

## What Ails You?

This is good most flu, bronchitis illness. It is a decongestent, expectorant, circulatory stimulant.

4 parts bayberry root bark (powder is fine)

2 parts white pine bark (powder is fine)

1 part ginger root (powder is fine)

1/2/ part clove

1/2 part cayenne

prepare as a tea - 1/4 - 1/2 teaspoon with a cup of water.