

## The School of *"Self-Applied"* Prevention

### The Top 10

There is always a top 3 and top 10 of every long list of products. Those with the names that attracted people into trying and when they liked a product, they told their friends and eventually that product became the most popular. This does not always mean the "best", but a wise person takes what he knows best and seeks to make the Top 10 the best.

I never knew what would become popular and I still to this day make many new formulas every year for my experimentations. Often it takes 5+ years for people to try a product enough to know if it will become popular or not. Due to the nature of how I make herbal "liquids", when a liquid formula fails to become popular because I gave it a poor name or failed to let people know about it; it eventually ends up in a product I call "Bottom of the Barrel". There endless herbal combinations "age" and with the Dr. Christopher / Schulze theory properly made liquid herbal extracts can be better at age 100 than they were when first made. My collection now has herbs up to 20 years of age. An ancient Egyptian writing stated that herbal medicine was best when aged 12 years. I believe this all proves the 1957 Q10 theory over and over.

#### Top 3 sellers

##### **1. P / W A** (Parasites / Worms Adult)

Moved to number top seller in 2014. This is based on the most favorite anti-parasite herbs of the late Dr. Hulda Clark and blended with 30+ herbs from around the world that had history in the treatment of what we today call; lymes disease and all parasites.

##### **2. P / W / Worms "B" Gone** (Parasites / Worms)

Almost tied for first place. Based on the most favorite herbs of the late Dr. Hulda Clark.

##### **3. Lower Bowel Balance Capsules** (LBB)

This is my version of the late Dr. Christopher colon formula, made "my" way. There is not doubt that this formula has been the number one herbal capsule formula of all time for many sources since Dr. Christopher perfected it. People call this formula better than "Gold" and will use this formula for life.

#### Top 10 sellers

##### **4. Maximum Restore S/T**

This is my version of the Dr. Christopher Anti-Plague formula, which definitely the formula from the past that made me believe in herbs are used by the body as 1957 Q10 theory. My version starts where Christopher left off and has everything good that I like that is suitable for every age. Ideally started the day a person does not feel good. The adult dose is 4 ounces to ½ bottle as a way to knock it down and get rid of it and naturally they take the LBB capsules with every formula. As a family, we have used Maximum Restore from birth up as the to-go-to all purpose cold / sickness formula. When used early, nothing else normally is ever needed, but if the person has neglected their body, went to all the wrong places for help and very toxic for years, if a gallon of this formula does not help them within 3 months, then I would go to the stronger tinctures. This formula at 1 gallon per month has helped some elderly men recover from years of torment. If people understood how herbs work, then this formula would be number 1 on the list and has been climbing there for the past 20 years.

### **5. Iodine Minerals S/T**

The one thing that all humans are said to be lacking is Iodine, but the facts are we have enough from nature, but because we eat wrong and our environment is toxic, we need iodine from trees for help. Tree Iodine is "Unique", seems I am the only person with interest and the secret to every liquid formula I make is the addition of Nature Tree Iodine Minerals. Read my book, it dedicates a huge chapter on the subject of understanding Natural – Real "usable" Iodine. Dr. Christopher believed he could cure any cancer with Iodine as did Hoxsey because people that lack Iodine are over loaded with salt. "Give em Iodine" was the medical slogan worldwide for many years before hospitals took over. Chemical made Iodine is toxic. Parents who have their proper natural Iodine before pregnancy benefit the most, because a baby can only properly develop when mother has her proper minerals, especially Iodine. This is a priceless herbal method for family health and the reason I put natural Iodine Minerals in everything I make as a liquid, if possible.

### **6. L / G Cleanse**

This formula has never stopped climbing and a very unique formula based on circulation, hormones, brain, nerve, skin, liver, gallbladder health. Again, an extremely "unique" formula and turned into a de-wormer formula it may be the greatest and proper way to de-worm. Best taken every day for life. 1 tablespoon to 1-3 ounces depending on the situation and goals.

### **7. K / P / H / P S/T**

This formula has been climbing, stands for Kidneys, Pancreas, Heart & Prostrate. Starts with these herbs made as tinctures and made into an all-purpose mineral / tincture formula. These formulas are all best when used every day for lifelong prevention. A book could be written on every formula as to "why".

### **8. Baby Calm S/T**

This the beginner formula, baby gets their herbs through mother's blood while developing in the womb and once born, mother's blood minus the red blood cells becomes her milk and the next stage from living on mother's blood. A sickly mother will expel her disease via her milk, while a healthy mother will supply baby all their needs in healthy milk. Baby Calm is a combination of Catnip & Fennel in rich herbal minerals to supply Natural Tree Iodine with known herbs that babies do well on, especially for development of healthy teeth and during teething pains. We used 5 gallons from birth to age 2 for our boys and today they have cavity free teeth and the 16 year old is 6"2" and size 14 shoe and he is still growing. Best of all, they all 3 do well in school, especially math, sports & music.

### **9. Kidney / Pancreas Cleanse Tincture**

This may be the sleeper tincture formula, the benefits from these herbs that aid in the dissolving of accumulated rock inside the human body / bones may be the greatest aid to human Longevity. Makes no difference if the big toe hurts from gout, a spur on the wrist or elbow or eyes that have trouble focusing from near to far, inorganic rock stuck in the human body is a major player in premature aging and death. Read my book to understand this deadly rock and methods to stop consuming rock minerals. Normal dose is 1 teaspoon every day. The largest dose I have heard of was from a very elderly lady with bone cancer that took 1 teaspoon every hour, 8 per day and claimed her took her

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pains away. I suggest 1 teaspoon daily for prevention the best option.

### **10. Air Restore Tincture**

This is a blend of Lobelia & Mullein tincture made my way. We have used this formula in all forms of emergency at every age. Normal dose is 1 dropper. The amount of droppers depends on age and situation.

Every human in my opinion needs this formula on hand if they are into the use of herbs. When breathing is an issue for know or unknown reasons, this is the formula to use until danger has past or emergency aid is used. Can be used for every breathing issue and can be a life savor. If in extreme danger due to swelling of throat, get into warm bathtub with a large pitcher of distilled water and take as many droppers of Air Restore as needed with glass after glass of distilled water in an effort to cleanse out the irritating substances. As a daily prevention, take 1 dropper in the morning hours. With breathing issues, sit up or prop up your bed. If you have been poisoned, this is the herbal formula or use straight Lobelia Tincture. When in doubt, always seek professional aid.

The Top 10 list develops out of a few people who give a product a try based on the name and or historical use of the herbs. If they like it, they tell others and year after year, various products become popular. People are slow to change, I am not. If I can make it better, I try. I continue with the old because that is what people ask for and I make the new because that is what I am experimenting with as a better / easier way. This makes for a very long list of herbal formulas and methods. I make the single herbal tinctures, simple formulas and the most exotic full blown All “N” One formulas there are. To me, every product has its use; otherwise I would stop making it. It just all depends on the taste / method the customer is looking for and what they are willing to keep asking for. In general, it can take 7 years for people to discover a new method and often by then, several newer methods have been gone to.

My opinion is that this Top 10 list is the foundational formulas that lead to many new formulas / methods of blending.

Please read The School of *“Self-Applied”* Prevention Book for the most complete explanation of what I believe about Herbal Use & Longevity.

Herbal Methods / Formulas should be an endless experiment and something humans will never fully understand. We as humans seem to have a need for a small amount of all natural plant / tree minerals. Usable Ocean minerals started as plant / tree minerals and minerals that come in from space and are part of our air. Air Minerals before man’s interference stayed in the upper atmospheres for literally hundreds of years as natural fungus ate these minerals and turned them into living organic minerals that floated downward to make our air “perfect” and probably the reason humans desire a tiny amount of all minerals. These air minerals fall-out and become part of the soil and the purest / truest usable minerals come from our trees by way of sweet fruits. Our largest problem with diet is that we always have too much of some and not enough of others which leads to an eternal out of balance roller coaster ride. The more we eat, the worse we create the imbalance. Learning proper balance is the key to Longevity.

### **Education or Elimination**