

> *Marshmallow Extract 4 fl. oz.*

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Manufacturer: Pure Herbs, LTD.

Below is about historical observations and historical data relating to herbs. This document is not intended to be a substitute for medical advice by license physicians. All readers should consult a physician regularly in all matters related to medical problems. This includes the diagnoses and treatment of disease and all other physical and mental conditions.

The root of this plant is the source of the original Marshmallow candy still seen in supermarkets but no longer made from the plant. Three virtues characterize Marshmallow's corrective properties. The root is particularly rich as a source of Calcium, Oxygen, and Pectin (jelling agent like that found under the peelings of apples). This combination of virtues is tailor made for soothing inflammation in any hollow organ, especially lungs, urinary system and reproductive system as well as the food canal. Marshmallow in these areas sticks to surfaces and absorbs mucous and poisons. It also serves as a lubricant. For anyone who suspects stones in the kidney, it would be wise to take Marshmallow on a daily basis to coat stones and allow them to slide easily out of the body instead of the more usual excruciatingly painful experience. Anyone who has left claw marks passing stones can easily confirm the need for Marshmallow. Marshmallow is often used externally as a poultice (poultice) for gathered breasts or mastitis (see Formula #11). A poultice is an herb, usually moistened, wrapped in cloth and applied to the body. Marshmallow has been used to great effect in these conditions, colds, coughs, lung disorders, swollen glands, chronic constipation, swollen joints, kidney hemorrhages, laryngitis, skin boils, vaginal irritation, psoriasis, bedsores, gum boils, teething children, weak digestion, diarrhea and infections. The powdered root can be sprinkled into bed sores to rapidly heal them.* **DOSAGE:** 40 drops one to three times per day. If crisis, 1 tsp. to 1 Tbsp. as needed internally. **SOURCES:** Dr. Alexander Greenfield, "Herbs Medicinal;" Dr. John R. Christopher, "School of Natural Healing."*This product has not been evaluated by the Food and Drug Administration.

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