

## CAN I QUIT TAKING MY PRESCRIPTIONS?

Don't ever quit taking drugs you are dependent on. "Herbs are a slow safe remedy." Many people have gradually decreased their drug dosage and frequency with the use of herbs.

## WHEN IS THE BEST TIME TO TAKE HERBS?

Since herbs are food, you can take them whenever you want. Most people will take them before meals. Others on a busy schedule will take them first thing in the morning and last thing at night.

Herbs for insomnia and cleansing are mostly taken at night. Appetite depressants and blood sugar balancers are best taken 10 to 30 minutes before the problem hits.

Don't forget the importance of proper food and enough water!

## WHAT CAN AN HERBALIST DO FOR ME?

An herbalist can help you take control of your health. WHOLE's Body Management Program with the help of Pure Herbs and Proper Nutrition will purge your body of filthy toxic poisons.

Depending on your situation and problems you can cleanse your blood and your lymphatic system. You can cleanse your vital organs: the liver, gall bladder, kidneys and lungs of slimy, sticky, decaying toxins accumulated from years of eating foodless food. You can purge your body of any parasites which can wreak havoc with your health. You can bring yeast under control and develop friendly flora.

Your body is self-cleansing and self-healing when you give it a change. An herbalist will help you do achieve your health goals – one step at a time.



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## What Are Herbs? HERB Q & A



Herbs are the highest quality food known to man. They contain vitamins, minerals, and trace elements in natural balance and harmony.



## **WHY USE HERBS?**

It is our sincere belief that our Creator put herbs upon the earth to maintain and restore our health. We believe that herbs get to the cause of health problems. For every health problem, there is an herb.

## **ARE THERE SIDE EFFECTS?**

Absolutely not. Some people experience cleansing action on the body when first using herbs, such as nausea, diarrhea, aches, etc. It is this detoxifying process that helps bring the body into a state of health. This is a good thing.

## **DO I TREAT HERBS LIKE DRUGS?**

Herbs are food, not drugs. Herbs can be taken in large quantities with no harmful effects. Mixing herbs have less of a side effect than eating different foods together. Therefore, you can take the

herbs you want to get greater health benefits.

## **WHY LIQUID HERBS?**

We use Liquid Herbs, of the highest quality, because in this form they are more easily absorbed and digested. Also, with Liquid Herbs, the necessity of swallowing all those pills and capsules is eliminated. This way we can get everything herbs have to offer to build and maintain better health.

## **HOW SOON SHOULD I GET RESULTS?**

It's impossible to give a set answer. There are many factors involved – the severity of the problem, the person's assimilation and digestive system, the number of herbs taken, and the particular problem. However, some problems like constipation and blood sugar imbalances will usually get excellent results within a day, while someone with

cancer or arthritis may not feel any difference for weeks.

## **HOW MANY HERBS SHOULD I TAKE AND FOR HOW LONG?**

“When using a new herb begin with a recommended dosage and observe how the body reacts to it. If you do not receive the desired result, over time, increase or decrease the dosage accordingly. When herbs are used for restoring health, dosages will need to be increased to more than that which is required for maintaining health. Consult with your health practitioner about this. Depending, of course, on the ailment and severity of it, approximately three months of sustained higher dosage is usually required before the body is repaired. Sometimes it takes a full year of reparation to occur so that a person goes through all four seasons.”

Dr. Jack Ritchason,  
The Little Herb Encyclopedia