BF&C SALVE

Dr. Christopher's Herbal Salve for Skin, Cuts & Surface Healing!

When the skin is broken, bruised, or burned, it needs the same kind of concentrated, tissue-rebuilding nutrition from the outside that Bone, Flesh & Cartilage provides from within.

BF&C Salve is the topical form of that same nine-herb formula, prepared as a salve for direct application to the skin. It shares its herbs — led by White Oak Bark and Comfrey Root — with the internal BF&C extract, and the two are often used together: the salve on the surface, the extract taken by mouth to support rebuilding from the inside out. See the separate Bone, Flesh & Cartilage information sheet for the internal extract.

This Herbal Salve:

- SUPPORTS healing for minor burns, cuts, abrasions, and bruises
- TRADITIONALLY used for sore gums, bunions, and corns
- SOOTHES skin eruptions while the tissue rebuilds
- PAIRS with the internal BF&C extract for a complete inside-and-out approach
- 100% organic, herbal, and chemical-free

BOTANICAL INGREDIENTS: White Oak Bark, Comfrey Root, Gravel Root, Mullein Leaf, Marshmallow Root, Black Walnut Hulls, Wormwood, Skullcap, Lobelia



White Oak Bark

A co-lead herb — a strong traditional astringent, valued for toning and tightening skin and tissue during healing.



Comfrey Root

The other co-lead herb — the classic tissue-rebuilding botanical, applied here topically. See the note below.



Gravel Root

Included for its traditional supportive action alongside the other tissue-healing herbs.



Mullein Leaf

A soothing, mucilaginous herb, gentling to the skin while it heals.



Marshmallow Root

Another soothing, mucilaginous herb — protects the skin while White Oak Bark and Comfrey do the rebuilding work.



Black Walnut Hulls

Traditionally astringent, and traditionally included in skin-healing salves for cuts, bruises, and infection.



Wormwood

A traditional bitter herb, included here in a modest supporting amount.



Skullcap

A traditional nervine, included in a small amount as part of the full BF&C formula.



Lobelia

A traditional relaxant and circulatory herb, used here in a very small supporting amount, as in the internal extract.

HOW IT WORKS

Applied directly to the skin, White Oak Bark's astringency and Comfrey Root's tissue-nourishing properties go to work at the site of the injury, while Mullein Leaf and Marshmallow Root soothe the surrounding skin. The same blend that supports rebuilding from within, in the internal BF&C extract, supports healing from the outside in salve form.

Application

Apply directly to the affected area as needed. For deeper or more serious injuries, use alongside the internal BF&C extract for support from both directions.

Note: Comfrey Root is a traditional botanical; topical use is generally viewed differently from internal use in modern regulatory guidance, but as with the internal extract, this salve uses it in a traditional proportion. This is for minor surface injuries — seek medical care for a deep wound, a serious burn, or any injury that doesn't begin to heal normally.

For more on this formula, see my blog post “Knitting Bone, Flesh and Cartilage Back Together” at www.daradietz.me.