Basic Herbal Preparations - Recipes

Ginger poultice for menstrual cramps

½ cup fresh grated ginger or 4-6 Tbsp. powdered ginger

Enough boiling water to make a paste

Soak a cloth with boiling water, then spread the ginger paste onto it, folding the cloth over. Let cool just enough not to burn. Apply directly over the lower abdomen and cover with a hot water bottle and towel. Leave in place 20 minutes or until cramps subside.

Four Thieves Vinegar

2 cloves garlic

¼ cup dried lavender

¼ cup dried rosemary

¼ cup dried sage

2 Tbsp. dried thyme

2-3 whole cloves

2 cups apple cider vinegar

Peel and chop the garlic, then let it sit between 15 minutes and an hour to allow the allicin to form. Toss it into a pint jar along with the dried ingredients. Gently heat the vinegar in a saucepan until it just begins to steam. Pour the vinegar over the herbs to fill the jar. Cover with waxed paper and screw the lid on tight (or use a plastic lid). Leave in a warm place out of direct light for two to four weeks, then strain. This powerful brew not only protects against the plague, but wards off evil spells and lends endurance. Take 1-2 Tbsp. a day, or every few hours if you feel something coming on.

Elderberry Oxymel

½ cup elder berries

¼ cup elder flowers

2 Tbsp. elecampane root

¼ cup echinacea root

2 Tbsp. rose hips

4 slices astragalus root

1 cinnamon stick

4 whole cloves

2 cups apple cider vinegar

2 cups honey

Mix the vinegar and honey until well blended. Put all the herbs into a quart jar, and pour the vinegar-honey mixture over them until the jar is full, making sure to stir out any air bubbles. Cover with waxed paper (if necessary) and a lid, and let sit two to four weeks, shaking every day or two. Strain and store in a cool place. Take 1 Tbsp. every few hours if you start to get sick.

Iron Syrup

1 ¼ oz. Dried yellow dock root

¼ oz. Nettle leaf

¼ oz. Hawthorn berry

3/8 oz. Red clover herb

1 quart water

Put ingredients in a saucepan and bring to a boil; lower heat and simmer until the liquid is reduced by ½, about 1 hour. Remove from heat and strain. Let the liquid cool to lukewarm, then add:

¾ cup blackstrap molasses

¼ cup honey

2 tsp. Spirulina powder (optional)

1/3 cup brandy (optional)

Mix well and store in the refrigerator. Take 1-2 Tbsp. Daily.

Open Airways Salve

2 cups fir (or other conifer)-infused oil

1 ¾ oz. Beeswax

30 drops lemon eucalyptus essential oil

20 drops peppermint essential oil

Melt the beeswax in a double boiler, then add the infused oil and continue to heat, stirring, until re-melted and mixed. Remove from heat and add the essential oils. Pour into individual containers and allow to sit undisturbed until solidified.