



Your body isn't a body, it's an ecosystem...

SUPPLEMENT RECOMMENDATIONS

PLEASE REMEMBER

- No two people respond the same to chemical/natural medications/supplements.
 - This is what makes us unique!
- One supplement may work very well for you and another one will not work at all.
- Kindly discuss with the Herbalists what the issues are. 100% honesty is required as leaving out information will impact the recommendations made.

<u>Condition</u>	<u>Recommendations</u>
A Abdominal discomfort	Unless you know the cause, Annucap will work better combined with Probiotic.
Acne & Pimples	Dioineral, Acne Clear, Cynara, Liver Ease. The body is requiring minerals to support the skin.
ADD / ADHD	Combikids - please include iron supplement and Omega 3 & 6 supplement. Dietary adjustments are necessary.
Aids Support	Annucap, Annukids, Immunopro
Alkalinity / pH Balance	Arthritis Relief
Allergies	Liver Ease, Cynara, Sily Marum, Dioineral - DOES NOT REPLACE EPI-PEN . The supplements will only assist to relieve the symptoms to a degree.
Alzheimer's - assists with	Ceraflow, Artero-Clear, Cynara, Lumbrophyte
Aneamia	Somni-Vite (not suitable for pregnant women), Dioineral, iron supplement
Angina - pain in area of heart	Stress Ease, Heart Ease
Antibiotic – natural	Annucap, Annukids (Children from 6 months to year, difficulty swallowing capsules)
Anti-catarrhal	Cold & Flu, BronchiClear, Annucap, Annukids (Children from 6 months to year, difficulty swallowing capsules)
Anti-inflammatory	Annucap, Annukids (Children from 6 months to year, difficulty swallowing capsules)
Anti-inflammatory (muscular)	InflamEase, Symphycaps, Comfrey Ointment
Anti-septic	Annucap, Annukids (Children from 6 months to year, difficulty swallowing capsules), Calendula Ointment
Antiseptic Bacterial	Annucap, Annukids
Anti-spasmodic	Bella Balm, Probiotic
Anxiety	Stress Ease, Sleep Ease, Dioineral

Arteriosclerosis	Artero-Clear, Lumbrophyte	
Arthritis	Arthritis Relief, NEM, Joint Ease, Dioineral, Symphycaps	
Asthma	Jimson Weed, Bronchi Clear	
Athletes Foot	Tinea-Pedi Cream, Annucap, Annukids. Tinea-Pedi works for the nasty "army" athletes foot.	
B Back pain	Comfrey Ointment	B
Bacterial infections	Annucap	
Bilharzia	Annucap, Annukids (Children from 6 months to year, difficulty swallowing capsules), Artum + (if symptoms persist for more than 2 months). Lumbrophyte may be given for extreme infections. Liver support must be provided with Sily Marum / Liver Ease / Cynara.	
Bladder infection	Annucap. Please ensure sufficient water is taken.	
Bleeding – (external wounds only) Prevent, stop, reduce	Calendula Ointment	
Bloatedness caused by poor liver function	Sily Marum / Liver Ease, Cynara	
Bloating	Please do not give Bella Balm for bloating unless it's caused by a stomach ulcer! Probiotic is a better option. Liver Ease may also assist.	
Blood circulation	Ceraflow	
Blood circulation in legs	Ceraflow	
Blood infection	Annucap, Annukids	
Blood Pressure (High Blood Pressure)	Tarraxamin, Heart Ease, Stress Ease, Lumbrophyte, Artero-Clear	
Blood Pressure (Too Low Blood Pressure)	Heart Ease and Liquorice, Stress Ease may assist	
Blood sugar (High)	Cynara, Glucassist, Immunopro	

Blood Sugar levels – lower	Immunopro, Cynara (not to be taken before bedtime with Type 1), Glucassist (please be careful when prescribing to Type 1 (insulin dependent) Diabetics. It can cause quick and fast drops in blood sugar which is dangerous).	
Blood Sugar levels – out of control	Eliminate infections first. Infections cause high blood sugar. Annucap, Immunupro, Cynara (not to be taken before bedtime with Type 1), Glucassist (please be careful when prescribing to Type 1 (insulin dependent) Diabetics. It can cause quick and fast drops in blood sugar which is dangerous).	
Blood sugar regulator	Glucassist, Immunupro, Cynara	
Blurred Eye Vision	Ceraflow, Lumbrophyte, Artero-clear, Dioineral. Taking additional Vitamin C, Vitamin D and Vitamin B may assist.	
Bronchitis	BronchiClear, Annucap, Annukids (Children from 6 months to year, difficulty swallowing capsules), Cold & Flu	
Bruises	Comfrey Ointment. Please do a blood test to check for anaemia.	
Bunions – inflamed	Calendula Ointment, Comfrey Ointment	
Burns	Calendula Ointment	
C Cancer (All types)	Artum +, coconut oil, Cynara, Liver Ease, SilyMarum, Lumbrophyte, Ceraflow	C
Cancer (Brain)	Artum +, coconut oil, Cynara, Liver Ease, SilyMarum, Lumbrophyte, Ceraflow	
Cancer (during & after Chemotherapy)	Artum +, coconut oil, Cynara, Liver Ease, SilyMarum, Lumbrophyte, Ceraflow	
Cancer (Skin)	Artum +, coconut oil, Cynara, Liver Ease, SilyMarum, Lumbrophyte, Ceraflow	
Cancer Support	Artum +, coconut oil, Cynara, Liver Ease, SilyMarum, Lumbrophyte, Ceraflow	
Candida	Annucap, Probiotic, Dioineral	

Chicken Pox	Annucap, Annukids (Children from 6 months to year, difficulty swallowing capsules), Calendula Ointment. Should immunity not be achieved, there may be a re-occurrence of shingles in later life.
Chilblains	Ceraflow
Chlamydia	Annucap
Cholera	This is a viral infection that can lead to nausea, vomiting and watery diarrhea. Annucap, Annukids may be given. Probiotic may be given to assist with the nausea. Lumbrophyte may be given in extreme cases. HYGIENE is important! Hands to be washed thoroughly after going to the toilet. All cooking utensils to be washed with extremely hot water and soap. All water used for cooking and drinking MUST be boiled water.
Cholesterol	Cynara
Circulatory stimulant for blood	Ceraflow, Annucap, Annukids (Children from 6 months to year, difficulty swallowing capsules)
Cirrhosis	Liver Ease / Sily Marum
Clarity	Combikids for children, Comblocol for adults, Dioineral
Cold sores	Dioineral. Ulcerite - For those outside mouth, mix small amount of Ulcerite with vaseline and apply to sore.
Colds	Cold & Flu, Annucap, Annukids (Children from 6 months to year, difficulty swallowing capsules), BronchiClear
Colic	Probiotic
Concentration	Combikids for children, Comblocol for adults, Dioineral
Constipation	Probiotic, please drink lots of water
Coughs – Soothing	Cold & Flu, BronchiClear, Annucap, Annukids (Children from 6 months to year, difficulty swallowing capsules)

COVID Infection	These supplements may assist with the recovery and prevention of infection: Annucap, Annukids, Cold & Flu, Bronchi-Clear. Lumbrophyte may be used where issues with blood-clotting is suspected.	
Cramps (stomach)	Are the cramps caused by a stomach ulcer or tummy bug? Bella Balm is a solution (long term and short term) for ulcers. Otherwise, kindly provide them with Annucap and Probiotic	
Crohn's Disease	Probiotic - Crohn's is caused by imbalance in micro-flora in the digestive system. Probiotic restores the healthy bacteria.	
Cuts	Calendula Ointment	
D Dementia - assists with	Ceraflow or Artero-Clear. It will slow down the progression of it. Additional assistance may be provided by using Dioineral.	D
Depression	Somni-Vite (not suitable for pregnant women), Stress Ease, Dioineral	
Detox	Detox, Liver Ease, Cynara, Sily Marum	
Diabetes Mellitus Support (Type 1 & 2)	<p>Immunupro, Cynara (not to be taken before bedtime with Type 1), Probiotic. Glucassist for Type 2 diabetes. Please be careful to give to Type 1's. Glucassist increases the body's sensitivity to insulin, in the case of insulin resistance, and assists with weightloss. Dietary adjustments are necessary to compensate for the sensitivity to insulin. Dioineral is also suggested to be used as a mineral shortage in the body, may be responsible for the issues with insulin.</p> <p>Recommendation: All Diabetic patients to follow their diet, VERY strictly for six days and cheat it completely on the 7th day. They will pay the price for the cheat day in getting their sugar under control. The good thing is that by the time they hit the third month of doing this, they won't need the cheat day as they are now used to the diet. Exercise is very important, even just walking to the gate at the bottom of their driveway.</p>	

Diarrhoea	Probiotic, Annucap, Annukids (Children from 6 months to year, difficulty swallowing capsules), Dioineral	
Digestive bloating	What is causing it? This needs to be defined before making a recommendation. Liver Ease, Sily Marum, Probiotic, Bella Balm, Dioineral	
Digestive Ulcers (Digestive tract and stomach)	Bella Balm (LOTS OF WATER), Probiotic	
Diuretic (Remove water and swollen legs and feet)	Tarraxamin, Renalin, Heart Ease, Stress Ease, Dioineral	
E Ear Infection	Annucap, Annukids (Children from 6 months to year, difficulty swallowing capsules). A few drops of clove oil in ear - it may burn but the pain will lessen. And if we say burn, the idea of a hot piece of coal in your ear comes to mind.	E
Eczema (Dry and itchy skin) - severe, mild	Eczema Relief, Cynara, Liver Ease, Sily Marum, Solan Ointment (please be aware that the Solan is a natural cortizone and as such will cause high blood sugar in Diabetics. They must be made aware of this and extra insulin and dietary changes must be made to control it).	
Emphysema	Jimson Weed, Bronchi Clear	
Endocrine deficiency	Endocryne Restorer, Dioineral	
Erectile Dysfunction	Triburone, Lumbrophyte. Several drugs can produce erectile difficulties, but blood pressure drugs are one of the main causes. Erectile Dysfunction is an occasional side effect of Blood Pressure drugs like thiazide diuretics, loop diuretics, and beta-blockers, all of which can decrease blood flow to the penis and make it difficult to get an erection.	
Expectorant (coughs)	Cold & Flu, BronchiClear, Annucap, Annukids (Children from 6 months to year, difficulty swallowing capsules)	
Eye infections	Annucap, Ceraflow	

F	Fatigue	Immunopro, Somni-Vite (not suitable for pregnant women), Dioineral, Triburone	F
	Fatty Liver	There is an issue with the foods eaten. Calories must be cut. However, salt is required to assist with fatty liver. The digestive system needs support. Because the food is not being digested correctly, the nutrients aren't being absorbed correctly, the digestive system, from the stomach to the gut, which includes the liver and kidneys, starts creating problems. A healthy gut makes a healthy body. Cynara, Liver Ease, Sily Marum powder, Probiotic may assist with the complete digestive system. Fatty Liver may substantially increase the risk of Diabete Mellitus Type 2. An active lifestyle MUST be maintained. The recommendation of the amount to eat in a meal is nothing more than the size of your two palms held together. The food must have equal amounts of vegetables / fruit / starch and only a third protein. The size of the meat portion must not be bigger than the palm of your hand.	
	Flatulence	Probiotic	
	Flu	Cold & Flu, BronchiClear, Annucap, Annukids (Children from 6 months to year, difficulty swallowing capsules)	
	Flu (preventive)	Cold & Flu, BronchiClear, Annucap, Annukids (Children from 6 months to year, difficulty swallowing capsules)	
	Focus	Combikids, Comblocol, Dioineral	
	Fungal killer	Annucap, Annukids	
G	Gall and stomach disorder	Cynara, Liver Ease, Sily Marum, Probiotic, Dioineral	G
	Glaucoma	Ceraflow, Artero-clear, Lumbrophyte, Dioineral	
	Gout	InflamEase, Liver Ease, Cynara, Sily Marum, Symphycaps, Detox, Dioineral	

	Gum ulcers	AbscessSolve 1&2 (together with Clove oil), Ulcerite, Annucap. If any root canal work has been done on the teeth, the recommendation is that the tooth that this was done on, be removed (unfortunately). An infection in root canals is very common and can lead to very serious complications with teeth.	
H	Hangover	Sily Marum, Liver Ease. And do spoil yourself with a toasted bacon, banana toasted sandwich. The fat in the sandwich, kicks the liver into overdrive to work out the toxins.	H
	Hay fever	Cynara, Liver Ease, Sily Marum	
	Head lice and nits	Annucap, Annukids, Dioineral (Children from 6 months to year, difficulty swallowing capsules) and iron supplement	
	Healing wounds	Calendula Ointment	
	Heart - weak heart muscle, valve issues	Heart Ease	
	Heart condition – excessive sweating, abdominal pain which feels like being punched in the stomach, jelly-like legs without any excessive exercise	This is the heart starting to warn about possible cardiac arrest. HeartEase is required to strengthen the heart muscle. ArteroClear may be required to clear the arteries from blockages together with Lumbrophyte to dissolve blood clots.	
	Heavy menstruation	Endocryne Restorer, Dioineral	
	Hepatitis	Cynara, Liver Ease, Sily Marum, Annucap	
	Herpes treatment	Annucap	

High blood pressure	Tarraxamin, HeartEase, Artero-Clear. Infections do have a connection to inflammation and heart disease. Infections elevate c-reactive protein (CRP) levels, an antibody-like protein. Increased CRP levels promote atherosclerosis (hardening of the arteries) and can lead to high blood pressure. It's normal for CRP to rise temporarily when battling an infection, such as a urinary tract infection and then return to normal. Chronic infections are reason for concern.
HIV	Annucap, Artum +, Annukids. Only support can be provided to boost the immune system against infections. Immunopro may assist to improve the appetite.
Hives	Cynara, Liver Ease, Sily Marum
Hormonal Issues – Female	Endocryne Restorer, Somni-Vite (not suitable for pregnant women), Dioineral (suitable for pregnant women)
IBS – Irritable Bowel Syndrome	Probiotic with lots of water
Immune booster	Immunopro, Annucap
Immune system – promotes	Immunopro
Indigestion	Probiotic
Infections - severe, mild	Annucap, Annukids, Artum +. Persistent infections - Lumbrophyte.
Infections of the intestines	Annucap, Annukids, Probiotic
Inflammation - severe, mild	Annucap, Annukids, Artum +
Inflammation/infections/detox of heart	Annucap, HeartEase
Insect bites	Skin Ointment, Calendula Ointment, 2 drops Citronella oil in bath water to prevent being bitten again. Immediate relief from itchiness can be obtained from rubbing clove oil on it but it may cause a burning sensation.

	Insomnia	Sleep Ease, Stress Ease	
J	Jaundice	Liver Ease, Sily Marum, Dioineral	J
	Joint pain	InflamEase, Joint Ease, Arthritis Relief, Symphycaps	
K	Kidney infections	Renalin, Annucap, Annukids	K
	Kidney issues	Renalin. If a diabetic, please see the recommendations under Diabetes Mellitus support. There are quite a few conditions that affect the kidneys and then "show" on the skin, in the joints, stomach discomfort etc.	
L	Laxative	Probiotic with lots of water	L
	Libido - male & female	Somni-Vite (not suitable for pregnant women), Triburone. For men, please see under Erectile Dysfunction.	
	Lipids	Cynara	
	Liver conditions	Liver Ease, Sily Marum, Dioineral	
	Liver detox	Liver Ease, Sily Marum, Dioineral	
	Liver tonic	Cynara, Liver Ease, Sily Marum, Dioineral	
	Lowers blood sugar	Cynara, Glucassist	
	Lung disorders	Cold & Flu, BronchiClear, Annucap, Annukids (Children from 6 months to year, difficulty swallowing capsules)	
	Lupus	Annucap, Annukids (Children from 6 months to year, difficulty swallowing capsules), Cynara, Liver Ease, Sily Marum, Dioineral	
M	Malaria	Annucap, Annukids (Children from 6 months to year, difficulty swallowing capsules), Calendula Ointment	M
	Malaria - preventative, treatment	Annucap, Annukids	
	Malta-fever	Annucap, Annukids	
	Measles	Annukids (Children from 6 months to year, difficulty swallowing capsules), Annucap. Lumbrophyte if it doesn't appear as if the infection clears up.	

Memory	Comblocol, CeraFlow, Combikids	
Menière's Syndrome	Ceraflow or Artero-Ease	
Menstrual pain	Lumbrophyte, Endocrine Restorer. Hot water bottle on stomach and relax in bed. Dioineral	
Migraine	Ceraflow, Stress Ease, Dioineral, Zinc supplement. Please have eyes checked and monitor blood pressure.	
Mouth Ulcers	AbscessSolve 1&2 (together with Clove oil), Ulcerite, Annucap. If any root canal work has been done on the teeth, the recommendation is that the tooth that this was done on, be removed (unfortunately). An infection in root canals is very common and can lead to very serious complications with teeth.	
Mouth Ulcers - Chronic	AbscessSolve 1&2 (together with Clove oil), Ulcerite, Lumbrophyte, Artum +. Please note that it may take up to two months to clear the infection in gums and jaws. If any root canal work has been done on the teeth, the recommendation is that the tooth that this was done on, be removed (unfortunately). An infection in root canals is very common and can lead to very serious complications with teeth.	
Mucous membranes – tonify	Cold & Flu, BronchiClear, Immunopro, Annucap, Annukids (Children from 6 months to year, difficulty swallowing capsules)	
Mumps	Annukids (Children from 6 months to year, difficulty swallowing capsules), Annucap	
Muscle spasms (relieve)	InflamEase, Symphycaps, Comfrey Ointment	
N Nappy Rash	Calendula Ointment	N
Nausea	Probiotic	
Nervous headaches	Stress Ease, Dioineral	
Nervous tension	Stress Ease; Somni-Vite (not suitable for pregnant women), Dioineral	
Neuralgia	Dioineral, InflamEase, Symphycaps, Comfrey Ointment, Ceraflow, Comblocol, Annucap	

	Neuropathy	Ceraflow, Cynara, Dioineral, Artero-Clear	
	Nutritive	Probiotic, Dioineral	
O	Occular occlusion	Lumbrophyte, Dioineral, ArteroClear. Additional supplementation with Vitamin C, D and B assists.	O
	Osteo-arthritis	NEM, Joint Ease, Dioineral, Symphycaps, Arthritis Relief	
	Osteoporosis	NEM, Joint Ease, Dioineral, Symphycaps, Arthritis Relief	
P	Parkinsons	Ceraflow, Bella Balm - these may assist to relieve the symptoms	P
	Peptic ulcer	Bella Balm - please ensure that lots of water is taken. A side-effect of this medicine is a very dry mouth and scratchy, dry eyes. Sufficient water MUST be taken with this.	
	Phlegm from airways (clear)	Annucap, BronchiClear, Cold & Flu, Annukids	
	Poor digestion (discomfort)	Probiotic, Dioineral	
	Post-Nasal Drip	Annucap, Annukids (Children from 6 months to year, difficulty swallowing capsules); Cold & Flu, Liver Ease	
	Probiotic	Probiotic	
	Prostate - enlarged	Prostrate Ease	
	Prostate disorders	Prostate Ease, Annucap	
	Psoriasis	Eczema Relief, Cynara, Liver Ease, Solan Ointment, Dioineral	
R	Rash	Calendula Ointment, Cynara, Liver Ease	R
	Relaxant	Stress Ease, SomniVite	
	Renal function – enhance	Renalin	
	Restless Legs Syndrome (RLS)	Ceraflow, Stress Ease	
	Rheumatism (Pain relief)	NEM, Joint Ease, Dioineral, Symphycaps, Arthritis Relief	

	Root Canal Infections - mouth abscess	AbscessSolve 1&2, Lumbrophyte, Artum +, Ulcerite
	Rubella	Annucap, Annukids (Children from 6 months to year, difficulty swallowing capsules)
S	Scarlet Fever	Annucap, Annukids (Children from 6 months to year, difficulty swallowing capsules), Calendula Ointment
	Sedative	Sleep Ease, Stress Ease
	Shingles	Annucap, Annukids (Children from 6 months to year, difficulty swallowing capsules), Ceraflow, Stress Ease. If the shingles does not clear up within a month, Artum+ to be taken. Lumbrophyte will boost the effectiveness of the Artum+. Stress must also be managed with Stress Ease / Sleep Ease. The immune system needs extreme boosting with this to fight the virus.
	Sinusitis	Cynara, Liver Ease, Sily Marum
	Snake Bite	<p>There is an immediate requirement for medical intervention (15 to 30 minutes maximum to get to medical facility).</p> <p>Please ensure that the snake has been identified correctly so that the correct anti-venom can be administered. The after-effects of the venom is anything from extreme headaches, extreme lethargy, nausea, vomiting, diarrhea.</p> <p>Rondeklip Organics can assist only with these symptoms, not the actual treatment of the snake bite. Liver Ease / Sily Marum / Cynara will ensure that the liver gets rid of the toxins. Renalin will support the kidney functions. Probiotic will ensure that the digestive system functions correctly. For the pain, we suggest that you adhere to the medical doctor's prescriptions and recommendations. We can offer InflammEase to assist with the pain prescription.</p>

Snake Spit Ingestion	<p>This occurs when a spitting cobra spits, and while it doesn't get in the eyes, some may be ingested. This tastes extremely unpleasant and may lead to extreme nausea, vomiting and diarrhoea.</p> <p>Treatment is symptomatic - probiotic to assist with settling the stomach and the nausea. There are a number of over-the-counter medications that work very well to assist with the nausea.</p> <p>Lethargy and exhaustion is common symptoms.</p> <p>The liver goes into over-drive to get rid of the toxins.</p>	
Sore Joints	InflamEase, Joint Ease, Dioineral, NEM, Arthritis Relief, Detox, Renalin	
Sore muscles	InflamEase, Dioineral, Comfrey ointment, Symphycaps	
Sore throat	Cold & Flu, BronchiClear, Annucap, Annukids (Children from 6 months to year, difficulty swallowing capsules)	
Spastic Colon	Probiotic	
Sprains and broken bones	Comfrey ointment, Symphycaps, NEM	
Stabilise heart	Heart Ease, Digitalis	
Strengthening of heart muscle	HeartEase	
Stress – relief	Stress Ease	
Stroke	Ceraflow or Artero-Clear. We recommend Lumbrophyte to be taken to thin the blood but care must be taken with blood pressure monitoring then.	
Styes	Annucap, Ceraflow	
Sunburn	Calendula Ointment	
T TB (Tuberculosis)	Annucap, BronchiClear, Cold & Flu. Artum+ will assist where the TB is "drug-resistant".	T
Testosterone	Triburone, Somni-Vite (not suitable for pregnant women)	
Thyphoid Fever	Bacterial infection. Artum+, Lumbrophyte and Liver Ease	

Thyroid Supplement	Somni-Vite (not suitable for pregnant women), Dioineral (suitable for pregnant women)	
Tick Bite fever	Annucap, Annukids. For persistent tick bite fever, Lumbrophyte is recommended and Artum+ may be required also.	
Tinnitus	Ceraflow	
Tonsillitis	Annucap, Annukids (Children from 6 months to year, difficulty swallowing capsules); Liver Ease	
Toxins	Detox, Liver Ease, Sily Marum	
Travel sickness	Licourice sweets / drops. Assistance can be provided by drinking Ceraflow as it's an indication of ears and eyes that react oddly, when travelling.	
Tumours	Annucap, Artum+, Annukids, Liver Ease	
U Urinary Infection	Annucap, Annukids, Artum+. Please ensure that sufficient water is taken. Renalin can be taken to ensure that the kidneys do not become inflamed	U
Urinary tract	Cynara, Liver Ease, Sily Marum, Annucap, Annukids (Children from 6 months to year, difficulty swallowing capsules), Renalin	
Urine (poor flow) - females	Renalin, Annucap, Annukids	
Urine (poor flow) - males	Prostate Ease, Renalin	
V Vaginal thrush	Cynara, Liver Ease, Sily Marum, Annucap, Annukids (Children from 6 months to year, difficulty swallowing capsules), Endocryne Restorer	V
Varicose ulcers	Varic Vein, Annucap, Calendula Ointment	
Varicose veins (painful)	VaricVein, InflammEase	
Vertigo	Ceraflow, Stress Ease	
Viral / Bacterial Infections - not clearing up	Lumbrophyte, Artum +	
Viral infections	Annucap, Annukids, Artum+	

W	Water retention	Tarraxamin, HeartEase, Endocrine Restorer if it's triggered by menstruation in women, Dioineral	W
	Weak Blood flow	HeartEase, Ceraflow, Lumbrophyte	
	Weight-loss	<p>With weight-loss, you must watch the portions that you eat. If you put the two palms of your hands together, the "bowl" that is formed, is the portion size you are allowed, per meal. You cannot have a meal and then as a snack, two slices of bread, and then still believe you've only had three meals a day. If your meals/snacks you have in a day, is six "palm-size" portions, you have had three meals too many. The "palm-size" portion must consist of protein (meat, fish, chicken), vegetables (carrots, tomatoe salad, broccoli etc) and starch (rice, potatoes, pasta), in equal portions i.e. "palm-size" portion must be divided into thirds. The protein part of the meal, may not be bigger than the palm of your hand. You may only follow this diet STRICTLY for six days. On the seventh day, you cheat and eat as much as you want of what you want. Then you revert back to the diet for next six days. By month three of doing this, when the cheat day comes around, you will not need it. The habit of healthy eating has been established. Rondeklip Organics can provide Diet Plus to assist, but you need to establish the habit of healthy eating.</p>	
	Wounds external	Calendula Ointment	
Y	Yeast infection	Annucap, Annukids, Artum+	Y
	Yellow Jaundice	Liver Ease, Sily Marum	