

Bluebird Herbals

Organic Herbal Medicines for People and Pets

Fall 2013 Catalog

At Bluebird Herbals we make the finest quality organic herbal medicines available. We use only the freshest ingredients picked at the medicinal peak to provide you with effective, economic and ecologically sustainable medicine for you and your whole family. Many of the medicines are grown from plants joyfully cultivated in our own gardens. All of the at-risk medicines (those in danger of disappearing from the wild because of over-harvesting and habitat loss) are grown in our many Permaculture Gardens.

Herbalist Sonja Boynton has been treating her family and friends with herbs for almost 20 years. In 2005, she apprenticed with globally known “Grandmother of Modern Herbalism”, Rosemary Gladstar. She completed Sage Mountain’s Advanced Herbal Training (a training for Clinical Herbalists) the following year. In her clinical practice she has worked extensively treating humans and other animals and has special interest in treating liver disease and all ‘bug’ related diseases from acute illnesses like colds and flu to chronic diseases such as Lyme Disease.

We source our medicines from FDA inspected facilities in order to provide you with the safest, most effective herbs available.

The statements in this catalog have not been evaluated by the FDA but rather are traditional uses of these medicines and/or personal experience and/or the experiences of my teachers in the way of herbs.



Ordering

Orders are gratefully accepted by email and phone. We accept payment by check, money order, and will be accepting credit cards through PayPal shortly.

Phone: (707) 476-0224

Email: sonja@bluebirdherbals.com

If paying by check or money order please send orders to:

**Bluebird Herbals
PO Box 3378
Eureka, CA 95502**

Return policy: No refunds on any special Formulations. Refund for other products received within two weeks of purchase but not refunded for postage.

Herbal Antibiotics

The statements in this catalog have not been evaluated by the FDA but rather are traditional uses of these medicines and/or personal experience and/or the experiences of my teachers in the way of herbs.

Herbal Antibiotic I

Herbal Antibiotic I is the most broad based Herbal Antibiotic we know of. It is particularly amazing for turning the tide at the first sign of infection. If you want to have only one Herbal Antibiotic in your medicine chest, this is the one we suggest. See How to Use Herbal Antibiotics for getting the most bang for your herbal buck! This antibiotic is effective for use with colds, strep, staph, urinary tract infections and so many more garden variety ‘bugs’. Herbal Antibiotic I can even be used topically if a salve, which is less hard on the skin, is not handy. Do not use this in the eyes or directly on mucous membranes. Always use this formula as directed in “How to Use Herbal Antibiotics.”

4 oz. – \$42.00

8 oz. – \$79.00

Ingredients: Goldenseal, myrrh, Echinacea, sweet Annie, boneset, calendula, cleavers, marshmallow, andrographis and eluthero.

Cautions: Not for use during pregnancy or nursing. Not for use for more than a month.

Herbal Antibiotic II

Herbal Antibiotic II is specific for respiratory infections. These herbs have been used for millennia to treat infections and to tonify the respiratory tract during and after an infection. Herbal Antibiotic II is particularly good for preventing the ‘dropping’ of infection into the lungs for those who are prone to bronchitis and pneumonia. All of the ‘At Risk’ herbs (those that are disappearing due to overharvesting in the wild) in this formula are grown in our own gardens. Always use this formula as directed in “How to Use Herbal Antibiotics”

4 oz. – \$42.00

8 oz. – \$75.00

Ingredients: Elecampane, osha, pleurisy, goldenseal, coltsfoot, mullein and comfrey.

Cautions: Contains PA's not for long term use. Not for use during pregnancy or nursing.

Herbal Antibiotic III

Herbal Antibiotic III is specific for use with ear infections of both bacterial and fungal (such as yeast) origin. Low circulation in this area makes it so easy for the infection to jump from or to the sinuses (like during pollen season for example), these infections can be tricky to treat whether using herbal or conventional antibiotics. For the most effective treatment, use Herbal Antibiotic III internally in conjunction with Ear Oil topically. Always use this formula as directed in “How to Use Herbal Antibiotics”

4 oz. – \$42.00

8 oz. – \$75.00

Ingredients: Black walnut hull, Echinacea, neem, southernwood, red root, coltsfoot, myrrh, marshmallow, gotu cola and garlic.

Cautions: Contains PA's not for long term use. Not for use during pregnancy or nursing.

Herbal Antibiotic IV

Herbal Antibiotic IV is specific for viral infections. If you are managing Herpes Virus or other virus that has a skin lesion, the most effective treatment is using this tincture internally while using Red Herb Oil topically. If you are not getting traction with an Herbal Antibiotic above, it may be because you are dealing with a virus. The most effective way to treat a virus is to use Herbal Antibiotic IV and Deep Immune Mushroom internally and use Red Herb Oil topically if the virus expresses through the skin. Always use this formula as directed in "How to Use Herbal Antibiotics".

4 oz. – \$42.00

8 oz. – \$75.00

Ingredients: Sweet Annie, southernwood, elderberry, yarrow, cat's claw, spilantes, pau d'Arco, licorice, andrographis and ginger.

Deep Immune Mushroom Powder

Deep Immune Mushroom Powder a super concentrated water extract (6:1) of many different kinds of medicinal mushrooms clinically demonstrated to be effective with many different kinds of cancer and other immune system problems. This is also a powerful antiviral formula. We make a water extract to preserve the gamma globulins responsible for the powerful immune medicine. Alcohol extracts denature these constituents and destroy them. Recent research suggests that part of the magical healing properties of some of these mushrooms is to help the body distinguish 'me' and 'not me' signals that get crossed in auto-immune diseases such as Lyme disease. Deep Immune Mushroom is also tonifying and balancing to pancreas, nervous system, liver and kidneys.

3 oz. – \$60.00

Ingredients: Red reishi, maitake, turkey tail, chaga, cordyceps, and shitake.

Cautions: None.

Herbal Antibiotic V

Herbal Antibiotic V is specific for fungal infections. For the most effective treatment for fungal infections that express through the skin, use in conjunction with topical application of Tick Salve. Always use this formula as directed in "How to Use Herbal Antibiotics".

4 oz. – \$42.00

8 oz. – \$75.00

Ingredients: Neem, wormwood, black walnut hull, goldenseal, andrographis, licorice and myrrh.

Cautions: Not for long term use. Not for use during pregnancy or nursing.

Herbal Antibiotic for Other Bugs

Herbal Antibiotic for Other Bugs was specifically formulated for ‘bugs’ that do not fit into the above categories such as protozoal infections like Giardia. It is designed for short-term use if other Herbal Antibiotics are not working effectively on an infection.

4 oz. – \$42.00

8 oz. – \$75.00

Ingredients: Cat’s claw, pau d’Arco, shisandra, sweet Annie, wormwood, rue, sage, neem, rosemary, garlic and marshmallow.

Cautions: Not for long term use. Not for use during pregnancy or nursing.

Herbal Antibiotic for Safe Travels

Herbal Antibiotic for Safe Travels was formulated to support the health of people traveling to areas where ‘bugs’ like malaria and dengue fever persist. Always use this formula as directed in “How to Use Herbal Antibiotics”. It is best to use this formula in addition to conventional preventions.

4 oz. – \$42.00

8 oz. – \$75.00

Ingredients: Sweet Annie, pau d’Arco, cat’s claw, cryptolepsis, southernwood, neem, gotu cola, bitter melon and ashwaganda.

Cautions: Not for long term use. Not for use during pregnancy or nursing.

Herbal Antibiotic for Mommy and Baby

Herbal Antibiotic for Mommy and Baby is specifically designed to be safe for use for pregnant and nursing Mothers and babies. We suggest using food-herbs first when working with an infection in pregnant or nursing Mothers or babies. Tea from lemon balm, thyme and chamomile with a bit of ginger and honey can work wonders for many infections! Less medicine is always more with this category of people, so use this Herbal Antibiotic if the “using your food as your medicine” is not effective.

4 oz. – \$42.00

8 oz. – \$75.00

Ingredients: Elderflower, elderberry, cat’s claw, sarsaparilla, pau d’Arco, spilanthes, southernwood, schisandra, red root and marshmallow.

Cautions: None. ☺

Herbal Antibiotic for Lyme and Co-infections

Individual formulations are required that account for symptom picture and constitution in treating any chronic disease. Please contact Herbalist Sonja Boynton for a free 15 minute consultation to discuss if herbal treatment may be helpful in supporting you in your healing journey.

100% Organic Medicines by Body Systems

These statements have not been evaluated by the FDA.

Ears

Ear Oil was specifically formulated to be used topically for ear infections. Low circulation in this area makes it so easy for the infection to jump from or to the sinuses (like during pollen season for example). These infections can be tricky to treat weather using herbal or conventional antibiotics. For the most effective treatment, use Herbal Antibiotic III internally in conjunction with Ear Oil topically. Always use this formula as directed in “How to Use Herbal Antibiotics” internally in conjunction with Ear Oil topically. Always use this formula as directed in “How to Use Herbal Antibiotics”

2 oz- \$8.75

4 oz- \$15.95

Ingredients: Coltsfoot, wormwood, mullein, garlic, neem, andrographis and black walnut hulls.

Cautions: NOT to be used if eardrum is perforated.

Gums

See mouth, below.

Gastrointestinal System

The Gastrointestinal system is perhaps the most important body system to keep healthy as even clinical research scientists are now recognizing that over 70% of our immunity is based in the gut. Most of the ‘feel-good’ hormones such as dopamine are produced here as well. Take GI health seriously and reap the rewards.

Constipation

Constipation can be caused from excess heat that dries the mucosa and can also be caused from cold sluggishness in the GI. In either case, the place to start is with GI Health Powders which soothe and return suppleness to the mucosa. Occasional entrenched constipation can be helped by drinking 1-5 oz. of Traditional Medicinal’s Smooth Move tea available at most whole food stores.

GI Health Powder soothes inflammation and calms the digestion. It helps normalize the bowels, i.e. it helps treat both diarrhea and constipation.

2 oz. – \$6.00

4 oz. – \$11.00

Ingredients: Slippery elm, marshmallow and turmeric powder

Cautions: None.

IBS

This chronic problem needs a protocol that accounts for your constitution and your current symptom picture therefore a consultation is recommended.

Diarrhea

Diarrhea is caused from 1-too much heat in the digestion, 2- inflammation and irritation in the digestion or 3-toxicity built up in the digestion such that the body begins peristalsis to expel the problem. These three formulas address those problems and they overlap somewhat in their actions. If you are experiencing chronic diarrhea or irritable bowel syndrome it is wise to consult and herbalist or other health care practitioner to take care of this problem immediately.

Diarrhea Formula helps cool and tonify the digestion in cases of occasional diarrhea

4 oz. – \$42.00

8 oz. – \$75.00

Ingredients: Blackberry root, white oak bark, slippery elm, marshmallow and milky oat tops.

Cautions: Not for use during pregnancy or nursing. Not for long term use.

GI Health Powder soothes inflammation and calms the digestion. It helps normalize the bowels, i.e. it helps treat both diarrhea and constipation.

2 oz- \$6.00

4 oz- \$11.00

Ingredients: Slippery elm, marshmallow and turmeric powder

Cautions: None.

Triphala/Guggulu Tablets - Triphala is one of the finest tonics for the whole GI available (also try fennel and chamomile as other champion tonics for this system). Guggulu is a champion at gentle and effective detoxification so this combination is very helpful in most situations of GI disturbances.

90 tablets – \$18.25

Ingredients: Amalaki, bhibitaki and haritake fruits with guggulu.

Cautions: Not for use during pregnancy or nursing.

Heart

Heart Strong Formula is specifically formulated for rebalancing the heart and cardiovascular system. It is a gentle and effective medicine that brings fresh oxygenated blood throughout the circulatory system.

4 oz. – \$42.00

8 oz. – \$75.00

Ingredients: Hawthorn, motherwort, linden, yarrow, ashwaganda, milky oat tops, garlic and American ginseng.

Cautions: Not for use while pregnant or nursing.

Immune System

Deep Immune Mushroom Powder a super concentrated water extract (6:1) of many different kinds of medicinal mushrooms clinically demonstrated to be effective with many different kinds of cancer and other immune system problems. This is also a powerful antiviral formula. We make a water extract to preserve the gamma globulins responsible for the powerful immune medicine. Alcohol extracts denature these constituents and destroy them. Recent research suggests that part of the magical healing properties of some of these mushrooms is to help the body distinguish ‘me’ and ‘not me’ signals that get crossed in auto-immune diseases such as Lyme disease. Deep Immune Mushroom is also tonifying and balancing to pancreas, nervous system, liver and kidneys.

3 oz. – \$60.00

Ingredients: Red reishi, maitake, turkey tail, chaga, cordyceps, and shitake.

Kidneys

Kidney Formula is specifically designed to support and gently cleanse the kidneys. Since the kidneys are one of the two main detoxifiers in our bodies, an imbalance in kidneys (or liver, which is the other main detoxifier in the body) can cause what used to be known as ‘dirty blood’. ‘Dirty blood’ is responsible for problems such as allergies, arthritis and asthma. Kidneys secrete hormones that are important to the healthy function of heart, bones and nervous system. Conventional diagnostics are not able to detect imbalance in the kidneys until at least 2/3 of kidney function is lost, so it makes sense to support your kidneys for a few weeks every year with a gentle tonic like Kidney Formula and/or with foods good for the kidneys like corn silk tea (the green parts) and watermelon (eat the seeds!).

8 oz. – \$75.00

Ingredients: Agrimony, Gravel root, parsley root, puncture vine, cornsilk, goldenrod, watermelon seed, ashwaganda and marshmallow.

Cautions: Not for use while pregnant or nursing.

Liver

Long Live Liver Formula is specifically designed to gently cleanse, tonify and balance the liver and gallbladder. Since the liver is one of the two main detoxifiers in our bodies, an imbalance in liver (or kidneys who is the other main detoxifier in the body) can cause what used to be known as ‘dirty blood’. ‘Dirty blood’ is responsible for problems such as allergies, arthritis and asthma. The liver is responsible for at least 350 tasks that we know of and probably at least that many that have not yet been identified. Milk thistle contains high concentrations of silimarin, the only known substance to regenerate liver tissue.

4 oz. – \$42.00

8 oz. – \$75.00

Ingredients: Milk thistle, dandelion, burdock, schisandra, turmeric, blessed thistle, bhiringiraj, licorice and eluthero.

Cautions: Not for use while pregnant or nursing.

Lymphatic System

Lymphatic Formula is specifically designed to drain, cleanse and balance the lymphatic system. The lymphatic system creates most of our immune cells and is responsible for clearing fluid wastes out of cells. Using Lymphatic Formula can bring symptomatic relief when allergies persist and help assist the body in working with an infection.

4 oz. – \$42.00

8 oz. – \$75.00

Ingredients: Cleavers, red root, Echinacea, calendula, chickweed and turmeric

Cautions: Not for use while pregnant or nursing.

Mouth

Herbal Antibiotic Mouthwash was specifically formulated for treatment and prevention of periodontal disease. Keeping mouth ecology healthy is important for overall health and in particular for prevention of heart disease. It is now known that a spirochete responsible for much of the heart disease originates in the mouth. Our mouthwash is a semi-perishable product so keep some by your toothbrush and leave the rest in the refrigerator for longest life. This product lasts a minimum of 1 month from purchase stored this way.

8 oz. – \$9.96

16 oz. – \$18.40

Ingredients: Spilanthes, clove, sage, and thyme with essential oils of sage and clove

Cautions: None

Nervous System

The Nervous System is the channel through which Spirit enters, says my Teacher in the way of herbs, Rosemary Gladstar. If the nervous system is out of balance, most other systems are not able to be fed adequately and our joy and wellness is affected. These nervous system formulas, as well as rest and calming exercises like yoga and mindfulness training, can return health, wellness and balance to your life.

Anxiety Formula was designed specifically to create a non-sedating calm. These herbs will help bring ease back into your life. Sometimes for more intense anxiety, using a small amount of a Sleep Formula (below) is needed to bring a sense of calm. For mind retraining exercises on how to work with anxiety, see www.dharmaseed.org/teacher/175/talk/5719/

4 oz. – \$42.00

8 oz. – \$75.00

Ingredients: Motherwort, skullcap, kava, ashwaganda, California poppy, pulsatilla and milky oat tops.

Red Herb Oil is specifically formulated for fast, effective relief from sciatic pain. This is a topical oil that needs to ‘set’ on the skin that runs the length of the sciatic nerve for 5-7 minutes to bring relief. Because of St John’s wort’s and lemon balm’s strong antiviral properties it also works for topical use in eruptive conditions like Herpes.

4 oz. – \$42.00

8 oz. – \$75.00

Ingredients: Olive oil, saint John’s wort and lemon balm essential oil

Sleep Formula was specifically designed for sedating and calming the body so that deep restorative sleep is achieved.* Deep sleep is critical for the health and maintenance of all body systems and we suffer when we do not sleep enough or well enough.

4 oz. – \$42.00

8 oz. – \$75.00

Ingredients: Valerian, Flanders poppy, skullcap, motherwort, ashwaganda and milky oat tops.

Cautions: Not for use while pregnant or nursing.

* For folks who have needed to use long-term pharmaceutical methods to get sleep: Sadly, we have not found a satisfactory Sleep Formula for people who have long-term use of pharmaceutical sleep aids. I have seen in my practice many times how mindfulness can enhance sleep in cases where sleep aids have been needed for long periods of time. Please see www.mbct.com/Index.htm and click on MBCT classes or Google MBCT with your zip code or city to find a training group near you.

If you haven’t tried melatonin, I have seen a small proportion of these people find relief using it. Melatonin can be obtained at a pharmacy and has no known side effects. If you are a long-term user of pharmaceutical sleep aids and you have experienced success using herbs, please let us know and receive a 4 oz. bottle of any type of tincture at no cost.

Pancreatic System

With the average US American consuming over 200 pounds of sugar every year, our pancreatic systems are in need of support and healing! These herbs have been used for millennia for protecting and healing the pancreas. An herbal protocol coupled with a modified diet and exercise has reversed Type II Diabetes in multiple clinical trials. Gymnema is the only substance known to regenerate Pancreatic tissue.

4 oz. – \$42.00

8 oz. – \$75.00

Ingredients: Gymnema, bitter melon, fenugreek, eluthero and American ginseng

Teeth

See mouth, above.

Herbs for Pets

There is nothing more important in holistic medicine than paying attention to changes and unusual behavior in your critter. Having a conscious moment each day to really ‘see’ your beloved is the best way to prevent and treat early (and easily) dis-ease even before it becomes disease.

- Watch for subtle signs of pain (reluctance to do normally active behaviors) such as hesitation when jumping/romping. Look to the eyes. Panting, chop licking and restlessness are often signs of pain and/or nausea.
- Watch for subtle signs of infection. Changes in food intake, increases in required rest. Something just ‘not quite right’. Often at these times, the use of an Herbal Antibiotic can return your beloved critter to health. We suggest having Herbal Antibiotic I on hand since it is the most broad based antibiotic and can work with the widest range of problems. If your critter is experiencing clear (not subtle) signs of infection or other problems, take her/him to a vet or critter care practitioner immediately.
- Feeding your critter a raw meat and a (mostly cooked) veggie diet is the best way to prevent any of the problems listed here and return or maintain your beloved with vibrant health and wellness. Feeding your critter bagged dry kibble destabilizes the GI, causes dryness and inflammation in the digestion and creates all kinds of chronic inflammatory processes responsible for the undermining of health and vitality.

The statements in this catalog have not been evaluated by the FDA but rather are traditional uses of these medicines and/or personal experience and/or the experiences of my teachers in the way of herbs.

Herbs by Condition

All Around Tonic for Dogs

Daily Doggie Formula addresses the most common health problems in our beloved dogs can often be averted by giving a systemic herbal tonic. Daily Doggie gently cleanses, tones and regenerates the liver, which keeps blood clean and joints strong. It strengthens the kidneys and the supports immunity to give an all around health and vitality boost for your dog.

4 oz. – \$42.00

8 oz. – \$75.00

Ingredients: Milk thistle, dandelion, burdock, schisandra, turmeric, blessed thistle, bhiringiraj, licorice, eluthero, cleavers, red root, Echinacea, calendula, chickweed, turmeric, agrimony, gravel root, parsley root, puncture vine, cornsilk, goldenrod, watermelon seed, ashwaganda and marshmallow

All Around Tonic for Cats

Daily Kitty Formula addresses the most common health problems in our beloved cats can often be averted by giving a systemic herbal tonic. Daily Kitty gently cleanses, tones and supports healthy kidney function, which can be so problematic as cats age. Daily Kitty also gently cleanses, tones

and regenerates the liver, which keeps blood clean and joints strong and it strengthens immunity to give an all around health and vitality boost for your cat.

2 oz. – \$22.00

Ingredients: Agrimony, gravel root, parsley root, puncture vine, cornsilk, goldenrod, watermelon seed, ashwaganda, marshmallow, milk thistle, dandelion, burdock, schisandra, turmeric, blessed thistle, bhiringiraj, licorice, eluthero, cleavers, red root, Echinacea, calendula, chickweed and turmeric

Allergies

Allergy/Arthritis Formula for Dogs and Cats - In most cases allergies, arthritis and asthma stem from what we used to call 'dirty blood'. Cleaning the blood, kidneys and liver (the latter two are the organs primarily responsible for cleaning the blood) will almost always, over the course of 8 months to a year of treatment, clear these problems by treating the underlying cause.

For assisting in more immediate symptomatic relief while taking the Allergy/Arthritis Formula, clearing the lymph and feeding an anti-inflammatory diet is advised. Some examples of anti-inflammatory foods are raw meats and cooked vegetables, fish oils, turmeric and comfrey leaf powder added to food. *Caution: comfrey contains PA's.*

Ingredients: Milk thistle, dandelion, burdock, schisandra, turmeric, blessed thistle, bhiringiraj, licorice, eluthero, agrimony, gravel root, parsley root, puncture vine, cornsilk, goldenrod, watermelon seed, ashwaganda, and marshmallow

Lymphatic Formula is specifically designed to drain, cleanse and balance the lymphatic system. The lymphatic system creates most of our immune cells and is responsible for clearing fluid wastes out of cells. Using Lymphatic Formula can bring symptomatic relief when allergies persist and help assist the body in working with an infection.

4 oz. – \$42.00

8 oz. – \$75.00

Ingredients: Cleavers, red root, Echinacea, calendula, chickweed and turmeric

Cautions: Not for use while pregnant or nursing.

Arthritis

In most cases allergies, arthritis and asthma stem from what we used to call 'dirty blood'. Cleaning the blood, kidneys and liver (the latter two are primarily responsible for cleaning the blood) will almost always, over the course of 8 months to a year of treatment, clear these problems by treating the underlying cause.

For assisting in more immediate symptomatic relief while taking the Allergy/Arthritis Formula, clearing the joints of debris (also called rhum) and feeding an anti-inflammatory diet is advised. Some examples of anti-inflammatory foods are raw meats and cooked vegetables, fish oils, turmeric and comfrey leaf powder added to food. *Caution: comfrey contains PA's.*

Arthritis Formula.

4 oz. – \$42.00

8 oz. – \$75.00

Rhum Clear Formula: Black cohosh, prickly ash, yarrow, vitex, wild yam, dong qui, Echinacea, red root, cleavers, sarsaparilla, licorice, American ginseng, yellow dock and turmeric.

Bruises, burns, breaks and bumps

Injuries to tissues and bones can be healed much more quickly with the use of herbs. Comfrey in particular is stupendous at bringing healing amazingly fast. Comfrey works so well that it is contraindicated in puncture wounds because the part of the skin that has contact with comfrey will heal so much more speedily than the parts underneath that an abscess can form. Puncture wounds include tick bites, splinters, tooth punctures and the like. Comfrey salve is also indicated for breaks if the cast or setting is removable to allow for application of salve.

Healing Salve with Comfrey - To heal all wounds except puncture wounds

2 oz. – \$8.75

4 oz. – \$15.95

Ingredients: Olive oil, beeswax, comfrey, calendula, saint john's wort, yarrow, plantain and rosemary. Rosemary and lavender essential oil.

Cancer Prevention and Treatment

Deep Immune Mushroom Powder a super concentrated water extract (6:1) of many different kinds of medicinal mushrooms clinically demonstrated to be effective with many different kinds of cancer and other immune system problems. This is also a powerful antiviral formula. We make a water extract to preserve the gamma globulins responsible for the powerful immune medicine. Alcohol extracts denature these constituents and render them inert. Recent research suggests that part of the magical healing properties of some of these mushrooms is to help the body distinguish 'me' and 'not me' signals that get crossed in auto-immune diseases such as Lyme disease. Deep Immune Mushroom is also tonifying and balancing to pancreas, nervous system, liver and kidneys.

3 oz. – \$60.00

Ingredients: Red reishi, maitake, turkey tail, chaga, cordyceps, and shitake.

Cataracts

Cataracts can be prevented and treated using remedies you can find at your local health food store. Triphala and chamomile are both wonderful all around eye tonics and helpful for preventing and treating cataracts.

Prepare a cold infusion of triphala by putting pinch of triphala powder in a shotglass with 1/2 oz. cool water wait a couple of hours then apply with a cottonball 2x/day. Can be left on the counter for 24 hours safely. Triphala powder is available at most natural food stores.

Chammomile tea bags steeped for 2-3 minutes (covered) can be applied to eyes when the teabag cools as an all around eye tonic and can be used to remove foreign particles.

Constipation

See gastrointestinal problems, below.

Daily Doggie Formula

Daily Doggie Formula addresses the most common health problems in our beloved dogs can often be averted by giving a systemic herbal tonic. Daily Doggie gently cleanses, tones and regenerates the liver, which keeps blood clean and joints strong. It strengthens the kidneys and the supports immunity to give an all around health and vitality boost for your dog.

4 oz. – \$42.00

8 oz. – \$75.00

Ingredients: Milk thistle, dandelion, burdock, schisandra, turmeric, blessed thistle, bhiringiraj, licorice, eluthero, cleavers, red root, Echinacea, calendula, chickweed, turmeric, agrimony, gravel root, parsley root, puncture vine, cornsilk, goldenrod, watermelon seed, ashwaganda and marshmallow

Daily Kitty Formula

Daily Kitty formula addresses the most common health problems in our beloved cats can often be averted by giving a systemic herbal tonic. Daily Kitty gently cleanses, tones and supports healthy kidney function, which can be so problematic as cats age. Daily Kitty also gently cleanses, tones and regenerates the liver, which keeps blood clean and joints strong and it strengthens immunity to give an all around health and vitality boost for your cat.

2 oz. – \$22.00

Ingredients: Agrimony, gravel root, parsley root, puncture vine, cornsilk, goldenrod, watermelon seed, ashwaganda, marshmallow, milk thistle, dandelion, burdock, schisandra, turmeric, blessed thistle, bhiringiraj, licorice, eluthero, cleavers, red root, Echinacea, calendula, chickweed and turmeric

Diarrhea

See gastrointestinal problems, below.

Digestive Upset

See gastrointestinal problems, below.

Ear Infections

Ear infections in critters are often a signal of allergies. Ear infections are best treated using a combination of Herbal Antibiotic III internally with Ear Oil used topically. Herbal Antibiotic III is specific for use with ear infections of both bacterial and fungal (such as yeast) origins. Low circulation in this area makes it so easy for the infection to jump from or to the sinuses (like during pollen season for example). These infections can be tricky to treat whether using herbal or conventional antibiotics. For the most effective treatment, use Herbal Antibiotic III internally in conjunction with Ear Oil topically. Always use this formula as directed in “How to Use Herbal Antibiotics” internally in conjunction with Ear Oil topically. Always use these formulas as directed in “How to Use Herbal Antibiotics”

It is also advisable during an ear infection to give a probiotic supplement, especially in the case of yeast, and to clean the critters ears once a day with a 1:10 vinegar solution (1 part vinegar, 10 parts water).

Herbal Antibiotic III

4 oz. – \$42.00

8 oz. – \$75.00

Ingredients: Black walnut hull, Echinacea, neem, southernwood, red root, coltsfoot, myrrh, marshmallow, gotu cola and garlic.

Cautions: Contains PA's not for long term use. Not for use during pregnancy or nursing.

Ear Oil was specifically formulated to be used topically for ear infections. Low circulation in this area makes it easy for the infection to jump from or to the sinuses (like during pollen season for example), these infections can be tricky to treat whether using herbal or conventional antibiotics. It is also advisable during an ear infection to give a probiotic supplement, especially in the case of yeast, and to clean the critters ears once a day with a 1:10 vinegar solution (1 part vinegar, 10 parts water).

2 oz. – \$8.75

4 oz. – \$15.95

Ingredients: Coltsfoot, wormwood, mullein, garlic, neem, andrographis and black walnut hulls.

Cautions: NOT to be used if eardrum is perforated.

Ear Mites

Ear mites are usually a symptom of weakened immunity caused by lack of absorption of nutrients or poor diet. Nutrition by itself almost always resolves the problem by itself in several weeks. For symptomatic treatment of mites, use Ear Oil, above.

Eye Infection

Eye infections need to be taken seriously because of the closeness to, and lack of lack of barriers to the brain.

Use a pinch of best quality ORGANIC goldenseal powder in a shotglass with ½ oz. boiling water. Available at most natural food stores. Apply with a cotton ball soaked in goldenseal infusion at least 3x/day. Make up a new infusion daily.

Flea Allergies

If your critter has flea or other allergies with the inflamed skin and thin coat, stinky and chronically infected ears, musky smell of coat and/or hotspots, please see allergies above. Although the protocol takes 8-12 months to return your critter to health, it is very effective at getting at the root of this cluster of problems that we used to call ‘dirty blood’

See [Allergies](#), above, and www.spotmagazine.net/content/allergies-and-liver.

Gastrointestinal Problems

The Gastrointestinal system is perhaps the most important body system to keep healthy as even clinical research scientists are now recognizing that over 70% of our immunity is based in the gut. Most of the ‘feel-good’ hormones such as dopamine are produced here as well. Take GI health seriously and reap the rewards.

Constipation

Constipation is caused from coldness and/or dryness in the GI. Occasional constipation can usually be effectively treated using GI Health Powders. If this is a chronic problem it is important to consult an herbalist or other health care provider for a more extensive protocol that accounts for symptom picture and constitution. Because the GI is the seat of digestion and immunity, take these problems seriously.

GI Health Powder soothes inflammation and calms the digestion. It helps normalize the bowels, i.e. it helps treat both diarrhea and constipation.

2 oz. – \$6.00

4 oz. – \$11.00

Ingredients: Slippery elm, marshmallow and turmeric powder

Cautions: None.

Diarrhea

Diarrhea is caused from 1: too much heat in the digestion, 2: inflammation and irritation in the digestion or 3: toxicity built up in the digestion such that the body begins peristalsis to expel the problem. These three formulas address those problems and they overlap somewhat in their actions. If you are experiencing chronic diarrhea or irritable bowel syndrome it is wise to consult and herbalist or other health care practitioner to take care of this problem immediately.

Diarrhea Formula helps cool and tonify the digestion in cases of occasional diarrhea

4 oz. – \$42.00

8 oz. – \$75.00

Ingredients: Blackberry root, white oak bark, slippery elm, marshmallow and milky oat tops.

Cautions: Not for use during pregnancy or nursing. Not for long term use.

GI Health Powder soothes inflammation and calms the digestion. It helps normalize the bowels, i.e. it helps treat both diarrhea and constipation.

2 oz. – \$6.00

4 oz. – \$11.00

Ingredients: Slippery elm, marshmallow and turmeric powder

Cautions: None.

Triphala/Guggulu Tablets - Triphala is one of the finest tonics for the whole GI available (also try fennel and chamomile as other champion tonics for this system). Guggulu is a champion at gentle and effective detoxification so this combination is very helpful in most situations of GI disturbances.

90 tablets – \$18.25

Ingredients: Amalaki, bhībitaki and haritake fruits with guggulu.

Cautions: Not for use during pregnancy or nursing.

Hairballs

Fur balls are caused by a buildup of fur in the stomach. When the gastrointestinal tract of a cat is well lubricated and a cat has adequate digestive fire, fur balls are absent except on rare occasion during periods of intense shedding in the spring and fall. Generally fur balls are an indicator of a possible imbalance, but are harmless in themselves. See www.spotmagazine.net/content/using-herbs-prevent-and-treat-fur-balls-cats

If your cat experiences repeated fur ball episodes, it is likely that the GI is dry and hot, as in the case of having intestinal worms, or dry and cold, in the case of finicky appetite caused by a low digestive fire. In either case the GI needs lubrication with herbs and raw diet. GI Health Powder soothes inflammation and lubricates the GI to prevent hairballs and return GI to health.

GI Health Powder soothes inflammation and calms the digestion. It helps normalize the bowels, i.e. it helps treat both diarrhea and constipation.

2 oz. – \$6.00

4 oz. – \$11.00

Ingredients: Slippery elm, marshmallow and turmeric powder

Cautions: None.

Heart

Heart Strong Formula is specifically formulated for rebalancing the heart and cardiovascular system. It is a gentle and effective medicine that brings fresh oxygenated blood throughout the circulatory system.

4 oz. – \$42.00

8 oz. – \$75.00

Ingredients: Hawthorn, motherwort, linden, yarrow, ashwaganda, milky oat tops, garlic and American ginseng.

Cautions: Not for use while pregnant or nursing.

Hot Spots

Hot spots are infections caused when internal heat dries the skin from beneath the site of the lesion. Bacteria colonize the area and create an incredibly painful open sore. Our cooling salve (applied very gently and warmed if necessary to give it a soft consistency) works wonders! It can be helpful to also administer Herbal Antibiotic I internally during the outbreak for most effectiveness.

If your critter has hot spots, flea or other allergies with the inflamed skin and thin coat, stinky and chronically infected ears, musky smell of coat and/or hotspots, please see allergies above. Although the protocol takes 8-12 months to return your critter to health, it is very effective at getting at the root of this cluster of problems that we used to call ‘dirty blood’.

Healing Salve with comfrey - For cooling and healing painful hot spots.

2 oz. – \$8.75

4 oz. – \$15.95

Immune System

Deep Immune Mushroom Powder a super concentrated water extract (6:1) of many different kinds of medicinal mushrooms clinically demonstrated to be effective with many different kinds of cancer and other immune system problems. This is also a powerful antiviral formula. We make a water extract to preserve the gamma globulins responsible for the powerful immune medicine. Alcohol extracts denature these constituents and render them inert. Recent research suggests that part of the magical healing properties of some of these mushrooms is to help the body distinguish ‘me’ and ‘not me’ signals that get crossed in auto immune diseases such as Lyme disease. Deep Immune Mushroom is also tonifying and balancing to pancreas, nervous system, liver and kidneys.

3 oz. – \$60.00

Ingredients: Red reishi, maitake, turkey tail, chaga, cordyceps, and shitake.

Joint Pain and Osteoarthritis

See Arthritis, above.

Kidneys

Kidney Formula is specifically designed to support and gently cleanse the kidneys. Since the kidneys are one of the two main detoxifiers in our bodies, an imbalance in kidneys (or liver who is the other main detoxifier in the body) can cause what used to be known as 'dirty blood'. 'Dirty blood' is responsible for problems such as allergies, arthritis and asthma. Kidneys secrete hormones that are important to the healthy function of heart, bones and nervous system. Conventional diagnostics are not able to detect imbalance in the kidneys until at least 2/3 of kidney function is lost so it makes sense to support your kidneys for a few weeks every year with a gentle tonic like Kidney Formula and/or with foods good for the kidneys like corn silk tea (the green parts) and watermelon (eat the seeds!).

8 oz. – \$75.00

Ingredients: Agrimony, Gravel root, parsley root, puncture vine, cornsilk, goldenrod, watermelon seed, ashwaganda and marshmallow.

Cautions: Not for use while pregnant or nursing.

Liver

Long Live Liver Formula is specifically designed to gently cleanse, tonify and balance the liver and gallbladder. Since the liver is one of the two main detoxifiers in our bodies, an imbalance in liver (or kidneys who is the other main detoxifier in the body) can cause what used to be known as 'dirty blood'. 'Dirty blood' is responsible for problems such as allergies, arthritis and asthma. The liver is responsible for at least 350 tasks that we know of and probably at least that many that have not yet been identified. Milk thistle contains high concentrations of silimarin, the only known substance to regenerate liver tissue.

4 oz. – \$42.00

8 oz. – \$75.00

Ingredients: Milk thistle, dandelion, burdock, schisandra, turmeric, blessed thistle, bhiringiraj, licorice and eluthero.

Cautions: Not for use while pregnant or nursing.

Lyme Disease

Individual formulations are required that account for symptom picture and constitution in treating any chronic disease. Please contact Herbalist Sonja Boynton for a free 15 minute consultation to discuss if herbal treatment may be helpful in supporting your dog in their healing journey.

Lymphatic System

Lymphatic Formula is specifically designed to drain, cleanse and balance the lymphatic system. The lymphatic system creates most of our immune cells and is responsible for clearing fluid wastes out of cells. Using Lymphatic Formula can bring symptomatic relief when allergies persist and help assist the body in working with an infection.

4 oz. – \$42.00

8 oz. – \$75.00

Ingredients: Cleavers, red root, Echinacea, calendula, chickweed and turmeric

Cautions: Not for use while pregnant or nursing.

Ticks

What is the best way to handle ticks on your critter? Pick-em and flick-em. The poisons are more dangerous than the ticks! Putting poisons into the blood and lymph to kill an insect the size of a tick causes dirty blood and therefore is likely to cause allergies (including flea allergies), arthritis and asthma.

If your critter has hot spots, flea or other allergies with the inflamed skin and thin coat, stinky and chronically infected ears, musky smell of coat and/or hotspots, please see allergies above. Although the protocol takes 8-12 months to return your critter to health, it is very effective at getting at the root of this cluster of problems that we used to call ‘dirty blood’.

Tick Salve - For use on tick puncture for healing and prevention of disease.

2 oz. – \$8.75

4 oz. – \$15.95

Ingredients: Olive oil, beeswax, spilantes, rue, wormwood, andrographis, yarrow, rosemary, calendula and plantain. Rosemary and lavender essential oils.

Thyroid Problems

Hyperthyroid is a common problem in older cats and can be treated effectively with **Hyperthyroid Formula**. Supplement omega 3 fatty acids, vitamin B, vitamin D3 and sea vegetables if minerals are low.

2 oz. – \$22.00

Ingredients: Bugleweed, blue flag, ashwaganda and eluthero.

Tissue Injuries

Do not ignore your critter licking or focusing on a particular area of the body... something is going on, even if we can not determine what it is!

Injuries to tissues and bones can be healed much more quickly with the use of herbs. Comfrey in particular is stupendous at bringing healing amazingly fast. Comfrey works so well that it is contraindicated in puncture wounds because the part of the skin that has contact with comfrey will

heal so much more speedily than the parts underneath that an abscess can form. Puncture wounds include tick bites, splinters, tooth punctures and the like. Comfrey salve is also indicated for breaks if the cast or setting is removable to allow for application of salve.

Healing Salve with Comfrey - To heal all wounds except puncture wounds

2 oz. – \$8.75

4 oz. – \$15.95

Ingredients: Olive oil, beeswax, comfrey, calendula, saint john's wort, yarrow, plantain and rosemary. Rosemary and lavender essential oil.

Healing Salve no Comfrey - To heal all wounds including puncture wounds

2 oz. – \$8.75

4 oz. – \$15.95

Ingredients: Olive oil, beeswax, calendula, saint john's wort, yarrow, plantain and rosemary. Rosemary and lavender essential oil.

Tonic for Dogs

Daily Doggie Formula addresses the most common health problems in our beloved dogs can often be averted by giving a systemic herbal tonic. Daily Doggie gently cleanses, tones and regenerates the liver, which keeps blood clean and joints strong. It strengthens the kidneys and the supports immunity to give an all around health and vitality boost for your dog.

4 oz. – \$42.00

8 oz. – \$75.00

Tonic for Cats

Daily Kitty Formula addresses the most common health problems in our beloved cats can often be averted by giving a systemic herbal tonic. Daily Kitty gently cleanses, tones and supports healthy kidney function, which can be so problematic as cats age. Daily Kitty also gently cleanses, tones and regenerates the liver, which keeps blood clean and joints strong and it strengthens immunity to give an all around health and vitality boost for your cat.

2 oz. – \$22.00

Worms

If your critter is experiencing anorexia, lethargy, intense appetite with weight loss, distention in belly, frequent stretching (dog pose) s/he may be carrying intestinal worms. Herbs have been used for millennia to safely dislodge worms and rebalance the GI to make it resilient to invasion. Whole foods diet is critical to preventing re-infestation with worms. Specifically helpful additions to food are: finely shredded carrot, finely shredded coconut, ground pumpkin seeds. Try these one at a time for cats, starting at the beginning of the list.

Dewormer Formula is specifically designed to dislodge intestinal worms. It is quite natural for critters to be inoculated with worms, but critters with a supple and healthy GI such as those fed a whole foods/raw diet will throw the worms before they get infested. Dewormer Formula is designed to work in conjunction with GI Health Powders given in broth or lukewarm milk.

2 oz. – \$22.00

4 oz. – \$42.00

Ingredients: Black walnut hulls, neem, wormwood, sweet Annie, garlic, rosemary

Cautions: Not for long term use. Use only as directed.

GI Health Powder - For use with worms, diarrhea and/or constipation to normalize and soothe GI

2 oz. – \$6.00

4 oz. – \$11.00

Ingredients: Slippery elm, marshmallow and turmeric powder

Cautions: None.

Poisoning

Animal Poison Control: (900) 680-0000 and costs about \$30

If poison is from rotting carcasses/compost/alcohol/marijuana use triphala/guggulu, above.

