

Product Profile

TURMERIC • CHAMOMILE COMPOUND

Anti-Inflammatory Remedy

A blend of the liquid extracts of:

- **Turmeric rhizome** (*Curcuma longa*) 18%
- * **Chamomile flower** (*Matricaria recutita*) 18%
- **Meadowsweet leaf & flower** (*Filipendula (Spirea) ulmaria*) 18%
- **Licorice root** (*Glycyrrhiza glabra*) 18%
- * **St. John's Wort flower & bud** (*Hypericum perforatum*) 18%
- **Arnica flower** (*Arnica montana*) 10%

* Fresh • Dried

Action: The predominant herbal constituents in this compound are flavonoids, salicylates ("herbal aspirin"), sesquiterpenes, and phytosterols ("herbal cortisone"). Through their antihistaminic, antioxidant, antipyretic (fever reducing), and vascular stabilizing actions, these constituents help relieve the intensity and duration of the inflammatory process, minimize any associated tissue damage, and speed healing.

Uses: This compound is not a remedy for any particular disease or injury, but instead is a specific for any associated inflammation. It is indicated in both **acute and chronic inflammations**, and it can be used as adjunct anti-inflammatory therapy in the treatment of: tissue injury or irritation, infections, fevers, allergies, mucous membrane inflammations (sinusitis, stomatitis, gastritis, colitis, etc.), hepatitis, nephritis, arthritis, dermatitis, phlebitis, tuberculosis, etc. May also be helpful in relieving inflammation associated with autoimmune diseases.

Dose: Acute: Three to five times per day, take 30 to 50 drops in a little water. Best taken between meals.

Chronic: Three times per day, take 30 to 40 drops in a little water. Best taken between meals.

Topical application: Apply gently to inflamed area. Can be used undiluted in most cases, but should be diluted (50 drops per ounce of water) for broken skin, ulcerations, sensitive areas and hemorrhoids.

Adjunct Therapy: Use ECHINACEA EXTRACT to potentiate a favorable immune response to inflammation. Take 30 to 40 drops with each dose of the above.

Cautions: Seek qualified healthcare in all inflammatory conditions, which are rapid in onset, or are associated with high or persistent fever or severe pain. For painfully inflamed stomach and intestines it is best to dilute drops in at least 8 to 12 ounces of water. Discontinue use if irritation occurs or increases. Larger doses of Arnica may rarely cause nervous excitement, or irritation of throat and stomach. Discontinue use if these symptoms appear.



Excerpted from the Therapeutic Herb Manual by Ed Smith. The Therapeutic Herb Manual is available for purchase by calling Herb Pharm at: 1-800-348-4372.

*This manual and the information above is for educational and research purposes only. It is not intended to medically prescribe or promote the sale of any product, nor is it intended to replace qualified medical healthcare. If you have, or think you have a condition which requires medical attention, you should promptly seek qualified healthcare.