

Herbal Allies

HERBAL MEDICINE MAKING: IMMUNITY BOOSTERS - PART 1

- FIRE CIDER
- ELDERBERRY TINCTURE



Herbal Tinctures: What They Are and How to Use Them



Tinctures are concentrated
herbal extracts that have
alcohol as the solvent

HERBAL TINCTURES

WHAT ARE HERBAL TINCTURES?

Tinctures can be made with fresh or dried flowers, leaves, roots, barks, or berries.

Tinctures are concentrated herbal extracts that have alcohol as the solvent.

- Alcohol must be the solvent used to extract the herbal properties.
- If you are using vinegar, glycerin, only water (water used to dilute alcohol is fine), or any menstruum (solvent) other than alcohol, your preparation is an extract, but it is not a tincture.

HOW AND WHY TO USE HERBAL TINCTURES?

Tinctures easily stored for long periods of time in a concentrated and liquid form.

The effects will depend upon the herb or herbs tinctured, the amount and frequency taken, and the individual ingesting them.

Tinctures can be taken straight by the dropper under the tongue, diluted in tea or other beverage, or dried over night to evaporate the alcohol and rehydrated in the morning.

Plant Material: Fresh vs. Dried



Guidelines for the correct
amount of herb to alcohol

PROPORTION GUIDELINES

FRESH LEAVES AND FLOWERS

- Finely chop or grind clean herb to release juice and expose surface area.
- Only fill jar 2/3 to 3/4 with herb.
- Pour alcohol to the very top of the jar. Cover plants completely.
- Jar should appear full of herb, but herb should move freely when shaken.

DRIED LEAVES AND FLOWERS

- Use finely cut herbal material.
- Only fill jar 1/2 to 3/4 with herb.
- Pour alcohol to the very top of the jar. Cover plants completely.

FRESH ROOTS, BARKS AND BERRIES

- Finely chop or grind clean plants to release juice and expose surface area.
- Only fill jar 1/3 to 1/2 with fresh roots, barks, or berries.
- Pour alcohol to the very top of the jar. Cover plants completely.
- Jar should appear full of herb, but herb should move freely when shaken.

DRIED ROOTS, BARKS AND BERRIES

- Use finely cut herbal material.
- Only fill jar 1/4 to 1/3 with dried roots, barks, or berries.
- Pour alcohol to the very top of the jar. Cover plants completely.
- Roots and berries will double in size when reconstituted.



Ratios: Alcohol by Volume to Herb

ALCOHOL BY VOLUME GUIDELINES



Guidelines for using the correct
alcohol by volume ratios

40% - 50% ALCOHOL BY VOLUME (80- TO 90-PROOF VODKA)

- "Standard" percentage range for tinctures
- Good for most dried herbs and fresh herbs that are not super juicy
- Good for extraction of water-soluble properties

67.5% - 70% ALCOHOL BY VOLUME (HALF 80-PROOF VODKA AND HALF 190-PROOF GRAIN ALCOHOL)

- Extracts the most volatile aromatic properties
- Good for fresh, high-moisture herbs like lemon balm, berries, and aromatic roots
- The higher alcohol percentage will draw out more of the plant juices

85% - 95% ALCOHOL BY VOLUME (190-PROOF GRAIN ALCOHOL)

- Good for dissolving gums and resins but not necessary for most plant material
- Extracts the aromatics and essential oils bound in a plant that don't dissipate easily
- This alcohol strength can produce a tincture that's not easy to take and will also dehydrate the herbs if used for botanicals beyond gums and resins

Last Steps: Finishing the Process



EXTRACTION, BOTTLING AND LABELING

HOW TO EXTRACT YOUR TINCTURES

- Use a standard metal canning jar lid with metal rim and place a layer of parchment paper underneath the lid before securing the rim.
- Leave as little air space between the liquid and lid as possible, as too much air plus the parchment may cause tinctures of insufficient alcohol content to develop rot.
- Store your tincture in a cool, dark, dry place.
- Shake several times a week, and check your alcohol levels. If the alcohol has evaporated a bit and the herb is not totally submerged, be sure to top off the jar with more alcohol. Herbs exposed to air can introduce mold and bacteria into your tincture.
- Allow the mixture to extract for 6 to 8 weeks.

HOW TO BOTTLE YOUR TINCTURES

- Drape a damp cheesecloth over a funnel and place into an amber glass bottle.
- Pour tincture into funnel and allow to drip.
- Squeeze and twist the mass in the cheesecloth until you can twist no more.
- Store in a cool, dark place and your tincture may last for many years.

HOW TO LABEL YOUR TINCTURES

- Once you've strained and bottled your tincture, be sure to label each bottle with as much detail as possible: date made, herb used and alcohol content.

Don't forget to label all tinctures with date made, herb used and alcohol content!



WAYS TO SUPPORT THE IMMUNE SYSTEM

NOURISH THE IMMUNE SYSTEM

One of the best ways to directly support the immune system is through food. Incorporate herbs and mushrooms like astragalus, elderberries, rose hips, shiitake, lion's mane, and maitake into meals.

FEED YOUR MICROBIOME

Eat seasonally available roots and tubers which are rich in probiotic starches to support a healthy digestive system. Warm the body with roots and grounding vegetables such as Dandelion and Burdock.

MOISTURIZE FROM THE INSIDE

Herbs that help moisturize, sooth and support the respiratory tract are Marshmallow Root, Slippery Elm Bark and Licorice Root.

MOISTURIZE FROM THE OUTSIDE

Apply warm oil to the skin through to help stimulate the lymphatic system - an integral component of the immune system. This daily act is a traditional Ayurvedic practice performed with raw sesame oil with a few drops of essential oils for additional benefits.



HERBS FOR IMMUNE SYSTEM SUPPORT

Immunity: The ability of an organism to resist a particular infection or toxin by the action of specific antibodies or sensitized white blood cells. - Oxford English Dictionary

Echinacea (*Echinacea purpurea*)

General tonic, immuno-modulator & immuno-stimulator, lymphatic, antimicrobial (antibacterial & antiviral), anti-inflammatory, anti-allergic, diaphoretic, anti-catarrhal, detoxifier, alterative, peripheral vasodilator, bitter, vulnerary

🌿 Treatment for the common cold, coughs, bronchitis, upper respiratory infections, and some inflammatory conditions

Elderberry (*Sambucus nigra*)

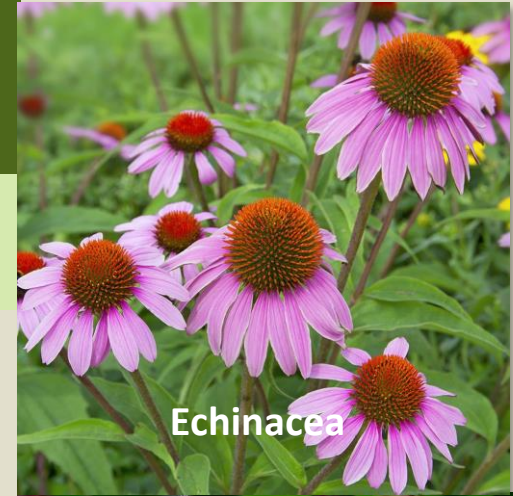
Anti-viral, anti-phlegm, respiratory tonic; antioxidant; anti-inflammatory

🌿 Reduces duration of colds, flu and infections; prevents flu virus; acute immune and respiratory support

Astragalus (*Astragalus membranaceus*)

Mild adaptogen, immune tonic, anti-bacterial, heart tonic, liver protectant

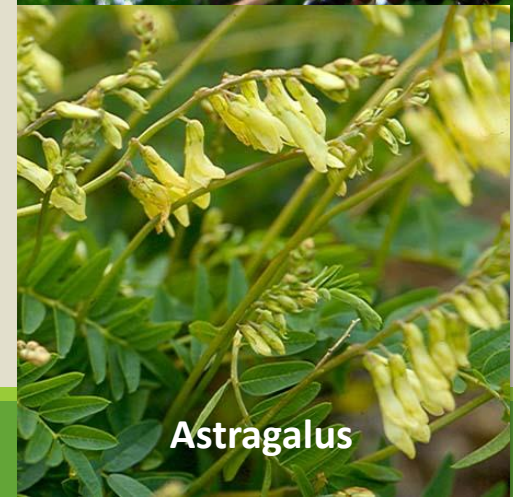
🌿 Used to defend against pathogens (viruses and bacteria) and support a healthy immune system; can be taken long term as a tonic herb for fibromyalgia, diabetes; common cold and upper respiratory infections



Echinacea



Elderberry



Astragalus

MORE HERBS FOR IMMUNE SYSTEM SUPPORT

Self-Heal (*Prunella vulgaris*)

General tonic, antimicrobial (antibacterial and antiviral), anti-inflammatory

- ✔ Treats chronic viral infections, inhibits ability of viruses to replicate; upper respiratory infections, sore throats, allergy inflammation, reduces an excessive immune system response with seasonal allergies

Tulsi or Holy Basil (*Ocimum sanctum*)

Adaptogen, immune tonic, anti-viral, heart tonic, respiratory tonic, diaphoretic

- ✔ Relieves symptoms of asthma, bronchitis, colds, congestion, coughs, flu, sinusitis, sore throat

Ashwagandha (*Withania somnifera*)

General tonic, adaptogen

- ✔ Treats brain fog, increases focus, balances moods; connects the brain with the rest of the body to maintain a balance between one's physical and mental health; a stress-tolerant herb that helps regulate metabolic activities in the body, especially helpful when feeling overworked and overwhelmed

Reishi (*Ganoderma lucidum*)

Adaptogen, antioxidant; anti-inflammatory

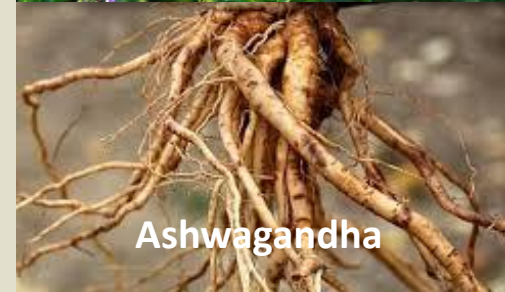
- ✔ Contains polysaccharides, antioxidant properties, and beta-glucans that help with immune function; used to treat coronary artery disease, arthritis, hepatitis, hypertension, AIDS, cancer



Self-Heal



Tulsi



Ashwagandha



Reishi

ELDERBERRY TINCTURE



DIRECTIONS TO MAKE

- Fill a Mason jar halfway with dried Elderberries.
- Pour vodka (or any other 40 proof alcohol) until the 8 oz mark.
- Place a piece of wax paper over the mouth of the jar and twist the lid on tightly.
- Shake well to ensure all of the herb is covered with the alcohol.
- Place in a dark area away from sunlight.
- Shake daily.
- Let tincture sit for at least 4-6 weeks.
- Strain and bottle.
- Shelf life is long – up to 5 years or more.

DIRECTIONS FOR USE

- Take ½ - 1 dropper full as necessary.

WHAT IS FIRE CIDER?



Fire Cider is a traditional immune-supporting remedy with deep roots in folk medicine

Infused apple cider vinegar packed with powerful immune-boosting, anti-inflammatory, anti-bacterial, anti-viral, and circulatory herbs

A defense against cold and flu pathogens at the first sign of cold symptoms and as a decongestant and expectorant when the cold has set in

Stimulates digestion and helps move circulation throughout the body

Sip a shot glass a day beginning in mid-autumn and throughout the winter months

HEALTH BENEFITS OF FIRE CIDER

APPLE CIDER VINEGAR

lowers blood sugar, cholesterol levels, blood pressure; anti-bacterial properties

GINGER ROOT (*Zingiber officinale*)

nausea, morning sickness, gas, indigestion; treat the common cold, flu-like symptoms, headaches, painful menstrual periods

HORSERADISH ROOT (*Armoracia rusticana*)

rich in folate and sinigrin; helps break up congestion and calms inflammation

ONION (*Allium cepa*)

antioxidants, potassium and sulfur; digestive health, immune function

GARLIC (*Allium sativum*)

sulfur compound allicin is antiseptic properties, combats microbes causing the common cold, flu, sore throat, sinusitis, and bronchitis

CINNAMON (*Cinnamomum cassia*)

antioxidant, anti-inflammatory, lowers blood sugar, anti-bacterial, anti-fungal

TURMERIC ROOT (*Curcuma longa*)

curcumin - antioxidant, anti-inflammatory, antiviral, antibacterial, antifungal

CAYENNE (*Capsicum annuum*)

rich in capsaicin to manage inflammation; boosts metabolism

HONEY (raw)

antibacterial, anti-inflammatory, antioxidant properties; energy booster

COPYRIGHT @ 2020 LIMITLESSNESS, LLC - ALL RIGHTS RESERVED



Fire Cider

Do It Yourself



PREPARATION, EXTRACTION AND USE

INGREDIENTS

- 1 large red onion, chopped
- 3 ears garlic, chopped
- ½ cup fresh ginger root, grated
- ½ cup fresh turmeric root, grated
- ¼ cup fresh horseradish root, grated
- Cinnamon sticks or chips
- Fresh cayenne
- Honey to taste (1:3 ratio)
- Raw, unpasteurized apple cider vinegar

DIRECTIONS

- Place all ingredients except honey in a half-gallon jar, and cover with apple cider vinegar. Be sure to cover the herbs by at least few inches.
- Cut a square of parchment paper and cover the jar before tightly capping it.
- Store in a warm place for a few weeks, shaking the jar daily.
- After three weeks, the Fire Cider will be ready to strain and bottle.
- Add warmed raw honey to taste. Mix thoroughly and bottle.

DIRECTIONS FOR USE

Adults: Take 1 tablespoon daily; 2-3 times a day when needing an immunity boost.

Children: Ages 4 and up: 1/2 teaspoon daily

WARNING: Do not give honey products to children under 12 months old.



THANK YOU FOR COMING

JOIN US NEXT TIME

**WE APPRECIATE YOUR
DONATIONS!**

They help us continue to deliver
these workshops and charitable services
to the community

