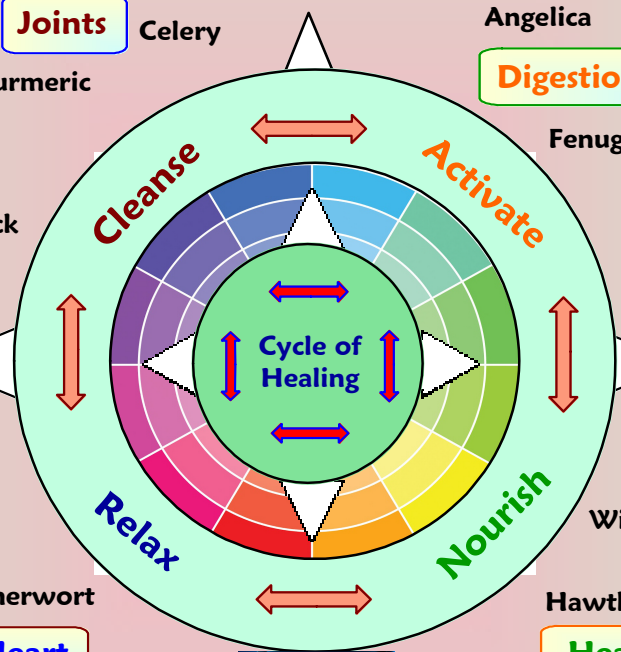


CYCLE OF HEALING



Dandelion
Burdock Golden Seal
Liver Barberry

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

St Mary's Celandine Elecampane
Globe artichoke Golden Rod Thyme
Mullein **Lungs**

Ginkgo Kola nut Basilicum
Cleavers Poke Root White horehound Bacopa **Brain** Rosemary Garlic Echinacea Myrrh

Blood Red Clover Damiana St John's Barberry **Immunity**

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

Angelica Golden Seal Elder
Digestion Gentian Boneseet
Ginger

Kidneys Dandelion Lf Corn silk
Plantago Yellow Dock

Fenugreek Vitex Black Cohosh
Sage **Hormones** Rue
Epimedium

Wormwood **Bowel** Cascara

Licorice Wild Cherry Dong Quai Paeony
Lungs Licorice **Hormones**

Aniseed Marshmallow

Wild Yam Shatavari Hawthorn
Heart Arnica

Motherwort Mistletoe **Heart** Limeflowers

Lemon Balm Astragalus
Reishi **Immunity**
Cordyceps

Passionflower Lavender
Kava **Nerves** Skullcap

St John's Avena **Energy**
Panax Ginseng Withania

Valerian Hops Nourish
Californian Poppy Lobelia Cramp bark
Willow **Muscles** Activate

Lady's mantle Raspberry leaf Yarrow
Agrimony **Tissues** Turmeric

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

Slippery Elm **Courage** Shepherd's purse
Calendula Eyebright
Plantain Horsechestnut

