



Name Comfrey Root

Powder

Code	Size	Duration
P01-35	35g	Depends on size of area, and frequency of application. If a small area (say, 1 x 1 inch, or 2 x 2 cm) this tub will last about a month.

Area concerned

Supports general healing of the skin and areas under the skin.

Ingredients

Comfrey root only (for external use).

Description

One of the most fantastic herbs available to support the body's natural healing processes. Comfrey root used to be used extensively internally in the early 80's; however, the UK Department of Health now advise that it be available only 'for external use' in the UK.

Standard use

Make a mixture of equal parts of wheat germ oil and honey; use, perhaps, a teaspoon of each. Add enough powder to make a thin paste. Apply a covering to the area you wish to benefit. For further details refer to the information sheet supplied with product.

How long to take it for

Use for as long as required.

Cautions

For external use only.

Companion Products

BF&C Ointment; Three Continents Healing Tea.

Powder