

**Beyond Self-Examination:
The Importance of Natural Breast Health**

Bosom Buddy Salve Recipe

**Apply freely for breast massage and general skin care.
Also great on chapped, itchy, or dry skin.**

Begin with a new moon, and allow six weeks for the full process, so you'll be finishing the salve around a full moon. This is the ideal energetic circumstance, yet not essential.

Recipe Steps:



Begin with 1 quart of olive oil-infused St John's wort, fresh and in bloom.

Take the top third of the plants, dry out on newspaper for a day to drop the moisture content. Then, stuff a jar, and cover with olive oil. It will turn red when it's done. Stirring with a chopstick while you fill it up gets out the air bubbles. Drain the St. John's wort oil into a fresh jar.

Next, add calendula flowers to this red oil after drying the blossoms out for two or more days. At this point, they're still not dry—just leathery—but have much less chance of molding in the oil. It's ok to add a few more each day, if your daily garden yield is small.

Then add Evening Primrose flowers, picked after the dew has dried in the morning, and let them dry for a day before adding. Go for the tall stalked, second year plant if possible. A few flowers bloom each day.

Then add Plantain leaves, picked before the plant sends up its seed stalk, and dry the leaves a day or two to drop their moisture. Use either lance leaf or broad leaf.





Wait out the six weeks if you have the time. A fresh salve is always my favorite remedy, but use dry in a pinch, and heat oil over lowest flame or in a warm oven for an hour, or until herbs crunch.

Strain, squeeze excess into the strained oil, and add beeswax over low heat: 1-2 tablespoons per cup, depending on whether you have fresh or dried herbs.

Tips:

If your salve is too stiff, add more oil and reheat. If it's too runny, add more beeswax. Pour into small containers for sharing, or store in glass jar for long-term storage for up to one year.

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