

Naturespirit Herbs

Sea Vegetables, Seaweed Capsules, Wildcrafted Herbs and Herbal Extracts
PO Box 150 • Williams OR 97544 • www.naturespiritherbs.com



2018 Retail Catalog
To order by phone call (541) 846-7995
Business hours are Monday through Friday
8:00 am to 5:00 pm Pacific Time



No Fukushima radioactivity detected in our seaweeds!

Naturespirit Herbs LLC is our family business, started in 1990 and located in the Siskiyou Mountains of southwestern Oregon. We are harvesters of edible and medicinal wild seaweeds, herbs, and fungi. We are also health care practitioners that understand the therapeutic uses of our products. We offer a complete line of wild sea vegetables, seaweed powders, seaweed capsules, wildcrafted herbs, herbal extracts and herbal extract formulas. We harvest everything in a respectful, ecologically sound way, and strive to provide the highest possible quality.

James Jungwirth and Kari Rein
Co-founders of Naturespirit Herbs

Seaweeds and Health

Seaweeds, also known as marine algae or sea vegetables, are concentrated sources of essential minerals (including iodine) and trace elements. Seaweeds also contain large amounts of therapeutic sulfated polysaccharides (algin, fucoidan, laminarin, carrageenans, agar, porphyran etc.), vitamins, carotenoids, chlorophylls, polyphenols and antioxidants.

Modern research suggests that eating seaweeds regularly can promote healthy thyroid and immune system function, reduce blood pressure, blood sugar and cholesterol levels, prevent atherosclerosis and strokes, inhibit viruses, cancers and metastases, decrease allergies and inflammation, stimulate tissue repair and regeneration, help regulate menses, and facilitate the elimination of heavy metals, radioactive elements, PCB's and dioxins from our bodies.

The Japanese people's remarkable longevity and extremely low incidence of thyroid disease, cardiovascular disease and many cancers may be partly due to the fact that they have the world's highest per capita seaweed consumption.

How much is good to eat? Three to six grams of dried seaweed per day is a good average amount for nutritional or therapeutic purposes. That's about 2.5 to 5 pounds of seaweed per person per year. Additional seaweed, health and thyroid information can be found at our website.

About our Sea Vegetables and Seaweed Powders

Our sea vegetables and seaweed powders are nutrient-dense wild foods, harvested from the wild and rugged Northern California coast. The ideal growing conditions here support some of the most luxuriously abundant seaweed beds in the world.

We are ecologically responsible harvesters; each plant is harvested by hand, in a way that allows it to continue to grow and reproduce. A maximum of 25% of any one species is harvested from an area per year. We return to the same beautiful seaweed "gardens" year after year, and have never observed negative impacts from our harvesting.

After harvesting, we rapidly air-dry our seaweeds at low temperatures, which preserves maximum flavor, nutrition and bioactivity. This is the key to excellent quality; you will not find higher quality seaweed products anywhere, at any price. We package them in clear food grade poly bags with colorful labels that include cooking instructions and recipes.

Sea vegetables will retain their quality for two to three years if kept dry and away from light and heat. Although we strive to produce perfectly clean sea vegetables, please inspect for small crustaceans or shellfish before eating. Seaweed powders may also contain trace amounts of crustaceans or shellfish.

Sea Vegetables and Seaweed Powders

	1 oz.	1/2 lb.	Bulk
<p>Kelp Fronds (<i>Nereocystis luetkeana</i>) These delicate, crispy Bull Kelp fronds are ready to eat as a salty snack. They can also be crumbled and sprinkled on salads, cooked vegetables, rice, popcorn etc. Of all the seaweeds, Kelp Fronds have the highest content of minerals and electrolytes (especially potassium and magnesium). They are also a very good source of iodine and therapeutic polysaccharides. Kelp Fronds will quickly "ground" the energy of a child that has eaten too much sugar! Bull Kelp is a Brown seaweed.</p>	\$7.60	\$40.00	\$74.00/lb.
<p>Nori (<i>Porphyra spp.</i>) Nori has a deep, rich seafood taste, and makes a delicious snack as is or toasted until crisp. Toasted and crumbled Nori adds lots of flavor to breads, soups and sauces, and makes a savory sprinkle on salads, cooked vegetables, rice or popcorn. This is whole leaf Nori; it has not been processed into sheets for making sushi. Nori is a Red seaweed, and is a great source of protein, carotenes, vitamins, and porphyran, a therapeutic polysaccharide.</p>	\$7.60	\$40.00	\$74.00/lb.
<p>Sea Palm (<i>Postelsia palmaeformis</i>) Sea Palm fronds are slender, crispy, and ready to eat as a jerky-like snack. Kids love to nibble on Sea Palm, and it "grounds" their energy if they have had too much sugar. Cooked Sea Palm is remarkably noodle-like in texture, and is excellent in pasta dishes, stir-fries and salads. It cooks tender in about 30 minutes. Sea Palm is a Brown seaweed, and is a good source of minerals and therapeutic polysaccharides.</p>	\$6.90	\$34.00	\$62.00/lb.
<p>Wakame (<i>Alaria marginata</i>) Wakame has a very mild flavor, and is our favorite sea vegetable for cooking with rice or vegetable dishes. It is also very good when simmered until tender (about 30 minutes... save the broth!) and used in pasta dishes, salads and marinades. Wakame is a Brown seaweed, and is a great source of calcium, potassium and therapeutic polysaccharides.</p>	\$6.80	\$33.00	\$60.00/lb.
<p>Kombu (<i>Laminaria setchellii</i>) (See Kombu Powder below for nutritional and thyroid information.) Kombu is a hearty sea vegetable that adds lots of flavor and body to soups, broths and bean dishes. It takes 60 to 90 minutes to cook tender. Kombu is a Brown seaweed. Not recommended for people with overactive thyroid conditions.</p>	\$6.40	\$30.00	\$54.00/lb.
<p>Sea Vegetable Powder (<i>A mix of Kombu and Wakame</i>) Once you try this you'll never go back to commercial kelp powders! Our Sea Vegetable Powder has a clean, fresh taste. Ready to use as a flavorful, salty seasoning on cooked vegetables, rice or popcorn, as an ingredient in breads and smoothies, for thickening soups and sauces, or simply mixed into a cup of water or juice. Sea Vegetable Powder is a good source of iodine, calcium, potassium and therapeutic polysaccharides. One level teaspoonful weighs about three grams.</p>	\$6.60	\$32.00	\$58.00/lb.
<p>Six Mix Seaweed Powder (<i>Six different seaweed species</i>) This is the same mix we use in our Sea Vegetable Blend Capsules (see page 3). It contains four Brown seaweed species and two Red seaweed species, providing broad-spectrum nutrition and health benefits. Six Mix Seaweed Powder has a mild flavor, and may be sprinkled on food, added to smoothies or simply mixed into a cup of water or juice. Contains Kombu (<i>Laminaria setchellii</i>), Wakame (<i>Alaria marginata</i>), Kelp Fronds (<i>Nereocystis luetkeana</i>), Sea Fern (<i>Cystoseira osmundacea</i>), Gigartina (<i>Gigartina papillata</i>) and Iridea (<i>Iridea cordata</i>). One level teaspoonful weighs about three grams.</p>	\$8.30	\$45.00	\$84.00/lb.
<p>Bladderwrack Powder (<i>Fucus gardneri</i>) Bladderwrack is a Brown seaweed that has been used for centuries in Europe to support healthy thyroid function (also see Bladderwrack Capsules on page 3 and Thyroid Support Formula on page 6). It is a very good source of iodine and therapeutic polysaccharides. Bladderwrack powder has a strong flavor, and may be sprinkled on food, added to smoothies, or simply mixed into a cup of water or juice. Best if kept in a freezer for long term storage. Not recommended for pregnant women or people with overactive thyroid conditions. One level teaspoonful weighs about three grams.</p>	N/A	\$32.00	\$58.00/lb.
<p>Kombu Powder (<i>Laminaria setchellii</i>) Kombu is a Brown seaweed that is exceptionally high in iodine and therapeutic polysaccharides. It has been used for millennia in traditional Chinese medicine to support healthy thyroid function (also see Kombu Capsules on page 3 and Thyroid Support Formula on page 6). Our Kombu Powder has a mild flavor, and may be sprinkled on food, added to smoothies or simply mixed into a cup of water or juice. Not recommended for people with overactive thyroid conditions. One level teaspoonful weighs about three grams.</p>	N/A	\$30.00	\$54.00/lb.
<p>Gigartina Powder (<i>Gigartina papillata</i>) <i>Gigartina</i> is a Red marine algae (seaweed) that contains antiviral and herpes-suppressing sulfated polysaccharides. <i>Gigartina</i> is also known for its tonic effect on the lungs, digestive tract and immune system (also see Red Marine Algae Capsules on page 3). Our <i>Gigartina</i> Powder has a pleasant flavor, and may be sprinkled on food, added to smoothies or simply mixed into a cup of water or juice. One level teaspoonful weighs about three grams.</p>	N/A	\$50.00	\$94.00/lb.

About our Seaweed Capsules

Our seaweed capsules contain only pure food grade dried seaweeds; no fillers or additives are used. Each bottle of our vegetarian capsules contains 60 grams of dried seaweed.

We harvest our seaweeds from the wild and rugged Northern California coast. We are ecologically responsible harvesters; each plant is harvested by hand, in a way that allows it to continue to grow and reproduce. A maximum of 25% of any one species is harvested from an area per year.

After harvesting, we rapidly air-dry our seaweeds at low temperatures, which preserves maximum flavor, nutrition and bioactivity. This is the key to excellent quality; you will not find higher quality encapsulated seaweeds anywhere, at any price. We invite you to compare the clean fresh taste of the seaweeds in our capsules with other companies' products! Seaweeds are natural products of the ocean, and may contain trace amounts of crustaceans or shellfish.

Seaweed Capsules (10% discount on orders of 5 bottles or more)

Sea Vegetable Blend (*Six different seaweed species*) **(600 mg. per capsule, 100 capsules per bottle)**

\$28.00 per bottle

Our Sea Vegetable Blend capsules contain a mix of four Brown seaweed species and two Red seaweed species, providing broad-spectrum nutrition and promoting healthy thyroid, cardiovascular and immune system function. Seaweeds are concentrated sources of essential minerals and trace elements (including iodine), therapeutic polysaccharides, vitamins, carotenoids, chlorophylls, polyphenols and antioxidants. Contains Kombu (*Laminaria setchellii*), Wakame (*Alaria marginata*), Kelp Fronds (*Nereocystis luetkeana*), Sea Fern (*Cystoseira osmundacea*), Gigartina (*Gigartina papillata*) and Iridea (*Iridea cordata*). Suggested use is two capsules daily, with meals, or as directed by your health care practitioner.

Bladderwrack (*Fucus gardneri*)

(600 mg. per capsule, 100 capsules per bottle)

\$24.00 per bottle

Bladderwrack is a Brown seaweed that is a very good source of iodine and therapeutic polysaccharides. It has been used for centuries in Europe to support healthy thyroid function (also see Thyroid Support Formula on page 6). Not recommended for pregnant women or people with overactive thyroid conditions. If the recommended dosage causes gas or loose stools, start with less. If possible, keep unopened bottles in a freezer to preserve maximum potency. Suggested use is two capsules daily, with meals, or as directed by your health care practitioner.

Kombu (*Laminaria setchellii*)

(600 mg. per capsule, 100 capsules per bottle)

\$24.00 per bottle

Kombu is a Brown seaweed that is exceptionally high in iodine and therapeutic polysaccharides. It has been used for millennia in traditional Chinese medicine to support healthy thyroid function (also see Thyroid Support Formula on page 6). Not recommended for people with overactive thyroid conditions. Suggested use is two capsules daily, with meals, or as directed by your health care practitioner.

Red Marine Algae (*Gigartina papillata*)

(600 mg. per capsule, 100 capsules per bottle)

\$28.00 per bottle

Gigartina is a Red marine algae (seaweed) that contains antiviral and herpes-suppressing sulfated polysaccharides. *Gigartina* is also known for its tonic effects on the immune system, lungs and digestive tract. Suggested use is two capsules daily, with meals, or as directed by your health care practitioner.

About our Herbs and Herbal Extracts

Bulk Wildcrafted Herbs

See our Wildcrafted Herbs Pricelist at our website (or ask us to mail you a copy). We harvest a wide variety of medicinal wild plants and fungi. Each herb is harvested during its optimal stage of development, in a way that causes minimal impact on future plant populations. However, we do not usually keep wildcrafted herbs in stock; we harvest them for people that order them. This means that you always get freshly harvested herbs, and that valuable herbs never end up getting old in storage and going to waste.

Herbal Extracts and Formulas

Most of our herbal extracts and formulas are made with herbs that we have ethically harvested from healthy wild environments. Some are organically grown. A few high quality imported herbs (organic, unsprayed, non-irradiated etc.) are also used. Fresh herbs are chopped, macerated in one to two parts of certified organic 95% alcohol, then pressed and filtered. This produces a (1:1), (1:1.5) or (1:2) ratio of herb to alcohol. Dried herbs are powdered and macerated in four or five parts of a mix of organic grain alcohol and water (different herbs require different alcohol percentages for optimum extraction).

Herbal Extract Price Codes

Price

Code	4 oz.	8 oz.	16 oz.	32 oz.
A	\$34.00	64.60	122.40	231.20
B	\$38.00	72.20	136.80	258.40
C	\$42.00	79.80	151.20	285.60
D	\$50.00	95.00	180.00	340.00

Herb Source and Use Codes

WC = Wildcrafted

OG = Organically Grown

US = Unsprayed

◇ = Not recommended for use during pregnancy

△ = For external use only

⊕ = For health care professionals only

Single Herb Extracts

(This is a partial list of what we have in stock - the full list can be found at our website)

HERBAL EXTRACT	PRICE CODE	HERBAL EXTRACT	PRICE CODE
Anemone ⊕◇ (Pulsatilla occidentalis) Fr Herb (1:1.5) WC	D	Lomatium ◇ (Lomatium dissectum) Fresh Root (1:1.5) WC	C
Balsam Poplar (Populus balsamifera) Dr Buds (1:5) WC	C	Motherwort ◇ (Leonurus cardiaca) Fresh Herb (1:1.5) OG	A
Bayberry (Myrica californica) Dried Root Bark (1:5) WC	C	Nettle Root (Urtica dioica) Fresh Root (1:1.5) WC	B
Betony – see Indian Warrior		Nettle Seed (Urtica dioica) Fresh Seed (1:1) WC	C
Bladderwrack ◇ (Fucus gardneri) Fr Whl Plant (1:1) WC	B	Oat Seed (Avena sativa) Fresh Milky Seed (1:1.5) OG	A
Bleeding Heart ◇ (Dicentra formosa) Fresh Root (1:1) WC	C	Oregon Grape (Mahonia aquifolium) Fr Root (1:1.5) WC	B
Bugleweed (Lycopus virginicus) Fresh Herb (1:1.5) OG	A	Periwinkle ◇ (Vinca major) Fresh Herb (1:1.5) WC	B
Calamus ◇ (Acorus calamus) Fresh Root (1:1.5) OG	B	Pipsissewa (Chimaphila umbellata) Fresh Herb (1:2) WC	B
California Poppy ◇		Red Root (Ceanothus cuneatus) Dried Root (1:4) WC	C
(Eschscholzia californica) Fresh Whole Plant (1:1.5) WC	B	Silk Tassel ◇ (Garrya fremontii) Dr Leafy Tips (1:4) WC	B
Cedar, Western Red ◇ (Thuja plicata) Fr Leaf (1:2) WC	A	Skullcap (Scutellaria lateriflora) Fresh Herb (1:1) OG	A
Cilantro (Coriandrum sativum) Fresh Herb (1:1) OG	A	Spikenard Berry (Aralia californica) Fr Berry (2:1) WC	D
Coral Root ◇ (Corallorhiza maculata) Fresh Root (1:1.5) WC	D	Spikenard Root (Aralia californica) Fresh Root (1:1) WC	B
Dandelion (Taraxacum officinale) Fresh Root (1:1) WC	A	St. John's Wort	
Devil's Club ◇ (Oplopanax horridum) Fr Rt Brk (1:1.2) WC	C	(Hypericum perforatum) Fr Flowering Tips (1:1.5) WC	B
Echinacea		Sweet Root (Osmorhiza occidentalis) Fresh Root (1:2) WC	D
(Echinacea purpurea) Fr Rt, Flower & Seed (1:1.5) OG	B	Trillium (Trillium ovatum) Fresh Whole Plant (1:1.5) WC	D
Elderberry (Sambucus caerulea) Fresh Berry (1.4:1) WC	C	Usnea ◇ (Usnea spp.) Dried Lichen (1:5) WC	B
Figwort (Scrophularia californica) Fresh Herb (1:1) WC	B	Valerian, Sitka (Valeriana sitchensis) Fr Root (1:1.5) WC	D
Gigartina (Gigartina papillata) Fr Whole Plant (1:1) WC	C	Wild Indigo ◇ (Baptisia australis) Fresh Root (1:1) OG	A
Hawthorn (Crataegus douglasii) Fr Flwrng Tips (1:2) WC	C	Wild Lettuce (Lactuca serriola) Fresh Herb (1:1) WC	B
Horsetail (Equisetum telemateia) Fresh Herb (1:1) WC	A	Yarrow (Achillea millefolium) Fresh Flower (1:1.5) WC	A
Indian Pipe ◇ (Monotropa uniflora) Fr Whl Plant (1:2) WC	D	Yellow Pond Lily (Nuphar polysepalum) Fr Rt (1:1.5) WC	B
Indian Warrior (Pedicularis densiflora) Fr Herb (1:1) WC	B	Yerba Mansa (Anemopsis californica) Fresh Root (1:1) OG	B
Japanese Knotweed		Yerba Santa (Eriodictyon californicum) Fr Lf (1:1.5) WC	A
(Polygonum cuspidatum) Fresh Root (1:1.5) WC	B	Yew ◇ (Taxus brevifolia) Fresh Leafy Tips (1:1.5) WC	C

Herbal Extract Formulas

All herbal extract formulas are price code “C”

(See price codes and herb source/use codes on page 4)

Adaptogen Blend ◇ Adaptogenic herbs are the ultimate tonics: metabolic regulators that promote health and well-being and help keep the brain and body from going into stress mode. Best with long term use (also see Adrena-Tone Formula). *Ingredients:* Extracts of Eleuthero, American Ginseng, Devils Club, Rhodiola, Ashwagandha, Schisandra, Gotu Kola, Reishi, Holy Basil, Spikenard Root and Spikenard Berry. *Suggested use:* 30 to 90 drops (1-3 squirts) in a little water up to 4X daily.

Adrena-Tone ◇ Supports healthy adrenal gland function when experiencing prolonged stress and nervous exhaustion or adrenal fatigue. Best with long term use, some kind of relaxation practice, more sleep, B-vitamins, increased dietary fats, oils and proteins, and reduced sugars and starches (also see Liver Deficiency Tonic and Thyroid Support Formula). *Ingredients:* Extracts of Eleuthero, Licorice, Ashwagandha, Rhodiola, Schisandra, Skullcap, Oat Seed, Anemone, American Ginseng and Lobelia. *Suggested use:* 60 to 120 drops (2-4 squirts) in a little water up to 4X daily.

Brain Tonic ◇ This formula contains herbs for stimulating circulation, increasing oxygen supply to the brain and improving mental clarity, especially for older folks with poor memory function and general debility. Best with long term use and daily aerobic exercise. *Ingredients:* Extracts of Ginkgo, Gotu Kola, Rhodiola, Schisandra, Calamus, American Ginseng, Ashwagandha, Prickly Ash, Cereus, Bayberry, Rosemary and Oregano. *Suggested use:* 30 to 60 drops (1-2 squirts) in a little water up to 4X daily.

Breathe Deep ◇ A combination of decongestant, broncho-dilating, antispasmodic and anti-inflammatory herbs. Used to promote easier breathing for people with chronic lung conditions. *Ingredients:* Extracts of Khella, Lobelia, Yerba Santa, Horehound, Passionflower Root, Cereus, Iknish, Elecampane, Hawthorn, Ginkgo, Feverfew and Myrrh. *Suggested use:* 60 to 120 drops (2-4 squirts) in a little water up to 4X daily.

Cand-Aid ◇ Used internally to prevent or reduce an overgrowth of candida or other yeasts. For best results use long term, avoid sugars and starches, eat more fats, oils and proteins, and use lots of yogurt, sauerkraut or probiotics (also see Lymph-Immune Tonic). *Ingredients:* Extracts of Pao D’arco, Spilanthes, Usnea, Myrrh, Oregano, Quassia, Sweet Root, Chaparro, Echinacea and Red Cedar. *Suggested use:* 60 to 120 drops (2-4 squirts) in a little water up to 4X daily.

Colon Tonic ◇ A gentle formula for improving colon tone, stimulating peristalsis and improving elimination. Best with daily aerobic exercise and increased intake of water and dietary fiber (vegetables, fruits, seaweeds, flax, psyllium etc.) *Ingredients:* Extracts of Cascara Sagrada, Turkey Rhubarb, Licorice, Yellow Dock, Cayenne, Prickly Ash, Blue Flag, Goldenseal, Ginger, Lobelia and Bayberry. NOTICE: This product contains Cascara Sagrada and Turkey Rhubarb. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Cascara Sagrada and Turkey Rhubarb may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition. *Suggested use:* 2-6 squirts (1/4 to 1 tsp.) in a little water up to 2X daily (mornings and evenings).

Cramp Calm ◇ A blend of antispasmodic herbs traditionally used to relieve painful menstrual, stomach, intestinal, gall bladder or urinary tract cramps (also see Pain Formula). *Ingredients:* Extracts of Wild Yam, Cramp Bark, Baneberry, Silk Tassel, California Poppy, Western Peony, Lobelia, Skullcap, Passionflower Root and Ginger. *Suggested use:* 60 to 120 drops (2-4 squirts) in a little water up to 4X daily.

Digestive Bitters – Bitters are customarily taken before eating to stimulate the appetite and digestive juices and to prevent indigestion, gas, bloating etc. Best with long term use. *Ingredients:* Extracts of Gentian, Angelica, Cardamom, Ginger, Calamus, Prickly Ash, Bayberry, Schisandra and Centaury. *Suggested use:* 15 to 30 drops in a little water 15 minutes before eating.

Female Tonic ◇ This is a reproductive tonic for women with long or irregular menstrual cycles, PMS distress and crampy, slow-onset menses. Best with long term use and regular consumption of Brown seaweeds (also see Liver Deficiency Tonic). *Ingredients:* Extracts of Dong Quai, Chaste Tree, Blue Cohosh, Cotton Root, American Ginseng, Ocotillo, Anemone, Baneberry and Oregon Grape. *Suggested use:* 30 to 90 drops (1-3 squirts) in a little water up to 4X daily.

Flu Season ◇ Made with herbs known for their antiviral, expectorant, immunostimulant and diaphoretic qualities. Our family and friends rely on this one during cold and flu season! *Ingredients:* Extracts of Lomatium, Iknish, Spikenard, Balsamroot, Ginger, Echinacea, Myrrh, Red Root, Oregano, Cayenne and Yerba Santa. *Suggested use:* 2 to 6 squirts (1/4 to 1 tsp.) in a little water up to 4X daily.

All herbal extract formulas are price code “C” (See price codes and herb source/use codes on page 4)

Heart Calm ◇ Promotes healthy and regular heart function. Best with long term use (also see Adrena-Tone and Thyroid Calm Formulas). Not recommended for use by people with bradycardia (slow heartbeat). *Ingredients:* Extracts of Hawthorn, Motherwort, Cereus, Passionflower, Lily-of-the-Valley, Bugleweed, Skullcap, Oat Seed and Eleuthero. *Suggested use:* 30 to 90 drops (1-3 squirts) in a little water up to 4X daily.

Herbal Cough Syrup – This tasty and concentrated syrup is locally renowned. It is made with expectorant, demulcent and antispasmodic herbs that help move phlegm and promote easier breathing. *Ingredients:* Spikenard, Balsamroot, Elecampane, Wild Cherry, Iknish, Balsam Poplar, Lobelia, Yerba Santa and Yerba Mansa in a honey/alcohol base. *Suggested use:* 2 to 4 squirts or 1/4 to 1/2 teaspoon as needed.

Herbal Liniment Δ Our liniment can be applied to bruises, sprains, aching muscles and arthritic joints (also see Muscle Calm and Pain Formulas). *Ingredients:* Extracts of Arnica, Cayenne, Hyssop, Yarrow, Balsam Poplar, Wormwood, Tobacco, Bleeding Heart, Melilot, Yerba Mansa and Horse Chestnut. *Suggested use:* Apply to affected areas as needed. CAUTION: Contains Cayenne! Use with care and wash hands with soap after applying. For topical use on unbroken skin only.

Hypertens-Ease ◇ A formula for promoting healthy blood pressure levels. It is composed of cardio-tonic, diuretic, vasodilating and blood-thinning herbs. Best with long term use, regular aerobic exercise, increased consumption of Brown seaweeds, vegetables, fats, oils and proteins, and decreased consumption of sugars and starches. Not recommended for use by people with low blood pressure. *Ingredients:* Extracts of Hawthorn, Passionflower, Eleuthero, Bladderwrack, Dandelion, Red Root, Feverfew, Prickly Ash, Cayenne and Puncture Vine. *Suggested use:* 60 to 120 drops (2-4 squirts) in a little water up to 4X daily.

Kids Comfort – A combination of gentle, time-tested herbs for babies and small children, used for fevers, coughs, belly-aches, gas, colic, constipation, teething, agitation and sleeplessness. *Ingredients:* Extracts of Catnip, Fennel, Peppermint, Chamomile, Lemon Balm and Licorice. *Suggested use:* 15 to 30 drops in a little water as needed.

Liver Deficiency Tonic ◇ A constitutional tonic for people with deficient liver function, with dry skin, allergies, unstable blood sugar, difficult digestion of fats, oils and proteins, and a tendency toward adrenaline stress and constipation. Best with long term use, increased consumption of vegetables, fats, oils and proteins, and decreased consumption of sugars and starches (also see Adrena-Tone and Digestive Bitters). *Ingredients:* Extracts of Oregon Grape, Yellow Dock, Milk Thistle, Prickly Ash, Blue Flag, Buckbean, Red Root, Ocotillo, Schisandra and Devil's Club. *Suggested use:* 30 to 60 drops (1-2 squirts) in a little water up to 4X daily.

Lymph-Immune Tonic ◇ A blend of herbs for stimulating the immune system. Chronic immune deficiency may be caused by underactive thyroid function (see Thyroid Support Formula), chronic stress (see Adrena-Tone Formula), colon flora dysbiosis (use probiotics), excessive dietary sugars and starches, or protein deficiency. Best with long term use. *Ingredients:* Extracts of Echinacea, Red Root, Astragalus, Myrrh, Stillingia, Reishi, Ocotillo, Baptisia, Devil's Club, Lomatium and Blue Flag. *Suggested use:* 30 to 90 drops (1-3 squirts) in a little water up to 4X daily.

Meno-Peace ◇ These herbs have a long history of use in relieving the discomforts of menopause. *Ingredients:* Extracts of Dong Quai, Motherwort, Bugleweed, Licorice, Oat Seed, Anemone, Baneberry, Cereus, Blue Cohosh and Devil's Club. *Suggested use:* 30 to 90 drops (1-3 squirts) in a little water up to 4X daily.

Mental Alertness ◇ This formula contains herbs known for their ability to improve mental alertness, focus and clarity, without being too stimulating. We keep it handy for when we feel tired but don't want to use caffeine. (If you want caffeine, see Wake Up Formula.) *Ingredients:* Extracts of Calamus, Schisandra, Gotu Kola, Rhodiola, American Ginseng, Rosemary, Peppermint and Nettle Seed. *Suggested use:* 30 to 60 drops (2-4 squirts) in a little water up to 4X daily.

Mouth and Gum Tonic – A stimulating antiseptic mouthwash (or gargle). Tingly and refreshing! *Ingredients:* Extracts of Cinnamon, Cloves, Peppermint, Myrrh, Prickly Ash, Bloodroot, Bayberry, Spilanthes, Bistort and Stevia. *Suggested use:* 10 to 15 drops in a little water (and maybe a pinch of sea salt and baking soda) as a mouthwash or gargle, or just put a few drops on your toothbrush!

Muscle Calm – This muscle relaxant formula is used internally for painful muscle spasms and stiffness, from hard work, strains or injuries (also see Herbal Liniment and Pain Formula). It may also be used as a relaxing adjunct to massage and bodywork. *Ingredients:* Extracts of Betony, Skullcap, Western Peony, St. John's Wort, Aspen, Baneberry, Bleeding Heart and Yerba Mansa. *Suggested use:* 60 to 120 drops (2-4 squirts) in a little water up to 4X daily.

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Pain Formula ◇ Contains herbs traditionally used for their analgesic effects (also see Muscle Calm Formula). *Ingredients:* Extracts of California Poppy, Skullcap, Bleeding Heart, Aspen, St. John's Wort, Melilot, Hedge Nettle, Motherwort and Baneberry. *Suggested use:* 30 to 90 drops (1-3 squirts) in a little water up to 4X daily, or topically as needed.

Pollen Season – Formulated for people that suffer from hay fever and sinus allergies (best with long term use). It may also be used as a simple decongestant for other wheezy/watery/drippy lung or nose conditions. *Ingredients:* Extracts of Yerba Santa, Yerba Mansa, Ambrosia, Bayberry, Feverfew, Horehound, Inside-Out Flower, Red Root, Horseradish and Oregon Grape. *Suggested use:* 30 to 90 drops (1-3 squirts) in a little water up to 4X daily.

Pros-Tone – Used to maintain prostate health, relieve chronic prostate conditions and soothe any related urinary tract symptoms. Best with long term use, regular aerobic exercise and regular consumption of Brown seaweeds (also see Venous Tonic Formula). *Ingredients:* Extracts of Saw Palmetto, Red Cedar, Nettle Root, Dong Quai, American Ginseng, Cotton Root, Stone Root, Pygeum, Eryngo and Baneberry. *Suggested use:* 30 to 90 drops (1-3 squirts) in a little water up to 4X daily.

Relaxation – A combination of sedative herbs to promote relaxation and a good night's sleep. *Ingredients:* Extracts of Valerian, Skullcap, Passionflower, Catnip, Anemone, Oat Seed, Wild Lettuce, St. John's Wort, Bugleweed, California Poppy and Ashwagandha. *Suggested use:* 60 to 120 drops (2-4 squirts) in a little water up to 4X daily.

Thyroid Calm ◇ These are herbs for calming thyroid function when it is excessive. Best with long term use (also see Adrena-Tone and Heart Calm Formulas). *Ingredients:* Extracts of Bugleweed, Motherwort, Cereus, Oat Seed, Reishi, Skullcap, Devil's Club and American Ginseng. *Suggested use:* 60 to 120 drops (2-4 squirts) in a little water up to 4X daily.

Thyroid Support ◇ Formulated to enhance the effectiveness of our seaweeds (see pages 2 and 3) in supporting healthy thyroid function (also see Adrena-Tone Formula). Other beneficial practices may include reducing stress, getting more sleep, more exercise, increasing consumption of vegetables, coconut oil, olive oil and animal fats/proteins, reducing consumption of grains, sugar, gluten, soy, chlorine and fluoride, and taking probiotics, vitamin B12 and vitamin D. Best with long term use. *Ingredients:* Extracts of Ashwagandha, Gotu Kola, Guggulu, Rhodiola, Blue Flag, Anemone, Prickly Ash, Reishi, Nettle Seed, Eleuthero and American Ginseng. *Suggested use:* 60 to 90 drops (2-3 squirts) in a little water up to 4X daily.

Traveler's Insurance ◇ Composed of antimicrobial and immunostimulant herbs, this formula may be used to protect the digestive tract from vacation-ruining horrors such as traveler's diarrhea, giardia, shigellosis, dysentery, parasites etc. (also see Cramp Calm Formula). *Ingredients:* Extracts of Chaparro, Oregon Grape, Lomatium, Oregano, Quassia, Garlic, Usnea, Eleuthero, Astragalus, Echinacea and Myrrh. *Suggested use:* 30 to 90 drops (1-3 squirts) in a little water up to 4X daily.

Urinary Tract Tonic – This formula can be used to soothe and support the urinary tract and to prevent infections or chronic irritation. Drinking more water, avoiding sugars and starches, eating more vegetables, fats, oils and proteins, and using probiotics, sauerkraut or yogurt may also help. *Ingredients:* Extracts of Corn Silk, Pipsissewa, Horsetail, Marshmallow, Nettle Seed, Bidens, Eryngo, Echinacea and Myrrh. *Suggested use:* 3 to 6 squirts or 1/2 to 1 tsp. in 8 ounces of water up to 4X daily.

Venous Tonic ◇ A blend of herbs that have long been used to support venous tone and to prevent varicose veins, hemorrhoids, and other aching, congested conditions of the uterus, cervix, prostate or legs. Best with long term use (also see Liver Deficiency Tonic). *Ingredients:* Extracts of Stone Root, Witch Hazel, Horse Chestnut, Prickly Ash, Ocotillo, Red Root, Baneberry and Gotu Kola. *Suggested use:* 30 to 90 drops (1-3 squirts) in a little water up to 4X daily.

Wake Up ◇ Made with three of nature's finest caffeine herbs; causes less restlessness than coffee. Extremely convenient! We keep a bottle in our car to use if we feel drowsy (also see Mental Alertness Formula). Contains caffeine; do not use if sensitive to caffeine. Not recommended for use by pregnant or nursing women or by children under 18 years old. *Ingredients:* Extracts of Guarana, Yerba Mate and Green Tea. *Suggested use:* 1 to 3 squirts in a little water up to 4X daily.

**You have the freedom as well as the responsibility to decide what to put into your own body.
The medical information in this catalog has not been evaluated by the FDA, and is for educational purposes only.
It is not intended to replace your own good judgment or the advice of a qualified health care professional.**

Retail Ordering Information

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Ordering by Phone – Call (541) 846-7995. Our business hours are Monday through Friday, 8:00 am to 5:00 pm Pacific Time.

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