



The Guide to Gaia's Pharmacy



Healing + Wellness Council

newearthtransitorygovernment.org



IMMUNE SYSTEM

Uitamin C - Immune boosting, detox.

**Uitamin B12 - Immune System building,
Cognition, Brain health.**

**Uitamin B Complex - Immune System
building, Cognition, Brain health.**

**Full Spectrum Minerals - Immune
System Health**

**Elderberry Syrup - Immune System
Booster**



IMMUNE SYSTEM

Echinacea - Immune System booster.

Goldenseal - Immune System booster.

Garlic - Immune System booster.

**Ginger - Immune System booster,
digestive aide.**

Beta Glucan - Immune System booster.



IMMUNE SYSTEM

Oil of Oregano - Immune System booster.

Ashwaganda, immune tonic safe for everyday use. Good for stress relief. Chinese Goldenthread - Purify blood, detox, & immune system repair

Turkey tail mushrooms - The natural anti-viral and anti-fungal qualities of this mushroom support the body in fighting off viruses infections. This includes a range of health problems, from the common cold and pneumonia to E. coli, Herpes, and HIV. They also are said to have anti-cancer properties.



ANTI-INFLAMMATORY

**Turmeric - Anti-inflammatory,
digestive.**

**Molecularly distilled fish oil\Krill
oil\Cod Liver Oil - Arthritis,
Fibromyalgia, brain, mood\depression,
and heart health.**

**Wobenzym - Anti-inflammatory, joint
health, environmental toxins, blood
clots, and heart health.**

**Zinc - Anti-inflammatory, immune
system booster, free radical fighter,
hormonal imbalance, and cancer help.**



STRESS RELIEF

Passionflower - It's a sedative; the German government has approved it for nervous restlessness. Some studies find that it can reduce symptoms of anxiety as effectively as prescription drugs. It's often used for insomnia.



HAIR\SKIN\NAILS

GSilica - Hair, skin, nails.

Biotin - Hair, skin, nails.

Magnesium Oil - Skin.

Emu Oil - Skin, sunburn.

**Lavender Oil - Scars, stress, skin
irritation.**

**Coconut Oil - Skin, hair, digestion, and
immunity.**

Tea Tree Oil - Skin blemishes

MSM - Skin



JOINTS\BONES\BODY

Glucosamine Chondroitin - Joints health.

MSM - Anti-inflammatory, connective tissues, scar tissue, Skin, muscles, and newly discovered help for getting over the flu faster.

L-Glutamine - Amino Acid that improves protein metabolism.

Calcium - Bone strength and development.

L-Theanine - Relaxation, and healthy vascular function.

Boron - Bone density.



JOINTS\BONES\BODY

Feverfew - Prevention of migraines & headaches, arthritis, reduce fevers, muscle tension and pain, helps lower blood pressure, lessen stomach irritation, stimulate the appetite and to improve digestion and kidney function. It has been indicated for colitis, dizziness, tinnitus and menstrual problems.

Kratom - lower blood pressure, relieve pain, boost metabolism, increase sexual energy, improve the immune system, prevent diabetes, ease anxiety, help with addiction, eliminate stress, and induce healthy sleep.



JOINTS\BONES\BODY

Ceylon cinnamon - Lowers blood sugar levels, reduces heart disease risk factors, high source of antioxidants, contains anti-inflammatory properties, protects heart health, fights diabetes, helps defend against cognitive decline & protects brain function, may help lower cancer risk, fights infections & viruses, protects dental health & freshens breath naturally.

Potassium -Relief from stroke, blood pressure, heart and kidney disorders, anxiety and stress, as well as enhanced muscle strength, metabolism, water balance, electrolytic functions, and nervous system.



MUSCLES

Chamomile - Muscle pain and soreness.

Tart Cherries - muscle relaxer, anti-inflammatory, & anti-oxidant.

Peppermint - Muscles relaxer, backaches, leg pain, & tension headaches.

Cayenne Pepper - Reduce muscle pain, stiffness, & inflammation.

Epsom Salt - Relaxes the nervous system, removes toxins, & helps with pain and inflammation.



MUSCLES

Valerian - Muscle spasms

Arnica - Anti-inflammatory & improves blood circulation.

Lavender - Reduces pain, swelling & inflammation.

Passion Flower - Muscle spasms & joint soreness.

Raspberry Leaf Tea - Muscle pain & cramps

Magnesium oil - Topical for muscle pain & cramps.



ORGAN\BODY FUNCTION

Milk Thistle - Liver function in humans and dogs (great for hangovers)

Chromium Picolinate - Insulin, uptake of glucose into cells.

Dandelion - Kidney Health.

Cayenne - blood pressure, metabolism boost, lowers cholesterol.

Bilberry - Diarrhea, eye problems, varicose veins, poor circulation and even cancer .



ORGAN\BODY FUNCTION

Apple Vinegar Cider - Diabetes, cancer, heart health, high cholesterol, and weight loss.

Resueratrol - Protects cells from free radical damage, Inhibits spread of cancer, especially prostate cancer, Lowers blood pressure, Keeps heart healthy and improves elasticity in blood vessels, Normalizes anti-inflammatory response, Helps prevent Alzheimer's disease.



DISGESTIVE

Digestive enzymes - Digestive health and also inflammation.

DGL - Licorice Root Extract that aids digestion and treats stomach complaints, including heartburn and indigestion.

Probiotics - Gut health, Immune system booster.

Marshmallow root tea - Acid reflux and heartburn.

Slippery Elm – against diarrhea, also as an intestinal and rectal coating to eliminate viral and bacterial infestions.



ALLERGIES

**Quercetin - Natural Antihistamine
(seasonal allergies an allergic
reactions)**

Nettle, Stinging Leaf (tea) - Allergies.



DETOX\ANTIOXIDATE\ RADIATION

**Vitamin C - Detox, and Immune system
booster and repair**

**DMG (N-Dimethylglycine) - improves
oxygen utilization, detoxification, cell
protection, immune system modulation,
and physical performance.**

**Glutathione - Super Antioxidant, stress,
and injuries.**

**King Chlorella - Cleaning out
environmental toxins\heavy metals.
Iodine (liquid kelp) - Protection against
radiation.**

Beet Root - Body detox.



DETOX\ANTIOXIDATE\ RADIATION

CoQ10 - Antioxidant, heart health, anti-aging.

Green Tea - Antioxidant.

Activated Charcoal - Detox.

Bentonite Clay - Heavy Metal Detox.

Diatomaceous Earth - Heavy Metal Detox.

Cilantro - Heavy Metal Detox.

Organic Citrus peels - Heavy Metal Detox.



DETOX\ANTIOXIDATE\ RADIATION

Spirulina - Heavy Metal Detox.

Garlic - Heavy Metal Detox.

**Oil of oregano - Purify blood, detox, &
immune system repair.**

**Echinacea - Purify blood, detox, &
immune system repair.**

**Goldenseal - Purify blood, detox, &
immune system repair.**

**Chinese Goldenthread - Purify blood,
detox, & immune system repair.**

Milk Thistle - Liver Detox



DEPRESSION \ MIGRAINES

Uitamin D - Mental health, Immune Boosting, scar healing, Bones.

Lithium Orotate - Mood Stabilizer.

Uitamin B-6 - Neurological Health.

Magnesium - Migraines.

Glutathione - Migraines.

Molecularly distilled fish oil - Depression

St. John Wort - Depression

B2 - Migraines.



ENERGY

Pantothenic Acid - (Vitamin B-5)
generation of energy from fat,
carbohydrates and proteins.

Eleuthero root - Stimulant.

Sleep:
Melatonin - Sleep aide.

Valerian - Sleep aide.

Chamomile - Relaxation, sleep aide.

Tart Cherry Juice - Sleep, gout, and
illness prevention.



ESSENTIAL OILS

Tea Tree: Good for fungus, acne blemishes, and skin fungal infections like athlete's foot. Also serves as a numbing agent for toothaches and eliminates infection.

Lavender: Works on bruises, cuts, and skin irritation too. Good stress reliever too (Sleep\Depression).

Calendula: Used to reduce the appearance of acne scars. You can also put a drop in your bath water to soothe psoriasis.

Chamomile: Used as a tea or oil for relaxation.



ESSENTIAL OILS

Peppermint: “Peppermint purifies and stimulates the mind. It also can increase mental alertness,” Also good for indigestion.

Frankincense: Relaxation, heal bug bites, scars, depression, inflammation, immunity, and awareness.

Oregano: This oil has naturally antibacterial qualities, which help to fight colds and other sicknesses.

Lemon: “Lemon oil can be used not only to detox the body but it can also help with acne.” Also good for increasing focus and concentration. As a bonus, it can help keep fleas away when used on your pets.