Dr. Christopher's Glandular Formula



INGREDIENTS

- *3 parts mullein*
- *1 part lobelia*

INSTRUCTIONS

I like to blend my mullein leaves in a blender before adding with the lobelia. Keep in an airtight container until ready to use. For swollen glands or lung conditions, it is best used as a fomentation. I like to place a hot water bottle over the fomentation and keep on as long as it stays warm. After taking off the fomentation I rub in some herbal oil or salve.

Cleanses and nourishes the glands and lymph organs of the body. Use for swollen glands, sore throat, tonsilitis, mastitis, thyroid malfunction, respiratory congestion, etc. Use as a tea, fomentation, capsule, or tincture. In addition to external application take 2 capsules or 2 droppers of tincture, 2-3 times a day or 2-3 cups of tea a day.

