Ubame Oak, *Quercus phillyraeoides*, or Arrow Bamboo (*Presudosasa Japonica*) is placed in the furnace and heated up to 250 degrees Celsius. The smoke is then condensed into the vinegar. The next step is to filter the vinegar at least 5 times, to obtain purity, it is then stored for 6 months. The middle layer of the vinegar is then used in the finished product.



To obtain the powder, the vinegar is then again heated, condensed, and then dried with a special drying machine before our quality inspection is performed. This process yields a very high concentrated extract with an extremely high level of purity.



Vinegar recovery and distillation furnace (three-dimensional model).  
Copyright © 2005 Kenrico LTD.

## Ingredients Preparation

All of our ingredients are inspected and stored at the storage warehouse. Our 24-hour temperature controlled warehouse ensures the ingredients stay fresh.



Fresh ingredients in drums ready for immediate processing.  
Copyright © 2005 Kenrico LTD.

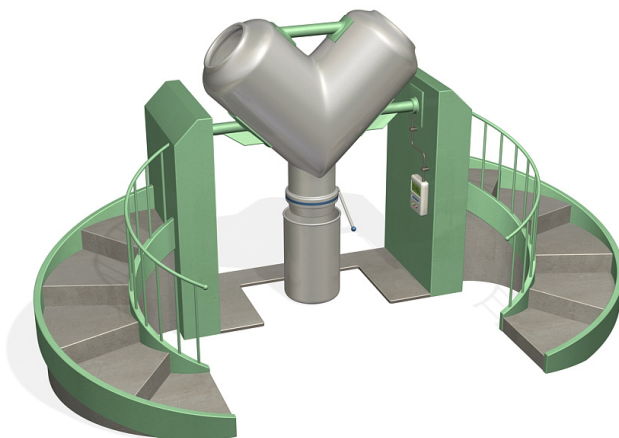


## Initial Weighing

Each ingredient is measured according to its percentage, using an electronic scale model DP-5301, with 4-digit precision.

## Mixing

We then mix the ingredients according to the specified formula.  
Time for this process: 10 minutes, in a high capacity drum mixer.



High capacity drum mixer (three-dimensional model).  
Blender model: FM-V-500.  
Copyright © 2005 Kenrico LTD.

## Post Weighing

Again we use the process of weighing  
the mixed ingredients on the 4-digit  
scales.



Electronic scale DS-690S-T.  
Capacity: 50kg. (three-dimensional model).  
Copyright © 2005 Kenrico LTD.





## Printing Process

Finally they start to take shape: Sap Sheets are starting to form into a patch.

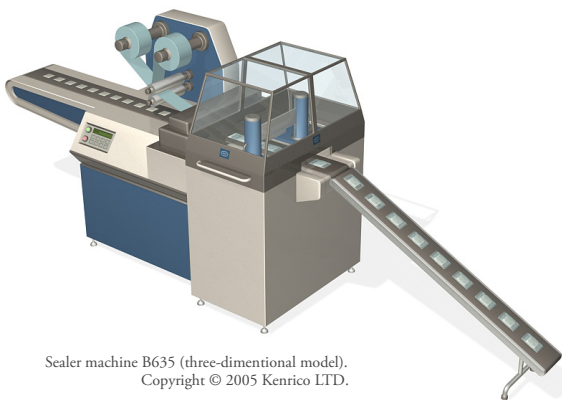


Seal roller: 20 RPM.  
Temperature of sealing (length):  $115 \pm 5$  C.  
Temperature of sealing (width):  $105 \pm 5$  C.  
Cutter: 1 block

Printing machine CP-4FP (three-dimensional model).  
Copyright © 2005 Kenrico LTD.


## Sealing, packing and inspection

Sap Sheets are sealed individually inside a plastic sleeve.



Sealer machine B635 (three-dimensional model).  
Copyright © 2005 Kenrico LTD.





Finally the QA team makes sure:

Sap Sheet is sealed properly inside a plastic sleeve.

No holes in the Sap Sheet seal causing a powder leak.

Text is printed properly on each Sap Sheet sleeve.

Sealing process did not put too much pressure on the Sap Sheet.

## Safety tests and Clinical studies – the science bit.

FHSA Primary Skin Irritation (May 7th, 2003)

Test article: Kenrico Sap Sheet

Test device: Gauze, zonas porous tape, dental dam/rubber sheeting, Micropore surgical tape, 25 gauge needle.

The patches are then ready to distribute.

The following studies and tests were designed to show the degree of skin irritation caused by the test article under evaluation.

Six New Zealand White rabbits were used in the test. Twenty four hours prior to dosing, the hair on each animal's back was removed with clippers. One inch square pieces of the test article were cut and applied to intact and abraded areas on the skin of each animal.

The squares of test article were held in place with surgical tape. To protect the dosing sites and to promote occlusion, the trunks of each animal were wrapped with gauze, which was held in place with zonas tape. The gauze was then wrapped with an elastic bandage.

After 24 hours, the animals were unwrapped and the article removed. The test sites were observed and scored 24 and 72 hours after

dosing. Based on the scores, a Primary Irritation Index was calculated in order to evaluate the material's potential to be a primary irritant.

### RESULT

Primary Irritation Score was 0. The test article is NOT a primary irritant.

USP Microbial Limit Validation (June 9th, 2003)

Test article: Kenrico Sap Sheet

Test device: Scissors, Forcep, TSB, LCB, TSA, SDA, TTB, Selenite Cystine Broth, MacConkey Agar, Baird Parker Agar, Cetrimide Agar, BSA (Bismuth Sulfate Agar), Brilliant Green Agar, XLD Agar.

This procedure validates the test results obtained from the performance of the Microbial Limits Test. Recovery of the appropriate positive colonies on the selective agars is considered to validate Microbial Limits test results for that product and any other product with the same active ingredient at a lower concentration. This validation should be conducted on any unique product, or any product that is significantly changed.

If the appropriate positive colonies on the selective agars are not recovered, the validation test may be repeated. In this case, the Microbial Limits Test procedure is modified to ensure maximum recovery of the challenge organism. If a procedure modification cannot eliminate the bactericidal activity of the product, then the product is not likely to be contaminated with the given species.

### RESULT

Safe and free from micro organisms.

Microbial Limit (June 26th, 2003)


Test article: Kenrico Sap Sheet

Test device: Tryptic Soy Agar (TSA), Sabouraud Dextrose Agar (SDA), Modified Tryptic Soy Broth (TSB-M), Modified Lactose Broth (LCB-M), Selenite Cystine Broth (SC), Tetrathionate Broth w/Brilliant Green (TTB with BG), Baird Parker Agar (BP), Cetrimide Agar (CA), MacConkey Agar (MAC), Xylose-Lysine-desoxycholate Agar (XLD), Brilliant Green Agar (BGA), Bismuth Sulfite Agar (BSA).

This procedure, which is performed on pharmaceuticals of all kinds, from raw materials to finished forms, provides an estimation of the number of viable aerobic micro organisms present in a given product, and ensures that the product is free from designated microbial species.

### RESULT

Acceptable recovery was obtained.



Brain Wave Research (June 6th, 2003)  
 Test article: Kenrico Sap Sheet TRMX  
 (Tourmaline)  
 Test device: EEG  
 An electroencephalography (EEG) (elektro-in-SEF-all-oh-gram), is a neurological test that measures the electrical signals your brain sends to the rest of your body, and then records them onto a graph. An EEG is used to evaluate the cause of seizures, diagnose comas, and evaluate strokes and sleep disorders. It can also be used to determine the presence and location of brain injuries, abscesses, tumours, intracranial haemorrhages, and to confirm brain death.  
 Brainwaves, like all waves, are measured in two ways. The first is frequency, or speed of electrical pulses. Frequency is measured in cycles per second (cps or HZ), ranging from .5cps to 38cps. The second measurement is amplitude, or how strong the brainwave is. There are four categories of brainwaves: Beta, Alpha, Theta, and Delta. When we are accessing our multidimensional self we are able to use a combination of all four brainwaves.

**ALPHA WAVES**  
 Alpha Waves have a bridging capacity between our conscious and unconscious/super conscious minds, as well as a vivid imagery, and relaxed, detached awareness. When we completely relax, we shift into Alpha waves, which are between 8 and 12 cycles per second (cps). Alpha waves are

slower in frequency than Beta, but have greater amplitude. A person who takes time out to reflect, meditate, or take a break from activity is often in an alpha state. When we concentrate intently on one thought, emotion, or activity we have less stimuli to process and our brains can go into Alpha waves. With Alpha wave consciousness we are not bound by time and space as we are in Beta Waves. This frees our left-brain's logical, sequential organization and allows us to also access our more creative and intuitive right brain. Alpha brainwaves are conducive to creative problem solving, accelerated learning, mood elevation and stress reduction. Intuitive insights, creative juices, inspiration, motivation, and daydreams characterize Alpha waves. These waves are relaxed yet alert. Therefore, they provide a bridge between our conscious and unconscious and/or super conscious minds.

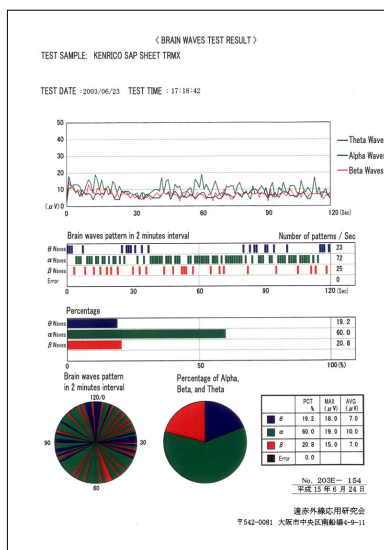
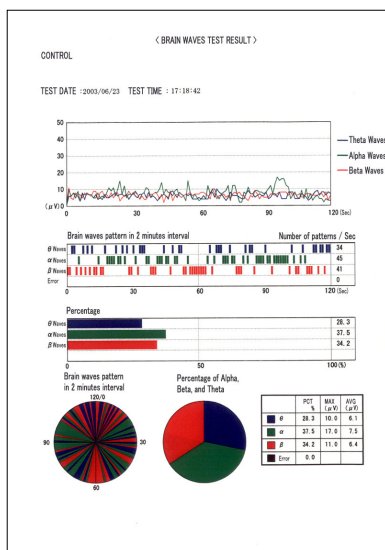
**BETA WAVES**  
 Beta waves represent our ability to consciously process our thoughts. We spend most of our waking moments in Beta waves, in which our brainwaves pulsate at between 13 and 39 cycles per second. In this state, our attention is focused on the day-to-day outside world. We are largely focused on the logical, sequential activity of the left hemisphere because the brain is busy processing myriad information that has arrived through our five senses. Beta brainwaves are conducive to

stimulating thinking and action. Most of our current education is beta geared, and is characterized by logical, analytical, intellectual thinking and written or verbal communication. Beta waves are the predominant brainwaves in our everyday life.

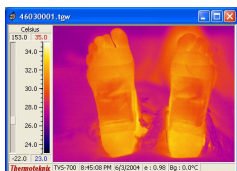
**THETA WAVES**  
 Theta waves are our unconscious creativity, inspiration and spiritual connection. Theta waves, 4 to 7 cps, are associated with the deepest experiences of meditation and creativity. Theta waves are even slower than Beta or Alpha and are typically of even greater amplitude. When we narrow our focus primarily to our inner self, we can go into Theta waves. In this state it is difficult to maintain conscious contact between our physical body and the outside world. To maintain this state of consciousness we must keep our bodies still because we are so focused on our inside world that it would not be safe to move around in the physical world. Most often this Theta state is achieved only while sleeping and, as we all know, it is often difficult to bring the memory of our dreams into our waking life.

## RESULT

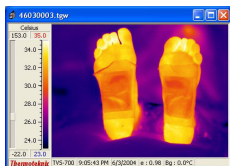
### Substantial increased of Alpha brainwaves.



Brain waves test results.  
 Copyright © 2005 Kenrico LTD.



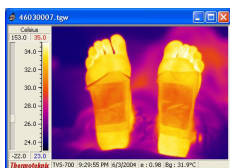
Thermography Imaging recorded at the start of application.



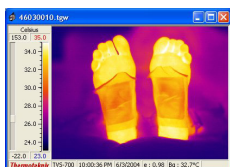
After 15 minutes.



After 25 minutes.



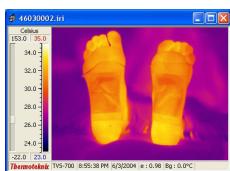
After 45 minutes.



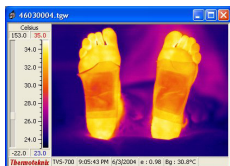
After 75 minutes (1 hour 15 minutes).



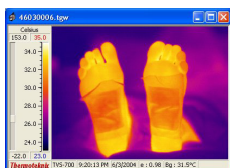
After 105 minutes (1 hour 45 minutes).



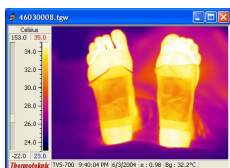
Recorded 10 minutes afterwards, far infrared rays were starting to emerge.



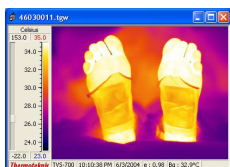
After 20 minutes.



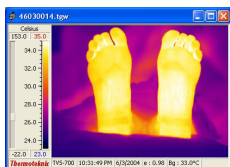
After 35 minutes.



After 55 minutes.



After 85 minutes (1 hour 25 minutes).



Recorded 1 minute after the sap sheet pads were taken off.

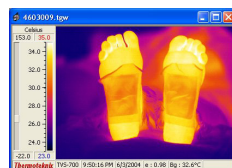
Far Infrared Research (June 3rd, 2004)

Test article: Kenrico Sap Sheet

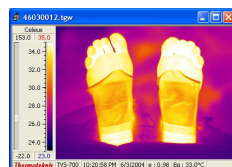
Test device: TVS 700

Far infrared is part of the spectrum of light emanating from the sun. Far infrared is not visible to the eye, but you feel it as heat penetrating into your skin. You may be familiar with the infrared heat lamps sometimes used in bathrooms. Far infrared produces heat in a similar fashion, but is much more efficient because it penetrates even deeper into the skin. Far infrared light, and its therapeutic properties, have been studied in China and Japan for over twenty years and are now beginning to become very popular in the rest of the world. Far infrared is very helpful for healing the skin, blood circulation, and skin cell revitalizing.

Far infrared originated from detox pads is 100% natural & 100% safe, made from natural ingredients, emitted without the help of electric devices.



After 65 minutes (1 hour 25 minutes).



After 95 minutes (1 hour 35 minutes).

Far infrared rays from the sap sheet pads left heating marks on the feet.



Negative Ion Research (June 14th, 2004)

Test article: Kenrico Sap Sheet TRMX

Test device: KST-900

Negative ions are odourless, tasteless, and invisible molecules that we inhale in abundance in certain environments; think of mountains, waterfalls, and beaches.

Once they reach to our bloodstream, negative ions are believed to produce biochemical reactions that decrease levels of serotonin helping to relieve stress (calming), alleviate depression, boost our daytime energy and increase defence against infection.

Ions are molecules that have gained or lost an electrical charge. They are created in nature as air molecules break apart due to the sunlight, radiation, and moving air and water. You may have experienced the power of negative ions when you last set foot on the beach or walked beneath a waterfall. The air circulating in the mountains and the beach is said to contain tens of thousands of negative ions -- Much more than the average home or office building, which may contain dozens or hundreds, and in fact many register a flat zero.

Previous negative ion measurements had been done in certain places in Japan.

In regular room with windows: approximately 150 ion/cm<sup>3</sup>.

Near river: approximately 600 ion/cm<sup>3</sup>.

Near big fountain: approximately 1000 ion/cm<sup>3</sup>.

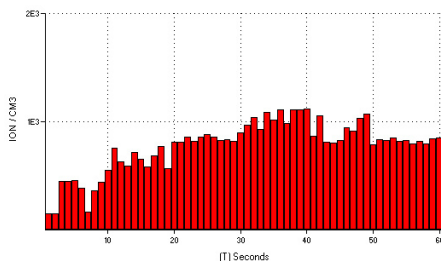
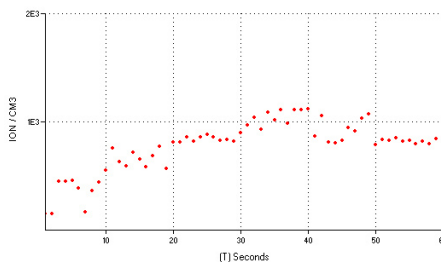
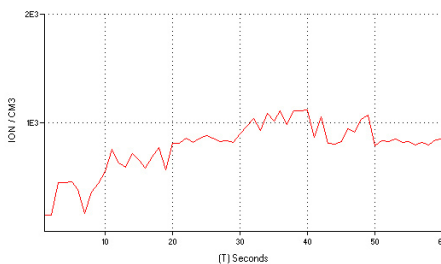
Near waterfall (half the size of Niagara): approximately 3000 ion/cm<sup>3</sup>.

Near big Tourmaline stone: approximately 500 - 2000 ion/cm<sup>3</sup>.

Measurement was performed under 60 seconds in a closed room with a temperature of 25 degree Celsius, and humidity of 35%.

## RESULT

Substantial amount of negative ions emission from Kenrico Sap Sheet TRMX.



Negative ions measurement.  
Copyright © 2005 Kenrico LTD.







Heavy Metals Research (January 18th, 2005)

Test article: Kenrico Sap Sheet TRMX  
“Heavy metals” are chemical elements with a specific gravity that is at least 5 times the specific gravity of water. In small quantities, certain heavy metals are nutritionally essential for a healthy life. These elements, or some form of them, are commonly found naturally in foodstuffs, in fruits and vegetables, and in commercially available multivitamin products. Heavy metals are also common in industrial applications such as in the manufacture of pesticides, batteries, alloys, electroplated metal parts, textile dyes, steel, and so forth. Many of these products are in our homes and actually add to our quality of life when properly used.

Heavy metals become toxic when they are not metabolized by the body and accumulate in the soft tissues. Heavy metals may enter the human body through food, water, air, or absorption through the skin when they come in contact with humans in agriculture and in manufacturing, pharmaceutical, industrial, or residential settings. Industrial exposure accounts for a common route of exposure for adults.

Ingestion is the most common route of exposure in children. Children may develop toxic levels from the normal hand-to-mouth activity of small children who come in contact with contaminated soil or by actually eating objects that are not food (dirt or paint chips). Less common routes of exposure are during a radiological procedure, from inappropriate dosing or monitoring during intravenous nutrition, from a broken thermometer, or from a suicide or homicide attempt.

#### ARSENIC

Arsenic is the most common cause of acute heavy metal poisoning in adults. Arsenic is released into the environment by the smelting process of copper, zinc, and lead, as well as by the manufacturing of chemicals and glasses. Arsine gas is a common by-product produced by the manufacturing of pesticides that contain arsenic. Arsenic may be also be found in water supplies worldwide, leading to exposure of shellfish, cod, and haddock. Other sources are paints, rat poisoning, fungicides, and wood preservatives. Target organs are the blood, kidneys, and central nervous, digestive, and skin systems.

#### LEAD

Lead accounts for most of the cases of paediatric heavy metal poisoning. It is a very soft metal and was used in pipes, drains, and soldering materials for many years. Millions of homes built before 1940 still contain lead (e.g., in painted surfaces), leading to chronic exposure from

weathering, flaking, chalking, and dust. Every year, industry produces about 2.5 million tons of lead throughout the world. Most of this lead is used for batteries. The remainder is used for cable coverings, plumbing, ammunition, and fuel additives. Other uses are as paint pigments and in PVC plastics, x-ray shielding, crystal glass production, pencils, and pesticides. Target organs are the bones, brain, blood, kidneys, and thyroid gland.

#### MERCURY

Mercury is generated naturally in the environment from the degassing of the earth's crust, from volcanic emissions. It exists in three forms: elemental mercury and organic and inorganic mercury. Mining operations, chloral kali plants, and paper industries are significant producers of mercury. Atmospheric mercury is dispersed across the globe by winds and returns to the earth in rainfall, accumulating in aquatic food chains and fish in lakes. Mercury compounds were added to paint as a fungicide until 1990. These compounds are now banned; however, old paint supplies and surfaces painted with these old supplies still exist. Mercury continues to be used in thermometers, thermostats, and dental amalgam.

Medicines, such as mercurochrome and Merthiolate, are still available. Algaecides and childhood vaccines are also potential sources. Inhalation is the most frequent cause of exposure to mercury. The organic form is readily absorbed in the gastrointestinal tract (90-100%); lesser but still significant amounts of inorganic mercury are absorbed in the gastrointestinal tract (7-15%). Target organs are the brain and kidneys.

#### CADMIUM

Cadmium is a by-product of the mining and smelting of lead and zinc. It is used in nickel-cadmium batteries, PVC plastics, and paint pigments. It can be found in soils because insecticides, fungicides, sludge, and commercial fertilizers that use cadmium are used in agriculture. Cadmium may be found in reservoirs containing shellfish. Cigarettes also contain cadmium. Lesser-known sources of exposure are dental alloys, electroplating, motor oil, and exhaust. Inhalation accounts for 15-50% of absorption through the respiratory system; 2-7% of ingested cadmium is absorbed in the gastrointestinal system. Target organs are the liver, placenta, kidneys, lungs, brain, and bones.

#### BERYLLIUM

Beryllium is a hard, greyish metal naturally found in mineral rocks, coal, soil, and volcanic dust. Beryllium compounds are commercially mined, and the beryllium is purified for use in nuclear weapons


and reactors, aircraft and space vehicle structures, instruments, x-ray machines, and mirrors. Beryllium ores are used to make specialty ceramics for electrical and high-technology applications. Beryllium alloys are used in automobiles, computers, sports equipment (golf clubs and bicycle frames), and dental bridges.

#### ALUMINIUM

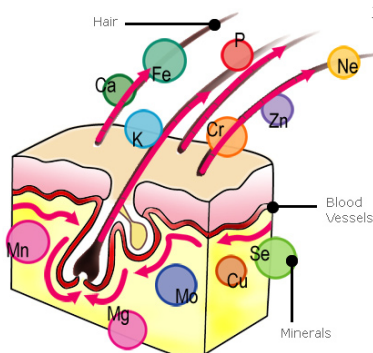
Although aluminium is not a heavy metal (specific gravity of 2.55-2.80), it makes up about 8% of the surface of the earth and is the third most abundant element. It is readily available for human ingestion through the use of food additives, nasal sprays, and antiperspirants; from drinking water; from automobile exhaust and tobacco smoke; and from using aluminium foil, aluminium cookware, cans, ceramics, and fireworks.

## RESULT

Significant reduction of heavy metal elements in 3 months period of usage of Kenrico Sap Sheet TRMX.



## HAIR MINERAL ANALYSIS



Hair can accumulate more than thirty minerals, trace elements and toxins over a three month growth period. Proponents of hair analysis claim that even the smallest amounts can be detected. Based on the analysis, nutritional and therapeutic measures can be recommended then to correct the imbalances and detoxify the body.

The structure of the hair is a shaft that is made up of lifeless protein material arranged around a central core. This outer protein layer is then sheathed in delicate cuticle cells, which are arranged like shingles or tiles. The cuticle is in turn covered by a layer of protein substances and fatty substances that will protect the hair. Hair grows about half an inch a month and some one-hundred new hairs are added daily. Hair does grow for three to six years before falling out. Using rubber bands and strong chemicals in hair will cause hair to fall out faster though, so it is recommend avoiding using rubber bands or chemicals in the hair.

The hair root is anchored with each shaft of hair to the scalp. The root is nourished by a network of delicate blood vessels, which deliver vitamins, minerals and trace elements to the outer layers of the hair shaft. These same vessels are also deposited in the hair and any toxins or drugs present then show up during hair analysis. Hair analysis is the process to assess the body's mineral and toxin levels over a period of several months and is the most widely recognized procedure for parents used to test teenagers for drugs in their system.

Hair Analysis on 31 year old male. Mercury and Lead dropped significantly after continuous 3 months of detoxification using Kenrico Sap Sheet.

Hair Analysis on 25 year old female. Beryllium, Mercury, Lead, and Arsenic elements dropped significantly after continuous 3 months of detoxification using Kenrico Sap Sheet.

Hair Analysis on 21 year old male. Mercury and Aluminium elements dropped significantly after continuous 3 months of detoxification using Kenrico Sap Sheet.

Hair Analysis on 50 year old male. Almost all heavy metal elements dropped significantly after continuous 3 months of detoxification using Kenrico Sap Sheet.

Hair Analysis on 61 year old female. All heavy metal elements dropped significantly after continuous 3 months of detoxification using Kenrico Sap Sheet.

Hair Analysis on 33 year old female. Beryllium and Arsenic elements dropped significantly after continuous 3 months of detoxification using Kenrico Sap Sheet.



## Licences And Standards

It's all the certification data that we need to satisfy in order for the FDA to allow us to manufacture our products. We have to satisfy a high level of requirements in order to be awarded the certificates needed to bring you a sap sheet.

These are their current requirements:

“That domestic, or foreign manufacturers, have a quality system for the design, manufacture, packaging, labelling, storage, installation, and servicing of finished medical devices intended for commercial distribution in the United States.”

The current regulation also requires “that various specifications and controls be established for devices; that devices be designed under a quality system to meet these specifications; that devices be manufactured under a quality system; that finished devices meet these specifications; that devices be correctly installed, checked and serviced; that quality data be analyzed to identify and correct quality problems; and that complaints be processed. Thus, the QS regulation helps assure that medical devices are safe and effective for their intended use. The Food and Drug Administration (FDA) monitors device problem data and inspects the operations and records of device developers and manufacturers to determine compliance with the GMP requirements in the QS regulation”.

The regulations apply only to finished products that are intended to be commercially distributed for human use.

Also contract test laboratories are presently considered to be an extension of a manufacturer's quality system and are not routinely scheduled for GMP inspections at present according to their website. However,





internal laboratories are inspected as part of the current FDA GMP inspections.

More information on this and other parts of the certification process can be obtained from their website which is located at: <http://www.fda.gov/cdrh/devadvice/32.html>

They are constantly updating the requirements and in order to keep our certificate we have to satisfy these requirements on a regular basis. Although all of our pads are registered in TGA and tested under FDA level labs, it is not a cheap process to keep this certificate current. But we do so to ensure you get the best quality product possible.

We are doing something right because Kenrico is the largest detox patches factory in Japan with GMP certification.





# Chapter Four

## Other Helpful Alternatives To Remove Toxins

### Benefits Of Negative Ions

Negative ions are odourless, tasteless, and invisible molecules that we inhale in abundance in certain environments; think of mountains, waterfalls, and beaches. Once they reach to our bloodstream, negative ions are believed to produce biochemical reactions that decrease levels of serotonin helping to relieve stress (calming), alleviate depression, boost our daytime energy and increase defence against infection.

“Negative ions increase the flow of oxygen to the brain; resulting in higher alertness, decreased drowsiness, and more mental energy,” says Pierce J. Howard, PhD, author of *The Owners Manual for the Brain: Everyday Applications from Mind Brain Research*, proving the health benefits of ions.

What are ions?

They are literally molecules that have gained or lost an electrical charge. They are created by nature as air molecules break apart. This is caused by sunlight, radiation, and moving air or water. You will have experienced the power of negative ions when you last set foot on the beach or walked beneath a waterfall. You don't realise it, but the feeling you get when you watch moving water, the feeling of de-stressing and feeling of energy in your body are the negative ions filling your body and promoting that feeling of euphoria. The air circulating in the mountains and the beach is said to contain tens of thousands of negative ions. Your home or office building may contain dozens, hundreds if you're lucky, but in most cases they actually register zero.

However, don't lose heart, every home has a built in natural ionizer -- the shower. If you combine this with the negative ion shower head from Kenrico, you have the effects enhanced.






Ion Shower Head Series in transparent white, pink, and blue.

What is an Ion Shower Head? The Ion Shower Head Series is the culmination of years of research performed by water purifier experts to achieve the safest and purest water available for your shower. This is the next generation of advanced water purification equipment that protects your family's health & skin during a shower and without the need of constant filter changes.

How does it work? We use our most advanced micro active ceramic technology, made from silicon and minerals in ION shower head. It helps to virtually eliminate the following from water: bacteria, parasites, chlorine, dirt, odour, plus many other allergens.

The presence of negative ions during shower usage ensures that extra step in the healing effects of showering. Negative ions are odourless, tasteless, and invisible molecules that we inhale in abundance in certain environments. Once they reach to our bloodstream, negative ions are believed to produce biochemical reactions that decrease levels of serotonin helping to relieve stress (calming), alleviate depression, boost our daytime energy and increase defence against infection. To date we have sold over 500,000 Ion shower heads to Japanese homes in 2004 alone. It comes complete with patented technology of water purification that last for a lifetime.





The Ion shower head ensures safety and cost effectiveness and is an essential addition for your household. So you ask, what is in the shower head to make it so special?

#### Water Jets

72 available water jets ensure constant water flow.

#### Ceramic Purifier

Water is purified by ceramic, removing bacteria, parasites, chlorine, dirt, odour, plus many other allergens. It also has an abundant presence of negative ions.

#### Body & Universal Adapter

Made from heat resistant resin and comes complete with a universal adapter to fit into your existing shower system.




Why is our ION shower head better than any other shower head?

Ceramic. Our ION Shower Head comes with advanced micro active ceramic made from silicon and minerals. Rather than regular shower head where rust and hard water build-up are unavoidable,

ION Shower Head is 100% rust-free & free from hard water build-up. People pay attention to the water they drink, but rarely to the water that comes out from shower. Other than from our drinking water, our skin and body also absorbs water from the bath or shower. Ensure you have healthy living by purifying the water in your bath and shower.

No filter change. Why spend a fortune buying replacement filters? Our ION Shower Head comes with ceramic that works for lifetime, without the need of buying a replacement filter. It is also 100% rust free and 100% free from hard water build-up.

Negative Ions & Far Infrared Ray. The presence of negative ions during usage ensures extra step in healing effect. Negative ions are odourless, tasteless, and invisible molecules that we inhale in abundance in certain environments. Once they reach to our bloodstream, negative ions are believed to produce biochemical reactions that decrease levels of serotonin







helping to relieve stress (calming), alleviate depression, boost our day-time energy and increase defence against infection.

#### Results.

Thermograph tests proved that far infrared rays existed during usage and we will discuss these in more depth next. You also get marked improvement in the quality of your hair and we all know that our hair is our crowning glory. The purified water from Ion Shower Head helps to improve the health of your scalp and hair without the use of harmful chemicals.

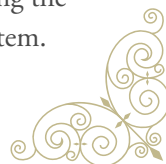
#### Far Infrared Rays

What is Far Infrared?

Infrared (IR) radiation is electromagnetic radiation of a wavelength longer than visible light, but shorter than microwave radiation. The name means “below red” (from the Latin infra, “below”), red being the colour of visible light of longest wavelength. Infrared radiation spans three orders of magnitude and has wavelengths between 700 nm and 1 mm. Far infrared is also part of the spectrum of light emanating from the sun. Far infrared is not visible to the eye, but you feel it as heat penetrating into your skin. You may be familiar with the infrared heat lamps sometimes used in bathrooms. Far infrared produces heat in a similar fashion, but is much more efficient because it penetrates even deeper into the skin.

What is the effect of Far-infra-red rays on our human body?

Activates the water molecules in our body. Improves the oxygen levels in our body. Warming and eliminating fats, chemicals and toxins from our blood. Helps elimination of waste from the body thus reducing the acidic levels in our body and therefore improving the nervous system.





Other uses include:

Improves the human perspiration systems. Prevents bacteria growth. Softens hard water. Relieves pain. Purification of air and water. Normalises blood cholesterol. Speeds up repair of body cells. Improves strength and health. Prevents mould. Helps maintain body warmth and helps promote better sleep. Last but not least, it helps our plants to grow better and healthier.

Far infrared light, and its therapeutic properties, have been studied in China and Japan for over twenty years and are now beginning to become very popular in the rest of the world. Far infrared is very helpful for healing the skin, blood circulation, and skin cell revitalizing. Far infrared originated from detox pads is 100% natural & 100% safe, made from natural ingredients, emitted without the help of electric devices.



The Kenrico shower head emits far infrared rays to achieve optimum health and some studies suggest that negative ions can help to reduce depression and stress. Although there is no scientific proof of this yet, many users do report noticeable reductions in feelings of tiredness and lethargy.

### Aromatherapy

Aromatherapy is the derivative of two words: Aroma, which literally means fragrance, and Therapy which means a form of treatment. The word Aromatherapy was 'invented' in the 1920's by a French perfumer, Rene Gattfosse, although Aromatherapy was used by ancient civilizations as recently as 6000 years ago. It is primarily the use of essential oils and may include the addition of fragranced oils; it is an offshoot of another therapy, commonly known as herbology.

The use of aromatherapy is varied and is personal choice as to whether







it is used purely to fragrance the home, or to heal the body, spirit and mind. By learning to understand how aromatherapy works, you can enjoy the benefits of these wonderful, natural essential oils and help to maintain a healthy balance in your self and your surroundings.

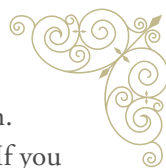
Essential oils not only stimulate and nourish your skin; they can also enhance your immune system and stimulate the all of the senses giving you a feeling of well being. The use of Aromatherapy also extends to other household products, ones that we take for granted, such as moisturizers, shampoo, and other personal care products, candles, potpourri and environment enhancers such as the air fresheners we use to mask unpleasant odours in our homes.

Modern living also takes its toll on our health. We live in a world where we are pushed to the limits and have increasingly demanding jobs and social lives. Is it any wonder that more people than ever are falling victim to stress? Rushing around and making poor eating decisions, living primarily on junk food. Exposure to toxins inside and outside, restriction in our movements due to tiny offices with computers and office equipment all drains the air of vital components. This in turn leads to us taking less exercise and one day you wake up and you find yourself tired, stressed and with little zest for life. You need to deal with this before you get sick and possibly fired for making costly mistakes. This is where alternatives offer the way forward – naturally.

Even if you suffer from ailments such as hay fever, Aromatherapy can help you! You get the benefits of all the healing herbs and flower scents without the pollen. For instance, take a warm bath using essential oils or via direct inhalation on a tissue or in a bowl of steaming water enabling you to breathe the vapours and then there is the all time favourite, massage using your chosen aroma combined with carrier oil. Whichever way you choose you will feel invigorated, and whatever your ailment there is an aroma that can help.

If you are worried about other ailments, such as common cold, flu germs and viruses, you can use immune boosting oils, ones that are





powerful antiseptics and help your immune system fight infection. Some are also great with their powerful anti-bacterial properties. If you use them with an oil burner in your home, they not only smell great but also offer an excellent germ-killing room property too.

Essential oils are the concentrated vital essences of aromatic plants used in cosmetics, perfumes, flavourings, and in aromatherapy. Known as volatile oils, the essential oils of a plant are the aromatic oils responsible for flavour and aroma in such herbs as mints, citrus, and spices. Although called “oils”, they are more like water as they are a liquid that readily evaporates or volatilize. The fixed oils in a plant do not evaporate.

If you are sick and suffering from a diagnosed illness and are on medication, you should always consult with your doctor before trying any therapy, even Aromatherapy. Some oils can aggravate certain conditions or even make them worse. Below are some guidelines that must be followed if you are going to use oils yourself. I must stress however, that I advise you go to a qualified Aroma therapist trained in the properties of all the oils and can help choose ones that are suitable for your conditions. Always check their qualifications.

#### Warnings:

Never take oils internally – if accidentally swallowed rinse mouth thoroughly with water followed immediately by a large glass of milk. Always seek medical advice, and remember to take the bottle with you.

If accidentally oils get into the eyes, wash with copious amounts of water and again seek medical attention.

Never use during pregnancy without medical supervision. Some oils can harm the unborn foetus.

Keep oils away from burning candles or any naked flame, as they are highly flammable.

Never buy oils that have been displayed in a hot, sunny window, or in clear glass. They must be stored in airtight, dark glass containers in a cool, dark place, but not in a refrigerator. Most essential oils are sold in ml size bottles. One ml equals about 20 drops of essential oil.

Oils labelled “aromatherapy oils” are a mixture of about 2% essential oil in carrier oil, meant for massage purposes. Once essential oils are added to carrier oils, their shelf life is reduced from years to a few months. To a 2-ounce bottle of carrier oil, add between 15 and 30 drops of essential oil. The usual is about 25 drops. Carrier oils are used to dilute an essential oil, since using essential oil full strength on the skin is a dangerous practice and should never be done. Full strength essential oils are not only irritating to the skin, but, in some cases, can be absorbed to cause damage internally.

If you adhere to the guidelines, you should be fine but sometimes sensitivity does occur, especially if using the same oils for long periods. If this occurs, stop using them immediately.



## Here is a list of the most common oils and their uses:

### Angelica Root

Arthritis, gout, nervous exhaustion  
Precautions: Do not use if pregnant, or in direct sunlight, or in a concentration of more than 1%.

### Aniseed

Used for indigestion, flatulence, digestive problems and spasms.

### Basil, Sweet

Clears the head, gives strength and clarity and relieves migraines.

### Bay Leaf, Wild

Great for dandruff and oily hair; promotes hair growth, relieves coughs.  
Precaution: Use in moderation, 1% or less in a blend.

### Benzoin

Powerful skin healing effects, rashes, eczema, dry, chapped skin. Helps relieve nervous tension.

### Bergamot

Very uplifting and refreshing and reduces depression.

### Carrot Seed

Treats eczema, revitalizes, tones mature and dry skin also helps to prevent and reduce wrinkles.

### Cedarwood

Treats acne, oily skin or scalp, dandruff, hair loss and psoriasis.  
Precaution: Avoid using during pregnancy.

### Chamomile

Soothes skin irritations, relieves headaches, migraines, insomnia, inflamed joints & wounds.

### Citronella

Use as an insect repellent or a room deodorizer; very bactericidal.  
Precaution: May cause dermatitis. Avoid using during pregnancy.

### Clary Sage

Female hormone balancer. excellent for PMS.  
Precaution: Avoid alcohol and use during pregnancy.

### Clove Bud

Treats infections, athlete's foot, sprains and toothaches.  
Precaution: May cause skin irritations.

### Cypress

For cellulite, muscular cramps and varicose veins. Helps with asthma, bronchitis & whooping cough.

### Dillweed

Great for children with colic as a massage, only use 3 drops per ounce of carrier. Also known to relieve dyspepsia, flatulence & indigestion.

### Elemi-Wild

Prevents infection of cuts & wounds, inflammations, wrinkles and dry skin. Helps relieve bronchitis & coughs.

### Eucalyptus Globulus

Antiseptic. Helps with Respiratory conditions such as asthma, colds & flu. Helps to regenerate lung tissue and helps increase oxygen supply.  
Precaution: Strong for children, use with care.

### Eucalyptus Radiata

Helps Respiratory conditions such as bronchitis, colds & flu. Also great for asthma, muscular aches and pains, poor circulation and bad sprains.

### Fennel, Sweet

For abdominal cramping, flatulence, colic, constipation, glandular problems, loss of appetite and nausea.  
Precaution: Avoid using during pregnancy or if epileptic.

### Frankincense

Treats aging and dry skin, acne, scars, anxiety and other stress-related conditions, helps breathing and is good for meditation.  
Precaution: Avoid using during pregnancy.

### Geranium

Helps to regulate hormonal system, regenerates skin cells and is good for eczema, scars, nervous tension and depression.

### Ginger Root

Ideal for Indigestion, nausea, diarrhoea. Relieves arthritis & rheumatism and has a warming effect on the muscular system.  
Precaution: Do not use in direct sunlight.

### Grapefruit

For acne, oily skin and reduces muscle fatigue. Also helps to relieve cellulitis & water retention. Has been noted to help lower insulin secretion and reduce depression.

### Helichrysum

For abscesses, acne, boils, burns, cuts, eczema, inflammation, severe scars, wounds and also relieves aches, pains & strained muscles.

### Hyssop-Wild

Helps asthma, bronchitis, tonsillitis, indigestion, colds, flu and whooping cough.  
Precaution: Avoid if pregnant or epileptic. Do not use in high doses.

### Jasmine

Helps stimulate the brain to release encephaline, a neurotransmitter which acts as an antidepressant and aphrodisiac.  
Precaution: Avoid using during pregnancy.

### Juniper Berry

Releases accumulated fluids and toxins. Treats cellulitis, gout and rheumatism.  
Precaution: Avoid using during pregnancy, or if you have kidney disease.

### Lavender

Ideal for burns, eczema, insomnia, headaches, infections, flu, wounds, muscular aches and is also known to calm and relax.

### Lemon

For acne, boils, oily skin, herpes, infections, aids in the removal of cellulite. It's also refreshing and helps clear the mind.  
Precaution: Do not use in direct sunlight.

### Lemongrass

Great purifier and room deodorizer. Also a disinfectant, insect repellent and for infectious diseases, excessive perspiration, acne and athletes foot.

### Lime

Treats water retention, gall bladder, liver congestion, cellulitis, increases circulation. Very refreshing and uplifting.  
Precaution: Do not use in direct sunlight.

### Litsea Cubeba

Great for flatulence, indigestion, antiseptic, relieves acne, excessive perspiration, and greasy skin and is a great insect repellent.

### Mandarin

Great for children, helps them sleep. Also prevents stretch marks and scarring.

### Marjoram

known to be antiviral, bactericidal, relieve PMS, help sprains and bronchitis. Also relieves nervous tension, migraines and headaches.  
Precaution: Avoid using during pregnancy.



### Myrrh

For athlete's foot, dry mature skin, scars, eczema, haemorrhoids and vaginal thrush. Also a sedative and is great for meditation.

Precaution: Avoid using during pregnancy.

### Myrtle, Red

An astringent, bactericidal, expectorant and also relieves bronchitis, tuberculosis, colds, flu, infectious disease, acne, open pores and haemorrhoids.

### Neroli

Helps anxiety, depression, shock, lowers brain activity, relaxes and calms the spirit. Also used by the perfumeries.

### Niaouli-Wild

Treats respiratory problems, allergies, asthma and is great for bronchitis. Can also be used as a room deodorizer in order to relieve coughs, sinusitis, colds & flu.

### Nutmeg

Great for arthritis, gout, poor circulation, indigestion. It can also help reduce frigidity and impotence.

Precaution: Use in small doses only; sedative effects. Avoid using during pregnancy.

### Oakmoss

Very antiseptic, is an expectorant - helps to break up a cough.

### Orange

Very refreshing clears the mind of worry and negativity. It is also calming; helps stop hysteria and combats insomnia. Excellent as room freshener.

Precaution: Do not use in direct sunlight.

### Oregano

Use as a room deodorizer to prevent infection and the spreading of airborne viruses.

Precaution: Skin-irritant. Avoid using during pregnancy.

### Palmarosa

Helps with cell regeneration, acne, minor skin infections, regulates sebum production and is great for oily/dehydrated skin and scars. Also helps relieve nervous exhaustion and stress-related conditions.

### Parsley Seed

Helps rid the body of an accumulation of toxins, broken blood vessels and cellulitis. Also aids in digestion, haemorrhoids and flatulence.

Precaution: Avoid using during pregnancy.

### Patchouli

A great tissue regenerator, treats wrinkles and weeping eczema. Helps to close pores and kill bacteria. Very calming and is good for frigidity. Often used as a fixative.

### Pepper, Black

Great for digestive problems, constipation, diarrhoea, flatulence, heartburn, loss of appetite and nausea. Also used as an aphrodisiac.

### Peppermint

Very cooling, anti-inflammatory to muscles, reduces swelling, pain & bruising, migraines and nausea. A mental stimulant.

Precaution: Avoid using during pregnancy.

### Peru Balsam

Treats dry chapped skin and eczema. Helps to relieve asthma, bronchitis and coughs. Like other balsams, has a warming & comforting quality.

### Petitgrain

Great for mental fatigue, strain, stress, anxiety and depression.

Increases concentration, clears mind of worry and obsessive thoughts.

### Pine Needle

For sinus and respiratory problems, asthma, infection and helps to stimulate the adrenal glands. Also a great air antiseptic, refreshes, cleanses, soothes the mind.

### Rose Otto

Helps forgive, deal with grief and depression. It also helps with emotional shock and promotes a feeling of happiness.

### Rosemary

Great for intellectual strain, poor memory and concentration and is good for hair care.

Precaution: Do not use if epileptic. Avoid using during pregnancy.

### Rosewood

Excellent for skin care, cellular stimulant, dry, mature skin, ear infections (rub around the ear, not in it), wrinkles and scars. It's also calming, therefore, good for anxiety and sadness.

### Sage

Great for stopping cramping during menstruation.

Precaution: Avoid using during pregnancy.

### Sandalwood

Great help with depression, anxiety, corresponds to male pheromone and helps with meditation.

### Spearmint

Great anti-inflammatory to muscles reduces swelling, pain and bruising, migraines and nausea. Also a mental stimulant.

Precaution: Avoid using during pregnancy.

### Tea Tree

Treats acne, sinus and respiratory congestion, vaginitis, herpes, parasites, immune stimulant and is safely applicable to skin; Also a great anti-inflammatory.

### Thyme

For acne, cuts, insect bites, lice, gum infections, oily skin & scabies.

Precaution: Avoid using if pregnant or if you have high blood pressure.

### Valerian Root

Good for insomnia, very hypnotic and is a sedative. Also relieves nervous indigestion and migraines.

### Vanilla Extract


Mainly used for scent and fragrance.

### Vetiver, Root

Known to be relaxing for anyone experiencing stress and depression. Has sedative effects and is therefore great for insomniacs. Also relieves arthritis, muscular aches.

### Ylang Ylang

Helps reduce high blood pressure & palpitations. Very calming, so is therefore great for insomnia and depression. It soothes and inhibits anger born of frustration.





Now you have selected your essential oil you will need to blend it with carrier oil. Here is a list of the most common ones available:

### Carrier Oils

Almond oil is the most popular as it has little odour, is rich in protein, and is emollient, nourishing and slow to become rancid.

Apricot or peach kernel oils have the same properties as almond oil but are more expensive.

Grapeseed oil is fine and clear and gives a satin-smooth finish without a greasy touch.

Hazelnut oil penetrates the skin easily and deeply.

Joboba oil keeps well and is satin smooth on the skin.

Olive oil is strong scented oil and can overpower the fragrance of essential oils.

Sesame oil keeps well but has a strong odour.

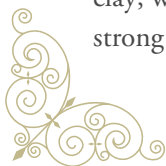
Corn, soy, and sunflower oils are acceptable.

Soy has a pleasant feel and does not become sticky with pressure.

Sunflower has the least keeping qualities but contains vitamin E.

### Herbs

Herbs have many benefits that are not possible with any other healing methods yet they are not as popular as other therapies. Maybe it is because they do not taste so good. However, herbs are naturally occurring plants that have the ability to heal us. Long before chemical medications were available, our ancestors self medicated. Commonly dismissed these days as *old wives tales*, evidence of their existence is still visible today. If you watch some groups of wild monkeys when they have an upset stomach, they head for the local pool where the banks are lined with a pale grey substance. This naturally occurring substance is Kaolin clay; we still ingest it today, but to it has been added morphine, a very strong painkiller.





Although modern medicine is loosely based on traditional herbal remedies, it has been changed beyond recognition by adding synthetic chemicals that enhance their effects. However, these chemicals often affect our bodies in an adverse way, causing more harm than good, we end up taking further medication to combat the side effects of the drugs taken for the original problem, and so it goes on.

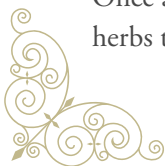
Because herbs are naturally occurring, they are 100% compatible with our bodies causing few ill effects. When used correctly, their healing powers are released, and we quickly start to feel better.

Most herbs are ingested by boiling them in water and drinking the resulting liquor. We call these 'herbal teas' and they are more widely available today than ever before. Even the local grocery store has shelves stacked with a wide variety of common herb brews. Normally these teas help induce calm, sleep and relaxation. To get treatment for a specific disease, or illness, you really need to contact an herbal doctor. There are many in various places but always pick a qualified specialist and do not be afraid to ask questions.



### How does it work?

Herbology is based on Chinese beliefs that you need to obtain balance within the internal organs. When this balance is disrupted, illness occurs. Herbs treat the internal organs and it is believed that when they return to their normal balance the illness would dissipate. Without an understanding of how internal organs interact with health and disease is how herbalists work. The disease process is very complex, and is unique to each individual.

Once a diagnosis is made, your herbalist will come up with a blend of herbs to treat the condition. The herbs in this specific blend work







together for one purpose, to give you the healing nutrients needed for your body to self-repair. This is often not possible using only a single herb. You should not mix your own hers because some can interact with others and cause side effects. It is always best to go to an expert, and again, always check with your doctor first. However, do not assume that you will be cured after just one visit, this is not the case. Taking the concoctions is like exercising. You feel good after one session, but to reap the true benefits, you must stay consistent. This is an investment, not a quick fix. It took years for the pollution around you to poison your body, therefore, it makes sense it will take a while to become well again and reach that perfect balance. Nevertheless, by making the commitment to keep up the treatments, the condition will be reversed; bringing you back to optimum health and balance, just as nature intended.

The sap sheets embrace these beliefs also, but by drawing the toxins out of the body via the sweat glands, instead of ingesting the herbs directly. Whichever way you chose, you will still manage to maintain that perfect health that we all desire.

Here is a list of common everyday herbs that can help you maintain optimum health; and the taste good too.

#### Acacia

Properties: Antibacterial, antidiarrhoeal, antifungal, anti-inflammatory, antimicrobial, antiseptic, astringent, diuretic, haemostatic and a sedative (flowers and leaves).

Precautions: Do not take for more than two to three weeks at a time without a break. Do not take if suffering from kidney inflammations.

#### Agar

Properties: Nutritious.

Precautions: There are none listed.

#### Agave

Properties: Antiseptic, anti-inflammatory, demulcent, diuretic, laxative and restorative.

Precautions: Do not use during pregnancy. Do not exceed prescribed dose as it may cause digestive irritation and lead to eventual liver damage.

External use can cause irritation in those with sensitive skin.

#### Agrimony

Properties: Anti-inflammatory, antiparasitic and antibacterial properties, astringent, diuretic, encourages clot formation, mildly antiviral, stimulates bile flow and a tissue healer.

Precautions: No adverse effects have been noted. In fact, it is considered safe enough for children. It may also increase sensitivity to the sun if too much is taken.

#### Alder

Properties: Antimicrobial, astringent, heals wounds and stops bleeding.

Precautions: Not to be confused with another plant called Black Alder which is closely related to Cascara.

#### Aloe

Properties: Antibacterial, antibiotic, antifungal, anti-inflammatory, antimicrobial, anti-ulcer, antiviral, emollient, healing, laxative, purgative and stimulates bile secretions.

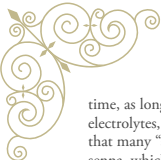
Precautions: It is not to be confused with Agave Americana, sometimes known as American Aloe. It can cause gastrointestinal cramping or contractions, so is contraindicated during pregnancy. It should not be used internally by those suffering from intestinal obstructions, kidney disease, colitis, and intestinal inflammations.

In rare cases, heart arrhythmias, kidney abnormalities, oedema, and accelerated bone deterioration may occur.

Do not use the bitters on the skin.

Use as a laxative for only ten days at a





time, as long-term use can cause a loss of electrolytes, particularly potassium. Note that many "aloe" laxatives also contain senna, which is harder on the system, and often the real cause of the effectiveness of the laxative. Read the labels carefully. If aloe is not listed as the main ingredient, it is best to avoid that product.

Care must be taken when using many commercially prepared products that contain "aloe" as usually there is not enough included to be of much value medicinally.

#### Amaranth

Properties: Astringent and nutritive.  
Precautions: There are none listed.

#### Amargo

Properties: Anthelmintic (for pinworms, and threadworms), choleric, digestive stimulant and purgative.  
Precautions: It is contraindicated during pregnancy. It should not be used by menstruating women as it may cause uterine colic. Excessive doses may cause irritation of the digestive tract and vomiting.

#### Angelica

Properties:

- (a) European Angelica  
Caffeic acid derivatives, fatty oil, flavonoids, photo sterols and volatile oils.
- (b) Chinese Angelica  
Coumarins, vitamin B12 and volatile oils.

Precautions: Because the root contains chemicals called psoralens, it can cause serious photo sensitivities. It can cause contact dermatitis if used externally. It is poisonous in large quantities. Because angelica and OSHA are of the same family as the hemlocks, they bear some similarities to them and can be mistaken for a deadly poisonous hemlock plant. Do not use during pregnancy as it is a uterine stimulant. It is contraindicated in diabetes because of its sugar content. Overuse can cause diarrhoea. It should never be taken if breast-feeding. It is contraindicated in those with breast cancer.

#### Anise

Properties: Antispasmodic, antibacterial, antiviral, expectorant and repels insects.  
Precautions: Do not take the essential oil, except under professional supervision. Full strength anise seed oil can cause vomiting and seizures; and, as will most essential oils, it should not be ingested but only applied externally as aromatherapy. Other than in cooking, anise should not be used during pregnancy.

#### Arnica

Properties: Anti-inflammatory, antimicrobial, circulation stimulant, heart tonic, topical disinfectant and a vasodilator.  
Precautions: Even in low doses, the plant can be toxic. Therefore, it must be used only under the guidance of a professional.

Arnica Montana is a wildflower native to Europe and Western Asia, while the false arnica (*Heterotheca inuloides*) is a plant native to Mexico and the south-western US, but used similarly as a topical ointment or liniment. Both have small yellow or orange daisy-like flowers. It is important to know which plant is which if it is to be taken internally.

#### Arrowroot

Properties: Demulcent, mild laxative, nutritive and a soothing agent.  
Precautions: The starch can produce respiratory allergic reactions in some people.

#### Artichoke

Properties: Digestive stimulant, diuretic and lowers blood cholesterol and blood sugar levels.  
Precautions: Should not be used if there is a bile duct blockage as colic may occur. If gallstones are present please use only under the guidance of a professional.

#### Ash

Properties: Astringent, antipyretic, anti parasitic, diuretic, laxative, nutritive and a tonic.  
Precautions: There are none listed.

#### Asparagus

Properties: Bitter, diuretic, mild laxative and a mild sedative.  
Precautions: Workers in canning factories are prone to asparagus scabies.

#### Asmatica

Properties: Anti-Semitic, anti-tumour, expectorant, immune system stimulant and promotes vomiting  
Precautions: Take only under professional guidance. Like its lobelia relatives, the leaves of Asmatica do produce side effects and can have an irritating effect on the digestive tract.

#### Avocado

Properties: Leaves and Bark.  
Astringent, carminative, diuretic, relieves coughs and promotes menstrual flow.  
Fruit Pulp. Carminative, emollient and nutritive. Rind.  
Anti parasitic.  
Seed.  
Antibiotic.  
Precautions: The leaves and bark can stimulate menstruation, as well as inducing abortions, so should not be taken during pregnancy.

#### Balsam Fir

Properties: Antiseptic, coolant, decongestant, emollient, laxative and a stimulant.  
Precautions: There are none listed.

#### Barley

Properties: Clears mucus, demulcent and nutritive.  
Precautions: Those with celiac disease, should avoid this grain as it does contain gluten, although not nearly as much as wheat.

#### Basil

Properties: Antidepressant, antiseptic, anti-inflammatory, antimicrobial, antispasmodic, carminative, febrifuge, expectorant, prevents vomiting, stimulates the adrenal cortex, soothes itching and is a tonic.  
Holy Basil.  
Antispasmodic, analgesic, adaptogenic, anti-inflammatory, lowers blood pressure and blood sugar levels and reduces fever.  
Precautions: Do not use the essential oil internally or externally during pregnancy. Do not use medicinally during pregnancy or while breastfeeding or give to young children or infants. Normal cooking amounts are not harmful, however. Diabetics should cautiously use the herb medicinally.

#### Bayberry

Properties: Astringent, antibacterial, diaphoretic and a stimulant.  
Precautions: The volatile oil is considered toxic, and mixing plant extracts with beer (as practised during the middle ages) is said to lead to manic episodes.  
Do not use during pregnancy.

#### Belladonna

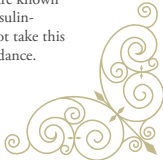
Properties: Smooth muscle antispasmodic, narcotic, reduces sweating and is a sedative.  
Precautions: The therapeutic dose is very close to the lethal amount and should only be used under the strict supervision of a very knowledgeable professional. It can be fatal, especially in children.


#### Betony

Properties: Astringent, aids digestion, mildly sedating, muscle relaxant, pain reliever, stops bleeding, tonic and is a uterine stimulant.  
Precautions: Do not take during pregnancy.

#### Bilberry

Properties: Astringent, antibacterial (fruits), antiseptic, laxative (fruits), lowers blood sugar levels, prevents vomiting and is a tonic.  
Precautions: Since the leaves are known to lower blood sugar levels, insulin-dependent diabetics should not take this herb without professional guidance.





Do not use the leaves for longer than three weeks at a time.

High doses should not be taken as some European animal studies have shown that prolonged high dosages may have caused animal wasting, anaemia, and even death.

#### Birch

Properties: Antiseptic, astringent, anti-inflammatory and a diuretic.  
Precautions: The leaf should not be used for edema when there is reduced cardiac or kidney function.

Birch tar can cause skin irritations and is no longer recommended because of the possible presence of carcinogenic hydrocarbons.

#### Birthwort

Properties: Anti-inflammatory, antibiotic, analgesic, abortifacient, diaphoretic, induces menstruation, nerve, tonic and an excellent wound healer.

Precautions: This genus of plant is rarely used anymore because it is so dangerous. Therefore, it should be used only under strict knowledgeable supervision.

It is contraindicated in pregnancy.

Since it is highly toxic, it can lead to the development of tumours if low doses are taken over an extended period of time.

#### Black Cherry

Properties: Antitussive, astringent and mildly sedating.

Precautions: The bark is highly toxic in excessive doses as it can cause difficulty in breathing, spasms, and twitching since it contains a cyanide like chemical called hydrocyanic acid.

#### Black Cohosh

Properties: Anti rheumatic, expectorant, promotes menstrual flow and a sedative  
Precautions: Do not use during pregnancy. Do not exceed recommended doses, as large doses can cause dizziness, nausea, and vomiting.

Avoid using the herb if there is heart disease.

It is not known the effects of long term use, but authorities suggest limiting consumption to no more than four to six months at a time.

#### Black Haw

Properties: Antispasmodic, anti-inflammatory, astringent, cardiac tonic, muscle relaxant, nerve, sedative and a uterine relaxant.

Precautions: Do not use if allergic to aspirin.

#### Blackberry

Properties: Astringent and antidiarrheal.  
Precautions: There are none listed.

#### Blackcurrant

Properties: Antihypertensive, antimicrobial, anti-inflammatory, antiseptic, antidiarrheal, antifungal, digestive aid, diuretic, immuno-stimulant and stimulates adrenal glands.

Precautions: Do not use in the presence of cardiac or renal insufficiency.

#### Bladder wrack

Properties: Anti rheumatic, anti-inflammatory, metabolic stimulant, nutritive and a thyroid tonic.

Precautions: Like many sea creatures, this herb is at great risk from heavy metal pollution and should be collected only from areas known to be safe. Do not take if suffering from a thyroid illness or obesity without seeking professional advice. Do not take if pregnant or breast-feeding.

#### Bloodroot

Properties: Antispasmodic, antiseptic, antiviral, anti plaque agent, antimicrobial, anti-inflammatory and an expectorant  
Precautions: Take only under professional guidance, and do not exceed prescribed dosage. It induces vomiting in all but very small doses, and excessive doses are toxic. Because it has a very unpleasant and bitter taste, overdose is highly unlikely. Do not take during pregnancy, while breastfeeding, or if suffering from glaucoma.

#### Blue Cohosh

Properties: Antispasmodic, ant rheumatic, anti-inflammatory, diuretic, promotes menstrual flow, promotes sweating and is a uterine tonic.

Precautions: Do not take during the first three months of pregnancy because of its estrogenic effects. It may cause contact dermatitis and may irritate mucous membranes. Do not use if there is a history of heart problems.

#### Blue Flag

Properties: Bile stimulant, diuretic, detoxifies, mild laxative, mild expectorant and relieves nausea and vomiting.

Precautions: Excessive doses can cause vomiting. Do not take during pregnancy. It may cause contact dermatitis in sensitive individuals.

#### Boldo

Properties: Antispasmodic, antiseptic, anti-inflammatory, choleric, demulcent, digestive aid, increases gastric secretions, kidney cleanser and a laxative.

Precautions: It should not be used if there is a bile duct obstruction or by those with severe liver disease.

Do not use during pregnancy.

Do not use if gallstones are present. Use only under professional guidance. The genus *Peumus* contains the toxins pachycarpine and terpineol; therefore,

the essential oil should not be used.

#### Boneset

Properties: Antiviral, antibacterial, anti parasitic, promotes sweating, febrifuge, decongestant, mild laxative effect, mucous membrane tonic, immunostimulant, smooth muscle relaxant, anti-inflammatory, cytotoxic, mild emetic, peripheral circulatory stimulant and a gastric bitter.

Hemp Agrimony.

Detoxifier, antiviral, diuretic, laxative (root), immune stimulant, febrifuge, prevents scurvy, tonic, promotes bile flow, expectorant, promotes sweating to relieve fever and an anti rheumatic.

Gravel Root.

Diuretic which prevents formation of kidney and bladder stones and diminishes existing ones, anti rheumatic and promotes menstruation.

Precautions: White snakeroot contains a poison that can cause "trembles" in livestock and can poison humans that eat the meat of these animals. The plant is toxic when fresh, but the poisonous compounds dissipate when the plant is dried.

Boneset can be toxic if taken in excessive doses.

In view of Hemp agrimony's pyrrolizidine alkaloid content, it should be taken only under professional supervision.

#### Borage

Properties: Anti-inflammatory, antipyretic, diuretic, nerve, sedative and soothes mucous membranes.

Precautions: It can cause contact dermatitis. It is contraindicated in those with kidney stones.

The plant contains lasiocarpine (a liver carcinogen) and two poisonous alkaloids (lycopamine and supinidine viridiflorate). It is now being advised that borage not be taken internally. However, these cautions DO NOT apply to the borage seed oil.

#### Broom

Properties: Diuretic, regulates heart rate, uterine stimulant and laxative properties.  
Precautions: Take internally only under professional supervision.

Do not take during pregnancy.

Do not take if suffering from high blood pressure.

Do not take with MAO inhibitors as it can cause a sudden rise in blood pressure. Farm animals that ingest large amounts, especially along with alfalfa, may suffer fatal internal bleeding.





### Buckwheat

Properties: Capillary and venous tonic and nutritive.

Precautions: Intake of large quantities of the plant causes photosensitivity.

### Bugle

Properties: Astringent, bitter, analgesic, wound healer, mildly laxative and a mild liver cleanser.

Precautions: There are none listed.

### Bugleweed

Properties: Anti thyrotrophic, anti gonadotropic, astringent and a sedative.

Precautions: Take only under professional supervision.

Do not take during pregnancy.

Contraindicated in hypo function of the thyroid or if there is thyroid enlargement without function disturbance.

Do not take with other thyroid medication.

Sudden discontinuation of preparations can lead to a rebound effect, causing increased TSH and prolactin secretions and an increase of the hyperthyroid symptoms.

### Burdock

Properties: Root. Anti rheumatic, antibiotic, antibacterial, diuretic, mild laxative and promotes sweating.

Leaves.

Diuretic and a mild laxative.

Seeds.

Anti-inflammatory, antibacterial, hypoglycaemic effect and prevents fever

Precautions: It contains lactones, which can cause contact dermatitis.

### Burr Marigold

Properties: Astringent, anti-inflammatory, diuretic and staunches blood flow.

Precautions: There are none listed.

### Butcher's Broom

Properties: Anti-inflammatory, diuretic and a mild laxative.

Precautions: Do not take if suffering from high blood pressure.

### Cabbage

Properties: Anti-inflammatory, antibacterial, anti rheumatic, heals tissues by encouraging cells to proliferate, a liver decongestant and protects the stomach from gastric hydrochloric acid.

Precautions: Cabbage, and all brassicas, should be avoided by those who have an overactive thyroid gland.

Sauerkraut is high in tyramine, which can trigger migraine headaches in some people.

### Calendula

Properties: Anti-inflammatory, astringent, antiseptic, antibacterial, antiviral, antifungal, detoxifies, heals wounds, mildly estrogenic, menstrual regulator, prevent haemorrhaging, relieve muscle spasms and stimulates bile production.

Precautions: Calendula should not be taken internally during pregnancy.

When growing or picking calendula flowers, make sure the plants are *Calendula officinalis* and not *Tagetes* species, of which the French, African, and Mexican marigolds are common. They have different properties and must not be used for herbal teas. Instead, those plants are used for warts and also as insecticides or weed killers.

### Camphor

Properties: Analgesic, antiseptic and an external counterirritant.

Precautions: It is not to be used internally. Camphor preparations should not be applied to badly burned or open wounds nor should they be used on young children.

Another caution concerns the environment. Using camphor mothballs as an insect repellent in gardens contaminates the soil and enters the water table.

Do not use in the facial area of children or infants as it can be a powerful convulsant.

### Canadian Fleabane

Properties: Astringent, diuretic and powerful detoxifier.

Precautions: There are none listed.

### Canadian Goldenrod

Properties: Antioxidant, astringent, antifungal and a diuretic.

Precautions: Care must be taken in using the herb by those with cardiac or renal insufficiencies.

### Caraway

Properties: Antispasmodic, antimicrobial, carminative, diuretic, digestive aid, expectorant and a tonic.

Precautions: Do not use the essential oil, except under professional supervision.

Large doses for extended periods can lead to liver and kidney damage.

### Cardamom

Properties: Aromatic, antispasmodic, carminative, eases stomach pain and is a warming digestive stimulant.

Precautions: Do not take essential oil internally. May cause photosensitivity in some people.

### Carob

Properties: Anti exudative, anticoagulant, antiviral, anti diarrhoeal, mildly laxative and nutritive.

Precautions: There are none listed.

### Carrageen

Properties: Antiseptic, blood-thinning, demulcent, digestive aid, emollient, expectorant and nutritive.

Precautions: Because of its blood-thinning properties, it should not be used by those taking anticoagulant medications. Because of its iodine content, those with thyroid problems or on thyroid medication should avoid the herb.

### Cascara

Properties: Cathartic and a laxative.

Precautions: Use only the dried bark that has been stored for at least a year as the fresh bark is violently purgative.

Do not eat the berries.

It should not be used to treat constipation resulting from excessive tension of the colon wall.

Recent reports indicate that cascara can decrease the absorption of certain drugs.

### Cashew

Properties: Nutritive (containing 45% fat and 20% protein), antiseptic, antibacterial, antifungal, anti parasitic, caustic (the oil between the outer and inner shell only) and purgative (roots).

Precautions: The oil from the shell can cause severe contact dermatitis with blistering and swelling. Even smoke from roasting the nuts can be irritating.

### Castor Oil Plant

Properties: Strongly laxative and purgative.

Precautions: Do not ingest the seeds:

One bean can be lethal for a child, while two or more can be lethal for an adult. However, the toxins do not pass into the expressed oil.

Do not use during pregnancy.

Do not use more than once every few weeks as a treatment for constipation.

### Catnip

Properties: Anti flatulent, antispasmodic, astringent, pain reliever, reduces fever, sedative, stimulates sweating and settles indigestion and colic.

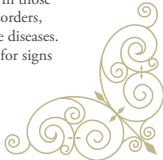
Precautions: Do not take during pregnancy.


Internal, long-term use may interfere with the absorption of iron and other minerals.

### Cat's Claw

Properties: Anti-inflammatory, antiviral, anti-hypertensive, decreases dopamine levels, inhibits platelet aggregation, increases serotonin, inhibits tumour growth, some contraceptive effects and stimulates the immune system.

Precautions: Should be taken only under the supervision of a knowledgeable professional. Contraindicated in those suffering from coagulation disorders, tuberculosis, and autoimmune diseases. When taking the herb, watch for signs





of bleeding and possible hypotensive episodes.

#### Cayenne

Properties: Antispasmodic, antiseptic, analgesic, antibacterial, appetite and circulatory stimulant, carminative (relieves flatulence), diaphoretic (promotes sweating), rubefacient (produces warmth when rubbed on the skin) and a stimulating nerve tonic.  
Precautions: Avoid touching the eyes or other sensitive areas after handling the fruits or seeds.

#### Cedar

Properties: Antiseptic, astringent, diuretic, expectorant and a sedative.  
Precautions: Do not take essential oil internally, except under professional supervision.

#### Celery

Properties: Anti rheumatic, carminative, hypotensive, increases uric acid excretions, sedative and a urinary antiseptic.  
Precautions: Bergapten in the seeds could increase photosensitivity. Therefore, the essential oil should not be used on the skin before going out into bright sunshine. Avoid the oil and seeds in large doses during pregnancy as they can act as a uterine stimulant.  
Do not use seeds intended for cultivation as they are often treated with fungicides. Celery eaten either before, or after, vigorous exercise has been known to induce allergic responses in some people.

#### Chamomile

Properties: Roman. Antispasmodic, anti-inflammatory, antiseptic, anti allergic, digestive stimulant, mildly analgesic, muscle relaxant and a sedative.  
German. Anti-inflammatory, antispasmodic, antiallergenic, carminative, digestive, mild bitter, relaxant and a sedative.  
Precautions: The essential oil is not to be used internally, except under professional supervision. Chamomile is subject to legal restrictions in some countries.  
The essential oil is also a uterine stimulant so should not be used during pregnancy.  
It can cause contact dermatitis.  
Individuals, who are allergic to ragweed and its relatives, aster, and chrysanthemums, may react to drinking chamomile tea exhibiting hay-fever like symptoms and hives.

#### Chaste Tree

Properties: Expectorant, increases breast-milk production, progestogenic and regulates hormones.  
Precautions: Since chaste berry affects female hormones, it should not be taken with other endocrine therapies or hormonal medications.

It should not be used during pregnancy or breast-feeding.  
Contraindicated for women who are taking dopamine-receptor antagonists as the herb may interfere with its action.

#### Chickweed

Properties: Astringent, anti rheumatic, demulcent and heals wounds.  
Precautions: Do not use if there is any kidney disease present.  
Do not exceed dosage as an excessive dose can have an adverse effect on the kidneys; and, in rare cases, may cause heart failure.

#### Chicory

Properties: Bitter tonic and mildly laxative.  
Precautions: There are none listed.

#### Cinchona

Properties: Antimalarial, antispasmodic, astringent, antiseptic, antibacterial, bitter, reduces and stabilizes heart rate, reduces fever, stimulants saliva and gastric juices and a tonic.  
Precautions: Some such sensitization can occur as eczema and itching.  
Because of the possibility of thrombocytopenia, care must be taken when administering the herb with other medications known to produce the same effect.  
Do not take during pregnancy.  
If there is heart disease, do not take unless under professional supervision.  
Excessive use can lead to nausea, deafness, and other physical problems.

#### Cinnamon

Properties: Antiseptic, astringent, aids digesting, antispasmodic, antibacterial, antifungal, antiviral, anti-nausea, anti-flatulence, anti-diarrhoeal, carminative, hypoglycaemic, promotes sweating, uterine stimulant and a warming stimulant.  
Precautions: Avoid therapeutic doses during pregnancy, especially the essential oil, as the herb is a uterine stimulant.  
Use with care in overheated or feverish conditions.  
Can be toxic if taken in excess.  
Do not take the essential oil internally.  
The Camphor oil obtained from a specific variety of cinnamon tree is not for use internally.  
Caution is needed when using the essential oil as it is very strong (6 g of the oil is enough to kill a medium-sized dog in five hours) and must be diluted in neutral oil before it is used topically.

#### Cloves

Properties: Antiseptic, analgesic, antibacterial, antispasmodic, antifungal, antiviral, anti parasitic, anaesthetic, carminative, prevents vomiting and a stimulant.  
Precautions: External use can cause

dermatitis.

Do not take essential oil internally unless under direct professional supervision.

#### Cleavers


Properties: Anti-inflammatory, antispasmodic, diuretic, induces sleep, lymphatic cleanser and a mild astringent.  
Precautions: Excessive doses can cause internal bleeding and should not be taken if on conventional medication for circulatory problems or during pregnancy. As the plant dries, coumarin is released, containing as much as 1% in the freshly dried product. Therefore, it should not be taken with other anticoagulant medications.  
Do not use if there are existing kidney problems.

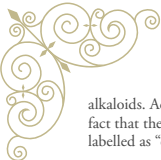
#### Coltsfoot

Properties: Anti-inflammatory, antispasmodic, demulcent, emollient, expectorant, immunostimulant reduces phlegm, relaxant and a topical tissue healer.  
Precautions: Because the herb contains minute amounts of pyrrolizidine alkaloids, which can cause liver damage, it should be used internally only under professional guidance. Note that Swedish researchers have determined that these alkaloids are destroyed when making a decoction.  
Do not take during pregnancy or while breastfeeding. The herb is not suitable for children under six.

#### Comfrey

Properties: Astringent, anti-inflammatory, cell proliferators, demulcent, expectorant and heals wounds, bone, and cartilage.  
Precautions: Do not use on dirty wounds as rapid healing can trap the dirt or pus. The use of comfrey is restricted in Australia, New Zealand, Canada, and Germany because of the toxic alkaloids, mainly pyrrolizidine. However, it is unclear as to whether they are toxic in the context of the whole plant, since they are only present in minute amounts and are often completely absent from samples of dried aerial parts. The highest concentration is in the root, having almost twice as much as in the aerial parts. Until such time as it is proven one way or the other, use of the root internally is not advised. It should be noted that Swedish researchers have determined that these alkaloids are destroyed when making a decoction of the aerial parts. Though symptoms may not show up for several months after use, liver damage can occur in a week. Comfrey leaves have also caused cancer in experimental animals.  
Two species, *S. asperum* (prickly comfrey) and *S. uplandicum* (Russian comfrey) contain very high levels of echimidine, one of the more potent





alkaloids. Adding to the problem is the fact that these varieties are sometimes labelled as "common comfrey".

#### Condurango

Properties: Digestive tonic, stimulates gastric secretions and stimulates the liver and pancreas.

Precautions: The plant contains latex, which is poisonous, and should never be taken internally.

#### Congorosa

Properties: Antimicrobial, analgesic, antacid, anti asthmatic, anti fertility, antiseptic, astringent, estrogenic, diuretic, laxative, tonic, tumour-inhibiting and ulcer-preventing.

Precautions: Do not use during pregnancy. The plant does have significant sedative effects and might cause drowsiness in some people, much like that of some antihistamines.

#### Copaiba

Properties: Antimicrobial, antiseptic, diuretic, expectorant, laxative and a stimulant.

Precautions: Use only under the guidance of a knowledgeable professional as it is toxic in overdose.

#### Coriander

Properties: Antispasmodic, antibacterial, antifungal and a digestive stimulant.

Precautions: Do not take essential oil internally.

#### Cornflower

Properties: Antiseptic, antibacterial, bitter, digestive tonic, mild laxative and a stimulant for liver and gall bladder.

Precautions: There are none listed.

#### Cowslip

Properties: Flowers. Astringent, calming, promote sweating and a sedating nerve. Root. Antispasmodic, anti-inflammatory, astringent and a stimulating expectorant.

Precautions: Avoid the root if sensitive to aspirin. Do not take high doses of the herb during pregnancy because it is a uterine stimulant.

Do not take if on blood-thinning or anticoagulant drugs.

Excessive doses can cause vomiting and diarrhoea.

#### Cypress

Properties: Astringent, antispasmodic, mild antiseptic, tonic and a vasoconstrictor.

Precautions: Do not take the essential oil internally without professional supervision.

#### Damiana

Properties: Antidepressant, mild laxative and diuretic, reputed aphrodisiac, stimulant, testosterone and a tonic.

Precautions: There are none listed.

#### Dandelion

Properties: Leaves.

Diuretic and a liver and digestive tonic.

Root. Anti rheumatic, diuretic, liver tonic, mildly laxative and promotes bile flow.

Precautions: Do not use the plant unless sure it is free of chemical sprays.

If sucked excessively by children, the milky juice can cause nausea, vomiting, or diarrhoea, as well as excessive urination.

#### Dates

Properties: Nutritive and a digestive aid.

Precautions: Being high in sugars, they, therefore, should be avoided by diabetics.

#### Devil's Claw

Properties: Anti-inflammatory, analgesic, digestive stimulant and has estrogenic effects.

Precautions: Do not take if suffering from stomach or duodenal ulcers.

Do not take during pregnancy.

Care must be taken not to mix the tubers, which contain the active constituents, with the roots, since this can render the herb ineffective.

#### Dill

Properties: Antispasmodic, bacteriostatic, carminative, digestive aid and a mild diuretic.

Precautions: Do not take essential oil internally unless under professional supervision.

#### Echinacea

Properties: Antibiotic, anti-allergenic, bactericidal, collagen protectant, cytokine stimulant against tumour cells and micro organisms, immune stimulant, lymphatic tonic and a wound healer.

Precautions: High doses can occasionally cause nausea and dizziness.

Those allergic to daisies or other wildflowers may also react similarly to this herb.

#### Elder

Properties: Flowers. Anti-inflammatory, circulatory stimulant, diuretic, expectorant, promotes sweating and reduces phlegm.

Berries.

Diuretic, laxative and promotes sweating.

Bark.

Diuretic, emollient (topical), purgative and promotes vomiting (in large doses).

Precautions: Do not take any parts of elder if a pre-existing condition would be worsened by further drying or fluid

depletion.

Do not use the bark in pregnancy as it is a strong purgative.

Large quantities of the raw berries from the dwarf elder should not be consumed as they can lead to serious side effects.

Infusions can be made from the flower heads, but great care must be taken as a number of species are poisonous.

Since the leaves, stems, and outer bark contain enough cyanide to kill small children quickly, they should be handled with extreme caution and by only knowledgeable professionals. They are safe when used externally as a skin preparation to relieve inflammation and swelling. The flowers and berries are safe.

#### Elecampane

Properties: Anti parasitic, antiseptic, antibacterial, antifungal, digestive stimulant, expectorant, increases sweating, mildly bitter, soothes coughing and is a tonic.

Precautions: It can be severely irritating to mucous membranes and strongly sensitizing.

Not to be used during pregnancy.

#### Eucalyptus

Properties: Antiseptic, antispasmodic, antibacterial, antimalarial, antifungal, anti parasitic, decongestant, diaphoretic, expectorant, febrifuge, hypoglycaemic agent, heals wounds, stimulates local blood flow and also stimulates mucous secretions.

Precautions: Although various decoctions were used by Aboriginal healers, it is not recommended today.

In large doses, eucalyptus is toxic. As little as 3.5 ml of oil can kill.

It should not be confused with camphor oil. Infants and small children should not have preparations containing the oil applied to their faces as this can lead to glottal or bronchial spasms, asthma like attacks, or even death by asphyxiation.

Eucalyptus should not be used by individuals with inflamed gastrointestinal tracts or bile ducts, or with liver disease.

#### Evening Primrose

Properties:

Astringent, anti-inflammatory, antispasmodic, digestive aid, expectorant, lowers blood pressure and is a sedative.

Precautions: Be aware that EPO (evening primrose oil) has the potential to lower the seizure threshold and those taking seizure medications should be carefully monitored.

#### Eyebright

Properties: Astringent and anti-inflammatory.

Precautions: There are none listed.





### Fennel

Properties: Antispasmodic, appetite stimulant, anti-inflammatory, diuretic, relieves flatulence and bloating and stimulates flow of breast milk.  
Precautions: Avoid medicinal doses during pregnancy. May cause contact dermatitis and or photosensitivity. Do not exceed recommended dosage as the seeds are potentially toxic in excessive amounts.  
The essential oil should never be taken internally.  
Ingesting even small amounts of undiluted fennel oil can cause nausea, vomiting, and seizures.  
Those with hepatitis, cirrhosis, or other liver disorders are advised not to take fennel.

### Fenugreek

Properties: Anti-inflammatory, antispasmodic (aerial parts), demulcent, digestive tonic, hypoglycaemic, lowers blood cholesterol, promotes milk flow and a uterine stimulant.  
Precautions: Do not take medicinal doses during pregnancy.  
Insulin-dependent diabetics should seek professional advice before using fenugreek as a hypoglycaemic.  
The herb also contains substances that can interfere with blood-thinning drugs, MAO inhibitors, and some diabetic medications.

### Fever Bark

Properties: Antispasmodic, antihypertensive, antimalarial, astringent and a febrifuge.  
Precautions: Take only under professional supervision as the herb is toxic in large doses.

### Feverfew and Tansy

Properties: Feverfew. Analgesic, anti-rheumatic, bitter, promotes menstrual flow and reduces fever.  
Tansy. Anti parasitic and again promotes menstrual flow.  
Precautions: Do not take during pregnancy.  
The plant is restricted in some countries because it carries a risk of toxicity and should be used only under the guidance of a knowledgeable herbalist.  
Some experts warn against taking feverfew along with such blood-thinning drugs as aspirin and warfarin (Coumadin), antimigraine drugs, high doses of vitamin E, ginkgo biloba, calcium channel blockers, and ticlopidine (Ticlid).  
Since feverfew has a mild anticoagulant effect, combining it with anti clotting products may result in bleeding problems.

### Figs

Properties: Anti-inflammatory, analgesic, emollient, expectorant and a laxative.  
Precautions: The latex is toxic and should not be used internally and, when applied to the skin, may cause an allergic reaction to sunlight.

### Figwort

Properties: Anti-inflammatory, circulatory stimulant, diuretic, heart stimulant and a laxative.  
Precautions: Since figwort is a heart stimulant, it should be avoided by those with heart disease or irregular heart rates.

### Flax

Properties: Flax. Antiseptic, anti-inflammatory, demulcent, emollient, laxative, purgative and soothing anti-tussive.  
Mountain Flax. Anti rheumatic, diuretic and a laxative.  
Precautions: The oil deteriorates rapidly so must be kept cold.  
Do not use commercial linseed oil for consumption as it is toxic.  
Do not use immature seeds as they contain toxic substances.

### Foxglove

Properties: Cardiac regulator and a diuretic.  
Precautions: Excessive doses of the herb are fatal. Use only under professional guidance.

### Fringetree

Properties: Liver tonic, stimulates bile flow, mildly laxative, strengthens function of pancreas and spleen, stimulates appetite and digestion, heals wounds and is a diuretic.  
Precautions: There are none listed.

### Garlic

Properties: Antibiotic, anticoagulant, anti-histaminic, anti flatulent, antispasmodic, antiviral, antibacterial, antifungal, anti parasitic, antihypertensive, disinfectant, diuretic, expectorant, hypoglycaemic, lowers cholesterol levels, promotes sweating, protects against DNA and liver damage and stimulates the immune system.  
Precautions: Garlic is very "heating" and can irritate stomach linings in some people if too much is consumed at one time. If left on the skin too long as a poultice or compress, it can cause contact dermatitis.  
Bleeding time may be increased if used in significant amounts while on anticoagulant medication.

### Gentian

Properties: Stimulates appetite, stimulates liver to increase bile production and a tonic.  
Precautions: Do not use if suffering from acid indigestion and peptic ulcers.

### Giant Hyssop

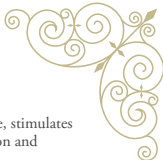
Properties: Antispasmodic, anti-inflammatory, antiviral, antifungal and a digestive stimulant and aid.  
Precautions: There are none listed.

### Ginger

Properties: Antiemetic/anti nausea, antispasmodic, antiseptic, anti-inflammatory, antibacterial, antiviral, antifungal, anti clotting agent, analgesic, antitussive, circulatory stimulant, carminative, expectorant, hypotensive, increases blood flow to an area (topically), promotes sweating and relaxes peripheral blood vessels.  
Precautions: Avoid excessive amounts if the stomach is already "hot" or over-stimulated as in peptic ulceration.  
Use ginger in prescribed doses only during pregnancy to prevent morning sickness.

### Ginkgo

Properties: Leaves. Anti asthmatic, antispasmodic, antiallergenic, anti-inflammatory and circulatory stimulant and tonic.  
Seeds. Astringent, antifungal and antibacterial.  
Precautions: Do not exceed the dosage of the seeds since it can lead to skin disorders and headaches.  
Cases of contact dermatitis from the fruit have been reported.  
Because of its anti thrombosis activity, ginkgo should not be taken with blood thinners and should be discontinued two weeks before any surgery. In the event of emergency surgery, it is well advised that the physician be notified in order to avoid any bleeding problems during the procedure.  
Ginkgo should also be avoided by those with such bleeding disorders as haemophilia, or those at risk for hemorrhagic stroke, especially those who smoke or use amphetamines or cocaine.  
Those who are pregnant or lactating should also avoid this herb.





### Ginseng

Properties: Ginseng. Adaptogenic, antiviral (stimulates production of interferon and enhances natural killer cells and antibody activities), regulates blood sugar and cholesterol levels, stimulates the immune system and a tonic.

#### San Qi

Supports the function of the adrenal glands in the production of corticosteroids and male sex hormones, improves blood flow through the coronary arteries, hastens blood clotting

Siberian ginseng.

Similar to Chinese ginseng, but more stimulating and protects the immune system.

Precautions: Do not take San Qi during pregnancy as it may adversely affect the foetus. Avoid high doses of all varieties as some side effects have been reported. Very high doses can cause nausea, vomiting, insomnia, muscle tension, and fluid retention. Ginseng is safe when used appropriately, but the best advice is to start with a low dose and gradually increase after a few weeks, if necessary.

Ginseng should not be taken for more than several weeks without a break. Do not use if hypertension is present.

Do not take during extremely hot weather.

Ginseng should not be used by individuals with heart or thyroid disease, diabetes, or a history of migraines.

Avoid such stimulants as tea, green tea, coffee, and cola drinks when taking any ginseng.

It is advised that people, especially men, under the age of forty should not use American or Asian ginseng (use Siberian instead) as they possess strong estrogenic effects. Consistent use can interfere with sexual development. However, they are definitely indicated in those over forty. The strengths of ginseng vary considerably in commercial preparations. One well-publicized study analyzed fifty-four ginseng products and found that one-quarter of them contained no ginseng at all, while others provided less than the stated amount. Some even contained dirt, fillers, and other substances. Therefore, be sure of your source.

### Goa

Properties: Reducing agent and a vermifuge.

Precautions: It can cause severe erythema upon contact with the skin and mucous membranes, leading to redness, swelling, pustules, and conjunctivitis, even without contact with the eyes.

Pure Goa, or Araroba, powder can severely irritate the eyes, nose, and throat and should never be applied directly to fungal infections or the inner thigh as severe inflammation of the testicles can occur in males.

Internal administration, even in tiny amounts, can cause vomiting, diarrhoea, and kidney inflammation.

It should only be prescribed by a qualified practitioner.

### Goldenseal

Properties: anti-inflammatory, antibacterial, anti tumour (cytotoxic), astringent, anti amoebic, antiseptic, antifungal, bitter, digestive and bile stimulant and healer, diaphoretic, expectorant, hypertensive, mild laxative, reduces phlegm, stops internal bleeding, sedative, tonic and a uterine stimulant.

Precautions: Do not use during pregnancy as it does stimulate the uterus. Do not use if there is a problem with high blood pressure.

If taken over an extended period of time, it can cause digestive disorders, mucous membrane irritation, constipation, excitatory states, hallucinations, and occasionally deliria. Goldenseal is habitually overused, much like conventional antibiotics, and similarly, for inappropriate reasons. Most herbalists recommend that it be used for no more than three weeks at a time without a break of at least two weeks in between.

Note that at one time, it was thought that goldenseal could mask the detection of THC (marijuana) in illicit drug analysis, but this has since been disproved. Eating the fresh plant can cause mucous membrane ulcerations.

Compared to such similar infection-fighting herbs as Echinacea and astragalus, goldenseal is more expensive and less effective. As a result, some manufacturers combine it with less costly herbs, but which can have some unpleasant side effects.

### Gotu Kola

Properties: Anti-inflammatory, anti tumour, anti rheumatic, heals wounds, mild diuretic, peripheral vasodilator, sedative, tonic and ulcer protective. Precautions: It can sometimes cause sensitivity to sunlight.

### Grape

Properties: Astringent, anti-inflammatory, anti tumour, anti carcinogenic, anti atherosclerotic, antioxidant, improves vascular activity and protects the liver. Precautions: There are none listed.

### Grapefruit Seed Extract

Properties: Antibacterial, antimicrobial, antiseptic, antiviral, antifungal, anthelmintic, anti parasitic and antibiotic. Precautions: Extensive internal use or high doses can kill all intestinal bacteria just like conventional antibiotics. Therefore, the addition of "friendly flora" is necessary to prevent further illnesses.

### Ground Ivy

Properties: Anti-inflammatory, antidiarrheal, anti-scurvy, astringent, decongestant, diuretic, digestive aid and a tonic. Precautions: Death has occurred in animals, especially horses, which have ingested large quantities of the plant.

### Hawthorn

Properties: Antioxidant, astringent, cardiac tonic, dilates peripheral blood vessels and is a relaxant.

Precautions: It is contraindicated in children under twelve.

Do not use during the first trimester of pregnancy.

High doses can produce hypotension, cardiac arrhythmias, sedation, dizziness, and tremors.

It may cause hypertensive episodes if used in conjunction with beta-blockers. Do not use with other anti arrhythmic as it has the same action as Class III anti arrhythmic.

### Heartease

Properties: Heartease. Anti-inflammatory, anti rheumatic, diuretic, expectorant, laxative and stabilizes capillary membranes.

Sweet violet.

Anti-inflammatory, anti-tumour remedy, diuretic and a stimulating expectorant.

Precautions: Avoid high doses as the saponins can induce nausea and vomiting. Avoid if allergic to aspirin.

### Heather

Properties: Heather. Antiseptic, antimicrobial, anti rheumatic, cleansing and detoxifying, diuretic and heals wounds. Mexican Heather.

Anti-inflammatory, astringent and promotes healing.

Precautions: There are none listed.

### Honey

Properties: Antibiotic, antiviral, anti-inflammatory, anti carcinogenic, anti anaemic, antifungal, antiallergenic, cell regenerator, expectorant, immune stimulant, laxative and a tonic.

Precautions: There are three instances where honey can be harmful.

Bees occasionally get into poisonous plants. Although very rare, it does happen. Therefore, it is best to obtain honey from a reputable dealer. Occasionally, honey may contain botulism spores that can be dangerous to children under the age of one year. After that age, their digestive systems are more fully formed and are able to rid themselves of the occasional spore that may be present in uncooked honey.

In rare instances, people who are allergic to bee stings will also react to honey or other bee products.





### Honeysuckle

Properties: Honeysuckle. Antispasmodic, diuretic, diaphoretic, expectorant, laxative and promotes vomiting.

#### Chinese Honeysuckle.

Antibacterial, anti-inflammatory, antispasmodic, hypotensive and a mild diuretic.

Precautions: Do not eat the berries of the red honeysuckle as they are toxic.

### Hops

Properties: Antispasmodic, aromatic bitter, sedative and soporific (hypnotic).

Precautions: The plant is a potential allergen and can cause contact dermatitis in some people.

Do not use during pregnancy or if suffering from depression.

### Horehound

Properties: Horehound. Antiseptic, expectorant, heals wounds, stimulates bile flow and stabilizes heart rhythm.

#### Black Horehound.

Antispasmodic, antiemetic (relieves vomiting) and stimulates bile flow.

Precautions: There are none listed.

### Horseradish

Properties: Antimicrobial, antibiotic, anti-cancer, anti-inflammatory, diuretic, expectorant, promotes perspiration and a strong digestive stimulant.

Precautions: Over consumption can irritate the mucous membranes rather than heal them as happens when smaller amounts are taken.

It should be avoided by those with low thyroid function.

A horseradish poultice can cause blistering. Therefore, great care should be taken before attempting this form.

It should not be given to children under four years of age.

### Horsetail

Properties: Astringent, anti-inflammatory, mildly diuretic, stops bleeding and a tissue healer.

Precautions: It is contraindicated in those who have edema because of an impaired heart or kidney function.

It should not be used for more than six weeks at a time unless under the care of a professional since the herb may cause irritation of the digestive tract.

It should not be confused with marsh horsetail (*E. palustre*), which is similar, but larger. This contains toxic alkaloids. The herb is banned in Canada, except where the thiaminase-like compounds have been removed.

### Hydrangea

Properties: Used as a diuretic.

Precautions: There are none listed.

### Iceland Moss

Properties: Antibiotic, antimicrobial, anti-parasitic, bitter tonic and demulcent.

Precautions: There are none listed.

### Ipecac

Properties: Anti amoebic, emetic, expectorant and spasmolytic.

Precautions: Do not use the root or rhizome, except under knowledgeable guidance.

Take formulations containing ipecac carefully and only as instructed on the label. Deaths have resulted from overdose.

Do not use over an extended period of time as it can lead to myopathy. Frequent use can lead to allergic reactions.

Do not use during pregnancy.

### Laborandi

Properties: It stimulates secretions and smooth muscles.

Precautions: If used incorrectly, pilocarpine eye drops can lead to poisoning through leakage into the nose or mouth.

Symptoms include bradycardia, bronchial spasms, colic, possible cardiac collapse, convulsions, and a drop in blood pressure. A lethal dose is about 60 mg. of pilocarpine, corresponding to 5 to 10 g of the drug.

It should not be used by those sensitive to pilocarpine or those with uncontrolled asthma.

It should not be used during pregnancy or while breastfeeding.

### Jambul

Properties: Astringent, carminative, diuretic and lowers blood sugar levels.

Precautions: There are none listed.

### Juniper

Properties: Antiseptic (especially for the urinary tract), anti rheumatic, antibacterial, antimicrobial, antifungal, anticatarrhal, carminative, digestive tonic, diuretic and a uterine stimulant.

Precautions: Do not use during pregnancy as it is a uterine stimulant. Repeated use can cause kidney damage.

It is contraindicated in those with kidney disease or kidney infection.

Do not take if prone to heavy menstrual bleeding, as it increases the flow.

Do not take essential oil internally, except under professional guidance.

Long-term use of juniper may irritate the kidneys, so should not be used for more than six weeks at a time without a break.

### Lady's Mantle

Properties: Astringent, anti-inflammatory, digestive aid, menstrual regulator and a wound healer.

Precautions: Do not use during pregnancy.

### Laurel

Properties: Antimicrobial, digestive aid and rubefacient (skin stimulant).

Precautions: Never take the essential oil internally. An allergic reaction may result from external use. Therefore, the oil should be applied only in very dilute concentrations (2%).

The edible bay should not be confused with the Garden Cherry laurel (*Prunus laurocerasus*), which is poisonous.

### Lavender

Properties: Antiseptic, antidepressant, antibacterial, antispasmodic, analgesic, antispasmodic, circulatory stimulant, carminative, nervous system tonic, promotes bile flow and a relaxant.

Precautions: Full-strength lavender oil should not be applied directly to the skin, but should be diluted in a carrier, or neutral, oil.

### Lemon Balm

Properties: Antiviral, antibacterial, antidepressant, antispasmodic, antihistamine, carminative, digestive stimulant, promotes sweating, relaxes peripheral blood vessels, restorative for nervous system, sedative and a tonic.

Precautions: Because of its sedating effect, it should not be taken before operating machinery or by anyone who must remain alert.

The herb may also affect the actions of tranquilizers and sedatives.

Because of its possible effects on the uterus and the body's hormone balance, it should not be taken while pregnant or breastfeeding.

### Lemon Grass

Properties: Antipyretic, analgesic, antifungal, digestive aid and a sedative.

Precautions: Do not take the essential oil internally without professional supervision.

The continual use of salves for skin complaints has sometimes led to signs of allergy.



### Liquorice

Properties: Adrenal cortex and pancreas stimulant, anti-inflammatory, anti arthritic, antioxidant, anti diuretic, antispasmodic anti ulcer, antimalarial, antiviral, antibacterial, digestive aid, demulcent (soothes gastric mucous membranes), expectorant, estrogenic, hypoglycaemic, immune system stimulant, lowers blood cholesterol, mild laxative, possibly an antiallergenic, protects the liver, protects from radiation exposure, tonic and a tumour inhibitor.

Precautions: It contains glycyrrhizic acid, which increases the body's retention of sodium and water.

It may interfere with the effectiveness of anti hyperactive drugs, diuretics, and those used to treat heart disease.

Development of hypertension, edema, muscle contractions, and convulsions may occur if consumed with alcohol.

Long term use, of more than four weeks, can produce hypertension, cardiac problems, diarrhoea/constipation, and ulcerations. Long term use can also deplete potassium stores.

Liquorice should be avoided if there is high blood pressure present, or if there are irregular heartbeats.

It is contraindicated in the presence of chronic liver disease, severe renal insufficiency, diabetes, and pregnancy.

### Lily of the Valley

Properties: Cardiac and uterine stimulant and a diuretic.

Precautions: Use only under professional supervision.

The herb is subject to legal restrictions in some countries. If used simultaneously with guanidine, digoxin, calcium salts, saluretics, laxatives, and glucocorticoids, the effects and side effects are enhanced.

### Maidenhair Fern

Properties: Antispasmodic, expectorant and demulcent.

Precautions: There are none listed.

### Mallow

Properties: Anti-inflammatory, diuretic, demulcent, expectorant, emollient, laxative and a protectant.

Precautions: There are none listed.

### Marshmallow

Properties: Alleviates local irritation, anti-inflammatory, decreases blood sugar (hypoglycaemic), diuretic, demulcent (soothes), expectorant, heals wounds and stimulates phagocytosis (boosts the immune system)

Precautions: The absorption of other drugs may be delayed because of the mucilage in the herb.

If using the tincture for digestive or urinary disorders, use the hot-water method to reduce the alcohol.

### Milk Thistle

Properties: Antidepressant, increases breast-milk production, liver protector and stimulates bile secretions.

Precautions: Although this herb is very effective in treating liver conditions, liver disease is always a serious medical condition and should never be self-treated.

When silymarin is used, it requires frequent liver-function tests to ensure that it is actually working properly.

### Mint

Properties: Antibacterial, antiviral, antifungal, anti parasitic, antispasmodic, anti nausea, antiseptic, analgesic, carminative, digestive tonic, increases sweating while cooling internally, relieves muscle spasms, relaxes peripheral blood vessels, stimulates bile secretion and is a topical anaesthetic (but can also be an irritant).

Precautions: Pennyroyal is not to be taken internally.

Peppermint should not be given to children under five.

Do not take the essential oil internally, except under professional guidance. It should not be prescribed for children under twelve.

Very young children should not be given strong tea or rubbed with ointments containing menthol since it could cause them to gag or choke.

Avoid prolonged use of the essential oil as an inhalant.

Mint can irritate mucous membranes and should not be given to children for more than a week without a break and, only then, in diluted doses.

Be caution in taking peppermint if breastfeeding as it can reduce the milk flow.

Pure menthol can be fatal if ingested, and must always be diluted and, even then, may still cause some allergic reactions. Therefore, usage must immediately be stopped if such symptoms as headache, rash, or flushing begin.

Since menthol can stimulate the gallbladder, mint should not be taken if there are gallstones present.

Mint is also contraindicated in those who have a hiatus hernia or heartburn caused by gastro esophageal reflux disease (GERD). Menthol can worsen the disease by relaxing the sphincter between the oesophagus and stomach, allowing stomach acids to backwash into the oesophagus.

### Mulberry

Properties: Berries. Laxative and a tonic. Leaves.

Antibacterial, expectorant and promotes sweating.

Branches.

Anti rheumatic, analgesic and reduces high blood pressure.

Root Bark.

Diuretic, expectorant, lowers high blood pressure and is a sedative.

Precautions: Avoid excess fruits if suffering from diarrhoea.

Avoid leaves and bark if the lungs are weak.

### Mustard

Properties: Anti rheumatic, cardiopulmonary stimulant and hyperemic (increases blood flow).

Precautions: Use of the herb is contraindicated in those with gastrointestinal ulcers or inflammatory kidney diseases. Sneezing, coughing, and possibly asthma attacks can result from breathing the allylthiocyanates that arise from the poultices. Eyes should be protected as the vapours can cause irritation.

Long-term use or frequent applications of the poultices can cause blistering.

Therefore, they should not be left on for any longer than thirty minutes.

Mustard should not be administered to children under six.

### Myrrh

Properties: Myrrh. Antifungal, anti-inflammatory, antiseptic, astringent, antimicrobial, antispasmodic, immune system and circulatory stimulant, bitter, expectorant and reduces phlegm.

British Myrrh.

Antiseptic, blood purifier, carminative, digestive aid and an expectorant.

Precautions: Do not use myrrh during pregnancy as it is a uterine stimulant. British myrrh has no cautions listed.

### Nettle

Properties: Astringent, antiallergenic, circulatory stimulant, diuretic, lowers blood sugar levels, nutritive, promotes milk flow (leaf), prevents scurvy, reduces prostate enlargement (root), stops bleeding and is a tonic.

Precautions: Contact dermatitis almost always happens from touching the plant, producing a stinging rash. The herbal antidote for nettle stings is yellow dock or plantain, which is usually, found growing in the same vicinity. Rub a fresh leaf of either plant over the area of the nettle sting.

Do not use during pregnancy as nettle can stimulate contractions.

### New Jersey Tea

Properties: Anti-inflammatory, astringent, antispasmodic, antipyretic, antiseptic, blood coagulant, expectorant, hypotensive, lymphatic stimulant, sedative and a tonic.

Precautions: There are none listed.



### Nutmeg

Properties: Appetite stimulant, anti-inflammatory, anti-nausea, antispasmodic, carminative and a digestive stimulant. Precautions: Large doses can produce convulsions and palpitations. The consumption of just two kernels has resulted in death.

### Nux Vomica

Properties: Anti-tumour, digestive stimulant, nervous system stimulant, pain reliever and can relieve paralysis. Precautions: Because of its strychnine content, the plant can be lethal, therefore, only homeopathic preparations issued under professional guidance is recommended.

### Oats

Properties: Emollient, mildly antidepressant and nutritive. Precautions: There are none listed.

### Onions

Properties: Antiallergenic, antimicrobial, anti asthmatic, decongestant, diaphoretic, expectorant, inhibits thrombocyte aggregation (prevents blood clotting) and lowers blood pressure. Precautions: Onions can cause digestive upsets in some people if too many are eaten raw at one time.

### Oregano

Properties: Antiseptic, antifungal, antiviral, antimicrobial, anthelmintic, antispasmodic, choleric (stimulates liver to increase bile production), digestive aid, promotes menstruation and a tonic. Precautions: It is contraindicated in those with gallbladder or liver disease. Do not take as a medicine during pregnancy. However, cooking amounts do not pose a problem. Do not take the essential oil internally. Marjoram salve should not be administered to infants or small children. External use may cause irritation of the skin. It should not be used extensively or by those prone to anaemia as it may inhibit the absorption of iron. It should not be given to children under the age of two.

### Parsley

Properties: Anti-inflammatory, antioxidant, diuretic, digestive aid, nutritive, promotes menstruation and a uterine stimulant. Precautions: Excessive consumption of the seeds can be toxic. Do not take seeds during pregnancy or if suffering from kidney disease.

### Passionflower

Properties: Anti-inflammatory, antispasmodic, sedative and tranquilizing. Precautions: Since passionflower appears to act on the CNS (central nervous system), it may interact with other depressants and may also be a uterine stimulant. Therefore, it should not be taken by those on antidepressants or who are pregnant.

### Pine

Properties: Antiseptic, anti-inflammatory, diuretic and an expectorant. Precautions: Do not use if prone to allergic reactions. Do not take internally if suffering from bronchial asthma or whooping cough. Take essential oil only under professional guidance.

### Plantain

Properties: Leaves. Antispasmodic reduces phlegm, relaxing expectorant, tones mucous membranes and a topical healer. Seeds.

Antidiarrheal, anti-inflammatory, bulk laxative, demulcent, emollient and promotes healing. Precautions: Always drink plenty of water when taking psyllium, and do not exceed the stated dose.

### Pleurisy Root

Properties: Anti-inflammatory, antispasmodic, estrogenic, expectorant, promotes sweating and is a tonic. Precautions: Do not use during pregnancy or while breastfeeding. Do not exceed prescribed dosage as digitalis-like poisonings are possible.

### Pokeroot

Properties: Anti rheumatic, anti arthritic, antiviral, antiedemic, anti-inflammatory, immune stimulating and a lymphatic decongestant. Precautions: The plant is highly toxic in overdose. Therefore, it should be used only under professional supervision. The leaves of many species are edible when cooked, but are extremely poisonous when raw. Therefore, it is vital that the right species be identified. Do not take during pregnancy.

### Potato

Properties: Heals internally and externally and is nutritive. Precautions: Do not use the aerial parts of the plant as they are poisonous. Some people may be sensitive or allergic to the Nightshade Family of plants. Do not drink the juice of more than one large potato per day.

### Queen's Delight

Properties: Detoxifier, diuretic, emetic, laxative, purgative and a tonic. Precautions: Use only under professional supervision. It should not be used during pregnancy or while breastfeeding. It can cause vomiting and diarrhoea in large doses. The juice of the green root can cause skin inflammation and swelling. The diterpenes are thought to be carcinogenic and virus-activating.

### Ragwort

Properties: Astringent, diuretic and a stimulant. Precautions: Use only under professional supervision. Do not take in excessive doses, even for short periods, as it is highly toxic to the liver. Do not apply to broken skin. Ragwort is highly toxic to cattle and sheep and is normally avoided by grazing animals.

### Raspberry


Properties: Leaves. Astringent, digestive remedy, preparative for childbirth, stimulant and a tonic. Fruit. Diuretic, diaphoretic, cleanser and a laxative. Precautions: Avoid high doses of the leaves during pregnancy as they can stimulate the uterus.

### Red Clover

Properties: Antispasmodic, anti-inflammatory, diuretic and possible estrogenic activity. Precautions: Red Clover should not be taken with Coumadin or other blood-thinning medication. When gathering the herb in the wild, it is advisable to check the blossoms carefully to make sure they are not mouldy, diseased, or sprayed.

### Rhubarb

Properties: Astringent, antibacterial, digestive remedy eases stomach pain and is a laxative. Precautions: Do not eat the leaves as they are poisonous. Since rhubarb contains oxalic acid, the calcium absorption is blocked and contraindicated in those suffering from arthritis or gout and those prone to kidney or bladder stones. Do not take during pregnancy or while breast-feeding. Do not take during menstruation.



### Rose

Properties: Antidepressant, antispasmodic, aphrodisiac, astringent, antibacterial, antiviral, antiseptic, anti-inflammatory, blood tonic, cleansing, digestive stimulant, expectorant, increases bile production, kidney tonic and a menstrual regulator.

Precautions: Use only the rose species listed here for medicinal purposes and not garden hybrids.

Because of the high price of rose oil, adulteration is common. Therefore, for medicinal purposes, use only the best high quality, genuine rose oil.

Rose oil is non-toxic and can be taken internally, but it is advisable to seek professional guidance if not familiar with its use and dosages.

Consumers should be aware of the fact that much of the natural vitamin C in some rosehip products is lost in the manufacturing process. To compensate, some fortify the products with artificial vitamin C.

### Rosemary

Properties: Astringent, antiseptic, antidepressant, anti-inflammatory, abortifacient, antispasmodic, antimicrobial, carminative, circulatory stimulant, cardiac tonic, digestive remedy, diuretic, disinfectant, nerveine, promotes sweating, promotes bile flow, promotes menstrual flow and a restorative tonic for the nervous system.

Precautions: Do not take the essential oil internally unless under professional supervision.

### Saffron

Properties: Abortifacient and a liver stimulant.

Precautions: Meadow saffron is not the same, and is a poisonous plant. In very large doses, saffron may induce abortions. Therefore, during pregnancy, use only normal cooking amounts. It is contraindicated in those who have gallbladder or liver disease since it stimulates the liver.

### Sage

Properties: Sage. Antispasmodic, astringent, antiseptic, antibacterial, antibiotic, aromatic, carminative, estrogenic, expectorant, promotes bile flow, relaxes peripheral blood vessels, reduces blood sugar levels, reduces perspiration, salivation and lactation, tonic and a uterine stimulant.

Dan Shen.

Antibacterial, circulatory stimulant, clears heat (fevers) and dilates blood vessels.

Greek Sage.

Antimicrobial, antiseptic, anti-inflammatory and lowers blood pressure and blood sugar levels.

### Clary Sage

Antispasmodic, digestive aid, estrogenic, sedative and a tonic.

Precautions: All varieties of sage contain thujone, except for the common culinary variety (*S. Lavandulifolia*).

Thujone is toxic in excess amounts. It can cause convulsions and reduce breast-milk production.

Thujone can also trigger epileptic seizures.

Do not take essential oil during pregnancy.

Pure sage oil should not be ingested or applied full strength to the skin.

The herb can interact with anticonvulsants, disulfiram, insulin, and other diabetic therapies.

### Sarsaparilla

Properties: Anti-inflammatory, antidepressant, astringent, analgesic, cleansing, hormone-like, stops bleeding and is a tonic.

Precautions: There are none listed.

### Saw Palmetto

Properties: Anabolic, diuretic, estrogenic, sedative and a tonic.

Precautions: Because this herb exerts oestrogen, androgen, and alpha-adrenergic blocking effects, the use of hormones or hormone-like drugs may need to be adjusted.

The herb should not be used during pregnancy or breastfeeding.

### Senna

Properties: Cathartic, laxative and a stimulant.

Precautions: Do not give to children under two, and those from two to twelve should follow proper dosage recommendations.

Do not take for more than ten days at a time. Prolonged use leads to weakening of the large bowel muscles and such other conditions as cardiac arrhythmias, electrolyte imbalances, finger clubbing, and accelerated bone deterioration.

Do not take during pregnancy.

Do not use if intestinal obstructions, acute intestinal inflammations, or appendicitis is suspected.

It should not be taken if there are such problems as ulcers, diverticulitis, colitis, or other intestinal disorders.

A moderate overdose can cause severe cramping and diarrhoea, resulting in possible dehydration and excessive loss of potassium and other electrolytes.

### Sesame

Properties: Nutritive, lubricant, stimulates breast-milk production, lowers blood sugar levels and raises levels of stored carbohydrates (glycogen).

Precautions: There are none listed.

### Shepherd's Purse

Properties: Astringent, circulatory stimulant, reduces blood pressure, staunches blood flow and is a urinary antiseptic.

Precautions: It should not be used during pregnancy as it stimulates contractions.

The plant often acts as a host to entophytic fungi (*Albugo Candida* and *Peronospora parasitica*) so the presence of mycotoxins is possible.

### Slippery Elm

Properties: Astringent, demulcent, emollient, laxative, nutritive

Precautions: There are none listed.

### St. John's Wort

Properties: Astringent, analgesic, anti-inflammatory, antidepressant, antispasmodic, antiviral, antibacterial, antidiarrheal, anti tumour, restorative tonic for the nervous system, sedative and stimulates bile flow.

Precautions: It can cause dermatitis or photosensitivity after taking it internally and then exposing the skin to the sun. Contact dermatitis can be caused if handling the plant in moist, but sunny, conditions.

Do not take in conjunction with MAO inhibitors or other antidepressants, including Prozac, Praxil, Zoloft, lithium, Demerol, or dextromethorphan, a common ingredient in cough syrups. The combination can result in a very dangerous reaction called serotonin syndrome, marked by a high fever, confusion, muscle rigidity, diarrhoea, and possible death.

### Star Grass

Properties: Increases motility, estrogenic effect and a tonic.

Precautions: Use only under professional guidance. The dried, and especially the fresh, rhizome can be toxic in overdose, causing colic, diarrhoea, and vomiting.

### Tea Tree

Properties: Strongly antimicrobial, antiseptic and an immune stimulant.

Precautions: There are none listed.

### Thistle

Properties: Antibiotic, antimicrobial, anti tumour, bitter tonic, cytotoxic and a mild expectorant.

Precautions: Excessive doses may cause vomiting.



### Thyme

Properties: Antiseptic, antispasmodic, astringent, antimicrobial, anti-parasitic, antibiotic, diuretic, expectorant, heals wounds, increases blood flow to an area (topically), soothes coughs and a uterine stimulant.

Precautions: Do not use during pregnancy, externally or internally, as it is a uterine stimulant. There is little problem with normal cooking amounts.

Thyme oil can irritate mucous membranes so must be well diluted.

### Turmeric

Properties: Antioxidant, antibacterial, anti tumour, antimicrobial, anti-inflammatory, eases stomach pain and stimulates bile excretion.

Precautions: Turmeric should not be used if there is a bile duct obstruction.

It should not be used during pregnancy.

It should not be used by those with gall-bladder disease as it will increase the flow of bile, creating a possible flare-up.

It should not be used by those on blood-thinning medications.

### Usnea

Properties: Antibacterial, antifungal, anti-inflammatory and an immune stimulant.

Precautions: Animal testing has shown excessively large amounts of usnic acid are toxic to animals, but no toxicity has been noted in humans.

Do not use during pregnancy.

Usnea readily absorbs heavy metals in potentially toxic amounts, a problem faced by the people in far northern latitudes. In order to avoid potentially toxic compounds in the plant itself, harvest at least 300 feet from any road, factory, or polluted area.

### Uva Ursi

Properties: Astringent, antibacterial, anti-inflammatory, diuretic and a urinary antiseptic.

Precautions: The high tannin content of uva ursi can cause nausea and vomiting and should not be taken if pregnant, while breastfeeding, or be given to children under the age of twelve.

Do not take in the presence of kidney disease.

Do not take longer than seven to ten days at a time as liver damage can occur. High doses and long-term use can also cause serious urinary tract irritation; and hydroquinone, derived from arbutin, may be toxic to the liver. In addition, long-term use can also affect nutrient absorption especially if taken in conjunction with a neutralizing agent.

Do not give in combination with preparations that cause acidic urine since this reduces the antibacterial effect.

Excessive use by anyone can cause stomach discomfort and pain.

### Valerian

Properties: Antispasmodic, carminative, diuretic, expectorant, lowers blood pressure and is a tranquilizer.

Precautions: Do not take for more than two or three weeks at a time without a break. Continual use or high doses can lead to headaches and palpitations. It should not be taken during the day since it does promote sleep.

Do not take during pregnancy or while breastfeeding.

Do not take with sleep-enhancing drugs as this herb increases the action.

Do not confuse the herb with the garden plant, red American valerian (*Centranthus ruber*), which has no medicinal value.

### Walnut

Properties: Astringent, anti-parasitic, antispasmodic, anti-inflammatory (nut rind), antimicrobial, cancer-inhibiting, digestive tonic, purgative and promotes bile flow.

Precautions: There are none listed.

### Wild Yam

Properties: Antispasmodic, anti-inflammatory, anti rheumatic, diuretic and increases sweating.

Precautions: It should not be used during pregnancy.

### Willow

Properties: Anti rheumatic, anti-inflammatory, analgesic, antiseptic, astringent, antipyretic, antifungal and a bitter digestive tonic.

Precautions: There are no cautions listed despite the herb having high salicin content. The side effects are not the same as those encountered with its synthetic counterpart (aspirin). However, it should still be used cautiously, especially during pregnancy and breast-feeding.

It should not be used in conjunction with any blood-thinning medications.

### Witch Hazel

Properties: Astringent, anti-inflammatory, analgesic, mildly sedating, mildly antibiotic and stops bleeding.

Precautions: Do not take the herb internally for long periods of time as it can interfere with the body's absorption of iron and long-term use can lead to anaemia.

Never take commercial witch hazel internally.

It is not to be confused with Hazelnut bark, to which it bears a resemblance in name and appearance.

### Yarrow

Properties: Antispasmodic, antibacterial, astringent, anti-inflammatory, bitter tonic, increases sweating, lowers blood pressure, mild diuretic, promotes menstruation, reduces fever, stops internal bleeding, tonic and is a urinary antiseptic.

Precautions: It can cause rashes in some people.

Prolonged use can increase photosensitivity.

Avoid if pregnant as the herb is a uterine stimulant.

### Yellow Dock

Properties: Astringent, detoxifies, diuretic, mild laxative, stimulates bile flow and is a tonic.

Precautions: It should not be taken by those with a tendency to develop kidney stones.

Excessive intake can irritate the intestinal tract.

### Yerba Santa

Properties: Expectorant and a mild diuretic.

Precautions: There are none listed.





# Chapter Five

## Helping Us To Stay Healthy

### Eating A Balanced Diet

Part of any balanced diet means drinking plenty of water. Why? Because water is the main component of the human body and that water contains electrolytes. To function normally, the body must maintain the water levels or problems can occur. For instance, if we do not drink enough water, we start to suffer from dehydration, or if we drink too much water we end up with over hydration, which literally means the body is drowning. That is why we must drink at least two litres of water a day to maintain a healthy balance.

Electrolytes are minerals, such as salt (sodium) potassium, and calcium. The amount of electrolytes in our body corresponds directly to the amount of water in the body. Without one, you will not find the other. We must drink water in order to replace the electrolytes that are lost through our natural bodily functions, i.e. sweating, urinating. We obtain water and therefore electrolytes from everything we eat and drink. If we need more water, our body makes us feel thirsty and we urinate less, if we have too much fluid then the reverse happens and we urinate more to compensate. As we age, our bodies change and we are more likely to have problems with the balance of water and electrolytes in our systems because we naturally contain less water than we did when we were younger. Sixty percent of our body weight in is water in young people and that often drops to only forty-five percent in older people, usually because as we get older it is more difficult to move about and we naturally eat and drink less.

When you mention healthy eating to people, they automatically assume





that it will be both laborious and restrictive. This is not the case. The main objective of any healthy diet is to eat as wide a variety of foods as possible, especially fresh fruit and vegetables. This is important to our body, as foods contain many different nutritional compounds that we need in order to stay healthy.

We need diets that contain high numbers of fruits and vegetables. The current recommendation on these is five or more pieces of fruit or vegetables a day. Try to include as many green, orange and yellow fruits and vegetables, such as broccoli, carrots, melons and citrus fruits as you can in your diet. The antioxidants and other nutrients in these foods are regarded as increasingly important in helping protect against developing certain types of cancer and other diseases. Once you have that base you can then add other ingredients to make it more interesting, such as chicken and turkey (grilled without their skin) and foods high in complex carbohydrates such as pasta. The effect of this is that you feel full for longer as they are slow release foods. Always try, wherever possible, to get your vitamins and minerals from the food you eat, not from artificial supplements. Supplements are not a substitute for a healthy diet, which supplies nutrients and other compounds besides vitamins and minerals.

You really need to maintain a healthy weight. There are many charts online that can help you work out your ideal weight and height ratio. Eating a low-fat diet will help you maintain, or lower your weight, as will regular exercise. We will look at exercise more later on, but healthy eating goes a long way to helping you reach your goal weight. Please however, bear in mind that the only way to stay slim and healthy, if there is no medical condition present, is to control your calorie intake. If you consume more calories than you use, the consequence is weight gain.





Try to eat less sugar. Sugar is a source of empty calories. Sugar gives you an instant buzz but soon wears off leaving you hungry for more. Also remember that many foods that are high in sugar are also high in fat.

Eat less salt, no more than 2.4 grams per day. This is equivalent to the amount of sodium in a teaspoon of salt. Try flavouring your food with herbs and dressings instead of salt and cut out salty snacks such as crisps and salted peanuts.

Try to cut out saturated fats such as those contained in butter. Saturated fats have no health benefits; in fact they have the opposite effect and serve only to raise cholesterol levels. Cholesterol is found only in animal products, such as meats, poultry, dairy products, and egg yolks. Limiting its intake is beneficial to your heart. In fact, you should limit your total fat intake and all fats should supply less than thirty percent of your daily calories. You can cut out excess fat by choosing lean meats, poultry without the skin, fish, and low-fat dairy products and spreads. Especially cut out the fried foods as these are known to clog arteries and eventually lead to strokes and heart attacks.

Try to eat foods high in complex carbohydrates. Carbohydrates should contribute at least fifty-five percent of your total daily calories. To help meet these requirements try to eat six or more servings of grains potatoes a day. It may seem like a lot but if you vary your diet accordingly, it's achievable without even trying. If you eat white bread try substituting it for wholemeal bread as this will also give you the feeling of being full for longer and also boost your fibre intake.

Basically, always try to eat a variety of foods. Don't try to fill your nutrient requirements by eating the same foods day in, day out. You will soon become bored and disillusioned and gradually slip backwards into the bad eating habits.







Here are some basic guidelines:

There are 5 basic food groups and a healthy diet consists of eating a variety of foods from all of the groups but in the correct proportions.

The main part of your diet should be formed from bread, potatoes, pasta, rice and breakfast cereals as these contain starches vital to good health. If possible try to choose high fibre varieties.

Eat at least 3 portions of fish a week, especially oily fish such as mackerel or salmon), these contain vital oils that help our heart stay healthy and keep us agile. When it comes to red meats, try to choose the leaner cuts and always trim off all visible fat before cooking. It is this fat that contains all the harmful fats. Lentils, nuts, peas and beans are good alternatives for these if you are vegetarian. You should eat approximately 2 servings from this category each day.

Eat plenty of fruit and vegetables as we have already discussed. It is perfectly acceptable to include frozen, fresh and canned varieties in your diet as long as it is on a daily basis. We all know they are an excellent source of vitamins and minerals, are naturally low in fat and calories yet most of us still don't consume enough of them to benefit from their live giving nutrients. Fruit is not just for children.

What is a portion? Here is a rough guide to help you reach your daily target:

2 tablespoons spoons of cabbage, broccoli, carrots or parsnip.

1 glass of fruit juice.

2 medium Satsuma's or plums.

1 small bowl of strawberries or grapes.

1 medium slice melon or pineapple.





- 1 medium bowl of salad.
- 2 tomatoes.
- Half a cucumber.
- 2 tablespoons of sweetcorn, peas or mixed frozen vegetables.
- 1 apple or banana.

We also need to include ilk and dairy products and these can include cheese, yoghurt and milk. They are vital to our diets because they are rich in protein, calcium, vitamins and minerals. Try to eat or drink two to three servings per day, in any combination, of these products. However, beware as some of these foods can also be high in saturated fats. Always try to choose low fat varieties whenever possible.

Finally we get to the group that contains sugars and can also contain butter, cream, mayonnaise, salad dressings, cakes, biscuits, chocolate, sweets and crisps. All of these foods are usually high in fat and calories and should only be eaten in moderation. If possible try to go for the healthier varieties for example sugar free sweets and low fat crisps, they taste just as good and you won't even notice that they are low fat or sugar free. Many fizzy drinks are now sugar free and tastes just as sweet as the full sugar varieties; some of which can contain as much as thirteen spoons of sugar in a regular drinks can! All that sugar not only leads to tooth decay, but severe health problems and possibly even diabetes given time.

### Exercise

These exercises have been designed in order to help you stay fit. You do not need to worry if you are unable to move around because of illness; again, we have considered this. By following them as closely as possible, three times a day for periods as little as ten minutes per time, you start to feel the benefits.





Exercise has many emotional and psychological benefits as well. Studies show it improves the mood because exercise releases endorphins, substances the brain secretes to help mask pain and bring about a feeling of euphoria. Exercise also helps decrease anger and hostility, reduce stress, and improve the memory and learning potential.

Today, we know that lack of exercise can devastate for the whole body, including the joints. In fact, a lack of exercise promotes the development of high blood pressure, obesity, diabetes, and heart disease. A sedentary lifestyle ranks second only to smoking as the most common cause of disease and death in the United States alone. The United Kingdom ranks close behind with the rest of the world following suit. Even the simplest of exercises helps tremendously helpful by stimulating the cardiovascular system and thereby improving all body systems. A lack of exercise will also weaken bone structure, thereby increasing the risk of fractures as well as degeneration in general.

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Brisk walking ranks as the very best aerobic exercise because the heart works at a safe rate, which promotes cardiovascular fitness. A regular walking program can enhance endurance, increase oxygen uptake, improve circulation and muscle tone, promote weight loss, and release toxins through perspiration. Walking also helps with emotional cleansing by reducing anxiety, stress, and depression.

Chi Kung and tai chi, two of the most popular martial arts disciplines, offer the same effectiveness as aerobic exercises in cleansing and





detoxifying. Chi Kung (qigong) is a Chinese term applied to many different forms of exercise that work with the chi (breath). Kung means discipline, essentially “one who spends time practicing.” Therefore, we can interpret chi Kung to mean “the practice of proper breathing.” It also provides motions to enhance and strengthen the body as a whole, which we use for treating chronic diseases. Tai chi is a series of continuous, slow, fluid, and graceful movements performed in a relaxed manner, with the knees slightly bent and the body in a straight, upright position. Described as “meditation in motion,” tai chi involves a series of harmonious movements during which one focuses on the breath. When correctly performed, tai chi can stimulate circulation, detoxify, relax the joints, and encourage mental relaxation.

Try these exercises to loosen the joints and blow away some of the cobwebs:

#### Supported leg raises:

These provide a gentle stretch, ideal for relieving stiffness. Lie on your back and stretch your legs up against a wall. Stretch your arms above your head and keep the spine stretched. Hold for as long as comfortable.

#### Corpse pose:

This aids in complete relaxation of the mind and body. Lie on your back with your legs and arms straight but not tense. Rest your head on a folded towel or blanket. Take a few deep gentle breaths, and then breathe slowly and evenly. Stay in this position for at least 15 minutes.

#### Supported corpse pose:





This particularly rests the back. Lie on your back with your head resting on a folded towel. Support your legs, bent at the knees, on a level chair or stool. Breathe evenly, and rest in this position for several minutes.

#### Seated pose:

Sit with your legs out straight in front of you and your feet together. Support yourself with your hands and arch your spine.

#### Raised arms:

Stand in a relaxed position with your feet together, knees slightly bent, and your hands at your sides. With your shoulders relaxed, raise your arms above your head as you breathe in. Hold for as long as comfortable.

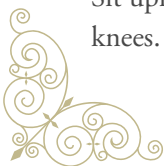
#### Basic standing posture:

Keep a relaxed stance and breathe into the abdomen. Let the shoulders relax. Bring the neck, back, and hips forward to maintain a straight spine. Centre your weight on the balls of your feet.

These following exercises are based on ancient Japanese beliefs that they help to strengthen the internal organs and help to rebalance the body, therefore eliminating toxins from the system. Try them and see if you feel better.

#### Exercise One

Sit upright with your legs stretched out and your palms resting on your knees. Raise your arms with your body leaning backward. Hold this





position for a moment before resuming starting position. Repeat the process three to five times and then kneel in front of the stool with your hands on floor at each side. Turn your head right and left three to five times to look over shoulders. And relax.

### Exercise Two

Sit upright on a mat with your legs crossed in front of you. Bend your body forwards until your hands touch the floor. Straighten back up and raise your arms upwards with your palms facing up and fingers pointing backward. Repeat three times and then sit and relax with your eyes closed for fifteen minutes.

### Exercise Three

Again sit upright with your legs crossed, overlaying your palms on your lower belly. Then turn your body forcefully to the left and then to the right fifteen times. Now join your hands with your fingers interlocked and push your palms forward and outwards seven or eight times. Now relax.

### Exercise Four

Once more sit upright with your legs crossed and place your hands over your ears with your elbows raised. Now twist your body gently to the right and then to the left three to five times while thrusting up your arms as high as they will go alternately fifteen times. Relax for five minutes.

### Exercise Five

Sitting upright on a stool once again for this exercise. Now hold your





left foot with both hands as you sway it gently from side to side fifteen times, the repeat with the right foot. Then with hands on stool supporting your body from behind, push up your chest and stomach to stretch the spine. Hold this position for a moment before straightening body. Repeat these fifteen times then lie on the floor and close your eyes, relaxing for ten minutes.

### Exercise Six

Back to the stool I'm afraid and again sit upright with your legs stretched fully out and your palms resting on knees. Slowly raise your arms and lean backwards, hold this position for a moment before resuming starting position. Repeat five more times, and then kneel in front of stool with your hands on floor at sides. Slowly turn your head back to right and left three to five times to look over shoulders again before again lying on the floor with your knees raised and arms flat by your sides. Stay there for as long as you want, you have earned it.

### Conclusion

You have experienced only a small part of the vast pool of natural possibilities open to you. Here at Kenrico, we hope that you will study the information we have brought you and try for yourself some of the wonderful therapies we have discussed within these pages. We wish you a long life and excellent health and thank you for reading our book and hope to see you again in the future as we bring you an ever increasing array of products and more vital research with our follow-up books.

“Genki”

