



Ideal
Health
Services

Medication Naturally. Promoting A Drug-Free Alternative.



vitaklenzTM
herbal dietary supplement

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**For the control of worms, parasitic bacteria,
protozoa, amoeba and yeast infections**

What is Vitaklenz?

Vitaklenz is a blend of natural ingredients traditionally used in Asia, Europe, America and India to control parasitic organisms and yeast infections that occur in humans.

Vitaklenz is the result of years of research, feedback from our many customers, and consultation with the scientific community.

TAPEWORMS

PINWORMS

YEASTS

ITCHING

BACTERIA



HOOKWORMS

FLATULENCE

BLOATING

INDIGESTION

THREADWORMS

The formula for this herbal treatment has been carefully designed to maximize the anti-parasitic and anti-yeast properties of each of the herbal ingredients. An extra layer of help has also been included to assist the body to rid toxins that build up from the parasite die-off.

This places **Vitaklenz** in a unique position - the powerful double action of hitting both parasites and candida yeast hard, but with liver stimulants present to help cope with any unpleasant side-effects of the cleanse.

How does Vitaklenz work?

Vitaklenz takes a comprehensive approach to cleansing the human system. It combines 12 active herbal ingredients known for centuries for their anti-parasitic/anti-candida action.

Vitaklenz is taken over a period of 30 days. One bottle is one complete treatment for one adult at the recommended dose. The length of the continuous treatment is critical. This breaks the lifecycle of the most common parasites, ensuring a thorough cleanse.

"I find parasites in 92% of people. Everybody - rich and poor - the whole population have parasites . . . Pets are great carriers of parasites. Also, vegetables may carry parasitic organisms."
Dr. William Kelly, famous cancer specialist.

The constituents of **Vitaklenz** are lethal to parasites. Some of the herbs work directly on killing and eradicating worms, while others are antibacterial in nature. Some work to boost the body's immune system, and still others have a proven antifungal action.

Whatever the parasitic threat, **Vitaklenz** works to restore the system back to a "square one" footing.

Vitaklenz contains herbs that are active against parasitic worms, bacteria, protozoa, amoeba and yeasts, including *Candida albicans*.

"This formula will kick the proverbial parasite BUTT!"
Dr. Bernard Barber, Parasitologist and formulator of **Vitaklenz**.



Who formulated Vitaklenz?

Vitaklenz was formulated by the late Dr Bernard Barber PhD, BSc in Allied Health Sciences

Wisma Methodist, Lorong Hang Jebat,
50150 Kuala Lumpur, Malaysia

In August of 2002 Warren Jones of BodyFix Natural Health Products and Mark Porter of Genesis Health Marketing began researching the possibility of creating a superior antiparasite formula. Long experience with other parasite products demonstrated the need for a herbal formula that was effective in clearing both *parasitic* infestation and *candida yeast* infections.

Several pharmaceutical companies and chemical engineers with experience in herbal medicine were commissioned to the project. Dr Barber's long history of success in dealing with parasite-related conditions in South East Asia was critical to the success of the formula.

Fourteen months of research, development and testing by some of the most respected medical firms in Australia and New Zealand has been invested into this project.

The result is **Vitaklenz**.

*"The amount of research that has gone into **Vitaklenz** is staggering. We went right back to the drawing board in developing it, treating each herbal ingredient as if it was new to us.*

*"**Vitaklenz** breaks new ground as a powerful, safe treatment for *candida* and *parasites*." Mark Porter, Researcher, General Manager Genesis Health Marketing*

Just what is in Vitaklenz?

Each capsule contains herbal extracts equivalent to dry:

Artemisia annua (Wormwood) herb top	105 mg
Juglans nigra (Black walnut) fruit hull	200 mg
Curcubita pepo (Pumpkin) seed	250 mg
Silybum marianum (St Mary's thistle) fruit	105 mg
Olea europaea (Olive) leaf	300 mg
Tabebuia avellanedae (Pau D'Arco) inner stem bark	150 mg
Gentiana macrophylla (Gentian) root	180 mg
Echinacea purpurea root	100 mg
Berberis vulgaris (Barberry) root	100 mg
Allium sativum (Garlic) bulb fresh	80 mg
Thymus vulgaris (Thyme) leaf powder	25 mg
Syzygium aromaticum (Clove) flower bud powder	25 mg

Vitaklenz contains no added yeast, milk derivatives, wheat or corn starch, gluten, preservatives, colors or flavors. Now in Vegan friendly capsules.

Why should I use Vitaklenz?

1. Because the formulation is unique.
2. Because no other product on the market provides these benefits:
 1. Helps rid the body of **ALL** types of parasites such as worms, bacteria, amoeba and protozoa (E.g. Giardia and Cryptosporidium).
 2. Acts as a *liver tonic* and assists in the treatment of *indigestion*
 3. Is very effective for combating yeast infections such as *Candida and Thrush*
 4. Can be taken over a prolonged period to ensure eradication of the *full cycle of worms* (The life cycle can vary from 16 days to 2-3 months)
 5. This is the first time a 90-day Detox/Recharge program has been introduced to the Australian market and the *first time that a Detox program starts with a 30-day parasite elimination component* (The 90-day pack contains 1 bottle of **Vitaklenz** plus 2 bottles of **Vitaklenz Recharge** probiotic)
 6. *Increases Cash Flow* to your business. (We recommend customers take at least a 2-month course of **Vitaklenz**, followed by **Vitaklenz Recharge** Probiotic. We also recommend that everyone in the family be treated to avoid cross-infections)

Please consider for a moment what you currently have on your shelves for worms. *Unless the product is formulated to address the full cycle of worms it is unlikely that it will also get rid of the eggs.*

Some tinctures that contain some of the essential herbs are *simply too bitter to take*, and again they are not taken long enough to address the full life cycle.

Product enquiry numbers

Australia: 1300 763 107

USA & Canada: 1877 803 6917

United Kingdom : 0800 409 182

All other areas: + 61 7 3803 6917

What is a parasite?

A *parasite* is a lifeform that survives off its host, including worms, bacteria, protozoa and amoeba.

Parasites often work by stealth—you probably don't even notice their presence. In the meantime they rob your system of nutrition, loading you down with their excretions and secretions.

How dangerous are parasites?

Parasites can pose a serious health threat. Parasitic *worms* may result in poor absorption of nutrients, and can contribute to fever, abdominal pain and anaemia. Disease-causing *bacterial* parasites (pathogens) include those causing tetanus, tuberculosis and syphilis.

Can I clear myself of parasites?

Vitaklenz is a blend of herbs traditionally used to control parasites. The double action of this powerful formula assists the elimination of parasites and candida infestation.

What is Candida?

Yeasts are microorganisms that live on the surfaces of all living things, including fruits, vegetables, grains and your skin. They make up part of the "microflora," that contribute to your health.

Yeast is in fact nutritious and small amounts of yeasts give bread its good yeasty taste. Yeast is a kind of fungus. Mildew, mold, mushrooms and candida are all names that are used to describe different types of yeast.

One family of yeasts, *Candida albicans*, normally lives on the inner warm creases and crevices of your digestive tract and vagina.

Candida albicans is a yeast that normally lives in your body in the intestinal and vaginal regions. When your immune system is strong, candida yeasts cause no problems.

But when you take broad-spectrum antibiotics these drugs knock out friendly germs while they're knocking out enemies. Candida isn't affected by antibiotics, so they multiply and raise large families.

These yeasts put out toxins that weaken the immune system.

HOW COMMON ARE PARASITES?

Most people are not aware of the danger to their health posed by parasites; nevertheless, if one looks in the right places, one can find a lot of literature on the subject of parasites and the harmful effects they can produce.

Well **over 80%** of patients we check have some type of parasite or bacteria and the slight inflammation of the abdomen, and unrelated pains and aches, which indicate the presence of parasites.

For instance, in a pamphlet put out by a medical manufacturer in America, we read: "Colon therapy has an anthelmintic action (this means parasites are removed). We find that **over 90%** of the people we examine in our clinics have some form of parasites. The most common of all are tapeworms. Our skilled technicians report seeing green, brown, grey, yellow and white ones, and various combinations. Patients report seeing pieces of tapeworm in the toilet bowl, varying from a few inches to a few feet. (The longest one reported was 57 inches.) Various other parasites are seen, including hook worms pinworms, whip worms and many other exotic forms. Tapeworms are usually beef, pork or fish variety.

Many Vegetarians also have various parasites. Their eggs may be eaten with vegetables or fruit. Thread worms and hook worms may pass through the unbroken skin - they are sometimes picked up when one walks through the grass."

In New Zealand, a large full page advertisement for "Combantrin" (a commercial worm preparation), shows a small girl handing a pencil to a classmate. The caption reads: "The simple act of passing a pencil, sharing a book, using the same doorknob, or even sharing a house with untreated adults is all that is required for parasites to spread - No matter how clean your child may be, and no matter how careful you are. The symptoms caused by parasites may include: Loss of appetite, anal and vulval itching and scratching, disturbed sleep, occasional bed-wetting in younger children. These may seem like common occurrences in childhood, but unfortunately this is because **the parasite problem is a common one.**"

We once told one of our patients that we thought her **daily migraines** were caused by parasites in her intestines. She was not surprised by this, and she said she had just returned from Europe where she had taken her children to a doctor. The children had been restless and had indigestion. The doctor told her that he felt the children had pin-worms, and it was the parasites, which were causing the symptoms. She told the doctor that she thought it was impossible for her children to have parasites, as she insisted on the highest standard of hygiene. She had not seen any sign of worms in her children's clothes or in their beds. But, the doctor insisted, and told her that **over 90% of people in that part of Europe** had parasites of one kind or another - so she should not feel ashamed or surprised that her children also had parasites.

Our diagnosis was correct, and when she took the herbs, her migraines and other aches soon disappeared. Yet, this patient had been to a number of doctors, and none of them had been able to do anything to relieve her headaches.

In an interview recorded in a health publication, Dr. William Kelley, **famous cancer specialist** says:

"I find parasites in 92% of people. Everybody - rich and poor - the whole population have parasites. It is not restricted to lower classes at all. Pets are great carriers of parasites. Also, vegetables may carry parasitic organisms.

"One day I had a lady who was a little over 5 feet tall and weighed 300 pounds! She was on a 400 to 500 calorie diet and starving to death. I said to her, *'You've got so many worms, all you're absorbing is the water!'*

"This horrified her! Most people are upset at the thought of having worms. She started a bottle of special supplements I gave her, but nothing happened. So, she went to her family doctor who took a stool culture, but could not find anything.

"The lady decided to finish the herbs by taking it regularly as directed. One night she was lying in her bed, and she felt a tickling in her throat and thought it is mucous. She went to the bathroom and coughed it up, put it in a Kleenex and turned the light on. The scream she let out woke up her husband, and what they found in the tissue was the head and two more inches of a tapeworm, which had come up in her throat. Lots of times, particularly in children, the tapeworm will come through the nose looking for some more to eat.

"Parasites mimic a lot of disease. Like heart trouble. I found this once in a nurse who had suffered with all kinds of heart trouble and went to doctors for years, whenever she had these **heart spells**. I said to her *"You should have gone to the vet."* She asked why? I said, *"Because you have heart worms."* She took her herbs and never had any more trouble.

"Most stomach aches and colitis could have a parasite involvement. **Liver damage** and liver trouble can often be caused by worms. Sometimes a colony of worms will crawl up in the **gall bladder** and give you trouble. This can be the trouble with overweight people. The worms are being well fed. The body is only getting the water and the calories but a fraction of the nutrients."

In a Nutritional Almanac printed by McGraw-Hill and reproduced in part below, we read, *"worms irritate the intestinal lining and therefore cause poor absorption of nutrients."* Signs of worms may include diarrhea, hunger pains, appetite loss, weight loss and anemia.

In "The Miami Herald" dateline June 25, 1978 (just 23 years ago!) an article appeared titled **"Worms Outrank Cancer as Man's Deadliest Enemy"**. It reads:

"One of every four people in the world is infected with roundworms, which cause fever, cough and intestinal problems. A quarter of the world's people have hookworms, which can cause anemia and abdominal pain. Another third of a billion people suffer from abdominal pain and diarrhea caused by whipworms."

Not much research is being done on these diseases (i.e. parasite related diseases). The U.S. spends more than \$US800 million a year on cancer research. All the nations in the world combined spend less than one twentieth that amount studying parasitic diseases.

Of the amount of money spent on Cancer research, one thing is agreed upon - that toxins and poisons in the body cause chronic irritation of tissues, which results in cancer. There is also plenty of other evidence that cancer of internal structures such as organs or other tissues is caused by chronic irritation of the cells by toxins in the body.

Almost all the books written by (so called) "quacks" claim that cancer can be cured by cleansing the body and ridding it of parasites and toxins. In other words, once the tissues stop being irritated by excessive quantities of toxins in the blood, the cancer not only stops proliferating, but may actually disappear altogether if the treatment is started in time. (Note that only the medical profession attempts to treat cancer by introducing more toxic drugs to the body.)

AMOEBA, WORMS AND OTHER INTESTINAL PARASITES

Worms and Parasites

There are several types of parasitic worms which can live in human intestines, the most common being pinworms, tapeworms, hookworms, and roundworms.

Worms irritate the intestinal lining and therefore, cause poor absorption of nutrients. Signs of worms often include diarrhea, hunger pains, appetite loss, weight loss, and anemia. Diagnosis can be made by examining the stools, or occasionally by inducing the vomiting of worms. The extent of intestinal damage is then determined by the type of worm, the size of the worm, and the number of worms present.

Pin worms are the most common parasitic worm in the United States. The chief symptom of this small, threadlike worm is rectal itching, especially at night. Pinworms are transmitted when the eggs, which lodge under the fingernails when a person scratches, contaminate food. Personal hygiene is most important for the control of pinworms.

Tapeworms can be contracted from eating insufficiently cooked meats, especially beef, pork and fish. The most common tapeworm in the United States is the beef tapeworm, which can grow to a length of 15 to 20 feet in the intestines.

Hookworms are often found in the soil or sand in moderate climates. They can enter the body by boring holes in the skin of bare feet, or can enter the mouth if food contaminated by dirty hands is eaten.

Roundworms are most common in children. These worms can leave the intestines and settle in different areas of the body, causing diseases such as pneumonia, jaundice or seizures.

When a person is afflicted with worms, the body's supply of all nutrients is depleted to the point that supplementation of all nutrients is necessary to restore normal health. Nutrients of special importance are Vitamin A, the B complex, especially Thiamin, Riboflavin, B6, B12, and Pantothenic Acid; Vitamins C, D and K and Calcium, Iron and protein.

Dietary Deficiency

Animals kept on diets deficient in protein or vitamins A, B1, B2, Biotin, Folic Acid or other nutrients have been infested with many types of parasites, including trichinae, obtained from undercooked pork; and trichomonas, which can grow in the lungs or intestines as readily as in around the vagina. When these same parasites have been repeatedly implanted in healthy animals however, infestations have not occurred as long as the diet has been adequate.

If a deficient diet is not improved and the parasites are killed by medication, herbals or electro-medical means, re-infestation quickly occurs, but they gradually die out when the diet is made highly nutritious. Both parasites and worms infest animals deficient in Vitamin A, whereas well-fed controls remain free of infestation. The entire intestines may also be filled with worms when animals are allowed to eat too little of an excellent diet to obtain the nutrients they need, and if the worms are destroyed by medication, the animals died of infections in the intestines.

Although intestinal parasites are surprisingly common, there are no known studies showing the effect of dietary improvement on humans infested with them. It is known that a high intake of refined foods, particularly sweets, which supply little or no nutrient yet satisfy the appetite, cause individuals to become susceptible to pinworms which thrive on sugar.

Research indicates that in any type of parasitic infestation however, the diet should be unusually adequate and refined foods strictly avoided. Yogurt or acidophilus milk, or culture, appears to be especially helpful in cases of amebic dysentery and perhaps all intestinal

infestations, and every effort should be made to maintain normal stomach acid, which destroys many parasites obtained from food.

Other researchers have shown that parasites are particularly susceptible to a variety of herbs, which are lethal only to these organisms. To date, there is no known "cure-all" herb which kills all stages of a parasites larvae and eggs. As described, poisons and toxins in the body irritate the tissues, setting the stage for cancer. These same toxins also seem to allow the parasites to breed outside of their normal, natural, life cycle that usually involves leaving the host's body. It seems that with the increase in environmental pollution, the parasites, in the presence of pollutants, can complete their life cycle within the host's body.

Any anti-parasitic treatment must effectively kill all stages of parasite development, and must continue on beyond the normal incubation period of the eggs. Any short term treatment, (such as commercial preparations are) - cannot be effective. Commercial treatments usually focus on intestinal parasites, and adult worms only. As has been described above, parasites can crawl into the liver, pancreas, brain, lungs, heart, eyeballs - in fact any part of the body. Therefore, **a total systemic anti-parasitic system of treatment is imperative**. Such a treatment may involve electro-medical devices that destroy the parasite electrically, and pure herbal supplements known to kill all stages of parasite development.

CONCLUSION

There are two trains of thought on the matter and cause of cancers, leukemia, fibroids, HIV AIDS, and other diseases which modern medicine has yet to find a cure.

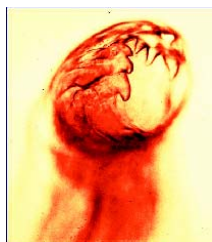
One train of thought is that modern medicine has the means to cure disease by introducing toxic and potent drugs that are foreign to the physiology of any living body - human or animal. Or, surgically remove the diseased and suffering and dying organ.

The other train of thought is to harness the healing power of the body by removing the source of irritation, and providing nutrients for the body to build healthy new cells. By stimulating it with naturally occurring substances, such as are found in pollutant free, steroid free, hormone free, organically grown foods and herbs, and electricity - healing is naturally accomplished.

Which method or solution does the reader prefer?

Dr Bernard W. Barber
PhD, BSc in Allied Health Sciences

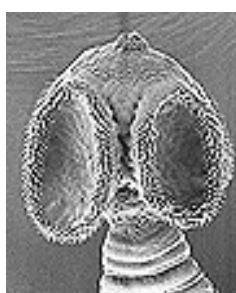
This article is reproduced with grateful acknowledgment to Dr Bernard Barber,
Wisma Methodist, Lorong Hang Jebat,
50150 Kuala Lumpur, Malaysia



Hookworm



Pinworm images



Tapeworm images



How do I know if I have parasites?

Associated symptoms and potential indicators include:

- abdominal bloating
- flatulence (gas)
- abdominal pain
- diarrhea
- constipation
- foul smelling stools
- bowel irritation
- joint and muscle pain
- heartburn
- headaches
- bad breath
- fluid retention
- food sensitivities
- allergy
- sugar cravings
- mental confusion
- fatigue
- malaise

Vitaklenz is an **effective herbal treatment** - the best way to eradicate parasitic and unhealthy micro-organisms from the gastrointestinal tract.

What Others Say About Vitaklenz

Vitaklenz and thrush (Candida albicans yeast).

For about 6 years our daughter A. has suffered with thrush in her vagina. Despite a special diet, trying various creams suggested by our family doctor, also antibiotics as prescribed by a gynaecologist, A. has been miserable with the constant itching and soreness that comes with this condition.

After using Vitaklenz for 2 months the problem has cleared up completely. As well, A. no longer needs to stay on a special diet.

We are really happy with the results of using Vitaklenz. We intend putting A. on the months course of Vitaklenz each 6 months as well as using a probiotic and Seaminerals.

Many thankyou's with grateful appreciation that you brought Vitaklenz and other products to our attention as these, with the resulting success, has given A. a happier quality of life.

Yours sincerely,

B & G, Sunshine Coast, QLD, Australia.
September 2004

Vitaklenz and detox

As you are aware, I have purchased quite a lot of Vitaklenz in the last two months. There is a good reason for this.

A friend of mine recommended Vitaklenz. When I first approached your company for information I was told that there may be some minor effects from toxins being released during the treatment for eradicating parasites. You mentioned that some clients have experienced slight dizziness, nausea and headaches for a short period of time.

The fact caught my attention as my business is in the detoxifying industry. We use a wrap system where our clients are wrapped in bandages soaked in natural sea clay. There are 3 sessions in the first month, followed by monthly wraps. This process helps rid the body of unhealthy toxins, conditions the skin and is a good complement to weight loss.

After having my clients use Vitaklenz for the last 2 months, I can now confirm that my wrap clients who are using Vitaklenz have unanimously commented that the detox wrap process has been noticeably enhanced.

In addition to comments from our clients we have also noticed that the toxins released are visible through the clear "booties" we put on our clients and are much greater than normal, sometimes even filling the "booties" by the 3rd wrap treatment. We can only assume that Vitaklenz really does assist in detoxifying the body from the inside.

We have great faith in your product and do not hesitate to recommend Vitaklenz to other professionals in the health and skin care industry ... Although our principal interest in stocking Vitaklenz was to enhance our Detox program, I must admit that profit from the sales of Vitaklenz has contributed greatly to our cash flow.

I am looking forward to an ongoing and mutually beneficial business relationship.

KG.
Bellingen, NSW, Australia.
August 2004

Vitaklenz and parasites

I am writing to congratulate you on your excellent product Vitaklenz.

After being diagnosed with parasites 18 months ago by a Naturopath I have had continual treatment with 6 types of herbal products, but my level of parasite infection was still 80 percent.

Within one week of starting treatment with Vitaklenz my energy level had increased dramatically and the swelling/pain in my joints had disappeared. After 2 weeks of treatment dead tapeworms were visible in the toilet.

After 4 weeks of treatment my level of parasite infection was NIL. One week later the reading is 5%, so obviously there are still eggs hatching, but I am sure that another month's treatment will solve this problem.

I would like to recommend your product highly to anyone with parasite problems. Thank you for your assistance.

KR, Buderim, QLD, Australia.
June 2004

Vitaklenz and foot fungus

I wanted to write and let you know how thrilled I am with the UNEXPECTED benefits I have received from a two-month course of Vitaklenz. My purpose in beginning the program was for general health, however towards the end of the first month I noticed my toenails looking remarkably better.

Prior to this I had a progressive fungus which caused the toenails to thicken and flake and, worse still, split almost the full length of three of the toenails. (Also I have four ingrown toenails.)

At the end of the first month the base of all the toenails began looking pink and healthy, and [there was] no pain from the ingrown toenails. This was enough for me to be encouraged to continue the treatment to keep the improvement going whilst the nails grew out. After the second month the improvement was evident to others not just myself.

I am so happy at this improvement as the podiatrist said the only way for me to get rid of this fungus problem was to treat the nails twice a day for one year. The thought of putting a chemical on my toenails twice a day was a negative aspect. Also I would forget [the application] often which extended the program or perhaps nullify [it].

I will be pleased to recommend Vitaklenz to anyone for general health, but the surprise factor of a long standing problem unexpectedly addressed is the cherry on top.

CW. Bribie Island, QLD, Australia.
September 2004.

Vitaklenz and thrush

I never thought that I would be sitting here and writing to thank you for such a brilliant product. I've read testimonials for other different products in the past and have always been sceptical and thought that they may might be a hoax. But I honestly thank the day that I found your product ... I knew that I'd found a company that truly cared and were striving to help people affected by this dreadful ailment.

After a miscarriage, I began suffering from the thrush infection that I thought I had beaten years ago. I didn't relish the idea of going back to the messy creams and pessaries like Canistan and Nilstat which really only ever makes the infection gradually more worse before masking the problem, and then comes back with a vengeance a few weeks later.

I thought that surely there must be a better product even if it meant buying something from overseas. I consulted doctor after doctor who still prescribed the same creams and even tablets that you take orally which I have since found out can be hazardous to the liver. My problem was getting increasingly worse, burning pain and the most unbearable itch. It got to the point where it wasn't just affecting me, it was affecting my family. Here I was, fighting a yeast infection that was making me more and more miserable. I became snappy and irritable.

I started an anti-candida diet which is absolutely ridiculous. I couldn't eat the fruits and breads that I love, couldn't touch any alcohol and anything with yeast or sugar was completely out and I had to take a daily dose of acidophilus. I also found that I always seemed to have itchy ears despite cleaning them on a daily basis.

After receiving my first bottle I noticed a difference after about 1 week with my general health and well being, I think I just felt fresher. Since then, approximately 9 months ago, I have not looked back. I have not had thrush at all, and I can eat what I want and drink what I want. A door has opened for me to be able to enjoy life at its fullest.

KS, Gold Coast, QLD, Australia. (February 2004)

Vitaklenz and worms

My kids seemed to suffer from worms every few months. It was so frustrating! I would dose them up on the drugs from the pharmacy, their itching would go away, and then [after] a couple of months it would start all over again. Feeding my children on these drugs so regularly was a real concern to me.

A friend put me onto Vitaklenz. I was initially a bit worried as my youngest is only 7. I started him off on just one capsule per day though, and then gradually introduced a second one after the first week. He did fine on this.

After a full treatment of Vitaklenz - guess what? No more symptoms of worms. Vitaklenz seems like a great safe alternative to the drugs we used to use.

CC. Central Coast, NSW, Australia. (February 2004).

Vitaklenz and parasites

I've been taking Vitaklenz since November 21, 2003 to date, and I also have access to the Quantum machine. This machine will give you a total assessment of your health status.

I've tried many, many, many things to get rid of these parasites. Chinese herbs, garlic and coffee colon cleanses, changed my diet to no alcohol, yeast, red meat, dairy and caffeine together with using Colloidal Minerals. None of these methods proved as effective as Vitaklenz.

I used to feel biting, pulling, twisting in my uterus and ovaries. I was to the point where I was going to have surgery.

The initial read out showed four major parasites, i.e. Ollulanus Tricuspis worm, Protostrongylus Ovatus, Hydatigera Taeniaeformis, and Anoplocephala Magna. All four of these parasites are gone now, except the Hydatigera Taeniaeformis, which is significantly weaker today than two months ago. Thanks!

VS. Brooklyn, New York, USA
January 2004.

Note: Ollulanus Tricuspidis is a roundworm, and Hydatigera Taeniaeformis is a tapeworm - both common to cats. Protostrongylus is a lungworm commonly found in sheep, goats, African antelope and deer. Anoplocephala is a tapeworm found in horses. The medical community continues to deny that these parasites are able to infest humans. -MP.

Vitaklenz and acid reflux

"I tried Vitaklenz as directed and was pleasantly surprised at the results I received. This product did more than I ever expected. Within seven days my diagnosed acid reflux disease was cured. I have had it for approximately 5 years and was prescribed daily medications for the problem. I was diagnosed with high blood pressure over 15 years ago. I took this product as directed and I had to go to the doctor because I was having dizziness and chest pains. The doctor found that my blood pressure was too low and recommended that I just take half a dose of my medications. I stopped taking them but continued to monitor my pressure daily. Within three days the dizziness left along with the chest pains. My blood pressure has continued to stay within proper limits. Thank you so much for your wonderful products."

R.B.
Panama City, Florida, USA
April 19, 2005

Vitaklenz FAQ

"Does Vitaklenz treat Candida?"

Vitaklenz is not a long-term or ongoing solution for Candida, but it will kill off any present yeast overgrowth and restore your system's balance. Once clear, it is important to replenish the intestines with live beneficial bacteria. A healthy balance of these "good" bacteria will help keep Candida under control and prevent future outbreaks.

The Vitaklenz Detox Recharge 90 Day Program contains a one month course of Vitaklenz followed by 2 months supply of Vitaklenz Recharge, a powerful probiotic containing live beneficial bacteria. You can repeat this Detox Recharge program every 3 months to help fight a persistent candida program.

"What are the ingredients of Vitaklenz?"

Each capsule of Vitaklenz contains herbal extracts equivalent to dry:

Black Walnut (*Juglans nigra*) 200 mg
Wormwood (*Artemisia annua*) 105 mg
Clove flower bud powder (*Syzygium aromaticum*) 25 mg
Olive Leaf (*Olea europaea*) 300 mg
Pumpkin Seed (*Curcubita pepo*) 250 mg
Pau D'Arco (*Tabebuia avellanedae*) 150 mg
Echinacea (*Echinacea purpurea root*) 100 mg
Barberry root (*Berberis vulgaris*) 100 mg
Gentian (*Gentiana macrophylla*) 180 mg
Garlic (*Allium sativum*) 80 mg
Milk Thistle, or St Mary's Thistle (*Silybum marianum*) 105 mg

Thyme leaf powder (*Thymus vulgaris*) 25 mg

This product contains no yeast, milk derivatives, wheat or corn starch, gluten, preservatives, colours or flavours. Vitaklenz contains no laxative properties.

Vitaklenz is encapsulated in soft-gel Vegan capsules (no animal products).

“Recommended dosage of Vitaklenz”

Each bottle of Vitaklenz contains one complete treatment for one adult at the recommended dosage (i.e. 100 capsules @ 3 per day). The length of the treatment (at least one month) is critical to break the lifecycle of the most common targeted organisms.

There are no specific dietary restrictions while using Vitaklenz, however it is recommended that 8 glasses of water be taken daily during the treatment.

Some of our customers have found it beneficial to use a double dosage of Vitaklenz as part of their initial treatment. They either take it over 2 months consecutively at the recommended dose, or over one month by doubling the amount of capsules taken (2 caps taken 3 times per day). This is especially helpful in cases of extreme or very long-term infestation.

Vitaklenz can be repeated every 3 months to help the body remain free of unhealthy organisms.

“Can children take Vitaklenz?”

Each bottle of Vitaklenz contains one course for one adult at the recommended dosage (i.e. 3 caps per day for one month).

Vitaklenz is not routinely recommended for children under 12 at the recommended dose.

For children under the age of 12 or for adults who have difficulty swallowing capsules we recommend Vitaklenz for Kidz - in chewable Fruit Tingle flavored tablets.

“Can Vitaklenz be taken by pregnant or breast-feeding mothers?”

The human body is truly a remarkable thing. It suppresses its own defence mechanisms against parasitic invaders during pregnancy, thereby ensuring that any unborn baby is not targeted and rejected by the body as a harmful organism.

As parasites tend to be opportunistic it is very common for them to take advantage of this time of immunity suppression and infest the mother's system. Hence one of the most common questions we are asked is regarding the use of Vitaklenz either during pregnancy or times of breast-feeding.

Unfortunately we cannot recommend Vitaklenz be taken during pregnancy or while breastfeeding. In fact all responsible manufacturers of Cleansing or Detox treatments caution their customers about using such treatments during these times.

Whether drug-based or herbal, anti-parasitic treatments all contain compounds designed to kill microbial organisms. Effective treatments all involve a prolonged course of administration (usually about 4 weeks) so as to break the lifecycle of the most common parasites. Insufficient tests have been done on the effects of prolonged use of these compounds on infants, so the safety of your baby cannot be guaranteed while using any anti-parasite product.

Nevertheless there are steps you can take to safely combat parasite infestation during these times. Some of these suggestions do involve the use of Vitaklenz.

Will a reduced dosage work?

Vitaklenz contains key elements drawn from its herbal compounds that have been traditionally used to kill parasites. This formula has been specifically engineered to eliminate common parasites at the recommended dosage, i.e. 1 capsule 3 times per day continuously for 30 days (1 bottle = 1 month supply).

The length of the continuous treatment is critical to the success of Vitaklenz - a 30 day treatment effectively breaks the lifecycle of the parasites. Some parasites (especially worms) leave the human body at certain lifecycle stages. This often accounts for an itching sensation around the anus, vulva, nose and ears. A one month continuous treatment ensures that parasites re-entering the system during this period are also eliminated.

Hence modifying the dosage of Vitaklenz or interrupting the treatment with shorter-length courses) to cater for the health of an unborn or suckling infant will lower the effectiveness of this product.

Vitaklenz is a blend of herbs that are lethal to parasites but safe to human adults at the recommended dosage - such concentrations could potentially impinge on the health of your unborn or suckling baby.

Nevertheless it is possible to use the anti-parasitic effects of Vitaklenz to interrupt the lifecycle of parasitic worms.

Opening the capsules and mixing the ingredients of Vitaklenz with Vaseline (or another non-active topical cream) allows it to be topically applied to areas around the anus and vulva. These are areas commonly used by worms to lay their eggs. The presence of a Vitaklenz application in these areas will discourage the worms from laying eggs there, thus interrupting their breeding cycle.

At the same time an oral administration of probiotics (beneficial bacteria) can be taken to help fight off existing infestations. While not being able to thoroughly eliminate parasites, friendly bacteria contribute to a healthy internal system which will keep parasites at bay until pregnancy and breast feeding have ceased. Probiotics can usually be safely taken during these times.

Vitaklenz Recharge is a powerful probiotic food supplement specifically designed to be used in conjunction with Vitaklenz. It is quite safe to be used on an ongoing basis during times of pregnancy or breastfeeding.

Probiotics may also be used to help control a candida problem, but the other suggestions regarding a topical application of Vitaklenz are not recommended for yeast-related skin problems.

Candida and parasitic problems are common during pregnancy as the body's immune system is suppressed to allow for the presence of an unborn infant. We hope the above information is helpful to you in managing your health during this special time.

“How do I store Vitaklenz?”

Vitaklenz is a stable product with a long shelf-life if stored in the right conditions. Vitaklenz should ideally be stored out of direct sunlight and will last longer if kept away from extreme heat.

Parasites/Candida FAQ

“Where can I find more information on parasites and candida?”

Power Healing by Leo Galland (Random House, New York, 1997)
The Yeast Connection Handbook by Dr William Crook (Professional Books, Jackson, Tennessee, 2001)
Handbook of Medicinal Herbs by J. A. Duke (CRC Press Boca Raton, Florida, 1985)
The 20-Day Rejuvenation Diet Program by J. Bland (Keats Publications Inc. 1997)
The Complete Illustrated Holistic Herbal (by D. Hoffman (Element Books, Brisbane, 1996)
A Textbook of Natural Medicine by J. E. Pizzorno, M. T. Murray (John Bastyr College Publications, 1992)
Infectious Diseases Clinician North America 1988:2(3): 747-51
Indian Pediatrics, 8: 462-65. 1971
Journal of Infectious Diseases 1987:156 (1) :243-4
Nature's Antibiotic: Olive Leaf Extract by M. Walker (Kensington Publications, 1997)
Herbal Drugs and Phytopharmaceuticals by N. G. Bissett (Medpharm Scientific Publications, Stuttgart, 1994)
"Thymus Vulgaris" by H. H. Zeylstra (New Herbal Practitioner 13:1 pp9-10, 1986)

Research Material

HERBAL INGREDIENTS OF Vitaklenz

European Barberry *Berberis vulgaris*

Barberry is a thorned, deciduous shrub growing up to 3 meters (10 feet) in height common to most areas of Central and Southern Europe and the Northeastern regions of the United States. It grows well in dry, sunny locations, flowers in mid-spring to early summer and produces a fruit (*Fructis berberidis*) that can be harvested in early autumn or fall.

The leaves of the barberry plant are spatula shaped with numerous spiny teeth arising from the axils of thorns on short bushy shoots. Barberry has yellow, unpleasant smelling flowers that form hanging clusters, which form into long scarlet colored berries with a sour taste (41) (60).

TRADITIONAL USE

In folk medicine, european barberry root bark has been used for various conditions including liver dysfunction, gallbladder disease, diarrhea, indigestion and urinary tract diseases (2) (3) (5). It has been applied in many cultures to treat malaria, and leishmaniasis (3) (5) (10).

American Indians used barberry to improve appetite, a function that was soon picked up by early American settlers. It was also reportedly used for treating stomach problems such as ulcers and heartburn (2), and is listed in the American Medical Ethnobotany Reference Dictionary as being effective in reducing fever (27).

Duke's Handbook of Medicinal Herbs lists barberry as being antihelicobacter, fungicidal and antiparasitic. It reports indications of barberry against staphylococcus, streptococcus and yeast, and claims that it is superior in bactericidal properties to chloramphenicol, a commonly prescribed antibiotic drug (36).

The constituents berberine, columbamine, and oxyacanthine show evidence of antibacterial activity, with some suggestion that berberine sulfate might be amebicidal and trypanocidal (2)

(4). Research indicates that berberine is specifically effective against cholera, giardia, shigella, salmonella and *E. coli* (35).

The German Commission E Monographs list barberry not only as useful for treating liver diseases, but also as a stimulant for the circulatory and respiratory systems (1). Barberry is claimed also to have anti-viral activities, and as a treatment for chronic candidiasis, indigestion and parasites (43).

Laboratory studies have shown that berberine has some activity against *E. histolytica* in mice (10).

Barberry is generally considered safe when consumed orally and appropriately for medicinal purposes, but due to its moderately toxic properties cannot be recommended for consumption in quantities over 500 mg. Barberry has been classified as unsafe to take during pregnancy due to its uterine stimulant properties. Due to the lack of reliable studies on the use of barberry during periods of lactation it is not recommended for use while breastfeeding (3).

Black Walnut *Juglans nigra*

Black walnut is often applied to treating cases of diphtheria, leukemia and syphilis, and to kill and expel intestinal worms (3).

The chief known constituent of black walnut is juglone, which has demonstrated both antibacterial and antifungal properties (24) (37). James Duke lists juglone as being antiparasitic, antiviral and a fungicide (32), while Martindale claims some efficiency of juglans in treating lymphatic disorders such as scrofula (33).

TRADITIONAL USE

Black walnut has been used in folk medicine as an astringent, laxative and a vermifuge. It is used to expel tapeworms and other internal and external parasites (37). The American Medical Ethnobotany Reference Dictionary claims that the juice from black walnut hull is effective against ringworm (27), but some warnings have been issued regarding the topical use of this herb (see below). Black walnut is traditionally regarded as being antiparasitic and a vermifuge (kills worms) (36) (72).

Black walnut is listed as safe for short term oral use (typical oral dose is 1,000 mg three times daily with water), but is regarded as possibly unsafe for topical application. Due to the lack of reliable studies on the use of black walnut during periods of pregnancy or lactation it is not recommended for use during these times (3).

Clove *Syzygium aromaticum*

Cloves' many medicinal uses have been most famously applied to toothache, and for mouth and throat inflammation (3). More than just a counterirritant though, the German Commission E Monographs list cloves as having antiseptic, antibacterial, antifungal and antiviral properties (1) (5).

What is behind cloves' various properties? One of the main constituents of clove oil (eugenol) exhibits broad antimicrobial activities against both Gram-positive, Gram-negative and acid-fast bacteria, as well as fungi (4) (18). Cloves are well known also for their antiemetic (relieves nausea and vomiting) and carminative properties (4) (6) (7) (18).

TRADITIONAL USE

The oldest apparent medicinal use of cloves was in China, where it is reported that they were taken for various ailments as early as 240BC. Cloves were taken over the centuries for diarrhea, most liver, stomach and bowel ailments, and as a stimulant for the nerves (26).

Traditionally cloves have been used to treat flatulence, nausea and vomiting (3) (24). In tropical Asia cloves have been given to treat such diverse infections as malaria, cholera and tuberculosis, as well as scabies (35). Traditional uses in America include treating worms, viruses, candida, various bacterial and protozoan infections (36).

Laboratory tests on cloves identify eugenol as being the possible reason for the antimicrobial actions, and confirm cloves' effectiveness in inhibiting food-borne pathogens as well as other bacteria and fungi (17). The volatile oil of cloves (about 85-92% eugenol) was highly active against a range of test microorganisms, being classified as bactericidal in nature (64).

Cloves are generally regarded as safe when taken orally and appropriately for medicinal uses, and as a short-term topical application. Cloves are regarded as unsafe when inhaled, and clove cigarettes contain properties more damaging than many tobacco varieties. It is generally accepted that cloves are safe to use while pregnant or breastfeeding in quantities commonly found in foods.

Echinacea *Echinacea purpurea*

Echinacea is a plant that bears single pink or purple flowers from its tall stems, with a central cone that often appears purplish-brown in color. This accounts for its alternate name in some cultures, the "Purple Cone Flower". Although there are several species of the echinacea plant, only 3 are used for medicinal purposes (*Echinacea augustifolia*, *Echinacea pallida*, and *Echinacea purpurea*) (73).

Echinacea is used for a range of benefits, including as an antiviral, an immune stimulant, and to relieve urinary tract infections and yeast-related disorders. Extracts from *Echinacea purpurea* add to the body's resistance to bacterial and viral infection (3) (9) and have shown indirect antiviral activity (4).

The success of echinacea as a supportive therapy for colds and other respiratory infections is well documented (1) (5) (8) (24). This comes as no surprise, as echinacea is an immune stimulant, a fact established by numerous scientific studies (2) (4) (7) (8). Some effects of echinacea include an increase of the number of white blood cells and spleen cells, elevations in body temperature and reproduction of T-helper cells (5).

TRADITIONAL USE

Historically echinacea has been taken for septicemia, migraines, streptococcus infections, syphilis, typhoid, malaria and diphtheria. Often echinacea is included with in combination with other herbs to treat or prevent colds and other upper respiratory infections (2) (3).

Echinacea arrives to us from the tribal medicine of the North American Indians, and by the 19th Century had become the most widely used plant drug in the United States (18). It was used in various forms for many ailments throughout the Americas, including as an aphrodisiac, to relieve headache and stomach pains, improve appetite and ease nausea and fevers. Echinacea root was chewed to treat colds and sore throats (23). It is further listed as an antibacterial, candidicide and trichomonicide in James Duke's Handbook of Medicinal Herbs (36).

A double-blind, placebo-controlled study indicated that 450 mg/day of *Echinacea purpurea* root extract significantly relieved the severity and duration of flu symptoms (4).

A total of 26 controlled clinical trials in Germany were conducted on the immunomodulatory activity of echinacea preparations prior to 1994. After reviewing the 34 test treatment groups, 22 were considered to have given results indicating echinacea's positive effects on the immune system, particularly with regard to upper respiratory infections (9).

Lab studies in mice have shown that arabinogalactins from *Echinacea purpurea* provide protection against certain test microorganisms. The test results showed a 100% preventative effect against lethal *Candida albicans* infections and "very good preventative effect" against

lethal *Listeria* and *Leishmania* infections (10). Both *in vivo* and *in vitro* immunostimulant activity in mice has been documented for echinacea (12).

Echinacea is considered generally safe when taken orally for periods of no longer than 8 consecutive weeks of daily use. Due to the insufficient reliable evidence on the use of echinacea while pregnant or breastfeeding it cannot be recommended for use during these times.

Garlic *Allium sativum*

Garlic is taken orally to reduce high blood pressure, prevent heart disease and atherosclerosis, treat earaches, stimulate both the immune and circulatory systems and prevent cancer. Other applications include treating diabetes, arthritis, colds and flu, fighting stress and fatigue and maintaining healthy liver function (3).

Various official monographs list garlic as being both antibacterial and antimycotic (suppresses the growth of certain fungi) (1) (4) (8). Consequently garlic is administered to treat *Helicobacter pylori* infections (3) (12), and to inhibit the growth of *Candida albicans*, particularly in cases of recurrent yeast infections (11).

Parasitic worms are also apparently susceptible to garlic. The World Health Organization "Monographs on Selected Medicinal Plants" reports garlic has having been used to treat roundworm (*Ascaris strongyloides*) and hookworm (*Ancylostoma caninum* and *Necator americanus*) infestations, listing allicin as the active anthelmintic constituent (8).

The United States Department of Agriculture lists garlic as being a viricide on its Medicinal Plant Database (47).

What accounts for the antibacterial action of garlic?

The garlic bulb contains an amino acid derivative called alliin, which is in fact odorless and contains no antibacterial properties. However when the garlic bulb is crushed or ground, alliin comes into contact with an enzyme (alliinase) that converts the alliin into allicin. Allicin is the reason for garlic's distinctive odor, and is a potent antibacterial agent (2).

TRADITIONAL USE

The use of garlic in history goes back thousands of years, with Hippocrates, Galen, Pliny the Elder, and Dioscorides all reporting its use for various conditions, including parasites, low energy, and respiratory and digestive disorders. Garlic's reputation in Western medicine was established in 1858 when Louis Pasteur confirmed its antibacterial properties (11).

Traditional Chinese medicine has used garlic since at least A.D. 510 (11), and is still using it for amoebic and bacterial dysentery, tuberculosis, scalp ringworm and vaginal trichomoniasis.

Other folk medicine cultures have traditionally used garlic for treating colds and flu, fever, coughs, headache, hemorrhoids asthma, arteriosclerosis, low blood pressure, both hypoglycemia and hyperglycemia, cancer and as an aphrodisiac (amongst other things) (3) (4). Garlic has also been used to treat pinworms (4).

The antiparasitic nature of garlic is demonstrated in the uses to which it has been applied in folk medicines around the world. For example, it has been traditionally used to treat parasitic worms in such diverse cultures as East Asia, India, Italy, North America, Peru, Saudi Arabia, Tunisia and the West Indies. Traditional practitioners in Greece have long used garlic extracts to protect against amoebic infections (14).

Laboratory tests (both in test tubes and in animals) have demonstrated that fresh garlic has antimicrobial activities (including antibacterial, antiviral, antifungal, antiprotozoal, and antiparasitic) (3) (12) (14).

Particular activity against *B. subtilis*, *E. coli*, *P. mirabilis*, *Salmonella typhi*, methicillin-resistant *Staph aureus*, *Staph faecalis*, *salmonella enteritidis*, and *V. cholerae* have been noted (3) (12).

Bacteria shown to be susceptible to garlic in the test tube include species from *Staphylococcus*, *Escherichia*, *Proteus*, *Salmonella*, *Providencia*, *Citrobacter*, *Klebsiella*, *Hafnia*, *Aeromonas*, *Vibrio* and *Bacillus* genera (12). Human trials as well as in vitro studies have shown that garlic consumption is active against *Mycobacterium tuberculosis* (14).

An epidemiological study in China among 214 people from the Shandong province suggested that garlic consumption might have a protective effect against *H. pylori* infection and the development and progression of precancerous gastric lesions (13).

Fungi demonstrated to be susceptible to garlic in lab tests include the genera *Microsporum*, *Epidermophyton*, *Trichophyton*, *Rhodotorula*, *Torulopsis*, *Trichosporon*, *Cryptococcus neoformans*, and *Candida*, including *Candida albicans*. It is reported that garlic is more effective against pathogenic yeasts than nystatin, especially *Candida albicans* (3) (12) (14) (16).

Essential garlic oils were active on *Entamoeba histolytica* in clinical trials, confirming its potential for antiamebic activity (14).

Antiprotozoan activity has also been demonstrated in lab tests against *Paramecium caudatum* (14).

Garlic has also shown itself in lab tests to have several immune-enhancing effects (12).

Fresh garlic, garlic extracts, oil and oleoresin have been generally recognized as safe when consumed in amounts commonly found in food. Garlic has been used for medicinal purposes in clinical studies lasting up to 4 years without reports of significant toxicity. It is possibly unsafe when consumed in large amounts, with the American Herbal Products Association Botanical Safety Handbook claiming that high doses could be dangerous or even fatal for children. There are, however, no reported cases of significant adverse reactions or mortality in children associated with the ingestion of garlic (3).

There are no published reports of garlic adversely affecting pregnancy, although it would be wise to avoid consuming large amounts during these times. (Theoretically large amounts of garlic might act as an abortifacient causing uterine contractions.) There is a lack of reliable information dealing with the use of garlic while breastfeeding, but it has been generally accepted that consuming it in amounts commonly found in food would be safe (3).

Gentian *Gentiana macrophylla*

Gentian is a tall, attractive perennial plant native to the mountainous areas of central and southern Europe. It may grow up to 140 cm (55 in) high with a single stem (no branches) from which long bluish-green leaves emanate in opposite pairs. On the upper section of the plant these turn into saucer-shaped subtending leaves from which the long stemmed flowers appear. In early autumn or fall the root of the gentian plant is dug up and dried (35) (41).

The most common medicinal uses for gentian include treating digestive disorders such as loss of appetite, fullness and flatulence. It is however used for a variety of other purposes, such as reducing fever, eradicating parasitic worms and as a general tonic (roborant) (1) (2) (3).

Root extracts of gentian have antifungal activity, are anti-inflammatory, and have immunostimulating activities (12).

Gentian is regarded as safe when consumed orally in amounts commonly found in foods or in typical therapeutic amounts.

Gentian cannot be recommended for use during pregnancy due to its potential as a mutagen. Due to a lack of reliable information on the effects of lactation, gentian should be avoided while breastfeeding.

Milk Thistle *Silybum marinarum*

Milk Thistle is also known as Holy Thistle, Lady's Thistle, Marian Thistle, Mary Thistle, Our Lady's Thistle, St. Mary Thistle, Silybum and Silymarin.

Milk thistle (or St. Mary Thistle) fruit is one of the most encouraging traditional herbs to be handed down to modern scientific medicine. The milk thistle plant grows wild throughout much of Europe, being native to the Mediterranean and thriving in sunny locations. Milk thistle has distinctive white markings on its leaves, traditionally believed to be caused by the Virgin Mary's milk (thus the name). The flowerheads are picked while in full bloom in early summer (35).

The fruit and seed of the milk thistle plant are commonly applied to treating gallbladder and liver conditions (1), as a liver protectant, for treating hepatic cirrhosis and chronic hepatitis, and diseases of the spleen (3) (5) (12) (38).

The British Herbal Pharmacopoeia has listed milk thistle fruit as having a liver protecting action (7). Thus this herb is used in conditions when the liver is under stress or when toxicity is present, such as times of infection, excess alcohol, or during periods of chemotherapy (35).

TRADITIONAL USE

Milk thistle has been used for many centuries in Europe as a remedy for depression and liver problems (35). Historically milk thistle has also been used for treating malaria, uterine disorders and to stimulate menstruation (3).

Duke's Handbook of Medicinal Herbs lists both antioxidant and antiviral properties for milk thistle, as well as the liver protecting functions otherwise well established (36).

Studies in animals have shown that milk thistle can exert a protective effect on the liver against various toxins. Other studies and some human trials suggest that milk thistle can actually help the liver in regenerating and producing new liver cells (18). Thus this herb has been endorsed by German health authorities as a supporting treatment for inflammatory liver conditions and cirrhosis (2).

Other animal studies have demonstrated milk thistle's power as an antioxidant and a liver protector (12) (24).

Milk thistle fruit is generally accepted as safe when consumed in moderate amounts. Due to the lack of reliable information regarding the use of milk thistle during pregnancy or while breastfeeding, it is recommended that you avoid using it during these times.

Olive Leaf *Olea europaea*

The olive tree is a small evergreen tree native to the Mediterranean. The tree grows green to blue-black edible fruit, and also from which can be processed an edible oil. The oil and the leaves are both processed for therapeutic purposes (69).

Olive leaf is commonly used for treating conditions caused by, or associated with, a virus, retrovirus, bacterium or protozoan. Hence its applications include conditions such as colds and influenza, meningitis, Epstein-Barr Virus, encephalitis, herpes, shingles, HIV/AIDS, chronic fatigue, hepatitis B, pneumonia, tuberculosis, gonorrhoea, malaria, dengue, and assorted infections (3).

Olive leaf has been used in traditional medicine to reduce fever, blood sugar, blood pressure, and as a diuretic (24). In 1854, the *Pharmaceutical Journal* contained an article outlining its use to counter cases of fever and malaria (68).

Olive leaf is listed in *Duke's Handbook of Medicinal Herbs* as antibacterial, antioxidant and a hypoglycemic, with indications against such diverse conditions as malaria, lymphatic disorders and schistosomiasis (36).

Because the olive leaf is well known to be resistant in nature to both microbial and insect attack, many studies have focused on the antimicrobial properties of its chief constituents. Laboratory studies have found that oleuropein and hydroxytyrosol, constituents in olive leaf, have a high antimicrobial activity against both Gram-negative and Gram-positive bacteria. These results suggest that olive leaf can be considered a potential source of antimicrobial agents for treating intestinal and respiratory tract infections in humans (19).

Oleuropein has both bacteriostatic and antioxidant activity (3).

In animal experiments olive leaf has demonstrated itself to reduce fever, blood pressure and blood sugar levels (1), and to normalize irregular heartbeat (5). During the course of the 1960's research at Upjohn showed that constituents of olive leaf also has antiviral properties. Further related research has confirmed olive leaf's efficacy in countering bacteria and parasitic protozoa also (68).

Typical administrations of olive leaf extract include up to 500 mg doses 4 times per day over a limited period (68). Due to the lack of reliable information, olive leaf should be avoided while pregnant or breastfeeding (3).

Pau D'Arco *Tabebuia avellanedae*

Pau d'arco is a large canopy tree native to tropical rainforests in Central and South America. It grows to about 30 meters in height and can measure 2-3 meters in diameter at its base. The common name pau d'arco is applied to a number of species of the *Tabebuia* genus, but the preferred species employed in herbal medicine is *Tabebuia avellanedae* (31) (35).

Pau d'arco is taken for *Candida* yeast infections, various viral infections and parasitic infections. It also has anti-inflammatory and cleansing properties, and stimulates the immune system (35). Pau d'arco is a potent antioxidant (70).

Lapachol, a chief constituent of the wood and bark of the pau d'arco tree, has anti-inflammatory, antimalarial, antibacterial, antifungal, antiparasitic, and immunomodulatory activity (3), many of which have been backed up by results from animal and other laboratory studies (2).

Lapachol shows antibacterial/antiparasitic activity against Gram-positive and acid-fast bacteria, fungi and viruses, with a strong activity against the *Brucella* species. Naphthoquinones in pau d'arco, are highly effective against *Candida albicans* and *Trichophyton mentagrophytes*. Pau d'arco also actively inhibits the growth of several dangerous viruses, including Herpes types 1 & 11 (70).

In folk medicine pau d'arco has been taken to treat diabetes, ulcers, liver ailments, cystitis, prostatitis, ringworm, gonorrhea, syphilis, candida and as a general tonic (3). Natives from Central and South America reportedly used pau d'arco bark to treat cancer, leishmaniasis, leukemia, lupus and infectious diseases (21) (31).

In North American herbal medicine pau d'arco is considered to be antifungal, antiviral, anticancerous, and antibacterial. It is used for fevers, colds, flu, lupus, arthritis and circulatory problems. It is commonly included in herbal preparations throughout the United States for treating Hodgkin's disease, Parkinson's disease and candida yeast infections (31).

Duke's Handbook of Biologically Active Phytochemicals lists lapachol as being antimalarial, bactericidal and fungicidal (32).

Pau d'arco should be used with caution as significant evaluation of the safety of this herb in typical doses has not been conducted. Daily doses greater than 1.5 grams of lapachol have been associated with the most risk. Due to the lack of available data, pau d'arco should not be taken during periods of pregnancy or breastfeeding (3).

Pumpkin Seed *Curcubita pepo*

Pumpkins are thought to be originally native to North America, but are now found worldwide. They are an annual creeping plant with twining stems, lobed leaves, yellow flowers and large orange fruit. Pumpkins are harvested in autumn or fall (35).

Pumpkin seeds contain a fixed oil that is mostly linoleic acid (43-56%) and oleic acid (24-38%). Other constituents include protein, sterols, curcubitin, vitamin E, beta-carotene and minerals (including iron, zinc and selenium) (35).

Pumpkin seed is taken orally for bladder irritations and intestinal worms (3). It is thought to be a particularly safe and effective deworming agent, particularly in children for whom aggressive and toxic preparations are inappropriate (35).

Traditionally pumpkin seed has been taken to expel intestinal worms (24) with particular effectiveness noted against both tapeworms and roundworms (2) (18). Early settlers in North America mixed ground pumpkin seeds with water, milk or honey to provide a remedy for worms (35).

The United States Pharmacopoeia listed pumpkin seeds as an official medicine for eliminating parasites from 1863 until 1936, and this use for curcubita was practiced by eclectic physicians at the end of the 19th century. Traditional uses within the United States also included treating bacterial infections of the kidneys and urinary tract infections (3) (25).

Laboratory studies have demonstrated that curcubitin, a chief constituent in pumpkin seed, has antiparasitic activity. Human trials in China show that pumpkin seed is helpful to people suffering from schistosomiasis, a severe parasitic disease. Other human studies in China and Russia have demonstrated the effectiveness of pumpkin seed against tapeworm infestations (25).

Generally pumpkin seed is regarded as safe when taken appropriately. Due to the lack of reliable evidence on the effect of pumpkin seed on pregnancy and lactation, it should be avoided during these times (3).

Thyme *Thymus vulgaris*

Key constituents of thyme include thymol, carvacrol and flavonoids, often attributed with the antibacterial, antifatulent and antiworming properties of the herb. Thyme is also used to suppress coughing, ease chest congestion and stimulate production of saliva (3).

Thymol is considered to be antihelmintic (antiworm) with particular effectiveness against hookworm, and together with carvacrol is both antibacterial and antifungal (3) (4) (12).

The German Commission E Monographs list thyme as being bronchoantispasmodic, expectorant and antibacterial (1).

Traditionally it is the thyme leaf and flowering tops that have been used therapeutically. In folk medicine thyme is used to stimulate the appetite, suppress coughing, and relieve digestive disorders such as chronic gastritis, diarrhea in children and flatulence. It is also used to expel parasitic worms (3) (4) (24), particularly in children (35).

The overall antiseptic and tonic properties of thyme suit it well as a general boost for the immune system during times of chronic infection, and is still commonly used to remedy respiratory ailments (35).

Laboratory studies demonstrate that thymol has antifungal activity against a number of species, including *Cryptococcus neoformans*, *Aspergillus*, *Saprolegnia*, and *Zygorhynchus* species. Further studies confirm the antibacterial actions of this constituent, with demonstrated activity against *Salmonella typhimurium*, *Staphylococcus aureas*, *Escherichia coli* and other bacterial species (8). As an antibiotic, thymol is 25 times as effective as phenol, but less toxic (8) (18) (63).

Research in Scotland during the 1990's suggests that thyme and its volatile oil may counter the effects of aging. Subsequent studies have confirmed thyme's antioxidant properties, and how it helps the body maintain higher levels of essential fatty acids within the brain (35).

Thyme is generally regarded as safe when used in normal amounts, and has a Generally Recognized as Safe (GRAS) status in the US. Typical dosages of thyme include up to 4 grams of dried herb equivalent three times per day (3) (40).

Due to the lack of reliable information regarding large amounts of Thyme it should be limited to a moderate intake, particularly during pregnancy and breastfeeding (3).

Wormwood *Artemisia annua*

Wormwood is a hardy perennial herb native to Europe but now found throughout the world. The wormwood bush can grow to a height of 2 meters, and produces a number of bushy stems that are covered with fine, silky grey-green hairs. Wormwood produces small yellow-green flowers from summer through to early autumn or fall (26).

Orally wormwood is taken for loss of appetite, indigestion and gastrointestinal problems (1) (7). It is often used in conjunction with other herbs to deal with gallbladder disorders and flatulence (3).

The constituents of wormwood include absinthin, anabsinthin (both bitter compounds), and a volatile oil that is 70% thujone (3).

Habitual large doses of wormwood can cause a range of undesirable effects. These may include restlessness, insomnia, nightmares, vomiting, abdominal pains, dizziness, tremors, convulsions and urinary tract dysfunction.

Thujone's toxicity can cause various effects as the amount of wormwood consumed increases, including seizures, delirium and hallucinations in extreme cases. Some researchers believe that thujone's mind altering effects are similar to THC in marijuana (3).

There are some beneficial uses of this wormwood constituent however, as thujone shows promise as an antioxidant. It also appears to have moderate antimicrobial and antifungal properties (28).

Without doubt the most famous therapeutic use of wormwood is the expulsion of parasitic worms. Many reference works continue to list wormwood as an effective vermifuge, and some also list it for it's antibacterial and antifungal actions (4) (5) (18) (27) (36).

Historically wormwood has been used as a parasitic worm killer, an aphrodisiac, tonic and to induce perspiration (3). Other traditional applications include regulating menstruation and reducing fever (5). Duke's handbook of Medicinal Herbs lists antibacterial and antifungal properties for wormwood (36).

In times past wormwood was thought to counteract poison. It was also strewn about chambers to repel moths, fleas and other insects. When rumors of plague breaking out in London hit the streets in 1760, merchants reported running out of wormwood due to the huge public demand (26).

The use of wormwood in beverages dates back many centuries, perhaps as far back as the Saracens. Various methods of consumption have been used throughout history, including mixing the essential oil with beer or adding wormwood seeds to the distillation of whisky (26).

Most famous however is the mixing of the wormwood drug absinthol with anise to produce the intoxicating beverage known as absinthe. Overuse of this drink had devastating effects in Europe in the 18th century, with overindulgence known to have brought about paralysis (26).

Wormwood is employed today in the making of vermouth, and accounts for this drink's characteristic bitter flavor (26).

It appears that wormwood may also have certain antimalarial properties, with animal tests confirming that alcohol extracts of the dried leaves have considerable antimalarial potential (30), with the wormwood species *Artemisia annua* showing far greater antimalarial potential than extracts from over 30 other species in lab tests (74).

Wormwood is generally regarded as safe when used appropriately and for short durations. Wormwood should not be taken in large amounts or long-term.

This herb has been declared unsafe for use during pregnancy due to its uterine and menstrual stimulating effects. Due to the lack of sufficient reliable information, wormwood should not be used while breastfeeding.

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