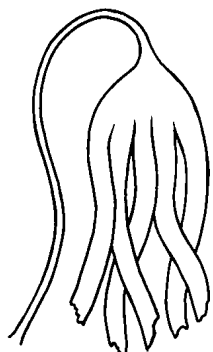


Naturespirit Herbs

Wildcrafted Sea Vegetables, Herbs and Herbal Products Since 1990
PO Box 150 • Williams OR 97544 • www.naturespiritherbs.com



2011 Retail Catalog

To order by phone call (541) 846-7995
Our business hours are Monday through Friday
8:00 a.m. to 5:00 p.m. Pacific Time



10% discount on orders of \$90.00 or more

Naturespirit Herbs LLC is our family business, located at our home in the Siskiyou Mountains of southwestern Oregon. We are harvesters of edible and medicinal wild seaweeds, herbs and fungi (our Wildcrafted Herbs pricelist is available upon request). We are also herbal health care practitioners and producers of high quality herbal medicines. We harvest and process almost everything we sell with our own hands, in a respectful, ecologically sound way. We truly enjoy our work, and diligently strive to produce the highest possible quality in our products. Please check out our catalog, and feel free to call us with any questions!

Health and happiness,
James Jungwirth & Kari Rein

About Our Sea Vegetables

“Sea vegetables” is a term for edible seaweeds or marine algae, which are botanically classified into three main groups: Red (Rhodophyta), Brown (Phaeophyta) and Green (Chlorophyta). They are regarded as delicious and health-giving foods by coastal cultures all around the world. In the United States, increasing numbers of people are learning that eating sea vegetables regularly provides a broad range of health benefits.

Sea vegetables are some of the most nutritionally valuable foods on earth. They are without doubt the best natural food source of minerals, electrolytes and trace elements. Eating sea vegetables is especially important today because modern chemical farming, depleted soils and processed foods have resulted in widespread mineral-deficiency-caused chronic diseases and health conditions. For example, the high levels of potassium, calcium, magnesium and other minerals in most seaweeds often helps with blood sugar problems, muscle spasms, osteoporosis, and nervous system disorders such as hyperactivity, ADD, depression and insomnia. Because of their high iodine content, seaweeds have been used worldwide to prevent and treat underactive thyroid conditions, slow metabolism and obesity. Sea vegetables are also an abundant source of all the known vitamins, lignans and antioxidants. Last but not least, all seaweeds contain large amounts of therapeutic polysaccharides (algin, fucoidan, laminarin, carrageenans, agar, porphyran etc.), which also have many amazing beneficial health effects.

Modern research suggests that eating sea vegetables regularly can promote a healthy immune system, facilitate the removal of heavy metals, radioactive elements, PCB's and dioxins from our bodies, inhibit viruses, cancers and metastases, prevent strokes, and reduce chronic inflammation, high blood pressure, high cholesterol levels and arteriosclerosis. In fact, the Japanese people's remarkable longevity and extremely low incidence of thyroid disease, breast cancer and prostate cancer may largely be due to the fact that they have the world's highest per capita seaweed consumption. How much is good to eat? Three to six grams per day or .75 to 1.5 ounces of dried seaweed per week is a good average dietary amount for nutritional or therapeutic purposes. (That's about 2.5 to 5 pounds per person per year.) Additional seaweed, health and thyroid information can be found at our website, www.naturespiritherbs.com.

Our sea vegetables are completely natural wild foods, harvested from the wild and rugged Pacific Ocean coastlines of southern Oregon and northern California. The ideal growing conditions here support some of the most luxuriously abundant seaweed beds in the world. We are ecologically responsible harvesters; each plant is trimmed by hand, in a way that allows it to continue to grow and reproduce. A maximum of 25% of any one species is harvested from an area per year. We return to the same beautiful rocky intertidal zone locations year after year, and have yet to see any negative impact from our harvesting. After harvesting, we promptly air-dry our sea vegetables at low temperatures, which preserves maximum flavor, nutrition and bioactivity.

All of our sea vegetables are packaged in clear food grade polyethylene bags with colorful cardstock labels. All labels include general cooking instructions and sample recipes. Most dried sea vegetables will hold their quality for a year or two if kept away from moisture, light and heat. They keep very well in airtight glass jars in a dark cupboard.

Sea Vegetables

	One Ounce Packages	Bulk (1/2 lb. minimum)
<p>Kombu (<i>Laminaria setchellii</i>)</p> <p>Kombu is a Brown seaweed that is very high in iodine and therapeutic polysaccharides (algin, fucoidan and laminarin). In China and many other Asian countries it is used in the treatment of cancer and to support healthy thyroid function. Recent research suggests that Kombu may be even more effective than Bladderwrack in treating underactive thyroid (hypothyroid) conditions (also see our Kombu Capsules on page 3 and Thyroid Support formula on page 6). Kombu takes a long time to cook tender (60 to 90 minutes) so it doesn't fall apart when cooked in soups or with beans. It adds lots of flavor and body as well. Not recommended for people with overactive thyroid (hyperthyroid) conditions. Also available powdered for \$58.00/lb.</p>	\$7.00 each	\$54.00/lb.
<p>Wakame (<i>Alaria marginata</i>)</p> <p>Wakame is a Brown seaweed that is a great source of calcium, potassium and therapeutic polysaccharides (algin and fucoidan). It has a very mild flavor, and is our favorite sea vegetable for cooking with rice or steamed vegetables. Wakame is also very good when simmered until tender (save the broth!) and used in salads, marinades and pasta dishes. It cooks tender in about 30 minutes.</p>	7.20 each	58.00/lb.
<p>Sea Veggie Powder (<i>A mix of Kombu and Wakame</i>)</p> <p>Once you try this you'll never go back to commercial kelp powders! Our sea vegetable powder has a clean, fresh taste. Ready to use as a flavorful, salty seasoning on salads, cooked vegetables, rice or popcorn, as an ingredient in breads and smoothies, or for thickening soups and sauces... a very easy way to get seaweeds into your diet! (One level teaspoonful equals about three grams.)</p>	7.20 each	58.00/lb.
<p>Nori (<i>Porphyra spp.</i>)</p> <p>Nori is a Red seaweed with a deep, rich seafood taste. It makes a delicious snack as is or toasted until crisp. Toasted and crumbled Nori adds lots of flavor to breads, soups and sauces, and makes a savory sprinkle on salads, cooked vegetables, rice or popcorn. It is a great source of protein, carotenes, vitamins and porphyran, a therapeutic polysaccharide. This is whole leaf Nori; it has not been processed into sheets like sushi Nori.</p>	7.80 each	68.00/lb.
<p>Kelp Fronds (<i>Nereocystis luetkeana</i>)</p> <p>These delicate, salty Bull Kelp fronds are so tender they melt in your mouth! Ready to eat as a crispy snack or to crumble and sprinkle on salads, vegetables, rice, popcorn etc. They contain about three times as much potassium salt as sodium salt, an ideal balance of electrolytes. In fact, Kelp Fronds may be the world's most concentrated natural source of potassium and many other minerals. They also contain large amounts of therapeutic polysaccharides (algin and fucoidan). If you give Kelp Fronds to kids that have had too much sugar, it's amazing how fast it grounds their energy! Bull Kelp is a Brown seaweed.</p>	8.20 each	74.00/lb.
<p>Sea Palm (<i>Postelsia palmaeformis</i>)</p> <p>These thin, crispy fronds are ready to eat as a delicious jerky-like snack. Kids love to nibble on Sea Palm, and it quickly grounds their energy if they get too much sugar. Cooked Sea Palm is remarkably noodle-like in texture, and is excellent in pasta dishes, stir-fries, salads and marinades. It cooks tender in about 30 minutes. Sea Palm is a Brown seaweed, and is a source of algin and fucoidan.</p>	7.20 each	58.00/lb.
<p>Bladderwrack Powder (<i>Fucus gardneri</i>)</p> <p>Bladderwrack is a Brown seaweed that has been used in Europe for centuries to treat underactive thyroid (hypothyroid) conditions, with intolerance to cold, low energy, depression, slow metabolism, obesity, water retention, heavy menses, dry skin and hair, brittle nails, immune deficiency etc. (Also see Kombu above, Bladderwrack Capsules on page 3 and Thyroid Support formula on page 6.) Bladderwrack powder has a strong distinctive flavor, and may be sprinkled on food, added to smoothies or simply mixed into a cup of water and swallowed. (One level teaspoonful equals about three grams.) Not recommended for pregnant women or people with overactive thyroid (hyperthyroid) conditions.</p>	(Bulk only)	58.00/lb.
<p>Gigartina Powder (<i>Gigartina papillata</i>)</p> <p><i>Gigartina papillata</i>, also known as <i>Mastocarpus papillatus</i> or Grapestone, is a species of Red marine algae. Red marine algae are the natural source of carrageenans (immune-enhancing, antiviral and herpes-suppressing polysaccharides). Gigartina also has a tonic effect on the lungs and may be helpful for smoker's hack, asthma, emphysema and other chronic lung conditions. One level teaspoonful equals about three grams. (Also see our Red Marine Algae Capsules on page 3.)</p>	(Bulk only)	90.00/lb.
<p>Sea Vegetable Blend Powder (<i>Six different seaweed species</i>)</p> <p>This is the same mix we use in our Sea Vegetable Blend Capsules. It contains four Brown seaweed species and two Red seaweed species, providing a broad-spectrum nutritional and therapeutic supplement. It has a mild flavor, and may be sprinkled on food, added to smoothies or simply mixed into a cup of water and swallowed. Contains Kombu (<i>Laminaria setchellii</i>), Wakame (<i>Alaria marginata</i>), Kelp Fronds (<i>Nereocystis luetkeana</i>), Sea Fern (<i>Cystoseira osmundacea</i>), Gigartina (<i>Gigartina papillata</i>) and Iridea (<i>Iridea cordata</i>).</p>	(Bulk only)	82.00/lb.

Sea Vegetable Capsules

Capsules are a convenient way to use sea vegetables as a daily dietary supplement. Our vegetarian capsules contain only pure powdered seaweeds; no fillers, additives or preservatives are used. **The recommended dosage for all of our encapsulated seaweed products is 1 to 3 capsules three times daily.**

Sea Vegetable Blend (*Six different seaweed species*) (600 mg. capsules, 100 per bottle) **\$22.00/bottle**

Our Sea Vegetable Blend capsules contain a mix of four Brown seaweed species and two Red seaweed species, providing a broad-spectrum nutritional and therapeutic supplement. Contains Kombu (*Laminaria setchellii*), Wakame (*Alaria marginata*), Kelp Fronds (*Nereocystis luetkeana*), Sea Fern (*Cystoseira osmundacea*), Gigartina (*Gigartina papillata*) and Iridea (*Iridea cordata*).

Bladderwrack (*Fucus gardneri*) (600 mg. capsules, 100 per bottle) **20.00/bottle**

Bladderwrack is a Brown seaweed that has been used in Europe for centuries to treat underactive thyroid (hypothyroid) conditions, with intolerance to cold, low energy, depression, slow metabolism, obesity, water retention, heavy menses, dry skin and hair, brittle nails, immune deficiency etc. (Also see Kombu Capsules below and Thyroid Support formula on page 6.) Avoiding chlorinated water, fluoridated toothpaste and all soy products, and taking L-tyrosine, taurine, copper, zinc and selenium supplements may also help. Not recommended for pregnant women or people with overactive thyroid (hyperthyroid) conditions. If the recommended dosage causes gas or loose stools, start with less. If possible, keep unopened bottles in a freezer to preserve maximum freshness and potency.

Kombu (*Laminaria setchellii*) (600 mg. capsules, 100 per bottle) **20.00/bottle**

Kombu is a Brown seaweed that is very high in iodine and therapeutic polysaccharides (alginate, fucoidan and laminarin). In China and many other Asian countries it is used in the treatment of cancer and to support healthy thyroid function. Recent research suggests that Kombu may be even more effective than Bladderwrack for treating underactive thyroid (hypothyroid) conditions. (Also see our Thyroid Support formula on page 6.) Not recommended for people with overactive thyroid (hyperthyroid) conditions.

Red Marine Algae (*Gigartina papillata*) (600 mg. capsules, 100 per bottle) **24.00/bottle**

Gigartina papillata, also known as *Mastocarpus papillatus* or Grapestone, is a species of Red marine algae. Red marine algae are the natural source of carrageenans (immune-enhancing, antiviral and herpes-suppressing polysaccharides). *Gigartina* also has a tonic effect on the lungs and may be helpful for smoker's hack, asthma, emphysema and other chronic lung conditions.

Seaweed Skin Care

Seaweed Facial Mask/Body Wrap/Bath Therapy **\$14.00/4 oz.** **42.00/lb.**

Seaweeds and clays have been used for skin care and health therapies since ancient times. This versatile product is a powdered mix of French green clay and Kombu. Kombu is full of therapeutic gels and minerals that nourish, soothe and moisturize your skin, while the clay deep-cleans, draws toxins and stimulates circulation. For a facial mask or body wrap, mix with water (or a mix of water and honey) and apply. Or mix a couple ounces into your bath water for a therapeutic bath! Instructions included.

About our Herbal Extracts

Most of our single herb extracts (page 4) and herbal extract formulas (pages 5-7) are made with herbs that we have ethically harvested from healthy wild environments. Some are organically grown. A few high quality imported herbs (organic, unsprayed, non-irradiated etc.) are also used. Refer to the charts at right for price, source and use codes.

Fresh herbs are chopped by hand (blending ruptures cell walls and can increase precipitation of active compounds), macerated in one to two parts of 95% grain alcohol, then pressed and filtered. This produces a (1:1), (1:1.5) or (1:2) ratio of herb to alcohol.

Dried herbs are ground to a powder and macerated in four or five parts of a mix of grain alcohol and water (different herbs require different alcohol percentages for optimum extraction).

Our herbal extract formulas have been composed for specific health purposes. Each formula includes a description of its specific uses as well as other pertinent health information.

Herbal Extract Price Codes

Price

Code	2 oz.	4 oz.	8 oz.	16 oz.
A	\$18.00	34.20	64.80	122.40
B	20.00	38.00	72.00	136.00
C	22.00	41.80	79.20	149.60
D	26.00	49.40	93.60	176.80
E	32.00	60.80	115.20	217.60

Herb Source and Use Codes

WC Wildcrafted

OG Organically Grown

US Unsprayed

◇ Not recommended for use during pregnancy

△ For external use only

⊕ For health care professionals only

Single Herb Extracts (See price code chart on page 3)

We also have many other single herb extracts not listed below.

HERBAL EXTRACT	PRICE CODE	HERBAL EXTRACT	PRICE CODE
Alder (<i>Alnus rubra</i>) Fresh Catkins (1:1) WC	C	Iknish ◊ (<i>Lomatium californicum</i>) Fresh Root (1:1.5) WC	C
Ambrosia (<i>Ambrosia chamissonis</i>) Fresh Herb (1:2) WC	C	Japanese Knotweed	
Anemone ⊕ ◊ (<i>Anemone occidentalis</i>) Fr Herb (1:1.5) WC	D	(<i>Polygonum cuspidatum</i>) Fresh Root (1:1.5) WC	B
Angelica, Kneeling ◊ (<i>Angelica genuflexa</i>) Fr Rt (1:2) WC	C	Kava (<i>Piper methysticum</i>) Dried Root (1:4) US	C
Angelica, Sawtooth ◊ (<i>Angelica arguta</i>) Fr Rt (1:2) WC	B	Lemon Balm (<i>Melissa officinalis</i>) Fresh Herb (1:1) OG	A
Arnica Δ (<i>Arnica cordifolia</i>) Fr Whole Plant (1:1.5) WC	C	Licorice ◊ (<i>Glycyrrhiza glabra</i>) Fresh Root (1:1) OG	A
Ashwagandha (<i>Withania somnifera</i>) Fr Root (1:1.5) OG	B	Licorice Fern (<i>Polypodium glycyrrhiza</i>) Fr Rt (1:1) OG	D
Aspen (<i>Populus tremuloides</i>) Dried Bark (1:4) WC	A	Lobelia ⊕ (<i>Lobelia inflata</i>) Fresh Herb (1:4) OG	B
Astragalus (<i>Astragalus membranaceus</i>) Dr Root (1:5) US	A	Lomatium ◊ (<i>Lomatium dissectum</i>) Fresh Root (1:1.5) WC	C
Balsam Poplar (<i>Populus balsamifera</i>) Dr Buds (1:5) WC	C	Mugwort (<i>Artemisia douglasiana</i>) Fresh Herb (1:1.5) WC	A
Balsamroot (<i>Balsamorhiza sagittata</i>) Fr Root (1:1.5) WC	B	Myrrh ◊ (<i>Commiphora molmol</i>) Dried Gum (1:5) US	C
Baneberry ◊ (<i>Actea rubra</i>) Fresh Root (1:1.5) WC	B	Oat Seed (<i>Avena sativa</i>) Fresh Milky Seed (1:1.5) OG	A
Bayberry (<i>Myrica californica</i>) Dried Root Bark (1:5) WC	C	Ocotillo ◊ (<i>Fouquieria splendens</i>) Fresh Bark (1:1.5) WC	C
Betony (also known as Lousewort or Indian Warrior)		Oregon Grape (<i>Mahonia aquifolium</i>) Fr Root (1:1.5) WC	B
(<i>Pedicularis densiflora</i>) Fresh Herb (1:1) WC	C	Oregano Spirits ◊ (Also see Oil of Oregano on page 7)	
Bladderwrack ◊ (<i>Fucus gardneri</i>) Fr Whl Plant (1:1) WC	B	(<i>Origanum vulgare</i>) Essential Oil in alcohol (1:2) WC	D
Bittersweet ◊ (<i>Solanum dulcamara</i>) Fr Stems (1:2) WC	C	Osha, Mountain ◊ (<i>Ligusticum grayi</i>) Fr Root (1:2) WC	C
Bleeding Heart ◊ (<i>Dicentra formosa</i>) Fr Whl Plt (1:1) WC	C	Passionflower (<i>Passiflora incarnata</i>) Fresh Herb (1:1) OG	A
Buckbean (<i>Menyanthes trifoliata</i>) Fresh Herb (1:2) WC	D	Pennyroyal ◊ (<i>Mentha pulegium</i>) Fresh Herb (1:1) WC	B
Bugleweed (<i>Lycopus virginicus</i>) Fresh Herb (1:1.5) OG	A	Peppermint (<i>Mentha piperita</i>) Dried Leaf (1:5) WC	A
Burdock (<i>Arctium lappa</i>) Fresh Root (1:1) OG	A	Periwinkle ◊ (<i>Vinca major</i>) Fresh Herb (1:1.5) WC	B
Butterbur ◊ (<i>Petasites palmatus</i>) Fresh Root (1:2) WC	B	Pipsissewa (<i>Chimaphila umbellata</i>) Fresh Herb (1:2) WC	B
Calamagrostis ◊ (<i>Acorus calamus</i>) Fresh Root (1:1.5) OG	B	Puncture Vine ◊ (<i>Tribulus terrestris</i>) Dried Herb (1:4) WC	C
California Bay (<i>Umbellularia californica</i>) Fr Lf (1:2) WC	B	Pygeum (<i>Pygeum africanum</i>) Dried Bark (1:5) WC	A
California Poppy ◊		Red Root (<i>Ceanothus cuneatus</i>) Dried Root (1:4) WC	D
(<i>Eschscholzia californica</i>) Fresh Whole Plant (1:1.5) WC	B	St. Johnswort	
Catnip (<i>Nepeta cataria</i>) Fresh Herb (1:1.5) OG	A	(<i>Hypericum perforatum</i>) Fr Flowering Tips (1:1.5) WC	B
Cedar, Western Red ◊ (<i>Thuja plicata</i>) Fr Leaf (1:2) WC	A	Saw Palmetto ◊ (<i>Serenoa repens</i>) Dried Berries (1:5) OG	B
Chapparal (<i>Larrea tridentata</i>) Dried Leaf (1:5) WC	A	Self Heal (<i>Prunella vulgaris</i>) Fresh Herb (1:1) WC	B
Chaste Tree ◊ (<i>Vitex agnus-castus</i>) Dr Berries (1:5) WC	A	Shepherd's Purse ◊	
Chokecherry ◊ (<i>Prunus virginiana</i>) Dried Bark (1:5) WC	A	(<i>Capsella bursa-pastoris</i>) Fresh Herb (1:1.5) WC	A
Cotton Root Bark ◊ (<i>Gossypium herbaceum</i>) Fr Rt Bark (1:2) OG	D	Silk Tassel ◊ (<i>Garrya fremontii</i>) Dried Leafy Tips (1:4) WC	C
Cow Parsnip Δ (<i>Heracleum lanatum</i>) Fr Root (1:1.5) WC	C	Skullcap (<i>Scutellaria lateriflora</i>) Fresh Herb (1:1.5) OG	B
Cramp Bark (<i>Viburnum opulus</i>) Dried Bark (1:5) WC	A	Spikenard Berry (<i>Aralia californica</i>) Fr Berry (1:1) WC	D
Dandelion (<i>Taraxacum officinale</i>) Fresh Root (1:1) WC	A	Spikenard Root (<i>Aralia californica</i>) Fr Root (1:1.5) WC	B
Devil's Club ◊ (<i>Oplopanax horridum</i>) Dr Rt Bark (1:5) WC	C	Spilanthes (<i>Spilanthes acmella</i>) Fr Flower Buds (1:2) OG	C
Dogbane ⊕ ◊		Stone Root (<i>Collinsonia canadensis</i>) Fr Whl Plt (1:1.5) OG	B
(<i>Apocynum androsaemifolium</i>) Dried Root (1:5) WC	D	Sweet Cicely (<i>Osmorhiza occidentalis</i>) Fr Root (1:2) WC	C
Dong Quai ◊ (<i>Angelica sinensis</i>) Dried Cured Rt (1:5) US	B	Sweetgrass ◊ (<i>Hierochloa occidentalis</i>) Fr Herb (1:2) WC	E
Echinacea		Trillium (<i>Trillium ovatum</i>) Fresh Whole Plant (1:1.5) WC	D
(<i>Echinacea purpurea</i>) Fr Rt, Flower & Seed (1:1.5) OG	B	Turmeric (<i>Curcuma longa</i>) Fresh Root (1:1.5) OG	B
Elderberry (<i>Sambucus caerulea</i>) Fr Berry (1:1) WC	C	Usnea ◊ (<i>Usnea spp.</i>) Dried Lichen (1:5) WC	B
Elecampane (<i>Inula helenium</i>) Fresh Root (1:1.5) OG	A	Valerian, Sitka (<i>Valeriana sitchensis</i>) Fr Root (1:1.5) WC	C
Eryngo (<i>Eryngium yuccafolium</i>) Fresh Herb (1:1) OG	B	Vervain (<i>Verbena lasiostachys</i>) Dried Herb (1:5) WC	A
Feverfew (<i>Chrysanthemum parthenium</i>) Fr Hrb (1:1.5) OG	A	Western Peony ◊ (<i>Paeonia brownii</i>) Fr Root (1:1.5) WC	C
Figwort (<i>Scrophularia californica</i>) Fresh Herb (1:1) WC	B	White Sage ◊ (<i>Salvia apiana</i>) Dried Herb (1:5) WC	C
Gigartina (<i>Gigartina papillata</i>) Fr Whole Plant (1:1) WC	C	Wild Ginger ◊ (<i>Asarum caudatum</i>) Fr Whl Plt (1:1.5) WC	C
Ginger (<i>Zingiber officinale</i>) Fresh Root (1:1.5) OG	B	Wild Lettuce (<i>Lactuca serriola</i>) Fr Flwrng Tips (1:1.5) WC	B
Gotu Kola (<i>Centella asiatica</i>) Fresh Herb (1:1) OG	B	Witch Hazel (<i>Hamamelis virginiana</i>) Fr Twigs (1:2) WC	C
Hawthorn (<i>Crataegus douglasii</i>) Fr Flwrng Tips (1:2) WC	C	Yarrow (<i>Achillea millefolium</i>) Fresh Flower (1:2) WC	A
Hedge Nettle (<i>Stachys rigida</i>) Fresh Herb (1:1) WC	B	Yellow Pond Lily (<i>Nuphar polysepalum</i>) Fr Rt (1:1.5) WC	B
Horse Chestnut ◊		Yellow Dock (<i>Rumex crispus</i>) Dried Root (1:5) WC	A
(<i>Aesculus hippocastanum</i>) Dr Nut (1:5) WC	B	Yerba Mansa (<i>Anemopsis californica</i>) Fr Root (1:1) OG	B
Horseradish (<i>Armoracia rusticana</i>) Fresh Root (1:1) OG	A	Yerba Santa (<i>Eriodictyon californicum</i>) Fr Leaf (1:2) WC	A
Horsetail (<i>Equisetum telemateia</i>) Fresh Herb (1:1) WC	A	Yew ◊ (<i>Taxus brevifolia</i>) Fresh Leafy Tips (1:1.5) WC	C

Herbal Extract Formulas

All Herbal Extract Formulas are Price Code “C” (see price code chart on page 3)

Adrena-Tone ◇ Helps to prevent or relieve anxiety, panic attacks and nervous exhaustion (burn-out) from prolonged stress or abuse of stimulants (coffee, cocaine etc). May also be used as an aid in quitting stimulants or tobacco. Best with long term use (also see Relaxation formula). *Ingredients:* Extracts of Eleuthero, Licorice, Ashwagandha, Oat Seed, Anemone, Lobelia, Prickly Ash, Skullcap and Baneberry. *Suggested use:* 30 to 90 drops (1-3 squirts) in a little water up to 4X daily.

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

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

Cand-Aid ◇ Used internally or as a mouthwash or douche to inhibit candida, yeast infections and thrush. For best results use long term, avoid sweets and eat lots of yogurt, more protein and less carbohydrates (also see Lymph-Immune Tonic). *Ingredients:* Extracts of Pao D’arco, Spilanthes, Usnea, Oregon, Sweet Cicely, Chaparro, White Sage, Echinacea, Red Cedar and Myrrh. *Suggested use:* 60 to 120 drops (2-4 squirts) in a little water up to 4X daily or diluted with ten parts of water as a douche.

Cheer Up ◇ Composed of mood enhancing, anti-depressant, anti-anxiety and adaptogenic herbs. Best with long term use and daily aerobic exercise. Depression can be caused or aggravated by mineral deficiencies (eat seaweed!) or low thyroid function (see Thyroid Support formula). *Ingredients:* Extracts of St. Johnswort, Ashwagandha, Syrian Rue, Rhodiola, Oat Seed, Anemone, Western Peony, Gotu Kola, Baneberry, Eleuthero, Lavender and Skullcap. *Suggested use:* 60 to 120 drops (2-4 squirts) in a little water up to 4X daily.

Colon Tonic ◇ A formula for improving colon tone, stimulating peristalsis and relieving chronic constipation. Best with daily aerobic exercise and increased intake of water and dietary fiber (vegetables, fruits, seaweeds, whole grains, flax, psyllium etc.) *Ingredients:* Extracts of Cascara Sagrada, Licorice, Yellow Dock, Cayenne, Prickly Ash, Blue Flag, Goldenseal, Ginger, Turkey Rhubarb, Lobelia and Bayberry. *Suggested use:* 2-6 squirts (1/4 to 1 tsp.) in a little water up to 2X daily (mornings and evenings).

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

Digestive Bitters – Bitters have been taken before meals since ancient times for chronic digestive deficiency problems: anorexia, poor appetite, deficient mouth and stomach secretions, poor absorption, gas, irritable bowel, etc. Not for acute, inflamed conditions. Best with long term use. *Ingredients:* Extracts of Gentian, Angelica, Quassia, Centaury, American Ginseng, Cardamom, Orange Peel, Ginger, Calamus, Prickly Ash and Bayberry. *Suggested use:* 15 to 30 drops in a little water 15 minutes before eating.

Female Tonic (Long Cycle) ◇ This is a hormonal tonic/PMS formula for women with long or irregular menstrual cycles, estrogen-dominance PMS distress (water retention, headaches, emotional etc.) and crampy, slow-onset menses. May also be beneficial for chronic congested or inflamed uterine, cervical or vaginal conditions. Best with long term use and regular consumption of seaweeds (also see Liver Deficiency Tonic, Venous Tonic and Thyroid Support). *Ingredients:* Extracts of Dong Quai, Chaste Tree, Blue Cohosh, Cotton Root, American Ginseng, Ocotillo, Anemone, Baneberry and Oregon Grape. *Suggested use:* 30 to 90 drops (1-3 squirts) in a little water up to 4X daily.

Female Tonic (Short Cycle) ◇ A hormonal tonic/PMS formula for women with short, progesterone-dominant menstrual cycles and anabolic distress that starts a week or so before menses, including late-night energy, sweating, irritability, protein/fat cravings and acne. Best with long term use (also see Liver Excess Tonic). *Ingredients:* Extracts of Chaste Tree, Bugleweed, Yellow Pond Lily, Western Peony, Motherwort, Dandelion, Milk Thistle, Trillium, Eleuthero and Red Root. *Suggested use:* 30 to 90 drops (1-3 squirts) in a little water up to 4X daily.

Flu Season ◇ Used to prevent or treat colds, influenza, bronchitis etc. Made with herbs known for their antiviral, expectorant, immune-stimulant and diaphoretic qualities. *Ingredients:* Extracts of Lomatium, Iknish, Spikenard, Balsamroot, Ginger, Echinacea, Myrrh, Red Root, Oregon, Cayenne and Yerba Santa. *Suggested use:* 2 to 6 squirts (1/4 to 1 tsp.) in a little water up to 4X daily.

Heart Calm – For nervous heart conditions such as tachycardia, palpitations and arrhythmias, often accompanied by a sensation of panicky tightness in the chest and shortness of breath. Best with long term use (also see Adrena-Tone and Thyroid Calm). *Ingredients:* Extracts of Hawthorn, Motherwort, Skullcap, Cereus, Bugleweed, Oat Seed, Lily-of-the-Valley and Eleuthero. *Suggested use:* 30 to 90 drops (1-3 squirts) in a little water up to 4X daily.

All Herbal Extract Formulas are Price Code “C” (see price code chart on page 3)

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

Herbal Liniment – Applied to bruises, sprains, aching muscles and arthritic joints to stimulate circulation and relieve pain and inflammation (also see Muscle Calm, Pain Formula and Joint-Ease). *Ingredients:* Extracts of Arnica, Cayenne, Baneberry, Feverfew, Tobacco, Bleeding Heart, Melilot, Yerba Mansa, Wintergreen and Oregano. *Suggested use:* Apply to affected areas as needed. CAUTION: Contains Cayenne! Use with care and wash hands after applying.

Hypertens-Ease ◇ A formula for people with mild to moderately high blood pressure (essential hypertension). It is composed of cardio-tonic, diuretic, vasodilating, blood thinning, and cholesterol-reducing herbs. Best with long term use and daily consumption of Brown seaweeds, garlic capsules and nettle tea, reducing dietary fats and proteins, eating more vegetables and drinking more water. *Ingredients:* Extracts of Hawthorn, Passionflower, Eleuthero, Bladderwrack, Dandelion, Red Root, Feverfew, Prickly Ash, Cayenne, Indian Root and Puncture Vine. *Suggested use:* 60 to 120 drops (2-4 squirts) in a little water up to 4X daily.

Hypotens-Ease ◇ For people with mild to moderately low blood pressure (hypotension). May also be helpful for weak heart function and any associated edema. Best with long term use. *Ingredients:* Extracts of Licorice, Kola Nut, Cereus, Lily-of-the-Valley, Dogbane, Gotu Kola, Korean Red Ginseng and Dong Quai. *Suggested use:* 60 to 120 drops (2-4 squirts) in a little water up to 4X daily.

Joint-Ease – A rheumatoid- and osteo-arthritis formula. Best with long term use and regular consumption of seaweeds (also see Pain Formula and Herbal Liniment). *Ingredients:* Extracts of Yerba Mansa, Figwort, Aspen, Buckbean, Turmeric, Horsetail, Devil’s Club, Yucca, Prickly Ash, Gotu Kola and Oregano. *Suggested use:* 60 to 120 drops (2-4 squirts) in a little water up to 4X daily.

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

Liver Deficiency Tonic – A constitutional tonic for people with deficient liver function, with dry skin, allergies, unstable blood sugar, difficult digestion of fats and proteins, and a tendency toward adrenaline stress and constipation. Best with long term use and increased dietary fats and proteins. *Ingredients:* Extracts of Oregon Grape, Yellow Dock, Milk Thistle, Prickly Ash, Blue Flag, Indian Root, Buckbean, Ocotillo, Devils Club and Pleurisy Root. *Suggested use:* 30 to 60 drops (1-2 squirts) in a little water up to 4X daily.

Liver Excess Tonic – A constitutional tonic for people with excessive liver function and general anabolic excess, with warm, moist, oily skin, cravings for fats and proteins, and a tendency toward obesity, elevated cholesterols, hyperuricemia and high blood pressure (also see Hypertens-Ease). Best with long term use. A full regimen would include eating more vegetables and seaweeds, less fats and proteins, and drinking Nettle tea. *Ingredients:* Extracts of Dandelion, Burdock, Milk Thistle, Puncture Vine, Red Root, Chaparral, Mugwort, Bladderwrack and Eleuthero. *Suggested use:* 60 to 120 drops (2-4 squirts) in a little water up to 4X daily.

Lymph-Immune Tonic ◇ For chronic immune suppression (seem to be sick all the time, with colds, influenza, sinus infections, tonsillitis, mononucleosis, EBV, CMV, HIV, candida, mycosis, etc.). The cause may be an underactive thyroid (see Thyroid Support formula), depression, chronic stress, poor diet and/or protein deficiency, chemotherapy or anti-inflammatory drugs. Best with long term use. *Ingredients:* Extracts of Echinacea, Red Root, Astragalus, Myrrh, Stillingia, Reishi, Ocotillo, Baptisia, Devil’s Club, Lomatium, Indian Root and Blue Flag. *Suggested use:* 30 to 90 drops (1-3 squirts) in a little water up to 4X daily.

Meno-Peace ◇ These herbs have a long history of use in relieving the discomforts of menopause: hot flashes, sweating, anxiety, heart palpitations, insomnia, etc. *Ingredients:* Extracts of Dong Quai, Motherwort, Bugleweed, Licorice, Oat Seed, Anemone, Baneberry, Cereus, Blue Cohosh and Devil’s Club. *Suggested use:* 30 to 90 drops (1-2 squirts) in a little water up to 4X daily.

Mouth and Gum Tonic – A stimulating antiseptic mouthwash for the prevention and relief of mouth sores, inflamed, bleeding or receding gums, sensitive teeth and pyorrhea. Also useful as a gargle for sore or strep throat. *Ingredients:* Extracts of Peppermint, Cloves, Bayberry, Cinnamon, Licorice, Myrrh, Prickly Ash, Spilanthes, Bistort and Oregano. *Suggested use:* 15 to 30 drops in a little water as a mouthwash or gargle (best if a pinch of salt and baking soda is also added) or put a few drops on your toothbrush!

Muscle Calm – This muscle relaxant formula is used internally for painful muscle spasms and stiffness (neck pain, lower back pain, leg cramps, etc.) from hard work, strains or injuries (also see Herbal Liniment and Pain Formula). It is also used for muscle twitches, facial tics and Restless Legs syndrome (potassium-rich Kelp Fronds may also help; see page 2) and as a relaxing adjunct to massage and bodywork. *Ingredients:* Extracts of Betony, Scullcap, Western Peony, St. Johnswort, Aspen, Baneberry, Lobelia, Bleeding Heart and Yerba Mansa. *Suggested use:* 60 to 120 drops (2-4 squirts) in a little water up to 4X daily.

Neutralizing Cordial ◇ A soothing digestive tonic and antacid formula, used for gastroenteritis (stomach flu), nausea, upset stomach, heartburn, stomach or ulcer pain, gas pains and diarrhea. *Ingredients:* Honey, glycerine, potassium carbonate, and extracts of Turkey Rhubarb, Cinnamon, Goldenseal and Peppermint. *Suggested use:* 60 to 120 drops (2-4 squirts) up to 4X daily.

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Oil of Oregano ◇ Oil of Oregano has potent anti-fungal, anti-candida, anti-bacterial, antiviral, anti-oxidant, expectorant, and circulatory stimulant qualities, and may be used topically or internally for a wide range of conditions (also see Oregano Spirits on page 4). *Ingredients:* Essential oil (minimum 80% carvacrol) of Turkish Wild Oregano (*Origanum vulgare*) blended with two parts of extra-virgin olive oil to slow absorption and to tone down its Cayenne-like heat. *Suggested use:* Two to four drops in a little water up to 4X daily or apply to affected areas as needed. Use with care!

Pain Formula ◇ May be used internally or topically for relieving pain from injuries, headaches, toothaches, arthritis, neuralgia etc. (also see Muscle Calm). *Ingredients:* Extracts of California Poppy, Skullcap, Bleeding Heart, Aspen, St. Johnswort, Kava, Butterbur, Hedge Nettle, Motherwort and Baneberry. *Suggested use:* 30 to 90 drops (1-3 squirts) in a little water up to 4X daily.

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

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

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

Skin Tonic ◇ For dry skin, eczema, psoriasis, acne etc. Best with long term use (also see Liver Deficiency Tonic and Thyroid Support). *Ingredients:* Extracts of Yellow Dock, Figwort, Bladderwrack, Oregon Grape, Burdock, Gotu Kola, Bittersweet, Pleurisy Root, Horsetail, Blue Flag, Indian Root and Devil’s Club. *Suggested use:* 60 to 120 drops (2-4 squirts) in a little water up to 4X daily.

Thyroid Calm – These are herbs for overactive thyroid (hyperthyroid) conditions, with nervousness, insomnia, rapid heartbeat, heart palpitations, lethargy after eating, weight loss, excessive sweating etc. Best with long term use. *Ingredients:* Extracts of Bugleweed, Motherwort, Oat Seed, Reishi, Skullcap and Eleuthero. *Suggested use:* 60 to 120 drops (2-4 squirts) in a little water up to 4X daily.

Thyroid Support ◇ Formulated to enhance the effectiveness of our Bladderwrack and Kombu capsules (see page 3) in treating underactive thyroid (hypothyroid) conditions, with intolerance to cold, low energy, depression, slow metabolism, obesity, water retention, heavy menses, dry skin and hair, brittle nails, immune deficiency etc. Best with long term use. *Ingredients:* Extracts of Gotu Kola, Ashwagandha, Oregon Grape, Blue Flag, Anemone, Prickly Ash, Indian Root, Guggulu, Black Pepper and Devil’s Club. *Suggested use:* 60 to 90 drops (2-3 squirts) in a little water up to 4X daily.

Traveler’s Insurance ◇ For the prevention of vacation-ruining horrors such as traveler’s diarrhea, giardia, shigellosis, amoebic dysentery, protozoa, parasites etc. *Ingredients:* Extracts of Chaparro, Oregon Grape, Lomatium, Oregano, Quassia, Garlic, Usnea, Eleuthero, Astragalus, Echinacea and Myrrh. *Suggested use:* 30 to 90 drops (1-3 squirts) in a little water up to 4X daily.

Traveler’s Relief ◇ For the treatment of vacation-ruining horrors such as traveler’s diarrhea, giardia, shigellosis, amoebic dysentery, protozoa, and the associated diarrhea, pain and cramping. *Ingredients:* Extracts of Chaparro, Quassia, Bistort, Turkey Rhubarb, Oregon Grape, Silk Tassel, Ginger, Yarrow, Bayberry, Yerba Mansa, Baptisia and Echinacea. *Suggested use:* 3 to 6 squirts or 1/2 to 1 tsp. in 8 ounces of water up to 8x daily.

Urinary Tract Tonic – This formula is used to prevent or treat infections and chronic irritation of the urinary tract (bladder, kidneys etc.) *Ingredients:* Extracts of Corn Silk, Marshmallow, Pipsissewa, Horsetail, Usnea, Yerba Mansa, Eryngo, Echinacea and Astragalus. *Suggested use:* 3 to 6 squirts or 1/2 to 1 tsp. in 8 ounces of water up to 4X daily.

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

Wake Up – Made with nature’s three finest caffeine herbs; causes less restlessness than coffee. Extremely convenient! We keep one bottle in the car and one at home for when we are tired but need to keep going. *Ingredients:* Extracts of Guarana, Yerba Mate and Green Tea. *Suggested use:* 2 to 6 squirts or 1/4 to 1 tsp. in a little water up to 4X daily.

**You have the freedom as well as the responsibility to decide what to put into your own body.
The medical information in this catalog is for educational purposes only.
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