HOW TO USE Cortesia Herbal Products

A Guide to Oral & Topical Remedies

C. Forrest McDowell, PhD
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Thank you for using our therapeutic-grade organic herbal remedies. We created this document to help you better understand the use of our herbal remedies, and your role and responsibility in your restorative efforts. So, please take some time to read these guidelines, and visit our website at Cortesia Herbal Products for detailed information about specific remedies.

Every day, people's health and restoration are challenged by certain factors: diet, movement/exercise, stress, environment, water, medicinal inputs, mental will, to name a few. The best term to assess quality of life and health is “wellness.” Wellness implies wholeness; therefore, it is simply not enough to focus on symptoms, but to create a broader approach for optimal intervention of cause while relieving symptoms. So, diet, movement, stress, water, etc. are worth analyzing.

We have helped thousands of people with our herbal products for over 30 years. Consequently, we have a sound knowledge of not only a range of injuries people experience, but also how plant medicine can help. Speaking personally, without herbal remedies and other sound, commonsense strategies, we are convinced our family would not continue to experience good health, and efficient healing when injured. Whether you are new or experienced in using herbal remedies, we want to share some key and safe strategies to aid in your own health restoration.
A HEALING WINDOW

Your body recreates itself, cell-by-cell, mostly within a 30–90-day window (much of it happens within 30 days!). This recreative pattern repeats itself your whole life! Therefore, think of this period as a good Healing Window to conduct your healing protocol, regularly without fail. The day you start your protocol is DAY 1 of your Healing Window (even though you may have been injured sooner).

Consider this: As new cells replace old ones, the new ones can be vitalized with the micronutrients that only herbal remedies (prescription medications have no micronutrients) and a good alkaline-based organic diet offer. The old cellular debris must be flushed out, via the skin and Lymph system and liver. So, in the Healing Window, you must also plan how to optimally flush out cellular debris and natural occurring toxins (endotoxins and exotoxins).

The Healing Window may be different depending upon the health condition or injury. Connective tissue injuries (ligaments, tendons, joint area, fascia) have few red blood cells, as compared to soft tissue like muscle — so, these injuries take longer to heal over many months, if not years (as with shoulder rotator cuff injuries). Buffering membranes in joint areas (both synovial and bursae) can heal quicker because their fluids can be replenished. Thus, bursitis can heal much faster than a ligament or tendon strain/injury.
**Strategy:** To those people who say they are NOT experiencing healing benefits, the first question we ask is this: “Were you regular in taking your remedies, and did you attempt to utilize any other suggested healing strategies?” Be regular using your protocol. If using a tincture, use for 6 days then take a day off (this prevents dependency and gives a restful day to flush out cellular debris).

**INCREASE WATER INTAKE!**

To help assimilation of herbs into tissues, joints, organs, and buffering membranes, YOU MUST INCREASE WATER INTAKE.

Our body is almost 70% water by design. Every day, our body attempts to eliminate about 2.5 liters of water naturally (via urine, feces, sweat, breathing). However, most people are water-deficient because they do not take in enough water to support the daily loss, AND to add as moisture and buffer to tissues, joints, and organs. Furthermore, water contains much needed oxygen for cellular health. An oxygen-rich body is alkaline and healthier. Water deficiency in the body creates an acidic state that supports disease and injury.

**Water and Weight Management:** If the human body consumes 16 oz. of water in each hour, the metabolic rate will spike by as much as 30% for the next 30 to 40 minutes! This has profound effects for weight management. Why? There happens to be a single enzyme called Lipase that must be activated in your body to mobilize (get rid of) FAT. Water plays a key role in the activation of Lipase. Who would have thought that fat loss (i.e., weight loss) is limited if you are not drinking enough water every day!
Strategy: The best experiment within the first 30 days of your protocol is this (the benefits are astounding): Drink 3 quarts of plain, unfluoridated water daily. Yes, you will pee a little more initially, but your body will settle in to loving the necessary water. Point is, the water moves the herbs and minerals into body areas, as well as necessary oxygen; and it helps expel old cellular debris and toxins. Once you provide the body with lots of water you may notice benefits such as: better fluidity of joints and tissues; cessation of clicking, stiffness, grinding, swelling, hot or touchy spots; nicer skin texture, weight loss, etc.

DECREASE REFINED SUGAR INTAKE!

Of all foods, refined sugar (exception is real honey, maple syrup, stevia) is perhaps the worst one for the body, yet on average, Americans consume over 22 teaspoons daily. Research shows that cancer cells have 15 times the sugar receptors than normal, healthy cells. In short, the body reads refined sugar somewhat as a poison (more addictive than opioids!) and attempts to do something about removing it, with great effort via the liver.

In general, the body uses sugar in three approximate ways:
50% is used immediately to create energy
10% is stored in the muscle and liver as glycogen
40% is stored as fats - triglycerides and cholesterol
As useful as it may appear above, sugar is the greatest cause of **INFLAMMATION** in the body. It works exactly opposite of what the body desires to heal — forcing the extraction of essential minerals, like Calcium, from tissues, joints, and bones (often called “peeing your bones”).

Researchers have determined that one molecule of sugar extracts 54 molecules of Magnesium in the body. This is in part one reason that about 80% of the population is chronically deficient of what experts consider to be the most important mineral in the body: Magnesium. By the way, soda and caffeine do the same.

**Strategy:** As you increase water intake, decrease or eliminate refined sugar intake. If you can do this for the first 30 days, you will most certainly experience benefits. But even if you try this strategy for ONE WEEK, you will feel the difference in your JOINTS, MUSCLES, and SKIN. Plus, that sugar craving will mostly go away.

**DIETARY LIFESTYLE CHANGES**

The standard American diet (often called SAD) is primarily **ACIDIC**, stemming from processed foods, meats, dairy, grains, sugar, alcohol, salt, nitrates and nitrites, preservatives, sodas, etc. Nobel prize-winning research has proven that disease (especially cancer) and improper health restoration of injuries is supported and caused by an acidic environment in the body, mostly created via diet.
Strategy: The optimally healthy option is to create a nutrition style that supports an ALKALINE body — eating live enzymes via fresh produce, whole grains, fresh juices, plenty of water, and exercise.

INCREASE MAGNESIUM INTAKE

Most people suffer from chronic Magnesium Deficiency (this never shows up in blood tests!), because of diet, stress, injury, disease, aging, activity, and use of medications, among others causes. Magnesium, often called the Master Mineral, is perhaps the most important mineral in our body, responsible for up to a thousand enzyme reactions, cellular energy, and metabolism, and as a controller of other minerals, especially calcium, that can do more harm than good if not regulated. If you are injured or have a disease, if you are very active or experience chronic fatigue — you absolutely need Magnesium! And it is a very inexpensive health fix!

Oral Magnesium supplements are mostly ineffective with low bioavailability and often accompanying laxation. The absolute best form is a topical MAGNESIUM SPRAY (often referred to as “transdermal”). Our website has a section to help you understand more the healing benefits of Magnesium. A topical Magnesium spray is 100% absorbed by the body within 20 minutes, without laxation!

Among our selection of remedies are four Magnesium Sprays, as shown in the image below: Regular, Optimal, ProActive, and Just for Women. Each 4oz bottle contains over 14,400mg of Magnesium Chloride.
Strategy: The suggested dietary RDA for Magnesium is around 400mg. Medical researchers suggest that this should be at least double or triple for optimal health. As we age, we should always take in more Magnesium than Calcium (in truth, magnesium deficiency and overabundance of calcium in the body is what creates most bone and joint health issues and breakage, especially among post-menopausal women).

Shoot for at least 1200mg of Mag absorption daily. You will not have laxation issues at all if the Magnesium is applied topically (If you took that much orally, you might spend a day on the throne!). You don’t need that much Vitamin C, but make certain to get vitamins D, A and K to complement the Magnesium.
Place the Magnesium spray on your affected injury AND on your lymph areas, especially upper chest, breast, armpit, and neck areas. Spray some on inside and back of knees, elbows, and to bottoms of feet. All these places are rapid absorption areas into deep cellular structures. A facial spray is a great wake-me-up and energy booster in the day, if the felt need.

If you did two Mag applications a day for 30 days (as research purport), you can be certain of optimal Mag and mineral restoration, and very noticeable benefits. This is very easy and an inexpensive effort, so it is worth a try.

**TAKE MSM DAILY**

MSM (methylsulfonylmethane) is a natural occurring way to ingest much-needed elemental Sulfur for connective tissue and joint health. The elemental sulfur is vital as a co-catalyst with magnesium for cellular regeneration and tissue healing, and to replenish the synovial and bursae fluids. When you combine the MSM with increased water alone, you will feel benefits of very increased flexibility, joint aching relief, etc. (Note: we also put MSM in our Magnesium sprays!)

**Strategy:** Take MSM crystals/powder (not capsules or tablets), 1 tsp. each morning and evening (sulfur is water soluble and is depleted about every 12 hours). The gold standard for MSM for humans (yes, animals love it, too!) is from Kala Health. A supply will last you many months!
KEEP MOVING & USE MOIST HEAT

Movement and exercise are critical for health restoration. The old idea of passive convalescence has yielded to the proven benefits of movement to keep the protective Fascia that surrounds all our body parts and systems like a flexible steel sock, flexed and fluid. Movement also importantly oxygenates our cells, however much or little we move!

**Movement Strategy:** Do gentle stretches, range of motion, and weight-bearing movements. Walking (and swimming) is great overall for moving all body systems and joints. Use resistance bands (tubes, or sheets) — the grasping and slight tension in pulling (it is both force and torque) is good for exercising deep muscles, the fascia, and oxygenating the cells.

**Moist Heat Strategy:** Consider using Moist Heat therapy when relaxing. This is very good medicine with sound science behind it! After administering a topical spray and/or salve, place a heating pad over a slightly damp cloth on top the affected area, for 45 minutes or so. This allows very deep tissue penetration of the herbs and oils. Only ice muscle and soft tissue injuries very briefly after injury or strain; never ice connective tissue, bursae, or joint injuries—it will certainly do more harm than good, as a researched fact.
THE 1-2-3 METHOD – USING OUR PRODUCTS TOGETHER

Healing strategies can have a synergistic-additive effect, just as when certain herbs are combined to create a greater bioavailability. Over decades of work, we are certain that a strategy of “simple in means, rich in ends” is a valid one. Here’s how to use our products together:

STEP 1

Thoroughly rub our Magnesium Spray on affected areas and lymph nodes. Rub enough to create skin heat (above 105F) so that there is deep penetration of the micronutrients. If using our Quick Relief Spray, do the same. After 20 minutes (100% absorption of the Magnesium) wipe any residue off with a damp cloth – your skin will glow and be silky! Some people don’t mind the slightly salty residue, however.
**STEP 2**

Thoroughly rub our Deep Penetrating Salve (formerly called Acute & Chronic Injury Salve), like above. A little bit of salve goes a long way — you used too much if it feels too greasy on your skin after rubbing in. Now is a good time, if relaxing, to use Moist Heat for 45 minutes. Remember that the pores of the skin face downwards like shingles on a house. So, rub well upwards, for deeper assimilation into skin. Furthermore, rubbing well creates skin heat and this also helps with absorption.

**STEP 3**

Take your oral Tincture, as directed on the bottle. You can take it when doing the above, or independently. Administer at least an hour either side of food consumption. Under the tongue (sublingual) is a straight shot into the bloodstream; holding it there or in the mouth with just a bit of water is great. Hold maybe 15-30 seconds and then swallow. If the remedy is quite stout (like our famous Formula #6: All-in-One), putting the drops in a little warm water is good. Just hold the sips in the mouth briefly before swallowing.
SUMMARY

When injured, the body goes through 3 Phases of Healing: initial Inflammation, ongoing Repair, and necessary Remodeling to as good as possible before injury. HERE is a very good article describing these healing phases.

Your active involvement in repair and remodeling is key to health restoration, as the strategies on this sheet suggest. The fact is, in attempting to recreate itself within a window of time, the body cannot fully recreate itself 100% like new, especially with connective tissue injuries.

Areas where we use our joints a lot (knees, ankles, shoulders, hips, elbows, hands) tend to heal slower and create scar tissue. Research shows that even so, all connective tissue injuries only recover 80% optimal use of the area in a best-case scenario. So, we must be realistic in our health restoration, yet work for 100% functional repair, remodeling, and use of our as-best-as-possible restored tissues!
Be hopeful. Your healing is a time of great self-love. It is an opportunity to gain tremendous knowledge and intuition about how certain body parts work. So, be a curious student of your injury, and set a course for optimal recovery. Know that most health conditions respond best with a good mental attitude.

Each person’s health story is unique. Therefore, these herbal remedies may not fully work for you, meet your expectations, or may take longer for your body to assimilate. Plant medicine is often subtle, so being dedicated over a key period is invaluable.

Herbal remedies are overall very benign to the body. Consequently, there is wiggle room to experiment with well-created remedies. Remedies especially seek the cause of an injury and support immune system response. The select herbs we use are well known for working with cause and symptom, for the types of injuries and health conditions we discuss on our website. However, after 40 years of practice, we are still students ourselves of the miracle of plant-based medicine. Therefore, customer feedback is invaluable for us to learn more about effective healing strategies and options.

Lastly, remember that blessings of health, peace and healing will always be supported by an attitude and devotion to: Reverence for Life & Health.

Using Our Remedies – Together or Individually

Decades of reverent use and creation has allowed us to intimately understand how herbs unlock and support the body’s healing potential and ability. We have learned two invaluable properties about herbs:
There is a synergistic/additive healing effect when combining herbs that work well together, and healing is enhanced by administering herbs in various therapeutic forms, both as an oral (tincture, tea) and a topical (salve, liniment, lotion) for targeted and systemic effectiveness.

The instructions below come with each customer order. They provide safe guidelines that you can also experiment with, especially as you experience healing.

**GENERAL PRODUCT USAGE TIPS**

1. **Take Regularly.** The first 30 days are critical for assimilation by the body. Increased water intake helps greatly!

2. **Experiment.** Adjust dosages and frequency to find out what works for you. Use 6 days, then 1 day off — this prevents dependency and allows cellular debris and exotoxins to be flushed from the body.

3. **Be Attentive.** You may experience symptomatic relief, even added benefits for other conditions you weren’t expecting.

4. **Review your overall lifestyle & healthstyle.** Adjust in such areas as diet, exercise, weight and stress control, rest, attitude, level of faith, or even the use of other interventions.

5. **Accept the simple Truth:** Each person is unique. Therefore, these herbs may not fully work for you, meet expectations, or may take longer for the body to assimilate. Nutrition & diet are often the greatest causes of diminished healing or continued discomfort and may need assessment.
WHY AREN'T YOU HEALING?

- Are you regular in use and administration? The first 30-90 days are key!
- Have you increased your intake of water? Herbs need moisture to penetrate. Try up to 90oz daily!
- Have you adjusted your diet? Inflammatory and acidic foods can interrupt healing
- Have you kept active? Reasonable movement & exercise help oxygenate blood and keeps muscles and joints flexible.
- Finally, do you have a hopeful, curious and dedicated attitude toward life and health?

MAGNESIUM SPRAY

1. Try to apply the Magnesium Spray to the injury area first. This relaxes tissues and calms the nerves to diminish pain. Magnesium is vital for cellular restoration and to monitor excessive calcium.
2. Rub the spray in well. It is fully absorbed within 20 minutes.
3. 3-4 sprays = 60mg; try to take in 800-1200mg Magnesium daily
**How to Use Cortesia Herbal Products**

**Specific Injury:**
Apply at least 400-600mg at *each application* to the affected area, including areas above and below it; apply morning and early evening, or before and after energized activity.

**General Use:**
Apply 800mg+ in morning to lymph nodes around the body (these absorb quickly), and to face and head. You will feel invigorated quickly, and if washed off after 20 minutes of absorption, your skin will glow!

**Active Use:**
For high activity use, apply 400-600mg Magnesium to body, especially to those areas, like legs or arms or hands, that will be used a lot. This will provide sustained and calm energy to the body and mind during activity. Then apply after activity, before showering, to high use body areas; wait 20 minutes for full absorption. This will restore energy, prevent muscle spasms, charley horses and leg cramps, and rejuvenate cells.

See our selection of Magnesium Sprays on our website [HERE](#).
How to Use Cortesia Herbal Products

DEEP PENETRATING SALVE

(For targeted relief and restoration)

Our salve is a perfect example of select herbs working very well together within a simple organic base. “Simple in means, rich in ends!” is our motto. In other words, this is a salve that really works!

- If you first rubbed in our Magnesium spray to your injured area, and waited 20 minutes for full absorption, then you are ready for the Deep Penetrating Salve.
- If you can't wait 20 minutes, that's okay. Just apply the salve when desired.
- If you are not using a Magnesium spray, simply apply the salve when desired in the day, usually morning, after activity, and evening.

Remember: a little does a lot! So, use just enough that rubs in well without leaving a surface greasy feeling. Creating skin heat helps the nutrients to be absorbed.

- If you have time, apply Moist Heat. Easiest is placing a heating pad (medium setting, 45 minutes) atop a wrung-out washcloth placed over the injured area. For serious injury, do once or twice daily. This method allows for deep penetration of herbal nutrients into tissues and cells, aiding in regeneration and relief of inflammation.

See our Deep Penetrating Salve on our website HERE
QUICK RELIEF SPRAY

An injury or strain can cause stiffness and discomfort. A deep penetrating salve is excellent, as noted earlier. A longstanding tradition in herbalism is to create “liquid salves” that act like liniments. We formulated our Quick Relief Spray with incredible herbs and essential oils in an organic Witch Hazel base for immediate results.

- Active and feeling a little muscle or joint strain as a result? Rub in a few sprays of Quick Relief Spray for immediate relief.
- Our spray is balanced so that it goes on cool and heats up when rubbed in — this is especially comforting and soothing to tissues.
- Safe to use any time throughout the day
- Works very well with our other topicals!
- Small 2oz bullet-sized – for easy packing

See our Quick Relief Spray on our website HERE
ORAL TINCTURE

(For moving medicinal phytonutrients through bloodstream to body areas)

An oral tincture moves quickly to activate the body's immune response to a health condition. It is a perfect balance to targeting with a topical remedy. However, tinctures work well on their own, too.

- Plan to take your tincture from 30-90 days; this is a very good Healing Window to observe effectiveness because the body replaces a majority of its cells within this timeframe, and a good remedy can aid in regeneration.
- The suggested dosage is very safe. When you get to know your tincture's effectiveness, you can safely adjust dosage up or down.
- Our tinctures are stout and nutrient-rich. If a little too strong, simply place drops in a cup of warm water, let sit for 5-7 minutes to allow alcohol to dissipate, then sip.
- Always hold the drops in your mouth to absorb into bloodstream before swallowing.
- Take a day or two off! To prevent body dependency, and to allow a good day for expulsion of body toxins released during healing, don’t take your tincture for one day out of seven days. You may feel a zing when commencing again!

See our selection of Solomon's Seal infused tinctures and Health Kits HERE
CORTESIA HEALING SALVE

(An amazing all-purpose first-aid salve!)

What's there to say about a salve loaded with potent herbs that do what they are supposed to do: heal and provide relief! This is a perfect targeting salve for general skin abrasions, bites, rashes, and o wee s. It is also very moisturizing for dry skin. Many babies have found instant relief for their little bottoms, too.

- Apply this salve sparingly – do not overdo it!
- This salve is softer (like an ancient pouring salve) than our Deep Penetrating Salve, so it is more susceptible to heat and may become thin until it hardens in cooler temperature again.
- This is a workhorse salve – don’t be afraid to try it to determine effectiveness.

See our Cortesia Healing Salve on our website HERE

VISIT US ON THE INTERNET: www.cortesiaherbalproducts.com
DISCLAIMER:

The information presented in this document and our website is intended for educational purposes only. The advice and experiences offered are for informational purposes. We do not make any claims for "cures," though many people do use herbs for the maintenance of good health. See your health care practitioner when suffering from a serious or chronic illness. Self-diagnosis and treatment, which is your moral right, should be done with an eye of discernment.

These statements have not been evaluated by the FDA and are not intended to diagnose, cure, treat or prevent disease, illness, or distressing conditions. Individual results may vary. It is always advisable to consult with your own health care provider and/or to fully educate yourself as to the benefits and possible complications of any alternative form of treatment.
In summary, by visiting our website and reading its educational material, AND by using any products offered on our website, you are acknowledging the fact that plant-based remedies, although very safe when properly prepared and formulated, do not generally have strong-based science to support claims of use, other than historical and anecdotal observation. The FDA and other regulatory agencies, including international ones, are especially vigilant about the claims made for herbal remedies, whether they are true or not. To that point, we have attempted to be as straightforward as possible with the information provided on our website, information sheets, and articles about the herbs described and potential benefits.

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2022 by C. Forrest McDowell, PhD
New to Herbal Remedies? 6 Common Questions Answered

The Herb, Solomon’s Seal: 7 Health Benefits

Solomon’s Seal Remedy: Do You Trust Your Internet Purchase?

Solomon’s Seal Tea: Health Benefits and Preparation

Four Qualities of a Good Herbal Salve

Mindful Self-Care

Exercise Supports Muscle and Nerves — Here’s Why

If Exercise Were a Pill, We’d All Be Taking It

Breathe Better, Feel Better

Drink Water When Using Herbal Remedies: 5 Reasons Why

Reverence for Health: 4 Qualities Needed for Healthcare & Self-care

7 Daily Happiness Questions (When Sick or Injured)

12 Ways to Speed Your Healing Post-Surgery

Make a Health Smoothie — 5 Tips from a Pro