

Disclaimer

The following verbal account of traditional herbal usage is **NOT** intended to take the place of specific guidance from a bonafide health authority, **NOR** are we diagnosing conditions **NOR** prescribing treatment protocols.

This booklet **IS** intended as an inspirational glimpse into the possibilities for support these herbs might provide the natural health researcher. The herbal blend described herein **IS** intended to be used by healthy individuals to attain optimal functioning.

With best wishes and high hopes, we are offering this precious herbal food supplement to humanity, as a love letter from our Creator, as an expression of Divine Intelligence from the plant world.

Sincerely, Merlin
Chief Herbalist
The Union of Divine Beings of One Sovereign State
U.D.B.O.S.S.

Introduction

Herbs have saved my life, and made it worth living. I had a history of assorted childhood challenges. The medical establishment proclaimed that I was allergic to the entire planet when I was 17 years old. Their medicine for it made me feel worse than the disease. After realizing it was actually civilization that I was allergic to, I began to study natural therapy methods with enthusiasm. **I continue discovering everything I need in nature. Recognition Of Our True Self connecting with nature, ROOTS!** It has been a wonderful and empowering journey to discover my plant friends and what they have for all of us. It was stated in the Bible (for those who need further authority), that the Creator has already provided the herbs for our every need. They were given to man directly as our food and medicine. It is up to us to discover which ones do what, and how to apply the **Abundant Divine Phyto-Materials** provided for us in nature by our Creator. My Inner Divine Intelligence has directed me to retrace humanity's emergent steps from the wilderness to see if we might have left anything of value behind along the way!!!

My continuing hunger (from birth forward), and allergies, compelled me to explore a broad range of organic nutritional possibilities, in the hopes something might really feed me. By eating plant pollens collected by bees, I was able to say goodbye to most of my allergies. My body could then recognize these powerful plant substances as food. Toward the resolution of my eating habits, I became a vegetarian, practicing better chewing and simpler food combining, using Certified Organic food elements, avoiding processed foods and pollution factors. Additionally, observing and transforming many of my limiting thoughts and feelings has enabled me to become a sensitive explorer into the possibilities for harmonious living with nature. In my twenties, I obtained a copy of the Naturopathic college text and studied it carefully. I was enchanted by the story of its founder, Dr. Samuel Hahnemann, and how he authenticated the effectiveness of herbal medicine initially (for the West). He was a very healthy man and, being a doctor of medicine, was intrigued by the rich and diverse cultural heritage of herbal medical folklore and "old wives tales." What he discovered became the foundational principles for Naturopathy, Homeopathy, and our continuing systematic inquiry into the realms of natural healing with herbs (in the West). In sequence, they are the Doctrine of Similars, whereby the first symptom exhibited by increasing doses of any herb, in a healthy person, indicate and are similar to the symptoms they help to clear. Next, the Doctrine of Signatures, whereby any herb or food may display a similar characteristic appearance to the organs or parts of the body they feed or treat. They may also have other clear indicators concerning their usage. An example of this in the tropics is a mango, which looks like the heart or the kidney, organs which they greatly assist by dissolving impurities, feeding the muscles and connective tissue, and building stamina with exotic bio-flavonoids. Another example is the coconut, which looks like a breast full of milk.

My natural health adventures began earlier, at age 15, as a nationally certified mountain rescue ski patrolman in Colorado. My continuing studies extended into herbology, vegan dietetics and nutrition, fasting, elemental therapies, exercise therapy, meditation and massage therapy. These are empowering practices when they are applied regularly in present time. Studies into the subtle arts, energy medicine: Radionics,

Metaphysics (the old word for Quantum Physics), Huna, Kundalini Yoga, and Tantra, have allowed me to identify some of the components necessary to stabilize Spirit's infinite presence in the body, to counter stress and to continue our evolution with the Divine Plan. This includes transformation within and without (personal and planetary ecology), surfing the "pole shift," or is it dimensional shift, or both. Are we ready?

Two events punctuated my personal development along the way, bringing me into "extra dimensional awareness." The first occurred in 1974 when I was working the summer in Alaska. Minutes after asking the Creator if I could be on any service here on planet Earth, I was given the experience of dissolving into the next dimension of warm golden light. This was facilitated by the rhythmic pulsations of a rainsquall pitter-pattering on the top of my tent. Upon hearing the admonition "if you want to help Me, you will need more energy, ha ha ha!" My body and consciousness both went "poof" entering into the energy field. The last thing I felt was the pulsation of my cells vibrating and beginning to move away from each other as the warm golden energy rushed into the spaces between them. Very blissful POOF. I regained consciousness the next morning inside my body, except that it had a distinct luminosity that I could only attribute to my journey.

The next event was 10 years later in 1984 while meditating late one morning in Hawaii. This time I was visited by "The Eye Of The Sky," a brilliant star that is a wet unblinking eye held within a vortex of pulsating energy convening every frequency existing in this dimension, in a distinct sacred geometrical pattern. KaElo's presence, at first, felt like the Grand Inquisitor, where I could only hope that I was "presentable." Then I knew it was seeing everything about me. After this encounter, I made a point of asking direction and permission from the Divine Presence for any activity, knowing I could be held fully accountable at any moment. I realize the absolute necessity of living in harmony with these Tremendous Vital Forces, issuing forth from the source of Creation. KaElo also made me know that it could move at the speed of thought while carrying its light body with it. I was stunned; this starry presence outshone the sun on a bright Hawaiian morning. It was visibly present, gazing at me, with my eyes open or closed, for a few brief moments. As well, it delivered the message "Eternal Youth Enterprises, E.Y.E. want you." I began to search out and study every cultural and religious mention of an "Eye Of The Sky."

Many references "shed light" on who or what this entity might be. The Hawaiian Chant Of Creation, "Kumulipo" renders the most vivid account where KaElo, the last star that Kane (God) drew out of his Calabash. This star he gave to Kaneloa, the son of God, who breathed his life into the star until it was the brightest star of all. As well, KaElo was blessed with an all-seeing eye which would observe all happenings during the time of Creation and to comfort and guide the children of God through our darkest of times. Thank you KaElo! KaElo is sometimes mistaken for a U.F.O.. KeElo is remarkable in many ways. It is a biological, inter-dimensional entity empowered by God. Its eye stays open and wet without blinking, try that. I realized many things after the encounter with "The Eye Of The Sky," particularly that its geometry and dynamics revealed an inter-dimensional doorway as well as the secret of balance in this dimension. It helped me to

understand the balanced geometry that is generating our subtle bodies' harmonics. As well, this same integrative wave provides a means to reflect our own relative integrity or the specific discrete frequency of any entity or element operating in this dimension, and to broadcast the needed supporting energy frequencies. This augments and facilitates integration of our subtle energies, strengthening our bodies, making us ready for "potential" dimensional movements.

Some cultures with ancient memories have chronicled these times of "shifting" in the past. Evidence the Mayan calendar, "ending" in 2012, and the Vedic awareness of India concerning the precession of the equinoxes with its 23,500 year cycles. The Hopis also speak of moving into the next world as this world melts away. Only natural, organic elements get to shift with us. These cultures provide a glimpse of a possible context of human evolution. Their cultural richness may provide clues to developing a stable base for our personal transformation. All of our bodies are saying, "Feed me love, caring touch, super-nutrition, abundant vitamins and minerals with hormone support, in a stable community with a sustainable environment," Win, Win, Win, Win, Win, Win, Win....

Every culture has a tremendous wealth of sacred medicinal and nutritive uses for the precious diversity of plant forms in their realm. The Chinese and East Indians have some of the oldest archives concerning the usage and development of medical realities based on their important plant resources. The Africans and Indians of all the Americas have ancient cultural awareness still preserved concerning sacred, medicinal and nutritive herbs and food usages.

Hippocrates himself, the supposed father of modern medicine, advocated nature cures with sunshine, exercise, pure foods and elements being our primary care at its most basic level. It has been argued, notably, that the orthodox medical profession is violating their own Sacred Hippocratic Oath, to first "Do No Harm." Iatrogenic illness (physician-caused) may be the third leading cause of death in the United States due to adverse effects from accepted medical protocols, pharmaceutical drug reactions, misdiagnoses, and hospital errors.

Cultural herbal usage is highlighted by proven safe strategies that have stood the test of time. These herbs contain medicinal formulas designed and distributed by our Divine Creator directly to humanity, hooray!!! Our DNA recognizes these plant substances as the medicines of our ancient ancestral **ROOTS, Recognition Of Our True Self**, fully connecting with nature!

Rambling over the planet, I have observed many delicious, useful and interesting cultural relationships with plants. Particularly, I was impressed, running with a Roots Doctor in Jamaica through his jungle storehouse of phyto-materials, bringing together a powerful and complex blend of 25 plant specimens. He would carefully prepare the fresh herbs, simmer them in 25-gallon batches for two days, and then bottle the brew into large containers. He would carry it by bus to the city, where people were eagerly waiting for it. It made everyone feel better!

After I was given a longevity elixir that had a deeply nourishing effect, I realized that it was the support of the plant kingdom my body was really yearning for. My body was demanding profound nutritional support. I felt that by selecting the purest, most nutritional and flavorful herbs worldwide, which were also Generally Recognized As Safe (G.R.A.S.), and blending them together, we could create a powerful herbal food supplement safe for continual use capable of deeply feeding the body while providing a broad range of additional medicinal support, affecting every level of human functioning in a positive way. The result is **transformational**, inside our bodies, a generous buffet of profoundly nourishing substances that help bring us to our true potential!

When I told my mother I finally found something that satisfied my hunger, she said, “Wow! Well, it should satisfy everyone else then, too!” Everyone, men, women, young and old, could have tremendous benefits from ingesting **Merlin’s Herbal Magic Roots Elixir**. It is 100% caffeine free and Certified Organic.

Some of the objectives that I hoped to accomplish with the formula are as follows (“The actual result has surpassed my furthest imagining.” Merlin)

1. To create an instant herbal drink mix which would simultaneously and synergetically affect all systems of the body in a positive way with a super nutritional boost of easily absorbed and balanced proteins, good fats, complex carbs, vitamins and minerals, that could be taken regularly as food, supplemented by the miraculous powers of each of the herbs included in the blend, (to reiterate).
2. To counter the “wasting heat” from the continuing stress present in every aspect of our human experience.
3. To protect the lungs, cleanse toxic elements from the mucus membranes, and lubricate the joints for movement.
4. Supporting and activating the immune system.
5. Opening the brain and fortifying the nervous system, bringing needed herbs, nutritional and medicinal elements across the blood-brain barrier.
6. Gently detoxifying, dissolving congestion, opening every tube improving circulation and elimination.
7. Rebuilding adrenals and kidneys, maintaining hormone and electrolyte balance. Reactivating production of Human Growth Hormone (HGH). Reversing the aging process, making ourselves ready for transformation, whatever may be coming our way!!!
8. Rebuilding the body. (Also useful for body building.)
9. Creating an infusion system which facilitates 100% bio-utilization of the herbs, in the cells. The brain is approximately 50% lecithin by dry weight, the neural myelin sheaths are 95% lecithin, all cell wall permeability is controlled by lecithin, and lecithin is a chief component of the pacifying neuro-transmitters issued by the brain and parasympathetic nervous system. The addition of lecithin and enzymes to the formula facilitates better bio-utilization in the brain and every cell throughout the body.
10. An additional effect of the infusion system has proven to be a gentle chelation of pollution factors, removing them from within the tissues.

11. Create a legal substance that imparts an instantaneous energetic lift, which endures long enough to facilitate fasting, to transform any limiting patterns that we may be dragging along (The past tense of drag is drug!) Examples are caffeine, nicotine, sugars, alcohols, and other substances which many of us use to control our present sense of comfort, power, or to fuel our motivation for success.
12. Recent research has revealed the powers of glyco-proteins, the sweet long chain aminos, which instantly feed the deepest level of our beings. My hunch is that the true tonics in this formula, the bittersweet roots, are exhibiting a similar quality of instantly supporting nutrition. These may be a natural source of glyco-proteins. I feel it.

“This formula has satisfied all my intentions, and then some!!! It has taken on a life of its own, with improvements coming through the wonderful inputs of many insightful practitioners and caring friends. Over the six years this formula has developed, the additions have included some key herbal substances which greatly increase the power and effectiveness of the formula. These later additions include maca, nettles, suma, and triphala. Most recently vanilla orchid bean has become available in a certified organic powder. How wonderful!!!” **Merlin**

The following list includes the herbs combined in

Merlin's Herbal Magic Roots Elixir Powder
in order, by their weight.

Maca: (*Lepidium Meyenii*) Treasure of the Incas. Grows at 12000-14000 ft elevation. Contains easily absorbable proteins, carbohydrates and minerals, a super food and hormone source that balances endocrines and counters stress.

Marshmallow Root: (*Althaea Officianialis*) Super food of easily absorbed high proteins, complex carbs, vitamins and minerals soothing for mucus membranes, lungs, anti-spasmodic which soothes, cleanses, strengthens and heals inflamed tissue, counters pain and arthritis, poison antidote.

Slippery Elm Bark: (*Ulmus Rubra*) Super food, easily absorbed high protein, complex carbs, vitamins and minerals, cleanses, strengthens, heals and soothes inflamed tissues, mucus membranes, counters pain and arthritis. Nutritional profile equal to oatmeal, antiparasite and laxative gentle enough for babies, urinary tonic.

Triphala: An ancient blend of three different fruits, sour and bitter, from as many types of myrobalan trees used in Ayurveda. The Tibetan Medicine Buddha, Shakymuni, said it was the king of all herbs, bringing profound energy to every formula it is mixed with. Adaptogenic tonic for all three doshas, like an Ayurvedic shizandra. Rejuvenative. Further fortified by the Medicine Buddha mantra invocation of his Compassionate Azure Presence.

Ginseng: (*Panax Quinquefolium*) Stimulates nerve circulation and nerve force, tonifying and harmonizing all systems of the body. Adaptogenic; lowers or raises blood pressure, lowers cholesterol, prevents aging, hormone source. Restores, rebuilds and balances adrenals, insulin levels, white blood cell presence, analgesic, anti-inflammatory, speeds recovery, whole root should be taken to balance hypertension, strengthens the heart, anti-oxidant, anti-convulsive, builds better muscle-fat ratio, increases endurance and cholesterol break down, protects liver and heart against toxic elements including radiation, heavy metals and airborne pollutants. Sexual tonic for both sexes.

Nettles: "Best chlorophyll available." Antiseptic, supernutrition, muscle stimulant, triggers metabolic function, for scalp health and to retain falling hair. Antistress, analgesic, for headache, vertigo, allergies, lung congestion, inflammation, anemia, stops bleeding, dissolves urinary obstructions, (for gout), increases urination, dissolves kidney, liver, and bile stones when mixed with dandelion and milk thistle. Improves ulcers and relieves constipation, strengthens pregnant women and babies, eases delivery, increases milk. Reduces benign prostate enlargement. 30% protein, high minerals, lecithin, and other unsaturated fats.

Anise Seed: Aromatic stimulant, antispasmodic, anti-inflammatory, antifungal, analgesic, improves digestion and circulation, relieves headache, nausea, insomnia, opens congestion of sinus, lungs, while restoring liver, spleen, pancreas, kidney, bladder and

sexual organs. Antitumor. Hormone source, promotes lactation, relieves prostate, cancer, and menopausal symptoms. The oil can be used against lice and insects. This herb is catnip for dogs.

Ashwaganda: (Withania Somnifera) Calming, builds stamina, enhances immunity, hormone balancer, cooling yang support.

Astragalus Root: (Astragalus Membranaceus) Super food, easily assimilated high protein, boosts immunity, rebuilding the whole body. Improves circulation, feeds organs; liver, adrenals, kidneys, pancreas, spleen, reduces blood pressure, anti-inflammatory, protects heart, potentiates killer cell effectiveness and stimulates interferon production.

Burdock Root: (Arctium Lapps) An antibiotic blood purifier, hormone balancer, rejuvenates brain, cleanses uric acid, heals liver, kidneys and bladder as well as most other conditions, immune booster.

Dong Quai: (Angelica Simensis) Calms excessive yang, tranquilizing the mind and Central Nervous System. It dissolves clots and tumors, a heart herb for men with B12, a general tonic for all female disorders and needs. Opens urinary tract, aids digestion, prevents bloating, gas and intestinal cramps.

Foti Root: (Polyganum Multiflorum) Long life elixir with vitamin (Y)outh that prevents decay. Brain cell food, builds strength in nerves, muscles, and sexual organs. Lowers cholesterol. Taken internally it is a hair tonic for premature graying.

Kelp: (Laminaria Speciea) Has every mineral needed for biological life, trace elements, feeds organs, facilitates production of vital enzyme catalysts and digestive secretions, for the liver and pancreas. Strengthens the brain, stimulates thyroid to burn fat, lowers cholesterol, protects against radiation and toxicity, natural chelator of heavy metals and toxic pollution, moving them out of the body. Feeds nerves and bones, fractures heal 20% faster, spurs hair and nail growth, clear skin, joint mobility, minimizes inflammation in arthritis, fat emulsifier, cholesterol buster, protects heart, clears arteries, balances high blood pressure, feeds adrenals, feeds the reproductive organs, helps pregnancy nutrition.

Licorice Root: (Glycyrrhiza Glabra) “The key to health” used in more Chinese medicinal preparations than any other herb. Anti-inflammatory, adaptogenic, activates interferons, feeds adrenals with hormone like substances, adaptogenic estrogen source, anti-tumor, anti-bacterial, anti-viral, reconditions spleen, liver, pancreas, urinary tract, minimizes cystitis, corrects sexual dysfunctions as a hormone source, super food, mineral, vitamin and complex sugar source.

Milk Thistle: Cleanses liver and promotes bile flow, improves jaundice, digestion, bronchitis, lung congestion, breaks down cholesterol, eliminates uterine congestion, protects liver against toxicity, helps restore liver after toxic exposures. Counters allergic reactions and minimizes toxic shock. Antioxidant, which lowers blood pressure.

Pau d'arco: Antiviral, antimicrobial, antiparasite, anticancer, anti-inflammatory, kills yeasts, fungi, candida, suppresses herpes and HIV virus, antimalaria. N factor inhibits viral enzyme transfer, protecting healthy cells from attack. Increases digestion, assimilation of nutrients, and waste elimination; charges autonomic nervous system, soothing for insomnia and anxiety. Fifteen quinones (including CoQ10) fight invading viruses, bacteria and cancer, improves incurable diseases, balances circulatory problems, activates red blood cell production for reversing anemia. Good for chronic skin diseases and inflammations, boils and felons. Internally for ulcers, V.D., STDs. Used in cancer treatment for thousands of years. Reportedly, used for over a century in the hospitals throughout Brazil for many types of cancer and all inflammatory conditions. Documented as curative, with pain disappearing rapidly and complete remission within four weeks. Satisfactory results have been repeatedly documented. Challenges are in obtaining the genuine inner bark peelings, which have the real potency and sweetness. The South American Indians are very careful to only use the delicious inner bark.

Sarsaparilla: (Smilax Ornata) A hormone precursor source, traditionally an effective treatment for syphilis, STD's, and genito-urinary disorders. Stimulates waste removal from all tissues in the body. For high blood pressure, gout, kidney stones, improves digestion, for all skin conditions, inflammation. Helps build muscle mass with its plant sterols as well as enhancing immune function and revitalizing sexual potency for both sexes. It is adaptogenic. A good source of iron, zinc and other minerals.

Saw Palmetto Berries: Corrects wasting diseases, improves assimilation and elimination, opens prostate for men and urinary tract for everyone, feeds the nerves and brain, relieves congestion everywhere in the body, regulates hormones, rebuilds reproductive organs, improves most traumatic conditions associated with female hormone cycles throughout her life. For most male complaints with genital dysfunction, improves prostate tone, feeds testes, helps with weight gain, strength and endurance.

Schizandra Berries: Adaptogenic, the body selects the effects it needs. All five flavors are present -- sweet, sour, pungent, bitter and salty -- indicates (in Chinese medicine) normalizing effectiveness for all elemental systems and body types. Notably combined with ginseng, fuels stamina and mental activity. Antibacterial, immune support, rebuilds adrenals, lungs, reduces night or day sweating, stress from pollution, radioactivity or shock. For hypertension, the heart, improves circulation, repairs the liver from various damages, tones genito-urinary tract. Female sexual enhancer, male sexual support. Improves continence and frequent urination. Calms emotional body, increases cognitive function and memory, improves resiliency with stress.

Suma: (Pfaffia Paniculata Martius Kuntze) Vital energy tonic, "Brazilian ginseng for women," richest phyto-source of germanium, rare enzymes, cancer-killing Pfaffic acid and seponins, that inhibit melanomas, cancer and leukemia, also speeds healing and muscle building, adaptogenic estrogen source, Sitosterol provides estrogen as needed for female cycles. Balances frigidity, menopause, and impotence. lowers blood pressure, improves circulation, and counters arthritis.

Wild Yam Root: (Dioscorea Villosa) Increases digestion, aids intestinal tone, counters dysentery, cramps, gas, diverticulitis, alleviates congestion of liver, spleen, pancreas, and kidneys, improves arthritis, swollen and painful joints, chronic skin disorders, progesterone hormone source supports adrenals and sexual organ health for both sexes. Supplies broad mineral spectrum.

Cinnamon Bark: (Cinnanonum Cassia) Catalysts for other herbs, antiseptic, antifungal, antitumor, clears the brain, improves circulation, reduces blood pressure, indigestion, cramps, bloating, gas, increases fat-digesting enzymes, reduces need for insulin, urinary disinfectant.

Ginger: (Zingiber Officianale) Antispasmodic, stimulant, doubles assimilation, counters inflammation, infection, headache, nausea, hangover, toothache, sore throat, bronchitis, fevers, chills, good in baths for skin disorders, restorative to organs, antitumor, lowers cholesterol and blood pressure, inhibits clotting, reduces risks of heart attack and stroke, detoxifying, counters motion sickness and vertigo. Improves digestion, relieves arthritis pain and inflammation (both topically and internally). Increases metabolism, balances oversensitivity.

Bilberry Leaf: (Vaccinium Myrtillus) Dissolves congestion in the fine capillaries, and rebuilds them, enhances circulation, feeds the eyes and all tissues, inhibits plateletes clumping and clotting, minimizing varicose veins, opens kidneys. Powerful anti-oxidant with rare bio-flavonoids.

Cat's Claw: (Unicaria Tomentosa) Cell builder, counters stress, helps build emotional stability, improves immunity, counters infection, corrects bowel flora, for urinary problems and STD's, dissolves uric acid wastes.

Cayenne: Warming, powerful stimulant loaded with vitamins A, C, and niacin (B3). Antiseptic. Yang catalyst for herbs, speeds their circulation into the body, improves brain injury, fainting, restores eyesight, improves resiliency with stress, increases immune response and resistance to infection. Feeds the heart, balances blood pressure, loosens arterial plaque, lessens platelet aggregation, regulates blood sugar, triggers release of pancreatic enzymes and hydrochloric acid. Increases metabolism, supportive with pregnancy and postpartum bleeding, both as douche or by mouth, internally. A diluted tincture may revive a comatose newborn, with a few drops put into its mouth. Niacin flushes heavy metals with its increased circulation and bringing general tone.

Dandelion Root: (Taraxacum Officianal) Liver health support for hepatitis, aids liver in recovering function after disease. Increases liver bile secretion. With milk thistle and nettles, dandelion will dissolve gall stones. As a general tonic it builds red blood cells, antifungal, antiyeast, lowers blood sugar, and spurs waste metabolism in the kidneys and liver.

Ginko Leaf: (Gingko Biloba) Powerful antioxidant, reverses brain aging, opens circulation with bioflavonoids, improves alertness, and neurological energy flow.

Gotu Kola: (Centella Asiatica) Purifies blood, boosts immunity, speeds healing, and restoration, improves bodies' stress response, and to non-specific resistance to disease. Used to heal leprosy, TB, syphilis, psoriasis, vaginitis, blisters, other inflammations, brings blood to the brain, enhances intelligence, improves memory, increases IQ, improves behavior and general abilities with retarded children (in a study from India.) Secret of perpetual youth (Ceylon), for hormone balance, rejuvenation, endurance, strengthens the heart, neutralizes acids in the blood.

Irish Moss: One of the most nutritious leaves on the planet, demulcent, emollient, dissolves fat, improves circulation and respiration, calms appetite, improves digestion, ulcers, promotes regularity, reduces obesity.

Olive Leaf: Antibiotic, antifungal, high in calcium, chlorophyll, counters exhaustion, chronic fatigue, eliminates chronic infections, dries up inflammation, nutritive powerhouse. Suitable for daily use in larger amounts, one tablespoon (10 grams) mixed with 3 grams passion flower herb and a pinch of cayenne, becomes a deep-cleansing, heavy metal chelating antibiotic boost. Use with pau d'arco for any inflammatory symptoms, on the way to checking with your doctor.

Passion Flower: Antispasmodic nervine, reduces anxiety and nervous tension, high blood pressure, cramps, convulsions, PMS symptoms, epilepsy, Parkinson's and Alzheimer's. Analgesic anodyne, anti-inflammatory, asthma, hysteria, abnormal sexual excitability, for nervous children, good for relieving pain throughout pregnancy and menopause. Enhances sleep, mildly sedating, MAO inhibitor, also having the rare metallic superconductive elements rhodium and iridium, which fortify the conductivity of the nerve pathways, preferentially absorbed by the nerve tissue, displacing pollution and heavy metals, which may be also attracted to the nerve pathways.

Vanilla Orchid Bean: Antioxidant, exotic flavoring, with stimulant and nervine properties, an emotional tonic.

Merlin's Special Processing

The herbs we use in this formula are the finest available worldwide. They are all grown to stringent Certified Organic standards or wildcrafted. This produces the most delicious and powerful herbal specimens. We then blend these high quality herbs in a vessel placed within an integrative wave generator, produced by the invocation of specific sacred geometrical forms. This further clears, energizes and balances all the herbal elements into their purest essence, each one at its own discreet frequency. This stabilizes the **Merlin's Herbal Magic Roots Elixir's** "bio-wave" on the seven frequencies which our bodies utilize for building integrity. Because of this, **Merlin's Herbal Magic Roots Elixir** is able to awaken the awareness of this Living Integrative Wave within each of us.

Recently, the Invocation of the Medicine Buddha has been added to the mixing protocols, included with the addition of triphala herb, inviting the compassionate presence of the Buddha into the formula. Triphala was indicated by Buddha as a catalyst for all herbal formulas, as well an ingredient in His own elixir of immortality.

The Roots Elixir is the first in a series of gifts Divine Intelligence has entrusted to me. These Spiritual gifts may prove to be important to humanity, and so we have designated U.D.B.O.S.S. as the true owner and beneficiary of these gifts, to be held in sacred trust for humanity supporting empowering and directing our continuing focus toward alignment with the Divine Plan.

The Integrative Wave Generator is the next Spiritual gift coming forward soon so that every family can identify and support its moment to moment vibrational needs. It is a simple yet powerful radionics tool with understandable geometry refined by my encounter with the Eye Of The Sky. Following this, is a Transformational Health Center, based on this same sacred geometry. These centers will have Mandala Gardens open to the general public that will provide the personal feeling of our inner Spiritual connection to this Integrative Wave.

My Spiritual Missions formally began as Eternal Youth Enterprises, E.Y.E., which was established in 1984 after KaElo's visit to share the technologies of transformation.

U.D.B.O.S.S. was founded in 1999 to recognize our original sovereignty as Spiritual Earth Beings, each guided, awakened and empowered by Divine Intelligence (within) to manifest Our Destiny as One Whole Living Being.

L.E.A.A.F. is established to expand our educational outreach regarding these appropriate Spiritual Bio-Technologies.

Contraindications for Use

Due to the small percentage amount of each herb, relative to the formula, it is **unlikely any aggravation** will develop from moderate use of **Merlin's Herbal Roots Elixir**, 2 Tbl per day or less. This formula is adaptogenic and responsive to the needs of all body types, ages and genders.

Do not use Merlin's Herbal Roots Elixir with the following conditions:

Pregnancy,

Cancers of the generative system (hormone related), including breast, ovarian, uterine, prostate, testicular.

Skin cancer.

Reduce use one week prior to surgery.

Do not take with other medications, because it may neutralize or inhibit their absorption.

Reduce amounts with overheating, or loose stools.

Sip slowly if taken with food.

Thin or emaciated individuals should use additional nutrients, such as seed or nut milks, with any Roots used.

Expect slow, gentle cleansing, rehealing of old wounds to a higher level of integrity. As we heal, we often go backwards in symptomology and re-experience old illness symptoms as they leave our system.

Alkalizing herbs tend to neutralize toxins as they arise, although the synergistic healing effect of all the herbs together may bring more toxins to the surface than are comfortably neutralized. Go slowly.

Doctrine of Similars indicates aggravation of symptoms may be due to a specific herbal sensitivity to the formula. This may be good, although uncomfortable, reduce amounts as needed for comfort.

For a more detailed analysis of all the contraindications for each herb, check our soon to be established website, merlin'sherbalmagic.com, or contact JP Young, Jr. by phone, or Catherine Downey, N.D., by email.

Anecdotal Testimonials

It has been wonderful to witness the subtle and profound shifting in people using **Merlin's Herbal Magic** formula. We are seeing an instantaneously increased sense of energy, tingling, warming circulation throughout the body and mind, and building with continued use, into greater productivity. Clairvoyants have noticed increased energy and color surrounding individuals using **Merlin's Herbal Magic**. Individuals have reported a deeper sense of grounded power present with relaxation, less pain in the joints, with more power in the muscles and nerves. Clarity in the mind with enhanced memory is being reported, with a sense of connectedness and well-being, extending globally within and without, honoring the places of origin of all these herbs. Reports of giddiness, bliss, joy, euphoria, serenity, patience, "more compassionate behaviors with better social skills." Enough energy to get the job done, increasing productivity, eliminating avoidance patterns. Using **Merlin's Herbal Magic** formula may boost our ability to let go of limiting patterns with stimulants, sugars and junk foods, with freedom from hangovers, headaches, lethargy and cravings, (presumably by stabilizing blood sugar). Fewer low blood sugar events have been reported, with better moment to moment judgment reported. The superfoods and rare minerals, vitamins, etc., present in the formula may lessen all cravings for food and become a powerful ally supporting fasting, clarifying dietetics. Reports of deeper self-satisfaction and better self-esteem.

Uplevel functioning with all systems of the body and better overall sense of well-being. The most profound reports of systemic support for men have been with genital function, correcting impotence, erectile dysfunction, increasing size and control, strengthening continence, rebuilding the testes. The most profound aspects for women has been with relieving menopausal distress, sometimes immediately, while bringing back their "juiciness". Smoother hormone cycles are being reported.

Emergency uses have been reported, as an antidote for food poisoning and for easing liver pain associated with hepatitis C, and support with "healing crisis" during fasting, neutralizing toxic releases as they occur. Support with heart trouble, liver, kidneys and bladder, with many herbs in the formula gently dissolving the debris accumulated from time, and reversing the effects of aging in the people taking **Merlin's Herbal Magic Roots Elixir** in all forms. Resiliency to the skin is reported with some relief from warts and rashes when taken internally.

The Naturopaths here on Kauai are utilizing **Merlin's Herbal Roots Elixir** with their clients for a broad range of health concerns, mainly low energy, poor nutrition, impotence, menopause, etc., with excellent results.

Merlin's Herbal Magic Roots Elixir has brought U.D.B.O.S.S. Divine Energy to share with All Beings as a Love Letter from the Giver of Divinity, G.O.D. Great Blessings.

Sample one-ounce packages are being prepared for this purpose, as GOD's Love Letters.

Recipes Using Merlin's Herbal Magic Roots Elixir
100% Herbal Instant Drink Mix Powder

May be mixed with any fluid used during the day. A little bit goes a long way. 2 grams (1/4 tsp) flavors 8 ounces of water or juice. Mixed with lecithin and digestive enzymes, juice becomes a powerful brain food and cellular infusion. Mixed with almond and pumpkin seed milk is the favorite so far. Or is it the Buddha raw chocolate balls, which create a transcendental experience? Or it may be the wonderful salad dressing with tahini, lemon, and a dash of shoyu, yum yum, which improves digestion and assimilation. We are still discovering the many ways to use **Merlin's Herbal Magic Roots Elixir Powder (MHMREP)**. It is delicious and edible (Generally Recognized As Safe), even for pregnant and nursing mothers. Use as much as desired. Please submit your favorite and unique uses back to Merlin.

Recipes on File

MHMREP mixed with hot or cold water, or lemonade

With fruit juice, lecithin and enzymes

Vegetable juices

Smoothies

Almond/pumpkin seed milk

Soy milk, add enzymes

Rice milk, add lecithin

Oat milk, add lecithin

With soups

Sprinkle on salads

Mix in salad dressing

In desserts, which includes fruit nut balls, raw chocolate balls

In ice cream

In gelatin capsules

In baked goods

Raw or cooked pies

Feed to pets, dogs, cats, horses. Suggest mixing with nut milk or yogurt, and sprinkle nutritional yeast on top. Speeds metabolism for overweight couch potatoes and house pets!

Less is more. The many flavors present in Merlin's Herbal Magic Roots Elixir are more easily recognized with smaller concentrations in the solution: 1/3 tsp per cup or less is a good place to begin. Enjoy!

Bibliography

Antiaging Manual, The Encyclopedia of Natural Health, by Joseph B. Marion.

Planetary Herbology, by Dr. Michael Tierra, C.A., N.D., O.M.D.

The Yoga of Herbs, by Drs. David Frawley and Vasant Lad

Herbal Tonic Therapies, by Daniel B. Mowrey, Ph.D.

Naturae Medicae, by Dr. Herbert Shelton, N.D.

Catherine Downey, N.D., retired Dean of Northwest Naturopathic College, Portland, Oregon, currently in practice here in Kaua'i, provided in-depth research for the contraindications chapter. Contact her with questions, if desired:

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Many thanks for the wealth of information humanity has developed on our vital plants' usages. These books were used for the descriptions of each herb and for the contraindications section.