

Prostate\_Formula\_2004.txt

The PROSTATE FORMULA

This can be made into a tea or using the same mixture made into a tincture.

Four parts Saw Palmetto Berry

One part Cleaver's Herb

One part Nettle Root (not the leaf)

One part Thuja Leaf

Mix all these herbs together as a tea. Soak them overnight and bring to the boil and simmer for 15 minutes (not more) Take six cups of tea per day.

Add a couple of drops of the kidney/bladder Formula (see files)

One could also make castor oil packs and place over the prostate.

And, of course, hot and cold showers to get circulation to the area.

Exercise.

Love,

Doc