Bone & Tissue Formula





INGREDIENTS

- 6 parts comfrey (or nettle)
- 3 parts horsetail
- 3 parts alfalfa
- 3 parts raspberry leaf
- 2 parts white oak bark
- 2 parts plantain
- 1 part rosehips
- 1 part lobelia

This blend can be used internally, externally or my favorite - both! This can be made into an extract, herbal capsules, oil, salve, soak, bath, compress and wash. I personally like to take it internally to work on building the inside as well as topically to work from the outside in.

GENERAL GUIDELINES FOR DOSAGE:

Take 2 capsules or dropperfuls with meals until desired results are met. This will differ from person to person so if you feel you need more - take more. If you feel you need less - take less. If using in salve form, apply every evening before bed or as often as needed. For skin conditions and injuries, I apply salve as often as it is absorbed by the body until it is healed.

