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<p class="MsoNormal" style="margin: 0pt;">DSK. | Herb no. 1 for degenerative discs</p> <p class="MsoNormal" style="margin: 0pt;">
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style="font-size: 10pt;"> </p> <p class="MsoNormal" style="margin: 0pt;">Between the vertebrae [neck and back bones] there rests a disc-shaped structure that could be described as a tough, fibrous, elastic, shock absorber pad made essentially of protein with a gelatinous fluid-filled center. This makes it possible to walk without discomfort and also be able to bend the back and neck easily. Since we normally walk on our hind two appendages [legs] and not the front two [arms], we support the entire upper body on a column of bone, in the lower back especially. If we do not maintain our protein intake properly and or put too much stress on the discs and or gain too much weight, they can deteriorate or rupture. This brings bone into contact with bone and great discomfort results.</p> <p class="MsoNormal" style="margin: 0pt;">
</p> <p class="MsoNormal" style="margin: 0pt;"> </p> <p class="MsoNormal" style="margin: 0pt;">The DSK. combination of herbs is composed especially of Knitbone, a type of body glue and rapid repair herb, assisted by Valerian Root, a pain reliever, Papaya fruit, which contains a digestaid, papain, to digest out any damaged material that can not be repaired and Willow bark to relieve pain and inflammation. The Willow Bark and Valerian portions of DSK allow the sufferer to, at least, get some rest due to to their relaxing and pain relieving qualities.

DSK is a combination herb made of the following Pure Herbs: knitbone, valerian root, papaya fruit and willow bark.</p> <p class="MsoNormal" style="margin: 0pt;">
Dose | Internally, 40 to 80 drops, 3 to 4 times per day and externally, apply in quantity needed to cover the area. If trouble sleeping, then 80 drops to 1 tsp. internally, and apply liberally to the distressed area. For more involved conditions also do as follows.

Note| In cases where serious damage must be repaired, a more elaborate and quicker approach can be taken. Make an application to area to be repaired in the manner described here. Apply to the area: Vitamin E with Selenium from 100 i.u. capsules to make oxygen more efficient in the repair process; Oil of Cajeput as a decongestant and pain reliever; and Herbal Adjustment to increase circulation and release muscle spasms. </p> <p class="MsoNormal" style="margin: 0pt;">Then place a single layer of cheese cloth or absorbent gauze saturated with DSK. over the area. Cover this with plastic sandwich wrap, fix in place and leave on overnight. In the morning, remove the application and

discard it. Wash the area and allow to dry. Prepare and apply a fresh daytime application like the one for the night. Repeat this regimen until repaired.

To order DSK, click [here](https://www.healedpeople.com/resources-menu?page=shop.product_details&flypage=vmj_funky.tpl&category_id=91&product_id=387)

Big Five | Herb no. 2 for degenerative discs

Repair and relief of pain for back, neck, joints and headaches. Sports activities, accidents, injuries, sports injuries, massage therapy work, arthritic and sore joint problems. Swollen discs, seizures, folk remedy for diseases described as M.S., M.D. and Lou Gehrig's disease. Release of tension in area before massage therapy or chiropractic adjustment and benefits last longer.

Big Five is a combination herb made of the following Pure Herbs: arnica, B. & N.C.-W [brain and nerve cocktail], Herbal Adjustment, Ol' Number 11 [Old Number 11] and Rue.

To order Big Five, click [here](https://www.healedpeople.com/resources-menu?page=shop.product_details&flypage=vmj_funky.tpl&category_id=247&product_id=541)

[**</p> <p class="MsoNormal" style="margin: 0pt;">
Big Five Addendum The object of this formula is to have a powerful, premixed herbal formula for relief and repair of back, neck, joint and headache problems. External applications are made to the areas in trouble. Arnica removes the physical shock to the nervous system which allows healing to take place and prevents further trauma.</p> <p class="MsoNormal" style="margin: 0pt;">◆</p> <p class="MsoNormal" style="margin: 0pt;">The Brain & Nerve Cocktail portion of the formula provides nourishment for the glands in the brain, the pituitary, pineal, hypothalamus, the brain itself, and the involuntary nervous system of the body. Herbal Adjustment is a combination of herbs which promotes better circulation and releases spasticities. This promotes rapid repair and relief of pain. Ol' Number 11 is an excellent tried-and-true repair combination for any bone, flesh or cartilage structure in the body. Rue is a specific for sore muscles and injured joints.</p> <p class="MsoNormal" style="margin: 0pt;">
</p> <p class="MsoNormal" style="margin: 0pt;">Caution | Rue may bring on the menstrual flow, and as such it is not advisable to use if pregnant or if pregnancy is desired. Formula Four can be used in place of Big Five as it does not contain Rue. This multi-combination is a formula that incorporates many functions into one application, each of which has proven its function separately. </p> <p class="MsoNormal" style="margin: 0pt;">◆</p> <p class="MsoNormal" style="margin: 0pt;">Together, they make a powerful tool in the hands of a person for repair and relief of pain. Apply to the spine, from the tip of the tailbone up the spine \[the width of the hand\] on to the neck and on the scalp to the top of the head. Additionally, around the ears, down the neck and out to the shoulders, and on the temples and forehead. Do not apply to underarms, private areas or get in eyes. </p> <p class="MsoNormal" style="margin: 0pt;">◆</p> <p class="MsoNormal" style="margin: 0pt;">No permanent damage has been known to occur, but if the person does not know this, they may panic, as the formula produces the sensation of great heat. If an accident occurs, remain calm and flush with water. Peace will return again soon. This same procedure can also be used for correcting headaches. </p> <p class="MsoNormal" style="margin: 0pt;"></p>**](mailto:Toya@HealedPeople.com)

After application of the [Big Five](#), also apply either Peppermint Oil or Oil of Cajeput to complete the pain relieving, corrective procedure. In the area where the injury has occurred or physical shock of the nervous system has occurred there may be an increased sensation of heat. Thus, the problem area is especially benefited. The effects of the combination usually last for at least 3-4 hours.

Directions for use | *External application only. Repeat as needed, one to three times per day for relief of pain and then daily until healed. In conditions described as seizures, M.S., M.D. and Lou Gehrig's disease, after application of Oil of Cajeput or Peppermint Oil, apply peanut oil to the spine and neck, after warming first in the hand, as an insulation for the nerves. Use peanut oil, without a preservative, from the health food store and keep refrigerated after opening.

A novel use of the Big Five for sports use is to put 1 oz. of the extract in a 1 pint [1/2 liter] spray bottle of distilled water, then add three drops of peppermint oil. Shake the mixture well to mix the peppermint oil with the water and extract each time before using.

Spray on legs or joints before activities such as bicycling, skating or running to keep muscles from cramping and extend performance abilities. If applying the extract full strength, avoid prolonged contact with sunlight, as some individuals have rather sensitive skin and need extra protection to avoid redness or soreness occurring due to interaction with sunlight.

* As this formula contains Arnica, which can, in rare instances be somewhat toxic to some individuals and the sensation of heat is produced by Capsicum, the precaution of external use only is applied to this combination. Oil of Cajeput and Peppermint also produce a great cooling and or burning sensation, so avoid contact to eyes, underarm or private areas as well.

To order Big Five Addendum, [click here](#).

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To order Big Five Addendum, [click here](#).

Opt;">Formula Four | Herb no. 3 for degenerative discs
</p><p class="MsoNormal" style="margin: 0pt;"> </p><p class="MsoNormal" style="margin: 0pt;"> </p><p class="MsoNormal" style="margin: 0pt;"></p><p class="MsoNormal" style="margin: 0pt;">Is the same as Big Five Extract, except that it does not contain the herb Rue<a> . The herbs and herbal combinations, Herbal Adjustment, Ol' Number 11, Arnica and B. & N.C.-W form this highly effective team for external applications to the spine and neck. For best results, especially where pain is involved, apply either Oil of Cajepout or Peppermint Oil to the spine and neck and then Formula Four. </p><p class="MsoNormal" style="margin: 0pt;">Formula Four can also be carefully applied to the temples and forehead and other areas of distress. Avoid contact with eyes, underarms and private areas. No permanent damage is known to occur if there is an accident, however, if the person does not know this, panic can ensue as there is the sensation of great heat. Flushing with water helps some, but patience and time are best to restore harmony. </p><p class="MsoNormal" style="margin: 0pt;">
</p><p class="MsoNormal" style="margin: 0pt;">Formula Four relaxes cramping and relieves many kinds of pain, including headache [Herbal Adjustment], repairs body structures [Ol' Number 11], removes trauma [physical shock] to the nervous system [Arnica] and nourishes the voluntary and involuntary nervous systems [brain and nerve cocktail]. </p><p class="MsoNormal" style="margin: 0pt;">Rue is an excellent herb for the repair of sore and damaged muscles and joints. Historically, however, Rue has also been used to bring on the period, if it is suppressed. To avoid any possible complications in case of pregnancy, Rue has been excluded from Formula Four.

Formula Four is a combination herb made of the following Pure Hebs: herbal adjustment, Ol' Number 11, arnica, B. & N.C.-W.</p><p class="MsoNormal" style="margin: 0pt;"></p>

Dose Apply externally as given above and as needed.

Apply externally as given above and as needed.

To order Formula Four, click [here](https://www.healedpeople.com/resources-menu?page=shop.product_details&flypage=vmj_funky.tpl&category_id=514&product_id=549) [here](mailto:Toya@HealedPeople.com)

L.P.-W [liquid pearle] Herb no. 4 for degenerative discs

L.P.-W [liquid pearle] Herb no. 4 for degenerative discs

Arthritis and correction of circulation are closely associated. When the circulation returns, usually the arthritis goes away. L.P.-W also provides the energy for this to take place. L.P.-W is especially for frozen joints where there are waste mineral deposits in the joints or on the bones.

L.P.-W is a combination herb made of the following Pure Herbs: Angelica, Echinacea, Ginger, Marshmallow, Broad Beans, Spikenard, Eucalyptus, Gentian, Lady's Slipper, Bee Pollen, Prickly Ash and Myrrh.

Dose | 40 to 80 drops per meal, or 3 times per

day

[here](https://www.healedpeople.com/resources-menu?page=shop.product_details&flypage=vmj_funky.tpl&category_id=514&product_id=549)

Ol' Number 11 | Herb no. 5 for degenerative discs

Used to repair or strengthen any type of brain, nerve, flesh, cartilage or muscle injury or weakness. If you cannot work on the area directly, then take Ol' Number 11 internally. 40 to 80 drops, 3 times per day for repair or adding strength to the body. For severe injuries or heavy athletic training, 1 tsp. to 1 tbl., 3 to 4 times per day.

Additionally, for serious injury, you can work on the area directly. One very successful procedure is as an overnight application. Apply several things directly to the area externally. Apply the herb Arnica directly to the skin of the area or around the site to get the physical shock out of the area. In this way, the injury can heal rapidly.

Next, apply [Vitamin E with Selenium](https://www.healedpeople.com/resources-menu?page=shop.product_details&flypage=vmj_funky.tpl&category_id=642&product_id=576) from 100 i.u. capsules to improve the action of oxygen for repair and to prevent irritation if very sensitive skin. At this point, apply externally, either Peppermint Oil or Oil of Cajeput and Herbal Adjustment and then Formula Four.

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This relieves pain and improves the circulation in the area to be repaired. Next, soak a single layer of natural fiber cheese cloth or absorbent gauze with Ol' Number 11. Wrap this cloth, soaked with Ol' Number 11, around the injured area and cover it with plastic sandwich wrap. Then, wrap a cloth around all to hold in place for overnight.

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The next morning, remove the application and discard. Wash the area and allow to dry. [Never reuse the application, as this thermal and moisture barrier application also draws poisons out through the skin, as well as driving the repair herbs internally.]

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Repeat the application procedure for the daytime. Continue with an application for the day and night until well. As an aftershave, to baby the skin and make it smooth and soft, apply a few drops of Arnica followed by a generous amount of Ol' Number 11.

Ol' Number 11 is a combination herb made of the following Pure Herbs: white oak bark, marshmallow, mullein, mugwort, indian tobacco, scullcap, knitbone, black walnut hull and gravel root.</p><p class="MsoNormal" style="margin: 0pt;">
Dose | For internal use, 40 to 80 drops, after meals and as given above. For external use, soak a cotton ball with Ol' Number 11 and apply to the injury 3 to 4 times per day.</p><p class="MsoNormal" style="margin: 0pt;">
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</p><p class="MsoNormal" style="margin: 0pt;"></p><p class="MsoNormal" style="margin: 0pt;">R.S.T.-C [repair of scar tissue]</p><p class="MsoNormal" style="margin: 0pt;"></p>

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</p> <p class="MsoNormal" style="margin: 0pt;"> </p> <p class="MsoNormal" style="margin: 0pt;">Formulated by Pat Courter and Lynn Scott. Scar tissue can form in areas of low oxygenation, and in areas that have been traumatized. Pat has come to the conclusion that when stored shock or trauma are eliminated, it helps to relieve aches and pains caused by shock and trauma. It has been said that scar tissue can form within 48 hours after injury.</p> <p class="MsoNormal" style="margin: 0pt;">◆</p> <p class="MsoNormal" style="margin: 0pt;"> For the best results: take R.S.T.-C internally, and apply externally along with Arnica, on the area of the skin near or on the affected organs, muscles, nerves, ligaments, bones or vertebrae. Arnica and R.S.T.-C work great together.

R.S.T.-C is a combination herb made of the following Pure Herbs: All Cells Salt, Chickweed, Ho Shou Wo, Skunk Cabbage and Oriental Mustard Seed.</p> <p class="MsoNormal" style="margin: 0pt;">
Dose |Internally: begin with 10 to 20 drops 2-3 times a day; gradually build up to 40-80 drops 2-3 times, a day. Externally: enough to cover the area.

Caution | Do not exceed 80 drops three times a day of R.S.T.-C. The lymph glands carry most of the debris away and we do not want this cleansing action to occur so quickly that discomfort might result.</p> <p class="MsoNormal" style="margin: 0pt;"> </p> <p class="MsoNormal" style="margin: 0pt;">◆</p> <p class="MsoNormal" style="margin: 0pt;">To order R.S.T.-C, click here.</p> <p class="MsoNormal" style="margin: 0pt;">
</p> <p class="MsoNormal" style="margin: 0pt;"> </p> <p class="MsoNormal" style="margin: 0pt;">Herbal Adjustment | Herb no. 7 for degenerative discs
</p> <p class="MsoNormal" style="margin: 0pt;">Herbal Adjustment | Herb no. 7 for degenerative discs
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style="font-size: 10pt;"> </p> <p class="MsoNormal" style="margin: 0pt;"> </p> <p class="MsoNormal" style="margin: 0pt;"></p> <p class="MsoNormal" style="margin: 0pt;">Is is a quick acting dramatically effective procedure for relief of headaches, leg cramps, menstrual cramping, arthritic discomfort, sports injuries, back discomfort, neck and shoulder tension, heart attacks, strokes and internal bleeding. For relief of pain and cramping two liquids are applied to the skin, one is Peppermint Oil which is cool and the second is a combination of herbs known as Herbal Adjustment, which is hot . </p> <p class="MsoNormal" style="margin: 0pt;">◆</p> <p class="MsoNormal" style="margin: 0pt;">The Peppermint oil is applied first and the Herbal Adjustment second. The procedure of using these two liquids together is called an Herbal Adjustment. In some cases, as given here, Herbal Adjustment is also taken internally and will be described individually. This procedure will not interfere with medication and will not make a person groggy. Needles and injections are not used.

Headaches and tension | For headaches, apply first Peppermint Oil from the tip of the tailbone, up the spine, and on to the neck and the back of the head, on the scalp, and on up to the top of the head. Make the application about the width of the person's hand. Next, apply the two liquids to the temples and forehead. Have the person lean the head back so as to avoid getting any of the liquids in the eyes. </p> <p class="MsoNormal" style="margin: 0pt;">◆</p> <p class="MsoNormal" style="margin: 0pt;">Should an accident occur, flush thoroughly with water, remain calm and peace will return. Also apply to any additional areas of the head which are hurting. Finally, apply in front of and behind the ears, down the neck on both sides and out to the shoulders. This complete application will have an effect on the entire nervous system of the body. The affects are quick and relief is swift. Repeat as needed. </p> <p class="MsoNormal" style="margin: 0pt;">◆</p> <p class="MsoNormal" style="margin: 0pt;">For additional help, if needed, put 40 to 80 drops of Herbal Adjustment in a cup of water and drink it down. Do not sip as it is hot and best to get it over with as soon as possible. If a mild headache is in progress, usually an application of the two liquids to the temples, forehead and back of the neck are all that is needed for headache relief.

Chiropractic adjustments | The Herbal Adjustment liquids penetrate quickly into troubled areas. After application the liquids at once relax the nerves and muscles, which then allows the bones to go back into their proper places and the circulation resumes its normal function. In this way oxygenation and relaxation of cramping muscle pain is

alleviated.

The Herbal Adjustment liquids may be applied several times in extreme conditions and then repeated as needed. Do not get into eyes, and wash hands after application. Application before a chiropractic adjustment makes for a very easy and quick adjustment. It will be noted the adjustment is speeded up and sticks [stays in place] far longer.

Arthritic discomforts | For arthritic discomforts the two liquids are applied to the area as needed.

Cramping and menstrual crampin | If cramping or menstrual cramping, apply the two liquids directly to the offending area. If additional help is needed put 40 drops of the combination Herbal Adjustment in a cup of water and drink it. Herbal Adjustment will not stop a normal menstrual flow as it is a natural bleeding. Repeat as necessary.

Heart attacks, strokes and internal bleeding | To stop a heart attack, stroke or internal bleeding put 40 to 80 drops of the Herbal Adjustment in a cup of water and drink it. Also, apply to chest and neck or area(s) of bleeding. Repeat as needed. If stress is great and a heart attack is a real possibility while you are trying to repair the heart with other herbs such as Myrrh and Mullein,

use Herbal Adjustment to keep yourself alive during the process even if it takes months. Lives have been saved by doing this.

Liver spots | Or age spots, as they are also called, dissolve easily with the continued daily application of Herbal Adjustment on the spots. Please consider that in some way, the body is not functioning as it should or these liver spots or waste dumps of concentrated pigment, would not have appeared in the first place.

If they do occur again, then think in terms of improving overall health as needed, such as digestion and bowel elimination, to start with. Remember to follow the advice about not rubbing your eyes after application of Herbal Adjustment or bringing Herbal Adjustment into contact with private areas. If an accident, then follow the advice as given earlier in this topic.

Skin cancers | It must be observed, to be truly appreciated, how the daily and persistent application of Herbal Adjustment externally to skin cancers, dries them up, causes them to fall off and leave healthy, pink skin in their place. This process can take as little as a matter of days or two weeks and, in some cases, up to six and nine months or more, but it does work.

If they do occur again, then think in terms of improving overall health as needed, such as digestion and bowel elimination, to start with. Remember to follow the advice about not rubbing your eyes after application of Herbal Adjustment or bringing Herbal Adjustment into contact with private areas. If an accident, then follow the advice as given earlier in this topic.

It is suspected that when Herbal Adjustment takes so long to do its job, that it is working on a problem much deeper inside the body, of long standing, and you are working on something more than just skin deep. Nevertheless, praise the Creator, it does work.

Opt;";</p>Persistence is the key here, no matter what, continue the application at least once per day and for more desperate conditions, three and four times per day until results. Before you heal anything you usually have to slow the condition down and then stabilize it. </p><p class="MsoNormal" style="margin: 0pt;">Then reversal can take place. But, in the meantime, you are not getting any worse and that is a kind of victory too. Many practitioners also use Vitamin E Oil with Selenium from capsule(s) on the area first and then apply Herbal Adj. on top of that. This reduces any possible irritation and assists in repairing the area more quickly, with the prevention of any possible scar tissue.
Sports injuries | For sports injuries such as sprains, twists, bumps, bruises, torn tendons, ligaments, etc., apply Arnica to the area to take the physical shock out of the nerves, then Peppermint Oil and then Herbal Adjustment to the area for relief of pain and to correct the circulation. Then, apply the repair formula Ol' Number 11 to start the repair process. </p><p class="MsoNormal" style="margin: 0pt;">This is done as soon after the injury as possible. Repeat every 3 to 4 hours as needed. However, it should not be thought that this procedure will not tackle chronic and old injuries with equal determination, because it will. The night procedure for sports injuries is to open capsules of 100 i.u. of Vitamin E with Seleniumand apply the oil to the injured area. </p><p class="MsoNormal" style="margin: 0pt;">Then, soak a natural fiber cheese cloth or gauze with the repair formula Ol' Number 11 and wrap the area with the cloth. The larger the wrap, the greater and quicker the affect. Wrap this then with plastic sandwich wrap, and an additional cloth wrap around this, to hold everything in place for the night. This procedure forms a thermal and moisture barrier, to drive the herbs into the area and pull poisons out, in a time-release action during the night. </p><p class="MsoNormal" style="margin: 0pt;">The herbs are driven into the body, congestion is broken up, swelling reduced and function restored. There is a two-way traffic flow here. Herbs are pushed into the body area and poisons are pulled up and sweated out of the body at the same time. The next morning remove the application and discard the herbal cloth as it is spent and

contains poisons. Wash the area and allow to dry.

Note | This process of applying an herbal tea or herbal extract to the body soaked in cloth is know as a fomentation. For the daytime, apply the herb Arnica, Peppermint Oil and Herbal Adjustment every 3-4 hours. Repeat this daytime and nighttime process until the area is repaired.

Lower high blood pressure | To lower dangerously high blood pressure, put 40 to 80 drops of Herbal Adjustment and 40 to 80 drops of Golden Bough in a cup of water and drink it. Repeat as needed.

Herbal Adjustment is a combination herb made of the following Pure Herbs: Black Cohosh, Blue Vervain, Capsicum, Indian Tobacco and Siberian Ginseng.

Dose | As given in the above work. Additionally, Herbal Adjustment can be given as part of a daily herb regimen, to spark an herbal program and get it to work, at the rate of 40 drops in a cup of water, 1 - 4 times per day.

Note | Just the Herbal Adjustment combination is put in water to make the drink. If a Peppermint tea is desired, only 1 - 2 drops of the oil to a cup of water makes a good tea.

Chiropractic physicians | When the area to be adjusted is too tense for the needed procedure, Peppermint Oil and Herbal Adjustment applied to the spine, neck and shoulders rapidly relaxes the areas. Then, minimal pressure is required to achieve remarkable results.

Massage therapists | Peppermint Oil and Herbal Adjustment applied to tense areas of the spine, neck, shoulder and other areas [avoid eyes, under arm and private areas] produce a warming and relaxing effect which makes therapeutic massage a very rewarding experience.

General note |

If for some reason a person should have an allergic reaction to Peppermint Oil, [if there is one, it is usually confined to temporary redness of the skin] many practitioners enjoy the use of Oil of Cajeput in its place.

To order Herbal Adjustment,

[here](https://www.healedpeople.com/resources-menu?page=shop.product_details&flypage=vmj_funky.tpl&category_id=12&product_id=599).

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