

QUICK REFERENCE SHEET

Cascara/Juniper *Combination*

Cascara Sagrada, Juniper Berries



2.00 Cascara Sagrada
2.00 Juniper Berries

Total Herbs 4.0 oz
Tincture Ratio - 1:5

This simple formula is used with Raspberry / Myrrh to strengthen the pancreas and stabilize blood sugar fluctuations. It was originally formulated to deal with a diagnosis of Type 2 diabetes—which the man no longer suffers from, by the way.

As always, a change in diet and lifestyle, with the addition of exercise and stress relief techniques is an absolute must for long-term change.