Peaceful Nerves Instructions:

Cynthia Foster, MD

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Product Seal: Your bottle of Peaceful Nerves might have a product seal that is not the usual transparent plastic wrapped around the dropper. Instead, it is a hard plastic "ring" that is attached to the bottom of the dropper mechanism. It is perfectly sealed and it will not break until you twist open the bottle. As you twist, you will feel the resistance, then the ring will separate from the dropper.

Benefits of This Formula:

- **Relax Cramps and Spasms:** Antispasmodic effects – helping leg cramps, menstrual cramps, bile duct spasms, colon spasms and other types of cramps and spasms.
- **Help Release Stones:** Can help release stuck gallstones and kidney stones due to their antispasmodic effects on the smooth muscles of the bile ducts and kidney ureters.
- **Restless Legs**
- **Sleep:** Assists in bringing on sleep when taken at bedtime.
- **Emotional Wellbeing:** Helps induce a feeling of "wellbeing"
- **Ease Anxiety**

- **Rebuild and Restore Nerves:** Help to rebuild nerves and nerve sheaths (shattered nerves, nervous breakdown, damaged nerves, neuralgias, tooth nerves, etc.)
- **Helps the Heart:** Slow Down Rapid Heartbeat
- **Daily Benefits Accumulate Over Time:** This is a tonic that works over time, so benefits accumulate the more you take it.

Peaceful Nerves Suggested Use:

By Mouth:

- Shake well before use.
- Take one to two droppers full at a time, depending on the circumstances. See below for all of the circumstances.
- **What is a Dropper Full?** One dropperful means to fill up the dropper as much as it can fill. Squeeze the dropper two times quickly. You will see the dropper filling up. That's it. That's a dropper full. It usually looks halfway full. If you count the drops, it's about 30 to 35 drops.
- **Could I Mix it With a Few Ounces of Water When I'm on the Go or In a Hurry?** Yes!
- **Should I Take it On An Empty Stomach?** You can, but you don't have to. If you have a sensitive stomach or if cayenne bothers you, take this formula with juice, with the Herbal Latte recipe listed above, or with food.
- **Should I Put it Under My Tongue?** You can, and you will probably feel the effects slightly faster, but it's not required. Just get it down.
- **Could I Take it Straight in My Mouth?** Yes! If you take this formula straight in your mouth without diluting it, you will taste the kava and it will numb your tongue. That's what strong kava does. It's supposed to do that. It should ease your mind that the kava is working if that happens. I like the taste, but you might not. Just know that you can add things to adjust the taste if you don't like it. You can mix this formula with water or juice as well or even add boiling water to evaporate off the alcohol content.

- **Eliminating the Alcohol:** it's not much in each dose – 2 droppers of an alcohol-based extract contains about 1/70 of an ounce of alcohol. It's probably equivalent to the alcohol content in a very ripe banana. It takes 70 doses to equal one ounce of alcohol. If you are concerned about the very minimal amount of alcohol in this formula, or you don't like the taste of alcohol, you can evaporate the alcohol in the formula by adding a dose to a coffee mug, then pouring 2 ounces of boiling water on top of it. Let it sit for 5 minutes and you will see a puff of white vapor coming off of it. That white puff is the alcohol evaporating.

- **Adjusting the Taste and Herbal Latte Recipe:** If desired, add natural sweetener to taste – stevia and monk fruit powder or syrup work great! Add 2 ounces of boiling water to a dose of this formula, allow to cool for around 5 minutes, then add a few ounces of nondairy milk (rice milk, hemp milk, cashew milk, oat milk, coconut milk, almond milk, etc). Diluting the formula and adding the nondairy milk helps to reduce or even eliminate the burning effect of the cayenne. See Herbal Latte Recipe below:

Herbal Latte Recipe

This will make a nice coffee-like beverage that Disguises most, if not all of the taste of the formula

- 2 droppers **Brain Regain Formula**
- 2 ounces **Boiling Water**
- 12 drops **Liquid Stevia** (Hazelnut flavor)
- 1 tsp **Grain Coffee Substitute**
- 4 to 6 ounces **Nondairy Milk**

Put one dose in a coffee mug. Add boiling water, coffee substitute & let alcohol evaporate for about 5 minutes. Then add nondairy milk & stevia.

- **How Do I Store it? In the Fridge?** No, you don't have to refrigerate it. Just put it in a cool dark place such as in a cabinet. I leave mine out on my kitchen counter in an organizer. Keep it out of direct sunlight or away from a heat source such as your stove/oven or a space heater.

- **Can I Mix it With Other Formulas or Supplements?** Yes. Mix it with anything, but with one exception. Don't put it in the same dose as Colon Detox Caps or Colon Soothe Formula or any other "absorptive" formulas containing clay or charcoal. Colon Detox Caps and Colon Sooth and other "absorptive" formulas need to work in your system for around an hour before you take anything else.

- **How Long Do I Take It?** For as long as you need it. The herbs will continue to help your brain, nerves and nervous system function for as long as you take it. Benefits accumulate over time.

- **What if I Skip a Dose or Get the Dose Wrong?** Herbal medicine is very forgiving. If you get a dose slightly wrong or skip a single dose, it doesn't matter that much. If you take an herb after 10 hours when you were supposed to take it after 6, it's not a huge deal. Just keep going and keep doing your best. Set reminders and write out or print out daily schedule sheets so you can remember what you're taking. If you forget to take a dose 3 times per day, take a larger dose twice a day. If you overdose, the worst thing that happens is you feel a little nauseated. If, by some remote chance, you throw up, you'll purge some toxins out of your system because that's what herbs do – they get the bad stuff out of you. They are not experimental synthetic chemicals (prescription medications) so they're not damaging you or poisoning you in any way. Dr. Christopher, a famous herbalist who healed all types of incurable diseases used to say if that if you throw up after taking too many herbs, you'll have a "cleaner stomach for the next dose." Despite what the medical profession and the mainstream media brainwashes you to believe, herbs are just not dangerous. You're really not going to hurt yourself as long as you stick fairly close to the directions, follow your common sense and don't overdose on a laxative herb or hot chili peppers.

Specific Uses:

- **To Aid Sleep**: take 2 droppers full about ½ hour before bedtime.

- **To Help Nerve Pain/ Hyperactive Nerves/ Seizures/ Reflex Sympathetic Dystrophy:**
    - Take one to two droppers full in 2 ounces water or juice 3 times daily to help support healthy nervous system function or to calm nerves.

- Use one additional dose at bedtime if you have seizures or if you need another dose to cover you throughout the night.

- In an emergency or crisis, you can use up to 8 droppers full of this formula at a time.

- **DO NOT SUDDENLY STOP TAKING ANY PRESCRIPTION SEIZURE MEDICATIONS** – Regardless of the reason why you are taking this type of medication and even if you do not have seizures or epilepsy, these types of prescription medications need to be gradually tapered to avoid serious and life-threatening withdrawal symptoms. If you DON'T do a gradual taper of your prescription seizure medication, you are *very likely* to experience the following:

    - A worsening of the seizures (or even life-threatening nonstop seizures)
    - Debilitating panic attacks
    - Increased anxiety
    - Irritability
    - Insomnia
    - Nausea and/or vomiting
    - Headaches
    - Tremors
    - Hallucinations
    - Other symptoms of withdrawal

  That's the nature of these types of prescription medications, so take it very seriously. It takes at least one month (and sometimes two months) to taper off of prescription drugs like this, but you should ONLY attempt the taper AFTER your symptoms have started to improve.

- For severe nerve dysfunction, you may need to take regularly for around 6 months. If you suffer from seizures, you may need to take this formula regularly for around 8 to 12 months or longer if needed.

- In some rare cases, a person can experience an intensification of seizure symptoms. If you experience an intensification of symptoms, your dose is too high or you suddenly stopped taking your prescription seizure medication. Lower your dose of Peaceful Nerves to around half and continue to adjust the dose as needed.

Peaceful Nerves Topical Use:

Spasms/ Cramps: You can massage a few drops of this formula topically on an area that is painful, cramping or in spasm. You can use this formula topically around the outside of the ears, massaged into the scalp, at the temples and apply under the jawline where you feel your carotid pulse.

Seizures/ Epilepsy: an additional routine to add on to give this formula a stronger effect: Dilute a drop of this formula in some olive oil, and put a few drops of that in each ear. You should flush out the ears once a week with a half and half distilled water/ apple cider lukewarm vinegar solution to flush out any herbal residue that can collect in the ears.) Using cold water in the ears will hurt, so use lukewarm or warm water only.

Tinnitus/ Nerve Damage: Massage a few drops of the liquid extract on your temples, around your ears (can help tinnitus if used regularly for several months). Use topically 3 or more times daily.

With An Enema to Relax Bowel: If you use enemas, you can add one dropper full of this formula to the enema water to help ease the cramps and spasms that sometimes happen when you do an enema.

Supplement Facts:

Serving size: 30 drops (1 dropper)
Servings Per Container: 78
Herb Strength Ratio: 1:1

Amount Per Serving	%Daily Value
Proprietary Extract: Lobelia[1], Black cohosh[1], Kava kava[1], Mulungu[2]	.75ml*

* Daily value not established
[1] Organically grown [2] Wildcrafted

Other ingredients: Distilled water, Organic grain alcohol (34%),

Cautions: If pregnant, nursing, or have a medical condition, consult a health professional before using.

Distributed by:
DR. FOSTER'S ESSENTIALS
Santa Monica, CA 90404

Formulated by Cynthia Foster, MD using the highest quality organically grown and wildharvested herbs from the American continent.

Signs that the Formula is Working:

- You may feel a release of cramps and spasms.
- You may feel some calming effect right away.

- You may also notice a reduction in nerve pain.
- Nerves can take months to repair and rebuild, so it may take some time on this formula to repair something that's been damaged. You might need to continue taking your seizure medication for a little while longer until your nerves heal, but I've had people take both their seizure medication and this formula at the same time without a problem.

What if the Peaceful Nerves Formula Changes?

There are actually many herbs classified as nervines and antispasmodics. Both nervines and antispasmodic herbs can stop seizures, and there are a lot more of them than you would think. These herbs exist in every herbal tradition, from the Native American Indian tradition to Traditional Chinese Medicine, Japanese Kampo Medicine, Tibetan Herbal Medicine, Ayurvedic Medicine and other indigenous herbal healing systems around the world. We live in an information bubble here in the US and have been deeply conditioned and programmed to believe that only a patented synthetic chemical can stop a seizure. It's false.

From time to time, crops can fail and certain herbs may not be available, and we may have to substitute herbs with similar effects. But they will be herbs that work, and NOT an attempt to make the formula cheaper or more profitable (as sometimes happens with other vitamin or herbal companies with more of a profit motive.) I have studied herbs from various systems for over 25 years, so I know which herbs work for seizures. I had plenty of daily seizures for four entire years, so I had plenty of time to test various nervine and antispasmodic herbs on myself as well as with my patients over the past two decades. So, please do not panic if the herbal formula changes slightly, or I start recommending something slightly different, or in the event that I find something that is actually stronger or works even better.

What if My Doctor Says This Won't Work?

I have to be brutally honest with you. Unless your doctor has specifically gone out of his/her way to learn holistic healing, they know ZERO about herbs. They were given ZERO training on herbs and almost zero training in nutrition, and they have no idea what the ingredients are in your va$$ines. They think it's just inactivated viruses in saline solution – completely false! They were given a specific phrase that they very naively accepted in the name of science and most likely because doctors are very sleep-deprived

during their medical training, it caused them to accept what they were being taught without questioning it. It's two phrases:

- "You're the best and the brightest and we've hand selected you to learn the best, most technologically advanced system of healing in the world."
- "Everything else is unscientific, unproven quackery."

If you press a doctor to explain what this means, you will not get anything extra. It never goes beyond these two sentences. It's like listening to a parrot – they're parroting back the same phrase they learned without any thorough understanding of what they are actually saying.

Here is the bottom line: there are herbalists who go to school for 3 to 4 years to learn herbs and holistic healing, and doctors do not have ANY of this training. If you want to know about herbs and how they work, you need to consult an expert on HERBS - not an expert on synthetic chemicals. Doctors are experts on synthetic chemicals and surgery – not holistic healing. So, you can try asking them about herbs, but you're going to get the same canned response each time and only very rarely are you going to get a yes from them. It's up to you who you are going to believe.

Believing in holistic healing sometimes means giving up everything you thought you knew about medicine because it's being promoted by evil mega corporations who have twisted all the health information pushed out to the public – everything you see and hear from the mainstream news, newspapers, television and radio – in the name of making billions of dollars off of your suffering and disease. And if that's not enough, they've hired thousands of what's called "shills" – people they hire for the purpose of debunking holistic healing. They're going to sound very scientific, cite very credible research studies (that they have actually funded for the express purpose of debunking), and they are going use a lot of fear tactics to persuade you that herbs are dangerous and that your medical doctor is the only safe option. But, in order to make their billions, they have to make sure that your disease is never cured, and they are going to convince you with their best most sophisticated medical language based on Latin and Greek terminology, that your disease is impossible to cure - that there is indeed no cure. Because you are never cured, that means you will be taking their pharmaceutical medications for life to manage symptoms without ever getting to what's actually causing the disease.

Nervine Herbs Naturally Contain Calcium, Magnesium & other Vitamins & Minerals in the Exact Right Proportions

How Are Nervine and Antispasmodic Herbal Formulas Different From Sleeping Pills or Benzos?

This **natural herbal nervine** formula is not addictive and its benefits are cumulative. That means the more you use them, the more they can help heal your nerves and nervous system – not just put you to sleep or calm you down.

The formula contains not just sedative herbs (called nervines), but a full spectrum of vitamins and minerals that ***occur naturally*** in the herbs that help the nervous system. These nutrients are ALREADY in the herbs, so we don't need to add any additional vitamins or minerals to it. These naturally-occurring vitamins and minerals contained in the herbs are ALL important for repairing the nerves, the spinal cord and brain. While you are taking natural nervine and antispasmodic herbs, your brain and nerves are being fed nutritionally and repaired bit by bit each day you take them, and not simply just giving you the calming effect.

Benzodiazepines do not contain any nerve nutrients and therefore cannot heal the nerves nutritionally the way nervine and antispasmodic herbs can. Benzodiazepines may have a stronger, more immediate effect up front, but they have a price. The Black Box warnings for these medications include:

- The risks of abuse, misuse, addiction, physical dependence, and withdrawal reactions
- The risk of overdose or death when combined with other substances, like alcohol, opioids, or illicit drugs
- The risk of withdrawal reactions, including seizures, when stopping suddenly or reducing the dose too quickly.
- Over the long term, "tolerance" can develop, so you'll need a higher and higher dose to achieve the same effect.

- Side effects include confusion, impaired memory, nausea, loss of muscle coordination, erratic behavior, mood swings, vision problems, loss of appetite, passing out
- Life threatening side effects may occur if they are combined with other prescription sedative medications.

Prescription Seizure Medications Can Deplete the Body's Vitamins and Minerals:

If you are taking any of these medications, and if it's possible, it may be possible to taper off of them after you have been taking this formula and done some herbal cleanses such as the liver cleanse. Please consult the Natural Protocols eBook (drfoster.co/protocols) for specific remedies and cleanses.

Some prescription medications can deplete vitamins and minerals in the body, but you can easily replenish them with a good nutritional formula.

Could you supplement with extra nutrition while you're taking these prescription medications? Yes, absolutely, and I highly recommend that you do that to compensate for any loss of nutrients these medications could be causing. I like to use Earth's Nutrition Formula and a formula called Bone, Tissue, Nerve. Bone, Tissue, Nerve is not just for vitamin and mineral replacement but for helping the entire structure of your body, and the minerals help to rebuild damaged nerves/ a malfunctioning nervous system, so this formula can also be very beneficial for people suffering from seizures, and these naturally-occurring minerals can also help relax your heart as well.

Benzodiazepines can cause decreased calcium absorption and increase the metabolism of vitamin D.[1]

Many anticonvulsant medications have been associated with hypocalcemia, supported by radiographic, histologic, and biochemical evidence.[2,3] Those most frequently associated with hypocalcemia and decreased bone mineral density are medications that are inducers of the cytochrome P450 enzyme (phenobarbital, carbamazepine, phenytoin). Valproate has also been associated with hypocalcemia. No single mechanism of action explains this hypocalcemia and the subsequent bone-health implications. All patients with long-term antiepileptic use should be monitored for bone disease.[2]

1. Pharmavite. Common drug classes, drug-nutrient depletions, & drug-nutrient interactions. www.aafp.org/dam/AAFP/documents/about_us/sponsored_resources/Nature%20Made%20Handout.pdf. Accessed September 20, 2019.)
2. Pack AM. The association between antiepileptic drugs and bone disease. *Epilepsy Curr.* 2003;3(3):91-95.
3. Van Zyl M. The effects of drugs on nutrition. *S Afr J Clin Nutr.* 2011;24(3):S38-S41.

The Nervine Herbs:

Black Cohosh Root (Cimcifuga racemosa)– is a specific for healing issues in the spinal cord. Alterative, sedative, and helps regulate menstrual cycle. Eases hormonal deficiencies caused by hysterectomy and ovariectomy (removal of ovaries). Eases menopausal symptoms including hot flashes, headache, vertigo, heart palpitations, ringing in the ears, irritability, sleep disturbances and depression. Helps ease ovarian cramps, uterine cramps, menstrual cramps. Cramps caused during ovulation. Helps balance hormones. Both men and women can take. Anti-inflammatory, anti-rheumatic. Helps ease muscle and neurologic pain & joint discomfort. It is said that if administered for contractions around the time of childbirth, the false labor pains will disappear, while the true labor pains will be encouraged and strengthened. Helps ease childbirth afterpains. Can help ease sciatica, neuralgia. Helps ease respiratory spasms such as occurs in whooping cough. Can help tinnitus caused by nerve damage.

Lobelia herb/seed (Lobelia inflata) – helps ease cramps and spasms of all types, can help ease pain, helps drain plugged sinuses, eases constipation, helps release accumulated fluid in the body (water retention), aids in difficulty passing urine. Bronchodilator. Traditional uses: bronchial asthma, bronchitis, difficulty breathing, whooping cough, spasmodic cough, infantile convulsions, diphtheria, tonsillitis, pneumonia

Mulungu (Erythrina mulungu) – moderate sedative action, antispasmodic (helps relieve cramps and spasms), anticonvulsant, anti-inflammatory, analgesic (helps relieve pain), reduces anxiety, helps regulate heart rhythm, promotes restful sleep and healthy sleeping patterns, protects the liver, liver tonic, helps support healthy blood pressure and liver function, neurasthenic (reduces nerve pain), and calms the nerves. Active components include erythrina alkaloids, cristamidine, erysodine and others. 20 isoquinoline alkaloids have been documented. Many of these have demonstrated anti-inflammatory, cardioactive, narcotic, and sedative activities.

Traditional uses: used to treat hepatitis and liver disorders, liver obstruction, heart palpitations, high blood pressure, stomachaches, epilepsy, convulsions, insomnia, drug and nicotine withdrawal, fever, inflammation, asthma, sleep disorders, whooping cough, neuralgia, muscle pain, rheumatism, osteoporosis, bronchitis, respiratory and urinary infections. It is an excellent remedy to use in emergency situations to help relieve shock and trauma. It is also used to treat mental health issues (depression, anxiety, stress, panic disorders, obsessive compulsive disorder, etc.)

It is a medium-sized tree that grows in the Amazon rainforest and grows to a height of 10-14 meters. It produces plentiful reddish-orange flowers at the ends of its many branches. The tree is sometimes called "coral flower," as the flowers resemble the color of orange coral.

Kava Kava (Piper Methysticum)

Kava is grown in the Pacific Islands. Actions include muscle relaxant, anxiolytic (eases anxiety) with loss of mental acuity, anesthetic, pain reliever, sedative, anticonvulsant, antidepressant, neuroprotector (protects brain, spinal cord, nerves and entire nervous system), euphoric (sense of wellbeing), helps increase cognitive performance. It is currently being used to treat insomnia, anxiety, tension, "excitedness", genitourinary tract infections, interstitial cystitis, rheumatism, joint pain, muscle tension, neuralgias, chronic pain, restless leg

syndrome. The active constituents include kavalactones, methisticin, kavain, dihydrokavain, piperidine alkaloids, and others.

Human studies using kava at therapeutic dosages have failed to demonstrate any toxic effects. A clinical trial demonstrated kava to be as effective as benzodiazepines to relieve anxiety. The Kava Anxiety Depression Spectrum Study (KADSS) was a 3-week placebo-controlled, double-blind crossover trial that used an aqueous extract of *P. methysticum.* Sixty adults who self-reported at least 1 month of persistent worry or anxiety, and who scored greater than 10 on the Beck Anxiety Inventory (BAI). HAMA, Montgomery–Asberg Depression Rating Scale (MADRS) and BAI scores were assessed pre- and post-treatment. The extract reduced participants' scores across all measurement. It was also found to be safe, with no serious adverse effects and no clinical hepatotoxicity. The authors concluded that aqueous *P. methysticum* preparation appears to reduce symptoms of anxiety and depression in participants with elevated levels of generalized anxiety, and raised no safety concerns at the dose and duration studied.[1]

It was found to be as effective as buspirone and opipramol in the treatment of anxiety.[2]

(1. **Psychopharmacology (Berl).** 2009;205(3):399–407. *The Kava Anxiety Depression Spectrum Study (KADSS): a randomized, placebo-controlled crossover trial using an aqueous extract of Piper methysticum.* Sarris J, et al.)

(2. 2. **Phytomedicine.** 2003;10 Suppl 4:38–49. *Kava-Kava extract LI 150 is as effective as Opipramol and Buspirone in Generalised Anxiety Disorder–an 8-week randomized, double-blind multi-centre clinical trial in 129 out-patients*. Boerner R, et al.)

What Else Can I Do to Strengthen and Heal My Nerves?

Make sure to do everything you can to:

1. **Other Herbal Formulas:** I have had patients use my **Frankincense Essential oil** to stop their seizures. I also use the **Nerve Calm Formula** - another nervine herbal formula for this and sometimes I rotate these two formulas back and forth for people who have seizures. Like Peaceful Nerves, the benefits of Nerve Calm accumulate over time as you are gradually healing your nervous system and providing the nerve nutrients in these herbs that your brain and nerves can use to repair themselves.

2. **Use Essential Oils:** use them topically over any area that is sick, injured, or painful:

    a. Dr. Foster's Essentials **Geranium**, **Lavender**, or **Peppermint.** Mix any many of these three as you can get together, dilute with a carrier oil and apply to the area of concern 1 to 2 times daily. You can also apply this mixture to the entire spine to help further your healing of your brain and nervous system.

    b. Dr. Foster's Essentials **Grounding Essential Oil Blend** that I formulated has been of enormous benefit to me after I had seizures in getting back my clarity of thought, helping to formulate sentences better, assisting with memory loss, helping to ground myself and to help the sandess and depression that can occur after a seizure when your neurotransmitters are released all at once and then depleted.

3. **Address Parasites:** Some people with seizures actually have a parasite problem causing it. I've had people tell me my parasite cleanse stopped their child's seizures and they passed parasites they didn't even know they had – and in some cases, after their doctor told them they did NOT have parasites. Do NOT rely on any parasite test a regular doctor working in the regular medical system orders to find parasites. Parasitology experts working in labs around the country are now reporting that they are not allowed to report parasites present on the regular parasite tests. That means you will get a big fat ZERO (even if you have severe parasites) if your doctor uses the regular lab tests. You will need a test from alternative labs OUTSIDE of the medical system or you can just do an herbal parasite cleanse. More info on parasites here: (drfoster.co/parasite_cleanse)

4. **Fix Structural Issues:** Take pressure off of any pinched nerves (seeing a massage therapist or chiropractor or get some massage tools or learn how to massage yourself.)

5. **Have the Silver Fillings in Your Teeth Removed:** The silver fillings contain mercury, which is a known neurotoxin and can cause seizures and it's increasing your risk of dementia. In the 18th and 19th centuries, hats were lined with mercury nitrate, and the people who wore them went insane due to mercury poisoning. They developed tremors (called "hatter's shakes"), speech problems, nervousness,

anxiety, irritability, mood changes, numbness, emotional instability, and memory problems.

Dental hygienists often have mysterious chronic rashes on their hands due to the handling of dental mercury, and the rashes don't clear up until they do a heavy metal detox. If this happens to their hands when they handle these dental materials during normal business hours, what are those materials going to do inside your mouth where you'll be exposed to them 24/7? These mercury amalgams do not belong in your mouth. Mercury also can leak from these fillings into your body through cracks in your teeth created by your dentist during normal drilling, and your dentist may not even know the cracks are there. Yes, normal dental drilling can create silent, mostly invisible cracks in your teeth, mainly because these types of fillings require that so much of the tooth structure be removed. The fillings should be removed by a holistic dentist specifically trained in this type of "mercury amalgam removal" and NOT by a normal dentist, who will not know the right protocols to protect themselves or you from the toxic mercury vapors that are released while they are drilling. I know your dentist is a good person with good intentions doing their best with what their system allows, but you're probably going to need to find a holistic dentist that uses only biocompatible dental materials from now on.

6. **Deep Restorative Sleep:** Get adequate sleep (especially if it's shingles, herpes or other nerve infection)

7. **Control your Blood Sugar:** (if it's neuropathy related to diabetes – see also **Sweet Essence Essential Oil Blend** and **Pancreas Support** for additional help with blood sugar regulation.) Avoid simple carbohydrates and empty calories.

8. **Healing Acute Injuries:** For an acute injury (you got in a car accident, fell off a roof, fell off your bike, fell down the stairs, injured yourself playing sports, broke a bone, etc.), you can use **Tissue Repair Oil** (apply topically several times per day) and **Bone, Tissue Nerve Formula** (take by mouth and apply to the injured area topically as well) to help repair and rebuild the affected nerves. These formulas will help stimulate the body's own repair and rebuild cycle. Adaptogenic herbs (**Adrenal Support, Immune Valor**) also help to accelerate the speed at which your body can heal from an illness, infection or injury.

9. **More Brain and Nerve Nutrition:** Peaceful Nerves works especially well in combination with a Green Food Formula such as **Earth's**

Nutrition Powder. The Earth's Nutrition Powder is a specific for helping to replenish brain and nerve nutrients. You can double or triple the suggested dose if you are suffering from overactive nerves, nerve pain, paralysis to help speed up your progress.

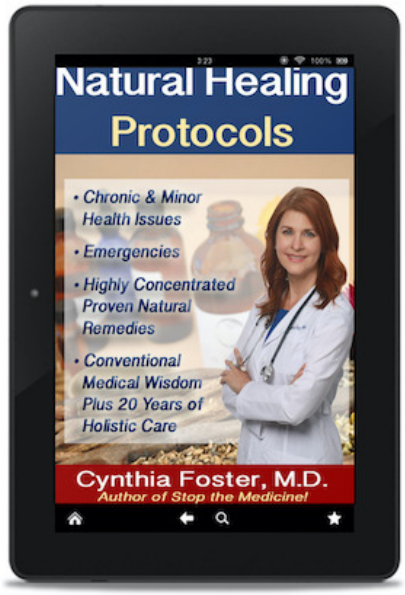
10. **Avoid Neurotoxins:** Stay away from pesticides used on foods. Most pesticides are neurotoxic (they can damage the brain and nervous system). Consume organic and pesticide-free foods as much as possible. Shop at health food stores, co-ops, and farmers' markets, or even try growing some of your own food.

11. **Heal Blocks in Cerebrospinal Fluid Circulation:** If you have any problems involving your brain, it can be extremely useful to have a series of craniosacral sessions. You can find a practitioner near you by consulting the Upledger Institute website.

- Sometimes healing seizures naturally means you can have a seizure come up out of nowhere and it can actually be part of the disease reversal process. If you don't know what this is, it can make you feel very anxious and even like you've done something wrong. It can come out of the blue right after you seem to be doing very well and feeling very strong. You need to educate yourself about the "Reversal Process" – something that natural healers have known about for centuries. If you haven't read the "How to Take Your Herbs Flyer, you need to do that ***right now*** because it explains these types of healing reactions in detail, the entire "Reversal Process" and ***exactly what to do step-by-step if you have a reaction to an herbal formula, or to juice fasting, or to any other holistic healing technique.*** Please click here: "How to Take Your Herbs" flyer. ***Taking the colon cleanse formulas helps prevent most, if not all, of these reactions.*** If you skipped the colon cleanse thinking the Peaceful Nerves formula was the only important formula for your brain and you've completed ignored your liver as well, which is ***absolutely*** crucial for your brain function, I highly recommend you go through that liver cleansing information now because it could save your life and make a big difference in your brain function.

  I have been doing this for over 20 years and I also have the conventional medical training. I guarantee your doctor has absolutely no clue what this is, what the "Four Stages of Disease" are, what "Hering's Law of the Cure" is, what the "Reversal Process" is or how to help you with it. ***You will need to be the one to learn about it and you will need to be the one who educates your doctor about it.*** This is going to make the difference between saving your own life versus

following your doctor's advice to the grave because all the experts agreed that your condition was "incurable." You have the opportunity to learn from a medical doctor who has been practicing holistically and saving people's lives with herbs for over 20 years. I've made this information FREE because hardly anyone knows about it. If you learn it, you will have independence, finally be in charge of your health, and you might not even need your medical doctor anymore. I also have 6 bookcases of books on medicine and natural healing, a proven genius IQ, and have been to countless natural healing seminars, workshops and expos, and I've written 10 books on natural healing. I've also spent decades making extracts for my own personal use and taking them for various things so I can learn all the intricate details about how each herb works and what each extract is supposed to look like and taste like. You can't get this information anywhere else. You need to learn this! The best part, again, is that I've made it free.



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Foods That Deplete Nerve Nutrients:

1. **White Rice** – use Brown rice instead
2. **White Flour** – use whole grain sprouted flours instead
3. **Carbonated Beverages/ Soda/ Soft Drinks**
4. **White (Granulated) Sugar** (depletes the B vitamin thiamine especially) This food has been stripped of pretty much ALL of its naturally-occurring

B vitamins in the manufacturing process and is one of the most harmful foods for your health that you can consume. It is a dangerous ultra-processed food that can cause weight gain, obesity, high triglycerides, elevated blood sugar, insulin resistance, tooth decay, and nerve depletion as well as a tendency towards infections and parasites.

A favorite demonstration of kinesiologists worldwide is to show people what happens to their body when they consume white sugar. They have you hold a packet of white sugar and then test the strength of the muscles in your arm, and muscle strength goes down *every time*. It is an immune suppressant.

The best thing you can do with this food is to throw it ALL out and replace it with stevia, monkfruit, allulose or other natural sweeteners instead such as raw unheated unfiltered honey, Grade B maple syrup, coconut nectar, coconut sugar, date sugar, brown rice syrup, amazake, turbinado sugar and other natural sweeteners. Learn how to sweeten foods with bananas, apples, dates and other fruits

The "Preventive" shots you get in your doctor's office are the most dangerous thing you can do to your brain & nervous system. Each one can cause subtle damage to your brain such as "lazy eye," "Bell's palsy," & even serious neurologic conditions such as Multiple Sclerosis, Parkinson's disease, Lou Gehrig's disease, brain damage, epilepsy, dementia & cancer. The latest shots are causing blood clots, heart attacks, strokes & deadly myocarditis. PLUS the known autoimmune disorders that result from these shots ("Autoimmune Disorder Induced By Adjuvants"). These reactions & much more can be found in the PubMed.gov database using the search term "postvaccinal."

The correct number of shots to get is ZERO – they are ALL HARMFUL. For any childhood "eruptive" disease (measles, mumps, rubella, chickenpox, etc), and for colds & flu, give a dose of Echinacea/ Goldenseal *every hour on the hour*. In children, the rash, fever & other symptoms will soon dissipate. For adults, it can take a little longer. For whooping cough, colds and flu, use Lung Support, Cold & Flu Formula &/or Lobelia if needed. Liposomal Vitamin C every hour can also work wonders. For tetanus, use diluted oregano oil topically, Echinacea/ Goldenseal by mouth, a colon cleanse & Peaceful Nerves. A strong Lobelia tincture can stop strong muscle spasms. There's a lot more, but not enough room to list here.