**1. AGNUS CASTUS:** Extract of certified organic Agnus castus berries.

**Indications:** To help regulate hormonal states in women; normalization of the menstrual cycle. Paradoxically, can influence both progesterone or estrogen deficiencies. Must match to the individual patient. **Specific action:** (1) to reduce swelling of the breasts associated with hormonal imbalance, (2) to enhance sexual drive in women if it is deficient; to minimize sexual drive if it is excessive.

**Dosage:** 5-15 drops in 1/4 glass of water 3-4 times per day.

**2. AGRIMONY:** Fresh plant extract of certified organic Agrimony grown on PRL’s farm. Also contains a flower remedy of the herb.

**Indications:** The great remedy for TENSION; mental or physical. Pain and tension hidden behind a facade; holds the breath to suppress the pain; autonomic tension, unable to relax; asthma, whooping cough, tortured to catch the breath; digestive pain, diarrhea, gall stone colic; sharp, pointing pains in the kidneys, regardless of the nature of the disease; passage of kidney stones; bladder pain; menstrual pain; arthritis, joints feel dislocated.

**Dosage:** 5-15 drops in 1/4 glass of water 3-4 times per day.

**3. ALFALFA HERBAL TONIC:** A low-temperature, concentrated extract of certified organically grown Alfalfa; low-temperature fluid extracts of Cola, Gentian, Hydrastis, and Oregon Grape Root.

**Indications:** An excellent general formula to help eliminate joint pain and complaints of arthritis. Well indicated for “stress burnout,” debility, undue fatigue, faulty nutrient assimilation, sluggish digestion, withdrawal from caffeine, nicotine, and other stimulants, and withdrawal from refined sugar (see GlucAvert™). **Helpful in weight loss programs.**

**Dosage:** 1/2 to 1 teaspoon in a small glass of water after each meal. The tonic may be taken before meals, if desired and tolerated, for stimulation of digestion. In patients who respond well to alfalfa tonic, it can be taken for 4-6 weeks, and after a rest of a few weeks, repeated again.

**4. AMAZING ‘SANG™:** Extraordinary quality extract of potent American Ginseng roots (20–30 years growth & older). The Appalachian slang for Ginseng is “‘Sang.”

**Indications:** Adaptogenic, tonic, and anabolic qualities. It supports the adrenals, sparing them from vitamin C depletion. Considering more specific indications from Chinese medicine, the individual with poor appetite, fatigue, frequent desire for sleep (naps), and who is easily chilled, is a good candidate for Ginseng. If an individual fatigues easily but is nervously active, has insomnia, tends to be thirsty, and perspires during sleep, then he or she probably should not use the herb, or at least not for any length of time.

**Dosage:** 10-25 drops in 1/4 glass water 3 times daily.

**5. ANGELICA:** Certified organic Angelica archangelica; extracted from dried, cured herb.

**Indications:** An important remedy for INTESTINAL COLIC (cf. catnip, elder, fennel); stimulating, aerating, warming and drying, but oily-lubricating remedy used to remove damp and cold, but increase digestion and absorption of fats and oils; hence, good for thin, older people with poor digestion, severe colic, etc.

**Dosage:** 5-20 drops in 1/4 glass water 3 times daily.

**6. ARNICA LINIMENT:** Fresh plant extract of wild American high mountain Arnica cordifolia—extracted with grain alcohol rather than the conventional chemically treated isopropyl alcohol.

**Indications:** Externally: contusions, muscular aches, strain/sprain of joints. Internally: in non-acute cases as a potent neural stimulant to the medulla and spinal cord, small amounts (2-5 drops) can be taken for a short time to reverse enervation and restore tonus. (In acute cases use Arnica in homeopathic dilution.)

**Dosage:** Topical use: rub drops over bruised or sprained area 2-3 times daily.

**7. ARTEBEN™:** Goldenseal plus Chinese Artemisia annua with the essential oils reduced.

**Indications:** Intestinal antiseptic. Corrects intestinal flora imbalances (dysbiosis) in moderate to mild cases. Good remedy when making a transition from the short term use of chemotherapeutic agents on patients with severe cases of dysbiosis.

**Dosage:** 15-30 drops in 1/4 glass of water 3-4 times per day.

**8. ARTEMISIA, CHINESE TABLETS (400MG.):**

Pure tops of the whole organically grown herb. (Our strongest artemisia product.) High in essential oils. Low-temperature dried, not freeze-dried. Minimal hypo-allenic binders.

**Indications:** Resistant cases of intestinal flora imbalances and parasitism. **General systemic tonic.**

**Dosage:** 1-3 tablets after meals three times per day.

**9. ARTEMISIA, CHINESE EOR™:**

Contains much less essential oils and less artemisinin than the FEO preparation, making it gentler and suited for longer term use. Most likely of all Artemisia products in the marketplace to be tolerated by individuals with mild to moderate environmental illness. Individuals with severe environmental illness often do not tolerate Artemisia in any form.

**Indications:** Dysbiotic patients with gastrointestinal sensitivity.

**Dosage:** 10-30 drops in 1/4 glass of water 4 times per day.

**10. ARTEMISIA, CHINESE FEO™:**

Full essential oil extract of U.S. organically grown Artemisia annua rich in artemisinin and antimicrobial essential oils. Stronger than artemisia EOR.

**Indications:** Intestinal flora imbalances and parasitism in patients with a strong constitution.

**Dosage:** 10-20 drops in 1/4 glass of water 4 times per day.

**11. ASTRAMAX™:** A high colloidal content fluid extract tea concentrate of Astragalus membranaceus possessing high vitality and energy.

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For physicians’ use only.
biological activity. (PRL’s Astragalus liquid fluid extract uses 5 to 10 times more herb per unit volume than conventional extracts.) It acts as a selenium-based immune enhancer which rehabilitates the reticuloendothelial system and stimulates production of immunoglobulins IGA, IGG, IGM, and IGE.

Indications: Deficient spleen and stomach chi (energy) with low vitality; wasting syndromes; poor humoral immunity; leukopenia; to enhance cellular organelle activity.
Dosage: 15-60 drops in a 1/4 glass of water 3-4 times daily.

12. BASIL FLOWERHEAD: Fresh plant extract of organically grown Ocimum basilicum flowerheads plus extract of organically grown dry leaves of Ocimum sanctum (tulsi of India).

Indications: Cannabinoid toxicity syndrome as evidenced by “neurologic disorganization”, catarrhal accumulation of mucus in the stomach and/or lungs; as a demulcent to harmonize the activity of other digestive and anti-catarrhal herbs. Strong positive psychodynamic uplifting effect due to fresh flower extract.
Dosage: 10-20 drops in 1/4 glass of water 3 times per day.

13. BASIL TABLETS: Low-temperature dried whole herb as above (400 mg./tablet).

Indications: Cannabinoid toxicity syndrome as indicated above. In the specific cases where there is significant adrenal hypofunction, the whole herb basil is a good adrenal rebuilder.
Dosage:
• Acute detox of current marijuana users: 3–9 tablets 3 times daily, with meals.
• Detox of past cannaboid use and as a general adrenal rebuilder: 1 to 3 tablets 3 times daily, with meals.


Indications: Valuable in the prevention of late onset diabetes; reduces capillary fragility; has a peculiar affinity to the blood vessels of the eyes (anti-hemorrhagic to the capillaries), and, therefore, can help improve sight. May decrease the flow of milk in lactation. Diuretic and urinary tract cleansing properties similar to Uva Ursi. Generally astringent, helps reduce loose stool.
Dosage: 10-25 drops in 1/4 glass water 3 times per day.

15. BIOX ELIM: Herb derived berberine and hydrastine in a proprietary plant base with Artemisia annua.

Indications: A powerful antimicrobial with great ability to neutralize Lyme disease neurotoxins AND biotoxins in general.
Dosage: 10-20 drops in 1/4 glass water 3 times per day.

16. BLACK COHOSH: Extracts of fresh roots of Cimicifuga racemosa.

Indications: The great CEREBROSPINAL DECONGESTANT; hence specific in whiplash, back injury; stiff neck and lower back; pain and swelling of the attachments of the trapezius muscles to the shoulder blades; neuromuscular spasm and tension, chorea, menstrual cramp; all symptoms better by the onset of menstruation; worse after menopause; black, brooding state of mind, withdrawn, worse before the period; scanty menses due to tension; rheumatism in the “belly of the muscle.”
Dosage: 10-20 drops in 1/4 glass water 3-4 times per day.

17. BLACK HAW: Dry extract of cut and sifted Viburnum prunifolium bark.

Indications: A uterine restorative like raspberry leaf. May be taken safely in small doses (5-10 drops) 3 times daily intermittently throughout pregnancy. Its specific use is to prevent habitual miscarriage. To be commenced a few weeks before potential complications and taken well into the 2nd trimester. It is a smooth muscle relaxant that is used most during pregnancy. Crampbark (Viburnum opulus) is used more during menstruation whereas Black Haw is used during pregnancy. Crampbark acts mostly to prevent spasm of the uterus and Black Haw is more of a systemic relaxant.
Dosage: 5-10 drops in 1/4 glass water 3-4 times per day.

18. BLACK WALNUT: Extracts of fresh husks of Juglans nigra.

Indications: The great WORM remedy; purges the gallbladder, lubricates the intestine with bile, at the same time destroying low forms of life (bacteria, worms, parasites), hence for constipation, diarrhea (due to bacteria), pin and round worms; skin problems (impetigo) with worms; intestinal problems in children.
Dosage: 5-20 drops in 1/4 glass water 3-4 times per day.

19. BLACK WILLOW: Extract of the fresh bark of wild Salix nigra.

Indications: Sexual tonic for males; can lessen or remove impotence; stops passive discharge of seminal fluid. Diminishes ovarian pain before and during menses.
Dosage: 5-15 drops in 1/4 glass water 3 times per day.

20. BLESSED THISTLE: Extract of certified organic Carduus benedictus.

Indications: Similar to boneset, dandelion and milk thistle; i.e., a remedy for chills and fever, also for assisting the liver in detoxifying hormonal and metabolic imbalances; increases milk production. “A euphoriant to counter unhappiness, nervous obsession, depressive states and insomnia. . . . useful for conditions of heat or cold (splenomegaly and lymphadenopathy) associated with the blood of the spleen and lung. . . . Useful in cases of arthritis, polyarthritis, neuritis.” (Yves Requena) Circulatory tonic, anti-infective, digestive tonic. “Liver support when there is depression or unhappiness associated with hormonal imbalance.” (Phyllis Light)
Dosage: 10-20 drops in 1/4 glass water 3-6 times per day.


Indications: Strong affinity for mucous membranes – especially of the respiratory tract; influenza coughs; climacteric disorders; circulatory stimulant; enhances gastric and hepatic function. USE ONLY IN SMALL DOSES!
Dosage: 1-3 drops in 1/4 glass water 3 times per day.

22. BLUE COHOSH: Extract of pristine wild fresh roots of Caulophyllum thalictroides.

Indications: A premier remedy for UTERINE TENSION; the great FIBROID REMEDY; beautifully adjusts uterine tension, allowing in great blood flow and nutrition, promoting discharge of greater menstrual flow and cleansing and settling spasms and tensions in the organ. DO NOT USE DURING PREGNANCY EXCEPT AT END OF LAST TRimestER!
Dosage: 5-30 drops in 1/4 glass water 3-6 times per day.
23. BLUE FLAG: Extract of pristine wild fresh roots of Iris versicolor.
Indications: For HYPOGLYCEMIA (cf. burdock), with sugar craving, difficulty in liver catabolism of fats and proteins, hence preference of easily metabolized sugars; hypoglycemic headache, depression, ups and downs due to sugar fluctuation; dry, warm skin, tendency to sunburn.
Dosage: 3-15 drops in 1/4 glass water 3-4 times per day.

24. BOLDO: Extract of dry Peumus boldo leaves.
Indications: Cholagogue, diuretic. Applications in bladder atony, cholecystitis, biliary calculus. Symptoms of no appetite, bitter taste, constipation, liver congestion.
Dosage: 10-30 drops in 1/4 glass water 3-4 times per day.

25. BONESET: Extract of pristine wild whole plant Eupatorium perfoliatum.
Indications: The old standby in winter flu with alternating chills and slight fever; INFLUENZA; achiness in the bones; also used to stimulate circulation to the bone, to increase bone growth and mass; BROKEN BONES, crushed bones, compression fractures and osteoporosis (traditional native American uses).
Dosage: 10-30 drops in 1/4 glass water 3-4 times per day.

Indications: Perhaps the GREATEST URINARY TRACT DISINFECTANT; Mucopurulent discharges; irritable bladder; prostatic disorders. (Major component in Kidney Formula #2.)
Dosage: 10-30 drops in 1/4 glass water 3-6 times per day.

27. BURDOCK: Extracts of fresh roots of Arctium minus and lappa plus extract of dry wild Arctium minus seeds.
Indications: Skin eruptions such as boils, acne, eczema of the scalp, dry and unhealthy skin conditions of the upper body especially. Immune stimulant. Tonic. The great GENERALIST, acting on absorption, nutrition, metabolism, endocrine and elimination; especially when the skin is dry and parchmenity; poor elimination from skin, kidneys; as a bitter it stimulates secretions, thus stimulating elimination through the kidneys, colon, lungs and skin; dry, scaly skin, inactive or plugged sebaceous glands, acne; dry sinuses, lungs; constipation; arthritis; poor renal elimination, hence in water-logged, edemic conditions, but with dry skin; also improves metabolism (especially the anabolic side) to promote usage of fats and proteins, building of metabolites, tissue feeding; hence in wasting with dry skin; hypoglycemia, thyroid stress, beginning tendencies to hypothyroidism. Major component in General Formula
Dosage: 10-30 drops in 1/4 glass water 3-6 times per day.

Indications: Profoundly healing to mucous membranes of the digestive tract (major component of Phyto-DREN™.) The great WOUND-HEALER; helps drain lymphatics around wounds; hence red, swollen, tender, purulent, unclean lacerations; has an analogous action on deeper lymphatic ducts and glands; one of the first remedies in lymphatic congestion, swollen glands, low immunity; as a tonic for winter flu, colds and fevers (Astragalus); pain and tenderness in the thoracic outlet of the lymphatic system; lowers liver enzyme counts.
Dosage: 10-30 drops in 1/4 glass water 3-6 times per day.

29. CALISED™: A concentrated fluid extract of California Poppy, organically grown on pristine land in the coastal mountains of California. It contains no phenanthrene alkaloids such as morphine, codeine, or thebaine, which are responsible for the effects of opium, but is nevertheless an outstanding strong sedative.
Indications: Nervous unrest; stress; insomnia; for mild analgesic applications.
Dosage: 5-10 drops in 1/4 glass water during daytime. 20-40 drops at nighttime before bed.

30. CASSIA COMPLEX: Fluid extract of Cassia tora seeds, Coriander seeds, and Ginger root.
Indications: Constipation; pendulous abdomen (obesity).
Dosage: 15-45 drops in 1/4 glass water 3-4 times per day.

31. CATNIP: Fresh plant and dry plant extracts of certified organic Nepeta cataria.
Indications: An antispasmodic suited to colic in infants and menstrual cramps, pain shooting down the thighs, better from flexing the legs; infantile colic and constipation, acute infantile fever (often the result of constipation); welts.
Dosage: 5-15 drops in 1/4 glass water 3-6 times per day.

32. CAYENNE: Dry plant extract of certified organic Capsicum annum, grown on PRL’s herb farm.
Indications: A powerful stimulant to the circulation and blood; reducing local congections, removing unequal tensions on the heart, resulting in heart murmurs and weakening of the valves and muscles; used in incipient heart attack to disperse the blood from the center, open the peripheral circulation and take the burden off the heart; stimulates secretion from the skin and mucosa, hence in acute fever and mucus congestion where a stimulant is needed (cold extremities, weak peripheral circulation, contraindicated in hot fever); combines with goldenseal in small doses as a stimulant to the stomach mucosa, in ulcers associated with cold, depressed states; strengthens nutrition and muscles, heart muscle. Generally to be combined with other herbs; essentially important with Lobelia added to Will To Wellness™ 1&2 when needed.
Dosage: 3-15 drops in 1/4 glass water 3-6 times per day.

33. CENTAURY: Fresh plant certified organically grown Erythraea centaurium (Centaurium minus/umbellatum.)
Indications: Digestive bitter tonic; increases gastric secretions and gastric motility (consider in hypochlorhydria); stimulates circulation by way of the sympathetics. Gently stimulate the contractile force of the ureters for expulsion of calculi.
Dosage: 5-20 drops in 1/4 glass water 3 times per day.

34. CHELIDONIUM MAJUS: Fresh whole plant extract of Chelidonium majus.
Indications: Mild analgesic, chologogic, antimicrobial, oncotic, and central sedative effects. Also acts as a spasmyotic on smooth muscles.
Dosage: 2-20 drops in 1/4 glass water 3 times per day.

35. CHERRY BARK: Fresh and dry plant extracts of pristine wild Prunus serotina.
Indications: A traditional sedative suited to excited, red, HISTA-MINIC IRRITATION of the skin, mucosa and capillaries; herpes and shingles (red, swollen, irritable, without vesiculation), shingles; intense heat; irritation of villi of the small intestine, malabsorption; irritate, histamine induced(?), laryngeal cough; capillary irritation, interfering with circulation, heart health.
Dosage: 5-25 drops in 1/4 glass water 3 times per day.

36. CHICKWEED: Fresh plant extract of pristine wild Stellaria
media leaves and flowers.

Indications: An all-around utilitarian cleanser and healer, with an especial affinity to the skin and the metabolism of fats and oils; hence in LIPOMAS, fatty tumors, cysts, weight gain and weight loss; excess liver metabolism, heat conditions. **CONSIDER IN WEIGHT LOSS PROGRAMS.**

**Dosage:** 10-30 drops in 1/4 glass water 3-6 times per day.

37. **CILANTRO:** Fresh plant extract of certified organic Coriandrum sativum.

Indications: Aids in digestion; appears to naturally chelate mercury and toxic metals; strongly counters imbalanced mental energy of the Vata body type of ayurvedic medicine.

**Dosage:** 15-30 drops in 1/4 glass water 3-4 times per day.

38. **CLEAVERS:** Fresh plant extract of wild, certified organic Galium aparine from PRL's farm.

Indications: An important lymphatic cleanser (combine with Calendula); laps around the ears, under the jaws; clears mind and eyes, skin; breaks up calcification in muscles and tendons, flushes through kidneys, hence for dry, calcified states, arthritis, kidney stones, bladder irritation; one of the best remedies for lymphatic congestion in thin people.

**Dosage:** 15-30 drops in 1/4 glass water 3 times per day.

39. **COLA NUT:** Dry plant extract of highest quality commercial Sterculia species.

Indications: Metabolic stimulant; neuromuscular hypofunction, especially from long illness, mental or emotional depression. Important part of Alfalfa Herbal Tonic.

**Dosage:** 5-20 drops in 1/4 glass water 3 times per day.

40. **COMFREY LEAF:** Fresh plant extract of certified organic Symphytum officinale and peregrinum LEAVES only (lower in pyrrozolidine alkaloids.)

Indications: A famous remedy, unfairly disparaged by incomplete modern analysis; maybe used when simple cautions are observed (small doses, up to two weeks at a time). For REGROWTH of damaged tissue, cuts, burns, broken bones, when there is poor convalescence; but tends to cause overgrowth of tissue, hence a good remedy to callous the feet or hands for work. Chemical burns, burned lungs from inhaling ammonia.

**Dosage:** 15-30 drops in 1/4 glass water 3 times per day.

41. **CRAMPBARK:** Extract of wild Viburnum opulus root.

Indications: Cramps associated with heat and irritation of the intestines, uterus; lower back irritation and pain. Crampbark is used more during menstruation whereas Black Haw (viburnum prunifolium) is used during pregnancy. (SEE Black Haw)

**Dosage:** 15-30 drops in 1/4 glass water 3-4 times per day.

42. **CROTON:** Tablets and extract of dried bark of the Central American tree, Croton cascalma (NOT the drastic cathartic, C. tiglium!).

Indications: Traditionally used to treat diabetes, I have found that it is very useful in hypoglycemia and may, as well, be useful in insulin resistance (part of Syndrome X.) **Specific: stops chocolate craving and addiction.**

**Dosage:** 5-15 drops in 1/4 glass water 3-4 times per day.

43. **CRANESBILL:** Fresh plant extract of roots (and some tops) of Geranium maculatum.

Indications: A master for controlling hemorrhage; bleeding from stomach, lungs. Reduces excess menstrual flow. Great addition to the following herbs for healing stomach and intestinal ulceration: Goldenseal, Sacred Dock, Echinacea, Calendula.

**Dosage:** 5-30 drops in 1/4 glass water 3-4 times per day.

44. **CULVER'S ROOT:** Fresh and dry plant extracts of Veronicastrum virginicum, formerly known as Leptandra virginica.

Indications: Establishes positive mental state in individuals with chronic liver stress. Atony of the gall bladder, common bile duct and intestines; hepatitis; liver congestion; constricted bile duct due to accumulation of environmental toxins and chronic emotional stress; dyspepsia due to faulty digestion of fats and proteins. Especially good for the sthenic (vata) type of constitution. **Note: do not use in obstructive jaundice or cholelithiasis as it could aggravate.**

**Dosage:** 10-25 drops in 1/4 glass water 3 times per day.

45. **DAMIANA:** Dry plant extract of wild Turnera diffusa.

Indications: Sluggish colon from nervous depletion; impotence; frigidity; senile decline. Increases autonomic nervous system tone.

**Dosage:** 10-20 drops in 1/4 glass water 3-4 times per day.

46. **DANDELION:** Fresh plant extract of certified organic and pristine wild-picked Taraxacum officinale.

Indications: Almost always indicated when there is a MAPPED TONGUE (raw, dark red underneath, pieces of thick white or yellow coating torn off irregularly); this tongue indicates that the heat is baking down and thickening the fluids, which are in turn trapping the heat – “phlegm fire.” Inflammation in the bones, muscles, viscera, with thickening of fluids or loss of bone mass, infections in the jaws, tightness in the muscles; pessimism; manic depressive ups and downs. Deep heat processes (pre-cancerous?) indicated by a DARK RED TONGUE, no coating (cf. Glechoma, Rumex species).

**Dosage:** 15-30 drops in 1/4 glass water 3 times per day.

47. **DANG KWEI:** Extract of dry premium grade Chinese Angelica sinensis sliced body of roots.

Indications: Stimulates uterine contraction and stirs up stagnant blood, hence in uterine tension, spasm or weakness, with blood congestion. Blood deficiencies with low energy giving rise to irregular menses, amenorrhea, dysmenorrhea. Moistens the intestines. Pro estrogenic.

**Dosage:** 10-30 drops in 1/4 glass water 3 times per day.

48. **DISC-AID:** Organic herb-derived hydrastine and berberine.

Indications: Disc syndrome (especially of the lumbar spine-other areas should be therapy localized to see if they respond by strengthening.)

Method of Use: Two times daily apply topically over area of disc injury - approximately 5 drops per 6 square inches of skin area. Gently rub in.

49. **ELECAMPANE:** Fresh and dry plant extracts of organically grown Elecampane.

Indications: Wide-acting master remedy. Chronic lung congestion or tendency toward catarrh. Weak digestive powers and poor assimilation. Acts as a general chi tonic. Reduces allergic load. The great remedy in mucoid BRONCHITIS; when the upper chest is filling up with mucus but the cough reflex cannot descend to expectorate it; when mucus is abundant and the child (or adult) tends to swallow some, leading to indigestion; when the mucus turns yellow or green; chronic post nasal drip, green mucus, irritating the stoma-
ach and lungs; chronic lung congestion, asthma, after poorly treated bronchitis (cf. mullein for relapsing, but dry bronchitis).

**Dosage:** 5-25 drops in 1/4 glass water 3 times per day.

50. **EYEBRIGHT:** Extract of organic/wild whole plant Euphrasia officinalis.

**Indications:** A Premiere remedy for eye inflammation, burning, tearing; corneal ulcers. One part extract to 9 parts sterile saline. By dropper instill 3 drops 3-4 times daily. For developmentally delayed children, 5 drops in 1/4 glass water, 3 times daily, for 6-12 months. (The plant must be cared for ecologically--ver depleted in its U.S. habitat.)

**Dosage:** 10-20 drops in 1/4 glass water 3 times per day.

51. **FALSE SOLOMON'S SEAL:** Extract of pristine wild fresh plant Smilacina racemosa (generally racemosa) roots.

**Indications:** Rebuilds a damaged liver, helps the liver process hormones, liver irritability and anger, but sometimes with a crazy hormonal edge; perimenopausal PMS, feels violent, crazy; like Chamomilla for babies that whine and cry.

**Dosage:** 5-25 drops in 1/4 glass water 3-4 times per day.

52. **FEMALE HERBAL:** Fresh and dry plant extracts of Black Cohosh (Cimiciuita racemosa); dry plant extract of mature Dang Kwei (Angelica sinensis).

**Indications:** Menstrual hypofunction, hot flashes (can be used with estrogen replacement therapy), amenorrhea, dysmenorrhea.

**Dosage:** 10-20 drops in 1/4 glass water 3 times per day.

54. **FEVERFEW:** Fresh plant extract of ORGANIC Tanacetum parthenium.

**Indications:** Used mainly for migraine, arthisis, rheumatic diseases and allergeries. Also good digestion problems, cramps, as a tonic and blood purifier.

**Dosage:** 10-20 drops in 1/4 glass water 3 times per day.

55. **FLORACALM™:** Fresh plant extract of certified organic Passiflora incarnata and Valeriana officinalis.

**Indications:** Anxiety with accompanying nervous stomach/intestines (when this symptom is not present, Calised is needed). Overexcitability, especially in women (e.g., as part of PMS tension), nervous insomnia.

**Dosage:** 10-30 drops in 1/4 glass water 3-6 times per day.

56. **FO-TI:** Extract of dry certified organic Polygonum multiflorum leaves and roots.

**Indications:** “To nourish the adrenals in peri-menopause. Much safer than licorice. Clears the mind. Women with hormonal dysregulation can think again under its influence.” (Phyllis Light)

**Dosage:** 15-30 drops in 1/4 glass water 3 times per day.

57. **FRINGE TREE:** Fresh and dry plant extracts of pristine wild Chionanthus virginica root bark.

**Indications:** Congestion of the gallbladder and common gallbladder duct, so that there is compromised release of pancreatic enzyme as well as bile; liver, gallbladder and pancreatic problems; diabetes with liver involvement.

**Dosage:** 5-20 drops in 1/4 glass water 3 times per day.

58. **GB CLEANSE:** A blend of herbal extracts of Safflower and Culver's Root (Carthamus tinct. and Veronicastrum virginicum).

**Indications:** A gentle, highly specific remedy to help the gallbladder cleanse, and to secrete more effectively. A very useful adjunct in protocols to normalize cholesterol. **CAUTION:** Do not use when gallstone colic (i.e. blockage of gallduct) is present.

**Dosage:** 10-25 drops in 1/4 glass water 3 times per day.

59. **GEMMOCO™:** Fresh leaves of Ocotillo (Fouquieria splendens), hand-picked by native Americans, and produced as a gemmo extract in glycerine and a low concentration of grain spirits.

**Indications:** Increases lymphatic circulation. As an immunostimulant, cleanses the blood. Stimulates better bowel function in some individuals. Healing to mucous membranes of the gut.

**Dosage:** 10-20 drops in 1/4 glass water 3 times per day.

60. **GENERAL:** Extracts of fresh wild Stillstingia sylvatica roots, Rumex venosus roots, Larrea tridentata leaves and buds; certified organic leaves of Bidens campylotheca, Podophyllum peltatum roots, Arctium species roots, Ocimum sanctum leaves.

**Indications:** Can be profoundly important to help counter deep seated pathologies. It acts in the domain of Hoxey and Essiac formulas, but is more potent because of the use of fresh plant Stillstingia (rather than extract of dry root which loses its potency), as well as the powerful and rare herbs, Bidens and Waltheria, which we have cultivated and revived. Several doctors have confirmed Dr. Davis' observation that General Formula is outstanding for patients afflicted with Helicobacter infections, associated with peptic and duodenal ulcers.

**Dosage:** 15-30 drops in 1/4 glass water 3 times per day for ulcers and advanced conditions may require 1/2 to 1 teaspoon in 1/4 glass water 3 times per day.

61. **GENTIAN:** Extract of highest quality commercial Gentiana lutea.

**Indications:** Aids in digestion, enhances gastric secretions, minimizes flatulence. An intense BITTER which increases secretion of acid in the stomach, also bile; but decreases hyperacidity when due to over-stimulation, inflammation in the stomach and gallbladder; weak instincts, does not trust the instincts; specific for anaphylactic shock, bee stings.

**Dosage:** 5-20 drops in 1/4 glass water 3 times per day.

62. **GINGER TEA, INSTANT:** Fresh plant organically grown Hawaiian Ginger extract plus dry plant extract of organically grown Jamaican Ginger.

**Indications:** Aids in digestion, enhances gastric secretions, minimizes flatulence; stimulant. Can promote alertness in place of caffeine--without its negative characteristics. Specific to reduce or prevent motion sickness.

**Dosage:** 5-20 drops in 1/4 glass water 3-6 times per day. For motion sickness, sometimes larger quantities.

63. **GINKGO F.E.™:** Spring leaves of Ginko biloba extracted fresh plus dried, fall-harvested leaves prepared as a concentrated
**66. GOLDENROD:** Dry plant extract of certified organic Solidago canadensis.

**Indications:** A master remedy for the body's electric fields; associated with aligning the body to planetary North (French herbalist, Yves Requena) – important part of Will To Wellness™ products. Diuretic. Exhausted kidneys, tired low back, tired feet – patient seeks the nearest chair; dry skin, lesions on legs and scalp, sheets of little pimples on the face; specific for CAT ALLERGY (infalible – use 1 drop doses as needed) (cf. HPC™); dark, concentrated urine or light, copious urine of low specific gravity.

**Dosage:** 10-30 drops in 1/4 glass water 3 times per day.

**67. GOLDENSEAL:** Concentrated half fluid extract from roots of ecologically collected wild Hydrastis canadensis. (Fluid extracts are made with 5 to 10 times more herb per unit volume than conventional extracts in the marketplace, and hence are many stronger.)

**Indications:** Gastrointestinal and liver toxicity. Herbal antibiotic. Tonic to the mucosa. Inactivity of the mucosa of the gastro-intestinal tract, poor secretion, poor motility, bacterial growth, food stagnates; specific for ULCERS of any kind, internal or external; increases digestion and nutrition; Rub on skin of lumbar spine to facilitate healing of lumbar disc syndrome.

**Dosage:** 3-10 drops in 1/4 glass water 3 times per day.

**68. GOTU KOLA, FRESH PLANT:** Extract of fresh root and leaves of wild Gotu Kola from an optimal tropical habitat.

**Indications:** Fatigue due to heavy mental activity; geriatric memory loss; slow thought processes due to cocaine or other synthetic drug abuse; low hemoglobin.

**Dosage:** 10-15 drops in 1/4 glass water 3-4 times per day.

**69. GUM PLANT:** Extract of fresh resin-laden leaves of wild California Grindelis sp.

**Indications:** As an expectorant in harsh, dry, unproductive coughs with wheezing and a sense of constriction in the chest. May be of benefit in bronchial or allergic asthma (combine with Elecampane).

**Dosage:** 5-20 drops in 1/4 glass water 3-4 times per day.

**70. HAWTHORNE BERRY, TRUE:** Fresh juice of ripe, wild Hawthorne berries—in a highly colloidal extract to enhance nutritional benefits.

**Indications:** The great heart remedy. Increases trophic function of cardiac muscle in the aged especially; prevents myocardial hypoxia or anoxia (and angina pectoris); repairs weak myocardium after myocardial infarction. CAN HELP PREVENT MYOCARDIAL INFARCTION. In large doses as a respiratory relaxant in asthma; take in place of ventilators.

**Dosage:** 10-30 drops in 1/4 glass water 3-5 times per day.

**71. HEAL ALL:** Fresh plant extract of Prunella vulgaris.

**Indications:** Used for inflammatory diseases, ulcers in the mouth and throat and gastroenteritis. It is also used as a remedy for diarrhea, hemorrhaging and gynecological disorders.

**Dosage:** 15-30 drops in 1/4 glass water 3 times per day.

**72. HELONIAS:** Fresh plant extract of pristine wild Chamae-lirium luteum.

**Indications:** A great FEMALE TONIC; for nervous and tissue debility, dry tissues, uterine weakness and prolapse, infertility; menstrual regulation. "Menses too frequent, too profuse—or-menses suppressed and kidneys congested. Pain in lumbar region, debility. Dragging in sacral region with tendency to uterine prolapse. Mentally, tendency toward [depression and irritability]; patient better when kept busy; cannot endure contradiction." (Boericke)"Helonias exerts a tonic action upon the urinary and uterine organs. Beneficial in stomach conditions where there is atonic dyspepsia." (John W. Fye )

**Dosage:** 15-30 drops in 1/4 glass water 3 times per day.

**73. HOPS:** Extract of dry certified organic Humulus lupulus flowers.

**Indications:** A simple sedative and antispasmodic, useful in intestinal colic. Important part of MaxSed™ sedative formula.

**Dosage:** 15-30 drops in 1/4 glass water 3-4 times per day. Avoid when using heavy machinery or operating motor vehicles.

**74. HORSE TAIL:** Fresh plant extract of pristine wild Equise-tum arvensis.

**Indications:** HERBAL SILICA; contains silica in organic colloidal forms, strengthening to the hard structures of the body (nails, hair, skin) and even the soft (mucosa), as well as the nervous system; hence indicated by nervousness, picking at things, biting the nails; rough, irritated nail beds, hang nails, ridged nails, weak, broken, thin nail; split ends of hair, thin hair, loosing hair; wounds that heal slowly and lay down ke-loyd; broken bones (cf. comfrey, bonelet); very important for non-specific allergies due to mucosal weakness and idiopathic cystitis (cf. Sweet Leaf/Monarda fistulosa) for the same reason.

**Dosage:** 15-30 drops in 1/4 glass water 3 times per day.

**75. HPC™:** (Herbal Polyacetylene Complex) PRL's revival of the great lost Hawaiian herb, Bidens campylotheta var. campylotheta. Certified organic, consciously cultivated.

**Indications:** Offsets inflammatory reactions in food and dander allergies; acts as an antimicrobial; protects the liver and eliminates jaundice. Astringent to the bowel. Provides a sense of nurturing on the mental level. Major remedy to counter classic “spleen deficiency” of Chinese medicine.

**Consider in hepatitis.**

**Dosage:** 3-15 drops in 1/4 glass water 3 times per day.
drop per dose may be indicated to offset inflammatory hyper-
sensitivity reactions to food and dander allergies.

76. HYDRANGEA: Fresh plant extract of pristine wild bark
of roots of Hydrangea arborescens.

**Indications:** The great specific for KIDNEY STONES (cf. Eupatorium fistulosum in PRL’s VAPORNIL™); renal irritation, pain; combines well with VAPORNIL™ and Agrimony.

**Dosage:** 15-30 drops in 1/4 glass water 3 times per day.

77. HYSSOP: Fresh plant extract of certified organic leaves and flowers of Hyssopus officinalis.

**Indications:** Stimulates gastric secretion; carminative; emmenagogue For deep heat with dry skin; heat in the lungs, internal viscera, liver, gastro-intestinal tract, kidneys.

**Dosage:** 15-30 drops in 1/4 glass water 3 times per day.

78. IMU-STIM® 1 LIQUID: A fresh plant/dry plant extract of Echinacea angustifolia, E. purpurea, and E. pallida, including a flower remedy of Echinacea.

**Indications:** Increases resistance in subacute and chronic conditions; stimulates repair of damaged tissue; increases resistance to tissue destruction by environmental toxins and toxic metabolites; stimulates removal of catabolic wastes. Useful with prostatic congestion. A specific homeopathic antidote to negative effects of DPT inoculation.

**Dosage:** Adults: 5-25 drops in 1/4 glass water 3-6 times per day. The best effects are generally achieved by smaller doses more frequently (e.g., 10 drops 6 times daily). Infants: 3-5 drops in 20 drops of water injected into the mouth by dropper.

79. IMU-STIM® 1 TABLETS: 500 mg./tablet of organically grown and wild-picked Echinacea species (listed above), air-dried at low temperatures. (Can combine w/ above liquid.)

**Indications:** Same as above except in tablet form. More specific benefits to the bowel and in cases to disinfect the ileocecal valve. Provides a higher level of immune stimulating polysaccharides than does the liquid.

**Dosage:** 2-3 tabs per meal.


**Indications:** Antimicrobial for dysbiotic (candidal) and chronic EBV patients. Aids in normalizing arachadonic acid metabolism imbalances, which diminishes joint achesness with EBV; aids in normalizing loose stools.

**Dosage:** Adults: 5-25 drops in 1/4 glass water 3-6 times per day. Infants: 3-5 drops in 20 drops of water injected into the mouth by dropper.

81. IMU-STIM® 3: A dry plant extract of high mountain mature root of Ligusticum porteri (Oshá).

**Indications:** Specific for problems relating to milk product allergies, i.e., lung congestion, excess mucous production, sinus/ear congestion. Also helpful for loss of appetite, nausea, and upper G.I. spasms.

**Dosage:** Normal: 5-15 drops in 1/4 glass water 3-5 times per day. Heavy lung congestion: at least 25 drops per dose in 1/4 glass water. Note: in a small percentage of patients (who do not have an affinity for the herb), too large or too frequent a dose may produce transitory headaches. If an unpleasant reaction exists, simply discontinue the herb, and the symptoms will abate.

82. INULA /BERBERIS COMPOUND: Fresh and dry plant extracts of organically grown Elecampane, wild Oregon Grape root.

**Indications:** Wide-acting master remedy for allergic inflammatory conditions. Excellent for allergic rhinitis. As a broad acting immune tonic for sthenic body types (Vata constitution) prone to chronic unwellness syndromes such as Chronic Fatigue Syndrome(EBV), fibromyalgia, etc.

**Dosage:** 10-25 drops in 1/4 glass water 3-4 times per day.

83. KAVA KAVA: Fresh plant extract of very old Hawaiian black Kava roots.

**Indications:** When it is necessary to depress the central nervous system and relax skeletal muscle tonus. Neurogenic bladder. Produces an endoanesthetic effect on the GI mucosa and the bladder.

**Dosage:** 10-30 drops in 1/4 glass water 3-6 times per day.

84. KID COLD: Fresh & dry plant extracts of Echinacea Pallida & Purpurea, goldenseal, Lobelia & Scullcap.

**Indications:** For colds and pollen borne allergies.

**Dosage:** As directed by health care professional. Determined by testing.

85. KIDNEY FORMULA NO. 1: Fresh and dry plant extracts of wild and certified organic Hydrangea, Horsetail, Echinacea species, and Queen of the Meadow.

**Indications:** Congested, toxic, and weak kidneys. (More gentle than Kidney Formula #2.) Ideal for renewal of kidney parenchyma and enhancement of kidney function.

**Dosage:** 10-30 drops in 1/4 glass water 3-6 times per day.

86. KIDNEY FORMULA NO. 2: Fresh and dry plant extracts of wild and certified organic Buchu, Goldenrod, Pipsissewa, Uva Ursi and Echinacea species.

**Indications:** Kidney and bladder infections; when an extraor-
dinary urinary antiseptic is needed. Mild, moderate, and occasionally acute cystitis. May use periodically for preventive health of the kidney and bladder.

**Dosage:** 10-30 drops in 1/4 glass water 3-6 times per day.

87. LARGE INTESTINE BALANCED: Fresh and dry plant extracts of Culver’s root, Damiana leaves, Bidens camp. leaves, Sacred Dock and May Apple roots.

**Indications:** For deep cleansing of the bowel mucous membrane in the average patient with "normal" bowel function. Use substantial dosages in the average patient with "normal" bowel function.

**Dosage:** 10-30 drops in 1/4 glass water 3-6 times per day.

88. LARGE INTESTINE DAMP: Fresh and dry plant extracts of Sacred Dock, Bidens camp. and Waltheria species.

**Indications:** Boggy mucous membrane with leaky bowel syndrome; classic spleen deficiency with loose stool. the formula is astringent, constricting, antiinflammatory, and antiinflammatory.

**Dosage:** 10-30 drops in 1/4 glass water 3-6 times per day.

89. LARGE INTESTINE DRY: Fresh and dry plant extracts of Culver’s Root, Damiana leaves, and May Apple roots.

**Indications:** For colds and pollen borne allergies.

**Dosage:** 10-30 drops in 1/4 glass water 3-6 times per day.

90. LARREA TRIDENTATA (CHAPARAL): An extract from fresh and dry resin-laden leaves and flowers.

**Indications:** Drug abuse, especially cocaine; inflammation; viral, bacterial, and some fungal infections. May instill nasally in saline to repair damage of Cocaine abuse.

**Dosage:** 5-20 drops in 1/4 glass water 3 times per day.
91. LICORICE: Extract of organic dry roots of Glycyrrhiza glabra.
Indications: licorice is used to harmonize and blend the activity of other herbs in combination. On its own, licorice possesses many properties. From a scientific standpoint, perhaps its two most well-known characteristics are its ulcer healing capability and its corticosteroid mimicking/adrenal effects. Additionally, glycyrrhizin (one of the main constituents of licorice) has been shown to have anti-allergy activity; anti-inflammatory activity; anti-hepatitis activity; anti-virus action due to induction of interferon; hepatoprotective effects; and inhibition of free radical generation and lipid peroxidation. Licorice is useful as a demulcent in soothing inflammation or irritation of mucous membranes. It is mildly laxative, diuretic, and spasmylic. Licorice root contains a small amount of the naturally occurring analgesic, salicylic acid (0.15%).
Dosage: 10-30 drops in 1/4 glass water 3-6 times per day.

92. LIGAMEND™: A proprietary herb-derived source of diosgenin(steroidal) saponosides.
Indications: To stabilize ligamentous laxity in the sacro-iliac joints, in carpal and tarsal tunnel syndromes, joints affected by repetitive stress injuries.
Dosage: Apply topically, rubbing in 5 drops per square inch of joint surface, at least two times daily. (Cf. Goldenseal for repair of damaged lumbar discs.)

93. LIVER: Milk Thistle Flowerhead, leaf and seed coat extracts, Culver's Root.
Indications: Gentle liver cleansing and parenchyma stimulation.
Dosage: 10-30 drops in 1/4 glass water 3-6 times per day.

94. LIV-HERBAL™: Fresh plant extracts of organically grown Hyssop (Hyssopus officinalis), white and pink Yarrow (Achilles millefolium), and wild picked whole plant Dandelion (Taraxacum officinalis).
Indications: Specific to ease PMS, taken beginning 10 days prior to expected start of menstruation. Sluggish liver/biliary function; hepatitis, jaundice, bile stasis.
Dosage: 10 drops in 1/4 glass water with each meal.

95. LOBELIA: Fresh plant and dry plant extracts of certified organic Lobelia inflata leaves, Flowers, and ripe seeds.
Indications: The great ANTISPASMODIC, indicated in intense, acute torsion; twisting, unequal muscle tensions; specific in whiplash when the person was looking to the side, hit from the side, suffered unequal force on the muscles; asthma spasm, worse from exercise (cf. hawthorn) or exposure to cigarette-smoke; never been well since quitting smoking; vagus spasm, nausea, heartburn, hiatal hernia, intestinal spasm. Lobelia is best used in combination (cf. black cohosh, crampbark, mullein).
Dosage: 5-20 drops in 1/4 glass water 3 times per day.

96. LOMATIUM: Aged, cured root of Lomatium dissectum var. Multifidum.
Indications: Warming, stimulating, lubricating, oily; a general ANTIVIRAL; lubricates and warms cold, stiff, arthritis joints.
Dosage: 5-15 drops in 1/4 glass water 3 times per day.

NOTE ON LYMPH FORMULAS: The following two formulas are both designed to move congested lymph, and draw from different herbs so that one or the other of the formulas will work on most all individuals.

97. LYMPH FORMULA NO. 1: Fresh plant and dry plant extracts of Red Root, Astragalus, Poke Root, and Echinacea.
Indications: Stasis of the lymphatic system; multiple involvement of the applied kinesiology neurolymphatic reflex.
Dosage: 5-15 drops in 1/4 glass water 3 times per day.

98. LYMPH FORMULA NO. 2: Fresh plant extracts of Ocotillo leaves, Thuja leaves, Stillingia root and Echinacea species whole plant.
Indications: Stasis of the lymphatic system; multiple involvement of the applied kinesiology neurolymphatic reflex.
Dosage: 5-15 drops in 1/4 glass water 3 times per day.

99. LUNG: Fresh plant and dry plant extracts of Elecampane, Wild Cherry Bark, Sacred Basil leaves, Red Clover flowers, and Cinnamon leaves.
Indications: Deep seated lung infection with lingering mucous congestion; inability to throw off after effects of colds.
Dosage: 5-15 drops in 1/4 glass water 3 times per day.

100. MALE HERBAL: Extract of fresh Saw Palmetto berries, fresh whole plant Echinacea species, and fresh seed kernels of organically grown apricots.
Indications: Benign prostatic hypertrophy.
Dosage: 10-20 drops in 1/4 glass water 3-6 times per day after meals.

Indications: A soothing mucilage with mild anti-inflammatory properties, hence indicated on hot, dry tissues; of larynx, throat, lungs; stomach, intestines, kidneys, bladder; externally on the skin. Combines well with bladder, kidney, and gastrointestinal herbs.
Dosage: 5-25 drops in 1/4 glass water 3 times per day.

102. MAXSED™: Fresh plant and dry plant extracts of certified organic California Poppy, Hops, Catnip, whole Valerian and Passiflora leaves.
Indications: Agitation, anxiety, inability to sleep. When a strong and broad acting sedative is needed. Do not use when operating heavy machinery or driving.
Dosage: 15-40 drops in 1/4 glass water 3 times per day. To induce sleep, take 45 min. before bedtime and then again at bedtime.

103 MAY APPLE: Fresh plant and dry plant extracts of wild Podophyllum peltatum.
Indications: In small doses a gallbladder and intestinal purgative, indicated in people with a full, sallow, yellowish complexion, unhealthy skin, poor gallbladder secretion and constipation. Externally on warts (cf. Thuja).
Dosage: 5-20 drops in 1/4 glass water 3 times per day.

104 MELISSA officinalis: Fresh plant and dry plant extracts of wild Melissa officinalis (Bee Balm.)
Indications: An ancient sedative for intense heat and nervous irritation; hence in hyperactive, hyperacidic stomach with nervousness, insomnia, mental restlessness, heart palpitations; also a prime remedy for herpes and shingles (cf. wild Cherry bark).
Dosage: 5-15 drops in 1/4 glass water 3 times per day.

105. MICRONIL™: Fresh plant and dry plant extracts of Elecampane, Osha, Coptis, Cayenne, Waltheria, Echinacea, Goldenseal.


106. MOTHERWORT: Extract of organically grown, hand-picked flowering tops of fresh plant Leonorus cardiaca.

**Indications:** Dysmenorrhea, amenorrhea, especially when nervous tension and muscular rigidity co-exist; functional heart palpitations that may occur with PMS.

**Dosage:** 10-20 drops in 1/4 glass water 3-4 times per day.

107. MULLEIN: Fresh plant extract of certified organic wild leaves of Verbascum thapsus.

**Indications:** The great BRONCHITIS remedy in dry, sub-acute, relapsing cases; harsh, repetitive coughing, shakes the frame, breaks a rib after months; dry respiratory membranes, worn down cilia from repetitive cough; also helps ADJUST BONES, lubricates around the bones and vertebra, sets broken bones in place (heal with boneset, comfrey, horsetail); lessens pains having to do with injuries, burns, lacerations, subluxations.

**Dosage:** 15-30 drops in 1/4 glass water 3 times per day.

108. MYCONIL™: A blend of herbal extracts of Sweet Leaf and Pau d’Arco bark (Monarda fistulosa and Tabebuia impetiginosa).

**Indications:** Powerfuuls anti-Candida/anti-microbial.

**Dosage:** 10-20 drops in 1/4 glass water 3-4 times per day.

109. NERVE: Fresh plant and dried plant extracts of whole plant Gotu Kola, Astragalus roots, Ginseng roots, Lavender leaves.

**Indications:** Exhausted nervous function from overwork and anxiety, lapses in memory from same.

**Dosage:** 10-30 drops in 1/4 glass water 3 times per day.

110. NETTLES: Fresh plant extract of wild, certified organic Urtica dioica leaves and roots.

**Indications:** A “nutritive stimulant;” corrects problems with protein metabolism and elimination; grows on high protein soil (manure, septic system), highest in protein of any American weed; helps the liver build blood proteins, including albumin, thus used in low blood pressure (the albumin keeps the blood in the vessels); also in protein waste elimination, gout, arthritis, kidney deficiency; edema, skin irritations, burns. **Benign prostatic hypertrophy.**

**Dosage:** 10-30 drops in 1/4 glass water 3 times per day.

111. OREGON GRAPE ROOT CONCENTRATE: One half strength fluid extract of wild Oregon Grape Root (Berberis/Mahonia aquifolium).

**Indications:** Dysbiosis (intestinal flora imbalance); “Candida” syndrome type patient. Liver/large intestine dysfunction; sluggish bowel; torpid liver. Weak kidney energy commonly resulting in psoas/hip flexor weakness and lumbar syndromes. Immune system tonic. Chronic skin affections with blood dyscrasias.

**Dosage:** 15-30 drops in 1/4 glass water 3-4 times daily.

112. PARTRIDGE BERRY: Fresh plant and dry plant extracts of pristine wild Mitchella repens.

**Indications:** Useful in regulating the menstrual cycle. Homeopathic indications for the crude extract: “Uterine congestion with accompanying bladder symptoms—urging to urinate.... dysmenorrhea and uterine hemorrhage; blood bright red (Boericke)” “As a uterine astringent it may be employed in functional uterine bleeding, whether menorrhagic, metrorrhagic, or post-partum.... It is a valuable uterine tonic in improving the myoneural and circulatory tone in large, boggy, atonic uteri. In this manner it facilitates delivery by assisting in producing prompt, effective uterine contractions.(Kuts-Cheraux)

**Dosage:** 10-30 drops in 1/4 glass water 4-6 times per day.

113. PASSION FLOWER: Fresh plant and dry plant extracts of certified organic Passiflora incarnata.

**Indications:** The superlative MENTAL SEDATIVE, used in nervousness, insomnia, mental restlessness, thoughts run in circles, can’t relax; emotionally distraught women with shakings in the hands – holds out the hand, it shakes.

**Dosage:** 15-30 drops in 1/4 glass water 3 times per day.

114. PAU D’ARCO: Extract of the inner bark of Pau d’Arco (Tabebuia impetiginosa).

**Indications:** Vaginal and intestinal candidiasis, especially when they exist concurrently.

**Dosage:** 15-30 drops in 1/4 glass water 4-6 times per day.

115. PHYTO-DREN™: Fresh and dry plant extracts of Calendula (C. officinalis), Sarsaparilla (Smilax species/Hemidesmus indicus), wild, mature American Ginseng (Panax quinquefolium), Toza (Lomatium dissectum var. multifidum), Croton cascarilma, Marshmallow (Althaea officinalis), Fennel (Foeniculum vulgare), Black Cohosh (Cimicifuga racemosa), Piper marginatum, and Licorice root (Glycyrrhiza glabra).

**Indications:** Functional hypoadrenalism, stress syndrome, functional endocrine imbalances due to fatigue. Asthma, especially in children.

**Dosage:** Average: 5-15 drops in 1/4 glass water 3 times per day. Therapeutic: 5-20 drops in 1/4 glass water 3-6 times per day after meals.

116. PHYTO-PAN™: Fresh and dry plant extracts of Fringe-tree bark (Chionanthus virginica), Calendula officinalis, Angelica species, Croton cascarilma.

**Indications:** Pancreatic enzyme deficiency; bile stasis; poor fat digestion; sugar cravings; glucose intolerance.

**Dosage:** 5-10 drops in 1/4 glass water 3 times per day after meals.

117. PINK ROOT: Fresh plant extract of Spigelia marilandica.

**Indications:** Parasitic miasm. Tendency toward worms or dysbiosis. Specific for expulsion of Ascaris lumbricoide.

**Dosage:** Follow with a laxative for the latter application (Magnesium citrate liquid.)

118. PIPSISSEWA: Fresh plant extract of pristine wild Chimaphila umbellata.

**Indications:** Decongests, thins and cleanses fluids, hence in stagnant, full lymphatics and deficient kidney secretion, EDEMA in cold, depressed constitution; swollen glands, breasts, water retention, prostate swollen; use before severe lymphatic congestion goes into cancerous stage.

**Dosage:** 10-20 drops in 1/4 glass water 3 times per day.

119. PLANTAIN: Fresh plant extract of wild, certified organic Plantago major/lanceolata leaves.
Indications: Unhealthy, hypotonic tissue, especially of the mouth, gastrointestinal and urogenital areas; infected skin. Apply topically for shingles, herpes, poison ivy, burns, swollen glands, tender swollen breast (cf. Pipsisswa, Poke Root), bites. A poultice of the fresh herb is the most effective. Alternately, a solution of 1 part extract mixed with 9 parts water can be dropped on a clean cotton cloth and applied over the affected area. A fine remedy for rejuvenating unhealthy gum tissue (15 drops extract in 1/4 glass water as a mouthwash.

**Dosage:** 10-30 drops in 1/4 glass water 3 times per day.

**120. POKE ROOT:** Fresh plant extract of certified organic Phytolacca species.

Indications: Similar to Chimaphilia, except that there is intense stagnation of blood and lymph with blockage to the nerves, hence pain; enlarged, swollen glands, causing pain, on sticking out the tongue, throat hurts; mastitis, sharp, shooting pain from the nipple; red-purple skin lesions showing stagnant, hot blood; prevents cancer of the breasts, and used when there is cancer, especially in the breasts; large-breasted women; lazy teenagers during puberty, glandular development, apathetic, indifferent, low personal hygiene.

**DO NOT USE FOR MORE THAN TWO WEEKS AT A TIME.**

**Dosage:** 10-30 drops in 1/4 glass water 3 times per day.

**121. PRICKLY ASH BARK:** Extract of dried Zanthoxylum Americanum.

Indications: Use for low blood pressure, rheumatic disorders, fever and inflammation.

**Dosage:** 10-20 drops in 1/4 glass water 3-5 times per day.

**122. PUNCTURE VINE:** Dry plant extract of Tribulus terrestris.

Indications: Adaptogen. Removes mental, nervous and physical weakness. Beneficial in impotency. Scientific studies suggest Tribulus increases libido, erectile function, and serum concentration of testosterone; stimulates spermatogenesis with increased concentration of spermatozoa, increases sperm motility and viability. Part of the herb’s hormonal activity depends on the presence of a compound in the herb called protodioscine which in the body converts to DHEA (De-Hydro-Epi-Androsterone). The amount of protodioscine in Tribulus naturally varies depending on the habitat and climate where the herb grows.

**Dosage:** 10-25 drops in 1/4 glass water 3-4 times per day.

**123. RED CLOVER FLOWERS:** Dry plant extract of certified organically grown Red Clover flowers (Trifolium pratense). Indications: To help in the excretion of toxic metals; enhancement of physiological mineral absorption; wasting syndromes. To help in the recovery from coughs and bronchial affections; to counter debilitating disorders and mild cachexias.

**Dosage:** 10-25 drops in 1/4 glass water 3 times per day.

**124. RED RASPBERRY: (PREGNANCYTEA)** Dry plant extract of certified organic leaves of Red Raspberry, Rubus idaeus. Indications: Pregnancy: a widely harmonizing influence during pregnancy. Strengthens the uterus, promotes easier delivery, discourages miscarriage, promotes lactation. Sweet astringent tonic which improves both nutrition and tissue tone (preventing fluid loss, diarrhea, sinusitis); used as a partus preparatur in pregnancy; increases feeding of mother and child, tone of uterus; indicated when there is debility and relaxation of the tissues.

**Dosage:** 15-30 drops in 1/4 glass water 3-5 times per day. May be used intermittently with advantage over the entire course of pregnancy.

**125. RED ROOT:** Fresh plant extract of bark of Ceanothus americanus. Highly concentrated as a result.

Indications: Swollen spleen, lymphatics, prostate; profuse secretion from membranes, chronic sinus discharge (cf. raspberry leaf), bronchorrhea, diarrhea; specifically indicated when there is an enlarged, dirty coated tongue. A sweet astringent, hence tonifying by nutrition and astrigency. Important component in Lymph Formula #1.

**Dosage:** 5-15 drops in 1/4 glass water 3 times per day.

**126. RUE:** Fresh plant extract of Ruta graveolens flowering tops.

Indications: Specific to relieve the pain in bones, Periosteam, tendons, cartilage; non-union of fractures due to defective callus (small quantity doses.) In large doses it has been employed to induce abortion. It is anti-spasmodic, stimulant and carminative; in small quantities used as a digestive tonic. As a homeopathic mother tincture, it has been employed in uterine cancer.

**Dosage:** 5-20 drops in 1/4 glass water 3 times per day. May be diluted in water (10 drops per tablespoon of water) and rubbed over affected areas.

**127. SACRED DOCK:** Fresh plant extract of Rumex venosus.

Indications: To tonify boggy intestinal mucosa; loose stool; fortifies the lungs in chronic cough; great remedy of the Pauite Indians to prevent and manage cancers; revered for its global ability to enhance health.

**Dosage:** 15-30 drops in 1/4 glass water 3 times per day.

**128. SARSAPARILLA ROOT:** Dry plant extract of certified organic Jamaican and Mexican Smilax species.

Indications: Sarsaparilla has been used in tonic remedies for a very long time. Its steroidal saponins (2-4% of the root) play a considerable role in its tonic effectiveness. They are also diuretic and fungicidal. They improve the solubility and absorption rate of compounds in the intestines; and they stimulate digestion and are slightly laxative as well. The roots’ high potassium salts (1.25% of dried roots) contribute to Sarsaparilla’s marked diuretic effects (which include elimination of excess chlorides and uric acid). Sarsaparilla increases membrane permeability and enhances cellular elimination. It is regarded as a depurative (blood cleanser).

**Dosage:** 10-25 drops in 1/4 glass water 3 times per day.

**129. SAW PALMETTO:** Fresh plant extract of pristine wild Serrenoa repens.

Indications: Glandular nutritive tonic, increases health of prostate and breasts; enlarged prostate, especially in a thin, vata type; for prostate health also see burdock, pipsissewa, and nettles (root).

**Dosage:** 15-25 drops in 1/4 glass water 3 times per day.

**130. SCULLCAP:** Fresh plant extract of true Scutellaria laterifolia, organically grown in its optimal native habitat of the eastern woodlands.

Indications: Calmative for stress and nervous debility; menstrual cramps; nervous excitability associated with uterine congestion; sedative for children restless from fever (give in hot water in this situation).
131. SHEPHERD'S PURSE: Fresh plant extract of certified organic, wild Capsella bursa-pastoris. Indications: Increases muscle tone and expulsion of blood from the uterus; strengthens intestinal walls; hence in hernia (cf. Alchemilla); stops hemorrhage of dark, oozing blood; menstrual, urethral, rectal, respiratory. Dosage: 10-30 drops in 1/4 glass water 3 times per day.

132. SILMAX™ FLOWERHEAD: Extract of partially dry flowerheads of Milk Thistle (containing maturing seeds). Contains small amounts of silymarin. Indications: Constricted gallduct; gallbladder/liver toxicity due to drugs, heavy metal or insecticide intoxication; hepatitis; free radical damage (silymarin is a more potent antioxidant than vit. E.); elevated serum SGOT, SGPT, and bilirubin. Dosage: 10-15 drops in 1/4 glass water 4 times per day.

133. SILMAX™ PC 80: North America's most concentrated liquid extract of Milk Thistle from the seedcoat or pericarp (hence PC) of fully mature wild Milk Thistle seeds high in silymarin content. Indications: Same as Silmax Flowerhead, but stronger ability for cellular repair due to high content of silymarin (and not as much of a drainage remedy as Silmax Flowerhead.) To cleanse the liver and pancreas; indicated in pancreatitis, hepatitis, when the veins are full and stagnant in the abdomen, pelvis and down the legs. Dosage: 5-15 drops in 1/4 glass water 4 times per day.

134. SILMAX™ SUCCUS: Extract of freshly gathered wild Milk Thistle leaves. Contains therapeutic constituents other than silymarin, presumably polysaccharides. Indications: To cool and disperse circulation in the liver; in Eastern Europe used in cancer therapies. Dosage: 15-25 drops in 1/4 glass water 4 times per day.

135. SLIPPERY ELM: Fresh plant extract of inner bark of Ulmus rubra just after harvest. Indications: The great nutritive mucilage, hence coating, soothing and building to mucosa, especially of the gastrointestinal tract; helps passage of large, dry stool, in rectal fissure (combine with comfrey); (may not be indicated when there is excessive dampness); lubricates passages in childbirth; increases bone and tissue nutrition. Dosage: 10-30 drops in 1/4 glass water 3 times per day.

136. SPIRONIL: Fresh plant extract of certified organic Dipsacus sylvestris. PRL is the first company to produce certified organic Teasel root, and to educate on its value in Lyme's disease. Indications: Specific for Lyme's infection. Use for 4 weeks continuously in confirmed infections. Dosage: 10-30 drops in 1/4 glass water 3 times per day.

137. STILLINGIA SYLVAICA: Fresh and dry plant extracts of wild native American Stillingia sylvatica. Indications: One of the most important remedies to get into people (with burdock) as a cleanser; cuts kapha obstruction, opens up the liver, bowels, kidneys; removes congealed detritus that ends up going into tumors. Dosage: 10-20 drops in 1/4 glass water 3 times per day.

138. ST. JOHN'S WORT: Fresh plant and dry plant extracts of pristine wild Hypericum perforatum. Indications: Light forms of mental depression, acts as a sedative; nervine; diuretic. Externally for the healing of wounds and burns. Dosage: 10-30 drops in 1/4 glass water 3 times per day. Antidepressant activities may not be evident for two to three weeks as it is a slow acting plant.

139. STONE ROOT: Extract of freshly gathered wild Collinsonia canadensis. Indications: Complex action in many areas. Foremost regarded as a vascular/capillary tonic. Decongests the portal system reducing hemorrhoids. Tonic to the entire urinary tract. Specific action: (1) reduces chronic laryngitis (“minister’s sore throat”); (2) tonifies the heart in chronic heart weakness; (3) helps all mucous membranes throughout the body. Dosage: 10-20 drops in 1/4 glass water 3-4 times per day.

140. SWEET LEAF(WILD BERGAMOT, BEE BALM): Fresh plant extract of certified organic Monarda fistulosa. Indications: Specific for thrush and other Candidas. (Appears to be more effective than Oregano oil.) Cools internal heat, retains fluids; indicated when there is fever with cool, moist skin, showing that the fluids are being driven off by the heat; also a nervine, relaxes the nerves; diarrhea or constipation with nervousness; gallbladder congestion with cool, moist, puffy, bloated, sallow facial skin; specific for MENIERE'S disease and tinnitus (prolonged use needed). Small doses work best (3 drops, 3 times a day). Dosage: 3-10 drops in 1/4 glass water 3 times per day.

TEASEL: (See "SpiroNil™")

141. THUJA: Certified organic Thuja occidentalis extracted fresh on our herb farm. Indications: The well-proven antidote to the SIDE-EFFECTS of VACCINATION; clears contamination of the internal lymph; gonorrheal contamination of the system; externally on warts, planter's warts, skin tags, moles. Dosage: 5-20 drops in 1/4 glass water 3 times daily.

142. U.D.G.™ LIQUID: Hydroalcoholic extract of Uncaria tomentosa, near fluid extract strength. Indications: See following entry. More rapid absorption than tablets and acts more quickly on upper body. Not as strong as tablets. Energetically checks out differently than tablets on some people. Dosage: 25 drops in 1/4 glass water 3 times daily. Can increase to 50 dr t.i.d. if tolerated (i.e., with no signs of causing diarrhea or constipation). Note: 70 drops is approx. equal to 2 U.D.G.™ tablets.

143. U.D.G.™ TABLETS: Hydrolysed U. tomentosa roots and lignum (wood of trunk) [30:1] concentrate. Herb collected directly from Peruvian jungles for PRL by natives following ecologically sound harvesting guidelines. Each concentrated tablet represents approximately 1.1 gram whole herb. Indications: Resistant cases of dysbiosis (intestinal flora imbal-
ance); deep seated, potentially hidden intestinal infection, (potentially causing infection of the uterus & adnexa or prostate); leaky bowel syndrome with intestinal mucosal damage from significant exposure to antibiotics; disturbed essential fatty acid metabolism due to gut mucosal damage; acne and certain forms of persistent unhealthy skin; menstrual problems due to organic deterioration; depression linked to deep-seated toxicity and organic deterioration. 

Dosage: 1–3 tablets with each meal (i.e., 3 times daily).

144. UVA URSI: Fresh plant extract of Arctostaphylos uva ursi. 

**Indications:** Antiseptic used in acute cystitis (cf. sweet leaf). Genitourinary tonic, diuretic, astringent, renal antiseptic. 

**Important part of Kidney Formula #2.** 

Dosage: 10-20 drops in 1/4 glass water 4 times per day.

145. VALERIAN: Extract of freshly gathered certified organic whole plant Valeriana officinalis. 

**Indications:** Sedative relaxant to the nerves and muscles, of temporary influence and short duration; colon spasm, back spasm. **For fertility therapy: first remedy that should be taken by man and women to enhance ability to conceive** (Phyllis Light.) 

Dosage: 10-25 drops in 1/4 glass water 4 times per day.

146. VaporNil™: A concentrated water extract of wild North American Eupatorium fistulosum (Queen of the Meadow). 

**Indications:** general immune supporting characteristics. 

**Specific action:** it helps the body cleanse out and resist damage caused by vapors emitted from new plastics in cars, carpets, paints and the like. Such vapors “attack” kidney energetics, weaken the psoas muscles, and often predispose the low back to injury. Can help in lumbar syndromes. It is often indicated as well when there is ligamentous laxity in association with exposure to noxious vapors. Applications in prostatitis with boggy prostate. 

Dosage: 15-30 drops in 1/4 glass water 3 times daily.

147. VERVAIN: Extract of freshly gathered whole flowering Verbena Americus (American Verbena) 

**Indications:** Liver congestion, jaundice, chronic edema, fever, spasms, delayed menses. Decongest the liver; antihelmintic; kidney supporting, anti-lithic; febrifuge; helps mucous membranes retain moisture, heals ulceration of the intestinal tract. Can relieve joint tension resulting from a willful and tense personality. Antispasmodic useful in bronchitis, gastrointestinal (colon) spasms, and delayed or difficult menstruation. 

Dosage: 10-25 drops in 1/4 glass water 3-4 times per day

148. WALT™: A water-based extract of Waltheria species, developed by and available exclusively from Phytotherapy Research Laboratories. 

**Indications:** Highly effective for sore throat (rub on throat and use as a gargle); also for recurrent EBV; liver dysfunction due to stress. Anti-viral. Tonic stimulant (can be used to help wean off from caffeine). Acts as an astringent and tightens the bowel in leaky bowel syndrome. Combines very well with HPC™, Rumex venosus (see Large Intestine Damp); and to offset astringent qualities, with May Apple and Culver’s Root. 

Dosage: 5–15 drops in 1/4 glass water 3 times per day.

149. WHITE OAK BARK: Extract of freshly gathered wild bark of Quercus alba. 

**Indications:** Powerful astringent (small doses, 3-5 drops) with calcium building, mineralizing properties; hence in prolapse, intestinal, uterine; varicose veins, blue black grape like, with yellow around them (ugly); also for dental caries and gum disease (cures both!) In addition to relaxation and prolapse of tissue, there is some putrefaction (cf. Myrrh gum); has been used successfully for alcoholism (small, repeated doses). 

Dosage: 3-10 drops in 1/4 glass water 4 times per day.

150. WILD OATS: Dry and fresh plant extracts of certified organic Avena sativa stalks and developing seeds. 

**Indications:** Nervous exhaustion; to stop cardiac palpitations related to same. 

Dosage: 3-10 drops in 1/4 glass water 3-4 times per day.

151. WILD YAM: Extract of freshly gathered wild roots of Dioscorea villosa - true Wild Yam. 

**Indications:** Antispasmodic with hormonal relationship (progesterone enhancing); tortion, wants to bend backward for relief, unless in the hip joints, wants to bend forward; specific for HIP JOINT DETERIORATION; perimenopause, feels crazy, loosing mortar between the bricks, mentally and physically, falling apart. An excellent source of dioxygenin hormones which favor testosterone/progesterone activity in the body. Reduces pain in dysmenorrhea. Reduces spasmodic, constant cramping pain in the abdomen arising from excess nerve energy. Reduces constant cramping nausea of pregnancy. **Specific to reduce gall-stone colic.** 

Dosage: 5-20 drops in 1/4 glass water 4 times per day.

152. WILL TO WELLNESS™1: Extract of freshly gathered Elecampane, Culver’s Root, and Goldenrod. 

**Indications:** To promote first line return to health in chronic unwellness where there are subconscious memories in the individual destroying their wellbeing. It will reverse a strong muscle weakening when the patient states “health is good” or “I want to be healthy”. If Wellness#1 doesn’t abolish the weakness, test Wellness #2, following. 

Dosage: 10-20 drops in 1/4 glass water 4 times per day.

153. WILL TO WELLNESS™2: Extract of freshly gathered Goldenrod, Basil and Echinacea species. 

**Indications:** To promote first line return to health in chronic unwellness where there are subconscious memories in the individual destroying their wellbeing. It will reverse a strong muscle weakening when the patient states “health is good” or “I want to be healthy”. If Wellness#2 doesn’t abolish the weakness, test Wellness #1, previously listed. 

Dosage: 15 drops in 1/4 glass water 4 times per day.

154. WITCH HAZEL: Extract of freshly gathered certified organic Hamamelis virginica. 

**Indications:** A soothing astringent to skin and mucosa, hemorrhoids, swollen veins and capillaries. 

155. WITHANIA LONGEVITY: Extract of dry root of Indian Withania somnifera. 

**Indications:** As an adaptogen to prevent aging and promote longevity. **Increases resistance to stressors.** To enhance fertility
in men and women, especially to increase spermatogenesis in oligospermorrhea. To support “kidney energetics” and fortify middle burner to strengthen the abdominals. Appers to specifically strengthnen the transverse abdominals.(B. Davis).

To prevent low back injury as a pre-treatment before heavy exertion and sports (B. Davis.)

**Dosage:** 15 drops in 1/4 glass water 4 times per day.

**156. WOOD BETONY:** Extract of freshly gathered certified organic leaves and flowers of Betonica officinalis.

**Indications:** A mild, stimulating tonic to the innervations of the solar plexus (brain of the stomach) and the brain of the head; weak instincts (cf. Gentian), ungrounded, poor eating habits, anorexia; thin tall persons; OLD PEOPLE with wasting; pale, leaden complexion.

**Dosage:** 15 drops in 1/4 glass water 4 times per day.

**157. YARROW:** Extract of freshly gathered certified organic Achilles millefolium.

**Indications:** The great HEMOSTATIC, in worldwide traditional medicine; stops bleeding and pain associated with bleeding, helps the venules mop up blood in the tissues, prevents bruising and unnecessary coagulation, infection in the wound; in deep or superficial cuts; also as a bitter astringent tonic to the mucosa, for heat and bleeding from the gastro-intestinal tract irritated stomach, colitis, divertiulitis, bleeding hemorrhoids; menstrual conditions, too much or not enough bleeding, in robust, red faced women; specific for UTERINE FIBROID.

**Dosage:** 15 drops in 1/4 glass water 4 times per day.

**158. YELLOW DOCK:** Extract of freshly gathered certified organic Rumex crispus.

**Indications:** Reduces heat and irritation of the skin and mucosa; stomach hyperacidity, reflux, colitis, thrush, yeast infection; red, pointed tongue, sensitive to acids (cf. rhubarb, wild cherry, yarrow); thrush growth on tongue, mouth; red and yellow complexion, red on cheeks, yellow about eyes, nose, mouth; rusty red skin lesions with yellow serum discharges; diarrhea with unsatisfactory expulsion, constipation, not-all-finished sensation; menstruation profuse, warm, red, thin, debilitating, causing anemia.

**Dosage:** 10-25 drops in 1/4 glass water 4 times per day.

**159. YERBA SANTA:** Fresh and dry plant extract of Eriodictyon californicum.

**Indications:** An expectorant and bronchial dilator, useful in chest colds, bronchitis, asthma and hay fever.

**Dosage:** 10-20 drops in 1/4 glass water 3 times per day.

**NOTICE:**

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.