

List of products and suppliers - UK

Product: **Acidophilus**
Use: Aids in maintaining a healthy digestive system (especially whilst and after a course of antibiotics)
Suppliers: Holland and Barrett
www: www.hollandandbarrett.com



Product: **Borax**
Use: Laundry aid, environment spray, bath aid
Suppliers: Dri-pak, Small hardware/home ware shops, Boots, Summer Naturals, Ebay
www: www.dri-pak.co.uk/borax.html
www.summernaturals.co.uk, www.boots.com, www.ebay.co.uk



Product: **Bug Arrest**
Use: Enzyme cleansing product - multi-purpose (skin, pets, environment)
Suppliers: Tropical Oils Europe (Ireland)
www: <http://coconut-oils.net>



Product: **Citric Acid**
Use: Laundry aid, environment spray
Suppliers: Small hardware/home ware shops, Summer Naturals
www: www.summernaturals.co.uk



Product: **Coconut body butter (Dermalogics)**
Use: Skin moisturiser. Let it dry and rub it out. Great for purging fibres etc.
Suppliers: Tesco supermarket, ebay
www: www.ebay.co.uk



Product: **Coconut oil**
Use: Skin moisturiser, cooking oil. Good anti-fungal.
Suppliers: Holland and Barrett
www: www.hollandandbarrett.com



Product: **CoEnzyme Q-10**
Use: Naturally found in body, helps with energy production. Has multiple protective benefits to organs and arteries.
Suppliers: Available from Tesco supermarket, Holland and Barrett.
www: www.hollandandbarrett.com



Product: **Diatomaceous earth (DE)**
Use: Environmental powder for home and outdoor use. Used internally as a parasite cleanse (Food grade containing < 1% crystalline silica)
Suppliers: Natural feeds & fertilisers
www: www.naturalfeeds-fertilisers.co.uk



Product: **Divine Skin Cream (DSP)**
Use: Specialist cream offers relief and defence from skin symptoms
Suppliers: SMG (Germany)
www: www.s-m-g.org/dsp



Product: **Essential oils**
Use: Bathing, add to skin moisturiser/shampoo (peppermint, teatree, citronella).
Suppliers: Ebay, Summernaturals, Holland & Barrett, Enaissance
www: www.ebay.co.uk, www.summernaturals.co.uk, www.enaissance.co.uk, www.hollandandbarrett.com,



Product: **Grapefruit Seed Extract**
Use: Antibacterial, antiviral, and antifungal. Used internally, gargle, skin
Suppliers: Citricidal: Higher Nature, Body Kind
www: www.highernature.co.uk, www.bodykind.com



Product: **Green tea (Clipper Organic)**
Use: Taken internally and used as skin spray. Anti-bacterial, antifungal, antiviral, antiparasitic. Take with lemon juice to avoid anaemia
Suppliers: Any supermarket



Product: **Hibiscrub**
Use: A rapid antimicrobial skin cleanser. Effective against a wide range of bacteria. Contains 4% w/v chlorhexidine gluconate
Suppliers: Ebay, Hyper Drug, Express Chemist
www: www.ebay.co.uk, www.hyperdrug.com, www.expresschemist.co.uk



Product: **Himalayan table salt**
Use: Taken internally as part of salt and vitamin C protocol
Suppliers: Ebay, Summer Naturals, Health Leads Uk
www: www.thehimalayansaltcompany.com, www.ebay.co.uk, www.healthleadsuk.com, www.summernaturals.co.uk



Product: **Hydrogen Peroxide liquid solution**
Use: Skin disinfectant in baths/sprays. Mouth gargle
Suppliers: Available from most chemists inc. Tesco pharmacy, Health Leads UK
www: www.healthleadsuk.com



Product: **N-Acetyl Cystein (NAC) Capsules**
Use: One of the 20 amino acids, which play a role in normal growth and metabolism. Protects the liver, lungs and mucus membranes. Take vitamin C also with this.
Suppliers: Holland & Barrett
www: www.hollandandbarrett.com



Product: **No. 7 Protect & Perfect Facial beauty serum**
Use: Good for helping purge white deposits out of facial skin
Suppliers: Boots the chemists
www: www.boots.com



Product: **Oregano oil**
Use: Used internally and on skin. Anti-bacterial, antifungal, antiviral, antiparasitic.
Suppliers: Ebay, Body Kind
www: www.ebay.co.uk, www.bodykind.com



Product: **Selsun Blue**
Use: Anti-dandruff shampoo containing selenium sulphide for hair and skin
Suppliers: Express Chemists, Boots the chemists (larger stores)
www: www.expresschemist.co.uk, www.boots.com



Product: **White vinegar (or malt vinegar for bathing/hair)**
Use: Laundry aid, environment spray
Suppliers: Small hardware/home ware shops, Summer Naturals
www: www.summernaturals.co.uk

