



Natural Relief for Common Ailments

Most people's initial reaction to common ailments is to grab an over-the-counter medication or run to the doctor's office, that is if they're not NSP Herb Specialists.

Some of the common ailments most people confront include headaches, cold sores, coughing, anxiety, fatigue, indigestion, insomnia, menstrual cramps, sinus congestion, snoring, and sore throat, to name a few. Let's review each of these common ailments and their natural relief alternatives to over-the-counter medication.

Headaches – Almost 90 percent of all headaches are classified as muscle contraction, or more commonly known, "tension headaches." **HVP** is known to reduce the tension associated with headaches. **Calcium & Magnesium** help relieve migraines by restoring the natural balance of brain chemistry. **High Potency Feverfew** effectively reduces the severity and the frequency of migraine headaches for many people.

Cold sores develop around the mouth, generally on the lips, and are caused by a virus called Herpes simplex, a cousin to Herpes zoster, which causes another type of painful skin lesion called shingles. **HRP-C**, a Chinese herbal combination, strengthens immunity against bacterial and viral infections, including contagious



diseases such as cold sores. **HRP-C** extract can be used internally and externally to treat cold sores. **Tea Tree Oil** can also be applied undiluted directly on the sores for great results.

Coughing – The common cough is perhaps more common than the common cold. Roughly half of the

people seeking medical care in winter suffer from inflammation of the respiratory tract, with cough and related symptoms. **Zinc & Vitamin C**

Lozenges contain the ingredients to help soothe mucous membranes, fight the common cold, fight viral infection and treat sore throat.

The diffusion and inhalation of **Eucalyptus Oil** is also very helpful in soothing the mucous membranes and destroying harmful microorganisms in the environment.

Anxiety is an unpleasant emotional state ranging from mild unease to intense fear. Though anxiety is normal and, in fact, healthy, higher levels of anxiety not only are uncomfortable, but can lead to significant problems. Extreme stress can definitely trigger anxiety, and so can certain stimulants such as caffeine. Valerian, hops and passionflower, as found in **HVP**, have been shown to be helpful for anxiety. These herbs calm and do not produce the typical "drugged" symptoms associated with pharmaceutical sedatives. On the other hand, **Vitamin B-**

Complex feeds the nervous system, and **Magnesium**, a muscle relaxant, helps relieve tension that accompanies high anxiety.

Fatigue could be a symptom of some underlying health problem, such as adrenal gland dysfunction, chronic fatigue syndrome, lack of sleep, or stress. Then again, it could be nothing more than that tired, run-down feeling in which case **Energ-V** will enhance your energy level. Energ-V, a type of “spring tonic,” improves stamina and vitality by cleansing the body of metabolic by-products, stimulating circulation to promote healing, improving digestion, reducing nervous tension, strengthening the nervous system and glandular function, and increasing immunity. Another excellent option is **Chinese Mineral Chi Tonic** which consists of liquid colloidal minerals and several Chinese tonic herbs that nourish the body’s life force, maintaining health and balance.

Indigestion – Always have on hand **Papaya Mints** chewable tablets, just in case. Not only are they refreshing, but they are digestive stimulants as well. They can be taken before, during or after a meal to freshen breath and aid digestion.

Insomnia may be caused by stress, worries, or stimulants. **HVP** contains nerve toners that can allevi-

ate insomnia. **Calcium & Magnesium** feed the nervous system and may help you get a better night’s sleep.

Lavender is most effective in helping with insomnia; it is calming, soothing, balancing, and helps relieve anxiety.

Menstrual cramps are mainly caused by contractions of the uterus. These contractions are regulated by hormone-like substances called prostaglandins. An imbalance of prostaglandins is often due to a diet high in saturated fat and low in polyunsaturated essential fatty acids, especially gamma-linoleic acid as found in **Evening Primrose Oil**, which explains why this oil is so precious during menstruation. Hormonal imbalance caused by higher estrogen levels can result in severe menstrual cramps. **Women’ Formula**, a female corrective herbal formula, enhances glandular function and normalizes hormone imbalance, thus soothing stressed nerves, relaxing muscle spasms, and relieving anxiety and pain.

Sinus congestion – Sinusitis causes nasal congestion, sometimes severe pain across the nose and cheeks and often a headache as well. Some colds progress to sinusitis. **Tei Fu Oil** is recommended for sinus congestion, stuffy nose, colds and headaches. Simply inhale or put a

drop at the opening of each nostril or on temples for quick relief.

Fenugreek & Thyme is a decongestant and expectorant herbal formula. It relieves sinus and lung congestion by thinning mucosal fluids and stimulating expectoration.

Snoring occurs when the breathing passages are obstructed by the tongue or excess mucus in the throat. Turning to the side or using additional pillows may help. If it is caused by excess mucus, then **Protease Plus** may be of great help since excess mucus may be due to lack of digesting protein properly. **Noni** (liquid or capsules) is high in bromelain which helps break up and thin thick mucus. **CoQ10** helps individuals with breathing difficulties as it improves oxygen consumption.

Sore throat is a typical first symptom of colds, but sore throat may also be caused by exposure to chemical irritants or by a bacteria called streptococcus. An effective remedy to relieve a sore throat is **Liquid Chlorophyll**; simply gargle with undiluted Liquid Chlorophyll and you will notice relief almost instantly. **Zinc & Vitamin C Lozenges** contain all the ingredients, namely vitamin C, zinc, slippery elm, licorice, echinacea, spearmint, eucalyptus and peppermint, for easing dry and sore throat, and effectively relieving coughing and colds.