

Last Revised January 2006

PLEASE NOTE: This catalog is a brief summary of some of the information on our web site about the products we carry. As there are over 1000 pages of information on the web site, we can't print that off in a hard copy format at this time. Please refer to our web site for more detailed information. Also, when we make new changes to the web site, it takes us longer to update this hard copy catalog. The web site always contains the most up-to-date information.

Kornax Enterprises

Product Catalog

**Your Discount Retail Store
For Wholesome, Natural Supplements**

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Lyons, CO 80540
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Local Business Phone: (303) 823-6780

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<http://www.kornax.com>

NOTE: The statements in this catalog have NOT been evaluated by the FDA. Products in this catalog are not intended to treat, cure or prevent disease.

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Personal Responsibility Statement: The products listed in this catalog are not to be considered as substitutes for proper medical care. If you are experiencing an intense level of physical or emotional disharmony, we suggest that you see a competent Medical Physician with an open mind to natural remedies. If you are currently taking medication, you may wish to consult your physician regarding the taking of these formulas.

In this catalog, we have nutritional information listed on the various herbs, vitamins and minerals. A few of the statements listed for these products are taken from various texts (with cited references) and have not been evaluated by the FDA. These products along with the statements about them are not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, nursing, using any prescription drugs, or have any medical conditions, consult your medical physician or pharmacist before using these products.

Placing Orders

Ordering via Postal Mail: Be sure to tell us what product(s) you want, noting any sizes where the product comes in more than one size. Include your check or credit card information (Visa, MC, American Express, Discover). **Be sure to include shipping and handling.** If you don't know the amount you may phone, e-mail or visit our website. Please be sure to give us your full address and phone number and or e-mail address, when you mail in your order, so we may contact you if there are any complications with your order.

Note: Shipping charges can be received on the Kornax website, even if you don't place your order on the web site. Go through the ordering process as if you were placing your order, only don't enter any credit card information. Please realize that it is a drop-down menu where you may choose Post Office or UPS shipping. Make your check payable to Kornax

Enterprises and mail it to: Kornax Enterprises, P.O. Box 783, Lyons, CO 80540

Faxing Your Order: Give us the same information as via Postal Mail and fax to: (303) 823-6780

Telephoning Your Order: We accept telephone orders (during mountain time zone) from 10:00 A.M. to 4:00 P.M. Monday through Friday. Call (877) 328-1744 or (800) 209-3056. As voice mail messages have occasionally not been recorded, and it is often easy to miss important information on a recording, if you don't receive your order within 5-7 business days, please check with us. Be sure to leave us your name and phone number, spelling anything unusual about your name or address. As we are a discount retail store on the Internet, in order to keep costs at a minimum, we have implemented a nominal \$1.00 extra charge for phoning in your order, unless you don't have access to a computer or you have trouble placing your order on-line.

Ordering via the Internet: Order on our web site: <http://www.kornax.com>

Questions or problems: Please e-mail us at custserv@kornax.com

Welcome to Your Healing Tools!

The products in this catalogue are ones that we feel will increase the level of your well being. While there are many herbal and other supplement companies on the market, we find it more beneficial to limit our focus to products we personally use and those, which have proven to demonstrate the best benefits. The following is a list of our Vendors, which are listed alphabetically in this catalog, followed by the products we carry from those vendors:

Ambrosia Technology (Ormus Minerals)
Angstrom Minerals (Liquid Ionic Minerals)
Dr. John Christopher's (Original Herbal formulas)
Kornax (MSM, Essential Oils, Gymnema sylvestre)
Rev. Hanna Kroeger's (Herbs, Pendulums, Food Clearing Products)
Nutraeutica (Noni Gold & Trace Minerals)
Rich Distributing (MSM & Vitamin C)
Dr. Billie Jay Sahley's Pain & Stress Center (Amino Acid products & books)
Water Oz (Liquid Ionic Minerals)
Original Swiss Aromatics (Everlasting (Helichrysumitalicum) Essential Oil)

What follows next is a Reference Guide as to products we carry to cleanse and nourish the various body parts and systems. Rather than to look at healing disease, we prefer to use all natural products, which support the various Body Systems. Once those systems are cleansed and

nourished and the vital energy restored, the body has the ability to heal itself.

We advocate the natural care of the body via clean, natural living, pure water, exercising daily and eating a whole foods diet. In seeking to restore balance to the body, there are occasions when it is necessary to provide a concentrated source of nutrients, which is why we carry the food supplements we do. All of our products are chosen for their natural qualities and purity. We offer them at the lowest price to our customers.

Product List by Body System

This list is a mere beginning of where to look for various supplements, which have an affinity for a particular body system. Remember that we do not treat disease. We provide the body with the nutrients necessary to detoxify and rebuild itself. We highly suggest that you obtain the Recommended Mineral Protocols by the Water Oz Company, which has some very useful lists of mineral deficiencies and research on the minerals.

We encourage our customers to focus on the body parts and systems, which need cleansing and nutrition, rather than to focus on a named disease. For example, if you wanted to heal arthritis, you may wish to investigate the areas of bones, joints, pH of the blood, the cleanliness of the blood stream, etc. There are many factors in the major degenerative conditions, which will require your attention in order to heal them. Ultimately you will discover that when you properly hydrate the body, provide quality nutrition and address the emotional factors, you have the highest chance of healing yourself.

NOTE: In addition to the 12 Body Systems listed, there are also the following additional categories which are filed alphabetically in with the 12 Body Systems: Blue Green Algae Products, Digestive Enzymes, General Nutritional Support, Intestinal Flora, Pain Control and Weight Management. We list the manufacturer along with these products so you can go to the main body of the catalog to read about them:

All Body Systems

Alkaline Drops - Angstrom
All Angstrom & Water Oz Minerals
Body Alkalizer – Water Oz
Blue Green Algae Products - E3/Vision
DHEA - Rich Distributing
Evening Basics - Angstrom
Green Lotus Essential Oil, Egyptian - Kornax
Morning Basics - Angstrom
MSM - Kornax, Rich Distributing
Noni Gold – Nutraceutica
Oxygen Drops - Angstrom
pH Strips & Rolls - Rich Distributing

P-RNA - Water Oz
Panacea - Panacea Labs
Renew Me - E3/Vision
Stabilized Liquid Oxygen – Water Oz
T-L Vites – Pain and Stress Center
Ultimate Mega H - E3/Vision
Vitamin C - Rich Distributing
Vitamin E - Rich Distributing

Blue Green Algae Products - E3/Vision

Alphanin - E3/Vision
E3AFA - Blue Green Algae - E3/Vision
E3 Live Frozen Algae - E3/Vision
Phycomin Tincture - E3/Vision
Renew Me - E3/Vision
SBO Probiotic Formula - E3/Vision

Brain & Nervous System

5-HTP – Pain and Stress Center
Adrenel Formula – Dr. Christopher
Angstrom & Water Oz Minerals – Copper, Gold,
Magnesium, Phosphorus, Sodium,
Vanadium, Zinc
Anti-Spasmodic Formula– Dr. Christopher
Blue Green Algae Products - E3/Vision
BNC + GABA - Pain and Stress Center
Brain Link – Pain and Stress Center
Ear & Nerve Formula - Dr. Christopher
Glutamine – Pain and Stress Center
L-Theanine – Pain and Stress Center
Pregnenolone – Pain and Stress Center
Relax-Eze Tincture – Dr. Christopher
Serotonin, Homeopathic Pellets - Kornax
Valerian Root Tincture – Kroeger Herbs

Cardiovascular System (Heart, Blood Vessels)

Aloe Vera Gel - Kroeger Herbs
Angstrom & Water Oz Ionic Minerals - Copper,
Iron, Molybdenum, Potassium, Sodium,
Vanadium
BLM Tea - Kroeger Herbs
Blood Stream Formula (R.C.C.) - Dr. Christopher
Cayenne Tincture – Dr. Christopher
Cetyl Myristoleate (CMO) - capsules & cream –
Rich Distributing
Circu-Flow - Kroeger Herbs
Co Enzyme Q 10 - Rich Distributing
Grape Seed Extract - Rich Distributing
Hawthorn Berry Syrup – Dr. Christopher

Digestive System (Gall Bladder, Liver, Stomach)

Angstrom & Water Oz Ionic Minerals –
Molybdenum, Silver, Zinc
Intestinal Flora & Digestive Enzymes - Rich
Distributing
Hydrangea Root Tincture – Kroeger Herbs
Liver & Gall Bladder Formula - Dr. Christopher
Re-Flux, Ionic - Angstrom
SBO Probiotic Formula - E3/Vision

Elimination & Detoxification System (Intestines, Intestinal Flora, Liver)

Angstrom & Water Oz Ionic Minerals - Cobalt,
Copper, Molybdenum, Selenium, Sulfur
Cayenne Tincture – Dr. Christopher
FRD Tea – Kroeger Herbs
Gas-Eze - Dr. Christopher
Glutamine – Pain and Stress Center
Intestinal Flora & Digestive Enzymes – Rich
Distributing
Liver & Gall Bladder Formula - Dr. Christopher
Lower Bowel Formula (Fen LB) – Dr. Christopher
Quick Colon 1 & 2 – Dr. Christopher
SBO Probiotic Formula - E3/Vision

**Endocrine System (Adrenals, Ovaries, Pancreas,
Parathyroid, Pineal, Pituitary, Testicles, Thymus,
Thyroid)**

In General: DHEA - Rich Distributing, H-12
Tincture - Kroeger Herbs, Glandular System - Dr.
Christopher, Pregnenolone - Pain and Stress
Center

Adrenals: Adrenel Formula – Dr. Christopher

Pancreas: Angstrom & Water Oz Minerals:

Chromium, Cobalt, Vanadium, , Gymnema
Sylvestre – Kornax, Pancreas Tonic Formula
(Panc Tea) – Dr. Christopher

Pineal & Pituitary: Wild Cherry Bark Tincture -
Hanna Kroeger

Thyroid: FRD Tea – Kroeger Herbs, Iodine -
Angstrom, Meta Burn - Dr. Christopher, Thyro-Lo
-Angstrom

Energy System

Co Enzyme Q 10 - Rich Distributing
E3 Live - Frozen Blue Green Algae - E3/Vision
Green Lotus Essential Oil, Egyptian - Kornax
Hermes' Elixir - Ambrosia
Liquid Chi - Ambrosia
Manna Tonic - Ambrosia
Merlin's Chalice - Ambrosia
Phoenix Fire - Ambrosia
Titan's Tonic - Ambrosia
Vulcan's Treasure - Ambrosia

Enzymes (Cellular & Digestive)

Enzyme Phytonutrient (EPN) - Water Oz
Enzymes Supreme - E3/Vision
Intestinal Flora & Digestive Enzymes – Rich
Distributing
Panacea - Panacea Labs
SBO Probiotic Formula - E3/Vision

Immune System - Includes Lymphatic System

Angstrom & Water Oz Ionic Minerals -
Germanium, Gold, Magnesium,
Platinum, Potassium, Selenium, Silver,
Zinc
Blue Green Algae Products - E3/Vision
Black Ointment- Dr. Christopher
Black Walnut Tincture- Dr. Christopher
Cayenne Tincture- Dr. Christopher
Collostrum - Rich Distributing
Foon Goos - Kroeger Herbs

Grape Seed Extract - Rich Distributing
Glandular System- Dr. Christopher
H-12 Tincture - Kroeger Herbs
Pico Board - Kroeger Herbs
P-RNA– Water Oz
Soma Board - Kroeger Herbs
Super Garlic Immune Formula- Dr. Christopher

Integumentary System (Skin, Hair, Nails)

Angstrom & Water Oz Ionic Minerals - Sulfur,
Zinc
Best Kept Secret Shampoo - Rich Distributing
Black Ointment - Dr. Christopher
Classic Gold Shampoo & Soap - Rich Distributing
Complete Tissue & Bone Formula- Dr.
Christopher
E3 Light Cream - E3/Vision
E3 Polish Exfoliant - E3/Vision
MSM Lotion & Soap - Rich Distributing
Silver Hydrogen Peroxide Spray - WaterOz
Smooth Skin- Dr. Christopher
Soap -- Rich Distributing, E3/Vision
Zinc & MSM Spray - Angstrom

Intestinal Flora (Probiotics)

Intestinal Flora & Digestive Enzymes – Rich
Distributing
Panacea - Panacea Labs
SBO Probiotic Formula - E3/Vision

**Musculoskeletal System (Bones, Muscles,
Ligaments, Tendons)**

Angstrom & Water Oz Ionic Minerals – Boron,
Calcium, Copper, Gold, Phosphorus,
Potassium, Selenium, Sulfur
Complete Tissue & Bone Formula - Dr.
Christopher
Cetyl Myristoleate (CMO) - capsules & cream –
Rich Distributing
DMSO Concentrate - Rich Distributing
Flex + C - Angstrom
For In - Rich Distributing
Glucosamine - Rich Distributing
Herbal Calcium - Dr. Christopher
Malic Acid Plus- Pain and Stress Center
Pregnenolone - anti-inflammatory- Pain and
Stress Center
Reflex3 - Glucosamine - Nutraceutica
Smooth Skin Ointment- Dr. Christopher

Nutritional Support

All Angstrom & Water Oz Ionic Minerals
Blue Green Algae Products - E3/Vision
Evening Basics - Angstrom
H-12 Tincture - Kroeger Herbs
MSM - Kornax, Rich Distributing
Morning Basics - Angstrom
Noni Gold – Nutraceutica
Oxygen Drops - Angstrom
Panacea - Panacea Labs
Renew Me - E3/Vision
Stabilized Liquid Oxygen – Water Oz

T-L Vites- Pain and Stress Center
Ultimate Mega H - E3/Vision
Vitamin C- Rich Distributing
Vitamin E- Rich Distributing

Pain Control

Cetyl Myristoleate (CMO) - capsules & cream –
Rich Distributing
DMSO Concentrate - Rich Distributing
MSM - Kornax, Rich Distributing
Oxygen Drops - Angstrom
Pain Control Capsules - Pain and Stress Center
Pregnenolone - Pain and Stress Center
Stabilized Liquid Oxygen – Water Oz
Vitamin C - Rich Distributing

Pet Products

Flea-Flea: Shampoo, Soap, Kennel Spray – Rich
Distributing

Reproductive System (Ovaries, Uterus, Prostate, Testicles, Penis)

Angstrom & Water Oz Ionic Minerals – Selenium,
Zinc
Diabetes and Prostrate Relief - Rich Distributing
Pregnenolone- Pain and Stress Center
Saw Palmetto Tincture - prostate - Kroeger Herbs

Respiratory System (Lungs)

Lung & Broncial Formula (Resp Free)- Dr.
Christopher

Special Senses (Ears, Eyes, Nose, Sinus, Teeth, Throat)

Ears, Hearing - Ear & Nerve Formula- Dr.
Christopher, Ear Candelings Cones- Dr.
Christopher, Eye Wash Cups - Apothecary
Eyes - Herbal Eyewash Tincture- Dr. Christopher,
MSM Water Drops - Rich Distributing, Zinc -
Angstrom & Water Oz
Teeth - Herbal Tooth Powder - Dr. Christopher
Nose - Aromatic Nose Ointment- Dr. Christopher,
Water Flush - Rich Distributing

Urinary System (Urinary Bladder, Urinary Tract, Kidneys)

Angstrom & Water Oz Ionic Minerals: Cobalt,
Copper, Selenium
Hydrangea Root Tincture - Kroeger Herbs
JuniPars Tincture- Dr. Christopher
KDY Tea - Kroeger Herbs

Vibrational Medicines

Computer Pillow - Kroeger Herbs
Pendulum - Kroeger Herbs
Pico Board - Kroeger Herbs
Soma Board - Kroeger Herbs

Weight Management

Alkaline Drops - Angstrom
Angstrom & Water Oz Ionic Minerals - Chromium,
Iodine, Indium

Body Alkalizer – Water Oz
DHEA - Rich Distributing
Meta Burn- Dr. Christopher
Panacea - Panacea Labs

Ambrosia Technology

ORMUS or M State Minerals have only recently
been recognized as a fourth state of matter over
and above solid, liquid and gas. Only a few
metallic elements are able to exist in this Ormus
state, primarily the elements of the Platinum
group. Elements that have been discovered to
exist in the Ormus state include, but may not be
limited to: Cadmium, Copper, Gold, Iridium,
Mercury, Osmium, Palladium, Platinum,
Rhodium, Rubidium, Ruthenium, and Silver.

Liquid Chi™

This is the first in a five-step program that
includes Liquid Chi™, Vulcan's Treasure™,
Hermes' Elixir™, Titan's Tonic™ and Manna
Tonic™. Each step is progressively more
powerful, and it is recommended to use them in
sequence. The effects cannot be rushed and
must proceed at their own pace for maximum
benefit.

The minerals are collected at sea,
where the water is over 2,500 feet deep, to catch
the upwelling currents at the edge of the
continental shelf. There, the pumping gear is
lowered to more than 100 feet below the surface
and harvest the minerals in their most natural
balance and pristine condition.

From the depths of the sea to final
bottling, the material is coddled and treated with
the respect it deserves. The Ormus or M State
Minerals are extracted from the deep-sea water
to achieve a high concentration, while most of the
salt and heavy metals are removed.

Vulcan's Treasure™

This is the second level and should only
be done after using at least two bottles of Liquid
Chi™. The source material for this extract comes
from the "Forge of the Gods", a living volcano.
This mineral extract is made from the highly
paramagnetic volcanic ejecta of Mount St.
Helens.

In the past, only a very few were able to
partake of this type of M-State extract, as it was
too unstable to be shipped without losing its
essence. Ambrosia Technology gathers the
source material in the shadow of the volcano,
and with a proprietary method produces the first
stable extract of this kind.

The volcanic extract is blended with
Liquid Chi™ to produce a very potent product,
which has been named Vulcan's Treasure™

The spiritual effects of Vulcan's
Treasure™ are different from those of Liquid
Chi™. For maximum effect, it should be
approached on a gradient. Liquid Chi™ will

remove blockages and balance energy, making way for Vulcan's Treasure™ to proceed similarly on other levels. These changes cannot be rushed and must proceed at their own pace for maximum benefit.

Hermes' Elixir™

This is another unique ORMUS concentrate product created by Ambrosia Technology. Never before has a product of this kind been offered to the public.

We start by taking LIQUID CHI™ and dehydrating it by 80%. To this super-concentrate we add alchemical "Wine of Gold" and reconstitute to the original volume. This gives a final product which is both full strength LIQUID CHI™ and 80% "Wine of Gold". A scientific study done by Belmar pharmacy has shown that colloidal gold has been proven to raise IQ scores in as little as 30 days.

As with other Ambrosia Technology products, the spiritual effects of HERMES' ELIXIR™ are unique. For maximum spiritual benefits, it should be approached on a gradient. Liquid Chi™ should be used first, followed by Vulcan's Treasure™ and then Hermes' Elixir™.

Titan's Tonic™

This is another unique ORMUS concentrate product created by Ambrosia Technology. Never before has a product of this kind been offered to the public. We start by taking VULCAN'S TREASURE™ and dehydrating it by 80%. To this super-concentrate we add alchemical "Wine of Gold" and reconstitute to the original volume. This gives a final product which is both full strength VULCAN'S TREASURE™ and 80% "Wine of Gold".

A scientific study done by Belmar Pharmacy has shown that colloidal gold has been proven to raise IQ scores in as little as 30 days. As with other Ambrosia Technology products, the spiritual effects of TITAN'S TONIC™ are unique.

For maximum spiritual benefits, it should be approached on a gradient. Liquid Chi™ should be used first, followed by Vulcan's Treasure™, Hermes' Elixir™, and then Titan's Tonic™.

Manna Tonic™

This is an extract of ORME/M-state minerals from deep sea Pacific Ocean water. It is fortified with INDIUM, the seventh most rare mineral.

For maximum spiritual benefits, the Ormus Concentrates should be approached on a gradient. Liquid Chi™ should be used first, followed by Vulcan's Treasure™, Hermes' Elixir™, Titan's Tonic™, and finally Manna Tonic™. If one goes out of sequence, they do themselves a disservice. When the products are

used as recommended, the effects may be profound.

Researchers have identified over 40 health problems which the evidence indicates are really NOT diseases at all. Instead, they are the result of a deficiency of the natural trace element Indium. Dr. Henry Schroeder, a research toxicologist, did studies with mice that showed 42% less cancer and malignant tumors when an Indium supplement was given. This indicates that it is anti-carcinogenic.

Other studies found that Indium's most important function may be to normalize the hypothalamus and pituitary gland, releasing a cascade of over 30 beneficial hormones.

Anecdotal reports indicate many benefits, including elimination of addictions and normalization of body fat. We have compounded Indium with ORMUS CONCENTRATE because Indium has been found to raise mineral uptake up to 694%. The ORMUS in manna tonic™ has been raised to a higher energy state through the application of magnetohydrodynamics.

Decades of medical research and thousands of years of folk medicine usage have established that many plants contain substances that are beneficial immune response modulators. One of the most researched and proven of these plants is Aloe Vera, which has exhibited anti-microbial, anti-inflammatory, anti-tumor and analgesic qualities. It has also demonstrated macrophage activation and cell growth stimulation. Esoteric tradition maintains that it rejuvenates the heart chakra.

Merlin's Chalice™

This is full strength Aloe Vera juice extracted from the whole leaf of the plant. To this we add arabinogalactan extracted from the Larch tree. Arabinogalactan is the active principle found in Echinacea, renowned for its effectiveness against flu and colds.

We use the more pure form of arabinogalactan extracted from the Larch tree because recent studies show it to be twice as effective on macrophage proliferation as compared to Echinacea. Larch tree extract has demonstrated the following immune stimulating properties: Natural Killer (NK) cell and macrophage activation, increased release of various cytokines, including interferon gamma (1FN gamma), tumor necrosis factor alpha, interleukin-1 beta (IL-1 beta) and IL-6. It also promotes healthy cell replication.

The standard amount of Ormus mineral concentrate used in our Jurassic Chi™ product is also added to this potent blend. The result is another Ambrosia Technology product, which is unique in all the world, a potion fit for Merlin.

Phoenix Fire™

For spiritual purification and detoxification of the light body. For renewal of the etheric DNA and spiritual reconfirmation of the genetic blueprint. For spiritual purposes only! The myth of the Phoenix Bird occurs in many cultures and symbolizes immortality, resurrection and life after death. The phoenix, as we know it in the western tradition, is the bird that is self resurrected from its own ashes. According to Chinese Taoist philosophy the Phoenix Bird inhabits the "Isle of Immortality," the source of an elixir that insures eternal life.

On May 18, 1980, Mt. St. Helens exploded with the force of 500 atomic bombs. Great destruction was wrought by this event; yet at the same time a wonderful substance was brought forth from the earth. From the ashes of the mountain we extract and give new form to PHOENIX FIRE™ ORMUS CONCENTRATE, an elixir compounded from three natural sources, Mt. St. Helens volcanic ash, Pacific Ocean deep sea water and a unique and precious minerals. Ambrosia Technology proudly offers this mineral extract formulation, which we believe to be unique in the entire world.

Angstrom Minerals

The Angstrom Mineral Company makes a line of ionic minerals similar to those from Water Oz. We provide both so our customers have a choice. We list the minerals here, and refer you to where the deficiency symptoms of the minerals are listed in the Water Oz section. Those that Water Oz doesn't offer, we describe here. Please refer to both of Dr. Annette Hasalone-Eve, N.D.'s books listed in the book section, : Angstrom Minerals: Information & Reference Guide and also her book entitled, Off Balance.

Alkiline Drops 2oz. (59 ml)

Body Basics - one each of the Morning & Evening Basics

Boron 16 oz. (0.47 L)

Calcium 16 oz. (0.47 L); 32 oz. (0.95 L)

Calcium Magnesium 32 oz (0.95 L) A blend of these two minerals.

Chromium 16 oz. (0.47 L), 32 oz. (0.95 L)

Copper 16 oz. (0.47 L)

Evening Basic -32 oz (0.95 L) Morning and Evening Basics were designed to enhance a balanced diet. Both were designed to give the body basic minerals and Vitamin C to promote health and well-being. For basic maintenance of the body systems, in combination with Morning Basics, this exciting blend provides the body with its basic mineral needs. An advanced delivery system provides superior mineral nutrition with maximum absorption and assimilation.*

Recommended Dose: One ounce (2 tbl) in the evening with a meal. Consult a health care practitioner for use with all individuals, especially those under the age of 14.

Ingredients: Vitamin C, Ionic Calcium, Ionic Sodium, Ionic Copper, Ionic Boron, Ionic Chromium, and Purified Water. Calcium 1,500 PPM (Parts-per-million) = 7.5 mg/tsp = 22.5 mg/tbl.** Proprietary blend of Sodium & Boron 525 PPM = 2.625 mg/tsp = 7.875 mg/tbl.** Vitamin C 500 PPM = 2.5 mg/tsp = 7.5 mg/tbl. Copper 75 PPM = 375 mcg/tsp = 1,125 mcg/tbl.** Chromium 15 PPM = 75 mcg/tsp = 225 mcg/tbl.**

Flex Plus C 32 oz. (0.95 L) Flex Plus was developed to support the health of connective tissue and joint mobility.

The ingredients in Flex Plus are: MSM (Methyl-Sulfonyl-Methane) a naturally occurring form of organic sulfur. MSM supports healthy connective tissues like tendons, ligaments, and muscle. MSM is thought to work more efficiently if it is taken with vitamin C. Vitamin C – is used by the body to metabolize MSM to sulfur, therefore adequate intake of Vitamin C is important.

Glucosamine Sulfate - The main function of glucosamine is to stimulate the manufacture of substances necessary for joint repair. It appears that some people lack the ability to manufacture glucosamine. Copper - is required for the enzyme lysyl oxidase, which is responsible for the formation of structural cross-links in collagen.

Recommended Dose: Take 1 tbl twice daily before a meal. Consult a health care practitioner for use with all individuals, especially those under the age of 14.

Ingredients: MSM 1000 mg/tbl, Vitamin C 1000 mg/tbl, Glucosamine Sulfate 250 mg/tbl, Copper .75 mg/tbl, Purified Water.

Germanium 16 oz. (0.47 L), 32 oz. (0.95 L) Gold 16 oz. (0.47 L)

Iodine 16 oz. (0.47 L) Iodine is called the "metabolizer." It is one of the most vital of the biochemical elements and has one of the highest vibratory frequency rates of all the elements. It mainly affects the thyroid, which not only controls many important functions in the body but also keeps us in a quickened state of health. Iodine restores heat and assists calcium in the repair and building of tissue in the body. Iodine is stored mostly in the thyroid, and in smaller amounts in the muscles, skin, and bones. The thyroid gland secretes iodine. Hormones produced by the thyroid regulate and control the metabolism of the body, increasing the assimilation of salts. They also control digestion, heart rate, body temperature, nervous system, reproductive system and body weight. Iodine protects the brain by destroying harmful toxins and helps neutralize toxins in the rest of the body. Iodine

aids the assimilation of calcium and silicon. Skin problems such as dry or scaly skin are indicative of an iodine deficiency. A regular elevated intake of iodine would be required to produce iodine toxicity. Allergic reactions to iodine occur occasionally, manifesting as skin rashes or acne.

Iron + Vitamin C (16 oz (0.47 L) & 32 oz. (0.95 L) *Ingredients:* Ionic Iron (2000 parts per million = 10 mg/tsp = 30 mg/tbl), Vitamin C (5 mg/tsp = 15 mg/tbl), Purified Water.

Magnesium 16 oz. (0.47 L), 32 oz. (0.95 L)
Manganese 16 oz. (0.47 L), 32 oz. (0.95 L)
Molybdenum 32 oz. (0.95 L)

Morning Basic- 32 oz (0.95 L) Morning and Evening Basics were designed to enhance a balanced diet. Both were designed to give the body basic minerals and Vitamin C to promote health and well-being. For basic maintenance of the body systems, in combination with Evening Basics, this exciting blend provides the body with its basic mineral needs. An advanced delivery system provides superior mineral nutrition with maximum absorption and assimilation.*

Recommended Dose: One ounce (2 tbl) in the morning with a meal. Consult a health care practitioner for use with all individuals, especially those under the age of 14.

Ingredients: Vitamin C, Ionic Magnesium, Ionic Zinc, Ionic Selenium, Ionic Manganese, Ionic Potassium, Ionic Sulfur, and Purified Water. Magnesium 3000 PPM (Parts-per-million) = 15 mg/tsp = 45 mg/tbl.** Potassium 750 PPM = 3.75 mg/tsp = 11.25 mg/tbl.** Proprietary blend of Sulfur & Manganese 570 PPM = 2.8 mg/tsp = 8.5 mg/tbl.** Vitamin C 500 PPM = 2.5 mg/tsp = 7.5 mg/tbl. Zinc 250 PPM = 1.25 mg/tsp = 3.75 mg/tbl.** Selenium 3.4 PPM = 17 mcg/tsp = 50 mcg/tbl.**

Oxygen Drops 4 oz. (118 ml)

Phosphorus 16 oz. (0.47 L) Phosphorus is synonymous with intelligence. Phosphorus is found in the nucleus of each cell in the human body, is found in body fluids and in solid tissue. A person weighing about 150 pounds contains approximately two pounds of phosphorus in their body. Phosphorus is the nutrient that comprises the outer bone and combines with several other elements such as iron, potassium, sodium, magnesium and calcium. These phosphates are essential to animal and plant life. Phosphorus improves bone density and nutrition of nervous system tissue. When supplied in proper quantity phosphorus enhances the reproductive organs, autonomic nervous system, ganglia, brain and other nerve networks. In conjunction with other elements it can strengthen tissue integrity, function and metabolism. The proper amounts of

phosphorus ensure a balance of the acid/alkaline ration in the digestive juices, blood and the distribution of liquid throughout the tissues. It increases the number of red blood corpuscles and improves tissue nutrition.

Potassium 16 oz. (0.47 L), 32 oz. (0.95 L)

Re-Flux 16 oz. (0.47 L) 32 oz. (0.95 L) - Re-Flux is a unique blend of calcium, sodium and sulfur that until now was only available if you mixed it yourself. Angstrom's team of researchers and staff discovered the soothing effects of this blend from the many reports of our customers. The original formula was suggested by Angstrom's Naturopathic Doctor Annette Hasalone Eve. This blend soothes acid reflux by neutralizing the acid that splashes into the esophagus. To read more about how these minerals assist in reducing the effects of acid reflux read the articles in this booklet about calcium, sodium and sulfur.

Recommended Dose: 1 tsp/day with a meal. Consult a health care practitioner for use with individuals under the age of 14.

Selenium 16 oz. (0.47 L)

Silica 32 oz. Silica (which is a Silicon compound) is the most abundant element in the earth's strata. The human body if weighing in at around 150 pounds would contain approximately one and one quarter ounces of silica. Silica is found in all of the tissues, especially the resistive tissue such as the skin, dura mater, fascia, hair, nails and tendons. It reinforces the membranes throughout the body as well as the ligamentous tissue, arterial walls, throat walls, uterine lining, walls of the digestive tract, the spinal and cerebral dura mater, nails and skin. Silica helps firm muscles, the blood to be warmer and over all invigorates and energizes the whole body. It influences the nervous system, the brain and sexual system in a vital way. Men suffer from lack of tone in the testicles and other problems with the testies. Women suffer from cysts in the vagina, hardening of or pus generation in the mammary glands and other abnormalities in the breast. The tissues in the body are made alkaline by Silica. Silica activates sodium, potassium and magnesium in the body, which helps a person to develop a quick, agile, lean and nimble body. Silica unites with sulfur to create healthy hair and nails. A Silica rich diet is effective against impotence of sexual feebleness. People who suffer from ovarian, hysterical and menstrual complications need Silica as well. Silica greatly affects the nervous system and if a person is deficient they may suffer from nervous prostration due to excessive work or passion.

Silver 16 oz. (0.47 L), 32 oz. (0.95 L)

Silver Hydrogen Peroxide Spray 4 oz. (118 ml)

This spray blend is designed to disinfect and treat cuts, wounds, burns, and various insect bites. Common uses: Apply to affected area for pain relief; eliminates bacteria growth to prevent spread of infection; relief from earaches, sore throats, sinus congestion, thrush, and poison oak, ivy and sumac; disinfects fruits and vegetables.

Directions for Use: Spray directly onto affected areas as needed to disinfect and speed healing.

Sodium 16 oz. (0.47 L), 32 oz. (0.95 L) - Sodium is essential to human health, organic sodium and not the scoundrel of health sodium chloride a.k.a. salt. Salt and sodium are not synonymous as far as our health is concerned. Organic sodium is essential. Sodium is used in extensive functions of the body. An average man who weighs around 180-190 lb can contain as much as 2 ¾ ounces of sodium in his body. Sodium is a primary electrolyte important to the pH and water balance of the body. Sodium is highly alkaline and contributes to the alkalinity of the lymph, blood and works with the bicarbonate buffer system of the digestive tract. In this system sodium combines with the bicarbonate to create sodium bicarbonate, which neutralizes the hydrochloric acid that is combined with food in the stomach for digestion. It is also found in organic tissue salts in the pancreatic juice. Sodium bicarbonate is found in throat, nasopharynx, larynx and other similar tissues when catarrhal (catarrh is an inflammation of mucous membranes) congestion's are present as it acts as a solvent that helps remove catarrhal pus. Sodium bicarbonate also combats bronchial mucus, catarrh and thickened secretions on canal walls. When sodium is lacking and the body is unable to produce sodium bicarbonate the body manifests problems like gout, diabetic acidity, subacid blood, stomach catarrh and diabetic coma tendencies amongst a wide variety of other problems.

Sulfur 16 oz. (0.47 L), 32 oz. (0.95 L)

Super Calcium 32 oz. (0.95)

Super Magnesium 32 oz. (0.95)

Super Potassium 32 oz. (0.95 L)

Super Silver 32 oz. (0.95)

Super Sulfur 16 oz. (0.47 L), 32 oz. (0.95 L)

Super Zinc 32 oz. (0.95)

Thyro-Lo 4 oz. (118 ml) - This unique topical spray is specifically formulated for use with the thyroid gland. The minerals contained in this product are recognized for supporting proper thyroid function. The blend contains Iodine, Chromium, Copper, Potassium, Magnesium, Vanadium, Calcium, Sodium and Zinc.

Common uses: Apply to the throat area twice daily in order to improve thyroid function.

Directions for Use: Spray a fine mist over the thyroid area just below the Adam's apple twice daily.

Warning: Not for use for overactive thyroid conditions.

Vanadium 16 oz. (0.47 L), 32 oz. (0.95 L)

Vanadium Chromium Zinc 16 oz. (0.47 L), 32 oz. (0.95 L) - This is a combination of minerals, which supports optimal pancreatic functioning. - Refer to what is listed under VanChroZin in the Water Oz section.

Zinc 16 oz. (0.47 L), 32 oz. (0.95 L)

Zinc & MSM Spray 4 oz. (118 ml) - This topical spray provides nutrients to specific areas of concern, while also supporting the bodies own anti-inflammatory processes.

Common uses: Apply topically to improve skin vitality and elasticity; relief from isolated muscle aches and pains; relief from headaches; accelerates wound healing.

Directions for Use: Spray directly onto skin daily for healthier, younger looking skin. This product can also be used along with our Silver Hydrogen Peroxide spray to speed healing.

Dr. John R. Christopher's Products

One of the foremost herbal pioneers of the 20th century, Dr. John Raymond Christopher, started to formulate his herbal products in 1945. Through extensive trials in the Armed Forces and his personal practice, he developed formulas that would be effective for 90% of the population 90% of the time. In 1969 he opened his first Herb Shop in Orem, Utah. Dr. Christopher's children David and Ruth joined by other family members pitched in to keep the company running when Dr. Christopher passed on in 1983. Today there is a strong tradition of herbal knowledge taught through the School of Natural Healing to successfully carry forward the knowledge gained through this family of herbalists. We stock the following of Dr. Christopher's original formulas and other products.

Note that in a few cases the names of the products have changed, but the formula is the same.

Adrenel Formula - 440 mg. 100 Capsules Our hectic lifestyle is very taxing on these delicate glands, which are the seat of our physical power. *Contents:* Mullein Leaf, Lobelia Herb, Siberian Ginseng Root, Gotu Kola Herb, Hawthorn Berries, Cayenne Fruit, and Ginger Root.

Anti-Spasmotic Formula (Antsp) – 2 oz. This formula was designed to nourish the nervous system to prevent electrical impulses building up and creating spasms.

Contents: Skullcap Herb, Lobelia Herb, Cayenne Fruit, Valerian Root, Skunk Cabbage, Myrrh Gum, and Black Cohosh Root.

Aromatic Nose Ointment, – 2 oz. This ointment is soothing for nasal congestion and to moisten a dry nose for ease in breathing.

Contents: Dr. Christopher's Original Formula – Spearmint, Peppermint and Vaseline.

Black Ointment – 2 oz. (59 ml.) This is a drawing salve.

Contents: Olive Oil, Chaparral Leaves, Comfrey Root, Red Clover Blossom, Mullein Leaves, Plantain Leaves, Chickweed herb, Lobelia herb, Goldenseal root, Marshmallow Root, Poke Root, Pine Tar, Beeswax.

Black Walnut Tincture – 2 oz. Reputed to be specific for its anti-fungal properties.

Contents: Certified Wildcrafted organic Black Walnut Hulls in a base of 36- 42% pure grain alcohol.

Blood Stream Formula (R.C.C.) – 2 oz. In order for all parts of the body to be healthy, the bloodstream must be clean and pure. This is a good blood purifier in teamwork with Juni-Pars for the kidneys and a bowel cleansing and rebuilding formula (such as Fen-LB, or Intestinal Correction Formula..)

Contents: Red Clover blossoms, Chaparral leaves, Licorice root, Poke root, Peach leaves, Oregon Grape root, Stillingia root, Cascara Sagrada bark, Sarsaparilla root, Prickly Ash bark, Burdock root, Buckthorn bark in a glycerin base.

Cayenne Tincture – 2 oz. One of the best stimulant herbs; excellent for the heart muscle, to stop bleeding, and to increase circulation. 40,000 heat units. This is a useful combination for Stanley Burrough's Master Cleanse Formula (lemon juice, cayenne and maple syrup.)

Contents: Cayenne Fruit, Grain Alcohol Base.

Complete Tissue & Bone Formula - Syrup (4 oz., 16 oz.), Ointment (2 oz., 4 oz.) & Massage Oil (2 & 4 oz.) (Formerly known as BF&C

Products) A formula designed to strengthen and rebuild bones, flesh and cartilage. This product comes in Syrup, Ointment & Massage Oil. They all contain the same herbs, however the FDA no longer allows the comfrey to be put into any product that is internally ingested. So, the comfrey is removed from the syrup.

Contents: White Oak Bark, Lungwort Herb, Comfrey Root, Marshmallow Root, Mullein Leaf, Black Walnut Leaf, Gravel Root, Slippery Elm Bark, Wormwood Herb, Plantain Leaf, Lobelia Herb, Skullcap Herb. (Note: The Syrup also contains Aloe vera Gel Powder 100:1. The

ointment also contains Beeswax The massage oil also contains Olive Oil and Wheat Germ Oil.)

Ear Candling Cones The practice of cleaning the ears via "Ear Candling" is an old well-known form of cleansing in which old earwax can easily, safely and painlessly be removed. Some have even discovered items (like insects), which got inadvertently lodged in the earwax and were long forgotten, to come out using this method. Many report better hearing with regular use of the Ear Cones. These are made from linen for cleansing the ears. Please ensure proper procedure before using.

Ear & Nerve Formula – 2 oz. (Formerly B & B Tincture) This herbal tincture is the best I have seen to balance the nervous system. Dr. Christopher used it to rebuild the motor and sensory nerves in the ears. Use along with Garlic Oil if you feel there could be infection.

Contents: Black Cohosh Root, Blue Cohosh Root, Blue Vervain Herb, Skullcap, Lobelia.

Gas-Eze - 450 mg, 50 caps A synergistic blend of herbs for the digestive system.

Contents: Cayenne Pepper, Papain, Slippery Elm Bark, Caraway Seed, Ginger Root, and Catnip Herb.

Glandular System - 2 oz. Helps in cases of glandular swellings, or over the lungs.

Contents: Mullein, Lobelia, in a base of Olive Oil.

Hawthorn Berry Syrup - 4 oz. Hawthorn is the most famous herb for strengthening and rebuilding the heart.

Contents: Hawthorn Berry Juice, Grape Brandy, and Vegetable Glycerin.

Herbal Calcium – 2 oz. (59 ml) This formula contains herbs, which provide an organic supply of calcium.

Contents: Horsetail Grass, Oatstraw, Comfrey Leaf, Lobelia Herb a vegetable glycerin base.

Herbal Eyebright Formula – 1 oz. (30 ml.)

While the cayenne in this formula is a bit of a stinging experience, it helps open up the blood vessels, so they can receive the nourishing herbs in this formula. Our eyes are the most available mucous membrane in the body, yet few think to cleanse them. If you use a computer, you will especially appreciate this formula. It relieves tension and stress and soon you won't be without it. Dr. Christopher related many stories of people who were able to throw away their glasses by using this formula!

Contents: Bayberry Bark, Eyebright Herb, Goldenseal Root, Red Raspberry Leaves, Cayenne Fruit.

To Use this Product: Heat 3-4 Tablespoons distilled water in a non-aluminum pan. A small Pyrex pan with a pouring spout is ideal for this. Either add just the Herbal Eyewash Tincture to this by itself, or combine ½ tsp. MSM crystals with the tincture. Start with 2-3 drops of the tincture. Stir with finger until it is just warm enough to dissolve the MSM (if using this) or until it is warm, but not too hot to put in eyes. This takes only 20-30 seconds. Pour into glass eye cups and bathe eyes, moving eyeball in all directions until it stings too much. Then pour that out, rinse cups in warm water and repeat until you have used up all the mixture. As you get more accustomed to the tincture, add more until you reach your tolerance level. Use 4-6 times a day.

Glass Eye Wash Cups - Companion Product for Herbal Eyebright Formula- from Apothecary. When using the Herbal Eyebright tincture, please use glass eye cups, rather than plastic. The cups should be sterilized frequently to prevent infection. Don't share eye cups with other family members. Since these can be difficult to locate, we have found them for you!

Herbal Tooth & Gum Powder 2 oz. The astringent in White Oak Bark helps tighten the gums. Use glycerin mixed with tea tree (or other essential oils) to wet the toothbrush for dipping in the tooth powder.
Contents: White Oak Bark, Comfrey Root, Horsetail Grass, Lobelia Herb, Cloves, and Peppermint Leaf.
To Use This Product: Moisten your toothbrush, and then dip in Herbal Tooth Powder. Brush teeth as usual. You may leave this in your mouth, packed around the gums, or swallow mixture. Don't spit out as you would with toothpaste.

Hormonal Changease 455 mg, 100 caps This is one of Dr. Christopher's most famous formulas. It has been used historically for hormone imbalance problems. This formula is popular among those experiencing hormone imbalance of any kind (menopause, PMS, etc.). It is safe and time tested for both females and males. This formula was marketed heavily via Nature's Way, and known as "Change-O-Life". This formula is a Dr. John R. Christopher original and the 20 year old contract that Dr. Christopher's original Formulas and Nature's Way had ended May 1998.*
Contents: Black Cohosh Root, Sarsaparilla Root, Eleuthero Root, Licorice Root, False Unicorn Root, Blessed Thistle Herb & Squawvine Herb. All encapsulated products are in a pure 100% vegetable based capsule.

Juni-Pars Tincture– 2 oz. Keeping the kidneys strong to filter the blood is essential to excellent

health. This is a good companion product to R.C.C. (Red Clover Combination) Tincture.
Contents: Juniper Berries, Chaparral Leaf, Poke Root, Peach Leaf, Oregon Grape Root in a glycerin base.

Liver & Gall Bladder Formula 2 oz. (Formerly Hepatean Tincture) This is an herbal food for the liver and gallbladder.
Contents: Barberry Bark, Wild Yam Root, Cramp Bark, Fennel Seed, Ginger Root, Catnip Herb, Peppermint in a glycerin base.

Lower Bowel Formula (Fen LB) – 2 oz. This remarkable formula is designed to cleanse the intestinal tract of old waste and rebuild the muscular layer of the intestines.
Contents: Cascara Sagrada bark, Barberry bark, Cayenne Pepper (40,000 H.U.), Ginger root, Lobelia herb, Red Raspberry Leaves, Turkey Rhubarb root, Fennel seeds, Goldenseal root in a glycerin base.

Lung & Bronchial Formula (Resp Free) – 2 oz. This is an aid to relieve irritation and congestion in the respiratory tract.
Contents: Comfrey Leaf, Mullein Leaf, Chickweed Herb, Marshmallow Root, Lobelia Herb in a glycerin base.

Metaburn – A Synergistic Weight Management Formula – 100 Vegetarian Caps
A popular formula for boosting the speed of metabolism.
Contents: Ma Huang (Whole), Red Clover Blossom, Oatstraw, Damiana Leaves, Chickweed Herb, Juniper Berries, Catnip Herb, Senna Leaves, Cayenne Fruit (100,000 Heat Units).

Pancreas Tonic Formula (Panc Tea) – 2 oz. The pancreas is weakened in all chronic disease, so it is essential to support this gland during any healing crisis.
Contents: Cedar berries, Uva Ursi leaves, Licorice root, Mullein leaves Cayenne Pepper (40,000 H.U.), Goldenseal root in a glycerin base.

Quick Colon #1 – A Lower Bowel Formula (Part 1 or a 2 Step process) – 100 Capsules (Formerly Intestinal Correction Formula) This is a product based on a Dr. John Christopher formula created by Richard Schulze which is a strong intestinal cleanser, nicknamed TNT. It will definitely "blast loose" any residual intestinal congestion!
Contents: Curacao and Cape Aloes, Senna Leaves and Pods, Cascara Sagrada Bark, Garlic Bulb and African Bird Pepper in Vegetable-based capsules.

Quick Colon #2 – A Lower Bowel Formula (Part 1 or a 2 Step process) – 8 oz. powder

(Formerly Intestinal Corrective Formula)
Contents: Organic Flax seed, Apple Fruit Pectin, Pharmaceutical Grade Bentonite Clay, Wildcrafted Slippery Elm Inner Bark, Organic Marshmallow Root, Organic Fennel Seed and Activated Willow Charcoal.

Relax-Eze Tincture– 2 oz. Relaxation and Ease in life are essential in our face-paced, often overly stressed lifestyle. This formula was designed to soothe and rebuild the nervous system, lessening anxiety and irritability.

Contents: Black Cohosh root, Cayenne Pepper (40,000 H.U.), Hops flowers, Lobelia herb, Skullcap herb, Valerian root, Wood Betony, Mistletoe leaves in a glycerin base.

Smooth Skin Ointment – 2 oz. To strengthen bone or where cells need to multiply/regenerate. This ointment can be rubbed externally on any location requiring rebuilding.

Contents: Olive oil, Comfrey root and Beeswax.

Super Garlic Immune– 4 oz., 16 oz. (Formerly Anti-Plague Tincture) When it seems that you have been “hit by the plague” it is time to rest, reconnect and nourish the immune system.

Contents: Fresh Garlic, Apple Cider Vinegar, Vegetable Glycerin, Honey, Garlic Juice, Fresh Comfrey Root, Wormwood Herb, Skullcap Herb, Comfrey Leaf, Black Walnut Leaf, Gravel Root, Olive Oil, Honey.

E3/Vision, Inc. - E3 Earth's Essential Elements Amazing Blue Green Algae!

We are ecstatic to have found the E3/Vision Company! They carefully and reverently harvest *Aphanizomenon flos-aquae* (AFA), what we commonly refer to as blue green algae. The best source in the world for this super food is Upper Klamath Lake in Oregon. This is the only place blue green algae grows abundantly enough to be harvested. Upper Klamath Lake, situated at 4100 feet, contains volcanic springs mineral-rich water, fed by the surrounding Cascade Mountains. There is also an abundance of fresh air and life-giving sunlight, present over 300 days of the year. The special combination of these factors allow us the privilege to have available to us one of the most basic elements, at the very foundation of the entire food chain, which makes this one of the most valuable nutrient sources for human consumption.

Without proper nutrients, our bodies become nutritionally deficient. E3 AFA provides these missing nutrients. People tell us E3 helps them function at higher physical, emotional, mental, and spiritual levels. While growing wild in nature, AFA's simple metabolism enables it to synthesize

and store more nutrients from the air, water, and sunlight than land-based plants.

Below is a partial list of nutrients in AFA and their role in our nutrition.

Chlorophyll: AFA contains more chlorophyll than any other natural food, 3 to 5 times more than even wheatgrass! Chlorophyll detoxifies the body from internally generated poisons and the waste products of general metabolism. Chlorophyll also protects us from external environmental pollutants we come in contact with each day.

Amino Acids: Amino acids are the building blocks of protein. Amino acids build muscle, repair cells and are the raw materials from which the essential brain neuro-hormones serotonin and dopamine are synthesized. The brain hormones feed the brain's pleasure and mood control centers which influence how we feel on a moment-to-moment basis.

Enzymes: Enzymes are the sparks of life behind every metabolic reaction in the body. Without enzymes, even vitamins and minerals cannot be absorbed. They are vital to digestion. Only living, uncooked foods contain enzymes. AFA is a high-enzyme, living food.

Phycocyanin: AFA is an abundant source of phycocyanin, the blue pigment found in the AFA. Similar to chlorophyll, phycocyanin protects the body against various toxic substances found in our food, air and water. Recent research has revealed that phycocyanin is an effective antioxidant and promotes healthy joint functioning.

Antioxidants: Beta carotene is a precursor to Vitamin A. The U.S. Center for Disease Control states Vitamin A helps prevent cancer. Like Vitamin C, beta carotene is also a powerful antioxidant which protects cells from free-radical damage caused by exposure to harmful chemicals and the effects of consuming too many processed foods.

Minerals: Minerals, especially trace minerals, are increasingly hard to find in the typical modern diet. Vitamins cannot be utilized without minerals being present. AFA contains every mineral known to science, in an easily absorbed "chelated" form.

Vitamins: AFA is a source of almost every known vitamin. The vitamins found in E3 are absorbed much more easily and completely than artificial, poorly assimilated man-made vitamins.

Vitamin B-12: AFA provides a plant-based source of B12 without the potential health risks associated with animal-based B12 sources, which contain unwanted cholesterol, artificial chemicals and hormones. B12 promotes vitality, stimulates libido, and is an essential nutrient for our nervous system.

Essential Fatty Acids: Each of the trillion cell walls in our bodies are made from Essential Fatty Acids (EFA). Researchers tell us most people are deficient in EFAs. AFA is rich in EFAs, especially

the Omega-3 form (the hardest to find, even in natural foods). Omega-3 helps to maintain healthy cholesterol levels. Research shows Omega-3 is beneficial to the cardiovascular, immune and nervous systems.

The nutrients found in E3AFA are perfectly combined by nature, and work so synergistically, that E3AFA delivers a wide range of nutritional health benefits for the regular user.

The results from a two year study from McGill University are in. "Blue-green algae from Klamath Lake, Oregon has been linked to a more efficient immune response. Aphanizomenon flos-aquae (AFA) may aid the body in fighting disease by stimulating the immune system's natural killer cells." Dr. Gitte Jensen, Assistant Professor of Immunology at McGill University's Royal Victoria Hospital in Canada, led the study. He states from his research, "Within two hours of eating one and one-half grams of AFA, an average of 40% of the Natural Killer (NK) cells in the blood [approximately one billion] left the bloodstream to migrate into the tissues. The NK cells remaining in the bloodstream were found to have as many as three times the number of adhesion molecules on them, which assist in cell mobility."

We have many products available from the E3 (Earth's Essential Elements) company. We are the most excited about their live, frozen algae. It is delivered to you second day air via Federal Express. It arrives at your door still frozen! One bottle will last one to three months, depending on usage. We feel this live product offers the highest vibration that you can consume. There are also many benefits to using the powdered or flaked variety. Convenience is number one. The Aphanizomenon flos aquae (AFA) is put into an assortment of products, which follow:

E3 - Alphanin - 75 Vegetarian Capsules - Suggested serving size is 1-2 capsules, 2 times a day. Each capsule contains 400 mg. Blue-Green Algae Extract.

E3 - Cleansing Enzymes - This is a proprietary blend of cleansing enzymes. Mix one teaspoon in 12 ounces of water. Drink 3 times a day on an empty stomach. The bottle contains 180 grams.

E3 - AFA (Blue-Green Algae) This product comes in sparkling flakes in 2 sizes: 50 grams & 460 grams. This same formula is also put into 90 or 500 count Vegetarian Capsules. Flake form is an easy way to add E3 AFA to liquids, smoothies and food. It is also great for traveling. Certified Organic and Kosher.

Contents: AFA (Aphanizomenon flos-aquae). Nutritional value: Protein < 1 g, Vitamin K 40 mcg (50% daily value), over 64 vitamins and minerals, active enzymes. No additives. No pesticides. No preservatives.

Suggested use: Store in cool dry place. Start with one teaspoon per day. Gradually increase to two teaspoons or more as needed, based on your individual needs. Take before or after a meal early in the day.

E3Live™ - The world's only "live"

Aphanizomenon flos-aquae (AFA) - Certified Organic and Kosher. Arrives "alive" in frozen form, thaws out in refrigerator. E3Live™ is shipped in quantities of four or more (up to 8 month supply), to ensure that it arrives to you in its freshest state. When you purchase E3Live we will include a free bottle(s) to offset the shipping costs. Feel the Difference! Each bottle is 480 ml/16.2 fl. oz. If you want to order more than 4+1 bottles, please call for pricing.

Contents: Wild Grown Klamath Lake Blue Green Algae (Aphanizomenon flos-aquae). Typical Nutrient Composition per Tbl (15 ml): Carbohydrates less than 1 gram; Chlorophyll 0.59%; Fat less than 1 g whereof Essential Fatty Acids - Alpha-Linolenic Acid (Omega 3) 10.70 mg., Gamma-Linolenic Acid (Omega 6) 2.15mg; Fiber 1.50%; Minerals - Boron .05 mg, Calcium 4.86 mg, Chloride .02 mg, Chromium 0.18 mcg, Cobalt .69 mcg, Copper 1.49 mcg, Fluoride 13.21 mcg, Germanium 0.09 mcg, Iodine 0.18 mcg, Iron 121.69 mcg, Magnesium .76 mg, Manganese 11.12 mcg, Molybdenum 1.15 mcg, Nickel 1.84 mcg, Phosphorus 1.82 mcg; Potassium 4.16 mcg, Selenium 0.23 mcg, Silicon 65.2 mcg, Sodium .94 mg, Tin 0.172 mcg, Titanium 16.17 mcg, Vanadium .96 mcg, Zinc 6.51 mcg; Protein less than 1 g whereof Essential Amino Acids and Non Essential Amino Acids - Alanina 16.30 mg, Arginine 13.19 mg, Asparagine 15.91 mg, Aspartic Acid 2.43 mg, Cystine .69 mg, Glutamic Acid 1.39 mg, Glutamine 27.06 mg, Glycine 10.06 mg, Histidine 3.12 mg, Isoleucine 10.06 mg, Leucine 18.04 mg, Lysine 12.15 mg, Methionine 2.43 mg, Phenylalanine 8.68 mg, Proline 10.13 mg, Serine 10.01 mg, Threonine 11.52 mg, Tryptophan 2.42 mg, Tyrosine 5.89 mg, Valine 11.10 mg; Vitamins - Ascorbic Acid (Vitamin C) 2.34 mg, Biotin 0.10 mcg, Choline .80 mcg, Cobalamin B12 2.8 mcg, Folic Acid .73 mcg, Niacin B3 .05 mg, Pantothenic Acid B5 2.38 mcg, Provitamin A Beta Carotene 703 IU, Pyridoxine B6 3.85 mcg, Riboflavin B2 19.88 mcg, Thiamin B1 1.63 mcg, Vitamin E .59 IU; Calories: 3.9Cal / 0.016kJ, Moisture less than 5.00%, ; . Data listed above are averages only and are not to be considered as guarantees or express or implied and are not as condition of sale. As with any wild-crafted product, seasonal variations can and will occur since its feed and growth are not artificially controlled.

Suggested use: Keep frozen until ready to use, then place bottle in refrigerator to partially defrost. For immediate defrost, place in cool

water for 15 minutes. Pour off the thawed portion (enough for a 7-day supply). Place the remainder of bottle back in freezer until ready to defrost again. Start with one teaspoon per day, followed with an 8 oz. glass of water, then slowly increase to one tablespoon per day.

E3 Light Cream (1.3 oz) - This is a skin cream with scientifically proven benefits, which include: Cell reneneration, scar reduction, anti-inflammation, antiseptic, antibacterial, antiviral and antifungal.

Contents: Organic Aloe Vera, Sweet Almond Oil, Bulgarian Rosewater, Apricot Kernel Oil, Organic Coconut Oil, Distilled Water, MSM (Plant-derived methylsulfonylmethane), Beeswax, Rosehip Seed Oil, Jojoba Oil, Evening Primrose Oil, Coenzyme Q-10. Essential Oils of Lavender, Rose Geranium, Chamomile, Rose, Bergamont, Rosewood and Palma Rosa.

E3 Light Polish (Organic) - This is a deep cleansing facial scrub. It can be mixed with water for daily cleansing, or mixed with honey as a mask. Net Weight 7 oz.

Contents: Organic Ground Corn, Organic Ground Oats, Bentonite Clay, White Clay, Organic Powdered Flowers of Lavender, Chamomile, Calendula and Rose Petals. Essential oils of Lavender, Bergamot and Rose.

E3 Enzymes Supreme - 50 grams of powder, or 90 (430 mg.) caps. Enzymes improve digestion by breaking down fats, proteins and carbohydrates, allowing nutrients in our foods to be extracted, absorbed and carried through the bloodstream to the organs and the cells of the body. Improving digestion can enhance health and help your body fight illness. This is a digestive and cleansing blend of plant-based enzymes and other plant-derived digestive aids. The 3-in-1 formula consists of premium, full-spectrum, digestive enzymes with added nutritional co-factors optimized to work in wide pH variations throughout the entire digestive tract. Vegetarian capsules.

Contents: A proprietary blend of plant-based enzymes: Alpha & Beta Amylases, Protease I & II, Lipase, Cellulase, Lactase, Maltase, Invertase, Glucanase, Xylanase, Pectinase, Phytase, proprietary Pepsidase, Vegetarian Capsule (plant cellulose and water). Co-factors include Sprout and Grass-juice Extracts, Plant-derived Minerals, Papain Extract, Bromelain, Rutin, and Amla Berry.

Co-factors include: Sprout and grass juice extracts, plant-derived minerals, papain extract, bromelain, rutin and alma berry (Indian gooseberry). All ingredients are from non-dairy vegetarian sources. Tastes good! We recommend that every person eat enzymes with their meals. And for those with digestive

disorders and constipation, you're in for a treat! These enzymes work! It is also a great aid for detoxification diets.

Suggested use: For digestion, take 2 capsules or more, 15 minutes before each meal. When used for body cleansing, take 3 capsules, 3 times per day on an empty stomach, either 1 hour before or 2 hours after a meal. Store in a cool dry place. No refrigeration necessary. Important: If you have ulcers, are pregnant or nursing, consult your health care practitioner before use.

E3 Blue Phycomin - 400mg 75 caps, 50 g powder, 2 oz tincture - This is an extract of the AFA that contains high concentrations of Phenylethylamine (PEA). PEA is an amino acid compound produced by the brain when one experiences joy and love. PEA is sometimes called "the molecule of love" and is responsible for the experiences associated with pleasure and mental awareness. PEA has been shown to be deficient in the brain in cases of people suffering from depression.

Suggested use: As a dietary supplement, take 1-2 capsules 1-2 times daily. take ½ dropper 2 to 3 times daily.

E3 SBO Probiotic Formula - 400 mg, 120 caps and 50 g powder A Probiotic is an organism that contributes to the health and balance of the intestinal tract; also referred to as the "friendly", "beneficial", or "good" bacteria that, when ingested, acts to maintain a healthy intestinal tract and may therefore help fight illness and disease.

This good microflora in your intestine can provide a protective effect only when a proper balance is maintained among all the different bacteria that normally reside in your intestine. If your normal bacteria become depleted or the balance is disturbed, potentially harmful bacteria can overgrow and become established, causing digestive and other health problems. These harmful bacteria are known as pathogenic bacteria, and they have the ability to cause gastrointestinal problems such as diarrhea or abdominal pain if not kept in check by the beneficial bacteria.*

Contents: S.B.O. (Soil Based Organism) formula. No breakdown available.

Suggested use: 1 capsule 2-3 times per day on an empty stomach or ¼ tsp in 8 oz. of water 2-3 times per day on an empty stomach..

E3 Soaps - Trial Size and 4 oz. size - All the E3 Nourishing Soaps are handmade in the USA with 100% natural organic ingredients. What makes these organic vegan soaps so unique is they contain E3 AFA, the world's only soap with 64 vitamins and minerals. Made with no chemicals or dyes and filled with precious essential oils.

Choose from three scents: Green Tea, Kelp or Peppermint.

E3 Renew Me - 3.5 oz. trial size & 12.5 oz. - Enhance the power of E3Live with this superfood green blend; includes a proprietary blend of nutritional, plant-derived MSM (methyl sulfonyl methane), crystalloid electrolyte sea minerals, certified organic cayenne pepper, powdered AFA, spirulina and camu-camu.

Health-seekers have long known the benefits of *Aphanizomenon flos-aquae* and *Spirulina*, the most nutrient rich and biochemically complete Super Foods available. Along with their superior nutrients, these exceptional plants have been shown to boost the immune system and help your body to eliminate toxins. Combined with plant derived MSM (known as the "Beauty Mineral" as it is the most abundant mineral in your skin, hair, nails, joints and muscles), and Organic Cayenne Pepper for its nutritional and circulatory properties, we have added Crystalloid Electrolyte Sea Minerals which help to carry these nutrients across the cell matrix. We call this Divinely Inspired Synergistic formula "You're My Everything!™", for it has helped so many people in so many ways! We recommended taking this formula in addition to your E3Live™. You'll 'feel the difference' even more!

It is available only in powder form. Mix 1 teaspoon or more into water, juice, or mix into your E3Live™ and feel the extraordinary synergistic effect of E3Live™ and "You're My Everything!™" together.

"A wonderful and unique blend for peak performance of body, mind and spirit. I take it myself daily." - Gabriel Cousens, M.D.

Contents (per teaspoon): MethylSulfonylMethane 1810 mg, Hawaiian *Spirulina pacifica* 990 mg, Vitamin C 366 mg (613% daily value), Organic Cayenne Pepper 250 mg, Blue Green Algae (*Aphanizomenon flos-aquae*) 126 mg, Protein 1 g, Crystalloid electrolyte Sea Minerals 99 mcg (Organic Copper, Iodine, Manganese, Zinc, Potassium, Cobalt, Sodium, Selenium, Chromium, Silica, and Boron).

Suggested use: Mix one teaspoonful in juice morning and afternoon, or as desired. Maximum benefits occur if taken on an empty stomach.

E3 Ultimate Mega H Powder - 50 g It's no secret that aging can be significantly slowed by proper hydration of the cells in our bodies. Ultimate Mega H™ has the power of active hydrogen for health and longevity and provides a way for your cells to hold on to the hydration they so desperately need. Without proper hydration, everything is affected; hair, skin, fingernails, even elimination. Ultimate Mega H™ is one of the most powerful antioxidants on Earth. It scavenges free radicals within the body without leaving any reactive free radicals behind. This

anti-oxidant power may provide many benefits including: better memory, increased stamina, improved hearing & vision, and a more youthful appearance. You will be amazed by the anti-oxidizing power of Ultimate Mega H™! We highly recommend using Ultimate Mega H™ together with E3Live™, as they work synergistically and provide enhanced benefits. Check the website for a complete education on the astounding benefits of E3Live™ and Ultimate Mega H™ *

Contents: Megahydrate Microcluster 500 mg, Silica Hydride Powder Proprietary Blend: Potassium Citrate, Silica, Potassium Carbonate, Oleic Acid, Hydrogen Negative Ions.

Suggested use: Begin with 1 scoop daily and increase to 2 scoops daily.

Tamera's Original Dark Dessert Size Truffle 12 ct Enjoy the taste that started it all - Tamera's Original Dark, now as a larger, dessert-size truffle. Decadent and delicious - these truffles just melt in your mouth! Each Acrylic Box contains 12 dessert-size Tamera's Original Dark truffles.

Tamera's Truffles 24 ct. Variety Pack All organic and kosher ingredients. No preservatives, no wax, no artificial ingredients. Individual truffles come in five delicious flavors: Tamera's Original Dark, Hawaiian Kona Espresso, Blue Dream, Mountain Raspberry, and Hot For You! See descriptions of the flavors in the section called "Healthy Chocolate Truffle Descriptions". Each Truffle contains over 500mg of E3Live!

Kornax Products

Green Lotus Essential Oil, 5 ml. - This is a special, rare essential oil from Egypt. The Lotus oil (no matter what color) has always been prized among all other essential oils in Egyptian folklore. It is used primarily as a meditation aid, and to balance all chakras. There have been some testimonials from this oil on a physical level. If you are drawn to use this oil, we know you will discover for yourself what this does for you.

Gymnema sylvestre - 400 mg, 90 caps - Research indicates this amazing herb has positive benefits on blood sugar control, helps with sugar cravings and to regenerate the pancreas. In tests on diabetic rats, the pancreas doubled in size and grew new insulin-producing cells. Ingredients: *Gymnema sylvestre* extract 400 mg (25% *Gymnemic Acid* from the leaves of *Gymnema sylvestre*).

MSM Powder/Crystals, 2 pounds - We went directly to the source, to cut out the middleman to save our customers money. This product is 99.9% pure. One teaspoon contains 4000 mg. of

MSM, which can be mixed in water or juice, or put into capsules. Some people enjoy putting 2-4 TBL in the bath water for relieving muscle and joint aches. Be sure to take half the amount of Vitamin C as MSM to get the proper assimilation of this 3rd most important mineral - Sulfur.

Serotonin, Homeopathic Pellets, 4 g Serotonin is an important inhibitory neurotransmitter for the brain. It helps us to feel calm and relaxed. Low levels of Serotonin are associated with stress, anxiety, hyperactivity, depression or A.D.D. - (strength 6C)

Rev. Hanna Kroeger's Products

Rev. Hanna Kroeger was recognized worldwide as an expert in herbs and natural healing. Born in Turkey, educated in Germany, Hanna moved her family to Boulder, Colorado and in 1957 she opened one of the first health food stores in the nation. Hanna was a master dowser and very tuned in on the higher planes so that she received many recipes for natural healing from her Spirit guides and teachers. While there are a great many more herbal formulas Hanna created than we stock, most of them are in the dry form. Where possible, we prefer liquid formulas, which still contain the essential oils. Hanna passed on in 1998 where it is told she is even busier on "the other side" than she was here. Her message of, "Help Each Other," continues to be appropriate. If you wish to obtain any of Hanna's formulas that we don't list, we can easily obtain them for you at a day's notice because kornax.com is located in Boulder County, close to Kroeger Herbs.

Soma & Pico Boards: To Clear Your Groceries of Disharmonious Vibrations

Soma Board This is a square-shaped container with special substances inside to clear the vibrations of pesticides, food additives, food preservatives and many more substances that we aren't even aware of in our food. It also clears the effects of the grocery store scanners (lasers) which Hanna taught us were detrimental to the biological value of the food and hamper the immune system.

Pico Board Through prayer in The Chapel of Miracles, this psychotronics device helps transmute the vibrations of items used in the irradiation of food—Cesium 137, Strontium 90, Cobalt 60.

To Clear Your Groceries of Disharmonious Vibrations Use the Soma & Pico Boards: Set them side-by-side on your counter. Set one bag of groceries on top of the boards. In 3-5 minutes, your groceries will be detoxified, and the disharmonious vibrations will be transmuted back into harmonious vibrations.

Pendulums Hanna taught us to use a stainless steel pendulum because it won't pick up any

other vibrations and is easier to learn to dowse with. All of these pendulums are blessed in Chapel of Miracles. You may also wish to study Rev. Hanna Kroeger's booklet entitled, The Pendulum, Bible and Your Survival as well as Dr. Marcy Foley's pendulum booklet entitled, Introduction to the Use of the Pendulum.

Computer Pillow If you use a computer, you know how tired and drained you can get in just a short time. This is a simple herb pillow that you can sit on or strap under your chair. It will help neutralize the effects of the computer. This can also be used for children who watch a lot of television, or for those of you who travel by airplane frequently.

Aloe Vera Gel 32 oz & Circu-Flow 515 mg, 270 caps - Hanna designed these products to cleanse the arteries and veins, to augment the Cardiovascular System. You can also use the Aloe Vera Gel by itself for cellular rebuilding.

Foon Goos - 425 mg, 100 caps The herbs in this formula are reputed to be highly anti-fungal. Alfalfa seed, Blessed Thistle, and Goldenseal root.

Hanna's Tinctures

Each tincture is one ounce (30 ml.) which contains grain alcohol and distilled water along with the listed herbs.

Black Cohosh Root - This herb has the reputation of helping to provide a balancing influence for the female hormonal system.

H-12 Tincture – A general youth promoting and rebuilding formula which contains apple tree bark, Calamus Root, Burdock Root, Tormentil Root, Angelica Root, Wild Cherry bark, Chinese Rhubarb root, Gentian root, Peach bark, Cascara Sagrada bark, Nutmeg and Myrrh resin.

Hydrangea Root Tincture - For assisting in getting stones out of the kidneys or gall bladder

Saw Palmetto Berry - This herb has a long reputed positive effect on the prostate gland.

Valerian Root Tincture – soothing to relax the nerves

Wild Cherry Bark Tincture – supportive to the pineal and pituitary gland

Hanna's Teas

FRD 2 oz – helps to remove Sodium Fluoride Residue in the body. The negative effects of sodium fluoride include congestion of the thyroid, parathyroid and parotid glands, thus decreasing basal metabolism, mineral metabolism and

digestion. Other effects of this toxin present in most drinking water, toothpaste and mouthwash include damage to the DNA repair enzyme, mental fogginess, memory and concentration problems. Hanna Kroeger created this simple herbal tea, which may assist in clearing out sodium fluoride residues in the body. Contents: Calendula flower, European Elder flower, Stinging Nettle leaf, Yarrow flower, Dandelion leaf, New Jersey-Tea (red root) root, and St. John's Wort herb.

KDY 2 oz – This is Hanna's contribution to supporting our kidneys and bladder which contains Parsley leaves, Parsley root, Marshmallow root, Uva Ursi leaves.

BLM 1 oz – Enjoy a beautiful blue cup of tea as a wonderful support for the heart valves.

Nutraceutical Solutions

Noni Gold, 32 oz. (0.95 L) - The Noni fruit has been a sacred healing remedy for centuries among ancient South Pacific civilizations. Nutraceutical Noni Gold Noni Juice with its delicious Blueberry-Raspberry flavor is made from Noni fruits grown in the rich soils of Tahiti. Ingredients: Purified water, fructose, premium grade Noni (*Morinda citrifolia*) dried fruit and puree, citric acid, natural and artificial flavoring, Xanthan gum, natural preservatives (methylparaben, potassium benzoate, potassium sorbate).

Reflex3 - Glucosamine 16.9 oz (500 ml) In 1997 Dr. Jason Theodosakis co-authored a book entitled "The Arthritis Cure." The information found therein concerning both glucosamine and chondroitin has positively impacted the lives of millions of people around the world. Two years later, Drs. Stanley Jacob and Dr. Ronald Lawrence published their research on MSM and its relationship to pain reduction in the book 'The Miracle of MSM.' In very real and dramatic fashion, those who followed the advice of these three medical doctors and began to supplement with these all-natural supplements began to find relief from what had once been debilitating pain. Nutraceutical Solutions is proud to announce the introduction of our new, proprietary blend of glucosamine, chondroitin, and MSM in liquid form! Every ounce of this delicious drink provides your body with 1500 mgs of Glucosamine HCl, 1000 mgs. of Chondroitin sulfate, and 500 mgs. of MSM – just what your body needs to support healthy joints, tendons, and ligaments while reducing pain naturally! We are so confident that you'll feel amazing results that every bottle comes with a 100% Satisfaction, Money Back Guarantee!
Contents: Marine Glucosamine HCl 2000 mg, Marine Chondroitin Sulfate 1200 mg, MSM

(Methyl Sulfonyl Methane) 500 mg, Collagen Type II 50 mg, Vitamin C 100 mg, Plant-derived Minerals. Non-active ingredients: Purified Water, Natural Fruit Juice Concentrate, Corn Syrup, Preservatives (Potassium Benzoate, Potassium Sorbate), Natural Flavoring, and Sucralose. Suggested Use: Drink 1 ounce 1 to 2 times per day, or may be mixed with juice.

Original Swiss Aromatics
Everlasting (*Helichrysum italicum*) Essential Oil, 5 ml *Contents:* 100% *Helichrysum italicum* Essential Oil.

Pain & Stress Center

The Pain and Stress Center is dedicated to the research and development of natural products for pain and stress-free living. This company was formed in 1979 as Dr. Billie Jay Sahley's dream of offering people natural alternatives to toxic drugs. *We have a separate listing for the many educational publications from the Pain and Stress Center with the other books at the end of this catalog.*

If you are pregnant, nursing, using any prescription drugs, taking an SSRI, MAO inhibitor, tricyclic antidepressant or have any medical condition, consult your medical physician or pharmacist before using these products.

5-HTP – 50 mg, 60 caps This all natural supplement is derived from the Griffonia seed. 5-Hydroxytryptophan is the precursor to Serotonin, a neurotransmitter in the brain that helps one feel calm and relaxed. It supports an uplifting mood and sound sleep and can help reduce cravings for carbohydrates.

Contents: L-5-Hydroxytryptophan (5HTP) 50 mg, Glycine 220 mg, Gelatin Capsule

BNC – Balanced Neurotransmitter Complex, Super - 700 mg., 90 capsules This is a brain formula and stress fighter for physical and mental depletion. Seventy-five percent of the body (excluding water and fat) is made up of proteins. Amino Acids are the building blocks of all proteins. Essential amino acid reserves cannot be stored. They must be replenished on a daily basis through supplementation. An unbalanced diet, anxiety and stress plus other factors can contribute to disturbances in amino acid metabolism. The brain is the busiest, yet the most undernourished organ in the body. Balanced Neurotransmitter Complex feeds your brain the needed nutrients to enhance maximum performance.

Contents: Vitamin C (ascorbyl Palmitate) 7 mg, Vitamin B-6 1.2 mg, Chromium Picolinate 50 mcg, Alpha-Ketoglutaric Acid 50 mg, and a propriety blend containing 625 mg of L-Phenylalanine, L-Valine, L-Lysine, L-Leucine, L-

Alanine, L- Glutamine, L-Isoleucine, L-Arginine, L-Methionine, L-Histidine, L-Threonine

Brain Link – 18 oz. (511 g) 11 to 33 servings, depending upon dosage (according to body weight.) This tasty powder contains the foundation materials for adults and children to rebuild the complete spectrum of neurotransmitters in the brain.

Contents: Alanine, Arginine, Aspartic Acid, Cystine/Cysteine, Glutamic Acid, Glycine, Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Proline, Serine, Threonine, Tryptophan (from natural milk and egg protein), Tyrosine, Valine, Taurine, GABA, L-Glutamine, Inositol, Choline Bitartrate, Para Amino Benzoic Acid (PABA), Food Starch, Fructose, Whey Protein Isolate, Maltodextrin, Calcium Citrate, Ascorbic Acid, Calcium Carbonate, Magnesium Citrate, Potassium Diphosphate, Magnesium Oxide, Calcium Pantothenate, Vitamin E Succinate, Zinc Citrate, Iron Citrate, Vitamin A Palmitate, Niacin, Pyridoxine HCl, Copper Citrate, Chromium Niacinate, Cholecalciferol, Thiamin Mononitrate, Manganese Citrate, Riboflavin, Folic Acid, Beta Carotene, Biotin, Potassium Iodide, Sodium Selenite, Sodium Molybdate, Cyanocobalamin, Lecithin Powder, Egg Albumen Powder, Natural Flavors (Vanilla and Banana), Medium Chain Triglycerides.

DLPA - DL-Phenylalanine 750 mg, 60 caps

Endorphins regulate pain and control the transmission of pain signals. Endorphins are inhibitory neurotransmitters in the brain and nervous system. Endorphins slow down pain transmission signals.

Safe, no negative side effects for most people.** Effective for acute or chronic conditions. Easy on the stomach. Non-narcotic or habit-forming. Supports body's endorphins, the natural morphine (pain killers) found in the brain. DLPA helps extend the endorphin's lifespan so you get relief.*

Contents: Vitamin C (as Ascorbyl Palmitate) 10 mg, Vitamin B6 (as Pyridoxine HCl) 15 mg, DL-Phenylalanine 750 mg, Gelatin Capsules.

GABA – 750 mg, 60 Caps Dr. Candace Pert, Pharmacologist, discovered the GABA receptor sites throughout the brain and body. Nicknamed "The Anti-Anxiety Amino Acid," this is an inhibitory neurotransmitter that the brain uses to stop the endless cycle of stress, which is so common in today's world. While there is no such thing as a tranquilizer deficiency, most people who have abused refined carbohydrates (especially alcohol and sugar) as well as those who have been chronically emotionally or mentally fatigued are greatly lacking in this nutrient. GABA can be of great help in those who

can't get to sleep because of an overly stimulated mind. Many allopathic anti-depressants have the effect on the human body of substituting depression for irritability, which is why some people are given prescriptions for tranquilizers along with anti-depressants. This nutrient may greatly help. Remember that GABA requires B-Complex Vitamins for its proper assimilation. *Contents:* 750 mg, Glycine (25 mg), Gelatin Capsule.

Glutamine, Super – 120 g powder Glutamine is the third most abundant amino acid in the blood and brain. It is an inhibitory neurotransmitter that acts as a precursor for GABA, the anti-anxiety amino acid. Glutamine crosses the blood-brain barrier where it helps increase energy and mental alertness. It helps the brain dispose of waste ammonia, a protein breakdown byproduct. Glutamine's most important function is strengthening the immune system due to its effects on increasing white blood cells. It also aids other immune cells in killing bacteria, healing wounds and maintaining and supporting Glutathione, an important antioxidant. The main nutrient needed for intestinal repair is glutamine, which can work with Leaky-Gut syndrome. It is a tasteless powder that can help curb sugar and alcohol cravings. Children born with a Glutamine deficiency are more prone to alcoholism later in life. Glutamine also is one of the most potent Growth Hormone stimulators. In Dr. Richard Klatz's book, *Grow Young with HGH*, Dr. Giampapa is quoted reporting that two grams of glutamine are more potent than one gram of Arginine, Ornithine and Lysine combined.

L-T: L-Theanine, 100 mg, 60 caps L-T (Theanine) is the major free-form amino acid found in green tea leaves. L-T (Theanine) produces a tranquilizing effect in the brain without causing drowsiness or dull feelings. Studies reflect L-T increases alpha waves in the brain that produces muscle relaxation and decreases stress-tension pain. To induce relaxation the suggested dose of L-T is 1 capsule, and effects are felt within 30 minutes. For more rapid absorption dissolve 1 capsule in water; effects are felt within 20 minutes. One capsule of L-T may be taken, four times daily to maintain continuous mood elevation and relaxation.

Malic Acid Plus – 400 mg, 120 caps Years of research by Dr. Billie Sahley indicate that Fibromyalgia is associated with certain nutrient deficiencies. This supplement is formulated to address and correct these deficiencies. Malic acid, magnesium, and B6 must be present, otherwise the body cannot efficiently manufacture and store needed energy – causing one to experience chronic muscle pain, depression and fatigue. Refer to the booklet, *Malic Acid and*

Magnesium for Fibromyalgia and Chronic Pain Syndrome by Dr. Sahley

Contents: Malic Acid 400 mg, Boswellia serrata 150 mg, Magnesium (oxide) 50 mg (14.5%), Chromium Picolinate 25 mcg (8.5%), B6 2.5 mg (125%), Gelatin Capsule.

Pain Control– 652 mg, 90 caps Endorphin neurotransmitter support. Endorphins are natural morphine-like neurotransmitters in the brain. Pain Control provides amino acids, herbs, minerals and essential co-factors to support the brain's natural inhibitory and endorphin neurotransmitter systems. This supplement contains 24 hour prescription-free pain relief when you need it because it stimulates endorphins, the body's natural morphine-like chemicals.

Contents: B6 (Pyridoxine HCl) 2 mg, DL-Phenylalanine 250 mg, Frankincense (Boswellia herb powder) 200 mg, Ashwagandha powder root, Gelatin Capsules.

Pregnenolone – 50 mg, 90 caps Pregnenolone is the precursor to estrogen, progesterone, testosterone and DHEA. After the age of 30 it is not as abundant as it needs to be so supplementation may be necessary. By using products that supply precursors, the body will select that which it needs for optimum balance. According to Dr. Regelson, Pregnenolone is believed to be the most potent memory enhancer and it also helps fight fatigue and improves circulation. There have been scores of testimonials about feeling in a very positive mood when there is sufficient pregnenolone in the body. Thus, it has been nicknamed "The Happy Pill"!

Contents: Pregnenolone 50 mg, Rice Powder, Gelatin Capsule.

T-L Vites – 100 caps This all natural vitamin and mineral supplement was researched and developed by the Pain & Stress Center to provide the total nutrients needed by the body, which are easily broken down and absorbed for maximum daily benefits. Note: Calcium, Magnesium and Zinc should be taken separately.

Contents: Vitamin A (Palmitate and Beta Carotene) 10,000 IU (200%), C (Ascorbic Acid and Ascorbic Palmitate) 150 mg (250%), Iron (Iron Glycinate) 10 mg (56%), Vitamin D (Cholecalciferol) 200 IU (50%), Vitamin E (d-alpha tocopheryl acid succinate) 100 IU, Vitamin K 100 mcg (125%), Thiamin (Thiamin Mononitrate) 25 mg (1667%), Riboflavin 25 mg (1471%), Niacin (Niacinamide) 100 mg (500%), Vitamin B6 (Pyridoxine HCl) 25 mg (1250%), Folate (Folic Acid) 400 mcg (100%), B-12 (Cyanocobalamin) 100 mcg (1667%), Biotin 200 mcg (67%), Pantothenic Acid (d-Calcium Pantothenate) 100 mg (1000%), Iodine (Potassium Iodide) 100 mcg (67%), Zinc

(Picolinate) 15 mg (100%), Selenium (L-Selenomethionine) 100 mcg (143%), Copper (Copper Gluconate) 1 mg (50%), Manganese (Manganese Gluconate) 5 mg (250%), Chromium (Chromium Picolinate) 100 mcg (83%), Molybdenum (Sodium Molybdate) 50 mcg (67%), Betaine HCl 25 mg, Boron (Boron Citrate) 1 mg, Vanadium (Sodium Vanadate) 50 mcg, Gelatin Capsule.

Tyrosine - 850 mg, 60 caps Pure Pharmaceutical Grade TYROSINE

Often called the stress amino acid. Precursor to catecholamines @ epinephrine @ norepinephrine @ dopamine @ dopa. Helps support a positive mood. Assists in normal brain function and supplier of neurotransmitters. Helps support normal blood pressure. Precursor of thyroid hormones. Involved in tissue pigmentation. Contains no binders, coatings, or colorings. Free of the most common allergens such as corn, soy, wheat, yeast, rice, lactose, milk, citrus, or eggs.

Note: Tyrosine should not be taken with MAO and tricyclic antidepressants, or when a cancerous melanoma is present or history of cancerous melanoma.

Contents: Vitamin C (as Ascorbyl Palmitate) 8 mg, Tyrosine 850 mg, Gelatin Capsules.

Panacea Labs

Panacea Liquid - From over 15 years of research Richard Drucker, M.S., N.D., N.M.D., Ph.D. created a proprietary 100% organic product. Panacea is an advanced, one-of-a-kind, drug-free, and hypoallergenic multivitamin and mineral dietary supplement. One of the most important ingredients in this product is Fulvic Acid, which is the rarest and most valuable of all humic substances known to man. Fulvic acid is the end product of nature's humification process. It contains most phytochemical protective substances, amino acid peptides, nucleic acids, polysaccharides, and more from the organic plant matter. Fulvic acid converts all inorganic materials to organic in the body for maximum utilization. Please refer to our web site for more information on Fulvic Acid. This product can be taken on a daily maintenance basis by taking one tablespoon daily or on a one-month intensive cleansing process where 3-4 ounces are taken daily.

Rich Distributing

We use Rich's pure Methylsulfonylmethane (MSM) because they are the original distributor of MSM for human consumption. We believe in their quality. MSM is an all natural product derived from fir or pine trees. The capsules contain 25% gelatin from animal source.

Contents: 99.99% pure MSM (MethylSulfonylMethane), 0.01% moisture (water), in a gelatine capsule

Bill Rich is a man who learned about MSM through a very serious car accident. After his own healing he chose to create a company to bring this amazing supplement to others. He tells his healing story on the audio tape described below.

An Evening with Bill Rich (CD or Video) You may wish to begin your adventure of MSM with this tape. Bill Rich discusses MSM (methylsulfonylmethane) which is the most bio-available organic sulfur in solid form. Mr. Rich tells how sulfur is essential to the body's regeneration of tissue, healing of scars, detoxification processes and repairing the myelin sheath around the nerves. He says that a damaged myelin sheath is one cause of tremors in conditions such as Lorenzo's Disease, Multiple Sclerosis and Palsy. Sulfur can also help alleviate Allergies. Symptoms of sulfur deficiency include: Arthritis, Asthma, Acne, Back Pain, Constipation, Circulatory Problems, Dry Skin, Free Radical Damage, Inflammation, Infection, Yeast Imbalances, Migraines, Muscle Pain, Nerve Disorders, Stress, Skin Disorders, Urinary Tract Disorders, Various Muscle and Skeletal Disorders, and Wrinkles.

Best Kept Secret Shampoo - 8 oz (237 ml) Kills lice and all head vermin without using any type of chemical. As easy as using shampoo on your children's head, it kills the lice right down to the eggs, without any of the side effects of harsh chemicals. Preferred by the Headstart Program. This shampoo will begin killing head lice within 60 seconds of application and will keep killing them with each new application. It can be used on a daily basis until the problem is resolved. Non Toxic. (This statement has not been evaluated by the FDA.)

All Natural Ingredients: Purified Water, Blended Surfactants, Extract of Citrus, Aloe Vera Gel, Almond, Apricot, Safflower, Vitamin E Emollients, Citronella Oil, and Lemongrass Oil.

Classic Gold Shampoo - 1.5 oz., 8 oz., 16 oz. All natural beauty shampoo, made with World's Finest Vegetable Based Soap. This is a back to basics shampoo used by millions of people before additives were included in products (chemicals used to add body and strip oils from hair). Classic Gold is concentrated so that you get more for your money.

All Natural Ingredients: World's Finest Vegetable Based Soap, Aloe, Almond, Apricot, A, E & D Oils.

Classic Gold Soap - 4 oz., 7 oz., 16 oz. This all-natural bar soap cleanses and replenishes the oils of your skin to create satiny soft skin.

Contents: Aloe, Almond Oil, Apricot Oil, A, E & D Oils.

Cetyl Myristoleate (CMO) – 500 mg, 100 Caps

Cetyl Myristoleate (CMO) is described as an ester of a fatty acid. Fatty acids are the building blocks of fats and oils just as amino acids are the components of protein. Science now recognizes the value of certain oils in reducing inflammation as well as blood cholesterol. When the fatty acid myristoleic acid (a natural substance) is combined with a long chain alcohol molecule, cetyl alcohol, an ester of this fatty acid is created. CMO appears to function in three different ways. One of its actions is that of a super lubricant, a kind of "WD-40 for the joints." Muscles and other tissues also benefit from the lubricating effect, which also helps to make them more pliable. CMO functions as an immune system modulator. This has been demonstrated by its effectiveness in autoimmune diseases (lupus, multiple sclerosis) as well as inflammatory conditions. Researchers are not sure how CMO performs in this role, but a possible explanation is that it helps to stimulate certain immune components such as immunoglobulins. The third function of CMO is its anti-inflammatory effect. The believed mechanism is regulation of prostaglandins, short-acting local hormones involved in many processes of the body, including the inflammatory response.

Contents: Cetyl Myristoleate 500 mg, MSM 250 mg.

Cetyl Myristoleate (CMO) Cream (2 oz., 4 oz., 8 oz.)

CMO provides a natural body reaction to soften hard muscle tissues, which are caused by arthritis, promoting flexibility and pain reduction. MSM enriches the CMO reaction by absorbing more of the Cetyl Myristoleate into the body system. Almond and apricot oils, Aloe Vera and jojoba soften and moisturize your skin for about three hours without leaving a greasy film. Ionic Zinc, Ionic Silver, Ionic Copper, Calendula and Australian Tea Tree Oil kill fungus that develops around fingernails as well as athlete's foot and ringworm. This fine blend of ingredients takes the sting out of rashes and insect bites, even soothes exterior yeast infections for up to 3 hours. MSM eliminates the inflammation of carpal tunnel, dissolves scar tissue, surface blemishes, prevents blistering and removes the pain from a second-degree burn. This is reported to be a great natural all-around pain reliever.

Contents: 16% Cetyl Myristoleate, 15% MSM, Almond Oil, Aloe Vera, Calendula, Glycerine, Jojoba, Vitamins A, E & D, Australian Tea Tree Oil, Grape Seed Oil, Ionic Zinc, Ionic Copper and Lecithin.

Co Enzyme Q 10 - 50 mg, 100 Caps

CoQ10 is found in every living cell. It is responsible for producing cellular energy and is essential for life to exist. With age, insufficient levels of CoQ10

become more common, putting us at serious risk of illness and disease all throughout the body. CoQ10 has literally thousands of scientific studies and clinical trials demonstrating that it can help with numerous diseases and other health related problems. Below are some examples of how Coenzymes Q10 may help you. Protects and strengthens the cardiovascular system, revitalizes the immune system, retards aging and possibly extends life, energizes the body and increases stamina, normalizes blood pressure, reduces weight naturally, benefits a variety of mitochondria-related conditions including Alzheimer's, Parkinson's and Huntington's Disease, controls and possibly reverses gum-related problems. (This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.)

All Natural Ingredients: Co Enzyme Q 10 (50 mg), MSM (200 mg).

Colostrum - 100 caps (with 450 mg per capsule), 250 caps bottle (with 500 mg per capsule) Colostrum is a specialized pro-milk secretion of the mammary gland. It is produced by all mammals during the last weeks of pregnancy, and is the first food available to the new born. Its most important function is to boost and stimulate the immune system. Colostrum is an incredible source of growth stimulating factors, and is vital to the newborn's health, nutrition, and development.

All Natural Ingredient: Colostrum 450 mg. (or 500 mg)

Detox and Support Formula - 830 mg, 100 & 250 Caps Rich's Detox and Support Formula is formulated to gently and naturally help the body to cleanse the liver, gallbladder, kidneys and the colon with the following combined ingredients:*

Contents: Flax Seed, Milk Thistle Seed, Dandelion Root, Bentonite Clay, Pau D'Arco Bark, Deglycyrrhizinated Licorice, Cascara sagrada Bark Fenugreek Seed, Barberry Root, Psyllium Seed Husk, Lactobacillus acidophilus, Bifidobacterium bifidus, Aloe Vera Leaf, Yellow Dock Root, Bromelain, Turkey Rhubarb Root, Calcium Citrate, Papain, and Cayenne.

DHEA - 25 mg, 100 Caps DHEA is a hormone secreted by the adrenal cortex. It circulates in the bloodstream in quantities thousands of times greater than any other hormone in the body. Because it is structurally similar to other hormones, DHEA acts as a raw material from which the body can produce more of the other hormones, such as testosterone, estrogen and cortisone, as needed. However, DHEA has many of it's own unique functions. DHEA levels peak around age 21 and slowly decline over the years. Production of DHEA can decrease 80 to 90

percent by the age of 75. Men in their prime produce about 31 milligrams daily: women, about 19 milligrams. If the levels of DHEA in a healthy person are compared to a person of the same age and sex who has a serious health problem, the healthy person will have much more DHEA circulating. In fact, individuals with cancer and also chronic fatigue report that their blood tests revealed that they had almost no DHEA.

All Natural Ingredients: DeHydroEpiAndrosterone 25 mg, MethylSulfonylMethane 415 mg, Gelatin, Water.

Diabetes and Prostrate Relief - 464 mg, 100 & 250 Caps An herb and nutrient formula to support the prostate gland. Prostate problems may be a complication of Diabetes, but contrary to what the name of this formula suggests, it is not a support formula for Diabetes. It is a support formula for the Prostate Gland, regardless of whether or not the prostate problems are caused by diabetes. So the "Diabetes" part of the name is really an unfortunate and confusing misnomer.*

Contents: Pumpkin Seed, Cholestatin, Methylsulfonylmethane, Saw Palmetto Powder Extract, Stinging Nettle Leaf, Pygium africanum Powder Extract, Pregnenolone, Alpha Lipoic Acid, and Lycopene.

DMSO Concentrate 8 oz., pharmaceutical grade (237 ml) This is the best grade of DMSO, sold at a greatly discounted price to our kornax.com customers! Legal regulations prevent us from saying anything about the use of DMSO. Unless you have used DMSO in the past and are familiar with it, please refer to other sources of information about DMSO before using this product.

CAUTION: For most uses, this DMSO Concentrate needs to be diluted 4:1. (Four parts solvent to one part DMSO.)

Contents: Minimum 99.7% pure DMSO. Rich Distributing.

Enzymes + Intestinal Flora, 100 Capsules, 250 Caps Rich's "Digest-All" contains plant derived food enzymes and aerobic bacteria to assist in the break down and digestion of consumed food. The enzymes break down the carbohydrates, fats, fibers, and proteins into the essential building blocks of life. The intestinal bacteria provide increased resistance to infectious diseases, reduces the duration of diarrhea, can reduce blood pressure & serum cholesterol concentrations, provides a reduction in allergies, modulation of cytokine gene expression, regression of tumors, and reduction in carcinogen or co-carcinogen production.

Contents: Bifidobacterium bifidum 115 mill., Bifidobacterium infantis 115 mill., Bifidobacterium longum 115 mill., DDS-1 Acidophilus 115 mill., Enterococcus 115 mill., Lactobacillus acidophilus

115 mill., Lactobacillus bulgaricus 115 mill., Lactobacillus casei 115 mill., Lactobacillus plantarum 115 mill., Lactobacillus rhamnosus 115 mill., Lactobacillus salivarius 115 mill., Pediococcus acidilacticii 115 mill., Streptococcus thermophilus 115 mill., Protease 22,400 HUT, Amylase 6,600 DU, Lipase 2,870 LU, Cellulase 2,560 CU, Lactase 400 LacU, Maltase 250 DP, Sucrase 600 IAU, Marshmallow Root 50 mg, Slippery Elm Bark 50 mg, Magnesium Citrate 25 mg, Calcium Citrate 20 mg.

Flea Flea Hot Spot - 8 oz. This super-soothing, ultra-enriched lotion contains the finest emollients and moisturizers available. Highly concentrated and non-greasy, this lotion penetrates deeply from the surface to bring fast relief and protection to affected areas. Many people use it also!
All Natural Ingredients: Almond Oil, Aloe Vera, Apricot Oil, Glycerine, Vitamin E, A & D.

Flea Flea Kennel Spray - 32 oz. Formulated for use in flea, ant, mite, lice and mosquito infested areas, (not to be used directly on pets) this product can be used in a variety of ways. A preferred "NO POISON" alternative used by professional kennel masters, groomers, veterinarians, and pet owners who value their animal's health. This product is in high demand. It works!... Fast!
All Natural Ingredients: Water, Specially Blended Surfactants, Food Grade Vegetable Oils, Extract of Citrus, Natural Advantageous Additives (Citronella, Pennyroyal, and Eucalyptus Oils).

Flea Flea Shampoo - 32 oz. The number 1 favorite of the professional groomers who have tested it! This super-quality pet shampoo works so fast, it will amaze you. As a strong concentrate, with no thickener added, this superior shampoo does it all! It is a deep cleansing shampoo, dip and coat conditioner all in one! Nothing like it is available anywhere else!
All Natural Ingredients: Purified Water, Specially Blended Surfactants, Extract of Citrus, Skin & Coat Conditioner Additives (Aloe Vera Gel, Almond Oil, Apricot Oil, Safflower Oil, Vitamin E Emollients), Advantageous Additives (Citronella, Lemongrass Oil).

Flea Flea Soap - 4 oz., 7 oz., 16 oz. Containing no animal renderings, this natural bar is truly gentle to the skin. Recommended to be used often to cleanse bad skin areas before application of the Flea-Flea lotion. Fast working in flea and lice infested areas.
All Natural Ingredients: Glycerine, Aloe Vera, Almond Oil, Apricot Oil, Lanolin Oil, Tea Tree (Melaleuca) Oil, Vitamins E, A & D.

FOR-IN - 500 mg, 250 & 500 Caps Rich's For-In is specially formulated with Nutritional Sulfur,

Glucosamine HCl, Grape Seed Extract and Green Tea (as a vitamin C source). It was developed to help relieve joint, cartilage, tendon, and ligament conditions. The following will help explain the main ingredient in our For-In product and its benefits. As humans age the amount of glucosamine normally synthesized by the body declines, leading to a deficiency in the production of these important biological chemicals that form the major cushioning ingredients of the joint fluids and surrounding tissues. This further leads to specific tissue weakness as tissue in the joints become damaged and the lubricating synovial fluids in the joint spaces become thin and watery. The normal cushioning is lost leaving the bones and the cartilage to scrape against each other inside the joint space. Glucosamine helps detoxify and repair tough tissue, tendons and other connective tissues in the body. (This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any diseases. Please consult your physician before beginning any new supplements.)

All Natural Ingredients: MSM 328 mg, Glucosamine HCl 60 mg, Grapeseed Extract 50 mg, Green Tea 24 mg.

Glucosamine HCL - 625 mg, 250 Caps, Powder 1lb. (0.45 kg) Glucosamine is a charged sugar molecule that is a key component of the extra cellular matrix of cartilage (grout between the cartilage cells). It is a natural substance found abundantly in the human body largely in cartilage, and plays an important role in health and resiliency. It absorbs and releases water with each step, thereby acting as a shock absorber for the joints. Glucosamine stimulates cartilage cells to synthesize glucosaminoglycans and proteoglycans. Most glucosamine is derived from shrimp and crab shells, and chondroitin is derived from the cartilage of cows, pigs, and sharks. A small percentage of individuals are allergic to glucosamine, especially those allergic to shellfish. The studies on chondroitin are still in the early stages and are not as convincing yet, as are the studies with glucosamine. (This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.)

All Natural Ingredient: Glucosamine HCl (625 mg).

Grape Seed Extract - 500 mg, 100 Caps Grape seed extract is a powerful antioxidant, also known as OPC (Oligomeric Proanthocyanidins). Antioxidant protection helps protect the body from premature aging, disease and decay.
All Natural Ingredients: Grapeseed Extract (100 mg), MSM (400 mg).

Gulf War Illness: Fact or Fiction? VHS Video:
On Gulf War syndrome. 55 minutes

Health and Beauty Sampler This convenient travel kit of toiletries contains: one 1.5 oz. Classic Gold Shampoo; one 1.5 oz. Classic Gold Hair Conditioner; one 4 oz. Classic Gold Bar Soap; two 1 oz. MSM Lotion; one Lather Builder Body Puff.

HoloFiber Socks They come in Black or White, and sizes 9-11 or 10-13. Designed to hold heat and moisture while allowing the skin to breath. This increases warmth and circulation in your feet.

HoloFiber Wrist Band (Pair) Designed to hold heat and moisture while allowing the skin to breath. This increases warmth and circulation in your extremities.

Ionic Minerals Tape

MSM - Methylsulfonylmethane For information on the properties of MSM, refer to the beginning paragraph in this section and also any of the books on our web site. One of the most popular little inexpensive booklets is called, MSM: The Forgotten Nutrient by Beth Ley. (listed with publications at the end of this catalog).
Important MSM Facts!

A common misconception is when people say they are allergic to sulfur. This is not an accurate statement. No one is allergic to a nutrient which keeps the body alive! Sulfur is a mineral necessary for health to occur on all levels. Allergies are usually to sulfa drugs, sulfates or sulfites.

Vitamin C is needed to assimilate MSM. Take half the amount of the MSM that you are taking. For instance, if you take 4 grams of MSM, take 2 grams of Vitamin C.

MSM and Vitamin C need to be taken twice a day, as the body uses up the available MSM every 12 hours and it needs to be replenished.

We carry MSM in the following forms. If you are vegetarian, use Rich's Torpedo Tablets, the MSM Max Tablets or the (Kornax or Rich's) MSM Powder:

MSM 500 mg, 250 capsules, 500 capsules
MSM Powder - 50 g, 100 g, 200 g, 1 lb. (.45 kg.), 2 lb. (.9 kg)
MSM Max 1200 mg, 250 tablets, 500 tablets
MSM Max! Flakes - 2 lb. (.9 kg)
MSM Torpedo 1000 mg, 125 tablets, 250 tablets, 500 tablets

MSM Lotion This lotion comes in 4 sizes, 6 fragrances and one non-fragrance.
Sizes: 1 oz. (30 mL), 4 oz. (118 mL), 8 oz. (237ml.), 32 oz. (946 ml.)

Fragrances: Friut Medley, Lavender, Peach, Peppermint, Vanilla, Watermelon and Unscented. This all natural lotion is an excellent way to get MSM on the outside of the body for regeneration of the collagen of the skin. Collagen fibers give our skin its elasticity. The deterioration of collagen is what makes skin wrinkle and sag as we age. Rich's MSM Lotion is also excellent to use when you need to dilute essential oils for a massage. This is an all natural product derived from vegetable sources.

Contents: 17% MSM, Almond Oil, Aloe Vera, Apricot Oil, Calendula Oil, Vegetable Glycerin, Jojoba Oil, Australian Tea Tree Oil, Vitamins A, E & D.

MSM Lotion Sampler Packs, four 4 oz and five 4 oz packs.

MSM Soap This product comes in 2 sizes, 6 fragrances and one non-fragrance
Sizes: 4 oz., 8 oz.

Fragrances: Lavender, Peach, Peppermint, Vanilla, Watermelon and Unscented.

This all-natural bar soap with MSM cleanses and replenishes the oils of your skin to create satiny soft skin. Naturally antibacterial.

Ingredients: Purified Water, Vegetable Glycerine, MSM, Safflower Oil, Castor Oil, Palm Oil, Coconut Oil, and Natural Fragrance Enzymes.

MSM Water Drops 1 oz. (30 mL) MSM Water Drops provide the cellular nutrition necessary to make the outer tissues soft and permeable. MSM Water Drops are safe for all topological uses, especially in the eyes. MSM Water Drops contain no chemicals to react with your skin. They are sterile and nontoxic. With the addition of ionic zinc, as a disinfectant to reduce the risk of bacterial contamination, MSM Water Drops are even more effective than before.
Contents: Sterilized Water, MSM, Ionic Zinc.

MSM Water Flush - 1.5 oz., 16 oz., 32 oz. MSM Water provides the cellular nutrition necessary to make the outer tissues soft and permeable. MSM Water is safe for all topological uses. Sterile and nontoxic, MSM Water contains no chemicals to react with your skin. MSM Water can be used for all topological applications. With the addition of ionic zinc, silver, copper and salt, MSM Water is even more effective than plain MSM dissolved in water.*

Contents: Purified Water, MSM, Ionic Copper, Ionic Silver, Ionic Zinc, Salt.

Ozone And Other Information VHS Video: A narrative by Bill Rich on the benefits of using ozone neutralize toxic chemicals, and how the ozone works with the human body to kill harmful bacteria. Doctors charge \$75 per treatment.

PH Rolls Roll of pH testing paper. Good for 50+ tests.

PH Strips 50 strips for testing the pH of fluids.

Shammy Cloth 20" x 27" Soft, durable, super absorbent cloth for home or office. Easy to clean and will absorb almost anything. As seen on TV or at trade shows, but at an affordable price. Washable and reusable.

Taking Back America Video

Vitamin C Vitamin C is one of the most important vitamins in the body. We need it when we take MSM to rebuild the structures in our bodies. We need it to form collagen, which is the "cement" that gives our tissues form and substance. Most of us have heard of scurvy, which is caused by a deficiency of Vitamin C, causing severe bleeding of the gums, easy bruising and a tendency toward bone fractures. This is an all natural vegetarian product.

We carry Vitamin C in the following forms:

Vitamin C Ascorbate 500 mg, 250 caps, 500 capsules, 1 pound (.45 kg)

Vitamin C Ascorbate is derived from vegetables, as opposed to Vitamin C+ Ascorbic Acid, which is derived from fruits such as oranges. C Ascorbate is said to be "naturally buffered," which makes it gentler to the body system than Ascorbic Acid, which is not naturally buffered.

Contents: Poly C Ascorbates (Ascorbic acid, Calcium ascorbate, Magnesium ascorbate, Potassium ascorbate, Zinc ascorbate), Bioflavonoids, Zinc aspartate, Manganese aspartate, Chromium GTF, Molybdenum aspartate, Selenium aspartate, Vanadium aspartate.

Vitamin C+ (Ascorbic Acid) 400 mg, 250 caps, 500 capsules, Vitamin C Ascorbic Acid is

derived from fruits, as opposed to Vitamin C Ascorbate, which is derived from vegetables. Unlike Ascorbate, Ascorbic Acid is not "naturally buffered," which can make it a bit hard on the body system if taken by itself. That is why this supplement contains Bioflavonoids, which work in conjunction with Vitamin C for antioxidant protection, and as a buffer to soften the effect that the strong Ascorbic Acid might otherwise have on the body if taken in its pure form. These bioflavonoids together reduce capillary fragility to quicken blood coagulation, increase mental acuity, alleviate hemorrhoids, and many more functions.

Contents: Ascorbic Acid, Bioflavonoids (Mixed Citrus), Hesperidin, Rutin, Rosehips.

Vitamin E - 400 IU, 150 soft gels This is the most stable form of Vitamin E. This vitamin is a

strong antioxidant, speeds wound healing, prevents wrinkles, helps scar tissue heal as well as preventing scar tissue from forming after surgery. Vitamin E helps dry, itchy skin and all varieties of inflammation on the inside and outside of the body. It is very useful for the Circulatory and Cardiovascular System. It is essential for healthy reproductive system in both men and women. Some Deficiency Symptoms of Vitamin E include: Anemia, Atherosclerosis, Central Nervous System Damage, Hair Loss, High Blood Glucose, High Cholesterol, Hypertension, Pancreatitis, Phlebitis, Prostate Enlargement, Stroke, Tiredness, Tooth & Gum Problems, Varicose Veins.

Also helps maintain a healthy heart, boost the immune system, maintain red blood cells and muscle tissues, such as cardiac and skeletal muscles.*

Contents: All Natural Vitamin E (d-alpha-tocopherol).

Water Oz

Water Oz was founded by David Hinkson in 1990. He was motivated to learn about health and proper nutrition after traditional approaches failed to assist him in healing numerous personal health problems. By the utilization of a highly technical process, Water Oz turns pure minerals into an ionic, water-soluble solution that the body can completely absorb and use. The product contains no fillers, binders, preservatives or chemicals -- only the purest minerals available on the market and the purest water are used. The water is purified through a five step purification process.

Body Alkalizer, 1 oz. (30 ml) The ideal pH of the body is indicated when the urine is 6.6 and the saliva is 7.4. There are two pH's in the body -- intra and extra cellular. Keeping them in the proper range keeps the polarities of the body in the proper position for optimum electrical impulses, meaning nitrogen and oxygen are at the ideal balance in the body. The pH in the body controls fat metabolism. Alkaline elements break down fat. Cells that are anaerobic are nitrogen breathing cancerous cells. They always have a very low pH. The Body Alkalizer is a tasteless liquid that when added to water will change the pH to alkaline. When consumed on a regular basis, this product is designed to rid the accumulation of non-disposed cellular waste in the system. A few drops of the Body Alkalizer in a glass of milk will neutralize the lactic acid.

Contents: Distilled water, elemental Sodium as a hydroxide.

Boron 16 oz. (0.47 L), 32 oz. (.95ml) Gallon

Boron is said to help convert vitamin D into the active form necessary for the absorption of calcium. Boron is essential to bone metabolism

and calcification of bones, and helps prevent osteoporosis, arthritis, and tooth decay. Boron is necessary for cartilage formation and repair; it affects calcium, magnesium, and phosphorus levels. Memory and brain function can be improved with boron. Boron plays a role in regulating the hormonal levels of estrogen and testosterone. A boron deficiency can cause weak and fragile cell walls. Some research shows that boron improves libido. Boron is stored in the parathyroid glands.

Contents: Ionic Boron 30 parts per million

Calcium 16 oz. (0.47 L), 32 oz. (.95ml), 4X Extra Strength 32 oz. (0.95 L), Gallon Calcium is one of the most essential of the major biochemical elements needed in human nutrition. It is needed in every organ of the body, including the brain. Calcium is called the “knitter” because it promotes healing or knitting everywhere in the body. It is valuable for tone, power, strength, longevity, vitality, and endurance, healing of wounds, counter-acting acids, and helping regulate metabolism. Because it is used in almost every function, calcium is commonly deficient in our diets. It is one of the first elements to go out of balance when the diet is inadequate. Calcium is stored in the blood and teeth, as well as in the nerves, muscles and tissues. Magnesium and Vitamin D increase calcium absorption while sodium helps keep calcium in soluble form in the body (it must be water soluble to be usable). Calcium raises the body’s resistance to viruses, parasites, bacteria, and cancer. A lack of calcium leads to a host of diseases and degenerative conditions. Pure water-soluble calcium serves a two-fold purpose; it helps reverse symptoms caused by a buildup of compounded calcium, such as kidney stones, gall stones, arthritis, and high cholesterol, and helps reverse conditions caused by a deficiency of calcium such as acidosis and osteoporosis. This mineral is necessary to regain the proper pH balance.
Contents: Ionic Calcium 500 PPM; 4X concentrate 6000 PPM.

Chromium 16 oz. (0.47 L), 32 oz. (.95ml), Gallon Chromium deficiency is a major factor in the development of heart disease (heart attacks, hardening of the arteries). Chromium is stored principally in the kidneys, spleen and testes, with trace amounts found in the heart, lungs, pancreas and brain. The body cannot easily absorb chromium. Chromium helps the body regulate metabolism, and regulate insulin and blood sugar levels. Chromium helps the body lose weight by stimulating enzymes that metabolize glucose for energy. It plays an important role in the liver synthesis of fatty acids because it burns fat. When the body is deficient in chromium, twice the amount of time is needed for insulin to remove glucose from the blood.

Chromium enhances insulin performance and glucose utilization and helps carry proteins. Chromium works best if taken before meals. Refined sugar causes the body to deplete chromium more rapidly. Strenuous exercise can also deplete chromium levels. The elderly are unable to store as much chromium in the body as are younger people. The refining of starches and carbohydrates robs the foods of chromium. American soil is chromium deficient compared to European soil.

Contents: Ionic Chromium 100 PM.

Cobalt - 16 oz. (0.47 L), 32 oz. (.95ml), Gallon Cobalt is an essential mineral, although the body only needs a small amount. Cobalt is stored in red blood cells with smaller amounts in the kidneys, liver, pancreas and spleen. Research indicates that cobalt helps with the repair of the body cells, and increases the assimilation of iron and the building of red blood cells. Cobalt is an important agent of Vitamin B-12; it increases the body’s ability to absorb it. Cobalt stimulates many enzymes of the body and normalizes the performance of other body cells. Because of its low absorption rate and high excretion rate, cobalt toxicity is not common, but an excess can lead to enlargement of the thyroid gland.
Contents: Ionic Cobalt 30 PPM.

Copper - 16 oz. (0.47 L), 32 oz. (.95ml), 4X Extra Strength 32 oz. (0.95 L), Gallon Copper is most concentrated in the liver, heart, kidneys, brain, bones, and muscles and is essential in the blood. Trace amounts are present in all body tissues. Copper increases iron assimilation; iron and copper work together in the formation of hemoglobin and red blood cells. Anemia can be a copper deficiency symptom. Various enzyme reactions require copper. Copper influences protein metabolism and general healing, improves vitamin C oxidation and is integral in the formation of RNA. Low or high copper levels can be found in those with mental and emotional problems. Copper helps rid the body of parasites, and is beneficial for graying and thinning hair. Copper excess is not common because only a small percentage is assimilated, but toxicity problems can present serious disease states.
Contents: Ionic Copper 30 PPM.

EPN (Enzyme Phytonutrient) - 16 oz. (0.47 L), 32 oz. (.95ml), Gallon This is a unique Enzyme PhytoNutrient formula from a plant source, providing the Enzymes and saccharides necessary for optimal cellular communication and digestion. Studies have shown this formula to support the immune system and help alkalize the body.
Contents: Natural plant Enzyme PhytoNutrients.

Germanium - 16 oz. (0.47 L), 32 oz. (.95ml), Gallon Germanium is one of the most dynamic new discoveries in the realm of trace elements necessary for optimum nutritional health. Germanium raises the level of activity of various organs (facilitates oxygen uptake) and helps to expel harmful pollutants and arrest germ activity. Germanium serves as an electrical semiconductor, helping correct distortions in the electrical fields of the body. Germanium is still being researched for all its possible supplementary applications. Poor immune system, low energy and cancer indicate germanium deficiencies. It is believed to act as an anti-cancer agent and is effective for viral, bacterial and fungal infections.
Contents: Ionic Germanium 50 parts per million.

Gold - 16 oz. (0.47 L), 32 oz. (.95ml), Gallon Gold promotes a general euphoric feeling, enhances the body's natural defenses against illness, and promotes vitality and longevity. Gold has been found to improve glandular function. It helps the body to relax. Some people report that after taking gold for an extended period of time, it raises energy levels. It is also believed that gold helps repair damaged DNA. Gold is reported to be effective against joint inflammation and, when used with aspirin for arthritis, relieves pain. Gold is not an analgesic but may have anti-inflammatory effects.
Contents: Ionic Gold 75 parts per million.

Indium - 16 oz. (0.47 L), 32 oz. (.95ml), Gallon Indium is a rare trace mineral believed to support several hormonal systems in the body and may elevate immune activity and reduce the severity and duration of a plethora of human conditions. It is believed that indium may provide aid to the hypothalamus and pituitary glands. These two master hormone producers have the job of maintaining optimal output of hormones for the body. Once this stasis is achieved, a great many other hormone-producers become stimulated, causing a domino effect and helping retard aging and various health problems. Indium seems to enhance food and mineral absorption by the body. It even has been found to aid in the utilization of other essential trace elements. It is not found in food or water; in fact, although it is not ordinarily found in the human body at all after approximately 25-30 years of age, those people taking indium experience beneficial results immediately. Some of the short-term benefits reported by many indium users include: increased energy, an enhanced sense of well-being – the so-called "indium high" – and a reduced need for sleep. Long-term benefits of indium include (but are not limited to) a gradual correction of many chronic illnesses such as: ADD, blood pressure, stress-related problems, body weight, autism, and a reversal of visible

signs of aging. It is believed that when taking indium, one feels rejuvenated and energized because the hormonal system is working better. **NOTE:** There are no sulfates in this product. Do not take with food. Not for use on broken skin or in the eyes.

Recommended Dose: Adults 1 tsp/day, children half the amount.

Contents: Ionic Indium 20 parts per million.

Iron - 16 oz. (0.47 L), 32 oz. (.95ml), Gallon Iron is called the "energy giver." It attracts oxygen and builds blood. Along with manganese and copper it is necessary for healthy blood chemistry and is essential for recovery from illness. It is stored in the blood, bone marrow, liver, and spleen, with trace amounts in every organ. Iron is one of the most common deficiencies in men as well as women, although women require more iron than men do, because of their menstrual cycle. Without sufficient iron, the body cannot manufacture enough new hemoglobin, the red cell protein that transports oxygen in blood. Iron helps the body rid itself of carbon dioxide and keeps liver tissue soft. Iron combines with other nutrients to produce vital blood proteins and is involved in food metabolism, digestion, elimination, circulation, and helps maintain correct levels of blood pressure. Vitamin C improves iron absorption.

Contents: Ionic Iron 75 parts per million,.

Magnesium - 16 oz. (0.47 L), 32 oz. (.95ml), 4X Extra Strength 32 oz., Gallon Magnesium is a natural tranquilizer. Called the "anti-stress mineral," it aids in relaxing nerves, relieving tension, assisting digestion, activating enzymes important for protein and carbohydrate metabolism, and modulating the electrical potential across all cell membranes. Magnesium is important in the production and transfer of energy, muscle contraction and relaxation, and nerve conduction. It also aids regularity, is necessary to keep vertebrae in their proper position, induces restful sleep, purifies and maintains cellular processes (combats acids, toxins, gases, impurities, and neutralizes poisons). It lowers fever. Magnesium is stored in the bowel, nerves and ligaments. Chlorophyll and green vegetables contain large amounts of magnesium.

Contents: Ionic Magnesium 1,000 PPM; 4X concentrate 4000PPM.

Manganese - 16 oz. (0.47 L), 32 oz. (.95ml), Gallon Manganese, also called the "brain mineral," is important in the utilization of all mental functions. It aids memory and other brain and nerve faculties. Though only found in trace amounts in the body, good health is impossible without manganese because it increases resistance and recuperative ability. Like iron,

manganese aids in oxygen transfer from lungs to cells. Manganese strengthens tendons, tissues, ligaments, and linings in and outside of organs. "If the human body is well supplied with it (manganese), various tissues, cells and nerves become more ductile, tensile, and elastic." (The Chemistry of Man by Bernard Jensen). Manganese is contained in mucopolysaccharides, which are used to form collagen, the strong fibrous connective material that builds tissue, bone, and cartilage. This mesh of collagen is the framework on which calcium, magnesium, and other bone hardening minerals are deposited. Carpal Tunnel Syndrome, a painful condition in which arm tendons are weak or damaged, is a sign of a manganese deficiency. Deafness, if due to damage of the cartilage of the ear, can be attributed partially to a deficiency in manganese. Manganese has a positive effect on the libido by increasing energy levels and the brain's ability to receive and send messages. It also helps the reproductive organs to work properly because of its effect on tissues and nerves. Production of sex hormones is aided by manganese. It can help reduce menstrual cramps and PMS. Half of all manganese is stored in the bones and the remainder in the liver, pancreas, pituitary gland, and kidneys.
Contents: Ionic Manganese 30 PPM.

Molybdenum - 16 oz. (0.47 L), 32 oz. (.95ml), Gallon Molybdenum is a little-known, though essential, trace mineral. It is instrumental in regulating pH balance in the body. For each pH point increase (e.g., 6.1-6.2), the oxygen level is increased ten times, thus increasing the metabolism and enhancing the body's ability to burn fat. Although very small amounts are needed, molybdenum is a vital part of three important enzyme systems and is necessary for the proper function of certain enzyme-dependent processes, including the metabolism of iron. When the iron stored in the liver is freed, it can then carry oxygen to body cells and tissues. Molybdenum works with the enzyme systems to help eliminate toxic nitrogen waste by turning it into uric acid. The uric acid then can be converted and more easily flushed out of the system. Molybdenum promotes general well being, aids in carbohydrate metabolism, has proven itself useful in MSG (or other chemical) sensitivity, increases libido, and may enhance the effect of fluorine in tooth decay prevention (dental enamel is rich in molybdenum). It also induces sleep. Because of molybdenum's ability to raise the body's pH, it may be beneficial in the treatment of cancer, viruses, and parasites. We recommend a beginning dosage of ½ teaspoon molybdenum twice daily in 8 ounces of water. There is no recommended dietary allowance (RDA) established for molybdenum, and it is considered safe up to 15 mg. per day. It has

been found to interfere with the absorption of copper.

Contents: Ionic Molybdenum 10 parts per million.
P-RNA - (Phytonutrient RiobNucleic Acid) 12 oz. Ribonucleic acid is responsible for building proteins in the body. To understand how RNA functions, one must understand protein function. Proteins are complex molecules composed of amino acids. These are in all living cells and can be substances such as enzymes, hormones and the antibodies that are necessary for the proper functioning of any living organism. They are absolutely essential to all animal diets and to the growth and repair of tissue in the body. Without RNA, protein would not be produced or synthesized by the body. This is why RNA is so vitally important. There are 3 types of RNA: messenger RNA, transfer RNA and ribosomal RNA. Messenger RNA is responsible for taking messages from your DNA (your gene structure) and providing a template or a single strand mirror image for your amino acids to link up with. This is where transfer RNA comes in. Transfer RNA seeks out and brings each individual amino acid to the chain and parks it in its particular slot where it will do the most good and be the most beneficial. Now enters rRNA (ribosomal RNA). Ribosomal RNA provides the machinery or energy needed to start the protein synthesis process.

Recommended dose: ½ tbl. per day (48 servings per container)

Platinum - 16 oz. (0.47 L), 32 oz. (.95ml), Gallon Platinum is used in the treatment of cancer and as a base in some of the chemotherapeutic treatments in conventional hospitals, although not in the proper (natural) form. In the early 1970's, platinum was used in the dye in x-rays of women's breasts. Breast lumps reportedly began shrinking and even disappearing after use of the dye. Many believed the platinum in the dye caused the shrinking and disappearance. Since then, platinum dye has been replaced with radioactive dyes. Platinum may be effective in killing disease-causing bacteria, fungus, viruses, and help boost the immune system.

Contents: Ionic Platinum 50 p.p.m.

Potassium - 16 oz. (0.47 L), 32 oz. (.95ml), Gallon Potassium is called the "alkalizer." It neutralizes acids and restores alkaline salts to the blood stream. Potassium works with sodium in all cells including at nerve synapses to maintain or restore membrane potentials and assist in metabolic processes. Potassium is critical to cardiovascular and nerve function, regulating the transfer of nutrients into cells, and facilitating muscle energy. Potassium also regulates water balance, assists recuperative powers, aids rheumatic or arthritic conditions

(causing acids to leave the joints and ease stiffness), is vital for the elimination of wastes, is a natural pain desensitizer, helps control convulsions, headaches, and migraines, promotes faster healing of cuts, bruises and other injuries, and generally contributes to a sense of well being. Potassium is stored in the muscles. *Contents:* Ionic Potassium 1000 parts per million, in water purified through a five step purification process.

Stabilized Liquid Oxygen - 4 oz. (118 mL)

WaterOz stabilized oxygen is the highest quality, strongest and most stable of all the liquid electrolytes of oxygen available on the market. WaterOz stabilized oxygen is a liquid concentrate of electrolytes of oxygen, made available to the body, in a molecular form and released upon contact with stomach acid. By providing your bloodstream with molecular oxygen it is possible to kill anaerobic bacteria and other parasites on contact, without harming your tissue or friendly aerobic bacteria. When extra oxygen is released into your blood stream, though minimal when compared to the amount of oxygen you breathe into your lungs, it is very beneficial to your metabolism. If the body can maintain a robust cellular oxidation, meaning that virtually every cell in your body is functioning well, disease and bacteria are killed. When cell oxidation is diminished due to stress, pollution and junk foods, the body is opened up to degeneration, fatigue and sickness. The chlorite molecule is used for a number of important enzymes that help improve cell oxidation. WaterOz stabilized oxygen has specific enzyme enhancing qualities. The most abundant element found in healthy human blood is chlorine, followed by sodium, calcium, magnesium, iron and so forth. When stabilized oxygen comes in contact with one's stomach acid, it breaks it up into elemental sodium and oxygen. When WaterOz stabilized oxygen is diluted in water, the high alkaline pH is rapidly lowered from a pH of 12-13 to a pH of around 8.6. When this happens it causes the separation of chlorite ions and stabilized oxygen molecules (O₂) from the sodium atoms and tiny amounts of chlorine dioxide are released. WaterOz stabilized oxygen has been proven effective in killing salmonella, cholera, E Coli, streptococcus, pseudomonas and staphylococcus aureus. Therefore, it is good to keep a supply of WaterOz stabilized oxygen on hand when your water source is questionable. The four-ounce bottle yields two 10-drop dosages a day for 60 days. *Contents:* Electrolytes of Oxygen (Oxygen molecules stabilized by chlorite molecules, which are derived from sodium chlorite at 32,000 p.p.m.)

Selenium - 16 oz. (0.47 L), 32 oz. (.95ml), Gallon Selenium is an essential trace mineral that works with Vitamin E in metabolic functions. It promotes normal body growth, enhances fertility, encourages tissue elasticity and is a potent antioxidant that naturally reduces the retention of toxic metals in the body. Selenium is crucial for the proper functioning of the heart muscle and there is evidence that it can help the body fight cancer. The people of Norfolk, England, are said to be among some of the longest-lived. Scientists believe it is due to high concentrations of selenium in the soil. A low level of selenium in soil has long been associated with higher cancer rates. Selenium is stored in muscle and other tissues, as well as in the liver and kidneys. *Contents:* Ionic Selenium 75 parts per million.

Silver - 16 oz. (0.47 L), 32 oz. (.95ml), 4X Extra Strength 32 oz. (0.95 L), Gallon Silver has been used for thousands of years for health care. It is believed that silver is a systemic disinfectant and works like a secondary immune system. Since silver kills only bacteria that is anaerobic or nitrogen breathing, the friendly bacteria in the digestive tract are immune to it due to the fact that they are oxygen breathing, (aerobic). Silver can also neutralize sodium fluoride poisoning. "What we have actually done was rediscover the fact that silver killed bacteria, which had been known for centuries... When antibiotics were discovered, clinical uses for silver as an antibiotic were discarded." (Dr. Robert O. Becker, M.D.) *Contents:* Ionic Silver 100 parts per million; 4X concentrate 400 p.p.m.

Sulfur - 16 oz. (0.47 L), 32 oz. (.95ml), 4X Extra Strength 32 oz. (0.95 L), Gallon Sulfur aids every cell in the elimination of toxic substances. Sulfur aids functions in enzyme reactions and protein synthesis and is important in cellular respiration. Sulfur is the flexible bond that connects cells; it is the lubricant found between joints. A deficiency of water-soluble sulfur can lead to a variety of conditions ranging from skin irritations and rashes to total breakdown of cellular regeneration. Pain and inflammation associated with various muscle and skeletal disorders indicate a deficiency of sulfur. It is believed that sulfur can repair the myelin sheath, the protector on the end of every nerve in the body. Damage to the myelin sheath causes the shaking condition in palsy, Multiple Sclerosis, Lorenzo's Disease and many other disease conditions where motor functions are uncontrollable. Chronic or severe allergies to food, dust, pollen, wool, animal hair, feathers, etc. with symptoms ranging from respiratory congestion to inflammation, itching, and general discomfort, can be relieved with sulfur. It increases blood circulation, reduces back pain,

relieves migraine headaches, promotes muscle healing, scavenges free radicals, beautifies the skin, controls acidity in stomach ulcers, is important for carbohydrate metabolism and speeds wound healing. Sulfur is stored in the brain, nerves, bowel and liver, and in all body cells, especially skin, hair, and nails.

Contents: Ionic Sulfur 500 PPM; 4X Concentrate 3600 PPM.

Vanadium - 16 oz. (0.47 L), 32 oz. (.95ml),

Gallon Vanadium regulates the circulatory system, helps reduce cholesterol levels and buildup in the central nervous system, lowers elevated blood sugar and is believed to help reduce the incidence of heart attack. When used in combination with chromium it is found to be very beneficial in decreasing mineral deficiencies found in diabetics and hypoglycemics. It has been estimated that 80 million Americans exhibit some of the characteristics of diabetes such as insulin resistance, excess insulin release, high triglycerides and high blood sugar. Chronic weight loss or gain, frequent urination, and chronic thirst are warning signs that are indicative of the possible onset of diabetes.

Contents: Ionic Vanadium 100 p.p.m.

Water of Life - 16 oz. (0.47 L), 32 oz. (.95ml), 4X Extra Strength 32 oz. (0.95 L), Gallon

Water of Life begins as a fossilized kelp product called "Calzyme," a unique and potent blend of natural minerals and calcium salts extracted from the sea and concentrated through decomposition over eons of time. WaterOz then adds its own blend of "missing elements" to create a finished product that aids and promotes the body's natural functions, helps promote healthy blood, the strengthening of cell walls, and the proper contraction and relaxation of muscles such as the heart. The numerous elements that compose our bodies are constantly being used up and must be replenished. Unlike all other WaterOz mineral products targeted to specific health needs, Water of Life contains approximately 84 trace elements, making it the perfect nutritional supplement for overall body maintenance.

Contents: 84 Ionic Minerals 4,000 parts per million; 4X concentrate 16,000 PPM.

Zinc - 16 oz. (0.47 L), 32 oz. (.95ml), 4X Extra Strength 32 oz. (0.95 L), Gallon

A deficiency of zinc can lead to a wide variety of degenerative diseases and illnesses. Zinc deficiency is common due to depletion of our soil and losses associated with food processing. Zinc aids in the proper assimilation of vitamins, normal growth and development, maintenance of body tissues, sexual function, immune system, chemical detoxification, synthesis of DNA, and helps reduce healing time both before and after surgery. It is an anti-oxidant, and must be in

proper balance to assist some 25 enzymes in various functions involving digestion, metabolism, and reproduction. In the 1800's surgeons used zinc as an antiseptic/antibiotic after surgery and it was noted for its healing properties. Lack of zinc in pregnant women can result in numerous birth defects such as Down's Syndrome, cleft lip, spina bifida, clubbed limbs, hiatal hernia, and umbilical hernias. Zinc is anti-bacterial, anti-viral and is found in all the body fluids, including the moisture in the eyes, lungs, nose, urine, and saliva. Because zinc moves through all the fluids in the body, it creates a defense against infection-causing bacteria and viruses trying to enter the body and stops bacterial and viral replication. Zinc is stored in the thyroid, pancreas, liver, kidneys, bones, voluntary muscles, prostate, sperm, skin, hair, nails, white blood corpuscles and parts of the eyes.

Contents: Ionic Zinc 300 PPM; 4X concentrate 1200 PPM.

Books, CD's and Miscellaneous Items

The Alchemist's Handbook to Homeopathy

This is a book resulting from Dr. Foley's study with Rev. Mary Hardy, Ph.D. Most of the information in this book is the recording of her many years of experience in utilizing homeopathy and other forms of vibrational medicine to produce dramatic changes in health. Homeopathy is nearly 200 years old. Our society has changed drastically in the last 200 years and this book outlines how the authors feel homeopathy needs to be practiced today. This book gives an introductory level explanation of the metaphysical mechanisms which make homeopathy and other forms of vibrational medicine work. In this book you will learn how to make your own vibrational remedies and how to use dowsing to select remedies. This is also a handbook of homeopathy and assists a beginner in the basic utilization of this powerful balancing tool. 5 1/2"x8 1/2" 288 p.

AKANTHOS: A Book of Channeled Insights -

Channeled by Phillip Young, researched and compiled by Marcy Foley

This book contains information from Akanthos. He is part of a group soul/group mind complex of 1000 entities, all merged with their soul mates. This book is very practical and will teach you how to live your life in true joy and satisfaction. Akanthos explains masculine and feminine energies which I now measure on each Energy Evaluation. There is information about adventurers and warriors, karma, how to manifest that which you desire into your life, and so much more! If you have been leery of so-called channeled books before, this one will pleasantly surprise you with its simple beauty and truth. (5 1/2"x 8 1/2", 306 p.)

Angstrom Minerals: Information & Reference Guide - Annette Hasalone-Eve, N.D.

A 203 page mineral practically complete mineral reference book, compiling almost all known data on minerals and their function in human physiology. Included is a section on all major minerals known to have a function in human physiology, a section with recommended protocols for most major disease conditions, a section on the body systems, a bibliography & reference section, and more.

Anit Aging Manual - Joseph B. Marion

The most comprehensive encyclopedia on herbs, nutrition and natural health remedies ever published. 6" x 9", 1,475 p.

The Anxiety Epidemic - Dr. Billie Jay Sahley, Ph.D.

A wounded healer takes you through her own five-year battle with panic, fear and phobias. Her healing came not from drugs, but vital nutrients that the brain must have to stop the dreaded fear. Walk the path with this wounded healer and learn how to let your own healing begin. If you suffer from anxiety, you need to read this book. Best book available on natural control of anxiety! (5½" x 8½", 128 p.)

Arteriosclerosis and Herbal Chelation - Hanna Kroeger

A booklet containing information on Arteriosclerosis causes and symptoms. 5½" x 8½"; 14 p.

Brain Building Nutrition: the Healing Power of Fats and Oils - Michael A. Schmidt

Our brains are made up of nearly 60% fat. Almost every aspect of the brain's structure and performance is dependent upon obtaining the right fats and oils throughout our lives. "Brain-Building Nutrition" contains practical information about healthy and harmful fats, the signs of fatty acid deficiency, and foods that protect the brain. 6" x 9", 286 p.

Breaking Your Prescribed Addictions - Dr. Billie J. Sahley, Ph.D.; Katherine Birkner C.R.N.A., Ph.D.

A guide to coming off tranquilizers, antidepressants, pain pills and more using amino acids and nutrients. (5½" x 8½", 131 p.)

Candidiasis... Rampant and Dangerous - Dr. Jeffries - Booklet

Indications of Candidiasis: Tired all the time. Mood sings. Unable to cope. Depression. Digestive disturbances - chronic constipation, diarrhea or alternating periods of each. Sinus problems, earaches, sore throats. Allergy symptoms Asthma, bronchitis or other respiratory problems. Spaciness. Loss of near memory. Menstrual complaints. Vaginal drainage or itching

or both. Frequent bladder infections. 5½" x 8½"; 175 p.

Castor Oil: Its Healing Properties - Beth M. Ley
The healing properties of Castor Oil, featuring an interview with Dr. William McGarey, Director of the A.R.E. Clinic. 5¼" x 8¼"; 32 p.

Colostrum: Natures Gift to the Immune System - Beth M. Ley

Nature's gift to the Immune System. Help For: Auto-Immunity, Arthritis, Multiple Sclerosis, Allergies, Asthma. Immunity is your ability to overcome infection, injury and disease producing organisms, and to recognize certain substances as foreign and neutralize or eliminate them. The human body continually attempts to maintain homeostasis by counteracting the harmful stimuli it encounters. The immune defenses include a variety of body reactions including the production of the specific antibody against these stimuli, and combats microbiological invasion, provides resistance against the development of communicable and virulent diseases and eliminates undesirable substances from the body. The immune system is responsible for maintaining the homeostasis in every part of the body. It has duties ranging from cleaning the lungs of foreign particles we inhale to searching out and destroying invaders like infectious microorganisms, and ridding the body of cancerous cells. 5¼" x 8¼"; 79 p.

DHEA: Unlocking the Secrets to the Fountain of Youth; - Ley

DHEA, a hormone produced by the adrenal glands, is the precursor to all steroid hormones in the body. Levels of this amazing pro-hormone are highest when we are in the prime of life, ages 18-25, after which production gradually begins to slow down. Studies also show that we can actually prevent disease if we can maintain high levels of DHEA! AND WE CAN! DHEA is now available without a prescription. FIND OUT how you may benefit from DHEA, and how it may even save your life! Find out why stress is your worst enemy against healthy DHEA levels and your worst enemy against degenerative diseases associated with aging! FIND OUT how to slow down and even REVERSE AGING, how to end symptoms of PMS, menopause, osteoporosis, diabetes, arthritis, cancer, heart disease, autoimmune diseases, memory loss, fatigue, sexual problems, how to lose weight, reduce stress, and so much more! Find out how much you should take and the best way to take it for the best results. FIND OUT the facts about an extract from wild yam and if it can benefit you. 5¼" x 8¼"; 207 p.

Diabetes to Wholeness: A Natural & Spiritual Approach to Disease Prevention & Healing - Dr. Beth M. Ley, Ph.D.

Diabetes is the third leading cause of death in the U.S. It also inflicts serious suffering in the form of blindness, nerve damage, heart disease, stroke, circulatory problems, gangrene and loss of limbs. In just 25 years, the incidence of diabetes has increased over 600%, accounting for over 300,000 (mostly preventable) deaths each year. Find out: How to prevent and naturally treat diabetes and the complications associated with it. The early warning signs of glucose intolerance and Syndrome X - a Type II diabetes precursor. The significance of: Lipoic Acid & other antioxidants. Chromium, Zinc & other trace minerals. Gymnema sylvestre, Momordica, Bilberry & other herbs. Beta Glucan, Flax & other fibers. Whole foods & low glycemic index foods. Stevia - the safe, natural sugar alternative. Refined foods, trans fatty acids & much more! What foods to eat, what foods to avoid. What the Bible has to say about issues you need to examine in your life to obtain and maintain wholeness and optimum health. 5½" x 8½"; 109 p.

The Diet Cure - Julie Ross, M.A.

The 8-step program to rebalance your body chemistry and end food cravings, weight problems, and mood swings -- now. Julia Ross, a pioneer in the field of nutritional psychology, shatters the myths to reveal the real causes of overeating and weight gain -- including depleted brain chemistry caused by too much dieting and inadequate protein, unstable blood sugar, low thyroid function, hormonal irregularities, food addictions, and a deficiency of "good" fats. In this individualized program that begins with an 8-Step Quick Symptom Questionnaire, you'll learn how to eliminate them with your own targeted strategies. Using amino acids to jump-start the program, you'll feel your mood improve and your food cravings disappear within twenty-four hours. Filled with charts, worksheets, meal ideas, recipes, and tailor-made plans for nutritional supplementation, The Diet Cure will help you rebalance your body chemistry and attain your ideal healthy weight for good. 5½" x 8½"; 402 p.

Doorway to Eternity - by Kiara Windrider

In India, a boy survives a plunge down a waterfall and finds himself on a journey to another dimension. A series of events eventually lead to a profound spiritual rebirth in California. In this book, Kiara shares the insights gained from his journey of awakening. His story is also the story of Earth's awakening in these times of light returning. The book helps understand how life can be experienced on higher dimensions when we respond to the stirrings of our souls. 5½" x 8½"; 304 p.

Doorway to Eternity CD's - Kiara Windrider
Meditations and practices for planetary healing, gently spoken and led by Kiara Windrider, with spontaneous music by Paul Armitage. Five CD Set Goes along with the book Doorway to Eternity, this is a 5 CD meditation set.

Eat, Drink and Be Happy - Walter C. Willett, M.D.
In Eat, Drink, and Be Healthy, Dr. Walter Willett explains why the USDA guideline - the famous food pyramid - is not only wrong but also dangerous. Debunking current dietary myths such as the evils of eggs and how high milk consumption does a body good, Dr. Willett sets an all-new nutritional standard. You'll discover: Eye-opening new research on the healthiest carbohydrates, fats, and proteins. Why weight control is the single most important factor. Menu plans and recipes that make it easy to reinvent your daily diet. 5½" x 8½"; 299 p.

Enzyme Nutrition - Dr. Edward Howell

Why is eating food in its natural state, unprocessed and unrefined, so vital to the maintenance of good health? What is lacking in our modern diet that makes us so susceptible to degenerative diseases? What natural elements in food play a key role in unlocking the secrets of life extension? These fascinating questions, and many more, are answered in this important and timely book written by one of America's pioneering biochemists and nutrition researchers. Enzymes make the digestion of food possible. Our digestive organs produce some enzymes internally. However, food enzymes are necessary for optimal health and must come from uncooked foods such as fresh fruits and vegetables, raw sprouted grains, unpasteurized dairy products, and food enzyme supplements. When we are young, says Dr. Howell, our normal ability to produce enzymes internally promotes rapid growth, and in most cases prevents serious illness. But as we age, our internal enzymes become depleted. Unless we do something to stop their one-way flow out of the body, our digestive and eliminative capacities weaken. This can lead to acute health complaints, obesity, and chronic illnesses. Enzyme Nutrition represents more than fifty years of research and experimentation by Dr. Howell. He shows us how to conserve our enzymes and maintain internal balance. As the body regains its strength and vigor, its capacity to maintain its normal weight, fight disease, and heal itself is enhanced. 6" x 9", 175 p.

GABA - The Anxiety Amino Acid - Dr. Billie J. Sahley, Ph.D.

Now there's help for the millions addicted to prescription drugs for relief. Break the grip of medications, and control your anxiety naturally.

Find out how GABA controls the anxiety "stop switch;" enables smooth functioning of both brains; functions as a natural muscle relaxant; creates neurotransmitters for enhanced brain function; helps you think better and feel better. (5½" x 8½", 79 p.)

The Golden Fountain: The Complete Guide to Urine Therapy - Coen van der Kroon

This book, originally published in Dutch in 1993, contains many photographs and illustrations which are quite useful in showing the applications of urine therapy. There are chapters on getting used to the taste of urine, principles of urine therapy, history of urine therapy in Europe, India and other countries, complete with Sanskrit texts describing urine therapy in India. There are some good warnings and guidelines along with many testimonials from many countries along with answers to the most frequently asked questions. Mr. van der Kroon outlines recent research into urine therapy, personal healing stories, and some good information on Immunity-Related Diseases. Lastly, there is a lovely index of diseases along with which of the suggested treatments described in his text are useful in a person's care. 134 pages, 8 X 8 1/4.

Heal with Amino Acids and Nutrients - Dr. Billie J. Sahley, Ph.D.; Katherine Birkner C.R.N.A., Ph.D. This book was just recently revised and expanded and describes the many uses of amino acids and other nutrients. It is a must for anyone interested in truly understanding the foundational materials upon which good health is based – especially for over-all metabolism, the brain and nervous system. (5½" x 8½", 164 p.)

Healing With Whole Foods - Paul Pitchford
Healing with Whole Foods brings together authentic traditions of oriental medicine with current Western research on health and nutrition to create the most detailed sourcebook available on planning and preparing an optimal diet. This comprehensive reference work features current guidelines on nutrition basics; discussions of the Chinese healing arts applied to physical and emotional conditions; information on making a gentle transition from a diet based on animal products to one centered on whole grains and fresh vegetables; sections on weight loss, heart and vascular regeneration, female health, digestion, Candida, root canals, food combining, fasting, children, pregnancy, aging, and much more. 8¾" x 10"; 705 p.

How Did We Get So Fat - Dr. Susser & Ley
A guide for those who want to safely obtain their weight goals. 5½" x 8½"; 95 p.

Integrated Aromatic Medicine 1998

Proceedings from the First International Symposium - Grasse, France - March 21-22 1998 -

Consisting of presentations from 21 different health professionals from all over the world, this volume presents advanced uses of therapeutic essential oils and the results that have been obtained in clinical and laboratory testing, primarily in Europe. Presenters include pharmacists, MD's, naturopaths, PhD's, and a dentist. Topics range from gynecological infection to fibromyalgia, from HIV to ADD, from allergies to emergency care, and from colon health to acupuncture—all in the context of treatment with essential oils. Includes an illustrated presentation on essential oil cultivation and distillation in the U.S. by Dr. D. Gary Young, ND. Translated from the original French into English. 8½" x 11"; 150 p.

Integrated Aromatic Medicine 2001

- Proceedings from the International Symposium - Grasse, France - March 2-4 2001 -

Twenty presentations from health professionals in Europe, North American, Asian, and South America. As with the previous two volumes, presenters in this volume included primarily doctors, but also chemists, pharmacists, and biologists—all involved in the research and testing of various forms of essential oils as medicines. Topics range from respiratory infections to stress and tension; from DNA protection to cancer; from psoriasis to rheumatoid arthritis; from ear infections to natural cosmetics. This volume is also heavily focused on a variety of topics pertaining to essential oil chemistry and the use of essential oils in curing childhood diseases. All presentations are translated into English. An excellent source for researchers and health professionals. Foreword by Dr. Daniel Péroë. 8½" x 11"; 166 p.

Illuminating Physical Experience

This book describes the emotional, mental and spiritual factors underlying physical illness and much more. 252 pages, (5 ½"x 8 ½")

Indigo Children - Lee Carroll & Jan Tober

This best seller is a must for today's parents, and for anyone who has contact with children through their work. The book tells the story of a new generation of children growing up today, how their psychology and needs differ from past generations of children. 5½" x 8½", 249 p.

Introduction to the Use of the Pendulum - Dr. Marcy Foley Davidsson, D.C., N.D.

This 20 page booklet tells you all you need to know to learn to use a pendulum. This is a God-given tool for assistance in determining compatibility between an individual and herbs or any remedies, knowing where to locate pressure

points on the body, or locating herbal help when out in the wilderness. 5½" x 8½", 20 p.

Is Ritalin Necessary? - Dr. Billie J. Sahley, Ph.D. We give mixed messages to our children when we tell them not to use drugs, while the schools are under tremendous pressure to put as many children possible on Ritalin – a dangerous addictive drug! This book is a very shocking exposure of the dangers of this stimulant drug given to our precious children. Read what you can do to prevent your child being put in a position of having to take this drug by the school teacher, principal or nurse. If your child is on Ritalin, learn what natural remedies you can supply to the body, which is what it really wants. (5½" x 8½", 40 p).

Joy Riding the Universe Vol. 1 - Snapshots of the Journey - Sheradon Bryce
An extremely hard to find gem of a metaphysical book. Filled with amazingly in depth and detailed spiritual insights not found anywhere else. 7" x 9", 469 p.

Lets Be Happy to Be Healthy; A Little Book of Wisdom - Irwin Goldenberg
A little book of wisdom. To be happy and healthy we must perform one act: Come into the present. Say Yes to life. 5½" x 8½"; 39 p.

Malic Acid and Magnesium for Fibromyalgia and Chronic Pain Syndrome - Dr. Billie J. Sahley, Ph.D. Dr. describes the mechanisms and natural relief for Fibromyalgia and Chronic Pain Syndrome. (5½" x 8½", 36 p.)

Melatonin Report - Dr. Billie J. Sahley, Ph.D. Melatonin is a neurohormone secreted by the Pineal Gland in the brain, which regulates our biological internal clock (sleep-awake cycles), or circadian rhythms. Dr. Reiter calls Melatonin one of the most potent antioxidants yet discovered. It also supports normal immune system functioning and influences neurotransmitters, hormones and many other factors in the body. (5½" x 8½", 18 p.)

The Miracle of MSM; The Natural Solution for Pain - Jacob, Lawrence & Zucker
MSM, or methylsulfonylmethane, is the first safe, natural, side-effect-free remedy for many types of pain and inflammatory conditions. In this authoritative look at MSM, Drs. Stanley Jacob and Ronald Lawrence reveal how to tap into the benefits of this amazing "miracle" compound. Experienced in the successful treatment of thousands of patients for pain, they explain how to take MSM - how much, when, with what foods, and in what form - to relieve pain in its many varieties, including: Degenerative Arthritis, Chronic Back Pain, Chronic Headache, Muscle Pain, Fibromyalgia, Tendonitis and Bursitis,

Carpal Tunnel Syndrome, TMJ, Post-traumatic Pain and Inflammation, Allergies and more. 5¾" x 8¾"; 250 p. (hardcover or paperback)

MSM the Definitive Guide - Dr. Jacob & Appleton
The wide availability of MSM, its safe reputation, and its enormous therapeutic potential for clinically challenging conditions are well known to thousands of healthcare practitioners and patients worldwide. Scientists have been studying this remarkable nutrient for more than fifty years. Now, you can learn the science behind the supplement and discover its potential through documented clinical case studies in *MSM: The Definitive Guide* – the new book by the world's foremost experts on MSM. Dr. Stanley Jacob is the medical doctor who pioneered the clinical use of MSM and DMSO. Dr. Jeremy Appleton is a naturopathic doctor and nutrition professor. Together, they have created the most complete guide to MSM ever written. 6" x 9", 272 p.

MSM: The Forgotten Nutrient - Dr. Beth M. Ley, Ph.D.
This best seller with 175,000 sold copies is an excellent little handbook about MSM that tells you all you ever wanted to know about what MSM is; what it is not; where it comes from; what it does in the body; how it works; how to use it; and what the potential health benefits are. 5½" x 8½", 37 p.

The MSM Miracle; Enhance Your Health With Organic Sulfur - Dr. Earl L. Mindell
Though sulfur is the fourth most plentiful mineral in the body, found in every cell, its powers as a nutrient are often overlooked. Dr. Earl Mindell explains how an organic form of sulfur has shown important therapeutic value in arthritis, diabetes, allergy, wound healing, eye problems, cramps, stress...and even snoring. 5½" x 8½"; 48 p.

Off Balance - Dr. Annette Hasalone-Eve, N.D.
This excellent 93 page book contains a fountain of information about human mineral chemistry, with extensive references from hundreds of sources.; 8½" x 11", 93 p. - Refer to web site for free book excerpt

Pendulum, the Bible and Your Survival; Kroeger Rev. Kroeger's information about how the pendulum works. 5½" x 8½", 24 p.

The Potato Antioxidant: Alpha Lipoic Acid - Beth M. Ley
Alpha Lipoic Acid, and how little things in your world can change your life and health. 5¼" x 8¼"; 112 p.

Primordial Food: Aphanizomenon flos-aquae A Wild Blue-Green Alga with Unique Health Properties - Christian Drapeau, MSc.

Mr. Drapeau, a foremost scientist in the study of Aphanizomenon flos-aquae, holds a Masters of Science degree in Neurology and Neurosurgery from the Montreal Neurological Institute, an affiliate of McGill University, Montreal, Canada, and has been extensively involved in the study of nutrition, naturopathy and various natural therapies. Most significantly, Mr. Drapeau collaborated with many scientists affiliated with Harvard University, McGill University, the University of Illinois, Oregon State University, the University of New Mexico and the University of Mississippi in the study of the effects of blue-green algae (Aphanizomenon flos-aquae) on human health. Mr. Drapeau continues his involvement in the clinical study of AFA: "The health benefits of Aphanizomenon flos-aquae (AFA) have been reported for more than two decades, yet it is only recently that science has revealed the mechanisms by which AFA acts on the body, and the astonishing health benefits of AFA. AFA contains a wide variety of phytonutrients that promote health, such as chlorophyll, carotenoids and polyunsaturated fatty acids. AFA contains unique molecules that modulate various aspects of human health such as: Phenylethylamine (PEA) known as the "molecule of love." Beside enhancing concentration and attention, PEA is a natural mood elevator and anti-depressant. Phycocyanin, the blue pigment in AFA, which is a natural selective COX-2 inhibitor with strong anti-inflammatory properties. A polysaccharide that stimulates the migration of immune cells in the body; the only natural compound known to stimulate immune cell migration. But the most extraordinary discover is the ability of AFA to stimulate stem cell release and migration, making AFA the first natural compound know to stimulate the natural innate phenomenon of healing, regeneration and repair in the human body." 5¼" x 8¼"; 61 p.

Right Use of Will - Healing and Evolving the Emotional Body - Ceanne DeRohan

We feel that the eight books in the series beginning with "Right Use of Will" are some of the most powerful emotional healing, spiritual books ever written. It is imperative that they be read in order: 1) Right Use of Will; 2) Original Cause 1; 3) Original Cause 2; 4) Earth Spell; 5) Heart Song; 6) Land of Pan; 7) Imprinting; 8) Indigo. Each book is 5½" x 8½", with differing numbers of pages. If you are interested in these books, please read the introduction to book one on our web site, or request that it be mailed to you if you don't have access to a computer. It will allow you to get a "feel" for the books to see if they are for you at this time.

Sanctuary - The Path to Consciousness -

Stephen Lewis & Evan Slawson

This novel is a fascinating look at Energetic Balancing. Based on a true story. 6¼" x 9¼", 225 p.

Stop A.D.D. Naturally - Dr. Billie J. Sahley, Ph.D.

This remarkable little booklet contains shocking information about these conditions along with natural solutions. 5½" x 8½", 93 p.

The Story of Man - John W. Rich

Cartoon Booklet, Religious literature on the origins of man. In The Beginning. Before we came to this earth, we all lived with our father in Heaven. He is the father of our spirits. (Abraham 3:22-23) (Jeremiah 1:3-5) We had learned as much as we could in the spirit world. Our father in Heaven realized that we needed further education and experiences away from home. (Abraham 3:23) Our father in heaven called a counsel in heaven of all the leading spirits. (Abraham 3:23-28) 5½" x 8½"; 74 p.

Theanie - The Relaxation Amino Acid; Dr. Sahley

Urine Therapy: It May Save Your Life! - Dr. Beatrice Bartnett

This wonderful little booklet, now in its 11th edition, was updated in April, 2001. It is written by a Chiropractic and Naturopathic physician who has an alternative healing center in Ruidoso, New Mexico. Dr. Bartnett tells about the nature of urine therapy, what is in urine and how the therapy works. There are some nice case histories at the end. She has listed 12 books (9 of which are now out of print, starting as early as 1918) from which she draws her information. It is well worth adding to your urine therapy library. 37 pages, 5 ½ X 8 1/2.

Urine Therapy: Nature's Elixir for Good Health - Flora Peschek-Bohmer & Gisela Schreiber

This book was translated in 1999 from the 1997 German text. It is a very useful book with many precise directions as to how to go about using urine therapy. It contains a reference section in which you can look up conditions such as Acne, Asthma, Hair Loss, Indigestion, Infection, Migraines, Paralysis, Warts, Wrinkles and many other common conditions. Interspersed into each section in the reference section are case histories of those who have assisted or cured their conditions using their own urine. There is also a small section which lists compatible homeopathic and herbal remedies which can be used along with urine therapy. 152 pages, 5 ½ X 8 ½.

The Water of Life: A Treatise on Urine Therapy - John Armstrong

This is one of the first books on urine therapy which most people begin their research. It was originally written in 1944 by an English gentleman who is not a physician. He wrote the book, at the urging of many who consulted with him and cured themselves of anything from obesity to cancer and felt the public should be made known of this remarkable therapy. In 1971 it was published a second time, and it has since been republished 10 more times, because it is so popular. While Mr. Armstrong doesn't explain all the scientific reasons why urine therapy works, he has many testimonials of how many people have healed themselves. He himself got into this because of his own supposedly "incurable" tuberculosis. This is a must have book for anyone studying urine therapy, as all the other books reference the work of Mr. Armstrong. 136 pages, 5 ½ X 8 ½.

Whole Food Facts - Evely Roehl

Whole Food Facts is an indispensable resource. Listing every whole food likely to be found in a market – from old favorites like apples and oats to newcomers like quinoa and tempeh – Whole Food Facts describes what each food is, where it comes from, how to store it, and how to cook with it. Comprehensive nutritional breakdowns are provided for every food.
8" x 10", 290 p.

Your Own Perfect Medicine - Martha M. Christy

"For almost the entire course of the 20th century, unknown to the public, doctors and medical researchers have been proving in both laboratory and clinical testing that our own urine is an enormous source of vital nutrients, vitamins, hormones, enzymes and critical antibodies that cannot be duplicated or derived from any other source. They use urine for healing cancer, heart disease, allergies, auto-immune diseases, diabetes, asthma, infertility, infections, wounds and on and on – yet we're taught that urine is a toxic waste product. This discrepancy between the medical truth and the public information regarding urine is ludicrous and can mean the difference between life and death to you and your loved ones." 8½" x 11", 231 p.