

## Fracture

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A break in a bone, cartilage, tooth or other rigid bone tissue.

**Boswellia- Internal Purposes:** Boswellia is an important herb in ancient Ayurvedic medicine. It has anti-inflammatory qualities and aid in relieving pain while recuperating from a fracture.

**Horsetail Extract- Internal Purposes:** Horsetail is a healing herb that is rich in nutrients and high in silica that help the body absorb calcium and promotes strong bones. Beneficial in the healing process from a fracture.

**Turmeric (Curcumin)- Internal Purposes:** Make a poultice by combining turmeric with hot water, let cool a little, dip a towel into the mixture and put it on the site of the injury. Reduces swelling in recent bruises. Mullein leaves made into a poultice is also beneficial.