

NATIVE NIGHT TEA has a relaxing effect that helps to relieve both mental and physical anguish. These locally harvested calmative and sedative herbs—chamomile, catnip, valerian, oat straw, and hops— are useful in cases of insomnia, muscle spasms, injured nervous system, exhausted adrenals, uneven blood pressure, and spastic colon. Cilantro, also included, has been used to pull heavy metal toxins out of the nervous system.

Use **ADRENAL BALANCER** tincture (*contains St John's Wort which helps with mood imbalances associated with depleted adrenal glands.*) with this tea at night for greater sedative effects.

MIND ENHANCER tincture helps the adrenals adapt to stress by activating the blood flow to the brain, improving memory, mood, concentration and energy. May include American ginseng, rosemary, spruce, pine, ginkgo and st john's wort.



Drink 1-2 cups of tea daily for cumulative results.

Add 1-2 eyedroppers of tincture for enhanced effectiveness or use the tinctures separately in water as a daily medicine. You may want to start with 5-10 drops of tincture if you are unaccustomed to using herbal medicine.

Disclaimer: these native medicinals are powerful allies in the healing process. They are not medical advise. For serious and persistent conditions, consult your medical practitioner.

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Mountain Spirit Herbs Invoice/Order Form				
Item	Qty	Price \$	Unit*	Total
Teas				
*Unit is either: bags (approx 14 cups) or 4 oz bulk (approx 20 cups)				
Breath Free		\$10/bag, \$12/bulk		
Flowing Waters		\$10/bag, \$12/bulk		
Geronimo		\$10/bag, \$12/bulk		
Native Nights		\$10/bag, \$12/bulk		
Wild Valley C		\$10/bag, \$12/bulk		
Tinctures				
Adrenal Balancer		\$15		
Digestive Balancer		\$15		
Immune Balancer		\$15		
Mind Enhancer		\$15		
Oral Defense		\$15		
Sinus Defense		\$15		
Water Balancer		\$15		
Woman's Hormonal		\$15		
		Order total:	\$	
Deliver to:				
Name:				
Address:				
Phone:				
Email:				
Method of Payment:				
Bank Transfer:	Earth Family Farm Community Banks of Colorado Account #202550 Routing #102102013			
PayPal:	Pay to: earthfamilyfarm@gmail.com or contact Bella for a PayPal invoice			
Check:	Payable and Mail to: Earth Family Farm 93 County Road 550 Gardner, CO 81040			



Mountain Spirit Herbs offers 30 years of herbal experience hand-harvesting native medicinals from one of the highest mountains in the southern Colorado Rockies. Herbalists work with the organically grown and wild-crafted indigenous or naturalized plants gathered in Native American tradition with love and respect for the land.

What makes these herbs so strong? The herbs grow in a wilderness environment where the air is clean and the soil virgin or in backyard gardens with organic methods. As these medicine plants adapt to climate change, with regular use, they can transfer this adaptability to us to strengthen our immunity to many of today's environmental toxins.



Earth Family Farm, a community dedicated to sustainability, provides a wind and solar facility where Mountain Spirit Herbs are dried, sifted and blended in small batches to insure maximum potency.

For questions or a consultation: Bella offers herbal consultations by phone (\$40 a session) or by email (\$25) that include the same in-person discount on products. Call her: (646) 522-9123 or email: earthfamilyfarm@gmail.com.

WILD VALLEY C TEA is rich in vitamin C with herbs (mint, red clover, rose hip, raspberry leaf and elderberry) traditionally used to support the immune system, clear lymph drainage in throat and chest, neutralize acid digestive responses, and nourish female hormones. Add honey or fruit juice to Valley C to make a wonderful pregnancy and family tonic.

Use **IMMUNE BALANCER** tincture (an overall tonic containing choke cherry, elderberry and rose-hips that is good for preventing and treating symptoms of cold, sore throat, and the flu.) with this tea for stronger effects.

BREATHE FREE TEA was created to relieve congestion caused by sinus and respiratory colds and allergies. This blend is made from indigenous high pollen plants like wild sage, alfalfa, sunflowers, and clovers. These antiseptic desert plants are effective in drying up mucous membranes and eliminating unhealthy ecology that grows in the sinus cavities.

With the addition of comfrey, this tea soothes irritation in the throat and chest.

Use **SINUS DEFENSE** tincture (helps clear mold or environmental toxins when used in a nasal irrigator or neti pot.

Contains blue vervain, olive leaf, goldenseal, and cottonwood.) with this tea for faster results.

Native Medicinal
Tea & Tinctures
by Bella Cloude



FLOWING WATERS TEA features nettles which help allergy and arthritis sufferers by increasing the flow of stagnant blood. Additionally includes diuretic herbs (dandelion leaf and parsley, blood cleansers (burdock and uvaursi) and bone builders (horsetail) make this tea a helpful detox for kidneys, bladder, reproductive organs and lower lymphatic tissues especially water retention, arthritis and other inflammatory conditions.

Use **WATER BALANCER** tincture (herbs (especially cleaver and usnea) have been known to clear lymphatic toxins out of male and female reproductive organs, kidneys, and bladder.) with this tea as a good general detox for substance abuse. This tea and tincture can have a diuretic effect balanced by a high-potassium content, thus it is recommended to use them during the day.



WOMAN'S HORMONAL tincture supports hormone production to alleviate symptoms of PMS when used the week before and during menstruation. Use as hormonal balancer during peri-menopause and menopause. Contains raspberry leaf, vitex, motherwort, wild yam, hops and other supportive seasonal herbs.

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GERONIMO TEA is a coffee substitute, grain beverage with dandelion, chicory and yellow dock roots that stimulate the liver, spleen, gallbladder, and pancreas to build energy, endurance, and regulate body weight and blood sugar. It has a pleasant cinnamon, nutmeg, carob flavor and is good with milk or milk substitutes similar to a chai. High in iron, amino acids and essential fatty acids from amaranth, flax and blue corn, this blend is a nutritional survival food. It can also be used in smoothies, yogurt, or in your favorite baking recipe.

Use the **DIGESTIVE BALANCER** tincture for stronger results as a digestive enzyme aid with or without the tea. One to two droppers on an empty stomach in lemon water will act as a liver flush. Do not mix with the Geronimo Tea if you want to use it as a liver flush.

ORAL DEFENSE tincture is a topical formula used along teeth and gums or as a mouth wash to fight and prevent infections. This tincture combines food grade hydrogen peroxide with pinion sap that is a Native American remedy, both known to kill even the strongest bacteria. Echinacea and OSHA root strengthen the immune system and teatree and clove help kill parasites and other microorganisms that live in the gums.

