



**Natural Remedies:  
Making Tinctures & Salves  
with Eileen Fingerman, MD**

A new day.

MaineGeneral Health 

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**Ashwagandha**



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**Astragalus Root**



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## Blue Vervain



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## Calendula



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## Celandine



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## Dandelion



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## Elderberry



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## Hawthorne



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## Horse Chestnut



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## Lavender



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## Lemon Balm



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## Milky Oats



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## Motherwort



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## Rose



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**Rosemary**



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**Sacred Basil**



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**Schisandra Berry**



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## Skullcap



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## St. John's Wort



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## Stinging Nettle



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## Yarrow



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