

QUICK REFERENCE SHEET

COMP

(Formerly Herbal Composition)

Astragalus, Bayberry Root, Bilberries, Cayenne,
Cinnamon, Cloves, Elderberries, Ginger, White Pine



1.50 Bayberry Root
0.50 Bilberry Root
1.00 Elderberries
0.50 Ginger
1.00 White Pine
0.50 Astragalus
0.50 Cinnamon
0.50 Cloves
0.25 Cayenne

Total Herbs 6.75 oz
Tincture Ratio - 1:5

COMP is another first-response remedy for colds, sore throats, and viruses, particularly when the problems are centered mostly in the head. Dosage: 15-20 drops every 2-3 hours. Add infection-fighting formulas (such as IF, FN, and SS) if strep throat is suspected. The SN (Sinus) formula can also be helpful.

COMP can also be used during the last week of pregnancy to tone the abdominal area and strengthen the uterus, which is a muscle—an unusually shaped one that is about to be called upon to work very hard. It seems odd, I know, that a cold remedy would be useful this way, but it really does an amazing job here! Probably, the increased circulation to the abdominal area is at least part of the reason why.