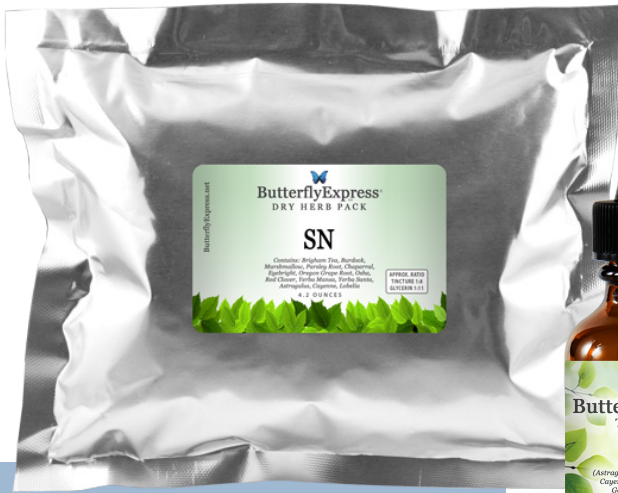


QUICK REFERENCE SHEET

SN

(Formerly Sinus)

Astragalus, Brigham Tea, Burdock, Cayenne, Chaparral, Eyebright, Goldenseal Leaf or Yerba Mansa, Lobelia, Marshmallow, Oregon Grape, Osha, Parsley Root, Red Clover, Yerba Santa



0.50 Brigham Tea
0.50 Burdock
0.50 Ma Huang
0.50 Marshmallow
0.50 Parsley Root
0.25 Eyebright
0.25 Oregon Grape
0.25 Osha
0.25 Yerba Mansa
0.25 Yerba Santa
0.125 Astragalus
0.125 Cayenne
0.125 Chaparral
0.0625 Lobelia

You will need to substitute the following for the Ma Huang:

0.25 Red Clover
0.125 Brigham Tea (If Brigham Tea is not available, add 0.50 Wood Betony)
0.125 Chaparral

Total Herbs 4.1875 oz
Tincture Ratio - 1:8
Glycerin Ratio - 1:11

SN is useful for inflammation and infection in the sinus cavities and for allergic sinusitis. It also acts to drain the lymph, supporting the kidneys while doing so. The herbs in this formula liquefy mucous, allowing the sinuses to drain, but should be taken with an infection-fighting formula for a viral or bacterial attack—RC, IF, APL, BAC, or FN. Also, remember to use essential oils.

SN contains some herbs that are a little less commonly used, but it is a very effective formula for drying out and draining the sinuses.