

Product Profile

YERBA SANTA

Eriodictyon californicum

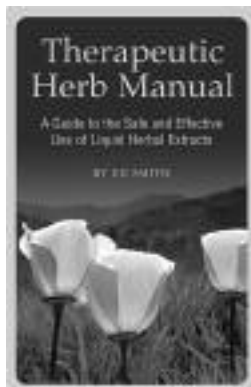
Liquid extract of dried, resin-rich leaf.

Actions: Soothing to the bronchi and lungs; quiets coughs; stimulating expectorant. Anti-inflammatory to respiratory, urinary and gastrointestinal tracts.

Uses: Chronic bronchitis and inflammation of the lungs; coughs with abundant phlegm; asthma. Especially recommended in dry coughs and dry conditions of the respiratory membranes. Chronic inflammation of the urinary tract, especially with excessive mucous discharge. Excessive stomach and intestinal mucous.

Dose: Take 30 to 40 drops, 2 to 4 times per day. A ready-made cough syrup can be made by mixing drops in a tablespoon of honey or maple syrup.

Cautions: None known.



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.*