

I am a petite girl, weigh 90 lbs and 5 ft 1 inch tall. I am turning 20 years old this year.

Since young, I have been battling with migraines, bloating, frequent nose bleed, pain in joints, flu, acne, tooth decay and many more. As I grew older, I started trying many ways to improve my health, such as the specific carbohydrate diet, as well as water fasting which I did not ensure regular bowels and caused me to be intoxicated.

In late 2013, I found MH oldfashionedspices website, looked up on curezone and emailed MH about my health condition as a beginner and seek for suggestions. The first few products I tried were woman precleanse concentrate, herbal spray 1 and parasite tincture B. The herbal spray was amazing and my acne reduced as months passed and was nourished. The nerve concentrate was really calming and I could sleep better. When I first tried herbs, the taste was strong; but trust me, the herbs are amazing and after I got used to it, I am so glad that MH formulated those herbs.

Half year later, I tried a liver flush and 11 days orange juice fasting (Book 1), together with LBB capsules and dewormer. It was amazing! I couldn't continue longer as I was too thin. I would want to do a 40 day fast someday! The OJ fast is easy if you have the determination and after 3 days. My skin was clearer and bloating subsided as my bowels were moving. I felt lighter and cleaner. This time, I took LBB so there wasn't any side effect such as acne outbreak when I did water fasting previously.

Since then, as I read up more about humans and nature intended diet, I ate more fruits and less meat. In fact, I have proven to myself that when I go on a fruit fast for a few days, my bloating and constipation will subside. Once I eat grains excessively or even just a bit of meat and dairy, I would feel awful because we can't digest meat/dairy mucus forming substance. Perhaps it is hard to believe that we are fruitarians initially, but after self experimenting with fruits and herbs and understanding about optimal waste elimination, I believe that this diet is the way to go. With herbs, it just makes good health so much easier; especially when we are all malnourished without the right tree minerals from the very beginning our mother had us in her womb.

To date, below are the herbs I have been taking:

LBB concentrate 1-2 heaped tablespoon daily. I prefer this over capsules!

Bone builder concentrate 1 table spoon daily.

Tree iodine potassium minerals syrup 0.5oz daily, this supplies me with natural nutrients and it's DELICIOUS!! K/p/h/p syrup 0.5oz daily, my urine shows dark yellow/orange whenever I drink it as it is cleansing our kidneys! Blood purify syrup 0.5 oz daily, tastes good!

Liver tonic 0.5 oz thrice a week, this is potent and helped those bubbles on my hands! Love the effects! Also, whenever I drink the liver tonic, my face will be warm and red for 10 minutes, as though blood circulation improves.

I use Herbal spray 1 and 3 everywhere including my face, I don't find herbal spray 3 hot even on my face and neck anymore because I am used to it. And all I can say is AMAZING STUFF! I threw away my toothpaste and use oregano oil for brushing

teeth, and tooth and gum powder/spray to strengthen my teeth. I also take parasite tincture B one table spoon weekly to kill those nasty worms. I also really love the air refreshen 2 formula, used in the air purifier machines! The scent is so lovely and every cell of your body benefits from the herbs!!



(My yoga sandals under an orange lamp) I purchased such sandals online to spread my toes out at around USD 30 during sale. It gets comfortable after regular usage. MH said that the big toe is connected to our nerves so I feel happy when I'm wearing these because I know it is doing me good!

I LOVE YOUR HERBS, MH! Thank you for dedicating your time to educate us nature intended way of living and formulating herbs to help sick people in the world and always making prices affordable! I am so ever grateful! May God bless you and family!

From:

The Asian girl