



Herbal
Folk
Remedies

Herbal Folk Remedies

Your guide to:
restoration of the body,
rectification of the mind,
and purification of the soul.

Flowing Humors

effects: diuretic

1 part burdock

5 parts elderberry

2.5 parts dandelion

Add enough woodruff to
make exactly 43 ml solution

Satan's Slumber

effects: permanent sleep

Must make exactly 57 ml

Equal parts:

mandrake,

burdock

plantain

10 ml woodruff

20 ml ivy

Madwoman's Curse

effects: induces Madness

10 ml Deadly Nightshade

5 ml Elderberry

1 part dandelion

3 parts ivy

10 ml Dandelion-Ivy
mixture

2 ml Plantain

Breath of the Wind

effects: soothes lungs

1 part Elderberry

2 parts mandrake

1 ml less ivy than
mandrake

More plantain than man-
drake, but less than 15 ml

Inside Out

effects: violent emetic

*5 ml less mandrake than
dandelion*

*10 ml more dandelion than
burdock*

*5x as much burdock as
elderberry*

4 ml elderberry

