



Dr. Dale's Whole Body & Immune Pro Professional Formula New Formulation!

A proprietary blend of organic and wild-harvested herbs formulated to help strengthen the immune system and cleanse the blood. The information below is a fraction of the available research on these amazing herbs.

Burdock Root

Latin botanical name: *Arctium lappa*, family *Asteraceae*

Burdock is known to increase urine flow, kill germs, reduce fever, and “purify” their blood. It is also used to treat colds, cancer, anorexia nervosa, gastrointestinal (GI) complaints, joint pain (rheumatism), gout, bladder infections, complications of syphilis, and skin conditions including acne and psoriasis. Burdock is also used for high blood pressure, “hardening of the arteries” (arteriosclerosis), and liver disease. Some people use burdock to increase sex drive. Fluid retention; Fever; Anorexia; Stomach conditions; Gout; Acne; Severely dry skin; Psoriasis.

Burdock contains chemicals that might have activity against bacteria and inflammation.

Bupleurum Root

Latin botanical name: *Bupleurum chinense*, family *Apiaceae*

Bupleurum is used for respiratory infections, including the flu (influenza), swine flu, the common cold, bronchitis, and pneumonia; and symptoms of these infections, including fever and cough. Bupleurum has been used for indigestion, diarrhea, and constipation.

Women sometimes use it for premenstrual syndrome (PMS) and painful periods (dysmenorrhea).

Bupleurum is also used for fatigue, headache, ringing in the ears (tinnitus), trouble sleeping (insomnia), depression, liver disorders, and loss of appetite (anorexia).

Other uses include treatment of cancer, malaria, chest pain (angina), epilepsy, pain, muscle cramps, joint pain (rheumatism), asthma, ulcers, hemorrhoids, and high cholesterol.

Bupleurum is known to be used for Fevers; Flu; The common cold; Cough; Fatigue; Headache; Ringing in the ears; Liver disorders; Blood disorders; Stimulating the immune system.

Barberry Root

Latin botanical name: *Berberis Thunbergii*, family *Berberidaceae*

The bark, root, and root bark of European barberry are also used for disorders of the GI tract, liver, gallbladder, kidney and urinary tract, respiratory tract, and heart and circulatory system; to reduce fever; as a “blood purifier;” and for narcotic withdrawal. Also used for Heartburn; Stomach cramps; Constipation; Diarrhea; Liver problems; Spleen problems; Lung problems; Heart and circulation problems; Fever; Gout; Arthritis.

Cleavers Herb

Latin botanical name: *Galium aparine*, family *Rubiaceae*

Cleavers Herb is used to increase urine flow to relieve fluid retention. It is also used for painful urination, enlarged or infected lymph nodes, and psoriasis.

People sometimes apply cleavers directly to the skin for ulcers, enlarged glands, breast lumps, and skin rashes.

Cleavers contains chemicals called tannins that might help reduce skin inflammation and have a drying (astringent) effect on the tissues.

Fluid retention; Painful urination; Psoriasis; Enlarged lymph nodes; Skin ulcers; Breast lumps; Skin rashes.

Slipper Elm Bark

Latin botanical name: *Ulmus rubra*, family *Ulmaceae*

Used for coughs, sore throat, colic, diarrhea, constipation, hemorrhoids, irritable bowel syndrome (IBS), bladder and urinary tract infections, syphilis, herpes, and for expelling tapeworms. It is also used for protecting against stomach and duodenal ulcers, for colitis, diverticulitis, GI inflammation, and too much stomach acid.

Slippery elm contains phyto-chemicals that can help soothe sore throats. It can also cause mucous secretion, which might be helpful for stomach and intestinal problems.

Aloe Vera Leaf (Cut Without Chemicals)

Latin botanical name: *Aloe Vera*, family *Xanthorrhoeaceae*

Aloe gel is taken by mouth for osteoarthritis, bowel diseases including ulcerative colitis, fever, psoriasis, itching and inflammation, constipation, and as a general tonic. It is also used for stomach ulcers, diabetes, asthma, and for treating some side effects of radiation treatment. Some research indicates that Aloe Vera may have properties that are harmful to certain types of bacteria and fungi.

Echinacea Purpurea Root

Latin botanical name: *Echinacea purpurea*, family *Asteraceae*

Echinacea is widely used to fight infections, especially the common cold and other upper respiratory infections. Some people take echinacea at the first sign of a cold, hoping they will be able to keep the cold from developing. Other people take Echinacea after cold symptoms have started, hoping they can make symptoms less severe. The people who use Echinacea to treat symptoms have the right idea. Research to date shows that Echinacea probably modestly reduces cold symptoms, but it's not clear whether it helps prevent colds from developing.

Echinacea is also used against many other infections including the flu, urinary tract infections, vaginal yeast infections, genital herpes, bloodstream infections (septicemia), gum disease, tonsillitis, streptococcus infections, syphilis, typhoid, malaria, and diphtheria.

Other uses not related to infection include chronic fatigue syndrome (CFS), rheumatism, migraines, acid indigestion, pain, dizziness, rattlesnake bites, and attention deficit-hyperactivity disorder (ADHD). Sometimes people apply Echinacea to their skin to treat boils, abscesses, skin wounds, ulcers, burns, eczema, psoriasis, UV radiation skin damage, herpes simplex, bee stings, and hemorrhoids. Echinacea also seems to contain some phyto-chemicals that can attack yeast and other kinds of fungi directly.

Astragalus Root

Latin botanical name: *Astragalus onobrychis*, family *Fabaceae*

Astragalus is used for the common cold, upper respiratory infections, allergies, fibromyalgia, anemia, HIV/AIDS, and to strengthen and regulate the immune system. It is also used for chronic fatigue syndrome (CFS), kidney disease, diabetes, and high blood pressure.

Also astragalus is used as a general tonic, to protect the liver, and to fight bacteria and viruses.

An adaptogen that may provide energy and stamina, boost the immune system, detoxify various drugs and metals, have antiviral properties, improve peripheral circulation, balance the bodily systems, counteract stress, and improve mental functioning. It is said to be a potent anticancer agent and may be useful in fighting off the flu and other respiratory infections. Evidence suggests it might be useful in the treatment of colds, flu, high cholesterol, chronic lung weakness, HIV, cancer, and tumors.

This herb is promoted to kill cancer cells, reduce the toxic effects of chemotherapy, and help heal burns, protect against heart disease, fight the common cold, and help improve overall weakness. Proponents also claim astragalus can stimulate the spleen, liver, lungs, circulatory, and urinary

system, and help treat arthritis, asthma, and nervous conditions. They further claim it can lower blood sugar levels and blood pressure.

For more than 2,000 years, Chinese herbalists have recommended astragalus to help the human body build up energy and resist diseases including cancer, heart disease, liver and kidney problems, and infections. It is the most commonly used herb in traditional Chinese medicine, though it is most often used with other herbs. Conventional medical researchers became interested in the possibility that astragalus might boost immune response and lessen the side effects of chemotherapy.

Source: <http://www.cancer.org/treatment/treatmentsandsideeffects/complementaryandalternativemedicine/herbsvitaminsandminerals/astragalus>

Pau D Arco Bark

Latin botanical name: *Tabebuia cassinoides*, family *Bignoniaceae*

Pau d'arco is used to treat a wide range of infections. These include viral respiratory infections such as the common cold, flu, and H1N1 (swine) flu; sexually transmitted infections such as gonorrhea and syphilis; infections of the prostate and bladder; ringworm and other parasitic infections; yeast infections; and infectious diarrhea.

Pau d'arco is also used for cancer. Interest in this use was intensified by extensive research in the 1960s that focused on the possible anti-cancer activity of lapachol, one of the chemicals in pau d'arco. Among other things, it can cause severe internal bleeding.

Other uses for pau d'arco include diabetes, ulcers, stomach inflammation (gastritis), liver ailments, asthma, bronchitis, joint pain, hernias, boils, and wounds. Because some people see pau d'arco as a "tonic and blood builder," it is also used to treat anemia.

Yeast infections; Common cold; Flu; Diarrhea; Bladder and prostate infections; Intestinal worms; Cancer; Diabetes; Ulcers; Stomach problems; Liver problems; Asthma; Bronchitis; Arthritis-like pain; Sexually transmitted diseases (gonorrhea, syphilis); Boils.

Reishi Mushroom

Latin botanical name: *Ganoderma lucidum*, family *Ganodermataceae*

Reishi mushroom is used for boosting the immune system; viral infections such as the flu (influenza), swine flu, and avian flu; lung conditions including asthma and bronchitis; heart disease and contributing conditions such as high blood pressure and high cholesterol; kidney disease; cancer; and liver disease. It is also used for HIV/AIDS, altitude sickness, chronic fatigue syndrome (CFS), trouble sleeping (insomnia), stomach ulcers, poisoning, and herpes pain. Other uses include reducing stress and preventing fatigue.

In combination with other herbs, reishi mushroom is used to treat prostate cancer.

Reishi mushroom contains chemicals that seem to have a variety of potentially beneficial effects, including activity against tumors (cancer) and beneficial effects on the immune system.

Herpes-related pain; Boosting the immune system; High blood pressure; High cholesterol; Viral infections; Tumors; Prostate cancer; Heart disease; Asthma and bronchitis; Stress; Kidney disorders; Liver disease; HIV disease; Altitude sickness; Fatigue; Chronic fatigue syndrome (CFS); Trouble sleeping (insomnia); Stomach ulcers; Poisoning; Shingles.

Curcumin Longa - Turmeric Root

Latin botanical name: *Curcuma longa*, *Zingiberaceae*

Turmeric is used for arthritis, heartburn (dyspepsia), stomach pain, diarrhea, intestinal gas, stomach bloating, and loss of appetite, jaundice, liver problems and gallbladder disorders.

It is also used for headaches, bronchitis, colds, lung infections, fibromyalgia, leprosy, fever, menstrual problems, and cancer. Other uses include depression, Alzheimer's disease, water retention, worms, and kidney problems.

Stomach upset (dyspepsia): some research shows that taking turmeric by mouth might help improve an upset stomach; Osteoarthritis: some research shows that taking some turmeric extracts can reduce the pain caused by osteoarthritis of the knee. In one study, turmeric worked about as well as ibuprofen for reducing pain; Skin cancer: there is some evidence that applying a turmeric ointment might help to relieve odor and itching caused by skin cancer; Rheumatoid arthritis (RA): Curcumin, a chemical in turmeric, might help reduce some symptoms of rheumatoid arthritis; Jaundice; Hepatitis; Diarrhea; Fibromyalgia; Liver and gallbladder problems; Headache; Menstrual problems; Pain; Ringworm; Bruising; Eye infections; Skin problems; Alzheimer's disease.

Cayenne Fruit

Latin botanical name: *Capsicum Annum*, *family Solanaceae*

Capsicum is used for various problems with digestion including upset stomach, intestinal gas, stomach pain, diarrhea, and cramps. It is also used for conditions of the heart and blood vessels including poor circulation, excessive blood clotting, high cholesterol, and preventing heart disease.

Other uses include relief of toothache, seasickness, alcoholism, malaria, and fever. It is also used to help people who have difficulty swallowing as in "aspiration pneumonia."

Capsicum is also used on the skin to relieve muscle spasms, as a gargle for laryngitis, and to discourage thumb sucking or nail biting.

One form of capsicum is currently being studied as a drug for migraine, osteoarthritis, and other painful conditions.

The fruit of the capsicum plant contains a chemical called capsaicin. Capsaicin seems to reduce pain sensations when applied to the skin.

Relieving symptoms of perennial rhinitis, a runny nose not associated with allergies or infection; Nerve pain related to HIV or AIDS; Stomach ulcers; Heartburn; Irritable bowel syndrome (IBS); Hay fever; Polyps in the nose; Swallowing difficulties.

Yarrow Flower

Latin botanical name: *Achillea millefolium*, family *Asteraceae*

Yarrow is used for fever, common cold, hay fever, absence of menstruation, dysentery, diarrhea, loss of appetite, gastrointestinal (GI) tract discomfort, and to induce sweating.

Some people chew the fresh leaves to relieve toothache. In combination with other herbs, yarrow is used for bloating, intestinal gas (flatulence), mild gastrointestinal (GI) cramping, and other GI complaints.

Fever; Common cold; Hay fever; Diarrhea; Stomach discomfort; Bloating; Gas; Toothache.

Peppermint Leaf

Latin botanical name: *Mentha × piperita*, family *Lamiaceae*

Peppermint is used for the common cold, cough, inflammation of the mouth and throat, sinus infections, and respiratory infections. It is also used for digestive problems including heartburn, nausea, vomiting, morning sickness, irritable bowel syndrome (IBS), cramps of the upper gastrointestinal (GI) tract and bile ducts, upset stomach, diarrhea, bacterial overgrowth of the small intestine, and gas.

Some people also use peppermint for menstrual problems, liver and gallbladder complaints, preventing spasms during endoscopy procedures, and as a stimulant.

Headache, muscle pain, nerve pain, toothache, inflammation of the mouth, joint conditions, itchiness, allergic rash, bacterial and viral infections, relaxing the colon during barium enemas, and for repelling mosquitoes. Cough and colds, and as a painkiller.

Peppermint reduces spasms in the digestive tract. It can cause surface warmth, which relieves pain beneath the skin.

Heartburn (dyspepsia): seems to reduce feelings of fullness and mild gastrointestinal (GI) spasms.

Chickweed Herb

Latin botanical name: *Stellaria media*, family *Caryophyllaceae*

People take chickweed for constipation, stomach and bowel problems, blood disorders, asthma and other lung diseases, obesity, a vitamin C deficiency disease called scurvy, a skin condition called psoriasis, rabies, itching, and muscle and joint pain. Chickweed is sometimes applied directly to the skin for skin problems including boils, abscesses, and ulcers.

Chickweed has been used for Constipation; Asthma; Stomach and bowel problems; Obesity; Psoriasis; Muscle and joint pain; Skin conditions including boils, abscesses, and ulcers, when applied directly to the skin.

Sarsaparilla Root

Latin botanical name: *Smilax aristolochiaefolia*, family *Smilacaceae*

Sarsaparilla is used for treating psoriasis and other skin diseases, rheumatoid arthritis(RA), and kidney disease; for increasing urination to reduce fluid retention; and for increasing sweating. Sarsaparilla is also used along with conventional drugs for treating leprosy and for syphilis.

Athletes sometimes use sarsaparilla as a steroid for performance enhancement or bodybuilding.

Mexican and Honduran sarsaparillas are used for treating gonorrhea, fevers, and digestive disorders.

Chemicals in sarsaparilla might help decrease joint pain and itching, and might also reduce bacteria. Other chemicals might combat pain and swelling (inflammation), and also protect the liver against toxins.

Psoriasis: Sarsaparilla may improve psoriasis symptoms; Digestive problems: Sarsaparilla may improve appetite and digestion; Rheumatoid arthritis; Kidney problems; Fluid retention; Syphilis; Gonorrhea.

Fenugreek Seed

Latin botanical name: *Trigonella foenum-graecum*, family *Fabaceae*

Fenugreek is used for digestive problems such as loss of appetite, upset stomach, constipation, and inflammation of the stomach (gastritis). It is also used for conditions that affect heart health such as “hardening of the arteries” (atherosclerosis) and for high blood levels of certain fats including cholesterol and triglycerides.

Fenugreek is used for kidney ailments, a vitamin deficiency disease called beriberi, mouth ulcers, boils, bronchitis, infection of the tissues beneath the surface of the skin (cellulitis), tuberculosis, chronic coughs, chapped lips, baldness, cancer, and lowering blood sugar in people with diabetes.

Some men use fenugreek for *hernia, erectile dysfunction (ED), and other male problems.*

Women who are *breast-feeding sometimes use fenugreek to promote milk flow.*

Fenugreek appears to *slow absorption of sugars in the stomach and stimulate insulin.* Both of these effects lower blood sugar in people with diabetes.

Diabetes: consuming fenugreek, mixed with food during a meal, seems to lower blood sugar levels after the meal in people with type 1 or type 2 diabetes; High cholesterol; High triglycerides (blood fats). Preliminary research suggests fenugreek might lower triglycerides in people with type 2 diabetes; Heart burn; Stomach upset; Decreased appetite; Constipation; “Hardening of the arteries” (atherosclerosis); Gout; Sexual problems (erectile dysfunction, ED); Fever; Baldness.

Ginger Root

Latin botanical name: *Zingiber officinale*, family *Zingiberaceae*

Ginger is commonly used to treat various types of “stomach problems,” including motion sickness, morning sickness, colic, upset stomach, gas, diarrhea, nausea caused by cancer treatment, nausea and vomiting after surgery, as well as loss of appetite.

Other uses include pain relief from arthritis or muscle soreness, menstrual pain, upper respiratory tract infections, cough, and bronchitis. Ginger is also sometimes used for chest pain, low back pain, and stomach pain.

One of the chemicals in ginger is also used as an ingredient in laxative, anti-gas, and antacid medications.

Ginger contains chemicals that may reduce nausea and inflammation. Researchers believe the chemicals work primarily in the stomach and intestines, but they may also work in the brain and nervous system to control nausea.

Dizziness: Nausea; Menstrual pain: some research shows that ginger can reduce symptoms of menstrual pain in some women when taken during menstruation; Arthritis: Some research shows that taking ginger can modestly reduce pain in some people with a form of arthritis called “osteoarthritis and seems to reduce nausea and vomiting in some pregnant women. Ginger is used to prevent motion sickness and seasickness, as well as, Rheumatoid arthritis (RA). There is some preliminary evidence that ginger might be helpful for decreasing joint pain in people with RA; Nausea and vomiting due to chemotherapy; Muscle pain after exercise; Loss of appetite; Colds; Flu; Migraine headache; Preventing nausea caused by chemotherapy.

Irish Moss

Latin botanical name: *Chondrus crispus*, family *Gigartinaceae*

The dried and bleached plants of a red alga (especially *Chondrus crispus*) that are used as an agent for thickening or emulsifying or as a demulcent (as in cookery or pharmacy)—called also chondrus. A red alga (especially *Chondrus crispus*) that is a source of Irish moss—called also *carrageen*

Carrageenan is used for coughs, bronchitis, tuberculosis, and intestinal problems. The French use a form that has been changed by adding acid and high temperatures. This form is used to treat peptic ulcers, and as a bulk laxative.

Carrageenan contains phyto-chemicals that may decrease stomach and intestinal secretions. Carrageenan also might decrease pain and swelling (inflammation).

Cough; Bronchitis; Tuberculosis; Weight loss; Constipation; Peptic ulcers; Intestinal problems.

Milk Thistle Seed

Latin botanical name: *Silybum marianum*, family *Asteraceae*

Milk thistle is used most often for liver disorders, including liver damage caused by chemicals, *Amanita phalloides* mushroom poisoning, jaundice, chronic inflammatory liver disease, cirrhosis of the liver, and chronic hepatitis.

Milk thistle is also used for loss of appetite, heartburn (dyspepsia), and gallbladder complaints.

Some people use milk thistle for diabetes, hangover, and disease of the spleen, prostate cancer, malaria, depression, uterine complaints, increasing breast milk flow, allergy symptoms, and starting menstrual flow.

Milk thistle seed might protect liver cells from toxic chemicals and drugs. It also seems to have antioxidant and anti-inflammatory effects.

Heartburn (dyspepsia), when a combination of milk thistle and several other herbs is used. Seems to reduce severity of acid reflux, stomach pain, cramping, nausea, and vomiting; Liver disease caused by excessive use of alcohol; *Amanita* mushroom poisoning and Hepatitis B or hepatitis C; Liver disease caused by chemicals; Spleen disorders; Gallbladder problems; Swelling of the lungs (pleurisy); Malaria; Menstrual problems.

Golden Seal Leaf

Latin botanical name: *Hydrastis canadensis*, family *Ranunculaceae*

Also known as Ox-eye daisy ~ it's used for the *common cold, cough, bronchitis, fever, sore mouth and throat, liver and gallbladder complaints, loss of appetite, muscle spasms, fluid retention, and tendency toward infection*. It is also used as a tonic.

Common cold; Cough; Bronchitis; Fever; Sore mouth and throat; Liver and gallbladder problems; Loss of appetite; Muscle spasms; Fluid retention; Skin swelling (inflammation); Wounds; Burns.

Gentian Root

Latin botanical name: *Gentiana verna*, family *Gentianaceae*

Gentian is used for *digestion problems* such as loss of appetite, fullness, intestinal gas, diarrhea, gastritis, heartburn, and vomiting. It is also used for fever, hysteria, and high blood pressure. Some people use gentian to prevent muscle spasms, treat parasitic worms, start menstrual periods, and as a germ killer. Gentian is applied for treating wounds and cancer.

Gentian is used in combination with European elderflower, verbena, cowslip flower, and sorrel for treating symptoms of sinus infections (sinusitis).

Stomach disorders; High blood pressure; Diarrhea; Fever; Heartburn; Vomiting; Menstrual disorders; Cancer.

Prickly Ash Bark

Latin botanical name: *Zanthoxylum clava-herculis*, family *Rutaceae*

Southern prickly ash is used for menstrual cramps, blood circulation problems in the legs (intermittent claudication) and in the fingers (Raynaud's Syndrome), ongoing joint pain, toothache, sores, and ulcers.

It is also used to "break a fever" by causing sweating. Some people use it as a tonic or stimulant.

Southern prickly ash is one of the ingredients in "Hoxsey cure" for cancer.

Text extracted from WebMD