

Name of Formula	Suggested Use	Ingredients	Doseage Sugestions	Notes
Adaptagen Formula	To help the body and mind deal with uncompensated stress	Individually prepared tinctures of Shatavari (<i>Asparagus racemosus</i>), Wild Oats (<i>Avena sativa</i>), Siberian Ginseng (<i>Eleuthero senticogus</i>), Gotu Kola (<i>Centella asiatica</i>) and Skullcap (<i>Scutellaria lateriflora</i>) .	10-30 drops 2 or 3 times daily	
Allergy Relief/Immune Support	Take 1 or 2 dropper fulls at the time of an accute allergic reaction. Take 1 dropper full 3x per day to support system and prevent allergic reaction	Individually prepared tinctures of Nettles (<i>Urtica dioica</i>), Wild Oats (<i>Avena sativa</i>), Yerba Santa (<i>Eriodictyon angustifolium</i>), Goldenrod Solidago spp.,and Horehound Marrubium vulgare	See suggested use	
Anti-infective	Supports the immune system. Helps prevent infection, reduce ongoing infection and prevent secondary infection. Helps the skin heal. Can be used on open wounds, scar tissues, rashes and insect bites.	Food Grade alcohol, Echinacea Root <i>Echinacea angustifolia</i> , Yarrow <i>Achillia Millifolium</i> , Calendula <i>Calendula off. Plantago major</i> and <i>Monarda fistula</i> .	1-2 dropper fulls 2-3x per day	
Aromatic Bitters	Helps to relieve indigestion, especially if chronic or with coated tongue.	Brandy, Honey, Gentian root <i>Gentiana spp.</i> , Orange peel <i>citrus aurantium</i> , and cardamom pods <i>Elettaria cardamomum</i>	2 or 3 drops before meals or at bed time	
Breathe Easy	Supports the lungs and respiratory system. Helps to relieve cough, cold or flu with or without active infections.	Individually prepared tinctures of Mullein (<i>Verbascum thapsus</i>), <i>Grindelia Spp.</i> , Blue Vervain (<i>Verbina stricta</i>), <i>Usnea spp.</i> , <i>Monarda stricta</i> (Sweet Leaf) and Horehound (Marrubium vulgare).	1-2 dropper fulls 3-4x per day	
Cold and Flu Glycerite	Helps reduce fever and cold. Especially useful at the first sighn of a fever. For a fever take a lower dose every 10-15 min until fever begins to lower	Yarrow <i>Achillea millifolium</i> , Catnip <i>Nepeta cataria</i> , and Elder Flowers <i>Sambucus nigra</i> in organic vegetable glycerin	1 to 5 drops per 10 lbs. body weight or 1 dropper for an adult every 2-3 hours	
Cramp Ease	An anti-spasmodic formula. A good remedy for menstrual cramps AND an excellent cramp relief for severe diarrhea cramping, leg cramps and abdominal or digestive cramps.	Individually prepared tinctures or glycerites of Jamaican Dogwood (<i>Piscidia erythrina</i>), Cramp bark (<i>Viburnum prunifolium</i>), and California poppy (<i>Eschscholzia californica</i>)	15-30 drops at a time. Best used for accute symptoms.	
Ear Extract	For relief of acute ear infections	Freshly gathered Chaparral (<i>Larrea tridentada</i>), Garlic (<i>Allium sativam</i>), and Chamomile Flowers (<i>Matricaria chamomilla</i>) and food grade alcohol.	1-2 drops in the ear up to 3x per day	
Ear Oil	Place a few drops in the ear and/or massage around the base of ear and neck for relief of ear infections, to loosen and release wax build up and improve hearing.	Organic Olive oil, Mullein flowers (<i>Verbascum Thapsus</i>) , Garlic (<i>Allium sativa</i>) with Lavender <i>Lavandula angustifolia</i> , Thyme Linalool <i>Thymus vulgaris</i> , Roman Chamomile <i>Chamaemelum nobile</i> essential oils. Distilled water, Elderberries (<i>Sambucus nigra</i>), Anise seeds (<i>Pimpinella anisum</i>), Thyme (<i>Thymus vulgarus</i>), Echinacea (<i>E. pururea</i>), Licorice root (<i>Glycyrrhiza glabra</i>), Ginger root (<i>Zingiber officinale</i>), <i>Monarda</i>, Horehound (<i>Marubium vulgare</i>), Osha (<i>Ligusticum porteri</i>) and Honey. Food Grade alcohol	1 or 2 drops at a time	
Elderberry Syrup	For relief of coughs, cold and the flu. Great respiratory remedy for any lung grunge including bronchitis, asthma, dry and wet coughs and fever.	Individually prepared Holy Basil (<i>Ocimum sanctum</i>) glyceride, Wild Oats (<i>Avena sativa</i>) tincture, and Rose petal elixir.	1 teaspoon up to 4x per day	
Happy Drops	Helps to lift the spirit, calm anxiety and ease depression	Individually prepared Holy Basil (<i>Ocimum sanctum</i>) glyceride, Wild Oats (<i>Avena sativa</i>) tincture, and Rose petal elixir.	3-5 drops as often as you like.	
Head ache Relief Tincture	Helps relieves headaches and is useful for many other kinds of aches and pains	Individually formulated tinctures of Feverfew (<i>Tanacetumparthenium</i>), Meadowsweet Herb (<i>Filipendula ulmaria</i>), Catnip (<i>Nepeta cataria</i>), and Lavender Glycerite (<i>Lavendula Angustifolia</i>)	Take 15-30 drops. Wait 15 min and if needed repeat.	

Heart Ease Glycerite	A non alcoholic support for circulation, stress and blood pressure.	Ashwaghandha (<i>Withania sumnifera</i>) , Milk thistle seeds (<i>Silybum marianum</i>) , Eleuthero root (<i>Eleutherococcus senticosus</i>) , Wild Oats (<i>Avena sativa</i>) , Skullcap (<i>Scutellarea lateriflora</i>) , Gotu Kola (<i>Centella asiatica</i>) , Hawthorn berries (<i>Crataegos spp</i>) , and Vegetable glycerin	take 1-2 dropper fulls 3 x per day
Immune boost Oxymel	A great way to boost the immune system and prevent allergies and colds and flu. Great for kids and elders.	Rose hips (<i>Rosa Spp</i>) , Elderberries (<i>Sambucus nigra</i>) , Nettle leaf (<i>Urtica dioica</i>) , <i>Astragalus Membranaceus</i> , <i>Solidago spp</i> , Common garden mint (<i>mentha sp</i>), <i>Grindelia</i> , Horehound (<i>Marrubium vulgare</i>), Sage (<i>Salvia off</i>) , Oregano (<i>Oreganum vulgare</i>) , Apple Cider vinegar and Vegetable glycerin	1 drop per pound after 2 years old. 2x per day. 2 dropper fulls to 1 teaspoon for adults
Inshalla	An ancient formula for miscarriage prevention. If bleeding of cramping take 1 dropper full (30 drops) in water every 15 minutes for an hour. Take a dropper full every half an hour thereafter for up to 8 hours. If threatened miscarriage is due to hCG levels, this remedy should help. Take 1/2 to 1 dropper daily for prevention if you've had past incidences	Individually prepared alcohol tinctures of False Unicorn Root (<i>Chamaelirium luteum</i>) , Partridgeberry (<i>Michella repens</i>) , Black Haw (<i>Viburnum prunifolium</i>) , and Wild Yam (<i>Dioscorea villosa</i>)	See suggested use
Liver Support	To protect, rejuvenate and optimize liver function.	Food grade alcohol, freshly gathered Milk Thistle seed (<i>Silybum marianum</i>) , Yellow Dock (<i>Rumex crispus</i>) , Dandelion Root (<i>Taraxacum off</i>) , Algalita (<i>Berberis trifoliolata</i>) , Chamomile (<i>Matricaria recutita</i>) , and Hollyhock flowers (<i>Alcea spp</i>)	1-2 dropper fulls 3x per day
Lymph Formula	Helps to stimulate the movement of lymph tissue, thereby encouraging the removal of toxins and enhancing the immune system. Best to use when you feel "off", before the sure signs sickness are evident. Use to help relieve swollen or hard lymph nodes.	Individually prepared tinctures of Cleavers (<i>Galium aparine</i>) , Echinacea (<i>Echinacea angustifolia</i>) , Red Clover (<i>Trifolium pretense</i>) , Poke Root (<i>Pyrola americana</i>) , Red Root (<i>Ceanothus spp</i>) and (<i>Astragalus membranaceas</i>)	Take 2-4 dropper fulls (depending on your size) at night before bed. The next day take 1 dropper full 3x per day. Assess and repeat as needed take 1 teaspoon up to 4x per day
Monarda Elixir	To enhance immune function, relieve respiratory symptoms and to prevent secondary infection.	Monarda fistula, brandy and honey	
Monthly Balance	For relief of common PMS symptoms and To Help balance hormonal cycles. Helpful for PMS related or cycle related headaches	Vitex agnus-castus , Motherwort (<i>Leonurus cardiac</i>) , Blessed Thistle (<i>Cnicus benedictus</i>) , Dandelion Rt (<i>Taraxacum officinale</i>) , Oregon Grape Root (<i>Mahonia repens</i>) and Pasque Flower (<i>Anemone pulsatilla</i>.)	1/2 to 1 dropper 4x per day as needed for symptom relief
Mother's Milk	To increase Mama's milk supply and get the milk flowing	Food grade Alcohol Fennel seeds (<i>Foeniculum vulgare</i>) , Fenugreek seeds (<i>Trigonella foenum-graecum</i>) , and blessed thistle (<i>Cnicus benedictus</i>)	1 dropper 3x per day
Mouthwash/ gum support tincture	For Healthy Mouth and Gums and for the treatment of Gum Disease	Individually prepared alcohol tinctures of <i>Usnea spp</i> , <i>Spilathes acmella</i> , <i>Echinacea angustifolia</i> , Yarrow (<i>Achillea millifolium</i>) , Peppermint (<i>Metntha x piperita</i>)	a few drops in water or on your toothbrush and message gums

Peaceful Baby	Good for adults, kids and baby's. Helpful for both Baby and Mom for colic, teething, hyperactivity, Sleeplessness, and Fussiness. Adults - 1 dropper full up to 4x per day. For babies and small children put 1 dropper in 1 cup of water and give by the drop or have child sip	Organic Vegetable glycerine, Food grade alcohol, Chamomile (<i>Matricaria recutita</i>) , Catnip (<i>Nepeta cataria</i>), Fennel seeds (<i>Foeniculum vulgare</i>), Lavender Flowers (<i>Lavandula angustifolia</i>), and Lemon Balm (<i>Melissa Officinalis</i>).	See suggested use. See dosage suggestions for children for more info.
Rose Elixir	Open and strengthens the heart both energetically and physically. Helps stabilize heart function and help one to feel free and yet grounded. Tones tissue, relieves depression and just plain helps you feel better. Tastes good too.	Wild Rose petals (<i>Rosa spp</i>). Brandy and honey	3-5 drops as often as you like.
Simmer Down	For Headache, Stress and Insomnia. Helps ease pain, cramps, muscle tension, anxiety and exhaustion.	Individually prepared tinctures of Chamomile (<i>Matricaria recutita</i>), Valerian Root (<i>Valeriana officinalis</i>), Mexican Poppy (<i>Eschscholzia californica</i>), Skullcap (<i>Scutellaria lateriflora</i>) and Passion Flower (<i>Passiflora pardifolia</i>).	Take 15-30 drops as needed not to exceed 3 dropper fulls per day
Sleep Easy	Helps stop the monkey mind so you can sleep. Helps you relax to sleep without "knocking you out". Seems to work especially well for women.	Passion Flower (<i>Passiflora pardifolia</i>) and Wild Lettuce (<i>Lactuca virosa</i>)	1 dropper full at night before bed
Steady Heart, Strong Heart	A lovely formula for the heart sick or heavy hearted. Helpful for anxiety and depression, high blood pressure, low blood pressure, stress, ADD, and for when life is difficult and you can't seem to focus	Individually prepared tinctures of Rose Elixir (<i>Rosa Spp</i> in brandy and honey), Holy Basil (<i>Ocimum tenuiflorum</i>), Hawthorn berries (<i>Cratagus laevigata</i>), Motherwort (<i>Leonarus cardiac</i>), Gotu Kola (<i>Centella asiatica</i>) and Skullcap (<i>Scutallaria lateriflora</i>)	10 - 30 drops up to 4x per day
Stress Buster	For times of extreme stress and anxiety. Helps calm and strengthens the heart, normalizes blood pressure and calms the nerves.	Rose Glycerite (<i>Rosa Spp</i> in brandy and honey), Lavender Glycerite (<i>Lavendula angustifolia</i>), Hawthorn tincture (<i>Cratagus laevigata</i>), Motherwort tincture (<i>Leonarus cardiaca</i>), Gotu Kola tincture (<i>Centella asiatica</i>) and Skullcap tincture (<i>Scutallaria lateriflora</i>)	1 - 5 drops as often as needed Formerly calm heart
Toothache Relief	To help relieve tooth and gum pain and to help heal and relieve mouth sores	Individually prepared tinctures of Yarrow (<i>Achillea millefolium</i>), Prickly Ash (<i>Zanthoxylum americanum</i>), <i>Spilanthes acmella</i> and Echinacea (<i>E. angustilolia</i>).	Put a drop or two on the troubled spot
Tummy Tamer	Great for kids and adults to Settle the stomach and to ease nausea, flatulence, motion sickness and indigestion. Do not give to children under 18 months. Not for 1st trimester of pregnancy.	Food grade alcohol, Ginger root (<i>Zingiber officinale</i>) , peppermint (<i>Mentha piperita</i>) , and Fennel seed (<i>Foeniculum vulgare</i>)	Take 10-30 drops in a little water as needed
Urinary Support	For urinary tract infections and to help dissolve stones. Not for use in Pregnancy	Individually prepared tinctures of Dandelion Root (<i>Taraxacum officinale</i>), Hollyhock Flowers (<i>Alcea spp</i>). Uva Ursi, Horsetail (<i>Equisetum arvense</i>) and Cramp Bark (<i>Viburnum opulus</i>)	1 dropper 3x per day
Violet Elixir	"Heart Ease" To lighten and soften the heart. Works well on any condition that is hot dry and harsh. Helpful for milk allergies in children and coughs and colds.	Fresh Violets (<i>Viola tricolor</i>), brandy and honey	1-3 drops as often as you like for depression and stress. 1 dropper for cough and cold