



HOMEOTHERBAL REMEDIES

Made and sourced in the U.K. Organic and vegan (except A-V - which has bee gum)

ASHWAGANDHA

Protects the brain from oxidative stress, depression, anxiety, boosts libido and fertility, balances, blood sugar, aids weight loss, hormonal balance, reduces cortisol, relieves stress, rebalances thyroid. (*Withania somnifera*).

A-V - ANTIVIRAL

Antiviral, antioxidant, antibacterial, anti-inflammatory, anti-tumour, lowers cholesterol, cardio tonic, boosts fertility, esp. in men, lowers blood sugar, anti-ulcerative, immuno-stimulant, wide range of actions on yeast, fungi, bacteria and protozoa. Antibiotic.

BE CALM

Be calm is our HomeoHerbal blend for anxiety, depression, feeling overwhelmed, stressed, not sleeping, memory impairment. Cognitive functioning. Neuroprotective. Has a soothing effect on the whole central nervous system and mind.

CATS CLAW

Prevention, acute onset, immune modulation, including viral infections (herpes, human papilloma virus, and HIV), Alzheimer's disease, cancer, arthritis, R.A., diverticulitis, peptic ulcers, colitis, gastritis, haemorrhoids, parasites, leaky bowel syndrome, Lyme's arthritis. (*Uncaria tomentosa*).

BILBERRY leaves and berries

Vaso protective, stabilises collagen, strenghtens vessels walls. Eye disorders, diabetic retinopathy, macular degeneration, cataract, glaucoma, poor vision, light adaptation, elevated cholesterol or triglycerides, gastric ulcer, varicose veins, haemorrhoids, Raynaud's, capillary fragility, petechiae, nose bleeds. hypertension, lowers blood sugar, circulatory disorders.

Artherosclerosis – lowering levels of LDL cholesterol. (*Vaccinium myrtillus L.*)

CIRCULATE

Hypertension, angina, arrhythmia, early stages of congestive heart failure. Wide range of cardiovascular pharmacological properties, incl. antioxidant, positive inotropic effect, anti-inflammatory, anticardia remodelling, antiplatelet aggregation, vasodilating, endothelial protective, reduction of smooth muscle cell migration and proliferation, protective effect against ischemia/reperfusion injury, antiarrhythmic, lipid-lowering, decrease of arterial blood pressure.

CHAGA Mushroom

Nutrient-dense superfood, rich in antioxidants, lowers blood sugar, boosts immunity, reduces cholesterol. Antiviral. Anti tumour, antibacterial, Anti-inflammatory, calming, Boosts fertility, esp. in men. Chaga mushrooms may slow the growth of certain cancer cells. Rich in antioxidants, that help prevent cell damage caused by free radicals. Contains 215 phytonutrients including 29 polysaccharide or beta glucan derivatives – heteroglycans, triterpenoids, sterols, antioxidants such as super oxide dismutase (SOD), saponins, amino acids, trace minerals, vitamins and dietary fibres. (*Inonotus obliquus*)

COGNITO - neuro functioning and development

Helps with disorganisation, impulsiveness, time management and planning skills, mood swings, insomnia, anxiety, bipolar disorders, ADHD, ADD, hyperactivity, depression, autism, Alzheimer's. Difficulty coping with stress. Containing high amount of Omega 3 , it is immensely valuable for brain and heart health. Promotes a calm-alert state of mind, improving neurotransmitter and brain function in all ages. Stimulates memory and improves cognitive ability.

DANDELION leaf & root

Antioxidant, reduces cholesterol, regulates blood sugar, reduces inflammation, lowers blood pressure, Aids weight loss, reduces cancer risk, boosts immune system. Cardiovascular tonic, anti inflammatory, gout. Efficiently blocks the interaction between ACE2 cell surface receptor and SARS-CoV-2 spike protein D614, mutants D614G, N501Y, K417N and E484K in vitro. (Taraxacum officinale).

EMF SUPPORT

EMF protection. All 9 herbs in this blend have been known to protect against the encroachment of radiation on our bodies in our ever expanding technological age. They also have a very great number of other health benefits. Antioxidant, anti-viral, anti-inflammatory, excellent source of vitamins & minerals. A useful overall tonic for the body.

GARLIC

One of the most versatile herbs to enhance immune system, conditions linked to the blood system and heart, including atherosclerosis, high cholesterol, heart attack, coronary heart disease, and hypertension. Anti-inflammatory, antibiotic, anti-microbial. Aphrodisiac. Studies have shown to be very useful for many of the symptoms of long covid. (Allium sativum).

GUT REPAIR

Polyphenol consumption plays a vital role in health through the regulation of metabolism, weight, chronic disease, and cell proliferation. studies show that various polyphenols have antioxidant and anti-inflammatory properties that could have preventive and/or have therapeutic effects for cardiovascular disease, neurodegenerative disorders, cancer, and obesity.

GUT SEAL

Soothes and repairs leaky gut linings. Inflammation of the skin and mucosa. Anorexia, constipation, enteritis, gastric and duodenal ulcers, gastritis, indigestion, inflammation of oral & pharyngeal mucosa, internal spasmodic conditions. Antipyretic, anti-tumour. A powerful stomach and liver tonic, detoxifier.

HISTA HERB - Allergies

Antihistamine, Antioxidant, anti-inflammatory, anti-allergy, anti catarrhal. For all allergic conditions, airborne, dietary, introduced, idiopathic, animals. Hay fever, flu, asthma, rhinitis, COPD, runny eyes, coughing, wheezing, sneezing.

IMMUNOBOOST

Antioxidant, anti-inflammatory, anti-carcinogenic, anti-microbial. Supports the immune system and feeds the cells. Upper respiratory infections incl. bronchitis, stomatitis, glossitis, gingivitis, tonsillitis, laryngitis and pharyngitis. Improves brain function and memory. Elevates mood, increases alertness & calmness.

JAPANESE KNOT WEED

Astringent, diuretic, rubefacient, haemostatic, vulnerary. Arthritis, lung problems including bronchitis, diarrhoea, dysentery and enteritis. Blood coagulant good for all forms of inner bleeding including stomach ulcers, jaundice, chronic eczema. Taken regularly could dissolve gravel and kidney stones. Very high in resveratrol. (Polygonum cuspidatum).

LEMON BALM

Elevates mood and improve cognitive functioning. Dementia, Alzheimer disease, improves memory. Headaches. Sedative action, improves anxiety, stress, insomnia, indigestion, dyspepsia. Tooth-ache, cramps. Anti viral. Sleep. Grounding remedy. (Melissa officinalis).

MATCHA

Number of catechins in matcha is up to 137 times greater than in other types of green tea which help increase attention, reaction time, and memory. Protects the liver, promote heart health, and aid in weight loss. (Camellia sinensis).

MENO-PHASE

Peri and post menopause incl. decreased energy, hot flushes, night sweats, mood swings, forgetfulness, memory impairment, changes in the texture of skin and hair, palpitations, anxiety, sleeplessness, weight gain, joint pains, vaginal dryness, lack of libido, drive and vitality. A tonic for older women.

MISTLETOE

Increases cytotoxic activity of natural killer cells. Anti-Tumour, Anti-viral. Immuno-stimulant, mental & physical exhaustion. Also useful for asthma, dizziness, diarrhoea, liver & gall conditions, painful menstruation, fertility, lowers blood pressure and circulatory problems. (*Viscum album L.*)

NETTLE Leaf & root

Excellent Spring tonic full of vitamins and minerals. Anti-inflammatory, antihistamine. Enlarged prostate, kidney stones, hay fever, allergies. Lowers blood pressure, balance blood sugar. Blocks pain signals. Joint & muscle pain. Helpful for skin eczema, psoriasis, acne. (*Urtica dioica*).

Neuro-Musculo PAIN

All pain incl arthritis and fibromyalgia, Crohn's disease, ulcerative colitis, irritable bowel, multiple sclerosis, rheumatoid arthritis, ankylosing spondylitis, Lyme disease, polymyalgia rheumatica and lupus. Stomach ulcers, kidney infections, all spasms, nerve related pain, numbness, weakness and fatigue, Encourages nerve cells to regenerate. Shingles. Particularly formulated for auto immune, neurological, muscular, and chronic pain.

NIGELLA SATIVA

Antioxidant, anti-inflammatory, anticancer, analgesic and antimicrobial . Contains the phytochemical Thymoquinone. An IL-6 inhibitor. cytokines such as IL-6, are found in far higher levels among those infected with Covid when compared to uninfected individuals, Nigella has the effect of inhibiting its action. Black seed oil or black cumin.

ORGANOBLEND

Used for supporting the eliminatory aspects of bladder, kidney, gall bladder, liver, lymph, skin, bowel & spleen in toxin elimination. Also supports optimum functioning of those organs, especially after a toxic overload in order to bring the body back to balance. Good for long covid and toxic build up.

PARASITES BE GONE

Fleas, intestinal worms, ticks and lice. A full spectrum vermifuge. Berberine has a positive effect on beneficial gut microbiota, such as *Bifidobacterium adolenscentis* and *Lactobacillus*. Antihelminthic, antibacterial, antifungal, antiparasitic and anti spasmolytic effects.

PARSLEY

Antioxidant, cardiovascular support, diuretic, urinary tonic, poor digestion, bloating, constipation, gas. Kidney stones, cystitis, oedema. Very high mineral content. Strengthens nervous system. (*Petroselinum sativum*).

PINE

Colds, flu, coughs, mucous - all respiratory conditions, viral infections, parasites. Immune support. Depression and anxiety. Kidney and bladder infections, fungus . Possible antidote for the v-serum and the current spike protein contagion. Inhibits replication cycle of viruses. (*Pinus sylvestris*).

ROSEMARY

Physical & Mental stimulant. All muscular conditions, sprains, strains, contusions, arthritis rheumatism. Also for depression, fatigue, memory loss, migraines. flu, diabetes, Antiseptic Stimulating, Toning. (*Rosemarinus officinalis*).

SAGE

Depression, memory loss, and Alzheimer's disease. Digestive problems, including loss of appetite, gas (flatulence), stomach pain (gastritis), diarrhoea, bloating, and heartburn. Antiseptic. (*Salvia officinalis*).

SKIN REVIVE

Post menopausal or extremely dry or problematic skin issues as a daily maintenance. Evens skin tone, reduces rashes, lines, wrinkles and blemishes. Stimulates collagen and cell repair, promotes healthy, younger looking skin. Anti-aging.

SOLOMONS SEAL

Inflamed tenons, RSI, Tennis elbow, ligaments, muscles and joints promoting flexibility and strength to the musculoskeletal system. Strains, sprains, bruising, demulcent, adaptogenic.

Anti-rheumatic, eases pain and inflammation. cooling, soothing, moistening for the trachea and airways, specific for dry cough. (Polygonatum biflorum).

ST. JOHNS WORT

Depression, nervousness, tiredness, poor appetite, trouble sleeping, seasonal affective disorder (SAD), anxiety, panic, depression, sleep problems. Hot flashes, hormone tonic.

Anti-inflammatory, antibacterial, neuroprotective.
(Hypericum perforatum).

SUNFLOWER

Cardiac tonic, supports liver & kidneys, antimicrobial anti-inflammatory, antioxidant, supports stress, anxiety, depression. Dizziness, nausea, stomach ache. Inhibits tumours. Huge source of V & minerals. Protects against EMF. (Helianthus annus). Whole plant used including roots and aerial parts.

SUPERGREENS+

Abundant wholefood micronutrients & phytochemical antioxidants providing extra synergy & nutritional intake. Full of detoxing mobilisers. Trace minerals, carotenoids, anthocyanidins, chlorophyll, enzymes & more, supports optimum cellular health & detoxification.

THYME

Bronchitis, whooping cough, sore throat, colic, arthritis, upset stomach, stomach, diarrhoea, bedwetting, dyspraxia, intestinal gas, parasites, and skin disorders. (Thymus vulgaris).

TURMERIC

With black pepper and glycerine. Ability to lower blood pressure and heart disease, Alzheimer's and cancer. The potent anti-inflammatory and antioxidant action of the curcumin in turmeric also helps improve all inflammatory conditions all forms of arthritis and symptoms of depression. (Curcuma longa).

USNEA LICHEN *barbata*

Anti-biotic, fungal, microbial, inflammatory, viral. Immune stimulating, streptococcal bacteria. Useful in a spray bottle used in the back of the throat to help prevent illnesses from taking hold and to spray on to a wound or skin condition. Sometimes called old mans beard. Particularly useful for toe nail fungus.

VASCULAR

Eyes, Heart, Brain. Immunomodulatory, anti-carcinogenic.

Vascular insufficiency, spasms in the legs, blood clots, cardiovascular disease, reduces "bad" cholesterol to assist with strokes, High B.P and heart attacks. Autoimmune diseases, and neurological disorders including dementia. Improves brain activity memory and ability to concentrate, dizziness depression forgetfulness headaches and tinnitus. Reduces the risk of macular degeneration diabetic retinopathy, glaucoma, floaters, conjunctivitis, and cataracts. Improves blood flow.

VITALITY

Increases mental and physical stamina & vitality. Lack of drive and energy, hormonal imbalance, vaginal dryness. Positive effect for both men and women with low libido. Also lowers blood sugar and cholesterol levels, reduces stress. Improves sleep, mood and endurance and promotes relaxation.

Improves digestion.

VITMIN ENRICH

This is a nutrient-dense superfood packed full of vitamins, minerals and amino acids. Feeds the cells and enhances health and energy. Anti-inflammatory, anti-histamine. Used to treat enlarged prostate, kidney stones, hay fever, allergies, blood pressure, balances blood sugar. Increases muscle strength.

Joint & muscle pain. Eczema.

WILLOW

All pain, including headache, muscle pain, menstrual cramps, rheumatoid arthritis (RA), osteoarthritis, gout, and a disease of the spine ankylosing spondylitis. All conditions where pain and/or inflammation is a symptom. Lowers fever. Flu, colds. Analgesic, anti-inflammatory, astringent, antipyretic. (Salix Alba).

RECOVERY TONIC

Recovery after illness. Recovery blend is a gentle, yet thorough recovery blend put together to support the recovery of many reported symptoms of long covid and other debilitating illnesses.

HEPATO liver tonic

Nonalcoholic fatty liver disease (NAFLD), steatosis to hepatic fibrosis and cirrhosis, hypertension, dyslipidemia. Supports the liver but also assists the detox pathways. Aids digestion and pancreas and by speeding up metabolism helping weight loss. Protects the thyroid. stimulates hydrochloric acid, encourages urination and sweating and improves liver and gallbladder function. Protects against hepatic and renal damage. Reduces hepatotoxicity and liver enzyme activities.

SINGLE HomeoHerbals available

Acai berries (Euterpe oleracea), Aronia berries (Aronia melanocarpa), Astragalus (Huáng Qí), Barley grass (Hordeum vulgare), Bladderwrack (Fucus vesiculosus), Burdock root (Arctium lappa), Calendula (Calendula officinalis), Chinese parsley (Coriandrum sativum), Cinnamon (Cinnamomum verum) Cranberry (Vaccinium subg. Oxycoccus), Cleavers (Galium aparine), Echinacea (Echinacea angustifolia), Elderberry and Elderflower (Sambucus nigra), Eyebright (Euphrasia officinalis), Fenugreek (Trigonella foe grae), Ginger (Zingiber officinale), Ginko Biloba, Golden Seal root (Hydrastis canadensis), Gotu Kola (Umbelliferae/Apiaceae), Green algae (Chlorella vulgaris), Horsetail (Equisetum arvense), Korean Red Ginseng (Panax Ginseng), Liquorice (Glycyrrhiza glabra), Lions Mane (Hericium erinaceus), Maca (Lepidium meyeri), Marsh-mallow Root (Althaea officinalis), Milk thistle (Silybum marianum), Myrrh (Commiphora mol-mol), Olive leaf (Olea europaea), Peppermint (Mentha piperita), Pomegranate

(Punica granatum L.), Propolis, Purslane (Portulaca oleracea), Red Atlantic Seaweed/Dulse, (Palmaria palmata), Reishi (Ganoderma lucidum zhi), Red Clover (Trifolium pratense), Schisandra Berry (Schisandra chinensis), Siberian ginseng (Eleutherococcus senticosus), Skullcap (Scutellaria lateriflora and Baicalensis), Slippery Elm bark (Ulmus rubra), Spirulina (Arthrospira platensis), Tribulus (Tribuluster).

HB A ALLERGIES

Acute and chronic allergies for airborne, dietary and idiopathic sources. Rhinitis, sinusitis, nasopharyngeal congestion.

HB B BLOOD & LYMPH

Blood Purification for lymphatic stasis. Serves as a drainage formula for the entire body. Helps with pain associated with faulty elimination. Boils, gout etc

HB C COLDS & CATARRH

Catarrh of upper respiratory tract, esp chronic tenacious yellow mucus, for asthmatic conditions with complications from excessive mucus.

HB D DIGESTION

Acute and chronic gastrointestinal distress. Heartburn, dyspepsia, hyperacidity. Nausea and vomiting, also from pregnancy or travel sickness. colic, flatulence, bloating.

HB E EMOTIONAL STRESS

Nervous debility & excessive stress. Anxiety and nervousness leading to headaches, depression, emotional exhaustion.

All emotional states.

HB F FEMALE HORMONE

Suppressed, irregular, erratic menstruation. Pre-menstrual syndrome, emotional sensitivity, threatened or repeated miscarriage. infertility.

Hb F+ FEMALE

Hormonal stabilisation, prolonged hormonal treatment e.g. contraception or H.R.T specific for menopausal systems, flushes.

Hb G GASTROINTESTINAL

Chronic and obstinate constipation, fissures and haemorrhoids. Tonifies gastrointestinal tract and supports hepatic function. IBS, belching, bloating, heartburn.

Hb H HEART & CIRCULATION

Chronic circulatory problems with cardiovascular disease. supports normal blood pressure and strengthens the heart, indicated for angina pectoris, ventricular & heart murmurs. erratic heart fluctuations.

Hb I IMMUNE, INFECTIONS

Herbal antiseptic & immunity boost for acute & chronic infection. Supports the entire autoimmune system. Antiseptic, antimicrobial.

Hb J JOINTS & Rheumatics

Chronic and acute rheumatism, arthritis. Stiffness, joint pain, darting or shooting pains throughout the body and cramps.

Hb K KIDNEY FORMULA

Soothing and protective for Kidneys, bladder and entire genito-urinary system, stones and gravel, cystitis, drainage remedy.

Hb L LIVER FORMULA

Acute and chronic hepatic dysfunction. Supports normal liver and gall bladder functioning. Drainage/protective remedy.

Hb M MIGRAINE FORMULA

Addresses derangement of viscera which may cause severe headaches. Sick headaches with visual disturbances and onset.

Hb N NEURALGIA

For neuralgias, neuritis and acute and chronic pain anywhere in the body.

Hb O OCCULAR

Promotes ocular integrity, protective and healing action. Helps stimulate re-epitheliation over wounds. Tired, sore eyes, wounds.

Hb P PANCREAS

For the support of pancreas function. Balances hormone & enzyme physiology. Encourages a normalisation of insulin secretion.

Hb Q QUIET, SLEEP

Herbal Tranquilliser. Sleeplessness, restlessness and insomnia for overactive minds.

Hb R RESPIRATORY

Supports the normal pulmonary ventilation. Assists lungs, respiratory tract, asthma, bronchitis, eustachian tubes and sinuses.

Hb S SKIN FORMULA

Used internally & externally as a cream for all manner of skin disorders. Eczema, psoriasis, dermatitis and pustular skin eruptions.

Hb T TIREDNESS

Chronic tiredness and hypotension. Weariness from chronic & acute allergies. Travel tiredness.

Hb U URINE & ODEMA

Trophorestorative formula for renal & lymphatic pathology involving oedema. Supports osmotic balance & facilitates drainage.

Hb V VARICOSE Veins

Remedy for varicose, flaccid venous and arterial conditions, supports normal haemorrhoid distension and prevents passive internal bleeding anywhere in the body.

Hb W WORMS, PARACITES

Broad spectrum herbal vermifuge has a range of activity which includes pinworms, thread worms, roundworms and tapeworms.

Hb X EXPECTORANT COUGHING

Soothes irritable and persistent coughing, hoarseness, good for expelling mucous.

Hb Y YEAST INFECTIONS

Redress the balance of Candida albicans. management of chronic disease involving bowel flora and fungal overgrowth.

Hb Z ZEST ENERGY

Lack of energy. Adrenal stress due to overwork and chronic fatigue. Physical and emotional exhaustion. Rejuvenates digestion, circulation, hormonal equilibrium, stamina and libido.

CEREBRA (Memory)

Brain fog, forgetfulness. Deficient memory, senility, depression. Impaired function of the brain and central nervous system.

DETOXA (Drainage)

For all environmental toxins, an active drainage remedy to cope with severe systemic toxicity. General system detoxification.

DEVILS CLAW (anti-inflammatory)

Reduces all inflammation in the body including arthritis & Rheumatism. Great for injuries and illness.

DYNAMA (Stamina)

The maintenance remedy for immunity and vigorous health. Excellent for recovery after long illness or surgery. When you've felt run down for a long time.

DYREA

Astringent and Antidiarrhoeal which protects the gastrointestinal mucosa and minimises electrolyte loss and resultant dehydration.

EMETA (Nausea)

Particularly indicated during the first trimester of pregnancy. Debilitating nausea from pregnancy, systemic toxicity or travel sickness. All nausea.

FIRST AID

Covers the acute, febrile stages of illness. With emphasis on paediatrics. Shock, sudden illness. Nausea, vomiting, diarrhoea, colic & headaches.

GLANDULA

Drainage & trophorestorative – balancing remedy for the entire endocrine glandular system.

LACTA (lactation)

Enhances the nutritional quality of the mothers milk. A safe, gentle stimulant to induce and sustain normal lactation.

MARINA (metabolism)

Thyroid support for sluggish and over-active energy states. General reviver. Provides emergency support in life-threatening situations.

NUTRIA (ABSORPTION)

To stimulate the assimilation of nutrients. Where poor diet, illness or age impedes absorption.

ORCHITIS MALE (hormonal balance)

Balances and assists male hormonal/prostatic physiology.
Support normal male sexual function. Inc. idiopathic male infertility.

PLURA (deep lungs)

Applications in most chronic & degenerative bronchopulmonary pathology. Relieves distress in chronic asthmatics.

PROMYR (pre- antibiotic)

Natural anti-viral, anti-ulcerative and immunostimulant.
It has a wide range of action against yeast, fungi, bacteria and protozoa.

PULEXIT (Fleas & Lice) External remedy

External Remedy. Fleas and lice.

SERENA

Anxiety, fatigue, convalescence. Mental and physical exhaustion, depression, insomnia.

SPASMA (Cramps)

Cramps of smooth and striated muscle. Sports, menstrual and GIT cramps. Colic and other painful seizures of the nervous system.

SPECTRA (the herbal balancer)

Rebalances & restores equilibrium. When we are out of sorts, not our self. Can't concentrate, don't know what's wrong, but don't feel right.

TRAUMA (physical injuries)

For physical injuries, trauma and shock. Bites, stings, bruises. Soft tissue injuries. dislocations, contusions, fractures, sprains, haematomas.

WART

Used internally and externally for all warts (sessile and pedunculated). For the clinical management of warts, condylomata and warty excrescences.

CARCINA #21

Chronic diseases including cholecystitis, gastritis, hepatitis, duodenal ulcers, pancreatitis & rheumatism. Supports neoplastic disease incl. Bowel, liver, pancreatic, stomach & throat.

CARCINA #22

Chronic disease of the circulatory & endocrine systems incl. diabetes, parkinsons, other hormonal indicated neoplastic diseases.

CARCINA #23

Palliative care for the terminally ill. Supports emotional health when facing hopeless conditions. Supports immune system.