



ST. HILDEGARD'S NATURAL REMEDIES

NATURAL REMEDIES

TINCTURES (St. Hildegard's original recipe)

Wormwood Remedium SH: Strengthens the immune defences of the gastro-intestinal system and regulates the lazy bowel, relieves spasms.

Nasturtium Remedium SH: Is used to maintain the body's immune system against viral and bacterial infections.

Violet Remedium SH: Is used to counteract melancholic states, mood swings, it supports the respiratory track, is a decongestive and expectorant.

13 herb detox: Useful to purify the system, to drain body fluids and to help the functioning of the urinary tract, contributing to the digestive and liver functions and the regularity of the bowel.

Swedish bitters: From the original recipe for the 46 health remedies suggested by Maria Treben.

TABLETS

FenGal Remedium SH (St. Hildegard's original recipe): For intestinal gas and digestive problems.

Vegetable granules for travellers: Regulates the function of a lazy bowel.

Magnesium: Contributes to the maintenance of overall health and healthy energy levels.

Powdered galingale: Activates the circulation, is useful in cases of breathlessness, asthma, cardiac insufficiency and acts as a stimulant in case of tiredness and exhaustion.

CAPSULES

Sivesan Remedium SH (St. Hildegard's original recipe): Universal remedy, activates circulation, stimulates digestion, improves the metabolism, regenerates.

Eschscholzia Plus: Helps relaxation in case of stress and improves sleep.

Rhodiola Rosea: For physical or mental tiredness, helps concentration and memory and enhances positivity.

Saw Palmetto Plus: Supports the physiological functioning of the prostate and of the urinary tract, prevents hair loss and broken nails.

DROPS / ALCOHOL-FREE FLUID EXTRACTS

Orange Plus: Promotes relaxation, reduces nervous tension and improves the quality of sleep.

Colloidal silver: Against damaging bacteria, parasites, funguses, and viruses.

Devil's Claw Plus: Helps prevent rheumatic and inflammatory pains of the joints.

Fig Plus: Helps to prevent intestinal problems, gastric secretion and controls motility.

Raspberry Plus: For the problems typical of the menopause and the menstrual cycle.

Myrtle Plus: Aids microcirculation.

Pilosella Plus: Helps control body weight.

Blackcurrant Plus: Helpful in cases of both allergic rhinitis and vasomotor rhinitis (runny nose not due to allergies), also with breathing problems.

Blackcurrant: Well-known anti-allergic, beneficial in viral forms.

Dandelion Plus: Stimulates liver function and controls the level of cholesterol.

Ursina grapes: Astringent properties, diuretic, antiseptic, purifies the urinary tract, useful in treating cystitis and kidney stones.

Valerian: alleviates anxiety, has a natural calming effect on the nervous system and encourages soothing sleep.

FROM THE HIVE

Italian honey: Has not been heated to high temperatures.

Balsam with honey and essences: For the well-being of the respiratory tract, against influenza, colds and constipation.

Biosmel: A tonic which supports the vitality of the organism, concentration and memory.

Henerghia forte (vial): Plant based food supplements and derivative, helps the physiological recovery of a fatigued body.

Bee pollen: Tonic, nutritive and reinvigorating, provides minerals and vitamins, provides good support for the physiological functioning of the prostate.

Propolis T.M. 30%: A natural disinfectant with noted antibiotic and bactericidal properties, useful in problems caused by infection of the respiratory tract.

Propolis Mix spray: natural alcohol-free disinfectant with noted antibiotic and bactericidal properties.

HERBAL TEA

Encourages relaxation.

Helps digestion.

CREAMS, GELS AND OINTMENTS

Honey cream: Dry or dehydrated skin.

Royal jelly cream: Supernutrient and hydrating for the more mature skin.

Hand and foot cream: Nourishes and hydrates dry hands and rough feet.

30% Arnica cream: For bruises and swellings.

30% Calendula cream: Has antiseptic and healing properties, in cases of chapped skin, chilblains, fungal attack.

Cremone (Special cream): Has many functions, nourishes and protects against external agents, anti-fungal and anti-microbial for skin complaints, protects against the sun.

Aloe vera gel: has calming properties to alleviate burns, purifies and protects the skin.

Horse chestnut and cypress gel: For the functioning of the micro-circulation, emollient and soothing. Indicated for swollen legs and haemorrhoids.

Absolute lavender ointment: Regenerates, improves scarring, wound healing and calming.

Bee venom ointment: Useful for rheumatic pains, stiff necks and sciatica, as a balsam for the respiratory tract when spread on a child's chest.

Benedictine ointment: Indicated for treatment of boils, mastitis, whitlows, skin infections, abscesses, inflamed glands, suppuration, ingrowing nails, and similar complaints.

SHAMPOO

Honey and chamomile shampoo: For delicate hair.

SOAPS

Royal jelly soap: Anti-oxidant and restorative.

Honey soap: Nourishes and protects.

Propolis soap: Anti-bacterial.

SCENTS LINEN PERFUMES / SMELLS AND AIR FRESHENERS

Perfumed water for the body: various scents.

Soaps and perfumed sachets: various scents.

OILS

St. John's Wort oil: Contains elements that act as a disinfectant, favour the circulation of the blood and have healing properties. Massages with St. John's Wort Oil help ease muscular pains.

Almond oil (cold pressed): Nourishing, soothing and emollient, multifunctioning if used with essential oils.

Walnut shell oil: Helps renew skin cells. Can be used as a suncream as it can stimulate the production of melanine, in addition it provides a good colouring to the skin even in the absence of sun.

Argan oil 100% (cold pressed): Nourishing for devitalised skin and dry hair, hydrating, antioxidant, smooths wrinkles.

Lip balm (roller): A base of Argan oil, teat tree and rose-hip. Useful to treat cold sores, little cuts and fungus dermatosis.

Lip balm (burrocacao): A base of aloe vera and propolis.

100% ESSENTIAL OILS

Tea tree oil: A natural disinfectant, ideal for skin irritation, insect bites, herpes.

Lavender: Relaxant, antiseptic, hypotensive.



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