



**free bundle on**  
phytotherapy

the  
softness of  
plants and  
flowers

♡ note

Pharmaceutical medicine take just one bioactive compound of the plant to formulate her synthetic medicine but plants contain up to thousands of bioactive compounds that work together synergistically.

An aspirin from a pharmacy is not as soft as the plant containing the salicylic acid (natural aspirin) because the other synthetic compounds of pharmaceutical medicine are not natural.

The molecules in the plants substances mirror our human hormones and molecules.

Flowers and plants love and are so soft for your lymph, biome, endocrine system and skin.

Your natural list:

*if you are pregnant or want to be pregnant, if you are lactating, or under doctor's care, do not take these plants and consult your doctor.*

-Meadowsweet:

a natural aspirin

good for your kidneys and urinary systems

-Feverfew:

best-known natural remedy for frequent migraines, headaches

to treat fevers

rheumatism

-Roman chamomile:  
anaesthetic and calming  
for example: when removing a tooth

-Saint John's Wort:  
helps emotionally to release body memories  
anti inflammatory: eczema  
mild depression  
insomnia  
nervous exhaustion, parole trouble,  
irregular period

-Yarrow:  
chamazulene calms emotions that have become inflamed  
for fever (diaphoretic)  
bloating  
absence of periods  
kidneys and liver troubles

-nettle urtica:  
neuro-regenerative  
anti-inflammatory like eczema  
anemia  
for lymph node  
kidneys and bladder troubles

-Ribwort:

cleanse your blood and organs from an infection

cleanse your lungs and lymphatic system

kidneys, bladder and liver troubles

gum + toothache

thyroid troubles

ringworm

-Dandelion in the form of fresh liquid:

detoxifying for your liver

-Juniper berries

detoxifying and purifying properties

support urinary tract and healthy kidneys function

for lymph nodes

-Wild carrot:

for inflammation of the kidneys

Ocean of love,

Sabine