



How to use Spleen Rescue+, Acne Clear, Ginger Extract, Schisandra

(Since I didn't add any sweetener, the taste of my tincture could be startling as a result of all the herbs; however, you will get used to it or you can put it in water.)

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

Spleen Rescue+ can help: Anxiety, panic attack, fear, fatigue, poor memory, phobias, short attention span or depression. In Traditional Chinese Medicine (TCM) this is related to the Heart and Spleen. How? Heart controls Blood which stores Shen (mind, emotion), and Spleen absorbs nutrients from food and transports and transforms them to nourish Blood. When Spleen function is impaired, blood lacks proper nourishment, Shen scatters and mind and emotion can easily be disturbed.

Spleen Rescue + is a traditional formula which has been used thousands of years to restore the spleen function to help blood, heart, mind and emotion. Spleen Rescue + also helps excess perspiration, night sweats, irregular menstruation, leukorrhea, dizziness, blurry vision, genital itchiness, impotence, nocturnal emissions, weak abdomen, abdominal distention after eating, premenstrual spotting, dry skin and dry hair.

For Acne Clear: Take 5 drops directly in the mouth or in 1 oz. of liquid daily after meal. You can eat a piece of raisin to remove the taste of herbs. These are some of the conditions

Acne Clear can help: Clear acne due to heat and dampness, dispels phlegm, drain pus on the skin, throat, and nose, release wind cold, frontal headache, and nasal congestion, calm down itchy eyes, refresh eye sight, reduce inflammation on upper part of body.

For Ginger Extract: *Start with 1 drop, and work up from there as it is potent!*

- For Yang maintenance, 1-3 drops into your mouth, up to 4 times a day.
- For a ginger kick beverage add 1-20 drops (depends on how strong you prefer) to 1 cup of your favorite beverage, twice daily.
- For nauseous sensation and Stomach discomfort, take 1-3 drops orally and rub 3 drops on Stomach and chest bone area, 3 times daily until you feel better.
- For chronic knee pain, rub 3-8 drops to the upper and inner area of the knee about 3" above the knee cap between 10:00-11:00am daily. For other joint pains, rub 3-8 drops directly at the pain location.
- For chronic migraine take 1-3 drops orally, 3 times a day. Apply 1 drop to each temple, back of the ears and front of the throat 3 times a day.
- For cancer prevention, clearing phlegm in the throat and improving body circulation take 1-3 drops orally up to 4 times a day.
- For skin cancer prevention apply 1-3 drops to suspected area up to 5 times a day.
- For bacteria or virus prevention from insect or mosquito bite take 1-3 drops orally 3 times a day. Rub 1-5 drops at the area 3-5 times a day for at least 3 days.
- For preventing bacteria overgrowth in gum or teeth place 1-3 drops into your mouth, hold for 15 sec before you swallow it 2-3 times daily.
- For prevention of hair loss massage 3-8 drops to cleaned scalp 2-3 times a day.

For Schisandra: Take 3-5 drops directly in the mouth or in 1 oz. of liquid daily after meal. You can eat a piece of raisin to remove the taste of herbs.

Schisandra can help the following conditions: Balance hormone, fight adrenal fatigue, detox and protect liver, reduce stress, boost mental alertness without over stimulating, harmonizes lung and kidney yang deficiencies by restoring and oxygenating the lung. asthma, chronic coughing, wheezing, shortness of breath, altitude sickness and respiratory infections, restores and oxygenates the lungs, profuse sweating, night sweats and frequent urination, chronic diarrhea, bloated stomach, improve spleen health, lower blood pressure, improve blood vessel health, improve skin health, such as eczema, hives, beautify skin moisture and elasticity, nourish all organs and meridians, anti-aging.

Stay tuned for more uses of all tinctures @lilychoinaturalhealing.