

Herbal Life Treatment Institute Catalog



Disclaimer

The products and services found in this catalog are not intended to replace medical advice, diagnosis, or treatment from a qualified license physicians. If you have any health concerns or conditions, please consult a/your physician before using any of our products or services.

By choosing to purchase from the Herbal Life Treatment Institute, you do so at your own risk.

It is important to note that individuals who are taking pharmaceutical medications should not combine them with herbal remedies without proper guidance, as this may lead to serious health emergencies. We strongly recommend that if you are consuming both herbal remedies and pharmaceutical medications, you should separate them by at least 2-3 hours to avoid potential interactions and untoward health issues. Your safety and well-being are our top priorities, so please exercise caution and seek professional advice when necessary.

Welcome by Dr. Cameio Forbes

Welcome to the Herbal Life Treatment Institute. My name is Dr Cameio Forbes, and I along with Dr. Elwood Rolle, I am the proud Co-Director and Co-Proprietor of the Herbal Life Treatment Institute. I've been a Holistic Health Practitioner for more than 15 years, and have dedicated my career to providing people with the knowledge they need to take control of their health and wellness. We, at the Herbal Life Treatment Institute, believe that true health is not just treating symptoms; it's understanding the root causes of your health issues and treating them holistically. We provide services including personal consultations, herbal remedies, educational resources and much more to help you make the sustainable lifestyle changes you need to live a healthier, more balanced life. We're committed to guiding you to better health, and we're here for you no matter what stage of your health journey you're on. Thank you for choosing us on your path to improved health.

Dr. Cameio Forbes

Co-Director and Founder

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10 Tips for a Healthier You



1. **Eat a Nutritious Diet:** Focus on consuming whole, unprocessed foods such as fruits, vegetables, whole grains, and lean proteins. Limiting processed foods and sugars can significantly improve your overall health and energy levels.
2. **Stay Hydrated:** Drinking plenty of water is essential for maintaining bodily functions and promoting optimal health. Aim for at least eight glasses of water a day, and consider herbal teas for added benefits.
3. **Exercise Regularly:** Incorporate physical activity into your daily routine. Aim for at least 30 minutes of moderate exercise most days of the week to boost your mood, improve cardiovascular health, and enhance overall well-being.
4. **Prioritize Sleep:** Ensure you get 7-8 hours of quality sleep each night. A consistent sleep schedule helps your body repair itself and enhances mental clarity and emotional stability.

5. **Practice Mindfulness and Meditation:** Spend time each day practicing mindfulness or meditation to reduce stress and anxiety. These practices can improve your mental health and help you connect with your inner self.
6. **Build Strong Social Connections:** Foster relationships with family and friends to create a support network that enhances emotional well-being. Engaging in social activities can lead to increased happiness and lower stress levels.
7. **Connect with Nature:** Spend time outdoors to improve your mood and reduce stress. Nature walks or simply sitting in a park can help ground you and promote feelings of peace and tranquility.
8. **Limit Screen Time:** Take breaks from digital devices to reduce eye strain and mental fatigue. Aim for a digital detox by designating specific times to unplug from technology each day.
9. **Engage in Creative Activities:** Explore hobbies that allow you to express yourself creatively, whether through art, music, writing, or crafting. Engaging in creative pursuits can enhance emotional well-being and provide a sense of accomplishment.
10. **Seek Professional Guidance:** Consider consulting with holistic health practitioners or nutritionists who can provide personalized advice tailored to your unique needs and goals. They can help you create a sustainable plan for achieving optimal health.

By incorporating these holistic health tips into your daily routine, you can foster a more balanced lifestyle that promotes physical, mental, and emotional well-being.

Herbal Life Treatment Institute Product Catalog

Welcome to the Herbal Life Treatment Institute's product catalog, featuring our selection of herbal teas and liquid remedies. All items are made to order fresh, ensuring the highest quality for our customers. Please note that remedies in capsule form will be available starting October 15th, 2024.

Consultations



We offer a variety of professional consultation services to support your health journey:

- **Dietitian Services** - \$200 (Counseling, Meal-plans, Coaching)
- **Holistic Health Counseling** - \$45/hr
- **Basic Consultation (Virtual)** - Free

- **Meeting at Location** - \$45
- **Comprehensive Consultation** - \$90 (Includes consultation meeting, vitals assessment, blood pressure check, pulse check, respiratory assessment, temperature check, blood glucose check, strength test, and urinalysis)
- **Monthly Holistic Health Subscription Program** - \$45/month (Contact Us for details)

Special Offers

- **Free eBook:** All purchases over \$20 will receive our "One Month of Vegetarian Recipes" eBook for free (an \$8 value).
- **Discounted eBook:** Get "The Detox Handbook: Holistic Approaches for a Healthier You" eBook or hardcopy bound book at 50% off with your purchase.

Herbal Health Drink



This herbal Health Drink was designed as a highly curative, and nutritious herbal elixir designed for people on the go, who wish to help themselves to improve, and maintain their health and boost their energy levels.

For a minimum time only, we are offering this drink for \$24.00.

Herbal Teas (Gal) - \$20 Limited Time Only



Our herbal teas are sweetened with natural cane sugar, providing a delightful taste while delivering health benefits. Here's what we offer:

- **Moringa Lemonade:** This refreshing drink combines the nutritional powerhouse of Moringa with a zesty lemon flavor. Moringa is known for its rich vitamin content and antioxidant properties, making this lemonade a perfect choice for hydration and wellness.
- **Natural Energy Drink:** A revitalizing blend designed to boost your energy levels naturally. This drink is ideal for those needing an afternoon pick-me-up without the jitters associated with caffeine.

- **Ginger Lemonade:** A spicy yet refreshing beverage that harnesses the anti-inflammatory properties of ginger. This lemonade is perfect for soothing digestion and providing a warming sensation.

- **Fevergrass Tea:** Also known as lemongrass, this tea is known for its calming effects and ability to promote relaxation. It's an excellent choice for winding down after a long day.

- **Sorrel Spice Tea:** A unique blend featuring sorrel, which is rich in antioxidants and has been traditionally used to support heart health. This tea offers a tangy flavor that can be enjoyed hot or cold.

Medicinal Liquid Mixtures (Gallon) - \$65



Our medicinal liquid remedies are formulated to address various health concerns:

Herbal Life Treatment Institute Product Catalog

- **Detox Remedy:** A powerful blend designed to cleanse the body of toxins and promote overall health.
- **Anti-inflammatory:** This remedy helps reduce inflammation in the body, providing relief from discomfort associated with various conditions.
- **Antiviral:** Formulated to support the immune system and combat viral infections, this remedy is essential during cold and flu season.
- **Immune Booster:** A potent mix of herbs aimed at enhancing your body's natural defenses against illness.
- **Cancer Fighter:** Specially crafted to support those battling cancer, this remedy includes ingredients known for their potential protective properties.
- **Heart Health:** This formula supports cardiovascular health, promoting circulation and overall heart function.
- **Gastrointestinal Relief Formula:** Designed to ease digestive issues, this remedy helps soothe the stomach and promote regularity.
- **Herbal Multi-Vitamin Drink:** A comprehensive blend that provides essential vitamins and minerals from natural sources.

Deep Colon Enema Kit - \$90

This complete kit includes everything you need for a thorough cleanse:

7-page instructional booklet

Herbal medicated enema fluid

Enema bag

Tubing

Natural Treatment Programs

We offer specialized treatment programs tailored to specific health needs:



Ulcerative Colitis: Contact us for details on our comprehensive program.

Kidney Stones Program: Contact us for more information on how we can help manage this condition.

Take advantage of our special offer on our General Health Tonic, designed to promote overall well-being.

Ordering Information

All products will be delivered after payment has been made. We do not keep herbal teas or other liquid remedies hanging around refrigerated; instead, we prepare them fresh upon order. For inquiries or to place an order, please reach out directly to the Herbal Life Treatment Institute.

Mode of Operations

We are made up of two Holistic Health Practitioners and one Holistic Dietitian who perform House-Calls and virtual online consultations and assessments. We also provide free delivery of our remedies and products to your Nassau location, and we ship to the Family-Islands. Interested in our products and/or services, contact us today, we'll be happy to serve you!

Contact

Send Emails to: herballifebahamas@gmail.com

Visit Us Online: www.herballifebahamas.com

WhatsApp: 242-437-0854

Telephone: 242-467-0813

Update on Catalog

Please be advised that this catalog will be updated on September 31st 2024, and will contain the full spectrum of products and services provided by Herbal Life Treatment Institute. We appreciate your patronage!

Support Our Partners

Scan the code to go to our partner's page.



Herbal Life Treatment Institute

At the Herbal Life Treatment Institute, we emphasize the principles of holistic health as a foundation for overall well-being. Our approach integrates physical, emotional, mental, and spiritual aspects to create a balanced lifestyle. We encourage individuals to adopt nutritious eating habits, engage in regular physical activity, and practice mindfulness to enhance mental clarity and emotional balance. By focusing on nourishing the body with whole foods and maintaining a healthy lifestyle, our clients can experience increased energy levels and improved immune function.

In addition to dietary and exercise recommendations, we promote the importance of social connections and spiritual fulfillment. Building strong relationships and participating in community activities foster emotional support and resilience. Practices such as meditation and reflection help individuals connect with their inner selves, leading to greater self-awareness and fulfillment. At the Herbal Life Treatment Institute, we are committed to guiding our clients on their holistic health journey, providing them with the tools and knowledge needed to achieve lasting wellness.