



# Therapeutic Index

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**Purification ( blood**  
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**Respiratory tract** Freedom, Immuno, Viroguard, Blood tonic  
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**Urethra** Reno  
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**Varicose ulcers** Blood purifying tonic Green mountain ointment.  
**Varicose veins** Blood purifying tonic , Procleanse , Regular  
**Venereal disease** Blood purifying tonic, Precious herbs, Para viroguard  
**Venous congestion** Blood purifying tonic  
**Vertigo** Ginkgo mem, Sinease, Herbal Iron  
**Vitality (lack of )** Withania, Herbal Iron , Blood purifying tonic , Thyrogene, Rejuvenation  
**Worms** Para  
**Wounds** Green mountain ointment , Kawa cream, Blood purifying tonic.

## RECOMMENDATIONS ONLY Please consult your health practitioner

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**Abdominal pain** Minerals , Enzymes, Procleanse, Regular.  
**Abrasions** Kawa cream, Green Mountain ointment  
**Abscesses** Blood Purifying tonic, Para  
**Aches** Muscle and joint, Mineral Max, Withania  
**Acid stomach** Mineral max , Procleanse , Enzymes  
**Acne** Blood Purifying tonic  
**Alcoholism** Blood purifying tonic , Minerals  
**Allergies** Blood Purifying tonic , Procleanse, Enzymes  
**Anaemia** Herbal Iron  
**Angina pectoris** Cardio  
**Anti-oxidant** Blood purifying tonic, Ginkgo mem  
**Apoplexy** Cardio  
**Appetite (poor)** Blood purifying tonic  
**Arthritis** Muscle and joint, Mineral max, Withania, Magnesium lactate  
**Asthma** Freedom, Serenity  
**Atonic intestines** Mineral max , Procleanse, Withania  
**Backache** Mineral max , Reno , Muscle and joint.  
**Bacterial infection** Immuno  
**Bad breath** Mineral max , Procleanse , Dental health.  
**Bed sores** Blood Purifying tonic , Green mountain ointment  
**Bed wetting** Reno, Withania  
**Billiousness** Blood purifying tonic  
**Bites** Kawa cream, Green mountain ointment  
**Bladder** Reno  
**Bleeding** Mineral Max, Herbal iron  
**Bleeding gums** Dental health  
**Blood** Blood purifying tonic  
**Blood pressure** Procleanse, Reno , Body sculpture, Withania  
**Body temperature** Thyrodine , Withania  
**Boils** Blood purifying tonic  
**Bone** Muscle and joint , Minerals max , Magnesium  
**Bowels** Regular, Procleanse  
**Brain** Ginkgo Mem, Brain -E  
**Breasts** Woman's tonic , Precious herbs  
**Breathing difficulties** Freedom  
**Bronchial infections** Freedom  
**Bronchitis** Freedom , Immuno  
**Bruises** Blood purifying tonic, Mineral Max  
**Burns** Green Mountain ointment  
**Bursitis** Muscle and joint , Minerals max  
**Calcium deficiency** Mineral max , Procleanse, Magnesium lactate

<b>Cholesterol Circulation</b>	Body sculpture , Blood purifying tonic Withania, Thyrogene, Blood purifying tonic	<b>Fibrosis</b>	Muscle and joint, Minerals max , Blood purifying tonic	Insomnia Irritability Itch	Serenity , Sedatone Serenity , Sedatone , Thyrodine Kawa cream , Blood purifying tonic
<b>Cold extremities</b>	Thyrogene, Mineral Max, Blood purifying tonic Withania	<b>Fissures</b>	Procleanse,	Jaundice	Blood purifying tonic
<b>Cold sweats</b>	Thyrodine, Withania, Blood tonic	<b>Fits</b>	Ginkgo mem , Procleanse , Regular , Thyrogene, Withania	Joints - degenerative	Blood purifying tonic , Muscle and Joint
<b>Colds</b>	Immuno, viroguard, Withania	<b>Flatulence</b>	Minerals max , Procleanse , Digest aid	Joints - gouty	Blood purifying tonic , Muscle and joint , Reno
<b>Colic</b>	Withania, Digest aid	<b>Flu</b>	Viroguard	Joints - inflammation	Blood purifying tonic , Muscle and joint, Minerals max ,
<b>Colitis</b>	Minerals max , Procleanse, Digest aid, Withania	<b>Fractures</b>	Mineral max, Muscle and joint, Withania	Kidney	Blood purifying tonic Reno
<b>Colon</b>	Regular, Procleanse, Minerals max, Withania	<b>Gall bladder Gas</b>	Blood purifying tonic Procleanse, Minerals max, Digest aid, Regular, Blood Purifying tonic	Leucorrhea Leukaemia	Woman's tonic , Procleanse Blood purifying tonic , Special formula
<b>Complexion</b>	Blood Purifying tonic, Procleanse, Body mist, Golden glow cream	<b>Glands (lymph)</b>	Para Thyrogene, Blood purifying tonic	Ligaments Liver	Mineral max , Muscle and joint Blood purifying tonic
<b>Concentration (poor )</b>	Ginkgo mem, Brain-E, Withania	<b>Glands (endocrine)</b>		Low blood pressure Low back pain	blood Purifying tonic , Herbal Iron Minerals , Muscle and joint , Procleanse
<b>Conjunctivitis</b>	Blood purifying tonic, Procleanse	<b>Goitre</b>	Thyrogene, Blood purifying tonic, Para	Lumbago	Muscle and joint , Minerals max Reno
<b>Constipation</b>	Regular, Procleanse, Para ( children)	<b>Gonorrhoea</b>	Blood purifying tonic, Para, Immnuo, viroguard	Lungs Malnutrition	Freedom Herbal Iron , Blood Purifying tonic Minerals
<b>Convalescence</b>	Rejuvenation, Herbal Iron, Withania	<b>Gout</b>	Blood purifying tonic	Mammary glands Mastitis	Woman's tonic , Special formula Blood purifying tonic
<b>Convulsions</b>	Ginkgo mem, Procleanse , Regular, Withania	<b>Gripping</b>	Regular , Procleanse	Memory Menopause	Ginkgo mem Woman's tonic , Progest cream , Thyrodine
<b>Cough</b>	Immuno, viroguard, Blood tonic	<b>Growing pains</b>	Mineral max , Blood purifying tonic, Withania	Menstrual problems Migraine	Woman's tonic Thyrodine Blood purifying tonic , Ginkgo mem , Procleanse
<b>Cramps</b>	Minerals max, Magnesium lactate	<b>Growths</b>	Precious herbs, Indian poultice	Mucus	Blood purifying tonic, Sinease , Procleanse
<b>Cuts</b>	Kawa cream , Green mountain ointment	<b>Gums</b>	Dental health	Mumps	Blood purifying tonic, Special formula Immuno
<b>Cystitis</b>	Reno, Procleanse	<b>Hair</b>	Blood tonic, Herbal iron, Thyrogene, Mineral Max	Muscle cramps Nails	Minerals max , Muscle and joint Silica , Mineral max
<b>Deafness</b>	Ginkgo, Procleanse, Brain -E, Withania	<b>Halitosis</b>	Minerals max, Blood purifying tonic , Procleanse	Nerves Neuralgia	Sinease Serenity , Sedatone Serenity , Sedatone
<b>Debility</b>	Withania, Brain-E, Herbal Iron	<b>Hay fever</b>	Blood purifying tonic , Immuno , Sinease, Para	Nose bleeds Nutrition	Alert Mineral max , Herbal Iron , Thyrodine
<b>Dermatitis</b>	Blood purifying tonic, Kawa cream, Para	<b>Headache-migraine</b>	Ginkgo mem , Serene, Regular, Procleanse	Obesity	Slender Thyrodine Regular , Procleanse
<b>Diabetes</b>	Blood purifying tonic, Procleanse, Natural Steroid cream, Body mist	<b>Headache - nervous</b>	Serene, Withania	Pain Palpitation	Muscle and joint, Serenity , Sedatone Cardio
<b>Diarrhoea</b>	Mineral max, Blood purifying tonic, Digest aid	<b>Heart</b>	Cardio	Pancreas Parasites	Sweetase Blood purifying tonic Para , Regular , Blood purifying Tonic
<b>Digestion</b>	Digest aid, Mineral max, Procleanse, Blood tonic	<b>Heart palpitations</b>	Cardio	Penis Peristalsis	Men's ardour Mineral max 2000
<b>Dizziness</b>	Herbal Iron, Ginkgo mem , Herbal Iron, Brain -E	<b>Haemorrhage</b>	Minerals max, Brain -E, Withania, Herbal iron	Piles Pimples	Procleanse , Regular Blood purifvina tonic
<b>Dropsy</b>	Reno	<b>Haemorrhoids</b>	Minerals max , Procleanse , Blood purifying tonic, Withania, Kawa kawa ointment		
<b>Dysmenorrhea</b>	Woman's tonic , Regular , Procleanse, Withania	<b>Hepatitis</b>	Blood purifying tonic		
<b>Eczema</b>	Blood purifying tonic , Kawa cream, Para	<b>Hives</b>	Blood purifying tonic, Serene, Para		
<b>Edema</b>	Reno	<b>Hormone balance- Women</b>	Woman's tonic , Wild yam cream, Thyrogene		
<b>Elimination</b>	Regular	<b>Hormone balance -Men</b>	Mens tonic, Withania, Rejuvenation		
<b>Emphysema</b>	Freedom	<b>Hot flushes</b>	Woman's tonic, Thyrogene, Wild yam cream, Withania		
<b>Energy</b>	Withannia, Thyrogene, Herbal Iron	<b>Hyperactivity</b>	Children 2000, Withania		
<b>Enuresis</b>	Reno, Serene, Withania	<b>Hysteria</b>	Serene, Withania, Sedatone , Thyrogene		
<b>Epilepsy</b>	Ginkgo mem, Brain -E, Withania, Magnesium lactate, Blood Purifying tonic, Mineral max	<b>Impotence - male</b>	Men's Tonic, Withania, Rejuvenation		
<b>Equilibrium</b>	Ginkgo Mem				
Oestrogen balance	Woman's Tonic, Wild yam cream, Thyrogene				
Eves	Blood tonic. Procleanse. Regular				

**IF IN DOUBT ALWAYS PRESCRIBE MINERAL MAX AND BLOOD PURIFYING TONIC – THEN TARGET THE MAIN SYMPTOM/S OR BODY ORGANS AT FAULT. NO MORE THAN FOUR FORMULAE**  
**Eg; Tired:**Mineral Max, Blood tonic and Herbal Iron **Cold hands and feet:** Mineral Max, Blood tonic and thyrogene **Stressed:** Mineral Max, Blood tonic and Withania **Period problems;** Mineral Max, Blood tonic Womans tonic e