Pain Formulas

This is one of my herbal blends used to help the body turn down the pain signal. It can be made into capsules, tincture, or tea, but due to the taste I highly recommend herbal capsules.

ANNIE'S BLEND

- *2 parts birch bark*
- *1 part St. John's wort*
- *1 part valerian root (or skullcap if you have an aversion to valerian root)*
- *1 part wild lettuce*
- *½ part cayenne*
- *½ part lobelia*

PAIN BE GONE CORDIAL - HERBAL ACADEMY

6 tsp white willow (Salix alba) tincture
2 tsp valerian (Valeriana officinalis) tincture
¼ – ½ tsp vanilla (Vanilla planifolia) extract (to taste)
½ tsp maple syrup

Combine herbal extracts, maple syrup, and vanilla extract in an amber glass bottle. Cap the bottle and shake gently to combine. Clearly label your bottle and store in a cool, dark space. Use up to 30 drops (or ¼ teaspoon, which is approximately 25 drops) as desired, up to 6x/day. This formula is for short term use only.

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