Pneumonia Formula

This blend contains a combination of herbs that will help fight infection, tend to be more drying for the wet condition in the lungs, aids the elimination of mucus, reduces inflammation, and relives pain and swelling.

INGREDIENTS



1 part yarrow
1 part elder flowers
½ part birch bark
½ part oak bark
½ part Oregon grape root

DIRECTIONS

This formula can be made into an extract, tea, capsules or any other herb preparations. Take in small frequent doses throughout the day.

