



Mix equal parts of the following herbs:

Peppermint (or spearmint)

Yarrow

Elder Flowers

Mix herbs together and store in an airtight container. Use to make an herbal tea, herbal bath or foot soak, tincture, glycerite or syrup.

Uses:

At the onset of any ailment start taking this blend. Immune booster to aid the body in combating cold and flu symptoms, naturally reduces fevers, helps with nausea and digestive complaints and is an overall healer.

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. Those who follow these suggestions do so at their own risk.