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SafeCareRx

precise medicine™

by kingbio



Mind & Body

Reference Manual

M&B
MIND & BODY



The King Bio Mission:

To lead the way in professional cutting edge products and procedures

To provide safe, more corrective and curative all natural medicines with no side effects and no negative drug interactions.

To provide new diagnostic procedures to greater empower the physician to better resolve the chronic recurring and resistant problems plaguing our society.

To offer more effective and affordable health care solutions.

To empower the physician with the most effective educational tools to attain optimal health.

To achieve your utmost respect in product quality and services.

Premise:

That all people are designed to be healthy and are equipped to overcome disease.
Our focus is to equip people with the tools to overcome disease.

Values:

To love and care for the sick and suffering.

To continually seek and search for the most effective health care solutions.

To serve with honesty, integrity and purity of intent.

To care enough to make the sacrifices necessary to most positively impact our world.

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WHAT IS HOMEOPATHY?

Homeopathy is a system of healthcare that activates the body's own healing processes in order to cure disease naturally, gently, and promptly. Homeopathy is a natural pharmaceutical science that uses potentizations of very small or infinitesimal doses of substances from the plant, mineral, and animal kingdoms to activate the body's nervous system to initiate a healing response.

The German physician and chemist Dr. Samuel Hahnemann founded the science of homeopathy in the early 1800s. While performing research into the toxicological effects of the medicines of his time, Dr. Hahnemann discovered that a specific dilution of a substance would remove the symptoms that the substance was capable of evoking. Through numerous experiments, he advanced the theory that "likes are cured by likes," and today it is a verified law of Pharmacology, the *Law of Similars*.

For example, if one drinks too much coffee, insomnia, restlessness, and excitation occur. In homeopathy, coffee (*coffea*) is used frequently in cases of insomnia, particularly for subjects who are agitated and excitable. Thus the homeo-therapeutic use of specific dilutions of coffee relieves the toxic effect of coffee on the central nervous system.

You will also see application of the Law of Similars in genetics, physics, chemistry, and immunology. In physics, opposite poles of a magnet attract while similar poles repel. By placing similar poles next to each other, a weakened magnet will be recharged/regenerated, or restored by the *Law of Similars*.

A basic principle of chemistry, simply stated as "like dissolves like", describes a substance acting as a solvent to another substance when it has a similarly polar or apolar molecular bond. Immunology crudely applies the *Law of Similars* to activate antibody responses with small doses of a similar substance that will evoke the allergic symptoms.

HOMEOPATHIC PRINCIPLES

Homeopathic remedies focus on the *whole* person and the body's own natural defense systems. Homeopathy recognizes the body's built-in capability to heal itself and maintain a healthy vibrant state of well being. Homeopathy teaches us that the symptoms of a disease represent the body's own intelligent way of communicating through the nervous system that it needs help. We can reinforce the body's efforts by administering very small or infinitesimal doses of a substance, which if taken in large quantities over a period of time, would produce the same symptoms as the disease.

THE LAW OF POTENTIZATION refers to the specific dilution procedure of homeopathic formulas. These specific dilution ratios with succussions or shaking are continued to various levels, called *potencies*. The lesser dilutions are known as low potencies and the greater dilutions are known as high potencies. Higher potencies act deeper in the nervous and energetic systems, thereby creating a more potent effect upon the body's natural healing responses.

THE BIO-ENERGETIC PARADIGM

Homeopathy functions very differently from other remedies such as herbs, vitamins, and minerals. While nutritional supplements work on a bio-chemical level to change or support body chemistry, homeopathy works on a *bio-energetic* level to bring balance to our higher communication networks. All body functions are controlled and coordinated through energetic communication networks such as our nervous system. Every chemical within our body has a particular charge to respond very specifically to our energetic control networks. By balancing our energetic communications with homeopathy, the roots to our bio-

chemical functions can also be restored. The bio-energetic realm of life controls the bio-chemical realm of life.

We have found that the easiest and most effective way to rebuild our health is to first restore the communication networks within our body. The deeper works of homeopathy can make all of our other efforts to enhance health much simpler. In fact, homeopathy will empower our body to respond much more effectively to all our efforts in building health. As the inner integrity of our health is restored with homeopathy:

- ◆ Recurring subluxation patterns stabilize and correct.
- ◆ Good eating habits become more effectual.
- ◆ Herbal and nutritional supplements become more effectual.
- ◆ Exercise efforts become more effectual.
- ◆ Efforts to manage stress and think more positively become more effectual.

As we grasp more completely the power of these healing principles, we will be able to take on a greater level of authority and control in our health. We will become more successful stewards of our bodies, and more effective in our efforts to attain and maintain optimal health.

These bio-energetic principles are why homeopathic medicines can commonly provide such quick results—often within 30 seconds to just a few minutes. Once a homeopathic medicine is sprayed in the mouth, it is picked up by the sublingual nerve pathways around the tongue. The unique healing powers of homeopathy are then transmitted at the average nerve speed of 200 MPH throughout the body. Within 5 to 7 seconds, the healing and restorative messages of the homeopathic remedy reach all 100 trillion cells of our body! Even topical applications can be picked up by the nerve endings in the skin with similar quick effects.

Homeopathy works so deeply within the inner fabric of the human body that actual cures can take place. Even inherited problems and weaknesses (called *miasms* in homeopathy) have well documented cures. With homeopathy, we possess another tool to help stop the inheritance of genetic problems and weaknesses by our offspring.

NEW BREAKTHROUGHS IN HOMEOPATHY

King Bio has developed a number of new approaches to better offer the many benefits of homeopathy in the contemporary office. These contemporary approaches include breakthroughs in both products and procedures. They are so simple any physician can apply them successfully in every style of practice or specialty.

One of our foundational breakthroughs in homeopathy is the multi-ingredient, multi-potency formulas in our comprehensive and easy to use **SafeCareRX** line. In every dose of **SafeCareRX** Mind & Body formulas, you receive equal volumes of seven high potency broad-spectrum potencies (or strengths) in each ingredient (10x, 30x, 100x, 1M, LM1, LM2 and LM3). In general, the lower 10X potency works at the more superficial levels of bodily function, such as skin and hair health. The middle potencies (30X and 100x) work more in the realm of our glands and organs. The mental and emotional functions and even our genetic predispositions are best enhanced with the higher (1M, LM1, LM2 and LM3) potencies. These potency ranges have been clinically proven to provide a higher percentage of results, faster results, and a higher percentage of actual cures with minimal aggravations or healing crises.

Especially important is our unique pure Bio-Energetically Enhanced water base™. **King Bio** is the only company manufacturing homeopathics without sugar, alcohol, or glycerin. **King Bio** offers the purest form of medicine available:

- ◆ No side effects
- ◆ No known negative drug interactions
- ◆ No contraindication for use
- ◆ No allergies
- ◆ No sensitivities
- ◆ No taste or aftertaste

Medicine does not have to taste bad to be good. The **King Bio** Bio-energetically enhanced pure water-base™ high-multipotentiation process makes **SafeCare_{RX}** formulas exceptionally strong and taste-free. With no offensive taste, everyone, from grandchild to grandparent, will enjoy taking a **SafeCare_{RX}** formula.

Since homeopathy works on the whole person, correction of seemingly unrelated health problems can also occur. For example, you may take our Insecurity formula and discover your asthma or other seemingly unrelated symptoms have also ceased.

Compliance is a common challenge whenever it comes to doing something good for ourselves. Our homes are cluttered with unused exercise equipment and cupboards full of partially consumed health products. The least little inconvenience can easily deter us from doing what is good for us. Our medically metered pump spray makes **SafeCare_{RX}** formulas both easy and fun to take; thus helping us to remain diligent in taking care of ourselves. “Convenience creates compliance.”

The other breakthroughs in homeopathy are the procedures we, as alternative doctors, have found to be the most effective. The greatest hurdle with homeopathy is in finding the right remedies for each individual. The procedures taught in our **Contemporary Homeopathic Enhancement Systems & Solutions™ (CHESS)** manual will dynamically equip you with the ability to communicate directly with the body. Now you can discern which homeopathics your patients need to take their health to the highest level. Contact us at 1-800-543-3245 for more information on the CHESS system.

SOLVING TODAY’S CONTEMPORARY HEALTHCARE PROBLEMS

COMPREHENSIVE COMPOSITION – **SafeCare_{RX}** formulas are the result of the accumulated knowledge of some of the most respected homeopaths, many years of combined research, and comprehensive clinical experience. We are pleased to provide you with the following innovative formulas to meet the complex health needs of today. The quality ingredients in our formulas are prepared from substances belonging to all three realms of nature. The plant kingdom is the source of more than half our remedies. Qualified specialists harvest our plants in their natural habitat after passing a thorough botanical examination. All components are prepared in strict accordance with the Homeopathic Pharmacopoeia of the United States (HPUS) and current Good Manufacturing Practices (cGMP) standards of excellence. Components from the plant kingdom are gathered according to specific procedures. This involves harvesting a specific part of the plant at a specific season of growth; i.e., budding, flowering, etc. This process is essential to provide the therapeutic quality of King Bio formulas. Substances for our formulas also come from the mineral kingdom and a small amount from the animal kingdom.

A CONTEMPORARY APPROACH – **SafeCare_{RX}** formulas are uniquely created to meet the needs of today’s more complex and elusive healthcare problems. Due to the dramatic changes in disease patterns and our environment, the effective answers **SafeCare_{RX}** formulas offer are in great demand to meet today’s health needs. These formulations are designed for the majority of health problems you see in contemporary practice.

SYNERGY – Our unique formulation process allows us to offer products with a greater degree of effectiveness than ordinary homeopathic remedies. Our proprietary research has allowed us to develop synergistic formulas where the total effect is truly greater than the sum of the parts.

HOW SOON CAN RESULTS BE EXPECTED?

In acute conditions, the appropriate remedy can act within minutes. It is common to see a child who is crying and emotionally upset drop off to sleep one to two minutes after a dose of the appropriate remedy. In chronic conditions, results can be slower. Roughly, for every year of illness, it may take a month of treatment and multiple formulas to receive maximum results.

Homeopathy has profound effects in the mental and emotional realm. Catherine Coulter, prolific author of homeopathic literature, writes that practitioners “will find that the homeopathic remedy brings about a profound change in the patient beset by fears and neuroses, anxieties of conscience and moral turmoil, or suffering from mania, depression, suicidal impulses, and even “borderline” mental illnesses. He may start to relinquish his anxieties and other disorders within days or weeks, rather than months or years.”

Though astounding improvements often take place, do not be discouraged if instant improvements do not occur in chronic or long-term conditions. In the chronically ill and hypersensitive patient, the vitality of a person needs to be first strengthened. There may even be a slight chance of temporary worsening of symptoms. This is usually short-lived and followed by improvement.

A doctor using the CHESS system and applying the full homeopathic armamentarium for the whole person (physically, mentally and emotionally) will use between 10 and 20 formulas in a focused year of treatment. This approach will maximize the level of growth your patients will receive in their over-all health.

DOSAGE: BE FLEXIBLE TO BE SUCCESSFUL!

Since our body has unique requirements, **optimal dosages can vary with each individual**. For **general use**, one adult dose **3 times per day is a 60-day supply**. Although you may start with a dosage more than 3 times a day, you will lessen the dosage as symptoms improve and finish with a dosage of less than 3 times a day. You **need not worry about excess dosing** producing any toxic side effects. The important thing is to establish the appropriate dose until results occur and vary the dose according to symptomatic change. If there are no results, gradually increase the dose frequency until symptoms begin to clear. Taking more than the recommended dosage at one time will not add additional therapeutic value. As symptoms do begin to clear, reduce the frequency accordingly.

SafeCare_{rx} formulas are **designed to correct the underlying causes** behind your health problems. Depending on the conditions, if no changes occur within a few days to a few weeks:

- Try another related **SafeCare_{rx}** formula. Related formulas can be found in this Product Guide under each formula and in the Repertory section alphabetically
- King Bio’s free consultative services are always available to **health care professionals at 800-543-3245**.

For best results, take doses anytime between meals at least **10 minutes or more before or after eating or brushing teeth**. Whenever possible, allow a few minutes between doses when taking more than one **SafeCare_{rx}** formula. Bio Response Tests (BRT) can help you to discern which formulas can be taken together and which products to take separately. Please refer to our CHESS manual for more information on Bio Response Testing (BRT).

TOPICAL USES

In addition to oral use, **SafeCare_{rx}** formulas can be externally applied when appropriate. The topical doses can add a therapeutic dimension to a case that an oral dose alone may not and vice versa. King Bio's unique pure water base allows you to safely apply the therapeutic potentials of a topical dose for an immediate localized effect.

For example, you can spray over the emotional reflex points on the forehead for stress. If stress affects the neck and the stomach area, spray over these areas in addition to the oral dose. Anywhere you may have localized symptoms simply spray over those areas with the appropriate formula. Additionally, spraying an M&B remedy in the air and inhaling the mist through the nose will allow you to utilize the full therapeutic value of the dilute essential oils in each formula.

FINDING THE RIGHT FORMULAS

Since homeopathy is based on the *Law of Similars*. Whatever sounds similar to the patient's conditions should be considered. Use both the **Mind & Body Reference Manual and the Physician's Quick Reference Manual Product Guides and Repertories** to help you discover the potential formulas for each individual case. The key to ultimate success with homeopathy is finding all the formulas that match the full symptom picture or portrait of the disease and correct the underlying cause of disease. Homeopathy is a highly individualized healing art, and to discover its broad spectrum of therapeutic potentials, you must have a way of discerning all the remedies that support the healing process. The practitioner must have an insightful and open approach that seeks to explore more deeply all possible causes or *similimums* – products that match similar symptoms. Diligence in seeking and finding all the necessary homeopathic remedies is the key to great successes in homeopathy. Physical related remedies can be key in mental and emotional conditions and vice versa.

This reference manual lists all the **SafeCare_{rx}** Mind & Body formulas and their therapeutic actions on the mind and emotions. Read over the “**Indications for Use**”, “**Remarks**”, and “**Related Physical Conditions**” sections for each product to become familiar with their therapeutic actions upon the body. While you are reviewing specific symptomatic patterns with the patient, specific formulas will come to mind to test or try. Under the “Indications for Use” of each product is a list of possible “**Complementary Formulas.**” The complementary formulas are listed in a order of priority for consideration. This procedure is designed to help you put the pieces of health back together for each individual patient.

The M&B Repertory offers a thorough A-Z listing of health problems with a priority list of **SafeCare_{rx}** formulas to consider. Use the Product Guide and Repertory in the Physicians Quick Reference Manual as well to provide comprehensive healing opportunities for your patients.

The body is designed to maintain and restore health. When this inner process breaks down, health problems occur. The key to this natural restoration process is to personally find the right natural medicines for each case. Each of us possesses a unique make-up. The underlying causes of the same health condition between two individuals with similar symptoms may be different, requiring different **SafeCare_{rx}** formulas. Indications for use on the **SafeCare_{rx}** formulas label may suggest the obvious formula for the symptoms. However, because our bodies are unique, individuals may require different formulas.

Between the Guide, Repertory, Health Appraisal Questionnaire, treatment forms, and our testing procedures, you will be well-equipped to correct the great majority of chronic recurring health problems perplexing our society. With the new, contemporary procedures covered in the *Contemporary Homeopathic Enhancement Systems and Solutions* (CHESS) manual, you will quickly develop the experience and creativity for optimal success.



MIND-BODY REMEDIES

For Total Health: Body, Mind & Emotions

The mental, emotional and dream realms provide keynote symptomatic patterns that lead the homeopath to the core remedies, those remedies that impact the patient with the most effectual, deep acting, positive, life-changing results.

The **SafeCare_{rx}** HEALTHY MIND & BODY Line is designed to:

1. Actively correct chronic, recurring and resistant health problems
2. Proactively enhance our ability to live at our full life potential.

Our level of mental, emotional and physical health is directly proportional to our living the most complete and fulfilling lives. The enhancement of our mental and emotional health is not just necessary for those with a psychological condition. Nobody has fully arrived, so we can all benefit by supporting our health on all levels. **SafeCare_{rx}** M&B REMEDIES are designed to be safe and effective for all individuals, from young children to grandparents, allowing us all to grow and develop into our full potential!

Other healthcare approaches have been developed to support mental and emotional health. However, the powerful benefits provided by the synergistic combination of *flower essences*, *essential oils*, and *homeopathic remedies* reach new levels of therapeutic ability that are completely complimentary to all forms of conventional care from counseling to prescription medications.

The multi-ingredient, multi-potency method of formulation has been designed and carefully refined through decades of clinical experience applying centuries of clinical knowledge. King Bio uses key ingredients backed by double blind studies and clinical confirmations which have withstood the tests of time and adversity. By using these select ingredients and powerful formulations in the research, development and manufacturing of the **SafeCare_{rx}** M&B REMEDIES, we provide medicines which empower you and your patients to reach higher levels in mental, emotional and physical health.

Homeopathy has accumulated over 200 years worth of double-blind studies, called provings, that confirm specific mental and emotional therapeutic applications of hundreds of substances. All substances have had clinical confirmation of efficacy and safety. This unique and detailed clinical information

is listed in numerous books called homeopathic Materia Medicas and Repertories which describe not only the mental and emotional but also the physical conditions related to each substance. In this way we are able to determine specific mind-body connections and create homeopathic medicines that work on both the mental, emotional, and physical levels.

SafeCare_{rx} M&B REMEDIES utilize a synergistic blend of carefully selected homeopathic remedies, flower essences, and essential oils. This synergistic blend is then brought to 7 homeopathic potencies using King Bio's Bio-Energetically Enhanced Pure Water Base™. This allows each ingredient to achieve a powerful level of efficacy which they could not achieve alone.

SafeCare_{rx} M&B REMEDIES are made in equal volumes of 10X, 30X, 100X, 1M, LM1, LM2 and LM3 potencies. This broad spectrum of low to high therapeutic potencies is designed to work deeply at every level of our health. The multiple potency approach is essential to more completely impact our mental, emotional and physical well-being, and provides the greatest good therapeutically.

SafeCare_{rx} M&B REMEDIES are designed to be an exceptional compliment to any other therapies, programs or medications. They are also designed to provide a higher percentage of results for the cure and correction of perplexing physical, mental and emotional issues which sabotage our highest expressions of life. These formulas correct, restore, and enhance mental and emotional health on all levels, from brain biochemistry and neurotransmitter functioning to the deepest emotions, memories, and innate needs of our inner-self. They do not negate, but instead assist our powers of choice, responsibility and accountability in life.

Enjoy the journey!

SafeCareRX M&B REMEDIES offer your practice the following advances and advantages:

- Complete mind-body solutions for the whole person (combining the potentized powers of homeopathy, flowers essences and essential oils).
- Higher percentage of cure and correction
- Bio-energetically enhanced pure water base™ with no alcohol or sugar
- Odor and taste free
- Easy one-handed pump spray delivery
- Multiple delivery options, can be applied internally, externally, (orally, nasal nebulization, topical)
- Broadens your scope of practice.
- Offers more therapeutic power to crack the chronic, recurring, resistant and so called incurable problems perplexing our society
- Can make detailed specific clinical claims to better help both doctor and patient understand and apply its many therapeutic effects
- Coded label names so that patients can take them without the embarrassment
- Credible FDA registered all natural homeopathic drug products that can be applied with greater competence by the doctor and received with confidence by the patient
- Clinically tested on humans for both safety and efficacy
- Safe, no side effects, no known negative drug interactions, no contraindications, non-habit forming or addictive and can be used with people on multiple medications
- Offer reflex response test procedures to help discover and discern what products are needed, optimal dosages, when to start, stop, change or restart the formulas
- Prevent potential health problems, physically, mentally and emotionally.
- Proactively promote personal growth for a more successful and fulfilling life.
- Correct genetic predispositions to specific conditions.
- Safe enough for children, strong enough for adults

HEALTHY MIND & BODY

Healthy Temperament (HT):

HT1010 (Physical Anger)

Indications for use: For rage, physically violent tendencies, volatile temper, uncontrollable anger. For promoting gentleness, peacefulness, positive self-expression, receptiveness, stability.

Remarks: For those who have become, or feel as if they could become, physically violent with their anger. Can assist in healing individuals whose rage stems from emotional pain, such as a being physically abused in the past. Can ease violence and frustration in young children who cannot adequately express their anger verbally.

Possible Related Physical Conditions: Inflammation of the eyes, thirst, headache, liver disorders, inflammation, swelling and/or ulceration of lips and tongue.

Complementary Formulas: HT1020(Easily Angered), HT1040(Vindictive), HT1030(Stubborn & Contentious), HT1060(Verbal Anger), HT1080(Criticize & Contradict), HT1050(Personality Changes), HSR1850(Stress Control), HE2050(Guilt), HI2310 (Callused), HSI2560(Insecurity), HC3020 (Alcoholism), Constitutional Enhancer, Liver Detox

Official HPUS Ingredients: Belladonna, Cantharis, Cimex, Gallicum ac, Hepar sulph calc, Iodum, Lonicera per, Lyssin, Moschus, Tarentula hisp, Veratrum alb. **Other:** Neurotransmitter Complex. Essential Oil: Vetiver, Chamomilla Roman, Lavender. Flower Essences: Allium sat., Artemisia trid., Briza max., Calendula off., Centaurea sol., Chrysothamnus naus., Cichorium int., Delphinium nut., Fagus sylv., Ilex aq., Impatiens glan., Lilum hum., Matricaria rec., Salix vit.

HT1020 (Easily Angered)

Indications for use: For impatience, irritability, volatile temperament, quickness to anger, discontent. For promoting patience, contentment, emotional stability, impulse-control.

Remarks: Individuals experiencing bodily discomfort and irritation often become mentally irritable as well. Also helpful for irritable and volatile temper due to side-effects of some prescription drugs.

Possible Related Physical Conditions: Gout, tooth infection, hernia, affections of the kidney and/or liver, goiter.

Complementary Formulas: HE2070(Overly-Sensitive), HSR1850(Stress Control), HT1010 (Physical Anger), HT1030(Stubborn & Contentious), HT1060(Verbal Anger), HT1080(Criticize & Contradict), HE2020(Mood Changes), HE2050(Guilt), Constitutional Enhancer, Liver Detox, PMS Relief.

Official HPUS Ingredients: Aesculus hipp, Antimon crud, Chamomilla, Colocynthis, Crocus sativus, Ferrum met, Kali carb, Nat mur, Staphysag, Thyroidinum. **Other:** Essential Oil Blend: Ylang ylang, Coriander, Chamomilla Roman. Flower Essences: Aesculus car., Aesculus hip., Agrimonia eup., Anethum grav., Bromus ram., Impatiens glan., Ipomoea purp., Lavandula offic., Populus trem.

HT1030 (Stubborn & Contentious)

Indications for use: For tendencies toward a disputatious, defiant temperament, stubbornness, contentiousness, irritability. For promoting positive self-expression, openness & understanding, peacefulness, tolerance.

Remarks: Can assist in the general healing process of an individual by allowing them to be more receptive to the efforts of their healthcare practitioner and concerned friends and family. For adolescents and children with tendencies to talk back and argue with parents and others.

Possible Related Physical Conditions: Affections of the knee, liver and/or lungs, eruptions or blotches on face, rheumatism.

Complementary Formulas: HSI2510(Egotistical), HI2300(Complaining), HI2330(Extravagant), HSR1840(Perfectionism), HT1010 (Physical Anger), HT1040(Vindictive), HT1060(Verbal Anger), HSR1850(Stress Control), HT1020(Easily Angered), HT1080(Criticize & Contradict), HT1050(Personality Changes), HE2050(Guilt), Constitutional Enhancer, Liver Detox

Official HPUS Ingredients: Abrotanum, Antimon tart, Aurum met, Bromium, Capsicum, Chamomilla, Kali carb, Lycopodium, Moschus, Nux vomica. **Other:** Neurotransmitter Complex. Essential Oil: Lavender. Flower Essences: Fagus sylv., Calendula off., Capsicum ann., Cichorium int., Cornus nutt., Allium sat., Ilex aquif., Impatiens glan., Delphinium nutt., Ipomoea pur., Briza max., Chrysothamnus naus., Rockwater, Salvia off., Centaurea sol., Calochortus tol., Lilium hum., Juglans reg., Salix vit.

HT1040 (Vindictive)

Indications for use: For vindictiveness, resentfulness, contempt, excessive irritability, cruelty. For promoting compassion, forgiveness & mercy, peacefulness, emotional stability.

Remarks: Can assist those struggling with recurring thoughts to get even with others they feel have done them wrong. Helpful for the “mean-spirited” child or adult. Assists the individual in perceiving other’s points-of-view and acknowledging and releasing the emotions behind their resentment.

Possible Related Physical Conditions: Warts, affections of the ear and/or liver, cough, fevers.

Complementary Formulas: HSI2510(Egotistical), HSI2520(Envious), HI2270 (Deceitful), HT1010(Physical Anger), HT1030(Stubborn & Contentious), HT1060 (Verbal Anger), HT1070(Self-Abuse), HT1020(Easily Angered), HT1080(Criticize & Contradict), HT1050(Personality Changes), HE2050(Guilt), Constitutional Enhancer, Liver Detox

Official HPUS Ingredients: Absinthum, Aloe, Colocynthis, Hepar sulph calc, Iodum, Ipecachuana, Nitricum ac, Nux vomica, Platinum met, Strychninum, Thea. **Other:** Essential Oil: Sandalwood. Flower Essences: Arnica moll., Fagus sylv., Malus syl., Ceanothus inter., Dicentra chrys., Ilex aquif., Verbascum thap., Pinus syl., Salix vit.

HT1050 (Personality Changes)

Indications for use: For confused personal identity, split personality, maniacal impulses, absence of restraint, excessive irritability, impulsive desire to harm oneself & others. For promoting clarity of personal identity, self-control & awareness, inner-stability, peacefulness & centeredness.

Remarks: Consider for those whose personalities dramatically change when consuming alcohol or other recreational drugs. Work closely with a mental healthcare profession when using this formula for individuals diagnosed with personality disorders.

Possible Related Physical Conditions: Eczema, parasites, squinting, affections of the anus.

Complementary Formulas: HE2050(Guilt), HE2020(Mood Changes), HI2260 (Paranoid), HSR1770(First Aid for Mind & Body), HT1040(Vindictive), HT1030 (Stubborn & Contentious), HT1060(Verbal Anger), HT1070(Self-Abuse), HT1020 (Easily Angered), HT1080(Criticize & Contradict), HT1010 (Physical Anger), Constitutional Enhancer, Liver Detox

Official HPUS Ingredients: Alumina, Anacard or, Anhalonium, Arnica mon., Cicuta vir, Cina maritime, Iodum, Naja, Platinum met, Thuja occ. **Other:** Neurotransmitter Complex. Essential Oil: Chamomilla Mixta. Flower Essences: Capsicum ann., Cornus nutt., Ipomoea pur., Pinus syl., Briza max., Rockwater, Artemisia trid., Calochortus tol., Juglans reg., Salix vit.

HT1060 (Verbal Anger)

Indications for use: For tendencies to be verbally abusive, curse, swear, use violent language, scold, insult, yell & scream, be insolent, rude &/or derogatory. For promoting positive self-expression, self-control, kind, respectful language.

Remarks: Also helpful for those who feel they are not being listened to or who feel frustrated in their ability to honestly express their feelings. Assists the individual in becoming aware of their tendency to rely on verbal abusiveness to get their way.

Possible Related Physical Conditions: Affections of bladder, spasms, stricture, or chronic inflammation of urethra, sour breath, frequent urination or incontinence, diarrhea.

Complementary Formulas: HI2250(Gossipy), HSR1850(Stress Control), HT1070 (Self-Abuse), HT1020 (Easily Angered), HT1080(Criticize & Contradict), HT1050(Personality Changes), HE2050 (Guilt), HT1010 (Physical Anger), HT1040(Vindictive), HT1030(Stubborn & Contentious), Constitutional Enhancer, Liver Detox

Official HPUS Ingredients: Anacard or, Cereus serp, Lac caninum, Lachesis, Liliium, Moschus, Nux vomica, Petroleum, Skatolum, Veratrum alb. **Other:** Neurotransmitter Complex. Essential Oil: Sandalwood. Flower Essences: Fagus sylv., Calendula off., Matricaria rec., Cichorium int., Cornus nutt., Allium sat., Ilex aquif., Impatiens glan., Delphinium nutt., Briza max., Chrysothamnus naus., Centaurea sol., Artemisia trid., Liliium hum., Salix vit.

HT1070 (Self-Abuse)

Indications for use: For internalized anger, self-contempt & blame, dissatisfaction with life, violent thoughts/actions, depression, self-inflicted violence. For promoting self-esteem, loving internal dialogue, self-acceptance, optimism.

Remarks: Can be helpful for a number of internalized health issues including, anorexia, cutting, and other conditions that relate to hurting one's self. Watch for signs of self-inflicted violence in depressed individuals, especially common in teenage girls. Self-abusiveness is often evident in the language of individuals as they tend to speak of themselves in negative terms.

Possible Related Physical Conditions: Pain in lumbar and/or sacrum, foul smelling excretions, angina pectoris, heart palpitations, hyperpyrexia, anemia.

Complementary Formulas: HSR1840(Perfectionism), HE2010(Melancholic), HSR1750(Intense Anxiety), HSR1850(Stress Control), HT1020(Easily Angered), HT1050(Personality Changes), HSI2530(Self-Pity), HE2070(Overly-Sensitive), HE2030 (Heart Ache), HM1550(Serious), HSR1770(First Aid for Mind & Body), Constitutional Enhancer, Liver Detox

Official HPUS Ingredients: Agaricus musc, Aloe, Aurum met, Carboneum sulph, Cimicifuga, Chamomilla, Liliium, Nat carb, Stramonium, Tarentula hisp. **Other:** Essential Oil: Chamomilla mixta. Flower Essences: Larrea tri., Malus syl., Ceananthus inter., Dicentra chrys., Ilex aquif., Monardella odor., Pinus syl., Artemisia trid., Prunella vul., Calochortus tol., Achillea mill.

HT1080 (Criticize & Contradict)

Indications for use: For tendencies to criticize & contradict, be fault-finding, insulting, censorious, take everything amiss, complain about others. For promoting harmony, compassion, positive self-expression and the ability to compliment others.

Remarks: Can be helpful for those who live in continuous recurring conflict. Those with a tendency to find fault in others are often hardest on themselves or most dissatisfied with their own lives. Check for the need of a complementary formula in this area.

Possible Related Physical Conditions: Varicose veins, high blood pressure, kidney stones, low libido, tendency to miscarriage, inflammation of ovaries and/or breasts.

Complementary Formulas: HSR1840(Perfectionism), HSI2520(Envious), HSR1850(Stress Control), HE2070(Overly-Sensitive), HI2300(Complaining), HA2800(Aversion to Change), HSI2530(Self-Pity), HT1040(Vindictive), HT1030 (Stubborn & Contentious), HT1060(Verbal Anger), HE2050(Guilt), Constitutional Enhancer, Liver Detox

Official HPUS Ingredients: Benzinum, Guaiacum, Helonias, Lachesis, Mezereum, Nux vomica, Senega, Sepia, Sulphur, Platinum met, Veratrum alb. **Other:** Essential Oil: Chamomilla Roman. Flower Essences: Capsicum ann., Cornus nutt., Ipomoea pur., Briza max., Rockwater, Salvia off., Calochortus tol., Juglans reg., Salix vit.

Healthy Sexuality (HS):

HS1250 (Expressed Sexual Issues)

Indications for use: For tendencies toward lewdness & lasciviousness, sexual compulsiveness, exhibitionism, inappropriate sexual excitement. For promoting healthy sexual expression & fulfillment.

Remarks: Can be helpful for those whose sexuality controls them rather than them controlling their sexuality. Helps individuals balance their sexual energy.

Possible Related Physical Conditions: Venereal diseases (esp. syphilis, gonorrhea, herpes), uterine prolapse, impotence, priapism (prolonged erection without stimulation), spermatorrhea (discharge of semen without orgasm), inflammation of the prostate, abnormal menstruation, offensive vaginal discharge.

Complementary Formulas: HS1260(Repressed Sexual Issues), HC3010(Gambling), HC3000(Addictions), HSI2540(Religious Issues), HSR1840(Perfectionism), HI2330(Extravagant), HSI2510(Egotistical), HSI2560(Insecurity), HI2290(Immature), HE2020(Mood Changes), HE2000(Lonely), HSR1830(Obsessions/Compulsions), Constitutional Enhancer, Male Strengtheners, Female Enhancer

Official HPUS Ingredients: Avena, Cantharis, Hyoscyamus, Moschus, Murex, Platinum met, Phytolacca, Salix nigra, Stramonium, Tarentula hisp. **Other:** Essential Oil: Chamomilla Roman. Flower Essences: Arnica moll., Ocimum bas., Darlingtionea cal., Malus syl., Cornus nutt., Fuschia hyb., Dicentra chrys., Arctostaphylos vis., Calochortus lei., Ornithogalum umb., Mimulus aur., Helianthus ann.

HS1260 (Repressed Sexual Issues)

Indications for use: For sexual repression, negativity toward sexual matters, misdirected or harmful erotic thoughts, guilt over sexual issues, effects of sexual abuse. For promoting healthy sexual expression & fulfillment, ability to transcend past negative experiences.

Remarks: Can be helpful for those whose sexuality controls them rather than them controlling their sexuality.

Possible Related Physical Conditions: Affections of prostate, testicles or ovaries, impotence, sterility, seminal emissions, priapism (prolonged erection without stimulation), spermatorrhea (discharge of semen without orgasm), abnormal menstruation, venereal diseases.

Complementary Formulas: HSR1770(First Aid for Mind & Body), HSI2540(Religious Issues), HS1250(Expressed Sexual Issues), HSR1810(Fears & Nightmares), HM1550 (Serious), HSI2560(Insecurity), HSR1850(Stress Control), HE2000(Lonely), HE2020(Mood Changes), HE2040(Chagrined), HE2030(Heart Ache), HSR1750(Intense Anxiety), Constitutional Enhancer, Male Strengtheners, Female Enhancer

Official HPUS Ingredients: Agnus, Arundo, Avena, Conium, Gelsemium, Moschus, Origanum, Selenium met, Sepia, Staphysag. **Other:** Essential Oil: Vetiver. Flower Essences: Larrea tri., Malus syl., Ceananthus inter., Liliun long., Dicentra chrys., Ilex aquif., Monardella odor., Pinus syl., Artemisia trid., Prunella vul., Calochortus tol., Achillea mill.

HS1270 (Sexual Identity)

Indications for use: For confusion about sexual identity, sexual guilt & depression, denial of sexuality. For promoting self-knowledge & self-acceptance, healthy sexual expression & fulfillment.

Remarks: Helpful for individuals who have acknowledged or unacknowledged confusion about, difficulty accepting, or absolute denial of their sexual orientation. Also helpful for over-identification with one's sexuality and the resultant lack of respect for or recognition of the total self.

Possible Related Physical Conditions: Abnormal menstruation, ulceration of tongue, throat, &/or gums, affections of eyes, ovaries or prostate, asthma.

Complementary Formulas: HSI2540(Religious Issues), HS1250(Expressed Sexual Issues), HSR1790(Fears & Phobias), HSR1770(First Aid for Mind & Body), HSI2560(Insecurity), HSR1850(Stress Control), HE2000(Lonely), HE2020(Mood Changes), HE2040(Chagrined), HE2030(Heart Ache), HSR1750(Intense Anxiety), Constitutional Enhancer, Male Strengtheners, Female Enhancer

Official HPUS Ingredients: Ammonium mur., Conium, Platinum met., Ignatia, Mancinella, Nat mur, Phos, Sepia, Staphysag, Syphillinum, Thuja occ. **Other:** Essential Oil: Helichrysum angustifolium. Flower Essences: Achillea mill. rubra, Artemisia trid., Juglans reg., Liliun long., Mimulus aur., Ocimum bas.

Healthy Mind (HM):

HM1500 (Apathy)

Indications for use: For indifference, apathy, lethargy, lack of willpower. For promoting vitality and vigor, enthusiasm, interest in life, sense of purpose, emotional responsiveness.

Remarks: Can be helpful for passivity and inability to take a stand or who are easily swayed. Apathy may accompany physical lethargy and fatigue. Check for the need of complementary formulas and encourage physical activity to stimulate mental activity.

Possible Related Physical Conditions: Anemia, debility, headache, rheumatism, tuberculosis, liver disorders.

Complementary Formulas: HE2080(Good Mood Enhancer), HM1520(Sluggish Mind), HM1550(Serious), HI2310(Callused), HA2770(Indecisive), HSI2550(Neglectful), HE2000(Lonely), HE2040(Chagrined), HE2010(Melancholic), HI2280(Reserved), HSI2530(Self-Pity), HA2790(Aversion to Exertion), HA2760 (Procrastination), HM1540(Spaced-Out), HA2800(Aversion to Change), HSR1780 (Fatigue Relief for Mind & Body), Constitutional Enhancer, Male Strengtheners, Female Enhancer, Acid Clenz, Muscle Maximizer

Official HPUS Ingredients: Adrenalinum, Calc iod, Carduus mar, Chelidonium maj, Chionanthus, Cinchona, Oxytropis, Parthenium, Phosphoricum ac, Picricum ac, Saponaria, Zinc met. **Other:** Neurotransmitter Complex. Essential Oil: Cardamom. Flower Essences: Rubus urs., Capsicum ann., Carpinus bet., Mentha pip., Penstemon new., Scleranthus ann., Cytisus scop., Juglans reg., Bromus ram.

HM1510 (Hyperactive)

Indications for use: For ADHD, hyperactivity, excitability, impulsiveness, restlessness. For promoting self-control, tranquility, contentment.

Remarks: Consider for both children and adults who are hyperactive or have had a history of hyperactivity.

Possible Related Physical Conditions: Affections of the lungs (esp. asthma, pneumonia) or kidneys, insomnia, diabetes, vertigo.

Complementary Formulas: HSR1850(Stress Control), HM1530(Restless Mind), HI2290(Immature), HE2020(Mood Changes), HI2330(Extravagant), HT1020(Easily Angered), HSR1750(Intense Anxiety), HT1030(Stubborn & Contentious), Constitutional Enhancer, Liver Detox, Lymph Detox, Blood & Kidney Detox, Allergy/Food & Chemical Reliever, Attention & Learning Enhancement

Official HPUS Ingredients: Adrenalinum, Arsenicum alb, Arsenicum iod, Asafoetida, Belladonna, Cereus bon, Coffea cruda, Iodum, Mandragora, Sumbulus moschata. **Other:** Neurotransmitter Complex. Essential Oils Blend: Neroli, Petitgrain. Flower Essences: Matricaria rec., Anethum grav., Erodium cic., Allium sat., Dicentra chrys., Solidago cal., Impatiens glan., Silene cal., Sidalcea glaus., Calochortus lei., Berberis aquif, Toxicodendron div., Mimulus car., Eriodictyon cal.

HM1520 (Sluggish Mind)

Indications for use: For absent-mindedness, confusion, forgetfulness, slow perception/comprehension. For promoting clarity, mental alertness & vigor.

Remarks: Helpful for recovery from drug use and injuries that have affected the mind. For all ages, from children to the elderly.

Possible Related Physical Conditions: Emaciation, anemia, constipation, muscular atrophy, diarrhea or constipation, indigestion, disorders of kidney and/or bladder.

Complementary Formulas: HM1500(Apathy), HM1550(Serious), HM1540(Spaced-Out), HE2080(Good Mood Enhancer), HE2010(Melancholic), HC3000(Addictions), HC3020(Alcoholism), HSR1770(First Aid for Mind & Body), HA2800(Aversion to Change), HA2790(Aversion to Exertion), HA2770(Indecisive), HSR1780(Fatigue Relief for Mind & Body), Constitutional Enhancer, Liver Detox, Lymph Detox, Blood & Kidney Detox, Attention & Learning Enhancement

Official HPUS Ingredients: Adrenalinum, Agnus, Ailanthus, Aletris, Caladium, Conium, Hellebor nig, Lecithin, Nat carb, Oleander, Phosphoricum ac, Plumb met, Xerophyllum, Zinc met. **Other:** Neurotransmitter Complex. Essential Oil: Petitgrain. Flower Essences: Clematis, Anethum grav., Carpinus bet., Madia eleg., Arctostaphylos vis., Tropaeolum maj., Olea eur., Mentha pip., Chrysothamnus naus., Hypericum per., Salvia off., Bromus ram.

HM1530 (Restless Mind)

Indications for use: For ADD, hyperactive mind, difficulty concentrating, forgetfulness, difficulty reading/writing. For promoting clear thoughts, enhanced concentration, restful sleep.

Remarks: Helpful for both adults and children. This formula is helpful for a restless mind which may be due to a number of causes ranging from biochemical imbalances to excessive worrying.

Possible Related Physical Conditions: Sleep disorders, headache, adrenal disorders, indigestion, spasms.

Complementary Formulas: HM1510(Hyperactive), HSR1840(Perfectionism), HI2260(Paranoid), HSI2560(Insecurity), HSR1750(Intense Anxiety), HI2290(Immature), HE2040(Chagrined), HSR1800(Hypochondria), HSR1830(Obsessions/Compulsions), HA2770(Indecisive), Constitutional Enhancer, Liver Detox, Lymph Detox, Blood & Kidney Detox, Allergy/Food & Chemical Reliever, Attention & Learning Enhancement

Official HPUS Ingredients: Aconitum fer, Adrenalinum, Arg nit, Avena, Apis mell, Baptisia, Phos, Scutellaria, Sumbulus moschatus, Thyroidinum, Viola odorata. **Other:** Neurotransmitter Complex. Essential Oil: Litsea cubeba. Flower Essences: Ranunculus occ., Myosotis syl., Madia eleg., Mentha pip., Scleranthus ann., Aesculus hipp.

HM1540 (Spaced-Out)

Indications for use: For tendencies to daydream, reminisce, be absentminded, unobservant, feel dreamy, spaced-out. For promoting groundedness, clarity, mental focus.

Remarks: Can be helpful for children, adults, drug recovery, injuries, and general health enhancement. Assists the individual in the desire and the ability to live more fully in the present moment.

Possible Related Physical Conditions: Sleep disorders, fainting, weak eye sight, affections of the throat, headache.

Complementary Formulas: HM1500(Apathy), HSI2550(Neglectful), HA2790 (Aversion to Exertion), HC3000(Addictions), HM1540(Spaced-Out), HA2800(Aversion to Change), HA2760(Procrastination), HI2280(Reserved), HM1520 (Sluggish Mind), HE2010(Melancholic), HE2080(Good Mood Enhancer), HA2770 (Indecisive), Constitutional Enhancer, Liver Detox, Lymph Detox, Blood & Kidney Detox, Attention & Learning Enhancement

Official HPUS Ingredients: Asarum eur, Clematis erecta, Cocculus, Indolum, Naja, Nux mosch, Oleander, Sulphur. **Other:** Essential Oil: Vetiver. Flower Essences: Rosa cal., Clematis, Zea mays, Lonicera cap., Rosmarinus off., Dodecatheon hen., Lathyrus lat., Calochortus tol., Achillea mill.

HM1550 (Serious)

Indications for use: For seriousness, firmness, stoicism, excessive earnestness, aversion to laughter & amusement. For promoting joy, light-heartedness, playfulness, emotional healing.

Remarks: For people who take life too seriously and it's associated health problems. This remedy is suited to both children and adults. Often needed in individuals who were taught to suppress their emotions, or who are focusing on money or position in society at the expense of a joyful life.

Possible Related Physical Conditions: Psoriasis, eczema, affections of heart, joint, pancreas, and/or brain.

Complementary Formulas: HE2080(Good Mood Enhancer), HSI2540(Religious Issues), HSR1840(Perfectionism), HE2010(Melancholic), HSI2510(Egotistical), HT1070(Self-Abuse), HE2050(Guilt), HE2030(Heart Ache), HE2000(Lonely), HI2280 (Reserved), HSI2530(Self-Pity), HA2780(Nostalgia), HI2260(Paranoid), HSR1750 (Intense Anxiety), HA2750(Shy), Constitutional Enhancer

Official HPUS Ingredients: Ambra, Baryta carb, Bryonia, Cuprum met, Euphorbium, Gratiola, Hepar sulph calc, Ledum, Liliun, Oleander, Thuja occ. **Other:** Essential Oil: Petitgrain. Flower Essences: Borago off., Delphinium nutt., Sinapis arv., Tropaeolum maj., Chaenomeles spec., Centaurea sol., Mimulus aur., Artemisia trid.

HM1560 (Mental Alertness for Seniors)

Indications for use: For age-related: confusion, forgetfulness, depressed vitality, loss of confidence. For promoting vigor & clarity of mind, strengthened memory & awareness.

Remarks: This formula is appropriate for minor conditions as well as severe mental disorders in the elderly. For absent-mindedness, dementia, and general breakdown.

Possible Related Physical Conditions: Lethargy, debility and depression of vital power, premature old age, muscular atrophy, degeneration.

Complementary Formulas: HM1500(Apathy), HM1550(Serious), HM1540(Spaced-Out), HM1520(Sluggish Mind), HE2010(Melancholic), HC3000(Addictions), HC3020(Alcoholism), HSR1770(First Aid for Mind & Body), HA2800(Aversion to Change), HA2790(Aversion to Exertion), HA2770(Indecisive), HSR1780(Fatigue Relief for Mind & Body), Constitutional Enhancer, Liver Detox, Lymph Detox, Blood & Kidney Detox, Attention & Learning Enhancement

Official HPUS Ingredients: Agnus, Aletris, Alumina, Avena, Conium, Lecithin, Nux mosch, Plumb met, Picricum acidum, Zinc met. **Other:** Neurotransmitter Complex. Essential Oil: Vetiver. Flower Essences: Arctostaphylos visc., Carpinus bet., Clematis vit., Chrysothamnus naus., Madia eleg., Mentha pip., Olea eur.

HM1570 (Seasonal Affective Disorder)

Indications for use: Mild depression, drowsiness, fatigue, sugar cravings, irritability, difficulty concentrating, avoidance of social situations, oversensitivity.

Remarks: Seasonal Affective Disorder (SAD) is more common in northern geographic regions. SAD may occur in any season but is particularly common in the winter.

Possible Related Physical Conditions: Heavy limbs, tendency to oversleep, weight gain, hypothyroidism

Complementary Formulas: HSI2530(Self-Pity), HE2040(Chagrined), HE2030(Heart Ache), HE2080(Good Mood Enhancer), HI2280(Reserved), HA2780(Nostalgia), HE2000(Lonely), HM1550(Serious), HM1500(Apathy), HSR1750(Intense Anxiety), HSR1850(Stress Control), HSI2550(Neglectful), HSR1840(Perfectionism), HE2050(Guilt), HE2060(Grief), Constitutional Enhancer, Environmental Adaptation

Official HPUS Ingredients: Aconitum nap, ACTH, Aurum met, Calc fluor, Carbo veg, Gelsemium, Kali carb, Nitricum ac, Rumex crisp, Sanicula aqua, Thyroidinum. **Other:** Luna, Melatonin, Sol, Neurotransmitter complex. **Flower Essences:** Asclepias cord, Olea eur, Sinapis arv, Carpinus bet, Ulmus proc, Ipomoea purp, Eriodictyon cal, Hypericum perf. **Essential Oils:** Coriander

Healthy Stress Response (HSR):

HSR1750 (Intense Anxiety)

Indications for use: For anxiety attacks, hysteria, anguish, apprehension, fear, despair. For promoting inner-strength, tranquility, tenacity, fortitude, harmony.

Remarks: Particularly helpful when used prior to entering situations which induce intense anxiety. Additional relief will be found by instructing the individual to breathe deeply after each dosage.

Possible Related Physical Conditions: Sciatica, affections of vision, feet, and/or lower leg, headache.

Complementary Formulas: HSR1850(Stress Control), HSR1790(Fears & Phobias), HSR1810(Fears & Nightmares), HSR1820(Claustrophobia), HSI2540(Religious Issues), HI2260(Paranoid), HSR1840(Perfectionism), HA2770(Indecisive), HE2010 (Melancholic), HSR1770(First Aid for Mind & Body), HSR1800(Hypochondria), HE2060(Grief), HE2050(Guilt), HSI2560(Insecurity), Constitutional Enhancer, Sleep Aid

Official HPUS Ingredients: Acontium nap, Aethusa, Arg nit, Arsenicum alb, Bryonia, Calc ars, Digitalis, Jatropa, Laurocerasus, Lolium, Mancinella, Murex, Rhus tox, Spongia. **Other:** Neurotransmitter Complex. Essential Oils Blend: Chamomilla Roman, Clary Sage, Chamomilla Mixta. Flower Essences: Borago off., Rosa cal., Sinapis arv., Cytisus scop., Castanea sat., Eriodictyon cal.

HSR1770 (First Aid for Mind & Body)

Indications for use: For physical, mental, emotional stress & trauma: abrasions/bites/burns/bruises, strains, sprains, surgical procedures, minor anxiety, nervousness, tension, and shock. Use before, during, after stressful situations.

Remarks: This is a broad-spectrum product for people of all ages, from newborn to elderly. Use orally and topically for any stressful or traumatic event from performance anxieties to a scraped knee. Can help us face daily stresses or extreme stress, and the variety of related health issues.

Possible Related Physical Conditions: Many conditions relating to stress, shock, and/or trauma.

Complementary Formulas: HSR1750(Intense Anxiety), HSR1850(Stress Control), HT1070(Self-Abuse), HE2030(Heart Ache), HE2060(Grief), HE2080(Good Mood Enhancer), HT1020 (Easily Angered), HE2070(Overly-Sensitive), HSI2540 (Religious Issues), HSR1840(Perfectionism), HSR1790(Fears & Phobias), HSR1810(Fears & Nightmares), HSR1820(Claustrophobia), HT1060(Verbal Anger), HT1010 (Physical Anger), HA2790(Aversion to Exertion), Constitutional Enhancer, HSR1780(Fatigue Relief for Mind & Body), Sleep Aid, Liver Detox, Lymph Detox, Blood & Kidney Detox

Official HPUS Ingredients: Acontium nap, Apis mell, Arnica mon., Arsenicum alb, Bellis, Bryonia, Calendula off., Chamomile, Ferrum phos, Histaminum, Hypericum, Passiflora, Phos, Rhus tox, Sulphur, Symphytum off, Veratrum alb. **Other:** Essential Oil: Clary Sage, Lavender, Chamomilla Roman. Flower Essences: Arnica moll., Prunus cer., Clematis, Impatiens glan., Trifolium prat., Cistus can., Ornithogalum umb.

HSR1780 (Fatigue Relief for Mind & Body)

Indications for use: For physical, mental, emotional burnout from: overwork, long term stress, lack of sleep, illness and nervousness, exhaustion, indifference, muscle weakness, blood sugar imbalances. For promoting restoration of a fried nervous system, and a vibrant state of strength and stability.

Remarks: This product is not a stimulant. May be used before sleeping to promote a more sound sleep. Use preventatively to avoid the development of chronic fatigue. Consider as an ideal compliment to First Aid for Mind & Body.

Possible Related Physical Conditions: Cramps, headache, diabetes, fluid retention, chronic rheumatism.

Complementary Formulas: HSR1770(First Aid for Mind & Body)0, HSR1850(Stress Control), HM1500(Apathy), HE2080 (Good Mood Enhancer), HM1540(Spaced-Out), HE2070(Overly-Sensitive), HM1520(Sluggish Mind), HSR1840(Perfectionism), HSR1750(Intense Anxiety), HA2790 (Aversion to Exertion), Constitutional Enhancer, Sleep Aid, Liver Detox, Lymph Detox, Blood & Kidney Detox, Acid Clenz, ICV Clenz, Allergy/Food & Chemical Reliever, Chronic Viro Reliever.

Official HPUS Ingredients: Adrenalinum, Alfalfa, Ambra, Anacard or, Arg nit, Avena, Calc carb, Carboneum ox, Citricum ac, Gelsemium, Hypothalamus, Lecithin, Kali phos, Pituitarium, Phos ac, Selenium, Sepia, Silicea, Thyroidinum. **Other:** Neurotransmitter Complex. Flower Essences: Aesculus hipp., Allium sat., Carpinus bet., Mentha pip., Olea eur.

HSR1790 (Fears & Phobias)

Indications for use: For apprehension & anxiety, fears & phobias including: heights, crowds, animals, people, places, being alone, public speaking, death, misfortune, ghosts, the unknown. For promoting realism, courage, peacefulness.

Remarks: Can help with a variety of general anxiety or stress related conditions. Also consider this formula for vague or indefinable fears and anxieties.

Possible Related Physical Conditions: Heartburn, indigestion, nausea, sleep disorders.

Complementary Formulas: HSR1850(Stress Control), HSR1770(First Aid for Mind & Body), HSR1810(Fears & Nightmares), HSR1750(Intense Anxiety), HI2260(Paranoid), HS1260(Repressed Sexual Issues), HSI2540(Religious Issues), HE2050(Guilt), HE2060(Grief), HSR1840(Perfectionism), Constitutional Enhancer, Sleep Aid

Official HPUS Ingredients: Abel moschus, Aconitum nap, Arsenicum alb, Calc carb, Cinchona, Cocculus, Gelsemium, Kali ars, Liliium, Pulsatilla, Phosphorus, Stramonium. **Other:** Neurotransmitter Complex. Essential Oil: Lavender. Flower Essences: Prunus pers., Populus trem., Matricaria rec., Symphytum off., Ulmus proc., Allium sat., Erodium cic., Mimulus gutt., Hypericum per.

HSR1800 (Hypochondria)

Indications for use: For hypochondria, health anxieties, worry & apprehension, despair of recovery, uneasiness respecting the future. For promoting confidence, contentment, vitality & vigor, healthy self-image.

Remarks: Can help with a variety of general anxiety or stress related conditions. Also consider this formula in aiding individuals who have stagnated in the healing process due to excessive focus on their physical health.

Possible Related Physical Conditions: Many related conditions of psychosomatic origin.

Complementary Formulas: HSR1850(Stress Control), HSR1840(Perfectionism), HI2260(Paranoid), HSR1750(Intense Anxiety), HSR1790(Fears & Phobias), HSR1810(Fears & Nightmares), HSR1770(First Aid for Mind & Body), HS1260(Repressed Sexual Issues), HSI2560(Insecurity), HE2070(Overly-Sensitive), HSI2530(Self-Pity), HSR1830(Obsessions/Compulsions), Constitutional Enhancer, Sleep Aid

Official HPUS Ingredients: Aconitum nap, Antimon tart, Arnica mon., Asafoetida, Cactus, Gratiola, Mezereum, Petroleum, Phos, Stannum met, Staphysag. **Other:** Essential Oil: Chamomilla Mixta. Flower Essences: Prunus pers., Populus trem., Symphytum off., Ulmus proc., Erodium cic., Allium sat., Mimulus gutt., Hypericum per.

HSR1810 (Fears & Nightmares)

Indications for use: For frightening dreams, night terrors, restless tossing. For promoting peaceful, restorative sleep, insightful dreams.

Remarks: Can help with a variety of general anxiety or stress related conditions. Helpful for both children and adults. This remedy not only corrects the nuisance of interrupted sleep, it works with deeper fears that can impair an individual throughout their life.

Possible Related Physical Conditions: Heartburn, indigestion, nausea, sleep disorders.

Complementary Formulas: HSR1850(Stress Control), HSR1770(First Aid for Mind & Body), HSR1790(Fears & Phobias), HSR1750(Intense Anxiety), HI2260(Paranoid), HS1260(Repressed Sexual Issues), HSI2540(Religious Issues), HE2050(Guilt), HE2060(Grief), HSR1840(Perfectionism), Constitutional Enhancer, Sleep Aid, HSR1780(Fatigue Relief for Mind & Body)

Official HPUS Ingredients: Acontium nap, Aurum brom, Calc carb, Cina, Ignatia, Kali brom, Lycopodium, Paeonia, Phosphorus, Stramonium, Sulphur. **Other:** Neurotransmitter Complex. Essential Oil: Clary Sage. Flower Essences: Populus trem., Rubus urs., Prunus cer., Allium sat., Mimulus gutt., Penstemon new., Rock Rose, Toxicodendron div., Aesculus car., Mimulus aur., Viola od.

HSR1820 (Claustrophobia)

Indications for use: For claustrophobia, panic, nervous tension. For promoting clarity & calm in constricted environments.

Remarks: Can help with a variety of general anxiety or stress related conditions. Consider with any nervous or panic disorder. Consider also for individuals who feel closed in and constricted by life situations such as relationships, career, etc.

Possible Related Physical Conditions: Numbness, itching, swollen hands, affections of chest, lungs, heart.

Complementary Formulas: HSR1850(Stress Control), HSR1750(Intense Anxiety), HSR1840(Perfectionism), HI2260(Paranoid), HSR1790(Fears & Phobias), HSR1810(Fears & Nightmares), HSR1770(First Aid for Mind & Body), HS1260(Repressed Sexual Issues), HS1250 (Expressed Sexual Issues), HSI2560 (Insecurity), HE2070(Overly-Sensitive), HSR1800(Hypochondria), Constitutional Enhancer

Official HPUS Ingredients: Acontium nap, Arg nit, Cimicifuga, Nitricum Ac, Pulsatilla. Essential Oil: Clary Sage. **Other:** Neurotransmitter Complex. Flower Essences: Angelica arch., Arnica moll., Calendula off., Prunus cer., Matricaria rec., Malus syl., Clematis, Impatiens glan., Silene cal., Cistus can., Ornithogalum umb., Prunella vul., Hypericum per., Achillea mill.

HSR1830 (Obsessions/Compulsions)

Indications for use: For anxiety, compulsive behaviors, obsessive thoughts, peculiar mental impulses. For promoting peacefulness, fearlessness, self-awareness.

Remarks: Can help with a variety of general anxiety or stress related conditions. For individuals with Obsessive-Compulsive Disorder as well as those whose obsession or compulsion occur only infrequently or to a lesser extreme. Individuals may obsess over a source of anxiety without being fully aware of this tendency in themselves.

Possible Related Physical Conditions: Affections of the spleen, insomnia, disorders of taste and/or smell, local paralysis, glandular swelling.

Complementary Formulas: HSR1850(Stress Control), HSR1800(Hypochondria), HSR1840(Perfectionism), HI2260(Paranoid), HSR1750(Intense Anxiety), HSR1790(Fears & Phobias), HSR1810(Fears & Nightmares), HSR1820(Claustrophobia), HSR1770 (First Aid for Mind & Body), HS1260(Repressed Sexual Issues), HS1250(Expressed Sexual Issues), HE2070(Overly-Sensitive), HSI2540(Religious Issues), Constitutional Enhancer, Sleep Aid

Official HPUS Ingredients: Arsenicum alb, Arsenicum iod, Calcarea carb, Coffea cruda, Iodum Mancinella, Physostigma, Silicea. **Other:** Neurotransmitter Complex. Essential Oil: Sandalwood. Flower Essences: Ulmus proc., Erodium cic., Madia eleg., Penstemon new., Monardella odor., Verbascum thap., Mentha pip., Briza max., Chrysothamnus naus., Chrysanthemum max., Prunella vul., Cytisus scop.

HSR1840 (Perfectionism)

Indications for use: For perfectionistic tendencies, fear of failure, worry, inquietude, overly-cautious & conscientious tendencies, dissatisfaction. For promoting self-acceptance, contentment, fulfillment in life.

Remarks: Can help with a variety of general anxiety or stress related conditions. This remedy is also helpful for individuals responding to social pressures, academic pressures, performance pressures, etc.

Possible Related Physical Conditions: Quinsy (peritonsillar abscess), emaciation, hair loss, hiccough, writer's cramp, disordered vision.

Complementary Formulas: HSR1850(Stress Control), HM1530(Restless Mind), HSR1830(Obsessions/Compulsions), HT1070(Self-Abuse), HT1080(Criticize & Contradict), HSI2540(Religious Issues), HSI2560(Insecurity), HE2050(Guilt), HE2010 (Melancholic), HT1030(Stubborn & Contentious), HSI2510(Egotistical), HE2070 (Overly-Sensitive), HSI2520(Envious), HSR1750(Intense Anxiety), HE2040(Chagrined), HE20800(Good Mood Enhancer), Constitutional Enhancer, Sleep Aid

Official HPUS Ingredients: Aceticum ac, Cereus bon, Cyclamen, Ignatia, Passiflora, Silica, Spiraea, Staphysag, Strontium. **Other:** Essential Oil: Lavender. Flower Essences: Borago off., Delphinium nutt., Sinapis arv., Tropaeolum maj., Chaenomeles spec., Artemisia trid., Centaurea sol., Mimulus aur.

HSR1850 (Stress Control)

Indications for use: For a broad spectrum of stress-induced states including: nervous tension, minor anxiety, fearfulness, over-sensitivity. For promoting calm, confidence, peacefulness.

Remarks: This formula is especially helpful for individuals who tend to be uptight, nervous, or a Type A personality. May relieve the aggravating factor behind many conditions.

Possible Related Physical Conditions: Many related conditions, most common may be affections of vision, feet, and/or lower legs.

Complementary Formulas: HSR1770(First Aid for Mind & Body), HE2070(Overly-Sensitive), HSR1840 (Perfectionism), HSR1750(Intense Anxiety), HI2260 (Paranoid), HA2800(Aversion to Change), HE2080(Good Mood Enhancer), HE2010 (Melancholic), HE2050(Guilt), HSR1830(Obsessions/Compulsions), HA2780 (Nostalgia), HSI2540(Religious Issues), Constitutional Enhancer, Sleep Aid, HSR1780 (Fatigue Relief for Mind & Body)

Official HPUS Ingredients: Aconitum nap, Alfalfa, Arg nit, Avena, Chamomilla, Gelsemium, Glonium, Histaminum, Ignatia, Kali phos, Passiflora, Phos, Veratrum alb. **Other:** Neurotransmitter Complex. Essential Oil: Clary Sage, Lavender, Chamomilla Roman. Flower Essences: Populus trem., Prunus cer., Clematis vit., Impatiens glan., Cistus can., Ornithogalum umb.

Healthy Emotions (HE):

HE2000 (Lonely)

Indications for use: For loneliness, tearfulness, despondency, desire for sympathy &/or company. For promoting resiliency, inner-strength, emotional stability.

Remarks: Can help with a variety of general anxiety or stress related conditions. An individual may suffer loneliness even if he or she is never physically alone if there is an absence of meaningful relationships. Assists individuals in developing self-respect and self-reliance so that they may approach relationships with openness and stability.

Possible Related Physical Conditions: Nosebleeds, hemorrhages, vision disorders and/or eye pain, back pain, bone disorders.

Complementary Formulas: HE2060(Grief), HE2010(Melancholic), HA2780 (Nostalgia), HA2750(Shy), HSI2530(Self-Pity), HE2030(Heart Ache), HS1260 (Repressed Sexual Issues), HM1500(Apathy), HI2280(Reserved), HSI2510(Egotistical), Constitutional Enhancer

Official HPUS Ingredients: Ammonium mur, Antimon tart, Aurum met, Cenchrus, Elaps cor, Kali carb, Liliium, Mag sulph, Palladium, Radium brom, Sepia. **Other:** Neurotransmitter Complex. Essential Oils Blend: Rose Otto, Sandalwood, Neroli. Flower Essences: Arnica moll., Dicentra form., Rosa cal., Cichorium int., Matricaria rec., Aesculus hipp. gemm., Taraxacum off., Cornus nutt., Fuschia hyb., Lonicera cap., Aesculus car., Artemisia trid., Juglans reg., Aesculus hipp., Eriodictyon cal.

HE2010 (Melancholic)

Indications for use: For pessimism, depression, melancholy, discontent, ill-humor, gloominess. For promoting joy & optimism, contentment, positive self-image.

Remarks: For general negativity that can't be shaken. The individual in need of this formula may feel exceedingly vulnerable, and maintain a negative outlook as a means of avoiding full involvement in their own lives. This formula is also helpful for general depression, including that which is of biochemical origin.

Possible Related Physical Conditions: Cataracts, appetite loss, gout, hypothyroidism, abnormal urine.

Complementary Formulas: HSI2530(Self-Pity), HE2040(Chagrined), HE2030(Heart Ache), HE2080(Good Mood Enhancer), HI2280(Reserved), HA2780(Nostalgia), HE2000(Lonely), HM1550(Serious), HM1500(Apathy), HSR1750(Intense Anxiety), HSR1850(Stress Control), HSI2550(Neglectful), HSR1840(Perfectionism), HE2050(Guilt), HE2060(Grief), Constitutional Enhancer

Official HPUS Ingredients: Alfalfa, Ammon carb, Antimon crud, Aurum met, Benzoicum ac, Lycopodium, Muriaticum ac., Psorinum **Other:** Neurotransmitter Complex. Essential Oils Blend: Neroli, Petitgrain. Flower Essences: Fagus sylv., Anethum grav., Ilex aquif., Nelumbo nuc., Madia eleg., Monardella odor., Berberis aquif, Salix vit., Achillea mill.

HE2020 (Mood Changes)

Indications for use: For mood changes from extreme joy to sadness, manic-depressive, bipolar tendencies. For promoting emotional balance & stability.

Remarks: Can be helpful for either mild, moderate or severe shifts. Consider for hormonal mood shifts, as well as manic-depression. Work carefully with the prescribing physician when treating medicated individuals. Can be used in combination with other medications.

Possible Related Physical Conditions: Incontinence, eczema, aphasia (disorder of the complex language function), cysts, styes.

Complementary Formulas: HSR1850(Stress Control), HT1050(Personality Changes), HT1020(Easily Angered), HE2080(Good Mood Enhancer), HE2070(Overly-Sensitive), HSR1770(First Aid for Mind & Body), HE2000(Lonely), HE2010 (Melancholic), HE2040(Chagrined), HE2030(Heart Ache), HE2060(Grief), HI2330 (Extravagant), HSR1750(Intense Anxiety), HI2290(Immature), HA2770(Indecisive), Constitutional Enhancer, PMS Relief, Menopause

Official HPUS Ingredients: Aurum Met, Anacard or, Lachesis, Pulsatilla, Staphysag, Stramonium, Tarentula hisp. **Other:** Neurotransmitter Complex. Essential Oil: Geranium. Flower Essences: Agrimonia eup., Taraxacum off., Fuschia hyb., Dicentra chrys., Larix dec., Mimulus car., Mimulus aur., Eriodictyon cal.

HE2030 (Heart Ache)

Indications for use: For dissappointed/lost love, heavy heart, discouragement, sadness, dejection, grief, overly-sympathetic tendencies. For promoting emotional healing, vibrancy, healthy ability to love again.

Remarks: Can be used for the ill health effects of the above experiences. Consider for “broken-heartedness” in both children and adults.

Possible Related Physical Conditions: Back and chest weakness, weak or lost voice, spinal irritation, chronic fatigue, sleep disorders.

Complementary Formulas: HE2080(Good Mood Enhancer), HE2060(Grief), HE2010 (Melancholic), HE2000(Lonely), HSR1770(First Aid for Mind & Body), HSR1850(Stress Control), HE2040(Chagrined), HI2310(Callused), HSI2530(Self-Pity), HA2800 (Aversion to Change), HSI2550(Neglectful), HE2050(Guilt), HE2070(Overly-Sensitive), Constitutional Enhancer

Official HPUS Ingredients: Ambra, Ammon mur, Antimon crud, Aurum met, Cimicifuga, Ignatia, Iodum, Nat mur, Phosphoricum ac, Stannum met, Tilia. **Other:** Essential Oil: Rose Otto. Flower Essences: Aloe vera, Dicentra form., Borago off., Rosa cal., Cichorium int., Ilex aquif., Calochortus lei., Chaenomeles spec., Eriodictyon cal.

HE2040 (Chagrined)

Indications for use: For discouragement, disappointment, humiliation, bitterness, intolerance of criticism, rejection & contradiction. For promoting harmony, self-confidence, contentment, positive attitude.

Remarks: Can be used for the ill health effects from the above experiences. For individuals who are presently experiencing these symptoms, or who may be suffering from the effects of humiliating or discouraging events in their past.

Possible Related Physical Conditions: Eye disorders, neuralgias, indigestion, obesity, high blood pressure.

Complementary Formulas: HE2010(Melancholic), HE2000(Lonely), HSR1850(Stress Control), HE2080(Good Mood Enhancer), HI2310(Callused), HM1550(Serious), HE2030(Heart Ache), HE2070(Overly-Sensitive), HSR1840(Perfectionism), HSI2530(Self-Pity), HSI2560(Insecurity), HSI2550(Neglectful), HSI2540(Religious Issues), HT1070(Self-Abuse), HE2060(Grief), Constitutional Enhancer

Official HPUS Ingredients: Arg nit, Asafoetida, Capsicum, Colocynthis, Ignatia, Lachesis, Nux vomica. **Other:** Essential Oil: Neroli. Flower Essences: Calendula off., Capsicum ann., Zea mays, Ceananthis inter., Cornus nutt., Taraxacum off., Allium sat., Solidago cal., Silene cal., Castilleja min., Delphinium nutt., Sidalcea glaus., Penstemon new., Pinus syl., Chaenomeles spec., Calochortus tol.

HE2050 (Guilt)

Indications for use: For emotional & physical effects of guilt, remorse, heavy conscience, tormenting thoughts. For promoting forgiveness, positivity, inner-strength.

Remarks: May be a hidden cause behind many other conditions. Can help with a variety of general anxiety or stress related conditions.

Possible Related Physical Conditions: Gastrointestinal ulceration and/or pain, hay fever, neuralgia, impotence, rheumatism, sleep disorder, weakness of back.

Complementary Formulas: HSR1840(Perfectionism), HM1530(Restless Mind), HSI2540(Religious Issues), HT1070(Self-Abuse), HSI2530(Self-Pity), HSR1750(Intense Anxiety), HI2260(Paranoid), HI2270(Deceitful), HE2060(Grief), HE2010(Melancholic), HE2070(Overly-Sensitive), HE2040(Chagrined), HT1020(Easily Angered), HT1080 (Criticize & Contradict), Constitutional Enhancer, Sleep Aid, Weight Control, Appetite Control

Official HPUS Ingredients: Arsenicum alb, Cuprum met, Cyclamen, Digitalis, Ignatia, Nat mur, Phosphoricum ac, Thuja occ. **Other:** Essential Oil: Ylang ylang. Flower Essences: Agrimonia eup., Ceratostigma will., Solidago cal., Verbascum thap., Pinus syl., Achillea mill. rub., Mimulus lew., Artemisia trid., Prunella vul., Juglans reg.

HE2060 (Grief)

Indications for use: For physical & emotional effects of grief, despair, hopelessness, worries, despondency. For promoting joy & contentment.

Remarks: This may be a hidden cause behind many other conditions. Also helpful in breaking through denial and expressing emotional pain and sadness. Can help with a variety of general anxiety or stress related conditions.

Possible Related Physical Conditions: Diabetes, affections of the heart, ears and uterus, sciatica, loss of voice, problems sleeping, headache, inflammation of the eyes, ovarian cancer.

Complementary Formulas: HSR1770(First Aid for Mind & Body), HE2080(Good Mood Enhancer), HE2030(Heart Ache), HE2070(Overly-Sensitive), HSI2530(Self-Pity), HA2800(Aversion to Change), HSR1850(Stress Control), HE2010(Melancholic), HM1500(Apathy), HM1550(Serious), HE2000(Lonely), HSI2540(Religious Issues), Constitutional Enhancer, Sleep Aid

Official HPUS Ingredients: Ammon mur, Apis mell, Aurum met, Causticum, Gelsemium, Ignatia, Nat mur, Phosphoricum ac. **Other:** Essential Oil: Rose Otto. Flower Essences: Arnica moll., Dicentra form., Borago off., Taraxacum off., Fuschia hyb., Dicentra chrys., Pinus syl., Ornithogalum umb., Eriodictyon cal.

HE2070 (Overly-Sensitive)

Indications for use: For tendencies to be over-sensitive, take offense, feel vulnerable, cry easily. For promoting inner-strength, enhanced tolerance to chaotic energy, emotional stability.

Remarks: Helpful for the individual who is sensitive emotionally, physically and/or energetically. Can help with a variety of general anxiety or stress related conditions.

Possible Related Physical Conditions: Urine incontinence, kidney disorders, reoccurring sore throat and cough, skin cracks, intertrigo (inflammation in moist skin folds).

Complementary Formulas: HSI2560(Insecurity), HE2050(Guilt), HT1020(Easily Angered), HSR1840(Perfectionism), HE2030(Heart Ache), HSI2510 (Egotistical), HI2300(Complaining), HSI2530(Self-Pity), HI2280(Reserved), HSR1750 (Intense Anxiety), HM1530(Restless Mind), HT1080(Criticize & Contradict), HM1510(Hyperactive), Constitutional Enhancer

Official HPUS Ingredients: Anacard or, Asterias, Aurum met, Cinchona, Ignatia, Lycopodium, Nat carb, Nat mur, Palladium, Petroleum, Sarsaparilla, Sepia. **Other:** Essential Oil: Helichrysum. Flower Essences: Aloe vera, Ranunculus occ., Taraxacum off., Solidago cal., Carpinus bet., Lavandula off., Ipomoea pur., Monardella odor., Tropaeolum maj., Mentha pip., Prunella vul., Eriodictyon cal., Achillea mill.

HE2080 (Good Mood Enhancer)

Indications for use: For mild depression, disinterest &/or discontent. For promoting cheerfulness & joy, vivacious energy, enthusiasm, light-heartedness.

Remarks: Can be helpful for seasonal affective disorder (SAD). This remedy is a pleasant enhancement to any experience. Especially helpful for developing comfort in social settings, and approaching problems with optimism.

Possible Related Physical Conditions: Anemia, affections of the lungs, debility, diarrhea or constipation.

Complementary Formulas: HE2010(Melancholic), HM1500(Apathy), HSR1750 (Intense Anxiety), HSI2530(Self-Pity), HM1520(Sluggish Mind), HE2050(Guilt), HE2060(Grief), HE2030(Heart Ache), HA2780(Nostalgia), HA2750(Shy), HSR1850(Stress Control), HE2040(Chagrined), HI2300(Complaining), Constitutional Enhancer, PMS Relief, Menopause, Sleep Aid

Official HPUS Ingredients: Anacard or, Avena, Cinchona, Phosphorus, Tabacum. **Other:** Neurotransmitter Complex. Essential Oil: Coriander, Ylang ylang. Flower Essences: Agrimonia eup., Nemophila men., Borago off., Rosa cal., Capsicum ann., Carpinus bet., Larix dec., Delphinium nutt., Zinnia eleg.

Healthy Interaction (HI):

HI2250 (Gossipy)

Indications for use: For tendencies to gossip, talk incessantly, be hasty, indiscrete & meddlesome, feel uneasy during silence. For promoting improved listening skills, self-control, understanding & patience with self & others.

Remarks: For people how have a tendency to control conversations and have difficulty listening to others. Also helpful when used prior to situations in which one normally becomes gossipy or loquacious. Can help the individual progress in their desire to listen and speak with intent.

Possible Related Physical Conditions: Foul breath and/or sour saliva, jaundice, stroke, constipation.

Complementary Formulas: HSI2520(Envious), HI2330(Extravagant), HT1060(Verbal Anger), HI2270(Deceitful), HI2300(Complaining), HI2290(Immature), HM1530 (Restless Mind), HT1030(Stubborn & Contentious), HSR1850(Stress Control), HSI2510(Egotistical), HA2770(Indecisive), Constitutional Enhancer

Official HPUS Ingredients: Agaricus musc, Lachesis, Myristica, Paris, Pastinaca, Podophyllum, Pyrogenium, Sticta, Stramonium, Veratrum alb. **Other:** Essential Oil: Sandalwood. Flower Essences: Rosa cal., Clematis, Zea mays, Lonicera cap., Dodecatheon hen., Lathyrus lat., Calochortus tol., Achillea mill.

HI2260 (Paranoid)

Indications for use: For distrust, unfounded anxiety, skepticism, suspiciousness, paranoia. For promoting clarity, peacefulness, inner-strength.

Remarks: Can be helpful for general fears or anxiety. Also helpful for healing the effects of a trust-breaking past experience.

Possible Related Physical Conditions: Epilepsy, twitches, tremors, stiff neck, colitis, pneumonia.

Complementary Formulas: HE2050(Guilt), HT1080(Criticize & Contradict), HSR1790(Fears & Phobias), HSR1810(Fears & Nightmares), 259-HSR1820, HSR1750(Intense Anxiety), HSI2510(Egotistical), HI2270(Deceitful), HT1040 (Vindictive), HM1530(Restless Mind), HSR1840(Perfectionism), HSI2540 (Religious Issues), HS1260(Repressed Sexual Issues), HSR1800(Hypochondria), HSR1830(Obsessions/Compulsions), Constitutional Enhancer, Sleep Aid

Official HPUS Ingredients: Anhalonium, Apocynum can, Bryonia, Cenchrus, Cicuta vir, Drosera, Hyoscyamus, Kali brom, Lachesis, Mag sul, Melilotus off., Mercurius solub, Phos. **Other:** Essential Oil: Ylang ylang. Flower Essences: Agrimonia eup., Populus trem., Ocimum bas., Matricaria rec., Calendula off., Ceananthus inter., Anethum grav., Ulmus proc., Erodium cic., Allium sat., Ilex aquif., Mimulus gutt., Pinus syl., Chaenomeles spec., Hypericum per., Carnegiea gig., Prunella vul., Mimulus car., Helianthus ann., Bromus ram.

HI2270 (Deceitful)

Indications for use: For tendencies to have difficulty speaking the truth, be deceitful, sly, mistrustful, mischievous, have hidden &/or irrational motives. For promoting integrity, sincerity, honesty with oneself & others.

Remarks: Can be used for the most devious and destructive to the most innocent having difficulty with little white lies. Consider also for individuals struggling with the inability to maintain healthy, open relationships with others.

Possible Related Physical Conditions: Flatulence, belching, affections of larynx, constipation, fistula.

Complementary Formulas: HSI2510(Egotistical), HI2330(Extravagant), HI2260 (Paranoid), HI2300(Complaining), HSI2530(Self-Pity), HT1060(Verbal Anger), HE2050 (Guilt), HI2290(Immature), HI2320(Prejudice), HSI2520(Envious), HS1250(Expressed Sexual Issues), HA2770(Indecisive), Constitutional Enhancer

Official HPUS Ingredients: Arg nit, Asafoetida, Bismuthum, Causticum, Cuprum met, Drosera, Ignatia, Lachesis met., Lycopodium, Nux mosch, Thuja occ, Veratrum alb. **Other:** Essential Oil: Ylang ylang. Flower Essences: Angelica arch., Ceratostigma will., Ceananthus inter., Ilex aquif., Nelumbo nuc., Verbascum thap., Calochortus lei., Penstemon new., Berberis aquif, Hypericum per., Prunella vul.

HI2280 (Reserved)

Indications for use: For introversion, mild & reserved disposition, sensitivity to noise, sensory overload, tendency to avoid social interaction, verbal timidity. For promoting enhanced tolerance to chaotic energy, enhanced communication ability, assertiveness & expressiveness

Remarks: For generally backward children or adults that avoid healthy social interaction. Especially helpful for strengthening individuals prone to sensory “burn out”.

Possible Related Physical Conditions: Varicose veins, painful menstruation, headache, cough, chilblains (congestion and swelling attended with severe itching and burning in reaction to cold), nails which are diseased, splitting, or ingrown.

Complementary Formulas: HM1540(Spaced-Out), HA2750(Shy), HA2780(Nostalgia), HE2080(Good Mood Enhancer), HE2050(Guilt), HE2060(Grief) HE2060(Grief), HM1500(Apathy), HSR1840(Perfectionism), HA2800(Aversion to Change), HS1260(Repressed Sexual Issues), HSI2560(Insecurity), HE2000(Lonely), HM1520 (Sluggish Mind), Constitutional Enhancer

Official HPUS Ingredients: Euphorbium, Gelsemium, Kali mur, Mag mur, Muriaticum ac, Nat carb, Phosphoricum ac, Plumb met, Sepia, Spongia, Stannum met, Theridion. **Other:** Essential Oil: Ylang ylang. Flower Essences: Aloe vera, Fagus sylv., Lavandula off., Ipomoea pur., Achillea mill. rub., Aesculus car., Hypericum per., Calochortus tol., Juglans reg., Achillea mill.

HI2290 (Immature)

Indications for use: For immaturity, childish behavior, talk &/or fantasies, temper tantrums, awkwardness. For promoting emotional maturity, behavioral awareness, groundedness.

Remarks: Helps promote social maturity for both children and adults.

Possible Related Physical Conditions: Nosebleeds, itching, speech disorders, tetanus, eczema.

Complementary Formulas: HSR1850(Stress Control), HSI2510(Egotistical), HI2330(Extravagant), HI2270(Deceitful), HI2270(Deceitful), HI2250(Gossipy), HM1510 (Hyperactive), HE2020(Mood Changes), HA2770(Indecisive), HSI2530(Self-Pity), HM1530(Restless Mind), HI2300(Complaining), HE2070(Overly-Sensitive), Constitutional Enhancer

Official HPUS Ingredients: Agaricus musc, Antimon crud, Baryta carb, Bufo, Carb sulph, Cicuta vir, Lachesis, Lycopodium, Moschus, Nat carb, Sulphur, Thyroidinum, Viola od. **Other:** Essential Oil: Lavender. Flower Essences: Impatiens glan., Anethum grav., Matricaria rec., Erodium cic., Allium sat., Solidago cal., Dicentra chrys., Silene cal., Sidalcea glaus., Calochortus lei., Berberis aquif, Toxicodendron div., Mimulus car., Eriodictyon cal.

HI2300 (Complaining)

Indications for use: For tendencies to complain, grumble, mutter, whine, &/or spread negativity. For promoting contentment, positive attitude & expression, self-assurance.

Remarks: Can be helpful for general negative attitudes. Also helpful for the individual who complains out of habit or as a means of getting attention.

Possible Related Physical Conditions: Affections of liver, joints, and veins, debility and exhaustion, offensive breath and body odor, sore throat.

Complementary Formulas: HSI2530(Self-Pity), HT1080(Criticize & Contradict), HA2760(Procrastination), HA2800(Aversion to Change), HA2790(Aversion to Exertion), HE2010(Melancholic), HA2780(Nostalgia), HI2290 (Immature), HE2070(Overly-Sensitive), HI2250(Gossipy), HE2060(Grief), HE2040 (Chagrined), HSI2520(Envious), HI2270(Deceitful), HA2770(Indecisive), Constitutional Enhancer

Official HPUS Ingredients: Arnica mon., Asafoetida, Bismuthum, Calcarea phos, Lachesis, Sulphur, Zinc met. **Other:** Essential Oil: Lavender. Flower Essences: Salix vit., Nelumbo nuc., Anethum grav., Berberis aquif, Madia eleg., Fagus sylv., Ilex aquif., Monardella odor., Achillea mill.

HI2310 (Callused)

Indications for use: For hard-heartedness, fear of losing control, indifference, coldness toward others. For promoting the ability to feel & care for self & others, compassion, forgiveness, light-heartedness.

Remarks: For an enhanced ability to understand of one's self and others. Individuals in need of this formula may have traumatic experiences in their past. In this case, also consider complementary formulas that can promote focused healing of the past issues.

Possible Related Physical Conditions: Numbness, paralysis, psoriasis, pleurodynia (intercostal muscle pain or muscular rheumatism), stiff neck, indigestion.

Complementary Formulas: HM1550(Serious), HE2060(Grief), HE2050(Guilt), HSI2510(Egotistical), HSI2540(Religious Issues), HE2010(Melancholic), HI2320 (Prejudice), HSI2550(Neglectful), HSR1850(Stress Control), HT1010 (Physical Anger), HT1070(Self-Abuse), HT1080(Criticize & Contradict), HS1260(Repressed Sexual Issues), Constitutional Enhancer

Official HPUS Ingredients: Anacard or, Chelidonium maj, Conium, Kali carb, Mancinella, Myristica, Sepia, Thea. **Other:** Essential Oil: Chamomilla Mixta. Flower Essences: Nemophila men., Capsicum ann., Calendula off., Zea mays, Taraxacum off., Ceananthus inter., Cornus nutt., Allium sat., Solidago cal., Castilleja min., Silene cal., Delphinium nutt., Sidalcea glaus., Penstemon new., Pinus syl., Chaenomeles spec., Calochortus tol.

HI2320 (Prejudice)

Indications for use: For feelings of separateness, repressed fears, bias, arrogant tendencies. For promoting understanding & respect of others, ability to honor & accept differences, harmonious interactions, compassion.

Remarks: Can also be helpful for general interactive disorders toward those of the same race or beliefs. There are often many issues underlying a prejudiced outlook and complementary formulas may enhance the healing process.

Possible Related Physical Conditions: Constipation, affections of eyes and ovaries, menstruation disorders.

Complementary Formulas: HSI2560(Insecurity), HSI2510(Egotistical), HSR1790 (Fears & Phobias), HI2260(Paranoid), HT1080(Criticize & Contradict), HE2050(Guilt), HSI2540(Religious Issues), HI2310(Callused), HS1260(Repressed Sexual Issues), HT1040(Vindictive), Constitutional Enhancer

Official HPUS Ingredients: Ferrum met, Gratiola, Hamamelis, Lachesis, Liliun, Lycopodium, Moschus, Palladium, Platinum met, Staphysag, Sulphur, Veratrum alb. **Other:** Essential Oil: Sandalwood. Flower Essences: Sidalcea glaus., Toxicodendron div., Lathyrus lat., Helianthus ann., Dodecatheon hen., Liliun hum., Viola od., Hottonia pal.

HI2330 (Extravagant)

Indications for use: For tendencies to shop habitually, spend excessively, strive to live beyond one's means, dress & act extravagantly, extreme eccentric behavior. For promoting groundedness, self-esteem, contentment & fulfillment.

Remarks: Can be helpful for recurring debt from living beyond our means or the desire to do so. This mental state may stem from (among other things) addictive tendencies, a desire for attention, or dissatisfaction with oneself and one's life. This formula can also help the individual become aware of these underlying factors.

Possible Related Physical Conditions: Sciatica, affections of the heart, uterus, ears and eyelids, diarrhea.

Complementary Formulas: HSI2520(Envious), HM1510(Hyperactive), HC3010 (Gambling), HSR1850(Stress Control), HSI2550(Neglectful), HI2290(Immature), HSI2510(Egotistical), HSI2560(Insecurity), HSI2530(Self-Pity), HSR1790(Fears & Phobias), HA2770(Indecisive), Constitutional Enhancer

Official HPUS Ingredients: Belladonna, Cinchona, Conium, Lachesis, Liliun, Palladium, Rheum. **Other:** Neurotransmitter Complex. Essential Oil: Neroli. Flower Essences: Agrimonia eup., Ceratostigma will., Solidago cal., Verbascum thap., Pinus syl., Prunella vul., Artemisia trid., Juglans reg.

Healthy Self-Image (HSI):

HSI2510 (Egotistical)

Indications for use: For tendencies toward excessive pride, arrogance, boasting, bragging, vanity. For promoting understanding & respect of others, grounded sense of self, harmonious interactions, compassion.

Remarks: Consider for both children and adults.

Possible Related Physical Conditions: Gallstones, affections of pancreas and/or ovaries, ulcers, bruises, cancer.

Complementary Formulas: HI2320(Prejudice), HI2330(Extravagant), HI2270 (Deceitful), HT1080(Criticize & Contradict), HT1030(Stubborn & Contentious), HI2250(Gossipy), HI2290(Immature), HI2310 (Callused), HM1550(Serious), HT1040(Vindictive), (Gossipy), HSI2520(Envious), Constitutional Enhancer

Official HPUS Ingredients: Ferrum met, Gratiola, Hamamelis, Lachesis, Liliun, Lycopodium, Moschus, Palladium, Platinum met, Staphysag, Sulphur, Veratrum alb. **Other:** Essential Oil: Sandalwood. Flower Essences: Sidalcea glaus., Toxicodendron div., Lathyrus lat., Helianthus ann., Dodecatheon hen., Liliun hum., Viola od., Hottonia pal.

HSI2520 (Envious)

Indications for use: For jealousy, envy, selfishness, greed. For promoting contentment, self-acceptance, generosity, harmony.

Remarks: Also for individuals who put too much focus and value on material things.

Possible Related Physical Conditions: Constipation, affections of kidney, intermittent fevers, fluid retention, pain in trachea.

Complementary Formulas: HSI2510(Egotistical), HI2330(Extravagant), HI2300 (Complaining), HSI2530(Self-Pity), HT1080(Criticize & Contradict), HT1040(Vindictive), HE2050(Guilt), HSI2560(Insecurity), HSR1840(Perfectionism), HE2010(Melancholic), HE2040(Chagrined), HT1020(Easily Angered), HI2270(Deceitful), Constitutional Enhancer

Official HPUS Ingredients: Apis mell, Arsenicum alb, Bryonia, Hyoscyamus, Ipecacuanha, Kali carb, Liliium, Pulsatilla, Sulphur. **Other:** Essential Oil: Sandalwood. Flower Essences: Calendula off., Prunus cer., Ilex aquif., Sidalcea glaus., Mimulus gutt., Berberis aquif, Briza max., Centaurea sol., Mimulus aur., Liliium hum., Viola od., Hottonia pal.

HSI2530 (Self-Pity)

Indications for use: For tendencies to pity oneself, feel unfortunate, pathetic, discontent, and desire sympathy & consolation. For promoting contentment, self-acceptance, positive attitude & self-image.

Remarks: Can stimulate individuals to move through this essential stage in the healing process. Consider for victim mentalities.

Possible Related Physical Conditions: Affections of breast and/or vision, itching, impetigo, headache, low libido.

Complementary Formulas: HE2050(Guilt), HT1070(Self-Abuse), HI2300 (Complaining), HE2080(Good Mood Enhancer), HSI2510(Egotistical), HA2780 (Nostalgia), HE2040(Chagrined), HSI2550(Neglectful), HE2070(Overly-Sensitive), HSI2520(Envious), HSR1840(Perfectionism), HT1080(Criticize & Contradict), HE2010(Melancholic), HE2060(Grief), HE2000(Lonely), Constitutional Enhancer

Official HPUS Ingredients: Arsenicum alb, Calc carb, Gelsemium, Graphites, Ipecac, Kali sulph, Nitricum ac, Oleander, Onosmodium, Palladium, Pulsatilla, Sepia, Viola tric. **Other:** Essential Oil: Chamomilla Roman. Flower Essences: Arnica moll., Aloe vera, Dicentra form., Borago off., Ulmus proc., Carpinus bet., Tropaeolum maj., Mentha pip., Olea eur., Prunella vul., Aesculus hipp.

HSI2540 (Religious Issues)

Indications for use: For religious melancholy, mania, alienation &/or fanaticism, despair of salvation, self-condemnation & deprivation. For promoting healthy spirituality, free-thinking, unconditional love, forgiveness & acceptance.

Remarks: Can help one overcome the abuses and misuses of spiritual authority. Also for the individual who desires greater, healthier spirituality in their life.

Possible Related Physical Conditions: Tapeworm, epilepsy, abnormal menstruation, skin disorders, insomnia.

Complementary Formulas: HE2050(Guilt), HSR1840(Perfectionism), HT1070(Self-Abuse), HSR1750(Intense Anxiety), HS1260(Repressed Sexual Issues), HS1250(Expressed Sexual Issues), HI2260(Paranoid), HSR1810(Fears & Nightmares), HSI2510(Egotistical), HI2320(Prejudice), HE2010(Melancholic), HSR1850(Stress Control), HSR1830 (Obsessions/Compulsions), Constitutional Enhancer

Official HPUS Ingredients: Chelidonium maj, Graphites, Kali brom, Lachesis, Psorinum, Stramonium, Sulphur, Veratrum alb. **Other:** Essential Oil: Chamomilla Roman. Flower Essences: Ceratostigma will., Larrea tri., Malus syl., Ceananthus inter., Dicentra chrys., Ilex aquif., Pinus syl., Achillea mill. rub., Artemisia trid., Prunella vul., Calochortus tol.

HSI2550 (Neglectful)

Indications for use: For self-neglect, untidiness, aversion toward domestic duties, indifference toward home matters & personal appearance. For promoting aesthetic awareness, self-esteem & dignity, organization, neatness & cleanliness.

Remarks: Can help enhance an appreciation for one's own life, others, and things. There may also be underlying issues of neglect that this formula can be helpful with.

Possible Related Physical Conditions: Adenoids, offensive breath and/or body odor, debility, seborrhea, itching, glandular swelling.

Complementary Formulas: HM1500(Apathy), HA2800(Aversion to Change), HE2010 (Melancholic), HI2280(Reserved), HE2030(Heart Ache), HA2770(Indecisive), HE2000 (Lonely), HSI2530(Self-Pity), HA2760(Procrastination), HE2080(Good Mood Enhancer), HSR1850(Stress Control), Constitutional Enhancer

Official HPUS Ingredients: Hellebor nig, Nat mur, Nux vomica, Phytolacca, Psorinum, Silicea, Staphysag, Sulphur. **Other:** Essential Oil: Geranium. Flower Essences: Rubus urs., Capsicum ann., Carpinus bet., Penstemon new., Mentha pip., Scleranthus ann., Cytisus scop., Juglans reg., Bromus ram.

HSI2560 (Insecurity)

Indications for use: For insecurity, feelings of inadequacy, nervousness, apprehension, irresolution. For promoting confidence, assuredness, self-acceptance, positive self-image.

Remarks: Helps develop a more positive outlook. Also use preventively before entering situations which commonly make one feel insecure or inadequate.

Possible Related Physical Conditions: Asthma, speech disorders, affections of the uterus, gastric ulcers, indigestion.

Complementary Formulas: HE2070(Overly-Sensitive), HA2750(Shy), HE2080(Good Mood Enhancer), HA2770(Indecisive), HSR1790(Fears & Phobias), HSR1750(Intense Anxiety), HI2260(Paranoid), HSI2530(Self-Pity), HSI2520(Envious), HI2290 (Immature), HSR1850(Stress Control), HSR1770(First Aid for Mind & Body), HI2280(Reserved), HA2800(Aversion to Change), Constitutional Enhancer

Official HPUS Ingredients: Antimon crud, Arg nit, Baryta acet, Baryta carb, Digitalis, Graphites, Kali iod, Lycopodium, Petroleum, Sambucus nig. Essential Oil: Lavender. Flower Essences: Borago off., Green Rose, Larix dec., Verbascum thap., Cytisus scop., Prunella vul.

Healthy Adaptation (HA):

HA2750 (Shy)

Indications for use: For timidity, shyness, lack of self-confidence, passivity, tendency to embarrass easily, feelings of inferiority & inadequacy, susceptibility to peer pressure. For promoting self-confidence & acceptance, assertiveness, independence, moral strength.

Remarks: Can help those who are easily influenced and swayed from what they know is the right action. Especially helpful for individuals who feel held back by their social awkwardness.

Possible Related Physical Conditions: Aches and inflammation of eyes, ears, teeth, jaw, obesity, asthma, hair loss, affections of feet.

Complementary Formulas: HSR1850(Stress Control), HSI2560(Insecurity), HI2280(Reserved), HE2080(Good Mood Enhancer), HA2770(Indecisive), HM1550 (Serious), HE2070(Overly-Sensitive), HM1540(Spaced-Out), HE2000(Lonely), HSR1790(Fears & Phobias), HSI2530(Self-Pity), HA2800 (Aversion to Change), Constitutional Enhancer

Official HPUS Ingredients: Ambra, Baryta carb, Conium, Graphites, Kali phos, Mancinella, Pulsatilla, Silica terra, Xanthoxylum. **Other:** Essential Oil: Ylang ylang. Flower Essences: Ranunculus occ., Zea mays, Ceratostigma will., Allium sat., Silene cal., Larix dec., Sidalcea glaus., Monardella odor., Aesculus car., Prunella vul., Artemisia trid., Carnegiea gig., Helianthus ann., Campis tag., Viola od., Juglans reg., Achillea mill.

HA2760 (Procrastination)

Indications for use: For tendencies to procrastinate, leave tasks incomplete, avoid responsibility, lose track of time. For promoting mental & physical stamina, self-motivation, perseverance.

Remarks: Also helpful for individuals who have difficulty completing more abstract life issues.

Possible Related Physical Conditions: Hemorrhoids, neuralgia, locomotor ataxy (disordered gait and loss of sense of position of lower limbs), genital pains, spinal irritation, paralysis.

Complementary Formulas: HA2790(Aversion to Exertion), HA2800(Aversion to Change), HI2300(Complaining), HA2770(Indecisive), HSI2530 (Self-Pity), HSI2550(Neglectful), HSI2560(Insecurity), HM1540(Spaced-Out), HM1520 (Sluggish Mind), HA2780(Nostalgia), HE2010(Melancholic), HM1500(Apathy), HSR1850(Stress Control), Constitutional Enhancer

Official HPUS Ingredients: Cocculus, Glonoinum, Hoang-Nan, Nux vomica, Oxytropis, Picricum ac, Secale, Stellaria, Sulphur **Other:** Essential Oil: Chamomilla Mixta. Flower Essences: Agrimonia eup., Angelica arch., Rubus urs., Capsicum ann., Aesculus hipp. gemm., Clematis, Fuschia hyb., Dicentra chrys., Lonicera cap., Carpinus bet., Larix dec., Monardella odor., Oliv, Toxicodendron div., Mimulus car., Scleranthus ann., Chrysanthemum max., Juglans reg., Aesculus hipp.

HA2770 (Indecisive)

Indications for use: For indecisiveness, irresolution, dissatisfaction, aversion to responsibility, avoidance of high pressure situations, fickleness. For promoting clarity, courage, power of choice.

Remarks: Helps promote a more proactive life. For the fear of making a wrong decision. Consider also for individuals who need assistance in focusing firmly on their goals.

Possible Related Physical Conditions: Parasites, lupus, debility, affections of teeth and/or tongue

Complementary Formulas: HM1540(Spaced-Out), HA2800(Aversion to Change), HSI2560(Insecurity), HM1510(Hyperactive), HM1500(Apathy), HM1520(Sluggish Mind), HT1030(Stubborn & Contentious), HM1530(Restless Mind), HSR1790(Fears & Phobias), HSR1750(Intense Anxiety), HSR1840(Perfectionism), HA2750(Shy), Constitutional Enhancer

Official HPUS Ingredients: Croton, Curare, Dulcamara, Graphites, Ignatia, Iodum, Muriaticum ac, Saccharum off, Silica. **Other:** Essential Oil: Chamomilla Mixta. Flower Essences: Rosa cal., Clematis, Zea mays, Lonicera cap., Dodecatheon hen., Lathyrus lat., Calochortus tol., Achillea mill.

HA2780 (Nostalgia)

Indications for use: For homesickness, nostalgia, excessive sentimentality, sadness, feelings of isolation. For promoting contentment, groundedness, security & independence.

Remarks: Can be helpful for preparing for positive change. Especially helpful for children dealing with their first sleepover, or summer camp. Consider also for individuals who have recently moved and are having difficulty becoming grounded in their new location.

Possible Related Physical Conditions: Affections of the nose, acne, leg pains, vomiting, disordered menstruation.

Complementary Formulas: HA2800(Aversion to Change), HSR1850(Stress Control), HM1540(Spaced-Out), HSR1750(Intense Anxiety), HSR1790(Fears & Phobias), HSR1810(Fears & Nightmares), HE2080(Good Mood Enhancer), HSI2530 (Self-Pity), HSI2550(Neglectful), HE2070(Overly-Sensitive), HI2300(Complaining), HI2280(Reserved), HM1550(Serious), HE2060(Grief), HE2010(Melancholic), Constitutional Enhancer

Official HPUS Ingredients: Aurum met, Calcarea carb, Capsicum, Carbo an, Clematis erecta, Eupatorium purp, Hellebor nig, Mancinella, Melilotus off, Mercurius viv, Pulsatilla nutt, Sac lac, Silica terra, Senecio aur. **Other:** Essential Oil: Geranium. Flower Essences: Zea mays, Lonicera cap., Silene cal., Berberis aquif, Toxicodendron div., Dodecatheon hen., Calochortus tol., Viola od., Juglans reg., Achillea mill.

HA2790 (Aversion to Exertion)

Indications for use: For aversion to work, aversion to mental &/or physical exertion, languor, lack of will power, despondency about business. For promoting vitality & vigor, self-motivation, will-power.

Remarks: Especially helpful for unemployed individuals who are finding it difficult to become motivated in their job search, or employed individuals who desire greater ambition and motivation regarding their job.

Possible Related Physical Conditions: Varicose veins, ankle swelling/weakness, chorea (characterized by jerky, spasmodic movements), neuralgia, hemorrhoids, affections of bone, tongue coated or ulcerated.

Complementary Formulas: HM1500(Apathy), HA2760(Procrastination), HI2300 (Complaining), HM1520(Sluggish Mind), HM1540(Spaced-Out), HSI2560(Insecurity), HSR1750(Intense Anxiety), HA2770(Indecisive), HE2010(Melancholic), HE2080(Good Mood Enhancer), HSR1850(Stress Control), HI2280(Reserved), Constitutional Enhancer

Official HPUS Ingredients: Adrenalinum, Agaricus musc, Bovista, Calcarea carb, Chelidonium maj, Cocculus, Helonias, Hydrofluoricum ac, Kali phos, Mimosa humilis, Sulphur, Tanacetum, Taraxacum. **Other:** Neurotransmitter Complex. Essential Oil: Helichrysum. Flower Essences:

Aloe vera, Rubus urs., Carpinus bet., Castilleja min., Iris doug., Tropaeolum maj., Punica granatum, Rosmarinus off., Chrysanthemum max., Zinnia eleg.

HA2800 (Aversion to Change)

Indications for use: For fear of change, resistance to change, aversion to change, inflexibility, apprehension, dogmatism, obstinate. For promoting flexibility, fearlessness, self-confidence & security, ability to embrace change.

Remarks: Can be helpful for preparing for positive change. Helpful also for individuals who may be consciously or subconsciously maintaining their illness by considering the illness an identifying aspect of themselves.

Possible Related Physical Conditions: Myopia, inflammation (esp. of heart, intestine, or breast), bronchitis, feet which burn and perspire or are cold and sore.

Complementary Formulas: HM1550(Serious), HA2770(Indecisive), HA2760 (Procrastination), HSI2560(Insecurity), HT1030(Stubborn & Contentious), HSR1850(Stress Control), HM1500(Apathy), HM1540(Spaced-Out), HA2780(Nostalgia), HE2010(Melancholic), HE2060(Grief), HA2790(Aversion to Exertion), HSR1790(Fears & Phobias), HSR1750(Intense Anxiety), HI2300(Complaining), HI2320(Prejudice), Constitutional Enhancer

Official HPUS Ingredients: Bryonia, Carbo veg, Guaiacum, Kali bichrom, Mezereum, Nat mur, Phosphoricum ac, Silicea, Spongia, Thuja occ. **Other:** Essential Oil: Lavender. Flower Essences: Zea mays, Lonicera cap., Silene cal., Berberis aquif, Achillea mill. rub., Toxicodendron div., Dodecatheon hen., Calochortus tol., Viola od., Juglans reg., Achillea mill.

Healthy Control (HC):

HC3000 (Addictaplex)

Indications for use: For cravings & desires, general addictive tendencies, negative effects of substance abuse. For promoting recovery, restoration, relief, metabolic functions of the brain & nervous system, self-control & contentment.

Remarks: Can be helpful for a variety of general addictive behaviors. Consider this product for addictive disorders or personalities as well, such as those suffering from compulsive eating.

Possible Related Physical Conditions: Headache, disorders of sleep and appetite, convulsions or tremors, ulcerations.

Complementary Formulas: HSR1770(First Aid for Mind & Body), HE2060(Grief), HE2070(Overly-Sensitive), HSI2530(Self-Pity), HE2010(Melancholic), HS1260 (Repressed Sexual Issues), HSI2540(Religious Issues), HM1520(Sluggish Mind), HSI2560(Insecurity), HSR1850(Stress Control), HE2000(Lonely), HE2030(Heart Ache), HT1070(Self-Abuse), HA2800(Aversion to Change), HM1500(Apathy), HM1540(Spaced-Out), Constitutional Enhancer, Liver Detox, Lymph Detox, Blood & Kidney Detox, Sleep Aid, HSR1780(Fatigue Relief for Mind & Body), Appetite Enhancer, Smoke Control

Official HPUS Ingredients: Adrenalinu, Avena, Bryonia, Carbolicum ac, Coffea cruda, Lycopodium, Nux vomica, Passiflora, Phytolacca, Sanicula. **Other:** Neurotransmitter Complex. Essential Oil: Helichrysum. Flower Essences: Agrimonia eup., Arnica moll., Aesculus hipp. gemm., Capsicum ann., Matricaria rec., Larrea tri., Lonicera cap., Ipomoea pur., Artemisia trid., Prunella vul., Helianthus ann., Calochortus tol., Juglans reg.

HC3010 (Gambling)

Indications for use: For compulsive Gambling & stealing, lottery & stock market obsession, recklessness, impulsive & extreme risk-taking, opportunistic obsessions. For promoting self-control, contentment & fulfillment, emotional stability.

Remarks: Can be helpful for a variety of general addictive behaviors. Also consider for individuals who consider themselves “adrenaline junkies”.

Possible Related Physical Conditions: Toothache, altered or lost taste, heartburn, chapped, painful and/or perspiring hands, syphilis, locomotor ataxy (disordered gait and loss of sense of position of lower limbs), tongue ulcerations.

Complementary Formulas: HC3000(Addictions), HI2330(Extravagant), HSR1830 (Obsessions/Compulsions), HSR1850(Stress Control), HSI2510(Egotistical), HT1020(Easily Angered), HA2790(Aversion to Exertion), HM1530 (Restless Mind), HM1510(Hyperactive), HI2290(Immature), HI2270(Deceitful), Constitutional Enhancer, Liver Detox, Lymph Detox, Blood & Kidney Detox, Sleep Aid

Official HPUS Ingredients: Adrenalinum, Arg nit, Calcarea carb, Hydrofluoricum ac, Lycopodium, Mag mur, Merc sol, Platinum met, Pulsatilla, Sulphur, Tarentula. **Other:** Neurotransmitter Complex. Essential Oil: Helichrysum. Flower Essences: Agrimonia eup., Arnica moll., Aesculus hipp. gemm., Capsicum ann., Matricaria rec., Larrea tri., Lonicera cap., Ipomoea pur., Artemisia trid., Prunella vul., Helianthus ann., Calochortus tol., Juglans reg.

HC3020 (Alcoholism)

Indications for use: For emotional & physical effects of alcoholism, alcoholic tendencies or predisposition, discontent & irritability. For promoting recovery, restoration, relief, metabolic functions of the brain & nervous system, self-control & contentment.

Remarks: Can be helpful for other addictions. Also use preventatively if there is a history of alcoholism in the family.

Possible Related Physical Conditions: Affections of liver, kidneys, and/or heart, indigestion, debility, diarrhea, delirium tremens.

Complementary Formulas: HC3000(Addictions), HSR1770(First Aid for Mind & Body), HE2060(Grief), HE2070(Overly-Sensitive), HSI2530(Self-Pity), HE2010 (Melancholic), HS1260(Repressed Sexual Issues), HSI2540(Religious Issues), HM1520(Sluggish Mind), HSI2560(Insecurity), HSR1850(Stress Control), HE2000(Lonely), HE2030(Heart Ache), HT1050(Personality Changes), HT1010 (Physical Anger), HT1020(Easily Angered), HA2800(Aversion to Change), HM1500 (Apathy), Constitutional Enhancer, Liver Detox, Lymph Detox, Blood & Kidney Detox, Sleep Aid, HSR1780(Fatigue Relief for Mind & Body)

Official HPUS Ingredients: Apocynum can, Arsenicum alb, Asarum eur, Avena, Capsicum, Carb sulph, Gelsemium, Naja, Paullinia sorb. **Other:** Neurotransmitter Complex. Essential Oil: Helichrysum. Flower Essences: Agrimonia eup., Arnica moll., Aesculus hipp. gemm., Capsicum ann., Matricaria rec., Larrea tri., Lonicera cap., Ipomoea pur., Artemisia trid., Prunella vul., Helianthus ann., Calochortus tol., Juglans reg.

HC3030 (Smoke Control)

Indications for use: For fast relief of cravings for tobacco smoke and chew. Helps with nervousness, anxiety, irritability, difficulty concentrating and forgetfulness when quitting. Relieves cough, shortness of breath, and the sensation of weight on the chest.

Remarks: Addresses the three key issues associated with this problem; the cravings, the symptoms of quitting and the symptoms of smoking.

Possible Related Physical Conditions: Fatigue, asthma, emphysema, nausea, diarrhea.

Complementary Formulas: HC3000(Addictaplex), HSR1770(First Aid for Mind & Body), HSR1850(Stress Control), HSR1830 (Obsessions/Compulsions), HE2060(Grief), HA2800(Aversion to Change), HE2070(Overly-Sensitive), HSI2530(Self-Pity), HT1070(Self-Abuse), HE2010(Melancholic), HS1260 (Repressed Sexual Issues), HM1520(Mental Alertness), HSI2560(Insecurity), HE2000(Lonely), HE2030(Heart Ache), HM1500(Apathy), HM1540(Spaced-Out), HSR1780(Fatigue Relief for Mind & Body).

Official HPUS Ingredients: Caladium, Daphne, Eugenia jam, Kali phos, Lobelia inf, Nicotinum, Nux vom, Plantago, Saccharum off, Staphysagria, Tabacum. **Other:** Neurotransmitter Complex. Essential Oil: Helichrysum. Flower Essences: Agrimonia eup., Arnica moll., Aesculus hipp. gemm., Capsicum ann., Matricaria rec., Larrea tri., Lonicera cap., Ipomoea pur., Artemisia trid., Prunella vul., Helianthus ann., Calochortus tol., Juglans reg.

Note on the  M&B Repertory

The dynamic results of homeopathy are only experienced in the application of what we call the “whole person perspective”. By acknowledging the mind-body connection we will discover what Dr. Hahnemann called the full portrait of the disease. The SafeCareRx CHESS procedural system can turn the complex process of applying whole person homeopathic treatment into a simple, stream-lined and easy to follow system. Use the general Personal Health Appraisal (PHA) in conjunction with the PHA for M&B in order to best “see the whole person to help the whole person”.

Remember homeopathy is based on the “Law of Similars”. Products which seem similar to the health problem can be part of the healing solution. In the process of total homeopathic care, consider incorporating products found in:

1. The following Mind-Body Repertory section.
2. The complementary formulas listed under each product in the two SafeCareRx product guide sections.
3. The products in the following categories should be considered for every individual. Testing your patient on the formulas in these categories can help you find hidden remedies that will enhance overall health and mental/emotional wellbeing:
 - a. **Healthy Genetics** – Homeopathy works very deeply to help correct genetic predispositions to disease that we have inherited as deep as 10 generations.
 - b. **Healthy Body** – Formulas in this category can be used to proactively enhance our overall health and wellbeing. The indications and remarks section of the product guide will provide added insights on when to consider these products.
 - c. **Healthy Detoxification** – Activation of our detoxification and drainage mechanisms provide a key role in the enhancement of our overall health.
 - d. **Healthy Allergy Correction** – Many mental and emotional issues can be caused by allergies of the brain and nervous system which significantly affect the way we think, feel and respond.

REPERTORY

Addictions—HC3000(Addictions)•HC3030(Smoke Control)•HC3020(Alcoholism)•HC3010(Gambling)•HSR1770(First Aid for Mind & Body)•HE2020(Mood Changes)•HSR1780 (Fatigue Relief for Mind & Body)•Hangover Relief•Eating Disorders•Appetite Control•Weight Control•Constitutional Enhancer•Blood & Kidney Detox•Liver Detox•Lymph Detox•Bio Reset Jet Lag•Appetite Enhancer

Absent-Mindedness- HM1520(Sluggish Mind)•HM1540(Spaced-Out)•HM1500(Apathy)•Yeast Free

ADD- HM1530(Restless Mind)•HI2290(Immature)•HT1020(Easily Angered)•HI2330(Extravagant)•HC3010(Gambling)

ADHD- •HM1510(Hyperactive)•HM1540(Spaced-Out)•HSR1840(Perfectionism)•HSR1830(Obsessions/Compulsions)•HI2250(Gossipy)

Aging- HM1560(Mental Alertness for Seniors)•HSR1780(Fatigue Relief for Mind & Body)•HM1520(Sluggish Mind)•HGH Anti-Aging•Anti-Aging & Wrinkles•Constitutional Enhancer•Muscle Maximizer•Skin Irritations & Itch Relief•Scar Cure•Blood & Kidney Detox•Liver Detox•Lymph Detox•Acne Clear•ChemoClenz•Teeth & Gums

Agoraphobia (fear of open spaces)- See Phobias

Alcoholism-HC3020(Alcoholism)•HC3000(Addictions)•Hangover Relief•Constitutional Enhancer•HSR1780(Fatigue Relief for Mind & Body)•HSR1770(First Aid for Mind & Body)•HE2020(Mood Changes)•Liver Detox•Blood & Kidney Detox•Lymph Detox•Bio Reset Jet Lag/Shift Change•Allergy/Food & Chemical Reliever

Anger- HT1010(Physical Anger)•HT1020(Easily Angered)•HT1030(Stubborn & Contentious)•HT1040(Vindictive)•HT1050(Personality Changes)•HT1060(Verbal Anger)•HT1070(Self-Abuse)•HT1080(Criticize & Contradict)

Anguish- HSR1750(Intense Anxiety)•HSR1770(First Aid for Mind & Body)•HSR1810(Fears & Nightmares)•HSR1830(Obsessions/Compulsions)

Anxiety- HSR1750(Intense Anxiety)•Constitutional Enhancer•HSR1770(First Aid for Mind & Body)•HSR1790(Fears and Phobias)•HSR1810(Fears & Nightmares)•HSR1820•Blood & Kidney Detox•Liver Detox•Lymph Detox•Acid Clenz•Bio Reset Jet Lag

Apathy- HM1500(Apathy)•HI2310(Callused)•HM1540(Spaced-Out)•HM1520(Sluggish Mind)•HSR1780(Fatigue Relief for Mind & Body)•HM1570(Seasonal Affective Disorder)•HE2010(Melancholic)•HE2080(Good Mood Enhancer)

Arrogance- HSI2510(Egotistical)•HI2320(Prejudiced)•HI2330(Extravagant)•HSI2530(Self-Pity)•HSI2520(Envious)•HT1040(Vindictive)•HT1080(Criticize & Contradict)

Asthenia (weakness or debility)- See Fatigue

Autism- HSR1850(Stress Control)•HSR1770(First Aid for Mind & Body)•HA25700(Shy)•HI2280(Reserved)•HSR1830(Obsessions/Compulsions)•HM1540(Spaced-Out)•Attention & Learning•VaccinoClenz•HM1520(Sluggish Mind)•Growth Development•Constitutional Enhancer•Bio Reset Jet Lag •Muscle Maximizer

Aversion to Change- HA2800(Aversion to Change)•HA2780(Nostalgia)•HSI2560(Insecurity)•HA2770(Indecision)•HI2260(Paranoid)

Aversion to Domestic Duties- HSI2550(Neglectful)•HM1500(Apathy)•HT1070(Self-Abuse)•HSI2530(Self-Pity)•HSI2540(Religious Issues)•HI2300(Complaining)•HE2010(Melancholic)

Aversion to Laughter & Amusement- HM1550(Serious)•HI2310(Callused)•HE2010(Melancholic)•HI2300(Complaining)•HT1070(Self-Abuse)•HT1030(Stubborn & Contentious)•HM1500(Apathy)•HSR1840(Perfectionism)

Aversion to Mental &/or Physical Exertion- HA2790(Aversion to Exertion)●HSR1780(Fatigue Relief to Mind & Body)●HM1500(Apathy)●HM1520(Sluggish Mind)●HI2280(Reserved)●HC3020(Alcoholism)

Aversion to Responsibility- HA2770(Indecision)●HA2760(Procrastination)●HSI2550(Neglectful)●HI2290(Immature)●HSR1850(Stress Control)●HA2790(Aversion to Exertion)

Bias- HI2320(Prejudice)●HSI2510(Egotistical)●HSI1250(Neglectful)●HSI2540(Religious Issues)●HSI2520(Envious)

Bitterness- HE2040(Chagrined)●HT1040(Vindictive)●HT1080(Criticize & Contradict)●HT1070(Self-Abuse)●HSI2520(Envious)●HE2030(Heart Ache)●HE2060(Grief)●HE2010(Melancholic)●HI2300(Complaining)

Bi-Polar Disorder-HE2020(Mood Changes)●HT1050(Personality Changes)●HSR1770(First Aid for Mind & Body)●HE2010(Melancholic)●HE2070(Overly-Sensitive)●HM1530(Restless Mind)●HM1510(Hyperactive)●Constitutional Enhancer●Blood & Kidney Detox●Liver Detox●Lymph Detox●Eating Disorders

Claustrophobia-HSR1820(Claustrophobia)●HSR1790(Fears & Phobias)●HSR1750(Intense Anxiety)●HSR1810(Fears & Nightmares) ●HE2050(Guilt)●HE2060(Grief)●Constitutional Enhancer●HSR1770(First Aid for Mind & Body)●Blood & Kidney Detox●Liver Detox●Lymph Detox●Acid Clenz

Complaining- HI2300(Complaining)●HSI2530(Self-Pity)●HI2290(Immature)●HE2040(Chagrined)●HI2250(Gossipy)●HE2000(Lonely)●HSI2520(Envious)●HT1060(Verbal Anger)

Confused Sexual Identity- HS1270(Sexual Identity)●HT1050(Personality Changes)●HSI2540(Religious Issues)●HE2030(Heart Ache)●HE2060(Grief)●HSI2560(Insecurity)

Confusion- HM1520(Sluggish Mind)●HM1560(Mental Alertness for Seniors)●HM1530(Restless Mind)●HM1540(Spaced-Out)●HM1500(Apathy)●HSR1780(Fatigue Relief for Mind & Body)

Contempt- HT1040(Vindictive)●HT1070(Self-Abuse)●HI2320(Prejudice)●HT1030(Stubborn & Contentious)● HT1080(Criticize & Contradict)●HT1060(Verbal Anger)●HT1010(Physical Anger)

Cravings- HC3000(Addictions)●HC3020(Alcoholism)●HC3030(Smoke Control)●HC3010(Gambling)●HS1250(Expressed Sexual Issues)●Appetite Control●Weight Control●Constitutional Enhancer●Yeast Freee●Hangover Relief

Criticizing- HT1080(Criticize & Contradict)●HSR1840(Perfectionism)●HT1060(Verbal Anger)●HI2250(Gossipy)●HT1030(Stubborn & Contentious)●HI2300(Complaining)

Cruelty- HT1040(Vindictive)●HT1070(Self-Abuse)●HT1060(Verbal Anger)●HT1050(Personality Changes)●HSI2540(Religious Issues)●HSI2510(Egotistical)

Daydream- HM1540(Spaced-Out)●HA2780(Nostalgia)●HA2760(Procrastination)●HA2790(Aversion to Exertion)●HE2000(Lonely)

Debility-See Fatigue

Deceitful- HI2270(Deceitful)●HI2250(Gossipy)●HT1040(Vindictive)

Dementia-HM1560(Mental Alertness for Seniors)●HM1520(Sluggish Mind)●HSR1780(Fatigue Relief for Mind & Body)●Constitutional Enhancer●HE2020(Mood Changes)●Yeast Freee ●HSR1770(First Aid for Mind & Body)●Blood & Kidney Detox ●Liver Detox●Lymph Detox●Hangover Relief●VaccinoClenz

Depression- HE2010(Melancholic)●HE2080(Good Mood Enhancer)●HM1570(Seasonal Affective Disorder)●HE2060(Grief)●HE2000(Lonely)●HE2050(Guilt)●HE2030(Heart Ache)●HSI2530(Self-Pity)●HA2780(Nostalgia)●HM1550(Serious)●HM1500(Apathy)●HT1070(Self-Abuse)●HSR1850(Stress Control)●HSR1770(First Aid for Mind & Body)●Constitutional Enhancer●HE2020(Mood Changes)●Sleep Aid●Yeast Freee●Bio Reset Jet Lag ●HSR1770(First Aid for Mind & Body)●HSR1780(Fatigue Relief for Mind & Body)●Blood & Kidney Detox●Liver Detox●Lymph Detox●Chronic Viro Reliever

Desire for Sympathy- HE2000(Lonely)●HI2300(Complaining)●HSI2530(Self-Pity)●HSR1800(Hypochondria)●HE2030(Heart Ache)

Disappointment- HE2040(Chagrined)●HE2060(Grief)●HI2310(Callused)●HSR1840(Perfectionism)●HI2300(Complaining)●HSI2530(Self-Pity)

Discontent- HT1020(Easily Angered)●HE2080(Good Mood Enhancer)●HE2010(Melancholic)●HM1530(Restless Mind)●HM1510(Hyperactive)●HT1030(Stubborn & Contentious)●HSR1830(Obsessions/Compulsions)●HSR1840(Perfectionism)●HSI2520(Envious)●HA2770(Indecision)

Discouragement- HE2040(Chagrined)●HE2010(Melancholic)●HM1500(Apathy)●HM1550(Serious)●HI2310(Callused)●HSR1770(First Aid for Mind & Body)●HSR1850(Stress Control)

Disinterest- HE2080(Good Mood Enhancer)●HM1500(Apathy)●HSI2550(Neglectful)●HM1540(Spaced-Out)●HI2280(Reserved)

Dissatisfaction- HT1070(Self-Abuse)●HSI2520(Envious)●HI2260(Paranoid)●HE2010(Melancholic)●HE2040(Chagrined)●HT1030(Stubborn & Contentious)

Disputatiousness- HT1030(Stubborn & Contentious)●HT1060(Verbal Anger)●HT1020(Easily Angered)●HT1080(Criticize & Contradict)●HI2300(Complaining)

Distrust- HI2260(Paranoid)●HI2270(Deceitful)●HI2310(Callused)

Eccentric Behavior- HI2330(Extravagant)●HC3010(Gambling)●HM1510(Hyperactive)●HT1050(Personality Changes)●HSR1800(Hypochondria)●HE2020(Mood Changes)●HI2260(Paranoid)●HSI2510(Egotistical)●HSI2540(Religious Issues)

Effects of Sexual Abuse- HS1260(Repressed Sexual Issues)●HS1250(Expressed Sexual Issues)●HS1270(Sexual Identity)●HSI2540(Religious Issues)●HT1070(Self-Abuse)

Energy (lack of)- See Fatigue

Exhaustion- See Fatigue

Exhibitionism- HSI1250(Expressed Sexual Issues)●HS1260(Repressed Sexual Issues)●HS1270(Sexual Identity)●HI2290(Immature)

Fatigue-HSR1780(Fatigue Relief for Mind & Body)●HSR1770(First Aid for Mind & Body)●Constitutional Enhancer●HM1520(Sluggish Mind)●Bio Reset Jet Lag●Chronic Viro Reliever●HI2300(Complaining)●LymePlex●Blood & Kidney Detox●Liver Detox●Lymph Detox●Acid Clenz●HE2060(Grief)●HGH Anti-aging●Muscle Maximizer●Sporting Edge●Allergy/Food & Chemical Reliever●M3●Mold Allergies & Sensitivities

Fault-Finding- HT1080(Criticize & Contradict)●HSR1840(Perfectionism)●HT1030(Stubborn & Contentious)●HT1060(Verbal Anger)●HI2320(Prejudice)●HSI2510(Egotistical)

Fear-HSR1790(Fears & Phobias)●HSR1810(Fears & Nightmares)●Constitutional Enhancer●HSR1770(First Aid for Mind & Body)●Acid Clenz●Claustrophobia●HSR1830(Obsessions/Compulsions)●HSR1800(Hypochondria)●HSI2540(Religious Issues)●HS1260(Repressed Sexual Issues)●HSI2560(Insecurity)●HA2750(Shy)●HA2770(Indecision)●HA2790(Aversion to Exertion)●HA2800(Aversion to Change)

Fear of Change- See Aversion to Change

Fear of Failing- HSR1840(Perfectionism)●HE2050(Guilt)●HT1070(Self-Abuse)●HSR1790(Fears and Phobias)

Fear of Losing Control- HI2310(Callused)●HM1550(Serious)●HSR1840(Perfectionism)●HA2800(Aversion to Change)

Forgetfulness- HM1520(Sluggish Mind)●HM1560(Mental Alertness for Seniors)

Gambling- HC3010(Gambling)•HI2330(Extravagant)•HC3000(Addictions)

Gossipy- HI2250(Gossipy)•HI2270(Deceitful)•HI2290(Immature)

Grief-HE2060(Grief)•HE2050(Guilt)•Constitutional Enhancer•HSR1770(First Aid for Mind & Body)•HE2080(Good Mood Enhancer)•HE2030(Heart Ache)•HE2070(Overly-Sensitive)•HSI2530(Self-Pity)•HA2800(Aversion to Change)•HSR1850(Stress Control)•HE2010(Melancholic)•HM1500(Apathy)•HM1550(Serious)•HE2000(Lonely)•HSI2540(Religious Issues)•Constitutional Enhancer•Sleep Aid

Guilt-HE2050(Guilt)•HE2060(Grief)•Constitutional Enhancer•HSR1840(Perfectionism)•HM1530(Restless Mind)•HSI2540(Religious Issues)•HT1070(Self-Abuse)•HSI2530(Self-Pity)•HSR1750(Intense Anxiety)•HI2260(Paranoid)•HI2270(Deceitful)•HE2010(Melancholic)•HE2070(Overly-Sensitive)•HE2040(Chagrined)•HT1020(Easily Angered)•HT1080(Criticize & Contradict)•Constitutional Enhancer• Sleep Aid•Weight Control•Appetite Control

Hangover-Hangover Relief•HSR1780(Fatigue Relief for Mind & Body)•HI2280(Reserved)•Constitutional Enhancer•Nausea & Motion Sickness•Bio Reset Jet Lag•Indigestion Relief•Blood & Kidney Detox•Liver Detox•Lymph Detox•Headache Relief•Sleep Aid•HE2080(Good Mood Enhancer)

Hard-Heartedness- HI2310(Callused)•HT1040(Vindictive)•HM1550(Serious)•HM1500(Apathy)•HE2080(Good Mood Enhancer)

Headache-Headache Freee•HSR1850(Stress Control)•Constitutional Enhancer•Migraine Freee• Blood & Kidney Detox•Liver Detox•Lymph Detox•HT1010(Physical Anger)•HM1500(Apathy)• HM1530(Restless Mind)•HM1540(Spaced-Out)•HSR1750(Intense Anxiety)•HSR1780(Fatigue Relief for Mind & Body)•HE2060(Grief)•HI2280(Reserved)•HSI2530(Self-Pity)•HC3000(Addictaplex)•Eye Stress• Mold Allergies & Sensitivities

Heartache- HE2030(Heart Ache)•HE2060(Grief)•HE2000(Lonely)•HE2010(Melancholic)•HSI2530(Self-Pity)•HSR1770(First Aid for Mind & Body)•HSR1850(Stress Control)•HE2080(Good Mood Enhancer)

Homesickness- HA2780(Nostalgia)•HA2800(Aversion to Change)•HM1540(Spaced-Out)•HE2000(Lonely)

Humiliation- HE2040(Chagrined)•HE2070(Overly-Sensitive)•HSR1850(Stress Control)•HE2050(Guilt)•HE2060(Grief)•HSR1770(First Aid for Mind & Body)•HC3010(Gambling)•HI2330(Extravagant)•HI2290(Immature)

Hyperactivity-HM1510 (Hyperactive)•HM1530 (Restless Mind)•Attention & Learning Enhancement•HSR1770(First Aid for Mind & Body)•Constitutional Enhancer•Blood & Kidney Detox•Liver Detox•Appetite Enhancer•Lymph Detox•Allergy/Food & Chemical Reliever•Earache Formula•Yeast Freee•HSR1780(Fatigue Relief for Mind & Body)•ParaClenz

Hypochondria- HSR1800(Hypochondria)•HSI2530(Self-Pity)•HI2300(Complaining)•HSR1830(Obsessions/Compulsions)•HSR1750(Intense Anxiety)

Hysteria- HSR1750(Intense Anxiety)•HSR1850(Stress Control)•HSR1770(First Aid for Mind & Body)•Constitutional Enhancer•Eating Disorders•HSR1820(Claustrophobia)•Attention & Learning•HT1050(Personality Changes)•HSI2540(Religious Issues)

Immaturity- HI2290(Immature)•HM1510(Hyperactive)•HI2300(Complaining)•HE2070(Overly-Sensitive)•HI2330(Extravagant)

Impatience- HT1020(Easily Angered)•HE2070(Overly-Sensitive)•HT1030(Stubborn & Contentious)•HM1530(Restless Mind)•HM1510(Hyperactive)

Impotence- HIS2510(Egotistical)•HSI2520(Envious)•HSI2530(Self-Pity)•HSI2540(Religious Issues)•HSI2550(Neglectful)•HSI2560(Insecurity)•Male Strengthener•HSR1780(Fatigue Relief for Mind & Body)•Constitutional Enhancer•Prostate Strengthener•Muscle Maximizer•Blood & Kidney Detox•Yeast Freee•Liver Detox•Lymph Detox•HM1520(Sluggish Mind)•HGH Anti-Aging•Urinary Tract Infections

Indifference- See Apathy

Irresolution- HA2770(Indecision)•HSI2560(Insecurity)•HA2760(Procrastination)•HI2290(Immature)•HI2270(Deceitful)

Inflexibility- HA2800(Aversion to Change)•HI2310(Callused)•HT1030(Stubborn & Contentious)•HM1550(Serious)•HI2260(Paranoid)•HA2750(Shy)•HI2320(Prejudice)

Insanity-HT1050(Personality Changes)•HE2020(Mood Changes)•HSR1770(First Aid for Mind & Body)•Constitutional Enhancer•HM1520(Sluggish Mind)•HSR1770(First Aid for Mind & Body)•Acid Clenz•Blood & Kidney Detox•Heavy Metal Detox•Liver Detox•Lymph Detox•Calcium Metabolizer•Bone Strengtheners

Insecurity- HSI2560(Insecurity)•HA2770(Shy)•HE2070(Overly-Sensitive)•HSI2530(Self-Pity)•HI2270(Deceitful)•HSR1840(Perfectionism)•HT1070(Self-Abuse)•HS1270(Sexual Identity)•HS1260(Repressed Sexual Issues)

Insomnia-Sleep Aid•HM1530(Restless Mind)•HM1510(Hyperactive)•HM1540(Spaced-Out)•Constitutional Enhancer•HSR1770(First Aid for Mind & Body)•Blood & Kidney Detox•Liver Detox•Lymph Detox•HSR1780(Fatigue Relief for Mind & Body)•HM1520(Sluggish Mind)•Indigestion Relief•ICV Clenz

Insulting- HT1080(Criticize & Contradict)•HT1060(Verbal Anger)•HI2250(Gossipy)

Internalized Anger- HT1070(Self-Abuse)•HE2050(Guilt)•HM1550(Serious)•HSR1770(First Aid for Mind & Body)•HSR1850(Stress Control)•HSR1840(Perfectionism)

Introversion- HI2280(Reserved)•HA2750(Shy)•HE2000(Lonely)•HE2080(Good Mood Enhancer)•HE2010(Melancholic)

Irritability- HT1020(Easily Angered)•HE2070(Overly-Sensitive)•HT1080(Criticize & Contradict)•HSR1780(Fatigue Relief for Mind & Body)•HSI2520(Envious)•HE2040(Chagrined)

Jealousy- HSI2520(Envious)•HSI2530(Self-Pity)•HI2300(Complaining)•HI2330(Extravagant)•HE2040(Chagrined)•HT1040(Vindictive)

Jet Lag-Bio Reset Jet Lag•HM1520(Sluggish Mind)•HM1540(Spaced-Out)•Constitutional Enhancer•Hangover Relief•Blood & Kidney Detox •Liver Detox•Lymph Detox•HGH Anti-Aging•Sleep Aid•Attention & Learning •HSR1780(Fatigue Relief for Mind & Body)

Lack of Self-Confidence- HSI2560(Insecurity)•HA2750(Shy)•HI2280(Reserved)•HSI2530(Self-Pity)•HM1500(Apathy)•HE2010(Melancholic)•HE2000(Lonely)

Lack of Will Power- HA2790(Aversion to Exertion)•HA2760(Procrastination)•HM1520(Sluggish Mind)•HM1530(Restless Mind)

Learning Disabilities-Attention & Learning Enhancement•Constitutional Enhancer•HM1530(Restless Mind)•HM1510(Apathy)•HM1520(Sluggish Mind)•VaccinoClenz•Heavy Metal Detox•Blood & Kidney Detox•Appetite Enhancer•Liver Detox •Lymph Detox•HSR1780(Fatigue Relief for Mind & Body)•Bio Reset Jet Lag •Allergy/Food & Chemical Reliever•HSR1770(First Aid for Mind & Body)•M3

Loneliness- HE2000(Lonely)•HE2030(Heart Ache)•HSI2530(Self-Pity)•HE2010(Melancholic)•HM1570(Seasonal Affective Disorder)

Longevity-HGH Anti-Aging•Anti-Aging & Wrinkles•HM1560(Mental Alertness for Seniors)•Constitutional Enhancer•HSR1780(Fatigue Relief for Mind & Body)•Blood & Kidney Detox•Liver Detox•Lymph Detox•Acid Clenz•Bio Reset Jet Lag

Loquaciousness- See Gossipy

Manic Depression-See Bi-Polar Disorder

Melancholy-See Depression

Memory Disorder-See Forgetful

Mood Swings- HE2020(Mood Changes)●Constitutional Enhancer●Swollen Glands●HT1050(Personality Changes)●HE2070(Overly-Sensitive)●HE2080(Good Mood Enhancer)●HM1570(Seasonal Affective Disorder)●HSR1770(First Aid for Mind & Body)●HSR1780(Fatigue Relief for Mind & Body)●Bio Reset Jet Lag●Yeast Free●PMS Relief●Menopause●Eating Disorders●LymePlex

Narcolepsy (sleep disorder)-Sleep Aid●Bio Reset Jet Lag●HSR1850(Stress Control)●Allergy/Food & Chemical Reliever●HM1520(Sluggish Mind)●Attention & Learning●TremorPlex●Calcium Metabolizer●Allergy & Hay Fever●HGH Anti-Aging●Blood & Kidney Detox●Liver Detox●Lymph Detox

Nervousness-HSR1850(Stress Control)●HSI2560(Insecurity)●HSR1750(Intense Anxiety)●Constitutional Enhancer●HSR1770(First Aid for Mind & Body)●HSR1790(Fears & Phobias)●HI2260(Paranoid)●HA2750(Shy)●Blood & Kidney Detox●Liver Detox●Calcium Metabolizer●Lymph Detox●Sleep Aid●Attention & Learning

Nightmares-HSR1810(Fears & Nightmares)●HE2050(Guilt)●HSR1790(Fears & Phobias)●Constitutional Enhancer●HSR1770(First Aid for Mind & Body)●Blood & Kidney Detox●Liver Detox●Lymph Detox●Indigestion Relief●HE2060(Grief)

OCD-Obsessive Compulsive Disorder-HSR1830(Obsessions/Compulsions)●HSR1750(Intense Anxiety)●HSR1800(Hypochondria)●HSR1840(Perfectionism)●HI2260(Paranoid)●Constitutional Enhancer●HSR1790(Fears & Phobias)●HSR1810(Fears & Nightmares)●Attention & Learning Enhancement●HSR1770(First Aid for Mind & Body)

Over-Sensitivity- HE2070(Overly-Sensitive)●HT1020(Easily Angered)●HI2280(Reserved)●HE2030(Heart Ache)●HSR1850(Stress Control)●HE2080(Good Mood Enhancer)●HE2040(Chagrined)●HM1570(Seasonal Affective Disorder)

Paranoia- See Distrust

Parkinsons-TremorPlex●Constitutional Enhancer●Sporting Edge●HSR1770(First Aid for Mind & Body)●HM1510(Hyperactive)●HSR1750(Intense Anxiety)●HM1530(Restless Mind)●HM1560(Mental Alertness for Seniors)●HSR1850(Stress Control)●HSR1780(Fatigue Relief for Mind & Body)●Arthritis & Joint Relief●HSI2560(Insecurity)●HC3000(Addictions)●Blood & Kidney Detox●Liver Detox●Lymph Detox●TMJ/Jaw Formula●M3

Passivity- HA2750(Shy)●HI2280(Reserved)●HM1500(Apathy)●HSI2530(Self-Pity)●HSI2560(Insecurity)●HA2770(Indecision)

Perfectionism- HSR1840(Perfectionism)●HE2080(Good Mood Enhancer)●HE2070(Overly-Sensitive)●HA2800(Aversion to Change)●HT1070(Self-Abuse)

Pessimism- HE2010(Melancholic)●HE2080(Good Mood Enhancer)●HT1040(Vindictive)●HM1550(Apathy)●HSI2530(Self-Pity)●HM1570(Seasonal Affective Disorder)●HSI2540(Religious Issues)●HSR1800(Hypochondria)●HSR1830(Obsession/Compulsions)

Phobias- See Fears

Photophobia-Allergies & Hay Fever●Constitutional Enhancer●HSR1780(Fatigue Relief for Mind & Body)●HSR1770(First Aid for Mind & Body)●HSR1850(Stress Control)●Eye Stress●Allergy & Red Eye●CataCure●HGH Anti-Aging●Menopause●HM1570(Seasonal Affective Disorder)

Physically Violent- HT1010(Physical Anger)●HT1040(Vindictive)●HT1050(Personality Changes)●HT1020(Easily Angered)●HT1070(Self-Abuse)●HSR1770(First Aid For Mind & Body)

Post Traumatic Stress Syndrome-HSR1770(First Aid for Mind & Body)●Constitutional Enhancer●HSR1750(Intense Anxiety)●Bio Reset Jet Lag●TMJ/Jaw Formula●HSR1810(Fears & Nightmares)●VaccinoClenz

Premenstrual Syndrome-PMS Relief●HE2010(Melancholic)●HS1260(Repressed Sexual Issues)●
Constitutional Enhancer●Menstrual Cramps & Irregularities●Blood & Kidney Detox●Liver Detox●Lymph
Detox●HE2020(Mood Changes)●HSR1770(First Aid for Mind & Body) ●Water Retention Control●Female
Enhancer●Female Discomforts●Yeast Free●Calcium Metabolizer●Bone Strengtheners

Procrastination- HA2760(Procrastination)●HA2770(Indecision)●HA2790(Aversion to Exertion)●
HA2800(Aversion to Change)

Psychosomatic Disorder- HSR1800(Hypochondria)Constitutional Enhancer●HSR1770(First Aid for Mind &
Body)●HSR1830(Obsession/Compulsions)●Sleep Aid●Chronic Viro Reliever●Blood & Kidney Detox●Liver
Detox●Lymph Detox●HM1570(Seasonal Affective Disorder)

Religious Afflictions- HSI2540(Religious Issues)●HE2050(Guilt)●HT1070(Self-Abuse)●
HS1250(Expressed Sexual Issues)●HS1260(Repressed Sexual Issues)●HS1270(Sexual Issues)

Reminiscent- See Daydream

Resentfulness- See Jealously

Risk-Taking- HC3010(Gambling)●HI2330(Extravagant)●HM1510(Hyperactive)

Schizophrenic-HT1050(Personality Changes)●HE2020(Mood Changes)●Constitutional Enhancer●
HSR1770(First Aid for Mind & Body)●Allergy/Food & Chemical Reliever●Children's Growth & Development●
Attention & Learning Enhancement

Seizures-HSR1770(First Aid for Mind & Body)●TremorPlex●Constitutional Enhancer●Arthritis & Joint
Relief●Sporting Edge●Blood & Kidney Detox●Liver Detox●Lymph Detox●Bio Reset Jet Lag●
HSR1850(Stress Control)

Selfishness- HSI2510(Egotistical)●HSI2520(Envious)●HSI2530(Self-Pity)●HI2270(Deceitful)●
HI2290(Immature)●HI2320(Prejudice)

Self-Contempt- HT1070(Self-Abuse)●HSI2550(Neglectful)●HE2050(Guilt)●HSR1840(Perfectionism)●
HSR1850(Stress Control)●HM1550(Serious)●HSI2530(Self-Pity)●HSI2540(Religious Issues)

Self-Neglect- HSI2550(Neglectful)●HT1070(Self-Abuse)●HE2060(Grief)●HE2000(Lonely)●
HM1500(Apathy)●HE2050(Guilt)

Self-Pity- HSI2530(Self-Pity)●HE2030(Heart Ache)●HE2000(Lonely)●HE2010(Melancholic)●HE2060(Grief)

Senility-See Dementia

Seriousness- See Aversion to Laughter

Sexual Desire- HS1250(Expressed Sexual Issues)●HS1260(Repressed Sexual Issues)●HS1270(Sexual
Identity)●HE2050(Guilt)●HA2750(Shy)●Muscle Maximizer●Yeast Free●HSR1780(Fatigue Relief for Mind
& Body)●Blood & Kidney Detox●Liver Detox●Lymph Detox●HGH Anti-Aging

Sexual Maladjustment- HS1250(Expressed Sexual Issues)●HS1260(Repressed Sexual Issues)●
HS1270(Sexual Identity)●HSI2540(Religious Issues)●HE2050(Guilt)●Male Strengtheners●Constitutional
Enhancer●Prostate Strengtheners●Female Enhancer●Menopause●Birth Ease●Blood & Kidney Detox●Liver
Detox●Lymph Detox●HGH Anti-Aging●Anti-Aging & Wrinkles

Shock-HSR1770(First Aid for Mind & Body)●Constitutional Enhancer●HSR1750(Intense Anxiety)●
HSR1850(Stress Control)

Shyness- See Reserved

Slow Perception/Comprehension- HM1520(Sluggish Mind)●HM1500(Apathy)●HM1510(Hyperactive)●
HM1530(Restless Mind)●HM1540(Spaced-Out)●HM1550(Serious)●HM1560(Mental Alertness for
Seniors)●HM1570(Seasonal Affective Disorder)●Yeast Free

Smoke Cessation-HC3030(Smoke Control)•HC3000(Addictaplex)•Constitutional Enhancer•Hangover Relief•Allergies & Hay Fever•Allergy/Food & Chemical Reliever•Blood & Kidney Detox•Liver Detox•Lymph Detox•HSR1770(First Aid for Mind & Body)

Split Personality- HT1050(Personality Changes)•HE2020(Mood Changes)•HT1020(Easily Angered)•HSR1750(Intense Anxiety)•HM1560(Mental Alertness for Seniors)•HC3020(Alcoholism)•HC3000(Addictaplex)

Stealing- HC3010(Gambling)•HSI2520(Envious)

Stress- Constitutional Enhancer•HSR1770(First Aid for Mind & Body)•HSR1850(Stress Control)•HSR1750(Intense Anxiety)•HSR1780(Fatigue Relief for Mind & Body)•HE2070(Overly-Sensitive)•HE2080(Good Mood Enhancer)•Environmental Adaptation•Blood & Kidney Detox•Liver Detox•Lymph Detox•Sleep Aid

Stubborn- HT1030(Stubborn & Contentious)•HA2800(Aversion to Change)•HSI2510(Egotistical)•HI2320(Prejudice)•HSR1830(Obsessions/Compulsions)

Stuttering-Attention & Learning Enhancement•HM1510(Hyperactive)•Constitutional Enhancer•HSR1770(First Aid for Mind & Body)•HSR1790(Fears & Phobias)•HM1530(Restless Mind)•HSR1850(Stress Control)•Apoplex

Suicidal Tendency- HT1070(Self-Abuse)•HT1050(Personality Changes)•HT1010(Physical Anger)•HE2060(Grief)•HE2050(Guilt)•HSR1750(Intense Anxiety)•HE2020(Mood Changes)•Constitutional Enhancer•HSR1780(Fatigue Relief for Mind & Body)•HSR1770(First Aid for Mind & Body)•Blood & Kidney Detox•Liver Detox•Lymph Detox

Temper Tantrums- HI2290(Immature)•HT1020(Easily Angered)•HT1010(Physical Anger)•HT1060(Verbal Anger)•HM1510(Hyperactive)•HSR1770(First Aid for Mind & Body)•HSR1780(Fatigue Relief for Mind & Body)

Tourette's Syndrome-HT1060(Verbal Anger)•HM1530(Restless Mind)•HM1510(Hyperactive)•HT1050(Personality Changes)•TremorPlex•Constitutional Enhancer•HSR1770(First Aid for Mind & Body)•Bio Reset Jet Lag•Muscle Maximizer

Worry- HE2060(Grief)•HSR1850(Stress Control)•HSR1770(First Aid for Mind & Body)•HSR1840(Perfectionism)•HSR1800(Hypochondria)•HSR1790(Fears & Phobias)•HE2040(Chagrined)•HE2050(Guilt)•HE2070(Overly-Sensitive)•HSI2530(Self-Pity)

Vanity- See Selfishness

Verbally Abusive- HT1060(Verbal Anger)•HT1080(Criticize & Contradict)•HT1030(Stubborn & Contentious)•HI2250(Gossipy)

Violent Thoughts/Actions- See Physical Anger