

HERB STOP

September 08 Highlight



GOOD HERBAL CHOICES IN SEPTEMBER

September is the month for cleansing and detoxifying our bodies. Toxicity is of much greater concern in the twenty-first century than ever before. There are many more new chemicals in our environment and we ingest more sugar, unrefined foods and abuse our bodies with various stimulants and sedatives. So, let's get ready for an autumn cleanse, because a clean body has a better chance of fighting colds, flu and viral infections.

Detoxification is best done in three stages. The first stage begins with a good blood cleansing tea that contains at least red clover and chaparral. Drink three cups a day between meals. After about two weeks, take colon cleansing herbs (stage two) for a few days. Stage three consists of eliminating excess mucus from the body. After this cleansing program, along with a health building diet and exercise, you feel like a new person and of course you are!

Blood Cleaners

Deceleration Tea©

This tea is known to deeply strengthen and support the purifying organs (liver, kidneys and lymphatic system) to be more efficient in eliminating built up toxins. What most people like about this tea is that it does not

create havoc in the body such as fatigue, irritability, skin reactions, etc., not like many cleansing and detox herbal formulas do. This tea actually is energizing and activates the metabolism. Therefore, the body becomes more efficient in both absorbing nutrients and eliminating toxins. Many people do not realize that it takes a lot of energy to cleanse and detox the body, therefore do not cleanse and detox when you are weak or ill! Refresh, rejuvenate and cleanse your body with Deceleration Tea© as many people we know have done. A dentist in Phoenix once told me that Herb Stop's Deceleration Tea© had removed built up mercury as well as other metals in his body within three weeks. (He confirmed this statement to me with lab reports.)

Dandelion

Dandelion is not a weed! It is a highly recognized nutritious and blood cleansing herb. It increases elimination through the liver as well as the kidneys, without depleting potassium. It is appropriate for long-term use for water retention and weight loss.

Yellowdock

I have seen many people resolve their chronic skin problems with yellowdock, especially psoriasis, eczema and acne. Yellowdock is a wonderful blood cleanser as well as liver detoxifier.

Colon Cleaners

All Season Cleanse© Tea

This is a mineral rich green and pleasant-tasting tea with just a hint of bitterness to stimulate and support the liver. The herbs in this formula are known to eliminate toxins which have accumulated in the colon.

All Season Tonic©

Are you tired, have a sluggish digestion and lazy elimination? All Season Tonic© is designed to energize your digestive system and to flush out built-up waste and unfriendly bacteria.

Colon Tonic©

According to the Chinese healing system (TCM), the lungs take over the elimination of toxins if the colon is too congested to do so. By cleansing the colon you liberate the lungs and the entire respiratory system of accumulated mucus. Traditionally, Colon Tonic© has been used by people to cleanse the digestive system, and to stimulate peristalsis for chronic constipation of long duration.

Parasite Cleanse

In her book, "Cure for all Cancers", Dr. Hulda Clark encourages people to use black walnut, clove and wormwood to effectively treat parasites, intestinal worms, fungus, as well as candida, ringworm, canker sores, herpes and boils. For your convenience, we have blended the above herbs into one easy to take formula named "Parasite Cleanse".

Triphala

Triphala is famous for cleansing the entire GI tract, supporting digestion and gently maintaining regularity. It is also used to support weight management, improve the complexion and strengthen the urinary tract. Dr. Vasant Lad, a very well respected ayurvedic physician says that triphala can rebuild and heal the entire digestive system if taken over a period of one year.

Anticatarrhal

(Herbs that eliminate mucus from the body)

Cayenne

Cayenne is measured in BTU's (British Thermal Units) or HU (Heat Units). The higher the number, the more intense it is. Cayenne increases digestion and blood circulation. These hot fruits can clean mucus out of the body very effectively. Just smell a little cayenne and see how much mucus comes out of your nose!

Citrus

Any fruit from the citrus family cleanses mucus out of the body. But, to be an effective anti-catarrrhal, they must be consumed alone. It is best to take your fresh lemon juice or grapefruit in an empty stomach, first thing in the morning. Wait for about 30 minutes to eat your breakfast. Even though citrus are acid, they alkalize the body, IF taken alone.

Licorice

This sweet herb is a great mucus cleanser, especially when mucus has hardened. It liquefies mucus! It has a soothing influence upon gastric mucosa, an excellent remedy for peptic and duodenal ulcerations and chronic constipation.

Tongue Cleaner or Scraper

How is your morning breath? Using a Tongue Cleaner on a daily basis can sweeten your breath, sharpen your taste buds, as well as remove unfriendly bacteria on your tongue.

Scent For September

Feel clean and refreshed while cleansing and detoxifying your body and mind with this invigorating aromatherapy formula.

Lime	10 drops
Lavender	10 drops
Lemon	5 drops
Peppermint	5 drops

Blend essential oils together. Use 5 drops in your bath, lotion, hair conditioner, or simply place 3 -5 drops in a diffuser.

September 23rd - October 22nd Birthday People

If your birthday falls between September 23rd and October 22nd your astrological sign is Libra. Libra people have a tendency to have problems with their kidneys, small of back and endocrine system. Herbs and foods for Libra are gentle and cleansing.: alfalfa, apricot, birch, burdock, cherry, cowslip, elder, feverfew, goldenrod, gooseberry, hibiscus, iris, lady's mantle, lemon balm, licorice, motherwort, oats, passionflower, pea, peach, pear, plum, primrose, raspberry, rhubarb, rose, spearmint, strawberries, sugarcane, thyme, tomato, valerian, vanilla, verbena, violets, willow, yarrow.

Personal Positive Self©

This essence is one of the best detoxifiers. It aligns the vibrational balances of the physiology, and in aligning them, releases impurities. When you are balanced you cannot hold on to toxins or negativity. The focus of this essence is not on releasing, it's on balancing the bodily processes. By becoming more balanced you release the negatives on all levels.

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