

Elderberry Cough/Cold Syrup

1/2 cup dried Elderberries

1/4 cup dried Echinacea Root

2 Tablespoons Ginger root

2 cups Good Water

Put into a pan, bring to a boil, next let simmer for 20 minutes. Allow to evaporate, should end up with 1 cup of liquid.

Strain into a glass container. Measure it, you will need 1 cup of liquid.

Add 2 cups of Pure Raw Honey. Stir well.

Use amber glass container. Cap container. Best to keep it refrigerated.

Making an Infused Oil

Fill a quart jar halfway up with your desired dried herbal flowers or leaves. To this you could add 2 Tablespoons of a dried herbal root powder (dried herb roots that are not powdered will not work for this).

Fill the jar up with olive oil, making sure all the air bubbles are out and that all the herbs are covered. Shake well.

Let the mixture sit in a warm place for 2 weeks, shaking it every day.

Or you may put the jar into a crockpot lined with a cloth and containing water. Set crockpot on warm (this has to be a crockpot that has a warm setting, low is too hot). Keep in the crockpot for 3 days, shaking it daily.

After the appropriate amount of days it may be strained and used.

To Make a Salve

You could use it as it is or make a salve out of it.

To make a salve you would follow these steps:

You will need a double boiler. Strain oil. To every 1 cup of infused oil add ¼ cup of grated/cut up Beeswax (Beeswax pellets are available).

Measure the beeswax by putting it into the measuring cup with the infused oil.

Pour the infused oil and the beeswax into the double boiler. Melt the wax on low not allowing the oil to boil and become cooked.

After it has melted remove from the heat and add 4 droops of vitamin E oil per cup of oil and 4 drops of grapefruit seed extract per cup of oil.

Pour into containers and let cool. Cap well and store in refrigerator if necessary.

HEALING HERBAL SALVE

Fill a quart jar half way with equal amounts of the following:

2 parts Dried Comfrey Leaf (could also add 1 or 2 T. of Comfrey Root Powder)

1 part Dried Calendula

1 part Dried Yarrow or Dried Mullein

2 T. Yellow Dock Root Powder

Next fill the jar the rest of the way up with Olive Oil.

Make sure all air bubbles are out and that the herb is covered.

You may place the jar in a crockpot with water in it on warm for 3 days, or let set for 2 - 4 weeks.

Be sure to shake the mixture at least once a day.

After the allotted time then strain well. Measure your infused oil in a glass measuring cup. Place the liquid in a double boiler with ¼ cup of grated beeswax per each cup of infused oil.

Melt very slowly, do not boil. Return back to glass measuring cup and add 4 drops vitamin E oil per 4 ounces and 4 drops grapefruit seed extract per 4 ounces.

May add some drops of Lavender oil for fragrance as you desire or some other essential oil.

Fungus Nail Fighter

2 T. Calendula

2 T. Myrrh

2 T. Black Walnut Husk Powder

1 pint Apple Cider Vinegar

Mix all together. Let “ripen” for 2 weeks while being sure to shake it daily.

Then strain and use. Apply daily to affected nails.

Hair/Scalp Tonic

Put into a glass jar

Your choice of the following Herbs

Lavender Flowers - Antibacterial, Antifungal, Aromatic

Rosemary Leaf - Strengthens Hair, Stimulates Hair Growth

Calendula Flowers - Soothes the Scalp

Horsetail - Strengthens Hair, Stimulates Hair Growth

Hibiscus Flowers - Conditions

Chamomile Flowers - Good for Scalp, Anti-inflammatory, Soothing

Marshmallow - Hair Conditioner, Emollient

Peppermint - Cools the Scalp, Antifungal, Antibacterial

Licorice Root - Smooths and Moisturizes the Hair

Oatstraw - Vitamins A, C, E, Magnesium

Fill the jar with Apple Cider Vinegar (a PH balancer, Antibacterial, Antifungal)

Store in a cool, dry place for 2 weeks. Shake daily.

After the 2 weeks, strain and use. Discard the herbs.

For oily hair use 3-4 T in 8 oz of water.

For dry hair use 1/2 - 2 T in 8oz of water.

Could use it in a spray bottle.

For itchy or flaky scalp use 3X a week. Once a week for normal hair.
You may leave it on or rinse out after a few minutes

Sleep Formula

Use a glass quart jar. Fill halfway up with equal amounts of Catnip, Skullcap, and Passion Flower. Add 2 T Lavender Flowers and 2 T Valerian Root Powder.

Pour in boiled good water to cover herbs just till they float a little. Let steep for 10 minutes.

Then fill container the rest of the way up with Vegetable Glycerin. Leave no plant material sticking up. Seal jar and place in a water contained crockpot on warm. Let set for 3 days in the crockpot.

Strain and pour into glass (preferably amber) container, seal and store. Refrigeration always increases the life of your product.

Use 1 - 2 Teaspoons, 1 - 2 hours before bedtime, may use more as needed.

Soothing Flu Tea

Pour 5 cups of water into a pan.

Add

2 Tablespoons of White Willow Bark

1 Tablespoon Licorice root

Bring to a boil and then cover pan and lower to a simmer.

Simmer for 20 minutes.

Next add

2 Tablespoons Thyme

2 Tablespoons Catnip

Cover and let steep for 10 minutes, strain and use.