

Mullein Leaf

Mullein Leaf

(Verbascum thapsus)

Native to:

Central/Southern
Europe
and Western Asia

- **Tonifies respiratory system**
- **Loosens and helps remove mucus**
- **Soothes and hydrates lungs**
- **Chest and sinus anti-inflammatory**

Traditionally, mullein has been worked with for:

- **Aiding chronic lung issues; such as asthma and COPD, bronchitis, sinusitis, tuberculosis**
- **Easing colds and coughs (especially dry coughs)**
- **Relieving sinus infections**
- **Ear infections**
- **Gastrointestinal problems**

Careful//Avoid with:

- **Profuse congestion or discharge of mucus membranes in respiratory conditions due to hypotonic condition of the mucosa (major cases)**

Actions: Expectorant,
anti-inflammatory, antispasmodic,
lung tonic

Energetics: Cooling and moistening

Organic Mullein leaf

1:10 Menstrum ratio (Plant:Liquid)

40% Organic cane alcohol

Serving: 1ml = 22 drops

At moment needed:

1 - 3.5ml

at moment needed
do not exceed daily
maximum: 10.5ml

Acute:

1 - 2ml 5x/day

Chronic:

1 - 3.5ml 3x/day

with a gulp of water
before food

**Burdock
and
Dandelion Root**

Dandelion and Burdock Root

(*Taraxacum officinale* and *Arctium lappa*)

Native to:

Asia and Europe

- Blood purification // detoxification
- Tonifies digestive system
- Stimulates bile secretion + flow
- Protects and strengthens liver
- Supports pancreas and increases insulin secretion
- Stimulates kidney function
- Supports urinary system

Traditionally, Dandelion and Burdock have been worked with for:

- Digestive support before or after eating
- Clearing the skin; acne and other skin conditions
- Potential protective effect against rheumatoid arthritis, joint issues and osteoarthritis
- Easing burning from chilli on skin and in mouth
- Prostate infections
- Liver disorders

Careful//Avoid with:

- Allergy to the Asteraceae/Compositae/Daisy Family
- Ulcer in duodenum
- Bleeding disorders
- Bile duct obstruction or gall empyema
- Bile duct/liver/pancreas/kidney cancer
- Gallstones
- Diabetes (may lower blood pressure)
- Severe liver/kidney damage
- Pregnancy
- Blood thinning drugs

Actions: Alterative, analgesic, anti-inflammatory, antioxidant, antilithic, bitter, cholagogue, diuretic, tonic, hepatic, aperient, nutritive

Energetics: Cooling

1:1 Organic Dandelion n Burdock Root
1:5 Menstrum ratio (Plant:Liquid)
50% Organic cane alcohol

Serving: 1ml = 22 drops

Digestion aid:

3 - 6 drops
under tongue before meals

Acute:

0.5 - 2ml 6x/day

Chronic:

1 - 3ml 3x/day

with a gulp of water
before food

do not exceed daily
maximum: 12ml

**Chamomile
Flower**

Chamomile Flower

(*Matricaria chamomilla*, *recutita*)

Native to:

Europe and temperate
regions of Asia

- Relaxes and soothes muscles of digestive and reproductive tracts
- Powerful nervine; calms the nerves
- Anti-inflammatory and anti-spasmodic
- Mild bitter and liver stimulant

Traditionally, Chamomile has been worked with for:

- Easing cramping
- Digestive discomforts and disorders, such as IBS, especially with cases relating to stress and emotions
- Sleeping difficulties, fatigue and insomnia
- Hyperactivity, restlessness, nervous excitability
- PMS anxiety
- Acid reflux, colic, nausea, ulcers, flatulence
- Those who experience anger and inflammation when under stress

Careful//Avoid with:

- Allergy to the Asteraceae/Compositae/Daisy Family
- Contraceptive Drugs, estrogen pills, sedative drugs
- Blood thinning drugs

Actions: Nervine, carminative,
anti-spasmodic, anti-inflammatory,
bitter, vulnerary, anti-microbial,
antidepressant, anxiolytic

Energetics: Cooling

Organic Chamomile *recutita* Flower
1:5 Menstrum Ratio (Plant:Liquid)
40% Organic Cane Alcohol

Serving: 1ml = 22 drops

At moment needed:

0.5 - 4ml at moment needed
do not exceed daily maximum: 12ml

Acute:

0.5 - 2ml 6x/day

Chronic:

1 - 4ml 3x/day

with a gulp of water
before food

Ashwagandha
Root

Ashwagandha Root
(*Withania somnifera*)

Native to:
Africa and India

- **Adaptogenic**; can reduce effects of stress while promoting energy and vitality
- **Nervine and adrenal tonic**
- Improves sperm count, motility, quality
- **Aphrodisiac**; stress related difficulties
- **Anti-inflammatory**
- Helps **boost conversion of T4** (thyroid storage hormone) to **T3** (active thyroid hormone)

Traditionally, Ashwagandha has been worked with for:

- Support for recovery from debilitating diseases
- **Anxiety, depression, exhaustion and poor muscle tone**
- **Sexual disfunction** caused by stress
- **Male fertility**
- Symptoms associated with **arthritis pain**
- Potential effectiveness in **lowering blood sugar levels** in those with **type 2 diabetes**

Careful//Avoid with:

- Nightshade family sensitivity (such as tomatoes, peppers, potatoes, eggplant)
- Allergy to the Asteraceae/Compositae/Daisy Family
- Can **increase thyroid hormone levels**, and in turn can **interfere with the control of hypo- and hyperthyroidism**
- Diabetes or low blood pressure
- Pregnancy (can potentially have abortifacient effect)
- Cases of **hemochromatosis** (due to high iron content)

Actions: Adaptogen, anti-inflammatory, antidepressant, immunomodulant, nervine, sedative, tonic

Energetics: Drying and warming

Organic Ashwagandha Root
1:5 Menstrum ratio (Plant:Liquid)
45% Organic cane alcohol

take a 2-4 week break
every 1.5 months

Serving: 1ml = 22 drops

Support for potentially stressful moments:

0.5 - 4ml at moment needed
do not exceed daily maximum: 8ml

Common Serving:

0.5 - 3ml 2x/day
afternoon and night
with a gulp of water
before food

Black Haw Bark

Black Haw Bark

(Viburnum prunifolium)

Native to:
Eastern
North America

- Uterine relaxant; relaxes uterus, urinary system, lower back and chest
- Nervine and anodyne properties calm the nerves and ease pain

Traditionally, Black Haw has been worked with for:

- Disorders of the female organs of reproduction
- Painful menstruation, low back pain associated with menses
- Premenstrual irritability, morning sickness
- Vaginismus (painful spasmodic contraction of vagina in response to physical contact or pressure, especially in sexual intercourse)
- Abdominal, bladder and diaphragm spasms, especially chronic hiccoughs, spasmodic coughing/asthma, gastric/intestinal cramp
- Spasmodic testicular pain
- Reducing pain and bleeding after childbirth, heavy menopausal bleeding, uterine/pelvic congestion and chronic inflammation
- Common use by midwives, herbalists and naturopathic physicians to prevent miscarriage during the first and second trimester

Careful//Avoid with:

- History of kidney stones (due to oxalate acid content)
- Large doses can lower blood pressure
- Aspirin allergy
- Contradicted during pregnancy, except in cases of threatened miscarriage or in the last 5 weeks
(if pregnant, always consult doctor before ingesting)
- Nausea and vomiting with large amounts

Actions: Uterine antispasmodic, anodyne, astringent, mild hypotensive, bitter tonic, uterine tonic, uterine sedative, nervine

Energetics: Neutral, drying, relaxing

Organic Black Haw Root Bark
1:5 Menstrum ratio (Plant:Liquid)
50% Organic cane alcohol

not for long term daily use

Serving: 1ml = 22 drops

1 - 3ml 1 - 3x/day

smaller servings can be had more frequently if needed.
do not exceed daily maximum: 9ml

with a gulp of water before food