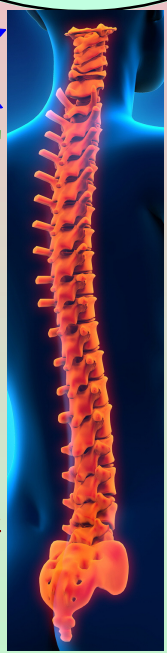
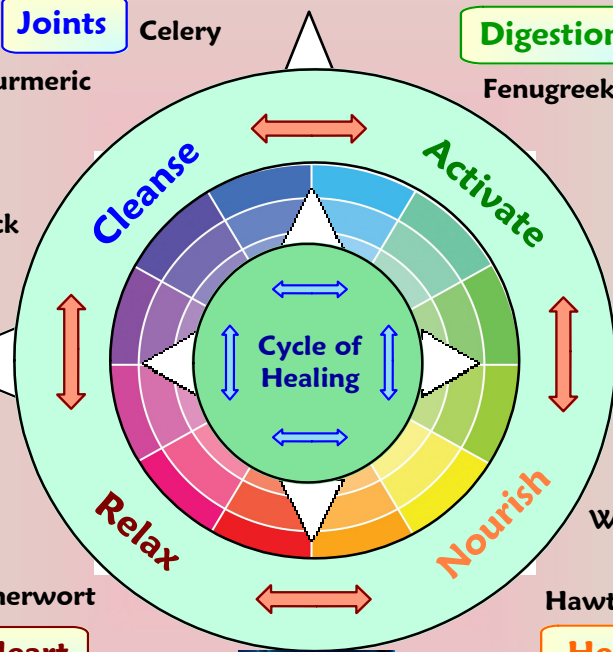


# CYCLE OF HEALING



Burdock  
Dandelion  
Golden Seal  
Barberry  
**Liver**

Feverfew  
Cayenne  
Bayberry  
Prickly Ash  
**Circulation**  
Cinnamon  
Ginkgo biloba

St Mary's  
Celandine  
Elecampane  
Globe artichoke  
Golden Rod  
Thyme  
Mullein  
**Lungs**  
Cleavers  
Poke Root  
White horehound  
Bacopa  
**Brain**  
Red Clover  
Sarsaparilla  
Echinacea

Ginkgo  
Basilicum  
Garlic  
Echinacea  
Myrrh  
Rosemary  
**Immunity**  
Damiana  
St John's  
Barberry  
Golden Seal  
Elder  
Boneset

Birch leaf  
Devil's claw  
Juniper  
Uva-ursi  
Willow  
**Joints**  
Celery  
Turmeric

Angelica  
Gentian  
Ginger  
St John's  
Fenugreek  
Withania  
**Energy**  
Panax Ginseng

Dandelion Lf  
Corn silk  
Plantago  
Yellow Dock  
**Bowel**  
Wormwood  
Cascastra

Vitex  
Black Cohosh  
Sage  
**Hormones**  
Rue  
Epimedium

Licorice  
Wild Cherry  
Aniseed  
**Lungs**  
Marshmallow

Licorice root  
Paeony  
Wild Yam  
Shatavari  
Rehmania

Motherwort  
Mistletoe  
**Heart**  
Limeflowers

Hawthorn  
**Heart**  
Arnica  
Lemon Balm  
Astragalus  
Reishi  
**Immunity**  
Cordyceps

Passionflower  
Avena  
Lavender  
Kava  
**Nerves**  
Skullcap  
Valerian  
Hops  
Californian Poppy

Dong Quai  
**Blood**  
Withania  
Nettles  
Alfalfa

Cramp bark  
Lobelia  
Ginger  
**Muscles**  
Wild Yam  
Nourish

Lady's mantle  
Raspberry leaf  
Agrimony  
Turmeric  
Slippery Elm  
**Tissues**  
Yarrow  
Eyebright

Chamomile  
Peppermint  
Caraway  
**Digestion**  
Catmint  
Meadowsweet  
Fennel  
Relax

Calendula  
Plantain  
Horsechestnut  
Shepherd's purse  
Renew