

Support Your Health With Quality Medicine From Our Garden To Your Home

Crystal Garden Herbs, a leading herbal apothecary in Vermont, has been offering SAFE, CONSISTENT and EFFECTIVE quality herbal products for the general population for over a decade. Using only organic and wild-crafted herbs, CGH has been creating herbal medicine from the earth to your home with the knowledge of the plant and the traditional process of transformation. CGH is determined to create quality natural medicine with respect for the environment and passion for healthy living.

Quality control is made throughout the entire process of fabrication, from buying the herbs, to maceration and bottling. We take pride in offering a consistent product to meet the satisfaction of our growing clientele.

Herbalist, Kristy Haley and Aromatherapist, Helene Meloche strive to offer friendly and knowledgeable services by keeping you informed of herbal medicine through our website.

Our products can also be found in Health Food Stores, Coops and Wellness Centers. If you want us to personalize a formula of your choice, just call or email us and we will gladly satisfy your demand. We also sell in bulk over 100 different organic or wild-crafted herbs. Please contact us for our extensive list of herbs and prices.

Working with you is always a pleasure!

Call us at 802/234-5947 or
Toll FREE 888-531-8483

Itchy Skin Tonic – Detoxifying herbs help cleanse while supporting the immune system, relieving allergic reactions. The anti-inflammatory, anti-spasmodic, and demulcent qualities are very soothing and healing.

Move Easy – A powerful natural formula to help relieve pain and inflammation, as well as a relaxant for the muscular, skeletal, and neurological systems.

Pain-B-Gone – Helps relieve pain and inflammation, while soothing and relaxing the nerves, tension and spasms.

Parasite Relief – Strong anti-fungal and anti-parasitic herbs with anti-microbial properties. Mild laxative and digestive stimulant to eliminate toxins and expel worms.

Pee Healthy – Helps soothe, tone, and strengthen the entire urinary tract. With diuretic, astringent, demulcent, anti-inflammatory qualities, and helps dissolve gravel.

Sinu-Clear – Helps relieve catarrhal congestion and inflammation of the upper respiratory tract, with anti-microbial and astringent qualities.

Tick Response - Traditionally used to help ward off and address the symptoms associated with tick bites and related tick borne diseases.

Tummy Tonic – Helps soothe, tone, and relax the stomach and digestive tract while reducing inflammation and microbes.

Ear Oil—Used externally for earaches. Antibacterial, antiviral, antifungal, antiparasitic, immunostimulating, demulcent, astringent and calming.
Contains: Mullein, St. John's wort, and garlic oil.

1 oz - \$11.50

Save Me Salve— Great relief and healing for hot spots, raw or dry itchy skin, cuts, scrapes and wounds. **2 oz— \$6.95**

Contains: Chickweed, St. Johnswort, Comfrey, Plantain, Calendula, with Vit. E oil, Rosemary and Eucalyptus essential oil in a base of olive oil and beeswax.

3 sizes to choose from! (FREE Shipping on \$100. or more)

2 oz. \$17.50, 4 oz. \$29.00, 8 oz. \$50.25

Animal Botanicals

FROM CRYSTAL GARDEN HERBS

Introducing our new line of Animal formulas for the health of our wonderful furry friends for their common ailments. The same formulas used by Holistic Vets around the country, these full strength liquid herbal extracts have reduced alcohol and include flower essences for emotional balance, specifically formulated for animals needs. The suggested use is three times a day, just squirt the amount into their mouth.



Suggested Doses:

Small—(up to 14 lbs.) 5 drops
Medium—(15-34 lbs.) 10 drops
Large—(35-84 lbs.) 15 drops
X-Large—(85-124 lbs.) 20 drops
Giant—(125 + lbs.) 30 drops

Breathe Deep – Helps tone, soothe and strengthen the lungs and respiratory tract with strong anti-inflammatory and anti-spasmodic properties.

Calm Down - An excellent nervine tonic helps relax excitability and the nervous system with anti-inflammatory and anti-spasmodic properties for the nerves.

Clear Eyes – Helps with chronic and acute eye inflammations, weepy or stinging eyes, mucous, sensitivity to light. Astringent and anti-microbial properties.

Colon Calmer – Helps relieve pain and inflammation of the entire intestinal tract, while being astringent, antiseptic, and very soothing.

Easiac Plus – This folk cancer remedy is a powerful blood purifier, dissolving toxins, reducing tumor growth, and building the immune system.

Flea Fighter – Keeps the blood bitter, well-nourished, alkalized, clean and healthy as the best natural defense for repelling fleas, lice, and other parasites.

Healthy Mouth - Helps relieve and heal mouth and gum infections and tighten loose teeth. With anti-microbial, anti-bacterial, astringent and demulcent properties.

Immune Tune - Helps stimulate and strengthen the immune system to fight infections with anti-microbial, anti-bacterial, anti-viral, and anti-fungal properties.



Blue Sky Herbals

Children's Herbal Glycerin Extracts

Crystal Garden Herbs has created a specific line to suite the needs of our children. These wonderful formulas are made with organic and or wild crafted herbs with vegetable glycerin and water. They are medicinal extracts with a sweet taste. Our new line consists of a Tummy Tonic, Rosehips Glycerite for extra Vit. C, Immue Glycerite, Cough Glycerite, and a Calming Glycerite.

During the winter months, we need to boost the immune systems of our little ones to keep them healthy and strong. Give them a try and you will notice a difference. We look forward to hearing from you. 3 sizes to choose from:

2 oz—17.50 4 oz—29.00 8 oz—50.25

Oil of Oregano—A simple but powerful therapeutic formula made with oregano essential oil (*oreganum compactum*) in a base of cold-pressed extra virgin organic olive oil. Oregano oil is a strong anti-bacterial, anti-parasitic, anti-fungal, and anti-viral. It will strengthen the immune system and is know as a general tonic. In synergy with other essential oils and herbs, oregano oil is a wonderful substance to gain and maintain health.

1 oz. — \$26.95

Includes informational hand out on usage and dosage.





CRYSTAL GARDEN HERBS
ADVANCED Herbal Formulas

Our improved herbal formulas have a reduced alcohol content, better taste, improved effectiveness, and larger bottles. **We also added Flower Essences to help rebalance the disrupted energy or emotional patterns associated with each condition for a truly holistic effect!** We use ONLY organically grown or wild-crafted herbs to make these fully concentrated liquid extracts.

Anxiet-Calm – This excellent nervine tonic helps to relax anxiety, tension, stress, restlessness, and inflammation of the nerves. Contains Skullcap, Valerian, Ginkgo, Chamomile, and Passion Flower with flower essences for emotional balance.

Calm Colon – Helps relieve pain and irritation of the intestinal tract, while being astringent, antiseptic, and very soothing! Contains Chamomile, White Oak bark, Meadowsweet, Slippery Elm, and Bayberry with flower essences for emotional balance. Can use for diarrhea, dysentery, hemorrhoids, hyperacidity, irritations.

Clear Skin – Helps to cleanse while supporting the Immune system, with anti-inflammatory and soothing, healing demulcent qualities. Contains Nettles, Red Clover, Echinacea, Yellow Dock, Burdock, Calendula and Licorice root with flower essences for emotional balance. Can use for chronic skin conditions, allergic rashes.

Digest Ease - Helps tone, soothe, and relax the stomach and digestive tract while reducing digestive inflammation and microbes. Contains Calendula, Fennel seed, Peppermint, Ginger, Slippery Elm, and Goldenseal with flower essences for emotional balance. Can use for ulcers, nausea, flatulence, dyspepsia, stomach aches, colic, etc.

Easiac – This popular folk cancer remedy has been our best seller through word of mouth! It helps to purify the blood, dissolve toxins, inhibit tumor growth, and build the immune system. The original formula used by Rene Caisse and the Ojibway Indians has helped thousands! It contains Sheep Sorrel, Burdock, Slippery Elm, and Turkey Rhubarb. **Free brochure available.** (Also as a dried tea)

Enhanced Easiac – This powerful folk cancer remedy contains the original Easiac formula (see above) with a few extra herbs known to inhibit and reduce tumor growth and strengthen the immune system, as well as purifying the blood and dissolving toxins. It contains Sheep sorrel, Burdock, Slippery Elm, Turkey Rhubarb, Astragalus, Pau D'arco, Mistletoe, and St. Johnswort.

Easiac Tea - This popular Folk Cancer remedy has been our best seller through word of mouth from satisfied customers! It contains organic or wild-crafted Sheep Sorrel, Burdock, Slippery Elm, and Turkey Rhubarb root. These herbs help to purify the blood, dissolve toxins, inhibit tumor growth, and build the immune system. 2 oz. of the pre-blended dried herbs makes 2 gallons of the concentrated tea. Full brochure and brewing instructions included. **2 oz. bags - \$6.95 / 8 oz. bag - \$24.00**

Blood Cleansing Tea - A powerful tea inspired by Dr. Christopher to help cleanse the liver and blood! It contains Red Clover, Nettles, Sassafras, Chapparel, Burdock, Yellow Dock, Oregon Grape root, Sarsaparilla, and Stevia. Can be used with Easiac. Tastes like Root Beer! **2 oz. bags - \$6.95**
8 oz. bag - \$24.00



Herbal Body Care*

Heal-All Herbal Salve - Wonderful to use on all cuts, wounds, sores, burns, rashes, bites, eczema, dry chapped skin, diaper rash, even varicose veins! Makes a great deodorant too! (Calendula, St. Johnswort, Comfrey, Plantain, Chickweed, Vit.E, Eucalyptus & Rosemary essential oils in olive oil and beeswax) A must for every medicine chest!
2 oz. jar \$6.95

Pure Comfrey Salve – Just fresh organic comfrey leaves steeped in olive oil, made into a versatile, gentle, yet amazing healing salve. Makes a great facial cleanser and moisturizer, excellent for babies too!
2 oz. jar \$6.95

Aromatherapy Bath Salts – A Magical Blend of mineral salts, sea salt, french white clay powder packed with Rosemary, Lavender, and Eucalyptus oils. Smells heavenly! Helps ease aches and pains, relaxes muscle tension, decongests and rejuvenates while softening your skin! Once you try it, you'll be hooked! Makes a great gift.
1 lb. size - \$7.95 / 2 lb. size - \$14.95

BUGSCREEN—An effective 100% natural insect repellent. Use it in the garden, hiking, camping, anytime. Safe for the whole family. Gentle on children. (Contains Neem, Tansy, Sage, Cedar in a base of olive oil, water, and alcohol with Lemon Eucalyptus, Rose Geranium and Lemongrass essential oils)

2 oz spray bottle \$6.95



Our Herbal Tea Blends

Made only with organic and wild-crafted loose herbs!

Brown tie bag includes FREE reusable muslin tea bag. \$6.95 each

Bulk Teas (this page only) - \$24.00 per lb.

Nourishing Daily Tea - A delicious daily beverage packed with iron, minerals, vitamins, and calcium. Great iced or hot! Mix it with fruit juice as a healthy beverage the kids. Contains Nettles, Red Clover, Alfalfa, Oatstraw, Dandelion, Peppermint, Rose Hips.

Delicious Hibiscus with Echinacea - A flavorful burst of Vitamin C with all the immunity benefits of Echinacea! Sure to be a family favorite! Try it iced. Hibiscus Flowers, Echinacea leaf & root, Lemon Grass, and Spearmint

Mental Magic Tea - A delicious herbal way to awaken the senses, increase circulation, and improve brain function without caffeine! A favorite here. Ginkgo, GotaKola, Peppermint, Rosemary, Ginger, Sage, and Stevia.

Womanly Wisdom Tea - Helps tone the female reproductive system, balance hormones, and soothe the emotions. Packed with calcium and nutritious minerals. A must for all women! Raspberry leaves, Squaw vine, Vitex, Motherwort, Oatstraw, Skullcap, Orange Peel and Stevia.

Winter Cold Tea - A soothing blend to help ease congestion, runny nose, sore throats, coughs, and stuffiness. Perfect for any cold season! Sage, Mullein, Thyme, Elder, Slippery Elm, Licorice.

Cleansing Tea - A good tasting tea to help cleanse the digestive tract, blood, and tone the liver. Red Clover, Dandelion leaves & roots, Burdock, Senna, Ginger. (Avoid during pregnancy) Please use in moderation, only 1 or 2 cups per day.

Time to Relax Tea - Gentle and relaxing, let tension flow away... Perfect before bedtime or when stressed. Chamomile, Oatstraw, Lemon Balm, Hops, Skullcap, and Stevia.

After Dinner Tea - A delightful herbal tea to help soothe indigestion, relieve gas and ease bloating. Perfect after any meal! Anise and fennel seed, Chamomile, Peppermint, Slippery Elm, and Ginger.

Nursing Mothers Tea—Stimulates the flow of mother's milk. Rich in vitamins, calcium, and minerals. Calming and Relaxing too. Helps restore the system after childbirth. Fennel seeds, Nettles, Raspberry leaves, Spearmint, Lemon Grass, Blessed Thistle, Oatstraw, and Fenugreek Seeds.

Echinacea - Effectively helps to stimulate the immune system, with anti-viral and anti-microbial properties. Contains Echinacea Purpurea roots, leaves, and flowers and Angustifolia roots, with flower essences for support. Use at first sign of any symptom!

Essential Breathing - Helps tone, soothe, and strengthen the lungs and respiratory tract with strong anti-inflammatory and anti-spasmodic qualities while stimulating expectoration. Can use for irritating and whooping coughs, bronchitis, asthma, emphysema. Great for smokers! Contains Mullein, Coltsfoot, Elecampane, and Lobelia with flower essences for emotional balance.

Heart Healthy - Excellent, safe cardio tonic helping to regulate and normalize heart function while reducing anxiety, tension and pressure. Contains Hawthorne, Motherwort, Linden flowers, and Yarrow with flower essences for support. Can use for palpitations, angina, high blood pressure, impaired arteries, and heart weakness.

Joint Relief - Helps to relieve arthritic pain and inflammation of the muscular and skeletal systems while relaxing the nerves. Contains White Willow, Meadowsweet, Black Cohosh, Devil's Claw, and Yucca with flower essences for support.

Live Cleaner - Helps to stimulate bile production, tone, strengthen, and detoxify the liver, while relieving inflammation and congestion. Contains Milk Thistle, Dandelion root, Burdock, Yellow Dock, and Barberry with flower essences for support.

Mental Enhancer - Stimulates cerebral circulation, helping improve vascular and neurological functions, while relaxing inflammation of the nerves. Can use for attention disorders, vertigo, tinnitis, memory loss, stroke victims, fatigue. Contains Ginkgo, Gota Kola, St. Johnswort, Chamomile, and Motherwort with flower essences.

Mood Lifter - Helps to renew zest for life and relieve mild depression, while relaxing tension and anxiety and increasing energy. Contains St. Johnswort, Passion Flower, Skullcap, and Siberian Ginseng with flower essences for emotional balance.

Pain Relief - Helps to relieve pain and inflammation while relaxing the nerves, muscle tension and spasms. Contains Feverfew, Vervain, Meadowsweet, Valerian, and Licorice root with flower essences for support. Can use for headaches, migraines.

Para-Clear – Strong anti-fungal, anti-parasitic, and anti-microbial herbs with a mild laxative to help eliminate toxins, fungus, yeast and parasites. Contains Black Walnut Hulls, Wormwood, Cloves, Quassia, Rue and Turkey Rhubarb with flower essences for balance. **Do NOT use if you are pregnant!**

Powerful Man – Helps to strengthen the male reproductive system and prostate, improve testosterone production, vitality, stamina, and physical performance. Contains Saw Palmetto, Sarsaparilla, Gota Kola, Ginseng, and Black Walnut Hulls with flower essences for support.

Sinu-Drain – Helps relieve mucous congestion and inflammation of the upper respiratory tract, with strong anti-microbial and anti-catarhal qualities. Contains Goldenseal, Usnea, Myrrh, Elder flowers, and Goldenrod with flower essences for emotional balance. Can use for head colds, sinus and eye congestion and infections.

Strong Immunity – A powerful, natural formula to help stimulate the immune system and fight infections with strong anti-microbial, anti-viral, and anti-fungal properties. Contains Goldenseal, Echinacea, Astragalus, Myrrh, and Pau D'arco with flower essences for emotional balance.

Urine Health – Helps to strengthen the entire urinary tract, with diuretic, astringent, antiseptic, demulcent, anti-microbial and anti-lithic qualities. Contains Uva Ursi, Marshmallow root, Dandelion leaf, Horsetail, Gravel root, Yarrow, and Cleavers with flower essences for emotional balance.

Woman of Wisdom – Helps to keep the hormones and emotions balanced, strengthen the reproductive system, relieve pain, and increase libido. Contains Black Cohosh, Wild Yam, Vitex, Motherwort, and Damiana with flower essences for emotional balance. Can use for pre-menstrual and menopausal symptoms and infertility where hormonal imbalance may be a factor.

Three sizes to choose from!

2 oz. dropper bottle \$17.50, 4 oz.- \$29.00, 8 oz.- \$50.25

(Suggested use: 3x a day. Can place in water, juice, tea or under the tongue.)

Child-2-15 drops, Teen 15-30 drops, Adult 30-50 drops, Large Adult 50-60 drops

*The FDA has not evaluated or approved these statements. These do not intend to treat, cure, diagnose or prevent any disease. Seek proper care when needed. Please use herbs responsibly.

CRYSTAL GARDEN HERBS

Single Herbal Extracts



The Wise Woman Tradition prefers using single herbs, which gives you a closer relationship and deeper understanding of how each herb works. All of our extracts are hand made in small batches to assure quality and full concentration. All are made from organic or wild plants, many are grown here on the farm and extracted fresh. (*) They are easy to use, even on the go. Simply put dosage in a small glass of water, juice, or tea, or set it in a steaming hot beverage for a few minutes to allow the alcohol to evaporate if you prefer.

Item	Specify Size - 2 oz.	4 oz.	8 oz.
Astragalus (Huang Qu) Root	17.50	29.00	50.25
Black Cohosh (Cimicifuga racemosa) Root*	17.50	29.00	50.25
Blue Cohosh (Caulophyllum thalictroides) Root	17.50	29.00	50.25
Burdock (Articum lappa) Root*	17.50	29.00	50.25
Damiana (Turnera diffusa) leaf	17.50	29.00	50.25
Dandelion (Taraxacum officinale) Root*	17.50	29.00	50.25
Echinacea - The best! Made from fresh organic Purpurea flowers, leaves, roots, Angustifolia roots, and Echinacea Flower Essence!	17.50	29.00	50.25
Ginkgo (Ginkgo Biloba) Leaf*	17.50	29.00	50.25
Ginseng (Panax Quinquifolium) Woodsgrown Root	28.00	49.95	88.95
Goldenseal (Hydrastis canadensis) Root*	19.50	32.50	54.95
Gota Kola (Hydrocotyle asiatica) Leaf*	17.50	29.00	50.25
Hawthorne (Crataegus oxyacanthoides) Berry,Leaf	17.50	29.00	50.25
Kava Kava (Piper methysticum) Root	17.50	29.00	50.25
Milk Thistle (Silybum marianum) seed	17.50	29.00	50.25
Saw Palmetto (Serenoa repens) Berries	17.50	29.00	50.25
Siberian Ginseng (Eleutherococcus senticosus) root	17.50	29.00	50.25
St. Johnswort (Hypericum Perforatum) Top*	17.50	29.00	50.25
Uva Ursi (Arctostaphylos) Leaf	17.50	29.00	50.25
Valerian (Valeriana officinalis) Root*	17.50	29.00	50.25
Vitex (Vitex agnus-castus) Chaste Tree Berries	17.50	29.00	50.25
Wild Yam (Dioscorea villosa) Root	17.50	29.00	50.25
Yarrow (Achillea Millefolium) Flowers*	17.50	29.00	50.25
Yellow Dock (Rumex Crispus) Root*	17.50	29.00	50.25
Yohimbe Bark (Corynanthe yohimbe)	17.50	29.00	50.25

These are the top sellers!

Many other single extracts are also available. Please inquire.