



IHHS-HEALTH & WELLNESS CENTER

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The Local People Serving You

IHHS Herbal Health Optimization Program

[Add To Tera's Whey/Health Force/Isagenix Protein Shakes Daily]

Now available at IHHS: One pound containers of Bulk Herbs. (Most Herbs are only \$10-\$25 a Pound and will last for several months of daily use!)

Bacopa Organic
Beet Root Organic
Chia Seeds Organic
Cacao, Raw Organic
Colostrum 21 oz
Cinnamon Organic
Gelatin, Pharmaceutical grade
Hawthorn Berries Organic
Lecithin, Non-GMO, Organic
Matcha Green Tea Organic
Milk Thistle Seed powder Organic
Moringa Oleifera Organic
MSM Flakes ultra pure 4 x distilled (dose by symptoms, higher doses will be bitter)**
NitroGreens Organic
Noni Fruit Powder Organic
Passion Flower Powder
Protein, Organic; Tera's Whey, Isagenix Whey, &/or vegan HF Warrior Food Extreme
Turmeric Root Powder Organic
Saw Palmetto Berries Organic
Stevia drops
Zeolite [Clinoptilolite] Organic

Optional: Rhodiola Powder, an adaptogen, ¼ tsp to 1 tsp, as needed for energy.

Nigella Sativa (Black Seed) ¼ teaspoonful 2 times a day for 3 months for obesity, liver, and viral issues.
I like to use one teaspoonful of each herb, except, 1-3 scoops of colostrum, and 1-3 teaspoonful's of chia, gelatin, turmeric, and ZeoForce. Use ½ teaspoonful of Matcha Green Tea and 1 scoop with NitroGreens
. Women need ¼ teaspoonful of Saw Palmetto vs men who would use 1 teaspoonful. If you want to sweeten or enhance the flavor: add extra raw cacao, for chocolate flavor; add stevia to sweeten; and use with/or 6-7 oz of Almond/Coconut milk as additional flavor enhancer in your protein shake. Customizing your shakes should enhance the palatability of all the herbs, for a great taste!

If you are on coagulation therapy, or under medical care, consult with your health practitioner prior to use of the herbs, ie especially cinnamon, turmeric, and hawthorne.

I usually add a scoop of Tera's Whey which has additional stevia for sweetening and it also increases the protein content. I then add an extra teaspoon or two of raw cacao, and if I am splurging, I also use a 6oz of sweetened Coconut milk. It's delicious!

**MSM dose: start with 5grams & increase every 7 days by 5 grams, until symptoms resolve, maintain this dose, which may be more easily taken dry, by itself, and washed down with liquid, before it dissolves.