



Herbal Combinations Sara Chana Recommends



Kids Colds

- Echinacea or Andrographis
- Lemon Balm Glycerite
- Elder Flower
- Eyebright

Allergy Rescue

- Yerba Santa
- Elder Flower
- Golden Rod
- Eyebright
- Nettles
- (Possibly Golden Seal)



Emotional Strife

- Motherwort
- Skullcap
- Blue Vervain
- Oats

Combat the Flu

- Bonset
- White Willow Bark
- Cleavers
- Hyssop
- Yerba Santa



Note: This paper is for information and not medical advice. Consult your doctor before adding any herbs or supplements to your diet.