

Healthy & Natural

MAGI-HERBS/MYTI-HERBS

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Hawthornia for Hernias

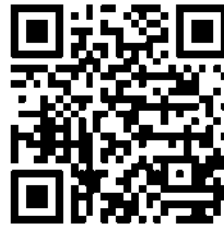
Product Description

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 Link:
<http://store.magiherbs.com/haeahere.html>

L. Larsen of Ontario, Canada worked for a mining company for thirty years. As a result of constant heavy lifting throughout his career Larson ended up having an operation for a hernia on the left side of his small intestine. And only three years ago he had to have an operation on his right side.

After long winters of shoveling snow, twenty years after his surgery, Larson's hernia reappeared on his left side. The hernia stuck out from his skin causing him a lot of pain and frustration. Having lost freedom of his mobility, he used an elastic band to try and keep the hernia in place but still felt discomfort.

Not able to find relief from any health stores in Canada he turned to the Internet and discovered Hawthornia. Within three days, after taking six pills a day, Larson felt an improvement! He was much better, the lump disappeared, and there were no side effects. He is now able to get back to work and can lift more. Larson said, "It's a good thing even if you already have had a hernia for some time, it can postpone any possible surgeries."

Hema-Recover

Chinese 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.*

Use of Hema-Recover

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.



Brain Health Supplement *Lucid-Head*

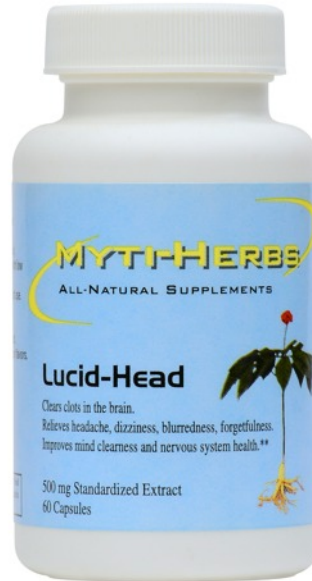
Product Description

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.)

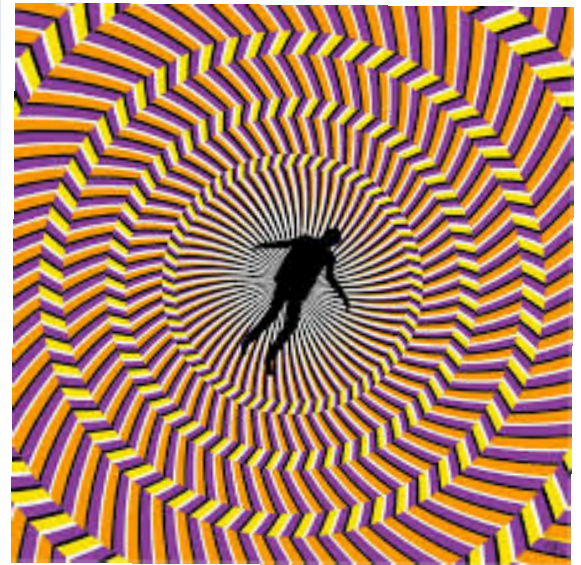
In TCM (Traditional Chinese Medicine), these symptoms indicate that blood clots or mucus have hindered microcirculation, or toxins due to biological or chemical sources may have blocked blood vessels in the head. Aging or stresses (due to mood or hormonal changes) may have de-stabilized the nervous system. 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 thorowax, 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 astrylodes, 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.

Warning: do not take Lucid-Head with low blood pressure, or anemia, with high fever or infections.



Vertigo



A testimonial: I am 28 yrs old now but when I was 24 yrs old something unforgettable happen to me. Sadly I discover that I had a tumor in my right ovary and it was removed. It wasn't cancerous but I was terrified. After the surgery my body went out of balance and I got more ill emotionally. I was depressed. I had dizziness, anxiety panic attacks and I was loosing so much weight. The Doctor diagnosed me with Vertigo. I went on line to reach for dizziness. The Magi-Herbs website came in the way. I ordered Lucid-Head for dizziness but it also cured my depression and everything else. "It was truly amazing". I bought 3 bottles of Lucid-Head as a month's supply. I could feel the difference by the second week. I was taking 3 pills 3 times daily. I was taking Lexapro for depression and then I wanted to quit it since it give me terrible side effects, but when I starting taking Lucid-Head I also stopped taking Lexapro and I couldn't feel the side effects of quitting Lexapro. Lucid-Head also cleared my depression and two other friends who had dpression took it because I recommended it to them. They also said that it has helped them a lot. My friends only took it for depression and they saw very good results. I know the pills don't cure the depression forever but it does relieve depressions at the time we are taking the pills. So my friends and I will buy the product as we need it for supplement.

(Betty M.)

Mammo-Guard

Breast Health Supplement



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 unnecessary 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 treat-



Be sure to view this QR code to download free sample chapters of *Foundations of Traditional Chinese Medicine*.

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.magih herbs.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."

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.

Hot Flash



MenoYouth by PCK Technologies, Inc. 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 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.

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 spum-fluids, blood clots, and cellular debris. These factors combined may cause the menopause symptoms.

O-J-Soothe

for heel & joint pain and more



>> 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 MytiHerbs 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.magih herbs.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.



Q-O-Fire

Natural relief for inflammation

Inflammation is a basic way in which the body reacts to infection or other injury. Inflammation is a type of immune response, 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, hives, 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 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.

Q-O-Fire consists of 37 natural herbs. These 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. **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.

Testimonial-QO-Joy

My husband George is 70 years old but still working as a mechanic, he had a quadruple heart bypass a few years before, since then, he had developed a small ascending aortic aneurysm, which has caused legs swelling and other problems such as dry eyes, etc. Doctors have tried many treatments without success, but concluded that the problems are due to some kind of inflammation.

I have found the formula Q-O-Fire from the Healthy Living magazine and asked him to try about 6 months ago, after a few bottles, all symptoms of dry eyes, leg swelling, have disappeared. Upon re-examination, surprisingly, the aortic aneurysm has also disappeared, although we dare not to tell our doctor what George was using. George has thus reduced to maintenance dosage (1-2 capsules/day) quickly. I myself have used Q-O-Fire for my recurring tooth inflammations with good results.



Testimonial-QO-David

I am a 29 years old male. I have been a vegetarian for about 2 years, I exercise every day and have very good health and very low body fat (15%). However, about 6 months ago, I became allergic to many things: With no apparent reasons, hives (urticaria) grow all over my body surfaces, they usually appear in the form of one or more raised light red patches (wheals), sometimes they join together to form larger patches. They are very itching, annoying, even embarrassing, but they often disappear within a few hours. In the worst days, they could happen 3 to 4 times. I have tried to change my diet, using natural products, organic remedies, etc. none worked; the external applied pastes only relieve itching temporarily and I dare not to use cortisone-based products for any longer period.

One strange symptom of my hives is that they can be relieved a little bit by taking a hot shower, i.e., they can be “wash-down” to my lower legs; but moments later, they will happen again over all body. Doctors said the hives are skin allergies, i.e. some kind of inflammatory reaction to toxins in my blood stream or to contaminations on the skin.

I came across Q-O-Fire by searching the internet and tried it, to my surprise, after one bottle, I have found the frequency and severity of my hives diminished gradually, they happen about once a day now, and with the wheals grow mostly in the lower body or legs, I feel much relieved.

Sh *Shrink-&-Clean*

Nature's Proven Cleanser for Benign Lumps



Shrink-&-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

Shrink-&-Clean Case Reports

David E. 55, Male: In early 2007, he suffered diarrhea with filthy stool, occasionally with pus or blood in stool, was losing weight at about 2 pounds per month due to bad digestion. He was first treated as dysentery for 3 months without improvement. Further exams have found a small 1cm lump in the colon, 7 cm up from the anus, identified as a polyp. Used Shrink-&-Clean formula for 3 more months, diarrhea and bleeding have stopped, gained weight, digestion become normal, polyp has shrunk about 30% in volume, till now still use Shrink-&-Clean.

Judy L. 46, Female: In 1997, a movable 2 cm x 2 cm lump was found on the left side of thyroid, medium hard, with no pain, no skin color change, without protrusion, only the thyroid function seemed to be a little weak, symptoms include unstable blood pressure, slightly obese, low energy. She was afraid of surgery, therefore chose to use Shrink-&-Clean formula. After using 6 capsules each day (2 before each meal) for 3 months, later exams have shown the lump has disappeared and most symptoms also disappeared.

Tom, Y. 45 Male In 1995, a lymphatic nodule 2.5 cm x 2 cm was found on the right side neck about 6 months ago, the nodule is hard, non-movable, but without skin color changes. He was treated by Western drugs without apparent success. Afraid of surgery, he chose to use Shrink-&-Clean capsules, with 2 capsules 3 times daily for 4 months, the lump has shrunk more than 80% in volume, apparently without side effects.

U-I-Check for Genitourinary System Health



Truck 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. ■



U-I-Check consists of 38 natural herbs:

Hormone balancing—**black cohosh, longspur, epimedium**
Vigor enhancing—**Pilose antler, cassis 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 guei, 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,

Uterine Fibroid and Ovarian Cyst Symptoms



Possibly as many as 30 to 80 percent of all women have had ovarian cysts and/or uterine fibroids at some point in 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.

According to TCM, ovarian cysts and 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. When the spleen's own energy 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 interpretation of fibroids and cysts is blood stasis. This means that blood is not flowing along its normal 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 flow and detoxification through five different functions: clot cleansing; dampness-fluids removal; Chi-smoothing; energy improving; and sputum dissolving. You can learn more about the specific ingredients in U-O-Clear at www.magiherbs.com.

These natural herbs are combined to supplement the body's ability to clear abnormal accumulation and growth of body clots, tissues and cellular debris, which may form cysts and fibroids. In our previous issues, we have reported on many successful cases using U-O-Clear for cysts and/or fibroids. However, one needs to know that in special cases, U-O-Clear should be used with a blood-building formula, such as Hema-Recover (see below). n

>> 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

Heavy periods or other bleeding are common in uterine fibroid problems, 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 developed to support the health of people with complex types of anemia, such as after chemo/radiation treatment



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

You can learn more about how does Hema-Recover work and the ingredients in Hema-Recover by clicking the code below: :



Sub-health condition and supplements

According to the World Health Organization statistics, about 20% of world population have some kind of diseases, 5-10% are perfectly healthy physically and mentally, the rest 70-75% are in sub-health conditions.

Sub-health conditions are not diseases, thus there are no drugs available to cure. People use Diet changes and Supplements to remedy sub-health conditions. TCM formulas were proven most effective for sub-health conditions since TCM methods are based on symptoms of each person. To understand this fact, you need to know when and how to use which supplement?

Since there are thousands if not millions of supplements on the market, the simplest rule to find the proper supplement is based on the hope to relieve a particular symptom (when you have multiple symptoms, relieve the most serious one first). You could search online by entering your major symptom to find a proper supplement. However, if that symptom is not relieved in a month by that supplement, you should stop using that supplement and find another one (mixed use of many supplements may confuse your search).

MAGI-HERBS/MYTI-HERBS

Therefore, it is easy to see which supplement is the proper one for your symptom.

www.magiherbs.com

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