

**Natural Herbal Products Inc**

**Illness will not exist when each meridian system and its functions are balanced.**

**#2 - QUIT SMOKING PROGRAM ( 6, 7 )**

**Meridians / Systems: Lungs, Large Intestine, Spleen, Stomach, Urinary Bladder**

**NHP 6 D-Tox:** Take 2 capsules twice daily for 10 days. Make sure to drink a lot of water to flush out the nicotine and toxins from the body.

**Note:** Do not take NHP 6 if you are pregnant, during menstrual period or breast-feeding.

**NHP 7 Q-Smoke:** After 10 days of taking NHP 6 on the 11<sup>th</sup> day take NHP 7 - take three capsules 3 times daily for 8 days.

**Aroma Solution:** During the 18 day program, if you have the urge to smoke, massage 1 or 2 drops of the solution under the nose on the upper lip.

**After quitting smoking**, consider program #4.

**IT IS RECOMMENDED THAT YOU:**

Introduce the herbal formulas as follows:

Take 1 capsule once daily for four days.

Then take 1 capsule twice daily for four days.

Then continue with the recommended dosages.

Take the herbs with lukewarm water.

Eliminate the following from the diet:

Dairy

Sugar

Red Meat

White Flour

Table Salt – manufactured sodium chloride

Alcoholic beverages

Chinese white carrots & white radishes

**If discomfort occurs, herbs may be taken with food.**

Any consumption of herbal products or drugs beyond the recommended combinations will interfere with the benefits of the herbs being consumed. Drugs and herbal products must be taken 3 hours apart.

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**#3 – PARASITE CLEANSING PROGRAM ( 6, 33 )**

**Meridians / Systems:** Lungs, Large Intestine, Small Intestine, Spleen, Liver, Stomach, Kidney, Urinary Bladder

**NHP 6 D-Tox:** Take 2 capsules twice daily for 10 days. Make sure to drink a lot of water to flush out the toxins from the body.

**Note:** Do not take NHP 6 if you are pregnant, during menstrual period or breast-feeding.

**NHP 33 Para-cleazer:** After 10 days of taking NHP 6, on the 11<sup>th</sup> day take NHP 33 - take three capsules 3 times daily for 8 days. This program can be repeated every 3 months.

**IT IS RECOMMENDED THAT YOU:**

Introduce the herbal formulas as follows:

Take 1 capsule once daily for four days.

Then take 1 capsule twice daily for four days.

Then continue with the recommended dosages.

Take the herbs with lukewarm water.

Eliminate the following from the diet:

Dairy

Sugar

Red Meat

White Flour

Table Salt – manufactured sodium chloride

Alcoholic beverages

Chinese white carrots & white radishes

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**#4 – LUNG CLEANSING & TONIFYING PROGRAM ( 6, 18 )**

**Meridians / Systems: Lungs, Large Intestine, Spleen, Stomach, Kidneys, Urinary Bladder**

**NHP 6 D-Tox:** Take 2 capsules twice daily for 10 days. Make sure to drink a lot of water to flush out the toxins from the body.

**Note:** Do not take NHP 6 if you are pregnant, during menstrual period or breast-feeding.

**NHP 18 Plantain Extra:** After 10 days of taking NHP 6, on the 11<sup>th</sup> day take NHP 18 – take 2 capsules twice daily until finished.

**IT IS RECOMMENDED THAT YOU:**

Introduce the herbal formulas as follows:

Take 1 capsule once daily for four days.

Then take 1 capsule twice daily for four days.

Then continue with the recommended dosages.

Take the herbs with lukewarm water.

Eliminate the following from the diet:

Dairy

Sugar

Red Meat

White Flour

Table Salt – manufactured sodium chloride

Alcoholic beverages

Chinese white carrots & white radishes

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**#5 – ALLERGIES & ASTHMA PROGRAM ( 22, 18 )**

**Meridians / Systems: Lungs, Kidneys**

**NHP 22 Breathe Eze:** Take 2 capsules twice daily whenever the allergies come. Take 1 capsule twice daily for prevention, especially during the allergy season – spring and fall.

**NHP 18 Plantain Extra:** Take 2 capsules twice daily until finished. Continue to take NHP 18 for at least 6 months – more for people with serious asthma. Children aged 3-10 years should only take 1 capsule daily. You can open the capsules and mix it with orange juice. Children aged 11 to 15 years should take 1 capsule twice daily. Children with serious asthma problems should continue taking NHP 18 for at least 6 months or more.

**Note:** Make sure two hours have passed since taking NHP 22.

**IT IS RECOMMENDED THAT YOU:**

Introduce the herbal formulas as follows:

Take 1 capsule once daily for four days.

Then take 1 capsule twice daily for four days.

Then continue with the recommended dosages.

Take the herbs with lukewarm water.

Eliminate the following from the diet:

Dairy

Sugar

Red Meat

White Flour

Table Salt – manufactured sodium chloride

Alcoholic beverages

Chinese white carrots & white radishes

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Any consumption of herbal products or drugs beyond the recommended combinations will interfere with the benefits of the herbs being consumed. Drugs and herbal products must be taken 3 hours apart.

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**#6 – HAIR GROWTH & COLOR PROGRAM ( 25A, 25B )**

**Meridians / Systems: Lungs, Large Intestine, Stomach, Kidneys**

**NHP 25A Fo-Ti Extra Hair Growth:** Take 2 capsules twice daily. If a person is too yang in energy, take 1 capsule twice daily until finished. This may require at least 3-6 months of taking 25A.

**NHP 25B Fo-Ti Extra Hair Color:** Take 2 capsules twice daily. If a person is too yang in energy, take 1 capsule two times daily until finished. This may require at least 3-6 months of taking NHP 25B. People too yang in energy should take this product twice daily instead of 3 times daily.

**Note:** People who want hair growth and hair color should take one of each capsule of NHP 25A and NHP 25B, 3 times daily 2 hours apart.

**IT IS RECOMMENDED THAT YOU:**

Introduce the herbal formulas as follows:

Take 1 capsule once daily for four days.

Then take 1 capsule twice daily for four days.

Then continue with the recommended dosages.

Take the herbs with lukewarm water.

Eliminate the following from the diet:

Dairy

Sugar

Red Meat

White Flour

Table Salt – manufactured sodium chloride

Alcoholic beverages

Chinese white carrots & white radishes

**If discomfort occurs, herbs may be taken with food.**

Any consumption of herbal products or drugs beyond the recommended combinations will interfere with the benefits of the herbs being consumed. Drugs and herbal products must be taken 3 hours apart.

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**#7 – BONE HEALING PROGRAM ( 25A, 35 )**

**Meridians / Systems:** Large Intestine, pericardium, Triple Warmer Heart, Spleen, Liver, Stomach, Kidneys

People with broken bones should take NHP 25A and NHP 35 to tonify the kidneys to build strong and normal bones. NHP 35 clears up the blockages resulting in better circulation.

**NHP 25A:** Take one 3 times daily until finished.

**NHP 35:** Take one capsule 2 hours after NHP 25A 3 times daily until finished.

**Note:** If the bone still has not healed, continue for 2-3 more programs.

**IT IS RECOMMENDED THAT YOU:**

Introduce the herbal formulas as follows:

Take 1 capsule once daily for four days.

Then take 1 capsule twice daily for four days.

Then continue with the recommended dosages.

Take the herbs with lukewarm water.

Eliminate the following from the diet:

Dairy

Sugar

Red Meat

White Flour

Table Salt – manufactured sodium chloride

Alcoholic beverages

Chinese white carrots & white radishes

**If discomfort occurs, herbs may be taken with food.**

Any consumption of herbal products or drugs beyond the recommended combinations will interfere with the benefits of the herbs being consumed. Drugs and herbal products must be taken 3 hours apart.

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**#8 – ALCOHOL & DRUG PROGRAM ( 6, 28 )**

**Meridians / Systems: Lungs, Large Intestine, Heart, Spleen, Liver, Stomach, Kidneys**

**NHP 6 D-Tox:** Take 2 capsules twice daily. Make sure to drink a lot of water to flush out the toxins from the body.

**Note:** Do not take NHP 6 if you are pregnant, during menstrual period or breast-feeding.

**NHP 28 Anti-D:** Take 2 capsules 2 hours after taking NHP 6.

**IT IS RECOMMENDED THAT YOU:**

Introduce the herbal formulas as follows:

Take 1 capsule once daily for four days.

Then take 1 capsule twice daily for four days.

Then continue with the recommended dosages.

Take the herbs with lukewarm water.

Eliminate the following from the diet:

Dairy

Sugar

Red Meat

White Flour

Table Salt – manufactured sodium chloride

Alcoholic beverages

Chinese white carrots & white radishes

**If discomfort occurs, herbs may be taken with food.**

Any consumption of herbal products or drugs beyond the recommended combinations will interfere with the benefits of the herbs being consumed. Drugs and herbal products must be taken 3 hours apart.

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**#9 – ACNE REDUCTION PROGRAM ( 6, 14B )**

**Meridians / Systems: Lungs, Large Intestine, Spleen, Liver, Stomach, Gall Bladder, Urinary Bladder**

**NHP 6 D-Tox:** Take 2 capsules twice daily for 10 days. Make sure to drink a lot of water to flush out the toxins from the body.

**Note:** Do not take NHP 6 if you are pregnant, during menstrual period or breast-feeding.

**NHP 14 B Parsley Extra:** After 10 days of taking NHP 6, on the 11<sup>th</sup> day take NHP 14B – take 2 capsules twice daily until finished. If the problem has not cleared up, continue the program until it clears up.

**Note:** People with acne should stay away from any deep fried foods until the acne has cleared up. People have acne because of the accumulation of toxins in the body.

**IT IS RECOMMENDED THAT YOU:**

Introduce the herbal formulas as follows:

Take 1 capsule once daily for four days.

Then take 1 capsule twice daily for four days.

Then continue with the recommended dosages.

Take the herbs with lukewarm water.

Eliminate the following from the diet:

Dairy

Sugar

Red Meat

White Flour

Table Salt – manufactured sodium chloride

Alcoholic beverages

Chinese white carrots & white radishes

**If discomfort occurs, herbs may be taken with food.**

Any consumption of herbal products or drugs beyond the recommended combinations will interfere with the benefits of the herbs being consumed. Drugs and herbal products must be taken 3 hours apart.

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**#10 – FLU & COLD PROGRAM ( 27, 31 )**

**Meridians / Systems: Lungs, Triple Warmer, Stomach**

**NHP 27 Chiller Extra:** Take 3 capsules 3 times daily.

**NHP 31 Thermalizer:** If a person has the flu or cold with a fever, 3 capsules of NHP 31 should be taken 3 times daily. A person can combine NHP 27 and NHP 31, 2 capsules of each 3 times daily for a real bad flu and cold.

**Note:** People with high stress are prone to the flu and cold because of a low immune system. Wind, heat, dampness, dryness, cold and virus can stress the immune system.

**IT IS RECOMMENDED THAT YOU:**

Introduce the herbal formulas as follows:

Take 1 capsule once daily for four days.

Then take 1 capsule twice daily for four days.

Then continue with the recommended dosages.

Take the herbs with lukewarm water.

Eliminate the following from the diet:

Dairy

Sugar

Red Meat

White Flour

Table Salt – manufactured sodium chloride

Alcoholic beverages

Chinese white carrots & white radishes

**If discomfort occurs, herbs may be taken with food.**

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**#11 – VASCULAR PROGRAM ( 3, 19 )**

**Meridians / Systems: Pericardium, Heart, Spleen, Stomach, Kidneys**

**NHP 19 H & S Extra:** Take 1 capsule 3 times daily.

**NHP 3 Ginseng Extra:** Take 1 capsule 3 times daily.

**Note:** Consuming fatty meat products, without exercising puts a lot of burden on the heart, arteries and blood vessels. The arteries and blood vessels are the extension of the heart. If a person has a good heart then the arteries and blood vessels will not be blocked or clogged. NHP 3 will tonify the kidney. NHP 3 will boost your energy. Take NHP 3 and NHP 19 together.

**IT IS RECOMMENDED THAT YOU:**

Introduce the herbal formulas as follows:

Take 1 capsule once daily for four days.

Then take 1 capsule twice daily for four days.

Then continue with the recommended dosages.

Take the herbs with lukewarm water.

Eliminate the following from the diet:

Dairy

Sugar

Red Meat

White Flour

Table Salt – manufactured sodium chloride

Alcoholic beverages

Chinese white carrots & white radishes

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**#12 – KIDNEY & GALLSTONES PROGRAM ( 6, 34 )**

**Meridians / Systems: Lungs, Large Intestine, Spleen, Stomach, Gallbladder, Kidneys, Urinary Bladder**

**NHP 6 D-Tox:** Take 2 capsules twice daily for 10 days. Make sure to drink a lot of water to flush out the toxins from the body.

**Note:** Do not take NHP 6 if you are pregnant, during menstrual period or breast-feeding.

**NHP 34 KGB Stone Eliminator:** After 10 days of taking NHP 6, on the 11<sup>th</sup> day take NHP 34 – take 2 capsules twice daily until finished. If the problem has not cleared up, continue to take NHP 34 for 2-3 bottles until the stones have cleared up.

**IT IS RECOMMENDED THAT YOU:**

Introduce the herbal formulas as follows:

Take 1 capsule once daily for four days.

Then take 1 capsule twice daily for four days.

Then continue with the recommended dosages.

Take the herbs with lukewarm water.

Eliminate the following from the diet:

Dairy

Sugar

Red Meat

White Flour

Table Salt – manufactured sodium chloride

Alcoholic beverages

Chinese white carrots & white radishes

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**#13 – LUPUS & FIBROMYALGIA PROGRAM ( 3, 4 )**

**Meridians / Systems: Spleen, Stomach, Kidneys**

**NHP 3 Ginseng Extra:** Take one capsule 3 times daily.

**NHP 4 Vital 4:** Take one capsule 3 times daily.

**Note:** Take NHP 3 and NHP 4 2 hours apart. Most people with lupus and fibromyalgia are low in energy in the kidneys and spleen. NHP 3 and NHP 4 help to tonify the kidneys and spleen.

**IT IS RECOMMENDED THAT YOU:**

Introduce the herbal formulas as follows:

Take 1 capsule once daily for four days.

Then take 1 capsule twice daily for four days.

Then continue with the recommended dosages.

Take the herbs with lukewarm water.

Eliminate the following from the diet:

Dairy

Sugar

Red Meat

White Flour

Table Salt – manufactured sodium chloride

Alcoholic beverages

Chinese white carrots & white radishes

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**#14 – MEMORY ENHANCE PROGRAM ( 3, 15 )**

**Meridians / Systems: Spleen, Stomach, Kidneys**

**NHP 3 Ginseng Extra:** Take one capsule 3 times daily.

**NHP 15 Golden Rod:** Take one capsule 3 times daily.

**Note:** Can tonify and strengthen the kidneys giving better memory and concentration.

**IT IS RECOMMENDED THAT YOU:**

Introduce the herbal formulas as follows:

Take 1 capsule once daily for four days.

Then take 1 capsule twice daily for four days.

Then continue with the recommended dosages.

Take the herbs with lukewarm water.

Eliminate the following from the diet:

Dairy

Sugar

Red Meat

White Flour

Table Salt – manufactured sodium chloride

Alcoholic beverages

Chinese white carrots & white radishes

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**#15 – STRESS & DEPRESSION PROGRAM ( 3, 28 )**

**Meridians / Systems: Lungs, Heart, Spleen, Liver, Stomach, Kidneys**

**NHP 3 Ginseng Extra:** Take one capsule in the morning, one capsule in the early afternoon and one capsule in the late afternoon.

**NHP 28 Anti-D:** Take 1 capsule 2 hours after taking NHP 3.

**Note:** Do not take NHP 3 too late in the day or you will have difficulty sleeping. It is vital to take care of stress as it has repercussions on all of the systems of the body.

**IT IS RECOMMENDED THAT YOU:**

Introduce the herbal formulas as follows:

Take 1 capsule once daily for four days.

Then take 1 capsule twice daily for four days.

Then continue with the recommended dosages.

Take the herbs with lukewarm water.

Eliminate the following from the diet:

Dairy

Sugar

Red Meat

White Flour

Table Salt – manufactured sodium chloride

Alcoholic beverages

Chinese white carrots & white radishes

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**#16 – VISION ENHANCE PROGRAM ( 38, 39 )**

**Meridians / Systems: Lungs, Heart, Liver, Gall Bladder, Kidneys, Urinary Bladder**

**NHP 38 Immu-Enhancer:** Take 2 capsules twice daily for 10 days.

**NHP 39 Vision Enhancer:** After 10 days of taking NHP 38, on the 11<sup>th</sup> day take NHP 39 – take 2 capsules twice daily until finished.

**Note:** NHP 38 cleans up the liver and NHP 39 tonifies it. In order to have good vision, the liver should be cleaned and tonified every 4 months.

**IT IS RECOMMENDED THAT YOU:**

Introduce the herbal formulas as follows:

Take 1 capsule once daily for four days.

Then take 1 capsule twice daily for four days.

Then continue with the recommended dosages.

Take the herbs with lukewarm water.

Eliminate the following from the diet:

Dairy

Sugar

Red Meat

White Flour

Table Salt – manufactured sodium chloride

Alcoholic beverages

Chinese white carrots & white radishes

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**#17A – DETOXIFICATION PROGRAM ( 6, 38 )**

**Meridians / Systems: Lungs, Large Intestine, Spleen, Liver, Stomach, Gallbladder, Kidneys, Urinary Bladder**

**NHP 6 D-Tox:** Take 2 capsules twice daily until the bottle is empty. Make sure to drink a lot of water to flush out the toxins from the body.

**Note:** Do not take NHP 6 if you are pregnant, during menstrual period or breast-feeding.

**NHP 38 Immu-Enhancer:** Take 2 capsules twice daily 2 hours after the NHP 6.

**Note:** Continue this schedule until both bottles are empty. It is vital to detoxify the body every 2 months.

**IT IS RECOMMENDED THAT YOU:**

Introduce the herbal formulas as follows:

Take 1 capsule once daily for four days.

Then take 1 capsule twice daily for four days.

Then continue with the recommended dosages.

Take the herbs with lukewarm water.

Eliminate the following from the diet:

Dairy

Sugar

Red Meat

White Flour

Table Salt – manufactured sodium chloride

Alcoholic beverages

Chinese white carrots & white radishes

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**#17B – DETOXIFICATION PROGRAM ( 6, 38 )**

**Meridians / Systems: Lungs, Large Intestine, Spleen, Liver, Stomach, Gallbladder, Kidneys, Urinary Bladder**

**NHP 6 D-Tox:** Take 2 capsules twice daily for 10 days.

**NHP 38 Immu-Enhancer:** After taking NHP 6 for 10 days, take 2 capsules twice daily for 10 days. Make sure to drink a lot of warm water to flush out the toxins from the body.

**Note:** Do not take NHP 6 if you are pregnant, during menstrual period or breast-feeding.

**Note:** Continue this schedule until both bottles are empty. It is vital to detoxify the body every 2 months.

**IT IS RECOMMENDED THAT YOU:**

Introduce the herbal formulas as follows:

Take 1 capsule once daily for four days.

Then take 1 capsule twice daily for four days.

Then continue with the recommended dosages.

Take the herbs with lukewarm water.

Eliminate the following from the diet:

Dairy

Sugar

Red Meat

White Flour

Table Salt – manufactured sodium chloride

Alcoholic beverages

Chinese white carrots & white radishes

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**#17C – DETOXIFICATION PROGRAM ( 38, 6 )**

**Meridians / Systems:** Lungs, Large Intestine, Spleen, Liver, Stomach, Gallbladder, Kidneys, Urinary Bladder

**NHP 38 Immu-Enhancer:** Take 2 capsules twice daily for 10 days.

**NHP 6 D-Tox:** After taking NHP 38 for 10 days, take 2 capsules twice daily for 10 days. Make sure to drink a lot of warm water to flush out the toxins from the body.

**Note:** Do not take NHP 6 if you are pregnant, during menstrual period or breast-feeding.

**Note:** Continue this schedule until both bottles are empty. It is vital to detoxify the body every 2 months.

**IT IS RECOMMENDED THAT YOU:**

Introduce the herbal formulas as follows:

Take 1 capsule once daily for four days.

Then take 1 capsule twice daily for four days.

Then continue with the recommended dosages.

Take the herbs with lukewarm water.

Eliminate the following from the diet:

Dairy

Sugar

Red Meat

White Flour

Table Salt – manufactured sodium chloride

Alcoholic beverages

Chinese white carrots & white radishes

**If discomfort occurs, herbs may be taken with food.**

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**#17D – DETOXIFICATION PROGRAM ( 38, 6 )**

**Meridians / Systems: Lungs, Large Intestine, Spleen, Liver, Stomach, Gallbladder, Kidneys, Urinary Bladder**

**NHP 38 Immu-Enhancer:** Take 2 capsules before breakfast and 2 capsules before supper.

**NHP 6 D-Tox:** Take 2 capsules 3 hours after taking NHP 38.

**Note:** Continue this schedule until both bottles are empty. It is vital to detoxify the body every 2 months.

**Note: Make sure to drink a lot of warm water to flush out the toxins from the body.**

**Note:** Do not take NHP 6 if you are pregnant, during menstrual period or breast-feeding.

**IT IS RECOMMENDED THAT YOU:**

Introduce the herbal formulas as follows:

Take 1 capsule once daily for four days.

Then take 1 capsule twice daily for four days.

Then continue with the recommended dosages.

Take the herbs with lukewarm water.

Eliminate the following from the diet:

Dairy

Sugar

Red Meat

White Flour

Table Salt – manufactured sodium chloride

Alcoholic beverages

Chinese white carrots & white radishes

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**#18 – CONSTIPATION RELIEF PROGRAM ( 21, 9 )**

**Meridians / Systems: Large Intestine, Small Intestine, Stomach**

**NHP 21 Aloe Extra:** Take 1 capsule twice daily

**NHP 9 Dodder Extra:** Take 1 capsule 2 hours after taking NHP 21

**IT IS RECOMMENDED THAT YOU:**

Introduce the herbal formulas as follows:

Take 1 capsule once daily for four days.

Then take 1 capsule twice daily for four days.

Then continue with the recommended dosages.

Take the herbs with lukewarm water.

Eliminate the following from the diet:

Dairy

Sugar

Red Meat

White Flour

Table Salt – manufactured sodium chloride

Alcoholic beverages

Chinese white carrots & white radishes

**If discomfort occurs, herbs may be taken with food.**

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**#19 – HANGOVER RELIEF PROGRAM ( 40, 4 )**

**Meridians / Systems: Spleen, Liver, Stomach, Gallbladder, Urinary Bladder**

**NHP 40 Hangover Helper:** Take 3 capsules before drinking, 3 capsules after drinking and 3 capsules when waking up.

**NHP 4 Vital-4:** Take 2 capsules 2 hours after taking NHP 40 in the morning.

**IT IS RECOMMENDED THAT YOU:**

Introduce the herbal formulas as follows:

Take 1 capsule once daily for four days.

Then take 1 capsule twice daily for four days.

Then continue with the recommended dosages.

Take the herbs with lukewarm water.

Eliminate the following from the diet:

Dairy

Sugar

Red Meat

White Flour

Table Salt – manufactured sodium chloride

Alcoholic beverages

Chinese white carrots & white radishes

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**#20 – BETTER SEX PROGRAM ( 3, 13 )**

**Meridians / Systems: Pericardium, Heart, Spleen, Stomach, Kidneys**

**NHP 3 Ginseng Extra:** Take 1 capsule 3 times daily.

**NHP 13 Radix Ginseng:** Take 1 capsule 3 times daily 2 hours after taking NHP 3.

**Note:** Do not take too late in the evening as the increased energy will interfere with sleep.

**IT IS RECOMMENDED THAT YOU:**

Introduce the herbal formulas as follows:

Take 1 capsule once daily for four days.

Then take 1 capsule twice daily for four days.

Then continue with the recommended dosages.

Take the herbs with lukewarm water.

Eliminate the following from the diet:

Dairy

Sugar

Red Meat

White Flour

Table Salt – manufactured sodium chloride

Alcoholic beverages

Chinese white carrots & white radishes

**If discomfort occurs, herbs may be taken with food.**

Any consumption of herbal products or drugs beyond the recommended combinations will interfere with the benefits of the herbs being consumed. Drugs and herbal products must be taken 3 hours apart.

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**Natural Herbal Products Inc**

**Illness will not exist when each meridian system and its functions are balanced.**

**#21 – ARTHRITIS & JOINT PAIN PROGRAM ( 8, 23 )**

**Meridians / Systems: Pericardium, Heart, Spleen, Liver, Stomach, Kidneys**

**NHP 8 Weather Beater:** FOR ARTHRITIS, take 2 capsules twice daily.

**NHP 23 Elderberry Extra:** FOR JOINT PAIN, take 2 capsules twice daily.

**Note:** If experiencing both arthritis and joint pain, take the NHP 23 two hours after taking the NHP 8.

**IT IS RECOMMENDED THAT YOU:**

Introduce the herbal formulas as follows:

Take 1 capsule once daily for four days.

Then take 1 capsule twice daily for four days.

Then continue with the recommended dosages.

Take the herbs with lukewarm water.

Eliminate the following from the diet:

Dairy

Sugar

Red Meat

White Flour

Table Salt – manufactured sodium chloride

Alcoholic beverages

Chinese white carrots & white radishes

**If discomfort occurs, herbs may be taken with food.**

Any consumption of herbal products or drugs beyond the recommended combinations will interfere with the benefits of the herbs being consumed. Drugs and herbal products must be taken 3 hours apart.

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**#22 – BED WETTING PROGRAM ( 9, 11 )**

**Meridians / Systems: Large Intestine, Small Intestine, Stomach, Kidneys, Urinary Bladder**

**NHP 9 Dodder Extra:** Take 1 capsule twice daily.

**NHP 11 F & H Warmer:** Take 1 capsule 2 hours after taking NHP 9.

**IT IS RECOMMENDED THAT YOU:**

Introduce the herbal formulas as follows:

Take 1 capsule once daily for four days.

Then take 1 capsule twice daily for four days.

Then continue with the recommended dosages.

Take the herbs with lukewarm water.

Eliminate the following from the diet:

Dairy

Sugar

Red Meat

White Flour

Table Salt – manufactured sodium chloride

Alcoholic beverages

Chinese white carrots & white radishes

**If discomfort occurs, herbs may be taken with food.**

Any consumption of herbal products or drugs beyond the recommended combinations will interfere with the benefits of the herbs being consumed. Drugs and herbal products must be taken 3 hours apart.

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**#23 – ECZEMA, PSORIASIS, SHINGLES PROGRAM ( 6, 14A )**

**Meridians / Systems: Lungs, Large Intestine, Spleen, Liver, Stomach, Gallbladder, Urinary Bladder**

**NHP 6 D-Tox:** Take 2 capsules twice daily for 10 days. Make sure to drink a lot of water to flush out the nicotine and toxins from the body.

**Note:** Do not take NHP 6 if you are pregnant, during menstrual period or breast-feeding.

**NHP 14A Parsley Extra:** After 10 days of taking NHP 6, on the 11<sup>th</sup> day take NHP 14A – take 2 capsules twice daily until finished. If there are still skin problems, continue taking NHP 14A until 2 to 3 bottles taken or until skin problem clears.

**IT IS RECOMMENDED THAT YOU:**

Introduce the herbal formulas as follows:

Take 1 capsule once daily for four days.

Then take 1 capsule twice daily for four days.

Then continue with the recommended dosages.

Take the herbs with lukewarm water.

Eliminate the following from the diet:

Dairy

Sugar

Red Meat

White Flour

Table Salt – manufactured sodium chloride

Alcoholic beverages

Chinese white carrots & white radishes

**If discomfort occurs, herbs may be taken with food.**

Any consumption of herbal products or drugs beyond the recommended combinations will interfere with the benefits of the herbs being consumed. Drugs and herbal products must be taken 3 hours apart.

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**#24 – PMS & MENOPAUSAL PROGRAM ( 3, 10 )**

**Meridians / Systems: Spleen, Stomach, Kidneys**

**NHP 3 Ginseng Extra:** Take 1 capsule 3 times daily.

**NHP 10 Monthly Ease:** Take 1 capsule 3 times daily.

*Note:* Take NHP 3 and NHP 10 together.

*Note:* Do not take NHP 3 too late in the evening, as it will interfere with sleep.

**IT IS RECOMMENDED THAT YOU:**

Introduce the herbal formulas as follows:

Take 1 capsule once daily for four days.

Then take 1 capsule twice daily for four days.

Then continue with the recommended dosages.

Take the herbs with lukewarm water.

Eliminate the following from the diet:

Dairy

Sugar

Red Meat

White Flour

Table Salt – manufactured sodium chloride

Alcoholic beverages

Chinese white carrots & white radishes

**If discomfort occurs, herbs may be taken with food.**

Any consumption of herbal products or drugs beyond the recommended combinations will interfere with the benefits of the herbs being consumed. Drugs and herbal products must be taken 3 hours apart.

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**#25 – IMMUNE ENHANCEMENT PROGRAM ( 38, 3 )**

**Meridians / Systems: Lungs, Spleen, Liver, Stomach, Gallbladder, Kidneys, Urinary Bladder**

**NHP 38 Immu-Enhancer:** Take 1 capsule 3 times daily.

**NHP 3 Ginseng Extra:** Take 1 capsule 3 times daily 2 hours after taking the NHP 38.

**Note:** Do not take NHP 3 too late in the evening, as it will interfere with sleep.

**IT IS RECOMMENDED THAT YOU:**

Introduce the herbal formulas as follows:

Take 1 capsule once daily for four days.

Then take 1 capsule twice daily for four days.

Then continue with the recommended dosages.

Take the herbs with lukewarm water.

Eliminate the following from the diet:

Dairy

Sugar

Red Meat

White Flour

Table Salt – manufactured sodium chloride

Alcoholic beverages

Chinese white carrots & white radishes

**If discomfort occurs, herbs may be taken with food.**

Any consumption of herbal products or drugs beyond the recommended combinations will interfere with the benefits of the herbs being consumed. Drugs and herbal products must be taken 3 hours apart.

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**#26 – DIGESTIVE PROGRAM ( 9, 4 )**

**Meridians / Systems: Large Intestine, Small Intestine, Spleen, Liver, Stomach, Kidneys**

**NHP 9 Dodder Extra:** Take 2 capsules twice daily.

**NHP 4 Vital-4:** Take 2 capsules 2 hours after taking NHP 9

**Note:** It may be necessary to do 2 to 4 digestive programs depending on individual needs.

**IT IS RECOMMENDED THAT YOU:**

Introduce the herbal formulas as follows:

Take 1 capsule once daily for four days.

Then take 1 capsule twice daily for four days.

Then continue with the recommended dosages.

Take the herbs with lukewarm water.

Eliminate the following from the diet:

Dairy

Sugar

Red Meat

White Flour

Table Salt – manufactured sodium chloride

Alcoholic beverages

Chinese white carrots & white radishes

**If discomfort occurs, herbs may be taken with food.**

Any consumption of herbal products or drugs beyond the recommended combinations will interfere with the benefits of the herbs being consumed. Drugs and herbal products must be taken 3 hours apart.

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**#27 – SINUS ENHANCEMENT PROGRAM ( 41, 22 )**

**Meridians / Systems: Lungs, Large Intestine, Kidneys, Urinary Bladder**

**NHP 41 Sinus Reliever:** Take 2 capsules twice daily.

**NHP 22 Breathe Eze:** Take 2 capsules twice daily 2 hours after taking NHP 41.

**IT IS RECOMMENDED THAT YOU:**

Introduce the herbal formulas as follows:

Take 1 capsule once daily for four days.

Then take 1 capsule twice daily for four days.

Then continue with the recommended dosages.

Take the herbs with lukewarm water.

Eliminate the following from the diet:

Dairy

Sugar

Red Meat

White Flour

Table Salt – manufactured sodium chloride

Alcoholic beverages

Chinese white carrots & white radishes

**If discomfort occurs, herbs may be taken with food.**

Any consumption of herbal products or drugs beyond the recommended combinations will interfere with the benefits of the herbs being consumed. Drugs and herbal products must be taken 3 hours apart.

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**#28 – STROKE RECOVERY PROGRAM ( 32, 19 )**

**Meridians / Systems: Pericardium, Heart, Spleen, Liver**

**NHP 32 Regainer:** Take 2 capsules twice daily.

**NHP 19 H & S Extra:** Take 2 capsules twice daily two hours after taking NHP 32.

**IT IS RECOMMENDED THAT YOU:**

Introduce the herbal formulas as follows:

Take 1 capsule once daily for four days.

Then take 1 capsule twice daily for four days.

Then continue with the recommended dosages.

Take the herbs with lukewarm water.

Eliminate the following from the diet:

Dairy

Sugar

Red Meat

White Flour

Table Salt – manufactured sodium chloride

Alcoholic beverages

Chinese white carrots & white radishes

**If discomfort occurs, herbs may be taken with food.**

Any consumption of herbal products or drugs beyond the recommended combinations will interfere with the benefits of the herbs being consumed. Drugs and herbal products must be taken 3 hours apart.

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## **#29 – WEIGHT LOSS PROGRAM ( 17A, 17B )**

**Meridians / Systems: Pericardium, Heart, Spleen, Liver**

**NHP 17A N.T. Extra A:** Take 2 capsules twice daily, 1 hour after meals.

**NHP 17B N.T. Extra B:** AFTER FINISHING NHP 17A, take 2 capsules twice daily, 1 hour after meals.

### **IT IS RECOMMENDED THAT YOU:**

Introduce the herbal formulas as follows:

Take 1 capsule once daily for four days.

Then take 1 capsule twice daily for four days.

Then continue with the recommended dosages.

Take the herbs with lukewarm water.

Eliminate the following from the diet:

Dairy

Sugar

Red Meat

White Flour

Table Salt – manufactured sodium chloride

Alcoholic beverages

Chinese white carrots & white radishes

**If discomfort occurs, herbs may be taken with food.**

Any consumption of herbal products or drugs beyond the recommended combinations will interfere with the benefits of the herbs being consumed. Drugs and herbal products must be taken 3 hours apart.

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**#30 – STEPS TO BEAT CANCER PROGRAM ( 3, 19, 6, 38, 28, 43 )**

**Meridians / Systems: Lung, Large Intestine, Pericardium, Heart, Spleen, Liver, Stomach, Gallbladder, Kidney, Urinary Bladder**

**NHP 3 Ginseng Extra:** Take 1 capsule 3 times daily with NHP 19.

*Note:* Do not take too late in evening or it will interfere with sleep.

**NHP 19 H & S Extra:** Take 1 capsule 3 times daily with the NHP 3.

**NHP 6 D-Tox:** Take 2 capsules twice daily. Make sure to drink a lot of water to flush out the toxins from the body.

*Note:* Continue to take NHP 6 until cancer is gone.

**NHP 38 Immu-Enhancer:** Take 2 capsules twice daily 2 hours after the NHP 6.

**NHP 28 Anti-D:** Take 2 capsules twice daily.

**NHP 43 Full Life Electrons:** Take 3 capsules daily.

**Vitamins:** Take vitamins C, E, A and multi-minerals three times daily.

**pH level:** Check the pH level in your body. Normal pH is 7.35-7.45. Balance the pH level in your body by changing your diet. Meats are more acidic and vegetables and fruits are more alkaline.

**Juice:** Everyday, drink the juice of 1 large tomato, 1 small cucumber, 1 medium beet, 1 large green apple, 4 large carrots, 4 sticks of celery and 2 tablespoons of Chinese wolfberry.

**Tea:** Drink green tea, stinging nettle tea and horsetail tea.

**Restrictions:** No alcohol, no smoking, no red meat, no sugar, no artificial sweetener, no dairy products, no white flour and no aluminum cookware.

**Lifestyle changes:**

Use *positive thinking*.

Apply *thought field therapy*.

Control *stress* as it can impair the immune system function.

*Breathing exercises* 10 minutes twice daily. Breathe in when you raise your arms and breathe out when you drop your arms.

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**Natural Herbal Products Inc**

**Illness will not exist when each meridian system and its functions are balanced.**

**IT IS RECOMMENDED THAT YOU:**

Introduce the herbal formulas as follows:

Take 1 capsule once daily for four days.

Then take 1 capsule twice daily for four days.

Then continue with the recommended dosages.

Take the herbs with lukewarm water.

Eliminate the following from the diet:

Dairy

Sugar

Red Meat

White Flour

Table Salt – manufactured sodium chloride

Alcoholic beverages

Chinese white carrots & white radishes

**If discomfort occurs, herbs may be taken with food.**

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