



Please help me to keep my costs low by returning your bottles & jars for re-use.



Please note that catalogue clients & local clients are offered lower prices on some products and services from the regular internet



Any information presented in this catalogue is for informational purposes only and not intended to take the place of diagnosis and treatment by a medical practitioner.



dragonfly herbals

product catalogue
and price list

- Lin Suffron, Master Herbalist
Vitamin & Supplement Consultant
Nutritional Consultant
Holistic Lifestyles Consultant
Body Systems Detoxification Practitioner
Vibrational Essence Practitioner
Canine Health Consultant
- www.dragonflyherbals.com
consultations@dragonflyherbals.com

....a Vancouver island company



dragonfly
herbals



Hi, welcome to Dragonfly Herbals.... my name is Lin, I have been studying herbs, growing them, wildcrafting herbs, and making my own herbal remedies for over 20 years now. In 1998, I received my Bachelor's degree in Natural Healing with the Clayton College. I graduated from the Australasian College of Herbal Studies in June 2003, with a 2 year Master Herbalist Degree. I wrote my thesis on Herbal Healing for Dogs.

I started my company, Dragonfly Herbals, in April 2001, and have worked with clients both over the internet & locally, providing comprehensive wellness consultations and herbal supplements.

My website has additional products not listed in this catalogue, available by mail order: including therapeutic quality essential oils. I offer discounts to practitioners wanting to buy herbs and herbal tinctures in bulk., and make formulas & blends to their specifications.

Common Name	Latin Name	100 ml	250 ml
Heal All	Prunella vulgaris	\$ 13.91	\$ 38.87
Hops	Humulus lupulus	\$ 11.59	\$ 32.40
Horseradish root	Armoracia rusticana	\$ 14.97	\$ 41.82
Horsetail Grass	Equisetum arvense	\$ 12.97	\$ 36.23
Lady's Mantle	Alchemilla vulgaris	\$ 12.86	\$ 35.93
Lavender	Lavandula officinalis	\$ 10.65	\$ 29.75
Lemon Balm	Melissa officinalis	\$ 12.97	\$ 36.23
Licorise Root	Glycyrrhiza glabra	\$ 9.52	\$ 26.60
Licorise Root (de-	Glycyrrhiza glabra	\$ 11.07	\$ 30.93
Lobelia	Lobelia inflata	\$ 13.49	\$ 37.70
Marshmallow Root	Althaea officinalis	\$ 9.52	\$ 26.60
MilkThistle	Silybum marianum	\$ 10.54	\$ 29.45
Motherwort	Leonurus cardiaca	\$ 12.97	\$ 36.23
Mullein	Verbascum thapsus	\$ 12.34	\$ 34.47
Nettle, Stinging	Urtica dioica	\$ 9.86	\$ 27.55
Oat Straw	Avena sativa	\$ 11.28	\$ 31.52
Olive Leaf	Olea europaea	\$ 11.59	\$ 32.40
Oregon grape root	Berberis aquifolium	\$ 11.80	\$ 32.98
Parsley Root	Petroselinum sativum	\$ 12.97	\$ 36.23
Partridge Berry	Mitchella repens	\$ 16.55	\$ 46.25
Passion Flower	Passiflora incarnata	\$ 11.28	\$ 31.52
Pau d'arco	Tabebuia impetiginosa	\$ 12.65	\$ 35.34
Peppermint	Mentha piperita	\$ 10.20	\$ 28.50
Plantain	Plantago major	\$ 12.34	\$ 34.47
Red Clover	Trifolium pratense	\$ 12.34	\$ 34.47
Red Raspberry Leaf	Rubus strigosus	\$ 12.97	\$ 36.23
Saw Palmetto	Serenosa serrulata	\$ 14.23	\$ 39.77
Sheperd's Purse	Capsella bursa-pastoris	\$ 10.86	\$ 30.34
Shizandrea	Schisandraceae chinensis	\$ 10.86	\$ 30.34
Skullcap	Scutellaria lateriflora	\$ 14.97	\$ 41.82
Slippery Elm	Ulmus rubra	\$ 12.97	\$ 36.23
St. John's Wort	Hypericum perforatum	\$ 12.34	\$ 34.47
Thyme	Thymus vulgaris	\$ 9.86	\$ 27.55
Uva Ursi Leaf	Arctostaphylos uva-ursi	\$ 8.57	\$ 23.94
Valerian	Valeriana officinalis	\$ 12.34	\$ 34.47
Wild Yam	Dioscorea villosa	\$ 9.86	\$ 27.55
Willow Bark	Salix alba	\$ 10.86	\$ 30.34
Witch Hazel	Hamamelis virginiana	\$ 12.97	\$ 36.23
Yellow Dock	Rumex crispus	\$ 11.59	\$ 32.40
Yerba Mate	Ilex paraguariensis	\$ 11.38	\$ 31.81

HERBAL TINCTURES

Common Name	Latin Name	100 ml	250 ml
Alfalfa Leaf	Medicago sativa	\$8.50	\$23.75
Astragalus Root	Astragalus membranaceus	\$10.20	\$28.50
Barberry	Berberis vulgaris	\$11.59	\$32.40
Bee Pollen	Bee Pollen	\$12.86	\$35.93
Bee Propolis	Bee Propolis	\$29.51	\$82.46
Bilberry Leaf	Vaccinum myrtillus	\$12.86	\$35.93
Black Cohosh	Cimicifuga racemosa	\$12.97	\$36.23
Black Walnut (green hull)	Juglans nigra	\$8.50	\$23.75
Bladderwrack	Fucus vesiculosus	\$12.34	\$34.47
Blue Cohosh	Caulophyllum thalic-	\$12.55	\$35.06
Buchu Leaf	Barosoma betulina	\$36.89	\$103.08
Burdock Root	Arctium lappa	\$10.65	\$29.75
California Poppy	Eschscholzia californica	\$15.81	\$44.18
Cascara Sagrada	Rhamnus purshiana	\$13.70	\$38.29
Catnip	Nepeta cataria	\$11.28	\$31.52
Chamomile, German	Matricaria chamomilla	\$8.84	\$24.70
Chaste Tree Berries	Vitex agnus-castus	\$11.04	\$30.86
Chickweed	Stellaria media	\$11.38	\$31.81
Cleavers	Galium aparine	\$12.97	\$36.23
Cramp Bark	Viburnum opulus	\$21.08	\$58.90
Cranesbill	Geranium maculatum	\$14.44	\$40.36
Damiana	Turnera aphrodisiaca	\$12.97	\$36.23
Dandelion Leaf (fresh)	Taraxacum officinalis	\$12.86	\$35.93
Dandelion Root	Taraxacum officinalis	\$13.56	\$37.89
Devil's Claw	Harpagophytum procum-	\$15.29	\$42.71
Don Quai Root	Angelica sinensis	\$13.91	\$38.87
Echinacea	Echinacea angustifolia	\$17.92	\$50.07
Echinacea	Echinacea purpurea	\$14.23	\$39.77
Elderberry	Sambucus nigra	\$13.16	\$36.77
Elecampane	Inula helenium	\$11.80	\$32.98
Feverfew	Tanacetum parthenium	\$12.86	\$35.93
Gentian	Gentiana lutea	\$12.97	\$36.23
Ginger Root	Zingiber officinalis	\$9.86	\$27.55
Ginkgo	Ginkgo biloba	\$12.86	\$35.93
Ginseng, Korea Red	Panax ginseng	\$16.02	\$44.76
Ginseng, North American	Panax quinquefolius	\$20.03	\$55.96
Ginseng, Siberian	Eleutherococcus sentico-	\$9.86	\$27.55
Goldenseal	Hydrastis canadensis	\$29.51	\$82.46
Gotu Kola	Centella asiatica	\$9.86	\$27.55
Gymnema	Gymnema sylvestre	\$12.44	\$34.77
Hawthorn Berry	Craaegus oxyacantha	\$10.20	\$28.50

Dragonfly Herbals Services

1. Body Balancing consultation \$75:

The purpose of a consultation is to pinpoint the root causes for health problems, so we can restore balance to your body. By working together, our primary goal is aimed at prevention of ill health with methods that will work for you. Together we review your current health concerns, current supplementation, diet & lifestyle. I will make suggestions for changes in lifestyle, diet, & supplements. On your first visit you will receive a **free 50 ml. herbal formula** custom blended for your needs. Follow up visits are \$15, for herbal formula refill prices, see below.

2. Herbal Formulation Service \$45:

This consultation is designed to determine an herbal tincture formula that is right for your needs at this time, and includes a **free 50 ml. herbal formula**. A tincture is a liquid based remedy that is added to drinking water during the day, it is easy to use & well absorbed by the body. Taking an herbal tonic formula specifically blended for your needs is an easy way to balance out health problems. Formulas can be blended to cover many health problems at once, this saves money when you don't have to buy many different herbal formulas for each health problem. 100 ml formula \$25 (20-35 day supply), 250 ml formula \$45 (50-85 day supply).

3. Chakra Balancing Consultation \$25:

Balancing the chakras holds the key to true healing potential. The chakras are the main energy centers where the energies form a connecting link between the emotional & physical body. They activate the mind body connection needed for healing. This consultation can pinpoint remedies that may be used for both emotional & physical healing, & other lifestyle skills that can be incorporated into your own personal journey of healing. Remedies suggested in this consultation are vibrational & homeopathic, so they have no side effects, are tasteless, and have no contraindications (can be used in conjunction with other remedies or sythetic medications.)

4. Vibrational Essence Consultation \$25:

This consultation will formulate a combination of vibrational essences for emotional & spiritual balance. Includes a free vibrational essence specifically formulated as a result of your consultation.



HEMP HEARTS



1 LB. HEMP HEARTS = \$ 15.99

10 LBS. HEMP HEARTS = \$ 115 .00

Hemp hearts are very high in protein, they are 1/3 protein. Four table-
spoons of hemp hearts contains 42 grams of protein. This protein is more
easily digestible than the protein in meat, whole eggs, soybeans, cheese,
human milk and cows milk. This is a whole food product and not proc-
essed like protein powders, I feel they are more beneficial than the use of
protein powders. Hemp hearts are high in fiber.

Hemp hearts contain Omega 3 and Omega 6 fatty acids. Hemp oil ex-
ceeds all other oils with 78% polyunsaturated fats. The essential fatty
acids may be helpful for those with arthritis, and skin problems such as
eczema.

Use 1 – 4 tablespoons per day in a shake, or on food, they have a light
nutty taste. We use them on salads, cottage cheese, yogurt or sand-
wiches

TOASTED HEMP SEEDS

75 GRAMS = \$2

125 GRAMS = \$3.50

250 GRAMS = apox. 1/2 lb. = \$5.99

5 lb. TUB: = \$39.99 (buy in bulk & pkg. them yourself)

MINERAL SKIN SPRAY

\$5.00

For skin problems: acne, eczema, dermatitis. Use this
spray on affected areas several times a day. Works well in
conjunction with hemp hearts.



Getting your calcium from food sources:

Foods rich in calcium should be used several times each
day, plant based calcium is easily absorbable. Seaweeds,
yogurt (not milk), almonds, and dark green leafy vegeta-
bles (such as broccoli, or kale) are all calcium rich. Regu-
lar use of teas made from herbs that are that are rich in
easily absorbable
calcium should be used. Calcium rich herbs are: Nettles,
Red Clover, Raspberry Leaf, Alfalfa,
Oatstraw, Cleavers, Chamomile, Dandelion leaves, Kelp,
Parsley, and Plantain. Getting our calcium from a variety
of sources: supplements, foods, and herbs can help to en-
sure that we are taking in enough calcium each day, and
increases the amount being absorbed. Make sure to avoid
foods that interfere with absorption of calcium, such as
sodas.

Calcium and Trace Mineral Supplements

It's impossible to underestimate the importance of minerals and trace minerals for the human body. They are the catalysts for all the vitamins and other nutrients your body uses for developing and maintaining good health. Calcium supplements are often very poorly absorbed, so I feel it is important to also use a plant based supplement that may be better absorbed.

I have created a very concentrated liquid blend of 84 trace minerals, balanced with herbs and sea products that are very high in calcium. The result is a highly absorbable product that can be added to shakes, or drinking water.

This product also alkalizes the body. **Too much acidity in the body causes or contributes to conditions such as**

- nervous disorders
- arthritis
- gout
- acceleration of free radical damage
- bladder and kidney problems
- cardiovascular weakness
- immune system weakness
- lactic acid buildup in the joints, resulting in joint pain
- low energy, chronic fatigue
- bone demineralization, such as with osteoporosis
- weight gain



Trace Mineral Supplement
50 ml \$5.00
100 ml \$8.00

Suggested use: begin by using one drop per day in your liter of drinking water. Increase by one drop per day, until you are using 1 tsp per day.

A table salt with trace minerals is also available.

Cleansing products, some or all of these are often recommended as a result of a consultation

Dragonfly Detox Tea	Blood purifier, parasites, liver support, bowel health, detoxifying	100 g = \$6 (100 g = 30?pots of tea) 250 g = \$12 500 g = \$24	
Dragonfly Detox Soup	Detoxifying herbs in tea bags for make a delicious soup broth	10 bags = \$6.00	
Dragonfly Detox Bath	Relaxing, muscle soothing, detoxifying bath salts, including dead sea mud	500 g = \$5.00	
Clay powder	Absorb toxins in colon	¼ tsp per day in lemon water	\$8 for 100 grams
Hemp hearts	Fiber, protein, essential fatty acids	1 - 2 tbsp per day in shake	\$12.99 per lb.
Hemp seeds	Fiber, scrapes bowel, instead of laxatives	1 tsp. 3 times a day for snacks	250 grams \$5
Cleansing tincture formula (eg. Milk Thistle, Dandelion, Barberry, Cleavers, Marshmallow, Walnut Hull, etc)	Cleanse & tone liver, lymphatics, kidneys, parasites – we can aim it to whatever systems you want to cleanse	5 droppersful = 1 tsp in drink bottle per day	250 ml = 50 days supply = \$45 100 ml = 20 days supply \$25
Spirulina powder	Curbs appetite, removes toxic materials	Up to 1 tsp per day in shake	100 grams = \$15 250 grams = \$20
Oil of Oregano (optional)	Use this if you are also trying to rid the body of parasites and/or candida.	3 drops, 1-3 times per day, can be put in capsules	25 ml bottle \$25.95
Cascara (optional)	For those with chronic constipation, laxative herb that tones the bowel	Drink as a tea, use a 1/4' - 1" piece of bark	100 grams = \$5.00 250 grams = \$7.50

SHOPPING LIST:

Acidophilus	Reinstate good bacteria in colon, helps relieve constipation	2-3 per day, open capsule & pour into shake
Pancreatin Enzymes	Enhances digestion, absorption of nutrients, cleanses bowel pockets	1 with each meal
Alfalfa tablets	Alkalizing, counteracts acidity in the body, cleans bowel pockets, contains all minerals	4 – 8 tablets per day

Why should I use supplements ???

Using herbs & supplements should be regarded as a permanent part of your health care. Some of your needs for various supplements change over time, but basically there are 4 forms of supplements that everyone should take every day for optimal health and prevention of disease.

1. **Vitamins and minerals** - a consultation can pinpoint deficiencies and individual need for specific vitamins and minerals, and the amount that needs to be taken at any given time. I believe everyone should be using Vitamins A, C, E, Selenium and Zinc, B-complex and usually a calcium supplement as well. This helps the body cope with the amount of cooked foods we eat, chemicals and toxic materials in our air, food, and water; foods deficient in nutrients, stress..... etc, that we encounter every day. Simply adding a multi-vitamin may not adequately take care of your needs, and many multi vitamins do not have enough of the vitamins and minerals we require. I look at all the supplements you are currently using, and brand name to make you are spending your money wisely and getting the amounts of nutrients you need. One simple way to decide if your multi-vitamin may contain enough of each vitamin, is to look at the label and see if there is at least 50 mg. of each B-vitamin.

2. **Fiber and acidophilus** - Acidophilus will help to reestablish the good bacteria in the intestinal tract, these bacteria are destroyed by antibiotics, chlorinated water, and diets high in animal products, coffee, and many other factors. Reestablishing these bacteria by using acidophilus as your needs indicate (many people just need to use it once a year) will help with all sorts of digestive disorders and degenerative conditions. For adequate fiber, I often recommend psyllium husks, depending upon your specific needs. Psyllium husks help to prevent constipation, prevent cholesterol absorption, and scrub the intestinal tract of old putrefied waste materials.

HERB	100 GRAMS	250 GRAMS	500 GRAMS
HAWTHORNE BERRIES	4.53	9.05	18.10
HORSETAIL	4.25	8.50	16.95
JUNIPER BERRIES	5.99	11.98	23.95
LADY'S MANTLE	6.74	13.48	26.95
LICORICE ROOT	3.88	7.75	15.50
PARSLEY ROOT	6.55	13.10	26.20
PAU D'ARCO	5.24	10.48	20.95
PEPPERMINT	4.41	8.83	17.65
SHEEP SORREL	4.74	9.48	18.95
ST. JOHN'S WORT	4.50	9.00	17.65
UVA URSI	5.99	11.98	23.95
WILD YAM	7.81	15.61	31.22



DRIED HERBS

HERB	100 GRAMS	250 GRAMS	500 GRAMS
NETTLES	4.75	9.50	19.00
COMFREY LEAF	2.50	5.00	10.00
DANDELION ROOT	5.00	10.00	19.95
OATSTRAW	3.75	7.50	14.45
MILK THISTLE	4.00	8.00	15.95
CLEAVERS	5.00	10.00	19.95
MARSHMALLOW	4.50	9.00	17.95
SIBERIAN GINSENG	5.38	10.75	21.50
BLACK COHOSH	4.50	9.00	17.95
RASPBERRY LEAF	3.75	7.50	14.95
BURDOCK ROOT	4.25	8.50	16.95
BARBERRY	5.38	10.75	21.95
MULLEIN	5.00	10.00	19.95
CAYENNE	3.88	7.75	15.50
CHAMOMILE, ROMAN	11.00	33.00	66.00
DANDELION LEAF	5.50	11.00	22.00
DEVIL'S CLAW	7.74	15.48	30.95

Why should I use supplements ???

3. **Digestive Enzymes** - should be used with each meal, unless the entire meal eaten consists of raw food. As an herbalist friend of mine says, **"If you eat food, you need enzymes."** !! If your body is not utilizing the nutrients in the food you eat, you can't have optimal health. Digestive enzymes are necessary for all chemical reactions the body performs - digestion, assimilation of nutrients, detoxification, elimination, and nervous system health. As well as helping the body to digest the foods we eat effectively, these enzymes also help to dissolve tumors and cysts, digest diseased cells, kill bacteria and viruses, and remove excess cholesterol.

4. **Herbs** - according to your needs and the season, and the use of cleansing herbs at least twice a year, to cleanse the systems of the body, which need it, will address underlying factors for ill health.

Using these daily as a basis for good health, drinking 2 liters of fresh water each day, and eating a proper diet will go a long way in keeping the systems of the body (liver, kidneys, digestive tract, glands, circulation, skin, blood and lymph) cleansed, and working efficiently to help prevent ill health. Once we are dealing with chronic conditions, it takes longer to return to good health, and of course, some conditions cannot be reversed.

Using these supplements will also help the body to slow or reverse chronic conditions, relieve the occurrence of acute conditions (such as colds and flu), have an anti-aging and antioxidant effect to protect the body, and increase our body's ability to absorb the nutrients it needs.

Incorporating these supplements into your lifestyle will help to gradually bring about changes. By following a complete program based upon using these 4 categories of supplements for several months, you will begin to notice some amazing changes in your health. Consultations allow me to discover the underlying factors for ill health, and base a complete program and dosages that are right for you.

WHY IS PREVENTION OF ILL HEALTH SO IMPORTANT?

An article published in the Journal American Medical Association (Vol 284, July 26, 2000) states that there are 250,000 deaths in the U.S. per year due to the health care system. 12,000 from unnecessary surgery, 7,000 from medication errors in hospitals, 20,000 from other hospital errors, 80,000 from infections in hospitals, 106,000 non-error negative effects from medications.

<p>MSM For allergies, migraines, to reduce pain in the body from aching muscles, ligaments or joints, gives strong and health skin and nails, and can be used to detoxify the body.</p>	<p>Dosage 1,000-3,000 mg or more. 1,000 = aprox. 1/4 tsp. 100 grams-80 doses \$10 250 grams-200 doses \$20 500 grams-400 doses \$35</p>
<p>Quercetin Antiinflammatory for allergies, broken veins & capillaries. 1 capsule = approx. 1/4 tsp.</p>	<p>100 grams \$15 250 grams \$33 500 grams \$64 1 kilo \$122</p>
<p>Spirulina Blue green algae in powdered form, add to shakes. Use up to 1 tsp. daily.</p>	<p>100 grams \$6.00 250 grams \$13.75 500 grams \$27.50 1 kilo \$55</p>
<p>Slippery Elm Soothing and healing to the digestive tract, relieves nausea. Use approx. 1 tsp.</p>	<p>100 grams \$ 15 250 grams \$35 500 grams \$64 1 kilo \$122</p>
<p>Brewer's Yeast Natural source of B-vitamins. Use 1 tsp. on yogurt or in a shake.</p>	<p>100 grams \$4.00 250 grams \$6.00 500 grams \$12.00 1 kilo \$24</p>
<p>Kelp Powder Natural source of minerals. Use up to 1 tsp. per day.</p>	<p>100 grams \$5.00 250 grams \$12 500 grams \$20 1 kilo \$34</p>
<p>Green Tea From Japan, excellent source of antioxidants, beneficial to the immune & cardiovascular system.</p>	<p>100 grams \$10 250 grams \$20 500 grams \$34 1 kilo \$64</p>
<p>Yerba Mate Rich source of antioxidants, vitamins, minerals. Used for immune system, cleanse and detoxify the blood, tone the nervous system, combat fatigue, stimulate the mind, control the appetite, reduce stress, and eliminate insomnia.</p>	<p>100 grams \$5.00 250 grams \$12.00 500 grams \$20 1 kilo \$35</p>

DRAGONFLY MEDICINAL TEAS

100 grams = \$6.00

250 grams = \$12.00

500 grams = \$24.00



DRAGONFLY DETOX TEA:

Burdock: excellent blood purifier, use for skin diseases, cleanses the lymphatic system, helps correct the inflammatory response found in those with eczema

Nettles: nourishing herb that has a high mineral content especially iron, calcium & Vit. K, can be used daily, increases energy levels, tones kidneys, use for headaches, allergies, urinary tract infections, relieves both constipation & diarrhea

Kelp: high vitamin & mineral content, especially calcium & iodine (for healthy thyroid), binds toxic materials in the digestive tract preventing their absorption, eliminates uric acid (= joint pain)

Pau d' arco: anti fungal, bitter tonic, blood purifier, digestive, use for parasites, yeast infections, candida, herpes simplex, strengthens the immune system, helps neutralize poisons in the liver

Marshmallow: helps to rebuild good intestinal bacteria, soothes & heals mucous membranes in the urinary tract, stomach, bowels & lungs, neutralizes toxic materials released from the body during cleansing

DRAGONFLY ANTIOXIDANT TEA BLEND:

Rooibos and green tea blended together. Very high in antioxidants.

DRAGONFLY CALCIUM BLEND:

Marshmallow, raspberry leaf, marshmallow, oatstraw, nettles. These herbs are high in calcium and minerals. Makes a very mild and tasty tea.

DRAGONFLY RELAX BLEND

Lemon Balm, lavender, oatstraw. Use at bedtime or during the day to soothe the nerves and relax.

DRAGONFLY DIURETIC BLEND

Dandelion leaf, corn silk, cleavers, uva ursi. Helps relieve water retention.

DRAGONFLY DIGEST BLEND

Peppermint and chamomile.

SKIN TONIC	Eczema, acne, skin diseases, blood cleanser	Burdock, yellow dock, cleavers, milk thistle	Use mineral salt spray on affected areas
CIRCULATORY TONIC	Tones heart and circulatory system	Hawthorn, motherwort, cayenne, garlic, dandelion	Use lecithin as a supplement
SLEEP 1	Relaxes, calms the mind	Lemon balm, lavender, hops	5–20 drops in a small amt of water at bed-time
SLEEP 2	Relaxes, calms the mind	Passionflower, California Poppy	5–20 drops in a small amt of water at bed-time
SLEEP 3	Relaxes, calms the mind	Valerian, skullcap, peppermint	5–20 drops in a small amt of water at bed-time
SLEEP 4	Relaxes, calms the mind	Catnip, oatstraw, chamomile	Mild enough for children
URINARY TONIC	Bladder infection	Uva ursi, buchu, marshmallow	Keep on hand to use at first sign of infection



Conscious Eating: A Workbook for Accessing your Inner Guidance for Nourishing Yourself.

This 53 page workbook is completed, and now available for sale, ordering information is below. This is the first in a series of courses I plan to offer.

This workbook is designed to help you realize why you eat what you eat, and decide what dietary choices will work for you at this time. Maybe you will uncover some long forgotten reasons for your current food choices.


This workbook is NOT a diet. You will work through a variety of exercises and questions designed to help you take a really good look at your current food choices, how certain attitudes towards foods were shaped in childhood, reasons for eating certain foods at certain times, how the atmosphere you eat in can affect your food choices, your attitudes towards different types of foods, and most importantly to really see what you are eating. I think many of us are in denial about some of the foods we are eating, not realizing how many unhealthy or fattening foods we really do eat.


Doing the work in this course can help you on the road to nourishing yourself consciously, to make better food choices, and if you choose to do a consultation with me following this course, we can begin on a better level that will allow me to help you more effectively.

PRICE \$ 10.00

Available by download

Digestive System Support	chronic constipation, healing to digestive tract, aids digestion, stomach upset, gas
Immune System Support	fleas, hot spots, recurring illness, infections
Pregnancy & Nursing Support	pregnancy tonic, helps with labor and birth, enriches and increases milk supply
Pain Support	joint pain, injuries, muscular pain, post surgery
Pre-Surgery Support	reduces risk of bleeding, boosts immune system, calming
Senior Dog Support	for aging dogs, calming, heart support, helps brain circulation and memory
Urinary Tract Support	infections, to prevent recurring infections
Relax 1	barking, restlessness, can't sleep, travel
Relax 2	barking, restlessness, can't sleep, travel
Respiratory System Support	cough, respiratory problems from allergies, pollutants, viruses
Antioxidant Support	protects the body from free radical damage
Heart & Circulatory Support	use for as a tonic for heart and circulation problems
Yearly Cleanse	to help cleanse the liver, skin, immune system, parasites, toxicity, aggression, bad breath, bloating, skin problems
Spayed Female Support	to support hormones, adrenal glands, and thyroid
Neutered Male Support	to support hormones, adrenal glands, and thyroid

HEADACHE FORMULA	Migraines, headache	Feverfew, vervain, milk thistle	Use long term to prevent migraines
LIVER CLEANSE	Enhance digestion, cleanse & rebuild liver	Milk thistle, dandelion, barberry	Use 1 bottle 1-2 times per year
MALE BALANCE	Tones prostate & urinary tract	Saw palmetto, uva ursi, marshmallow, parsley, echinacea	Use 1 bottle 1-2 times per year
MEMORY TONIC	enhance memory, increase brain circulation	Sage, gotu kola, ginkgo biloba, ginseng	
MENOPAUSE FORMULA	Hot flashes, mood swings, heart palpitations	Black cohosh, motherwort, vitex, milk thistle, wild yam, dandelion, red clover	Use flower essences as well
NERVOUS SYSTEM	Anxiety, sadness, melancholy, nervousness	St. John's Wort, skullcap, motherwort, gotu kola, oatstraw	Use flower essences as well
NURSING TONIC	Increase & enrich milk supply	Nettles, raspberry leaf, oatstraw	Drink lots of water, rest
RESPIRATORY TONIC	Lung congestion, wheezing, asthma	Lobelia, marshmallow, cayenne, mullein, valerian, elecampane	Take extra beta-carotene, eat wasabi

FORMULA	TRADITIONAL USES	HERBS	ETC....
DIGESTIVE	Gas, bloating, upset stomach	Peppermint, chamomile, ginger	For chronic problems, use digestive enzymes with meals
DIURETIC	Water retention, scanty urine	Parsley, nettles, dandelion, cleavers	Avoid sodium, drink extra water
DRY COUGH	Dry, irritated cough	Slippery elm, marshmallow, mullein, licorice	
WET COUGH	Wet cough, congestion, mucous	Thyme, mullein, elecampane, goldenseal	Use eucalyptus essential oil in a burner
ENERGY TONIC	Boosts adrenal glands, whole body tonic	North American ginseng, Siberian ginseng, licorice, gotu kola	Avoid caffeine, use B-50 complex
FEMALE REGULATOR	Balances hormones, regulates menstrual cycle	Vitex, black cohosh, motherwort, kelp, wild yam, licorice	Use to rebalance cycles, and after stopping birth control pills



CANINE CONSULTATIONS

Consultations are \$75, and include a 50 ml custom blended herbal formula, and a 2—3 page consultation report to be used as reference.

Canine consultations can be done in my office, or by online.

In adding canine consultations to my practice, my primary goal is to prevent illness in your dog before it manifests, and to build up your dog's resistance to enable his body to heal itself.

Along with my herbal studies over the last 15 years, I have given my dogs herbs daily to maintain their health and to treat any health problems. I am currently writing my thesis for my Master Herbalist degree on Herbal Healing for Dogs.

After reviewing your dog's Consultation form, I will email you an in-depth personal consultation review, generally consisting of 2 to 3 pages or more, discussing health concerns, and outlining any suggestions I may have for supplements, herbs, dietary or lifestyle changes.

Any information presented here is for informational purposes only and not intended to take the place of diagnosis and treatment by a veterinarian.

CANINE VITAMIN & MINERAL POWDER SUPPLEMENT

Dandelion leaf, kelp, flax, alfalfa, garlic & brewers yeast.

This supplement contains vitamins & minerals, fiber, and helps to repel fleas.

100 GRAMS = \$8.00



In addition to raw food, dogs benefit from a spring and fall cleanse:

My dogs use herbs for cleansing the liver and parasites for a few months every fall. And I change the herbs in their food according to the season.

DRAGONFLY HERBALS PRODUCTS



HERBAL FORMULAS

100 ml bottle = \$25 = 20 -35 day supply

250 ml bottle = \$45 = 50 - 85 day supply

These are examples of formulas only, I prefer to blend formulas for each individual client.

A standard dose for many formulas is 5 ml or 1 tsp. per day. Some formulas, such as the sleep formula have a much smaller dosage since you are only using one dose at night, so they will last much longer.

Some ailments require an overall approach using herbal formulas more specific to your needs, dietary changes, additional vitamins, minerals & supplements, and/or lifestyle changes. For a more comprehensive approach, and for formulas custom made to your needs, you would benefit from a consultation. Consultations may be done in my office or online at www.dragonflyherbals.com/consult.htm

FORMULA	TRADITIONAL USES	HERBS	ETC.....
ALLERGY RELIEF	Hayfever, respiratory problems	Nettles, lobelia, goldenseal, cayenne	Use 6 weeks before allergy season, with quercetin
BIRTH EASE	Tones uterus for birth, use in last few weeks of pregnancy	Partridge berry, raspberry leaf, nettles, blue cohosh	Use calcium every 1/2 hour during labor for pain
CALCIUM TONIC	Easily absorbable plant based calcium	Horsetail, marshmallow, raspberry leaf, nettles, oatstraw	Use many sources of calcium: herbs, diet & supplements
COLD & FLU 1	Boosts the immune system	Echinacea, olive leaf, St. John's Wort, calendula, nasturtium	Use with Oil of Oregano and increased Vitamin C
COLD & FLU 2	Boosts the immune system, dries mucous membranes	Echinacea, olive leaf, goldenseal, calendula	Use with Oil of Oregano and increased Vitamin C
CRAMP EASE	Menstrual cramps, muscle aches, headache	Crampbark, mullein, willowbark, ginger	
DAYTIME DE-STRESS	Calming without causing drowsiness	Passionflower, oatstraw, motherwort	Try using flower essences as well
DETOX 1	Cleanse body of toxic wastes, liver & lymphatic tonic	Cleavers, dandelion, milk thistle, burdock, gentian	Use for several months to detox
DETOX 2	Stronger detox formula	Cleavers, dandelion, milk thistle, burdock, gentian, chapparal	For more intense cleansing, use after DETOX 1