



INFLAMMATION- (The Short List)

Tips for Pairing your Formulas:

*From my experience, and client data, these tips should take the mystery out of taking some formulas. I might suggest if you currently don't have some of these formulas, purchase the smaller packaging to try for their effect. **Refer also to the "How to Take our Formulas" for additional info. (PDF downloads)***

The bulk of illness starts with diet. Foods and drinks that are inflammatory can take a toll on your body, resulting in a myriad of ailments that can easily be solved without the use of over-the-counter (OTC) or pharmaceuticals that may contribute to more inflammation. This short list, for your comfort:

INSOMNIA

(Inflammation? Yup)

Naturprofen pm™ w/Herbal Nerve™ or Slumberease™
(I'm currently re-working Slumberease™ for less morning grogginess)

ACID STOMACH/HEARTBURN/INDIGESTION W/ INSOMNIA

Natural Herbal Enzymes™ & Night: Naturprofen PM™ w/Slumberease™

ULCERS W/ INSOMNIA

Ulcer Comfort™ w/Naturprofen™ & Night: Naturprofen PM™ w/Slumberease™

DEPRESSION WITH INSOMNIA

Serene Day™ w/Naturprofen™; CardioGuard™ & Night: Naturprofen PM™ w/Slumberease™

MUSCLE/BONE/SOFT TISSUE INFLAMMATION/INJURIES

Motionmax™ & Bone/Cartilage Support™ w/Naturprofen™ Night: Naturprofen™/Naturprofen PM™

ARTHRITIS, R/A, LIGAMENT AND SOFT TISSUE

Motionmax™ & Bone/Cartilage Support™ w/Naturprofen™ Night: Naturprofen™/Naturprofen PM™

IMMUNITY

CANCERS/TUMORS

Daily: Contender™, Immune Vitale™, Restore™

BACTERIAL/VIRAL COMPROMISES

Defender™ & Super Defense™ (Bolus to begin-hourly until symptoms decrease)

INFLUENZA

Flumax™ Contributes to reductions of Flu-inflammations, pairs well with Fever Defense™ and Defender™/Super Defense™

CHRONIC FATIGUE/FIBROMYALGIA

Serene Day™ Restore™ or Energex™ & Naturprofen™ Night: Naturprofen PM™ & Slumberease™

URINARY

KIDNEY STONES/GOUT

Alternate Kidney Stone Defense™ w/ Kidney Guard™ & Gout Ease™ & Naturprofen™

Night: Naturprofen PM™ and Slumberease™.

PROSTATE HEALTH/E.D.

Prostate Health™ & Naturprofen™ Night: Naturprofen PM™ and Slumberease™.

BLADDER INFLAMMATION

Kidney Guard™ & Naturprofen™

INTESTINAL

COLITIS, IBS

Colon Express™ & Naturprofen™

CANDIDA

Colon Express™, Candida Cleanser™

RESPIRATORY

MOLD AND POLLUTANTS

Lung Guardian™ & Naturprofen™ Night: Liver/Lung Support™ Naturprofen PM™ and Slumberease™.

ALLERGIES/ASTHMA (Naturprofen™ & Naturprofen PM™ can be added at night for comfort)

Daytime only:

Seasonal Allergies Complex™ & Naturprofen™ (Add Lung Guardian™ if lungs feel more inflammation)

Seasonal Defense™ & Naturprofen™ (Add Lung Guardian™ if lungs feel more than usual inflammation)

SORE THROAT

Throat Ease™ & Naturprofen™ Night: Throat Ease™ & Naturprofen PM™

COUGH/POLLUTION/MCS

Lung Guardian™ with Naturprofen™ Night: & Naturprofen PM™ w/Liver/Lung Support™

ENDOCRINE

ADRENAL STRESS/CORTISOL INSUFFICIENCY

Adrenal Comfort™ w/Kidney Guard™

CHOLESTEROL, LIVER BILE TROUBLES GALLSTONES

Alternate for best results: Cholesterox™ w/ Naturprofen™; Liver Comfort™ w/ Naturprofen™;

E-Z Liver Detox™ w/ Naturprofen™; Gallbladder Support™ w/Naturprofen™

ENDOCRINE DISORDERS

The Builder™ & Naturprophen™

THYROID

Thyroidmax™ & Naturprophen™

DIGESTIVE

DIGESTION

Alternate for best results: Digestaid™ w/Naturprofen™; Natural Herbal Enzymes™ w/Naturprofen™

UPSET STOMACH/STOMACH FLU

Tummy Tamer™ w/ Naturprofen™ Night: Tummy Tamer™ w/ Naturprofen PM™

CIRCULATORY

ANXIETY/ANGINA/PALPITATIONS

Cardioguard™ & Serene Day™

Cardioguard™ & Hypertense Defense™

HEART INFLAMMATION/PERICARDITIS

Cardioguard™ & Naturprophen™

NERVOUS SYSTEM

HEADACHES

Headache Defense™ & Naturprophen™ Night: Headache Defense PM™ & Naturprophen PM™

PAIN

Painease™ & Naturprophen™ Night: Painease™ & Naturprophen PM™ w/ Slumberease™.

All suggestions provided are based upon consumer responses and testimonies.

Results vary with each individual.

All our formulas synergize very well with each other. Every effort is made to provide the highest level of wild crafted and certified organic botanicals for each formulation. Our formulas are guaranteed free of: corn, yeast, milk, egg, no added sugar, salt, tablet binders and coatings. Snapshot testimonies are available for efficacy. Some lab findings on file.

*We at **The Natural Sage™** care about your health and wellness, and appreciate your comments and your patronage.*



Catherine looks forward to your success and improved health.

"These statements have not been evaluated by the Food and Drug Administration.

These products and services are not intended to diagnose, treat, cure, or prevent any disease."

757.541.8646

(Leave message with call back number)

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