

Natural Healing Express Weekly

Column Volume 190 Healing Tonics 2

Well, well, well. You all seem to love the Healing Tonics. I have received several emails regarding last week's article. So much so that I decided write a Part Two. The questions regarding the cordials were quite interesting. Great questions and a few laughs. Good work. Isn't it fun? If you made them last week and are reading this article, you only have one more week to wait and you can enjoy them!

This week we will get a little bit more involved, starting with infusions. First, to make an infusion, we will give the procedure and then add certain herbs according to the specific recipe. In short, making an infusion is simply made by steeping the herb's leaves and flowers in boiling water. Here's the skinny.

Measure 1-2 ounces of dried herbs per quart of water. (Do the math if you want to make more or less). \*\*\*If you use Fresh Herbs, **double** the amount of herbs. Pour 1 quart of boiling water over the herbs. Steep for 15-20 minutes. Strain.

Our first recipe is called "Temper Tonic" and consists of 1 part Damiana Leaf, 1 part St John's Wort Flowers, 1 Part Mugwort, 1 Part Nettle Seed and 1 Part Rosemary. Make the infusion as directed above.

The second "Temper Tonic" consists of 1 part Skullcap, 1 Part Gotu Kola, 1 Part Vervain, 1 Part Passion Flower. Make the infusion as directed above.

Another easy infusion to make is the Digestive Infusion. Combine 1 Part Grated Gingerroot, 1 Part Peppermint Leaves, 1 Part Lemon Verbena Leaves and 1/8 Licorice Root. Make the infusion as directed above.

Next we will discuss making a tincture. First, wash and chop fresh herbs, removing stems or grind dry herbs into a powder. Place all ingredients in a wide mouthed jar. If using fresh herbs, cover with twice as much vodka or brandy. If using dried herbs, cover with 3 times as much vodka or brandy. Cover the jar and store at room temperature away from direct light and heat. Shake daily for 2 weeks. After two weeks, strain through a cheese cloth.

The Brain Tonic Tincture consists of 2 parts Gotu Kola, 2 parts Ginkgo Leaf, 1 Part Peppermint Leaf, ¼ part Sage, and ¼ Rosemary. Make Tincture as directed above.

One thing that we were asked to do is make a list of Basic Tea Herbs. I found a great one that is fairly complete by Jeanine Pollak.

### **CUT & PASTE ALERT**

25 Basic Tea Herbs

Angelica Root, Burdock Root, Chamomile Flowers, Cinnamon Chips, Dandelion leaf/root, Echinacea Root, Fennel leaves and stalks, Fenugreek, Flaxseeds, Gingerroot, Lemon Balm, Lemon Verbena Leaves, Licorice Root, Mint Leaves, Nettle Leaves, Osha Root, Plantain Leaves, Red Clover Flowers, Rose Hips,

Sage Leaves and Stalks, Skullcap Leaves and Flowers, Usnea lichen, Violet Leaf/Flower, Wild Oat tops and Stalk.

If you are desirous of any of the herbs above, please give us a call, we can order all of them – fresh or dried.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [skscham@aol.com](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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