HEAL MARKETPLACE

Herbal Aid 1

Nutritional Support for the Body's Natural Defenses

- **SUPPORTS** the body's own defenses when it's fighting an infection
- **SOOTHES** the throat and helps loosen congestion
- **FEATURES GARLIC,** one of nature's most time-honored germ fighters
- **100% organic,** herbal, sugar-free and chemical-free

This Herbal Combination



Fresh Garlic — One of nature's most time-honored germ fighters. Fresh garlic is rich in natural sulfur compounds that support the body's own defenses, and its strength is at its peak when used fresh.



Dandelion Root — A gentle cleanser for the liver and blood. While the body is fighting, Dandelion helps carry off the waste it is clearing, and it supplies a wealth of minerals and vitamins along the way.



Fresh Ginger Root — A warming stimulant and "lead sheep" herb. It opens the tiny capillaries and carries the rest of the formula through the body, and it settles the stomach, too.



Fresh Horseradish — A strong, pungent root that cuts through mucus and opens the sinuses and chest. Dr. Christopher relied on it for sinus trouble, and like garlic it is rich in natural sulfur compounds.



Goldenseal Root — One of the most valued herbs in the herbal kingdom. It supports the mucous membranes of the throat, sinuses, and chest, and helps the body clear thick, stubborn secretions.



Cayenne — Nature's finest circulatory stimulant. It drives the formula quickly to wherever it's needed, helps the body move out mucus, and warms the body when a chill is coming on.

How It Works

Herbal Aid 1 gives the body concentrated nutritional support at the very time it's working hardest, while it's fighting an infection. Garlic and Horseradish bring their natural sulfur compounds, and Goldenseal supports the mucous membranes of the throat, sinuses, and chest. Dandelion Root helps the liver and blood carry off what the body is clearing. Cayenne and Ginger boost circulation, carrying the formula quickly to wherever it's needed. We make it with fresh garlic, fresh ginger, and fresh horseradish, which is a big part of its strength.

Whole herbs are complex. Garlic alone contains more than 33 sulfur compounds, 17 amino acids, and many other constituents, all working together. In plants, the whole is often more than the sum of its parts.

Suggested Use

One dose for a 150-lb adult is always 1 teaspoon. Only how often you take it changes with the level of work. For children, give a share of the adult dose in proportion to their weight; a 75-lb child gets half a dose. Formulas are never given directly to a baby; a nursing mother takes the full adult dose herself, and the baby receives what it needs through her milk. For pets, use Herbal Aid 2 instead; the cayenne bite in Herbal Aid 1 makes most animals feel they're being punished.

Add each dose to hot water with a little honey, or to V-8 or tomato juice, where it tastes like you've added a dash of Tabasco.

- **Preventive:** 1 teaspoon two or three times a day when illness is going around or after an exposure, along with Echinacea and Lobelia.
- **Basic:** 1 teaspoon every 3 waking hours, about 5 times a day, with Echinacea.
- **Moderate:** 1 teaspoon every 2 waking hours, alternating with Herbal Aid 2, with Echinacea.
- **Intense:** 1 teaspoon every waking hour, switching between Herbal Aid 1 and Herbal Aid 2, with Echinacea.
- **Intensive:** Herbal Aid 1 and Herbal Aid 2, 1 teaspoon each, ten minutes apart, every hour, as part of the full Herbal Infection Program.

Works Well With

Herbal Aid 1 is part of our Herbal Infection Program and works hand in hand with Echinacea and Herbal Aid 2. For prevention, Lobelia helps keep the body open so it can clear what it has been exposed to.

Make Your Own

Herbal Aid 1 is also available as a Dry Herb Kit. It holds the dried herbs, with directions for adding your own fresh garlic, ginger, and horseradish. Members who use it often, or who keep it on hand for a large family, find it saves a lot of money.

From Dara's Practice

Sore throat: Herbal Aid 1 is my go-to for a sore throat. I sip a hot cup of it with honey, slowly, so it rolls over the throat, before and after an Ice Poultice around my neck. I've used this many times, and it never fails to bring relief. I once had strep throat cleared in 90 minutes this way.

Kidney infection: In the early years of my own journey, kidney infections were a regular part of my life, and the back pain could put me on the floor. My relief came from three drinks taken one right after the other: Herbal Aid 1, Echinacea (1 oz), and hot lemonade with a teaspoon of cayenne. This is the one time I increase Herbal Aid 1 to a tablespoon. Once those three drinks begin filtering through my kidneys, in about 45 minutes, the spasm ends, the pain stops, and I can rest. It also tells me it's time to do some serious infection work. It has been years since I've needed this, but it was my life on a regular basis in the beginning.

This information is provided for educational purposes as part of traditional herbal practice and is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider regarding any health condition.

For more on this formula, see my blog post "Our Two Infection Fighters" at www.daradietz.me.