

# HERB STOP

## July 2010 Highlight



### People's Testimonials

For thousands of years herbs have been used safely by people and animals. They are people tested and time honored. Herbs are foods with medicinal and nutritional qualities. Because they combine with our bodies the same way as foods do, herbs are able to address both, the symptoms and causes of a health problem.

Today more than 75 % of world population uses herbs as their primary form of medicine. Before herbs such as garlic, echinacea, ginkgo and St. John's wort became well-known in America, they had been sold and used safely for decades in many European countries, such as Germany and Switzerland. There, herbal medicines are not considered "complimentary" or "alternative" medicine, they are simply another aspect of conventional medical treatment. For example, living in Switzerland, my grand-mother's high blood pressure was treated by her doctor with hawthorn. Hawthorn is used in Europe to lower blood pressure, strengthen the heart and circulatory system without negative side effect. She lived until the age of 94, never having to take high blood pressure drugs.

Herbs are very safe and affordable, unlike pharmaceutical drugs, and are greatly effective. Please read on what people are saying about their successes with herbal medicines:

#### Glaucoma

Three years ago I was diagnosed with the beginning stages of glaucoma. My eye doctor said that there is nothing that he could do to either reverse or prevent the progression of this eye problem. I decided to do some research on herbs for eye diseases and found that bilberry has been used by many people to improve eyesight. I began taking it on a daily basis with the addition of the Herb Stop's Eye Formula. After one year of taking these specific herbs my eye doctor determined that my eye condition has significantly improved. *Liz from Mesa*

#### Back Pain

Many years ago I suffered a back injury which caused me to have bulging disks. The pain is sometimes intolerable, but I don't always want to take pain killers. My friend, a nurse, massages a small amount of lobelia and peppermint extract on the bulging disk area and my pain goes away instantly. *Susan from Payson*

#### Moles On Skin

Over the July 4<sup>th</sup> weekend I went camping in picturesque Pine, AZ. On the second day I awoke with a sore throat. I decided to go ask the people are the Herb Stop for immune enhancing herbs. I took a couple of doses of the Herb Stop's Immune Enhancer and I was feeling much better. One week later, to my surprise I noticed that the mole on my head I have had for years was not there anymore. Could the Immune Enhancer have had this effect? The answer was yes. By enhancing the immune system with the Immune Enhancer, many people say that they were able to get rid of warts, moles, even herpes. *Paul from Phoenix*

#### Hepatitis C

A few years ago I have been diagnosed with Hepatitis C. No treatment was effective, until I start taking the Viral Immune Enhancer. Within two weeks I was feeling better and I had more energy. When I went to see my doctor he confirmed my total recovery from Hepatitis C. *KJ from Camp Verde*

#### Allergies

I suffer from environmental allergies. My nose is running and my eyes are watering and I feel miserable. After taking 2 capsules of nettles my symptoms are totally gone within 20 minutes. Absolutely amazing! *Fred from Pine*

## Dog's Bad Breath And Body Odor

I love my dog, but his bad breath is unbearable. He also has a body odor, no matter how much I bathe him. I started to add parsley leaf to his food every day (a great deodorant) as well as dandelion leaf. After a few weeks I noticed no body odor whatsoever and his breath is fresh again.  
*Marie from Scottsdale*

Chamomile Pet Water did wonders to sweeten my pet Maggie's breath.  
*Gloria from Pine*

## High Blood Pressure

Since starting hawthorn on a daily basis, my blood pressure has improved significantly, no side effect noted. I highly recommend hawthorn. *V.K., M.D.*

## Restless Leg Syndrome

I am using butcher's broom for restless leg syndrome. It works better than the prescription medications I was taking before. I highly recommend trying it. *J.D. from Payson*

Butcher's broom has cured my RLS and leg cramps when no prescription medication could. *Tom from Strawberry*

## My Hair Is Falling Out

My hair has never been so healthy and thick with the Hair, Skin, Nails formula. My hair was falling out. It took about four to five months to see results. *Joanne from Pine*

## Arthritis

My husband is a "non" believer – a hardworking rancher. I started him out with a week's supply of Movement (Herb Stop formula). He finished it and said he'd better have another week's supply. It has been a staple on our kitchen counter for over two years. *PH from Star Valley*

## Gout

I have gout, and the pain on my big toe can be excruciating. Sometimes I cannot even wear my shoes. Celery extract works wonders overnight, and eating less meat too. Sometimes I also take the Gout Go Out formula in capsule form when I am traveling. *Joe from Strawberry*

## Sleeplessness

I go to sleep within 15 – 20 minutes after taking 2 capsules of REM (Herb Stop Formula). I awake in the morning well rested, not groggy.  
*BF from Tonto Basin*

# 10 Tips On Herbal Safety

1. Start using herbs for simple and non-emergency situations.
2. When you decide on an herb, learn more about that herb until you are satisfied with the information you have found.
3. Use good judgment; nothing is completely free of side effects, no drug or herb, not even a food. Anything you put in your mouth or on your body is going to affect you, positive or negative.
4. Ask for guidance and advice from a person who is well versed in herbal medicine. A person who has made it her/his life's work and who is able to treat herself/himself successfully with herbal medicine.
5. Don't hesitate to talk to your doctor about the herbs you are taking. Show your doctor the bottle or container of your herbs with the exact names, Latin and all. If your doctor discourages you to use herbal medicine seek out a doctor who will help you with your herbal program. Encourage your doctor to communicate with your herbalist from whom you receive herbal guidance.
6. When you decide to take an herb, start with the smallest dosage, then increase to the recommended dosage. The effectiveness of herbs usually goes by body weight. Dosages are usually based on a 150 pound adult (or animal), which is considered an average. Adjust the dosage if you weigh more or less than 150 pounds.
7. A child's dosage is less. Give ½ dose for children 10 to 14 years, ⅓ dose for children 6 – 10 years, ¼ dose for children 2 – 6 years, and 1/8 dose for infants and babies. Not all herbs are safe and suitable for children and infants. Consult your herbalist or healthcare professional before giving herbs to your children.
8. Don't take herbs when you are pregnant or breastfeeding unless you have consulted your doctor or herbalist.
9. Some herbs and forms of herbal medicines have different effects on animals. For example, catnip has a relaxing effect on people, but makes a cat euphoric. Talk to your veterinarian and herbalist before giving herbs to your pets.
10. Always use your common sense!

*\*These statements have not been approved by the FDA. This information is not intended to treat, diagnose or cure.*

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