

HERBAL CLINIC



An Educational Guide to
Herbal Tea & Tincture Formulation

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DISCLAIMER

Herbal Clinic carries over 300 herbs available in dried and tincture form. Herbs can be purchased individually or as a compounded formulation containing multiple herbs. Customers can do their own research and draw upon personal knowledge and experience to compound however they wish. This document outlines some potential formulations for consideration, and is for educational purposes only. The information provided below offers a collection of ideas, templates, and hypothetical formulas.

These formulas aren't commercial products on a shelf. They are imaginary. They don't exist. They have not been evaluated by Health Canada and should not be used to treat health conditions. They do not imply or intend to imply any health claims. Once again for the folks in the back, this document is for educational purposes only.

All herbs carry risk of allergy or harm. Please consult a healthcare professional.

MESSAGE FROM HERBAL CLINIC

The botanical combos collected here represent possible approaches for common conditions.

There's no such thing as a perfect "Use-this-formula-for-this-condition" approach, but the combos you see here draw from years of treating these conditions. All are open to individualization.

These aren't prescriptions, nor are they products; these formulas, drawn from the best of botanical medicine, Chinese medicine, and thousands of clinical cases, represent a blueprint to help you create the perfect formula for your patient or client.

- Chris Pickrell, ND, Herbalist, TCM Practitioner

TINCTURES

For Adrenal and Adaptogens



All-Purpose Qi Tonic

Description: A well-balanced combo of adaptogens and nervines. Use this for recovery from uncomplicated cases of "worked a little too hard for a little too long".

Dosing: 2 tsp, bid between meals for 2-3 weeks. This combo also works well as a powder.

Ingredients: Withania somnifera, Glycyrrhiza glabra, Ocimum sanctum.

Ginseng and Rhodiola combo

Description: In therapeutic doses, this is not a long-term formula. This is a strong, performance-boosting combo best used for 1-2 weeks at a time with a few weeks break in between. Low doses can be used ongoing, but a more balanced combo would be better for ongoing use.

Dosing: 2-3 tbsp per day between meals. Caution: this formula can be too stimulating for some. If dizziness, anxiety, or palpitations occur, discontinue or significantly decrease dose.

Ingredients: Cordyceps militaris, Inonotus obliquus, Hericium erinaceus, Withania somnifera, Rhodiola rosea, Eucommia ulmoides, Panax ginseng, Glycyrrhiza glabra.

Non-Stimulating Adaptogen Blend

Description: Want an adaptogen but still need to sleep at night? Feeling tired and wired? This non-stimulating has actions that lift energy and mood, but still allow rest when it's needed.

Dosing: 2 tbsp per day between meals.

Ingredients: Withania somnifera, Ocimum sanctum, Glycyrrhiza glabra, Ligustrum lucidum.

Transitions Adaptogenic combo

Description: This signature herbal blend acts as an adaptogenic tonic to nourish the body and mind through changing times, helping the wear of daily stress.

Dosing: 1-2 tbsp per day.

Ingredients: Paeonia alba, Rhodiola rosea, Schisandra chinensis, Polygonum multiflorum, Rehmannia glutinosa.

TINCTURES

For Cardiovascular



Ginkgo and Hibiscus combo

Description: Use this for conditions characterized by pain or skin problems due to a lack of movement and circulation. This can also be used as a general tonic for the vascular system.

Dosing: 2-3 tsp twice a day between meals.

Ingredients: Ginkgo biloba, Crataegus spp., Xanthoxylum americanum, Hibiscus spp., Capsicum annum.

Hawthorn and Lily of the Valley combo

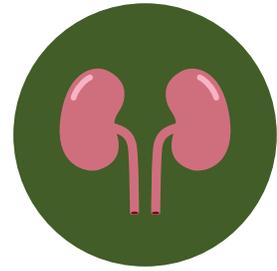
Description: A simple formula for mild-moderate hypertension. Use this on its own or in combo with other anti-hypertensives.

Dosing: 1 tsp, twice a day, then increase the dose until blood pressure is managed. In some cases, doses can be decreased after a few weeks and a lower maintenance dose may be possible.

Ingredients: Crataegus spp., Convallaria majalis, Leonurus cardiaca, Hibiscus spp.

TINCTURES

For Detox and Clearance



Milk Thistle and Bupleurum combo (formerly Liver Clear)

Description: This combo helps the body process and clear accumulated waste and supports the liver.

Dosing: 1–2 tbsp per day between meals.

Ingredients: Bupleurum sinensis, Silybum marianum semen, Arctium lappa, Taraxacum officinale radix, Scrophularia nodosa, Galium aparine, Cynara scolymus.

Nettle and Dandelion combo

Description: A strong diuretic and promoter of urinary flow. Best used in Kidney stones, BPH, or cases of non-infectious frequent urination.

Dosing: 2-3 tsp bid. Best between meals. Because this promotes urination, try to get both doses in before 3 pm.

Ingredients: Urtica dioica folia, Taraxacum officinale folia, Hibiscus spp., Citrus reticulata, Wolfiporia cocos, Polyporus umbellatus, Cinnamomum verum.

Pau d'arco, Black walnut and Hydrastis combo - Bye-Bye Fun Guy (formerly Bye Bye Fungi)

Description: This combo has properties to help clear fungal and parasitic infections from the inside out. The herbal actions could target chronic sinusitis, intestinal infection, and for topical fungal infection. For best results, combine with topical anti-fungals.

Dosing: 1-2 tbsp per day.

Ingredients: Tabebuia impetiginosa, Juglans nigra, Hydrastis canadensis, Syzygium aromaticum, Artemisia absinthium, Xanthoxylum americanum, Ginkgo biloba, Piscidia piscipula.

Phytolacca, Red Root, and Cleavers combo

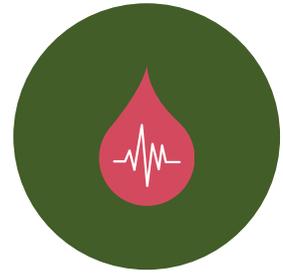
Description: Use in cases where lymph nodes are chronically palpable.

Dosing: 1-2 tsp bid. Best between meals.

Ingredients: Ceanothus americanum, Salvia miltiorrhiza, Galium aparine, Phytolacca americana.

TINCTURES

For Diabetes



Goat's Rue, Bitter melon, and Gymnema combo

Description: A classic botanical combo to help balance blood sugar and improve glucose regulation. Can be used in combination with other diabetes medications dependent on practitioner comfort.

Dosing: 2-3 tsp twice a day between meals.

Ingredients: Galega officinalis, Momordica charantia, Hibiscus spp., Gymnema sylvestris, Berberis vulgaris, Cinnamomum verum.

TINCTURES

For Difficult and Unknown



Smoker's Helper Lobelia and Passionflower Combo (formerly Smoker's Secret Helper)

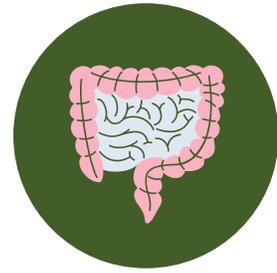
Description: One of our most popular multi-herb signature blends. This combo has properties that help curb cigarette cravings and support someone trying to quit. Pro tip: although classically used for helping someone stop smoking, I've used this combo in all types of addictions, and find it especially helpful in people trying to curb sugar cravings.

Dosing: 1-2 dropperfuls as needed.

Ingredients: Lobelia inflata, Passiflora incarnata, Artemisia absinthium.

TINCTURES

For Digestion and Absorption



Bitters combo (formerly Bitter's Carminative)

Description: One of our more pleasant tasting combos (at least in our opinion), this formula has excellent properties for an aperitif or digestif to support digestion.

Dosing: 1-2 tbsp as desired before or after a meal.

Ingredients: Gentiana lutea, Angelica archangelica, Pimpinella anisum, Turnera diffusa.

Celendine and Gentian combo

Description: As with all herbs that promote activity of the gallbladder, there is always a risk of moving stones and creating an obstruction of the common bile duct. Start with a lower dose after meals, preferably in a mug of hot water. Plan to use this combo for up to three months.

Dosing: 1-2 tsp after meals. This is usually sufficient. Higher doses can be used, but monitor for over-activity of the gall bladder.

Ingredients: Chelidonium majus, Caulophyllum thalictroides, Gentiana lutea, Zingiber officinale, Foeniculum vulgare, Achillea millefolium.

Free and Easy Wanderer

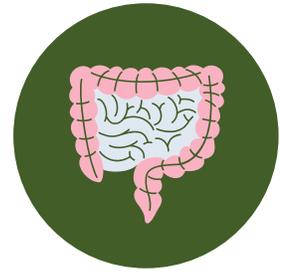
Description: Probably the best back-pocket combo for IBS, this is a commonly used TCM formula called Free-and-Easy Wanderer (Xiao yao san). This combo acts as an hepatic, helps heal the stomach and gut, acts as a carminative-digestive, and helps improve absorption. Or, in TCM speak it unbinds stagnant Liver Qi, tones the Spleen, and harmonizes the middle jiao.

Dosing: 1-2 tbsp. Best in a mug of hot water after a meal, twice a day.

Ingredients: Bupleurum sinensis, Mentha piperita, Angelica sinensis, Paeonia alba, Atractylodes macrocephala, Wolfiporia cocos, Glycyrrhiza uralensis, Zingiber officinale.

TINCTURES

For Digestion and Absorption



Gentle Movements Burdock, Licorice and Ginger combo

Description: As the name suggests, this is a gentle laxative. There are no stimulating laxatives and no anthraquinone glycosides, but it will get the bowels moving.

Dosing: 2 tsp in a mug of hot water. Best between meals, or before bed. Instead of tincture, consider using the loose herbs to make a strong (steep 30+ minutes) infusion.

Ingredients: Arctium lappa, Glycyrrhiza glabra, Zingiber officinale.

Laxablaster (formerly Laxative)

Description: Yikes! This blend has true stimulating laxative properties.

Dosing: Start low and go slow with this combo. Dose can range from 1 tsp - 2 tsp but don't push it!

Ingredients: Rheum palmatum, Senna cassia, Rhamnus purshiana, Cinnamomum verum.

Tummy Hug (formerly Gut Heal)

Description: This combo is perfect for an after-meal digestive and has properties that target gut healing.

Dosing: 1-2 tsp per day, or 1 tsp after meals.

Ingredients: Filipendula ulmaria, Foeniculum vulgare, Mentha piperita, Pimpinella anisum, Matricaria recutita, Calendula officinalis, Plantago spp.

TINCTURES

For Female Endocrine



Black Cohosh and Sage combo

Description: A classic combo of herbs for hot flashes.

Dosing: 1 tbsp as needed, or up to 3 times a day. Best between meals. Can be used specifically before bed or on waking in the night.

Ingredients: Rehmannia glutinosa, Salvia officinalis, Salvia miltiorrhiza.

Crampbark combo (formerly Menstrual Pain)

Description: With anti-spasmodic and anti-inflammatory properties, this blend helps provide menstrual relief and alleviate pain. Caution: Do not use if possibly pregnant.

Dosing: 2 tsp in hot water as needed, up to 10 tsp per day.

Ingredients: Eschscholzia californica, Piscidia piscipula, Viburnum opulus, Curcuma longa, Lavandula angustifolia.

Corydalis and Turmeric combo

Description: This is the strongest combo for cramps we make. Careful, you can start to feel a little weird if you take too much of this one. Caution: Do not use if possibly pregnant.

Dosing: Start with a dose of 1-2 tsp between meals. Increase up to 1 tbsp as needed.

Ingredients: Curcuma longa, Corydalis yanhusuo.

Raspberry and Poria combo

Description: A strong, toning formula, try this in cases of uncomplicated fibroids. TCM tip: use this especially for patterns of Cold Phlegm creating obstruction.

Dosing: 2-3 tsp, bid. Best between meals.

Ingredients: Rubus idaeus, Wolfiporia cocos, Rhodiola rosea, Cinnamomum verum.

TINCTURES

For Female Endocrine



Rehmannia and Schisandra combo (formerly Fem Hormone Nourisher)

Description: This blend has properties to help support and nourish the female hormones and reproductive system. The herbal actions could target Amenorrhea, Low Libido, Hair Loss, Oligomenorrhea, and some patterns of fertility challenges.

Dosing: 1-2 tbsp per day.

Ingredients: Codonopsis pilosula, Schisandra chinensis, Paeonia alba, Eleutherococcus senticosus, Ginkgo biloba, Xanthoxylum americanum, Polygonum multiflorum, Rehmannia glutinosa, Panax quinquefolius, Viburnum prunifolium, Turnera diffusa.

Turmeric, Ginger and Sage combo

Description: Another option for cramping. Use this when the constitution is cold and the cramps are sharp and painful. Caution: Do not use if possibly pregnant.

Dosing: 2 tsp in hot water as needed, up to 10 tsp per day.

Ingredients: Curcuma longa, Zingiber officinale, Bupleurum sinensis, Salvia miltiorrhiza.

Vitex and Blue Cohosh combo (formerly Fem Hormone Regulator)

Description: This blend has properties to moderate and regulate excess patterns. The actions could target Endometriosis, Menstrual Cramping, Fibroids, PCOS, Hormonal Acne, and certain patterns of fertility challenges.

Dosing: 1-2 tbsp per day.

Ingredients: Mitchella repens, Viburnum prunifolium, Vitex agnus-castus, Viburnum opulus, Trifolium pratense, Silybum marianum semen, Rubus idaeus, Pimpinella anisum, Caulophyllum thalictroides.

Vitex and Peony combo

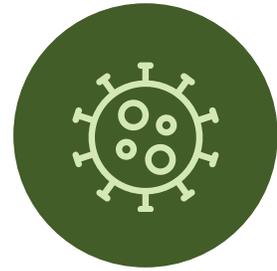
Description: Use this for moderate cases of "classic" PCOS, specifically where androgens and blood sugar are in dysregulation.

Dosing: 1-2 tbsp bid. Best between meals. Pro tip: if symptoms are cyclical (usually peaking either near ovulation or menstruation), time the dosing of this formula to precede and overlap symptoms. Ex: if symptoms are worst leading up to menses, begin the formula 7-10 days before flow and continue for the first few days of flow for a total of 10-14 day.

Ingredients: Vitex agnus-castus, Paeonia alba, Caulophyllum thalictroides, Berberis vulgaris, Galega officinalis, Gentiana lutea, Zingiber officinale.

TINCTURES

For Immune Support



Coptis and Bupleurum combo for Heat

Description: When the disease is strong, the medicine needs to be stronger. Experiment to find the best dose for the individual, but expect it to be high. Use especially in times of flare or prodrome. This combo can be used as a general prophylactic, though use caution in prescribing any strong formula when symptoms aren't present.

Dosing: 1 tbsp 2-3 times a day between meals. Alternatively, use decoction during times of flare.

Ingredients: Bupleurum sinensis, Glycyrrhiza glabra, Coptis chinensis, Gentiana lutea, Gardenia jasminoides.

Ginseng and Astragalus combo

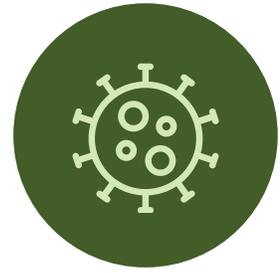
Description: Use this combo in moderate-to-high dose acutely for prevention before a known exposure. Ex: visiting your friends with kids, flying, any kind of conference or retreat.

Dosing: 1-2 tbsp per day for about a week before the exposure. Best between meals.

Ingredients: Panax quinquefolius, Astragalus membranaceus, Saposhnikovia ledebouriellae, Sambucus nigra, Echinacea purpurea, Capsicum annum.

TINCTURES

For Immune Support



Local Grower's Mushroom Blend

Description: Grown and gathered by our local farmers, this combo brings you all the hearty, earthy goodness of woodland mushrooms without the need for cumbersome tree-climbing and soul-enraging mosquito bites. Like all our 'shrooms, these beauties are decocted for up to 12 hours before we tincture them.

Dosing: 2 tbsp per day between meals.

Ingredients: Ganoderma tsugae, Fomes fomentarius, Fomitopsis pinicola, Ganoderma applanatum, Inonotus obliquus, Fomitopsis betulina, Astragalus membranaceus (we know Astragalus isn't a mushroom, but it likes to hang out with them, they're BFFs).

Nourish the Root Mushrooms combo (formerly **Profound Immune**)

Description: A rich blend of herbs and mushrooms with actions that support the immune system at the deepest level. The properties of the blend are especially effective at preventing infections and rebuilding the immune system in convalescence. This formula is also an excellent choice for rebuilding the body following pregnancy and delivery.

Dosing: 1-2 tbsp per day.

Ingredients: Astragalus membranaceus, Ganoderma lucidum, Glycyrrhiza glabra, Echinacea angustifolia and purpurea, Rehmannia glutinosa, Panax ginseng, Panax quinquefolius, Eleutherococcus senticosus, Schisandra chinensis, Inonotus obliquus, Trametes versicolor, Lentinula edodes, Hericium erinaceus.

TINCTURES

For Infections



Cat's Claw and Knotweed combo (formerly Lyme Fighter)

Description: Everybody and their deer are getting Lyme these days so we crafted this combo to collect the best herbs that have action in this category.

Dosing: In Lyme, some people go high, some people go low. We'll leave up to you to decide. Probably best not to exceed 3 tbsp per day.

Ingredients: Dipsacus fullonum, Salvia miltiorrhiza, Andrographis paniculata, Polygonum cuspidatum, Uncaria tomentosa, Glycyrrhiza glabra, Smilax spp.

Clove and Hydrastis Acute combo (formerly Herbal Antibiotic)

Description: Use generously at the earliest signs of infection and continue until the infection has cleared.

Dosing: 2-3 tbsp per day when acutely ill, for up to 7 days.

Ingredients: Thuja occidentalis, Thymus vulgaris, Glycyrrhiza glabra, Echinacea angustifolia and purpurea, Eupatorium perfoliatum, Hydrastis canadensis, Syzygium aromaticum, Achillea millefolium, Panax quinquefolius, Rosmarinus officinalis.

Cordyceps and Licorice combo

Description: Use this during the recovery phase of any infection, but especially those that seem to linger. Dose is high, but usually this formula is only needed for 2-3 weeks.

Dosing: 2-3 tsp per day. Best between meals.

Ingredients: Cordyceps militaris, Glycyrrhiza glabra, Angelica sinensis, Zingiber officinale, Ligustrum lucidum.

TINCTURES

For Infections



Juniper, Sage and Uva-ursi combo (formerly Acute UTI)

Description: This blend has antimicrobial properties against urinary tract infections. Generally, go high dose short term with this one. Do not use in cases of kidney disease.

Dosing: 1-2 tbsp in a mug of hot water two times a day between meals for up to seven days.

Ingredients: Juniperus communis, Salvia officinalis, Solidago canadensis, Berberis vulgaris, Usnea barbata, Arctostaphylos uva-ursi.

Lomatium, Dipsacus, and Myrrh combo (formerly Tough Infections)

Description: This one doesn't mess around. These are strong herbs and this combo has properties for strong infections like Lyme and concomitants, HSV, EBV, and Hep viruses.

Dosing: Optimal quantity is 2-4 tbsp per day for up to four weeks. We know that's a high dose so please be careful.

Ingredients: Baptisia tinctoria, Commiphora myrrha, Lomatium dissectum, Dipsacus fullonum, Bupleurum sinensis, Hydrastis canadensis, Echinacea angustifolia and purpurea, Panax quinquefolius, Inonotus obliquus, Glycyrrhiza glabra.

SIBO Tincture

Description: This blend was named by a patient of Dr. Preet Khangura, ND who used those words to describe its taste! Careful here, with strong action to clear infections in the gut, it can take some of the friendlies with it as well. This should be considered cautiously and only when needed, and some would suggest pairing this with a good probiotic.

Dosing: 1 tbsp twice a day between meals for up to 7 days. Because this blend can be quite harsh, some recommend 1 tsp twice a day with food, so you may want to consider starting there. Also has mouthwash properties.

Ingredients: Berberis vulgaris, Thymus vulgaris, Commiphora myrrha.

TINCTURES

For Kids



Back to School Elderberry and Astragalus combo

Description: Kids get sick a lot. That's okay, they're supposed to. But if it feels like it's a little too often, use this to boost the immune system. This is best used prophylactically before kids normally get sick (back-to-school, change of season, winter holidays) or if they're having trouble recovering from that last infection or stressful situation. A (mostly) tasty glycerite, this is a safe, effective combo that can be used any time.

Dosing: Dose proportional to the child's size, but because this is a safe formula, there's no need to be too worried about taking too much. For an "average" sized 5 year old, 2 tsp per day, any time, is about right.

Ingredients: Sambucus nigra, Astragalus membranaceus, Codonopsis pilosula, Inonotus obliquus, Panax quinquefolius.

More Cowbell

Description: We could have called this tasty blend "Children's Glycerite for Colds and Flu." But seriously... How could we pass up this opportunity?

Dosing: 1 tsp up to three times daily, for acute coughs, colds, and flu.

Ingredients: Sambucus nigra fructus, Sambucus nigra flora, Echinacea angustifolia, Echinacea purpurea.

Sweet and Soothing Elderberry and Licorice combo

Description: Soothes sore throat and pesky coughs. Use during an infection and afterwards to calm a lingering cough.

Dosing: Dose proportional to the child's size. About 1/2-1 tsp as needed should be ideal.

Ingredients: Sambucus nigra, Rosa canina, Rosmarinus officinalis, Glycyrrhiza glabra, Prunus serotina.

TINCTURES

For Kids



The Cool Kids Chamomile and Catnip combo

Description: You'd be surprised how often we get requests for something to "Help my kids calm down". Or, if you spend enough time with kids, perhaps you're not surprised at all. Use this especially when kids are anxious or stressed and need to calm down for sleep or to focus. Though it contains no sedatives, it is a strong, calming nerve.

Dosing: Dose proportional to the child's size, but because this is a safe formula, there's no need to be too worried about taking too much. For an "average" sized 5 year old 1-2 tsp as needed, any time, is about right.

Ingredients: Avena sativa, Matricaria recutita, Nepeta cataria, Calendula officinalis, Lavandula angustifolia.

TINCTURES

For Libido



Lover's Cordial

Description: A potent and tasty blend of herbs, cacao and honey. This combo has herbal actions that address waning or insufficient libido in both men and women.

Dosing: 1-2 tbs per day, for up to 3 weeks. Great on the rocks or with some soda-water.

Ingredients: Turnera diffusa, Lavandula angustifolia, Smilax spp., Polygonum multiflorum, Vanilla planifolia, Cinnamomum verum, Theobroma cacao, Schisandra chinensis, Panax ginseng, Wild Organic Honey.

TINCTURES

For Men's Endocrine



Sarsaparilla and Cinnamon combo for Dampness

Description: BPH and its symptoms are notoriously difficult to treat. This combo is formulated to improve the function and flow of urine. In TCM, BPH presents as a condition of Cold Damp in the Lower Burner from deficient Kidney Qi and Yang. To counter that, this combo is warm, dry, and dispersing.

Dosing: 1 tbsp, bid. Best between meals. This dose can be doubled for enhanced effects. If tincture becomes prohibitive, try using this combo as a powder.

Ingredients: Rhodiola rosea, Smilax spp., Wolfiporia cocos, Urtica dioica folia, Serenoa repens, Cinnamomum verum.

TINCTURES

For Mental Health



Gentian and Yarrow combo (formerly Anxiolytic)

Description: A bitter blend of powerfully grounding herbs, this combo has anxiolytic and anti-panic properties.

Dosing: 2 tsp, bid between meals or 1 tsp as needed in episodes of acute anxiety or panic.

Ingredients: Artemisia absinthium, Achillea millefolium, Lobelia inflata, Nepeta cataria, Convallaria majalis, Gentiana lutea.

TINCTURES

For Mental Health



Spicy St. John's Wort combo

Description: This one is strong and a little spicy. For best results, plan to use for at least three weeks. Because this combo contains Saint John's Wort, do not use if someone is taking any other medications.

Dosing: 1-2 tbsp, bid. Best between meals. Can also be used acutely.

Ingredients: Hypericum perforatum, Bupleurum sinensis, Capsicum annum, Lobelia inflata.

St. John's Wort and Calendula Sunshine combo (formerly Sunshine)

Description: A classic formula that has properties for uplifting mood and invigorating the mind. The herbal actions help support depression, low mood, nightmares, and restless insomnia. Because this combo contains St. John's Wort, do not use if taking other medications.

Dosing: 1-2 tbsp per day.

Ingredients: Borago officinalis, Hypericum perforatum, Stachys betonica, Calendula officinalis, Thymus vulgaris, Lavandula angustifolia.

The Deep Thinker Bacopa and Ginkgo combo (formerly Mental Clarity)

Description: This nootropic and adaptogenic tonic helps address memory challenges, inability to concentrate, and cognitive decline disorders. Pro tip: if using in an older person, add up to 20% panax ginseng.

Dosing: 1-2 tbsp per day, for up to 3 weeks.

Ingredients: Bacopa monnieri, Rosmarinus officinalis, Ginkgo biloba, Polygonum multiflorum, Schisandra chinensis, Lobelia inflata, Rhodiola rosea.

Wormwood, Passiflora, and Lobelia combo

Description: Use 1-2 dropperfuls as often as needed at the first onset of rising anxiety or panic attack. It will taste bad, but it's good...

Dosing: As often as needed.

Ingredients: Artemisia absinthium, Passiflora incarnata, Lobelia inflata, Convallaria majalis.

TINCTURES

For Pain



Gentian and Lavender combo

Description: Headaches and migraines can be some of the most elusive and difficult to treat conditions in practice. There are many causes and many approaches to treatment. This combo focuses on working with hepatics and the liver to decrease inflammation and rapidly rebalance the nervous and vascular system. Best used at first onset or prodrome of headache or migraine. Can also be used for prevention before situations known to provoke onset.

Dosing: 1 tbsp at first possible onset of symptoms. Additional doses between 1-3 tsp (5-15ml) can be used as needed.

Ingredients: Gentiana lutea, Bupleurum sinensis, Ginkgo biloba, Lavandula angustifolia.

Knotweed and Solomon's Seal combo

Description: This combo uses a strong anti-inflammatory approach to relieving joint pain.

Dosing: Dose high (15mL bid between meals) for 7-10 days to determine efficacy. If it works, continue as desired for pain management. If no results seen within 10 days, further results are unlikely.

Ingredients: Polygonum cuspidatum, Ginkgo biloba, Polygonatum biflorum.

TINCTURES

For Pregnancy and Lactation



Make it Pop Cohosh combo (formerly Make It Pop!)

Description: This blend of herbs holds properties that induce labour in women who are near or beyond their due date.

Dosing: 1-2 tbsp per day between meals. Please use caution and adjust as needed.

Ingredients: Caulophyllum thalictroides, Rubus idaeus, Mitchella repens.

Mother's Helper Blessed Thistle combo (formerly Nursing Tincture)

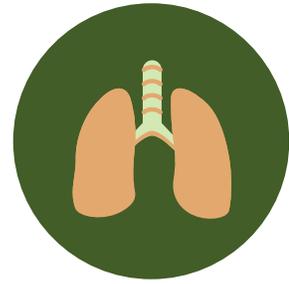
Description: A traditional formulation of herbs with properties that stimulate milk production and improve milk supply.

Dosing: 1 tbsp twice daily.

Ingredients: Cnicus benedictus, Galega officinalis, Foeniculum vulgare, Rubus idaeus, Trigonella foenum-graecum, Arctium lappa, Urtica dioica folia, Schisandra chinensis.

TINCTURES

For Respiratory



Black Walnut, Ephedra, and Goldenseal combo

Description: This is a strong blend to clear the sinuses. Best taken in larger doses away from food. Because ephedra acts as a stimulant, avoid taking it before bed. For best results, combine with three weeks of complete removal of dairy, sugar, and alcohol.

Dosing: 1 tbsp, bid. Best between meals.

Ingredients: Hydrastis canadensis, Ephedra sinica, Gentiana lutea, Juglans nigra.

Coleus, Lobelia, and Mullein combo (formerly Allergy Serum)

Description: With properties for reactive allergies, this is a handy seasonal standby or an ongoing formula if, for example, you are allergic to cats but love them so much.

Dosing: 1 tbsp, twice a day as needed.

Ingredients: Solidago canadensis, Plantago spp., Verbascum thapsus, Urtica dioica folia, Euphrasia officinalis, Foeniculum vulgare, Lobelia inflata, Coleus forskohlii.

Mullein and Coltsfoot combo (formerly Lung Tonic)

Description: Need to get the breathers going? This is classic western botanical combo with actions that support pulmonary function.

Dosing: 1-3 tsp, twice a day.

Ingredients: Verbascum thapsus, Tussilago farfara, Solidago canadensis, Lobelia inflata.

Spicy Horehound and Lobelia combo (formerly Lung Congestion)

Description: The herbal actions target lung conditions of congestion and phlegm. Pro tip: add up to 20% Ephedra sinica to the mix.

Dosing: 2 tsp, twice a day.

Ingredients: Rosmarinus officinalis, Lobelia inflata, Capsicum annum, Coleus forskohlii, Marrubium vulgare.

TINCTURES

For Skin



Andro and Bupleurum Heat Clearing combo

Description: For classic psoriasis characterized by redness and inflammation. This is a very strong formula and not generally recommended for long term use. Start with a moderate dose and discontinue once symptoms resolve.

Dosing: 2 tsp, bid between meals. Can increase up to 4 tsp bid if needed, especially during a flare.

Ingredients: Andrographis paniculata, Coptis chinensis, Rheum palmatum, Bupleurum sinensis, Glycyrrhiza glabra, Cinnamomum verum.

Burdock and Spearmint combo

Description: Best for classic, moderate acne. To determine efficacy, use in higher dose for 10-14 days. If acne is cyclical, begin use before a suspected flare and continue for up to 14 days.

Dosing: 1-2 tbsps bid. Best after meals in a mug of hot water.

Ingredients: Coptis chinensis, Arctium lappa, Mentha spicata, Zingiber officinale.

Clover and Burdock combo (formerly Clear Skin)

Description: A traditional combo of skin-specific alteratives with properties to improve detoxification and brighten the complexion.

Dosing: 1 tbsps, twice a day for about two weeks, then use a maintenance dose as needed. Pro tip: If acne is linked to the cycle, increase the dose for a week before menses + the first two days of flow.

Ingredients: Trifolium pratense, Iris versicolor, Berberis aquifolium, Rumex crispus, Arctium lappa, Scrophularia nodosa.

TINCTURES

For Skin



Coptis and Rhubarb Fire Clearing combo

Description: Based on the TCM combo *Huang liang jie du tang* (Coptis combo for Fire Toxicity), this is about as strong as it gets for clearing heat and inflammation. Start with a lower dose and watch for diarrhea, though increased frequency of BM is desired and to be anticipated. Use this only in active or prodromal cases of skin lesions like HSV, persistent hives, or a known skin infection. This combo can also be used for moderate to severe acne.

Dosing: 1 tsp away from food to test tolerance. If well tolerated, increase up to 2 tsp, tid. Best between meals, but if GI upset is an issue, take with food.

Ingredients: Coptis chinensis, Scutellaria baicalensis, Gardenia jasminoides, Phellodendri chinense, Rheum palmatum, Cinnamomum verum.

Gardenia and Gotu combo

Description: For watery and reactive-type eczema. This pattern is more acute and tends to have triggers that produce flares. This combo is best used to prevent and treat flares. Also consider our Allerg-ease combo.

Dosing: 2-3 tsp, bid. Best between meals.

Ingredients: Gardenia jasminoides, Rosa canina, Saposhnikovia ledebouriellae, Lobelia inflata, Coleus forskohlii, Centella asiatica.

Horsechestnut and Rosehips Astringent combo

Description: A balanced formula that can be used ongoing or whenever there's a flare. Especially useful if constipation is present. For best results, use concurrently with a topical astringent combo.

Dosing: 2 tsp, bid. Best between meals.

Ingredients: Rumex crispus, Cinnamomum verum, Aesculus hippocastanum, Rosa canina.

TINCTURES

For Skin



Licorice and Rosehips combo

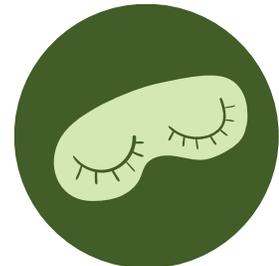
Description: This formula is a skin-nourishing adaptogen. Use when the overall presentation is characterized by deficiency (of Qi and Blood, in TCM). For best results, combine with Green salve and supplement with omega-3s.

Dosing: 2-3 tsp, bid. Best between meals.

Ingredients: Ocimum sanctum, Glycyrrhiza glabra, Centella asiatica, Rosa canina.

TINCTURES

For Sleep



Valerian and Kava combo (formerly Sleep & Dreams)

Description: A potent blend of sleep-welcoming herbs, this formula has actions that help calm the mind and ease you into deep rest.

Dosing: 1-2 tbsp before bed, straight, or in a small cup of hot water. As this combo causes drowsiness, it should not be used before driving or while operating machinery.

Ingredients: Valeriana officinalis, Lactuca virosa, Piper methysticum, Piscidia piscipula, Passiflora incarnata, Borago officinalis, Stachys betonica, Matricaria recutita.

TINCTURES

For Thyroid



Iris and Bladderwrack combo

Description: There are many approaches to treating a sub-optimal thyroid. This combo uses a blend of adaptogens and alteratives that have affinity for the thyroid. From a TCM perspective, this formula warms and tones Kidney and Spleen Qi to dispel Dampness.

Dosing: 2-3 tsp twice a day between meals.

Ingredients: Iris versicolor, Withania somnifera, Arctium lappa, Fucus vesiculosus, Cinnamomum verum.

The Three 'L's combo

Description: Long used as a botanical combo to help manage hyperthyroid. This formula is generally safe and moderately effective, but people with known hyperthyroid conditions should be actively monitored by a healthcare practitioner.

Dosing: 2-3 tsp twice a day between meals.

Ingredients: Lycopus virginicus, Leonurus cardiaca, Melissa officinalis.

TEA INSTRUCTIONS



Infusion Instructions

Add 1 tbsp per cup and steep 20+ minutes. Pro Tip: put a tea cozy or toque over your teapot to keep it warm.

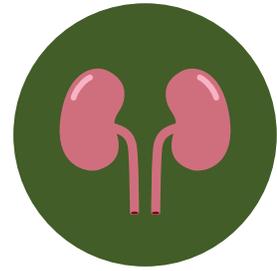
Decoctions Instructions

Add 1 tbsp per cup water and boil on low for 30-35 min. Pro Tip: to make a really really good decoction, simmer over night in a slow cooker.

All are best as infusions except Change of Season.

TEA BLENDS

For Detox and Clearance



Cleaver and Clover combo (formerly Clear Skin)

Description: This blend of liver-supporting, skin-specific alterative herbs has actions that help clear skin from the inside out.

Ingredients: Trifolium pratense, Galium aparine, Avena sativa, Medicago sativa, Urtica dioica folia, Smilax spp., Scrophularia nodosa.

Milk Thistle and Dandelion combo (formerly Liver Cleanse)

Description: This blend has herbal actions that support detoxification.

Ingredients: Silybum marianum folia, Taraxacum officinale folia, Urtica dioica folia, Cynara scolymus, Galium aparine, Achillea millefolium.

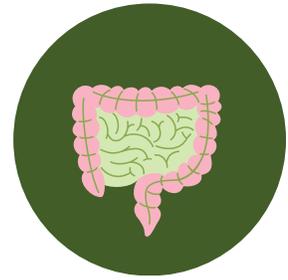
Uva-ursi, Horsetail, and Cornsilk combo (formerly Bladder Tea)

Description: Feeling a little fussy? This combo has herbal actions that cleanse, clear, and heal the bladder. Add a large tbsp per cup and steep for 20+ minutes. Have two cups a day for about ten days, or ongoing as needed.

Ingredients: Solidago canadensis, Arctostaphylos uva-ursi, Taraxacum officinale folia, Zea mays, Althaea officinalis, Equisetum arvense.

TEA BLENDS

For Digestion and Absorption



Chamomile and Meadowsweet Tea (formerly Tummy Tea)

Description: Like a warm hug for your insides, this combo has carminative properties that help soothe and improve digestion.

Ingredients: Filipendula ulmaria, Foeniculum vulgare, Mentha piperita, Pimpinella anisum, Matricaria recutita.

Marshmallow and Slippery Elm combo (formerly Stomach Repair)

Description: Like spreading a layer of soothing honey on your insides, this collection of demulcent herbs has properties to help soothe the stomach and upper GI.

Ingredients: Althaea officinalis, Glycyrrhiza glabra, Filipendula ulmaria, Ulmus rubra.

Senna and Buckthorn combo (formerly Herbal Laxative)

Description: Sometimes, you just gotta go.

Ingredients: Rhamnus purshiana, Senna cassia, Foeniculum vulgare, Althaea officinalis, Rumex crispus, Zingiber officinale.

TEA BLENDS

For Female Endocrine



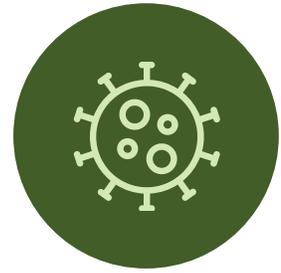
Crampbark and Ginger combo (formerly Cramp Ease)

Description: A classic formula to help soothe the cramps of menses. Some pair with Sleep and Dreams combo for further pain relief.

Ingredients: Viburnum opulus, Viburnum prunifolium, Galega officinalis, Achillea millefolium, Zingiber officinale, Glycyrrhiza glabra.

TEA BLENDS

For Immune Support



Change of Season

Description: An ancient Chinese Medicine formula, Change of Season soup or tea has long had properties that stimulate the immune system through times of change or need.

Ingredients: Astragalus membranaceus, Codonopsis pilosula, Dioscorea opposita, Lycium barbarum.

Elderberry and Echinacea Tea (formerly Cold and Flu Fighter)

Description: Warm, soothing, and tasty, this combo has actions that help clear and relieve common colds and flus.

Ingredients: Echinacea purpurea, Echinacea angustifolia, Galium aparine, Sambucus nigra fructus, Sambucus nigra flora, Euphrasia officinalis, Zingiber officinale, Glycyrrhiza glabra, Mentha piperita.

Eyebright and Nettle combo (formerly Allergy Tea)

Description: Allergies are tough. This combo has properties to help soothe the inflammation and reactivity when one is exposed to allergens.

Ingredients: Solidago canadensis, Plantago spp., Verbascum thapsus, Urtica dioica folia, Ginkgo biloba, Euphrasia officinalis, Foeniculum vulgare, Lobelia inflata.

TEA BLENDS

For Kids



Chamomile and Catnip combo (formerly Children's Calming)

Description: Help kids settle, concentrate, and be just a little more manageable, for a while. Totally safe, and even fairly tasty.

Ingredients: Nepeta cataria, Matricaria recutita, Melissa officinalis, Tilia cordata, Calendula officinalis, Avena sativa.

TEA BLENDS

For Mental Health



Chris' Coffee Substitute No. 1 (formerly Chris' Coffee Sub)

Description: When our founder decided to get off the bean in 2018, he set out to find a substitute that could approach the tasty hearty hug normally found in a mug of coffee. After discovering several bags of random powder around the office that no one dared to try, he finally emerged with this blend, a smile, and the belief that this time he really could go clear. This blend is caffeine free.

Directions: Comes as a coarse powder. For best results, add 1-2 tbsp per cup, steep 4-5 minutes, strain and drink. Add cream and honey as desired.

Ingredients: Inonotus obliquus, Cordyceps militaris, Panax ginseng, Rehmannia glutinosa, roasted Chicorium intybus, Cinnamomum verum.

Ginkgo and Gotu combo (formerly Cerebral Circulation)

Description: A combo of nootropics and circulatory support, use this combo for periods of study or focus to help keep flow and food reaching that ever hungry brain.

Ingredients: Ginkgo biloba, Mentha piperita, Centella asiatica, Rosmarinus officinalis.

Holy Basil, Oat, and Lavender combo (formerly Nervine Tea)

Description: A nervine tea that tastes great and feeds your nerves.

Ingredients: Ocimum sanctum, Avena sativa, Rosa centifolia, Melissa officinalis, Urtica dioica folia, Lavandula angustifolia.

TEA BLENDS

For Mental Health



Motherwort and Lemonbalm combo (formerly Stress Reset)

Description: A non-sedating blend that has herbal actions to calm the mind for work or school when you want a little clarity but need to stay alert and focused.

Directions: Add 1 tbsp per cup and steep 20+ minutes. Pro tip: add a teabag of licorice or ginger for a 'brighter' calming effect.

Ingredients: Centella asiatica, Leonurus cardiaca, Hibiscus spp., Nepeta cataria, Rosa canina, Melissa officinalis.

Muddy Mushroom Chai

Description: A spicy chocolatey coffee alternative for those looking to reduce caffeine intake without giving it up completely. Comprised of herbs with adaptogenic actions, offering focused energy and stress reduction, as well as memory and immunity support. Approximately 35mg of caffeine per tablespoon of powder.

Directions: Add 1-3 tsp to a cup of hot water and stir well. Let steep for 1-2 minutes and enjoy. Add your favourite milk and sweetener if desired. Expect some spicy mushroom goodness to settle at the bottom of your mug. May be filtered if preferred.

Ingredients: Theobroma cacao, Camellia sinensis, Inonotus obliquus, Cordyceps militaris, Hericium erinaceus, Ganoderma lucidum, Curcuma longa, Cinnamomum verum, Zingiber officinale, Syzygium aromaticum, Elettaria cardamomum, Myristica fragrans, Piper nigrum, Himalayan Pink Salt.

TEA BLENDS

For Pregnancy and Lactation



Mother's Helper Blessed Thistle Tea combo (formerly Mother's Helper)

Description: One of the oldest traditional herbal formulas, this earthy blend has herbal actions that stimulate and support women as they nurse the next generation.

Ingredients: Cnicus benedictus, Trigonella foenum-graecum, Galega officinalis, Rubus idaeus, Urtica dioica folia, Foeniculum vulgare, Leonurus cardiaca, Trifolium pratense, Schisandra chinensis.

Perineal Wash

Description: Combining the actions vulnerary, demulcent, and astringent, this traditional Sitz-bath has properties to help soothe the area for optimal recovery post delivery.

Ingredients: Calendula officinalis, Symphytum officinale, Achillea millefolium, Black Tea (Earl Grey).

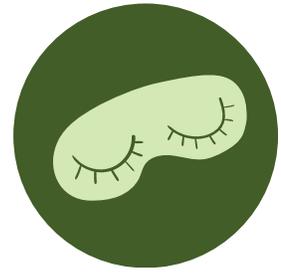
Raspberry Leaf, Nettle and Calendula combo (formerly Pregnancy Tea)

Description: A gentle but effective uterine tonic, this combo has actions that support a healthy pregnancy. Some may consider combining it with a little black strap molasses.

Ingredients: Rubus idaeus, Urtica dioica folia, Calendula officinalis.

TEA BLENDS

For Sleep



Valerian and Passionflower Tea (formerly Sleep and Dreams)

Description: As ancient as a mid-summer night's dream, this soporific sedative blend has actions that ease people in the pleasant reveries of deep sleep. This one is a sedative, so don't take it before doing anything that requires alertness.

Directions: Add 1 tbsp per cup and steep 20+ minutes (with this one 40 minutes is even better, valerian loves a good steep).

Ingredients: Valeriana officinalis, Passiflora incarnata, Lactuca virosa, Stachys betonica, Matricaria recutita, Borago officinalis, Melissa officinalis.