

How To Take Your Herbs

Cynthia Foster, MD • DrFostersEssentials.com

Please read this entire handout before taking any herbal products.

Unless you read this handout, you will likely misinterpret the signs of healing as something that has gone wrong or an “allergic reaction,” and run to your doctor, who, due to a lack of knowledge about herbs, will *ruin your herbal cleanse*.

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.

Unfortunately, knowledge about herbs and the natural healing process has almost been permanently lost from our culture. Because of this, most people do not understand how to properly take herbs. They think they should be able to take a few herbal “pills” and have the disease magically disappear. Things can disappear, but you need to know exactly how to do it and to do this, it takes a lot of knowledge and study, so I’m going to need you to read because this information is NOT available to your regular medical doctor and it could be more powerful than anything they will ever recommend to you.



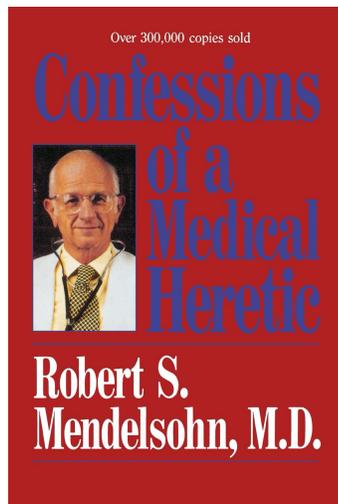
Cynthia Foster, M.D.

You can’t get highly concentrated herbal remedies like these just anywhere. Over the years, a patient or two of mine would be travelling and ask me to recommend another brand they could get at a local store. I recommended some other brands of herbs out in the stores, and I quickly discovered that even though they were the same herbs listed on the label, they did not work the same as my formulas. Because most of the products sold in health food stores and online are watered down and sweetened with glycerine and made with the standard National Formulary (NF) and US Pharmacopeia Standards (five to ten times weaker than my extracts), it might also be difficult to find natural practitioners who understand how to heal the body the quickest way possible with highly concentrated formulas.

If you find Echinacea capsules online or in your health food store, they’re not going to be as potent as my highly concentrated liquid Echinacea Premium Formula extract. My concentrated ginger tincture is much more potent than dried powdered ginger in capsules, my teas are much stronger than what you can get with the lower grades of teas sold in tea bag form, and my essential oils are all therapeutic grade, tested with gas chromatography to be the absolute highest quality, most potent healing preparations on the market – and they have to be – for the benefit of the patients I’ve had over the past 20 years with severe incurable diseases who consulted with me as a last resort. ***So, this is powerful healing and with that power comes responsibility to let you know how it works down to the umpteenth detail*** so that you won’t misunderstand or misconstrue when your body is going through a powerful healing.

It's taken me over 20 years of learning and from MANY natural healers, indigenous healers, iridologists, energy healers, monks, pranic healers, qi gong masters, herbalists, chiropractors, craniosacral healers, aromatherapists, hydrotherapists, osteopathic doctors as well as other integrative medical doctors - in many cases travelling to various international destinations including Peru, Brazil, Austria, Norway, Germany, Spain, Portugal, and more, to learn this knowledge in addition to my conventional medical training (M.D.) I've accumulated over five full bookcases of medical books as well as some very rare natural healing books from great natural healers such as Father Sebastien Kneipp, Arnold Ehret, Paavo Airola, Dr. Henry Lindlar, Dr. John Tilden, Harvey Kellogg, Dr. Bernard Jensen, Ellen Jensen, Rev. John Malkmus, Gary Young, Dr. John R. Christopher, Max Gerson MD, Nicholas Gonzalez MD, Dr. Norman Walker, and many others who were able to heal seemingly incurable cases naturally. I've also had over 20 years' experience implementing these natural healing techniques to heal my patients.

I saw **OVERWHELMING CORRUPTION** in the medical industry over 20 years and that is the #1 reason why I left it. I saw natural healers heal incurable diseases that modern medicine could not touch. But YOU need to know all the facts, too and make this decision for yourself. I'm going to do everything I can to loosen their grip and their power over you. Dr. Mendelsohn, a well-known pediatrician and director of a large hospital in Chicago, wrote about the corruption in the medical profession as early as 1979! It was his opinion that people were better off without going to their doctor for most things. He wrote an entire series of books about medical corruption, including How to Raise a Healthy Child... In Spite of Your Doctor, Medical Malepractice: How Doctors Manipulate Women, Immunizations: The Terrible Risks Your Children Face That Your Doctor Won't Reveal, I highly recommend you read even just one of these books so that you deeply understand it when I say most of the things they do you can already do for yourself naturally.....and, in many cases - at home. You'll deeply understand it when I say most of their surgeries are unnecessary, their prescription blood thinners obsolete and dangerous and their hormonal medications and cholesterol-lowering medications are all harmful to your liver, their medications are all derived from cancer-causing petrochemicals, and their "preventive" shots can give you cancer, autoimmune disorders, brain and nerve damage and their antibiotics can give you C. difficile colitis and candida overgrowth, leading to many digestive and other chronic health conditions, which, for some people are lifelong "side effects." I'm not saying every single thing they do is wrong. But I am saying that a LOT is wrong.



Once you start to distrust the medical profession, you'll start to take on your own power and to know without a shadow of a doubt that YOU have the ability to do that for yourself. But you can't just avoid doctors and be done with it. You need to know what to do *instead* of what they recommend, and that's where doctors like me come in. We teach you what to do *instead*.

In natural healing, you will learn to take on the role of your own doctor and even make your own decisions such as what doses to take, when and how often. It is a very powerful place to be if you can learn about your body and how to heal it naturally. Imagine having enough knowledge that whenever you get sick, you know exactly to do to heal it naturally and without any prescription drugs. The knowledge (power) is here and it starts right now. The words that follow are priceless, and could one day save your life.

1. Extensive Product Instructions and How to Customize Your Doses:

Product instructions for each herbal cleanse and for many herbal formulas are available online at any time by going to drfoster.co/instructions. They are also available by clicking on the “Learn Tab” at the top of every page of our website. They could be anywhere from 1 page to over 40 pages of step-by step instructions including what foods and beverages to eat and not to eat, whether you can do the cleanse if you’re on medications, whether you can mix certain formulas together, how to make the formula(s) taste better, etc. If you don’t see an instruction flyer for an herbal formula listed on the instructions page, simply follow the dosage instructions printed on the product label. Make a folder at home for your flyers so that you can refer back to them if needed. We sometimes do update them depending on our customers’ feedback. If you are curious as to what a cleanse is going to be like, go ahead and **take a look at the instructions in advance**. You will learn a TON about that cleanse, why to do it, how to know if you need it, how people feel when they do that cleanse and modifications to customize it to your individual needs (for example, you had your gallbladder removed and you want to do a liver cleanse). The instructions will also tell you exactly what to do if you don’t feel well during a cleanse.



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. Also, keep in mind that if you take only 5 drops and you feel tired or achey, it might be something else causing it such as lack of sleep, caffeine withdrawal, side effects of a medication you're taking, anxiety over something traumatic that happened, blood sugar highs and lows (affected by caffeine and sugar in your diet), blood pressure highs and lows (can be affected by caffeine and sugar in your diet, stress, and might not have anything to do whatsoever with the herbs you just took). So, within reason, you may need to repeat the dose a few times to make absolute sure it wasn't something else in your diet and circumstances in your life that caused you to feel "off."

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. **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. For some products, you can take as much as eight droppers full in a crisis situation. This includes calming formulas such as Peaceful Nerves, Healthy Heart, and Nerve Calm.



5. **How to Make Your Herbs 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 Strong-Tasting Liquid Extract:

- Place the dose of liquid extract in a coffee mug
- Add 4 to 6 ounces boiling water
- Wait 5 minutes, then add 2 ounces of nondairy milk such as rice milk, coconut milk, almond milk, oat milk, hemp milk or other nondairy milk
- Add 12 drops or more of liquid stevia – to taste.
- If you don't have any nondairy milk, you can also use coconut milk powder (Personally, I LOVE this!) I've never known this not to work for anyone.
- You can add 1 to 2 tsp coconut milk powder, 1 tsp liquid stevia (Hazelnut flavor) and 1 tsp of coffee substitute such as Pero or Inka powder to make your herbs taste like hazelnut coffee with cream.
- 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.



6. **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***, so if you don't have time between taking each formula, don't sweat it.

7. **Taking a Lot of Formulas At Once:**

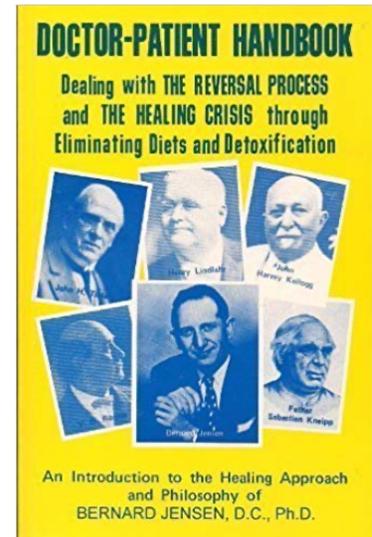
Sometimes people want to throw a lot of supplements at a health problem and see if it works. I'm not saying it's not going to work, but sometimes you can cause a strong detox and if you have never done a colon cleanse before, you might release too many toxins at once and not feel so good. Always start 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. When you're first starting to take herbs, usually the amount of herbs in a cleansing program/kit are enough to take at one time, unless you are accustomed to taking more.

8. What if I Feel Bad or Have a(n) (Allergic) Reaction While Taking Herbs?

Using high quality herbal products usually results in healing reactions. It's often called a "healing crisis," otherwise known as the "Reversal Process," a "Retracing" or "Detox Reaction." It's a well-known phenomenon with which most herbalists and natural healers are familiar. 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.

After completion of an herbal cleanse or a few days after, these "healing 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.



Your body heals through an amazing healing process that proceeds according to a law that herbalists and homeopathic doctors 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 that have accumulated in the body over many years 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, generally lasting only a few days, 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 and the more prescription medications you've taken over your lifetime, 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. If you've taken any strong prescription medications, they have accumulated in your body, and when you do a detox, you may feel the effects of these medications you have taken – even if it's been several years since you've taken them. You may even smell them coming out in your urine or bowel movements. If you've accumulated heavy metals in your body, you may experience a metallic taste in your mouth when you do a cleanse or smell a metallic smell in your bowel movements as you clean these out.

The most common healing reactions are fatigue, bloating, intestinal gas, white coated tongue, strange taste in your mouth, muscle aches, headache, mild rashes, joint pain, nausea, fluid discharges from the body, excess mucus and sinus drainage. Dr. Foster's Essentials herbs are strong, so please don't be surprised if your body starts to unload toxins and you start to feel these symptoms of healing. Here's the explanation why:

These toxins you've been exposed to and that have accumulated in your body include heavy metals (aluminum from cooking with aluminum foil, drinking soda pop from aluminum cans, the aluminum and thimerosal (mercury) in the "preventive" shots your doctor gave you, mercury from your "silver fillings," cadmium and other toxins from the cigarettes and cigars you smoked); pesticide residues, food additives and preservatives (bromine in your "enriched flour," monosodium glutamate, pesticides on your coffee, fruits and vegetables), environmental chemicals, chemicals in your tap water (such as fluoride, chlorine and break-down metabolites from other people's medications that were recycled and put back into your tap water), your toxic air fresheners, perfumes, laundry detergent, window cleaner, toilet cleaner, household cleaners, fabric softeners, shampoo, conditioner, hair spray, and personal care products, dental toxins (from silver fillings and other incompatible materials that were used in your dental work), hormone and antibiotic residues in the factory feedlot animal products you consumed, toxic paints and varnishes used in your home and in your furniture and carpeting, formaldehyde used in your clothing, dry cleaning chemicals, accumulated deposits in your body from pharmaceutical drugs you took in the past, remnants from infections you had in the past that were incompletely healed, parasite die-off, fungal die-off, bacterial infection die-off, die-off of harmful organisms that grew in your gut because you took several rounds of antibiotics when you could have treated most of those infections naturally with herbs and essential oils instead).



Toxic Products Sold in Most Stores

Hint: if you took antibiotics or medical treatment for an infection, you only healed it at the surface level – it was an incomplete healing. Your body threw down a layer of mucus on top of these toxins to protect you from them before storing them in your body so when these toxins come out during a cleanse, they usually come out with mucus as well.

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.

Your healing has only just begun if you had an infection in the past treated with antibiotics, antivirals or antifungal medications because residues of previous infections can come out during an herbal or juicing detox as well. If you had chemo or radiation treatment for cancer, your healing has also only just begun.

Our modern lifestyle is full of synthetic chemicals and these chemicals can and often do accumulate in the body. When analyzing cord blood of infants, scientists have found literally over 200 chemicals in their blood on the FIRST DAY OF LIFE and out of 287 chemicals they found, 180 were known to cause cancer, 217 were toxic to the brain and nervous system and 208 caused birth defects. ([Environmental Working Group, 2004](#)) Imagine, with all of the synthetic chemicals you've been exposed to over the years, how many chemicals you have accumulated in your fat cells, muscle cells, brain, kidneys, liver and other organs if you are over the age of 40. What I've learned from the countless number of natural healers I've studied under and from my hundreds and thousands of patients over the past 20+ years is that these synthetic chemicals need to come out of your body for you to get well.

So, take a moment and take an inventory of all the chemicals in your household, your cosmetics, hair products, beauty products, and start thinking of how you're going to minimize the use of synthetic chemicals, filter your water, use baking soda and vinegar for household cleaning and use essential oils instead of toxic air fresheners, and shop for foods that have not been contaminated with neurotoxic pesticides. This is for your long-term health.

These positive healing reactions are often mistaken and misdiagnosed as side effects or even allergic reactions by doctors who do not understand natural healing.

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, do everything you can NOT to take a synthetic chemical 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. It's not to say it doesn't happen, but I've just never seen it.

9. **What to Do if You Have a “Healing Reaction:”**

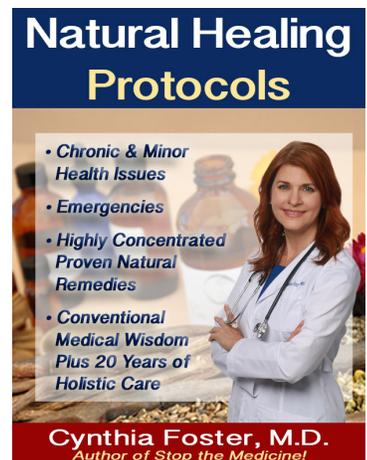
Most healing reactions are mild and really not a big deal. Healing reactions can be minimized by reducing the dose of your liquid extracts so that there is little or no discomfort at all. If you are concerned about the possibility of having healing reactions, and you are not in a rush to get an immediate 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. Then you can extend your cleanse out to twice as long. **Your experience with herbal cleansing depends entirely on you – you get to decide how strong and fast your detox is.**

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)
 - Do some light exercise – this helps your lymph and circulatory system better eliminate toxins
 - Get into a sauna – this helps you eliminate the accumulated toxins that were just stirred up to be eliminated through your sweat.
 - Take an enema – doing this helps unload toxins from the colon and often helps a great deal more than expected.
 - Drink more water – water helps to dilute the toxins and minimize their effect on you
 - Take an antispasmodic herbal tincture such as lobelia tincture or the Peaceful Nerves Formula.
1. In any herbal healing program, it's important to take enough herbs to heal, but not to overdo it to the point where you can't function. Taking a lower dose can be just as effective as taking the suggested dose.
 2. It's also perfectly acceptable to quit the herbs for a few days and then start again at a much lower dose if needed.
 3. The suggested usage directions are merely a guideline and can be lowered or raised at your discretion, depending on your results.
 4. ***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.

10. What Herb Can I Substitute for My Medication?

Save yourself a lot of time and consult the [Natural Healing Protocols Ebook](#). It's completely free. It will explain what herbs help what health issues and contains over 400 listings for health problems and what exact supplements to take for them and it will explain to you how remote areas in your body have colluded to make you sick all over your entire body. Most importantly, it explains how and why it's important to cleanse your colon, liver and kidneys, which affects your entire body and that particular health condition you have. You don't think your elimination organs are connected to your health, but they actually are! You need to see how the health of your elimination organs affects your blood sugar, blood pressure, cholesterol, heart health, thyroid function, brain function, low "T", hormonal imbalance, tumors, cancer, and every other health condition out there. You need to see how your daily diet and lifestyle also affects these conditions as well.



There are many herbs that have similar effects to medications and they will help you feel better symptom-wise and you can make some progress with your healing this way; however ***I highly discourage taking herbs like medications – taking just one herb for your one health issue.*** 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 and all the problem areas.

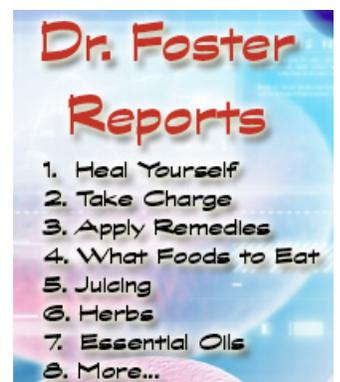
Trying to suppress symptoms with herbs usually is as unsuccessful as using medication to suppress symptoms. This is because the body is a very complex organism and the functioning of one organ is usually tied to many others. The entire body is interconnected. We cannot have a problem in one organ without having problems in several others.

You 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.

If you want to search the website, a good way is to search for herbs by organ system. From the index page, click on the "Search By Organ System." It is organized by organ system so that you 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/ "Dr. Foster's Reports"](#) 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.



11. How Long Does it Take Before the Herbs Work?

Herbs may have an immediate effect that relieves symptoms (such as taking Cider Blaster and having your cold or flu go away quickly, or using a gargle with clove oil or Cold & Flu Formula 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 around 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 temporarily 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.

12. What If the Herbs Don't Work?

Herbs are VERY different than medications. They typically work over the long-term, so it's important to take them regularly so that they can help rebuild your body over time. For this reason, you may not get a dramatic effect up front, but if you keep taking the formulas, your health issue can improve, and especially if you make positive diet and lifestyle changes. Don't give up if the first dose doesn't do what you want it to do.

Because of Hering's law and the retracing/ unwinding process your body must go through to get well, if you get any healing result whatsoever, even though it wasn't what you thought it should be, your cleanse or healing effort was successful. The most recent health issues tend to heal first and the issues that have existed for longer take longer to heal. The skin and extremities heal last.

Some people need higher doses while others are sensitive to the lowest doses, so if you're not feeling anything during your cleanse or while taking herbs, you may be one of those rare people who needs higher doses.

If you weigh more than 150 pounds, you will need to adjust your doses higher than what's listed on the label.

If the dose is for a child and nothing is happening, you can try raising the dose gradually all the way up to the full adult dose.

If you've had multiple health issues over the years, you may have an enormous amount of toxins built up in your body and it may take some time to unload all of them and build your body back up with nutrition. We find that **most people have vastly underestimated the amount of toxins they're carrying around.**

13. **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.

14. **More Info on Healing Pets Naturally:**

Pets respond particularly well to Earth's Nutrition Powder, the Anti-Par Formula, and can even drink carrot or other fresh vegetable juices. Remember, most of them do not weigh as much as a human, so reduce their dose and calculate it according to their body weight. 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.



15. 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. Most therapeutic herbs are actually **beneficial and healing** for the breastfeeding baby with few exceptions. You can take therapeutic herbs while you're breastfeeding in order to heal your baby from things. What I've discovered over the years is that it's a lot about the dose. If you're taking large amounts of valerian root or other sedative formulas, don't be surprised if your baby is drowsy. So, cut down your dose so it does not affect your baby.



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, Bone Tissue Nerve Formula, Iron From Herbs, Digestive Formula, Echinacea Premium Formula, Adrenal Support, and the Earth's Nutrition Formula.

16. 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/ Colon Soothe before taking any medications. Don't worry about any other formulas and whether or not to take them on an empty stomach. The Colon Detox Caps/ Colon Soothe Formulas are the only formulas to worry about this way. Every other herbal formula you can mix with food and with other herbs and supplements and it's most likely fine. Nothing has to be taken on an empty stomach except for these two formulas.



17. Dropper Won't Work/ 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. If your dropper is clogged, insert a safety pin or sewing needle into the opening of the dropper and it should easily unclog. You can also insert the dropper into a glass of hot water and leave it there for several minutes to soften up the sediment and help unclog it. And you can easily take the dropper top off of the glass dropper simply by pulling upwards on it.



18. 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.

19. Stimulants & Sedative Herbs:

Please use caution & do not overdose on any energizing formulas: Damiana Formula and Adrenal Support can be very energizing. 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 the vast majority of people, they are delightfully calming. In others, they may cause drowsiness. In very 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.

20. Alcohol Content of Extracts:

Most liquid formulas are alcohol extracts with a negligible amount of alcohol. The amount of alcohol in a single dose is about as much alcohol as one would get from eating a very ripe banana. 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.

- a. For one, alcohol is a natural antiseptic. If there are any germs on the herbs, after they have been tinctured, none remain.
- b. 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.
- c. 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.
- d. 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.
- e. 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.



21. What if I'm Sensitive to Alcohol or Don't Want to Take It?

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.

22. 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 change it, it may not work as well.

23. 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 gastritis or gastroenteritis. Please take all garlic-containing formulas with juice or food. Adding a little coconut milk powder also helps as does adding a full cup of boiling water. 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 Tincture should ALWAYS be taken with food.



24. If You Take Prescription Medications:

When you're on the Dr. Foster's Essentials website, each product will list all cautions and interactions. Do not stop any prescription 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 an herbal cleanse 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.

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 lowering medications are completely fine – they are *not* the same as prescription blood thinning medications – blood pressure-lowering drugs do not thin the blood, so they're fine to take along with supplements.

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 and are safe in people who do not take these medications, may cause bleeding episodes in those who are taking these prescription blood thinners. If your doctor put you on aspirin, that's almost as dangerous. Really – stop it! There's a long laundry list of side effects to aspirin and it's not worth the risks. You can take herbs that do the same thing that act as natural anti-inflammatories without the side effects of aspirin. Look into proteolytic enzymes as well. You've really sold a bill of goods as far as aspirin is concerned. It's not essential for anyone to take for any reason. It was not the greatest invention of the century – they did a massive marketing campaign and convinced you that it was the greatest invention of the century when there were anti-inflammatory herbs you could have used the entire time that would have been just as effective. Pretty much all herbs are anti-inflammatory and antioxidant.

Some people have actually gotten off of their prescription blood thinners and onto natural blood thinners. **Bottom line:** prescription blood-thinning medications are dangerous and I wish your doctor had never put you on them. I wish they would have put you on proteolytic enzymes instead because that's far safer and effective – but that is not profitable enough for your doctor to prescribe, so the inferior prescription drug is what you got and now you've got problems with side effects and combining it with foods and herbs because it's just that dangerous of a medication. Unless you have a mechanical heart valve, please do some research on proteolytic enzymes and learn about these so that you do not have to continue taking these dangerous prescription blood-thinning drugs.

Moving on to some other possible herb-drug interactions: 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, you 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. However, I've had had some people taking very strong sedative and anticonvulsant medications who also took my Peaceful Nerves and Nerve Calm Formula and didn't feel drowsy at all – they felt completely fine. You're going to need to do what works for you.

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 – I've written out several sets of instructions for a few products like this and it seems to have worked well for my patients).

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. You 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 Colon Start Plus is excellent in cases of constipation that sometimes occur due to the chemotherapy killing the good bacteria in the intestines. The Earth's Nutrition 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.

25. **Mixing Our Herbs With Your Other Supplements:**

For the most part, when you take an herbal formula, you can also take your other supplements. If you are vitamin D or B12 deficient, keep taking these supplements during your cleanse. If vitamin C is the only thing keeping an infection under control, keep taking it. Any natural supplement that is desperately needed can be continued during an herbal cleansing program.

Supplement Facts	
Serving Size 1 Tablet	Servings Per Container
Amount Per Serving	
Vitamin A (as acetate)	5
Vitamin C (as ascorbic acid)	
Vitamin D (as cholecalciferol)	
Vitamin E (as dl-alpha tocopherol acetate)	

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 supplements that are **synthetic** such as vitamins and minerals. The vitamins and minerals that naturally occur in foods and herbs are **natural** and therefore completely safe to take with our herbs. 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**.

Do not take any additional psyllium during our cleansing program because it's already in the Colon Detox Caps and this will most likely cause you to become constipated. s

26. **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.

27. **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.” If you’ve built your body on soda pop, coffee, sweets, candy, cigarettes, potato chips, French fries, and other unhealthy foods, it will take some time to build a better body. 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. Healing yourself permanently of something is something you “earn” with your effort.

28. **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.

29. **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.

30. **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 possibly 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. For the most part, you won't feel it while it's happening because they use strong anesthesia drugs during surgery. It will lull you into a false sense of security that everything is ok when in reality, it's not. 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, people 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.***

31. **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 – especially if they've taken prescription medications or synthetic chemical-based over-the-counter medications for it, which generally drives the disease deeper into the body tissues, even though it appears the outward symptoms have gone. 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 even a little, keep going – ***there's much more healing ahead!***

32. **My Doctor Told Me I Shouldn't Take Herbs:**

I'm going to be brutally honest with you. Around 95 to 99% of all medical doctors have ***zero training in herbs.*** The amount of training they have in nutrition is also dismal. They have NO IDEA how to use herbs or therapeutic foods or what the effects will be. Because of this, most of them are actually AFRAID of herbs and cannot tell you how to use them or how they will interact with your medications. They will simply default to a standard, “Don't take them.” If you

start to heal yourself and have a healing reaction, we've noticed over the past two decades that your doctor will misdiagnose it **almost 100% of the time** and even ruin your progress by prescribing steroids to take care of a supposed "allergic reaction," which was NOT an allergic reaction at all, but a healing.

In over twenty years of helping people heal naturally, I have noticed that people who are overly concerned with their medical doctor's recommendations **do not do so well with their healing**. In fact, they end up with a lot of unnecessary surgeries, antibiotics, SIBO (caused by taking too many antibiotics), liver damage, kidney damage and organ transplants. They lose their gallbladder, appendix, uterus, colon, tonsils and parts of other organs when they could have been saved with natural healing. **I can almost 100% guarantee your doctor has no idea how to advise you on taking herbs**. If you're curious, you can probably test your medical doctor's knowledge on herbs by asking them what herbal or natural healing training they have been through or even if they've ever taken herbs themselves or recommended them to their patients. While you're at it, ask them if they have any training in acupressure, acupuncture, chiropractic, osteopathy, energy healing, reflexology, shamanism, craniosacral therapy, kinesiology or emotional healing techniques. Most likely, unless you're going to an osteopath or a very progressive holistic-minded MD, their answer is going to be no.

The best people to advise you on how to take herbs are people who are actively using them and who have studied them extensively. Don't ask a car mechanic to fix the plumbing in your house. They are not plumbers! By the same token, don't ask a medical doctor to advise you on herbs. **They know about surgeries and prescription medications really well, but NOT about herbs or nutritional supplements**. Unless they are integrative medical doctors who are actively using herbs with their patients, you should consider their advice on herbs not very reliable. If your medical doctor is against herbs, and you want to heal yourself naturally, I highly recommend **changing doctors to one that is more favorably oriented towards natural healing**. With research showing the average age of death of a medical doctor is 58 - almost two decades lower than the age of death of the average American - most of these chemically-oriented doctors die at a much earlier age than their patients. It kind of makes you wonder about this system of medicine.

33. **Essential Oils:** 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. There is a more detailed instruction sheet describing how to use your essential oils located here:

<http://drfostersessentials.com/store/pdfs/Essential Oils Info.pdf>



34. **Even More Information:**

Please continue to check the website: DrFostersEssentials.com for more information about Dr. Foster's herbs and books. "Where To Begin" is a very 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.

35. Please Share Your Healing!

We sometimes get emails from people who tell us their life has been completely changed by one of our cleanses, a certain herbal formula, or a combination of formulas they took. And yet, Big Pharma still has a stronghold on our nation, blasting their propaganda from every mainstream TV station, radio station, magazines that people cannot heal from anything unless they take pharmaceutical medications. If you've had an amazing healing, please consider sharing it with us, show us some before and after pics and your story. So many people are suffering from these diseases and they might live in a small town where there are no natural healing practitioners. Your story could dramatically help someone else with your same condition and be an inspiration to someone who's been told they're incurable.

Good Luck and Good Health To you!
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More Q & A (less critical):

Who Do I Blame if I Don't Feel Well During A Cleanse?

When I was a conventional doctor recommending dangerous and harmful prescription medications, everyone did exactly what I said without hesitation, and if they had a dangerous side effect, they wouldn't think twice – they just accepted it because “doctor knows best.” In the meantime, they suffered liver damage, kidney damage, neurologic damage, pancreas damage and other sometimes permanent damage to their organs without any anger at all! They never walked into the pharmacy and demanded their money back if they felt nauseated, had hearing loss, kidney damage, SIBO or a life-threatening c. difficile infection from taking antibiotics, had liver damage from their cholesterol-lowering medications, had gout due to their blood pressure-lowering medications, or nerve damage from their cancer chemo drugs. They just accepted it.

Imagine my shock after training for so many years as a medical doctor that these prescription medications I had prescribed left toxic deposits in the body that would then be released years later during an herbal cleanse. My patients would describe the smell and the effects of medications coming out of their body during a cleanse that they had not taken in many years! And after these chemicals were released from their body, their health would improve.

Because I objected to the harmful pharmaceutical treatments and felt it was a violation of the Hippocratic Oath to continue practicing this way, I left medicine. For many years after I left medicine and before I had people better educated on the reversal process of disease, every time they felt the slightest twinge of discomfort, they would angrily return their herbs and blame me for it, even though there was absolutely nothing wrong with the herbs, and the discomfort was simply a part of their healing.

I hope it's becoming obvious who is the real culprit that you need to blame. When the residues of these toxic prescription and over-the-counter chemical-based medications start to come out during a detox, and you don't feel so well, it is the medical profession and the chemical industries in our country who have done this to you.

Your doctor never intended to hurt you. It was simply the way he or she was trained. Even though they had good intentions and were trying to help you, they are the ones who prescribed you these harmful chemicals that have been stored in your body for decades. They are also the ones who injected you with harmful chemicals without telling you what was in them or what harm they could cause (of course, they had good intentions, but they did not themselves know what was in these injections). They are also the ones who, for years, not knowing any different, told you that you were basically healthy, when in reality, you were carrying around loads of heavy metals, toxic chemicals and other toxins in your body that kept you sick and dependent on daily medications.

Then there are the pesticide companies who manufacture neurotoxic pesticides that you have been consuming for years on and in your food, there are manufacturers who produce toxic chemical products that you used every day for years such as your air fresheners, your perfume, your hair spray, cosmetics, shampoo, hair dyes, soaps, laundry detergent, toxic food additives, and the petrochemicals you inhale whenever you drive on the highway or walk down the sidewalk. We need to start blaming the soda pop companies, the fast-food restaurants, the pesticide manufacturers, the cosmetics industry, the petroleum industry, the alcohol industry, the tobacco industry, and other chemical industries. The sickest patients I've ever had were chemical engineers. The more chemicals they worked with, and the longer the years they worked with them, the more aggressive their cancers were and the harder it was to help them.

I don't like to blame anyone because it creates bad feelings, but if you really must blame someone for your ill health, blame the chemical industries in this country, and all of the manufacturers of pharmaceutical medications, pesticides, soda pop, food additives, granulated sugar, high fructose corn syrup, enriched flour, and tobacco-derived products. While you're at it, look up the term "Autoimmune Inflammatory Syndrome Induced By Adjuvants," especially if you have been diagnosed with Hashimoto's or any other type of autoimmune disorder. You're getting adjuvants in almost all of the injections you receive in your doctor's office.

In reality, this collusion against your health started a long time before your medical doctor ever attended their medical training, so please try not to blame your doctor. The powers-that-be in this country made absolute sure you (and your doctor) did not learn the traditional and natural ways of healing, so that you would become completely powerless and dependent on their system to survive.

Fast foods contain plenty of calories to trick people into thinking they've eaten well, when, in reality, they are malnourished and deficient in many nutrients which also causes and aggravates many diseases. Finally, there needs to be a little accountability on everyone's part about the alcohol binges, drugs, smoking, coffee drinking and other bad health habits they engaged in over the years. Enough said.

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.