Herbal Aid 2

Nutritional Support for Clean Blood and a Clear Lymph System

- **SUPPORTS** the body's own defenses when it's fighting an infection
- **HELPS** the lymph system carry off toxins
- **FEATURES PLANTAIN,** a classic blood-cleansing alterative
- **100% organic,** herbal, sugar-free and chemical-free

This Herbal Combination



Plantain — The heart of this formula. A classic alterative, it gradually cleanses and purifies the blood while toning the organs that aren't eliminating properly. It is also a natural germ fighter and famous for drawing out toxins.



Black Walnut — A powerful cleanser, especially the green hull. It is rich in natural organic iodine and has a long tradition with skin troubles, wounds, and the teeth and gums.



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



Bugle Weed — Long valued by early American doctors. It calms irritation and the nerves, and it steadies and strengthens the heart while the body is under the strain of fighting.



Marshmallow Root — Soothing to inflamed tissues of the respiratory, digestive, and urinary tracts. It balances the drier herbs in the blend.



Lobelia — Dr. Christopher's great "thinking herb." It opens obstructions and congestion, especially in the blood vessels, and helps carry the formula wherever it's needed.

How It Works

Herbal Aid 2 gives the body nutritional support for cleansing the blood and clearing the lymph system. The lymph and blood feed every area of the body, including the place where an infection is living, so supporting them carries the herbs right to where they're needed. Plantain gradually cleanses the blood, Black Walnut and Goldenseal add their strength, Marshmallow soothes inflamed tissues, Bugle Weed steadies the heart and nerves, and Lobelia opens the way for the whole formula.

Herbal Aid 1 or Herbal Aid 2?

Herbal Aid 1 is built around garlic, and it's the one to reach for at the first sign of a cold or flu. Herbal Aid 2 is built around plantain, a classic blood-cleansing alterative. It's the better choice for stubborn or localized trouble: the skin, the teeth and gums, and anytime the blood needs deep cleansing. For the teeth and gums in particular, Herbal Aid 2 is the real answer. For more serious work, the two are alternated, as laid out in our Herbal Infection Program.

Suggested Use

One dose for a 150-lb adult is 1 teaspoon. Children and pets are dosed by weight; a 75-lb child or dog 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. Take each dose in a little water or almond milk; honey is usually not needed with this formula.

How often depends on the need. Pick the level that best fits the situation:

- **Long-term blood cleansing:** 1 teaspoon two or three times a day, continued over many months as an alterative to cleanse the blood and tone the organs.
- **Preventive:** 1 teaspoon two or three times a day when illness is going around or after an exposure.
- **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 1, 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.

For Our Pets

Herbal Aid 2 is the formula we reach for when our pets need infection help. It's easy to dose, just by weight, and it has been very effective for them. We don't give our pets Herbal Aid 1, because it has the cayenne bite. A little creature doesn't understand the heat and thinks it has done something wrong and is being punished. The exception is the pet that has picked up its family's taste for hot food; it's amazing how some of them do!

Works Well With

Herbal Aid 2 is part of our Herbal Infection Program and works hand in hand with Herbal Aid 1 and Echinacea. Its same six herbs are made into our Infection Salve for topical use, and the Charcoal/Flax Infection Poultice adds drawing power when an area needs topical support.

Make Your Own

Herbal Aid 2 is also available as a Dry Herb Kit, with directions for making the formula yourself. 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

Tooth infections: My husband had tooth infections and got tired of the burn from Herbal Aid 1, so he decided to try Herbal Aid 2 instead. We had never thought about the lymph system feeding the infected area, but within a day the infection was nearly cleared. It's so important to get the herbs to where the infection is living, and for the teeth and gums, this formula is the real answer.

A stubborn gum infection: After a broken tooth was removed, I had a very stubborn infection in my gum that nothing seemed to clear, even though I was using all my other infection supports. For a bit of comfort, I put a Charcoal/Flax poultice over both ears. It sounds strange, I know, but I was shocked to see the infection pimple on my gum gone after one application. The body just needed a bit of topical support too.

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 "Getting the Herbs to Where the Infection Lives" at www.daradietz.me.