



Name BF&C

Caps

Code	Size	Duration
C07-54	54 Capsules	Usually lasts 18-27 days
C07-100	100 Capsules	Usually lasts 33-50 days

Area concerned

The body's natural healing processes, joints and muscles, digestion

Ingredients

(min per capsule) Oak Bark 90mg, 45mg each Marshmallow Root, Mullein, Gravel Root, Black Walnut, 30mg each Wormwood, Scullcap.

Description

Based on *Dr Christopher's* well known formula for supporting the body's own natural healing processes. The letters in the name stand for 'Bone Flesh and Cartilage' being the areas with which this formula is concerned. We are no longer permitted (by the UK Department of Health) to put the fantastic comfrey root in this formula because of their health concerns; but we still sell comfrey leaf in tea form within our *Three Continents Healing Tea*. So we recommend when you take these capsules, you also drink *Three Continents Healing Tea* every day.

Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

How long to take it for

If you want to support the healing process of the body, take *BF&C Capsules*, preferably with *Three Continents Healing Tea* for about three months. If it is felt to be beneficial, take for longer if you want to, or have a break for a month or two before resuming.

Cautions

Take two hours away from any drug medications.

Companion Products

Arth Capsules or Drops, Kid Capsules or Drops; Wheat Grass Capsules or Powder; Super Spirulina; Three Continents Healing Tea.

Ointment

Code	Size	Duration
O01	50ml	A month or longer.

Area concerned

Supports general healing of the skin.

Ingredients

Comfrey Leaf, Oak Bark, Marshmallow Root, Mullein, Gravel Root, Black Walnut leaves, Wormwood, Scullcap in a base of cold-pressed oil and beeswax.

Description

An excellent general purpose balancing ointment, made according to the formula of *Dr John Christopher*. This is a soothing ointment, containing herbs to help keep the skin in good health, and to help the body tissues in a whole variety of situations. For the added power of garlic, which will help to maintain good immune system function in a particular area, empty two or three capsules of our *Power Garlic Capsules* into a pot of *BF&C Ointment*, and stir well. Apply regularly, several times a day.

Standard use

Apply as required, 3-4 times a day.

How long to take it for

Use for 3-4 months, or as and when desired.

Cautions

None

Companion Products

BF&C Capsules; Chickweed Ointment; Pilewort Ointment; Skn Capsules or Drops, Three Continents Healing Tea.

Caps

Ointment