HEAL MARKETPLACE

BONE, FLESH & CARTILAGE

Dr. Christopher's Herbal Support for Rebuilding Bone, Flesh & Cartilage!

When bone, connective tissue, or skin has been injured, strained, or broken down, the body needs concentrated nutrition to knit itself back together — not just time.

Bone, Flesh & Cartilage (BF&C) brings together nine traditional tissue-rebuilding herbs, led by White Oak Bark and Comfrey Root, to support the body's own repair work in bone, flesh, and cartilage alike.

This is the internal extract, taken by mouth to nourish rebuilding from within. A companion topical product, BF&C Salve, is also available for cuts, bruises, burns, and other surface injuries — see the separate BF&C Salve information sheet.

This Herbal Combination:

- SUPPORTS rebuilding and repair in bone, flesh, and cartilage
- TRADITIONALLY used for varicose veins, sprains, curvature of the spine, tremors, pulled muscles, blood clots, and calcium deposits
- FEEDS damaged or degraded tissue with concentrated, traditional nutrition
- PAIRS with BF&C Salve for surface injuries — see the separate Salve sheet
- 100% organic, herbal, sugar-free 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 in this formula — a strong traditional astringent, valued for toning and tightening tissue, from varicose veins to bleeding gums.



Comfrey Root

The other co-lead herb — the classic tissue-rebuilding botanical, traditionally the single most important herb for knitting bone, flesh, and cartilage back together. See the note below.



Gravel Root

Traditionally used to support healthy fluid balance and to help move deposits along — relevant to this formula's traditional use for calcium spurs.



Mullein Leaf

A soothing, mucilaginous herb, traditionally paired with tissue-healing blends for its gentling, anti-inflammatory action.



Marshmallow Root

Another soothing, mucilaginous herb — works alongside Mullein to protect tissue while White Oak Bark and Comfrey do the rebuilding work.



Black Walnut Hulls

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



Wormwood

A traditional bitter herb, included here in a modest supporting amount. See the note below.



Skullcap

A traditional nervine, included in a small amount to support the body through pain or tremor.



Lobelia

A traditional relaxant and circulatory herb, used here in a very small supporting amount, the same role it plays in other Dr. Christopher combination formulas.

HOW IT WORKS

White Oak Bark's astringency tones and tightens tissue while Comfrey Root supplies the nutrients traditionally credited with rebuilding bone, flesh, and cartilage. Gravel Root helps move deposits along, Mullein Leaf and

Marshmallow Root soothe and protect tissue while the rebuilding work happens, Black Walnut Hulls support skin healing, and Wormwood, Skullcap, and Lobelia round out the blend in small traditional amounts.

Dosage

2 to 4 dropperfuls (½ to 1 teaspoon), 3 to 5 times a day.

Note: Comfrey Root is a traditional botanical; some modern regulatory guidance advises against prolonged internal use (due to its natural alkaloid content) — this formula uses it in a traditional proportion alongside White Oak Bark. Wormwood is traditionally avoided during pregnancy and not used continuously at high doses over the long term. This is for traditional nutritional and tissue-rebuilding support, not a substitute for medical care for a serious injury or fracture.

For surface injuries — minor burns, cuts, abrasions, bruises, sore gums, bunions, and corns — see the companion BF&C Salve information sheet.

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