

# Herbal Preparations

Herbal preparations are plant ancestor alchemizations. They weave together the intention of the preparer for the healing that the medicine will bring + the body of plant ancestors with waters, liquids, spirits, heat, + the elements into potions taken to support the physical body.

## INFUSIONS

Herbs steeped for 4-8 hours in hot/cold water

\*Recommended herbs: nourishing herbs

\*\*Recommended intake: 1 quart a day

- Fill your quart jar with 1/6 full of dried or 1/4 of fresh herb material
- Cover in hot or cold water
- Let steep 4-8 hours

## TISANES (TEAS)

Water extracts using hot water with herbs steeped for a short time

\*Recommended herbs: leaves & flowers

\*\*Recommended intake: 2 cups a day

- Fill your quart jar/cup with 1-2 tablespoon/handfuls of fresh herb material (or 1-2 teaspoons with bitter plants!)
- Cover in hot water
- Let steep 10-30 mins

## DECOCTIONS

Water extracts of herbs in which they are gently simmered in boiling water for 15-30 minutes.

\*Recommended herbs: barks, berries + roots

\*\*Recommended intake: 1 quart a day

- Fill your quart with 1-2 tablespoons of dried herb to (a small handful) to 3 quarts of water -OR- 2 handfuls of fresh herb to 3-4 quarts
- Slow simmer for 15-30 minutes on low heat in a medium saucepan/pot
- Keep lid on for aromatic plants [we want their healing oils!]

## TINCTURES

Alcohol-based extracts

\*Recommended herbs: fresh is the most poignant!

\*\*Recommended intake: Varies by plant! Standard dosage is 3-4 dropperfuls in water

Dried herbs = 80 proof

Fresh herbs = 100 proof

- Using Fresh Herbs



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# Herbal Preparations

- Fill your container full of cut up fresh plant material
- Cover the plant material in alcohol (vodka/brandy→ sweeter)
- \*\*\* Fresh plants have more water in them→ add more alcohol
- Using Dried Herbs
  - Fill your container 1/3 - 1/2 full of dried herb material
  - Fill the jar full of 80 proof vodka
- Steep a moon cycle+ or more
- Shake often
- Strain and store in amber/blue/dark bottles

## GLYCERITES

Vegetable glycerin-based extracts

\*Recommended herbs: fresh is the most poignant!

\*\*Recommended intake: Varies by plant! Standard dosage is 3-4 dropperfuls in water

\*\*Less alkaloids than alcohol-based

\*\*\*Safer for children

- Using Dried Herbs
  - Fill your container 1/3 - 1/2 full of dried herb material
  - Fill the jar full of 2/3 glycerine + 1/3 water
- Using Fresh Herbs
  - Fill your container full of fresh plant material
  - Cover the plant material in a mix of 3/4 glycerine + 1/4 water
- Let steep for a moon cycle+
- Shake often
- Strain and store in amber/blue/dark bottles

## HERBAL OILS

Herbal extracts in oil, used for massage oils, healing oils, and salves

- Using Dried Herbs
  - Fill your container 1/2 full of dried herb material [NO WATER]
  - Fill the jar full of oil
  - Best if dried herb is crushed or powder
- Using Fresh Herbs
  - Allow herbs to wilt for a few days
  - Fill your container with 3/4 of fresh plant material [NO WATER]

## SYRUPS

Sweetened waters

\*Incredibly medicinal to the respiratory + digestive tract

\*\*A necessity for a stagnant or fire driven constitution

\*\*\*Safer for children

- Bring water to a boil
- Add desired herb material [whether dried or fresh], allow to simmer 10-15 mins
- Stir in sweetener [honey, molasses, agave, sugar, etc] until dissolved
- Allow to cool on the stove top then bottle for storage
- Determine waters to sweetness based on taste or need, some examples include 1:1 [real sweet], 2:1, 3:1
- For the longest shelf life 1:1, or refrigeration

## HERBAL OILS VIA CROCK POT

Herbal extracts in oil of plants with higher water content

- Fill a jar with fresh chopped herb material
- Cover with oil
- Pour contents into crock pot
- Set on warm setting [NOT low] with LID OFF for water to evaporate out. Aromatic plants need lid on so oils do not escape.
- Steep on warm for 2 days (OK turning off at night)
- Stir often



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# Herbal Preparations

- Fill the jar full of oil
- Poke to release air, and allow to sit with the lid off while air releases
- Let steep 6+ weeks or more,
- Strain and store in amber/blue/dark bottles
- After 2 days strain and store in amber/blue/dark bottles

## SALVES

Solidified oil topical balms

- Add one handful at a time of shaved beeswax into your herbal oil in a crock pot/double boiler
- Test with a cool metal spoon: dip into oil, blow on spoon until cool + solidified
- Keep adding and melting in beeswax until desired consistency is reached
- Pour into jars

## HERBAL JUICES

Water extractions/juices of fresh plants

- Blend 1-3 handfuls of fresh herbs with 3-4 quarts water in a blender
- Strain and drink

\*\*\* Only done with fresh herbs.

\*\*\*Nourishing herbs→ 3 handfuls; All other plants→ 1 handful

## HERBAL WINES

Herbal extracts in wine!

- Fill your quart jar with 1 handful dried or fresh (crushed) herb material
- Fill the jar full of your wine of choice
- Let steep 30 minutes to 1 week
- Keep refrigerated to preserve longer

## HERBAL BATHS

- Brew a strong tea (a quart or a 1/2 gallon)

## HERBAL VINEGARS

Herbal extracts using vinegar aka vinegar extracts

- Using Dried Herbs
  - Fill your container 1/3- 1/2 full of dried herb material
  - Cover the plant material in apple cider vinegar
- Using Fresh Herbs
  - Fill your container full of fresh plant material
  - Cover the plant material in apple cider vinegar
- Let steep 6+ weeks
- Shake often
- Strain and store in amber/blue/dark bottles

\*Add honey to create an OXYMEL that can be added to your salads

\*\*Add honey + fruit to create a SHRUB that can be added to your salads + desserts

## HERBAL CORDIALS

Herbal extracts using

alcohol, water, and honey... very yummy! Drunk as a very small glass/shot.

Using Dried Herbs - Fill your quart jar with 2 handfuls dried herb material, and fill the jar with half

vodka (alternatives are rum or brandy) and half water, leaving room to add honey. Add 1/4 cup honey

to sweeten and preserve. Let steep 1-4 weeks -

Standard dose is one very small cup of cordial.



# Herbal Preparations

- Strain out the herbs
- Pour into your bath water

## COMPRESS

- Soak a cloth in an herbal tea/decoction
- Place on the skin/head for 15-30 minutes

\*Wounds, bruises, sores, insect bites

\*\*Tea used may be hot or cold, depending on need and purpose of compress

## POULTICE

Fresh plant material is ground up or chewed, and placed directly on the skin.

\*Used for wounds, swellings, infections, fevers, rashes, burns, and stings.

## POWDERS

Highly concentrated plant material that is mixed or taken as a powder in meals, drinks or as capsules

- Mortars + pestles, or blender can be used to transform your DRIED roots, barks, leaves + flowers into powders
- Consider baking or adding your powders to smoothies

## FACIAL STEAMS

Strong aromatic tea to be breathed, aka steam inhalations

- Create a tisane, allowing it to simmer for 10-30 mins
- Hover face a few inches from pot, allowing steam to engulf facial pores + breath

## LINIMENT

A vinegar, ethyl alcohol, or denatured rubbing alcohol base, sometimes mixed with powders to apply directly on the skin aka an ALCOHOLADO

- Add all herbs fresh or dry] to jar
- Fill to the top with vinegar, ethyl alcohol, cane alcohol or denatured rubbing
- Allow to sit for a moon cycle

## SUPPOSITORIES

Herbs mixed with a base such as cocoa butter or semifluid oil that can be delivered through the urethra, vagina + anus [aka boluses]

- Combine the herbs + cocoa butter in a double boiler until they melt together
- Then, pour the liquid into a mold or foil, and allow the shapes to harden.
- Store in the refrigerator until you are ready to use them.

\*Used to support with internal infections located at or near urethra, vagina + anus, including inflammation, cervical dysplasia, rectal fissures, + bronchitis or respiratory infections

