



Equal Parts of the Following Herbs:

Wild Cherry Bark

Thyme

Chamomile

Instructions:

Use this blend to make a traditional tincture, glycerite or herbal tea. Just make sure you do not boil this blend, the high heat will destroy the healing properties of the wild cherry bark.

Dosages for respiratory support during times of weakness:

Tincture/Glycerite:

Child – 1 dropperful every waking hour until symptoms subside

Adult – 2 dropperfuls every waking hour until symptoms subside

Herbal Tea:

Child – sip on one pint during the day

Adult – sip on one quart during the day

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.