

Everything Herbal

by Cheryl Jabz

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Comfrey Herbal Poultice

Best for: bruises, swelling

INGREDIENTS:

- Fresh or dried comfrey leaves
- Small amount of warm water

INSTRUCTIONS:

Crush leaves into a paste.
Add a little warm water.
Apply to area and cover
with cloth for 20 minutes.

For external use only.
Do not ingest comfrey.
Avoid use on broken skin.



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