



Ingredients:

- 2 parts uva ursi
- 1 part echinacea
- 1 part Oregon grape root
- 1 part marshmallow
- 1/2 part horsetail

Make into herbal capsules, tincture or tea. Rosemary Gladstar recommends 2 capsules, 1/2-1 teaspoon tincture or 8 oz. of tea every 3-4 hours until symptoms subside.