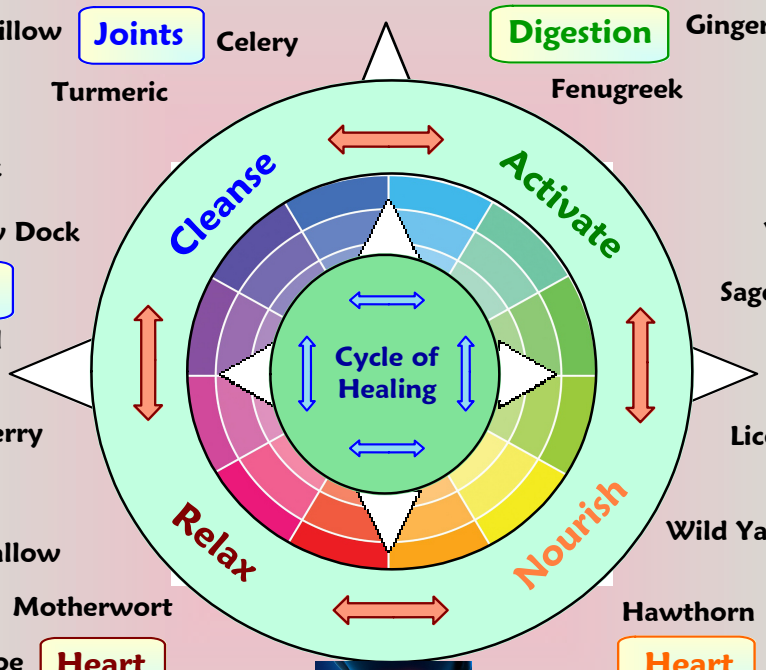
Cycle of Healing



Liver: Celandine, St Mary's, Golden Seal, Barberry, Burdock, Cynara, Dandelion

Circulation: Cayenne, Bayberry, Feverfew, Prickly Ash, Cinnamon

Lungs: Golden Rod, Elecampane, Mullein, Thyme, Echinacea, Poke Root, White horehound

Energy: St John's, Damiana, Kola nut, Ginseng, Withania

Blood: Red Clover, Cleavers, Sarsaparilla

Immunity: Echinacea, Garlic, Myrrh, Elder, Golden Seal, Boneset

Joints: Birch leaf, Devil's claw, Willow, Celery, Turmeric

Digestion: Angelica, Gentian, Ginger, Fenugreek

Kidneys: Juniper, Uva-ursi, Dandelion Lf, Corn silk

Brain: Ginkgo, Basil, Bacopa, Rosemary

Bowel: Plantago, Yellow Dock, Cascara, Wormwood

Hormones: Vitex, Black Cohosh, Sage, Rue, Epimedium

Lungs: Wild Cherry, Licorice, Aniseed, Marshmallow

Hormones: Licorice root, Paeony, Wild Yam, Rehmania, Shatavari

Heart: Motherwort, Mistletoe, Limeflowers

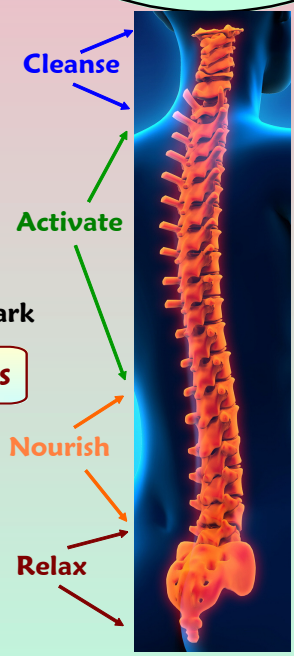
Heart: Hawthorn, Arnica, Lemon Balm

Nerves: Passionflower, Avena, Skullcap, Kava, Lavender, Valerian, Hops, Californian Poppy

Immunity: Astragalus, Reishi, Cordyceps

Muscles: Cramp bark, Lobelia, Ginger, Wild Yam

Blood: Dong Quai, Withania, Ginseng, Nettles, Alfalfa

Digestion: Chamomile, Peppermint, Caraway, Catmint, Meadowsweet, Fennel

Tissues: Lady's mantle, Raspberry leaf, Agrimony, Turmeric, Slippery Elm, Yarrow, Eyebright, Calendula, Plantain, Horsechestnut, Shepherd's purse