

*[Lilychoinaturalhealing.com](http://Lilychoinaturalhealing.com)*

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*(Since no sweetener has been added, the taste of my tinctures could be startling as a result of all the herbs; however, you will get used to it or you can dilute it in water.)*

*Take 5 drops directly in the mouth or in 1 oz. of liquid 2-3 times daily, you can eat a piece of raisin if you take it directly to remove the taste of herbs.*

For **Qi** take 1/2 dropper directly in the mouth or in 1 oz. of liquid when needed, 2-3 times daily. For topical application, use 5-10 drops to half dropper, 2-3 times daily. To prevent getting sick, take it when you are around sick people or getting on a plane or in public where people are sneezing and coughing. When you feel light headed, brain fogged, heavy headed, or at the first sign of getting sick you should start taking Qi. For tinnitus or ringing in the ear: take 1/2 dropper 2-3 times daily. For nausea and vomiting: take 1/2 dropper 2-3 times until better.

Here are some of the conditions that **Qi** can help:

Influenza, Intestinal Flu, Non-specific Acute Colitis, Acute Gastroenteritis, Acute Diarrhea, Acute Colitis, Diaper Rash (use topically), Mosquito Bite ( use topically), Headache, Irritable Bowel Syndrome, Abdominal Pain, Nausea/ Vomiting, Abdominal Fullness and Distention, Sunstroke, Fungal Infection.

These are some of the conditions **Hawthorn Tonic** can help: Healthy blood pressure, decreasing blood fats, aid digestion, prevent hair loss, reduce anxiety, treat heart failure and to treat internal infection, reduce inflammation, reduce parasites.

These are some of the conditions **Blood Builder** can help: anemia, anxiety, arthritis, depression, dizziness, eating disorders, fatigue, feeling scattered, infertility, insomnia, irregular menstrual issues, miscarriage, low iron or B12, migraines, painful periods, scanty period, poor memory, thinning hair. Blood builder nourishes our brain and is the key ingredient to healthy mental function, feeling vital, feeling calm and having a sense of togetherness. It keeps our tendons, skin, hair and joints healthy, strong and agile while making sure our entire body has nourishment and moisture. It also helps with receiving adequate rest, being able to wind down after the day's activities, sleeping well through the night and waking up with proper energy for the day.

**Tip for vegan/vegetarians:** take it daily

**Tip for women:** take formula after your period ends to the start of your next cycle. No need to take it during your period as you are bleeding and this is used to replenish what you lose.

For **Sinus Relief** : If your sinus is very bad you can take 1/2 dropper-full dropper 3 times a day. (But start with 5 drops to get used to the taste)

These are some of the conditions **Sinus Relief** can help: reduce coughing, common cold, disperses wind and expels toxins to relieve inflammation, dissolves nasal mucus, clears discharge, clear nasal drips, and opens the nasal passages, assist asthma attack. (Stay away from cold foods and drinks, make sure you have bowel movement daily.)

**\*Stay tuned for more uses of these tinctures @lilychoinaturalhealing.com**