

## QUICK REFERENCE SHEET

# LN

*(Formerly Liniment)*

Angelica, Arnica, Calendula, Cayenne, Comfrey Root,  
Ginger, Lobelia, St. John's Wort, Valerian



1.00 Arnica Flower  
1.00 Comfrey Root  
0.50 Angelica  
0.50 Calendula  
0.50 Lobelia  
0.50 St. John's Wort  
0.25 Cayenne  
0.25 Ginger  
0.25 Valerian

**Total Herbs 4.75 oz**  
**Tincture Ratio - 1:14**

Some essential oils that may be used in with this formula are (pain and inflammation oils such as Birch, Peppermint, Wintergreen, the blends <sup>Le</sup>Paine, <sup>Le</sup>Deeper, <sup>Le</sup>TendaCare, or <sup>Le</sup>WarmDown)

I like to tincture this formula in almond oil since it cannot be taken internally anyway because it contains Arnica. Using the oil tincture, you can make a salve that would be less runny. A salve is particularly effective. These same herbs can be put together in dry pack form, then made into a strong tea and used as a soak or as a poultice. Remember, if swelling is present, cool the mixture before placing it on the area or soaking it. Be sure to label the bottle as "External Use Only"!