

Herbs Etc.



Focus on Circulation

My Story by Rodney Kiger

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A bit skeptical at best, I reclined back in the dental chair for the first in a series of amalgam removals, clinging to hope that this might be the Divine answer to the prayers asked. A few years earlier, a prominent neurologist told me: "you have Parkinson's disease." I showed all the classic symptoms: loss of memory, motor control, and balance, worsening tremors, and speech (complete confusion when trying to read aloud). Shortly after a healing prayer service, I met (by chance?) Dr. Bessheen Baker from Mt. Pleasant. She

looked into my eyes and said, "Something is poisoning you, and I think it may be mercury. You need to start by getting the silver fillings out of your mouth." She referred me to Dr. Philip Dahl for the specialized procedure.

My former doctor and dentist rolled their eyes and said, "That's crazy," and other words of advice.

I decided to follow where I felt God was leading. So, with all the reluctance everyone has about getting their teeth drilled, I decided to go forward.

With all the protective gear and oxygen pumping, I felt like an

astronaut ready for launch, holding to hope for a successful mission. As I regained feeling on the drive home, I said to myself, "I think I feel better."

The next visit to the dental chair was with great anticipation. As I returned home after the last amalgam removal, I felt that my tremors were reduced by nearly 75%, in less than one week.

Several years later now, and with continued heavy metal detox, I feel my life has been renewed.

My thanks go to Dr. Bessheen and friends, Dr. Dahl and friends, and above all, to the Lord, my God, for showing me the way.

Focus on Circulation

Circulation may seem like a fairly broad topic, but a well-functioning circulatory system is imperative to life. Circulation includes the flow of blood throughout the body; that blood carries oxygen and nutrition to each and every cell in the body and also helps to take away the cell's wastes. Without this system, the cells would die. We are only as healthy as our cells. Continue reading for ideas to improve your circulation and your life!



Herbs to Balance and Strengthen Circulation

The herb **Hawthorn** is probably the best known herb for the heart and circulation. Studies have confirmed that Hawthorn berries strengthen and normalize the heartbeat, prevent and reduce abnormal heart rhythms, and guard the heart against oxygen deficiency. This herb also balances both high and low blood pressure and contains powerful antioxidants which help to strengthen blood vessel walls. Hawthorn is available in both capsule and liquid form.

Cardio Assurance is a blend that aims to reduce the risk of heart disease and prevent circulatory disorders. The herbs and nutrients in this formula protect the heart and blood vessels from damage, strengthen cardiovascular function, reduce blood pressure and cholesterol, and lower homocysteine levels. This blend contains vitamin B6, vitamin B12, Folic acid, vitamin K2, Hawthorn berries, and Resveratrol.

Blood Pressurex is another blend that assists the body in regulating healthy blood pressure levels. The ingredients in this formula work to strengthen the heart, keep blood vessels dilated for optimal blood flow, decrease platelet aggregation, and prevent the formation of artery-clogging plaque. This blend includes Coleus, Goldenrod, Grapeseed, Hawthorn berries, L-arginine, Olive leaf, and vitamin E. Consult your naturopath for more suggestions.

Aid Circulation with Essential Oils

Cypress is a single essential oil that is beneficial for the circulatory system. It strengthens the walls of capillaries, improves lung circulation, reduces scar tissue, reduces cellulite, and eliminates edema. It is best to apply 1-2 drops of this oil over the area of concern or for gen-

eral circulation, on the bottom of each foot, once or twice per day.

AromaLife is an essential oil blend that strengthens the cardiovascular and lymphatic systems. It helps to lower blood pressure, reduce stress, alleviate hemorrhoids, cleanse the

blood, and balance energy. Within this blend are the oils: Cypress, Marjoram, Helichrysum, and Ylang Ylang. To use this oil, apply 1-2 drops over the area of concern or on the bottom of each foot, once or twice daily.



Vein Health

Vari-Gone is a nutritional blend designed to tone and strengthen vein walls, improve circulation, and to reduce the swelling, itching, and aching associated with varicose veins. This blend is available in capsule form to prevent varicose veins and to build the nutrition necessary for healing varicose veins.

This formula is also available as



Vari-Gone Skin Cream which was formulated to reduce swollen and bulging veins, soothe

aches and cramps in the lower legs, and to improve the appearance of both varicose and spider veins.

Both blends contain Horse chestnut seed extract and Butcher's broom, long known for their abilities to tone veins.

For the best benefit, use the capsules and Skin Cream in conjunction with one another.

The Emotional Heart

Certain emotions correspond to the ability of the heart to function properly and for circulation to flow. For emotional trauma or stress that has impacted the heart, it affects one's ability to love and be loved and over time, can place that stress on the physical heart, creating an actual physical disorder.

Sacred Heart flower essence spray is a heart strengthening blend that is best indicated:

* To help a relationship evolve to its highest capacity by learning to both give and receive with vibrant heart forces

* To heal and re-build after divorce and other failed relationships, allowing the heart to find renewed expression and new social possibilities

* As a general heart elixir to improve close social relationships with family and friends so that the heart operates from a

place of honesty, integrity, and genuine caring

* To regenerate heart health, when prone to physical illness, heart-related stress, or a family history of heart disease

To use this remedy, spray four times daily, directly in the mouth or around the body.



The Homeopathic Cell Salt for the Heart

The homeopathic cell salt **Mag Phos**, also known as magnesium phosphate, is a diluted and easily assimilated mineral combination that has an affinity for both the muscles and the heart. This is because these are the specific minerals required to form these structures in utero. Therefore, this particular cell salt is used

as a remedy for nearly all heart problems.

This mineral combination insures the rhythmic movement of the heart and tones the heart muscles, easing constricting chest pains and relieving nervous palpitations. It is also a great nerve stabilizer and reliever of muscle spasms in general.

For the cell salt, use **Mag Phos 6x** (the cell salt potency).

For relief of spasms, dissolve 2-3 pellets in warm water and take in sips throughout the day.

As a heart strengthener, dissolve 1-2 pellets under the tongue four times daily.

Herbal Rub Recipe

The "Herbal Rub" is a recipe combining essential oils and herbs that is applied externally to the body in order to balance the muscles and nerves along the spine. There have been great results with recovery for people who have used this recipe after a stroke.

"Herbal Rub Recipe"

1. Apply 3-4 drops of **Peppermint essential oil** along the spine and rub in. This opens the sensory system and stimulates the nerves.
2. Apply 3-4 drops of **Liquid Lobelia** along the spine and rub in. This relaxes muscle tension and facilitates deeper breathing.
3. Apply 3-4 drops of **Liquid**

Capsicum along the spine and rub in. The warming properties deepen the action of the first two steps and increase circulation.

Use the Herbal Rub Recipe several times per day for acute conditions.



What to Read: "Left for Dead" by Dick Quinn

Dick Quinn had a near fatal heart attack and a failed bypass at age 42, and as part of his recovery, he turned to herbs and lived seventeen years longer than any of his medical doctors expected him to live.

His book, "Left for Dead," is the story of his study of the herbs that saved his life and how he came to develop his own formulas in order to help other people prevent heart attacks, stroke, blood pressure concerns, cholesterol problems, and low energy without drugs or surgery. Sales of his formulas boomed until 1991, when the FDA intervened. Frustrated, Quinn wrote this book to share his information and also to expose the business behind medical practices. His touching, true story will inspire new ideas about your own health care.

An excerpt from "Left for Dead" by Dick Quinn:

The secret: keep your plumbing clean.

You and I have thousands of miles of arteries, veins, capillaries and arterials, all of which must be kept clean. As I learned from my 1978 heart attack, you need every inch. Surgery only deals with a tiny part of the system, and it doesn't even fix that. So, surgery fails.

Coronary bypass, angioplasty, and gimmicks like the laser, stent, and the "roto rooter" do not extend your life, improve your quality of life, or prevent a heart attack. Statistics prove they do not benefit the patient, so they don't work. There is nothing in them for you but pain, depression, ruin, and death.

I keep my arteries clean with herbs. They're cheap, easy to use, and they work.

It's easy. I just get up every morning and take some capsules.

For this and other enlightening reads, browse the books inside Herbs, Etc. There is something for everyone; find books on: gardening, cooking, cleansing the body, anatomy, essential oils, herbs, homeopathy, and more. Also, browse our selection of DVD's, including informative documentaries and a variety of workouts.

