



Bone/Skin Poultrice

(formerly BON-C)

Stock #1248-2 (100 capsules)

Bone/Skin Poultrice is an herbal combination for soothing inflammation, irritation and pain, and for speeding the healing and recovery of broken bones, damaged cartilage, internal hemorrhaging and wounds. Many herbalists use Bone/Skin Poultrice as a substitute for comfrey leaf. Bone/Skin Poultrice consists of herbs that reduce pain and swelling, stop bleeding, fight infection, relieve respiratory congestion, and promote healing.

Bone/Skin Poultrice can be taken internally or applied topically as a poultice. Bone/Skin Poultrice is frequently used for backache, bleeding, blood poisoning, boils, broken bones, bruises, cuts, fractures, gangrene, impetigo, respiratory problems, sciatica, skin conditions, sores and internal and external ulcers.

Mullein contains mucilaginous substances called polysaccharides, which protect mucous membranes and prevent them from absorbing toxins. The cooling, soothing properties of the mucilage lubricates tissues, reduces inflammation, and enhances healing. Applied topically, mullein soothes and heals boils, burns, and scalds, and relieves itching. Mullein relaxes muscle spasms which helps relieve abdominal cramping. Mullein also provides diuretic, analgesic (pain-relieving), antiseptic, and antibacterial benefits. Such properties support mullein's use for treating allergies and hayfever, dysuria, glandular swelling, hemorrhoids, inflammatory skin conditions, influenza, nephritis, ulcers, urinary tract infections, and even nervous tension and insomnia.

Plantain soothes inflamed tissues, promotes healing, absorbs toxins from the bowel and encourages healthy bowel function, and acts as an antibacterial agent, diuretic and expectorant. Plantain is used for a variety of internal ailments, including chronic constipation, colitis, coughs, cystitis, diarrhea, gastric ulcers, and sinusitis. A study appearing in *Lancet* found that plantain applied topically to poison ivy rash relieved itching completely, with no later recurrence. Used externally, plantain is soothing and healing for eye inflammation, hemorrhoids, insect bites, shingles, skin ulcers, varicose veins, and wounds.

Rehmannia contains astringent substances which help stop bleeding and reduce inflammation, specifically in the liver. Chinese researchers have found rehmannia protects the liver, preventing poisoning and liver damage. In fact, clinical trials show rehmannia to be particularly effective for treating hepatitis. Other studies show rehmannia helps reduce blood pressure and blood cholesterol. Rehmannia is also known to strengthen fragile capillaries, reduce fever, and provide mild antibacterial activity. Rehmannia is often used to treat anemia, constipation, diabetes, infertility, liver problems, menorrhagia, rheumatoid arthritis, thirst, and ulcers.

Yarrow shrinks inflamed tissues, stops bleeding, lowers blood pressure, induces perspiration, and relaxes muscle spasms. Anti-inflammatory properties supplied by the chemical, chamazulene, have been documented in animal studies, supporting the use of yarrow for hemorrhoids, ulcers, and other inflammatory conditions. As a blood cleanser, yarrow promotes the removal of body toxins via perspiration, and is often recommended for chicken pox and smallpox. Yarrow also enhances the elimination of uric acid buildup in the joints which can contribute to arthritis, gout and rheumatism. Yarrow's anti-inflammatory, astringent, and mild antibiotic effects have been used effectively for external treatment of boils, bruises, burns, cuts, rashes, sores, and minor infections and wounds.

Companion products:

Herbs - barley juice powder, bilberry, capsicum, goldenseal, horsetail, rose hips, white oak bark, Herbal CA, HSN-W, IF-C, Intestinal Soothe & Build, KB-C, PLS II, Spleen Activator, Super Algae, Uña de Gato

Vitamins/Supplements - A & D, Beta Carotene w/Mixed Carotenes, Calcium-Magnesium, Citrus Bioflavonoids, vitamin E, Glucosamine, Grape, Phyto-Soy, Skeletal Strength, Super Supplemental, SynerProtein, Trace Mineral Maintenance, Zinc

Homeopathics - Arthritis, Healing AC Cream, Inflammation, Pain, Sciatica, Sprains/Pulls