

## QUICK REFERENCE SHEET

# LCON

(Formerly Lung Congestion)

Bee Pollen, Cayenne, Elecampane, Fenugreek,  
Horseradish, Hyssop, Pleurisy Root, Slippery Elm, Thyme,  
Yerba Santa



0.75 Fenugreek  
0.75 Pleurisy Root  
0.50 Horseradish  
0.25 Bee Pollen  
0.25 Cayenne  
0.25 Elecampane  
0.25 Hyssop  
0.25 Thyme  
0.25 Yerba Santa  
0.125 Slippery Elm

**Total Herbs 3.625 oz**  
**Tincture Ratio - 1:8**

This is a very hot tincture, due to the amounts of Horseradish and Cayenne used. If you are paying any kind of attention to health matters you should be catching things early and avoiding getting this desperate! However, it sure works well if you do get sick with one of the strong strains of virus and bacteria that we are seeing lately. I am glad to have something this effective in my repertoire! (And I don't mind a little bit of heat in my tinctures.) Take 15-30 drops of tincture 3-4 times a day—more to tolerance, if necessary.

For normal use, PL (formerly Pleurisy/Lung) with one of the infection fighters would be milder but equally as effective and would ensure that you won't have to deal with inflammation in the pleura at the same time.