



TaosHerb Co.

The art of healing comes from nature and not from the physician. Therefore, the physician must start from nature with an open mind.

Paracelsus

our product guide





Tina Hahn and Rob Hawley, owners and siblings

our story

Taos Herb Company was started in 1981 in Taos, New Mexico. We had a vision of crafting effective products from locally sourced medicinal herbs to serve the Southwest. Taos Herb Company now employs 18 dedicated workers and manufactures more than 350 herbal products, including liquid single extracts, liquid compound formulas, salves, and body and hair care products, all of which are sold nationwide. Additionally we provide essential oils and a wonderful selection of ceremonial sage, cedar, and other sacred herbal products.

Crafting high quality herbal products requires a continual supply of precious medicinal plants, so we go to great lengths to harvest plants from the wild in ways that encourage propagation and reseedling, protecting future populations and ensuring plentiful harvests. We also acquire herbs from organic and sustainable farms.

The story begins when our father, a pathologist and cardiologist who, in the course of his work with patients, became impressed by the traditional healers of northern New Mexico (called curanderas here) and their vast knowledge of herbal healing that was being passed down as oral tradition. Dad was concerned that this knowledge might be lost and was inspired to help us open Taos Herb Company so we could continue to study medicinal herbs and learn from the rich local traditions of the Taos community. Today we blend science with traditional wisdom, and our ongoing study of local and worldwide herbal traditions has given birth to a broad selection of unique and effective herbal medicines.

Rob can still be found in and around the mountains, teaching and practicing ethical and sustainable wildcrafting and leading Herb Walks every summer.

Tina continues studying alternative approaches to women's health and natural therapies to support autoimmune disorders.

To Wellness and Balance,

Tina Hahn & Rob Hawley

The Herbs ought to
be distilled when they
are in their greatest
vigor, and so ought
the Flowers also.

Nicholas Culpeper



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Yerba de la Negrita



Elderberry

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Our retail store in Taos, New Mexico

welcome



Our Mission

By providing honest products and education we empower people to heal themselves.

Quality Herbs Result in Quality Products

We do much of our own wild harvesting and procure other herbs from area organic farms. We source the remainder from carefully selected suppliers. We know that quality herbs are required to create quality herbal products.

The Care of Our Mother Planet

As the nature of our business is dependent on the plentiful and continual supply of the precious medicinal plants that grow on our earth, we go to great lengths to harvest from the wild in a way that encourages the plant populations to grow, and we support sustainable farming practices.



Chamomile





Some of our staff: Tina, Rob, Art, Julie, Robin, Patty, Theresa, Giedre, Lois and Elva.



*Reishi
Mushroom*

Every simple plant remedy is blessed and gifted by god and it's handmaiden nature and way. It has the power to heal, strengthen, allay pain, cool, warm up, purge, and sweat.

- Heironymus Bock, Kreuterbuch

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Good Manufacturing Practices (current GMPs) and Compliance with FDA regulations

Taos Herb Company is compliant with FDA regulations for the production of dietary supplements. We carefully test every ingredient for identity, purity and potency before extracting it to strict quality specifications in our FDA-regulated botanical laboratory in Taos, New Mexico. And then we test it again! We test the final product to be certain that we provide you with the very best herbal products available.



Arnica





Gentian



Ordering, Shipping, Prices and Terms

Please see the price list insert. To receive updated pricing and information sheet:

Call 800-353-1991 (US, Alaska, Hawaii and US territories only)
or 575-758-1991 (outside US, International dialing prefix 01).

Email (retail customers) shipping@taosherb.com

Email (wholesale customers) wholesale@taosherb.com

The highest ideal of cure is
the speedy, gentle, and
enduring restoration of
health by the most
trustworthy and least
harmful way.

Samuel Hahnemann (1755-1844),
founder, homeopathy

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compound formulas



Our Compound Formulas are liquid herbal extracts that have been developed and fine-tuned with more than 30 years of experience. These formulas are the most effective form of whole-plant herbal medicine. Liquid compounds retain their potency for years, unlike powdered herbs in capsules that oxidize and deteriorate in a few months. Our Compound Formulas are prepared from only the best quality plant material and certified organic plant-based alcohol, pure water and vegetable glycerin.

Liquid herbal extracts are essentially instant tea and are easily carried in pocket or purse, making daily doses a breeze. Liquid herbal extracts are the easiest way to administer herbs to children and anyone who struggles with swallowing pills.

Our Compound Formulas are supplied in sizes from 1 to 32 ounces.

Why Choose Liquid Herbal Extracts?

- **CONCENTRATED** – Just pure extract. No binders or fillers.
- **POTENT** – Liquid extracts remain potent for years while powdered herbs lose potency within weeks of being ground.
- **CONVENIENT** – Liquid extracts fit in pocket or purse and make tea instantly!
- **EASY** – Easy to swallow – no choking on pills, doses are easy to adjust – a snap to adjust small doses for children.
- **COST-EFFECTIVE** – Smaller, more potent doses = more cost-effective.
- **ALCOHOL BASED** – Alcohol has vastly superior ability to extract and hold the concentrated properties of medical herbs in solution, far greater than water or glycerin.

Adrenal Support Compound

Adrenal Support Compound is an adaptogen and supports the body's Qi (pronounced Chi). This is an excellent formulation for supporting the return of energy following times of stress or being under the weather. Ideal for those under the pressure of a fast-paced life.

Use: 15-90 drops in water once in the morning for 100 days. Children's doses are usually ¼ to ½ of an adult dose. Consult your health-care professional for children under 2 years of age.

Contains: American Ginseng root, Licorice root, wildcrafted Sarsaparilla root, wildcrafted Devil's Club root, certified organic grain alcohol, vegetable glycerin, distilled water.

Altitude Adjustment (Chlorophyll Concentrate)

Chlorophyll is what makes plants green, and liquid chlorophyll is a rich source of the pure green energy that plants provide us. This incredible green substance is used to transform the light of the sun into energy and by doing so plants release oxygen into our earth's atmosphere. The main source of oxygen in earth's atmosphere is produced by chlorophyll using photosynthesis. Use Altitude Adjustment Liquid Chlorophyll Concentrate to ease the adjustment when venturing to higher altitudes.

Use: 35 drops in water as often as every half hour. Children's doses are usually ¼ to ½ of an adult dose. Consult your health-care professional for children under 2 years of age.

Contains: Chlorophyll from Alfalfa and Wheatgrass, distilled water, vegetable glycerin, potassium sorbate (a natural preservative).

Bittermint Compound (Cooling Bitters)

Bitters are used around the world to aid digestion; in fact you'll find bitters on the table in many European restaurants. Bitters help whet one's appetite and strengthen digestion. Bitters work best when taken before every meal for a period of weeks or even months. Our Bittermint Compound has the added digestive benefits of peppermint, making it ideal for use before meals or after eating to settle the tummy, after cleansing, or when breaking a fast. (See our Break-Fast Compound for a warming bitter.)

Use: 20-40 drops in 2 ounces of water sipped slowly before and/or after meals. Best results are seen when used daily for a period of weeks. Children's doses are usually ¼ to ½ of an adult dose. Consult your health-care professional for children under 2 years of age.

Contains: Gentian root, Peppermint essential oil, certified organic grain alcohol, distilled water, vegetable glycerin.

Break-Fast Compound (Warming Bitters)

Bitters are used around the world to aid digestion; in fact you'll find bitters on the table in many European restaurants. Bitters help whet one's appetite and strengthen digestion. Bitters work best when taken before every meal for a period of weeks or even months. Our Break-Fast Compound, which also has the added benefit of the warming effect of Prickly Ash bark, was created to help warm up the digestive process, especially when breaking a fast or cleanse, and to help restart the digestive system. (See our Bittermint Compound for a cooling bitter.)

Use: 30-60 drops in 2 ounces of water sipped slowly 10-15 minutes before each meal. Best results are seen when used daily for a period of weeks. Children's doses are usually ¼ to ½ of an adult dose. Consult your health-care professional for children under 2 years of age.

Contains: Prickly Ash bark, Gentian root, certified organic grain alcohol, distilled water, vegetable glycerin.

All Compound Formulas

Adrenal Support Compound
Altitude Adjustment
Bittermint Compound
Break-Fast Compound
Bronch Ease Compound
Chaparro Compound
Congest Ease Compound
Derma Ease Compound
Detox Compound
Echinacea Goldenseal Cayenne Compound
Echinacea Goldenseal Compound
Echinacea Osha Compound
Espiritu de Poleo
Femtone Compound
Ginger Mint Compound
Ginkgo Gotu Kola Compound
Goldenseal Blend
Hawk Zee Compound
Immuphyte Compound
Joint Ease Compound
Juniper Buchu Compound
Kid-A-Mind Compound
Life's Change Compound
Lymph Support Compound
Mexican Oil (Aceite Mexicano)
Milk Thistle Compound
Mullein Air Compound
Mullein Lobelia Compound
Nervetone Compound
Oratone Compound
Pollen Ease Compound
Power Echinacea
Propolis Plus Throat Spray
Prostone Compound
Red Hot Mama Compound
Red Root Compound
Reishi-Shiitake Astragalus Compound
Rene Caisse Compound
Shepherd's Purse Compound
Spas Ease Compound
Sugar Ease Compound
Tea Tree Mouthwash Concentrate
Thyrostim Compound
Tumease Compound
Vitalman Compound
Walnut Hull Sage Compound
Wormwood Compound
Yohimbe Compound



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Bronch Ease Compound

Herbs blended for easing the discomfort of a tight dry chest, reducing heat and increasing moisture. Ideally used in combination with our Ocha Root Syrup.

Use: 30-90 drops in water up to 5 times a day. Children's doses are usually $\frac{1}{4}$ to $\frac{1}{2}$ of an adult dose. Consult your health-care professional for children under 2 years of age.

Contains: Wildcrafted Yerba Santa leaf, wildcrafted Grindelia flowers, Licorice root, organic Marshmallow root, Coltsfoot herb, certified organic grain alcohol, distilled water, vegetable glycerin.

Chaparro Compound

Chaparro Compound is a combination of herbs that includes Chaparro amargosa (Crucifixion Thorn) which is used to support intestinal health when you have uninvited guests due to travel or drinking from streams or other questionable water or food choices.

Use: 45-90 drops in water up to 6 times a day (before meals or on an empty stomach). Children's doses are usually $\frac{1}{4}$ to $\frac{1}{2}$ of an adult dose. Consult your health-care professional for children under 2 years of age.

Contains: Wildcrafted New Mexico Chaparro herb, Quassia wood, certified organic grain alcohol, distilled water, vegetable glycerin.

Congest Ease Compound

This combination of herbs addresses swampy thick conditions with poor drainage associated with seasonal afflictions or airborne particles.

Use: 15-90 drops in water up to 4 times a day. Children's doses are usually $\frac{1}{4}$ to $\frac{1}{2}$ of an adult dose. Consult your health-care professional for children under 2 years of age.

Contains: Coleus forskohlii, Cubeb berry, wildcrafted Yerba Mansa root, certified organic grain alcohol, distilled water, vegetable glycerin.



Echinacea

Derma Ease Compound

It's no fun when we don't look and feel our best, and having bright clear skin helps us feel confident and improves our self esteem. Derma Ease Compound blends important herbs to support a healthy complexion. It is beneficial for anyone experiencing these challenges but especially useful during the teenage years. The herbs in Derma Ease Compound work together to support clear, smooth skin.

Use: 30-90 drops in water up to 4 times a day.

Contains: Wildcrafted Chaparral, Kelp, certified organic Licorice root, certified organic Burdock root, Echinacea root, Dandelion root, Cayenne, certified organic grain alcohol, distilled water, vegetable glycerin.

Detox Compound

The liver is the largest organ in the body and performs more than 500 different jobs in regulating your metabolism every day. Overindulgence in alcoholic beverages, caffeine, junk foods, or recreational drugs can compromise our liver as can exposure to pesticides, diesel fuel, and long-term prescription or over-the-counter drug use. This compound is ideal for use when fasting or cleansing.

Use: 30-120 drops in water up to 4 times a day. Children's doses are usually $\frac{1}{4}$ to $\frac{1}{2}$ of an adult dose. Consult your health-care professional for children under 2 years of age.

Contains: Wildcrafted Barberry root, Oregon Grape root, Yellow Dock root, certified organic Burdock root, Red Clover blossom, certified organic grain alcohol, distilled water, vegetable glycerin.

Echinacea Goldenseal Cayenne Compound

With the dependable combination of Echinacea and Goldenseal to enhance response to seasonal conditions, this blend is both strengthening and warming while mobilizing stagnant boggy fluids. The addition of cayenne warms and encourages thin healthy mucous. (See our Echinacea Goldenseal Compound without Cayenne.)

Use: 15 to 90 drops in water as needed. Children's doses are usually $\frac{1}{4}$ to $\frac{1}{2}$ of an adult dose. Consult your health-care professional for children under 2 years of age.

Contains: Certified organic Echinacea Angustifolia root, cultivated Goldenseal root, Cayenne Pepper, certified organic grain alcohol, distilled water, vegetable glycerin.

Echinacea Goldenseal Compound

With the dependable combination of Echinacea and Goldenseal to enhance response to seasonal conditions, this blend strengthens response and mobilizes stagnant fluids. (For added heat see our Echinacea Goldenseal Cayenne Compound.)

Use: 30-90 drops in water up to 5 times a day. Children's doses are usually $\frac{1}{4}$ to $\frac{1}{2}$ of an adult dose. Consult your health-care professional for children under 2 years of age.

Contains: Certified organic Echinacea angustifolia root, cultivated Goldenseal root, certified organic grain alcohol, distilled water, vegetable glycerin.

Echinacea Osha Compound

A unique combination of Echinacea Angustifolia and ethically harvested Osha, also known as wild bear root (*Ligusticum porteri*). Echinacea enhances response to seasonal conditions while Osha's aromatic oils soothe and stimulate moisture.

Use: 20-100 drops in water up to 6 times a day. Children's doses are usually $\frac{1}{4}$ to $\frac{1}{2}$ of an adult dose. Consult your health-care professional for children under 2 years of age.

Contains: Certified organic Echinacea angustifolia root, wildcrafted Osha root, certified organic grain alcohol, distilled water, vegetable glycerin.

Espiritu de Poleo

This is the classic Spirits of Peppermint (Espiritu de Poleo in Spanish). Just the aroma is soothing to inhale and sipped in water it is ideal for that “too full” feeling after overindulging at the feast.

Use: 3-20 drops in 2 ounces of water as needed. Children’s doses are usually ¼ to ½ of an adult dose. Consult your health-care professional for children under 2 years of age.

Contains: Peppermint essential oil, certified organic grain alcohol, distilled water.

Femtone Compound

Simply put, herbs for Women (and Womyn). Thousands of years of herbal tradition have taught us the value of balancing the feminine system with the earth’s plant remedies. Femtone Compound is our blend of herbs to strengthen and tonify the female system. Supporting both balance in the monthly cycle and the challenges associated with life’s change.

Use: 30-100 drops in water up to 4 times a day.

Contains: Saw Palmetto berries, Damiana leaf, Blue Cohosh root, Chamaelirium root, Black Cohosh root, Angelica root, Pleurisy root, Wild Yam root, Wormseed leaf, Echinacea root, certified organic grain alcohol, distilled water, vegetable glycerin.

Ginger Mint Compound

Our special blend of essential oils is used as a tea that has the soothing effects of Peppermint and Lavender and the warming properties of Ginger essential oils. An enhanced tummy blend, the addition of Ginger improves digestive Qi (Chi) and strengthens slow digestive response.

Use: 5-30 drops in water up to 5 times a day. Children’s doses are usually ¼ to ½ of an adult dose. Consult your health-care professional for children under 2 years of age.

Contains: Essential oils of Ginger, Peppermint, and Lavender, certified organic grain alcohol, distilled water.

Ginkgo Gotu Kola Compound

A thought-provoking blend of herbs to support your sharp mind. Herbs blended to strengthen mental Qi (Chi).

Use: 30-90 drops in water up to 3 times a day. Children’s doses are usually ¼ to ½ of an adult dose. Consult your health-care professional for children under 2 years of age.

Contains: Organic Ginkgo leaf, Gotu Kola herb, Siberian Ginseng, Fo-ti root, certified organic grain alcohol, distilled water, vegetable glycerin.



Ginkgo

Goldenseal Blend

A superior blend of organically grown whole-plant Goldenseal (not taken from wild populations of this endangered plant). With both fresh leaf and dry root, we believe this is the best Goldenseal extract available.

Use: 15-60 drops in water up to 4 times a day. Children’s doses are usually ¼ to ½ of an adult dose. Consult your health-care professional for children under 2 years of age.

Contains: Organically grown Goldenseal dry root and fresh leaf, certified organic grain alcohol, distilled water, vegetable glycerin.

Hawk Zee Compound

This is the herbal formula made famous by Dr. Harry Hoxsey. These herbs were first used in Native American formulas and later by Dr. Hoxsey. Our formula is called Hawk Zee Compound and contains all of the herbs in the doctor’s original formula, carefully extracted to assure the greatest potency.

Use: 60-120 drops in water up to 3 times a day. Children’s doses are usually ¼ to ½ of an adult dose. Consult your health-care professional for children under 2 years of age.

Contains: Licorice root, Red Clover blossom, Burdock root, Stillingia root, Oregon Grape root, Poke root, Prickly Ash bark, Buckthorn bark, Cascara Segrada bark, certified organic grain alcohol, distilled water, vegetable glycerin.



A wise man should consider that health is the greatest of human blessings, and learn how by his thought to derive benefit from his illnesses.

Hippocrates

Immuphyte Compound

Helps you “phyte” off invaders. Immuphyte Compound is useful when the winter weather hits and our resistance declines due to cold and stress. We all know what the early symptoms of the winter crud feels like. You can’t shake off the chill, your energy drops and you know you’re going to be out of commission.

Use: 15-90 drops in water up to 4 times a day. Children’s doses are usually ¼ to ½ of an adult dose. Consult your health-care professional for children under 2 years of age.

Contains: Echinacea root, Astragalus root, Goldenseal root, Propolis resin, Siberian Ginseng, certified organic grain alcohol, distilled water, vegetable glycerin. Because of the presence of Propolis, this formula is not recommended for people allergic to honeybees.

Joint Ease Compound

Joint Ease Compound contains a unique combination of roots traditionally used to aid the function and comfort of the joints.

Use: 30-90 drops in water up to 3 times a day. Children’s doses are usually ¼ to ½ of an adult dose. Consult your health-care professional for children under 2 years of age.

Contains: Wildcrafted Yucca root, Turmeric root, Devil’s Claw root, certified organic grain alcohol, distilled water, vegetable glycerin.

Juniper Buchu Compound

A blend for the urinary tract, which includes herbs that reduce damp heat, cleanse, tonify and cool.

Use: 30-90 drops in water up to 5 times a day. Children’s doses are usually ¼ to ½ of an adult dose. Consult your health-care professional for children under 2 years of age.

Contains: Juniper berries, Uva Ursi leaf, Buchu leaf, certified organic grain alcohol, distilled water, vegetable glycerin.

Kid-A-Mind Compound

Calming, focusing herbs for your energetic child who needs a little help to stay on task.

Use: 30-90 drops in water up to 4 times a day.

Contains: Kava Kava root, Lemon Balm, Passion Flower herb, Milk Stage Oat tops, Gotu Kola, certified organic grain alcohol, distilled water, vegetable glycerin.

Life’s Change Compound

As a woman’s body transitions into the years of wisdom, herbs have always been there to make the change smoother. Life’s Change Compound contains herbs traditionally used to reduce the flushes of heat and support healthful rest.

Use: 60-100 drops in water 1-3 times a day.

Contains: Dong Quai root, Black Cohosh root, Chaste berry, Licorice root, Fennel seed, Wild Yam root, Chamaelirium root, certified organic grain alcohol, vegetable glycerin, distilled water.

Lymph Support Compound

The lymph system is the other important part of our circulatory system, moving the fluid surrounding the cells in our tissues and circulating the lymph fluid that contains important immune system cells called lymphocytes. Lymph Support Compound is a tonic for the lymph system and contains herbs traditionally used to support the healthy circulation and function of the lymph fluid.

Use: 15-60 drops in water twice a day. Children’s doses are usually ¼ to ½ of an adult dose. Consult your health-care professional for children under 2 years of age.

Contains: Red root, Lomatium, Prickly Ash bark, Baptisia root, Ocotillo bark, Poke root, certified organic grain alcohol, distilled water, vegetable glycerin.

Mexican Oil (Aceite Mexicano)

This is an old formula used for tummy upset and as a liniment for sore muscles. It was last made in its original formula by Hausman Pharmacy in Trinidad, Colorado. The original formula had opium in it and Hausman’s stopped making it when opium became a controlled substance.

Use: 15-60 drops in 2 ounces of water. Sip slowly. Children’s doses are usually ¼ to ½ of an adult dose. Consult your health-care professional for children under 2 years of age.

Contains: Rhubarb root, Star Anise, Cardamom, Cayenne, triple distilled Peppermint oil, certified organic grain alcohol, distilled water, vegetable glycerin.

Milk Thistle Compound

Milk Thistle Compound is intended for use when lifestyle, poor diet or exposure to environmental toxins increases the burden of harmful substances in the body. Supports cleansing from the liver.

Use: 30-90 drops in water up to 3 times a day. Children’s doses are usually ¼ to ½ of an adult dose. Consult your health-care professional for children under 2 years of age.

Contains: Certified organic Milk Thistle seed, wildcrafted Yellow Dock root, Red Clover blossom, certified organic grain alcohol, distilled water, vegetable glycerin.



Milk Thistle

Mullein Air Compound

Mullein Air Compound is our special formulation for the respiratory system when there is excessive moisture. It reduces heat and opens things up to get the air moving.

Use: 15-60 drops in water up to 3 times a day. Children’s doses are usually ¼ to ½ of an adult dose. Consult your health-care professional for children under 2 years of age.

Contains: Mullein flower, Coleus forskolhii and wildcrafted Khella seeds, certified organic grain alcohol, vegetable glycerin, distilled water.

Compound Formulas continued...

Mullein Lobelia Compound

Our special formulation for the respiratory system when there is not enough moisture. It reduces heat and opens things up to get the air moving.

Use: 15-60 drops in water up to 3 times a day. Children's doses are usually $\frac{1}{4}$ to $\frac{1}{2}$ of an adult dose. Consult your health-care professional for children under 2 years of age.

Contains: Mullein flower, Lobelia, Thyme leaf, Khella seed, Passion Flower, certified organic grain alcohol, vegetable glycerin, distilled water.



Mullein

Nervetone Compound

This herbal compound is formulated to help when you are nervous, stressed, jangled, uptight, tense, harried or just plain restless so you can relax or sleep.

Use: 30 to 120 drops in water as needed. Children's doses are usually $\frac{1}{4}$ to $\frac{1}{2}$ of an adult dose. Consult your health-care professional for children under 2 years of age.

Contains: Certified organic Valerian root, Scullcap herb, Hops strobiles, locally wildcrafted Betony herb, Blue Vervain herb, Passion Flower, certified organic grain alcohol, distilled water, vegetable glycerin.

Oratone Compound

This blend of herbs is for the health of the mouth and gum tissues. It supports circulation and is ideal as a rinse following dental procedures. As with all tonics that support overall health, Oratone Compound is most effective when used daily.

Use: 15-30 drops in 2 ounces of warm water swished or gargled up to 6 times a day. Because of the presence of Propolis, this formula is not recommended for people allergic to honeybees. Children's doses are usually $\frac{1}{4}$ to $\frac{1}{2}$ of an adult dose. Consult your health-care professional for children under 2 years of age.

Contains: Echinacea root, Myrrh gum, Goldenseal root, Licorice root, Propolis resin, Yerba Mansa root, Tea Tree oil, certified organic grain alcohol, vegetable glycerin.

Pollen Ease Compound

Our most popular formula for seasonal stuffy, drippy discomfort.

Use: 30-90 drops in water up to 5 times a day. Children's doses are usually $\frac{1}{4}$ to $\frac{1}{2}$ of an adult dose. Consult your health-care professional for children under 2 years of age.

Contains: Organically grown Nettles, extract of Eyebright, extract of Coleus forskohlii, certified organic grain alcohol, distilled water, vegetable glycerin.



Nettles

Just living is not
enough...
one must
have sunshine,
freedom, and a
little flower.

Hans Christian Andersen



Passion Flower



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Power Echinacea

Our most potent Echinacea blend contains three forms of the herb, including the fresh and dry root, fresh flower and fresh leaf, to provide the most complete full-strength extract. Power Echinacea also contains Spilanthes, the herb that enhances and synergizes the effect of Echinacea.

Use: 30-120 drops in water up to 5 times a day. Children's doses are usually ¼ to ½ of an adult dose. Consult your health-care professional for children under 2 years of age.

Contains: Fresh organic Echinacea angustifolia root and flower, Echinacea purpurea flower, Spilanthes whole plant, certified organic grain alcohol, vegetable glycerin.

Propolis Plus Throat Spray

Whether due to airborne dust, screaming at the kids (or at your favorite sports team or rock concert) or discomfort due to seasonal maladies, Propolis Throat spray has potent herbs that soothe and moisturize your throat.

Use: Up to 3 sprays into the throat as desired. Because of the presence of Propolis, this formula is not recommended for people allergic to honeybees.

Contains: Certified organic Licorice root, wildcrafted Prickly Ash bark, Usnea lichen, Yerba Mansa root, honeybee Propolis resin, Tea Tree essential oil, certified organic grain alcohol, distilled water and vegetable glycerin.

Prostone Compound

Prostone Compound is a tonic for men that contains Saw Palmetto berries, Pygeum bark and Nettle root to support and enhance the health of the prostate.

Use: 60-120 drops in water up to 3 times a day.

Contains: Certified organic Saw Palmetto berries, Nettle root, Pygeum bark, certified organic grain alcohol, vegetable glycerin.

Red Hot Mama Compound

Special herbs blended to enhance a woman's sensual experiences. Builds energy and supports those special hormones that put her into the mood for romance.

Use: 30-90 drops in water up to 4 times a day.

Contains: Wildcrafted Tribulus Terrestris seed, Maca root, Muira Puama bark, Damiana leaf, Stevia leaf, certified organic grain alcohol, vegetable glycerin, distilled water.

Red Root Compound

A balancer and strengthener of the lymph and female system of hormones, especially for those who experience challenging moon time.

Use: 60-120 drops in water 2 to 3 times a day for 3 to 12 months.

Contains: Red root, Chaste berry, Wild Yam root, certified organic grain alcohol, vegetable glycerin, distilled water.



Wild Yam

Reishi-Shiitake Astragalus Compound

An herb and mushroom blend traditionally used to support immune vitality. Astragalus root is a Chinese herb that strengthens the Qi (Chi). Reishi and Shiitake contain the glyco nutrients beta glucan and lentinan.

Use: 60-120 drops in water up to 4 times a day. Children's doses are usually ¼ to ½ of an adult dose. Consult your health-care professional for children under 2 years of age.

Contains: Astragalus root, Reishi Mushroom, Shiitake Mushroom, certified organic grain alcohol, distilled water, vegetable glycerin.

Rene Caisse Compound

Also called Essiac, this is the famous formula from the Ojibwa tribe, made popular by Canadian nurse Rene Caisse in convenient liquid extract form. Our Rene Caisse Compound is made with the highest quality herbs to the exact formula given to Rene Caisse. (We also make the original formula prepared as a tea.)

Use: 60-120 drops in a cup of water up to 4 times a day. Children's doses are usually ¼ to ½ of an adult dose. Consult your health-care professional for children under 2 years of age.

Contains: American Sheep Sorrel, Burdock root, Slippery Elm bark, Turkey Rhubarb root, certified organic grain alcohol, distilled water, vegetable glycerin.

Shepherd's Purse Compound

A specially blended formula for women experiencing excessive flow of the moon cycle. This blend is used during heavy days but can also be used in the 3 to 5 days before the cycle.

Use: 60-120 drops in water 3 times a day or up to 6 times a day until desired results are produced. Consult your health-care professional for children under 2 years of age.

Contains: Shepherd's Purse, Yarrow, Sage, Cinnamon, certified organic grain alcohol, vegetable glycerin, distilled water.

Spas Ease Compound

Spas Ease Compound encourages healthy relaxed muscles with soothing and calming herbs that reduce muscle tension.

Use: 30-120 drops in water as needed. Children's doses are usually ¼ to ½ of an adult dose. Consult your health-care professional for children under 2 years of age.

Contains: Wildcrafted New Mexico Betony herb, Wild Yam root, sulfite-free Corydalis root, certified organic grain alcohol, vegetable glycerin, distilled water.

Sugar Ease Compound

Sugar Ease Compound combines herbs from around the world and herbs from our own New Mexico known for helping to maintain healthy blood sugar.

Use: 30-60 drops in 2 ounces water sipped slowly 10 minutes before meals. Children's doses are usually ¼ to ½ of an adult dose. Consult your health-care professional for children under 2 years of age.

Contains: Wildcrafted Gymnema sylvestre herb, Brickelia herb, Bitter Melon, Stevia leaf, certified organic Fenugreek seed, certified organic grain alcohol, distilled water, vegetable glycerin.

Tea Tree Mouthwash Concentrate

With the well-known benefits of Tea Tree oil and the soothing qualities of Licorice root and vegetable glycerin, our Tea Tree Mouthwash Concentrate supports the health of the mouth while helping keep the breath fresh.

Use: 60-100 drops in 1 ounce of water, swish for 3 minutes after brushing or anytime to freshen the mouth. Repeat as desired.

Contains: Tea Tree essential oil, certified organic Licorice root, vegetable glycerin, certified organic grain alcohol, distilled water.

Thyrostim Compound

Thyrostim Compound is formulated to support your life energy. When your system becomes sluggish (for women this is especially during and after the change of life), the metabolic furnace begins to cool down and the mantle of the skin and scalp become dry.

Use: 30-60 drops in water up to 3 times a day.

Contains: Gotu Kola herb, Coleus forskohli, Black Cohosh root, Bladderwrack Sea herb, Licorice root, certified organic grain alcohol, vegetable glycerin, distilled water.

Tumease Compound

Like the name says, this is a tummy combination. Tumease Compound is great for that "too full feeling," and it alleviates pressure and bloating. Keep Tumease Compound in your pocket or purse for those restaurants you end up in but know you shouldn't.

Use: 30-90 drops in 2 ounces of water sipped as needed. Children's doses are usually ¼ to ½ of an adult dose. Consult your health-care professional for children under 2 years of age.

Contains: Wild Yam root, Fennel seed, Angelica root, Cardamom seed, Star Anise seed, certified organic grain alcohol, vegetable glycerin, distilled water.

Vitalman Compound

Vitalman Compound is formulated to increase a man's sexual desire and performance. It is a combination of many of the world's most effective plant remedies that naturally support a man's drive and energy.

Use: 60-100 drops in water twice a day for 100 days.

Contains: Wildcrafted Tribulus terrestris seed, Sarsaparilla root, Damiana leaf, White Ginseng root, Saw Palmetto berries, certified organic grain alcohol, vegetable glycerin, distilled water.

Walnut Hull Sage Compound

Walnut Hull Sage Compound is formulated for the health of the intestines. It is especially useful when uninvited guests are suspected.

Use: 60-120 drops in water up to 4 times a day. Frequent dosing for at least 4 days and up to 3 weeks is important to be successful. Children's doses are ½ of the adult dose. Consult your health-care professional for children under 2 years of age.

Contains: Wildcrafted Quassia wood, wildcrafted Sagebrush leaf, Black Walnut hull, Wormseed herb, Star Anise seed, Cardamom seed, Ginger root, certified organic grain alcohol, vegetable glycerin, distilled water.

Wormwood Compound

Our Wormwood Compound includes all of the herbs recommended by Dr. Hulda Clark with the additional benefits of Male Fern and Quassia.

Use: 60-120 drops in water up to 4 times a day. Frequent dosing for at least 4 days and up to 3 weeks is important to be successful. Children's doses are ½ of the adult dose. Consult your health-care professional for children under 2 years of age.

Contains: Certified organic Black Walnut hull, Wormwood herb, whole Cloves, Quassia wood, Male Fern herb, certified organic grain alcohol, vegetable glycerin, distilled water.

Yohimbe Compound

Yohimbe Compound is made with the African Yohimbe tree bark and is formulated to increase a man's sexual desire and performance. This formula includes many of the world's most effective plant remedies to naturally support a man's drive and energy.

Use: 60-120 drops in water 1 hour before activity.

Contains: Wildcrafted Yohimbe bark, Horse Chestnut, Stone Root, Rosemary leaf, certified organic grain alcohol, vegetable glycerin, distilled water.



Horse Chestnut



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gift & travel collections



Altitude Adjustment Aid Kit

Natural help for adjusting to higher altitudes. Support your well-being in higher altitudes by using our Altitude Adjustment Aid. Makes a great gift!

Contains: 2 ounces Altitude Adjustment Chlorophyll concentrate, .68 ounce Sierra Vida Altitude Adjustment Tea, fine mesh tea strainer.

New Mama Kit

This kit has everything you need for you and your precious new baby. See page 24 for individual product descriptions.

Contains: 1 ounce New Mama Sitz Bath, 1 ounce Diaperase Ointment, 2 ounces Baby Oil Deluxe, 1 ounce Belly Buttah and 1 ounce Teething syrup.



Taos Herb Cleanse Kit

Our cleansing and detoxification kit has all the supplies you will need to do a cleanse and fast from one day to three days.

Contains: 2 ounces Psyllium Husk powder, 2 ounces Taos Herb Company Detox Tea, 1 ounce Break-Fast Compound, 2 ounces Detox Compound, 1/3 ounce pure essential French Lavender oil and instructions.

Yerba Hair Care Gift & Travel Collection

The perfect way to introduce Yerba Hair Care to a friend – also a great travel set for yourself!

A handy clear zipper bag contains two 2 ounce Yerba Shampoo, one 2 ounce Yerba Deep Conditioner, and one 2 ounce Yerba Concentrate Scalp Treatment.



Winter Immune Kit

This is your immune system's ally at a special price. Our Winter Immune Kit contains products specifically chosen to help boost the immune system, soothe and give comfort.

Contains: 2 ounces Elder Berry Elixir, 1 ounce Power Echinacea, 1 ounce Reishi-Shiitake Astragalus Compound, 2 ounces Ocha Root Syrup and 1/3 ounces Eucalyptus oil.



single extracts

Properly made liquid herbal extracts (tinctures) are the most effective form of whole-plant herbal medicine. Liquid herbal extracts retain their potency for years unlike powdered herbs in capsules that oxidize and deteriorate in a few months. Our single-herb extracts are prepared from only the highest quality plant material and certified organic plant-based alcohol, pure distilled water and vegetable glycerin.

Single-herb extracts are essentially instant tea and are easily carried in the pocket or purse, making daily doses a breeze. Single-herb extracts are the easiest way to administer herbs to children and anyone who struggles with swallowing pills.

Single Extracts are available in 1 to 32 ounce sizes.

American Ginseng Root Extract

Angelica Root Extract

Arnica Extract

Arnica Herb Fresh Extract

Ashwaganda Root Extract

Astragalus Root Extract

Barberry Fresh Plant Extract

Black Cohosh Root Extract

Black Walnut Hull Fresh Extract

Bladderwrack Herb Extract

Blue Cohosh Root Extract

Bugleweed Herb Extract

Burdock Root Extract

Calendula Flower Extract

California Poppy Herb Fresh Extract

Cat's Claw Bark Extract

Cayenne Extract

Celery Seed Extract

Chamomile Flower Extract

Chaparral Leaf Extract

Chaste Tree Berry (Vitex) Extract

Chickweed Herb Extract

Cilantro Fresh Extract

Clematis Herb Fresh Extract

Coleus Forskohlii Extract

Colloidal Silver Extract



Eyebright





Motherwort



Elder Flower

Single Extracts continued...

- | | |
|--|-----------------------------------|
| Cotton Root Fresh Extract | Kava Kava Root Fresh Extract |
| Cow Parsnip Fresh Root & Seed Extract | Khella Seed Extract |
| Cramp Bark Extract | Lemon Balm Extract |
| Cubeb Berry Extract | Licorice Root Extract |
| Damiana Leaf Extract | Lobelia Herb Extract |
| Dandelion Root Extract | Lobelia Herb Fresh Extract |
| Dong Quai Root Extract | Lomatium Root Extract |
| Echinacea A. Root Extract | Marshmallow Root Extract |
| Echinacea A. Root Fresh Extract | Milk Thistle Seed Extract |
| Elder Berry Extract | Motherwort Herb Extract |
| Elder Flower Extract | Mullein Flower Extract |
| Eyebright Herb Extract | Mullein Flower Fresh Extract |
| Fennel Seed Extract | Mullein Leaf & Flower Extract |
| Gentian Root Extract | Myrrh Gum Extract |
| Ginger Root Fresh Extract | Nettle Herb Extract |
| Ginkgo Biloba Leaf Extract | Nettle Herb Fresh Extract |
| Ginseng Root Chinese Red Extract | Nettle Root Extract |
| Goldenseal Root Extract | Nettle Root Fresh Extract |
| Gotu Kola Extract | Oat Tops Fresh Milk Stage Extract |
| Grindelia Flower Fresh Extract | Ocotillo Extract |
| Hawthorn (Leaf, Flower, Berry) Extract | Ocotillo Fresh Extract |
| Hops Extract | Olive Leaf Extract |
| Horse Chestnut Seed Extract | |
| Hydrangea Root Extract | |
| Immortal Root Extract | |
| Kava Kava Root Extract | |

Ocotillo



Why Choose Liquid Herbal Extracts?

- **CONCENTRATED** – Just pure extract. No binders or fillers.
- **POTENT** – Liquid extracts remain potent for years while powdered herbs lose potency within weeks of being ground.
- **CONVENIENT** – Liquid extracts fit in pocket or purse and make tea instantly!
- **EASY** – Easy to swallow – no choking on pills, doses are easy to adjust – a snap to adjust small doses for children.
- **COST-EFFECTIVE** – Smaller, more potent doses = more cost-effective.
- **ALCOHOL BASED** – Alcohol has vastly superior ability to extract and hold the concentrated properties of medical herbs in solution, far greater than water or glycerin.

Single Extracts continued...

Oregon Grape Herb-Root Fresh Extract

Osha Root Extract

Passion Flower Extract

Pau d' Arco Bark Extract

Plantain Herb Extract

Prickly Ash Bark Extract

Propolis Resin Extract

Pygeum Bark Extract

Red Clover Blossom Extract

Red Root Extract

Reishi Mushroom Extract

Rue Herb Extract

Saw Palmetto Berry Extract

Scullcap Herb Extract

Shepherd's Purse Extract

Siberian Eleuthero Extract

Spilanthes Fresh Extract

St. John's Wort Extract

St. John's Wort Fresh Extract

Stevia Concentrate Extract

Tribulus Terrestris Extract

Turmeric Root Extract

Usnea Lichen Extract

Uva Ursi Extract

Valerian Fresh Root Extract

Valerian Fresh Whole Plant Extract

Valerian Root Extract

White Sage Extract

White Willow Bark Extract

Wild Oregano Oil 10% Extract

Wild Oregano Oil 50% Extract

Wild Yam Root Extract

Wormwood Leaf Extract

Yarrow Herb Extract

Yellowdock Root Extract

Yerba Mansa Root Extract

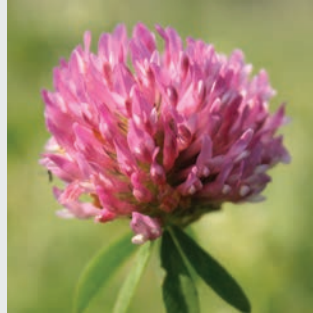
Yerba Santa Leaf Extract

Yohimbe Bark Extract

Yucca Root Extract

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Red Clover



Propolis

To keep the body in good health
is a duty, otherwise we shall not
be able to keep our mind
strong and clear.

Gautama the Buddha, 563 BC



Valerian



herbal syrups

Ocha Root Syrup

A customer favorite! This potent syrup is made with the wild Osha root from the mountains of New Mexico. Ocha Root Syrup is a soothing blend of herbs and honey to ease the discomfort of seasonal throat and respiratory symptoms.

Use: 1 tablespoon in a cup of warm water up to 5 times a day.

Contains: Osha root, White Pine bark, Yerba Santa, Grindelia, Wild Cherry bark, Anise seed, Aralia root (American Spikenard), Poplar buds and/or Yarrow flowers and Feverfew herb, local honey, organic grain alcohol, distilled water, vegetable glycerin.

Elder Berry Elixir

The Elderberry is a dark purple or blue berry growing on the Elderberry bush or elder tree and is one of the richest sources of anthocyanins (potent antioxidant flavonoids).



Contains: Elder Berry juice, vegetable glycerin, citric acid, potassium sorbate (a natural preservative).

Ocha

I believe a leaf of grass is
no less than the journey-work
of the stars.

Walt Whitman

Native Americans of the great Southwest discovered the wonderful cleansing and conditioning qualities of wild Yerba de la Negrita (Scarlet Globemallow) and Amole (Yucca root) and shared this wisdom with the new peoples arriving in these lands more than 400 years ago. Today, we prepare this traditional herbal hair therapy with each bottle containing more than 50% of pure natural plant extract.

Our Yerba Hair Care employs herbs that are sustainably wildcrafted from the high desert of northern New Mexico, providing a unique and intensely herbal selection of natural hair care.

Yerba Hair Care Shampoo

Crafted with the herb Yerba de la Negrita (Scarlet Globemallow) and Amole (Yucca root) fragrant with an all-natural blend of essential oils. Shampoo normally and allow the cleansing qualities of Yerba de la Negrita and Amole to condition the scalp and result in strong, healthy, shiny hair.

Yerba Hair Care Conditioner

Created with wild Yerba de la Negrita herb (Scarlet Globemallow) and an all-natural blend of essential oils. Condition normally and allow the natural conditioning qualities of Yerba de la Negrita to restore your hair's strength, health and shine.

Yerba Hair Care Concentrate

Blended from wild Yerba de la Negrita herb (Scarlet Globemallow) and Amole (Yucca root) and an exotic blend of essential oils this botanical concentrate is used as a deep treatment for the scalp, cleansing and conditioning the scalp and hair follicles to allow growth. Spray Yerba Hair Care Concentrate onto the scalp before shampooing. May be applied up to 8 hours before washing hair.

yerba hair care



Yerba Hair Care Gift & Travel Collection

The perfect way to introduce Yerba Hair Care to a friend – also a great travel set for yourself!

A handy clear zipper bag contains two 2 ounce Yerba Shampoo, one 2 ounce Yerba Deep Conditioner, and one 2 ounce Yerba Concentrate Scalp Treatment.



Yerba de la Negrita

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body care

At Taos Herb Company we create all-natural body care products with the finest herbs, fixed oils and pure essential oils. Our Taos Herb Company brand products are meticulously crafted without toxic chemicals so you can be sure that what you put on your body is pure, natural and healthy.



Sage Bath & Body Oil

Let the scent of Sage bring the spirit of the high mountain desert right into your bath. Enjoy as an additive to your bath water or as massage oil.

Contains: Olive oil, essential oils of Sage, Lavender.

Piñon Bath & Body Oil

A wonderful way to enjoy your bath. Allow the scent of fresh-cut Piñon boughs to carry you away to the mountains when you can't make the trip yourself! Enjoy as an additive to your bath water or as massage oil.

Contains: Blended from all-natural essential oils and olive oil.

Bug Me Not Natural Insect Repellants

Note: Bug Me Not natural insect products should be reapplied frequently.

Bug Me Not Essential Oil Concentrate

Great for making your own bug repellent, just mix with lotion or oil (about a teaspoon of Bug Me Not Concentrate in a cup of oil or lotion) or apply a few drops directly on the skin.

Contains: Essential oils of Citronella, Pennyroyal, Rosemary, Thyme.

Bug Me Not Lotion

Our great Bug Me Not in a natural lotion base, easy to apply and moisturizing!

Contains: Natural lotion base, essential oils of Citronella, Pennyroyal, Rosemary, Thyme.



Bug Me Not Spray

Easy, convenient and effective. Our Bug Me Not Spray mists on to give an even coat of protection.

Contains: Water, certified organic alcohol, essential oils of Citronella, Pennyroyal, Rosemary, Thyme.

Catnip Oil Spray

This is our other great product for keeping away pesky insects in an easy-to-use spray form.

Contains: Water, certified organic alcohol, essential oil of catnip, glycerin, Geranium, Eucalyptus, purified water.

Dew Drops Moisturizer

For face and hands, this is an exquisite way to moisturize your skin. Feels light but really hydrates, with a refreshing and clean herbal scent. Dew Drops is a very emollient moisturizer made with an extravagance of essential oils and plant extracts to protect and nourish your skin.

Contains: Oils of Sunflower, Apricot, Jojoba, Rosehip, Vitamin E; extracts of Calendula, Horsetail, St. John's Wort; essential oils of Lavender, Ylang Ylang, Geranium, Tangerine, Spruce, Aloe Vera gel.

Cooling Itch Relief

Soothing to minor rashes and skin irritations, wonderful, creamy, smells great and cools the itch.

Contains: Certified organic Aloe Vera gel blended with Lavender essential oil, Chickweed extract, unscented lotion base.

Herbal Skin Aid

An all-natural facial cleanser to keep your skin clear and smooth.

Contains: Calendula flowers, Echinacea root, White Oak bark, Milk Thistle seeds, Tea Tree essential oil, water, certified organic alcohol.

Psor-Aid Skin Aid

This is a spray-on product that is great for rough scaly skin and scalp problems.

Contains: Aloe Vera juice, zinc pyrithione.

Rosewater & Glycerin

Rosewater is one of the best and most traditional facial tonics and has a lovely scent. Spritz on after washing your face or use as a gentleman's aftershave.

Contains: Water, Rose Absolute essential oil, glycerin.

Tea Tree Mouthwash

With the well-known benefits of Tea Tree oil and the soothing qualities of Licorice root and vegetable glycerin, our Tea Tree Mouthwash supports the health of the mouth, while keeping the breath fresh.

Contains: Certified organic alcohol, vegetable glycerin, Licorice root, Tea Tree essential oils.

We take the highest quality herbs, collected from the wild or obtained from organic farms and other ethical sources, then blend them with virgin olive oil, grape seed oil, lanolin, local beeswax and essential oils into highly effective fine herbal salves.

herbal salves



Arnica Salve

We carefully extract the vibrant green healing properties of Wild Arnica that we collect from the mountains of northern New Mexico and combine it with olive oil, Thyme essential oil and beeswax to make the finest Arnica Salve in the universe (as we know it).

Diaperase Ointment

Soothe the small ones' bottoms with our gentle and effective Diaperase Ointment. Free of chemicals and petroleum, it relieves dryness and irritation using rich golden Calendula oil, lanolin, Lavender essential oil, Vitamin E oil, beeswax, Zinc Oxide.

Goldenheal Salve

An all-purpose salve for minor skin dryness and irritation. Great in the kitchen, bath and first aid kit. Goldenheal Salve contains Calendula oil, Goldenseal leaf oil, and Comfrey Leaf Oil blended with Thyme essential oil and beeswax to give soothing relief to dry, cracked skin and minor irritations.

Hemmorease Ointment

Soothing, cooling and lubricating, that's our Hemmorease Ointment. Made with all-natural herbal ingredients, including Anil de Muerto, Goldenseal root, Yerba Mansa, Punche Mexicano, lanolin, Zinc Oxide, beeswax, all blended together in a soothing balm that provides temporary relief.

La Pomada (Lavender-Zinc Ointment)

This is our really intensive product for dry cracked skin, elbows, knees, heels and lips. It is amazing for dry, brittle cuticles! Made with the cooling properties of Lavender essential oil and Zinc, plus the healing properties of lanolin, Calendula and beeswax.

Propolis Salve

This is a unique balm made from Propolis resin collected from beehives. Honeybees collect the sappy resins from a variety of trees for preventing infections of the colony. Our Propolis Salve is just the thing for your first aid kit. This bee-utiful salve contains Almond oil, Propolis resin and beeswax.

Trementina Balm

Piñon sap is a traditional New Mexican remedy for relieving dry, cracked skin and minor irritations. This piney-smelling salve is made with Piñon sap (known in Spanish as Trementina) and was used *para todo* (for everything) by Spanish pioneer families of the Southwest. Our traditional formula contains Trementina, Yerba Mansa root, Osha root, olive oil, lanolin and beeswax.

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moms & babies



Lavender



For Moms

New Mama Sitz Bath

Postpartum moms will benefit from healing properties of our New Mama Sitz Bath. Prepared as a tea and poured into a sitz bath basin, these herbs will soothe, reduce the heat and speed the healing of sensitive tissues affected by the birthing process.

Contains: Echinacea root, Calendula flowers, Uva Ursi leaf, Comfrey root, Yerba del Manzo root.

Breast Balm

A soothing combination to reduce heat and congestion that sometimes arises in the breasts of nursing mothers.

Contains: Grape seed oil, Poke root extract, essential oil of Blue Chamomile.

Belly Buttah

Soaking in deeply to soften and relax the stretching of mama's tummy, our Belly Buttah is the ideal preparation to help mom's belly grow, keeping the skin soft and smooth.

Contains: Cocoa butter, Coconut oil, beeswax, lanolin, olive oil, Vitamin E oil, and essential oils of Tangerine, Rosewood, Lavender.

For Babies

Diaperease Ointment

A soothing, healing, petroleum-free ointment for diapering. Diaperease Ointment helps hold in natural skin moisture while sealing out diaper wetness for a healthy happy bottom.

Contains: Calendula flower oil, lanolin, Lavender oil, beeswax, Vitamin E, Zinc Oxide.

Baby Oil Deluxe

This is the richest most soothing baby oil you will ever find! Ideal for use when diapering, soothes and protects dry skin. Great for breast-feeding moms' nipples to prevent dryness and irritation.

Contains: Calendula flower oil, lanolin, Grape seed oil, Vitamin E oil, essential oils of Lavender and Ylang Ylang.

Teething Syrup

With the soothing numbing properties of Clove and Kava root our Teething Syrup helps soothe the discomfort.

Contains: Vegetable Glycerin, Kava root extract, Clove oil.

New Mama Kit

This kit has everything you need for you and your precious new baby. See above for individual product descriptions.

Contains: 1 ounce New Mama Sitz Bath, 1 ounce Diaperease Ointment, 2 ounces Baby Oil Deluxe, 1 ounce Belly Buttah and 1 ounce Teething syrup.





aromatherapy blends

Combining years of fine-tuning and only the highest quality pure essential oils, we offer these exquisitely blended aromatherapy creations.

Energy Blend

Blended from all-natural essential oils to clear and focus the mind and revitalize our connection to life's vital force.

Contains: Pure essential oils of Lemon peel, Lavender flowers, Lime peel, Peru Balsam.

Harmony Blend

Essential oils that balance energy, induce a sense of peace and protection.

Contains: Pure essential oils of Orange peel, Rosewood, Petitgrain, Spruce.

Sensuality Blend

Calling upon those special essential oils whose fragrance touches the primal sensual instinct, our Sensuality Blend awakens intimate sensations and opens the door to touch and pleasure.

Contains: Pure essential oils of Atlas Cedarwood, Ylang Ylang, Orange peel, Patchouli, Rosewood.

Serenity Blend

Discover the soothing and calming properties of essential oils that cool the mind, restore balance, invite a sense of relaxation and yes, even bliss!

Contains: Pure essential oils of Rosemary, Lavender, Orange peel, Ylang Ylang.

Sauna Roma Oil Blend

Blended to soothe the sinus and invigorate the skin, Sauna Roma is ideal for facial steams, sauna and steam bath.

Contains: Pure essential oils of Eucalyptus, Sage, Rosemary, Peppermint.

Three T's Blend

Our Three T's Blend contains essential oils rich in natural phenolics that have powerful antibacterial and antifungal properties.

Contains: Pure essential oils of Tea Tree, Thyme, Thuja.

Tea Tree



Here's flowers for you;

Hot lavender, mints, savoury, marjoram;

The marigold, that goes to bed
wi' the sun,

And with him rises weeping...

William Shakespeare

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We bring you pure essential oils from all over the world. Only pure essential oils should be used for therapeutic purposes. All of our oils are the result of years of research to find only the highest quality pure oil from the most trusted producers. We supply a large number of pure oils as well as extended essential oils of precious and expensive oils such as Rose, Neroli, Jasmine Helichrysum and Frankincense in a wide variety of sizes.

essential oils

Allspice Berry
Amber Paste Resinoid
Amyris Wood
Anise Seed
Basil Leaf
Bay Leaf
Benzoin Resin
Bergamot Peel
Birch Bark
Cajeput Leaf & Stem
Camphor Wood
Caraway Seed
Cardamom Seed
Carrot Seed
Catnip Leaf
Cedarwood Atlas
Cedarwood Port Orford
Cedarwood Texas
Cedarwood Virginia
Celery Seed

Chamomile Blue
Chamomile Blue Extended
Chamomile Roman
Chamomile Roman Extended
Cinnamon Bark
Cinnamon Leaf
Citronella Leaf
Clary Sage Leaf
Clove Bud
Coriander Seed
Cypress Leaf
Eucalyptus Leaf
Eucalyptus Lemon Leaf
Fennel Seed Sweet

Fir Siberian Leaf
Frankincense Resin
Frankincense Resin Extended
Garlic Bulb
Geranium Leaf
Ginger Root
Grapefruit Peel
Helichrysum Stoechas Flower
Helichrysum Stoechas Flower Extended



Basil



Hyssop Leaf
Jasmine Flower Absolute
Jasmine Flower Absolute Extended
Juniper Berry
Lavandin Flower
Lavender Flower French
Lavender Flower Hungarian
Lavender Flower Oregon
Lemon Grass
Lemon Peel
Lemon Verbena Leaf
Lemon Verbena Leaf Extended
Lime Peel
Mandarin Orange Peel
Marjoram Leaf
Melissa (Lemon Balm)
Melissa (Lemon Balm) Extended
Milfoil (Yarrow) Leaf
Mugwort Leaf
Myrrh Gum
Myrtle Leaf
Neroli Flower
Neroli Flower Extended
Niaouli Leaf & Stem
Orange Peel (Sweet)
Oregano Leaf (*Thymus Capitatus*)
Oregano Wild Leaf (*Origanum Vulgare*)
Palmarosa Leaf
Patchouli Leaf
Pennyroyal Leaf

Peppermint Leaf (Triple Distilled)
Peppermint Leaf Oregon
Peru Balsam
Petitgrain Leaf & Stem
Pine Needle Scotch
Pinon Essential Blend
Ravensara Leaf
Rose Flower Absolute (Bulgaria)
Rose Flower Absolute (Bulgaria) Extended
Rose Flower Absolute (Turkey)
Rose Flower Absolute (Turkey) Extended
Rose Geranium Leaf
Rosemary Leaf
Rosewood
Rue Leaf
Sage Leaf
Sandalwood
Spearmint Leaf
Spruce Needle Black
Tangerine Peel
Tea Tree Leaf
Thuja Leaf
Thyme Leaf (White)
Vetivert Root
Violet Leaf
Violet Leaf Extended
White Sage Leaf
Wintergreen Leaf
Ylang Ylang Flower



Jasmine

The more serious
the illness, the
more important
it is for you to
fight back,
mobilizing all
your resources -
spiritual,
emotional,
intellectual,
and physical.

Norman Cousins



Melissa (Lemon Balm)

If one way be better than another, that
you may be sure is nature's way.

Aristotle

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herbal oils



Calendula

The essence of all beings is earth, the essence of earth is water, the essence of water is plants, the essence of plants is the human being.

Chandogya,
from the Upanishads

Bright and beautiful with the glowing natural colors of the precious herbs from which they are extracted, these Herbal Oils are an ancient and effective way to make use of the healing properties of medicinal plants. Made with organically and sustainably grown olive oil and wildcrafted and organically grown herbs picked at the height of their potency, our Herbal Oils may be used directly on the skin or added to your favorite body care formula.

Calendula Oil

Vibrant orange and yellow organic Calendula flowers extracted into virgin olive oil.

Comfrey Leaf Oil

Comfrey leaf and virgin olive oil.

Mullein Flower Oil

Yellow Mullein flowers extracted into virgin olive oil

St. John's Wort Oil

St. John's Wort flowers extracted into virgin olive oil.

Wild Arnica Oil

Whole Arnica herb extracted into virgin olive oil.



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ceremonial items

It is with respect that we offer these sacred herbs and items for ceremonial use. All of our herbs for ceremony are gathered in a good way with reverence for the plant spirits and care to protect the natural populations of Mother Earth's medicine plants.

Ceremonial Collections

Our Ceremonial Collections offer assortments of sacred herbs and supplies along with plant medicines and accessories that are commonly used together in ceremonies and blessings.

The Blessing Collection

This is a wonderful way to be introduced to the sweetness of smudging and blessing with sacred incenses from North America as well as other places around the world.

Contains:

- one 9-inch White Sage smudge stick
- one 8-inch New Mexico Sage and Cedar smudge stick
- one ounce Frankincense resin
- one ounce Copal Oro resin
- one ounce Myrrh resin
- one Select Sweetgrass Braid
- one roll of self-lighting charcoal tablets
- one Abalone shell smudging bowl and one smudging feather dyed to resemble an eagle feather.

Packaged in a 12 x 12 inch white box.





Mini Blessing Kit

Our Mini Blessing Kit is a simple way to have all that is needed for smudging.

Contains:

- one 8-inch New Mexico Sage and Cedar smudge stick
- one exclusive handmade terra-cotta smudge bowl
- one turkey wing feather for sending the blessing smoke.



Smudging Sampler

Contains:

- one Select Sweetgrass Braid
- one 9-inch white Sage smudge stick
- one 8-inch New Mexico Desert Sage smudge stick
- one 9-inch Flat Cedar smudge stick
- one 8-inch New Mexico Sage and Cedar smudge stick
- 4 ounces of White Sage leaf clusters.

Packaged in a ziplock bag.



Terra-cotta Smudge Bowl Special

Contains:

- one terra-cotta smudge bowl
- one 9-inch White Sage smudge stick
- one 9-inch Flat Cedar smudge stick
- one 8-inch New Mexico Sage and Cedar smudge stick.

White Sage



When a man moves away from nature
his heart becomes hard.

Lakota Sioux

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Abalone Smudging Collection

Contains:

- one beautiful abalone shell smudge bowl
- one ounce of Frankincense resin
- one ounce of Myrrh resin
- one hand-beaded smudging feather by Floating Feather
- one roll of self-lighting charcoal tablets.



Cedar/Sage/Sweetgrass Smudging Package

Double your smudging and blessings with this collection of our bestselling sacred medicines (or share some with a friend!).

Contains:

- two each of the spirit-welcoming New Mexico Sage sticks and California White Sage sticks
- two each of the protective Cedar Smudges and Breath-of-the-Earth-Mother Sweetgrass Braids
- 1/3 ounce bottle of essential oil of Virginia Cedarwood.



Heavenly Incense Collection

Aromatic magical resins will fill the air with our Heavenly Incense Collection.

Contains:

- one beautiful abalone shell smudge bowl
- one ounce of Dragon's Blood resin
- one ounce of Piñon tree resin
- one ounce of Mugwort
- one roll of self-lighting charcoal tablets.



Sacred Resin Spirit Collection

A collection of sacred tree resins

Contains:

- one exclusive handmade terra-cotta smudge bowl
- one ounce of Frankincense resin
- one ounce of Myrrh resin
- one ounce of Piñon resin
- a turkey wing feather
- one roll of self-lighting charcoal tablets.

Sage and Cedar

Sage is used across the Americas most often for spirit invitation, blessing and cleansing. Cedar is most often used for protection and “uninviting” influences that are not wanted. Individual cultures and teachings can vary greatly in the use of these most important spirit medicines.

Cedar Leaf “Incense Cedar”

This is bulk “Flat” Cedar leaf (*Calocedrus decurrens*) from the northwest coast of North America.

NM Sage & Cedar Loose Herb

Loose New Mexico Sage (*Artemisia tridentata*) combined with New Mexico Cedar (*Juniperus monosperma*).

Sage - South Dakota Wand

This sage is known as South Dakota Sacred Sage or Man Sage (*Artemisia ludoviciana*) and is the Sage most familiar to the people of the North American plains. Supplied as a wand.

Sage (South Dakota)

Whole South Dakota Sacred Sage (*Artemisia ludoviciana*). This is the whole form of Dakota Sacred Sage in bundles from 4 ounces to 1 pound.

Woman Sage Bundle

This is a wand of Woman Sage (*Artemisia frigida*). Woman Sage is special and hard to find.

Sage New Mexico Desert Leaf

Loose-leaf New Mexico Desert Sage (*Artemisia tridentata*) can be used for smudging in a smudge bowl. It is great for combining with other herbs to create your own smudging blends.



White Sage Cluster & Leaf

Whole beautiful clusters of White Sage (*Salvia apiana*) packaged in 4 ounce to 5 pound quantities.

White Sage Mist

Smokeless smudging! In an easy-to-use spray bottle, this is great for when one needs to clear the air and can't burn regular Sage smudge.

White Sage Seed Packet 100 Count

Grow your own White Sage. Instructions included.

Smudge Sticks



a. Smudge Stick New Mexico Sage/Cedar

New Mexico Cedar and Sage together in one bundle, collected and wrapped by hand by Taos Pueblo families. Supplied packaged in clear plastic with a hang-tab label or unpackaged.

b. Smudge Stick Flat Cedar

Sweet-smelling Flat Cedar (*Calocedrus decurrens*) 8-9 inch smudge stick from the northwest coast of North America. Supplied packaged in clear plastic with a label hang-tab or unpackaged.

c. Smudge Stick White Sage

This is the extremely pungent, delicious White Sage (*Salvia apiana*) 8-9 inch smudge stick from California. Also known as Buffalo Sage. A favorite for smudging and blessing. Supplied packaged in clear plastic with a hang-tab label or unpackaged.

Smudge Stick White Sage - Mini (not pictured)

Little White Sage smudge sticks 3 to 4 inches long make great gifts. These come packaged singly or packs of 2 in clear plastic with a hang-tab labels.

Smudge Stick New Mexico Sage (not pictured)

Aromatic New Mexico High Desert Sage (*Artemisia tridentata*) 7-8 inch smudge stick, collected and wrapped by hand by Taos Pueblo families. Supplied packaged in clear plastic with a hang-tab label or unpackaged.

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Sweetgrass

Also called *Seneca Grass*, *Holy Grass*, *Vanilla grass*. This very special herb's sweet vanilla-like scent brings the blessing of Mother Earth's love. Sweetgrass is burned to remind us of the essence of the feminine and that the earth provides us with everything we need.

Our sweetgrass is sustainably grown on a farm in the Pacific Northwest, hand-picked with prayer and braided in a good way with help from the elder grandmothers.

Sweetgrass Braid (Select) 29-33 inches

Sold individually

Sweetgrass Braid (Grandmother) 34-36 inches

Sold individually



Smudging Bowls

A bowl for smudging is necessary when burning loose herbs and especially when burning sacred resins such as Copal, Frankincense or Myrrh. If a charcoal is used in the smudging bowl then be sure to put about an inch of sand in the bowl first to prevent burning the surfaces under the bowl (or your hand).



a. Abalone Shell

Sustainably harvested abalone shells are very popular for smudging with loose herbs and resins. Our abalone shells are 5 to 6 inches wide.

b. Raku Smudge Bowl by Richard Hawley

Handmade by a local Taos ceramic artist, our Raku smudge bowls are each unique and have a handle to make smudging and blessing easy when using a feather. These special bowls also have feet to protect surfaces below. Our Raku bowls are 4 inches wide by 7.5 inches long.

c. Terra-cotta Smudge Bowl

Our terra-cotta smudge bowls are made by Taos artist. They are a natural earthen tone, 6 inches wide, and have a handle and feet. Great for smudging with loose herbs and resins. Our Terra-cotta bowls are 6.5 inches wide by 9 inches long.

Smoking Herbs

The importance of herbs smoked in traditional ceremony cannot be understated. Plant medicines used in ceremony bring with them the spirits and guides of those plants. There are many traditions in blending herbs for smoking. An example is the term *Kinnick Kinnick*, which is often thought of as the herb *Uva Ursi*, but in fact *Kinnick Kinnick* can be a blend of many different herbs and is thought to come from the Unami Delaware language meaning "what is mixed."

All of our smoking blends are intended for ceremonial uses, not for intoxication.

Sacred Pipe Blend

Sacred Pipe Blend is a mixture made specifically for the sacred pipe.

Contains: Mullein leaf, Uva Ursi leaf, Red Willow Bark and White Sage leaf. Supplied in 1, 2, 4, 8 and 16 ounce bags (2 ounce size with hang-tag label).

Desert Spirit Smoke Blend

Desert Spirit Blend can be smoked in the ceremonial pipe or rolled for use as a tobacco substitute.

Contains: Damiana leaf, Yerba Santa leaf, Lavender flower, Mullein Leaf, Licorice root. Available in 1½ ounce muslin drawstring bags or 1 pound bulk.

Mountain Breeze Smoke Blend

Mountain Breeze Blend can be smoked in the ceremonial pipe or rolled for use as a tobacco substitute. It has a minty taste.

Contains: Peppermint leaf, Damiana leaf, Catnip leaf, Sage leaf, Licorice root. Available in 1½ ounce muslin drawstring bags or 1 pound bulk.

Red Willow Bark

Also called *Canşaşa* in Lakota (pronounced chan-cha-sha), Red Willow bark is a common ingredient of *Kinnick Kinnick* and is often smoked all by itself. Red Willow bark is available in 1 ounce and 16 ounce bags.

Feathers for Smudging

Feathers are traditionally used for washing the smoke of sacred herbs over that which is to be blessed and cleansed. We offer a variety of feathers for smudging.



Beaded Feathers by Taos Artist Floating Feather

These beautiful hand-beaded smudging feathers are ideal for blessing and cleansing ceremonies.

a. Beaded Turkey Wing Feather

A turkey wing feather with hand beading and leather fringe.

b. Beaded Turkey Tail Feather

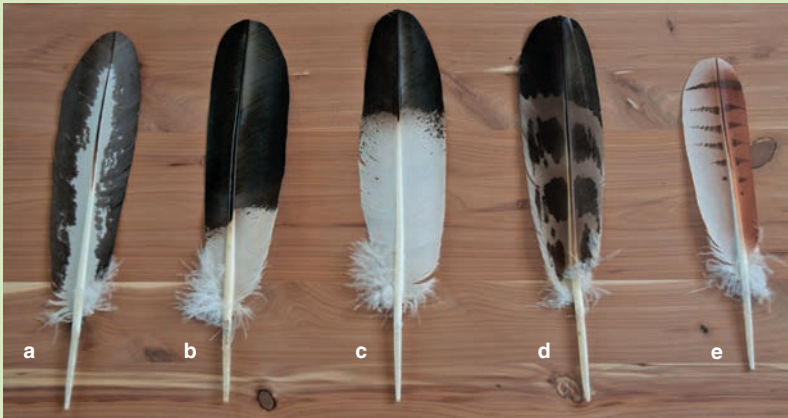
A turkey tail feather with hand beading and leather fringe.

c. Beaded Feather with Gourd Stitch Beaded Handle

This is an exquisitely made gourd stitched (peyote stitched) beaded turkey tail feather. Adorned with Guinea hen feathers and leather fringe, this is a sacred instrument for smudging.

Hand-Painted Feathers

We are proud to offer these feathers that are hand-painted to resemble eagle and hawk feathers. Real eagle and hawk feathers are not legal to possess except by federally recognized tribal members.



a. Immature Bald Eagle Tail Feather

b. Mature Bald Eagle Wing Feather

c. Immature Golden Eagle Tail Feather

d. Mature Golden Eagle Tail Feather

e. Red Tail Hawk Tail Feather

Other Feathers

a. Imitation Eagle Tail Feather

Our most affordable feather for smudging is a turkey feather that has been dip-dyed to resemble an immature golden eagle tail feather.

b. Turkey Tail Feather

This is a natural turkey tail feather

c. Turkey Wing Feather

This is a natural turkey wing feather.



Other Sacred Herbs

We are pleased to offer these additional sacred herbs.

Amber Brown
Beeswax Pellets
Bitter Root
Juniper Berries Organic
Lavender Flower Organic
Lavender Flower Select
Mugwort Herb Organic
Mullein Leaf
Oregano de la Sierra
Osha Root
Palo Santo Wood
Star Anise Whole
Uva Ursi Leaf Whole
Uva Ursi Whole Organic
Yerba Santa (Holy Herb)



Sacred Resins

These fragrant resins come to us from around the world and in New Mexico. Sacred Resins are often used to honor the trees whose bodies are used to make and heat our homes. These resins must be burned on a hot coal.

Copal Oro Resin

Copal Oro comes to us from Mexico from trees in the genus of *Bursera*. This golden tree resin is used both for blessing and for clearing unwanted energies from people, homes and sacred spaces.

Dragon's Blood Resin

An important resin used in pagan and Wiccan ceremonies, this is the blood-red resin used in healing ceremonies as well as for protection and to bring love.

Frankincense Resin

At one time Frankincense (*Boswellia spp.*) was considered to be more valuable than gold. Used to embalm the bodies of the Egyptian pharaohs, this tree resin has a fresh, sweet high-note fragrance and is said to cleanse and protect the soul and focus the mind.

Myrrh Resin

This tree resin is said to help one maintain a state of enlightenment, to connect one to the spirit of youth and to clear the path of the debris that stands in the way of one's truth. Our excellent myrrh is of superior quality.

Trementina (Piñon) Resin

Collected from the Piñon trees of New Mexico, Trementina is used as a glue for crafting ceremonial objects and as an incense to honor the gift of the trees to human beings.

Copal Oro



Frankincense



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Abalone shells sold separately.



Unless we put medical freedom into the Constitution the time will come when medicine will organize itself into an undercover dictatorship. To restrict the art of healing to one class of men and deny equal privileges to others will constitute the Bastille of medical science. All such laws are un-American and despotic.

Benjamin Rush, physician and signer of the Declaration of Independence

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- Ceremonial Items
 - Ceremonial Collections
 - Sage and Cedar
 - Smudge Sticks
 - Sweetgrass
 - Smudging Bowls
 - Smoking Herbs
 - Feathers for Smudging
 - Other Sacred Herbs
 - Sacred Resins

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