



How to Make an Herbal Tincture:

A tincture is 14 times stronger than an extract, so a little goes a long way-- you only need 2 drops to equal one capsule of dried herbs. You can make a single herb or combination tincture. For a few ideas, download my **FREE** eResource on Adaptogenic Herbs to find the right herbs for calming the nervous system, promoting sleep, and aiding in stress management. Otherwise, try making this all-purpose tincture with my favorite herb: Pau d'Arco. If I had to choose only one herb, this would be it! If we have sore throats, a couple drops right on the inflamed area usually does the trick! It also offers pain relief and a plethora of other benefits. Also called Lapacho and Taheebo, it is from the bark of a tree grown in the Amazon, and it is impervious to molds and fungus.



Pau d'Arco Tincture

Properties: Alterative, Analgesic, Anodyne, **Anti-bacterial**, **Antibiotic**, Anti-diabetic, Anti-dotal, **Anti-fungal**, Anti-inflammatory, **Anti-microbial**, **Anti-neoplastic**, Antiseptic, **Anti-tumor**, **Anti-viral**, Astringent, Bitter tonic, Blood purifier, Digestive, Diuretic, **Fungicide**, Hypotensive, **Parasiticide**. (Source: The Little Herb Encyclopedia: The Handbook of Nature's Remedies for a Healthier Life, by Jack Ritchason, N.D.; 3rd edition, 1995.)

Cost Analysis: \$1.97 for full recipe; for class: \$.47 for 4 oz. Bottle (compared to \$25-35 retail for 4 oz.)

Instructions:

Combine in a dark glass bottle, or one covered with foil or brown paper:

- 2 oz. bulk herbs or 1 oz. (25 capsules) of powdered herbs-- use one capsule per 25# of body weight for pets
- 4 oz. distilled water
- 1 T. glycerin
- 12 oz. 80 proof alcohol (vodka-- I just use the cheap stuff)

Shake well once a day for 14 days-- do not open the bottle during this time. The longer it stands, the stronger it will be.

Strain out solids and administer 2 drops for every capsule under tongue or on pulse points, according to the dosage needed.

Interested in learning more about how to make your own homemade herbal remedies?



L'chaim-- To Life!

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