



## IHHS-HEALTH & WELLNESS CENTER

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The Local People Serving You

### IHHS Herbal Health Optimization Program

[Add To Tera's Whey/Health Force/Isagenix Protein Shakes Daily]

**Now available at IHHS: One pound containers of Bulk Herbs. (Most Herbs are only \$10-\$25 a Pound and will last for several months of daily use!)**

Bacopa Organic

Beet Root Organic

Chia Seeds Organic

Cacao, Raw Organic

Colostrum 21 oz

Cinnamon Organic

Gelatin, Pharmaceutical grade

Hawthorn Berries Organic

Lecithin, Non-GMO, Organic

Matcha Green Tea Organic

Milk Thistle Seed powder Organic

Moringa Oleifera Organic

MSM Flakes ultra pure 4 x distilled (dose by symptoms, higher doses will be bitter)\*\*

NitroGreens Organic

Noni Fruit Powder Organic

Passion Flower Powder

Protein, Organic; Tera's Whey, Isagenix Whey, &/or vegan HF Warrior Food Extreme

Turmeric Root Powder Organic

Saw Palmetto Berries Organic

Stevia drops

Zeolite [Clinoptilolite] Organic

**Optional:** Rhodiola Powder, an adaptogen, ¼ tsp to 1 tsp, as needed for energy.

Nigella Sativa (Black Seed) ¼ teaspoonful 2 times a day for 3 months for obesity, liver, and viral issues.

I like to use one teaspoonful of each herb, except, 1-3 scoops of colostrum, and 1-3 teaspoonful's of chia, gelatin, turmeric, and ZeoForce. Use ½ teaspoonful of Matcha Green Tea and 1 scoop with NitroGreens

. Women need ¼ teaspoonful of Saw Palmetto vs men who would use 1 teaspoonful. If you want to sweeten or enhance the flavor: add extra raw cacao, for chocolate flavor; add stevia to sweeten; and use with/or 6-7 oz of Almond/Coconut milk as additional flavor enhancer in your protein shake. Customizing your shakes should enhance the palatability of all the herbs, for a great taste!

If you are on coagulation therapy, or under medical care, consult with your health practitioner prior to use of the herbs, ie especially cinnamon, turmeric, and hawthorne.

I usually add a scoop of Tera's Whey which has additional stevia for sweetening and it also increases the protein content. I then add an extra teaspoon or two of raw cacao, and if I am splurging, I also use a 6oz of sweetened Coconut milk. It's delicious!

\*\*MSM dose: start with 5grams & increase every 7 days by 5 grams, until symptoms resolve, maintain this dose, which may be more easily taken dry, by itself, and washed down with liquid, before it dissolves.