

QUICK REFERENCE SHEET

HD

(Formerly Headache)

Peppermint, Rosemary, Wood Betony



1.00 Peppermint
1.00 Rosemary
1.00 Wood Betony

Total Herbs 3.0 oz

Made as a tea, not a tincture. Pour 1 quart boiling water (distilled, filtered, or well water—anything without chlorine or fluoride—is best) over the herbs, and cover until cool. Strain and sweeten to taste. The tea should be sipped slowly and a little bit at a time. It usually doesn't take very much to eliminate the headache.