Gut Soother

Use this formula to support and soothe the digestive system, for any digestive and stomach issues, and gut health.



INGREDIENTS

3 parts plantain
3 parts calendula
3 parts spearmint (or other mint species)
3 parts chamomile
2 parts ginger

INSTRUCTIONS

For every cup of boiling water use 1-2 tsp of the herbal blend and steep for 10-15 minutes or make into an extract or capsules.



BASIC DOSAGE

All the herbs in this formula are tonic herbs that are like food for the gut. The are just guidelines, use your own intuition on what will work best for your situation.

- *1 cup after meals*
- *2 dropperfuls of extract with meals for adult*
- *1 dropperful of extract with meals for child*