



How to use Ginger Power, Colon-tox+, Kidney Recharge, Astragalus Extract

Ginger Power: Plain Ginger Tea: Add ½ tsp of Ginger Power to 5-8oz of cold water and bring to boil. Boil for 2 more minutes and either strain the tea or enjoy the ginger with your tea. Serve & enjoy! (Best to drink this daily between 10:30a-12:00p during Spleen Time for maintenance)

Ginger Shot: Add 1/8 tsp of Ginger Power to 1oz of warm water in a small glass jar, stir or shake, serve as a shot!

Golden Milk: Add ½ tsp of Ginger Power, ½ tsp turmeric powder with a sprinkle of black pepper in 6 oz cold water, bring to boil for 1 min, add 2 tbsp organic coconut milk and 1-2 tsp of raw honey, boil for 1 more min, enjoy!!

Menstrual cramps: Add 2-3tsp of molasses or 1 tbsp of Chinese brown sugar to your Ginger Power tea.

Parasite cleansing: Sprinkle clove, cayenne pepper, cinnamon to your Ginger Power tea. Drink ½ cup before bed and an hour before you have breakfast, on full moon day.

Cancer Prevention: Add 1 tbsp grated frozen lemon (include lemon skin) to your Ginger Power tea.

Clearing Phlegm in the throat: Sprinkle cayenne pepper to your Ginger Power tea.

Colon-tox +: Take 3-5 drops orally or in 1 oz. of water 1-2 times daily before meal, starting on New/Full moon for 5 days, take the night time one before bed. If you've never done any colon cleanse before, start by just taking 3 drops before bed time, and work your way up to 5 drops twice daily, during New/Full moon.

Colon-tox + can also help the followings: Ascariasis, Biliary ascariasis, Intestinal ascariasis, Ascariasis in children, Roundworms in the bile duct, Hookworms, Schistosomiasis Abdominal pain, Colitis, Ulcerative colitis, Gastritis, Chronic gastroenteritis, Chronic diarrhea, Indigestion, Gastric or peptic ulcer, Irritable bowel syndrome, Post-gastrectomy syndrome, Bacterial dysentery, Functional gastric disorders, Gallstones Corneal ulcers, Keratitis, Glaucoma, Meniere's disease, Canker sore, Vitiligo, TMJ Chronic pelvic inflammatory disease, Primary dysmenorrhea, Neurogenic headache, Autonomic dystonia, Hysterical psychosis, Asthma, Pneumonia Endometriosis, Uterine fibroids, Morning sickness, Dysfunctional uterine bleeding Diabetes, Hypertension, Edema, Asthma, Anorexia, Headache, Jaundice, Fever, Nausea/Vomiting, Insomnia.

Kidney Recharge +: Take 5 drops directly into mouth or drop in 1 oz of water twice daily after meals, you can eat a piece of raisin to remove the herbs taste in the mouth.

Kidney Recharge + also helps the following conditions: Vertigo, insomnia, tinnitus, weakness in the knees, poor hearing, poor eyesight, night sweats, coronary heart disease, diabetes, Addison's disease, adrenals fatigue, menopause, hypertension, infertility, impotence, Chronic rhinitis, allergic rhinitis, inhibit allergic reactions. Recurrent respiratory tract infections in pediatric patients. Upper gastrointestinal bleeding. Prostatitis. Diabetes, Menopausal syndrome. Such as hot flashes, sweating, palpitations, anxiety. Fatigue, dizziness, memory problems. Rheumatoid arthritis. Premature aging, Hair loss. Vitiligo.

Astragalus Extract: Take 5 drops directly into mouth or drop in 1 oz. of water twice daily after meals, you can eat a piece of raisin to remove the herbs taste in the mouth.

Astragalus Extract can help: Boosts the Immune System, Anti-Aging, Reduces the Effects of Stress. Promotes Heart Health, Helps Break Down Arterial Plaque, Encourages Balanced Cholesterol Levels, Encourages Normal Blood Sugar Levels, Supports Normal Kidney Function, Helps Detox and Protect the Liver, Supports Healthy Cell Cycles.

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