



INTERNATIONAL APPLICATION PUBLISHED UNDER THE PATENT COOPERATION TREATY (PCT)

(51) International Patent Classification ⁶ : A61K 35/00	A2	(11) International Publication Number: WO 98/40086 (43) International Publication Date: 17 September 1998 (17.09.98)
(21) International Application Number: PCT/GB98/00708 (22) International Filing Date: 10 March 1998 (10.03.98) (30) Priority Data: 9704904.3 10 March 1997 (10.03.97) GB (71) Applicant (for all designated States except US): THE RILEY FLETCHER FOUNDATION [GB/GB]; Hollyhurst, Church Street, Hampton Lucy, Warwickshire CV35 8BD (GB). (72) Inventors; and (75) Inventors/Applicants (for US only): FLETCHER, Jane, Clarissa [GB/GB]; Hollyhurst, Church Street, Hampton Lucy, Warwickshire CV35 8BD (GB). RILEY, Michael, James, Hargreaves [GB/GB]; Hollyhurst, Church Street, Hampton Lucy, Warwickshire CV35 8BD (GB). (74) Agent: BANNERMAN, David, Gardner; Withers & Rogers, 4 Dyer's Buildings, Holborn, London EC1N 2JT (GB).		(81) Designated States: AL, AM, AT, AU, AZ, BA, BB, BG, BR, BY, CA, CH, CN, CU, CZ, DE, DK, EE, ES, FI, GB, GE, GH, GM, GW, HU, ID, IL, IS, JP, KE, KG, KP, KR, KZ, LC, LK, LR, LS, LT, LU, LV, MD, MG, MK, MN, MW, MX, NO, NZ, PL, PT, RO, RU, SD, SE, SG, SI, SK, SL, TJ, TM, TR, TT, UA, UG, US, UZ, VN, YU, ZW, ARIPO patent (GH, GM, KE, LS, MW, SD, SZ, UG, ZW), Eurasian patent (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM), European patent (AT, BE, CH, DE, DK, ES, FI, FR, GB, GR, IE, IT, LU, MC, NL, PT, SE), OAPI patent (BF, BJ, CF, CG, CI, CM, GA, GN, ML, MR, NE, SN, TD, TG). Published <i>Without international search report and to be republished upon receipt of that report.</i>
(54) Title: ESSENTIAL OIL COMPOSITION (57) Abstract The application relates to new medicinal and cosmetic compositions comprising essential oils in combination with herbs and/or spices. The compositions may be used orally or topically.		

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ESSENTIAL OIL COMPOSITION

The invention relates to medicinal and cosmetic compositions comprising an essential oil in combination with at least one spice and/or at least one herb. Such compositions may be taken orally or may be absorbed through the skin.

Essential oils have been used for thousands of years in aromatherapy. The ancient Chinese are generally acknowledged as the founders of aromatherapy, but it is more than likely that quite early in the history of civilisation man had realised that certain aromatic plants could help restore his health. Aromatic substances were also used by the ancient Egyptians and Ancient Greeks as medicinal perfumes.

In the 10th century the Arabs were extracting essential oils from aromatic plants and using them medicinally. The Knights of the Crusades brought aromatic essences and waters back to Europe from the Middle East and they became so popular that perfume began to be manufactured and was well established by the end of the 12th century. The importance of aromatic plants for other purposes was realised early. When the bubonic plague reached England around the middle of the 14th century, fires were ordered in the streets at night, burning aromatic

frankincense and pine; indoors, incense and perfumed candles were burnt to combat infection and disguise the stench of death; pomanders made from aromatic gums and resins were worn on ribbons round the neck to protect the wearers from the dreaded Black Death.

By the turn of the 18th century essential oils were widely used in medicinal preparations and Salmon's dispensary of 1896 contains recipes for numerous aromatic remedies. In the 19th century, essential oils were subjected to more scientific investigation, and it was discovered that some of them could be synthesised from other materials. As it is always quicker and cheaper to produce the laboratory versions than natural plant extracts, true essential oils began to fall from favour. Today, many of our medicines and perfumes contain so-called essential oils, though often they are mere imitations; while synthetics may smell like the real thing, they do not possess the same therapeutic properties.

Essential Oils

Essential oils are highly scented droplets found in minute quantities in the flowers, stems, leaves, roots and barks of aromatic plants. They are not true oils in the manner of lubricant vegetable oils, but highly fluid

and exceptionally volatile.

Essential oils are complex mixtures of different organic molecules - terpenes, alcohols, esters, aldehydes, ketones and phenols. Synthetic oils are usually made from one or more of the constituents predominant within a particular essential oil; menthol, for example, often substitutes for mint and eucalyptol for eucalyptus. However, there are sound reasons for believing that it is the interaction between each and every component that gives an essential oil its particular character and unique therapeutic properties.

The chemical composition of an oil is related to the time of day, the month or the season. Jasmine develops a strongly scented indole molecule at midnight when it is particularly intoxicating, and it is important to gather the petals at exactly the right moment. There are good years and bad years for essential oils as there are with wines. Some commercial producers have discovered that they can improve the quality of a poor yield by adding certain components and that an expensive oil like rosemary can be adulterated, without altering its aroma, by adding 30-40% of camphor which is considerably cheaper for the perfume industry. Such adulteration may be commercially

acceptable but it might well alter the therapeutic properties of the oil.

It is important to try to ensure that essential oils come from reputable sources and are as pure as possible.

Experts recognise an essential oil by its aroma and check its composition by a process called Gas Liquid Chromatography. Colour can also be an indicator; eucalyptus is colourless, chamomile varies from white to blue and others, like basil and sandalwood (both light greenish-yellow), are in pastel shades. Yet others are richly pigmented, like jasmine, a deep reddish-brown, patchouli, brown, and rose, orange-red.

Extraction of the Oils

Essential oils may be extracted from plants in a number of ways. One of the oldest methods is distillation, practised in ancient Persia, Turkey and India thousands of years ago. The Egyptians were preparing essence of cedarwoods for embalming and other purposes around 2000BC; the wood was heated in a clay vessel covered by a screen of woollen fibres through which the steam had to pass. The essence was obtained by squeezing out the impregnated wool.

The Arabs are credited with having popularised distillation in the late 10th century. They began with extract of rose petals then experimented with other aromatic materials. Today, distillation remains the most commonly used means of extracting essential oils.

Other methods include *enfleurage*, often used for delicate petals like jasmine and tuberose; maceration, for tougher flowers and leaves, roots and bark; solvent extraction, the preferred method for gums and resins like myrrh and galbanum; and hand expression, chiefly employed for squeezing the highly aromatic oils from thick-skinned citrus fruit like oranges, tangerines and lemons.

The Properties and Uses of Essential Oils

Essential oils possess numerous properties which make them useful for treating many of our most common health and beauty troubles.

Professor Paolo Rovesti, Director of the Istituto Derivati Vegetali in Milan, has studied the effect of essential oils on the psyche and found that they can be useful in the treatment of anxiety and depression. He recommends ylang-ylang, citrus oils, jasmine, basil, patchouli and

peppermint for treating general depression, geranium, lavender and bergamot for treating fear and anxiety, and peppermint, rose and carnation for improving concentration and eliminating lethargy.

Sprayed into the air, these oils also have immediate and long-lasting effects.

The reasons for these reactions are as yet unclear, but it is known that odour molecules are perceived by thousands of tiny nerve cells in the nose and that each of these nerves is connected to that part of the brain which is concerned with emotional drives, creativity and sexual behaviour. This could explain why certain perfumes make us feel happy, why some essences, like jasmine and rose, have a reputation for being aphrodisiac and why unpleasant smells, like petrol fumes, can induce depression. While pure essential oils appear to have a positive influence on the psyche, it is doubtful that synthetic ones work in the same way.

Spices are conventionally used as flavourings in, for example, Indian or Thai dishes. Spices are usually the dried, aromatic parts of plants, generally the seeds, berries, roots, pods and sometimes leaves and flesh, which mainly, but not invariably, grow in hot countries.

The medicinal uses of spices in the past were often indistinguishable from their culinary uses, particularly so in mediaeval times, when apothecaries prescribed herbs and spices not merely for digestive problems, but for all types of ailments. Hot spices, such as pepper, were regarded as an appetite stimulant and a digestive aid; asafoetida, now known only in Indian cookery, was used by the Romans as a healing ointment, an antidote for snake bites, and a cure for gout, cramps, pleurisy, and tetanus; spiced salts were made with ginger, pepper, cumin, thyme and celery seed which were good for the digestion, promoting regularity and preventing all sorts of illnesses, plagues and chills; and citron seeds were given to pregnant women to relieve nausea. Roman and mediaeval writers also believed the fennel helped to promote and restore good vision and it was at one time a cure for obesity.

Chinese herbal medicine has been known in China for several thousands of years. Only recently, however, has it become recognised in the West that Chinese herbs may be used to treat medical conditions.

The inventors have unexpectedly found that it is possible to combine

essential oils with naturally occurring spices and/or herbs to produce medicinal compositions which may be taken orally or which may be directly absorbed through the skin. Compositions of the invention may be used to treat a surprising range of illnesses.

Such compositions are especially important with the move by many members of the public towards more "natural" treatments, which do not use artificial medicines.

Accordingly a first aspect of the invention provides a medicinal or cosmetic composition comprising at least one essential oil in combination with at least one spice and/or herb. Preferably the spice is an "Indian spice" as defined herein. The herb is preferably a "Chinese herb" as defined herein.

Preferably the composition comprises an Aloe vera extract. This is the preferred delivery vehicle for the essential oil and spice and/or herb. It is preferred since it is readily accepted by the body and has not been found to produce allergic reactions or side effects. Preferably the extract is concentrated.

The composition may comprise a honey product such as royal jelly or bee propolis. Royal jelly and bee propolis have been used for many years to treat a wide range of conditions and as nutrient supplements.

Indian brandee may also be incorporated with the composition. Indian brandee has been used for many years as to relieve flatulence and colic. Its main ingredients are rhubarb tincture, capiscum tincture, ethanol, cochineal and methyl hydroxybenzoate.

The composition may also comprise one or more flavourings, such as blackcurrant concentrate, vitamins, amino acids and minerals.

Examples of vitamins include Vitamin C and Vitamins E and D, which may be in the form of alpha-tocopherol. Inositol, pepsin, selenium methionine, soya isolate, trace mineral clay, whey protein, zinc amino acid chelate and individual amino acids such as lysine may be used. Enzymes, such as plant extracts comprising enzymes may also be incorporated.

The essential oils, spices, herbs and vitamins and amino acids preferably used within the invention are shown in Tables 1 to 4.

Preferably the compositions comprise one or more essential oils selected from:

- (a) bergamot, chamomile german, chamomile maroc, chamomile roman, cinnamon zeylanicum, clove buds, eucalyptus globulus, frankincense, fennel, hyssop, juniper, lemon grass, mountain savoury, niaouli, red thyme, rosemary, rose geranium, tagestes and ylang ylang.

The compositions may comprise one or more Chinese herbs selected from:

- (b) acacia catechu, acanthopanax gracilistylus, caesalpinia sappan and epimedium spinosa.

Preferably the compositions comprise one or more spices selected from:

- (c) asapoetidia, coconut, coriander, fenugreek and horseradish.

Preferably the composition comprises all of the oils, herbs and spices from lists (a), (b) and (c). This combination has been found to especially improve the effectiveness of the compositions.

Compositions of the invention may be used in combination with alternative methods of treatment such as aromatherapy, Bach flowers therapy, reflexology, acupuncture and/or the Alexander technique, all of which are known in the art.

The invention may be used orally or topically. Accordingly the invention preferably provides tablets or capsules comprising the compositions of the invention for oral administration.

Compositions for topical administration comprising the compositions according to the invention are also provided.

The invention further provides the use of a medicinal composition according to the invention for the treatment of disease or physical disability or sports injuries, or for the build up and maintenance of the immune system, or for the protection against disease or pollution.

The use of cosmetic formulations according to the invention are also provided for skin care and/or weight management.

aromatherapy and/or reflexology and/or physiotherapy to produce enhanced results.

Essential oils are typically extracted by steam distillation, expression (hard pressing) or maceration, as indicated in Table 1. Such techniques are well known in the art.

Spices are preferably selected from Table 2.

CHINESE HERBS

Herbs and Their Properties

In China the herbs used are gathered from the wild by hand. The best ones grow far from human habitation, and the herbalists who gather them will also be botanists, explorers, climbers and environmentalists. They need to be able to identify the relevant herb in all stages of its development, know where the finest ones grow, be able to get to the plants even when they grow in highly inaccessible places, know how much they can take without threatening a particular species, and always be on

TABLE I

ESSENTIAL OILS	
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Aniseed
 Basil
 Benzoin
 Bergamot
 Black Pepper
 Camphor
 Carrot
 Cedarwood
 Chamomile German
 Chamomile Maroc
 Chamomile Roman
 Cinnamon Leaf
 Clove Buds
 Cypress
 Dill
 Eucalyptus Globulus
 Fatigue
 Fennel
 Frankincense
 Ginger
 Grand Fir
 Grapefruit
 Grapeseed
 Hazel
 Hyssop
 Jojoba
 Juniper
 Juniper Berry
 Lavender
 Lemon
 Lemon Grass
 Melissa
 Mountain Savoury
 Myrtle Red
 Neroli
 Niaouli
 Patchouli
 Peppermint

Pine
 Red Myrtle
 Rescue Remedy
 Rose Geranium
 Rosemary
 Sandlewood
 Spanish Marjoram
 Sweet Marjoram
 Sweet Thyme
 Tagetes
 Tea Tree
 Thyme Red
 Thyme Sweet
 Ylang Ylang

TABLE 2

SPICES

Allspice
 Allspice Ground
 Anise Star
 Aniseed
 Arrowroot
 Arrowroot Ground
 Asafoetida
 Caraway Ground
 Cardamom
 Cardamom Seeds
 Carob
 Cassia
 Cassia Bark
 Cayenne Pepper
 Celery Salt
 Chilli
 Chilli Powder
 Cinnamon
 Cinnamon Ground
 Cinnamon Sugar
 Cloves
 Cloves Ground
 Coconut Cream Block
 Coconut Ground
 Coconut Powder
 Coriander
 Coriander Ground
 Cream of Tartar
 Cumin
 Dill
 Dill Seeds
 Dutch Caraway
 Fennel
 Fennel Powder
 Fenugreek
 Fenugreek Powder
 Garlic
 Ginger
 Horseradish
 Horseradish Ribbled
 Juniper Berries
 Laos
 Laos Powder
 Lemon Grass
 Mace
 Mace Ground

Mango Powder
 Mixed Spices
 Mixed Spices - Sweet
 Mushroom
 Mustard Seed Black
 Mustard Seed Yellow
 Nutmeg
 Nutmeg Powder
 Onion
 Orris Root
 Paprika - Sweet
 Slippery Elm
 Tamarind Block
 Turmeric

the look-out for new sources and new species.

They are mostly imported from Hong Kong, although some come from mainland China via Beijing and Shanghai. Increasingly, as China opens its doors to the West, better access will be granted for importing herbs.

Some herbalists import their herbs directly, while others purchase them from Chinese herbal cash and carry stores in the West or from mail order suppliers.

Examples of Chinese herbs which may be used in the invention are listed in Table 3.

Preservation

Once the herbs have been collected from the wild they need to be treated so that they will keep their essential qualities during storage. They are always washed and dried. The method of drying varies depending on the particular herb and what it is going to be used for. They may be sun-dried or dried in a clay oven, alone or with other herbs. Sometimes they are dried with minerals such as sulphur, which bleaches them and also acts as

HERBS

Ba Ji Tian
Bai Dou Kou
Bai Gou
Bai Guo Ye (Ginkgo)
Bai He
Bai Ji Tian
Bai Jlang Cao
Bai Zhi
Bai Zhu
Ban Xia
Bi Ji Tian
Bo He
Bladderwrack
Boswellia Serrata
Bu Gu Zhi
Cang Er Zi
Chai Hu
Chamaelirium Lurea
(False Unicorn)
Chan Tiu
Che Qian Cao
Che Qian Zi
Che Quian Cao
Chen Xiang
Chi Shao Yao
Chuan Lian Zi
Da Huang
Da Zao
Dan Shen
Dang Gul (Dong Quai)
Dang Shen
Du Zhong
Echinacaea Angustifolia
Er Cha
Fan Xie Ye (Senna)
Fu Ling
Fu Pen Zi
Gao Ben
Garcinia Cambogia
Ge Gen
Gou Qi Zi (Lycium)
Gou Teng
Guaiacum Wood
Gui Ban
Guo Teng
Guo Ye (Ginkgo)
He Zi
Horsetail

HERBS

Hu Huang Lian	Ting Li Zi
Hu Po	Wang Bu Liu Xing Guo
Hua Jiao	Wu Bei Zi
Huai Jiao Zi	Wu Jia Pi
Huang Lian	Wu Yao
Huang Qi	Xian He Cao
Huo Ma Ren	Xing Ren
Ji Xue Feng	Yan Hu Suo
Jiang Can	Yang Rong Wan
Jie Geng	Ye Ju Hua
Jin Quian Cao	Ye Tu Hua
Jin Yin Hua	Yi Mu Cao
Jin Ying Zi	Yin Yang Huo
Lian Zi	Yohimbe
Lian Zi (Red)	Zhen Zhu Mu
Long Yan Rou	Zhi Mu
Lu Jiao Shuang	Zhi Zi
Ma Dou Ling	
Mai Men Dong	
Mai Ya	
Man Jing Zi	
Mao Zhao Cao (Cats Claw)	
Maté Leaf	
Mexican Yam Root	
Milk Thistle Seed	
Mu Dan Pi	
Mu Hu Die	
Mu Li	
Mu Tong	
Niu Bang Zi	
Ou Jie	
Qiang Huo	
Rou Cong Rong	
Salix Alba (White Willow)	
Sang Ye	
Shan Zha	
Shen Jin Cao	
Sheng Ma	
Shiu Niu Jiao Si	
Shu Di Huang	
Spirulina	
Su Mu	
Su Zi (Zi Su Zi)	
Suan Zao Ren	
Tian Ma	
Tian Nan Xing	

a preservative. Occasionally you may hear of herbs being treated. This means that, after drying, they are stir-fried with angelica and milk vetch to enhance their properties. Some may also be buried in the ground to absorb moisture, or cooked in a clay pot with rice wine or honey to increase their potency.

Cutting up Herbs

Before or after they have been dried, the herbs will need to be cut up using a herb chopper. When this is done depends on the herb and its eventual usage. There are several ways of cutting herbs. Large roots are often sliced across at 90 degrees, which gives them a round cross-section, while smaller ones are cut at an angle to give a larger surface area. Some herbs are chopped very finely and compressed into a cake.

Some herbs have to be ground to a powder and this is done using a mortar and pestle with a lid, to avoid the loss of powder during crushing.

Storage

Traditionally, herbs would be stored in clay pots after preservation and

cutting up. The shape of the clay pots and whether they were covered or uncovered depended on the herbs. The Chinese have always used clay pots, because clay was the simplest and cheapest material to get hold of and also because, when glazed and therefore non-absorbent, it helped to keep the properties of the herbs intact.

Modern herbalists increasingly use glass jars and bottles for herb storage, but still rely on wooden drawers for the bulk of their stocks because this is the easiest and most convenient method of dispensing them. These drawers are rarely labelled, as the herbalist is completely familiar with their contents. Since the drawers are arranged according to meridians and properties it would be hard for the herbalist to make a mistake that would result in a herb of a totally different type being dispensed.

Freshness of Stocks

However the herbs are stored, herbalists will check them periodically for mould and other signs of decay.

Herbs may need to be retreated - that is, washed and boiled, redried and, where necessary, freshly treated with angelica again in the same way that

fresh herbs are.

Weighing Herbs

Because it is so expensive, ginseng is weighed in very sensitive scales which have divisions of 0.1 of a gram.

Other herbs do not need quite such accurate scales, and larger ones can be used. These are accurate to within approximately 3 grams. Both sorts of scales are used by holding one of the strings near the pan and adjusting the weight on the rod.

Metric weights have been used for convenience, but Chinese herbalists use Chinese weights. Their names and metric equivalents are given below.

1 fan		= 0.3 grams approx
10 fan	= 1 qin	= 3 grams approx
10 qin	= 1 lian	= 30 grams approx
16 lian	= 1 jin	= 480 grams approx

Whenever scales are used, the weight given is always that of the herb before any stir-frying which may be specified on the prescription. The

herbs may be fried in honey, water or rice wine, or 'burned' until black in a red-hot wok. These treatments naturally change the weight of the herb, and it is not unknown for patients to weight their herbs afterwards and mistakenly complain that they have been short-changed by the herbalist.

Boiling and Steaming

As soon as possible after collection, the herbs are boiled in clay pots. These come in a variety of shapes and sizes much like Western saucepans. It used to be traditional to throw away all pots used in medicinal preparations on the Chinese New Year's Eve. But few herbalists in the West can afford to do this now, especially since some of the decorated pots are extremely expensive.

Steam pots are used a lot for medicinal foods. The ingredients are added to the pot, after which both lids are put on and fastened by a string which passes through the handles. The pot is then placed in a larger pot of boiling water. The herbs and other ingredients are gently cooked by the rising steam without losing any valuable elements which might otherwise be boiled out.

Properties of Commonly Used Chinese Herbs

In the following lists the Chinese name has been used, along with the botanical name and the Western common name where possible. (Some Chinese herbs are not native to the West and have no corresponding Western name so in these cases the literal English translation has often been included.) Most of the herbs described here can be used in their fresh state, but they can all be ordered as dried herbs. Dosages given are standard ones from which herbalists would raise or lower according to the individual. It is interesting to note that many of the Chinese names have suffixes denoting parts of the plant, for example: hua/flower; pi/cortex or peel; ren/seeds; ye/leaf; zi/fruit or seeds. The dosage refers to the total dose over the course duration.

Bai Shao	<i>Paeonia lactiflora</i> , <i>P. obovata</i>	White peony root
Part used:	root, sliced	
Meridian:	liver	
Taste:	sweet	
Usage:	for abdominal pains after childbirth combine with Dang Gui (<i>Angelica sinensis</i> /Chinese angelica), Chuan Xiong (<i>Ligustrum wallichii</i> /Szechuan lovage root) and Hong Hua (<i>Carthamus tinctorius</i> /safflower).	
Dosage:	6-15g	
Note:	Do not use with black false hellebore (<i>Veratrum nigrum</i>)	
Bai Zhu	<i>Atractylodes macrocephala</i>	Attractylodes
Part used:	root	
Meridians:	spleen, stomach	
Taste:	bitter-sweet	
Usage:	to correct mischannelling of qi at the spleen and stomach. Used to treat loss of appetite, extended tight abdomen, vomiting and bowel disorders. It is safe to use during pregnancy.	
Dosage:	4.5-9g	
Gan Cao	<i>Glycyrrhiza uralensis</i> , <i>G. glabra</i>	Liquorice
Part used:	root	
Meridians:	all	
Taste:	sweet	
Usage:	one of the most frequently used Chinese herbs. It can be used on its own to assist the spleen, dispel heat and restore qi. It is used to treat sore throats and to relieve food poisoning. It is most often used with other herbs to moderate their effects. It is also used to alleviate any uncomfortable side-effects which may be felt after taking other medicinal herbs.	
Dosage:	1.5-9g	
Gou Qi Zi	<i>Lycium chinense</i>	Lycium
Part used:	seed	
Meridians:	liver, kidneys	
Taste:	sweet	
Usage:	to strengthen shen and kidneys, and to improve eyesight, used with Sheng Di Huang (<i>Rehmania glutinosa</i> /Chinese foxglove root), Ju Hua (<i>Chrysanthemum morifolium</i> /chrysanthemum) and Shan Zhu Yu (<i>Cornus officinalis</i> /fruit of Asiatic cornelian cherry). Used with Sheng Di Huang (<i>Rehmania glutinosa</i>) and Tian Men Dong (<i>Asparagus cochinchinensis</i> /asparagus root) to treat deficient liver and/or kidneys as well as tinnitus, dizziness and weakness of the knees, and for the prevention of wet dreams.	

Dosage: 6-12g

Gou Teng *Nauclea rhyncholophylla* also (*Unicaria*)
Part used: thorn
Meridians: heart, liver
Taste: sweet
Usage: to stop convulsions, tics and spasms used with Tian Ma (*Gastrodia elata*/Gastrodia rhizome). For the treatment of red eyes caused by headaches used with Ju Hua (*Chrysanthemum morifolium*/chrysanthemum), Sang Ye (*Morus alba*/white mulberry leaves) and Bo He (*Mentha arvensis*/mint). It does not need boiling.

Dosage: 6-12g

Gui Zhi *Cinnamomum cassia* Cinnamon twigs
Part used: bark
Meridians: heart, lungs, bladder
Taste: sweet
Usage: used in combination with Ma Huang (*Ephedra sinica*/Ephedra) if the patient does not sweat; if they do, given with peeled Chi Shao (*Paeonia veitchii*/red peony root). Used in combination with Qiang Huo (*Notopterygium incisum*) to relieve pain in joints, especially arthritis. Used with Dang Gui (*Angelica sinensis*/Chinese angelica) or Chuan Xiong (*Ligustrum wallichii*/Szechuan lovage root) to treat period pains and menstrual irregularity.

Dosage: 3-9g (slightly more if used for arthritis)
Note: Avoid during pregnancy

Huang Qi *Astragalus membranaceus* Milk vetch
Part used: root, sliced, either raw or stir-fried in honey
Meridians: lungs, spleen
Taste: sweet
Usage: given as a tonic to patients recovering from illness or feeling tired and weak. Can be used in conjunction with ginseng. This is one of most commonly prescribed herbs in Chinese medicine, and symptoms which would point to its use include loss of appetite, coldness, shortness of breath and a tendency to sweat a lot.

Dosage: 9-30g

Huang Qin	<i>Scutellaria baicalensis</i>	Baical skullcap root
Part used:	root, raw or stir-fried in rice wine	
Meridians:	gall bladder, small intestine, lungs, large intestine, spleen	
Taste:	bitter	
Usage:	for throat pain used with Lian Qiao, (<i>Forsythia suspensa</i> /forsythia fruit) and Jin Yin Hua (<i>Lonicera japonica</i> /honeysuckle flower). For relieving high blood pressure used with Ju Hua (<i>Chrysanthemum morifolium</i> /chrysanthemum) and Gou Teng (<i>Nauclea rhynchophylla</i>).	
Dosage:	3-10g	
Jing Jie	<i>Schizonepeta tenuifolia</i>	
Part used:	seeds	
Meridians:	none specific	
Taste:	tangy	
Usage:	to stop swellings and as an excellent painkiller. Used more than any other herb for the treatment of arthritis. Fried until very dark in colour it is used to stop bleeding, especially from haemorrhoids.	
Dosage:	3-9g	
Ma Huang	<i>Ephedra sinica</i>	Ephedra
Part used:	stalk	
Meridians:	bladder, lungs	
Taste:	tangy	
Usage:	used in combination with Gui Zhi (<i>Cinnamomum cassia</i> /cinnamon) to aid sweating. Stir-fried in honey and apricot kernels, restores the function of the lungs and suppresses asthma, especially with coughing. Used with Sheng Jiang (<i>Zingiber officinale</i> /fresh ginger rhizome (root) and Bai Zhu (<i>Atractylodes macrocephala</i>) to reduce swelling.	
Dosage:	3-9g	
Note:	not suitable for patients who suffer from insomnia or high blood pressure. Not to be used by patients who are already sweating.	
Mai Men Dong	<i>Ophiopogon japonicus</i>	'Lush winter wheat'
Part used:	root nodules, used raw and pressed flat	
Meridians:	stomach, lungs, heart	
Taste:	bitter	
Usage:	to restore yin. Used with Ban Xia (<i>Pinellia ternata</i> 'Half summer') and liquorice for coughs and dry throat. Used with Sheng Di Huang (<i>Rehmania glutinosa</i> /Chinese foxglove root), Xuan Shen (<i>Scrophularia Ningpoensis</i> /Ningpo figwort root), Huang Lian (<i>Coptis chinensis</i> /golden thread) and Dan Shen (<i>Salvia miltiorrhiza</i> 'Scarlet root') for insomnia.	
Dosage:	6-12g	
Mu Dan Pi	<i>Paeonia suffruticosa</i>	Tree peony

Part used: bark
Meridians: kidneys, liver, heart
Taste: bitter
Usage: to lower high blood pressure, used with Ju Hua (*Chrysanthemum morifolium*/chrysanthemum) and Jin Yin Hua (*Lonicera japonica*/honeysuckle flower). For menstrual disorders, used with Chai Hu (*Bupleurum chinense*/thorowax) and Dan Gui (*Angelica sinensis*/Chinese angelica). To stop bleeding in internal wounds, dry-fried until dark and given with Hong Hua (*Carthamus tinctorius*/safflower). For period pain, raw slices given with Gui Zhi (*Cinnamomum cassia*/cinnamon) and Hu Tao Ren (*Juglans regia*/walnut). To stimulate the production of blood and to disperse bruises, used fried in rice wine with cinnamon and walnuts.
Dosage: 6-12g
Note: not suitable for use during pregnancy

Qing Hao *Artemisia annua*, *A. apiacea* Wormwood
Part used: leaves
Meridians: liver, gall bladder
Taste: bitter, but with a very pleasant smell
Usage: for the treatment of burns and minor skin disorders, fresh leaves are crushed and applied externally. For the treatment of malaria, used with Huang Qin (*Scutellaria baicalensis*/Baical skullcap root). Ban Xia (*Pinellia ternata*) and Maronta arundinacea (arrowroot).
Dosage: 20-40g for malaria, 6-15g for skin applications
Note: this herb responds best to rapid, short boiling

San Qi *Panax notoginseng* Pseudoginseng root
Part used: whole plant (it is similar to ginseng)
Meridians: kidneys, liver
Taste: bitter
Usage: to disperse bruises, relieve swellings and stop haemorrhaging, and for general relief of pain.
Dosage: for wounds and pain 1-1.5g powder three times a day; for cardiac arrest 1.5g twice a day in equal proportions with ginseng

Shan Zhu Yu *Cornus officinalis* Cornelian Asiatic cherry
Part used: flesh of fruit
Meridians: liver, kidneys
Taste: bitter-sour
Usage: used in the treatment of abnormally heavy menstruation. Used with ginseng to treat heavy sweating accompanied by exhaustion.

Dosage: 4.5-9g

Shi Chang Pu

Acorius gramineus

Sweetflag

Part used: root

Meridians: heart, spleen, stomach

Taste: tangy

Usage: for excess tan (mucus). Used with Zhi Zi (*Gardenia jasminoides*/Cape jasmine), young bamboo leaves and extracted ginger juice for treating delirium. To treat tinnitus and amnesia, given with Fu Ling (*Poria cocos*/hoelen) and Yuan Zhi (*Polygala tenuifolia*/root of Chinese Senega). For loss of appetite, given with Huo Xiang (*Agastache rugosa*/Patchouli), Huo Po (*Magnolia officinalis*/magnolia) and Chen Pi (*Citrus reticulata*/tangerine peel).

Dosage: 3-9g

Shu Di Huang

Rehmania glutinosa

Root of Chinese foxglove
cooked in wine

Part used: root (oven dried or fresh)

Meridians: liver, kidneys, heart

Taste: sweet

Usage: a) to relieve cold in the blood. Used with Xuan Shen (*Scrophularia ningpoensis*/Ningpo figwort) to reduce high body temperature, dry mouth and red tongue. Given with He Ye (*Nelumbo necifera*/lotus leaves) and Qian Cao Gen (*Rubia cordifolia*/madder root) for blood in vomit or urine. Used with Mu Dan Pi (*Paeonia suffruticosa*/cortex of tree peony root) for macula or dark spots on the skin. To treat thirst associated with diabetes, used with Bi Xie Xu Duan (*Dioscorea batatas*/Chinese yam) and Di Gu Pi (*Lycium chinense*/Chinese wolfberry).
b) Used dried, then fried in rice wine until dark, for restoration of the blood, weakness of the knees, menstrual disorders and tinnitus.

Dosage: a) 9-30g (double if fresh), b) 9-15g

Tian Ma

Gastrodia elata

Gastrodia rhizome

Part used: tuber

Meridian: liver

Taste: sweet

Usage: to clear collateral channels and to relieve rheumatic pain, given with Jin Yin Hua (*Lonicera japonica*/honeysuckle flower) and Huai Niu Xi (*Achyranthes bidentata*/'Ox knee'). Given with Ban Xia (*Pinellia ternata*/'Half summer') and Bai Zhu (*Atractylodes macrocephala*) in the treatment of migraine, eye

	disorders and dizziness. Excellent for women suffering headaches, especially after childbirth.	
Dosage:	3-9g boiled in water, 1-1.5g as a powder	
Tian Men Dong	<i>Asparagus cochinchinensis</i>	Tuber of Chinese asparagus
Part used:	root, raw and sliced	
Meridians:	lungs, kidneys	
Taste:	bitter-sweet	
Purpose:	to restore deficient yin. Dispels heat and strengthens the kidneys and lungs.	
Usage:	to treat a dry cough with little mucus, or coughing up of blood, use with Mai Men Dong (<i>Ophiopogon japonicus</i> /'Lush winter wheat') and Bei Mu (<i>Fritillaria verticillata</i> /fritillaria bulb). For use in the treatment of whooping cough with Mai Men Dong (<i>Ophiopogon japonicus</i> /'Lush winter wheat') and Bai Bu (<i>Stemona sessilifolia</i> /stemona root).	
Dosage:	6-12g	
Tu Si Zi	<i>Cuscuta chinensis</i>	Dodder seeds
Part used:	seeds, boiled and crushed, sometimes in cake form	
Meridians:	kidneys, lungs	
Taste:	sweet	
Purpose:	to treat deficient yang in the kidneys, which causes frequent urination. Also used to prevent miscarriages and to help restore the function of the kidneys and menstrual cycle	
Dosage:	6-12g	
Wu Wei Zi	<i>Schizandra chinensis</i> , <i>S. spenantha</i>	Schisandra fruit
	The Chinese name means 'the fruit which has five tastes'. It has two forms, northern (<i>S. Chinensis</i>) and southern (<i>S. spenantha</i>).	
Part used:	fruit, raw or steamed with vinegar or rice wine	
Meridians:	kidneys, heart, lungs	
Taste:	sour	
Usage:	for coughs caused by weakness of the lungs, sometimes in combination with ginseng. Use with Mai Men Dong (<i>Ophiopogon japonicus</i> /'Lush winter wheat') to treat patients who sweat, have a dry mouth, tire easily and are depressed.	
Dosage:	1.5-6g	
Xin Yi Hua	<i>Magnolia liliflora</i>	Magnolia flower
Part used:	flower	
Meridians:	none specific	
Taste:	tangy	
Usage:	for the treatment of rhinitis and nasosinusitis. Clears running nose and headaches.	
Dosage:	1-3g	

Yin Yang Huo	<i>Epimedium brevicornum</i> , <i>E. grandiflorum</i> , <i>E. sagittatum</i>	'Licentious goat wort'
Part used:	the whole plant apart from the root	
Meridians:	liver, kidneys	
Taste:	sweet	
Usage:	used to treat high blood pressure in elderly women, impotence and paralysis of the lower limbs.	
Dosage:	3-9g	
Yu Xing Cao	<i>Houttuynia cordata</i>	'Fishy smelling herb'
Part used:	whole herb	
Meridians:	kidneys, lungs	
Taste:	sweet with a fishy odour, hence it is also known as the smelly fishy plant	
Usage:	the treatment of lung and kidney disorders.	
Dosage:	9-30g	
Yuan Zhi	<i>Polygala tenuifolia</i>	Root of Chinese senega
Part used:	root, chopped and treated with liquorice	
Meridians:	lungs, heart, kidneys	
Taste:	bitter	
Usage:	for treatment of irritability, insomnia and depression.	
Dosage:	3-9g	
Zi Su Ye	<i>Perilla frutescens</i>	Perilla leaf
Part used:	leaves	
Meridians:	spleen, lungs	
Taste:	sweet	
Usage:	to promote ch'i, to relieve pain and tightness in the abdomen, to cancel out the effects of food poisoning (especially when caused by seafood), to ease vomiting and diarrhoea.	
Dosage:	6-12g	

Also part of the herbalist's traditional repertoire will be such well-known herbs as ginseng, garlic and ginger. Ginseng (Panax ginseng) is the dried root of the Ren Shen plant which is grown mainly in Japan and Korea. Its main uses are to help strengthen weak bodies and to help patients recovering after illness. It is used extensively as a nutritive and restorative tonic and to treat impotence, neurasthenia, spermatorrhoea, anaemia, senility, uterine disorders and nephritis.

Ginger is the fresh root of *Zingiber officianale* (Gan Jiang) and is used mainly as a stomach restorative. It is used in the treatment of nausea and vomiting as well as diarrhoea, rheumatism, abdominal and spleen ache and sometimes for strider - obstructed breathing.

Garlic (*Allium sativum*) known as Xie Bai to the Chinese, is used to thin the blood. It is known to reduce blood cholesterol, prevent heart disease, aid digestion and to lower blood pressure.

The preferred form of the vitamins and amino acids are shown in Table

4. "Pepsin" refers to commercially available pepsin digest.

TABLE 4VITAMINS AND AMINO ACIDS

Vitamins & Amino Acids	Method
L-Phenylalaine	Extraction
Vitamin C	Extraction
Vitamin E	Extraction
Vitamin ED	Extraction
Inositol	Trace Mineral
Selenium Methionine	Trace Mineral
Soya Isolate	Trace Mineral
Trace Mineral Clay	Trace Mineral
Lysine	Compound
Pepsin	Compound
Whey Protein	Compound
Zinc Amino Acid Chelate	Compound
Co-enzyme Q	
Superoxide Dismutase	
Vegetable enzymes	
Iron Gluconate	
Copper amino acid gluconate	
Calcium amino acid gluconate	
L-Threonine	
Chromium niacin	
Selenium methionine	
L-phenylalanine	

The invention will now be described by way of example.

The product formulae below show the dosage, for the disorders treatable by the composition, the amounts of the components used and therapies which may be used in combination with the compositions. Typically capsules contain between 200mg and 1g of composition per capsule.

The formulations may be taken neat or diluted with, for example 50% volume/volume cordial, fruit juice or lemonade.

The dosages may be separated into, for example, 3 equal doses taken after breakfast, lunch and an evening meal.

Skin care, massage and sports injury remedies may be applied topically directly onto the area to be "treated".

The Aloe vera, honey products, vitamins/amino acids, Indian brandee and blackcurrant concentrate are all commercially available products.

The Aloe vera products, heat lotion and propolis creme may be obtained from Forever Living Products (UK) Ltd, Longbridge Manor, Longbridge,

Warwick, Warwickshire, United Kingdom. Aloe vera "juice" comprises as main ingredients stabilised Aloe vera gel, sorbitol, lemon juice, vitamin E, sodium benzoate and papain. "Pure" Aloe vera comprises stabilised Aloe vera gel, sorbitol, citric acid, vitamin E, sodium benzoate and papain. Aloe vera "nectar" comprises raw Aloe vera gel, fructose, sorbitol, cranberry and apple juice concentrate, ascorbic acid, citric acid, potassium sorbate, sodium benzoate, xanthan gum, tocopherol and colourings.

Heat lotion comprises stabilized Aloe vera gel, DI water, propylene glycol, stearic acid, glyceryl stearate, triethanolamine, eucalyptus oil, methyl salicylate, apricot kernel oil, sesame oil, cetyl alcohol, petrolatum, lanolin, jojoba oil, oleic acid, stearyl stearate, dioctyl adipate, octyl stearate, octyl palmitate, PEG-100 stearate, allantoin, mineral oil, lanolin alcohol, ascorbic acid, diazolidinyl urea, methylparaben and propylparaben.

Propolis creme comprises stabilized Aloe vera gel, glyceryl stearate (and) PEG-1-00 stearate, propylene glycol, cetyl alcohol, dioctyl adipate (and) octyl stearate (and) octyl palmitate, lanolin, sorbitol, allantoin, bee propolis extract, lanolin alcohol, dimethicone, mineral oil, imodazolidinyl, urea, vitamins A & E, comfrey extract, chamomile extract, triethanolamine, ascorbic acid, methylparaben, propylparaben, fragrance.

Rescue remedy is a composition of five Bach flower remedies: Impatiens, Star of Bethlehem, Cherry Plum, Rock Rose and Clematis.

Except where indicated, the essential oils, Chinese herbs/Indian spices, honey products, vitamins/amino acids, Indian brandee and blackcurrant concentrate are mixed together in the amounts indicated with sufficient Aloe vera to make the final formulation up a final volume of 1,000 ml.

All components are from commercial sources. Vegetable enzymes are obtained as a commercially available product from "G and G Foods (UK)".

Initial results indicate that the specific essential oil and herb/spice combination of the invention provides effective compositions for medical and/or cosmetic use.

PATIENT PILOT STUDY

From a database of 250 people, having been diagnosed by their own practitioner as having M.E./Chronic Fatigue Syndrome, 80 responded to the inventors for information requesting to take the particular formula.

The findings of this initial pilot study indicated:

- i) One third of the respondents diagnosed with M.E./Chronic Fatigue Syndrome did not have this condition. Most had Candida, depression or arthritis. A number suffered from a combination. Due to the similarity and overlap of many symptoms, without practitioners being able to measure the response by administering separate formula for each of these conditions, it is not possible for them to accurately disseminate between these four conditions.
- ii) When a patient has been accurately diagnosed and they take the respective formula, as shown in Table 5, correctly, a full recovery is apparent at the end of the 25 day ingestion period.
- iii) A pattern also became evident with about one third of patients making a partial recovery and in a few cases no realistic recovery. In all these cases it became apparent each respective formula of the inventors was being frustrated. After further discussion and analysis of the patient records a clear pattern emerged.

In the majority of cases these patients had been exposed to either one or a combination of the following traditional treatments:

Side Effects

- | | |
|------------------------------|---------------------|
| (a) X-rays/scans | Medical irradiation |
| (b) Medical drugs | Misfunction |
| (c) Amalgam dental fillings | Mercury poisoning |
| (d) Organophosphate exposure | Nervous system |

- iv) The inventors then developed an additional 'body cleanser/irrigator' formula (Table 6). After taking this 25 day formula the original formula still resting within these patients was then released to perform.
- v) Due to the alarming number of patients from referrals and potential patients suffering from the side effects of the above traditional treatments, the Foundation has successfully combined the 'irrigator' within each of its main formula. This prevents patients from having to take two formulae which doubles both the cost and time.

TABLE 5

Essential Oils		Herbs/Spices
Bergamot	¼ml	Herbs: 5:1 Bai Guo Ye - 2gm Ba Ji Tian - 2gm Chen Xiang - 2gm Da Huang - 2gm Huang Lian - 2gm Niu Bang Zi - 2gm Salix Alba - 2gm Zhi Zi - 2gm
Camphor	¼ml	
Chamomile Roman	¼ml	
Eucalyptus Globulus	¼ml	
Ginger	¼ml	
Juniper	¼ml	
Melissa	¼ml	
Peppermint	¼ml	
Rose Geranium	¼ml	
Rosemary	¼ml	
Tea Tree	¼ml	
		Spices: Cinnamon Sugar - 10gm Cloves 10gm Coriander - 10gm Garlic - 10g Juniper Berries - 10gm

Base Ingredients		Flavouring
<u>Honey Products</u> Royal Jelly - 20gm Bee Propolis - 20gm	<u>Aloe Vera/Amino Acids/ Vitamins</u> Aloe Vera: 2½ litre	Honey -20ml Indian Brandee - 20ml Vanilla - 50gm
<u>Enzymes/Minerals</u> Enzymes: Vegetable Enzymes - 30gm	Amino Acids: Copper Amino Acid Chelate - 30gm Lythium Threonine - 30gm Superoxide Dismutase (S.O.D.) - 30gm Zinc Amino Acid Chelate - 5gm	
Minerals: Calcium - 10gm Garlic - 20gm Inositol - 25gm Iron - 10gm Mineral Clay Powders - 30gm	Vitamins: VIT C - 30gm VIT E D - Alpha Tocopherol - 10gm	

TABLE 6

Aloe Vera	Essential Oils		Chinese Herbs/Indian Spices
Nectar	Bergamol	1ml	Chinese Herbs: Acacia Catechu - 30gm Acanthopanax Gracilistylus - 30gm Caesalpinia Sappan - 30gm Epimedium Spinoso - 30gm Indian Spices: Asapoetidia - 20gm Coconut Cream Block - 20gm Coriander - 20gm Fenugreek - 20gm Horseradish Ribbled - 20gm
	Chamomile German	1ml	
	Chamomile Maroc	1ml	
	Chamomile Roman	1ml	
	Cinnamon Zeylanicum	1ml	
	Clove Buds	1ml	
	Eucalyptus Globulus	1ml	
	Frankincense	1ml	
	Fennel	1ml	
	Hyssop	1ml	
	Juniper	1ml	
	Lemon Grass	1ml	
	Mountain Savoury	1ml	
	Niaouli	1ml	
	Red Thyme	1ml	
	Rosemary	1ml	
	Rose Geranium	1ml	
	Tagetes	1ml	
	Ylang Ylang	1ml	

Honey Products	Vitamins/Amino Acids	Other	Therapies
Royal Jelly - 4000gm Bee Propolis - 1ml	VIT C - 30gm VIT E D - Alpha Tocopherol - 30gm Inositol - 2500mg Pepsin - 30gm Selenium Methionine - 30gm Soya Isolate - 30gm Trace Mineral Clay - 30gm Whey Protein - 50gm Zinc Amino Acid Chelate - 30gm	Indian Brandee - 20ml Blackcurrant Concentrate - 20ml	Chinese Acupuncture - 2 sessions

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula A		- 2 capsules 3 times daily over 20 days			
* + Formula Z - CRA - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)					
Angina	Atherosclerosis	Diabetes	Heartburn	Tumour	
Artery Walls	Blood Pressure	Emphysema	Raynard's Disease		
Asthma	Cholesterol	*Meningitis	*Strokes & Heart Attacks		
Essential Oils		Herbs/Spices	Base Ingredients		Flavouring
Basil	1/8ml	Herbs: 5:1	Honey Products	Aloe Vera/Amino Acids/ Vitamins	Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm
Bergamot	1/8ml	Bai Guo Ye (Ginkgo) - 2gm	Royal Jelly - 3:1 - 7gm	Aloe Vera:	
Camphor	1/8ml	Bu Gu Zhi - 2gm	Bee Propolis - 4:1 - 5gm	Over 70 nutrients - ¾ litre	
Chamomile German	1/8ml	Ban Xia - 2gm			
Chamomile Maroc	1/8ml	Chen Xiang - 2gm	Enzymes/Minerals	Amino Acids:	
Chamomile Roman	1/8ml	Da Huang - 2gm	Enzymes:	L-Threonine - 15gm	
Cinnamon Leaf	1/8ml	Dang Shen - 2 gm	Vegetable Enzymes - 15gm		
Clove Buds	1/8ml	Er Cha - 2gm			
Dill	1/8ml	Ge Gen - 2gm	Minerals:	Vitamins:	
Eucalyptus Globulus	1/8ml	Grapeseed - 15mcg	Calcium Amino Acid Chelate 20% - 10gm	VIT C - 15gm	
Fennel	1/8ml	Lu Jiao Shuang - 2gm	Copper Amino Acid Chelate 20% - 15gm	VIT E D - Alpha Tocopherol - 10gm	
Frankincense	1/8ml	Ma Dou Ling - 10gm (1:1) (Not UK)	Garlic - 5gm		
Hyssop	1/8ml	Mai Men Dong - 2gm	Inositol 25gm		
Juniper	1/8ml	Mao Zhao Cao (Cats Claw) - 2gm	Iron Gluconate 12.5% - 10gm		
Lavender	1/8ml	Niu Bang Zi - 2gm	Mineral Clay Powders - 15gm		
Lemon Grass	1/8ml	Pycnogenol - 10mcg	Superoxide Dismutase (S.O.D.) - 15gm		
Mountain Savoury	1/8ml	Salix Alba (White Willow) - 10gm 1:1	Zinc Amino Acid Chelate 20% - 5gm		
Niaouli	1/8ml	Shen Jin Cao - 2gm			
Peppermint	1/8ml	Shu Di Huang - 2gm			
Rose Geranium	1/8ml	Su Mu - 2gm			
Rosemary	1/8ml	Suan Zao Ren - 2gm			
Tagestes	1/8ml	Tian Nan Xing - 2gm			
Thyme Red	1/8ml	Wu Jia Pi - 2gm			
Ylang Ylang	1/8ml	Xing Ren - 2gm			
		Zhen Zhu Mu - 2gm			
		Zhi Mu - 2gm			
		Spices:			
		Asafoetidia - 10gm			
		Cardamom - 10gm			
		Celery Salt - 10gm			
		Chilli Powder - 10gm			
		Coconut Cream Block - 10gm			
		Coriander - 10gm			
		Fenugreek - 10gm			
		Horseradish Ribbled - 10gm			
		Mace Ground - 10gm			
		Mixed Spices Sweet - 10gm			
		Nutmeg Powder - 10gm			

SUBSTITUTE SHEET (RULE 26)

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula C1		(Prevention) - 2 capsules x 3 times daily for 20 days ** + Formula Z - CRN - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)	
Cold Antidote		Influenza Antidote	
Coughs/Bronchitis		**Pneumonia	
Essential Oils	Herbs/Spices	Base Ingredients	Flavouring
Bergamot Chamomile German Chamomile Maroc Chamomile Roman Cinnamon Leaf Clove Buds Eucalyptus Globulus Fennel Frankincense Hyssop Juniper Lemon Grass Mountain Savoury Myrtle Red Niaouli Patchouli Pine Rose Geranium Rosemary Spanish Marjoram Sweet Thyme Tagetes Thyme Red Ylang Ylang	Herbs: 5:1 Da Huang - 2gm Echinacaea Angustifolia - 10gm (1:1) Er Cha - 2gm Huang Lian - 2gm Jin Yin Hua - 2gm Jie Geng - 2gm Lian Zi (Red) - 2gm Long Yan Rou - 2gm Niu Bang Zi - 2gm Sang Ye - 2gm Su Mu - 2gm Wu Jia Pi - 2gm Xing Ren - 2gm Spices: Asafoetida - 10gm Cassia - 10gm Chilli Powder - 10gm Coconut Cream Block - 10gm Coriander - 10gm Cream of Tartar - 10gm Fenugreek - 10gm Horseradish Ribbled - 10gm Juniper Berries - 10g Mace Ground - 10gm Onion - 10gm	<u>Honey Products</u> Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm <u>Enzymes/Minerals</u> <u>Enzymes:</u> Vegetable Enzymes - 15gm <u>Minerals:</u> Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm <u>Amino Acids:</u> L- Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm <u>Vitamins:</u> VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm	Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula C2 (Cure) - Phial (single 50ml dose) * + Formula Z - CRC2 - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart) ** + Formula Z - CRN - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart) Coughs/Bronchitis Cold Antidote				
*Influenza Antidote **Pneumonia				
Essential Oils		Herbs/Spices	Base Ingredients	
Camphor	1/8ml	Herbs: 5:1	Honey Products	Flavouring
Chamomile Roman	1/8ml	Che Qian Cao - 2gm	Royal Jelly - 10gm	Honey - 20ml
Eucalyptus Globulus	1/8ml	Dan Shen - 2gm	Bee Propolis - 10gm	Indian Brandee - 20ml
Grand Fir	1/8ml	Echinacea Angustifolia - 10gm		Vanilla - 50gm
Juniper	1/8ml	Huang Lian - 2gm		
Melissa	1/8ml	Jie Geng - 2gm		
Patchouli	1/8ml	Jin Yin Hua - 2gm		
Tagetes	1/8ml	Lian Zi (Red) - 2gm		
		Long Yan Rou - 2gm		
		Niu Bang Zi - 2 gm		
		Sang Ye - 2gm		
		Xing Ren - 2gm		
		Spices:		
		Allspice - 10gm		
		Cinnamon Sugar - 10gm		
			Vitamins/Amino Acids	
			VIT C - 15gm	
			Inositol - 10gm	
			Lysine (Amino Acid) - 10gm	

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula D				
- 2 capsules 3 times daily over 20 days				
* + Followed by Formula F - Clarissa Balancing System				
- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)				
*Psychopathical Social Violence				
*Clinical Depression (inherited) Hypertension		*Insomnia *Lifestyle Depression		
Mental Breakdown Post Natal Depression		Stress		
Essential Oils		Herbs/Spices	Base Ingredients	Flavouring
Basil 1/8ml	Herbs: 5:1	Bai Dou Kou - 2gm	<u>Honey Products</u>	Honey - 20ml
Bergamot 1/8ml	Bai Guo Ye (Ginkgo) - 2gm	Bai He - 2gm	Royal Jelly - 3:1 - 7gm	Indian Brandee - 20ml
Chamomile German 1/8ml	Bai He - 2gm	Da Huang - 2gm	Bee Propolis - 4:1 - 5gm	Vanilla - 50gm
Chamomile Maroc 1/8ml	Dang Shen - 2gm	Dang Shen - 2gm	<u>Enzymes/Minerals</u>	
Chamomile Roman 1/8ml	Du Zhong - 2gm	Du Zhong - 2gm	<u>Enzymes:</u>	
Cinnamon Leaf 1/8ml	Er Cha - 2gm	Er Cha - 2gm	Vegetable Enzymes - 15gm	
Clove Buds 1/8ml	Grapeseed - 15mcg	Grapeseed - 15mcg	<u>Minerals:</u>	
Eucalyptus Globulus 1/8ml	Gui Ban - 2gm	Gui Ban - 2gm	Calcium Amino Acid Chelate 20% - 10gm	
Fennel 1/8ml	Pycnogenol - 10mcg	Pycnogenol - 10mcg	<u>Vitamins:</u>	
Frankincense 1/8ml	Su Mu - 2gm	Su Mu - 2gm	VIT C - 15gm	
Grapefruit 1/8ml	Tian Ma - 2gm (Not UK)	Tian Ma - 2gm (Not UK)	Copper Amino Acid Chelate 20% - 15gm	
Hyssop 1/8ml	Wu Jia Pi - 2gm	Wu Jia Pi - 2gm	Garlic - 5gm	
Juniper 1/8ml	Yin Yang Huo - 2gm	Yin Yang Huo - 2gm	Inositol 25gm	
Lemon Grass 1/8ml	<u>Spices:</u>		Iron Gluconate 12.5% - 10gm	
Melissa 1/8ml	Aniseed - 10gm	Aniseed - 10gm	Mineral Clay Powders - 15gm	
Mountain Savoury 1/8ml	Asafoetida - 10gm	Asafoetida - 10gm	Zinc Amino Acid Chelate 20% - 5gm	
Niaouli 1/8ml	Chilli - 10gm	Chilli - 10gm		
Rose Geranium 1/8ml	Coconut Cream Block - 10gm	Coconut Cream Block - 10gm		
Rosemary 1/8ml	Coconut Ground - 10gm	Coconut Ground - 10gm		
Sweet Marjoram 1/8ml	Coriander - 10gm	Coriander - 10gm		
Tagetes 1/8ml	Fenugreek - 10gm	Fenugreek - 10gm		
Thyme Red 1/8ml	Horseradish Ribbled - 10gm	Horseradish Ribbled - 10gm		
Ylang Ylang 1/8ml	Mace Ground - 10gm	Mace Ground - 10gm		
	Mixed Spices Sweet - 10gm	Mixed Spices Sweet - 10gm		

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula F - CBA 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)					
Clarissa Carer - Personal Balancing System - Lack of Self Confidence					
Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients		Carrier Oils
Agrimon - 1ml Crab Apple - 1ml Sweet Chestnut - 1ml	Bergamot Chamomile Roman Eucalyptus Globulus Fennel Hyssop Juniper Niaouli	Herbs: 5:1 Bai Dou Kou - 2gm Da Huang - 2gm Ji Xue Teng - 2gm Spices: Cassia Bark - 10gm	Aloe Vera Pure - 20ml Honey 20ml		Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

Product Formula F - CBB 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)					
Clarissa Carer - Personal Balancing System - Love and Contentment					
Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients		Carrier Oils
Aspen - 1ml Chicory - 1ml Gorse - 1ml Mimulus - 1ml Vervain - 1ml Wild Rose - 1ml	Bergamot Chamomile Roman Eucalyptus Globulus Fennel Hyssop Juniper Niaouli	Herbs: 5:1 Da Huang - 2gm Gou Teng - 2gm Spices: Allspice Ground - 10gm Dill Seeds - 10gm	Aloe Vera Pure - 20ml Honey - 20ml		Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula F - CBC					
2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)					
Clarissa Balancing System					
Clarissa Carer - Personal Balancing System					
- Fear of Achievement					
Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils	
Beech - 1ml Clematis - 1ml Hornbeam - 1ml Larch - 1ml Mustard - 1ml Vine - 1ml	Bergamot 1/8ml Chamomile Roman 1/8ml Eucalyptus Globulus 1/8ml Fennel 1/8ml Hyssop 1/8ml Juniper 1/8ml Niaouli 1/8ml	Herbs: 5:1 Da Huang - 2gm Jin Ying Zi - 2gm Sang Ye - 2gm Spices: Asafoetida - 10gm Cloves Ground - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	

Product Formula F - CBD					
2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)					
Clarissa Balancing System					
Clarissa Carer - Personal Balancing System					
- Anger & Jealousy					
Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils	
Centuary - 1ml Elm - 1ml Impatiens - 1ml Walnut - 1ml Wild Oat - 1ml	Bergamot 1/8ml Chamomile Roman 1/8ml Eucalyptus Globulus 1/8ml Fennel 1/8ml Hyssop 1/8ml Juniper 1/8ml Niaouli 1/8ml	Herbs: 5:1 Da Huang - 2gm Ye Ju Jua - 2gm Spices: Cardamom Seeds - 10gm Fenugreek Powder - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	

PRODUCT FORMULA BY AILMENT & ILLNESS**Product Formula F - CBE** **2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)**

Clarissa Balancing System

Clarissa Carer - Personal Balancing System

- Hate & Regret

Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Cerato - 1ml Gentian - 1ml Heather - 1ml Oak - 1ml Rock Water - 1ml Scleranthus - 1ml	Bergamot 1/8ml Chamomile Roman 1/8ml Eucalyptus Globulus 1/8ml Fennel 1/8ml Hyssop 1/8ml Juniper 1/8ml Niaouli 1/8ml	Herbs: 5:1 Da Huang - 2gm Fu Pen Zi - 2gm Spices: Caraway Ground - 10gm Chilli Powder - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

Product Formula F - CBF **2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)**

Clarissa Balancing System

Clarissa Carer - Personal Balancing System

- Lack of Self Esteem

Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Cherry Plum - 1ml Holly - 1ml Olive - 1ml Red Chestnut - 1ml Rock Rose - 1ml White Chestnut - 1ml	Bergamot 1/8ml Chamomile Roman 1/8ml Eucalyptus Globulus 1/8ml Fennel 1/8ml Hyssop 1/8ml Juniper 1/8ml Niaouli 1/8ml	Herbs: 5:1 Che Quian Cao - 2gm Da Huang - 2gm Su Mu - 2gm Spices: Arrowroot Ground - 10gm Cinnamon Ground - 10gm	Aloe Vera Pure - 20ml Honey 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula F - CBG					
2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)					
Clarissa Balancing System					
Clarissa Carer - Personal Balancing System					
- Mental Strength & Stamina					
Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils	
Chestnut Bud - 1ml	Bergamot 1/8ml	Herbs: 5:1 Da Huang - 2gm	Aloe Vera Pure - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	
Honeysuckle - 1ml	Chamomile Roman 1/8ml	Gou Teng - 2gm	Honey - 20ml		
Pine - 1ml	Eucalyptus Globulus 1/8ml	Hu Huang Lian - 10gm			
Star of Bethlehem - 1ml	Fennel 1/8ml	Spices: Coriander Ground - 10gm			
Water Violet - 1ml	Juniper 1/8ml	Laos Powder - 10gm			
Rescue Remedy - 1ml	Niaouli 1/8ml				

Product Formula F - CBH					
2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)					
Clarissa Balancing System					
Clarissa Carer - Personal Balancing System					
- Guilt & Responsibility					
Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils	
Aspen - 1ml	Bergamot 1/8ml	Herbs: 5:1 Bai Guo - 2gm	Aloe Vera Pure - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	
Cherry Plum - 1ml	Chamomile Roman 1/8ml	Da Huang - 2gm	Honey - 20ml		
Elm - 1ml	Eucalyptus Globulus 1/8ml	Hu Po - 2gm			
Honeysuckle - 1ml	Fennel 1/8ml	Spices: Cardamom - 10gm			
	Hyssop 1/8ml	Fennel Powder - 10gm			
	Juniper 1/8ml				

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula F - CBT					
2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)					
Clarissa Balancing System					
Clarissa Carer - Personal Balancing System					
- Abuse, Trauma & Shock					
Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients		Carrier Oils
Chicory - 1ml Gorse - 1ml Rescue Remedy - 1ml	Bergamot 1/8ml Chamomile Roman 1/8ml Eucalyptus Globulus 1/8ml Fennel 1/8ml Hyssop 1/8ml Juniper 1/8ml Niaouli 1/8ml	Herbs: 5:1 Chan Tui - 2gm Da Huang - 2gm Jin Ying Zi - 2gm Spices: Carob - 10gm Dill - 10gm	Aloe Vera Pure - 20ml Honey - 20ml		Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

Product Formula F - CBV					
2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)					
Clarissa Balancing System					
Clarissa Balancing System					
- Bereavement/Loss					
Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients		Carrier Oils
Centaury - 1ml Chicory - 1ml Hornbeam - 1ml Rock Water - 1ml	Bergamot 1/8ml Chamomile Roman 1/8ml Eucalyptus Globulus 1/8ml Fennel 1/8ml Hyssop 1/8ml Juniper 1/8ml Niaouli 1/8ml	Herbs: 5:1 Ba Ji Tian - 2gm Da Huang - 2gm Xian He Cao - 2gm Spices: Anise Star - 10gm Chilli - 10gm	Aloe Vera Pure - 20ml Honey - 20ml		Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

PRODUCT FORMULA BY AILMENT & ILLNESS

<u>Product Formula G</u>		Phial (Single 50ml dose)			
Gastroenteritis Sickness					
Essential Oils		Herbs/Spices		Vitamins/Amino Acids	Flavouring
Chamomile Maroc	1/8ml	Herbs: 5:1		VIT C - 15gm	Vanilla - 50gm
Hyssop	1/8ml	Bai Jiang Cao - 2gm		Inositol - 25gm	Honey - 10ml
Lavender	1/8ml	Bai Zhu - 2gm		Vegetable Enzymes - 15gm	Indian Brandee - 10ml
Niaouli	1/8ml	Da Huang - 2gm			
		Shen Jin Cao - 2gm			
		Spices:			
		Carob - 10gm			
		Coconut Powder - 10gm			
		Fenugreek - 10gm			

PRODUCT FORMULA BY AILMENT & ILLNESS

<u>Product Formula H</u>		Phial (Single 50ml dose)			
Headache Migraine					
Essential Oils		Herbs/Spices		Vitamins/Amino Acids	Flavouring
Basil	¹ / ₈ ml	Herbs: 5:1		VIT C - 15gm	
Bergamot	¹ / ₈ ml	Da Huang - 2gm		Inositol - 25gm	
Camphor	¹ / ₈ ml	Salix Alba (White Willow) - 10gm		Vegetable Enzymes - 15gm	
Chamomile Roman	¹ / ₈ ml	1:1			
Dill	¹ / ₈ ml	Su Mu - 2gm			
Eucalyptus Globulus	¹ / ₈ ml	Yan Hu Suo - 2gm			
Fennel	¹ / ₈ ml	Yang Rong Wan - 2gm (Patent)			
Ginger	¹ / ₈ ml				
Hyssop	¹ / ₈ ml	Spices:			
Juniper	¹ / ₈ ml	Caraway Ground - 10gm			
Niaouli	¹ / ₈ ml	Fennel - 10gm			
Patchouli	¹ / ₈ ml				

PRODUCT FORMULA BY AILMENT & ILLNESS

<u>Product Formula I</u>				
Inertility				
- 2 capsules 3 times daily over 20 days				
Essential Oils		Herbs/Spices	Base Ingredients	Flavouring
Basil	1/8ml	Herbs: 5:1	<u>Honey Products</u>	<u>Aloe Vera/Amino Acids/Vitamins</u>
Bergamot	1/8ml	Da Huang - 2gm	Royal Jelly - 3:1 - 7gm	Aloe Vera:
Chamomile German	1/8ml	Er Cha - 2gm	Bee Propolis - 4:1 - 5gm	Over 70 nutrients - 3/4 litre
Chamomile Maroc	1/8ml	Huai Jiao Zi - 2gm	<u>Enzymes/Minerals</u>	<u>Amino Acids:</u>
Chamomile Roman	1/8ml	Lian Zi (Red) - 2gm	<u>Enzymes:</u>	L-Threonine - 15gm
Cinnamon Leaf	1/8ml	Lu Jiao Shuang - 2gm	Vegetable Enzymes - 15gm	Superoxide Dismutase (S.O.D.) - 15gm
Clove Buds	1/8ml	Su Mu - 2gm	<u>Minerals:</u>	
Eucalyptus Globulus	1/8ml	Wu Jia Pi - 2gm	Calcium Amino Acid Chelate 20% - 10gm	
Fatigue	1/8ml		Copper Amino Acid Chelate 20% - 15gm	
Fennel	1/8ml	Spices:	Garlic - 5gm	
Frankincense	1/8ml	Asafoetida - 10gm	Inositol 25gm	
Hyssop	1/8ml	Carob - 10gm	Iron Gluconate 12.5% - 10gm	
Juniper	1/8ml	Chilli Powder - 10gm	Mineral Clay Powders - 15gm	
Lavender	1/8ml	Cinnamon Sugar 10gm	Zinc Amino Acid Chelate 20% - 5gm	
Lemon Grass	1/8ml	Coconut Cream Block - 10gm		
Mountain Savoury	1/8ml	Coriander - 10gm		
Niaouli	1/8ml	Fenugreek - 10gm		
Patchouli	1/8ml	Ginger - 10gm		
Rose Geranium	1/8ml	Horseshoe Ribbled - 10gm		
Rosemary	1/8ml	Juniper Berries - 10gm		
Tagetes	1/8ml	Mace Ground - 10gm		
Thyme Red	1/8ml			
Ylang Ylang	1/8ml			

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula J - 2 capsules 3 times daily over 20 days * + Formula Z - CRJ - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart) ** + Formula Z - CRN - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart) *Herpes **Leukaemia *Parkinson's Disease Shingles *Senile Dementia			
Base Ingredients			
Flavouring			
Essential Oils			
Bergamot	1/6ml	Herbs: 5:1	Honey Products
Camphor	1/6ml	Bai Guo Ye (Ginkgo) - 2gm	Royal Jelly - 3:1 - 7gm
Chamomile German	1/6ml	Ba Ji Tian - 2gm	Bee Propolis - 4:1 - 5gm
Chamomile Maroc	1/6ml	Da Huang - 2gm	
Chamomile Roman	1/6ml	Dang Shen - 2gm	
Cinnamon Leaf	1/6ml	Er Cha - 2gm	Amino Acids:
Clove Buds	1/6ml	Grapeseed - 15mcg	Copper Amino Acid Chelate - 15gm
Eucalyptus Globulus	1/6ml	Pycnogenol - 10mcg	Glutamine - 15gm
Fennel	1/6ml	Salix Alba (White Willow) - 10gm	L-Threonine - 15gm
Frankincense	1/6ml	1:1	Superoxide Dismutase (S.O.D.) - 15gm
Hyssop	1/6ml	Shu Di Huang - 2gm	
Juniper	1/6ml	Su Mu - 2gm	Vitamins:
Lemon Grass	1/6ml	Wu Jia Pi - 2gm	VIT C - 15gm
Mountain Savoury	1/6ml	Wu Yao - 2gm	VIT E D - Alpha Tocopherol - 10gm
Niaouli	1/6ml	Zhen Zhu Mu - 2gm	
Rosemary	1/6ml		
Rose Geranium	1/6ml	Spices:	
Tagetes	1/6ml	Allspice - 10gm	
Thyme Red	1/6ml	Asafoetida - 10gm	
Ylang Ylang	1/6ml	Cayenne Pepper - 10gm	
		Chilli Powder - 10gm	
		Coriander - 10gm	
		Dill Seeds - 10gm	
		Fenugreek - 10gm	
		Horseradish Ribbed - 10gm	
		Mace Ground - 10gm	
		Slippery Elm - 10gm	
			Minerals:
			Calcium Amino Acid Chelate 20% - 10gm
			Copper Amino Acid Chelate 20% - 15gm
			Garlic - 5gm
			Inositol 25gm
			Iron Gluconate 12.5% - 10gm
			Mineral Clay Powders - 15gm
			Zinc Amino Acid Chelate 20% - 5gm
			Enzymes/Minerals
			Enzymes:
			Vegetable Enzymes - 15gm
			Amino Acids:
			Copper Amino Acid Chelate - 15gm
			Glutamine - 15gm
			L-Threonine - 15gm
			Superoxide Dismutase (S.O.D.) - 15gm
			Vitamins:
			VIT C - 15gm
			VIT E D - Alpha Tocopherol - 10gm

PRODUCT FORMULA BY AILMENT & ILLNESS

<u>Product Formula K</u>				
- 2 capsules 3 times daily over 20 days				
Cerebral Palsy		Epilepsy	Mumps	Flavouring
Chicken Pox		Measles	Scarlet Fever	
Essential Oils		Herbs/Spices	Base Ingredients	
Basil 1/8ml Bergamot 1/8ml Carrot 1/8ml Chamomile German 1/8ml Chamomile Maroc 1/8ml Chamomile Roman 1/8ml Cinnamon Leaf 1/8ml Clove Buds 1/8ml Eucalyptus Globulus 1/8ml Fennel 1/8ml Frankincense 1/8ml Hyssop 1/8ml Juniper 1/8ml Lemon Grass 1/8ml Mountain Savoury 1/8ml Niaouli 1/8ml Rose Geranium 1/8ml Rosemary 1/8ml Tagetes 1/8ml Thyme Red 1/8ml Ylang Ylang 1/8ml	Herbs: 5:1 Chi Shao Yao - 2gm Da Huang - 2gm Er Cha - 2gm Guo Teng - 2gm Huang Lian - 2gm Mao Zhao Cao (Cats Claw) - 2gm Mu Tong - 2gm Niu Bang Zi - 2gm Su Mu - 2gm Wu Jia Pi - 2gm Spices: Asafoetida - 10gm Chilli Powder - 10gm Coconut Cream Block - 10gm Coconut Ground - 10gm Coriander - 10gm Dutch Caraway - 10gm Fenugreek - 10gm Horseradish - 10g Mace Ground - 10gm Mixed Spices Sweet - 10gm	Honey Products Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm Enzymes/Minerals Enzymes: Vegetable Enzymes - 15gm Minerals: Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm Amino Acids: L-Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm Vitamins: VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm	Aloe Vera/Amino Acids/Vitamins Aloe Vera: Over 70 nutrients - 3/4 litre Flavouring Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm	

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula L - 2 capsules 3 times daily over 20 days

Birth Control

Essential Oils		Herbs/Spices	Base Ingredients		Flavouring
Aniseed	1/8ml	Herbs: 5:1	Honey Products	Aloe Vera/Amino Acids/ Vitamins	Honey - 20ml
Bergamot	1/8ml	Da Huang - 2gm	Royal Jelly - 3:1 - 7gm	Aloe Vera:	Indian Brandee - 20ml
Chamomile German	1/8ml	Er Cha - 2gm	Bee Propolis - 4:1 - 5gm	Over 70 nutrients - 3/4 litre	Vanilla - 50gm
Chamomile Maroc	1/8ml	He Zi - 2gm			
Chamomile Roman	1/8ml	Jin Ying Zi - 2gm	Enzymes/Minerals	Amino Acids:	
Cinnamon Leaf	1/8ml	Mao Zhao Cao (Cats Claw) - 2gm	Enzymes:	L-Threonine - 15gm	
Clove Buds	1/8ml	Mu Hu Die - 2gm	Vegetable Enzymes - 15gm	Superoxide Dismutase (S.O.D.) - 15gm	
Eucalyptus Globulus	1/8ml	Su Mu - 2gm			
Fennel	1/8ml	Wu Jia Pi - 2gm	Minerals:	Vitamins:	
Frankincense	1/8ml	Yam - 2gm	Calcium Amino Acid Chelate 20% - 10gm	VIT C - 15gm	
Hyssop	1/8ml		Copper Amino Acid Chelate 20% - 15gm	VIT E D - Alpha Tocopherol - 10gm	
Juniper	1/8ml				
Lavender	1/8ml	Spices:			
Lemon Grass	1/8ml	Asafoetida - 10gm			
Mountain Savoury	1/8ml	Cardamom - 10gm			
Niaouli	1/8ml	Chilli Powder - 10gm			
Rose Geranium	1/8ml	Coconut Cream Block - 10gm			
Rosemary	1/8ml	Coriander - 10gm			
Tagetes	1/8ml	Fennel - 10gm			
Thyme Red	1/8ml	Fenugreek - 10gm			
Ylang Ylang	1/8ml	Horseradish Ribbled - 10gm			
		Mace - 10gm			
		Onion - 10gm			

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula M - 2 capsules 3 times daily over 20 days * + Formula Z - CRM - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)				
Essential Oils *Anaemia Glandular Fever Lypus				
Herbs/Spices Herbs: 5:1 Bai Guo Ye (Ginkgo) - 2gm Ba Ji Tian - 2gm Chen Xiang - 2gm Da Huang - 2gm Er Cha - 2gm Grapeseed - 15mcg Huang Lian - 2gm Mao Zhao Cao (Cats Claw) - 2gm Niu Bang Zi - 2gm Pycnogenol - 10mcg Salix Alba (White Willow) - 10gm 1:1 Su Mu - 2gm Wu Jia Pi - 2gm Zhi Zi - 2gm Spices: Asafoetida - 10gm Chilli Powder - 10gm Cinnamon Sugar - 10gm Cloves 10gm Coconut Cream Block - 10gm Coriander - 10gm Fenugreek - 10gm Garlic - 10g Horseradish Ribbled - 10gm Juniper Berries - 10gm Mace Ground - 10gm				
Base Ingredients Honey Products Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm Enzymes/Minerals Enzymes: Vegetable Enzymes - 15gm Minerals: Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm Amino Acids: L-Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm Vitamins: VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm				
Flavouring Honey - 20ml Indian Brandy - 20ml Vanilla - 50gm				

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula N **NUTRITIONAL AND BODY CLEANSING DRINK SUPPLEMENT**

- 10ml daily preferably at bedtime - 90 days supply

Immune System

Essential Oils		Herbs/Spices	Base Ingredients		Flavouring
Basil	1/8ml	Herbs: 5:1	Honey Products	Aloe Vera:	Honey - 20ml
Bergamot	1/8ml	Bai Guo Ye (Ginkgo) - 1gm	Royal Jelly - 3:1 - 7gm	Over 70 nutrients including all vitamins	Indian Brandee - 20ml
Chamomile German	1/8ml	Bai Zhi - 1gm	Bee Propolis - 4:1 - 5gm	B1-B16 - 3/4 litre	Vanilla - 50gm
Chamomile Maroc	1/8ml	Ban Xia - 1gm			
Chamomile Roman	1/8ml	Boswellia Serrata - 5gm 1:1			
Cinnamon Leaf	1/8ml	Chai Hu - 1gm	Enzymes:	Amino Acids:	
Clove Buds	1/8ml	Da Huang - 1gm	Co Enzyme Q10 - 10mcg	Glucosamine (n-Acetyl-d) - 7.5gm	
Eucalyptus Globulus	1/8ml	Dang Gui (Dong Quai) - 1 gm	Vegetable Enzymes 4:1 - 7.5gm	Glutamine - 15gm	
Fennel	1/8ml	Dang Shen - 1gm		Hesperidin Complex - 7.5gm	
Frankincense	1/8ml	Er Cha - 1gm	Minerals:	Histidine - 7.5gm	
Hyssop	1/8ml	Chamaelirium Lurea (False Unicorn) - 1gm	Calcium Amino Acid Chelate 20% - 5gm	Isoleucine - 7.5gm	
Juniper	1/8ml	Gou Qi Zi(Lycium) - 1gm	Chromium Niacin - 10mcg	L-Aspartic Acid - 7.5gm	
Lemon Grass	1/8ml	Grapeseed - 15mcg	Copper Amino Acid Chelate 20% - 7.5gm	L-Phenylalanine - 7.5gm	
Mountain Savoury	1/8ml	Lu Jiao Shuang - 1gm	Devil's Claw - 7.5gm	Lecithin - 7.5gm	
Niaouli	1/8ml	Man Jing Zi - 1gm	Inositol 12.5gm	Lysine - 7.5gm	
Rose Geranium	1/8ml	Mao Zhao Cao (Cats Claw) - 1gm	Iron Gluconate 12.5% - 5gm	L-Taurine - 7.5gm	
Rosemary	1/8ml	Mexican Yam Root - 5gm 1:1	Magnesium Amino Acid Chelate - 10gm	L-Threonine - 7.5gm	
Tagetes	1/8ml	Pycnogenol - 10mcg	Manganese Gluconate - 10gm	Phosphatidyl Choline - 10gm	
Thyme Red	1/8ml	Rou Cong Rong - 1gm	Mineral Clay Powders - 7.5gm		
Ylang Ylang	1/8ml	Salix Alba (White Willow) - 5gm 1:1	Molybdenum - 7.5gm		
		Shan Zha - 1gm	Selenium Methionine 5% - 5gm	Vitamins:	
		Sheng Ma - 1gm	Superoxide Dismutase (S.O.D.) - 7.5gm	Beta-carotene Dunallella Salina Algae	
		Su Mu - 1gm	Zinc Amino Acid Chelate 20% - 2.5gm	2.5% - 7.5gm	
		Wu Jia Pi - 1gm		Biotin - 5mcg	
		Yi Mu Cao - 1gm		Folic Acid - 15gm	
		Yohimbe (prescription only) - 1gm		VIT C - 15gm	
		Spices:		VIT E D - Alpha Tocopherol - 10gm	
		Allspice - 5gm		K1 5% - 1gm	
		Asafoetida - 5gm	Nutritional Oils & Fats		
		Caraway Ground - 5gm	Cod Liver Powder - 7.5gm		
		Chilli Powder - 5gm	Evening Primrose - 15ml		
		Coconut Cream Block - 5gm	Garlic Powder - 5gm		
		Coriander - 5gm	Linoleic acid - 7.5gm		
		Cream of Tartar - 5gm	Linolenic acid - 7.5gm		
		Fenugreek - 5gm	Olive Oil - 15ml		
		Horseradish Ribbled - 5gm			
		Mace Ground - 5gm			

PRODUCT FORMULA BY AILMENT & ILLNESS

- 2 capsules 3 times daily over 20 days

Product Formula Q

Partial & Total Deafness

Essential Oils	Herbs/Spices	Base Ingredients	Flavouring
Basil 1/8ml Bergamot 1/8ml Carrot 1/8ml Chamomile German 1/8ml Chamomile Maroc 1/8ml Chamomile roman 1/8ml Cinnamon Leaf 1/8ml Clove Buds 1/8ml Eucalyptus Globulus 1/8ml Fennel 1/8ml Frankincense 1/8ml Hyssop 1/8ml Juniper 1/8ml Lemon Grass 1/8ml Melissa 1/8ml Mountain Savoury 1/8ml Niaouli 1/8ml Rose Geranium 1/8ml Rosemary 1/8ml Tagetes 1/8ml Thyme Red 1/8ml Ylang Ylang 1/8ml	Herbs: 5:1 Bai Guo Ye (Ginkgo) - 2gm Da Huang - 2gm Er Cha - 2gm Gou Teng - 2gm Mu Li - 2gm Sang Ye - 2gm Su Mu - 2gm Wu Jia Pi - 2gm Ye Ju Hua - 2gm Spices: Anise Star - 10gm Asafoetida - 10gm Cassia - 10gm Chilli Powder - 10gm Coconut Cream Block - 10gm Coriander - 10gm Fennel - 10gm Fenugreek - 10gm Horseradish Ribbled - 10gm Laos - 10gm Mace Ground - 10gm Turmeric - 10gm	Honey Products Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm Enzymes/Minerals Enzymes: Vegetable Enzymes - 15gm Minerals: Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm Amino Acids: L-Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm Vitamins: VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm Aloe Vera/Amino Acids/Vitamins Aloe Vera: Over 70 nutrients - 3/4 litre	Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm

PRODUCT FORMULA BY AILMENT & ILLNESS

<u>Product Formula P</u>			
- 2 capsules 3 times daily over 20 days			
Prostrate Gland			
<u>Essential Oils</u>	<u>Herbs/Spices</u>	<u>Base Ingredients</u>	<u>Flavouring</u>
Impotence Libido	Herbs: 5:1 Bai Guo Ye (Ginkgo) - 2gm Da Huang - 2gm Dang Gui (Dong Quai) - 2gm Er Cha - 2gm Grapeseed - 15mcg Huang Qi - 2gm Jiang Can - 2gm Lian Zi (Red) - 2gm Lu Jiao Shuang - 2gm Mai Ya - 2gm Mu Dan Pi 2gm Pycnogenol - 10mcg Shu Di Huang - 2gm Su Mu - 2gm Wu Jia Pi - 2gm Yohimbe (Prescription only) - 2gm Spices: Allspice - 10gm Asafoetida - 10gm Celery Salt - 10gm Chilli Powder - 10gm Coconut Cream Block - 10gm Coriander - 10gm Dill Seeds - 10gm Fenugreek - 10gm Garlic - 10gm Horseradish Ribbled - 10gm Mace Ground - 10gm	Honey Products Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm Enzymes/Minerals Enzymes: Vegetable Enzymes - 15gm Minerals: Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm Amino Acids: L- Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm Vitamins: VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm	Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm

PRODUCT FORMULA BY AILMENT & ILLNESS

<u>Product Formula Q</u>				
- 2 capsules 3 times daily over 20 days				
Abrasions, Bruises, Burns, Cuts		Bunions		
Essential Oils		Herbs/Spices	Base Ingredients	Flavouring
Aniseed 1/8ml	1/8ml	Herbs: 5:1 Da Huang - 2gm	Honey Products Royal Jelly - 3:1 - 7gm	Honey - 20ml
Bergamot 1/8ml	1/8ml	Er Cha - 2gm	Aloe Vera: Aloe Vera: Over 70 nutrients - ¾ litre	Indian Brandee - 20ml
Camphor 1/8ml	1/8ml	Jin Yin Hua - 2gm		Vanilla - 50gm
Chamomile German 1/8ml	1/8ml	Salix Alba (White Willow) - 10gm		
Chamomile Maroc 1/8ml	1/8ml	1:1	Enzymes/Minerals	
Chamomile Roman 1/8ml	1/8ml	Su Mu - 2gm	Enzymes: Vegetable Enzymes - 15gm	Amino Acids: L-Threonine - 15gm
Cinnamon Leaf 1/8ml	1/8ml	Wu Jia Pi - 2gm		Superoxide Dismutase (S.O.D.) - 15gm
Clove Buds 1/8ml	1/8ml			
Eucalyptus Globulus 1/8ml	1/8ml	Spices:	Minerals: Calcium Amino Acid Chelate 20% - 10gm	
Fennel 1/8ml	1/8ml	Asafoetida - 10gm		Vitamins: VIT C - 15gm
Frankincense 1/8ml	1/8ml	Chilli Powder - 10gm		VIT E D - Alpha Tocopherol - 10gm
Ginger 1/8ml	1/8ml	Cinnamon - 10gm	Copper Amino Acid Chelate 20% - 15gm	
Hysop 1/8ml	1/8ml	Coconut Cream Block - 10gm		
Juniper 1/8ml	1/8ml	Coriander - 10gm	Garlic - 5gm	
Lemon Grass 1/8ml	1/8ml	Cream of Tartar - 10gm	Inositol 25gm	
Mountain Savoury 1/8ml	1/8ml	Fennel - 10gm	Iron Gluconate 12.5% - 10gm	
Niaouli 1/8ml	1/8ml	Fenugreek - 10gm	Mineral Clay Powders - 15gm	
Rose Geranium 1/8ml	1/8ml	Horseradish Ribbled - 10gm	Zinc Amino Acid Chelate 20% - 5gm	
Rosemary 1/8ml	1/8ml	Mace Ground - 10gm		
Tagetes 1/8ml	1/8ml			
Thyme Red 1/8ml	1/8ml			
Ylang Ylang 1/8ml	1/8ml			

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula R - 2 capsules 3 times daily over 20 days * + Formula Z - CRR - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)			
Arthritis - Osteo	Gout	Inflammation, Back Ache, Sprains	*Osteoporosis Sarcodosis
Arthritis - Rheumatoid	Inflammation, Back Ache, Sprains	Sciatica Varicose Veins	
Essential Oils	Herbs/Spices	Base Ingredients	Flavouring
Bergamot Camphor Chamomile German Chamomile Maroc Chamomile Roman Cinnamon Leaf Clove Buds Eucalyptus Globulus Fatigue Fennel Frankincense Ginger Hyssop Juniper Lemon Grass Mountain Savoury Niaouli Red Myrtle Rose Geranium Rosemary Tagetes Thyme Red Ylang Ylang	Herbs: 5:1 Bai Guo Ye (Ginkgo) - 2gm Bi Ji Tian - 2gm Boswellia Serreta - 1gm Chen Xiang - 2gm Da Huang - 2gm Dang Shen - 2gm Er Cha - 2gm Fu Ling - 2gm Grapeseed - 15mcg Jin Yin Hua - 2gm Mai Men Dong - 2gm Mao Zhao Cao (Cats Claw) - 2gm Pycnogenol - 10mcg Salix Alba (White Willow) - 10gm 1:1 Su Mu - 2gm Wu Jia Pi - 2gm Xian He Cao - 2gm Yan Hu Suo - 2gm Zhi Mu - 2gm Spices: Asafoetida - 10gm Cardamom - 10gm Chilli Powder - 10gm Coconut Cream Block - 10gm Coriander - 10gm Dutch Caraway - 10gm Fenugreek - 10gm Horseradish Ribbled - 10gm Juniper Berries - 10gm Laos Powder - 10gm Mace Ground - 10gm Turmeric - 10gm	Honey Products Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm Enzymes/Minerals Enzymes: Vegetable Enzymes - 15gm Minerals: Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm Amino Acids: L- Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm Vitamins: VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm	Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm

PRODUCT FORMULA BY AILMENT & ILLNESS

SPORTS PERFORMANCE & INJURIES

Product Formula S1

- 2 capsules 3 times daily over 20 days

** + Formula Z - CRN - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)

Internal Body Conditioner Stamina

**Energy Booster

Immune Balancing System

Essential Oils		Herbs and Spices	Base Ingredients		Flavouring	Practitioners
Aniseed	1/8ml	Herbs: 5:1	Honey Products	<u>Aloe Vera/Amino Acids/</u>	Honey - 20ml	Flower Remedy
Basil	1/8ml	Bai Guo Ye (Ginkgo) - 2gm	Royal Jelly - 3:1 - 7gm	<u>Vitamins</u>	Indian Brandee - 20ml	Chinese
Bergamot	1/8ml	Chi Shao Yao - 2gm	Bee Propolis - 4:1 - 5gm	<u>Aloe Vera:</u>	Vanilla - 50gm	Acupuncture - 2 sessions
Chamomile German	1/8ml	Da Huang - 2gm		Over 70 nutrients - 3/4 litre		Chiropractic - 2 sessions
Chamomile Maroc	1/8ml	Dang Gui(Dong Quai) - 2gm				Alexander Technique
Chamomile Roman	1/8ml	Er Cha - 2gm	<u>Enzymes/Minerals</u>	<u>Amino Acids:</u>		
Cinnamon Leaf	1/8ml	Fu Pen Zi - 2gm	<u>Enzymes:</u>	L- Threonine - 15gm		
Clove Buds	1/8ml	Gou Teng - 2gm	Vegetable Enzymes - 15gm	Superoxide Dismutase (S.O.D.) - 15gm		
Eucalyptus Globulus	1/8ml	Mao Zhao Cao (Cats Claw) - 2gm	<u>Minerals:</u>			
Fatigue	1/8ml	Mu Li - 2gm	Calcium Amino Acid Chelate	<u>Vitamins:</u>		
Fennel	1/8ml	Su Mu - 2gm	20% - 10gm	VIT C - 15gm		
Frankincense	1/8ml	Wu Jia Pi - 2gm	Copper Amino Acid Chelate	VIT E D - Alpha Tocopherol - 10gm		
Hyssop	1/8ml	Spices:	20% - 15gm			
Juniper	1/8ml	Asafoetida - 10gm	Garlic - 5gm			
Lemon Grass	1/8ml	Cassia - 10gm	Inositol 25gm			
Mountain Savoury	1/8ml	Chilli Powder - 10gm	Iron Gluconate 12.5% - 10gm			
Niaouli	1/8ml	Coconut Cream Block - 10gm	Mineral Clay Powders - 15gm			
Rose Geranium	1/8ml	Coriander - 10gm	Zinc Amino Acid Chelate			
Rosemary	1/8ml	Dill Seeds - 10gm	20% - 5gm			
Tagetes	1/8ml	Fenugreek - 10gm				
Thyme Red	1/8ml	Horseradish Ribbled - 10gm				
Ylang Ylang	1/8ml	Juniper Berries - 10gm				
		Lemon Grass - 10gm				
		Mace Ground - 10gm				
		Mixed Spices - 10gm				

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula S2					
EXTERNAL PHYSIO APPLICATION - SPORTS PERFORMANCE & INJURIES					
Pre Performance Lotion (per 10 applications)					
Aloe Vera	Essential Oils	Herbs/Spices	Honey Products	Massage Oil	
Heat Lotion - 20gm	Aniseed $\frac{1}{8}$ ml Basil $\frac{1}{8}$ ml Chamomile Maroc $\frac{1}{8}$ ml Fennel $\frac{1}{8}$ ml	Herbs: 5:1 Chi Shao Yao - 2gm Qiang Huo - 2gm Spices: Cardamom - 10gm Ginger - 10gm	Bee Propolis - 4:1 - 5gm	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	

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Product Formula S3					
EXTERNAL PHYSIO AND REFLEXOLOGY APPLICATION - SPORTS PERFORMANCE & INJURIES					
Maintenance Recovery Massage + Formula Z - CRS3 - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart) (per 10 applications)					
Aloe Vera	Essential Oils	Herbs/Spices	Honey Products	Massage Oil	Practitioners
Aloe Activator - 10ml Heat Lotion - 20gm	Aniseed $\frac{1}{8}$ ml Basil $\frac{1}{8}$ ml Camphor $\frac{1}{8}$ ml Chamomile Maroc $\frac{1}{8}$ ml Eucalyptus Globulus $\frac{1}{8}$ ml Juniper $\frac{1}{8}$ ml	Herbs: 5:1 Chi Shao Yao - 2gm Dang Gui (Dong Quai) - 2gm Salix Alba (White Willow) - 10gm 1:1 Qiang Huo - 2gm Spices: Asafoetida - 10gm Fenugreek - 10gm	Bee Propolis - 4:1 - 5gm	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	Aromatherapy/Reflexology Application - 2 sessions

PRODUCT FORMULA BY AILMENT & ILLNESS**Product Formula S4 EXTERNAL PHYSIO AND REFLEXOLOGY APPLICATION - SPORTS PERFORMANCE & INJURIES**

Direct Internal & Surface Injury (per 10 applications)

Aloe Vera	Essential Oils	Herbs/Spices	Honey Products	Massage Oil	Practitioners
Aloe Activator - 10ml Heat Lotion - 20gm	Aniseed Basil Camphor Eucalyptus Globulus Fennel	Herbs: 5:1 Ba Ji Tian - 2gm Dang Gui (Dong Quai) - 2gm Qiang Huo - 2gm Salix Alba (White Willow) - 10gm 1:1 Su Zi (Zi Su Zi) - 2gm Spices: Ginger - 10gm Horseradish - 10gm	Bee Propolis - 4:1 - 5gm	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	Aromatherapy/ Reflexology Application - 2 sessions Osteopathy - 2 sessions

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Product Formula S5 EXTERNAL PHYSIO AND REFLEXOLOGY APPLICATION - SPORTS PERFORMANCE & INJURIES

Cramp Fatigue Lotion (per 10 applications)

Aloe Vera	Essential Oils	Herbs/Spices	Honey Products	Massage Oil	Practitioners
Aloe Activator - 10ml Heat Lotion - 20gm	Camphor Rescue Remedy	Herbs: 5:1 Hu Po - 2gm Huang Lian - 2gm Salix Alba (White Willow) - 10gm 1:1 Qiang Huo - 2gm Spices: Chilli - 10gm Lemon Grass - 10gm	Bee Propolis - 4:1 - 5gm	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	Aromatherapy/ Reflexology Application - 2 sessions

PRODUCT FORMULA BY AILMENT & ILLNESS

<u>Product Formula S6</u>		EXTERNAL PHYSIO AND REFLEXOLOGY APPLICATION - SPORTS PERFORMANCE & INJURIES				
Fatigue Fractures		(per 10 applications)				
Aloe Vera	Essential Oils	Herbs/Spices	Honey Products	Vitamins/Amino Acids	Massage Oil	Practitioners
Aloe Activator - 10ml Heat Lotion - 20gm	Aniseed Basil Camphor Eucalyptus Globulus Ginger	Herbs: 5:1 Dang Gui (Dong Quai) - 2gm Qiang Huo - 2gm Salix Alba (White Willow) - 10gm 1:1 Spices: Allspice - 10gm Dill Seeds - 10gm	Bee Propolis - 4:1 - 5gm	B6 - 20gm	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	Aromatherapy/ Reflexology Application - 2 sessions

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula I		After crisis - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart) ** Followed by Formula F - Clarissa Balancing System - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)			
		SINGLE 50ml Dose			
Flower Remedies	Essential Oils	Herbs/Indian Spices	Base Ingredients		
Rescue Remedy - 1ml	Dill 1ml	Herbs: 5:1 Bu Gu Zhi - 2gm Chen Xiang - 2gm Guo Teng - 2gm Wu Bei Zi - 2gm Spices: Garlic - 10gm Laos - 10gm	Aloe Vera Pure - 20ml Honey - 20ml		

PRODUCT FORMULA BY AILMENT & ILLNESS

- 2 capsules 3 times daily over 20 days

Product Formula U

Schizophrenia

Essential Oils		Herbs/Spices	Base Ingredients		Flavouring
Basil	1/8ml	Herbs: 5:1	Honey Products	Aloe Vera/Amino Acids/ Vitamins	Honey - 20ml
Bergamot	1/8ml	Da Huang - 2gm	Royal Jelly - 3:1 - 7gm	Aloe Vera:	Indian Brandee - 20ml
Chamomile German	1/8ml	Er Cha - 2gm	Bee Propolis - 4:1 - 5gm	Over 70 nutrients - 3/4 litre	Vanilla - 50gm
Chamomile Maroc	1/8ml	Hu Huang Lian - 2gm			
Chamomile Roman	1/8ml	Huo Ma Ren - 2gm			
Cinnamon Leaf	1/8ml	Su Mu - 2gm	Enzymes/Minerals	Amino Acids:	
Clove Buds	1/8ml	Wu Jia Pi - 2gm	Enzymes:	L-Threonine - 15gm	
Eucalyptus Globulus	1/8ml	Ye Ju Hua - 2gm	Vegetable Enzymes - 15gm	Superoxide Dismutase (S.O.D.) - 15gm	
Fennel	1/8ml		Minerals:	Vitamins:	
Frankincense	1/8ml	Spices	Calcium Amino Acid Chelate 20% - 10gm	VIT C - 15gm	
Ginger	1/8ml	Allspice - 10gm	Copper Amino Acid Chelate 20% - 15gm	VIT E D - Alpha Tocopherol - 10gm	
Hyssop	1/8ml	Asafoetida - 10gm	Garlic - 5gm		
Juniper	1/8ml	Caraway Ground - 10gm	Inositol 25gm		
Lavender	1/8ml	Chilli Powder - 10gm	Iron Gluconate 12.5% - 10gm		
Lemon Grass	1/8ml	Coconut Cream Block - 10gm	Mineral Clay Powders - 15gm		
Mountain Savoury	1/8ml	Coriander - 10gm	Zinc Amino Acid Chelate 20% - 5gm		
Niaouli	1/8ml	Dill Seeds - 10gm			
Rose Geranium	1/8ml	Fenugreek - 10gm			
Rosemary	1/8ml	Horseradish Ribbled - 10gm			
Tagetes	1/8ml	Mace Ground - 10gm			
Thyme Red	1/8ml	Mustard Seed Yellow - 10gm			
Ylang Ylang	1/8ml	Orris Root - 10gm			

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula V

- 2 capsules 3 times daily over 20 days
- ** Followed by Formula F - Clarissa Balancing System
- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)

**Trauma/shock (long term)

**Abuse (long term)

**Bereavement/Loss

Essential Oils		Herbs/Spices	Base Ingredients		Flavouring
Bergamot	1/8ml	Herbs: 5:1 Chi Shao Yao - 2gm	Honey Products Royal Jelly - 3:1 - 7gm	Aloe Vera/Amino Acids/ Vitamins Aloe Vera: Over 70 nutrients - ¾ litre	Honey - 20ml
Chamomile German	1/8ml	Da Huang - 2gm	Bee Propolis - 4:1 - 5gm		Indian Brandee - 20ml
Chamomile Maroc	1/8ml	Er Cha - 2gm			Vanilla - 50gm
Chamomile Roman	1/8ml	Qiang Huo - 2gm			
Cinnamon Leaf	1/8ml	Su Mu - 2gm	Enzymes/Minerals	Amino Acids: L-Threonine - 15gm	
Clove Buds	1/8ml	Ting Li Zi - 2gm	Enzymes: Vegetable Enzymes - 15gm	Superoxide Dismutase (S.O.D.) - 15gm	
Eucalyptus Globulus	1/8ml	Wu Jia Pi - 2gm			
Fennel	1/8ml	Spices:			
Frankincense	1/8ml	Allspice - 10gm	Minerals: Calcium Amino Acid Chelate 20% - 10gm	Vitamins: VIT C - 15gm	
Hyssop	1/8ml	Asafoetida - 10gm	Copper Amino Acid Chelate 20% - 15gm	VIT E D - Alpha Tocopherol - 10gm	
Juniper	1/8ml	Celery Salt - 10gm	Garlic - 5gm		
Lemon Grass	1/8ml	Chilli Powder - 10gm	Inositol 25gm		
Mountain Savoury	1/8ml	Coconut Cream Block - 10gm	Iron Gluconate 12.5% - 10gm		
Niaouli	1/8ml	Coconut Ground - 10gm	Mineral Clay Powders - 15gm		
Patchouli	1/8ml	Coriander - 10gm	Zinc Amino Acid Chelate 20% - 5gm		
Rose Geranium	1/8ml	Fenugreek - 10gm			
Rosemary	1/8ml	Horseradish Ribbled - 10gm			
Thyme Red	1/8ml	Mace Ground - 10gm			
Ylang Ylang	1/8ml	Mango Powder - 10gm			

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula W1				
Clarissa Weight Care System				
- 2 capsules daily at bedtime over 20 days				
WEIGHT MANAGEMENT				
Essential Oils		Herbs/Spices	Base Ingredients	Flavouring
Bergamot	1/8ml	Herbs: 5:1 Guo Teng - 2gm Ji Xue Teng - 2gm Spices: Carob - 10gm Dill Seeds - 10gm Juniper Berries - 10gm Mixed Spices Sweet - 10gm	<u>Honey Products</u> Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm <u>Enzymes/Minerals</u> <u>Enzymes:</u> Vegetable Enzymes - 15gm <u>Minerals:</u> Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm <u>Amino Acids:</u> L- Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm <u>Vitamins:</u> VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm	Honey - 20ml Indian Brandy - 20ml Vanilla - 50gm

PRODUCT FORMULA BY AILMENT & ILLNESS

<u>Product Formula W2</u>				
WEIGHT MANAGEMENT				
Clarissa Meal Replacement Diet Juice - 50ml per Meal Replacement over 20 days				
Essential Oils	Herbs/Spices	Base Ingredients		Flavouring
Bergamot	Herbs: 5:1 Gao Ben - 2gm Sang Ye - 2gm Spices: Dill Seeds - 10gm Fennel - 10gm Mixed Spices Sweet - 10gm Mushroom - 10gm	Honey Products Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm Enzymes/Minerals Enzymes: Vegetable Enzymes - 15gm Soya Isolate - 20gm Soya Protein Isolate - 50gm Whey Protein - 20gm Minerals: Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm	Aloe Vera/Amino Acids/ Vitamins Aloe Vera: Over 70 nutrients - ¾ litre Amino Acids: L-Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm Vitamins: VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm	Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm

PRODUCT FORMULA BY AILMENT & ILLNESS

WEIGHT MANAGEMENT				
Product Formula W3				
Clarissa Chinese Slimming and Detoxifying Tea - 1 cup 3 times daily				
Stale Breath				
Essential Oils	Herbs/Spices	Flavouring	Other	
Bergamot	Herbs: 5:1 Bai Guo Ye (Ginkgo) - 2gm Ban Xia 2gm Chan Tiu - 2gm Chi Shao Yao - 2gm Garcinia Cambogia - 10gm Gou Teng - 2gm Horsetail - 5gm (1:1) Lian Zi (Red) - 2gm Maté Leaf - 5gm (1:1) Mao Zhao Cao (Cats Claw) 5gm (1:1) Milk Thistle Seed - 5gm (1:1) Ou Jie - 2gm Spirulina - 5gm (1:1) Wang Bu Liu Xing Guo - 2gm Wu Jia Pi - 2gm Spices: Allspice - 10gm Cardamom - 10gm Cassia - 10gm Dill Seeds - 10gm Celery Salt - 10gm Garlic - 10gm Lemon Grass - 10gm Mixed Spices Sweet - 10gm Tamarind Block - 10gm	Lemon - 20gm	Citrin - 5gm	

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula W4				
Anti-Cellulite Formula				
- 2 capsules 3 times daily over 20 days				
WEIGHT MANAGEMENT				
Essential Oils	Herbs/Spices	Base Ingredients		Flavouring
Aniseed Chamomile Maroc Grapeseed Juniper	Herbs: 5:1 Dang Gui - 2gm (Dong Quai) Guo Teng - 2gm Qiang Huo - 2gm Tian Nan Xing - 2gm Wang Bu Liu Xing Guo - 2gm Wu Jia Pi - 2gm Spices: Allspice - 10gm Cinnamon - 10gm Fenugreek - 10gm Garlic - 10gm	Honey Products Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm Enzymes/Minerals Vegetable Enzymes - 15gm Minerals: Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm Amino Acids/ Vitamins Aloe Vera: Over 70 nutrients - ¾ litre Amino Acids: L- Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm Vitamins: VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm		Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm

Product Formula X1				
Bodycare Lotion				
Aloe Vera	Essential Oils	Herbs/Spices	Honey Products	Vitamins/Amino Acids
Bee Propolis Crene 1ml Nectar Nutritional Drink 10ml daily	Benzoin Bergamot Chamomile Maroc Cypress Dill Hyssop Lavender Patchouli Rose Geranium Sandlewood Ylang Ylang	Herbs: 5:1 Chuan Lian Zi - 2gm Da Zao - 2gm Spices: Allspice - 10gm Cayenne Pepper - 10gm	Bee Propolis - 4:1 - 5gm	VIT E - 30gm Euxyl K100 - 10mg Inositol - 10mg L-Phenylalanine - 10mg
				Base Formulation Avocado Oil 15% Cellulose 15% Colloidal Sulphur 5% Emulsifying Ointment 30% P Chloro M Cresol 15% Purified Water 69% Phenoxyethanol 1% Sodium Laureth 5% Wheatgerm Oil 15% Witch Hazel Extract 15%

PRODUCT FORMULA BY AILMENT & ILLNESS

SKIN CARE						
Product Formula X2						
Facecare Lotion						
Aloe Vera	Essential Oils		Herbs/Spices	Honey Products	Vitamins/Amino Acids	Base Formulation
Bee Propolis Creme 1ml	Bergamot Fennel Frankincense Hysop Juniper Lavender Lemon Niaouli Patchouli Pine Rosemary	1/8ml 1/8ml 1/8ml 1/8ml 1/8ml 1/8ml 1/8ml 1/8ml 1/8ml 1/8ml 1/8ml	Herbs: 5:1 Chuan Lian Zi - 2gm Suan Zao Ren - 2gm Spices: Aniseed - 10gm Cumin - 10gm	Bee Propolis - 4:1 - 5gm	VIT E - 30gm Euxyl K100 - 10gm Inositol - 10gm L-Phenyltaline - 10gm	Emulsifying Ointment 30% Grapeseed Oil 15% Purified Water 69% Phenoxyethanol 1% Vegetable Oil 15% Wheatgerm Oil 15%
Nectar Nutritional Drink 10ml daily						
SKIN CARE						
Product Formula X3						
Haircare Lotion & Restoration						
Aloe Vera	Essential Oils		Herbs/Spices	Honey Products	Vitamins/Amino Acids	Base Formulation
Bee Propolis Creme 1ml	Benzoin Bergamot Chamomile Maroc Eucalyptus Globulus Jojoba Lavender Rose Geranium Rosemary	1/8ml 1/8ml 1/8ml 1/8ml 1/8ml 1/8ml 1/8ml 1/8ml	Herbs: 5:1 Bo He - 2gm Da Zao - 2gm Spices: Arrowroot - 10gm Cassia - 10gm		VIT E - 30gm Inositol - 10gm L-Phenyltaline - 10gm	Dehydrl 10% Emulsifying Ointment 30% Jojoba Oil 30% Purified Water 69% Phenoxyethanol 1%
Nectar Nutritional Drink 10ml daily						

PRODUCT FORMULA BY AILMENT & ILLNESS

<u>Product Formula X4</u>					
SKIN CARE					
Nutriolcare Protection Lotion					
Aloe Vera	Essential Oils	Herbs/Spices	Honey Products	Vitamins/Amino Acids	Base Formulation
Bee Propolis Creme 1ml	1/8ml Bergamot 1/8ml Cedarwood 1/8ml Chamomile Maroc 1/8ml Cypress 1/8ml Fennel 1/8ml Frankincense 1/8ml Juniper 1/8ml Lavender 1/8ml Lemon 1/8ml Mountain Savoury 1/8ml Neroli 1/8ml Rose Geranium 1/8ml Sandlewood 1/8ml	Herbs: 5:1 Chuan Lian Zi - 2gm Hua Jiao - 2gm Spices: Celery Salt - 10gm	Bee Propolis - 4:1 - 5gm	VIT E - 30gm Euxyl K100 - 10gm Inositol - 10gm L-Phenylalanine - 10gm	Avocado Oil 15% Carrot Oil 15% Cellulose 15% Colloidal Sulphur 5% Emulsifying Ointment 30% Grapeseed Oil 15% P.Chloro M.Cresol 15% Purified Water 69% Phenoxyethanol 1% Sodium Laureth 5% Triethanolamine 10% Wheatgerm Oil 15%
Nectar Nutritional Drink 10ml daily					

PRODUCT FORMULA BY AILMENT & ILLNESS

SKIN CARE						
<u>Product Formula X5</u>						
Suncare Lotion - Pre sunbathing		X5 (i)				
After sun		X5 (ii)				
Aloe Vera	Essential Oils	Herbs/Spices	Honey Products	Vitamins/Amino Acids	Base Formulation	
X5 (i) Bee Propolis Creme 1ml	Bergamot Chamomile Maroc 1/8ml 1/8ml	Herbs: 5:1 Cang Er Zi - 2gm Qiang Huo - 2gm Spices: Chilli - 10gm Garlic - 10gm	Bee Propolis - 4:1 - 5gm	VIT E - 30gm Euxyl K100 - 10gm L-Phenylalaine - 10gm	Emulsifying Ointment 30% Purified Water 69% Phenoxyethanol 1%	
X5 (ii) Bee Propolis Creme 1ml	Bergamot Dill Fennel 1/8ml 1/8ml 1/8ml	Herbs: 5:1 Cang Er Zi - 2gm Hua Jiao - 2gm Qiang Huo - 2gm Spices: Cinnamon - 10gm Fenugreek - 10gm	Bee Propolis - 4:1 - 5gm	VIT E - 30gm Euxyl K100 - 10gm L-Phenylalaine - 10gm	Emulsifying Ointment 30% Purified Water 69% Phenoxyethanol 1%	

PRODUCT FORMULA BY AILMENT & ILLNESS**Product Formula Y1****PET, VETERINARY & EQUINE CARE****Immune System****Nutritional Supplement - Daily dose of 5ml in food**

Essential Oils		Herbs/Spices	Base Ingredients		Flavouring
Herbs: 5:1			Honey Products	Aloe Vera/Amino Acids/ Vitamins	
Basil	1/8ml	Bai Guo Ye (Ginkgo) - 1gm	Royal Jelly - 3:1 - 7gm	Aloe Vera:	Honey - 20ml
Bergamot	1/8ml	Ban Xia - 1gm	Bee Propolis - 4:1 - 5gm	Over 70 nutrients including all vitamins B1-B16 - 3/4 litre	Indian Brandee - 20ml
Camphor	1/8ml	Boswellia Serrata - 5gm	Enzymes:		Vanilla - 50gm
Chamomile German	1/8ml	Da Huang - 1gm	Co Enzyme Q10 - 10 mcg	Amino Acids:	
Chamomile Maroc	1/8ml	Er Cha - 1gm	Vegetable Enzymes 4:1 - 7.5gm	Hesperidin Complex - 7.5gm	
Chamomile Roman	1/8ml	Gou Qi Zi (Lycium) - 1gm	Minerals:	Histidine - 7.5gm	
Cinnamon Leaf	1/8ml	Grapeseed - 15mcg	Calcium Amino Acid Chelate 20% - 5gm	Isoleucine - 7.5gm	
Clove Buds	1/8ml	Mao Zhao Cao (Cats Claw) - 1gm	Copper Amino Acid Chelate 20% - 7.5gm	L-Aspartic Acid - 7.5gm	
Dill	1/8ml	Pycnogenol - 10mcg	Chromium Niacin - 10mcg	L-Glutamim - 15gm	
Eucalyptus Globulus	1/8ml	Salix Alba (White Willow) - 5gm	Devil's Claw - 7.5gm	L-Phenylalanine - 7.5gm	
Fennel	1/8ml	1:1	Garlic - 5gm	Lecithin - 7.5gm	
Frankincense	1/8ml	Shiu Niu Jiao Si - 1gm	Inositol 12.5gm	Lysine - 7.5gm	
Hyssop	1/8ml	Su Mu - 1gm	Iron Gluconate 12.5% - 5gm	L-Taurine - 7.5gm	
Juniper	1/8ml	Wu Jia Pi - 1gm	Magnesium Amino Acid Chelate - 10gm	L-Threonine - 7.5gm	
Lemon Grass	1/8ml	Spices:		Phosphatidyl Choline - 10gm	
Mountain Savoury	1/8ml	Allspice - 10gm			
Niaouli	1/8ml	Asafoetida - 10gm		Vitamins:	
Peppermint	1/8ml	Chilli Powder - 10gm		Betacarotene Dunaliella Salina Algae	
Rose Geranium	1/8ml	Cinnamon Sugar - 10gm		2.5% - 7.5gm	
Rosemary	1/8ml	Coconut Cream Block - 10gm		Biotin - 5mcg	
Tagetes	1/8ml	Coriander - 10gm		Folic Acid - 15gm	
Thyme Red	1/8ml	Fenugreek - 10gm		VIT C - 15gm	
Ylang Ylang	1/8ml	Horseradish Ribbled - 10gm		VIT E D - Alpha Tocopherol - 10gm	
		Juniper Berries - 10gm		K1 5% - 1gm	
		Laos - 10gm			
		Mace Ground - 10gm			
		Nutritional Oils & Fats			
		Cod Liver Powder - 7.5gm			
		Evening Primrose - 15ml			
		Linoleic Acid - 7.5gm			
		Linolenic Acid - 7.5gm			
		Olive Oil - 15ml			

PRODUCT FORMULA BY AILMENT & ILLNESS

<u>Product Formula Y2</u>				
PET, VETERINARY & EQUINE CARE				
Intestine System				
- 6 capsules daily in food over 20 days				
Essential Oils		Herbs/Spices	Base Ingredients	Flavouring
Aniseed	1/8ml	Herbs: 5:1	Honey Products	Honey - 20ml
Bergamot	1/8ml	Bai Guo Ye (Ginkgo) - 2gm	Royal Jelly - 3:1 - 7gm	Indian Brandee - 20ml
Camphor	1/8ml	Da Huang - 2gm	Bee Propolis - 4:1 - 5gm	Vanilla - 50gm
Chamomile German	1/8ml	Er Cha - 2gm		
Chamomile Maroc	1/8ml	Salix Alba (White Willow) - 10gm		
Chamomile Roman	1/8ml	1:1	Enzymes/Minerals	
Cinnamon Leaf	1/8ml	Shiu Niu Jiao Si - 2gm	Enzymes:	Amino Acids:
Clove Buds	1/8ml	Su Mu - 2gm	Vegetable Enzymes - 15gm	L-Threonine - 15gm
Eucalyptus Globulus	1/8ml	Wu Jia Pi - 2gm		Superoxide Dismutase (S.O.D.) - 15gm
Fennel	1/8ml		Minerals:	
Frankincense	1/8ml		Calcium Amino Acid Chelate 20% - 10gm	
Ginger	1/8ml	Spices:	Copper Amino Acid Chelate 20% - 15gm	
Hyssop	1/8ml	Asafoetida - 10gm	VIT C - 15gm	
Juniper	1/8ml	Cassia - 10gm	VIT E D - Alpha Tocopherol - 10gm	
Lemon Grass	1/8ml	Chilli Powder - 10gm		
Mountain Savoury	1/8ml	Coconut Cream Block - 10gm		
Niaouli	1/8ml	Coriander - 10gm		
Peppermint	1/8ml	Cream of Tartar - 10gm		
Rose Geranium	1/8ml	Dill Seeds - 10gm		
Rosemary	1/8ml	Fenugreek - 10gm		
Tagetes	1/8ml	Horseradish Ribbled - 10gm		
Thyme Red	1/8ml	Mace Ground - 10gm		
Ylang Ylang	1/8ml			
			Iron Gluconate 12.5% - 10gm	
			Mineral Clay Powders - 15gm	
			Zinc Amino Acid Chelate 20% - 5gm	

PRODUCT FORMULA BY AILMENT & ILLNESS

PET, VETERINARY & EQUINE CARE

Product Formula Y3

- 6 capsules daily days in food over 20 days

PET, VETERINARY & EQUINE CARE					
<u>Product Formula Y3</u>					
- 6 capsules daily days in food over 20 days					
Depression					
Essential Oils		Herbs/Spices	Base Ingredients		Flavouring
Basil 1/8ml	Herbs: 5:1	Bai Guo Ye (Ginkgo) - 2gm	Honey Products	Aloe Vera/Amino Acids/Vitamins	Honey - 20ml
Bergamot 1/8ml		Da Huang - 2gm	Royal Jelly - 3:1 - 7gm	Aloe Vera:	Indian Brandee - 20ml
Camphor 1/8ml		Er Cha - 2gm	Bee Propolis - 4:1 - 5gm	Over 70 nutrients - ¾ litre	Vanilla - 50gm
Chamomile German 1/8ml		Su Mu - 2gm			
Chamomile Maroc 1/8ml		Wu Jia Pi - 2gm			
Chamomile Roman 1/8ml			Enzymes/Minerals	Amino Acids:	
Cinnamon Leaf 1/8ml			Enzymes:	L-Threonine - 15gm	
Clove Buds 1/8ml			Vegetable Enzymes - 15gm	Superoxide Dismutase (S.O.D.) - 15gm	
Dill 1/8ml	Spices:	Asafoetida - 10gm			
Eucalyptus Globulus 1/8ml		Chilli Powder - 10gm	Minerals:	Vitamins:	
Fennel 1/8ml		Coconut Cream Block - 10gm	Calcium Amino Acid Chelate 20% - 10gm	VIT C - 15gm	
Frankincense 1/8ml		Coriander - 10gm	Copper Amino Acid Chelate 20% - 15gm	VIT E D - Alpha Tocopherol - 10gm	
Hyssop 1/8ml		Cumin - 10gm	Garlic - 5gm		
Juniper 1/8ml		Fenugreek - 10gm	Inositol 25gm		
Lavender 1/8ml		Horseradish Ribbled - 10gm	Iron Gluconate 12.5% - 10gm		
Lemon Grass 1/8ml		Juniper Berries - 10gm	Mineral Clay Powders - 15gm		
Mountain Savoury 1/8ml		Mace Ground - 10gm	Zinc Amino Acid Chelate 20% - 5gm		
Niaouli 1/8ml		Nutmeg - 10gm			
Peppermint 1/8ml					
Rose Geranium 1/8ml					
Rosemary 1/8ml					
Tagetes 1/8ml					
Thyme Red 1/8ml					
Ylang Ylang 1/8ml					

PRODUCT FORMULA BY AILMENT & ILLNESS

<u>Product Formula Y4</u>				
PET, VETERINARY & EQUINE CARE				
Viral Antidote				
- 6 capsules daily in food over 20 days				
Essential Oils	Herbs/Spices	Base Ingredients		Flavouring
Basil Bergamot Camphor Chamomile German Chamomile Maroc Chamomile Roman Cinnamon Leaf Clove Buds Eucalyptus Globulus Fennel Frankincense Ginger Hyssop Juniper Lemon Grass Mountain Savoury Niaouli Peppermint Rose Geranium Rosemary Tagetes Thyme Red Ylang Ylang	Herbs: 5:1 Bai Guo Ye (Ginkgo) - 2gm Da Huang - 2gm Er Cha - 2gm Mao Zhao Cao (Cats Claw) - 2gm Salix Alba (White Willow) - 10gm 1:1 Shiu Niu Jiao Si - 2gm Su Mu - 2gm Wu Jia Pi - 2gm Zhi Zi - 2gm Spices: Allspice - 10gm Asafoetida - 10gm Celery Salt - 10gm Chilli Powder - 10gm Coconut Cream Block - 10gm Coriander - 10gm Cream of Tartar - 10gm Fenugreek - 10gm Horseradish Ribbled - 10gm Mace Ground - 10gm Mixed Spices Sweet - 10gm	Honey Products Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm Enzymes/Minerals Enzymes: Vegetable Enzymes - 15gm Minerals: Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm	Aloe Vera/Amino Acids/ Vitamins Aloe Vera: Over 70 nutrients - ¾ litre Amino Acids: L-Glutamim - 15gm L-Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm Vitamins: VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm	Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula Z - CRA				
- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)				
Clarissa Recovery Remedy				
Meningitis Strokes & Heart Attacks				
Essential Oils		Herbs/Spices	Base Ingredients	Carrier Oils
Basil Carrot Ginger	1/8ml 1/8ml 1/8ml	Herbs: 5:1 Chan Tiu - 2gm Chen Xiang - 2gm Fu Pen Zi - 2gm Qiang Huo - 2gm Shu Di Huang - 2gm Spices: Anise Star - 10gm Cumin - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

Product Formula Z - CRB				
- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)				
Clarissa Recovery Remedy				
Irritable Bowel Organophosphate Disease (OP's)				
Essential Oils		Herbs/Spices	Base Ingredients	Carrier Oils
Aniseed Basil Bergamot Carrot	1/8ml 1/8ml 1/8ml 1/8ml	Herbs: 5:1 Bai He - 2gm Chen Xiang - 2gm Chi Shao Yao - 2gm Huo Ma Ren - 2gm Shu Di Huang - 2gm Spices: Anise Star - 10gm Cassia - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula Z - CRC2				
- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)				
Clarissa Recovery Remedy				
Essential Oils		Herbs/Spices	Base Ingredients	Carrier Oils
Influenza	Basil	Herbs: 5:1 Bo He - 2gm Cang Er Zi - 2gm Chen Xiang - 2gm Da Zao - 2gm Lian Zi - 2gm Shu Di Huang - 2gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml
	Bergamot			
	Eucalyptus Globulus			
	Jojoba			
		Spices: Anise Star -10gm Fennel - 10gm		
Product Formula Z - CRJ				
- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)				
Clarissa Recovery Remedy			Senile Dementia	
Herpes				
Parkinson's Disease				
Essential Oils		Herbs/Spices	Base Ingredients	Carrier Oils
Alzheimers Disease Batten's Disease	Basil	Herbs: 5:1 Bai Gou - 2gm Cang Er Zi - 2gm Chen Xiang - 2gm Dan Shen - 2gm Gao Ben - 2gm Shu Di Huang - 2gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml
	Carrot			
	Eucalyptus Globulus			
		Spices: Anise Star -10gm Coriander - 10gm		

PRODUCT FORMULA BY AILMENT & ILLNESS

<u>Product Formula Z - CRM</u>		- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)		
		Clarissa Recovery Remedy	Muscular Dystrophy	
		M.E.	Thyroid Gland (over & under active)	
		M.S.		
Essential Oils		Herbs/Spices	Base Ingredients	Carrier Oils
Anaemia Motor Neurone Disease Basil Bergamot Eucalyptus Globulus Juniper	$\frac{1}{8}$ ml	Herbs: 5:1	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml
	$\frac{1}{8}$ ml	Bai Jiang Cao - 2gm		
	$\frac{1}{8}$ ml	Chen Xiang - 2gm		
	$\frac{1}{8}$ ml	Chi Shao Yao - 2gm		
	$\frac{1}{8}$ ml	Shu Di Huang - 2gm		
		Ting Li Zi - 2gm		
		Ye Tu Hua - 2gm		
		Spices:		
		Anise Star - 10gm		
		Ginger - 10gm		

PRODUCT FORMULA BY AILMENT & ILLNESS

<u>Product Formula Z - CRN</u>		NUTRITIONAL BOOST			
- 2 sessions Reflexology (minimum 2 hours apart maximum 7 days apart) Clarissa Recovery Remedy					
Acne		Anorexia	Cancer	Hepatitis	Sports - Energy booster & stamina
Aids		Bulimia	Candida	Leukaemia	
<u>Essential Oils</u>		<u>Herbs/Spices</u>	<u>Base Ingredients</u>		
Black Pepper	1/8ml	<u>Herbs: 5:1</u>	<u>Honey Products</u>	<u>Aloe Vera/Amino Acids/ Vitamins</u>	<u>Massage Oils</u>
Chamomile Roman	1/8ml	Bai Guo Ye (Ginkgo) -2gm	Honey - 20ml	<u>Aloe Vera:</u>	Avocado - 10ml
Eucalyptus Globulus	1/8ml	Bai Ji Tian - 2gm	Royal Jelly - 2gm	Over 70 nutrients - 40ml	Grapeseed - 40ml
Fatigue	1/8ml	Che Qian Zi - 2gm	Bee Propolis - 3gm	<u>Amino Acids:</u>	Hazelnut - 10ml
Juniper	1/8ml	Dang Shen - 2gm	<u>Enzymes/Minerals</u>	Histidine - 3gm	
Peppermint	1/8ml	Fu Pen Zi - 2gm	<u>Enzymes:</u>	L-Phenylalanine - 3gm	
Tagetes	1/8ml	He Zi - 2gm	Co Enzyme Q10 - 2mcg	L- Threonine - 3gm	
		Xing Ren - 2gm	<u>Minerals:</u>	<u>Vitamins:</u>	
		<u>Spices:</u>	Calcium Amino Acid Chelate 20% - 2gm	Betacarotene Dunaliella Salina Algae - 3gm	
		Arrowroot - 10gm	Inositol - 4gm	Biotin - 1mcg	
		Ginger - 10gm	Iron Gluconate 12.5% - 2gm	VIT C - 3gm	
		Laos - 10gm	Zinc Amino Acid Chelate 20% - 1gm	VIT E D - Alpha Tocopherol - 2gm	
		Tumeric - 10gm	<u>Nutritional Oils</u>	K1 -300mg	
			Evening Primrose - 5ml		

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula Z - CRR				
- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)				
Clarissa Recovery Remedy				
Arthritis - Rheumatoid Osteoporosis				
Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils	
Basil Bergamot Eucalyptus Globulus Juniper Niauli	Herbs: 5:1 Bai Jiang Cao - 2gm Chen Xiang - 2gm Chuan Lian Zi - 2gm Huo Ma Ren - 2gm Ou Jie - 2gm Shu Di Huang - 2gm Spices: Anise Star - 10gm Dill - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	

Product Formula Z - CRS3				
- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)				
Clarissa Recovery Remedy				
Maintenance Recovery Massage				
Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils	
Basil Bergamot Dill Eucalyptus Globulus	Herbs: 5:1 Bai Dou Kou - 2gm Chen Xiang - 2gm Dan Shen - 2gm Ji Xue Feng - 2gm Shu Di Huang - 2gm Spices: Anise Star - 10gm Cinnamon - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	

PRODUCT FORMULA BY AILMENT & ILLNESS

<u>Product Formula Z - CRZ</u>				
Recovery & Toning Bath Oil (20 applications)				
Essential Oils		Herbs/Spices		Carrier Oils
Bergamot Lavender Rosemary	1/8ml 1/8ml 1/8ml	Herbs: 5:1 Cang Er Zi - 1gm Chen Xiang - 1gm Da Huang - 1gm Shu Di Huang - 1gm Ting Li Zi - 1gm Spices: Anise Star - 1gm		Grapeseed Oil - 40ml Avocado Oil - 40ml Water - 160ml

CLAIMS

1. A medicinal or cosmetic composition comprising at least one essential oil in combination with at least one spice and/or at least one herb.
2. A medicinal or cosmetic composition according to Claim 1, wherein the composition comprises one or more essential oils selected from: bergamot, chamomile german, chamomile maroc, chamomile roman, cinnamon zeylanicum, clove buds, eucalyptus globulus, frankincense, fennel, hyssop, juniper, lemon grass, mountain savoury, niaouli, red thyme, rosemary, rose geranium, tagetes and ylang ylang.
3. A medicinal or cosmetic composition according to Claims 1 or 2, wherein the composition comprises one or more Chinese herbs selected from: Acacia Catechu, Acanthopanax Gracilistylus, Caesalpinia Sappan and Epimedium Spinosum.
4. A medicinal or cosmetic composition according to any preceding claim wherein the composition comprises one or more spices selected from: asapoetidia, coconut, coriander, fenugreek and horseradish.

5. A medicinal or cosmetic composition according to any preceding claim comprising

(a) the following essential oils:

bergamot, chamomile german, chamomile maroc,
chamomile roman, cinnamon zeylanicum, clove
buds, eucalyptus globulus, frankincense,
fennel, hyssop, juniper, lemon grass, mountain
savory, niaouli, red thyme, rosemary, rose
geranium, tagetes and ylang ylang.

(b) the following Chinese herbs:

Acacia Catechu, Acanthopanax Gracilistylus,
Caesalpinia Sappan and Epimedium Spinosa.

(c) the following spices:

asapoetidia, coconut, coriander, fenugreek and
horseradish.

6. A medicinal or cosmetic composition according to any preceding claim additionally comprising an Aloe vera extract.

7. A medicinal or cosmetic composition according to any preceding claim in combination with a honey product.
8. A medicinal or cosmetic composition according to any preceding claim in combination with one or more vitamins, minerals, amino acids, enzymes, flavourings and/or Bach flower remedies.
9. A tablet or capsule for oral administration comprising a medicinal or cosmetic composition according to any preceding claims.
10. A composition for topical application comprising a medicinal or cosmetic composition according to any one of Claims 1-8.
11. The use of a medicinal composition according to any one of Claims 1-8 for the treatment of disease or physical disability or sports injuries, or for the build up and maintenance of the immune system, or for the protection against disease or pollution.
12. The use of a cosmetic formulation according to any one of Claims 1-8 for skin care and/or weight management.