

## Choosing an EMH Formula:

**Acne:** Teen, Detox, Wyoming Bitters, Blem X

**Adrenal Burnout:** Adrenal Revitalize

**Ageing:** Age Defying, Green Vitality

**Agitation:** Anxiety Shield, Anti-Stress Day, Frazzled Mom

**Angina:** Hawthorn Complete

**Anti-Inflammatory:** Flex, Dhirt

**Antimicrobial:** Hulda's, No Fungus Among Us, Traveler's Friend, Trikatu, Urinary Tract

**Antioxidants:** Age Defying

**Antibacterial:** Echinacea Gold, Echinacea Plus, Immu-Stim, Zap, Elderberry Syrup

**Antiviral:** Isatis Complete, Immune Force 1-A, Immune Force 1-B, Microguard V-1, V-2 and V-3, Elderberry Syrup, Echinacea Plus

**Anxiety:** Anxiety Shield

**Arthritis:** DHIRT (rheumatoid), Flex

**Bladder:** Flush, Urinary Tract

**Blood Pressure (low):** Blood Pressure

**Blood Vessels:** Horse Chestnut Formula

**Calming:** Wyoming Chill, Anti-Stress Day, Anti-Stress Night, Snooze

**Cancer:** Hulda's, Age-Defying, Medicinal Mouthwash

**Candida:** No Fungus Among Us

**Cough:** Echinacea Plus, Nose Throat and Lungs, Really Inhale

**Cold:** Zap, Echinacea Gold, Echinacea Plus, Elder Syrup, Immu-Stim, Nose Throat and Lungs

**Covid:** Microguard V-1, V-2, and V-3

**Cysts (Ovarian, Breast, Prostate):** Clarissa's Desist

**Detoxification:** Detox

**Digestion:** Wyoming Bitters, Trikatu

**Diuretic:** Flush

**Eczema:** Blem X

**Edema:** Flush

**Elder's Heart:** Hawthorn Complete

**Emphysema:** Really Inhale

**Energy:** Awake, Alert, Alive

**Exhaustion:** Adrenal Revitalize

**Fibroids:** Clarissa's Desist

**Flu:** Echinacea Gold, Echinacea Plus, Elder Syrup, Zap, Immu-Stim, Nose Throat and Lungs, Microguard V-1, V-2, and V-3

**Gall Bladder:** By Gally

**GI Tract:** Hulda's, Traveler's Friend, Wyoming Bitters

**Head Cold:** Echinacea Gold, Golden Echinacea

**Health:** Green Vitality, Age-Defying, Woman's Tonic (female)

**Heart:** Hawthorn Complete

**High altitude Acclimation:** High Altitude

**Hormone Balancing (Female):** 2 Cool

**Hot Flashes:** 2 Cool

**Hypertension:** Blood Pressure

**Immune System:** Immu-Stim, Trikatu, Age -Defying, Immune Force 1-A, Immune Force 1-B, Microguard V-1, V-2 and V-3

**Joints:** DHIRT, Flex

**Kidneys:** Flush, Urinary Tract

**Liver:** Detox, Trikatu

**Lungs:** Really Inhale, Echinacea Plus, Elder Syrup, High Altitude

**Lyme Disease:** Immune Force 1-A, Immune Force 1-B, Isatis Complete, Microguard V-1

**Lymphatic System:** Microguard V-3, Zap

**Menopause Symptoms:** 2 Cool, Woman's Tonic

**Mental Focus:** Adrenal Revitalize, Age-Defying

**Menses (painful):** Blue moon

**Microbiome:** Age-Defying, Green Vitality, Wyoming Bitters

**Mucous Membranes:** Golden Echinacea, Echinacea Gold

**Nerves frayed:** Frazzled Mom

**Nutrients:** Green Vitality, Age-Defying

**Oral Health:** Medicinal Mouthwash

**Parasites (Intestinal):** Hulda's

**Period Cramps:** Blue Moon

**Psoriasis:** Blem X

**Rejuvenation:** Age Defying, Adrenal Revitalize, Awake Alert ALive

**Relaxation:** Wyoming Chill, Anti-Stress Day, Anti-Stress Night, Snooze, Frazzled Mom, Anxiety Shield

**Respiratory:** Really Inhale, Nose Throat and Lungs, Microguard V-1, upper: Echinacea Gold, Nose Throat and Lungs, lower: Echinacea Plus

**Sexual Health:** Clarissa's, Woman's Tonic (female), Blue Moon (female), Male Tonic (male)

**Sinuses:** Echinacea Gold, Golden Echinacea

**Skin Blemishes:** Blem X, Detox

**Sleep:** Snooze, Anti-Stress Night, Wyoming Chill

**Smoking (quit):** Puff-Less

**Stress:** Anti Stress Day, Anti-Stress Night, Frazzled Mom, Adrenal Revitalize, Anxiety Shield, Women's Tonic

**Thrombosis:** Horse Chestnut formula

**Urinary Tract:** Urinary Tract, Flush, Male Tonic

**Urinary Tract Infection:** Urinary Tract, Flush