

# How To Take Your Herbs

All of our herbal formulas work synergistically. You can mix the liquid formulas all together in a little fresh fruit juice or water. We find it easy and convenient to add all the tinctures together in a shot glass. Let's face it, we all know they are not the best-tasting, so taking all of the tinctures together in a shot glass seems to be quick and "painless" for those who want to just get it over with. As the weeks move on, you will grow to love the taste (believe it or not)!

It is best to take our formulas on an empty stomach or with fruits; we recommend 15-30 minutes before each meal. If you must take on a full stomach, that is perfectly okay, too. Do not sweat the small stuff! Relax and enjoy!



## Tinctures

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- ⇒ ADULTS: Normal dosing on tinctures for adults is generally two full droppers, three times daily. Double check your own weight and compare it to the dosing recommendations listed on the bottle. If you cannot pull up enough liquid to fill the pipette with one squeeze, then squeeze the bulb two separate times to achieve the recommended two full droppers.
- ⇒ INFANTS: The suggested dosing is one drop for every 8-pounds of body weight to breast milk, coconut milk, juice (after 3 months of age) or water, three times daily. *Remember, a breastfeeding mother will pass along anything she takes in to her little one through her breast milk!* Mothers can consume a raw, living food diet while taking the herbal formulas, and she can detox the baby through the breast milk.
- ⇒ CHILDREN AND PETS: Use the dosing suggestions on the label, or one drop for every 8-pounds of body weight. The standard dose for children is 1/3 to 1/2 dropperful, three times daily.

It is not an exact science, so do the best that you can with "eyeing" the amount. Each bottle will last approximately two weeks. If you find that you are running out before the two weeks are up, cut down your dosage or prepare to move on to the next kit.

## Capsules

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- ⇒ ADULTS: Capsules can be taken simultaneously with the tinctures. Dosing recommendations on capsules for adults are two capsules, three times daily. Just as with the tinctures, check your weight and compare it to the recommendations listed on the bottle.
- ⇒ INFANTS: The suggested dosing is a pinch of herbal powder (once the capsule is opened) added to breast milk, coconut milk, juice (after 3 months of age) or water, three times daily. *Remember, a breastfeeding mother will pass along anything she takes in to her little one through her breast milk!* Mothers can consume a raw, living food diet while taking the herbal formulas, and she can detox the baby through the breast milk.
- ⇒ CHILDREN AND PETS: Use the dosing suggestions on the label. Capsules can be opened and mixed into smoothies or homemade applesauce to make it easier for children and pets to take.

**Note:** The GI Renew formulas are an exception (see the section below), and dosing should be adjusted depending on your movement frequency. Do your best to regulate your bowel movements with your diet!



## Teas and Blends

- ⇒ ADULTS: Most of our blends can be taken simultaneously with the tinctures and capsules. Just as with the tinctures and capsules, check your weight and compare it to the recommendations listed on the bottle.
- ⇒ INFANTS: The suggested dosing is a pinch of herbal powder (once the capsule is opened) added to breast milk, coconut milk, juice (after 3 months of age) or water, three times daily. *Remember, a breastfeeding mother will pass along anything she takes in to her little one through her breast milk!* Mothers can consume a raw, living food diet while taking the herbal formulas, and she can detox the baby through the breast milk.
- ⇒ CHILDREN AND PETS: Use the dosing suggestions on the label. Blends can be added directly to juices and smoothies. Capsules can be opened and mixed into smoothies or homemade applesauce to make it easier for children and pets to take.

The GI Broom should be dosed according to the weight recommendations listed on the label. Be sure that your bowels are moving regularly. This can be achieved by consuming raw fruits and vegetables at every meal, and by taking the GI Renew formulas according to your needs. The GI Broom must be taken *separately* from all other formulas and food, and with adequate liquid intake throughout the day.

## Using the GI Renew Formulas

Diarrhea or constipation are not wanted! You will want to work on achieving two to three easy, nicely formed bowel movements per day. Our GI Renew formulas are not laxatives or habit forming in nature! They clean, rebuild, remove inflammation and strengthen the GI tract.

Choose the GI Renew formula that best suits your personal needs. It is not uncommon to have more than one formula on hand as well. In some cases, we recommend it!

GI Renew #0	Excessive bowel movements and diarrhea-like stools
GI Renew #1	Loose stools and three or more movements per day
GI Renew #2	One bowel movement per day, or misses a day on occasion
GI Renew #3	Inconsistent bowel movements every other day to every third day
GI Renew #4	Bowels move every third day or so
GI Renew #5	The bowels are not moving much at all and requires a "boost" to get moving.

## Reducing the Alcohol Content of the Tinctures

You can burn the alcohol off of the tinctures before giving them to children or pets, or just out of personal preference. Place one to three ounces of simmering (not boiling) distilled water into an empty cup, then put two full droppers of each of your liquid formulas together into the cup of water. Let this cool approximately ten minutes or so and then consume. We do not recommend preparing more than one day's worth of dosing at one time.

If you find our recommendation dosages are too strong, then please feel free to adjust them accordingly. It is perfectly fine to cut your dosage by half or even a third. Those individuals who are very toxic may need to work a little slower. There is also a weight chart on the side of the bottle for smaller or larger individuals.

You may add any herbal formula to your current Deep Tissue Cleansing and Regeneration Kit or protocol if you feel it is in your body's best interest. Listen to your body and be aware of other areas that may need herbal attention.