

APRIL 2023 APOTHECARY BOX

- **VIOLET BREAST BALM:** The herb to break up breast cysts and tumors and soften hard, fibrocystic breast tissue. Keeps everything flowing and healthy! Use daily.
 - Ingredients: violet flower & leaf infused olive oil, beeswax, vitamin E oil
 - Instructions: After you get out of the shower, rub a bit of balm on your finger tips and rub from inner breast {sternum}, over breast, toward lymph nodes under arms.
- **GARLIC-INFUSED OLIVE OIL:** A nourishing, garlic and herb infused olive oil to add depth, earthiness and antibiotic and immune properties to your dishes.
 - Ingredients: garlic, spring onions, garden oregano, olive oil
 - Instructions: Drizzle on bread, on top of eggs, over meat and roasted veggies for extra flavor, and toss with grains, rice, or beans. Store in a cool, dark space such as pantry or cabinet.
- **POWDER for ALLERGIES:** Lessen the impact of spring allergies with this herby blend. All of the ingredients are specific for pollen allergies and inflammation. A little bit goes a long way. Mix as you go or go ahead and mix entire bottle with a quart of raw, local honey.
 - Ingredients: ginger, lemon, purple dead nettle, nettle, turmeric and ground ivy powder
 - Instructions: Mix 1/8 teaspoon of powder with 1 teaspoon raw, local honey and mix well. Take once a day as a preventative when allergies hit and to ameliorate symptoms. Store in a cool, dark space.
- **SHOWER SALTS for ENERGY:** Crafted to clean, clear, gently detox, stimulate circulation, boost metabolism, soothe skin and body and uplift body, mindset and mood.
 - Ingredients: epsom salt, rose powder, clary sage essential oil
 - Instructions: Take 1-2 tablespoons and rub over body in the shower, starting at the feet and working your way up, in the shower for an energizing effect.
- **PMS GLYCERITE:** For PMS, perimenopause or menopause. Helps to balance hormones, ease hot flashes, clean the body and blood, soften headaches, stop bloating, and balance emotions. ***DO NOT** take if pregnant or trying to conceive. Don't take more than 3x a day during the onset or during duration of your cycle.
 - Ingredients: white sage flowers, dandelion root, pine needles, skullcap, glycerine and vodka
 - Instructions: Take 1-3 dropperfuls a day {breakfast-lunch-dinner} for PMS prevention or to ease symptoms, starting a few days before your cycle starts or when you notice symptoms.
- ***BONUS* :: BLOSSOM LOTION BARS:** Energizing spring flower and citrus scents to help *you* feel like spring.
 - Ingredients: coconut oil, shea butter, beeswax, vitamin E, grapefruit, lavender, vanilla, geranium, wild orange
 - Instructions: Use to soothe, brighten and enliven skin and mood.

Quick 1-minute videos on each product [HERE:](https://www.wildgardenfarms.com/monthly-apothecary-box-info)
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with love and plants.
Mary Julia