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**Abnormal Pap Smear**


**Acetyl-L-Carnitine**


**Acne Rosacea**


**Acne Vulgaris**


**Acrodermatitis Enteropathica**


**Adenosine Monophosphate**


**Adrenal Extract**


**Age-Related Cognitive Decline**


**AHCC**


**Alanine**


**Alcohol Withdrawal**


**Alder Buckthorn**


**Alfalfa**


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Alpha Lipoic Acid


**Alzheimer’s Disease**


Amenorrhea


**American Ginseng**


**American Scullcap**


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**Amylase Inhibitors**


**Andrographis**


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Anxiety


Arginine


**Artichoke**


**Ashwagandha**


Asian Ginseng


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**Athletic Performance**


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**Autism**


**Bacopa**


**Barberry**


**Basil**


**Bell’s Palsy**


**Benign Prostatic Hyperplasia**


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**Beta-Glucan**


**Beta-Sitosterol**


Betaine (Trimethylglycine)


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**Betaine Hydrochloride**


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### Biotin


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**Bitter Orange**


Black Cohosh


**Black Horehound**


**Blackberry**


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**Bloodroot**


**Blue Cohosh**


**Blue Flag**


**Blue-Green Algae**


**Blueberry**


**Boldo**


**Boneset**


**Borage Oil**


**Boric Acid**


**Boron**


**Boswellia**


**Bovine Colostrum**


**Branched-Chain Amino Acids**


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**Brittle Nails**


**Bromelain**


**Bronchitis**


Bruising


Buchu


**Buckthorn**


**Bugleweed**


Bupleurum


**Burdock**


**Burns**


**Bursitis**


**Butcher’s Broom**


**Calcium**


**Calcium D-glucarate**


**Calcium: Which Form is Best?**


**Calendula**


**Cancer Prevention and Diet**


**Canker Sores**


**Capillary Fragility**


**Caraway**


**Cardiac Arrhythmia**


**Cardiomyopathy**


**Cardiovascular Disease Overview**


**Carnosine**


**Carob**


**Carotenoids**


**Carpal Tunnel Syndrome**


**Cartilage and Collagen**


**Cascara**


Cat’s Claw


Cataracts


**Catnip**


**Cayenne**


**Celiac Disease**


**Centaury**


**Cetyl Myristoleate**


**Chamomile**


Chaparral


Chickweed


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**Childhood Obesity**


**Chinese Scullcap**


**Chitosan**


**Chlorophyll**


**Chondroitin Sulfate**


**Chromium**


**Chronic Candidiasis**


**Chronic Fatigue Syndrome**


**Chronic Obstructive Pulmonary Disease**


**Chronic Venous Insufficiency**


**Cinnamon**


**Cleavers**


**Cluster Headache**


**Coconut Oil**


**Coenzyme Q10**


**Cold Sores**


**Coleus**


### Colic


**Colloidal Silver**


**Colon Cancer**


**Coltsfoot**


**Comfrey**


**Common Cold/Sore Throat**


**Congestive Heart Failure**


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**Constipation**


**Copper**


**Cordyceps**


**Corydalis**


**Cough**


**Cranberry**


**Cranesbill**


**Creatine Monohydrate**


**Crohn’s Disease**


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**Cysteine**


**Cystic Fibrosis**


**D-Mannose**


**Damiana**


**Dandelion**


**Dehydroepiandrosterone (DHEA)**


**Depression**


**Dermatitis Herpetiformis**


**Devil’s Claw**


**Diabetes**


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Diarrhea


Digestive Enzymes


### Diverticular Disease


**DMAE**


**DMSO**


**Docosahexaenoic Acid**


**Dong Quai**


**Down’s Syndrome**


**Dupuytren’s Contracture**


Dysmenorrhea


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**Eczema**


**Edema**


**Elderberry**


**Elecampane**


Eleuthero


### Endometriosis


**Epilepsy**


**Erectile Dysfunction**


**Eucalyptus**


**Evening Primrose Oil**


**Eyebright**


**False Unicorn**


**Female Infertility**


**Fennel**


**Fenugreek**


**Feverfew**


**Fiber**


**Fibrocystic Breast Disease**


**Fibromyalgia**


**Fish Oil and Cod Liver Oil (EPA & DHA)**


Flavonoids


Flaxseed Oil, Linseed Oil


**Fluoride**


**Fo-Ti**


**Folic Acid**


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**GABA (Gamma-Amino Butyric Acid)**


**Gallstones**


**Gamma Oryzanol**


**Garlic**


**Gastritis**


**Gastroesophageal Reflux Disease**


### Genital Herpes


**Gentian**


**Gestational Hypertension**


**Ginger**


**Gingivitis**


**Ginkgo biloba**


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**Glucosamine**


**Glucosamine/Chondroitin**


**Glutamic Acid**


**Glutamine**


**Glutathione**


Glycine


Goiter


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**Gotu Kola**


**Gout**


**Grapefruit Seed Extract**


**Greater Celandine**


Green Tea


**Green-Lipped Mussel**


**Guaraná**


**Guggul**


**Gymnema**


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Halitosis


**Hawthorn**


**Hay Fever**


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**Hepatitis**


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**High Homocysteine**


**High Triglycerides**


**Histidine**


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**HMB**


**Hops**


**Horehound**


**Horse Chestnut**


**Horseradish**


**Horsetail**


**Huperzia**


**Hydroxycitric Acid**


**Hypertension**


**Hypoglycemia**


**Hypothyroidism**


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**Influenza**


### Inosine


Inositol


Insomnia


**Insulin Resistance Syndrome**


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Iodine


**IP-6**


**Ipecac**


Ipriflavone


Iron


**Iron-Deficiency Anemia**


**Irritable Bowel Syndrome**


**Ivy Leaf**


### Jet Lag


### Juniper


### Kava


### Kelp


**Kidney Stones**


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**Kudzu**


**L-Carnitine**


L-Tyrosine


Lactase


**Lactose Intolerance**


**Lavender**


**Lecithin/Phosphatidyl Choline**

Lemon Balm


Leukoplakia


**Licorice**


**Ligustrum**


**Linden**


**Lipase**


**Liver Cirrhosis**


Liver Extracts


Lobelia


Lomatium


Low Back Pain


### Lung Cancer


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**Lutein**


Lycopene


**Lysine**


Ménière’s Disease


Macular Degeneration


**Magnesium**


**Maitake**


**Malabsorption**


**Male Infertility**


**Malic Acid**


**Mallow (Malva sylvestris)**


**Manganese**


**Marshmallow**


**Meadowsweet**


**Measles**


**Medium Chain Triglycerides**


**Melatonin**


### Menkes’ Disease


**Menopause**


Menorrhagia


Methionine


**Methoxyisoflavone**


**Methylsulfonylmethane**


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**Migraine Headache**


**Milk Thistle**


**Mistletoe**


**Mitral Valve Prolapse**


**Molybdenum**


**Morning Sickness**


**Motherwort**


Motion Sickness


**MSG Sensitivity**


**Mullein**


**Multiple Sclerosis**


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**Multiple Vitamin-Mineral Supplements**


**Myrrh**


**N-Acetyl Cysteine**


**N-Acetyl-Glucosamine**


**NADH**


**Nettle**


**Night Blindness**


**Noni**


**Oak**


**Oats**


**Octacosanol**


**Olive Leaf**


**Onion**


**Oregano/Wild Marjoram**


**Oregon Grape**


**Ornithine**


**Ornithine Alpha-Ketoglutarate**


**Osgood-Schlatter Disease**


**Osteoarthritis**


**Osteoporosis**


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**PABA**


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**Pantothenic Acid**


**Parasites**


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**Passion Flower**


**Pau D’arco**


**Pennyroyal**


**Peony**


**Peppermint**


**Peptic Ulcer**


**Peripheral Vascular Disease**


**Periwinkle**


**Phenylalanine**


**Phenylketonuria**


**Phosphatidylserine**


**Phosphorus**


**Photosensitivity**


**Phyllanthus**


**Picrorhiza**


**Plantain**


**Pleurisy root**


**Policosanol**


**Pollen**


**Potassium**


**Pre- and Post-surgery Health**


**Preeclampsia**


**Pregnancy and Postpartum Support**


**Pregnenolone**


**Premenstrual Syndrome**


**Prickly Ash**


**Proanthocyanidins**


**Probiotics**


**Progesterone**


**Propolis**


**Prostate Cancer**


82. William Judy, personal communication.

83. William Judy, personal communication.


**Prostatitis**


**Psoriasis**


**Psyllium**


**Pumpkin**


**Pygeum**


**Pyruvate**


**Quercetin**


**Raynaud’s Disease**


**Recurrent Ear Infections**


**Red Clover**


Red Raspberry


Red Yeast Rice


**Reishi**


**Restless Legs Syndrome**


**Resveratrol**


**Retinopathy**


Rheumatoid Arthritis


**Rhodiola**


**Ribose**


**Rickets/Osteomalacia**


**Rooibos**


**Rosemary**


**Royal Jelly**


**Sage**


**SAMe**


**Sandalwood**


**Sarsaparilla**


**Sassafras**


**Saw Palmetto**


**Schisandra**


**Schizophrenia**


### Seasonal Affective Disorder


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**Seborrheic Dermatitis**


Selenium


**Senna**


**Shiitake**


**Shingles and Postherpetic Neuralgia**


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**Silica hydride**


**Silicon**

**Sinus Congestion**


**Sinusitis**


**Skin Ulcers**


**Slippery Elm**


Snoring


**Soy**


**Spleen Extracts**


**Sprains and Strains**


**St. John’s Wort**


**Stevia**


**Stress**


**Stroke**


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**Strontium**


**Sulforaphane**


Sulfur


**Suma**


**Sundew**


**Sweet Annie**


**Systemic Lupus Erythematosus**


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**Tardive Dyskinesia**


**Taurine**


**Tea Tree**


**Tendinitis**


### Tension Headache


**Thyme**


**Thymus Extracts**


**Tinnitus**


**Tocotrienols**


**Tooth Decay**


**Turmeric**


Tylophora


Ulcerative Colitis


**Urinary Tract Infection**


\textbf{Usnea}


**Uva ursi**


**Vaginitis**


**Valerian**


**Vanadium**


**Varicose Veins**


**Vertigo**


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**Vervain**


Vinpocetine


Vitamin A


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**Vitamin B1**


Vitamin B12


**Vitamin B12 Deficiency**


**Vitamin B2**


**Vitamin B3**


**Vitamin B6**


**Vitamin C**


**Vitamin D**


**Vitamin E**


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**Vitamin K**


**Vitex**


Vitiligo


Warts


**Weight Loss and Obesity**


**Whey Protein**


Wild Cherry


Wild Indigo


Wild Yam


**Willow**


**Wilson’s Disease**


**Witch Hazel**


**Wood Betony**


### Wormwood


### Wound Healing


**Xylitol**


### Yarrow


### Yeast Infection


**Yellow Dock**


**Yellow Nail Syndrome**


**Yohimbe**


**Yucca**


**Zinc**


