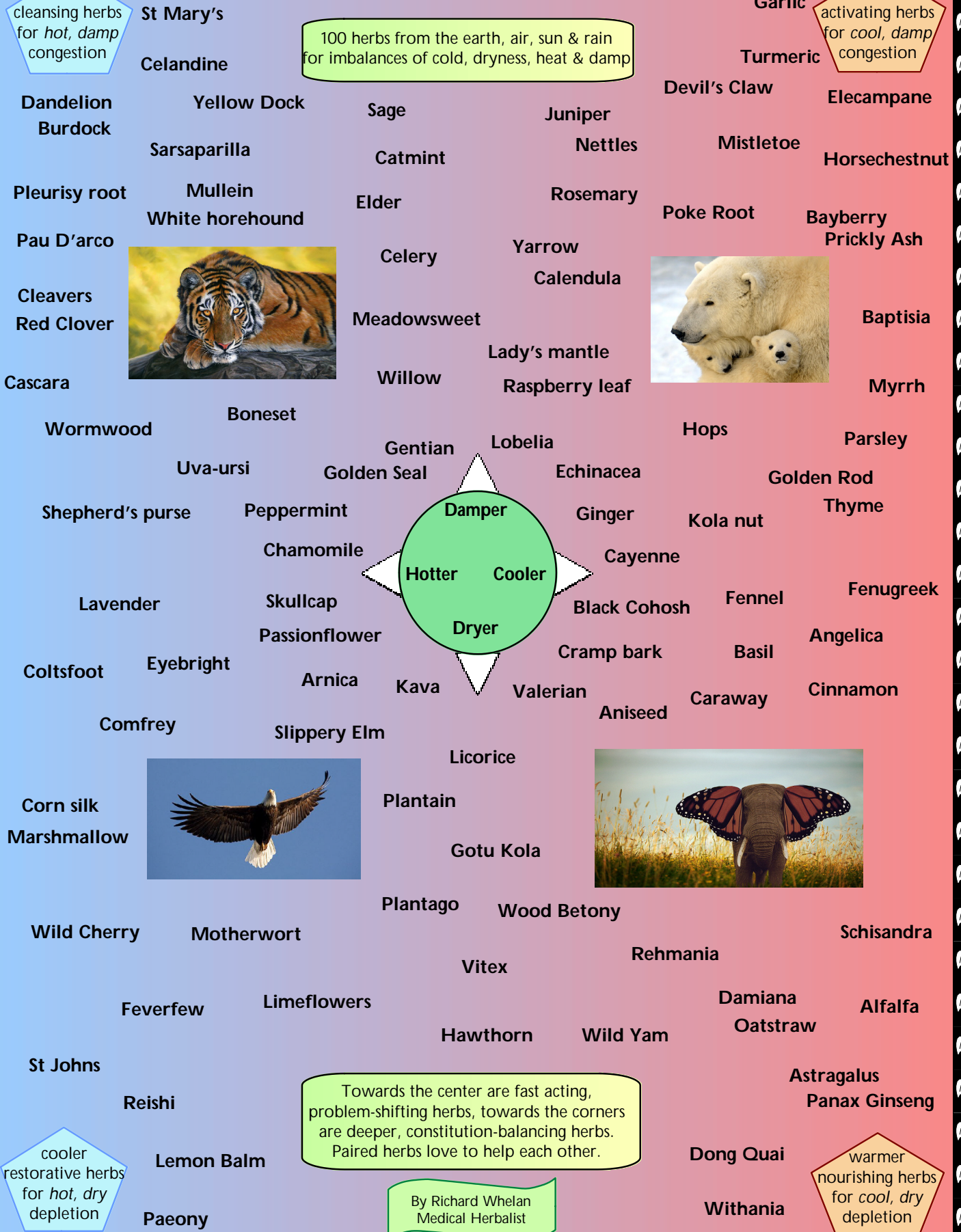


Constitutional Medicines

cooler
cleansing herbs
for hot, damp
congestion

warmer
activating herbs
for cool, damp
congestion

100 herbs from the earth, air, sun & rain
for imbalances of cold, dryness, heat & damp



Towards the center are fast acting,
problem-shifting herbs, towards the corners
are deeper, constitution-balancing herbs.
Paired herbs love to help each other.

By Richard Whelan
Medical Herbalist

cooler
restorative herbs
for hot, dry
depletion

warmer
nourishing herbs
for cool, dry
depletion