

Elemental Solutions Herbal Blends Reference Guide



AllerGEEZ

- Assists with allergies/immunity
- Triphala helps tone intestines
- Helps decrease histamine levels
- Increases natural Vitamin C & D

Chia Seeds

- High in Omega 3 Fatty Acids
- Improves Body composition
- Can be used as part of a keto diet
- High in fiber -great for digestive health

Chill Out

- Skullcap is a nervine herb-helps with calming & anxiety
- Catnip promotes relaxation
- Chamomile promotes digestive health & quality sleep

Heavy Metal

- Detox to remove heavy metals
- Parsley binds to arsenic & lead
- Medicinal mushrooms high in humic & fulvic acids-good for detox

Immune

- Assists with allergies, autoimmune, kidney, liver diseases & more
- Medicinal Mushrooms- anti cancer
- Mistletoe stimulates the immune system

Inflammax

- Assists inflammation and pain in the joints
- Works great in combination with Jiggles (gelatin)
- Continentalic acid in Spikenard blocks breakdown of cartilage

I Heart You

- Supports heart health & fluid movement
- Great in combination with bone broth, Ubiquinol and Raw Organs

Milk Thistle

- Effective Liver protective herb
- Supports kidney health
- Includes Silymarin which has anti-inflammatory effects

Parasite FREE

- Assists in purging unwanted visitors
- Some diarrhea is normal = purging
- Vidanga expels worms, parasites & some pathogens

Potty Mouth

- Addresses coprophagia (poop eating)
- Includes Zucchini which is amazing at deterring this behavior

Restore

- Assists with Phase II liver functions
- Neutralizes toxins
- Frankincense helps inflammation, which is a trigger of liver disease

Turmeric

- Supports liver health
- Fights inflammation & pain
- Acts as a blood thinner which assists in better blood flow