

QUICK REFERENCE SHEET

SS

(Formerly Strep and Staph)

Echinacea, Lomatium, Oregon Grape, Osha, Pau D'Arco, Usnea



1.00 Pau D'Arco
1.00 Usnea
0.50 Echinacea
0.50 Lomatium
0.50 Oregon Grape
0.50 Osha

Total Herbs 4.0 oz
Tincture Ratio - 1:11

Use for strep, staph, pneumonia, bronchitis, impetigo, pleurisy, sinusitis, tuberculosis, and urinary tract infections.

Usnea is an amazing staph and strep fighter! It grows here in our area, but sparsely, and is a pain to harvest. Usnea likes the tops of very tall, dead or dying, pine trees! You might think that waiting to harvest Usnea when the dead pine tree falls down would make it easier but the deer love it, too, and they are right there in the forest and always get to it before I can. Even with diligent effort and a long rake, I have never been able to harvest very much at a time.