

Formulas for Better Health

[Change of Life Tonic-Enhanced Formula](#)

For the treatment of menopause symptoms. This formula balances the hormones, supports and nourishes the female reproductive system, addressing such symptoms as: hot flashes, mood swings, irritability, profuse sweating, palpitations and depression.

[Diabetes and Blood Sugar Control Tonic](#)

This tonic curbs the craving for sweets and helps to balance and maintain a healthy sugar metabolism. It has specific herbs for strengthening resistance to diabetic tendencies.

[Heart Tonic Enhanced Formula](#)

This formula nourishes, tones and strengthens the heart as well as increasing circulation and oxygenation to the heart. It has heart health promoting herbs and protects the heart from free radicals.

[Arthritis, Joint Pain & Fibromyalgia Formula](#)

Soothes and reduces arthritis, joint pain and fibromyalgia naturally and with no toxic side effects. Helps the body to heal inflammatory processes which can lead to arthritis and joint pain and fibromyalgia and aids the body in achieving balance and proper circulation to the areas involved in these responses. This tonic is blended to create a healing process to target and reduce inflammatory responses.

[Master Immune Tonic - Enhanced Formula](#)

Boosts and strengthens the immune system enabling it to fight infection, bacteria, fungus and viruses. Can be used for prevention of infection and to protect oneself from illness. A natural antibiotic.

[Mood Uplift Tonic - Enhanced Formula](#)

This tonic has specific anti-depressant and anti-anxiety properties. Promotes relaxation, calmness, and emotional stability. Uplifts the spirit and mood and creates a sense of well being and balance. Promotes cheerfulness and increases vitality. Naturally energizes the system as it brings it into balance.

[Nerve and Sleep Tonic Enhanced Formula](#)

Calms, nurtures, harmonizes and gently relaxes the nervous system. Can be used as a sleep aid or to calm and relax in times of stress and anxiety. Eliminates insomnia and nervousness.

[Master Energy Tonic - Enhanced Formula](#)

Increases stamina, endurance and energy levels. Nourishes and strengthens the adrenal glands, helps the body to regenerate after depletion or illness. Nourishes the nervous system. Recommended for strength, energy, longevity and endurance.

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[Male Energy Tonic Enhanced Formula](#)

Targets the male reproductive system, balancing, strengthening, toning, nourishing and empowering the male sexual organs/glands. Promotes circulation, oxygenation and tonification of the male genitalia. Eliminates impotence and increases endurance and performance.

[Master Brain Tonic - Enhanced Formula](#)

The Master Brain Tonic Enhanced has really improved my ability to concentrate and my memory. My grades are greatly improved and studying has never been easier. ~ Julie O, Weed, CA.
Increases blood circulation and oxygenation to the brain. Promotes mental clarity and enhances memory and retention.

[Women's Tonic Enhanced Formula](#)

This is a wonderful tonic for the female reproductive system. It nourishes and supports the entire system and addresses the symptoms of bloating, painful periods, excessive bleeding, scanty periods, infertility, depression, irritability, hormone and mood swings. It balances and nourishes the complete hormonal system. It harmonizes the emotions, energizes and infuses a sense of well being. It supports, nourishes and astringes the underlying symptoms that are involved in the overall menstrual cycle.



**Clea Richards
The Tonic Lady**



"At Mt. Shasta Botanicals we produce the purest, most potent Herbal Combinations available, blending the Finest of Eastern and Western (Ayurvedic, Chinese, Rain Forest and Western) Healing Traditions. Many years of private practice and retail experience here in the Mt. Shasta area have enabled me to develop formulas which very effectively target the many profound physical and emotional conditions of today. I am delighted that I can now make them available to everyone."

~ Clea Richards
Owner of Mt Shasta Botanicals

Other Formulas Available

[Adrenal tonic](#)

Herbs to nourish, feed and strengthen the adrenal gland to help deal with and lessen stress's effects on the health.

[Bitter's Tonic](#)

Promotes and aids digestion.

[Detox Tonic](#)

A blend of herbs to gently detox the body and purify the blood.

[Essiac Tonic](#)

Developed by Caisse to treat various types of cancer and is an overall system cleanser.

[Eye Tonic](#)

A blend of herbs to nourish, strengthen and improve vision.

[Gastritis Tonic](#)

A mix of soothing, mucilaginous and digestion balancing herbs that aid assimilation of food and subdues over acid conditions.

[Kidney/Bladder Tonic](#)

A blend of herbs specifically to soothe the urinary tract and improve kidney/bladder function.

[Liver Tonic](#)

Nourishes, builds, tonifies and strengthens the liver.

[Lung Tonic](#)

Anti spasmodic, strengthening and nourishing herbs for tonifying, warming and drying the lungs.

[Prostate Tonic](#)

Herbs to promote prostate health by toning, strengthening, nourishing and astringing the prostate gland.

[Thyroid Tonic](#)

Nourishes and strengthens the thyroid function.

Lymph, Migralief, Mouth, Pituitary, Intestinal, Calcium, Decongestea, Gout, Parasite, Mother's Cordial and Ego Tonics are also available.

Visit www.mtshastabotanicals.com
for current prices of these quality products

Feel Good ~ A portion of every purchase will help fund natural and cultural Stewardship in Northern California

Visit www.e-jedi.org/travelgreen for further information



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Call Toll Free: (866) 810-8350

Mt. Shasta Botanicals
104 Main Street
Weed, CA 96094



Carol Clea Richards graduated from U.C.L.A. and began her natural medicine and herbal studies in 1979 at the Santa Fe College of Natural Medicine and the Institute of Traditional Medicine. She graduated from the Clinical Herbology Program in 1982 and was asked to take over her instructor's herb business. Her herbal education grew from there providing invaluable hands on experience which then blossomed into the Mt. Shasta Botanicals business.

In addition, Clea's wealth of knowledge included Clinical Nutrition, Iridology (Eye Diagnosis), Lifestyle Counseling, Chinese Medicine and Basic Ayurvedic concepts and herbs. Certified in Iridology, Clea also studied Oriental medicine, herbology and Acupuncture at Kototama Institute and the Institute of Traditional Medicine where she became a Licensed Acupuncturist. Clea graduated from Emperor's College of Oriental Medicine 1987.

Proud owner of Mt. Shasta Botanicals she shares her vast knowledge by producing herbal tonics that blend Eastern and Western (Ayurvedic, Chinese, Rainforest and Western) healing traditions and has a private practice in Clinical Herbology, Nutrition, Lifestyle Counseling and Iridology in Northern California.

To contact Clea, go to her website at www.mtshastabotanicals.com or email her at:

The Mt. Shasta Botanicals line has kept me illness free and off of antibiotics. My recurrent bronchitis is gone. Thank you Mt. Shasta Botanicals! ~ Jeff C., Austin, TX.



"The Nerve and Sleep Tonic Enhanced has allowed me the first real rest in years. I take it with a cup of chamomile tea before bed and I sleep like a baby and there are no aftereffects. I wake up feeling refreshed." ~ Pan P., Mt. Shasta, CA.

"I have used the Mt. Shasta Botanicals for years and the benefits have been phenomenal! I make them a part of my everyday health program." ~ Neera P., Weed, CA.

There is a healing pathway for you to feel healthy, look great and have energy

"I have had excellent experience with the Mt. Shasta Botanical tonics, using them myself and with clients, especially with chronic infections. The master immune tonic is a life saver!"
~ Dr. Ellen Tart-Jensen

Mt. Shasta



Botanicals

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"Nerve and Sleep Tonic Enhanced has helped me sleep like a baby! I wake up rested and refreshed ready to take on a new day!"
~ Marcia Rey, Mt. Shasta, CA.