

Bone_Flesh_And_Cartilage_Tincture_Recipe_2004.txt

It's called BF&C (Bone, Flesh and Cartilage) and I recommend using it with my Deep Tissue Repair Oil. It is the Dynamic Duo for Broken Bones, Torn Cartilage, and Bruises ETC.

Much love,

Ian

The BF&C Formula is as follows.

6 parts Comfrey Root
6 parts Oak Bark
3 parts Gravel Root
3 parts Mullein
1 part Lobelia
2 parts Wormwood
3 parts Marshmallow Root
1 parts Skullcap
2 parts Walnut Bark

Remember, when I discuss a "part", I am always talking about "volume". If I use another measurement such as cups ETC., I always say so.

Ian "Doc" Shillington