



## Name Black & Chickweed Ointments

### Ointment

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Code	Size	Duration
O03	50ml Black Ointment	A month or longer.

#### Area concerned

Supports general healing of the skin.

#### Ingredients

Golden Seal, Poke Root, Chaparral, Plantain, Chickweed, Comfrey Leaf, Red Clover, Mullein, in a base of cold-pressed oil and beeswax.

#### Description

An ointment which can give stronger support than **BF&C Ointment**, thanks to the properties of the herbs it contains - golden seal, poke root and chaparral in particular can give very strong support.

#### 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 Ointment; Lu Capsules or Tea; Pilewort Ointment; Skn Capsules or Drops; Three Continents Healing Tea; Skin Brush.

Code	Size	Duration
O02	50ml Chickweed Ointment	A month or longer.

#### Area concerned

Supports general healing of the skin.

#### Ingredients

Chickweed in a base of cold-pressed oil and beeswax.

#### Description

A soothing ointment with very useful properties to promote good skin function. It can particularly help to soothe the skin, keeping it feeling comfortable.

#### 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 Ointment; Lu Capsules or Tea; Pilewort Ointment; Skn Capsules or Drops; Three Continents Healing Tea; Skin Brush.

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