



### Ingredients:

- 3 parts plantain
- 3 parts chamomile
- 3 parts calendula
- 3 parts spearmint
- 2 parts ginger

### Instructions:

Mix the herbs together and store in a glass, airtight container. Use 1-2 teaspoons per cup of boiling water and steep for 10-15 minutes or make into a tincture or glycerite. You could also blend into a powder and make into capsules.

### To Use:

Herbal Tea – 1 cup after each meal

Tincture or glycerite – 1 dropper after each meal for children, 2 droppers for adult

Capsules – 2 capsules after each meal

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician, herbalist or other trained professional. Those who follow these suggestions do so at their own risk.