

“A NEW BODY LIFESTYLE HERB INFORMATION SHEET”

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By Dr. Maisha Tianuru, N.D., M.T., Msc.D, D.D. & Dr. Bill Hancock, N.D., M.T., Msc.D, D.D.

(713) 639-3571 * www.acwbinc.org * mail@acwbinc.org

1. What are herbs?

Herbs are the highest quality food known to man containing vitamins, minerals, and trace elements along with melanin in natural balance, rhythm and harmony by the Creator.

2. Why use herbs?

It is our sincere belief that our Creator put herbs upon the earth to maintain and restore our health. Furthermore, herbs remedy the true cause of health challenges.

3. Are there any adverse reactions from using herbs?

People experience a “balancing process” which is a cleansing action upon the body when one first start using herbs causing minor discomforts.

4. Does one treat herbs like drugs---i.e. taking a small dosage, caution in mixing and possible overdose?

“Herbs are food, not drugs!” They can be taken in large quantities with no adverse reactions! Mixing herbs has less of an effect than eating different foods altogether or taking drugs. One can take as many herbs as desired to achieve greater health benefits and optimum performance in their daily activities.

5. How many herbs should one take and for how long?

An **iridology reading and a lifestyle assessment** consists of a non-invasive analysis essential in determining an individual’s level of health along with the type of herbs, the amount and duration. Whenever herbs are used for restoring health, initially a higher dosage is required which could be 5-7 times more than for someone who has been a strict vegetarian. It takes your body approximately three months before rejuvenation begins.

According to the science of Homeopathy, “it takes **one month for every year** of illness in order for a person to rebuild their body.” Similarly in Naturopathy, “**it’s one year of natural living for every 10 years** of development for the body to fully repair itself!”

6. How soon should one see results?

First, an herbal cleanse involving cleansing and rejuvenating the body's four major maintenance organs - **COLON, KIDNEYS, LIVER and SPLEEN** using **New Body Product's 7 Day Cleanse** with herbal formulas **CKLS and FREED-OM**, extra virgin cold pressed olive oil and fresh lemon juice. Each case is different based on the severity of the problem, the client’s colon health health/assimilation, the number and types of herbs/supplements to be taken, your spiritual, mental, physical and economic perspectives and a desire to become healthy. For example, constipation along with the release of kidney and gallstones will produce immediate results. However, chronic conditions such as arthritis, cancer, **Immune Deficiency Syndrome (I.D.S)**, diabetes, breast, ovarian,

and uterine fibroids, prostate, testicular challenges...may require weeks before one experiences long lasting solutions as opposed to suppressive and invasive allopathic methods.

7. Can one quit taking drugs?

We've had clients that had gradually reduce their drug dosages and frequency to some getting off their medication altogether! Drugs are synthetic compounds that suppress the body's ability to heal while herbs are natural food which treat the entire body. Note: **25% of all your drugs come from herbs!** Herbs are a slow, safe treatment that's long term unlike drugs that contain numerous adverse reactions (misnomered as "side effects") just read any Physician's Desk Reference (PDR), along with The Scientific Validation of Herbs by Daniel B. Mowrey, Ph.D. **Note: For approximately \$300 you can "cure" yourself holistically!** Compare that with your medical and dental bills!

The term "CURE" is defined by the medical industry as successful method of medical/allopathic treatment and absence of symptoms for three years or the diagnosed condition/disease is in remission.

In holistic terms, it means, "a healing or being healed"; "to get rid of an ailment". If a person is "healed" without medical intervention, that industry views the situation a scientifically unexplained phenomenon (healing) as a "medical miracle."

8. When is the best time to take herbs?

Since **herbs are food**, one can take them anytime. Most people will take them in the morning, at noon and in the evening depending upon their schedule and recommended protocol. Note, most herbal laxatives are taken at night with the exception being **CKLS**.

9. How do I get started on the road to well being and healthful living?

Schedule a "**COMPREHENSIVE LIFESTYLE ASSESSMENT (CLA)**" which is comprised of an Iridology, Rayid and Nutritional Consultation. The purpose is to provide a client with a complete, comprehensive overview and understanding of one's spiritual, mental, physical, social and economic conditions from a holistic perspective. The **CLA** explains the development and physical manifestations of one's condition(s), along with explaining in great detail the "**New Body 7 Day Cleanse**", behavioral modifications, along with recommended herbal and nutritional protocols. Also, the **CLA** takes into account one's diagnosed medical conditions, prescription drugs, nutritional supplementation, eating habits, lifestyle, behaviors, and offers the client an opportunity to express their desire for health improvements.

"Until a man duplicates a blade of grass, nature can laugh at his so-called scientific knowledge. Remedies from chemicals will never stand in favorable comparison with the products of Nature, the living cell of a plant, the final result of the rays of the sun, the mother of all life. When correctly used, herbs promote the elimination of waste matter and poisons from the system by simple, natural means. They support nature in its fight against disease; while chemicals, not being assimilable, add to the accumulation of morbid matter and only simulate improvement by suppressing the symptoms." - Thomas Edison

Dr. Maisha Tianuru, ND, M.T. and Dr. Bill Hancock, ND, M.T. can be contacted at (713) 639-3571 for individual and group consultations, lectures and seminars at organizational conferences, convention lectures and seminars in Colon Hygiene, Herbology, Iridology, Natural Living, Massage Therapy, Reflexology, T'ai Chi For Health, Nutritional Consultations, Uncensored Vaccination/Immunization information, "Art-4-HEALTH"SM Experience Project, along with other healing modalities in Holistic Health.

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