

## LUGOL'S IODINE

### Thyroid treatment since 1840



The role of iodine in human nutrition is well-established - as are the diseases and conditions to which its deficiency can contribute. Iodine is essential for children's growth and development, and a deficiency in pregnant women is the primary cause of preventable mental retardation and brain damage in the world.

The thyroid is the body's main storage site for iodine. The ovaries, breasts, prostate and the brain contain high concentrations of iodine, and virtually every cell in the body is dependent on this important element. When a deficiency exists, the thyroid competes with other storage sites and all become depleted.

An iodine deficit puts one at risk for a variety of conditions and illnesses, including cancer.

Lugol's Iodine has been used for the following purposes, plus many more: Goiter, Breast Cysts, Breast Cancer, Brittle nails, Chronic Fatigue Syndrome, Cold hands and feet, Dry skin, Elevated cholesterol, Fibromyalgia, Hypothyroidism, Hyperthyroidism, Inability to concentrate, Infertility, Mental Retardation in children, Menstrual irregularities, Muscle cramps/weakness, Poor memory, Puffy eyes, Thyroid Disease, Vaginitis, Water Disinfectant, Unusual Weight gain.

5 to 10 drops in 4 oz of water daily

Lugol's Iodine is 2% Iodine, 4% Potassium Iodide, 94% Distilled Water

**\$50.00 - 4 ounce bottle w/ free eye dropper**

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## NIACIN



Niacin (also known as vitamin B3) is an organic compound and one of the essential human nutrients. Lack of niacin can cause nausea, skin and mouth lesions, anemia, headaches, a disease called pellagra, diarrhea, dermatitis, dementia, hyper-pigmentation, thickening of the skin, inflammation of the mouth and tongue, irritability, anxiety, poor concentration, fatigue, restlessness, apathy, depression, digestive disturbances, amnesia, delirium (and eventually death, if left untreated.)

Niacin is the oldest lipid lowering drug with unique anti-atherosclerotic properties. Niacin has been used for over 50 years to decrease the risk of cardiovascular events, to lower cholesterol levels, and for preventing cardiovascular disease in patients with diabetes. Niacin is involved in both DNA repair, and the production of steroid hormones in the adrenal gland.

Pure Niacin is very hard to find, and the substitutes available DO NOT WORK. To receive the health benefits pure Niacin offers, it must be PURE Niacin.

**250 mg pills, 100 per bottle - \$5.75**

**500 mg pills, 100 per bottle - \$6.75**

Survival Enterprises

310-295-9686

**www.se1.us**

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# Oil of Oregano

How to Use our 100% pure Oregano Oil



## ACNE OR OTHER SKIN PROBLEMS

**Oil of Oregano** has been used to treat acne; remove keratosis; to destroy foot, finger, ear, nail and leg fungus and eczema. You may apply either diluted or pure **Oil of Oregano** directly to affected spots once daily; use more often if necessary. It will burn or sting and will leave a red mark, but that shows the destruction of the infection. The burning sensation goes away after about 10 minutes. **DO NOT TOUCH THE TREATED AREA!**



## DANDRUFF/SCALP DISORDERS

Take a bottle of approximately 8 oz of **ANY** shampoo. Pour entire contents into a glass bowl. Add 10 to 20 drops of **Oil of Oregano** to your shampoo. Mix thoroughly with a metal spoon. Pour mixture back into shampoo bottle. Shampoo normally, allowing the lather to sit on your hair for a few minutes, then rinse. **DO NOT GET IN EYES!**

## GINGIVITIS/GUM DISEASE

Use a drop of the diluted **Oil of Oregano** (see bottom of page on how to dilute) on your toothbrush instead of toothpaste. Rub on gums and teeth. Apply once or twice daily.

## WARTS/BOILS

Coat affected area with **Oil of Oregano**. Cover with a bandage. Repeat every day until warts are gone.

## SINUS/EMPHYSEMA/CONGESTION

The vapors from the **Oil of Oregano** can be inhaled to clear your throat and nasal passages of viruses, bacteria, and fungi. Put 1/2 cup of boiling water in cup. Put 2 to 3 drops of diluted **Oil of Oregano** in cup. Stir briefly. Cover mouth/nose and cup with towel. Breathe the steaming vapors deeply. As well, place 5-10 drops of the diluted mixture under your tongue each morning. **Oil of Oregano** is assimilated 10 times faster this way (as opposed to our **Oregano Oil Gelcaps** or **Oregano Capsules**, which assimilate via your digestive tract), though it **WILL** burn lightly and taste funny!

## INTERNALLY

Taken internally, **Oil of Oregano** is highly effective against a wide range of yeast, fungi and bacteria. It also kills internal parasites and viruses. **IT MUST BE PROPERLY DILUTED FIRST!** (See below)

## FOR EARACHE:

Put 2-3 drop of the **DILUTED** mixture on a Q-tip, put in ear that hurts, "swirl", then use the dry side to wipe the excess out of the ear. Do **daily** until earache is gone. For **SORE THROAT** and **just not feeling great** (sort of "cold" or "flu" symptoms), use diluted mixture **EVERY HOUR** until pain or not feeling great is gone. **Works fast.**

## HOW TO DILUTE

Use **EXTRA VIRGIN OLIVE OIL** to dilute our 100% pure **Oil of Oregano**. Find yourself an eyedropper bottle made of glass (we sell a 1 oz hospital grade dropper bottle for \$3.00 each). Fill mixing bottle with the Oregano oil about 1/4 to 1/5, then add the Extra Virgin Olive Oil to just before the neck. Gently shake. Let sit about an hour. I put 6-10 drops of this mixture **under** my tongue, let it sit there for a 5-10 seconds, then wash it down with about 2 oz. of water.) This is the perfect mixture to take internally.

## WARNING!

**Oil of Oregano** is a **HOT** spice. It is one of the strongest essential oils in existence! **NEVER APPLY UNDILUTED OIL OF OREGANO TO MUCUS MEMBRANES**, like the eyes, the genitals, the anus, the armpits, your mouth, inside the nose, etc., and *be careful* when using full strength on the skin.

1 oz. bottle Oregano Oil (undiluted) - **\$20.00**  
1 oz glass eyedropper mixing bottle - **\$3.00**  
90 Gelcaps - **\$25.00**

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