

C.Y.R. SELFHEALING WITH HERBS

C.Y.R. HERBAL NEWSLETTERS

This newsletter is offered to all--everywhere, in the hopes that, some will benefit by the often unknown and little understood, use of herbs. The information in this newsletter is only part of a much larger book on herbal remedies and preventive herbal measures. If you wish to know the best herbs for fighting. Chick part one or part two.

Part One

- Aids
- Arteries
- Arthritis
- Blood Cleansing
- Brain Power
- Cancer

Part Two

- Cholesterol
- Heart
- Immune System
- Kidneys
- Livers
- Lungs

The End

Notice: To get the full version, with the herbal dosages and preparation method for each different use, along with extra information above, you must register to receive the complete guide. Register fee \$10.

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Part One

AIDS:

Aids is an immune system deficiency disorder that suddenly alters the body's ability to defend itself, causing a breakdown in the body's immune system.

BLACK RADISH/DANDELION TEA: Help cleanse the liver
BEE PROPOLIS: Is good for bacterial infection invading the lungs, mouth, etc
CHAPARRAL: Aids in the destruction of free radicals
COENZYME Q10: Supports the immune system
ECHINACEA TEA: Increases the production of white killer cells in the body to help eliminate infectious diseases of all kinds. Also reduce malignant tumors. Echinacea, goldenseal, mullein and suma are good for cleaning the blood and lymph systems, for viral and bacterial infections, also boost the immune system
GARLIC: A powerful immunostimulant, reduce the risk of blood clots
GERMANIUM: Used for tissue oxygenation
GINKGO BILOBA EXTRACT: Aids the brain cells and the circulation
PAU D ARCO: Is a natural antibiotic and potentiates immune function
RED CLOVER: Is a good blood cleanser
SELENIUM: A free radical scavenger
SIBERIAN GINSENG: Aids bronchial disorders and endocrine gland function.
VITAMIN A & E: Destroy free radicals and enhance immune function.

ARTERIOSCLEROSIS:

Arteriosclerosis involves the build-up of calcium deposits on the inside of the artery walls, which causes thickening and hardening of the arteries. The tubes conveying blood from the heart to all part of the body.

ALFALFA: Lower serum cholesterol and hardening of the arteries.
ARTICHOKE: Aids the central nervous system. Lower triglyceride blood level.
BARLEY & OATS: Aids in cleaning out the arteries and valves around the heart that have become plugged up with layers of fat build-up.
CQ10: Improves tissue oxygenation.
GARLIC TABLETS: Has a fat regulating effect.
GERMANIUM: Lower cholesterol and improves cellular oxygenation.
LECITHIN: Specially formulated for hardening of the arteries.
LIPOTROPIC: Reduces fat content of the blood.
VITAMIN C: An antioxidant that acts as a free radical scavenger.
VITAMIN C & E: Will enhance the oxygen supply in the blood stream and in the red blood cells.

ARTHRITIS:

Arthritis is characterized by an inflammation and pain in a joint or joints. Joints of the body are found at the knees, wrists, elbows, fingers, toes, hips, shoulder, neck and back. Symptoms of chronic pain, swelling, stiffness, and deformity of one or more joints.

CHINESE RHUBARB: Relieve pain accompanying psoriasis and arthritis.
BLACKSTRAP MOLASSES: A natural iron
GARLIC: Inhibits the formation of free radicals which can damage the joints
GERMANIUM: A powerful antioxidant that also relieves arthritis pain.
GREEN JUICE: From young barley shoots reduce arthritis.
PRIMROSE OIL: Controls arthritis pain and inflammation
RED PEPPER: Will give relief for rheumatoid arthritis.

SKULLCAP TEA: Will reduce swelling of the muscles and joints.
TURMERIC: Anti-inflammatory properties reduce edema and arthritis.
VITAMIN E: A powerful antioxidant, also aids in mobilizing the joints.
YUCCA: Is very successful in treating arthritis pain

BLOOD CLEANSING:

ANEMIA: Deficiency of red blood corpuscles. Carrots, spinach, beet, parsley
BASIL TEA: A healing tea for women to promote blood circulation.
BAYBERRY BARK: Will stop bleeding of the lungs, bowels, and uterus.
BEET JUICE: A in cleansing and healing the liver, and build up red blood cells
BERRIES: All berries are tonic for rejuvenating both the heart and blood
BLACKBERRY TEA: Add a dash of blackberry extract or concentrated to any
herbal tea to cleanse the body of impurities.
BLACK & GREEN TEA: Strengthen the blood vessel walls of the heart
BRUSSEL SPROUTS: Lower bad cholesterol which causes hardening of the
arteries.
BURDOCK: Helps eliminate toxins from the body. A blood purifiers.
CABBAGE: Lower serum cholesterol, also aids against coronary heart disease
CHICKWEED: Is used as an antidote for blood poisoning
CHICKWEED & BURDOCK: Is a terrific blood cleansers
ECHINACEA: Echinacea is good for cleansing the lymph glands.
GINGER: A natural blood thinner. Cleanses the colon and blood circulation
GOLDEN SEAL: Helps eliminate toxins. Also a blood cleansing
HAWTHORN BERRIES: Good for heart and circulatory disorders. A valuable drug for the
treatment of various circulatory disorders, and dilate the coronary blood vessels to restore the
heart muscle wall. Also lower cholesterol levels.

THE BRAIN:

ANISE: To strengthen the memory.
APPLES: Are easily digested, a muscle builders, also brain and body builder
ARTICHOKE: A brain food to make you more alert also increase mental powers.
BREWER'S YEAST: For normal brain function
BLUE COHOSH & ANISE: To sharpen brain power
CHOLINE: Improves memory and mental capacity
CHOLINE & INOSITOL: Prevent memory loss and poor brain function
COENZYME Q10: Increase cerebral oxygen (sardines)
GINKGO BILOBA: Improve cerebral circulation, while enhancing the memory
L-ARGININE & L-LYSINE/B6/VIT.C: A powerful brain detoxifier.
LECITHIN: Protects brain cells and improves memory function.
LETTUCE RAW or JUICE: Has great quantities of iron and magnesium. The iron aid the
liver and spleen. The magnesium aids the muscular tissues, brain and nerves, also builds the
nerves cell of the nervous system and the tissues of the lungs.
PARSNIP RAW, JUICE or SALAD: An excellent value to the brain, and mental disorders.
VITAMIN B3: Aids in the function of the brain and blood flow.

CANCER:

With Cancer, one cell gets the idea to reproduce and begins doing so for no obvious reason. The
cells that is reproduces form a hard lump. This is cancer. Often a cell from this lump or tumor, will
spread to another part of the body and begin reproduction there. There are four types of cancer.
CARCINOMAS: Affect the skin, mucous membranes, glands and organs
LEUKEMIAS: Are blood cancers
SARCOMAS: Affect muscles, connective tissue, and bones
LYMPHOMAS: Affect the lymphatic system

STOP SMOKING CIGARETTE

BATA-CAROTENE: Powerful antioxidant that destroys free radicals.

CABBAGE: Broccoli, Brussels sprouts, Cauliflower, Kale, Mustard greens and Collard greens to inhibit the growth of tumors. Also prevent cancer of the colon, rectum and reduce the risk of getting cancer.

CARROT: Contain high amounts of anti-cancer nutrient.

CHINESE RHUBARB: Demonstrated some excellent tumor blocking abilities.

CINNAMON: Help to prevent cancer induced by chemicals in many of the foods we eat, It is suggest that cinnamon be used more often in foods as a preventative measure. preparations

COOKED BEANS or BEAN SALAD: Prevent the growth of tumor cells, protect against DNA damage, cancer and enhance tissue resistance against tumor cells

CONENZYME Q10: Promotes immune function carries oxygen to the cells.

GARLIC: Echances the immune function

GERMANIUM: Deter cancer growth. Promotes immune function

KELP: For mineral balance

PART TWO

CHOLESTEROL:

Cholesterol containing foods is dangerous, because these foods produce elevated blood cholesterol and triglycerides levels. These fats produce plaque-filled arteries that impede blood flow to the brain, kidneys, genitals, extremities, and heart. High cholesterol levels are the primary cause of heart disease, because cholesterol produces fatty deposits in arteries, fat accumulation, clogging of the arteries, and cerebrovascular and cardiac insufficiency.

HDL: Is good cholesterol level (the good guy)

LDL: Is bad cholesterol level (the bad guy)

ALFALFA: Reduce serum triglyceride cholesterol level

ARTICHOKE: Is a terrific cholesterol manager

AVOCADO: Will decrease serum cholesterol level

BEANS: Will lower serum and triglyceride cholesterol level

BLACK CURRANT: Reduce LDL fatty acid

CABBAGE: Lower serum LDL cholesterol level

CARROTS: Will lower cholesterol level and aids against cancer.

CAYENNE: Will lower cholesterol level

CHICORY ROOT: Will lower cholesterol level, and combats fat in the system.

EGGPLANT, Onions, apples and yogurt helps lower excessive cholesterol level in the blood. Also prevent fatty buildup in the heart.

FENUGREEK TEA: Will reduce serum cholesterol level.

GARLIC: Garlic and onion raise blood levels of good cholesterol level, which in turn clean out the arteries or bad cholesterol level that them up, choking off the flow of blood through the heart

can clog

KELP: Will help lower cholesterol level

OAT BRAN: Or fiber help to lower cholesterol and supply needed fiber.

ORANGES: Reduce your risk of incurring hardening of the arteries

RHUBARB ROOT: Will lower dangerous cholesterol level.

TURMERIC: Prevent fatty accumulation in and around the liver.

THE HEART:

B-complex & B1/Choline: Prevent heart disease

BLACKBERRIES RAW: Aids in stimulating the body and heart.

BLACKBERRIES JUICE: Add a dash to your herbal tea such as chamomile, peppermint for a lift, to cleanse the body of impurities.

BROWN RICE: Cooked brown rice prevents heart disease

BLESSED THISTLE TEA: Strengthens the heart

CALCIUM & MAGNESIUM: Maintain proper heart rhythm and blood pressure

CHICKWEED TEA: Is a wonderful heart strengthener

CHOLINE/INOSITOL & LECITHIN: Remove fat from the liver and bloodstream.

CQ10: Prevents heart damage caused by lack of oxygen

GARLIC: Needed for the heart and promotes circulation

LEMON JUICE: Aids in creating a proper fluid action in the blood

L-TAURINE: Helps stabilize the heartbeat by correcting cardiac

arrhythmias

POTATOES: Baked or boiled potatoes reduce heart strokes

PRIMROSE OIL: Protects the heart muscle cells

SAFFLOWER OIL: Use for cooking to prevent heart disease

SAGE TEA: Prevents the forming of blood clots

SELENIUM: Prevents heart disease

THE IMMUNE SYSTEM:

The immune system is most important to the body. It is the immune system that fights off disease-carrying germs and bacteria that enter the body. The antibodies and antioxidants of this system recognize these foreign bodies and attack them using white blood cells. When the immune system weakens, infections can take over. You become more susceptible to colds, viruses, flu, and more serious illnesses.

VITAMIN A: Is the anti-infection illnesses.
CQ10: Increases resistance to infection
ECHINACEA: Has an antibiotic effect on the immune system
GARLIC: Stimulates the immune system
GERMANIUM: Improves oxygen in the body
GOLDENSEAL: Has an antibiotic effect on the immune system
KELP: Is needed for immune system integrity
LECITHIN: Coat the cells and aids in their protection. Aids in digestion of fats and protects the lining of all cells and organs.
PAU D'ARCO: Has an antibiotic effect on the immune system
RED CLOVER: Has an antibiotic effect on the immune system.
SELENIUM: Is an important free radical destroyers

THE KIDNEYS:

ASPARAGUS: Helps dissolve uric acid deposits in the extremities.
BLESSED THISTLE TEA: Aids in strengthening the kidneys.
BURDOCK & CATNIP: Aids in eliminating kidney and gallstones
CORN SILK TEA: Is one of the finest remedies for weak kidneys
CRANBERRY JUICE: To aids any kind of kidney problems
DANDELION ROOT: Aids in excretion of the kidney's waste product
LECITHIN: Needed for nephritis
MARSHMALLOW TEA: Helps to strengthen and cleanse the kidney and bladder
NUTMEG & MACE: Treats gas, indigestion, stomach and kidney problems
PARSLEY: To treat kidney inflammation, and the inability to urinate
PUMPKIN & SQUASH SEEDS: Treatment for any kinds of kidney problems
RADISH: Prevents kidney stones
RUTABAGA & TURNIP GREENS: Aids in the inability to urinate.

THE LIVER:

ARTICHOKE: Helps activate liver function
BAYBERRY BARK TEA: Aids liver and kidney problems
CHAMOMILE TEA: Aids in producing brand new liver tissue
CHICORY ROOT: An effective liver cleanser
CQ10: 60mg daily A potent liver protector
DANDELION TEA: Good for all kinds of liver problems and liver toxicity
GARLIC: Detoxifies the liver and bloodstream
KIDNEY BEANS: Detoxify high amounts of ammonia that can accumulate when the liver isn't functioning properly.
LECITHIN: Prevent fatty liver build-up
L-CYSTEINE: Helps detoxify harmful toxins of the liver
L-GLUTATHIONE: Is a powerful liver antioxidant
MILK THISTLE TEA: Protects the liver from harmful chemical poisoning
PROTEIN SUPPLEMENT: Is a good source of protein that is easy on the liver.
SAGE TEA: Is a fantastic liver regeneration
SELENIUM: Is a good liver detoxifier
TOMATO JUICE: For encouraging the formation of new liver tissue
WATERMELON: Is an effective treatment for jaundice of the liver

THE LUNGS:

BRONCHITIS: Is the inflammation or obstruction of the bronchi or breathing tubes that leads to the lungs.

ALMONDS MILK: Is a very popular drink for throat and lung problems

BETA-CAROTENE: Protect the lung tissues and repairs the immunity

CQ10: Increased circulation and improved breathing

GARLIC: A natural antibiotic that reduces infection, and detoxifies the body

GINGER TEA: To get rid of mucus buildup in the sinuses, throat and lungs

LOBELIA TEA: Aids the air passages cleansing of the lungs

ROSEHIPS TEA: Good for pneumonia, bronchitis, and other respiratory problems

WALNUT & GINGER TEA: Used for excessive accumulation of phlegm in the lungs and persistent coughing in the throat.

