



Pumpkin Pies And More!

Carolina Country Cooking

Real Southern Recipes, And More From The Blue Ridge Mountains Of North Carolina

<http://www.carolina-country-cooking.com/>

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Pumpkin Pie

3 eggs, slightly beaten
2 cups of pumpkin
1/2 cup of granulated sugar
1/2 cup of brown sugar
1/2 cup of corn syrup
1 teaspoon of vanilla
1 1/2 teaspoons of cinnamon
1/2 teaspoon of nutmeg
1/2 teaspoon of ginger
1/2 teaspoon of ground cloves

With mixer or blender, mix above ingredients. Pour into prepared pie crusts and bake at 350 for approximately 40 minutes. Makes two pies.

Pumpkin Pie Bars

1 (18 1/2 oz.) box of yellow cake mix
1/2 cup of butter or margarine, melted
4 eggs
1 (30 oz.) can of solid pack pumpkin (3 cups)
1 cup of sugar, divided
1/2 cup of light brown sugar (firmly packed)
2/3 cup of evaporated milk
1 1/2 teaspoons of cinnamon
1/2 cup of chopped walnuts
1/4 cup of butter or margarine, softened

Preheat oven to 350 degrees. Grease and flour a 13 x 9 inch baking pan. Remove 1 cup of the cake mix; reserve. In a small bowl, lightly beat 1 egg. In a large bowl, stir together remaining cake mix, melted butter and beaten egg. Press into prepared pan. In a large bowl, lightly beat remaining 3 eggs. Stir in pumpkin, 1/2 cup of the sugar, brown sugar, evaporated milk and cinnamon. Pour over cake mixture in pan. To the 1 cup cake mix, add remaining 1/2 cup sugar, walnuts and softened butter; mix until crumbly. Sprinkle over pumpkin mixture. Bake 50 to 60 minutes. Serve warm or cool.

Pumpkin Pie Cake

4 eggs
1 1/4 cups of sugar
1 large can of evaporated milk
1 teaspoon of cinnamon
1 (No. 303) of can pumpkin

Mix above ingredients and pour into an ungreased 13 x 9 inch pan. Sprinkle over top of this in layers: 1 package yellow cake mix, 1 stick oleo, melted; 1 cup chopped nuts. Bake 1 hour at 350 degrees or until knife comes out clean. Serve plain or with whipped cream topping.

Pumpkin Cheesecake Pie With Gingersnap Cookie Crust

1/2 cup of pecans
2 tablespoons of sugar
1 cup of gingersnap crumbs (from about 20 cookies)
5 tablespoons of unsalted butter, melted
1 lb. of cream cheese, room temperature
2/3 cup of brown sugar, packed
1/2 cup of sour cream, room temperature
1 cup of canned solid-pack pumpkin
3 eggs, room temperature
1 teaspoon of ground cinnamon
Pinch of ground cloves
Pinch of ground ginger
Pecan halves, for garnish

Preheat oven to 325 degrees. Place the 1/2 cup pecans and sugar in food processor and process until finely chopped, about 20 seconds. Pour into large bowl, add gingersnap crumbs and mix. Pour in the butter and stir well to combine. Turn mixture into 10 inch pie dish and press evenly against bottom and sides to form crust. Bake for 10 minutes. Set aside to cool. (Leave oven on.) In large bowl, beat cream cheese and brown sugar until soft and well blended. Stir in sour cream and pumpkin. Gradually beat in eggs, one at a time and the cinnamon, cloves and ginger. Place pie dish on baking sheet and pour in filling. Bake in middle of oven for 45 minutes or until filling is set. Let cool on rack. Arrange pecan halves around edge of pie. Makes 12 servings.

Traditional Pumpkin Pie

- 1 (9") pastry shell
- 1 (16 oz.) can of pumpkin
- 1 (14 oz.) can of sweetened condensed milk
- 2 eggs
- 1 teaspoon of ground cinnamon
- 1/2 teaspoon each of ground ginger, nutmeg & salt

In large bowl combine all ingredients except pastry shell; mix well and turn into shell. Bake for 15 minutes at 425 degrees. Reduce oven temperature to 350 degrees; bake for 35 to 40 minutes longer or until knife inserted 1" from edge comes out clean. Cool before cutting. Garnish as desired. Refrigerate leftovers.

Paradise Pumpkin Pie

1 (8 oz.) pkg. of cream cheese
1/4 cup of sugar
1/2 teaspoon of vanilla
1 egg
1 (9 inch) pastry shell, unbaked
1/2 cup of sugar
1 teaspoon of cinnamon
Dash of salt
1/4 teaspoon of ginger
1/4 teaspoon of nutmeg
2 eggs, slightly beaten
1 cup of evaporated milk

Heat oven to 350 degrees. Combine softened cream cheese, sugar, and vanilla, mixing until well blended. Add egg; mix well. Spread onto bottom of pastry shell. Combine remaining ingredients; mix well. Carefully pour over cream cheese mixture. Bake at 350 degrees one hour and 5 minutes or until done. Cool; brush with maple syrup and garnish with nuts, if desired. Enjoy and Eat!

Maple Golden Pumpkin Pie

1 1/2 cups of pumpkin, cooked and strained
1/3 cup of white sugar
2 tablespoons of brown sugar
2 1/2 tablespoons of maple syrup
1/2 teaspoon of salt
1/4 teaspoon of ginger
1/4 teaspoon of cinnamon
1/4 teaspoon of nutmeg (keep on the generous side with these spices)
1 3/4 cups of light cream (or half rich cream)
2 eggs, slightly beaten

Scald the cream and add to the pumpkin, which has been mixed with the maple syrup and dry ingredients. Add the lightly beaten eggs. Pour into a short, uncooked crust and bake at 450 degrees for 20 minutes, then reduce heat to 350 degrees and bake for about 30 minutes.

Pumpkin Chiffon Pie

1 (9") graham cracker pie shell
1 env. of unflavored gelatin
1/2 cup of light brown sugar, firmly packed
1/2 teaspoon of salt
1 1/2 teaspoon of pumpkin pie spice
Whipped cream (optional)
2 tablespoons of light molasses
3 egg yolks, slightly beaten
1/2 cup of milk
1 1/4 cups of canned pumpkin
3 egg whites
1/2 cup of granulated sugar

Prepare pie shell. Refrigerate until needed. In small saucepan, combine gelatin, brown sugar, salt and spice; mixing well. Add molasses, egg yolks, milk and pumpkin; mixing well. Bring to boiling, stirring. Remove from heat. Transfer to medium bowl, cool, then refrigerate, covered until firm. Meanwhile in small bowl, beat egg whites until foamy. Gradually beat in sugar, 2 tablespoons at a time, beating well after each addition. Continue to beat until stiff peaks form when beater is raised. Beat pumpkin mixture until smooth. Gradually beat egg-white mixture into pumpkin mixture, only until just combined. Turn mixture into pie shell, refrigerate until firm, about 2 hours. (See note below.) Serve garnished with whipped cream, if desired. Note: If filling is too soft to mound when turned into pie shell, refrigerate about 10 minutes, then turn into pie shell.

Thanksgiving Pumpkin Pie

1 cup of half & half

3/4 cup of sugar

1/2 teaspoon of salt

1 1/2 teaspoons of pumpkin pie spice (or 1/4 teaspoon cinnamon & 1/4 teaspoon nutmeg)

1 cup of Libby's pumpkin (1/2 of a 16 oz. can)

1-2 tablespoons of sorghum (not molasses)

2 beaten eggs

Uncooked pie crust for 9" pie pan

Preheat oven to 450 degrees. In a small saucepan, scald the half & half. (Heat it until a skin forms on top, but do not boil.) In mixing bowl, combine the sugar, salt and spices. Add the pumpkin, sorghum and eggs; mix well. After removing the skin off of the half & half, add it to the mix. Blend in a mixer for at least 2 minutes. Pour into prepared, uncooked crust in a 9 inch pie pan. Bake at 450 degrees for 10 minutes, then bake for 30 minutes at 325 degrees, or until a table knife comes out clean from the middle of the pie.

Pecan Pumpkin Party Pie

1/2 cup of sugar
1 teaspoon of cinnamon
1/4 teaspoon of nutmeg
1/4 teaspoon of salt
1 cup of pumpkin
1/4 teaspoon of ginger
1/4 teaspoon of cloves
1 cup of whipping cream

For The Edging:

1/4 cup of brown sugar
1 tablespoon of water
2 tablespoon of butter
1/2 cup of chopped pecans
1 prepared graham cracker crust, (no sugar added), in pan and refrigerated

Cook sugar, pumpkin and spices on low heat for 3 minutes. Cool. While cooling, whip whipping cream with 1 tablespoon sugar and a few drops of vanilla, and add to cooled pumpkin mixture. Pour into prepared graham cracker crust, and return to refrigerator. Edging: Cook sugar, butter and water on low heat 1 1/2 minutes. Remove from heat and stir in pecans. Cool and spoon around edge pie. NOTE: Can be doubled and made in a long pan if desired. Keep refrigerated until ready to serve.

Pumpkin Crunch Cream Pie

3/4 cup of cold milk
1 (4 serving size) pkg. of vanilla instant pudding
1/2 cup of solid-pack pumpkin
3/4 teaspoon of pumpkin pie spice
2/3 cup of almonds, slivered
2/3 cup of semi-sweet chocolate chips
3 1/2 cup (8 oz.) of Cool Whip
1 graham cracker crust

Pour milk into mixing bowl. Add pie filling mix. Beat with wire whisk until well blended for one minute. Let stand 5 minutes. Blend in pumpkin, spice, almonds, chips and 2 cups of Cool Whip. Spoon into pie crust. Chill 4 hours. Just before serving, garnish with remaining whipped topping and chocolate curls.

Best Ever Pumpkin Pie

For The Crust:

- 1 1/2 cups of flour
- 1 cup finely of chopped pecans
- 1 1/2 sticks of butter or oleo

Combine and pat into pie pan. Bake for about 10 minutes at 325 degrees.

For The Filling:

- 1/2 cup of butter or margarine
- 3 cups of mashed pumpkin
- Pinch of salt
- 1/2 cup of white corn syrup
- 1 cup of brown sugar
- 1 cup of white sugar
- 4 eggs, beaten
- 1/4 teaspoon of allspice
- 1/2 teaspoon of cloves
- 1/2 cup of raisins, chopped
- 1/2 cup of pecans, chopped
- 1/2 cup of maraschino cherries, chopped

Melt butter in saucepan, add pumpkin, salt, sugar, spices, pecans and cherries. Cook 10 minutes, stirring often. Add eggs, cook 10 more minutes or until thick. Stirring often. Pour into crust. Bake 15 minutes. Remove and cool, cover with Cool Whip and refrigerate until ready to eat.

Pumpkin Pie Cookies

2 cups of flour
1/2 teaspoon of salt
1 teaspoon of baking soda
1 teaspoon of baking powder
1 teaspoon of pumpkin pie spice
1/2 cup of soft margarine
1/2 cup of shortening
1 cup of sugar
1 cup of canned pumpkin
1 egg
1 teaspoon of vanilla

Mix together flour, salt, baking powder, baking soda and spices. Set aside. Cream margarine and shortening in mixing bowl. Gradually add sugar; beat until fluffy. Add pumpkin and egg; beat well. Add dry ingredients and blend. Stir in vanilla. Drop onto slightly greased and floured cookie sheet. Bake at 350 degrees for 12 minutes until brown.

Double Layer Pumpkin Pie

4 oz. of cream cheese, softened
1 tablespoon of milk or Half & Half
1 tablespoon of sugar
1 1/2 cups of thawed Cool Whip
1 Graham cracker crust
1 cup of cold milk or Half & Half
2 pkg. (4 oz. serving size) of instant vanilla pudding mix
1 can (16 oz.) of pumpkin
1 teaspoon ground of cinnamon
1/2 teaspoon ground of ginger
1/4 teaspoon ground of cloves

Mix cream cheese, 1 tablespoon milk or cream and sugar in large bowl with wire whisk until smooth. Gently stir in whipped topping. Spread on bottom of crust. Pour 1 cup milk into bowl. Add pudding mix. Beat with wire whisk until well blended, 1 to 2 minutes. (Mixture will be thick.) Stir in pumpkin and spices using wire whisk; mix well. Spread over cream cheese layer. Refrigerate at least 3 hours. Garnish with additional whipped topping and nuts if desired.

Apple & Pumpkin Pie

1 (9") deep dish pie crust
1/2 cup packed of brown sugar
1 tablespoon of cornstarch
1/2 teaspoon of cinnamon
1/4 teaspoon of salt
1/4 cup of water
2 tablespoons of butter
2 cups of peeled, sliced cooking apples
1 egg, beaten
1 tablespoon of lemon juice
1 cup canned of pumpkin
1/2 cup of granulated sugar
1/2 teaspoon of ground ginger
1/2 teaspoon of cinnamon
1/8 teaspoon of ground cloves
1/4 teaspoon of salt
1 (5.3 oz.) can of evaporated milk

Bake pie crust (not pricked) at 450 degrees for 5 minutes, remove, reduce temperature to 375 degrees. In medium saucepan, combine brown sugar, cornstarch, cinnamon and salt. Stir in water. Add butter. Bring to boil, stirring constantly over medium heat; stir in apples. Bring to boiling again, cover, turn off heat leaving pan on unit. In small bowl, beat egg. Stir in pumpkin, then sugar and spices. Mix well. Stir in evaporated milk. Add lemon juice to apples, then place in pie shell. Carefully pour pumpkin mixture over apples. Bake at 375 degrees for 40-45 minutes or until knife inserted comes out clean. Cool on rack. For a Halloween treat, use pastry scraps to make pumpkin features. Bake on cookie sheet about 5 minutes or until browned. Garnish the pie. Serve with whipped cream, if desired. Makes one 9 inch pie.

Honey Pumpkin Pie

2 lg. eggs
1/4 cup of honey
1 cup evaporated of skim milk
1 cup cooked of pumpkin
1 1/2 teaspoons of pumpkin pie spice
1/4 teaspoon of salt
2 teaspoons of orange juice concentrate

With electric mixer, beat eggs until foamy (1 minute). Add honey, milk, pumpkin, spice, salt and orange juice. Beat until well blended. Pour pumpkin mixture into uncooked pie shell. Bake at 375 degrees for 60-65 minutes or until knife inserted off center comes out clean.

Pumpkin Gingersnap Pie

- 1 1/2 cups of cold half and half or milk
- 1 pkg. (4 serving size) of vanilla instant pudding and pie filling
- 3 1/2 cups (8 oz.) of whipped topping, thawed
- 1 cup each; of chopped pecans and gingersnaps
- 1/2 cup of canned pumpkin
- 1 1/2 tablespoons of pumpkin pie spice
- 1 pkg. of graham cracker crumb crust

Beat half and half and pie filling mix in large mixing bowl with wire whisk 1 minute. Let stand 5 minutes. Fold in topping and remaining ingredients; spoon into crust. Freeze until firm. Let stand at room temperature 10 minutes to soften. Store in freezer.

Praline Pumpkin Pie

1 unbaked 9" pie shell

For The Praline Layer:

1/3 cup finely of ground pecans

1/3 cup of light brown sugar

2 tablespoons of margarine

For The Filling:

2 eggs

1/2 teaspoon of salt

1 cup canned of pumpkin

2/3 cup of light brown sugar

1 tablespoon of flour

1/4 teaspoon of cloves

1/8 teaspoon of mace

1/2 teaspoon of cinnamon

1/2 teaspoon of ginger

1 cup of light cream

Praline Layer: Blend all ingredients in small bowl. Press gently onto bottom of pie shell with back of spoon. **Filling:** In medium bowl, beat eggs until frothy. Add remaining ingredients in order then beat only until well mixed. Pour into pie shell; bake 10 minutes at 450 degrees. Reduce oven to 325 degrees, bake 60 to 65 minutes or until filling is set in center when pie is gently shaken. Makes 6 servings.

Spicy Pumpkin Pie Squares

1 cup of flour
1/2 cup of quick oatmeal
1/2 cup of brown sugar, packed
1/2 cup of butter or margarine
1 can (2 cups) of pumpkin
13 1/2 oz. can of evaporated milk
2 eggs
3/4 cup of sugar
1/2 teaspoon of salt
1/2 teaspoon of ginger
1 teaspoon of cinnamon
1/4 teaspoon of cloves
1/2 cup chopped of pecans
1/2 cup of brown sugar
2 tablespoons of butter or margarine

Combine flour, oats, brown sugar and 1/2 cup butter until crumbly. Press into ungreased 13 x 9 x 2 inch pan. Bake at 350 degrees for 15 minutes. Combine pumpkin, milk, eggs, sugar, salt and spices in bowl. Blend well. Pour into crust. Bake at 350 degrees 20 minutes. Combine pecans, sugar and 2 tablespoons butter or margarine. Sprinkle over pumpkin filling and return to oven and bake 15 to 20 minutes or until filling is set. Cool. Makes 2 dozen squares.

Pumpkin Pie Cheesecake

1 can (16 oz.) of pumpkin
2/3 cup of light brown sugar
1 teaspoon of ground cinnamon
1 teaspoon of ground ginger
1/2 teaspoon of ground nutmeg
1/2 teaspoon of ground cloves
4 eggs, divided
1 cup of evaporated milk
2 teaspoons of vanilla extract, divided
1 deep dish (9-10") unbaked pastry shell
1 pkg. (8 oz.) of cream cheese, softened
1/2 cup of granulated sugar

Preheat oven to 350 degrees. Combine pumpkin, brown sugar, ginger, cinnamon, nutmeg, cloves, 2 slightly beaten eggs, evaporated milk and 1 teaspoon vanilla in large bowl. Pour into 10 inch pastry shell in deep dish pan. Combine cream cheese, sugar, remaining vanilla and 2 slightly beaten eggs in small bowl; beat until smooth. Carefully pour cream cheese mixture over pumpkin filling. (You want the cream cheese mixture to stay on top.) Bake 1 hour, or until knife comes out clean. Chill before serving. Note: The flavor improves overnight, so make it a day in advance, if possible.

Frost On The Pumpkin Pie

1 1/4 cups (18 sq.) of graham crackers
3 tablespoon of sugar
1/2 teaspoon of cinnamon
1/4 teaspoon of nutmeg
1/8 teaspoon of cloves
1/3 cup of margarine (or butter), melted

For The Filling:

1 can of ready to spread vanilla frosting
1 cup of dairy sour cream
1 cup of canned pumpkin
1 teaspoon of cinnamon
1/2 teaspoon of ginger
1/4 teaspoon of cloves
8 oz. carton (3 1/2 cup) of frozen whipped topping, thawed

Heat oven to 350 degrees. In small bowl, combine all crust ingredients. Stir until blended. Reserve 2 tablespoons crumbs for topping. Press remaining crumbs over bottom and up sides of 9 or 10 inch pie pan. Bake at 350 degrees for 6 minutes. Cool. In large bowl combine all filling ingredients except whipped topping. Beat 2 minutes at medium speed. Fold in 1 cup whipped topping. Pour in prepared crust. Spread remaining whipped topping over filling. Sprinkle with reserved 2 tablespoons crumbs. Refrigerate at least 4 hours before serving. Store in refrigerator.

Pumpkin Pie Upside Down Cake

1 (29 oz.) of pumpkin
1/2 teaspoon of salt
1 1/4 cups of sugar
3 teaspoons of cinnamon
1 teaspoon of nutmeg
3 eggs, well beaten
1 (12 oz.) can of evaporated milk

For The Topping:

1 box of yellow cake mix (not pudding mix)
8 oz. of pecans, chopped
1 cup of melted margarine

Combine pumpkin, salt, sugar, cinnamon, nutmeg, eggs (well beaten) and evaporated milk. Mix well and pour into greased 9 x 13 inch pan. Sprinkle yellow cake mix on top, follow with chopped pecans and melted margarine. Bake at 350 degrees for 1 hour, turning off oven and leaving door closed until cool. Tip: Make at night time and leave in all night until morning.

Pumpkin Pie Delight

2 cups of cooked pumpkin
3/4 cup of sugar
2 teaspoons of cinnamon
1/2 teaspoon of nutmeg
1/4 teaspoon of ground cloves
3 eggs, slightly beaten
1 cup of light cream
1 (9 inch) unbaked pie shell
1/2 teaspoon of salt

Combine pumpkin, sugar, spices, and salt. Blend in eggs and cream. Pour into pie shell. Bake in 400 degree oven for 40 to 45 minutes. Insert knife off center, should come out clean. Top with whipped cream when serving.

Apple Butter Pumpkin Pie

1 cup of solid pack pumpkin
1 cup of commercial apple butter
1/2 cup of packed dark brown sugar
1/2 teaspoon of cinnamon
1/4 teaspoon of ginger
1/4 teaspoon of nutmeg
1/4 teaspoon of salt
3 eggs, slightly beaten
1 cup of undiluted evaporated milk
9 inch deep dish frozen pie shell, thawed, or one of your own making
Streusel topping

Preheat oven to 375 degrees. Combine filling ingredients in order given, pour into pie shell. Bake 50 to 60 minutes or until knife inserted in center comes out clean. Top with streusel topping. Bake for an additional 15 minutes.

For The Topping:

Combine 3 tablespoons of softened butter, 1/2 cup of flour, 1/3 cup of dark brown sugar, and 1/3 cup of finely chopped pecans.

Pumpkin Pie With Spiced Crust

1 (16 oz.) can of pumpkin
1 (14 oz.) can of sweetened condensed milk
2 eggs, beaten
1 teaspoon ground of cinnamon
1/2 teaspoon ground of ginger
1/2 teaspoon ground of nutmeg
1/4 teaspoon of salt
Spiced crust (See Below)

Combine all ingredients except crust; stir well. Pour into crust. Bake at 350 degrees for 5 to 55 minutes or until set. Remove from oven; let cool.

For The Spiced Crust:

1 cup of all-purpose flour
1/4 cup of light brown sugar, firmly packed
1/2 teaspoon of cinnamon
1/2 cup of pecans, finely chopped
1/4 cup plus 2 tablespoon of butter or margarine, melted
16 to 18 pecan halves

Combine all ingredients except pecan halves; stir well. Press onto bottom and sides of a 9 inch pie plate. Press pecan halves onto rim of crust at 1 inch intervals.



Getting & Staying Healthy - Naturally!

The human body is a highly complex mechanism. Body or physical health refers to the overall condition of that system. We say that **optimal physical health** is achieved when the body is free from disease, abnormality and injury, and is able to function well.

However, often the body does not function well when it is attacked by environmental elements, genetic malfunction, injury, and biological intrusions. These factors can result in a multitude of ailments that affect the thyroid and adrenal glands, as well as the liver and pancreas. They can cause damage to the respiratory system (bronchitis, asthma, etc), hinder digestive processes, and even cause cancer.

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Keeping the right tools on hand (both treatments and information) will **prevent frustration and help in the time of crisis**; even if the crisis is just a bruised knee from a bicycle fall, a sore elbow from too much tennis, the sniffles, or a quick immunity boost in hopes of avoiding the seasonal cold.

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We use the **Full Spectrum Method** of extraction to create our products. Many *so-called natural remedies* are manufactured using standardized extractions which – although often cited as being more scientific method – is not approved by the manufacturers of holistic medicines.

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Scientists have established the effectiveness of [Omega 3](#) in a number of health areas, including your Heart, Brain, Joints, Skin, Immune system, Vision, and Digestion. Like any product on the market today there are 'good [fish oils](#)' and there are 'bad fish oil'!

With a bad one you may be unwittingly introducing substances into your body that you DO NOT want... such as Mercury and PCB's for example. We impose tougher standards on the purity of our [fish oil](#) than any other known manufacturer. [DHA](#) is the most important fatty acid in the human brain.

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[Xtend-Life Multi-Xtra](#) is a natural multi vitamin/supplement using only the finest natural vitamins available on the market today. Some manufacturers call the vitamins they use in their products '[whole food](#)' vitamins, but that is somewhat misleading.

They are natural but they are grown using bio-technology and are not extracted directly from plants. What is important is that we do NOT use [vitamins](#) which are derived from petrochemicals. [Multi-Xtra](#) contains 48 bio-available ingredients.

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