UTI Formula

"This is one of my favorite recipes for treating bladder infection. Taken with cranberry juice and/or berries, this formula is very effective and will cure all but the most tenacious cases of bladder infection."

-Rosemary Gladstar



INGREDIENTS

2 parts uva ursi
1 part echinacea
1 part Oregon grape root
1 part marshmallow
½ part horsetail

Mix the herbs together and use as a tea, extract or capsules.

Dosage: 2 capsules, ½-1 teaspoon tincture, or 8 oz of tea every 3-4 hours until symptoms subside.

