

# Grab N' Go Tincture Kit

A go-to tincture kit for all kinds of ailments to help keep the body from getting sick by nourishing it so it can work smoothly. This kit helps with sleeping, fighting off a cold, flu, strep or staph, and fevers. It helps heal breaks, sprains, and burns. It contains everything from infection fighters to nutrient builders and cleanses the whole-body system. A great overall health product in an easy to Grab N' Go Kit.

## BBL

A few drops of BBL at bedtime can help you relax into sleep. BBL is especially calming for children. Use 20-40 drops in the tub for relaxation and pain relief. For convulsions brought on by fever, put at least 2 dropperfuls in a tub of tepid (lukewarm) water and place the child into it. BBL is useful for coughs, bronchitis, asthma conditions, insomnia, headaches (back of head at base), and the onset of colds. BBL is good for healing nerves.

## Cayenne

Cayenne is used for blood pressure, arthritis, mental confusion, dizziness, vertigo, heart-related issues, headache, metabolism, motion sickness, osteoporosis, shingles, shock, trauma recovery, increased stamina, stroke, and varicose veins. Cayenne rebuilds vein structures, removes plaque from veins, and sends the blood rushing along carrying nutrients to every cell of the body. Cayenne brings the blood into a state of homeostasis, making it effective for hemorrhage as well as poor circulation. Cayenne will stop bleeding. It is the first thing to reach for at the onset of a stroke or heart attack. Cayenne reduces blood cholesterol, triglyceride levels, and prevents blood clots. Take at the first sign of a cold or fever. It thins the mucus in the lungs, making it possible for the body to expel it. Improves the ability of the body to absorb nutrients.

## Catnip-Chamomile

Catnip-Chamomile is made as a glycerite because it is typically used for colicky, cranky, or teething infants. It is also excellent for babies, children, and adults suffering with bloating and/or gas. Chamomile and Catnip are both very relaxing herbs, making this formula good for those who are having trouble sleeping.

## IF

Formerly Infection Fighter. IF is a very effective all-purpose infection fighting formula. It may be used for any type of infection—infected injuries, sore throats, ear infections, colds and flus, and anything else that you can think of. Add Yarrow/Usnea or the SS formula if strep or staph is suspected. FN should be added if there is any chance the problem is fungal.

## KNA

Formerly Kelp/Nettles/Alfalfa. These three herbs contain all of the trace minerals, in adequate amounts and excellent proportions, that have been identified as vital to good health. KNA is particularly high in absorbable calcium, natural iron that does not cause constipation, iodine, vitamin C, and vitamin A. In addition, Alfalfa contains a lot of a very usable form of protein, which is unusual in herbs. Vegans should pay particular attention and make it a habit to supplement their diets with Dulce or Kelp. Dulce and Kelp are very similar.

## BHM

Formerly Bone High Mineral. BHM is made with the same dry herbs as are listed for the APL formula (no Garlic however). BHM is made into a regular alcohol-based tincture. Obviously, nutrition and nutritive herbs play an important role in the treatment of bone and muscle problems. BHM can also be used as a mineral supplement, especially for low calcium and magnesium. A little bit is helpful with teething babies and the healing of breaks, sprains, and burns.

## CC

Formerly Children's Compound. CC is an excellent first response remedy for flu symptoms, colds, and fevers. In this simple formula are herbs to promote a healing sweat to hold the fever at just a hot enough degree to kill bacteria. It will effectively fight infectious agents, and calm and soothe the nerves. CC is perfectly balanced to be effective against bacterial, fungal, and strep infections. It rids the body of the excess mucous that is being produced. This is one of the great ones—even for adults. Often CC is the only remedy needed.

## CD

Formerly Colon Digestive. CD is a combination to be used for inflammation and irritation in the digestive tract. It could be useful for such conditions as chronic indigestion, colitis, ulcers of the small intestine, and constipation. The Plantain, Marshmallow, and Papaya Leaf are particularly soothing and healing, keeping any cleansing side effects more mild than might otherwise be. CD is effective as a mild colon cleanse. Use 3 or 4 times every year for a week or two just to keep the colon healthy and efficient. As always, be sure to support the liver and the kidneys.

## KB

Formerly Kidney Bladder. KB can help cleanse and strengthen the urinary tract to accomplish the important job of eliminating toxins and waste products from the body. The kidneys also regulate the liquid to solids ratio in the blood and tissues. Use KB with IF or RC if a kidney infection is suspected. KB is a strong kidney formula. Use KB with IF and then switch to the milder diuretic formula, KT for a period of rebuilding and soothing of the urinary tract. Repeat several times until the entire urinary system is operating optimally.

## LC

Formerly Liver Cleanse. LC aids the liver in secreting the bile into the colon that is necessary for digestive function. When the liver is sluggish, the result is indigestion, constipation, fatigue, headaches, and a long list of other problems which are somewhat unique to each individual. It is recommended to strengthen and support the kidneys and colon while working with the liver by using either KB or KT for the kidneys, CD for the colon, and RC to keep the blood clean of toxins and impurities.

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## NS

Formerly Nerve Special. NS relieves pain. Use to heal, calm, strengthen the nerves, and alleviate depression. NS is used for anxiety, stress, premenstrual tension, menstrual cramping, hyperactivity, nervous exhaustion, depression, pain relief, heart palpitations, and irregular heartbeats. (If heart palpitations and irregular heartbeats occur, you should add herbs for heart health and see a physician quite soon.) NS herbs are not narcotic. They do not make you feel groggy or disconnected.

## Rosehips

Rosehips have extremely high levels of vitamins, particularly vitamin C. Other nutrients include vitamins A, B1, B2, B3, B6, B12, and K as well as thiamin, riboflavin, niacin, folate, pantothenic acid, choline, betaine, and the minerals, calcium, iron, magnesium, phosphorus, potassium, sodium, zinc, copper, manganese, selenium, and fluoride. The nutrients in Rosehips are in an extremely absorbable form. Rosehips are a gentle remedy for diarrhea and are mildly diuretic. Rosehips reduce thirst and alleviates gastric inflammation. Iron needs vitamin C, found in rosehips, to be absorbed; take vitamin C during pregnancy and at other times when the absorption of additional iron is needed. Vitamin C also supports and enhances the immune system function.

## Super C

Formerly Super Cold and Lymph. Super C is usually done as a glycerite and is very effective as a first response when you feel a cold coming on. Super C works great for children. Super C also has some excellent lymph draining properties. The Red Clover and Elderflower make this formula excellent for controlling fever.

## RC

Formerly Red Clover Combination. RC is one of the most effective infection fighter formulas. RC is a particularly potent blood cleanser, and is very good at keeping a localized infection from spreading and growing. Use RC to prevent contagion when everyone around you is coming down with one bug or another. RC is useful as a cancer fighting formula. RC is safe enough to use when nursing. Be very faithful about taking RC regularly. When recovering from illness keep the doses as high as can be tolerated by the body and continue taking for a few days after you think you are completely well.

## SS

Formerly Strep and Staph. SS is an amazing strep and staph fighter in part because of the inclusion of usnea. This formula is used for strep, staph, pneumonia, bronchitis, impetigo, pleurisy, sinusitis, tuberculosis, and urinary tract infections.

## WC

Formerly Wild Cherry Cough Syrup. WC is an excellent cough and expectorant formula. It is more effective when given in frequent small doses—1/2 to 1 teaspoon, depending on the age of the patient, than in 2 or 3 larger doses. WC will liquefy mucous in the throat, lungs, and sinuses. This allows the body to either internalize it or expectorate it according to need. WC is very effective at quieting a dry, hacking cough where the throat is irritated but there is no mucous needing to be expelled.