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SPECIALIST **HERBAL** SUPPLIES



SHARING KNOWLEDGE TO PROMOTE 100% HEALTH

COLONIC THERAPISTS' RANGE

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PRODUCTS FOR THE COLONIC THERAPIST

Colonic Detox Drops

Liquid detox herbs for adding to the colonic water

Ingredients: Burdock, Yellow Dock, Clover Blossom, Wild Yam and Raspberry Leaf

A herbal fluid extract - 3-4 times stronger than a tincture - which can easily be added to the colonic water. Assists detox. Add 10ml to 1 litre or more of warm water and leave for 5 minutes for alcohol to evaporate before introducing to the colon. Retain for as long as convenient.

Sizes: 100ml or 250ml Safety: Formulated for therapists but safe for home use in an enema if desired.

Colonic Paracol Drops

Liquid detox herbs for adding to the colonic water

Ingredients: Wormwood, Black Walnut, Cloves, Cramp Bark and Wild Yam

A mixture based around *Wormwood* developed especially for colonic therapists. Also contains the herbs *Cloves* and *Black Walnut*, popularised in a formula by author *Hulda Clark*. Add 10-20ml to a litre of warm water. Leave for 5 minutes for the alcohol to evaporate and introduce to the colon. Retain for as long as convenient.

Sizes: 100ml or 250ml Safety: Formulated for therapists but safe for home use in an enema if desired.

Colonic Cascara & Cramp Bark Drops

Liquid detox herbs for adding to the colonic water

Ingredients: Cascara Sagrada and Cramp Bark

To help support gentle peristalsis. Add 10ml to the colonic water and retain for as long as convenient.

Sizes: 100ml or 250ml Safety: Formulated for therapists but safe for home use in an enema if desired.

Colonic Relaxacol Drops

Liquid detox herbs for adding to the colonic water

Ingredients: Cramp Bark, Wild Yam, Chamomile, Cayenne and Ginger

To help maintain natural relaxation of the colon. Add 10ml to the colonic water and retain for as long as convenient.

Sizes: 100ml or 250ml Safety: Formulated for therapists but safe for home use in an enema if desired.

Colonic Speculum Ointment

Ingredients: Extra Virgin Olive Oil, Beeswax, Pilewort, Chickweed and Tea Tree Essential Oil

A high quality, natural ointment to aid insertion of a speculum. Can also assist the body's own natural healing abilities.

Sizes: 500ml. 50ml is also available for client home use.

COLON PRODUCTS FOR THE CLIENT

The 90-day Colon Programme

Our best-selling programme for helping the colon. Consists of 3 products and a 'How to' pamphlet. Use the full programme for 3 months. Then just **Cascara Compound** for a further 3-6 months. Many naturopaths feel that it is healthiest to have as many bowel movements a day as a meal eaten (2-3).

1. **Cascara Compound Capsules or Drops.** Dr Christopher's wonderful herbal formula for the colon. Supports peristalsis of the bowel. **Safety:** *If taking blood thinning drugs, do not exceed standard usage.*
2. **Psyllium Husks Capsules or Powder.** A natural lubricating fibre
3. **Bio Multi Flora Capsules.** A quality flora supplement designed by Dr Lawrence Plaskett, nutritional scientist.

Cascara Compound Capsules

Ingredients: Cascara Sagrada, Turkey Rhubarb, Wild Yam, Barberry, Fennel, Ginger and Cayenne

A very popular and helpful product. The user can aim for 2-3 bowel movements a day as recommended by naturopaths. Taken for 6-9 months on average.

Sizes: 54, 100 or 200 Capsules. Standard Usage: 1 Capsule 3 times daily. 2 or 3 times this amount can be taken if desired. Safety: If on heart drugs or blood thinning drugs do not exceed standard usage. Do not use in pregnancy or while breastfeeding. Also available in Drops - see main catalogue & price list.

Cascara & Buckthorn Compound Capsules

Ingredients: Cascara Sagrada, Buckthorn, Licorice, Ginger, Dandelion, Couchgrass and Red Clover

This formulation contains Buckthorn, a herb in the Cascara family, and cascara along with other well known herbs to assist the detox process - Dandelion, Couchgrass and Red Clover.

Sizes: 54, 100 or 200 Capsules. Standard Usage: 1 Capsule 3 times daily. 2 or 3 times this amount can be taken if desired. Safety: If on heart drugs, steroids or blood thinning drugs do not exceed standard usage. Do not use in pregnancy or while breastfeeding.

Cascara & Lavender Compound Capsules

Ingredients: Cascara Sagrada, Lavender, Barberry, Turkey Rhubarb, Bayberry, Wild Yam and Fennel

A variation of the very popular Cascara Compound but omitting the 'hot' herbs - Cayenne and Ginger - and replacing them with Lavender - a cooling herb in comparison with circulatory properties.

Sizes: 54, 100 or 200 Capsules. Standard Usage: 1 Capsule 3 times daily. 2 or 3 times this amount can be taken if desired. Safety: If on heart drugs, steroids or blood thinning drugs do not exceed standard usage. Do not use in pregnancy or while breastfeeding.

Cape Aloe Compound Capsules

Ingredients: Cascara Sagrada, Senna, Wild Yam, Barberry, Fennel, Ginger and Cayenne

Where more support is required, this formula is often very helpful. When possible, change to Cascara Compound Capsules which is better for long term use. Both can be taken together temporarily.

Sizes: 54, 100 or 200 Capsules. Standard Usage: 1 Capsule 3 times daily. 2 or 3 times this amount can be taken if desired. Safety: If on heart drugs or blood thinning drugs do not exceed standard usage. Do not use in pregnancy or while breastfeeding.

Colit Capsules

Ingredients: Wild Yam, Bayberry, Agrimony, Slippery Elm, Barberry and Marshmallow

Very helpful to keep the whole colon in a soothed state. 1 capsule 3 times a day may be sufficient or twice this amount can be taken safely. Often used together with Slippery Elm Tea.

Sizes: 54 or 100 Capsules. Standard Usage: 1 Capsule 3 times daily. 2 or 3 times this amount can be taken if desired.

Safety: Take 2 hours away from other medications. Do not use in pregnancy or while breastfeeding.

Slippery Elm Tea

Ingredients: Slippery Elm Bark Powder Only

A fantastic herb with great benefits. Coats and helps to line the inner surfaces of the stomach, the small and the large intestines. Supports the natural healing processes of the body. Mix a teaspoonful to a paste with a little cold water and add hot water to make a mug of a thin 'porridge'. Add honey if desired and drink 1-3 cups daily.

Sizes: 80g Pot . Also available in Capsules 54,100 & 200 see main catalogue & price list.

Enema Mix

Ingredients: Burdock, Yellow Dock, Clover Blossoms, Chamomile and Raspberry Leaf

Loose herbs for home enema use. Add 15g of Enema Mix to 500ml of water, bring to the boil and simmer gently for 2-3 minutes. Remove from the heat, cover and allow to cool. Strain well and add to the enema water. Introduce to the colon and retain for as long as convenient.

Sizes: 70g Pot

Clay & Pectin Blend

Ingredients: Slippery Elm, Fennel, Bentonite Clay, Activated Charcoal, Psyllium Husk, Apple Pectin and Fenugreek.

A powerful cleansing blend which can help the body's natural detox process. We would suggest this product is only used if the bowels are moving 2-3 times a day. It should always be used with Cape Aloe Compound, or if the bowels move regularly without assistance the Cascara Compound.

Sizes: 250g Powder. Standard usage: 1 heaped measuring scoop (10g) 5 times daily mixed with water or juice/smoothie. Whisk or shake to mix well to help avoid lumps.

DETOX PROGRAMMES FOR THE CLIENT

Herbal Programmes for Detox

A programme for detox will give more help than one single product for an organ or area because it provides more support - as you are using 3 or more products. This is a much more thorough approach than using a single product. **Supplied in packs lasting 30 days; 3 packs are considered as a full course.**

Colon and Liver Programme

If you and your client are serious about detox, the two main organs to focus on are the colon and liver. Details on the Colon Programme are on 3rd page of this booklet. The Liver Programme is listed below as are the other important elimination programmes such as Kidney and Immune. If you require further assistance for choosing a programme for your client please don't hesitate to contact us.

Liver Programme

Consists of Liv Capsules or Drops ; Milk Thistle Capsules or Drops & Liv Tea

A great programme supplied in 30 day packs to help cleanse and support the Liver. 90 days is a recommended course.

Standard usage: 1 capsule each of **Liv Capsules** and **Milk Thistle Capsules** 3 times a day and 1 cup of **Liv Tea** 1-3 times a day. Full details given in the accompanying pamphlet (free copies available on request).

Detox Programme

Consists of Cascara Compound Capsules or Drops; Liv Capsules or Drops; Kid Capsules or Drops & Detox Tea

An excellent programme supplied in 30 day packs to help cleanse and support general detox through supporting the 3 main elimination channels. 90 days is a recommended course.

Standard usage: 1 capsule each of **Cascara Compound Capsules**, **Liv Capsules** and **Kid Capsules** 3 times a day and 1 cup of **Detox Tea** 1-3 times a day. Full details given in the accompanying pamphlet (free copies available on request).

Kidney Programme

Consists of Kid Capsules or Drops; Kid 2 Capsules or Dandelion Drops & Kid Tea

A thorough programme supplied in 30 day packs to help cleanse and support the Kidneys. 90 days is a recommended course.

Standard usage: 1 capsule each of **Kid Capsules** and **Kid 2 Capsules** 3 times a day and 1 cup of **Kid Tea** 1-3 times a day. Full details given in the accompanying pamphlet (free copies available on request).

Immune Programme

Consists of Lym Capsules or Drops; Echinacea Compound or Echinacea Drops & Pau d'arco Tea

A comprehensive programme supplied in 30 day packs to help cleanse and support the Immune System. 90 days is a recommended course.

Standard usage: 1 capsule each of **Lym Capsules** and **Echinacea Compound Capsules** 3 times a day and 1 cup of **Pau d'arco Tea** 1-3 times a day. Full details given in the accompanying pamphlet (free copies available on request).

Lung Programme

Consists of Lu Capsules; Power Garlic Capsules Drops & Lu Tea

A very helpful programme supplied in 30 day packs to help cleanse and support the Lungs. 90 days is a recommended course.

Standard usage: 1 capsule each of **Lu Capsules** and **Power Garlic Capsules** 3 times a day and 1 cup of **Lu Tea** 1-3 times a day. Full details given in the accompanying pamphlet (free copies available on request).

OTHER PRODUCTS FOR THE CLIENT

Cayenne Capsules

Ingredients: Cayenne Pepper

A great herb to aid the circulation including to the anal area. Can be used with Pilewort Suppositories. Also aids the heart and helps the body to balance blood pressure.

Sizes: 54 or 100 Capsules. *Standard usage:* 1 capsule 1-3 times a day with food or drink. *Safety:* Do not take with Warfarin or other blood thinning medication.

Dig Drops

Ingredients: Licorice, Fenugreek, Dandelion Root, Barberry, Buckthorn, Gentian, Angelica, Cardamom, Cloves, Chamomile, Catnep, Centuary, Sweet Flag, Galangal and Bitter Orange essential oil

A bitter formula to support the whole of the Digestive System. Combines well with Pan Drops - take both at the same time, or try the Digestive Programme which combines these as well as Dig Tea.

Sizes: 50ml or 100ml Drops. Standard usage: 1 2-15 drops 3 times a day in a little water or juice 10-20 minutes before meals is best. Safety: Do not use in pregnancy or while breastfeeding. Also available in Capsules - see main catalogue & price list.

Pan Drops

Ingredients: Nettle, Goats Rue, Fringe Tree Bark, Barberry, Cinnamon, Jambul and Gentian

A valuable formula which can help the pancreas to function well and to help keep blood sugar levels in balance. Take on its own or with Dig Drops. This combination is available in the Digestive Programme along with the Dig Tea.

Sizes: 50ml or 100ml Drops. Standard usage: 12-15 drops 3 times a day in a little water or juice. Safety: Do not use in pregnancy or while breastfeeding. Also available in Capsules - see main catalogue & price list.

Pilewort Suppositories

Ingredients: Cocoa Butter, Pilewort, Witch Hazel Leaf, Comfrey Leaf and Lavender essential oil

Handmade natural suppositories containing the herb Pilewort. Can be used for as long as is required.

Sizes: 20 or 40 Suppositories. Standard usage: Insert 1 suppository 1-2 times a day or as directed by a practitioner. Best kept refrigerated as will melt in high temperatures.

Stom-Bal Capsules

Ingredients: Meadowsweet, Charcoal, Caraway, Cinnamon, Rhubarb, Aniseed and Cardamom

A helpful combination to assist in balancing stomach acid. Meadowsweet is known to be a balancing herb and charcoal helps to support the stomach and duodenum and absorb excess

Sizes: 54 or 100 Capsules. Standard usage: 1-2 capsules 1-3 times a day with food or drink.

Ulc-Dig Capsules

Ingredients: Marshmallow, Slippery Elm, Barberry, Poke Root, Pau d'arco, Calendula and Chamomile

A soothing formula for the stomach and duodenum. Slippery Elm and Marshmallow act as demulcents to soothe the mucous membranes, while the other herbs help to heal.

Sizes: 54 or 100 Capsules. Standard usage: 1-2 capsules 3 times a day with food or drink. If desired up to twice this amount can safely be taken. Safety: Do not use in pregnancy or while breastfeeding.

Wild Yam Drops

Ingredients: Wild Yam

Can help to support the body to maintain relaxation in all areas but especially in the colon.

Sizes: 50ml or 100ml Drops. Standard usage: 12-15 drops 3 times a day in a little water or juice. Safety: Do not use in pregnancy or while breastfeeding. Also available in Capsules - see main catalogue & price list.

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**Portslade Hall
18 Station Road
Portslade
BN41 1GB UK**

01273 424333

www.shs100.com

sales@shs100.com

Specialist Herbal Supplies LLP Reg no OC312055 Vat no: 338 6478 60
Registered office: Portslade Hall, 18 Station Road, Portslade, BN41 1GB