

 **Method Sheet**

**Ailment/Condition:** \_\_\_\_\_

**Ingredient(s):** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Method:** \_\_\_\_\_

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**Ailment/Condition:** \_\_\_\_\_

**Ingredient(s):** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Method:** \_\_\_\_\_

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\*Herbs, Essential Oils, Ingredients, Products, etc.