

Swedish Bitters

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Introduction

**Swedish Bitters -
500 year old European Remedy
to rejuvenate vital organs,
improve regularity,
aid digestion,
cleanse the system**

Swedish Bitters got its name from the 18th century Swedish Physician and Rector of Medicine, Dr. Claus Samst.

In the 18th Century, Dr Samst rediscovered the formula through a family tradition. The formula recorded by Dr Samst is the Swedish Bitters that is known today. Dr Samst also compiled a manuscript describing the 46 conditions (see appendix) for which Swedish Bitters can bring relief. Dr Samst himself lived to be 104 and finally succumbed, not to the ravages of old age, but as a result of a fall while out riding!



The actual creation of the Swedish Bitters' formula is credited to Dr. Phillipus Paracelsus, a Swiss Physician who lived c.1541.

However, it was Maria Treben (picture right), an Austrian herbalist, who again brought Swedish Bitters to the worlds' attention in her book, *Health through God's Pharmacy*.

"It sounds almost like a fairy tale, but it is true. As a refugee from the German speaking area of Czechoslovakia, I became ill with typhoid fever in a camp in Bavaria, caused by contaminated meat and, through it, came jaundice and an obstruction in the intestines. I spent more than 6 months in hospital and when my husband got my mother, my mother-in-law, our child and myself to Austria, I was a young but sick woman. At night I was hit by terrible pain that shot through my body like a sword. In these moments I could neither sit nor stand, walk nor lie down; at the same time I vomited and had diarrhea. I was a helpless bundle of misery. These were afterpains of the typhoid fever which sometimes can go on for years, as the doctor said. One day a woman brought me a small bottle containing a dark brown, strong smelling liquid. She had heard of my illness and wanted to help. The Swedish Bitters had relieved her of a serious complaint. Accompanying it was a transcript of an "old manuscript" in which was explained, in 46 points, how these drops heal every illness. The recipe came from the writings of a well know Swedish physician. As stated, all members of his family had reached an unusually old age. These drops according to point 43 heal "plague boils and swellings even if already in the throat". I put the bottle in the medicine chest. I just did not believe that these modest drops could give me back my health, since the doctor could not even help me. Soon I changed my mind. As I sat in front of a large basket of ripe pears which needed to be used up straight away, I had another attack. As I had been told that these Swedish drops could be used externally as well, I did not hesitate for long and applied them as a compress on the abdomen, put a small plastic bag over the compress and then my girdle and continued my work. A wonderful warm feeling spread through my body. Suddenly, it felt as if with one movement of the hand, everything morbid in my body was pulled out. I assure you that with this single compress which I had on the whole day, all complaints of the preceding months disappeared, never to return."
 (Health through God's Pharmacy, Maria Treben)

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Original Swedish Bitters Recipe	
10 gm. Aloe 5gm. Myrrh 0.2gm. Saffron 10 gm. Senna leaves 10 gm. Camphor 10 gm. Angelica roots 10 gm Zedvoary roots 10 gm. Manna 10 gm. Theriac venezian 5 gm. Carline Thistle roots 10 gm Rhubarb roots	This mixture is put into a wide-necked 2 litre bottle and 1 1/2 litre of 38% to 40% rye or fruit spirit are poured over it. The bottle is left standing in the sun or near the stove for 14 days and shaken daily. The liquid is then strained and poured into small bottles, well stoppered and stored in a cool place. This way it can be left in the bottle until needed. The longer it stands in the bottle, the more effective it becomes! Shake well before use! Alternatively some of the liquid can be strained into a small bottle and used as needed for many years.

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Swedish Bitters

Swedish Bitters is an old European herbal formula made popular through the Austrian herbalist, Maria Treben in her book "Health through God's Pharmacy".

It has been proven that Swedish Bitters is an outstanding liver and gallbladder tonic; and it is capable of supporting a huge range of body systems. Moreover, it assists healthy immune and digestive systems, and supports healthy kidney and hormonal function.

It can be also be used as a mouthwash.

Composition

Each 5ml (in a base of 40% alcohol and 60% purified water) contains:

Aloe - 33.3mg- Aids smooth digestion and intestinal motility. A healthy digestive tract is self-cleaning and parasite free. Supports the female reproductive system. Assists with healthy skin.

Myrrh - 16.5mg - a famous Biblical herb. Supports the body's defence systems. For oral, throat, sinus and respiratory health. Helps support the digestive system. Aids in maintaining healthy skin.

Saffron - 0.7mg - For supporting healthy sleep patterns. Supports healthy vascular tone in the uterus and digestive health.

Senna Leaf - 33.3mg - Supports the bowel.

Camphor - 33.3mg - For respiratory system and heart health. Supports joint mobility and normal muscle function. To aid normal stress responses.

Rhubarb Root - 33.3mg - Aids healthy intestinal motility. A healthy digestive tract removes debris efficiently. Assists the skin's natural barrier.

Zedoary - 33.3mg - Supports healthy digestive organs. A healthy digestive tract is free of bloating.

Manna - 33.3mg - Supports digestive motility.

Theriaca Venezian - 33.3mg - Soothing for animal bites.

Carline Root - 33.3mg - Supports healthy immune, respiratory, reproductive muscular systems, and normal bladder function.

Angelica Root - 33.3mg - Supports respiratory health. Supports normal digestion and joint mobility. Supports a healthy bladder. Helps the skin eliminate toxins.

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New Zealand Bush Bitters

New Zealand Bush Bitters was inspired by the European Swedish Bitters. The pharmacological components of Swedish Bitters were analysed and a herbal combination based on New Zealand bush plants was created.

Tests were carried out to establish the differences in action of the two herbal tonics. Consequently, it was noted that Swedish Bitters supports normal liver function while Bush Bitters supports normal kidney function.

Both tonics support healthy digestion and respiration.

Bush Bitters is useful for menopausal women and mildly depressed, exhausted, or stressed individuals.

Composition

Each 5ml (in a base of 40% alcohol and 60% purified water) contains:

Harakeke (Flax) *Phormium tenax* - 33.3mg - Soothes all types of skin. Supports digestion by easing or aiding motility. Aids mobility of joints. Aids blood vessel integrity. Soothes menstrual function. Can be used as a mouthwash.

Kumarahou *Pomaderris kumeraho* - 33.3mg - Soothes the respiratory system. Aids the kidneys and the skin. Detoxifies the blood.

Kawakawa (Pepper-Tree) *Macropiper excelsum* - 33.3mg - Soothes the digestive system, kidneys, bowel, bladder and skin. Detoxifies the blood. Aids the salivary glands and gums. Supports joint mobility.

Pukatea *Laurelia novae-zelandiae* - 13.3mg - Supports a healthy nervous system.

Horopito (Pepper-Tree) *Pseudowintera colorata* - 33.3mg - Aids the digestive system. Contains polygodial which is active against candida albicans. Known as the "Bushman's painkiller". Can be used as a mouthwash. Aids healthy skin.

Koromiko *Hebe salicifolia* - 20mg - Detoxifies the blood and eases excessive bowel motility. Aids the kidneys and the bladder.

Kohekohe *Dysoxylum spectabile* - 33.3mg - Supports the respiratory, reproductive, and digestive system as well as the kidneys and bladder. Aids the body's normal response to temperature control.

Puriri *Vitex lucens* - 16.6mg - Aids back, ankles, throat and the hormonal system.

Karamu *Coprosma robusta* - 16.6mg - Soothes the kidneys and bladder. Aids digestion, especially for the stomach. Aids the body's normal response in temperature control.

Kowhai *Sophora microphylla* - 33.3mg - Soothes the abdomen, throat, back, bones, scalp and skin.

Kareao (Supplejack) *Ripogonum scandens* - 33.3mg - Assists with joint mobility and normal muscle function. Soothes bowel, throat, kidney, bladder, and aids the body's normal response to temperature control.

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New Zealand Bush Relaxant

The New Zealand Bush Relaxant enhances sleep through relaxation. It calms by supporting the nervous system, and this brings on a sense of well-being.

Better sleep restores energy.

Helps with stress, especially in times of nervous anticipation - plane flights, exams, dentist, as well as prolonged stress.

Dose

Take one teaspoon ten minutes before bed.

May be taken in hourly drop doses for ongoing stressful situations.

Composition

Each 5ml (in a base of 40% alcohol and 60% purified water) contains:

Kawakawa (Pepper-Tree) *Macropiper excelsum* - 8mg - Soothes the digestive system, kidneys, bowel, bladder and skin. Detoxifies the blood. Aids the salivary glands and gums. Supports joint mobility.

Matai *Prumnopitys taxifolia* - 2mg - Assists the skin's natural barrier. Soothes the respiratory, reproductive and digestive systems.

Manawa (Mangrove) *Avicennia marina* - 7mg - Not commonly used traditionally. Homoeopathically induces relaxation and sense of well-being.

Puka *Meryta sinclairii* - 4mg - Tonic. Supports the reproductive and digestive systems and the bladder. (Not widely used traditionally due to its rarity.

Kauri *Agathis australis* - 1.5mg -. Grounding. Homoeopathically strengthens mind and body to deal with destructive energies. Aids normal eye and skin health.

Tawa *Beilschmiedia tawa* - 0.5mg - Aids the digestive and respiratory systems. Soothes the skin.

Taraire *Beilschmiedia tarairi* - 3mg - Not commonly used traditionally. Homoeopathically relieves vivid and disturbing dreams states. Soothes menstruation.

Tarata (Lemonwood) *Pittosporum eugenioides* - 4mg - May be used as a throat and mouthwash. Cleans the breath. May be put into a bath for joint and muscle comfort.

Tanekaha (Celery pine) *Phyllocladus trichomanoides* - 3mg - Aids normal liver function. Supports the general constitution. Aids the digestive system especially the stomach and bowel by soothing motility.

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Iris Colour Interpretation (after www.selfheal.co.nz)

New Zealand practitioners suggest that Swedish Bitters tends to suit people with blue or dark brown eyes; and New Zealand Bush Bitters tends to suit people with green, hazel or yellow-brown eyes. (after www.selfheal.co.nz). However, European practitioners suggest that Swedish Bitters is suited to all persons.

Brown Iris

Liver/ Circulation
40 min right eye (Liver)
Swedish Bitters or Paramo



Yellow Iris

Kidney
Bush Bitters, Paramo
or Natanata
'Nerve Rings' (Stress Lines)
Bush Relaxant



Green Iris

Kidney
30 min both eyes (Kidney)
Bush Bitters or Paramo Stomach/Intestinal
Karana or Natanata



Violet Iris

Tendency to diabetes
Swedish Bitters



Brick Red Iris

Pituitary
Bush Bitters



Blue Iris

Swedish Bitters
Many lacunae
Swedish Bitters or Karana



60 min - Pituitary
30 min - kidney
Bush Bitters



White areas (acid)
Milky texture around pupil
(Lactic acid)
Swedish Bitters or Bush Bitters
Lung area
Swedish Bitters or Marupa
Orange areas - Low blood sugar
Bush Bitters



Appendix

46 Conditions

"OLD MANUSCRIPT"

by Dr Samst

(Transcript of the Swedish Bitters' curative power)

1. If they are frequently breathed in or sniffed, the base of the skull is moistened or a moistened cloth applied to the head, they dispel PAIN AND DIZZINESS and strengthen the brain and MEMORY.
2. They help dim eyes and take away redness and all pain, even if the EYES ARE INFLAMED. They rid them of SPOTS AND CATARACTS, if the corners are moistened in time or a moistened piece of cloth is applied to the closed lids.
3. PUSTULAS AND ECZEMA of all kinds, as SCABS in the nose or elsewhere on the body, are healed, if they are often and well moistened.
4. For TOOTHACHE a tablespoon of these drops is taken with a little water and kept in the mouth for a little while or the aching tooth is moistened. The pain soon eases and the putrefaction disappears.
5. BLISTERS ON THE TONGUE or other infirmities of the tongue are frequently moistened with drops and healing soon occurs.
6. If the THROAT IS HOT OR INFLAMED, so that food is only SWALLOWED WITH DIFFICULTY, these drops are swallowed slowly, morning, noon and evening and they take away the heat and heal the throat.
7. For STOMACH CRAMPS, 1 tablespoonful is taken.
8. For COLIC, 3 tablespoons are taken slowly, one after the other, and relief will soon be felt.
9. They rid the body of WIND (GAS) and cool the liver, eliminate all troubles of the intestines and stomach and help CONSTIPATION.
10. An excellent remedy for STOMACH DISORDERS, if the DIGESTION is faulty or food cannot be kept down.
11. They are beneficial for PAIN IN THE GALL BLADDER. 1 tablespoonful daily in the morning and evening, and at night compresses and soon all pain will disappear.
12. For DROPSY (oedema - an abnormal accumulation of fluid beneath the skin), 1 tablespoon in white wine is taken in the morning and evening for 6 weeks.
13. For PAIN AND BUZZING IN THE EAR a piece of cotton wool is moistened and put into the ear. It is very beneficial and brings back LOST HEARING.
14. For MORNING SICKNESS, 1 tablespoon of the drops in red wine is given in the morning for 3 days, half an hour later a walk is taken. Then breakfast with no milk. These drops should not be taken after drinking milk.
15. In the last 14 days of PREGNANCY if 1 tablespoon of the drops is taken mornings and evenings, it PROMOTES THE BIRTH. For easy EXPELLING OF THE AFTERBIRTH, a coffee spoonful is given every 2 hours, until the afterbirth is expelled without pain.
16. If, after a birth when the MILD DRIES UP, inflammation develops, it quickly subsides if a moistened piece of cloth is applied.

17. They Expel WORMS, even TAPEWORMS, in children and adults, the amount taken by children being according to age. A piece of cloth moistened with drops is applied to the navel and kept moist.
18. They rid children of PUSTULAS. The children are given these drops according to age, diluted with water. If the pustules start to dry up they are moistened frequently with these drops and no scars will develop.
19. For JAUNDICE very soon all complaints disappear, if 1 tablespoon of these drops is taken 3 times daily and compresses are applied to the SWOLLEN LIVER. 20. They open all HEMORRHOIDS, and heal KIDNEYS, rid the body of all unnecessary liquids without further treatment, taking away MELANCHOLY AND DEPRESSION and improve appetite and digestion.
21. HEMORRHOIDS are reduced, if, in the beginning, they are moistened frequently and if the drops are taken internally, especially before going to bed, they soften the hemorrhoids.
22. If someone has FAINTED, open his mouth if required, give him 1 tablespoon of the drops and he will come to.
23. This remedy rids you of the pain of SPASM (cramps) so that it will cease in time.
24. For CONSUMPTION take them daily in the morning or on empty stomach and continue the treatment for 6 weeks.
25. If the MENSTRUAL FLOW CEASES for a woman or is too heavy, she takes these drops 3 days and repeats it 20 times. They will, what is too much, quiet and, what is too little, even out.
26. This remedy also helps to cure "WHITES" (white vaginal discharge.)
27. If someone is afflicted with EPILEPSY, he has to be given these drops on the spot and he should then take this remedy exclusively, since it strengthens the affected nerves as well as body and rids it of all sickness.
28. They heal LAMENESS and rid you of DIZZINESS AND INDISPOSITION.
29. They heal also hot PUSTULAS AND ERYSIPELAS.
30. If someone has FEVER, be it hot or cold, and is very weak, he is given 1 tablespoon of the drops and the patient, if he is not overloaded with other medications, will in a short time come to, the pulse will start to beat again and the fever, no matter how high it was, will pass and the patient will soon be better.
31. The drops also heal CANCER, OLD POCK MARKS, WARTS AND CHAPPED HANDS. If the wound is OLD OR FESTERING OR PROUND FLESH has developed, everything is washed well with white wine and a piece of cloth moistened with the drops is laid upon it.
32. They heal, without danger, all WOUNDS, be they from a stab or a hit, if they are moistened frequently. A piece of cloth is taken, moistened with the drops and the wounds covered therewith. They take away the pain in a short time, permit no BLEMISH OR PURIFICATION and heal also old wounds which were caused by a SHOT. If there are holes, the drops are sprinkled into the wound which need not necessarily be cleaned beforehand. Through repeated applying of the moistened cloth healing occurs in a short time.
33. They take away SCARS, even if very old, WOUNDS AND CUTS, if moistened up to 40 times with them. All the wounds heal and leave no scars.
34. They heal all FISTULAS, even if they seem incurable, be they as old as may be.
35. They heal all BURNS AND SCALDS, be they caused by fire, hot water or fat, if the injuries are moistened frequently. No blisters form, the heat is taken out and even festering blisters are healed.

36. They serve against SWELLING AND BRUISES, be they caused by a blow or a fall.
37. If someone cannot eat with APPETITE, they bring back the lost taste.
38. In ANEMIA they bring back the lost color, if taken for a period in the mornings. They cleanse the blood and form new blood and promote circulation.
39. RHEUMATIC PAINS in the limbs are eased if the drops are taken morning and evening and a moistened cloth is applied to the aching parts.
40. They heal FROST BITTEN HANDS AND FEET, even if there are open parts, if a moistened cloth is applied as often as possible, but especially at night.
41. For CORNS, a cotton ball, moistened with the drops, is applied and kept moist. After 3 days the corns fall out or can be removed painlessly.
42. They heal too BITES of mad dogs and other animals, if taken internally since they heal and destroy all poison. A moistened cloth is laid upon the wounds.
43. For PLAGUE and other INFECTIOUS DISEASES it is well to take them repeatedly since they heal PLAGUE BOILS AND SWELLINGS, even if already in the throat.
44. He who cannot sleep at night takes these drops before going to bed. For nervous SLEEPLESSNESS a piece of cloth moistened with diluted drops is laid upon the heart.
45. A DRUNK can be sobered on the spot with 2 tablespoonfuls.
46. He who takes these drops mornings or evenings daily needs no further medication, since they strengthen the body, tone up the nerves and the blood, take away the TREMBLING OF HANDS AND FEET. In short, they take away all illnesses. The body stays supple, the face young and beautiful.
- (End of Transcript)

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Appendix

Further Testimony from Maria Treben

When my son was 6 years old, he was attacked by an Alsatian and terribly mauled in the face. Later, dark red scars covered his face from the nose upward. In the "old manuscript," point 33 states that, this tincture takes away all SCARS, WOUNDS AND CUTS, even if very old, if moistened up to 40 times. Therefore, our son's scars were now moistened daily. Very soon, they disappeared, even the ones deep in the nose.

With these experiences I came to our town in 1953. During a visit to a farmhouse, I met the farmer's wife, a mother of 2 small children, milking cows. Instead of a word of greeting she said: "If you stood me against the well I would let you shoot me." For weeks she had suffered from terrible HEADACHES and she was supposed to go for X-rays. The same evening, I sent my son with a small bottle of Swedish Bitters to her, so that she might find relief, at least at night. How surprised I was when, at 7 o'clock in the morning, the farmer came to me saying: What did you send my wife? Within a short time, after applying it to the head, the headaches had gone. And in the morning, 2 dark brown clots of the thickness of a little finger came down her throat. This woman swears by Swedish Bitters even today and was able to help her little daughter, who suffered from PNEUMONIA, years ago. Never is she without this household remedy.

For months, a woman suffered from FRONTAL SINUSITIS. She could not breathe through her nose and was plagued by terrible headaches. Despite antibiotics and radiation treatment her condition did not improve. Then she applied Swedish Bitters as a compress over the forehead, eyes and nose and already after the first use she felt relief. 3 nightly treatments later, large amounts of pus came through her nose and she was able to breathe normally again.

From sight, I knew a young woman, who after the birth of her sixth child, became a shadow of herself. I spoke to her and learned that at this time she WAS UNABLE TO EAT ANYTHING and was also unable to keep the children with her. I recommended Swedish Bitters to her. About 3 weeks later, I saw her as a healthy young woman, who was able to eat normally and had the children with her again. Her mother had been in hospital with a swollen foot and for a long time had only been able to walk with a stick. Despite 75 injections there was no improvement. Therefore this young woman sent the recipe of the Swedish Bitters to her mother, advising her to try them. Now her mother's foot is back to normal and the stick unnecessary.

One day, I received a letter from Germany in which an acquaintance asked me to look after her niece who was taking a cure in Gallspach. When the young woman came to see me for the first time, I got a shock. She was lifted out of the car, crutches were put under her arms and it took her, despite help, more than an hour to come up into my flat on the first floor. The joints of both feet were deformed, the fingers crippled and unable to hold anything, When walking, the BODY THROWN forward and the legs pulled after. I stood at the door, my hands pressed against my heart, unable to say anything except: How does a young woman like you have such a terrible illness? "Overnight after my fourth child", she replied. Quite suddenly, almost overnight, this young woman lay crippled in her bed. She was taken from doctor to doctor, nobody could help her. Twice a year, she came to Gallspach to Dr. Zeileis, who had to tell her he could not cure her, only ease the trouble. I recommended Swedish Bitter and told her to put her faith in it. This was in February, 1964. In September, I received a telephone call from the young woman asking if I could meet her at the bus stop. I was baffled, then surprised, when a smiling young woman, still leaning on a stick, descended the bus. The STIFFNESS AND CRIPPLING OF THE HANDS was gone, as well as the DEFORMATION OF THE LEGS. Only on the left foot, the knee and ankle were still swollen. But on the third of August 1966, a year later, this too had disappeared completely and she came without a stick, a healthy woman to take the cure for the last time. She had put 1 tablespoon of Swedish Bitters 3 times daily into a small amount of lukewarm water and sipped it before and after each meal.

I would like to give a few more examples of the wonderful effect of Swedish Bitters. From my sister who lives in Germany, I learned that a mutual acquaintance from Leipzig had been confined to a wheelchair for 15 years. She had spent the war years in Prague and in 1945 - as was the fate of many - had to stay for weeks in a cellar without straw or any other bedding. Later, she came to Leipzig with her husband. Soon she suffered from terrible DEFORMATION OF THE JOINTS and then came

the life in a wheelchair. I only learned of her difficult fate when her husband suddenly died and the poor CRIPPLED WOMAN had to leave the flat and move into a furnished room. The sending of herbs and medications from Austria to the East Germany is not allowed. Therefore, I had to send her the herb mixture from a border town in Bavaria every second month. Soon I received encouraging letters. She took 1 tablespoon of Swedish Bitters in a small amount of water and drank half of it before and half of it after a meal. She did this 3 times a day. Slowly the deformations receded and she was able to move her joints slightly. We prayed, she in Leipzig, we in Austria. After 9 months, this woman who had been tied to a wheelchair for 15 years, could leave her flat for the first time. Slowly she improved and was soon able to do her daily work which helpful people had so far done for her.

In the summer, we often went swimming in a lake. One day, the large piece of wood that was used to sit on was leaning against a fence. I had my bag next to it and was bending over to gather up some things, when all of a sudden I felt this terrific blow on my leg. The large piece of timber had fallen over and struck me right on the leg. In no time, from the knee downward, it was dark blue to purple and two large swellings, about the size of a fist, appeared. I was carried to the car and then up to my room. My husband wanted to send for the doctor, but I asked him to apply Swedish Bitters as a compress on my leg. Half an hour later, I was able to walk down the stairs to the dining room without help. The next day, my leg was smooth. There were no more swellings and the DISCOLORATION had cleared up as well.

Another accident happened near this lake. A 4 year old girl was stung by a HORNET and her arm swelled up. I fetched Swedish Bitters and before the parents had clothed the girl, I was ready with the compress and applied it while the girl was carried to the car. On arrival at the car, about 3 minutes later, the SWELLING had subsided and the doctor was no longer necessary.

While gathering raspberries, I was stung by a POISONOUS INSECT on the thumb. Overnight, the thumb swelled up and while shopping a woman said to me: 'You had better go directly to hospital, such an infection could cause your death.' Overnight I applied Swedish Bitters as a compress and the next day my thumb was back to normal size.

One time I had an accident in the laundry. It was at the time when washing machines washed but did not rinse. The heavily entangled pieces had to be lifted out of the very hot water with wooden tongs. I tend to do everything quickly and with great energy. The tongs slipped and hit me in the eye. Stunned with pain and half blind I walked upstairs. As soon as I had applied Swedish Bitters, the pain eased. A little while later, I looked into the mirror and saw I had a BLACK EYE. I was back in the laundry a quarter of an hour later with a piece of cotton wool moistened with Swedish Bitters covering the eye, a small piece of plastic over it and the whole lot tied up with a folded scarf. For a few days I kept applying these compresses overnight, thence there was no chance of anything developing behind the eye.

As I do every year, I was taking a cure in Kneipp Spa in Muhllachken, when the head nurse came into my room with a woman doubled up with pain. She suffered from GALLBLADDER ATTACKS and the doctor had advised her to have an operation. I applied Swedish Bitters as a compress on the area of the gall bladder (first Calendula ointment or lard has to be applied otherwise the alcohol would dry out the skin, then a piece of cotton wool is moistened with Swedish Bitters, applied to the PAINFUL AREA, a piece of dry cotton wool and a piece of plastic are put over it to keep it warm. (Everything is now bandaged with a piece of cloth). I was just about to pull up her girdle when she sat up with a cry: 'The pain is gone!' She continued to apply the compresses and she took the Swedish Bitters as drops, internally, 3 times a day, one teaspoonful in a little water or tea and the attacks never reoccurred.

For years I looked after a woman who was all alone. Communication with her was somewhat difficult, since she was HARD OF HEARING. In the 'old manuscript' it says:

THEY BRING BACK LOST HEARING.' Therefore she had to moisten the acoustic duct frequently with Swedish Bitters. The index finger, moistened with Swedish Bitters, is put into the ear. Do not forget to put a drop of oil into the ear from time to time, to avoid itching. All the same time this woman moistened her temples, her forehead and the area around the eyes. Now we can communicate normally and her face has a much fresher look. One day, as she was getting out of the bus, a car knocked her down and she fell on her face. Again Swedish Bitters helped her blue-red face to get back its normal colour. On February 1st, she celebrated her 89th birthday. How often have people

who come to my talks and told me that they are able to hear again and have packed away their hearing aid thanks to Swedish Bitters. These drops relieve pain internally or externally, anywhere in the body, because the blood supply to the affected area is increased.

Therefore it is appropriate to apply Swedish Bitters as a compress to the back of the head of people who suffer from EPILEPTIC FITS. The cause of these attacks lies often back in the past; maybe a fall on the head or a shock in childhood.

During a talk I gave, a man came up to me and told me that he received a double fracture at the base of the skull in a very bad car accident. After this had healed, he started to get a few EPILEPTIC FITS a day. I recommended Swedish Bitters applied as a compress to the back of the head, and 4 cups of Stinging Nettle tea, to which 2 tablespoons of Swedish Bitters were added, daily. Stinging Nettle tea is necessary for severe epileptic fits. Several months later he passed by my house to tell me that the fits had stopped.

MENINGITIS, HEAD INJURIES caused by a FALL OR A BLOW, STUTTERING AND SPEECH DISORDERS are treated effectively with Swedish Bitters applied as a compress to the back of the head. These compresses are also beneficial for BURSITIS. I have to emphasize again that for all severe illnesses a doctor has to be consulted first!

From the many letters I have received I have learnt that Swedish Bitters applied as a compress to the eyes has been effective in cases of a DETACHED RETINA AND PORUS RETINA. All these people were going blind. These compresses are applied to the closed eye and left on for an hour. HEALTHY eyes, especially if STRAINED, can profit too, if Swedish Bitters is brushed with the index finger along the lid to the corner of the eye. This way good EYE SIGHT can be enjoyed well into old age.

Since Swedish Bitters is such a wonderful remedy, no medicine chest in the house should be without it. Poured into small bottles, it can be taken along on trips. Often away from home, the food is disappointing and the need arises to STIMULATE DIGESTION and to shake off WEARINESS AND TIREDNESS. In these cases, Swedish Bitters is a true 'elixir'. A sip, watered down, is taken internally and, externally, some drops are brushed on temples, forehead, eyes and the area behind the ears. In no time, the beneficial effect is felt.

For a COLD, with all its accompanying symptoms such as weariness, tiredness, pressure in the head and heaviness in the stomach, a cotton ball is moistened with Swedish Bitters and held under the nose, while breathing deeply. Immediately the head will feel lighter. If a COLD has already affected the BRONCHIAL tubes, the moistened cotton ball is held in front of the open mouth and breathing is done with the mouth. Here, too, relief will be felt. During times of influenza, 1 teaspoon, sometimes 1 tablespoon, diluted with a little water, is taken daily. In this way one is protected from influenza. Wherever there is PAIN, Swedish Bitters is always beneficial, taken internally as drops, applied as a compress or used as a rub or a massage.

Several years ago I suffered from RENAL COLIC. The doctor came in the middle of his surgery hours. In the meantime, I had applied Swedish Bitters as a compress on the kidney region and when the doctor arrived the pain had subsided. I was quite shame-faced because I had wasted his valuable time. He wanted to know why the pain had subsided so quickly. When he heard that I had applied a compress he said: Excellent, I do not have to give you an injection!" Swedish Bitters had his approval. Whenever I came to his surgery he would say, " I WILL NOT PRESCRIBE YOU ANYTHING, YOU HAVE SWEDISH BITTERS." It was he who had brought me closer to herbs.

An elderly lady came to see me. For years she could only walk with a stick, since

ARTHRITIS had crippled her. Nothing helped and she could not take it any longer. One teaspoon of Swedish Bitters in Stinging Nettle tea and Horsetail tea, taken 3 times a day made a difference. Three weeks later, I heard she was able to walk without a stick.

A member of our small church choir INJURED HER KNEE while ice skating. Since it was a small choir she was missed badly. After church I met her in town. It was impossible for her to mount the steep staircase up to the choir. A few moments later I was at her place with the things required for a compress. As a doctor's wife, she looked sceptically at my doings. This changed when he was able to

bandage her knee a few minutes later. The next day she was able to mount the staircase. But unfortunately another member was missing, due to a **SPRAINED ANKLE** acquired while enjoying our so healthy wintersports. We knew that she was already at the casualty ward. Now the lady who only the day before had a **STIFF KNEE** asked me to go and put the compress on the sprained ankle. I was reluctant to do it, because the woman had been treated at the hospital. But thinking I might find myself singing alone I changed my mind. I found her lying on the couch with a very swollen, painful **ANKLE**. In the hospital she was told just to keep her foot raised. Swedish Bitters applied as a compress brought her immediately some relief. The next day she came to the choir, although the roads were icy. She was without pain and her ankle was normal.

One day in a restaurant I saw a man who was obviously in pain. I got out my Swedish Bitters and gave him a tablespoonful in a little lukewarm water. Colour came back to his face and he could not believe it when the pain subsided. Six months later, I came back to the same place. I had already forgotten the incident, when a gentleman came up and thanked me profusely. He looked years younger. With the help of Swedish Bitters, he had lost all complaints which **ACUTE GASTRITIS AND DISORDER OF THE PANCREAS** had caused him. Since Swedish Bitters clears up disorders of the pancreas, they are most beneficial for **DIABETES**. **WARTS, LIVER SPOTS, CORNS, MOLES, HAEMORRHOIDS EVEN BIRTHMARKS AND SEBORRHEA** will disappear, if they are moistened repeatedly with Swedish Bitters. A piece of cotton wool moistened with Swedish Bitters, put in the ear, will clear up **BUZZING AND RINGING**. If the base of the scalp is moistened, it will **STRENGTHEN THE MEMORY**. Swedish Bitters cleanses the **BLOOD, IMPROVES CIRCULATION, DISPELS FLATULENCE, HEADACHES, INDIGESTION, STOMACH, GALLBLADDER, LIVER AND KIDNEY DISORDERS** (even if alcohol is not allowed). For **PHLEBITIS AND THROMBOSIS**, Calendula ointment is smeared thickly on the affected areas and then Swedish Bitters, as a compress, is applied. When healed. Stinging Nettle foot bath are taken to improve the circulation. These drops stimulate a **SLUGGISH INTESTINE** and dispel **DIZZINESS AND LAMENESS**. For all illnesses they are most beneficial, even for **CANCER**. For acute attacks of pain, 1 tablespoon is taken in a little water or tea. If 1 teaspoonful in a little water is taken 3 times daily, morning, noon and evening, good health is kept till old age. Swedish Bitters awakens vitality and strengthens the life force so needed in our time. Preserve through Swedish Bitters, your health, strength and joy for your family, work and fellowman. During a visit at a farm, I heard that the 12 year old son of the farmer, was to have an operation. **PUS** had formed behind the ear drum, due to an inflammation. I was against the operation, since sometimes, in similar cases, deafness occurs. A small piece of cotton wool moistened with Swedish Bitters was put in the boy's ear. A lot of pus was discharged daily, the pain subsided and an operation was not necessary.

For **INTESTINAL CANCER** - it was a young mother of five and the doctor had given her only a few more days - I recommended compresses applied to the area of the intestines, at the same time Calamus roots which are steeped in cold water overnight (1 level teaspoon per cup of water); 1 sip before and after each meal, and a tea made from equal proportions of Stinging Nettle, Calendula and Yarrow. At least 2 liters of this tea has to be sipped throughout the day. Today this woman is so much better that there is hope of a complete recovery.

A woman from Heilbronn, West Germany wrote: About 10 months ago, my 41 year old nephew who lives in Sacramento, California, wrote in his letter that he suffers from **BLEEDING OF THE COLON** daily and the medical diagnosis is without a doubt, **CANCER OF THE COLON**. A side opening would be necessary. I sent him your book

'Health through God's Pharmacy', Swedish Bitters, Calamus roots, Calendula, Yarrow and Stinging Nettle. He followed the instructions in your book. Today my nephew is able to work again. After taking the mentioned herbs for 4 days the bleeding stopped. Tiredness and loss of weight were arrested slowly.

A 52 year old man treated for 10 years for **CARDIAC ASTHMA**, had to take B tablets daily. For years he could only sleep sitting up and, for every step he took, he had to throw up his arms to get some air. I was of the opinion that this was caused not by the heart but the liver. I applied Swedish Bitters as a compress to the area of the liver. He had to drink

1 cup of Common Club Moss tea to which a teaspoon of Swedish Bitters had been added in the morning and some in the evening, daily. How right I was shown the first night, when he was able to

sleep lying down. Swedish Bitters and Common Club Moss tea brought about a swift and good improvement. So that 3 days later, he who had not stepped out of his house for years, was able to walk around his little garden twice during the day. Slowly he is recovering.

A WOUND which would not heal after an operation closed overnight,. after the patient had taken a large sip of the bottle of Swedish Bitters. This single sip caused the wound to close which had been open for three years and had to be dressed several times a day.

A lady from Burgenland, Austria, told me that her 23 year niece had an AUDITORY DEFECT since birth. She was told that an operation in her case would be without success. This lady then asked her niece to try Swedish Bitters. They were very surprised when, 14 days later, the niece was able to hear normally. My dear readers, I do not want to withhold a letter from Graz, Styria: 'By chance or maybe Providence, I had a talk with a 74 year old man in the bus. This man got back his hearing which he had lost during the war, when receiving HEAD AND BRAIN INJURIES. Only 3 times had he put a piece of cotton wool moistened with Swedish Bitters in his ears.' (Letters provide the proof of such accounts.)

A gentleman from Bavaria reports: 'Through an accident I INJURED MY RIGHT ARM. Swedish Bitters soon alleviated the terrible pain. After almost 10 years of DEAFNESS in one ear, I was able to hear the ticking of the alarm clock again. Only once did I put Swedish Bitters into my ear.' - How many DEAF people could be helped this way. Even if only a single one could get back his hearing.

After a talk I gave, I learned from a listener that, for 2 years, she suffered from a WEAK ANUS MUSCLE. The doctor said it was irreparable. Swedish Bitters, together with Shepherd's Purse, finely cut, macerated in rye whisky or vodka are kept in place for 10 days, heals muscular atrophy and serious muscular disorders; four cups of Lady's Mantle tea and six sips of Calamus root tea a day remedied it.

In a telephone call from Vienna I heard a female voice say: THANK YOU SO MUCH FOR SWEDISH BITTERS.' When 12 years old, during a school hike in the mountains, this woman was inadvertently hit in the face by the girl in front of her with her climbing boot. Hence, for 40 years, off and on, she suffered from a FESTERING JAW and had undergone 16 operations and several punctures. She had to break off her studies, was unable to take the profession she wanted and plagued by continuous pain. She looked after a household. When 52 years old she read about Swedish Bitters, applied it as a compress on the jaw area and was freed from all pain.

End

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