

Reference Guide to Natural Remedies!

Healthy Living | Health, Herb & Organic Mart

Cold / Flu

- Probiotics
- Garlic
- Elderberry
- Vitamin C
- Wellness Formula
- Oscillocoquinum

Digestive Issues/ Ulcers/Reflux

- Probiotics
- DGL (great for 'O' blood types)
- Aloe Vera
- Stomach Comfort
- L-Glutamine
- Digestive Enzymes

Anxiety / Stress

- B-Complex
- Skullcap
- Passion Flower
- Valerian
- Rescue Remedy
- 5-HTP
- Magnesium
- Adrenal Support Supplementation

Thyroid Support

- Kelp
- Liquid Minerals
- Thyroid Energy

- Dulse
- Bladderwrack

Joint Inflammation

- Curamin/CuraMed
- EFA's
- Devil's Claw
- Glucosamine
- Tart Cherries
- Green Food Supplement

Seasonal Allergies

- Probiotics
- Quercetin
- Apple Cider Vinegar
- Local Honey
- ALJ
- Stinging Nettle
- Olba's

Blood Sugar

- Chromium
- Flaxseed Oil
- Probiotics
- Minerals
- Fiber
- Bitter Melon
- Gymnema

Headaches

- Butterbar (if migraines are involved)
- Feverfew
- Oxygen Inhaler

Hair, Skin & Nails

- Silica
- Horsetail
- Biotin
- Liquid Minerals
- Zinc

Blood Pressure (avoid licorice)

- Apple Cider Vinegar
- Celery
- Ubiquinol
- Capsicum, Garlic & Parsley
- Minerals

5 Supplements for everyone everyday

- EFA's
- Green Food Supplement
- Probiotics
- Liquid Minerals
- Digestive Enzymes

