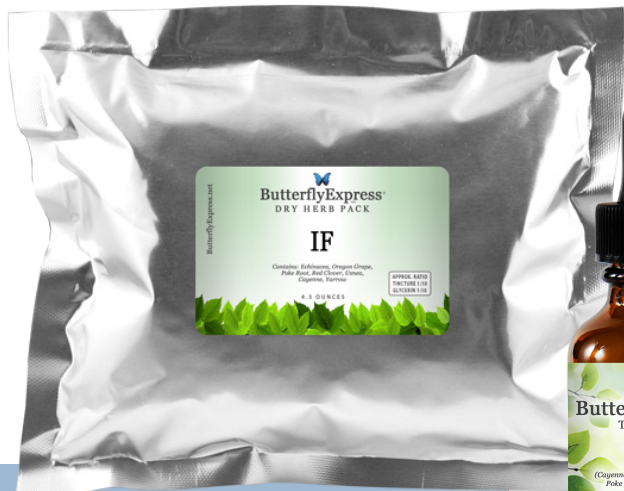


QUICK REFERENCE SHEET

IF

(Formerly Infection Fighter)

Cayenne, Echinacea, Oregon Grape, Poke Root,
Red Clover, Usnea, Yarrow



1.50 Echinacea
1.00 Oregon Grape
0.50 Poke Root
0.50 Red Clover
0.50 Usnea
0.25 Cayenne
0.25 Yarrow

Total Herbs 4.5 oz
Tincture Ratio - 1:10
Glycerin Ratio - 1:10

This is a very effective all-purpose infection-fighting formula. It can be taken internally or used as a tea for external compresses, washes, or soaks. It may be used for any type of infection—infected injuries, sore throats, ear infections, and anything else that you can think of. Add with Usnea and Yarrow or with the SS formula if strep or staph is suspected. FN should be added if there is any chance the problem is fungal.

Goldenseal sometimes adversely affects estrogen and glucose levels. I use Oregon Grape in nearly all formulas, but Goldenseal may be used if you prefer. Myrrh can also be substituted. I generally prefer to use herbs that grow in the country, even part of the country, in which I live. I have found them, for the most part, to be more effective than even the Chinese herbs that have such a reputation.