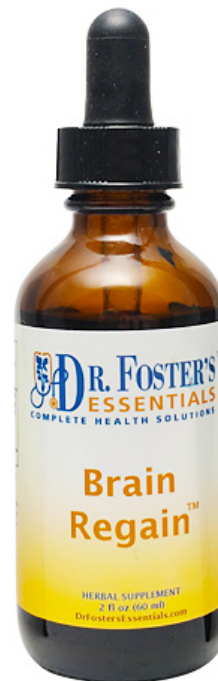


# Brain Regain Formula:

- **Benefits of This Formula**
- **How to Use This Formula** (Dose, How it Looks, Storage, Mixing with other Supplements, Expiration Date, etc.)
- **Brain Regain Herbal Latte Recipe**
- **Signs the Formula is Working**
- **How This Formula is Different From Aspirin**
- **The Disadvantages of Taking Aspirin**
- **Ingredients**
- **What Else Can I Do to Heal My Brain?**



**Product Seal:** Your bottle of Brain Regain might have a product seal that is not the usual transparent plastic wrapped around the dropper. Instead, it is a hard plastic “ring” that is attached to the bottom of the dropper mechanism. It is perfectly sealed and it will not break until you twist open the bottle. You will then hear the sound of the seal breaking.



## Benefits of This Formula:

- Can reduce or eliminate a headache or migraine – see instructions below
- Helps increase mental alertness
- Helps support concentration and focus
- Can help memory and recall
- Can reduce depression, help get off of antidepressants
- Helps to stay alert while on long car trips
- Can help some cases of tinnitus (ringing in the ears) if caused by reduced circulation of blood to the head area.
- Helps thin the blood, reduces risk of blood clots
- Helps increase the circulation of blood to the brain

## Suggested Use:

- Shake well before use. Add to a few ounces of purified water, diluted fruit juice or vegetable juice or any beverage. If you wish to evaporate the small alcohol content in this formula, put a dose in a coffee mug, add 2 ounces

boiling water and let cool before consuming. The alcohol will evaporate in a small puff of white vapor after adding the boiling water.

- **Regular Dose:** Take one to two droppers full 3 to 6 times daily.
- **Dose For Headache/ Migraine:** Take 2 droppers full. Wait 5 to 10 minutes. If headache is not gone, repeat up to 3 more times every 5 to 10 minutes – up to 8 droppers full.

- **How Much is a Dropper Full?** one dropper full means to fill up the dropper as much as it can fill. Squeeze the dropper two times quickly. You will see the dropper filling up. That's it. That's a dropper full. It usually looks halfway full. If you count the drops, it's about 30 to 35 drops.

- **Is it Supposed to Be Opaque/ Have Sediment, Flecks or Grit in it?** Yes! The sediment is there in many of our formulas on purpose to add potency. Some herbs, like black cohosh and black walnut are very dark in color and make dark extracts, while others are light in color such as garlic, ginger and oat straw. Your formula could be light or dark in color, opaque or cloudy and it may contain "flecks" or "grit" in it as well. All are normal for our extracts. Alcohol is pretty much a perfect preservative. Your tincture will last for around 30 years or even longer. **It has NOT spoiled nor has it gone bad – it's completely fine!** We've been doing it this way for decades and everyone is fine. Herbalists have also been doing it this way for centuries, so all is well! If your dropper won't work, it is likely clogged with a little sediment. Gently insert a safety pin or sewing needle to unclog it. It will then work just fine. Stop making assumptions about what you think an herbal extract should look like.



The extracts you've gotten from the health food store or online are often watered down and tasteless and they're pretty weak in effectiveness. They are typically only steeped for around 24 hours to save money (and avoid anyone having too strong of a healing), and then watered down with sugary glycerine to make them taste better. They look nice and transparent and **very pretty**. National Formula standards for the industry dictate as little as one part herb per 10 parts alcohol. The resulting extract will be weak in effectiveness and won't do what you want it to do, let alone save your life from something. Our extracts are NOT THAT.

We put in far more herbs per alcohol – sometimes just as much herbs as alcohol so the solution is super super saturated! Our extracts have been steeped for **at least 2 weeks** and because of these reasons, they are highly potent and work far better. I had to use extracts this strong for my patients because they kept coming to me at the last minute with life-threatening issues after conventional medical treatment failed, and I had to pull out all the stops and use the strongest remedies possible to save them. A super potent extract is not supposed to be clear, ultra-filtrated, odorless and tasteless. **It's supposed to be bitter and it's supposed to have a strong taste.** And the cayenne in our extracts increases the effectiveness even more so that it's strong enough to save your life – even in an emergency if you take the right dose. If we make the herbs weaker, it could take you ten years to get well instead of just one. So, stop comparing it to other extracts you've bought before. Yes, it is supposed to look and taste like that, and yes, I know it looks and tastes like that. Please use all of our recipe suggestions to make it taste better right when you take a dose out of the bottle.

- **Adjusting the Taste and Herbal Latte Recipe:** If desired, add natural sweetener to taste – stevia and monk fruit powder or syrup work great! If cayenne bothers your stomach, add 2 ounces of boiling water to a dose of this formula, allow to cool for around 5 minutes, then add a few ounces of nondairy milk (rice milk, hemp milk, cashew milk, oat milk, coconut milk, almond milk, etc). Diluting the formula and adding the nondairy milk helps to reduce or even eliminate the burning effect of the cayenne. See Herbal Latte Recipe below:

## ***Herbal Latte Recipe***

*This will make a nice coffee-like beverage that  
Disguises most, if not all of the taste of the formula*

- 2 droppers **Brain Regain Formula**
- 2 ounces **Boiling Water**
- 12 drops **Liquid Stevia** (Hazelnut flavor)
- 1 tsp **Grain Coffee Substitute**
- 4 to 6 ounces **Nondairy Milk**

Put one dose in a coffee mug. Add boiling water, coffee substitute & let alcohol evaporate for about 5 minutes. Then add nondairy milk & stevia.

- **Could I Take it Straight in My Mouth?** Yes! But you may or may not like the taste. You can also mix this formula with water or juice as well or even add boiling water to evaporate off the alcohol content. The alcohol will evaporate as a puff of white vapor just after you pour the boiling water on top of your dose.
- **Could I Mix it With a Few Ounces of Water When I'm on the Go or In a Hurry?** Yes!
- **Should I Put it Under My Tongue?** You can, and you will probably feel the effects slightly faster, but it's not required. Just get it down.
- **Should I Take it On An Empty Stomach?** You can, but you don't have to. If you have a sensitive stomach or if cayenne bothers you, take this formula with juice, with the Herbal Latte recipe listed above, or with food.
- **What if I Skip a Dose or Get the Dose Wrong?** Herbal medicine is very forgiving. If you get a dose slightly wrong or skip a single dose, it doesn't matter that much. If you take an herb after 10 hours when you were supposed to take it after 6, it's not a huge deal. Just keep going and keep doing your best. Set reminders and write out or print out daily schedule sheets so you can remember what you're taking. If you forget to take a dose 3 times per day, take a larger dose twice a day. If you overdose, the worst thing that happens is you feel a little nauseated. If, by some remote chance, you throw up, you'll purge some toxins out of your system because that's what herbs do – they get the bad stuff out of you. They are not experimental synthetic chemicals (prescription medications) so they're not damaging you or poisoning you in any way. Dr. Christopher, a famous herbalist who healed all types of incurable diseases used to say if that if you throw up after taking too many herbs, you'll have a "cleaner stomach for the next dose." Despite what the medical profession and the mainstream media brainwashes you to believe, herbs are just not dangerous. You're really not going to hurt yourself as long as you stick fairly close to the directions, follow your common sense and don't overdose on a laxative herb or hot chili peppers.
- **Cautions:** do not take this formula if you are currently taking aspirin or a prescription blood thinner. The herbs in this formula thin the blood. Getting a constipated colon working again 3 times per day helps thin the blood. Doing a liver cleanse, making dietary changes, exercising, eating greens and drinking more water also thin the blood as well.

- **When Does it Expire?** Technically, an alcohol extract lasts indefinitely. Alcohol is a near-perfect preservative, so it will last probably around 30 years or longer - regardless of what it says on the product label. Your rubber stopper on the dropper bottle will probably deteriorate before your herbs ever do.
- **How Do I Store it? In the Fridge?** No, you don't have to refrigerate it. Just put it in a cool dark place such as in a cabinet. I leave mine out on my kitchen counter in an organizer. Keep it out of direct sunlight or away from a heat source such as your stove/oven or a space heater.
- **Can I Mix it With Other Formulas or Supplements?** Yes. Mix it with anything, but with one exception. Don't put it in the same dose as Colon Detox Caps or Colon Soothe Formula or any other "absorptive" formulas containing clay or charcoal. Colon Detox Caps and Colon Soothe and other "absorptive" formulas need to work in your system for around an hour before you take anything else.
- **How Long Do I Take It?** For as long as you need it. The herbs will continue to help your circulation and brain function for as long as you take it. Benefits accumulate over time.
- **Which Other Herbs Or Blends Are Compatible?** Compatible with Dr. Foster's Essentials Grounding Essential Oil Blend as an additional aid to help regulate brain function.
- **What If I Have a Reaction?** Most people will feel great with increased clarity, headaches can go away, and some will sleep better and others may have a surge of energy. But **if your body has accumulated a large amount of toxins, you might and you're SUPPOSED TO have reactions especially if your body is highly toxic and you take strong herbs and go through herbal detoxification and especially if you take more than one herbal formula. It's the way your body heals and it's the way OUT of your disease and the way to protect yourself from getting every other chronic health condition out there in the future. If you have an adverse reaction to ANY HERB, then you, more than anyone else, need to detoxify and get the toxins out of your body that were causing this problem. Your body can be highly toxic even if all your blood tests are normal and if you don't intervene now, you are at high risk to be one of those people who has a heart attack, stroke or cancer "out of the blue" for no explainable medical reason.**

Your body will NEED to go through something called the "Reversal Process" to reverse the years of disease that have accumulated in your body. You'll

need to remove the “Mucoïd Plaque Layer” from your colon, flush out gallstones and pre-gallstones (these show up in people as young as their thirties), clean all of the heavy metals, excess cholesterol, pesticide residues, pharmaceutical medication residues and toxic oils out of your liver as well as from your kidneys. A ton of foul-smelling toxins will pour out of your body during a detox and yet, the week before that happens, your doctor just gave you a clean bill of health and told you everything was fine. This problem with toxicity easily escapes your doctor’s lab tests.

If you want to just “get by,” and then find yourself randomly suffering from other health problems in the future because you didn’t heal the root cause **NOW** when you had the opportunity, then follow your doctor’s recommendations. If you want to actually **heal yourself permanently from something and avoid getting sick in the future**, then now’s the time to learn how. **This “reaction” you had is a beautiful gift and a golden opportunity.**

When the heavy metals from your silver dental fillings that have been sitting in your liver for decades comes out because you’re taking really strong herbs, those heavy metals might cause a headache, temporary fatigue, some sharp gas pains in your belly, or a slight rash on the way out of your body. That’s **your dentist’s fault** for putting those metallic fillings in there – not the herbs’ fault. The herbs are helping you get it out. The same with residues from pharmaceutical medications, the pesticides on your food, the car exhaust and other toxic fumes and synthetic chemicals that have been deposited in your body’s tissues for decades. The herbs are making them come out and that’s exactly what you want to happen so you can be healthy again.

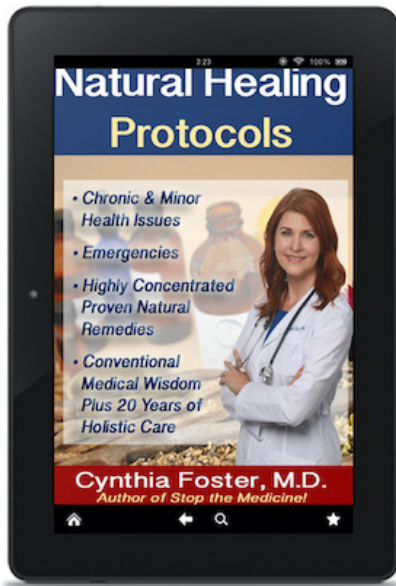
- Therapeutic herbs are very safe and they’ve been used safely for thousands of years. It’s not the herbs’ fault, **it’s Big Agra’s fault, the drug manufacturers’ fault, the V\$ccine Manufacturers’ fault, and Corporate America’s fault** for all the synthetic chemical toxins they pour into our environment that are in your tap water, your food, your medications, and in the air.
- When the toxins have been removed, you can take the **same herbal formula and feel completely fine**, so give your body time to remove these toxins so you can actually heal yourself from **everything** and have a bright future ahead without cancer, heart disease, strokes and other chronic diseases.
- **So, if you get a “reaction,” simply lower your dose** until you arrive at a dose that’s comfortable for you and *go through this healing process **more slowly**.*



- If you haven't read the "How to Take Your Herbs Flyer, you need to do that **right now** because it explains these reactions in detail, the entire "Reversal Process" and **exactly what to do step-by-step if you have a reaction**. Please click here: ["How to Take Your Herbs" flyer](#). **Taking the colon cleanse formulas helps prevent most, if not all, of these reactions**. If you skipped the colon cleanse thinking the Brain Regain Formula was the only important formula for your brain and you've completely ignored your liver as well, which is **absolutely** crucial for your brain function, I highly recommend you go through [that liver cleansing information now](#) because it could save your life and make a big difference in your brain function.

Before you say anything, I'm going to tell you that **I have been doing this for over 20 years and I also have the conventional medical training**. I guarantee your doctor has absolutely no clue what this is, what the "Four Stages of Disease" are, what "Hering's Law of the Cure" is, what the "Reversal Process" is or how to help you with it. **You will need to be the one to learn about it and you will need to be the one who educates your doctor about it**. This is going to make the difference between saving your own life versus following your doctor's advice to the grave because all the experts agreed that your condition was "incurable." You have the opportunity to learn from a medical doctor who has been practicing holistically and saving people's lives with herbs for over 20 years. I've made this information FREE because hardly anyone knows about it. If you learn it, you will have independence, finally be in charge of your health, and you might not need your medical doctor anymore. I also have 6 bookcases of books on medicine and natural healing, a proven genius IQ, and have been to countless natural healing seminars, workshops and expos, and I've written 10 books on natural healing. I've also spent decades making extracts for my own personal use and taking them for various things so I can learn all the intricate details about how each herb works and what each extract is supposed to look like and taste like. You can't get this information anywhere else. You need to learn this!

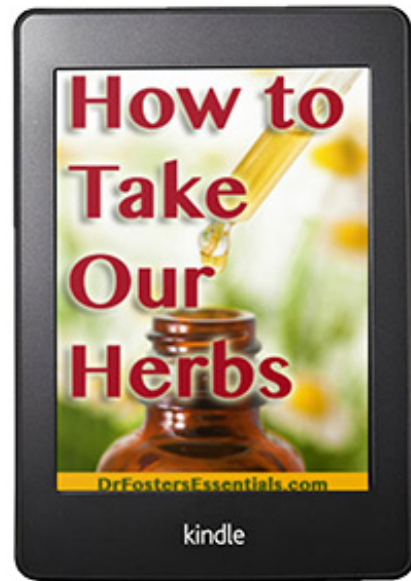
**See Below.....**



Click Here



Both are FREE pdf files. Print them out on your printer or put them on your tablet.



## How Will I Know the Formula is Working?

Increase in ability to retain information, able to study/ learn/ work for longer periods of time before taking a break, better recall of events, better short-term memory, reduction in your headache or it even goes away. The herbs in this formula contain a full spectrum of vitamins and minerals that occur naturally in the herbs. These nutrients are ALL important for building better brain function as well as building healthier arterial walls and safely thinning the blood. The longer you take the formula, the more it works. The benefits accumulate over time. Don't give up after just one dose!

## How Is This Formula Different From Aspirin?

This herbal formula contains ginkgo, which is a natural blood thinner. Red clover does not have the same side effects of aspirin but can still thin the blood effectively. This formula lasts in the body for around 6 hours.

## The Side Effects of Aspirin:

- Ringing in the ears (tinnitus)
- Stomach ulcers – can bleed and be life-threatening.
- Long-term regular use damages the kidneys, causing something called renal papillary necrosis



- Risk of bleeding into the brain (called a hemorrhagic stroke) and other places in the body. Hemorrhage into any internal organ – can be fatal.
- Aspirin disables the platelets irreversibly for 3 days. There is no way to reverse its effects for three days, so if the blood thins out too much, there is no antidote to counteract it for 3 days.

## Ingredients in Brain Regain:

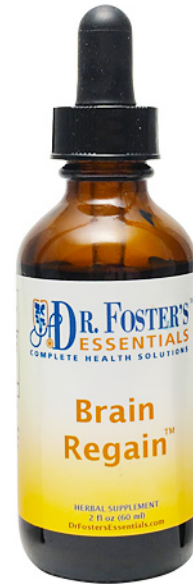
**Gotu Kola** (*Centella asiatica*) – revitalizes the brain and nervous system, increases attention span and concentration. Mild adaptogen (helps the body adapt to stress). Antioxidant. Cerebral tonic. Helps reduce anxiety and reduce certain types of fever. Can help venous insufficiency and in the detoxifying of opiate medications. The main active ingredients include Bacoside A and B.

**Ginkgo Biloba** – increase circulation to the heart, brain and the rest of the body. Helps thin the blood naturally and safely, but should not be combined with aspirin or prescription medication to thin the blood.

**Mulungu** (*Erythrina Mulungu*) – helps relieve pain, anxiety, calm the nerves, regulate heartbeat. Helps support healthy blood pressure and liver function. Traditional uses include nervous cough, epilepsy, asthma, bronchitis, hepatitis, inflammation of the liver and spleen, clearing obstructions in the liver. Active component include erythrina alkaloids, cristamidine, erysodine and others.

**Rosemary Leaf** (*Rosmarinus officinalis*): Carminative (helps digestion), aromatic, anti-spasmodic, antidepressive, antiseptic. Circulatory and nerve stimulant. Helps reduce psychological tension. May ease muscular pain, sciatica and neuralgia.

**Cayenne (Hot Chili Pepper/ Habanero Pepper)** – Circulatory stimulant, thermogenic. Increases metabolism. Can help pass kidney stones. Excellent remedy for poor circulation, feeling colder than other people, being out in cold weather, angina pains. Cayenne is a “facilitator” herb that increases the effectiveness of the other herbs in the formula by increasing the circulation and driving the herbs deep into the hidden recesses of the body where they’re needed the most. When added to the brain formula, it helps the brain herbs work better than if they were taken without the cayenne.



<b>Supplement Facts:</b>	
Serving size: 30 drops (1 dropper)	
Servings Per Container: 78	
Herb Strength Ratio: 1:1	
<b>Amount Per Serving</b>	<b>%Daily Value</b>
<b>Proprietary Extract:</b>	.75ml*
Ginkgo biloba, Gotu kola, Rosemary, Mulungu, Cayenne, Kola nut	
* Daily value not established	

**Other ingredients:** Distilled water,  
Organic grain alcohol (45-55%)

**Cautions:** If pregnant, nursing, or have a medical condition, consult a health professional before using. Do not take this formula if you are currently taking aspirin or any prescription medication to thin the blood/ reduce risk of blood clots.

Distributed by:  
**CYNTHIA FOSTER, M.D.**  
DrFostersEssentials.com

## What Else Can I Do to Heal My Brain?

- **Exercise:** Get regular exercise. Exercise helps increase the circulation of blood to the brain and helps brain function. Some specifics are lifting light weights and working out in the weightroom, swimming, playing tennis, dancing, doing yoga, doing mini trampoline exercises, but even just taking a walk can help. Doing upside down yoga postures can also help increase the flow of blood to the brain (crucial for healing the brain)
- **Cayenne (Hot Chili Pepper):** Taking additional [Cayenne Tincture](#) can help regulate heart rhythm, build healthier artery walls, increase blood circulation, help brain function (stimulates extra blood flow to the head and brain areas), increases blood circulation to the heart, helps kidney function and increases circulation to the legs and feet as well. You can mix with any other herbal liquid formula or sprinkle drops on food. Start with a very small dose to start (such as 5 drops of the tincture).
- **Detoxify Your Liver:** Do a liver cleanse ([Liver Regeneration Program](#)) at least every 3 months. Toxins in the liver and from being constipated can aggravate brain issues. I've seen people with brain and headache/migraine issues of all types experience a beneficial change in brain function and reduction of headaches and sinus problems after doing one or more liver cleanses. I've had people do numerous liver cleanses in a row in severe cases and the results were life-changing. Add Blood Detox Formula to your

liver cleanse for the maximum benefits to your brain. The [Blood Detox Formula](#) can also help by cleaning out cholesterol and other toxins in the blood system. Thinning out the blood a little bit and detoxifying the blood with herbs helps the blood circulate more easily into the brain, helping brain function.

- **Get Help for Traumatic Events in the Past:** Grief over the loss of a loved one, finding out about a cheating spouse or other traumatic events can cause problems with dementia. People can withdraw from life due to traumatic events. Parkinson's can be related to an old whiplash or head injury and you may need to see a chiropractor, osteopath or even an energy healer to help heal the old injury – even if it's decades later. Releasing the trapped emotions and traumas can also heal your brain.
- **Take Care of Your Diet:** Minimize or avoid trans-fats, fried foods, high fructose corn syrup, granulated sugar, iodized salt, enriched flour, white bread, white rice, pasteurized dairy products, canned foods and processed foods. Instead consume an organic whole foods diet with whole grains, salads, natural sweeteners, brown rice, quinoa, fresh juices, raw milk, raw butter, raw cream, raw cheese, free-range eggs. For more information and even more details on diet, please see [pH Balanced Diet](#).
- **Increase Your Intake of Green SuperFoods** – SuperFoods such as spirulina and chlorella can help brain function, increasing alertness and providing vital brain nutrients. I use a formula called [Earth's Nutrition](#) to help people who have compromised brain function. A [juice fast](#) can also be very helpful for the brain and, generally speaking, can be done anywhere from 1 day to 1 month. The juice fast program I recommend is a [2-week long juice fast](#) to which you can add any cleanse (a colon cleanse, liver cleanse, kidney cleanse, parasite cleanse, stone cleanse, cholesterol buster's cleanse, etc.
- **Get the Heavy Metals Out of Your Mouth:** If you have several mercury (silver) fillings in your teeth, it could be adversely affecting your brain. Mercury can leak from the fillings through a cracked tooth, which can often happen due to the extensive drilling required to place a mercury filling. A cracked tooth can often be silent for years, all the while mercury is leaking into various places in the body. Seek out a holistic dentist who specializes in the removal of mercury fillings.

**Liver Function is Connected to the Brain.  
Toxicity in the Liver Can Hurt the Brain.  
This is Why Doing a Liver Cleanse  
Can Help the Brain. No Matter What is Wrong With  
Your Brain, Cleansing Your Liver Can Help it.**

