

# Green & Natural

*The Interactive Catalog Of PCK Technologies, Inc. May 2011*

**MAGI-HERBS**  
ALL-NATURAL SUPPLEMENTS



*health assurance with herbal supplements\**



# Green & Natural

PCK's Interactive Catalog

May 2011

Editor in Chief:

Michael ChingKwei Kang

MagiHerbs and MytiHerbs are the brand names of dietary supplements\* by

PCK Technologies, Inc.

38 Carriage Pines Court,

The Woodlands, TX 77381 USA

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Reference: Foundations of Traditional Chinese Medicine:

<http://www.amazon.com/gp/product/1452814082>

\*All statements in this catalog have not been evaluated by the Food and Drug Administration. All PCK products are not intended to diagnose, treat, cure, or prevent any disease.



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**MAGI-HERBS**

ALL NATURAL SUPPLEMENTS



Women's Health Assurance by MagiHerbs  
Mammo-Guard for breast health,  
MenoYouth for menopause,  
U-O-Clear for uterine and ovarian health.



# Mammogram and Mammo-Guard



## Availability

For more information or to find a local outlet carrying Mammo-Guard, call Magi-Herbs/PCK Technologies toll-free at 800-421-3254 or visit [www.magiherbs.com](http://www.magiherbs.com).

Be sure to visit [www.magiherbs.com/esofft1.html](http://www.magiherbs.com/esofft1.html) to download free sample chapters of *Foundations of Traditional Chinese Medicine*,



a new book by Michael Kang, president of PCK Technologies, Inc.

## PREVENTIVE MEASURE— Early Detection of Breast Problems

When no symptoms are observed, take one to three capsules daily as a supplement to ensure breast cleanliness and health. If you feel some pain or stretching in the breast area after one bottle, this can indicate problems, and use should be continued until symptoms are relieved. Four to eight bottles may be needed for full relief.

If no symptoms are felt after one bottle, use may be discontinued or reduced to one capsule per day as a maintenance nutritional supplement and resumed if any symptoms reoccur. Mammo-Guard has been shown to successfully detect any blockages in milk and lymphatic ducts in their early stages and can clean the blockages, restoring breast health.

In the past decades, the American Cancer Society has been recommending annual mammograms for women beginning at age 40. But a government panel of doctors and scientists recently concluded that getting screened for breast cancer so early and so often is harmful (due to the X-ray radiation), causing too many false alarms and unneeded biopsies without substantially improving women's odds of surviving the disease. Besides, even if breast abnormality is found to be benign, there are no sure ways to clear it except to wait for the next mammogram exam.

These facts and the new guidelines have caused confusion in women and controversy in the medical community. However, alternatives are available but not well known in the medical profession. One alternative is to use the traditional Chinese medicine supplement Mammo-Guard when benign lumps are found either by mammogram or self-exam, in the time lapse between exams or with breast pain, swelling and other symptoms to assure breast health.

Breast problems are common and frightening. The threat of breast cancer especially looms in the mind of most women. However, even benign breast problems are difficult to treat, including breast hyperplasia, lumps, acute or suppurative mastitis, inflammation and breast cellulitis, and fibrocystic breast disease. The most common symptoms are breast pain, swelling or lumps. Early detection is important to treatment success, but the Western cure usually involves surgery, which is also dreaded by most women.

In traditional Chinese medicine, these types of symptoms can be relieved by herbal formulas, such as Mammo-Guard. This 100-percent natural herbal

product is based on proven Chinese decoctions and effective Western herbs used for improving mammary and lymphatic-system health. The symptoms that can be relieved include

Breast pain—with or without breast swelling, fever, malaise or swelling of lymph nodes in the armpit and breast area; may be associated with some breast discharge.

Breast lumps—which are usually movable and accompanied by pain; may be more pronounced right before or during menstruation.

For all benign lumps that are not completely calcified, Mammo-Guard not only is effective in relieving the symptoms but also can detect and clean problems at an early stage of occurrence, thus reducing the chance of lumps forming. Mammo-Guard has no known side effects.

Mammo-Guard contains standard extracts of 28 different herbs proven effective in improving the health of the liver, mammary and lymphatic systems, and breast tissues. You can learn more about the specific ingredients in Mammo-Guard at [www.magiherbs.com](http://www.magiherbs.com).

The natural herbs work synergistically to supplement the self-cleansing capability of female mammary and lymphatic systems. They work to detect and cleanse abnormal accumulations and growth of sputum/fluids, blood clots, tissues and cellular debris in the mammary glands and lymphatic ducts. These accumulations may form fibrocystic lumps, breast-gland hyperplasia or other problems. Without cleaning or other treatment, these accumulations may lead to atypical ductal hyperplasia (precancerous stage), DCIS (ductal carcinoma in situ) with or without microcalcifications or even breast cancer (stage 0). The cleansing actions gradually eliminate all benign lumps that are not completely calcified or slow down the accumulation of the abnormalities so that the mammary-gland ducts and adjacent lymphatic ducts and nodes will stay clean or return to their original cleanness, and thus the symptoms disappear.

## Case Study

"I am 58 years old, and 6 years ago I discovered lumps in my breasts. I have no health care or insurance, therefore I had to delay exams until my breasts became very painful. In 2006, a biopsy confirmed that I had cancer in both breasts, but I could not afford chemotherapy or other treatments.

"Doctors prescribed painkillers including opium to relieve the pain, but my condition was deteriorating. Then I came across Mammo-Guard in a health magazine about two to three years ago and purchased a bottle immediately to relieve the pain in my breasts. I used up to eight capsules each day, and usually the pain was relieved within half an hour of taking Mammo-Guard. For me, Mammo-Guard actually works better than all painkilling medicines, and my cancer conditions are now stable.

"I think Mammo-Guard is more than a miracle product. To me, it's a gift from God."

—Name withheld to protect privacy



# Mammo-Guard for Breast Health

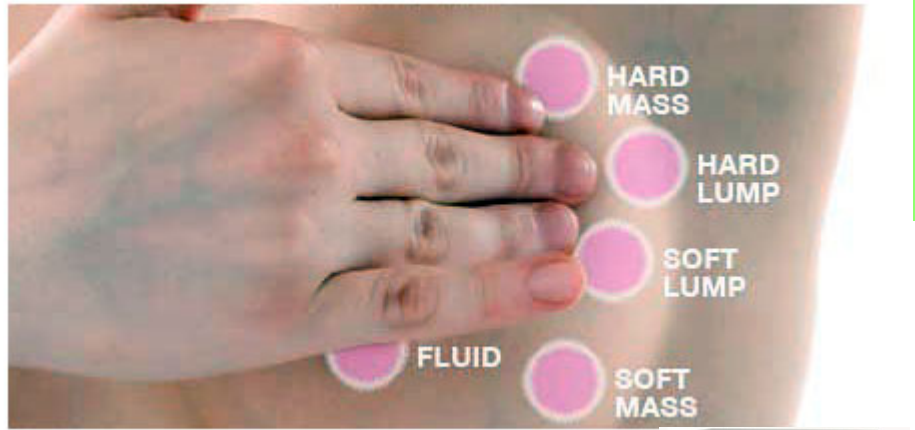
For pain, swelling,  
lumps cleansing

## Product Description

**Introduction:** This 100% natural herbal product is based on proven Chinese decoctions, and effective western herbs used for improving mammary and lymphatic systems health. Including herbs that the Chinese have used in breast hyperplasia, cancer, lumps, acute or suppurative mastitis, inflammation and breast cellulitis, fibrocystic breast, etc. Symptoms can be relieved include: 1. Pains: with or without breast swelling, fever, malaise, swelling of lymph nodes in the armpit and breast area, may associate with some breast discharge. 2. Lumps: which are usually movable and with pain, may be more pronounced right before or during menstruation. Including all benign lumps that are not completely calcified. Mammo-Guard is effective in relieve these symptoms, to detect and clean problems at their early stage of occurrence, to improve immune system, and to reduce the chance of lumps from happening. Mammo-Guard has no known side effects.

**Main Ingredients:** Mammo-Guard contains standard extracts of 28 different herbs in 8 categories: Blood tonic & clot cleansing: Angelica sinensis (dang guai), red-rooted sage, zedoary turmeric, herbaceous peony root; Water-retention reduction: tuckhoe, kelp, cluster mallow fruit; Qi and mood soothing: Chinese thorowax, dried green orange peel, tangerine seed; Energy improving: Angelica dahurian, milk vetch, large-headed astractylodes, lucid asparagus; Hormone balance: Long spar epimedium, Chinese yam; Lymphatic system cleansing: Echinacea, cleavers; Sputum dissolving: Mongolian snake gourd, bulb of fritillary, selfheal, oyster shell; Liver detoxing, milk gland duct cleansing, and heat soothing: dandelion, seed of cow cockle, honeysuckle flower, licorice, olibanum, and Chinese honey locust spine. All herbs are proven effective to improve the health of liver, breast, lymphatic systems and breast tissues. Mammo-Guard contains no sugar, yeast, starch, wheat, or dairy products. No artificial preservatives, colors, or flavors.

## breast lumps



**Mammo-Guard:**  
Regular price \$45/bottle,  
Sale \$39.95/bottle.

To order, click  
<http://store.magih herbs.com/mabrheas.html>

**Main Actions:** The natural herbs work synergistically to supplement the self-cleaning capability of female mammary & lymphatic systems, to detect and clean abnormal accumulations and growth of sputum-fluids, blood clots, tissues, and cellular debris, in the mammary gland and lymphatic ducts. These accumulations may form fibrocystic lumps, breast gland hyperplasia, etc. Without cleaning or other treatment, these accumulations may lead to atypical ductal hyperplasia (precancerous stage), or DCIS (ductal carcinoma in situ) with or without microcalcifications, or even breast cancer (stage 0). The cleansing actions gradually eliminate all benign lumps that are not completely calcified, or slow down the accumulation of the abnormalities, so that the mammary gland ducts and adjacent lymphatic ducts and nodes will stay clean, or return to their original cleanness, thus the symptoms disappear.

**Suggested Dosages:** To relieve symptoms, take 2 capsules each time, 3 times daily before each meal. The time lapse to feel its effectiveness varies depending on individual's conditions, usually after taking **Mammo-Guard** for only 5-10 days, the symptoms are much relieved or gone. If after 2 bottles, symptoms have not improved, **Mammo-Guard** may not be suitable for *you*. When no symptoms are observed, take 1 to 3 capsules daily as supplement to ensure cleanliness and health. • If *you* feel some pain or stretch in the breast area after one bottle, which signals problems, *you* need to take more to get better, some people need up to 4-8 bottles to achieve full relieve. If *you* feel nothing after 1 bottle, *your* breasts are very healthy, then *you* could stop taking **Mammo-Guard**, or only take 1 capsule/day as a maintenance nutritional supplement, or when any slight symptom comes back again.

**Warning:** Do not take **Mammo-Guard** in menstruation, pregnancy, high fever, and heavy bleeding. Consult your physician before beginning any nutritional supplement program. Package and storage: Each Mammo-Guard bottle contains 60 capsules of 500 mg standard herbal extract. Store in a cold-dry place. Close bottle tightly after use. Keep out of reach of children.



## Magiherbs' MenoYouth--

### An alternative to hormone replacement therapy

Jane is a 55 year-old female. Since the age of 45 she suffered menopausal symptoms several times a day. She had sudden hot flashes and sweats, especially in the afternoon and evenings, fatigue and emotional, those had drained the life from her.

A decade earlier, Jane's doctor had prescribed hormone replacement therapy (HRT) to relieve her symptoms, but she quickly developed fibroids. Then 2 years ago, her doctor performed a total hysterectomy to stop the heavy bleeding and fibroid growth. After surgery, she tried again to go on HRT, but she felt lumpy nodules developing in the breast area, although menopausal symptoms were reduced. What frightened even more was in July 2002 when the National Institute of Health reported halting the largest HRT trial, due to increased risk of breast cancer, heart disease, stroke, and blood clots that were greater than the reported benefits. Fortunately, many media outlets reported on HRT alternatives that could relieve her menopausal symptoms.

Jane tried natural estrogens, progesterone, etc., and finally came across MenoYouth. This Chinese herbal formula not only reduced her symptoms, but also let her enjoyed the boost of mood, energy, and sex drive. Jane felt younger and happier after using MenoYouth.



MenoYouth from PCK Technologies, is based on several proven Traditional Chinese Medicine formulas that have been modified and refined in recent years for menopausal symptoms. Now, as women turn away from the risks of HRT, MenoYouth, which is made in the USA, may well be among the best alternative remedies for symptoms relieving without side effects.

MenoYouth consists of 36 natural herbs to relieve all menopause symptoms, including:

Natural hormone: black cohosh, Chinese yam, medicinal cornel fruit, glossy privet, fruit of Chinese wolfberry.

Heat soothing: gypsum, dried rehmannia, windweed, lucid asparagus, starwort, Chinese goldthread, root-bark of peony, root-bark of Chinese wolfberry.

Energy and immune system enhancing: Siberia ginseng, Chinese date, licorice, longspur epimedium, Indian mulberry, Chinese dodder.

Sweats reducing: milk vetch, blighted wheat.

Mood swings and Insomnia: wild jujube, Chinese magnoliavine, vine of multiflower knotweed, dwarf lilyturf.

Blood enriching: dang guei, prepared rehmannia, root of herbaceous peony,

Clots cleansing: red rooted salvia, ox-knee, lycopus lucidus turcz.

Blood pressure stabilizing: selfheal, gambirplant, oyster shell.

Fluid retention eliminating: tuckahoe, Asiatic plantain seed.

Main Actions: The natural herbs work synergistically to supplement the endocrine glands, to compensate the decreased hormone production, to improve energy and the immune systems, to clean the abnormal accumulation and growth of sputum-fluids, blood clots, and cellular debris. These factors combined may cause the menopause symptoms.





# MenoYouth for Menopause

## Product Description

**Introduction:** This 100% natural formula is based on Chinese decoctions proven effective to relieve menopausal and low-Yin symptoms, including:

Cardiovascular symptoms: hot flashes, night sweats, dizziness, unstable blood pressure, palpitation, irregular pulse, and false angina pectoris, etc.

Low-Yin symptoms including irregularity menses, or early menostasis, etc. Acne at all ages and both genders. Early diabetes (one usually feel thirsty and with dry mouth, warmer than normal hands and feet), which are also indications of low-Yin (unbalanced hormone production).

Nervous system symptoms: mood swings, insomnia, depression, etc.

Musculo/Skeletal system symptoms: osteoporosis, waist and back pains, arthrosis, etc.

Aging symptoms: tiredness, lack of libido, vagina dryness, sagging breasts, dried skin, hairs, etc.

Metabolism change symptoms: obesity, edema, certain urinary problems, and digestive system problems.

Since the orthodox Hormone-replacement therapy (HRT) has been proven to increase the dangers of breast cancer, heart disease, blood clots, and stroke.

**MenoYouth** may be the best alternative remedy, which relieve all symptoms and has no known side effects.

### Main Ingredients:

MenoYouth consists of 36 natural herbs to relieve all menopause symptoms, including:

Natural hormone: black cohosh, Chinese yam, medicinal cornel fruit, glossy privet, fruit of Chinese wolfberry.

Heat soothing: gypsum, dried rehmannia, wind-weed, lucid asparagus, starwort, Chinese goldthread, root-bark of peony, root-bark of Chinese wolfberry.

Energy and immune system enhancing: Siberia ginseng, Chinese date, licorice, longspur epimedium, Indian mulberry, Chinese dodder.

Sweats reducing: milk vetch, blighted wheat.

Mood swings and Insomnia: wild jujube, Chinese magnoliavine, vine of multiflower knotweed, dwarf lily-turf.

Blood enriching: dang gwei, prepared rehmannia, root of herbaceous peony,

Clots cleansing: red rooted salvia, ox-knee, lycopus lucidus turcz.

Blood pressure stabilizing: selfheal, gambirplant, oyster shell.

Fluid retention eliminating: tuckahoe, Asiatic plantain seed.

## hot flashes



## MenoYouth:

Regular price \$30/bottle,

Sale \$24.95/bottle.

To order, click

<http://magiherbs.com/menaaltohrt.html>

**Main Actions:** The natural herbs work synergistically to supplement the endocrine glands, to compensate the decreased hormone production, to improve energy and the immune systems, to clean the abnormal accumulation and growth of sputum-fluids, blood clots, and cellular debris. These factors combined may cause the menopause symptoms.

**Suggested Dosages:** To relieve symptoms, take 2 capsules each time, 3 times daily before each meal. The time lapse to feel its effectiveness varies depending on individual's conditions; usually after taking MenoYouth for only 5-10 days, the symptoms are much relieved or gone. If after 2 bottles, symptoms have not improved, MenoYouth may not be suitable for you. When no or slight symptoms are observed, take 1 to 3 capsules daily as supplement to ensure health and regain youthful energy.

**Warning:** Do not take MenoYouth in pregnancy, high fever, heavy bleeding, or with other diseases. Consult your physician before beginning any nutritional supplement program.

**Package and Storage:** Each MenoYouth bottle contains 60 capsules of 500 mg standard herbal extract. Store in a cold-dry place. Close bottle tightly after usage. Keep out of reach of children.



# Uterine Fibroid and Ovarian Cyst Symptoms



## Availability

Both U-O-Clear and Hema-Recover are widely available at natural health centers. For more information or to find a local outlet carrying U-O-Clear and Hema-Recover, call Magi-Herbs toll-free at 800-421-3254, or visit [www.magiherbs.com](http://www.magiherbs.com) for details and to use their store locator.

Be sure to visit [www.magiherbs.com/esofft1.html](http://www.magiherbs.com/esofft1.html) to download free sample chapters of *Foundations of Traditional Chinese Medicine*,



a new book by Michael Kang, president of PCK Technologies, Inc.

Possibly as many as 30 to 80 percent of all women have had ovarian cysts and/or uterine fibroids during their reproductive lives. While about half of them usually have had no symptoms, the rest may have symptoms such as heavy periods, pain, bloating, tiredness, etc. One in four women end up with symptoms severe enough to require treatment. Since the standard Western treatment is surgery, clearly, we have a great need for alternatives. Traditional Chinese Medicine (TCM) favors non-surgical approaches, which truly work.

Uterine fibroids are products of three main pathological factors: phlegm, dampness, and blood stasis. Phlegm and dampness are due to an imbalance of the kidney and spleen functions. The spleen is responsible for transforming the food essence into energy (Chi) and blood. If the spleen is deficient, excess dampness in the system gradually coalesces into phlegm, which can manifest as lumps and masses of various kinds, including ovarian cysts and uterine fibroids.

The third major pathological factor in the TCM is blood stasis. Blood stasis occurs when the blood pathways easily and smoothly, and may in fact come to a standstill. A condition of blood stasis factors into many gynecological problems. When Chi and/or blood slow down and begin to accumulate in an area, it is called Chi stagnation or blood clotting.

The U-O-Clear formula combines several popular TCM formulas that have been used and proven

for hundreds of years; it is meant to support healthy blood circulation, improve energy, and support the body's ability to clear abnormal accumulations and growth of body clots, tissues and cellular debris. U-O-Clear is a combination of 36 natural herbs that work synergistically to support the body's ability to clear abnormal accumulations and growth of body clots, tissues and cellular debris. U-O-Clear is a combination of 36 natural herbs that work synergistically to support the body's ability to clear abnormal accumulations and growth of body clots, tissues and cellular debris. U-O-Clear is a combination of 36 natural herbs that work synergistically to support the body's ability to clear abnormal accumulations and growth of body clots, tissues and cellular debris.

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## >> Case Study

"I am a 50-year-old female who suffered from uterine fibroids since 2001. I had extremely heavy periods and a tremendous amount of breakthrough bleeding most of the month. I had been on birth control pills for over 20 years (which can cause the fibroids), and when I tried to get off of them, the bleeding became even more severe.

"I had ultrasounds and uterine biopsies to confirm the diagnosis, but did not have insurance to cover the recommended hysterectomy. Nor did I want to undergo such a drastic surgery! I also tried a uterine balloon procedure in 2005, but because my fibroids were so large, it failed.

"Then, my mother discovered U-O-Clear in her health food store. I began taking 4 capsules a day and saw a big difference over the next few months. I was gradually able to get off birth control pills and my periods shortened from three weeks to one-week long, with much less bleeding! I have no breakthrough bleeding either. It has been years now, and my condition has only gotten better! I now take 2 U-O-Clear capsules a day for maintenance.

"I wholeheartedly recommend U-O-Clear to anyone suffering from uterine fibroids. It gave me my life back!"

—Connie K. (Last name withheld to protect privacy)

## Anemia Relief

Hereditary anemia, and depending on the individual, anemia may develop due to the bleeding. Worse, this type of anemia is usually not curable by simple iron pills. This is similar to anemia caused by cancer treatment, either by chemotherapy or radiation therapy, where the blood cell counts and platelets are often low due to the suppression of bone marrow, which lowers the patient's capability of blood component production. In this case, U-O-Clear should be used with a blood-building formula.

Hema-Recover is another formula by Magi-Herbs that was specifically designed to support the body's ability to produce blood components. It is a combination of 36 natural herbs that work synergistically to support the body's ability to produce blood components. It is a combination of 36 natural herbs that work synergistically to support the body's ability to produce blood components.



or radioactive or chemical injuries. This formula provides herbal support for all other types of anemia, including the kind caused by cancer treatment.

## How does Hema-Recover work?

Hema-Recover consists of 36 natural herbs that work synergistically to supplement the bone marrow, spleen and endocrine glands; to increase the production of blood components; to improve hematopoiesis and the immune system; and to support the cleaning of radioactive or chemical toxins and blood clots from the body. These types of factors together may cause a hematologic disorder and other symptoms.

You can learn more about the ingredients in Hema-Recover by visiting [www.magiherbs.com](http://www.magiherbs.com).



# U-O-Clear for Uterus & Ovary Health

For fibroids & cysts  
cleansing

## Product Description

**Introduction:** About 70% of women between 20 to 50 years of age may have ovarian cysts or uterine fibroids, yet only about half of these women exhibit symptoms of their condition. Symptoms include:

1. Pelvic cramps or pain, dysmenorrhea.
2. Irregular periods, abnormal bleeding, with clots or dots.
3. Tiredness, weakness, with or without low fever, anemia, etc.
4. Bloating, pressure or lumps in the lower abdominal region, may lead to urination or movement changes or infertility.

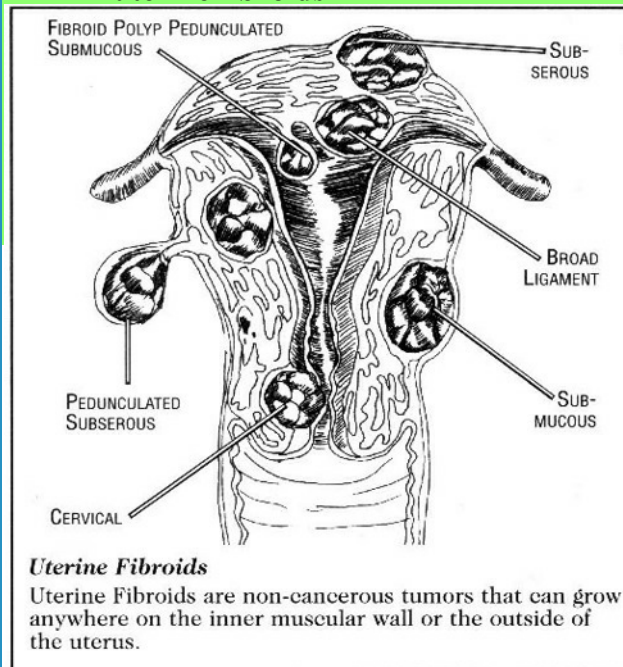
For sure diagnosis, please check with doctors. Since many medications used to cure cysts/fibroids have side effects, the real cure for the problems may be a hysterectomy surgery.

U-O-Clear is a 100% natural herbal formula well proven in China to be very effective to relieve the above stated symptoms, and symptoms of certain types of endometriosis or amenorrhea, which are caused by blood clots or abnormal growth of tissues. U-O-Clear has no known side effects.

**Main Ingredients:** **U-O-Clear** contains 19 herbs of 5 categories: Blood clot cleansing includes red root sage, chuanxiong, safflower, herbaceous peony root, peony bark, peach kernel; reduce water-retention includes tuckhoe, kelp, Chinese astractylodes, Job's tears; Qi-smoothing includes yanhusuo, nutgrass flatsedge; energy improving includes dang guai, ox-knee, licorice, casia, psuedo-ginseng; and sputum dissolving includes selfheal, oyster shell. **U-O-Clear** contains no sugar, yeast, starch, wheat, or dairy products. No artificial preservatives, colors, or flavors.

other medications, then take **U-O-Clear** also help to avoid symptoms happen again. Usually after taking **U-O-Clear** for only 5 days, the symptoms are much relieved or gone, then *you* could stop taking **U-O-Clear**, or only take it as a nutritional supplement, or when any slight symptom comes back again.

## uterine fibroids



## U-O-Clear:

Regular price \$50/bottle,  
Sale \$43.95/bottle.

To order, click

<http://magiherbs.com/uclutfiandov.html>

**Main Actions:** The natural herbs are combined together to supplement the capability of female system's self-cleaning functions, to clear abnormal accumulation and growth of sputum-fluids, blood clots, tissues, and cellular debris, which may form endo/cysts/fibroids. • These cleansing actions eliminate or slow down the growth of cysts/fibroids/endo, so that uterus and ovary organs will stay clean or return to their original cleanness, thus the symptoms disappear.

**Suggested Dosages:** To relieve symptoms, take 2 capsules each time, 3 times daily before each meal. When no symptoms are observed, take 1 to 3 capsules daily as supplement to ensure uterus and ovary cleanness. Usually one bottle is enough to determine whether **U-O-Clear** is effective for *you*, the time lapse to feel its effectiveness varies depending on individual's conditions. • If *you* feel improvement of symptoms, *you* need to take more to get better, some people need up to 6-12 bottles to achieve full recovery. If after 2 bottles, symptoms have not improved, **U-O-Clear** may not be suitable for *you*. Early usage of **U-O-Clear** is recommended to reduce uncomfortable symptoms, or to negate a surgery. **U-O-Clear** works best when little symptoms have been felt. If the tumors are too big, or symptoms remain after 2 bottles of **U-O-Clear**, *you* may need an operation or other medications, then take **U-O-Clear** also help to avoid symptoms happen again. Usually after taking **U-O-Clear** for only 5 days, the symptoms are much relieved or gone, then *you* could stop taking **U-O-Clear**, or only take it as a nutritional supplement, or when any slight symptom comes back again.

**Warning:** Do not take **U-O-Clear** in menstruation, pregnancy, high fever, heavy bleeding, or anemia. Consult *your* physician before beginning any nutritional supplement program. **Package and Storage:** Each **U-O-Clear** bottle contains 60 capsules of 500 mg standard herbal extract. Store in a cold-dry place. Close bottle tightly after usage. Keep out of reach of children.





Natural Cleansers:  
Hema-Recover for  
radiation & chemical toxins,  
Q-O-Fire for inflammation,  
Shrink-&-Clean for benign  
lumps.



# Natural Cleansers

I

Recent nuclear power plant accidents in Japan have caused concern about radiation injuries. The severity of symptoms of radiation sickness depends on the radiation dose (time and strength) absorbed. Relatively smaller doses result in gastrointestinal effects such as nausea and vomiting, and symptoms related to falling blood counts such as infection and bleeding. Relatively larger doses can result in neurological effects and rapid death. Treatment of this acute radiation syndrome is generally with blood transfusions and antibiotics in a hospital. Radiation exposure can also increase the probability of developing some other diseases, mainly tumors, cancer and genetic damage.

Chronic radiation syndrome is due to long-term exposure to radiation levels lower than those that can induce acute sickness. People nowadays are often subject to very low doses of radiation every day due to their natural environment: electromagnetic, ultra-violet, or cosmic rays, over-exposure to radioactive materials; using cellular phones, televisions, computers, X-ray, CT-scans, and in chemo-radiation therapies for cancers. The symptoms of this syndrome may include:

1. **Hematologic disorders:** anemia with non-confirmed cause, or when iron pills are not effective, or low counts for red blood cells, white blood cells, and platelets, which are hard to recover due to bone marrow suppression by radioactive/chemical toxins, or other harmful radiations.
2. **Internal bleeding:** under the skin, in the gums, nose, lungs, and in urine or stool.
3. **Inflammation:** low fever, dehydration or dryness, skin rashes, redness or burning.
4. **Digestive problems:** nausea, vomiting, loss of appetite, or diarrhea.
5. **Nervous system symptoms:** fatigue, dizziness, headache, insomnia, delayed response.
6. **Other symptoms,** such as weakness, tiredness, hair loss, lack of libido, irregular menstruation cycle, and difficulties of urination.

In Traditional Chinese Medicine (TCM), a 100 percent natural herbal formula called Hema-Recover is proven to be effective to relieve these symptoms. The natural herbs of Hema-Recover work to supplement the bone marrow, spleen and endocrine glands, increase blood component production, and improve the hematopoietic and immune systems, thus help to clean the radioactive or chemical (detergents, pesticides, or processed food, etc.) toxins and blood clots from the body.

However, when inflammation is severe, antibiotics or Q-O-Fire are used. Inflammation is identi-

fied by five characteristics: pain, swelling, redness, heat, and organ dysfunction in the affected area. The symptoms of chronic inflammation are similar, but could exist for a prolonged period without being relieved. Inflammation is the complex biological response of vascular tissues to harmful stimuli, such as pathogens (bacteria, viruses, infectious agents or germs), damaged cells, toxins or irritants. The standard antigens for inflammation caused by bacteria are antibiotics. However, for inflammation caused by viruses, damaged cells, toxins or irritants, antibiotics are often not effective. Drugs including steroids, non-steroidal anti-inflammatory drugs (NSAIDs), and immune selective anti-inflammatory derivatives (ImSAIDs), or herbs are used instead.

Q-O-Fire is a proven natural herbal detoxifier for inflammation. It can supplement the effectiveness of all the above mentioned drugs and antibiotics in most cases. In TCM theory, inflammation is considered as over-excited Qi (bodily fire) in the body systems due to low Yin-fluid (bodily water) and high bodily fire, which may indicate immune function deficiencies. The TCM treatment is to balance the bodily fire and water by improving body fluids production and enhancing the immune functions, therefore the body itself can repair the scars, flush out the debris or toxins, quell the heat and thus relieve the inflammation symptoms.

If toxins accumulate in the body for a longer period, some lumps could grow without pain. These lumps are often benign to begin with, but could become malignant if they are not taken care of in time. Shrink-&-Clean is a natural detoxifier for the residual toxins in body. This 100 percent natural herbal formula is based on proven Chinese decoctions effective in shrinking or cleaning benign lumps in the body systems, especially for lumps without skin-color changes and no fever or pain associated with them. The locations of lumps may include the neck, breasts, colon, thyroidal, or abdominal areas. Symptoms of colon lumps or polyps include belly pain, long-term diarrhea with sticky stool, pus or blood, or alternating constipation and diarrhea. Other lumps usually have no symptoms. The constituents of lumps may include waste fluids, cellular debris, cartilage, fat or fibrocystic tissues, and residual toxins. Usually the reasons for occurrence and the Western medicinal treatment for these lumps are not certain. In TCM, these lumps are regarded as abnormal tissue growth due to stagnation of blood clots, phlegm, toxins or debris. Shrink-&-Clean can be effective in cleaning these growths or accumulations at their early stage of occurrence to improve the immune system and reduce the chance of lumps from forming.



For detailed information about Hema-Recover, Q-O-Fire, and Shrink-&-Clean including ingredients, please visit [www.magiherbs.com](http://www.magiherbs.com).

Be sure to visit [www.magiherbs.com/esofft1.html](http://www.magiherbs.com/esofft1.html) to download free

sample chapters of *Foundations of Traditional Chinese Medicine*, a book by Michael Kang, president of PCK Technologies, Inc.





# Chinese Medicine Herbal Formula Relieves the Side Effects of Radiation & Chemotherapy

For many cancer patients, the ability to manage the side-effects of chemotherapy and radiation treatment can make all the difference in their physical as well as emotional stamina when fighting the disease.

Chemotherapy may result in hair loss, fatigue, dry skin and nausea. Radiation may cause vomiting, sore throat and diarrhea, depending on the area of the body being treated. These reactions are due primarily to the fact that chemotherapy and radiation treatments not only attack malignant cancer cells but also severely harm healthy red blood and immune cells. As a result, intensive radiation and chemotherapy weaken the entire body, causing debilitating side effects such as nausea, vomiting, diarrhea, shortness of breath, inability to concentrate (the inevitable "chemo fog" so many patients experience) and constipation, which may last for days at a time.

Fatigue and anemia (a condition in which the blood is deficient in red blood cells, in hemoglobin, or in total volume) are two of the most serious side effects resulting from blood cells being exposed to high doses of radiation and chemical toxins.

Fatigue, or extreme tiredness, which coincides with anemia, is one of the most debilitating side effects of radiation and chemotherapy. Once the body is in a weakened state, it becomes much more difficult to fight the side effects of treatment, and recovery becomes a slower and more painful process. This state of intense fatigue drains cancer patients of not only the physical strength to fight the disease, but also their emotional and psychological fortitude as well.

## Chinese Herbs Help Recovery

To counter these debilitating side effects, MagiHerbs, of Woodland, Texas, manufactured **Hema-Recover**, a 100 percent natural herbal formula, based on Chinese decoctions proven effective to relieve symptoms including anemia, nausea, vomiting, diarrhea, fatigue,

dizziness, and other severe side effects associated with radiation and chemotherapy treatments. Their exclusive formula is composed of 36 natural herbs that work together to help strengthen the body's blood system, eliminate toxins and recover the strength needed to fight the disease.

**Hema-Recover\*** has been proven effective in helping cancer patients improve their quality of life while undergoing harsh radiation therapy. As the name implies, *Hema* (blood) *Recover* helps the body to "recover" its blood production capability and also helps to protect the blood cells from the damaging effects of chemotherapy and radiation.

By supplementing the bone marrow, spleen and endocrine system, patients can increase the production of healthy red blood cells, reduce the side effects of radiation and chemical toxicity and improve their body's immune vitality.

Of the 36 herbs contained in **Hema-Recover**, one of the best known is the natural adaptogen *Rhodiola rosea*, a popular plant in Eastern European and traditional Asian medical systems. Adaptogens help the body adapt naturally to adverse external stimuli in order to better cope with stress. They are also unusually powerful antioxidants.

Rhodiola is known to help normalize the immune system by improving

T-cell immunity and has been shown to increase the body's resistance to toxins that may accumulate during radiation treatment. This is an important factor in the process of improving the patient's overall good health. Research has shown that in order to achieve rapid recovery from the effects of radiation, it is vital to not only strengthen the body's blood supply, but also to reduce the impact of harmful radiation and chemical residues.

Other fortifying ingredients contained in **Hema-Recover** are **dang gwei** (also known as **angelica**), which enriches and tonifies the blood; **tuckahoe**, which works to strengthen the spleen, reduce vomiting and increase appetite; **oldenlandia**, which has been successful in supporting the treatment of stomach, esophageal and colon cancer patients; and **root of herbaceous peony**, which nourishes the blood and decreases painful diarrhea.

Any one of these herbs could, by itself, ease some of the effects of radiation and chemotherapy treatments, but it's the combined synergy of all the factors working together that makes **Hema-Recover** a worthy ally and fortifier in the fight against a potentially deadly disease.

*\*Hema-Recover is made in the United States according to GMP standards, and is certified to be free from chemical/biological contamination.*

## Prescription for Use of Hema-Recover

**Dosage**—To relieve symptoms, take two capsules, three times daily before each meal. The time lapse to feel its effectiveness varies depending on an individual's conditions; symptoms are usually much relieved after taking **Hema-Recover**. If after two bottles, symptoms have not improved, **Hema-Recover** may not be suitable for *you*. When no or slight symptoms are observed, take one to three capsules daily to ensure health and continue recovery. **Warning:** Do not take **Hema-Recover** in pregnancy, high fever, heavy bleeding, or with heart or infectious diseases.

**Availability**—For more information or to find a local outlet carrying **Hema-Recover**, call Magi-Herbs/PCK Technologies, Inc. toll-free at (800) 421-3254. Or use their store locator service at [www.magiherbs.com](http://www.magiherbs.com).



## Attention Retailers & Health Professionals

Magi-Herbs/PCK Technologies, Inc. is seeking select retailers and health professionals to offer **Hema-Recover**. Call their toll-free number at (800) 421-3254.

# Hema-Recover for Anemia

For cleansing after  
Chemo-Radiation  
Therapies

## Product Description

**Introduction:** Hema-Recover is a 100% natural herbal formula, based on Chinese decoctions proven effective to relieve symptoms including:

1. Hematologic disorders: anemia with non-confirmed cause, or when iron pills are not effective, or low counts for red blood cells, white blood cells, and platelets, which are hard to recover due to bone marrow suppression by radioactive/chemical toxins, or other harmful radiations.
2. Internal bleeding: bleedings under the skin, in the gum, nose, from lung, in urine or stool.
3. Inflammation: low fever, dehydration or dryness, skin rashes, redness or burn.
4. Digestive problems: nausea, vomiting, loss of appetite, or diarrhea.
5. Nervous system symptoms: fatigue, dizziness, headache, insomnia, retarded response, etc.
6. Other symptoms: weakness, hair loss, tiredness, lack of libido, irregularity menses, difficulties of urination, etc.

The above symptoms may be resulted from the side effects of radiation/chemo therapy for cancer treatment, or injuries due to high irradiation of electromagnetic, ultra-violet, or cosmic rays, or over expose to radioactive materials, or contaminated by nuclear or dirty bombs. Or several types of acquired or induced immunologic deficiencies.

## Main Ingredients:

**Hema-Recover** consists of 36 natural herbs, including:

Natural adaptogens: rhodiola rosea, milk veteh, maytea scurfpea fruit, Chinese date, licorice, longspur epimedium, Chinese wolfberry.

Heat soothing: honeysuckle flower, saxifrage, grossy privet, Zhejiang figwort, root-bark of peony.

Dryness reducing: solomon seal, Chinese trichosanthes, straight ladybell root, lucid asparagus, dwarf lilyturf.

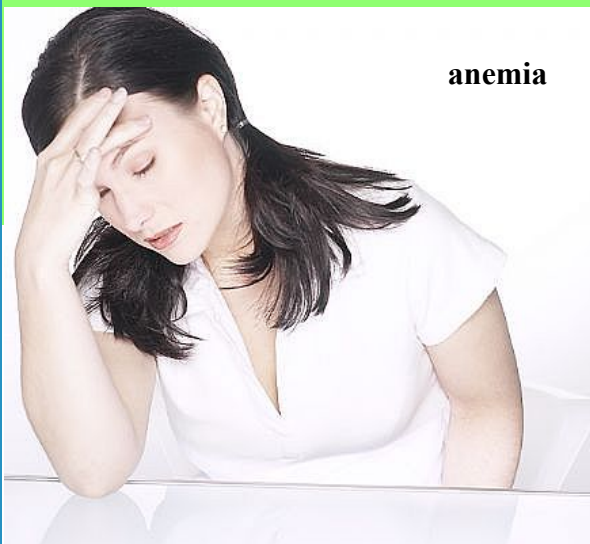
Mood swings and Insomnia: large headed atractylodes, tangerine peel, Chinese magnoliavine, multi-flower knotweed.

Blood enriching: dang guei, dried rehmannia, root of herbaceous peony, leatherleaf milletia, red ochre.

Clots cleansing & stabilizing: red rooted salvia, purslane speedwell, garden burnet, pseudo ginseng.

Toxin & fluid retention eliminating: oldenlandia, cleavers, selfheal, tuckahoe, pyrrisia leaf, Job's tear.

anemia



**Hema-Recover:**  
Regular price \$45/bottle,  
Sale \$39.95/bottle.  
To order, click  
<http://magiherbs.com/heblsa.html>

**Main Actions:** The natural herbs work synergistically to supplement the bone marrow, spleen and endocrine glands, to increase the blood components production, to improve hematopoietic and the immune systems, to clean the radioactive or chemical toxins and blood clots from the body. These factors combined may cause the hematologic disorder and other symptoms.

**Suggested Usages:** To relieve symptoms, take 2 capsules each time, 3 times daily before each meal. The time lapse to feel its effectiveness varies depending on individual's conditions; usually after taking Hema-Recover for only 5-10 days, the symptoms are much relieved. If after 2 bottles, symptoms have not improved, Hema-Recover may not be suitable for you. When no or slight symptoms are observed, take 1 to 3 capsules daily as supplement to ensure healthy systems.

**Warning:** Do not take Hema-Recover in pregnancy, high fever, heavy bleeding, or with heart or infectious diseases. Consult your physician before beginning any nutritional supplement program.

**Package and Storage:** Each Hema-Recover bottle contains 60 capsules of 500 mg standard herbal extract. Store in a cold-dry place. Close bottle tightly after usage. Keep out of reach of children.



# NATURE'S PROVEN RELIEF FOR Inflammation



## Availability

Q-O-Fire from Myti-Herbs is widely available at natural health centers. For more information or to find a retailer near you, contact Magi-Herbs/Myti-Herbs at 800-421-3254 or visit [www.magiherbs.com](http://www.magiherbs.com).

## Comment by Myti-Herb

Q-O-Fire is a dietary supplement, thus it is not disease-specific; however, it does relieve many inflammations. Many kinds of inflammation that are not readily cured by antibiotics or other drugs can be relieved by promoting the body fluids to quell the inflammation/heat or internal fire caused by virus infections like the common cold, influenza, hives, inflammation of unknown cause, AIDS, lupus (SLE), etc. In other words, Q-O-Fire promotes the body's self-healing capabilities to relieve the inflammation.

*(These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.)*

Inflammation is a basic way in which the body reacts to infection, irritation or other injury. Inflammation is a type of immune response; it is not a disease, but it is associated with many diseases. In fact, any disease with the suffix "itis" means inflammation. Inflammations are usually treated with antibiotics/drugs according to the particular condition. However, there are types of inflammation for which no cure is available (e.g., AIDS inflammation). There are also cases in which some symptoms of inflammation persist even after the infection has been resolved through antibiotics or other drugs. This can be caused by scars, cellular debris, toxins from the infection-drug interaction, and viral or autoimmune problems. Western medications may not be effective in relieving all symptoms of inflammation, such as with inflammation due to aging, Sjogren's syndrome (dry eye and mouth), herpes, lupus, shingles or hay fever.

Inflammation has five characteristics: pain, swelling, redness, heat and organ dysfunction in the effected area. The symptoms of chronic inflammation are similar but can exist for a prolonged period without relief.

In traditional Chinese medicine (TCM) theory, pain, swelling, redness and heat can all be considered results of overexcited (hyper) *qi*, or bodily fire, in the body systems. Being low in yin-fluid, called bodily water, and high in bodily fire is indicated by

a lack of body fluids or by immune-function deficiencies. The TCM way to tackle these problems is to balance the bodily fire and bodily water by improving body fluid production (i.e., anti-aging) and enhancing immune function. The body itself can then repair the scars, flush out the debris or toxins and quell the heat, thus relieving the symptoms. In China, the basic formulas that make up Q-O-Fire were proven over the years to relieve most symptoms of inflammation, except in cases of organ dysfunction or with certain allergic conditions. (However, symptoms labeled "allergic" are often only inflammation caused by the bodily fire and bodily water imbalance, and therefore can be easily relieved by Q-O-Fire.) Q-O-Fire has no known side effects.

Q-O-Fire consists of 37 natural herbs, which you can learn more about by visiting [www.magiherbs.com](http://www.magiherbs.com). These natural herbs work synergistically to supplement the body's fluid production, thus also relieving dryness in the body, eyes or mouth; to improve the immune system; and to clean out the toxins and cellular debris. The actions can help to relieve the symptoms of inflammation.

Inflammation that has not responded to antibiotic treatment often may be related to an imbalance of bodily fire and bodily water. One natural way to restore this balance quickly is through using supplements such as Q-O-Fire.

## CASE REPORTS

**Maddy S. \* writes...** "Q-O-Fire is the answer to all my prayers. I have suffered with bursitis in my muscles for 15 years—the inflammation of tiny fluid-filled sacs that help muscles and tendons slide across bone. I've seen doctors, chiropractors, massage therapists and acupuncturists to get rid of my inflammation—nothing worked. My muscles were so stiff and sore I didn't even want to get out of bed in the morning, and walking was getting so bad that I became housebound and almost settled for the wheelchair. But I just wasn't ready to give up! And then my daughter found Q-O-Fire. 'Mom, this is for you,' she said. What can I say other than thank God for my daughter and Q-O-Fire. I am forever grateful!"

**Julie L. \* writes...** "My problems began with an insect bite on my left shoulder, which developed into itchy rashes. Following soon after, my right parotid gland began to swell painfully, and I had a slight fever.

"My doctor diagnosed me with mumps, a viral illness, which other than time and supportive treatments, such as drinking lots of water and taking painkillers, has no cure.

"I tried Tylenol, but it did not help. Gradually, I developed flu-like symptoms, including a headache and head heaviness, sore throat, clear nasal mucus, fever, cough, tiredness, body and joint pains and some diarrhea. Although all of these symptoms were pretty mild, they persisted for about

five days. I took antibiotics, but they didn't help either.

"Later, while searching for other treatments online, I found Q-O-Fire. After taking it for three days, most of my symptoms disappeared. I have found that taking heavy doses (three caps per four hours) of Q-O-Fire can relieve most symptoms of unidentified inflammation faster than other over-the-counter drugs or supplements.

"Thank you Magi-Herbs!"

*\*Last name withheld to protect privacy.*

# Q-O-Fire for Inflammation

## Product Description

**Introduction:** Inflammation is a basic way in which the body reacts to infection, irritation or other injury. Inflammation is a type of immune response, it is not a disease, but it is associated with many diseases. In fact any disease with suffix “itis” means inflammation. Inflammations are usually treated with antibiotics/drugs according to the particular disease. However, there are inflammations for which no cure are available (e.g., AIDS), or after the infections were killed by antibiotics/drugs, some symptoms of inflammation persist, which may have been caused by the scars, cellular debris, or toxins of the infection/drug interactions, or auto-immune problems. Western medications may not be effective to relieve all symptoms, examples include aging inflammations, Sjogren’s syndrome (dry eye & mouth), herpes, lupus, shingles, etc.

Inflammations are identified by five characteristics: pain, swelling, redness, heat, and organ dysfunction in the affected area. The symptoms of chronic inflammations are similar, but could exist for a prolonged period without being relieved.

In TCM (Traditional Chinese Medicine) theory, inflammations are considered as over-excited (hyper) Qi, or bodily Fire, in the body systems. Usually regarded as due to low in Yin-fluid, called bodily Water, and high in bodily Fire, which indicated the lack of body fluids and/or immune function deficiencies. The TCM way to tackle these problems is to balance the bodily Fire and Water by improving body fluids production (i.e., anti-aging) and enhancing the immune functions, therefore the body itself can repair the scars, flush out the debris or toxins, quell the heat and thus relieve the inflammation symptoms. In China, the basic formulas consisting Q-O-Fire were proven over the years to relieve most inflammation symptoms except in organ dysfunction or allergic conditions. Q-O-Fire has no known side effects.

### Main Ingredients:

Q-O-Fire consists of 37 natural herbs, including:

Heat soothing: dried rehmannia, wind-weed, gardenia, rough gentian, cork tree, skullap, sweet wormwood, Chinese gold-thread, root-bark of peony, indigo.

Immune system enhancing: pseudo-ginseng, licorice, Chinese pulsatilla, oldenlandia, longspur epimedium, Zheijiang figwort, weeping forsythia, honeysuckle flower, cordate houttuynia, Chinese thoroughwort, skunk bugbane, dandelion, dyers woad root.

Bodily water producing: herbaceous peony, Chinese trichosanthes, kudzu vine, dwarf lilyturf.

Clots cleansing: red rooted salvia, ox-knee.

Mucus cleansing: selfheal, bulb of fritillary, orange peel, Chinese atractylodes.

Fluid flushing: oriental water plantain, capillary artemisia, aspenbrier, Asiatic plantain seed.

## Inflammation of joints



### Q-O-Fire:

Regular price \$30/bottle,

Sale \$24.95/bottle.

To order, click

<http://magiherbs.com/qofire.html>



**Main Actions:** The natural herbs work synergistically to supplement the body fluid production (thus also relieves dryness in body, eyes, or mouth.), to improve the immune systems, to clean the toxins, cellular debris, etc. These factors combined may cause the inflammation symptoms.

**Suggested Dosages:** To relieve symptoms, take 2 capsules each time, 3 times daily before each meal. The time lapse to feel its effectiveness varies depending on individual's conditions; usually after taking **Q-O-Fire** for only 5-10 days, the symptoms are much relieved or gone. If after 2 bottles, symptoms have not improved, **Q-O-Fire** may not be suitable for *you*. When no or slight symptoms are observed, take 1 to 3 capsules daily as supplement to ensure health and regain youthful energy.

**Warning:** Do not take **Q-O-Fire** in pregnancy, heavy bleeding, or with allergic problems. Do not take **Q-O-Fire** if one is in “weak & cold” (body feels lack of energy) or with organ dysfunction conditions. Do not use **Q-O-Fire** for pains not associated with redness, or swelling, or heat. Consult your physician before beginning any nutritional supplement program.



# Nature's Proven Cleanser for Benign Lumps



Shrink-&-Clean is made in the United States by PCK Technologies, Inc., of The Woodlands, Texas. For more information or to find a local outlet carrying Shrink-&-Clean, call 800-421-3254 or visit [www.magih herbs.com](http://www.magih herbs.com).

**S**hrink-&-Clean is a 100-percent-natural herbal formula based on proven Chinese decoctions that is effective in shrinking or cleaning benign lumps in the body systems, especially those lumps without skin-color changes, with no associated pain or fever. The locations of lumps may include the neck, breasts and thyroidal, abdominal or colon areas. Symptoms of colon lumps or polyps could include abdominal pain, long-term diarrhea with sticky stools, pus or blood, or alternating constipation and diarrhea. Other lumps usually have no pain or other symptoms. The constituents of lumps may include waste fluids, cellular debris, cartilage, fat or fibrocystic tissues. Usually, the reasons for the occurrence of these lumps, as well as Western medicinal treatments for them, are not certain.

In traditional Chinese medicine, these lumps are regarded as abnormal tissue growths due to stagnation of blood clots, phlegm or debris. Shrink-&-Clean is effective in cleaning these growth or accumulations at their early stages of occurrence, improving the immune system and reducing the chance of future lumps of this kind.

Shrink-&-Clean has no known side effects.

**Main Actions**—Shrink-&-Clean contains standard extracts of 20 different herbs. The natural herbs work synergistically to supplement the self-cleaning capability of blood flow and the mammary and lymphatic systems and to detect and clean abnormal accumulations and growth of sputum fluids, blood clots, tissues and cellular debris. These accumulations may form fibrocystic lumps, breast gland hyperplasia, lymphatic nodule lumps, colon polyps and other benign lumps. The cleansing actions gradually eliminate all benign lumps that are not completely calcified or slow down the growth of the abnormalities so that body or lymphatic ducts and nodes will stay clean or return to their original cleanliness, thus helping the lumps to disappear.

**Suggested Dosages**—To relieve symptoms, take two capsules, three times daily before each meal. The amount of time necessary before Shrink-&-Clean's effects are felt will depend on the individual case. Usually, symptoms will be greatly relieved or gone after taking the formula for 15 to 20 days. If

your symptoms have not improved after two bottles, Shrink-&-Clean may not be suitable for your condition, and you should stop the regimen, although anyone can take one to three capsules daily as a nutritional supplement. If you feel some pain or stretching in the affected area after one bottle, continue taking the formula until symptoms are completely relieved. Some people need four to eight bottles to achieve full cleanliness. After this, you can continue to take one to three capsules daily as a maintenance dose.

**Warnings**—Do not take Shrink-&-Clean during menstruation or pregnancy or if you are suffering from a high fever, heavy bleeding or acute disease. Consult your physician before beginning any nutritional supplement program.

**Package and Storage**—Each Shrink-&-Clean bottle contains 60 capsules of 500 mg standard herbal extract. Store in a cool, dry place. Close bottle tightly after usage. Keep out of reach of children. n

## Case Report

**M**ati R., 66, had a small lump removed from her right groin and was diagnosed with follicular lymphoma, a type of incurable cancer that usually grows slowly. After the surgery and many tests, including a bone-marrow test, she appeared to be cancer free. However, after nine years, she noticed a new growth in the right side of her neck.

She read about Shrink-&-Clean for benign lumps, and although hers was not benign, afraid of chemo and/or radiation, she decided it wouldn't do any harm to try. After only a couple of weeks of taking six capsules of Shrink-&-Clean daily, the lump shrunk a little, so she continued to take it until it was the size of a small pea. She slowly cut down to one capsule, but after a month or two it started growing again, so she increased to four daily, and it shrunk again in only a couple of weeks.

"They say follicular lymphoma has no cure," she says, "but I feel better as long as it keeps it from growing larger. There is no discomfort or pain, so I will continue to take it for as long as it works for me!" n

*Last name withheld to protect privacy*

# Shrink-&-Clean for Benign Lumps

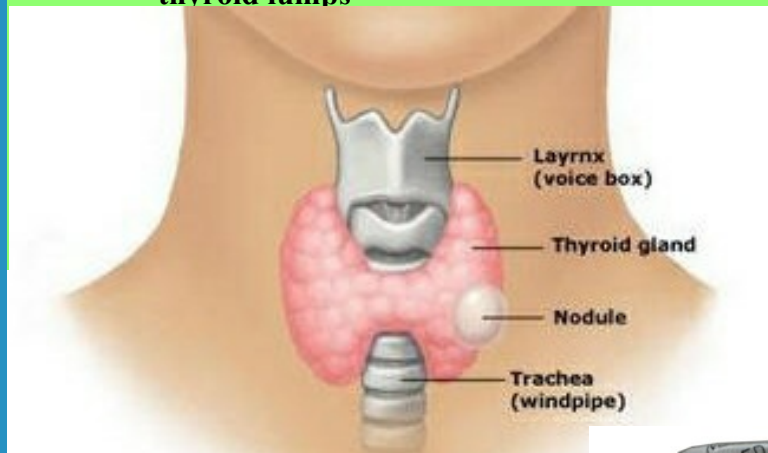
## Product Description

**Introduction:** This 100% natural herbal formula is based on proven Chinese decoctions effective in shrinking or cleaning benign lumps in the body systems. Especially those lumps without skin-color changes, no fever or pain associated with them. The locations of lumps may include the neck, breasts, thyroidal, abdominal, or colon area. Symptoms of colon lumps or polyps could have belly pain, long term diarrhea with sticky stool, pus, or blood, or alternate constipation and diarrhea. Other lumps usually have no pain or other symptoms. The constituents of lumps may include waste body fluids, cellular debris, cartilage, fat or fibrocystic tissues. Usually the reasons of occurrence and western medicinal treatment for these lumps are not certain. In TCM, these lumps are regarded as abnormal tissue growth due to stagnation of blood clots, phlegm, or debris. Shrink-&-Clean is effective in cleaning these growth or accumulations at their early stage of occurrence, to improve immune system, and to reduce the chance of lumps from happening. Shrink-&-Clean has no known side effects.

**Main Ingredients:** Shrink-&-Clean contains standard extracts of 20 different herbs: Blood clot cleansing: seed of cow herb, Chinese scholar tree flower, garden burnet root, red-rooted sage, aromatic turmeric; Fluid-retention reduction: pumice, kelp, kombu; Qi and mood soothing: three-nerved spicebush, dried orange peel; Hormone balance: de-gelatinized deer horn; Sputum dissolving: white mustard seed, bulb of fritillary, selfheal, oyster shell; Liver detoxin and heat soothing: olden landia, Zheijiang figwort, sun-plant, honeysuckle flower, licorice.

All herbs are proven effective to improve the health of liver, breast, lymphatic systems, etc.

## thyroid lumps



## Shrink-&-Clean:

Regular price \$45/bottle,

Sale \$39.95/bottle.

To order, click

<http://magiherbs.com/shrinkclean.html>



**Main Actions:** The natural herbs work synergistically to supplement the self-cleaning capability of blood flow, mammary and lymphatic systems, to detect and clean abnormal accumulations and growth of sputum-fluids, blood clots, tissues, and cellular debris. These accumulations may form fibrocystic lumps, breast gland hyperplasia, lymphatic nodule lumps, colon polyps, etc. The cleansing actions gradually eliminate all benign lumps that are not completely calcified, or slow down the growth of the abnormalities, so that body or lymphatic ducts and nodes will stay clean, or return to their original cleanness, thus the lumps disappear.

**Suggested Dosages:** To relieve symptoms, take 2 capsules each time, 3 times daily before each meal. The time lapse to feel its effectiveness varies depending on individual's conditions, usually after taken Shrink-&-Clean for only 15-20 days, the symptoms are much relieved or gone. If after 2 bottles, symptoms have not improved, Shrink-&-Clean may not be suitable for you. When no lumpy symptoms are observed, take 1 to 3 capsules daily as supplement to ensure cleanliness. If you feel some pain or stretch in the some area after one bottle, which signal early symptoms, you need to take more to get better, some people need up to 4-8 bottles to achieve full cleanliness. If you feel nothing after 2 bottles, you could stop taking Shrink-&-Clean, or only take 1 capsule/day as a maintenance nutritional supplement, or when any slight lumpy symptom comes back again.

**Warning:** Do not take Shrink-&-Clean in menstruation, pregnancy, high fever, heavy bleeding or with acute diseases. Consult your physician before beginning any nutritional supplement program.

**Package and Storage:** Each Shrink-&-Clean bottle contains 60 capsules of 500 mg standard herbal extract. Store in a cold-dry place. Close bottle tightly after usage. Keep out of reach of children.



# Green & Natural Herbal Supplements\*

The human body needs about 40 types of vitamins and minerals obtained from diet or supplementation. If the body cannot synthesize an adequate amount of these critical vitamins and minerals, deficiencies may result in various physiological disorders or diseases.

For all disorders and diseases, conventional western medicine searches for the root causes (i.e., pathogens); emphasizes the analysis of the microscopic structural changes of the physical-body, microbiological disease-causing “germs”, and subsequently utilizes synthetic drugs to kill the germs, or surgical methods to remove abnormal structures.

There are several limitations to this approach; namely, when:

- \*The exact causes of a disease cannot be identified; i.e., some autoimmune disorders.
  - \*No drugs exist for the identified causes; e.g., SARS, some influenza.
  - \*Disorders do not elicit detectable structural changes; e.g., epilepsy, some mental problems.
- In these cases, western medicine can only rely on “symptom-relieving” alternative means including supplements or vaccines to promote body’s self-defense functions. These methods are utilized in herbal treatments of Traditional Chinese Medicine [1].

TCM emphasizes maintaining the wholistic functionality of the bodily systems in diseases, disorders, and their responses to treatments. Therefore, compared with TCM supplements, western drugs (e.g., antibiotics) are more effective when the causes are identified, such as in bacterial infections, but less effective when overall problems exist after pathogens are eliminated, such as dysfunctional endocrine, metabolic, autoimmune, or nervous system functions.

In addition, there are many drawbacks of synthetic drugs:

Side effects: The man-made molecular structure of drugs may have unknown effects or may be often incompatible within living bodies [2].

Drug overdose: The highly concentrated chemicals in drugs may easily result in overdose [3].

Drug resistance: The mutations of micro-pathogens could render the highly-purified and pathogen-targeted drugs obsolete very quickly [4].

These drawbacks are seldom seen in natural foods or herbs.

There are also problems of synthetic supplements such as synthetic vitamins:

Modern vitamins are copies of natural-occurring vitamin molecules, and are synthesized from substances as corn syrup, coal, fat, etc. These synthesized duplicates may be different from the natural molecules in molecular polarity and overall contents. Take vitamin-C as an example: synthetic vitamin C is rated according to the amount of ascorbic acid it contains, but natural vitamin Cs from fruits, vegetables, and herbs are complex packages containing V-C, V-P, V-K, V-J, various enzymes, coenzymes, and ascorbic acid, etc. Therefore, replacing natural V-Cs by ascorbic acid is an over-simplified approach to a complex supplement, thus may lose many advantages of using the naturally-occurring composition [5].



Studies show that synthetic vitamins sometimes may even adversely influence the users from their intended purposes of supplementation [6], [7]. Therefore, in supplementation, natural food and herbs are often safer and superior to their synthetic or genetically altered counterparts.

The TCM methodology centers on macroscopic symptoms of disorders, i.e., the body's own alarms of disorders. Acupuncture points and symptom-relieving natural herbs are found through empirical application of a broad spectrum of herbs; often disorders are considered "cured" when all symptoms are relieved, without knowing the precise cause of the disorder. This fact indicates that the self-healing capability of a living organism can be activated via the normalization and balance of bodily functions, and the electrical control system (the nervous system). Additionally, since invasive methods result in significant structural trauma, they must be used as a last resort. In TCM treatment, often when herbal supplements are properly used, symptoms can be relieved without the use of surgery [8], [9]; these are additional advantages of alternative medicine.

Yet TCM is not only based on empirical experience. Theoretical schema, explaining Qi-flow, functional and symptomatic aspects of human bodily systems, and their relation to the natural environment, were developed over thousands of years; based on the fundamental axioms of Yin-Yang and 5-Xing [1]. These are pseudo-mathematical models of human physiology and pathology, that are still unavailable in western medicine.

The future belongs to a combined usage of both western medicine and green & natural herbal supplements\*. People may then enjoy the health benefits of the earth's natural-occurring gifts.

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\*All statements in this catalog have not been evaluated by the Food and Drug Administration. All PCK products are not intended to diagnose, treat, cure, or prevent any disease.



MagiHerbs' herbal supplements\* include: Hawthornia for hernias, Hema-Recover for anemia, Mammo-Guard for breast health, MenoYouth for menopausal symptoms, U-I-Check for urinary incontinence, U-O-Clear for uterine and ovarian health.







MytiHerbs' Lucid-Head  
for  
Vertigo and Headache



# Vertigo & Headaches

"From a young age I suffered from vertigo. Prescription medications did nothing to alleviate my symptoms of dizziness and nausea (motion sickness). I even tried sitting up while sleeping (my doctor's advice) but my symptoms still occurred.

"Finally, I came upon Magi-Herbs' website and discovered Lucid-Head. I consulted a doctor and he recommended it to take; it's all-natural and safe. After experiencing an episode of vertigo, I immediately took two capsules of Lucid-Head and then repeated the dosage at night, which to my amazement, gave me relief in a very short time. I decided to take one capsule in the morning and one capsule at night every day. It has been several years taking Lucid-Head and now at the age of 56, I have never felt better! Lucid-Head is a wonderful product."

—Barbara G. (Last name withheld to protect privacy)



TCM herbal formulas have a strong record for helping people with clots or toxin-induced symptoms, either in the blood or in the brain. Consumers, retailers and health professionals, please call 800-421-3254 or visit [www.magiherbs.com](http://www.magiherbs.com) for a store location or distributor information.



Be sure to visit [www.magiherbs.com/esoftt1.html](http://www.magiherbs.com/esoftt1.html) to download free sample chapters of *Foundations of Traditional Chinese Medicine*, a new book by Michael Kang, president of PCK Technologies, Inc.

Headaches are very common, often with instances: Migraine is a serious health and disability problem that affects approximately 32 million Americans, most of whom are women, with up to 38 million Americans having a genetic propensity towards them. There is no known cure for the migraine, only treatments for the symptoms. Headache symptoms are usually treated by painkillers, which sometimes may not be effective, and may have some side effects. (Infection or disease-induced headaches are often cured by treating the source problems.)

Vertigo is a feeling of spinning, whirling, or movement and dizziness occurring simultaneously. Vertigo may indicate an inner-ear balance disorder.

## LUCID-HEAD—CLEANS CLOTS IN THE BRAIN

Clot-induced early symptoms of nervous system disorders in the head/brain, including pain, dizziness, blurriness, forgetfulness, etc. (but without infections or other diseases), may be caused by: 1) High blood pressure. Sometimes, when blood pressure reaches extreme levels, one may experience headaches, blurry or double vision, abdominal or chest pain, shortness of breath, and dizziness. 2) Dizziness. This includes light-headedness and feeling faint or vertigo. 3) Deterioration of mental ability due to aging, or blockage or leakage of blood vessels, which may include pre- or post-stroke, early Parkinson's or Alzheimer's conditions. 4) Pain. The

most common headaches are tension, migraine and cluster headaches, and can be caused by a serotonin imbalance of unknown origins. In TCM (Traditional Chinese Medicine), these symptoms indicate that blood clots or mucus have hindered microcirculation, or toxins due to biological or chemical sources that may have blocked blood vessels in the head. Aging or stress (due to mood or hormonal changes) may have destabilized the nervous system. Lucid-Head is a 100 percent natural formula

based on time-proven decoctions of TCM to relieve the above symptoms by cleaning the toxins, mucus, and clots, improving blood microcirculation, and quelling the nervous system, in the early stage of occurrence. Lucid-Head has no known side effects.

**MAIN INGREDIENTS:** Lucid-Head consists of 39 natural herbs, detailed at [www.magiherbs.com](http://www.magiherbs.com). The natural herbs work synergistically to dissolve the clots in the head and brain, stabilize the nervous system and improve Qi and the vascular system, thus relieving the above symptoms.

**SUGGESTED DOSAGES:** To relieve symptoms, take two capsules before every meal. The time lapse to feel its effectiveness varies depending on an individual's conditions; usually after taking Lucid-Head for only 15 to 20 days, the symptoms are much relieved or gone. If after two to three bottles symptoms have not improved, Lucid-Head may not be suitable for the user. When no symptoms are observed, one can take one to three capsules daily as a supplement to improve the brain and neurological system health. Do not take Lucid-Head in high fever, infections, low blood pressure, or with acute diseases. Consult your health care provider before beginning any nutritional supplement program. However, when headaches or fainting are associated with or caused by anemia or low blood pressure, Lucid-Head is not suitable. In these special cases, simultaneous use of Hema-Recover, described below, may be necessary and helpful. n

## Hema-Recover—Cleans Toxins in the Blood

Toxins in the blood may be the result of radiation/chemotherapy from cancer treatment; injuries due to high energy (microwave, computer usage), ultraviolet or cosmic rays; overexposure to radioactive materials; contamination from household chemicals, preservatives, pesticides, toxic industrial or city (automobile) dusts, or even dirty bombs; or several other sources. Symptoms of toxins in the blood may include hemato-

logic disorders, such as serious anemia, internal bleeding, digestive problems like vomiting, and nervous system symptoms like fatigue, dizziness and headache.

Logic disorders, such as serious anemia, internal bleeding, digestive problems like vomiting, and nervous system symptoms like fatigue, dizziness and headache. Hema-Recover is a 100 percent herbal formula, based on Chinese decoctions proven effective to relieve these symptoms without side effects. n





## Lucid-Head for Vertigo & Headaches

### Product Description

**Introduction:** This 100% natural herbal formula is based on Chinese decoctions proven effective to relieve, in the early stage, symptoms of nervous system and vascular disorders in the head, including pain, dizziness, blurredness, forgetfulness, etc. (but without infections or other diseases). The causes of these symptoms may include: 1. High blood pressure: sometimes, when blood pressure reaches extreme levels, one may experience headache, blurry or double vision, abdominal or chest pain, shortness of breath, and dizziness. 2. Dizziness includes light-headedness and feeling faint or vertigo. Vertigo is a feeling of spinning, whirling, or movement and dizziness occurring simultaneously. Vertigo may indicate an inner ear balance disorder. 3. Deterioration of mental ability due to aging, blockage or leakage of blood vessels, which may include pre or post-stroke, early Parkinson's or Alzheimer's conditions, etc. 4. Headaches: the most common headaches are tension, migraine and cluster headaches, caused by a serotonin imbalance. They are usually treated by painkillers, which may have some side-effects. (The less common types of headache are post-traumatic, sinus, jaw-joint, exercise or sexual activity-induced, and allergic headaches, etc., most of these infection or disease-induced headaches should be cured by treating the source problems.)

In TCM (Traditional Chinese Medicine), these symptoms indicate that blood clots or mucus have hindered microcirculation, or toxins due to biological or chemical sources may have blocked blood vessels in the head. Aging or stresses (due to mood or hormonal changes) may have de-stabilized the nervous system. Lucid-Head is based on time-proven herbal formulas of TCM to relieve the above symptoms by cleaning the toxins, mucus, and clots, improving blood microcirculation, quelling the nervous system, etc. Lucid-Head has no known side effects.

**Main Ingredients:** Lucid-Head consists of 39 natural herbs, including: Hormone balancing: Chinese wolfberry, longspur epimedium, chastetree fruit, glossy privet. De-toxin: kudzu-vine, fang feng, dahurian angelica, puncture vine, ligusticum. Heat soothing: skullcap, chrysanthemum, Zhejiang figwort, Chinese thoroughwort, selfheal. Qi enhancing: dangshen, dried orange peel, parasitic loranthus. Blood component production: multiflower knotweed, dried rhemannia, herbaceous peony, leatherleaf milltia. Clots cleansing: chuanxiong, ox knee, red-rooted salvia, pseudo-ginseng, Mucus/dampness cleaning: white mustard seed, Indian bamboo, greenbrier, poriacum, large-headed astragalus, oriental water plantain. Nervous system quelling: elevated gastrodia, gambirplant, abalone shell, magnetite, wild jujube seed, grass-leaved sweetflag. Brain clot cleansing: ginkgo biloba, narrow-leaved polygala.

### Vertigo



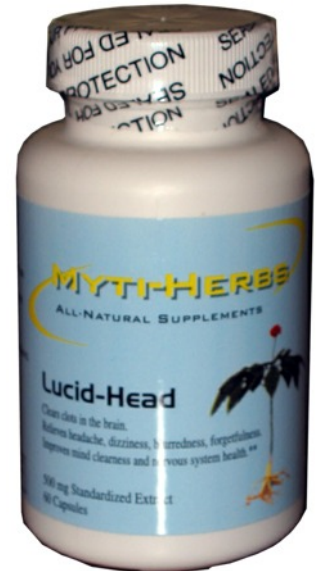
### Lucid-Head:

Regular price \$40/bottle,

Sale \$34.95/bottle.

To order, click

<http://magiherbs.com/luhedonotwrt.html>



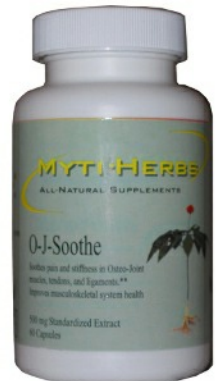
**Main Actions:** The natural herbs work synergistically to dissolve the clots in brain, to quell the high blood pressure, stabilize the nervous system, improve Qi and the vascular system, improve the blood component production and microcirculation, clean the mucus, retained body fluids, and toxin or drug residues in the head and brain vessels. Thus relieves the above stated symptoms.

**Suggested Dosages:** To relieve symptoms, take 2 capsules before every meal. The time lapse to feel its effectiveness varies depending on individual's conditions; usually after taking Lucid-Head for only 15-20 days, the symptoms are much relieved or gone. If after 2-3 bottles, symptoms have not improved, Lucid-Head may not be suitable for you. When no symptoms are observed, take 1 to 3 capsules daily as a supplement to improve the brain and neurological system health.

**Warning:** Do not take Lucid-Head in high fever, infections, low blood pressure, or with acute diseases. Consult your physician before beginning any nutritional supplement program.

**Package and Storage:** Each Lucid-Head bottle contains 60 capsules of 500 mg standard herbal extract. Store in a cold-dry place. Close bottle tightly after usage. Keep out of reach of children.

O-J-Soothe for heel,  
joints, muscle, back  
pain, fibromyalgia.



fibromyalgia pain points





# For Heel & Joint Pain



For more information, or to find a local outlet carrying O-J-Soothe, call Magi-Herbs at 800-421-3254 or visit [www.magiherbs.com](http://www.magiherbs.com) for more information and to use their store locator service.

Be sure to visit [www.magiherbs.com/esoftt1.html](http://www.magiherbs.com/esoftt1.html) to download free sample chapters of *Foundations of*



*Traditional Chinese Medicine*, a new book by Michael Kang, president of PCK Technologies, Inc.

## >> Case Study

John\* in Sacramento, California, works in the delivery service industry, with an emphasis on extensive walking. Approximately three years ago, he was diagnosed with plantar fasciitis. John says, "I was prescribed pain medication—Vicodin—and took anti-inflammatory medicines which had severe side effects.

"My physician recommended steroids, cortisone shots, and perhaps even surgery to help alleviate my pain. However, after reading a Myti-Herbs O-J-Soothe advertisement, I ordered the product. After my second dosage of O-J-Soothe, I felt significant relief from my plantar fasciitis. I take two capsules after every meal. I no longer take Vicodin. I instead rely solely on O-J-Soothe to reduce my chronic pain."

\*Last name withheld to protect privacy.

The most common cause of chronic heel pain is plantar fasciitis. Plantar fasciitis is an inflammation of the plantar fascia. Some patients with this condition may have a heel spur. Heel spurs are soft, bendable deposits of calcium that are the result of tension and inflammation in the plantar fascia attachment to the heel. Heel spurs do not cause pain, but indicate that a patient may have plantar fasciitis.

In Western medicine, some of the causes of heel pain are thought to include inadequate flexibility in the calf muscles, lack of arch support, being overweight, suddenly increasing activity, and spending too much time on the feet. Although heel pain may be helped by rest, ice, and stretching, no effective Western medical remedies are known. Surgery is a last resort and may result in more harm than good in 50 percent of patients.

In TCM (Traditional Chinese Medicine), heel pain is regarded as one of the chronic musculo-skeletal system disorder symptoms, which include painful, swollen, deformed, non-flexible or stiff joints and muscles, but without an open wound or bone fracture.

The causes of these symptoms may be:

Injuries: strain, tear, or sprain of a muscle, tendon, or ligament, especially older or long-standing injuries.

Autoimmune disorders such as RA (rheumatoid arthritis).

Degeneration of bone, cartilage, or tendon sheath, as evidenced by pain in joints, limbs, and knee, shoulder, neck, waist and back areas, due to bone spurs, bursitis, prolapsed disc, osteoporosis, arthritis, or osteoarthritis.

Musculo-skeletal inflammations due to chemicals, toxins, injuries, or autoimmune disorders.

In Western medicine, these symptoms are usually treated by painkillers (i.e., salicylates, aspirin, etc.), corticosteroids, or COX inhibitors, all with well-known side effects.

In TCM, these symptoms indicate clots or tissue debris hindering microcirculation of blood, ineffective blood component production, or deficiencies in the endocrine (low Ying or Yang) and immune systems. Also, toxins due to biological or chemical sources could be the causes of infection and inflammation.

O-J-Soothe is a proven herbal TCM formula to relieve the above symptoms. This 100 percent natu-

ral herbal formula is based on effective Chinese decoctions and has no known side effects other than possibly increasing the user's libido due to improvement of adrenal function. O-J-Soothe consists of 39 natural herbs. Please visit [www.magiherbs.com](http://www.magiherbs.com) for a list of all ingredients.

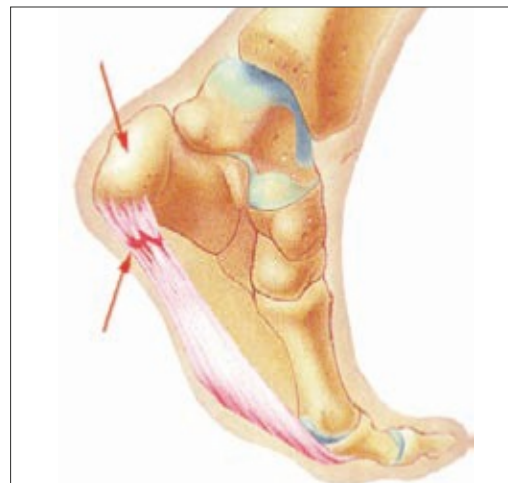
## MAIN ACTIONS

The natural herbs work synergistically to help normalize the endocrine system, improve Qi and the immune system, improve blood component production and microcirculation, and clean clots, debris, inflammation, retained body fluids, and toxins from antigen-antibody complexes or drugs in the joints and musculo-skeletal system.

The principle of action of O-J-Soothe is to promote the recovery of the human body's own immune system and restore function to the degenerated joints. It is a completely different action from that of the NSAIDs (nonsteroidal anti-inflammatory drugs), including common painkillers, which are analgesic by blocking nerve signals; the COX inhibitors such as Vioxx or Celebrex, which inhibit the production of inflammatory enzymes to relieve inflammation; or the corticosteroids, which hinder the immune response to block pain. Therefore, the results of O-J-Soothe are felt more slowly but are more lasting and without the dreaded side effects of the above drugs.

Warning: Do not take O-J-Soothe during pregnancy, high fever, or bleeding, for joint/muscle pain occurring with red-hot skin, a bone fracture, or an open wound, or in acute disease. For certain kinds of joint pain with skin-redness or heat, one may use MytiHerbs' Q-O-Fire together with O-J-Soothe simultaneously to quell the severe inflammation. Certain externally applied pastes or other treatments may be helpful for severe joint pain or deformation. Consult your physician before beginning any nutritional supplement program.

n



# O-J-Soothe for Heel & Joint Pain

Also for muscle pain, fibromyalgia

## Product Description

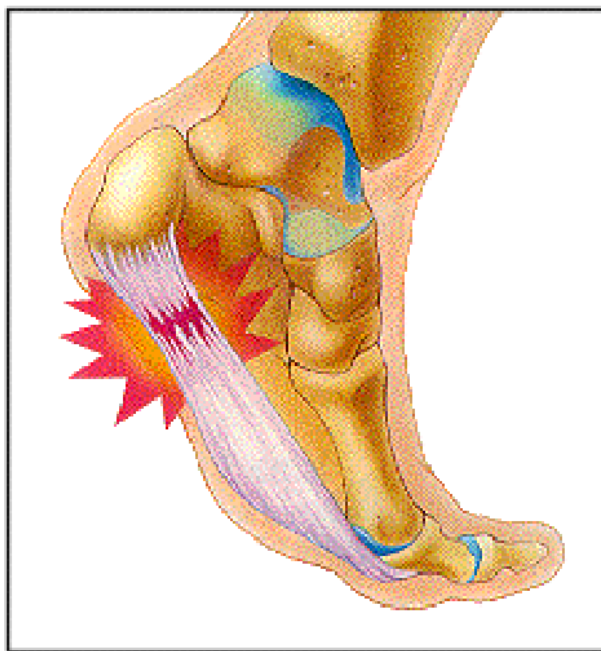
**Introduction:** This 100% natural herbal formula is based on Chinese decoctions proven effective to relieve, chronic musculo-skeletal disorder symptoms, including painful, swollen, deformed, non-flexible or stiff joints and muscles, fibromyalgia, etc. but without open wound, red-hot skin or bone fracture. The causes may include: Injuries: strain, tear, or sprain of muscle, tendon, or ligament, especially injuries happened long time ago. Autoimmune disorders: such as RA (Rheumatoid Arthritis). Degenerations of bone, cartilage, tendon sheath, etc., as pain in heels, joints, limbs, knee, shoulder, neck, waist, and back areas due to bone spurs, bursitis, prolapsed disc, osteoporosis, arthritis, osteoarthritis, etc. Musculo-skeletal inflammations: due to chemicals, toxins, injuries, or autoimmune disorders.

In TCM (Traditional Chinese Medicine), these symptoms indicate clots or tissue debris hindered microcirculation of blood, ineffective blood component production, deficiencies in endocrine and immune systems, etc. Also, toxins due to biological or chemical sources could be the causes of infection and inflammation. **O-J-Soothe** is based on time-proven herbal formulas of TCM to relieve the above symptoms by cleaning the debris, toxins and clots, improving blood components production and microcirculation, normalizing endocrine and immune systems, etc. **O-J-Soothe** has no known side effects.

**Main Ingredients:** O-J-Soothe consists of 39 natural herbs, including: Endocrine system balancing: longspur epimedium, Chinese wolfberry, bark of eucommia, chain fern, pyrola, drynaria, Chinese teaseal. De-toxin: kudzu vine, Fang feng, angelica, Japanese yam, variegated coral bean, mustard seed,

Heat soothing: large-leafed gentian, cork tree bark, wind-weed, honeysuckle stem, selfheal. Immune system/Qi enhancing: cassia twig, dried ginger, yam, nutgrass flatsedge, parasitic loranthus. Blood component production: prepared rehmannia, deer horn, dang guai, Solomonseal, berberaceous peony root, leather leaf milltia. Clots cleansing: chuanxiong, turmeric, ox knee, cordalis tuber, pseudo-ginseng, common myrrh. Fluid retention eliminating: Wujiapi, Job's tear, Chinese flowering quince, Chinese astragalus.

heel pain-plantar fasciitis



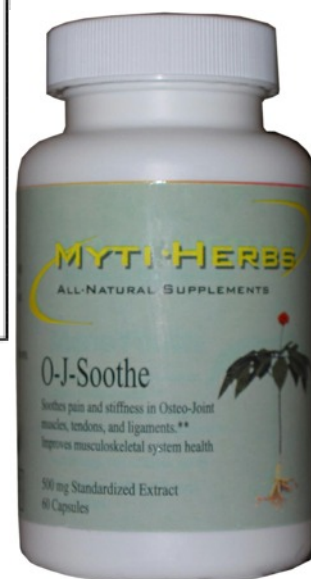
**O-J-Soothe:**

Regular price \$40/bottle,

Sale \$34.95/bottle.

To order, click

<http://magiherbs.com/ojsoothe.html>



**Main Actions:** The natural herbs work synergistically to help normalize the endocrine system, improve Qi and immune systems, improve the blood component production and microcirculation, clean clots, debris, inflammation, retained body fluids, and toxins from antigen-antibody complexes or drugs, in the joints or musculo-skeletal system. The principle of action of O-J-Soothe is to promote the recovery of human body's own immune system and repair functions for the degenerated joints, completely different from that of the NSAIDs (non-steroidal anti-inflammatory drugs) including common painkillers and COX inhibitors, which is analgesic by blocking the nerve signals or to inhibit the production of inflammatory enzymes to relieve inflammation; and that of corticosteroids which hinders the immune response to block pain. Therefore, results of O-J-Soothe are felt slower but more lasting and without the dreaded side effects of the said drugs.

**Suggested Dosages:** To relieve symptoms, take 2 capsules after each meal. The time lapse to feel its effectiveness varies depending on individual's conditions; usually after taking O-J-Soothe for about 10-20 days, the symptoms are much relieved or gone. If after 3-4 bottles, symptoms have not improved, O-J-Soothe may not be suitable for you. When no symptoms are observed, take 1 to 3 capsules daily as a supplement to ensure musculo-skeletal system health.

**Warning:** Do not take O-J-Soothe in pregnancy, high fever, bleeding, joint/muscle pains with red-hot skin or bone fracture, with open wound or acute diseases. Certain external applied pastes or other treatment may be needed for severe joint pain or deformation. Consult your physician before beginning any nutritional supplement program.

**Package and Storage:** Each O-J-Soothe bottle contains 60 capsules of 500 mg standard herbal extract. Store in a cold-dry place. Close bottle tightly after usage. Keep out of reach of children.



*Incisional Hernia*

*Umbilical Hernia*

*Indirect Inguinal Hernia*

*Direct Inguinal Hernia*

*Femoral Inguinal Hernia*

## Hawthornia for Hernias





### Availability

For more information or to find a local outlet carrying Hawthornia, call Magi-Herbs/PCK Technologies, Inc. toll-free at 800-421-3254, or visit [www.magiherbs.com](http://www.magiherbs.com) for more information and to use their store locator.

Be sure to visit [www.magiherbs.com/esofft1.html](http://www.magiherbs.com/esofft1.html) to download free sample chapters of *Foundations of Traditional Chinese Medicine*, a new book by Michael Kang, president of PCK Technologies, Inc.



### PREVENTIVE MEASURE

#### Early Detection & Remedy for Hernias

Since long-term hernias are more difficult to recover from, it is advisable to use Hawthornia early after detecting symptoms to help avoid the need for surgery. Through our experience, whenever one notices any slight pain or inconvenience in his/her lower abdominal area, using Hawthornia immediately can help relieve the problem and avoid developing a hernia. However, if the symptoms are not relieved after five days (30 capsules) of usage, you should consult your health care provider. On the other hand, if Hawthornia does relieve symptoms, this can indicate the early stage of a hernia. To prevent the hernia from developing further, you should be careful about your exercise and work habits.

# Nature's Proven Relief

When pain or cramping happens in the lower abdominal area, it may be a hernia or other muscle discomfort and weakness. There are an estimated five million hernia sufferers in the U.S. today. Hernias result when an internal organ (in most cases, the small intestine) becomes dislocated and protrudes through an opening in the body wall. Since there are no recognized medications for hernias except for hiatus hernia (a stomach problem), the standard Western treatment is surgery to seal the opening. However, in Chinese medicine, hernias are treated by strengthening the Qi (or energy flow) to help move the protruded organ to its original position, instead of sealing the opening. Although the opening is still there, all hernia symptoms, such as pain or discomfort in movement, disappear.

Hawthornia is a 100 percent natural formula well-proven in China to be effective in supporting the health of people with hernias (except hiatus hernia) and other related symptoms caused either by weakness in one's Qi, or overexercise that results in internal organ dislocation. Hawthornia helps to relieve most symptoms of groin and femoral hernias, some of inguinal hernias, and some of umbilical hernias, especially during the early stage of occurrence.

With a special process, the natural herbs in Hawthornia are combined to produce a synergistic effect to improve Qi and strengthen the lower abdominal organ by supporting muscles and tissues; thereby relieving hernia symptoms. These herbal remedies have been widely used in China over hundreds of years with no side effects. You can learn more about the specific ingredients in Hawthornia at [www.magiherbs.com](http://www.magiherbs.com).

**Main Actions** The herbs work synergistically to strengthen Qi and the organ-supporting muscles and tendons in the lower abdomen, so that the organs, including the intestines, will go back and stay in their original positions, rather than push through any opening on the body wall, thus relieving hernia symptoms. Of course, Hawthornia works best when the slightest symptoms have been felt; if the lump/protrusion becomes too big, and symptoms remain after two bottles of Hawthornia, surgery may be necessary to first seal the opening. Taking Hawthornia

afterwards can help to avoid symptoms from recurring on the other side of the lower abdomen.

Symptoms are usually relieved after taking Hawthornia for only a few days. Once symptoms are relieved, you can discontinue use, take as needed if symptoms return, or take Hawthornia daily as a nutritional supplement.

**Suggested Dosage** To relieve symptoms, take two capsules before each meal. The length of time required for symptom relief varies depending on your individual condition; usually, one bottle is enough to determine whether Hawthornia will be effective for you. If you feel any improvement of symptoms, you should continue usage until symptoms are gone; some people need up to six bottles to achieve full relief. If after two bottles symptoms have not improved, surgery may be needed. Although Hawthornia can help keep the same organ from falling to the other side of the abs, it cannot heal the wounds caused by surgery. Therefore, early usage of Hawthornia is recommended. n

## >> Case Report

"At the age of 63, after doing some rather arduous gardening, I felt pain and discomfort in my groin, a telltale sign that I was suffering from the beginnings of a hernia. Ten years earlier I underwent surgery to repair a hernia on the other side of my lower abdominal/groin region. Although it resolved the issue, it was not a very pleasant experience and I wanted to avoid having to go through it again. After searching the Internet for another solution, I came across the Magi-Herbs website and read about their product, Hawthornia. I immediately sent for this herbal treatment and when it arrived in just a few days I began taking it as suggested. I was amazed. It was only a few days—approximately 16 capsules of Hawthornia—when I noticed a change in my body. I actually felt a strengthening in my abdominal wall and the pain and inflammation in my groin had subsided. I am very pleased with my results. Thank you, Magi-Herbs."

—William (last name withheld to protect privacy)



# Hawthornia for Hernias

## Product Description

**Introduction:** When pain or cramp happens in the lower abdominal area, it may be a hernia or other muscle discomfort and weakness. There are about 5 million hernia sufferers in the USA. Since there are no recognized medications for hernias except for hiatus hernia (a stomach problem), the standard treatment is a surgery.

**Hawthornia** is a 100% natural formula well proven in China to be effective to relieve hernias (except hiatus hernia) and other related symptoms caused by general Qi-weakness or over-exercises. **Hawthornia** relieves most symptoms of groin, femoral, and inguinal hernias, and some of umbilical hernia, especially in the early stage of occurrence.

**Main Ingredients:** The 11 ingredients are hawthorn, fennel, citrus seed, litchi seed, China-berry fruit, peach kernel, corydalis tuber, three-nerved spicebush, nutgrass flatsedge, kelp, and oriental water plantain. With a special process these natural herbs are combined together to produce the synergic effect to improve Qi and to strengthen the lower abdominal organ support muscles and tendons, therefore the symptoms of hernias are relieved. These herbal remedies have been widely used in China over hundreds of years with no side effects.

**Main Actions:** The herbs work synergistically to strengthen Qi and the organ support muscles and tendons in the lower abs, so that the organs, including intestines, will go back to stay in their original positions, hence won't fall into any opening on the body wall, therefore the symptoms of hernias disappear. Of course, **Hawthornia** works best when little symptoms have been felt; if the lump becomes too big, and symptoms remain after 2 bottles of **Hawthornia**, one may need a surgery to seal the opening first, then taking **Hawthornia** also help to avoid symptoms happen on the other side of lower abdomen. Usually after taking **Hawthornia** for only a few days, the symptoms are much relieved, and one could stop taking **Hawthornia**, or only take it when the symptoms come again, or take **Hawthornia** as a nutritional supplement.



**Hawthornia:** Regular price \$40/bottle  
 Sale \$34.95/bottle. To order, click  
<http://store.magiherbs.com/haeahere.html>

**Suggested Dosages:** To relieve symptoms, take 2 capsules before each meal. The length of time required varies depending on individual's conditions; usually one bottle is enough to determine whether **Hawthornia** will be effective for *you*. • If *you* feel any improvement of symptoms, *you* need to take more to get better, some people need up to 6 bottles to achieve full relieve. If after 2 bottles, symptoms have not improved, *you* may need a surgery. But this is a seldom occurrence, unless *you* had a surgery before taking **Hawthornia**. Although **Hawthornia** can avoid the same organ falling to the other side of abs, it cannot heal the wounds caused by the surgery. Therefore, early usage of **Hawthornia** is recommended.

**Warning:** Do not take **Hawthornia** with stomach ulcer or in high fever. Consult your physician before beginning any nutritional supplement program.

**Package and Storage:** Each **Hawthornia** bottle contains 60 capsules of 500 mg standard herbal extract. Store in a cold-dry place. Please close bottle tightly after usage. Keep out of reach of children.

**Spending more time at night  
here than here?**



**Magi-Herbs U-I-Check can reduce incontinence, frequent night urination, and strengthen your bladder with no side effects and no prescription. For more information visit [www.magiherbs.com](http://www.magiherbs.com) or call 1-800-421-3254 or (281) 364-9908.**



# U-I-Check—Help for Urinary Incontinence, Even After Prostate Cancer Treatments

**T**ruck driver Richard Strauss, 67, of Denver, Colorado, is not afraid to talk openly about urinary incontinence (UI)—a subject that would leave most adults red with embarrassment—as long as it will help others.

Diagnosed with prostate cancer several years ago, Strauss had an operation to remove the offending gland and subsequent radiation therapy, which weakened his bladder's ability to hold urine. Whether he was on the road or working out at the gym, UI was quite a nuisance, until he discovered that a traditional herbal approach developed over hundreds of years could help to support this area of his health. Today, Strauss praises this commercially available Chinese herbal formula that we will tell you more about at the end of this article.

## WHY DO PROSTATE CANCER TREATMENTS CAUSE URINARY INCONTINENCE?

Urinary incontinence, or the loss of the ability to control urination, is common in men who have had surgery or radiation for prostate cancer. Any man who must undergo such procedures should prepare for this possibility and understand that, for a while at least, urinary incontinence may complicate his life.

To understand why urinary incontinence is common after prostate cancer treatment, it is important to know a little bit about how the bladder holds urine. When urine is emptied into the bladder from the kidneys, it is kept inside the body by a couple of valves that stay closed until you tell them to open when you urinate. The prostate gland, which surrounds the tube that allows urine to flow outside the body, also helps to hold back urine until given the go-ahead. Removing the prostate through surgery or destroying it through radiation—either with an external beam or with radioactive seed implants—disrupts

the way your bladder holds urine and can result in urine leakage.

## TREATING URINARY INCONTINENCE

There is a way to support the health needs of men who are suffering from prostate cancer-related urinary incontinence. This involves traditional herbal formulas. While on the road, Mr. Strauss recently spoke to *Healthy Living* about the effectiveness of a traditional, all-natural Chinese herbal formula, **U-I-Check** (from Magi-Herbs of The Woodlands, Texas), and how his quality of life has improved.

After I had my prostate removed and went through radiation I had a problem with dripping, he says. I was dealing with it off and on, and doing Kegel exercises, and tried herbs from the health food stores. My urologist had also given me prescription drugs for UI, but I couldn't take that stuff because of the side effects—my sinuses and my glands became so dry I couldn't breathe. So I stopped taking them.

Strauss learned about the traditional Chinese herbal formula **U-I-Check** one day while reading *Healthy Living*. He says, My wife used to work in a health food store and she would give me these supplements geared towards UI. I don't have the name of the prod-

ucts off-hand, but their results were pretty poor compared to **U-I-Check**. Up to that point I had tried everything, he tells us. I tried **U-I-Check** and it's amazing; it's helped me a lot. I work out three times a week, and when I drink a lot of water it runs out. In the past I had to change my pad once or twice during that time. Since I've been on this product, I don't change it at all, though I still wear one just in case. I don't drip a lot now, except when I sneeze, when I work out, or when I am tired. **U-I-Check** is the one product—prescription or otherwise—that has helped me the most. ■

## FYI:

**U-I-Check consists of 38 natural herbs, including:**

- Hormone balancing—**black cohosh, longspur, epimedium.**
- Vigor enhancing—**Pilose antler, cassia bark.**
- Qi enhancing—**American ginseng, milk vetch, Chinese yam, licorice.**
- Leak/emission reducing—**medicinal cornel fruit, gordon euryale.**
- Bladder controlling—**red raspberry, galangal fruit.**
- Blood enriching—**dong gwei, rehmannia.**
- Clot cleansing—**ox-knee, amber.**

The herbs work synergistically to supplement the endocrine glands; balance hormone production; improve energy and the musculoskeletal system; beneficially influence bladder control; and clean noninfectious growth of phlegm, clots, and cellular debris in the genitourinary systems. In Traditional Chinese Medicine (TCM) it is thought that these factors are low-Yang symptoms (which is usually indicated by cold hands and/or feet) and may cause urinary incontinence. If low-Yang symptoms are not present, **MenoYouth**, also from Magi-Herbs, may be needed instead.

## NATURAL HELP FOR URINARY INCONTINENCE

**Suggested Dosage**—To relieve symptoms, take four to six capsules before dinner. Usually, after taking **U-I-Check** for only five to ten days, symptoms are much relieved or gone. When no or only slight symptoms are observed, take one to three capsules daily as a supplement to ensure the genitourinary health. Consult your physician before beginning any nutritional supplement program.

**Availability**—For more information or to find a local outlet carrying **U-I-Check**, call Magi-Herbs/PCK Technologies, Inc. toll-free at (800) 421-3254, or use their store locator service at [www.magiherbs.com](http://www.magiherbs.com).

## Attention Retailers & Health Professionals

Magi-Herbs/PCK Technologies, Inc. is seeking select retailers and health professionals to offer **U-I-Check**. Call their toll-free number at (800) 421-3254.



# U-I-Check for Urinary Incontinence

## Product Description

**Introduction:** This 100% natural herbal formula is based on Chinese decoctions proven effective to relieve, for people of all ages and genders, (non-infectious) Low-Yang symptoms, include:

**Urinary Incontinence (U-I):** involuntary urine loss, frequent night urination, uncontrolled bladder leaks, night leaks of children, may due to hormonal or neuromuscular or other causes.

**Lack of Qi/energy:** short breaths, low endurance, tiredness; men's premature ejaculation, etc.

**Muscular-Skeletal symptoms:** osteoporosis, waist and back pains, arthrosis, etc.

**Lack of libido/heat:** low sex drive, men's impotence; cold hands and feet, fear of cold, etc.

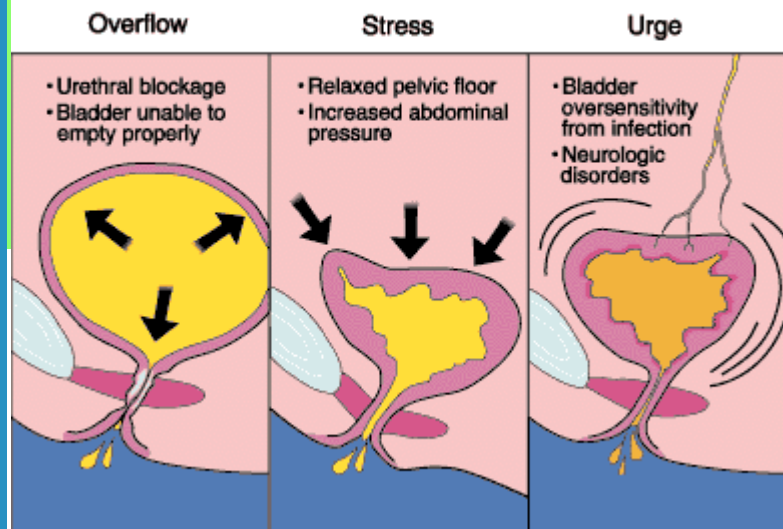
**Metabolism change symptoms:** aging kidney, other genitourinary or digestive systems problems.

**U-I-Check is the best remedy to relieve the above symptoms and has no known side effects.**

## Main Ingredients:

**U-I-Check consists of 38 herbs to relieve low-Yang aging symptoms, including:** **Hormone balancing:** black cohosh, longspur epimedium, Chinese magnoliavine. **Vigor/heat enhancing:** bark of eucommia, Chinese teaseal rood. **Qi/energy enhancing:** American ginseng, milk veteh, large-headed atractylodes, Chinese yam, licorice, Chinese dodder, three-nerved spicebush. **Leak/emission reducing:** medicinal cornel fruit, fossil fragments, oyster shell, fragment-flowered garlic, Cherokee rose fruit, gordon euryale, Chinese cynonrium. **Bladder controlling:** malaytea scurfpea fruit, grass-leaved sweet-flag, narrow-leaved poluygala, red raspberry, oriental arborviate seed, galangal fruit. **Blood enriching:** dong guei, prepared rehmannia, root of herbaceous peony. **Clots cleansing:** ox-knee, amber.

## Types of Incontinence



## U-I-Check:

Regular price \$45/bottle,

Sale \$39.95/bottle.

To order, click

<http://magiherbs.com/uforgesyhe.html>



**Main Actions:** The natural herbs work synergistically to supplement the endocrine glands and/or prostate, to balance hormone production, to improve energy and the muscular-skeletal systems, to improve bladder control nerves and pelvic muscles, to clean the non-infectious growth of phlegm, clots, and cellular debris in the genitourinary systems. These factors combined may cause U-I and other Low-Yang symptoms.

**Suggested Dosages:** To relieve symptoms, take 4-6 capsules before every dinner. The time lapse to feel its effectiveness varies depending on individual's conditions; usually after taking U-I-Check for only 5-10 days, the symptoms are much relieved or gone. If after 2 bottles, symptoms have not improved, U-I-Check may not be suitable for you. When no or only slight symptoms are observed, take 1 to 3 capsules daily as a supplement to ensure the genitourinary systems' health and regain youthful energy.

**Warning:** Do not take U-I-Check in fever or with other infectious diseases; or when you are low in Yin or you feel hot/heat (when the color of your urine is more yellow than normal: in these situations, you can use MagiHerbs' MenoY-outh first). Consult your physician before beginning any nutritional supplement program.

**Package and Storage:** Each U-I-Check bottle contains 60 capsules of 500 mg standard herbal extract. Store in a cold-dry place. Close bottle tightly after usage. Keep out of reach of children.



**MYTI-HERBS**

ALL-NATURAL SUPPLEMENTS



[www.mytiherbs.com](http://www.mytiherbs.com)