

QUICK REFERENCE SHEET

COLA

(Formerly Colic Formula - for Adults)

Catnip, Lobelia, Peppermint, Yarrow



1.00 Catnip
1.00 Lobelia
1.00 Peppermint
1.00 Yarrow

Total Herbs 4.0 oz
Tincture Ratio - 1:13

This can be made as a tea or a tincture. Sipping a warm tea, however, can be especially soothing if the problem has roots in the gallbladder. The PPAC formula made into a poultice and placed over the gallbladder area at the same time can bring quite a bit of relief from the pain. Celestial Seasoning's Tension Tamer or Sleepytime teas are also excellent in conjunction with this formula.