CONFESSIONS OF A RADICAL HERBALIST

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WishGarden Herbs

Why Whole Herbs?

We only use whole herbs in our extracts. You've heard about the Paleo diet, well this is **Paleo Health!** Using whole herbs as nature intended means:

- Since we co-evolved with these herbs, your body remembers how to process plant constituents. They are easily absorbed and assimilated, making them effective and gentle on the body.
- Whole herbs work for everyone! Easily compatible to all ages, ethnicities, and constitutions.
- You get a whole array of plant constituents that work synergistically rather than just one or two. This allows your body to have a choice of safe and effective constituents to work with.



Let food be thy medicine and medicine be thy food. ~ Hippocrates

Why Liquids?

Because liquid extracts are already in a liquid solution, they are easily recognized and absorbed by the body. This means they are:

FAST

Because liquid extracts are readily absorbed by the body, they work much faster than solid forms that need to be digested, such as pills and capsules.

CUSTOMIZABLE

They are easy to adjust to personal needs (constitution, severity, weight, etc.).

EASY & CONVENIENT

Quick and easy to use on the go.

AFFORDABLE

Because liquids work fast, this helps make them more affordable, costing less per volume then other forms.

STABLE

Alcohol is an excellent preservative, helping the extracts have an extended shelf-life.





Osha
Ligusticum porteri



Angelica

Angelica archangelica



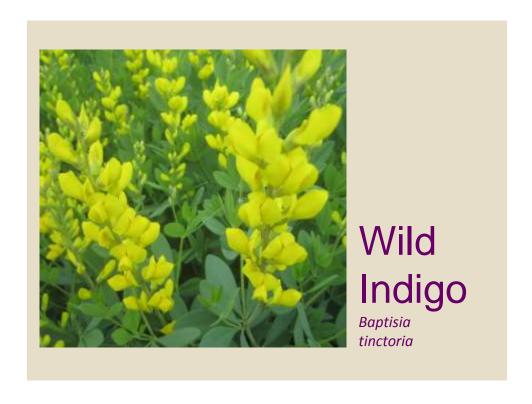


Fennel Foeniculum vulgare





Yerba Santa Eriodictyon californicum





Usnea Spp.



Cotton

Gossypium hirsutum



Thank You!