

## QUICK REFERENCE SHEET

# CART

*(Formerly Cartilage Formula)*

Alfalfa, Dandelion, Fo Ti, Raspberry Leaf, Thyme,  
White Oak



1.50 White Oak  
1.00 Alfalfa  
0.75 Thyme  
0.50 Dandelion  
0.50 Raspberry Leaf  
0.25 Fo Ti

**Total Herbs 4.5 oz**  
**Tincture Ratio - 1:12**

CART contains herbs that supply nutrients needed for the repair and rebuilding of cartilage whether in the back, knees, or other joints. If the situation has progressed quite far and there is a compressed or fused disc (not medically fused or a rod inserted), it is imperative to add Red Clover tincture to the regimen. The Red Clover needed is the single herb, not the RC combination. The Red Clover is used to separate and repair the discs and remove build-up in the joints.

Red Clover is not added to this formula because a lot of Red Clover is needed. For every dropperful of the CART blend needed, at least 2 dropperfuls of Red Clover should be taken.

The BHM (Bone High Mineral) formula should also be used to support the muscles, and the discs and bones. Extreme care should be taken not to break down the new cartilage as rapidly as it forms by lifting (in the case of the back), too much movement, or strain of any kind. A lot of rest and a really good diet are also advised. Soda pop and other things that cause acidity in the body or rob nutrients should be avoided. KNA or MIN are also of great value here. <sup>Le</sup>Millenia and <sup>Le</sup>Deeper (essential oil formulas) should be applied at least twice daily in addition.