



Rogers' School of Herbal Medicine Volume Eleven: Lymphatic System (Volume 11)

Robert Dale Rogers RH

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The lymphatic system contains three times more fluid than blood. It has no means of movement save the rhythmic diaphragm and yet bathes every cell in our body with nutrients.

This volume will look at herbs that address lymphatic congestion, lymphoedema, and the importance of tonsils, appendix, spleen, and Peyer's patches. These include alder, cleavers, blue flag, soapwort, bogbean, moonseed, red root, figwort, forsythia, ocotillo, pokeroot, pipsissewa, stillingia, sweet clover and bittersweet.

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