

# Natural Know-How Practitioner formulations:

## **Electro-Drops \*\$25/60ml (electrolyte sea water concentrate)**

**Dosage:** ¼ tsp or 24 drops into 1/2cup or 16oz glass of water, drink morning and evening or sip throughout day as needed

Ingredients: Sea water, purified water, sea mineral concentrate, potassium chloride

\*store in cool place out of direct sunlight (g/f, vegan)

## **Anti-Microbe Nasal Wash \*\$25/60ml**

**(Addition)**

**Adult dose:** Add 0.5 tsp of sea salt and dissolve into 1 cup of warmed distilled water, set aside to reach room temperature before use.

Add 1ml of 'Anti-microbe Nasal Wash Addition' and rinse nasal cavities using netti-pot or other nasal irrigation method (morning and evening)

\*Do not use with thyroid disorders, CONTAINS IODINE, discontinue use if irritation occurs or symptoms continue for more than 5 days with use

Ingredients: 25% Betadine topical iodine solution (10% iodine), 75% Colloidal silver solution

## **Dog & Cat Natural Flea/Bug Repellent \*\$25/60ml**

**Use:** Spray once on back where it cannot be licked off once, apply every 3 days

**\*Toxic if ingested by animals due to essential oil content\***

Ingredients: Apple cider vinegar, Distilled water, Pennyroyal tincture, Essential oils: Peppermint, Eucalyptus, Tea tree, Rosemary, Thyme, Clove, Lavender, Citronella

## **Tincture Formulas \*CUSTOM TINCTURE FORMULAS AVAILABLE, PRICES VARY**

**\*60ml with dropper \$32**

**\*100ml with dropper \$45**

**\*250ml \$95**

**\*500ml \$170**

## **Acute Respiratory Formula**

**Dosage:** Take 50 drops in small amount of water at first signs of breathing symptoms occur wait 20mins (unless in breathing distress then please use inhaler/seek medical attention), take 25 drops every 20mins until breathing stabilizes (max dose 100drops total/day)

\*Not to be taken with blood-thinning/decongestant medications, not a replacement for medical inhalers, can cause increased heart rate, not to be taken for long periods of time\*

Ingredients: Ephedra, Grindelia, Schizandra, Fennel, Hyssop, Black Cohosh, Lobelia

## **Anti-Fungal**

**Adult dose:** 50 drops 3x/day as needed during fungal infection

\*add to small amount of water, do not take with antibiotics, NOT FOR CHILDREN, CONTAINS ETHANOL

**NOTE:** Fungal die-off can cause nausea, headache and general unwell feeling, which should subside after formula is finished.

**\*shake\***

Ingredients: Usnea, Pau D'arco, Lomatium, Oregon grape root, Thyme

## **Anti-inflammatory Formula**

**Dosage:** Take 1-5 droppers full into a small amount of water 3x/day with or without meals, take until finished, take at least 30mins-1 hour away from other supplements/pharmaceuticals/formulas, not to be taken with immunosuppressants, blood thinners or kidney medications

Ingredients: Dandelion root, Turmeric, Elecampane, Gentian, Fennel, Devils claw, Cats claw, Cordyceps mushroom, Ginger, Licorice

## **Arthritis Formula**

**Dosage:** Take 1-5 droppers full into a small amount of water 3x/day with or without meals, take until finished, take at least 30mins-1 hour away from other supplements/pharmaceuticals/formulas

Ingredients: Angelica, Ligusticum, Black Cohosh, Prickly Ash, Burdock, Yarrow, Comfrey, Fang Feng, Devils claw, Teasel root, Lycii berry

## Blood Sugar Regulator Formula

**Dosage:** Take 50 drops (2 droppers = 2ml) in a small amount of water 3x/day just before meals, take at least 1 hour away from other supplements/pharmaceuticals/formulas

**\*If light-headedness or sweats occur please stop formula and contact me to adjust dosage**

Ingredients: Devils club, Fenugreek, Bitter melon, Bilberry, Gynema, Pipsissiwa, Schizandra, Dandelion root, Turmeric, Ginger, Cinnamon

## Build Blood

**Adult dose:** 20-30 drops max 3x/day for anemia

\*add to small amount of water, do not take with blood-thinners

NOT FOR CHILDREN      **CONTAINS ETHANOL**      \*shake\*

Ingredients: Dang quai root, Codonopsis root, Rehmannia root, Peony root, Atractylodes, Ligusticum (Privet berry), Licorice, Poria, Ginger, Citrus peel

## Children's Immunity Formula

**Dosage:** Dependant on weight and age

(Please call Shannon 604 993 0169 for dosage)

**\*Contains ethanol, dosage to be given by adult only**

Ingredients: Elderberry, Elderflower, Echinacea A & P spp., Licorice, Honeysuckle flower, Baikal skullcap, Mullein, Anise, Fennel, Vegetable glycerin

## Clear Skin Formula

**Adult dose:** 30 drops max 3x/day on an empty stomach,

add to small amount of water, do not take with blood-thinners

NOT FOR CHILDREN

**CONTAINS ETHANOL**      \*shake\*

Ingredients: Echinacea, Oregon grape root, Red clover, Burdock, Yellowdock, American Ginseng, Honeysuckle

## Energy/Stamina Formula

**Adult dose:** 50 drops 2-3x/day added to small amount of water as needed during the day for fatigue

**\*Not to be taken with blood-thinners or anti-organ rejection medications, take at least 1 hour away from pharmaceuticals**

Ingredients: Panax ginseng, American ginseng, Eleuthero, Codonopsis, Prickly Ash, Atractylodes, Fo-it, Dang quai, Chaga, Cordyceps, Poria, Ginger, Licorice, Ginkgo biloba

## Happy Tonic

Dosage: 29-50 drops into a small amount of water, can be used up to 5x/day as needed

**CONTAINS ETHANOL, do not take with antidepressants/blood-thinners, take 1 hr away from medications**      \*shake\*

Ingredients: Albizzia bark, Albizzia flower, Chamomile, Rhodiola, Oatstraw, Oatseed, Rose

## Healthy Heart Drops

**Adult Dose:** 29 drops 3x/day into small amount of water (CONSISTENCY IS KEY)

Ingredients: (Ethanol, water) extracts of Hawthorn berry/leaf/twig, Garlic, Mistletoe, Motherwort, Bilberry, Willow, Red sage root

**\*Do not take with blood-thinners/blood-pressure medications, take 1 hr away from medications, NOT FOR CHILDREN, CONATINS ETHANOL**

## HSV formula

**Adult dose:** 25drops (1/4 tsp – 1/2tsp) 3x/day, when symptoms start (the tingle), consistently as possible and for 1 week after symptoms subside

\*add to small amount of water, take 2 hours away from antidepressant, do not take with immunosuppressants/blood-thinners, if on birth control use a condom for 2 weeks after stopping formula as St Johns wort can decrease BC effectiveness. If any signs of mental alteration whilst taking with anti-depressants stop formula.

Ingredients: Echinacea, Lomatium, St Johns Wort, Lemon Balm (\*organic ingredients, g/f)

## Shingles/HSV formula

**Adult dose:** 2 capful into small amount of water 3x/day until symptoms subside, be as consistent as possible and for 1 week after symptoms subside take 1 cap 2x/day

\* if on birth control use a condom for 2 weeks after stopping formula as St Johns wort can decrease BC effectiveness.

Ingredients: St Johns Wort, Lemon Balm, Baikal skullcap

## Kidney Stone Formula

**Adult Dose:** 1 tbsp 3x/day add to small amount of hot water until symptoms subside, continue at ½ tbsp until finished

\*Shake before use\*

**Ingredients:** Gravel root, Khella, Cornsilk, Wild yam, Hydrangea, Marshmallow root, Ginger

## Kidney Yin/Yang Tonic

**Dose:** 25 drops 3x/day until finished between meals, take with a tiny pinch of salt

**Ingredients:** Plantago seed, Poria, Alisma, Rehmannia, Dioscorea, Cuscutae, Lycii, Schizandra, Fructus rubai, Cornus

## Lactation Formula

### (Breast Milk production)

**Adult Dose:** 50 drops 3x/day into small amount of water

(CONSISTENCY IS KEY)

**Ingredients:** (Ethanol, water) extracts of Blessed thistle, Fennel, Goats rue, Fenugreek, Milky oatseed

## Laxative Formula

**Dosage:** Take 1-5 droppers full into a small amount of water as needed for mild constipation, not to be used long-term, take with or without meals, take at least 1 hour away from other supplements/pharmaceuticals, not to be taken with other laxatives or blood thinning medications, can cause intestinal cramping

**Ingredients:** Cascara bark, Rhubarb root, Burdock, Ginger, Anise seed, Fennel, Lobelia, Licorice

## Liver Formula

**Adult dose:** 25 drops 3x/day 10mins before meals, add to small amount of water, do not take with blood-thinners or hormone replacement medications, take at least 2 hours away from pharmaceuticals

CONTAINS ETHANOL \*shake\*

**Ingredients:** Oregon grape root, Bupleurum, Lycii, Dandelion root, Turmeric, Chen Pi, Wild Yam, Fennel seed, Angelica root, Cyperus, Ginger

## Lower Cholesterol Formula

**Adult Dose:** 25 drops 3x/day before meals, take in a small amount of water.

**Ingredients:** Artichoke, Hawthorne berry, Barberry, Fenugreek, Fleeceflower, Turmeric, Dandelion root, Lycii, Ginger, Cayenne

CONTAINS ETHANOL, take 2 hr away from medications and 30mins away from other formulas/supplements

## SIBO formula

**Adult Dose:** 25 drops 3x/day before meals

Shake before use, take until finished, then use probiotics (minimum 24 billion, refrigerated, full spectrum) everyday for a minimum of 1 month

**Ingredients:** Thyme, Coptis, Myrrh

## 'The Sugar Destroyer'

**Dosage:** 10 drops into small amount of water, swish around mouth and swallow. Take in times of sugar or carb cravings (chips/wheat products/pastries).

**Ingredients:** Gymnema

## Yin Tonic

**Adult Dose:** 25-30 drops 3x/day into small amount of water

Used for night sweats (consistency is key)

**Ingredients:** Rehmannia, Lyci, Licorice, Asparagus root, Privet berry, Fo-ti

CONTAINS ETHANOL, take at least 1 hr away from pharmaceuticals

