

# The Lost Remedies Academy Guide

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**Nicole Apelian, Ph. D.**

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## What You Will Learn at The Lost Remedies Academy



### Nicole Apelian, Ph. D.

Inside this Academy, Dr. Nicole Apelian will share the most important things she discovered over a lifetime of using wild medicine for her own health and the health of many others in need. Most of these powerful remedies have largely remained lost to history until now.

While the world drifts further and further away from nature, Dr. Nicole Apelian believes the answer lies in going the other way. Not only for your health, but also for your mental well-being. Healing with plants is gentle, as it respects your inner body chemistry, while being very powerful at the same time.

As a biologist, Dr. Nicole Apelian has gone to great lengths to make sure that everything inside The Lost Remedies Academy is backed by science and studies, not just her experience or folk evidence from the past. She believes that at a time when many prefer to trade in false hope for profit, it's important to stay honest about what natural remedies can do. And they can do a lot. What she hopes to ultimately teach you is what she's learned from the San Bushmen of the Kalahari decades ago – how to see any natural environment as your own personal pharmacy where you grab effective medicine anytime you wish.

The Lost Remedies Academy was designed to be useful for anyone that is interested in treating themselves naturally. You can be a complete beginner that has never foraged a wild plant or made anything more than a tea before, as you'll learn everything right from the start and not have to correct any bad habits later on.

If you're more advanced and have been making your own remedies for a while now, this Academy will help you hone your skills and take them to the next level. If you want to make the most powerful natural remedies, you need to get everything just right – starting with harvesting the right part of a medicinal plant at the right time, quantities, temperatures, and dosages all the way to how to store the made remedy, so that it preserves its potency over time.

Finally, if you're an aspiring herbalist and want to make a living out of wild plants someday, the information you will find in The Lost Remedies Academy will give you a strong foundation. The remedies you'll discover here have been tested over generations by our ancestors.

A decorative border in a muted sage green color frames the text. It features stylized, symmetrical floral motifs at the top and bottom, with delicate, curving lines and small dots. A small, five-petaled flower is centered at the bottom of the border.

**Part 1:**

**Fundamentals**

**of Plant Medicine**



## Lesson 1: Sourcing Your Medicinal Plants

There are two ways you can get your medicinal plants: you either forage them, which I recommend, or you can buy them.

### 1. Foraging

#### 1.1 When to Harvest

The best thing you can do when you harvest herbs is to do so early in the day after the dew has gone, but before the hot sun can dry out the essential oils. This ensures the highest concentration of beneficial compounds, which contribute to the healing process. All plants have different optimal harvesting times. Always choose healthy-looking plants that are away from areas with pollution or pesticides.

Before harvesting herbs, it is necessary to understand how the herb will be used; specifically, what part of the plant will be used for medicinal purposes. You should never assume that the whole plant carries the same compounds.

For **flowers**, wait until they develop fully and harvest them as soon as possible after they have fully opened. Then, snip the flower heads just above the topmost set of leaves. Make sure to remove any wilted or damaged flowers and be extra careful around the petals.

To harvest the **leaves**, you have two options, depending on the shape of the leaf: for larger ones, snap off the outer leaves individually near the base of the plant; for smaller ones, pinch or snip the leaves just above a leaf node or set of leaves.

If you are cutting part of a **stem**, such as harvesting stinging nettle, be sure to leave at least a few inches of leafy stem, with at least two sets of leaves on it, so that the plant doesn't die. You should always cut right above the point where the leaves are.

To harvest **roots**, start by digging around the plant, creating a wide circle to loosen the soil. Use the spade I mentioned earlier to gently lift the plant, ensuring the root remains intact.

To gather **seeds**, you'll have to wait until the flowers are done blooming and the petals have fallen off. Cut the flower head with scissors or a knife, then collect the ripe seeds from the flower head. For small seeds I often put a paper bag over the seedpods and shake the seeds into the bag. I do this when I collect pollen as well.

Remember, you should gently remove the desired plant parts, being careful not to harm the rest of the plant.

## 1.2 Ethical Harvesting

When you find a plant that you want to harvest, take a look around the vicinity to determine if that particular species is abundant. If the patch is sparse, or there are only a few scattered plants, then you should refrain from harvesting there. Even if the patch is large and dense, it's recommended to harvest less than 10% of the crop, so that it has a chance to regenerate and so that wildlife and other foragers can also reap the benefits.

When re-visiting the same site each year for foraging, take a mental note or even set up an annual photo point of the patches. I also reseed and replant as I go – tending wild food forests is something our ancestors did as well – and you can help tend the wild and make sure that your foraging crop is there for the future.

## 1.3 Drying Herbs

Traditionally, herbs are air-dried without the use of any additional heat source. You can bundle them together by tying the stems with string or a rubber band and hang in a warm, dry place. It is usually easiest to hang them upside-down by the bundled stems to dry.

You can accomplish the same thing by hanging them from a coat hanger, a nail in the wall or on a curtain rod over the window. I often spread flowers or leaves on a cookie sheet or pizza pan or in a shallow basket and let them dry.



Drying in this manner can take as long as three weeks (though is often accomplished much faster) depending on the plant and its moisture content.

It is possible to dry herbs with a dehydrator if you have one of the better ones that has temperature control. Ideally, it should have a fan to circulate the warm air, allowing the entire batch to dry evenly. To avoid burning your herbs, you'll need to use the lowest possible temperature. I have used this method successfully many times. If using a dehydrator, it is very important to keep a close eye on your herbs so that you don't leave them to dry too long.

Once you dry them, remove the leaves from the stems. Store your dried herbs in sealed glass jars until you are ready to use them. They'll last about 2 years once dried.

Fresh herbs are often preferred when preparing decoctions, which involve simmering the plant material in water. For example, you can make root decoctions with fresh roots. Some plants are more potent when used fresh, like St. John's Wort flowers.

Dried herbs are typically used for making teas, infusions, or infused in oils. If you dry and ground them into a fine powder, you can add them to capsules or directly to your food.

It's important to note that the potency and effectiveness of herbal preparations can vary depending on whether fresh or dried herbs are used. Fresh herbs may contain higher water content, which can affect the concentration of active constituents. Dried herbs, on the other hand, tend to have a longer shelf life and are more convenient for long-term storage.



## 2. Where to Buy Herbs From

While harvesting your own medicinal plants is ideal, it's not always practical for everyone, especially if you live in a city or an area with limited access to forests or green spaces. If you have a gardening space, you may grow many herbs yourself. Otherwise, you'll have to purchase them.

When choosing a place to buy herbs, whether from physical stores or online, there are several general indications you need to consider. Here are some factors to look for:

First, check for positive customer feedback and reviews about the store or website. Look for testimonials that indicate customer satisfaction, reliability, and the quality of the herbs.

Then, look for information about where the herbs are sourced from. Consider stores that prioritize organic, non-GMO, and sustainably harvested herbs. Some certifications to look for include USDA Organic and Fair-Trade certifications.

Choose a store that provides detailed information about the herbs they sell. Look for clear labeling that includes the botanical name, country of origin, and any relevant certifications. The store should also offer information on cultivation methods and any potential additives or processing methods used.

Pay attention to the packaging used by the store. Look for herbs that are stored in well-sealed containers to maintain freshness and prevent contamination. Packaging should also protect the herbs from excessive light exposure.

If purchasing herbs online, review the store's shipping policies to ensure timely delivery. Additionally, check their return and refund policies in case you encounter any issues with your order.

In physical stores, interact with the staff and gauge their knowledge and expertise. They should be able to provide guidance on herb selection, usage, and answer any questions you may have.

Choosing to buy herbs from local herbal shops supports local suppliers, growers, and small businesses. By purchasing from them, you help sustain traditional knowledge and practices.

Local herbal shops often prioritize transparency and have direct relationships with their suppliers. They can provide information about the sourcing, cultivation, and processing methods used for the herbs they sell. This can help you make informed choices and develop trust in the quality and authenticity of the products.

## Lesson 2: Tools And Household Alternatives to Make Your Own Remedies

Preparing herbal remedies can require specific tools to ensure proper extraction, mixing, and storage of the ingredients. This is my list of the most important tools for preparing herbal remedies, along with some household substitutes:

### **Mortar and Pestle**

They are used for grinding herbs and spices. As a substitute, you can use a coffee grinder, blender, or food processor.

### **Double Boiler**

It provides gentle heat for infusions, decoctions, and melting ingredients. But a heatproof bowl or jar placed in a saucepan with water will work just as well.

### **Strainer/ Sieve**

You will be using these to strain herbal infusions or decoctions. A clean cotton cloth or coffee filter can be used as substitutes.

### **Cheesecloth and Nut Bags**

These have a fine mesh cloth used for straining and filtering. Use a clean cotton cloth or coffee filter as substitutes.

**Glass Jars, Bottles, and Tins for Salves**

You will use these for storing herbal preparations. As substitutes, you can use food-grade plastic containers or resealable bags.

**Medicine Dropper**

You'll probably need for of these if you want to make many tinctures. These are used for precise measurement and administration of liquid herbal remedies. A clean and sterilized dropper from an already purchased medicine bottle will also do.

**Labels**

You will use these for proper identification, to remember what's in every jar from your apothecary, and dating of herbal preparations. You can also write on adhesive tape or masking tape, as a replacement.

**Funnel**

To help you pour herbal preparations into bottles or jars without spills.

**Measuring Spoons**

For accurate measurement of herbs and other ingredients.

**Clean Cloth or Towel**

You will use these for covering and protecting herbal preparations during drying or infusion. You can easily replace them, however, with paper towels or parchment paper.

**Amber or Dark-Colored Glass Bottle**

This protects herbal preparations from light degradation. If you don't want to make that purchase, you can also wrap clear glass bottles in aluminum foil or store in a dark cabinet.

**Herb Scissors**

To make clean cuts on the plants you wish to harvest. These are specialized scissors with multiple blades for cutting herbs quickly. Regular kitchen scissors or a sharp knife will also do the trick.

**Glass Stirring Rod or Wooden Spoon**

You will need these to stir ingredients during preparation. A metal spoon or spatula can be great substitutes as well.

## Lesson 3: Making the Perfect Tincture

### What Is a Tincture?



Tinctures are created by steeping plants in alcohol for 4 to 8 weeks before you filter off the plant material. This solvent leaves you with a liquid that contains the active ingredients of the plant, which can be used as medicine. It's a very powerful remedy that you can usually use without worrying about any side effects.

You can also use vinegar or glycerin, but alcohol is best because it acts as a universal solvent, so it's able to extract essential oils from herbs, roots, and mushrooms, as well as most of the other beneficial compounds.

It also makes the tinctures last virtually forever. The alcohol is fatal to any microorganisms, so there is little possibility for the tincture to decompose. The biggest risk you'll probably encounter is the alcohol in the tincture evaporating. To avoid that, always keep your tinctures in well-sealed, amber-colored bottles.

Using tinctures allows easier and faster absorption of healing plant compounds. The fastest one to absorb in your body is an alcohol-based one. This is because it starts absorbing through the stomach wall, or your mouth when taken orally, so rather than being digested, like the rest of the things you drink or eat, the medicinal substances go directly into your bloodstream. Not only that, but the large concentration of medicinal properties you find in a tincture makes them more potent than most remedies.

The second method of making a tincture is by double extraction. That is a combination of a tincture and a decoction, meaning you use both alcohol and water to extract different properties of the plants.

This method is largely used for mushrooms and lichens, because some beneficial properties are water-soluble, while others are alcohol-soluble.

## How to Make a Tincture

I chose one of my favorites, a dandelion tincture. Personally, I use it also to keep my MS in check, but it's also great for dealing with arthritis and back pain, constipation, urinary problems or fluid retention, and of course, chronic illness.

### Dandelion Root Tincture

#### You will need:

- 80-proof alcohol (Vodka)
- Dried Dandelion Root
- Glass jar
- Wooden Spoon
- Dark Glass Dropper
- Label
- Pen

You'll need 80-proof alcohol or 40%. I like to use vodka, simply because it has no taste, but you can use whiskey or rum. As I mentioned before, you can also use apple cider vinegar or glycerin, but you must know they don't work as well and the finished product won't last very long.

#### Instructions:

1. Fill half of a glass jar with dried dandelion root. You can use fresh ones, but you'll double the amount.
2. Add the alcohol until you have about half an inch left in the jar, and stir well.
3. Close the lid and store it in a cool and dark place for about 4-6 weeks.
4. At the end of the month, strain and put the tincture in a dark glass bottle. If you also have a dropper, that would be perfect, it will be more convenient to use.



(c) 2)

Label it and you can start using it. It's a great liver cleanser, among other uses. Some herbs do need a longer time for the base to extract all the medicinal compounds, some 8 weeks or even longer.

### Immuno-Shield Mushroom Elixir

As the name suggests, this double extraction type of tincture will shield your body from harm. A double extraction is a combination of a tincture and a decoction. And it's widely used for mushrooms, lichens, and roots.

The Immuno-Shield Mushroom Elixir is made with one of the most potent medicinal mushrooms out there, Turkey Tail.

#### **You will need:**

- 2 oz. or more of dried Turkey Tail
- 6 oz. of 80-proof alcohol
- 4 oz. of distilled water
- Canning Jar
- Wooden Spoon
- A ceramic or glass pot
- Strainer

#### **Instructions:**

##### Making the tincture:

1. Fill a canning jar half-full with your diced dried mushrooms
2. Fill it to about half an inch of the top with alcohol.
3. Stir and cap it, and shake it every day for about 2 months.
4. Strain out the alcohol and set it aside.

##### Making the decoction:

1. Put 4 oz. of water into a ceramic or glass pot with a lid.
2. Add the turkey tails left from the first step.
3. Cover and simmer the mixture until half of the water has boiled off. This will take a few hours. If the water level drops too quickly, add more so that you can continue simmering your mushrooms. The end result should be 2 oz. of your decoction.
4. Allow the water to cool, and then strain out the mushrooms.
5. Mix the water and alcohol - you should have about 6 oz. of alcohol tincture and 2 oz. of your mushroom decoction- together to create the finished double-extraction. For future reference, note that it's about a 3:1 ratio of finished mushroom alcohol tincture to mushroom decoction.

Because of the high alcohol content, it will be shelf-stable for many years, if you store it in a sealed container, in a dark cool place.

### **Dosing Instructions** (for adults and children)

Take about 2 dropperfuls per day for an adult person. If you're actively trying to get rid of a cold, for instance, you can take it about 5 times a day. If you're using it for prevention or for a chronic issue, I suggest you take it once or twice a day.

For children, the dosage is about one-quarter to one-third of the recommended adult dose, depending on the weight of the child.

If you prefer, you can mix the tincture with water if you feel the taste is too strong for you. This will not affect the quality of the tincture in any way, though it's absorbed better if taken orally, like this.

## **How Long Tinctures Last and How to Store These Properly**

An alcohol-based tincture will last up to 7 years. But if you store it properly, that is in a dark and cool place, it can last even longer.

The ones made with glycerin last around 2 to 3 years, also in a dark, cool place. And the vinegar-based ones last about a year, and you might want to refrigerate them, especially if you live somewhere warm.



## Lesson 4: The 2 Types of Infusions You Need to Know

### What Is an Infusion?



An infusion is what happens when you extract the medicine and flavors from plants or mushrooms using a solvent such as water or oil. You do this by letting the plant material remain suspended in the solvent over a set amount of time. The time varies depending on the plant and which part you're going to be using.

After the herb has had enough time to infuse with the solvent, all the potent medicine is now contained in the liquid.

There are 2 types of infusions: the ones that use **water** as the solvent and the ones that use **oil**. Both can be made either cold or hot. It really depends on the herb and what you're going to use it for.

Generally speaking, water infusions are ingested, whereas oil infusions can also be applied directly to the skin as a cream or a salve. In fact, oil infusions are the main ingredient in salves.

#### Herbal Water Infusions

As mentioned earlier there's 2 types: hot and cold. Here's a little secret: tea is actually a hot water infusion! Teas are actually a super-efficient and easy way of extracting much of the good stuff out of medicinal plants. You'll want to use dried herbs for this. I prefer loose leaf and flower because it's easier to blend with other herbs and also you never know what those little bags are made of.

Hot water infusions almost always beat cold water infusions as far as extracting every last essential ingredient from the plant matter. The only time you're really going to use cold water is if the herb used have tendency to give off a bitter flavor, or if they have a lot of mucilage, like marshmallow root.

#### Oil Infusions

Just like water infusions, oil infusions can also be made cold or hot. In the case of cold infusions, cold actually means room temperature and this method takes about 6 to 8 weeks

to infuse the herbs properly into a carrier oil. It's important to note that to cold-infuse oil use only dried herbs, as the moisture from fresh herbs can make your oil turn rancid or moldy.

Hot infusions can be made much faster; and just like water infusions, they're much more effective at extracting the herb's medicinal compounds. A hot oil infusion generally takes about 48 to 72 hours for it to be ready.

When I'm making a hot oil infusion, I like to use a crock pot that has a warm or very low setting a glass jar in a large pot set to simmer, or a double boiler. It's very important that you don't boil or overheat the oil because this alters the plant compounds that you're going to be extracting.

Choosing the right oil is also very important. I prefer organic olive oil as it is temperature stable, well-priced, and works well for salve-making. You can also use sweet almond oil, coconut oil, jojoba oil, castor oil, grapeseed oil, argan oil, and avocado oil. Note that coconut oil greatly changes consistency depending on temperature.

## How to Make an Infusion

Whenever I get a bit stressed out or have difficulty sleeping, I like to make myself a California Poppy infusion. It really helps me get over my insomnia, but it's also great for dealing with anxiety or any nervousness you might be experiencing. The sap of the Poppy is somewhat of a narcotic, but unlike opium poppy or prescription sleep meds, it's much milder and won't depress your nervous system.

### California Poppy infusion

#### You will need:

- 1-2 tsp. dried California poppy plant
- 1 cup boiling water
- Cup
- Strainer

#### Instructions:

1. Place 1-2 teaspoons of dried California poppy plant in 1 cup boiling water.
2. Infuse the dried herb in boiling water for about 10 minutes and allow it to cool.
3. Strain it and drink one cup at night before going to bed. In about 10 minutes, you should start feeling that warm calming effect. This one is also safe for children, but only use half of the adult dose.

If you have trouble getting up to pee in the night, then use a tincture instead of a tea.

## How Long Infusions Last and How to Store These Properly

Water infusions are best consumed right away, but if you need to store them, I recommend the fridge where they can last up to 72 hours.

Oil infusions will stay fresh for a year if refrigerated or kept in a cool place. The reason why they have a shorter shelf life is because once you open the bottle and introduce oxygen, the oil starts to degrade.

## Lesson 5: Homemade Essential Oils That Actually Work

### What Is an Essential Oil?

Essential oils are compounds extracted from plants either through steam distillation or mechanical pressing. These oils capture the plant's scent or "essence." And that's how they got their name. Once an essential oil is extracted it will be too concentrated to use right away. So, you'll need to mix it with a carrier oil such as Jojoba, Coconut, or Rosehip.



Beyond smelling great essential oils can help with a lot of things like anxiety, headaches, muscle aches, low immunity, joint pain, itching, digestive upsets, wound healing, eczema, rashes, insomnia, skin infections, or inflammation, just to name a few. But it's the quality of the essential oils that determines how good it is for any of them.

What you can buy on the market varies a lot, and you have to really search to find a good essential oil. Because they aren't regulated, many essential oils end up being diluted with less expensive ingredients. So, you're much better off making your own.

### How to Make an Essential Oil

#### Peppermint Essential Oil

##### You will need:

- Peppermint
- Two-piece distillation kit - like this one:  
<https://www.amazon.com/gp/product/B07H85LKY3/>
- Ice water
- Small container
- Pipette
- Carrier oil
- Dark tinted bottle



## Instructions:

The easiest way to make your own essential oil at home is through steam distillation. You'll need a two-piece distillation kit. It's easy to find one online for about \$100 which should pay for itself rather fast, as buying essential oils can get quite expensive.

What you do is put your washed plant material, in this case peppermint, inside the big pot and cover it with water. It should be submerged, but only slightly. Secure it with the lid so no steam gets out except through this small valve.

You then connect the smaller pot to the steam valve and place it on the stove. As the plant material boils, it will generate steam which will go through here and all the way through this coil. Because we'll put ice water in here that steam will condense, turning from gas back to liquid only this time carrying with it the precious peppermint oil we're after. At this point, you can probably begin to see the oil starting to form at the surface.

After about 20 minutes or so, you'll have one or two glasses of water with the oil in a very thin layer on top. What you do next is take a pipette and gently gather the oil and place it in a smaller container. Then, use the same pipette to remove the water, which will stay at the bottom as oil always floats to the surface. Repeat until all you have left is your essential oil.

Mix 7 to 15 drops of essential peppermint oil to a fluid ounce of carrier oil, depending on how strong you want it. Then, store it in a dark-tinted bottle away from sunlight to preserve its potency. The process you go through is very much the same for any other essential oil including these other two - Lavender and Chamomile – which, besides Peppermint oil, I make sure to never run out of.

Lavender essential oil is great for anxiety, fungal infections, allergies, depression, insomnia, eczema, nausea, and menstrual cramps.

You can use Chamomile oil for inflammation and pain relief and for other conditions such as back pain, neuralgia, or even arthritis. Simply rub a few drops of it on your skin. I recommend German Chamomile as it's been shown to be the more potent one.

Something not many people know is that this water that's left after the essential oil is taken out is also useful. It's called **hydrosol**. It shares many of the same properties as the essential oil, but it's less concentrated and has a softer scent. Because of that, you can safely use it without diluting it.

I like to put this in a spray bottle and use it as a **Peppermint scalp mist** to stimulate hair growth. You can use it for many other things too.

### **Dosing Instructions** (for adults and children)

Apply a generous amount to the scalp and hair, ensuring the entire length of the hair is covered. Massage gently for a few minutes. Leave on for at least an hour or overnight for deeper conditioning. Wash off with a mild shampoo. Use 1-2 times a week for best results.

## **How Long Essential Oils Last and How to Store These Properly**

Essential oils usually last for a few years and they do not go bad in the same way food does, for example. They do, however, change over time through a process called oxidation. That's when the oil comes into contact with oxygen, ultraviolet light, or heat.

Keeping your oils in dark tinted dropper bottles and away from heat and sunlight extends their shelf-life. For the peppermint oil, I've just made keeping it like that will make it last for around 4 years.

The way you can tell your oil has oxidized is that the smell of the oil has changed, the color has changed, or it has become cloudy. If that happens, just throw it out and make a new batch.

## Lesson 6: How to Make a Field Poultice

### What Is a Poultice?

A poultice is an herbal remedy made by combining medicinal substances that have a moist base, such as herbs or clays. You can apply this mixture externally to your body to alleviate pain, inflammation, draw out venom, and promote healing.

Poultices work by drawing out toxins, reducing swelling, increasing blood flow, and providing you with soothing relief.



### How to Make a Poultice

#### "The Cowboy's Toilet Paper" with Mullein

##### You will need:

- Mullein leaves
- Cloth or muslin bag
- Warm water

##### Instructions:

1. Gather fresh mullein leaves and finely chop or crush the leaves to release the medicine inside.
2. Place the chopped mullein in a clean cloth or muslin bag. What works for me is to moisten the cloth with warm water for an herbal infusion that is slightly damp.
3. Apply the poultice directly to the affected area and secure it in place with a bandage or wrap. You can even wrap it with its own large leaf if you're in the field.

##### Duration of Application

The length of time to keep a poultice applied varies depending on the condition being treated. Generally, poultices are applied for about 30 minutes to an hour. However, for severe or chronic conditions, you can leave it on for several hours or overnight. You have to monitor the area and remove the poultice if any discomfort or irritation occurs.

## Can You Store and Reuse a Poultice?

You should prepare poultices fresh for each use to maintain their potency, certain poultices can be stored for short periods. To store it, you can place it in an airtight container or sealable bag, ensuring it remains moist and doesn't dry out.

Refrigeration can help extend the shelf life, but it's best to use poultices within 24-48 hours. Plantain (*Plantago* spp.) leaves are one of my other favorite field poultices for bites and stings. Simply chew the leaves and apply to the bite – my kids use this one often for mosquito bites and bee or wasp stings.



## Lesson 7: Homemade Salves for Common Ailments

### What Is a Salve?

A salve is a soothing and healing ointment that you apply topically to the skin. It's made of a combination of medicinal herbs, oils, and beeswax. Turning herbal oils into salves is the best way to apply medicinal herbs to your skin.

A good salve is filled with the essence of ingredients that boost healing, boost circulation, reduce pain, and protect damaged skin.

You can use them for any number of skin conditions and minor injuries. They are ideal for moisturizing dry skin, treating burns, rashes, bites, eczema, sore muscles, arthritis, and nerve pain, to name only a few uses.



### How to Make a Salve

I always like to have a St. John's Wort Salve on hand. It's a great one to reduce inflammation and help nerve pain, and it helps wounds heal faster, as it contains tannins that speed up the healing process.

#### St. John's Wort Salve

##### You will need:

- ½ cup St. John's Wort infused-oil (You have the full instructions on how to make an infused oil in Lesson 4. All you need to do is replace Peppermint with St. John's Wort flowers.)
- One-eighth cup of beeswax pellets
- Lavender essential oil
- Double boiler or heatproof bowl



**Instructions:**

1. Use a double boiler or a heatproof bowl placed over a pot of simmering water. Melt the St. John's Wort-infused oil and beeswax pellets together, stirring occasionally until completely melted and well combined.
2. For salves I like to use a 4:1 ratio of oil to beeswax; for 4 oz of St John's Wort oil, add 1 oz of beeswax – if you want a harder salve (like for a lip balm) add more beeswax, if you want it softer, use less beeswax.
3. After everything has melted, let it cool for a few minutes, then add the optional essential oil at the end and stir it very well.
4. Pour the mixture into clean jars or tins and let it cool completely before sealing the containers. I like to test a drop and see how it solidifies before I pour the entire salve. If I'm happy with the consistency then I pour all of my tins.
5. Label it with the ingredients and date.

**Dosing Instructions** (for adults and children)

To use it, take a small amount of salve, approximately a pea-sized portion, and apply it directly to the affected area of your skin. Gently massage or rub the salve into the skin until you'll notice it is absorbed. Repeat this process a few times a day.

**How Long Salves Last and How to Store These Properly**

When it comes to shelf life, any natural salve will keep well for about one to two years, even longer if you keep it in a dark, cool, and dry place. Heat and sunlight can degrade the ingredients, and moisture can let unwanted bacteria grow. That's why it's important to tightly seal the container and check it from time to time for any signs of mold or change in texture.

On the other hand, a poultice is a soft and moist mass that you can make by combining crushed or ground herbs and plants with a liquid. This liquid can be a carrier oil, but you can also use water or your own saliva. You can use the resulting mixture directly on the skin and cover it with a cloth or bandage. Salves are versatile and you can use them for various skin conditions. Poultices are mainly used for acute injuries, such as sprains, strains, bruises, cuts, or even insect bites.

You can also use both at the same time; you can apply a poultice on the affected area to draw out toxins, reduce inflammation or to stop bleeding (I use Yarrow for this) and then follow it up with a salve to moisturize and continue the healing process.

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## Lesson 8: Transform Your Regular Tea into a Powerful Remedy

### What Is a Decoction?

A decoction is a concentrated form of a hot infusion or tea. It's an extremely useful method of infusing herbs that don't give up their beneficial chemicals so easily or for woody parts like roots and stems.

So, if you want to extract the medicinal properties from a burdock root to make a detox remedy, then don't make a tea, make a decoction.

Decoctions are also ideal for making a much more concentrated version of a remedy. They're also great for children, animals, or anyone else who is unlikely to drink enough of a hot infusion to do them any good.



### The Difference Between Tea and Decoction

The difference between teas and decoctions is simple: infusions are steeped and decoctions are simmered. The reason why we do this is because extracting the medicinal compounds from certain plant parts or even different herbs often requires a little more effort and time.

### How to Make a Decoction

This immune-boosting decoction that's made from the root of the Echinacea plant is one of my favorites. It's amazing for raising your body's resistance to infection. Echinacea is antiviral, antibacterial, and antifungal.

As a bonus, this remedy also has anti-inflammatory and pain-relieving properties. Just be careful using Echinacea internally if you have an autoimmune issue.



## Echinacea Root Decoction

### You will need:

- 1 oz. dried root echinacea
- 16 oz. distilled water or purified water
- Glass or glazed ceramic cooking pot
- Strainer
- Cup

Make sure that you're using purified or distilled water for this. It's best to make your decoction in a glass, or glazed ceramic cooking pot, that way the metal pot doesn't react with the herb, affecting the flavor.

### Instructions:

1. Place the Echinacea root in the cold water and allow the herbs to cold soak for a few hours. This is actually the first part of the infusing process.
2. Cover the pot and bring it to a slow boil. Once the water's boiling, immediately reduce the heat to a low simmer.
3. Keep simmering until the liquid's been reduced to about half of what you started with. This usually takes about 15-20 minutes.
4. Strain the liquid and allow it to cool. Once cooled, give it a nice squeeze to get all the liquid out.

### Dosing Instructions (for adults and children)

I usually drink about 2 glasses of a decoction when I'm starting to feel sick. For a child, 1 glass will do.

## How Long Decoctions Last and How to Store These Properly

As decoctions are a water-based preparation, they have a fairly short shelf life. Decoctions should be refrigerated and used within 48 hours. Freezing a decoction can help extend the shelf life. Pour it into ice cube trays and then store the cubes in a labeled bag or container once frozen.

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## Lesson 9: A Practical Guide to Making Grandma's Homemade Syrups

### Medicinal Syrups

Few people today know that many invaluable over-the-counter remedies actually have their origin in their own backyard. One of them is **medicinal syrups**.

My grandma used to make a lot of syrups, often from plants she grew herself in the garden, like elderberries. If you're new to making remedies, syrup is probably the perfect one to start with. Just be careful as they contain a lot of sugar, and they don't lend themselves very well to artificial sweeteners. So, if you're a diabetic these are not good for you.



For making medicinal herbal syrups, dried herbs tend to work the best. The only thing to remember is that if the recipe calls for an herb that is really strong, such as rosemary, it's best to use it in combination with others to reduce the potency of the flavor.

### How to Make an Herbal Syrup

I will teach you how to make elderberry syrup, just like my grandmother used to make for me when I was a little girl. This is just one of the remedies she used to protect our family during the winter months.

An elderberry syrup is a wonderful tonic to have on hand to not only prevent colds and flu but also to treat them. It's considered to have one of the best antivirals and immune boosters and it works well for any kind of respiratory infection.

This recipe uses dried elderberries of course, but also dried hibiscus flowers, whole rosehips and raw honey. Hibiscus and rosehips are very high in vitamin C – and I like to add them to the syrup for an extra boost. Raw honey will help with any cough and throat irritation.

## Elderberry Syrup Recipe

### You will need:

- ½ cup of dried elderberries
- ¼ cup of dried hibiscus flowers
- ¼ cup of dried whole rosehips
- 2 cups of water
- ¼ raw honey
- Plastic bag or a ziplock bag
- Hammer
- Wooden board
- Pot with lid
- Spoon
- Clear glass bottle
- Label

### Instructions:

1. Measure ½ cup of dried elderberries and add them to a pot.
2. Add ¼ cup of dried hibiscus flowers.
3. Then, measure out ¼ cup of dried whole rosehips but don't add them to the pot just yet. Place them inside a plastic bag and crush them with a hammer. Once they've been crushed, add them in the pot as well.
4. Pour 2 cups of water over everything and mix gently using a spoon.
5. Let your mixture reach its boiling point and then turn down the heat, letting it simmer for about one hour.
6. After an hour, remove the cover and let it simmer for about another 10 minutes just to make it a little thicker.
7. Strain the solids out slowly making sure you don't pour any syrup on you or anything light in color – because this can really stain.
8. You should end up with about half the water quantity in pure syrup at this point. Put in about a ¼ cup of raw honey and mix it gently until it dissolves in the syrup, which should still be a little warm at this point. You don't want it to be too warm or it will make the honey less effective.
9. Once the honey is dissolved, decant it into a clear glass bottle, label it, and put it inside the fridge.

### Dosing Instructions (for adults and children)

I recommend taking about a teaspoon of this wonderful elderberry syrup each day both for adults and children as an immune-boosting tonic.

If you're sick, you can take a teaspoon every 3 to 4 hours but don't go over 6 in one day. For small children, it should be a maximum of 3 daily.

To make it even more powerful you can also add Echinacea root or Astragalus root – but be very careful because these can very powerfully stimulate the immune system. I can't use them for my MS and if you have an autoimmune condition, I don't recommend it either. So, what you might do is create a second batch of syrup with those to take only when you feel a cold or flu coming on or to deal with the symptoms of one faster.

## **How Long Syrups Last and How to Store These Properly**

Medicinal syrups usually last for about one to one and a half months inside the refrigerator. However, there is a way to make them last longer, with the use of alcohol and a certain quantity of sugar.

## Lesson 10: The Healing Power of Steam Therapy and Sitz Baths

### Steam Therapy

You can also take your medicine through your lungs. It goes through your nose, your sinuses, your throat, your bronchial tubes and finally your lungs. From there, it goes directly into your bloodstream, acting fast.

If you have a bad case of Sinusitis or Pneumonia, your doctor might prescribe you aerosols with antibiotics. Nowadays, they call them aerosols, but our grandparents called them **Herbal Steams** or **Inhalations**. The way they did it, is they placed a towel over their head and breathed in the steam from a pot filled with hot water and medicinal herbs or essential oils.



### How to Make an Herbal Steam

To make it, you can start by boiling water in a pot. Once boiling, remove it from heat, add a handful of dried herbs to the water, such as Chamomile, Eucalyptus, or Lavender, depending on what you need the steam for. Place your face over the pot, covering your head with a towel to trap the steam. Inhale deeply and relax for about 10-15 minutes.

#### **How Long to Use an Herbal Steam** (for adults and children)

For an herbal steam, 10-15 minutes is generally sufficient for adults. If you have children, you should supervise them as they use herbal steams for shorter durations, around 5-10 minutes.

### Sitz Baths

In ancient times, people realized that immersing certain body parts in warm water could ease discomfort and promote healing.

A sitz bath is a warm, shallow bath that targets the lower body area, particularly the pelvic region. It is useful for soothing discomfort, promoting healing, and reducing inflammation.

## How to Make a Sitz Bath

1. Fill a bathtub or basin with warm water, enough to cover the pelvic area.
2. Add herbal infusions, like Rosemary, Sage, Lavender tea or Epsom salt, to the water. Stir gently to dissolve the ingredients.
3. You can sit in the bath and allow the warm water to cover the desired area. Just relax for about 10-20 minutes.

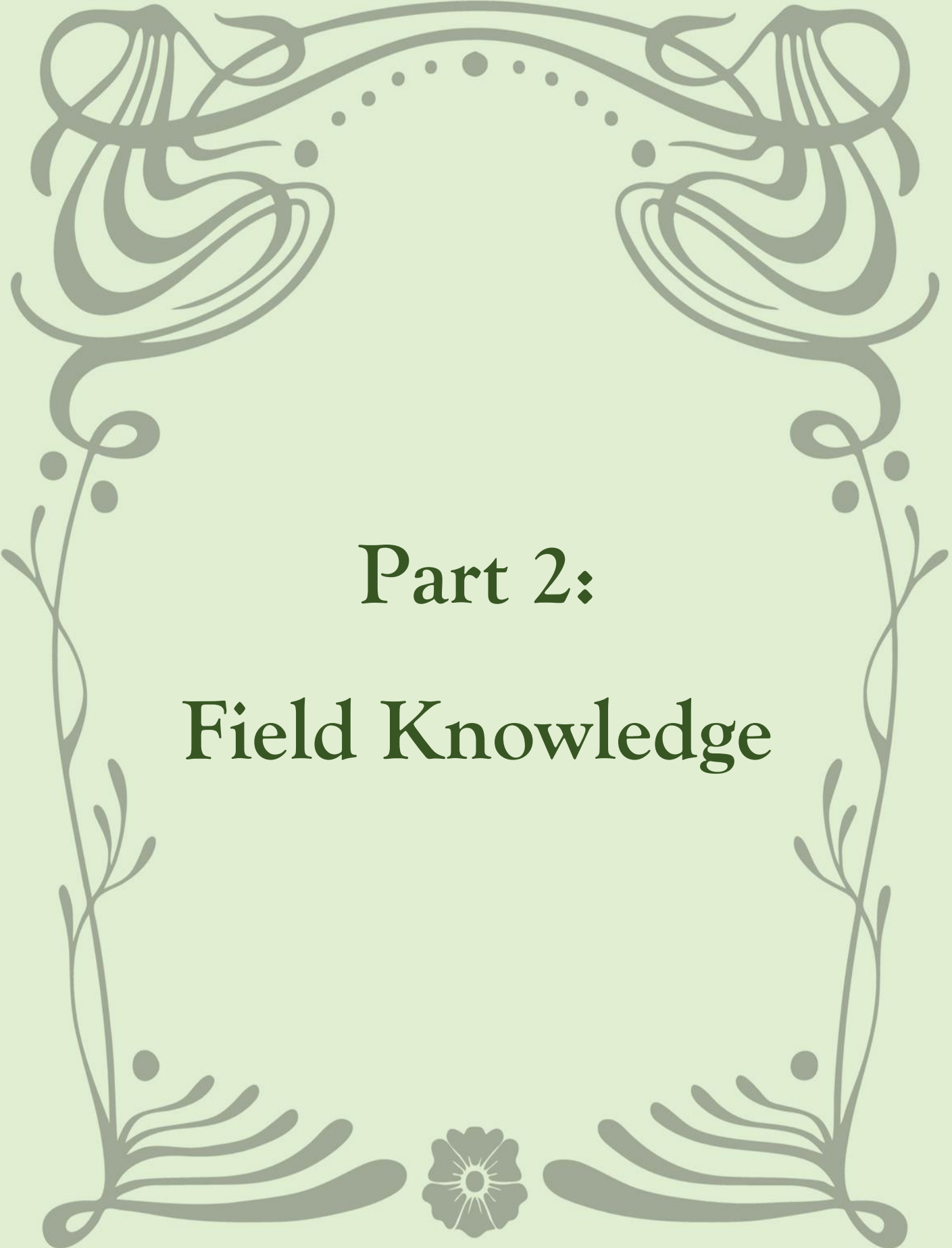
### **Duration** (for adults and children)

When it comes to a sitz bath, you can soak for about 10-20 minutes, depending on comfort and need.

Children should sit for a shorter duration, about 5-10 minutes. If you're a parent, it's important to monitor the water temperature to ensure it remains comfortably warm throughout.

## Can You Reuse and How Many Times?

You should use herbal steams and sitz baths only once. These are not recommended for reuse due to hygiene reasons. Fresh preparations are ideal to maintain cleanliness and ensure the effectiveness of the herbal properties. Always discard the used herbal mixture after each session and prepare a fresh one when needed.

A decorative border in a muted sage green color frames the text. It features stylized floral motifs at the top and bottom, with a central floral element at the bottom. The border is composed of flowing lines and small dots.

## Part 2:

# Field Knowledge

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## Lesson 1: Mullein

Mullein (*Verbascum Thapsus*) is most commonly known as great mullein, but other common names for this herb are Flannel Plant, Aaron's Rod, Hag Taper, Torches, and Velvet Plant.

Mullein is widely distributed in North America and it grows in meadows, by roadsides, and on waste ground, especially on gravel, sand, or chalky soil. The plant can be harvested anytime during the growing season, which lasts from spring to late summer.

### Identification

It is a large rosette of leaves in its first year, sprouting a tall 1 to 7 feet unbranched stem in its second year. The plant is covered in soft hairs giving it an almost velvet-like feel, often called “bush toilet paper”.

The leaf can grow up to 20 inches long and 4 inches wide in the plant's first year, while in the second year, the leaves grow alternately up the main stem, becoming narrower and smaller towards the top.

During the plant's second year, it bolts into maturity, flower, and produce seed during the summer. The large flower spike or central stem terminates in a dense spike of pale-yellow flowers. This spike can be 4 inches to 4 feet long. Each flower is about  $\frac{3}{4}$  inch across. They have 5 petals, and 5 hairy green sepals. They bloom in summer for about 6 weeks until they turn into a seed capsule.



### Edible and Medicinal Properties



The leaves and flowers are edible, although most people prefer them as tea. They are also being used for their medicinal properties, as they are anti-inflammatory, antiseptic, diuretic, painkilling, and wound healing. Mullein is commonly recognized for its value in the treatment of chest complaints, such as bronchitis or asthma, skin wounds and inflammatory skin conditions, and ear infections.

## Quick Remedies Using Mullein

### Mullein in Shoes

By placing a few dried mullein leaves inside any type of shoe, a detoxifying environment will be created for the feet.

The leaves of mullein act as natural sponges, drawing out impurities from the feet, leaving a feeling of revitalization. Moreover, to eliminate the sensation of heavy legs, many people also use this simple remedy for refreshing their feet.



### Smoking Mullein

One of the lesser-known ways to experience the benefits of mullein is by smoking it. When dried and properly prepared, mullein leaves can be gently ignited and the smoke can be inhaled. This gentle smoke can help clear the lungs and soothe irritated airways, providing relief and support.

While mullein can be smoked without any additional plants, it is recommended to combine some other healthy herbs, to add some flavor to the mix. One of the blends that can be tried is equal parts of dried mullein leaf, peppermint leaf, and thyme leaf. The dried ingredients should be placed in a mortar and pestle, to grind to a fine powder. To add the moisture, apply one teaspoon of water to every six teaspoons of dried herb mix. Place the moistened ingredients on roll paper or in a pipe.

## Did You Know

Mullein leaves were historically used as torches. Ancient civilizations would dip the dried stalks of the mullein plant into animal fat or wax, creating natural torches that emitted a soft, soothing light.



## Warning

It is recommended not to use mullein leaves during pregnancy or breastfeeding. Moreover, to some people, it can cause skin irritations, stomach pain, and breathing difficulties. These are allergic reactions; therefore, it is best to stop using mullein leaves, in case these symptoms appear.

## Poisonous Look-Alike

The poisonous look-alike of mullein is Foxglove, *Digitalis purpurea*. This is a plant that grows ground-level leaf rosettes in its first year, which can be very close to the shape of mullein rosettes. All parts of the foxglove plants are toxic; therefore, it is very important to pay attention to these very important differences.

Mullein leaves are untoothed and hairier than those of foxglove. Mullein flowers are far more open and usually plume open at the end of very tall stems. Mullein stems can grow up to 7 feet tall, sometimes even 10 feet tall, while foxglove stems rarely surpass five feet.



## Lesson 2: Usnea

Usnea (*Usnea longissima*) is also known as Old Man's Beard. Anchored at one end by a holdfast, Usnea grows from the bark of coniferous and hardwood trees and is found in moist, temperate forests. Usnea can be foraged all year- 'round.

### Identification

Usnea is gray-green in color and can take many different forms. Its stems and side branches are cylindrical, rather than flat. Some species are short and shrubby. Usnea can be distinguished from other lichens by its stretchy inner fibers and its exclusive white core.



### Edible and Medicinal Properties

The entire lichen is considered edible when leached a few times, but it is not very palatable. It is, however, one of the best medicinal plants.

Usnea contains usnic acid, a strong antifungal, antibacterial, and antiviral agent. Usnea has been used in the treatment of respiratory problems, such as bronchitis or pneumonia, but it is mainly known as a powerful remedy against infections.

### Quick Remedies Using Usnea

#### Quick Antibiotic Poultice

One of the easiest ways to harness the antibiotic benefits of Usnea is by creating a simple poultice.

#### You will need:

- Fresh or dried Usnea
- A cloth
- Warm water

#### Instructions:

Simply crush or chop Usnea into smaller pieces and moisten it with warm water. Then, place it onto



the affected area and let nature work its magic. Usnea's antimicrobial and soothing properties will promote your body's healing response.

### Usnea Tea for Respiratory Ailments

This lichen is also an excellent choice for supporting respiratory health.

Sipping on Usnea tea can provide relief for respiratory ailments such as coughs, congestion, and irritated throat.



### Did You Know

In the fourteenth century, there was a charming belief that usnea, due to its hair-like appearance, had special powers to make hair stronger. People thought that, if they hung usnea strands in their homes, it would give their hair a magical boost, making it shiny and healthy.



### Warning

Usnea lichen is a highly concentrated medicine and should not be taken continuously in large doses. Take it as needed for specific problems. Do not use Usnea internally during pregnancy or breastfeeding, as safety is unknown. Usnea lichen absorbs pollutants and toxins from the environment. Do not harvest the lichen in areas exposed to heavy metals, roadway exhaust, industrial areas, or waste areas.

## Lesson 3: Yarrow

Yarrow (*Achillea millefolium*) is also commonly called nosebleed plant, squirrel's tale, plumajillo, and soldier's woundwort. It is found in temperate zones throughout the world, in meadows and roadside fields.

### Identification

Yarrow grows 1 to 3 feet in full sun, to partial shade. It is best harvested throughout summer at the height of flowering. It is essential to pick up plants that look healthy and are in full or near full bloom. Flowers bloom from May to July. Each inflorescence is a cluster of 15 to 40 tiny disk flowers surrounded by 3 to 8 ray flowers. Colors range from white to yellow, pink, and red.



Leaves are arranged spirally on the stem in groups of 2 to 3. Each leaf is divided into many leaflets, which are further divided into smaller leaflets. The silvery-green leaves are fern-like and feathery.

The scent of yarrow is similar to chrysanthemums. Also, yarrow is a good companion plant in a garden, as it repels many garden pests while attracting beneficial insects.

### Edible and Medicinal Properties

The leaves can be eaten raw or cooked, however, they are bitter and are best eaten young.

All parts of the plant are used medicinally. Yarrow is known for stopping internal and external bleeding, reducing anxiety, and due to its antibacterial and antifungal properties, it is a strong wound healer.

### Quick Remedies Using Yarrow

#### **“Stop the Bleeding” Bandage**

Yarrow can be wrapped around a bleeding wound, and the bleeding stops in a few minutes. This will also help in healing the wound more rapidly.

In order to make this bandage correctly, you will need some fresh yarrow leaves (chew them up), and apply them directly to the cut, scrape, or wound until the bleeding stops.

## Yarrow Infusion to Break Fever



Yarrow is also a good remedy against fevers.

To make this infusion, just add a handful of Yarrow flowers and leaves into a pot and pour hot water over the Yarrow until it's fully immersed. Cover the vessel, allowing it to steep for about 10 to 15 minutes. As the Yarrow steeps, the water will extract its beneficial compounds, releasing their potential to support the body's natural response to fever. Once the infusion is ready,

strain the liquid into a cup, and take slow, comforting sips.

## Did You Know

The Latin name of Yarrow, *Achillea millefolium*, references the Greek hero Achilles, who used this plant to treat the wounds of his soldiers and speed up healing.



## Warning

It is recommended to stop consuming yarrow during pregnancy. Moreover, some people are allergic to yarrow. Usually, if you are allergic to plants in the Aster/Daisy family, you should not use yarrow as a remedy. It is also recommended to avoid using yarrow before surgery.

## Poisonous Look-Alike

Yarrow's poisonous look-alike, Poison Hemlock (*Conium maculatum*), is acutely toxic to people and animals. All parts of the plant are poisonous. Yarrow leaves are much finer, softer, and frillier than those of Poison Hemlock and the flower rarely grows more than 2 feet from the ground. In contrast, Poison Hemlock bares its flower on a tall purple-spotted stem that can grow up to 6 feet in height.



## Lesson 4: Plantain

Plantain (*Plantago major*) is a small perennial, often called weed. This is different from the banana-like fruit called plantain found in the grocery store. It is found growing wild in gardens, lawns, backyards, and along paths.

### Identification

Plantain typically reaches a height of 12 inches (30 cm) or fewer. The leaves can be lancet-shaped to oval-shaped and they have a ruffled texture. They are green in color and hairless. The leaves grow in a rosette at the base of the plant. Each leaf is 2 to 8 inches long and has five to nine parallel elastic veins.



When you break the leaf in half and pull these elastic-like veins can easily be seen. Leaves can be harvested at any time during the growing season – before, during, or after flowering.

The plant blooms in spring and summer. Its tiny flowers are greenish-brown to white in color and the flowering stalks rise high above the foliage.

### Edible and Medicinal Properties

The leaves and seeds are edible. The leaves are best used in a salad and they can be gathered while they are still very young and tender.

The leaves are the parts of the plantain primarily used as medicine. Plantain has antioxidant, anti-inflammatory, antibiotic, and analgesic properties and is often used for bites, stings, rashes, and leaky gut.

### Quick Remedies Using Plantain

#### Do This to Naturally Fight Toothaches

This is a quick and incredibly efficient remedy to naturally fight an annoying toothache. You can simply apply plantain directly on the toothache or dental infection, to relieve inflammation and pain. To release the anti-inflammatory agents, you can chew the leaves and hold them over the affected areas until the pain is reduced or goes away.

#### Hydrosols!

For stings, bites, poison ivy rash, and other skin ailments, I recommend a simple recipe.

#### You will need:

- Fresh or dried plantain leaves

- Distilled water
- A large pot with a lid
- A heat-resistant bowl
- A strainer
- A spray bottle for storage

**Instructions:**

Take a handful of fresh or dried plantain leaves and place them in a heat-resistant bowl. Boil distilled water in a pot. The amount of water should be enough to cover the plantain leaves in the bowl. Once the water comes to a boil, carefully pour it over the plantain leaves in the bowl. Cover the bowl with a lid or a plate to trap the steam.

Allow the mixture to steep for about 20-30 minutes, letting the steam extract the plant's properties. Remove the lid or plate and strain the liquid using a fine mesh strainer or cheesecloth to remove any plant material. Let the hydrosol cool down completely. Transfer the hydrosol to a clean spray bottle or storage container.

**Did You Know**

In medieval Europe, plantain leaves were sometimes used as parchment substitutes for writing. The leaves were flattened, dried, and treated to make them suitable for writing upon. Plantain parchment was a more accessible and affordable option compared to traditional parchment made from animal skins.



## Lesson 5: Wild Ginger

Wild Ginger (*Asarum caudatum*) also known as Snakeroot, grows in shady deciduous and mixed conifer forests. It can be harvested year-round, but it is best to be harvested in early spring-fall. It is not a true ginger, but tastes and smells like the popular spice.

### Identification

Leaf pairs grow on stalks along branching rhizomes. Dark green, almost circular, heart-shaped basal leaves have many deep veins and grow 3-6 inches (7.5-15 cm) long and wide.



In April-June, solitary, bell-shaped flowers bloom on short, leafless stalks. Wild ginger produces single reddish-brown flowers 1 to 1 ½ inches (2.5-1.25 cm) in diameter. The flowers are easy to miss, growing below the leaf cover.

### Edible and Medicinal Properties

The flowers and roots of Wild ginger are edible. The root should not be eaten in large quantities, but used as flavoring. It has a strong aromatic smell that is a combination of ginger and pepper. The leaves and roots make an excellent tea.

Wild ginger root is best known for its effect on the digestive system, as it is soothing, laxative, and tonic. The plant is also used in regulating blood sugar and in the treatment of infections and gingivitis.

### Quick Remedies Using Wild Ginger

#### Ginger Compress for Pain Relief

Due to its anti-inflammatory properties, wild ginger can be used to quickly make a compress for pain relief. Simply gather fresh wild ginger root, a clean cloth, and hot water. Grate the wild ginger, place it on the cloth, and immerse the cloth in hot water. A warm elixir infused with wild ginger's healing essence will be created, that would bring soothing relief.

#### Ginger Infusion to Fight Colds and Flu

For treating a cold or the flu, there is an easy-to-make wild ginger infusion that is highly recommended. To make it, slice wild ginger root and steep it in hot water for a few minutes, allowing its therapeutic properties to infuse. Sip the warm wild ginger infusion to relieve pain and ease congestion.

## Did You Know

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In some Native American cultures, wild ginger was considered a sacred plant and held spiritual significance. It was often used in ceremonial practices and believed to have protective and purifying qualities. The leaves and rhizomes of wild ginger were used in various rituals, including smudging, where the smoke was believed to cleanse and purify the energy of individuals and spaces.



## Warning

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Fresh, raw leaves are toxic and cause skin irritation. Considered safe in small doses, Wild Ginger has aristolochic acid, which can cause kidney problems, and even renal failure in high enough amounts. Wild Ginger also stimulates menses and can cause miscarriages in high doses.

## Lesson 6: Lavender

Lavender (*Lavandula angustifolia*) grows and prefers dry grassy slopes amongst rocks, or on calcareous soils. It can be found on hills and plains, but you can also plant it in your backyard (although, please note this is a slow-growing plant, and it might take up to 2-3 years until it fully matures). Almost all lavender species are highly scented and are very popular for their beautiful bluish-violet color.

### Identification



It typically grows during late spring, summer, and early fall seasons, depending on their specific variety and location. The ideal time to harvest lavender flowers is when they are in full bloom, before they start to wither. This usually occurs during the summer months, when the plant is actively flowering.

The leaves of lavender are opposite and linear. When young, they are white with dense hairs on both surfaces. When fully grown, leaves are 1 ½ inch-long (3.75 cm) and green, with scattered hairs on the upper leaf surface. The flowers grow in terminating, blunt spikes from young shoots on long stems. They are very shortly stalked.

### Edible and Medicinal Properties

Several parts of lavender are edible, including the leaves, flowering tips, and petals. Fresh flowers may be used in sauces, marinades, and desserts. Lavender is also widely used to prepare teas and smoothies.

Medicinally, lavender is mainly used as a stress reliever and sedative. It is known for its ability to calm the nervous system, lift the mood, and even lower blood pressure. It is also an excellent treatment for respiratory problems of all kinds. This can include simple, everyday problems like colds, the flu, sore throats, coughs, and sinus congestion. It can also help with hair loss.



## Quick Remedy Using Lavender

### Anti-Hair Loss Rinse

If you struggle with hair loss, lavender rinse used 3 times a week might be very effective. You can use both dried and fresh lavender flowers. Add the flowers to the boiling water and let the mixture simmer for about 15-20 minutes.

After shampooing your hair, pour the lavender-infused water over your scalp and hair, ensuring it reaches the roots. After steaming, rinse your hair with lukewarm water and follow up with your regular shampoo and conditioner.



## Did You Know

Lavender has antibacterial properties, for which it was used to treat wounds during World Wars I and II.



## Warning

It can act as a sedative, therefore it should not be used prior to any important activity, such as driving or other tasks that require concentration. Also, it should not be ingested along with other sedative medications.

## Lesson 7: Stinging Nettle

Stinging Nettle (*Urtica dioica*), known as burn nettle as well, is not only medicinal, but also very nutritional.

### Identification

Stinging nettle grows best in places with moist soil. It is common around sloughs, along stream banks, and moist woods, but it can easily be found in your backyard or garden.

The plant grows from early spring through the summer, to late September, but is best used in spring when they are small.

It can reach 3 to 8 feet (7.5-20 cm) tall. The leaves are mostly oval or occasionally heart-shaped. The soft, green leaves are 1 to 4 inches (2.5-10 cm) long and are arranged oppositely on a square erect stem.



### Edible and Medicinal Properties

The leaves of the stinging nettle are edible. They are similar in taste to spinach, but much more nutritious, as the stinging nettle contains protein, iron, magnesium, and potassium.

It is usually used to fight allergies (such as hay fever). It can just as well be used for menstrual problems, to lower blood pressure, to treat burns, insect bites, and wounds. It can also stimulate hair growth.

### Quick Remedies Using Stinging Nettle



#### Powerful Nerve Pain Reliever

The leaves and stems of nettle have been used historically to treat arthritis and relieve sore muscles. By applying stinging nettle directly on the affected area, nerve pain can be relieved.

#### Analgesic Tea

Stinging nettle tea can be used for its analgesic effects. To prepare nettle tea, you'll just have to steep dried nettle leaves in hot water for about 10 minutes and strain the leaves. You can consume up to three cups per day.

## Did You Know

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Throughout history, various cultures and civilizations have utilized stinging nettle fibers to make rope? These ropes were further used for various purposes, including binding materials in construction, securing boats, and even for medical purposes.



## Warning

If pregnant or breastfeeding, stinging nettle should be avoided. It should be used with caution by the elderly because of the potential of causing low blood pressure. Moreover, diabetes patients should use it only if officially advised, as it may lower or raise blood sugar levels.

## Lesson 8: Dandelion

Dandelions (*Taraxacum officinale*) are popularly known as lion's tooth or milk witch. They grow on almost any kind of soil, and can be found in lawns, in the grass strips on roadsides, on the banks of waterways, or even around the house.

### Identification

Dandelion flowers from May to October, but most profusely in May and June. It is best to gather dandelion leaves during spring, when they are young and less bitter.

The plant grows up to a foot in height. It produces a yellow flower head. Leaves grow from the base of the plant in an elongated shape, with highly jagged edges. The edges are said to resemble a lion's tooth, giving the plant its name.



### Edible and Medicinal Properties

The whole plant has nutritional values. It can be eaten raw, and it can be safely used for salads. Some even dry and roast it, to use it as a coffee substitute.

The entire dandelion plant is used medicinally and it is usually utilized for detoxifying the body. Traditionally, dandelion has been used as a diuretic, to increase the amount of urine and eliminate fluid from the body. It is helpful for many conditions where a diuretic is needed, such as liver problems and high blood pressure. It is also high in vitamins, minerals, and antioxidants.

### Quick Remedies Using Dandelion

#### Detox in a Cup

You will just have to pour boiling water over the dandelion petals and let it steep for 5-10 minutes. The best way to drink it, is without using any sweeteners, as they reduce the herb's effectiveness. Milk may be used to taste if desired. For best effects, it is recommended to drink 3 cups a day.

## Dandelion Face Steam

For the dandelion face steam, you will need fresh dandelion flowers, which will be added in



boiling water. For more effectiveness, you can add Himalayan salt or essential oils. You can drape a towel over your head to create a tent, trapping the steam and directing it towards your face. You can steam for about 5-10 minutes. After steaming, gently pat your face dry with a clean towel.

Another great remedy using dandelion is Lemonade for gallbladder health.

## Did You Know

In folk medicine, dandelion is referred to as the elixir of life, as it purifies the body of residues and negative energies.



## Warning

It is highly advised to consult the doctor prior to using dandelion if you are currently taking prescription medications.

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## Lesson 9: Echinacea

Echinacea (*Echinacea angustifolia*) is commonly referred to as "purple coneflower", due to its distinct flower shape, resembling a cone or a disk. It typically has a vibrant purple color.

### Identification

Echinacea plants are typically well-adapted to prairies, meadows, and open woodlands. They prefer areas with well-drained soil and full sun exposure, although they can tolerate some shade.

It grows 6 to 24 inches (15-60 cm) tall and has a woody, often branching root. The leaf shapes are generally narrow, lance-shaped (or ovate) and toothed. The upper surface of the leaves is often dark green and has sparse white hairs. The flowers are rich purple to pink in color and the florets grow round a high seed cone. This cone has sharp spines. Echinacea blooms about mid-summer and lasts about a month, after which there is a temporary dormancy. Some plants may bloom again during early autumn.



It is recommended to harvest echinacea flowers while they are in full bloom. When harvesting echinacea seeds, wait until the flowers are spent and the seedheads are totally dry, but not yet falling from the plants. Wait at least two growing seasons to harvest the roots of echinacea plants and do it in the fall, for best results.

### Edible and Medicinal Properties

Echinacea flowers can be used as a flavorful addition to salads. They have a slightly sweet and mildly floral taste. Dried Echinacea flowers can be steeped in hot water to make herbal infusions or teas. They can be enjoyed on their own or mixed with other herbs for added flavor.

The plant is often used to stimulate the immune system, supporting its ability to fight off pathogens. Echinacea is also used to relieve symptoms of seasonal allergies and may have anti-inflammatory properties that can alleviate discomfort. Also, I occasionally utilize it in topical applications to aid in wound healing and soothe skin irritations.

## Quick Remedies Using Echinacea

Depending on personal preference, you can ingest the raw plant directly from the field; in this way, you will get advantage from all its medicinal benefits and will rapidly help you build a stronger immunity.

### Did You Know

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Native American tribes utilized the roots and other parts of the plant to treat various ailments, including wounds, snakebites, and toothaches.



### Warning

Echinacea may stimulate blood clotting, therefore it's advisable to stop using echinacea at least two weeks before scheduled surgery to minimize the risk of potential complications. It is best to consult with your healthcare professional for specific guidance.

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## Lesson 10: Elderberry

Elderberry (*Sambucus nigra*) is usually found in moist habitats, on lake and pond shores or in low areas along road ways, in forests and old fields. The fruits normally mature between mid-August and mid-September and turn dark purple when they are fully ripe.

### Identification

It grows as a wide woody shrub to about 12 feet tall. The segmented stems have a white pith. The bark is smooth and green when young. As the wood ages, the bark becomes smooth and brown. Flowers are symmetrical with five flat white petals and five stamens. The flower head is 6 to 12 inches across. Elderberries are black or purplish-blue when ripe.



### Edible and Medicinal Properties

Cooked ripe elderberries are perfectly edible. The flowers are edible when they are completely dried; it is not recommended to use them fresh. I use cooked berries to make elderberry syrup, elderberry wine, cordials and jams.

Elderberry is mainly used as an antioxidant. Elderberry strengthens the immune system and prevents colds or flu. Taken after a flu infection, it reduces the spread of the disease throughout the body and lessens the severity and duration of the virus. Chopped elderberry leaves can be used for bruised tissue, muscle sprains, and hemorrhoids (applied as a poultice to the affected area).

### Quick Remedies Using Elderberry

#### Elderberry Poultice

This poultice is highly effective for any type of skin inflammation. For making it, you should just gather some fresh elderberry leaves, grind them into a paste and apply it to affected area, secure, and leave for 20-30 minutes. You can apply the poultice on the affected area several times a day, if needed.

### Did You Know

In medieval times, elderberry was known as “the medicine chest of the country people” and was considered to cure just about anything.



## Warning

Elderberries may interact with certain medications, particularly immunosuppressants, diuretics, and medications metabolized by the liver. If taking any prescription medications, it is important to consult the healthcare provider before using elderberry products, to avoid potential interactions or adverse effects.

## Poisonous Look-Alikes



Some people confuse elderberry with the poisonous water hemlock. Water hemlock is an herbaceous plant, not woody, and it does not have bark. The main stem of water hemlock is hollow, while elderberry is filled with a soft pith. Water hemlock stems often have purple streaks/splotches and purple nodes. Older plants may be entirely purple.

## Lesson 11: Pine

A pine is any conifer shrub or tree species from the *Pinus* genus of plants. There are over 125 species of pine trees in the world. Almost all of them can be used as medicine or food, including the leaves (needles), bark, pine pitch (sap), pine knots, pine nuts and even pine pollen.

### Identification

Identifying a pine species is pretty easy. If the needles are clustered in groups, that might be a pine tree. Pine needles are usually divided in groups of two, three or five and may be long, short or somewhere in between, but if you find needles in bundles, you just found yourself a pine tree.



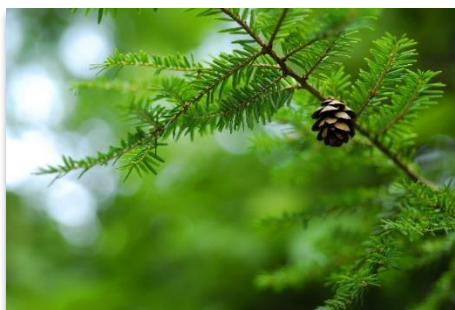
Species of pines — white, red, and yellow — are identified by the number of needles in a bundle. For example, like most white pines, the eastern white pine tree is classed as a five-needle pine because it has five needles in each bundle. However, two-needle pine species tend to be red pines, and yellow pines are three-needle pine trees.

It's important to know that no pine is harmful and the medicinal uses overlap between species.

The needles of pines last about two years and most species are evergreen. Since pines have needles throughout the year, they can be collected at any time.

Pines also have seed-bearing cones, and reddish-brown or gray bark. Another identifying feature of pine trees is their egg-shaped cones that hang down from branches. Some types of pines can have large woody cones with scales that are long and straight. These cones open to release seed or pollen and then fall to the ground.

### Edible and Medicinal Properties



All pine trees produce edible nuts which can be foraged. Also, the bark can be ground into flour, to make bark bread. This is something Pioneers used to do quite often, from both the inner and outer bark.

Pollen can be harvested in Spring from March to June. The hardest part is getting it before the wind takes it all away. Pine pollen cones are yellow to orange in color

and grow in bunches at the very tips of branches. They give off a fine and brightly colored pollen. The pollen can be collected by placing a paper bag over the pollen cones and shaking them inside the bag. Pine pollen is high in testosterone, vitamins, and minerals and can be added to any meal.

The green needles and buds, picked in the springtime, are called “pine tops.” They can be boiled in a pot of water, and consumed for their richness in Vitamin C, as tea for fevers, coughs, and colds. Or just to strengthen the overall immunity.

The easiest way to harvest pine bark is by collecting fresh stems or branches. The inner bark contains more resin and is more astringent than the needles. It has been used historically as an antimicrobial wash or poultice and infused in bathwater for muscle aches and pains by our forefathers. It is best to reserve the bark for topical applications, since the needles are way easier to harvest and more pleasant tasting.



The resin, also called pine pitch, has many first aid uses: it can be used as an antimicrobial dressing for wounds. And it can also be harvested year-round, just like the needles. Pines use resin to heal wounded areas, seal out diseases, and to prevent further damage to the tree. Never harvest all of the resin from a tree. Always leave enough behind for it to continue to heal itself. Also please collect resin in a glass jar, as it will stick to plastics.

As a salve, pine pitch can help to draw out splinters, glass, and the toxins left from poisonous insect bites. The pine resin salve is very helpful for joint inflammation. Pine salve can also be rubbed on the chest to deal with congestion.

Pine pollen can be used by both men and women alike as a hormone balancer, libido booster, and nutritive tonic. The most effective way to take pine pollen is as a tincture, by adding the pollen to alcohol and allowing it to infuse for at least 4 weeks.

## Quick Remedies Using Pine

### Pine Chewing Gum

You can clean your teeth and freshen your breath with pine resin. You can chew on fresh resin straight from the tree or warm it in a pot and combine with honey and a bit of beeswax to make a natural chewing gum substitute. It's safe if swallowed so you don't have to worry about that.

## Pine Needle Soap

Fresh pine needles can be used as a disinfectant for hands. It is only needed to rub fresh pine needles between hands. It's better than alcoholic hand cleaners, smells nicer, and it won't dry out the skin.

## The Forest First Aid

### You will need:

- Pine
- Clean cloth
- Pitch

### Instructions:

This is another way to use pine medicinally. For this, you will need a piece of pitch that is almost hard but still pliable and mold it into a flat bandage over the afflicted area. This simple forest first-aid hack has excellent drawing power, as it is anti-inflammatory. Cover it with a clean cloth or bandage and leave it on overnight. By morning, the wound will probably look much better, and anything that should come out will be on your bandage.

## Pine Vinegar

### You will need:

- Apple cider vinegar
- Glass jar
- Plastic lid/piece of cloth/towel
- Metallic lid
- Honey



### Instructions:

This is a mild balsamic-like vinegar that's perfect for fighting or warding off colds. Add fresh pine needles to apple cider vinegar in a glass jar. Use a plastic lid or place a cloth or towel over the jar before covering with a metallic lid to prevent corrosion. Let the vinegar sit for at least 3 weeks before straining and using. Add honey to create a tasty oxymel or infuse with other cold-fighting herbs such as Elderberry. Pine vinegar can be used as a balsamic substitute or taken as a winter-time tonic.

## Pine Resin Oil

### Instructions:

1. For this remedy, gently warm resin and oil together in a double boiler until the resin is completely liquefied.
2. Strain out any bits of bark or debris.
3. As little as ¼ part resin to 1 part oil may be used. Pine resin oil is warming and can be applied to sore muscles, cold extremities, painful joints, or as a soothing chest rub. It can also be used to make healing or drawing salves and deodorants.

### Poisonous Look-Alikes

One evergreen conifer, the yew (*Taxus baccata*) looks similar to pine and contains a toxic substance that is potentially fatal if ingested by humans. The yew has long, narrow, shiny dark green leaves. Compared to pine leaves (needles), yews have flatter leaves that don't grow in bunches. Yew leaves grow along stems, and they are much broader.



Also, there are a few species of pine which may raise concern and prove potentially toxic. The U.S. Agricultural Research Service state that needles in ponderosa pine, (*Pinus ponderosa*) contain isocupressic acid, which can induce abortions during the first trimester of pregnancy in cattle.

Ponderosa Pines are easily recognized by their tall, straight, thick trunks, clad in scaled, rusty-orange bark that has split into big plates. One can easily identify some trees by smelling their bark. Ponderosa Pine bark smells like vanilla or butterscotch.

Monterey Pine is another potentially toxic pine. The bark is cracked with a ribbed appearance and black; this should make identification easy. The needles are green and in fascicles of two and three. The crown is umbrella shaped and finally the cones are wide and pointed, green when young, brown later on and finally almost black.

## Lesson 12: Cleavers

Cleavers (*Galium aparine*) is also known as bedstraw, catchweed, sticky weed, and goosegrass. It's an annual plant that grows in damp, rich soils, along riverbanks and fence lines and it can be found worldwide. It is better known as the plant that sticks to the clothing like Velcro if passing by it.



### Identification

It grows from a thin taproot up to 6 feet, and it has coarse leaves with variable shapes. The leaves grow in whorls around the stem, and the stem, leaves, and fruit are usually covered with small, spiny hairs. The flowers are small and white or greenish-white in color and flower from early Summer until Autumn.

### Edible and Medicinal Properties

Cleavers are definitely edible. It is better consumed cooked, as the hairs and hooks get a bit stuck in your throat if eaten raw. If roasted, they can even be used as a coffee substitute.

Medicinally, cleavers are astringent, anti-inflammatory, diuretic, and detoxifying. It also has antibacterial properties, so it can also be used to manage any underlying infection experienced at some point.

One of the most common uses is for Urinary Tract Infections and other kidney problems. It may even dissolve kidney stones, clear obstructions, and flush them out of the body.

### Quick Remedies Using Cleavers

#### Field Poultice

One of the best ways to use cleavers is to use it as a quick field poultice. When out in nature, it's inevitable to get a bug bite, a bee sting, or maybe even accidentally to touch some poison ivy.

When that happens, you can rub and crush the plant between the fingers until it releases its sap, then rub that liquid over the bite or sting. The pain should be gone in a few minutes.

## Did You Know

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Traditionally considered health-giving, cleavers have long been used to treat various ailments? It is said to be beneficial for the skin. So much so, that Celtic folklore says drinking a cleaver's infusion made someone so beautiful, that everyone would fall in love with them.



## Warning

There is minimal risk associated with ingesting cleavers or placing it on the skin. However, although no notable side effects are associated with this plant, an allergic reaction is always possible.

## Lesson 13: Rosemary

Rosemary (*Rosmarinus officinalis*), is a woody herb with fragrant needle-like leaves and a fibrous root system. It is an evergreen shrub that can withstand extreme droughts.

### Identification

Most bushes are upright reaching 5 feet (1.5m) tall, but some can develop into trailing plants. The needle-like leaves are green on the top and white on the underside, with both sides covered with short, dense, wooly hair. White, pink, purple, or blue flowers appear in the spring and in the summer in cooler climates and year-round in warmer climates.



### Edible and Medicinal Properties

Rosemary is often used in cooking. The leaves and the flower petals are edible and nutritious. It contains caffeic acid, carnosic acid, carnosol, and rosmarinic acid, anti-inflammatories, and antioxidants.

Rosemary is known as a brain tonic. It improves concentration and memory, and stimulates the circulatory system, bringing more oxygen to the brain. It is used for elderly dementia patients. It also has a neuroprotective effect, due to the carnosic acid.

Rosemary essential oil has been shown to be as effective as the prescription hair growth drug Minoxidil. Apply in a carrier oil on the scalp (I prefer coconut oil) and keep using long-term.

Rosemary is a mild stimulant, well-known for increasing circulation. Use it for problems with the cardiovascular system, poor circulation, and low blood pressure. These same stimulant properties make it a good choice for alleviating headaches, especially migraines. Rosemary has a mild analgesic effect, but the main relief comes from opening up the blood flow to the brain.

The analgesic properties and anti-inflammatory properties help reduce the pain and swelling of joints inflamed from arthritis. It also reduces gut inflammation.

Rosemary is a good antifungal and rosemary essential oil can be added to an external antifungal salve.

Rosemary makes an extremely effective mouthwash. It can get rid of bad breath very quickly. Gargle and rinse with Rosemary Mouthwash every morning and night, more often if needed.



## Quick Remedies Using Rosemary

### Mind Fuel Tea

Brew a cup of rosemary tea by steeping a teaspoon of dried rosemary leaves in hot water for 10 minutes. You can sip this aromatic tea regularly to enhance memory and cognitive function.

### Simple Mind-Sharpening Trick

Do this first thing in the morning to supercharge your memory and make your brain extra sharp. Place a small sprig of fresh rosemary near your bedside or use a few drops of rosemary essential oil on a diffuser. Breathe in the smell and hold it in for a couple of seconds before exhaling. Repeat this for three times.

### Hair-Growth Tonic

Create a rosemary-infused hair rinse by simmering a handful of fresh rosemary sprigs in water for 30 minutes. Once cooled, you can use it as a final rinse after shampooing to stimulate hair growth and improve scalp health.



## Did You Know

Rosemary was used by Greek soldiers to improve their focus and concentration during battle.



## Warning

Rosemary may interact with certain medications, including blood thinners, anticoagulants, and diuretics. Some individuals may be allergic to rosemary or other plants in the *Lamiaceae* family. Rosemary contains certain compounds that could potentially trigger seizures in individuals with a history of seizure disorders.

## Lesson 14: Thyme

Thyme (*Thymus vulgaris*) is the same evergreen herb that we use for cooking. It is a member of the *Lamiaceae* (Mint) Family. This fragrant plant grows in hot, sunny locations.

### Identification

Thyme is a perennial shrub with square stems growing from a thin woody base. It grows 6 to 12 inches (15 cm to 30 cm) tall. The leaves are small, light-green, and slightly curved. Small purple or white flowers appear in the summer.

Harvest thyme leaves often during summer. Frequent trimming keeps the bushes from becoming woody and increases yield. Use fresh leaves whenever possible and freeze or dry leaves for future use.



### Edible and Medicinal Properties

I use it as a cooking herb for its intense flavor and as an herbal tea.

Thyme is an antiseptic, antiviral, antiparasitic, and antifungal. The antibacterial components of thyme are valuable in combatting bronchitis and coughs. Weak thyme tea is a valuable mouthwash. Its antiseptic properties help prevent cavities and fight gingivitis.

The many vitamins, minerals, and antioxidants in thyme give the immune system a boost. Also, thyme encourages white blood cell formation and increases the body's resistance to bacteria and viruses. Thyme based formulas, thyme tea, and thyme essential oil are all good formulas for boosting the immune system.



Thyme is also effective against digestive problems caused by bacteria and viruses, including stomach flu and diarrhea. It is used for intestinal problems, including worms.

It prevents and treats epileptic seizures, thanks to its antispasmodic properties. Its antiparasitic features make it a good fit for lice, scabies, and crabs.

## Quick Remedies Using Thyme

### Nature's Antiviral Secret

Make a thyme tea by steeping dried thyme leaves in hot water for 10 minutes. Sip on this immune-boosting beverage to support your body's defenses against viruses and promote overall wellness.

### Herbal Fungal Rescue

Create a thyme-infused foot soak by steeping a handful of fresh thyme sprigs in warm water for 15 minutes. Soak your feet in the solution to help combat fungal infections and soothe itching or irritation.

### Antiseptic Band-Aid

#### You will need:

- Coconut oil or a similar carrier oil
- Thyme essential oil

#### Instructions:

1. Mix a few drops of thyme essential oil with a carrier oil like coconut oil.
2. Apply the mixture to minor cuts, scrapes, or insect bites to help disinfect the area and promote faster healing.

## Did You Know

The Romans used to place this herb under pillows to aid sleep and prevent nightmares.



## Warning

Thyme can be used by both adults and children. The essential oil is very strong and sometimes causes skin irritations if used full strength. Always dilute the essential oil in a carrier oil before use.

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## Lesson 15: Peppermint

Peppermint (*Mentha × piperita*) is a hybrid species of mint. A cross between Watermint and Spearmint, the Peppermint plant can be found growing in moist shaded places like stream sides and even drainage ditches.

### Identification

Peppermint is a perennial plant with a flowering season that lasts from mid-to late summer.

A really interesting fact about this plant is that it is a sterile hybrid, producing no seeds and reproducing only vegetatively.

Spearmint grows to be between 12–35 inches (30-88 cm) in height and its flowers are purple in color. When mature, its leaves tend to be around 2 inches (5 cm) long and about an inch (2.50 cm) broad. They are dark green with reddish veins, and ragged margins. The leaves and stems are usually slightly fuzzy.



### Edible and Medicinal Properties

The useful parts of a Peppermint plant are its leaves. That's where we find essential oils like menthol and menthone.

Menthol activates cold-sensitive receptors in the skin and mucus membranes and is the primary source of the cooling sensation that's associated with its taste and smell.



Fresh or dried peppermint leaves are often used alone in peppermint tea or with other herbs in herbal teas, tisanes, and infusions.

Peppermint is a potent natural muscle relaxant and pain reliever. Its aroma is known to decrease the pain associated with migraines. Peppermint also has antibacterial, antiviral, and anti-inflammatory properties. Because of this, peppermint tea can alleviate clogged sinuses due to infections, the common cold, and even allergies.

## Quick Remedies Using Peppermint

### Nature's Chewing Gum

When there are peppermint plants around in the field, it is best to grab some peppermint leaves and chew on them. Not only will they provide a refreshing taste that can make the mouth feel clean, but the leaves also contain antibacterial and anti-inflammatory properties, which can improve gum health.

### Did You Know

Peppermint contains high concentrations of natural pesticides that are known to repel not only mosquitos but even rodents.



### Warning

Peppermint is generally a safe plant to ingest... however, when concentrated as an oil, large amounts are toxic causing stomach and heart-related complications.

### Poisonous Look-Alikes



Pennyroyal, also a member of the mint family, is a highly toxic look-alike that you should avoid when out foraging. It looks like mint, smells like mint, and even tastes like mint but unlike mint it contains pulegone, an extremely poisonous compound that is toxic to the liver. The key difference is that Pennyroyal has small oval leaves that are greyish in color.

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## Lesson 16: Reishi

Reishi (*Ganoderma lucidum*) is a large, dark mushroom with a glossy exterior and a woody texture, that can be found on dead or dying trees, old stumps, and logs.

### Identification

The cap of this polypore mushroom is fan or kidney-shaped, red to reddish-brown, and has a wet, varnished look when young. This shiny, reddish, bright yellow or white cap is the first identifying feature of Reishi mushrooms.



As they age, they become tougher, turn more of a reddish-brown, and the spores drop. These spores can end up on the top surface of the mushroom, making the cap lose its shiny luster. The pore surface on the underside of the mushroom bruises brown. The cap can grow to be a foot across and up to 2-inches (5 cm) thick. It may be attached to a stem, but not always. New growth appears along a whitish edge.

The underside of the cap does not have gills. Instead, tiny brown spores come out of tiny pores on the underside. When stems are present, they are 1 to 6 inches (2.5-15 cm) long and almost 2 inches (5 cm) thick. They can be twisted or irregular, angling to one side of the cap. Like the cap, they are varnished and colored.

### Edible and Medicinal Properties



Reishi mushrooms are edible when cooked, however as they are very tough and have a bitter taste, people rarely eat them.

Reishi is an excellent adaptogenic herb, helping our body deal with inflammation, hormonal imbalances, increased cortisol levels, fatigue, and low energy levels.

## Quick Remedies Using Reishi

### Immune-Boosting Tea

#### You will need:

- 1-2 Reishi mushroom slices (dried)
- 4 cups of water
- Honey or sweetener of your choice (optional)

#### Instructions:

1. Bring 4 cups of water to a boil in a pot.
2. Add the Reishi mushroom slices to the boiling water.
3. Reduce the heat to low and let the mushrooms simmer for about 1 to 2 hours. This slow simmering allows the beneficial compounds from the Reishi mushrooms to infuse into the water.
4. After simmering, remove the pot from heat and strain the tea to remove the mushroom slices. You can sweeten the tea with honey or your preferred sweetener if desired.

Enjoy the Reishi tea while it's warm. You can drink it throughout the day for its potential health benefits.

## Did You Know

Thanks to their high concentration of natural vitamins, nutrients, antioxidants, and adaptogens, Reishi is known as the Mushroom of Immortality. At one point in history, Reishi mushrooms were so rare that they were reserved for royalty.



## Warning

People taking hypoglycemic medication should use Reishi with caution as it will lower blood sugar levels. People taking anticoagulants should use it with caution due to its blood thinning effects.

## Poisonous Look-Alikes

Reishi has no poisonous look-alikes. However, it is advised to always consult with an expert before using any mushrooms found growing in the wild.

## Lesson 17: White Willow

White willow (*Salix alba*), also known as Huntingdon willow or Swallow-tailed willow, is a deciduous tree that grows in moist areas like riverbanks and low-lying areas. White willow can reach a height of 50 to 70 feet (15-20 m). Its trunk can reach up to 40 inches (1 m) in diameter. The branches are pliable and lean downward, and the trunk often leans as well.

### Identification

Leaves are lance-shaped and pale green, 2 to 4 inches (5-10 cm) long and approximately 1/2 inch (1.25 cm) wide. They are covered in white hairs on the top and bottom. The undersides of the leaves are white, giving the tree its name.



Flowers grow on catkins in the early spring, producing male and female catkins on separate trees. Male catkins are 1 ½ to 2 inches (1.8-5 cm) long and female catkins are a little shorter. In mid-summer, the female catkins produce small capsules containing minute seeds covered in white down. The tree bark is green-brown to grey-brown.

### Edible and Medicinal Properties

Leaves and young shoots can be eaten raw or cooked, but are not very palatable. The inner bark can be dried, ground into a powder and added to cereal flour, then used in making bread; but it has a very bitter flavor.

The original source of salicylic acid (the precursor of aspirin), white willow has been used for thousands of years to relieve joint pain and manage fevers. The bark and dried leaves are used for medicinal purposes.

### Quick Remedies Using White Willow

#### Nature's Analgesic

Chewing on the tip of a willow branch works well for pain and fever relief. Unlike aspirin, it doesn't cause gastric damage.

## Did You Know

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Willows are thirsty trees that will soak up all the excess water you can give them. Therefore, if a backyard is prone to flooding, willows will be very useful. Also, if you live near a river or lake, the root system of willows will help prevent soil from eroding during heavy rainfall.



## Warning

Children suffering from low-grade fevers should not use white willow.

Those who are allergic to aspirin should also stop consuming it. Also, long-term usage of white willow is not recommended.



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## Lesson 18: Turkey Tail

Turkey tail (*Trametes versicolor* or *Coriolus versicolor*) is a polypore mushroom that grows in colonies on tree stumps or fallen logs. It can be found all through the year, but it is most obvious in the winter months when deciduous trees are bare.

### Identification

The caps are multi-colored, fuzzy, thin, and flexible, with concentric circles of alternating colors. Bands may be black, brown, tan, gray, blue, red, orange, or white. The edges of the cap form wavy ripples like the outside edge of a turkey's tail and they can grow up to 4 inches wide, though I usually find them around 1.5 to 2 inches (3.75-5 cm) wide. They are stemless.



### Edible and Medicinal Properties

Turkey tail mushrooms are very nutritious and full of vitamins and minerals. However, they do not digest well, so they are rarely eaten. When harvesting, choose mushrooms with clean white pore surfaces. Snip off the rough tissue where the mushroom was attached with a pair of clean scissors.



Turkey tail has become famous for its positive impact on the immune system. The compounds in turkey tail mushrooms can support the body's inherent capacity to heal and repair.

I use a double-extraction method to access all of its medicinal properties and take this daily as part of my daily health routine.

## Quick Remedies Using Turkey Tail

### Soothing Turkey Tail Tea

#### You will need:

- 1 cup of hot water or dairy or nut milk per serving
- 2 grams of functional mushroom powder
- Lemon to taste (optional)
- Ginger to taste (optional)
- Cinnamon to taste (optional)
- Honey to taste (optional)

#### Instructions:

1. Using a teapot, kettle, or saucepan, bring water to a boil.
2. Add functional mushroom powder to a tea infuser and place in the hot water or stir directly into the water.
3. Allow the tea to steep for at least five minutes (or more for a bolder flavor). Pour the mixture into a mug and enjoy!

### Did You Know

Turkey tail mushrooms contain beta-glucan, a substance which may be helpful in preventing obesity. In a study with mice, the mice that were given beta-glucan from turkey tail mushrooms had less weight gain on a high fat diet. The mice who were just fed a high fat diet but no turkey tail gained more weight.



### Warning

Turkey Tail mushrooms are considered to be very safe. There are no known negative side effects, but it is always a good idea to consult with a medical professional before eating any wild mushroom.

## Lesson 19: Lemon Balm

Lemon balm (*Melissa officinalis*), also known as Common balm or Balm mint, is a perennial plant in the Mint family.

### Identification

Its appearance is similar to mint or catnip, but the lemon scent is intense when leaves are disturbed or crushed. It can grow up to 3 feet (90 cm) in height. Leaves are shiny bright green small heart shapes with scalloped edges and a slightly crinkled surface. Flowers are small (approximately 0.4 inches) and usually white to yellow, but they can be pink or purple too. Lemon balm flowers anywhere from June to September, depending on geographic location. I like to harvest just before the plant flowers (early to late summer).



### Edible and Medicinal Properties

The whole plant is edible, though it's the tender leaves you are after. Leaves are often used medicinally as a tea, extract, tincture, oil, or ointment. Lemon balm has anti-inflammatory and antiseptic properties. It can be used to treat eczema, acne, and minor cuts and wounds. It is also known for its calming effects, improving concentration and lowering blood pressure.



### Quick Remedies Using Lemon Balm

#### Bad Breath Annihilator

In case of bad breath, the fastest way to get rid of it, is to chew some fresh lemon balm leaves.

#### Bug Bites Band Aid

Crushed lemon balm, placed on a bug bite can help ease the itch.

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## Did You Know

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According to historical accounts, English kings ordered lemon balm leaves to be scattered on the floors of royal residences.



## Warning

Lemon balm should not be used by people on thyroid medication or with underactive thyroids (Hypothyroidism). Consult a medical professional before using lemon balm regularly if you are pregnant or nursing.

## Lesson 20: Comfrey

Comfrey (*Symphytum officinale*), also known as Knit bone, Boneset and Slippery root, is a vigorous perennial herb that reaches 2 to 5 feet (0.6-1.5 m) in height and spreads to over 3 feet (90 cm) in diameter.

### Identification

Hairy lance-like leaves, each 12 to 18 inches (30-45 cm) long, grow from a central crown on the ends of short stems. Flowers begin as a blue to purple bell, fading to pink as they age. The thick, tuberous roots have a thin black skin. Comfrey leaves are best harvested in the spring or early summer, before the plant blooms. The roots can be dug at any time as needed. Leave behind part of the roots to encourage continued growth and an additional crop the next year.



### Edible and Medicinal Properties

Comfrey leaves and roots are not edible because they contain small amounts of toxins that should not be consumed. The leaves can be used to make a medicinal tea or gargle.

This herb is a valuable remedy that accelerates healing of the skin and wounds.

### Quick Remedies Using Comfrey

#### Nature's Wound Healer

You can make a poultice in the field to help reduce bruising and swelling around a wound. Pick a few comfrey leaves, tear it up using your hands and place it in sealed bag. Using a mallet or a sturdier stick, hit the comfrey leaves a few times until juice is released. Apply the poultice on the wound and wrap it with a cling foil. Keep the poultice overnight.



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## Did You Know

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The name of the plant originates from the Greek word "sympho", which means "to join together". This refers to the ability of comfrey to accelerate the healing of broken bones.



## Warning

Many healers do not recommend internal use of comfrey. Comfrey should not be used by pregnant or breast-feeding women. Both oral use and skin application could be hazardous and could cause birth defects. Do not use comfrey if you have liver disease or any liver problems. Comfrey heals wounds very quickly. As such, it is recommended that bone fractures and bone breaks are properly set before using it. This also applies for puncture wounds, as its rapid healing can seal in the bacterial infection.



## Poisonous Look-Alikes

Foxglove (*Digitalis purpurea*) is a poisonous look-alike. In early spring, the young leaves of both plants look very similar. Comfrey leaves are untoothed, meaning they have smooth edges, while foxglove leaves are toothed. Foxglove flowers are larger than those of the comfrey. Both are bell shaped, but the comfrey flowers hang on many small

clusters, while foxglove's flowers form one large cluster along a central cone-like spire.

## Lesson 21: Wild lettuce

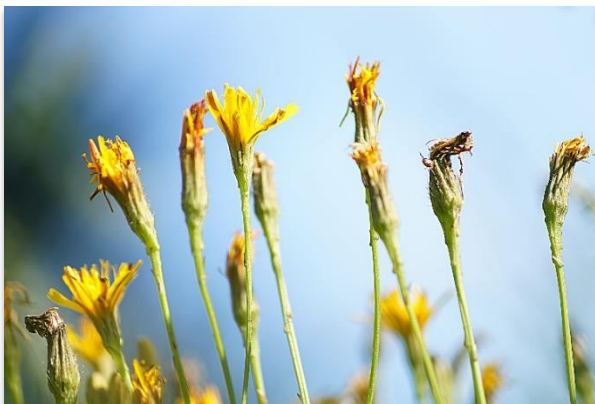
Wild lettuce (*Lactuca virosa*) is also usually called bitter lettuce or opium lettuce.

### Identification

It grows in grassy areas near roads and canals, on shrubby, wooded slopes, or on banks near the sea.

It is best to harvest it from July to September when the plant is blooming, as this is the time when the levels of lactucarium, its active constituent, are highest. Wild lettuce usually grows up to 6 ft (1.8 m) tall.

The wild lettuce flower consists of a cluster of smaller yellow flowers that form at the end of tall, slender stems. Each flower is composed of numerous tiny petals, which are directed outward in a star-like pattern.



### Edible and Medicinal Properties

The young tender leaves are the most commonly consumed part of wild lettuce. They can be harvested and used in salads or cooked as a leafy green vegetable. Older leaves tend to become more bitter, so it's preferable to pick the younger ones. The tender shoots or growing



tips of wild lettuce can be harvested and consumed. They are usually less bitter than mature leaves and can be used similarly to leafy greens.

The primary medicinal part of wild lettuce is the milky sap or latex that is found in the stems and leaves of the plant. The sap contains a variety of compounds, including lactucarium, which is believed to have mild sedative and analgesic effects. Wild lettuce has also been used

as an expectorant to help relieve coughs and congestion associated with respiratory conditions such as bronchitis and asthma. It is also used for easing anxiety, insomnia, and coughs.

## Quick Remedies Using Wild Lettuce

### The Instant Pain Reliever

You can use the sap directly, in its raw state, as a pain reliever, by applying it on the skin.



### Did You Know

You can also smoke wild lettuce for its health benefits, however doing it too much can have a hallucinogenic effect.



### Warning

Overdose can cause hallucinations, dizziness, severe anxiety, as well as cardiac and respiratory issues.

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## Lesson 22: Cattails

Cattails (*Typha latifolia*) are often named bulrush. They are always found in or near water, in ponds, lakes, and freshwater.

### Identification

This plant is a perennial growing around 8 ft. (2.4 m) Brown to copper cylindrical flower spikes form in the summer. The leaves are grey-green and flat with parallel veins.

It is best to harvest the young shoots during spring to early summer. The pollen can be collected in the summer. The rhizomes are best harvested in late autumn, after the plants have died back.



### Edible and Medicinal Properties

Cattails have several edible parts. The tender, inner shoots are edible and can be harvested in the early spring. The rhizomes are the underground stems that produce new shoots; they can be harvested year-round, but are more commonly collected in late fall or early winter when they are most abundant. After removing the outer layers, the inner core can be eaten raw, boiled, or roasted. The taste is similar to a potato or cucumber. Pollen and stalks are also edible.



Various parts of the plant have long been utilized medicinally. The rhizomes, or underground stems, contain a mucilaginous substance that can be applied topically as a poultice to soothe burns, insect bites, and skin irritations due to their perceived emollient and anti-inflammatory properties.

Cattail pollen is usually used for its rich nutrient profile. The leaves may be used topically as a poultice for minor skin irritations. The gel of the stem and the root are used to help heal wounds, cuts, sores, and burns.

## Quick Remedies Using Cattail

### Anesthetic Gel

Cut the stalk at the base and collect this gel in a jar. This gel is probably the most powerful natural anesthetic you can find. Just rub it around your gums and watch how quickly it numbs the entire area, just like the shot you get at the dentist.



### Did You Know

Dried cattail flowers can be soaked in animal fat (tallow or lard) and used as a torch.



### Warning

Use caution when choosing plants to harvest, as this genus is known to uptake toxins from the water. Avoid areas that may be polluted.

### Poisonous Look-Alikes

Before flowering, cattails could be confused with the poisonous Blue Flag or Yellow Flag — which have a flat stem base and smaller leaves.



## Lesson 23: Jerusalem Artichoke

Jerusalem Artichoke (*Helianthus tuberosus*) is also called sunroot, sunchoke, and earth apple.

### Identification



It grows in rich, damp thickets. It is most recommended to harvest the tubers after the leaves die back in the autumn. It is a perennial that grows up to 10 feet (3 m) tall. The flowers are bright yellow and resemble small sunflowers.

The ovoid leaves are broad with a rough, hairy texture. A distinctive feature are its knobby, ginger-like tubers that are pale brown, to reddish or purple.

### Edible and Medicinal Properties

The cooked root tuber is eaten as a vegetable and tastes similar to an artichoke, hence the name. I use the tubers as a substitute for potatoes; they have a sweeter, nuttier flavor. It can also be eaten raw.

Jerusalem artichoke's medicinal action is due to its high concentration of inulin. It is one of the best sources of this valuable component available.

To easily use Jerusalem artichoke for medicinal purposes, simply include it as a vegetable in the daily diet. It helps to detox heavy metals from the body. It improves the gut flora balance and the health of the digestive tract, reduces constipation, and has immune stimulating properties.



Jerusalem artichokes have immune-enhancing properties. They increase the body's defense mechanisms against viruses and bacteria, and they help increase the deployment of white blood cells to areas of infection.

## Quick Remedies Using Jerusalem Artichoke

### Artichoke Soothing Tea

Homemade Jerusalem artichoke tea is believed to be beneficial for digestion and gut health due to the presence of inulin. I prepare one for me and my family once a week.

### Did You Know

They are recommended as a potato substitute for diabetics since they are filling but not absorbed by the body, and because they also show indications of assisting in blood sugar control.



### Warning

Consuming too much sunchoke can cause gas and bloating.

## Lesson 24: Cottonwood

Cottonwood (*Populus deltoides*), also known as Eastern Cottonwood, grows in rich moist soils, and is commonly found along riverbanks and in woods.

### Identification

This deciduous tree grows to 98 ft tall. This fast-growing tree has dark, furrowed bark with flattened ridges. Male and female flowers occur on separate trees in early spring. The reddish male catkins are 1 inch (2.5 cm) long and have red stamens, while female catkins are yellowish-green and 2-5 inches (5-12.5 cm) in length.

The leaves are light green, glossy, and smooth. They have coarse margins with curved teeth and are up to 4 inches (10 cm) wide. In the autumn, they turn yellow and may drop early in the season. The elongated seed capsules are borne in clusters. When mature, they split open to disperse seeds plumed with cottony fibers. The leaves of the cottonwood tree are harvested from spring through mid-summer, and the buds are harvested in the late winter to very early spring.



### Edible and Medicinal Properties



The inner bark, leaves, seeds, and sap are all edible. The bark, leaves, and buds are also used medicinally.

Cottonwood is an anti-inflammatory, anodyne, and febrifuge.

Its bark and buds contain salicin, which breaks down into salicylic acid (aspirin) in the body.

### Quick Remedies Using Cottonwood

#### Pain-Relieving Cottonwood Poultice

To make a pain-relieving cottonwood poultice, mash young, green stems, leaves, and/or bark until soft and apply directly to the skin. This will help relieve muscle pain and swelling.

## Did You Know

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Cottonwood trees played a crucial role in the early development of the American West during the 19th century? These tall and fast-growing trees provided a valuable resource for pioneers and settlers in various ways, such as construction of homes and buildings, and were extensively used for fuel and energy.

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## Warning

Some people may be allergic to cottonwood sap. Cottonwood should not be used by people allergic to aspirin or bees.

## Lesson 25: Horsetail

Horsetail (*Equisetum arvense*), also known as Puzzlegrass - name derived from the segmented, puzzle-like appearance of the plant's stem.

### Identification

Horsetail is a creeping perennial plant that grows up to 2 feet (60 cm) tall. The leaves are arranged in whorls around hollow stems. Cone-like structures at the tips of some of the stems produce spores in the early spring.

It grows in open fields, farm land, waste land, hedgerows and roadsides, usually in moist soils. It grows easily and spreads in almost any type of soil.



### Edible and Medicinal Properties

The roots and young shoots and stem of this plant were consumed daily by indigenous tribes, but due to toxicity concerns, it is best not consumed in large quantity.



The aerial parts of the plant are very astringent, making an excellent hemostatic that can be used to stop nose bleeds and to staunch bleeding wounds. It helps to promote the healing of tissues and has antiseptic properties.

It might even alleviate the signs of aging, as the silica in horsetail stimulates the production of collagen, which is important in the skin aging process. It helps prevent fine lines and wrinkles and promotes healthy hair. It can be used internally, externally as a toner, or added to a topical cream or salve.

### Quick Remedies Using Horsetail

#### Tea & Wound Wash

You can quickly make a tea out of horsetail, then use it as a wash for wounds to help repair skin damage and stop bleeding.

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## Did You Know

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The nodules attached to the roots are edible, however they are very labor-intensive to harvest. Therefore, some indigenous peoples would raid the underground lairs of lemmings and other rodents who had collected these nodules, to gather them quickly and easily.

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## Warning

Horsetail should not be taken internally in large quantities or for long periods of time. Individuals with heart failure or kidney failure should avoid taking this plant.

## Lesson 26: Goldenrod

Goldenrod (*Solidago* spp.), also known as Goldrute, Woundwort, and Solidago, comprises about 100 species or more.

### Identification



The plant is 2 to 5 ft. tall and has alternate, simple leaves that are usually toothed. They can also be smooth or hairy. The leaves at the base of the plant are longer, shortening as they climb the plant, with no leaf stem and 3 distinct parallel veins. The shape can vary from species to species.

The stems are unbranched, until the plant flowers. Flower heads are composed of yellow ray florets arranged around disc

florets. Each flower head may contain a few florets per head or up to 30, depending on the species. The flower head is usually ½ inch or less in diameter, although some varieties are larger. The inflorescence is usually a raceme or a panicle.

It grows in dry woods, grasslands, rocky cliffs, and dunes. I primarily use *Solidago canadensis*, which is the most common goldenrod in North America. Crushing a goldenrod leaf releases a salty, balsam-like fragrance.

### Edible and Medicinal Properties

All aerial parts are edible raw or cooked. Leaves are best harvested before the plant begins to flower. Harvest seeds when most of the plant has dried in late fall by shaking the seed heads over a bucket or large bowl and sifting to remove the chaff.

It's a gentle, safe herbal remedy that has a number of medicinal applications. It is most commonly used for staunching bleeding and for promoting healing in wounds, burns and bruises. It is also utilized for sore throats, urinary tract and bladder infections, and easing allergy symptoms.



## Quick Remedies Using Goldenrod

### Healing Poultice

You can easily make a healing poultice for wounds, burns, and bruises. Smash aerial parts of the plant until soft and juicy. Apply to minor wounds and burns. For gashes and cuts, use a thin layer of gauze as a barrier, so the plant matter does not become embedded. Wrap with a cloth bandage to keep the poultice in place.

### Did You Know

While goldenrod has long been blamed for causing “hay fever,” it’s actually not the culprit behind these seasonal allergies and actually can be used to help relieve symptoms. More likely, in many cases, people’s itchy eyes and congestion are caused by ragweed, which blooms around the same time.



### Warning

A toxic fungus can grow on the leaves. Only use fungus-free plant parts. It should be avoided during pregnancy and while breastfeeding. Consult your doctor if you have a chronic kidney disorder. Do not use goldenrod if you are allergic to any members of the Asteraceae family.

### Poisonous Look-Alikes

Groundsel, Life Root, Staggerweed, and Ragwort are regional names for deadly look-alike plants in the Senecio genus. Ragwort and groundsels usually have fewer and smaller flower heads and bloom earlier in the season. These are not hard rules, however, so it can be difficult to identify the plants and distinguish them from other local varieties. You should be very sure of your plant identification before harvesting.



## Lesson 27: Lungwort Lichen

Lungwort Lichen (*Lobaria pulmonaria*), also known as Tree Lungwort, is a giant green leaf-like lichen.

### Identification

Lungwort's strongly lobed body is loosely anchored at one end. Its leaf-like structures resemble the human lung. Growing to more than 12 inches (30 cm) broad, its surface is ridged and pitted.



The top of the lichen is bright green, while the underside is pale with dark pockets. It is leathery in texture with a pattern of ridges and creases on the surface. Its thallus is loosely attached to the growing surface. Lush and vivid green when wet, Lungwort becomes green-brown and brittle when dry.

It grows in old growth humid forests on conifers and hardwood trees. In its habitat, it is quite common to find the lichen hanging from trees and rocks.

### Edible and Medicinal Properties



The entire lichen is edible. The leaf-like thallus is harvested and dried for medicine.

Lungwort lichen has anti-inflammatory and antiseptic properties. It has been used to treat respiratory and staph infections, coughs, bronchitis, and ulcers. It is also applied externally to wounds.

## Quick Remedies Using Lungwort Lichen

### Lungwort Tea for Respiratory Health

The lungwort tea is an excellent choice to support respiratory health.

### Nature's Skin Soother

You can also use lungwort to make a simple and effective skin-soothing poultice for itching, rashes, and insect bites. Just grind the lungwort into a fine powder and apply a thin layer onto the affected area. Cover it with a cloth and leave the poultice in place for about 20 minutes to allow the skin to really absorb the beneficial properties of the lichen.

## Did You Know

Lungwort lichen is extremely sensitive to air pollution, particularly sulfur dioxide (SO<sub>2</sub>) emissions from industrial sources and coal burning. For this reason, it has been widely used as an environmental indicator species in studies monitoring air pollution levels.



## Warning

Do not use lungwort lichen if you are pregnant or breastfeeding, as safety is unknown. Due to the presence of strong acids, do not eat before leaching.

## Lesson 28: Chives

Chives (*Allium schoenoprasum*) is a close relative of garlics, shallots, and leeks, but much more effective as medicine than these species.

### Identification

Chives are bulb-forming plants that grow from 12 to 20 inches tall. Their slender bulbs are about an inch long and nearly 1/2 inch across. They grow from roots in dense clusters. The stems have a softer texture before the emergence of the flower. Chives have grass-like leaves, which are shorter than the stems. The leaves are also tubular or round in cross-section and are hollow. Chives usually flower in April to May in southern regions and in June in northern regions. Its flowers are usually pale purple and grow in a dense inflorescence of 10 to 30 flowers.



### Edible and Medicinal Properties



The leaves, roots, and flowers are all edible. Leaves most usually have a mild onion flavor.

Chives have similar medical properties to those of garlic but are weaker overall. For this reason, it is used to a limited extent as a medicinal herb. Chives are also a mild stimulant, and have antiseptic and diuretic properties.

### Quick Remedies Using Chives

Used externally, chives' small bulbs can be rubbed on bug bites and minor cuts. This will relieve the pain and will help speed up the healing process.

### Did You Know

The ancient Romans correlated the strong-tasting chive to physical strength and fed them to racehorses, wrestlers and workers to make them stronger.



### Warning

Be careful adding too many chives in your diet, as they could cause stomach pain and indigestion.

## Lesson 29: Calendula

*Calendula officinalis* is best known by its common name, Calendula, but it is also sometimes called Marigold, European Marigold, Pot Marigold, Garden Marigold, and Poet's Marigold. Note that calendula is different from *Tagetes* spp., which are also called Marigolds.

### Identification



Calendula grows 1-2 feet (30-60 cm) in height and has many branching, green stems. The stems and leaves are covered with resinous, fine hairs. Calendula leaves are about 6 inches (15 cm) in length and alternate up the stem. The leaves are spatulate or oblanceolate in shape with wavy edges. They are sticky and aromatic.

The plant produces monoecious flowers (individual flowers are either male or female) that are 2-3 inches (5-15 cm) across. The flowers are typically bright yellow to deep orange and contain

both ray florets and disc florets. Calendula blooms continuously, especially if the flowers are harvested often.

Calendula is native to Southern Europe and the Eastern Mediterranean area, but now grows throughout Europe and the United States. Calendula thrives in full sun and can grow in most types of soil. Calendula can be harvested throughout the summer, when the flowers are fully opened.

### Edible and Medicinal Properties

The flowers and leaves are edible, although they are somewhat bitter in taste. The flowers are most commonly used as a garnish for both color and flavor.

The flowerheads are medicinal and contain antimicrobial, anti-inflammatory, astringent, demulcent, vulnerary, and immunomodulating qualities. It is often used to support the immune system, soothe and protect the digestive tract, and in topical preparations.



## Quick Remedies Using Calendula

### Calendula Eye Wash

#### You will need:

- ½ tsp. salt
- 1 cup (250ml) freshly boiled water
- 1 tsp. calendula flowers
- Eye cup

#### Instructions:

Calendula's anti-inflammatory and antimicrobial properties can help relieve dry, irritated eyes.

To make the eye wash:

1. Combine ½ teaspoon of salt with 1 cup (250 ml) of freshly boiled water.
2. Pour the hot salt water over 1 teaspoon of dried or fresh calendula flowers and let infuse for 15 minutes.
3. Strain through a coffee filter, making sure there are no particles left in the tea, and let it come to room temperature.

It can then be used in an eye cup to flush the eye multiple times per day. Prepare fresh tea daily and wash and sanitize the eye cup in between uses.

### Did You Know

Calendula is also known as “poor man’s saffron”. Historically, the bright petals were used to color and flavor rice and grain dishes.



### Warning

Calendula is a gentle herb that is considered suitable for most people, including children, pregnant women and older people. Calendula is a possible allergen to those with known sensitivity to members of the Asteraceae family.

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## Lesson 30: Chicory

Chicory (*Cichorium intybus*) is also referred to as Blue Sailors, Coffeeweed, Cornflower, Italian Dandelion, and Succory.

### Identification



Chicory is native to Europe, Central Russia, and Western Asia, but it now grows across the world, including much of North America.

It is commonly found along roadsides, railroads, disturbed sites, pastures, and abandoned fields. The leaves are less bitter and more tender when harvested in the spring. The roots can be

harvested in the fall. In its first year, chicory produces a rosette of leaves that are 3-10 inches (7.5-25 cm) long. In its second year and beyond, it grows wiry, erect stems that reach up to 4 feet (1.3 m).

The leaves that make up Chicory's basal rosette look similar to dandelion leaves. They range from irregularly toothed too deeply lobed and can be smooth or hairy. The leaves are alternate and tend to be 3 to 10 inches (7.5-25 cm) long. Chicory flowers are light blue-purple in color and 1 to 2 inches (2.5-5 cm) wide. They are matutinal, blooming in the morning and closing in the evening. The stems and taproot will exude a milky sap when cut.

### Edible and Medicinal Properties

Chicory's flowers, leaves, and roots are all edible. The leaves are bitter, especially when the plant is flowering. They are best eaten as young, tender greens or blanched. The flowers can be eaten raw and are a nice addition to salads. The roots can be roasted or boiled. Roasted chicory roots are commonly used as a caffeine-free coffee substitute. Chicory root has medicinal properties and is used to support the liver and digestive tract.



## Quick Remedies Using Chicory

### Nature's Energizer

#### You will need:

- 2 tbsp. ground, roasted chicory root
- 2 cup freshly boiled water
- French press

#### Instructions:

Ground, roasted chicory root can be used in place of coffee grounds for a health-supportive coffee substitute. Chicory coffee stimulates digestion and improves liver function.

To make the chicory coffee substitute, place 2 tbsp. of ground, roasted chicory root in a French press. Pour 2 cups of freshly boiled water over the chicory and let sit for 15 minutes. Press the herbal coffee and add milk and sweetener if desired.

### Did You Know

Carl Linneaus, the father of taxonomy, supposedly used chicory in his famous floral clock in Upsala, Sweden, because it regularly opened at 5 a.m. and closed at 10 a.m.



## Lesson 31: Feverfew

Feverfew (*Tanacetum parthenium*) is also sometimes called Feverwort, Featherfew, Featherfoil, Featherfowl, Mayweed, Mother Herb, and Wild Chamomile. Feverfew may also be referred to by *Chrysanthemum parthenium* and *Matricaria parthenium*.

### Identification



Feverfew is native to the Balkan Peninsula, but is now found growing in Australia, Europe, China, Japan, North Africa, and Northern America. It can be found in disturbed and urban areas, roadsides, and fields. The leaves should be harvested when the plant is flowering in mid to late summer.

Feverfew is a weedy perennial that has multiple showy branches and chamomile-like flowerheads. The plant grows 1-2 feet (30.5-60 cm) in height. The leaves are yellow-green and have a strong, pungent scent. They are obovate to oblong in shape and deeply lobed. The edges are dentate. Feverfew leaves are generally 2-3 inches (5-7.5 cm) long and slightly hairy on the underside.

Feverfew flowers consist of white petals and tiny, bright yellow disc flowers that are about  $\frac{3}{4}$  inch wide. The flowers are arranged in dense, flat-topped clusters.

### Edible and Medicinal Properties

Feverfew flowers and leaves are edible. The flowers are occasionally added to certain pastries or made into a tea. The flowers and leaves also have medicinal value.

As its name suggests, feverfew has traditionally been used to reduce fevers, but much of its modern use and research has been focused on its ability to soothe headaches. Feverfew has anti-inflammatory, analgesic, antipyretic, antispasmodic, carminative, cholagogue, and emmenagogue properties.



## Quick Remedies Using Feverfew

### Fewer Fevers Tea

#### You will need:

- 1 tsp. feverfew leaves and flowers
- 1 cup freshly boiled water
- French press or tea ball

#### Instructions:

Feverfew can be prepared as a hot tea to support a healthy immune response, especially when a fever is present. To make the tea:

1. Pour 1 cup of freshly boiled water over 1 tsp. of dried feverfew leaves and flowers.
2. Let the tea infuse for 15 minutes, then strain and drink warm.
3. Consume ½ to 1 cup, up to four times daily.

Feverfew tea can be bitter, but adding honey and freshly squeezed lemon juice can make it more pleasant.

### Did You Know

Feverfew contains the insecticide compound pyrethrin and can protect plants from insect damage.



### Warning

Feverfew should not be used during pregnancy. Feverfew may cause an allergic response in people sensitive to plants of the Asteraceae family. The fresh leaves may cause mouth ulcers in susceptible people.

## Lesson 32: St. John's Wort

*Hypericum perforatum* is commonly called St. John's wort, but is also sometimes referred to as Klamath weed, Goatweed, Hardhay, and Amber.

### Identification



St. John's wort is native to Europe and Asia, but has spread to temperate areas in Africa, Australia, North America, and South America. It is often found growing in full sun, in disturbed areas such as roadsides, pastures, and fields. St. John's wort is best when harvested in early summer, once the flowers have bloomed and are bright yellow.

St. John's wort is a sprawling, leafy perennial that grows up to 3 feet (90 cm) high and 2 feet (60 cm) wide. It has many hollow stems that

can be simple or branched, with two raised lines running down the stem. The branches are densely covered by small, smooth leaves that are about 1 inch (2.5 cm) in length. The leaves are deep green in color and when they are held up to the light, they show pinhole-like, translucent dots. St. John's wort flowers are vibrant yellow and consist of five petals with dark dots lining the margins. The flowers contain many showy stamens. When the fresh flowers are crushed, they release a deep red pigment. In late summer, the flowers produce numerous tiny, brown seeds and the plant reseeds itself.

### Edible and Medicinal Properties

The flowers and leaves are edible, but are more often prepared for their medicinal benefits.

St. John's wort is antibacterial, antidepressant, anti-inflammatory, anxiolytic, astringent, antiviral, and vulnerary. It has gentle calming actions and is used for nervous system exhaustion and as a mood lifter.



## Quick Remedies Using St. John's Wort

### Cool It Body Oil

#### You will need:

- 1 cup fresh St. John's wort flowers
- 2 cup oil (olive, sunflower, or grapeseed)
- 2-pint glass jars
- Cheesecloth

#### Instructions:

St. John's wort can be infused into oil and applied topically to reduce inflammation and soothe pain. When prepared correctly, the infused oil takes on a ruby red color.

To make a St. John's wort oil, gather the fresh flowers when they are bright yellow and fully opened. Place the flowers in a glass jar and cover with oil of choice. Macerate the flowers and place a lid on the jar. Let the oil infuse for 2-4 weeks in a sunny window, shaking the jar occasionally. Strain the oil when it has developed into a deep red color. Store the strained oil in a cool, dark place and check regularly for any spoilage.

### Did You Know

St. John's Wort is usually in bloom during the summer solstice and is named after St. John, whom the Roman summer solstice is dedicated to.



### Warning

High doses of St. John's wort can cause photosensitization in some individuals. St. John's wort can interact with many medications. Individuals on any type of medication should consult with their healthcare practitioner before starting St. John's Wort or avoid it.

### Poisonous Look-Alike

St. John's wort can be confused with tansy ragwort which is poisonous to humans and livestock. Upon closer inspection, tansy ragwort has ruffled leaves while St. John's wort has many small leaves. St. John's wort leaves can be identified by holding the leaves up to the light and checking for translucent spots. Additionally, tansy ragwort flowers have 12 petals, while St. John's wort flowers have 5 petals.



## Lesson 33: Milk Thistle

*Silybum marianum* is best known by its common name milk thistle. It is also called blessed thistle, Marian thistle, and Mary thistle.

### Identification



Milk thistle is native to the Mediterranean region of Southern Europe, Western Asia, and North Africa. It has naturalized in parts of North America, South America, Australia, and New Zealand, and is considered an invasive self-seeder in some locations. Milk thistle can be harvested in the spring for edible purposes, but is best harvested in the fall for medicinal uses.

Milk thistle is a rosette-forming biennial that thrives in dry, rocky soils and can grow up to 4 feet (1.2 m) in height.

In its first year, milk thistle forms a basal rosette of alternate, glossy leaves that are pinnately lobed and have dentate margins. The spiny leaves are dark green and have distinctive white marbling. In the second year, a flower stalk rises from the rosette, growing 3-5 feet (0.9-1.5 m) in height. When the leaves and stems are cut, they exude a milky sap.

Milk thistle produces purple-pink flower heads that are 2 inches (10 cm) across. Broad, spiny bracts sit at the base of the flowers.

### Edible and Medicinal Properties

Milk thistle's flowers, leaves, stems, and roots are all edible. The young flower buds are sometimes used as a substitute for artichoke. The leaves can be eaten raw or cooked but the sharp leaf spines must be removed first. The stems taste best when peeled. The roots can be boiled and have a mucilaginous quality.

Milk thistle seeds are used medicinally and are an important herb for liver and gallbladder disorders. Milk thistle contains the phytochemical silymarin, which has liver-protective, liver-detoxifying, and liver-regenerative actions.



## Quick Remedies Using Milk Thistle

### Milk Thistle Smoothie Booster

Milk thistle seed powder can be added to smoothies or sprinkled onto food for extra liver support.

Powder the whole, dried seeds and add up to 1 tablespoon to a smoothie. Harvesting milk thistle seeds by hand can be painful, it is best to tie a paper bag around the flowerhead and let the seeds drop into the bag as they fall.

### Did You Know

In Ancient Greece, Pedanius Dioscorides, a physician and the author of “*De materia medica*”, administered Milk Thistle as an antidote for snake bites.



## Lesson 34: Chaga

*Inonotus obliquus* is the Latin name for Chaga, a fungus in the *Hymenochaetaceae* family. Chaga is also sometimes called Polypore, Cinder Conk or Birch Canker Polypore.

### Identification

Chaga can be found growing on live birch trees throughout the Northern hemisphere. It also grows on aspen, alder, and elm trees. Chaga can be harvested in the fall through winter, until the tree sap starts running. It is most noticeable in the winter when the trees have few leaves.



Chaga is a fungus that takes the form of a conk, which is the spore-producing fruiting structure of the fungus. The conk can be found in a wound in a tree. Trees with chaga are likely dead or in the process of dying. When fully grown, chaga can reach 19 inches (47.5 cm) in height and width. The exterior of chaga is charcoal-black color, while the interior is reddish-brown. It is extremely hard and is typically found growing from the base of the tree. Chaga has an irregular cracked surface.

### Edible and Medicinal Properties

All parts of chaga are edible, but it must be broken down or powdered. Powdered chaga can easily be added to smoothies or other food recipes. It is traditionally prepared as a tea.



Chaga has been used medicinally for thousands of years in Russia and parts of Asia. It also has a long history of use in Alaska.

Chaga provides a wide array of medicinal benefits including, antioxidant and anti-inflammatory activity, digestive support, adaptogenic activity, healthy blood sugar levels, immune system support and more.

## Quick Remedies Using Chaga

### Health Improving Tea

#### You will need:

- 1 inch (2.5 cm) piece of chaga
- 1 cup water
- Fine mesh strainer

#### Instructions:

Chag is commonly prepared as a tea to enjoy its health-supportive benefits.

1. Prepare your chaga by using a hammer to break it into small pieces. You will need 1 cup of water for each 1 inch (2.5 cm) piece.
2. To make the tea, bring water to a simmer and add chaga.
3. Simmer for 15 minutes up to 1 hour and then strain. The chaga can be used a second time to make tea.

### Chaga Chai Latte

#### You will need:

- 1 cup milk
- 1 tsp. chaga powder
- 1 tsp. honey
- 1 tsp. chai spices
- Small saucepan
- Whisk

#### Instructions:

Chai spices perfectly complement the naturally bitter taste of chaga. To make the chai latte:

1. Combine 1 cup of milk, 1 tsp. of chaga powder, 1 tsp. of honey, and 1 tsp. of chai spices in a small saucepan.
2. Stir well and bring to a simmer.
3. Once the latte is simmering, whisk the mixture until it is frothy and pour into a mug.

## Did You Know

Chaga contains decayed bits of birch tissue combined with mycelia.



## Warning

Chaga is generally well tolerated. Consult with your healthcare practitioner before consuming chaga if you are on any medications.

## Poisonous Look-Alike

When foraging for mushrooms, it is imperative that one is 100% certain of identification as there are many poisonous mushrooms.

Black knot fungus and charcoal burner mushroom can be mistaken for chaga, although many mushrooms look like chaga.



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## Lesson 35: Chamomile

The common name, chamomile, refers to both the *Matricaria chamomilla* and *Chamomilla recutita* species. *Matricaria chamomilla* is also known as German chamomile, while *Chamomilla recutita* is the Latin name for Roman chamomile. Both chamomile species are used for edible and medicinal purposes, although their physical characteristics vary slightly.

### Identification

German chamomile is native to Eastern Europe, North Africa, and Western Asia, while Roman chamomile is native to Southern Europe. German chamomile has naturalized in North America and Australia. Chamomile should be harvested soon after the flowers have fully opened.

Chamomile is an aromatic herbaceous plant with daisy-like flowers and feathery leaves. Roman chamomile is low-growing, reaching up to 12 inches (30 cm) in height, while German chamomile can grow 2 feet (60 cm) tall.



Chamomile leaves are finely divided and fragrant; their aroma is sweet and floral. The leaves grow up to 3 inches (7.5 cm) long and are bitter tasting. German chamomile leaves are light green and differ slightly from the more fern-like leaves of Roman chamomile.

Chamomile flowers bloom from summer to fall and feature 10-20 white ray petals surrounding a yellow, domed center disk of tubular florets. The scent of chamomile flowers is often compared to the scent of apples.

### Edible and Medicinal Properties

All parts of chamomile are edible, but the flowers are primarily used and are often prepared as a tea. Chamomile has medicinal properties that are beneficial for the digestive system and nervous system. This plant is anti-inflammatory, antispasmodic, anxiolytic, astringent, carminative, demulcent, sedative, and vulnerary.

## Quick Remedies Using Chamomile

### Sleepy Chamomile Honey

#### You will need:

- 1 cup dried chamomile flowers
- 2 cup honey
- 2 pint glass jars
- Cheesecloth

#### Instructions:

Chamomile can easily be infused into honey for a nerve-settling, tasty treat. To make the honey, you will need dried chamomile flowers, honey, and a glass jar with a lid.

1. To start, fill the jar halfway with the dried chamomile.
2. Next, pour the honey over the chamomile until it is fully submerged.
3. Put the lid on the jar and place it in a sunny window, turning the jar over once daily.
4. After 1-4 weeks, strain the herbs from the honey and store in a new, clean jar.

Add your sleepy chamomile honey to a cup of tea in the evening for calm nerves and deep sleep.

### Did You Know

The name chamomile is derived from the Greek words chamai, meaning “on the ground”, and melon, meaning apple.



### Warning

Chamomile is generally well tolerated and is safe for children. Individuals with Asteraceae family allergies may be sensitive to chamomile.

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## Lesson 36: California Poppy

*Eschscholzia californica* is better known by the common name, California Poppy, but it is also sometimes called Desert Poppy, Gold Poppy, Foothill Poppy, Yellow Poppy, and Copa De Oro.

### Identification



California poppy is native to the Western United States including, California, Oregon, Southern Washington, Nevada, Arizona, New Mexico, and parts of Mexico. It can be found growing wild on roadsides, rocky slopes, grasslands, clearings, and disturbed sites. California poppy can be harvested when the flowers have opened. The roots should be harvested in the fall.

California poppy is a self-sowing perennial that forms deep orange taproots. It generally grows up to 12 inches in height. The leaves are blue-green, delicate and finely divided. They have a feathery appearance and mostly grow from the base of the plant. On each stem, California poppy bears a solitary, vibrant, golden-orange flower. The flowers contain four shiny petals that close at night or in cold and windy weather conditions. The flower ovary matures into a long, pod-like capsule containing many brown or black seeds.

### Edible and Medicinal Properties

California poppy leaves are edible and are most eaten cooked. It is better known for its medicinal uses which include soothing anxiety, insomnia, nervous tension, pain, and spasms. California poppy is an analgesic, antispasmodic, hypnotic, nervine, and sedative.



## Quick Remedies Using California Poppy

### Calming California Poppy Tea

#### You will need:

- 1 tsp. chopped California poppy
- 1 c. freshly boiled water
- French press or tea ball

#### Instructions:

California poppy can quickly be prepared as a tea to calm nerves and release any physical tension. The fresh plant is most effective, but dried California poppy can also be used.

To make the tea, place a teaspoon of the chopped California poppy (flowers, leaves, stems, and/or roots) in a tea vessel of choice. Pour 1 cup of freshly boiled water over the California poppy and let infuse for 15 minutes before straining.

### Did You Know

The Spanish name, copo de oro, translates to “cup of gold” referring to the cup-like shape of the flowers and golden-orange color.



### Warning

California poppy should be avoided in pregnancy. It can have additive effects when used with other sedatives.

## Lesson 37: Marshmallow

Marshmallow is the common name for *Althaea officinalis*, also referred to as Sweet Weed, Mortification Root, Cheese Plant, Wymote, and Mallards.

### Identification

Marshmallow is native to Europe and northern Africa and thrives in rich and well-drained soil. It can be found growing wild in moist meadows, bogs, salt marshes, and along riverbanks. Although it is native to Europe and northern Africa, it also grows throughout the United



States. Marshmallow roots should be harvested in the plant's 2nd or 3rd year and in the fall. The leaves and flowers can be harvested while the plant is in bloom.

Marshmallow is an herbaceous perennial that can reach 4 feet (1.2 m) tall and spread 2 ½ feet (0.9 m) wide. Marshmallow is well-known for its beige taproots that emit a sweet-tasting, medicinal mucilage when crushed.

Marshmallow leaves vary in shape but are generally ovate to cordate. The margins are toothed and both the upper and lower surfaces of the leaves are covered in tiny hairs. The light green leaves are 1-2 inches (2.5-5 cm) long.

Marshmallow is in bloom from mid to late summer, at which time it produces pale pink flowers that grow singly or in clusters towards the top of the stems. The flowers are made up of 5 petals and tend to grow 1-2 inches (2.5-5 cm) in diameter.

### Edible and Medicinal Properties

Marshmallow leaves and roots are edible and have been used as food for at least 2,000 years. The leaves can be eaten raw, but are rather fibrous and hairy. They are best cooked and are often added to soups to thicken them. The root is eaten raw or cooked and is often prepared as a tea.



Marshmallow is also used for medicinal purposes. The whole plant can be used as medicine, but the roots are the most potent. Marshmallow root is high in mucilaginous polysaccharides that reduce

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inflammation and soothe mucous membranes and tissues. Marshmallow root is commonly used for the skin, respiratory system, digestive system, and urinary tract.

## Quick Remedies Using Marshmallow

### Skin-Soothing Marshmallow Compress

#### You will need:

- 1 cup dried marshmallow root
- 1-2 tbsp. water
- Blender

#### Instructions:

Marshmallow root can be made into a compress and used on various skin conditions like mild burns and dry rashes. To make a marshmallow root compress combine 1 cup of dried marshmallow root with a small amount of water in a blender. Blend until a gel-like consistency forms.

This gel can be applied directly to the skin and covered with a bandage. The marshmallow root compress can be left on the skin up to a few hours or even overnight.

## Did You Know

Traditionally, powdered marshmallow root, water, and sugar were combined and cooked into a thick paste that was the origin for the marshmallows we all know today?



## Warning

Marshmallow is generally well tolerated. Excessive consumption can sometimes result in loose stools, in which case the dosage should be reduced.

## Lesson 38: Coltsfoot

*Tussilago farfara* is the Latin name for coltsfoot, which is also sometimes called horsefoot, foalfoot, coughwort, and sowfoot.

### Identification

Coltsfoot is native to Europe and thought to have been brought to the United States by early settlers for its medicinal benefits. Coltsfoot tolerates a range of conditions, including moist fields and pastures or drier sites and poor soil. It also grows along roadsides and disturbed areas. The leaves and flowers can be harvested in early to mid-summer.



Coltsfoot is a fast-growing perennial that can reach up to 3 feet (0.9 m) in height. Coltsfoot has basal leaves and a purple, scaly bracted stem. It produces dandelion-like flowers.

Coltsfoot leaves are heart-shaped and appear after the flowers have bloomed. They grow directly from the roots instead of the stem. The leaves are 3-7 inches (7.5-17 cm) wide and are thought to resemble a colt's foot, hence the common name. The margins are slightly toothed and the underside is whitish.

Coltsfoot's flowers are bright yellow in color and emerge in early spring through early summer. The flowers are solitary and about a ½ inch across. They have many ray florets and five stamens.

### Edible and Medicinal Properties



The young leaves and flowers can be eaten raw or cooked. The flowers have a distinctive anise-like taste and are a flavorful addition to a salad. The leaves are bitter unless they are boiled then rinsed. They can be used in salads, soups, or eaten as a vegetable.

Coltsfoot leaves are used to support the immune system and respiratory system, although the flowers are also occasionally utilized. Coltsfoot is astringent, demulcent, emollient, and expectorant.

## Quick Remedies Using Coltsfoot

### Coltsfoot Cough Honey

#### You will need:

- 1 cup coltsfoot flowers and leaves
- 2 cup honey
- 2-pint glass jars
- Fine mesh sieve

#### Instructions:

Coltsfoot can easily be infused into honey and consumed to soothe a cough or sore throat. To make coltsfoot honey:

1. Fill a clean and sterilized jar halfway with fresh coltsfoot flowers and leaves.
2. Cover the flowers with honey, place a lid on the jar and let infuse in a warm place for 4 weeks.
3. After 4 weeks, the plant can be strained from the honey by warming the honey and pouring it through a fine-mesh sieve.
4. Store the strained honey in another clean and sterilized jar in a dark, cool place.

### Did You Know

John Gerard's Herball, originally published in 1597, describes the use of coltsfoot for ulcers and inflammation.



### Warning

Do not use coltsfoot for a prolonged period of time or in large doses, as it contains trace pyrrolizidine alkaloids that can have toxic effects. Do not use coltsfoot while pregnant or breastfeeding.

## Lesson 39: Mugwort

Mugwort (*Artemisia vulgaris*), is a perennial plant in the Asteraceae family. It is also known as common wormwood, felon herb, chrysanthemum weed, and wild wormwood.

### Identification

Mugwort's native range includes Europe to Iran and Serbia, and northern Africa. It has naturalized throughout most temperate regions of the northern hemisphere. Mugwort grows well in poor to moderately fertile soil and can spread rapidly. Mugwort's flowering stems and leaves should be harvested just before the flowers open.

It is a weedy, upright plant that quickly grows up to 4 feet (1.2 m) in height. It can spread aggressively by way of rhizomes, up to 6 feet (1.8 m) wide or more.



It has aromatic leaves that are deeply lobed and up to 4 inches (10 cm) long. The leaves are deep green on top and whitish underneath. As the leaves ascend up the stems, they become smaller and narrower. The stems are branched and purplish-brown.



The flowers consist of disk flowers only. When the flowers emerge in late summer, they are whitish-green; as they age, they become dull yellowish-green to purple-green. The flower heads are small, up to 1/8 inch (0.3 cm) across.

### Edible and Medicinal Properties

Mugwort leaves aid in digestion and are often added in small quantities to high-fat meals. The leaves are used to flavor and give color to Mochi, a Japanese rice cake. The young shoots are collected and eaten in the spring. Mugwort has a long history of use as a medicinal plant and is most often consumed to support digestion and healthy menstruation.

## Quick Remedies Using Mugwort

### Dreamy Mugwort Tea

#### You will need:

- 1 tsp. dried mugwort leaves
- 1 cup freshly boiled water
- French press or tea ball

#### Instructions:

A bedtime cup of mugwort tea can induce vivid dreams. To make mugwort tea, place 1 teaspoon of dried mugwort leaves in a tea vessel of choice. Pour 1 cup of freshly boiled water over the mugwort leaves and let infuse for 5 minutes. Strain the tea and enjoy while warm.

Mugwort tea is bitter, so it can be combined with other herbs to balance its flavor.

### Did You Know

The genus name *Artemisia* is named after Artemis, the Greek goddess of the moon, wild animals, and hunting.



### Warning

Avoid mugwort in pregnancy. Mugwort is potentially allergenic to people sensitive to plants in the Asteraceae family.

### Poisonous Look-Alike

The poisonous look-alike of Mugwort is monkshood, *Aconitum napellus*. Mugwort and monkshood have similar looking leaves, they are both deep green with angular segments and sharp lobes. Unlike monkshood, mugwort leaves have hairy, silvery undersides.



## Lesson 40: Evening primrose

*Oenothera biennis* is commonly known as evening primrose and is sometimes called king's cure-all, sun drop, and fever plant.

### Identification



Evening primrose is native to Canada and most of the United States. It primarily grows in eastern and central North America, in fields, prairies, glades, thickets, waste ground, disturbed sites, and along roadsides and railroads.

Evening primrose grows well in sandy soils and is drought-tolerant. Evening primrose roots should be harvested in

the plant's first year before flowers appear. The leaves are best harvested in the second year.

Evening primrose is an upright biennial with yellow flowers that open at dusk, closing again in the evening. Evening primrose can grow 3-5 feet (90 cm- 1.5 m) tall. In its first year, evening primrose produces a basal rosette of light green to olive green leaves that are 4-8 inches (10-20 cm) long. In its second year, a rough and stiff flowering stalk emerges, usually as one branch although there can be multiple branches. The leaves grow in a spiral, rising from the center of the rosette.

Evening primrose flowers are cup-shaped and consist of four lemon-yellow petals. The flowers are fertilized by night-flying moths and bees.



### Edible and Medicinal Properties

Evening primrose roots, leaves, flowers, and seeds are all edible. The roots can be eaten cooked, the flowers can be used as a garnish, and the seeds can be made into an oil, although they are difficult to harvest.

Evening primrose oil has been used medicinally for hundreds of years. The oil is obtained from the seeds and contains both gamma-linolenic acid (GLA) and linolenic acid. Evening primrose oil promotes healthy inflammation levels and can support heart health, joint health, digestion, healthy menstruation, and skin health.

## Quick Remedies Using Evening Primrose

### Easy Evening Primrose Oil

#### You will need:

- 1 cup dried evening primrose flowers
- 2 cup organic, cold-pressed olive or jojoba oil
- 2 glass pint mason jars
- Cheesecloth
- Bowl

#### Instructions:

This evening primrose oil is simple to make and can be applied to dry, irritated skin. To make the oil:

1. Place the evening primrose flowers in a clean and dry glass jar.
2. Pour the oil over the flowers until they are completely submerged or until the jar is full.
3. Seal the jar with a lid and place in a cool, dark place to infuse for 4 weeks, shaking the jar occasionally.
4. After one month, pour the oil through cheesecloth into a bowl so there is no plant matter remaining in the oil.

Store the oil in a new, clean jar. Apply to skin as needed.

## Warning

Evening primrose can thin blood, avoid if you have a bleeding disorder or are on anticoagulants. Stop taking before a surgery. Evening primrose should be avoided by epileptics. Consult with a healthcare practitioner before consuming evening primrose if you are pregnant or breastfeeding.

## Lesson 41: Marjoram

*Origanum majorana* is the Latin name for marjoram, an herbaceous perennial. Marjoram also goes by the names, knotted marjoram and sweet marjoram.

### Identification



Marjoram is native to the Mediterranean region, specifically Cyprus, but has naturalized throughout Europe, Asia, the United States, and North Africa. It prefers full sun, well-drained soil and thrives in sandy loam. Marjoram tastes best when it is harvested just before the flowers bloom. Once the flowers bloom, the flavor will be bitter.

Marjoram is a bushy herb that belongs to the mint family and has a spicy, sweet aroma and flavor. Its purplish, woody stems can grow up to a foot high.

Marjoram leaves are gray-green in color and grow up the stem in an opposite pattern. They are ovate and highly aromatic, growing about 1 inch (2.5 cm) in length. The leaves are pubescent and densely arranged.

Marjoram flowers bloom in summertime. They form in dense, rounded spikes and consist of tiny, tubular, white or pink flowers.

### Edible and Medicinal Properties

All parts of the marjoram plant are edible, although the leaves are most commonly eaten. The leaves can be enjoyed raw or cooked and are a flavorful addition to most dishes. Marjoram can be used in place of oregano, but the flavor is more delicate and it should be added to cooked dishes towards the end of the cooking time.



Although marjoram is better known for its culinary uses, it is also a medicinal herb that has been used since ancient times, especially among the Greeks. Marjoram is antimicrobial, antispasmodic, antioxidant, and a carminative. The essential oil is often used for menstrual, stomach, and muscle cramping.

## Quick Remedies Using Marjoram

### Marjoram Toothache Oil

Marjoram essential oil can be applied directly to painful gums and teeth for temporary soothing. It can be applied as is or diluted in a carrier oil such as coconut oil or olive oil. Be sure that the marjoram essential oil you choose is made from *Origanum majorana* and not *Thymus mastichina* which is a different herb, but commonly called marjoram as well.

### Happy Microbiome Marjoram Honey

#### You will need:

- 1/2 cup fresh marjoram leaves
- 1 cup honey
- 2 half-pint glass jars
- Cheesecloth

#### Instructions:

Marjoram can be infused into honey for additional health benefits and microbiome balance.

To make the marjoram honey:

1. Place your marjoram leaves in a clean and sanitized half-pint glass jar.
2. Pour the honey over the leaves until they are fully submerged or the jar is full.
3. Give the mixture a stir and place a lid on top.
4. Let the honey infuse for 4 weeks. After 4 weeks the honey can be slightly heated and poured through a cheesecloth into a new clean and sanitized jar.

This honey can be added to tea, dressings or eaten by the spoonful.

## Did You Know

Historically, marjoram was strewn throughout living quarters to improve the scent of a home.



## Warning

Marjoram is generally well tolerated. The essential oil should not be applied externally on babies or young children.

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## Lesson 42: Burdock

*Arctium lappa* is commonly known as burdock. Burdock is also sometimes called Great Burdock, Gobo, Beggar's Buttons, Burr Seed, Cocklebur, Thorny Burr, Lapa, and Snake's Rhubarb.

### Identification

Burdock is native to the temperate areas of Europe and Asia, although it now grows in many parts of the world. In North America it can be found along roadsides, in fields and pastures, in disturbed areas, and in parks and empty lots. Burdock can grow rather aggressively and in some areas is considered an invasive weed. Burdock root is generally harvested in the fall of its first year or in the spring of its second year.

Burdock is a biennial plant that belongs to the *Asteraceae* family. At maturity, burdock can reach 2-10 feet (0.6-3 m) high.



Burdock forms a short, dense basal rosette during its first year. The large leaves are gray-green, woolly on the underside, and have wavy edges. In its second year, burdock grows a flowering stalk with large heart-shaped leaves that are arranged alternately.



Burdock has thistle-like purple flowers and globular bracts with sharp hooks that form burs. These burs aid in seed dispersal by latching onto animals and various objects.

Burdock is well known for its deep taproots which are used as food and medicine.

### Edible and Medicinal Properties

Burdock's leaves, stem, roots, and seeds are all edible. The young leaves and roots can be eaten raw or cooked. The seeds can be sprouted and eaten. The roots, seeds, and leaves are also enjoyed for their medicinal benefits, although the root is most commonly prepared as medicine. Burdock root supports the digestive system, liver, and lymphatic system. The seeds can be used to promote kidney health.

## Quick Remedies Using Burdock

### Digestion Burdock Vinegar

#### You will need:

- 8 oz. (230 g) fresh burdock root
- 16 oz. (470 ml) apple cider vinegar
- 1 pint (470 ml) glass jar
- Cheesecloth
- Vegetable peeler

#### Instructions:

Burdock vinegar is easy to make and full of health-supportive benefits. This herbal-infused vinegar will stimulate digestion and promote liver health.

1. Begin by peeling and slicing the burdock root into 1-inch-thick slices.
2. Place the burdock root in the glass jar and cover with the apple cider vinegar.
3. Place a lid on top and let it infuse for one week, shaking occasionally.
4. The burdock root pieces can be strained out of the liquid by pouring the vinegar through a cheesecloth. Store your Digestion Burdock Vinegar in a clean glass jar.

Consume up to 1 tablespoon three times daily.

### Did You Know

The Menominee and Micmac tribes of North America used burdock for skin sores.



### Warning

Burdock should be avoided during the first and second trimester of pregnancy. Individuals that are allergic to plants in the Asteraceae family may be sensitive to burdock.

## Poisonous Look-Alike

Toxic foxglove, or *Digitalis purpurea*, can be confused with young burdock leaves. Burdock leaves have a wavy edge, whereas foxglove has a toothed edge.

Foxglove leaves have a more pointed tip than burdock leaves and the veins run upwards, while burdock veins reach outwards to the edge of the leaf. If you are still unsure, waiting until the plant flowers is advisable.



## Lesson 43: Devil's Claw

Devil's claw is the common name for *Harpagophytum procumbens*, a low, spreading bushy plant in the *Pedaliaceae* family. It is also referred to as Ram's Horn, Unicorn Plant, and Proboscis Flower.

### Identification

Devil's claw is native to the indigenous forests and arid savannahs of southern Africa, including South Africa, Namibia, Botswana, Angola, Zambia, Zimbabwe, and Mozambique. The roots can be harvested once they are at least four years old.



Devil's claw is a weedy, spreading perennial that emerges from a fleshy taproot. Its creeping stems can reach 6 ½ feet (16 cm) in length. Devil's claw has trailing stems that produce alternate blue-green leaves that creep along the ground. The leaves have 3-5 irregular lobes and are covered in tiny whitish mucilage cells.

The flowers are trumpet-shaped and dark, velvety red to white-pink, purple or yellow. The plant flowers during the summer. The distinctive, woody fruits have many long arms with sharp, hooked thorns that resemble a claw.

### Edible and Medicinal Properties



The root is edible, but bitter in taste. It is most often prepared medicinally. Devil's claw has a long history of use as an indigenous medicinal plant, particularly by the San and Khoikhoi peoples of southern Africa. It has traditionally been used for menstrual health, improved digestion, and inflammation. Modern scientific research has confirmed these traditional uses by demonstrating its anti-inflammatory, antimicrobial, and immune-supportive actions.



## Quick Remedies Using Devil's Claw

### Devil's Claw Tincture

#### You will need:

- Dried devil's claw root
- Neutral alcohol like vodka
- 1 pint (470 ml) glass jar
- Cheesecloth

#### Instructions:

Devil's claw root is extremely bitter and best taken as a tincture. A devil's claw tincture can easily be made at home with just a few ingredients. To make the tincture:

1. Fill the jar halfway full with the dried devil's claw root.
2. Pour the alcohol over the devil's claw until the jar is full.
3. Tightly screw on a lid and give it a daily shake while it infuses for one month.
4. At the end of the month, pour the mixture through a cheesecloth and store the strained liquid in a cool, dark place. Take 1 ml up to three times a day for improved digestion and healthy joints.

## Warning

Devil's claw is generally well tolerated. Individuals with ulcers should avoid the use of devil's claw, as it can stimulate gastric acid. Consult with a healthcare practitioner if you are pregnant or breastfeeding.

## Lesson 44: Passion Flower

Passion flower is the common name for *Passiflora incarnata*, also known as Maypop, Apricot Vine, flower of the five wounds, and Snake Tongue.

### Identification



Passion flower is native to the southeastern United States, but is cultivated worldwide. *Passiflora incarnata* is unique among other *Passiflora* species because it is deciduous and cold-hardy in USDA zones 6 and higher. Generally, it is best to harvest passion flower when it is in full bloom.

Passion flower is a prolific and robust vine that can rapidly grow 8-12 feet (2.4-3.6 m) long. Passion flower's alternate

leaves have three deep lobes and pubescent petioles. The leaves are dark green, elliptic to lanceolate in shape, and have serrate margins.

The solitary flowers bloom during the summer and are 2 ½ inches (6.25 cm) in diameter. They are fragrant and consist of 10 oblong whites to pale pink petals and a purple-blue fringe-like corona. Passion flower's ovary matures into a yellow fruit that is sometimes called a maypop.

### Edible and Medicinal Properties

Passion flower's leaves, flowers, and fruits are edible. The fruits have a sweet flavor and are commonly made into a jam or jelly. The leaves can be eaten raw or cooked and are oftentimes added to a salad or cooked as a vegetable. The flowers can be prepared as a syrup.

Passion flower has been used as medicine for thousands of years. The leaves contain the most potent medicine, but the flowers can also be



used. Passionflower is analgesic, antidepressant, antispasmodic, anxiolytic, hypnotic, hypnotic, nervine, and sedative.

## Quick Remedies Using Passion Flower

### Peaceful Passion Flower Tea

#### You will need:

- 1 tsp. dried passion flower leaves
- 1 cup (250 ml) freshly boiled water
- Teapot, tea ball or French press

#### Directions:

Passion flower tea can calm an overactive mind and bring peace to a tense body. To make the tea, place the dried passion flower leaves in your tea vessel of choice. Pour the freshly boiled water over the passion flower and let it infuse for 5-15 minutes. After infusing, strain the tea and add honey if desired.

Passionflower can be blended with lemon balm, chamomile, and/or holy basil for added calming benefits.

## Warning

Avoid consuming passion flower during pregnancy or while breastfeeding. If you are on any medications, consult with a healthcare practitioner before taking passion flower.

## Lesson 45: Witch Hazel

*Hamamelis virginiana* is a deciduous shrub in the *Hamamelidaceae* family and is commonly called witch hazel.

### Identification



Witch hazel is native to eastern North America and can be found growing along stream banks and forest edges. It grows from Canada to Mexico and prefers rich soil and full sun. Witch hazel can tolerate heavy clay soil, but is intolerant of drought. Witch hazel leaves and twigs can be harvested in the spring when the leaf growth is fresh. Witch hazel is a fall-blooming shrub or small tree that typically grows 15-20 feet (4.5-6 m) tall.

In its native habitat, witch hazel can reach 30 feet (9 m) tall.

Witch hazel leaves are simple and alternate. They have a velvety feel and are elliptic to ovate in shape. The leaves grow 3-6 inches (7.5-15 cm) in length and turn a golden yellow color in the fall. In the fall, witch hazel produces yellow flowers with four ribbon-shaped petals. The flowers appear at the same time as the fruit which is a somewhat rare feature of the plant.



### Edible and Medicinal Properties

Witch hazel's bark, twigs and leaves are used medicinally. Witch hazel has astringent and anti-inflammatory actions. It is commonly found in households in the form of distilled witch hazel. Distilled witch hazel is astringent and used externally for bleeding, bruises, hemorrhoids, swelling, varicose veins, and more. Witch hazel can support eye health, skin health, and digestive health.

### Quick Remedies Using Witch Hazel

#### Witch Hazel Cooling Spray

**You will need:**

- 4 oz. (120 ml) empty spray bottle

- 2 oz. (60 ml) witch hazel extract
- 2 oz. (60 ml) distilled water
- 12 drops of peppermint essential oil
- Funnel (optional)

### Instructions:

When combined with peppermint essential oil, witch hazel can be a cooling treat during the summer. To make the spray, pour the witch hazel, distilled water, and essential oil into the spray bottle. Shake before use and spray onto face or skin.

## Herbal Infused Witch Hazel

### You will need:

- Witch hazel extract
- Herbs of choice
- Glass jar
- Cheesecloth

### Instructions

Witch hazel can be infused with herbs for added skin benefits. There are many skin-supportive herbs that blend well with witch hazel, including calendula, chamomile, lavender, and rosemary.

1. Place your herbs of choice in a clean, glass jar and pour the witch hazel over top.
2. Seal the jar tightly with a lid and shake. Place in a cool, dark place for 1-2 weeks before straining.
3. Once the witch hazel has finished infusing, strain it through a cheesecloth to remove the herbs. Pour the infused witch hazel into a clean jar and store in the refrigerator.

## Did You Know

Witch hazel petals are sensitive to temperature; they reflex when cold and unfurl when warm.



## Warning

Witch hazel is generally well tolerated; no side effects or drug interactions have been reported.

## Lesson 46: Lion's Mane

*Hericium erinaceus* is an edible mushroom that is commonly called Lion's Mane. This mushroom is also sometimes called Mountain-Priest Mushroom and Monkey Head Mushroom.

### Identification

Lion's mane mushroom is native to the temperate regions of North America, Europe, and Asia. It is typically found growing on dead hardwood trees like maple, oak, and beech. Through its mycelium, lion's mane is able to recycle the nutrients from fallen trees back into the soil. Lion's mane prefers cool temperatures for fruiting and can typically be found and harvested in the fall. They are best to harvest while they are still white with only slight yellow or brown discoloration.

The fruiting body of lion's mane is large and irregular; it can grow 2-16 inches in diameter and can be identified by its long, dangling spines. Lion's mane mushroom has white, icicle-like spines that usually grow ½-2 inches long, although they can be longer. Lion's mane is bright white in color distinguishing it from most other mushrooms and the trees it grows on. Depending on its size, lion's mane mushroom can form as a small, single pom or grow into a large, dense cluster of cascading spines.



### Edible and Medicinal Properties

Lion's mane mushroom is edible and generally takes on the flavor of whatever else it is being cooked with. It can be sauteed in a pan or shredded and cooked to mimic pulled meat or lump crab.



Lion's mane is considered a medicinal mushroom and has a long history of use in traditional Chinese and Japanese medical systems. Lion's mane contains polysaccharides, a biologically active compound, that supports immune health, digestion, the liver, brain health, and more.

## Quick Remedies Using Lion's Mane

### Lion's Mane Coffee

#### You will need:

- 1 cup freshly boiled water
- 1 tbsp. coffee grounds
- 1 tsp. Lion's mane mushroom powder
- Honey and cream (optional)
- French press

#### Instructions:

Powdered lion's mane can be added to your morning cup o' joe for added health benefits. To make lion's mane coffee, add the coffee grounds and lion's mane powder to the French press. Pour boiling water over the coffee and lion's mane and stir. Let the coffee sit for 3-5 minutes then press it and serve.

## Warning

Lion's mane is generally well tolerated, although it should be avoided by individuals sensitive to mushrooms.

## Poisonous Look-Alike

Always be 100% certain of identification when foraging for mushrooms.

Lion's mane's bright white color and distinctive spines set it apart from other mushrooms, but it can be confused with other members of the *Hericium* genus like *Hericium coralloides* and *Hericium americanum*. Fortunately, these mushrooms are also edible.



## Lesson 47: Arnica

*Arnica montana* is an herbaceous perennial in the *Asteraceae* family that is commonly called Arnica. It is sometimes referred to as Mountain Arnica, Leopard's-Bane, Mountain Snuff, Mountain Tobacco, and Wolf Bane.

### Identification



Arnica is native to Europe where it can be found growing in grasslands, shrub lands, and alpine mountain environments. It also grows in meadows, dry pine forest, open forests, and pastures. Arnica is best when harvested at the beginning of its flowering phase or early summer.

Arnica is a flowering plant with daisy-like flowers that can grow up to 2 feet in height.

Arnica possesses basal leaves that are downy and bright green. The leaves ovate in shape with rounded tips. A 1–2-foot (30–60 cm) flowering stalk rises from the center of the basal rosette of leaves in the spring. A solitary, yellow-orange flower sits at the top of the stem. The flower consists of yellow disc florets that are surrounded by yellow ray flowers.



### Edible and Medicinal Properties

Although arnica is not eaten as a food, it is widely recognized for its medicinal actions. Arnica has long been used for bruises and sprains and can be used internally, as a homeopathic medicine, or topically. The flowers are most commonly used, although the root can also be utilized. Arnica is anti-inflammatory, antimicrobial, vulnerary, and antirheumatic.

### Quick Remedies Using Arnica

#### Arnica Oil

##### You will need:

- Fresh wilted arnica leaves and flowers
- Oil of choice
- 2-pint (1.1 L) glass jars

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- Cheesecloth

**Instructions:**

1. Place the arnica leaves and flowers in a clean and dry glass jar.
2. Pour your oil of choice, olive or sunflower oil work well, over the arnica until fully submerged.
3. Place a lid on the jar and shake. Let the oil infuse for 4 weeks before straining through a cheesecloth.

The infused oil can be stored in a clean glass jar in a cool, dark place. Apply the oil externally to bruises, strains, sprains, sore muscles, and achy joints.

**Did You Know**

The common name arnica is derived from the Greek word “arnikos” meaning “lamb’s skin”, which refers to the hairy leaves.

**Warning**

Arnica should only be used externally or as a homeopathic remedy or tincture in extremely low doses. It can be toxic when taken internally in large quantities. Do not use arnica on broken skin. Do not use arnica if you are pregnant or breastfeeding. Young children should avoid arnica as well.

## Lesson 48: Valerian

Valerian, or *Valeriana officinalis*, is an herbaceous perennial with a distinct, pungent smelling root. Valerian is sometimes called Belgian Valerian, English Valerian, German Valerian, Fragrant Valerian, Garden Valerian, Garden Veliotrope, Wild Valerian, and Marsh Valerian.

### Identification



Valerian is native to the temperate regions of Europe and Asia, but has naturalized in North America. Valerian thrives in moist, rich soil and can be found growing wild in moist mountain meadows and marshes, and near rivers. Valerian roots can be harvested in fall or early spring.

Valerian is comprised of basal foliage, slender stems, and fragrant flowers. It can grow up to 5 feet (1.5 m) tall.

Valerian's basal leaves are simple or pinnate. The stem leaves are sparse and grow in an opposite arrangement; the margins are toothed.

These bright green leaves are around 8 inches (20 cm) long and become fragrant when crushed. In the summer, valerian produces fragrant, pink or white

flowers that are arranged in dense umbels. The umbels are 2-5 inches (5-12.5 cm) across. The flowers are small, around .2 inches in diameter and contain 4-5 ray petals.

### Edible and Medicinal Properties

Valerian has minimal edible uses. An essential oil from the root is used to flavor ice cream, baked goods, and condiments.

Valerian is a well-known medicinal herb with a long history of use dating back to the Ancient Greeks and Romans. The root is used medicinally and is analgesic, antispasmodic, carminative, hypnotic, nervine, and sedative.

Valerian is most often used to calm the nervous system, improve sleep, and soothe muscle cramping.

## Quick Remedies Using Valerian

### Relaxing Valerian Tincture

#### You will need:

- 4 oz. (113 g) dried, chopped valerian root
- Vodka or any neutral alcohol
- 2-pint glass jars
- Cheesecloth

#### Instructions:

Valerian root has a pungent flavor that may be unpleasant to some individuals. It is preferred by many as a tincture. A valerian tincture can easily be made at home with just a few ingredients. To make the tincture:

1. Fill a clean, sanitized pint jar with the dried valerian root.
2. Pour the alcohol over the valerian until the jar is full. Tightly screw on a lid and give it a daily shake while it infuses for one month.
3. At the end of the month, pour the mixture through a cheesecloth and store the strained liquid in a cool, dark place.

Valerian tincture can be taken before bed for restful sleep or to relieve spasmodic muscles. 1-3 ml can be taken up to three times daily. Avoid consuming valerian when operating heavy machinery or vehicles.



### Did You Know

During World War II, valerian was consumed in England to calm civilian nerves during air raids.



### Warning

Valerian can increase the effects of certain central nervous system medications and alcohol. Consult with a healthcare practitioner if you are on any central nervous system medications before taking valerian.

## Poisonous Look-Alike

Valerian can be confused with poison hemlock which also has clusters of white flowers arranged in an umbel shape. As the name suggests, poison hemlock is poisonous and should be avoided.

Unlike valerian, poison hemlock stems almost always have distinctive purple-red streaking on them. Poison hemlock leaves are lacy and look similar to parsley or Queen Anne's lace leaves. Valerian leaves grow sparsely on the stem and are pinnate.



## Lesson 49: Goldenseal

*Hydrastis canadensis* is the Latin name for Goldenseal, a perennial, woodland plant with medicinal properties. Goldenseal is also called Yellow Root.

### Identification

Goldenseal is native to eastern North America, ranging from Canada and Vermont, south to Georgia, and west to Alabama, Arkansas, and Minnesota. In the past, goldenseal grew prolifically in the Ohio River Valley, but it has since been overharvested and is now considered endangered.

Instead of foraging for goldenseal, it is preferable to cultivate the species and harvest one's own. Goldenseal roots can be harvested 4-5 years after planting, depending on whether the plant was grown from seed or rhizome. The roots can be harvested in the fall.



Goldenseal prefers the habitat of rich, shaded woods where it can grow 10-15 inches (25-40 cm) tall. Goldenseal grows an unbranched stalk from a thick, yellow rhizome. Two leaves sit at the top of the stalk with 3-7 lobes. The leaves are large, up to 8 inches wide, and palmate.

In the spring, goldenseal produces a yellowish-green solitary flower with prominent white stamens. In mid to late summer, the flower gives way to an inedible, fleshy red berry that contains 1 to 2 black seeds.

### Edible and Medicinal Properties

Goldenseal does not have any edible uses, but it has been used as medicine for hundreds of years. Goldenseal is a traditional medicine of Native Americans and is also widely used in Western herbalism. Goldenseal is most often used for digestion and to support various mucus membranes like that of the throat and nose. Goldenseal contains the alkaloid berberine, which is antibacterial.

## Quick Remedies Using Goldenseal

### Goldenseal Mouthwash

#### You will need:

- 1 cup freshly boiled water
- 1 teaspoon goldenseal
- 2-3 drops of peppermint essential oil

#### Instructions:

Goldenseal has antimicrobial properties that are beneficial for mouth health.

1. To make a goldenseal mouthwash, pour freshly boiled water over the goldenseal and let it infuse for 5-15 minutes.
2. After infusing, strain the goldenseal out of the water and add peppermint essential oil. Store the mouthwash in the refrigerator and use it within three days.

### Did You Know

Goldenseal has the ability to grow from small root fragments. Pieces that break off in the soil can grow a new plant.



### Warning

Avoid goldenseal during pregnancy or while breastfeeding. Goldenseal is contraindicated for individuals with high blood pressure.

## Lesson 50: Ginkgo Biloba

Ginkgo is the common name for Ginkgo biloba, a dioecious, broadleaf tree. Ginkgo fossil records date back at least 225 million years ago and is believed to have been cultivated for more than 3000 years. Ginkgo is also sometimes referred to as maidenhair tree, Buddha's fingernails, and fossil tree.

### Identification

Ginkgo is native to south-central and southeast China. It can be found growing wild in Guizhou and on the Anhui and Zhejiang border. Ginkgo grows well in rich, sandy soil and full sun. Ginkgo leaves are harvested in the fall as they begin to turn golden in color. Ginkgo takes on pyramidal shape and in the right conditions, can grow 50-80 feet tall and 30 to 40 feet wide.



Ginkgo leaves are fan-shaped with two lobes. The leaves are bright green and generally 2-4 inches in length and width. In the fall, the leaves turn from green to golden yellow.

Ginkgo trees are gymnosperms that produce small pollen cones or ovules depending on if the tree is male or female.

### Edible and Medicinal Properties

Ginkgo seeds are edible and can be eaten raw in small quantities, but it is best cooked. The seed has a sweet flavor comparable to a pine nut and is oily. It can be boiled and added to soups and porridges.

Ginkgo has been used medicinally for thousands of years and has a long history of use in traditional Chinese medicine. The leaves have been the subject of modern scientific research and have demonstrated potent antioxidant effects. Ginkgo is also a circulatory stimulant and vasodilator. The leaves can support brain health, eye health, the circulatory system, and healthy levels of inflammation.

## Quick Remedies Using Ginkgo

### Brain-Boosting Ginkgo Tea

#### You will need:

- 1 tbsp. dried ginkgo leaves
- 2 cup freshly boiled water
- French press or tea ball

#### Instructions:

Ginkgo tea can help energize the mind and bring oxygen to the brain. This recipe only uses ginkgo, but additional herbs can be added for flavor and added health benefits. Ginkgo blends well with peppermint, spearmint, gotu kola, rosemary, lemon balm, and holy basil.

To make a ginkgo tea, place the ginkgo leaves in your tea vessel of choice. Pour freshly boiled water over the ginkgo and let it infuse for 5-15 minutes. After infusing, strain the tea and add honey if desired.

### Did You Know

Ginkgo was one of only 40 tree species that survived the atomic bomb in Hiroshima.



### Warning

Ginkgo is generally well tolerated. It can have an additive effect when used with other antiplatelet drugs so should be taken with caution.

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## Lesson 51: Purslane

Purslane (*Portulaca oleracea*) or Moss Rose is found growing in Rocky bluffs, barnyards, gardens, and sidewalk cracks.

### Identification

The plant prefers disturbed areas and is common in city lots. Tiny yellow flowers bloom from midsummer to early fall. They have 5 regular parts that measure up to 0.25 inches (0.6 cm) wide. Flowers are replaced by a seed capsule containing dark brown, almost black very tiny seeds. Purslane has smooth, reddish, prostrate branching stems with thick, waxy, succulent, round leaves that form a thick mat up to 3 ft. (1m) across. Leaves may be alternate or opposite. They are 1-3 inches (2.5-7.5 cm) long and less than 1 inch (2.5 cm) wide.



### Edible And Medicinal Properties

The edible parts are: leaves, stems, and seeds (raw, dried, pickled, or cooked). Purslane is antibacterial, antiscorbutic, diuretic and febrifuge. Leaves are rich in omega-3 fatty-acids, which are believe to prevent heart attacks and strengthen immunity. Leaves can be harvested before the plant flowers and used fresh or dried. Harvest whole stems to plant base. Purslane has been eaten for thousands of years in a variety of ways from fresh salad greens, stuffed in breads, sautéed, eaten with meats or fish. Ash of the burnt plant is used as a salt substitute. The seeds are highly nutritious.

### Quick Remedies Using Purslane

#### The Ultimate Anti-Bacterial Juice

This medicinal juice is made by blending fresh leaves and stems with a little water. The juice can then be consumed immediately or stored in an airtight container for up to two days. It is important to note that purslane juice should not be consumed in large amounts as it can cause nausea and vomiting.

### Did You Know

There is evidence that purslane has been eaten for at least 2,000 years; it was cultivated in ancient Egypt and was enjoyed by the ancient Romans and Greeks.



## Warning

It should not be consumed by pregnant woman or those with digestive issues.



## Poisonous Look-Alikes

Spotted Spurge, *Euphorbia maculata* (p. 289) grows similarly, but is not succulent and leaves are thinner, smaller, and sometimes have reddish coloring at the center of the leaf.

## Lesson 52: Wild Carrot

Wild carrot (*Daucus carota*) or Queen Anne's lace is often used as an ornamental. It is also known as wild carrot because of its carrot scent and because it is a member of the *Apiaceae* (Carrot) Family. Be careful with identification as there are look-alikes, like the deadly hemlock plant.

### Identification

Queen Anne's Lace grows to 1 to 4 feet (0.3m to 1.2m) tall. The flower stems are green, hairy, and may have long red stripes. They are thin and have a thin hollow space in the center. Clusters of flowers, called umbels, are arranged in a tight pattern gathered into a larger umbrella shaped cluster. The umbels are flat across the top and 3 to 4 inches (7.25 cm to 10 cm) wide. Blooms may be pink in bud and white when in full bloom. In the center there is a single reddish or purple flower. Seeing this red or purple flower is a definitive marker for Queen Anne's lace, but not all varieties have the color.



### Edible and Medicinal Properties

The thin taproot from Queen Anne's lace is edible cooked, however it quickly becomes very fibrous and woody as growth progresses. For eating purposes, only young roots are tender enough to cook and eat. The flowers are edible and are good battered and fried.

It is used for treating gall bladder problems and kidney problems. It acts to remove excess water from the body and reduce inflammation. The root of the plant has diuretic properties. It can also be used for itchy dermatitis, as a poultice made from the grated root helps relieve an itchy rash. The seed oil is also good for soothing and lubricating the skin. It is also anti-inflammatory.

### Quick Remedies Using Wild Carrot

#### Queen Anne's Tea

If you are confident that you have correctly identified wild carrot, you can harvest the flowers and leaves. Be cautious and make sure there is no contamination from toxic look-alike plants.

1. Chop the leaves and flowers into small pieces.

2. Place the chopped leaves and flowers in a cup and pour boiling water over them.
3. Allow the mixture to steep for about 5-10 minutes.
4. Strain the liquid to remove the plant material. You can drink this tea for potential benefits. Some people believe it can help with digestive issues, but scientific evidence for its effectiveness is limited.

## Did You Know

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in some rural areas of the United States, it's used as a morning-after contraceptive.

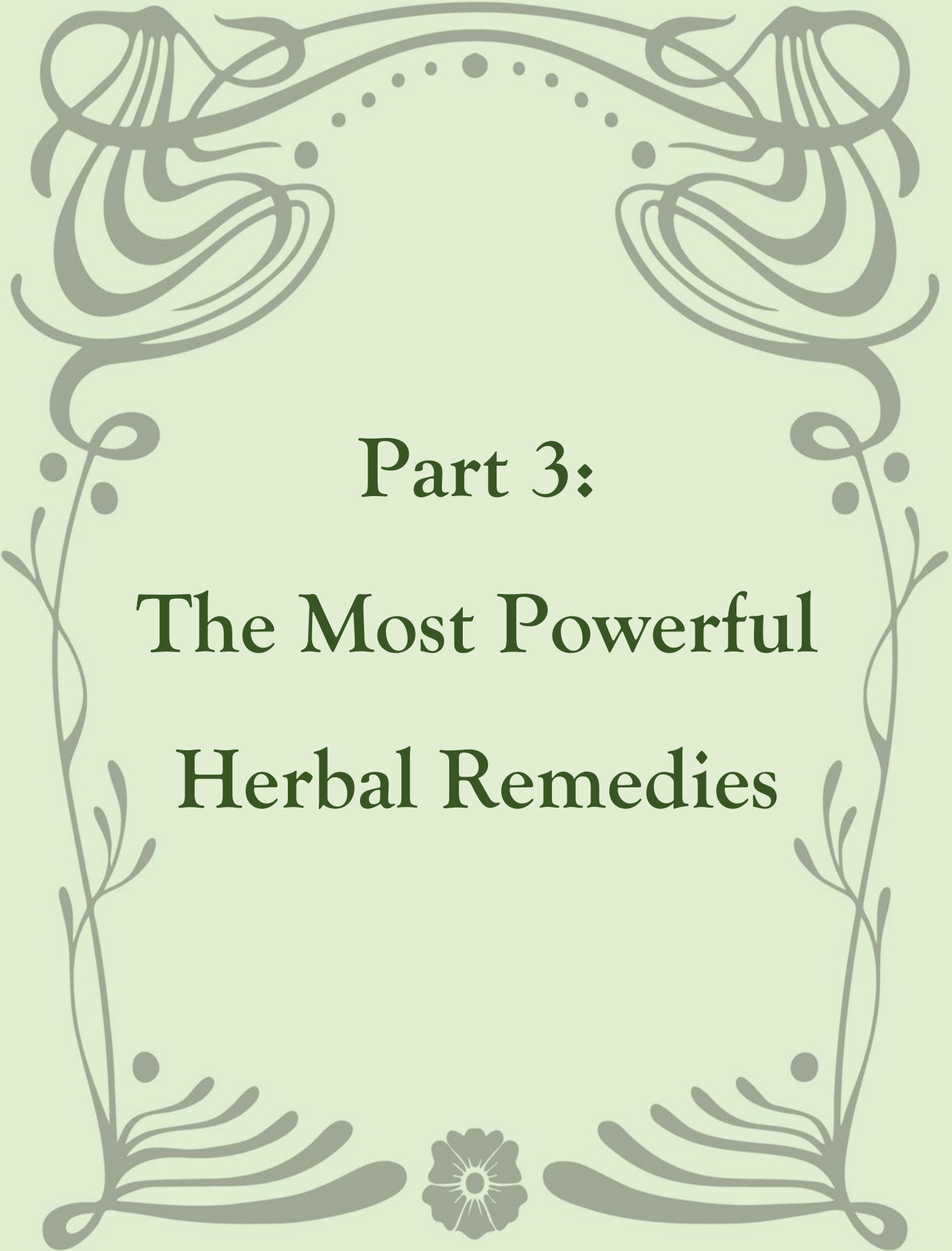


## Poisonous Look-Alike

Deadly hemlock (*Conium maculatum*); its stems have reddish or purple spots and streaks.

The leaves are usually bright green and finely divided, toothed on edges and have a strong musty odor when crushed.



A decorative border in a muted sage green color frames the text. It features stylized, symmetrical floral motifs at the top and bottom, with a central floral element at the bottom. The border is composed of flowing lines and small dots.

# **Part 3:**

## **The Most Powerful Herbal Remedies**

## Pain Management

### Lesson 1: Nature's Ibuprofen

Nature's Ibuprofen, as the name suggests, is a natural alternative to the popular pain-relieving medication. It's a blend of carefully selected herbs that work together to target pain and inflammation in a gentle, yet effective way. Unlike actual Ibuprofen, this won't hurt the liver, kidneys, or stomach.



#### You will need:

- 4 oz. glass jar with a lid
- Brown glass tincture bottle with a dropper
- Cheesecloth, fine strainer, or nut milk bag

#### Ingredients:

- 2 oz. of dried feverfew dried works best. If you don't have feverfew on hand, feel free to use willow instead. It works just as well.
- 80 proof alcohol (such as vodka)

Feverfew behaves as a potent pain reliever in acute, inflammatory, articular, and neuropathic pain.

#### Instructions:

1. Fill the jar about one-third full of dried herbs. Pack the dry material well, so that it can fit more.
2. Pour the alcohol over the herbs gently, all the way to the top of the jar, leaving one-quarter-inch headspace.
3. Seal the lid and shake it or use a spoon to mix everything together before sealing it.

- (c 2)
4. Label the jar and add the date.
  5. Place the jar in a cool dark place and let it sit there for 4-6 weeks.
  6. After 4-6 weeks, strain the tincture using a cheesecloth, a fine strainer, or a nut bag, and pour into a bottle (preferably, into brown glass tincture jars, as they protect the contents from sunlight, extending their medicinal effects).

### **Dosing Instructions:**

Follow the recommended dosage for tinctures – usually 1 dropper 3 times a day.

## **Lesson 2: 2-Ingredient Pain Reliever**

### **You will need:**

- Glass jar/ tincture bottle
- Cheesecloth/ kitchen muslin
- Strainer
- Metal spoon/ wooden spoon
- Blender (optional)
- Knife (if not using blender)



### **Ingredients:**

- Fresh wild lettuce leaves
- Vodka (80% proof or higher)

Wild Lettuce contains lactucin and lactucopicrin. They are bitter substances that act on the central nervous system to produce pain-relieving and sedative effects.

### **Instructions:**

1. Chop up the wild lettuce leaves roughly into small pieces. If it's more convenient, use a blender.
2. Pour the paste into a suitable glass jar until it is about one-third full.

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3. Add vodka so there is about a 2:1 ratio (twice as much alcohol as plant paste).
  4. Place a secure lid, label the jar and add the date.
  5. Store the jar in a cool dark place for 6-8 weeks. In that time, its color will probably change.
  6. After the extraction period has ended, strain the tincture using cheesecloth or kitchen muslin.
  7. Store the strained liquid in a labeled bottle or jar.

### **Dosing Instructions:**

Follow the recommended dosage for tinctures – usually 1 dropper 3 times a day.

## **Lesson 3: Herbal Sedative**

### **You will need:**

- Glass jar with a tight-fitting lid
- Cheesecloth or a fine mesh strainer
- Dark glass bottle (for storage)

### **Ingredients:**

- ½ cup dry dandelion flowers, leaves, and roots (1 cup fresh)
- ¼ cup dry rosemary leaves (½ cup fresh)
- 2 cups raw apple cider vinegar

### **Instructions** (if using dried herbs, please skip to step 4):

1. Harvest fresh dandelions and rosemary from an area that hasn't been sprayed with pesticides.
2. Gently rinse the herbs to remove any dirt or insects.
3. Shake off any excess water and spread the plants out on a clean towel or paper towel to air dry.
4. Place the dandelions and rosemary into a glass jar.
5. Pour 2 cups of raw apple cider vinegar over the herbs, ensuring that they are fully submerged.

6. Seal the jar with a tight-fitting lid, and store it in a cool dark place, or in the refrigerator for 2 weeks.

\*If you are using a jar with a metal lid, make sure to cover the top of the jar with plastic wrap or baking paper before you screw the metal lid on, otherwise, the vinegar will corrode the metal and it will start to rust.

7. Give it a shake every day or every few days.
8. After 2 weeks, strain the mixture through a piece of cheesecloth or a fine mesh strainer, making sure to squeeze out as much liquid as possible.
9. Transfer the strained liquid to a dark glass bottle with a plastic lid for storage. This will help protect the elixir from sunlight.

It can be stored in the fridge or in a dark cool location. If you are using fresh herbs, the elixir will last about a year, and if you are using dried herbs, it will last closer to two years.

### **Dosing Instructions:**

Follow the recommended dosage for tinctures – usually 1 dropper 3 times a day.

## **Lesson 4: Nature's Most Effective Aspirin**

### **You will need:**

- Knife
- Scissors
- Spoon
- Pot
- Strainer





### Ingredients:

- Small branches and twigs of willow tree

### Instructions:

1. Peel the bark off the small branches and twigs of a willow tree using a knife. Peel only the outer layer and the inner greenish layer, and discard the darker wood beneath.
2. Cut the peeled bark into small pieces using scissors. You will need two tbsp. of bark for one cup of tea.
3. Boil two cups of water in a pot over high heat.
4. Once the water is boiling, add 2 tbsp. of bark and reduce the heat to low.
5. Simmer the bark for 10 minutes.
6. Remove from the heat and let it steep for another 10 minutes or more.

Note: It is important to treat this tea the same you would with over-the-counter aspirin, practicing the same precautions.

## Lesson 5: Natural Endorphin-Booster

Natural Endorphin-Booster is designed to elevate your body's own "feel-good" chemicals, primarily endorphins, which play a role in natural pain management. This tonic combines the adaptogenic powers of *Rhodiola rosea* and *ashwagandha* to create a synergistic blend that helps to manage stress, increase well-being, and improve pain tolerance.

### You will need:

- 8 oz. glass jar with a lid
- Brown glass tincture bottle with a dropper
- Cheesecloth, fine strainer, or nut milk bag
- A small funnel (for transferring the tincture to a dropper bottle)

**Ingredients:**

- 1 oz. dried *Rhodiola rosea* root
- 1 oz. dried ashwagandha root
- 80-proof alcohol (such as vodka)

*Rhodiola rosea* is known for its ability to increase energy, endurance, and mental clarity. Ashwagandha is celebrated for its stress-reducing effects and its ability to enhance mood.

**Instructions:**

1. Start by measuring and combining 1 oz. of dried *Rhodiola rosea* root and 1 oz. of dried ashwagandha root into the 8 oz. glass jar. Make sure to pack the herbs well to maximize the space.
2. Slowly pour the 80-proof alcohol over the herbs, filling the jar up to the top while leaving about a one-quarter-inch headspace.
3. Seal the jar tightly with the lid. Give it a good shake or use a spoon to thoroughly mix the herbs with the alcohol.
4. Label the jar with the name of the tincture and the date it was made.
5. Place the jar in a cool, dark place for 4-6 weeks, shaking it gently every few days.
6. After 4-6 weeks, use the cheesecloth, fine strainer, or nut milk bag to strain the tincture. Use the funnel to transfer the liquid into a brown glass tincture bottle with a dropper for easier dosing.

**Dosing Instructions:**

Take 1 dropper (approximately 1 mL) up to 3 times a day for pain management and to boost endorphins.

## Lesson 6: Pain-Purge Potion

Pain Purge Potion is a potent blend designed for powerful and rapid relief from pain. Featuring a mix of black cohosh, turmeric, and St. John's Wort, this tincture works synergistically to reduce inflammation, calm the nervous system, and act as a natural analgesic. It's a go-to remedy for anyone seeking natural yet quick-acting pain relief.



### You will need:

- 16 oz. glass jar with a lid
- Brown glass tincture bottle with a dropper
- Cheesecloth, fine strainer, or nut milk bag
- A small funnel (for transferring the tincture to a dropper bottle)

### Ingredients:

- 2 oz. dried black cohosh root
- 2 oz. dried turmeric root or turmeric powder
- 2 oz. dried St. John's Wort
- 100-proof alcohol (such as vodka)

Black cohosh has properties that may relieve muscle pain and cramps, turmeric is well-known for its anti-inflammatory benefits, and St. John's Wort has been used traditionally for nerve pain.

### Instructions:

1. In the 16 oz. glass jar, combine 2 oz. each of dried black cohosh, dried turmeric root or powder, and dried St. John's Wort. Make sure to pack them in tightly to use the jar space efficiently.
2. Slowly pour 100-proof alcohol over the mixed herbs until the jar is nearly full, leaving about a one-quarter-inch headspace.
3. Seal the jar tightly and shake well to ensure that the herbs are completely saturated with the alcohol.

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4. Label the jar with the name of the tincture, its purpose, and the date it was made.
  5. Store the jar in a cool, dark place for 4-6 weeks. Remember to shake the jar gently every few days to mix the herbs and alcohol.
  6. After the 4–6-week period, strain the tincture using a cheesecloth, fine strainer, or nut milk bag. Use a funnel to pour the liquid into a brown glass tincture bottle with a dropper.

### **Dosing Instructions:**

Start with 1 dropper (approximately 1 mL) every 4-6 hours as needed for pain relief. Do not exceed more than 4 droppers in a 24-hour period.

## **Lesson 7: Why the Amish Are Never in Pain**



Why the Amish Are Never in Pain is a topical salve inspired by traditional Amish remedies, designed to offer natural and effective pain relief. Combining the cooling effects of menthol and camphor with the aromatic benefits of rosemary and eucalyptus oils, this salve is perfect for alleviating various types of pain, from muscle aches to joint discomfort.

### **You will need:**

- Small saucepan or double boiler
- Heat-proof glass container or jar for storing the salve
- Measuring spoons and cups
- Mixing spoon
- Small funnel (optional, for transferring the salve)

**Ingredients:**

- 1 cup coconut oil or olive oil
- 2 tbsp. beeswax pellets
- 10 drops menthol essential oil
- 10 drops camphor essential oil
- 10 drops rosemary essential oil
- 10 drops eucalyptus essential oil

Menthol and camphor are both known for their cooling effects, providing immediate relief for sore muscles. Rosemary and eucalyptus oils are often used in traditional remedies for their anti-inflammatory and analgesic properties.

**Instructions:**

1. In a small saucepan or double boiler, melt 1 cup of coconut or olive oil over low heat.
2. Once the oil is melted, add 2 tbsp. of beeswax pellets to the saucepan. Stir continuously until the beeswax is completely melted into the oil.
3. Remove the saucepan from heat and allow the oil-wax mixture to cool down slightly.
4. Add 10 drops each of menthol, camphor, rosemary, and eucalyptus essential oils to the mixture. Stir well to combine.
5. Carefully pour the liquid salve into a heat-proof glass container or jar. If the opening is small, you might find a funnel useful.
6. Allow the salve to cool down and solidify completely before sealing the jar.
7. Label the jar with the salve's name, its purpose, and the date it was made.

**Dosing Instructions:**

Apply a small amount of the salve to the affected area as needed for pain relief.

**Warning:**

Do not apply more than 4 times a day. Avoid using the salve on broken skin, wounds, or near the eyes.

## Lesson 8: The Native American Remedy That Has Vicodin-Like Effects



Inspired by Native American traditions of herbal medicine, this powerful tincture combines willow bark and yarrow for a potent pain-relief remedy. The natural salicylates in willow bark act as precursors to modern-day aspirin, providing anti-inflammatory and pain-relieving effects. Yarrow, meanwhile, has been traditionally used for its anti-inflammatory, antispasmodic, and analgesic properties.

### You will need:

- 8 oz. glass jar with a lid
- Brown glass tincture bottle with a dropper
- Cheesecloth, fine strainer, or nut milk bag
- Small funnel (for transferring the tincture to a dropper bottle)

### Ingredients:

- 1 oz. dried willow bark
- 1 oz. dried yarrow flowers
- 80-proof alcohol (such as vodka)

### Instructions:

1. Measure 1 oz. of dried willow bark and 1 oz. of dried yarrow flowers into an 8 oz. glass jar. Make sure to pack the herbs tightly to maximize space.
2. Slowly pour the 80-proof alcohol over the herbs until you've filled the jar, leaving about a one-quarter-inch headspace.

3. Seal the jar tightly with a lid and give it a good shake to ensure the herbs are well-mixed with the alcohol.
4. Label the jar with the name of the tincture, its purpose, and the date of preparation.
5. Place the jar in a cool, dark place for 4-6 weeks, shaking it gently every few days.
6. After 4-6 weeks, strain the tincture using a cheesecloth, fine strainer, or nut milk bag. Use a funnel to pour the liquid into a brown glass tincture bottle with a dropper for easy dosing.

**Dosing Instructions:**

Begin with 1 dropper (approximately 1 mL) every 4-6 hours as needed for pain relief.

**Warning:** Do not exceed more than 3 droppers in a 24-hour period.

## Vertigo and Ear-Related Issues

### Lesson 1: Mullein and Garlic Infused Oil

#### You will need:

- Knife
- Glass jar
- Wooden spoon/ metal spoon
- Cheesecloth
- Dropper bottles

#### Ingredients:

- Organic extra virgin olive oil or jojoba oil or hemp seed oil
- One or two garlic bulbs (depending on the size)
- Dried mullein flowers



Garlic is a potent antimicrobial agent, and when combined with mullein, it provides relief from the pain and inflammation typical of middle ear infections. For help with mullein and herb identification, you can always return to the dedicated lesson in Part 2 of this course.

#### Instructions:

1. Take a fresh garlic bulb and separate the cloves.
2. Crush or mince the cloves to extract the most compounds in the oil. The leftovers make a great accompaniment to pasta.
3. Fill the jar halfway with mullein and garlic.
4. Add the oil, allowing for at least ½ inch of head space at the top of the jar to allow for expansion.
5. After you cover the jar with a cheesecloth or screw on a lid, allow it to infuse for at least 2 weeks.

6. Shake or stir the contents every few days.
7. Strain the garlic and mullein flowers from the oil.
8. Funnel the oil into dropper bottles and screw on the lids tightly.

### **Dosing Instructions:**

**For adults**, dribble 1-2 drops of slightly warmed oil – preferably at body temperature or at least at room temperature - into the ear canal with a dropper and let it rest with the affected side up for 5 to 10 minutes. You can do this every hour if the pain persists; otherwise, 2 to 3 times a day should be sufficient to draw out infection and reduce swelling.

**For children**, I recommend simply massaging a small amount of oil into the outer ear canal.

This Mullein and Garlic Infused Oil can also be used to prevent ear infections or to help with swimmer's ear. For best results, use the ear drops at the first sign of symptoms.

## **Lesson 2: Inner Ear Soothing Drops**

### **You will need:**

- Glass jar
- Fine mesh strainer/ cheesecloth
- Dropper bottle with dropper attached

### **Ingredients:**

- 1 tbsp. dried yarrow
- 5 or 6 tbsp of Mullein and Garlic Oil (please see Lesson 1)



### **Instructions:**

1. Combine the yarrow with the mullein and garlic oil in a glass jar.
2. Leave it to infuse for a couple of days.
3. Strain the infusion using a mesh strainer or cheesecloth into a clean container.

**Dosing Instructions:**

Using a clean dropper, carefully administer a few drops of the herbal infusion into the affected ear. Tilt your head to the side to allow the liquid to settle in the ear for a few minutes. Gently tilt your head back and let the excess liquid drain out.

# All About Joint Health

## Lesson 1: The Joint Joy Juice

### You will need:

- Pot
- Strainer
- Timer
- Large Cup
- Juicer
- Wooden spoon/ metal spoon



### Ingredients:

- 2 oranges
- ½ cup of stinging nettle leaves
- 1 dropper (20-30 drops) of liquid turmeric root extract
- 1 dropper (20-30 drops) of liquid ginger extract
- 2 cups of water
- Ice

Stinging nettle is ideal for treating arthritis, as it inhibits inflammation found in autoimmune and allergic reactions. Same as turmeric, which possesses strong anti-inflammatory properties that reduce swelling and inflammation throughout the body.

### Instructions:

1. Put 2 cups of water into a pot and bring it to a boil.
2. Add the dried stinging nettle leaves to the boiling water and set a timer for 5 minutes.
3. When the 5 minutes are up, remove the pot and set it somewhere to cool down.
4. Once it's completely cooled, strain the liquid making sure all the leaves are removed.

5. Pour the water into a large cup.
6. Squeeze the oranges or run them through a juicer and add the juice to the cup.
7. Add the 20 drops of liquid turmeric root extract and the 20 of liquid ginger extract and give everything a good stir.

It's now ready to drink. The Joint Joy Juice is best served fresh, so it's best not to make this one in bulk. You can add some ice if you like it cold.

### **Dosing Instructions:**

Consume once a day for 2-3 weeks for acute joint discomfort. For chronic joint issues like arthritis, consume daily for 6-8 weeks. After this period, evaluate your symptoms. If you've noticed improvement, continue with a maintenance dose of 3-4 times a week.

## **Lesson 2: A Hot Pepper Salve for Arthritis**

### **You will need:**

- Heatproof glass or metal bowl
- Saucepan
- Spatula
- Plate
- Wooden spoon/ metal spoon
- Jar



### **Ingredients:**

- 6 oz. oil (grapeseed, almond, olive, or jojoba oil)
- 1 oz. bees wax, grated or pellets
- 3 tbsp. cayenne powder
- Several glasses of water

Cayenne is rich in capsaicin which helps relieve arthritis, joint, muscle, and tendon pain.

**Instructions:**

1. Place the oil, beeswax, and cayenne powder into a heatproof glass or metal bowl.
2. Place that bowl over a saucepan that contains about 1 inch of water to create what's called a double boiler. The goal of a double boiler is to create a slow, gentle heat to melt the beeswax without cooking the mixture.
3. Bring the water in the pot to a simmer. The steam from the simmering water will melt the wax in the bowl.
4. Once the wax is melted, stir the cream together with a spatula, then scrape it out and put it into a jar.
5. Adjust the amount of beeswax for a firmer or softer cream. You can test the cream's texture by placing a drop or two onto a cold plate.

You can apply it topically to the affected area to ease any pain and inflammation.

If you're looking for a stronger cream, you can infuse the cayenne into the oil ahead of time for a day or two. If you want a whipped cream rather than a standard salve, place the double boiler bowl in the refrigerator for 10 minutes after melting, then give it a good whip. Repeat several times if needed.

Solid salves tend to waste less than when applying whipped creams, but this is a matter of personal preference. Feel free to adjust the amount of beeswax to adjust for consistency. The amount of cayenne can also be adjusted; however, make sure you try it out first.

## Lesson 3: Healing Oil for Sore Joints

Healing Oil for Sore Joints is a topical oil blend formulated to alleviate joint pain and inflammation. It combines the analgesic properties of black cohosh, the warming effects of cayenne pepper, and the natural salicylates of white willow bark to create a synergistic blend that targets sore joints effectively.



### You will need:

- 8 oz. glass jar with a lid
- Small saucepan or double boiler
- Cheesecloth or fine strainer
- Measuring spoons and cups
- Dark-colored glass bottle with a dropper or pump for storing the oil

### Ingredients:

- ½ cup olive oil or jojoba oil
- 2 tbsp. dried white willow bark
- 2 tbsp. dried black cohosh root
- 1 tsp. cayenne pepper powder

Black cohosh is traditionally used for its anti-inflammatory and analgesic effects, white willow bark acts as a natural aspirin, and cayenne pepper increases blood flow and has warming properties.

### Instructions:

1. In a small saucepan or double boiler, add the olive oil or jojoba oil.
2. To the oil, add 2 tbsp. each of dried black cohosh root and white willow bark, along with 1 tsp. of cayenne pepper powder.
3. Gently heat the oil and herb mixture on low heat for 30-45 minutes, ensuring the oil doesn't boil. Stir occasionally.

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4. After the herbs have infused in the oil, remove the saucepan from the heat and allow the mixture to cool slightly.
  5. Strain the oil through a cheesecloth or fine strainer into an 8 oz. glass jar or a dark-colored glass bottle with a dropper or pump. Ensure that all herb particles are removed.
  6. Seal the bottle or jar tightly and label it with the name, its purpose, and the date it was made.

**Dosing Instructions:**

Apply a generous amount of the Healing Oil to sore joints, massaging gently until the oil is absorbed. Use up to 4 times a day, as needed.

## Lesson 4: Natural Bone-Building Lemonade

Natural Bone-Building Lemonade is a delicious tonic designed to fortify the inner-ear bone structure, thereby potentially aiding in ear health and reducing symptoms like vertigo. This tonic features horsetail and nettle leaf, herbs that are rich in essential minerals like silica and calcium, which are vital for bone health.

**You will need:**

- Large pitcher or jug
- Saucepan
- Strainer or cheesecloth
- Measuring cups and spoons
- A wooden spoon for stirring

**Ingredients:**

- Juice of 3 lemons
- 1 tbsp. dried horsetail
- 1 tbsp. of dried nettle leaf
- 4 cups of filtered water
- Raw honey or stevia to taste

Horsetail and nettle leaf are known for their mineral content, particularly silica and calcium, which are important for bone health. Lemon juice adds not just flavor but also vitamin C, which can help in the absorption of these minerals.

**Instructions:**

1. In a saucepan, bring 4 cups of filtered water to a low boil.
2. Once the water is boiling, add the dried horsetail and nettle leaf to the saucepan. Reduce the heat and let the herbs simmer for 10-15 minutes.
3. Remove the saucepan from the heat and allow it to cool for a few minutes.



4. Strain the herbal mixture into a large pitcher or jug, discarding the spent herbs.
5. Add the juice of 3 lemons to the herbal water in the pitcher.
6. Sweeten your lemonade with raw honey or stevia to taste. Stir well to combine all the ingredients.
7. Chill the lemonade in the refrigerator for a few hours before serving. You can also add ice cubes for immediate serving.
8. Label the pitcher with the name of the tonic, its purpose, and the date it was made.

**Dosing Instructions:**

Consume 1-2 cups daily. This lemonade can be consumed over a few days if stored in the refrigerator.

# How to Deal with Chronic Inflammation

## Lesson 1: Anti-Inflammatory Root Tea

### You will need:

- Small pot
- One tbsp.
- Wooden spoon
- Strainer
- Cup

### Ingredients:

- 1 tbsp. of grated/ powdered turmeric root
- 1 tbsp. of grated/ powdered ginger root
- 1 tbsp. of grated/ powdered licorice root
- 1 tbsp. of grated/ powdered dandelion Root
- 1 tbsp. of grated/ powdered burdock Root
- 1 cup of water



### Instructions:

1. Inside a small pot, pour 1 cup of water.
2. Add one grated or powdered tbsp. of turmeric root, ginger root, licorice root, dandelion root, and burdock root. These roots contain powerful anti-inflammatory compounds, so just 1 tbsp. of each will be enough.
3. Mix everything using a wooden spoon and let it simmer on low heat for about 15 minutes.
4. Remove the pot and let it steep for an extra 5 minutes.

5. Strain your anti-inflammatory root tea and drink it hot.

### **Dosing Instructions:**

What I recommend is a cup of it in the morning and another one right after dinner. That way, you'll be covered for the entire day and most of the night.

## **Lesson 2: The Anti-Inflammatory Tincture**

### **You will need:**

- Dropper bottle with dropper attached
- Clean mason jar
- Blender

### **Ingredients:**

- Black peppercorns
- ½ cups of frankincense beads
- 3-4 fresh, organic turmeric roots
- 80-proof vodka



This recipe uses an herb, a resin, and a spice that work synergistically to fight inflammation. A recent, double-blind placebo-controlled study found that frankincense makes the inflammation-fighting compounds of Turmeric more bioavailable inside our body. The black pepper is added for the same reason.

### **Instructions:**

1. Take 3 of 4 fresh, organic Turmeric roots and, after washing, blend them into a powder.
2. Take a clean mason jar and place the turmeric powder inside.
3. Measure out a pinch of black pepper or you can use black peppercorns
4. Add ½ cups of Frankincense beads.

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5. Cover everything with 80-proof vodka.
  6. Give it a good shake so that everything mixes together.
  7. Store the jar in a cool, dark place, such as a pantry or cabinet, and let it steep for about 6 weeks.
  8. Once your tincture is ready, strain the liquid inside small, tinted dropper bottles. Also, store these in a cool, dark place.

### **Dosing Instructions:**

For chronic inflammation take 1 tsp. of the tincture, mixed with water or juice, up to three times a day.

## **Lesson 3: This is How People Stayed Healthy During the Great Depression**

The Great Depression was a time when people had to make do with what they had, and often, that included turning to traditional remedies for health care. One such remedy aimed at reducing chronic inflammation features the use of dandelion, burdock root, and elderberries—herbs that were commonly foraged or grown in home gardens during the 1930s in the United States.



### **You will need:**

- 8 oz. glass jar with a lid
- Small saucepan
- Cheesecloth or fine strainer
- Measuring cups and spoons
- Glass bottle or jug for storing the finished product

**Ingredients:**

- 1/4 cup dried dandelion leaves
- 1/4 cup dried burdock root
- 1/4 cup dried elderberries
- 4 cups of water
- Honey or molasses to taste (molasses was commonly used during the Great Depression as a sweetener)

Dandelion has anti-inflammatory and diuretic properties. Burdock root is known for its anti-inflammatory and antioxidant benefits, and elderberries are rich in vitamins and antioxidants that support the immune system.

**Instructions:**

1. Combine 1/4 cup each of dried dandelion leaves, burdock root, and elderberries in an 8 oz. glass jar.
2. In a small saucepan, bring 4 cups of water to a boil.
3. Add the mixed herbs to the boiling water and reduce the heat to a simmer.
4. Let the mixture simmer for 15-20 minutes, allowing the herbs to infuse their properties into the water.
5. Remove the saucepan from heat and let the mixture cool for a few minutes.
6. Strain the herbal infusion through a cheesecloth or fine strainer into a glass bottle or jug.
7. Add honey or molasses to taste, and stir well.
8. Once cooled, seal the bottle or jug tightly and label it with the name, its purpose, and the date it was made.

**Dosing Instructions:**

Drink 1 cup of this herbal infusion once or twice a day to help reduce chronic inflammation.



## Lesson 4: How to Make God's Oil for Inflammation

God's Oil is a biblical recipe for a sacred anointing oil, mentioned in the book of Exodus. This modern adaptation of the recipe aims to capture the essence of the original formulation, adjusted for contemporary use with the goal of treating chronic inflammation.

The original holly anointing oil recipe from the Book of Exodus includes myrrh, cinnamon, cassia, calamus, and olive oil. Each of these ingredients has its own health benefits and, when combined, they create a powerful synergistic effect.

### **You will need:**

- 16 oz. glass jar with a lid
- Small saucepan or double boiler
- Cheesecloth or fine strainer
- Measuring cups and spoons
- Dark-colored glass bottle with a dropper or pump for storing the oil

### **Ingredients:**

- 1 cup olive oil (Extra Virgin)
- 1/4 cup myrrh resin or myrrh essential oil
- 1/4 cup ground cinnamon or cinnamon essential oil
- 1/4 cup cassia bark or cassia essential oil
- 2 tbsp. calamus root or calamus essential oil

Each of these ingredients has potential anti-inflammatory properties. Myrrh has been used traditionally for its analgesic and anti-inflammatory benefits. Cinnamon and cassia have antioxidant and anti-inflammatory qualities. Calamus has been used for its anti-spasmodic and anti-inflammatory effects.



### Instructions:

1. Place the olive oil in a small saucepan or double boiler and gently heat it over low heat.
2. Slowly add myrrh, cinnamon, cassia, and calamus to the warm oil, stirring continuously to ensure even distribution.
3. Allow the ingredients to infuse in the oil on low heat for about 45 minutes to an hour. Make sure the oil does not boil.
4. After the infusion period, remove the saucepan from heat and allow it to cool down.
5. Strain the oil through a cheesecloth or fine strainer into a 16 oz. glass jar or a dark-colored glass bottle with a dropper or pump. Make sure all the solid particles are removed.
6. Seal the jar or bottle tightly, and label it with the name, its purpose, and the date it was made.

### Dosing Instructions:

Apply the oil generously on areas of inflammation, massaging gently into the skin. Use up to 3 times a day as needed.

## Lesson 5: Cabbage Bandages for Joint Inflammation

Cabbage has been a staple in traditional medicine for centuries, often used as a simple but effective treatment for a variety of ailments, including skin issues and joint inflammation. Rich in vitamins and phytonutrients, cabbage leaves can act as a natural anti-inflammatory when applied topically. This recipe also includes optional ingredients like lavender essential oil for added benefits.

**You will need:**

- Fresh green cabbage leaves (organic preferred)
- Rolling pin or mallet
- Clean, soft cloth or gauze
- Optional: Lavender essential oil or other essential oil of your choice
- Plastic wrap or bandage to secure the leaf

**Ingredients:**

- 2-3 large green cabbage leaves
- 1-2 drops of lavender essential oil (optional)

Cabbage is rich in glucosinolates, which have anti-inflammatory and antioxidant effects. If using, lavender essential oil adds a soothing effect and pleasant scent.

**Instructions:**

1. Wash and dry the cabbage leaves thoroughly, removing any dirt or debris.
2. Cut out the hard stem from the middle of each leaf so it can be applied more easily to the joint.
3. Optional: Add a drop or two of lavender essential oil to the inner side of the leaf for added benefits.
4. Use a rolling pin or mallet to gently bruise or crush the cabbage leaves. This helps release the natural juices, making the leaves more effective.
5. Once the leaves are bruised, place them directly onto the inflamed joint, oil side down if you added essential oil.

6. Cover the cabbage with a clean, soft cloth or gauze.
7. Secure the cloth and cabbage leaf in place using plastic wrap or a bandage. Make sure it's snug but not too tight, as you don't want to cut off circulation.



8. Leave the cabbage bandage on for at least 2 hours or overnight for best results.
9. Remove the bandage and cabbage leaf, and rinse the area with cool water.

### **Dosing Instructions:**

Apply a fresh cabbage bandage once or twice a day until inflammation subsides.

## **Lesson 6: Anti-Inflammatory Potato Juice**

Potato juice has been used in traditional medicine as an anti-inflammatory remedy for conditions like arthritis and other joint issues. Rich in vitamins and minerals, potatoes also contain a variety of phytonutrients and antioxidants that can help reduce inflammation when consumed. This recipe enhances the natural benefits of potato juice with the addition of ginger and lemon.



### **You will need:**

- Juicer
- Fresh, organic potatoes
- Fresh, organic ginger root
- Organic lemon
- Measuring cups and spoons
- Glass jar or bottle for storing the juice

**Ingredients:**

- 2 large organic potatoes
- 1-inch piece of organic ginger root
- Juice of 1 organic lemon

Potatoes are rich in vitamins like B6 and C, as well as minerals such as potassium and magnesium, which can aid in reducing inflammation. Ginger has long been recognized for its anti-inflammatory and analgesic properties. Lemon juice provides a burst of vitamin C and enhances flavor.

**Instructions:**

1. Wash and scrub the potatoes and ginger root thoroughly to remove any dirt. You may peel them if you wish, but keeping the skin on provides additional nutrients.
2. Cut the potatoes and ginger into smaller pieces that will fit easily into your juicer.
3. Juice the potatoes and ginger root together, collecting the juice in a glass jar or bottle.
4. Squeeze the juice of one lemon into the potato and ginger juice, and stir well to combine.
5. Optional: If you find the taste too strong, you may dilute the juice with a little water.
6. Seal the jar or bottle tightly, and store the juice in the refrigerator. Consume within 24-48 hours for best results.

**Dosing Instructions:**

Drink ½ to 1 cup of this anti-inflammatory potato juice once a day, preferably on an empty stomach for better absorption.

## Lesson 7: Anti-Inflammatory Blue Tea

Blue tea, also known as butterfly pea flower tea, is a traditional herbal remedy that has gained popularity for its anti-inflammatory properties. Made from the petals of the *Clitoria ternatea* plant, the tea is rich in antioxidants like proanthocyanidin and anthocyanin which help to boost overall health. This recipe is enhanced with the addition of turmeric and honey, making it a powerful anti-inflammatory elixir.



### You will need:

- Teapot or large heat-proof glass jar
- Measuring cups and spoons
- Kettle or pot for boiling water
- Strainer
- Cups or mugs for serving
- Optional: lemon slices for garnish

### Ingredients:

- 1 tbsp. dried butterfly pea flowers (*Clitoria ternatea*)
- 1 tsp. ground turmeric or a small piece of fresh turmeric root
- 1-2 tsp. raw honey or to taste
- 4 cups boiling water

Butterfly pea flowers contain natural antioxidants and anti-inflammatory compounds. Turmeric is renowned for its potent anti-inflammatory and antioxidant properties, primarily due to its active ingredient, curcumin. Honey adds sweetness and has its own anti-inflammatory benefits.

### Instructions:

1. Place the dried butterfly pea flowers and ground turmeric into a teapot or heat-proof glass jar.
2. Boil 4 cups of water in a kettle or pot.

3. Pour the boiling water over the butterfly pea flowers and turmeric in the teapot or jar.
4. Cover and let the tea steep for about 5-10 minutes, depending on how strong you like your tea.
5. Strain the tea to remove the flowers and any turmeric residue.
6. Stir in 1-2 tsp. of raw honey, or to taste.
7. Optional: Add a slice of lemon to each cup for additional flavor and health benefits.  
The lemon will also change the color of the tea, making it more vibrant.
8. Serve warm, and enjoy!

**Dosing Instructions:**

Drink 1-2 cups of this anti-inflammatory blue tea daily. It can be consumed hot or cold.

**Lesson 8: Turmeric Lemonade**

Designed to combat chronic inflammation, Turmeric Lemonade combines the potent anti-inflammatory properties of turmeric with the vitamin C-rich benefits of lemons. Both ingredients have been studied for their potential to reduce inflammation and improve overall health, making this lemonade a refreshing and therapeutic drink.

**You will need:**

- Large pitcher or jar
- Measuring cups and spoons
- Juicer or lemon squeezer
- Stirrer or spoon
- Kettle or pot for boiling water (optional for making turmeric tea)

- Optional: Ice cubes for serving

### **Ingredients:**

- Juice of 4-5 organic lemons
- 1-2 tsp. of ground turmeric
- 4 cups of cold water or turmeric tea (see instructions)
- 2-4 tbsp of raw honey or natural sweetener of your choice
- A pinch of black pepper (to enhance turmeric absorption)

Lemons are rich in Vitamin C and other antioxidants. Turmeric contains curcumin, which is noted for its anti-inflammatory effects. Black pepper contains piperine, which can enhance the absorption of curcumin by up to 2000%.

### **Instructions:**

1. Juice the lemons to get about 1 cup of fresh lemon juice.
2. In a large pitcher or jar, combine the lemon juice, ground turmeric, and a pinch of black pepper.
3. Optional: If you prefer a stronger turmeric flavor and added benefits, you can boil 4 cups of water and add 1-2 tsp. of ground turmeric to make a simple turmeric tea. Allow it to cool down before using it in this recipe.
4. Add 4 cups of cold water or cooled turmeric tea to the pitcher or jar.
5. Add 2-4 tbsp. of raw honey or another natural sweetener, adjusting to taste.
6. Stir the ingredients thoroughly to combine. For best results, allow the lemonade to sit for a few minutes so that the flavors can meld together.
7. Taste the lemonade and adjust the sweetness or tartness as needed.
8. Optional: Serve over ice for a refreshing experience.

**Dosing Instructions:** Drink 1-2 cups of this Turmeric Lemonade daily to help combat chronic inflammation.

# Immunity

## Lesson 1: The Homemade Immunity Shield Tonic

### You will need:

- Small pot
- Strainer
- Cup

### Ingredients:

- 1 tbsp. of fresh pine needles or 1 tsp. of dried needles
- 1 tbsp. of fresh mint or 1 tsp. of dried mint
- 1 tbsp. of fresh rosemary or 1 tsp. of dried rosemary
- 1 tbsp. of elderberry extract
- 1.5 cups of water



Elderberry extract reduces the severity and length of colds and influenza.

### Instructions:

1. Place the first 3 ingredients into a small pot with 1.5 cups of water.
2. Slowly bring it to a boil, then allow it to simmer gently for 10-15 minutes.
3. Strain and add the elderberry extract.

### Dosing Instructions:

Drink it on a daily basis.

## Lesson 2: Immune-Boosting Capsules

These Immune-Boosting Capsules are a convenient way to support your immune system daily. The blend of carefully chosen herbs is designed to help increase your body's natural defenses against common illnesses like colds and the flu.

### You will need:

- Empty vegetable capsules (size 00)
- Mortar and pestle or an electric grinder
- Small funnel or piece of paper to act as a makeshift funnel
- Mixing bowl
- Small spoon or capsule filling machine
- Airtight container for storage

### Ingredients:

- Echinacea root powder
- Astragalus root powder
- Elderberry powder
- Ginger root powder

Echinacea is well-known for its immune-boosting properties and is often used to prevent or treat common colds. Astragalus is a powerful adaptogen that supports the immune system and helps the body adapt to stress. Elderberries are rich in antioxidants and vitamins and may boost your immune system. Ginger is loaded with immune-boosting benefits and also helps with digestion.

### Instructions:

1. Using a mortar and pestle or electric grinder, grind each herb separately until they turn into a fine powder. You can also buy pre-ground herbs to save time.
2. In a mixing bowl, combine equal parts of each herb powder. Stir them together until well-mixed.



3. Set up your empty capsules and have your funnel (or makeshift funnel) at the ready.

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4. Use the small spoon or a capsule filling machine to fill each half of the capsule with the herbal mixture. Be sure to pack the powder in tightly so each capsule is full.
  5. Once both halves are full, carefully close the capsule by pressing both halves together.
  6. Store the filled capsules in an airtight container, and keep the container in a cool, dark place.

**Dosing Instructions:**

Take one capsule daily for general immune support. During times when you need extra immune support (such as during flu season or when you're feeling run down), you can take up to two capsules per day.

### **Lesson 3: The Natural Immunity Shield You Can Grow**

Imagine having your own natural pharmacy right in your backyard! This simple recipe calls for herbs that you can easily grow at home, giving you a readily available source of natural immune support. This tonic combines the benefits of garlic, thyme, and oregano, all of which are simple to grow and are known for their immune-boosting properties.

**You will need:**

- Mason jar or a similar glass jar with a lid
- Measuring cup
- Measuring spoons
- Cutting board and knife
- Strainer
- Small bowl or cup
- Optional: cheesecloth or fine mesh strainer

**Ingredients:**

- 2-3 garlic cloves, peeled and finely chopped
- 1 tbsp. fresh thyme leaves, removed from stems
- 1 tbsp. fresh oregano leaves, removed from stems
- 2 cups boiling water

Garlic is a natural antibiotic and antiviral, renowned for its immune-boosting properties. Thyme is rich in vitamin C and also includes a variety of flavonoids, including apigenin, naringenin, luteolin, and thymonin. Oregano is not just a common kitchen herb; it also has potent antimicrobial and antioxidant properties.

**Instructions:**

1. Start by preparing your herbs. Peel and finely chop the garlic, and remove thyme and oregano leaves from their stems.
2. Place the chopped garlic, thyme leaves, and oregano leaves in your glass jar.
3. Boil 2 cups of water in a kettle or a pot.
4. Pour the boiling water over the herbs in the jar.
5. Seal the jar with its lid and let the mixture steep for about 4-6 hours. This allows the beneficial properties of the herbs to infuse into the water.
6. After the infusion time, strain the liquid into a small bowl or cup using a strainer. If you'd like a clearer tonic, you can further strain it using a cheesecloth or fine mesh strainer.
7. Store the tonic in a refrigerator. You can keep it for up to a week.

**Dosing Instructions:**

For general immune support, take 1-2 tbsp. of this tonic daily. You can also add it to your tea, soup, or even salad dressings.

## Lesson 4: Plant-Based Immunity Powerhouse



For those who follow a plant-based lifestyle, this immunity-boosting recipe is perfect. It's rich in vitamins, minerals, and plant compounds that are known to support a healthy immune system. The blend includes kale, ginger, and spirulina, which you can easily incorporate into your daily diet.

### You will need:

- Blender or food processor
- Measuring cups and spoons
- Glass or cup for serving
- Optional: ice cube tray for freezing extra portions

### Ingredients:

- 1 cup of fresh kale leaves, stems removed
- 1-inch piece of fresh ginger, peeled and sliced
- 1 tsp. of spirulina powder
- 1 apple or pear, cored and sliced (for sweetness)
- 2 cups of coconut water or filtered water

Kale is a nutritional powerhouse, rich in vitamins A, C, and K, as well as minerals like calcium and magnesium. Ginger is not only flavorful but also has potent anti-inflammatory and immune-boosting properties. Spirulina is a blue-green algae that is packed with protein, vitamins, and minerals, making it a fantastic supplement for anyone on a plant-based diet.

### Instructions:

1. Start by preparing your fruits and vegetables. Remove the stems from the kale leaves, peel and slice the ginger, and core and slice your apple or pear.

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2. Add the kale leaves, sliced ginger, and apple or pear slices to the blender or food processor.
  3. Add 1 tsp. of spirulina powder.
  4. Pour in 2 cups of coconut water or filtered water.
  5. Blend on high until all the ingredients are well incorporated, and you have a smooth, vibrant green liquid.
  6. Taste the mixture. If it's not sweet enough for you, you can add a little bit of natural sweetener like stevia or honey and blend again.
  7. Pour into a glass for immediate consumption, or if you made extra, you can freeze them in ice cube trays for future use.

**Dosing Instructions:**

Drink one glass (about 8-10 ounces) of this Plant-Based Immunity Powerhouse daily for general immune support. If you have frozen extra portions, you can easily defrost them for a quick immune boost whenever you need it.

## Lesson 5: Immunity-Boosting Honey

Honey is nature's liquid gold, filled with antioxidants and natural sweetness. When combined with immune-boosting herbs and spices, this Immunity-Boosting Honey becomes a versatile, delicious way to fortify your body against illness. It can be used in teas, drizzled over oatmeal, or even consumed straight from the spoon.

**You will need:**

- 16 oz. glass jar with a lid
- Measuring spoons
- Stirrer or spoon
- Optional: labels for dating and identification

**Ingredients:**

- 1 cup of raw, organic honey
- 1 tsp. of ground ginger
- 1 tbsp. of ground cinnamon
- ½ tsp. of ground black pepper
- 1 tbsp. of ground turmeric

Raw honey acts as a base and is a natural antimicrobial and antioxidant. Cinnamon is rich in antioxidants and has anti-inflammatory properties. Turmeric contains curcumin, a powerful antioxidant and anti-inflammatory agent. Ginger has been used for ages for its medicinal properties, including boosting the immune system. Black pepper enhances the absorption of curcumin from turmeric.

**Instructions:**

1. Start by sterilizing your glass jar. This ensures that it's free from any contaminants that might spoil the honey blend.
2. Pour the raw, organic honey into the glass jar, leaving a little space at the top.
3. Add the ground cinnamon, ground turmeric, ground ginger, and ground black pepper to the honey.
4. Using a stirrer or spoon, thoroughly mix the spices into the honey. Make sure everything is well combined to ensure that each spoonful will contain all the immune-boosting ingredients.
5. Seal the jar tightly with its lid.
6. Optional: Attach a label to the jar, noting what it contains and the date it was made. This will help you keep track of its freshness.

7. Store the jar in a cool, dark place. The honey acts as a natural preservative, so your Immunity-Boosting Honey should stay good for quite a long time.

**Dosing Instructions:**

Take one tsp. of this Immunity-Boosting Honey daily for general immune support. You can also stir it into warm water to make an immune-boosting tea, spread it on toast, or drizzle it over oatmeal or yogurt.

# Liver Health

The liver is the second largest organ in your body and it's responsible for at least 500 different functions, so taking care of it is a no-brainer. But sometimes this means more than eating healthy and drinking less or no alcohol at all.

The liver takes care of detoxifying the organs and blood, producing hormones, synthesizing bile for digestion, making proteins, breaking down red blood cells, and much, much more.

When the liver is healthy, it produces the right concentration of enzymes for breaking down proteins so that the body can readily absorb them.

But when the liver is damaged or diseased, it can produce too many of these enzymes which can make their way into the blood. Essentially, these enzymes will break down the proteins in the red blood cells instead of staying reasonably contained within the liver.

## Lesson 1: Natural Detoxifying Juice

### You will need:

- Peeler/ knife
- Juicer
- Grater
- Glass

### Ingredients:

- 2 medium-sized beets
- 2 medium-sized carrots
- 1 small cucumber
- 1 lemon
- 1-inch piece of fresh ginger
- A handful of fresh mint leaves



The ginger in this recipe is used because of its powerful compounds, including gingerols and shogaols, that help inhibit inflammation and protect against cellular damage, which can help support liver health.

**Instructions:**

1. Wash all the ingredients and peel the beets, carrots, and the lemon.
2. Cut them into smaller pieces that will fit into your juicer.
3. Peel and grate the ginger.
4. Add all the ingredients, including the ginger and mint leaves, into a juicer.
5. Process everything until you get a smooth juice.
6. Pour the juice into a glass and enjoy immediately.

**Dosing Instructions:**

Consume one glass (8-12 oz) of Natural Detoxifying Juice once daily, preferably in the morning on an empty stomach for optimal absorption and detoxification benefits.

## Lesson 2: Liver Repair Tea

**You will need:**

- Saucepan
- Cup
- Strainer
- Tsp.

**Ingredients:**

- 1 tbsp. of dried milk thistle seeds
- 1 tbsp. of dried dandelion root
- 1 tbsp. of dried burdock root



- 1 tbsp. of dried licorice root
- 1 tsp. of dried ginger root
- Honey or lemon
- 4 cups of water

The dandelion root is used because it's a natural detoxifier. Burdock root is used for its capacity of improving liver function, and, in combination with the dandelion root, it can reduce any swelling around the liver.

**Instructions:**

1. Add 4 cups of water into the saucepan and bring it to a boil.
2. Add the milk thistle seeds, dandelion root, burdock root, licorice root, and ginger root to the boiling water.
3. Reduce the heat to low and let the mixture simmer for about 10 minutes.
4. Remove the saucepan from the heat and let the tea steep for an additional 5 minutes.
5. Strain the tea into a teapot or mug, and throw away the herbal remnants.

If you prefer, add a small amount of honey or a squeeze of lemon for taste. Stir it well and enjoy the liver repair tea while it's still warm.

This one can be made as a tincture as well. It will make it last even longer and it will be easier to travel with or share with someone else in need.

**Dosing Instructions:**

Consume one cup (8 oz) of Liver Repair Tea once daily for a 2-4 week period. After this period, consume one cup every 3-4 days for ongoing support. It's recommended to drink the tea in the morning or early afternoon, as some of the herbs can have a stimulating effect that may interfere with sleep if taken too late in the day.



## Lesson 3: Liver Repair Tincture

The liver plays a crucial role in the body's immune system, as well as in detoxification, metabolism, and nutrient storage. If the liver is not functioning optimally, it can affect your overall health. This Liver Repair Tincture aims to support liver health and, in turn, better immune function. It uses milk thistle, dandelion root, and licorice root for their liver-supporting properties.

### **You will need:**

- 16 oz. glass jar with a lid
- Cheesecloth, fine strainer, or nut milk bag
- Brown glass tincture bottle with a dropper
- Measuring cup
- Funnel

### **Ingredients:**

- 2 tbsp. dried milk thistle seeds
- 2 tbsp. dried dandelion root
- 1 tbsp. dried licorice root
- 2 cups of 80 proof alcohol (like vodka)

Milk thistle is widely known for its liver-supporting properties, especially its active compound silymarin, which has antioxidant and anti-inflammatory effects. Dandelion root aids in bile flow and can help rejuvenate liver cells. Licorice root has also been used in traditional medicine for liver support and possesses anti-inflammatory and immune-boosting properties.

### **Instructions:**

1. In a sterilized 16 oz glass jar, combine the dried milk thistle seeds, dried dandelion root, and dried licorice root.

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2. Pour 2 cups of 80-proof alcohol over the herbs, covering them entirely.
  3. Seal the jar with its lid and shake well to mix the ingredients.
  4. Label the jar with its contents and the date.
  5. Store the jar in a cool, dark place for at least 4-6 weeks to allow the herbs to infuse into the alcohol.
  6. After 4-6 weeks, strain the tincture using a cheesecloth, fine strainer, or nut milk bag.  
**Use a funnel to transfer the liquid into a brown glass tincture bottle with a dropper.**

### **Dosing Instructions:**

For liver support, the general recommendation is to take 1 dropper full (approximately 1 ml) 2-3 times daily.

## **Lesson 4: Herbal Liver Flush**

Liver flushes aim to improve overall liver function, which in turn benefits digestion, nutrient absorption, and detoxification processes in the body. This Herbal Liver Flush combines herbs known for their liver-supporting qualities into a potent drink designed to give your liver a healthy boost.



### **You will need:**

- Blender or juicer
- Measuring cups and spoons
- 16-20 oz glass for serving
- Optional: Lemon squeezer

### **Ingredients:**

- 1 fresh beetroot, peeled and diced
- 1 fresh carrot, peeled and diced
- 1 apple, cored and sliced

- 1-inch piece of fresh turmeric root, peeled
- 1-inch piece of fresh ginger root, peeled
- Juice of 1 lemon
- 1 tsp. of olive oil
- 1 cup of filtered water or coconut water

Beets contain betalains, antioxidants that are beneficial for liver detoxification. Carrots and apples offer vitamins and fiber that support overall digestive health. Turmeric and ginger both have anti-inflammatory and antioxidant properties that assist liver function. Lemon juice and olive oil both facilitate the liver in flushing out toxins.

### **Instructions:**

1. Prepare your ingredients by peeling and dicing the beetroot and carrot. Core and slice the apple. Peel the turmeric and ginger roots.
2. Place the diced beetroot, carrot, apple slices, turmeric, and ginger into your blender or juicer.
3. Squeeze the juice of 1 lemon into the mixture. If you like, you can use a lemon squeezer to ensure you get all the juice.
4. Add 1 tsp. of olive oil to the mixture. This aids in the absorption of certain nutrients.
5. Pour in 1 cup of filtered water or coconut water for added hydration and nutrients.
6. Blend or juice the ingredients together until smooth. If the mixture is too thick, you can add a little more water until it reaches your preferred consistency.
7. Pour the Herbal Liver Flush into a 16-20 oz glass.

### **Dosing Instructions:**

Consume one glass of this Herbal Liver Flush once a day for a week to help give your liver a healthy boost. After that, you can continue to include it in your routine as you see fit.



## Lesson 5: The 4000-Old Spice That Helps You Detox

Turmeric, a spice that has been used for thousands of years, has a multitude of health benefits. Among its most renowned effects are its potent anti-inflammatory and antioxidant properties. This Turmeric Detox Tea uses the age-old spice to help cleanse your body, including your liver and digestive system, helping you detox naturally.

### You will need:

- Teapot or a saucepan
- Strainer or tea infuser
- Measuring spoons
- A cup for serving

### Ingredients:

- 1 tsp. of ground turmeric
- 1 tsp. of ground ginger
- ½ tsp. of ground cinnamon
- A pinch of black pepper
- 1 tbsp. of organic honey or maple syrup
- Juice of half a lemon
- 2 cups of filtered water

Turmeric contains curcumin, which has powerful anti-inflammatory and antioxidant effects. Ginger aids in digestion and also has antioxidant properties. Cinnamon adds sweetness and has its own array of health benefits including anti-inflammatory effects. Black pepper is added to increase the bioavailability of curcumin in turmeric. Honey or maple syrup is for natural sweetness, and lemon juice adds vitamin C and other nutrients.

### Instructions:

1. Bring 2 cups of filtered water to a boil in a teapot or saucepan.
2. Add the ground turmeric, ground ginger, and ground cinnamon to the boiling water. If you are using a teapot with a built-in strainer, you can put the spices directly in. Otherwise, you may use a tea infuser.
3. Allow the mixture to simmer for about 10 minutes on low heat.

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4. Remove from heat and strain the tea to remove the ground spices, pouring it into your serving cup.
  5. Add a pinch of black pepper to the tea to enhance the absorption of turmeric.
  6. Stir in the juice of half a lemon and a tbsp. of organic honey or maple syrup for sweetness.
  7. Allow the tea to cool down a bit before drinking, as very hot liquids can be harsh on your digestive system.

### **Dosing Instructions:**

Drink one cup of this Turmeric Detox Tea in the morning on an empty stomach and another cup in the afternoon. It's best consumed for a week to observe detoxification benefits, but always consult your healthcare provider for personalized advice.

## **Lesson 6: Activated Charcoal Detox Powder**

Activated charcoal is renowned for its detoxification properties, as it acts like a magnet, attracting toxins and trapping them in its porous structure. This Activated Charcoal Detox Powder aims to support your immune system by aiding in the removal of toxins from your body. However, it's crucial to consult your healthcare provider before incorporating activated charcoal into your regimen, as it can interfere with medications and nutrient absorption.



### **You will need:**

- A small glass jar with a tight-fitting lid (about 4 oz size)
- Measuring spoons

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- A small bowl for mixing
  - A spoon for stirring

**Ingredients:**

- 2 tbsp. activated charcoal powder (food-grade)
- 1 tbsp. bentonite clay
- 1 tbsp. psyllium husk (optional)
- A pinch of ground ginger

Activated charcoal is the key ingredient for detoxification. Bentonite clay complements the activated charcoal by also drawing out toxins. Psyllium husk adds fiber that can help move waste through your digestive system. Ground ginger adds a little flavor and has its own health benefits, including anti-inflammatory and digestive properties.

**Instructions:**

1. In a small bowl, mix together the activated charcoal powder, bentonite clay, psyllium husk (if using), and a pinch of ground ginger.
2. Stir the mixture well until all the ingredients are evenly combined.
3. Transfer the mixed powder into a small glass jar with a tight-fitting lid.
4. Label the jar with the contents and the date for future reference.

**Dosing Instructions:**

Take ½ tsp. of this Activated Charcoal Detox Powder mixed into a glass of water once a day for up to 3 days. Drink plenty of water throughout the day when using this detox powder to help flush out the toxins and prevent constipation.

## Lesson 7: Chlorophyll Extract for the Gut Flora

Chlorophyll is the green pigment found in plants that plays a crucial role in photosynthesis. It's also packed with beneficial properties for humans, such as antioxidant and anti-inflammatory effects. This Chlorophyll Extract is designed to support gut flora, thereby aiding in immune function and overall well-being.

### You will need:

- Blender or juicer
- Cheesecloth or fine mesh strainer
- Glass jar with a lid (16 oz.)
- Measuring cups and spoons
- A small funnel (optional)

### Ingredients:

- 2 cups fresh spinach leaves
- 1 cup fresh parsley
- 1 cup filtered water
- 1 tbsp. apple cider vinegar
- A pinch of Himalayan pink salt or sea salt

Spinach and parsley are rich in chlorophyll and other nutrients beneficial for gut health. Apple cider vinegar helps balance gut pH and contains probiotics. Himalayan pink salt provides essential minerals.

### Instructions:

1. Wash the spinach leaves and parsley thoroughly under running water to remove any dirt or pesticides.
2. Place the washed spinach and parsley into your blender or juicer.
3. Add 1 cup of filtered water to the blender.



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4. Blend the mixture on high speed for about 30 seconds until you have a smooth, green liquid.
  5. Place a cheesecloth or fine mesh strainer over a glass jar. Pour the blended mixture through the strainer, capturing the liquid chlorophyll extract in the jar below. If you're using a juicer, this step may not be necessary as the machine will separate the liquid for you.
  6. Add 1 tbsp. of apple cider vinegar to the chlorophyll extract.
  7. Add a pinch of Himalayan pink salt or sea salt to the mixture.
  8. Seal the jar tightly with a lid and shake well to mix all the ingredients.
  9. Label the jar with the contents and date for future reference.

**Dosing Instructions:**

Take 1 tbsp. of this Chlorophyll Extract in a glass of water every morning on an empty stomach for best results. You can store the rest in the refrigerator for up to one week.

# Autoimmune Issues

## Lesson 1: The Adaptogenic Elixir

### You will need:

- Saucepan
- Strainer
- Wooden/ metal spoon
- Mug

### Ingredients:

- 1 tbsp. Reishi mushroom powder or chunks
- 1 tsp. ashwagandha powder
- 1 tsp. maca powder
- 1 tsp. cacao powder
- ½ tsp. cinnamon powder
- 1 cup almond milk (or any plant-based milk of your choice)
- 1 tbsp. honey or maple syrup (optional, for sweetness)



The Reishi mushroom is a formidable adaptogenic that targets inflammatory cytokines which help modulate the immune system. Ashwagandha is an adaptogenic herb known for its anti-inflammatory properties. Cacao is highly effective against inflammation and oxidative stress.

### Instructions:

1. Take a small saucepan and add the Reishi mushroom powder to the almond milk.

2. Bring the mixture to a gentle simmer over low heat and let it simmer for about 15-20 minutes.
3. Remove the saucepan and strain the liquid to remove any mushroom leftovers.
4. Transfer the Reishi-infused almond milk back to the saucepan and place it over low heat.
5. Add the ashwagandha powder, maca powder, cacao powder, and cinnamon powder to the saucepan.
6. Stir the mixture until the powder is fully dissolved and the elixir is warm.

If you like, you can add the honey or maple syrup and stir it in. Just pour the Adaptogenic Elixir into a mug and enjoy it while it's still warm.

### **Dosing Instructions:**

Consume one mug (approximately 8-12 oz) of The Adaptogenic Elixir once daily. If facing particularly stressful situations or feeling the need for intensive support, the elixir can be taken twice daily for up to 3 weeks.

## **Lesson 2: Mushroom Blend Drops**

### **You will need:**

- 3 Glass jars
- Wooden/ metal spoon
- A fine-mesh strainer/ cheesecloth
- Saucepan
- Several droppers



### **Ingredients:**

- ½ cup of Dried Lion's Mane or ¼ Lion's Mane powder
- ½ cup dried Turkey Tail Mushroom slices

- ½ cup dried Reishi Mushroom slices
- High-proof alcohol (such as vodka or rum)
- 2 cups filtered water

Both Reishi and Lion's Mane help with blood sugar regulation, which is key to managing diabetes. Turkey Tail is extremely high in antioxidants and has been proven effective at reducing blood glucose and managing blood sugar levels for those with diabetes.

**Instructions:**

1. Take a glass jar and combine the dried Lion's Mane Mushroom, Turkey Tail Mushroom, and Reishi Mushroom slices.
2. Pour the alcohol over the mushrooms, making sure they are fully submerged.
3. Seal the jar tightly.
4. Place the jar in a cool, dark place and let it sit for 6 – 8 weeks, shaking the jar gently every few days.
5. Strain the liquid through a fine-mesh strainer or cheesecloth into a separate container, separating the mushroom solids from the liquid.
6. Squeeze the mushrooms to extract as much liquid as possible. Save the liquid in a jar, label it, and set it aside.
7. Add the leftover mushrooms to a glass jar and fill it with water.
8. Place the jar in a saucepan filled with simmering water for about 24 hours.
9. Let it cool and then strain.
10. Combine the mushroom-infused alcohol at a 3:1 ratio of alcoholic tincture to your mushroom decoction in a clean glass jar.
11. Seal the jar tightly and label it with the name and date.

12. Transfer the tincture into dark glass dropper bottles for storage. Label the bottles with the name and date.

13. Store them in a cool, dark place, away from direct sunlight.

### **Dosing Instructions:**

I take 3 dropperfuls twice daily of this Mushroom Blend mixture every morning and evening to balance my immune system. For children, the dosing should be half that of an adult.

## **Lesson 3: Fortifying Herbal Syrup**

Autoimmune conditions can be challenging and can often require a multi-faceted approach for management. This Fortifying Herbal Syrup incorporates herbs that are traditionally used to support the immune system and combat inflammation, helping to fortify your body against autoimmune flare-ups.



### **You will need:**

- A saucepan with a lid
- A glass jar for storage (16 oz size)
- Wooden spoon
- Cheesecloth or fine mesh strainer
- Funnel
- Measuring cups and spoons
- Label and marker

### **Ingredients:**

- 1 cup distilled water
- ½ cup dried astragalus root
- ½ cup dried nettle leaves
- ¼ cup dried ginger root
- 1 cup raw honey

Astragalus has been traditionally used to bolster the immune system. Nettle leaves are known for their anti-inflammatory properties, and ginger adds not just flavor but also additional anti-inflammatory and antioxidant benefits. Raw honey acts as a natural preservative and sweetener.

**Instructions:**

1. In a saucepan, combine the distilled water, astragalus root, nettle leaves, and ginger root.
2. Bring the mixture to a low boil, then reduce the heat to low. Cover and simmer for about 30 minutes, allowing the herbs to steep.
3. After 30 minutes, remove the saucepan from the heat and let it cool for a few minutes. Then strain the liquid through a cheesecloth or fine mesh strainer into a bowl, capturing the herbal-infused water.
4. After straining, return the liquid to the saucepan. Add the raw honey to the liquid while it is still warm, stirring until it is fully dissolved.
5. Use a funnel to pour the finished syrup into a glass jar.
6. Seal the jar tightly and shake it to mix the syrup well.
7. Label the jar with the contents and date for future reference.

**Dosing Instructions:**

Take 1-2 tbsp. daily for maintenance, or as advised by your healthcare provider. Store the syrup in the refrigerator; it should keep for 4-6 weeks.



## Lesson 4: Mushroom Powerhouse Blend Juice

Mushrooms have been praised for their medicinal properties for centuries. Some types of mushrooms contain compounds that can help modulate the immune system, which is particularly useful for autoimmune conditions like rheumatoid arthritis. This Mushroom Powerhouse Blend Juice combines the benefits of medicinal mushrooms with other immune-supporting ingredients.

### You will need:

- Juicer
- Knife and cutting board
- Measuring cups and spoons
- Glass bottle or jar for storing the juice (16 oz size)
- Funnel
- Label and marker

### Ingredients:

- 1 cup Shiitake mushrooms
- 1 cup Reishi mushrooms
- 1 large carrot, peeled and chopped
- 1 apple, cored and sliced
- 1-inch piece of fresh turmeric root
- 1-inch piece of fresh ginger root
- A pinch of black pepper (to enhance turmeric absorption)

Shiitake and Reishi mushrooms are known for their immune-modulating effects. Carrot and apple add natural sweetness and additional nutrients, while turmeric and ginger offer anti-inflammatory benefits.

### Instructions:

1. Start by cleaning the Shiitake and Reishi mushrooms thoroughly. Slice them into smaller pieces so they can be juiced more easily.
2. Prepare the carrot, apple, turmeric, and ginger by chopping them into pieces that will fit into your juicer.
3. Turn on the juicer and begin feeding in the mushrooms, carrot, apple, turmeric, and ginger pieces.

4. Once all the ingredients have been juiced, stir in a pinch of black pepper to enhance the absorption of turmeric.
5. Use a funnel to transfer the juice into a glass bottle or jar. Seal tightly.
6. Label the bottle with the contents and date. Shake well before each use.

**Dosing Instructions:**

Drink 1 cup of this juice daily, preferably in the morning on an empty stomach. Store any leftover juice in the refrigerator and consume within 48 hours for maximum freshness and efficacy.

# Lost Herbal Remedies for Infectious Diseases

## Lesson 1: The Amish Flu Syrup

### You will need:

- Glass jar
- Tbsp.

### Ingredients:

- 2 onions
- 4 lemons
- 1 pint of honey
- 1 pint of peppermint schnapps
- 1 pint of blackberry brandy



### Instructions:

1. Slice two onions and four lemons and then place them on top of each other in alternating layers inside a glass jar.
2. Pour a pint of raw honey on top.
3. Once the honey has settled, pour 1 pint of peppermint schnapps and 1 pint of blackberry brandy over it. Make sure there is room left in the jar.
4. Close the lid and let everything extract in a cool dark place for three days before using it.

### Dosing Instructions:

Take 1 tablespoon every 3-4 hours at the first sign of flu symptoms. Continue the dosage until symptoms subside. During flu season or when exposed to someone with the flu, consider taking 1 tablespoon daily as a preventative measure.

## Lesson 2: Grandma's Antibiotic in a Jar

### You will need:

- Glass jar
- Dark-tinted bottles
- Dropper bottle

### Ingredients:

- Sage
- Rosemary
- Oregano
- Hibiscus
- Olive leaf
- Barberry Root
- 80-proof vodka



If you use dried herbs, you need five times more alcohol than plant material. If you use fresh herbs, you need two times more alcohol than herbs. Everything else stays the same.

### Instructions:

1. Obtain equal amounts of sage, rosemary, oregano, hibiscus, olive leaf, and barberry, according to the instructions above (for dried/ fresh herbs).
2. Take a clean glass jar and place each herb inside it one by one: sage, rosemary, oregano, hibiscus, olive leaf, and barberry.
3. Fill the jar with alcohol - use 80-proof vodka for this extraction. Pour enough vodka into the jar to fill it to the top, leaving about ¼ to ½ inch of space at the top.
4. Write the current date and the list of ingredients on a label. Stick the label onto the jar to identify the contents.

5. Close the lid tightly and give the jar a good shake to mix the herbs with the alcohol thoroughly.
6. Put the tightly closed jar on your kitchen counter or inside a cupboard and remember to shake the jar once a day to facilitate the extraction process. The majority of the extraction will be completed within the first week. However, for maximum potency, let the mixture extract for at least 6 weeks before straining.
7. After 6 weeks, strain the liquid through a fine mesh strainer or cheesecloth into a clean dark-tinted bottle. This bottle will be used for storage.
8. Close the dark-tinted bottle tightly to preserve the potency of the tincture.

### **Dosing Instructions:**

Take one tsp. of the tincture daily until your infection symptoms subside. In most cases, this will take only a few days to a week. If your symptoms do not improve or worsen, consult a doctor for further evaluation and treatment.

## **Lesson 3: Doxycycline of the Woods**

### **You will need:**

- Ceramic or stainless-steel pot
- 10-12 oz glass jar with lid

### **Ingredients:**

- 2 oz. of Usnea lichen (fresh or dried)
- 80-proof vodka (6-8 oz)

### **Instructions:**

1. Gather around 2 oz. of Usnea lichen and chop it finely. If you can't find Usnea while foraging, you can purchase it online.
2. Place the finely chopped Usnea inside a ceramic or stainless-steel pot. Cover it with water and bring it to a simmer, not a boil. On low heat, cover the pot with a lid, and let



it simmer for 2-3 hours. After simmering, remove the pot from the stove and let the mixture cool for a few minutes.

3. Pour the entire mixture, including the Usnea decoction, into a 10-12 oz glass jar. This should be about 2 oz of your decoction plus the Usnea. Add 6-8 oz of 80-proof alcohol on top until the lichen material is covered by it. Give it a good shake to mix the contents.
4. The water-to-alcohol ratio should be 1:3. For example, if you have 2 oz. of water decoction, you need about 6 oz. of alcohol. With both of them plus the Usnea, your 10 oz. mason jar should be full to the top.
5. Cover the glass jar with a lid and label it with the name and date. Let the mixture extract for 6 to 8 weeks, shaking it daily to enhance extraction.
6. After 6 to 8 weeks, strain the liquid through a fine mesh strainer or cheesecloth into a clean tinted dropper bottle.

### **Dosing Instructions:**

The dosage depends on the condition you're addressing. A general guideline is 2-5 ml up to 3 times a day for an active infection, but not for more than 10 consecutive days. You can take the tincture as is for better absorption or add it to juices or teas. Consume it half an hour before a meal.

## **Lesson 4: The Natural Fever Breaker**

### **You will need:**

- Bowl
- Ziplock bag
- Blankets

### **Ingredients:**

- 3 tbsp. of flour (any type, including Gluten-Free)



- 2 tbsp. of dried mustard powder
- 2 tbsp. of water

**Instructions:**

1. Get 3 tbsp. of flour, 2 tbsp. of dried mustard powder, and a bowl.
2. Add the flour and dried mustard powder to the bowl.
3. Slowly pour 2 tbsp. of water into the bowl containing the dry ingredients. Stir well until you achieve a paste with the consistency of pancake batter.
4. Transfer the paste into a ziplock bag.
5. Lay down and place the ziplock bag on your chest or back. Ensure the paste is not directly applied to your skin. Cover yourself with blankets.
6. After a few minutes, you should start sweating profusely. If it becomes too hot, switch sides to place the bag on your chest or back accordingly.

Caution: Do not leave the paste on your skin for more than 10 minutes, as it may cause skin blistering.

## Lesson 5: Yarrow Tincture

**You will need:**

- Mason jar
- Spray bottle (tinted)
- Dropper bottle (tinted)
- Cheesecloth or fine mesh strainer

**Ingredients:**

- Yarrow aerial plant (leaves and flowers)
- 80-proof alcohol



**Instructions:**

1. Collect yarrow leaves and flowers for the tincture.
2. Take a mason jar and fill it about one-third full with the dried yarrow leaves and flowers.
3. Pour 80-proof alcohol into the mason jar, making sure that the yarrow plant material is completely covered by the alcohol.
4. Give the jar a good shake to mix the yarrow with the alcohol. Then, store the jar in a cold, dark place for 6 weeks to allow the tincture to infuse.
5. After 6 weeks, strain the yarrow tincture through a fine mesh strainer or cheesecloth into a clean spray bottle and a dropper bottle. Ensure that both bottles are tinted to protect the tincture from light.

**Dosing Instructions:**

Use the yarrow tincture both topically and internally. For breaking a fever, orally take approximately 20-30 drops of yarrow tincture (equivalent to about one dropperful) 3-4 times daily.

## Lesson 6: Cold Crusher Concoction

When the common cold hits, quick relief is often desired. The Cold Crusher Concoction is designed to provide immediate support for your immune system while helping to alleviate symptoms like a sore throat, congestion, and fatigue.

**You will need:**

- Blender or mortar and pestle
- Small saucepan



- Measuring cups and spoons
- Glass jar with a lid for storage (8 oz size)
- Strainer or cheesecloth
- Funnel
- Label and marker

**Ingredients:**

- 2 cups distilled water
- 2 tbsp. fresh grated ginger root
- 2 tbsp. fresh grated turmeric root (or 1 tsp. ground turmeric)
- 1 lemon, juiced
- 1 tbsp. raw honey
- 1 tsp. cayenne pepper

Ginger and turmeric have strong anti-inflammatory and antioxidant properties. Lemon provides vitamin C, which can help boost the immune system. Honey offers both antimicrobial properties and soothing relief for sore throats. Cayenne pepper can help improve circulation and alleviate congestion.

**Instructions:**

1. In a small saucepan, add the distilled water and bring it to a low boil.
2. Add the freshly grated ginger and turmeric to the boiling water. Lower the heat and simmer for about 10 minutes.
3. After simmering, remove the saucepan from the heat and let it cool for a few minutes.
4. Strain the mixture through a strainer or cheesecloth into a bowl, removing the ginger and turmeric pieces.
5. While the liquid is still warm, add the lemon juice, raw honey, and cayenne pepper. Stir until the honey is dissolved.
6. Use a funnel to pour the concoction into an 8 oz glass jar.
7. Seal the jar tightly and shake to mix all the ingredients well.

8. Label the jar with the contents and date for future reference.

### **Dosing Instructions:**

At the first sign of cold symptoms, take 2 tbsp. of the Cold Crusher Concoction every 4-6 hours until symptoms subside. Shake well before each use. Store in the refrigerator for up to 1 week.

## **Lesson 7: Nasal Nectar**

Nasal congestion can be a significant hindrance, affecting both comfort and well-being. Nasal Nectar is designed as a natural alternative to commercial nasal sprays, aimed to provide relief from nasal congestion using the power of herbs.



### **You will need:**

- Small saucepan
- Measuring cup and spoons
- Glass dropper bottle (1 oz. size)
- Fine mesh strainer or cheesecloth
- Funnel
- Label and marker

### **Ingredients:**

- 1 cup distilled water
- 1 tsp. sea salt (non-iodized)
- 1 tsp. dried peppermint leaves
- 1 tsp. dried eucalyptus leaves
- 1 tsp. dried chamomile flowers

Peppermint and eucalyptus are known for their decongestant properties, while chamomile adds anti-inflammatory benefits to soothe irritated nasal passages. The salt acts as a natural preservative and also mimics the body's natural saline levels.

### **Instructions:**

1. In a small saucepan, bring the distilled water to a boil.
2. Add the sea salt to the boiling water, stirring until it dissolves completely.

3. Add the dried peppermint leaves, eucalyptus leaves, and chamomile flowers to the saucepan. Lower the heat to a simmer.
4. Let the herbs steep for about 10 minutes, then remove the saucepan from the heat and allow it to cool.
5. Strain the liquid through a fine mesh strainer or cheesecloth, capturing the herb-infused water in a bowl.
6. Using a funnel, transfer the liquid to a 1 oz. glass dropper bottle.
7. Seal the bottle tightly and shake it well to mix.
8. Label the dropper bottle with the contents and the date for future reference.

**Dosing Instructions:**

For adults, use 2-3 drops in each nostril as needed for nasal congestion relief. For children, consult a healthcare provider for appropriate dosing. Store the Nasal Nectar in the refrigerator for up to one week. Shake well before each use.

## Lesson 8: Flu-Fighting Fusion

When the flu season strikes, it's beneficial to have a natural remedy at hand that can help alleviate the symptoms and boost your immune system. Flu-Fighting Fusion is a potent herbal infusion designed to tackle common flu symptoms such as fatigue, fever, and sore throat.

**You will need:**

- Teapot or large glass jar
- Boiling water kettle
- Measuring cups and spoons



- Strainer or infuser
- Mug
- Honey or lemon for added flavor (optional)
- Label and marker

**Ingredients:**

- 2 tbsp. dried elderberries
- 1 tbsp. dried echinacea root
- 1 tbsp. dried peppermint leaves
- 1 tbsp. dried yarrow flowers
- 1 tbsp. dried ginger root

Elderberries have been traditionally used for their antiviral properties, while echinacea is known for its immune-boosting capabilities. Peppermint provides relief from respiratory issues, yarrow helps in reducing fever, and ginger is an excellent remedy for nausea and sore throat.

**Instructions:**

1. Boil 4 cups of water using a kettle.
2. In a teapot or large glass jar, combine the dried elderberries, echinacea root, peppermint leaves, yarrow flowers, and ginger root.
3. Pour the boiling water over the herbal mixture in the teapot or glass jar.
4. Cover the teapot or jar with a lid to keep the heat in and let the herbs steep for at least 20-30 minutes. The longer you let it steep, the more potent it will be.
5. After the steeping time, strain the infusion through a strainer or infuser into a mug or another container.
6. Optional: Add honey or lemon for added flavor and additional health benefits.
7. Label the remaining infusion with the contents and date if you intend to store it for later use.



### **Dosing Instructions:**

Drink 1-2 cups of the Flu-Fighting Fusion infusion at the first sign of flu symptoms. Continue as needed, up to 4 cups a day, until symptoms subside. Store any unused portion in the refrigerator for up to 48 hours. Reheat as necessary but do not boil.

## **Lesson 9: Herbal Fungal Freedom Solution**

Infections can be debilitating and disrupt the quality of your life. Herbal Fungal Freedom Solution is formulated as a natural option for the treatment of infectious diseases, with a focus on fungal infections. This blend combines the anti-fungal, anti-viral, and immune-boosting properties of herbs and medicinal mushrooms.

### **You will need:**

- 16 oz. glass jar with a lid
- Saucepan
- Measuring cups and spoons
- Fine mesh strainer or cheesecloth
- Glass dropper bottle or glass storage container
- Label and marker

### **Ingredients:**

- 2 tbsp. dried Pau d'Arco bark
- 2 tbsp. dried oregano leaves
- 1 tbsp. dried echinacea root
- 1 tbsp. dried reishi mushroom
- 1 tbsp. dried shiitake mushroom
- 4 cups filtered water

Pau d'Arco has anti-fungal and anti-inflammatory properties. Oregano and echinacea are known for their immune-boosting benefits. Reishi and shiitake mushrooms add an extra layer of anti-fungal and immune support.

### **Instructions:**

1. Combine the Pau d'Arco, oregano, echinacea, reishi, and shiitake in the glass jar.
2. In a saucepan, bring 4 cups of filtered water to a boil.
3. Carefully pour the boiling water over the herbs and mushrooms in the glass jar.

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4. Seal the jar with its lid, shake well to mix, and let it steep for 2-4 hours or even overnight for maximum potency.
  5. After steeping, strain the solution using a fine mesh strainer or cheesecloth into another container or directly into glass dropper bottles for easier dosing.
  6. Label the container with the contents and the date.

**Dosing Instructions:**

For adults, take 1-2 tbsp. of the solution up to 3 times a day.

## Lesson 10: The Herbal Penicillin Given to Soldiers During World War I

During World War I, the medical community had not yet fully developed antibiotics as we know them today. Soldiers and medics often relied on traditional remedies to treat bacterial infections. This recipe for herbal 'penicillin' aims to recreate one such potent remedy.

**You will need:**

- 16 oz. glass jar with a lid
- Measuring cups and spoons
- Saucepan
- Fine mesh strainer or cheesecloth
- Brown glass dropper bottle or glass storage container
- Label and marker

**Ingredients:**

- 3 tbsp. dried Echinacea root
- 2 tbsp. dried goldenseal root
- 1 tbsp. dried myrrh resin
- 1 tbsp. dried thyme leaves
- 4 cups of distilled water
- Optional: 1 tbsp. raw honey or organic glycerin for preservation and taste

Echinacea is a potent immune booster that was widely used during the period. Goldenseal is known for its antibacterial properties, while myrrh resin adds antiseptic and anti-inflammatory qualities. Thyme provides additional antibacterial and antiviral benefits.

**Instructions:**

1. Combine the dried Echinacea, goldenseal, myrrh, and thyme in the glass jar.
2. In a saucepan, bring 4 cups of distilled water to a boil.
3. Carefully pour the boiling water over the herbs and resins in the glass jar.
4. Seal the jar with a lid, shake well to mix, and allow the mixture to steep for at least 4-6 hours or overnight for maximum efficacy.
5. After steeping, strain the liquid through a fine mesh strainer or cheesecloth into another container or directly into glass dropper bottles.
6. If you're using honey or glycerin, add it to the liquid and shake well to combine.
7. Label the dropper bottles or storage container with the contents and the date.

**Dosing Instructions:**

For adults, the typical dosage is 1 dropper full (approximately 30-40 drops) 3 times a day. Consult your healthcare provider for appropriate dosing for children, or if you are pregnant, nursing, or taking medications.

## Lesson 11: How to Make Your Own Amoxicillin at Home

This herbal tincture is designed to support respiratory health and may help with bacterial infections like pneumonia and bronchitis. However, it's important to note that this is not a substitute for professional medical treatment. If you suspect you have a bacterial infection, consult your healthcare provider for appropriate diagnosis and treatment.

### You will need:

- 8 oz. glass jar with a lid
- Brown glass tincture bottle with a dropper
- Fine mesh strainer or cheesecloth
- Measuring cups and spoons
- Label and marker

### Ingredients:

- 2 tbsp. dried Echinacea root
- 2 tbsp. dried elecampane root
- 1 tbsp. dried thyme leaves
- 1 tbsp. dried oregano leaves
- 80 proof alcohol (such as vodka)

Echinacea is renowned for its immune-boosting properties, while elecampane is commonly used for respiratory conditions. Thyme and oregano have antibacterial and antiviral qualities.

### Instructions:

1. In an 8 oz. glass jar, combine the dried Echinacea, elecampane, thyme, and oregano.
2. Pour the 80-proof alcohol over the herbs in the jar until they are fully submerged, leaving about a quarter-inch of headspace at the top.
3. Seal the jar with the lid and shake well to mix the herbs and alcohol.
4. Label the jar with the contents and the date, and place it in a cool, dark place.
5. Allow the tincture to steep for at least 4 weeks, shaking the jar every few days to mix the contents.

6. After steeping, strain the liquid through a fine mesh strainer or cheesecloth into a brown glass dropper bottle.

**Dosing Instructions:**

For adults, take 1-2 droppers full (approximately 30-60 drops) up to 3 times daily. Consult your healthcare provider for appropriate dosing for children, or if you are pregnant, nursing, or taking medications.

## Brain Health

### Lesson 1: Herbal Migraine Killer

#### You will need:

- A 12 oz. glass jar with a tight-fitting lid
- A piece of cheesecloth or a fine mesh strainer
- A dark glass bottle for storage

#### Ingredients:

- 1/8 cup dried sliced dandelion roots (or fresh dandelion roots)
- 1/8 cup of feverfew (fresh or dried)
- 1/8 cup of butterbur (fresh or dried)
- 1/8 cup dried rosemary leaves (or fresh rosemary leaves)
- 1 cup raw apple cider vinegar



#### Instructions:

##### If you use fresh herb:

1. Harvest fresh dandelions, rosemary, feverfew, and butterbur from an area free of pesticides. Gently rinse the herbs to remove dirt or insects.
2. Shake off any excess water and spread the plants out on a clean towel to air dry.
3. Slice the fresh dandelion roots while they are still moist, as they become hard to slice once dried.
4. Allow all the herbs to dry completely.

##### If you use dried herbs, please skip to step 5:

5. Place the dried or fresh dandelions, rosemary, feverfew, and butterbur into the 12 oz. glass jar.

6. Pour 1 cup of raw apple cider vinegar over the herbs, ensuring they are fully submerged.
7. Seal the jar with a tight-fitting lid.
8. Store the jar in a cool, dark place, or in the refrigerator for 2 weeks. If using a jar with a metal lid, cover the top with plastic wrap or baking paper before screwing on the metal lid to prevent corrosion.
9. Give the jar a gentle shake every day or every few days to aid infusion.
10. On day two, you may need to top up the apple cider vinegar as air bubbles rise to the top.
11. After 2 weeks, strain the infused mixture through a piece of cheesecloth or a fine mesh strainer, squeezing out as much liquid as possible.
12. Transfer the strained liquid to a dark glass bottle with a plastic lid for storage. The dark glass bottle will protect the elixir from sunlight.
13. Store the herbal migraine killer in a cool, dark place.

The tincture will last for about a year but no longer, as ACV tinctures have a shorter shelf life compared to alcohol-based tinctures.

**Dosing Instructions:**

At the onset or aura phase of a migraine, take 1 tablespoon diluted in a glass of water. If the migraine persists, the dosage can be repeated every 2 hours, up to 3 times a day.

## Lesson 2: Moon Milk

### You will need:

- Small saucepan

### Ingredients:

- 1 cup Oat Milk
- ¼ tsp. powdered Ashwagandha root
- ½ tsp. Cinnamon
- ½ tsp. Turmeric (plus a pinch of black pepper)
- Pinch of Nutmeg
- Pinch of Cardamom
- 1 tsp. Coconut Oil or Ghee
- 1 tsp. raw Honey or another sweetener



### Instructions:

1. In a small saucepan, pour in 1 cup of oat milk.
2. Slowly bring the milk to a simmer over low to medium heat.
3. Whisk in ¼ tsp. of powdered Ashwagandha root, ½ tsp. of cinnamon, ½ tsp. of turmeric (with a pinch of black pepper), a pinch of nutmeg, and a pinch of cardamom.
4. Continue whisking until there are no clumps and the ingredients are well combined. The blend of ingredients helps support the release of melatonin, a hormone that regulates sleep.
5. Reduce the heat to low and add 1 tsp. of coconut oil or ghee to the milk mixture.

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6. Cook the milk slowly for 5-10 minutes to infuse the flavors and achieve your desired potency. The longer you cook the herbs, the stronger the moon milk will be.
  7. Remove the saucepan from the heat and let the moon milk cool slightly.
  8. Stir in 1 tsp. of raw honey or another sweetener to add a touch of sweetness.
  9. Pour the moon milk into a mug and drink it right away for the best results.

Avoid storing this type of drink and prepare it fresh every time you need it.

### **Dosing Instructions:**

Consume one mug (approximately 1 cup) before bedtime as needed. This remedy can be taken daily or as needed.

## **Lesson 3: Brain Boost Blend**

### **You will need:**

- A 20 oz. mason jar
- Pot for simmering

### **Ingredients:**

- 2 oz. organic Lion's Mane (chopped finely or 1 oz powdered)
- 1 oz. powdered Cordyceps mushroom
- ¼ cup (2 oz.) fresh Lemon Balm leaves or 1/8 cup (1 oz.) dried
- 1/8 cup (1 oz.) dried Bacopa
- 1/8 cup (1 oz.) dried Gotu Kola leaves and vines
- 100-proof alcohol (60% by volume)
- Water



**Instructions:**

1. Start with 2 oz. of organic Lion's Mane, chop it finely, and add it to a mason jar. If using powdered Lion's Mane, use 1 oz.
2. Add 1 oz of powdered Cordyceps mushroom to the jar.
3. Add 1/4 cup (2 oz.) of fresh Lemon Balm leaves or 1/8 cup (1 oz.) of dried Lemon Balm.
4. Add 1/8 cup (1 oz.) of dried Bacopa and 1/8 cup (1 oz.) of dried Gotu Kola leaves and vines to the jar. If using dried herbs and powdered mushrooms, you'll have 5 oz. of dried herbs, so ensure your jar can accommodate this.
5. Cover everything in the jar with 100-proof alcohol (about 60% by volume).
6. Seal the jar with a tight-fitting lid and let it extract for 4-6 weeks.
7. After 4-6 weeks, strain the alcohol tincture from the herb and mushroom mixture. Squeeze out as much liquid as possible.
8. Add all the liquid inside a measuring cup and measure it precisely, noting the total ounces. You need this info because you'll want your final tincture to be at least 25-30% alcohol. That will make it shelf stable. Save this part of your tincture.
9. Take the leftover mushroom and herb mash from the alcohol jar and add it to a pot.
10. Pour enough water to cover the mash and let the mixture simmer for about 3 to 4 hours. The simmering time is not as important as the final amount of liquid you get.
11. Strain the water from the mushroom and herb mixture and measure the liquid obtained.
12. You will add 3 times less water decoction than what you have in the alcohol tincture. Usually, a 3:1 ratio of alcoholic tincture to water decoction works well.
13. Add the water decoction to the alcohol tincture, using the 3:1 ratio mentioned above.
14. Mix everything well to create "The Brain Boost Blend."



### Dosing Instructions:

Take 1-2 ml (1-2 dropperfuls) of the Brain Boost Blend orally, preferably directly in the mouth for better absorption. Alternatively, you can mix it in a beverage. Consume the blend twice a day for as long as needed to enjoy its benefits.

## Lesson 4: DIY Energy Restorer

Feeling fatigued and mentally foggy? This herbal blend aims to restore your energy levels and enhance brain function. The herbs selected are renowned for their adaptogenic and cognitive-enhancing properties. However, it's crucial to consult your healthcare provider before trying new herbal remedies, especially if you have any underlying conditions or are taking other medications.

### You will need:

- 8 oz. glass jar with a lid
- Brown glass tincture bottle with a dropper
- Fine mesh strainer or cheesecloth
- Measuring cups and spoons
- Label and marker

### Ingredients:

- 2 tbsp. dried *Rhodiola rosea* root
- 2 tbsp dried *ashwagandha* root
- 2 tbsp dried *ginkgo biloba* leaves
- 1 tbsp dried *Siberian ginseng* (*eleuthero*)
- 80 proof alcohol (such as vodka)

*Rhodiola rosea* can help improve focus and endurance, *ashwagandha* is well-known for its stress-reducing effects, and *ginkgo biloba* is famed for its cognitive-enhancing properties. *Siberian ginseng* is included for its adaptogenic and energy-boosting capabilities.

### Instructions:

1. In an 8 oz. glass jar, combine the dried *Rhodiola rosea*, *ashwagandha*, *ginkgo biloba*, and *Siberian ginseng*.
2. Pour the 80-proof alcohol over the herbs in the jar, ensuring they are fully submerged, with about a quarter-inch of headspace at the top.

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3. Seal the jar tightly with the lid and shake well to mix all the ingredients.
  4. Label the jar with the contents and date, and place it in a cool, dark place.
  5. Allow the tincture to steep for at least 4 weeks, shaking the jar every few days to mix the contents.
  6. After 4 weeks, strain the liquid through a fine mesh strainer or cheesecloth into a brown glass dropper bottle.

**Dosing Instructions:**

For adults, take 1 dropper full (approximately 30-40 drops) up to 3 times daily as needed for energy and focus.

## Lesson 5: Better Than Spinach

Looking for a leafy green that does more than just add color to your plate? This recipe centers on an herb that you can use in salads to not only bring unique flavors but also support brain health. We're focusing on Gotu Kola, an herb renowned for its neuroprotective and cognitive-enhancing properties. Feel free to add it to your favorite salad mixes or consume it on its own.

**You will need:**

- Fresh Gotu Kola leaves
- Your favorite salad greens (e.g., spinach, arugula, lettuce)
- Salad dressing of your choice
- Salad mixing bowl
- Salad tongs
- Optional: Other salad toppings like nuts, fruits, cheese, etc.

**Ingredients:**

- 1 cup of fresh Gotu Kola leaves
- 3 cups of your favorite salad greens
- 1 cup of additional salad toppings (optional)
- ¼ cup of salad dressing

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Gotu Kola has been revered for its potential to improve cognitive function and reduce stress, making it a great addition to a brain-boosting diet.

**Instructions:**

1. Thoroughly wash the Gotu Kola leaves and your choice of salad greens to remove any dirt or pesticides. Drain well.
2. In a large salad mixing bowl, combine the Gotu Kola leaves with your favorite salad greens.
3. If you're using additional salad toppings like nuts, fruits, or cheese, add those in.
4. Drizzle your choice of salad dressing over the greens. If you're health-conscious, opt for a homemade olive oil and lemon vinaigrette for added health benefits.
5. Use salad tongs to mix all the ingredients well, ensuring the dressing coats all the leaves evenly.
6. Serve immediately or chill in the fridge for about 15 minutes before serving for a more refreshing taste.

**Dosing Instructions:**

Consume as you would any salad. A cup or two a day can be a great addition to a balanced diet focused on brain health.

## Lesson 6: The Gatorade of the Roman Army

Imagine a refreshment that fueled the Roman legions on their long marches and intense battles. This ancient recipe is inspired by "Posca," a drink consumed by Roman soldiers for its refreshing and restorative properties. Posca was essentially a mix of water, vinegar, and herbs, providing hydration and essential nutrients.

**You will need:**

- A large pitcher or jug

- Measuring cups and spoons
- Stirring spoon
- Glasses for serving
- Optional: Fresh lemon or lime slices for garnish

**Ingredients:**

- 1 gallon of water
- 2 tbsp. of honey or maple syrup (for sweetness)
- ½ cup of apple cider vinegar
- 1 tsp. of sea salt (for electrolytes)
- A pinch of dried mint leaves
- A pinch of dried thyme or rosemary

Apple cider vinegar helps with digestion and provides probiotics. Thyme and rosemary are rich in antioxidants, and mint is cooling and refreshing.

**Instructions:**

1. Pour a gallon of water into a large pitcher or jug.
2. Add the apple cider vinegar, stirring well to combine.
3. Mix in honey or maple syrup for sweetness. You can adjust the amount based on your personal taste preference.
4. Add a tsp. of sea salt for electrolytes. Stir until dissolved.
5. Add a pinch each of dried thyme, rosemary, and mint leaves. These herbs not only add flavor but also possess various health benefits.
6. Stir all ingredients thoroughly until well combined.
7. Optionally, you can chill the mixture in the fridge for about 2 hours for a refreshing taste.

8. Serve in glasses, garnishing with a slice of lemon or lime if desired.

### **Dosing Instructions:**

Consume as needed for hydration and refreshment, especially after physical exertion or in hot climates.

## **Lesson 7: Red bull of the Woods**

Looking for a natural energy booster that could rival Redbull? This herbal tea recipe focuses on herbs that have been traditionally used to improve mental clarity, increase energy, and boost overall cognitive function. We're incorporating ginseng and rosemary, both known for their stimulating properties.

### **You will need:**

- Teapot or a large heat-proof jar
- Boiling water
- Measuring spoons
- Tea strainer or cheesecloth
- Mug for serving

### **Ingredients:**

- 1 tbsp. of dried or fresh ginseng root slices
- 1 tsp. of dried rosemary leaves
- 1 tsp. of honey or maple syrup for sweetness (optional)
- 2 cups of boiling water



Ginseng is renowned for its adaptogenic properties, which help your body adapt to stress and exertion. Rosemary has been traditionally used for its stimulating effect on the mind and body.

**Instructions:**

1. Place the ginseng root slices and dried rosemary leaves into the teapot or large heat-proof jar.
2. Boil 2 cups of water and pour it over the herbs in the pot.
3. Cover the teapot or jar with a lid to keep the essential oils from evaporating.
4. Let the tea steep for about 10-15 minutes. The time could vary based on how strong you want the tea to be.
5. Strain the tea through a tea strainer or cheesecloth into a mug.
6. Optional: Add a tsp. of honey or maple syrup for sweetness.
7. Stir well and enjoy your natural "Redbull of the Woods."

**Dosing Instructions:**

Drink one cup in the morning for a start, avoiding consumption in the late afternoon or evening to prevent sleep disruption. If you find it too potent, adjust the dosing accordingly.

## Lesson 8: How to Make Your Own Sleeping Pills

For those who are tired of counting sheep or staring at the ceiling, this could be the natural remedy you're seeking. Combining the herbs valerian root, lavender, and chamomile, this formula aims to relax your mind and body, preparing you for a restful night of sleep.

**You will need:**

- Gelatin or vegetarian capsules (size 00)
- Small bowl
- Measuring spoons
- Capsule filling machine or small funnel

- Airtight container for storage

**Ingredients:**

- 1 tbsp. of powdered valerian root
- 1 tbsp. of powdered lavender
- 1 tbsp. of powdered chamomile

Valerian root is often used for its sedative effects, which can help you fall asleep faster. Lavender and chamomile both have properties that can relax your mind and body, helping you stay asleep through the night.

**Instructions:**

1. In a small bowl, mix together the powdered valerian root, powdered lavender, and powdered chamomile.
2. Using a capsule filling machine or a small funnel, carefully fill each capsule with the herbal mixture. Make sure to pack the herbs tightly to maximize the amount in each capsule.
3. Once all the capsules are filled, store them in an airtight container to keep moisture out.
4. Label the container with the date of preparation and the ingredients used.

**Dosing Instructions:**

Start with one capsule about 30-60 minutes before bedtime. If one capsule doesn't seem effective after a few days, you may try increasing the dosage to two capsules.

## Lesson 9: What Happens If You Pour Hot Water Over a Banana

For those curious about the little-known benefits of bananas for brain health, this simple infusion is both surprising and effective. Bananas are rich in dopamine and vitamin B6, which can boost mood and cognitive function. By combining it with rosemary, known for its memory-enhancing properties, this infusion can become a go-to for those looking to elevate their mental clarity.



### You will need:

- Teapot or a large heat-proof jar
- Boiling water
- Knife and cutting board
- Measuring spoons
- Strainer or cheesecloth
- Mug for serving

### Ingredients:

- 1 ripe banana
- 1 tsp. dried rosemary leaves
- 2 cups of boiling water
- Optional: a spoonful of honey for flavor

The natural sugars and amino acids in bananas can boost serotonin levels, making you feel relaxed yet focused. Rosemary is traditionally used for memory enhancement, making this a potent brain-boosting infusion.



### Instructions:

1. Peel the ripe banana and slice it into small rounds or chunks.
2. Place the banana slices and dried rosemary leaves in the teapot or heat-proof jar.
3. Pour 2 cups of boiling water over the mixture.
4. Cover with a lid and let it steep for 10-15 minutes. The banana will infuse the water with its natural brain-boosting compounds, complemented by rosemary's cognitive benefits.
5. Strain the infusion through a strainer or cheesecloth into a mug.
6. Optional: Add a spoonful of honey for additional sweetness and benefits.
7. Stir well and enjoy your naturally brain-boosting beverage!

### Dosing Instructions:

Enjoy one cup in the morning or afternoon. It's best to consume this infusion fresh, so prepare it as needed.

## Lesson 10: Homemade Adaptogenic Bars

In today's fast-paced world, it's more important than ever to find ways to sustain our mental clarity and focus. These homemade adaptogenic bars not only taste delicious but are also packed with brain-boosting adaptogens like ashwagandha and maca root. Ideal for those busy days when you need a mental lift.

### You will need:

- Food processor
- Measuring cups and spoons
- 9x9-inch baking pan
- Parchment paper
- Mixing bowl

- Spatula or wooden spoon

### Ingredients:

- 1 cup oats
- 1/2 cup almond or cashew butter
- 1/2 cup honey or maple syrup

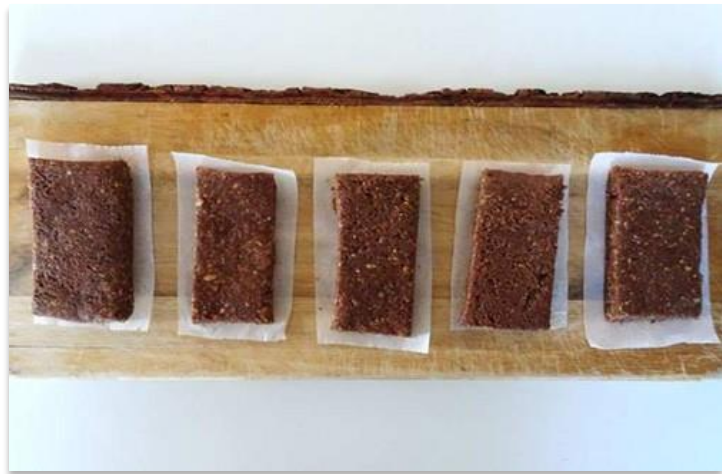
- 1 cup mixed nuts (such as almonds, walnuts, or pecans)
- 1/2 cup dried fruits (like blueberries or cranberries)
- 1 tsp. ashwagandha powder
- 1 tsp. maca root powder
- 1/2 tsp. cinnamon
- Pinch of salt

Ashwagandha is known for its stress-reducing, brain-boosting properties, while maca root is lauded for enhancing stamina and energy levels.

### Instructions:

1. Line a 9x9-inch baking pan with parchment paper and set aside.

2. In a food processor, add the oats, mixed nuts, dried fruits, ashwagandha powder, maca root powder, cinnamon, and a pinch of salt. Pulse until the mixture is coarsely ground.



3. In a mixing bowl, combine the almond or cashew butter and honey or maple syrup. Stir well.

4. Add the ground mixture from the food processor into the mixing bowl with the wet ingredients.

5. Using a spatula or wooden spoon, mix thoroughly until well combined. The mixture should be sticky and hold together.

6. Transfer the mixture to the prepared baking pan and press down firmly to form an even layer.

7. Place the pan in the refrigerator for at least 2 hours to set.

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8. Once set, remove from the fridge and cut into bars or squares.
  9. Store the adaptogenic bars in an airtight container in the refrigerator for up to two weeks.

**Dosing Instructions:**

Consume one bar in the morning or when you need a mental boost during the day.

## Lesson 11: Anti Brain-Fog Mushroom Tincture

Brain fog can be a debilitating symptom that hinders focus, memory, and mental clarity. This tincture utilizes the power of medicinal mushrooms like Lion's Mane and Reishi, both of which have shown promise in enhancing cognitive function and reducing mental fatigue.

**You will need:**

- 8 oz. glass jar with a lid
- Brown glass tincture bottle with a dropper
- Cheesecloth, fine strainer, or nut milk bag
- Funnel

**Ingredients:**

- 1 oz. dried lion's mane mushroom
- 1 oz. dried reishi mushroom
- 8 oz. 80 proof alcohol (such as vodka)

Lion's mane mushroom is renowned for its neuroprotective qualities and its ability to support cognitive function. Reishi mushroom, on the other hand, is celebrated for its calming effects, which can help relieve stress, a common contributor to brain fog.

**Instructions:**

1. Weigh out 1 oz. of dried lion's mane and 1 oz. of dried reishi mushrooms.
2. Place the dried mushrooms into the glass jar.

3. Pour 80 proof alcohol over the mushrooms, ensuring they are fully submerged. Leave about a one-quarter-inch headspace at the top of the jar.
4. Seal the jar tightly with a lid and give it a good shake.
5. Label the jar with the ingredients and the date, then store it in a cool, dark place.
6. Allow the mixture to sit for 4-6 weeks, shaking it every few days to ensure that the mushrooms are fully extracted.
7. After 4-6 weeks, strain the tincture through a cheesecloth, fine strainer, or nut milk bag into a clean bowl.
8. Using a funnel, transfer the strained liquid into a brown glass tincture bottle with a dropper.

### **Dosing Instructions:**

Take 1 dropper full (approximately 30 drops) under the tongue or in a small amount of water, up to 3 times per day. It's best to start with a smaller dose and increase as needed.

## **Lesson 12: Better Than Sleeping Pills**

Sound sleep is crucial for optimizing brain health and overall well-being. While pharmaceutical sleeping pills can offer quick relief, they often come with a host of side effects. This tincture includes valerian root, alongside passionflower and lavender, to offer a powerful, science-backed natural alternative.

### **You will need:**

- 4 oz. glass jar with a lid
- Brown glass tincture bottle with a dropper
- Cheesecloth, fine strainer, or nut milk bag
- Funnel

### **Ingredients:**

- 1 oz. dried valerian root
- 1 oz. dried passionflower
- 0.5 oz. dried lavender buds
- 4 oz. 80-proof alcohol (such as vodka)



Valerian root has a long history of being used to treat insomnia and anxiety. It complements the calming effects of passionflower and the sedative properties of lavender for a more potent sleep aid.

**Instructions:**

1. Combine the dried valerian root, passionflower, and lavender buds in a 4 oz. glass jar.
2. Pour the 80-proof alcohol over the herbs until they are fully submerged, leaving about a one-quarter-inch headspace at the top of the jar.
3. Seal the jar tightly and give it a good shake to mix the herbs and alcohol.
4. Label the jar with the date and ingredients, then store it in a cool, dark place.
5. Allow the mixture to infuse for 4-6 weeks, shaking the jar gently every few days.
6. After 4-6 weeks, strain the tincture through a cheesecloth, fine strainer, or nut milk bag into a clean bowl.
7. Use a funnel to transfer the liquid into a brown glass tincture bottle with a dropper.

**Dosing Instructions:**

Take 1-2 dropperfuls (30-60 drops) 30 minutes before bedtime. The tincture can be placed under the tongue or diluted in a small amount of water.

# Respiratory Issues and Lungs

## Lesson 1: Ancestral Remedies for an Asthma Attack

### You will need:

- Pot
- Towel
- Teapot or mug for brewing tea
- Infusion strainer (optional)
- Mortar and pestle (or alternative for crushing leaves)
- Bowl (for preparing poultice)
- Spoon for mixing
- Glass jar or container with lid for storing cough syrup

### Ingredients:

- Water
- Fresh or dried herbs (chamomile or eucalyptus)
- Dried mullein leaves
- Dried wild cherry bark
- Fresh peppermint leaves
- Raw honey
- American ginseng or ginger (fresh or dried)

### Instructions:

#### 1. Steam Inhalation:

- Fill a pot with water and heat it until it starts steaming.
- Add a handful of fresh or dried herbs like chamomile or eucalyptus to the water.
- Lower your head over the pot and cover it with a towel to trap the steam.
- Inhale deeply for 5-10 minutes, allowing the steam to provide relief and the herbs to soothe.



## 2. Mullein Tea:

- Boil water and pour it over a tsp. of dried mullein leaves in a teapot or mug.
- Cover and steep for 10-15 minutes.
- Strain the tea if desired and drink it slowly.

## 3. Wild Cherry Bark Infusion:

- Crush or break the dried wild cherry bark into small pieces.
- Boil water and pour it over the bark in a teapot or mug.
- Cover and steep for 15-20 minutes.
- Strain and sip the infusion.

## 4. Peppermint Poultice:

- Crush fresh peppermint leaves using a mortar and pestle until they become a paste.
- Apply the paste onto your chest and cover with a cloth.
- Leave it on for 20-30 minutes.

## 5. Natural Cough Syrup:

- Mix equal parts of raw honey with finely chopped American ginseng or ginger.
- Stir well until the ingredients are thoroughly combined.
- Take a spoonful as needed for relief during an asthma attack.





## Lesson 2: Traditional Powerful Lung Decoction

### You will need:

- Pot
- Strainer
- Mug or glass jar

### Ingredients:

- 1 tbsp. of dried mullein leaves
- 1 tbsp. of dried coltsfoot leaves
- 1 tbsp. of dried wild cherry bark
- 1 tbsp. of dried marshmallow root
- 4 cups of water

Coltsfoot is a natural remedy for inflammatory pulmonary conditions and it makes a great partner to the marshmallow root. The latter relieves the swelling and irritation of the mucous membranes and calms the respiratory system.

### Instructions:

1. Add the water to a pot, bring it to a boil, and turn to low.
2. Put the mullein leaves, coltsfoot leaves, wild cherry bark, and marshmallow root in the simmering water.
3. Let the mixture simmer for about 15-20 minutes.
4. Remove the pot from the heat and let it cool slightly.
5. Strain the decoction to remove the plant materials.
6. Pour the decoction into a mug or glass jar and sip the decoction throughout the day.

## Lesson 3: What Happens If You Smoke Mullein



Mullein is a well-known plant that has been “smoked” for centuries and is known to treat lung issues due to its expectorant nature. It will break up congestion and make coughing more productive.

Smoking this herb can help with influenza, asthma attacks, bronchitis, and pneumonia. It works because it contains chemicals called saponins. These chemicals help break down the mucus in the lungs and make it easier for

you to cough it up and get it out. This, in turn, reduces the chances of developing an infection from the gunk in your lungs. A second benefit of smoking this herb comes from its antibacterial properties.

### You will need:

- Mortar
- Pestle

### Ingredients (equal parts):

- Dried mullein leaf
- Dried peppermint leaf
- Dried thyme leaf

### Instructions:

1. Place the dried ingredients in a mortar and pestle to grind to a fine powder.
2. To add the moisture, apply one tsp. of water to every six tsp. of dried herb mix.
3. Place the moistened ingredients on a roll of paper or in a pipe.
4. The mixture is ready to smoke. You may also simply light the end of the mullein leaf and inhale the smoke directly.

**Warning:** Do not smoke more often than every two hours.



## Lesson 4: Sinus Support Serum

Chronic or acute sinus issues can significantly impact your quality of life, causing headaches, congestion, and fatigue. This Sinus Support Serum aims to alleviate these symptoms by harnessing the potent medicinal properties of various herbs.

### You will need:

- 1 oz. glass dropper bottle
- Small funnel
- Measuring spoons

### Ingredients:

- ½ oz. eucalyptus essential oil
- ¼ oz. peppermint essential oil
- ¼ oz. rosemary essential oil
- 1 oz. jojoba oil (or any carrier oil like almond or olive oil)

Eucalyptus and peppermint oils contain potent anti-inflammatory and antibacterial properties, and they act as excellent decongestants. Rosemary oil also supports respiratory health and has antimicrobial benefits. Jojoba oil serves as a carrier oil to dilute the essential oils, making them safe for application.

### Instructions:

1. Using a small funnel, pour the jojoba oil into the 1 oz. glass dropper bottle as a base.
2. Carefully add the eucalyptus, peppermint, and rosemary essential oils to the dropper bottle using measuring spoons.
3. Close the lid tightly and shake the bottle to mix all the ingredients thoroughly.
4. Label the bottle with the name of the serum and the date you made it.
5. Before each use, shake the bottle well to make sure the oils are properly mixed.

### Dosing Instructions:

Place 2-3 drops of the serum on a tissue and inhale deeply, or add a few drops to a bowl of hot water for a steam inhalation. You can also rub a drop or two on your temples or beneath your nose, avoiding sensitive areas like the eyes.



## Lesson 5: Natural Asthma Smoother

Asthma can be a debilitating condition that restricts airways and makes breathing difficult. This tincture serves as a natural supplement aimed at soothing asthma symptoms.

### You will need:

- 4 oz. glass jar with a lid
- Brown glass tincture bottle with a dropper
- Cheesecloth or fine strainer
- Small funnel

### Ingredients:

- 2 oz. dried mullein leaves
- 1 oz. dried licorice root
- 1 oz. dried ginger root
- 80-proof alcohol (such as vodka)

Mullein is traditionally used for respiratory issues, including asthma. Licorice root has anti-inflammatory properties that can help soothe irritated airways, while ginger has been shown to reduce airway constriction.

### Instructions:

1. In the 4 oz. glass jar, combine the mullein leaves, licorice root, and ginger root.
2. Pour the 80-proof alcohol or vegetable glycerin over the herbs until they are completely submerged, leaving about a quarter-inch of space at the top.
3. Put the lid on the jar and shake well to mix the herbs and liquid.
4. Label the jar with the name of the tincture and the date.
5. Store the jar in a cool, dark place for 4-6 weeks, shaking it every few days.
6. After 4-6 weeks, use a cheesecloth or fine strainer to strain the liquid into a brown glass tincture bottle with a dropper. Use a small funnel if necessary.

### Dosing Instructions:

Take 1 dropper full 2-3 times a day as needed.

## Lesson 6: Throat Tonic

A sore throat can be an uncomfortable and persistent ailment that often signals an underlying viral or bacterial infection.

This Throat Tonic combines potent herbs to help soothe your throat and target the root cause of the irritation.



### You will need:

- A small saucepan
- A fine strainer or cheesecloth
- A glass bottle or jar for storing
- A measuring cup
- A funnel (optional)

### Ingredients:

- 1 cup of water
- 2 tbsp. dried marshmallow root
- 2 tbsp. dried echinacea root
- 1 tbsp. dried sage leaves
- 1 tbsp. local honey (optional)

Marshmallow root is renowned for its mucilaginous properties, which help coat and soothe the throat. Echinacea boosts immune response, potentially aiding in the fight against viruses and bacteria, while sage has antiseptic properties that can help combat microbes.

### Instructions:

1. In a small saucepan, bring 1 cup of water to a boil.
2. Add marshmallow root, echinacea root, and sage leaves to the boiling water.
3. Reduce the heat and simmer for 20-30 minutes, allowing the herbs to steep.
4. Remove from heat and let it cool down for a few minutes.
5. Strain the mixture through a fine strainer or cheesecloth into a measuring cup.
6. If using honey, add it to the warm mixture and stir until fully dissolved.

7. Using a funnel, if necessary, transfer the cooled tonic into a glass bottle or jar for storage.

**Dosing Instructions:**

- For adults, take 1-2 tbsp. up to three times a day.
- Avoid honey if giving to children under 2 years old.

## Lesson 7: 2-Ingredient Lung Decongestant

Chest congestion can be a burden, making it difficult to breathe and causing discomfort. This simple 2-Ingredient Lung Decongestant is designed to break down mucus and help you breathe more easily.

**You will need:**

- A small saucepan
- A spoon for stirring
- A fine strainer or cheesecloth
- A glass bottle or jar with a lid for storing
- A measuring cup
- A funnel (optional)

**Ingredients:**

- 1 cup of water
- 2 tbsp. dried thyme



Thyme has been traditionally used as an expectorant, helping to break down mucus and clear congestion.

**Instructions:**

1. Bring 1 cup of water to a boil in a small saucepan.
2. Add the dried thyme to the boiling water.

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3. Reduce the heat and let the mixture simmer for 10-15 minutes, allowing the herb to infuse the water.
  4. Remove from heat and let it cool for a few minutes.
  5. Strain the mixture through a fine strainer or cheesecloth into a measuring cup.
  6. Use a funnel, if needed, to transfer the strained liquid into a glass bottle or jar for storage.

**Dosing Instructions:**

For adults, take 1 tbsp. up to three times a day.

## Lesson 8: The 1800s Sinus Remedy That Still Works Today

Sinus congestion has been a common ailment for centuries. This remedy, inspired by a treatment that was widely used in the 1800s, combines two simple ingredients to help clear the sinuses.

**You will need:**

- A small bowl
- A towel
- A spoon for stirring
- A measuring cup
- Grater or food processor (for horseradish)

**Ingredients:**

- 1 cup of hot water (not boiling)
- 2 tsp. sea salt or Himalayan salt
- 1 tsp. of freshly grated horseradish

Horseradish is a potent natural decongestant and has been traditionally used to clear sinuses and relieve sinus pressure. Salt has been used for centuries for its anti-inflammatory and antibacterial properties, making it a go-to remedy for various ailments, including sinus congestion.

**Instructions:**

1. Heat the water until it's hot, but not boiling.
2. Pour the hot water into a small bowl.
3. Add 2 tsp. of sea salt or Himalayan salt to the hot water and stir until dissolved.
4. Grate 1 tsp. of fresh horseradish and add it to the bowl.
5. Stir the mixture to combine all ingredients well.
6. Lean over the bowl and cover your head with a towel, creating a tent to trap the steam.
7. Breathe in the steam deeply through your nose for 5-10 minutes. Take care not to get too close to the hot water to avoid burning your face.

**Dosing Instructions:**

Repeat this process up to three times a day, particularly in the morning and before bedtime.

# Lyme Disease

## Lesson 1: The Lyme Warrior Elixir

### You will need:

- Glass jar
- Small glass dropper bottle
- Label
- Strainer

### Ingredients:

- Dried black walnut hull
- Dried Ashwagandha root
- Dried cat's claw bark
- Dried Japanese knotweed root
- Dried Chinese skullcap root

\* This recipe contains equal parts of each ingredient. The quantity depends on the size of the jar that you'll be using. For elixirs and tinctures, the jar is generally filled with a third of the way up with dried herbs.

- Alcohol (at least 80-proof, preferably vodka)

### Instructions:

1. Fill the glass jar with one-third full of the equal part dried herbs.
2. Fill the jar with the alcohol, leaving about ½ inch of headspace, and stir well.
3. Seal the jar tightly and shake it, to make sure all the herbs are well mixed.
4. Label the jar with the contents and date, store it in a cool place, and let it sit for about 4-6 weeks.



5. Give the elixir a daily shake until it's done; that way the herbs don't settle.

6. With time, the color will start to change as the medicinal compounds are absorbed into the alcohol base.
7. Once it's done, strain out the herbs and rebottle the finished product. I prefer a small glass dropper bottle, but any small glass bottle will work. The Lyme Warrior Elixir is very shelf-stable and it can last up to 7 years.

### **Dosing Instructions:**

The Lyme Warrior Elixir is meant to be taken orally on a daily basis in order to manage the symptoms of Lyme Disease. The dosing is one-half to 1 tsp. for an adult and about a quarter to a third of the adult dose for a child, depending on weight.

## **Lesson 2: Lyme Shield Capsules**

Certain herbs have been traditionally used to help the body manage symptoms and boost the immune system when fighting Lyme disease. This capsule-based remedy aims to support the body's natural defenses during Lyme disease recovery.

### **You will need:**

- Gelatin or vegetable-based capsules (size "00")
- Small bowl for mixing
- Measuring spoons
- A capsule filling machine (optional but helpful)
- An airtight jar for storing the capsules

### **Ingredients:**

- 1 part ground astragalus root
- 1 part ground cat's claw
- 1 part ground Japanese knotweed



Astragalus root, cat's claw, and Japanese knotweed have been traditionally used in herbal medicine for their anti-inflammatory and immune-supporting properties, which can be beneficial for those recovering from Lyme disease.

### Instructions:

1. In a small bowl, mix equal parts of ground astragalus root, ground cat's claw, and ground Japanese knotweed. Stir until well combined.
2. Using a capsule filling machine or manually, fill the "00" capsules with the herbal mixture.
3. Store the capsules in an airtight jar and keep them in a cool, dark place.

### Dosing Instructions:

Take one capsule twice a day with meals. It's best to consult with a healthcare provider for personalized dosing, especially if you're taking other medications for Lyme disease.

## Lesson 3: Lyme-Busting Infusion

Lyme disease is a tick-borne illness that often requires comprehensive treatment. This herbal infusion includes traditional herbs, which some suggest may offer anti-microbial and immune-boosting benefits.



### You will need:

- A glass jar with a lid (32 oz. capacity)
- Boiling water
- A fine strainer or cheesecloth
- A glass bottle or container for storing the infusion
- A spoon for stirring
- A measuring spoon

**Ingredients:**

- 1 tbsp. dried Japanese knotweed
- 1 tbsp. dried cat's claw
- 1 tbsp. dried sweet wormwood

Japanese knotweed is known for its resveratrol content, which has anti-inflammatory benefits. Cat's claw has been traditionally used for its immune-boosting effects. Sweet wormwood is used in traditional medicine for its anti-microbial properties.

**Instructions:**

1. Boil water in a kettle or pot.
2. Place the dried herbs into the glass jar.
3. Pour the boiling water over the herbs, filling the jar to the top.
4. Stir the mixture with a spoon to ensure all ingredients are well combined.
5. Cover the jar with its lid and allow the mixture to steep for at least 4 hours, or overnight for a stronger infusion.
6. Once steeped, strain the infusion using a fine strainer or cheesecloth into a glass bottle or another container for storage.

**Dosing Instructions:**

Drink 1 cup of the infusion twice a day until symptoms subside.

# Nature's Mental Health Remedies

## Lesson 1: The Mood Lifting Elixir

### You will need:

- Large pot
- Strainer or cheesecloth
- Glass container with lid

### Ingredients:

- 2 tbsp. dried Ashwagandha root
- 1 tbsp. dried lavender
- 1 tbsp. dried chamomile flowers
- 1 tbsp. dried lemon balm
- 2 cups of water



### Instructions:

1. Add the dried Ashwagandha root, dried lavender, dried chamomile, the fresh Lemon balm, and 2 cups of water in a large pot.
2. Stir for just a bit and let the mixture come to a boil.
3. Once it comes to a boil, turn down the heat and let it simmer for about 30 minutes or so before removing it from the stove.
4. Let it cool for exactly 1 hour, remembering to stir every once in a while.
5. Once the hour has passed strain the liquid using a mesh strainer or cheesecloth inside a glass container with a lid.

Stored in the fridge, this Mood Lifting Elixir will last for about a month. It tastes good, having a floral calming aroma.

### Dosing Instructions:

The regular dosage is 1 tbsp. to 1 cup of warm tea or any other warm beverage. Depending on how low you feel you can use that much several times per day.

## Lesson 2: Liquid “Xanax”

It’s not only extremely effective for stress and anxiety, but it’s also **free of side effects**. And there is **no risk of addiction** either.

### You will need:

- Small glass jar
- 80-proof vodka

### Ingredients:

- 1 tbsp. of St John’s Wort flowers
- 1 tbsp. of American skullcap
- 1 tbsp. of lemon balm
- 1 tbsp. of Ashwagandha
- 1 tbsp. of dried chamomile flowers

You can use fresh or dried herbs; the result will be the same. Dried herbs were used for this version of the recipe.

### Instructions:

1. Add the dried herbs into a small glass jar.
2. Pour 80-proof vodka over, making sure the herbs are well covered but leaving a bit of room at the top.



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3. Store the jar in a cold, dark place, away from sunlight, and shake it once a day for the next 6 weeks.

### **Dosing Instructions:**

After it's done extracting, consume your liquid Xanax in the morning and then again right before bed. Your stress hormones shoot up after waking up, so you need it then. Its calming effect should certainly help you sleep better at night. 1 single tsp. mixed in any beverage will do it each time, or take it directly in your mouth for even better absorption.

Note: A natural remedy free of side effects like the “Liquid Xanax” will not work as fast as a pill. Nonetheless, it will ultimately work better and it's a lot more respectful of your brain's natural balance.

## **Lesson 3: What Happens If You Burn Bay Leaves**

### **You will need:**

- Mortar
- Pestle

### **Ingredients:**

- A few bay leaves

### **Instructions:**

1. Dry out a few bay leaves.
2. Crush the bay leaves into a fine powder using a mortar and pestle.
3. Sprinkle this powder over a lighter flame. As the powder burns a gentle and calming smoke, all you need to do is sit back and relax.
4. If you don't want to crush the bay leaves, you can also burn them whole over an open flame. Just make sure they are dry enough.





### **Dosing Instructions:**

Perform this ritual as needed, up to once daily for relaxation and mood-enhancing purposes. Allow yourself to relax for 10-15 minutes, breathing normally and enjoying the calming effect.

## **Lesson 4: The Herbal Stress Buster**

When confronted with acute bouts of stress or anxiety, the need for a natural solution is paramount. This tincture, steeped in the traditions of herbal lore, combines a few powerful ingredients known to alleviate these feelings.

### **You will need:**

- A glass jar with a lid
- Brown glass tincture bottle with a dropper
- Cheesecloth, fine strainer, or nut milk bag

### **Ingredients:**

- 1 oz. dried passionflower
- 1 oz. dried lemon balm
- 0.5 oz. dried lavender
- 16 oz. 80 proof alcohol (such as vodka)

Passionflower is traditionally hailed for its tranquilizing properties, aiding in calming the mind and reducing anxiety. Lemon balm has been used for centuries as a mood enhancer and for its ability to induce a sense of calm. The addition of lavender not only offers a delightful aroma but further strengthens the relaxing profile of this tincture.

### **Instructions:**

1. Combine the dried herbs in the glass jar.
2. Pour the alcohol over the herbs until they are fully submerged.
3. Seal the jar tightly and place in a cool, dark place for 4-6 weeks. Shake it daily.
4. After the steeping period, strain the mixture using a cheesecloth or fine strainer into the brown glass tincture bottle.

### Dosing Instructions:

Take 10-15 drops directly under the tongue or in a little water when feeling acutely stressed or anxious. Do not exceed more than five doses in a day.

## Lesson 5: Tequila-Tea

In some cultures, a touch of alcohol combined with beneficial herbs was believed to lift spirits and provide solace during trying times. This beverage, a fusion of tequila's bold character and the therapeutic properties of select teas, aims to uplift the mind while ensuring relaxation.



### You will need:

- A teapot or heat-resistant pitcher
- A teacup or glass
- A kettle or pot for boiling water

### Ingredients:

- 1 cup of hot water
- 1 tea bag or 1 tsp. of dried chamomile flowers
- 1 tea bag or 1 tsp. of dried St. John's wort
- 1 ounce of tequila (preferably a silver or blanco variety for a clean flavor)
- A slice of lemon or lime (optional)
- Honey or agave nectar to taste (optional)

Chamomile has been cherished for ages for its calming and anti-anxiety properties. St. John's wort, on the other hand, has been utilized in traditional herbalism to counter mood swings and mild depressive symptoms. Tequila, when consumed in moderation, can act as

(c) 2)

a social lubricant, potentially helping to relax and lower inhibitions. The combination aims to fuse relaxation with a hint of vivacity, supporting overall mental well-being.

**Instructions:**

1. Boil the water in a kettle or pot.
2. In the teapot or pitcher, place the tea bags or dried herbs.
3. Pour the hot water over the tea and steep for 5-7 minutes.
4. Remove the tea bags or strain out the herbs.
5. Pour the brewed tea into a cup or glass, and stir in the tequila.
6. Add a slice of lemon or lime, and sweeten with honey or agave nectar if desired.

**Dosing Instructions:**

Sip slowly and enjoy 1-2 times a week, preferably in the evening. Remember to consume alcohol responsibly, and keep away from children.

## Lesson 6: The Legal Narcotic You Can Grow in Your Own Backyard

Poppy seeds, derived from the poppy flower that can be grown freely in your own backyard, contain opioid compounds, which are known to reduce pain and calm the mind. Of course, pharmaceutical opioids are classified as narcotics, but poppies are legal to grow, allowing you to reap the benefits through this calming tea (in moderation).

**You will need:**

- A teapot or a heat-proof container
- Strainer or tea infuser



- A cup for serving
- Kettle or pot for boiling water

**Ingredients:**

- 1 tbsp. chamomile flowers
- 1 tbsp. lavender buds
- 1/2 tbsp. poppy seeds

Chamomile is widely known for its calming effects, beneficial for sleep and relaxation. Lavender offers soothing and aromatic properties that promote a sense of calm. Poppy seeds contain morphine and other opioid compounds, which help relieve pain, promote rest, and pacify the mind. Poppy seeds must be consumed in moderation as an overdose is possible and can be lethal.

**Instructions:**

1. Bring water to a boil in a kettle or pot.
2. Place all the herbs into the teapot or heat-proof container.
3. Pour boiling water over the herbs.
4. Cover and steep for 10 minutes.
5. Strain the tea into your cup and, if desired, sweeten with honey or stevia.

**Dosing Instructions:**

Sip slowly and enjoy 1-2 times a week, preferably in the evening. Do not consume every day. Never exceed more than 50 grams of poppy seeds per dose. Do not give to children. Do not combine with any prescription medications.

## Digestive and Internal Issues

### Lesson 1: Gut Harmony Tonic

#### You will need:

- Zester
- Sealed container

#### Ingredients:

- 1 cup of water
- 1 lemon
- ½ orange
- ¼ cup apple cider vinegar (with the mother)
- 1 tbsp. of fresh turmeric
- A pinch of pepper
- 1 tbsp. of fresh ginger
- 1 tsp. of raw honey (for sweetness)
- 1 tbsp. chia seeds



#### Instructions:

1. Measure out one cup of water, then juice in the lemon and half the orange. The high acidity in the citrus and vinegar can be harsh on the system. Always water down this tonic as it has such highly acidic ingredients.
2. Using a zester, grate the fresh turmeric and ginger roots. Both these roots are high in fiber and have highly nutritious peels. If you can find organic options, then you can leave the peel on. Otherwise, it's best practice to peel your roots before adding them to your gut health shots.

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3. Mix it all up. Add the grated roots, the pepper, the apple cider vinegar, the honey, and the chia seeds.
  4. You can either stir it well or choose to blend the ingredients to make a more homogenous mixture.
  5. Store it in a sealed container, in your fridge, for no longer than a week.

Dosing Instructions:

Pour a 1.5-ounce serving and enjoy the fiery, tangy boost each morning.

## Lesson 2: Leaky Gut Tincture

### You will need:

- Glass jar
- Strainer
- Dropper

### Ingredients:

- 50g Marshmallow root
- 50g Slippery elm bark
- 30g Plantain leaves
- 80-proof alcohol (enough to cover up the plants in the jar - approximately 200-250 ml)

Marshmallow root and slippery elm bark help form a protective layer that helps the gut to regenerate, and plantain soothes mucous membranes and helps draw out toxins from the gut.

### Instructions:

1. Fill the jar up with the plants and add enough alcohol to cover them, leaving a bit of headspace.
2. Leave them in a dark cool place for about 4 to 6 weeks, stirring from time to time.
3. Strain the tincture into a glass bottle with a dropper and label it.

**Dosing Instructions:**

Use the dropper to consume 10-15 drops of the tincture up to three times daily. Drops can be taken directly under the tongue or diluted in a small amount of water.

Note: If you want, you can also add into this mix a tincture made from medicinal mushrooms. You can try Lion's Mane, Turkey Tail, or Reishi. Each one works to help restore and repair gut function. Lion's Mane soothes gut inflammation, Reishi helps leaky gut through its anti-inflammatory action. Reishi is also high in beneficial beta-glucans, glycoproteins, and triterpenes to support gut health. Turkey Tail calms inflammation and is an excellent source of prebiotics for encouraging a healthy microbiome by controlling the overgrowth of candida, while also feeding the "good" bacteria in the gut.

### Lesson 3: DIY Digestion Dynamo

Digestive issues can be a constant hurdle for many. This tea, rich in digestive-supporting herbs, offers a blend of soothing properties for the gut. The combination of peppermint, fennel, ginger, and licorice not only aids digestion but also provides a pleasant flavor profile that can be enjoyed anytime.

**You will need:**

- A teapot or heat-resistant pitcher
- A teacup or mug
- A kettle or pot for boiling water
- Strainer or tea infuser

**Ingredients:**

- 1 cup of hot water
- 1 tbsp. peppermint leaves
- 1 tbsp. fennel seeds
- 1 tbsp. ginger slices
- 1 tsp. licorice root

Peppermint leaves are well-regarded for soothing digestive disturbances, especially indigestion. Fennel seeds have been used traditionally to reduce gas and bloating. Ginger, renowned for its digestive-aid properties, can also alleviate symptoms like nausea. Licorice root, with its sweet undertone, provides both anti-inflammatory and immune-boosting benefits essential for gut health.

**Instructions:**

1. Bring water to a boil using a kettle or pot.
2. In the teapot or pitcher, combine peppermint leaves, fennel seeds, ginger slices, and licorice root.
3. Pour the boiling water over the herbs.
4. Cover and steep for about 10 minutes.
5. Using a strainer or infuser, pour the tea into your cup, discarding the solids.

**Dosing Instructions:**

Enjoy a cup 30 minutes before meals for optimal digestion support. If experiencing digestive discomfort, you can drink this blend up to three times daily. Adjust the strength based on preference by altering the quantity of herbs.

**Lesson 4: Belly Bliss Solution**

Digestive issues can be both uncomfortable and disruptive. This tonic, inspired by age-old remedies, is crafted to harness the digestive and anti-inflammatory benefits of its ingredients.

**You will need:**

- A saucepan
- Strainer
- Measuring spoons
- A storage bottle or jar

**Ingredients:**

- 2 inches of fresh ginger root, thinly sliced
- 2 inches of fresh turmeric root, thinly sliced



- 
- 1 tbsp. dried dandelion root

Ginger and turmeric are celebrated for their potent anti-inflammatory and digestive properties. Dandelion root, on the other hand, acts as a mild diuretic and digestive aid, making it an excellent addition to this tonic.

**Instructions:**

1. Fill the saucepan with 4 cups of water.
2. Introduce the sliced ginger, turmeric, and dried dandelion root to the water.
3. Let the water reach a boil, then switch to a simmer.
4. Allow the mixture to simmer for 20-25 minutes so the herbs can fully infuse the water.
5. Take off the heat and use the strainer to separate the solids from the tonic.
6. Wait for the tonic to cool down, and then transfer to your storage bottle or jar.

**Dosing Instructions:**

It's advised to consume ½ cup of the Belly Bliss Tonic during the morning on an empty stomach, and another ½ cup before heading to bed. Keep any remaining tonic in your fridge, and it should stay fresh for up to a week.

## **Lesson 5: The Plant You Should Add to Your Coffee to Empty Your Bowels Effortlessly Each Morning**

Constipation can be a discomforting experience for many. By introducing a natural plant-based remedy to your daily coffee, you can aim for a smooth start to your mornings. The star ingredient for this recipe is Senna, a herb well-documented for its laxative properties.

**You will need:**

- A coffee maker or French press

- A grinder (if using whole coffee beans)
- Measuring spoons
- Your favorite coffee mug

**Ingredients:**

- Your regular coffee grounds or beans for one cup
- ½ tsp. of dried Senna leaves or Senna tea



Senna acts as a natural stimulant to the intestines, aiding in bowel movements. However, remember to use it sparingly and consult your doctor before regular use, as overconsumption can lead to dependence.

**Instructions:**

1. Prepare your coffee as you typically would.
2. Once your coffee is brewed, place the dried Senna leaves or tea into your mug.
3. Pour your freshly brewed coffee over the Senna.
4. Allow the Senna to steep in the coffee for about 5 minutes.
5. If using whole leaves, strain before drinking to remove any leaf particles.

**Dosing Instructions:**

Drink this coffee blend first thing in the morning, ideally before consuming any other food. Make sure not to consume this blend continuously for more than a week without consulting a healthcare professional, as prolonged use of Senna can cause dependency.



# Urinary Tract Infections

## Lesson 1: Kidney Cleanse Infusion

### You will need:

- Saucepan
- Fine-mesh strainer or cheesecloth
- Mug or teapot

### Ingredients:

- 1 tbsp. of dried nettle leaves
- 1 tbsp. of dried dandelion root
- 1 tbsp. of dried cornsilk
- 4 cups of filtered water
- Lemon or lime wedges (optional)

### Instructions:

1. Boil the water in a saucepan.
2. Add the dried nettle leaves, dandelion root, and corn silk to the boiling water.
3. Reduce the heat to low and let the mixture simmer for 10 minutes.
4. After simmering, remove the saucepan from the heat and let it steep for an additional 10 minutes.
5. Strain the infusion using a fine-mesh strainer or cheesecloth to separate the liquid from the herbs.
6. Optionally, you can squeeze a fresh lemon or lime wedge into the infusion. It will add some more flavor and additional detoxifying benefits.
7. Pour the concoction into a mug or teapot and enjoy it warm.

### Dosing Instructions:

You can drink this infusion once a day to get the benefits of the kidney cleanse.

## Lesson 2: UTI Blend

### You will need:

- Glass jar with lid
- Fine mesh strainer or cheesecloth
- Amber glass bottles

### Ingredients:

- 1-part of dried usnea
- 1-part of dried Oregon grape root
- 1-part of dried Uva Ursi
- 1-part of dried goldenrod
- 1-part of dried echinacea – if you have an autoimmune condition, leave this one out
- 80-proof vodka or grain alcohol



The Oregon grape root in this remedy contains berberine. That is an alkaloid that helps to inhibit bacteria from adhering to the wall of the urinary bladder.

### Instructions:

1. Combine equal parts of dried usnea, Oregon grape root, uva ursi, goldenrod, and echinacea in a clean glass jar. As I said, if you suffer from any autoimmune issue, skip echinacea from this recipe.
2. Pour enough vodka or grain alcohol over the herbs to fully cover them, ensuring they are completely submerged.
3. Secure the jar with a tight-fitting lid and shake well to mix the ingredients.
4. Place the jar in a cool, dark place, such as a pantry or cabinet, and let it sit for 4 to 6 weeks, shaking the jar gently every few days.
5. Label the bottles with the name of the blend and the date of preparation.

6. Store your blend in a cool, dark place, away from direct sunlight.

### **Dosing Instructions:**

Take 1-2 droppers full (approximately 30-60 drops) diluted in a glass of water 3 times daily. Continue use for the duration of UTI symptoms, but if symptoms persist longer than 10 days, consult a healthcare professional as UTIs can become serious and require medical attention. Don't use it for more than 2 weeks at a time.

## **Lesson 3: At-Home Antibiotic Extract**

Urinary tract infections (UTIs) are a common and sometimes painful condition. While serious UTIs require medical intervention and prescription antibiotics, some traditional herbs have been used to support treatment and provide relief from symptoms. One such herb is Uva Ursi, known for its potential to combat bacteria in the urinary tract.



### **You will need:**

- A glass jar with a lid (32 oz. capacity)
- Boiling water
- A fine strainer or cheesecloth
- A glass bottle or container for storing the extract
- Measuring spoons

### **Ingredients:**

- 1 tbsp. dried Uva Ursi leaves
- 1 tbsp. dried Dandelion root

- 1 tbsp. dried Echinacea root

Uva Ursi contains hydroquinone, which is transformed in the body and can have antibacterial effects. Dandelion root is believed to have diuretic properties, promoting increased urine flow which may help flush out bacteria. Echinacea is often touted for its immune-boosting properties.

**Instructions:**

Boil water in a kettle or pot.

1. Place the dried herbs into the glass jar.
2. Pour the boiling water over the herbs, filling the jar to the top.
3. Stir the mixture with a spoon to ensure all ingredients are well combined.
4. Cover the jar with its lid and let the mixture steep for at least 4 hours, preferably overnight for a stronger extract.
5. Once steeped, strain the extract using a fine strainer or cheesecloth into a glass bottle or another container for storage.

**Dosing Instructions:**

Drink 1 cup of the extract twice a day for 7-10 days. Consult with a doctor if symptoms get worse.

## Lesson 4: BactiBlocker Infusion

Urinary tract infections (UTIs) can be an uncomfortable ordeal. For those looking for traditional remedies to support the prevention or complement the treatment of UTIs, this herbal infusion may offer some relief through its antibacterial properties.

### You will need:

- A glass jar with a lid (32 oz. capacity)
- Boiling water
- A fine strainer or cheesecloth
- A glass bottle or container for storing the infusion
- Measuring spoons

### Ingredients:

- 1 tbsp. dried Cranberry fruit (or pure cranberry juice)
- 1 tbsp. dried Uva Ursi leaves
- 1 tbsp. dried Marshmallow root

Cranberries have long been associated with UTI prevention due to their potential to inhibit bacteria from attaching to the urinary tract walls. Uva Ursi contains compounds that can have antibacterial effects, and Marshmallow root is often used for its soothing properties, which might alleviate UTI symptoms.

### Instructions:

1. Boil water in a kettle or pot.
2. If using dried cranberry fruit, crush them slightly to release flavor and beneficial compounds.
3. Place all the dried herbs into the glass jar.



4. Pour the boiling water over the herbs, filling the jar to the top.
5. Stir the mixture with a spoon to ensure all ingredients are well combined.
6. Cover the jar with its lid and let the mixture steep for at least 4 hours, preferably overnight for a stronger infusion.
7. Once steeped, strain the infusion using a fine strainer or cheesecloth into a glass bottle or another container for storage.

**Dosing Instructions:**

Drink 1 cup of the infusion daily for prevention or twice a day during an active UTI. Consult a healthcare provider if infection symptoms do not subside after 3 days.

## Type 2 Diabetes

### Lesson 1: The Pancreas Care Drops

#### You will need:

- Glass jar
- Muddler
- Mesh strainer or cheesecloth
- Dark glass dropper bottles



#### Ingredients:

- 1-part dried self-heal leaves
- 1-part dried purslane leaves
- 1-part dried fenugreek seeds
- 1-part dried ginseng root
- 1-part dried rosemary leaves
- 1-part dried sweet marjoram leaves
- 1-part dried kudzu root
- 80-proof vodka or grain alcohol

Fenugreek seeds are high in soluble fiber and help reduce blood glucose levels in those with type 2.

Sweet Marjoram is great for those who struggle with insulin resistance because it can reduce fasting insulin levels.

While ginseng and its active compounds inhibit both inflammation and the oxidative stress associated with diabetes.

Vodka is the preferred alcohol to use because it has no flavor. In case you're making this for a child or someone with an alcohol sensibility, you can also use apple cider vinegar or glycerin.

#### Instructions:

1. Combine all the plant materials together in a clean glass jar.

2. Using a muddler, crush the herbs slightly to release their natural oils and flavors.
3. Pour enough of the alcohol to fully submerge the herbs.
4. Secure the jar with a tight-fitting lid and shake well to mix the ingredients.
5. Place the jar in a cool, dark place, such as a pantry or cabinet, and let it sit for about 4 to 6 weeks. Give it a gentle shake every few days or so.
6. After the steeping period is over, strain the tincture through a fine mesh strainer or cheesecloth.
7. Transfer the liquid to dark glass dropper bottles.
8. Label the bottles with the name of the tincture and the date of preparation.
9. Store the tincture in a cool, dark place, away from direct sunlight.

### **Dosing Instructions:**

The dosage for the Pancreas Drops is 10 drops in a glass of water daily, 1 hour before your meal. For children, it's half of the adult dosage.

## **Lesson 2: Glucose Guardian Blend**

### **You will need:**

- Teapot or any heatproof container
- Strainer

### **Ingredients:**

- |                                          |                                             |
|------------------------------------------|---------------------------------------------|
| • 1 tbsp. dried holy basil /tulsi leaves | • 2 cups of water                           |
| • ¼ cup of dried lemon balm leaves       | • 10 drops of liquid hawthorn berry extract |
| • 1 tbsp. dried bilberry leaves          | • Natural sweetener (stevia or honey)       |
| • 1 tbsp. ground fenugreek seeds         |                                             |
| • 1 cinnamon stick, crushed              |                                             |

Bilberry is used to lower blood sugar levels in people with type 2 diabetes. It prevents the breakdown and absorption of carbs in your gut, similar to some blood sugar-lowering medications.

**Instructions:**

1. Grab a teapot or any heatproof container and combine everything except the hawthorn berry extract – which will be added afterward at the end.
2. Pour the 2 cups of boiling water over the herbs and spices.
3. Cover the container and just let the infusion steep for 15-20 minutes.
4. Strain the liquid into a cup or teapot. You can discard all the solids that are left.
5. Add the liquid hawthorn berry extract.
6. You can sweeten the infusion with a natural sweetener like stevia or honey if you prefer a sweeter taste.
7. Enjoy the Glucose Guardian Blend infusion warm or chilled, depending on your preference.

**Dosing Instructions:**

Drink 1 cup (approximately 8 oz.) of the Glucose Guardian Blend once daily. This blend can be consumed daily, but it's essential to monitor blood sugar levels regularly if you have diabetes or any blood sugar-related concerns.

I recommend consuming the Glucose Guardian Blend regularly as part of a balanced diet and healthy lifestyle.

### **Lesson 3: The Plant That Is Sweeter Than Sugar and Helps People with Diabetes**

Stevia is a natural sweetener derived from the leaves of the *Stevia rebaudiana* plant. It's significantly sweeter than sugar, contains no calories, and has a minimal effect on blood

sugar levels, making it a favorite for many people, especially those with diabetes. Here's a recipe for a homemade stevia syrup that you can use to replace sugar in various kitchen applications.

**You will need:**

- A saucepan
- A fine strainer or cheesecloth
- A glass bottle or container for storing the syrup
- A spoon for stirring
- Measuring cups and spoons

**Ingredients:**

- 1 cup fresh stevia leaves (or 1/4 cup dried stevia leaves)
- 2 cups of water

The natural compounds in stevia leaves offer a sweetness that's up to 200 times that of sugar without the accompanying calories or carbohydrate content. Stevia has been shown to help control blood sugar levels and reduce triglyceride and cholesterol levels.

**Instructions:**

1. Begin by washing the fresh stevia leaves thoroughly.
2. In a saucepan, combine the stevia leaves with the water.
3. Bring the mixture to a boil, then reduce the heat and allow it to simmer for about 40 minutes. The liquid should reduce in volume.
4. After simmering, remove the saucepan from the heat and let it cool for a few minutes.
5. Strain the liquid through a fine strainer or cheesecloth into your storage container, pressing the leaves to extract as much liquid as possible.
6. Discard or compost the used stevia leaves.

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7. Seal the container with a lid and store your stevia syrup in the refrigerator.

### **Dosing Instructions:**

Use this stevia syrup in place of sugar in beverages, baked goods, and other recipes. You'll want to start with a small amount and adjust to taste since stevia is significantly sweeter than sugar. The exact substitution amount will vary based on personal preference, but generally, 1 tsp. of stevia syrup can replace 1 tbsp. of sugar.

## **Lesson 4: GlucoGems Infusion**

Managing blood glucose levels is paramount for individuals with type 2 diabetes. This infusion incorporates scientifically-supported herbs known to have potential benefits in controlling blood sugar levels. As with all herbal remedies, it's essential to consult with a healthcare provider before starting any new treatment, especially if one is already on medications for diabetes.

### **You will need:**

- A teapot or 32 oz. glass jar with a lid
- Boiling water
- A fine strainer or cheesecloth
- A glass bottle or container for storing the infusion
- A spoon for stirring
- Measuring spoons

### **Ingredients:**

- 1 tbsp. dried cinnamon bark
- 1 tbsp. dried fenugreek seeds
- 1 tbsp. dried *Gymnema Sylvestre* leaves
- 1 tbsp. dried bitter melo

Cinnamon bark is known for its potential in improving insulin sensitivity. Fenugreek seeds have been studied for their role in improving glycemic control. *Gymnema sylvestre*, often termed the "sugar destroyer", may help reduce sugar absorption in the intestine. Bitter melon has compounds that act similarly to insulin, helping to reduce blood sugar levels.

### **Instructions:**

1. Boil water in a kettle or pot.
2. Add the dried herbs to the teapot or glass jar.

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3. Pour the boiling water over the herbs, filling the container to the top.
  4. Stir the mixture with a spoon to ensure all ingredients are well combined.
  5. Cover and allow the mixture to steep for at least 30 minutes.
  6. Once steeped, strain the infusion using a fine strainer or cheesecloth into a glass bottle or another container for storage.
  7. Store in the refrigerator for up to 3 days. Reheat as needed.

**Dosing Instructions:**

Drink 1 cup of the infusion twice a day.

## Lesson 5: Insulin Plant Tincture

The insulin plant, scientifically known as *Costus igneus*, is popularly recognized in traditional medicine for its potential benefits in supporting the treatment of type 2 diabetes. This tincture aims to extract the medicinal properties of the insulin plant. Before using any herbal remedy, especially for conditions like diabetes, always consult with a healthcare provider.

**You will need:**

- A glass jar with a lid (16 oz. capacity)
- 80 proof or higher alcohol (like vodka or brandy)
- A fine strainer or cheesecloth
- A glass dropper bottle for storing the tincture
- A measuring cup
- A funnel (for easier pouring)

**Ingredients:**

- 1 cup fresh insulin plant leaves, thoroughly washed and chopped
- 2 cups of 80 proof or higher alcohol

The insulin plant contains compounds that have been found to help manage blood sugar levels, which can be beneficial for those with type 2 diabetes.



### Instructions:

1. Place the chopped insulin plant leaves into the glass jar.
2. Pour the alcohol over the leaves, ensuring that they are fully submerged.
3. Secure the lid on the jar and give it a good shake.
4. Label the jar with the date and contents.
5. Store the jar in a cool, dark place for 4-6 weeks, shaking it gently every day or as often as you remember.
6. After the steeping period, strain the mixture through a fine strainer or cheesecloth, ensuring that all plant materials are removed.
7. Using a funnel, transfer the tincture to a glass dropper bottle for easier dosing.

### Dosing Instructions:

Take 5-10 drops of the tincture under the tongue or in water, two times a day. However, dosage can vary based on individual needs and body weight, so it's essential to continuously monitor blood glucose levels and adjust as necessary.

## Lesson 6: Just Like Insulin! Lowers Your Blood Pressure

High blood pressure, or hypertension, is a common health issue. This remedy incorporates herbs traditionally known to assist in promoting heart health and possibly lowering blood pressure. Before integrating any new remedies into your regimen, especially for conditions like hypertension, always consult a healthcare provider.

### You will need:

- A teapot or glass jar with a lid (32 oz. capacity)
- Boiling water
- A fine strainer or mesh sieve
- A cup or mug for serving
- A spoon for stirring
- A measuring spoon

**Ingredients:**

- 1 tbsp. dried hibiscus petals
- 1 tbsp. dried hawthorn berries
- 1 tbsp. dried lemon balm leaves

Hibiscus is known for its potential antihypertensive properties. Hawthorn berries have traditionally been used to support heart health and improve blood flow, and lemon balm is often incorporated for its calming and relaxing effects.

**Instructions:**

1. Place the dried herbs into the teapot or glass jar.
2. Pour boiling water over the herbs, filling the teapot or jar.
3. Cover with a lid and allow the mixture to steep for 15-20 minutes.
4. After steeping, strain the infusion using a fine strainer or mesh sieve into a cup or another container.
5. Let it cool a bit, and it's ready to drink. You can add a small amount of honey or a stevia leaf for sweetness if desired.

**Dosing Instructions:**

Drink 1-2 cups daily, ideally in the evening as some of the herbs may have a relaxing effect. Remember to monitor blood pressure regularly and consult with a healthcare provider about any changes to your treatment regimen.

# Our Grandparent's Natural Heart Medicines

## Lesson 1: Arterial Agility Tonic

### You will need:

- Mason jar with lid
- Wooden spoon
- Bottle with dropper

### Ingredients:

- 1/8 cup hawthorn berries
- 1/8 cup Tulsi/ holy basil
- 1/8 cup olive leaf
- 1/8 cup fenugreek
- 80-proof alcohol



Hawthorn berries help relax constricted blood vessels. Tulsi, also known as holy basil, is used for triglycerides; Olive leaf for bad cholesterol, and finally fenugreek for arterial hardening.

### Instructions:

1. Chop the olive leaves.
2. Add the hawthorn berries, the dried Tulsi leaves, the fenugreek seeds, and the chopped olive leaves to a clean mason jar.
3. Cover everything with 80-proof alcohol and mix together using a wooden spoon.

**\*As a general rule always try to use wood instead of metal when mixing remedies.**

4. Close the lid and give it a good shake.
5. Place the jar of Arterial Agility in a cool, dark place such as a cupboard or basement.

6. The key to getting the most out of it is to remember to shake it once a day, or at least every couple of days until it's done extracting in 6 or so weeks.

By then, your Arterial Agility Tonic will be ready to use. As this tonic is made with alcohol, it should stay good for at least 5-7 years.

### **Dosing Instructions:**

Take up to 1ml – that's about one dropperful three times a day and watch what happens to your blood pressure. If it goes too low, reduce the dose or stop altogether. It's best to take it between meals so food does not slow down its absorption rate.

### **Warning:**

If you are already on blood pressure medication, this is not meant to replace it. Always consult with your doctor before adding this on, as it may interfere with the effect of medicine.

## **Lesson 2: Vasculo-Vital Elixir**

This elixir takes five minutes to put together, and it can be enjoyed straight away. One portion has just 81 calories, so there is need to worry about spiking blood sugar or increased weight.

### **You will need:**

- Knife
- Blender or juicer
- Strainer
- Grater or garlic crusher

### **Ingredients:**

- ½ piece of ginger
- 1 beetroot
- 1 medium lemon
- A handful of spinach



- 1 medium carrot
- ½ tbsp. cinnamon powder
- a quarter of a tablespoon bilberry powder
- 1 cup of water

### **Instructions:**

1. Take ½ inch-piece of ginger, peel it, and grate it. You can also use a garlic crusher if you find it to be easier.
2. Rinse the beetroot well under running water rubbing it with your fingers.
3. Cut it into wedges then halve it again.
4. Wash one medium carrot and scrub if you need to.
5. Cut off the ends of the carrot and discard them into the compost bin.
6. Cut the rest of the carrot into smaller pieces.
7. Rinse the spinach.
8. Put the ginger, beetroot, carrot, and the spinach in a blender or juicer.
9. Add about a quarter of a tablespoon bilberry powder and the cinnamon powder into the blender/ juicer.
10. Cut the lemon in half and squeeze the juice into the blender.
11. Add exactly 1 cup of water on top.
12. Blend until it's smooth – around 45 seconds or so.
13. Strain to take out the pulp.

### **Dosing Instructions:**

Drink two cups a day. You should feel its effects in as little as 3 hours and if you keep up this habit, you will probably see a significant improvement as time goes by.

## Lesson 3: Homemade Cardiac Guardian Juice

Heart health is a crucial aspect of overall well-being. This juice combines powerful natural ingredients that have traditionally been associated with cardiovascular support. Please keep in mind that while this juice can complement a heart-healthy lifestyle, it should not replace medications or other prescribed treatments.



### You will need:

- A juicer
- A knife and chopping board
- A large bowl or pitcher for collecting the juice
- A spoon for stirring
- A measuring cup

### Ingredients:

- 2 medium beetroots, peeled and chopped
- 1 large carrot, peeled and chopped
- 3 stalks celery, cleaned and chopped
- 1 medium-sized apple, cored and chopped
- A small piece of fresh ginger, about 1 inch, peeled and chopped
- 1 lemon, peeled

Beets have been researched for their potential benefits in improving blood flow due to their nitrate content. Carrots and apples provide essential vitamins and antioxidants, while celery helps lower blood pressure. Ginger adds a spicy kick and has anti-inflammatory properties. Lemon is a great source of vitamin C and other antioxidants which promote heart health.

### Instructions:

1. Prepare all the ingredients by washing, peeling, and chopping as needed.

2. Begin by juicing the beetroots, followed by the carrot, celery, apple, and ginger.
3. Finally, juice the peeled lemon.
4. Collect the juice in a bowl or pitcher, stir well to combine, and then pour into a glass or jug.

### **Dosing Instructions:**

Consume one glass of the Cardiac Guardian Juice in the morning on an empty stomach. It's best enjoyed fresh but can be stored in the refrigerator for up to 24 hours. Make sure to shake or stir well before consuming if stored.

## **Lesson 4: Heartbeat Hero Tincture**

Maintaining a healthy heart rhythm and vascular system is pivotal for overall health. This tincture integrates herbs that have been historically recognized for their potential cardiovascular benefits, including relieving palpitations and promoting a healthy heartbeat.

### **You will need:**

- A glass jar with a tight-fitting lid (about 32 oz. capacity)
- A small funnel (optional for easier pouring)
- A fine strainer or cheesecloth
- A dark glass dropper bottle for storage
- A measuring spoon



### **Ingredients:**

- ¼ cup dried hawthorn berries
- ¼ cup dried motherwort
- ¼ cup dried ginkgo biloba leaves

- 
- 16 oz. of high-proof alcohol (like vodka or brandy)

Hawthorn berries have been traditionally used for their potential benefits in strengthening and regulating the heart's rhythm. Motherwort may assist in promoting a healthy heart rate and relieving palpitations. Ginkgo biloba is often associated with improved circulation.

**Instructions:**

1. Place the dried herbs into the glass jar.
2. Pour the alcohol over the herbs, ensuring they are fully submerged.
3. Securely place the lid on the jar and give it a gentle shake.
4. Store the jar in a cool, dark place for 4-6 weeks. Shake the jar gently every few days.
5. After the steeping period, strain the tincture using a fine strainer or cheesecloth into the dark glass dropper bottle.

**Dosing Instructions:**

Take 10-20 drops of the Heartbeat Hero Tincture under the tongue or in a glass of water twice a day.

## Lesson 5: Herbal Beat-Strong Formula

A strong and rhythmic heartbeat is foundational to overall wellness. The Herbal BeatStrong Formula combines traditional herbs known to support cardiovascular health and improve the heart's rhythm.

**You will need:**

- A glass jar with a tight-fitting lid (about 32 oz. capacity)
- A fine strainer or cheesecloth
- A glass bottle or container for storing the formula
- A spoon for stirring
- A measuring spoon

**Ingredients:**

- ¼ cup dried hawthorn leaves and flowers
- ¼ cup dried rosemary leaves
- ¼ cup dried lemon balm leaves
- 4 cups of boiling water

Historically, hawthorn is revered for its potential cardiovascular benefits, especially in supporting the heart muscle. Lemon balm has calming effects and might help manage heart palpitations, while rosemary has been associated with improved circulation.

**Instructions:**

1. Combine the dried herbs in the glass jar.
2. Pour the boiling water over the herbs, ensuring they are completely covered.
3. Place the lid securely on the jar and let the herbs steep for 20-30 minutes.
4. Once steeped, strain the infusion using the fine strainer or cheesecloth into a glass bottle or another container for storage.

**Dosing Instructions:**

Drink 1 cup of the Herbal BeatStrong Formula in the morning and another in the evening.



# Hair Loss

## Lesson 1: Hair-Growth Serum

### You will need:

- Pot
- Spray bottle
- Sieve

### Ingredients:

- A handful of fresh or dried rosemary
- 1 tbsp. of horsetail dried
- Water

Rosemary is known to improve your circulation thanks to its Ursolic Acid and this can stimulate blood circulation to your scalp, which in turn helps to boost hair growth. It does this by getting more oxygen and nutrients to the hair follicles. The anti-inflammatory nature of rosemary will nourish the hair follicles and make your hair shiny. If you're trying to grow your hair, then it's as important to keep your current hair and new hair growth healthy to reduce breakage and the need to cut your hair so frequently, which rosemary will help do. Rosemary is also known to darken gray hairs and slow the appearance of new grays.

The Carnosic Acid in rosemary can play a role in rejuvenating nerves and damaged nerve endings. This is also thought to be a factor in stimulating hair growth. In addition, Horsetail contains silica, a substance that can increase hair elasticity and resistance while also strengthening and lubricating dry and damaged hair shafts.

### Instructions:

1. Take a handful of rosemary sprigs, a tbsp. of dried horsetail and put them in your pot.
2. Cover the rosemary and horsetail with water.
3. Put the lid on the pot and turn the heat on low.
4. Leave it on the heat for 3 hours and give it a stir once an hour.
5. Once the 3 hours are up, take the pot off the heat and remove the lid.

6. Let it cool all the way and put the fine sieve over a container to catch the rosemary horsetail “tea”.
7. Pour the contents of the pot into the sieve and discard the rosemary leaves and stalks.
8. Pour the mixture into the spray bottle. It’s ready to use.

It may be kept in the fridge for 1-2 weeks.

### **How to use:**

To apply the solution to your hair, towel dry your hair after washing it then spray the rosemary/horsetail water over your hair, concentrating on the scalp. Once you have sprayed your hair, gently massage your scalp. There is no need to rinse it off and you can continue with your usual post-shower routine.



### **Dosing Instructions:**

You should start using this solution twice a week in the first week of use. Then, you can build this up for daily use if you like or every time you wash your hair if you don’t wash it daily. This will depend on every individual, of course, and the type of hair you have.

For the best results, you should use this consistently. While you should notice shinier and healthier hair and any dryness of the scalp improves in the short term, hair growth will take longer to become evident. Be patient and remember to keep this up as part of your regular ongoing hair maintenance regime.

## Lesson 2: Hair Revival Potion

Hair loss can be distressing for many. Addressing it through natural means can sometimes offer supportive benefits. The Hair Revival Potion brings together age-old herbs known to nourish the scalp and encourage hair growth.

### You will need:

- A glass bottle with a dropper (about 2 oz. capacity)
- A small funnel
- A bowl for mixing
- A spoon for stirring
- A fine strainer or cheesecloth

### Ingredients:

- ¼ cup nettle leaf infused oil
- ¼ cup rosemary infused oil
- ¼ cup horsetail infused oil
- 10 drops lavender essential oil

Nettle is traditionally believed to promote hair growth and improve hair texture. Rosemary might stimulate hair follicles and enhance scalp circulation, while horsetail, rich in silica, is associated with hair strand strengthening. Lavender essential oil adds a pleasant fragrance and possesses scalp-soothing properties.

### Instructions:

1. Combine the nettle, rosemary, and horsetail infused oils in the mixing bowl.
2. Introduce the lavender essential oil drops and stir gently until well blended.
3. Using the funnel, carefully transfer the mixture into the glass dropper bottle.
4. Secure the bottle with its dropper lid.

**Dosing Instructions:** Apply a few drops directly to the scalp, emphasizing areas of concern or thinning. Massage gently 2-3 times a week, ideally before bedtime, allowing the potion to work overnight. Wash hair normally the next morning.

## Lesson 3: Hair Renewal Elixir

The quest for luscious, strong hair is a timeless one. The Hair Renewal Elixir is designed with a blend of natural oils and herbs that have traditionally been linked to hair rejuvenation and scalp nourishment.



### You will need:

- A glass bottle with a tight-fitting lid (about 8 oz. capacity)
- A small funnel
- A mixing bowl
- A spoon for stirring
- A fine strainer or cheesecloth

### Ingredients:

- ½ cup coconut oil
- ¼ cup castor oil
- ¼ cup almond oil
- 1 tbsp. dried amla (Indian gooseberry) pieces or powder
- 1 tbsp. dried fenugreek seeds or powder
- 10 drops peppermint essential oil

Coconut oil provides essential nutrients to nourish the scalp and can potentially reduce protein loss in hair. Castor oil, rich in ricinoleic acid, may promote hair growth. Almond oil is known for its high vitamin E content, a natural antioxidant that can support scalp health. Amla has been traditionally used in Ayurvedic medicine to strengthen hair and prevent premature greying. Fenugreek might promote hair growth and fight dandruff, while peppermint essential oil stimulates the scalp and adds a refreshing fragrance.

### Instructions:

1. In the mixing bowl, combine coconut, castor, and almond oils.
2. Add dried amla pieces or powder and fenugreek seeds or powder. Mix well.
3. Transfer the mixture to the glass bottle using the funnel.
4. Add the peppermint essential oil to the bottle and shake gently to mix.

5. Store the bottle in a cool, dark place for 1-2 weeks, allowing the herbs to infuse with the oils.
6. After the infusion period, strain the elixir using the fine strainer or cheesecloth into a fresh bottle for storage.

### Dosing Instructions:

Apply a generous amount to the scalp and hair, ensuring the entire length of the hair is covered. Massage gently for a few minutes. Leave on for at least an hour or overnight for deeper conditioning. Wash off with a mild shampoo. Use 1-2 times a week for best results.



## Lesson 4: Try This Recipe If You're Losing Hair

Hair loss can be caused by numerous factors including genetics, diet, stress, hormonal imbalances, and more. This internal remedy is composed of herbs and ingredients that have been traditionally used to nourish the body from within, aiding in stronger hair growth and reduced hair fallout.

### You will need:

- A glass jar with a tight-fitting lid (about 32 oz. capacity)
- A fine strainer or cheesecloth
- A kettle or pot for boiling water
- A spoon for stirring
- A measuring spoon

### Ingredients:

- 2 tbsp. dried nettle leaves
- 2 tbsp. dried horsetail (*Equisetum arvense*)
- 2 tbsp. dried rosemary leaves
- 1 tbsp. dried amla (Indian gooseberry) pieces or powder
- 4 cups of boiling water
- 1 tbsp. flaxseeds (optional)

Nettle leaves are rich in silica and have been historically used for hair health. Horsetail, a natural source of silica, is believed to strengthen hair strands. Rosemary is said to enhance circulation to the scalp, which may boost hair growth. Amla, a potent source of vitamin C, is often employed in Ayurvedic treatments for hair health. Lastly, flaxseeds provide Omega-3 fatty acids, which can improve hair elasticity and density.

**Instructions:**

1. Place the dried herbs and amla pieces or powder into the glass jar.
2. Pour the boiling water over the herbal mixture, ensuring they are completely submerged.
3. Stir the mixture to ensure all ingredients are well combined.
4. Cover the jar with its lid and allow the herbs to steep for 4-6 hours or overnight.
5. Strain the infusion using the fine strainer or cheesecloth into a glass bottle or another container for consumption.
6. Optionally, you can soak flaxseeds overnight in a separate container and consume them in the morning for additional benefits.

**Dosing Instructions:**

Consume 1 cup of the infusion in the morning and another in the evening. If you opt to include flaxseeds, consume them in the morning. Continue for several weeks to see results.



## Thyroid Function

The thyroid's main function is to control metabolism or metabolic rate that transforms food intake into energy. When this system is impaired, it either increases or decreases its hormone secretion. When that happens, metabolic activities are also impaired and the body processes are affected. Some of the most common symptoms are: easily gaining weight or the other way around, feeling exhausted all the time, and/or your body temperature fluctuates constantly making you feel either very cold or very warm.

Basically, if your thyroid gland doesn't function properly, your entire body suffers. Your thyroid can increase or decrease the production of hormones. An increase is called hyperthyroidism, while a decrease goes by the name of hypothyroidism, which is more common.

### Lesson 1: Herbal Thyroid Optimizer for Hyper-Thyroid

#### You will need:

- Teapot or heatproof container
- Strainer
- Tea Cup

#### Ingredients:

- 1-part bugleweed
- 1-part dried lemon balm leaves
- 1-part motherwort
- 1-part nettle
- 2 cups of boiling water
- Lemon (optional)
- Honey (optional)

The bugleweed inhibits the binding of antibodies to the thyroid gland and motherwort brings balance to the thyroid function.

#### Instructions:

1. Combine the bugleweed, lemon balm leaves, motherwort, and nettle in a teapot or a heatproof container.

2. Pour the boiling water over the herbs.
3. Cover the container and let the infusion steep for 15-20 minutes.
4. Strain the liquid into a cup or a teapot.
5. You can add a squeeze of lemon or a tsp. of honey to enhance the flavor if you prefer.
6. Enjoy the thyroid support infusion warm or chilled.



### **Dosing Instructions:**

Drink 1 cup (approximately 8 oz.) of the Herbal Thyroid Optimizer once daily. Some ingredients in the blend may interact with thyroid medications or other medications. Make sure to disclose all supplements and herbs you're taking to your healthcare provider.

## **Lesson 2: Thyroid Booster for Hypo-Thyroid**

### **You will need:**

- Mason jar with lid
- Cheesecloth
- Amber-colored bottle with a dropper

### **Ingredients:**

- 1-part dried stinging nettle
- 1-part guggul resin powder
- 1-part ashwagandha root
- 80-proof alcohol

The guggul resin powder in this recipe guggul use can help ameliorate the symptoms of hypothyroidism by increasing T3 levels and T4 levels, normalizing the TSH, and improving liver conversion of thyroid hormones.

I also recommend taking cordyceps and reishi dual-extracted tinctures daily.

**Instructions:**

1. Add the first three ingredients to a mason jar in equal parts until the jar is about 1/3rd full.
2. Add enough alcohol to cover the ingredients entirely.
3. Put on the lid and place the jar in a dark and cool place. Once every few days give it a shake.
4. After 4-6 weeks, the booster should be ready to use. Strain the liquid, using a cheesecloth, into an amber-colored bottle.
5. Label the bottle and add the date.

**Dosing Instructions:**

Follow the recommended dosage for tinctures – usually 1 dropper 3 times a day.

## Lesson 3: Herbal Blend for Thyroid Resilience

The thyroid is a vital gland regulating metabolism, energy, and more. Supporting its health can be crucial for overall well-being. This herbal blend encompasses herbs traditionally believed to aid the thyroid in maintaining its optimal function.

**You will need:**

- A glass jar with a tight-fitting lid (about 32 oz. capacity)
- A fine strainer or cheesecloth
- A kettle or pot for boiling water
- A spoon for stirring
- A measuring spoon

**Ingredients:**

- 2 tbsp. dried bladderwrack (*Fucus vesiculosus*)
- 1 tbsp. dried ashwagandha root
- 2 tbsp. dried lemon balm leaves
- 1 tbsp. dried guggul resin
- 4 cups of boiling water

Bladderwrack, a type of seaweed, has been historically taken for thyroid health due to its iodine content, which is essential for thyroid hormone production. Ashwagandha, an adaptogenic herb, may help in balancing thyroid hormones and has been studied for its

effects on hypothyroidism. Lemon balm has traditionally been used for hyperthyroidism and to calm an overactive thyroid. Guggul resin is believed to stimulate thyroid activity and improve its function.

**Instructions:**

1. Combine the dried herbs and guggul resin in the glass jar.
2. Pour the boiling water over the mixture, ensuring all ingredients are submerged.
3. Stir to combine thoroughly.
4. Secure the lid on the jar and allow the mixture to steep for 4-6 hours or ideally, overnight.
5. Strain the infusion using a fine strainer or cheesecloth into a glass bottle or another container for storage.

**Dosing Instructions:**

Consume 1 cup of the infusion in the morning and another cup in the evening.

# Men's Health

## Lesson 1: Herbal Prostate Rejuvenator

### You will need:

- Glass jar
- Cheesecloth or fine strainer
- Glass dropper bottles

### Ingredients:

- 1-part saw palmetto berries
- 1-part dried Nettle leaves
- 1-part Pygeum bark
- 1-part Pumpkin seeds
- 80-proof alcohol



A 2019 study (Youngjoo Kwoncorresponding, *Use of saw palmetto (Serenoa repens) extract for benign prostatic hyperplasia*, 2019) on men with benign prostatic hyperplasia found that saw palmetto improved prostate symptoms and also increased levels of free testosterone. Pygeum helps with bladder emptying and urine flow, two common issues for those with an enlarged prostate.

### Instructions:

1. Gather all the dried herbs in equal proportions, grind them or crush them slightly in order to release their natural compounds.
2. Combine all the herbs in a glass jar.
3. Pour the alcohol inside the jar, enough to fully cover all the herbs.
4. Seal the jar tightly, label it, and shake it well to make sure all the herbs are evenly saturated.

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5. Store the jar in a cool, dark place for 4 to 6 weeks, and give it a shake every day.
  6. After it's done infusing, strain the liquid through a cheesecloth or fine mesh strainer to separate the tincture from the herbs.
  7. Transfer the tincture into dark glass dropper bottles for easy use.
  8. Label the bottles with the ingredients and date.

### **Dosing Instructions:**

Take 1-2 droppers full of the tincture daily every day, and the results should start showing.

## **Lesson 2: Watermelon-Pomegranate Juice for Erectile Dysfunction**



Erectile dysfunction (ED) can be a sensitive issue for many. Natural remedies have been explored for centuries, and certain foods are believed to improve circulation and vascular health, which can be beneficial for ED. This refreshing juice blend combines the powerful compounds of watermelon and pomegranate, both of which have been studied for their benefits for ED.

### **You will need:**

- A juicer or blender
- A fine strainer or cheesecloth (if using a blender)
- A glass bottle or container for storing the juice
- A knife and chopping board
- A measuring cup

### **Ingredients:**

- 2 cups of fresh watermelon chunks (preferably including the watermelon rind)
- 1 cup of fresh pomegranate seeds (about one medium-sized pomegranate)

Watermelon contains a compound called citrulline which boosts nitric oxide in the body, promoting blood vessel dilation. Pomegranates are rich in antioxidants that support cardiovascular health and improve blood flow.

**Instructions:**

1. If using a juicer, feed the watermelon chunks and pomegranate seeds into the juicer and collect the juice.
2. If using a blender, blend the watermelon chunks and pomegranate seeds until smooth. Afterward, use a fine strainer or cheesecloth to strain the juice, discarding the solid residue.
3. Pour the juice into a glass bottle or container for storage.

**Dosing Instructions:**

Drink a glass (about 8 ounces) of the juice mix in the morning or 30 minutes before any intimate activity. Ensure that you consume the juice within 2 days for maximum freshness.

# Skin

## Lesson 1: Amish Black Drawing Salve

### You will need:

- Double boiler
- Glass jar

### Ingredients:

- $\frac{1}{3}$  cup of plantain-infused oil
- $\frac{1}{2}$  to 2 tbsp. of castor oil
- 2 to 3 tsp. of beeswax
- 1 tbsp. of activated charcoal
- 1 tbsp. of bentonite clay
- 20 drops of each of essential oils such as rosemary, lavender, and clove



### Instructions:

1. Pour the herbal-infused oil, castor oil, and beeswax into a double boiler.
2. Once the beeswax is melted into the oil, take it off the heat.
3. Add the charcoal and clay and mix thoroughly.
4. Add your drops of essential oil and mix thoroughly again.
5. Pour the salve mixture into a glass jar and allow it to set.
6. It will harden up naturally on its own as the beeswax cools and the oils are absorbed by the charcoal and clay.

This salve has a good shelf life if stored in a cool, dry location, but it is best not to make too much of it at any one time.



### **Black Drawing Salve Uses:**

The Black Drawing Salve can be used to neutralize toxins and ease out splinters and other foreign objects that find their way under your skin. It can also help reduce inflammation from cactus spines, embedded glass shards, bee stings, tick bites, spider bites, thorns, and even ingrown hairs.

## **Lesson 2: Grandpa's Wound Healing Ointment**

### **You will need:**

- Double boiler
- Tin or small glass jar
- 10-20 drops of essential oils such as tea tree or lavender (optional)

### **Ingredients:**

- 4 oz. of herbal-infused oil
- ½ – 1 oz. beeswax pellets

### **Instructions:**

1. Place the beeswax pellets into the double boiler. Alternatively, use a heat-proof glass bowl over a pan that contains water, in the same method you would use to melt chocolate.

\* Be careful not to overfill with water as it will make the glass bowl 'jump'. Add beeswax after you add the infused/strained oil to the pot.

2. Add the infused herbal oil to the softened beeswax.
3. Slowly heat and mix. If the wax starts to thicken when you add the cold oil, let it heat up, and mix in the warmed oil/wax.
4. Mix the melting beeswax using the handle of a wooden spoon or similar.
5. Once the beeswax is completely melted, slowly add the infused oil to the melted wax in the double boiler. Mix as you pour.
6. The wax will start to solidify as the cold oil hits it.

7. Continue to heat and stir until the wax re-melts. Stir the two until completely mixed.
8. Once you have thoroughly mixed it, remove it from the heat and allow it to cool.
9. Add in the essential oils (if using) and mix.
10. Pour the salve into the containers (you can use a clean tin or a glass jar).
11. Leave it for approximately 15 minutes in a fridge or very cold place to harden the wax.



#### **Grandma's Would Healing Ointment Uses:**

It can be used on the clean cut or wound, or even added to bandages.

### **Lesson 3: DIY Antibacterial Bandage**

Open cuts and wounds are susceptible to infections. A simple, natural, and homemade solution can be beneficial. This DIY antibacterial bandage combines the natural healing properties of herbs and honey to support skin healing and ward off potential infections.

#### **You will need:**

- A small bowl
- A spoon for mixing
- Sterile gauze pads or bandage strips
- A small brush or clean fingertips for applying the mixture
- Airtight container for storing the leftover mixture

#### **Ingredients:**

- 1 tbsp. raw honey
- 5 drops tea tree essential oil
- 5 drops lavender essential oil
- 1 tsp. powdered goldenseal root

- 
- 1 tsp. aloe vera gel

Raw honey is a known wound healer and natural antibacterial. Tea tree oil offers powerful antimicrobial properties, while lavender oil is soothing and promotes skin healing. Goldenseal root is a traditional Native American remedy recognized for its antibiotic and immune-boosting properties. Aloe vera provides a soothing effect and supports skin regeneration.

**Instructions:**

1. In a small bowl, combine raw honey, aloe vera gel, and the powdered goldenseal root. Mix them thoroughly.
2. Add the tea tree and lavender essential oils to the mixture and stir well until all ingredients are fully integrated.
3. Using a brush or clean fingertips, apply a thin layer of the mixture onto the sterile gauze pad or bandage strip.
4. Place the coated side of the bandage directly onto the cut or wound.
5. Secure the bandage in place. If needed, you can use adhesive strips to keep the bandage secure.
6. Store the leftover mixture in an airtight container and place it in a cool, dark place.

**Dosing Instructions:**

Replace the bandage and reapply the mixture 1-2 times a day, or as needed. Always ensure the wound is cleaned properly before applying a new bandage.

## Lesson 4: Natural Wound Disinfectant

Ensuring wounds are clean and free of harmful microbes is crucial in the healing process. This natural wound disinfectant offers an herbal approach to cleansing cuts, scrapes, and minor wounds, harnessing the power of nature's best antiseptics.

**You will need:**

- A small glass bowl or container
- A spoon for stirring
- Cotton balls or pads for application
- A bottle or jar for storing the disinfectant

**Ingredients:**

- ½ cup witch hazel
- ¼ cup aloe vera juice
- 10 drops tea tree essential oil
- 10 drops lavender essential oil
- 5 drops eucalyptus essential oil

Witch hazel is a natural astringent that can cleanse and tighten the skin. Aloe vera juice offers soothing properties and helps reduce inflammation. Tea tree oil is renowned for its antimicrobial effects, lavender oil aids in skin healing, and eucalyptus oil acts as a natural antiseptic.

**Instructions:**

1. In the glass bowl or container, combine the witch hazel and aloe vera juice.
2. Add the tea tree, lavender, and eucalyptus essential oils to the mixture.
3. Stir well until all ingredients are well-integrated.
4. Transfer the mixture to a bottle or jar with a tight-fitting lid.
5. To use, dampen a cotton ball or pad with the disinfectant and gently dab onto the wound.

**Dosing Instructions:**

Apply to the wound 1-2 times a day, or as needed, ensuring the wound is clean.

## Lesson 5: DIY Antifungal Powder for Toenail Fungus

Toenail fungus, also known as onychomycosis, can be stubborn to treat and often requires a multi-faceted approach. This homemade antifungal powder aims to keep the feet dry and combat the fungal elements responsible for the condition.



### You will need:

- A small mixing bowl
- A whisk or spoon for mixing
- A small funnel
- A sifter or fine mesh strainer
- An airtight container or jar for storage

### Ingredients:

- 3 tbsp. arrowroot powder or cornstarch
- 1 tbsp. baking soda
- 15 drops tea tree essential oil
- 10 drops oregano essential oil
- 5 drops lavender essential oi

Arrowroot powder and cornstarch work as absorbents, helping to keep the feet dry. Baking soda balances the pH, making it unfavorable for fungus to thrive. Tea tree and oregano essential oils are well-known for their antifungal properties, while lavender oil adds a pleasant scent and has additional antifungal and soothing effects.

### Instructions:

1. In the mixing bowl, combine the arrowroot powder (or cornstarch) with baking soda.
2. Using the sifter or mesh strainer, sift the mixture to ensure no lumps are present.

3. Slowly add the essential oils, stirring continuously to ensure an even distribution.
4. Mix thoroughly until all ingredients are well-combined.
5. Using the funnel, transfer the powder to the airtight container or jar.

**Dosing Instructions:**

Sprinkle a small amount of the antifungal powder on clean, dry feet, especially focusing on the toes and nail beds, every morning and night. For enhanced effects, consider pairing this powder with regular foot soaks in Epsom salt or apple cider vinegar.

# Menopause and Andropause

## Lesson 1: Rejuvenating Tea

### You will need:

- Small saucepan
- Mesh strainer or cheesecloth
- Teapot or cup

### Ingredients:

- 1 tsp. of dried sage leaves
- 1 tsp. of dried black cohosh root
- 1 tsp. of dried red clover blossoms
- 1 tsp. of dried lemon balm leaves
- 1 tsp. of dried peppermint leaves
- 2 cups of water



Sage and black cohosh help reduce hot flashes, while black cohosh root and lemon balm are used for anxiety-related issues. Red clover contains isoflavones, plant-based chemicals that produce estrogen-like effects in the body.

### Instructions:

1. Bring the water to a boil in a small saucepan.
2. Add all the dried herbs to the boiling water.
3. Reduce the heat to low and let the herbs simmer for about 10-15 minutes.
4. Remove the saucepan from the heat and let the tea steep for an additional 5 minutes.
5. Strain the tea through a fine mesh strainer or cheesecloth into a teapot or cup.

6. You can sweeten the tea with honey or lemon if desired. Sip the tea slowly while it's still warm.

### **Dosing Instructions:**

For best results, drink this tea once or twice a day, especially during times when hot flashes or other menopause symptoms are bothersome. If you prefer, you can prepare this recipe as a tincture for ease of use and longevity.

## **Lesson 2: Rejuvenating Tincture**

Menopause is a natural transition in a woman's life, but the symptoms can be challenging. This tincture incorporates herbs that have been traditionally recognized for their ability to alleviate some common menopausal symptoms.



### **You will need:**

- A large glass jar with a tight-fitting lid (about 32 oz. capacity)
- A fine strainer or cheesecloth
- A dropper bottle or glass bottle for storing the tincture
- A measuring spoon
- Dark, cool storage space

### **Ingredients:**

- |                                 |                                 |
|---------------------------------|---------------------------------|
| • ¼ cup dried sage leaves       | • ¼ cup dried peppermint leaves |
| • ¼ cup black cohosh root       | • Approximately 3 cups of 40%   |
| • ¼ cup red clover blossoms     | alcohol (like vodka or brandy)  |
| • ¼ cup dried lemon balm leaves |                                 |

Sage leaves have been used traditionally to manage night sweats and hot flashes. Black cohosh root is another popular remedy for various menopausal symptoms. Red clover

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blossoms may have phytoestrogenic properties that can help with hormonal imbalances. Lemon balm can provide a calming effect, addressing mood swings, while peppermint can give a refreshing sensation and assist with sleep disturbances.

### Instructions:

1. In the glass jar, combine all the dried herbs.
2. Pour the alcohol over the herbs, ensuring they are completely submerged. If needed, add more alcohol to cover the herbs by at least 2 inches.
3. Seal the jar tightly and store it in a dark, cool place.
4. Allow the mixture to steep for at least 4-6 weeks, shaking the jar gently every couple of days to ensure the herbs are well-saturated.
5. After steeping, strain the liquid using the fine strainer or cheesecloth into the dropper or glass bottle.

### Dosing Instructions:

Take 20-30 drops of the tincture diluted in water or juice, 1-2 times daily. Always start with the lowest dose and increase as needed.

## Lesson 3: Menopause Harmony Tonic

### You will need:

- Strainer
- Tincture bottle

### Ingredients:

- 1 part dried black cohosh root
- 1 part dried Dong Quai (*Angelica sinensis*) root or female ginseng
- 1 part dried chaste tree berries



- 1 part dried red clover blossoms
- 1 part dried ashwagandha
- 80-proof alcohol

Chaste berries help manage menopausal symptoms, as it reduces the frequency of hot flashes and night sweats, and improves your mood. It does so due to the phytoestrogens it contains, a natural substance that mimics estrogen.

**Instructions:**

1. Add all the plants in a glass jar.
2. Cover the plants with enough alcohol to leave a bit of headspace.
3. Put the lid on and leave it in a dark place, for about 4 to 6 weeks.
4. After 4 to 6 weeks, strain the tincture into a glass amber-colored bottle and label it.

**Dosing Instructions:**

Follow the recommended dosage for tinctures (usually 1 dropper 3 times a day), preferably in the morning. If used consistently, this tonic may provide optimal benefits over time for menopause symptoms and hormonal balance.

# How to Restore Fertility for Men and Women

## Lesson 1: The Fertility Booster

Low fertility today is probably as widespread as obesity, but much less talked about. It's almost taboo and it's affecting both men and women. The Fertility Booster helps both.

### You will need:

- Glass jar



### Ingredients:

- 1 cup dried raspberry leaf
- 1 cup dried nettle leaf
- 1 cup dried red clover blossoms
- 1 cup dried maca root
- 1 cup 80-proof vodka
- 1 cup Reishi (optional)

Red raspberry leaf is very high in important nutrients that increase fertility for both sexes. In many ways, motherwort is one of the greatest healing herbs for women. Motherwort helps prepare the uterus for childbirth, while calming down anxiety and stress. Chaste Berry has been used for centuries to help women have more babies. Maca is a very important herb especially for people over the age of 35 when important hormones involved in conception start to quickly drop off. It's also an aphrodisiac.

### Instructions:

1. Place the herbs in a glass jar. Reishi is a great addition to this recipe if you want to try it.
2. Cover the herbs with alcohol.
3. Store the jar in a cold dark place for about 6 weeks and shake vigorously every few days.

### Dosing Instructions:

Take 1 to 2 tsp. of the Fertility Booster each day. The only side-effect is an increased libido.

## Lesson 2: Fertility-Boosting Smoothie

Enhancing fertility requires a combination of proper nutrition and holistic care. This smoothie incorporates a blend of potent fruits and herbs that are known to support and rejuvenate the reproductive system in both men and women.

### You will need:

- A blender
- A glass or container for the smoothie
- A measuring cup
- A spoon for stirring

### Ingredients:

- 1 cup of organic spinach
- ½ an avocado
- 1 cup of fresh pineapple chunks
- 2 tbsp. of chia seeds
- 1 tbsp. of pumpkin seeds
- 1 cup of almond milk (or any other preferred milk alternative)
- A drizzle of honey or a few dates for sweetness, if desired
- 1 tsp. of ashwagandha powder
- 1 tsp. of fenugreek seeds or powder
- 1 tsp. of tribulus terrestris



Spinach and avocado offer essential nutrients like folate and vitamin E that are vital for reproductive health. Pineapple's bromelain may help with inflammation, while chia and pumpkin seeds offer omega-3s and zinc, crucial for hormone balance and sperm health.



Ashwagandha, fenugreek, and tribulus have historic ties to fertility enhancement in traditional herbal systems.

**Instructions:**

1. In the blender, add the spinach, avocado, pineapple chunks, chia seeds, pumpkin seeds, ashwagandha powder, fenugreek, and tribulus terrestris.
2. Pour in the almond milk.
3. Blend until the mixture achieves a creamy, smooth texture.
4. If needed, sweeten with honey or dates, blending until fully mixed.
5. Pour into a glass and enjoy.

**Dosing Instructions:**

Drink one smoothie daily for best results. It's always wise to consult with a healthcare provider to ensure these herbs and ingredients are suitable for your individual health needs, especially when trying to conceive.