

How To Take Your Herbs

Congratulations on your purchase of the highest quality herbal products available! Due to our special processing techniques, you will find that these products have more of an effect in smaller doses than the other herbal products you may be used to taking. **Please read this entire handout before taking any herbal products.**

1. **Instructional flyers:** Do not throw away your instructional flyers. We sometimes only send them once with a first time order. Make a folder at home for your flyers so that you can refer back to them if needed. If you lose your flyers, we can easily email them to you.
2. **What dose to take:** When beginning to take our herbs for the first time, make sure to only take about 5 to 10 drops or 1 capsule to start. This will allow you to determine how your body responds to the herbal formula. If all goes well, (if your body feels ok and you don't have an unpleasant response) follow the suggested dosage listed on each product label and/or instructional flyers. If you feel too tired after taking a formula, and it's not a calming formula, your dose is probably too high.
3. **How much is a dropper full?** One dropper full of a liquid tincture = about 35 drops. One dropper full is as much tincture as you can get in one dropper. Squeeze the dropper rapidly two times in a row. It seems like the dropper is only halfway full, but that's as full as it gets. In the herbal industry, this is considered one dropper full.
4. **Doses for children, pets and underweight people:** Some people are more sensitive to herbs than others. Some may get the desired effect from a very low dose, yet others need larger doses. Depending on their own metabolism, people may need to adjust the suggested doses up or down. The suggested doses are designed for anyone who weighs around 150 pounds. For children, pets, teenagers, or thin women, use the following equation to determine a good dose: Take your weight in pounds and divide it by 150. This should be a fraction. Take this fraction multiplied by the regular suggested dose. So, for a 30-pound child, this is 30 divided by 150, which is 30/150 or 1/5. The child should take 1/5 of the adult dose. The Turkey Rhubarb Formula and Colon Activator are too strong for children. The Colon Cleanse Syrup is mild and specifically designed for children. Except for the abovementioned adult formulas, children can take any adult formula, as long as the dose is adjusted for their weight. Many children have been healed quickly since their metabolism is so responsive to herbs. If they are severely ill, it is better to take herbs than not to.
5. **More info on healing pets naturally:** Pets respond particularly well to Essential Nutrients, the AntiParasite Formula, the Earth's Nutrition Formula, and can even drink carrot or other fresh vegetable juices. Many pet owners have told us their pet had tumors that shrank when they gave the Blood Detox Concentrate. When in the wild, pets naturally forage around for herbs when ill, so it's very natural for them to consume herbs. Many dogs and cats can also have small amounts of garlic and even cayenne. Use caution when giving cats echinacea. This does not always happen, and some cats have been fine with low doses, but it can cause some foaming at the mouth.
6. **Taking herbs while breastfeeding:** Usually, if a woman is healthy, it is best to wait until after the child has been weaned from nursing before doing a colon, liver or kidney cleanse. However, in certain circumstances, due to severe or urgent health issues, some women may not be able to wait. In this case, it is possible to store up extra milk using a breast pump. Then during a cleanse, instead of nursing the baby, give the baby the stored breastmilk. However, if the infant is severely ill, it is sometimes best for the mother to take the herbs while breastfeeding since the herbs will go through the breast milk to help heal the child. Laxative herbs may have a laxative effect on the baby, so it's important to watch the dose of these herbs when breastfeeding, since too much can cause babies to get diarrhea. Certain tonic herbal formulas are fine to take while lactating. These include Essential Nutrients, Calcium From Herbs, Iron From Herbs, Digestive Formula, Echinacea Premium Formula, and the Earth's Nutrition Formula.
7. **Mixing extracts together:** Although it is not mandatory, try to allow 15 minutes between taking different herbal formulas. Many people don't have the time to do this, so you can usually mix 2 or 3 formulas together without a problem. I've mixed 6 formulas together in the same dose without any problems.
8. **Herbs to take only on an empty stomach:** the Colon Detox Caps (and the Colon Soothe Formula) must always be taken with water or juice on an empty stomach and not mixed with other herbal formulas in the same dose. Mixing Colon Detox Caps with other herbal formulas or medications in the same dose may result in reduced absorption of the other herbs/medications. Therefore, allow 1 hour before and after taking the Colon Detox Caps before taking any medications.
9. **Creative dosing:** In some people, the herbs work better if they take lower doses but more often. Please be patient. The effects of herbs may take a while to appear, but their effects are more long-lasting than medications. If this is a chronic condition, it may take a while to reverse it.
10. **How to dilute your liquid extracts and make them taste good:** For herbal (liquid) tinctures, place one dose into a few ounces of water, fruit juice, vegetable juice, soy milk, almond milk or rice milk. It's possible to add the tinctures to any beverage. A natural sweetener may be added to any herbal tea or formula to improve taste. Most herbal formulas are barely detectable if they are mixed in a full 8 oz. glass of juice. *Try this recipe for a bad-tasting liquid extract: Place the dose of liquid extract in a coffee mug, add 4 ounces boiling water. Wait 5 minutes, then add 2 ounces rice milk, coconut milk, almond milk or other nondairy milk and 12 drops or more of liquid stevia – to taste.* I've never known this not to work for anyone. For the herbs to work, it's not necessary to put the drops under the tongue. Simply put them in the mouth and swallow – it's that easy.
11. **Long-term use of herbs:** For long-term use, herbs are best taken for six days out of the week, and skipping them on the seventh day. This is a day of rest that prevents the body from developing a tolerance to the effects.
12. **Stimulants & Sedative Herbs:** Please use caution & do not overdose on any energizing formulas: Nerve Revive, Male Magnetism, Female Magnetism, Adrenal Support. You may wish to avoid taking them past 6 PM so as not to interfere with sleep. Too much caffeine or stimulating herbs can cause nervousness or heart palpitations. To avoid this, please follow the suggested dose on each

label. Valerian root, chamomile, motherwort and hops are contained in some formulas to help with anxiety. In some people, they are delightfully calming. In others, they may cause drowsiness. In rare cases, I've seen people become more alert/have the opposite effect. It may be best for some people to take the formulas at night or reduce the daytime dose if they cause drowsiness.

13. **Alcohol content of extracts:** Most liquid formulas are alcohol extracts with a negligible amount of alcohol. You need to take 70 doses of an extract to equal one ounce of alcohol. If you add the boiling water to your dose, it's almost zero. Tincturing the herbs in alcohol accomplishes many important functions. For one, alcohol is a natural antiseptic. If there are any germs on the herbs, after they have been tinctured, none remain. Secondly, alcohol is a wonderful natural preservative. This gives the herbal tinctures an almost indefinite shelf life. One can use an herbal tincture decades after its manufacture, and it still works, while powdered and encapsulated herbs often lose potency after a couple of years. A third reason is because the alcohol allows us to concentrate the herbal product to a high potency. Tincturing the alcohol as the base brings out more therapeutic qualities than any other substance. Glycerine bases contain too much sugar, are inappropriate for diabetics and do not extract as many therapeutic components as an alcohol base. In addition, a liquid will hold specific healing frequencies better than a powdered formula. Most of our liquid formulas have been enhanced with specific healing vibrations that are known to stimulate healing and repair. Most of our customers have noticed that there is something truly unique and powerful about our liquid formulas. Because their potency is many times higher than powdered or encapsulated herbs, we can often achieve a healing very rapidly when compared to traditional herbal therapy. The amount of alcohol in a single dose is about as much alcohol as one would get from eating a ripe banana. For people who are sensitive or who take several tinctures simultaneously, it is very easy to evaporate the alcohol off of the tincture. To do this, place one dose of the liquid in a coffee mug. Boil an ounce or two of water in a teakettle. As soon as the water boils, turn off the heat, take the teakettle off the stove and pour the boiling water into the coffee mug. Simply allow the hot mixture to stand for a few minutes to cool. The alcohol can be seen as a white puff of vapor that leaves the mug as soon as the water is poured on top of the tincture. This method is suitable for those who are worried about Candida issues, former alcoholics or diabetics, and it does not damage the herbs.
14. **Variations in taste and smell:** Herbs and formulas can vary widely in taste and in phytochemistry profile from batch to batch, from crop to crop and from year to year. Your formulas may taste differently from batch to batch because of this. We may also choose to add slightly different herbs that have the same effects to a formula depending on availability of the herbs (there are bad crop years for some herbs, etc.) This is not an indication that anything is wrong. It is nature's wisdom that allows different elements of a plant to predominate from year to year. For example, sometimes organic garlic can have a greenish hue that is completely normal and important for its effectiveness. From year to year, chaparral and other herbs can have a stronger or weaker taste. We do not have the arrogance to standardize herbs and tell Nature (and God) what elements we think are important to be included from year to year. Nature and God know exactly what's needed. We respect the wisdom of nature and God's creation. An element that is dominant in one year is usually the element that is most crucially needed in that year for healing. That element could make the difference between life and death for some people. If you standardize it or changed it, it may not work as well.
15. **Garlic & Cayenne:** Some formulas contain garlic and/or cayenne. Please keep in mind that they may have a bowel-stimulating (laxative) effect. Don't take bowel stimulating formulas if you have diarrhea. Garlic may cause stomach irritation in people who have sensitive stomachs. Please take all garlic-containing formulas with juice or food. Taking a formula with food may slow down the absorption of a formula a little bit, but does not make a significant difference in how well the formula works. Cayenne should ALWAYS be taken with food.
16. **Material at the bottom of the bottle:** Herbalists believe that a little bit of herbal material at the bottom of the bottle adds to potency. It is there on purpose. Extracts that are made by herbal companies that "ultra filter" their herbal extracts so that there is no solid material inside usually have lost some potency. The amount of particulate material at the bottom of the bottle varies per bottle but should be a small amount.
17. **If you take prescription medications:** Do not stop any medications except by consulting with a physician. Many doctor-prescribed medications (such as blood-pressure-lowering medications) may cause severe and possibly life-threatening withdrawal symptoms if suddenly stopped. Medications may be tapered ONLY if symptoms are improving, but not before. Any medication that is desperately needed can be continued during a cleansing program with one exception: people who take prescription blood thinners (Warfarin, Coumadin®, Ticlopidine, Plavix®, Eliquis®, etc.) or aspirin should not attempt to take herbs, since many herbs have natural blood thinning effects. Some people have actually gotten off of their blood thinners and onto natural blood thinners. If you are taking any prescription blood thinning medication, it is crucial that you consult with your medical doctor before taking any herbs. Some herbs and enzymes such as garlic, red clover, ginkgo biloba, & proteolytic enzymes (Youthful Circulation Formula) which normally cause a mild thinning of the blood, may cause bleeding episodes in those who are taking these prescription medications.
18. **Mixing our herbs with your other supplements:** For the most part, when you take an herbal formula, you can also take your other supplements. However, during the cleansing programs, such as the Intestinal Rejuvenation Program, Liver Regeneration Program, Kidney Revitalization Program, Cholesterol Busters Program, etc., it's best to avoid any synthetic supplements such as vitamins and minerals. Also keep in mind that herbs are highly nutritious and *naturally contain vitamins and minerals* that are usually *better absorbed than synthetic vitamin and mineral pills*. Any natural supplement that is desperately needed can be continued during an herbal cleansing program.
19. **How long does it take before the herbs work?** Herbs may have an immediate effect that relieves symptoms (such as taking Germ Blaster and having your cold or flu go away quickly, or using a gargle with clove oil can help a sore throat almost immediately, or taking the Healthy Heart Formula that can stop heart palpitations, or Colon Soothe can take away heartburn quickly); however, the way they work is *vastly different* from the way prescription or chemical medications work. Unlike medications, herbs do not force the body to do something it's not ready to do. So, the initial effect may or may not be weaker than medications. However, the good news is that the long term effect is usually much stronger and more permanent. Many people give up herbs after just a few days when they should be taking them for at least 3 to 6 months in order to see a long term and noticeable healing effect. Dr. Christopher had a pancreas formula that worked for diabetes so well, people could stop taking their insulin, but they had to take the formula every day

for 3 to 6 months in order for their pancreas to be healed. They also needed to watch their diet, do herbal cleanses and stay away from junk food. A person with high blood pressure can have their blood pressure lowered with an herbal formula, yet, the underlying causes (atherosclerosis, lack of circulation to the kidneys, are not going to be eliminated with just one dose (and people may need to change the foods they eat, cleanse their liver and take Youthful Circulation for several months to get the cholesterol deposits cleaned out of their arteries. They may need blood thinning herbs and supplements for life if they continue to eat a diet consisting of processed foods.) The difference is that while prescription blood pressure meds must be taken for life, herbs and healthy lifestyle are gradually removing the underlying causes so that after the toxins and lifestyle factors have been removed, the blood pressure lowering herbs are no longer needed.

20. **Why you should not give up:** Nowadays, people don't understand natural healing, so if they don't get a cure in a few day's time, they sometimes move on to a different herb before the herb has had a chance to work. Unlike synthetic medications, herbs contain high amounts of vitamins, minerals, trace minerals, antioxidants, enzymes and other botanical components that are required by the body in order to heal. Herbs are recognized as food by the body and are generally much better tolerated than chemical medicines. It takes time, nutrients, exercise, rest and a positive attitude to heal. In modern times, people can be so severely malnourished and toxic from living the American lifestyle that the body must be flooded with nutrients and herbs for quite some time in order for people to "catch up." There is only so fast that diseased cells can be replaced by healthy cells. When enough diseased cells have been replaced by healthy cells, people see dramatic improvements in health. At this point, many people can then get off of some or all of their prescription medications permanently.
21. **How long will it take to heal myself?** When diseases, infections or disorders have become chronic, it can take some time to reverse it. To get well, you have to be committed to your healing and stay the course. Don't be tempted to quit if it gets difficult, if you don't like the taste of a formula or you experience a little rash. The herbs are safe and well-tested, and we've been helping people detox for over 20 years. It's the pharmaceutical, chemical, dental and food businesses that have caused you to become sick – the pesticides, heavy metals and chemicals in their products have accumulated in people's bodies very slowly – so slowly that we don't even realize it's happening. The herbs are now going to cleanse these accumulated old toxins out of you so you can be healthy. In order to heal itself, the body must rid itself of years of toxic materials and chemical residues that have built up in the organs. This can take anywhere from a few cleanses to, in the case of cancer, a full year of dietary changes, herbal cleanses and tonic herbs. Most of us have been cleverly deceived by the pharmaceutical industry and grocery corporations into thinking their medications and processed foods were safe. In reality, they were not. They were filled with toxins and have made people very ill. For example, drinking soda pop with aspartame in it has caused many people to suffer from MS-like symptoms, only to have the symptoms disappear when they stop drinking the diet soda pop. Pharmaceutical medications sometimes cause liver and/or kidney damage.
22. **The role of environmental toxins:** Our environment has become quite toxic that 1 out of every 2 people will get cancer in their lifetime. Because these chemicals slowly and silently accumulate in everyone's vital organs without obvious symptoms, many people do not recognize how toxic these chemicals actually are. Believing that all of these years of accumulated toxins can be reversed all in one week is a little unrealistic. A lot of things can happen during a cleanse such as having a metallic taste in your mouth when the mercury from your dental fillings is mobilized to come out of your body tissues, or urinating out the smell of antibiotics you took years ago. Healing naturally involves more than just taking one magic bullet formula – it considers every part of your body, even if those parts don't "appear" to be sick. It's important to find the **root cause** of your problem – usually it's a problem with the colon (most people have problems with their colon), or it could be overworking, lack of sleep, lack of exercise, malnutrition, eating processed foods, exposure to toxins, fluoride in the drinking water, not drinking enough clean water, toxic relationships or emotional traumas.
23. **Having a positive attitude is crucial:** Healing a chronic disease involves making a commitment to yourself. You may need to try new things, and incorporate healing routines into your lifestyle. If you are not committed to your healing, the natural healing route may not be for you. One of my teachers said this very gracefully, "If you're in pain now, deal with it now. If you wait to deal with it later, it will be much harder and more painful." You can go to a surgeon, take a shortcut and get something cut out, but you're still going to have a painful recovery period after the surgery. If you take medications, you're going to have side effects or possible liver or kidney damage. If you wait too long to heal yourself naturally, your options will dwindle. Your doctors will need to use more and more drastic measures. Our medical profession has created several generations of "victims" that believe their illness is random and happened out of the blue. They tell their patients not to change their lifestyle or diet and they will take care of everything. They're happy to "rescue" you, cut your organs out and damage your organs without any participation at all on your part. They will put all your meds into tasteless pills or make them into a convenient time-release capsule so that you need not make any effort. Because of this indoctrination, get the impression that healing should happen immediately and not require any effort. This is what the medical doctors have told them. **That's not the way true healing works.** Medical doctors cannot tell you what caused your disease. They'll tell you it's your genetics or that "no one knows." But if you talk to the natural healers, they usually know exactly why you're sick and exactly what to do about it. If you have something chronic, don't expect to get well quickly unless you are willing to take some higher doses, do some juicing, go through some healing reactions and put some effort into your healing program. If you don't want the healing reactions, that's ok - simply take lower doses, and take the slower route. Then be a little more patient. It's really up to you how quickly or how slowly you want to heal. We've noticed that over the years, people who say, "I can't change my diet or lifestyle" are the ones who have the most difficulty healing themselves. You're going to be much more successful if you start experimenting with healthy recipes, learn more about natural healing and resist the urge to make excuses. If you want to continue eating junk foods or processed foods during your cleanse, the herbs will still help you, although a little less. Know that your results, a lot of the time, depend on you.
24. **Understanding what stage of disease you're in:** Dr. Bernard Jensen, known for healing incurable diseases for over 50 years outlined four stages of disease, with the first stage being the mildest and the fourth stage being the most severe. If you are in the early stages, you will heal more quickly. The younger you are, the more quickly you will tend to heal. Anyone who is older or who has a chronic or longstanding condition should expect the healing process to take longer. The most common problem is giving up too soon, even though there has been some improvement. Do not expect a "cure" from a single bottle of herbs. If you have improved, keep going – there's more healing ahead!

25. **What if I feel bad while taking herbs?** Your body heals through an amazing healing process that proceeds according to a law that herbalists call "Hering's Law of the Cure." According to this law, people heal from the head down, from the inside out and in the reverse order as their symptoms first appeared. Sometimes, the body goes through "healing reactions" in order to unload toxins and heal. Healing reactions are **encouraging signs of healing** and usually mean we are on the right track toward healing the health issue, and getting to the root cause of the problem. They are temporary, and when they pass, people are stronger and healthier than before starting the herbs. Healing reactions can happen at any time during herbal therapy. The more accumulated toxins there are in the body, the more likely healing reactions are to happen. People who experience healing reactions the most often are those who are the most toxic and the most in need of herbal healing. This includes people with chronic diseases, cancer, and the very elderly. Healing reactions may consist of any symptom or illness experienced in the past. The most common ones are fatigue, bloating, intestinal gas, muscle aches, headache, mild rashes, joint pain, nausea, and sinus drainage. These positive healing reactions are often mistaken and misdiagnosed as side effects or even allergic reactions by doctors who do not understand natural healing. Healing reactions can be minimized by reducing the dose of your liquid extracts so that there is little or no discomfort at all. If you are concerned about the possibility of having healing reactions, and you are not in a rush to get an immediate result, *don't take the full recommended doses – reduce by half*. Your cleanse will be half as strong, but most likely you won't have any healing reactions during your detox and you will feel just fine. Your experience with herbal cleansing depends entirely on you – you get to decide how strong and fast your detox is.
26. **How to minimize healing reactions:** In case of healing reactions, do one or more of the following to feel better: REDUCE or TEMPORARILY STOP the doses of the liquid herbal extracts (but continue to take the Vibrant Colon Formula and Colon Detox Caps), take an alternating hot and cold shower (1 minute each and then repeated 7 times), exercise, take a sauna, take an enema, drink more water, and/or take an antispasmodic herbal tincture such as lobelia or the Composure Formula. In any herbal healing program, it's important to take enough herbs to heal, but not to overdo it to the point where one can't function. Taking a lower dose can be just as effective as taking the suggested dose. It's also perfectly acceptable to quit the herbs for a few days and then start again at a much lower dose if needed. The suggested usage directions are merely a guideline and can be lowered or raised at your discretion, depending on your results. ***This is YOUR cleanse and you're in complete control of it.*** If you feel it's not strong enough and you don't feel anything, raise your doses. If you feel it's too strong, lower them. If you're having a reaction, you can be sure that 99% of the time, it's a healing reaction.
27. **Taking a lot of formulas at once:** Sometimes people want to throw a lot of supplements at a health problem and see if it works. I'm not saying it's not going to work, but sometimes you can cause a strong detox and if you have never done a colon cleanse before, you might release too many toxins at once and not feel so good. Always start with the intestinal cleansing formulas such as taking the Vibrant Colon Formula and/or the Colon Detox Caps. Trying to cleanse and heal the body is difficult when the intestines are not cleansed. Sometimes, unless the intestines are cleansed first, the other herbal formulas can't work as well. How many formulas to take at one time depends on you. Unless you have something severe or life-threatening, we suggest starting with one formula or a cleanse kit (cleanse program) and then add on more formulas gradually if needed. Usually the amount of herbs in a cleansing program/kit are enough to take at one time, unless you are accustomed to taking more.
28. **Nutrition can help:** It is very good to get in the habit of taking Essential Nutrients daily to provide trace nutrients, vitamins, minerals and antioxidants not normally received in the regular American diet. Sometimes this alone can help with the health problem.
29. **Essential oils:** should be diluted with jojoba, olive, sesame or other oil before applying to skin. Apply to problem area or to bottoms of feet. Use one drop 1 or 2 times daily (up to 4 times daily if needed). If a rash develops, it means it is drawing toxins out through the skin. Stop using the essential oil for a few days, and when you start taking it again, use it diluted (with any natural vegetable-based oil) or use only on the bottoms of the feet to allow your body to cleanse more slowly.
30. **Even more information:** Please continue to check the website: www.DrFostersEssentials.com for more information about Dr. Foster's herbs and books. "Where To Begin" is a very important important section of the website to read if you've never taken herbs before. If you join our mailing list, you will receive a free weekly educational email series about how to heal yourself naturally plus information on Dr. Foster's natural protocols.

Good Luck and Good Health To you! info@DrFostersEssentials.com Copyright ©2017 Cynthia Foster, MD

Frequently Asked Questions

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I had a reaction to an herbal product.

Was it a healing reaction, side effect or allergic reaction?

Using high quality herbal products usually results in healing reactions. Most people are not accustomed to these reactions because most herbal products available are diluted and watered down so that no one has a healing reaction. Without healing reactions, it can be difficult or even impossible to heal.

Herbal therapy cleanses away metabolic and environmental wastes that have accumulated in the body for as long as 20 years. In order to heal, these wastes must come out. They do not magically disappear or spontaneously combust. These accumulated wastes have been hiding in fat cells, muscle cells, brain cells, in the liver, intestines and kidneys. Herbs stir up these toxins, releasing them into the bloodstream so that they can eventually be eliminated from the body for good. During this time, symptoms from the past often appear temporarily as the body is cleansing away these toxins. After completion of an herbal cleanse, these reactions typically stop. A classic example is someone with arthritis who does a kidney cleanse and during the cleanse, joint pain feels worse. However, when the cleanse has been completed, the joints feel much better than before starting the cleanse. The healing effect tends to be long-lasting. Many people are very happy to go through a short period of discomfort to get their function back and to have the chance at a normal, healthy life. Each herbal order comes with a detailed information sheet (see "How to Take Your Herbs") describing how to minimize these healing reactions so that one can still function in daily activities/ normal work day while doing an herbal cleanse or taking any herbal formulas.

Most medical doctors do not understand herbal therapy or these healing reactions, and they often misdiagnose these reactions as allergic reactions. They prescribe medication to stop the reaction. When they do this, they stop the healing, and ruin the effect of the cleanse. In order to heal, one should not attempt to suppress the symptoms of a healing reaction. Allergic reactions to herbs are extremely rare. 99.9% of all the reactions I've ever seen to herbal products have not been allergic reactions at all, but positive healing reactions.

What herb can I substitute for my medication?

There are many herbs that have similar effects to medications; however I highly discourage taking herbs like medications. In order to heal a particular complaint, it is necessary to heal the entire body, not just the part that has symptoms. We are not trying to suppress symptoms with herbs; we are trying to heal and regenerate the entire body so that the body can heal itself. Trying to suppress symptoms with herbs usually is as unsuccessful as using medication to suppress symptoms. This is because the body is a very complex organism and the functioning of one organ is usually tied to many others. The entire body is interconnected. We cannot have a problem in one organ without having problems in several others. One must ask what all the reasons are for the illness and address all possible causes, even if that means healing a remote area of the body that doesn't appear to be related to the illness. For example, in order to heal the heart, it is not only necessary to take herbs for the heart, but also herbs for the liver, the immune system, the intestines, exercising and perhaps using essential oils for emotional healing. Doing any less than this is cheating oneself out of a full healing and can cause chronic illnesses to drag out unnecessarily.

Will herbs interact with my medications?

The most common herb-drug interaction is that between the prescription blood thinning drug Warfarin (Coumadin) and herbs that thin the blood such as garlic, onion, red clover, and ginkgo biloba. Anyone who is taking Coumadin, Warfarin, Heparin, Lovanox, Plavix or other prescription blood-thinning medications should not attempt to take herbs because the risk is too high for bleeding. Blood pressure meds are ok – they are *not* the same as blood thinners.

Because herbs can strongly affect physiology, the effect could be too strong if an herb that has a specific effect is taken with medications that also have the same effect. For example, one should not combine stimulating herbs (such as ma huang) with a stimulant medication (such as Ritalin). Combining prescription sedatives with sedative herbs (valerian, passionflower, hops), can make people feel drowsy. It's generally not a good idea to combine hormone balancing herbs with prescription estrogen/progesterone medications such as birth control pills (may affect birth control properties) or hormone replacement therapy (although it is possible to taper off hormone replacement therapy while gradually adding the herbs on).

Natural substances such as charcoal, psyllium and slippery elm (contained in the Colon Detox Caps) can reduce absorption of medications as well as herbs, but only if taken simultaneously in the same dose. One should allow one hour before or after taking the Colon Detox Caps or Colon Soothe Formula before taking medications or other herbs.

I have had clients who underwent chemotherapy and herbs at the same time with terrific results. The Colon Detox Caps can be used to offset digestive inflammation/diarrhea and soothe the intestines. The Vibrant Colon or Turkey Rhubarb is excellent in cases of constipation that sometimes occur due to the chemotherapy killing the good bacteria in the intestines. The Essential Nutrients Formula and Iron From Herbs Formula helps to protect against severe anemia which is so common during and after chemotherapy. Immune Valor keeps the immune system strong and the research shows that the therapeutic mushrooms can help shrink tumors. I have never had the experience of herbs decreasing the effectiveness of chemotherapy regimens. On the contrary, the clients I've had who used herbs with chemotherapy were more likely to survive the chemotherapy. This positive effect was further increased when clients changed their diet and lifestyle to a healthier one.

How do I know which herbs I need?

We have lots of online resources to help you find out what herbs you need! **A new addition:** the **Ailment Reference Guide** is now online! This comprehensive guide lists over 300 health issues and what herbal formulas to take for them. Health issues listed range from cancer to Candida to high blood pressure to wrinkles. **Beginners:** People who are new to herbal healing and don't know how to get started can usually

start off with the Beginner's Program described at www.drfostersessentials.com/store/begin.php. This consists of Vibrant Colon, Colon Detox Caps, Immune Valor and Essential Nutrients. This lays down a strong foundation for future, stronger cleanses. Other people who are already familiar with taking herbs can often begin with a slightly more advanced herbal cleansing program such as the Liver Regeneration Program or the Kidney Revitalization Program. After a liver or kidney cleanse, it's beneficial to add on specific herbs or formulas for specific health issues to be started immediately afterwards. For example, a person with memory loss should begin with a liver cleansing routine. During or immediately after the cleanse, brain herbs are going to be helpful such as the Brain Regain Formula, Cayenne Tincture, and Frankincense essential oil. From the index page, click on the "Search By Organ System." It is organized by organ system so that one can browse through all the herbs available for each system such as the brain, immune system, heart, eyes, skin, female issues, etc. Also check the **online articles** for any additional information on particular health issues. Remember that YOU are the one who knows your body the best, and no doctor can approach the knowledge you have of your own body.

Why don't you sell vitamins?

I'm not saying they don't work or that you should never take them. For example, some vegans need to supplement with Vitamin B12. I just feel that highly concentrated herbs work better, and that many vitamins are actually synthetic and can cause problems. Herbs are highly nutritious and already contain vitamins and minerals in their most digestible form. In my opinion, many vitamins are a waste of time, money and kitchen counter space. Many contain synthetic chemicals that are indigestible. I have had many clients come to me with an entire shopping bag full of vitamins that didn't work. These were highly expensive, supposedly high quality vitamins with special processing to make them more absorbable. Considering that most B vitamins have coal tar as their base, I wouldn't want to make them more absorbable. Even though many vitamin manufacturers claim to sell the "natural" form of the vitamin, the proof is on the label. If the ingredients listed are vitamins, but not food, this means that the vitamins are synthetic - even if the label says it's "natural." Anyone can use "natural" on a product label - it doesn't mean anything. More info at <http://www.drfostersessentials.com/store/truth.php>

I've heard that herbs can cause liver or kidney damage. Is this true?

Most of these stories cannot be validated by real science. Most of these reports come from researchers who have isolated a single phytochemical (out of hundreds) from a plant, concentrated it about 5,000 times and directly injected it into a mouse liver. These research studies are written in such highly technical jargon, the lay person cannot read them nor interpret them. I read these in my spare time, and I can tell you that a lot of this so-called research is nonsense. No human being would ever take herbs this way! The pharmaceutical industry loves to spread this propaganda in order to scare people out of taking herbs and scare them into taking prescription drugs. Dr. Foster's Essentials only uses therapeutic herbs and we use only organic or wildharvested herbs. Pretty much all of the reports about liver and kidney damage due to herbs were traced back to Chinese herbs that were contaminated with heavy metals, pesticides, radiation or prescription medications. As I mention on my website, by law, all raw herbs that come into the country must be gassed with the toxic chemical ethylene oxide, therefore, we refuse to use any Chinese herbs except for one or two that come from Canada and have not been contaminated. I deal with clients who have severe liver diseases such as hepatitis and cirrhosis as well as those who are in kidney failure. These people report back to me that their liver enzyme levels and BUN/creatinine fall during herbal therapy with my herbs, coming down towards normal levels. We have no herbs available from our company that could damage the liver or kidneys. Specific prescription medications, on the other hand, are well known for their kidney damaging effects. The most well known are antibiotics (Aminoglycosides, cephalosporins, sulfonamides, tetracyclines), foscarnet, acyclovir, nonsteroidal anti inflammatories (NSAID's), amphotericin B, cancer chemotherapy drugs, HIV protease inhibitors, and contrast dye for CAT scans and other imaging studies. Well known liver damaging medications include tricyclic antidepressants, oral diabetes medications, Accutane, cholesterol-lowering and antifungal medications. Taking the antibiotic Ciprofloxacin can cause tendon tears and cause so much pain, they reduce healthy people to wheelchairs and some antipsychotic medications can cause diabetes. Pharmaceutical medications are far more dangerous than therapeutic herbs.

How do I know when to stop herbs and give up?

There is a tendency to believe that if herbal therapy does not work immediately then it will not work at all. This is absolutely false. It can take at least 3 months in order to see dramatic improvements in a chronic health issue. Usually the problem is that the ill person is not taking enough herbs or is trying to substitute a single herb for a medication without considering how to heal the whole body. They may be taking weak herbal formulas such as powdered herbs in capsules or weak, watered down liquid herbal extracts. Some people believe that herbs can compensate for a bad diet or very stressful lifestyle. Herbs can do this to a certain extent; however, when the illness is serious, not only should herbs be taken, but diet and lifestyle should also be changed or else healing may not occur. It takes time for the body to rebuild. Unlike herbs, regular medications do not contain anything nutritional and cannot rebuild body cells. Prescription medications typically have a strong initial effect that relieves symptoms. The effects of herbs are typically not so dramatic up front, but over the long term, they rebuild and regenerate the body with many naturally-occurring vitamins/minerals/trace minerals and other nutrients. It takes time for the body to rebuild. Most people simply need to be more patient and to stay on one program for longer than 3 weeks before jumping over to another healing program. "Natural healer hopping" can cause more delays in healing than if one simply stayed on a single health program. Of course my philosophy is, "Never give up!"

I did a cleanse and I'm not cured yet. What did I do wrong?

You didn't do anything wrong! For many chronic health issues, it can take more than one cleanse to remedy the problem. The longer a disease has existed in the body, the longer it takes to reverse it. The body can only eliminate toxins so fast. It can take months to do this, depending on how severe the health problem is. Healing sometimes occurs in unexpected ways. You may have been trying to heal your prostate cancer, but the first thing that happened was that your high blood pressure became normal. The body has priorities that may be different from what we think they should be. It may have been necessary for the body to heal the blood pressure first before it could begin healing the prostate. In healing migraines, the migraines may take a while to go away, but the digestion problems typically clear up first because they are a higher priority. If something positive happens during or after a cleanse, but it was not what you expected, it is a good sign that the body will continue to heal during further cleanses. Eventually the body strengthens to such a point that it can finally address the worse and deepest health issue. Hering's Law of the Cure states that healing occurs from the head down, from the inside out and in the opposite order as the symptoms first appeared.



This [liver] [kidney] cleanse looks complicated. Can I do it while working a full-time job?

Yes, of course. Many people do these cleanses while working full-time jobs. They simply wake up earlier, do their morning routine with their morning drink and herbal tea, and then bring their afternoon doses with them in ziplock bags. Then when they return home, they're ready for the last dose of the day. People can feel intimidated by a cleanse when they have never done one before, but they're so simple. Before you know it, the cleanse becomes like second nature, and doesn't seem like an effort at all, just a habit, or something different or fun, like an adventure. Unless there is a health crisis, one can do a cleanse with less intensity. By this, I mean that one can follow a fairly pure diet, but not necessarily do a juice fast or all of the optional additions with the cleanse. For people who are very worried about how they will feel during an herbal cleanse, I advise them to start the cleanse on a Friday or Saturday and take the lowest suggested doses listed on the bottles of herbs. This way, they have 2 or 3 days before going back to work to figure out how the cleanse is going to affect them, and they're doing the mildest cleanse possible. Usually the days when a person feels the worst are the first 2 or 3 days, and again, some people feel completely fine while doing these cleanses. If the mildest cleanse goes well, it can always be extended for more days and done with higher doses. There are enough herbs to do at least 2 cleanses and they can even be done back to back if desired. It's all a learning process, and we learn by doing it. If we don't do it, we don't learn. It's not rocket science. People are not going to hurt themselves with herbs if they get an herbal dose not quite right. It's far easier to do damage with prescription and over the counter medications. Healing ourselves is not a chore – it's a great blessing! It's important to keep a sense of adventure and positive thinking while doing an herbal cleanse and find ways to make it fun.