

MM Foods to Address Conditions

This information has been extracted from the Medical Medium blogs on natural foods, and supplemented with information provided in Medical Medium’s books (Life Changing Foods [LCF], Medical Medium – Secrets behind... [MM], Thyroid Healing [TH]), and in his Radio Shows [RS], and Facebook groups postings and life appearances [GP]. Information from these other Medical Medium sources are labeled [OMMS]. This file is updated in an on-going basis. Your help on finding typos or errors is greatly appreciated so the document can be perfected. Please message Sarasvati Kumara via FaceBook with any correction or comment to improve it.

Link to [“Important information about this table”](#) (PLEASE READ)

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Health Conditions and Foods to Reverse and/or Prevent

Adaptogenic Foods:

From [LCF]: *“Wild foods are packed with adaptogens – that is, they are crucial to helping our bodies adapt to what life throws at us. They not only retain the vitamin and mineral levels that nature intended, they also carry critical survival information in their cells. When we ingest them, the wisdom that’s allowed them to thrive out in the elements becomes part of us.”*

Ashwagandha (significantly reduces stress related conditions such as adrenal fatigue, adrenal exhaustion, and heart and kidney problems); Ginseng (unique ability to balance and tone multiple physiological functions at once which can provide more efficient and effective healing); Gotu kola (excellent for strengthening the adrenal glands and preventing stress related illnesses such as headaches, exhaustion, insomnia, and indigestion); Schizandra berries (help balance the body’s stress hormones and normalize organ function during times of mental, emotional, physical, or environmental stress)

From [LCF]: Sprouts and microgreens (highly adaptogenic); Cat’s claw (contains antiviral adaptogens); Parsley (it’s practically a wild food, has an adaptogenic nature); Raspberry leaf (a top adaptogen); Nettle leaf (a star adaptogen - its adaptogenic qualities help us get in touch with our intuition); Raw honey (one

of the most adaptogenic foods of the planet - crucial to support immunity); Wild blueberries (number-one adaptogen period - the only food that reads your body's stress, disease, and toxicity levels and figures out the best way to heal you)

Aging:

Adrenals are precious for longevity and anti-aging. As far as reproductive hormones like estrogen and progesterone, women don't have children in their later years, so the hormones subside for a reason.

Menopause (the lack of cycles) slows down the aging process. A woman's most rapid aging happens between puberty and menopause. Think about how quickly a girl's body starts to develop after her first menstrual cycle: that's because reproductive hormones are steroid compounds that speed up the aging process. By reducing a woman's levels of estrogen and progesterone, menopause also helps safeguard her from cancers, viruses, and bacteria, which are all attracted to and feed on reproductive hormones.

Focus on the nonreproductive hormones like adrenaline, cortisol, neurotransmitters and thyroid hormones. These are the ones that take us to 100 years old. Also use routinely Pocket gym.

That's not to say reproductive hormones are bad. They're the reason women are able to bear children. Without these hormones, human life couldn't continue. Yet the body knows its limits. It's willing to pay the price for the ability to create life, so long as it restricts childbearing to the years between puberty and menopause— because it wants to keep you safe. Women are told reproductive hormones are the fountain of youth. The irony is that your youth wasn't in your 20s, 30s, or 40s. Your true youth happened before puberty. Reaching menopause is a way of reconnecting with that time. Menopause ends the reproductive system's cycle (and its drain on your body) and brings down reproductive hormone levels. It's the body's natural way of slowing down aging so that you can live a long, healthy life.

Hormone Replacement Therapy isn't anti-aging. Eat more fruits and vegetables, like antioxidants from wild blueberries. It's about how many antioxidants you've had in your life. More kale, avocado, and other foods that contain antioxidants. Fruit has antioxidants, anthocyanins that stop aging, stop oxidation.

Chia seeds (a great "brain food" known to help improve memory, sharpen focus and concentration skills, and reduce brain fog and forgetfulness); Maple syrup (holds dozens of trace minerals that fortify the brain and the rest of the CNS, protecting them from oxidation due to heavy metal damage and viral neurotoxins. Helps to build glycogen storage banks in the liver and brain to help balance blood sugar); Wild blueberries (help restore the CNS and contain exceptionally powerful antioxidants)

From [LCF]: "Antioxidants of different types that are abundant in fruits, vegetables, herbs and spices, and wild foods. Oxidation is a chemical reaction of the body's organ tissue with an invader— that is, a toxin. On top of the toxins themselves causing damage, the free radicals that the reaction produces wreak havoc on the body, deteriorating cells and causing aging. Oxidation of toxic heavy metals in the brain is especially damaging and frequently behind brain fog, memory loss, dementia, and Alzheimer's. And when radiation and DDT are present in the brain, they can kill brain tissue, causing it to oxidize at a Oxidation is a chemical reaction of the body's organ tissue with an invader— that is, a toxin. On top of the toxins themselves causing damage, the free radicals that the reaction produces wreak havoc on the body, deteriorating cells and causing aging. Oxidation of toxic heavy metals in the brain is especially damaging and frequently behind brain fog, memory loss, dementia, and Alzheimer's. And when

radiation and DDT are present in the brain, they can kill brain tissue, causing it to oxidize at a rapid rate. Antioxidants fight all of this. When you think antioxidants, think anti-aging. They bond to both toxins and free radicals, sticking to these invaders like fly paper so they stop oxidizing— and bundling them up for express shipment out of the body." Wild blueberries, avocados, berries (wild berries in particular), asparagus (anti-aging wonder, the propulsive energy of the young asparagus shoots is transferred to keep us young).

“Autoimmune” (so called) Conditions

Apples (reduce brain inflammation); Asparagus (beneficial due to abundance of glutathione which is an antioxidant powerhouse); Celery (essential “auto-immune” sufferer food due to its significant anti-inflammatory properties); Grapes (protect against autoimmune disorders and degenerative nerve diseases); Hawthorn berry (significant antioxidant and anti-inflammatory properties help with these disorders)

From [LCF]: grapes (potent antiviral properties for autoimmune diseases)

Addison’s disease:

Apples (significant anti-inflammatory results); Cilantro (very helpful); Olive Leaf (beneficial)

From [OMMS]: Wild blueberries, oranges & tangerines, papayas, pomegranates, asparagus, cruciferous vegetables, cucumbers, leafy greens, onions, sprouts, oregano, rosemary, sage & thyme, cat's claw, cilantro, garlic, ginger, lemon balm, parsley, turmeric, aloe vera, chaga mushroom, coconut, nettle leaf, red clover.

Guillain-Barre syndrome:

Ashwagandha (beneficial); Celery juice (highly beneficial due to anti-inflammatory properties); Cilantro (very helpful); Gotu Kola (very beneficial); Olive Leaf (beneficial); Pears (perfect for); Strawberries (essential food due to high levels of phenols)

Hashimoto’s thyroiditis:

Arugula (helps reduce nodule, tumors and cysts in the thyroid - both cancerous and benign); Apples (are anti-inflammatory for the thyroid since they address its viral load); Berries (rich in antioxidants not only slow down damage, but strengthen thyroid); Brazil nuts (high in Se vital for thyroid gland function); Cauliflower (helps fight off the thyroid’s viral load); Cruciferous veggies (their sulfur revitalizes the thyroid and prevents viruses from functioning); Oranges & Tangerines (high in bioavailable calcium that stops viruses from causing damage); Papaya (wonderful aid); Pears (perfect for); Pears (Iodine content keeps thyroid functioning properly); Raw honey (best food there is to replenish and revitalize the thyroid); Strawberries (essential food due to high levels of phenols); Tomatoes (contain their own specific type of Vitamin C which supports the thyroid’s own immune system)

From [OMMS]: Wild blueberries, cherries, mangoes, oranges and tangerines, papayas, asparagus, cruciferous vegetables, potatoes, sprouts, licorice root, raspberry leaf, turmeric, sea vegetables, chaga mushroom.

From [TH]: Apples (anti-inflammatory for the thyroid – when their pectin enters the digestive system, it releases phytochemicals that bind onto EB-V shrouding the virus cells so they can’t feed and proliferate); Celery (cleanses the thyroid from EB-V toxins, and bolsters production of T3 hormone; powerful

electrolytes support adrenal glands); Coconut (kills EB-V cells in the thyroid and reduces nodule growth); Cruciferous vegetables (their rich sulfur content has a ghostlike quality which saturates the thyroid gland creating screening effect preventing the virus from functioning); Fennel (contains aspirin-like compounds that act as anti-inflammatories for a viral inflamed thyroid thus improving its hormone production); Ginger (helps bring balance and homeostasis to the thyroid, lifting it up if hypo, and calming it down if hyper); Hemp seeds (provide micronutrients and vital amino acids for the thyroid); Walnuts-Brazil-Almonds-Cashews (have traces of Zn, Se, Mn to support the thyroid); Walnuts (their phytochemicals inhibit EB-V proliferation in thyroid, liver, and spleen); Onions & scallions (potent antiviral; their sulfur confuses and knocks down EB-V while nourishing the thyroid); Oranges & tangerines (rich in Ca block EB-V virus from causing thyroid damage); Papayas (bright phytochemical compounds drive more sunlight into the thyroid retarding EB-V growth and ability to drill into thyroid tissue; help stop thyroid atrophy); Parsley (bolsters T3 production; feeds & restores the thyroid); Potatoes (contain tyrosine needed to produce thyroid hormones); Raw honey (best replenishing fuel to feed and restore the thyroid, their glucose and other nutrients get mainlined into the gland); Squash (stabilizes the thyroid and increases production of T4 and T3); Tomatoes (their own type of vitamin C supports the thyroid's own immune system and strengthen the gland's production of the radio-like frequencies that create homeostasis); Wild blueberries (help repair thyroid tissue, reduce the growth of nodules, and stop thyroid from atrophy); Cat's claw (helps reduce enlarged thyroids); Lemon balm (great for dampening nodule growth); Cauliflower florets + apple slices (bring thyroid inflammation down while reactivating the gland after sluggishness caused by years of thyroid medication); Celery + Dates (combine mineral salts with high quality bioavailable glucose serves as powerful adrenal restorative and backup power for the thyroid); Kale + Mangoes (their alkaloid and carotene combination enter thyroid easily to stop growth of nodules and cysts); Pears + Arugula (protect the thyroid against shrinkage and atrophy and boost thyroid frequency abilities)

Lupus:

Amla (treats); apples (significant anti-inflammatory results); apricots (beneficial); bananas (contain protease inhibitors which can help stop viruses); Brussel sprouts (their high glucosinolate content greatly reduce inflammation providing relief); Burdock root (effective pain killer); California poppy (phenomenal natural pain reliever safe alternative to prescription medication); Cardamon (prevents blood clot formation in bloodstream); Cat's claw (particularly beneficial); Celery juice (highly beneficial due to anti-inflammatory properties); Chaga mushroom (ideal choice); Coconut water (beneficial); Cucumber juice (anti-inflammatory benefits); Garlic (vital anti-inflammatory properties); Green beans (contain anti-inflammatory compounds), Green peas (particularly good due to anti-inflammatory properties); Honeysuckle tea (particularly good due to its anti-inflammatory and diuretic properties); Hops (good due to powerful anti-inflammatory properties); Hops (good due to powerful anti-inflammatory properties); Kiwis (beneficial due to their anti-inflammatory properties); Leafy greens (help heal); Olive Leaf (beneficial); Papaya (provides significant relief); Pau D'Arco (highly beneficial); Plums (excellent for); Pomegranates (highly beneficial); Purslane (ideal food due to anti-inflammatory properties); Raspberries (particularly beneficial); Sarsaparilla (effective for); Shiitake mushrooms (beneficial); Strawberries (essential food due to high levels of phenols); Swiss chard (ideal food due to anti-inflammatory properties); Turmeric (significantly helps)

From [OMMS]: Wild blueberries, kiwis, oranges & tangerines, papayas, artichokes, celery, cucumbers, oregano, rosemary, sage and thyme, ginger, licorice root, turmeric, sea vegetables, burdock root, chaga mushrooms.

Lyme disease:

Ashwagandha (beneficial); Cat's claw (particularly beneficial); Cherries (beneficial potent anti-inflammatory); Collard greens (ideal because of anti-inflammatory properties); Garlic (vital anti-inflammatory properties); Kiwis (beneficial due to their anti-inflammatory properties); Leafy greens (help heal); Mustard greens (very beneficial); Papaya (provides significant relief); Pears (perfect for); Pomegranates (highly beneficial); Swiss chard (ideal food due to anti-inflammatory properties)

From [OMMS]: Wild blueberries, apples, apricots, berries, cranberries, papayas, pomegranates, artichokes, asparagus, celery, leafy greens, onions, radishes, sprouts, oregano, rosemary, sage & thyme, cat's claw, garlic, lemon balm, licorice, parsley, turmeric, burdock root, chaga mushroom, coconut, red clover.

Multiple sclerosis (MS):

Apples (significant anti-inflammatory results); bananas (contain protease inhibitors which can help stop viruses); Chia seeds (powerful anti-inflammatory properties); Cilantro (very helpful); Coconut water (beneficial); Cucumber juice (anti-inflammatory benefits); Gotu Kola (particularly beneficial); Leafy greens (help heal); Lemon Balm (highly beneficial); Mustard greens (very beneficial); Shiitake mushrooms (beneficial); Strawberries (essential food due to high levels of phenols); Swiss chard (protects against due to large number of phytonutrient antioxidants); Zucchini (particularly beneficial)

From [OMMS]: Wild blueberries, apples, berries, grapes, lemons & limes, melons, oranges & tangerines, papayas, asparagus, cucumbers, radishes, oregano, rosemary, sage & thyme, cat's claw, cilantro, turmeric, burdock root, chaga mushroom.

Rheumatoid arthritis:

Apricots (beneficial); bananas (contain protease inhibitors which can help stop viruses); Borage oil (excellent source of GLA which lowers inflammation providing relief); Brussel sprouts (their high glucosinolate content greatly reduce inflammation providing relief); Burdock root (effective pain killer); California poppy (phenomenal natural pain reliever safe alternative to prescription medication); Cat's claw (particularly beneficial); Cayenne pepper (neuropathy pain relief); Celery (beneficial); Celery juice (highly beneficial due to anti-inflammatory properties); Chaga mushroom (ideal choice); Chamomile (reduces swelling); Cherries (beneficial potent anti-inflammatory); Chia seeds (powerful anti-inflammatory properties); Collard greens (ideal because of anti-inflammatory properties); Cucumber juice (anti-inflammatory benefits); Dong Quai (highly beneficial); Elderberry extract sambucol (particularly beneficial); Garlic (vital anti-inflammatory properties); American Ginseng (beneficial); Gotu Kola (particularly beneficial); Honeysuckle tea (particularly good due to its anti-inflammatory and diuretic properties); Hops (good due to powerful anti-inflammatory properties); Kale (significantly beneficial); Kiwis (beneficial since they protect DNA from mutating); Leafy greens (help heal); Meadowsweet (potent anti-inflammatory properties reduce swelling); Mustard seed oil topical (helps relieve pain); Nutmeg oil topical (supports circulation); Olive Leaf (beneficial); Oranges (particularly beneficial); Oregano oil added to bath (helps treat); Papaya (provides significant relief); Pears (perfect for); Periwinkle (its anti-inflammatory properties make it great for); Pomegranates (highly beneficial);

Pumpkin seeds (beneficial due to anti-inflammatory properties); Purslane (ideal food due to anti-inflammatory properties); Raspberries (particularly beneficial); Reishi (has anti-inflammatory properties essential for); Romaine (beneficial due to unique low level of oxalic acid); Rose hips (beneficial); Rosemary (ideal due to power anti-inflammatory caffeic and rosmarinic acids); Sage (powerful protection against); Sage (highly beneficial due to anti-inflammatory rosmarinic acid compound); Sarsaparilla (effective for); Sesame seeds (its copper beneficial to reduce swelling); Shiitake mushrooms (beneficial); Skullcap (stops histamine production thus easing); Star anise (highly beneficial); Strawberries (essential food due to high levels of phenols); Tarragon (alleviates pain); Turmeric (significantly helps); Winter squash (excellent for); Yarrow (highly beneficial since removes uric acid from joints and muscles); Zucchini (beneficial due to anti-inflammatory compounds)

From [OMMS]: Wild blueberries, kiwis, lemons & limes, radishes, oregano, rosemary, sage & thyme, turmeric, cat's claw, ginger, nettle leaf.

Sarcoidosis (Granulomas):

Celery juice (highly beneficial due to anti-inflammatory properties)

From [OMMS]: Wild blueberries, cherries, berries, grapes, melons, oranges & tangerines, papayas, pomegranates, asparagus, cruciferous vegetables, cucumbers, leafy greens, onions, sprouts, oregano, rosemary, sage & thyme, cat's claw, burdock root, cilantro, garlic, ginger, lemon balm, parsley, turmeric, aloe vera, chaga mushroom, coconut, nettle leaf.

Bacterial Infections

Apples (reduce bacterial loads); Basil (effective antibacterial); Cilantro (highly beneficial); Cinnamon (contains anti-bacterial properties that kill Clostridium botulinum, staph, and E. coli); Cranberries (have a natural antibiotic effect in the body); Dill (highly beneficial); Garlic (helps flush toxic viral and bacterial waste out of the lymphatic system); Garlic (fantastic antibacterial – kills off strep); Ginger (provides protection and relief from E. coli, Staph infections); Goldenseal root (powerful herbal antibiotic; particularly good to treat mouth, throat, bladder, and respiratory infections); Grapefruit seed extract (very effective at killing bacteria); Honeysuckle tea (highly beneficial for fighting off the bacteria that causes strep throat, tuberculosis, and salmonella poisoning); Mullein (powerful anti-bacterial); Nettles (help eliminate); Olive leaf (particularly beneficial fighting pathogens); Olive leaf (particularly beneficial for E. coli, Salmonella, Staphylococcus, and Klebsiella pneumoniae); Onions (treat); Oregano (phenomenal antibacterial abilities with 99% kill rate against Streptococcus pneumoniae); Oregano essential oil topical or diffuser (one of the most potent antimicrobial oils); Pau D'Arco (used to treat); Pomegranates (their Punicalagin antioxidant offers protection against); Radishes (antibacterial); Raw honey (draws all the moisture out of germs which ultimately kills them); Red root (effective antibiotic); Rosemary (fights off); Sage (excellent for); Sapodilla (its tannins have potent anti-bacterial properties); Sarsaparilla (anti-microbial compounds faltarinol and panaxydol protect from); Shiitake mushrooms (their interferons inhibit germ replication); Shiitake mushrooms (highly beneficial due to high Zinc content); Spirulina (protects against); Star anise (potent anti-bacterial properties); Thyme (kills off bacteria and viruses and should be taken at first signs of illness); Wild cherry bark (anti-bacterial properties)

From [OMMS]: Wild blueberries, cranberries (their anti-proliferative compounds help halt bacterial growth), grapes, celery, melons (highly active fluids bind to bacterial toxins, flushing them out), aromatic herbs, cat's claw, raw honey, rose hips, pears (starve and kill unproductive bacteria in the IT), collard

greens (nutrients in the stems hold antibacterial properties, stronger when steamed or in soup), Apples and red cabbage (together expel bacteria from intestinal tract, liver, and spleen), Leafy greens (are antibacterial), Onions (one of the most accomplished foods to keep down the - bad - bacterial overgrowth in the body; sulfur compounds are the key to this)

From [TH]: Walnuts (antibacterial properties); Cat's claw (its phytochemicals are specifically geared to destroy all viruses and bacteria that cause inflammation); Licorice root (reduces strep and any of the related inflammation in the intestinal tract - like IBS); Lemon balm (kills off and repels viral and bacterial cells in the thyroid, liver, and spleen); Walnuts (hold antiviral phytochemical compounds that inhibit pathogen proliferation in the liver, spleen, and thyroid);

E. coli:

Ginger (protects from and relieves); Olive leaf (particularly beneficial); Cinnamon (kills); Onions (destroy); Paprika (protects digestive tract from); Spirulina (suppresses intestinal growth)

From [LCF]: Wild blueberries, apples, figs, grapes, melons, papayas (kill off), pears, cucumbers, onions, sweet potatoes, oregano, aloe vera.

C. difficile:

From [LCF]: Figs (effective alleviating complications from), papayas (kill off)

H-Pylori:

Brussel sprouts (removes from digestive tract); Kale (its isothiocyanates help protect the stomach from this pathogen); Papaya (phenomenal against)

From [LCF]: Wild blueberries, grapes, kiwis, melons, papayas (kill off) pears, leafy greens (particularly good at reducing), onions, oregano, garlic, lemon balm, aloe vera.

Salmonella:

Honeysuckle tea (highly beneficial); Olive leaf (particularly beneficial); Onions (destroy); Paprika (protects digestive tract from)

From [LCF]: Wild blueberries, figs, kiwis, pears.

Staph infections:

Cinnamon (contains anti-bacterial properties); Ginger (protects from and relieves); Mullein (potent remedy); Olive leaf (particularly beneficial)

From [LCF]: Wild blueberries, cranberries, lemons & limes, onions, sweet potatoes, garlic, rosemary, lemon balm, raw honey, rose hips.

Strep throat:

Burdock root (highly beneficial); Honeysuckle tea (highly beneficial as anti-bacterial); Marshmallow root (beneficial); Oregano (99% kill rate against streptococcus); Red root gargles (prevents and stops); Rosemary (destroys the pathogen); Thyme (destroys the pathogen)

From [OMMS]: Lemon water, coconut water, garlic, ginger, lemon balm, cat's claw, rose hips, turmeric, onions. Reduce solids in case of fever and stick to liquids and herbal teas.

Tuberculosis:

Honeysuckle tea (highly beneficial as anti-bacterial); Lomatium (highly effective as antibiotic herb); Mullein (highly beneficial in early stages due to powerful anti-bacterial and expectorant properties that remove phlegm from the lungs and mucus from the body); Nettle leaves (helps relieve)

From [OMMS]: Wild blueberries, cranberries, dates, pears, cucumbers, oregano, rosemary, cat's claw, garlic.

Blood Conditions

Foods with chlorophyll help heal blood: Alfalfa sprouts; asparagus (excellent blood builder due to its high chlorophyll content)

Amla (treats); aloe vera (purifies the blood); Brazil nuts (high in Se vital to prevent blood clotting); Burdock root (essential blood purifier); Cauliflower (helps detoxify blood and lymph); Celery (purifies the bloodstream; coumarin compounds enhance white cell activity; its mineral content nourishes the blood); Chicory (cleanses the blood); Cilantro (reduces LDL, and raises HDL); Cleavers (removes toxic debris out of the blood); Currants (purify the blood and prevent anemia); Dill (good bioavailable minerals for blood); Dong Quai (excellent blood builder, replenishes blood after surgery or injury), Echinacea (blood purifier); Garlic (contains allicin which significantly lowers cholesterol and blood pressure by inhibiting the HMG-CoA reductase enzyme within the liver cells); Gotu Kola (functions well as a blood cleanser); Grapefruit (lowers LDL and triglycerides; its naringin flavonoid helps remove old red blood cells and bring hematocrit levels to normal); Kiwis (have compounds that act as blood thinners preventing clot formation); Lemons and limes (balance sodium levels in the blood); Lomatium (makes blood more alkaline which helps detoxify the body); Lychees (nourish the blood); Nasturtiums (promote formation of new blood cells); Onions (potent antioxidant quercetin lowers cholesterol, and triglycerides); Papaya (wonderful aid for blood disorders); Pau D'Arco (effective detoxifier and purifier of the blood); Pistachios (incredibly nourishing for the blood); Pumpkin seeds (help reduce); Raw honey (purifies the blood); Rose hips (purify and nourish the blood); Saffron (supports healthy red blood cell production); Sarsaparilla (excellent detoxifier and blood purifier); Shiitake mushrooms (thin the blood); Sweet violet (great blood purifier); Tomatoes (purify the blood); Watercress (one of the best foods for purifying the blood); Wild blueberries (excellent blood cleansers); Winter squash (excellent remedy for)

From [LCF]: Apricots (boost growth of red blood cells), cherries (promote healthy hemoglobin), melons (their water is almost identical to blood with highly bioavailable Na, K, and glucose), pomegranates (great blood builder strengthens both red and white cell counts), Brussel sprouts (purify the blood)

From [TH]: Cucumbers (flush EB-V neurotoxins out of the bloodstream); Lemons & limes (balance sodium levels in blood allowing electrolytes to become active); Romaine & Butter Leaf Lettuce (cleanse and build the blood); Pears (balance blood sugar); Pomegranates (detox & cleanse the blood & LS); Maple syrup (helps balance blood sugar)

Anemia:

Apricots (one of the best sources for organic iron, copper, and cobalt); ashwagandha (beneficial); Burdock root (highly beneficial); Celery (beneficial); Currants (prevent); Dates (beneficial); Fennel (highly beneficial); Grapes (protect against); Leafy greens (help heal); Lychees (help nourish blood); Mizuna (prevents); Mustard greens (very beneficial); Paprika (high vitamin C content helps body absorb and assimilate iron); Parsnip (reduces risk); Pau D'Arco (highly beneficial); Raspberry leaf (excellent for);

Shiitake mushrooms (prevent due to excellent bioavailable form of iron); Spirulina (iron rich and easier to absorb than supplements, 10 gr provide 70% of minimum daily requirement); Swiss chard (particularly beneficial); Watercress (especially good for preventing)

From [OMMS]: Wild blueberries, cherries (provide bioavailable trace Iron), cranberries, grapes, spinach, barley grass, Swiss chard, squash, pumpkin seeds, asparagus, sulfur-free dried apricots, leafy greens, Onions (their sulfur compounds help slow iron loss), herbs, sprouts, raspberry leaf, sea vegetables, chaga mushrooms, nettle leaf, red clover.

Blood clots:

Cardamom (prevents blood clot formation in bloodstream); Hawthorn berry (beneficial); Kiwis (protect, have compounds that act as blood thinners preventing clot formation); Onions (prevent); Pomegranates (prevent); Reishi (prevents); Sweet violet (its rutin and salicylic acid content helps prevent, and inhibits platelet aggregation); Tarragon (prevents); Brazil nuts (high in Se vital to prevent blood clotting);); Garlic (blocks platelet clot formation in the blood vessels); Grapes (excellent protection, they increase nitric oxide levels which prevents blood clots); Cinnamon (its anti-clotting compounds help prevent strokes); Yarrow cream/salve topical (antibacterial and blood clotting properties help treat)

High Cholesterol:

Alfalfa sprouts (help lower cholesterol); artichokes (inhibit HMG-CoA reductase thus raising good HDL and lowering LDL); Bell peppers (help lower cholesterol); Berries (beneficial); Brussel sprouts (help lower cholesterol); Cat's claw (reduces cholesterol); Chicory (its inulin helps lower LDL); Chives (their allicin helps reduce); Cinnamon (helps regulate cholesterol); Collar greens (significantly lowers); Cranberries (lowers LDL and raises HDL in blood); Dates (lower LDL); Fenugreek (very effective at lowering); Garlic (its allicin helps reduce); Green peas (their phytosterols lower cholesterol); Hawthorn berry (beneficial); Hibiscus tea (lowers); Kiwis (lower triglycerides); Leafy greens (help significantly lower); Lemons (particularly beneficial); Macadamia nuts (lower LDL and raise HDL); Mache (lowers triglycerides and increases HDL); Mangoes (lower LDL); Milk Thistle (potent detoxifying herb regulates); Mustard seeds (highly beneficial, lower); Olive Leaf (lowers LDL); Oranges (their high pectin content helps reduce blood cholesterol); Pears (contain fiber that binds to bile acids in intestine which reduces); Pecans (rich in oleic acid decrease LDL and increase HDL); Pistachios (lower LDL and raise HDL); Pomegranates (lower LDL and raise HDL); Potatoes (lower LDL); Pumpkin (lowers); Pumpkin seeds (their phytosterols inhibit its absorption in the gastrointestinal tract ultimately reducing LDL); Red cabbage (works with bile acids in digestive process to remove it from blood); Reishi (reduces); Sesame seeds (lowers); Shiitake mushrooms (lower); Sprouts (its lecithin bind fats and cholesterol to water so they can be removed from the body more easily); Strawberries (lower); Tangerines (lower due to high fiber content)

From [OMMS]: Wild blueberries, berries, mangoes, pears, cruciferous vegetables, Brussel sprouts (lowers LDL and raises HDL), ginger, turmeric.

Calcifications

From [LCF]: Berries (reverse calcifications, scar tissue crystallizations, and adhesions in the brain), cranberries, pomegranates (a Godsend for dissolving), artichokes (reduce calcifications and scar tissue inside the body), leafy greens, turmeric, red clover.

Cancer

Prevention: Amla (contains potent anti-mutagenic and anti-proliferative chemicals vital in the prevention of cancer); Blackberries (contain powerful anti-carcinogenic agents); Coconut water (its high cytokinin content provides anti-cancer benefits); Crimini mushrooms (have even been shown to slow down or prevent the onset of tumors in the body); Dill (highly beneficial); Fennel (protects; phytonutrient anethole blocks carcinogenesis); Ginseng (prevents); Milk Thistle (potent detoxifying herb prevents); Mustard seeds (prevent); Oranges (prevent); Pecans (their ellagic acid, lutein, and zeaxanthin content protects from); Pomegranates (offer protection from); Pumpkin (prevents); Raspberries (high in ellagic acid prevent benign and malignant growths); Reishi (excellent preventative food as it contains compounds such as canthaxanthin and beta-1,3-D glucan which can slow down the growth of tumors and help immune cells bind to tumor cells and remove them from the body); Sage (powerful protection against); Sunflower seeds (prevent due to Vitamin E content); Wild blueberries (prevent)

Artichoke leaf extract kills off cancer cells. Asparagus (beneficial due to abundance of glutathione which is an antioxidant powerhouse); Astragalus (fights cancer); Barley grass (beneficial); Burdock root (has powerful anti-tumor properties and stops cancer cells from metastasizing); Cashews (their proanthocyanidins starve tumors and stop cancer cells from dividing); Cat's claw (have powerful anti-cancer and anti-tumor properties); Chaga mushroom (excellent source of betulinic acid which kills cancer cells on contact); Chia seeds (high in antioxidants, prevent cancers); Chives (their carotenes and lutein protect from a variety of cancers); Cleavers (contain anti-tumor compounds being effective internally and topically); Currants (contain cassis polysaccharide which has powerful anti-cancer properties); Grapes (protect against all forms of cancer); Hibiscus tea (anti-cancer properties that protect cells keeping them free from oxidative damage); Kiwis (beneficial since they protect DNA from mutating); Leafy greens (help heal); Lychees (contain flavonoids that prevent cancer cell growth and reduce the size of tumors); Milk Thistle (potent detoxifying herb with anti-cancer properties); Onions (have powerful anti-cancer properties to slow and reverse tumor growth within the body); Pau D'Arco (used to treat; contains anti-tumor compounds that help shrink and eliminate tumors from the body); Potatoes (contain antioxidant quercetin with anti-cancer properties); Purslane (its melatonin inhibits cancer growth; contains a betalin alkaloid that has anti-mutagenic properties that prevent or slow down the growth of tumors in the body); Raw honey (contains anti cancerous phytochemicals that when drawn into cancerous tumors and cysts, shut down the cancerous growth process—meaning it can stop cancer in its tracks); Red cabbage (high in potent anti-cancer anthocyanin polyphenols); Sapodilla (its tannins have potent anti-cancer properties); Shiitake mushrooms (their interferons inhibit cancer cell replication); Spirulina (helps heal); Sweet potatoes (one of the best anti-cancer foods); Wild cherry bark (anti-cancer properties)

From [LCF]: Avocados (stop estrogen related reproductive and colon cancers); grapes (their malvidin and anthocyanins prevent and fight most types of cancers), lemons & limes (create alkalinity in the body preventing almost every type of cancer), pomegranates (flush out unproductive estrogens), asparagus (their toxin inhibition properties make them an amazing tool for fighting every variety of), Broccoli & asparagus (eaten together heightens cancer-fighting compounds)

Bladder cancer:

Brussel sprouts (contain powerful anti-cancer compounds that fight and prevent); Kale (its glucosinolates protect from); Mustard greens (particularly beneficial due to strong anti-cancer dithiolthiones); Onions (particularly beneficial). Tomatoes (their super-antioxidant lycopene prevents)

From [LCF]: Wild blueberries, cherries, asparagus, sea vegetables, chaga mushroom.

Bone cancer:

Swiss chard (particularly beneficial)

From [LCF]: Wild blueberries, figs, asparagus, onions, sea vegetables, chaga mushroom.

Brain cancer:

From [LCF]: Wild blueberries, avocados, berries (protect against), cherries (specifically effective for glioblastoma), cherries (protect the brain from), cruciferous vegetables (help stave off), radishes.

Breast cancer:

Alfalfa sprouts (help prevent); apples (help prevent); Bell peppers (contain anti-cancer compounds that lower the risk); Blackberries (phytoestrogens help prevent); Brazil nuts (high in Se that strengthens the IS thus preventing); Broccoli (packed with anti-cancer beneficial compounds); Brussel sprouts (contain powerful anti-cancer compounds that fight and prevent); Calendula extract (beneficial anti-cancer properties); Cardamom (prevents); Cauliflower (contains anti-cancer indole-3-carbinol and sulforaphane); Chaga mushroom (particularly beneficial, excellent source of betulinic acid which kills cancer cells on contact); Cherries (excellent to fight); Collard greens (prevent); Crimini mushrooms (specifically beneficial, its CLA prevent high levels of estrogen from circulating within the body); Cucumber skin (its chlorophyll and lignan content makes it a great anti-estrogen-related cancers); Dates (prevent); Grapefruit (particularly beneficial); Guavas (help prevent); Kale (its glucosinolates protect from); Leafy greens (prevents); Lemons (help fight); Milk thistle (inhibits cancer cell growth); Mizuna (its glucosinolates have powerful anti-cancer properties); Mustard greens (particularly beneficial due to strong anti-cancer dithiolthiones); Onions (particularly beneficial); Pears (especially good to prevent); Persimmons (highly beneficial due to anti-cancer and anti-tumor Betulinic acid compound); Raspberries (particularly beneficial); Red cabbage (effectively protects due to high level of isothiocyanates, zeaxanthin, and lutein); Rose hips (prevent); Sarsaparilla (particularly helpful); Sweet potatoes (particularly beneficial prevents); Sweet violet (effective against); Swiss chard (particularly beneficial); Tomatoes (their super-antioxidant lycopene prevents); Turmeric (its curcumin inhibits); Walnuts (prevent); Watercress (its Gluconasturtiin compound prevents); Watermelon (protects from); Winter squash (protects against)

From [OMMS]: Wild blueberries, cherries, berries, grapes, melons, pomegranates, asparagus, cruciferous vegetables (help stave off), onions, potatoes, radishes, sweet potatoes, garlic, burdock root, chaga mushrooms, nettle leaf.

Cervical cancer:

Blackberries (phytoestrogens help prevent); Calendula extract (beneficial anti-cancer properties); Cauliflower (contains anti-cancer indole-3-carbinol and sulforaphane); Collard greens (prevent); Leafy greens (prevents); Milk thistle (inhibits cancer cell growth); Tomatoes (their super-antioxidant lycopene prevents)

From [OMMS]: Wild blueberries, cranberries, cruciferous vegetables (help stave off), sweet potatoes, sea vegetables, nettle leaf, burdock root, chaga mushroom, grapes, apricots, lemons & limes, sprouts, cat's claw, ginger, lemon balm, turmeric, celery, raw honey, rose hips, wheat grass, spinach, mache, bananas, peaches, nectarines, Sage (protects cervix from abnormal cell growth)

Colon cancer:

Alfalfa sprouts (help prevent); Apples (help prevent); Bananas (beneficial); Bell peppers (contain anti-cancer compounds that lower the risk); Blackberries (decreases the risk); Brazil nuts (high in Se that strengthens the IS thus preventing); Broccoli (packed with anti-cancer beneficial compounds); Brussel sprouts (contain powerful anti-cancer compounds that fight and prevent); Calendula extract (beneficial anti-cancer properties); Cardamon (prevents); Cauliflower (contains anti-cancer indole-3-carbinol and sulforaphane); Chaga mushroom (particularly beneficial, excellent source of betulinic acid which kills cancer cells on contact); Cherries (excellent to fight); Chicory (prevents); Collard greens (prevent); Cumin (reduces risk due to anti-cancer and anti-tumor properties); Dates (prevent); Fenugreek (protects); Grapefruit (particularly beneficial); Guavas (help prevent); Kale (protects from); Leafy greens (helps prevent); Lemons (helps to fight); Mamey (reduces risk); Mangoes (prevent); Mizuna (its glucosinolates have powerful anti-cancer properties); Mustard greens (particularly beneficial due to strong anti-cancer dithiolthiones); Onions (particularly beneficial); Parsnip (protects from); Pears (especially good to prevent); Persimmons (highly beneficial due to anti-cancer and anti-tumor Betulinic acid compound); Pomegranates (protects from); Potatoes (protect colon from cancer); Pumpkin (prevents); Radishes (specifically beneficial); Raspberries (particularly beneficial); Red cabbage (effectively protects due to high level of isothiocyanates, zeaxanthin, and lutein); Sapodilla (particularly helpful); Sweet potatoes (particularly beneficial prevents); Swiss chard (particularly beneficial); Tangerines (particularly beneficial); Tomatoes (their super-antioxidant lycopene prevents); Turmeric (its potent anti-cancer curcumin inhibits); Walnuts (prevent); Watercress (prevents); Watermelon (protects from); Wild cherry bark (slows down cancer cell growth by "switching off" cancer cells ability to duplicate and grow particularly in the colon area); Zucchini (particularly beneficial)

From [LCF]: Wild blueberries, avocados (stop), figs, grapes, potatoes, sweet potatoes, aloe vera.

Endometrial / Uterine cancer:

Brussel sprouts (contain powerful anti-cancer compounds that fight and prevent); Chaga mushroom (particularly beneficial, excellent source of betulinic acid which kills cancer cells on contact); Crimini mushrooms (specifically beneficial, its CLA prevents high levels of estrogen from circulating within the body); Cucumber skin (its chlorophyll and lignan content makes it a great anti-estrogen-related cancers); Dates (prevent); Tomatoes (their super-antioxidant lycopene prevents); Watermelon (protects from)

From [OMMS]: Wild blueberries, avocados (stop estrogen related reproductive cancers), berries, cruciferous vegetables (help stave off), sweet potatoes, sea vegetables, nettle leaf, burdock root, chaga mushroom, grapes, apricots, lemons & limes, sprouts, cat's claw, ginger, lemon balm, turmeric, celery, raw honey, rose hips, wheat grass, spinach, mache, bananas, peaches, nectarines.

Esophageal cancer:

Brazil nuts (high in Se that strengthens the IS thus preventing); Pears (especially good to prevent); Turmeric (its potent anti-cancer curcumin inhibits)

From [LCF]: Wild blueberries, pears, sweet potatoes, garlic.

Intestinal cancer:

Tomatoes (their super-antioxidant lycopene prevents)

From [LCF]: Pears (help prevent)

Kidney cancer:

Bananas (beneficial); Periwinkle (beneficial due to potent anti-cancer compounds); Radishes (specifically beneficial)

From [OMMS]: Wild blueberries, potatoes, sea vegetables, burdock root, chaga mushroom, grapes, apricots, lemons & limes, sprouts, cat's claw, ginger, lemon balm, turmeric, celery, raw honey, rose hips, wheat grass, spinach, mache, bananas, peaches, nectarines.

Leukemia:

Alfalfa sprouts (help prevent); Calendula extract (beneficial anti-cancer properties); Cinnamon (reduces the growth of cancer cells); Mangoes (prevent); Parsnip (protects from); Pau D'Arco (highly beneficial); Periwinkle (beneficial due to potent anti-cancer compounds)

From [OMMS]: Wild blueberries, grapes, cranberries, onions, sea vegetables, chaga mushroom, red clover, leafy greens, bell peppers, kiwis, lemons & limes, sprouts, cat's claw, ginger, lemon balm, turmeric, celery, raw honey, rose hips, papayas, mangoes, berries, apricots, wheat grass, spinach, mache, melons, bananas, peaches, nectarines.

Liver cancer:

Apples (help prevent); Brazil nuts (high in Se that strengthens the IS thus preventing); Broccoli (packed with anti-cancer beneficial compounds); Brussel sprouts (contain powerful anti-cancer compounds that fight and prevent); Cardamon (prevents); Collard greens (prevent); Cumin (reduces risk due to anti-cancer and anti-tumor properties); Leafy greens (prevents); Sarsaparilla (particularly helpful); Swiss chard (particularly beneficial); Turmeric (its potent anti-cancer curcumin inhibits)

From [OMMS]: Wild blueberries, melons, pears, artichokes, asparagus, potatoes, sea vegetables, burdock root, chaga mushroom, grapes, apricots, lemons & limes, sprouts, cat's claw, ginger, lemon balm, turmeric, celery, raw honey, rose hips, wheat grass, spinach, mache, bananas, peaches, nectarines.

Lung cancer:

Bananas (beneficial); Bell peppers (contain anti-cancer compounds that lower the risk); Brussel sprouts (contain powerful anti-cancer compounds that fight and prevent); Calendula extract (beneficial anti-cancer properties); Chaga mushroom (particularly beneficial, excellent source of betulinic acid which kills cancer cells on contact); Cherries (excellent to fight); Collard greens (prevent); Dates (prevent); Guavas (help prevent); Leafy greens (prevents)'; Lemons (help fight); Mangoes (prevent); Mustard greens (particularly beneficial due to strong anti-cancer dithiolthiones); Onions (particularly beneficial); Persimmons (highly beneficial due to anti-cancer and anti-tumor Betulinic acid compound); Pumpkin (prevents); Raspberries (particularly beneficial); Red cabbage (effectively protects due to high level of isothiocyanates, zeaxanthin, and lutein); Sapodilla (particularly beneficial); Sarsaparilla (particularly helpful); Sweet potatoes (particularly beneficial prevents); Sweet violet (effective against); Tomatoes

(their super-antioxidant lycopene prevents); Turmeric (its potent anti-cancer curcumin inhibits); Watermelon (protects from)

From [OMMS]: Wild blueberries, dates, asparagus, cruciferous vegetables (help stave off), sea vegetables, burdock root, chaga mushroom, grapes, apricots, lemons & limes, sprouts, cat's claw, ginger, lemon balm, turmeric, celery, raw honey, rose hips, wheat grass, spinach, mache, bananas, peaches, nectarines.

Lymphoma (including Non-Hodgkin's):

Chaga mushroom (ideal choice); Cinnamon (reduces the growth of cancer cells); Pau D'Arco (highly beneficial); Red root (treats)

From [LCF]: Wild blueberries, cherries (specifically effective with non-Hodgkin's), figs, oranges & tangerines, cat's claw, garlic, turmeric, burdock root, dandelion leaves (fresh leaf's bitterness is geared to squeeze toxins out of the lymphatic system making it ideal for this condition)

Melanoma:

From [LCF]: Wild blueberries, cherries (specifically effective)

Mouth cancer:

Pumpkin (prevents); Radishes (specifically beneficial); Sweet potatoes (particularly beneficial prevents); Turmeric (its potent anti-cancer curcumin inhibits); Watermelon (protects from)

Neuroblastoma:

Periwinkle (beneficial due to potent anti-cancer compounds)

Ovarian cancer:

Brussel sprouts (contain powerful anti-cancer compounds that fight and prevent); Cauliflower (contains anti-cancer indole-3-carbinol and sulforaphane); Collard greens (prevent); Crimini mushrooms (specifically beneficial, its CLA prevent high levels of estrogen from circulating within the body); Cucumber skin (its chlorophyll and lignan content makes it a great anti-estrogen-related cancers); Kale (its glucosinolates protect from); Leafy greens (prevents); Mustard greens (particularly beneficial due to strong anti-cancer dithiolthiones); Onions (particularly beneficial); Swiss chard (particularly beneficial)

From [OMMS]: Wild blueberries, avocados (stop estrogen related reproductive cancers), berries, cranberries, figs, cruciferous vegetables (help stave off), sweet potatoes, sea vegetables, nettle leaf, burdock root, chaga mushroom, grapes, apricots, lemons & limes, sprouts, cat's claw, ginger, lemon balm, turmeric, celery, raw honey, rose hips, wheat grass, spinach, mache, bananas, peaches, nectarines.

Oral cancer:

Lemons (help fight); Mangoes (prevent); Sapodilla (particularly beneficial)

Pancreatic cancer:

Alfalfa sprouts (help prevent); Calendula extract (beneficial anti-cancer properties); Dates (prevent); Swiss chard (particularly beneficial); Tomatoes (their super-antioxidant lycopene prevents); Turmeric (its potent anti-cancer curcumin inhibits); Watermelon (protects from)

From [LCF]: Wild blueberries, grapes, melons, pears (prevent), artichokes, asparagus, potatoes, ginger, aloe vera.

Prostate cancer:

Alfalfa sprouts (help prevent); apples (help prevent); Bell peppers (contain anti-cancer compounds that lower the risk); Brazil nuts (high in Se that strengthens the IS thus preventing); Broccoli (packed with anti-cancer beneficial compounds); Brussel sprouts (contain powerful anti-cancer compounds that fight and prevent); Calendula extract (beneficial anti-cancer properties); Cauliflower (contains anti-cancer indole-3-carbinol and sulforaphane); Chaga mushroom (particularly beneficial, excellent source of betulinic acid which kills cancer cells on contact); Cucumber skin (its chlorophyll and lignan content makes it a great anti-estrogen-related cancers); Grapefruit (particularly beneficial); Guavas (help prevent due to high lycopene content); Kale (its glucosinolates protect from); Leafy greens (prevents); Mangoes (prevent); ; Milk thistle (inhibits cancer cell growth); Mizuna (its glucosinolates have powerful anti-cancer properties); Mustard greens (particularly beneficial due to strong anti-cancer dithiolthiones); Onions (particularly beneficial); Persimmons (highly beneficial due to anti-cancer and anti-tumor Betulinic acid compound); Raspberries (particularly beneficial); Red cabbage (effectively protects due to high level of isothiocyanates, zeaxanthin, and lutein); Swiss chard (particularly beneficial); Tomatoes (their super-antioxidant lycopene prevents); Turmeric (its potent anti-cancer curcumin inhibits); Walnuts (prevent); Watercress (its Gluconasturtiin compound prevents); Watermelon (protects from)

From [OMMS]: Wild blueberries, berries, grapes, onions, potatoes, garlic, apricots, lemons & limes, sprouts, cat's claw, ginger, lemon balm, turmeric, celery, raw honey, rose hips, wheat grass, spinach, mache, melons, bananas, peaches, nectarines.

From [RS]: Wild blueberries (lots of), walnuts (they are a miracle for prostate cancer due to their phytochemicals and other nutrient compounds – not even studied by science), avocados and hemp seed. Celery juice (will lower the PSA test from wherever it comes because it lowers inflammation). Antioxidants from fruits (apples, berries, cranberries, cherries, mangoes, papayas, cherries, plums, peaches, kiwis, grapes), kale and spinach, lettuces (romaine and butter leaf are great). Fresh tomatoes alone every day are a secret weapon for reversing any prostate problem including cancer. Parsley, cilantro, & fresh oregano. HMD smoothie. Bilberry and elderberry (good and helpful for prostate).

Skin cancer:

Broccoli (packed with anti-cancer beneficial compounds); Collard greens (prevent); Guavas (help prevent); Leafy greens (prevents); Lemons (help fight); Mamey (prevents); Persimmons (highly beneficial due to anti-cancer and anti-tumor Betulinic acid compound); Pistachios (prevent); Red root salve/cream topically (treats); Sweet potatoes (particularly beneficial prevents); Sweet violet (effective against); Tomatoes (their super-antioxidant lycopene prevents); Turmeric (its potent anti-cancer curcumin inhibits)

From [LCF]: Wild blueberries, cherries, mangoes (rich in beta-carotene helps prevent all varieties of), radishes, sweet potatoes, turmeric, dandelion.

Stomach cancer:

Brazil nuts (high in Se that strengthens the IS thus preventing); Broccoli (packed with anti-cancer beneficial compounds); Cardamon (prevents); Cauliflower (contains anti-cancer indole-3-carbinol and sulforaphane); Chaga mushroom (particularly beneficial, excellent source of betulinic acid which kills

cancer cells on contact); Cherries (excellent to fight); Collard greens (prevent); Cumin (reduces risk due to anti-cancer and anti-tumor properties); Green peas (coumestrol compound helps lower risk); Leafy greens (prevents); Lemons (help fight); Onions (particularly beneficial); Pears (especially good to prevent); Radishes (specifically beneficial); Raspberries (particularly beneficial); Red cabbage (effectively protects due to high level of isothiocyanates, zeaxanthin, and lutein); Sweet violet (effective against); Swiss chard (particularly beneficial); Turmeric (its potent anti-cancer curcumin inhibits); Zucchini (particularly beneficial)

From [OMMS]: Wild blueberries, mangoes, oranges & tangerines, pears (help prevent), sweet potatoes, garlic, aloe vera, sea vegetables, nettle leaf, burdock root, chaga mushroom, grapes, apricots, lemons & limes, sprouts, cat's claw, ginger, lemon balm, turmeric, celery, raw honey, rose hips, wheat grass, spinach, mache, bananas, peaches, nectarines.

Throat cancer:

Grapefruit (particularly beneficial)

Thyroid cancer:

Arugula (helps reduce nodule, tumors and cysts in the thyroid (both cancerous and benign, and prevents cancer thyroid from developing in the first place)

From [LCF]: Wild blueberries, asparagus, celery, leafy greens, radishes, garlic, ginger, sea vegetables, burdock root, coconut.

From [TH]: Artichokes (their hearts contain undiscovered group of isothiocyanates which help to shrink nodules, tumors, and cysts by triggering an anti-tumor hormone that lies inside of human cells, even inside many nodules, tumors and cysts, exposing to the IS the EB-V that created them); Arugula (reduces nodules, tumors, and cysts in the thyroid, and helps prevent EB-V related thyroid cancer, its phytochemical compounds rejuvenate thyroid tissue while reducing scars); Dulse & kelp (remove radiation from the thyroid and prevent thyroid cancer); Basil (helps reduce nodules, cysts, and tumors and holds anticancer compounds; helps prevent); Blackberries (help reduce growth of nodules while fortifying and strengthening thyroid tissue); Coconut (kills EB-V cells and reduces nodule growth); Radishes (prevent and reduce); Spirulina (reduces the growth of nodules, tumors, and cysts (both cancerous and benign); Lemon balm (great for dampening nodule growth); Kale + Mangoes (their alkaloid and carotene combination enter thyroid easily to stop growth of nodules and cysts); Pears + Arugula (protect the thyroid against shrinkage and atrophy and boost thyroid frequency abilities); Wild blueberries + papaya (help stop, reduce, and prevent thyroid tumors of both types, and restores the gland's healthy tissue)

Chemo-protectors:

Astragalus (effective complement to those undergoing chemotherapy); Calendula (helps heal the after-effects of chemotherapy on a cellular level); Dill (contains medicinal compounds including flavonoids and monoterpenes that make it a great antioxidant and chemo-protective herb); American Ginseng (beneficial for post-chemo recovery); Milk thistle (helps protect the liver from the effects of chemotherapy); Pau D'arco (provides pain relief that sometimes accompany post-chemotherapy); Reishi (ease symptoms of chemotherapy such as hair loss, nausea, fever, infection, weight loss, and headaches); Shiitake mushrooms (lessen the chemo side effects); Rosemary oil topical (cleanses and nourishes the scalp); Shiitake mushrooms (their 1,3 beta-glucan and lentinan lessen side effects of chemo)

Cardiovascular Conditions

Asparagus (beneficial due to abundance of glutathione which is an antioxidant powerhouse); Astragalus (promotes circulation); Cantaloupe (keeps heartbeat normal and regulated while under stress). Cat's claw (lowers blood pressure, increases circulation, and reduces cholesterol). Cayenne pepper (boost circulation and regulates blood pressure); Celery (coumarin compounds support the vascular system). Cinnamon (helps increase circulation); Cleavers (removes toxic debris out of the blood and strengthens the entire circulatory system); Coconut water (highly beneficial; increases healthy circulation); Collard greens (source of folate essential for cardiovascular health); Cranberries (help prevent cardiovascular disease by stopping cholesterol plaque formation in the heart and blood vessels); Cumin seed oils (contain cuminaldehyde and thymol which support healthy circulatory system); Dandelion greens (Its high beta carotene and flavonoid content benefits the cardiovascular system); Dates (control heart rate and blood pressure); Dong Quai (reduces blood pressure levels and increases circulation); Elderberry extract sambucol (particularly beneficial for heart and cardiovascular conditions); Fennel (protects from cardiovascular disease); Figs (repair and restore cardiovascular system); Garlic (blocks platelet clot formation in the blood vessels); Korean Ginseng (improves blood circulation); Gotu Kola (contains triterpenoid compounds that strengthen the walls of blood vessels, veins, and capillaries improving blood flow and circulation); Grapes (excellent protection, they increase nitric oxide levels which prevents blood clots); Green beans (provide significant benefit due to their omega-3 content); Green peas (ideal food for cardiovascular health); Guavas (help prevent due to high lycopene content); Hawthorn berry (dilate peripheral and coronary blood vessels); Hibiscus tea (benefits cardiac health lowering cholesterol and triglyceride levels); Mizuna (highly beneficial for cardiovascular health due to high vitamin A content); Mustard greens (very beneficial); Olive Leaf (Oleuropein compound helps prevent constriction of arteries, increases blood flow, and improves functioning of the heart); Papaya (provides significant relief); Paprika (improves circulation); Pistachios (incredibly nourishing for the cardiovascular system); Pomegranates (improve circulation); Pomegranates (their Punicalagin antioxidant offers protection against heart disease); Potatoes (contain antioxidant quercetin with cardio-protective properties); Purslane (strengthens the CS); Raspberries (excellent for cardiovascular health); Reishi (excellent for cardiovascular health, helps dilate the coronary artery, improves circulation in cardiac muscle capillaries, increases blood flow to the heart, reduces triglycerides levels, and corrects arrhythmia); Romaine (its high silicon repairs and renews arteries); Rose hips (strengthen CS); Saffron (regulates heart rate and controls blood pressure); Sapodilla (particularly beneficial); Schizandra berries (particularly good for); Self heal tea (excellent for); Sesame seeds (support the CS); Skullcap (supports the CS); Spearmint (promotes blood circulation); Spirulina (prevents onset of); Strawberries (beneficial due to ellagic acid and flavonoid content); Sunflower seeds (highly beneficial for the CS); Swiss chard (particularly beneficial); Tomatoes (excellent to improve cardiovascular health); Turmeric (supports circulatory system); Valerian (very beneficial for the CS); Watercress (especially good for preventing); Wild blueberries (strengthen the circulatory system)

From [LCF]: Apricots (strengthen the heart), berries (protect heart valves and ventricles, and remove plaque by dissolving hardened fat deposits within veins and arteries), cranberries (their anthocyanins help heal cardiovascular disease), Onions (increase circulation)

From [TH]: Hemp seeds (great for protecting the heart from EB-V's biofilm that can gum up its valves; fortifies cardiovascular system); Spinach (binds onto and removes the jelly-like viral waste in the liver that contributes to weight gain and heart flutters)

Aneurysms:

From [LCF]: melons (protect from)

Angina (chest pains):

Dong Quay (highly beneficial); Hawthorn berry (beneficial); Onions (treat)

Arrhythmia:

Astragalus (prevents); Hawthorn berry (beneficial); Reishi (corrects)

From [OMMS]: Wild blueberries, lemons & limes, leafy greens, coconut, rose hips.

Arteriosclerosis:

Artichokes (prevents excessive fatty deposits in liver and blood); Brussel sprouts (beneficial); Hawthorn berry (beneficial); Paprika (feeds the cell structure of the arteries, veins, and capillaries so they regain elasticity); Sunflower sprouts (increase artery elasticity)

From [LCF]: Wild blueberries, cranberries (their anthocyanins help heal), oranges & tangerines, parsley.

Atherosclerosis (Coronary Artery Disease):

Bananas (beneficial); Blackberries (salicylic acid content inhibits); Brazil nuts (high in Se vital to prevent); Broccoli (reduces risk); Chrysanthemum tea (prevents); Cinnamon (prevents); Garlic (particularly beneficial); Grapefruit (its unique galacturonic acid breaks up fatty plaque buildup in the arteries and removes it completely from the body); Kiwis (beneficial since they protect DNA from mutating); Lemons (particularly beneficial); Macadamia nuts (protect from); Mustard seeds (prevent); Onions (prevent); Periwinkle (its anti-inflammatory properties make it great for); Pistachios (prevent); Potatoes (reduce risk); Raspberries (particularly beneficial); Sage (highly beneficial due to anti-inflammatory rosmarinic acid compound); Sunflower seeds (prevent); Walnuts (prevent and beneficial); Zucchini (particularly beneficial)

From [LCF]: Wild blueberries, berries.

Deep Vein Thrombosis (DVT):

Cardamon (prevents blood clot formation in bloodstream); Coconut water (its high cytokinin content provides anti-thrombotic benefits)

From [OMMS]: 28-Day cleanse recommended. Berries, fruits, and vegetables, especially leafy greens.

Embolism:

From [LCF]: Melons (protect from)

Heart attack:

Bell peppers (reduce risk); Broccoli (reduces risk); Brussel sprouts (reduces risk); Cashews (prevent); Cherries (reduce risk); Fenugreek (significantly reduces risk); Kiwis (protect); Paprika (high vitamin C content protects against); Pecans (rich in oleic acid helps prevent); Potatoes (reduce risk); Reishi (prevents); Romaine (reduces risk due to beta carotene and folate content); Shiitake mushrooms (prevent); Sunflower seeds (prevent); Tarragon (prevents); Zucchini (prevents)

From [LCF]: Wild blueberries, mangoes (stave off), melons (thin the blood and reduce risk of).

Heart Disease (cardiomyopathy):

Amla (treats); Astragalus (prevents); Avocado (prevents); Blackberries (protects against); Borage (strengthens the heart); Brazil nuts (reduces LDL and increases HDL); Broccoli (protects against); Cardamon (highly beneficial); Cauliflower (excellent anti-inflammatory properties); Cherries (reduce risk); Chia seeds (high in antioxidants, prevent); Chia seeds (powerful anti-inflammatory properties); Coconut water (beneficial); Collard greens (ideal because of anti-inflammatory properties); Crimini mushrooms (powerful anti-inflammatory properties); Dates (protects against); Gotu Kola (particularly beneficial); Grapes (protect against); Green peas (particularly good due to anti-inflammatory properties); Hawthorn berry (beneficial); Honeydew (reduces risk); Kale (protects against); Kiwis (beneficial since they protect DNA from mutating); Leafy greens (help heal); Lemons (particularly beneficial); Mache (reduces risk); Mamey (protects against); Mangoes (prevent); Olive Leaf (prevents); Parsnip (reduces risk); Pears (reduce risk); Pecans (rich in oleic acid helps prevent); Raspberries (particularly beneficial); Red cabbage (excellent for); Rose petals (soothe); Sage (powerful protection against); Sapodilla (particularly beneficial); Schizandra berries (particularly good for); Shiitake mushrooms (beneficial); Strawberries (prevent); Sunflower seeds (prevent due to Vitamin E content); Sunflower sprouts (prevent); Swiss chard (ideal food due to anti-inflammatory properties); Tangerines (particularly beneficial); Wild blueberries (support heart health); Winter squash (protects against)

From [LCF]: Wild blueberries, avocados, bananas, berries, cherries, cranberries, dates, figs, melons (thin the blood and prevent), leafy greens (help reverse due to their most bioavailable and assimilable proteins), potatoes, radishes, sweet potatoes, parsley, turmeric.

Heart palpitations:

Berries (beneficial); Celery juice (prevents and counteracts); Dong Quai (highly beneficial); Lemon Balm tea (terpene compound helps relieve)

From [OMMS]: Wild blueberries, apples, berries, dates, kiwis, cruciferous vegetables, leafy greens, sweet potatoes, cat's claw, lemon balm, licorice, coconut, rose hips.

From [TH]: Hemp seeds (great for protecting the heart from EB-V's biofilm that can gum up its valves producing this condition); Chaga mushroom (helps break down and dissolve EB-V biofilm byproduct that can be behind some heart palpitations)

High Blood Pressure / Hypertension:

Alfalfa sprouts (helps prevent as top vegetable source of antioxidants); Astragalus (lowers high blood pressure); Bananas (contain protease inhibitors which can help stop viruses); Borage oil (excellent source of GLA which lowers blood pressure); Broccoli (lowers high blood pressure); Cashews (lower blood pressure); Cat's claw lowers blood pressure); Celery (reduces blood pressure); Celery juice (prevents and counteracts); Chives (their allicin helps reduce); Chrysanthemum tea (stabilizes blood pressure); Coconut water (helps reduce); Collard greens (particularly beneficial); Dong Quai (highly beneficial); Fennel (highly beneficial); Figs (prevent); Garlic (its allicin helps lower); Guavas (particularly beneficial); Hawthorn berry (reduces); Honeydew (reduces); Lavender (relieves); Leafy greens (help heal); Lemon Balm tea (terpene compound helps relieve); Linden flower tea (helps reduce); Mamey (alleviates); Mustard seeds (highly beneficial, lower); Olive Leaf (lowers and maintains it at a healthy level); Onions (potent antioxidant quercetin lowers blood pressure); Oranges (very good for lowering); Paprika (normalizes blood pressure); Parsnip (highly beneficial); Pears (Glutathione content helps

prevent); Periwinkle (reduces); Pomegranates (lowers); Raw honey (stabilizes BP); Reishi (reduces); Rose petals (soothe); Sapodilla (particularly beneficial); Self heal tea (provides relief); Sesame seeds (prevent); Shiitake mushrooms (regulates blood pressure); Skullcap (lowers); Spirulina (helps heal); Sprouts (help heal); Sunflower sprouts (reduce); Sweet potatoes (due to high potassium content lower blood pressure by removing excess sodium and regulating fluid balance in the body); Sweet violet (excellent for lowering); Tomatoes (excellent to lower); Wild cherry bark (reduces); Yarrow (naturally regulates blood pressure); Zucchini (great source of potassium to maintain fluid balance and normalize blood pressure)

From [OMMS]: Wild blueberries, apricots, cranberries, dates, grapes, lemons & limes, mangoes, melons (their hydrating power helps lower blood pressure), oranges & tangerines, celery, cruciferous vegetables, onions, radishes, lemon balm, chaga mushroom, coconut, dandelion, red clover.

Hypotension:

Paprika (normalizes blood pressure); Shiitake mushrooms (regulates blood pressure); Yarrow (naturally regulates blood pressure); Zucchini (great source of potassium to maintain fluid balance and normalize blood pressure)

From [OMMS]: Coconut water, bananas, dates, celery sticks, licorice root.

Raynaud's syndrome:

Celery juice (highly beneficial due to anti-inflammatory properties); Green beans (contain anti-inflammatory compounds); Oranges (particularly beneficial); Plums (excellent for); Walnuts (beneficial)

From [OMMS]: Wild blueberries, apricots, oranges & tangerines, papayas, pomegranates, asparagus, cruciferous vegetables, cucumbers, leafy greens, onions, sprouts, oregano, rosemary, sage & thyme, cat's claw, cilantro, garlic, ginger, lemon balm, parsley, turmeric, aloe vera, chaga mushroom, coconut, nettle leaf, red clover.

Stroke:

Apples (help prevent); Avocado (prevents); Bananas (beneficial); Bell peppers (reduce risk); Brazil nuts (reduces LDL and increases HDL); Broccoli (reduces risk); Brussel sprouts (prevent); Cardamon (prevents blood clot formation in bloodstream); Cherries (reduce risk); Chia seeds (high in antioxidants, prevent); Chives (reduce risk); Cinnamon (its anti-clotting compounds help prevent strokes); Dates (protects against); Garlic (particularly beneficial); Kiwis (protect); Lemons (particularly beneficial); Macadamia nuts (protect from); Mangoes (prevent); Olive Leaf (prevents); Paprika (high vitamin C content protects against); Pears (Glutathione content helps prevent); Pecans (rich in oleic acid helps prevent); Periwinkle (highly beneficial due to vincamine alkaloid compound); Pistachios (prevent); Potatoes (reduce risk); Reishi (prevents); Romaine (reduces risk due to beta carotene and folate content); Shiitake mushrooms (prevent); Strawberries (prevent); Sunflower seeds (prevent); Tarragon (prevents); Walnuts (prevent); Zucchini (prevent)

From [OMMS]: Wild blueberries, avocados, berries, figs, mangoes (stave off), melons (protect from), celery, lemon water.

Varicose veins:

Calendula cream/salve (decreases swelling in bodily tissues); Chrysanthemum tea (helps); Gotu Kola (contains triterpenoid compounds that strengthen the walls of blood vessels, veins, and capillaries); Oat

Straw (strengthens blood vessels); Paprika (feeds the cell structure of the arteries, veins, and capillaries so they regain elasticity). Self heal poultice/salve topical (aids healing of)

Venous leg ulcer:

Hops topical (beneficial)

Children Conditions

Sesame seeds (especially beneficial for growth – high quality protein)

Chicken pox:

Elderflower (very beneficial to treat); Lomatium (potent viral treatment); Papaya (provides significant relief); Red root (highly beneficial); Reishi (highly beneficial due to its anti-viral properties)

Colic:

Chamomile (beneficial); Tarragon (relieves)

Diaper rash:

Cranberry juice (reduces pH levels in diaper, hence irritation); Pau D'Arco cream topically (speeds up healing)

Ear infections:

Mullein oil topical (highly effective)

From [LCF]: Wild blueberries, cherries, lemons & limes, onions, potatoes, oregano, garlic, ginger, lemon balm, raw honey, rose hips.

Fever:

Cucumber juice (excellent to bring down fever); Meadowsweet (its salicylic acid provides pain relief)

From [LCF]: Wild blueberries, cherries, lemons & limes, melons, cucumbers, aromatic herbs, garlic, lemon balm, Chaga mushroom, raw honey, rose hips.

Lice:

Star anise oil topical (excellent remedy for)

Measles:

Elderflower (very beneficial to treat); Lomatium (potent viral treatment)

Mumps:

Lomatium (potent viral treatment);

From [RS]: Wild blueberries, celery juice (cluster salts strip the viral membrane and destroy the virus), cucumber juice, apples (great for), pears (great for), peaches (great for), nectarines (great for), plums (great for), cherries (incredible for), Chaga mushroom, BGJP, Hawaiian spirulina, dandelion greens, burdock root-apple juice (amazing combination for), yellow dock & dandelion root tea (squeeze and purge the LS), hyssop tea, ginger and turmeric shots and tea (incredible for), red leaf lettuce (great for), purple & red radishes (purge and push poisons out of the LS), melons & watermelons, tomatoes (heal the LS), elderflower tea, hyssop tea, spinach, mache, olive leaf (helps get the pathogens out of the LS)

Pertussis:

Marshmallow root (beneficial); Mullein (highly beneficial due to powerful anti-bacterial and expectorant properties that remove phlegm from the lungs and mucus from the body); Wild cherry bark (effective remedy for)

Swallowed objects:

Sweet potatoes (plenty of sweet potato can stick to the object and allow it to pass through easier)

Teething:

Chamomile (beneficial); Marshmallow root topical (relieves)

Irritable/restless/cranky:

Chamomile (beneficial)

Connective Tissue Conditions

From [LCF]: Cherries, Cranberries (their amino acids protect connective tissue), Melons (high in Si, excellent food to restore ligaments, tendons, and connective tissues), Asparagus, Kale (anti-inflammatory compounds help destroy viruses, and bioavailable phytochemicals stimulate growth of healthy connective tissue), Leafy greens, Onions (their sulfur content helps repair), Sea vegetables (especially beneficial), Coconut

Dehydration

Cantaloupe (deeply hydrates and alkalinizes); Cucumber juice (ideal way to properly hydrate the body since it contains beneficial electrolytes that have the ability to bring nutrients and hydration deep into the cells and tissues making it far more effective than water alone); Grapefruit (packed with electrolytes hydrates the body); Honeydew (deeply hydrates and alkalinizes); Watermelon (effectively hydrates the entire body at a cellular level)

From [LCF]: Apples (provide precious trace minerals Mn and Mo, and electrolytes helping hydration at a deep cellular level), lemons & limes (ultra-hydrating and electrolyte producing), melons (their water with bioavailable Na, K, and glucose make them one of the most hydrating foods), oranges & tangerines, celery (hydrates at a deep cellular level), cucumbers (hydrate us at the deepest cellular level possible), coconut.

Digestive System Conditions

To clean the intestinal tract: Apples (their pectin prevent putrefaction of protein by acting as a broom that sweeps out the debris from the colon); Cayenne pepper (destroys worms and parasites in the gut – great when traveling abroad); Chicory (helps flush toxins out of digestive tract); Fenugreek (contains powerful compounds that can bind to toxins in the digestive tract and help to remove them from the body); Figs (their high mucin content help to eliminate toxic waste and mucus from the colon; they kill off bad bacteria in the bowel while promoting the buildup of good bacteria such as acidophilus); Korean Ginseng (cleanses a sluggish or bloated digestive tract); Lemons (help destroy putrefactive bacteria in the intestines.); Mustard seeds (good for cleansing the digestive tract and detoxifying the body); Onions

(purify the digestive tract and stop putrefactive and fermentation processes in the gastrointestinal tract); Oranges (help remove toxic debris from the colon through enhanced peristaltic action); Papaya (has a soothing, cleansing effect on the digestive tract and gently removes toxic debris while decreasing swelling and inflammation); Pears (high in pectin makes it highly beneficial for bowel regularity); Raspberries (bind onto and remove impurities in the IT); Red cabbage (ideal digestive tract food since it reduces bad bacteria and promotes good friendly bacteria in the gut); Tarragon tea (helps flush out toxins produced by the digestion of heavy, rich protein based meals); Watercress one of the best foods for removing mucus from the body)

From [LCF]: Apples (ultimate colon cleanser, collect and rid of pathogens, and gather and expel debris hiding in intestinal pockets), bananas (remove unproductive bacteria – thus destroy fungus – from intestinal tract and feeds good bacteria thus enhancing B12 production), dates (top anti-parasitic food, they bind to, destroy, and sweep away parasites, yeast, mold, fungus, heavy metals, bad bacteria, viruses and poisonous pathogens in the gut, also help restore peristaltic motion in the intestines after paralysis or dysfunction, to expel toxins), figs (one of the most effective bowel-cleansing foods on the planet; skins kill bad gut bacteria and feed good biota, seeds kill pathogens in intestinal crevices and pockets), celery (offers enzymes and co-enzymes, and raises HCl in the stomach so food digests with ease and does not putrefy)

From [TH]: Dates (trigger peristaltic action helping push out waste); Figs (grab on to toxins in the intestinal tract and drive them out of the body); Romaine & Butter Leaf Lettuce (stimulate peristaltic action); Bladder wrack (removes heavy metals from the intestinal tract)

To help with digestive disorders: Apricots (one of the best sources for organic iron, copper, and cobalt); asparagus (contains aspartic acid which is an amino acid that neutralizes excess amounts of ammonia in the body. Its healthy fiber stabilizes digestion). Artichokes (aid digestion and improve gallbladder function). Astragalus (prevent fats from being absorbed from the intestines which promotes healthy waste elimination). Barley grass (aids digestion). Basil (benefits the stomach during digestion providing immediate relief from gas, stomach cramps, and nausea); Blackberries (promote healthy digestion and assimilation); Calendula (highly beneficial for indigestion, liver and gallbladder problems); Cardamon (great to ease gas, nausea, indigestion, and cramping); Cat's claw (particularly beneficial for all digestive ailments); Cayenne pepper (helps create HCl in the stomach, and when taken with meals rebuilds stomach tissue and stimulates peristaltic motion of the intestines); Celery (strongly alkaline food counteracts acidosis and aids digestion); Celery juice (raises stomach's HCl acid; cleans liver, makes it more responsive, and enhances bile release); Chamomile (eases flatulence, stomach aches, cramping, and assists digestion and elimination); Chia seeds (soothe and cleanse the colon, absorb toxins, and strengthen peristaltic action); Roasted chicory (alkalinizes the stomach and aids digestion and assimilation); Chicory (helps digest fatty foods); Chives (fight intestinal fermentation, and stimulate stomach and liver function). Chrysanthemum tea (aids digestion of heavy meals); Cilantro (supports stomach, spleen, and pancreas); Cinnamon (particularly helpful for indigestion and flatulence); Coconut water (its bioactive enzymes help to significantly support digestion and metabolism); Cumin seed oils (contain cuminaldehyde and thymol which support healthy digestive system); Dill (highly beneficial); Fennel (used as a natural antacid to help reduce acidity and inflammation in the digestive tract and to facilitate proper absorption and assimilation of nutrients from food); Figs (repair and restore digestive system); Gentian (excellent tonic for the liver, pancreas, and gallbladder); Goldenseal root (increases

digestive enzymes and significantly enhances liver and spleen functions); Gotu Kola (improves digestive system); Green beans (promote regular peristaltic action and aid in the removal toxic, cancer-causing substances in the digestive tract); Kale (stimulates the liver and other tissues and organs out of stagnancy); Kiwis (have enzymes that aid digestion and elimination); Lemons (have very strong alkaline reaction on the body and can help to alkalize blood, cells, lymph, organs, and tissues); Limes (improve digestion by raising levels of HCl); Linden flower tea (effective for gall bladder issues); Lychees (help body metabolize carbohydrates, proteins, and fats); Mache (reduces risk); Mamey (soothes upset stomach); Mangoes (greatly aid digestion and assimilation); Meadowsweet (decreases acid build up in the stomach by soothing the mucous membranes and digestive tract); Mustard seeds (promote digestion and neutralize toxins preventing indigestion and bloating); Nutmeg (contains digestive properties highly beneficial for this system); Papaya (contains 500 undiscovered powerful digestive enzymes that aid digestion); Papaya seeds (excellent digestive aid contain more enzymes than a whole bottle of digestive enzyme capsules, and have all the nutrients necessary for almost instant assimilation); Paprika (aids digestion); Parsnip (specific affinity for the stomach, kidneys, and spleen); Pears (high in pectin makes it highly beneficial for digestion); Raw honey (contains healthy probiotics); Red root (works well for digestive ailments and abdominal pain); Romaine (antispasmodic properties aid digestive tract); Rose hips (strengthen DS); Saffron (natural digestive aid); Sage (aids in digestion of fatty and hard to digest foods); Sapodilla (its tannins neutralize acids by precipitating proteins); Spirulina (beneficial flora builder promotes healthy digestion and proper bowel function, increases absorption of nutrients from food); Tangerines (high in pectin improve digestion and elimination); Thyme (aids in the digestion of rich or fatty foods); Tomatoes (aid digestion of dense proteins); Turmeric (helps digest proteins and fats); Vanilla bean (greatly aids digestion); Yarrow (helps absorb and assimilate more nutrients from food in the digestive tract)

From [LCF]: Papayas (have more than 500 powerful digestive enzymes that aid digestion), Cucumbers (contain erepsin enzyme and currently unknown talafinn coenzymes that help protein digestion)

From [TH]: Celery (strengthens HCl in the gut and helps the liver produce bile to break down food); Lemons & limes (improve digestion by raising levels of HCl); Papayas (help rebuild HCl in the gut)

Protection of the intestinal tract: Avocado (its phytochemicals help protect the lining of the intestinal tract from Streptococcus - EB-V co-factor); Bananas (contain high levels of fructooligosaccharides which along with insulin help to promote nutrient absorption and assimilation; they also support the natural acidophilus bacteria in the bowel which helps promote a healthy and functional digestive tract as well as keep the immune system healthy and strong); Cauliflower (protects the lining of the stomach preventing overgrowth of H-Pylori, and detoxifies liver and spleen); Cloves (particularly beneficial for digestive tract and for indigestion/heavy meals); Ginseng (strengthens the digestive tract); Limes and lemons (tone the intestinal lining); Maple syrup (helps build glycogen storage banks in the liver); Marshmallow root (contain mucilate compound which provides protective barrier in the digestive tract which helps to heal and repair irritation); Oregano (strengthens the digestive tract); Papaya (500 undiscovered powerful digestive enzymes that heal the walls of the intestinal tract, even preventing scar tissue from forming there); Persimmons (soothe irritated digestive tracts); Potatoes (protect the colon from polyps and cancer); Saffron (soothes digestive tract); Spirulina (beneficial flora builder); Valerian (especially beneficial at soothing the intestinal tract); Wild blueberries (vital to the health of the digestive tract); Winter squash (excellent remedy for conditions of the stomach)

From [LCF]: Avocados (their flesh help restore the stomach and intestinal linings), figs (their pulp and fiber massage the intestinal lining and build up the digestive immune system), kiwis (fantastic to alleviate – raises HCl levels), lemons & limes (amazing cleansers of the gallbladder), mangoes (the pulp soothes the stomach and intestinal lining), papayas (have more than 500 powerful digestive enzymes that mend the walls of the IT, reduce inflammation, and prevent scar tissue from forming; have potent undiscovered coenzymes that enhance alkalinity of IT), pears (antispasmodic action soothes the lining of stomach and intestinal tract; restore linings in the gut that have become damaged and calloused by bacteria), celery (restores the entire digestive system), Leafy greens (help reverse gallbladder disease due to their most bioavailable and assimilable proteins), Onions (ultimate anti-inflammatory for the bowels, soothes the IT)

From [TH]: [Lemons & limes \(tone the intestinal lining\)](#)

Abdominal pain:

From [LCF]: [Kiwis \(fantastic to alleviate – raises HCl levels\)](#), papayas (heal the irritated nerve endings)

Acid reflux:

Celery juice (prevents and counteracts); Dill (reduces); Fenugreek tea (highly beneficial); Lemon Balm tea (beneficial); Nettle leaves (provide relief); Papaya (phenomenal); Persimmon tea (beneficial); Sapodilla (particularly beneficial)

From [OMMS]: [Celery juice, aloe water, leafy greens, papayas, mangoes, apples, ginger, kiwis \(fantastic to alleviate – raises HCl levels\), lemons & limes, oranges & tangerines, pears, sprouts, wild blueberries, licorice, dandelion.](#)

Acidosis:

Amla (counteracts acidosis, enhances food absorption, and regulates elimination-excellent digestive aid); Aloe vera (soothes, and helps assimilation and elimination); Celery juice (prevents and counteracts); Gentian (stimulates gastric juices and ignites the metabolism); Grapes (provide relief); Oranges (rich in lime and alkaline salts that counteract and prevent acidosis in the body); Pistachios (alkaline forming essential for healing); Winter squash (excellent remedy for)

From [LCF]: [Wild blueberries, melons, celery \(most powerful way to alkalize the gut due to its bioactive sodium that raise the body's pH and rids toxic acids\), cucumbers, leafy greens, parsley.](#)

From [TH]: [Spinach \(creates alkaline environment in the body\)](#)

Appendix inflammation:

From [LCF]: [Figs \(effective alleviating\)](#)

Barrett's esophagus:

From [LCF]: [Kiwis \(fantastic to alleviate – raises HCl levels\)](#)

Bloating:

Artichokes (help reduce); Brussel sprouts (stimulate kidneys to release water); Cantaloupe (helps the body excrete Na); Cardamon (diuretic); Cayenne pepper (decreases); Celery juice (prevents and counteracts); Chicory (gentle diuretic); Cleavers (alleviate); Cloves (particularly beneficial); Cranberry juice (increase friendly bacteria); Elderflower (natural diuretic alleviates); Fennel (highly beneficial); Figs

(help reduce); Gentian (stimulates gastric juices and ignites the metabolism); Honeysuckle tea (particularly good due to its anti-inflammatory and diuretic properties); Hops (provide relief due to estrogenic properties); Horsetail (beneficial due to its natural diuretic properties); Kiwis (useful, remove excess sodium buildup); Lavender (relieves); Lemon Verbena (relieves); Linden flower tea (helps as natural diuretic); Lomatium (reduces); Marshmallow root (helps as natural diuretic); Mustard seeds (prevent); Onions (natural diuretic, reduce); Oregano (expels trapped gas from the intestines easing); Papaya (phenomenal); Red root (works well for); Rose hips (beneficial); Star anise (relieves); Zucchini (reduces)

From [LCF]: Wild blueberries, apples, apricots, avocados, bananas, cranberries, kiwis (fantastic to alleviate – raises HCl levels), papayas, pears, celery, cucumbers (reduce), aromatic herbs, lemon balm, aloe vera, nettle leaf.

Celiac disease:

Apples (significant anti-inflammatory results); Basil (provides relief); Chaga mushroom (ideal choice due to anti-inflammatory properties); Lemon Verbena (highly beneficial); Olive Leaf (beneficial); Papaya (phenomenal)

From [OMMS]: Wild blueberries, apricots, bananas, figs, asparagus, leafy greens, potatoes, sprouts, sweet potatoes, ginger, turmeric, burdock root, chaga mushroom, dandelion, red clover.

Colitis:

Alfalfa sprouts (helps prevent as top vegetable source of antioxidants); aloe vera (soothes); apricots (beneficial); Basil (provides relief); Calendula (highly beneficial); Chaga mushroom (ideal choice due to anti-inflammatory properties); Cilantro (highly beneficial); Cranberry juice (increase friendly bacteria); Currants (their anthocyanins reduce inflammation); Hawthorn berry (beneficial due to its gastro-protective qualities); Hops (particularly beneficial); Lemon Balm tea (beneficial); Lemon Verbena (highly beneficial); Linden flower tea (effective for); Marshmallow root (highly beneficial); Milk thistle (excellent aid); Nettle leaves (provide relief); Olive Leaf (beneficial); Papaya (phenomenal); Pears (perfect for); Plums (excellent for); Reishi (has anti-inflammatory properties essential for); Sprouts (help heal); Strawberries (essential food due to high levels of phenols); Wild cherry bark (helps soothe)

From [OMMS]: Wild blueberries, avocados, bananas (antispasmodic for hyperactive colon), mangoes, melons, papayas (reverse), celery, potatoes, sweet potatoes, cilantro, garlic, aloe vera.

Constipation:

Alfalfa sprouts (helps prevent as top vegetable source of antioxidants); apples (beneficial); asparagus (prevents); Barley grass (relieves); Broccoli (prevents); Brussel sprouts (prevent); Celery juice (prevents and counteracts); Cherries (high in fiber, great remedy); Chicory (prevents); Cloves (particularly beneficial); Collard greens (particularly beneficial); Cranberry juice (increase friendly bacteria); Cucumber (excellent due to high fiber content – adds bulk and hydration to the colon); Cumin (treats); Dates (relieve); Fennel (highly beneficial); Fenugreek (highly beneficial); Figs (excellent laxative); Gentian (stimulates gastric juices and ignites the metabolism); Ginger (alleviates); Grapefruit (beneficial); Grapes (provide relief); Guavas (particularly beneficial); Hibiscus tea (relieves); Leafy greens (help heal); Lemons (alleviate); Mullein (beneficial); Nasturtiums (highly beneficial); Oranges (relieve); Papaya (phenomenal); Parsnip (highly beneficial); Pears (high in pectin makes it highly beneficial for bowel regularity); Persimmons (beneficial); Pistachios (highly beneficial); Plums (regulate digestive tract if eaten regularly);

Potatoes (prevent); Purslane (beneficial); Red cabbage (excellent for); Red root (works well for); Rose petals (beneficial); Rose hips (beneficial laxative effect); Sapodilla (particularly beneficial); Sprouts (help heal); Star anise (relieves); Sweet potatoes (very good for); Swiss chard (particularly beneficial); Tangerines (particularly beneficial); Wild cherry bark (helps soothe); Zucchini (reduces)

From [LCF]: Wild blueberries, apples, bananas, cherries (even better than prunes), dates, figs (effective alleviating), kiwis, mangoes (the pulp soothes the intestinal lining to alleviate), melons, oranges & tangerines, papayas (perfect for), pears, asparagus, leafy greens, cilantro, licorice, aloe vera, sea veggies, burdock root, dandelion, red clover, rose hips.

Cramps:

Basil (provides relief); Cumin (treats); Lemon Verbena (relieves); Mullein (helps reduce); Nutmeg (beneficial); Yarrow (provides significant relief)

From [LCF]: Wild blueberries, avocados, bananas (alleviate), leafy greens, sweet potatoes, ginger, aloe vera, burdock root, nettle leaf.

Crohn's disease:

Bananas (beneficial); Basil (provides relief); Cat's claw (particularly beneficial); Chaga mushroom (ideal choice); Coconut water (beneficial); Honeysuckle tea (particularly good due to its anti-inflammatory and diuretic properties); Lemon Verbena (highly beneficial); Marshmallow root (highly beneficial); Milk thistle (excellent aid); Reishi (has anti-inflammatory properties essential for); Strawberries (essential food due to high levels of phenols)

From [OMMS]: Wild blueberries, bananas (antispasmodic for hyperactive colon), celery, cilantro, parsley, garlic, spirulina, aloe vera, papaya (reverses), apples, spinach and leafy greens, sprouts, sweet potatoes, avocado, bananas, figs, mangoes, melons, potatoes, cat's claw.

Diarrhea:

Bananas (beneficial), Cinnamon (particularly good); Fennel (highly beneficial); Goldenseal root (effective alkaloids to treat); Grapefruit seed extract (very effective); Honeysuckle (beneficial); Lemon Verbena (relieves); Marshmallow root (highly beneficial); Meadowsweet: (highly beneficial); Mullein (beneficial); Nutmeg (beneficial); Purslane (beneficial); Raspberry leaf (excellent for); Rose petals (beneficial); Selfheal tea (beneficial); Wild cherry bark (helps soothe)

From [LCF]: Wild blueberries, bananas, figs, kiwis, papayas, pears, sweet potatoes, ginger, lemon balm, red clover.

Diverticulitis:

Alfalfa sprouts (helps prevent as top vegetable source of antioxidants); aloe vera (soothes); Cat's claw (particularly beneficial); Papaya (phenomenal remedy, and excellent for prevention); Sprouts (help heal)

From [OMMS]: Wild blueberries, apricots, bananas, figs, papayas (reverse), leafy greens, onions, oregano, licorice root, aloe vera, rose hips

Flatulence:

Cumin (treats); Dill (reduces); Fennel (has potent anti-flatulent and carminative properties which means it is able to prevent and stop the formation of gas in the stomach and intestines); Gentian (stimulates

gastric juices and ignites the metabolism); Grapefruit (beneficial); Lavender (relieves); Lemons (alleviate); Lemon Verbena (relieves); Nettle leaves (provide relief); Nutmeg (beneficial); Papaya (phenomenal); Red root (works well for); Spearmint (wonderful for); Star anise (relieves); Tarragon (relieves); Thyme (beneficial); Vanilla bean (particularly beneficial); Wild cherry bark (helps soothe)

From [LCF]: Wild blueberries, apples, apricots, avocados, bananas, cranberries, figs (effective alleviating), kiwis (fantastic to alleviate – raises HCl levels), papayas, pears, celery, cucumbers, aromatic herbs, lemon balm, aloe vera, nettle leaf.

Food poisoning:

Cardamom (kills off any food borne bacteria in the digestive tract); Cilantro (antibacterial compound dodecanal kills salmonella and prevents its poisoning); Garlic (particularly beneficial); Ginger (provides relief); Goldenseal root (effective alkaloids to treat); Grapefruit seed extract (very effective); Honeysuckle tea (highly beneficial as anti-bacterial); Pau D'Arco (helps balance out from E.coli or salmonella poisoning); Rose petals (beneficial)

From [RS]: Pears, ginger tea, ginger water, coconut water, oregano oil.

Gastritis:

Aloe vera (soothes); Borage oil (excellent source of GLA which lowers inflammation providing relief); Cat's claw (particularly beneficial); Cranberry juice (increase friendly bacteria); Cucumber juice (alleviate); Cumin (treats); Fenugreek (highly beneficial); Gentian (stimulates gastric juices and ignites the metabolism); Goldenseal root (very helpful); Grapes (provide relief); Guavas (particularly beneficial); Honeysuckle (beneficial); Linden flower tea (effective for); Marshmallow root (highly beneficial); Meadowsweet (highly beneficial); Nutmeg in teaspoon of honey (wonderful remedy); Olive Leaf (beneficial); Pau D'Arco (highly beneficial); Plums (especially good for); Sapodilla (particularly beneficial); Turmeric (heals gastrointestinal disorders); Wild cherry bark (helps soothe)

From [LCF]: Wild blueberries, kiwis, oranges & tangerines, papayas (reverse), pears, onions, sprouts, cat's claw, ginger, lemon balm, licorice, raspberry leaf.

Gastroesophageal reflux (GERD):

Cardamon (relieves condition); Celery juice (highly beneficial due to anti-inflammatory properties); Marshmallow root (highly beneficial); Turmeric (heals gastrointestinal disorders)

From [LCF]: Wild blueberries, bananas, dates, kiwis (fantastic to alleviate – raises HCl levels), mangoes, pears, leafy greens, onions, radishes, licorice.

Hiatal hernia:

Marshmallow root (highly beneficial); ginger (very effective)

From [LCF]: Wild blueberries, cranberries, pears, asparagus, sweet potatoes, ginger, lemon balm, aloe vera.

Halitosis:

Cardamon (highly beneficial); Dill seeds (reduce and ease digestion); Spearmint (wonderful for); Star anise (highly beneficial)

From [LCF]: Wild blueberries, cherries, onions, garlic.

Heartburn:

Calendula (highly beneficial); Cardamon (relieves condition); Cayenne pepper (provides relief); Celery juice (prevents and counteracts); Chicory (helps heal); Cucumber juice (alleviate); Fenugreek (highly beneficial); Ginger (alleviates); Lemon Verbena (relieves); Marshmallow root (highly beneficial); Meadowsweet: (highly beneficial); Star anise (relieves)

From [OMMS]: Celery juice, wild blueberries, lemons & limes, leafy greens, onions, radishes, sweet potatoes.

Hemorrhoids:

Aloe vera (soothes); Cayenne pepper (provides relief); Cleavers (beneficial); Collard greens (particularly beneficial); Echinacea topical (beneficial to reduce pain and swelling); Goldenseal root (effective to treat); Gotu Kola (effective for); Leafy greens (help heal); Meadowsweet topical (beneficial); Mullein (beneficial); Purslane (beneficial); Red root salve/cream topically (treats); Self heal poultice/salve topical (aids healing of)

From [LCF]: Wild blueberries, avocados, bananas, grapes, potatoes, aloe vera, rose hips.

Impactions:

Apples (beneficial)

Indigestion:

Astragalus (beneficial); Calendula (soothes); Cardamon (eases); Cinnamon (beneficial); Cloves (beneficial); Cranberry juice (increase friendly bacteria); Cucumber juice (alleviate); Cucumber (Talaftinn coenzymes alongside other enzymes, assist the body in digesting proteins); Cumin (treats); Dill (reduces); Fennel (excellent); Fenugreek (highly beneficial); Gentian (stimulates gastric juices and ignites the metabolism); Goldenseal root (very helpful); Gotu Kola (prevents); Grapefruit (beneficial); Grapes (provide relief); Lavender (relieves); Lemons (alleviate); Lemon Balm tea (beneficial); Lemon Verbena (relieves); Linden flower tea (effective for); Marshmallow root (highly beneficial) ; Meadowsweet: (highly beneficial); Mint tea (aids in the digestion of fats); Mullein (beneficial); Mustard seeds (prevent); Linden flower tea (helps reduce); Nasturtiums (highly beneficial); Nutmeg in teaspoon of honey (wonderful remedy); Oregano (highly beneficial); Papaya (phenomenal); Pears (high in pectin makes it highly beneficial for digestion); Red root (works well for); Rose petals (beneficial); Spearmint (wonderful for); Star anise (relieves); Sweet potatoes (very good for); Sweet violet (eases); Tarragon (prevents); Vanilla bean (greatly aids digestion)

From [LCF]: Papayas (have more than 500 powerful digestive enzymes that aid digestion)

Irritable Bowel Syndrome (IBS):

Alfalfa sprouts (helps prevent as top vegetable source of antioxidants); Aloe vera (soothes); Apples (top pick due to anti-inflammatory properties); Apricots (beneficial); Artichokes (aid digestion and improve gallbladder function); Bananas (beneficial); Basil (provides relief); Borage oil (excellent source of GLA which lowers inflammation providing relief); Cat's claw (particularly beneficial); Cauliflower (excellent anti-inflammatory properties); Celery juice (highly beneficial due to anti-inflammatory properties); Chaga mushroom (ideal choice due to anti-inflammatory properties); Cilantro (very helpful); Collard greens (ideal because of anti-inflammatory properties); Cranberry juice (increase friendly bacteria); Fennel (highly beneficial); Green beans (contain anti-inflammatory compounds); Hawthorn berry

(beneficial due to its gastro-protective qualities); Kale (significantly beneficial); Leafy greens (help heal); Lemon Balm tea (beneficial); Lemon Verbena (relieves irritability); Linden flower tea (effective for); Marshmallow root (highly beneficial) ; Meadowsweet: (highly beneficial); Milk thistle (excellent aid); Mint tea (relieves symptoms by relaxing the digestive muscles); Mustard greens (very beneficial); Oranges (particularly beneficial); Papaya (phenomenal); Plums (especially good for); Purslane (ideal food due to anti-inflammatory properties); Sage (powerful protection against); Sapodilla (particularly beneficial); Sarsaparilla (effective for); Skullcap (stops histamine production thus easing); Sprouts (help heal); Strawberries (essential food due to high levels of phenols); Turmeric (significantly helps); Valerian (especially beneficial at soothing cramps); Wild cherry bark (helps soothe)

From [OMMS]: Wild blueberries, bananas (antispasmodic for hyperactive colon), celery, cilantro, parsley, garlic, spirulina, aloe vera, papaya (reverses), apples, spinach and leafy greens, sprouts, sweet potatoes, avocado, figs, mangoes, melons, potatoes, cat's claw.

Nausea:

Basil (provides relief); Cardamon (great to ease); Cayenne pepper (relief); Cinnamon (particularly good); Cloves (particularly beneficial); Cumin (treats); Ginger (alleviates); Honeysuckle tea (highly beneficial); Lemon Verbena (relieves); Meadowsweet: (highly beneficial); Nettle leaves (provide relief); Nutmeg in teaspoon of honey (wonderful remedy); Reishi (eases); Spearmint (wonderful for); Vanilla bean (beneficial); Spearmint (wonderful for); Vanilla bean (particularly beneficial)

From [LCF]: Wild blueberries, apricots, figs, grapes, lemons & limes, melons, celery, aromatic herbs, ginger, lemon balm, licorice, parsley, sea vegetables.

Ulcers (peptic):

Alfalfa sprouts (helps prevent as top vegetable source of antioxidants); Aloe vera (soothes); Astragalus (helps lower stomach acidity); Bananas (prevent by strengthening the surface cells of the stomach lining which helps to create a thicker barrier against digestive acid and pepsin-the two main causes of this condition); Burdock root (highly beneficial); Calendula (highly beneficial); Cat's claw (particularly beneficial); Chamomile (eases); Cleavers (beneficial); Cranberries (prevents due to proanthocyanidins in tannic acids which coats the infection forming bacteria, such as E.coli and H.Pylori, with a slick cover and prevents them from sticking to the stomach walls); Cucumber juice (alleviate); Goldenseal root (very helpful); Hawthorn berry (beneficial due to its gastro-protective qualities); Honeysuckle (beneficial); Marshmallow root (highly beneficial) ; Meadowsweet: (highly beneficial); Papaya (phenomenal); Raspberry leaf (excellent for); Raw honey (heals); Red cabbage (excellent for); Reishi (very good for); Rose petals (soothe); Spearmint (wonderful for); Sprouts (help heal); Sweet potatoes (very good for); Sweet violet (eases)

From [LCF]: Wild blueberries, mangoes, melons, leafy greens, papayas (reverse), potatoes, aromatic herbs.

Small Intestinal Bacterial Overgrowth (SIBO):

Scallions (wonderfully healing); Rosemary (antibacterial to fight the underlying Strep, also strengthens digestion); Thyme (to destroy the underlying Strep); Oregano (tremendous weapon to destroy the underlying Strep); Sage (anti-bacterial properties to fight the underlying Strep, and potent anti-inflammatory); Parsley (juiced with celery knocks down the condition); Cilantro (draws heavy metals and

helps to get rid of the condition); Pau d'Arco tincture; Hyssop tea (powerful fighting properties); Hibiscus tea (powerful fighting properties); Elderberry tea (powerful fighting properties)

From [OMMS]: Wild blueberries, apples (excellent anti-proliferative to contain bacteria growth), dates, figs, kiwis, papayas (ideal food for), onions (one of the most accomplished foods to keep down bacterial overgrowth; sulfur compounds are the key to this), potatoes, oregano, rosemary, sage & thyme, cat's claw, garlic, ginger, lemon balm, turmeric, aloe vera, chaga mushroom, coconut, raw honey, rose hips.

DNA repairing foods:

From [LCF]: Apricots (skin's enzymes and co-enzymes are DNA protective), Celery, Ginger (ideal for DNA reconstruction), Sea vegetables (reconstructs damaged DNA), Raw honey

Ear Conditions

Earaches:

Calendula drops (ease the pain); Hops (particularly beneficial); Mullein oil topical (highly effective); Radishes (help reduce)

From [LCF]: Wild blueberries, apples, bananas, berries, dates, oranges & tangerines, pomegranates, radishes, aromatic herbs, coconut, raw honey.

Ear infection:

Echinacea (beneficial); Garlic (particularly beneficial); Lemons (particularly beneficial); Mullein oil topical (highly effective)

From [LCF]: Wild blueberries, cherries, lemons & limes, onions, potatoes, oregano, garlic, ginger, lemon balm, raw honey, rose hips.

Earwax:

From [LCF]: Cranberries (dislodge earwax buildup and help bring back hearing), pomegranates (clear out and minimize new production)

Hearing loss:

Parsnip (reduces risk); Periwinkle (highly beneficial due to vincamine alkaloid compound)

From [OMMS]: Wild blueberries, oranges & tangerines, papayas, pomegranates, asparagus, cruciferous vegetables, cucumbers, leafy greens, onions, sprouts, oregano, rosemary, sage & thyme, cat's claw, cilantro, garlic, ginger, lemon balm, parsley, turmeric, aloe vera, chaga mushroom, coconut, nettle leaf, red clover.

Endocrine Disorders

Apples (are anti-inflammatory for the thyroid since they address its viral load); Berries (rich in antioxidants not only slow down damage, but strengthen thyroid); Brazil nuts (high in Se vital for thyroid gland function); Cilantro (supports adrenals, thyroid, and pancreas); Cruciferous veggies (their sulfur revitalizes the thyroid); Dong Quai (premier hormone regulator; reduces estrogen levels if they are too high or increase estrogen levels if they are too low); Ginger (helps bring balance and homeostasis to the thyroid, lifting it up if it's hypo and calming it down if it's hyper); Ginseng (balances the endocrine system); Lemon Balm tea (promotes a healthy and balanced endocrine system); Mangoes (help maintain

hormonal balance); Nettle tea (supports spleen, thyroid, and pancreas), Nutmeg oil (supports adrenal glands); Oat Straw (particularly beneficial for the ES and the adrenal glands); Papaya (500 undiscovered powerful digestive enzymes that support the pancreas); Parsley (feeds and restores the thyroid, and bolsters production of the thyroid hormone T3); Pears (Iodine content keeps thyroid functioning properly); Potatoes (help regulate thyroid hormones); Raspberries (balance the ES); Sesame seeds (strengthen hormone production); Raw honey (best food there is to replenish and revitalize the thyroid); Sweet potatoes (support the adrenals); Tomatoes (excellent to nourish adrenal glands; contain their own specific type of Vitamin C which supports the thyroid's own immune system); Thyme (gets into the thyroid killing off viruses and cleaning up every thyroid disease); Zucchini (supports the liver in the T4→T3 thyroid hormone conversion)

From [LCF]: Cherries (one of the best endocrine-system-boosting foods), Dates (rich in about 70 bioactive minerals that support the adrenal glands), Lemons & limes (amazing cleansers of the thyroid), Papayas (have more than 500 powerful digestive enzymes that support the pancreas), Pears (rejuvenate the pancreas), Pomegranates (restore glucose reserve in liver thus protecting adrenal glands from burnout), Pomegranates (regulate hormones, flush out unproductive estrogens), Artichokes (nourish the pancreas, adrenals, and thyroid with sedation phytochemicals and calming minerals replenishing the organs' reserves), Asparagus (their chlorophyll and lutein act as critical deep cleansers of the pancreas), asparagus (one of the adrenals' most supporting and regenerating foods), Cauliflower (contains boron that helps ES including hypothalamus, thyroid, and adrenals staving off viruses – most easily digested in raw form), Cucumbers (electrolyte content nourishes and cools down overused adrenals), Leafy greens (contain micronutrients for restoring the ES); Nettle leaf (pampers the adrenals and other members of the endocrine system – including ovaries, thus addressing multiple sources of hormone disruption at once)

From [TH]: Artichokes (their hearts contain nutrients to support and restore the thyroid gland itself, phytochemicals – undiscovered group of isothiocyanates - that communicate with the thyroid's frequency delivery system, and also support the IS); Aloe vera (draws radiation out of the thyroid); Asparagus (cleanses spleen and liver, strengthens the pancreas, and supports the thyroid); Dulse & kelp (their iodine content is antiseptic for the thyroid and one of its most powerful fighting mechanisms next to zinc; both minerals present in these sea vegetables can stop a viral infection in the thyroid thus bringing inflammation down; remove radiation and prevent thyroid cancer); Avocados (contain easily assimilable form of copper that helps balance production of T4 and T3 thyroid hormones); Basil (helps reduce thyroid nodules, cysts, and tumors and holds anticancer compounds); Blackberries (help reduce growth of nodules while fortifying and strengthening thyroid tissue); Cauliflower (contains trace mineral Boron to support the entire endocrine system, and also phytochemicals that stop the thyroid from shrinking that can occur due to long term overmedication with prescription thyroid hormones); Celery (cleanses the thyroid from EB-V toxins, and bolsters production of T3 hormone; powerful electrolytes support adrenal glands); Coconut (kills EB-V cells in the thyroid and reduces nodule growth); Cruciferous vegetables (their rich sulfur content has a ghostlike quality which saturates the thyroid gland creating screening effect preventing EB-V from functioning); Cucumbers (strengthen adrenals); Cucumbers (hydrate the LS, especially the part based around the neck area where the thyroid has its own IS with specially assigned lymphocytes that seek out EB-V cells, allowing better cleansing of the thyroid); Dates (their K, Mg, and glucose content supports the ES); Fennel (contains aspirin-like compounds that act as anti-inflammatories for a viral inflamed thyroid thus improving its hormone production); Hemp seeds

(provide micronutrients and vital amino acids for the thyroid); Kale (its phytochemicals enter the thyroid killing off pockets of EB-V in their early stages); Romaine & Butter Leaf Lettuce (their trace mineral salts support the adrenals); Maple syrup (helps balance blood sugar, keeping adrenals strong and stable); Walnuts-Brazil-Almonds-Cashews (have traces of Zn, Se, Mn to support the thyroid); Walnuts (their phytochemicals inhibit EB-V proliferation in thyroid, liver, and spleen); Onions & scallions (potent antiviral; their sulfur confuses and knocks down EB-V while nourishing the thyroid); Oranges & tangerines (rich in Ca block EB-V virus from causing thyroid damage); Papayas (bright phytochemical compounds drive more sunlight into the thyroid retarding EB-V growth and ability to drill into thyroid tissue; help stop thyroid atrophy); Parsley (bolsters T3 production; feeds & restores the thyroid); Pears (reduce insulin resistance; support adrenals); Pomegranates (revitalize and rejuvenate thyroid tissue, aid adrenals, & protect and cleanse parathyroid gland); Radishes (contain over 30 trace minerals needed to revitalize the thyroid; prevent thyroid atrophy; removes radiation from thyroid); Raw honey (best fuel to replenish the thyroid; its glucose & nutrients are mainlined to the thyroid having there a symbiotic effect); Sesame seeds (contain highly bioavailable trace forms of tyrosine for the thyroid's function); Sprouts and microgreens (contain critical micronutrients for the thyroid, and reduce growth of nodules); Squash (stabilizes the thyroid and increases production of T4 and T3); Tomatoes (their own type of vitamin C supports the thyroid's own immune system and strengthen the gland's production of the radio-like frequencies that create homeostasis); Turmeric (helps restore thyroid tissue); Walnuts (hold antiviral phytochemical compounds that inhibit pathogen proliferation in the liver, spleen, and thyroid); Watercress (stops the growth of EB-V caused scar tissue in liver and thyroid); Wild blueberries (help repair thyroid tissue, reduce the growth of nodules, and stop thyroid from atrophy); Lemon balm (kills off and repels viral and bacterial cells in the thyroid, liver, and spleen; great for dampening nodule growth); Licorice root (which supports and rejuvenate adrenals, when taken with Mg glycinate, ignite the chemical compounds of the supplement bringing the glands back at a faster pace);); Cauliflower florets + apple slices (bring thyroid inflammation down while reactivating the gland after sluggishness caused by years of thyroid medication); Celery + Dates (combine mineral salts with high quality bioavailable glucose serves as powerful adrenal restorative and backup power for the thyroid); Bananas + dulse flakes (their iodine, potassium and sodium combined strengthen the entire ES and CNS against neurotoxins and their ill effects); Kale + Mangoes (their alkaloid and carotene combination enter thyroid easily to stop growth of nodules and cysts); Pears + Arugula (protect the thyroid against shrinkage and atrophy and boost thyroid frequency abilities); Wild blueberries + papaya (help stop, reduce, and prevent thyroid tumors of both types, and restores the gland's healthy tissue); Tangerines + Raspberries (help prevent calcium loss due to due to walling off of viruses in thyroid)

Adrenal Fatigue:

Ashwagandha (treats); Borage (excellent source of GLA which strengthens adrenal function); Chives (especially beneficial); Cucumber juice (a real adrenal builder); Siberian Ginseng (excellent for); Gotu Kola (strengthens adrenals); Lemon Balm (highly beneficial); Nutmeg oil (supports adrenal glands); Oat Straw (supports and balances adrenal glands); Potatoes (important food for); Raspberry leaf (excellent for); Schizandra berries (particularly good for); Sweet potatoes (support the adrenals)

From [OMMS]: Sprouts, asparagus (one of the most adrenal supporting foods in existence to bring them back), wild blueberries, bananas, dates (rich in about 70 bioactive minerals support the adrenal glands), garlic, broccoli, kale, raspberries, blackberries, romaine lettuce, red skin apples, licorice, spirulina, ashwagandha, rose hips, barley grass, lemon balm, pomegranates (restore glucose reserve in liver thus

protecting adrenal glands from burnout), Cucumbers (electrolyte content nourishes and cools down overused adrenals); Figs (full of minerals to support the adrenals); Oranges (the Ca in them helps bring adrenals back. The white part has important bioflavonoids that support the adrenal function); Spinach (full of mineral salts brings adrenals back)

From [TH]: Celery (powerful electrolytes support the adrenals); Romaine & Butter Leaf Lettuce (their trace mineral salts support the adrenals); Maple syrup (helps balance blood sugar, keeping adrenals strong and stable); Pears (support adrenals); Pomegranates (aid adrenals); Sweet potatoes (support adrenals); Licorice root (restores adrenals); Chaga mushroom (strengthens the adrenals); Licorice root (which supports and rejuvenate adrenals, when taken with Mg glycinate, ignite the chemical compounds of the supplement bringing the glands back at a faster pace); Celery + Dates (combine mineral salts with high quality bioavailable glucose serves as powerful adrenal restorative and backup power for the thyroid)

Diabetes Type 1:

Artichokes (their inulin compound balances blood glucose level); Asparagus (helps maintain blood sugar levels); Asparagus (beneficial due to abundance of glutathione which is an antioxidant powerhouse); astragalus (lowers blood sugar); Avocado (its monounsaturated fats reverse insulin resistance which helps to steady blood sugar levels); Barley grass (beneficial); Berries (beneficial); Broccoli (regulates blood sugar); Burdock root (effective pain killer); Cherries (excellent to fight); Chia seeds (stabilize blood sugar levels); Chicory (its inulin helps control blood sugar); Cilantro (highly beneficial); Cinnamon (helps regulate blood sugar)[Collard greens (particularly beneficial); Dill (eugenol content reduces blood sugar levels); Fenugreek (contains amino acid 4-hydroxy- isoleucine which helps to facilitate insulin secretion which is very helpful for diabetics who are trying to find natural ways to control their blood sugar levels); American Ginseng (beneficial); Grapefruit (beneficial); Grapes (provide better insulin regulation and overall blood sugar balance); Guavas (particularly beneficial); Hops (good due to powerful anti-inflammatory properties); Kale (protects against); Kiwis (keep their blood sugar levels under control); Lemons (particularly beneficial); Milk Thistle (potent detoxifying herb lowers blood glucose levels); Nettle leaves (lower blood sugar); Olive Leaf (beneficial); Onions(stabilize blood sugar levels and provide relief to the liver when processing glucose and insulin); Papaya (supports the pancreas); Pau D'Arco (highly beneficial); Potatoes (keep blood sugar levels stable and within normal range); Reishi (its Gandorean polysaccharides keep blood sugar stable and balanced); Romaine (balances blood sugar due to Vitamin E and K content); Swiss chard (its syringic acid helps regulate blood sugar levels); Tarragon (its poly-phenolic compounds lower blood glucose levels); Turmeric (regulates blood sugar); Zucchini (particularly beneficial)

From [OMMS]: Wild blueberries, apples, apricots, bananas, berries, cherries, cranberries, dates (deliver vital glucose to the liver), grapes, kiwis (amazing food for regulating blood sugar, and lowers fat in the bloodstream), lemons & limes, mangoes, melons (lower elevated A1C levels), oranges & tangerines, papayas, pears (high in electrolytes stabilizes blood sugar), pomegranates, artichokes, asparagus, celery, cruciferous vegetables, cucumbers, leafy greens, potatoes, sprouts, burdock root, coconut, raw honey, rose hips, artichokes (ideal food for the pancreas and blood sugar imbalances)

Diabetes Type 2:

Amla (treats); Artichokes (their inulin compound balances blood glucose level); ashwagandha (beneficial); Asparagus (helps maintain blood sugar levels); Asparagus (beneficial due to abundance of

glutathione which is an antioxidant powerhouse); Astragalus (lowers blood sugar); avocado (its monounsaturated fats reverse insulin resistance which helps to steady blood sugar levels); Barley grass (beneficial); Berries (beneficial); Broccoli (regulates blood sugar); Burdock root (effective pain killer); Cherries (excellent to fight); Chia seeds (stabilize blood sugar levels); Chicory (its inulin helps control blood sugar); Cilantro (highly beneficial); Cinnamon (helps regulate blood sugar); Collard greens (particularly beneficial); ; Dill (eugenol content reduces blood sugar levels); Figs (contain chlorogenic acid which can help lower blood sugar levels and control blood glucose levels); American Ginseng (beneficial); Grapefruit (beneficial); Grapes (provide better insulin regulation and overall blood sugar balance); Green peas (lower risk due to low glycemic index and blood sugar regulating properties); Guavas (particularly beneficial); Hops (good due to powerful anti-inflammatory properties); Horsetail (lowers blood glucose levels within 1.5-2 hours); Kale (protects against); Kiwis (keep blood sugar levels under control); Leafy greens (syringic acid helps regulate blood sugar levels); Lemons (particularly beneficial); Milk Thistle (potent detoxifying herb lowers blood glucose levels); Nettle leaves (lower blood sugar); Olive Leaf (beneficial); Onions (prevent); Onions(stabilize blood sugar levels and provide relief to the liver when processing glucose and insulin); Papaya (supports the pancreas); Pau D'Arco (highly beneficial); Pears (reduce risk); Pistachios (prevent); Potatoes (keep blood sugar levels stable and within normal range); Raspberries (ketone compounds improve insulin balance and blood sugar regulation); Raw honey (balances blood sugar); Reishi (its Gandorean polysaccharides keep blood sugar stable and balanced); Romaine (balances blood sugar due to vit. E and K content); Sage (powerful protection against); Sarsaparilla (beneficial); Schizandra berries (keep sugar stable and balanced); Swiss chard (its syringic acid helps regulate blood sugar levels, and ideal food due to anti-inflammatory properties); Tarragon (its poly-phenolic compounds lower blood glucose levels); Turmeric (regulates blood sugar); Walnuts (prevent); Wild blueberries (reduce risk); Zucchini (particularly beneficial)

From [OMMS]: Wild blueberries, apples, apricots, bananas, berries, cherries, cranberries, dates (deliver vital glucose to the liver), grapes, kiwis (amazing food for regulating blood sugar and lowers fat in the bloodstream), lemons & limes, mangoes (powerful to help reverse), melons (lower elevated A1C levels), oranges & tangerines, papayas, pears (high in electrolytes stabilizes blood sugar), pomegranates, artichokes, asparagus, celery, cruciferous vegetables, cucumbers, leafy greens, potatoes, sprouts, burdock root, coconut, raw honey, rose hips, artichokes (ideal food for the pancreas and blood sugar imbalances)

From [TH]: Maple syrup (helps balance blood sugar); Pears (reduce insulin resistance; balance blood sugar)

Graves' disease:

Mustard greens (very beneficial); Olive Leaf (beneficial)

From [LCF]: Wild blueberries, cherries, mangoes, oranges & tangerines, papayas, asparagus, cruciferous veggies, potatoes, sprouts, licorice root, raspberry leaf, turmeric, sea veggies, chaga mushroom.

Hormonal imbalances:

Berries (beneficial).

From [LCF]: Wild blueberries, berries, cranberries (destroy toxic hormones); oranges & tangerines, pomegranates (flush out unproductive estrogens); leafy greens, sprouts (critical to restore estrogen, progesterone, and testosterone after childbirth); sweet potatoes (rid the body of unproductive estrogen)

that affects the endocrine system); raspberry leaf (supports the entire endocrine system in hormone output); turmeric, aloe vera; burdock root (removes toxic hormones coming from outside sources); nettle leaf (addresses multiple sources of hormone disruption at once); red clover.

Hyperthyroidism:

Apples (are anti-inflammatory for the thyroid since they address its viral load); Berries (rich in antioxidants not only slow down damage, but strengthen thyroid); Brazil nuts (high in Se vital for thyroid gland function); Cauliflower (helps fight off the thyroid's viral load); Cruciferous veggies (their sulfur revitalizes the thyroid and prevents viruses from functioning); Ginger (helps bring balance and homeostasis to the thyroid, lifting it up if it's hypo and calming it down if it's hyper); Oranges & Tangerines (high in bioavailable calcium that stops viruses from causing damage); Pears (Iodine content keeps thyroid functioning properly); Raw honey (best food there is to replenish and revitalize the thyroid); Tomatoes (contain their own specific type of Vitamin C which supports the thyroid's own immune system); Thyme (gets into the thyroid killing off viruses and cleaning up every thyroid disease)

From [OMMS]: Wild blueberries, cherries, cranberries, oranges and tangerines, papayas, asparagus, celery, cruciferous vegetables, potatoes, sprouts, licorice root, raspberry leaf, turmeric, sea vegetables, chaga mushroom.

From [TH]: Ginger (helps bring balance and homeostasis to the thyroid, lifting it up if hypo, and calming it down if hyper); Walnuts-Brazil-Almonds-Cashews (have traces of Zn, Se, Mn to support the thyroid); Walnuts (their phytochemicals inhibit EB-V proliferation in thyroid, liver, and spleen); Onions & scallions (potent antiviral; their sulfur confuses and knocks down EB-V while nourishing the thyroid); Oranges & tangerines (rich in Ca block EB-V virus from causing thyroid damage); Papayas (bright phytochemical compounds drive more sunlight into the thyroid retarding EB-V growth and ability to drill into thyroid tissue; help stop thyroid atrophy); Tomatoes (their own type of vitamin C supports the thyroid's own immune system and strengthen the gland's production of the radio-like frequencies that create homeostasis); Kale + Mangoes (their alkaloid and carotene combination enter thyroid easily to stop growth of nodules and cysts); Tangerines + Raspberries (help prevent calcium loss due to due to walling off of viruses in thyroid)

Hypoglycemia:

Asparagus (helps maintain blood sugar levels); Berries (beneficial); Grapes (provide better insulin regulation and overall blood sugar balance); Kiwis (keep blood sugar levels under control); Leafy greens (syringic acid helps regulate blood sugar levels); Romaine (balances blood sugar due to vit. E and K content); Swiss chard (its syringic acid helps regulate blood sugar levels); Schizandra berries (keep sugar stable and balanced)

From [LCF]: Wild blueberries, apples, apricots, bananas, berries, dates, kiwis (amazing food for regulating blood sugar, and lowers fat in the bloodstream), mangoes (powerful to help reverse), melons, oranges & tangerines, papayas, pears (high in electrolytes stabilizes blood sugar), pomegranates, artichokes, asparagus, celery, cruciferous veggies, cucumbers, leafy greens, potatoes, sprouts, coconut, raw honey, artichokes (ideal food for the pancreas and blood sugar imbalances)

Hypothyroidism:

Ashwagandha (helps the body produce thyroid hormones which can increase energy, metabolism, and promote a balanced sleep cycle); Asparagus (beneficial); Berries (rich in antioxidants strengthen

thyroid); Brazil nuts (high in Se vital for thyroid gland function); Coconut water (beneficial); Cruciferous veggies (their sulfur revitalizes the thyroid and prevents viruses from functioning); Dong Quai (highly beneficial); Ginger (helps bring balance and homeostasis to the thyroid, lifting it up if it's hypo and calming it down if it's hyper); Oranges & Tangerines (high in bioavailable calcium that stops viruses from causing damage); Parsley (feeds and restores the thyroid, and bolsters production of the thyroid hormone T3); Pears (Iodine content keeps thyroid functioning properly); Raw honey (best food there is to replenish and revitalize the thyroid); Tomatoes (contain their own specific type of Vitamin C which supports the thyroid's own immune system); Thyme (gets into the thyroid killing off viruses and cleaning up every thyroid disease); Zucchini (supports the liver in the T4→T3 thyroid hormone conversion)

From [LCF]: Wild blueberries, cherries, cranberries, mangoes, oranges and tangerines, papaya, asparagus, celery, cruciferous vegetables, potatoes, sprouts, licorice, raspberry leaf, turmeric, sea vegetables, chaga mushroom.

From [TH]: Ginger (helps bring balance and homeostasis to the thyroid, lifting it up if hypo, and calming it down if hyper); Walnuts-Brazil-Almonds-Cashews (have traces of Zn, Se, Mn to support the thyroid); Walnuts (their phytochemicals inhibit EB-V proliferation in thyroid, liver, and spleen); Onions & scallions (potent antiviral; their sulfur confuses and knocks down EB-V while nourishing the thyroid); Oranges & tangerines (rich in Ca block EB-V virus from causing thyroid damage); Papayas (bright phytochemical compounds drive more sunlight into the thyroid retarding EB-V growth and ability to drill into thyroid tissue; help stop thyroid atrophy); Raw honey (best replenishing fuel to feed and restore the thyroid, their glucose and other nutrients get mainlined into the gland); Parsley (bolsters T3 production; feeds & restores the thyroid); Potatoes (contain tyrosine needed to produce thyroid hormones); Squash (stabilizes the thyroid and increases production of T4 and T3); Tomatoes (their own type of vitamin C supports the thyroid's own immune system and strengthen the gland's production of the radio-like frequencies that create homeostasis); Wild blueberries (help repair thyroid tissue, reduce the growth of nodules, and stop thyroid from atrophy);); Cauliflower florets + apple slices (bring thyroid inflammation down while reactivating the gland after sluggishness caused by years of thyroid medication); Celery + Dates (combine mineral salts with high quality bioavailable glucose serves as powerful adrenal restorative and backup power for the thyroid); Pears + Arugula (protect the thyroid against shrinkage and atrophy and boost thyroid frequency abilities); Wild blueberries + papaya (help stop, reduce, and prevent thyroid tumors of both types, and restores the gland's healthy tissue)

Polycystic ovarian syndrome (PCOS):

Apricots (beneficial); Berries (beneficial); Chaga mushroom (ideal choice); Coconut water (beneficial); Red root (very effective at eliminating ovarian cysts); Sweet potatoes (help reduce viral caused cysts and fibroids throughout the entire body)

From [OMMS]: Wild blueberries, berries, cherries (remove toxins from uterus and RS thus helping reduce fibroids and ovarian cysts), pomegranates (especially beneficial), asparagus, sprouts, sweet potatoes, lemon balm, raspberry leaf, turmeric, nettle leaf.

From [TH]: Sweet potatoes (reduce fibroids and cysts throughout the body)

From [RS]: Fruits (antioxidants and sugars in them feed the reproductive system and starve the virus); HMD smoothie (removes the heavy metals so the virus cannot get stronger); Spirulina (feeds the ovaries and then can fight the virus); Raspberry leaf; Tons of nettle leaf; Lemon balm; Spinach; parsley; fresh

tomatoes (reduce the fluid levels and cysts around the ovaries); Cilantro; Apples, Peaches; Kiwis and plums; Mangoes and melons; Celery juice (every single day for the mineral salts needed by the reproductive system); Cucumber juice; Chaga mushroom (cleans the liver and thyroid from EBV, and helps the reproductive system); Turmeric; Snack with apples, dates, bananas, wild blueberries.

Environmental Toxins and Pollutants

Shiitake mushrooms (among the few natural sources of germanium, a mineral that has the ability to counteract the effects of pollutants and increase resistance to disease)

Eye Conditions

Vision improvement: Amla (powerful antioxidants that strengthen vision); Bell peppers (high in beta-carotene aid vision); Blackberries (powerful antioxidants); Cantaloupe (maintains healthy eyesight); Cashews (contain bioflavonoid zeaxanthin), Crimini mushrooms (boost eye health due to antioxidant compound called L-ergothioneine); Dandelion greens (high in beta-carotene and vitamin A vital for eye health); Eyebright (contains anti-viral, anti-inflammatory, and anti-allergenic properties, beneficial for eye related problems); Grapes (provide relief for vision problems); Green beans (contain carotenoids and flavonoids excellent for eye health); Kiwis (promote eye health); Leafy greens (highly beneficial; amazing for eye and vision problems); Mamey (great for eye health); Mangoes (excellent promoters of good eyesight); Mizuna (highly beneficial for eye health due to high vitamin A content); Mustard greens (amazing for eye and vision problems); Nasturtiums (highly beneficial for eye health); Oranges (have significant amount of glutathione which is critical for eye health); Plums (improve vision if eaten regularly); Purslane (improves vision); Spirulina (promotes healthy eyes); Strawberries (beneficial for); Watercress (especially good for preventing eye degeneration); Watermelon (strengthens vision); Wild blueberries (vital to the health of the eye)

From [TH]: [Hemp seeds \(protect eyes affected by EB-V; reduce eye floaters\)](#)

Blurry eyes:

Berries (beneficial); Celery juice (prevents and counteracts); Eyebright (particularly beneficial); Leafy greens (amazingly beneficial); Mustard greens (amazingly beneficial)

From [OMMS]: [Wild blueberries, bananas, berries, cranberries, grapes, mangoes, melons, celery, oranges & tangerines, turmeric, sea vegetables, coconut, figs, lemons & limes, rose hips.](#)

Cataracts:

Bell peppers (protect against); Broccoli (reduces risk); Cantaloupe (lowers risk); Chaga mushroom (highest level of free-radical neutralizing SOD); Eyebright (particularly beneficial); Mamey (prevents); Saffron (prevents and repairs); Sunflower seeds (prevent due to Vitamin E content); Tarragon (prevents); Zucchini (particularly beneficial)

From [OMMS]: [Wild blueberries, mangoes, asparagus, oranges, avocados, parsley, celery juice, saffron, fennel, winter squash, spinach, carrots, sweet potatoes.](#)

Conjunctivitis:

Calendula wash (beneficial); Eyebright (particularly beneficial); Goldenseal extract topical (to treat); Meadowsweet eyewash (beneficial); Self heal poultice/salve topical (aids healing of)

From [LCF]: Wild blueberries, cranberries, lemons & limes, onions.

Dark under-eye circles:

Papaya (wonderful aid)

From [LCF]: Wild blueberries, avocados (reduce dark circles and rejuvenate skin), papaya, radishes, aloe vera, chaga mushroom.

Dry itchy eyes:

Calendula wash (beneficial); Chrysanthemum tea (potent anti-viral and antibacterial properties); Leafy greens (amazingly beneficial), Mangoes (prevent); Meadowsweet eyewash (beneficial); Mustard greens (amazingly beneficial)

From [OMMS]: Wild blueberries, sprouts, asparagus, bananas, garlic, broccoli, kale, raspberries, blackberries, romaine lettuce, red-skin apples, licorice, spirulina, ashwagandha, rose hips, lemon balm.

Eye floaters:

Berries (beneficial)

From [LCF]: Wild blueberries, avocados, berries, papaya, pomegranates, garlic, chaga mushroom, raw honey.

From [TH]: Hemp seeds (reduce eye floaters and protect eyes)

Farsightedness:

Sunflower seeds (provides relief)

Glaucoma:

Periwinkle (highly beneficial due to vincamine alkaloid compound)

From [LCF]: Wild blueberries, mangoes, turmeric, sea vegetables, coconut.

Inflamed eyelids:

Goldenseal extract topical (to treat); Wild cherry bark eyewash topical (beneficial)

Light sensitivity:

Self heal tea (provides relief); Sunflower seeds (provides relief)

Macular Degeneration:

Alfalfa sprouts (helps prevent as top vegetable source of antioxidants); Blackberries (prevent); Broccoli (reduces risk); Cashews (prevent); Collard greens (particularly beneficial); Dates (prevent); Fennel (highly beneficial); Guavas (help prevent due to high lycopene content); Honeydew (prevents); Kiwis (prevent); Leafy greens (amazingly beneficial, help); Mamey (prevents); Mustard greens (amazingly beneficial); Oranges (prevent); Parsnip (reduces risk); Persimmons (high in antioxidant zeaxanthin, prevent and protect from); Pistachios (prevent); Pumpkin (prevent); Red cabbage (excellent for); Sage (powerful protection against); Sapodilla (particularly beneficial), Schizandra berries (particularly good for); Sprouts (help heal); Strawberries (beneficial for); Tangerines (particularly beneficial); Winter squash (protects against); Zucchini (particularly beneficial)

From [OMMS]: Wild blueberries, grapes, mangoes, cruciferous vegetables.

Pinkeye:

Marshmallow root topical (anti-bacterial properties)

Puffy eyes:

Wild cherry bark eyewash topical (beneficial)

Retinopathy:

Gotu Kola (effective for)

Weakened vision and night blindness:

Eyebright (particularly beneficial); Leafy greens (amazingly beneficial); Mangoes (prevent); Mustard greens (amazingly beneficial); Plums (improve vision if eaten regularly); Saffron (beneficial for eyesight); Watermelon (strengthens vision)

From [OMMS]: Wild blueberries, mangoes, dulse, spirulina, cilantro, parsley, ginkgo biloba, asparagus, oranges, avocados, celery juice, saffron, fennel, winter squash, spinach, carrots, sweet potatoes.

Female Conditions

Red root (very effective at eliminating ovarian and breast cysts); Valerian (especially beneficial for menstrual problems); Sweet potatoes (help reduce viral caused cysts and fibroids throughout the entire body)

From [LCF]: Cherries (remove toxins from uterus and RS thus helping reduce fibroids and ovarian cysts)

From [TH]: Sweet potatoes (reduce fibroids and cysts throughout the body)

From [OMMS]: Nettle leaf (reduces inflammation in the reproductive system); Hawthorn berry (aids the ovaries); Wild yam (stabilizes levels of estrogen and progesterone); Schisandra berry (flushes excessive estrogen); Red clover blossom (flushes unhelpful hormones stored in organs); Sage (protects cervix from abnormal growths)

Abnormal Pap smear:

From [LCF]: Wild blueberries, artichokes, sprouts, sweet potatoes, ginger, raspberry leaf.

Endometriosis:

Mustard greens (very beneficial); Pears (perfect for)

From [OMMS]: Wild blueberries, avocados, berries, grapes, kiwis, potatoes, sweet potatoes, sea vegetables, oranges & tangerines, bananas, mangoes, melons, raspberries, cucumbers, sprouts, cherries, limes, asparagus, cruciferous vegetables, leafy greens, onions, artichokes, butter lettuce, garlic, coconut, nettle leaf, red clover, raw honey.

Fibrocystic breast:

Self heal poultice/salve topical applied at night (especially beneficial); Shiitake mushrooms (beneficial); Sweet potatoes (help reduce viral caused cysts and fibroids throughout the entire body)

Inflamed reproductive organs:

Berries (beneficial)

From [LCF]: Wild blueberries, berries, potatoes, raspberry leaf, sea vegetables.

From [OMMS]: Nettle leaf (reduces inflammation in the reproductive system); Hawthorn berry (aids the ovaries)

Irregular menstruation:

Berries (beneficial); Fennel (eases and regulates menstruation by regulating hormonal action properly in the body); Rose hips (beneficial, regulate menstrual flow); Sage (regulates); Turmeric (regulates menstrual cycles)

From [LCF]: Wild blueberries, berries, nettle leaf.

From [OMMS]: Chaste tree berry (helps stabilize the menstrual cycle)

From [RS]: Fruits (antioxidants and sugars in them feed the reproductive system and starve the virus); HMD smoothie (removes the heavy metals so the virus cannot get stronger); Spirulina (feeds the ovaries and then can fight the virus); Raspberry leaf; Tons of nettle leaf; Lemon balm;

Labor:

Raspberry leaf tea (just before and during labor to help induce and regulate timing of contractions and to help speed up delivery; Following birth, it is often recommended to help stimulate milk flow for breast feeding)

Menstrual cramps:

Calendula (highly beneficial); Chamomile (reduces); Cinnamon (beneficial); Dong Quai (anti-spasmodic properties); Ginger (alleviates); Hops (provide relief due to estrogenic properties); Mullein (helps reduce); Nutmeg oil topical (effective remedy massaged on abdomen); Oat Straw (eases); Oregano (highly beneficial); Raspberry leaf tea (provides relief due to ferulic acid compound); Red root (very incredible aid for); Rose petals (beneficial); Rose hips (ease); Yarrow (ideal remedy for – increases menstrual flow without cramping)

From [LCF]: Nettle leaf.

Menstrual symptoms:

Fennel (eases and regulates menstruation by regulating hormonal action properly in the body); Oregano (highly beneficial); Raspberry leaf tea (provides relief due to ferulic acid compound); Rose hips (beneficial, regulate menstrual flow); Tarragon (regulates menstruation); Valerian (especially beneficial)

From [LCF]: Nettle leaf.

Morning sickness and nausea:

Raspberry leaf tea (helps ease); Raw honey (relieves)

Pre-menstrual syndrome (PMS):

Blackberries (their phytoestrogens relieve estrogen related symptoms); Borage (excellent source of GLA which regulates hormones); Cat's claw (particularly beneficial); Currants (beneficial), Dong Quai (beneficial); Hops (provide relief due to estrogenic properties); Lemon Verbena (reduces symptoms); Milk thistle (beneficial); Raspberry leaf tea (provides relief due to ferulic acid compound); Sesame seeds

(provide relief); Skullcap (particularly beneficial for relieving); Yarrow (ideal remedy for – increases menstrual flow without cramping)

From [LCF]: Wild blueberries, apples, avocados, cranberries, grapes, asparagus, cruciferous vegetables, cucumbers, leafy greens, licorice, nettle leaf, red clover.

Sore nipples:

Self heal poultice/salve topical applied at night (especially beneficial)

Swollen breasts:

Self heal poultice/salve topical applied at night (especially beneficial)

Fungal Infections

Apples (kill mold in the body - their pectin wraps the mold and pulls them out); Burdock root (powerful anti-fungal); Cinnamon (contains anti-fungal properties that kill aflatoxin and mold); Dates (bind onto, destroy, and sweep yeast, mold, and fungus away); Dill (highly beneficial); Fennel bulb juiced (gets mold out of the lymphatic system); Purple grapes (pectin in the dark skin removes mold); Elderflower (beneficial); Mustard greens (kill mold in the body without making us sick); Sage (excellent for); Sarsaparilla (anti-microbial compounds faltarinol and panaxydol protect from); Star anise (potent anti-fungal properties)

From [LCF]: Wild blueberries, apricots (their skin collects and destroys mold, yeast, and overgrown candida), bananas, dates, figs (antiseptic skins kill), grapes (their skins have micronutrients that expel mold and fungus from intestinal tract), melons (highly active fluids bind to mold and mycotoxins, flushing them out), pears (starve and kill fungus in the IT), sage, ginger, chaga mushroom, Leafy greens (are anti-mold)

From [OMMS]: Arugula, spinach, sage, rosemary. Pumpkin seeds, nettle leaf, mushrooms of different kind.

Athlete's foot:

Calendula cream/salve (Beneficial); Clove oil (excellent to treat); Goldenseal root (effective to treat); Horsetail (incredibly good for); Pau D'Arco cream topically (speeds up healing)

From [LCF]: Wild blueberries, kiwis, sage.

Body fungus:

Grapefruit seed extract (very effective at killing fungi, yeast, and other harmful organisms)

From [LCF]: Chaga mushroom, red clover.

Candida overgrowth:

Berries (beneficial); Chamomile (beneficial anti-fungal); Grapefruit seed extract (very effective); Lavender oil topical (beneficial); Lemon Verbena (powerful anti-fungal properties); Lychees (help eliminate); Pau D'Arco (used to treat); Red cabbage (excellent for); Spirulina (suppresses)

From [LCF]: Wild blueberries, apricots (their skin destroys), avocados, bananas, berries, dates (one of the most beneficial killers), lemons & limes, mangoes, celery, onions, potatoes, cat's claw, garlic.

Ringworm:

Calendula (beneficial); Goldenseal ointment (very effective); Hops topical (beneficial); Pau D'Arco cream topically (speeds up healing)

From [LCF]: Wild blueberries, onions, oregano, lemon balm, parsley, dandelion.

Yeast infections:

Cinnamon (beneficial)

From [LCF]: Wild blueberries, apples, apricots, cranberries (profound antiseptic role in healing by fighting Strep - yeast is really secondary), dates, kiwis, melons, oranges & tangerines, celery, cucumbers, leafy greens, onions, cat's claw, garlic, lemon balm, turmeric, burdock root, chaga mushroom, rose hips.

Hair and Nails

Amla (helps re-grow hair, nourish the roots, and deepen color and shine); Aloe vera (stimulates growth topically applied to the scalp); Apricots (help regrow and improve the quality of hair, skin, and nails); Barley grass (improves health of skin, hair and nails); Burdock root (strengthens nails); Cashews (promote healthy skin and hair); Cucumber (its high silica content promotes strong and healthy hair and nails); Fennel (strengthens hair and prevents hair loss); Horsetail (excellent to strengthen nails and hair); Mustard greens (prevent hair loss and strengthen the roots of the hair); Mustard seed oil topical (on the scalp stimulates hair growth); Nasturtiums (great hair-growth supplement); Oat Straw (strengthens both); Onions (regrow hair and add volume and shine); Papaya (wonderful aid for brittle nails); Pau D'Arco cream topically (speeds up healing nail fungus); Pomegranate seed oil topically (excellent for revitalizing hair); Sesame seeds (beneficial due to high Vitamin E content); Sunflower seeds (highly beneficial for strengthening hair and nails); Thyme oil (helps to stop hair loss by improving blood flow to the scalp and feeding the roots of the hair)

From [OMMS]: (Hair) Wild blueberries, spirulina, ashwagandha, avocados, cherries, grapes, papayas, pomegranates (unclog hair follicles and encourage hair growth), sweet potatoes, raspberry leaf, sea vegetables (Spirulina is very important for hair loss), nettle leaf.

From [OMMS]: (Brittle nails) Wild blueberries, grapes, melons, papayas, artichokes, sprouts, red clover.

Heavy Metals

Apples (help eliminate by binding to lead and mercury and safely removing them from the body). Avocados (high in good copper, attaches to the bad metallic copper and moves it out of the body). Cilantro (removes mercury and aluminum from where it is stored in the adipose tissues, and moving it into the blood and lymph where when combined with a blue green algae such as spirulina it can be excreted safely and effectively from the body. It mobilizes mercury rapidly from the brain and CNS by separating it from the fat tissue); Cucumbers (and their juices help to remove DDT and radiation from the brain); Dulse (pulls out deep mercury in tissues); Garlic (helps eliminate lead and other heavy metals from the body); Onions (their sulfur compounds can safely remove mercury, cadmium, arsenic, and lead from the body); Parsley (removes high levels of copper and aluminum); Plums (remove toxic arsenic from the body); Self heal tea (pulls them out of the body); Spirulina (eliminates mercury and other deadly toxins commonly ingested by the body); Sweet potatoes (their phytochelatin bind to heavy

metals such as lead, mercury, copper, & cadmium and safely remove them through the body); Wild blueberries (extract them from the brain and liver, and their unique antioxidants repair the damage done in brain, CNS, liver, and thyroid)

From [LCF]: Wild blueberries, apples (have traces of rutin & quercetin for heavy metal detox), berries, dates (bind to and sweep away heavy metals in the gut), figs (skins get rid of, including in the intestinal crevices and pockets), grapes (draw out of liver, spleen, kidneys, and other organs), melons (help the body's detox of traces of heavy metals from deep within the organs), oranges & tangerines (their combined glutathione, flavonoids, and limonoids deactivate them in the system), asparagus (their chlorophyll bounded to glutamine, threonine, and serine provides an avenue for detox of these), Onions (due to sulfur compounds, rid the body from HM), radishes, sprouts, sage, cilantro (include ½ cup fresh to 16oz celery juice to cleanse body from Hg, Al, Pb, Cu, Cd, Ni, and As), garlic (extracts them from colon), turmeric, sea vegetables, burdock root

From [MM]: Cilantro (removes Hg and Pb), Parsley (removes high levels of Cu and Al), Ginkgo biloba (helps remove Hg from the brain); Maple syrup (has dozens of trace minerals that fortify the brain and CNS protecting them from heavy metal oxidation and neurotoxin damage); Wild blueberries (remove heavy metals from the brain and liver); Spirulina (removes mercury and toxic copper from the liver, reproductive system, intestinal tract, thyroid, and brain); Bladder wrack (removes heavy metals from the intestinal tract); Cilantro (which binds onto toxic heavy metals and MSG, when taken with L-glutamine, boosts MSG removal and metal detoxification); Sweet potatoes (when taken in combination with melatonin supplementation, produce powerful antioxidant effect that helps stop oxidation of toxic heavy metals in the brain)

Immune System

Foods that boost: Alfalfa sprouts; Amla (Indian Gooseberries); Ashwagandha (has the ability to increase white blood cell count and prepare the body to produce antigens to fight against different infections and allergies); Asparagus (its inulin content keeps the immune system functioning properly); Astragalus (quickly and effectively strengthens the immune system and increases white blood count); Avocado (excellent source of glutathione which helps the boost); Barley grass (high in chlorophyll, helps to inhibit the growth of disease bacteria, along with balancing the PH of the body to promote excellent health and immunity and alkalizing the body); Blackberries (high vitamin C content supports IS); Borage (excellent source of GLA which strengthens the IS); Brussel sprouts (help stabilize the DNA within white blood cells thus creating a more resilient IS); Calendula (great support for IS and lymphatic system due to anti-viral properties); Cat's claw (exceptional immune response stimulator due to its oxindole alkaloid compounds); Chaga mushroom (its beta-glucans strengthen and reinforce the IS); Chicory (antioxidant properties highly beneficial for the IS); Cranberries (boost the IS); Crimini mushrooms (excellent for strengthening the IS); Cumin seed oils (contain cuminaldehyde and thymol which support healthy IS); Currants (contain GLA which is especially beneficial for IS function); Dandelion greens (benefits the IS); Echinacea (keeps IS active and healthy; echinacin compound protects healthy cells from viruses and bacteria); Elderberries (enhance immune function by boosting the production of cytokines in the body); Elderflower tea (powerful immune booster); Figs (repair and restore immune system); Garlic (particularly beneficial for weak immune systems); Gentian (IS booster that supports the growth of leukocytes and red blood cells); Ginger (has incredible immune-boosting and germ fighting abilities); Siberian Ginseng (increases immune function); Goldenseal root (powerful IS enhancer); Grapefruit

(boosts the IS); Hibiscus tea (boosts the IS and fights off infection); Honeydew (IS booster); Kale (its organic sulfur boosts the IS); Lemons (boost the IS); Lemon Balm tea (promotes a healthy and balanced IS); Mamey (improves immune function); Mangoes (help maintain proper immune function); Nettle tea (strong immune booster; neutralizes toxic antigens in the body); Nutmeg (contains anti-fungal properties highly beneficial for the IS); Olive Leaf (incredible immune booster); Onions (have valuable sulfur compounds that significantly strengthen the IS); Paprika (high vitamin C content strengthens IS); Parsnip (highly beneficial for overall immune support); Pau D'Arco (lapachol compound activate lymphocytes and white blood cells, significantly strengthening the IS); Pistachios (incredibly nourishing for the IS); Pomegranates (boost the IS); Pumpkin (IS booster); Purslane (IS booster); Raw honey (strengthens the IS); Red cabbage (IS booster); Reishi (significantly boosts the IS); Romaine (build healthy IS due to vit. E and K content); Rose hips (support the thymus gland); Saffron (build the IS and prevents infection); Sapodilla (boosts immune function); Self heal tea (excellent for); Sprouts (phenomenal source of saponins, which are immune boosting); Strawberries (high Vitamin C content helps to boost the IS); Sunflower sprouts (boost the IS); Tangerines (boost the IS and keep it functioning at optimum levels); Tomatoes (excellent to build the IS); Watermelon (boosts the IS); Wild blueberries (keep the IS strong); Winter squash (contains vital nutrients for a healthy and strong IS)

From [LCF]: Broccoli (its bioavailable trace minerals enhance entire IS), Collard greens & pumpkin seeds (together super bio-available Zinc)

From [TH]: Cucumbers (hydrate the LS, especially the part based around the neck area where the thyroid has its own IS with specially assigned lymphocytes that seek out EB-V cells); Sprouts and microgreens (high in Zn and Se, strengthen the IS); Tomatoes+ Spinach (build up the IS to defend off viral load)

Allergies:

Broccoli (contains natural antihistamine properties thus warding off); Currants (their anthocyanins reduce inflammation); Meadowsweet (potent anti-inflammatory properties reduce swelling); Reishi (beneficial due to its natural antihistamine properties); Yarrow (relieves sinus congestion and post nasal drip)

From [LCF]: Food allergies: Wild blueberries, apricots, avocados, cherries, dates, grapes, lemons & limes, melons, oranges & tangerines, pears, artichokes, celery, cruciferous vegetables, leafy greens, potatoes, sprouts, aromatic herbs, cilantro, ginger, licorice, raspberry leaf, aloe vera, burdock root, coconut, nettle leaf, red clover. Seasonal allergies: Wild blueberries, cranberries.

Infectious Conditions:

Fever:

Amla (has a natural cooling effect on the body and can help to regulate body temperature and fluctuations). California poppy (helps reduce); Chrysanthemum tea (has cooling effect in the body that brings down fever); Elderflower tea (particularly beneficial); Gentian (highly beneficial); Goldenseal root (relieves symptoms); Grapefruit (beneficial); Honeysuckle (beneficial); Lavender (reduces symptoms); Lemons (particularly beneficial); Lemon Verbena (reduces); Lychees (highly beneficial due to powerful antiviral oligonol); Meadowsweet (its salicylic acid provides pain relief); Raspberry leaf (excellent for);

Red root (highly beneficial); Sarsaparilla (good sweat inducer and fever reducer); Self heal tea (beneficial); Tangerines (particularly beneficial); Thyme (great diaphoretic – induces sweating)

From [LCF]: Wild blueberries, cherries, lemons & limes, melons, cucumbers (effectively reduce, juicing unleashes their power), aromatic herbs, garlic, lemon balm, chaga mushroom, raw honey, rose hips.

Rapid pulse:

California poppy (helps reduce)

From [LCF]: Wild blueberries, apricots, avocados, bananas, berries, figs, cucumbers, cilantro, coconut, rose hips.

Inflammation:

Anti-inflammatory foods: Amla (powerful anti-inflammatory); aloe vera (reduces inflammation); Fenugreek (reduces inflammation in the body); Gentian (highly beneficial); Lomatium (strong anti-inflammatory properties); Turmeric (addresses viral issues throughout the body thus reducing inflammation)

From [LCF]: Wild blueberries, apples (potent anti-inflammatory properties), avocados (have anti-inflammatory compounds like aspirin but do not thin the blood), cherries, cranberries, grapes, kiwis, melons, pomegranates, asparagus, celery (one of the most powerful anti-inflammatory foods on the planet because it starves all kinds of pathogens and flushes their toxins and debris out of the liver and intestinal tract), cruciferous vegetables, cucumber, leafy greens, onions, potatoes, radishes, cat's claw, cilantro, garlic, lemon balm, licorice, parsley, turmeric, aloe vera, burdock root, chaga mushroom, nettle leaf, raw honey.

Injuries:

Broken bones:

Almonds (strengthen bones); Calendula cream/salve (decreases swelling in bodily tissues); Cashews (strengthen bones, keep muscles free from constriction, and give elasticity); Celery (its Ca and Si content helps repair damaged ligaments and bones); Cherries (beneficial potent anti-inflammatory); Chives (contain nutritional compounds vital for bone health); Dandelion greens (great source of Vitamin K essential for bone health); Dill (good bioavailable minerals for bones); Figs (repair and restore muscular and skeletal system); Horsetail (excellent to strengthen brittle bones and increase bone density, enhance bone flexibility, and heal fractured bones, pulled hamstrings, and dislocated joints); Leafy greens (essential for bone health and to prevent fractures and osteoporosis); Mustard greens (keep the bones and muscles strong); Oat Straw (highly beneficial for osteoporosis, strengthening bones, healing fractures); Oranges (keep bones strong); Papayas (has all nutrients needed to rebuild muscles, tissues, and bones); Romaine (strengthens muscles and bones due to vit. E and K content, and repairs bones due to high silica content); Sprouts (contain all eight essential amino acids to increase bone strength and density; bolster muscular system with this balanced form of protein); Sunflower sprouts (contain ideal protein for the skeletal and muscular system in the body);); Tangerines (particularly beneficial for bone repair); Tomatoes (excellent to strengthen bones);

From [LCF]: Wild blueberries, melons (high in Si, excellent food to restore ligaments, joints, and bones), artichokes, broccoli, leafy greens, sprouts, sea vegetables.

From [TH]: [Lemons & limes \(replenish calcium for the bones\)](#);

Bruises:

Calendula cream/salve (decreases swelling in bodily tissues); Cherries (beneficial potent anti-inflammatory)

From [LCF]: [Wild blueberries, bananas, cherries, cranberries, oranges & tangerines, sprouts, aloe vera, chaga mushroom, red clover.](#)

Sprains:

Calendula cream/salve (decreases swelling in bodily tissues), Cherries (beneficial potent anti-inflammatory)

From [LCF]: [Wild blueberries, cherries.](#)

Joint Conditions

Borage (excellent source of GLA which restores joint health and flexibility); Cashews (give elasticity and flexibility to tendons and joints); Cayenne pepper (provides relief); Celery (its bioactive Na compounds dislodge Ca deposits from the joints in solution until eliminated via kidneys); Celery (its Ca and Si content helps repair damaged ligaments and bones); Celery juice (prevents and counteracts joint pain); Leafy greens (help heal joint pain); Meadowsweet topical (beneficial for rheumatic joints); Mullein (anti-inflammatory verbascoside compound helps ease joint pain); Nutmeg oil topical (supports circulation aiding with muscle and joint conditions); Papaya (provides significant relief due to anti-viral and anti-inflammatory properties); Pau D'Arco (provides joint pain relief); Pomegranates (great for; prevents cartilage deterioration); Romaine(its high silicon repairs and renews joints); Sapodilla (prevents joint pain); Vanilla bean (particularly beneficial due to pain relieving properties)

From [LCF]: Joint inflammation: [Wild blueberries, kiwis, melons \(high in Si, excellent food to restore ligaments, joints, and bones\), cruciferous vegetables, onions, turmeric, chaga mushroom, kale \(anti-inflammatory compounds help destroy viruses, and bioavailable phytochemicals stimulate growth of healthy connective tissue\), Green cabbage \(support joints\), Brussel sprouts \(take joint factor to the next level\), Leafy greens \(help reverse connective tissue damage due to their most bioavailable and assimilable proteins\), Onions \(their sulfur compounds wonderful to alleviate joint pain\)](#)

Arthritis:

Amla (treats); Aloe vera (eases pain); Barley grass (beneficial); Basil (topical oil decreases swelling in joints providing relief); California poppy (phenomenal natural pain reliever safe alternative to prescription medication); Cauliflower (excellent anti-inflammatory properties); Cayenne pepper (neuropathy pain relief); Chaga mushroom (highest level of free-radical neutralizing SOD, and ideal for anti-inflammatory properties); Chamomile (reduces swelling); Cherries (beneficial potent anti-inflammatory); Cilantro (highly beneficial); Cinnamon (particularly good); Coconut water (beneficial); Crimini mushrooms (powerful anti-inflammatory properties); Cumin (beneficial); Currants (their anthocyanins reduce inflammation); Dong Quai (highly beneficial); Elderflower (beneficial); Gentian (highly beneficial); Grapefruit (its salicylic acid helps dissolve inorganic calcium deposits in joints); Green beans (contain anti-inflammatory compounds); Green peas (particularly good due to anti-inflammatory properties); Kiwis (beneficial since they protect DNA from mutating); Lemons (particularly beneficial); Mangoes (prevent); Meadowsweet (potent anti-inflammatory properties reduce swelling); ;

Meadowsweet topical (beneficial); Milk thistle (highly beneficial); Mizuna (prevents); Mustard greens (very beneficial); Mustard seed oil topical (helps relieve pain); Nutmeg oil topical (supports circulation); Oranges (particularly beneficial), Papaya (provides significant relief); Parsnip (highly beneficial); Pau D'Arco (used to treat); Pomegranates (essential for the prevention); Pumpkin seeds (beneficial due to anti-inflammatory properties); Raspberries (particularly beneficial); Reishi (has anti-inflammatory properties essential for); Romaine (beneficial due to unique low level of oxalic acid); Rose hips (beneficial); Sage (powerful protection against); Sarsaparilla (effective for); Skullcap (stops histamine production thus easing); Sunflower seeds (prevent); Sweet violet (eases); Tangerines (particularly beneficial); Tarragon (alleviates); Turmeric (significantly helps); Winter squash (excellent for); Yarrow (highly beneficial since removes uric acid from joints and muscles)

From [LCF]: Wild blueberries, apples, apricots, bananas, kiwis, lemons & limes, potatoes, radishes, turmeric.

Gout:

Burdock root (highly beneficial); Cat's claw (particularly beneficial); Celery juice (highly beneficial due to anti-inflammatory properties); Chaga mushroom (highest level of free-radical neutralizing SOD); Cherries (beneficial potent anti-inflammatory); Chicory (helps heal); Crimini mushrooms (powerful anti-inflammatory properties); Elderflower (beneficial); American Ginseng (beneficial); Hops (beneficial, natural diuretic reduces water retention and excess uric acid); Nutmeg oil topical (supports circulation); Rosemary (relieves); Tarragon (alleviates pain)

From [LCF]: Wild blueberries, cranberries, kiwis, asparagus, leafy greens (help reverse due to their most bioavailable and assimilable proteins), burdock root.

From [RS]: Wild blueberries, cranberry juice, melons, celery juice, cucumber juice, apples, pumpkin (great for), lettuces and kale, red clover tea, sweet potatoes (a God's sent for this condition), potatoes (but NEVER with animal protein), tomatoes, mangoes, bananas, avocados, papayas, Brussel sprouts, all types of sprouts.

Tendonitis:

Chaga mushroom (ideal choice due to anti-inflammatory properties)

From [LCF]: Wild blueberries, bananas, melons, oranges & tangerines, onions, sea vegetables, chaga mushroom.

Liver and Biliary Conditions

Artichokes (great food for those suffering with liver problems or trying to cleanse and detox. Their silymarin content regenerates liver tissue). Asparagus (beneficial due to abundance of glutathione which is an antioxidant powerhouse). Avocado (beneficial). Cat's claw (beneficial for liver conditions); Chamomile (stimulates liver to purge toxins); Chrysanthemum tea (effective liver detoxifier); Cleavers (excellent for any liver disorder); Collard greens (excellent detoxifying food that helps to purify the liver and move it out of stagnancy); Cumin (boosts liver function); Dandelion greens (especially beneficial); Dong Quai (aids detoxification); Elderflower (beneficial); Goldenseal root (relieves symptoms of liver disease); Honeysuckle (potent detoxifier known to swiftly remove poisons and heat from the body); Hops (particularly beneficial for liver ailments); Linden flower tea (excellent for detoxifying and purifying the liver as it stimulates bile production); Milk Thistle (potent detoxifying herb aids liver function,

protects the liver from strong medications such as statin drugs, phenytoin, seizure medication, and acetaminophen as well as from effects of chemotherapy and radiation); Nutmeg (beneficial for liver and spleen disorders); Papaya (wonderful aid for stagnant and sluggish liver); Pistachios (tone the liver); Red root (highly beneficial); Schizandra berries (contain glutathione peroxidase and gomison-A which are highly beneficial compounds to prevent liver tissue destruction); Self heal tea (particularly beneficial for liver problems); Spinach (cleans up the liver from EB-V jelly-like byproduct by binding to it); Sprouts (its lecithin keeps liver healthy); Sweet potatoes (help cleanse and detox the liver from viral byproduct and toxins); Tomatoes (revitalize the liver); Turmeric (improves liver function); Wild blueberries (excellent liver cleansers); Winter squash (excellent remedy for conditions of the liver)

From [LCF]: Cherries (ultimate liver tonic, cleanser, and rejuvenator), cranberries (one of the most powerful liver cleansers), grapes (amazing liver cleansing food; their phytochemicals dislodge debris, processed food, and by-products that clog up lobules), lemons & limes (amazing cleansers of the liver and gallbladder), melons (could be the difference between life and death for someone with liver malfunction), papayas (reverse liver disease), pomegranates (restore glucose reserves in liver), artichokes (nourish the liver with sedation phytochemicals and calming minerals replenishing the organ's reserves), asparagus (their chlorophyll and lutein act as critical deep cleansers of the liver), red cabbage (most rejuvenating foods for liver – retards and reverses its scar tissue), Brussel sprouts (purify the liver), Cucumbers (especially effective for a hot stagnant liver; eaten daily reverse liver damage due to HM, DDT, & poor diet)

From [TH]: Arugula (its phytochemical compounds push out old storage of thyroid medication from the liver); Dates (help to purge the liver of EB-V waste debris); Figs (purge the liver of pesticides and old pharmaceuticals); Romaine & Butter Leaf Lettuce (cleanse EB-V from liver); Maple syrup (helps build glycogen storage in liver and brain); Walnuts (their phytochemicals inhibit EB-V proliferation in thyroid, liver, and spleen); Oranges & tangerines (vitamin C content revives liver from EB-V damage; purges liver from fat and EB-V debris); Papayas (help cleanse and rebuild the liver); Pears (revitalize & cleanse the liver, purging it of pesticides & EB-V toxic waste matter); Squash (helps restore the liver); Sweet potatoes (help cleanse and detox the liver from EB-V toxins and byproduct); Watercress (stops the growth of EB-V caused scar tissue in liver and thyroid, and pushes out old pockets of pharmaceuticals from the liver); Wild blueberries (flush EB-V neurotoxins and heavy metals out of the liver); Cat's claw (helps reduce enlarged livers); Lemon balm (kills off and repels viral and bacterial cells in the thyroid, liver, and spleen); Chaga mushroom (stimulates the liver elevating it out of stagnation and sluggishness); Tomatoes+ Spinach (strengthen liver and flush the LS)

Cirrhosis:

Milk thistle (beneficial); Schizandra berries (contain glutathione peroxidase and gomison-A which are highly beneficial compounds to prevent liver tissue destruction)

From [LCF]: Wild blueberries, melons, pears (stop condition, and cleanse and purify the liver), artichokes, cruciferous vegetables, dandelion.

Fatty liver:

From [OMMS]: Wild blueberries, cherries, grapes, mangoes, oranges, artichokes, asparagus, onions, parsley, aloe vera, chaga mushrooms, dandelion.

From [TH]: Oranges & tangerines (purges liver from fat and EB-V debris)

Gallstones:

Burdock root (highly beneficial); Cardamon (dissolves cholesterol containing gallstones); Cashews (prevent); Gentian (particularly beneficial); Lemons (limonene compound helps dissolve them); Milk thistle (beneficial for gall bladder disorders); Radishes (expel stones from gallbladder); Tomatoes (assist in dissolving); Yarrow (contains fatty acids and bitters that prevent formation of)

From [LCF]: Wild blueberries, apricots, cranberries (dissolves them; ultimate food for reversing); figs, grapes, lemons & limes (amazing cleansers of the gallbladder). Oranges & tangerines (their acid content dissolve), pomegranates (a godsend for dissolving), artichokes (reduce – together with romaine they dissolve), leafy greens, ginger, burdock root, artichokes (one of the best foods for reducing – together with romaine lettuce work best), Leafy greens (help reverse due to their most bioavailable and assimilable proteins)

Hepatitis:

Astragalus (helps fight condition); Burdock root (highly beneficial); Cauliflower (excellent anti-inflammatory properties); Cilantro (highly beneficial); Elderberry extract sambucol (particularly beneficial); Gentian (particularly beneficial); Goldenseal root (relieves symptoms); Gotu Kola (particularly beneficial); Hawthorn berry (beneficial); Lomatium (potent viral treatment); Milk thistle (helps fight against hep C); Pau D'Arco (highly beneficial); Red root (treats); Schizandra berries (contain glutathione peroxidase and gomison-A which are highly beneficial compounds for the liver); Shiitake mushrooms (beneficial)

From [LCF]: Wild blueberries, figs, grapes, lemons & limes, pears, asparagus, cruciferous vegetables, leafy greens, parsley, aloe vera, burdock root, dandelion, red clover.

From [TH]: Oranges & tangerines (vitamin C content revives liver from EB-V damage; purges liver from fat and EB-V debris)

Jaundice:

Astragalus (helps fight condition); Gentian (particularly beneficial); Milk thistle (beneficial); Schizandra berries (contain glutathione peroxidase and gomison-A which are highly beneficial compounds for the liver)

From [LCF]: Wild blueberries, cranberries, kiwis, sprouts, aloe vera.

Pancreatitis:

Gentian (particularly beneficial); Papaya (phenomenal)

From [LCF]: Wild blueberries, grapes, lemons & limes, melons, papayas (reverse), pears (alleviate), artichokes, celery, potatoes, ginger, raspberry leaf (very beneficial).

Lymphatic System Conditions

Celery (well know natural diuretic that flushes toxins from the body); Cleavers (one of the most effective herbs for cleansing the lymphatic system); Cucumber juice (cleanses and detoxes the entire body); Cumin seed oils (contain cuminaldehyde and thymol which support healthy lymphatic system); Elderflower (cleanses the lymphatic system of toxins and debris); Figs (repair and restore lymphatic

system); Garlic (eliminates toxic matter from the lymphatic system); Gotu Kola (improves lymphatic system); Honeysuckle tea (potent detoxifier known to swiftly remove poisons and heat from the body); Lemons (have very strong alkaline reaction on the body and can help to alkalize blood, cells, lymph, organs, and tissues); Mangoes (purge lymphatic system from EB-V neurotoxins); Mizuna (its glucosinolates detox cells, tissues, and organs); Rose hips (Rose hips (purify and nourish the lymphatic system); Self heal tea (excellent for); Tomatoes (highly beneficial since they purify the blood and revitalize the spleen); Wild cherry bark (significantly increases LS function); Winter squash (excellent remedy for conditions of the spleen)

From [LCF]: Apples (improve circulation in LS), leafy greens (being alkaline hinge the LS and drains it from toxins), Garlic, burdock root (cleanses the LS), Dandelion (squeezes toxins out of), Red clover (supports LS and cleanses the lymph), Lemons & limes (amazing cleansers of the spleen), Artichokes (nourish the spleen with sedation phytochemicals and calming minerals replenishing the organ's reserves), Asparagus (their chlorophyll and lutein act as critical deep cleansers of the spleen), Brussel sprouts (purify the spleen), Leafy greens (create true alkalinity in the lymphatic system, which can become the most acidic one due to the number of chemicals, acids, HM, and pathogens constantly entering it; they expel, purge, and drain the LS from these toxins so it can remain alkaline), Dandelion roots and stems (push out bile which is no longer useful, and purges this organ in a deep level preventing splenectomies. The bitter the better)

From [TH]: Cucumbers (hydrate the LS, especially the part based around the neck area where the thyroid has its own IS with specially assigned lymphocytes that seek out EB-V cells); Garlic (helps flush toxic viral and bacterial waste out of the LS); Romaine & Butter Leaf Lettuce (cleanse EB-V from LS); Mangoes (their carotene restore the spleen and purge the LS of EB-V toxic waste matter); Walnuts (their phytochemicals inhibit EB-V proliferation in thyroid, liver, and spleen); Pomegranates (detox & cleanse the blood & LS); Tomatoes (their own type of vitamin C bioavailable to LS and liver supports the IS and prohibits EB-V from moving in the body; they also support the thyroid's own immune system and strengthen the gland's production of the radio-like frequencies that create homeostasis); Cat's claw (helps reduce enlarged spleens); Tomatoes+ Spinach (strengthen liver and flush the LS)

From [RS]: Wild blueberries, celery juice (cluster salts strip the viral membrane and destroy the virus), cucumber juice, apples (great for), pears (great for), peaches (great for), nectarines (great for), plums (great for), cherries (incredible for), Chaga mushroom, BGJP, Hawaiian spirulina, dandelion greens, burdock root-apple juice (amazing combination for), yellow dock & dandelion root tea (squeeze and purge the LS), hyssop tea, ginger and turmeric shots and tea (incredible for), red leaf lettuce (great for), purple & red radishes (purge and push poisons out of the LS), melons & watermelons, tomatoes (heal the LS), elderflower tea, hyssop tea, spinach, mache, olive leaf (helps get the pathogens out of the lymphatic system)

Edema:

Artichokes (natural diuretic that helps flush the body); Brussel sprouts (stimulate kidneys to release water); Burdock root (beneficial); Cantaloupe (helps the body excrete Na); Cardamon (diuretic); Celery juice (prevents and counteracts); Chaga mushroom (ideal choice due to anti-inflammatory properties); Cleavers (alleviate); Elderflower (natural diuretic alleviates); Garlic (eliminates toxic matter from the lymphatic system); Honeysuckle tea (particularly good due to its anti-inflammatory and diuretic properties); Horsetail (beneficial due to its natural diuretic properties); Linden flower tea (helps as

natural diuretic); Lomatium (reduces); Meadowsweet topical (beneficial); Oat Straw (helpful diuretic properties); Onions (natural diuretic, reduce); Rosemary (relieves); Self heal tea (provides relief); Watermelon (flushes out); Zucchini (particularly beneficial)

From [OMMS]: Wild blueberries, bananas, berries, dates, grapes, celery, aromatic herbs, garlic, dandelion (fresh leave's bitterness is geared to squeeze toxins out of the lymphatic system making it ideal for this condition), nettle leaf.

Fluid retention:

Artichokes (natural diuretic that helps flush the body); asparagus (natural diuretic helps reduce); Cantaloupe (helps the body excrete Na); Cardamon (diuretic); Cleavers (alleviate); Elderflower (natural diuretic alleviates); Garlic (eliminates toxic matter from the lymphatic system); Honeysuckle tea (particularly good due to its anti-inflammatory and diuretic properties); Horsetail (beneficial due to its natural diuretic properties); Kiwis (useful, remove excess sodium buildup); Linden flower tea (helps as natural diuretic); Marshmallow root (helps as natural diuretic); Oat Straw (helpful diuretic properties); Onions (natural diuretic, reduce); Rose petals (soothe); Rose hips (beneficial); Yarrow (powerful diuretic eases)

From [LCF]: Wild blueberries, kiwis, lemons & limes, leafy greens, sprouts, chaga mushroom, dandelion.

Lymphedema:

From [RS]: Wild blueberries, celery juice (cluster salts strip the viral membrane and destroy the virus), cucumber juice, apples (great for), pears (great for), peaches (great for), nectarines (great for), plums (great for), cherries (incredible for), Chaga mushroom, BGJP, Hawaiian spirulina, dandelion greens, burdock root-apple juice (amazing combination for), yellow dock & dandelion root tea (squeeze and purge the LS), hyssop tea, ginger and turmeric shots and tea (incredible for), red leaf lettuce (great for), purple & red radishes (purge and push poisons out of the LS), melons & watermelons, tomatoes (heal the LS), elderflower tea, hyssop tea, spinach, mache, olive leaf (helps get the pathogens out of the lymphatic system)

Swollen lymph nodes:

Barley grass (assist with the circulation of the lymph system by nourishing and oxygenating the vascular system); Cleavers (very effective to help move and dissolve lymphatic congestion); Cleavers cream or salve topically (reduce); Echinacea (beneficial); Lychees (highly beneficial due to powerful antiviral oligonol); Oat Straw (helpful diuretic properties); Sweet violet (eases)

From [LCF]: Wild blueberries, cruciferous veggies, dandelion leaves (ideal for – squeezes toxins out of the LS), red clover.

Tonsillitis:

From [RS]: Wild blueberries, celery juice (cluster salts strip the viral membrane and destroy the virus), cucumber juice, apples (great for), pears (great for), peaches (great for), nectarines (great for), plums (great for), cherries (incredible for), Chaga mushroom, BGJP, Hawaiian spirulina, dandelion greens, burdock root-apple juice (amazing combination for), yellow dock & dandelion root tea (squeeze and purge the LS), hyssop tea, ginger and turmeric shots and tea (incredible for), red leaf lettuce (great for), purple & red radishes (purge and push poisons out of the LS), melons & watermelons, tomatoes (heal

the LS), elderflower tea, hyssop tea, spinach, mache, olive leaf (helps get the pathogens out of the lymphatic system)

Metabolic Disorders

Overweight, Weight gain:

Apples (pectin limits the amount of fat our adipose cells can absorb, naturally controlling the build up of fat in the body); Apricots (powerful weight-loss agent); Artichokes (ideal weight loss food because of high fiber and low fat); Barley grass (helps to balance body weight through its enzymes fatty acid oxidase, cytochrome oxidase, peroxidase, catalase and transhydrogenase which facilitate the decomposition of fats in the body); Bell peppers (ideal weight loss food due to their high fiber); Brussel sprouts (stimulate sluggish glands and promote cleaning on adipose cells); Burdock root (beneficial); Cayenne (metabolic booster, burns excess fats); Chia seeds (beneficial, boost metabolism and promote lean muscle mass); Coconut water (excellent weight loss drink); Collard greens (particularly beneficial); Cumin tea (excellent to reduce weight); Figs (have the ability to bind to acids in the body that accumulate as fat globules, and flush them from the body); Green peas (fantastic weight loss food); Guavas (particularly beneficial to reduce weight); Hibiscus tea (beneficial); Honeydew (beneficial); Leafy greens (assist with weight loss); Lemon Verbena (natural slimming aid burns fat, breaks down cellulite, and regulates metabolism); lychees (help reduce); Macadamia nuts (contain palmitoleic acid which speeds up fat metabolism helping weight loss), Mustard seeds (highly beneficial, speed up metabolism); Oranges (excellent weight loss food due to their high pectin content); Oregano (balances metabolism); Parsnip (aids in fat metabolism and an excellent weight loss food); Pears (Iodine content keep metabolism balanced); Persimmons (fat free and high fiber, help reduce); Pistachios (excellent weight loss aid); Plums (improve metabolism if eaten regularly); Pomegranates (excellent weight loss food); Pumpkin (excellent aid to lose weight); Raspberries (ketone compound increases metabolism); Red cabbage (excellent for losing weight); Spearmint (improves metabolism); Strawberries (fantastic weight loss food); Sunflower seeds (ideal food due to lignans, phenolic acids, and tryptophan content); Tangerines (great weight-loss food); Walnuts (aid in long term weight loss); Watermelon (aids weight loss); Winter squash (ideal choice for weight loss program); Zucchini (great weight loss food)

From [OMMS]: [Lemon water first thing in the morning \(to help the liver detox\)](#) [celery-cucumber-parsley juice](#), [berries](#), [cranberries \(very beneficial\)](#), [red skin apples \(red pigments have anti-obesity properties that increase digestive strength\)](#), [pears \(great weight-loss food\)](#), [leafy greens \(spinach in particular\)](#), [dandelion root](#), [turmeric](#).

From [TH]: [Spinach \(binds onto and removes the jelly-like viral waste in the liver that contributes to weight gain and heart flutters\)](#)

Mental & Mood Disorders

Coconut (boosts memory and cognitive function); Chia seeds (a great “brain food” known to help improve memory, sharpen focus and concentration skills, and reduce brain fog and forgetfulness); Dong Quai (people claim that dong quai can help you feel happier and less overwhelmed with the stresses of life); Gotu Kola (improves cognitive skills while reducing brain fog and forgetfulness); Lemons and limes (balance sodium levels in the blood, which allows for electrolytes to become active improving neurotransmitter activity); Mache (helps maintain healthy cognitive function); Mangoes (prevent); Nutmeg (contains anti-depressant properties highly beneficial for the cognitive system); Purslane

(sharpen cognitive abilities); Rose petals (contain sedative, anti-depressant, and mood enhancing properties); Sage (enhances attention span and concentration); Sprouts (clean and detox the brain, and their lecithin improves brain function); Sweet potatoes (balance cognitive function); Walnuts (particularly beneficial for cognitive health); Wild blueberries (improve cognitive abilities); Butter lettuce (has rare omega-3 components essential for the brain)

From [LCF]: Apples (their phytochemicals make them a true brain food feeding neurons and increasing electrical activity), berries (reverse lesions, gray areas, calcifications, heavy metal deposits, white spots, scar tissue crystallizations, and adhesions in the brain), kiwis (ultimate companion), artichokes (nourish the brain with sedation phytochemicals and calming minerals replenishing the organ's reserves), Cucumbers (their glycine, glutamine, trace minerals, and enzymatic content make them an ideal neurotransmitter food), Leafy greens (contain precious and vital mineral salts of sodium and trace bioavailable minerals critical to neurotransmitter and neuron support)

From [TH]: Mangoes (feed the brain); Maple syrup (has dozens of trace minerals that fortify the brain and CNS protecting them from heavy metal oxidation and neurotoxin damage; helps build glycogen storage banks in the brain); Passion flower tea (enhanced effects together with lettuce – which have calming and sedative effect)

From [RS]: Oranges (their calcium supports the brain, and neurotransmitters); Butter lettuce (has rare omega-3 components essential for the brain); Wild blueberries (most powerful antioxidant for the brain prevent shrink or swell); Celery juice (medicine for the brain with undiscovered mineral salt compositions); Cucumber (juice helps remove DDT and radiation from the brain); Walnuts (have omega-3 that helps the brain); Hemp seeds (have omega-3 that helps the brain); Parsley (removes pesticides and MSG from the brain); HMD smoothie (help remove heavy metals out of the brain);

Addictions:

Gentian (anti-addiction herb found in anti-smoking products); Macadamia nuts (discourage alcohol craving)

From [RS]: In general: Wild blueberries, sweet potatoes, raw honey, winter squash, bananas, dates, celery juice, barley grass juice, lemon balm, ginger, passion flower, elderflower, fennel, while keeping fats low in diet. For alcohol addiction: grapes, papayas, dried mangoes, dates, raw spinach, celery juice. For salt addition: celery, spinach, leafy greens. Sugar addiction: dates, apples, raw honey, but very low fat diet with them.

ADD & ADHD:

Brussel sprouts (beneficial); California poppy (sedative properties); American Ginseng (beneficial); Hops (beneficial due to calming and sedative effect on the nervous system); Kiwi seeds (prevent); Lemon Balm tea (terpene compound helps relieve); Purslane (beneficial)

From [OMMS]: Wild blueberries, apples, cilantro, cherries, dates, grapes, kiwis, pomegranates, coconut oil, celery (mineral salts support electrical impulse activity and neuron function), cruciferous vegetables, sprouts, lemon balm, sea vegetables, bananas, blackberries, avocados, strawberries, flax seeds.

Anorexia:

Gentian (stimulates gastric juices and ignites the metabolism)

From [LCF]: Wild blueberries, cherries, papayas, nettle leaf.

Anxiety:

Ashwagandha (beneficial); Berries (beneficial); Broccoli (beneficial); California poppy (sedative properties); Chamomile (especially beneficial); Cherries (essential food); Chrysanthemum tea (eases); Cucumber juice (beneficial); Dong Quai (beneficial); Hops (beneficial due to calming and sedative effect on the nervous system); Lavender (relieves); Lemon Balm tea (terpene compound helps relieve); Lemon Verbena (eases); Linden flower tea (helps reduce); Mullein (beneficial); Oat Straw (very effective); Periwinkle (reduces); Plums (their magnesium works as a natural tranquilizer soothing nerves and reinstating REM sleep); Potatoes (help reduce condition and reverse stress damage); Pumpkin seeds (excellent source of tryptophan to keep it at bay); Reishi (beneficial); Rose petals (soothe); Rosemary (decrease that from stress); Sesame seeds (reduces); Skullcap (excellent for); Spearmint (provides relief); Sweet violet (eases); Sweet potatoes (try eating them daily for ninety days and watch as this condition begins to lift); Valerian (especially beneficial); Vanilla bean (effective treatment); Yarrow (its thujone compound is a powerful relaxant and anti-anxiety remedy)

From [OMMS]: Wild blueberries, apples, avocados, bananas (reduce), berries, cherries, cranberries, dates, lemons & limes, mangoes, melons, oranges & tangerines, asparagus, celery, cruciferous vegetables, cucumbers (great for), leafy greens, potatoes, sprouts, sweet potatoes, cilantro, ginger, lemon balm, parsley, turmeric, sea vegetables, coconut, nettle leaf.

From [TH]: Passion flower tea (enhanced effects together with lettuce – which have calming and sedative effect)

Autism:

Cilantro (highly beneficial); Kiwi seeds (prevent); Purslane (beneficial)

From [OMMS]: Wild blueberries, apples, cilantro, cherries, dates, grapes, kiwis, pomegranates, coconut oil, celery, cruciferous vegetables, sprouts, lemon balm, sea vegetables, bananas, blackberries, avocados, strawberries, flax seeds.

Bipolar disorder:

California poppy (sedative properties); Purslane (beneficial)

From [LCF]: Wild blueberries, bananas, parsley, sea veggies, coconut.

From [TH]: Passion flower tea (enhanced effects together with lettuce – which have calming and sedative effect)

Dementia:

Broccoli (beneficial); Brussel sprouts (beneficial); Gotu Kola (very beneficial); Parsnip (highly beneficial); Pecans (beneficial); Periwinkle (vasodilating, blood thinning, and memory enhancing properties make it excellent for); Red cabbage (excellent for); Walnuts (beneficial)

From [LCF]: Wild blueberries, avocados (restore the CNS and alleviate), berries, cherries (protect the brain from), figs (powerful for preventing), mangoes, pomegranates, sprouts and microgreens (reverse), cilantro, parsley, sea vegetables, coconut water (a must for), raw honey.

Depression:

Ashwagandha (beneficial); Cayenne pepper (alleviates); Dong Quai (highly beneficial); Siberian Ginseng (excellent for); Hibiscus tea (beneficial); Lavender (relieves); Leafy greens (help heal); Lemon Balm tea (terpene compound helps relieve); Lemon Verbena (alleviates); Mache (alleviates); Nasturtiums (highly beneficial); Oat Straw (very effective); Parsnip (reduces risk); Potatoes (particularly beneficial); Pumpkin seeds (excellent source of tryptophan to keep it at bay); Purslane (beneficial); Red root (has mild sedative properties which alleviate); Rosemary (alleviates); Saffron (alleviates); Sage (provides support); Skullcap (excellent for); Sweet potatoes (try eating them daily for ninety days and watch as this condition begins to lift); Watermelon (alleviates); Hempseeds (overcome)

From [OMMS]: Wild blueberries, spinach, hemp seeds, cilantro, walnuts, coconut oil, sprouts, kale, apricots, avocados, bananas (alleviate), berries, cherries, grapes, kiwis (ultimate companion), mangoes, melons, oranges & tangerines, papayas, celery, cruciferous vegetables, leafy greens, potatoes, sprouts, sweet potatoes, lemon balm, licorice, parsley, raspberry leaf, sea vegetables, nettle leaf, hemp seeds (beneficial).

From [TH]: Passion flower tea (enhanced effects together with lettuce – which have calming and sedative effect)

Insomnia:

Ashwagandha (beneficial); Asparagus (together with Gaba and Mg l-threonate supplementation take choline antagonizers out of the body helping with sleep); Bananas (rich in the amino acid tryptophan which promotes sleep and regulate the sleep-wake cycle; eaten before bed together with 5-HTP, heightens tryptophan compounds to get directly to neurotransmitters); California poppy (sedative properties); Celery juice (prevents and counteracts; taken with Mg l-threonate, Gaba, or glycine capsules enhances effects of the supplements); Chamomile (especially beneficial); Cherries (excellent source of melatonin, promote balanced sleep-wake cycle; when taken together with a capsule of melatonin its content is enhanced); Coconut (prevents); Crimini mushrooms (contain tryptophan which affects serotonin levels in the body for balanced sleep); Cumin (beneficial); Dill (highly beneficial); Dong Quai (highly beneficial); Siberian Ginseng (excellent for); Grapefruit (beneficial); Hawthorn berry (beneficial); Hibiscus tea (beneficial); Hops (beneficial due to calming and sedative effect on the nervous system); Lavender (relieves); Lemon Balm (beneficial); Linden flower tea (prevents); Mangoes (prevent; when eaten together with l-glutamine capsule the absorption of their Mg compounds are heightened); Mullein (beneficial); Oat Straw (very effective); Pistachios (prevent); Plums (their magnesium works reinstating REM sleep); Potatoes (particularly beneficial, support a solid night's sleep); Pumpkin seeds (excellent source of tryptophan critical for good sleep); Purslane (its melatonin helps regulate sleep cycle); Raw honey (promotes restorative sleep); Red root (has mild sedative properties which alleviate tendencies for); Reishi (beneficial); Romaine (supports good sleep); Sesame seeds (provide for better night's sleep); Skullcap (good natural remedy); Star anise (sedative properties, take before bed for good night's sleep); Sunflower seeds (ideal food due to lignans, phenolic acids, and tryptophan content); Sweet violet (eases); Tarragon tea (before bed to overcome condition and to promote restful sleep); Valerian (especially beneficial); Wild cherry bark (as a mild sedative provides restful night's sleep); Winter squash seeds (rich in tryptophan promote healthy night's sleep); Yarrow tea (before bed induces deep sleep)

From [OMMS]: Wild blueberries, mangoes (their phytochemicals, amino acids, fructose, & glucose, go to the brain and quickly restore depleted neurotransmitters), bananas (soothe), cherries, spinach, lettuce, walnuts, cilantro.

From [TH]: berries, dates, lemons, limes, potatoes, radishes, turmeric, ginger, artichokes, coconut water, sprouts, lemon balm, cat's claw, avocados, grapes, raw honey. Mangoes (provide bioactive Mg and glucose that aid in sleep issues caused by EB-V) combined with L-glutamine heighten the absorption of the supplement reducing MSG toxicity by disarming it; Bananas (high in tryptophan and fructose that soothe neurotransmitters, when combined with 5-HTP activate the supplement allowing higher bioavailability); Cherries (great source of melatonin, when eaten at the same time as supplemental melatonin, they heighten the supplement enhancing its medicinal sleep effects); Asparagus (have a calming, sedative effect due to cleansing of free radicals, combined with GABA and Mg L-threonate engage the supplements making them more effective); Spinach (contains mineral salts that feed neurotransmitters, combined with glycine supplementation enhance its absorbability strengthening neurotransmitter performance); Celery (high in mineral salts, combined with GABA or Mg L-threonate, enhance their absorption in the brain and aid neurotransmitter performance for sleep support); Passion flower tea (enhanced effects together with lettuce – which have calming and sedative effect); Pomegranates (anti-mucus and anti-inflammatory, bind to unwanted acids in the body - including lactic acid which can give cramps – when used together with Mg glycinate enhances muscle relaxing power); Licorice root (which supports and rejuvenate adrenals, when taken with Mg glycinate, ignite the chemical compounds of the supplement bringing the glands back at a faster pace helping with sleep disorders related to adrenal exhaustion); Wild blueberries (pull MSG and heavy metals from the brain and top anti-mucus, anti-inflammatory and antioxidant food that enhance every nutrient, supplement and amino acid to make best use of it); Garlic (powerful anti-inflammatory of the mucous membranes and bronchial tubes – when taken with Mg glycinate - engages the supplement for a better breathing response for undisturbed sleep); Cilantro (which binds onto toxic heavy metals and MSG, when taken with L-glutamine, boosts MSG removal and metal detoxification); Sweet potatoes (their form of glucose that stimulates the development of neurotransmitters glycine, dopamine, GABA, and serotonin which aid sleep, when taken with melatonin supplementation, this food's nutrients bind onto the supplement easing its absorption in the brain; this combination also helps stop oxidation of toxic heavy metals in the brain)

Mood swings:

Crimini mushrooms (contain tryptophan which is essential to stabilize mood swings); Dong Quai (highly beneficial); Hibiscus tea (beneficial); Mint tea (excellent in helping)

From [LCF]: Wild blueberries, mangoes, oranges & tangerines, nettle leaf, kiwis (ultimate companion)

Narcolepsy:

Gotu Kola (very beneficial)

From [LCF]: Wild blueberries, berries.

Nightmares:

Leafy greens (prevent)

Obsessive-compulsive disorder (OCD):

California poppy (sedative properties); Cilantro (highly beneficial); Milk thistle (beneficial)

From [OMMS]: Wild blueberries, spirulina, barley grass powder, cilantro, dulse, cantaloupe, mangoes, berries, papaya, spinach, butterleaf lettuce, arugula, sweet potatoes, winter squashes, ginkgo, California poppy, ashwagandha, red curry, kiwis (ultimate companion)

Panic attacks:

Berries (beneficial); California poppy (sedative properties); Chamomile (calms); Hops (beneficial due to calming and sedative effect on the nervous system); Reishi (beneficial); Yarrow (its thujone compound is a powerful relaxant and anti-anxiety remedy)

From [LCF]: Wild blueberries, avocados, berries, dates.

Poor memory and concentration:

Alfalfa sprouts (help strengthen); Bell peppers (help strengthen); Broccoli (strengthens and sharpens); Brussel sprouts (beneficial); California poppy (sharpens cognitive skills); Cat's claw (has memory enhancing glycosides: proanthocyanidins and beta sitosterol); Cherries (help improve); Chia seeds (sharpen); Cinnamon (helps boost just by smelling the spice); Coconut (boosts memory and cognitive function); Crimini mushrooms (boost cognitive function due to antioxidant compound called L-ergothioneine); Eyebright (enhances and improve); Fennel (sharpens); Ginseng (sharpens); Honeydew (strengthens); Horsetail (improves memory and helps prevent memory loss); Leafy greens (aid with); Mustard greens (essential for); Oat Straw (sharpens); Periwinkle (vasodilating, blood thinning, and memory enhancing properties make it excellent for); Pistachios (prevent memory loss); Pomegranates (increase memory recall); Reishi (beneficial); Rosemary (beneficial since increases blood flow to the head and brain); Saffron (promotes mental focus, retention, and recall capacity); Schizandra berries (phenomenal to enhance these skills); Sprouts (help strengthen); Thyme (stimulates memory); Watercress (especially good for preventing)

From [LCF]: Wild blueberries, avocados, cherries, cranberries, mangoes, papayas, pomegranates, celery, sprouts and microgreens (reverse), cilantro, parsley, sea veggies, coconut, raw honey.

Post- traumatic stress disorder (PTSD):

Potatoes (reverse stress damage);

From [OMMS]: Wild blueberries, melons, beets, bananas, persimmons, papayas, sweet potatoes, figs, oranges, mangoes, tangerines, apples, raw honey, dates, berries, cilantro, nettle leaf.

Racing mind:

Chamomile (especially beneficial)

Schizophrenia:

Purslane (beneficial)

From [LCF]: Wild blueberries, dates.

Seasonal affective disorder (SAD):

From [LCF & RS]: Wild blueberries, mangoes, oranges & tangerines, turmeric, sea veggies, hemp seeds (beneficial).

Stress:

Hops (particularly beneficial); Lemon Balm tea (terpene compound helps relieve); Mache (alleviates); Oat Straw (very effective); Potatoes (particularly beneficial); Spearmint (provides relief)

From [LCF]: Wild blueberries, apples, cherries (provide amazing relief brain and body), cranberries (provide potent assistance), kiwis (amazing food for stress assistance - valuable bioavailable glucose feeds neurons and alleviate), mangoes, pears, asparagus (their highly bioavailable B vitamins replenish the rapid loss under stress), celery, potatoes, sweet potatoes, garlic, ginger, lemon balm, sea veggies, nettle leaf.

Mineral Deficiency:

From [LCF]: Cranberries (contain more than 50 trace minerals to address this condition)

From [RS]: Spirulina (better choice than a regular multi-vitamin because it's so rich in bio-available nutrients); Nettle leaf (loaded with nutrients and minerals); liquid ionic Zinc.

Nervous System Conditions

Ashwagandha (excellent for improving brain and neurotransmitter function); Bananas (provide lots of amino acids and the right kind of potassium that help re-build neurotransmitters); Borage (calms the CNS). Cherries (excellent food to fight neurological conditions); Chia seeds (a great "brain food" known to help improve memory, sharpen focus and concentration skills, and reduce brain fog and forgetfulness); Chicory (anti-inflammatory properties highly beneficial for the NS); Chives (contain nutritional compounds vital for neurological health); Chrysanthemum tea (calms down the NS); Coconut (boosts memory and cognitive function); Collard greens (rich in vitamin K and omega-3 fatty acids which are very important for neurological disorders especially those affecting the brain); Currants (contain GLA which is especially beneficial for brain function); Gotu Kola (one of the premier herbs for neurological disorders); Grapes (protect against degenerative nerve diseases); Green peas (ideal food for brain health); Horsetail (great due to its high Si content to help strengthen the connective tissues of the brain, nerve cells, and spinal cord); Kale (protects against neurological disorders); Lemons and limes (balance sodium levels in the blood, which allows for electrolytes to become active improving neurotransmitter activity); Mamey (calms the nervous system); Maple syrup (holds dozens of trace minerals that fortify the brain and the rest of the CNS, protecting them from oxidation due to heavy metal damage and viral neurotoxins. Helps to build glycogen storage banks in the liver and brain to help balance blood sugar); Oat Straw (strengthens nerve sheaths); Onions (have valuable sulfur compounds that significantly strengthen the brain and NS); Parsnip (folate content supports NS); Pecans (nature's richest sources of vitamin B-6 strengthen NS); Pistachios (incredibly nourishing for the NS); Pomegranates (increase cognitive function and memory recall); Potatoes (excellent source of B6 vital for the NS and its neurotransmitters); Pumpkin seeds (enhance GABA activity reducing anxiety and neurological disorders); Raspberries (balance the NS); Reishi (very good for calming the NS); Romaine (contains sedative compounds that relax the nerves); Sesame seeds (nourish the NS); Skullcap (healing tonic for the CNS); Sprouts (bolster neurological system with a most balanced and complete form of amino acids, keep it strong and stable); Sunflower sprouts (contain ideal protein for the NS in the body); Sweet potatoes (steady nerves); Thyme (its ability to cross the blood- brain barrier makes it a secret weapon against viruses that have started to attack the brain or spinal cord, resulting in neurological conditions. Its carvacrol component is an excellent natural tranquilizer and has a tonic effect on the entire nervous

system); Valerian (tremendous benefit to the CNS); Vanilla bean (has a calming effect in the CNS); Walnuts (calm the CNS); Winter squash (contains vital nutrients for a healthy and strong NS); Wild blueberries (help restore the CNS and help remove toxic heavy metals from the brain. They stop a shrinking brain)

From [LCF & RS]: Cherries (phytochemical compounds amazing for repairing myelin nerve damage), figs (have unique phytochemicals bonded to bioavailable potassium and sodium that specifically nourish and build neurotransmitters; support neurons and synapses), mangoes (their phytochemicals, amino acids, fructose, & glucose, go to the brain and quickly restore depleted neurotransmitters; their highly bioavailable trace magnesium coupled with phytochemical phenolic acids calm the CNS), melons (the high electrolyte content protects the brain and the rest of the NS), Cucumbers (their glycine, glutamine, trace minerals, and enzymatic content make them an ideal neurotransmitter food), Leafy greens (contain precious and vital mineral salts of sodium and trace bioavailable minerals critical to neurotransmitter and neuron support), hemp seeds (its traces of omega-3 and other rare omegas - not known to science – are what the real fats the brain uses/needs), hemp oil (beneficial for the brain)

From [TH]: Cilantro (binds onto EB-V neurotoxins that when loose can cause tingles and numbness, aches and pains, inflammation, depression, and anxiety); Coconut (supports the CNS from exposure to EB-V neurotoxins); Ginger (has ability to bring body out of a reactive state soothing nerves and muscles); Lemons & limes (improve neurotransmitter activity that has been hampered by EB-V neurotoxins causing neurological symptoms); Maple syrup (has dozens of trace minerals that fortify the brain and CNS protecting them from heavy metal oxidation and neurotoxin damage); Papayas (restore CNS from neurotoxin damage); Spinach (provides highly absorbable micronutrients to the CNS); Squash (provides easily assimilable glucose for the brain and CNS to heal inflamed nerves); Wild blueberries (restore the CNS and remove heavy metals from the brain); Bananas (high in tryptophan and fructose that soothe neurotransmitters, when combined with 5-HTP activate the supplement allowing higher bioavailability); Spinach (contains mineral salts that feed neurotransmitters, combined with glycine supplementation enhance its absorbability strengthening neurotransmitter performance); Celery (high in mineral salts, combined with GABA or Mg L-threonate, enhance their absorption in the brain and aid neurotransmitter performance); Bananas + dulce flakes (their iodine, potassium and sodium combined strengthen the entire ES and CNS against neurotoxins and their ill effects)

From [RS]: Oranges (their calcium supports the brain, and neurotransmitters); Butter lettuce (has rare omega-3 components essential for the brain); Wild blueberries (most powerful antioxidant for the brain prevent shrink or swell); Celery juice (medicine for the brain with undiscovered mineral salt compositions); Cucumber (juice helps remove DDT and radiation from the brain); Walnuts (have omega-3 that helps the brain); Hemp seeds (have omega-3 that helps the brain); Parsley (removes pesticides and MSG from the brain); HMD smoothie (help remove heavy metals out of the brain);

Amyotrophic Lateral Sclerosis (ALS):

Chaga mushroom (highest level of free-radical neutralizing SOD)

From [OMMS]: Wild blueberries, cherries, pomegranates, blackberries, figs (powerful for preventing), raspberries, oranges, melons, kale, spinach, celery, sweet potatoes, potatoes (muscles feed on carbs), bananas, lentils, black beans, quinoa, chaga mushroom, aloe vera, barley grass, wheatgrass, ginkgo leaf, lemon balm, turmeric, dandelion, milk thistle.

Alzheimer's disease:

Apples (beneficial); Broccoli (beneficial); Brussel sprouts (beneficial); California poppy (sedative properties); Cat's claw (has memory enhancing glycosides: proanthocyanidins and beta sitosterol); Cauliflower (excellent anti-inflammatory properties); Chaga mushroom (highest level of free-radical neutralizing SOD); Chia seeds (powerful anti-inflammatory properties); Chives (prevent); Cilantro (highly beneficial); Crimini mushrooms (powerful anti-inflammatory properties); Grapes (protect against); Honeydew (reduces risk); Leafy greens (help heal); Lemon Balm tea (terpene compound helps relieve); Mustard greens (essential for); Pecans (beneficial); Periwinkle (vasodilating, blood thinning, and memory enhancing properties make it excellent for); Pomegranates (offer protection from); Purslane (beneficial); Red cabbage (reduces buildup of plaque in the brain that can lead to); Sage (powerful protection against); Swiss chard (particularly beneficial); Turmeric (prevents)

From [OMMS]: Wild blueberries, apples, avocados, bananas, berries, cherries (protect the brain from), figs (powerful for preventing), mangoes, pomegranates, sprouts, cilantro, parsley, turmeric, sea vegetables, coconut, raw honey.

Bell's palsy:

Borage (calms the CNS); Cilantro (highly beneficial); Gotu Kola (very beneficial); Walnuts (beneficial)

From [OMMS]: Wild blueberries, bananas, berries, grapes, mangoes, papayas, oranges & tangerines, celery, leafy greens, potatoes, sweet potatoes, radishes, cat's claw, ginger, lemon balm, licorice root, sea vegetables, turmeric, chaga mushroom, coconut.

Body humming or vibration:

Berries (beneficial)

From [LCF]: Wild blueberries, bananas, berries, grapes, oranges & tangerines, radishes, burdock root.

Brain fog & confusion:

Ashwagandha (beneficial); Bell peppers (help reduce); Berries (beneficial); Brussel sprouts (beneficial); Cherries (reduce); Chia seeds (reduce); Siberian Ginseng (excellent for); Gotu Kola (reduces); Leafy greens (aid with); Mustard greens (essential for); Nasturtium (prevents due to its high sulfur content); Oat Straw (reduces); Papaya (wonderful aid); Potatoes (particularly beneficial); Radishes (reduce)

From [LCF]: Wild blueberries, apples, apricots, berries, dates, figs, grapes, mangoes, melons, papayas, pomegranates, celery juice (resolves ammonia permeability which causes brain fog; mineral salts support electrical impulse activity and neuron function), leafy greens, potatoes, radishes, sprouts and microgreens, cat's claw, cilantro, ginger, licorice, sea veggies, coconut.

Carpal Tunnel Syndrome:

From [LCF]: Wild blueberries, bananas, cranberries, oranges & tangerines, artichokes, turmeric, Chaga, coconut.

From [OMMS]: Rose hips.

Chest pain or tightness:

Berries (beneficial);

From [LCF]: Wild blueberries, berries, leafy greens, radishes, garlic.

Chronic Fatigue Syndrome (CFS):

Amla (treats), apricots (beneficial); ashwagandha (beneficial); bananas (contain protease inhibitors which can help stop viruses); Barley grass (beneficial); Cat's claw (particularly beneficial); Celery juice (highly beneficial due to anti-inflammatory properties); Chaga mushroom (ideal choice); Cherries (beneficial potent anti-inflammatory), Chia seeds (powerful anti-inflammatory properties); Chives (especially beneficial); Cilantro (very helpful); Cinnamon (beneficial); Coconut water (beneficial); Collard greens (ideal because of anti-inflammatory properties); Crimini mushrooms (powerful anti-inflammatory properties); Cucumber juice (anti-inflammatory benefits); Garlic (vital anti-inflammatory properties); Siberian Ginseng (excellent for); Green beans (contain anti-inflammatory compounds); Honeysuckle tea (particularly good due to its anti-inflammatory and diuretic properties); Hops (good due to powerful anti-inflammatory properties); Kale (significantly beneficial); Kiwis (beneficial due to their anti-inflammatory properties); Leafy greens (help heal); Lemon Balm (highly beneficial); Lomatium (very beneficial); Milk thistle (highly beneficial); Mustard greens (very beneficial); Nutmeg oil (helps overcome); Olive Leaf (beneficial); Oranges (particularly beneficial); Papaya (provides significant relief); Pears (perfect for); Plums (excellent for); Pomegranates (highly beneficial); Purslane (ideal food due to anti-inflammatory properties); Raspberries (particularly beneficial); Reishi (has anti-inflammatory properties essential for); Rosemary (ideal due to power anti-inflammatory caffeic and rosmarinic acids); Sarsaparilla (effective for); Shiitake mushrooms (beneficial); Strawberries (essential food due to high levels of phenols); Swiss chard (ideal food due to anti-inflammatory properties); Turmeric (significantly helps)

From [OMMS]: Wild blueberries, apricots, avocados, berries, grapes, mangos, oranges and tangerines, papayas, asparagus, celery, cucumbers, sweet potatoes, oregano, rosemary, sage and thyme, cilantro, licorice root, turmeric, burdock root, chaga mushroom, rose hips.

From [TH]: Lemons & limes (improve neurotransmitter activity that has been hampered by EB-V neurotoxins)

Chronic Nerve Pain:

Ashwagandha (beneficial); California poppy (phenomenal natural pain reliever safe alternative to prescription medication); Cayenne pepper (provides relief); Cloves (excellent for relieving); Pau D'Arco (provides pain relief); Radishes (reduce)

From [LCF]: Wild blueberries, berries, artichokes, cucumbers, onions, sprouts, aromatic herbs, garlic, licorice, parsley, sea veggies, chaga mushroom, coconut, raw honey, rose hips.

From [TH]: Asparagus (contain pain-relieving alkaloid that acts as a gentle aspirin throughout the body)

Dizziness and vertigo:

Berries (beneficial); Cardamom (highly beneficial); Celery juice (highly beneficial); Chives (especially beneficial); Ginger (prevents); Lavender (relieves); Lemon Balm (highly beneficial); Pears (perfect for); Periwinkle (highly beneficial due to vincamine alkaloid compound); Plums (excellent for); Potatoes (prevent); Rose hips (prevent); Selfheal tea (provides relief); Sweet violet (eases)

From [OMMS]: Wild blueberries, asparagus, cilantro, lemon balm, licorice.

Ear, jaw, or neck pain:

Berries (beneficial); California poppy (phenomenal natural pain reliever safe alternative to prescription medication)

From [LCF]: Wild blueberries, bananas, berries, oranges & tangerines, leafy greens, onions, aromatic herbs, cat's claw, cilantro, licorice, turmeric, chaga mushroom, coconut.

Epilepsy / seizures:

Coconut water (beneficial, prevents); Gotu Kola (very beneficial); Sarsaparilla (beneficial); Skullcap (particularly beneficial for relieving); Valerian (beneficial in reducing seizure activity)

From [OMMS]: Wild blueberries, apples, kiwis, mangoes (stave off), melons, cat's claw, sea vegetables, coconut, rose hips.

Frozen shoulder:

Berries (beneficial); Cherries (beneficial potent anti-inflammatory)

From [OMMS]: Wild blueberries, apples, berries, mangoes, papayas, pomegranates, celery, potatoes, radishes, cat's claw, lemon balm, licorice root, turmeric, chaga mushroom, coconut, rose hips.

Hot Flashes:

Amla (has a natural cooling effect on the body and can help to regulate body temperature and fluctuations); Berries (beneficial); Blackberries (their phytoestrogens relieve estrogen related symptoms); Celery juice (prevents and counteracts); Dong Quai (prevents); Hops (provide relief due to estrogenic properties)

From [OMMS]: Wild blueberries (they shut down this condition because they clean up the toxic liver and chelate the thyroid from toxins, and also support the adrenals), berries, grapes, oranges & tangerines, cruciferous veggies, cucumber, onions, sprouts, sweet potatoes, cilantro, lemon balm, raspberry leaf, raw honey, rose hips.

Migraines / Headaches:

Ashwagandha (beneficial); Barley grass (beneficial); Broccoli (beneficial); Cashews (reduce frequency); cayenne pepper (relief); Celery (prevents); Celery juice (highly beneficial due to anti-inflammatory properties); Chamomile (reduces pain); Cloves (excellent for relieving); Coconut water (beneficial); Cucumber juice (anti-inflammatory benefits); Dong Quai (highly beneficial); Ginger (alleviates); Grapes (provide relief); Honeysuckle tea (highly beneficial); Hops (particularly beneficial); Lavender (relieves); Lemon Balm tea (terpene compound helps relieve); Linden flower tea (helps alleviate); Mamey (alleviate); Meadowsweet (its salicylic acid provides pain relief); Milk thistle (beneficial); Mint tea (excellent in helping); Mullein (helps relieve); Mustard seeds (reduce frequency); Nettle leaves (prevent); Periwinkle (highly beneficial due to vincamine alkaloid compound); Red root (highly beneficial); Rose petals (soothe); Rosemary (very useful for); Sapodilla (prevents); Self heal tea (provides relief); Sesame seeds (eases); Skullcap (excellent for); Skullcap (particularly beneficial for relieving); Spearmint (provides relief); Sweet violet (eases); Thyme (eases); Valerian (especially beneficial); Vanilla bean (decreases)

From [OMMS]: Wild blueberries, apples, berries, cranberries, lemons & limes, papayas, pears, asparagus, celery (hydrates at a deep cellular level lessening chances of), cruciferous vegetables,

cucumbers, leafy greens, onions, oregano, rosemary, sage & thyme, cat's claw, cilantro, garlic, ginger, lemon balm, licorice, parsley, turmeric, sea vegetables, burdock root, chaga mushroom, coconut, dandelion. Celery juice (raises HCl to control ammonia permeability trigger), Cucumber juice (cools down the brain and great to control hydration and electrolyte triggers), Melons of all types (their phytochemicals are amazing electrolyte sources that calm condition down), Bananas (high in tryptophan and potassium are amazing to stop condition), Spinach (mineral salts in leaves' stems get glial cells and neurons functioning, thus electrical impulses in brain), Lettuce (very soothing not just for condition but to control triggers), Cilantro (to help with heavy metal trigger), Ginger – freshly grated in water + raw honey (great to relax the body controlling stress trigger), Barley grass juice powder (it alone can stop a migraine), Raspberry leaf tea (great for menstrual cycle related migraines), Peppermint tea (calms down nerves to control stress trigger), Turmeric (pain reliever that makes a difference when in the body all the time)

From [RS]: Lemon water (for hydration and to flush out the liver every single morning); Celery juice (its mineral cluster salts are used by the IS as a shield and deflector against viruses and bacteria); Cucumber juice (critical to drop migraines substantially when used consistently); Turmeric (shots even with ginger), Ginger (not just a tea but added to any healthy juice), HMD smoothie; Lemon balm (to get rid of viruses and bacteria including old strep in the sinus cavities causing headaches). Any kind of herbal tea: Rosehips, Hyssop, red clover (can sometimes take the edge off migraines because it cleans and thins the blood a little bit). Cat's claw (because of controlling bacteria and viruses).

Motion sickness:

Ginger (prevents)

From [OMMS]: Wild blueberries, oranges & tangerines, papayas, pomegranates, asparagus, cruciferous vegetables, cucumbers, leafy greens, onions, sprouts, oregano, rosemary, sage & thyme, cat's claw, cilantro, garlic, ginger, lemon balm, parsley, turmeric, aloe vera, chaga mushroom, coconut, nettle leaf, red clover.

Parkinson's disease:

Apples (beneficial); bananas (contain protease inhibitors which can help stop viruses); Borage (calms the CNS); Chaga mushroom (highest level of free-radical neutralizing SOD); Cilantro (highly beneficial); Coconut water (beneficial); Crimini mushrooms (powerful anti-inflammatory properties); Gotu Kola (very beneficial); Milk thistle (beneficial); Pau D'Arco (highly beneficial); Pecans (beneficial); Sage (powerful protection against); Skullcap (particularly beneficial for relieving)

From [OMMS]: Wild blueberries, bananas, berries, figs (powerful for preventing), mangoes, melons, asparagus, radishes, cilantro, garlic, parsley, turmeric, sea vegetables, coconuts.

Restless Leg Syndrome:

Ashwagandha (beneficial); Celery juice (highly beneficial due to anti-inflammatory properties); Strawberries (essential food due to high levels of phenols)

From [OMMS]: Celery juice, wild blueberries, cilantro, spirulina, dulse, barley grass juice powder, chaga mushroom, onions, potatoes, cat's claw, bacopa, licorice root, mangoes.

Sciatica:

Dong Quai (highly beneficial); Elderberry juice (alleviates pain); Lemon Verbena (highly beneficial); Skullcap (particularly beneficial for relieving)

From [OMMS]: Wild blueberries, avocados, figs, oregano, rosemary, sage & thyme, cilantro, licorice, turmeric, aloe vera, chaga mushrooms, coconut.

Tics and Spasms:

Ashwagandha (beneficial); Berries (beneficial); Broccoli (beneficial); Cardamon (highly beneficial); Elderberry juice (relieves spasms and tics); Ginger (has the ability to bring the body out of a reactive state by soothing nerves and muscles); Lemon Verbena (highly beneficial); Red root (effective antispasmodic); Skullcap (particularly beneficial for relieving)

From [LCF]: Wild blueberries, dates, cat's claw, licorice, sea veggies, apricots, berries, kiwis, mangoes, asparagus, celery, leafy greens, onions, potatoes, sprouts, sweet potatoes, aromatic herbs, cilantro, garlic, ginger, parsley, turmeric, Chaga mushroom, coconut, raw honey, rose hips.

From [TH]: Ginger (relieves spasms associated with EB-V and stress)

Tingles & numbness:

Berries (beneficial); Celery juice (prevents and counteracts); Gotu Kola (effective for)

From [LCF]: Wild blueberries, avocados, bananas, berries, oranges & tangerines, papaya, asparagus, cruciferous veggies, cucumbers, onions, potatoes, sprouts, aromatic herbs, cat's claw, cilantro, garlic, licorice, parsley, sea veggies, chaga mushroom, coconut, raw honey, rose hips.

From [TH]: Cilantro (binds onto EB-V neurotoxins that when loose can cause tingles and numbness, aches and pains, inflammation, depression, and anxiety);

Tinnitus (ringing of the ears):

Berries (beneficial); Cardamon (highly beneficial); Celery juice (prevents and counteracts); Periwinkle (highly beneficial due to vincamine alkaloid compound); Potatoes (prevent); Radishes (help reduce).

From [OMMS]: Wild blueberries, apples, berries, oregano, rosemary, sage & thyme.

Tourette's Syndrome:

Cilantro (highly beneficial), Gotu Kola (premier herb for neurological disorders)

From [OMMS]: Wild blueberries, berries, bananas, papayas, leafy greens, lemon balm, HMD smoothie (this is critical)

Tremors:

Ashwagandha (beneficial); Gotu Kola (very beneficial)

From [LCF]: Wild blueberries, cranberries, dates, grapes, lemons & limes, melons, onions, cat's claw, parsley, sea veggies.

Trigeminal neuralgia:

From [LCF]: Wild blueberries, avocados, figs, pomegranates, cucumbers, cilantro.

From [RS]: Potatoes, mullein leaf, propolis, lemon balm, licorice root, Chaga powder, Pau D'arco, turmeric, cat's claw, spirulina.

Nutrient Assimilation

Aloe vera (works wonders); Avocados (increase the body's ability to assimilate nutrients); Bananas (promote nutrient absorption and assimilation), Blackberries (promote healthy digestion and assimilation); cayenne (promotes peristaltic motion essential for proper digestion and assimilation); Chicory (helps digestion and assimilation); Fennel (facilitate absorption and assimilation of nutrients); Ginger (aids digestion and assimilation); Mangoes (feed bacteria that aid digestion and assimilation); Papaya seeds (have all the nutrients for instant assimilation)

Oral/Dental Conditions

Lemons (help destroy putrefactive bacteria in the mouth); Oat Straw (strengthens teeth); Oranges (keep teeth strong); Parsley (strengthens bone and tooth enamel); Parsnip (highly beneficial for teeth and gum health); Pau D'Arco mouthwash (beneficial for tooth and gum infections); Pomegranate juice (excellent for dental health since naturally prevents dental plaque and gum disease); Red root (particularly beneficial for oral health, prevents tooth decay, dental plaque, and oral infections)

From [RS]: Leafy greens (the silica in these re-mineralizes teeth, gums, and bones); fruits (help removing bacteria from the intestinal tract); wild blueberries (highly mineralized food).

Bleeding gums:

Horsetail as mouthwash (beneficial); Periwinkle mouth wash (highly effective); Self heal gargles (particularly beneficial)

Cavities / Tooth Decay:

Alfalfa sprouts (natural fluorine prevents decay); Cranberries (prevents due to proanthocyanidins in tannic acids which coats the infection forming bacteria, from sticking to the gums and teeth); Cucumber (benefit teeth and gums as its fiber and nutrients help massage the gums and remove bad bacteria from the teeth); Grapes (fight); Horsetail (excellent to strengthen teeth); Oat Straw (strengthens teeth); Red root (prevents); Sprouts (prevent tooth decay, and helps rebuild decayed teeth)

From [LCF]: Wild blueberries, apricots (prevent gut's production of ammonia which causes dental issues), cherries, melons (high in Si, excellent food to restore teeth and connective tissues), oranges & tangerines (their bioactive calcium gets absorbed instantly to help regrow teeth), sprouts, parsley (impedes growth of micro-organisms), celery (resolves ammonia permeability which causes dental rot)

From [RS]: Celery juice every day, wild blueberries, HMDS, parsley, cilantro, spinach, lettuces, tomatoes, cucumbers, zucchinis, potatoes, winter squash, broccoli, cauliflower, collard greens, kale (great to crunch on a stem), leafy greens (the silica in these re-mineralizes teeth). Important to take silica product.

Gum disease:

Cranberries (prevents due to proanthocyanidins in tannic acids which coats the infection forming bacteria, from sticking to the gums); Echinacea (beneficial); Guava leaves chewed (beneficial); Horsetail as mouthwash (beneficial); Marshmallow root topical (anti-bacterial properties); Nettle leaf mouth rinse

(excellent for); Pomegranate juice (prevents); Raspberry leaf mouth wash (excellent for); Red root (prevents); Sweet violet (eases)

From [OMMS]: Wild blueberries, apricots (prevent gut's production of ammonia which causes gum issues), dates, melons (high in Si, excellent food to restore teeth and connective tissues), oranges & tangerines, parsley, raspberry leaf, burdock root, rose hips, coconut oil, celery (resolves ammonia permeability which causes gum issues)

Gum pain:

Cardamon pods (chewing relieves); Clove oil (contains eugenol which is a powerful anesthetic); Goldenseal gargle (beneficial for gum infections); Guava leaves chewed (beneficial); Marshmallow root topical (anti-bacterial properties); Pau D'Arco mouthwash (beneficial for gum infections); Tarragon fresh leaves (act as a local anesthetic)

From [LCF]: Wild blueberries, apricots, dates, radishes, parsley.

Plaque producing bacteria:

Aloe vera (prevents used as toothpaste or mouthwash); Nettle leaf mouth rinse (prevents); Pomegranate juice (prevents); Red root (prevents)

Teeth pain:

Cardamon pods (chewing relieves); Cayenne pepper (provides relief); Chrysanthemum tea (eases); Cinnamon (pain relieving and antiseptic properties); Clove oil (contains eugenol which is a powerful anesthetic); Elderflower (beneficial); Guava leaves chewed (beneficial); Hops (particularly beneficial); Lemon juice topically (great remedy for); Nutmeg oil topical (relieves); Oregano oil (excellent remedy); Tarragon fresh leaves (act as a local anesthetic)

From [LCF]: Wild blueberries, lemon balm.

Parasites and Worms:

Basil (effective against); Cat's claw (particularly beneficial); Cayenne pepper (destroys worms and parasites in the gut); Chicory (excellent to fight parasites and worms in the intestine); Cucumber (erepsin enzyme content helps destroy parasites and tapeworms); Dates (one of the most anti-parasite foods on the planet – bind onto, destroy, and sweep them away); Dill (highly beneficial); Garlic (removes parasites and worms from the colon); Mullein (aids remove intestinal worms); Pau D'Arco (removes parasites from digestive tract); Papaya seeds (effective vermicide or worm/parasite remover); Purslane (beneficial); Sapodilla (its tannins have potent anti-parasitic properties); Shiitake mushrooms (their interferons inhibit parasite replication); Tarragon (expels worms from the body); Thyme (destroys certain intestinal hookworms and roundworms)

From [LCF]: Wild blueberries, apricots, dates (one of the most anti-parasitical foods, they bind to, destroy, and sweep them away), figs (antiseptic skins kill), grapes (their skins have micronutrients that expel), kiwis, papayas (get rid the gut of both), papaya seeds (small portion per week eliminates), pears (starve and kill parasites in the IT) , celery, apples and red cabbage (together expel worms and parasites from intestinal tract, liver and spleen), radishes (wormicide), cat's claw, cilantro (incredible worm deterrent), garlic, parsley, turmeric, coconut, raw honey, tomato skins.

Radiation

Apples (contain phytochemicals that help eliminate by binding to radioactive residues); Milk thistle (potent detoxifying herb protects the liver from the effects of); Raw honey (contains phytochemicals that protect from); Reishi (protects the body from R damage); Shiitake mushrooms (their 1,3 beta-glucan and lentinan lessen side effects of); Spirulina (reduces effects of radiation sickness); Sunflower seeds (their pectin content has the ability to bind to radioactive residues and remove them safely from the body)

From [OMMS]: Wild blueberries, apples, cherries (phytochemical compounds amazing for removing), cranberries (their compounds draw it out of the body), figs (high in B vitamins specifically bonded to phytochemicals to reduce radiation in the body), avocados, aloe water, grapes (expel from the body), kiwis (phenolic acid compounds in seeds together with powerful vitamin C bonded to isothiocyanates and anthocyanins, remove radiation from the body), cauliflower, Atlantic sea vegetables (especially dulse and kelp), lemons & limes (purge toxic substances collected from radiation), oranges & tangerines (their combined glutathione, flavonoids, and limonoids protect the body from radiation damage), artichokes (remarkable for protecting from all types of), cruciferous vegetables (pull out radiation from thyroid that got there from dental or medical X-rays), Cauliflower and seaweed (together they expel radiation from endocrine glands), Onions (due to sulfur compounds rid the body of this type of exposure)

From [TH]: Aloe vera (draws radiation out of the thyroid); Radishes (remove radiation from thyroid)

Reproductive Organs & Conditions:

To benefit reproductive health: Amla (removes toxins, rejuvenates the organs and enhances fertility); Apricots (beneficial as one of the best sources for organic iron, copper, and cobalt); Ashwagandha (used as natural infertility treatment); Crimini mushrooms (boost reproductive function due to antioxidant compound called L-ergothioneine); Cumin (has been known to help relieve morning sickness and to strengthen milk production for breast feeding); Cumin seed oils (contain cuminaldehyde and thymol which support healthy reproductive system); Currants (contain GLA which is especially beneficial for reproductive health and fertility); Dong Quai (used as a natural infertility treatment and can also help improve sperm quality in men due to its ferulic acid); Fennel (used among nursing women to help stimulate consistent milk flow for their babies); Fenugreek (significantly increases milk production in lactating women); Figs (repair and restore reproductive system); Korean Ginseng (increases sexual vitality); Pumpkin seeds (essential for men's health; provide significant protection for the prostate gland); Raspberries (balance the reproductive system); Raspberry leaf tea (supports both women's and men's reproductive health); Star anise (supports the health of the female reproductive system and is often used by lactating mothers to increase the flow of breast milk); Winter squash and melons (filled with glucose help with breast milk); Avocados (are amazing to create breast milk because of its special fats and sugars)

From [LCF]: Cherries (remove toxins from uterus and RS thus helping reduce fibroids and ovarian cysts); Nettle leaf (ultimate reproductive herb of all time – enhances egg production)

Benign Prostatic Hypertrophy (BPH):

Zucchini (contains phytonutrients that reduce symptoms)

Birth defects:

Parsnip (reduces risk)

Cervical dysplasia:

Cauliflower (contains DIM which treats)

Enlarged prostate:

Burdock root (highly beneficial); Cat's claw (particularly beneficial); Cleavers (reduces swelling); Echinacea (beneficial); Pecans (beta-sitosterol compound effective to treat symptoms); Pomegranates (keep PSA levels stable)

From [OMMS]: Wild blueberries, cherries, berries, grapes, melons, pomegranates, asparagus, cruciferous vegetables, onions, potatoes, radishes, sweet potatoes, garlic, burdock root, chaga mushrooms, dandelion (especially great for), nettle leaf.

From [RS]: Wild blueberries (lots of), walnuts (they are a miracle for prostate cancer due to their phytochemicals and other nutrient compounds – not even studied by science), avocados and hemp seed. Celery juice (will lower the PSA test from wherever it comes because it lowers inflammation). Antioxidants from fruits (apples, berries, cranberries, cherries, mangoes, papayas, cherries, plums, peaches, kiwis, grapes), kale and spinach, lettuces (romaine and butter leaf are great). Fresh tomatoes alone every day are a secret weapon for reversing any prostate problem. Parsley, cilantro, & fresh oregano. HMD smoothie. Bilberry and elderberry (good and helpful for prostate).

High estrogen levels:

Avocados (stop estrogen related reproductive and colon cancers); pomegranates (flush out unproductive estrogens); Black beans (are rich in good phytoestrogens to get rid of the bad ones in the body); Crimini mushrooms (their CLA prevent high levels of estrogen from circulating within the body); Cucumber skin (its chlorophyll and lignan content makes it a great anti-estrogen-related cancers); Dong Quai (premier hormone regulator; reduces estrogen levels if they are too high or increase estrogen levels if they are too low); Blackberries (their phytoestrogens relieve estrogen related symptoms); cranberries (their phytoestrogen compounds disarm invading estrogens like plastics, environmental pollutants, pesticides, & synthetic chemicals, contain enzymes that specifically detoxify organs), Sesame tahini (is rich in phytoestrogens that battle the bad estrogens from plastics and foods).

From [LCF]: Wild blueberries, cranberries (contain phytoestrogen compounds that disarm invading estrogens from outside sources such as plastics, environmental pollutants, pesticides, and other synthetic chemicals); pomegranate (amazing hormone regulator because flushes out toxic hormones like unproductive estrogens); sweet potatoes (rid the body of unproductive estrogen making room for healthier estrogens); nettle leaf (rids the body of toxic estrogens from outside sources such as plastics and pesticides).

Infertility:

Amla (removes toxins, rejuvenates the organs and enhances fertility); Ashwagandha (used as natural infertility treatment); Cumin seed oils (contain cuminaldehyde and thymol which support healthy reproductive system); Currants (contain GLA which is especially beneficial for reproductive health and fertility); Dong Quai (used as a natural infertility treatment); Goldenseal root (helps stop heavy menstrual bleeding)

From [LCF]: Wild blueberries, avocados, bananas, berries (answer for future of humankind, have group of compounds that promote fertility), cherries, grapes, lemons & limes, mangoes, melons, oranges & tangerines, artichokes, asparagus, celery, cucumbers, leafy greens, potatoes, sprouts, garlic, raspberry leaf (prepares body for pregnancy), coconut water, nettle leaf (ultimate reproductive herb of all time – enhances egg production), raw honey, red clover.

Prostatitis:

Kale (protects from); Leafy greens (prevent); Sage (powerful protection against); Shiitake mushrooms (highly beneficial due to high Zinc content that regulates gland's function)

From [LCF]: Wild blueberries, cherries, kiwis, dandelion.

Venereal diseases:

Gotu Kola (particularly beneficial); Red root (treats syphilis and gonorrhea)

Respiratory Conditions

Apricots (prevent lung disease due to high concentration of beta-carotene); Astragalus (beneficial for all respiratory ailments); Cardamon (excellent natural expectorant in relieving congestion and phlegm from the lungs and sinus passages); Chamomile (relieves bronchial and sinus congestion); Chrysanthemum tea (potent anti-viral and antibacterial properties); Cilantro (supports lungs); Cleavers (eases upper respiratory congestion, and eliminates mucus from the body); Cleavers tea (removes mucus); Essential oil of clove (use to disinfect air for beneficial effects on sinusitis, tuberculosis, bronchitis, asthma, colds & coughs); Cranberries (contain one of nature's most potent vasodilators which opens up congested bronchial tubes and pathways making it essential for healing any respiratory condition); Crimini mushrooms (boost lung function due to antioxidant compound called L-ergothioneine); Dill (highly beneficial); Elderberries (very beneficial for bronchial and respiratory problems; help loosen and expel congestion in the lungs); Elderflower tea (particularly helpful with respiratory ailments, natural decongestant helps clear up mucus and congestion in the lungs, sinus, and nasal passages); Fenugreek (highly beneficial); Figs (drain phlegm from the body); Garlic (particularly beneficial for respiratory infections); Goldenseal (particularly good to treat respiratory infections); Lavender oil aromatherapy (significantly reduces lung and sinus infections); Lemon Verbena (effective at loosening up and removing mucus from the lungs and sinus passages); Linden flower tea (excellent remedy due to its diaphoretic and fever reducing properties); Limes (help prevent); Lychees (relieve most stubborn coughs and congestions); Mangoes (prevent); Marshmallow root (contains mucilate compound which provides protective barrier in the respiratory tract which helps to heal and repair irritation and mucus, and respiratory infections); Mullein (highly beneficial due to powerful anti-bacterial and expectorant properties that remove phlegm from the lungs and mucus from the body); Oranges (have significant amount of glutathione which is critical for lung function); Oregano (highly beneficial for treatment); Raw honey (functions as expectorant); Red root (effective expectorant, prevents and shortens respiratory infections); Rose hips (prevent and treat respiratory infections); Schizandra berries (soothe); Sprouts (acts as effective expectorant); Star anise (strong expectorant properties); Strawberries (high Vitamin C content wards off respiratory infections); Sunflower sprouts (great expectorant relieves congestion from lungs and sinuses); Thyme (has expectorant properties); Turmeric (soothes respiratory ailments); Wild cherry bark (significantly removes mucus from the lungs); Yarrow (provides relief for)

From [LCF]: Cruciferous vegetables (due to their sulfur rich nature, restores and stimulates the growth of lung tissue - two forms of sulfur: macro-mineral and micro-mineral stimulate growth, regeneration, and healing, and restore lung scar tissue), Onions (protect the lungs, and repairs some damage done from smoking)

From [TH]: Garlic (powerful anti-inflammatory of the mucous membranes and bronchial tubes – when taken with Mg glycinate - engages the supplement for a better breathing response for undisturbed sleep)

Asthma:

Amla (treats), apples (beneficial); apricots (beneficial); Ashwagandha (improves oxygen flow and usage on a cellular level); Barley grass (oxygenates the vascular system); Cardamon (highly beneficial); Chaga mushroom (ideal choice due to anti-inflammatory properties); Coconut water (beneficial); Collard greens (particularly beneficial); Crimini mushrooms (powerful anti-inflammatory properties); Cumin (beneficial); Currants (their anthocyanins reduce inflammation); Elderberry extract sambucol (particularly beneficial); Elderflower tea (particularly beneficial); Figs (drain phlegm from the body); Grapes (provide relief); Honeysuckle (very helpful due to expectorant and soothing properties); Kiwis (prevents); Kiwis (beneficial since they protect DNA from mutating); Lavender (relieves); Leafy greens (help heal); Lemon Verbena (provides relief); Linden flower tea (works very well for); Lomatium (highly effective as antibiotic herb); Mint tea (excellent in helping); Mizuna (prevents); Mullein (highly beneficial due to powerful anti-bacterial and expectorant properties that remove phlegm from the lungs and mucus from the body); Mustard greens (very beneficial); Onions (prevent); Oranges (very good for); Pau D'Arco (highly beneficial); Radishes (excellent for); Raw honey (beneficial for); Red root (highly beneficial); Rosemary (very useful for); Sage (highly beneficial due to anti-inflammatory rosmarinic acid compound); Skullcap (stops histamine production thus easing); Spearmint (beneficial); Star anise (highly beneficial); Strawberries (essential food due to high levels of phenols); Sunflower seeds (prevent); Sweet violet (excellent for); Wild cherry bark (effective remedy for); Winter squash (excellent for); Zucchini (beneficial due to anti-inflammatory compounds)

From [LCF]: Wild blueberries, apricots, onions, radishes.

From [RS]: Lots of fruits and veggies, potatoes, sweet potatoes, avocados, all kinds of winter squash, steamed vegetables are fine, raw salads, spinach. HMD smoothie. Low fat mucus reducing diet essential.

Bronchitis:

Broccoli (contains natural antihistamine properties thus warding off); Burdock root (highly beneficial); Cardamon (natural expectorant); Cayenne pepper (excellent remedy); Chamomile (relieves bronchial congestion); Cumin (beneficial); Echinacea (particularly beneficial); Elderflower tea (particularly beneficial); Fennel (highly beneficial); Garlic (particularly beneficial); Goldenseal root (relieves symptoms); Honeysuckle (very helpful due to expectorant and soothing properties); Lemon Balm (particularly helpful due to tannin's antiviral properties); Lomatium (highly effective as antibiotic herb); Marshmallow root (beneficial); Mullein (highly beneficial due to powerful anti-bacterial and expectorant properties that remove phlegm from the lungs and mucus from the body); Nasturtiums (expectorant breaks up congestion in respiratory passages); Olive Leaf (beneficial); Onions (prevent); Oranges (very good for); Raw honey (beneficial for); Red root (highly beneficial); Reishi (has anti-inflammatory properties essential for); Rose petals (soothe); Schizandra berries (soothe); Self heal tea (provides relief);

Spearmint (provides relief); Star anise (highly beneficial); Sweet violet (excellent for); Wild cherry bark (effective remedy for)

From [LCF]: Wild blueberries, grapes, kiwis, lemons (one of the most effective mucus expellers) & limes (effective mucus expellers), onions (very helpful), radishes, garlic, turmeric, raw honey, rose hips.

Chronic Obstructive Pulmonary Disease (COPD) /Emphysema:

Ashwagandha (improves oxygen flow and usage on a cellular level); Chia seeds (powerful anti-inflammatory properties); Coconut water (beneficial); Garlic (vital anti-inflammatory properties); Green beans (contain anti-inflammatory compounds); Green peas (particularly good due to anti-inflammatory properties); Honeysuckle (very helpful due to expectorant and soothing properties); Kale (significantly beneficial); Leafy greens (help heal); Lemons (particularly beneficial); Linden flower tea (works very well for); Lomatium (highly effective as antibiotic herb); Mullein (highly beneficial due to powerful anti-bacterial and expectorant properties that remove phlegm from the lungs and mucus from the body); Nettle leaves (helps relieve); Oranges (very good for); Plums (excellent for); Pomegranates (highly beneficial); Potatoes (reduce risk); Purslane (ideal food due to anti-inflammatory properties); Reishi (has anti-inflammatory properties essential for); Schizandra berries (soothe); Strawberries (essential food due to high levels of phenols); Swiss chard (protects against due to large number of phytonutrient antioxidants)

From [LCF]: Wild blueberries, cruciferous veggies, onions, potatoes, parsley.

From [RS]: Wild blueberries, berries, papayas, peppermint tea, ginger tea, nettle leaf tea, garlic, onions, apples, mangoes (their carotenoids and antioxidants help restore lung tissue), celery juice, cucumber juice, lemon water, coconut water, leafy greens, melons, sweet potatoes, potatoes, all types of squash.

Colds:

Astragalus (wards off and reduces symptoms); Basil (effective antibacterial & antiviral); Broccoli (contains natural antihistamine properties thus warding off); Burdock root (highly beneficial); Cayenne pepper (excellent remedy). Chamomile (beneficial anti-bacterial); Chrysanthemum tea (potent anti-viral and antibacterial properties); Cinnamon (contains anti-bacterial and anti-viral properties); Cumin (beneficial); Echinacea (particularly beneficial); Elderberries (most effective; shortens illness), Elderflower tea (particularly beneficial); Eyebright (excellent to alleviate); Garlic (particularly beneficial); Gentian (beneficial); Ginger (prevents); Goldenseal root (relieves symptoms); Honeysuckle (very helpful due to expectorant and soothing properties); Kiwis (shorten duration of); Lavender (reduces symptoms); Lemons (particularly beneficial); Lemon Balm (particularly helpful due to tannin's antiviral properties); Lemon Verbena (provides relief); Linden flower tea (excellent remedy due to its diaphoretic and fever reducing properties); Lomatium (prevents); Lychees (highly beneficial due to powerful antiviral oligonol); Mint tea (excellent in helping); Nasturtiums (expectorant breaks up congestion in respiratory passages); Olive Leaf (wipes out faster than most medications); Onions (treat); Oregano (highly beneficial); Papaya (provides significant relief); Paprika (relieves headaches that accompany); Persimmons (beneficial); Plums (provide resistance against, if eaten regularly); Pumpkin (wards off); Radishes (excellent for); Raspberry leaf (excellent for); Raw honey (fights off); Red root (effective expectorant, prevents and shortens); Reishi (highly beneficial due to its anti-viral properties); Rose hips (prevent and treat); Rosemary oil through vaporizer (beneficial); Sarsaparilla (good sweat inducer and fever reducer); Strawberries (high Vitamin C content wards off); Tangerines (particularly beneficial); Thyme (kills the

pathogen, should be taken at the first sign of condition); Wild cherry bark (effective remedy for); Yarrow (provides relief)

From [LCF]: Wild blueberries, grapes, lemons (one of the most effective mucus expellers) & limes, oranges & tangerines, cucumbers, onions, garlic, ginger, turmeric, raw honey, rose hips.

Laryngitis:

Elderflower tea (particularly beneficial); Goldenseal root (relieves symptoms); Marshmallow root (beneficial); Raw honey (soothes); Wild cherry bark (effective remedy for)

From [LCF]: Wild blueberries, cat's claw, garlic, ginger, lemon balm, licorice, nettle leaf, raw honey, rose hips.

Pneumonia:

Cumin (beneficial); Gentian (beneficial); Goldenseal root (relieves symptoms); Lomatium (highly effective as antibiotic herb); Rose hips (prevent and treat); Schizandra berries (soothe)

From [LCF]: Wild blueberries, cranberries, lemons (one of the most effective mucus expellers) & limes (effective mucus expeller), onions (good for bacteria-caused), radishes, cat's claw, garlic, turmeric, chaga mushroom, coconut.

Seasonal allergies:

Broccoli (contains natural antihistamine properties thus warding off); Currants (their anthocyanins reduce inflammation); Echinacea (particularly beneficial), Elderflower (beneficial); Eyebright (excellent to alleviate); Goldenseal root (relieves symptoms); Reishi (beneficial due to its natural antihistamine properties)

From [LCF]: Wild blueberries, cranberries.

Sinusitis:

Broccoli (contains natural antihistamine properties thus warding off); Cardamon (natural expectorant); Cayenne pepper (provides relief); Coconut water (beneficial); Echinacea (particularly beneficial); Eyebright (excellent to alleviate); Fennel (highly beneficial); Gentian (beneficial); Goldenseal (particularly good to treat); Green beans (contain anti-inflammatory compounds); Kale (significantly beneficial); Leafy greens (help heal); Lemon Verbena (provides relief); Meadowsweet (potent anti-inflammatory properties reduce swelling); Mint tea (excellent in helping); Mustard seed oil topical (massaged help reduce congestion); Nasturtiums (highly beneficial); Nettle leaves (prevent); Onions (prevent); Paprika (relieves); Pumpkin seeds (beneficial due to anti-inflammatory properties); Radishes (excellent for, dissolve mucus); Red root (highly beneficial); Reishi (beneficial due to its natural antihistamine properties); Rose hips (prevent and treat); Sapodilla (prevents); Skullcap (stops histamine production thus easing); Spearmint (provides relief); Star anise (highly beneficial); Sunflower sprouts (relieves congestion); Sweet violet (excellent for); Yarrow (relieves sinus congestion and post nasal drip)

From [LCF]: Wild blueberries, dates, oregano, garlic, ginger.

Spasmodic cough:

California poppy (helps soothe)

Skeletal & Skeletal Muscle Conditions

Almonds (strengthen bones); Cantaloupe (loaded with minerals, hydrating and alkalizing, keeps muscles relaxed and free from cramps); Cashews (strengthen bones, keep muscles free from constriction, and give elasticity); Celery (its Ca and Si content helps repair damaged ligaments and bones); Celery juice (prevents and counteracts muscle cramps); Chives (contain nutritional compounds vital for bone health); Dandelion greens (great source of Vitamin K essential for bone health); Dates (build bone and muscle strength); Dill (good bioavailable minerals for bones); Figs (repair and restore muscular and skeletal system); Ginger (contains potent anti-inflammatory gingerols and is a powerful painkiller; has the ability to bring the body out of a reactive state by soothing nerves and muscles); Honeydew (provides quick repair for muscles and tissues, and increases flexibility); Horsetail (excellent to strengthen brittle bones and increase bone density, enhance bone flexibility, and heal fractured bones, pulled hamstrings, and dislocated joints); Leafy greens (essential for bone health and to prevent fractures and osteoporosis); Mullein (anti-inflammatory verbascoside compound helps ease muscle pain); Mustard greens (keep the bones and muscles strong); Nutmeg oil topical (supports circulation aiding with muscle and joint conditions); Oat Straw (highly beneficial for osteoporosis, strengthening bones, healing fractures); Oranges (keep bones strong); Papayas (has all nutrients needed to rebuild muscles, tissues, and bones); Parsnip (highly beneficial); Pistachios (incredibly nourishing for the muscles); Pumpkin (keeps muscles functioning at their best); Red root (its anti-spasmodic properties are incredible at helping to relieve muscle spasms); Dandelion greens (great source of Vitamin K essential for bone health); Spirulina (helps build muscle mass); Sprouts (contain all eight essential amino acids to increase bone strength and density; bolster muscular system with this balanced form of protein); Sunflower sprouts (contain ideal protein for the skeletal and muscular system in the body); Sweet potatoes (help relax muscles); Swiss chard (incredibly important for bone health and to help prevent breakage, fractures, and osteoporosis); Tangerines (particularly beneficial for bone repair); Thyme (eases muscle tension); Tomatoes (excellent to strengthen bones); Valerian (tremendous benefit to the muscular system); Watercress (especially good for preventing); Yarrow (relieves)

From [LCF]: Apples (provide precious trace minerals Mn and Mo, and electrolytes helping hydration), Dates (their high potassium and fruit sugar refuels muscles and brain), Mangoes (amazing exercise food provides muscles with traces of Na, Mg and glucose), Melons (high in Si, excellent food to restore ligaments, tendons, and connective tissues), Pomegranates (eliminate lactic acid buildup in muscles), Onions (their sulfur compounds help repair tendons and connective tissue)

From [TH]: Ginger (has ability to bring body out of a reactive state soothing nerves and muscles); Lemons & limes (replenish calcium for the bones); Pomegranates (anti-mucus and anti-inflammatory, bind to unwanted acids in the body - including lactic acid which can give cramps – when used together with Mg glycinate enhances muscle relaxing power); Tangerines + Raspberries (help prevent calcium loss and osteoporosis)

Knee pain:

Cat's claw (beneficial)

From [LCF]: Wild blueberries, berries, melons (high in Si, excellent food to restore ligaments, tendons, and connective tissues), cruciferous veggies, leafy greens, Onions (their sulfur compounds help repair tendons and connective tissue), turmeric.

Muscle cramps/spasms:

Cantaloupe (relaxes); Celery juice (counteracts); Chamomile (reduces); Cloves (excellent for relieving); Cumin (beneficial); Gotu Kola (effective for); Lemon Balm tea (terpene compound helps relieve); Nutmeg oil topical (supports circulation aiding with); Raspberry leaf (excellent for); Red root (effective antispasmodic); Skullcap (particularly beneficial for relieving); Wild cherry bark (as mild sedative relaxes)

From [LCF]: Wild blueberries, avocados, cranberries, mangoes, pomegranates, leafy greens, sweet potatoes, cat's claw, cilantro, ginger

From [TH]: Ginger (has ability to bring body out of a reactive state soothing nerves and muscles)

Muscle pain:

California poppy (phenomenal natural pain reliever safe alternative to prescription medication); Cayenne pepper (provides relief); Mullein (anti-inflammatory verbascoside compound helps ease pain); Mustard seed oil topical (helps relieve); Nutmeg oil topical (supports circulation aiding with); Pau D'Arco (provides pain relief); Reishi (beneficial due to its natural antihistamine properties); Sapodilla (prevents); Vanilla bean (particularly beneficial due to pain relieving properties)

From [LCF]: Wild blueberries, avocados, lemons & limes, mangoes, ginger, pomegranates (eliminate lactic acid buildup in muscles)

From [TH]: Pomegranates (anti-mucus and anti-inflammatory, bind to unwanted acids in the body - including lactic acid which can give cramps – when used together with Mg glycinate enhances muscle relaxing power)

Osteoporosis:

Alfalfa sprouts (help increase bone strength and density); Almonds (strengthen bones); Bananas (beneficial); Broccoli (prevents); Figs (prevents, one the highest sources of readily assimilable calcium in the plant world); Guavas (help prevent due to high lycopene content); Horsetail (beneficial); Kale (protects against); Leafy greens (prevents); Mamey (protects against); Mizuna (prevents); Mustard greens (very beneficial); Oat Straw (prevents); Pears (Boron content helps the body retain calcium and prevent); Pumpkin seeds (prevent); Red cabbage (excellent for); Sage (powerful protection against); Sapodilla (particularly beneficial); Sprouts (contain all eight essential amino acids to increase bone strength and density); Swiss chard (incredibly important for); Tomatoes (excellent to strengthen bones); Watercress (especially good for preventing)

From [OMMS]: Wild blueberries, melons, oranges & tangerines, cruciferous vegetables (especially Brussel sprouts for reversal of condition), leafy greens (help reverse due to their most bioavailable and assimilable proteins), sea vegetables.

From [TH]: Lemons & limes (replenish calcium for the bones preventing); Tangerines + Raspberries (help prevent calcium loss and osteoporosis)

Skin & Mucous Membrane Conditions

Apricots (prevent skin disease due to high concentration of beta-carotene); Avocado (keeps skin young, fresh, alleviates dryness, & reduces under-eye circles); Barley grass (improves health of skin); Burdock root (one of the most important herbs for treating chronic skin problems); Calendula (its carotenoids help decrease the appearance of wrinkles and provide moisture and tone to the skin); Celery (clears up

skin problems); Coconut water (applied topically to heal, soothe, and hydrate skin); Dandelion greens (high in beta-carotene and vitamin A vital for skin health); Guavas (help prevent skin damage due to high lycopene content, and keep it smooth, glowing, and wrinkle-free); Honeysuckle (beneficial for skin infections); Lavender oil topical (soothes and relieves pain on the skin); Leafy greens (highly beneficial for skin health); Mamey (great for skin health); Mangoes (wonderful for skin health); Mizuna (highly beneficial for skin health due to high vitamin A content); Mustard seeds (one of the best treatments for skin diseases as they rid the blood of excess impurities and slows the activities of the sebaceous glands which throw off cellular debris); Mustard seed powder in bath (increases blood flow to the skin and removes toxins from the body); Nasturtiums (highly beneficial for skin health); Oregano oil added to bath (helps treat skin infections); Papaya (one of best foods for healthy, glowing skin, preventing and lessening wrinkles); Pistachio nut oil (revitalizes and nourishes the skin); Plums (provides radiant skin if eaten regularly); Pumpkin (its antioxidants keep skin wrinkle-free and healthy); Rosemary oil topical (heals and repairs); Sage cream/salve topical (speeds up healing for most skin condition); Sesame seeds (beneficial due to high Vit. E content); Shiitake mushrooms (highly beneficial due to high Zinc content); Spinach (rejuvenates skin in a beautiful way); Tomatoes (excellent to protect against skin damage)

From [LCF]: Apples (repair damaged skin), avocados (anti-aging effect on skin, reduce dryness and gives healthy glow), mangoes (rich in beta-carotene strengthens and supports), papayas (a miracle for these conditions), pomegranates (unclog pores), Onions (rejuvenate the skin)

From [TH]: Spinach (rejuvenates the skin); Sweet potatoes (nourish the skin)

From [GP]: Watermelons (anti-aging fruit);

Acne:

Burdock root (highly beneficial); Calendula cream/salve (beneficial); Cat's claw (particularly beneficial); Celery juice (highly beneficial); Chaga mushroom (ideal choice due to anti-inflammatory properties); Chrysanthemum flower water (topical treatment); Eyebright topical (significantly improves); Fenugreek topically (effective treatment); Gotu Kola topical (effective for); Grapefruit seed extract (very effective); Lavender oil topical (beneficial); Lemon juice topically (great remedy for); Meadowsweet topical (beneficial); Oat Straw cream/salve topical (soothes); Papaya (ideal to clear up); Red root salve/cream topically (treats); Rose petals bath (excellent relief for); Star anise oil topical (excellent remedy for); Sweet violet poultice or cream topically (effective to treat); Wild cherry bark cream topical (soothes)

From [OMMS]: Wild blueberries, apples, apricots, avocados, berries, cherries, lemons & limes, melons, oranges & tangerines, papayas (clear up), asparagus, celery, cruciferous vegetables, leafy greens, cat's claw, garlic, licorice, aloe vera, burdock root, dandelion, nettle leaf, red clover, rose hips.

Boils:

Cumin topical (beneficial with coconut oil to disinfect); Echinacea topical (heal and reduce pain and swelling); Fenugreek topical (beneficial); Goldenseal root cream (very effective); Hops topical (beneficial); Horsetail (incredibly good for); Marshmallow root topical (anti-bacterial properties)

Bug bites:

Aloe vera (topically applied gel relieves pain); Basil (topical oil fungicidal properties aid healing); Calendula cream/salve (beneficial); Echinacea topical (beneficial to reduce pain and swelling); Lavender

oil topical (beneficial); Rose petals bath (excellent relief for); Self heal poultice/salve topical (aids healing of); Star anise oil topical (excellent remedy for)

From [LCF]: [Aloe vera](#), [nettle leaf topical](#).

Canker sores:

Echinacea (particularly beneficial); Goldenseal root (effective to treat); Horsetail as mouthwash (beneficial); Marshmallow root (beneficial); Periwinkle mouth wash (highly effective); Raspberry leaf (excellent for); Red root (prevents); Self heal gargles (excellent for); Sweet violet (eases)

From [OMMS]: [Wild blueberries](#), [artichokes](#), [onions](#), [potatoes](#), [garlic](#), [ginger](#), [licorice](#), [raw honey](#).

Cellulite:

Gotu Kola topical (effective for); Lemon Verbena (breaks down); Meadowsweet topical (beneficial)

Cracked feet:

Horsetail (incredibly good for)

Dandruff:

Hops topical (beneficial)

From [LCF]: [Wild blueberries](#), [apples](#), [kiwis](#), [pomegranates](#), [cucumbers](#), [leafy greens](#), [sweet potatoes](#), [turmeric](#).

Dry/itchy skin:

Avocado (alleviates dryness); Rose petals bath (excellent relief); Pistachios (highly beneficial)

From [OMMS]: [Wild blueberries](#), [leafy greens](#), [onions](#), [raw honey](#), [red clover](#), [rose hips](#).

Eczema:

Brazil nut oil (beneficial topically); Burdock root (highly beneficial); Calendula cream/salve (beneficial); Cat's claw (beneficial); Celery juice (highly beneficial); Chamomile topical (soothes); Chrysanthemum flower water (topical treatment); Cleavers cream or salve topically (beneficial); Cucumber juice (anti-inflammatory benefits); Dong Quai topical (beneficial); Echinacea topical (beneficial to reduce pain and swelling); Fenugreek topically (effective treatment); Goldenseal ointment (very effective); Gotu Kola topical (effective for); Honeysuckle cream (very beneficial); Lavender oil topical (beneficial); Milk thistle (highly beneficial); Mullein oil topical (very helpful); Oat Straw cream/salve topical (soothes); Olive Leaf (beneficial); Papaya (ideal to clear up); Pau D'Arco cream topically (speeds up healing); Pomegranate seed oil topically (beneficial); Raspberry leaf tea topical (beneficial); Rose petals bath (excellent relief for); Sarsaparilla (beneficial); Star anise oil topical (excellent remedy for); Sweet violet poultice or cream topically (effective to treat); Turmeric (aids healing); Wild cherry bark cream topical (soothes)

From [OMMS]: [Wild blueberries](#), [berries](#), [figs](#), [papayas \(clear up\)](#), [pears](#), [celery](#), [cucumbers](#), [lettuces](#), [spinach](#), [arugula](#), [kale](#), [sweet potatoes](#), [sprouts](#), [cilantro](#), [garlic](#), [ginger](#), [turmeric](#), [aloe vera](#), [burdock root](#), [chaga mushroom](#), [nettle leaf](#), [red clover](#), [hemp seeds \(beneficial\)](#).

From [TH]: [Spinach \(reverts this condition\)](#)

Frostbite:

Horsetail (incredibly good for)

Herpes Simplex 1 (HSV-1):

Astragalus (wards off and reduces symptoms); Basil (effective antibacterial & antiviral); Garlic (particularly beneficial); Olive leaf (particularly beneficial); Pau D'Arco (highly beneficial); Pau D'Arco cream topically (speeds up healing); Reishi (highly beneficial due to its anti-viral properties); Sarsaparilla (beneficial); Star anise (highly beneficial); Sweet violet poultice or cream topically (effective to treat); Thyme (destroys the virus)

From [LCF]: Wild blueberries, grapes, oranges & tangerines, asparagus, cruciferous veggies, leafy greens, onions, radishes, sprouts, aromatic herbs, cat's claw, garlic, lemon balm, aloe vera, red clover.

Herpes Simplex 2 (HSV-2):

Astragalus (wards off and reduces symptoms); Basil (effective antibacterial & antiviral); Garlic (particularly beneficial); Olive leaf (particularly beneficial); Pau D'Arco (highly beneficial); Pau D'Arco cream topically (speeds up healing); Reishi (highly beneficial due to its anti-viral properties); Sarsaparilla (beneficial); Star anise (highly beneficial); Thyme (destroys the virus)

From [LCF]: Wild blueberries, grapes, oranges & tangerines, asparagus, cruciferous veggies, leafy greens, onions, radishes, sprouts, aromatic herbs, cat's claw, garlic, lemon balm, aloe vera, red clover.

Hives:

Dong Quai topical (beneficial)

From [LCF]: Wild blueberries, pomegranates, cruciferous veggies, turmeric, chaga mushroom, dandelion, red clover.

Itchy skin:

Cayenne pepper (excellent aid); Chrysanthemum flower water (topical treatment); Oat Straw cream/salve topical (soothes); Rose petals bath (excellent relief for); Sarsaparilla (beneficial)

From [LCF]: Wild blueberries, apricots, melons, pomegranates, cucumber, rose hips.

Leprosy:

Gotu Kola topical (effective for)

Lichen sclerosus:

From [RS]: Anything in fruits or veggies with intense colors (for the antioxidants that help the liver and skin): Wild blueberries, papayas, mangoes, raspberries, cranberries, red-skin apples, spinach, turmeric, sweet citrus fruits. Heavy metal detox is a must. Barley grass juice powder, spirulina, aloe vera water.

From [LCF]: Wild blueberries, avocados, sweet potatoes.

Psoriasis:

Brazil nut oil (beneficial topically); Burdock root (highly beneficial); Calendula cream/salve (beneficial); Cayenne cream (excellent aid); Celery juice (highly beneficial); Chrysanthemum flower water (topical treatment); Cleavers cream or salve topically (beneficial); Clove oil (excellent to treat); Cucumber juice (anti-inflammatory benefits); Echinacea topical (beneficial to reduce pain and swelling); Honeysuckle

cream (very beneficial); Lavender oil topical (beneficial); Lemon juice topically (great remedy for); Marshmallow root topical (anti-bacterial properties); Mullein oil topical (very helpful); Olive Leaf (beneficial); Papaya (ideal to clear up); Pau D'Arco cream topically (speeds up healing); Periwinkle (its anti-inflammatory properties make it great for); Pomegranate seed oil topically (beneficial); Raspberry leaf tea topical (beneficial); Sarsaparilla (very effective, its saponins clear from the bloodstream the endotoxins that cause the painful and itchy skin patches); Turmeric (aids healing); Wild cherry bark cream topical (soothes)

From [OMMS]: Wild blueberries, berries, figs, papayas (clear up), pears, celery, cucumbers, lettuces, spinach, arugula, kale, sweet potatoes, sprouts, cilantro, garlic, ginger, turmeric, aloe vera, burdock root, chaga mushroom, nettle leaf, red clover, hemp seeds (beneficial).

From [TH]: [Spinach \(reverts this condition\)](#)

Rashes:

Aloe vera (topically applied gel relieves pain); Basil (topical oil fungicidal properties aid healing); Calendula cream/salve (beneficial); Chamomile topical (soothes); Cleavers cream or salve topically (beneficial); Clove oil (excellent to treat); Eyebright topical (significantly improves); Goldenseal ointment (very effective); Honeysuckle cream (very beneficial); Lavender oil topical (beneficial); Lomatium topical (great antiseptic); Mullein oil topical (very helpful); Raspberry leaf tea topical (beneficial); Raw honey (excellent germicide –like Neosporin- and quickens healing); Wild cherry bark cream topical (soothes)

From [LCF]: Wild blueberries, avocados, celery, radishes, aromatic herbs, cat's claw, turmeric, aloe vera topical, chaga mushroom, nettle leaf, red clover, rose hips.

Rosacea:

Dong Quai topical (beneficial); Honeysuckle cream (very beneficial); Milk thistle (beneficial)

From [OMMS]: Wild blueberries, dates, lemons & limes, celery, onions, lemon balm, chaga mushroom, dandelion.

Scabies:

Calendula (beneficial); Star anise oil topical (excellent remedy for)

Scars:

Lavender oil topical (prevents)

Scleroderma:

Chaga mushroom (highest level of free-radical neutralizing SOD); Olive Leaf (beneficial); Raspberries (particularly beneficial)

From [OMMS]: Wild blueberries, celery juice, sprouts, asparagus, spinach, cilantro, parsley, coconut oil, garlic, ginger, raspberries, lettuce, papayas, apricots, pomegranates, grapefruit, kale, sweet potatoes, cucumbers, cat's claw, licorice root, lemon balm, spirulina, nettle leaf, red clover, sea vegetables, turmeric.

Scratches:

Aloe vera (topically applied gel relieves pain); Basil (topical oil fungicidal properties aid healing); California poppy topical (antimicrobial properties), Echinacea topical (beneficial to reduce pain and swelling); Lomatium topical (great antiseptic); Nasturtium topical (natural antibiotic)

From [LCF]: Wild blueberries, aloe vera topical.

Shingles:

Ashwagandha (beneficial); Astragalus (wards off and reduces symptoms); Basil (effective antibacterial & antiviral); Burdock root (highly beneficial); Calendula cream/salve (beneficial); Cayenne pepper (neuropathy pain relief); Chaga mushroom (ideal choice); Chives (especially beneficial); Cucumber juice (anti-inflammatory benefits); Dong Quai topical (highly beneficial); Elderberry extract sambucol (particularly beneficial); Elderflower (very beneficial to treat); Lemon Balm topical (helps heal and provides relief); Marshmallow root topical (anti-bacterial properties); Oranges (particularly beneficial); Papaya (provides significant relief); Reishi (highly beneficial due to its anti-viral properties); Sarsaparilla (beneficial); Skullcap (particularly beneficial for relieving); Star anise (highly beneficial)

From [OMMS]: Wild blueberries, papayas, apples, avocados, bananas, cranberries, oranges & tangerines, pears, artichokes, asparagus, cruciferous vegetables, cucumbers, leafy greens, potatoes, sweet potatoes, oregano, rosemary, salve, and thyme, cat's claw, cilantro, ginger, lemon balm, licorice, chaga mushroom, coconut, nettle leaf, red clover.

Sunburn:

Aloe vera (topically applied gel relieves pain); Calendula cream/salve (beneficial); Chamomile topical (soothes); Echinacea topical (beneficial to reduce pain and swelling); Fenugreek topically (effective treatment); Lavender oil topical (beneficial); Lemon juice topically (great remedy for); Mullein oil topical (very helpful); Oat Straw cream/salve topical (soothes); Pomegranate seed oil topically (beneficial); Raspberry leaf tea topical (beneficial); Rose petals bath (excellent relief for)

From [LCF]: Wild blueberries, mangoes, cucumbers, sweets potatoes, aloe vera, coconut.

Vitiligo:

Dong Quai topical (beneficial); spinach (can turn around skin condition)

From [OMMS]: Wild blueberries, cat's claw, rose hips.

From [RS]: HMDS, celery juice, plenty of fruits, leafy greens, spinach, kale, cilantro, parsley, lettuces, tomatoes, cucumbers, avocados, broccoli, cauliflower, potatoes, sweet potatoes, butternut squash, lemon balm, licorice root, olive leaf.

Warts:

Basil (topical oil fungicidal properties aid healing); Calendula cream/salve (beneficial); Lemon juice topically (great remedy for)

Wounds:

Aloe vera (topically applied gel relieves pain); Basil (topical oil fungicidal properties aid healing); California poppy (antimicrobial properties); Cayenne pepper (neuropathy pain relief); Clove oil (excellent to treat); Elderflower tea topical (treat); Gentian topical (for faster healing response); Goldenseal

ointment (very effective); Gotu Kola topical (effective for); Grapefruit fresh topical (natural antiseptic); Lemon Balm topical (helps heal and provides relief); Lomatium topical (great antiseptic); Marshmallow root topical (anti-bacterial properties); Mullein oil topical (very helpful); Nasturtium topical (natural antibiotic); Periwinkle poultice (disinfects and stops the bleeding); Raspberry leaf tea topical (beneficial); Raw honey (excellent germicide –like Neosporin- and quickens healing); Sage (speeds up healing); Self heal poultice/salve topical (aids healing of); Turmeric (aids healing); Yarrow cream/salve topical (antibacterial and blood clotting properties help treat)

Wrinkles:

Aloe vera (topically applied gel hydrates preventing them); Honeysuckle cream (very beneficial); Horsetail (has anti-wrinkle properties due to its ability to help form collagen and repair damaged skin); Lavender oil topical (prevents); Lemon juice topically (great remedy for)

From [LCF]: Papayas (due to high content of vitamins, minerals, and carotenoids has anti-wrinkle powers)

Soft Tissue Conditions

Muscle: Amla (improves muscle tone); Aloe vera (aids muscle function); Cantaloupe (loaded with minerals, hydrating and alkalinizing, keeps muscles relaxed and free from cramps); Cashews (strengthen bones, keep muscles free from constriction, and give elasticity); Dates (build bone and muscle strength); Honeydew (provides quick repair for muscles and tissues, and increases flexibility); Leafy greens: (high Si content helps repair joints, arteries and connective tissue); Romaine(its high silicon repairs and renews connective tissues)

From [LCF]: Cranberries (their amino acids protect connective tissue), melons (high in Si, excellent food to restore ligaments, tendons, and connective tissues), kale (anti-inflammatory compounds help destroy viruses, and bioavailable phytochemicals stimulate growth of healthy connective tissue), Onions (their sulfur compounds help repair tendons and connective tissue)

From [TH]: Pomegranates (anti-mucus and anti-inflammatory, bind to unwanted acids in the body - including lactic acid which can give cramps – when used together with Mg glycinate enhances muscle relaxing power)

Fibromyalgia:

Amla (treats); apricots (beneficial); Ashwagandha (beneficial); Basil (topical oil decreases swelling in joints providing relief); Borage oil (excellent source of GLA which lowers inflammation providing relief); Brussel sprouts (their high glucosinolate content greatly reduce inflammation providing relief); Burdock root (effective pain killer); California poppy (phenomenal natural pain reliever safe alternative to prescription medication); Cardamon (highly beneficial); Cat's claw (particularly beneficial); Cauliflower (excellent anti-inflammatory properties); Cayenne pepper (provides neuropathy pain relief); Celery juice (highly beneficial due to anti-inflammatory properties); Chaga mushroom (ideal choice); Chamomile (reduces swelling); Cherries (beneficial potent anti-inflammatory); Chia seeds (powerful anti-inflammatory properties); Chives (especially beneficial); Cilantro (very helpful); Cinnamon (beneficial); Coconut water (beneficial); Collard greens (ideal because of anti-inflammatory properties); Crimini mushrooms (powerful anti-inflammatory properties); Cucumber juice (anti-inflammatory benefits); Dong Quai (highly beneficial); Garlic (vital anti-inflammatory properties); Green beans (contain anti-

inflammatory compounds); Green peas (particularly good due to anti-inflammatory properties); Honeysuckle tea (particularly good due to its anti-inflammatory and diuretic properties); Hops (good due to powerful anti-inflammatory properties); Kale (significantly beneficial); Kiwis (beneficial due to their anti-inflammatory properties); Leafy greens (help heal); Meadowsweet (potent anti-inflammatory properties reduce swelling); Milk thistle (highly beneficial); Mustard greens (very beneficial); Olive Leaf (beneficial); Oranges (particularly beneficial); Papaya (provides significant relief); Periwinkle (its anti-inflammatory properties make it great for); Plums (excellent for); Pomegranates (highly beneficial); Purslane (ideal food due to anti-inflammatory properties); Raspberries (particularly beneficial); Red cabbage (excellent for); Reishi (has anti-inflammatory properties essential for); Rose hips (beneficial); Rosemary (ideal due to power anti-inflammatory caffeic and rosmarinic acids); Sage (highly beneficial due to anti-inflammatory rosmarinic acid compound); Sarsaparilla (effective for); Sesame seeds (its copper beneficial to reduce swelling); Shiitake mushrooms (beneficial); Skullcap (stops histamine production thus easing); Strawberries (essential food due to high levels of phenols); Swiss chard (ideal food due to anti-inflammatory properties); Turmeric (significantly helps); Winter squash (excellent for); Yarrow (highly beneficial since removes uric acid from joints and muscles); Zucchini (beneficial due to anti-inflammatory compounds)

From [OMMS]: Wild blueberries, apricots, avocados, berries, cherries, grapes, papayas, asparagus, celery, cucumbers, radishes, oregano, rosemary, sage and thyme, cilantro, licorice root, burdock root, chaga mushroom

From [TH]: Pomegranates (anti-mucus and anti-inflammatory, bind to unwanted acids in the body - including lactic acid which can give cramps – when used together with Mg glycinate enhances muscle relaxing power)

Bursitis:

Amla (treats); Brussel sprouts (their high glucosinolate content greatly reduce inflammation providing relief); Burdock root (effective pain killer); California poppy (phenomenal natural pain reliever safe alternative to prescription medication); Celery juice (highly beneficial due to anti-inflammatory properties); Chaga mushroom (ideal choice); Chives (especially beneficial); Garlic (vital anti-inflammatory properties); Green beans (contain anti-inflammatory compounds); Green peas (particularly good due to anti-inflammatory properties); Honeysuckle tea (particularly good due to its anti-inflammatory and diuretic properties); Hops (good due to powerful anti-inflammatory properties); Meadowsweet (potent anti-inflammatory properties reduce swelling); Milk thistle (highly beneficial); Pomegranates (highly beneficial); Pumpkin seeds (beneficial due to anti-inflammatory properties); Sage (highly beneficial due to anti-inflammatory rosmarinic acid compound); Sapodilla (prevents)

From [OMMS]: Wild blueberries, red skin apples, apricots, cherries, kiwis, oranges & tangerines, artichokes, asparagus, turmeric, burdock root, chaga mushrooms, nettle leaf, coconuts.

Neuralgia:

American Ginseng (beneficial); Hops (beneficial due to calming and sedative effect on the nervous system); Meadowsweet topical (beneficial), Skullcap (particularly beneficial for relieving)

From [LCF]: Wild blueberries, pomegranates, asparagus, cucumber, aromatic herbs, cilantro, burdock root, chaga mushroom, coconut.

Plantar fasciitis:

From [LCF]: Wild blueberries, pomegranates; Cat's claw; ginger; Aloe vera.

Tumors

Shiitake mushrooms (their 1,3 beta-glucan and lentinan slow tumor growth and activity)

From [LCF]: Wild blueberries, avocados (have polyp-reducing properties helping prevent and get rid of growths in the intestinal lining), pomegranates (have anti-tumor properties), turmeric (inhibits growth)

From [TH]: Pomegranates (break down nodules, tumors and cysts throughout the body); Spirulina (reduces the growth of nodules, tumors, and cysts (both cancerous and benign); Cat's claw (helps knock down EB-V caused nodules, tumors, ad cysts - both cancerous and benign); Lemon balm (great for dampening nodule growth)

Lipoma:

Self heal poultice/salve topical (aids healing of)

From [LCF]: Wild blueberries, celery, turmeric.

Urinary Conditions

Chamomile (stimulates kidneys to purge toxins); Coconut water (supports kidneys filtering toxins); Cranberries (very high in tannic acids which gives them powerful ability to protect and heal urinary tract, bladder, and kidney infections. These tannic acids are made up of compounds called proanthocyanidins which essentially coats the infection forming bacteria, such as E.coli and H.Pylori, with a slick cover and prevents them from sticking to the walls of the urinary tract); Cucumber (one of the best natural diuretics aiding in the excretion of wastes through the kidneys and helping to dissolve uric acid accumulations such as kidney and bladder stones); Cumin (boosts kidney function), Currants (counteract kidney problems); Goldenseal root (particularly good to treat bladder and UT infections); Grapefruit (beneficial for UT conditions); Grapes (provide relief from kidney disorders); Mangoes (prevent kidney disease); Meadowsweet (gentle, yet effective herb for urinary tract, bladder, and kidney infections); Parsnip (reduces risk of kidney disorders); Radishes (clean the kidneys); Raw honey (flushes the kidneys); Sarsaparilla (diuretic properties, flushes toxins from kidneys); Sprouts (its lecithin keeps kidneys healthy)

From [LCF]: Cherries (cleanse the bladder and alleviate spastic bladder and bladder prolapse), grapes (have phytochemicals critical to kidney function; ultimate kidney tonic – their phytochemicals bound to waste that kidneys have trouble filtering), lemons & limes (amazing cleansers of the kidneys), melons (could be the difference between life and death for someone with kidney malfunction), asparagus (their chlorophyll and lutein act as critical deep cleansers of the kidneys), Broccoli & asparagus (eaten together heightens kidney cleansing phytochemicals), Cucumbers (electrolyte content nourishes and cools down struggling kidneys)

From [TH]: Cucumbers (strengthen kidneys); Licorice root (supports kidneys)

Bladder infections:

Burdock root (highly beneficial); Chrysanthemum tea (potent anti-viral and antibacterial properties); Cranberries (protect and heal); Goldenseal root (particularly good to treat); Hibiscus tea (prevents); Lomatium (particularly beneficial); Marshmallow root (highly beneficial); Meadowsweet (highly

beneficial); Nasturtiums (effective remedy); Nettle leaves (prevent); Papaya (wonderful aid); Parsnip (beneficial); Rose hips (prevent and treat)

From [LCF]: Wild blueberries, berries, cherries, cranberries, garlic, lemon balm, raspberry leaf, aloe vera, nettle leaf, rose hips.

Cystitis:

Chaga mushroom (ideal choice due to anti-inflammatory properties); Cleavers (reduces swelling and pain); Cranberries (protect and heal); Goldenseal root (relieves symptoms); Pau D'Arco (highly beneficial)

From [OMMS]: Aloe water, wild blueberries, olive leaf extract, artichokes, celery, lemon balm, licorice, nettle leaf.

Kidney infections:

Nasturtiums (effective remedy); Nutmeg in teaspoon of honey (wonderful remedy); Radishes (clean the kidneys); Raw honey (flushes kidneys); Rose hips (prevent and treat); Tomatoes (revitalize the kidneys)

From [LCF]: Wild blueberries, cherries, cranberries, cat's claw, garlic, lemon balm, raspberry leaf, aloe vera, burdock root, nettle leaf, rose hips.

Kidney stones:

Aloe vera (prevents); asparagus (contains asparagine which is a natural diuretic that breaks up oxalic and uric acid crystals in the kidneys and eliminates them through the urine); Burdock root (highly beneficial); Coconut water (reduces risk); Cucumber (dissolves uric acid accumulations); Hops (prevent formation); Horsetail (beneficial due to its natural diuretic properties); Leafy greens (help heal); Lemons (limonene compound helps dissolve them); Nettle leaves (prevent); Nutmeg in teaspoon of honey (wonderful remedy); Oat Straw (helpful diuretic properties); Oranges (prevent); Parsnip (beneficial); Pumpkin seeds (prevent); Radishes (clean the kidneys); Raw honey (flushes kidneys); Romaine (beneficial due to unique low level of oxalic acid); Rosemary (relieves); Watercress (breaks up)

From [OMMS]: Lemon, lime, oranges, grapefruits, peaches, nectarines, plums, pineapples, melons, cherries, cranberries (extremely helpful when trying to pass them with ease), grapes, mangoes, oranges & tangerines (their acid content dissolve), pomegranates (a godsend for dissolving), artichokes, asparagus, celery, leafy greens, burdock root, dandelion, lemons & limes (amazing cleansers of the kidneys), artichokes (one of the best foods for reducing – together with romaine lettuce work best), Leafy greens (help reverse due to their most bioavailable and assimilable proteins)

Incontinence:

Horsetail (beneficial); Nettle leaf (beneficial); Papaya (wonderful aid)

From [OMMS]: Wild blueberries, celery juice, papayas, ginger, nettle leaf. B12 (with adenosylcobalamin) supplementation.

Nephritis:

Astragalus (helps fight condition)

Urinary Tract Infections (UTI):

Amla (treats); Burdock root (highly beneficial); Cardamon (highly beneficial); Chrysanthemum tea (potent anti-viral and antibacterial properties); Cleavers (reduces swelling and pain); Cranberries (protect and heal); Elderflower (beneficial); Goldenseal root (particularly good to treat); Gotu Kola (particularly beneficial); Honeysuckle (beneficial); Horsetail (beneficial); Lomatium (particularly beneficial); Meadowsweet (highly beneficial); Nasturtiums (effective remedy); Nettle leaves (prevent); Oat Straw (helpful diuretic properties); Radishes (prevent and fight); Red root (highly beneficial); Rose petals (soothe); Wild blueberries (help heal)

From [OMMS]: Wild blueberries, apples, avocados, cherries, cranberries (profound antiseptic role in healing by fighting Strep), figs, lemons & limes, mangoes, melons, oranges & tangerines, papayas, celery, cruciferous vegetables, onions, sweet potatoes, cat's claw, cilantro, garlic, lemon balm, licorice, parsley, raspberry leaf, aloe vera, coconut, dandelion, nettle leaf, rose hips.

Viral Conditions

Apples (reduce viral loads); Basil (effective antibacterial & antiviral); Cat's claw (has powerful anti-viral properties); Cayenne pepper (excellent remedy); Cilantro (highly beneficial); Cloves (powerful anti-viral properties); Dill (highly beneficial); Elderberries (contain special proteins and bioflavonoids that have the ability to destroy viruses on contact in infected cells); Garlic (excellent antiviral – kills off virus cells); Grapes (protect against, stop them in their tracts); Lemon Balm (particularly helpful due to tannin's antiviral properties); Mullein (strong anti-viral abilities make it a potent remedy for a number of viruses); Nettles (help eliminate); Olive leaf (particularly beneficial fighting pathogens in the body); Olive Leaf (wipes out faster than most medications); Onions (their sulfur content confuses and knocks down viruses); Oranges (fight off); Oregano (highly beneficial for treatment); Papaya (has amino acids and enzymes that when combined create undiscovered subcompound phytochemicals that repel viruses); Pau D'Arco (used to treat); Persimmons (contain powerful anti-viral, and active enzymes that help to break down toxic cells and foreign microbes in the body); Pomegranates (their Punicalagin antioxidant offers protection against viral infection); Raw honey (draws all the moisture out of germs which ultimately kills them); Red cabbage (high in potent anti-viral anthocyanin polyphenols); Red root (effective antiviral); Rosemary (fights off); Sage (excellent for); Sapodilla (its tannins have potent antibacterial properties); Sarsaparilla (anti-microbial compounds faltarinol and panaxydol protect from); Schizandra berries (contain glutathione peroxidase and gomison-A which are highly beneficial for viral conditions); Self heal tea (provides relief); Shiitake mushrooms (their interferons are strong antivirals that inhibit replication); Shiitake mushrooms (highly beneficial due to high Zinc content); Spirulina (protects against viral infection); Star anise (potent anti-viral properties from shikimic acid compound); Thyme (its ability to cross the blood- brain barrier makes it a secret weapon against viruses that have started to attack the brain or spinal cord, resulting in neurological conditions); Thyme (kills off bacteria and viruses and should be taken at first signs of illness; knocks down the viral load throughout the body); Turmeric (addresses viral issues throughout the body); Wild cherry bark (anti-viral properties)

From [LCF]: Cranberries (their anti-proliferative compounds help halt viral growth), oranges & tangerines (their combined glutathione, flavonoids, and limonoids fight off viruses), papayas (their amino acids and enzymes combined create phytochemicals that repel viruses), Apples and red cabbage (together expel viruses from intestinal tract, liver, and spleen), Leafy greens (are antiviral)

From [MM]: Apples (when their pectin enters the digestive system, it releases phytochemicals that bind onto the pathogen, shrouding the virus cells so that they can't feed and proliferate); Sprouts (High in Zn and Se to strengthen the IS against viral infections), coconut oil (antiviral), garlic (antiviral); Coconut (antiviral, kills EB-V cells); Fennel (high in vitamin C and antiviral compounds to fight off viruses); Walnuts (antiviral properties); Onions & scallions (potent antiviral); Pomegranates (inhibit EB-V and other viruses); Potatoes (powerful antiviral food rich in bioavailable lysine); Raw honey (helps fight viruses with its Zn content); Thyme (incredible antiviral that acts throughout the body); Turmeric (addresses viral issues throughout the body); Cat's claw (its phytochemicals are specifically geared to destroy all viruses and bacteria that cause inflammation); Lemon balm (kills off and repels viral and bacterial cells in the thyroid, liver, and spleen)

From [TH]: Tomatoes+ Spinach (build up the IS to defend off viral load)

Cytomegalovirus (CMV):

Thyme (destroys the virus)

From [OMMS]: [Supplement constantly with Zinc. Recommended B12 and 5-MTHF; some selenium] Cranberries, oranges & tangerines, cucumbers, cilantro, lemon balm, licorice root, spirulina, eyebright, goldenseal, echinacea, ginger, turmeric, thyme, oregano, garlic, onions, burdock root.

Encephalitis:

From [LCF]: Apples (top food for since they reduce viral load)

Enteroviruses:

Thyme (destroys the virus)

From [LCF]: Wild blueberries, aromatic herbs.

Epstein-Barr virus (EB-V):

Aloe vera (daily aloe vera water fights EB-V); asparagus (inhibits the EB-V reproduction via a phytochemical in its skin, and another phytochemical helps to push it back); avocado (pushes away EB-V); bananas (contain protease inhibitors which can help stop viruses); Celery juice (critical to fight this virus; EB-V is repelled by its mineral salts); Chaga mushroom (kills off EB-V in the liver and in the thyroid, and starts to drive it out of the thyroid); Chives (especially beneficial); Coconut (secret weapon against EB-V and its co-factor Streptococcus); Elderflower (very beneficial to treat); Figs (help killing the virus by grabbing onto toxins that feed it – including heavy metals - and driving them out of the body); Ginger (anti-viral to EB-V); Lomatium (potent viral treatment); Mangoes (help clean spleen and liver from); Mullein (potent remedy); Pears (perfect for); Potatoes (don't feed the virus, and high in NS anti-inflammatory L-lysine); Raspberries (contain antioxidants that specifically help remove EB-V viral byproduct and toxic debris); Red root (highly beneficial for mononucleosis); Red root (treats); Reishi (highly beneficial due to its anti-viral properties); Tangerines (particularly beneficial due to its anti-viral properties); Thyme (destroys the virus)

From [OMMS]: [Supplement constantly with Zinc. Recommended B12 and 5-MTHF; some selenium] Lemon balm, licorice root, spirulina, eyebright, goldenseal, echinacea, ginger, turmeric, thyme, oregano, garlic, onions. **Mononucleosis:** Wild blueberries, oranges & tangerines, papayas, pomegranates, asparagus, cruciferous vegetables, cucumbers, leafy greens, onions, sprouts, oregano, rosemary, sage &

thyme, cat's claw, cilantro, garlic, ginger, lemon balm, parsley, turmeric, aloe vera, chaga mushroom, coconut, nettle leaf, red clover.

From [TH]: Artichokes (the meat of the leaves/scales contain alkaloid compounds that send messages to specific parts of the IS to guard the thyroid from invaders, and act as anti-proliferative slowing down the virus' growth); Apples (anti-inflammatory for the thyroid – when their pectin enters the digestive system, it releases phytochemicals that bind onto EB-V shrouding the virus cells so they can't feed and proliferate); Asparagus (prohibits the growth of EB-V, pushing back the virus and preventing it from reproducing); Dulse & kelp (their iodine content is antiseptic for the thyroid and one of its most powerful fighting mechanisms next to zinc; both minerals present in these sea vegetables can stop a viral infection in the thyroid thus bringing inflammation down); Basil (its phytochemical compounds enter the thyroid and slow down EB-V's drilling action in the tissues); Cauliflower (helps the thyroid fight off EB-V); Celery (cleanses the thyroid from EB-V toxins); Coconut (antiviral, kills EB-V cells); Cruciferous vegetables (their rich sulfur content has a ghostlike quality which saturates the thyroid gland creating screening effect preventing the virus from functioning); Cucumber juice (slows down and even stops a fresh mononucleosis infection); Fennel (high in vitamin C and antiviral compounds to fight off EB-V); Ginger (its own vitamin C bioavailable signature is a powerful antiviral against this virus); Mangoes (purge the liver from EB-V toxic waste matter); Walnuts (their phytochemicals inhibit EB-V proliferation in thyroid, liver, and spleen); Onions & scallions (potent antiviral; their sulfur confuses and knocks down EB-V); Papayas (their vitamin C is anti-EB-V); Pomegranates (inhibit EB-V and other viruses); Potatoes (powerful anti-EB-V food); Radishes (contain sulfur that retards EB-V proliferation); Raw honey (antiviral, fights EB-V with its Zn content); Sesame seeds (contain highly bioavailable trace forms of lysine to suppress EB-V); Licorice root (tames EB-V's mononucleosis stage, as well as 2nd and 3rd EB-V's cycles in different parts of the body as the virus is killed in its old home); Chaga mushroom (kills off EB-V, driving it out of the thyroid and liver)

Flu (Influenza):

Astragalus (wards off and reduces symptoms); Basil (effective antibacterial & antiviral); Broccoli (contains natural antihistamine properties thus warding off); Burdock root (highly beneficial); Cayenne pepper (excellent remedy); Chamomile (beneficial); Chrysanthemum tea (potent anti-viral and antibacterial properties); Cinnamon (prevents and shortens); Cinnamon (contains anti-viral properties); Cumin (beneficial); Elderberries (most effective; shortens illness); Elderflower tea (particularly beneficial); Garlic (particularly beneficial); Gentian (beneficial); Ginger (prevents); Goldenseal root (relieves symptoms); Grapefruit (beneficial); Lavender (reduces symptoms); Lemon Balm (particularly helpful due to tannin's antiviral properties); Lemon Verbena (provides relief); Linden flower tea (excellent remedy due to its diaphoretic and fever reducing properties); Lomatium (prevents and potent viral treatment); Lychees (highly beneficial due to powerful antiviral oligonol); Mullein (potent remedy); Nasturtiums (expectorant breaks up congestion in respiratory passages); Oregano (highly beneficial); Papaya (provides significant relief); Pumpkin (wards off); Radishes (prevent); Raw honey (fights off); Red root (effective expectorant, prevents and shortens); Reishi (highly beneficial due to its anti-viral properties); Rose hips (prevent and treat); Rosemary oil through vaporizer (beneficial); Sarsaparilla (good sweat inducer and fever reducer); Strawberries (high Vitamin C content wards off); Tangerines (particularly beneficial); Thyme (kills the pathogen, should be taken at the first sign of condition); Yarrow (provides relief for)

From [LCF]: Wild blueberries, lemons (one of the most effective mucus expellers) & limes, cucumbers, onions, aromatic herbs, garlic, ginger, turmeric, raw honey, rose hips.

HHV-6:

Thyme (destroys the virus)

From [OMMS]: [Supplement constantly with Zinc. Recommended B12 and 5-MTHF; some selenium]
Wild blueberries, lemon balm, licorice root, spirulina, eyebright, goldenseal, echinacea, ginger, turmeric, thyme, oregano, garlic, cranberries, oranges & tangerines, cruciferous veggies, cucumbers, onions, sprouts, cat's claw, cilantro, burdock root, coconut.

HHV-7 through 12:

Thyme (destroys the virus)

From [OMMS]: [Supplement constantly with Zinc. Recommended B12 and 5-MTHF; some selenium]
Wild blueberries, lemon balm, licorice root, spirulina, eyebright, goldenseal, echinacea, ginger, turmeric, thyme, oregano, garlic, cranberries, oranges & tangerines, cruciferous veggies, cucumbers, onions, sprouts, cat's claw, cilantro, burdock root, coconut.

Human Immunodeficiency Virus (HIV):

Cat's claw (particularly beneficial); Chaga mushroom (very beneficial); Elderberry extract sambucol (particularly beneficial); Lomatium (potent viral treatment); Olive Leaf (beneficial); Schizandra berries (contain glutathione peroxidase and gomison-A which are highly beneficial); Shiitake mushrooms (beneficial); Sweet violet (beneficial to protect and treat)

From [LCF]: Wild blueberries, avocados, bananas (inhibits viral growth), cranberries, kiwis, lemons & limes, artichokes, cilantro, parsley, chaga mushroom.

Human papilloma virus (HPV):

Cauliflower (contains DIM which treats)

From [LCF]: Wild blueberries, oranges & tangerines, sprouts, ginger, raspberry leaf, aloe vera, coconut.

Shingles viruses:

Bananas (contain protease inhibitors which can help stop viruses); Basil (effective antibacterial & antiviral); Chaga mushroom (ideal choice); Garlic (vital anti-inflammatory properties); Lomatium (potent viral treatment); Mullein (potent remedy); Olive leaf (particularly beneficial); Red root (treats); Tangerines (particularly beneficial due to its anti-viral properties); Thyme (destroys the virus)

From [OMMS]: [Supplement constantly with Zinc. Recommended B12 and 5-MTHF; some selenium]
Spirulina, eyebright, goldenseal, echinacea, ginger, turmeric, garlic, onions, wild blueberries, papayas, apples, avocados, bananas, cranberries, oranges & tangerines, pears, artichokes, asparagus, cruciferous vegetables, cucumbers, leafy greens, potatoes, sweet potatoes, oregano, thyme, cat's claw, cilantro, ginger, lemon balm, licorice, chaga mushroom, coconut, nettle leaf, red clover.

Sore throat:

Burdock root (highly beneficial); Cayenne pepper (provides relief); Chrysanthemum tea (potent anti-viral and antibacterial properties); Elderflower tea (particularly beneficial); Gentian (highly beneficial); Ginger (alleviates); Goldenseal gargle (beneficial); Grapefruit seed extract (very effective); Lemons (particularly

beneficial); Lychees (highly beneficial due to powerful antiviral oligonol); Marshmallow root (beneficial); Nasturtiums (highly beneficial); Nettle leaves (prevent); Paprika (relieves); Persimmons (soothe); Radishes (excellent for); Raspberry leaf (excellent for); Raw honey (soothes); Red root gargles (prevents and stops); Rose petals (soothe); Self heal tea (beneficial); Self heal gargles (particularly beneficial); Spearmint (provides relief)

From [OMMS]: Lemon water, coconut water, garlic, ginger, lemon balm, cat's claw, rose hips, turmeric, onions. Reduce solids in case of fever and stick to liquids and herbal teas.

Neurotoxins:

Aloe vera water (flushes them from the liver, bloodstream, and body), Cilantro (binds onto EB-V neurotoxins); Garlic (helps flush toxic viral and bacterial waste out of the lymphatic system); Honeysuckle (potent detoxifier known to swiftly remove poisons and heat from the body). Kale (its glucosinolates detox the body at a genetic level); Leafy greens (excellent to purify cells, tissues, and organs); Lemons (cleanse and detoxify the entire body); Mangoes (purge lymphatic system from EB-V neurotoxins); Mizuna (its glucosinolates detox cells, tissues, and organs); Raspberries (contain antioxidants that specifically help remove EB-V viral byproduct and toxic debris); Sweet potatoes (help cleanse and detox the liver from viral byproduct and toxins)

From [LCF]: Melons (bind to viral neurotoxins flushing them out)

From [MM]: Wild blueberries (flush them out from the liver); Avocados (their natural form of glucose calms sensitive nerves throughout the body that have been irritated by neurotoxins); Coconut (support the central nervous system from exposure to the pathogen's neurotoxins); Cucumbers (flush EB-V neurotoxins out of the bloodstream); Dates (help to purge the liver of EB-V waste debris); Maple syrup (has dozens of trace minerals that fortify the brain and CNS protecting them from heavy metal oxidation and neurotoxin damage); Papayas (restore CNS from neurotoxin damage); Sweet potatoes (help cleanse and detox the liver from EB-V toxins and byproduct)

From [TH]: Artichokes (their isothiocyanate subgroups help detox the liver of neurotoxins, dermatoxins, and all Unforgiving Four factors)

Other toxins:

Figs (purge the liver from pesticides and other toxins); Mangoes (when eaten together with a capsule of l-glutamine, it heightens their Mg compounds to help detox MSG); Spinach (cleans up the liver from EB-V jelly-like byproduct by binding to it); Spirulina (contains chlorophyll, phycocyanin and polysaccharides, that purge toxins from the body); Sweet potatoes (help cleanse and detox the liver from toxins); Sweet violet (can detox and cleanse the entire body); Parsley (helps remove pesticides and MSG from the brain); MSG toxicity in the brain can come out with mineral salts (can draw that out) if you mineral salts are always running (hydration). If mineral salts are low you won't be able to pull MSG out. Use celery and lemon water for hydration. Lemon water and cucumber juice are good to get rid of bacterial toxins; Cilantro and wild blueberries remove dioxins.

From [OMMS]: c cleanse and purify organs), apricots (have phytochemical compounds that attach and bind to molecules like DDT deep within the body lowering the risk of cancers; they eliminate unhealthy elements in the intestines thus enhancing B12 production; their flesh prevent gut's ammonia production), berries (have hidden compounds that stop excess adrenaline from damaging organs),

cranberries (their phytoestrogen compounds disarm invading estrogens like plastics, environmental pollutants, pesticides, & synthetic chemicals, contain enzymes that specifically detoxify organs), grapes (their histidine, methionine, & cysteine together with anthocyanins draw DDT from liver, kidneys, spleen, and other organs), lemons & limes (purge toxic substances collected from plastics, synthetic chemicals, poor food choices), melons (highly active fluids bind to mycotoxins, undigested protein toxins, ammonia gas, flushing them out, also help the body's detox of traces of DDT and other pesticides, and herbicides from deep within the organs), Nettle leaf (rids the body of toxic estrogens that have entered from outside sources: plastics and pesticides), Pears (their trace minerals and amino acids lock onto poisons in the body like DDT expelling them), Pomegranates (detoxify DDT and other pesticides), Asparagus (once toxins like DDT have been driven out of organs, toxin inhibitor phytochemicals stay behind and repel new toxins), Cauliflower and seaweed (together they expel chlorine, fluoride from endocrine glands), Onions (due to sulfur compounds, rid the body from DDT, other pesticides, and herbicides), Sesame tahini (is rich in phytoestrogens that battle the bad estrogens from plastics and foods), Black beans (are rich in good phytoestrogens to get rid of the bad ones in the body)

From [TH]: Aloe vera (antiviral that also flushes toxins out of the bloodstream and body helping to purge the liver of pesticides); Arugula (its phytochemical compounds push out old storage of thyroid medication from the liver); Dates (help to purge the liver of EB-V waste debris); Figs (purge the liver of pesticides and old pharmaceuticals); Garlic (helps flush toxic viral and bacterial waste out of the LS); Mangoes (purge the LS from EB-V toxic waste matter); Oranges & tangerines (purges liver from fat and EB-V debris); Pears (purge the liver of pesticides & EB-V toxic waste matter); Sweet potatoes (help cleanse and detox the liver from EB-V toxins and byproduct); Watercress (pushes out old storage of pharmaceuticals from the liver); Mangoes (provide bioactive Mg and glucose that aid in sleep issues caused by EB-V) combined with L-glutamine heighten the absorption of the supplement reducing MSG toxicity by disarming it; Cilantro (which binds onto toxic heavy metals and MSG, when taken with L-glutamine, boosts MSG removal and metal detoxification)

From [RS]: Cucumber (juice helps remove DDT and radiation from the brain); Parsley (removes pesticides and MSG from the brain);