

## Ear Drop Remedy

Since we are still looking at cold and flu season I thought you might like to learn how to make your own Ear Drop Remedy.

Make ahead eardrops, mix and set in sun for 2 hours.

1 capsule Garlic oil

1 tsp. Olive oil

4 drops Tea Tree oil

1 Tbs. Combination CBG Extract (from Nature' Sunshine Herbs)

1 capsule Mullein (for pain)

Keep refrigerated. Remake each year.

Don't have time?? Then CBG combination or EW is perfect for you.

For children the liquid CBG is definitely one of my top sellers. It is formulated in a water, alcohol & glycerine base with the herbs of: Black cohosh, chickweed, mormon tea, goldenseal, licorice, scullcap and a little valerian.

This combination is designed to relieve ear infections and earache, as well as colds, fever, sore throat, and tonsillitis. CBG contains healing herbs which fight infection and strengthen the immune system, relieve pain and inflammation (especially in the glands), soothe nerves and promote the healing of irritated tissues. This can also be warmed - applied directly into the ears.

For quicker absorption hold under the tongue the first few doses. Also taking the first few doses every 2 hours makes a great difference in your relief.

If the eyes are bothering you more the encapsulated formula EW is a better choice.