

Healthy, Wealthy and Wise

NEWSLETTER

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The Powers of Dong Quai

Dong Quai is an essential herb of Chinese medicine. In fact, when asked "Which herbs are most commonly prescribed?", a pharmacist at the largest and oldest drugstore in Peking replied that Dong Quai was first on his list. Accounts of Dong Quai are found in China's earliest medical texts, about 2,000 years ago; and it is thus the subject of extensive clinical experience.

Dong Quai is the female equivalent to ginseng (called the man's root whereas Dong Quai is called the women's root). Both may be taken by women. Dong Quai seems to have remarkable powers for nourishing female glands, regulating monthly periods, rebuilding blood and for helping conditions in the mother after the birth of a baby. It has been used for these conditions by Oriental women for thousands of years.



They also use it for menopausal symptoms, including hot flashes and cramps. As one testimonial said she tested it thoroughly and found that if she used Dong Quai, it eliminated problems in connections with her periods. When she stopped using it, the benefits ceased. When she resume it, the problems again disappeared.



Dong Quai is available in capsules to be brewed as a tea. Many women take two capsules daily with varying results. Tonic dosage is about 4 to 8 capsules daily; but for treating acute ailments, the suggested dose is 12 to 20 capsules per day. The typical treatment period 7 to 10 days each month for which is needed. Continuous use is probably not necessary.

When combined with other herbs, Dong Quai is taken by both men and women for skin diseases (especially eczema), hypertension, and kidney disorders. It is a non-toxic herb with a great diversity of applications.



Colloidal Silver, The Amazing Natural Alternative to Antibiotics!

What is Colloidal Silver?

Colloidal Silver is a solution of ultra-fine electrically-charged silver particles suspended in water.

The advantage of silver prepared in this way is that the silver particles are tiny enough to be quickly and efficiently absorbed through the stomach and intestines with no digestive stress or side effects.

Another advantage of Colloidal Silver is that the electro-collodial process preserves an extremely high degree of active therapeutic elements so that you get the greatest possible benefits from the therapy in a gentle, natural form!

People who have used Colloidal Silver report fantastic results for all kinds of illnesses including colds, flu, viral infections, allergies, pneumonia, chronic fatigue and etc. As a matter of fact, silver has been shown to be one of the best natural anti-bacterial, anti-viral, anti-fungal, and infection-fighting agents ever discovered.

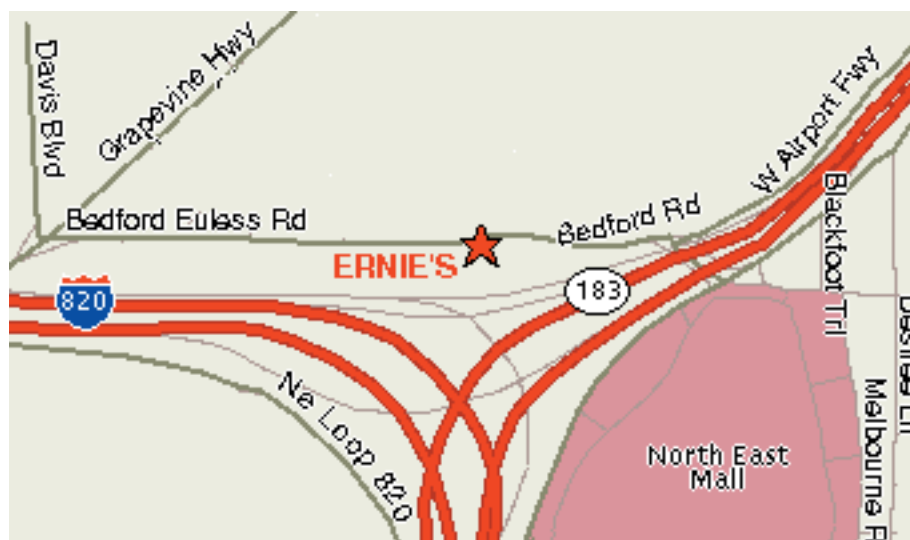
How does Colloidal Silver work? Researchers believe that when Colloidal Silver comes in contact with a germ, it actually disables the invading organism's respiration functions. Within a short time the disease organism is destroyed and is then cleared out of the body through its various elimination systems.

Unlike pharmaceutical drugs which can destroy the natural balance in our bodies, Colloidal Silver leaves our tissue-cell enzymes intact. This is one of the reasons why using Colloidal Silver does not cause many of the side effects we experience with pharmaceutical antibiotics.

Also, normal doses of Colloidal Silver do not kill the beneficial bacteria in our intestines, so it does not cause the stomach upset or yeast growth caused by pharmaceutical antibiotics. Colloidal Silver is the perfect natural alternative or complement to synthetic drugs and is wonderful for both adults and children of all ages!

Next Herb Meeting - Tuesday, June 3, 2003, 7-9 p.m.

Sim Oefinger will be hosting the next meeting. He is not sure what he will be speaking on. But whatever subject he decides to use will be detailed and informative. We appreciate him and Sue for the great effort they put forth in the meetings, plus the long distance they come to be with us. They live in Tyler! If you'all have friends that live a little closer, ask them to come, you never know.



The location is Ernie's Restaurant, 8206 Bedford-Eulless Rd., across from Pier 1, near Northeast Mall, between Bennigan's and Olive Garden. They have great food here and the prices are good, too! Come early and eat with us (6 or 6:30 p.m.)