

Barlow Herbal Specialties

Medicinal Herbal Products

Made with Love!



Barlow Herbal Specialties is proud to carry on the legacy of our father, Dr. Max G. Barlow. His herbal formulas are unique, powerful and life-giving. We work from his hand-written notes to make our herbal formulas. They are concentrated, potent and pure. Their extraordinary strengths are achieved without heat, pressure or other mechanical means, giving you strong, high quality products.

Our formulas are made in small batches. They are concentrated and pure. No water, preservatives, additives or fillers. Every product does what it's designed to do. Our goal is to educate you and empower you with simple, straightforward information. To allow you to take care of your family's everyday health challenges the way Mother Nature intended.

Barlow Herbal believes that living vibrantly healthy is our right as human beings and that we must be individually responsible for our own wellness. We look forward to sharing our wonderful formulas with you and helping you sow the seeds of natural healing.

You and your health are a vital concern to us. We sincerely hope the information we share and the products we make help to contribute to your physical health, well-being and prosperity.



The Barlow Herbal team: Lindsey, Michelle, Brian, Jane, Scott, Glena and Melia

Please be aware that none of the statements in this catalog have been evaluated by the Food and Drug Administration (FDA). These products and this information are NOT intended to diagnose, treat, cure, or prevent any disease. It is simply the 1st Amendment in action and is presented for information and research purposes only. We are sharing information we believe in and feel is not commonly found in mainstream media.

We'd also like to remind you, if you act on ideas found here, you do so at your own discretion and risk. Self-help requires intelligence, common sense, and the ability to take responsibility for your own actions. By receiving this information, you agree to hold yourself FULLY responsible for your own health and well-being and to hold harmless Barlow Herbal Specialties, LLC and its owners, for any reason.

We do not recommend using any ideas found here without first consulting a medical professional or a qualified health care provider with recognized degrees and appropriate licenses. Thank you for doing your own due diligence and using your common sense.

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From the Hill to the Home

Barlow Herbal has a Special 5 step Process we call "From the Hill to the Home."

- 1) It starts with wildcrafting plants the way nature intended. Every year we go out as a family and we harvest our Lomatium for the products we make that use Lomatium as an ingredient. Wildcrafting means to collect herbs/plants in the natural environment where they grow. This is a labor-intensive act of love and we cherish every moment.
- 2) All our products are made with Love. It is actually an ingredient on our labels. We know that the energy of Love uplifts the vibrational healing power of everything we make and do. We only produce products that we would give to our own children and grandchildren.
- 3) Concentrated and pure. This allows every product to do what it's designed to do, and it gives you the most potent, effective product for your money.
- 4) We believe in conscious manufacturing and every single herbal product we make is created in a facility where only herbs are manufactured. No chemicals. No preservatives. Only the good stuff.
- 5) To be empowered, you must be educated. Having the proper knowledge and confidence when using herbal medicine is an important piece of the self-care puzzle. It is our goal to continuously provide valuable health tips and information. The human body knows how to heal when you give it the right tools. Simple, beautiful truth. Thank you for being on this wellness journey with us.

Connect with us on Social Media.

Instagram - @barlowherbal

Facebook - Barlow Herbal Specialties

YouTube - Barlow Herbal Our YouTube channel has lots of inspirational/educational videos.

We don't spend a lot of time on these platforms, so if you would like to reach out with questions please send us an email at customerservice@barlowherbal.com

Here at Barlow Herbal, we are as interested in your mindset as we are in the health of your physical body because they are connected. We know environment and perception can create vibrant health or disastrous disease. The environment piece has several layers. The food you eat, the water you drink, all the different supplements and drugs you put in your body, the amount of stress you have and the people you surround yourself with.

Just to name a few.

And perception is your MINDSET. Your belief systems are just as powerful as what you eat and drink.

You can believe your way into cancer and heart disease just as easily as you can eat your way there. And vice versa!

Let's GET CONNECTED and let's share this amazing journey of health and vitality together.

New products coming soon from Barlow Herbal:

Colon Cleanse, Vitamin D, Vitamin C, Zinc and Probiotics!

Make sure you're on our email list to get all of our updates and new product releases.

Go to www.barlowherbal.com and optin to our newsletter.

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Brief Product Descriptions - Liquid Extracts

1. **LDM-100** - Pure Lomatium Dissectum extract- antiviral, anti-fungal, antibacterial.
2. **Throat Spray** – A healing herbal throat spray with 15 herbs and 3 essential oils.
3. **MunityBoost** - Lomatium Dissectum, Dandelion Root, Red Root, Black Walnut Hulls, Sarsaparilla, Blue Vervain and St. John's Wort. Cold and flu, liver support. Special formulation for prevention of the one-time Lomatium detox rash.
4. **Clarkia-100** - Black Walnut Hulls, Wormwood, Cloves, Quassia chips. Using the precise formula used by Dr. Hulda Clark to kill both the egg and adult onset of over 130 different internal parasites.
5. **Daily Vitality: CSI** - Cellular strength and immunity. This powerhouse formula contains: Uña de gato, Suma root, Ginkgo Biloba, Pau d' Arco, Chinese Astragalus and Chaparral.
6. **Vermicyde GRD** – Tansy, Black Walnut Hulls, and LDM-100 (Lomatium dissectum) Formulated for treating people infected with Giardia.
7. **Echinacea** – a pure extract of Echinacea also known as purple coneflower. Facilitates wound healing, lessens symptoms of and speeds recovery from viruses. We recommend taking Echinacea prior to taking Mycocyde for Candida.
8. **Mycocyde** - Cayenne Pepper, Sarsaparilla, Poke Root and Lomatium Dissectum. Anti-candida.
9. **Essiac-20** – Burdock Root, Slippery Elm, Sheep's Sorrell, Turkey Rhubarb, Watercress, Bloodroot.
10. **East Star** – Pau d' Arco, Chinese Astragalus, Chaparral and Suma. Facilitates T-cell function and is anti-mutagenic. Designed to work in the cancer combo with Essiac-20.
11. **Pfaffia** – Suma Root extract - naturally high in iron – Chronic fatigue, anemia, diabetes.
12. **R-Tran** – Valerian Root and Blue Vervain – Relaxant for anxiety, stress and insomnia.
13. **Ginloba** – Ginkgo Biloba extract – increases blood flow to the brain and throughout the body's network of blood vessels that supply blood and oxygen to the organ systems. Improve mental alertness, elevate mood and restore energy.
14. **Uña de Gato** – or Cat's Claw extract – cleanses the intestinal tract and provides relief from problems with the stomach and bowels. Balances intestinal flora.
15. **Cayenne Pepper** – stimulates digestion and metabolism. Overall heart health.
16. **Pau D'Arco** – Reduces pain and inflammation. Helps detoxify the body.
17. **Prostata-100** – Nettle, Pygeum, Gravel Root, Uva Ursi, Horsetail and Saw Palmetto. Prostata-100 is a special formula compounded to relieve and treat prostatitis, benign prostatic hypertrophy, painful and difficult urination and difficult prostate problems.
18. **KS-10M** - Yohimbe, Passion Flower, and Cinnamon. This is a product for the libido. Effective for men and women.
19. **Feverfew** – (Parthenolide) Destroys chronic lymphocytic leukemia (CLL) cells, leaving normal bone marrow cells relatively unscathed. Helps to relieve headaches, specifically migraines.

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Brief Product Descriptions continued - Capsules, Salves, Serums

20. **SEES-Plus** - Lomatium Dissectum, Dandelion root, Red root in capsule form. No fillers. Used for deeper pulmonary and respiratory infections, or if you don't like the taste of the liquid.
21. **Woman's Comfort** – Menstrual cramps and symptoms of menopause such as hot flashes/ flushes, irritability, mood swings, sleep disturbances, excessive bleeding, and menstrual irregularities. No fillers.
22. **Truly Turmeric** – Pure, organic Turmeric with 4% Black Pepper to increase absorbability. Powerful anti-inflammatory and anti-cancer properties. Supports diabetes management.
23. **Detoxifier** – Pure, organic, broken-cell-wall Chlorella. Supports healthy hormonal function, promotes cardiovascular health, lowers blood pressure and cholesterol and aids in detoxification.
24. **Spirulina** – Pure, organic Spirulina. Boosts energy. Speeds up weight loss. Alleviates sinus issues. Detoxes heavy metals. Eliminates Candida. Cancer prevention. Lowers blood pressure.
25. **Heart Love** – Cayenne Pepper, Cinnamon, Slippery Elm. Helps digestion. Relieves migraine pain. Prevents blood clots. Boosts metabolism. Relieves joint and nerve pain. Supports weight loss.
26. **(C)Lean Boost** - Nourishes thyroid, improves digestion, aids in natural weight loss. 8 herbs.
27. **Liver Love** - Improves liver and gallbladder function by supporting and detoxing these two organs.
28. **Endurance** - Cordyceps, Reishi, Yerba Mate and Beet root. Increase energy for exercise/workouts.
29. **Preparedness Balm** – (original recipe from Max Barlow) Lomatium dissectum in a petroleum jelly base. Great for deep, infected skin wounds that need a water proof base. Has a very long shelf life. Great for long-term storage in an emergency medical kit.
30. **Golden Salve Natural** – Lomatium dissectum infused in oil added to a beautiful base of Coconut oil, Shea butter, Beeswax and Vitamin E. Everyday skin infections, cuts, scrapes, rashes, dry skin. Our most popular salve. Great as a lip balm.
31. **Golden Salve Natural EZ** – exact same base as Golden Salve Natural with the addition of three essential oils: Lavender, Geranium and Chamomile. Nourishes skin with eczema or psoriasis.
32. **HEELS** – exact same base as Golden Salve Natural with the addition of five essential oils. Rosemary, Cinnamon, Cloves, Lemon and Eucalyptus (Thieves blend.) Great for soothing and nourishing dry, cracked heels and fingers. Especially popular in the winter and summer months when the weather is extreme heat or cold.
33. **Heart-A-Tatt** – Tattoo aftercare at its finest. This salve has Coconut oil, Shea butter, Beeswax, Vitamin E and a double helping of Lomatium oil.
34. **Glowing Vitality Skin Serum** - See page 30 for full ingredient list. Comes with either Lavender, Lemongrass, Ylang Ylang or Bergamot Essential Oil. No chemicals or preservatives. Oil based. Full of nourishment and love for your skin. **Glowing Vitality Gold Label w/Frankincense & Lime Peel.**
35. **Lung Blend** - Osha, Mullein, Lungwort, Lobelia, Plantain leaf and Peppermint.
36. **BP Support** - Hawthorn, Black Cumin Seed, Celery Seed, Cardamom and Garlic.
37. **Chanca Piedra** - a powerful herb for softening and dissolving kidney and gallstones.
38. **Sticks & Stones** (salve for bruising) with Arnica and Comfrey oil, and three essential oils.
39. **Golden Salve Vegan** - Same recipe as the Golden Salve Natural but with Candelilla wax in place of Beeswax.

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Product suggestions

- 1) Epstein Barr- Chronic Fatigue Syndrome
 - LDM-100 - to fight viral infection
 - Pfaffia- to balance body chemistry
 - Ginloba- to strengthen nervous system & improve circulation
- 2) Shingles- Herpes Zoster- Hives
 - LDM-100 – to fight viral infection
 - Uña de Gato- to reduce inflammation and relieve pain
- 3) Lupus
 - LDM-100 – to fight viral infection
 - R-Tran – to relieve stress and muscle spasms
 - Uña de Gato – to reduce inflammation & manage pain
- 4) Lyme Disease
 - LDM-100 – to overcome the infecting microbe
 - Uña de Gato – to reduce inflammation & restore intestinal health
 - Pfaffia (Suma) – to boost immune response and re-establish homeostasis
- 5) Diabetes
 - East Star – to normalize pancreas & insulin levels
 - Pfaffia (Suma) – to give an increase in resistance to stress and fight fatigue
- 6) Candida
 - Echinacea – to prepare the system for the actions of Mycocyde
 - Mycocyde - (LDM-100, Sarsaparilla, Cayenne Pepper, Poke Root)
- 7) Colitis- Irritable Bowel Syndrome
 - Uña de Gato – relieves pain and inflammation and balances intestinal flora
 - R-Tran – to calm tension
 - East Star – for immune support which is vital
- 8) Carpal Tunnel Syndrome
 - R-Tran – to relax tingling nerves
 - Uña de Gato – to control pain and inflammation
 - Ginloba – to increase circulation to the painful area
- 9) Arthritis
 - Uña de Gato – to reduce inflammation and relieve pain
- 10) Arteriosclerosis- Atherosclerosis
 - Ginloba – relieves claudication
- 11) Memory Loss, Brain Fog, Dementia, Alzheimer’s
 - Ginloba – to enhance memory retention, improve circulation to the brain
 - Brain Glow - to promote focus, energy and clarity to the brain. Dementia prevention
- 12) High Blood Pressure
 - BP Support - to protect and nourish the heart and blood vessels
 - Ginloba – for extra circulation
 - HeartLove and or Cayenne Pepper extract – cayenne is a vasodilator, lowers blood pressure
- 13) Lymphatic cleanser
 - Echinacea Extract –flushes the lymphatic system beautifully

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How to Dose Herbal Tinctures



Dosing herbal extracts and tinctures can be a little confusing at first.

You might be a little nervous at first, too. You also get the taste of the herb which you don't get when taking capsule products. That alone can take a little getting used to.

We want you to feel safe and confident while taking herbs in liquid form for yourself and giving them to your family members, especially your children. Liquids give you the ability to completely control the dose.

A couple of things to know- if you have a liquid herbal that has water, glycerin, alcohol or a combination of all three, then it is called an extract. If you have a concentrated, alcohol only liquid herbal then it is technically considered a tincture.

All of our liquid herbals are made with 190 proof organic, cane alcohol with no added water or glycerin.

They are very concentrated and we always suggest adding them to water, tea or juice prior to taking them.

Here are some basic guidelines for dosing. First of all, look on the left side of the bottle.

Adults - average weight between 125-200 pounds. Take the suggested dose on the bottle.

You can increase it as needed for desired results or to accommodate body weight.

Grade school- Junior High - average weight 50-100 pounds. Take the dose in half.

Toddler/Infant - up to 50 pounds take 1/4 of the dose.

One good tip - start with a very low dose (1 drop, 2 drops, 3 drops...no dose is too small) with kids and even adults who are sensitive, because you can always go up in dose as needed. For most of our tincture products we suggest an average 1/2 dropperful for most adults. This is approximately 25-30 drops. Once you get comfortable you do not have to count each drop out but give it a very good guess.

Because they absorb so quickly into the body, liquid herbals are a wonderful, effective way to go.

You can easily dissipate the alcohol out by adding the tinctures to boiling hot water.

Please see our YouTube channel for a little video tutorial on how to do this. Our channel is Barlow Herbal.

Type in "How to dose Herbal Tinctures"

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Frequently Asked Questions

Every day we are blessed to connect with like-minded people and health seekers like you.

Because we have such a unique line of formulas, we get A LOT of questions.

Here are some of the most important “need to know” answers to your most burning questions.

1. I would like to try your products, but I don't know where to start. A great place to start is our Starter Kit. It's on our website and it comes with a lot of products and complete instructions on how to start using it. It's a substantial discount when bundled together in this kit. You save a lot of money and it's not overwhelming. If you just want to start with one or two things, then I would suggest the MunityBoost followed by the LDM-100. There is a reason these are our most popular products.

2. How long will I need to take it? It depends on what you're taking, what you're taking it for, and how long it takes your body to respond. Remember that everyone is a little bit different and we need to use patience and consistency. It also depends on the product and what issue you are dealing with. For example, if you are working on eradication of EBV then you will need anywhere from 6-18 months of LDM-100 every day.

3. How much should I take? Unless otherwise suggested by your practitioner, follow the directions on the bottle. If you are sensitive, then cut the dose in half or in thirds. With the liquid tinctures you can even start as low as one drop a day. Read and learn as much as you can and then follow your common sense and intuition.

4. Will Lomatium (LDM-100) kill the good bacteria? We've been making LDM-100 since 1975 and from the feedback from thousands of practitioners, I've come to believe that no, Lomatium (LDM-100) does not destroy any beneficial bacteria. If you've been on prescription antibiotics or you are a modern, stressed human being - it is a good idea to supplement with a high quality probiotic on a daily basis.

5. I'm taking several tinctures. Can I mix them? Yes. We don't have any formulas that contradict with any other formula. We always suggest adding our tinctures to a little water to make them palatable so just increase the amount of water and make a little cocktail of your daily tinctures. You can also dissipate the alcohol out of our tinctures. See number 9.

6. Can I take them for a long time? There are some herbs that are considered safe and effective to use on a long-term daily basis - for example: Ginkgo biloba, Milk Thistle, Astragalus and Reishi to name a few. Herbs like Echinacea should be rotated with other herbs or simply taken a break from because you can build an immunity to it. Many times, our formulas and protocols are used for chronic issues and yes, we suggest using them for the length of time that it takes for your body to eradicate the issue. It could be 30 days, or it could be 30 months. Every person and what they are dealing with is unique and different. If you can work with a Naturopath, Chiropractor or any Functional Medicine doctor - that is your ideal situation especially if you have an issue that is more complicated.

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7. Can I take them with my prescription medications? My best answer for this is - it's always smart to take your natural supplements separate from your prescription medications. You want them to have a chance to go into your body and absorb away from each other. This is pure common sense. Please check with your health care practitioner if you have any reservations or questions.

8. What is the shelf life, and should I keep them in the refrigerator? We put a 10-year shelf life on all our liquid tinctures. Our capsule products have a 3 year "best by" date and our salves have a 2 year "best by" date. And no, you don't need to keep any of our products in the refrigerator (although you can if you like)

9. How do you dissipate the alcohol out of herbal tinctures? The easiest way to do this is to boil some water. Pour some into a cup. Put the drops into the hot water and let it come down to room temperature. All the alcohol should be completely gone. Here's a tip from Brian. He likes to brew up a cup of herbal tea before he goes to bed. He puts all the tinctures he wants to take in the morning in the cup of very hot tea and lets it set on the counter overnight. In the morning when he drinks it all of the alcohol is gone, and all of the herbs are in the tea. You can do this with just water if you prefer. Super easy and very effective.

10. Are your products good for pets? Yes, but dissipate the alcohol out first. (see #9 above)

11. What is the difference between organic and wild-crafted? Organically grown is a very important source of good high-quality plants and herbs. They are basically pampered plants. They get just the right amount of water and nutrients to help them grow plump and juicy. Wild crafted plants grow in their native environment and sometimes they must struggle while they are growing. They are dependent on Mother Nature and how much rain and sunshine they get and the nutrient density of the soil they are growing in. Both organic and wild-crafted are wonderful sources for herbs and plant medicine.

12. Why is the LDM-100 a lighter and/or darker color sometimes and is the lighter one as potent as the darker one? LDM-100 is 100% wild-crafted Lomatium and because we can't control how Mother Nature grows it - it will be darker or lighter depending on the water it gets and the soil it's grown in. Every batch is tested when it first goes into the manufacturer and then again when each batch is made. All the test markers come back strong and pure.

It is very normal for the lighter golden color of Lomatium to taste a little (or a lot!) different from the darker amber color. It is not an indicator of strength because it's dark or light. So, if your LDM-100 varies from bottle to bottle just know that it's all the good stuff and we personally guarantee every bottle we make.

This also goes for other herbal tinctures. Especially ones that are wild-crafted. As modern humans we get used to everything being the same color, same texture, same smell etc. Modern manufacturing of our food and other products can add chemicals, preservatives, colorings and etc to make sure you feel safe and secure in the consistency of the products you purchase.

Fall in love with some of the beautiful inconsistencies of Mother Nature.



13. Should I take Barlow Herbal products on an empty stomach or with food?

We suggest taking most of our tinctures and capsules prior to meals. Some products like our HeartLove do better with food. If you forget or just don't have time to think about taking them without food, then taking them on a regular, consistent basis is better than not taking them at all. Remember that with liquid tinctures you only need 15-20 minutes before a meal because they go right to the bloodstream and absorb very quickly.

14. Are Barlow Herbal products gluten-free? What about Vegan?

Yes, all of our products are gluten free and all of our tinctures and capsules are made without any animal products or animal testing. All of our skin salves contain Beeswax except our Golden Salve Vegan which is made with Candelilla wax.

15. Do you recycle your bottles and jars? Yes, we personally recycle EVERYTHING!! And most of our products come in glass bottles and jars so that they can be recycled. We've had some people ask if they could send all their empty bottles and jars to us to recycle. Please find a resource in your town and recycle! Thank you XO

16. I am super sensitive to everything. I would really like to try the LDM-100 but I am completely freaked out at even the thought of the detox rash.

I am sure that I will get it. The bottom line is that you know your own body. And you know your own mind. If you do not think you would handle the Lomatium rash very well (on a physical and psychological level) then you simply might not be a good candidate for it.

17. I heard Jane talk about using Lomatium to clearout a herpes virus. How do you dose specifically for that?

(We are not doctors and this is not meant to be medical advice)

For 30 days - take 25-30 drops 3 times a day prior to meals if you can. This is approx 1/2 dropperful from a 2oz.

For the next 5-6 months same dose but twice a day.

For the next 12 months or so - once a day.

You can increase the dose during cold and flu season if you are exposed to someone who is sick.

Breakouts might occur during this protocol. This is normal for some people. Stay patient and consistent.

This same protocol can be used for any chronic, systemic viral loads like EBV, Shingles, HPV etc.

18. What are the "must haves" to have in your Emergency Essential Kit?

LDM-100, Clarkia-100, Cayenne Pepper, R-Tran, Feverfew, Echinacea and Preparedness Balm. All of our tinctures have a 10 year shelf life. They will actually last indefinitely if they are stored in an airtight bottle. There will eventually be a very small amount of evaporation through the rubber stopper in a bottle with a dropper. Together these products handle: virus, fungus, yeast and bacterial infections, parasites, heart health/stroke, sleep/anxiety, immune function and skin wounds. Bundled together on our website with a discount under Emergency Essential Kit. We suggest setting it aside somewhere safe and easy to get to.

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The LDM-100 Story

The following section was written many years ago by our dad, Dr. Max Barlow.

“On the eastern slopes of the Sierra-Nevada Mountains grows a very important plant in the Parsley Family. The western Indians have long used this plant to prevent and treat many ailments.

Botanically called *Lomatium dissectum*, because of its long, slender, hollow stem and its oil producing linear glands in the ripening seeds. The Indians called the medicinal root of this plant “the Dortza”, meaning – “heap powerful medicine.” The Washoe Indians collected the root in September and October when the richest supply of oils was concentrated in the large underground root. At least five or six gums, oils and oleoresins are present in the very aromatic root. After collecting the root, they sliced it longitudinally, exposing the volatile oils to the oxidizing (polymerization) effects of the air, which converts the oils to a stabilized resin. The cured root would then be hung to dry from the ceiling of their hogan until it was needed.

During the flu pandemic of 1917-1918, the root came into extensive use by the two Washoe Indian tribes near Carson City, Nevada. Dr. E.T. Krebs Sr., the contract physician who was assigned by the U.S. government to the Washoe Indians, was dumbfounded to find that these two groups of Indians were free from respiratory illness and that no deaths had been attributed to the influenza “bug.” This was especially amazing because both Indians and white people were “dying like flies” throughout the entire region, the nation and the world. Spotting the dried root hanging from their hogans, Dr. Krebs asked what it was and what its use was. He was told it was “heap powerful medicine,” and that it was used to prevent colds and the flu. He asked if he could try this medicine on some of his white patients and, after making a crude preparation and giving it to his non-Indian patients in San Francisco, he said, “They just stopped dying.”

How it works: Scientific investigation of the plant reveals that the volatile oil factions in the root contain the antiviral/antibiotic ingredient. Also present are powerful anti-bacterial/anti-fungal properties. The *Lomatium dissectum* extract has a viro-static effect, meaning that it stops the growth of all viruses, bacteria and fungus in the body and eliminates the lethal micro-organisms without harming the ones necessary to good health. The effectiveness of *Lomatium dissectum* in eliminating infections and restoring health is an incredible gift from Mother Nature.

Extensive work has been done by over five universities on *Lomatium dissectum*. It is a powerful, nontoxic, viro-static against flu viruses, the trachoma virus, the Lansing Polio viruses, and numerous other viruses. By 1944, the *Journal of Bacteriology* reported, “The anti-biotic activity of oil factions separated from the root of *Lomatium dissectum* was determined on 62 strains and species of bacteria, molds and fungi. The heat-stable active agent was bactericidal for gram-positive bacteria at 10⁻⁴ dilutions and at 10⁻³ for gram-negative bacteria.” (*Journal of Bacteriology*, Vol. 55 No. 5 May 1948)

About the time this report was published, ‘miracle’ sulfa drugs began to be widely promoted. In the interest of being ‘modern,’ no one wanted to use an old Indian remedy. With renewed interest in some natural remedies, Dr. Krebs Jr. passed on the extracting techniques developed by his father to Dr. Max

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Barlow. The extract is made today in an alcohol-based tincture known as LDM-100.

Since LDM-100 is anti-viral, the dosage depends upon the strength (or weakness) of the body's natural immune system. LDM-100 is completely natural and non-toxic; therefore, the dosage may be safely increased until it takes effect.

As the above quote from the Journal of Bacteriology indicates, Lomatium dissectum is also effective against molds and fungi. Thus, many Barlow Herbal users are seeing great results in fighting Candida albicans with our extract (when taken orally). LDM-100 will clear up most yeast infections. A drop between the toes will eradicate athlete's foot.

LDM-100 may be taken as a preventative against viral infections or solely during high-risk periods. This wonder drug of nature inhibits growth and reproduction of viral organisms, rendering them inactive, thus enabling white blood cells to do their job.

It should be noted that some people may experience a one-time detox rash from an oil fraction found in Lomatium dissectum; as is possible from contact with any plant. The rash ranges from mild to full body and can be extremely itchy and uncomfortable. Such a reaction can be quickly overcome by taking Dandelion Root, Vitamin C, and Pantothenic Acid. Two days of only fresh juices has been found to speed up the detox process. The addition of fresh squeezed wheat grass juice is also extremely helpful. One can discontinue use of LDM-100 temporarily.

Adults: 3 to 10 drops, 3 to 5 times daily, or more. It is suggested to begin with a low dosage and frequency and gradually increase. Keep dosage low for the first 7 days and then increase as needed. Children: 3 to 4 drops, 4 to 6 times daily. It is also recommended to gradually increase quantity and frequency. 1 to 2 drops for babies added to water or juice."

-Dr. Max Barlow

Jane here. My dad has been gone for over 23 years now and I feel that while much of the information about Lomatium has stayed the same - there have been some interesting things I've learned and come to believe about Lomatium and its effect on the human body.

I have talked to other herbalists who are familiar with Lomatium and have used a fresh root extract of it and have never seen the detox rash. It appears that part of the power comes from curing and oxidizing the Lomatium root after it has been wildcrafted. Letting all the oils cure and dry before putting the roots into the extraction process, in my opinion - changes the medicinal properties of Lomatium.

I believe that Lomatium is a broad spectrum anti-microbial and I have seen it handle viral, fungal, yeast and some types of bad bacterial issues. I have come to believe that Lomatium's special gift to humans is its anti-viral properties. I would not want to live my life without it, and it's been a true game changer when it comes to taking care of my kids and now my grandkids. My biggest hope for you is that you will use the information in this booklet to help you stay healthy and well. Please know that I am not a doctor and anything I share with you is not meant to be medical advice.

Please take personal responsibility.

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Lomatium Dissectum Detox Rash Information

If you are new to the plant Lomatium, please read this information all the way through.

Lomatium can cause a one-time detox rash in some people when taking it for the first time. It is not a dangerous or contagious rash, but it can be a scary, uncomfortable and a very emotional detox.

Start with a very small dosage when taking a Lomatium product for the first time. A very small dosage of the liquid Lomatium (LDM-100) would be 5-10 drops in water once a day for the first week for adults. You can even start with 1-5 drops once a day for the first week. In capsule form (SEES-Plus), one capsule, once a day for the first week is considered a small dosage. It is easier to start with a smaller dosage when Lomatium is in liquid form (LDM-100 or MunityBoost).

Most little kids and teenagers do not get the rash. If they do, it is typically much less intense and clears out very quickly. A small, starting dose for a child would be 1-3 drops once a day for the first week.

If no rash, then increase and use accordingly.

LDM-100 preceded by one bottle of LiverLove and then MunityBoost is very effective for all kinds of viral, fungal, yeast and some types of bacterial infections. Although there is much less chance of it, MunityBoost can cause the detox rash just like straight LDM-100 can. MunityBoost is 25% LDM-100. Your chances will go down even further with the addition of the LiverLove. (Please see page 20 for directions)

What we've come to believe is that a viral or fungal load has been "stuck" in the tissues and Lomatium gives your body the opportunity to push "it" out through your skin (your largest organ). We've seen many people on a Lomatium protocol completely eradicate long-standing, systemic viral and fungal issues. Even ones that lay dormant for long periods of time.

If someone is going to get this detox reaction, then it will happen with a small amount or a large amount. It will only happen once for most people who get the rash. Over the years we have had a small handful of people get a light rash a second time but only those who waited a long time between taking it for the first time and then taking it again. Usually a year or more. Please remember that it's not dangerous or contagious. Just extremely uncomfortable and itchy.

It typically proceeds like this: The rash will typically show up between 5-7 days after taking Lomatium. It looks like measles at first and then will progressively get worse before it starts to get better. It can show up anywhere on the body and then spread. If someone has had chronic UTI's then the rash usually shows up on the lower torso near the kidneys. If someone has had chronic chest/lung infections, then the rash usually shows up on the chest first before it spreads to the rest of the body. Sometimes it shows up randomly on a certain body part. There can be swelling, fever and purple looking welts. The extremities are usually the last parts of the body to get the rash. Legs and arms. It is also normal for ears, nose and face to swell a little. Some people get a light rash that covers only small parts of the body and is gone in 2-3 days. Most people get the full deal. And it usually goes solid and looks like a sunburn.

A couple of guidelines: You can lower the dose and keep going or you can stop taking it until the rash is gone and runs its course or some people prefer to stop until the rash is gone simply because it makes them feel better to stop what caused the rash in the first place. It won't make the rash go away quicker if you stop but it's up to everyone individually.

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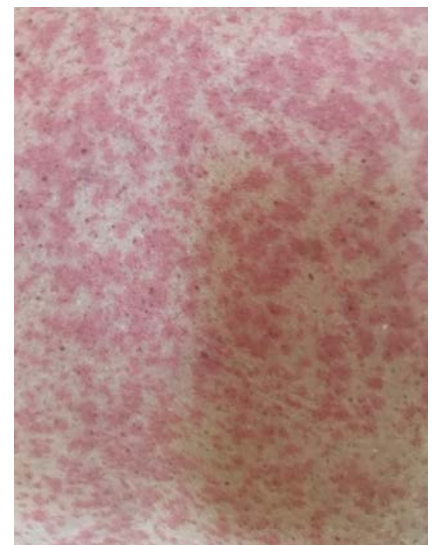
It is very important to stay hydrated with lots of water. This will give your body a chance to truly flush the toxins out. Lots of fresh, green juicing also helps to nourish you through this detox quickly. Stay away from fried food, junk food, processed food, soda, milk and dairy and most meat while your body is detoxing. Your body works very hard to digest, process and eliminate food and if you take a break from eating all together (fresh juice only) for 2-3 days – the rash will clear up much quicker. Even if you eat clean, taking a break from food will be extremely beneficial. If you simply can't juice fast, then eat as clean as you can.

There are some supplements we've found to help the rash clear up a little quicker. Number one is Dandelion root. You can get it in liquid form, capsule form or tea. Dandelion root is a very well-known liver support and detox. When the liver is supported the body is better able to handle the powerful viral/fungal detox of Lomatium. Look at our LiverLove product. It is a specific blend for detoxing and supporting the liver and gallbladder. Consider going through a full bottle of LiverLove prior to starting Lomatium. If you already have the rash, then it will help you to take some form of Dandelion root during the rash.

We also suggest high dose Vitamin C. 5000 mg per day for an adult. Activated Charcoal is also a helpful detox tool and will help your body process the detox without your skin having to take it all.

The Lomatium rash usually gets extremely itchy to the point of being unable to sleep for a night or two. Taking an Epsom salt bath once or twice a day is very beneficial and can soothe and nourish the skin while the rash is running its course. Some people get up in the middle of the night to take an Epsom salt bath as well. Use Coconut Oil or Emu oil to smooth on the skin to relieve the itching.

Some people will feel an increase in energy while the rash is doing its thing and some people feel quite the opposite and feel extremely fatigued. The rash is not contagious so if you feel good then just carry on as usual. For some people this detox rash is an intense, emotional experience. This is a healing crisis. Sometimes you must get worse before you can get better. If you are tired, then rest as much as you can to let your body heal. There is no doubt this rash is miserable to go through, but your body is doing a smart thing.



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MunityBoost and LDM-100

Over the years we've had many of our customers (and many natural health care practitioners) shy away from using the LDM-100 because they or someone they have given it to experienced extremely bad detox rashes. Although it is a one-time detox rash, the experience was unpleasant enough that even the thought of getting the rash again was enough to discourage many people from using it.

So, our best thoughts on using the MunityBoost and the LDM-100 are: if you are someone who has never used LDM-100, you are a perfect candidate for the MunityBoost. Providing anti-viral results while preventing the rash is the number one goal of MunityBoost. The MunityBoost and its additional herbs make up a beautiful formula with properties and benefits that have been found to be very helpful during seasonal allergies as well as cold and flu season. We also suggest doing 2 weeks of LiverLove prior to starting on the MunityBoost. Then continue with the LiverLove once you start the MunityBoost. The choice is yours: LDM-100, MunityBoost or SEES-Plus. Lomatium in any of these forms is still the gold standard for cold and flu season and by far the best way to go in terms of a powerful anti-microbial.



A couple of wonderful things to know about Lomatium.

1) Your body doesn't appear to build an immunity to the plant Lomatium. So, you can take it for long periods of time while your body is healing from long standing systemic, viral/fungal/yeast issues. It is common for many people to take a preventative dose every day during cold and flu season or when they travel. Especially when getting on an airplane. A solid preventative dose for an adult is 1/2 dropperful (approx. 25 drops) once or twice a day.

2) You can safely increase the dosage until it does the job. Due to our extensive, lifelong use of Lomatium we have used LDM-100 (25-50 drops each time) every hour on the hour to clear up UTI's, ear infections, cold, flu and other acute infections.

And ONE very important thing to know about Lomatium.

Over the years we've gotten feedback from many people when they or a family member experiences the Lomatium rash. Many of them have been practitioners who help people through it. If someone has been using recreational drugs, the Lomatium detox rash can be much more intense than most people experience. Anyone to whom you suggest the use of any Lomatium product should be front loaded with the full information regarding the possibility of the detox rash.

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Did you know...?

Lomatium Dissectum – a powerful, broad spectrum anti-microbial plant has been used:

- 1) on Warts and toe/fingernail Fungus (topically and internally)
- 2) to Knock down cold sores caused by the Herpes virus
- 3) to clear up a tooth abscess
- 4) to gargle with before swallowing to keep mouth bacteria-free
- 5) for UTI's (Urinary tract infections)
- 6) for Ear infections (taken internally and a drop or two directly in the ear)
- 7) for Strep infections
- 8) for the Common Cold, Flu, Congestion, runny nose, etc...
- 9) for Asthma
- 10) for Bacterial infections
- 11) for Respiratory tract infections
- 12) for tonsillitis (early stages)
- 13) for Bronchitis
- 14) for Vaginal infections (douche and internally)
- 15) for Candidas
- 16) for Chronic fatigue syndrome
- 17) for Skin infections (topical in the form our Golden Salves or tincture)
- 18) for Hay fever/season allergies
- 19) for EBV (Epstein-Barr virus)
- 20) for Mononucleosis
- 21) for HPV (Human Papillomavirus)

As you can see, the pure root extract of Lomatium dissectum has amazing medicinal properties. Whether you've been using LDM-100 for many years or you're just starting to use it, broaden your horizons in your applications and watch the wonderful results!

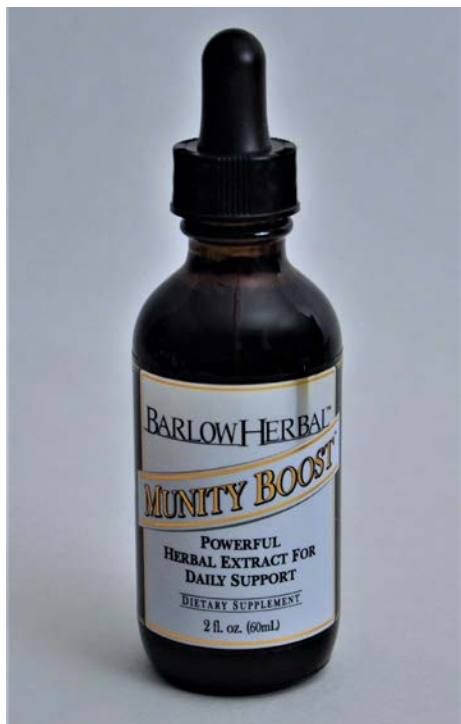
LDM-100 can be taken straight or diluted in a small amount of water or juice. Juice is nice for small children or taste sensitive adults and we now have an amazing Reduced Alcohol LDM-100. (page 20) We have been using it since the mid 1970's!

Note: Please use your common sense when using herbal medicine to treat yourself and your family. If chronic conditions persist or worsen please see a qualified health care professional.

Modern medical technology can enhance and many times even save your life in the right situation.

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MunityBoost (Detox rash prevention and support during seasonal allergies)



MunityBoost was developed specifically to prevent the one-time rash that a small percentage of people get when they take Lomatium for the first time.

For the huge majority of people, it has done this. From personal experience over the years, we find that when you support and detox the liver and the other organs, it helps keep some people from detoxing through their skin.

The rash is itchy, uncomfortable, unsightly and can be a little scary. This can detract from all the good that Lomatium can bring and make it hard for those who have experienced this rash to take it again even after the rash is gone. It also makes it hard to recommend Lomatium to others. (please see Lomatium Detox Rash Information page)

This special combination of Lomatium dissectum, Dandelion root, Red root, Black Walnut hulls, Sarsaparilla, Blue Vervain and St. John's Wort is a great start for preventing the potential for the detox rash.

Each herb was chosen for its ability to work hand in hand with the other herbs and their medicinal properties to prevent the Lomatium rash. Together these herbs act as mainly an anti-viral. Some of the other amazing properties of MunityBoost are: anti-inflammatory, expectorant, blood purifier, anti-bacterial, anti-fungal, anti-depressant, anti-parasitic, sore throats, coughs and fever. And best of all, most people who have never used a Lomatium dissectum product haven't gotten a rash when using MunityBoost prior to LDM-100.

We cannot guarantee 100% prevention of the Lomatium rash but we feel very confident in the ability of MunityBoost to do its job. It is safe for children and highly recommended as a preventative during cold and flu season and times of travel for everyone.

MunityBoost contains: Lomatium root, Dandelion root, Red root, Black Walnut Hulls, Sarsaparilla, Blue Vervain, St. John's Wort and organic cane alcohol.

MunityBoost is specially formulated to give the immune system extra support with powerful herbal ingredients that are not found in regular food. This herbal extract is most commonly used during the cold & flu season.

It has also been found to be especially effective for seasonal allergies.

Not to be used during pregnancy and lactation unless otherwise directed by a qualified healthcare professional. For other contraindications and cautions consult your health care professional.

Suggested adult dosage for prevention: 15 drops in water or herbal tea 1 time per day for the first 7 days. Then increase as needed.

Seasonal suggested adult dosage: 25 drops in water or herbal tea 2-3 times a day.

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SEES-Plus



SEES-Plus is the capsule form of our popular MunityBoost product.

SEES-Plus and MunityBoost were developed specifically to prevent the one-time detox rash and in the many years since it's been available it has been a wonderful precursor to using LDM-100. By using SEES-Plus and MunityBoost as a precursor to LDM-100 we have found that it greatly decreases the chance of a rash.

If you've never taken Lomatium we would suggest starting with the liquid, MunityBoost so that you can control the dosage a little better. The percentage of rashes is a little higher with the SEES-Plus for first time Lomatium users.

A few reasons people may prefer the SEES-Plus to the LDM-100 or MunityBoost:

1. Some people don't like the taste of the liquid LDM-100 or MunityBoost.
2. Some people don't like the alcohol content in LDM-100 or MunityBoost.
3. It's a little easier to travel with the capsules rather than the liquid.
4. Just like the MunityBoost, it has the potential to help prevent the one-time detox rash that approximately 7-10% of the people get, who are taking Lomatium dissectum for the first time.

During his years of the study of Lomatium, Dr. Max Barlow found that when Lomatium goes through the digestive process (in capsule form) it works on deeper pulmonary and respiratory infections. For many years it was packed by hand with Lomatium only and called SEES-2000.

If you are new to Lomatium, start with 1 capsule once a day for the first 7 days. If you don't get the detox rash, then increase as needed.

During cold and flu season this is a great product to travel with to take for prevention. You don't have to worry about spills and it goes easily through security.

SEES-Plus is a perfect blend of Lomatium root, Dandelion root and Red root packed with Love in veggie caps.

100 capsule per bottle. Our veggie capsules are made from organic tapioca.

Suggested dosage: 1 capsule with water or juice 3 x's daily or as recommended by a qualified healthcare professional.

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Reduced Alcohol LDM-100



Our popular LDM-100 in a Reduced Alcohol version.

Available in 2oz and 4oz.

We extract the Lomatium in organic cane alcohol just like our regular LDM-100. Then we put it over a slow, low heat and reduce the alcohol down to less than 7% and then we add organic vegetable glycerin.

The strength and potency is exactly the same drop for drop as the full alcohol LDM-100.

You can take this LDM-100 directly under the tongue and safely give to your pets and kids.

Lomatium in some people may cause a full body one-time detox rash. Please read all of the information we send you and educate yourself about the potential of this very well known rash.

Suggested dose: 15 drops 3 times a day. Increase dosage until desired results occur.

Contains: Wild crafted Lomatium dissectum extracted in cane alcohol and reconstituted in organic vegetable glycerin derived from organic Palm leaves. Made with Love.

How to lessen your chance of the one time Lomatium detox rash.

Start with one bottle of LiverLove. Take 2 capsules twice a day prior to meals for two weeks.

If you have a favorite liver support/detox supplement you currently use, you can start with that instead. Keep going with the Liver Love at that dose until it's gone (30 days).

After two weeks of taking LiverLove - start on the MunityBoost at 10-12 drops once a day for a week. After one week of MunityBoost at 10-12 drops - increase it to twice a day at the same dose. At that point, if you don't have the rash - the chances of getting it are almost non-existent. You can then increase the dose of the MunityBoost to 20-25 drops (approx 1/2 dropper full) 2-3 times a day until the bottle is gone. Once the MunityBoost is gone then you are ready to start on the LDM-100. If you are using LDM-100 for times of sickness or prevention then you can wait and use it when you need it. If you are using it to clear out a chronic viral/fungal issue then follow the suggestions for these issues in the preceding pages of this catalog.

You can get this starter pack on our website.

It includes **LiverLove, MunityBoost (2oz) and LDM-100 (2oz)**

Search for **Ultimate Lomatium Starter Bundle**.

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Chanca Piedra - aka Stone Breaker

Chanca Piedra in our traditional, concentrated tincture. This herb is well known for its ability to break up kidney stones and gallstones. It is literally known as the "stone breaker."

Kidney stones are the build up of mineral and salt deposits in the kidneys and urinary track.

Chanca Piedra is well known for protecting the liver by decreasing the enzymes linked to liver damage, increasing antioxidant enzymes and lowering oxidative stress and inflammation.

Chanca Piedra grows in tropical regions all over the world from China to India and also in the unexplored areas of the Amazon rain forest.

In Ayurveda, Chanca Piedra has been used for thousands of years for many different ailments such as jaundice, malaria, diabetes, digestive issues, urinary tract infections and skin diseases.

Chanca Piedra has been shown to fight viruses, bacteria and free radicals. And the tannins it contains also help prevent cancer.

Suggested use of Chanca Piedra to dissolve kidney stones:

30 drops 3 times a day in water 30 minutes prior to meals or 2 hours after a meal. You can increase this to 5 times a day if necessary. Please use patience and consistency.

Made with Love.

Suggested use for prevention of kidney stones:

30 drops once a day prior to a meal until bottle is gone.

Go through a bottle of Chanca Piedra once a year if you are not prone to kidney stones or once a quarter if you are.

Pregnant women or women using fertility enhancing drugs should not use Chanca Piedra.



Herbal Throat Spray w/ Lomatium



This throat spray contains a powerful combination of herbs and essential oils that are specially formulated to provide soothing immune support for your throat health.

Barlow Herbal Throat Spray w/ Lomatium soothes tight, irritated and inflamed throats. It is an effective cough suppressant and expectorant. This unique formula will relieve a sore throat while facilitating faster recovery. And it tastes good!

Besides soothing a scratchy, dry throat, this Throat Spray's beautiful blend of herbs and essential oils has been used by professional singers and speakers to keep their vocal cords healthy and in peak condition.

Check out this incredible list of ingredients –

Wild Cherry Bark, Elder Berry, Slippery Elm Inner Bark, Marshmallow Root, Licorice Root, Echinacea Angustifolia Root, Lomatium dissectum root, Fennel Seed, Rhubarb Root, Horehound Herb, Mullein Leaf, Clove Bud, Ginger Root, Usnea lichen, Lobelia Seed/Herb pod, Menthol Crystals, Essential Oils of Eucalyptus, Lemon and Tea Tree, Vegetable Glycerin and Pure Honey.

Suggested Guidelines: 1-2 sprays directly into mouth and throat as needed. If cough persists for more than 3 days, consult a healthcare professional. (also available in a 4oz refill size - see photo)

Not to be used during lactation unless otherwise directed by a qualified healthcare professional. For other contraindications and cautions consult your health care professional. (Rhubarb root and Menthol Crystals)

Hi! Jane here. My grandkids love this Throat Spray! When they get a little sick...a dose of LDM-100 and a spray or two of the Herbal Throat Spray really does the trick. I don't even mind when they just want a spray or two if they're not sick because it's got so many healing herbs in it. Personally, I love to keep a bottle in several places in my house, my car and in my office. Nice...especially in the winter.

There are even a few singers on Broadway who use our Herbal Throat Spray to keep their vocal cords strong and healthy.

An interesting side note: We have never had anyone report a rash from use of this Herbal Throat Spray w/Lomatium.

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Daily Vitality: CSI (Cellular Strength and Immunity)



This beautiful blend is prevention at its finest. Most of us here at Barlow Herbal start taking this formula as an adult and make it a lifelong, once-a-day habit.

Daily Vitality:CSI (Cellular Strength and Immunity)
Available in 2oz and 4oz size.

2oz is approximately a one-month supply when used daily.

Daily Vitality:CSI is a combination of four Barlow Herbal signature formulas: Uña de gato, Pfaffia, Ginloba and East Star.

It contains: Cat's Claw, Ginkgo Biloba, Pau d Arco, Suma root, Chinese Astragalus, Chaparral and Love. Extracted in organic cane alcohol.

Uña de gato (Cat's Claw) boosts immune function, helpful for arthritis and other inflammatory issues. Cat's Claw is also well known for its ability to balance intestinal flora and is called "the opener of the way."

Pfaffia (Suma root) is an adaptogen. It has many properties including hormone support, cell oxygenation, inhibiting tumor growth, lowering

cholesterol and balancing body chemistry.

Ginloba (Ginkgo Biloba) is one of the most extensively researched plants on the planet and one of the oldest surviving tree species on earth. This ancient herb increases blood flow to the brain, enhances long distance vision, improves memory and increases uptake of glucose by the brain cells.

East Star (a beautiful blend of Pau d' Arco, Chinese Astragalus, Suma root and Chaparral) improves immune function, promotes wound healing, relieves pain, reduces inflammation and purifies the blood.

Not to be used during pregnancy and lactation (Chaparral) unless otherwise directed by a qualified healthcare professional. For other contraindications and cautions consult your health care professional.
Not for children.

Suggested dosage – 50 drops in pure water or herbal tea once a day. Quick tip - You can squeeze up your dropper approximately half way and get 25 drops. Just do that twice for 50 drops.

Made with Love.

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Lung Blend - Special Formulation



Taking care of your lungs is critically important. We breathe so automatically that we don't typically pay attention to the health of our lungs until they have been compromised. The feeling of being unable to take a deep breath can be very uncomfortable and quite honestly a little scary.

Many of us live in parts of the country where the air quality alone does damage to our lungs and can lead to trouble breathing. And breathing problems may prevent the lungs from getting enough oxygen.

There are things you can do to keep your lungs healthy and disease free.

If you smoke - get help in quitting.

Avoid second hand smoke.

Wash your hands properly with soap and water.

Be aware of air pollution and do your part to keep the air clean.

Protect yourself from lung health hazards at work.

Stay hydrated. It helps the mucous lining in the lungs stay thin, which helps them perform better. So lots of water!

Exercise more frequently. It will help your lungs function properly.

Eat foods rich in antioxidants.

This beautiful blend of lung supportive herbs will help your lungs get through times of breathing bad air and recovering from the different lung-compromising health issues we encounter.

Barlow Herbal Lung Blend contains:

Osha root, Mullein, Lungwort, Lobelia, Plantain and Peppermint.

Extracted in organic cane alcohol. Made with Love.

Together these herbs help increase circulation in the lungs making it easier to take a deep breath. They strengthen the lungs, clear mucous, cleanse the bronchial tubes, reduce inflammation in the respiratory tract and help to break up congestion.

Lung Blend will support the body by helping to relax the muscles of the respiratory tract and promote free breathing.

Not to be used during pregnancy and lactation unless otherwise directed by a qualified healthcare professional. For other contraindications and cautions consult your health care professional. Not suggested for kids under 30 months old.

Suggested dosage: for adults, 12-15 drops in water to start. Increase to 25 drops 2-3 times a day as needed.

For children over 30 months, 3-5 drops in water 2-3 times a day. Please see dosing suggestions on page 8.

BP Support - Special Formulation



We all know that most causes of high blood pressure are lifestyle choices. This is not the case for everyone but for the huge majority of people suffering from hypertension it is within their reach to bring it into healthy numbers just by their daily actions.

Let's start there-

- 1) Lose the extra pounds and watch your waistline.
- 2) Exercise regularly. 30 minutes a day is all you need.
- 3) Eat a healthy diet. It isn't easy but it's worth it.
- 4) Limit the amount of alcohol you drink.
- 5) Quit smoking.
- 6) Cut back on caffeine.
- 7) Reduce your stress. You can't eliminate all of your stressors.

But you can find ways to cope with them. Here are some quick tips. Change your expectations. Focus on the issues you can control and make plans to solve them. Avoid your stress triggers. Schedule time to disconnect from your technology, to relax and do the things you love. Practice gratitude. For most of us, we have first world problems and we get to choose how we handle them.

Mother Nature provides help in keeping our heart healthy and our blood pressure from getting too high. In order to get the results you want from natural medicine, you must be willing to put the lifestyle habits in place.

Barlow Herbal BP Support contains these five beautiful herbs: Hawthorn, Black Cumin seed, Celery seed, Cardamom and Garlic.

Hawthorn is an herbal remedy for high blood pressure that has been used in traditional Chinese medicines for thousands of years. In rodents, extracts of hawthorn seem to have a whole host of benefits on cardiovascular health, including helping reduce blood pressure, preventing hardening of the arteries, and lowering cholesterol.

Black Cumin seed oil has shown promise in treating some of the most common health conditions, including high blood pressure and asthma. It also shows strong antifungal activity against *Candida albicans* — yeast that can overgrow in the body and lead to candidiasis.

Celery has long been used to treat hypertension in China and it may also be a diuretic, which may help explain its effect on blood pressure. Researchers believe that a variety of substances in celery may play a role in lowering blood pressure.

Cardamom helps lower blood pressure, most likely due to its antioxidant and diuretic properties.

Garlic has the ability to lower your blood pressure by helping to increase a substance in the body known as nitric oxide, which can cause your blood vessels to relax and dilate. This lets blood flow more freely and reduces blood pressure.

Extracted in organic cane alcohol. Made with Love.

Not for use during pregnancy or breastfeeding and not for use in children.

Suggested dose: 12-15 drops twice a day in water to start.

If you are on prescription medications or have any concerns with your health and blood pressure please check with your doctor prior to taking BP Support. Not for children.

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Clarkia-100 (Anti-parasite formula)



No one likes to think about parasites inside their body but parasites have been a part of the human experience since the beginning of time and they live off of our body's life force.

They compromise our health by weakening our immune system and causing disease. It is very normal for parasites to cycle through our bodies and that is why it is very important to eliminate them on a regular basis.

There are four very well-known herbs that can rid your body of over 100 types of parasites. This is a powerful, but gentle formula that Barlow Herbal has been making for many years and the way it is formulated causes no die off reaction like headaches or nausea.

Green-Black Walnut Hulls have been used for centuries by the Native Americans as an anti-parasite, anti-bacterial, anti-viral and anti-fungal remedy. The tincture of the green hulls of the black walnut kills the adult stages of the parasites.

Wormwood is known for its vermifugal properties and helps those with weak and under-active digestion. It increases the acidity of the stomach and the production of bile. Wormwood kills the larval stages of the parasites.

Cloves have anti-parasitical, anti-fungal, anti-viral and anti-inflammatory properties. They also help to remove pain and go after the parasites' eggs.

Quassia is considered one of the best stomach bitters. It is especially useful for cases of lack of appetite and digestive sluggishness. It is also a vermicide and is a valuable remedy in convalescence after acute disease.

This special formula is one of our most popular and was developed by Dr. Max Barlow after his work with Dr. Hulda Clark. If you've never done a parasite cleanse like Clarkia-100 it is suggested to go through 2 bottles per person. And then 1 bottle once or twice a year after that.

Contains: Green-Black Walnut Hulls, Wormwood, Cloves, Quassia chips and Love. Extracted in organic cane alcohol.

Not to be used during pregnancy and lactation unless otherwise directed by a qualified healthcare professional. For other contraindications and cautions consult your health care professional.

Suggested dosage schedule: 15 drops in water before meals 3 x's daily. If well tolerated, increase each dose to 25 drops. Standard treatment would last from 4 to 8 weeks, but in between every two weeks should be a one week break.

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Vermicyde – GRD (for treatment of Giardia)



Vermicyde-GRD is a combination of the herbs Tansy, Black Walnut Hulls and Lomatium Dissectum and is used to support and protect the body in the presence of the parasite Giardia.

Tansy was used in the fourteenth century as a remedy for wounds and as a bitter tonic. Tansy Tea has an age-old reputation for fever and other illnesses. Tansy is an effective remedy for use in ridding the digestive tract of infestations of worms and has been used for many years to expel worms from the body. As a bitter it will stimulate the digestive process.

The anti-parasitic power of **Black Walnut Hulls** is well-known to natural practitioners and herbalists. Most plants existed hundreds of thousands of years before we humans “arrived” and they had to find their way to survive and reproduce. They had to be stronger than their enemies. Most plants developed a wide arsenal of chemicals that provide sufficient protection against insects, worms, amoebas, bacteria or viruses. Early animals and humans learned to use those plants to protect themselves from their own parasites and diseases. Human internal parasites are close relatives of other worms, bacteria and viruses that attack plants.

Black Walnut developed extremely strong natural chemicals to protect its seeds/nuts, but at the same time, not too harmful for humans. Black Walnut has been highly appreciated by humans for hundreds of generations before us.

Lomatium dissectum was widely employed medicinally by many Native American Indian tribes who considered it to be a universal panacea and was used especially in treating chest problems and skin complaints. This is a Native American Pacific Northwest anti-viral herb.

See LDM-100 for more details.

Note: It is very rare, but possible to get the one time detox rash from taking Vermicye if you’ve never used a Lomatium product. (Very rare being approximately 1/1000 from our own gathered information over the years)

Not to be used during pregnancy and lactation unless otherwise directed by a qualified healthcare professional. For other contraindications and cautions consult your health care professional.

Suggested dosage: 10 drops in water 3 x’s daily.

Reduce amounts in small children.

Treatment time is generally about 2 weeks.

Do not take Vermicyde- GRD if pregnant or lactating.

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Echinacea



Echinacea is also known as purple coneflower. It is the best known and researched herb for stimulating the immune system. Echinacea has a rich tradition of use by North American Plains Indians who used it medicinally more than any other plant. It was prominent in modern American medicine in the early 20th Century.

Echinacea facilitates wound healing, lessens symptoms of and speeds-up recovery from viruses. Anti-inflammatory effects make it useful externally against inflammatory skin conditions including psoriasis and eczema. It also increases resistance to Candida, bronchitis, herpes, and other infectious conditions. Herbalists consider Echinacea one of the best blood purifiers. It also activates the body's immune system.

Echinacea is used as a stimulant to the immune system, supporting and stabilizing cellular immunity and cleansing the blood, for the prevention and treatment of infections. Your body will build an immunity to Echinacea if used over long periods of time. It's a good idea to rotate with other immune supportive herbs after 6-8 weeks.

Made with Love.

Not suggested during pregnancy.

Avoid Echinacea if you have a ragweed allergy.

Suggested dosage: 12 drops 3 x's daily in water.

Tip - Echinacea is excellent for cleansing the lymphatic system. Once a year, go through 2 bottles - 25 drops 3 x's per day.



Herbal Tip - Yearly Parasite/Candida Cleanse

We all have some type of yeast/fungus and parasites inside of us.

All of us. It's not something we like to think about. But it's true.

The amount of stress we have and the use of antibiotics gives these little critters a chance to thrive in our bodies.

What we eat and drink also play a huge role in keeping them either at bay or growing happily.

At least once a year (optimally twice a year!) go through a bottle of Clarkia-100 and Mycocyde.

This cleanse habit is a nice way to stay on top of Candida and parasites. Usually if you have one, you have the other.

This also helps to dial in your nutrition during the cleanse and keeps your body free of yeast overgrowth and parasites.

Suggested dose for this cleanse - 25 drops of both Clarkia-100 and Mycocyde in water 3 x's per day prior to meals without breaks until bottles are gone. Approximately 3-4 weeks.

Pick a month or two each year and make it a habit.

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Instructions on how to use the Spring Cleaning Cleanse Pack and/or the Yearly Parasite/Candida Cleanse from Barlow Herbal

First time doing a Parasite and Candida cleanse using the **Clarkia-100** and **Mycocyde**:

Start with 15 drops of each in water three times a day prior to meals. After 2-3 days increase dose to 25 drops (approximately ½ dropperful).

You can blend them in the same water and drink them at the same time.

When doing a proper parasite cleanse with the Clarkia-100 it is suggested that you do 2 weeks on and a one-week break. Keep doing this until the bottle is gone. It takes some patience and tracking but is well worth it. When you take the one-week break, continue with the Mycocyde. You'll run out of Mycocyde first but that's okay. Just finish the Clarkia by itself.

To make it a little less complex you can take a continuous dose of the Clarkia-100 along with the Mycocyde without the one-week break. You will still reap powerful anti-parasite benefits. The goal is to choose what will keep you consistent. If it becomes too much to monitor (taking the one-week break) many people will stop taking the protocol. Decide what is best for you and what you'll stick with.

The only difference between doing the 2oz size and 4oz size is the length of time. Once you've done your first 4oz size Spring Cleaning Cleanse you can effectively go down to the 2oz size on your next one. Once a year is sufficient and twice a year is optimal.

The Spring Cleaning Pack adds Detoxifier and LiverLove

Detoxifier – Broken cell wall Chlorella is a powerful, effective, natural heavy metal detoxifier. If you've never used it before start with 1 capsule twice a day. With or without a meal – whatever is easiest for you to remember. Chlorella can cause some typical detox side effects in some people. They include swelling of the face or tongue, sensitivity to sunlight, lethargy, headaches, vertigo and shaking. This is the reason to start slowly. After 7 days increase to 2 capsules twice a day. Keep it there until the bottle is gone. There are 100 capsules per bottle. (Jane here - Broken cell wall Chlorella is something I take every day and have for almost 20 years.)

When I was having my silver fillings removed I was taking 10-16 capsules every day. Now I do 2 capsules twice a day for the many health benefits it provides – detox from heavy metals, supports the immune system, promotes weight loss, fights cancer and makes you look younger!)

Liver Love – Take 2 capsules twice a day until the bottle is gone. To make it simple, take the Liver Love at the same time you take the Detoxifier.

To optimize this cleanse: Drink plenty of water. Minimize or eliminate alcohol. Eliminate processed and refined sugar. If you are battling a tough candida problem, leave out the fruit sugar for the duration of the cleanse as well. Doing this cleanse once or twice a year will give you a nice jump start and remind you to keep healthy eating and cleansing as part of your lifestyle habits.

Mycocyde is designed to assist the body when dealing with Candida.



Mycocyde is a unique combination of Sarsaparilla, Cayenne Pepper, Poke root and Lomatium dissectum.

These four specially combined herbs are designed to act synergistically with each other to combat Candida infection.

Sarsaparilla is perfect to lower inflammation, raise immunity and promote longevity. Sarsaparilla has long been used in the treatment of liver problems, skin infections, coughs or colds, sexual dysfunction, and even growth of cancerous tumors. Researchers have identified numerous active chemical properties within Sarsaparilla, including strong antioxidants, along with anti-cancer and anti-inflammatory compounds.

Cayenne Pepper is frequently used to treat diseases of the circulatory system. It has been prized for thousands of years for its healing power. Sarsaparilla has been considered an excellent blood purifier since ancient times. It helps promote good circulation, clear toxins, balance the glandular system, and stimulate metabolism.

Poke Root regulates the liver and bowels and cleanses the blood. It is an excellent aid in cleansing the lymphatic glands throughout the body.

Lomatium Dissectum is the main anti-fungal/anti-yeast herb.
(see LDM-100 for more details on Lomatium)

Not suggested during pregnancy.

Main uses- General yeast infections, jock itch, athletes foot and Candida.

Suggested dosage: 15 drops in water or juice 3 x's daily between meals.

The standard dosage for Echinacea & Mycocyde when used together for Candida is: Echinacea – 15 drops 3 x's daily, followed 15-30 minutes later by 15 drops of Mycocyde 3 x's daily..

Made with Love.

Note: It is very rare, but possible to get the one time detox rash from taking Mycocyde if you've never used a Lomatium product. (Very rare being approximately 1/1000 from our own gathered information over the years)

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East Star – Special formula



This special formula is an original from Dr. Max Barlow. The four powerful herbs that East Star contains are designed to facilitate T-cell function and provide anti-mutagenic benefits. Think immune system and cancer prevention. Many people use East Star along with Essiac-20 when going through traditional cancer treatments and during the first few months of remission.

East Star is one of Barlow Herbal's original, signature formulas. It contains: Pau d' Arco, Chinese Astragalus, Suma root, Chaparral and Love, all in an organic cane alcohol base.

Pau d' Arco reduces pain and inflammation and helps fight candida and cancer. It also provides anti-viral and anti-fungal properties. Pau 'd Arco acts as a detoxifier by relaxing the body and loosening the bowels which aids in digestion and regularity.

Suma root is an adaptogen. It has many properties including hormone support, cell oxygenation, inhibiting tumor growth, lowering cholesterol and balancing body chemistry.

Chinese Astragalus has a very long history as an immune system booster and disease fighter. Its roots are in Traditional Chinese Medicine, in which it's been used as an adaptogen for thousands of years, helping the body fight off stress and disease. It also slows or prevents

the growth of tumors and protects the cardiovascular system.

Chaparral is a powerful blood cleanser and cancer fighter. It helps speed recovery from colds and flu and relieves urinary and respiratory infections. Chaparral also has antioxidant and anti-inflammatory properties.

Not to be used during pregnancy and lactation unless otherwise directed by a qualified healthcare professional. For other contraindications and cautions consult your health care professional.

Suggested dosage: 12 drops in cold herbal tea or juice, usually just before meals 3 x's per day.

You can safely increase the dose to 25-20 drops 3 x's per day. As always, patience and consistency are key.

1/2 dropperful is approximately 25 drops. You do not need to count it out each time.

Essiac-20 and East Star can be taken together in the same water along with other tinctures if necessary.

A little tip with huge, beautiful consequences -

Healing the body from any type of disease requires more than using supplements and herbs.

Finding the cause and removing it, is just as, if not more - important. Move to a plant based diet while your body is healing. Drink lots of pure water. Live in gratitude and count your blessings. Even the small ones.

We suggest removing dairy, sugar, fast food, junk food and soda. Surround yourself with positive, loving people who support you. Forgive anyone in your past that needs forgiving. This sometimes includes yourself. Sleep long and deep. Disconnect from the news completely and your technology as often as you can.

Breathe fully and release stress. Let LOVE be your compass as you walk through your day. XO

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Essiac-20



Essiac-20 is the last name spelled backwards of Canadian nurse, Rene Caisse. The history of Essiac began with Rene Caisse's chance encounter with a woman cured from breast cancer by an Ojibwa Indian medicine man in 1922. Essiac-20 contains the four herbs that the original formulas were well known for: Burdock Root, Slippery Elm, Sheep's Sorrel and Turkey Rhubarb.

Dr. Max Barlow worked with Rene Caisse for a period during the late 1960's. He later added Water Cress and Blood Root to his Essiac-20 formula.

Burdock Root is the main herb in the formula adapted from the Ojibwa Indian medicine man. It is a blood purifier, lymphatic system strengthener, natural diuretic and skin healer. It also defends against diabetes, combats cancer and improves arthritis.

Slippery Elm helps improve constipation, bloating, diarrhea and IBS symptoms. It aids in weight-loss, reduces stress and anxiety and may help prevent and treat breast cancer.

Sheep's Sorrel is well known for its powerful blood purifying properties and its rich source of trace minerals. René Caisse felt that Sheep sorrel was the most active cancer fighter among all the herbs present in her formula. It is a diuretic and detoxifier and has been useful for detoxification of the gastrointestinal tract.

Turkey Rhubarb is an astringent herb with a major purging effect. It has a long history in China and many other parts of the world as a laxative and effective treatment for

many gastrointestinal problems.

Turkey Rhubarb has several impressive health benefits including its ability to prevent certain types of cancer, protect against infections, boost heart health, improve the appearance of the skin, speed healing and recovery and increase circulation.

Water Cress has many phytochemicals that may help protect you from cancer by maintaining the integrity of your cells and preventing harmful genetic mutations. It can also nip cancer cells in the bud in the earliest stages of development. In addition to these cancer-fighting qualities, watercress also has anti-inflammatory capabilities, which is an extremely important component to minimizing cancer risk.

Blood Root's root system is a source of the powerful alkaloid Sanguinarine, which has long been known as a cancer fighter. According to a study published by the University of Minnesota Medical School that looked specifically at Native American healing modalities, researchers found that the Sanguinarine in Blood root can "block proliferation and induce apoptosis in a number of different transformed and malignant cell types."

Our Essiac-20 tincture also contains a minute amount of food grade Hydrogen Peroxide. Suggested dosage – 15 drops in water or unsweetened juice 3 times daily. Made with Love.

Not to be used during pregnancy and lactation unless otherwise directed by a qualified healthcare professional. For other contraindications and cautions consult your health care professional.

Not for children under four years old. Keep dose low for kids.

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Also available in a Reduced Alcohol version. Extracted in organic, cane alcohol, reduced with low and slow heat and reconstituted in organic, vegetable glycerin.

Pfaffia (Suma root)



Suma root is a well-known adaptogen and has the ability to balance body chemistry.

Suma root is commonly found in Brazil and other parts of South America. Its common name is Brazilian Ginseng.

The scientific/botanical name for the most commonly studied form of Suma root is *Pfaffia paniculate* and this is where our formula gets its name.

In modern Brazilian herbal medicine practices, Suma root is used as a cellular oxygenator and taken to stimulate appetite and circulation, increase estrogen production, balance blood sugar levels, enhance the immune system, strengthen the muscular system, and enhance memory.

In North American herbal medicine, Suma root is used as an adaptogenic and regenerative tonic regulating many systems of the body; as an immune-stimulant; to treat exhaustion and chronic fatigue, impotence, arthritis, anemia, diabetes, cancer, tumors, mononucleosis, high blood pressure, PMS, menopause, and hormonal disorders, and many types of stress.

Thomas Bartram, in his book *Encyclopedia of Herbal Medicine*, reports that Suma is used in Europe to restore nerve and glandular functions, to balance the endocrine system, to strengthen the immune system, for infertility, menopausal and menstrual symptoms, to minimize the side effects of birth control medications, for high cholesterol, to neutralize toxins, and as a general restorative tonic after illness.

Pfaffia is a pure, concentrated extract of Suma root in an organic cane alcohol base.

Made with Love.

Not suggested during pregnancy.

Suggested dosage: 20 drops 1 or 2 hours before meals with water or juice.

Suma root is one of the most powerful adaptogenic herbs in Mother Nature. Other adaptogens include: Ashwagandha, Rhodeolia, Maca root, Holy Basil, Cordyceps mushroom, Reishi mushroom.

Adaptogenic herbs balance body chemistry and help your body realize that you're not running from a tiger but simply dealing with the stressors that are part of being a modern human. Take a look at our Endurance product if you would like a capsule form of an adaptogen. Some of our favorite adaptogenic herbs include: Maca root, Rhodiola, Holy Basil and Ashwagandha.

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R-Tran (Relaxant – Tranquility)



This formula is gentle and natural, there is no drowsiness and grogginess usually associated with the use of traditional sleeping aids and anti-anxiety medications so it can safely be taken during the day.

Valerian Root and Blue Vervain are combined in the perfect formula to calm the sympathetic and para-sympathetic nervous systems and promote relaxation and tranquility.

Valerian root has been used as a medicinal herb since at least the time of ancient Greece and Rome. Its therapeutic uses were described by Hippocrates, and in the 2nd century, Galen prescribed valerian for insomnia. In the 16th century, it was used to treat nervousness, trembling, headaches and heart palpitations. Valerian allays pain and promotes sleep. Valerian has been used as a sleep aid for over 1,000 years. Its ability to help relax the central nervous system, promote feelings of calm, decrease levels of anxiety and stress, and enhance sleep are known to millions the world over.

Blue Vervain is both edible and medicinal. Vervain had many uses in Native American culture as food and medicine. Blue Vervain has been called a natural tranquilizer and is used as an anti-periodic for nervous problems. It can also be used for insomnia and other nervous conditions. Used historically as a mild sedative and for lung ailments, Blue vervain nourishes the digestive, nervous and respiratory systems. It is especially helpful for nervous tension and used specifically for anxiety and nervous exhaustion that follows long term stress.

R-Tran contains: Valerian root and Blue Vervain in an organic cane alcohol base.

Not to be used during pregnancy and lactation unless otherwise directed by a qualified healthcare professional. For other contraindications and cautions consult your health care professional.

Suggested dosage: 12 drops in water or juice 3 times per day for anxiety and stress. Take 15 drops at bedtime to relax and obtain a restful night's sleep. If there is not a marked difference from 15 drops at bedtime, then increase to 25-30 drops 30 minutes prior to bedtime.

Not for children under 3 years of age.

Made with Love.

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Feverfew (Tanacetum parthenium)



Feverfew is a member of the sunflower family and has been used for centuries in European folk medicine as a remedy for headaches, arthritis and fevers. It is adapted from the Latin word “febrifugia” which means “fever reducer.”

Parthenolide also inhibits the actions of compounds that cause inflammation and may inhibit cancer cell growth. Parthenolide has also been found recently in 2005 to induce cell death in leukemia cancer stem cells.

The migraine-relieving activity of Feverfew is believed to be due to parthenolide, an active compound that helps relieve smooth muscle spasms. In particular, it helps prevent the constriction of blood vessels in the brain (one of the leading causes of migraine headaches).

Herbal medicine has an impressive track record in treating migraines and chronic headaches. Feverfew treats the cause of the headaches rather than simply the pain.

Clinical tests have shown the use of Feverfew may reduce the frequency and severity of headaches. It may be more effective than other non-steroidal anti-inflammatories (NSAIDS), like aspirin. It is the combination of ingredients in the Feverfew plant that brings such effective relief. It works to inhibit the release of two inflammatory substances, serotonin and prostaglandins, both believed to contribute to the onset of migraines. By inhibiting these amines as well as the production of the chemical histamine, the herb controls inflammation that constricts the blood vessels in the head and prevents blood vessel spasms which may contribute to headaches.

In several studies, both the frequency and the severity of migraines were reduced among study participants who took Feverfew daily as a preventive measure. Feverfew should be taken regularly to receive maximum benefit and protection from migraines.

Not to be used during pregnancy and lactation unless otherwise directed by a qualified healthcare professional. For other contraindications and cautions consult your health care professional.

Suggested dosage: 15-20 drops three times per day in pure water or tea.

Contains: Feverfew and organic cane alcohol.

Made with Love.

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Ginloba (Ginkgo biloba)



Ginloba (Ginkgo Biloba) is one of the most extensively researched plants on the planet and one of the oldest surviving tree species on earth. This ancient herb increases blood flow to the brain, enhances long distance vision, improves memory and increases uptake of glucose by the brain cells.

Chinese monks are credited with keeping the tree in existence, as a sacred herb. It was first brought to Europe in the 1700s and it is now a commonly prescribed drug in France and Germany. It is one of the most well-researched herbs in the world. Ginkgo works by increasing blood flow to the brain and throughout the body's network of blood vessels that supply blood and oxygen to the organ systems.

Ginkgo has been used to relieve tension and anxiety and improve mental alertness, elevate mood and restore energy. It also improves circulation in the extremities relieving cold hands and feet, swelling in the limbs and chronic arterial blockage. What makes Ginkgo special is that its bioflavonoids have a stronger biological activity than most other bioflavonoids, and seems to have a specific affinity for the capillary beds of the brain.

The brain is one of the hungriest organs of our body. For proper function, it needs to be continuously bathed in oxygen and nutrient-rich blood. Little malfunctions in the circulation of the capillaries can cause memory problems in the brain. By repairing these malfunctions in brain circulation, ginkgo can increase brain function, including memory. Ginkgo also has the capacity to increase the oxygen content of the blood. Ginkgo both increases the amount of neural transmission and increases the number of receptor sites for neural transmission.

Even though Ginkgo is one of the most important herbs for the brain, it is important to understand that its components don't go directly to the brain. The ginkgosides work as herbal antioxidants throughout the body, and enhance the microcirculation of capillary beds throughout the body. Therefore, Ginkgo is beneficial to all organs that have rich blood supplies, including the heart, liver, kidneys, lungs, and spleen, to mention only a few. Many human and laboratory studies have examined the use of ginkgo for dementia. Scientific literature overall does suggest that daily intake of Ginkgo benefits people with early stage Alzheimer's disease and dementia.

Ginkgo has chemical properties that can thin the blood. Check with your doctor first if you are taking Coumadin or other blood-thinning drugs and discontinue use one week to ten days prior to any major surgical procedure.

Not suggested during pregnancy. Made with Love.

The standard dosage is 15 drops in pure water or juice 3 x's per day in between meals or one time daily for prevention.

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Uña de gato (Cat's Claw – Uncaria tomentosa)



Contains: Cat's Claw (Uncaria tomentosa - inner bark), Organic cane alcohol and Love.

Cat's Claw, also known as Uña de gato, is mostly taken today to boost immune function, as an all-over tonic and preventative to stay healthy, for arthritis and inflammation, for bowel and colon problems and as a complementary therapy for cancer. Cat's Claw vine contains all the natural chemicals that nature provides in the proper ratio without chemical intervention.

The Asháninka Indian tribe in central Peru has the longest recorded history of use of the plant. Indigenous tribes in Piura use Cat's claw to treat tumors, inflammations, rheumatism, and gastric ulcers. Other Peruvian indigenous tribes use cat's claw to treat diabetes, urinary tract cancer in women and inflammation, as well as for internal cleansing. Cat's claw has been used in Peru and Europe since the early 1990s as an adjunctive treatment for cancer and AIDS as well as for other diseases that target the immune system.

In herbal medicine, today, Cat's claw is used around the world for many different conditions, including immune disorders, gastritis, ulcers, cancer, arthritis, chronic inflammation of all kinds, and such viral diseases as herpes zoster (shingles).

Dr. Brent Davis, D.C. has written several articles on Cat's claw and refers to it as the "opener of the way" for its ability to cleanse the entire intestinal tract and its effectiveness in treating stomach and bowel disorders such as Crohn's disease, leaky bowel syndrome, ulcers, gastritis, diverticulitis, and other inflammatory conditions of the bowel, stomach, and intestines.

Cat's claw has chemicals that can reduce platelet aggregation and thin the blood. Check with your doctor first if you are taking Coumadin or other blood-thinning drugs and discontinue use one week to ten days prior to any major surgical procedure.

Not suggested during pregnancy.

Suggested dosage: 15 drops 3 x's daily in juice or water 1 hour prior to meals.

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Pau d' Arco



The Pau d' arco tree is native to South America and has been used medicinally for more than 1500 years.

Pau d' arco can lessen pain and reduce inflammation. Because of this it is used for several types of cancer and arthritic pain.

It is a powerful antioxidant and helps the body fight candida and cancer. The beta-lapochone present in Pau d' arco inhibits the enzymes in virus cells, which directly affects the synthesis of DNA and RNA. This makes the virus no longer able to take control over the reproductive processes of the cell, making it unable to replicate or infect other cells.

Pau d' arco also has a laxative effect on the body making it work as a detoxifier. It's well known for its ability to loosen the bowels, which helps with digestion and elimination.

Pau d'arco detoxifies the body by removing harmful toxic substances; these toxins include heavy metals, pesticides, preservatives and even residue from chemotherapy.

Pau d' arco is one of the best ways to detox the blood vessels, the cells, the lymphatic system and the organs. This allows the body's systems to function effectively and efficiently.

Pau d'arco can delay clotting and might interfere with treatment in people with bleeding disorders; it may increase the chances of bruising as well. This can also increase the chance of bleeding during and after surgery. Make sure to stop using Pau d'arco at least two weeks before a scheduled surgery; also, avoid using blood-clotting medications such as anticoagulant and antiplatelet drugs.

Suggested dosage is 12 drops three times per day in pure water. For difficult issues increase to 25 drops 3 x's per day.

1 time per day for support and prevention.

Not for use during pregnancy.

Not for children under 2 years old.

Made with Love.

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Prostata-100



Prostata-100 is a special formula compounded to relieve difficult prostate problems including painful and frequent urination.

This special formula was developed for prostate health (support and prevention) and contains Nettle, Pygeum, Gravel Root, Uva Ursi, Horsetail and Saw Palmetto.

Nettle is sold in Germany as an herbal remedy for prostate disease and as a diuretic.

Pygeum is used to alleviate some of the discomfort caused by inflammation in patients suffering from benign prostatic hyperplasia (BPH). In the UK, small short randomized studies using Pygeum provided moderate relief of some of the symptoms of BPH. Pygeum extracts have been used for more than 40 years in France, Germany and Austria for patients suffering with prostate enlargement.

Gravel root is useful for kidney problems, urinary difficulties. It encourages excretion of excess uric acid. It tones the reproductive tract and is used to treat inflammation of the prostate.

Uva Ursi has been approved for treating inflammation of the lower urinary tract by Commission E of the German Federal Institute for Drugs and Medical Devices, which is the German governmental agency that evaluates the safety and effectiveness of herbal products. An astringent shrinks and tightens the top layers of mucous membranes, thereby reducing secretions, relieving irritation, and improving tissue firmness.

Horsetail is an astringent herb and has a diuretic action. It has an affinity for the urinary tract where it can be used to soothe inflammation, hemorrhaging, cystic ulceration, ulcers, cystitis and to treat infections. It is considered a specific remedy in cases of inflammation or benign enlargement of the prostate gland and is also used to quicken the removal of kidney stones.

Saw palmetto is a remarkable herb and is used by natural health practitioners to treat a variety of ailments such as testicular inflammation, urinary tract inflammation, coughs and respiratory congestion. It is also used to strengthen the thyroid gland, balance the metabolism, stimulate appetite and aid digestion. This wonderful herb is becoming famous for its uses in hair restoration, prostate health, sexual vigor, breast enhancement and as a nutritive tonic. Saw palmetto berry also tones the urethra and it may be used to uphold the healthy function of the thyroid gland and urinary system.

Suggested dosage is 15 drops 4 x's per day in pure water for difficult prostate issues.

25-30 drops 1 x per day for support and prevention. Not for children.

Made with Love.

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Black Haw



Black Haw has a very similar use to Cramp Bark, to which it is closely related. It is a powerful relaxant of the uterus and is used for false labor pains as well as in threatened miscarriage.

Its relaxant and sedative actions explain its power in reducing blood pressure in hypertension, which happens through relaxation of the peripheral blood vessels.

It is well established that Black Haw has a decided affinity for the female reproductive organs and is well known for its ability to strengthen and tone the uterus.

Cramp-like menstrual pains, uterine congestion and chronic uterine inflammation are often greatly relieved by Black Haw. It acts promptly with excessive flow.

Black Haw is a good remedy for excessive bleeding during teenage years, child bearing years and even menopause.

Pair Black Haw with Women's Comfort for exceptional results in normalizing monthly flow.

It is also considered almost specific for cramp in the legs, not dependent on pregnancy, especially when occurring at night.

If you have leg cramps please take extra care to stay fully hydrated. Not for children.

Suggested dosage: take 20 drops twice a day in pure water or juice. Made with Love.

An extra tip for women ~

Going through the different phases of life as women is interesting, to say the least. As a young and middle aged woman, every month we have fluctuations in our hormones. As we age the hormonal issues are still there...they are just very different. Dialing in the lifestyle factors can help us stay more in balance. Good nutrition, exercise, lower stress levels, lots of pure water and deep sleep to name a few.

This is where herbal medicine can be a very important piece of the puzzle. Mother Nature quite literally provides the tools we need to stay healthy, happy and in balance.

We've put this bundle together and it's designed to help women through all ages and phases stay in balance throughout their lives.

You might need one, two or all three of these beautiful herbal formulas.

Look for Ultimate Woman's Bundle on our website.



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KS-10M (libido enhancer for men and women)



KS-10M is a product for the libido. It contains Yohimbe, Passion flower, Cinnamon in organic cane alcohol.

Yohimbe's energizing effects stem from its ability to increase blood flow to the genitals. It is thought to stimulate the pelvic nerve ganglia and thus is helpful for men with erection problems. Effects can include enhanced libido, increased sensation and increased stamina. Women have also reported similar effects and general pleasant sensations.

Passion flower is a relaxant to the nervous system important in the treatments of anxiety, tension, insomnia, and for those coming off synthetic tranquilizers and sleeping pills. Passion flower may also be used to help lower blood pressure.

Cinnamon is probably one of the most aromatic of the spices and it is full of health benefits. It is loaded with antioxidants and has anti-inflammatory properties. Cinnamon may cut the risk of heart disease and can improve sensitivity to the hormone insulin. It lowers blood sugar levels and has a powerful anti-diabetic effect.

KS-10M is not intended for pregnant or nursing women, adolescents, children or persons with high blood pressure, disorders of the heart or other known medical conditions. Persons with an extremely poor lifestyle should avoid any products containing Yohimbe.

Suggested dosage from Dr. Max Barlow -

(We love these quirky, old-fashioned dosage suggestions from our dad :)

Male - 10 drops in water, morning and evening 3 or 4 days before scheduled association. Morning before - 10 drops.

Early afternoon - 10 drops. Refrain from further intake.

Female - 10 drops in water, morning and evening 3 or 4 days before scheduled association.

Morning before, 10 drops only. Refrain from further intake.

Over the years the following suggestions seem to be easier and more effective and appropriate.

Male: 15-30 drops twice a day in pure water prior to meals.

Female: 15-20 drops twice a day in pure water prior to meals.

If libido is an issue, there are usually other things going on. Hormones. Nutrition. Stress. Lack of sleep. Lack of exercise. When you take a holistic view you can truly enjoy a healthy sex life.

Made with Love.

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Cayenne Pepper w/ Slippery Elm - Liquid Extract



Cayenne Pepper improves digestion, relieves migraine pain, supports weight loss and prevents blood clots. And that's the short list.

Many herbalists believe that Cayenne is the most useful and valuable herb in the herb kingdom, not only for the entire digestive system, but also for the heart and circulatory system. It acts as a catalyst and increases the effectiveness of other herbs when used with them.

We add Slippery Elm for two main reasons - it is a powerful blood cleanser and it contains a compound called mucilage which coats the stomach and helps you handle the heat from the Cayenne Pepper.

If you want to carry something in your first aid kit for a heart attack, carry a cayenne tincture. Dr. Christopher discovered that a cup of Cayenne tea or one tsp. of Cayenne tincture in a cup of hot water stopped a heart attack in less than three minutes. If you feel one coming on, try a few droppers-full of pure Cayenne tincture and if that doesn't stop it, then nitroglycerin probably wouldn't work either.

If a heart attack should occur, it is suggested that a teaspoon of extract be given every 15 minutes or a teaspoon of Cayenne in a glass of hot water be taken until the crisis has passed or emergency services have arrived. Please use your common sense and best judgment by immediately calling for emergency medical help.

Cayenne pepper taken first thing in the morning in a glass of water with fresh squeezed lemon juice and/or raw apple cider vinegar makes a wonderful heart-healthy start to anyone's day.

This formula is the coolest cayenne pepper extract because it is made from cayenne fruit with only 40,000 heat units.

Contains: Cayenne Pepper and Slippery Elm in a base of organic cane alcohol.

Not suggested during pregnancy.

Not for children under 2 years old.

Made with Love.

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Woman's Comfort - Special formula 60 capsules



Woman's Comfort is suggested to support and normalize a woman's monthly cycle. It also supports women in time of heavy menstrual bleeding, cramping, hot flashes, night sweats and mood swings that are associated with menopause.

Black Cohosh is used for menopausal symptoms such as hot flashes/flushes, irritability, mood swings and sleep disturbances. It's also reported to have some estrogenic activity.

Lobelia, also called Indian tobacco, has a long history of use as an herbal remedy for respiratory conditions such as asthma, bronchitis, pneumonia, and cough. Lobelia is considered effective in helping clear mucus from the respiratory tract, including the throat, lungs, and bronchial tubes.

Raspberry leaf stimulates and tones the uterus. It is one of the most popular female herbs because it has both relaxing and toning or astringent actions, with an affinity for the uterus. The astringent and stimulating properties help to strengthen and tone up the uterine and

pelvic muscles, while the relaxing and more soothing properties relax the uterus at the same time.

Pennyroyal is an important member of the family of mints, used historically since the time of Pliny to stimulate suppressed menstruation, alleviate cramps and tension during a woman's monthly cycle.

Squaw Vine is famous for its use by women for a wide range of gynecological complaints. It is said to have a calming effect on the nervous system and thought to improve digestion. It may be used in nervous exhaustion, irritability or debility in either sex, especially when symptoms involve the reproductive system.

Blessed Thistle is used in remedies for menopause and for menstrual cramping. This herb is often used by lactating women to stimulate blood flow to the mammary glands and to increase the flow of milk.

Contains: Black Cohosh, Lobelia, Raspberry Leaf, Pennyroyal, Squaw Vine, Blessed Thistle and Love. Packed in organic, tapioca veggie caps.

Woman's Comfort was originally formulated by Dr. Max Barlow when his wife, Anne gave birth to their last 5 children. He had her take it 6 weeks prior to her due date and it substantially reduced the amount of bleeding after each birth. She continued taking it 4 weeks after. Many of Max's girls did the same with wonderful results. This is a bit of history we wanted to share.

That being said, we don't suggest using any of our formulations during pregnancy.

Not recommended for children.

The standard dosage for Woman's Comfort is 1 capsule 2 x's per day.

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Brain Glow – Special Formulation



BrainGlow is one of those special formulations that has far exceeded our expectations.

Science now shows we have the ability to not only protect our brain but to regenerate parts of our brain that were thought to be impossible to regenerate. Here's the thing - we naturally lose neurons as we age. Over time, this can affect different aspects of memory. You might walk into a room and forget why you went there. You might have trouble separating and storing new memories and you might mix up conversations you had with two different people on the same day. You also may have difficulty recalling directions or other new information you've learned.

The science of neurogenesis suggests it's possible to create neurons that improve your memory and thinking skills. How cool is that?

Even in old age, though, the brain still produces about 700 new neurons in the hippocampus per day, according to a 2013 study in the journal Cell. That may not seem like much, since the brain contains billions of neurons, but this small amount has many valuable properties. These

things increase neurogenesis: sustained aerobic exercise, like jogging, power walking, swimming, or other similar activity; sex and other stress relief; and neurobics - brain games, puzzles, reading etc.

BrainGlow was designed to improve oxygen and circulation to the brain. That's what all of the activities above do, too. And it's not just about taking a supplement. Get moving on the other things, too!

BrainGlow may prevent mental fatigue and provide superior mind-sharpening power. It also supports the immune system and has powerful antioxidant properties.

This special blend of 8 herbs in their pure, organic form optimizes your brain the way Mother Nature intended. Brain Glow contains a proprietary blend of: Ginkgo biloba, Periwinkle, Water Hyssop, Ashwagandha, Gotu Kola, Chinese Ginseng, Schizandra berry, Skullcap and Love. Packed in organic, tapioca veggie caps.

Not to be used during pregnancy and lactation unless otherwise directed by a qualified healthcare professional. For other contraindications and cautions consult your health care professional.

This powerful combination of brain specific herbs increases circulation and oxygenation to the brain providing mental clarity, focus and overall energy. These beautiful herbs are also formulated specifically for prevention. Brain Glow is not a stimulant, so it will not wreak havoc on your adrenal system. Which also means there is no crash, as there is when taking usual stimulants. Brain Glow nourishes your brain with extra oxygen giving you clarity and focus.

60 capsules per bottle. Suggested dose – 2-4 capsules per day.

You can take one in the morning and one in the afternoon or you can take them both at the same time, either morning and/or afternoon. Try both ways and see what works for you.

Extra tip: If you are experiencing brain fog or the signs of memory loss consider taking 2 capsules twice a day for the first 30 days.

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Mood and Energy Blend - Available in Liquid or Capsule form

This beautiful blend of herbs was originally concocted by Brian, Jane's youngest son. Many of you have talked with him on the phone over the years. Brian is an avid user of herbs and natural medicine.

He was one of those lucky babies that was given LDM-100 when he was only a couple of months old.

In our modern world there are stressors that seem to be coming at us from all sides. Our jobs, our families, our finances etc.

We are excited to bring you this beautiful blend of herbs and essential oils (in the liquid version) to bring your body into balance and help you naturally lift your mood and energy levels.

Our Mood & Energy Blend is designed to give you the best Mother Nature has to offer when it comes to lifting your mood and giving you the energy to get through your day.

This perfect blend of herbs and essential oils provides anti-inflammatory and antioxidant benefits along with sharpening memory and giving the body support to combat stress by relieving mild anxiety and depression.

Mood & Energy Blend in capsule form contains:

Holy Basil, Lemon Balm, Water Hyssop, Rhodiola, Skullcap, St. John's Wort, Siberian Ginseng, Rosemary and Peppermint.

120 count packed with Love in organic, veggie capsules.

2 capsules 1-2 times a day as needed.

Mood & Energy Blend in liquid/glycerite form contains:

Holy Basil, Lemon Balm, Water Hyssop, Rhodiola, Skullcap, St. John's Wort, Siberian Ginseng and the essential oils of Wild Orange Blossom, Rosemary and Peppermint.

Formulated in a reduced alcohol extraction and reconstituted in organic, vegetable glycerin. Suggested dose 20-25 drops directly under the tongue 1-3 times a day as needed.

These products are designed to complement your healthy lifestyle. Please take responsibility for eating well, drinking plenty of water, getting high quality sleep and exercise/movement throughout your day. All of these factors play a role in your health and well-being.

If you are prescription blood thinners, please check with your doctor prior to taking our Mood & Energy Blends.

Not to be used during pregnancy and lactation unless otherwise directed by a qualified healthcare professional. For other contraindications and cautions consult your health care professional. Not for children under 30 months.

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Glowing Vitality Epidermis Serum - Liquid Heaven in a Bottle

Imagine all these lovely oils, butters and herb-infused oils soaking into and rejuvenating your skin!



Avocado Oil - nourishes, moisturizes, softens
Grapeseed Oil - improves absorption
Apricot Kernel Oil - rich in essential fatty acids
Hempseed Oil - prevents moisture loss, rich in Vitamin D
Coconut Oil - softens, protects skin
Jojoba Oil - moisturizes, nourishes and revitalizes
Pumpkinseed Oil - provides natural antioxidants
Shea Butter - balances, normalizes, soothes and hydrates
Calendula Flower Oil - promotes healing and protects skin
Vitamin E - protects cell membranes, naturally preserves the oils
Uña de gato Oil - controls inflammation
Ginkgo Biloba Oil - improves circulation
Pau d' Arco Oil - anti-bacterial properties
Suma root Oil - contains amino acids, vitamins and minerals
Chinese Astragalus Oil - promotes immune function
Chaparral Oil - antioxidant, circulation and inflammation

Lavender, Lemongrass, Bergamot or Ylang Ylang Essential Oil and Love

All 4 beauty oils have powerful skin healing properties and calming/soothing aromas.

Glowing Vitality is made of powerful natural ingredients that have been used for centuries to promote health, immunity and rejuvenation. These extracts have been gathered from around the world to create the purist serum and nutrients that confront the appearance of age on the largest organ of the body, your skin.

The oils, butters and essential oils that make up Glowing Vitality are all organic and pure. They make your skin feel luscious and pampered. The addition of the 6 herbal infused oils make this a product that truly heals and rejuvenates your skin to its highest potential.

Start with a few drops on fingertips and dab around eyes and where signs of wrinkles occur. Apply more drops and cover the entire face. Also use on hands, arms and any other areas where soft, rejuvenated skin is desired. The luscious natural oils absorb through the outer layers of skin, carrying the powerful herbal extracts to the inner layers for a healthy, youthful and regenerative glow.

Due to the organic, natural ingredients in Glowing Vitality, when the serum gets cold it can appear cloudy or a little solid. As soon as Glowing Vitality is applied to warm skin it will melt and smooth into the warm liquid oils. A luscious treat for any skin type!

Store at room temperature. Does not need to be kept refrigerated.

AM usage – Apply Glowing Vitality Epidermis Serum to clean skin prior to make-up or lotion.

PM usage – Apply Glowing Vitality Epidermis Serum to clean skin. No additional moisturizers are required overnight.

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Glowing Vitality Gold Label - Take skin care up a notch with GV Gold.



Upgrade your skin care with Glowing Vitality Gold Label.

Ingredients:

- Avocado Oil** - nourishes, moisturizes, softens
- Black Cumin Seed Oil** - cell regeneration, cancer protection
- Grapeseed Oil** - improves absorption
- Apricot Kernel Oil** - rich in essential fatty acids
- Hempseed Oil** - prevents moisture loss, rich in Vitamin D
- Coconut Oil** - softens, protects skin
- Joboba Oil** - moisturizes, nourishes and revitalizes
- Pumpkinseed Oil** - provides natural antioxidants
- Shea Butter** - balances, normalizes, soothes and hydrates
- Calendula Flower Oil** - promotes healing and protects skin
- Vitamin E** - protects cell membranes & naturally preserves the oils
- Uña de gato Oil** - controls inflammation
- Ginkgo Biloba Oil** - improves circulation
- Pau d' Arco Oil** - anti-bacterial properties
- Suma root Oil** - contains amino acids, vitamins and minerals
- Chinese Astragalus Oil** - promotes immune function
- Chaparral Oil** - antioxidant, circulation and inflammation
- Frankincense & Lime Peel Essential Oils and Love**



Your skin is your largest organ. Everything you put on your skin ends up inside your body. If you slather, rub or spray lots of traditional skin care products on your body, you are exposing your skin to over 1,100 different chemicals.

Most of these chemicals are banned for use in cosmetics and skin care by the European Union because of concerns that they may cause cancer, birth defects and reproductive problems. Out of 1,100 chemicals and preservatives, only 10 are banned in the US. Choosing to put clean, natural ingredients onto your body's largest organ (your skin) is one of the simplest, easiest things you can do.

GV Gold has the addition of Black Cumin Seed oil and the Essential Oils of Frankincense and Lime Peel.

Once you start using the incredible silkiness of any of our Glowing Vitality Skin Serums, your skin will quite simply GLOW and you'll never go back. The Ultimate Gift for your Skin.

Go ahead and GLOW!



Glowing Vitality for Sensitive Skin Oh wow! This serum is SO lovely. There are no solid oils in this serum. We took out the Shea butter and replaced the Coconut oil with Fractionated Coconut oil. Then we add the luscious oils of Sea Buckthorn and Rosehips and Lavender Essential oil. Perfection for acne prone skin.

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Preparedness Balm – a topical skin salve used for treating any type of skin wound, skin infections, rashes or dry, cracked skin. Preparedness Balm is our original salve of LDM-100 (Lomatium dissectum) in a petroleum jelly base.

Great for deep, infected skin wounds that need a water proof base. It also has a very long shelf life and is great for your Emergency Medical Kit. (formerly named Golden Salve Original)

Made with Love.



Golden Salve Natural – Golden Salve Natural is a lovely, topical skin salve that may be used for treating any type of skin wounds, skin infections, rashes, cuts, scrapes, insect bites and dry, cracked skin. You can use it exactly how you would use Neosporin. Golden Salve Natural is a beautiful combination of Shea Butter, Coconut oil, Beeswax, Vitamin E, and Lomatium root. Lomatium root is well known for its broad spectrum anti-microbial properties and is a perfect addition to this wonderful salve. Golden Salve Natural is made with all-natural and organic ingredients. Our Lomatium root is wild crafted every season by our master herbalists with love.



Golden Salve Natural EZ - Golden Salve Natural EZ is a lovely topical skin salve used for soothing and nourishing dry, infected, itchy skin associated with eczema and psoriasis. This salve has the same base as Golden Salve Natural (Shea butter, Coconut Oil, Beeswax, Vitamin E and Lomatium oil) with the addition of Lavender, Geranium and Chamomile Essential Oils. Lomatium is a broad spectrum anti-microbial and its addition to this wonderful salve makes it perfect for encouraging healing. We find that it gives immediate relief, as these luscious ingredients soothe and nourish. Golden Salve Natural EZ is made with all natural and organic ingredients including Love. Enjoy!



HEELS - is a special healing treatment developed specifically for nourishing cracked, dry feet and especially heels. Also, good for cracked fingers and anywhere on the body that needs a little love and healing. Contains: Shea Butter, Coconut Oil, Beeswax, Lomatium dissectum, Vitamin E and the essential oils of Clove, Cinnamon, Rosemary, Lemon and Eucalyptus and Love.

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Stick & Stones - Special healing salve for bruises and the pain associated with a deep or surface bruise. A deep bruise not only looks bad, it can be very painful while it heals. Sticks & Stones is specifically formulated to help your body heal a bruise quicker and with less pain. Perfect for all the bumps and bruises kids and active adults get and for thin, elderly skin that bruises easily.

Contains: Shea butter, Coconut oil, Arnica oil, Comfrey oil, Beeswax, Vitamin E and the essential oils of Cypress, Geranium and Black Pepper. Made with Love.



Golden Salve Vegan - This smooth, creamy salve has all the power of our Golden Salve Natural.

Golden Salve Vegan is a beautiful combination of Shea butter, Coconut oil, Candelilla wax, Lomatium oil, Vitamin E and Love. Candelilla wax is a wax derived from the leaves of the small Candelilla shrub native to northern Mexico and the southwestern United States. You don't have to be a vegan to love this salve!

Made with Love.



Heart-A-Tatt - Natural, Herbal Tattoo Aftercare

Heart-A-Tatt is an amazing topical healing treatment for a tattoo of any size. Heart-A-Tatt offers the unparalleled healing touch that Mother Nature has to offer. The all-natural base of Shea butter, Coconut oil, Beeswax and Vitamin E oil acts to hydrate and nourish the skin, while the Lomatium oil provides the anti-bacterial action to ward off any infection. Made with Love.

Available in 2oz and 4oz handy tins. You can also use this handy tin to carry in a pocket or purse when you travel.

Psst...It doesn't have to be for a tattoo. Use this the same way you would use our Golden Salve Natural. It contains white beeswax instead of yellow and double the amount of Lomatium oil.



All of our lovely salves on both of these pages are made in small, fresh batches. They are made in-house, by hand, by one of us. This is something we've been doing for decades and we love every part of the process.

First, we measure the ingredients for the particular salve we are making that day. We melt the Shea butter, Coconut oil and wax on a low, slow heat. Then we add the herb infused oils and Vitamin E and blend them all together. Then they are poured into glass jars (except for the Heart-A-Tatt) and the essential oils are added by hand into each jar. You wouldn't believe the amazing smells that we get when we make a batch of any of these beautiful skin salves.



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Pure, Luscious Handmade Soap



Our handmade soaps are pure natural goodness in a lathery, creamy, silky, smooth bar.

The ingredients are simple:

Coconut Oil, Shea Butter, Olive Oil, Sweet Almond Oil and Essential Oils. (We never use fragrance oils in our soap)

We saponify these oils using sodium hydroxide and let each batch cure for 6 weeks before we wrap it and label it for you.

Our ten scents are Sweet Orange, Litsea, Eucalyptus/ Lemon, Lemon, Cinnamon, Spearmint, Clove/Rosemary and Lime Peel, Lavender and Lemongrass.

Amazing soap made with LOVE!

Learn how to make homemade soap with Jane inside her online course. See page 57 for more information.

Lip Balms



These lovely little lip balms might show up complimentary in your order from time to time but you can purchase them anytime you like. Not only do they come in these handy little tins but also in beautiful 1/2 oz glass jars.

They make taking care of your lips using natural, organic ingredients easy peasy.

They contain: Coconut Oil, Shea Butter, Beeswax, Vitamin E, pure Essential Oils and Love.

Sundrop has Lemon and Orange Essential Oils and Cinnamint has Cinnamon and Peppermint Essential Oil. Made with Love.

Spread some of Mother Nature's goodness on your lips and say goodbye to dry, chapped lips.

Kissing will never be the same :)

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Truly Turmeric - Turmeric with Black Pepper



Turmeric may be one of the most effective nutritional supplements in existence. It's been gaining in popularity and rightly so. Many high-quality studies show that it has major benefits for your body and brain. Curcumin is the main active ingredient in Turmeric. It has powerful anti-inflammatory effects and is a very strong antioxidant.

Curcumin can potentially benefit you by: promoting your immune system, supporting healthy bones, joints, and overall skeletal system; promoting healthy blood and liver functions; supporting antioxidant protection against free radicals; promoting healthy skin; supporting overall eye health; helping you maintain healthy cells with support against free radicals; balancing the health of your digestive system.

Amazing!

Truly Turmeric contains: Pure, organic Turmeric, Black Pepper and Love. Packed in organic, tapioca veggie capsules. Made with Love. 100 capsules per bottle. Suggested dosage: 2 capsules 2-3 x's per day.

Heart Love - Heart health at it's finest



Cayenne Pepper, Cinnamon and Slippery Elm is a beautiful herbal blend designed to give your body what it needs for some serious heart health. **Cayenne Pepper** is good for digestion, metabolism (think weight loss), circulation and heart health. It rebuilds the tissues in the stomach and stimulates the peristaltic action in the intestines. One of the most amazing healing properties of Cayenne is that it has been used successfully time and time again to relieve heart attacks. Heart love!

Cinnamon is a phenomenal source of antioxidants. It has anti-inflammatory properties, protects heart health, fights diabetes, helps defend against cognitive decline and may lower cancer risk.

Slippery Elm contains mucilage, a substance that becomes a slick gel when mixed with water. This mucilage coats and soothes the mouth, throat, stomach and intestines, making it ideal for excess acidity in the body. Slippery Elm has been used as an herbal remedy in North America since the 19th century because it's been shown to treat a number of digestive issues, including relieving constipation. This perfect herb helps your body process the heat from Cayenne so that you can take it every day! Not for kids under 2 years old.

Packed in organic, tapioca veggie caps and Made with Love. 100 capsules per bottle.

Suggested dosage: 1-2 capsules 1-2 times a day with meals.

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Anti-Aging - Spirulina



Spirulina is an ideal anti-aging food.

It has a concentrated nutrient value, easily digested and loaded with antioxidants. Beta carotene is good for healthy eyes and vision. Spirulina's beta carotene is ten times more concentrated than carrots. Spirulina is rich in iron, magnesium and trace minerals, and is easier to absorb than iron supplements.

Spirulina is the highest source of B-12, essential for healthy nerves and tissue, especially for vegetarians. About 60% of spirulina's dry weight is protein, which is essential for growth and cell regeneration. It is a good replacement for fatty and cholesterol-rich meat and dairy products in one's diet. Every 10 grams of spirulina can supply up to 70% of the minimum daily requirements for iron, and about three to four times the minimum daily requirements for vitamins A (in the form of beta carotene), B complex, D and K. A premium superfood!

Anti-Aging contains: Pure, organic Spirulina sourced from Hawaii. Packed in organic, tapioca veggie caps and made with Love. 100 capsules per bottle.

Suggested dosage: 2 capsules 2-3 x's per day.

Detoxifier - Broken cell wall Chlorella



Chlorella is one of the best overall nutritional products a person can take.

Chlorella provides us with a tremendous amount of nourishment and it helps our body rid itself of toxins that destroy our health.

Chlorella's healthy fats, complete set of amino acids, good supply of fiber, unique chlorella growth factor, and 20 vitamins and minerals give your body the nutrition it craves.

Chlorella gives your body a one-of-a-kind mix of nucleic acids and polysaccharides that support healthy cell renewal and immune system activity. Not only does it give you what you need, Chlorella takes away what's dragging you down.

Decades of research show it speeds your body's ability to remove heavy metals, pesticides, dioxin and more. The chlorophyll in each chlorella cell combined with its special cell wall fibers help your body get rid of these otherwise persistent toxins. In our toxic world...don't go a day without it!

Detoxifier contains: Pure, organic broken-cell wall Chlorella sourced from Hawaii. Packed in organic, tapioca veggie caps and made with Love. 100 capsules per bottle.

Suggested dosage: 2 capsules 2-3 times per day.

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(C)Lean Boost



(C)**LEAN BOOST** was formulated to nourish your thyroid and improve digestion without the adrenal fatigue that comes with most fat burners that contain lots of caffeine. This perfect combination of 8 herbs increases body temperature naturally, reduces cravings for sweets, prevents your body from forming new fat cells and aids in weight loss the way Mother Nature intended.

(C)**LEAN BOOST** works best when you eat a real food diet and exercise. It boosts your metabolism which allows your body to use calories more efficiently.

(C)**LEAN BOOST** contains: Green tea, Assam tea, Cayenne Pepper, Forskohlii root, Bitter Orange peel, Gymnema sylvestra, Kelp and Slippery Elm. Made with Love.

Packed in organic, tapioca veggie caps and contains a small amount (approx. 14-15 mg) of naturally occurring caffeine.

Suggested dosage: 2 capsules 1-2 x's per day prior to meals.
120 capsules per bottle. Not suggested for children.

Due to the 100% natural ingredients, you can safely take this product for long periods of time while you are working on your weight loss goals.

ENDURANCE



ENDURANCE is a wonderful blend of 4 special ingredients designed to naturally increase energy levels for workouts and exercise.

Cordyceps Mushrooms fight aging, stress, fatigue and naturally increase energy levels. They also improve athletic performance and stamina.

Reishi mushrooms are high in antioxidant and anti-inflammatory properties. They improve liver function and detoxification, promote heart health and balance blood pressure by restoring optimal hormonal levels and strengthening the cardiovascular system. Reishi also lowers the amount of toxins or heavy metals that can accumulate in the body and cause sluggishness, thus improving energy levels, better concentration and even better-quality sleep.

Yerbe Mate contains a huge amount of your daily nutrient needs of essential vitamins and minerals. It also reduces cholesterol levels and promotes healthy weight loss. It stimulates the mind and body, creating a sense of well-being. It is also extraordinarily high in antioxidants and promotes longevity. (Not for children under 5 years old.)

Beetroot helps boost exercise performance and endurance. Beetroot makes the muscles more fuel-efficient, thereby enhancing stamina. The nitrates in Beetroot also help improve blood flow, cell signaling and hormones – all of which play a role in increasing energy levels. Beetroot can enhance the

oxygen-carrying capacity of the blood and reduces the amount of oxygen the muscles need to perform optimally. 60 capsules per bottle. Suggested dosage: 1-2 capsules 1 hour prior to exercise.

Packed in organic, tapioca veggie caps. Do not use if pregnant or lactating. Made with Love.

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Liver Love



Your liver works very hard for you. It keeps you safe from harmful foods, drinks and different toxins that find their way into our bodies. It is literally your filtration system.

LiverLove is a combination of nine herbs designed to improve liver and gallbladder detoxification and health. It promotes normal liver function by aiding the liver's efforts to purge harmful substances.

LiverLove boosts the defense system of the body while cleansing and protecting the liver and gallbladder. It improves digestive health by increasing the production of various liver detoxifying enzymes. It also increases the secretion of bile, making it excellent for improving the health of both the liver and gallbladder.

It lowers inflammation and supports adrenal function.

LiverLove contains: Milk Thistle, Chanca Piedra, Dandelion root, Chicory root, Turmeric, Peppermint, Yellow Dock, Schizandra, Barberry and organic tapioca veggie caps.

Not for use during pregnancy, lactation or children under age 6.
 120 capsules per bottle.

Suggested dosage - 2 capsules 1-2 times a day preferably on an empty stomach 1 hour prior to a meal.

Luci's Salve

Our pet line is small but it's powerful and proven.

Luci's Salve is our famous Golden Salve Natural recipe with the addition of Lavender Essential oil to not only heal and nourish a wound but to keep them from licking it off!



Good for cuts, scrapes and wounds of any kind that need a natural healing salve.

Luci's Salve contains:

Shea Butter
 Coconut Oil
 Beeswax
 Lomatium Oil
 Vitamin E
 Lavender Essential Oil
 and LOVE.



Also, suggested for your pets is our Reduced Alcohol Essiac-20 (for cancer) and LDM-100 (for kennel cough etc.) Reduced Alcohol Clarkia-100 is on it's way!

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Barlow Herbal Starter Kit

If you are new to our product line, the Starter Kit is a wonderful place to begin. But you don't have to be new to take advantage of this kit! It's a wonderful collection of products to help you dive into herbal medicine and we help you take the guess work out. You'll get our most popular products and a complete set of instructions on how to start using them. Plus there is a very nice price break when purchasing this amazing kit.

Our Starter Kit contains:

- 1 - 2oz bottle of MunityBoost
- 1 - 2oz bottle of LDM-100
- 1 - 2oz bottle of Cayenne Pepper w/Slippery Elm
- 1 - 1oz spray pump bottle of Throat Spray
- 1 - 2oz jar of Golden Salve Natural
- 1 - Detoxifier (100 capsules of broken cell wall Chlorella)
- 1 - Anti-Aging (100 capsules of Spirulina)
- 1 - HeartLove (100 capsules of Cayenne, Cinnamon and Slippery Elm)
- 1 - Truly Turmeric (100 capsules of Turmeric with Black Pepper)
- 1 - Glowing Vitality Skin Serum Lavender (unless otherwise indicated by you!)
- 1 - bar of handmade Glowing Vitality soap Lavender (you can pick here, too!)
- 1 - bottle of BrainGlow (60 capsules)
- 1 - LiverLove (120 capsules)



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How to Use the Barlow Herbal Starter Kit

- 1) Start with the LiverLove. 2 capsules twice a day. Go through 7-10 days prior to starting the MunityBoost or LDM-100. This will give your liver some nice detox and support and will help you to further prevent the one-time rash.

- 2) After 7-10 days, start on the MunityBoost. 15 drops twice a day for another 7-10 days. You can take it at the same time you take the LiverLove. If you don't have the detox rash by day 7 then increase the MunityBoost to 25 drops (approx. ½ dropperful) twice a day until the bottle is gone. Please be sure to add the drops to water before taking. At this point you can start using the LDM-100 if you need to or set it aside for when you need it. If you get the detox rash, please refer to pages 14-15 of this catalog to give you all the information you need to understand what is happening and how to help it clear up quicker.

- 3) After 7-10 days you can now add the Jane Health Truly Turmeric, Anti-Aging, Detoxifier, HeartLove and BrainGlow. 2 capsules once a day for BrainGlow and 2 capsules 1-2 times a day with a meal for the other 4.

- 4) Use the Herbal Throat Spray and Golden Salve Natural as needed. See catalog for details.

- 5) If you have digestive issues and would like to start benefiting from the Cayenne Pepper extract, you can add that to your morning water right away. 15-25 drops are standard but you can start with less or more depending on your heat tolerance. You can do a full quart or one cup of water.

- 6) You can also start using the Glowing Vitality Skin Serum and the soap right away. We don't add any chemicals or preservatives to the serum so start using it! There are no rules. Your face, your neck, your chest, your arms or wherever your skin needs a little glow and goodness.

- 7) If you are using the (C)Lean Fat Loss or Endurance – there is no need to wait. You can start or continue taking them when you start using the products in this kit. If you need more guidance – please don't hesitate to let us know.

Please email us for other questions – customerservice@barlowherbal.com

Here's to your vibrant health!

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Suggested Cancer Protocol for Essiac-20, East Star and LDM-100 from Barlow Herbal.

This is not meant to be medical advice. We are not doctors. This is how we have personally used it over the years for ourselves and our families. Please do your own due diligence.

730am - Essiac-20, East Star and LDM-100 – 25-30 drops each in water

12noon - Essiac-20, East Star and LDM-100 – 25-30 drops each in water

830pm – Essiac-20, East Star and LDM-100 – 25-30 drops each in water

This is a suggested schedule. You can modify it any way that you need to in order to fit your own schedule. It can also be modified for each person's individual needs.

This is a suggested schedule. You can modify it any way that you need to in order to fit your own schedule. It can also be modified for each person's individual needs. You don't need to count out each drop every time. If you squeeze up the 2oz dropper about halfway you will get approximately 25-30 drops. And for the 4oz dropper squeeze it approximately 1/3 full for about 25 drops.

You can put it in a small amount of water or a full glass of water. And the Essiac-20, East Star and LDM-100 can be blended together in the same water before you take them. If possible, take them away from food but it is more important to take them even if you forget. It is also important to be patient and consistent while your body absorbs these powerful formulas and has a chance to heal.

The Suma root in our East Star formula has the ability to affect hormone production, meaning that it should be avoided by anyone with a known history of diseases involving hormonal dysregulation. Consider adding Pau 'd Arco in its place.

Please make sure you are taking all sugars out of your diet while your body is healing. This includes all alcohol and some natural sugars like too much fruit juice and dried fruit. Consider supplementing with enzymes, probiotics and checking for mineral deficiency.

Other herbal tinctures that have powerful anti-cancer properties are Pau d'Arco, Una de gato (Cat's Claw), Feverfew and Prostata-100 (specifically for the prostate) You can safely and effectively add any or all of these tinctures to the above routine. Research each herb and decide which ones would fit your individual situation.

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Become Your Own Medicine Man/Woman Online Course w/Jane Barlow

Course Introduction

1. Watch this 4-minute video first
2. How to bring your skeptical family around
3. C19 tips and tricks
4. C19 Vaccine – My thoughts
5. Vaccine Information with Dr. Brandon Nielsen

Barlow Herbal Specialties –Product Modules

6. Lomatium Part 1
7. Lomatium Part 2
8. Lomatium Detox Rash Information
9. How to Dose Lomatium for EBV
10. Fresh Lomatium Drying on the Racks
11. MunityBoost and SEES-Plus
12. Tips for Throat Health
13. A Rain Forest Plant for Inflammation and Pain
14. Detox Heavy Metals Using Broken Cell Wall Chlorella
15. An Herbal Remedy for Anxiety, Stress and Insomnia
16. How to Glow with Mother Nature's Oils
17. Candida Protocol – Echinacea & Mycocyde
18. The Power of Oldest Living Tree Species
19. A Powerful Adaptogenic Herb – Suma Root
20. A Powerful Preventative Tool – Daily Vitality
21. Herbs for Women Through the Many Phases of Life
22. Health Benefits of Cayenne Pepper
23. Spirulina – One of Nature's Finest Superfoods
24. Pau d' Arco For Candida and Cancer
25. BP Support – Dealing with High Blood Pressure
26. You Can Heal Your Lungs – Lung Blend
27. Beautiful Skin Salves to the Rescue
28. The "Why" Behind Using Petroleum Jelly
29. Nootropics and Your Brain Health
30. Prostata-100 Herbs for Prostrate Health
31. Feverfew
32. Herbs and Lifestyle for Blood Pressure
33. KS-10M for Libido
34. FAQ's with Jane
35. The Parasite Module
36. Our Herbal Protocol for Cancer
37. Keeping it Simple
38. Awareness and Prevention
39. A Powerful Tool - Black Salve

40. Behind the Scenes Black Salve
41. Why Alcohol in Tinctures
42. How to Dissipate Alcohol Out of Your Herbal Tinctures
43. Dosing Herbal Tinctures with Dr. Nielsen
44. 2 Minute Peek into Our Workday

Tips from a Doctor – Dr. Brandon Nielsen

45. Preventing Sickness with Dr. Nielsen
46. Do Prescription Antibiotics Have Their Place?
47. Tips to Help You with Flu Season
48. Herbal Tips for Hemorrhoids
49. An Extra Tip for Your Brain Health
50. What to Do for High Fever and Other Valuable Tips
51. A Simple Way to Learn Muscle Testing
52. The Mind-Blowing Power of Epigenetics
53. My Favorite Dr. Bruce Lipton Lecture on Epigenetics

Mindset Modules

54. Create Your Bucket List TODAY
55. Do You Let Your Health or Lack of It Define You?
56. Your Perception of ANYTHING is EVERYTHING
57. Taking Responsibility
58. How Your Environment Controls Your Health
59. How to Slow Down Time with Benjamin Hardy
60. Healing the Emotional Addiction of Sugar
61. Walk Your Talk

DIY – How to Videos

62. Making Your Own Herb Infused Oils
63. Making Kefir and Fermented Veggies
64. How to Make Your Own Herbal Tinctures
65. How to Make Homemade Soap
66. How to Make Your Own Skin Salves
67. How to Make Golden Salve Natural
68. Slicing a 30+ Year-Old Lomatium Root
69. Identifying and Wildcrafting Lomatium
70. The Power of Your Kitchen Spices Herbs
71. Herbs and Lifestyle for Relieving Constipation
72. Herbs and Lifestyle for Autoimmune Disorders
73. Herbs and Foods for Women's Fertility
74. Un-Addict Yourself from Sugar in 60 days

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Course info continued:

The information in my online course is even more relevant and important than ever to own. I can teach you censor-free and I'm always adding more content. You will be able to comment and ask questions inside each module and I personally answer your questions. It has grown into a beautiful, interactive community of like-minded people.

The plan is to continue to grow this course and it will become more valuable as time goes on. Once you are signed up and inside the course, you will not need to pay for any other content as it gets added.

You can go through the course at your own pace and skip around and watch the modules that are relevant or interesting to you whenever you'd like. These are all video modules with pdfs, worksheets and resources attached.

To sign up go to www.barlowherbal.com and type "course" into the search engine.

See you on the inside!



What a gift we all have to be alive on this planet! Sometimes it's easy to forget that we are incredible beings of light and love and this is the best time to experience life with all its modern conveniences and technologies.

I want to personally thank you for being pro-active in your health and well-being.

I am truly blessed to carry on my father's work and keep his legacy alive and well. I know he would be proud, and I feel his presence daily. I believe that each of us are personally responsible for ourselves and the love, joy and physical health we experience while we are here on this earth.

In my many years of study and experience I believe that taking care of our physical bodies should be holistic and individualized. While we all have differences, there are some things that all of us need.

Plenty of clean, pure water. Sunshine and grounding. Sleep, relaxation, meditation, and little to no stress. Organic, nutritious food including fermented foods and minimal sugar. Daily exercise and movement.

Love, forgiveness, a positive attitude, spending time with people you love, finding ways to serve and bring value to others, stepping away from mainstream news/media and nurturing our deep, social (in-person) connections.

It might feel like a sacrifice to "give up" the things that keep us stuck and sick, but you soon realize that it's much more of a sacrifice to be sick and unhealthy. The best way to predict your healthy future is to create it.

Be willing to be original. It's a beautiful world and you can create vibrant, amazing health with your attitude, behavior and actions. It's all up to you!

Much love, Jane and the Barlow Herbal Team XO



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If you love our products, we'd love it if you'd write a review

or two on our website for your favorite

Barlow Herbal products. Thank you!

You are ALIVE!! Live every day with PURPOSE and LOVE!



Jane
HEALTH™