Heal All (Sick Syrup)

This herb blend has been around a very long time and can be found in just about every herb book you can open. Each herbalist calls it something different and I have even given it my own name. My kiddos always referred to it as sick syrup (because they know it in glycerite form) and I like to call it "Heal All" because it seems to do just that. No matter the ailment I always use this blend, many times combining it with others. It is the number one thing I make sure to have on hand going in to cold and flu season. It is especially good for naturally reducing fevers and boosting the immune system to aid the body in combating cold and flu symptoms.

Mix equal parts of the following herbs:

Peppermint
Elder flowers
Yarrow

Make into an extract or tea. Taking as often as needed for upset stomach, allergies, or any type of illness. Also works great for an herbal bath or foot soak.

