



2022

Healing Spirits





Founded in 1991 by Matthias and Andrea Reisen, Healing Spirits Herb Farm and Education Center is located in the Finger Lakes region of Western New York.

Andrea is a student of numerous healing modalities, including: CranioSacral, Reiki, and Therapeutic Touch. She is also certified in Zero Balancing. She has studied with Brooke Medicine Eagle. Her love of nature is infectious!

Matthias has a Bachelor of Science degree in agronomy and has worked as an agricultural agent. His skillful hands carefully tend all the herbs, flowers, and vegetables at Healing Spirits. His strong spiritual energy enhances Healing Spirits' ethically wild-crafted and organically grown herbs.

Both have graduated from Rosemary Gladstar's apprenticeship program and have studied nature awareness and philosophy at Tom Brown's Tracker School.

Gift Certificates and Gift Wrap Option Available

Prices are subject to change without notice. Please check our website often for the most up-to-date information, as well as new products, news, recipes and more.

Sometimes it is necessary to substitute ingredients depending on availability and Mother Nature's mood. If you have allergies, please read the label before consuming any products.

- DISCLAIMER -

The information in this brochure is provided for the sole purpose of sharing personal experiences and historical information about the traditional use of God-given herbs and natural remedies. None of the statements have been evaluated or approved by the FDA. This information is not intended to diagnose, prevent, treat, or cure any specific disease. If you choose to use any of this information for such purposes, you are exercising your Constitutional right of Freedom of Choice, and must accept full responsibility for the outcome.

NO MEDICINAL CLAIMS ARE MADE. Although plants have been used medicinally by all cultures, please seek the advice of a qualified health practitioner before using any herbal preparation. Healing Spirits makes no medical claims about the use of medicinal herbs and is not liable for any adverse effects resulting from the use of these products.



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All our products are ethically grown, wildcrafted, and produced with the highest integrity and love on our farm!

In 2021, we celebrated 30 years in business, 50 years married and turning 70 years old. Here are a few pictures of the memories we made.

30 years and still growing!!

Growing and harvesting herbs is a multi-faceted process. We take into careful consideration the seasons, weather, soil quality, and even the energetic health of our land and water. After harvest we properly dry, process and package our herbs to ensure our products are of the highest quality. Many of our herbs and flowers go directly into our special drying house to give you herbs and flowers that look as fresh as the day they were picked.



These are some of Andrea's more popular blends.

2 oz \$10 8 oz \$40 16 oz \$80

Allergies-Be-Gone Tea: Useful in relieving the symptoms of allergies. Alfalfa, Nettles, Goldenrod.

Anti-Inflammatory Tea: Takes inflammation out of your joints. White Willow Bark, Solomon's Seal, Licorice, Ashwagandha, Comfrey.

Back Support Tea: Antispasmodic, anti-inflammatory and healing properties. St. John's Wort, Oats, Meadowsweet, Lemon Balm, Wood Betony, Sweet Marjoram, Wild Mint Blend, Motherwort.

Brain Booster Tea: Helps with short-term memory and calmness. Ginkgo, Oats, Wild Mint Blend.

Chai Tea: Oolong Tea, Ginger, Star Anise, Cinnamon Chips, Fennel, Rainbow Pepper, Cardamom, Clover, Sweet Birch Bark, Ashwagandha, Burdock Root, Dandelion Root.

Chocolate Reishi Immuni-Tea: Stimulates your immune system, inhibits growth of tumors. Reishi Mushrooms, Sweet Birch Bark, Cocoa Powder. **\$12**

Cold & Flu Tea: Used by our family whenever we feel the first signs of cold or flu. Yarrow, Boneset, Elderberry, Wild Mint.

Energy Purification Tea: Blended to purify, cleanse and balance your energy field. Sweet Birch Bark, Elderberry, Dandelion Root.

Essiac Tea: Traditional blend from Canada. Said to be antitumoral. Sheep Sorrel, Burdock Root, Rhubarb Root, Marshmallow Root. **\$12**

Grounding Tea: Assisting your body to stay connected to Earth Mother. White Oak Bark, Dandelion Root, Burdock Root, Ashwagandha, Gravel Root.

Healthy Body Tea: Great for all systems. Oats, Calendula, Horsetail, Meadowsweet, Cleavers, Chickweed.

Healthy Lung Tea: All of these herbs grow together here on the farm, they enjoy each other's company and assist each other during the growing season. They know each other and like working together. They help strengthen and support the lungs, especially during the winter months and allergy season. Mullein Leaf, Goldenrod, New England Aster, Coltsfoot, Hyssop.

Hot Flash Tea: Helps with hot flash symptoms. Vitex, Sarsaparilla, Ashwagandha, Dandelion Root, Burdock Root, Sassafras.

Kidney Care Tea: Herbs that help support and nourish the kidneys. Cleavers, Chickweed, Horsetail, Marshmallow Leaf, Oats, Agrimony, Quackgrass Root.

Ladies Tea: A special blend of herbs for women of all ages. It has an amazing restorative effect on the whole female reproductive system. Alfalfa, Nettle, Oats, Wild Red Raspberry Leaf, Red Clover.

Leaky Gut Tea: A friend asked me to make this tea for her when she was having skin issues coming from her gut. She enjoyed the tea so much that she told many of her friends, and now we blend the tea for all to enjoy. Plantain, Lemon Balm, Meadowsweet, Calendula, Marshmallow Leaf, Chamomile.



Liver Detox Tea: Assists in the process of cleansing toxins stored in the body. Dandelion Root, Burdock Root and Seed, Sweet Birch Bark, Yellow Dock, Ashwagandha.

Lyme Tea: Blended to support and nourish your body during Lyme. Sweet Annie, Boneset, Periwinkle, Nettle, Meadowsweet, Echinacea Leaf and Flower.

Nurturing Your Liver Tea: A blend of herbs to support and nurture your liver. Nettle, Red Clover, Alfalfa, Wild Mint Blend, Goldenrod, Blue Vervain, Yarrow.

Peaceful Sleep Tea: Helps you drift off into a sweet slumber. Lemon Balm, Oats, Catnip, Skullcap, Valerian, Lavender.

Radiant Aura Tea: Helps clean and shine your aura. Sweet Birch Bark, Hawthorn Berry, Angelica, Solomon's Seal.

Rose Heart Tea: Lovingly supports and nurtures the heart. Roses, Oats, Borage, Lemon Balm, Hawthorn Berry and/or Ginkgo.

Soothing Throat Tea: Special blend to soothe sore throats. Marshmallow Root and Leaf, Licorice Root, Rowan Berry, Cherry Bark, Elderberry, Orange Peel.

Spirit Communication Tea: A special blend to open and clear your spiritual pathways, freeing the flow of communication. Lemon Balm, Roses, Oats, Wood Betony, Ginkgo, Motherwort.

Stress Release Tea: Traditionally used for relieving stress and calming the nerves. Oats, Tulsi, Lemon Balm, Lamb's Quarters, St. John's Wort.

Sweet Lactation Tea: For breastfeeding mothers, a convenient and relaxing way to boost your milk supply. Nettle, Alfalfa, Tulsi, Oats, Fennel.

Vitality for Men Tea: Traditionally used for the male reproductive system. Ginkgo, Alfalfa, Red Clover Herb, Goldenrod, Wild Mint Blend.

Chakra Opening Teas



1st Chakra is connected with tribal security, being grounded to the physical world, finding material security, and maintaining balance. Sweet Birch Bark, Wild Cherry Bark, Dandelion Root, Cinnamon Bark.

2nd Chakra seeks pleasure and enjoyment. It is the center of feeling, emotion, pleasure, sensuality, intimacy and connection. Ginkgo, Nettle, Damiana, Calendula, Tulsi, Roses.

3rd Chakra holds your sense of purpose. Digest and make decisions with confidence. Marshmallow, Ginger, Fenugreek, Fennel, Cinnamon, Orange Peel.

4th Chakra opens and balances the heart, allows us to feel compassion and acceptance of ourselves and others. Roses, Ginkgo, Oats, Lemon Balm.

5th Chakra inspires creativity, seeking and sharing the truth. Elderberry, Marshmallow, Solomon's Seal, Wild Cherry Bark, Cinnamon.

6th Chakra allows us access to our inner guides. It allows us to cut through illusions and access deeper truths. Oats, Lavender, Wild Mint Blend, Clary Sage, Mugwort, Red Clover, Lemongrass.

7th Chakra (the crown chakra) is the center for trust, devotion, inspiration, happiness and positivity. It is also the center for deeper connection with ourselves. Oats, Lavender, Red Clover, Wild Mint Blend, Ginkgo, Borage.

A flower essence is an extension of Mother Earth combined with the energy of Father Sun that has been blessed by the wind, moon, stars and passing animals, and helps connect us to the spiritual world. The flower essences work through chakras, energy channels, and meridians of the human body. They are helpful for mental and emotional issues rather than specific physical ailments.

All our flower essences are made with ethically-grown flowers, water and brandy, and produced with the highest integrity and love on our farm.

1 oz \$10

5-Flower: Useful for taking shock and trauma out of the body, perceived or real.

Anise Hyssop: Heals trauma at the cellular level, particularly trauma that is thought to be one's fault, relieving the weight of personal pain, shame, and guilt thus stabilizing the person, often related to trauma inflicted by another yet taken on by the self, relieving anxiety and bringing back the sweetness of life.

Angelica: Useful when you tend to feel cut off from your inner self. Also for spiritual protection and guidance.

Bleeding Heart: Helps the emotionally over-dependent be able to give love rather than feel needy.

Boneset: Proffers profound support with healing and clarifying deep-seated issues and realigns our internal world for achieving peace in the outer world. Reassembles scattered feelings during emotional and physical setbacks and cures emotional wounds of the heart. With a gentle touch of this divine entity, we can walk the path to better health, wellbeing, and wisdom.

Bupleurum: Helps you when you have anger that you are unaware of its source, and can help turn the anger into grief. Eases the tightness in the gut and allows the heartache to open the heart.

Chamomile: Emotionally balancing, helpful when moody or irritable.

Clary Sage: Helps us to clearly define what we want out of life, assists us in clearly envisioning what you want for your life, the next step or a project. Supports clearly receiving psychic impressions and interpreting them through the brain and heart into seeing, hearing, sensing or knowing.

Clematis: For people whose minds drift away from the present into fantasies of the future or into alternative versions of the present. Often they dream of future success, creative endeavour, and achievement.

Comfrey: Creates a sense of comfort and solace for your soul. It magnetically reconnects soul parts that split off during trauma or shock, and lovingly invites them back by creating a safe haven for their return.

Dandelion: Helps dispense old tight-knotted energy patterns in the muscles and tissue. Helps you achieve a more "being" rather than "doing" state of mind.

Elderflower: Stimulates energy, vigor, resilience, joy, and our powers of recovery and renewal.

Feverfew: Helps dissolve agitation, intensity, and argumentativeness, especially in group situations.

Forsythia: Helps us open up to our spiritual nature, bringing joy.

Headache Relief: Helps relieve headache symptoms. Chamomile, lavender, feverfew, sunflower infused in water, brandy and apricot brandy.

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Hollyhock: Helps overcome barriers in friendship to soothe and ease communications for a warm and caring relationship.

Hollyhock & Bleeding Heart: (Spirit of Communication & Love) Brings the ease of communication and love of self into your awareness.

Impatiens: For those who think and act quickly. Enhances patience and gentleness. Helps heal states of intense irritability, impulsivity, and hastiness.

Lavender: Balances emotions to relieve anxiety/depression, and to reduce stress and conflict.

Lilac: For uprightness, lightness. Helps those who burden themselves and refuse help from others. Brings in laughter, easing painful memories and restoring joy.

Lily of the Valley: Helps one realize their true spiritual potential, that you are connected, and all that happens is in divine order.

Linden: Helps rewire our circuit boards so we can contain new energies.

Oregon Grape: Helps reduce the tendency to be judgemental of oneself and others, and helps to engender a feeling of trust and goodwill.

Paperwhite: White light is the essence of everything, shows the way. Helps your senses awaken. Helps illustrate pure love, pure promise. Helps one feel alive, to rise up and shine, and allow your innermost self to shine.

Peony: A remedy of the light, helpful for fearfulness and nightmares.

Peony & Bleeding Heart: (Light & Love) Introduces an aura of light and love into yourself, bringing a balance of both to your consciousness.

Poke: Works nicely with sound to release anger, frustration, tension and energy.

Pulsatilla: Helps you be malleable. Helps soften your reaction to social situations, intimate or crowded.

Red Clover Blossom: Acts as a balancer, helping one remain centered within, despite the storms outside. It instills calmness and clarity, and enhances self awareness.

Rose: Represents love, affection, compassion and passion. Helps us stay centered when we are most needy.

Rose Essence in Glycerin: Brings such lovely sweetness and softening to the heart. Good for any grief or broken hearts. This has been very powerful for myself and friends.

Skullcap: Helps when you feel outside of yourself, beside yourself, vacant, not all here. Helps with a sense your soul is not completely settled into your body. Strengthens the tether between the body and soul. Working through the crown and root chakras, it helps your soul to be fully embodied and remain fully embodied during this lifetime. Use as an ally during out-of-body journeying. Supports spirit flight with the intention of learning information in Higher Dimensions that you may bring back to the third dimensional Earth plane to help humanity.

St. John's Wort: For those who have psychic and physical vulnerability, fearful or disturbed dreams, depression due to lack of contact with the spiritual world. Positive qualities: Illumined consciousness, light-filled awareness, solar strength.

Solomon's Seal: It has an affinity to help make profound changes or turns in life. It helps you adapt to change that has already occurred.

Star of Bethlehem: Helpful for individuals who have never adequately addressed shock or strong unhappiness from the past.

Sunflower: Enhances your ability to shine like the sun.

Valerian: Helps you focus your attention in the present. One of the main benefits of living in the present moment is an improved ability to concentrate – your mind does not wander, you do not dwell on the past nor worry about the future. Many of life's pleasures have to be enjoyed in the moment.

Wisteria: Helps relieve fear of intimacy and softness in both men and women.

White Oak: Stability and continuity, helps us feel deeply rested through surrender.

White Easter Lily: Allows sexual energy to enhance spiritual development.

Wood Betony: Brings a sense of physical and emotional well being. Strong sense of mental clarity, focus from the gut level instinct.

Yarrow: Protects against negative outside influences and for psychic shielding, acts to strengthen and solidify the self.

All our salves are made with cold-pressed organic extra virgin olive oil or grapeseed oil, unprocessed beeswax, and our own ethically-grown or wildcrafted herbs.

2 oz \$15 4 oz \$25

All-Purpose Comfrey: This is our best selling all-purpose salve. Good for bruises, chapped lips and skin, aches and pains, supports healing broken bones. Just a generally helpful salve for anything that ails you. Comfrey Leaf, Calendula, St. John's Wort, Plantain Leaf, Extra Virgin Olive Oil, Unprocessed Beeswax.

Bugs-Be-Gone: A wonderful way to enjoy the outdoors without the bugs. Calendula, comfrey, plantain, St. John's Wort, Extra Virgin Olive Oil, Unprocessed Beeswax, Essential Oils (Camphor, Lavender, Peppermint, Tea Tree).

Cramp-Away: Traditionally used for menstrual cramps and discomfort. Apply to your pelvic area for relief of cramps. Grapeseed Oil, Unprocessed Beeswax, Essential Oils of Ginger and Pennyroyal. Available in 2 oz only.

Extra-Strength Super Salve: The antiseptic and antifungal properties makes this especially useful for infections. Comfrey, Calendula, Plantain, St. John's Wort, Black Walnut Hulls, Chaparral, Goldenseal, Extra Virgin Olive Oil, Unprocessed Beeswax.

Feminine Lubricant: Prevents dryness for your comfort and pleasure. Tulsi (Sacred Basil), Comfrey Root and/or Leaf, Extra Virgin Olive Oil, Unprocessed Beeswax. Available in 2 oz only.

Foot-Care: Feel the soothing sweetness of this salve working its magic on your tired feet. Sweet Birch Bark, Yarrow, St. John's Wort, Extra Virgin Olive Oil or Jojoba Oil, Essential Oil of Tangerine, Unprocessed Beeswax.

Lavender: A friend asked me to make this salve specially for her. She uses it when she feels a migraine coming on at the base of her neck and says it works wonders for her. It is also very calming to rub on your wrist and temples. Lavender, Essential Oil of Lavender, Extra Virgin Olive Oil, Unprocessed Beeswax. Available in 2 oz only.

Pain Relief: Traditionally used for muscular aches and pains. Sweet Birch Bark, Yarrow, Meadowsweet, St. John's Wort, Essential Oil of Sassafras, Extra Virgin Olive Oil, Unprocessed Beeswax.

Poke Root: Antimicrobial, also dissolves all kinds of skin lumps, bumps, growths and tumors. Poke Root, Extra Virgin Olive Oil, Unprocessed Beeswax.

Solomon's Seal: Matthew Wood talks about this plant and how it is so useful for ligaments and tendons in the body. Solomon's Seal Root, Extra Virgin Olive Oil, Unprocessed Beeswax.

St. John's Wort: Traditionally used for nerve damage, burns, sunburns and sore muscles. St. John's Wort, Extra Virgin Olive Oil, Unprocessed Beeswax.

Yarrow: Traditionally used for bruises, aids the body in trauma and bleeding. Yarrow, Extra Virgin Olive Oil, Unprocessed Beeswax.

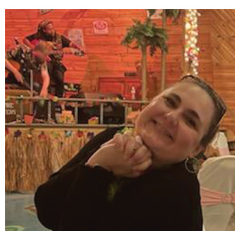
Sizzling Hot Snake Oil Salve: A warm, deep-penetrating salve great for muscular aches, pains and sinus congestion. Grapeseed Oil, Unprocessed Beeswax, Essential Oils (Menthol Crystal, Peppermint, Sage, Sassafras). **2 oz \$17 4 oz \$30**



All oils are made with cold-pressed extra virgin olive oil and infused with our own herbs that have been hand picked and solar dried.

SINGLE OILS ~ 1 oz \$10 4 oz \$35

Black Walnut
Burdock Root
Burdock Seed
Calendula Flower
Castor Oil
Chamomile
Chickweed
Comfrey Leaf & Root
Dandelion Flower
Dandelion Leaf & Root
Feverfew
Japanese Knotweed
Lady's Mantle
Lavender
Meadowsweet
Mugwort
Mullein Flower (Double Infused)
Nettle Root
Plantain
Poke Root
Red Clover Blossom
Solomon's Seal
St. John's Wort (Double Infused)
Sweet Birch Bark
Yarrow



BLENDED OILS ~ 1 oz \$12 4 oz \$40

Beard Oil: This oil makes your beard feel great, look good, and helps with itchiness and dandruff. Try this fabulous oil that I just cooked up here on a snowbound day. Red Clover, Jojoba Oil, Essential Oils of Cedarwood and Rosemary.

Boner Oil: Apply topically to help men stand erect. Safe to use during intercourse. Ginkgo, Ashwagandha, Calendula, Hawthorn Berry, Apricot Kernel Oil.

Boobies Care #1: Using infused herbal oils is an easy way to keep your breasts healthy, prevent and reverse cysts, dissolve troublesome lumps, and repair abnormal cells. Red Clover Blossoms, Dandelion Flowers, Burdock Seed, Grapeseed Oil, Essential Oil of Lavender.

Boobies Care #2: Same as #1 with Poke Root added. For use where cysts are already present.

Headache Oil: Helps to relieve the tension of a headache. Rub on the back of your neck, forehead, temples or anywhere on your head you have an ache. Feverfew infused in Grapeseed Oil, Essential Oils (Lavender, Rosemary, Chamomile, Peppermint).

New Growth Hair Oil: Helpful when you have thinning hair or hair loss. Massage into your hair to help facilitate new hair growth. For men and women. Red Clover Blossoms infused in Extra Virgin Olive Oil, Essential Oils (Rosemary, Thyme, Peppermint).

St. John's Wort & Solomon's Seal Oil: St. John's Wort and Solomon's Seal infused in Extra Virgin Olive Oil.

LINIMENTS ~ 1 oz \$12 4 oz \$40

Acne Liniment: Treats and prevents acne. Echinacea Root, Yarrow, Calendula, Essential Oil of Thyme infused in Extra Virgin Olive Oil and Alcohol.

Kloss' Drawing Liniment: Useful as a disinfectant for "weepy, oozy" type of skin infections. External use only. Goldenseal Root, Myrrh, Gum, Echinacea, Cayenne in Rubbing Alcohol.

~Jethro Kloss was the son of a northern Wisconsin farmer and a very famous herbalist. Born in 1863, he was raised on a self-sustaining farm in the late 19th century.

Solomon's Seal Liniment: Helpful for repairing ligaments and tendons in the body. One of my favorites. Solomon's Seal Root infused in Organic Extra Virgin Olive Oil and Alcohol.

St. John's Wort Liniment: Useful for any nerve pain. St. John's Wort Flowers and Leaf infused in Organic Extra Virgin Olive Oil, St. John's Wort Flowers and Leaf infused in Alcohol.

St. John's Wort & Solomon's Seal Liniment: St. John's Wort and Solomon's Seal infused in Extra Virgin Olive Oil and Alcohol.

Ticks-Nix Liniment: Put on a tick bite to help draw out the bacteria. Japanese Knotweed, Chaparral infused in Organic Extra Virgin Olive Oil and Alcohol, Essential Oil of Oregano.

Some mists are perfect for providing a little pick-me-up at any time of day, others are great for enhancing more of a “mellow” mood.

Abundance & Prosperity Mist: Spray this with intent and see what abundance develops. Water, Witch Hazel, Essential Oils (Orange, Myrrh, Cinnamon Bark, Frankincense, Patchouli, Clove, Ginger, Spruce).

Acne Mist: Helps minimize acne. Water, Witch Hazel, Essential Oils (Eucalyptus, Tea Tree, Juniper, Patchouli).

Aftershave Mist: Leaves your skin feeling refreshed and free of irritation. Witch Hazel, Glycerin, Alcohol, Essential Oils (Scotch Pine and Bay Laurel).

Antiseptic & Antibacterial Mist: Spray around the room and yourself to kill germs. Also very good to use whenever you have a wound. Water, Witch Hazel, Essential Oils (Clary Sage and Grapefruit).

Bug & Tick Spray: Helps protect against insects and ticks in a way that is safe for the environment, for you and your loved ones. Helpful for keeping away Lyme-carrying ticks. Essential Oils (Rose Geranium, Clove, Lavender, Tea Tree, White Camphor, Myrrh, Oregano, Thyme), Healing Spirits Black Walnut Hulls Tincture, Aloe Vera Gel, Water. \$22

Deodorant Mist: Leaves you feeling fresh and prevents unpleasant bacteria from growing without relying on harsh chemicals, gentle on your skin. Aloe Vera Juice, Witch Hazel, Essential Oils (Chamomile, Rose Geranium, Cypress, Sage, Lavender, Coriander, Grapefruit).

Eucalyptus Mist: This spray is highly antiseptic and is always a favorite for colds, flu, coughs, as well as viral infections. This always makes me feel fresh, alive and sunny. Water, Witch Hazel, Essential Oil of Eucalyptus.

Fun-Time Mist: This just lights up the mood in any room and brings out the child in all of us. Water, Witch Hazel, Essential Oil of Lime.

Lavender Mist: Lavender is antiviral, antibacterial, and calming to the nervous system. A nice scent to spray around your house, office or work space. I like to spray it around myself on an airplane; it makes everyone around me happy, too! Water, Witch Hazel, Essential Oil of Lavender.

Queen of Hungary's Water: An excellent facial astringent for closing pores after a facial scrub. Also a nice hair rinse for dark hair. Lemon Balm, Chamomile, Calendula, Sage, Rose, Comfrey, Lemongrass, Apple Cider Vinegar, Witch Hazel, Essential Oil of Lavender.

Romance Mist: My husband and I like to spray this around when we have forgotten to take enough time for ourselves. Water, Witch Hazel, Essential Oils (Ylang-ylang, Lavender, Patchouli, Vanilla).

Sage Smudge Mist: Sage has been burned in all parts of the world to cleanse negativity and call in positive energy to an area. This convenient spray bottle is a safe and easy alternative to burning sage. Water, Witch Hazel, Essential Oil of Sage.

Sleepy-Time Mist: A friend of mine asked me to make this up to help her children sleep at night. They have been very happy with this for years, as have others. Water, Witch Hazel, Essential Oils (Lavender, Rose Geranium, Chamomile).

Thyroid Mist: Stimulates your thyroid gland. Water, Witch Hazel, Essential Oil of Vetiver.

Varicose Veins Mist: Traditionally used herbs that help relieve the discomfort of varicose veins. The herbs work to relieve pain and shrink swelling while helping to balance the skin tone. Spray on your legs and massage up towards the heart. Witch Hazel Bark, Yarrow, Roses, Wild Red Raspberry Leaf, Apple Cider Vinegar.

SINGLE TINCTURES

11

A tincture is a concentrated liquid form of an herb that is easy to take. Tinctures preserve and concentrate the properties of the herb, making them more effective and longer lasting.

	1 oz \$15	4 oz \$30	
6-Mushroom Blend			Nettle Leaf
Alchornea			Nettle Root
Andrographis	Devil's Claw		Nettle Seed
Ashwagandha	Devil's Club		Oats
Aster Flower	Echinacea		Oregano
Astragalus Root	Elderberry		Partridge Berry
Barberry Root	Elderflower		Passionflower
Bee Balm	Elecampane Root		Pau d'arco
Bidens	Eleuthero		Pine Pollen
Black Amber	Feverfew		Poke Root
Black Cohosh	Garlic		Poplar Bud
Black Walnut Hulls	Ginger Root		Red Clover Blossom
Blackberry Root	Ginkgo		Red Root
Blue Cohosh	Goldenrod		Reishi Mushroom
Blue Vervain	Gotu Kola		Rhodiola Root
Boneset	Gravel Root		Shiitake Mushroom
Burdock Root	Greater Celandine		Sida Acuta
Burdock Seed	Hawthorn Berry		Skullcap Leaf & Flower
Calamus Root	Hawthorn Leaf & Flower		Skunk Cabbage
Calendula	Horsetail		Solomon's Seal
California Poppy	Indian Pipe		St. John's Wort
Cat's Claw Bark	Isatis (Woad) Leaf		Stevia
Chaga Mushroom	Isatis (Woad) Root		Sweet Annie
Chamomile	Japanese Knotweed		Teasel Root
Chaparral	Kava Kava		Tulsi (Holy Basil)
Chickweed	Kudzu		Turkey Tail Mushroom
Chinese Skullcap (Baikal)	Lady's Mantle		Valerian Root
Cleavers	Lemon Balm		Vitex
Comfrey Leaf	Licorice Root		White Oak Bark
Comfrey Root	Linden Flower		White Willow Bark
Coptis	Lion's Mane Mushroom		Wild Carrot Seed & Flower
Cordyceps Mushroom	Lobelia		Wild Lettuce
Cranesbill	Milk Thistle		Witch Hazel Bark
Cryptolepis	Motherwort		Wood Betony
Dandelion (Whole Plant)	Mugwort		Wormwood
Dandelion Leaf	Mullein Leaf		Yarrow
Dandelion Root	Mullein Root		Yellow Dock

Compound tinctures are made with herbs carefully selected that work together to soothe and support the body. Tinctures are made in-house with herbs from our farm. Please note all tinctures contain soy-free and gluten-free alcohol (unless otherwise stated).

1 oz \$15 4 oz \$30

Allerg-Ease: Traditionally hay fever and allergy symptoms have been greatly reduced by regular consumption of this formula. Nettle, Yerba Mansa, Ginger Root, Garlic, Mullein.

Anti-Fungal: Organic and sustainably wildcrafted herbs that may work to alleviate certain symptoms associated with minor fungal infections, such as mild itching or skin rashes. Also works to relieve some symptoms related to oral or vaginal yeast infections. Pau d'arco, Black Walnut, Calendula, Licorice, Cinnamon, Barberry.

Anti-Inflammatory: Soothes inflammation wherever it may occur in the body. May be helpful in soothing symptoms of gout. White Willow Bark, Purple Loosestrife, Teasel Root, Yarrow.

Arthritis Aid: A powerful combination of herbs used traditionally for arthritis and joint stiffness. It has been most effective when taken daily over long periods of time. Yucca, Devil's Claw, Nettle, Pau d'arco.

Astragalus & Licorice Root: Strengthening to the lungs and immune system. Astragalus, Licorice Root.

B&B: Dr. Christopher's ear and nerve formula, helpful with ear pain. Blue Cohosh, Black Cohosh, Blue Vervain, Skullcap, Lobelia.

Back Spirits: Traditionally used as an antispasmodic and anti-inflammatory. Valerian, Meadowsweet, Cramp Bark, Oats, Wood Betony, Lemon Balm, St. John's Wort, Motherwort, Yarrow, Skullcap, Comfrey, White Willow Bark, Stevia, Solomon's Seal.

Bitters: A traditional blend to be taken after meals to aid in digestion. Blue Vervain, Mugwort, Hops, Wild Lettuce, Marshmallow Root, Barberry Root, Yellow Dock Root, Angelica Root, Dandelion Root, Wormwood.

Bladder Toner: Helps to tone and strengthen the bladder. Mullein Root, Sumac.

Boner Toner: The men in our families love this combination, so do the women! Ingest before playing to stand tall and erect. Ginkgo, Hawthorn Berry, Ashwagandha, Pine Pollen, Domiana, Ginger, Muira Puama, Sassafras, Cayenne.



Bowel Cleansing and Strengthening: Gentle for constipation, as well as tightening and toning of the sphincter. Rhubarb Root, Barberry Root, Ginger, Hot Peppers, Wild Red Raspberry.

Bronchial Aid: Traditionally used as a powerful blend for deep-seated bronchial/lung infections and pleurisy. Pleurisy Root, Elecampane Root, Marshmallow Root, Ginger, Reishi, Goldenseal Root, Echinacea Root.

Calm & Centering: Traditionally used to bring a person into their center and calm the body. St. John's Wort, Lemon Balm, Oats, Motherwort.

Cold & Flu: Boneset is often used to treat influenza, swine flu, acute bronchitis, nasal inflammation, joint pain (rheumatism), fluid retention, dengue fever, and pneumonia; as a stimulant; and to cause sweating. Yarrow is used for fever, common cold, hay fever, dysentery, diarrhea, loss of appetite, gastrointestinal (GI) tract discomfort, and to induce sweating. Boneset, Yarrow.

Cough Comfort: Traditionally a blend used to relax and soothe sore throats and dry irritated coughs. Wild Cherry Bark, Valerian, Lobelia, Licorice Root, Marshmallow Root, Essential Oil of Peppermint, Vegetable Glycerin.

Cramp-Away: Traditionally used for menstrual cramps and discomfort. Cramp Bark, Wild Red Raspberry, Ginger. **DO NOT USE IF PREGNANT!**

Droopy-Face: Formulated for facial paralysis. St. John's Wort, Wood Betony, Mullein Root, Skullcap.

Elderberry Syrup: Elderberry, Ginger, Cinnamon, Honey. (Contains no alcohol)

Essiac: A traditional blend from Canada helpful in shrinking tumors. Sheep Sorrel, Burdock Root, Rhubarb Root, Marshmallow Root.

Eye Spirits: Helps to strengthen and nourish parts of the body which support eye function. Purple Loosestrife, Bilberry, Ginkgo, Calendula, Borage, Feverfew, St. John's Wort.

Female Care: Traditionally used as an excellent tonic for the female reproductive system and for hormone imbalances. Wild Yam Root, Licorice Root, Vitex Berries, Dandelion Root, Dong Quai, Astragalus Root, Ginger.

Fire Cider: Rosemary Gladstar's infamous tonic for warming and invigorating the body. Ginger Root, Horseradish Root, Onion, Garlic, Cayenne, Honey, Apple Cider Vinegar. (Contains no alcohol)

Flood Gates: Traditionally used to diminish the flow of blood, both in heavily bleeding wounds and menstrual flow. Shepherd's Purse, Yarrow, Wild Red Raspberry Leaf.

Gum & Mouth Rinse: Traditionally used to strengthen the gums and teeth, also to pull infections out of the gums. Barberry, Poke Root, Cleavers, Myrrh Gum, Horsetail, Stevia, Plantain, Spilanthes.

Happy Joints: Traditionally used for arthritis and stiff joints. Feverfew, Black Cohosh, Yucca, White Willow Bark, Cramp Bark, Alfalfa, Solomon's Seal, Ashwagandha.

Headache Relief: Traditionally used for the relief of migraine headaches. Feverfew, Lavender, California Poppy.

Healthy Heart: Acts as a diuretic and tonic for the heart. Hawthorn Berry, Dandelion Leaf, Solomon's Seal, Essence of Rose, Glycerin.

Hepatonic: Traditionally a specifically formulated compound for cleansing, building, and restoring what the Chinese call the “house of life” or the liver. This powerful combination of herbs has also been used to aid digestion and for hormonal imbalances. Yellow Dock Root, Burdock Root, Milk Thistle Seed, Dandelion Root, Dandelion Leaf.

High Calcium: Traditionally used as a natural and easily assimilated source of calcium and other minerals. Nettle, Watercress, Lamb’s Quarters, Oats, Horsetail.

High Cholesterol: Includes herbs that are known to be beneficial to healthier cholesterol levels by reducing platelet accumulation, strengthening the heart, protecting the arteries, decreasing inflammation, and assisting the body to be healthy and more. Alfalfa, Garlic, Lamb's Quarters, Oats, Hawthorn Berries.

Kidney Cleanse: Traditionally used as a mild diuretic to gently stimulate the kidneys. It has also been used as an antiseptic for treatment of bladder infections. Pipsissewa, Corn Silk, Uva Ursi, Chickweed, Cleavers.

Lung Lift: Traditionally used as a soothing blend to aid the lungs during colds, infections and bronchial irritation. Marshmallow Root, Licorice Root, Mullein Leaf, Coltsfoot.

Lung Spirits: Originally formulated for our friend Lottie’s horse to address lung imbalances such as asthma, symptoms from cold and flu, and other ailments of the lungs. Elecampane Root, Comfrey Root, Goldenrod, Mullein.

Lyme Support: Used in relief of Lyme flares. Teasel Root, Sweet Annie, Japanese Knotweed. See page 23 for more on treating Lyme.

Lymph Spirits: Traditionally used to support and cleanse the lymph glands, especially after an illness or fever. Cleavers, Chickweed, Calendula, Mullein, Red Clover, Goldenrod.

Memory Lane: Traditionally used for restoring memory and heightening mental capabilities. Gotu Kola, Ginkgo, Rosemary, Sage.

Menopausal Years: Traditionally used as a tonic for the female reproductive system and hormone imbalances. I made this for myself when I was going through menopause, and I tweaked it until I got it just right. Vitex, Yellow Dock, Dandelion Root, Burdock Root, Ashwagandha, Angelica, Sarsaparilla, Black Cohosh, Motherwort, Damiana, Sassafras, Licorice, Ginger.

Pain Relief: Traditionally used to ease severe pain in the body. Indian Pipe, Wild Lettuce, California Poppy.



Parasite Blend: Natural, effective, and gentle way to rid your body of most parasites and worms. Black Walnut, Wormwood, Clove, Yellow Dock, Pau d'arco, Barberry, Fennel.

Pituitary Gland: Supports and nourishes the pituitary gland. Wild Carrot Seed, Gotu Kola, Ginkgo, Mullein, Ashwagandha, Nettle, Ginger.

Power Lift: Traditionally used for strengthening the adrenal system and energy loss due to chronic fatigue or stress. Siberian Ginseng, Ho Shou Wu, Licorice Root, Borage, Rehmannia, Sarsaparilla, Schisandra.

Pretty Legs: Helps circulation, toning of the tissues, soothes and eases inflammation. Hawthorn Berry, Purple Loosestrife.

Propolis Throat Spray: This antiseptic throat spray helps stop viruses right at the nose and throat before they get into the body. Propolis, Echinacea, Licorice.

Restless Legs: Calms symptoms of restless leg syndrome. Yellow dock, 5-Flower Essence (Apricot Brandy, Water, infusion of Cherry Plum, Clematis, Rock Rose, Star of Bethlehem, Impatiens Flowers).

Sleep Well: A traditional blend of herbs to help get a good night's rest. Hops, Skullcap, Tulsi, Lemon Balm, Oats, Catnip.

Slipped Disk: Excellent for slipped or bulging disks. Solomon's Seal, Mullein Root, Comfrey, Horsetail, Goldenseal.

Spicy Circulation: I made this formula up for myself when I was having heaviness in my legs and tingling in my feet. Hawthorn Berries, Dandelion Leaf, Solomon's Seal, every Hot Pepper left in the garden, Flower Essence of Rose infused in Glycerin.

Spirit of the Prostate: Traditionally used as a tonic for the male reproductive system and for imbalances. Nettle Leaf, Nettle Root, Goldenrod, Ginkgo, Horsetail, Ginger, Saw Palmetto, Red Clover Blossoms, Oats, Quackgrass Root.

Stress Release: Traditionally used as an excellent herbal compound for relieving stress and calming the nerves. Hops, Valerian Root, Skullcap, Chamomile, Nettle, Oats, Lavender Flowers.

Strong Immune: A wonderfully powerful formula traditionally used for toning and building the immune system and strengthening the body's natural defenses. Barberry, Horseradish, Garlic, Echinacea, Elecampane, Reishi.

Strong Spleen: Helps nourish and support the spleen. St. John's Wort, Wood Betony, Poke Root.

Sugar Stomper: Helps reduce high sugar levels. Devil's Club, Fenugreek, Milk Thistle, Ginger, Siberian Ginseng, Barberry, Ginkgo, Cinnamon.

Thyroid Care: For care and support of the thyroid. Kelp, Kombu, Sheep Sorrel, Burdock Root, Calendula, Red Clover Blossoms, Ashwagandha, Dandelion Root.

Triple Goddess: Susun Weed's formula for nourishing a woman through all cycles of her life; Maiden, Mother, and Crone. Motherwort, Chickweed, Mugwort.

Wycked Spirits: A magical witch's blend to invite positive energy to you and to fortify the spirits surrounding and protecting you. Wood Betony, St. John's Wort, Apricot Brandy.

HealingSpiritsHerbFarm.com

607-566-2701

orders@HealingSpiritsHerbFarm.com

Rosemary Gladstar's Famous Face Cream: It actually permeates the epidermal layer and nourishes lower levels of the skin. This is the lushest face cream you will ever use!

Original: Grapeseed Oil, Apricot Kernel Oil, Coconut Oil, Cocoa Butter, Aloe Vera Juice, Aloe Vera Gel, Lanolin, Beeswax, Essential Oils of Vanilla and Elemi. 2 oz \$18 4 oz \$28

Unscented: Grapeseed Oil, Apricot Kernel Oil, Coconut Oil, Cocoa Butter, Aloe Vera Juice, Aloe Vera Gel, Lanolin, Beeswax. 2 oz \$18

Oily Skin: Grapeseed Oil, Apricot Kernel Oil, Coconut Oil, Cocoa Butter, Aloe Vera Juice, Aloe Vera Gel, Beeswax, Essential Oils of Vanilla and Elemi. 2 oz \$18

Healthy Body Tea Blend: Great for all systems. 2 oz \$10

Lip Balm: Healing and soothing to lips. Comfrey, Calendula, Lemon Balm infused in Organic Grapeseed Oil with Coconut Oil and Beeswax. 0.095 oz \$5

Foot-Care Salve: Works magic on your tired feet. 2 oz \$15 4 oz \$25

Luxurious Body Lotion: Makes your skin feel incredible all over. Grape Seed Oil, Apricot Kernel Oil, Coconut Oil, Aloe Vera Gel, Aloe Vera Juice, Unprocessed Beeswax, Essential Oil of Pink Grapefruit. 4 oz \$28

Miracle Grains: For deep cleaning and mild nourishing, suitable for all skin types. Mix with water and/or honey, stir into a paste and gently massage on your face, rinse and feel how wonderful your face feels! White Clay, Ground Oatmeal, Yellow and/or Blue Cornmeal, Dried Milk, Milk Thistle, Lavender, Rose. 2 oz \$10

Skin Tag Remover: I had one too many skin tags. This combination worked very well for me. Castor Oil, Baking Soda, Essential Oil of Tea Tree. 2 oz \$15

Tooth Powder: Helps remineralize and clean teeth naturally, kills bacteria. This all-natural herbal tooth powder blend is made specifically for anyone wanting a more natural tooth powder. Baking Soda, Clay, Pink Himalayan Sea Salt, Cloves, Sage, Peppermint and Spearmint. 2 oz \$10

MISTS ~ 2 oz \$10

Acne Mist: A great mist to get rid of troublesome acne.

Aftershave Mist: Leaves your skin feeling refreshed and free of irritation.

Antiseptic & Antibacterial Mist: Spray around your room and yourself to kill germs.

Deodorant Mist: Very effective and refreshing.

Queen of Hungary's Water Mist: Old Gypsy recipe, hailed as the first herbal product to ever be produced and marketed. Whether this is true or not, who knows, but it certainly works as an excellent facial astringent.

OILS & LINIMENTS

Acne Liniment: Treats and prevents acne. 1 oz \$12 4 oz \$40

Beard Oil: This oil makes your beard feel great, look good, and helps with itchiness and dandruff. 1 oz \$12

Comfrey Oil: Heals cuts and scrapes. 1 oz \$10 4 oz \$35

New Growth Hair Oil: Helpful when you have thinning hair or hair loss. 1 oz \$12

Poke Root Oil: Used for swollen glands and sore breasts. 1 oz \$10 4 oz \$35

Adults Only: This package contains very special items that are perfect for lovers of all ages to explore and learn about themselves and partners, spice up and renew relationships, and keep a smile on your face and spirits up while getting healthy exercise for your body and soul! Package contains Prophecy Chocolate, Romance Mist 2 oz, Rose Heart Tea Blend 2 oz, Feminine Lubricant Salve 2 oz, Boner Toner Tincture 1 oz, Boner Oil 1 oz. \$60

Castor Oil Pack: The anti-inflammatory properties of Castor Oil make it an excellent massage oil for relieving arthritic joints, nerve inflammations, and sore muscles. Package contains Castor Oil 4 oz, Hot Water Bottle, Flannel Squares (2), and Castor Oil Pack Instructions. \$25

Cold & Flu: Helpful with preventing and treating symptoms of cold and flu. Package contains 6-Mushroom Blend Powder 8 oz, Cold & Flu Tincture 4 oz, Elderberry Tincture 4 oz, Sweet Annie Tincture 4 oz, Mugwort Oil 1 oz. \$120

Dream Enhancement: Sleep offers a chance to temporarily free ourselves from the physical reality that our body seems to constrain us to during the waking hours. That period of slumber is where dreams can come true, where we can escape physical grounding and have the ability to literally fly, travel anywhere we choose, and communicate with spirit guides. Package contains 6th Chakra Tea Blend 2 oz, Angelica Flower Essence 1 oz, Mugwort Oil 1 oz, Dream Balm 0.095 oz, Mugwort for Dreaming Tincture 1 oz. \$50

Dynamic Duo: Stay healthy with this power pack. Package contains Antiseptic & Antibacterial Mist 2 oz, Propolis Throat Spray 1 oz. \$20

Gentleman's Package: Treat the special man in your life with this herbal package that will have him looking and feeling great. Package contains Vitality for Men Tea Blend 2 oz, All-Purpose Comfrey Salve 2 oz, Aftershave Mist 2 oz, Beard Oil 1 oz, Prophecy Chocolate. \$45

Headache Relief: Headaches can be triggered by stress, fatigue, allergies, eyestrain, poor posture, alcohol or drugs, low blood sugar, hormones, constipation and nutritional deficiencies. Your body is telling you that something needs to change. This package is put together for all your headache needs. Package contains Brain Booster Tea Blend 2 oz, Headache Oil 1 oz, Headache Relief Tincture 1 oz, Feverfew Oil 1 oz, Headache Balm 0.095 oz, Headache Relief Flower Essence 1 oz. \$60

Immune-Boosting Package: Calming and supportive of all systems in the body to help boost the immune system for prevention of viral illness. Package contains Healthy Body Tea Blend 2 oz, Cordyceps Mushroom Powder 8 oz, Echinacea Tincture 4 oz, Propolis Throat Spray 1 oz. \$75

Ladies Package: Pamper the special lady in your life with this herbal bundle of love. Package contains Rose Heart Tea Blend 2 oz, Rosemary Gladstar's Famous Face Cream 2 oz, Prophecy Chocolate, Rose book (IHA Herb of the Year 2012), 6-Mushroom Blend Powder 8 oz. \$55

Lyme Care: Package contains Lyme Tea Blend 2 oz, Lyme Support Tonic 8 oz (makes 1 gallon), 6-Mushroom Blend Powder 8 oz, Japanese Knotweed Tincture 1 oz, Black Amber Tincture 1 oz. \$99

Pet Care: A great package to help provide overall general health for your special fur baby. Package contains Animal Mushroom Blend Powder 8 oz, Kidney & Urinary Support for Pets 1 oz, Ear Mullein Oil for Pets 1 oz, Black Amber Tincture for Pets 1 oz. \$55

Pretty Legs: A friend asked me to make a tincture for her varicose veins. This took about a year to fully work, but she is very happy with the results. Hawthorn Berry is used to promote the health of the circulatory system. Purple Loosestrife restores tone to tissues while also bathing them in a soothing mucilage, which eases inflammation and ensures lubrication. Package contains Pretty Legs Tincture 4 oz, Varicose Veins Mist 2 oz, Yarrow Oil 1 oz. \$45

Rebuilder Package: This package is designed to take after a virus to help rebuild your immune system and get your body back in working order. Package contains Nurturing Your Liver Tea Blend 2 oz, Reishi Full-Spectrum Mushroom Powder 8 oz, Ashwagandha Tincture 4 oz, Lymph Spirits Tincture 4 oz. \$90

Rose Heart: Take good care of your heart chakra with roses. Package contains Rose Heart Tea Blend 2 oz, Rose Essence in Glycerin 1 oz, Rose Quartz. \$25

Vitality for Men: Don't forget to take care of your special male friend or yourself this year! Package contains Vitality for Men Tea Blend 2 oz, Spirit of the Prostate Tincture 1 oz, Boner Toner Tincture 1 oz, Boner Oil 1 oz, Turkey Tail Full-Spectrum Mushroom Powder 8 oz. \$70

18 *RELAXATION & STRESS RELIEF*

TEA BLENDS ~ 2 oz \$10

Peaceful Sleep Tea: A nice blend to ease the body into a peaceful night's sleep.

Stress Release Tea: Traditionally used for relieving stress and calming the nerves.

MISTS ~ 2 oz \$10

Fun-Time Mist: Lightens up the mood in any room and brings out the child in all of us.

Lavender Mist: Helps relax the body and mind.

Sleepy-Time Mist: Spray on your pillow, sheets and around your body to create a lovely relaxing atmosphere.

FLOWER ESSENCES ~ 1 oz \$10

5-Flower Essence: Takes shock and trauma out of the body, perceived or real.

Rose Essence in Glycerin: Brings such lovely sweetness and softening to the heart.

Rose Flower Essence: Represents love, affection, compassion and passion. Helps us stay centered when most needed.

OILS ~ 1 oz \$10

Chamomile Oil: Relaxing sedative effect.

Feverfew Oil: Apply to temples, forehead and neck to alleviate headache pain.

Headache Oil: Helps relieve the tension of a headache. \$12

Lavender Oil: So calming to the body.

Meadowsweet Oil: Similar to aspirin, relieves aches and pains.

Sweet Birch Oil: For deep bone pain.



TINCTURES ~ 1 oz \$15 4 oz \$30

Ashwagandha: Used in Ayurvedic medicine as a potent rejuvenating tonic. Helps with sleep.

California Poppy: Helpful for conditions such as insomnia, bedwetting, anxiety and nervous tension, particularly in children. Also found useful in the relief of acute nerve and muscular centered pain.

Calm & Centering: Traditionally used to bring a person into their center and calm the body.

Chamomile: A gentle calming herb that has been used for centuries to soothe the body.

Feverfew: Used for migraines, fever and arthritis.

Lavender: Great relaxant and effective remedy for stress.

Linden Flower: Recommended to combat anxiety and promote relaxation.

Oats: Profound restorative for the nervous and endocrine systems.

Headache Relief: Helpful in the relief of migraine headaches.

Skullcap: Relaxes the nervous system. A great remedy for stress and anxiety.

Sleep Well: Helpful for a restful night's sleep.

St. John's Wort: Helpful for Seasonal Affective Disorder (SAD), helps heal nerve endings.

Stress Release: Traditionally used as an excellent herbal compound for relieving stress and calming the nerves.

Valerian Root: Many people throughout the world use this to treat insomnia.

Wild Lettuce: Used to treat nervousness, sleeplessness, dry coughs, and excitement in children. Also alleviates rheumatic pain.

Wood Betony: Alleviates headaches and mild anxiety, helps relax muscles.



Self-care is an important topic that many women don't think they have enough time for. There's no better time to make yourself a priority than now! Good self-care can prevent, delay or reduce health problems.

Rosemary Gladstar's Famous Face Cream: This face cream actually permeates the epidermal layer and nourishes the skin. It's made in small batches using only the finest ingredients. See page 16 for sizes and varieties.

Luxurious Body Lotion: Makes your skin feel incredible all over. 4 oz \$28

TEA BLENDS ~ 2 oz \$10

Ladies Tea: A delightful tea for ladies in any stage of life.

Peaceful Sleep Tea: A nice blend to ease the body into a peaceful night's sleep.

OILS ~ 1 oz \$12

Boobies Care #1: Used to prevent cysts.

Boobies Care #2: Used to treat existing cysts.

SALVES ~ 2 oz \$15

Cramp-Away Salve: Our favorite remedy for menstrual cramps is hot ginger-lemon tea, crampbark compound, and Cramp-Away Salve massaged over the pelvic area.

Feminine Lubricant Salve: For tender moments without distraction.

Foot-Care Salve: Feel the soothing sweetness of this salve working its magic on your tired feet.

TINCTURES ~ 1 oz \$15 4 oz \$30

Ashwagandha: Used in Ayurvedic medicine as a potent rejuvenating tonic.

Bladder Toner: Helps tone and strengthen the bladder.

Cramp-Away: Traditionally used for menstrual cramps and discomfort.

Female Care: Traditionally used as an excellent tonic for the female reproductive system and for hormone imbalances.

Flood Gates: Traditionally used to diminish the flow of blood, both in heavily bleeding wounds and for menstrual flows.

High Calcium: Natural and easily assimilated source of calcium and other minerals.

Horsetail: Helps with osteoporosis and fluid retention. It contains silicon, a mineral needed for bone health.

Lady's Mantle: Prevents and treats menstrual cramps, excessive menstrual bleeding, endometriosis and uterine fibroids.

Memory Lane: Traditionally used for restoring memory and heightening mental capabilities.

Menopausal Years: Traditionally used as a tonic for the female reproductive system and hormone imbalances.

Mugwort: Used to stimulate irregular or suppressed menstruation.

Oats: Profound restorative properties for the nervous and endocrine systems.

Partridge Berry: One of the best known herbs for readying the uterus for childbirth.

Red Clover Blossoms: Helps ease symptoms of menopause.

Restless Legs: Calms symptoms of restless leg syndrome.

Triple Goddess: Susun Weed's combination of herbs designed for women.

Vitex: Treats hormone imbalances in women.

Wild Carrot Seed: Women have used the seeds for centuries as a contraceptive.

Yellow Dock: Used as a tonic, laxative and stomach stimulator. Helps the body utilize iron.

Vitality for Men Package: Package contains Vitality for Men Tea Blend 2 oz, Spirit of the Prostate Tincture 1 oz, Boner Toner Tincture 1 oz, Boner Oil 1 oz, Turkey Tail Full-Spectrum Mushroom Powder 8 oz. \$70

Vitality for Men Tea: Traditionally used for the male reproductive system. 2 oz \$10

Rosemary Gladstar's Famous Face Cream: We know men also get dry skin! Use this rich cream on your face and hands to soothe, nourish and protect your weather-worked skin. See page 16 for sizes and varieties.

MISTS

Aftershave Mist: Leaves your skin feeling fresh and free of irritation. 2 oz \$10

Bug & Tick Spray: Helps protect against insects and ticks in a way that is safe for the environment, for you and your loved ones. Helpful for keeping away Lyme-carrying ticks. 2 oz \$22

OILS & LINIMENTS ~ 1 oz \$12 4 oz \$40

Acne Liniment: Treats and prevents acne.

Beard Oil: This oil makes your beard feel great, look good, and helps with itchiness and dandruff.

Boner Oil: Topical salve to help men stand erect. Safe to use during intercourse.

New Growth Hair Oil: Helpful when you have thinning hair or hair loss. Massage into your hair to help facilitate new hair growth.

SALVES ~ 2 oz \$15 4 oz \$25

All-Purpose Comfrey Salve: This is our best selling all-purpose salve. Good for bruises, chapped lips and skin, aches and pains, supports healing broken bones, just a generally helpful salve for anything that ails you.

Extra-Strength Super Salve: The antiseptic and antifungal properties makes this especially useful for infections.

Foot-Care Salve: Feel the soothing sweetness of this salve working its magic on your tired feet.

Sizzling Hot Snake Oil Salve: A warm, deep-penetrating salve great for muscular aches, pains and sinus congestion. 2 oz \$17 4 oz \$30

TINCTURES ~ 1 oz \$15 4 oz \$30

Ashwagandha: Translated as "strength of a stallion." Used in Ayurvedic medicine as a potent rejuvenating tonic.

Black Amber: One drop daily prevents tick bites.

Boner Toner: The men in our families love this combination, so do the women!

Pine Pollen: Endocrine hormonal balance, ratio of testosterone to estrogen in humans.

Spirit of the Prostate: Uplifting tonic for the male reproductive system.

Artist's Conk Full-Spectrum Mushroom Powder: Supports liver function. 8 oz \$22
1 lb \$40

Ryan's Kelp: The absolute best "one-a-day" vitamin you can take for your overall health. 4 oz \$25

TEA BLENDS ~ 2 oz \$10

Kidney Care Tea: An herbal blend that helps support and nourish the kidneys.

Liver Detox Tea: A special blend to help the body release toxins.

Nurturing Your Liver Tea: A blend of herbs to support and nurture your liver.

TINCTURES ~ 1 oz \$15 4 oz \$30

Burdock Root: Respected as a liver tonic that helps clean and builds up the blood.

Chickweed: A detoxification agent and blood purifying herb.

Cleavers: Useful remedy for distended lymphatic glands.

Goldenrod: Effective herbal treatment for urinary tract disorders of all kinds. Great for cat allergies.

Gravel Root (Joe-Pye Weed): Helps avoid the formation of stones in the kidneys and gallbladder, and may also shrink the existing stones.

Hepatic: Cleansing, building and restoring to the liver.

Kidney Cleanse: Stimulates the kidneys.

Milk Thistle: Both protection and regeneration of the liver.

Mullein Leaf: Helps dry up extra moisture in the body.

Mullein Root: Bladder toning agent for the treatment of urinary incontinence.

Nettle Root: Most commonly used to treat an enlarged prostate. High in zinc.

Nettle Seed: Useful for all kinds of kidney trouble.

Tulsi: Excellent adaptogen herb that can help relieve the stress of modern living.

Wormwood: Helps in the healing of hepatitis. Wormwood is also used to treat fever, liver disease and worm infections.



Lyme Care Package: Package contains Lyme Tea Blend 2 oz, Lyme Support Tonic 8 oz (makes 1 gallon), 6-Mushroom Blend Powder 8 oz, Japanese Knotweed Tincture 1 oz, Black Amber Tincture 1 oz. \$99

Bug & Tick Spray: Helps keep insects and ticks off your body. 2 oz \$22

Lyme Tea Blend: Blended to support and nourish your body during Lyme. 2 oz \$10

Lyme Support Tonic: A blend of mushrooms and herbs you cook into a broth to boost your body's defenses against Lyme flares. 8 oz \$40

Reishi Full-Spectrum Mushroom Powder: Reishi is an immune-boosting mushroom that is part of Stephen Buhner's Lyme Protocol. Reishi regulates and stimulates healthy blood parameters and protects liver function. 8 oz \$22 1 lb \$40

Kloss' Drawing Liniment: Put on a tick bite to help draw out the bacteria. 1 oz \$12 4 oz \$40

Ticks-Nix Liniment: Place on the tick bite to draw out the tick. 1 oz \$10 4 oz \$40

TINCTURES ~ 1 oz \$15 4 oz \$30

Andrographis: Helps lower or even eliminate Lyme spirochete loads in the body.

Bidens: Supports mucous membrane health. Powerful anti-inflammatory. Strongly antibacterial. Astringent.

Black Amber: One drop under your tongue daily to help prevent tick bites (works for pets too!)

Cordyceps Mushroom: Increases energy, stimulates the immune system and acts as an overall tonic to the body.

Cranesbill: Used to stop internal hemorrhages.

Cryptolepis: As featured in Stephen Buhner's books, Herbal Antibiotics and Healing Lyme Disease Coinfections.

Japanese Knotweed: Known to aid the central nervous system and kill Lyme bacteria.

Lyme Support: This combination of teasel root, sweet annie and Japanese knotweed helps combat Lyme infection on all levels.

Memory Lane: Helps restore short-term memory. Helps with "brain fog" associated with Lyme.

Milk Thistle: Great liver support.

Poke Root: Cleanses the lymphatic system.

Red Root: Stimulates the lymphatic system.

Sweet Annie: Used to control fever.

Teasel Root: Useful for arthritic symptoms.



Elderberry Syrup: Delicious and oh so beneficial for your immune system. 4 oz \$30

Elderberries for Syrup: Make your own elderberry syrup and adjust to your own taste. Recipe included. ½ cup \$10

Mugwort Oil: Rub on your chest to help keep the energy of the lungs moving. 1 oz \$10

Propolis Throat Spray: This antiseptic throat spray helps stop viruses right at the nose and throat before they get into the body. 1 oz \$15

Sizzling Hot Snake Oil Salve: Place on your chest, back and under your stuffed up nose to open your breathing. 2 oz \$17 4 oz \$30

Deep Immune Tonic: A blend of mushrooms and herbs you cook into a broth to support and nurture your immune system. Makes 1 gallon. 8 oz \$40

PACKAGES

Immune-Boosting Package: Calming and supportive of all systems in the body to help boost the immune system for prevention of viral illness. Package contains Healthy Body Tea Blend 2 oz, Cordyceps Mushroom Powder 8 oz, Echinacea Tincture 4 oz, Propolis Throat Spray 1 oz. \$75

Cold & Flu Package: Helpful with preventing and treating symptoms of cold and flu. Package contains 6-Mushroom Blend Powder 8 oz, Cold & Flu Tincture 4 oz, Elderberry Tincture 4 oz, Sweet Annie Tincture 4 oz, Mugwort Oil 1 oz. \$120

Rebuilder Package: This package is designed to take after a virus to help rebuild your immune system and get your body back in working order. Package contains Nurturing Your Liver Tea Blend 2 oz, Reishi Full-Spectrum Mushroom Powder 8 oz, Ashwagandha Tincture 4 oz, Lymph Spirits Tincture 4 oz. \$90

TEA BLENDS ~ 2 oz \$10

Cold & Flu Tea: Drink at the first sign of a cold to boost your immune system.

Healthy Body Tea: Great for all systems!

Healthy Lung Tea: All of these herbs grow together here on the farm, they enjoy each other's company and assist each other during the growing season. They know each other and like working together. These herbs help to strengthen and support the lungs, especially during the winter months and allergy season.

Soothing Throat Tea: A special blend to soothe your sore throat.

HealingSpiritsHerbFarm.com

607-566-2701

orders@HealingSpiritsHerbFarm.com



MISTS ~ 2 oz \$10

Antiseptic & Antibacterial Mist: Spray around your room and yourself to kill germs.

Eucalyptus Mist: This spray is highly antiseptic and is always a favorite for colds, flu, coughs, as well as viral infections.

Lavender Mist: Lavender is antiviral, antibacterial and also calming to the nervous system. A nice scent to spray around your house, office or work space.

TINCTURES ~ 1 oz \$15 4 oz \$30

Aster Flower: Stimulant and diaphoretic. Help with colds, rheumatism, nervous debility, headache, pains in the stomach and dizziness.

Barberry Root: Contains the immune-stimulating, infection-fighting, antiseptic constituent berberine and helps relieve sinus pressure.

Black-Eyed Susan: Beneficial in stimulating the immune system. This herb has been used to treat some symptoms of the common cold.

Boneset: One of the best herbal remedies for the flu and fevers.

Bronchial Aid: For deep-seated bronchial and lung infections.

Cold & Flu: Boneset is often used to treat influenza, swine flu, acute bronchitis, nasal inflammation, joint pain (rheumatism), fluid retention, dengue fever, and pneumonia; as a stimulant; and to cause sweating. Yarrow is used for fever, common cold, hay fever, dysentery, diarrhea, loss of appetite, gastrointestinal (GI) tract discomfort, and to induce sweating.

Cough Comfort: Relaxing and soothing for dry, irritating cough and sore throat.

Cleavers: Exerts a beneficial action on swollen glands and cysts.

Echinacea: Traditionally used to boost the immune system, useful at the onset of a cold or flu.

Elderberry: Elderberry helps boost and maintain the immune and respiratory systems.

Elderflower: For colds and flu, sinus infections, and other respiratory disturbances.

Garlic: Boosts immune function by stimulating white blood cells.

Gum & Mouth Rinse: Helps kill germs in the mouth and throat.

Japanese Knotweed: A broad-spectrum antibacterial agent.

Lung Lift: Soothing blend to aid your lungs during colds and infections.

Lung Spirits: Helps repair damaged lungs.

Lymph Spirits: Supports and cleanses the lymphs, especially after an illness.

Poke Root: Cleanses the lymphatic system.

Power Lift: Strengthens the adrenal system and energy loss due to stress and fatigue.

Skunk Cabbage: Skunk Cabbage can be used for winter colds or asthma with bronchial spasms. According to herbalist Michael Moore, skunk cabbage is specific for bouts of coughing that cause semi-vomiting spasms and stomach pain, also called "coughing/gagging syndrome."

Strong Immune: A wonderfully powerful formula traditionally used for toning and building the immune system and strengthening the body's natural defenses.

Sweet Annie: Used in Chinese medicine to treat malaria and other deep-seated fevers in the body.

Tulsi: Strengthens the immune system.

Yarrow: Used for fever, common colds and hay fever.

HERBS

2022 HERB PRICE LIST		DRIED			FRESH
HERBS	LATIN NAME	1 LB	1/2 LB	1/4 LB	1 LB
		16 OZ	8 OZ	4 OZ	ONLY
Agrimony	Agrimonia eupatoria	35	20	12	25
Alfalfa Leaf	Medicago sativa	30	18	12	21
Angelica Root	Angelica archangelica	60	32	18	45
Anise Hyssop	Agastache foeniculum	30	18	12	21
Ashwagandha	Withania somnifera	37	20	13	21
Barberry	Berberis vulgaris	37	20	15	21
Bee Balm	Monarda fistulosa	25	14	10	20
Bidens	Bidens pilosa	25	14	10	21
Birch Bark, Sweet	Betula lenta	37	20	13	21
Black Walnut Hulls	Juglans nigra	37	21	13	25
Blue Vervain Lf & Fl	Verbena hastata	30	18	12	25
Boneset Lf & Fl	Eupatorium perfoliatum	45	23	18	25
Borage Lf & Fl	Borago officinalis	35	18	13	21
Burdock Root	Arctium lappa	35	18	13	21
Calamus Root	Acorus calamus	37	20	13	21
Calendula Flower	Calendula officinalis	45	23	18	25
California Poppy	Eschscholzia californica	45	23	18	25
Carrot Seed, Wild	Daucus carota	41	23	16	n/a
Catnip Lf & Fl	Nepeta cataria	45	23	18	25
Chamomile	Matricaria recutita	81	42	23	60
Cherry Bark, Wild	Prunus serotina	37	20	13	21
Chickweed	Stellaria media	37	20	13	21
Cleavers	Galium aparine	30	18	12	21
Coltsfoot Leaf	Tussilago farfara	30	18	12	21
Comfrey Leaf	Symphytum officinale	30	18	12	21
Comfrey Root	Symphytum officinale	30	18	12	21
Corn Silk (Yellow)	Zea maize	15 per ounce			
Dandelion Leaf	Taraxacum officinale	37	20	15	21
Dandelion Root	Taraxacum officinale	37	20	15	21

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HERBS

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2022 HERB PRICE LIST		DRIED			FRESH
HERBS	LATIN NAME	1 LB	1/2 LB	1/4 LB	1 LB
		16 OZ	8 OZ	4 OZ	ONLY
Echinacea Lf & Fl	Echinacea purpurea	30	17	11	21
Echinacea Root	Echinacea purpurea	65	37	23	40
Elderberry	Sambucus nigra	37	20	13	25
Elderflower	Sambucus nigra	51	27	17	40
Elecampane Root	Inula helenium	37	20	13	25
Feverfew Lf & Fl	Tanacetum parthenium	40	22	15	30
Ginkgo Leaf	Ginkgo biloba	40	22	13	30
Goldenrod Lf & Fl	Solidago Spp	30	17	11	21
Gravel Root	Eupatorium purpureum	37	20	13	25
Greater Celandine Lf & Rt	Chelidonium majus	35	20	12	25
Hawthorn Berries	Crataegus monogyna	51	27	17	36
Hops	Humulus lupulus	15 per ounce			
Horsetail	Equisetum arvense	25	14	10	20
Hyssop Lf & Fl	Hyssopus officinalis	30	17	11	20
Japanese Knotweed, cut	Polygonum cuspidatum	37	20	15	21
Japanese Knotweed, finely sifted	Polygonum cuspidatum	47	25	20	n/a
Lady's Mantle	Alchemilla vulgaris	45	25	15	35
Lamb's Quarters	Chenopodium spp	30	17	11	20
Lemon Balm	Melissa officinalis	35	20	12	25
Marshmallow Leaf	Althea officinalis	35	20	12	25
Marshmallow Root	Althea officinalis	45	25	15	35
Meadowsweet Lf & Fl	Spiraea alba	35	20	12	25
Mint Blend, Wild	Mentha spp	35	20	12	25
Motherwort Lf & Fl	Leonurus cardiaca	45	25	15	35
Mugwort Leaf	Artemisia vulgaris	25	14	10	20
Mullein Leaf	Verbascum thapsus	30	18	12	21
Mullein Root	Verbascum thapsus	51	27	17	40
Nettle Leaf	Urtica dioica	40	22	13	30
Nettle Root	Urtica dioica	40	22	13	30
Nettle Seed	Urtica dioica	8 per ounce			

As we all know, Mother Nature can be testy and sometimes downright unkind to the growing patterns of certain plants. Please call or check our website for the most up-to-date information. Prices are subject to change without notice.

HERBS

2022 HERB PRICE LIST		DRIED			FRESH
HERBS	LATIN NAME	1 LB	1/2 LB	1/4 LB	1 LB
		16 OZ	8 OZ	4 OZ	ONLY
Oat's, Milky Head	Avena sativa	45	25	15	35
Periwinkle	Vinca Major	45	25	15	35
Plantain	Plantago major	35	20	12	25
Poke Root	Phytolacca americana	45	25	15	35
Poplar Bud	Populus spp	n/a	n/a	n/a	65
Purple Loosestrife	Lythrum salicaria	25	14	10	20
Quackgrass	Elytrigia spp	37	20	15	30
Raspberry Lf, Wild	Rubus spp	30	17	11	21
Red Clover Blossoms	Trifolium pratense	60	32	18	60
Red Clover Lf & Fl	Trifolium pratense	30	17	11	20
Roses, Buds & Petals	Rosa centifolia	60	32	18	51
Rue Lf & Fl	Ruta graveolens	80	42	23	40
Sage Leaf	Salvia officinalis	30	18	12	25
Skullcap	Scutellaria spp	40	22	13	30
Spilanthes	Acmella oleracea	30	18	12	25
St. John's Wort	Hypericum perforatum	30	17	11	30
Sweet Annie	Artemisia annua	40	22	15	30
Teasel Root	Dipsacus sylvestris	100	52	28	40
Tulsi (Holy Basil)	Ocimum sanctum	40	22	15	30
Valerian Root	Valeriana officinalis	40	22	13	30
Violet Leaf	Viola odorata	40	22	15	30
Watercress	Nasturtium officinale	51	27	17	41
White Oak Bark	Quercus alba	40	20	13	30
White Willow Bark	Salix alba	40	22	13	30
Wild Lettuce	Lactuca virosa	40	22	15	30
Witch Hazel Bark	Hamamelis virginiana	37	20	13	25
Wood Betony	Stachys officinalis	35	20	12	25
Wormwood	Artemisia absinthium	30	17	11	20
Yarrow Lf & Fl	Achillea millefolium	30	18	12	25
Yellow Dock Root	Rumex crispus	37	20	15	25

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Pet Care: A great package to help provide overall general health for your special fur baby. Package contains Animal Mushroom Blend Powder 8 oz, Kidney & Urinary Support for Pets 1 oz, Ear Mullein Oil for Pets 1 oz, Black Amber Tincture for Pets 1 oz. \$55

Animal Mushroom Blend Powder: Immune support for animals made with our full-spectrum mushroom blend. Sprinkle on pet's food. 8 oz \$22

Deluxe Pet Powder: Nutritional supplement that promotes healthy coat and skin, as well as helping to control fleas, ticks, and internal parasites. Sprinkle on pet's food. Full-Spectrum Extract Mushroom Powder (Reishi, Cordyceps, Turkey Tail, Lion's mane, Artist's Conk & Chaga), Ground Pumpkin Seeds, Nutritional Yeast, Diatomaceous Earth, Garlic Powder, Wormwood. 10 oz \$30

Ear Mullein Oil for Pets: Mullein's flowering tops can help soothe the pain of an earache, and can help treat mild ear infections and ear mites. According to Herbs for Pets by Gregory L. Tilford and Mary L. Wulff, mullein flowers serve as good ear mite fighters because they are antiparasitic and antibacterial. 1 oz \$10

Flea & Tick Spray: Spray onto your animals and rub into fur before going outside to help protect them from fleas and ticks. Black Walnut, Black Amber, Essential Oils (Grapefruit, Cedarwood, Lavender, Rosewood, Myrrh, Oregano), Castor Oil, Vegetable Glycerin. 2 oz \$22

Hot Spot Spray: Soothing and healing spray for irritated or itchy skin. Burdock Root, Calendula, Comfrey Leaf, Mugwort, Plantain infused in Alcohol, Aloe Vera, Essential Oil of Peppermint. 2 oz \$15

TINCTURES ~ 1 oz \$15

Black Amber Tincture for Pets: One drop daily in your pet's water bowl prevents tick bites (works for people too!).

Essiac Tincture for Pets: Traditionally used as an antitumoral remedy. Sheep Sorrel, Burdock Root, Rhubarb Root infused in Alcohol.

Happy Joints for Dogs Tincture: Used for arthritis and stiff joints to help old dogs feel like puppies again. Feverfew, Black Cohosh, Yucca, White Willow Bark, Cramp Bark, Alfalfa, Ashwagandha infused in Alcohol.



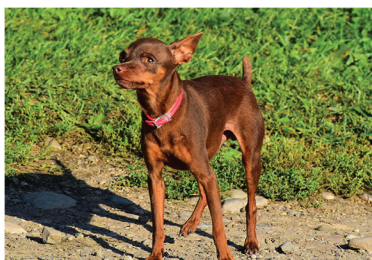
DRIED HERBS ~ 1 oz \$8

Catnip for Happy Cats: Cats go into a delighted state when they smell this herb. Sprinkle it on the ground for them or add it to their favorite toy.

Kidney & Urinary Support for Pets: For all sorts of kidney trouble. Sprinkle onto your pet's food daily. Nettle Seed, Cleavers.

Nettle Seed for Pets: Sprinkle on food for animals or make a tea to put in their water dish.

Wormwood for Pets: Used to eliminate worms from the body. Sprinkle onto your pet's food.



FLOWER ESSENCES FOR PETS ~ 1 oz \$10

Add a few drops to your pet's water.

5-Flower Essence for Pets: Helps pets after they have experienced a distressing event, such as separation anxiety, moving, or getting lost. Great for animals that are afraid of everyday things such as thunderstorms, fireworks, going to the vet or being groomed. Water infused with Cherry Plum, Clematis, Rock Rose, Star of Bethlehem, Impatiens Flowers, Brandy, Apricot Brandy.

Oregon Grape Flower Essence for Pets: For animals with hostility, that have been abused or harshly punished. Helps take them from negative to positive. Oregon Grapes infused in Water and Brandy.

Red Clover Flower Essence for Pets: For panic - such as taking your dog to the vet, loud thunder, fireworks or a scared kitty caught in a tree. Red Clover Herb, Water, Brandy, Apricot Brandy.

Yarrow Flower Essence for Pets: Strengthens and protects against toxic environmental influences and stress. Yarrow Flowers infused in Water, Brandy and Apricot Brandy.



4 oz \$8 ~ Quart \$25



Farm-Style Raw Honey



Farm-Style Japanese Knotweed Honey



Beeswax ~ 1 lb \$15

RYAN'S KELP ~ 4 oz \$25

Highest quality kelp by Ryan Drum harvested by hand in the San Juan Islands off the coast of Washington and solar dried. All essential minerals are provided by dietary seaweeds. No land plant even remotely approaches seaweeds as sources of metabolically-required minerals (See Bergner 1997).

Seaweeds can provide minerals absent from freshwater and food crops grown on mineral-depleted soils. Aside from extraordinary healing benefits, kelp is the absolute best "one-a-day" vitamin you can take. It is a wonderful source for potassium and iodine, and is one of the highest forms of calcium that is readily absorbed by the body. Great for your bones, hair and nails, as well as your immune system!

Kelp can be eaten and enjoyed as is. It can also be added to salads, soups, baked or steamed vegetables, oatmeal, scrambled eggs, cookies, pancakes, and ice cream. The possibilities are endless.



Our 16 kW solar photovoltaic system supplies us with about 90% of our energy needs on the farm. It is just wonderful knowing that when the sun is shining we are producing our own energy without damage to the earth. Clean, renewable and always there.



These organizations are very important to us.



NEHA



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**Lyn Li
Reisen
Memorial
Fund**

This grant is available for projects that educate children about the wonders and magic of plants.

MUSHROOM PRODUCTS

Mushrooms support our bodies in many wonderful ways. Powdered mushrooms are mostly tasteless and can be added to soups, sauces, smoothies or anything else you are eating or drinking. We like to mix a spoonful with a little vitamin C powder and drink it with breakfast!

Full-Spectrum Mushroom Extract Powder

8 oz \$22 1 lb \$40

6-Mushroom Blend: A blend of six full-spectrum mushrooms (Artist's Conk, Chaga, Cordyceps, Lion's Mane, Reishi, Turkey Tail).

Reishi & Cordyceps Blend: For support of immune system and cellular health.

Artist's Conk (*G. applanatum*): Inhibits viral infection, regulates cholesterol and blood pressure, supports liver function, acts as an antihistamine.

Chaga (*I. obliquus*): Anti-tumoral, anti-inflammatory, stimulates and regulates immune system, helpful for ulcers and gastritis.

Cordyceps (*O. sinensis*): Improves liver and kidney function, muscle relaxation, sex drive.

Lion's Mane (*Hericium* sp.): Known as the "mood and memory mushroom," helpful for nerve/neurological regeneration, protects against ulcers.

Reishi (*G. lucidum*): Regulates cholesterol and blood pressure, supportive of bodies with HIV, helpful for liver function, anti-allergenic, expectorant.

Shiitake (*L. edodes*): Supports immune system, heart and brain. Supports the colon. Weight loss.

Turkey Tail (*C. versicolor*): Immune system support, anti-viral, helps support healthy blood and liver function.



Mushroom Tonics

8 oz \$40

Carefully formulated dried medicinal mushrooms and herbs for you to easily make a concentrated water-based extract using a slow cooker. Makes 1 gallon.



Cellular Support Tonic: Chaga, Maitake, Turkey Tail, Reishi, Birch Polypore, Shiitake, Oyster Mushrooms; Sheep Sorrel, Burdock Root, Rhubarb Root.

Deep Immune Tonic: Turkey Tail, Maitake, Reishi, Artist's Conk, Shiitake Mushrooms; Elderberries, Ashwagandha Root, Burdock Root, Dandelion Root.

Lyme Support Tonic: Turkey Tail, Maitake, Reishi, Artist's Conk, Shiitake, Lion's Mane Mushrooms; Japanese Knotweed, Teasel Root.

Our full-spectrum mushrooms are grown in a cleanroom and processed in our commercial kitchen here on the farm. Our cultivation and extraction process captures the highly-potent mycelium of the mushroom.

NOTE ON GLUTEN: Mushroom products are naturally gluten-free and are grown in sorghum (naturally gluten-free grain); however, our facility also processes wheat and other grains containing gluten. These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

The plant world offers us an abundant array of gifts allowing us to take ownership of our own healing. These gifts don't just apply to our physical selves. The healing energy of plants also effects our emotional, mental and spiritual selves. Plants have been used for centuries to enhance spiritually and our awareness of our connection to all life. Used properly, herbs can become cherished travel companions as you walk your sacred path.

