

## QUICK REFERENCE SHEET

# Lobelia/Cayenne *Combination*

Cayenne, Lobelia



2.00 Cayenne  
2.00 Lobelia

**Total Herbs 4.0 oz**  
**Tincture Ratio - 1:10**

Lobelia carries and enhances any herb with which it is combined. Lobelia also relaxes muscles. This combination is wonderful for relaxing tight muscles, externally or internally. I have used this one to speed up a slow labor. The Cayenne increases circulation to the placenta (and the baby) and stimulates (mildly and kindly) the entire system while the Lobelia relaxes the uterine muscle and the pelvic floor. For a labor that is progressing abnormally slow or has stalled out altogether, because of fatigue or fear, alternate hourly with a tincture that combines equal parts of Blue Cohosh and Dong Quai.