

An Introductory Guide to Using Amazon Herb Products

Dear New Associate,

We want to take a few moments to go over the Amazon Herb Company formulas with you—what to take, when to take them, and how to take them. We realize that there are quite a few products in the line, which may at first appear overwhelming, but this guide will help simplify the process for you. You will soon discover a rewarding new adventure awaiting you, leading to new levels of health and life experience. There is not much detail on each individual herb here for space purposes; we want to first make sure you know how to take them.

We recommend reading this guide straight through at least once in its entirety. You may want to keep it handy so it can be referred to regularly until you have more familiarity with the products.

Also, please go through the Amazon Herb Reference Guide which you have been sent – it contains absolutely everything about the products and will clear up any questions you may have. Enjoy!

GETTING STARTED

As associates we are required to purchase 100 Volume (1 Volume ~ \$1 – every product is assigned a volume value because we are an international company) of product every month on our (MAS) Monthly Auto-Ship.

First, you should know that all Amazon Herb products and formulas are designed for optimal digestion – they are like taking food! They have no adverse affects if taken with pharmaceutical drugs, though we must say to seek the advice of your medical doctor before taking these products. You can not overdose on any Amazon Herb products – they should be looked at more like food. Take them as you wish (we like to take mega doses for an extra boost 😊).

During your first month, if you purchased a basic business in a box, you have experienced (or will experience) your first true taste of Zamu and the Amazon!

You are encouraged to keep a case of Zamu (100 PV) as your MAS order because of its full-body benefit, and it is also nice to have Zamu in your possession to easily share the power of the rainforest with others.

It is also optimal to start with **Digestazon Plus**. This helps prepare the digestive system for absorbing the maximum amount of nutrients from both the food we eat, and also any nutritional supplements we may be taking, including Amazon Herb Company formulas. Taking 2 to 3 Digestazon Plus capsules with meals assists digestion. It is also effective to take Digestazon Plus in between meals, and right before bedtime. This way the formula can work to clean up leftover food particles stuck in the intestinal tract, otherwise blocking the body's ability to absorb nutrients from the food we eat. The lining of the intestines being only one cell thick, any build up of excess food or mucous could hamper digestion and inhibit the uptake of nutrients.

The next two formulas we advise to start out with are **Illumination™** and **Sumacazon™**. Even better would be starting with the **Health Pack!** Using Illumination is like taking a **multi-vitamin-mineral complex**. It is an all around body tonic with 30 different herbs that will feed the body a wide spectrum of essential nutrients. It is a combination of five of the other formulas plus some additional herbs which are only in Illumination™. This makes Illumination one of Amazon Herb Co.'s flagship products.

Sumacazon™ is an energizing formula with anti-aging nutrients that provide support and balance for the hormonal system. With 19 amino acids, it's almost a complete protein and will facilitate muscle toning as well as stimulate mental clarity and energy. It contains Suma, Maca, Muira Puama and Stevia. Sumacazon is known to enhance libido (mostly in men) as it nutritionally supports organs involved in healthy sexual function. Sumacazon works synergistically with the other formulas adding to their efficacy.

LIQUID & LIQUIZON™ FORMULAS

We generally suggest that people take the liquid formulas, though Liquizons™ capsules are also available for most of the formulas and are equally effective. The liquid formulas seem to enter into the bloodstream a bit faster than the capsules because they have a small amount of alcohol in them, and are more immediately felt. Another option is to chew the capsules to get the herbs directly into your bloodstream through your mouth. Those who are challenged with the taste of herbal formulas can simply use the capsules. They're also convenient for travel.

Squirt a teaspoon of Sumacazon™ and a teaspoon of Illumination, along with any of the other formulas into 8 or 10 oz's of fresh water and drink it down. Daily doses of the liquid formulas can be added to a bottle or a thermos of filtered water or spring water, and used throughout the day. Any combination of the

liquid formulas can be taken this way. TIP: *When adding a new formula you may want to begin with half a teaspoon, and then increase it to a whole teaspoon after the first week or so of acclimation.*

Adding a few drops of extra **Stevia** can help sweeten and soften the herbal concoction making it a bit more palatable. Experiment with using Stevia. Take a glass of clear water and begin by placing one drop of Stevia in it. Stir it around and taste it. Put two drops in and do the same. Continue this process until you have a better sense of the strength and balancing power of Stevia. TIP: *it's not a good idea to put concentrated Stevia directly onto the tongue—it is very sweet and will taste like saccharin.* Stevia as a concentrate can be up to 300 times sweeter than sugar, yet has no calories, inhibits dental bacteria, and balances blood sugar levels in the body. It's a great supplement for those with diabetic or hypoglycemic challenges.*

A HEALTHY GUT

A healthy gut is essential for maximum health. **Fiberzon™** taken daily tones the digestive system while it gently and effectively cleanses the nooks and crannies of the intestines, removing unwanted food debris and the toxins purged from our system as these powerful nutritional formulas take affect. First thing in the morning or at night before bed—either way or both it works great. Place a scoop in a shaker cup, or a jar with a lid. Add 8 oz of room temperature water, cover, and shake vigorously for a few moments until fully mixed, and then slam it down. TIP: *It is best to NOT allow the formula to thicken before you drink it.* The idea is for it to thicken in the gut. If you not able to get it down in one try, swirl the remainder in the glass a few times, add a little more water if necessary, and then finish it up. For people who find themselves challenged at first with taking Fiberzon™ we recommend starting with a half a scoop, working up to a full scoop or more shortly thereafter. Fiberzon™ is also good to take at night as an alternative to eating food too late; it will satiate hunger and is a healthier alternative to the not-so-healthy habit of eating food just before going to bed.

Depending on an individual's situation, we normally suggest taking Fiberzon™ over Fiberzon Plus™. **Fiberzon Plus™** has the added ingredient of Rhubarb Root. When taking 3 or 4 capsules of Fiberzon™ Plus the Rhubarb Root can act a bit like a laxative. Taking less than that will not have the same laxative effect, but may not be quite as effective for daily cleansing of the colon, as is the regular Fiberzon™. Fiberzon Plus™ should mainly only be used when feeling constipated, or when flushing out the system is the desired effect. However, we do go through occasional periods taking take 2 to 3 capsules of Fiberzon Plus™ at night to augment the regular Fiberzon™ which can be taken every morning. Once you are accustomed to taking these products, it will come down

to your own personal preference according to your situation.

MEAL REPLACEMENT

The **Amazon Power Shake**™ is great in the morning, or the afternoon. One to two scoops can be mixed with a variety of different liquids. People use anything from Almond, Rice or Soymilk (make sure organic soymilk though!) to apple or orange juice (actually tastes pretty good with OJ). Hempmilk is one of our personal favorites. Put two scoops of Amazon Power Shake in a glass. Add a small amount of liquid and stir out the lumps making a paste. Add more liquid and keep stirring until there is about 6 to 10 oz (depending on your preference) of nutritious Power Shake ready for breakfast or any meal replacement. If we have other vitamins, capsules or Liquizons™ to take, we generally take them in the morning with our Power Shake. Amazon Power Shake can also be added to smoothies. The combination of nutritional herbs and a high protein grain called Kiwicha (Amaranth) found in the Power Shake is what makes it ideal as a meal replacement. Once we drink it in the morning and after taking all our supplements we are usually not hungry until about two in the afternoon, perhaps eating only a piece of fruit, or some vegetables or nuts until a late lunch or an early supper.

SUPER “C” SUPPLEMENT

Pure Camu™ can be an important component of your daily health routine. Camu Camu, a small fruit, is the world’s most concentrated source of naturally occurring vitamin C. Amazon Herb Company has planted many thousands of Camu Camu trees in the Amazon because it does not grow in enough quantity to sustain the growing world market for it, and this way they can ensure and maintain the high quality that their products are noted for. They have placed 1000 milligrams of carefully dried Camu Camu in a small fresh-pack. The powder can be added to any drink. We often add a Pure Camu Fresh Pak to a daily dose of Fiberzon™ or Amazon Power Shake™ and mix the two powders together before adding liquid. It can also be put into a smoothie, or added to bottled water, perhaps with a few drops of Stevia and carried around during the day. Once it is mixed in water, shake it well, and continue to shake it each time it is sipped. More about Camu Camu can be found later in this document so read on!

WORLD’S HEALTHIEST & MOST DELICIOUS TEA

Treasure Tea™ is a nourishing beverage that can be enjoyed hot or cold. Because of its delicious flavor it may go unnoticed as one of Amazon Herb

Company's most powerful nutritional and healthful products. It is something that would be beneficial to drink throughout the day, every day. It has no caffeine, and the six herbs found in it are very healing for the entire body. TIP: *If you find that you are sensitive to the energizing effects of these herbs then you may want to refrain from ingesting them late in the day.* **Treasure Tea** can be enjoyed by simply pouring boiling water over a tea bag and allow it to steep for at least a few minutes before drinking. The bag can be kept in the water so that it continues to brew as it is consumed. For making larger pots add one tea bag for every 2 or 3 cups of boiling water, then cover, turn down the heat and simmer for 10 to 15 minutes. Not only will it make double or triple the amount of tea per bag, but it will also be getting more of the herb's healthful active components into the brew. This tea has properties that are anti-fungal, anti-bacterial, anti-viral and anti-yeast; it will support the immune system and decrease negative inflammation in the body.* Leftover tea can be kept in the fridge and served cold or iced as well as reheated. It can also be used as a base for the other formulas or added to the water used for houseplants, or pets.

The **Matte Tea** is the herb Yerba Matte combined with the Treasure Tea™ formula. TIP: Though it has the Treasure Tea in it, *Matte is NOT an herb that you want to boil.* Simply add hot, almost boiling water to it and steep for about 3 or 4 minutes; extra hot water can be added as needed to extend the use of the bag. It has a somewhat bitter flavor compared to Treasure Tea, similar to green tea and can be sweetened by adding Stevia or other sweeteners. Some people also add one of their favorite soy, rice or nut milks. Yerba Mate is an energizing and remarkably healthful herb full of essential nutrients. Being so nutritious it is also known to stave off hunger.* Matte contains mateines which are similar to caffeine, but does not promote addiction.

SUPER FOODS & IMMUNE BOOSTERS

Aquazon™ is a remarkable wild food that supports the immune system by stimulating the production and movement of natural killer cells. It is also an excellent source of naturally occurring amino acids (proteins), and provides Omega-3 Essential Fatty Acids essential to cardiovascular health.* Most of the Amazon formulas are regarded as tonics primarily using herbs that are considered adaptogens. As they build up in the body over time, new levels of health and well-being are experienced. Unlike most of the Amazon Herb formulas Aquazon™, does not have the same accumulative effect, but works primarily when you take it and for some time thereafter. For this reason it is more effective to take it at least twice a day. One can take 2 or 3 capsules or more at a time, some people takes as many as 10 to 15 per day. TIP: *As with several of these rejuvenating products some may experience energizing effects*

and may want to refrain from taking them too late in the day or too close to bedtime.

Arcozon™ is a broad-spectrum immune enhancer that works differently than Aquazon™. It can be used daily along with the other formulas to build up the body's defenses. If one were feeling particularly run down and vulnerable to sickness it would be a good idea to step up the intake of both Arcozon™ and Aquazon™, and anything containing Uña de gato, like Treasure Tea™. You can read more about Uña de gato here.

DETOXIFICATION

Envirozon™ is a powerful detoxifier that supports liver and gallbladder function and promotes enzyme activity.* *TIP: As with each of these formulas it is important to drink plenty of clean fresh water throughout the day.* The herbs in Envirozon™ and as well many of the other formulas will draw toxins from the body's systems. In addition to using **Fiberzon**™ it is important to flush them out with ample amounts of water. Another key Rainforest botanical Chanca Piedra, which is also used to support gallbladder and kidney function, can be found in **Treasure Tea**™, **Envirozon**™, **Illumination**™ and **Fiberzon**™. Chanca Piedra is known as the "stonebreaker" for its ability to breakdown kidney and gall stones and to relax the urethra allowing the body to pass stones naturally and painlessly, unrestrained.*

BALANCE

Calmazon™ is pretty much self-explanatory. Having a calming effect, it acts as a relaxant. For those who have nervous energy or attention issues, it can be effectively used daily as part of the normal diet. It can also be used more during stressful episodes, to unwind, induce relaxation, and relieve stress for sleeping soundly.*

Metabazon™ lessens the 'afternoon slump' by regulating blood sugar levels and balancing metabolism.* Metabazon™ helps to facilitate the body's ability to convert carbohydrates into quick and balanced energy throughout the day. This helps to significantly reduce cravings as well. If you are feeling sluggish or craving sweets by the afternoon, a perfect solution would be a cup of **Matte tea** with a teaspoon of Metabazon™ and a few drops of **Stevia**. This would balance the blood glucose levels and help satisfy that sweet tooth craving without having to resort to candy, bread or others sources of a quick sugar/carbohydrate fix. **Metabazon**™ can make a significant difference for somebody with Diabetes or Hypoglycemia.*

Lunazon is a great supporter for female hormonal balance. **Sumacazon** is a very powerful in supporting hormonal balance in men, and adding **Lunazon** with Sumacazon is an ideal and powerful duo for total female hormonal balance.

If you crave something sweet try **Chocamaca**[™], a healthy organic dark chocolate infused with Rainforest botanicals. **Chocamaca**[™] balls go great with a cup of hot Matte or Treasure Tea[™] or anytime that sweet tooth kicks in!

ENERGY, ENDURANCE & MUSCLE TONE

Definitely try **Warrior**[™] when you're going to be doing something physical - any sports, bicycling, working out, dancing, jogging, hiking, or anything else you enjoy. An athlete using Warrior[™] will notice greater performance and increased stamina.* Warrior[™] is a power-packed tonic that boosts energy flow, mental focus and endurance, and shortens recovery times.* It's great combined with **Sumacazon**[™]. The herbs in both of these formulas help to tone and build muscle mass. Adding **Aquazon**[™] to this powerful combo provides essential nutrients for muscle and joint support, as well as energy, focus and mental clarity.* And of course, it is essential to follow up a hard work out or any physical activity with **Recovazon**[™].

RECOVERY

Recovazon[™] has changed many lives because of its anti-inflammatory and muscle recovery attributes. It reduces inflammation, speeds recovery and increases flexibility and circulation. It helps promote recovery from physical exertion and muscle soreness, reducing formation of oxidative compounds. It will aid in the recovery of surgery and help re-knit fractured or broken bones. It's good for people suffering from arthritis, or for the relief of any kind of "itis" symptom.* We take it daily and use extra when appropriate. Its counterpart is the absolutely amazing **Recovazon Gel**[™] - it comes in handy for all sorts of topical applications, e.g. bruises, scrapes, insect bites, burns, sunburn, rashes, relief from itching, etc. It's ideal to keep some in the car, a travel kit or anywhere on hand for whenever it's needed.

ANTI-OXIDANT

The ultimate anti oxidant to promote healing of the entire body, from the inside out is found in one of the most legendary herbs of the Amazon, **Sangre de Drago**. It is among the strongest natural antioxidants known. The dried sap of the Sangre de Drago tree contains 90% proanthocyanidins (OPCs) the same

phyto-nutrient found at much lower concentrations in pycnogenol and grape-seed extract.*

Sangre de Drago is also used widely in the Rainforest for its ability to assist skin regeneration and the health of body tissue. When applied directly to a wound it seals the opening forming a new skin—as a natural antibiotic it lessens the pain, inhibits infection and hastens the healing process—a scab is quickly formed, and when it falls off there is virtually no scarring. As well as taking it internally, Sangre de Drago is the perfect addition to the medicine cabinet or a first aid kit, and great to have readily available in case of emergencies.

Amazon Herb Company offers a Sangre de Drago liquid containing 80% pure sap combined with a full-spectrum 20% spagyric extract of the bark. TIP: *Drops of Sangre de Drago can be added to any of the other tinctures when making a drink concoction, or you could take it in the Liquizon™ form, 2 or 3 Liquizon capsules a day.* The company also uses Sangre de Drago in their Fiberzon™ formula for aiding in the healing of ulcers, lesions and leaky gut syndrome.*

LYMPHATIC DRAIN & ANTI-MUTAGENIC PROPERTIES

Graviola supports healthy cell division, provides optimum immune support and assists the body's immune system in cleansing abnormal tissue growth.*

Gravizon™ is the ultimate blend to stimulate blood and lymphatic circulation, and protect against free radicals. Gravizon™ blends Graviola with three other powerful Amazon Herb formulas: Arcozon™, which maintains the body's defense system; Envirozon™ which helps cleanse the body of toxins; and Recovazon™ which supports the body in healing.* Gravizon™ also contains Camu Camu, Sangre de Drago and Abuta. This synergistic blend promotes exceptional immune function.* Do an Internet search of Graviola for additional information on this remarkable herb.

PLANT ALCHEMY & WILD FOODS

In addition to the unique spagyric processing, much of what makes Amazon Herb formulas so powerful and effective is its wild food advantage. As mentioned earlier, Amazon Herb formulas have been made predominately from adaptogenic herbs that are considered tonics, and though the company has taken great care to utilize botanicals that can be safely, effectively and beneficially used on a daily basis, it is also a good idea to give our bodies a break from time to time. Some people choose to take one day a week off; others will refrain from taking the herbs a few days each month. Experience will determine what works best for you.

NATURAL SKIN CARE

As well as the outstanding nutritional products that Amazon Herb Company is so well known for, they have also developed a fantastic all-natural Skin Renewal System. The pure ingredients and beneficial compounds in the **Lluvia** (“jú-vee-ah”) skin care line contain *absolutely NO chemicals* and gives us a new natural choice for clear glowing skin that is alive and well nourished.

Please – for more information go through the Amazon Herb Reference Guide which has been sent to you. There you will find absolutely everything about the products. Enjoy!

Have fun and welcome to a new life of ultimate health!

*We must say - * These statements have not been evaluated by the Food & Drug Administration. The information provided in this document or on the linked website is for educational purposes only and is not intended to diagnose, cure, treat or prevent disease.*

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“Thank You For Recognizing the Value of Our Living Rainforest”