

Country Doctor Herbals Quick Response

Country Doctor Nutritional Center
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Allergies 5, 28	Hives 8, 28
Antibiotic Use 3, 8, 33	Hot Flashes 9, 10 or 11
Antihistamine 5, 28	Immune Support 3, 8
Anxiety 9, 10 or 20, 21	Inflammation 1, 4, 9, 31
Broken Bone 2, 23 (topically), 30	Insect Bites/Stings 8, 9 (topically), 21
Breathing, Irregular 27	Insomnia 2, 21
Cold/Flu 3, 8, 12, 30, 33	Irritability 14, 15, 21
Constipation 3, 14, 15	Jock Itch 3, 35 (topically)
Cough 27, 33	Ligament Support 2, 23 (topically), 30
Diaper Rash 30, topical aloe/candula ointment	Lock Jaw 8, 19, 33
Diarrhea 3, 15, 31	Muscle Fatigue/Spasm 13, 19, 30
Digestion 3, 7, 30, 31	Nails 29 (brittle/weak)
Diuretic 16, 17, Kidney/Bladder Flush	Nightmares 9, 21
Eczema 6, 8, 15, 18, 29	PMS 9, 11, 18, 21 (emotional) 24 (pain), 31
Fatigue 5, 9, 10 or 20	Skin 21, 29 (oily)
Fever 8, 24, 33	Shingles 2, 24 (pain), 33
Gout 16, 17, 1 quart black cherry juice	Sleep Aid 2 (sleeplessness), 21
Gums 2, 5, 8, 32 (receding/bleeding)	Sprains 2, 23 (topically), 24
Hangover 18, 24, 30	Stomach Upset 3 (before meals), 31
Headache 24	Stress 9, 11 or 20, 21
Heart Palpitations 5, 13, 21	Throat, Sore 8, 33
Heart Burn 7, 31	Wound Healing 2, 30, aloe vera to affected area
	Yeast Infection 5, 14, 15, 35

Country Doctor Herbal Fast Aid Cabinet is an alternative approach for those choosing an alternative approach to conditions using herbal-based products. The statements in this document have not been evaluated by the Food and Drug Administration. The Fast Aid Cabinet and Country Doctor Herbal Perfect products are intended to diagnose, treat, or cure any disease. Serious or persistent forms of disorders may require a more encompassing evaluation by a health professional.

Quick Response Uses

- 1. B&B**

Used to normalize nervous conditions such as anxiety, vertigo, snoring, spleen malfunction, dizziness, ringing in the ears, hiccups, equilibrium imbalances, hearing, and bed wetting.
- 2. B-F-C (Bone/Flesh/Cartilage)**

Indicated in broken bones, spinal curvature, calcium spurs, weak bone structure, osteoporosis, sprains, strains, torn muscles, pulled muscles, shin splints, torn cartilage, slipped discs, varicose veins, and any tissue repair.
- 3. Bioflora**

Used in the prevention of parasites, enhances the immune system, prevents yeast/fungus overgrowth, aids in digestion, prevents constipation, gas, acid overload, lowers cholesterol, lessens bad breath, body odor.
- 4. Cayenne**

Naturally thins blood. Cleanses, restores and repairs the circulatory system. Use as much as necessary in the event of heart attack, stroke, fainting, shock, dizziness, hemorrhage, internal and external bleeding, wounds, hypothermia, frost bite, ulcers, colitis, sore throat, and strep throat.
- 5. CoQ10**

Aids circulation, enhances the immune system, increases oxygen to tissues, contains anti-aging properties, lowers blood pressure, strengthens the heart muscle, and has properties that support mental conditions as well as the cardiovascular and respiratory systems.
- 6. Detox**

Naturally balances normal digestive process, mildly cleanses the blood, skin, liver, and gallbladder, also acts as a mild diuretic and disinfectant to the kidneys, bladder, and lymphatic system. Great companion product to Herbal Perfect Liver/Gallbladder Flush and Herbal Perfect Lymph Detox.
- 7. Digestive Formula**

Relieves heartburn, gas pains, cramps, colic, indigestion, nausea, stomach and digestive pains.
- 8. Echinacea**

Used to boost the immune system and build cell power and energy. This also includes antiviral and antifungal herbs and stimulates circulation.
- 9. Endocrine**

Rebuilds and nourishes the entire endocrine system including adrenals, hypothalamus, parathyroid, pineal, pituitary and thyroid glands, the kidneys, ovaries, and testicles.
- 10. Female**

Provides women with herbal phytochemicals needed to create and balance hormones. Also aids in producing relief from hot flashes, night sweats, anxiety, depression, anger, nervousness, water retention/bloating, hair loss, dry vaginal tissue, and other PMS related conditions.
- 11. Female Balance**

Provides women with herbal phytochemicals needed to create and balance hormones with additional herbal sedatives to relax women during periods of heightened sensitivity and diuretics to relieve excess weight gain and fluid retention.
- 12. Flu-B-Gone**

Combination of herbs stimulate the secretions of the lining of the throat and lungs to help expel excess mucous and phlegm. Used to calm coughs, asthma, bronchitis, influenza, sinusitis, and stimulate the immune system.
- 13. Heart**

This herbal formula supplies the proper nutrition to protect and feed the heart cells and reduce inflammation, as well as increasing circulation and oxygen supply to the heart.
- 14. ICF #1**

Improves digestion, relieves gas, cramps, and increases the flow of bile (cleansing the gallbladder and liver). Used over time, this product strengthens, cleanses, heals and rebuilds the peristaltic action of the colon. START WITH ONE CAPSULE EACH NIGHT UNTIL DESIRED EFFECT IS PRODUCED.
- 15. ICF #2**

Use with ICF #1. Acting as a vacuum this formula clears and cleanses the intestines, works well with conditions such as diverticulitis or irritable bowel syndrome.

16. **K/B**
Must be used in conjunction with Herbal Perfect Kidney Bladder as the synergistic combination of herbs aids in dissolving stones and calculi, heals and eliminates infection of the urinary tract.
17. **Kidney/Bladder**
Acts as a diuretic and disinfectant that destroys bacteria which cause kidney and bladder infections.
18. **Liver/Gallbladder**
Stimulates, cleanses and protects the liver and gallbladder. Use in conjunction with Herbal Perfect Detox for maximum benefit.
19. **Lobelia**
Acts as an antispasmodic, a bronchodilator and an expectorant, immediately relaxing the respiratory system. Also used for relief of lock jaw, chest pain, circulatory problems, colic, convulsions, coughs, cramps, earache, eczema, epilepsy, fevers, female issues, inflammation, insect stings and bites and laryngitis.
20. **Male**
Stimulates energy, sex drive, promotes sperm production and enhances fertility. Also aids to naturally balance male hormones and the endocrine system.
21. **Nervine**
Aids in relief of nervous tension, insomnia and anxiety, muscle tension and reduces pain.
22. **Nerve Regeneration**
Supports the body in the repairing and rebuilding of the nerve sheath, nourishes and feeds the nerves, renews and feeds the spinal cord, strengthens brain function and increases stamina.
23. **Pain-A-Trate (NO LONGER AVAILABLE)**
TOPICAL USE ONLY: A pain relieving oil to reduce inflammation and stiffness to painful joints, tendons, ligaments, cartilage, and muscles. Also aids in arthritis, bursitis, lumbago and muscle or bone injuries.
24. **Pain- A-Way**
Used for pain from early migraine headaches, joint pain, muscle aches, back pain, arthritic pain or daily aches and pains.
25. **Parasite**
With strong anti-parasitical herbs, this product will eliminate parasites or provide them with an uninhabitable environment. Used in combination with Bioflora as the residue left behind from parasites is toxic.
26. **Prostate**
A synergistic combination of herbs works together to reduce swelling, inflammation and heal infection of the prostate. Also promotes the flow of urine. Use in conjunction od Herbal Perfect Wild Yam or Herbal Perfect Virex for best results.
27. **Resp-Free**
Indicated for use with congestion, inflammation, irritation and infection of the respiratory tract, bronchi, and lungs. Aids in the repairing and rebuilding of the respiratory tract from asthma, bronchitis, smoker cough, croup, emphysema, pleurisy, pneumonia, tuberculosis, and other lung issues.
28. **SHA (Sinus/Hayfever/Allergies)**
This natural decongestant and antihistamine removes mucous from the head, bronchi, and other pulmonary areas.
29. **SHN (Skin/Hair/Nails)**
A blend of nutrients and trace minerals to repair and rebuild the skin, hair, and nails.
30. **Superfood**
Providing a natural source of vitamins, minerals, amino acids and essential nutrients. This blend of raw food provides the perfect foundation for health.
31. **S-Zymes**
Take two capsules before meals to stimulate digestion, also used to eliminate inflammation when taken in between meals.
32. **Tooth&Gum**
Increase stimulation to the teeth and gums. Regular use will rebuild bone loss, tighten teeth, and tighten and regrow gums.
33. **Virex**
A natural antibiotic and antiviral. This is a common protocol in aiding the body to recover from staph, strep, viral infections including hepatitis, Coxsacki, influenza, colds, Herpes, shingles, HIV, and many more.

34. **Wild Yam**

For use with hot flashes, night sweats, inflammation, muscle spasms, pain; nourishes while cleansing the reproductive system in both men and women.

35. **Yeast Redux**

Composed of antifungal herbs used to treat systemic fungal infections, i.e., vaginal yeast infections, prostatitis, athlete's foot, ring worm, jock itch and chronic fungal infections of the skin or nails.

Herbal remedies and nutritional protocols enhance the body's ability to restore, rebuild and repair over time with proper use.

Organ Flush Protocols

Liver Flush

Ingredients: Juice of 3 oranges, 2 lemons and 5 oz of olive oil. Peel and juice the oranges and lemons. Drink this first thing in the morning; do not eat for 2 hours. Repeat for 3 days.

Gallbladder Flush

Drink 8 oz of unfiltered apple juice every 2 hours starting at 9 am and ending at 9 pm for 2 days. At the end of the 2nd day drink 3 oz of olive oil with 1-inch square of ginger root (juiced) and the juice of ½ a lemon. Drink, lay down on the right side and curl up in a loose fetal position.

This will eliminate gall stones from rice size to cherry tomato size. It will take 2 or 3 flushes to clear gallstones completely.

Pancreas Flush

Drink 1/3 tsp of ground nutmeg in ¾ cup of warm water, stir well. Drink this 1st thing in the morning for 5 consecutive days. If detox symptoms occur, eat a baked potato. This acts like a sponge soaking up detox residue.

Sore Throat Remedy

Ingredients: 1 clove of garlic about the size of your thumb ran through a press, 1 level teaspoon cayenne powder and 1 tablespoon of honey. Mix these ingredients together. Take one teaspoon after another until gone. Hold mixture in the mouth as long as tolerable. This may be repeated multiple times for relief. This is great for bacterial, fungal or viral related problems in the throat. Many times the cause of a sore throat is the body's inability to excrete mucous fast enough. This can be addressed by limiting the amount of dairy and starchy foods consumed.

Epsom Salts and Ginger Therapy Bath

This bath opens the pores, eliminates toxins and helps relieve pain. 2 pounds of Epsom Salts and 2 tablespoons of ginger stirred in a cup of hot water first, then added to bath, is beneficial. Do not remain in the tub for more than 30 minutes.