

## TINCTURES

A 'tincture' is a solution of alcohol and/or vegetable glycerine with an herbal infusion. The purpose and usefulness is to extract healing properties from the herbs- roots, leaves, flowers, stems or seeds, to allow a concentrated way for the human body to absorb and benefit from an herbs. The practice of this is ancient and continues today, with much continuation of the practice through teachings of Edgar Cayce and other modern day natural healers.

The following tinctures are available for your usage and are not meant to diagnose, treat, cure, or prevent any disease. The information is offered below to help you make decisions regarding natural remedies for your own health.

### ALL PLANTS USED ARE ORGANIC AND HAND-CRAFTED ALL TINCTURES 2 OZ DROPPER BOTTLES/ \$10

**Jerusalem Artichoke-** This unique plant has been used since ancient time by both healers and doctors. In current years it is used successfully to treat such ailments as diabetes, atherosclerosis, anemia, arthritis, kidneys and digestive system diseases. All nutritious elements of this vegetable are in easily acquired form. Of all vegetables this particular one is known to prevent the formation of kidney stones and salt deposits in joints due to its high percent of silicon. It is also rich in calcium and magnesium.

**Longevity-** This is a blend of the Mormon tea plant and lemon balm. Both are known to be exceptionally high in anti-viral properties along with anti-oxidants.

**Peace and Harmony-** This specially 'designed' blend contains all organic herbs that are known to bring peace and harmony to many of the body's systems. The herbs include spearmint, lemon balm, ginkgo, and licorice root, all soothing to the mind and body.

**PMS-** Both peppermint and sage are used to help hormonal imbalances that manifest as cramping, sadness and bloating. Many young adults have had much relieve with this tincture for these specific female issues.

