



6 parts comfrey  
3 parts horsetail  
3 parts alfalfa  
3 parts raspberry leaf  
2 parts white oak bark  
2 parts plantain  
1 part rosehips

Use this blend as an herbal capsules, tincture, oil and/or salve. For both external and internal use to rebuild bone and tissues.

General guideline for dosage:

Take 2 capsules or dropperfuls with meals until desired results are met. This will differ from person to person so if you feel you need more take more, if you feel you need less, take less. If using in salve form, apply every evening before bed or as often as needed. For open flesh wounds, I apply salve as often as it is absorbed by the body until it is healed.

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.

<http://www.anniesplacetolearn.com>