

THE SHEDDING TOOL GUIDE

INTRODUCTION

Follow us in “code” for a bit. People are experimenting with a brand-new dance. There are so many unknowns, but one thing is for certain—no one wants their toes stepped on by the new dancers. And we especially don’t want anyone dancing in the garden where our little sprouts are growing. Are there any tools in the garden shed that can help protect us all? We think so! Keep reading to find which tools are protective and the research behind their effectiveness.

About the Authors



Kate Tietje, Lead Herbalist and CMO at Earthley, has more than 10 years of experience working with and independently researching herbs. Kate is well known in the natural living community, with more than 73,000 followers on her blog, Modern Alternative Mama, where she shares her research, advice, and DIY tips for herbal remedies.

Kate's greatest passion is inspiring and empowering people to live healthy and productive lives, naturally. She is also the co-author of "Natural Remedies for Kids," (August 2015, Quarto Press) along with Dr. Bob Zajac, a board-certified pediatrician. The book shares the most effective natural, make-at-home remedies for the most common children's ailments.

When Kate isn't busy making new herbal products at Earthley, hosting local "Make and Take" nights, or blogging and researching, she is taking care of her six children on her ten-acre homestead in Ohio.



Stephanie S. Sinclair, MS, MA. Steph enjoys learning about all things holistic health and dreams of someday owning a homestead farm to enjoy with her husband, three children, and their two dogs.



Emma Shiflet, Marketing Coordinator. Emma has always had a passion for natural health and medical freedom. She’s studied herbalism for over 3 years and has over 1 year of marketing and social media experience. She continues studying herbalism with Kate as her mentor.

A BRAND NEW DANCE

Enough with the code, but we are going to “go there” and discuss SARS-CoV-2, the experimental vaccines, shedding concerns, and immune support.

In April 2020, Earthley Wellness received a warning letter from the FDA cautioning that our herbal tinctures and herbal remedy products cannot be presented as being intended to mitigate, prevent, treat, diagnose, or cure COVID-19. In the interest of clarity, this digital guide does not contain any cures or treatments, but it does contain science. We have compiled an overview of research studies, conducted during the past year, examining the natural immunity supports scientists have examined regarding SARS-CoV-2 and its spike proteins.

NEW VACCINES ON THE MARKET

In May 2021, according to USAfacts.org, at least 160,177,820 people, or 48% of the population has received at least one dose of the experimental Covid-19 vaccine. Overall, 126,605,166 people or 38% of the population have been fully vaccinated (1).

The Vaccine Adverse Event Reporting System (VAERS) data clearly demonstrates that adverse events and death rates post-Covid-19 vaccine continue to rise. According to the Everly Report’s synopsis of the VAERS data (2).

4,434 deaths have been reported to VAERS as of May 10th, 2021. Other adverse events reported include stroke, blood clots, thrombosis, shingles, sepsis, paralysis, heart problems, miscarriages, and preterm labor (2). It’s important to note that a small number of adverse events are ever reported to VAERS. It is estimated that number may be possibly as low as 1% of all adverse events (3).

As these injections do not have full FDA approval (Emergency Use Authorization only) at this point, it stands to reason that many in the general population are concerned about the risks and side effects. Perhaps, more importantly, many people are concerned about the unknowns we are currently facing as there is no long-term data related to human-use of these shots.



VACCINE SHEDDING CONCERNS

A major concern that has arisen in the past several months is that of shedding or transmission by vaccinated individuals to unvaccinated individuals. As these new shots do not contain live virus, why would this even come into question? The mainstream media has already flooded Google with articles stating that shedding is in no way possible. Doctors and scientists who are even discussing the possibilities of the shedding “phenomena” are being slammed as anti-vaxxer propagandists.

So why is shedding a concern? Because thousands of women across the world have flooded social media with their personal stories. Groups are forming, because women have discovered a common experience—strange health symptoms after close contact with vaccinated individuals. The censorship against these discussions is so intense that social media group members have resorted to speaking in code and using link shorteners to hide keywords in shared information. Many of these groups are gaining tens of thousands of members then deleted within weeks or even days. Unvaccinated women are reporting unexplained bleeding, menstrual irregularities, miscarriages, nosebleeds, headaches, lethargy, and more after close contact with vaccinated persons. Women are desperately searching for answers and ways to protect themselves and their families.

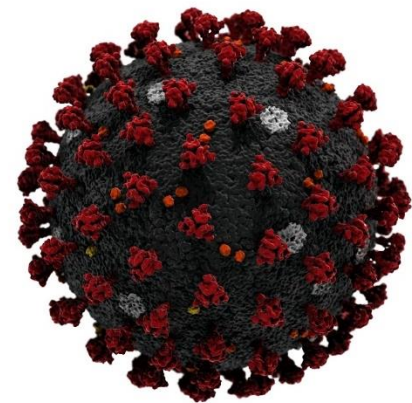
Yet, the mainstream news is working hard to combat the “disinformation” by stating it’s simply not possible for anything to shed or transmit from the vaccinated to the unvaccinated. Let’s point out also that individual ladies have little to nothing to gain from asking questions and sharing experiences. By contrast, as a direct result of Covid-19 vaccine company shares soaring, the world now has at least nine new billionaires (4).

It’s also worth noting that the National Childhood Vaccine Injury Act, signed into law in November 1986, eliminated the financial liability of vaccine manufacturers due to vaccine injury claims. This means that while the profit motive remains for vaccine manufacturers, their companies are shielded if injuries occur among individual vaccine recipients.

Vaccine shedding...is it even possible?

We know the news says it’s not possible for mRNA vaccine recipients to shed anything. Aside from the thousands of stories coming forth from unvaccinated individuals, let’s look at what scientists and doctors on the other side of the debate are saying.

First of all, while this study does not directly name “shedding” this is very interesting information to consider. In late April 2021, the highly respected Salk Institute confirmed conclusively that COVID-19 is a vascular disease. To demonstrate how the SARS-CoV-2 virus damages and attacks the vascular system on a cellular level, the researchers created a “pseudovirus.” This “pseudovirus” was surrounded by SARS-CoV-2 spike proteins, but did not contain any actual virus. In the animal model, exposure to the pseudovirus spike proteins resulted in damage to the lungs and inflammation in endothelial cells lining the pulmonary artery walls. The study proves that exposure to the spike protein alone is enough to cause disease (5).



Spike proteins alone are enough to cause disease. This is where doctors are sounding an alarm. If unvaccinated individuals are reporting symptoms, could it be that vaccinated individuals are manufacturing spike proteins then somehow transmitting these spike proteins?

VACCINE SHEDDING CONCERNS

On May 26, 2021, Luigi Warren, an mRNA technology pioneer, tweeted this statement (9):

"I believe the "shedding" idea is that the vaccinated shed spike protein, not virus. And, it is certainly true that people vaccinated with mRNA vaccines do shed spike protein, but in miniscule amounts that almost certainly can't cause disease/malaise in others."

Twitter quickly removed the post to which Warren responded, "Just appealed as follows: *The tweet you locked me out for is correct. I am the inventor of the technology on which Moderna was founded – look it up. I know what I am talking about.*"

If the inventor of mRNA-based technology acknowledges that spike proteins can shed, whether or not he believes it may occur in miniscule amounts, shouldn't we listen to the thousands of unvaccinated people reporting symptoms...and investigate?

Dr. Lawrence Pavlevsky, recommended in an interview, to avoid injected people because we simply don't know. Again, no long-term studies are available concerning these vaccines (6).

"And so, what we're seeing in women who get the injection is a very large, hundreds of percent, increase in miscarriages and stillborns of their baby, all being reported to Vaccine Adverse Event Reporting System...And now what we're seeing is women who are around others who've been injected, are having the same experience, which has to raise the suspicion that not only does that messenger RNA make the body produce spike protein on an ongoing basis, but that spike protein is probably shedding out of the breath, the saliva, the skin, and who knows where else in the body it's being shed from." – Dr. Lawrence Pavlevsky

In a paper co-authored by Stephanie Seneff, Ph.D., an expert in protein synthesis and senior research scientist at MIT, Seneff states,

"There has been considerable chatter on the Internet about the possibility of vaccinated people causing disease in unvaccinated people in close proximity. While this may seem hard to believe, there is a plausible process by which it could occur through the release of exosomes from dendritic cells in the spleen containing misfolded spike proteins, in complex with other prion reconformed proteins. These exosomes can travel to distant places. It is not impossible to imagine that they are being released from the lungs and inhaled by a nearby person (7)."

The paper also points out that the early Pfizer mRNA trials implied an anticipated possibility of secondary exposure to the vaccine. The study protocol included reporting requirements of "environmental exposure during pregnancy" which included exposure "to the study intervention by inhalation or skin contact." This included the suggestion of two levels of indirect exposure: "A male family member or healthcare provider who has been exposed to the study intervention by inhalation or skin contact then exposes his female partner prior to or around the time of conception (7)."

Cautions during pregnancy.



VACCINE SHEDDING CONCERNS

While the CDC and WHO originally recommended against pregnant women getting vaccinated, the recommendation quickly flipped despite a lack of data. An April 2021 study reports preliminary findings of mRNA safety among pregnant vaccine recipients according to the VAERS and the v-safe pregnancy registries and even notes the probable under-reporting of adverse events (10). The paper states the most common adverse event reported is miscarriage, which was the same main result reported after the introduction of the 2009 H1N1 vaccine. The main conclusion is there is limited data available, but “continued monitoring is needed to further assess maternal, pregnancy, neonatal, and childhood outcomes associated with maternal Covid-19 vaccination, including in earlier stages of pregnancy and during the preconception period (10).”

As of May 7, 2021, VAERS has received 247 reports of miscarriage (2). At this point, there aren't any studies available to determine if any of these are causal from the vaccine. Again, remember that somewhere between 1-10% of adverse events are ever reported to VAERS as cited above (3).

This makes it plainly clear that women choosing to reach the mRNA vaccines are truly participating in experimental trials. And how many of these women are thoroughly informed of potential risks in advance or how to properly report any adverse events?

As mentioned earlier, perhaps even more alarming is the thousands of unvaccinated women reporting incidences of miscarriages and menstrual irregularities. In fact, so many stories have been anecdotally shared that a group of independent doctors and researchers started a survey to collect the experiences. Their website is - Mycyclestory.com

The concern regarding reproductive health is so alarming that Dr. Janci Chunn Lindsay, a virologist who holds a doctorate in biochemistry and molecular biology from the University of Texas with more than 30 years of scientific experience, primarily in toxicology and mechanistic biology, has called for a halt in the use of Covid vaccines.

She states, “**There is a credible reason to believe that the Covid vaccines will cross-react with the syncytin and reproductive proteins in sperm, ova, and placenta, leading to impaired fertility and impaired reproductive and gestational outcomes.** (8).”

Shouldn't we be concerned with long-term effects on fertility? With no data, we think the question should be asked...what happens down the road? A safety document by the European Medicines Agency confirms that mRNA vaccines bioaccumulate, with a high concentration of the vaccine particles sequestered in the ovaries (11).

So how is it that these products are still being recommended to women and more recently to children? It's all rather unbelievable considering we now know that spike proteins and vaccine particles can bioaccumulate and potentially cause damage in organs, especially the ovaries.



WHAT CAN WE DO?

We already know there is much we DON'T know. And that's the issue with mainstream science. Shouldn't we be allowed to ask questions and demand clear answers beyond the spoon-fed headlines of the mainstream media? Thousands of women are asking the big question of: how do we protect our families?

Despite the year-long lockdowns, many of us have managed to continue social activities and just "living." We've taken preventive measures by continuing good hygiene practices, eating real food, getting in sunlight, breathing fresh air, and filling the gaps with herbs and supplements. We've allowed our children to breathe and just be kids enjoying time with friends. Now, as much of the world believes we are heading back to normalcy, the unknowns of shedding or transmission is creating a somewhat reverse situation for those of us who have previously lived free of fear. Should the unvaccinated be fearful now? With increasing reports of menstrual irregularities, nosebleeds, bruising, headaches, and even miscarriages in unvaccinated women, it's honestly difficult to not to be concerned.



There is a massive propaganda push to increase vaccination rates. We're seeing corporations remove mask-wearing requirements for vaccinated employees while some are even offering financial bonuses. Businesses are offering free "perks" like coffee, beer, donuts, and burgers...all the "healthy" stuff. Meanwhile, state governments are using tax-payer funding to offer lottery tickets and college scholarships!

As participation rates increase, it will be more and more difficult to avoid close contact with all recently vaccinated people. It's just not realistic to think it's even possible to avoid forever. Your child may be exposed to individuals at school or in sports. Perhaps you work in an office setting with multiple people. It's possible also that close family members have selected to receive the shots, and you don't want to avoid your family for an extended period of time. On top of that, there is the deep concern for the health and well-being of our family members who have participated in the experimental shots. Will they be ok and will we be ok if we are in close contact?

Is there anything we can do?

Nature does provide hope in the form of support for the immune system. In this next section, we will focus on immune boosters. Legally, we can't determine what remedies can treat or prevent a SARS-CoV-2 infection. We also can't determine what remedies treat or prevent viral or spike protein shedding (if that is occurring). We can, however, discuss the science. We've compiled scientific research papers published in the last year, summarizing the natural immunity supports scientists have studied as possible solutions to combat Covid-19 infection.

As the shedding symptoms seem to provoke some of the symptoms of Covid, these natural supports could also be beneficial to protect the body from symptoms potentially caused by close proximity to vaccinated individuals. Remember though that health issues are rarely solved by one magic bullet, so consider the information below then consult your naturopath or holistic practitioners.

The following research covers herbs that have been shown to help block spike proteins from entering cells or replicating. This is not proof that any of these herbs can block shedding or transmission, but it might help. Again, virtually everything about this time is unknown with new information trickling out on a near daily basis.

In this next section, we will summarize the science regarding the top herbs to support the immune system during this time of uncertainty.

HERBS FOR IMMUNE SUPPORT

Dandelion

That's right, common dandelion isn't just a weed. In fact, it's an herb that we love to include in certain tinctures for its high vitamin and mineral content. A research paper released in March 2021 reported the efficacy of common dandelion (*Taraxacum officinale*) to block protein interaction of the SARS-CoV-2 spike to the human ACE2 cell surface receptor (12). This was shown for both the original spike and several mutant form spikes in human kidney and lung cells.

This is promising news as dandelion is an incredibly safe herb in moderation, including during pregnancy and breastfeeding. One precaution to consider is if you have a ragweed allergy. Some people who are allergic to ragweed are also sensitive to dandelion.



Earthley products that contain dandelion:

- Nourish Her Naturally (organic dandelion leaf)
- Digest Support (organic dandelion root)
- Immune-Biotic (organic dandelion root)
- Mama's Tummy Relief (organic dandelion root)
- Pregnancy Tea (organic dandelion leaf)
- Cough-B-Gone (organic dandelion root)

Seed Proteins

Food peptides exhibit diverse bioactivities, including antiviral activity. Five seed proteins (quinoa, pumpkin, sesame, sunflower, and rape seeds) were studied directly in relation to Covid. It was found that pumpkin-derived peptide PW could bind most strongly to SARS-CoV-2 spike protein. The study concluded (13):



"Edible seeds are a potential source of anti-COVID-19 peptides upon GI-digestion, hence they should be considered as an alternative to assist in the treatment and management of COVID-19."

Earthley product that contains pumpkin seed oil:

- Gut Health Oil

Licorice

In 2003, a study found that glycyrrhizin (a saponin-like compound found in licorice root) demonstrated anti-viral properties against the replication of SARS-associated coronavirus (14). The findings suggested that glycyrrhizin should be further studied as a potential treatment for SARS.

In June 2020, glycyrrhizin was examined specifically in relation to Covid-19 treatment. In Japan, glycyrrhizin has been used for more than 40 years to treat liver diseases, including chronic hepatitis. It's been used against a variety of human viruses for more than 30-years and can be safely combined with other drugs such as chloroquine. The study, again, recommended that glycyrrhizin should be further tested as a potential treatment against Covid-19, especially as it is safe, natural, with little risk of adverse effects (15).

Upon further study, a paper published in March 2021, showed that glycyrrhizin does indeed block viral replication by inhibiting the viral main protease that is essential for viral replication. The study indicates that consuming glycyrrhizin-containing products such as licorice root tea may be of great benefit during SARS-CoV-2 infection (16).

Earthley product that contains licorice root:

- Natural Balance

HERBS FOR IMMUNE SUPPORT

Green Tea

Did you know that the polyphenols/catechin compounds in green tea exhibit antiviral activities? They show antiviral activity against a wide range of human viruses including influenza, hepatitis B, hepatitis C, herpes simplex virus, HIV, dengue, Zika, and Chikungunya.

Research was conducted in June 2020 to determine if there is any potential in using green tea polyphenols as drug candidates for the novel coronavirus. The findings determined that green tea catechins/polyphenols (especially EGCG, ECG and GCG) could be potent anti-COVID-19 treatments (17).

A March 2021 study further supports the use of green tea to combat coronaviruses and calls for more research (18).

So whether you are looking to prevent infection from the wild virus or possible effects from transmission or shedding, a high quality green tea source may be worth adding to your routine for its antiviral properties.

Earthley products that contain green tea:

- Greens Powder

Elderberry

It almost seems cliché to point out elderberry, the go-to remedy for flu and other viral infections. A July 2021 paper discusses the potential demonstrated in vitro by both elderberry and elderflower to inhibit the SARS-CoV2 S1 spike protein (19).



Do you have more questions on how to use elderberries safely? Check out our 14-page digital guide, “What You Need to Know About Elderberries” available for free download from our website.

Earthley product that contains Elderberry:

- Elderberry Syrup DIY Kits
- Elderberry Elixir
- Herbal Throat Spray (contains elderflower)

Herbals, Vitamins, Minerals, and Healthy Habits

We know that supporting the immune system is a key component of remaining healthy and also working through illnesses. An extensive paper examining herbal immune-boosters, states the importance of uplifting the immune system through appropriate sleep, exercise, stress management, water intake and eating a healthy diet full of fresh fruits and vegetables “would anticipate the citizenry to cope with coronavirus battle via naturally vaccinating their systems (20).”

The paper also points out many herbals including CBD (for anti-inflammatory action) and turmeric, plus the following key vitamins and minerals which are beneficial for general immune support (20):

Vitamin A • Vitamin C • Vitamin D • Vitamin E • Zinc • Copper • Selenium

Earthley products rich in food-based vitamins and minerals:

- Vitamin D cream
- Cod Liver Oil
- Immune-Aid
- Oyster-Min
- Super Foods Powder
- Elderberry Elixir



HERBS FOR IMMUNE SUPPORT

Garlic

You might still think of garlic as an old wives' tale remedy for earaches or just a healthy spice to flavor up dinner. Garlic, however, really does have powerful anti-viral properties. So much so that garlic oil has been studied specifically against SARS-CoV-2.

Using garlic obtained from a local market then an extraction process to isolate garlic essential oil, researchers found a promising candidate in the Covid fight. The study, published in March 2020, found the compounds in the garlic essential oil inhibited the protein maturation of the virus and the spread of infection (21).

Who says garlic is just for fending off vampires?



Essential Oils

A wide variety of essential oils were tested for antiviral properties and almost all were found competent as potent antiviral agents as inhibitors of the SARS-CoV-2 spike protein.

The following essential oils were found most effective (22):

- Star Anise (also contains shikimic acid which we will cover later)
- Fennel (also contains shikimic acid)
- Thyme
- Oregano
- Cinnamon
- Tea Tree
- Lavender
- All Purpose Spray



Earthley products with beneficial essential oils:

- All Purpose Spray (for spot cleaning, air freshener, hand sanitizer, and deodorant)
- Cleaning Spray Concentrate (Lemon-Thyme all-purpose cleaner)
- Blue Bliss Essential Oil Roller (available in summer, contains lavender)

Rock Rose

If you follow the Everly Report, you may have heard about Rock Rose (*cistus incanus*) tea. The phenolic compounds of rock rose block entry of viral spike protein into the cell. In a study examining the antiviral properties of rock rose against HIV and filoviruses, rock rose was found to block primary virus attachment to cells by selective targeting of the viral envelope glycoproteins (23).

We know that the hope for vaccines is that spike proteins can induce antibodies to block virus binding and fusion or neutralize virus infection (24). Perhaps, rock rose is able to achieve similar outcomes according to the study cited above. Take caution, however, as rock rose tea is likely not safe during pregnancy.



HERBS FOR IMMUNE SUPPORT

Shikimic Acid

Shikimic acid is plant phytochemical, found in pine needles, fennel seeds, and star anise that has great benefits against clotting (25).

If you've searched for information about protection against potential shedding then you've probably heard about pine needle tea. Some variations of pine needles are toxic to humans. Also, you want to be careful with sourcing as you don't want pine needles contaminated with fungus or mold. Pine needle tea is also likely not safe during pregnancy.

So, what is it about pine needle tea that is supposed to be protective?

It's the shikimic acid contents as it is known to reduce platelet aggregation (26). This means it can help stop blot clots from forming. We know that clotting and unexplained bleeding incidences are being reported by those vaccinated and unvaccinated individuals in close proximity to the vaccinated.

Interesting note about shikimic acid. You've probably heard about the dangers of glyphosate, aka Round-up, the carcinogenic pesticide. Glyphosate works by preventing plants from making certain proteins that are needed for growth. Glyphosate, specifically, stops the shikimic acid enzyme pathway. The shikimic acid pathway is necessary for plants and some microorganisms in order to grow (27).

Earthley products that contain fennel:

- Feel Better Fast
- Infant Tummy Relief
- Digest Support



Detoxification Pathways

"Detox" is all about supporting the body's own detoxification pathways. Whether your facing illness or just trying to clear out the pollutants we face on a daily basis, the elimination pathways often need support to keep up. The liver and lymphatic systems are a good place to start with general detoxification.

Lymph is the fluid that surrounds cells and clears waste from the body. Lymphatic massage, key herbs, and dry brushing can help keep lymph moving, so it doesn't stagnate. The liver filters out toxins from the blood then eliminates wastes through the digestive system. Modern life, diet, pollutants, and pharmaceuticals can overburden the liver. Castor oil packs, exercise, and key herbs like peppermint, dandelion, and milk thistle can help the liver function at its best.

Ready for more detailed info, including how to make detox safe for little ones and while pregnant/nursing? Download our free Vaccine Detox Protocol 2020 digital guide from our website. There are 60 studies cited that show how specific foods and herbs support your body and aid detox, so that you can read further about how to help yourself or your family.

Earthley products to support the detox pathways:

- Liver Love
- Castor Oil
- Lymphatic Cream
- Vaccine Detox
- Detox Bath

EARTHLEY SOLUTIONS TO SUPPORT THE IMMUNE SYSTEM & DETOXIFICATION

Reminder:

As of May 2021, it has been reported that mild cases of naturally-acquired Covid 19 result in long-lasting antibodies according to researchers at Washington University School of Medicine in St. Louis (28). The findings were published in the journal Nature and state that SARS-CoV-2 infection induces a “robust antigen-specific, long-lived humoral immune response in humans.”

This is great news as it confirms what we've known all along...a nourished immune system can and does protect individuals for the long-term. No booster shots required.

Earthley's Immune Supporting Solutions

- **Nourish Her Naturally** - (Key ingredient: organic dandelion leaf)
- **Nourish Me Naturally** - (Key ingredient: organic dandelion leaf)

Our herbal multivitamins are the organic way to help your body get the nutrients it needs! Formulated to provide your body with safe and effective levels of vitamins and minerals it can properly absorb.

- **Digest Support** - (Key ingredient: organic dandelion root and fennel seed)
Power your elimination pathways with Digest Support. Bitter herbs have been used for decades as digestive support tonics. Bitter and sour flavors promote the secretion of digestive juices that improve the digestive process. Modern diets typically avoid these flavors, so we don't usually get what our digestive system needs to work its best.
- **Immune-Biotic** - (Key ingredient: organic dandelion root)
Our Immune Biotic is perfect if you are feeling under the weather and need something fast. Immune Biotic uses immune-supporting herbs to give your body a jump start to fight off germs. Take for three to seven days and kick that cold or flu to the curb.
- **Mama's Tummy Relief** - (Key ingredients: organic dandelion root and fennel seed)
This tincture supports healthy liver function, banishes bloating and nausea, and promotes gut health. While it was formulated for expecting mamas, it's perfect for anyone with general stomach upset, too!
- **Feel Better Fast** - (Key ingredients: organic elderflower and fennel seed)
Unlike conventional remedies, Feel Better Fast doesn't suppress symptoms and fight against the body. It gently works with it, easing symptoms but allowing the body to work through the illness naturally.
- **Infant Tummy Relief** - ((Key ingredient: organic fennel seed)
This tincture was made special for little tummies, but works for stomach upsets of all ages! It can relieve occasional gas, bloating, and pain naturally.
- **Pregnancy Tea** - (Key ingredient: organic dandelion leaf)
Navigating immune support during pregnancy can be a daunting task. This nourishing herbal formula contains all the nutrients you may be missing out on in one tea blend.
- **Cough-B-Gone** - (Key ingredient: organic dandelion root)
Say goodbye to the annoying coughs and cold symptoms with our Cough-B-Gone! We have created this natural product to relieve you and free of synthetic, chemical-tasting cough syrups, and this one only has pure herbal ingredients.

EARTHLEY SOLUTIONS TO SUPPORT THE IMMUNE SYSTEM & DETOXIFICATION

- **Gut Health Oil** - (Key ingredient: organic pumpkin seed oil)

Gut health is very important, we have created this tincture to help you detox, support the immune system, and get you back to having strong gut health.

- **Natural Balance** - (Key ingredient: organic licorice root and organic dandelion root)

We made this tincture for women struggling with the ups and downs of hormones. This herbal remedy can help steady hormone levels and provide you with increased energy, calmness, and better quality sleep.

- **Greens Powder** - (Key ingredient: organic green tea)

Our Greens Powder is a vitamin-rich combination of traditional greens including spirulina, kelp, and green tea. Enjoy a natural energy boost, improvements to gut health, and an overall feeling of wellness.

- **Elderberry Elixir** - (Key ingredient: organic elderberry)

Elderberry Elixir is a liquid supplement that combines elderberries and other immune-supporting herbs for everyday wellness. It's a potent cold and flu fighter, shelf-stable, and super concentrated, which makes it a cost-effective option.

- **Elderberry Syrup DIY Kits** - (Key ingredients: organic elderberry)

Be ready to whip up a fresh supply of Elderberry syrup right when you need it. Each of our kits makes about two cups of syrup; that's enough to last a month for a family of four. Staying healthy has never been simpler—just add water and raw honey!

- **Herbal Throat Spray** - (Key ingredient: contains elderflower)

Earthley's Herbal Throat Spray is infused with anti-viral herbs and has a pleasant, sweet flavor. Banish sore throats naturally with cooling peppermint, while your immune system gets the support it needs.

- **Vitamin D Cream** - (Key ingredient: food-based Vitamin D)

Our natural Vitamin D Cream is based on cod liver oil, which contains both vitamins A and D as well as some vitamin E and K2. The fat-soluble vitamins are balanced so that they can be used by the body in the easiest way possible.

- **Cod Liver Oil** - (Key ingredient: food-based Vitamin D)

Pure, virgin cod liver oil, straight from Norway! No contaminants, no additives. A rich source of vitamin A, vitamin D, and omega-3 fatty acids.

- **Immune-Aid** - (Key ingredient: food-based Vitamin C)

A single teaspoon of our organic vitamin C powder contains approximately 560 mg of vitamin C—that's 930% of the daily value! Take alone or add to a smoothie for a powerful nutritional boost. Immune Aid is made with organic, 100% pure food that your body can actually absorb and use.



EARTHLEY SOLUTIONS TO SUPPORT THE IMMUNE SYSTEM & DETOXIFICATION

- **Greens Powder** - (Key ingredient: organic green tea)

Our Greens Powder is a vitamin-rich combination of traditional greens including spirulina, kelp, and green tea. Enjoy a natural energy boost, improvements to gut health, and an overall feeling of wellness.

- **Oyster-Min** - (Key ingredients: food-based zinc, selenium, copper, and more)

Oyster-Min combines heavy-metal-free oyster meat powder with mustard seeds and celery seeds for a naturally rich source of zinc, selenium, B12, copper, and iron as well as other trace minerals and amino acids.

- **Super Foods Powder** - (Key ingredients: quercetin-rich berry mix)

This nourishing powder is rich in naturally-occurring vitamins and minerals, and antioxidants. It can support gut health, immune health, natural energy levels, and hormone balance. Mix it into yogurt or smoothie for a whole-body boost!

- **All Purpose Spray** - (for spot cleaning, air freshener, hand sanitizer, and deodorant, Key ingredient: contains lavender)

Keep the power of lavender and lemon essential oils with you while on-the-go or at home. The only spray you'll ever need! For cleaning, sanitizing, air freshener, even deodorant! Comes in 2 oz and 8 oz sizes: one perfect for on the go and the other plenty for at home.

- **Cleaning Spray Concentrate** - (scented all-purpose cleaning concentrate Lemon-Thyme essential oils Key ingredient: thyme essential oil)

Our Cleaning Spray provides a pure clean you can trust! Using the most natural and effective ingredients, you can finally enjoy cleaning with products that are safe for the whole family. Use to clean surfaces throughout your home. Select the Lemon-Thyme scented version for the added antiviral power of thyme essential oil.

- **Blue Bliss Essential Oil Roller** - (available in summer, Key ingredient: contains lavender essential oil)

Key ingredient: food-based Vitamin D)

Pure, virgin cod liver oil, straight from Norway! No contaminants, no additives. A rich source of vitamin A, vitamin D, and omega-3 fatty acids.

Take a little lavender essential oil with you while out and about. The Blue Bliss Essential Oil Roller, combines cucumber seed oil with relaxing essential oils to treat your senses with an amazing smell and natural benefits. Blue Bliss is a limited-edition product for the summer season.



Earthley's Detox Support Solutions

- **Liver Love** - Liver Love supports liver health by assisting detox and proper function. Your liver is a critical organ—give it some herbal, natural love! Also contains organic dandelion root.
- **Castor Oil** - (We've infused our organic castor oil with herbs that also help to relieve pain and promote wellness for extra benefits. This way, it can help with sluggish livers and kidneys, inflammation, joint pain, and occasional constipation.
- **Lymphatic Cream** - Tackle lymphatic congestion at the source. Our Lymphatic Cream gently encourages drainage – reducing soreness and improving overall wellness. Great for detox, and great for pesky drainage and pain related to allergies, colds, and more.
- **Vaccine Detox** - (The Vaccine Detox tincture isn't just for post-vaccination. The herbs we include help detox heavy metals and support the liver, gut, and immune system. Use this tincture to restore the body, improve energy levels, and heal the gut!
- **Detox Bath** - Detoxing can be a little draining, especially if it's a more intense detox. One of the best ways to feel better is by taking a bath! The herbs in this mix can relieve pain, soothe rashes, promote lymphatic health, and improve sleep.

Don't forget to download the supporting guides mentioned above:

- [Vaccine Detox Protocol 2020](#)
- [What You Need to Know About Elderberries](#)



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