

## QUICK REFERENCE SHEET

# CF

*(Formerly Chronic Fatigue)*

Astragalus, Echinacea, Ginseng, Licorice Root, Lomatium, Oregon Grape, Osha, Usnea



0.50 Echinacea  
0.50 Licorice Root  
0.50 Lomatium  
0.25 Astragalus  
0.25 Ginseng Root  
0.25 Osha  
0.25 Usnea  
0.125 Oregon Grape

**Total Herbs 2.625 oz**  
**Tincture Ratio - 1:9**

There are many good herbal combinations, homeopathics, and essential oils for chronic fatigue and similar conditions. Many of these are talked about in one of the companion volumes to this book, *Butterfly Miracles with Homeopathic Remedies II*, which is available from Butterfly Expressions.

Chronic fatigue is a walk we have walked with more than one family member over the years. We have learned a few things about it along the way. I hope that some of our experience in this area can be of benefit to others who are suffering from this debilitating condition.

Be sure to use CF with AD (formerly Adrenal Toner), homeopathics, supplements, and other tinctures such as MH or MW, as instructed in the book mentioned above or in a protocol of your own choosing. This is a great formula, but it is not usually the entire answer for any person. Other specifics of this systemic condition need to be addressed according to the individual needs of the sufferer.

Extra special care to cover every aspect of good nutrition with the diet **MUST** be taken. Soda pop, excess sugar, and a lot of stress rob the body of nutrients and energy. Adequate rest, including daily naps, are essential until the adrenal glands have recovered.