



My Soulful Prairie,

Where dreams are formed, hopes embraced
and inspirations manifest naturally.
Where flickers of a scorching summer sun
weave themselves through
seas of swaying tall grass.

Then, vast horizons turn into possibilities,
river rock pebbles into diamonds;
crimson, umbers and blue sunsets
into the oceans of tomorrow.

It takes a lifetime to embrace the Prairie,
to flow with ease
within its wavering patterns of existence.
The Prairie is to me,

A pervasive sense of quietude and peace,
nourishing my sense of solitude.

And in an early morning assembly,
between chit-chats and worm hunting,
I leisurely flip my blue wings

and sail along silently,
drifting across the pristine beauty
of sky over the endless rolling hills.

It is then that I know
that I'll forever be gracing you
with my soft song of faith,
the happy tune of my heritage,
that is your heritage.

Truly yours,
Bluebird

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Balsam of the Prairie™

All Purpose Herbal Balm

Think of **Balsam of the Prairie™** as an ocean in a tea pot; the friend you can turn to whenever body and mind need a supportive touch. A bouquet of herbs and botanical oils, the **Balsam** has a soothing, calming and regenerative effect on irritated and inflamed skin conditions following sunburn, bruises, insect bites and stings. It helps ease muscle spasm, tension headaches, joint and arthritic pain, lower back pain.

As a facial night cream, **Balsam of the Prairie™** luxuriously nourishes and keeps the skin soft and supple, delays wrinkling and promotes a healthy complexion, all the while nurturing our nervous system, enlivening our hearts and inducing a peaceful repose.

Directions for use:

Apply the balm on the affected area as needed. Do not apply on open wounds or broken skin. **For external use only.** Avoid contact with eyes. This balm is not designed for pregnant or breastfeeding women, or for children under 2 years old.

Discontinue use if irritation develops.

Vegetarian

Gluten-free, Wheat-free, NON- GMO

Crafted using Certified Organic and Wild Harvested Ingredients



Mehrzad Alison is a Persian-American professional Kansas landscape and portrait artist residing in Lawrence, Kansas. His paintings are part of many private and public art collections. Mehrzad's love of art and nature inspires his students to capture nature at its core; the ever so slight movement of a branch, the falling of a leaf, the elegant midmorning opening of a spring flower. Mehrzad approaches a white canvas, eager to explore the full vibrancy of nature, with love and peace and tranquility and with nature's own pace as his guide. Mehrzad Alison's art can be viewed at www.prairiehillsgallery.com.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Warning: The safety of this product has not been determined.

Balsam of the Prairie™ All Purpose Herbal Balm

Plants serve multiple functions in the environment. They have a way of letting you know when they wish to be harvested. Herbs, whose sense of purpose is best fulfilled by serving as medicine, don't need to be forcefully plucked, but surrender themselves easily to human touch. Even then, when herbs joyfully submit to being picked, we only take so much as to not disturb their ecosystem. This mutual respect is the main ingredient in Balsam of the Prairie™.



Ingredients: **Scutellaria baicalensis* (Baikal Skullcap root), **Bacopa monnieri* (Brahmi), **Avena sativa* (Oat tops in milky stage), **Echinacea purpurea* (Purple Coneflower root), **Sphaeralcea coccinea* (Copper Mallow), **Leonurus cardiaca* (Motherwort), **Symphytum officinale* (Comfrey), **Helianthus annuus* (Sunflower leaf/blossoms), **Inula helenium* (Elecampane root), **Melissa officinalis* (Lemon Balm), **Verbascum olympicum & thapsus* (Mullein flower & leaf/root), **Spilanthes acmella* (Paracress), **Stachys betonica* (Wood Betony), **Plantago major* (Plantain), **Nepeta cataria* (Catnip), **Althaea officinalis* (Marshmallow root), **Zea mays* (Corn silk), **Eschscholzia californica* (California Poppy), **Angelica archangelica* (Angelica root), **Artemisia annua* (Sweet Annie), **Lactuca serriola* (Prickly Lettuce), **Lobelia inflata* (Indian Tobacco), **Calendula officinalis* (Common Marigold), **Cnicus benedictus* (Blessed Thistle leaf), **Ginkgo biloba* (Maidenhair Tree), **Chelidonium majus* (Celandine), **Cynara scolymus* (Artichoke leaf), **Lamium amplexicaule* (Henbit), **Tanacetum parthenium* (Feverfew), **Withania somnifera* (Ashwagandha root), **Ocimum sanctum* (Tulsi Basil), **Lavandula officinalis* (Lavender), **Valeriana officinalis* (Valerian root), **Salvia officinalis* (Sage), **Scutellaria lateriflora* (Skullcap), **Isodon rubescens* (Donglingcao), **Chondrus crispus* (Irish Moss), **Vitex agnus-castus* (Chaste Tree berries), **Tilia europaea* (Linden flower), **Hydrastis canadensis* (Goldenseal root), **Silybum marianum* (Milk Thistle seed), **Salix alba* (White Willow bark), **Filipendula ulmaria* (Meadowsweet), **Chionanthus virginicus* (Fringe Tree bark), **Ceanothus americanus* (Red Root), **Viburnum opulus* (Cramp Bark), **Verbena hastata* (Blue Vervain), **Curcuma longa* (Turmeric rhizome), **Passiflora incarnata* (Passion flower leaf), **Melilotus officinalis* (Sweet Clover flowering tops), **Crataegus monogyna* (Hawthorn berries), **Capsicum annuum* (Cayenne fruit), **Humulus lupulus* (Hops strobiles), **Polygonatum biflorum* (Solomon's seal root), **Rubia cordifolia* (Indian Madder root), **Polygonum multiflorum* (Fo-Ti root), **Grindelia spp.* (Gumweed leaf & flower), **Rehmannia glutinosa* (Chinese Foxglove root), **Usnea spp.* (Usnea lichen), **Viscum album* (Mistletoe herb), **Achillea millefolium* (Yarrow flowering tops), **Larrea tridentata* (Chaparral leaf & flower), **Uncaria tomentosa* (Cat's Claw inner bark), **Aesculus hippocastanum* (Horse Chestnut seed), **Viburnum prunifolium* (Black Haw stem & root bark), **Albizia julibrissin* (Silk Tree stem bark), **Viola tricolor* (Violet blossoms), **Commiphora habessinica* (Myrrh gum), **Asparagus racemosus* (Shatavari root), **Ulmus rubra* (Slippery Elm bark), **Camellia sinensis* (Green Tea leaf), **Iris versicolor* (Blue Flag root), **Malva neglecta* (Common Mallow), **Glycyrrhiza glabra* (Licorice root), **Phytolacca americana* (Poke root), **Populus balsamifera* (Balm of Gilead buds).

Prepared in oils: **Sunflower* (*Helianthus annuus*), **Sweet Almond* (*Prunus dulcis*), **Borage seed* (*Borago officinalis*), **Coconut* (*Cocos nucifera*), **Sesame* (*Sesamum indicum*), **Olive* (*Olea europaea*), **Safflower* (*Carthamus tinctorius*), **Jojoba* (*Simmondsia chinensis*), **Corn kernels* (*Zea mays*), **Kukui nut* (*Aleurites moluccans*), **Evening Primrose* (*Oenothera biennis*), **Avocado* (*Persea americana*), **Meadowfoam seed* (*Limnanthes alba*), **Macadamia* (*Macadamia integrifolia*), **Grape seed* (*Vitis vinifera*), **Walnut* (*Juglans regia*), **Red Palm* (*Elaeis guineensis*) & **Castor* (*Ricinus communis*).

Additional oils: **Argan* (*Argania spinosa*), **Abyssinian* (*Crambe abyssinica*), **Black Currant seed* (*Ribes nigrum*), **Echium seed* (*Echium plantagineum*), **Moringa* (*Moringa oleifera*), **Raspberry seed* (*Rubus idaeus*), **Rosehip seed* (*Rosa canina*), **Squalane* (olive) & **Sea Buckthorn seed & berry* (*Hippophae rhamnoides*) oils, **Beeswax* (*Cera flava*); **Cocoa* (*Theobroma cacao*) & **Sal* (*Shorea robusta*) & **Shea* (*Butyrospermum parkii*) **Butters**, **Candelilla wax* (*Euphorbia cerifera*), ***Fragrance (essential oils)*.

***Organic & NON-GMO** ***Wild Crafted** ***Grown without chemicals**

Balsam of the Prairie™ is hand crafted by Consider the Lilies
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