



LIFE-GIVING NUTRITION AND TECHNOLOGY, SYNERGISTICALLY APPLIED

C-Herb

Human skin is constantly directly exposed to the air, solar radiation, environmental pollutants, or other mechanical and chemical insults, which are capable of inducing the generation of free radicals as well as reactive oxygen species (ROS) from our own metabolism. External skin damage develops due to several factors: ionizing radiation, severe physical or psychological stress, alcohol intake, poor nutrition, overeating, environmental pollution, and exposure to UV radiation (UVR). It is estimated that among all these environmental factors, UVR contributes up to 80%. UV-induced generation of ROS in the skin develops oxidative stress. When their formation exceeds the antioxidant defense ability of the skin cell. The primary mechanism by which UVR initiates molecular changes in human skin is via photochemical generation of ROS. The main free radicals formed are superoxide anion (O_2^-), hydrogen peroxide (H_2O_2), hydroxyl radical ($OH\cdot$), and singlet oxygen (1O_2).

The only protection for your skin is in its own production of antioxidants, which include melanin, super oxide dismutase, catalase, and glutathione. An additional source of antioxidants comes from food and supplements. Food and supplemental forms of antioxidants that will contribute to the neutralization of free radicals are vitamin A, C, E as they occur in your foods.

Dietary supplements are a stronger form of antioxidant protection. There are many antioxidants, but one that protects the skins from burning and therefore skin cancer formation, is [Astaxanthin](#). I have a very fair skinned lady friend who would always get sunburned after being in the sun. I told her to take [Astaxanthin](#) a day before and the day of being in the sun to protect herself from sunburning. She did and here is her testimony:

*“I had started taking BioAstin® Astaxanthin by Pure Encapsulations shortly after getting really burned on one of the first days of summer. Being **so fair skinned and sensitive**, I have **never been able to sit in the sun for very long** without getting uncomfortably red, **even with sunscreen. So, I continued taking it daily as a protocol.** One weekend, I went to a beach in Charleston with a plan to swim and play volleyball. Realizing about 30 minutes after arriving on the sand and in my bathing suit that **I didn't bring any sunscreen, I decided to take 5 of the astaxanthin right away.** Every hour after that, I took 2 more to avoid any harsh burn. I was out there throughout the peak hours of daylight and my skin color went from a pale, freckly white to a light reddish color as usual, but without the pain. I am excited to say by the next day any of the red that was initially there had evolved into a tan. I have continued taking the astaxanthin and loving it. The best thing is that not only does it help with my skin, it just makes me feel really good overall. I*

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know that is doing more things on a deeper level than just the surface.” – Brenna Howes, South Carolina

The product BioAstin was only 4 mg of Astaxanthin per capsule. Since we now carry a pump version of Astaxanthin called Valasta. For each pump of Valasta, you get 10mg of Astaxanthin in a hemp oil base. Valasta comes with a bag of around 100 (00) vegetable capsules.

For antioxidant supplementation, I've worked with and had very positive with MegaHydrate. MegaHydrate, donates electrons into your water, creating a minus 850 oxidation reduction potential (ORP). Looking at blood under a darkfield microscope, before and after drinking water with MegaHydrate added to it, you can see that the first blood specimen had clumped blood. After drinking water with MegaHydrate in it, the blood becomes free flowing.

An additional source of free radicals that evidence suggests contributes to skin cancer formation is oxidized seed oils. All oxidized seed oils, cause free radical damage, which causes inflammation. To avoid not only skin cancer but a host of other ailments, you would want to avoid oxidized seed oils in your diet. The seed oils that can be health giving, would be small amounts low oxidation seed oils. The least oxidized seeds oils with the most medicinal effects come from the Perfect Press brand. I carry the [Perfect Press Flax Oil](#) and [Black Cumin Seed Oil](#).

To learn more about the percentage of seeds oils in a healthy diet, watch the following video online:

[Dr. Chris Knobbe - 'Diseases of Civilization: Are Seed Oil Excesses the Unifying Mechanism?:
https://www.youtube.com/watch?v=7kGnfXXIKZM](https://www.youtube.com/watch?v=7kGnfXXIKZM)

Instructions for Topical Use of C-Herb: Warning: Do not touch [C-Herb](#) with metal. Store in a cool, dark place. A one-gram vial of [C-Herb](#) will remove 4 to 5 moles when used properly. The 6.25-gram size will address skin abnormalities and moles larger than the size of an eraser tip. Apply using a wooden or plastic toothpick sparingly.

NOTE: 1 GRAM OF C-HERB IS APPROXIMATELY 1/5 A TEASPOON. THIS IS A SMALL AMOUNT VISUALLY; HOWEVER, THIS IS THE AMOUNT IN THE 1 GRAM SIZE. DO NOT BE MISTAKEN BY THE VISUALLY SMALL AMOUNT, YOU DID GET THE CORRECT SIZE! DO NOT CALL OR EMAIL OUR OFFICE REGARDING THIS MATTER. EACH C-HERB IS CORRECTLY WEIGHED AND YOU WERE NOT SHORTED!

If your C-Herb is dried out or spread across the wall of the vial, just add enough pure water to restore its paste like consistency.

For removing moles, warts and many other types of skin abnormalities, you may find that C-Herb works well. Some discolored spots may not be affected. C-Herb only works on abnormal tissue and causes no reaction on normal tissue unless that tissue is adjacent to abnormal tissue. If you apply to a questionable area and nothing happens (unless it is a wart), then it probably isn't anything to worry about.

For Use on Moles: If C-Herb is dried out and crumbly, then first add 1 drop of distilled water and continue to add 1 drop as needed to moisten C-Herb into a spreadable paste. Using a wooden or plastic toothpick, apply a very small amount of C-Herb on the mole or tissue that you want to remove. Do not overuse C-Herb. A very light layer of C-Herb over the tissue being treated once a day is sufficient. Cover with a band aid to hold it in place. Usually you will experience some "tingling" sensation within a few minutes of applying the herb.

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After 24 hours, remove the bandage and wash or shower the area if desired. Apply a second application of C-Herb as per day 1. This will usually produce a "pinking" of the surrounding tissue. Continue this daily application for up to 5 days. However, stop applying C-Herb when a white infection ring appears, or the whole area turns white and looks infected. Do not be alarmed, as this is normal and is the white blood cells that have destroyed the abnormal cells. Do not tug on the tissue during this process or you may cause the body to abort the process too early, leaving some abnormal cells intact.

After the white ring appears (after 3-5 days) please stop using the C-Herb. After a few days, the "core" of the tissue will fall out, leaving a small smooth, pink crater. Next apply twice daily the contents of a blended-up pasture raised raw egg. The proteins and cholesterol in the raw egg will support a more complete healing of the area, reducing or eliminating the scar that can form. Normally these craters fill in within 10 to 14 days. Caution: Work with only 1 mole or treatment area at a time.

For Use on Warts: Warts require the tough, callous-like tissue on top to be scraped off before applying C-Herb. Once down to the "pink" flesh of the wart, apply C-Herb as described above. NOTE: Often a wart will turn completely white and be very sore. When the wart has turned white or looks infected, you may want to gently lance it with a sterile needle. Then gently press the sides of the wart until a "seed" comes out of the center and the pain will stop almost immediately. Another way to effectively remove warts is to use 35% food grade hydrogen peroxide. This method leaves no mark and is superior to C-Herb. For instructions on doing this, go to this link: <https://synergisticnutrition.com/reports/removing-warts.html>.

Pain Control: Anytime your skin abnormality a significant number of nerves in it, then as the C-Herb is killing this area, there will be inflammation and impingement upon the nerves. This pressure on the nerves causes pain. If you apply [Houdini Pain Gel](#), you will be dramatically supporting the elimination of pain and promoting the healing of the area. [Houdini Pain Gel](#) will reduce or eliminate the pain in 10 minutes or less. [Houdini Pain Gel](#) is a combination of nano-state terpenes, cannabidiol compounds, herbs, minerals, homeopathics and frequencies, that all combine to turn off nerve pain signals while promoting the healing of the tissues. With repeated applications, chronic pains and even chronic headaches have gone away.

C-Herb has the ability to activate the immune system's Natural Killer cells, which have the ability to strip away the protein shells that viruses use to hide from the immune system. These activated NK cells then mark the virus or abnormal cells for destruction, whether it is done by the NK cells themselves or the white blood cells that follow.

Healing The Skin: After the skin abnormality detaches from your body and falls off, you will have new pink tissue underneath. To support the healing of this tissue and potentially reduce scar formation, I recommend applying [Nano-Silver Gel](#). This advanced topical silver gel called silver sol, supports the creation or mobilization of adult stem cells, which supports the healing of any tissue, and the reduction of scar formation. It also keeps the area free of bacteria, which can support the healing process. If the area you are working on does not appear to be clear of the skin abnormality, then you can re-apply C-Herb in the same manner you did the first time and repeat the same process. This can be found here: <https://synergisticnutrition.com/nano-silver-gel.html>.

Skin Cancer Protection: If you are interested in creating conditions in your body that do not favor the development of skin cancer, then I recommend you apply the following advice to your life.

First off, in order for every skin cell of your body to be protected from the free radical DNA damaging effects of sunlight, it needs to have enough antioxidants within the skin cells. These antioxidants are produced naturally within your skin cells, when you have all of the nutrients required to do so. One of the most important and

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under looked nutrient it is potassium iodide. Every cell of the body requires iodine within it to function correctly. Your thyroid gland, salivary glands and skin cells prefer and need potassium iodide to work correctly. To ensure every cell of your body has iodine in it on a daily basis you have to take what is called a whole-body sufficient dosage. Every day you need to be taking anywhere for 12.5 to 50 milligrams per day of Iodine with Potassium Iodide. Iodine is needed by all the other cells of your body, but your thyroid, salivary glands and skin cells prefer and concentrate potassium iodide.

I would not torture you with taking liquid iodine and potassium iodide in these amounts, because liquid iodine orally has an awful flavor. Instead, I invite you to start using LugoTab, which is a tableted form of both iodine and potassium iodide. LugoTab comes in 3.125, 6.25, 12.5, 25 and 50 milligram sizes. The 3.125 would be for a child; the 6.25 to 12.5 would be for an adolescent; the 12.5 to 50 mg sizes would be for an adult.

By taking a whole-body sufficient dosage of Iodine and Iodide, you will be supporting the activation of the Nrf2 system within your skin cells. By activating your Nrf2 system, you will be promoting the production of the body's antioxidants, glutathione, super oxide dismutase and catalase. These antioxidants will protect your skin cells from the DNA damaging effects of free radicals caused by sunlight.

All LugoTab sizes can be found here: <https://synergisticnutrition.com/catalogsearch/result/?q=lugotab>.

Astaxanthin: is a carotenoid pigment derived from the algae, Haematococcus pluvialis. Its unique chemical structure, astaxanthin can stabilize cellular and mitochondrial membrane structures and thus protect them against free radical attack originating both inside and outside of the cell. Thus, once this pigment is inside your skin cells you will have protection from free radical occurrence. I know this product works because, I had a lady who worked for me always burn when she went into the sunlight for any length of time. I told her about the protective properties of [Astaxanthin](#), and she started taking it days before going to the beach. The day arrived and she spent a day on the beach and had zero sunburning. She is very fair skinned so that was really wonderful learning experience for her. This product can be found here: <https://synergisticnutrition.com/astaxanthin-10-mg-60-gels.html>

Instructions for Oral Use of C-Herb: Take C-Herb WITH FOOD, not on an empty stomach. Drink enough [Stirwand](#) structured water daily to remain hydrated. If nausea is experienced, cut the dose in half and take twice daily.

C-Herb can be taken with unsweetened juices (vegetable or fruit), or with fruit or a spoon full of applesauce, etc. It may also be placed in a capsule.

Because of its unique ability to strip away proteins, it is difficult to package C-Herb in capsules. However, capsules may be used to take [C-Herb](#) as long as they are prepared within a few minutes of being taken. Capsules will break down quickly after [C-Herb](#) is placed inside.

A typical treatment is one dose (1/4 gram) daily for a minimum of 21 days. If the condition is judged to require more treatment it is recommended that one take a rest day between each 21 days of consumption. A person with cancer or an auto-immune disorder may take [C-Herb](#) for several straight months if desired, taking a day off every 14 days.

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