

Healed People, Heal People

Natural Herbs | Healed People, Heal People

Bistort 1oz

\$13.00

BISTORT - The dried rhizome [underground stem] of Bistort was a favorite in old-time cough medicines because of its expectorant qualities [casts out diseased mucus from lungs and respiratory tract]. It is also a favorite for present day coughs. Apply to throat, lungs and back three to four times per day. Place a white towel on the chest and back and wear with a high-necked natural fiber undershirt to aid Bistort by conserving body heat to break the congestion loose. Bistort is assisted in its work by its antibiotic content of tannins [commonly known as bitter astringents] and Vitamin C.

SUGGESTED DOSAGE: 40 to 80 drops hourly while awake and externally as given above. Oil of Cajeput can be applied also, along with Bistort in the same manner to magnify the effect.

[Vendor Information](#)

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