

MIKAEL'S LIST OF FAVORITE HERBS

Burdock Root

Purple Sea Moss

Guaco Bark

Sarsaparilla Root

Elderberry

Dandelion Root

Cascara Sagrada Bark

**Roots of the
plant=Purging**

**Leaves of the
plant=Circulation**

**Fruit of the
plant=Hydration &
Oxygen**

