

The School of “*Self-Applied*” Prevention



Hello, my name is Tyler, age 16. I have taken herbs all my life and have seen my dentist for braces, but otherwise have never needed medical / dental aid and as a family we see our Chiropractor as needed. I am 6'2" tall and still growing.

My favorite sports are soccer, baseball & basketball. By age ten I got into music and plays and have played Piano for 7 years and in Marching Band, Concert Band, Jazz Band, Pep Band, Show Choir, Choral, Musical Orchestra, and have tried out 2 years for America's Got Talent with my current Band we call "Final Call". You can find me on the Internet at finalcall0.wix.com/finalcall

I take adult herbal formulas: **Men's Wellness Concentrate**, **Tooth & Gum "C"**, **Lower Bowel Balance**, & **Herbal Spray 1**. We all sleep with **Air Freshen** herbal method, with extra herbs if we feel a cold coming on.

I take the **Men's Wellness Concentrate** each morning as my all purpose nutritional supplement & prevention formula. This supplies all the missing minerals my daily diet lacks.

I take **Lower Bowel Balance** capsules as needed. I know colon health is the foundation of all good health and the LBB capsules are the ultimate aid for the modern day diet. If I eat too large of a meal, then LBB capsules are the solution.

I use **Herbal Spray 1** for everything, basically if it hurts, give it a squirt is the rule and spray and spray until all pain is away and I use this for every blemish or itch on the skin. Also great to spray the entire face and ears at bedtime. I would never want to be with out my sprays.

For my teeth, plenty of **Tooth & Gum "C"**, I have no dental decay and my only dental work was braces for a short period for minor movement to make my teeth straight. Spraying at bedtime is not only good for teeth and gum health, but also for better morning breath. Ideally spray after each meal or if you have dental problems, spray many times a day, every day.

In general herbs have enabled me to stay medical free, I do not take vitamins or ever had an aspirin or over counter drug my entire life. My only doctor has been our chiropractor. When not feeling good I immediately take more herbs and if need be, make an appointment to see the chiropractor and that has always worked. I have watched my friends grow up in a different world of going to doctors / medical. I owe my good health to better diet, better habits & herbs instead of vitamins / drugs. That is all I know to do and it has worked.