

Corn Silk Tea

for Bladder Comfort (and Prostate)



Recognized for generations in traditional herbalism, fresh corn silk is renowned for its potential to nurture and support bladder health. Infused with antioxidants and bioactive compounds, this tea offers a unique and enjoyable way to experience the therapeutic benefits of this natural remedy.

Corn silk works as a diuretic agent, increasing urine secretion. It also promotes urinary health by reducing bladder irritation by soothing and relaxing the lining of the bladder and urinary tubules. Corn silk's biological activity is mainly due to its flavonoid and terpenoid content. The bioactive constituents are phenolic compounds, which are effective antioxidants. Corn silk is also made up of proteins, vitamins, carbohydrates, minerals including calcium, potassium, and magnesium, as well as volatile oils.

INGREDIENTS:

- Corn Silk from 2 ears of corn
- 2 cups water
- 1 teaspoon honey (optional, for sweetness)

NOTES:

If you have allergies to corn, consult with a healthcare professional before incorporating this tea into your routine.

Official dosage recommendations for corn silk are limited due to a lack of human research.

However, corn silk has been tested for safety, and up to 4.5 g per pound of weight is likely safe for most individuals.

INSTRUCTIONS:

- | **Harvest and Dry Corn Silk:** Extract corn silk from two ears of fresh, organically grown corn. Spread the strands in a cool, dry place to air dry naturally for a few days until fully dried. Due to its fine, thin nature, it dries readily. When collecting corn silk, ensure it is free of debris from the husks and corn cobs.
- | **Preparing the Tea:** Bring 2 cups of water to a gentle boil in a saucepan. Add the dried cornsilk to the boiling water and let it simmer for 10-15 minutes, allowing the dried strands to rehydrate and infuse the water with their beneficial compounds.
- | **Strain:** Strain the tea to remove the rehydrated corn silk, leaving a clear and potent infusion.
- | **Sweeten (Optional):** Enhance the flavor with 1 teaspoon of honey, if desired. Stir until dissolved.

DOSAGE:

Consume 1-2 cups of fresh-to-dried corn silk tea daily for bladder health support.

Herbal Blend

for Urinary Tract Infections



This herbal tincture, crafted with dried goldenrod (*Solidago* spp.), usnea (*Usnea* spp.), uva ursi (*Arctostaphylos uva-ursi*), and oregon grape root (*Mahonia aquifolium*), offers a natural approach to addressing urinary tract infections (UTIs). The combination of these herbs, preserved in alcohol, is designed to extract their medicinal properties effectively.

- **Goldenrod** (*Solidago* spp.): Diuretic properties to aid in toxin elimination from the urinary system.
- **Usnea** (*Usnea* spp.): Potent antimicrobial/antibacterial effects that contribute to fighting off infections.
- **Uva Ursi/Bearberry** (*Arctostaphylos uva-ursi*): Arbutin content shown to have antibacterial properties beneficial for UTI management.
- **Oregon Grape Root** (*Mahonia aquifolium*): Antimicrobial properties in berberine can support the immune system, inhibit bacterial growth, and prevent bacteria from adhering to the bladder wall.

INGREDIENTS:

- 1 part dried goldenrod (aerial parts)
- 1 part dried and cut usnea lichen
- 1 part dried uva ursi
- 1 part dried and sliced oregon grape root
- 80-proof vodka or grain alcohol

NOTES:

Consult with a healthcare professional before using if pregnant, nursing, or on medication.

Individuals with pre-existing kidney or renal conditions should consult a healthcare provider before using uva ursi, as it has diuretic properties and may impact renal function.

Discontinue use if any adverse reactions occur.

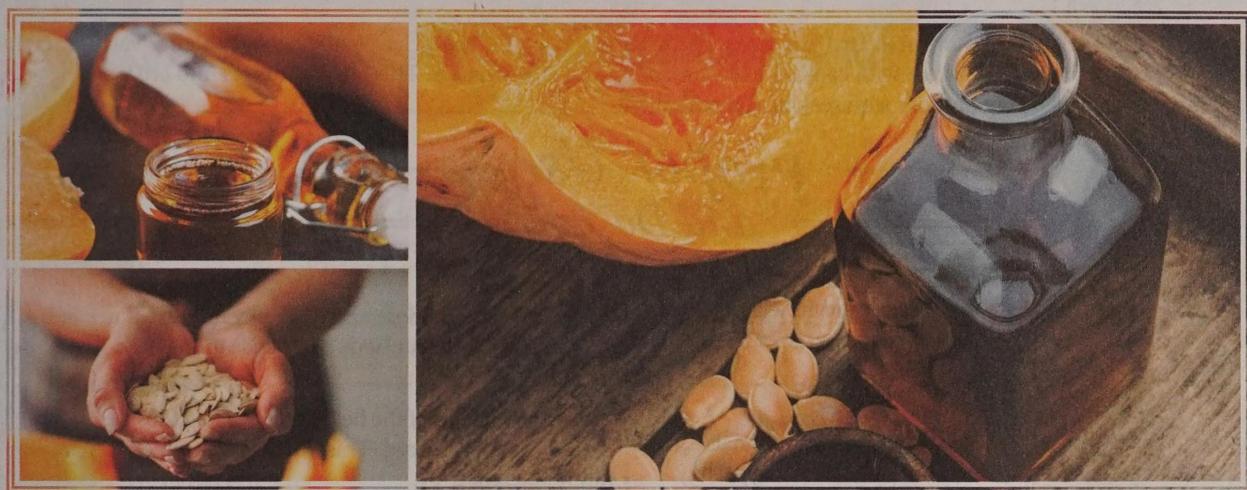
INSTRUCTIONS:

- 1 | **Combine Dried Herbs:** Measure equal parts of dried goldenrod, usnea, uva ursi, and oregon grape root. Place the dried cut herbs in a clean, dry glass jar, filling the jar half-full of your dried herbs.
- 2 | **Add Alcohol:** Pour enough 80-proof vodka or grain alcohol over the herbs to completely cover them.
- 3 | **Seal and Shake:** Seal the jar tightly and shake it well to ensure the herbs are fully submerged.
- 4 | **Steep:** Place the jar in a cool, dark place for 6-8 weeks, shaking it daily to promote herbal extraction.
- 5 | **Strain and Bottle:** After steeping, strain the tincture through cheesecloth or a fine mesh strainer into a dark glass bottle

DOSAGE:

Take 1-2 droppers full (approximately 30-60 drops) in a small amount of water or directly in the mouth 3x/day for UTIs. Adding in D-mannose as a supplement is also recommended.

Pumpkin Seed Tincture for Overactive Bladder



The pumpkin seed oil or extract obtained from *Cucurbita pepo* has been shown to be useful for the treatment of nocturia in patients. Renowned for their nutritional richness, these seeds house an array of antioxidants, essential fatty acids, and other bioactive compounds that may offer relief to those grappling with the challenges of an overactive bladder.

INGREDIENTS AND MATERIALS:

- 2 cups raw, organic pumpkin seeds
- Electric spice or coffee grinder
- Double boiler setup (e.g., a Pyrex bowl over a pot)
- Sheer fabric (e.g., chiffon or cheesecloth, 12 x 12" square)
- Dark glass bottle

NOTES:

If your overactive bladder symptoms are still bothersome or affecting your quality of life, it's recommended to see a healthcare provider who can help determine the underlying cause and recommend appropriate treatments.

They may suggest lifestyle modifications, behavioral therapies, medications, or other interventions depending on your specific situation.

INSTRUCTIONS:

- | **Prepare Pumpkin Seeds:** Rinse the pumpkin seeds thoroughly to remove any impurities.
- | **Create Pumpkin Seed Flour:** Using the grinder, grind the pumpkin seeds into a fine powder, about the texture of flour. Work in increments to not overwhelm the grinder.
- | **Form Pumpkin Seed Paste:** Add 2-3 tablespoons of water to the pumpkin seed flour. Stir until distributed and it reaches the consistency of a paste. Creating a paste will help the oil extract more evenly.
- | **Double Boil:** Once you have your pumpkin seed paste, place it in a double boiler. You can create your double boiler by placing a Pyrex bowl over a small pot with water. Warming the pumpkin seed paste helps extract the oils from the seeds. To evenly heat the paste, stir consistently. As the paste warms, it will start to look shiny from the oil extraction. This should take about five minutes. Remove from heat. It's critical to not get the paste too hot during this step. Heating the paste above 120°F can damage the medicinal compounds.
- | **Extract the Oil:** Prepare to extract the oil from the paste using sheer fabric and a clean bowl. Spoon the pumpkin seed paste onto the center of the chiffon cloth or fine mesh fabric (e.g. cheesecloth). Wrap the fabric tightly and squeeze it over the bowl. While it may require some effort, you should observe the oil starting to flow from the fabric.
- | **Bottle the Oil:** Transfer the strained oil into a dark glass bottle for storage.

DOSAGE:

Start with 10-20 drops of the tincture diluted in water, taken one to three times per day. This dosage may be adjusted based on individual response and tolerance.

SAFETY GUIDELINES

and Precautions

Herbalism, the use of plants for medicinal purposes, has been practiced for centuries. While herbs can offer various health benefits, it's important to use them with caution to ensure safety and effectiveness. This chapter delves into crucial aspects of maintaining the well-being of those who seek herbal remedies.

Proper Usage and Dosage

Understanding the proper usage and dosage of herbal remedies is essential for harnessing their therapeutic benefits while ensuring safety. The guidelines below offer a general overview applicable to various herbs:

CONSULT WITH A PROFESSIONAL:

Always consult with a qualified healthcare professional (e.g. ND: naturopathic doctor) or herbalist before using herbs, especially if you are pregnant, nursing, have pre-existing health conditions or are taking medications.

IDENTIFICATION OF PLANTS:

Ensure accurate identification of plants before use. Mistaking one plant for another can lead to harmful effects.

QUALITY OF HERBS

Choose high-quality herbs from reputable sources to ensure purity and avoid contamination.

PRECISION IN MEASUREMENT:

Invest in high-quality measuring instruments. Be meticulous in your measurements

ALLERGIES AND SENSITIVITIES:

Be aware of potential allergies or sensitivities to specific herbs. Start with a small amount to test for adverse reactions.

DOSAGE:

Adhere to recommended dosage guidelines. More is not always better, and excessive doses may lead to adverse effects.

FORM OF ADMINISTRATION:

Pay attention to the recommended form of administration (e.g., tea, tincture, capsule). Different forms may have different concentrations.

CONSISTENCY IS KEY:

Take herbal remedies consistently for the desired effects. For acute conditions, follow the recommended dosage for the specified duration.

CHILDREN AND ELDERLY:

Exercise caution when administering herbs to children or the elderly, as they may be more sensitive to certain compounds.

COMMON SENSE:

Trust your instincts. If you experience unusual or severe side effects, discontinue use and seek medical attention.

START SLOWLY:

Begin with a lower dose and gradually increase if needed. This helps assess your body's response to the herb.

KEEP RECORDS:

Maintain a record of the herbs you're using, dosages, and any effects experienced. This information can be valuable for future reference.

MONITOR EFFECTS:

Pay attention to how your body responds to the herbs. If you notice any adverse effects, adjust the dosage or discontinue use.

INDIVIDUAL VARIATIONS:

Recognize that individual responses to herbs can vary. What works for one person may not work the same way for another.

CUSTOMIZATION:

Work with a qualified herbalist or ND to tailor herbal regimens to your specific health needs and constitution.

EDUCATE YOURSELF:

Stay informed about the herbs you're using. Understand their properties, potential side effects, and contraindications.

DRUG INTERACTIONS:

Research potential interactions between herbs and medications. Some herbs may interact with pharmaceutical drugs, reducing their effectiveness or causing unwanted side effects.

AGE-APPROPRIATE FORMULATIONS:

Recognize that children may require different formulations. Understand the developmental stages and adjust your concoctions accordingly. Consult reputable references for age-specific dosages and formulations.

Here are some age-based rules and weight-based rules commonly used to determine the dosage of medications or herbal remedies for different age groups:

Age-Based Rules

YOUNG'S RULE

BEST FOR	ages 2-12 years old
FORMULA	$(\text{Age in years}) / (\text{Age} + 12) = \text{Percentage of adult dose}$
EXAMPLE	For a 6-year-old, the calculation would be $6 / (6 + 12) = 6/18 = \frac{1}{3}$ or approximately 33% of the adult dose

FRIED'S RULE

BEST FOR	infants and up to 2 years old
FORMULA	$(\text{Age in months}) / 150 = \text{Percentage of adult dose}$
EXAMPLE	For a 12-month-old, the calculation would be $12 / 150 = 0.08$ or 8% of the adult dose.

Weight-Based Rules

CLARK'S RULE

FORMULA	$(\text{Weight in lbs.}) / 150 = \text{Percentage of adult dose}$
EXAMPLE	For a child weighing 60 lbs., the calculation would be $60 / 150 = 0.4$ or 40% of the adult dose.

AUGSBERGER RULE

Reflects the faster metabolism of children.

FORMULA	$(\text{Weight in kg} \times 1.5) + 10 = \text{Percentage of adult dose}$
EXAMPLE	For a child weighing 30 kg, the calculation would be $(30 \times 1.5) + 10 = 55\%$ of the adult dose.

SALISBURY RULE

Considered a close approximation to body surface area (BSA) calculations.

FORMULA	$(\text{Weight in kg} \times 2)$ if weight ≤ 30 kg, or $(\text{Weight in kg} + 30)$ if weight > 30 kg = Percentage of adult dose
EXAMPLE	For a child weighing 40 kg, the calculation would be $(40 + 30) = 70\%$ of the adult dose.

Side Effects and Allergies

Incorporating herbs into healthcare routines can provide various benefits, but it's essential to approach herbalism with a thorough understanding of potential side effects and allergies. If in doubt or if adverse effects occur, promptly seek the advice of a healthcare professional.

PLANT ALLERGIES

Individuals with known allergies to specific plant families (e.g., Asteraceae) should exercise caution. Symptoms of an allergic reaction may include skin rash, itching, swelling, or difficulty breathing. Discontinue use immediately if any signs of an allergy appear and seek medical attention.

CROSS-REACTIVITY

Cross-reactivity between herbs and common allergens is possible. Individuals allergic to specific plants (e.g., ragweed) may also react to herbs from the same botanical family. Consider this possibility, especially in cases of known allergies.

PRE-EXISTING CONDITIONS

Individuals with pre-existing health conditions, such as liver or kidney disorders, may be more susceptible to side effects. Exercise caution and seek professional guidance when using herbal remedies in such cases.

HERBS AND PREGNANCY

Pregnant or breastfeeding individuals should exercise particular caution. Some herbs can be contraindicated during pregnancy, potentially causing harm to the fetus. Always consult with a healthcare professional before using herbs in these situations.

GASTROINTESTINAL DISTRESS

Some individuals may experience upset stomach, bloating, or diarrhea with certain herbal remedies. Adjusting the dosage or taking remedies with meals can help mitigate these effects.

SENSITIVITY TO SUNLIGHT

Certain herbs, like St. John's Wort, may increase sensitivity to sunlight. Caution is advised, and sun exposure should be limited during use.

SKIN REACTIONS

External application of herbal preparations may cause skin irritation in sensitive individuals. Perform a patch test before using topically, especially with essential oils.

RESPIRATORY ALLERGIES

Inhaling certain herbal powders or extracts may trigger respiratory allergies. Use caution, especially in those prone to respiratory issues.

REPORTING ADVERSE EFFECTS

Report any unexpected or severe side effects to healthcare professionals. This information contributes to the overall understanding of herbal safety.

Interactions with Medications

As a general rule of thumb, you should avoid taking natural remedies with drugs that are meant to do the same thing. For example, don't take a natural blood thinner when you are already taking blood thinners. This can result in some serious health issues. When you visit your healthcare providers, it's important to tell them about all the medicines and supplements you take. Bring a written list of everything you take, how often you take them, and the doses you take.

Let's dive into the specifics, fostering a clear understanding of how herbs and conventional medications may interact, and empowering you with knowledge for informed decision-making:

Level of Evidence to Support Use

CT = Controlled trial	CS = Case series
CR = Case report	AS = Animal study
TU = Traditional use	P = Pharmacology
TH = Theoretical	

DRUG CATEGORY	HERBS	HERB EFFECT	MECHANISM (EVIDENCE TYPE)
Alkaloids	High tannin-containing (e.g., caffeine-containing herbs, cat's claw, tea, <i>uva ursi</i>)	Decreased plasma levels	Precipitation of alkaloids by tannins (TU)
Anesthetics	Kava, valerian	Prolongation of sedation time	Additive effect (CR)
Antihypertensives	Licorice	Decreased therapeutic effect	Increased salt and water retention (CR)
Antiarrhythmics	Cathartic laxatives (e.g., aloe, cascara, senna, yellow dock), diuretics (e.g., celery seed, corn silk, horsetail, juniper), licorice	Increased side effects (arrhythmia)	Increased potassium loss (P)
Antiarrhythmics	Anticholinergic herbs (not generally used clinically, e.g., belladonna)	Decreased therapeutic effect	Decreased absorption (P, TH)
Anticoagulants	Antiplatelet-aggregating (e.g., <i>Panax ginseng</i> , feverfew, garlic, ginkgo)	Increased side effect (bleeding)	Inhibition of platelet aggregation through inhibition of thromboxane synthetase (ginger) (P); arachadonic acid production (feverfew) (P); inhibition of epinephrine induced in vitro (garlic) (P); platelet thromboxane synthetase aggregation (garlic) (P, CR); inhibition of platelet activating factor (ginkgo) (CR)
Anticoagulants: Warfarin	<i>Panax ginseng</i> , St. John's wort	Opposition of therapeutic effect; decreased enzyme bioavailability	Unknown (CR); hepatic induction (CS)
Anticoagulants: Warfarin	Coumarin-rich herbs, (e.g., sweet clover, danshen), white clover	Increased therapeutic effect	Only danshen has been observed to do this clinically. Increased maximum concentration and decreased volume of distribution (CR, P)
Anticoagulants: Warfarin	Vitamin K-rich herbs (e.g., collard, kale, spinach)	Decreased therapeutic effect	Opposes activity (CR, P)
Anticonvulsants	GLA-rich herbs Thujone-containing herbs (e.g., cedar, tansy, sage)	Decreased therapeutic effect	GLA (CR) and thujone may decrease seizure threshold; mechanism unknown
Anticonvulsants	Salicylate-rich herbs (e.g., cramp bark, willow, wintergreen)	Increased therapeutic effect	Transient; unknown mechanism (CR)
Anticonvulsants: Phenytoin	Shankapulshpi (Ayurvedic preparation with multiple herbs)	Opposition of therapeutic action	Decreased effectiveness of drug; decreased drug levels (CR)
Antiplatelet-aggregating	Antiplatelet-aggregating (e.g., <i>Panax ginseng</i> , feverfew, garlic, ginkgo)	Increased side effect (bleeding)	Similar therapeutic action (P, CR)
Barbiturates	Valerian	Increased therapeutic effect; increased side effects	Shown to prolong barbiturate-induced sleep (AS)
Benzodiazepines	St. John's wort, kava	Decreased therapeutic efficacy; may increase side effects; increased sedation	Herb binds to GABA receptor site (AS, P)
Cardiac glycosides	Cardiac glycoside-containing herbs (e.g., foxglove, lily of the valley)	a. Enhanced therapeutic effect b. Increased side effects (arrhythmia)	Same active constituents (TH)
Cardiac glycosides	Cathartic laxative herbs (e.g., aloe, cascara, senna, yellow dock), licorice, diuretic herbs (e.g., celery seed, corn silk, horsetail, juniper)	Increased side effects (arrhythmia)	Increased potassium loss (TH)
Cardiac glycosides	Quinine-containing herb (e.g., cinchona bark)	Increased plasma levels	(TH)

DRUG CATEGORY	HERBS	HERB EFFECT	MECHANISM (EVIDENCE TYPE)
Cholesterol-lowering drugs	Garlic, artichoke, ginger, fenugreek	Increased therapeutic effect	Similar clinical effect via different mechanism (TH)
Corticosteroids	Licorice	Increased plasma levels	Increased half-life (increased bioavailability) (CR); inhibition of 11-β-dehydrogenase (P)
Corticosteroids	<i>Panax ginseng</i>	Increased side effects	Similar side effects of CNS stimulation and insomnia (CR)
Digoxin	Siberian ginseng	Increased plasma level	Mechanism unknown; validated by rechallenge (CR)
Digoxin	a. Kyushin (Chinese remedy containing the venom of the Chinese toad) b. <i>Panax ginseng</i>	Increased serum levels	Interferes with assay (P, CR) without toxic effects
Diuretic: Lasix	<i>Panax ginseng</i>	Decreased therapeutic effect	Diuretic resistance with ginseng; unknown mechanism (CR)
Diuretic: Potassium sparing	Licorice	Decreased therapeutic effect	Interferes with potassium-sparing effects by wasting K+
Estrogen replacement therapy	a. Herbs high in phytoestrogens (e.g., soy, fenugreek, licorice, black cohosh) b. <i>Panax ginseng</i>	a. Increased therapeutic b. Increased side effect (estrogen excess)	a. Never reported (TH) effect to excess b. Reported in few cases to produce postmenopausal bleeding or mastalgia (CR)
General medication	High-fiber herbs (e.g., flax, psyllium, acacia, slippery elm, marshmallow)	Decreased absorption	(P)
General medication	"Hot" remedies (e.g., ginger, garlic, black pepper, red pepper)	Increased absorption	Taken internally, "hot" remedies lead to vasodilatation of gut wall and increased absorption (TU)
GI motility drugs	Anticholinergic herbs (not generally used clinically, e.g., belladonna)	Decreased activity	Opposition of therapeutic activity
Hepatotoxic drugs	Hepatotoxic herbs (e.g., borage, coltsfoot, comfrey, rue, tansy)	Increased side effect (hepatotoxicity)	Additive toxicity from similar side effects (CR)
Hypoglycemic agents: Oral and insulin	Hypoglycemic (e.g., <i>Panax ginseng</i> , garlic, fenugreek, bitter melon, aloe, gymnema)	Enhanced therapeutic effect	a. Direct hypoglycemic activity (CR, AS, P) b. Decreased glucose absorption
Hypoglycemic agents: Oral and insulin	Hyperglycemic (e.g., cocoa, rosemary, stinging nettle)	Decreased therapeutic effect	Direct opposition of therapeutic action (CS)
Immune suppressants	Echinacea, astragalus	Opposition of therapeutic action	General immune stimulation by these herbs may interfere with ability of immunosuppressive drugs to prevent tissue rejection; never reported (TH)
Iron	Tannin-rich herbs (e.g., caffeine-containing herbs, cat's claw, tea, <i>uva ursi</i>)	Decreased therapeutic	Tannin binds with iron, effect decreasing absorption (TH, P)
Lithium	Diuretic herbs (e.g., celery seed, corn silk, horsetail, juniper)	Increased side effects	Decreased sodium leads to increased lithium toxicity
Lower seizure threshold	GLA-rich herbs (e.g., evening primrose, borage, black currant)	Increased side effect to additive side effect	Decreased seizure threshold (CR)
Methotrexate and similar cytotoxic drugs	Salicylate herbs (e.g., cramp bark, willow, wintergreen)	Increased plasma levels (toxicity)	Decreased excretion (TH)
Minerals	Fiber-containing herbs (e.g., flax, psyllium, acacia, slippery elm, marshmallow)	Decreased bioavailability	Psyllium has been reported to decrease the absorption of Ca, Mg, Cu, Zn (CR)

DRUG CATEGORY	HERBS	HERB EFFECT	MECHANISM (EVIDENCE TYPE)
Monoamine oxidase inhibitors (MAOIs)	<i>Panax ginseng</i> , bioactive amines, licorice	Increased side effects	Additive side effects may lead to toxicity; glycyrrhizin is reported to be a very potent MAOI (TH, CR)
Monoamine oxidase inhibitors (MAOIs)	Ginkgo	Increased therapeutic effect;	Inhibition of monoamine increased side effects oxidase (P)
Nonsteroidal anti-inflammatory drugs (NSAIDs)	Gastric irritant herbs (e.g., caffeine, rue, <i>uva ursi</i>)	Increased side effects	Similar side effects may increase risk of gastric erosion and bleeding (TH)
Nonsteroidal anti-inflammatory drugs (NSAIDs)	Nettles	Increased therapeutic effect	Potentiation of the anti-inflammatory activity of NSAIDs (CT)
Opioids	<i>Panax ginseng</i>	Decreased therapeutic effects	Animal model demonstrated the blunting of the analgesic effects of morphine via a non-opioid receptor-mediated mechanism (AS)
Photosensitizing drugs	Photosensitizing herbs (e.g., St. John's wort, angelica, rue, fennel)	Increased side effects	Furanocoumarins found often in umbelliferae resemble pso-ralens (P, AS, CR)
Salicylates	Herbs that alkalinize urine (e.g., <i>uva ursi</i>)	Decreased plasma levels	Increased urinary excretion (P)
Sedative hypnotics	Opioid herbs (e.g., opium poppy, California poppy)	Increased side effects (CNS depression)	Additive side effects
Sedative hypnotics including alcohol	Sedative herbs (e.g., hops, kava, valerian)	Increased therapeutic action; increased side effects (CNS depression)	Additive effects lead to CNS depression except valerian does not potentiate the effects of alcohol (AS, P)
SSRIs	St. John's wort	Increased therapeutic activity; increased side effects	May contribute to serotonin syndrome—similar action (TH)
Statins drugs	Red yeast (Cholestin®)	Increased therapeutic effect	Similar active compounds; not known if taking both products simultaneously increases side effects of statin drugs (TH)
Thyroid hormone	a. Horseradish b. Kelp	a. Decreased therapeutic effect b. Increased therapeutic effect	Depressed thyroid function

Herb-Drug Interactions: An Evidence-Based Table

By Mary L. Hardy, MD

In conclusion, using herbs for health benefits requires a careful approach. This chapter outlines essential guidelines for safe and effective herbal use, emphasizing consultation with healthcare professionals, accurate plant identification, and choosing high-quality herbs. It discusses age-based formulations and the importance of customization under herbalists' guidance. The chapter also highlights the need to watch for potential side effects and allergies and be cautious about interactions with medications, as detailed in the provided herb-drug interaction table. Adhering to these practical principles enables individuals to navigate herbalism responsibly, ensuring both well-being and safety in herbal practices.

In wrapping up this book, we sincerely hope you found it informative and valuable in your exploration of herbalism. The provided guidelines aim to empower you with the knowledge needed for safe and effective herbal practices. Whether you're a novice or experienced in herbal remedies, our wish is that this information enhances your understanding and contributes to your well-being. If you have any questions or feedback, remember that learning about herbs is a continual journey, and we encourage you to seek further insights from us or other professionals in the field. Thank you for joining us on this exploration of herbalism, and we hope it brings positive contributions to your health and lifestyle.

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Dr. Nicole Apelian is an herbalist, author, scientist, survival skills consultant, wild foods expert, and MS survivor and thriver.

In 2015, she was among the first women ever selected for the History Channel's hit TV Show, *Alone*. Despite suffering from Multiple Sclerosis, she survived for 57 days in the wilderness, all on her own, with little more than her hunting knife and the wild foods and medicines she found there. She has been studying the medicinal power of plants for over 30 years now. Throughout this time, she has created and improved all the remedies in her Apothecary, so they're probably the most powerful ones you can find. With them, she managed to help thousands of people take control of their health through nature's medicine, just as she did.

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