

QUICK REFERENCE SHEET

MP

(Formerly Mastitis Pack)

Comfrey Root, Goldenseal Root, Lobelia, Mullein Flower,
Mullein Leaf, Poke Root, Slippery Elm



4.00 Comfrey Root
2.00 Poke Root
1.00 Mullein
0.75 Slippery Elm
0.50 Goldenseal Root
0.25 Lobelia

Total Herbs 8.5 oz

Prepare in distilled water—this is very important!

Apply as a hot poultice to the affected breast area. Keep on for as much of the day and night as possible. Be sure to use LeEndoRelief essential oil blend on the feet and lymph areas of the neck and underarms. Take an infection-fighting formula, (RC, or IF, for example) and kidney herbs such as the KT formula (formerly Kidney Toner).

Hit it hard at the first sign of soreness and stay on it until it is completely cleared. Mastitis is a serious condition and treatment should never be put off.

Medical people will tell you that mastitis is the result of plugged milk ducts and they are probably at least partially right. However, I have never seen mastitis in a mother who did not have an underlying lymph drainage problem. It is important to keep the lymph system working well. It is the body's way of dealing with toxins, dead or dying bacteria, and rogue cells such as cancer. Cancer cells are meant to pass through the lymph system and be eliminated from the body; they are not meant to get stuck in the first lymph node they come to and then grow until they manage to move on to the next node down the line where they continue to grow and spread even further.