



Amazon Herb Quick Reference Card

(Compiled with assistance from Dr. Inness and World Preservation Society)



Amazon Formula

Body Functions Supported

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|---|--|
| Aquazon fresh water blue-green algae, marine Algae Fucus | Assists mental clarity. Offers Omega-3 (for healthy heart) and amino acids. Manages weight, metabolism, thyroid function and blood sugar. |
| Arcozon Pau d'arco, Jatoba, Una de Gato, Suma, Espinheira santa, Alfalfa, Marapuama, Catuaba, Propolis | Supports immune system. Fights virus, fungus, bacteria and yeasts. Provides Iron. Detoxifies. Clears lungs. Reduces mucus. Calms nerves. Promotes circulation and mental clarity. Neutralizes acid. |
| Calmazon Passion flower, Lemon balm, Mulungu, Espinheira santa, Carqueja, Marapuama, Catuaba, Chamomile | Calms and balances emotional and physical tension. Neutralizes biochemical by-products of stress. Acts as mild sedative and anti-depressant. Relieves headaches. Strengthens heart. Soothes ulcers. Promotes sleep |
| Digestazon Bitter orange, Boldo, Carqueja, Anis, Peppermint | Supports entire digestive tract. Breaks down food. Absorbs nutrients. Mobilizes intestines. Decrease gas and bloating. Fortifies blood. Balances ph. Activates peristalsis. Flushes gallbladder. Helps eliminate parasites. |
| Envirozon Jurubeba, Boldo, Artichoke, Quebra pedra, Una de Gato, Alfalfa | Detoxifies chemicals, pesticides, common pollutants. Cleanses liver and gallbladder. Supports spleen and kidneys. Lowers cholesterol. Aids in better fat digestion. Stabilizes blood sugar. Supports enzyme production. |
| Fiberzon Psyllium, Hibiscus Flower, Licorice Root, Fennugreek Seed, Flax Seed, Boldo Leaf, Slippery Elm Bark, Oat Bran, Una de Gato, Artichoke, Quebra Pedra, Sego Palm, Camu Camu, Jatoba Bark, Papaya, Sangre de Drago | Cleanses and restores body's intestinal hygiene. Detoxifies, Energizes, Nutrifies. Facilitates balanced intestinal flora. Eliminates waste. Purifies the body. Promotes total body health. Helps manage weight. Assist elimination on yeast and parasites. |
| Illumination Arcozon, Digestazon, Calmazon, Envirozon, Metabazon, Sangre de Drago, Fucus vesiculosus, Horsetail, Chuchuhuasi | Acts as a complete whole body tonic. Revitalizes and sustains all organs and systems, including nervous system, lymph, liver, lung, gallbladder, digestion. As with all Amazon Herbs—high in vitamins and minerals. Anti-oxidant. |
| Kavazon Kava, Passion flower, Lemon balm, Mulungu, Espinheira santa, Carqueja, Marapuama, Catuaba, Chamomile | Useful for reducing anxiety and stress. Calms without drowsiness. Offers mental clarity and nervous system support. (internally and externally) |
| Lunazon Abuta, Suma, Mulungu, Passion flower, Lemon balm, Jatoba, Espinheira santa | Supports hormone balance, PMS relief and fertility. Relieves vaginal dryness, helps bladder infections. Soothes labor. Regulates mensus. High in iron. |
| Metabazon Pedra hume caa, Cashew plant, Artichoke leaf, Pata de vaca, Sarsaparilla, Stevia | Supports systems that regulate blood sugar balance. Supports energy balance, pancreas and spleen function. "vegetable insulin" |
| Recovazon Dong Quai, Samambaia, Sarsaparilla, Red tangerine peel, Aquilaria, Safflower, Manaca, Peach kernel, Dalgaria wood, Bitter orange, Tayuya, Iporuru | Accelerates recovery from injuries, illnesses, stress, bumps, bruises, strains and strenuous exercise. Moves congestion. Reduces lactic acid. Aids in circulation, pain relief and female hormone balance. Calms nerves. Balances endocrine system. Lifts emotions. Stimulates protein absorption. |
| Shipibo Tea Jatoba, Una de Gato, Tahiri, Chanca Piedra, Stevia, Chuchuhuasi | Acts as an anti-oxidant, immune support and fights yeast. Assists in mental clarity, blood sugar balance, kidney clearing, digestion and energy. |
| Stevia Stevia | Useful as a plant-based sweet liquid supplement. Balances blood sugar. Helps skin. Fights plaque build-up on teeth. Balance blood pressure |
| Sumaçazon Suma, Maça, Muira puama, Stevia | Regulates endocrine, immune, muscular/ skeletal and digestive systems. Increases energy, libido and stamina. Supports glands (esp. thyroid.) |
| Una de Gato "cat's claw" <i>Uncaria tomentosa</i> | Supports immune system, digestion, skin and lungs. Acts as anti-oxidant, anti-tumors, diuretic, anti-bacterial/viral. Fights dysentery and colitis. |
| Warrior Marapuama, Catuaba, Sarsaparilla, Dioscoreae, Astragalus, Rehmannia, Actractyloides, Tangerine peel, Costus root, Glycyrrhiza, Snakegourd seed, Fennel, Aquilaria | Supports muscle tone, energy, focus, emotional stability, libido and adrenal glands. Eases menopause. Enhances well-being. Offers a quality of "groundedness." Enhances healthy physical exercise program. |

These statements have not been evaluated by the FDA. No claims are made in treating, diagnosing or curing any condition.



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Condensed Index for Common Symptoms/Systems:

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|--------------------------|---|----------------------|--|
| Adrenal Exhaustion | Envirozon, Sumacazon, Recovazon, Warrior | Hyperactive children | ... Calmazon, Kavazon, Aquazon, Sumacazon |
| Allergies | ... Arcozon, Envirozon, Fiberzon Recovazon, Aquazon | Immune system | Una de Gato, Arco, Sumac, Recov, Tea, Aqua |
| Anemia | Una de Gato, Envirozon, Recovazon | Inflammation | ... Recovazon (topically and orally) |
| Anxiety | ... Kavazon, Aquazon, Calmazon, Una de Gato | Injuries | Recovazon, Kavazon, Calmazon, Envirozon |
| Arthritis | Recovazon, Fiberzon, Digestazon | Insomnia | ... Calmazon, Kavazon |
| Bacterial condition | ... Arcozon, Tea, Recovazon | Intestinal disorders | Una de Gato (caps) |
| Bladder irritation | Arcozon, Envirozon, Recovazon | Kidney issues | ... Envirozon, Tea, Sumacazon, Recovazon |
| Bloating | ... Digestazon, Metabazon | Libido low | Sumacazon, Warrior, Kavazon |
| Blood pressure, too high | Calmazon, Sumacazon, Recovazon | Liver | ... (capsules) Envirozon, Sumacazon |
| Blood pressure, too low | ... Sumacazon, Warrior | Lung | Una de Gato, Arcozon, Recovazon |
| Blood sugar balance | Metabazon, Stevia, Aquazon, Tea | Lymphatic | ... Envirozon, Arcozon, Recovazon |
| Bowel cleansing | ... Fiberzon, Digestazon, Envirozon, Tea | Menopause | Sumacazon, Lunazon, Recovazon, Warrior |
| Candida yeast infection | Arcozon, Tea, Metabazon | Mental Fog | ... Aquazon, Tea, Kavazon, Recovazon |
| Cholesterol too high | ... Envirozon, Aquazon, Recovazon | Muscle Spasm | Recovazon, Kavazon (topically and orally) |
| Cholesterol too low | Envirozon, Aquazon, Una de Gato | Pancreas | ... Metabazon, Sumacazon, Recovazon Stevia |
| Chronic Fatigue | Envirozon, Recovazon, Warrior, Tea, Una de Gato | Parasites | Fiberzon, Envirozon, Digestazon |
| Circulation | Recovazon, Arcozon, Envirozon | PMS | ... Lunazon, Sumacazon, Recovazon |
| Cramps, menstrual | ... Recovazon, Lunazon | Prostrate | Sumacazon, Warrior, Una de Gato |
| Digestion | Digestazon, Fiberzon, Tea, Envirozon | Sinus Condition | ... Arcozon, Envirozon, Recovazon, Una de Gato |
| Diabetes | ... Metabazon, Stevia, Aquazon, Tea | Skin | Una de Gato, Stevia, Sumacazon, Aquazon |
| Ear ache | Arcozon, Recovazon (drop in ear and take orally) | Sore Throat | ... Arcozon, Recovazon |
| Emotional Stress | ... Kavazon, Calmazon, Aqua, Sumacazon, Warrior | Spleen | Metabazon, Arcozon, Recovazon |
| Fatigue | Sumacazon, Warrior, Aquazon, Tea | Sugar Cravings | ... Stevia, Aquazon, Tea, Metabazon, Envirozon |
| Fertility issues | Sumacazon, Warrior, Una de Gato, Lunazon | Surgery, before | Sumacazon, Una de Gato |
| Flu | Arcozon, Tea, Una de Gato | Surgery, after | ... Recovazon, Calmazon |
| Fungal condition | ... Arcozon, Envirozon, Tea | Thyroid | Sumacazon, Aquazon |
| Gallbladder issues | Envirozon, Tea, Digestazon, Recovazon | Toxicity | ... Tea, Fiberzon, Envirozon, Recovazon, Una de Gato |
| Heart | ... Calmazon, Recovazon, Una de Gato, Aquazon | Ulcer | (capsules) Calmazon, Digestazon, Recovazon |
| Hemorrhoid | Enviro, Sumaca, Recov (topical and oral), Fiberzon | Viral Conditions | ... Arcozon, Envirozon, Recovazon, Tea |
| Hormone balance | ... Sumacazon, Recovazon, Warrior, Lunazon | Weight loss | Metaba, Aqua, Stevia, Fiberzon, Tea, Enviro, Digesta |

A Word on Illumination: A wonderful full body tonic, Illumination may be helpful for all of the above conditions.

Regarding Amount and Times to Eat Herbs: Herbs are foods. Eat them with sensitivity and body awareness. Start gradual (1-6 capsules or droppers a day) and work up to larger amounts (i.e. 1/2 bottle a day for acute conditions). The herbs can be taken with or without meals. They are most effective on an empty stomach and eaten periodically throughout the day. Enjoy your own intuition and body intelligence as you discover the herbs and/or consult with someone experienced to help develop a program that best serves you.

Amazon Herbs and animals: Animals respond favorably. Apply topically or feed orally. Use the above information to treat them and give amounts based on body weight.

Amazon Herbs and children: Yes, the herbs are great for kids! If they do not like the taste blend with juice, mix powder from opened capsules with food or rub the liquid on skin (best on thin skin such as tummies and soles of feet.) It will absorb into their system. Select quantity based on body weight. Observe your children as with any new food.

Amazon Herbs and medication: No known negative interactions exist between these herbs and Rx drugs. Consult your physician regarding the use of your medication.

Unique Uses with Amazon Herbs:

- Soak fungal nails or feet straight in liquid Arcozon and Tea.
- Apply Recovazon and Kavazon topically where there is pain.
- Gargle with Arcozon, Recovazon and water for soar throat.
- Brush your teeth with Sumacazon powder.
- Make a paste with Sumacazon and water and use as a facial.
- Open capsules and add herbal contents to warm water as a tea.
- Give animals, plants or compost the contents of used tea bags.
- Release a few drops of Arcozon in ears to fight an ear ache.
- Apply Stevia to the skin for youthful skin
- To stop bleeding, apply liquid Illumination on wound.
- Apply liquid Recovazon to cold soars or bug bites.
- Apply liquid Illumination on warts.

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