

Reference Guide to Natural Remedies during Pregnancy!

Healthy Living | Health, Herb & Organic Mart

WEBSITE: WWW.EYEHL.COM

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Blood Sugar

- Probiotics
- Alfalfa
- Chromium Picolinate
- Brewer's Yeast

Digestive Issues/Reflux/Indigestion

- Probiotics
- Bragg's Apple Cider Vinegar
- Swedish bitters
- Colloidal Silver (if h-pylori is involved)
- Flax Seed Oil (bowel issues)
- Psyllium (Constipation)

Anxiety / Stress

- B-Complex
- Oatstraw
- Passion Flower
- Chamomile

Nausea

- Ginger Tea/Capsules
- Probiotics

Joint Inflammation

- EFA's
- Ginger
- Tart Cherries
- Sepia
- Nux Vomica 30c

Allergies

- Probiotics
- Quercetin
- Apple Cider Vinegar
- Olba's
- Vitamin C
- Nettle

Colds/Flu

- Echinacea Angustifolia
- Garlic
- Probiotics
- Ginger Tea
- Peppermint Tea
- Zinc
- Vitamin C

Headaches

- Nettle
- Oxygen Inhaler

Swelling

- Alfalfa
- Dandelion Leaf Tea

Varicose Veins & Hemorrhoids

- Pulsatilla 30c
- Rescue Remedy and/or Arnica Cream

Blood Pressure

(avoid licorice)

- Apple Cider Vinegar
- Alfalfa
- Calcium

6 Supplements for everyday HIGH QUALITY ONLY

- Prenatal w/ Folate
- Prenatal DHA
- Probiotics
- B-Complex
- Magnesium
- Vitamin D³

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