

EVERYTHING HERBAL

— by Cheryl Jabz —

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COMFREY BENEFITS

Comfrey (*Symphytum officinale*) is a long-used herb often called “knitbone.” Traditionally used externally to help support comfort, tissue repair, and skin care, comfrey is also valued in organic gardening. Its soothing properties and nutrient-rich leaves make it a favorite in both herbal wellness and the garden.

COMFREY BENEFITS



1. Natural Pain & Inflammation Relief

Comfrey is commonly used in creams and salves to ease muscle aches, joint pain, sprains, and discomfort. Its soothing compounds may help reduce swelling and promote a sense of relief.



2. Supports Wound & Tissue Healing

Comfrey contains allantoin, a compound traditionally valued for supporting skin cell renewal and the recovery of bruises, minor injuries, and damaged tissue.



3. Soothes & Protects Skin

Comfrey can help moisturize dry or irritated skin and calm redness and inflammation. It is often included in external skin-care products for sensitive or damaged skin.



4. Powerful Garden Booster

Gardeners value comfrey as a dynamic accumulator. Its leaves are useful for compost, mulch, and nutrient-rich liquid fertilizer that helps feed soil and support healthy plants.

IMPORTANT SAFETY GUIDELINES

- Do NOT ingest comfrey.
- Comfrey contains pyrrolizidine alkaloids that can cause serious liver damage.
- Avoid applying to open or deep wounds.
- Use short-term only.
- Not recommended during pregnancy or for young children without medical guidance.

BEST WAY TO USE COMFREY

For safe and effective results, use commercially prepared comfrey creams or salves designed specifically for external use. These are formulated to deliver benefits while minimizing risk.

QUICK SAFETY REMINDER

- ✓ Never ingest comfrey
- ✓ Do not use on open or deep wounds
- ✓ Use short-term only
- ✓ Avoid use on pregnant women or young children

Knitbone Herb
Kind to Body
Kind to Soil

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