

QUICK REFERENCE SHEET

SPRING

Common Cattail, Gumweed



Equal Parts:
Common Cattail
Gumweed

Tincture Ratio - 1:30

An original blend that proved extremely useful against an unusual strain of bacterial flu that affected mostly the lungs a few years ago. I have not had occasion to use it very much since then and I am not really sure what prompted my husband to try these two herbs, together, that year. We had never used either up until that time.