

Strong Back

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Strong Back
Wild Yam
Man Vine

Properties

Anti- spasmodic
Kidney tonic
Anti- asthmatic
Smooth- muscle relaxant

Indications

Muscular spasms, pain, muscle strain, overwork, sports injuries, stress, anxiety, back, neck, shoulder or joint aches.
Recommended to be used with body- work for backache.

Dosage

- Adult: 1 dropperful in one half- glass of tepid water 3- 6x daily as needed.
- Acute: In severe cases of acute muscle spasm or backache, take 1 dropperful every 20 minutes until pain subsides, then continue dosage of 3x daily as needed.
- Asthma: Effective at immediate, acute onset of asthma. Take 6 dropperfuls in a half glass of warm water and sip constantly. Repeat as needed until symptoms abate.

Side Effects

- Urinary output may temporarily increase; urine may become darker and smell more strongly than usual.
- Increase water intake until symptoms subside.

Contraindications

- Herniated vertebral disk: may offer only minor relief from muscle spasms around the disk; should not be considered a major modality.
- Antidepressants (because of the man vine)
- Pregnancy & breastfeeding (because of the wild yam)

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If at any time you've questions or concerns, please contact me via call, text, or email.

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If there's an *Emergency, please call 911*

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