**DH1**

Improves insulin sensitivity Activates AMPK ( metabolism regulator as cellular energy sensor) to lower blood glucose.  
Regulates gut microbiome for better glucose control.  
Mimics insulin.  
Reduces oxidative stress and insulin resistance.  
Promotes glycogen storage in the liver.

**DH2**

Blocks sugar absorption in the gut.  
Reduces sugar cravings.  
Lowers blood glucose & HbA1c.  
Supports insulin secretion & sensitivity.  
Helps regenerate pancreatic β-cells.  
Lowers cholesterol & triglycerides.  
Antioxidants support weight control.

**DH3**

Speeds slow metabolism, obesity, fatigue  
Sugar/salt cravings, weight gain (esp. abdomen)

Tendency to coldness, perspiration.  
Helps regulate appetite & metabolism.  
Craving and stimulant control.  
Supports digestion & circulation.

**DH4**

Regulates fluid balance, water retention, dryness.  
Headaches, migraines, digestive disturbances.  
Emotional sensitivity, grief,   
Cravings for salt.

Stimulates metabolism, thyroid support,hypothyroidism.  
Aids digestion, reduces bloating  
Supports fat burning, gas, bloating, craving sweets.

**DH5**

Digestive issues, bloating, liver problems, low confidence.  
Sluggish digestion, constipation, coated tongue, skin eruptions.  
Skin problems, slow metabolism, obesity, poor healing, sore throat, pain, glandular swellings.

**DH6**

Digestive issues, overindulgence, irritability, insomnia, sensitivity to stimuli.  
Sluggish digestion, constipation, coated tongue, skin eruptions**.**

**DH7**

Digestive issues, bloating, liver/gallbladder problems, low confidence.  
Overindulgence, digestive upset, irritability, insomnia, sensitivity to stimuli.  
 Fatigue, anemia, low energy, weakness, pallor.  
Chronic weakness, skin issues, recurring infections, lack of vitality.

**DH8**

Metabolic sluggishness, high cholesterol or fat deposition, especially when accompanied by fatigue and systemic weakness.

Chronic fatigue, low energy, and slow recovery.  
Improve general metabolic function and support organ systems, kidneys, pancreas.  
supportive in overall wellbeing.

**DH9**

High cholesterol, atherosclerosis, fatty deposits, and cardiovascular support.  
Supports liver, kidneys, and bile flow; helps with cholesterol metabolism and urinary issues.  
Balances fluid retention, sodium metabolism, and circulation and lipid/ fat metabolism and metabolic imbalance.

**DH12**

Stimulates bone and muscle growth, especially in children and teens.  
 Increases protein synthesis, supports fat breakdown, and regulates blood sugar.  
Helps tissue repair, muscle recovery, and overall cell regeneration. Antiaging.

**DH13- 17**

1.Copper top nasal swab for clear airways.

**2.Copper Tape**

Copper has been known to have anti microbial- anti  
viral properties. It has the ability to eliminate viruses,  
pathogens, bacteria and the like by a simple touch.The tape covers simple handles and surface coverings, utensils and more.

Get full protection for you and your loved ones by adding this simple item in heavy handled areas. When oxygen is added the power of copper increases.  
So, turn on your Air-con and let the action begin.

Enjoy clean air space, clean environment.

**DH18**

Mental fatigue, memory loss, concentration problems, and declining cognitive function, especially when accompanied by anxiety or low confidence.  
 Forgetfulness, and slowed mental faculties, particularly in early-stage senility or Alzheimer-type conditions.

**DH19**

Joints stiffness common in acute inflammatory flares.  
Severe joint pain and swelling, often gouty-type, better with rest and warmth, worse with motion. Joints feel cold and swollen, pain often better with cold applications, starts in small joints, prevents spread of inflammation.

**DH20**

Swollen, red, tender joints, burning/stinging pain; often better with cold applications.  
Pain from trauma, overuse, or inflammation, joints/tissues tender to touch.  
Migrating joint pain, stiffness, and weakness; often used to prevent progression of Rheumatoid Arthritis.

**DH21**

For burning abdominal pain, diarrhea, vomiting, restlessness, and anxiety.  
For extreme bloating, gas, weakness.  
For bloating, food intolerances, IBS with alternating constipation/diarrhea.  
For spasms, indigestion, cramping, irritability, especially after overindulgence or stimulants.

* Apple Cider Vinegar (ACV): Supports digestion and gut microbiome.
* Licorice: Soothes mucous membranes, reduces inflammation, and protects stomach lining.

**DH22**

Antioxidant, detoxifier; supports cellular health and slows oxidative stress, helpful in neurodegeneration.  
 Protects liver and kidneys, strong antioxidant; supports detox and mitochondrial function.  
Antioxidant, anti-inflammatory; supports vascular and renal health, protects tissues from oxidative stress, and is antimicrobial.  
For restlessness, nervous system overactivity, sleep disturbance, helps calm neurological excitability.  
Improves circulation to brain and nerves, supports cognitive function, balance, and coordination.  
Supports cardiovascular and kidney health, aids in systemic inflammation.

**DH23**

For nerve injuries, anxiety, depression, especially with shooting or sharp nerve pain; supports nerve regeneration.  
For emotional stress, grief, mood swings, nervous tension; helps calm the psychological component of vagus nerve overstimulation.  
For stress-induced irritability, insomnia, digestive upset, often from overwork or overstimulation.  
For depression, despair, low motivation, and feelings of mental heaviness; supports emotional grounding.

**DH24**

Anti-itch, skin irritation, inflammation, worsens with heat, dry skin, itching worse at night.Cracked, rough, dry skin, deep fissures, itching improves with warmth, skin appears dirty or dull.Healing, soothing, skin inflammation, cuts and wounds, promotes tissue repair, reduces redness.

**DH25**  
Supports emotional well-being, alleviates low self-esteem, helpful in emotional skin conditions.  
Relieves night itching, skin eruptions worsening at night, refreshing sensation, improves discomfort during sleep.  
Healing and soothing, reduces redness, promotes tissue repair, effective for skin inflammation and wounds.

**DH26**

Liver, kidney, and pancreas cleanser:  
Supports detoxification, promotes liver and kidney health, helps eliminate excess salts and toxins, aids in fluid balance, reduces inflammation, beneficial for metabolic and digestive health.

| 1 | Circulation, glucose |
| --- | --- |
| 2 | metabolic, |
| 3 | Hepatic, insulin resistance |
| 4 | digestive |
| 5 | Copper, antibacterial, metallic |
| 6 | Arthritic- joint |
| 7 | Nerve, cerebral |
| 8 | skin |