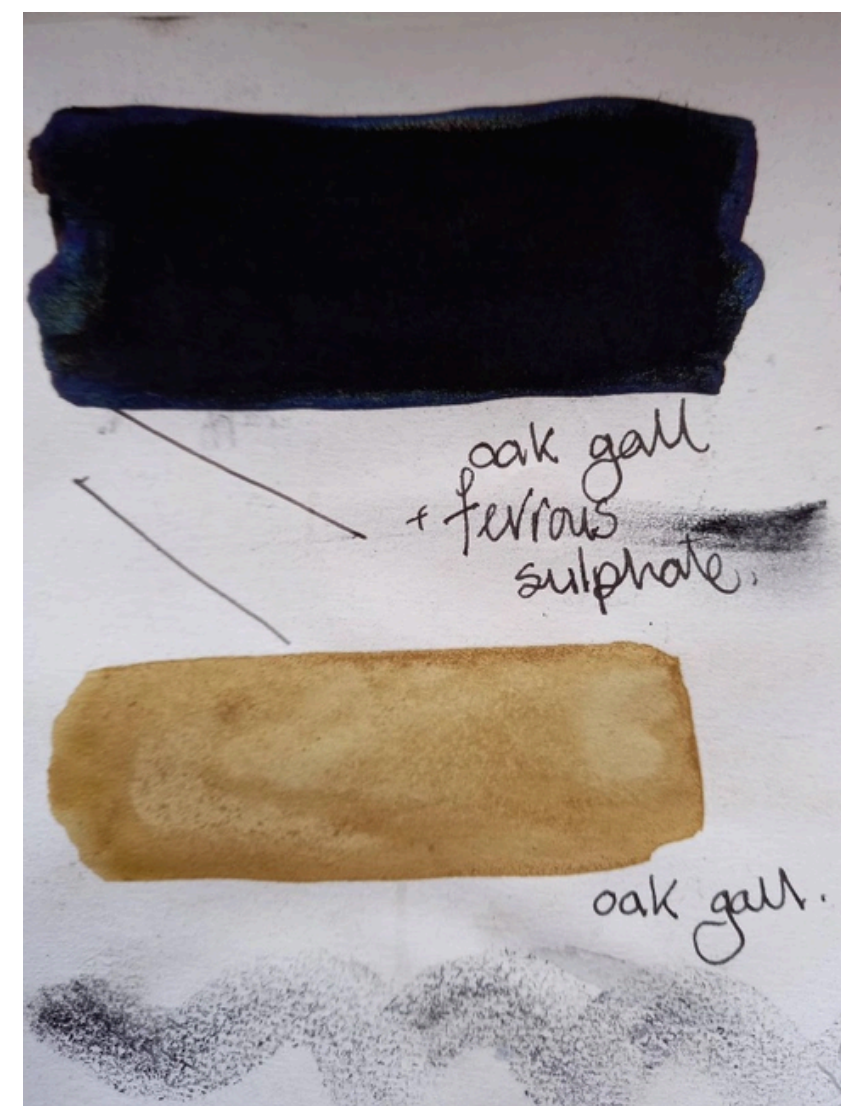
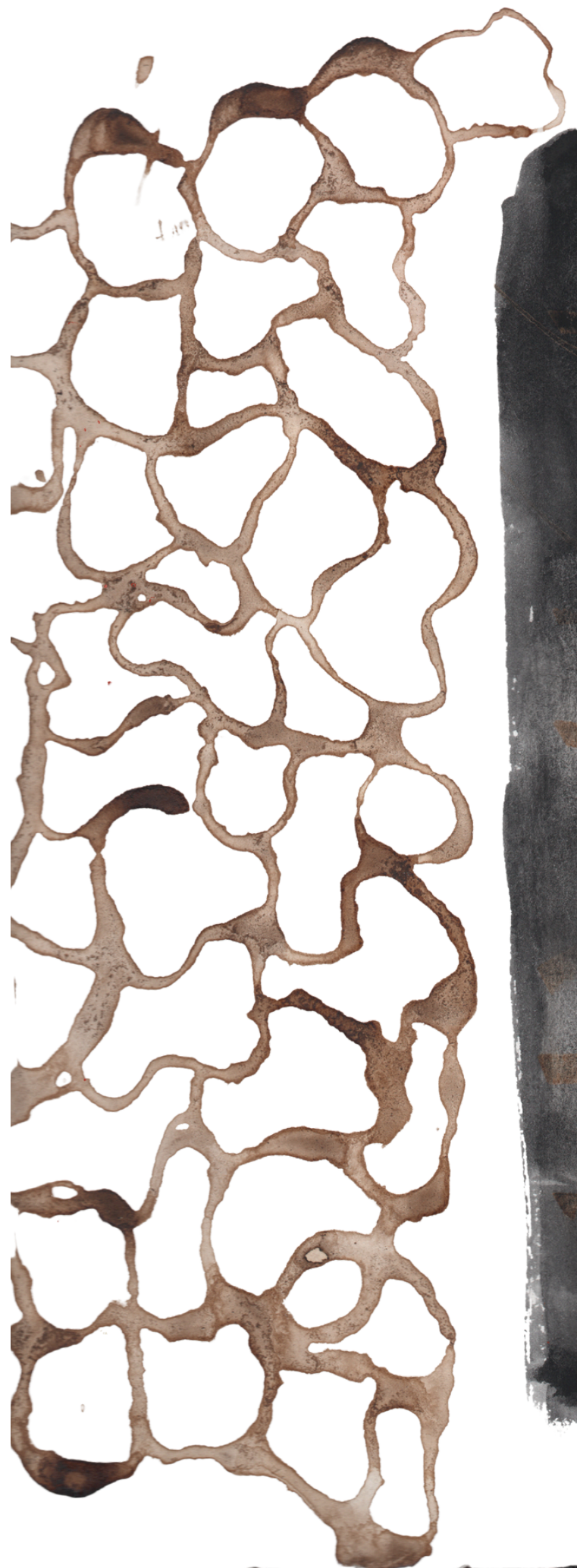


WILDCRAFTER
AUTHOR
ARTIST

LORA AZIZ





How to prepare Dandasa

1. Gather a strip of bark about 4cm long and about 2 cm wide
2. Soak a small twig of dandasa (walnut bark) overnight allowing it to soften and then wrap it into a small bundle so that it can easily fit in your mouth
3. In the morning, rub some coconut oil on your lips, teeth and gums
4. Rub the datun (twig) on your teeth for 5 minutes.
5. Rinse your mouth with water





Artemisia Absinthium, Orfordness
Wormwood, شيح



Artemisia Judaica, Wadi Gharba
Wormwood, باناران







