

## Glossary :

### **Teas:**

The most common way to turn healthful herbs into medicines is by brewing up a tea. Medical teas barely resemble mild flavored packaged herbed beverages. They are much more potent drinks, and many aren't the least bit pleasant tasting. They are made by steeping about an 1 ounce of dried tops (leaves, flowers, and stems) per pint of boiling water. Commercially prepared herb tea bags, in contrast, contain only about one-seventh that amount of herbs per pint of water. Usually the dried herb is preferred since it has more concentrated oils.

As a general practice, when you wish to substitute dried herbs for fresh herbs in a recipe, you should decrease the quantity of each herb in half. Similarly, if you want to substitute fresh herbs for dried herbs, double the quantities called for less the recipe directs otherwise. Fresh herbs contain much more water than dried herbs and so they are proportionally less potent.

When it is brewed for 15 mins. to several hours, the tea is called an infusion. Infusions are usually made in fairly large quantities, then kept in a bottle for over a day's time. One pint ---if your drink 1/2 cup three times a daily---- should be enough for one day.

Tisanes are steeped briefly--- no longer than it takes to make a cup of tea --- so they require more of the herb in order to make a strong enough concentrate.

### **Decoctions :**

A decoction, simmering herbs in water, is the most effective method for drawing the healing elements from coarse plant parts such as bark, roots, stems, and heavy leaves. To make a decoction, use the same portions of herb and water as you would to make an infusion ---1 ounce of dried herb to 1 pint of water. The heavier the herb parts require a higher heat than that used for infusions. Add dried herbs to water that has been brought to a boil in a medium - size pot. Keep the water just below boiling for about 30 mins. and let the herbs simmer gently.

### **Syrups :**

Honey - based herbal syrups are a simple and effective way to preserve the healing qualities of some herb. Syrups can soothe sore throats and provide some relief from coughs and colds. Some serve as laxatives or general tonics.

To make an herbal syrup, combine 2 ounces of dried herbs with 1 quart of water in a large pot. Boil that down until it is reduced to 1 pint, then add 1 to 2 tablespoons of honey. If you use fresh fruit, leaves, or roots in making syrups, you should double the amount of herbs. Store all herbal syrups in refrigerator for up to one month.

### **Compresses Poultices and Plasters :**

Some herbs do their best outside the body., acting through the skin. Traditionally, these are very "hot" herbs ---- mustard, cayenne, garlic, ginger, and the like of "cool" ones --borage, comfrey, aloe, slippery elm,. Applied to the skin, they are used to treat congestion, tension, aching muscles, swelling, sprains, and all sorts of other ailments of the mind and body.

### **Compresses :**

Are made by soaking a towel in a hot herb tea and laying it on a affected area. To avoid burning the patient, make sure the liquid is not hotter than 180 degrees F. and wring out the towel thoroughly. Cover the compress with a dry towel. Leave the hot compress in place for several mins, until it no longer feels quite warm ., then replace it with another. Keep the area under compresses for up to 30 mins, depending on the condition and the herb being used. Generally, you can stop the compress

application when the treatment of relief develop. Interrupt the regimen if the area becomes red or if the patient feels discomfort. The herbs used for compresses can be those with stimulating and warming properties, or those with soothing and cooling qualities. A stimulating herb such as cayenne or ginger is used in a compress to increase circulation and energize areas of the body that are congested nor debilitated. A soothing compress can help dissipate excess heat or nervous energy or calm swelling from sprains or bruises.

### **Poultice :**

Are made from dried, powdered or macerated herbs mixed with hot water or herb tea. Sometimes oatmeal or flour is mixed with the herb matter to make a paste( use 2 ounces of herbs with 20 ounces of oatmeal) . The resulting herbal mass is put directly on the skin. A warm cloth, towel or bandage is then applied to hold the herb in place. Poultices are effective for drawing out infections and foreign bodies and relieving muscle spasms and pain. Don't use mustard, cayenne, or other very hot , irritating herbs in this fashion, as they can actually burn the skin. Burdock , comfrey, crab apple, flax seed, and slippery elm are safe traditional poultice herbs.

Plaster : consists of herbs or if an herb paste set within the folds of cloth, usually cheesecloth or muslin, which is applied to the injured area. You can make an herbal bandage or miniplaster to use for small injuries. when an antiseptic and healing effect is desired. Stronger herbs , such as cayenne and mustard , are best applied as plasters rather than poultices, so they don't touch the skin.

### **Some Medical Herbs:**

**Aloe :** Uses : Cleanser, antiseptic, moisturizer, anti - inflammatory ; for burns, blisters, scrapes

Part used : Juice squeezed from the leaves

Preparations : Fresh juice applied externally

**Arnica :** Uses ; anti - inflammatory, analgesic ; Sore muscles and sprains

Parts used : Flower heads

Preparation : Dilute the tincture( no more than 2 tablespoons in 1 cup water) to use with a compress.

Oil or ointment as a liniment

**Barberry :** Uses : Antibacterial, astringent, laxative, antipyretic ; for lowering fevers, strengthening the bowels, and stimulating the liver

Parts used : Rhizome or roots

Preparation : Infusion is prepared from a 1/2 ounce to 1 pint of water. Take 1 to 4 cups daily, before meals. Because barberry tea is so bitter, it should be taken in small doses, a mouthful at a time

**Betony :** Uses ; Astringent ; for sore throats, coughs, and diarrhea

Parts used : Leaves and tops

Preparations : Infusion taken a mouthful at a time throughout the day ; no more than 2 cups a day total

**Boneset :** Uses : Aperient, cathartic, diaphoretic, emetic, febrifuge, tonic ; to break up colds and flu and to induce sweating

Parts used : Leaves and tops

Preparation : Infusion taken 3 ounces at a time, three times daily. To encourage sweating, drink 4 or 5 cups of hot infusion while in bed

**Burdock** : Uses : tonic, diuretic ; Sluggishness, psoriasis, acne

Parts used : Roots, seeds, leaves

Preparation : one cup of an infusion of the leaves is taken 3 or 4 times daily as a tonic.

**Caendula**: Uses : Antibacterial ; for cuts, scrapes, burns

Parts used : Flowers

Preparations : Compress or ointment on stings, ulcers, or wounds. Wash wounds with an infusion. a strong tea can be used as a sitz for hemorrhoids

**Catnip** : Uses : Sedative, diaphoretic, carminative ; for insomnia, colds, colic, upset stomachs, nervous headaches, and fevers

Parts used : Tops

Preparations : Infusion be sure not to boil the herb. taken in doses up to a cup, as needed. In excessive doses it can produce nausea. A recommended combination is catnip with chamomile and peppermint, sweetened with honey ; excellent for relieving symptoms of colds, headaches, and indigestion

**Cayenne Pepper** : Uses : Carminative, stimulate, tonic ; for stomach upsets, toothaches, rheumatism, inflammation, sores, wounds, symptoms of a cold, and muscle aches.

Parts used : Fruit

Preparation : Infusion 1 teaspoon to 1 cup water can be taken in 1/2 ounce doses. For a sore throat, the infusion can be used as a gargle. As a tonic, to benefit the heart and circulation, 1/4 teaspoon of the dried, powdered fruit can be taken in water or juice 3 times daily, 4 days a week. For a toothache, place cotton soaked in the oil on the cavity :use sparingly as the oil is potent. Externally, a compress is effective for rheumatism , inflammation, sores, or wounds. A liniment for sprains and congestion can be made by gently boiling 1 tablespoon of cayenne pepper in 1 pint of cider vinegar ; bottle unstrained liquid while it's hot. To make muscle rub, mix a little crushed cayenne pepper with rubbing alcohol

**Chamomile** : Uses : Anodyne. antispasmodic, calmative, carminative, diaphoretic, and tonic ; for colds, headaches, and nervousness

Parts used : Flowers

Preparation : Take an infusion 1 cup at a time. 2 or 3 times daily ; for cramps, dizziness, gas, indigestion , and nervous stomach. Taken before mealtime , it stimulates the appetite ; taken at bedtime , it calms nervousness and helps to defeat insomnia. Small amount is good for colicky babies. Mixed with peppermint in an infusion, it is a soothing and relaxing tea whenever minor illness appears

**Comfrey** : Uses : Vulnerary, antiseptic, demulcent, and tonic ; for healing wounds and burns , and for reducing the swelling of boils, bruises, and sprains

Parts used : Leaves and roots

Preparation : A strong decoction is used with a compress for bad bruises, swellings, sprains, and boils. Make a poultice by mixing fresh , chopped leaves with boiling water ; then after cooling them, sandwich the leaves between layers of cheesecloth. Apply the poultice to sore breasts, wounds, ulcers, and burns. Blend a small portion of a strong decoction with honey and either vitamin E or wheat germ oil to make an ointment for minor burns and wounds

**Dandelion** : Uses : Diuretic, laxative, carminative, tonic , antiseptic ; for digestive disorders, arthritis, circulatory problems, and healing wounds

Parts used : Leaves and roots

Preparation : Fresh leaves are eaten raw in salads. The infusion can be taken hot or cold, a cup at a time , 3 or 4 times daily. Similarly, a decoction of the root can be taken hot or cold in 6 ounce doses, 3 or 4 times daily

**Echinacea** : Uses : Tonic, antiseptic, alterative, febrifuge ; for headaches, rheumatism, bladder infections, dizziness, fevers, wounds, sores, and hemorrhoids

Part used : Rhizome and roots

Preparation : 1 tablespoon of a decoction is taken 3 to 6 times daily for bladder infections, headaches, dizziness, and fevers. It can be used as a compress on wounds and painful swellings

**Eucalyptus** : Uses : Decongestant, astringent, antiseptic, stimulant ; for cold symptoms, and respiratory congestion

Parts used : Leaves and oil

Preparation : An infusion of the leaves can be added to bathwater as a stimulating astringent. The classic eucalyptus remedy for congestion is to inhale the vapors of the infusion. Oil can be added to rubbing alcohol to use as an astringent lotion, to the bath or to water to make an infusion

**Fennel** : Uses : Carminative, aromatic, calmative, and decongestant ; for flatulence, coughs, colds, sore throats, and bad breath

Parts used : Seeds and roots

Preparation ; Seeds taken fresh or dried ; seeds or leaves as a tea. An infusion of the seeds is taken 1 cup at a time, 3 times a day to soothe the stomach and intestines and to relieve flatulence The infusion can be gargled to remedy a sore throat or hoarseness. A syrup, made by combining up to 3 drops of the oil with a tablespoon of honey, is a natural cough remedy

**Fenugreek** : Uses : Demulcent, emollient, expectorant, stomachic, restorative, and flavoring ; for asthma, fever boils, cold symptoms, heartburn. and to strengthen the body after illness

Part used : Seeds

Preparation : A decoction is taken a cup at a time, 3 times a day, for asthma, bronchitis, coughs, fever , and heartburn. it can be gargled to remedy sore throat,. A syrup is used for hoarseness. A poultice of seeds is used for boils and other sores

**Feverfew** : Uses : Carminative, stimulant, and tonic ; for migraine headaches

Parts used : Leaves

Preparation : Eat 3- 4 of the tiny leaves each day to forestall migraines. the leaves are bitter ; the taste can be masked by mixing the leaves into foods. An infusion can be drunk 1 -2 cups a day in tablespoon doses

**Garlic** : Uses : Alterative, antibiotic, antiseptic ; for infections, respiratory problems, sore throats, atherosclerosis and high blood pressure, gastrointestinal ailments

Parts used : Bulb

Preparation : Express small amounts of juice from a clove into hot water to make infusion, into honey to make a syrup. Mash the clove and apply to insect stings. Cooking destroys the medicinal potency

**Gentian** : Uses : Cholagogue, stomachic, tonic ; to stimulate appetite. aid digestion, and improve circulation

Parts used : Rhizome and roots

Preparation : As a bitter tonic, take a decoction; dosages range from 1/4 to 1 teaspoon 3 times daily to 1/2 to 1 cup daily. Because of bitterness. it is often combined with aromatic herbs

**Ginger** : Uses : Aromatic, carminative, diaphoretic, stimulant decongestant, antispasmodic ; for flu, bronchitis, sinus congestion, intestinal ailments, morning sickness, and motion sickness

Parts used : Root

Preparation : A tea made by simmering 3 or 4 slices of the root in a pint of water for 15 to 20 mins is a bracing and stimulating wintertime drink. For indigestion, gas, nausea, or morning sickness, as well as colds =, coughs, and sinus congestion, take an infusion, sipping about 1 ounce at a time throughout the day. Is an effective antidote to motion sickness as Dramamine. A tea , made of 5 ounces of rootstock in 2 qts. of water, is good to use as a stimulating footbath and with pain - relieving compresses.

Compresses on the forehead relieve sinus congestion ; on the chest the relieve chest congestion

**Hawthorn** : Uses : Antispasmodic, cardiac, vasodilator : to dilate blood vessels and to lower blood pressure

Parts used : Fruit ( haw ), leaves and Flowers

Preparation : A tea taken 1 cup at a time, 2 or 3 times a day, is good for nervous conditions and insomnia. extended use will lower blood pressure

**Hops** : Uses : Nervine, stomachic, sedative ; as a sleep aid

Parts used : Fruit (strobiles )

Preparation : Drinking 1 cup of an infusion 3 times daily can calm the nerves and settle a nervous stomach. Use a pillow stuffed with hops to relax yourself at bedtime and bring on sleep

**Horehound** : Uses : Diaphoretic, expectorant, decongestant, diuretic, stimulant and antiseptic ; for coughs and colds and for fevers

Parts used : Leaves and tops

Preparation : For fevers, drink a hot infusion frequently, taking a cup at a time. The infusion and the syrup are good for all symptoms of a cold . cough, lung congestion, sore throats. Take 1/2 to 1 teaspoon of syrup, 3 times a day

**Horseradish** : Uses : Diaphoretic, diuretic, expectorant, stomachic ; for colds, coughs, neuralgia, stiffness, hoarseness, and to stimulate circulation and appetite

Part used : Fresh root

Preparation : Combine 1 ounce of chopped fresh horseradish root and 1 /2 ounce of bruised mustard seed in 1 pint of boiling water, steeping the herbs for 4 hours ; take 3 tablespoons 3 times a day

To make syrup, grate 2 cups of fresh horseradish and soak in enough honey to slightly cover the horseradish for 4 to 8 hours. Strain , then add a little water to the strained - out horseradish, and simmer for 10 mins. Strain and add this liquid to the honey mixture, Take 1 teaspoon 3 times a day .

This is standard remedy for hoarseness. Externally, chopped or grated fresh horseradish can be mixed

with a little water and applied as a heat producing and pain relieving compress for neuralgia and stiffness.

**Parsley** : Uses : Diuretic, carminative, expectorant, nervine, tonic ; to remedy water retention, kidney problems, bad breath, and digestive problems

Parts used : Leaves, stems, seeds

Preparation : For kidney problems and water retention, an infusion of the leaves or a decoction of the seeds can be taken., 1 cup at a time, 2 or 3 times a day. Fresh parsley juice can be drunk , 2 ounces at a time, twice daily. eaten raw, parsley is good for bad breath

**Passionflower** : Uses : Sedative and calmative ; for insomnia, restlessness, and nervous headaches

Parts used : Flowers and fruiting tops

Preparation : Use an infusion 1 cup taken during the day for back, eye, and general nervous tension, headaches, spasms and muscular twitching and insomnia

**Peppermint** : Uses : Aromatic, carminative, stomachic, diaphoretic, and stimulant ; for chills, upset stomach syndrome, and headaches

Parts used : Leaves

Preparation : An infusion should be taken in 1 cup doses 3 times a day. To open up the sinuses drop 5 to 10 drops of peppermint oil into 2 qts hot water, then breathe the vapors in through the mouth and nostrils

**Rose** : Uses : Stomachic, aperient, astringent, and antiscorbutic ; for cold and flu symptoms

Parts used : Fruit ( hips )

Preparation : An infusion taken frequently, a cup at a time for colds and flu . Then syrup is good for sore throats

**Rosemary** : Uses : Tonic, diaphoretic, antiseptic, astringent, stomachic. and carminative ; for headaches, insomnia, nervous disorders, and digestive ailments

Parts used : Leaves and flowers

Preparation : An infusion, taken 2 ounces at a time, 3 times a day, is good for gas, colic, indigestion, and fevers

**Sage** : Uses : Antispasmodic, astringent, tonic and vulnerary ; for cold symptoms and digestive problems

Parts used : Leaves

Preparation : Use an infusion, taking 1 tablespoon at a time, hot or cold, as needed, up to 2 cups a day, for all cold symptoms, as well as dizziness, nausea, headaches, gas, and weak digestion. Use the tea as a gargle for sore throat and laryngitis. As a tonic add 1/2 ounce of fresh sage leaves to the juice of 1 lemon or lime ; sweeten the honey and infuse in a qt of boiling water removed from the heat ; strain and serve either hot or ice cold

**Thyme** : Uses : Antiseptic, anti- inflammatory, carminative, and antispasmodic ; for infections and inflammation mastitis, fever, digestive ailments, headaches, and nervousness

Part used : Tops

Preparation : An infusion, taken frequently, a mouthful at a time , up to 2 cups a day , is good for all throat and bronchial problems as well as stomach and intestinal problems

**Uva -ursi** : Uses : Diuretic, urinary antiseptic, and astringents ; for nephritis, cystitis, urethritis, and kidney and bladder stones

Parts used : Leaves

Preparation : An infusion is taken in 1/2 cup doses as needed, up to 3 cups a day.

**Valerian** : Uses : Antispasmodic, nervine, and calmative ; for calming the nerves

Parts used : Rhizome and roots

Preparation : An infusion can be made using about 1/4 teaspoon of the root in 1 cup of water. 1/2 cup doses 3 times a day

**Witch hazel** : Uses : Astringent, hemostatic, and tonic ; for bruises, muscle aches, burns, sores, and oozing skin conditions

Parts used : Leaves and bark

Preparation : The infusion of the leaves or a decoction of the bark can be used on a compress for bruises, muscle aches, burns, sores, and oozing skin conditions. The tincture, diluted in water, is a good gargle or mouthwash for minor infections

**Yarrow** : Uses : Astringent, anesthetic, carminative, diaphoretic, hemostatic, and tonic ; for wounds, toothaches, diarrhea, gas, and intestinal ailments

Parts used : Tops and leaves

Preparation : The infusion is taken 1 cup at a time, 3 or 4 times a day. Then decoction is a good wash for wounds and sores, even chapped hands

For any of the ingredients that you don't have on hand, You can find them at a health food store or you can go to this website and get a free catalog and order from there.( very good site)

[www.mountainroseherbs.com](http://www.mountainroseherbs.com)

**Aching Body Liniment** : 2 oz.powdered goldenseal,1 qt. rubbing alcohol

Mix together and store in glass bottle for a week, shaking well everyday.

**Aching Legs Or Shoulders Rub** : 1 oz. oil of camphor, 4 oz. sweet almond oil or sesame oil. Mix well. This is excellent if the skin feels itchy or dry. This will keep several months if kept in an airtight bottle.

**Aching Muscle Rub** : 1 oz. sweet almond oil or sesame oil, 3 - 6 drops oil of cajeput. Mix well, and warm the mixture , if desired.

**All Purpose Anti Itch Agent** : 2 cups ice, 2 Tablespoons salt, 2 cups milk.

Put all ingredients in a 1 qt bottle. Dip a clean cloth into the mixture and apply to the itchy area for 20 mins. Repeat 3-4 times a day.

**Arthritis Rub** : 1 pint rubbing alcohol, 1 oz spirits of peppermint, 1 oz olive oil,1 oz wintergreen,1 oz witch hazel, 1 oz pine oil, 50 menthol crystals. Mix well, then store in a tightly covered glass jar. Rub on affected areas.

**Arthritis/ Gout Oil :** 1 tablespoon fresh crushed rosemary, 3 teaspoons celery seed crushed, 1 large chili pepper crushed, 250 ml Oil (any but canola) Sterilize a clear glass jar, Place all ingredients into the jar. Close tightly. Shake then place in a sunny spot for 10 days, Shaking daily. Strain into dark sterilized jars. This is great for gout, arthritis and other aches and pains.

**Athlete's Foot :** 2 - 4 Tablespoons vinegar, 1 pint water. Soak your feet in this solution for 20 mins, three times a day. Vinegar discourages fungal growth by increasing the surface acid of the skin. After soaking feet, apply undiluted tea tree oil, which has powerful anti- fungal properties. Apply to the affected area 2 - 3 times a day. Best way to prevent athlete's foot is to keep your feet clean and dry. Choose cotton socks over synthetic blends.

**Chapped Lip Balm :** 1/4 lb beeswax, small quantity sweet oil. Heat these ingredients carefully and slowly until beeswax is melted. Store in a tightly closed tin. Apply 2-3 times a day.

**Chapped Lip Salve :** 1/4 cup paraffin, 1/4 cup petroleum jelly, few drops oil of lemon or other scent (optional) In an enamel or glass double boiler, melt the paraffin slowly, stirring constantly until completely melted. add petroleum jelly, stirring until completely combined. Remove from heat and add the scent, if desired. While the salve is still liquid, pour into a container with a tight fitting lid. For carrying convenience, you can pour a small amount of the salve into a tiny pillbox or a fancy tin. Makes 4 oz,

**Cough Syrup :** (To relieve sore throat and congestion): 1 oz fresh horehound herb, 2 oz water, 1 Tablespoon powdered slippery elm, 1 - 2 oz honey. Add horehound to water. Boil down to 1 oz of liquid. Strain and mix into slippery elm and honey. Take no more than 2 Tablespoons every 2 hours, and only take for a few days.

**Decongestant inhalant :** 1 cup water, 2 teaspoons powdered eucalyptus leaves, 2 teaspoons powdered rosemary leaves, 2 teaspoons powdered pennroyal leaves and flower tops. Bring water to a boil in saucepan. Add herbs and simmer on low heat. Turn off heat and move pan to a heatproof surface. Inhale the vapors deeply.

**Decongestant Tea :** 1 cup boiling water, a teaspoon mixture of thyme, ground ivy, hyssop. Pour boiling water over teaspoon mixture. Steep for 5 mins; strain and drink at onset of a cold or if you are congested.

**Diarrhea Remedy :** Grate one ripe apple. Allow the pulp to stand at room temperature for several hours until considerably darkened before eating. The oxidized pectin present in the fruit is the same basic ingredient found in Kaopectate brand diarrhea medicine.

**Ear Ache :** 1 clove of garlic, small amount of olive oil. To soothe an ear ache, place a few drops of garlic oil in affected ear. Make the oil by slicing a garlic clove, add small amount of olive oil, and heating briefly. Strain before use.

**Eyewash :** 1 tablespoon comfrey root, 1 tablespoon fennel seed, 1 cup water, 1 teaspoon goldenseal powder (optional). Bring comfrey, fennel seed, water to a boil, then simmer a few mins. Remove from heat, then steep until cool enough to use, Strain through cheesecloth, muslin or old nylon sock. Refrigerate no longer than one week. For an extra strong eye wash add goldenseal powder, use either warm or cold. To use, fill an eyecup or the palm of your clean hand with the liquid and pour the wash into the eye several times a day.

**Fever Reducer :** Finely grate an apple and spread it 1/2 inch thick on a piece of double layered cheesecloth about 6 inches in length. Apply this over forehead , Make a similar poultice for the throat area or chest if necessary. Leave on for 1 hour.

**Hay fever Relief :** 1 teaspoon fenugreek seed, 1 cup water. Steep fenugreek seed in water, covered, for 10 mins. Drink 1 cup a day to alleviate hay fever symptoms.

**Poison Ivy Treatment :** 2 cups water, Tobacco from 3 cigarettes. Combine water and tobacco, Bring to a boil and simmer 5 mins. Carefully strain the tobacco from the brew, since it may burn sensitive skin. Let the liquid cool. Apply to the inflamed area with a clean cloth. This ensures immediate relief from the itching and burning discomfort.

**Poultice:** (to soothe and heal cuts and cold sores)

1 part powdered echinacea, 1 part powdered slippery elm, 1 part powdered cranesbill. Add water to make a paste. Rub on affected area and cover with bandage or gauze.

**Puffy Eyelid Treatment :** 12 chamomile tea bags, 2 cups ice cold water.

Put tea bags in the ice water in a jar with a tight fitting lid. Store in refrigerator. Whenever you suffer from puffy lids, apply a tea bag to each eye for about 10 mins. For best results , lie down with 2 pillows under your head while tea bags are in place. This will reduce the swelling and soothe and refresh eyes. NOTE : If puffy lids continue to be a problem , try sleeping with extra pillows tucked under your head for all night elevation. This will cut down on water retention.

**Sore Throat Gargle:** 1/2 teaspoon alum, 1/4 cup brown sugar, 1 teaspoon sage, 3/8 cup vinegar, 1/8 cup water. Combine all ingredients in a saucepan and bring the mixture to a boil. Remove from heat ; strain and cool. Gargle every 30 mins until the sore throat is relieved.

**Sore Throat Remedy :** light corn syrup. small amount warm water.

Mix the syrup and warm water together, using just enough warm water to thin the corn syrup. Have a child or adult gargle with the mixture, It is very safe if a child swallows it.

**Stomach Ache Remedy :** 1 tablespoon ground cinnamon, 1 cup warm water. Steep cinnamon, cover for 15 mins. Drink as you would regular tea. This can also ease flatulence and diarrhea.

**Vapor Rub :** 1/4 teaspoon eucalyptus essential oil, 1 /8 teaspoon peppermint essential oil , 1/8 teaspoon thyme essential oil , 1/4 cup olive oil. Combine ingredients in a glass bottle. Shake well to mix oils evenly. Gently massage into chest and throat.

**Vegetable Juice Laxative :** 1 cup tomato or vegetable juice, 1/4 cup carrot juice, 1/ 2 cup sauerkraut juice. Mix and drink . If you like , you can pour this over ice, or add Tabasco sauce for a spicier drink.

### **Herbal Teas for Asthma/ Bronchitis :**

**Mullein and Anise Blend:** 1 2/2 cups water, 1 teaspoon aniseed, 1 teaspoon mullein leaves. Bring water to a boil in a glass or stainless steel pan. Add the aniseed, reduce heat to med high, and simmer , uncovered for 5 mins. Meanwhile put mullein leaves in a teapot. Without straining, pour the anise decoction over the mullein leaves, cover, and steep 10 mins, Strain, sweeten with honey, and sip slowly while warm.

**Thyme, Cayenne, and Peppermint :** 1 Tablespoon dried peppermint , 1 Teaspoon dried thyme, 1/8 Teaspoon cayenne, 2 cups water barely boiled. Place the herbs in a teapot. Pour the boiling water over them, cover and steep 5 mins. Strain and sweeten with honey. Sip slowly while still warm. This is good time when you want relief from bronchial symptoms but can not stay home and rest. Carry the warm tea in a thermos and sip in 1/2 cup doses a few throughout the day.

### **Herbal Teas for Colds and Flu**

**Hot Ginger Lemonade :** 1 1/2 cups water, 3(1/4 inch) slices fresh ginger root, bruised, 1/2 of a fresh lemon, 1 teaspoon honey, 1/4 teaspoon ground cayenne pepper. Bring water to a boil in a glass or stainless steel pan. Meanwhile. hit each ginger root slice gently with the broad side of a knife to break up pulp a bit. Put the ginger in the boiling water and simmer uncovered for 5 mins. Meanwhile squeeze the juice from the lemon into a cup. Add honey and cayenne. Strain the ginger tea into the cup, stir and sip slowly while still hot.

**Cooling Blend :** 1 teaspoon crushed dried rose hips, 1 teaspoon dried peppermint leaves, 1 teaspoon dried sage leaves, 1 cup water barely boiled. Place the herbs in a teapot. Pour the boiling water over the herbs, cover and steep 10 mins. Strain and sweeten with honey to taste. sip slowly while warm. The rose hips deliver large dose of vitamin C, while peppermint and sage have a cooling affect on the system. This tea is particularly helpful with feverish colds.

### **Herbal Teas for Coughs :**

**Thyme , Hyssop, and Sage:** 1 teaspoon dried thyme, 1 teaspoon dried hyssop, 1 teaspoon dried sage leaves, 1 cup water barely boiled. Place the herbs in a teapot. Pour boiling water over them, cover and steep for 10 mins. Strain and sweeten with honey. Cool a bit and sip slowly in 1 oz doses as needed ( up to 2 cups a day for no more than a few successive days). Do not use excessively. The tea can be gargled an ounce at a time for tropical relief of a scratchy throat. For sipping, combine with plenty of honey for it's throat coating action.

**Linden and Licorice :** 1 1/2 cups water, 1/4 teaspoon chopped dried licorice root, 2 teaspoons dried linden flowers. Bring water to a boil in a glass or stainless steel pan. Add licorice root, reduce to medium high, and simmer 5 mins. Meanwhile put linden flowers in a teapot. Pour the unstrained licorice decoction over the linden, cover and steep 10 mins. Sweeten with honey, if desired. Take 1/2 cup doses, as needed. This tea is a good lung medicine. It can be drunk as often as desired during the course of a respiratory illness. NOTE : Licorice Tea is not recommended for people prone to high blood pressure, pregnant women, or women with fibroids.

### **Herbal Teas for Fatigue:**

**Fennel and Rosemary :** 1 1/2 cups water, 1 1/2 teaspoons fennel seed crushed , 1 teaspoon dried rosemary leaves. Bring water to boil and add fennel seed, reduce heat to medium, and simmer 10 mins. Pour the hot fennel water over rosemary leaves, cover and steep 5 mins. Strain and sweeten with honey, if desired. Allow to cool and sip slowly while warm.

This is a mild stimulating tea, useful in increasing mental alertness. If you have fresh rosemary, you may substitute 1 tablespoon of bruised, fresh rosemary leaves for the dried amount.

**Garlic Cocktail** :1 cup water barely boiled, 1 large clove of garlic , 2 tablespoons fresh lemon juice, 1 teaspoon honey, pinch of cayenne. Combine all ingredients in a cup and pour boiling water over the mixture. Stir to dissolve honey and allow to steep 5 mins. Do not strain. Sip while warm . This is a wonderful all purpose tonic, good for boosting immune function as well as energy level.