

# LIMITLESS



*A Guide to* GAIJA'S  
PHARMACY

# NATURE ~ DESIGNED TO HEAL

## SUPPORTING YOUR IMMUNE SYSTEM



**Vitamin C - Immune boosting, detox.**

**Vitamin B12 - Immune System building, Cognition, Brain health.**

**Vitamin B Complex - Immune System building, Cognition, Brain health.**

**Full Spectrum Minerals - Immune System Health**

**Elderberry Syrup - Immune System Booster.**

**Echinacea - Immune System booster.**

**Goldenseal - Immune System booster.**

**Garlic - Immune System booster.**

**Ginger - Immune System booster, digestive aid.**

**Beta Glucan - Immune System booster.**

**Oil of Oregano - Immune System booster.**



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## SUPPORTING YOUR IMMUNE SYSTEM

**Ashwaganda, immune tonic safe for everyday use. Good for stress relief.**

**Chinese Goldenthread - Purify blood, detox, & immune system repair.**

**Turkey tail mushrooms - The natural anti-viral and anti-fungal qualities of this mushroom support the body in fighting off viruses infections. This includes a range of health problems, from the common cold and pneumonia to E. coli, Herpes, and HIV. They also are said to have anti-cancer properties.**



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## ANTI-INFLAMMATORY REMEDIES

**Turmeric - Anti-inflammatory, digestive.**

**Molecularly distilled fish oil/Krill oil/Cod Liver Oil - Arthritis, Fibromyalgia, brain, mood/depression, and heart health.**

**Wobenzym - Anti-inflammatory, joint health, environmental toxins, blood clots, and heart health.**

**Zinc - Anti-inflammatory, immune system booster, free radical fighter, hormonal imbalance, and cancer help.**



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## STRESS RELIEF

**Passionflower - It's a sedative; the German government has approved it for the nervous restlessness.**

**Some studies find that it can reduce symptoms of anxiety as effectively as prescription drugs. It's often used for insomnia.**



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## HAIR, SKIN & NAILS

**Silica - Hair, skin, nails.**

**Biotin - Hair, skin, nails.**

**Magnesium Oil - Skin.**

**Emu Oil - Skin, sunburn.**

**Lavender Oil - Scars, stress, skin irritation.**

**Coconut Oil - Skin, hair, digestion, and immunity.**

**Tea Tree Oil - Skin blemishes**

**MSM - Skin**



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## JOINTS, BONES & BODY

**Glucosamine Chondroitin - Joint health.**

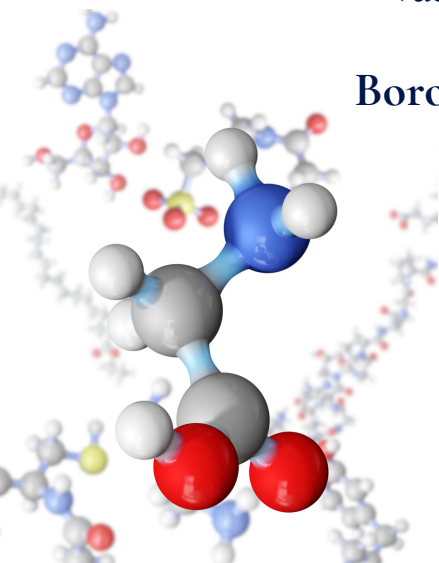
**MSM - Anti-inflammatory, connective tissues, scar tissue, Skin, muscles, and newly discovered help for getting over the flu faster.**

**L-Glutamine - Amino Acid that improves protein metabolism.**

**Calcium - Bone strength and development.**

**L-Theanine - Relaxation, and healthy vascular function.**

**Boron - Bone density.**



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## JOINTS, BONES & BODY

**Feverfew** - Prevention of migraines and headaches, arthritis, reduce fevers, muscle tension and pain, helps lower blood pressure, lessen stomach irritation, stimulate the appetite and to improve digestion and kidney function. It has been indicated for colitis, dizziness, tinnitus and menstrual problems.

**Kratom** - lower blood pressure, relieve pain, boost metabolism, increase sexual energy, improve the immune system, prevent diabetes, ease anxiety, help with addiction, eliminate stress, and induce healthy sleep.





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## JOINTS, BONES & BODY

**Ceylon cinnamon - Lowers blood sugar levels, reduces heart disease risk factors, high source of antioxidants, contains anti-inflammatory properties, protects heart health, fights diabetes, helps defend against cognitive decline and protects brain function, may help lower cancer risk, fights infections and viruses, protects dental health and freshens breath naturally.**

**Potassium - Relief from stroke, blood pressure, heart and kidney disorders, anxiety and stress, as well as enhanced muscle strength, metabolism, water balance, electrolytic functions, and nervous system.**



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## MUSCLES

**Chamomile - Muscle pain and soreness.**

**Tart Cherries - muscle relaxer, anti-inflammatory, & anti-oxidant.**

**Peppermint - Muscles relaxer, backaches, leg pain and tension headaches.**

**Cayenne Pepper - Reduce muscle pain, stiffness and inflammation.**

**Epsom Salt - Relaxes the nervous system, removes toxins and helps with pain and inflammation.**



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## MUSCLES

**Valerian Root - Muscle spasms.**

**Arnica - Anti-inflammatory and improves blood circulation.**

**Lavender - Reduces pain, swelling and inflammation.**

**Passion Flower - Muscle spasms & joint soreness.**

**Raspberry Leaf Tea - Muscle pain and cramps**

**Magnesium oil - Topical for muscle pain and cramps.**



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## ORGAN AND BODY FUNCTION

**Milk Thistle - Liver function in humans and dogs (great for hangovers)**

**Chromium Picolinate - Insulin, uptake of glucose into cells.**

**Dandelion - Kidney Health.**

**Cayenne Pepper - blood pressure, metabolism boost, lowers cholesterol.**

**Bilberry - Diarrhea, eye problems, varicose veins, poor circulation and even cancer .**



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## ORGAN AND BODY FUNCTION

**Apple Vinegar Cider - Diabetes, cancer, heart health, high cholesterol, and weight loss.**

**Resveratrol - Protects cells from free radical damage, Inhibits spread of cancer, especially prostate cancer, Lowers blood pressure, Keeps heart healthy and improves elasticity in blood vessels. Normalizes anti-inflammatory response, Helps prevent Alzheimer's disease.**



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## DIGESTIVE

**Digestive enzymes - Digestive health and also inflammation.**

**DGL - Licorice Root Extract that aids digestion and treats stomach complaints, including heartburn and indigestion.**

**Probiotics - Gut health, Immune system booster.**

**Marshmallow root tea - Acid reflux and heartburn.**

**Slippery Elm – against diarrhea, also as an intestinal and rectal coating to eliminate viral and bacterial infections.**



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## ALLERGIES

**Quercetin - Natural Antihistamine (seasonal allergies an allergic reactions).**

**Nettle, Stinging Leaf (tea) - Allergies.**



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## DETOX, ANTI-OXIDANT, RADIATION

**Vitamin C - Detox, and Immune system booster and repair.**

**DMG (N-Dimethylglycine) - improves oxygen utilization, detoxification, cell protection, immune system modulation, and physical performance.**

**Glutathione - Super Anti-oxidant, stress, and injuries.**

**King Chlorella - Cleaning out environmental toxins/heavy metals.**

**Iodine (liquid kelp) - Protection against radiation.**

**Beet Root - Body detox.**





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## DETOX, ANTI-OXIDANT, RADIATION

**CoQ10 - Antioxidant, heart health, antiaging.**

**Green Tea - Antioxidant.**

**Activated Charcoal - Detox.**

**Bentonite Clay - Heavy Metal Detox.**

**Diatomaceous Earth - Heavy Metal Detox.**

**Cilantro - Heavy Metal Detox.**

**Organic Citrus peels - Heavy Metal Detox.**



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## DETOX, ANTI-OXIDANT, RADIATION

**Spirulina - Heavy Metal Detox.**

**Garlic - Heavy Metal Detox.**

**Oil of oregano - Purify blood, detox, and immune system repair.**

**Echinacea - Purify blood, detox, and immune system repair.**

**Goldenseal - Purify blood, detox, and immune system repair.**

**Chinese Goldenthread - Purify blood, detox, & immune system repair.**

**Milk Thistle - Liver Detox**



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## DEPRESSION, MIGRAINES

**Vitamin D - Mental health, Immune Boosting,  
scar healing, Bones.**

**Lithium Orotate - Mood Stabilizer.**

**Vitamin B-6 - Neurological Health.**

**Magnesium - Migraines.**

**Glutathione - Migraines.**

**Molecularly distilled fish oil - Depression.**

**St. John Wort - Depression.**

**B2 - Migraines.**



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## ENERGY/REST

### Energy:

**Pantothenic Acid - (Vitamin B-5) generation of energy from fat, carbohydrates and proteins.**

**Eleuthero root - Stimulant.**

### Sleep:

**Melatonin - Sleep aide.**

**Valerian - Sleep aide.**

**Chamomile - Relaxation, sleep aide.**

**Tart Cherry Juice - Sleep, gout, and illness prevention.**



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## ESSENTIAL OILS

**Tea Tree:** Good for fungus, acne blemishes, and skin fungal infections like athlete's foot. Also serves as a numbing agent for toothaches and eliminates infection.

**Lavender:** Works on bruises, cuts, and skin irritations. Good stress reliever, for sleep and depression.

**Calendula:** Used to reduce the appearance of acne scars. You can also put a drop in your bath water to soothe psoriasis.

**Chamomile:** Used as a tea or oil for relaxation.

**Peppermint:** Peppermint purifies and stimulates the mind. It also can increase mental alertness. Also good for indigestion.



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## ESSENTIAL OILS

**Frankincense:** Relaxation, heal bug bites, scars, depression, inflammation, immunity, and awareness.

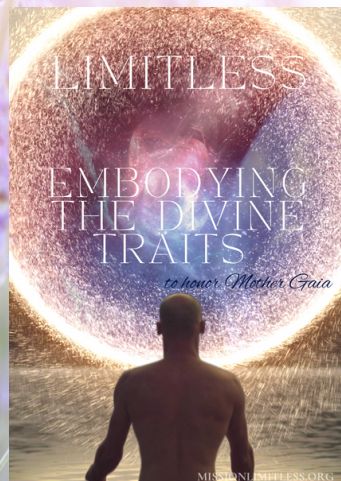
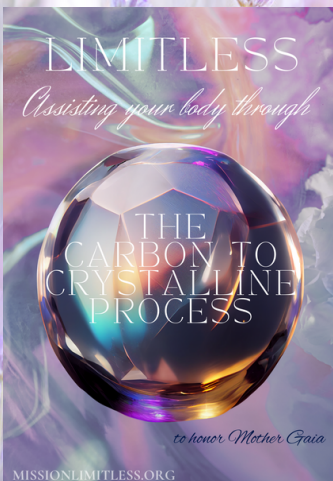
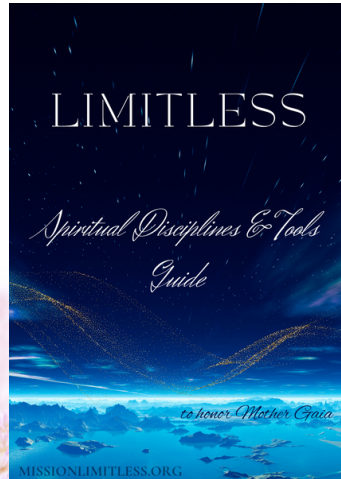
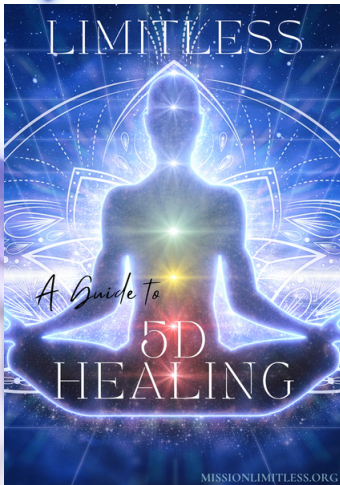
**Oregano:** This oil has naturally antibacterial qualities, which help to fight colds and other sicknesses.

**Lemon:** Lemon oil can be used not only to detox the body but it can also help with acne. Also good for increasing focus and concentration. As a bonus, it can help keep fleas away when used on your pets.



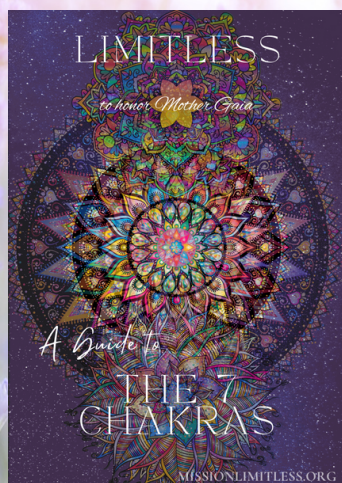
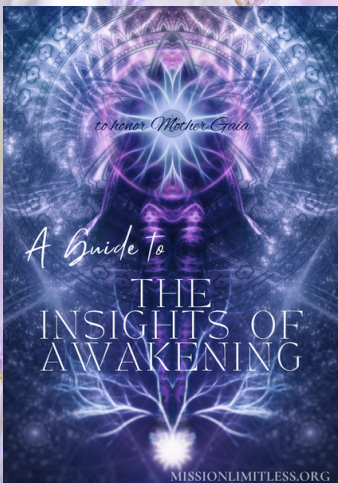
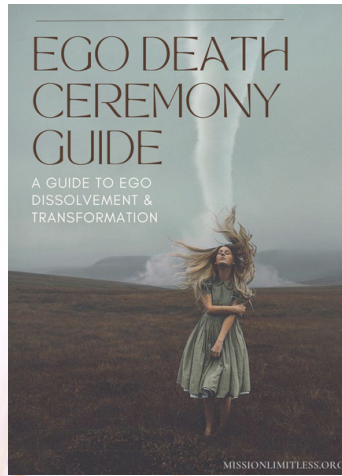
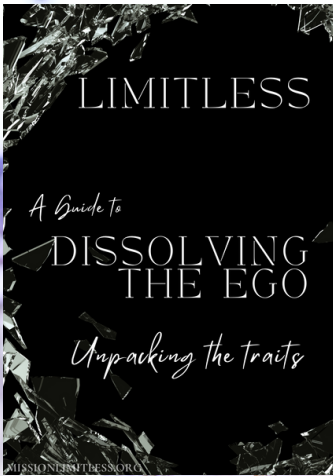
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Content  
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