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## Plant Based Medicine: Wise Woman Healing Ways



### The benefits of herbal infusions – herbal medicine:

1. Alkalize your body, my favorite “simpler” (single herb medicine) is stinging nettle
2. Feed / nourish your body cells
3. Specific herbs feed and heal specific body systems
4. Herbs can be general tonics for whole body healing

**General adult dosage for tinctures:** 25-40 drops, 3 times per day based upon a 120 lb. person.

- 60 lb. kid, cut the dose in  $\frac{1}{2}$ .
- 30 lb. kid cut the dose in  $\frac{1}{4}$ .
- 40 lb. kid cut the dose in  $\frac{1}{3}$ .



**Dosage for medicinal strength infusions:** 3-4 cups a day. Cut this dose for kids based upon weight.

#### **Definitions:**

- Infusion:** medicinal strength tea that is left to steep for at least 3-4 hours, covered, before ingesting. Steeping overnight is even better for stronger healing medicine.
- Decoction:** gently simmered liquid of bark, roots, seeds (the harder plant herbal materials)
- Tincture:** herbs steeped for 2-8 weeks in vodka, strained, and bottled for medicinal use
- Liniment:** Same as a tincture but made with rubbing alcohol for external use only. I prefer to make liniments in vodka to avoid accidental ingestion of rubbing alcohol.
- Herbal oil:** herbs infused in olive oil for 2-4 weeks to use topically, in salad dressing, as a medicinal oil to ingest
- Salve:** A mixture of herb infused oils and beeswax. A balm is stiffer, like a lip balm, able to roll up in a tube. An ointment is similar, can be softer than a salve, and may have essential plant oils added. Ointment and salve often get interchanged.
- Poultice:** a thick, liquid like herbal preparation that is placed on the skin to promote absorption of the herbal healing constituents directly through the skin. Think of the chewed plantain on a bug bite or comfrey powder mixed in olive oil and applied along the spine for osteoarthritis.
- Herbal vinegar:** this is a "tincture" using raw, apple cider vinegar as the menstruum instead of vodka.



**Chamomile Tea**

**Making a Medicinal Infusion “tea”:** <http://www.paulayoumellrn.com/making-herbal-infusions-teas/>

**Making a Tincture:** Fill glass jar at least  $\frac{3}{4}$  full of your herbs, the plant material. Fill jar with 100 proof vodka so all herbs are completely covered. Let this sit for 4-8 weeks before straining. Keep covered in a cool, dark place. Shake it often, at least daily, to mix up the herb materials for better infusion into the vodka.



**Fertility Tincture**