



Dandelion Midwifery

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TINCTURES FOR GBS

Echinacea Tincture

30 drops (1 full dropper) twice daily

Astragalus Tincture

30 drops (1 full dropper) twice daily

Burdock Root Tincture

30 drops (1 full dropper) once daily

1000 mg Vitamin C (in addition to what you may already be taking)

LOTS of garlic. Fresh or capsule.

Probiotic