

HomeGrown Herbalist School of Botanical Medicine



HomeGrownHerbalist.net



Dr. Patrick Jones & Carl The Herb Hound

HomeGrownHerbalist.net

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HomeGrownHerbalist.net

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Herb-Talk.com

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Stealing is bad.

Don't be bad.

Making Herbal Medicines

Dr. Patrick Jones



Why Change Nature?

God created these remarkable plants to
bless, feed and heal us.

They are divinely-designed vessels
containing multiple compounds elegantly
arranged to deliver nutrition and healing to
our bodies.

We really don't have to turn them into
something else!

The Plant is the Medicine



*“Let thy food be thy
medicine... and thy
medicine be thy food.”*

-Hippocrates-

Just Eat 'em!

- Many / most herbs are edible foods
- Raw, whole herbs are often the very best source of active principles.
- Most of the spices in your kitchen are medicinal...look them up.
- Use medicinal herbs in soups, stews etc...

However...

Sometimes Nature Isn't Convenient



Harvesting/Collecting

- The best medicine starts with the best ingredients!
- Think like a plant...where is it putting its energies?
- Greens in the spring
- Flowers at their peak
- Roots in the fall
- Harvest conscientiously
- Avoid pollution

Hot Infusion...aka, Herbal Tea



Hot Infusion...aka, Herbal Tea



Hot infusion preserves almost all components of the plant...but has the shortest shelf life (2-3 days in the fridge)

Herbal Infusions

Herbal infusions are useful for delivering medicine internally.

They are also **Excellent** for wound irrigation and healing sprays.



Wound Spray Case: Juno

The Spray Was a Tea Made Using the Poultice Formula



Making a Hot Infusion

- Dry Herb: 1-2 tsp / cup (1 oz / pint)
- Fresh Herb: 2-4 tsp / cup (2 oz / pint)
- Bring the water to a boil. **Turn it off.** Add the herbs and cover. When it's cool enough to drink, it's ready.
- Don't boil the herbs!
- Use a lid to preserve volatile oils.
- Press & discard the pulp...or drink it.

Some Like it Hot...



But Some Don't!

Cold Infusion

- Some herbs prefer cold water due to volatile oils that would boil off or high mucilage content.
- Peppermint, Nettle, Uva ursi, Marshmallow, Burdock, Slippery elm.
- Just soak herbs over night at room temperature.
- Same ratios as hot infusion.

Tinctures



Tinctures

- Alcohol extracts & preserves
- Vodka works for most herbs
- Shelf life is many years



Which Herbs to Tincture?

Exotic Herbs

Expensive Herbs

Emergency / Crisis Herbs

Herbs you want to carry with you



Principles of Tincturing

- Water-soluble vs alcohol soluble
- The more oily or resinous the plant is, the higher the % alcohol needed (Everclear instead of vodka)
- When in doubt, use vodka.

The Folk Method of Making Tinctures

- Cover herb with alcohol (Vodka or Everclear).
- Never use isopropyl or rubbing alcohol (deadly poison internally)
- Shake well daily and say nice things to it for two weeks.
- Store in a dark place
- Start on new moon, end on full moon...or not.
- Press with cheese cloth after two weeks (or not). Paint strainers work great too!



The Ratio Method of Making Tinctures

- Mix Herbs and alcohol using a specific weight:volume ratio (usually 1:5 for dry herbs or 1:1 for fresh).
- ie...100g herb to 500 cc Vodka
- Gives a more consistent product
- Check your tincture daily to be sure herb hasn't sucked up all the booze. If necessary, add more.
- Never use isopropyl or rubbing alcohol (deadly poison internally!)

Lobelia Tinctures

- Lobelia's common name is "Pukeweed" so more dilute is better.
- Lobelia tinctures should be 1:10 (7 pts alcohol, 3 pts vinegar)
- Shake well daily and say nice things to it for two weeks.
- Store in a dark place



Using Tinctures

- Adult dose is 1 / 4 - 1 / 2 teaspoon several times daily
- Start with low end of dose and work your way up as needed
- Many Tinctures are also effective topically.



Removing Alcohol From Tinctures

- Measure the volume of the finished tincture.
- Add an equal amount of glycerin and put both in a double boiler.
- Warm at less than 200 degrees F until volume equals original tincture volume. Alcohol will boil off and glycerine will remain.



Herbal Vinegars



Herbal Vinegars

- Vinegar can be used for tinctures as well
- Shorter shelf life than alcohol tinctures and weaker extraction.
- Only use **dry** herbs
- Follow same methods as for tinctures.
- For leaves & flowers, just add the dry herbs to the vinegar as you would for a tincture....4-6 weeks instead of 2.
- For roots & barks, bring the finished tincture just to boiling point (without letting it boil) and filter to remove the albumin that can cause spoilage.

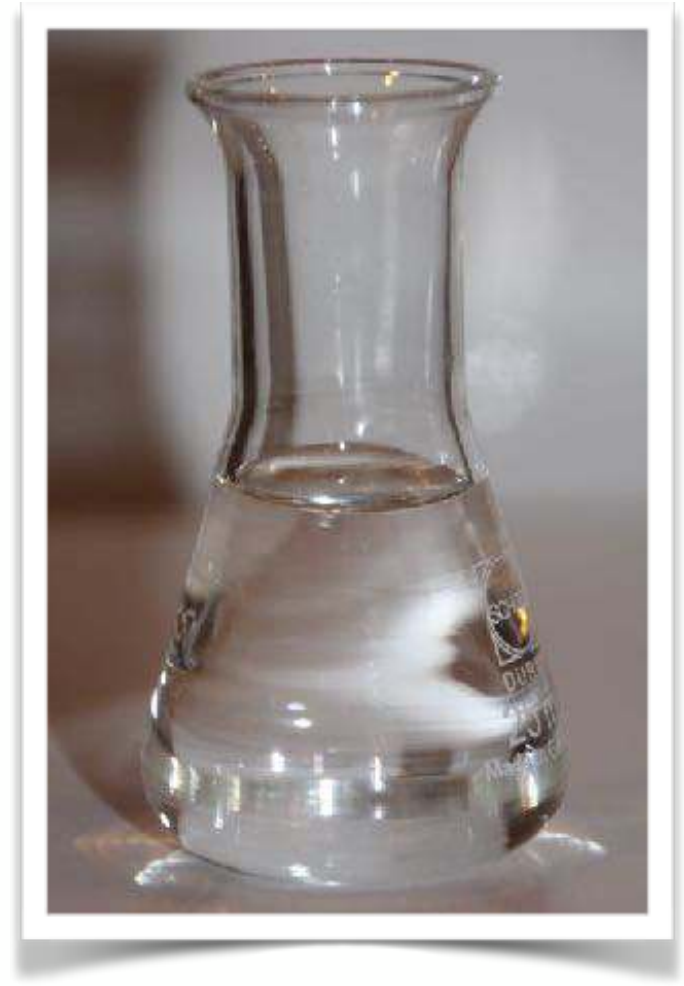


Glycerites



Glycerites

- Tinctures made using vegetable glycerin instead of alcohol.
- Vegetable glycerin has a sweet, pleasant taste
- Great for children & pets or for adults who wish to avoid using **any** alcohol
- Glycerites should be refrigerated and have a shelf life of about a year



"Sample of Glycerine" by LHcheM - Own work. Licensed under CC BY-SA 3.0 via Wikimedia Commons - http://commons.wikimedia.org/wiki/File:Sample_of_Glycerine.jpg#/media/File:Sample_of_Glycerine.jpg

Making Glycerites

Mix glycerin with water at a rate of
3 parts glycerin to 2 part distilled
water.

Then use that mixture exactly as you
would use alcohol to make a
tincture either in the folk method or
ratio method above.

Store in refrigerator

Glycerite Tips

- Don't use finely ground material (hard to strain)
- Don't contaminate bottle or dropper when dosing (glycerites will grow bacteria)

Oil Infusions



Oil Infusions

- Usually for external use but you can make wonderful culinary oils too.
- Cover dry herb with Olive, sesame or sweet almond oil.
- Add oil until covered with 1 / 2 inch oil. Add a few drops Vit E
- Stir / shake daily for 14 days
- Press / strain
- Store in a cool place.



Oil Infusions

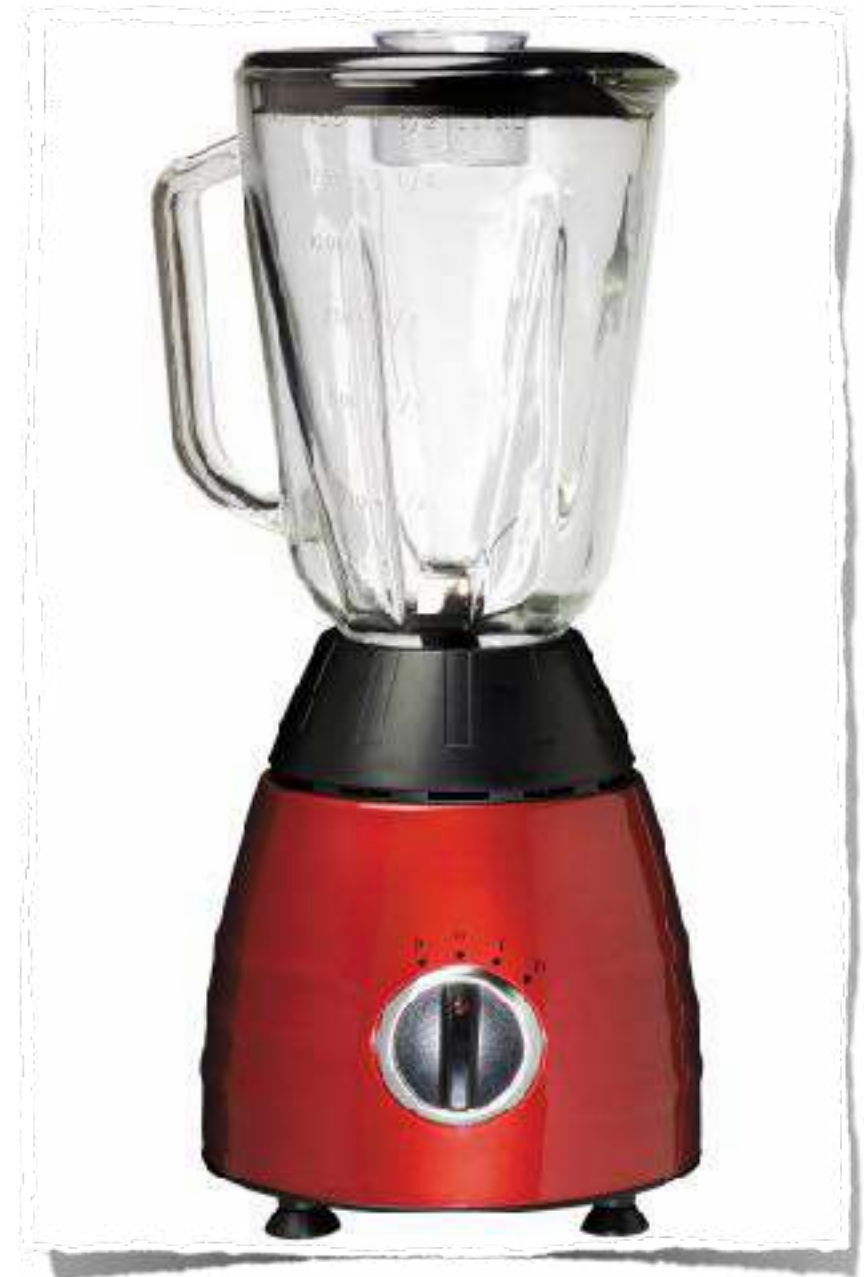
- You can also do oils in a double boiler
- Steep the herbs in the oil until the oil takes up the color of the herbs (usually about an hour)
- The lower the heat the better. Deep-fried herbs are not medicinal.



Oil Infusion

The Quick Blender Method

- Add ½ part vodka to 1 part dry herb.
- Allow to soak several hours.
- Put in blender with 7 parts oil.
- Blend until sides of blender are warm.
- Strain and bottle.



Salves



Oil Infusions Become Salves

- Make your oil infusion
- Warm in a double boiler
- Add beeswax to desired thickness. 1 oz beeswax / 1 cup oil is good.



Coconut Oil or Shortening Salves

- ½ cup dry herb to 1 cup coconut oil or vegetable shortening
- 1 cup fresh herb to 1 cup shortening / coconut oil
- Steep in double boiler for 1 hr. Don't deep fry the herbs!
- Add bees wax to thicken. Cold spoon test.



Herbal Lotions / Creams



Salves Become Lotions/Creams

Heat your salve in a double boiler

Add 1 / 2 cup water per cup of salve

You don't have to use plain water...Be creative!

**Teas, tinctures, essential oils can all be used as well
This supercharges the medicinal value.**

Herbal Pills



Herbal Pills



- To make Herbal Pills just mix 9 parts of whatever herb(s) you want with 1 part of an herb high in mucilage (slippery elm, marshmallow, comfrey).
- Add a little water to make a stiff dough
- Roll into pill-sized balls and dry thoroughly

Electuaries

(Mary Poppins Was Right!)



Electuaries

(Mary Poppins Was Right!)

- Herbal pills are not particularly palatable
- Add some honey, syrup or peanut butter
- Roll them in powdered sugar or coconut
- Dip them in chocolate.
- If your concoction won't dry, leave it as a paste and eat it that way.



Poultices & Fomentations



Poultices & Fomentations

- Great for arthritis, broken bones, wounds, bruises, sprains...
- Fomentations are good chest plasters. Cover with towel.
- Just add water or olive oil to make a thick paste.
- 12 hrs on, 12 hours off.





How'd you do that? Poultices!



Read the Story Here:

<http://homegrownherbalist.net/blogs/news/11055349-head-wound-case-herbal-healing-of-tissue-defects>

Poultice Results

Miracle Max



Poultice Results Miracle Max



Poultice Results

Miracle Max



Poultice Results Miracle Max

Before



After

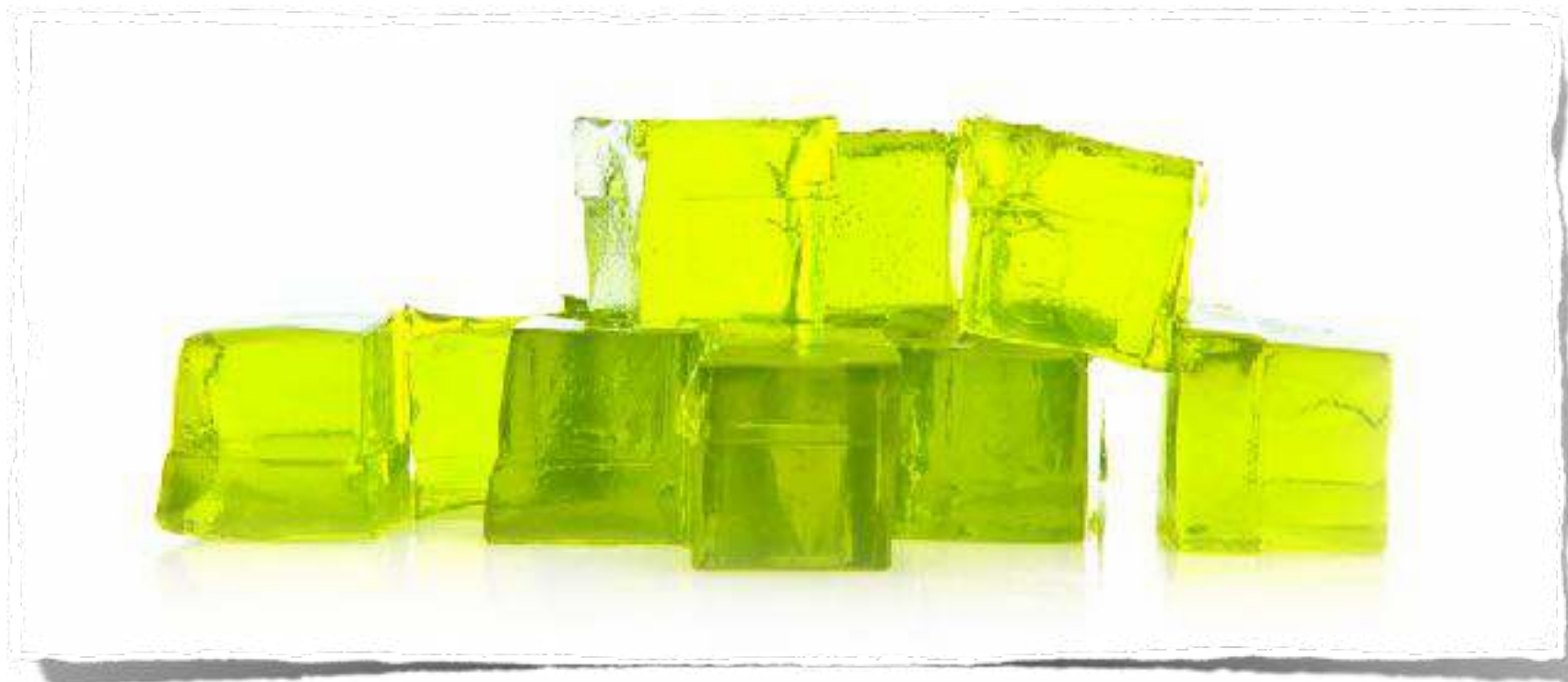


Read the Story Here:

<http://homegrownherbalist.net/blogs/news/11053005-miracle-max-leg-wound-and-sepsis-case>

Herb Jell-Os

- $\frac{1}{4}$ box Jello
- $\frac{1}{4}$ cup boiling water
- $\frac{1}{8}$ cup Tincture
- $\frac{1}{8}$ cup cold water
- Cool in fridge, cut into 6 squares.
- Each square = 5 ml dose of tincture.



Elderberry Gummies



Elderberry Gummies

Ingredients:

4 cups water
1/2 cup dried elderberries
2 tbs. cinnamon
1 cup raw honey
6 tbs. unflavored gelatin

Elderberry Gummies

Instructions

- Combine elderberries, water and cinnamon in a pot and bring to a boil
- Reduce to a simmer until liquid, strain berries. Drain liquid into glass bottle and add honey
- Quickly sprinkle 6 tbs. unflavored gelatin into elderberry mixture, whisk until lumps are gone.
- Spray mold with oil to prevent sticking
- Pour into molds or lined cookie sheet
- Refrigerate for 1 hour
- With cookie sheet, use cookie cutters to cut into shapes

Proof That Kids Will Eat Herbal Gummies!



Thanks For Listening!



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The HomeGrown Herbalist

School of Botanical Medicine



You Can Be a Clinical Herbalist!

*Online Course Work, Personal Mentoring,
Hands-on Workshops & Plant Walks.*

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