

**On Monday – September 15, 2025 for our YGY Indy Meet UP**

**Our Focus Topic was: The Power of Herbs and the Good Herbs line**

Good Herbs started out of a passion to bring health and healing to the world, one person at a time. Discover why these are the highest quality, liquid herbal products available.

We started our evening with learning what makes Good Herbs so unique and sets it apart from other herbal supplements.

1. Brett Bashawaty the cofounder of Good Herbs (along with his father) and Master Herbalist expounds upon these points: What makes Good Herbs unique, Wildcrafting, Organic Herbs, Herbal Tinctures, Gluten Free, When does nutrition not work, Herbal Capsules are only 35% bio-available, Herbal Capsules vs. Herbal Tinctures, Safety of Good Herbs

**What Makes Good Herbs Unique, (11:08)**

<https://100885775.my94life.com/public/PlayVideo.aspx?id=758>

2. Dr Wallach in his interview with Marvin Ropp discusses the following: Herbal Supplements have been around for thousands of years, they're plant medicines which provide symptom relief, but only the minerals with their proper cofactors will rebuild and eliminate the nutritional deficiency symptom.

**Herbal Supplements - (5:00)** <https://100885775.my94life.com/public/PlayVideo.aspx?id=755>

3. Brett Bashawaty was the guest on Dr. Conaway's Tuesday night Zoom call. He talks in more detail on the Good Herbs Hypothalamus and Adrenal support. Below is the Facebook link

<https://www.facebook.com/Beccaddukes/videos/745064391662390?idorvanity=529989937643869>

In the discussion Brett brought up information about the new and improved Full moon cleanse called Dynamic Duo Parasite Cleanse Protocol. If you would like the details on this Parasite Cleanse reach out to me by email at [mineralady@att.net](mailto:mineralady@att.net) and I will email it to you.

**4. Sherry talked in more detail about the following Good Herbs**

- Kidney and bladder
- Super Olive
- Heart Support
- Bone and Tissue

**5. Pat talked about and made the Turbo Creams using the CM Cream, various Essential Oils and one of the Good Herbs.**

If you would like the recipes reach out to me at [mineralady@att.net](mailto:mineralady@att.net) and I will send them to you.

Below is a link to Brett talking in more detail about the benefit of using the Turbo Creams.

**Intro To Turbo Creams, (3:34)** <https://100885775.my94life.com/public/PlayVideo.aspx?id=765>

Intro to Turbo Creams, CM Cream, Cyprus Oil, Bone & Joint Support, Broken bone, Reduce inflammation, increase circulation, Increase blood flow, Lemon Grass Oil, Pain, Sweet Birch Oil