



- 2 parts birch bark
- 1 part St. John's wort
- 1 part valerian root (or skullcap if you have an aversion to valerian root)
- 1 part wild lettuce
- 1/2 part cayenne

Recommended dosage is 2-3 capsules or 20-30 drops tincture every few hours as needed.

Pain management:

- Stimulate sensations in other areas of the body - like walking barefoot on rocks for example.
- Distraction – work, serving, reading, hobbies, pets, anything to divert the mind from pain.
- Focus on beauty – art, nature, poetry, music, fresh air, garden walk, feeling sensations of plants and inhaling their aroma, barefoot on grass, etc.
- Positive thoughts