

Preparation and Dosage

Direct application to wounds or internal use for immune stimulation, overall health improvement, treatment of colds, flus, and respiratory infections.

External Uses:

Burns (first, second, and third degree): Apply directly at full strength, cover by sterile bandage, change daily.

Ulceration, bed sores (even to the bone): Same as above.

Impetigo: Same as above.

Infected wounds: Same as above.

Wounds: Same as above.

Internal Uses:

Undiluted: As a preventative, take 1 tablespoon (45 ml) 3 times a day.

For acute conditions, take 1 tablespoon (15 ml) each hour.

Diluted in tea: As a preventative, take 1 tablespoon (15 ml) in tea 3 times a day. For acute conditions, 1 tablespoon (15 ml) in tea 6 to 10 times a day.

The Best Cold and Flu Tea

- 2 teaspoons sage
- Juice of one lemon (or 1 teaspoon
lemon balm herb)
- Pinch cayenne pepper
- 1 tablespoon (15 ml) honey

Pour 1 cup boiling water over sage and allow to steep for 10 minutes. Strain out herbs, add remaining ingredients, and drink hot.

