

HERBAL PROTOCOLS



I am a big believer in Nature’s Powers, I haven’t always been, but I had learned that over the years practicing natural healing. However those natural powers work slowly, progressively, not bringing immediate effects that we are often expecting to see. In our modern culture THE RESULT is often fast and effective. We try to speed grow plants and animals in the agriculture. It is an opposite in nature, when good things take time and that’s the value I want you to understand here and take as a PRINCIPAL. Building anything takes time, a big tree is growing for 30-40 or more years, a good brand or business takes to build for several years. Quick fixes to not last long.

Now, I am providing you a very good combinations of herbs that I would like you to find and start making a tea daily. Morning and evening. I make a tea in the evening to drink in the morning (so it’s well done) and at the same time I make another one to have it ready in the evening. Use freshly boiled water and a teaspoon (not metal) of mixed herbs, place in a cup, pour water over it and cover with a glass or ceramic plate. No metal shall touch the herbs. Using glass is best.

Start with Heal All Tea or Kidney Support (they are pretty similar) and once you are done, make another one and continue. Purchase packages of 50grams to make a batch. You can make more just use equal amounts of herbs every time you make it.

*if you can't find all the ingredients, it is still ok, ask the herbalist if there is anything to replace it, or just make a tea without it. It will still work.

Heal All Tea	Kidney Support	Lymphatic Support	Liver and Gallbladder Support
Plantain Leaf	Lavender Flowers	Plantain Leaf	Burdock Root
White Oak Bark	Stinging Nettle Leaf	Chaparral Leaf	Dandelion Root
Stinging Nettle Leaf	Bear Berry	White Oak Bark	Dandelion Leaf
Dandelion Leaf	Dandelion Leaf	Ginger Root	Milk Thistle Seeds
Juiper Berries	Juniper Berries	Burdock Root	Yellow Dock Root
Couch Grass Root	Couch Grass Root	Cleavers	
Marshmallow Root	Marshmallow Root	Prickly Ash Bark	
Astragalus Root	Astragalus Root		
Eleuthero Root	Cornsilk		

**TWO biggest VALUES that are a key to success in anything are:
TIME and PATIENCE.**

Please focus on them, we cannot turn back the time, we cannot push it too fast. Good things take time to happen. Health is one of the essentials of our life and it takes time to take care of it, especially once it was lost.

This is when PATIENCE comes into play. Slowly and patiently take small steps daily towards this goal. You will build and EMPIRE soon. I am here to help you.