

BE PROACTIVE and BE WELL with your WINTER WELLNESS KIT

One each of the following:

Relief teas for- Stuffy head

Congested chest

Dry tight chest

Flu & Sore throat

Tinctures-

Elderberry - flu and cold

Usnea – upper respiratory, staph, strep and pneumonia. Topical wound care.

Boneset – influenza

Echinacea – colds, upper respiratory, antiviral. Also use topically for things like spider bites.

Sore throat soother– drip into back of throat for quick relief.

Nettle– Immune boosting tonic and allergy symptom relief.

Topicals-

Pine and Cedar soother- Roll on and rub into achy spots, use on chest to decrease congestion and aid breathing.

Lip balm

Save over 20%! Only \$50
dollars! Normal retail value
of \$63 dollars.



To Order, contact Stacey:

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