

Here is the spreadsheet with details on the products features in my "Naturopathic Medicine Cabinet" microsite

Link: <https://spark.adobe.com/page/8fNIkejHYVyzY/>

Supplement	Company Name	Active Ingredients	Purpose
Emergen-C	Alacer	Vit C, electrolytes	Vit C boost, hydration
Cough & Bronchial Syrup	B+T	8 homeopathics	Anti-cough, cough suppressant
White Chestnut	Bach Flower Remedies	Essence of white chestnut	Tension relief
Ultra CoQ10	Biogenesis	CoQ10	anti-oxidant, co-factor
Bentonite Clay	Bulk Purchase	Clay	Detox, internal use with caution
Psyllium	Bulk Purchase	Psyllium husk	GI health and detox
Super Liquid Folate	Designs for Health	Vit B9-Folate as calcium folinate	DNA synthesis and repair, fetal growth
Calendula cream	Dolisos	homeopathic preparation of calendula	superficial skin irritation
Kali bichromium	Dolisos	homeopathic preparation of Kali bichromium	acute use only unless provided as a 'constitutional'
Staphysagria	Dolisos	homeopathic preparation of staphysagria	acute use only unless provided as a 'constitutional'
Spongia tosta	Dolisos	homeopathic preparation of spongia	acute use only unless provided as a 'constitutional'
Cough and Colds formula	Dr. Murphy Homemade	7 homeopathics inc. Nat Mur, Kali and Pulsatilla	Hacking, barking cough
Earache formula	Dr. Murphy Homemade	5 homeopathics including lyco and pulsatilla	Earache
Vita-Kids Immune	Douglas Labs	Elderberry extract, blueberry powder and honeysuckle	Immune booster
Tummy Tonic	Gaia Kids	6 herbs in glycerin including catnip and lemon balm	GI support
Sniffle Support	Gaia Kids	7 herbs in glycerine	Stuffed, runny noses
Sniffles 'n Sneezes	Hylands	4 homeopathics	Stuffed, runny noses

Supplement	Company Name	Active Ingredients	Purpose
Rehmannia Eight Formula	KPC-Herbs	8 herbs: Bu Wei Di Huang Wan	Yin deficiency (usually)
Probiotic Pearls	Integrative Therapeutics	Probiotic blend	GI Health
RF Plus "Roberts Formula"	Integrative Therapeutics	Slippery Elm, NAG (n-acetyl D-glucosamine), cabbage	GI Health
Mentharyl	Integrative Therapeutics	Peppermint, Rosemary and thyme oil	Anti-parasitic
Essential Oil of Orange	Mountain Rose Herb Co	Bitter orange essential oil	Keeps the ants away
Nordic Berries	Nordic Naturals	Multi-Vitamin	General Health
Gummy Omega 3 Fish	Nordic Naturals	Omega 3 EFA/DHA	Cognitive boost, lower cholesterol, anti-inflammatory
Red Marine Algae	Pacific Biologics	wild crafted red marine algae	Anti-viral
Children's Ibuprofen	Store Brand	Ibuprofen	fever reducer
Meriva	Thorne	Curcumin (turmeric)	Anti-inflammatory
NAC	Thorne	N-Acetyl-L-Cysteine	
Liver Cleanse	Thorne	6 herbs including dandelion and berberine	Detoxification, Liver Support

Supplement	Company Name	Active Ingredients	Purpose
Vit A	Thorne	Vit A as palmitate	General Health
D-1000	Thorne	Vit D3	Anti-oxidant
Vit C with Flavonoids	Thorne	Citrus bioflavonoids	Anti-oxidant
Olive Leaf Extract	Thorne	Olea europaea	Anti-Viral
Glutathione-SR	Thorne	Reduced glutathione	Anti-oxidant
5-HTP	Thorne	5-Hydroxy-Tryptophan	Serotonin precursor
Myco-Immune	Thorne	Mushrooms high in beta-glucans	Immune Booster, Cold and flu prevention
Selenium	Vital Nutrients	50% selenium selenite / 50% selenomethionine	An essential mineral not produced in the body, crucial for many cellular functions.
Ultra Pure Fish Oil 800	Vital Nutrients	Fish Oil from Nordic anchovy, mackerel and sardine	Essential fatty acids/omega-3's
Boo Boo Spray	Wise Woman Herbals	Calendula succus	Owwies, skin inflammation
Fiber Flow Capsules	Wise Woman Herbals	10 herb blend	Elimination and health GI tract function

Supplement	Company Name	Active Ingredients	Purpose
Echinacea Glycerite	Wise Woman Herbals	Echinacea in glycerin	Immune Booster
Elderberry syrup	Wise Woman Herbals	Elderberry in glycerine	Immune Booster
Herbal CE II	Wise Woman Herbals	12 herbs including marshmallow and osha	Anti-tussive (cough)
Immune Glycerite	Wise Woman Herbals	9 herbs in glycerine	Immune Booster
Ginseng	Wise Woman Herbals	Panax Ginseng	Tonic herb, adaptogen
Liqui-kelp	World Organic	Iodine	Iodine, a thyroid hormone precursor

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Supplement	Acute Uses	Source/Preparation	Notes
Emergen-C	mild dehydration	Drink Mix	
Cough & Bronchial Syrup	Cold's and Flu's	Homeopathic Liquid	
White Chestnut	Anxiety	Dropper Bottle	
Ultra CoQ10		Capsule	Cells produce CoQ10 which helps produce the energy your body needs for cell growth and maintenance
Bentonite Clay	Topical paste for bee sting or spider bite to draw out toxins.	Powder	For external use, internal with caution
Psyllium		Powder	God old fiber, used I the 21 Day Detox along with bentonite clay to help bind and remove toxins out of the GI tract
Super Liquid Folate		Liquid	Essential vitamin for pregnancy and pre-pregnancy
Calendula cream	Pediatric and maternal thrush	Homeopathic Cream	I discuss Calendula in this blog post http://natmedworks.com/5-ways-to-treat-pediatric-oral-thrush-naturally/
Kali bichromium	colds and cough	Homeopathic Pellet	
Staphysagria	Blephartitis (inflammation of eye-lid)	Homeopathic Pellet	
Spongia tosta	colds and cough	Homeopathic Pellet	
Cough and Colds formula	Croup	Homeopathic Liquid	Kid Tested-Mother Approved
Earache formula	Earache	Homeopathic Liquid	I hope to create my own line of homeopathic forumula's in the future.
Vita-Kids Immune	Cold's and Flu's	Western Herbal Syrup	Kid going to daycare? Yup, you need this. Tastes pretty good or mix into smoothies,
Tummy Tonic		Tincture	Dr. Mary Bove ND formula, author of the <i>Encyclopedia of Natural Healing for Children and Infants</i>
Sniffle Support	Cold's and Flu's	Tincture	
Sniffles 'n Sneezes	Cold's and Flu's	Homeopathic Pellet	

Supplement	Acute Uses	Source/Preparation	Notes
Rehmannia Eight Formula	Night sweats post-fever	TCM-Capsule or Powder	In Chinese medicine, night sweats exist due to Qi energy deficiency where the cool yin of night is overpowered by yang heat inappropriately rising. The eight herbs act in synergy to restore the body to homeostasis as you recover from a nasty cold or flu.
Probiotic Pearls	Use with caution in acute cases, probiotics are generally very safe but there are a few conditions such as SIBO where probiotics may actually be harmful.	Capsule	Probiotic supplements increasingly are differentiating to address specific disease conditions
RF Plus "Roberts Formula"	Colitis Flare	Capsule	100+ year old formula first described by John Roberts and later updated at Bastyr University, the first naturopathic medical school in the US and improved by Roberts.
Mentharyl	anti-helminthic (worms)	Capsule	Enteric coating allows delivery to small intestine and makes it easy to ingest.
Essential Oil of Orange		essential oil	Use 1:1 on ant passageways and cracks where they enter your house.
Nordic Berries		Gummy	Remember, the US RDA of vitamins is the <i>recommended death allowance</i> , aka, the minimum amount of vitamins you need to survive, certainly not thrive.
Gummy Omega 3 Fish		Gummy	Omega 3 EFA/DHA is probably the single best supplement for anyone to take at any stage of life, but it is especially important for those rapidly adding neural tissue, aka kids.
Red Marine Algae	Herpetic lesions	Capsule	Take at first sign of flu or cold sore/herpes outbreak. Worried about a cold sore popping out before your wedding or job interview? Take this prophylactically starting a week or so before the big day.
Children's Ibuprofen	pain and fever reducer	Suspension	I rarely use a fever reducer but sometimes it is necessary and I use ibuprofen not acetaminophen.
Meriva		Capsule	Another 'must-have', long term turmeric intake is associated with decreased risk of dementia and Alzheimers disease.
NAC		Capsule	
Liver Cleanse	toxic and environmental burden, hangovers	Capsule	6 ways to love your liver. A cheap, gentle supplement to help detoxify and decrease liver congestion/tenderness.

Supplement	Acute Uses	Source/Preparation	Notes
Vit A		Capsule	Vitamin A has many important functions, but best known to support growth, development, immunity and vision
D-1000		Capsule	Most Americans are deficient in Vitamin D which ups cancer risk. So what if you live in SoCal? Ask your doctor to run a vitamn D test at your next check up, a cheap supplement can potentially prevent a whole host of deseases.
Vit C with Flavonoids		Capsule	The king of vitamins, I see I have 4 formulations of this, seems about right.
Olive Leaf Extract	Yeast infections, RA	Capsule	The first herb mentioned in the bible, in Ezekiel 47:12, God speaks of a tree: "The fruit thereof shall be for meat, and the leaf thereof for medicine."
Glutathione-SR		Liposomal	"The Mother of Anti-Oxidants" is well deserved. But no, you don't have to get an I.V. drip to use this, capsules, liposomal formulation or a nebulizer can all deliver glutathione...no drip needed!
5-HTP	Post Rave Decompression	Capsule	Helps your body make serotonin, an important mood hormone.
Myco-Immune	Cancer, viral infections	Tincture	Please consult your immunology journal for how this stuff works: beta-glucans and other polysaccharides increase IL-1 and IL-2, increase NK cell activity, stimulates B-lymphocytes,
Selenium	Look at selenium levels for thyroid and immune disfunction.	Capsule	Note the active ingrediants in column C, not all selenium is the same and its ability to be used by the body depends on the formulation, always look for top quality brands unless you know the chemistry behind the supplments you need.
Ultra Pure Fish Oil 800		Gel Capsule	This is the one for adults, sourced from Nordic waters, screened for pesticides and heavy metals. A trusted source, check your fish oil as some is sourced from sharks and other fish higher up the food chain known to be heavily contaminated with PCB's and heavy metals.
Boo Boo Spray	Minor wound healing	Spray	Sometimes doctoring is all about bedside manner, while this product does help with wound healing, its really just a great distraction for a crying kid with a scraped knee.
Fiber Flow Capsules	May be irritating, use with caution, not for acute GI distress.	Capsule	Pregnancy and constipation, enough said.

Supplement	Acute Uses	Source/Preparation	Notes
Echinacea Glycerite	Cold's and Flu's	Herbal Tincture	No alcohol tincture.
Elderberry syrup	Cold's and Flu's	Herbal Tincture	No alcohol tincture. Similar to vita-kids immune, did I mention daycare?
Herbal CE II	Cold's and Flu's	Herbal Tincture	Native American Osha (Bear Root) Mythology. The osha plant is also known as "bear root" or "bear medicine," because Native Americans say they have observed bears eating osha when they are sick or weak from hibernation in order to renew their energy.
Immune Glycerite	Cold's and Flu's	Herbal Tincture	No alcohol tincture
Ginseng	Mostly a male tonic herbs, there are some acute uses where females can benefit.	Herbal Tincture	The "all-healing" herb. <i>Panax</i> literally means 'panacea', this is indicated for most men over 40 years of age.
Liqui-kelp		Herbal Tincture	The body needs iodine to make thyroid hormone. If you avoid processed foods and use only sea salt at home, you should consider looking at your iodine levels.

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