

# A Standard Alternative Medicine Chest

PRODUCTS	USES
1. <b>A-C Carbamide</b>	A natural diuretic for water retention and edema. Prevents and reduces hangovers. Nightmares.
2. <b>Allerplex</b>	For seasonal allergies that affect the upper respiratory system.
3. <b>Antronex</b>	A natural antihistamine, with no drowsiness. Dries up watery eyes, nose and allergic skin rashes.
4. <b>Calicfood Wafers</b>	Nutritionally complete food (just add fiber). Source of all 22 amino acids. Excellent backpack food for complete nutrition and ligament support.
5. <b>Cataplex F</b>	Muscle cramps (use with Calcium Lactate), prevent and treat sunburns (use with USF Ointment).
6. <b>Chlorophyll Complex Ointment or Perles</b>	<i>Ointment:</i> Use topically for burns, wounds, and lesions. Anti-scarring vitamin E & A complexes and blood-clotting vitamin K. (Will stain clothing and bedding, cover affected area). Ingest perles for faster clotting time and blood building.
7. <b>Cholacol II</b> and/or <b>Choline</b>	Calcium bentonite clay used as adsorbent for food poisoning or gut toxicity and to dry up diarrhea. Third-world travel. Use with Choline to decongest liver.
8. <b>Collinsonia Root</b>	Take for relief of hemorrhoids.
9. <b>Congaplex</b>	Anti-bacteria immune support.
10. <b>Cyruta-Plus</b>	Anti-bruising. Burst capillaries in eye or skin. Bleeding gums.
11. <b>Drenamin</b> or <b>Whole Adrenal</b>	Anti-stress and fatigue. Naturally energizes adrenals.
12. <b>Cataplex E<sub>2</sub></b> or <b>Cardio-Plus</b>	Facilitates O <sub>2</sub> from blood into muscle. Great for altitude sickness (prevention). Natural anti-muscle spasm during aerobic exercise.
13. <b>Fen-Cho</b>	Natural stool softener and mild laxative. Bedtime and upon rising.
14. <b>Cataplex G</b>	Nerve relaxing B vitamins. Take with Min-Chex, before bed, as a sleep aid. Take with Organic Minerals (potassium) for panic attacks. Or by itself for a gentle nerve relaxer or for tension headaches. Bruxism.
15. <b>Gastrex Capsules</b>	Soothes / heals ulcers, gastritis and “nervous stomachs”.
16. <b>Immuplex</b>	Anti-viral immune support.
17. <b>Ligaplex I or II</b>	Ligament injury support for strains, sprains, tears and pulls.
18. <b>Min-Chex</b>	Natural physiological tranquilizer for minor depression, nervousness, irritability, PMS, and overall stress.
19. <b>Phosfood Liquid</b>	Phosphoric acid to calm upset stomach, helps migraine headaches, gout, bone spurs; Naturally lowers blood viscosity.
20. <b>USF Ointment</b>	Use topically for skins burns (sun, wind, or heat), diaper rashes, dermatitis and eczema.
21. <b>Wheat Germ Oil</b>	Puncture perle and use topically to prevent scarring.
22. <b>Zymex II</b>	Taken on an empty stomach to digest intestinal parasites.
23. <b>Zypan</b>	Hydrochloric acid with digestive enzymes, taken as digestive aid for indigestion, gas, and flatulence. Essential for foreign travel.

# Quick-find Reference \*

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\* Natural first-aid alternatives, as a rapid response and non-toxic approach to common needs for those who choose food or herb-based alternatives. Serious or persistent forms of these difficulties will require a more comprehensive approach.