

# HomeGrown Herbalist School of Botanical Medicine



[HomeGrownHerbalist.net](http://HomeGrownHerbalist.net)



Dr. Patrick Jones & Carl The Herb Hound

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**HomeGrownHerbalist.net**

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**Herb-Talk.com**

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# Making Herbal Medicines

*Dr. Patrick Jones*



# Why Change Nature?

God created these remarkable plants to  
bless, feed and heal us.

They are divinely-designed vessels  
containing multiple compounds elegantly  
arranged to deliver nutrition and healing to  
our bodies.

We really don't have to turn them into  
something else!

# The Plant is the Medicine





*“Let thy food be thy  
medicine... and thy  
medicine be thy food.”*

*-Hippocrates-*

# *Just Eat 'em!*

- Many / most herbs are edible foods
- Raw, whole herbs are often the very best source of active principles.
- Most of the spices in your kitchen are medicinal...look them up.
- Use medicinal herbs in soups, stews etc...

However...

Sometimes Nature Isn't Convenient



# Harvesting/Collecting

- The best medicine starts with the best ingredients!
- Think like a plant...where is it putting its energies?
- Greens in the spring
- Flowers at their peak
- Roots in the fall
- Harvest conscientiously
- Avoid pollution

# Hot Infusion...aka, Herbal Tea



# Hot Infusion...aka, Herbal Tea



Hot infusion preserves almost all components of the plant...but has the shortest shelf life (2-3 days in the fridge)

# Herbal Infusions

Herbal infusions are useful for delivering medicine internally.

They are also **Excellent** for wound irrigation and healing sprays.



# Wound Spray Case: Juno

The Spray Was a Tea Made Using the Poultice Formula





# Making a Hot Infusion

- Dry Herb: 1-2 tsp / cup (1 oz / pint)
- Fresh Herb: 2-4 tsp / cup (2 oz / pint)
- Bring the water to a boil. **Turn it off.** Add the herbs and cover. When it's cool enough to drink, it's ready.
- Don't boil the herbs!
- Use a lid to preserve volatile oils.
- Press & discard the pulp...or drink it.

Some Like it Hot...



**But Some Don't!**

# Cold Infusion

- Some herbs prefer cold water due to volatile oils that would boil off or high mucilage content.
- Peppermint, Nettle, Uva ursi, Marshmallow, Burdock, Slippery elm.
- Just soak herbs over night at room temperature.
- Same ratios as hot infusion.

# Tinctures



# Tinctures

- Alcohol extracts & preserves
- Vodka works for most herbs
- Shelf life is many years



# Which Herbs to Tincture?

Exotic Herbs

Expensive Herbs

Emergency / Crisis Herbs

Herbs you want to carry with you



# Principles of Tincturing

- Water-soluble vs alcohol soluble
- The more oily or resinous the plant is, the higher the % alcohol needed (Everclear instead of vodka)
- When in doubt, use vodka.

# The Folk Method of Making Tinctures

- Cover herb with alcohol (Vodka or Everclear).
- **Never** use isopropyl or rubbing alcohol (deadly poison internally)
- Shake well daily and say nice things to it for two weeks.
- Store in a dark place
- Start on new moon, end on full moon...or not.
- Press with cheese cloth after two weeks (or not). Paint strainers work great too!





# The Ratio Method of Making Tinctures

- Mix Herbs and alcohol using a specific weight:volume ratio (usually 1:5 for dry herbs or 1:1 for fresh).
- ie...100g herb to 500 cc Vodka
- Gives a more consistent product
- Check your tincture daily to be sure herb hasn't sucked up all the booze. If necessary, add more.
- **Never** use isopropyl or rubbing alcohol (deadly poison internally!)

# Lobelia Tinctures

- Lobelia's common name is "Pukeweed" so more dilute is better.
- Lobelia tinctures should be 1:10 (7 pts alcohol, 3 pts vinegar)
- Shake well daily and say nice things to it for two weeks.
- Store in a dark place



# Using Tinctures

- Adult dose is 1/4 - 1/2 teaspoon several times daily
- Start with low end of dose and work your way up as needed
- Many Tinctures are also effective topically.



# Removing Alcohol From Tinctures

- Measure the volume of the finished tincture.
- Add an equal amount of glycerin and put both in a double boiler.
- Warm at less than 200 degrees F until volume equals original tincture volume. Alcohol will boil off and glycerine will remain.



# Herbal Vinegars



# Herbal Vinegars

- Vinegar can be used for tinctures as well
- Shorter shelf life than alcohol tinctures and weaker extraction.
- Only use **dry** herbs
- Follow same methods as for tinctures.
- For leaves & flowers, just add the dry herbs to the vinegar as you would for a tincture....4-6 weeks instead of 2.
- For roots & barks, bring the finished tincture just to boiling point (without letting it boil) and filter to remove the albumin that can cause spoilage.



# Glycerites



# Glycerites

- Tinctures made using vegetable glycerin instead of alcohol.
- Vegetable glycerin has a sweet, pleasant taste
- Great for children & pets or for adults who wish to avoid using **any** alcohol
- Glycerites should be refrigerated and have a shelf life of about a year





# Making Glycerites

Mix glycerin with water at a rate of 3 parts glycerin to 2 part distilled water.

Then use that mixture exactly as you would use alcohol to make a tincture either in the folk method or ratio method above.

Store in refrigerator

# Glycerite Tips

- Don't use finely ground material (hard to strain)
- Don't contaminate bottle or dropper when dosing (glycerites will grow bacteria)

# Oil Infusions



# Oil Infusions

- Usually for external use but you can make wonderful culinary oils too.
- Cover dry herb with Olive, sesame or sweet almond oil.
- Add oil until covered with 1/2 inch oil. Add a few drops Vit E
- Stir/shake daily for 14 days
- Press/strain
- Store in a cool place.



# Oil Infusions

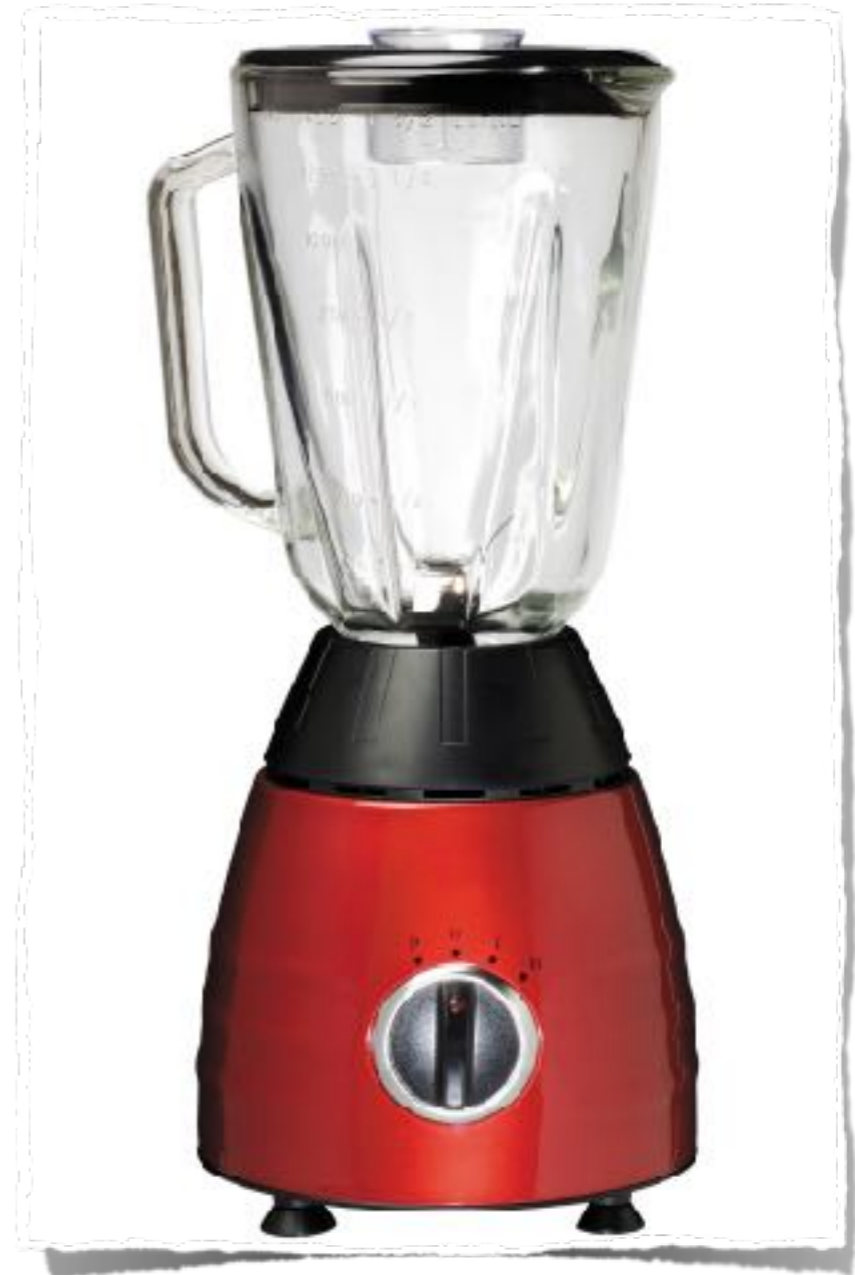
- You can also do oils in a double boiler
- Steep the herbs in the oil until the oil takes up the color of the herbs (usually about an hour)
- The lower the heat the better. Deep-fried herbs are not medicinal.



# Oil Infusion

## *The Quick Blender Method*

- Add ½ part vodka to 1 part dry herb.
- Allow to soak several hours.
- Put in blender with 7 parts oil.
- Blend until sides of blender are warm.
- Strain and bottle.



# Salves



# Oil Infusions Become Salves

- Make your oil infusion
- Warm in a double boiler
- Add beeswax to desired thickness. 1 oz beeswax / 1 cup oil is good.





# Coconut Oil or Shortening Salves

- ½ cup dry herb to 1 cup coconut oil or vegetable shortening
- 1 cup fresh herb to 1 cup shortening / coconut oil
- Steep in double boiler for 1 hr. Don't deep fry the herbs!
- Add bees wax to thicken. Cold spoon test.



# Herbal Lotions / Creams



# Salves Become Lotions/Creams

Heat your salve in a double boiler

Add 1/2 cup water per cup of salve

You don't have to use plain water...Be creative!

**Teas, tinctures, essential oils can all be used as well  
This supercharges the medicinal value.**

# Herbal Pills



# Herbal Pills



- To make Herbal Pills just mix 9 parts of whatever herb(s) you want with 1 part of an herb high in mucilage (slippery elm, marshmallow, comfrey).
- Add a little water to make a stiff dough
- Roll into pill-sized balls and dry thoroughly

# Electuaries

(Mary Poppins Was Right!)



# Electuaries

(Mary Poppins Was Right!)

- Herbal pills are not particularly palatable
- Add some honey, syrup or peanut butter
- Roll them in powdered sugar or coconut
- Dip them in chocolate.
- If your concoction won't dry, leave it as a paste and eat it that way.



# Poultices & Fomentations





# Poultices & Fomentations

- Great for arthritis, broken bones, wounds, bruises, sprains...
- Fomentations are good chest plasters. Cover with towel.
- Just add water or olive oil to make a thick paste.
- 12 hrs on, 12 hours off.





# How'd you do that?! Poultices!



**Read the Story Here:**

<http://homegrownherbalist.net/blogs/news/11055349-head-wound-case-herbal-healing-of-tissue-defects>

# Poultice Results Miracle Max



# Poultice Results Miracle Max



# Poultice Results

## Miracle Max



# Poultice Results Miracle Max

Before



After



**Read the Story Here:**

<http://homegrownherbalist.net/blogs/news/11053005-miracle-max-leg-wound-and-sepsis-case>

# Herb Jell-Os

- ¼ box Jello
- ¼ cup boiling water
- 1/8 cup Tincture
- 1/8 cup cold water
- Cool in fridge, cut into 6 squares.
- Each square = 5 ml dose of tincture.





# Elderberry Gummies



# Elderberry Gummies

## Ingredients:

4 cups water  
1/2 cup dried elderberries  
2 tbs. cinnamon  
1 cup raw honey  
6 tbs. unflavored gelatin

# Elderberry Gummies

## Instructions

- Combine elderberries, water and cinnamon in a pot and bring to a boil
- Reduce to a simmer until liquid, strain berries. Drain liquid into glass bottle and add honey
- Quickly sprinkle 6 tbs. unflavored gelatin into elderberry mixture, whisk until lumps are gone.
- Spray mold with oil to prevent sticking
- Pour into molds or lined cookie sheet
- Refrigerate for 1 hour
- With cookie sheet, use cookie cutters to cut into shapes

# Proof That Kids Will Eat Herbal Gummies!



# Thanks For Listening!



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# The HomeGrown Herbalist

*School of Botanical Medicine*



**You Can Be a Clinical Herbalist!**

*Online Course Work, Personal Mentoring,  
Hands-on Workshops & Plant Walks.*

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