Natural Fast-Aid Cabinet

https://inside-health.square.site/

Allergies	2, 3, 5
Altitude Sensitivity	10, 9
Antibiotic Use - protect, recover	22, 23
Antihistamine, Sneezing Attacks	3, 5
Anxiety	12, 18, 25
Blood-Clotting (increase)	13-S
Bone Bruise	6
Bone Repair	6, 7, 9, 13-S
Brain (mind, mental, cognitive development)	12, 29, 30
Breast Milk Supply	20
Breathing - shortness of breath	9, 10
Bruising and Capillary Fragility	17
Bruxism (grinding of teeth)	7, 12
Burns	13-O
Canine Training Treat	6
Carbohydrate Digestion	23, 26
Chapped Lips	31
Constipation	19, 23
Cough	7, 11, 16
Dark Circles Under Eyes	12, 17
Dermatitis	30, 31, 32
Diaper Rash	7, 31
Diarrhea	14
Digestive Enzymes	26, 33
Diuretic, Edema, Fluid Retention	1, 14
Ear Infection	16, 14
Eczema	30, 31, 32
Fatigue	7, 9, 18, 28
Fever - especially in children	7, 9, 11
Flatulence and Bloating	23, 26, 33
Food Poisoning	13-S, 14, 23
Foreign Travel (gut protection)	14, 23, 33
Gallbladder Distress (fats and oils)	4
Gastritis	13-S, 21
Gout	1, 14, 27, 33
Gums Bleeding	13-S, 17
Hangover	1, 11, 14

Headaches	14, 17, 28
Heart Rate Rapid	12, 27, 30
Heart Rhythm	8, 30
Heartburn	21, 33
Hemorrhoids	15, 19
Hot Flashes	29, 32
Immune Support	7, 14, 16, 22
Inflammation	7, 14, 16, 30
Insect Bites	3, 13-O or 31
Irritability	12, 25
Ligament and Tendon Support	24
Liver Congestion	4, 14
Lymphatic Congestion	7, 14, 16, 30
Mucous and Phlegm - Respiratory	14, 20
Muscle Cramps - Legs, Back, Charley Horse	7, 11
Nails - Brittle, Weak, Breaking	11
Nerve Relaxation	12, 25
Nightmares	1, 12
PMS	1, 7, 25
Radioation Exposure	14, 29
Scarring Prevention	31, 32
Shoulder Range of Motion - Bursitis	13-S, 28
Skin Dryness - Scaling	30, 31, 32
Skin Itching	7, 11, 31
Skin Rash	3, 5, 14, 31
Sleep Aid	7, 12
Sprains	7, 24, 30
Stomach Upset	14, 21, 33
Stress	12, 18, 25
Sun and Heat Sensitivity	7 & 11
Sunburn	7 & 11, 31
Swollen Extremities	1, 8, 14
Teeth - Loose, Caries, Teething	6, 7
Tension Headaches	12, 25, 28
Tranquilizer, Relaxer	12, 25
Wound Healing - Cuts, Lacerations	9, 13-O
Yeast Infestation	14, 23, 26, 5

Natural, fast-aid alternatives are for those choosing food-based approaches to common disorders. The statements in this document have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Serious or persistent forms of these disorders may require a more comprehensive evaluation by a health professional.

Product	Fast-Aid Uses
1. A-C Carbamide	Natural diuretic for water retention and edema. Helps prevent and reduce hangovers, nightmares and bizarre dreams.
2. Allerplex	Systemic support for seasonal allergies affecting the upper respiratory system
3. Antronex	A natural antihistamine. Chew 4-5 at once during sneezing attacks. Reduces discharge and allergic skin rashes. Functionally enhanced with Cal-Amo (#5) or apple cider vinegar.
4. Betafood (or A-F Betafood)	Gallbladder related stress. Helps with fat/oil indigestion/nausea - Lowers bile viscosity. Methyl donor source for fat metabolism, liver support.
5. Cal-Amo	Normalizes high pH (alkalinity) common in allergies, bursitis, infections and joint pain. High pH increases pathogen growth. Functionally similar to apple cider vinegar. Contains acid forming salts found in seawater.
6. Calcifood Wafers	Complete protein food from raw veal bone and marrow. Source of all 22 amino acids. Endurance food for protein nutrition and ligament support. High protein canine treat. A powerful bone food. Chew or grind, then swallow.
7. Calcium Lactate (tablets or powder)	All important ionizable calcium for diffusion into tissue fluids. Rapid immune enhancement and muscle relaxation. Teething. Blended with magnesium in 5:1 ratio. Rapidly absorbed.
8. Cataplex B-Core	Nerve stimulating B vitamin group. Increases nerve/motor conductivity, innervation and electrical rhythm. Heart valve efficiency. Rhythm stability further enhanced with Tuna Omega-3 Oil (#29).
9. Cataplex C	Collagen forming and building vitamin C complex. Collagen is the protein of ligaments, teeth, skin and bone. Phagocytosis (cell destruction) and immune response, infection, fever, wound healing.
10. Cataplex E2 (or Cardio-Plus)	Facilitates oxygen from blood into muscle. Oxygen deprivation is a cause of muscle spasm and fatigue. Resistance to altitude sickness.
11. Cataplex F Tablets	Muscle cramps (tissue calcium starvation): use with Calcium Lactate (#7). Use for resistance to sunburns and to help recover from sunburns. Sun and heat sensitivity (hypervitaminosis D, hypercalcemia).
12. Cataplex B2	Nerve relaxing B vitamins. Vasodilator. Take with Min-Chex (#25) before bed as a sleep aid. Take with Organically Bound Minerals (#26) for panic; or solo for a gentle nerve relaxer or for tension headaches. Bruxism.
13. Chlorophyll Complex Ointment (O) or Softgels (S)	Ointment: Use for burns, wounds, and lesions. Will stain - cover area. Anti-scarring vitamin E & A complexes and blood-clotting vitamin. Softgels: for faster clotting time and blood building effect of fat soluble chlorophyll. GI Tract inflammation.
14. BioToxin Binder (CellCore product)	Fulvic and humic blend used as adsorbent for food poisoning or gut toxicity and to dry up diarrhea. International travel - combine with Zypan (#32) and Lactic Acid Yeast (#23)
15. Collinsonia Root	Vascular tonicity and tension for hemorrhoids and varicose veins.
16. Congaplex	General immune support. Protection against infections and colds. Lymphatic congestion. For acute care take every half hour. Available as chewable for children.
17. Cyruta-Plus	Anti-bruising. Leaking or burst capillaries, typically seen as bleeding gums or dark circles under the eyes.
18. Drenamin or Adrenal Desiccated	Anti-stress and chronic fatigue. Naturally energizes adrenals. Trauma, stress, and systemic overload. Adrenal Desiccated for short-term use (one month) and Drenamin for long-term support.
19. Fen-Cho or Whole Food Fiber	For mild constipation, Fen-Cho is a natural stool softener and WFF is bulk-forming for intestinal motility and elimination. Take at bedtime and upon rising with a full glass of water.
20. Fen-Gre	Expectorant. Blocks formation of mucous and phlegm in respiratory tract. Functional relief for lungs and bronchial tubes. Fenugreek (main ingredient) has been used since ancient times to boost the milk supply when nursing.
21. Gastrex	Relieves heartburn, gastritis, and "nervous stomach" symptoms, while soothing and promoting healing of ulcers. Best if taken 10 minutes before meals.
22. Immuplex	Immune system rebuilding and restorative support after repeatedinfections and treatments.
23. Lactic Acid Yeast Wafers	Produces probiotic lactic acid in the bowel to protect against pathogenic yeast and bacteria overgrowth. Promotes regularity and restoring GI plora and pH. Protects and restores bowel from oral antibiotics.
24. Ligaplex I	Ligament and tendon injury; support for strains, sprains, tears, pulls, and hyperlaxity of ligaments.
25. Min-Chex	Natural physiological tranquilizor for minor short-term depression, nervousness, irritability, PMS, and overall stress.
26. Multizyme	Supports pancreatic functions and carbohydrate digestion. Take before meals or if producing non-odorous gas.
27. Organically Bound Minerals (or Min-Tran)	Potassium source. Alkaline ash minerals from sea kelp and alfalfa support parasympathetic nervous system and heart function.
28. Phosfood Liquid	Phosphorus for sympathetic nervous system support. Helps headaches, gout, bone spurs, bursitits, tartar buildup on teeth. Often added to spark other protocols.
29. Prolamine Iodine	Protein-bound organic iodine (plant protein) - most readily absorbable form for hormone formation and cell utilization. Thyroid support. Vital for mental and cognitive development. Prenatal, infant and childhood brain development. Childhood cognitive function (along with Tuna Omega-3 Oil #29)
30. Tuna Omega-3 Oil	Essential Omega-3 oil rich in EPA and DHA fats for brain development, mood stability, healthy circulation, inflammation reduction, heart rhythm and vessel support. Sustainably sourced - free of contaminants.
31. USF Ointment	Topical thick salve of essential fatty acids for skin burns (sun, wind, or heat), diaper rash, dermatitis, eczema, chapped lips, dry skin.
32. Wheat Germ Oil	Swallow or chew perles for hair, skin and nail health. Natural vitamin E complex and essential fats. Puncture and apply perle for topical use to prevent scarring or stretch marks.
33. Zypan	Protein digeting enzymes (proteolytic - pepsin and pacreatin) with hydrochloric acid, taken as digestive aid for gas and flatulence. Uric acid crystals, associated with gout, form from undigested protein. Essential gut protection for foreign travel.