

Training Workbook



PART 1: PRODUCTS

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Various Reported Medicinal Properties of Adrenal:

- Adaptogenic
- Antioxidant
- Antispasmodic
- Antiseptic
- Aphrodisiac
- Carminative
- Demulcent
- Diaphoretic
- Diuretic
- Hypotensive
- Nervine
- Stimulant
- Stomachic



ADRENAL

ADRENAL SUPPORT

TO RESOLVE:

- ADRENAL FATIGUE
- EXHAUSTION

TO RESTORE:

- ENERGY
- STAMINA
- ENDURANCE

PRODUCT DESCRIPTION

ADRENAL is a proprietary blend of the extracts of four adaptogenic plants – *Panax quinquefolium*, *Astragalus mongholicus*, *Schisandra Chinensis*, and *Rhodiola Rosea*. This proprietary blend supplies energy and replenishes depleted adrenal glands. The adrenal glands help the body respond to stress and also produce steroids that contribute to the production of over 100 hormones that are vital to optimum health. It is estimated that approximately 95% of the population of the United States suffers from some degree of Adrenal Fatigue which is any decrease in the ability of the adrenal glands to perform normal functions.

RESEARCH

A 2010 randomized, double-blind study found that *Panax quinquefolium* reduced cancer-related fatigue.

Barton DL, et al, "Pilot study of *Panax quinquefolius* (American ginseng) to improve cancer-related fatigue: a randomized, double-blind, dose-finding evaluation: NCCTG trial No3CA," *Support Care Cancer*. 2010;18(2):179-87, DOI: 10.1007/s00520-009-0642-2

A 2001 research article showed that *Schisandra* was found to be a powerful antioxidant and anabolic agent which also promotes glycogenesis, the process that converts carbohydrates into glycogen (which provides the energy necessary to revitalize "stressed out" cells). In addition, *Schisandra* has been found to stimulate the central nervous system, possibly by increasing dopamine. Dopamine is synthesized by the adrenals and an immediate precursor in the synthesis of norepinephrine, which plays a pivotal role in helping the hypothalamus-pituitary-adrenal axis adjust to stress.

Dean, W, "Role of Novel Russian Adaptogenic Compounds in Restoration of Adrenal Function." *Townsend Letter for Doctors and Patients*, Nov. 2001

SUGGESTED DOSAGE

Put 20 drops in 4 oz. of water and wait one minute before drinking. Take twice daily (10 minutes before breakfast and lunch).

NOTES

Various Reported Medicinal Properties of Algas:

- Anti-anemic
- Anti-arthritic
- Antibacterial
- Anti-cellulite
- Anti-hemorrhoidal
- Anti-obesity
- Anti-ulcer
- Anti-venicose Veins
- Antiviral
- Boosts Energy
- Detoxifier
- Digestive Aid
- Glandular Regulator
- Laxative
- Nervine
- Pulmonologic
- Stimulates Metabolism
- Thyroid Regulator



ALGAS METAL DETOX

FOR RESOLVING THE PRESENCE OF
HEAVY METALS IN THE BODY

PRODUCT DESCRIPTION

ALGAS is produced from an extract of *Chondracanthus chamissoi*, red algae collected in the Pacific Ocean off the Peruvian coast. It has been used for decades in Peru as a detoxification aid. Practitioners that have used the product report that it helps to very effectively mobilize heavy metals out of the body, including Aluminum, Arsenic, Cadmium, Indium, Lead, Mercury, Nickel, and Radium. Doctors using it theorize that it mobilizes the heavy metals out of the interior of the cells since many of the patients that are taking **ALGAS** had previously gone through an extensive heavy metal chelation protocol to the point where there were no more metals coming out. When **ALGAS** was added, more metals began to come out of the body.

RESEARCH

According to the Journal of Hazardous Materials' article Pb(II) and Cd(II) biosorption on *Chondracanthus chamissoi* (a red alga), this red algae is an efficient biosorbent for Pb-II (Lead) and Cd-II (Cadmium). The sorption of metal ions is probably due to their interaction with carrageenan (one of the main constituents of the biosorbent).

Journal of hazardous materials (Impact Factor: 4.33). 10/2010; 185(2-3):922-9.
DOI: 10.1016/j.jhazmat.2010.09.108

SUGGESTED DOSAGE

Put 10 drops in 4 oz. of water and wait one minute before drinking. Take every third day at bedtime.

NOTES

Various Reported Medicinal Properties of Amantilla:

- Analgesic
- Anodyne
- Antianxiety
- Antibacterial
- Antihypertensive
- Antihysterical
- Anti-inflammatory
- Antispasmodic
- Anxiolytic
- Carminative
- Diuretic
- Hypnotic
- Nervine
- Sedative



AMANTILLA

RELAX/SLEEP

TO RESOLVE:

- INSOMNIA
- STRESS
- ANXIETY
- PANIC ATTACKS

PRODUCT DESCRIPTION

AMANTILLA is an extract produced from the root of *Valeriana officinalis*, commonly known as valerian. The valerian herb in **AMANTILLA** has been used medicinally for at least 2,000 years. It has been included in many editions of the United States Dispensatory (Merck) since 1849, which reported the herb's effect on the nervous system. It is very effective in treating stress and anxiety. For some, **AMANTILLA** can also be used to induce sleep. GABA (Gamma-aminobutyric acid), sometimes referred to as the body's natural tranquilizer is one of the amino acids produced in the brain. Valerian extracts like **AMANTILLA** stimulate GABA production in quantities sufficient to cause a sedative effect. Therefore, **AMANTILLA** may cause sedation by increasing the amount of GABA available in the synaptic clefts in the brain.

RESEARCH

In June 2005, a study measuring the sedative effect of **AMANTILLA** was conducted on laboratory rodents in Ecuador at the University of Guayaquil. **AMANTILLA** was found to statistically have the same sedative effect as the pharmaceutical Diazepam (Valium).

Allende, S, "Establishment of the potential sedative effect of the product known as **AMANTILLA**, originating from NutraMedix Laboratories, LLC, Florida, United States," *Universidad de Guayaquil Department of Chemical Sciences, Final Report, 08/05/05*

SUGGESTED DOSAGE

Insomnia: Put 30 drops in 4 oz. of water and wait one minute before drinking. Take at bedtime.

Severe Insomnia: Put 30 drops in 4 oz. of water and wait one minute before drinking. Take every 30 minutes beginning 2 hours before bedtime for 5 nights.

Mild Anxiety: Put 10 drops in 4 oz. of water and wait one minute. Take 2 to 4 times per day.

Moderate to Severe Anxiety, Panic Attacks: Put 10 to 15 drops in at least 2 oz. of water. Take every 15 minutes until feeling better. Can also put 2 droppers full (approximately 60 drops) in at least 16 oz. of water and sip over a 2 hour period, repeating until feeling better, then switch to 10 drops in 4 oz. of water 2 to 4 times per day for maintenance.

NOTES

Various Reported Medicinal Properties of Avea:

- Antidepressant
- Anti-inflammatory
- Antimicrobial
- Antimutagenic
- Antioxidant
- Antitumor
- Cholecystokinetic
- Depurative
- Fumitory
- Hemostatic



AVEA

TURMERIC MOOD SUPPORT

FOR RESOLVING MILD, MODERATE AND SEVERE DEPRESSION

PRODUCT DESCRIPTION

AVEA is an extract produced from the root of *Curcuma longa*, commonly known as turmeric. Turmeric has long been used in both Ayurvedic and Chinese medicine as an anti-inflammatory, to treat digestive disorders and liver problems, and for the treatment of skin diseases and wound healing. Recent published studies have been addressing the anti-depressant properties of **AVEA**. Via the proprietary extraction and enhancement process utilized to produce **AVEA**, the product has been enhanced to address the majority of the causes of endogenous depression. Patients suffering from depression report relief within a few hours to a few days after starting the use of **AVEA**.

RESEARCH

In research performed at the Government Medical College's Department of Pharmacology, Bhavnagar, Gujarat, India, a randomized sampling of patients diagnosed with major depressive disorder (MDD) were treated with either fluoxetine (Prozac) or curcumin. The results provided the first clinical evidence that curcumin may be used as an effective and safe modality for treatment in patients with MDD without concurrent suicidal ideation or other psychotic disorders.

Sanmukhani, J, "Efficacy and Safety of Curcumin in Major Depressive Disorder: A Randomized Controlled Trial." *Phytother Res.* 2013 Jul 6. Epub 2013 Jul 6. PMID: 23832433

SUGGESTED DOSAGE

Mild Depression: Put 10 drops in 4 oz. of water and wait one minute before drinking. Take 2 to 4 times per day.

Moderate to Severe Depression: Put 10 drops in 4 oz. of water and wait one minute before drinking. Take every 15 minutes until feeling better. Can also put 2 droppers full (approximately 60 drops) in at least 16 oz. of water and sip over a 2 hour period, repeating until feeling better, then switch to 10 drops in 4 oz. of water 2 to 4 times per day for maintenance.

NOTES

Various Reported Medicinal Properties of Babuna:

- Analgesic
- Anodyne
- Antiallergic
- Antibacterial
- Antidepressant
- Antifungal
- Anti-inflammatory
- Antineoplastic
- Antioxidant
- Antiphlogistic
- Antiseptic
- Antispasmodic
- Antiulcer
- Antiviral
- Astringent
- Carminative
- Choloretic
- Diaphoretic
- Laxative
- Musculotropic
- Nervine



BABUNA

CHAMOMILE SLEEP SUPPORT

FOR RESOLVING SLEEP ISSUES –
INDUCES RESTFUL SLEEP

PRODUCT DESCRIPTION

BABUNA is an extract produced from the flower of *Matricaria recutita*, commonly known as chamomile. Azulene, one of the active natural substances found in **BABUNA**, has been shown to inhibit histamine release and to regulate the effect of serotonin. Serotonin is a multi-role neurotransmitter that the body produces in the brain and other nervous tissue. One of the important functions of serotonin is to slow down nerve traffic and induce normal sleep. The inability to sleep is often caused by a serotonin deficiency. Via the proprietary process used to produce **BABUNA**, this remedy has been designed to improve serotonin function and therefore improve sleep.

RESEARCH

In September, 2005 a clinical study was conducted in Guayaquil, Ecuador on patients suffering from insomnia. The effects of insomnia can range from simple irritability to hallucinations. Over a three week period, the study showed that Babuna was effective for aiding sleep in 68.8% of the patients.

“The treatment of insomnia in patients at 4 hospitals in Guayaquil, Ecuador, using two novel herbal extracts: a double-blind, randomized, multiple crossover, placebo-controlled, multicenter study.” Data collected at the Hospitales del Dia between September 5th and 9th of 2005.

SUGGESTED DOSAGE

Restless Sleep: Put 30 drops in 4 oz. of water and wait one minute before drinking. Take at bedtime.

Severe Restless Sleep: Put 30 drops in 4 oz. of water and wait one minute before drinking. Take every 30 minutes beginning 2 hours before bedtime for 5 nights.

Mild Stress: Put 10 drops in 4 oz. of water and wait one minute. Take 2 to 4 times per day.

Moderate to Severe Stress: Put 10 to 15 drops in at least 2 oz. of water. Take every 15 minutes until feeling better. Can also put 2 droppers full (approximately 60 drops) in at least 16 oz. of water and sip over a 2 hour period, repeating until feeling better, then switch to 10 drops in 4 oz. of water 2 to 4 times per day for maintenance.

NOTES

Various Reported Medicinal Properties of Banderol:

- Broad Spectrum Antiviral
- Broad Spectrum Antifungal
- Broad Spectrum Antibacterial
- Broad Spectrum Antiparasitic
- Antimycoplasma
- Antiprotozoal
- Antirickettsial
- Anti-inflammatory



BANDEROL

MICROBIAL DEFENSE

TO RESOLVE:

- BACTERIAL INFECTIONS
- FUNGAL INFECTIONS
- PARASITIC INFECTIONS
- INFLAMMATION

PRODUCT DESCRIPTION

BANDEROL is an extract produced from the bark of the *Otoba parvifolia* (*Otoba sp.*), a tree that is found in South America. Banderol is very effective against *Borrelia burgdorferi* and the common co-infections in Lyme disease. **BANDEROL** also kills some fungi that Cumanda does not. Some microbes treated by **BANDEROL** include: Anaerobic and Aerobic rods and cocci (many), *Aspergillus* (some), *Babesia*, *Bartonella*, *Borrelia*, *Candida* (some), *Chlamydia*, *Cytomegalovirus*, *Encephalitis viruses* (some), *Hepatitis viruses* (some), *Human Papilloma Viruses* (some), *Mucor* (some), *Mycoplasma*, *Protozoal parasites* (many), *Rickettsia* (including *Coxiella* and *Ehrlichia*). Some conditions treated by **BANDEROL**: Acute and Chronic prostatitis, Acute and Chronic respiratory tract infections (many), Acute and Chronic sinusitis, Asthma, Atherosclerotic disease, Cellulitis, Food poisoning, Lyme disease, Parkinson's disease, Psoriasis, Thrush, Urinary tract infections (many), Vaginal infections.

RESEARCH

In an Anti-inflammatory Effect Study, **BANDEROL** inhibited inflammation by 84.4%. It was compared with Pfizer's bestselling and very toxic anti-inflammatory drug, Feldene (Piroxicam), which inhibited inflammation 85.6% making Banderol 98.6% as effective as Feldene as an anti-inflammatory.

Allende, S, "Determination of the possible Anti-inflammatory effect of the product known as **BANDEROL**, produced by the NutraMedix Laboratories, LLC, Florida." *Universidad de Guayaquil Department of Chemical Sciences, Final Report, 02/16/07*

SUGGESTED DOSAGE

Put 1 to 30 drops in 4 oz. of water and wait one minute before drinking. Start with 1 drop twice daily, at least 30 minutes before meals, increasing slowly up to 30 drops twice daily.

NOTES

Various Reported Medicinal Properties of Barberry:

- Antioxidant
- Antimutagenic
- Antipsoriatic
- Antihypertensive
- Anti-inflammatory
- Antifungal
- Antimicrobial
- Alterative
- Cholagogue
- Antiproliferative
- Astringent
- Stomachic



BARBERRY

MICROBIAL DEFENSE

TO RESOLVE:

- FUNGAL INFECTIONS
- BACTERIAL INFECTIONS

PRODUCT DESCRIPTION

BARBERRY is an extract produced from the root of *Mahonia aquifolium*, commonly known as Oregon Grape Root. The Mayo Clinic in 1999 published research proving that chronic sinusitis is caused by an underlying fungus in the sinuses with a superimposed bacterial infection. Only the acute superimposed bacterial infection is eliminated when a patient is treated with a standard pharmaceutical antibacterial; the underlying chronic fungal infection in the sinuses is not addressed. **BARBERRY** addresses both the bacterial and fungal infections. Many patients that have asthma and bronchospastic disease have chronic sinusitis and/or chronic bronchitis as an underlying cause. Since **BARBERRY** addresses the underlying infectious causes so well, it usually helps resolve the bronchospasm and asthma. Many practitioners have also found that atherosclerotic disease appears to be primarily an infectious disease caused by bacteria, fungi and sometimes viruses; those practitioners have found **BARBERRY** to be very helpful in resolving the infection which then causes atherosclerosis to diminish and resolve. **BARBERRY** effectively treats Chlamydia pneumonia, mycoplasma, many herpes viruses of different types and mucor; peer-reviewed literature states that all of these are known to contribute to atherosclerotic disease.

RESEARCH

Research on the extract of the bark of *Mahonia aquifolium* has indicated that its primary bioactive characteristic is the inhibition of lipid peroxidation, and that its main constituents are the alkaloids berberine, berbamine, and oxyacanthine. In addition, *Mahonia aquifolium* bark extract has been shown to inhibit keratinocyte growth in psoriasis. In one study, berberine was as effective as the mahonia extract at inhibiting cell growth, while berbamine and oxyacanthine, the benzyloquinoline alkaloid constituents of mahonia, were three times as effective at cell growth suppression.

Baumann, LS, "Mahonia," *Skin & Allergy News*. DOI:10.1016/S0037-6337(08)70314main.pdf 05/08

SUGGESTED DOSAGE

Put 15 to 30 drops in 4 oz. of water and wait one minute before drinking. Take twice daily at least 30 minutes before meals.

NOTES

Various Reported Medicinal Properties of Burbur:

- Antiallergic
- Antianaphylactic
- Antiasthmatic
- Anti-inflammatory
- Antimalarial
- Antimicrobial
- Antiparasitic
- Antispasmodic
- Antitumor
- Antiviral
- Chronotropic
- Depurative
- Diuretic
- Hepatoprotector
- Immuno-modulator
- Inotropic
- Sedative
- Digestive



BURBUR DETOX

TO RESOLVE TOXICITY OF:

- LIVER ●
- KIDNEYS ●
- LYMPHATIC SYSTEM ●
- GROUND MATRIX (SPACE BETWEEN THE CELLS) ●

PRODUCT DESCRIPTION

BURBUR is an extract produced from the leaves of *Desmodium molliculum*, a perennial plant from South America. The herb in **BURBUR** has been traditionally used for its body cleansing properties. It is very effective in aiding detoxification of the liver, kidneys, lymphatic system and the ground matrix. **BURBUR** is commonly used in conjunction with antimicrobials produced by NutraMedix like Samento, Banderol and Cumanda. Many health care professionals have reported that **BURBUR** can be used in place of 5 detoxification remedies. In many cases a significant healing crisis (Herxheimer's reaction) can be dramatically reduced or eliminated with the frequent use of **BURBUR**, approximately every 10 minutes.

RESEARCH

A 2005 study demonstrated that the administration of **BURBUR** after taking acetaminophen (an over-the-counter medication with the known side-effect of potentially causing severe liver damage) was capable of protecting the liver when administered in specific concentrations in laboratory tests using mice.

Allende, S, "Determination of the possible Hepatoprotector potential of the product Burbur Detox originating from NutraMedix LLC Laboratories, Jupiter, Florida, United States." Universidad de Guayaquil Department of Chemical Sciences, Final Report, 05/27/05

SUGGESTED DOSAGE

General Detox Aid: Put 10 drops in 4 oz. of water and wait one minute before drinking. Take 1 to 2 times daily.

Mild Toxicity: Put 10 drops in 4 oz. of water and wait one minute before drinking. Take 10 drops 3 to 4 times daily. May be taken several times per day as needed.

Moderate to Severe Toxicity and Herxheimer-like Reaction: Put 10 drops in 2 oz. of water and wait one minute before drinking. Take every 15 minutes until feeling better. Can also put 2 droppers full (approximately 60 drops) in at least 16 oz. of water and sip over a 2 hour period, repeating until feeling better.

NOTES

Various Reported Medicinal Properties of Burbur-Pinella:

- Antiallergic
- Antitumor
- Antianaphylactic
- Antiviral
- Antiasthmatic
- Depurative
- Anti-inflammatory
- Digestive
- Antimalarial
- Diuretic
- Antimicrobial
- Expectorant
- Antispasmodic



BURBUR-PINELLA DETOX/BRAIN-NERVE CLEANSE

TO RESOLVE TOXICITY OF:

- BRAIN
- SPINAL CORD
- PERIPHERAL NERVES
- LIVER
- KIDNEYS
- LYMPHATIC SYSTEM
- GROUND MATRIX (SPACE BETWEEN THE CELLS)

PRODUCT DESCRIPTION

BURBUR-PINELLA is a combination of two extracts: **BURBUR**, produced from *Desmodium molliculum*, and **PINELLA**, produced from *Pimpinella anisum*; both perennial plants from South America. The herb in **BURBUR** has been traditionally used for its body cleansing properties. It is very effective in aiding detoxification of the liver, kidneys, lymphatic system and the ground matrix. **PINELLA** is reported to be very effective in eliminating both man-made and biotoxins from the brain, spinal cord, and peripheral nervous system. **BURBUR** and **PINELLA** are both integral components of the Cowden Support Program, a Lyme disease protocol developed by Wm. Lee Cowden, MD. The combination of **BURBUR** and **PINELLA** is very effective when a Herxheimer-like reaction is suspected.

RESEARCH

Essential oil of *Pimpinella anisum* (anise oil) was tested for its possible anti-seizure and anti-hypoxia effects in epileptic rats. Anise oil significantly inhibited production of dark neurons in the brains and significantly enhanced the duration of the appearance of anoxic terminal negativity induced by oxygen withdrawal and inhibited induction of LTP. This indicated anticonvulsant and neuroprotective effects of anise oil.

Karimzadeh, F, "Anticonvulsant and neuroprotective effects of *Pimpinella anisum* in rat brain." *BMC Complement Altern Med.* 2012 Jun 18;12:76. doi: 10.1186/1472-6882-12-76.

SUGGESTED DOSAGE

General Detox: Put 20 drops in 4 oz. of water and wait one minute before drinking. Take 1 to 2 times daily.

Mild Toxicity: Put 10 drops in 4 oz. of water and wait one minute before drinking. Take 3 to 4 times daily. May be taken several times per day as needed.

Moderate to Severe Toxicity and Herxheimer-like Reaction: Put 20 drops in 2 oz. of water and wait one minute before drinking. Take every 15 minutes until feeling better. Can also put 4 droppers full (approximately 120 drops) in at least 16 oz. of water and sip over a 2 hour period, repeating until feeling better.

NOTES

Various Reported Medicinal Properties of Chanca Piedra:

- Antiviral
- Antifungal
- Antibacterial
- Antispasmodic
- Antimutagenic
- Diuretic
- Hypoglycemic
- Antilithic
- Analgesic
- Antimalarial
- Hepatoprotective



CHANCA PIEDRA STONE BREAKER

TO RESOLVE:

- KIDNEY STONES/GALLSTONES
- OBSESSIVE COMPULSIVE DISORDER (OCD)
- INFECTIONS FROM SOME PARASITES, BACTERIA AND VIRUSES

PRODUCT DESCRIPTION

CHANCA PIEDRA is an extract produced from the leaves and stems of the **CHANCA PIEDRA** (*Phyllanthus niruri*) plant that is found in South America. **CHANCA PIEDRA** has been used for generations by the indigenous population of South America in eliminating gallstones and kidney stones, reducing pain and spasms associated with these stones and treating malaria, colds, flu and certain other infections. Anecdotal reports in humans suggest **CHANCA PIEDRA** also has anti-Babesia and anti-OCD properties.

RESEARCH

Phyllanthus niruri has been found to exhibit marked inhibitory effect on hepatitis B virus evidenced by its exhaustive utility in cases of chronic jaundice and a published study verified this in woodchucks with hepatitis virus.

Venkateswaran PS, et.al, "Effects of an extract from *Phyllanthus niruri* on hepatitis B and woodchuck hepatitis viruses: in vitro and in vivo studies." *Proc Natl Acad Sci USA*. 1987; 84(1):274-8.

One study also examined the anti-HIV effects of the alkaloidal extract of *Phyllanthus niruri* in human cell lines. This alkaloidal extract suppressed activity of HIV-1 and was found to exhibit sensitive inhibitory response on cytopathic effects induced by both the strains of human immunodeficiency virus on human MT-4 cells in the tested concentrations.

Naik AD, "Effects of alkaloidal extract of *Phyllanthus niruri* on HIV replication." *Indian J Med Sci*, 2003;57:387

In several in vitro and animal studies, daily intake of this herb helped to prevent the formation of kidney stones. The growth of the matrix calculus, as well as the stone satellites, was greatly reduced in the animals treated with *Phyllanthus niruri*. In addition, the calculi were eliminated or dissolved in some of the treated animals.

Freitas, AM, (2002), "The effect of *Phyllanthus niruri* on urinary inhibitors of calcium oxalate crystallization and other factors associated with renal stone formation." *BJU International*, 89: 829-834. doi: 10.1046/j.1464-410X.2002.02794.x

SUGGESTED DOSAGE

Put 1 to 30 drops in 4 oz. of water and wait one minute before drinking. Take twice daily at least 30 minutes before meals.

NOTES

Various Reported Medicinal Properties of Cumanda:

- Antibacterial
- Antifungal
- Antiviral
- Antiparasitic
- Anti-inflammatory
- Analgesic
- Immune System Modulator



CUMANDA

MICROBIAL DEFENSE

TO RESOLVE:

- BACTERIAL INFECTIONS
- FUNGAL INFECTIONS
- PARASITIC INFECTIONS
- VIRAL INFECTIONS
- INFLAMMATION

PRODUCT DESCRIPTION

CUMANDA is an herbal extract made from the bark of the *Campsiandra Angustifolia* tree, found in South America. It has been used by indigenous groups in that region for hundreds of years. **CUMANDA** is very effective in treating the *Borrelia burgdorferi* bacteria and practitioners are now using it in conjunction with Samento to treat Lyme Borreliosis with co-infections. Lyme Borreliosis has been linked to hundreds of medical conditions. Many researchers and physicians believe that Lyme Borreliosis may be a factor in most chronic conditions. One of the most impressive benefits of **CUMANDA** is its antifungal action. Physicians report that it is effective in treating many difficult to treat fungi including *Candida krusei*, *Candida albicans* and *Aspergillus niger*, to name a few.

RESEARCH

In May 2005, pharmacological studies were conducted in laboratory rodents at the University of Guayaquil in Ecuador. In an Anti-inflammatory Effect Study the **CUMANDA** inhibited inflammation by 97%. It was compared with Pfizer's bestselling and very toxic anti-inflammatory drug, Feldene (Piroxicam), which inhibited inflammation by 98%.

Allende, S, "Establishment of the potential anti-inflammatory effect of the product known as **CUMANDA**, originating from NutraMedix Laboratories, LLC, Florida." *Universidad de Guayaquil Department of Chemical Sciences 05/27/05*

At the University of Guayaquil in Ecuador, **CUMANDA** was determined to be 86% as effective as aspirin as an analgesic.

Allende, S, "Establishment of the potential analgesic effect of the product known as **CUMANDA**, originating from NutraMedix Laboratories, LLC, Florida." *Universidad de Guayaquil Department of Chemical Sciences 03/05/05*

SUGGESTED DOSAGE

Put 1 to 30 drops in 4 oz. of water and wait one minute before drinking. Start with 1 drop twice daily, at least 30 minutes before meals, increasing slowly up to 30 drops twice daily.

NOTES

Various Reported Medicinal Properties of Enula:

- Antiparasitic
- Antibacterial
- Lyme Disease
- Digestive System Health



ENULA

MICROBIAL DEFENSE

TO RESOLVE:

- BACTERIA INFECTIONS
- PARASITIC INFECTIONS
- LYME DISEASE

PRODUCT DESCRIPTION

ENULA is a proprietary blend of the extracts of two plants: Elecampane (*Inula helenium*), and Jalapa (*Ipomoea purga*). Elecampane contains inulin which helps promote beneficial intestinal bacteria. This is very important since 70% of the immune system is located in the digestive system. Studies have also shown two other active ingredients in elecampane, alantolactone, and isoalantolactone, to be useful in treating parasites, including roundworm, hookworm, whipworm, and threadworm; this research supports the traditional use of elecampane to treat digestive disorders and parasitic infections. Many practitioners have noted that **ENULA** is effective against certain species of Babesia, a parasite commonly associated with Borreliosis (Lyme disease).

RESEARCH

In late 2007, researchers at Cork Institute of Technology, in Cork, Ireland reported that [Elecampane] *Inula helenium* kills the potentially fatal methicillin-resistant *Staphylococcus aureus* (MRSA) and methicillin-sensitive *S. aureus* (MSSA). Extracts from two plants were tested against a group of staphylococci including MRSA and Elecampane proved 100% effective against the 200 staphylococci tested.

O'Shea, S, "In vitro activity of *Inula helenium* against clinical *Staphylococcus aureus* strains including MRSA." *Br J Biomed Sci.* 2009;66(4):186-9.

A 1990 study showed that *Ipomoea jalapa* was among the enanolic plant extracts that inhibited growth of *Mycobacterium Tuberculosis*. It has been deemed to be therapeutically useful; having both antituberculosis and other antimicrobial properties.

Grange, JM (1990), "Detection of antituberculous activity in plant extracts." *J Appl Bacteriol.* 1990 Jun;68(6):587-91

SUGGESTED DOSAGE

Put 1 to 30 drops in 4 oz. of water and wait one minute before drinking. Start with 1 drop twice daily, at least 30 minutes before meals, increasing slowly up to 30 drops twice daily.

NOTES

Various Reported Medicinal Properties of Ezov:

- Antispasmodic
- Antiviral
- Carminative
- Diaphoretic
- Expectorant
- Reduces Phlegm
- Relaxes Peripheral Blood Vessels
- Resolves Emotions
- Sudorific
- Topical Anti-inflammatory



EZOV

EMOTIONAL BALANCE

FOR RESOLVING SUBCONSCIOUS TOXIC EMOTIONS THAT ARE THE ROOT CAUSE OF MANY PHYSICAL SYMPTOMS AND PSYCHOLOGICAL DISORDERS

PRODUCT DESCRIPTION

EZOV is an extract produced from the flowers of *Hyssop officinalis*, commonly known as Hyssop. **EZOV** is primarily used to help the patient resolve subconscious (suppressed) emotions that may affect his/her health. Many healthcare professionals believe that there are 4 major groups of toxins that can contribute to chronic or degenerative disease: 1) microbial biotoxins, 2) heavy metals, 3) other environmental toxins, and 4) emotions. Many doctors also believe that emotions (especially subconscious) cause the patient to more avidly hold on to heavy metals and other toxins. Most of the emotions that affect our health originate before the age of 6 since it is difficult or even impossible for a child to process most traumatic or deep emotional events. Some suppressed emotions can contribute to a medical condition immediately but subconscious emotions can also negatively affect our health many years after the emotions were suppressed. Most practitioners believe that emotions are the most difficult contributor to illness to treat.

RESEARCH

Immuno-Selective Anti-Inflammatory Derivatives (ImSAIDs), one of which is in hyssop, are a class of peptides that are reported to have anti-inflammatory effects and can attenuate the amplified inflammatory response by limiting the activation and migration of inflammatory cells thus providing neuro-protective strategies for victims exposed to blasts. This protects the CNS (Central Nervous System) from a pressure effect associated with posttraumatic stress disorder and reactive depression.

Chen, Y, "Concepts and Strategies for Clinical Management of Blast-Induced Traumatic Brain Injury and Posttraumatic Stress Disorder," *J Neuropsychiatry Clin Neurosci.* 2013 Spring; 25(2):103-10. <http://dx.doi.org/10.1176/appi.neuropsych.12030058>

SUGGESTED DOSAGE

Put 1 to 8 drops in 4 oz. of water and wait one minute before drinking. Start with 1 drop daily just before bedtime. Add one drop per dose every three days until reaching 8 drops per night (for a small adult) by day 22 or 10 drops (for a larger adult) by day 28. Take for at least two months at full dosage. If not able to sleep well, reduce the dosage and/or the rate of build-up.

NOTES

Various Reported Medicinal Properties of Hormonal Balance:

- Aphrodisiac
- Diuretic
- Hypertensive
- Tonic
- Antioxidant
- Antidiabetic
- Anti-asthmatic
- Antitussive
- Anti-cephalgic
- Anti-inflammatory
- Anti-ostealgic
- Anti-pyretic
- Anti-ulcerous



HORMONAL BALANCE FOR WOMEN

FOR IMPROVING:

- SEXUAL DESIRE AND INTENSITY
- PERFORMANCE
- STAMINA

PRODUCT DESCRIPTION

HORMONAL BALANCE is a proprietary blend of the extracts of seven plants — *Epimedium grandiflorum*, *Jatropha macrantha*, *Lepidium meyenii* (Peruvian), *Ptychopetalum olacoides*, *Eustephia coccinea* (Peruvian), *Tribulus Terrestris*, and *Eurycoma longifolia*. **HORMONAL BALANCE'S** ingredients counteract many of the factors that affect normal libido including stress, low testosterone, diabetes, depression, arthritis, benign prostatic hypertrophy (BPH), poor sleep, consuming too much alcohol, anger, menopause, medications, chronic pain, anemia, hypothyroidism and cardiovascular disease. When left untreated, low libido is often associated with decreased sexual desire, erectile dysfunction, hair loss, lack of energy, increased body fat, mood changes, fatigue, loss of muscle mass, or a decrease in bone mass. The ingredients in **HORMONAL BALANCE** not only cleanse and eliminate built-up toxins and promote cellular repair, they also balance hormones, promote blood flow, relax and build smooth muscles, and relieve hormone imbalances (i.e., PMS) coinfections that are usually associated with this condition.

RESEARCH

IN VIVO – ACUTE ORAL TOXICITY TESTS

An acute oral toxicity study was conducted by the University of Guayaquil, Ecuador concluding that **HORMONAL BALANCE** did not produce toxic effects, thus the product is considered practically innocuous for humans when administered in the acute form. Therefore; studies of acute toxicity at higher doses in humans are not necessary.

SUGGESTED DOSAGE

Take 20 drops twice daily. Can be taken under the tongue or in 2 to 4 oz. of water.

NOTES

Various Reported Medicinal Properties of Houttuynia:

- Antibacterial
- Antiviral
- Immunomodulation
- Antioxidant
- Anti-mutagenic



HOUTTUYNIA

MICROBIAL DEFENSE

TO RESOLVE:

- VIRAL INFECTIONS (ACUTE AND CHRONIC)
- BACTERIAL INFECTIONS (ACUTE AND CHRONIC)

PRODUCT DESCRIPTION

HOUTTUYNIA is an extract of the leaves of *Houttuynia cordata*. *Houttuynia cordata* is a Chinese medicinal herb that is found throughout Eastern Asia. It has been used traditionally to treat various types of infections, inflammation, hypertension, sinusitis, pulmonary tuberculosis, etc. Dr. James Schaller has found **HOUTTUYNIA** to be effective against Bartonella in vitro and in vivo and Dr. Lee Cowden has found **HOUTTUYNIA** to be effective against Bartonella clinically in patients who have resistant strains of Bartonella.

RESEARCH

Cognitive impairment is a result of dementia of diverse causes, such as cholinergic dysfunction and Alzheimer's disease (AD). Research results indicate that water extracts of H. cordata herb (HCW) improved cognitive impairment, due to cholinergic dysfunction, with inhibitory effects against tauopathies and cholinergic antagonists, suggesting that HCW may be an interesting candidate to investigate for the treatment of AD.

Huh, E, "Houttuynia cordata Improves Cognitive Deficits in Cholinergic Dysfunction Alzheimer's Disease-Like Models." *Biomol Ther (Seoul)*. 2014 May;22(3):176-83. doi:10.4062/biomolther.2014.040.

The results of this study provided scientific data to support the efficient and safe use of H. cordata to combat severe acute respiratory syndrome (SARS).

Lau, KM, "Immunomodulatory and anti-SARS activities of Houttuynia cordata." *J Ethnopharmacol*. 2008 Jun 19;118(1):79-85. doi:10.1016/j.jep.2008.03.018. Epub 2008 Mar 30.

SUGGESTED DOSAGE

Put 1 to 30 drops in 4 oz. of water and wait one minute before drinking. Start with 1 drop twice daily, at least 30 minutes before meals, increasing slowly up to 30 drops twice daily.

NOTES

Various Reported Medicinal Properties of Magnesium Malate:

- Anti-constipation
- Anti-diabetes
- Anti-fibromyalgia Pain
- Anti-chronic Fatigue Syndrome
- Bone Health
- Brain Support
- Improves Heart Failure
- Muscle Relaxant
- Protein Synthesis
- Supports Nervous System
- Tooth Health



MAGNESIUM MALATE DIETARY SUPPLEMENT

- FOR RESOLVING LOW ENERGY AND MUSCLE CRAMPS
- REDUCES PAIN
- AIDS CELLULAR AND BOWEL DETOXIFICATION
- FACILITATES SMOOTH MUSCLE CONTRACTION
- SUPPORTS SLEEP RELAXATION
- HEART HEALTH

PRODUCT DESCRIPTION

MAGNESIUM MALATE is an essential mineral that is required by every cell in the human body and is important for helping to maintain normal cardiovascular, muscle, nerve, bone and cellular function. According to many health care practitioners, malic acid is utilized by the cells for energy production in the mitochondria and magnesium is simultaneously drawn through the cell membrane into the mitochondria, where it is most needed. Most alternative and integrative practitioners find a wide variation in the efficacy of different forms of magnesium. Magnesium oxide, one of the most commonly found forms in nutritional supplements, has the lowest absorption and utilization rate. **MAGNESIUM MALATE** by NutraMedix (in the form of Dimagnesium malate powder with 20% elemental magnesium in each capsule) is likely to be the most effective form of magnesium, as it is probably the type best absorbed and utilized by the body.

RESEARCH

According to the US Department of Agriculture, 57% of the US population are deficient in magnesium (<http://www.ars.usda.gov/Services/docs.htm?docid=15672>). Magnesium is an essential cofactor in the function of at least 300 different enzymes in the human body involved in energy production, protein synthesis, bone development, muscle and nerve function and maintenance of normal blood glucose, normal blood pressure and normal heart rhythm, just to name a few. One of the most comprehensive research summaries on magnesium, with hundreds of references, is “Dietary Reference Intakes for Calcium, Phosphorous, Magnesium, Vitamin D and Fluoride” from the National Academies Press, 1997 (<http://www.ncbi.nlm.nih.gov/books/NBK109825/>).

SUGGESTED DOSAGE

Take 2 capsules twice daily before meals. Increase dosage, if needed, until reaching bowel tolerance (stool is looser than you would like) then slightly decrease the dosage. Patients who have kidney insufficiency or kidney failure should monitor their serum magnesium when taking magnesium of any type.

NOTES

Various Reported Medicinal Properties of Mapalo:

- Analgesic
- Anti-helminthic
- Anti-bronchitis
- Anti-diarrheal
- Anti-fungal
- Anti-inflammatory
- Anti-neoplastic
- Antioxidant
- Anti-venicose Veins
- Cardio-protective
- Hypoglycemic



MAPALO

NEURO SUPPORT

- TO RESOLVE BRAIN & CENTRAL NERVOUS SYSTEM TOXINS
- TO REDUCE BRAIN FOG
- TO STIMULATE REGENERATION OF BRAIN, SPINE & PERIPHERAL NERVES

PRODUCT DESCRIPTION

MAPALO is an herbal extract made from the bark of the *Matapalo Phoradendrum crassifolium* tree - a Ficus species. Tribal groups in South America have reported it to have neuro-regenerative properties, pain-reducing properties, as well as many other impressive medicinal effects. Some health care professionals have reported that **MAPALO** can be helpful in stopping the progression of, or reversing, disorders such as Alzheimers' disease, Parkinson's disease, and certain other neurodegenerative diseases, in part, by helping to detoxify heavy metals and other toxins from the brain.

RESEARCH

Ethnomedical practitioners extensively use trees of the Moraceae family (including the Ficus species) because of the remarkable therapeutic effects of the presence of an array of phytochemicals which include flavonoids, alkaloids, tannins, stilbenes, terpenoids and other active proteins.

Dangarembizi, R, "Phytochemistry, Pharmacology and Ethnomedicinal Uses of *Ficus Thonningii* (Blume Moraceae): A Review." *Afr J Tradit Complement Altern Med*. 2013; 10(2): 203-212 PMID: PMC3746567

SUGGESTED DOSAGE

Note: This product should be used with 10 drops of Burbur or Parsley (in the same water) for more complete elimination of toxins.

Put 15 drops in 4 oz. of water and wait one minute before drinking. Take twice daily at least 30 minutes before meals (start with 1 drop in 4 oz. of water adding a drop with each dose).

Moderate to Severe Toxicity and Herxheimer-like Reaction: Put 1-15 drops in 2-4 oz. of water and wait one minute before drinking. Take every 15 minutes until feeling better. Can also put 2 droppers full (approximately 60 drops) in at least 16 oz. of water and sip over a 2 hour period, repeating until feeling better.

NOTES

Various Reported Medicinal Properties of Melatonin:

- Anti-anxiety
- Anti-cephalgic
- Anticoagulant
- Anti-inflammatory
- Anti-neoplastic
- Antihypertensive
- Antioxidant
- Neuro-protector
- Sleep Inducer



MELATONIN

SLEEP

FOR RESOLVING MELATONIN DEFICIENCY, INSOMNIA, IRRITABILITY AND MEMORY LOSS

PRODUCT DESCRIPTION

MELATONIN is a neuro-hormone that is related to a wide range of physiological functions in the human body. **MELATONIN** (N-acetyl-5-methoxytryptamine) is both a neurotransmitter and a hormone that is most known for regulating the body's circadian rhythm ("internal body clock" that regulates the 24-hour cycle of biological processes, including the sleep/wake cycle). **MELATONIN** also works in synch with the neurotransmitter serotonin and both are made from the same chemical precursor. Low levels of melatonin have been associated with depression, fibromyalgia, insomnia, some seizure disorders, etc. Night-time light exposure and taking certain drugs like beta-blockers reduce melatonin levels. Some health practitioners have observed that administering melatonin to children with attention deficit disorder often causes those children to become more calm and more focused in their thoughts.

RESEARCH

Since beta-blockers suppress endogenous nighttime melatonin secretion and may cause insomnia, randomized, double-blind, placebo-controlled, parallel-group testing on whether nightly melatonin supplementation improves sleep in hypertensive patients treated with beta-blockers was done. Three weeks of nightly melatonin supplementation significantly improved sleep quality.

Scheer, FA, "Repeated melatonin supplementation improves sleep in hypertensive patients treated with beta-blockers: a randomized controlled trial" (NCT00238108). *Sleep*. 2012 Oct 1;35(10):1395-402.

SUGGESTED DOSAGE

Put 5 drops under the tongue at bedtime, increasing to 15 drops if needed. Repeat during the night as needed. May also be applied topically to the temples anytime as needed.

NOTES

Various Reported Medicinal Properties of Mora:

- Anti-parasitic
- Antibacterial
- Anti-fungal
- Anti-nociceptive Effect (Increases Tolerance For Pain)
- Anti-motility Effect
- Estrogenic Activity
- Choleric Effect
- Antioxidant Activity
- Cytoprotective



MORA

MICROBIAL DEFENSE

TO RESOLVE:

- LYME DISEASE
- INFLAMMATION
- BACTERIAL INFECTIONS
- FUNGAL INFECTIONS
- PARASITIC INFECTIONS

PRODUCT DESCRIPTION

MORA is a proprietary blend of the extracts of three plants Blackberry, Capirona, and Yarrow. Traditionally, Yarrow (*Achillea millefolium*) has been used to treat a number of medical conditions. It was used to help stop minor bleeding and to treat wounds, to treat inflammation in a number of conditions, fight fevers, treat gastrointestinal conditions, lessen heavy menstrual bleeding, and improve circulation. Some of the compounds found in Yarrow that may explain its medicinal benefits are apigenin, luteolin, centaureidin, casticin, artemetin, paulitin, isopaulitin, psilostachyin, desacetylmaticarin and sintenin. Traditionally, blackberry leaf tea (*Rubus fruticosus*) has been used to treat parasites and Capirona (*Calycophyllum spruceanum*) to treat diabetes, soothe the skin and for fungal, bacterial and parasitic infections.

RESEARCH

A study on yarrow confirms the knowledge of traditional medicine in antiparasitic effects of yarrow. It appears that plant flavonoids and other phenolic compounds (including Apigenin, Luteolin, and Quercetin) are the main active ingredients against leeches. The results of an experimental study in a rat model showed that extracts and essential oils of the yarrow caused inactivation of *Enterobius vermicularis*, and cut off the worm expulsion and had a good influence on healing of cutaneous Leishmaniasis. In general, it can be stated that Yarrow, in comparison to levamisole and niclosamide, is able to kill leeches and can be used as a natural anti-leech medicinal product.

Bahmani, M, "The Anti-Leech Effect of Ethanolic Extract of *Achillea Millefolium* L. Compared to Levamisole and Niclosamide on *Limnatic nilotica*," *Studia Universitatis "Vasile Goldis", Seria Stiintele Vietii* Vol. 24, issue 3, 2014, pp.293-297

SUGGESTED DOSAGE

Put 1 to 30 drops in 4 oz. of water and wait one minute before drinking. Start with 1 drop twice daily, at least 30 minutes before meals, increasing slowly up to 30 drops twice daily.

NOTES

Various Reported Medicinal Properties of Noni:

- Adaptogen
- Analgesic
- Anticancerous
- Anti-inflammatory
- Antimicrobial
- Antimutagenic
- Anti-ulcerous
- Immunomodulator
- Sedative



NONI

MICROBIAL DEFENSE

FOR:

- VIRAL INFECTIONS ●
- INFLAMMATION ●
- IMMUNE SYSTEM MODULATION ●

PRODUCT DESCRIPTION

NONI is a tropical fruit that is grown in the Pacific Islands. It has been successfully used for over 2000 years in Polynesia to treat a variety of illnesses. The most beneficial **NONI** is grown organically in pollution free volcanic soil. James Howenstine, MD, and other medical doctors report that the NutraMedix **NONI** extract can eliminate the symptoms associated with colds and flu within 3 to 4 hours. Physicians report that 30 ml (one ounce) of NutraMedix **NONI** extract is as effective as up to 8 liters or 8 quarts of **NONI** juice from other companies.

RESEARCH

One study showed that the inhibition of inflammatory activity present in **NONI** juice was compared with that of commercial traditional non-steroidal inflammatory drugs such as aspirin, Indomethacin® and Celebrex®. **NONI** juice showed selective inhibition of COX enzyme activity in vitro and a strong anti-inflammatory effect comparable to that of Celebrex® and presumably without side effects.

Chan-Blanco, Y, "The noni fruit (*Morinda citrifolia* L.): A review of agricultural research, nutritional and therapeutic properties," *Journal of Food Composition and Analysis* 19 (2006) 645-654

SUGGESTED DOSAGE

Put 15 to 30 drops in 4 oz. of water and wait one minute before drinking. Take twice daily (start with 15 drops adding two drops with each dose until you reach 30).

NOTES

Various Reported Medicinal Properties of Parsley:

- Anti-alopecial (Hair Loss)
- Anti-anemic
- Anti-arthritis
- Anti-cardiovascular Disease
- Anti-gallstones
- Anti-conjunctivitis
- Anti-cystitis
- Anti-dermatitic
- Anti-diarrheal
- Anti-fatigue
- Anti-glaucoma
- Anti-gout
- Anti-infection
- Anti-jaundice
- Anti-kidney Stones
- Anti-liver Disease
- Anti-menstrual Irregularity
- Antineoplastic
- Anti-rheumatism
- Galactagogue
- Hypotensive



PARSLEY DETOX

TO RESOLVE TOXICITY OF:

- LIVER ●
- KIDNEYS ●
- LYMPHATIC SYSTEM ●
- GROUND MATRIX (SPACE BETWEEN THE CELLS) ●

PRODUCT DESCRIPTION

PARSLEY is an extract produced from the leaves and stems of *Petroselinum crispum*. It is a short-lived perennial herb that is a member of the carrot family. The herb **PARSLEY** provides dietary calcium, iron, riboflavin, thiamine, carotenes, ascorbic acid, and vitamins A and C. It is very effective in aiding detoxification of the liver, kidneys, lymphatic system and the ground matrix. **PARSLEY** is commonly used in conjunction with antimicrobials produced by NutraMedix like Samento, Houttuynia, Banderol, Cumanda, Enula, and Mora. Many health care professionals have reported that **PARSLEY** can be used in place of 4 or 5 other detoxification remedies. In many cases, a significant healing crisis (Herxheimer's reaction) can be dramatically reduced or eliminated by taking 10 drops of **PARSLEY** approximately every 10 minutes for an hour or two.

RESEARCH

An ethanolic extract of **PARSLEY** was tested for its ability to inhibit gastric secretion and to protect gastric mucosa against the injuries caused by pyloric ligation, hypothermic restraint stress, indomethacin and cyto-destructive agents in rats. The extract had a significant anti-ulcerogenic activity on the models used and also a **PARSLEY** extract pretreatment replenished gastric wall mucus and non-protein sulfhydryl contents.

Al-Howiriny, T, "Prevention of Experimentally-induced Gastric Ulcers in Rats by an Ethanolic Extract of "PARSLEY" *Petroselinum crispum*." *Am. J. Chin. Med.* 31, 699(2003). DOI:10.1142/50192415x03001405

SUGGESTED DOSAGE

General Detox Aid: Put 10 drops in 4 oz. of water and wait one minute before drinking. Take 1 to 2 times daily.

Mild Toxicity: Put 10 drops in 4 oz. of water and wait one minute before drinking. Take 10 drops 3 to 4 times daily. May be taken several times per day as needed.

Moderate to Severe Toxicity and Herxheimer Reaction (healing crisis): Put 10 drops in 2 oz. of water and wait one minute before drinking. Take every 15 minutes until feeling better. Can also put 2 droppers full (approximately 60 drops) in at least 16 oz. of water and sip over a 2 hour period, repeating until feeling better.

NOTES

Various Reported Medicinal Properties of Pinella:

- Analgesic
- Anodyne
- Antibacterial
- Anti-convulsant
- Anti-fungal
- Antimicrobial
- Antioxidant
- Antiviral
- Aphrodisiac
- Aromatic
- Carminative
- Diaphoric
- Disinfectant
- Diuretic
- Dysmenorrhea
- Galactagogue
- Hypoglycemic
- Hypolipidemic
- Menopausal Hot Flashes
- Muscle Relaxant
- Nervine Stimulant
- Sudorific



PINELLA

BRAIN-NERVE CLEANSE

FOR RESOLVING BRAIN AND SPINAL CORD TOXICITY

PRODUCT DESCRIPTION

PINELLA is an herbal extract made from *Pimpinella anisum*. It has been used by indigenous groups for hundreds of years. **PINELLA** is an integral component of a Lyme disease protocol developed by William Lee Cowden, MD. Dr. Cowden and other health care professionals report that it is very effective in eliminating both man-made toxins and biotoxins from the brain, the spinal cord and peripheral nerves. Both patients and health care professionals also report that many times there is a significant reduction in brain fog, even after only one dose.

RESEARCH

Research indicates anticonvulsant and neuroprotective effects of anise oil, likely by inhibition of synaptic plasticity.

Karimzadeh, F, "Anticonvulsant and neuroprotective effects of *Pimpinella anisum* in rat brain." *BMC Complement Altern Med.* 2012 Jun 18;12:76. doi: 10.1186/1472-6882-12-76.

Three hydroalcoholic extracts which inhibited acetylcholine-induced contraction were tested for activity in rat ano-coccygeus smooth muscle. The relaxant action displayed by *Pimpinella anisum* justifies its use in folk medicine as an antispasmodic agent.

Tirapelli, CR, "Antispasmodic and relaxant effects of the hydroalcoholic extract of *Pimpinella anisum* (Apiaceae) on rat anococcygeus smooth muscle." *J Ethnopharmacol.* 2007 Mar 1;110(1):23-9. Epub 2006 Sep 6.

SUGGESTED DOSAGE

General Detox: Put 10 drops in 4 oz. of water and wait one minute before drinking. Take 1 to 2 times daily.

Mild Toxicity: Put 10 drops in 4 oz. of water and wait one minute before drinking. Take 3 to 4 times daily. May be taken several times per day as needed.

Moderate to Severe Toxicity and Herxheimer-like Reaction: Put 10 drops in 2-4 oz. of water and wait one minute before drinking. Take every 15 minutes until feeling better. Can also put 2 droppers full (approximately 60 drops) in at least 16 oz. of water and sip over a 2 hour period, repeating until feeling better.

Note: This product should be used with 10 drops of Burbur or Parsley for more complete elimination of toxins (in the same water).

NOTES

Various Reported Medicinal Properties of Quina:

- Antiarrhythmic
- Antipyretic
- Antispasmodic
- Antifungal
- Antiparasitic
- Antibacterial
- Amebicide
- Analgesic Astringent
- Digestive
- Febrifuge
- Nervine
- Neurasthenic



QUINA

MICROBIAL DEFENSE

TO RESOLVE:

- BARTONELLA ●
- PROTOZOA ●
- MALARIA ●
- INFLAMMATION ●

PRODUCT DESCRIPTION

QUINA is an extract produced from the bark of *Cinchona calisaya*, a tree from South America that is found between 1,400 meters and 2,800 meters above sea level. **QUINA** has been used for centuries by native South Americans to treat a number of illnesses including malaria, cancer, fever, dysentery, typhoid, pneumonia, etc. It was one of the first South American medicinal plants to become known outside of the Americas. It was first used in Europe in the mid- 1600's and recognized by the British Pharmacopoeia in 1677. Quinine, one of the four alkaloids in **QUINA** known to have antimalarial properties, has been used to produce medicines to treat malaria for nearly 200 years. Malaria strains have mutated rendering these drugs far less effective causing researchers to re-evaluate the medicinal properties of whole plant extracts of Cinchona species such as **QUINA**.

RESEARCH

The demonstration of this product as an anti-inflammatory is important due to its potential as a new, plant-based medication, with its associated low toxicity. **QUINA** was demonstrated to have an anti-inflammatory effect similar to indomethacin and can be used to address inflammation from inflammatory agents such as carrageenan, as observed in animal testing and as appears in specialized literature.

Allende, S, "Establishment of the potential anti-inflammatory effect of the product known as **QUINA**, originating from NutraMedix Laboratories, LLC, Florida." Universidad de Guayaquil Dept. of Chemical Sciences, Guayaquil, Ecuador 07/26/05

SUGGESTED DOSAGE

Put 1 to 30 drops in 4 oz. of water and wait one minute before drinking. Start with 1 drop twice daily, at least 30 minutes before meals, increasing slowly up to 30 drops twice daily.

NOTES

Various Reported Medicinal Properties of Samento:

- Antibacterial
- Anticancerous
- Antidepressant
- Antifungal
- Anti-hypertensive
- Antileukemic
- Antimutagenic
- Anti-oxidant
- Antiparasitic
- Antiparkinsonism
- Anti-ulcerous
- Antiviral
- Cytostatic
- Depurative
- Diuretic
- Vermifuge



SAMENTO

MICROBIAL DEFENSE

TO RESOLVE:

- AUTOIMMUNE DISORDERS
- SUPPRESSED IMMUNE SYSTEM
- MICROBIAL INFECTIONS
- INFLAMMATION
- DAMAGED DNA
- NUMEROUS CHRONIC CONDITIONS

PRODUCT DESCRIPTION

Awareness is growing that the rainforests are one of the world's greatest natural resources. Based on current knowledge, it is estimated that the rainforests contain 170,000 of the world's 250,000 known plant species, and more are still being discovered. Continuing scientific studies are revealing many species to be greatly beneficial for a broad number of medicinal uses.

One of the most unique in its diversity and potential in medicinal applications is **SAMENTO**, also known as TOA-Free Cat's Claw. **SAMENTO** is a rare chemotype of the medicinal plant commonly known as Cat's Claw, *Uncaria tomentosa*.

Samento was approved as a medicine in Ecuador in 2004. Government officials have allowed 3 drug claims to be used: anti-inflammatory, antimicrobial and immune system modulator. The Hungarian National Institute of Pharmacy (OGYI), the Hungarian equivalent of the FDA in the US, also approved **SAMENTO** in 2001 as paramedicament (OTC) pharmaceutical preparation as a "sole or adjunct therapy for rheumatoid diseases, arthritis, and locomotor conditions. It is also approved as a sole or adjunct therapy to enhance immune system function."

Unlike traditional Cat's Claw products, the **SAMENTO** chemotype does not contain Tetracyclic Oxindole Alkaloids (TOAs), a group of chemical antagonists that act upon the central nervous system and can greatly inhibit the positive effect of the Pentacyclic Oxindole Alkaloids (POAs). The POAs primarily affect the immune cells responsible for nonspecific and cellular immunity and demonstrate powerful immune system modulating properties. According to research conducted in Austria, traditional Cat's Claw products may contain as much as 80% TOAs, yet as little as 1% TOAs can cause a 30% reduction in the immune system modulating properties that POAs provide.

As a result of these phytochemical differences between **SAMENTO** and Cat's Claw, **SAMENTO** can be safely used in a broader range of medical conditions. Cat's Claw acts as an immune system stimulant making it contraindicated in patients with autoimmune disorders, whereas **SAMENTO** is an immune system modulator. For this reason, **SAMENTO** can be used to treat all autoimmune disorders.

TOA-Free Cat's Claw (**SAMENTO**) and isolated POAs such as mitraphylline, isomytraphylline, isopteropodine, and pteropodine continue to show promising results as they have been studied.

SUGGESTED DOSAGE

Put 1 to 30 drops in 4 oz. of water and wait one minute before drinking. Start with 1 drop twice daily, at least 30 minutes before meals, increasing slowly up to 30 drops twice daily.

NOTES

Various Reported Medicinal Properties of Sealantro:

- Anti-inflammatory
- Anti-diabetic
- Antioxidant
- Antibacterial
- Antifungal
- Blood Purifier
- Metal Detoxifier
- Improves Digestion
- Boosts Immune System
- Lowers Cholesterol



SEALANTRO

METAL DETOX

FOR RESOLVING PHYSICAL AND MENTAL EXHAUSTION, JOINT PAIN AND REPRODUCTIVE ISSUES ASSOCIATED WITH HEAVY METAL TOXICITY

PRODUCT DESCRIPTION

SEALANTRO is a proprietary blend of the extracts of three plants — *Chlorella vulgaris*, Cilantro (*Coriandrum sativum*), and Seaweed (*Chondracanthus chamissoi*). This powerful combination of extracts detoxifies viral gastroenteritis and mobilizes and binds heavy metals, various radioactive substances, and other positively-charged toxins, especially in the gut. This “gut binding” aids the elimination of those substances from the body. Some specific metals eliminated by **SEALANTRO** include lead, arsenic, mercury, barium, cadmium, silver, nickel, aluminum, tin, titanium, radium, and indium. **SEALANTRO** is an integral component of the Cowden Support Program, developed by W. Lee Cowden, MD to address chronic inflammatory conditions such as Lyme disease.

RESEARCH

According to an article that appeared in the *Spatula DD*, among the properties of *Coriandrum Sativum L* are beneficial effects on lipid metabolism, efficiency as antidiabetics, ability to stimulate digestion and to inhibit platelet aggregation, antioxidant, antilithogenic and as an anti-inflammatory. Coriander (cilantro) is used in the preparation of many household medicines to cure bed cold, seasonal fever, nausea, vomiting, stomach disorders and also used as a drug for indigestion, against worms, rheumatism and pain in the joints. Many of the healing properties of coriander can be attributed to its exceptional phytonutrients and hence, it is often referred to as store house for bioactive compounds.

Rajeshwari, U, “Medicinal benefits of coriander (*Coriandrum Sativum L*),” *Spatula DD*. 2011; 1(1): 51-58. doi: 10.5455/spatula.20110106123153.

SUGGESTED DOSAGE

Put 40 drops in 4 oz. of water and wait one minute before drinking. Take every other day at least 30 minutes before a meal.

NOTES

Various Reported Medicinal Properties of Serrapeptase:

- Anti-arthritic
- Anti-bronchitic
- Anti-cariovascular Disease
- Anti-carpal Tunnel Syndrome
- Anti-diabetic
- Anti-hemicrania (Migraines)
- Boosts Immune System
- Anti-microbial
- Anti-osteoporositic
- Anti-sinusitic
- Anti-varicositic



SERRAPEPTASE DIETARY SUPPLEMENT

TO RESOLVE:

- PAIN
- INFLAMMATION
- BIOFILM
- FIBRIN
- BLOOD CLOTS
- ATHEROSCLEROTIC PLAQUE

PRODUCT DESCRIPTION

SERRAPEPTASE is a strong proteolytic enzyme. The late Hans Nieper, MD, was a German physician that was well known for his use and study of proteolytic enzymes in the treatment of arteriosclerosis. He called **SERRAPEPTASE** the miracle enzyme after using ultrasound to measure its ability to effectively dissolve arterial plaque without harming healthy cells lining the arterial wall. One of the most significant features of **SERRAPEPTASE** (*Helianthus tuberosus*) is that it does not harm any living cells or tissues in the human body; it only dissolves non-living tissue such as cysts, hard and soft arterial plaque, blood clots, etc. The primary purpose of **SERRAPEPTASE** in a protocol for Lyme disease is to dissolve fibrin layers surrounding harmful microbes

RESEARCH

A study was done to investigate the ability of **SERRAPEPTASE** to reduce postoperative swelling, pain and trismus after third molar surgery. Cheek thickness and maximum interincisal distance were measured using calipers. Pain intensity was assessed clinically using a numeric scale. There was a significant reduction in the extent of cheek swelling and pain intensity in the serrapeptase group.

Al-Khateeb, TH, "Effect of the proteolytic enzyme **SERRAPEPTASE** on swelling, pain and trismus after surgical extraction of mandibular third molars." *Int J Oral Maxillofac Surg*. 2008 Mar;37(3):264-8. doi: 10.1016/j.ijom.2007.11.011. Epub 2008 Feb 12.

Another study was done to assess the response of serratiopeptidase in patients with carpal tunnel syndrome (CTS). Serratiopeptidase therapy may prove to be a useful alternative mode of conservative treatment, based on sixty-five percent of cases showing significant clinical improvement, which was supported by significant improvement in electrophysiological parameters.

Panagariya, A, "A preliminary trial of serratiopeptidase in patients with carpal tunnel syndrome." *J Assoc Physicians India*. 1999 Dec;47(12):1170-2.

SUGGESTED DOSAGE

Take 1 to 2 capsules with a full glass of water (8 oz.) up to 3 times daily at least 30 minutes before meals.

Note: Do not use if taking blood platelet inhibitors such as Ticlid, Plavix, Coumadin or similar prescription medications.

NOTES

Various Reported Medicinal Properties of Sparga:

- Anti-arthritic
- Anti-diabetic
- Anti-inflammatory
- Antioxidant
- Anti-rheumatic
- Anti-tumor
- Antiviral
- Aphrodisiac
- Cytotoxic
- Diuretic
- Hepatoprotective
- Neuroprotective
- Sedative



SPARGA

MICROBIAL DEFENSE

FOR RESOLVING SULFITE AND SULFA DRUG TOXICITY

PRODUCT DESCRIPTION

SPARGA is an extract of the root of *Asparagus officinalis* and is used to resolve Sulfite and/or Sulfa drug toxicity. This condition appears to block the efficient production of reduced L-glutathione, thus inhibiting the body's ability to eliminate toxins. The problem with sulfite and sulfa drugs likely results from a genetic up-regulation of the Cystathionine-Beta-Synthase (CBS) enzyme or a genetic down-regulation of Sulfite Oxidase (SuOx). When this occurs, sulfite and sulfa drugs build up in that individual, blocking glutathione production and blocking uptake of lipoic acid and sulfur amino acids thus making detoxification inefficient, in which case the toxins that are held up in the body weaken the immune system and the organs, and the patient is predisposed to chronic infection. The CBS and/or SuOx genes may cause sulfites and sulfa drugs to build up to a high enough level in the body so as to possibly block the cell's ability to take up sulfur amino acids (cysteine, methionine, and taurine) as well as Glutathione and Lipoic Acid. The absence of these nutrients in the cells can impair detoxification from the cells.

RESEARCH

In a 2009 Chinese study, the extracts of asparagus were found to exert potent cytoprotective properties, including a strong, wide range of antioxidant activities in liver cells with hepatocellular carcinoma. The extracts of asparagus also promoted specific alcohol metabolic activities in the liver cells through their enzymatic assay. Thus, it was determined that portions of the *Asparagus officinalis* plant have the potential for use in therapy designed to protect the liver from various harmful insults.

Kim, BY, "Effects of *Asparagus officinalis* extracts on liver cell toxicity and ethanol metabolism." *J Food Sci.* 2009 Sep;74(7):H204-8. doi: 10.1111/j.1750-3841.2009.01263.x.

SUGGESTED DOSAGE

Put 10 drops in 4 oz. of water and wait one minute before drinking. Take twice daily.

NOTES

Various Reported Medicinal Properties of Stevia:

- Anti-acne
- Anti-bacterial
- Anti-candidiasis
- Anti-dandruff
- Anti-dermatitis
- Anti-diabetes
- Anti-cystitis
- Anti-dyspeptic
- Anti-gingivitis
- Anti-heartburn
- Anti-inflammatory
- Bowel Disease
- Anti-nephropathy
- Anti-obesity
- Anti-osteoporotic
- Antioxidant
- Anti-rash
- Antiseptic
- Anti-tooth Decay
- Anti-tumor
- Diuretic
- Hypoglycemic
- Hypotensive
- Natriuretic
- Pro-energy



STEVIA

SWEET HERB

FOR RESOLVING BLOOD SUGAR REGULATION ISSUES; FOR USE AS A SWEETENER AND ANTIBACTERIAL

PRODUCT DESCRIPTION

STEVIA is an extract from *Stevia rebaudiana*, having up to 300 times the sweetness of sugar. **STEVIA** has garnered attention with the rise in demand for low-carbohydrate, low-sugar food alternatives. NutraMedix **STEVIA** was identified as “Stevia A” in a study published in 2015 where it was shown to be more effective than doxycycline in eliminating *Borrelia burgdorferi*, in all morphologic forms. It also demonstrated a significant effect in eliminating *B. burgdorferi* biofilms which were exacerbated when using doxycycline.

RESEARCH

A double-blind placebo-controlled study of the effectiveness and tolerability of oral stevioside in human hypertension showed that oral stevioside is a well-tolerated and effective modality and may be considered as an alternative or supplementary therapy for patients with hypertension.

Chan, P, “A double-blind placebo-controlled study of the effectiveness and tolerability of oral stevioside in human hypertension.” *Br J Clin Pharmacol*. 2000 Sep; 50(3): 215–220. DOI: 10.1046/j.1365-2125.2000.00260.x

A study showed stevia extract highly effective in killing all morphologic forms of *Borrelia burgdorferi* and biofilms in vitro.

Theophilus PAS, et al, “Effectiveness of *Stevia Rebaudiana* Whole Leaf Extract Against the Various Morphological Forms of *Borrelia Burgdorferi* In Vitro,” *European J of Microbiol Immunol* 2015 Oct. pp.1-13, DOI:10.1556/1886.2015.00031

SUGGESTED DOSAGE

Put 1 to 30 drops in 4 oz. of water and wait one minute before drinking. Start with 1 drop twice daily, at least 30 minutes before meals, increasing slowly up to 30 drops twice daily.

NOTES

Various Reported Medicinal Properties of Takuna:

- Anti-amenorrheal
- Anti-asthmatic
- Antibacterial
- Anti-diabetic
- Anti-fever
- Anti-free Radicals
- Antifungal
- Anti-hyperplasia
- Anti-inflammatory
- Anti-mucosal
- Antioxidant
- Anti-pain
- Anti-parkinsonism
- Anti-spasmodic
- Antiviral
- Decongestant
- Hypotensive
- Purgative



TAKUNA

MICROBIAL DEFENSE

FOR FIGHTING:

- ACUTE AND CHRONIC VIRAL ENCEPHALITIS AND MENINGITIS
- EPSTEIN-BARR VIRUS
- VIRAL HEPATITIS
- SHINGLES
- CYTOMEGALOVIRUS
- COLDS
- FLU

PRODUCT DESCRIPTION

TAKUNA is an extract produced from the bark of *Cecropia strigosa*, a tree that is found throughout South America. It has recently been found to have very powerful antiviral properties as well as some other general antimicrobial properties. Practitioners using the product have found that **TAKUNA** given every hour usually resolves influenzas in just a few hours. In some cases, the symptoms are resolved in as little as one hour. Practitioners also report that **TAKUNA** is effective against some bacterial infections and some fungal infections.

RESEARCH

A 2007 study done in Ecuador showed that **TAKUNA'S** ability to inhibit pain is 73.2% as effective as the nonsteroidal anti-inflammatory drug (NSAID) Feldene. In treating inflammation, however, Feldene is only 38.3% as effective as **TAKUNA**. This demonstrated that **TAKUNA** is a potent anti-inflammatory.

Allende, S, "Determination of the possible Anti-inflammatory effect of the product named **TAKUNA** (liquid), produced by the Laboratories of NutraMedix, LLC, Florida." University of Guayaquil Faculty of Chemical Sciences, Guayaquil, Ecuador 02/22/07.

SUGGESTED DOSAGE

Acute Infections: Put 30 drops in 4 oz. of water and wait one minute before drinking. Take every hour.

Chronic Infections: Put 30 drops in 4 oz. of water and wait one minute before drinking. Take 2 to 4 times daily at least 30 minutes before a meal and/or at bedtime.

NOTES

Various Reported Medicinal Properties of Tangarana:

- Antibacterial
- Anti-inflammatory
- Antioxidant
- Anti-leukorrheal
- Anti-arthritic
- Antiprotozoal
- Anticholinesterase
- Antirickettsial
- Antifungal
- Antiviral
- Anthelmintic



TANGARANA

MICROBIAL DEFENSE

TO RESOLVE:

- BACTERIAL INFECTIONS
- FUNGAL INFECTIONS
- PARASITIC INFECTIONS
- INFLAMMATION

PRODUCT DESCRIPTION

TANGARANA is an extract produced from the bark of the Palo Santo (*Triplaris peruviana*) tree that is found in South America. For generations, tribal groups in South America have used it for its anti-microbial properties. **TANGARANA** is a broad-spectrum anti-microbial with activity against many Lyme-related microbes, many bacteria, many rickettsia, many fungi and many protozoa. Some of the specific microbes that are treated by **TANGARANA** include: Anaerobic rods and cocci, Babesia, Borrelia, Chlamydia, Encephalitis, Rickettsia (including Coxiella and Erlichia), Aspergillus, Bartonella, Candida, Cytomegalovirus, Human Papilloma Virus (HPV) and Protozoal parasites. If a person cannot take Banderol or Cumanda because of sensitivity/allergy, **TANGARANA** is a reasonable substitute.

RESEARCH

Research presented in a 2015 article stated that plants of the Polygonaceae family are known to produce flavonols. These recently discovered flavonols (of which four have been identified thus far) make the Polygonaceae an excellent source of antioxidant and photoprotective activities.

Souza, MSK, "Identification of flavonol glycosides and in vitro photoprotective and antioxidant activities of *Triplaris garneriana* Wedd." *Journal of Medicinal Plants Research* Vol. 9(7), pp. 207- 215, 17 February, 2015 DOI: 10.5897/JMPR2014.5555

SUGGESTED DOSAGE

Put 1 to 30 drops in 4 oz. of water and wait one minute before drinking. Start with 1 drop twice daily, at least 30 minutes before meals, increasing slowly up to 30 drops twice daily.

NOTES

Various Reported Medicinal Properties of Vermella:

- Antibacterial
- Antidiabetic
- Anti-obesity
- Anti-parasitic
- Anti-varicisitic
- Cholagogue
- Choloretic
- Depurative
- Digestive
- Febrifuge
- Hepatoprotective
- Hypochesterolemic
- Hypotensive
- Lipolytic



VERMELLA SLIM

FOR RESOLVING WEIGHT GAIN BY INCREASING METABOLISM AND SUPPRESSING APPETITE

PRODUCT DESCRIPTION

VERMELLA is an herbal extract made from the leaves of the *Gentianella alborosea* plant. It grows wild in Peru at an altitude of between 3,500 and 4,300 meters and has been used by tribal groups in that region for hundreds of years. It has been and continues to be, used as an appetite suppressant and metabolism enhancer.

RESEARCH

In May 2005, a pharmacological study was conducted at the University of Guayaquil in Ecuador to determine the weight loss effect of **VERMELLA**. **VERMELLA** was determined to have a significant weight loss effect and has statistically the same weight loss effect as *Hoodia gordonii* - a cactus from South Africa primarily used to suppress appetite.

Allende, S, "Determination of the possible weight loss effect of the product known as **VERMELLA**, originating from NutraMedix Laboratories, LLC, Florida, United States." Universidad de Guayaquil Department of Chemical Sciences, Guayaquil, Ecuador

In March-April, 2006, a placebo-controlled clinical study was conducted to determine the weight loss effect of **VERMELLA**. Preliminary results show that **VERMELLA** is effective for both weight loss and body fat reduction.

Allende, S, "Determination of the possible weight loss effect of the product known as **VERMELLA**, originating from NutraMedix Laboratories, LLC, Florida, United States, and *Hoodia Supreme*, originating from Natures Benefit/Syndrome X Inc., New Jersey, United States. Universidad de Guayaquil Department of Chemical Sciences, Guayaquil, Ecuador

SUGGESTED DOSAGE

Put 8 to 15 drops in 4 oz. of water and wait one minute before drinking. Take twice daily at least 15 minutes before lunch and dinner.

NOTES

Various Reported Medicinal Properties of Vitamin C:

- Anti-anemic
- Anti-cancer
- Anti-cardiovascular Disease
- Anti-cataract
- Anti-contusion
- Anti-epistaxis
- Anti-gingivitis
- Anti-hyperkeratosis
- Antihypertensive
- Anti-inflammatory
- Anti-methemoglobinemic
- Antioxidant
- Anti-sclerotic
- Anti-scurvy
- Antiviral
- Collagen Synthesizer
- Forms Healthy Scars
- Heals Wounds



VITAMIN C

DIETARY SUPPLEMENT

FOR RESOLVING ISSUES RELATED TO OXIDATIVE STRESS IN THE BODY

PRODUCT DESCRIPTION

VITAMIN C – DIETARY SUPPLEMENT contains a highly purified source of ascorbic acid and is comparable to reagent grade vitamin C. This hypo-allergenic form is made from tapioca instead of corn – having absolutely no traces of corn antigen or other allergenic materials – so that those individuals with food sensitivities who are not able to tolerate other, less pure forms of ascorbic acid can benefit. In addition, no chemical lubricants are used in the encapsulation process and this product contains no diluents, preservatives or binders, thus insuring maximal tolerance and absorption. **VITAMIN C** plays a critical role in your body. It is a powerful antioxidant, aids in wound healing, stimulates white blood cell immune activity and helps the body combat colds, flu and other infections. It also supports cardiovascular health and aids in iron absorption. **VITAMIN C** deficiency can be a real problem and is not uncommon when undergoing emotional stress or higher levels of physical stress such as burns, surgery, or other trauma. It is very beneficial when dealing with other ailments such as allergies and infections.

RESEARCH

In 2015, research concluded that the protective effects of **VITAMIN C** on A/FM/1/47(H1N1) influenza virus-caused pneumonia might be related to its inhibition of corticosteroid synthesis, which reduces the susceptibility to influenza viral infection in restraint-stressed mice.

Cai, Y, “A new mechanism of **VITAMIN C** effects of A/FM/1/47(H1N1) virus-induced pneumonia in restraint-stressed mice.” *Biomed Res Int.* 02/2015;2015:675149. doi: 10.1155/2015/675149. Epub 2015 Feb 1.

SUGGESTED DOSAGE

One to two capsules per day after a meal or as directed by your physician. For patients with a Vitamin C deficiency and/or constipation (less than 3 bowel movements per day), add 1 capsule per day over 2 doses (morning and evening) until bowel tolerance (the dose tolerated by a patient without producing diarrhea) is reached. Some patients require up to 12 capsules per day (6 in the morning and 6 in the evening) to reach bowel tolerance. Hemolysis is possible when taking vitamin C of any type in patients with a G6PD deficiency and should be monitored.

NOTES

PART II: COWDEN SUPPORT PROGRAM

COWDEN SUPPORT PROGRAM

Protocol for Borrelia and Lyme Co-Infections & Most Chronic Conditions

The **Cowden Support Program** utilizes 14 different **NutraMedix** products including 6 Microbial Defense herbals (3 pairs of herbals) that are taken rotationally. The first pair (**Banderol** and **Samento**) were studied in vitro by Eva Sapi, PhD and her group at the University of New Haven, Connecticut and found to eliminate all forms of *Borrelia burgdorferi* (spirochetes, round-body forms and biofilm forms). In that study, doxycycline antibiotic was not nearly as effective against biofilm and round body forms of *Borrelia burgdorferi*. Richard Horowitz, MD in New York State has found the **Cowden Support Program** to be effective in markedly improving the condition of 70-80% of the advanced Lyme Borreliosis patients with co-infections over 4 to 6 months time, even if the patients had previously failed to improve on multiple courses of antibiotics. Dr. Horowitz present-ed the findings of his use of the **Cowden Support Program** in a fairly large group of his patients with Lyme Borreliosis & co-infections at the ILADS conference in the fall of 2007. More recently, a 9 month observational study with the **Cowden Support Program** was conducted by the Borreliose Centrum Augsburg, Germany. Completed in 2012, this study resulted in 80% of patients showing symptomatic improvements (via questionnaire) and 90% of patients showing improvements via lab blood tests.

One of the reasons for the success of the CSP is the fact that the Microbial Defense products have broad-spectrum action against bacteria, fungi, parasites, and even viruses and they are natural anti-inflammatories and are non-toxic. When only pharmaceuticals are used, which have a much narrower spectrum of action than these broad spectrum herbals, many late-stage Lyme patients fail to get well and symptom free because often times the pharmaceutical drugs are not able to resolve the various remaining microbial infections, deal with the immune dysregulation and gut dysbiosis, etc. Toxicology studies at the University of Guayaquil, Ecuador showed these herbs can be given to animals at thousands of times the recommended doses without changes in animal behavior or in organ histopathology.

Another reason the **CSP** is so successful is because of other constituents of the program. **Takuna** has powerful antiviral properties and is included in the first 3 months of the program. **Stevia** is included in all months of the program and has been proven to kill all forms of *Borrelia* and to be broad-spectrum antifungal. The Sealantro helps to detoxify most heavy metals from the body, various biotoxins and several other man-made toxins. The **Burbur-Pinella** removes toxins from the brain, spinal cord and nerves and, with **Parsley**, help detoxify the liver, gall bladder, kidneys, lymphatics, and interstitial spaces (the space between cells). **Sparga** helps detoxify from the body the Sulfa antibiotics and other sulfa drugs that block the body's sulfation pathways and the glutathione toxin-conjugation pathways.

The **Serrapeptase** taken 30 minutes before food gets absorbed and breaks down biofilm and fibrin in the body. When fibrin that covers over microbes is stripped away with **Serrapeptase**, the immune system and the antimicrobial products can more effectively gain access to those microbes. When fibrin that is adhered to capillary walls is stripped away by **Serrapeptase**, oxygen is much more easily able to move from red blood cells into the tissues, thus converting predominantly anaerobic metabolism back into aerobic metabolism. This results in a shift from a microbe-friendly lactic acidosis tissue environment to a normal acid-base environment.

Most chronically ill patients are magnesium deficient. The **Magnesium Malate** is the most highly absorbable and highly utilizable form of magnesium. Approximately fifty percent of metabolic enzymes, that ultimately cause ATP energy production for the cells, require magnesium as a co-factor. And magnesium is necessary for normal heart rhythm, normal blood pressure, normal nerve and brain function, normal contraction and relaxation of skeletal muscles as well as smooth muscles in the gut, bile ducts, pancreatic ducts, etc.

The **Cowden Support Program** is not effective unless you are drinking 3 quarts (liters) of water throughout the day

Drinking 2-3 ounces (60-90ml) of pure drinking water every 10-15 minutes during all waking hours causes most of the water to go into the cells, hydrate the cells, mobilize toxins out of the cells & ultimately mobilize toxins out of the body (mostly through urine & feces). Drinking large quantities of water even a few times per day does not efficiently hydrate the body nor does it mobilize toxins out of the body.

Black tea, green tea, coffee, sodas & alcoholic drinks are not hydrating. Vegetable and some fruit juices (lemon & lime) are hydrating. While most herbal teas are hydrating, when too much sugar is added to herbal teas, they can be dehydrating rather than hydrating; therefore, the best choice

of sweeteners for herbal teas would be **NutraMedix Stevia**.

Patients on the **CSP** are encouraged to find ways to laugh each day, to avoid unnecessary stress and bad relationships, to pray or meditate each day, and to find a way to give and receive love each day, even if that means having a dog or a pet. Unconditional love is one of the most powerful healing sources in the universe.

ATTENTION: Fibers and most products that act as binders can be taken at least 30 minutes after a dose and at least 4 hours before a dose. Certain binders such as Activated Charcoal, Calcium Bentonite Clay & Cholestyramine (Questran) should be taken **ONLY** as absolutely necessary to resolve a Herxheimer reaction.

14 PRODUCTS USED & PRIMARY FUNCTIONS



BANDEROL

MICROBIAL DEFENSE

Banderol is very effective against *Borrelia burgdorferi* and the common co-infections in Lyme disease. Banderol also kills some fungi that Cumanda does not.



BURBUR-PINELLA

DETOX/BRAIN-NERVE CLEANSE

An herbal tincture that aids detoxification of man-made toxins and biotoxins from the liver, kidney, lymphatic system and interstitial space (the space between the cells); eliminates neurotoxins from the brain, spine and peripheral nervous system.



CUMANDA

MICROBIAL DEFENSE

Anti-inflammatory, broad-spectrum antiviral, antibacterial, antifungal, and antiparasitic (both protozoa and worms) herbal tincture; also effective against *Borrelia burgdorferi*, other *Borrelia* species and Lyme co-infections.



ENULA

MICROBIAL DEFENSE

Anti-inflammatory, broad spectrum antiparasitic (both protozoa and worms) herbal combination tincture with some antibacterial, antifungal and antiviral properties.



HOULTUYNIA

MICROBIAL DEFENSE

Anti-inflammatory, broad spectrum antibacterial, antifungal and antiviral herbal tincture; also effective against most *Borrelia* species and Lyme co-infections.



MAGNESIUM MALATE

DIETARY SUPPLEMENT

A highly absorbable and utilizable form of magnesium which helps to maintain normal cardiovascular, muscle, nerve, bone and other cellular functions.



MORA

MICROBIAL DEFENSE

Anti-inflammatory, broad spectrum antiparasitic (both protozoa and worms) herbal combination tincture with some antibacterial, antifungal and antiviral properties.



PARSLEY

DETOX

An herbal tincture that aids detoxification of man-made toxins and biotoxins from the liver, kidneys, lymphatic system and interstitial space (the space between the cells).



SAMENTO

MICROBIAL DEFENSE

Samento does not contain the tetracyclic oxindole alkaloids (TOAs) that are found in traditional Cat's Claw. TOAs disrupt central nervous system function and greatly inhibit the effects of the POAs. Cat's Claw is an immune system stimulant, and Samento is an immune system modulator. Also, Samento can be used to treat all autoimmune disorders.



SEALANTRO

METAL DETOX

A combination of sea weed, chlorella and cilantro extracts that mobilize from the tissues and bind heavy metals, various radioactive substances and other positively-charged toxins, especially in the gut, so that those items can be eliminated from the body.



SPARGA

SULPHUR DETOX

An asparagus herbal tincture that detoxifies the body from sulfa antibiotics and other sulfa drugs which can block the detoxification pathways.



SERRAPEPTASE

DIETARY SUPPLEMENT

An enzyme derived from the serratia bacteria in the gut of silk worms; this enzyme digests fibrin covering over and hiding microbes in the body, digests fibrin attached to the capillary wall (thus improving oxygen transport into the tissues) and aids in the digestion of microbial biofilm.



STEVIA

SWEET HERB

Antibacterial, antioxidant, broad-spectrum anti-fungal; effective against all morphologic forms of Borrelia



TAKUNA

MICROBIAL DEFENSE

Antiviral, antibacterial, antifungal, anti-inflammatory; effective against influenzas

PART III: OTHER PROTOCOLS

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PROTOCOL GUIDELINES

from Wm. Lee Cowden, MD, MD(H) using NutraMedix Products

DOSING

The dosages recommended in the following protocols are for an average size adult that weighs between 120-170 pounds (55-77 kilos). Adjust the dosage according to weight; ie. a patient that weighs 30 pounds would take one-fourth of the recommended dose.

Shake the liquid products well before each use. To ensure the proper dosage, dispense drops by holding the dropper at a 45 degree angle. Mix the liquid products, of each dose, together in a glass, porcelain or paper cup (not Styrofoam, plastic or metal) then add at least 4 oz. (120ml) of water. Do not use distilled, sparkling, or reverse osmosis water. Let sit for at least 1 minute before drinking (longer is fine - up to 2 days). The products are most effective when taken in water. The products can be taken directly in the mouth without water, but this should only be done when water is not available.

HYDRATION

Adult patients are urged to drink 2-3 liters or quarts of water per day (proportionately less for children based on weight). Drinking 2-3 ounces (60-90ml) of pure drinking water every 10-15 minutes during all waking hours causes most of the water to go into the cells, hydrate the cells, mobilize toxins out of the cells and ultimately mobilize toxins out of the body (mostly through urine & feces). Drinking large quantities of water even a few times per day does not efficiently hydrate the body nor does it mobilize toxins out of the body.

Black tea, green tea, coffee, sodas & alcoholic drinks are not hydrating. Vegetable and some fruit juices (lemon & lime) are hydrating. While most herbal teas are hydrating, when too much sugar is added to herbal teas, they can be dehydrating rather than hydrating; therefore, the best choice of sweeteners for herbal teas would be **NutraMedix STEVIA**.

STRESS AND DIET

Patients are urged to practice stress reduction techniques (deep-breathing while visualizing with all 5 sense a relaxing vacation spot) for 4 minutes before each meal and before each bedtime. Patients should be in bed resting (whether they fall asleep or not) in a pitch-dark bedroom with minimal electro-magnetic pollution, from 11pm to 6 or 7am each night.

Patients are urged to eat more raw, organic foods that are NOT genetically-modified and to avoid sugars, excessive starches, processed foods and fried foods. Avoid all known food allergies. If you are unaware of any food allergies you may have, we recommend avoiding all common food allergens – all cow milk and cow cheese products, all wheat products, all corn products (corn oil, corn starch, and corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute with **NutraMedix STEVIA**), canola oil and hydrogenated oils. Patients who avoid these foods usually improve much faster.

HERXHEIMER REACTION (HEALING CRISIS)

If a Herxheimer reaction is suspected (feeling worse in any way than you were before) take 20 drops of **BURBUR-PINELLA** in 2 oz. (60 ml) of clean water every 10 minutes for up to 2 hours and then resume the program. The easiest way to do this is add 4 droppers full of **BURBUR-PINELLA** to a bottle of water and sip it over a two hour period, repeating it as many times as necessary until feeling better. If the symptoms still exist by the time of the next scheduled dose of antimicrobial products then skip that one dose. If this happens more than once then consider increasing the dosage every 1 - 2 days instead of every dose.

ANXIETY/PANIC ATTACK

Causes: Usually subconscious emotions of fear originating in early childhood, tissue acidity and mineral deficiency

DOSING - PRODUCTS CAN BE TAKEN TOGETHER



mix the drops in a glass of at least 120 ml.



AMANTILLA

15 dropsevery 15 min. until symptoms subside then take four times daily at beginning of meals and at bedtime.



ADRENAL

15 drops three times daily 15 min. before mealtimes.



MAGNESIUM MALATE

2-6 capsules (only if kidney failure is not present) starting with 2 capsules twice daily increasing the dose until moving bowels at least 2 times a day.

- **Chromium polynicotinate.** 200mcg twice daily
- **B-Complex vitamin.** Every morning with food

ARTHRITIS (OSTEO AND RHEUMATOID)

- **Osteo-arthritis:** unrecognized fungal, viral or parasitic infection in the joints, environmental toxins accumulating in the joints, tissue acidity, mineral deficiencies, osteitis of the jaw, pulpitis of the teeth. The condition is made worse by chronic abuse of the joints like jogging on concrete.
- **Rheumatoid arthritis:** immune reaction against the cells that line the joints caused by toxins or viruses in the synovial cells.

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

 2 times per day

 30+ minutes before meals

 mix the drops in a glass of at least 120 ml.



SAMENTO

30 drops twice daily 30 min. before mealtimes (start with one drop twice daily slowly increasing the dose until reaching 20 drops twice daily)



BURBUR or PARSLEY

10 drops twice daily



BARBERRY

30 drops twice daily

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

 2 times per day

 immediately after meals

 mix the drops in a glass of at least 120 ml.



TAKUNA

30 drops



BURBUR or PARSLEY

10 drops



ADRENAL

15 drops



MAGNESIUM MALATE

2-6 capsules (only if kidney failure is not present) starting with 2 capsules twice daily increasing the dose until moving bowels at least 2 times a day.

- If severe symptoms persist after 1-2 weeks replace **BARBERRY** with **CUMANDA** or **BANDEROL** (start with one drop twice daily slowly increasing the dose until reaching 30 drops twice daily)
- Every 3rd night at bedtime take 10 drops of **SEALANTRO**
- **FOR PAIN** - Take 20-30 drops of **CONDURA** as needed placed under the tongue and held for at least 2 minutes and at the same time apply topically on the site of pain using the number of drops necessary to cover affected area.

ALSO RECOMMENDED

Drink **3-4 liters (quarts) of water daily** (clean mineralized, not distilled or reverse osmosis), **Avoid common food allergens**- all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute with **NutraMedix STEVIA**). **Avoid foods in the nightshade family** (the alkaloids in them cause inflammation to worsen)- potatoes, tomatoes, peppers, eggplant, tobacco and coffee are the worst.

ASTHMA

Causes: Food and inhalant allergies and usually an underlying chronic sinusitis or chronic bronchitis which is normally caused by a fungal infection with a superimposed bacterial infection.

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

 3 times per day

 30+ minutes before meals

 mix the drops in a glass of at least 120 ml.



BARBERRY
30 drops



SAMENTO

20 drops (start with one drop twice daily slowly increasing the dose until reaching 20 drops twice daily)



BURBUR-PINELLA
20 drops



ADRENAL
15 drops

- Twice daily at mealtimes take 2-6 capsules of **MAGNESIUM MALATE** (only if kidney failure is not present) starting with 2 capsules twice daily increasing the dose until moving bowels at least 2 times a day.
- If severe symptoms persist after 1-2 weeks replace **BARBERRY** with **CUMANDA** or **BANDEROL** (start with one drop three times daily slowly increasing the dose until reaching 30 drops three times daily) Take a broad spectrum friendly bacteria such as Bifido Biotics from Allergy Research Group or Pro Biotics 12 Plus from Essential Formulas every bedtime with a prebiotic fiber such as

ALSO RECOMMENDED

Drink **3-4 liters (quarts) of water daily** (clean mineralized, not distilled or reverse osmosis), **Avoid common food allergens**- all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute with NutraMedix STEVIA), if asthma persists avoid all **gluten grains** (wheat, barley, rye, oats, spelt, kamut, triticale), can use Ki therapy to stop asthma attacks, see www.kinginstitute.org

ATHEROSCLEROTIC DISEASE

Causes: Many of the following: bacteria, fungus or virus causing inflammation on the arterial walls; free radical overload usually caused by smoking and a deficiency of antioxidants like vitamin E, vitamin C bioflavonoids, and carotenoids; consuming oxysterol-containing products like scrambled eggs, powdered milk, powdered eggs, homogenized / pasteurized milk and foods made from them; high LDL to HDL cholesterol ratio (comes from inactivity, liver toxicity and consumption of trans fats or hydrogenated oils); hyper-insulinemic syndrome (syndrome X)- worsened by eating too much sugar; chromium deficiency caused by stress and consumption of alcohol and caffeinated beverages; iron overload; hypertension; diabetes mellitus. Possible genetic causes; homocystinemia, apolipoprotein E4 and elevated lipoprotein(a) levels.

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

 2 times per day

 30+ minutes before meals

 mix the drops in a glass of at least 120 ml.



BANDEROL

30 drops (start with one drop twice daily slowly increasing the dose until reaching 30 drops twice daily) May be cycled bi-weekly with **CUMANDA**



BURBUR-PINELLA

20 drops



ADRENAL

15 drops (for 8-12 weeks)



SEALANTRO

40 drop every other night at bedtime



AMANTILLA

15 drops



MAGNESIUM MALATE

2-6 capsules (only if kidney failure is not present) starting with 2 capsules twice daily increasing the dose until moving bowels at least 2 times a day.



VITAMIN C

2-6 capsules starting with 2 capsules twice daily increasing the dose until moving bowels at least 2 times a day.



TAKUNA

30 drops



PARSLEY

10 drops

ALSO RECOMMENDED

Drink **3-4 liters (quarts) of water daily** (clean mineralized, not distilled or reverse osmosis), **Avoid common food allergens**- all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute with **NutraMedix STEVIA**).

Also avoid hydrogenated oils, very-long-chain fatty acids (found in canola oil, peanuts and mustard), fried foods, scrambled and fried eggs, foods made from powdered milk and powdered eggs.

Stress reduction - deep breathing, prayer, meditation, etc. **Walk 15 to 30 min several times per week** on a treadmill or if walking outside, walk with a healthy partner carrying a mobile phone so that help may be called if needed. **Proteolytic enzymes** (5 Bromelain or 4 Carnivora or 3 Serazyme or 3 Lumbrokinase) with water and with each dose of **Cumanda** or **Banderol**- if there is a tendency to develop allergies rotate between at least 2 of these enzymes;

Chromium polynicotinate- 200-400 mcg twice daily with breakfast time and supper time; Tocotrienols with Vitamin E- 1 twice daily at breakfast time and supper time;

EPA / DHA Fish Oil- at least 360 mg of EPA with DHA twice daily just before breakfast and dinner. **Wild Blueberry**- 1 capsule twice daily at lunch time and bedtime, **L-Lysine**- 2000 mg twice daily at lunch and bedtime; **L-Proline**- 2000 mg twice daily at lunch time and bedtime; **Coenzyme Q10** (rice emulsified- without soy)- at least 100 mg at supper time; **Acetyl-L-Carnitine**- 500 mg at breakfast time; **B vitamin complex** 1 capsule at lunch time.

If there is calcified plaque in the arteries take **LipoPhos EDTA** (Allergy Research Group)- 1 ounce 30 min. before bedtime every other day mixed with a tart juice like fresh squeezed lemonade or limeade made with NutraMedix stevia.

BARTONELLA

Best to take the products for 3 months

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

 3 times per day

 30+ minutes before meals

 mix the drops in a glass of at least 120 ml.

FOR 12 1/2 DAYS,



HOUTTUYNIA
build up as quickly as possible to 30 drops



SAMENTO
30 drops



BURBUR - PINELLA
20 drops,
only for 1 1/2 days



SERRAPEPTASE
2 capsules

FOR 12 1/2 DAYS,



CUMANDA
30 drops



SAMENTO
30 drops



BURBUR - PINELLA
20 drops,
only for 1 1/2 days



SERRAPEPTASE
2 capsules

FOR 12 1/2 DAYS,



TANGARANA
30 drops



SAMENTO
30 drops



BURBUR - PINELLA
20 drops,
only for 1 1/2 days, then
repeat cycle for 3
months



SERRAPEPTASE
2 capsules

ALSO RECOMMENDED

STEVIA is also reported effective for Bartonella.

BPH (BENIGN PROSTATIC HYPERTROPHY)

Causes: Usually a combination of a fungal overload and heavy metal contamination.

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

 2 times per day

 30+ minutes before meals

 mix the drops in a glass of at least 120 ml.



CUMANDA

30 drops (start with one drop twice daily slowly increasing the dose until reaching 30 drops twice daily)



BURBUR-PINELLA

20 drops



SEALANTRO

40 drops every other night at bedtime

- **Saw Palmetto**- 2 capsules twice daily, if symptoms are severe take **Saw Palmetto / Pygeum** combination- 2 capsules twice daily.
- Take a broad spectrum friendly bacteria such as Bifido Biotics from Allergy Research Group or Pro Biotics 12 Plus from Essential Formulas every bedtime with a prebiotic fiber such as FOS from Allergy Research Group or Psyllium or Slippery Elm

ALSO RECOMMENDED

Drink 3-4 liters (quarts) of water daily (clean mineralized, not distilled or reverse osmosis), **Avoid common food allergens**- all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute with **NutraMedix STEVIA**) **Usually wise to avoid all sugars and starches** including honey, maple syrup, all fruits and fruit juices other than lemons and limes, all starches, all grains, all dried beans, all potatoes, carrots and other root vegetables for at least 2 months while on the full dose **CUMANDA**.

BREAST CANCER

Causes: Human Papilloma Virus and usually one or more of the following: Syphilitic Miasm, additional microbial infections (usually fungal), heavy metals (most commonly mercury from amalgams in the teeth), environmental toxins (usually pesticides), radiation exposure or radio activity exposure (nuclear power plant, radon gas in the home, mammograms, etc), hormone replacement therapy (especially synthetic hormones), breast implants, EMF exposure, a major emotional event within 2 years before the cancer was detected, tissue acidity, low hydrochloric acid in the stomach and low pancreatic enzyme function, iodine deficiency

DOSING - PRODUCTS CAN BE TAKEN TOGETHER



3 times per day



30+ minutes before meals



mix the drops in a glass of at least 120 ml.



SAMENTO

30 drops (start with one drop three times daily slowly increasing the dose until reaching 30 drops three times daily)



BURBUR or PARSLEY
15 drops



TAKUNA
30 drops



ADRENAL
15 drops



SERRAPEPTASE
4 capsules

DOSING - PRODUCTS CAN BE TAKEN TOGETHER



3 times per day



immediately after meals



mix the drops in a glass of at least 120 ml.



NONI
30 drops



MAGNESIUM MALATE

2-6 capsules (only if kidney failure is not present) starting with 2 capsules twice daily increasing the dose until moving bowels at least 2 times a day.

DOSING - PRODUCTS CAN BE TAKEN TOGETHER



1 time per day



at bedtime



mix the drops in a glass of at least 120 ml.



EZOV

start with one drop adding one drop per dose every 5 days, after reaching 8 drops per dose take for 2 months



AMANTILLA
15 drops

ALSO RECOMMENDED

Drink 3-4 liters (quarts) of water daily (clean mineralized, not distilled or reverse osmosis), Proteolytic enzymes (such as Carnivora)- 4 capsules three times daily 30 minutes before food with water, Syphillinum- 1M and 10M- rub 8 drops on skin once weekly for 3 months (succus- pound the bottle on a soft backed book 50 times just before each use), Avoid identifiable causes, Avoid common food allergens- all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute with NutraMedix STEVIA), Detoxify with clay bath or infrared sauna, Raw diet if possible without animal source protein, Lugol's Iodine supplementation 1-6 drops of saturated solution of Potassium Iodide daily (put drops on one wrist and rub into other wrist)

BRONCHITIS (CHRONIC or ACUTE)

Causes: Usually a fungal infection with a superimposed bacterial infection often follows sinusitis and can be made worse by food allergies or inhalant allergies.

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

 3 times per day

 30+ minutes before meals

 mix the drops in a glass of at least 120 ml.



BARBERRY
30 drops



SAMENTO

20 drops (start with one drop twice daily slowly increasing the dose until reaching 20 drops twice daily)



BURBUR or PARSLEY
10 drops



ADRENAL
15 drops

- If symptoms persist after 1-2 weeks replace **BARBERRY** with **CUMANDA** or **BANDEROL**- 30 drops twice daily 30 min. before mealtimes (start with one drop three times daily slowly increasing the dose until reaching 30 drops three times daily)

ALSO RECOMMENDED

Drink **3-4 liters (quarts) of water daily** (clean mineralized, not distilled or reverse osmosis), **Avoid common food allergens**- all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute NutraMedix STEVIA) If sinusitis is suspected as a cause follow the sinusitis protocol.

CANCER (PREVENTION)

Causes: Many possible causes, read about causes in Chapter 25 of Alternative Medicine: Definitive Guide to Cancer (John Diamond and William Cowden, 1997).

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

 2 times per day

 30+ minutes before meals

 mix the drops in a glass of at least 120 ml.



SAMENTO

30 drops (start with one drop twice daily slowly increasing the dose until reaching 30 drops twice daily)



BURBUR-PINELLA

20 drops



ADRENAL

15 drops (for 8-12 weeks)



NONI

30 drops



MAGNESIUM MALATE

2-6 capsules (only if kidney failure is not present) starting with 2 capsules twice daily increasing the dose until moving bowels at least 2 times a day.



VITAMIN C

2-6 capsules starting with 2 capsules twice daily increasing the dose until moving bowels at least 2 times a day.



SEALANTRO

40 drops at bedtime every other day

ALSO RECOMMENDED

Drink 3-4 liters (quarts) of water daily (clean mineralized, not distilled or reverse osmosis), Raw diet if possible without animal source protein.

CELIAC DISEASE (GLUTEN INTOLERANCE)

Causes: Inflammatory condition in the bowel caused by a combination of a genetic predisposition, usually a sensitivity to glutes, toxin accumulation in the bowel, and usually microbial infections in the bowel and heavy metals.

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

 2 times per day

 30+ minutes before meals

 mix the drops in a glass of at least 120 ml.



SAMENTO

20 drops (start with one drop twice daily slowly increasing the dose until reaching 20 drops twice daily)



BANDEROL

30 drops (start with one drop twice daily slowly increasing the dose until reaching 30 drops twice daily)



BURBUR or PARSLEY
10 drops



ADRENAL
15 drops

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

 3 times per day

 immediately after meals

 mix the drops in a glass of at least 120 ml.



NONI
30 drops



MAGNESIUM MALATE

2-6 capsules (only if kidney failure is not present) starting with 2 capsules twice daily increasing the dose until moving bowels at least 2 times a day.

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

 1 time per day

 at bedtime

 mix the drops in a glass of at least 120 ml.



EZOV

8 drops (start with one drop adding one drop per dose every 5 days, after reaching 8 drops per dose take for 2 months)



AMANTILLA
15 drops



BURBUR or PARSLEY
10 drops



SEALANTRO
40 drops every other night

ALSO RECOMMENDED

Drink 3-4 liters (quarts) of water daily (clean mineralized, not distilled or reverse osmosis), Avoid common food allergens- all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute with NutraMedix STEVIA). Avoid known food allergens, Avoid all Gluten grains, Take a broad spectrum friendly bacteria such as Bifido Biotics from Allergy Research Group or Pro Biotics 12 Plus from Essential Formulas every bedtime with a prebiotic fiber such as FOS from Allergy Research Group or Psyllium or Slippery Elm.

CHLAMYDIA PNEUMONIAE

Best to take the products for 3 months

DOSING - PRODUCTS CAN BE TAKEN TOGETHER



2 times per day



30+ minutes before meals



mix the drops in a glass of at least 120 ml.

FOR 12 1/2 DAYS,



BANDEROL

build up as quickly as possible to 30 drops



SAMENTO

30 drops



BURBUR - PINELLA

20 drops,
only for 1 1/2 days



SERRAPEPTASE

2 capsules

FOR 12 1/2 DAYS,



CUMANDA

30 drops



SAMENTO

30 drops



BURBUR - PINELLA

20 drops,
only for 1 1/2 days



SERRAPEPTASE

2 capsules

FOR 12 1/2 DAYS,



TANGARANA

30 drops



SAMENTO

30 drops



BURBUR - PINELLA

20 drops,
only for 1 1/2 days,
then repeat cycle for 3 months



SERRAPEPTASE

2 capsules

CYSTS/MYOMAS

Causes: Usually Iodine deficiency and/or liver toxicity caused by heavy metals and other man-made toxins.

DOSING - PRODUCTS CAN BE TAKEN TOGETHER



2 times per day



30+ minutes before meals



mix the drops in a glass of at least 120 ml.



SAMENTO

30 drops (start with one drop twice daily slowly increasing the dose until reaching 20 drops twice daily)



BURBUR-PINELLA

20 drops



ADRENAL

15 drops



SEALANTRO

40 drops – once every other day at bedtime

- **Iodine supplementation**- 1-8 drops of 2% Lugol's Solution daily (put drops on one wrist and rub into other wrist)

DIABETES (TYPE 1 AND TYPE 2)

Causes: **Type 1** is primarily caused by a viral infection in the pancreas. Toxins in the pancreas create an environment for the viral growth, viruses create inflammation which attracts more toxins. Congenital Borreliosis (Lyme disease) can also destroy the function of the pancreas. **Type 2** (insensitivity of the insulin receptors to insulin, excessive production of glucagon, excessive insulin) is primarily caused by poisons in the environment. The most common man-made toxins that can cause this problem are phthalates and phosphates. Other causes: severe chromium deficiency, vanadium deficiency, allergy reactions, especially to foods that cause a gluconeogenic hyperglycemia that cannot be compensated for in the presence of insulin resistance. Also, some heavy metals.

DOSING - PRODUCTS CAN BE TAKEN TOGETHER



2 times per day



30+ minutes before meals



mix the drops in a glass of at least 120 ml.



SAMENTO

20 drops (start with one drop twice daily slowly increasing the dose until reaching 20 drops twice daily)

DOSING - PRODUCTS CAN BE TAKEN TOGETHER



3 times per day



15 minutes before meals



mix the drops in a glass of at least 120 ml.



BURBUR or PARSLEY
10 drops



ADRENAL
15 drops

DOSING - PRODUCTS CAN BE TAKEN TOGETHER



2 times per day



immediately after mealtimes



mix the drops in a glass of at least 120 ml.



MAGNESIUM MALATE

(only if kidney failure is not present) starting with 2 capsules twice daily increasing the dose until moving bowels at least 2 times a day.



TAKUNA
30 drops



STEVIA

build up to 30 drops (gradual increase in dosing to avoid Herxheimer effect)

DOSING - PRODUCTS CAN BE TAKEN TOGETHER



1 time per day



at bedtime



mix the drops in a glass of at least 120 ml.



EZOV

8 drops (start with one drop adding one drop per dose every 5 days, after reaching 8 drops per dose take for 2 months)



ALGAS

Every 3rd night add 10 drops

ALSO RECOMMENDED

Drink 3-4 liters (quarts) of water daily (clean mineralized, not distilled or reverse osmosis), Avoid common food allergens- all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute with NutraMedix STEVIA). Chromium polynicotinate- 200mcg twice daily, Avoid known food allergens, Avoid foods that are not beneficial for your blood type, and eat low-glycemic foods.

GALLSTONES

Causes: Usually a bacterial infection but sometimes a fungal or parasitic infection. It is also caused by eating too much sugar and not enough sour or bitter foods. It is more likely to occur if consistently awake between 11pm and 3am when the gall bladder and liver typically detoxify themselves.

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

 2 times per day

 30+ minutes before meals

 mix the drops in a glass of at least 120 ml.



CHANCA PIEDRA
30 drops 3 times per day



CUMANDA

30 drops (start with one drop twice daily slowly increasing the dose until reaching 30 drops twice daily)



BURBUR or PARSLEY
10 drops



BANDEROL

30 drops (start with one drop twice daily slowly increasing the dose until reaching 30 drops twice daily)



MAGNESIUM MALATE

(only if kidney failure is not present)
starting with 2 capsules twice daily increasing the dose until moving bowels at least 2 times a day

ALSO RECOMMENDED

Drink 3-4 liters (quarts) of water daily (clean mineralized, not distilled or reverse osmosis), Orthophosphoric Acid- 15 drops three times daily (for 5 days only) & rinse mouth thoroughly.

HEADACHES / MIGRAINES

Causes: One or more of the following: vascular spasms, liver toxicity, malalignment of the skull (skull jamming) or upper cervical spine, chronic sinusitis-usually the pain is around the forehead or the eyes (see Chronic sinusitis protocol for treatment), chronic viral encephalitis.

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

 3 times per day

 30+ minutes before meals

 mix the drops in a glass of at least 120 ml.



Mix 10 drops of **PINELLA** and 10 drop of **PARSLEY** together in at least a ffi cup (4 oz./120ml), let sit for one minute then drink. Then open one capsule of **MAGNESIUM MALATE** and place the powder under the tongue along with 1 dropperful of **CONDURA** and hold for two minutes before swallowing. While this is under the tongue, apply **CONDURA** directly on the head in the location closest to the area of pain (forehead, temples, back of neck, etc) using the number of drops necessary to cover affected area. This entire cycle can be repeated every 10-15 minutes until the pain subsides.

ALSO RECOMMENDED

Drink 3-4 liters (quarts) of water daily (clean mineralized, not distilled or reverse osmosis), **Avoid common food allergens**- all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute with NutraMedix STEVIA).

HEPATITIS C

Causes: Hepatitis C virus infection and usually toxicity of the liver.

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

 mix the drops in a glass of at least 120 ml.



Twice daily (three times daily for severe cases) immediately after mealtimes take 40 drops of **TAKUNA** together 10 drops of **BURBUR** for at least three months. Three times daily immediately before mealtimes take 10 drops **PARSLEY**.

ALSO RECOMMENDED

Drink 3-4 liters (quarts) of water daily (clean mineralized, not distilled or reverse osmosis), **R-Lipoic Acid**- 200 mg twice daily, **Trimethylglycine**- 2000 mg twice daily with food

HERPES (GENITAL)

Causes: Herpes Simplex Virus type 1 (HSV-1) or the Herpes Simplex Virus type 2 (HSV-2).

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

 mix the drops in a glass of at least 120 ml.



Twice daily (three times daily for severe cases) immediately after mealtimes take 40 drops of **TAKUNA** together 10 drops of **BURBUR** for at least three months. Three times daily immediately before mealtimes take 10 drops **PARSLEY**.

ALSO RECOMMENDED

Drink 3-4 liters (quarts) of water daily (clean mineralized, not distilled or reverse osmosis), **Avoid sexual intercourse until lesions are gone**, **Homeopathic Herpes Simplex 1 & 2- 6X, 12X**- take 8 drops twice daily for 2 months.

MENINGITIS (BACTERIAL)

Causes: Usually Neisseria meningitidis infection or Streptococcus pneumoniae infection.

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

 4 times per day

 immediately before mealtimes and at bedtime

 mix the drops in a glass of at least 120 ml.



Treatment: ****If intravenous antibiotics are not feasible**** Four times daily immediately before mealtimes and at bedtime take 30 drops of **BARBERRY** together with 20 drops of **BURBUR-PINELLA**

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

 3 times per day

 15 min. before mealtimes

 mix the drops in a glass of at least 120 ml.



Three times daily 15 min. before mealtimes take 15 drops of **ADRENAL** together with 10 drops of **BURBUR** or **PARSLEY**

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

 3 times per day

 30 min. before mealtimes

 mix the drops in a glass of at least 120 ml.



If no improvement after 24 hours, three times daily 30 min. before mealtimes take 30 drops of **CUMANDA** or **BANDEROL**

ALSO RECOMMENDED

Drink **3-4 liters (quarts) of water daily** (clean mineralized, not distilled or reverse osmosis)

MENINGITIS (VIRAL)

Causes: Various viruses.

TREATMENT

Every hour take 30 drops of **TAKUNA** together with 20 drops of **BURBUR-PINELLA** until symptoms improve. Then, every 2 hours for a day. Then, if still improving, take every 4 hours for a day.

ALSO RECOMMENDED

Drink **3-4 liters (quarts) of water daily** (clean mineralized, not distilled or reverse osmosis)

MOLD, FUNGUS, MYCOTOXINS (condensed plan)

Best to take the products for 3 months

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

 2 times per day

 30+ minutes before meals

 mix the drops in a glass of at least 120 ml.

FOR 14 DAYS



BANDEROL

build up as quickly as possible to 30 drops



BURBUR - PINELLA

20 drops



SERRAPEPTASE

2 capsules



STEVIA

30 drops

FOR 14 DAYS



CUMANDA

30 drops



BURBUR - PINELLA

20 drops



SERRAPEPTASE

2 capsules



STEVIA

30 drops

FOR 14 DAYS



TANGARANA

30 drops



BURBUR - PINELLA

20 drops



SERRAPEPTASE

2 capsules



STEVIA

30 drops

Then repeat cycle for 3 months.

- Adhere to a low-glycemic diet. It is strongly suggested to avoid all sugars including honey, maple syrup, all fruits and fruit juices other than avocados, tomatoes, lemons and limes, all starches, all grains, all dried beans, all potatoes, carrots and other root vegetables, alcohol, vinegar products for at least 2 months while on the protocol. Nuts are acceptable if not moldy. Failure to
- Take a broad spectrum friendly bacteria such as Bifido Biotics from Allergy Research Group or Pro Biotics 12 Plus from Essential Formulas every bedtime with a prebiotic fiber such as FOS from Allergy Research Group or Psyllium or Slippery Elm.

MOLD, FUNGUS, MYCOTOXINS (extensive plan)

In Dr. Cowden's experience, no antimicrobial will work to get fungus out of the body unless all of the following are done in the following order:

- 1) Resolve all water leaks/water-damage and identify & remove (remediate with NEW building materials) the source of mold/fungi in the home, work place and other places the patient frequents.
- 2) For at least 2 months, while taking antifungal remedies twice daily & doing daily sinus irrigation, avoid foods that feed fungi in the body per ketogenic diet instructions below.
- 3) Irrigate sinuses daily for at least 2 months as per instructions below.
- 4) NutraMedix remedies are taken in 7 day cycles for 2-3 months as described below.
- 5) Take a broad spectrum friendly bacteria such as Bifido Biotics from Allergy Research Group or Pro Biotics 12 Plus from Essential Formulas every bedtime with a prebiotic fiber such as FOS from Allergy Research Group or Psyllium or Slippery Elm.
- 6) The Ketogenic diet is started after the person has built up to a full therapeutic dose of the herbs.
- 7) Patient should THEN take mycotoxin binders like ARG MicroChitosan & PE CholestePure.

Best to take the products for 3 months

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

 2 times per day

 30+ minutes before meals

 mix the drops in a glass of at least 120 ml.

FOR 7 DAYS

*In the case of kidney disease/failure, consult with a physician before using MAGNESIUM



CUMANDA
build up to 40-60 drops depending on body weight



SAMENTO
build up as quickly as possible to 30 drops



BURBUR-PINELLA
20 drops



STEVIA
30 drops



SERRAPEPTASE
2 capsules



MAGNESIUM MALATE
2-6 capsules (*increasing until moving bowels at least 2 times a day)

FOR 7 DAYS

*In the case of kidney disease/failure, consult with a physician before using MAGNESIUM



BANDEROL
40-60 drops depending on body weight (no build-up needed)



SAMENTO
30 drops



BURBUR-PINELLA
20 drops



STEVIA
30 drops



SERRAPEPTASE
2 capsules



MAGNESIUM MALATE
2-6 capsules (*increasing until moving bowels at least 2 times a day)

FOR 7 DAYS

*In the case of kidney disease/failure, consult with a physician before using MAGNESIUM



TANGARANA
40-60 drops depending on body weight (no build-up needed)



SAMENTO
30 drops



BURBUR-PINELLA
20 drops



STEVIA
30 drops



SERRAPEPTASE
2 capsules



MAGNESIUM MALATE
2-6 capsules (*increasing until moving bowels at least 2 times a day)

Repeat the three 7-day cycles, beginning each cycle with **CUMANDA** at full dose for 63+ days.

PARASITES (intestinal)

Best to take the products for 3 months

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

 2 times per day

 30+ minutes before meals

 mix the drops in a glass of at least 120 ml.

FOR 5 DAYS



MORA
40 drops



TANGARANA
40 drops



BURBUR - PINELLA
20 drops, only for 2 days



SERRAPEPTASE
2 capsules

FOR 5 DAYS



CUMANDA
40 drops



ENULA
40 drops



BURBUR - PINELLA
20 drops, only for 5 days



SERRAPEPTASE
2 capsules

Then repeat cycle for 3 months.

- Food-Grade Diatomaceous Earth 1 teaspoon in water at the beginning of breakfast & at the beginning of the evening meal will help eliminate worms in the intestine. The best schedule for DE is 5 days ON and 48 hours OFF (simultaneous with the breaks in treatment protocol above) for the first 6 weeks of the protocol. Then the DE would be taken from 2 days BEFORE each full moon day until 2 days AFTER each full moon day (5 consecutive days) for 4-6 additional months.

PROSTATE CANCER

Causes: Heavy metals, pesticides and other man-made toxins accumulating in the prostate gland and in the inferior hypogastric ganglia of the pelvis. Toxins in these ganglia impair blood flow to the prostate and impair lymph drainage from the prostate. Other possible causes: syphilitic miasm, HPV infection, otitis in the jaw where the wisdom teeth used to be, scars on or near the midline of the body (ie. from open heart or back surgery), conscious or subconscious fear and/or anxiety.

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

 2 times per day

 30+ minutes before meals

 mix the drops in a glass of at least 120 ml.



DOSING - PRODUCTS CAN BE TAKEN TOGETHER

 2 times per day

 immediately before mealtimes

 mix the drops in a glass of at least 120 ml.



DOSING - PRODUCTS CAN BE TAKEN TOGETHER

 2 times per day

 immediately after mealtimes

 mix the drops in a glass of at least 120 ml.

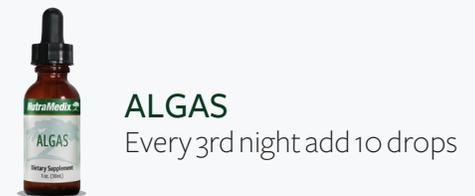
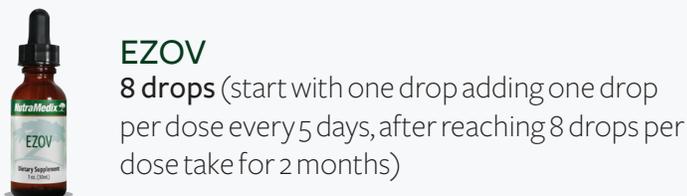


DOSING - PRODUCTS CAN BE TAKEN TOGETHER

 1 time per day

 at bedtime

 mix the drops in a glass of at least 120 ml.



ALSO RECOMMENDED

Drink 3-4 liters (quarts) of water daily (clean mineralized, not distilled or reverse osmosis), Avoid common food allergens- all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute NutraMedix STEVIA).

PSORIASIS

Causes: Fungal overgrowth, heavy metals, pesticides and Psoriatic miasm.

DOSING - PRODUCTS CAN BE TAKEN TOGETHER



2 times per day and take for 8 weeks



30+ minutes before meals



mix the drops in a glass of at least 120 ml.



CUMANDA

30 drops (start with one drop twice daily slowly increasing the dose until reaching 30 drops twice daily **AND TAKE FOR 8 WEEKS**)



BURBUR or PARSLEY

10 drops



ADRENAL

15 drops

ALSO RECOMMENDED

Drink 3-4 liters (quarts) of water daily (clean mineralized, not distilled or reverse osmosis), Psorinum 1M and 10M- 8 drops taken once per week for 3 months. Avoid common food allergens- all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute **NutraMedix STEVIA**), **No sugar, no starch and no fruit diet** for the entire time taking Cumanda (can have lemons, limes tomatoes, avocados and **NutraMedix STEVIA** for sweetening) **Consider having silver (mercury) dental amalgams replaced with composites by a biological dentist. Chlorella or Spirulina** - build up to 1500 mg daily before the mercury amalgams are removed and continue for 3-4 months after the amalgams are removed. It is very unlikely that the Psoriasis will resolve permanently unless the amalgams are removed. After all dental amalgams are removed, **DMSA**- 100-300 mg depending on kidney function, age and body weight can be added every 3rd night for 2-3 months with 40 drops **SEALANTRO** and 1500 mg of Chlorella or Spirulina.

RICKETTSIA

Best to take the products for 3 months

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

 3 times per day

 30+ minutes before meals

 mix the drops in a glass of at least 120 ml.

FOR 12 1/2 DAYS,



MORA

build up as quickly as possible to 30 drops



SAMENTO

30 drops



BURBUR - PINELLA

20 drops,
only for 1 1/2 days



SERRAPEPTASE

2 capsules

FOR 12 1/2 DAYS,



CUMANDA

30 drops



SAMENTO

30 drops



BURBUR - PINELLA

20 drops,
only for 1 1/2 days



SERRAPEPTASE

2 capsules

FOR 12 1/2 DAYS,



TANGARANA

30 drops



SAMENTO

30 drops



BURBUR - PINELLA

20 drops,
only for 1 1/2 days



SERRAPEPTASE

2 capsules

then repeat cycle for 3 months

Best to take the products for 3 months or longer if symptoms are not resolved.

DOSING - PRODUCTS CAN BE TAKEN TOGETHER



2 times per day



30+ minutes before meals



mix the drops in a glass of at least 120 ml.

FOR 12 1/2 DAYS,



BANDEROL

build up as quickly as possible to 30 drops



SAMENTO

30 drops



BURBUR - PINELLA

20 drops,
only for 1 1/2 days



SERRAPEPTASE

2 capsules

FOR 12 1/2 DAYS,



BARBERRY

30 drops



CUMANDA

20 drops



SAMENTO

20 drops



BURBUR - PINELLA

20 drops,
only for 1 1/2 days



SERRAPEPTASE

2 capsules

FOR 12 1/2 DAYS,



TANGARANA

30 drops



STEVIA

20 drops



SAMENTO

20 drops



BURBUR - PINELLA

20 drops,
only for 1 1/2 days



SERRAPEPTASE

2 capsules

then repeat cycle for 3 months

- Take a probiotic containing Bacillus subtilis and bacillus coagulans. 1 capsule per day after a meal.
- At least one month after symptoms are resolved, add 120 ml of non-pasteurized Kim Chi per day.

SINUSITIS (CHRONIC or ACUTE)

Causes: Usually a fungal infection with a superimposed bacterial infection and very often lower skull jamming and allergies to foods or inhalants that cause swelling to the sinus openings.

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

 3 times per day

 30+ minutes before meals

 mix the drops in a glass of at least 120 ml.



BARBERRY
30 drops



STEVIA
30 drops



BURBUR-PINELLA
20 drops



ADRENAL
15 drops

- **Vitamin A (Emulsified)**- 100,000 - 200,000 IU as a single dose (one time) taken no later than late afternoon. If severe symptoms persist after 1-2 weeks replace **BARBERRY** with **CUMANDA** or **BANDEROL** (start with one drop three times daily slowly increasing the dose until reaching 30 drops three times daily). Take a broad spectrum friendly bacteria such as Bifido Biotics from Allergy Research Group or Pro Biotics 12 Plus from Essential Formulas every bedtime with a prebiotic fiber such as FOS from Allergy Research Group or Psyllium or Slippery Elm.

ALSO RECOMMENDED

Drink 3-4 liters (quarts) of water daily (clean mineralized, not distilled or reverse osmosis), **Avoid common food allergens**- all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute with NutraMedix STEVIA), **don't let animals in the bedroom**, consider a **plastic cover over the mattress or pillow** so that house dust mite allergy will not continue to contribute to the problem, if inhalant allergy is enough of problem **consider replacing carpet with wood floor**.

STREP THROAT (SORE THROAT or PHARYNGITIS)

Causes: Streptococcus bacterial infection often follows Sinusitis.

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

 3 times per day

 30+ minutes before meals

 mix the drops in a glass of at least 120 ml.



BARBERRY
30 drops



PARSLEY or BURBUR
10 drops

- If severe symptoms persist after 1-2 weeks replace **BARBERRY** with **CUMANDA** or **BANDEROL** (start with one drop three times daily slowly increasing the dose until reaching 30 drops three times daily) **If painful, gargle with warm salt water** (1/4 teaspoon of salt in 1 cup of warm water), **avoid common food allergens** - all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute with **NutraMedix STEVIA**)

TREMORS

Causes: Most common cause is Lyme disease; second most common cause is Brucella infection. Usually there are pesticides and/or heavy metals, especially mercury, contributing to the condition.

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

 2 times per day

 30+ minutes before meals

 mix the drops in a glass of at least 120 ml.



CUMANDA

30 drops (start with one drop twice daily slowly increasing the dose until reaching 30 drops twice daily)



PARSLEY or BURBUR
10 drops

- Three times daily immediately before mealtimes take 10 drops of **AMANTILLA** together with 10 drops **BURBUR** and 2-6 capsules of **MAGNESIUM MALATE** (only if kidney failure is not present) starting with 2 capsules twice daily increasing the dose until moving bowels at least 2 times a day. Every 3rd night at bedtime take 10 drops of **ALGAS**.

ALSO RECOMMENDED

Drink **3-4 liters (quarts) of water daily** (clean mineralized, not distilled or reverse osmosis), **Avoid common food allergens**- all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute with **NutraMedix STEVIA**) FAR Infrared sauna may be helpful in removing some of the other toxins in the body.

VIRAL INFECTIONS - ACUTE (colds and flu)

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

Every hour take 30 drops of **TAKUNA** until symptoms improve. Then, every 2 hours for a day. Then, if still improving, take every 4 hours for a day. Mix the drops in a glass of at least 120 ml of water.



TAKUNA
30 drops



BURBUR-PINELLA
20 drops four times daily



SAMENTO
20 drops twice daily, 30 minutes
before food



SERRAPEPTASE
2 capsules twice daily, 30
minutes before food

- NutraMedix NONI may be substituted for **TAKUNA**.

VIRAL INFECTIONS – CHRONIC (herpes, Coxsackie, EBV, CMV, etc)

FOR HIGH VIRAL LOAD / Best to take the products for 3 months

Order (products required for one month)



TAKUNA
6 bottles



SAMENTO (60ml)
1 bottle



BURBUR-PINELLA
1 bottle



SERRAPEPTASE
1 bottle

DOSING - PRODUCTS CAN BE TAKEN TOGETHER



15+ minutes before meals



mix the drops in a glass of at least 4 oz. of water.



TAKUNA
30 drops
4 times per day
before meals and
at bedtime



SAMENTO
20 drops
2 times per day
before meals



BURBUR-PINELLA
20 drops
2 times per day before
meals



SERRAPEPTASE
2 capsules
2 times per day
before meals

FOR LOW VIRAL LOAD / Best to take the products for 3 months

Order (products required for one month)



TAKUNA
3 bottles



SAMENTO (60ml)
1 bottle



BURBUR-PINELLA
1 bottle



SERRAPEPTASE
1 bottle

DOSING - PRODUCTS CAN BE TAKEN TOGETHER



2 times per day



15+ minutes before meals



mix the drops in a glass of at least 4 oz. of water.



TAKUNA
30 drops



SAMENTO
20 drops



BURBUR-PINELLA
20 drops



SERRAPEPTASE
2 capsules



BIONATUS LABORATORIES