

List 1: Core formulas (most blends should have these core formulas):

- **Lymph:** strengthens and activates the leucocytes, and supports the glands as they purify the lymph and stimulate balance elimination.
- **Liver/gallbladder:** A cleansing formula designed to support the liver in metabolizing fats, proteins, and carbohydrates.
- **Circulation systemic:** helps promote optimal blood flow and support healthy blood pressure and helps deliver nutrients efficiently throughout the body.
- **Kidney/bladder** (it comes separated for more efficiency) : cleanse, heal and balance urine flow, dissolve sediment, and tone and strengthen the function of the entire urinary tract.
- **Bowel formula** (it comes separated to regulate the dosage): it stimulates bowel elimination through increased liver function

List 2: Add-ons:

- **Adrenal:** strengthens and nourishes the adrenal during and/or after periods of stress and exhaustion. Assists in balancing hyperactive and hypoactive adrenal function.
- **Alkaline:** helps to balance acid/alkaline, normalises body chemistry, relieves arthritis and rheumatism and improves nutritional imbalances.
- **Allergy:** supports immune balance and help the body clear the underlying causes of allergic reactions.
- **Anemia:** gives strength and power to a sluggish system and helps to restore an adequate supply of iron necessary for body metabolism and energy.
- **Antibiotic:** strong activation of the lymphatic immune.
- **Anti-inflammatory:** support the body's natural anti-inflammatory response. Reduces the discomfort of arthritis and rheumatism too.
- **Anti-weight:** helps the body release excess weight and water while supporting digestive renewal.
- **Arthritis:** relieves the discomfort of arthritis and rheumatism, working to purify the blood, lymph and tissues and reduce inflammation. Use with anti-inflammatory formula.
- **Asthma:** encourages the thinning, loosening and expelling of excess mucus from the lungs. Combine with respiratory and alkaline formulas.
- **Body building:** rebuilds and regenerates damaged or weak bones, muscles and tissue.
- **Blood Purifier:** relieves the blood stream from morbid accumulations
- **Calcium:** helps maintain strong bones, healthy teeth, and balanced body function.
- **Circulation Cerebral:** restoring adequate blood flow to the brain areas, relieving tiredness, poor memory, senility and negative mental states.
- **Cold and Flu:** together with the Antibiotics Naturally formula, this formula supports the body's acute responses to eliminate accumulated toxins,
- **Exhaustion:** designed to restore energy and support the adrenal and nervous systems.

- **Female Reproductive:** strengthens, tones, regulates and heals the reproductive organs.
- **Fungus\Candida:** support the body in clearing fungal imbalances and relieving irritation.
- **Gallbladder:** reduce inflammation and strengthen and heal the gallbladder.
- **Heart Tonic:** provides a wide range of nutrients to balance, strengthen and nourish.
- **Hormone Balance:** support natural hormonal harmony for both men and women.
- **Ileocaecal Valve:** helps to normalise the function of the valve.
- **Infection:** is useful for the treatment of colds, flu, fever, abscesses, infected wounds, bronchitis and burns.
- **Intestinal Infection:** helps to eliminate harmful microbial parasites and infections in bowel pockets and diverticula.
- **Menopause:** As well as balancing hormones this formula offers superior nourishment including natural calcium to avoid bone loss, supports the kidneys and adrenals, offers liver and digestive aid, relieves hot flashes, eases sore joints and increases energy.
- **Mucus Congestion:** relieves irritating sinus and nasal problems associated with colds, flus and hay fever, and reduce uncomfortable mucus eliminations.
- **Multi-Minerals:** provides essential vitamins, minerals, and amino acids for balanced health.
- **Nerve Rejuvenator:** restores the nervous system and encourages deep rejuvenating sleep.
- **Nerve Tonic:** provide the nutrient for central, autonomic and peripheral nervous systems to rebuild the nervous system.
- **Nerve Vitaliser:** strengthens the nervous system during and after trauma, shock, extreme stress and fatigue and accidents.
- **Pain Relief:** soothe, diminish discomfort from acute injuries, headaches, burns or from chronic diseases like arthritis and rheumatism and encourage sleep.
- **Pancreas:** offers natural insulin which helps to lower blood sugar levels and strengthens and feeds the pancreas.
- **Pre-Natal:** aids the elasticity of the birth canal and strengthen the reproductive organs for easier delivery.
- **Prolapse:** supports the recovery of prolapse, while following the prolapse treatment.
- **Prostate:** strengthen the prostate gland.
- **Respiratory:** supports the respiratory system when it is actively eliminating, infected or chronically weak from conditions like asthma and bronchitis.
- **Skin problems:** purifying formula works well in combination with systemic treatment to eliminate morbid conditions from the blood that affects the skin.
- **Stomach Acid\Alkaline:** Provides the wide range of nutrients necessary to normalize the stomach environment. Also it helps soothe and heal the stomach.
- **Sweet Sleep:** mildly sedate the nervous system and encourage a sweet restful sleep. During times of stress or intense activity, this formula can also be taken.

- **Swollen Glands:** it reduce swelling and discomfort of swollen glands.
- **Thyroid Balancing:** Use this formula together with the Adrenal, Sweet Sleep, or Nerve formulas for an overactive thyroid, or with the Exhaustion and Multi-Mineral formulas if the thyroid is underactive.

List 3:

- **Chronic Purifier:** provides a deep level of blood, tissue and lymph purification in chronic disease, dyscrasia, syphilis and cancer.
- **Heavy Metal Purifier:** Provides a deeper level of cleansing.