For anxious states:

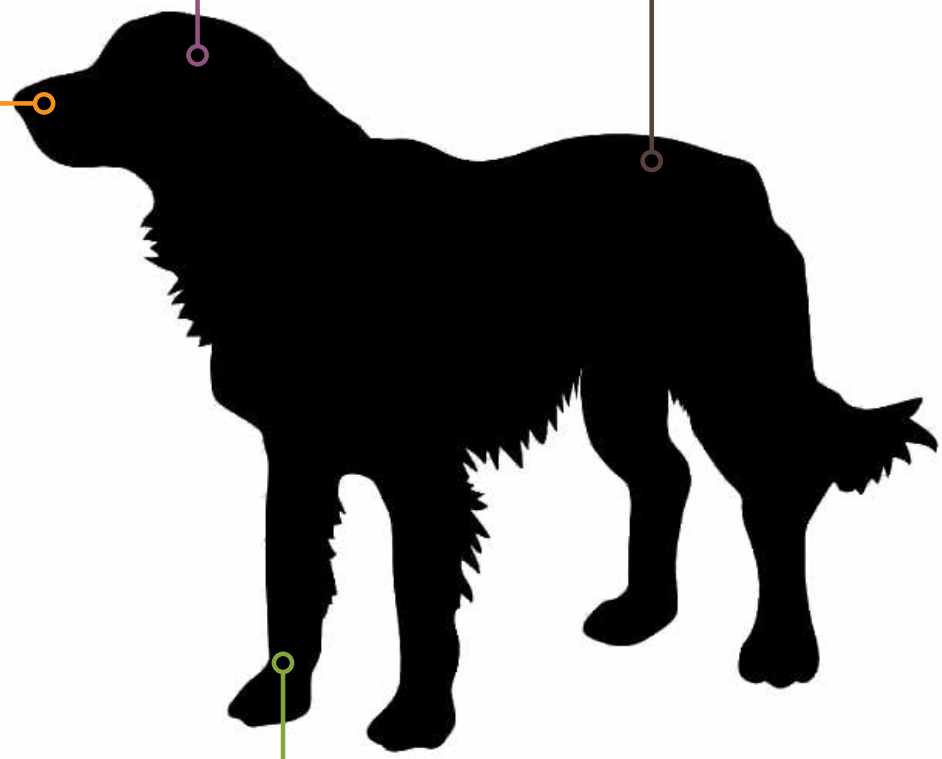
FIG + SILVER LIME

For any skin or mucosal membrane inflammation and infection:

WALNUT

For allergy symptoms, including seasonal allergies:

BLACK CURRANT +
COMMON ALDER +
DOG ROSE



For Bites or Stings

BLACK CURRANT, topically

Gemmotherapy with Lauren Hubele