

## QUICK REFERENCE SHEET

# MS

*(Formerly Multiple Sclerosis)*

Astragalus, Bee Pollen, Dong Quai, Ginkgo, Hawthorn,  
St. John's Wort, Skullcap



1.00 Dong Quai  
1.00 Ginkgo  
1.00 Hawthorn  
0.50 Astragalus  
0.25 Bee Pollen  
0.25 Skullcap  
0.25 St. John's Wort

**Total Herbs 4.25 oz**  
**Tincture Ratio - 1:6**

You might also consider supplementing with KNA tincture, KB or KT tincture, Bilberry, Vitamin E, EPA oils, Selenium, Apis melifica homeopathic, Multiple Organ & Glandular homeopathic, oats and oat bran, essential oils

It is important to support the kidneys and keep the liver as clean as possible in spite of any drug therapies the person may be on. I have seen, personally, people in wheelchairs make sufficient progress to resume walking with only the support of a cane and be able to drive themselves shopping again without assistance.