

The background of the cover features a variety of botanical and pharmaceutical items. At the top left is a bundle of dried lavender. Next to it is a large, empty amber glass bottle. In the center top is a small bowl filled with dried, crumbled plant material. To the right of the bowl is another amber bottle, and further right is a small, dark glass bottle. Below these are several more bottles of different shapes and sizes, some containing liquids of varying colors (brown, yellow). Dried herbs, including sprigs of rosemary and other leafy plants, are scattered throughout the composition. The entire scene is set against a dark, textured background and is framed by a wide, ornate border with a repeating leaf and floral motif.

**THE MOST  
POWERFUL  
EXTRACTS,  
TINCTURES,  
ELIXIRS AND  
ESSENTIAL OILS**

**ALEXANDRA GILLOTT**



The Most Powerful Extracts, Tinctures, Elixirs, and Essential Oils

# **The Most Powerful EXTRACTS, TINCTURES, ELIXIRS, and ESSENTIAL OILS**

**Alexandra Gillott**

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# Chapter 1: Herbal History

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Ancient Egyptians used medicinal herbs extensively, utilizing them for health and beauty treatments as well as for sacred rituals. The Ebers Papyrus from approximately 1550 BCE, is an ancient medical manuscript that is renowned for documenting over 700 medicinal plants and their therapeutic applications. Aloe vera held a special place among the Egyptians for its skin-soothing properties, especially prized for treating burns and injuries. Their beauty regimens incorporated fragrant herbs and oils, embracing their skin-revitalizing attributes to combat signs of aging. Frankincense for example, was recognized for its anti-inflammatory and germ-fighting characteristics, which found relevance not solely in ceremonial rites but also for medicinal and cosmetic use.

The hibiscus flower was also used by the Ancient Egyptians not just for its skincare benefits, believed to work wonders for skin rejuvenation. Fenugreek seeds were used for their medicinal properties and were also embraced for their potential to promote smooth and radiant skin. The Nile Lily, known as the Blue Lotus, was utilized by the Egyptians. It was perceived to hold the secret to beautiful skin when infused into skincare elixirs and used for its fragrance in perfumes and scents. Calendula flowers were celebrated for their skin-soothing properties, finding their way into balms and ointments to quell and calm skin ailments—a herbal remedy that has stood the test of time and is still cherished by mothers across the globe!

In Ancient Greece and Rome, herbal medicine was just as respected. Chamomile was used by the Greeks for its calming and digestive properties, while oregano and thyme were utilized as natural antibiotics. Peppermint was used for stomach problems, and just as their Egyptian counterparts, aloe vera was used for skin-healing. The Romans used the calming effects of lavender, rosemary for headaches and to sharpen memory, and sage to soothe sore throats and digestive upsets.

Hippocrates, often regarded as the father of medicine, documented the therapeutic uses of numerous plants. His holistic approach showed the importance of balancing the body's natural elements, often through dietary adjustments and the use of specific herbs. Greek bathhouses frequently employed aromatic herbs in their bathing rituals, providing both relaxation and medicinal benefits. These early public baths were often attached to gymnasiums, where men would engage in physical exercise and then cleanse themselves afterward.

In addition to their medicinal uses, the Greeks and Romans also developed various natural beauty treatments using herbs and other natural ingredients. They anointed their skin with olive oil mixed with saffron to improve. The Roman naturalist Pliny the Elder, in his work "Naturalis Historia," mentioned the use of roses and rosewater for various purposes, including their fragrance and soothing properties.

Traditional Chinese Medicine which dates back to over 2500 years and is characterized by its extensive pharmacopeia, which includes thousands of plant-based remedies tailored to treat various ailments. Early texts such as the "Shen Nong Ben Cao Jing" (The Divine Farmer's Materia Medica) from around 200 CE, cataloged numerous herbs, including ginseng for energy and cognitive function, and ginger for its anti-inflammatory and digestive benefits. Traditional Chinese Medicine (TCM) is a holistic health system that emphasizes the balance and flow of Qi (vital energy) through the body. It integrates several foundational concepts, including the duality of Yin and Yang, the dynamic interplay of the Five Elements (Wood, Fire, Earth, Metal, and Water), and the interconnected Zang-Fu organs (solid and hollow organs). Health is maintained through the harmonious flow of Qi along the



meridians, with imbalances addressed through techniques such as acupuncture, herbal medicine, and dietary adjustments. Diagnosis and treatment are guided by the Eight Principles (Interior/Exterior, Hot/Cold, Excess/Deficiency, Yin/Yang) and Pattern Differentiation, which ensure a tailored approach to individual health needs, focusing on prevention and overall wellness.

Ancient Chinese civilizations were also renowned for their innovative use of natural ingredients in beauty treatments. Among the traditional practices, green tea stood out, not only for its medicinal properties but also as a skincare elixir due to its detoxifying and skin-revitalizing properties. Pearl powder, a luxurious ingredient, was believed to illuminate the skin and bestow a radiant complexion. Chrysanthemum, with its soothing and cooling attributes, found its way into facial steams and washes, offering relief to irritated skin. Rice water was also used in beauty treatments in ancient China and was treasured for its hydrating and brightening properties.

Ayurveda, an ancient system of medicine originating from India over 5,000 years ago, is founded on the concept of balance and harmony within the body, mind, and spirit. Central to Ayurveda are the three doshas: Vata, Pitta, and Kapha. They represent different combinations of the five elements (earth, water, fire, air, and ether) and govern individual physical and mental characteristics. Health is achieved by maintaining a balanced state of these doshas through personalized diet, lifestyle practices, herbal remedies, and therapies. Ayurveda also emphasizes the interconnectedness of all life and the importance of aligning oneself with the natural rhythms and cycles of the universe to promote overall well-being and prevent disease.

Ayurvedic texts like the "Charaka Samhita" and the "Sushruta Samhita" detail the medicinal properties of plants. Ayurveda traditionally promotes the use of herbs like turmeric, neem, and sandalwood for their healing and beautifying properties. These herbs were often ground into pastes or oils and used in facial masks, oils, and baths to nourish the skin, treat various skin conditions, and enhance beauty. The ancient Indians understood the powerful benefits of herbs in promoting clear, radiant skin and relied on them not only as medicinal plants but also for their skincare rituals and beauty regimens.

Fast forward to medieval Europe, where within the confines of monastic gardens there were an array of medicinal plants cared for by monks who chronicled their discoveries. Hildegard von Bingen, the visionary German Benedictine abbess, wrote "Physica" and "Causae et Curae," which documented plant-based remedies and their applications.

The Industrial Revolution heralded societal and medical changes, in an era in which age-old herbal traditions made way for the rise of synthetic compounds and pharmaceutical innovations. The dawn of the 20th century witnessed the rise of modern herbal pharmacology, with rigorous scientific inquiries shedding light on the therapeutic properties of numerous medicinal plants.

Today, traditional practices combine with modern scientific research. Advances in pharmacology and biochemistry have provided insights into the active compounds in plants and their mechanisms of action. Herbs such as turmeric, ginger, and echinacea have been extensively studied for their anti-inflammatory, antioxidant, and immune-boosting properties. The natural skincare industry has also flourished, with consumers favoring plant-based ingredients for their therapeutic benefits and minimal environmental impact.

The history of the study of plant remedies is a testament to humanity's enduring relationship with nature. From ancient civilizations' meticulous documentation of herbal knowledge to modern scientific validation, the use of plants for health and healing continues to evolve. This rich legacy blends ancient wisdom with contemporary innovation, ensuring that plant remedies remain a vital part of our quest for well-being.



## Chapter 2: Plant Chemistry

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### Active Compounds

The effectiveness of plants on our health is largely due to the complex chemistry of their active compounds. These compounds include a wide range of chemical structures such as alkaloids, flavonoids, terpenes, glycosides, and polyphenols, each with unique properties that contribute to their therapeutic effects. Understanding the chemistry behind these compounds helps in appreciating how plants can be used to promote health and treat various ailments. Here are some examples of active compounds found in medicinal plants:

#### Alkaloids

Alkaloids are nitrogen-containing compounds found in many medicinal plants. They often have potent pharmacological effects and are known for their ability to interact with the human nervous system. Examples of alkaloids include morphine from the opium poppy, caffeine from coffee, and quinine from cinchona bark. These compounds typically function as defense mechanisms for plants, deterring herbivores and pathogens. In humans, they can act as pain relievers, stimulants, or antimalarials, depending on their specific chemical structure and mode of action. Alkaloids like morphine bind to opioid receptors in the brain, providing pain relief.

#### Flavonoids

Flavonoids are a class of polyphenolic compounds found in a wide variety of plants. They are responsible for the vivid colors of many fruits, vegetables, and flowers and play a crucial role in plant defense against UV radiation and pathogens. Flavonoids, such as quercetin and kaempferol, are known for their antioxidant properties, which help to neutralize free radicals in the body, reducing oxidative stress and inflammation. They also have anti-inflammatory, antiviral, and anticancer properties, making them valuable in the prevention and treatment of various diseases. Flavonoids exert antioxidant effects by scavenging free radicals and chelating metal ions.

#### Terpenes and Terpenoids

Terpenes are a large and diverse class of organic compounds produced by plants, particularly conifers. They are the primary constituents of essential oils and are responsible for the aromatic qualities of many plants. Terpenoids are modified terpenes that often contain additional functional groups. Examples include menthol from peppermint, limonene from citrus fruits, and camphor from the camphor tree. These compounds have a wide range of biological activities, including anti-inflammatory, analgesic, and antimicrobial effects. They also play a role in plant to plant interactions and defense against herbivores. Terpenes interact with cell membranes and receptors, influencing various physiological processes such as inflammation and pain perception.

#### Glycosides

Glycosides are compounds in which a sugar molecule is bonded to another functional group via a glycosidic bond. These compounds are abundant in plants and have various pharmacological effects. For instance, cardiac glycosides like digoxin, derived from foxglove, are used to treat heart conditions by increasing the force of heart contractions. Saponins, another type of glycoside, have expectorant

and immune-boosting properties. The sugar moiety in glycosides enhances their solubility in water, facilitating their transport within the plant and their bioavailability in the human body. Glycosides release their active aglycone component upon hydrolysis in the digestive tract, which then exerts its pharmacological effect.

### Polyphenols

Polyphenols are a broad class of naturally occurring compounds characterized by the presence of multiple phenol units. They are known for their strong antioxidant properties and are found in abundance in foods like tea, wine, chocolate, fruits, and vegetables. Polyphenols, such as resveratrol in grapes and epigallocatechin gallate (EGCG) in green tea, help protect cells from damage by free radicals. They also exhibit anti-inflammatory, anticancer, and cardioprotective effects, making them important in the prevention and management of chronic diseases.

### Saponins

Saponins are glycosides with soap-like properties, found in various plant species. They can form stable foams in aqueous solutions and are used for their expectorant, anti-inflammatory, and immune-boosting properties. Saponins from plants like ginseng and licorice have been shown to enhance immune function, reduce cholesterol levels, and exhibit anticancer activities.

The chemistry of plants and their active compounds is incredibly diverse and complex, encompassing a wide range of molecular structures and biological activities. Understanding the chemical basis of these compounds provides insight into how they can be used for therapeutic purposes and highlights the potential of plants as sources of novel drugs and treatments. The study of plant chemistry continues to be a vibrant field of research, contributing to the development of new and improved medicinal products.

## Guide to Choosing Herbs for Medicinal Use

This guide provides an easy reference to identify medicinal plants, their properties and their common uses.

### Aloe Vera, *Aloe barbadensis*

Aloe vera is renowned for its skin healing properties. It is particularly effective in treating burns, wounds, and skin conditions such as eczema and psoriasis. The plant's gel contains compounds that provide anti-inflammatory and antibacterial effects, which help in soothing the skin and promoting faster healing. Additionally, aloe vera is beneficial for digestive health; it can soothe the gastrointestinal tract, reduce symptoms of irritable bowel syndrome (IBS), and promote regular bowel movements.



## Andrographis, *Andrographis paniculata*

Known for its immune-boosting and antiviral properties, it helps prevent and treat colds and flu, supports liver health, and reduces inflammation. It is also used to improve digestive health and treat infections. Andrographis is effective in reducing symptoms of respiratory infections and has been shown to support cardiovascular health by reducing blood pressure and improving cholesterol levels.



## Artichoke, *Cynara scolymus*

Supports liver health and detoxification by promoting bile production and improving digestion. It has antioxidant properties that protect the liver from damage and support overall digestive health. Artichoke is also known to lower cholesterol levels, improve heart health, and aid in managing symptoms of irritable bowel syndrome (IBS).



## Ashwagandha, *Withania somnifera*

Helps relieve stress, boost energy, and support cognitive health. It has adaptogenic and anti-inflammatory properties that help the body cope with stress and maintain balance. Ashwagandha is also used to improve physical performance, support the immune system, and promote overall well-being. It is beneficial for reducing anxiety, improving sleep quality, and enhancing memory and brain function.



## Astragalus, *Astragalus membranaceus*

Boosts the immune system, works as a natural antibiotic, supports cardiovascular health, and has anti-inflammatory and antioxidant properties. It is also used to improve energy levels and support kidney health. Astragalus supports heart health by improving blood flow, reducing blood pressure, and lowering cholesterol levels. It helps prevent the buildup of plaque in arteries, reducing the risk of heart disease. This herb aids in liver function and helps protect the liver from toxins and damage, promoting the regeneration of liver cells and enhancing the detoxification processes.



## **Basil, *Ocimum basilicum***

Antimicrobial and anti-inflammatory properties that support overall health. It is also used to improve digestion, reduce stress, and promote mental clarity. Basil helps relieve headaches, muscle tension, and supports respiratory health. It can also improve circulation and has been shown to have mood-enhancing properties, making it useful for combating depression and anxiety.



## **Bilberry, *Vaccinium myrtillus***

Supports eye and circulatory health. It has antioxidant, anti-inflammatory, and antidiabetic properties, making it useful for improving vision and reducing blood sugar levels. Bilberry is also used to improve overall cardiovascular health, enhance night vision, and strengthen blood vessels. It can help prevent conditions such as glaucoma and cataracts.



## **Black Cohosh, *Actaea racemosa***

Supports hormonal balance and menopause relief. It has anti-inflammatory, antispasmodic, and analgesic properties, making it useful for treating menstrual cramps and other hormonal issues. Black cohosh is also used to improve bone health and reduce symptoms of menopause, such as hot flashes and mood swings. It can also help alleviate symptoms of premenstrual syndrome (PMS).



## **Boswellia, *Boswellia serrata***

Known for its powerful anti-inflammatory properties, making it effective in treating conditions like arthritis and inflammatory bowel disease. It also supports joint health and reduces pain. Boswellia is beneficial for improving respiratory health, managing symptoms of asthma, and promoting healthy skin. It can help reduce the frequency and severity of headaches and migraines.



## Burdock Root, *Arctium lappa*

Supports detoxification and skin health by promoting the removal of toxins from the body. It aids digestion, reduces inflammation, and acts as a diuretic. Burdock root is also used to treat skin conditions such as acne and eczema, thanks to its antimicrobial and anti-inflammatory properties. It can improve liver function, boost immune health, and promote healthy hair growth.



## Calendula, *Calendula officinalis*

Aids in skin healing and provides anti-inflammatory and antiseptic benefits, making it useful for treating wounds, burns, and other skin conditions. It has antimicrobial properties that help prevent infections and promote healing. Calendula is also used to soothe skin irritations and reduce inflammation, making it a versatile herb for topical applications. It can support oral health and be used to treat conditions such as gingivitis and mouth ulcers.



## California Poppy, *Eschscholzia californica*

Known for its calming and sedative properties, making it useful for treating insomnia and anxiety. It also helps relieve pain and promote relaxation. California poppy can be used to reduce stress, ease nervous tension, and support a restful night's sleep. It has antispasmodic properties that can help alleviate muscle pain and cramps.



## Cardamom, *Elettaria cardamomum*

Supports digestive and respiratory health. It has antioxidant, anti-inflammatory, and carminative properties, making it useful for treating digestive issues such as bloating and gas. Cardamom is also used to improve appetite and reduce symptoms of colds and flu. It helps freshen breath, can act as a diuretic, and may support heart health by lowering blood pressure.



## Catnip, *Nepeta cataria*

Provides calming and digestive aid benefits. It supports respiratory health, reduces anxiety, and has antispasmodic and sedative properties. Catnip is also used to treat colds, fevers, and headaches, making it a useful herb for a variety of health conditions. It can help relieve stress, improve sleep quality, and alleviate symptoms of indigestion and gas.



## Chamomile, *Matricaria recutita*

Celebrated for its calming effects, making it an excellent remedy for anxiety and promoting restful sleep. Its anti-inflammatory and antioxidant properties are beneficial for soothing digestive issues such as indigestion, gas, and colic. Chamomile is also used topically to treat skin conditions, including eczema and minor wounds, due to its soothing and healing properties. It can help reduce inflammation and irritation, making it a versatile herb for both internal and external use.



## Chaga Mushroom, *Inonotus obliquus*

A powerful adaptogen that boosts the immune system, reduces inflammation, and has significant antioxidant properties. This mushroom is traditionally used to improve energy levels and support overall health. It contains a wealth of nutrients, including polysaccharides, beta-glucans, and polyphenols, which help protect cells from oxidative stress and enhance the body's resilience to physical and mental stressors. Chaga is often consumed as a tea or supplement, making it an accessible addition to daily wellness routines.



## Chicory Root, *Cichorium intybus*

Supports liver health and detoxification by promoting bile production and improving digestion. It acts as a prebiotic, fostering the growth of beneficial gut bacteria, which in turn supports gut health and overall digestive function. Chicory root also possesses anti-inflammatory and antioxidant properties, which help reduce inflammation and protect cells from oxidative damage. Often used as a coffee substitute, chicory root can be



roasted and brewed to create a rich, flavorful beverage that offers numerous health benefits.

### **Cilantro, *Coriandrum sativum***

A potent detoxifying herb that helps remove heavy metals from the body. It has antioxidant, antimicrobial, and anti-inflammatory properties, making it useful for overall health. Cilantro is known for its ability to support digestion and fight infections. Supports the body's natural detoxification processes.



### **Cinnamon, *Cinnamomum verum***

Highly valued for its ability to support blood sugar regulation and digestive health. It possesses antioxidant, antimicrobial, and anti-inflammatory properties, making it beneficial for a variety of health conditions. Cinnamon is also used to improve circulation, reduce symptoms of colds and flu, and enhance overall immune function. Its warm, sweet flavor makes it a popular spice in both sweet and savory dishes, while its health benefits can be enjoyed through teas, tinctures, and supplements.



### **Clove, *Syzygium aromaticum***

Provides significant pain relief and antimicrobial benefits. It aids digestion, reduces inflammation, and has potent antioxidant properties. Clove is traditionally used to treat toothaches, respiratory infections, and improve overall health. The essential oil extracted from cloves is particularly effective for its analgesic and antiseptic qualities, making it a common ingredient in dental care products and home remedies for oral health.



### **Comfrey, *Symphytum officinale***

Supports wound healing and pain relief with its anti-inflammatory, skin health, and demulcent properties. It is useful for treating cuts, bruises, and other skin injuries, promoting faster healing and reducing inflammation. Comfrey is also known to improve bone health, making it beneficial for conditions like fractures and osteoporosis. It is typically applied topically as a poultice or in salves and ointments to harness its healing benefits.



## Cordyceps Mushroom, *Cordyceps sinensis*

Known for its ability to boost energy, enhance athletic performance, and support respiratory health. It also has adaptogenic and immune-boosting properties, helping the body adapt to stress and improve overall vitality. Cordyceps is often used by athletes to improve endurance and stamina, and it is consumed in the form of capsules, powders, or teas to promote overall health and well-being.



## Cranberry, *Vaccinium macrocarpon*

Provides substantial benefits for urinary health and immune support. It has antioxidant and antimicrobial properties, making it effective in preventing and treating urinary tract infections (UTIs). Cranberry is also used to improve overall immune function and reduce the risk of chronic diseases. Consumed as juice, supplements, or dried berries, cranberries offer a tart and refreshing way to support health.



## Dandelion, *Taraxacum officinale*

Promotes digestive health by stimulating appetite and improving digestion. It supports liver detoxification and acts as a diuretic, helping to remove excess fluid from the body. Dandelion also has antioxidant and anti-inflammatory properties, which help protect the body from damage and reduce inflammation.



## Devil's Claw, *Harpagophytum procumbens*

Renowned for its pain-relieving and anti-inflammatory properties, making it effective for treating arthritis, back pain, and other inflammatory conditions. It helps reduce pain and improve mobility, often used as a natural alternative to conventional pain relievers.



## Dong Quai, *Angelica sinensis*

Supports hormonal balance, menstrual health, and menopause relief. It also has anti-inflammatory and antioxidant properties, making it beneficial for overall health. Known as the "female ginseng," Dong Quai is used to treat menstrual cramps, regulate menstrual cycles, and alleviate symptoms of menopause.



## Echinacea, *Echinacea purpurea*

Boosts the immune system, helping to prevent and treat colds, flu, and respiratory infections. It has anti-inflammatory and antiviral properties that support the body's natural defenses. Echinacea is also known for its ability to reduce the severity and duration of symptoms when taken at the onset of an illness. Additionally, it can be used topically to treat wounds and skin infections, promoting healing and reducing inflammation.



## Elderberry, *Sambucus nigra*

Provides immune support and cold and flu relief. It has antioxidant, antiviral, and anti-inflammatory properties, making it effective in reducing the severity and duration of colds and flu. Elderberry is also used to support respiratory health.



## Eleuthero - Siberian Ginseng, *Eleutherococcus senticosus*

An adaptogen that boosts energy, enhances mental performance, and supports the immune system. It also helps the body cope with stress and improves overall vitality. Eleuthero is known to enhance endurance, reduce fatigue, and support cognitive function, making it a popular supplement for physical and mental performance enhancement.



## Evening Primrose, *Oenothera biennis*

Known for its hormonal balancing effects, making it useful for treating PMS and menopause symptoms. It also has anti-inflammatory properties that support skin health. Evening primrose oil is rich in gamma-linolenic acid (GLA), which helps reduce inflammation, improve skin elasticity, and promote healthy hair and nails.



## Fennel, *Foeniculum vulgare*

Supports digestive health by relieving bloating, gas, and indigestion. It also has antioxidant and anti-inflammatory properties, making it useful for overall health. Fennel can improve appetite, reduce symptoms of colds and flu, and support respiratory health. It is commonly used in teas, culinary dishes, and supplements to promote digestion and relieve digestive discomfort.



## Feverfew, *Tanacetum parthenium*

Effective for migraine relief and reducing inflammation. It provides pain relief and has antipyretic and antispasmodic benefits. Feverfew is also used to treat arthritis and other inflammatory conditions, making it a versatile herb for pain management. It can be consumed as a supplement or tea to help prevent and alleviate headaches, muscle pain, and fever.



## Garlic, *Allium sativum*

Supports immune health by boosting the body's natural defenses against infections. Its antimicrobial properties help fight bacteria, viruses, and fungi. Garlic also reduces cardiovascular risks by lowering blood pressure, cholesterol levels, and improving overall heart health. Its antioxidant and anti-inflammatory effects protect the body from oxidative stress and reduce inflammation, contributing to overall well-being.



## Ginger, *Zingiber officinale*

Provides powerful anti-inflammatory and nausea-relief benefits, making it a go-to remedy for motion sickness, morning sickness, and digestive discomfort. It supports digestive health by stimulating digestion and relieving gastrointestinal irritation. Ginger also boosts the immune system, helping to ward off infections, viruses and reduce inflammation. Its antioxidant properties protect cells from damage and support overall health.



## Ginkgo Biloba, *Ginkgo biloba*

Supports cognitive function, memory, and circulatory health. It has antioxidant and neuroprotective properties that help protect the brain from damage and improve mental clarity. Ginkgo biloba is also used to treat conditions such as tinnitus and improve blood flow. It enhances memory, reduces symptoms of anxiety, and supports overall brain health. Ginkgo biloba supplements are commonly used to boost cognitive performance and support vascular health.



## Ginseng, *Panax ginseng*

Boosts energy levels, improves cognitive function, and reduces stress. It supports the immune system and enhances overall vitality. Ginseng's antioxidant properties protect the body from damage caused by free radicals, while its adaptogenic effects help the body cope with stress and maintain balance. It is also used to improve physical performance and endurance.



## Goldenseal, *Hydrastis canadensis*

Supports immune health and has antimicrobial benefits. It aids digestion, reduces inflammation, and has astringent properties. Goldenseal is also used to treat respiratory infection, and skin conditions, making it a versatile herb for overall health. It is known for its ability to boost the immune system, fight infections, and improve the health of mucous membranes.



## Gotu Kola, *Centella asiatica*

Enhances cognitive function and promotes relaxation. It helps reduce anxiety and stress, contributing to an overall sense of well-being. Gotu Kola is also known for its ability to improve memory, support circulation, and promote skin health. It is often used to enhance mental clarity, reduce symptoms of anxiety, and support wound healing.



## Hawthorn, *Crataegus monogyna*

Supports heart health by improving circulation and reducing blood pressure. It has antioxidant, anti-inflammatory, and cardioprotective properties that help protect the heart and overall cardiovascular system. Hawthorn is also used to treat anxiety and digestive issues. It can strengthen the heart muscle, improve blood flow, and reduce symptoms of heart conditions. Hawthorn supplements and extracts are commonly used to support cardiovascular health and overall well-being.



## Hibiscus, *Hibiscus sabdariffa*

Helps regulate blood pressure and supports digestive health. It has antioxidant, anti-inflammatory, and diuretic properties, making it useful for a variety of health conditions. Hibiscus is also known for its ability to support heart health and improve circulation. Its tart flavor makes it a popular ingredient in teas and beverages. Hibiscus tea is widely consumed for its health benefits, including lowering blood pressure, improving cholesterol levels, and supporting liver health.



## Holy Basil – Tulsi, *Ocimum tenuiflorum*

Helps relieve stress, supports the immune system, and has anti-inflammatory, antioxidant, and adaptogenic properties. It is used to reduce anxiety and promote mental clarity. Holy basil also supports respiratory health by relieving congestion and improving lung function. Additionally, it helps regulate blood sugar levels and promotes cardiovascular health.



## Hops, *Humulus lupulus*

Provides sleep aid and anxiety relief benefits. It supports digestive health, reduces stress, and has sedative and anti-inflammatory properties. Hops is also used to improve appetite. It can promote relaxation, reduce symptoms of nervous tension.



## Horehound, *Marrubium vulgare*

Supports respiratory health by acting as an expectorant and reducing mucus. It is beneficial for treating coughs, colds, and bronchitis. Horehound also has antimicrobial properties that help fight infections. It can soothe sore throats, reduce inflammation, and improve lung function.



## Kava Kava, *Piper methysticum*

Known for its calming and anxiety-relieving effects. It promotes relaxation and can help improve sleep quality. Kava Kava is also used to reduce symptoms of stress and promote a sense of well-being. It has muscle relaxant and antispasmodic properties that can help alleviate muscle tension and cramps. Kava Kava is commonly consumed as a tea or supplement to support relaxation and overall mental health.



## Lavender, *Lavandula angustifolia*

Known for its calming and sleep-inducing properties, making it a popular choice for reducing anxiety and promoting relaxation. Its analgesic and anti-inflammatory effects make it useful for relieving pain, including headaches and muscle aches. Lavender is also beneficial for skin health; it can be used to treat burns, cuts, and other skin irritations. Its antimicrobial properties help prevent infections and promote healing, making it a versatile herb for both physical and mental well-being.



## Lemon Balm, *Melissa officinalis*

Provides calming and digestive aid benefits. It supports sleep, reduces anxiety, and has antiviral and antioxidant properties. Lemon balm is also used to treat cold sores, improve mood, and promote relaxation. It can help reduce symptoms of indigestion, improve cognitive function, and enhance overall mental clarity. Lemon balm is often consumed as a tea, supplement, or applied topically for its health benefits.



## Licorice Root, *Glycyrrhiza glabra*

Supports respiratory health by soothing irritated mucous membranes and reducing inflammation. It aids digestion by relieving symptoms of indigestion and heartburn. Licorice root also has anti-inflammatory, antiviral, and adrenal support properties, making it useful for a variety of health conditions. It can help balance hormones, reduce symptoms of menopause, and support liver health.



## Lion's Mane Mushroom, *Hericium erinaceus*

Enhances cognitive function and supports nerve health. It has neuroprotective properties that help improve memory and mental clarity. Lion's Mane is also known to support immune health, reduce inflammation, and promote overall well-being. It can improve mood, reduce symptoms of anxiety, and enhance digestive health. Lion's Mane mushroom supplements are commonly used to support brain health and overall vitality.



## Maca Root, *Lepidium meyenii*

Known for its ability to enhance mood and reduce symptoms of anxiety and depression. It also boosts energy levels and supports overall mental well-being. Maca root can improve sexual health, balance hormones, and enhance physical performance. It is rich in vitamins, minerals, and antioxidants that support overall health and vitality.



## Marshmallow Root, *Althaea officinalis*

Soothes irritated tissues, supports respiratory health, and aids digestion. It has anti-inflammatory and demulcent properties, making it useful for treating conditions such as sore throat, cough, and gastrointestinal irritation. Marshmallow root can also support skin health, reduce inflammation, and promote wound healing.



## Milk Thistle, *Silybum marianum*

Known for its liver-protective and detoxifying effects. It supports liver health by promoting the regeneration of liver cells and protecting against toxins. Milk thistle also has antioxidant and anti-inflammatory properties, which help reduce inflammation and protect the body from oxidative stress. It is commonly used to support liver function, improve digestion, and promote overall detoxification.



## Motherwort, *Leonurus cardiaca*

Supports heart health and anxiety relief. It provides menstrual support, reduces stress, and has mild sedative properties. Motherwort is also used to treat conditions such as palpitations, high blood pressure, and improve overall heart health. It can help regulate menstrual cycles, reduce symptoms of menopause, and promote relaxation. Calms the heart after trauma and emotional problems.



## Mugwort, *Artemisia vulgaris*

Provides digestive aid and menstrual support. It has calming effects, reduces stress, and is used for various gynecological issues such as irregular periods. Mugwort is also used to treat digestive issues such as bloating and gas. It can support liver health, improve circulation, and enhance overall vitality.



## Mullein, *Verbascum thapsus*

Aids in respiratory health by acting as an expectorant and reducing inflammation. It is beneficial for treating coughs, colds, and bronchitis. Mullein also has pain relief and antimicrobial properties, making it useful for a variety of health conditions. It can soothe sore throats, reduce inflammation, and improve lung function.



## Myrrh, *Commiphora myrrha*

Antimicrobial, anti-inflammatory, and antioxidant properties. It is used to support immune health, improve oral health, and promote wound healing. Myrrh can help reduce inflammation, fight infections, and support skin health. It is often used in mouthwashes, toothpastes, and topical applications to harness its healing benefits.



## Neem, *Azadirachta indica*

Supports skin health by treating acne, eczema, and other skin conditions. It has antimicrobial properties that help fight infections and promote healing. Neem also helps regulate blood sugar levels and acts as an insect repellent. Its anti-inflammatory effects make it useful for reducing inflammation and supporting overall health. Neem is commonly used in skincare products, supplements, and herbal remedies to support skin and overall health.



## Nettle, *Urtica dioica*

Provides anti-inflammatory and skin health benefits. It supports urinary health, reduces symptoms of allergies, and has antioxidant and antihistamine properties. Nettle is also used to treat conditions such as arthritis and improve overall health. It can support hair health, reduce inflammation, and promote detoxification.



## Olive Leaf, *Olea europaea*

Has powerful antioxidant and antimicrobial properties that support immune health. It is also used to improve cardiovascular health and reduce inflammation. Olive leaf can help lower blood pressure, reduce cholesterol levels, and improve overall heart health.



## Oregano, *Origanum vulgare*

Potent antimicrobial properties that help fight bacterial, viral, and fungal infections. It also has anti-inflammatory and antioxidant properties, making it useful for overall health. Oregano can support respiratory health, improve digestion, and boost the immune system.



## Passionflower, *Passiflora incarnata*

Provides anxiety relief and promotes restful sleep. It has muscle relaxant, antispasmodic, and sedative properties, making it useful for treating insomnia and reducing stress. Passionflower is also used to relieve symptoms of menopause and improve overall mental health. It can help reduce anxiety, improve sleep quality, and promote relaxation.



## Pau d'Arco, *Tabebuia impetiginosa*

Antimicrobial, antiviral, and anti-inflammatory properties. It supports immune health and is used to treat infections and promote overall well-being. Pau d'Arco can help reduce inflammation, fight infections, and support respiratory health.



## Peppermint, *Mentha piperita*

Widely recognized for its effectiveness in treating digestive issues, such as bloating, indigestion, and irritable bowel syndrome (IBS). Its menthol content provides a cooling sensation that can relieve headaches and migraines. Additionally, peppermint supports respiratory health by acting as a decongestant and easing symptoms of colds and flu. Its antimicrobial properties help combat bacterial and viral infections, while its muscle relaxant effects can alleviate tension and spasms.



## Reishi Mushroom, *Ganoderma lucidum*

A powerful adaptogen that supports immune health, reduces stress, and promotes relaxation. It also has antioxidant and anti-inflammatory properties that support overall well-being. Reishi mushroom is known for its ability to enhance vitality, improve sleep quality, and support cardiovascular health.



## Rhodiola, *Rhodiola rosea*

Helps combat stress and fatigue, improves mood, and enhances mental performance. It is an adaptogen that supports overall mental resilience and well-being. Rhodiola can improve cognitive function, reduce symptoms of depression, and enhance physical performance.



## Rosehip, *Rosa canina*

Rich in vitamin C and antioxidants that support immune health and reduce inflammation. It also promotes skin health and supports overall wellness. Rosehip can improve skin elasticity, reduce signs of aging, and support cardiovascular health.



## Rosemary, *Rosmarinus officinalis*

Enhances memory and cognitive function, providing a natural way to boost mental clarity and concentration. It is also effective in relieving headaches and migraines. Rosemary supports digestive health by stimulating bile production and improving digestion. Its antioxidant and anti-inflammatory properties help protect the body from oxidative stress and reduce inflammation. Additionally, rosemary improves circulation and supports overall cardiovascular health. Rosemary is commonly used in culinary dishes, teas, and essential oils to support overall health.



## Saffron, *Crocus sativus*

Has been shown to have mood-enhancing and antidepressant properties. It helps reduce symptoms of mild to moderate depression and promotes a positive mood. Saffron can improve cognitive function, support eye health, and reduce symptoms of PMS.



## Sage, *Salvia officinalis*

Used to soothe sore throats and treat digestive issues such as bloating and indigestion. It is also known for enhancing cognitive function and memory, making it beneficial for mental clarity and focus. Sage's antimicrobial and antioxidant properties help support overall health by fighting off infections and reducing oxidative stress. It can also be used topically to treat skin conditions and promote healing.



## Schisandra, *Schisandra chinensis*

An adaptogen that helps the body cope with stress and enhances physical and mental performance. It also supports liver health, boosts the immune system, and has antioxidant properties. Schisandra can improve endurance, reduce fatigue, and enhance cognitive function.



## Shatavari, *Asparagus racemosus*

Supports hormonal balance and reproductive health. It also has adaptogenic and anti-inflammatory properties that promote overall well-being. Shatavari can improve fertility, reduce symptoms of PMS and menopause, and support digestive health. It is commonly used in supplements and herbal remedies to support women's health and overall vitality.



## Skullcap, *Scutellaria lateriflora*

Used to reduce anxiety and promote relaxation. It has mild sedative properties that help improve sleep and enhance overall mood. Skullcap can reduce symptoms of nervous tension, support cognitive function, and promote overall mental health.



## Slippery Elm, *Ulmus rubra*

Provides digestive aid and throat health benefits. It reduces inflammation, soothes irritated tissues, and has demulcent properties. Slippery elm is also used to treat conditions such as GERD, sore throat, and improve overall digestive health. It can support skin health, promote wound healing, and reduce inflammation.



## St. John's Wort, *Hypericum perforatum*

Provides mood support and wound healing benefits. It has anti-inflammatory, antiviral, and antidepressant properties, making it useful for treating depression, anxiety, and skin conditions. St. John's Wort is also used to relieve nerve pain and improve overall mental health. It can reduce symptoms of PMS, support cognitive function, and promote relaxation.



## Thyme, *Thymus vulgaris*

Supports respiratory health by acting as an expectorant and antimicrobial agent. It is beneficial for treating coughs, colds, and bronchitis. Thyme also supports digestive health by stimulating digestion and reducing bloating. Its antioxidant properties protect the body from oxidative stress, while its antimicrobial effects help fight infections. A natural antibiotic and antiviral.



## Turmeric, *Curcuma longa*

Offers significant anti-inflammatory and antioxidant effects, making it beneficial for reducing inflammation and pain associated with conditions such as arthritis. It supports joint health, promotes digestion, and has potential anticancer properties. Turmeric's antimicrobial benefits help fight infections, while its antioxidant effects protect the body from oxidative stress and support overall well-being.



## Usnea - Old Man's Beard, *Usnea barbata*

Has potent antimicrobial properties that help fight bacterial, viral, and fungal infections. It also has anti-inflammatory and antioxidant properties that support immune health. Usnea can reduce inflammation, support respiratory health, and promote overall well-being.



## Uva Ursi, *Arctostaphylos uva-ursi*

Supports urinary health by acting as a diuretic and antimicrobial agent. It is used to treat urinary tract infections and reduce inflammation in the urinary system. Uva Ursi can support kidney health, reduce symptoms of bladder infections, and promote overall urinary health.



## Valerian, *Valeriana officinalis*

A natural sleep aid and anxiety reliever, promoting relaxation and easing insomnia. It acts as a muscle relaxant and sedative, helping to reduce tension and stress. Valerian is also beneficial for relieving menstrual cramps and other forms of muscle pain.



Its calming effects make it useful for treating anxiety and promoting a sense of well-being.

## Yarrow, *Achillea millefolium*

Provides wound healing and digestive health benefits. It helps reduce inflammation, relieve menstrual cramps, and improve circulation. Yarrow is also used to treat colds and flu due to its antimicrobial and antispasmodic properties. It can be applied topically to wounds and skin irritations to promote healing.



## Yellow Dock Root, *Rumex crispus*

Supports liver detoxification, promotes digestive health, and acts as a laxative. It also has anti-inflammatory and antioxidant properties that support overall health. Yellow Dock Root can improve skin health, support bowel regularity, and promote overall detoxification.



| Category                           | Herbs                                                                                                                                                                                                                                                                                                                                                  |
|------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Digestive</b>                   | Artichoke, Basil, Catnip, Chamomile, Cilantro, Cinamon, Dandelion, Fennel, Ginger, Goldenseal, Hawthorn, Hops, Lemon Balm, Licorice Root, Marshmallow Root, Peppermint                                                                                                                                                                                 |
| <b>Anti-Inflammatory</b>           | Ashwagandha, Astragalus, Basil, Boswellia, Calendula, Cardamom, Chamomile, Chaga Mushroom, Chicory Root, Cilantro, Cinamon, Clove, Comfrey, Dandelion, Devil's Claw, Elderberry, Evening Primrose, Fennel, Feverfew, Ginger, Goldenseal, Hawthorn, Holy Basil (Tulsi), Licorice Root, Mullein, Neem, Reishi Mushroom, St. John's Wort, Thyme, Turmeric |
| <b>Pain Relief</b>                 | Boswellia, Chamomile, Clove, Devil's Claw, Feverfew, Ginger, Lavender, Peppermint, St. John's Wort, Turmeric, Valerian, Yarrow                                                                                                                                                                                                                         |
| <b>Liver Support and Cleansing</b> | Artichoke, Astragalus, Burdock Root, Chicory Root, Dandelion Root, Hibiscus, Milk Thistle, Mugwort, Motherwort, Schisandra, Turmeric, Yellow Dock Root                                                                                                                                                                                                 |



|                              |                                                                                                                                                                                                                                                                                |
|------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Respiratory System</b>    | Andrographis, Cardamom, Catnip, Clove, Cordyceps Mushroom, Elderberry, Eucalyptus, Ginger, Goldenseal, Horehound, Holy Basil (Tulsi), Licorice Root, Mullein, Oregano, Peppermint, Tea Tree, Thyme, Turmeric                                                                   |
| <b>Urine Infections</b>      | Cranberry Dandelion, Echinacea, Goldenseal, Horsetail, Juniper Berry, Parsley, Thyme, Uva Ursi                                                                                                                                                                                 |
| <b>Heart and Circulation</b> | Andrographis, Astragalus, Bilberry, Cardamom, Catnip, Cayenne Pepper, Cinnamon, Garlic, Ginger, Ginkgo, Ginkgo Biloba, Gotu Kola, Hawthorn, Hibiscus, Holy Basil (Tulsi), Motherwort, Rosemary                                                                                 |
| <b>Hormonal Health</b>       | Ashwagandha, Black Cohosh, Dong Quai, Evening Primrose, Maca Root, Motherwort, Mugwort, Red Clover, Sage                                                                                                                                                                       |
| <b>Skin</b>                  | Aloe Vera, Calendula, Chamomile, Neem, Witch Hazel, Burdock Root, Lavender, Yarrow, Tea Tree, Turmeric, Comfrey, Goldenseal, Gotu Kola, Echinacea, Evening Primrose                                                                                                            |
| <b>Hair</b>                  | Aloe Vera, Burdock Root, Chamomile, Evening Primrose, Horsetail, Lavender, Nettle, Peppermint, Rosemary, Sage                                                                                                                                                                  |
| <b>Antibiotic</b>            | Basil, Calendula, Cat's Claw, Cilantro, Cinamon, Clove, Echinacea, Garlic, Ginger, Goldenseal, Horehound, Lavender, Marshmallow Root, Myrrh, Neem, Oregano, Olive Leaf, Pau d'Arco, Rosemary, Sage, Thyme, Turmeric, Usnea (Old Man's Beard)                                   |
| <b>Immune-Booster</b>        | Ashwagandha, Astragalus, Burdock Root, Chaga Mushroom, Cinamon, Cordyceps Mushroom, Cranberry, Echinacea, Elderberry, Eleuthero, Garlic, Ginseng, Ginger, Goldenseal, Holy Basil (Tulsi), Lemon Balm, Licorice Root, Moringa, Myrrh, Reishi Mushroom, Rosehip, Thyme, Turmeric |





|                                  |                                                                                                                                                                                                                                                     |
|----------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Calming / Stress Reliever</b> | Ashwagandha, Basil, California Poppy, Catnip, Chamomile, Ginkgo, Ginseng, Gotu Kola, Hawthorn, Holy Basil (Tulsi), Hops, Kava Kava, Lavender, Lemon Balm, Motherwort, Passionflower, Rhodiola, Skullcap, St. John's Wort, Valerian                  |
| <b>Detox</b>                     | Artichoke, Burdock Root, Chicory Root, Cilantro, Dandelion, Milk Thistle, Nettle, Parsley, Red Clover, Schisandra, Turmeric, Yellow Dock Root                                                                                                       |
| <b>Adaptogen</b>                 | Ashwagandha, Astragalus, Chaga Mushroom, Cordyceps Mushroom, Eleuthero (Siberian Ginseng), Ginseng, Gotu Kola, Holy Basil (Tulsi), Licorice Root, Lion's Mane Mushroom, Maca Root, Reishi Mushroom, Rhodiola, Schisandra, Shatavari                 |
| <b>Antiviral</b>                 | Andrographis, Astragalus, Calendula, Cat's Claw, Echinacea, Elderberry, Garlic, Ginger, Lemon Balm, Licorice Root, Olive Leaf, Oregano, Pau d'Arco, Peppermint, Sage, St. John's Wort, Thyme, Tulsi (Holy Basil), Turmeric, Usnea (Old Man's Beard) |
| <b>Mood Enhancer</b>             | Ashwagandha, Basil, Chamomile, Eleuthero, Ginkgo Biloba, Ginseng, Gotu Kola, Holy Basil (Tulsi), Lavender, Lemon Balm, Maca Root, Passionflower, Rhodiola, Rosemary, Saffron, Skullcap, St. John's Wort, Valerian                                   |
| <b>Cognitive Health</b>          | Ashwagandha, Ginkgo Biloba, Ginseng, Gotu Kola, Holy Basil (Tulsi), Rhodiola, Rosemary, Turmeric.                                                                                                                                                   |



## Chapter 3: Sourcing, Planting, and Foraging



Sourcing herbs can be a rewarding journey, filled with opportunities to connect with nature and the community. One of the most reliable ways to obtain quality herbs is by purchasing them from certified organic farms or reputable garden centers. These sources often guarantee that their plants are pesticide-free and non-GMO, which is crucial for anyone interested in herbal remedies. Certified organic farms adhere to strict standards that prohibit the use of synthetic pesticides and genetically modified organisms. This assurance means that the herbs you acquire will be of

the highest quality and free from harmful chemicals.

Local farmers' markets are also an option for buying plants. Vendors at these markets often grow their products sustainably and adapt their herb varieties to the local climate. Purchasing herbs from a farmers' market not only supports local agriculture but also ensures that the herbs are fresh and locally sourced. Engaging directly with the growers allows you to ask questions about their farming practices and gain insights into the best ways to use and store your herbs.

Reputable garden centers also provide a similar level of reliability. They often have a wide variety of herbs suited to different climates and soil types, ensuring that you find the best match for your needs. These centers typically employ knowledgeable staff who can offer valuable advice on how to care for and cultivate your herbs. They may also provide information on the best way to care for your plants, helping you maintain your herbs healthy.

Another beneficial avenue to explore is joining community-supported agriculture (CSA) programs. CSA programs connect consumers directly with local farmers, providing a consistent and reliable supply of fresh herbs. By subscribing to a CSA, you receive regular deliveries of seasonal produce, including herbs, grown on nearby farms. This model supports local agriculture and helps farmers plan their planting schedules based on guaranteed demand. It also fosters a sense of community and trust between farmers and consumers, as both parties work together towards sustainable agricultural practices.

Online marketplaces have also become valuable resources for sourcing high-quality herbs and seeds. Many online sellers specialize in herbs, offering a wide range of options that might not be available locally. Verified sellers on these platforms usually provide detailed product descriptions and customer reviews, helping you make informed decisions. Additionally, purchasing from reputable online stores often guarantees that the herbs and seeds are carefully selected and packaged to preserve their quality during shipping.

When sourcing herbs online, it's essential to verify the seller's credibility. Look for certifications or affiliations with recognized agricultural organizations that ensure the seller adheres to high standards

of quality and sustainability. Reading customer reviews and ratings can also provide insights into the experiences of other buyers, guiding you towards trustworthy sellers.

## Tips for Planting

Selecting the appropriate season and soil conditions for planting different types of herbs is crucial for their successful growth. Each herb has unique needs when it comes to temperatures, sunlight, and moisture levels. For example, basil thrives in warm weather and should be planted after the last frost, while parsley prefers cooler conditions and can be planted in early spring or fall. Understanding the specific seasons that benefit each herb can prevent poor yields and ensure healthy plants.



Soil conditions also play a significant role in herb growth.

Most herbs prefer well-drained soil with a pH level between 6.0 and 7.0, but some herbs have more specific needs. For instance, rosemary and thyme thrive in sandy soil with excellent drainage, while mint enjoys richer, more fertile soil. Evaluating your garden's soil and amending it as necessary can make a world of difference. Adding compost can help improve soil quality and will provide essential nutrients for your herbs.

Companion planting is another effective technique for ensuring your herbs grow healthily and naturally pest resistant. This method involves growing herbs together that benefit each other either through improved growth or natural pest control. Basil and tomatoes are a classic example of companion planting; basil helps repel insects that typically prey on tomatoes, while tomatoes provide shade to keep the basil cool.

The benefits of companion planting extend beyond pest control. Some herb pairings can enhance flavor or growth rates. For example, planting dill near cabbage can improve the cabbage's flavor, while oregano and thyme can help many plants by serving as a ground cover that keeps the soil moist and prevents weeds. Experimenting with different combinations can reveal the most beneficial pairings for your garden setup.



Mulching and composting are effective ways to improve soil health and garden productivity at home. Mulching involves spreading organic materials over the soil surface to conserve moisture, suppress weeds, and regulate soil temperature. To mulch at home, simply layer the chosen material around plants and garden beds, ensuring a depth of 2-3 inches while keeping it away from plant stems to prevent rot. Organic mulches like wood chips, dried leaves and straw are excellent for improving soil health and providing nutrients.

Composting, on the other hand, is the process of recycling organic waste like kitchen scraps, coffee grounds, and yard trimmings into nutrient-rich compost. To compost at home, start by setting up a compost bin or pile in a well-drained area. Layer green materials (nitrogen-rich) like vegetable peels with brown materials (carbon-rich) like dry leaves in a ratio of 1:3, regularly turning the pile to aerate and speed up decomposition. In a few months, the compost will be ready to use as a natural fertilizer, enriching the soil and promoting healthy plant growth. Mix compost into planting beds before

planting. You can also add a layer under the mulch that will eventually mix into the soil and get to the roots.

## Tips for Foraging



Learning to identify wild herbs correctly during foraging trips is essential to avoid the risk of picking poisonous look-alikes. Many edible herbs have toxic look-alikes that can cause serious health issues if consumed. For example, wild garlic can be easily confused with lily-of-the-valley, which is highly poisonous. Investing time in learning the distinct characteristics of the herbs you wish to forage will reduce this risk. Using a reliable field guide, attending foraging workshops, or teaming up with experienced foragers are

excellent ways to gain this knowledge.

In addition to identification, responsible foraging involves not over-harvesting endangered species. Over-harvesting can lead to the depletion of plant populations and disrupt local ecosystems. Researching which plants are abundant and which are at risk will guide you towards making more sustainable choices. Keeping an eye out for signs of over-foraging, such as sparse patches or stunted growth, is also important. If these signs are present, it is best to leave those plants alone and seek alternatives. Sustainable foraging practices are vital for the health and longevity of wild plant populations. One primary rule is to only take what you need, ensuring that you leave enough behind for the plant to regenerate. Practicing restraint and mindfulness can help maintain the balance needed for both human use and natural regrowth.

Following local regulations and guidelines is equally important. Different regions have varying rules about what can be foraged and where. Familiarizing yourself with these laws can prevent legal trouble and ensure that your foraging activities do not harm protected areas. Many parks and nature reserves have strict policies to preserve native plant species, so always check before you start collecting.

Moreover, ethical foraging includes respecting private property and obtaining permission before harvesting from someone's land. Building respectful relationships within your community can open doors for mutually beneficial foraging opportunities.

Taking these steps to practice sustainable foraging promotes the preservation of wild habitats and ensures that herbs will continue to be available for future generations. Remember, successful foraging is not just about what you collect, but how you collect it, fostering a deeper connection with nature and a greater appreciation for the resources it provides.

## Chapter 4: Aromatherapy

### Essential Oil Extraction Process

Essential oils are volatile, aromatic compounds extracted from plants, typically through distillation. They contain a mixture of terpenes, terpenoids, and other organic compounds. Essential oils have been used in aromatherapy and traditional medicine for their therapeutic properties. For example, lavender oil, rich in linalool and linalyl acetate, is known for its calming and sleep-inducing effects. Tea tree oil, containing terpinen-4-ol, has strong antimicrobial properties and is used to treat skin infections.



Essential oil extraction is a fascinating process. One common method is **steam distillation**, where steam is passed through the plant material, causing the essential oils to evaporate. The steam-oil mixture is then cooled and collected, with the oil separating from the water.

Another method is **cold pressing**, often used for citrus fruits, where the oils are released by puncturing the fruit's outer layer and then collecting the oil.

**Solvent extraction** is a method employed for delicate flowers, such as rose or jasmine. Here, solvents like hexane are used to extract the oils, which are then evaporated to leave the essential oil behind.

**Co2 extraction** is gaining popularity for its efficiency and ability to produce high-quality oils. In this method, carbon dioxide is pressurized to become a liquid, which pulls the oils from the plant material. Once the pressure is released, the Co2 evaporates, leaving behind pure essential oils. While these methods are commonly used on an industrial scale, enthusiasts can try steam distillation at home with a distillation unit.

When sourcing essential oils, it's essential to keep a few tips in mind. Firstly, always check for purity. Look for oils that are labeled as "100% pure" or "pure essential oil" to ensure you're getting a high-quality product. Next, pay attention to the botanical name of the oil to verify its authenticity. Consider the country of origin, as it can affect the quality of the oil, the descriptions below in the guide have the countries listed for the best places to source oil. Lastly, check the extraction method used, as methods like steam distillation typically yield better quality oils. When buying essential oils, be cautious of unusually low prices, as this could be a red flag for a diluted or synthetic product. Opt for reputable sellers and brands to guarantee the quality and effectiveness of the essential oils.

### Guide to Essential Oils and Their Uses

#### Basil, *Ocimum basilicum*

Best sourced from India, Egypt, and Italy, basil essential oil is known for its warm, spicy, and herbal aroma with a hint of sweetness. This oil improves mental clarity and reduces stress. It helps relax muscles, supports respiratory health, relieves headaches, and



improves digestion, making it versatile for both physical and mental wellness.

### **Bergamot, *Citrus bergamia***

Sourced from Italy, bergamot essential oil has a fresh, citrusy scent with a slight floral undertone. It is a natural mood booster and stress reliever. Additionally, it benefits skin health by treating acne and other conditions, aids digestion, and supports the immune system.



### **Black Pepper, *Piper nigrum***

Best sourced from India, Madagascar, and Sri Lanka, black pepper essential oil offers a sharp, spicy, and warm aroma that is stimulating and energizing. It is excellent for muscle pain relief, improving circulation, aiding digestion, and supporting respiratory health. This oil also has warming properties that help reduce anxiety and boost energy levels.



### **Cedarwood, *Cedrus atlantica***

Sourced from Morocco and the United States, cedarwood essential oil features a woody, warm, and earthy scent that is grounding and calming. It supports respiratory health, treats acne and eczema, acts as a natural insect repellent, promotes relaxation, and improves sleep quality.



### **Chamomile, *Matricaria recutita***

Best sourced from Germany, Hungary, and Egypt, chamomile essential oil has a sweet, fruity, and herbaceous aroma with calming properties. It is excellent for anxiety relief, promoting restful sleep, aiding digestive health, and treating skin conditions like eczema and minor wounds.



### **Clary Sage, *Salvia sclarea***

Sourced from France, Russia, and Bulgaria, clary sage essential oil has a sweet, nutty, and herbaceous scent with a hint of earthiness. It balances hormones, relieves menstrual cramps, promotes relaxation, reduces stress, enhances mood, improves cognitive health, supports skin health, and improves digestion.



## Cypress, *Cupressus sempervirens*

Best sourced from France and Spain, cypress essential oil exudes a fresh, clean, and slightly woody aroma with a hint of spice. It supports respiratory health, improves circulation, relieves muscle pain, reduces stress and anxiety, and treats oily skin and varicose veins.



## Eucalyptus, *Eucalyptus globulus*

Sourced from Australia, Spain, and Portugal, eucalyptus essential oil is characterized by a strong, fresh, and camphoraceous scent. It is highly effective for respiratory support, relieving congestion, easing colds and flu symptoms, possessing antibacterial properties, and relieving muscle pain.



## Frankincense, *Boswellia carterii*

Best sourced from Somalia and Oman, frankincense essential oil has a rich, woody, and slightly sweet aroma with hints of spice and citrus. It is known for stress relief, immune support, promoting skin health by reducing scars and wrinkles, anti-inflammatory effects, and supporting meditation and spiritual practices.



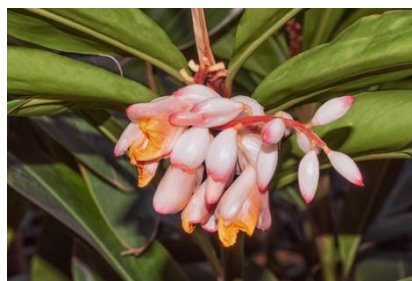
## Geranium, *Pelargonium graveolens*

Sourced from Egypt, South Africa, and China, geranium essential oil has a sweet, floral, and slightly minty aroma. It is beneficial for skin health by balancing oil production and reducing inflammation, supporting hormonal balance, providing relief for trauma, and enhancing mood.



## Ginger, *Zingiber officinale*

Best sourced from India, China, and Madagascar, ginger essential oil presents a warm, spicy, and earthy scent with a hint of lemon and pepper. It provides anti-inflammatory and nausea-relief benefits, supports digestive health, boosts the immune system, and reduces inflammation.



## Grapefruit, *Citrus paradisi*

Sourced from the United States, Israel, and South Africa, this oil offers a fresh, tangy, and slightly sweet citrus aroma. It is a natural mood enhancer, stress reliever, supports weight management, aids detoxification, promotes skin health, boosts the immune system, and improves digestion.



## Helichrysum, *Helichrysum italicum*

Best sourced from Corsica, Italy, and Bosnia, helichrysum essential oil has a rich, honey-like, and slightly woody scent with a hint of spice. It is known for its skin healing properties, treating scars, wounds, and inflammation, providing pain relief, reducing inflammation, and supporting overall skin health.



## Jasmine, *Jasminum officinale*

Sourced from India, Egypt, and France, jasmine essential oil features a rich, sweet, and floral scent that is both exotic and soothing. Known for its mood-enhancing and stress-relieving properties, jasmine supports skin health, balances hormones, acts as an aphrodisiac, and promotes well-being and relaxation.



## Juniper Berry, *Juniperus communis*

Best sourced from Bulgaria, India, and Nepal, this oil has a fresh, woody, and slightly sweet aroma with a hint of spice. It is known for detoxifying and stress-relieving properties, relieving muscle pain, supporting skin health, improving circulation, and boosting the immune system.



## Lavender, *Lavandula angustifolia*

Sourced from France, Bulgaria, and England, lavender essential oil has a light, floral, and slightly sweet scent that is calming and relaxing. It reduces anxiety, promotes restful sleep, soothes burns, cuts, and irritations, and relieves headaches and muscle aches.



## Lemon, *Citrus limon*

Best sourced from Italy, the United States, and Argentina, lemon essential oil has a fresh, bright, and clean citrus scent. It is a natural mood booster and disinfectant, supports digestive health, brightens skin, boosts the immune system, and is useful for cleaning and deodorizing.



## Lemongrass, *Cymbopogon citratus*

Sourced from India, Guatemala, and Sri Lanka, lemongrass essential oil has a fresh, lemony, and earthy scent. Known for its insect repellent properties and ability to relieve muscle pain, it supports digestive health, reduces stress, enhances mood, and promotes relaxation.



## Marjoram, *Origanum majorana*

Best sourced from Egypt, Germany, and Hungary, marjoram essential oil has a warm, woody, and slightly spicy scent with a hint of sweetness. It provides muscle pain relief, supports digestive health, reduces stress and anxiety, promotes relaxation and better sleep, and improves circulation.



## Myrrh, *Commiphora myrrha*

Sourced from Somalia and Ethiopia, myrrh essential oil has a rich, smoky, and slightly sweet scent with earthy undertones. It has antimicrobial, anti-inflammatory, and antioxidant properties, supports immune health, improves oral health, promotes wound healing, and reduces wrinkles and scars.



## Oregano, *Origanum vulgare*

Best sourced from Greece, Turkey, and Italy, oregano essential oil has a strong, spicy, and herbal scent with a hint of camphor. Known for its potent antimicrobial properties, it fights bacterial, viral, and fungal infections, supports respiratory health, boosts the immune system, aids digestion, and reduces inflammation.



## Patchouli, *Pogostemon cablin*

Sourced from Indonesia and India, patchouli essential oil has a rich, earthy, and musky scent with a hint of sweetness. It reduces inflammation, promotes healing, enhances mood, reduces stress, supports relaxation, and improves the appearance of scars and wrinkles.



## Peppermint, *Mentha piperita*

Best sourced from the United States and India, peppermint essential oil has a strong, fresh, and minty scent with a cooling effect. It treats digestive issues, relieves headaches and migraines, supports respiratory health, fights bacterial and viral infections, and alleviates tension and spasms.



## Rose, *Rosa damascena*

Sourced from Bulgaria, Turkey, and Morocco, rose essential oil has a rich, floral, and sweet scent that is deeply soothing and romantic. It hydrates and rejuvenates skin, enhances mood, reduces stress, supports hormonal balance, and improves the appearance of scars and wrinkles.



## Rosemary, *Rosmarinus officinalis*

Best sourced from Spain, France, and Morocco, rosemary essential oil has a fresh, woody, and herbal scent with a hint of camphor. It enhances memory and cognitive function, relieves headaches and migraines, supports digestive health, improves circulation, and supports cardiovascular health.



## Sandalwood, *Santalum album*

Sourced from India and Australia, sandalwood essential oil has a rich, woody, and slightly sweet scent. It reduces inflammation, promotes skin healing, enhances meditation practices, improves mood, reduces stress, and promotes relaxation.



## Sweet Orange, *Citrus sinensis*

Best sourced from the United States, Brazil, and Italy, sweet orange essential oil has a fresh, sweet, and citrusy scent. It is a natural mood booster and stress reliever, supports immune health, improves digestion, and promotes skin health. Sweet orange oil can also uplift the mood and create a refreshing atmosphere.



## Tea Tree, *Melaleuca alternifolia*

Sourced from Australia, tea tree oil has a fresh, medicinal, and herbaceous aroma. It possesses powerful antimicrobial and anti-inflammatory properties, treating skin conditions like acne, fungal infections, and wounds. It also supports respiratory health by relieving congestion and treating infections.



## Thyme, *Thymus vulgaris*

Best sourced from France, Spain, and Morocco, thyme essential oil has a strong, herbal, and slightly spicy aroma. It supports respiratory health, acts as an expectorant, treats coughs, colds, and bronchitis, supports digestive health, reduces bloating, and fights infections.



## Vetiver, *Vetiveria zizanioides*

Sourced from Haiti, Indonesia, and India, vetiver essential oil has a deep, earthy, and smoky aroma that is grounding and calming. It reduces anxiety, promotes restful sleep, supports skin health, reduces inflammation, promotes relaxation, and enhances meditation practices.



## Ylang Ylang, *Cananga odorata*

Best sourced from Madagascar, Comoros, and Indonesia, ylang ylang essential oil has a rich, floral, and sweet aroma that is both exotic and calming. It relieves stress, enhances mood, supports skin health, helps regulate blood pressure, promotes relaxation, and improves sleep quality.





## Blend Recipes

When using a diffuser add the specified number of drops to the recommended amount of water. For electric diffusers, use 6 to 10 drops for a 200 ml size, 9 to 12 drops for a 300 ml capacity, 12 to 15 drops for a 400 ml capacity, and 15 to 20 drops for a 500 ml capacity diffuser.

For topical use always dilute essential oils with a carrier oil before applying to the skin. Common carrier oils include coconut oil, jojoba oil, sweet almond oil, grapeseed oil and olive oil. To make topical blends you should use 5 drops of essential per teaspoon of carrier oil. Half this for children under 7 years old and a quarter for children under 3. A tablespoon of carrier oil will need 3 times the amount of essential oil.



Store your blends in dark glass sterilized bottles to protect the oils from light and heat, which can degrade their quality. Roll on bottles can be useful for making topical blends.

Before applying a new blend to a large area of skin, perform a patch test on a small area to ensure there is no allergic reaction.

If you are pregnant, nursing, have a medical condition, or are taking medication, consult with a healthcare provider before using essential oils.

**These recipes are for a small diffuser 200ml or for topical use with 1 tablespoon of carrier oil for adults. For larger amounts you can increase the amount of essential oil following the instructions in the previous section:**

| Blend                               | Number of Drops of Essential Oil                          |
|-------------------------------------|-----------------------------------------------------------|
| <b>Relaxation and Stress Relief</b> | Lavender: 3, Bergamot: 3, Frankincense: 3, Ylang Ylang: 2 |
| <b>Energizing and Uplifting</b>     | Peppermint: 2, Sweet Orange: 3, Lemon: 3, Rosemary: 2     |
| <b>Sleep Aid</b>                    | Lavender: 5, Chamomile: 3, Cedarwood: 2                   |
| <b>Immune Support</b>               | Eucalyptus: 3, Tea Tree: 3, Lemon: 3, Frankincense: 2     |
| <b>Focus and Concentration</b>      | Frankincense: 4, Rosemary: 4, Lemon: 2                    |

|                            |                                                            |
|----------------------------|------------------------------------------------------------|
| <b>Muscle Pain Relief</b>  | Peppermint: 4, Rosemary: 4, Lavender: 2                    |
| <b>Respiratory Support</b> | Eucalyptus: 5, Peppermint: 3, Tea Tree: 2                  |
| <b>Mood Enhancement</b>    | Grapefruit: 3, Bergamot: 2, Lavender: 3, Ylang Ylang: 2    |
| <b>Aphrodisiac</b>         | Ylang Ylang: 3, Sandalwood: 2, Jasmine: 2, Patchouli: 1    |
| <b>Meditation</b>          | Frankincense: 3, Sandalwood: 2, Lavender: 1, Clary Sage: 1 |



## Aromatherapy Sprays

Aromatherapy sprays offer many benefits for both mind and body. To use aromatherapy sprays effectively, simply shake the bottle before each use to ensure the oils are properly mixed with the solvent. Then, close your eyes and spray the mist around your body, room, or onto linens to enjoy the benefits of the essential oils.

Remember to test the spray on a small area first to check for any skin sensitivity or allergies before using it more extensively. Avoid contact with eyes and keep out of reach of children. Citrus oils can increase sun sensitivity so avoid direct sunlight on skin where applied.



### To make an aromatherapy spray you can use:

1. 1 cup water (distilled is best but filtered will work).
2. 1/2 cup of rubbing alcohol **or** unscented witch hazel (alcohol helps to keep the mixture for longer and witch hazel helps to fix the aroma of the oils).
3. Put the solution into a spray bottle and add 30- 40 drops of essential oil. Follow the recipes below to create your aromatherapy spray blends.
4. Shake well before use.



## Calming Aromatherapy Spray

This blend reduces stress and promotes relaxation. Lavender and chamomile soothe, while ylang ylang elevates mood and reduces tension. Spray on pillows and linens before bedtime to promote restful sleep.

20 drops Lavender

10 drops Chamomile

10 drops Ylang Ylang



### **Energizing Aromatherapy Spray**

This invigorating blend wakes you up and improves focus. Peppermint stimulates the mind, while orange and lemon uplift and refresh.

20 drops Peppermint

10 drops Orange

10 drops Lemon



### **Refreshing Room Spray**

This blend is great for invigorating, refreshing and purifying your space. It also can help with respiratory problems.

20 drops Eucalyptus

10 drops Peppermint

10 drops Tea Tree



### **Uplifting Aromatherapy Spray**

Great for creating an invigorating and refreshing atmosphere, reducing stress and uplifting mood.

20 drops Bergamot

10 drops Grapefruit

10 drops Lemongrass



### **Relaxing Aromatherapy Spray**

Great for the end of a hard day this blend promotes relaxation, reduces stress, and improves mood.

20 drops Lavender

10 drops Clary Sage

10 drops Patchouli



## Steam Inhalation

Steam inhalation offers soothing relief for sore throats, coughs and irritated airways. They can ease breathing during colds, allergies or respiratory infections, and aid in sinus and nasal decongestion. They help moisturize dry airways, loosen mucus for easier expulsion, provide sinus relief by clearing congestion, and can help reduce inflammation in the airways. Do not use steam inhalations for children under 6 years old.

**To make a steam inhalation using essential oils, follow these simple steps:**

1. Boil water in a kettle or pot.
2. Fill a large heatproof bowl with the hot water. Allow the water to cool slightly to avoid burns.
3. Add 4-5 drops of your chosen essential oil to the hot water.
4. Place the bowl on a stable surface where you can lean over it comfortably.
5. Lower your face over the bowl but not too close to avoid burns.
6. Cover your head and the bowl with a towel to create a tent-like effect that traps the steam.
7. Close your eyes and inhale deeply for about 5-10 minutes.
8. Be cautious as the steam can be hot, so take breaks if needed.
9. Drink water when you have finished to rehydrate.
10. Repeat twice a day or as needed.

**Blends for steam inhalation:**

- 2 drops Eucalyptus oil, 2 drops Tea Tree oil and 1 drop Thyme oil
- 2 drops Peppermint oil, 2 drops Eucalyptus, 1 drop Lemon oil
- 2 drops Peppermint, 2 drops Thyme oil, 1 drop Tea Tree oil





## Chest Rub

This is a simple recipe to make a chest rub for adults with respiratory issues. It reduces coughing, and provides comfort during colds, flu and respiratory problems. Do not apply to broken skin or near the eyes.

### Ingredients:

- 2 tablespoons coconut oil
- 10 drops Eucalyptus
- 5 drops Peppermint
- 5 drops Thyme



### Instructions:

Melt the coconut oil and mix in the essential oils. Store in a small, sterilized pot with a lid. Allow the mixture to cool and solidify before use. Apply to the chest and back a few times a day to relieve congestion. This chest rub can be especially useful at night when symptoms often worsen and can affect sleep quality.



## Rose Hydrosol

A hydrosol, also known as floral water, is a byproduct of the steam distillation process used to extract essential oils from plants. During distillation, steam passes through plant material, vaporizing the volatile compounds. These vapors then condense back into liquid form. The resulting liquid separates into two parts: essential oil and hydrosol. While essential oils are highly concentrated, hydrosols contain the water-soluble compounds of the plant along with tiny amounts of essential oil.



Rose hydrosol offers numerous benefits, making it a versatile addition to your skincare routine. It acts as a natural toner, hydrating and balancing the skin's pH while reducing redness, irritation, and inflammation. Rich in antioxidants, it protects the skin from free radical damage and premature aging. As a natural astringent, it tightens pores and promotes a smoother complexion without the harshness of alcohol-based astringents. The soothing scent of roses provides aromatherapeutic benefits, reducing stress

and promoting relaxation. Additionally, rose hydrosol can cool and refresh the skin, making it perfect for hot weather or after sun exposure. It can also be used as a hair mist to hydrate the scalp, reduce dandruff, and add a subtle fragrance to the hair. Furthermore, it can be used as a natural makeup setting spray to keep your makeup looking fresh and dewy, and it serves various other purposes, such as in DIY beauty recipes, as a linen spray, or to freshen up a room.

The shelf life of rose hydrosol is typically around 6 months when stored properly. To maximize its shelf life, it should be kept in a clean, airtight glass container and stored in a cool, dark place, such as a refrigerator. Storing it away from direct sunlight and heat sources will help maintain its quality

and potency for a longer period. If you notice any changes in smell, color, or consistency, it is best to discard it and prepare a fresh batch.

Below is the distillation method:

### Supplies Needed:

- 3 cups fresh rose petals, rinsed and cleaned
- Wide pot or saucepan
- Small heat-proof bowl (you may need 2 bowls, one to raise up the other to make sure it is higher than the water level)
- Ice cubes
- Freezer or zip lock bag
- 1800 ml distilled water
- Cheesecloth
- Sterilized spray bottles

### Instructions:

1. Place a small heat-resistant bowl in the center of a wide pot. (If the bowl is lower than the water level then invert another bowl below it as a stand and put the collection bowl on top of it to raise it up).
2. Add the washed rose petals to the pot, ensuring they don't get trapped under the bowl.
3. Pour distilled water into the pot until the rose petals are just submerged. You may not need all the water.
4. Invert the pot lid and place it on top of the pot. Add ice cubes into the freezer bag and put on top of the inverted lid.
5. Bring the water to a boil.
6. Empty the bag of ice as it melts and refill with more ice.
7. Reduce the heat to low and let it simmer for 30–45 minutes.
8. Carefully remove the lid to check the color of the rose petals. Once they have lost their color, the process is complete.
9. Allow the rose water to cool completely.
10. Transfer the cooled rose water from the bowl into a spray bottle.
11. Refrigerate and use for up to 6 months.
12. The water in the pan is rose water and can also be utilized. Strain through a cheesecloth and put into another clean sterilized bottle.



The rose water left from the distillation process can be used in a variety of ways like the hydrosol. It can be added to baths for a relaxing and aromatic experience or used as a hair rinse to add shine and a subtle rose scent. The rose water can also be incorporated into homemade beauty products, such as face masks, lotions, and creams, or used in culinary recipes to add a floral flavor to dishes and beverages.



## Lip Balm

### Ingredients:

- 2 tablespoons of beeswax pellets
- 2 tablespoons of shea butter or cocoa butter
- 2 tablespoons of coconut oil
- 10-15 drops of essential oil (such as peppermint, lavender, or vanilla)
- 1/2 teaspoon of vitamin E oil (optional, for added nourishment)



### Instructions:

1. In a double boiler, melt the beeswax pellets, shea butter (or cocoa butter), and coconut oil over low heat. Stir occasionally until fully melted and well combined.
2. Once melted, remove the mixture from heat and add the vitamin E oil if using. Stir well to incorporate.
3. Add 20 drops of your chosen essential oil to the mixture. Stir thoroughly to ensure the essential oil is evenly distributed.
4. Carefully pour the melted mixture into your lip balm containers. These can be small tubes or pots. Make sure they are sterilized. Use a small funnel or a pipette if needed to avoid spills.
5. Allow the lip balm to cool and harden at room temperature.

You can customize the recipe by using different carrier oils, such as almond oil or jojoba oil, or by blending multiple essential oils for a unique scent. Avoid citrus oils as they can cause burns when exposed to sunlight. Store your lip balm in a cool, dry place. It should last for several months, depending on the freshness of the ingredients used. Ensure all tools and containers are clean and dry before use to maintain the quality and safety of your lip balm. Don't forget the patch test before use.



### Anti-Aging Face Oil

This oil reduces the appearance of fine lines and wrinkles, promotes skin elasticity, improves overall skin tone whilst soothing and calming the skin. This oil can be used twice a day as part of your daily routine. Not recommended for oily skin. The Vitamin E oil helps to conserve the oil for longer increasing its shelf life whilst providing nourishing skin benefits. The oil should keep for at least a year depending on the freshness of your ingredients.

#### Ingredients:

- 2 tablespoons Jojoba oil
- 8 drops Rose
- 6 drops Frankincense
- 4 drops Lavender
- 6 to 12 drops of Vitamin E oil (optional)

#### Instructions:

Mix all ingredients in a small, sterilized dropper bottle. Massage the oil in circular motions onto clean skin on the face and neck. Avoid direct sunlight after application. Remember to perform a patch test before full application to ensure no allergic reactions.



## Chapter 5: Tinctures



Making and using tinctures offer numerous benefits, both practical and therapeutic. Tinctures provide a concentrated and potent form of herbal medicine, making it easy to incorporate the healing properties of plants into daily life. They are highly effective, with a long shelf life and convenient dosage forms, often requiring just a few drops. The alcohol base of tinctures effectively extracts and preserves the medicinal compounds of herbs, ensuring a high level of efficacy. Making tinctures at home allows for customization, enabling individuals to tailor blends to their

specific health needs and preferences. Homemade tinctures are often more cost-effective compared to store-bought alternatives.

### Ingredients:

- 1 cup dried herbs or 2 cups fresh herbs
- 2 cups vodka (at least 80 proof)

### Materials:

- Clean glass jar with a tight-fitting lid
- Cheesecloth
- Sterilized dark glass dropper bottles

### Instructions:

1. If using fresh herbs, rinse them thoroughly and pat dry. Chop them finely to increase the surface area for extraction.
2. If using dried herbs or roots ensure they are clean and free from any debris. Make sure they are broken up, finely chopped or ground.
3. Place the herbs into the clean glass jar.
4. Pour the vodka over the herbs until they are completely covered. The vodka should be about 1-2 inches above the herbs.
5. Seal the jar tightly with the lid.
6. Label the jar with the date and the type of herbs used.
7. Store the jar in a cool, dark place (like a pantry or cupboard) for 4-6 weeks. Shake the jar gently every few days to help with the extraction process.
8. Strain the mixture through a fine-mesh strainer or cheesecloth into a clean bowl, squeezing out as much liquid as possible from the herbs.
9. Pour the strained tincture into a clean, labeled glass dropper bottle. Properly stored tinctures can last for several years.

### Dosage:

Tincture dosages can vary depending on the herb and the individual's needs. A common dosage is 1-2 dropperfuls (approximately 20-40 drops), taken 1-3 times daily. A more precise dosage is 1-3 drops per kilo of your weight divided into 2-3 doses per day. 1-2 times your weight is usually enough in drops. 3 times your weight would be in very severe cases. Dilute in a small amount of water and take at least a 1-hour interval from eating or drinking anything other than water to increase absorbency.

Always research the specific herb you are using to understand its effects, potential side effects, and interactions with medications.

**Follow the basic tincture preparation method using the following measurements in these recipes to add these tinctures to your home herbal pharmacy:**



## Feminine Balance Tincture

This tincture recipe can be used to manage menopause and menstrual symptoms and to balance cycles.

### Ingredients

- 1/3 cup Black Cohosh root
- 1/3 cup Dong Quai root
- 1/3 cup Red Raspberry leaf
- 2 cups Vodka (80-100 proof)



*The tinctures can also be prepared separately using 1 cup of each plant and 2 cups of vodka in separate containers and then you can combine them into your dropper bottle. This goes for all the following tincture recipes.*

### Precautions

Avoid using this tincture during pregnancy and breastfeeding. Also avoid this tincture if you have hormonal conditions such as hormone-sensitive cancers or endometriosis. Discontinue use if you experience any allergic reactions.



## Immune System Tincture

Perfect to speed recovery from colds, viruses, flus and infections.

### Ingredients:

- 1/3 cup Echinacea
- 1/3 cup Elderberry
- 1/3 cup Astragalus root
- 2 cups Vodka (80-100 proof)

### Precautions:

Avoid using this tincture if you have autoimmune diseases, during pregnancy and breastfeeding. Discontinue use if you experience any allergic reactions. Echinacea should not be used continuously for more than 8 weeks. Take breaks between courses.



## Vitality Tincture

Use daily to enhance energy, reduce stress, and support overall vitality. Perfect for an instant pick-me-up.

### Ingredients:

- 1/3 cup American Ginseng root
- 1/3 cup Ashwagandha root
- 1/3 cup Rhodiola root
- 2 cups Vodka (80-100 proof)



### Precautions:

Avoid using this tincture during pregnancy and breastfeeding, if taking hormonal medications or if you have autoimmune conditions. This tincture may interact with sedatives, thyroid medications, and blood pressure medications.



## Allergy and Respiratory System Tincture

This tincture works well to alleviate allergy symptoms and support respiratory health. It can be used for asthma, bronchitis and coughs.

### Ingredients:

- 1/3 cup Thyme
- 1/3 cup Nettle
- 1/3 cup Mullein leaf
- 2 cups Vodka (80-100 proof)



### Precautions:

Avoid this tincture during pregnancy and breastfeeding. Those with blood pressure issues or on blood pressure medications should use the tincture cautiously, as it may affect blood pressure levels. Diabetics or individuals on blood sugar-lowering medications should monitor their levels closely, as the tincture may impact blood sugar. It should be avoided by those with kidney conditions or on diuretic medications. If allergic reactions occur, discontinue use.



## Calming Tincture

This recipe is great for stress and anxiety relief as well as relaxing tense muscles, improving mood, relieving menstrual cramps and insomnia.

### Ingredients:

- 1/3 cup Valerian root
- 1/3 cup Lemon Balm
- 1/3 cup Chamomile
- 2 cups Vodka (80-100 proof)



### Precautions:

Like the previous recipes it is advised to avoid this recipe during pregnancy and breastfeeding. It may also interact with sedatives, antidepressants, and other medications that affect the central nervous system, so consult with a healthcare provider if you are on any such medications.

## Chapter 6: Glycerites

Glycerites are herbal extracts made using glycerin as the solvent instead of alcohol, making them an excellent alternative for those sensitive to alcohol or for children. Glycerin is a sweet, syrupy liquid derived from plants and is effective at extracting the medicinal properties of herbs. Glycerites are gentle, easy to administer, and have a pleasant taste.



### Materials:

- Clean glass jar with a tight-fitting lid
- Container for mixing
- Cheesecloth or fine strainer
- Sterilized dropper bottles for storage
- Straw

### Ingredients:

- Fresh or dried herbs
- Vegetable glycerin (preferably organic)
- Distilled water (if using dried herbs)

### Instructions:

1. For fresh herbs, chop them finely to increase surface area.
2. For dried herbs, crush or grind them to a coarse powder.
3. Fill the glass jar halfway with the prepared herbs.
4. If using dried herbs, combine 3 parts glycerin to 1-part distilled water and pour over the herbs. For example, for 800 ml of solution, mix 200 ml of water with 600ml of glycerine. Mix the glycerine and water in a separate container before adding to the herbs. Ensure they are completely submerged.
5. For fresh herbs, use undiluted glycerin.
6. Leave about 1 inch of space at the top of the jar.
7. Push a strap down into the mixture and stir around to release any air that may be trapped beneath the glycerine.
8. Seal the jar tightly and store it in a cool, dark place.
9. Shake the jar gently every day to mix the contents.
10. After 4-6 weeks, strain the mixture through cheesecloth or a fine strainer into a clean bowl, squeezing out as much liquid as possible from the herbs.

11. Pour the strained glycerite into dropper bottles for easy use.
12. Label the bottles with the glycerite name and date.
13. Store in a cool, dark place. Glycerites can last for about a year when stored properly.



## Glycerite Calming and Rejuvenating Face Serum

This glycerite face serum calms and rejuvenates the skin. Lavender helps to reduce inflammation and redness, calendula promotes healing and skin repair, and rose petals provide hydration and a soothing effect.

### Ingredients:

- 1-part Lavender flowers
- 1-part Calendula flowers
- 1-part Rose petals
- Vegetable glycerin
- Distilled Water

Apply twice a day to clean skin as part of your daily beauty routine. Perform a patch test before using this serum on your face to ensure there is no allergic reaction. Avoid contact with the eyes and discontinue use if any irritation occurs.

## Chapter 7: Herb Infused Oils

Herb-infused oils have a long history of medicinal benefits and versatile uses. These oils, created by infusing herbs in carrier oils, offer a natural approach to skincare. Depending on what herbs you select they can provide natural pain relief, stress relief, hair care, wound healing, and anti-inflammatory purposes, making them a valuable part of holistic remedies and natural healing practices. Dried herbs are best to avoid mold and spoilage.

### Cold Infusion

1. Fill a clean, dry glass jar with dried herbs and cover them completely with carrier oil (such as olive oil, almond oil, or jojoba oil).
2. Seal the jar and let it sit in a cool dark place for 4-6 weeks, shaking occasionally.
3. When extraction time is complete strain with a cheesecloth, into a clean glass jar or bottle. Squeeze the herbs to extract as much oil as possible.
4. Label the jar with the date and type of herb-infused oil.
5. Store in a cool, dark place. Properly stored herb-infused oils can last up to a year.

### Heat Infusion

1. Place dried herbs in a double boiler or slow cooker and cover just enough to submerge with carrier oil. Set to low heat.
2. Maintain a gentle heat ensuring the oil does not burn (keep it below 140°F). Strain the oil with a cheesecloth after it has cooled.
3. Heat the plants and oil until the plant material becomes crispy to break.
4. Strain with a cheesecloth, into a clean glass jar or bottle. Squeeze the herbs to extract as much oil as possible.
5. Label the jar with the date and type of herb-infused oil.
- 6.
7. Store in a cool, dark place. Properly stored herb-infused oils can last up to a year.



Now you know how to infuse oil; you can use these methods to prepare the following recipes:



#### Rosemary Oil

Rosemary-infused oil offers a multitude of benefits for both external and internal use. Externally, it promotes hair health by stimulating hair growth, improving scalp circulation, and strengthening hair

strands, making it a popular remedy for hair loss and dandruff. For skin care, its anti-inflammatory and antimicrobial properties help soothe irritated skin, treat acne, and prevent infections in minor cuts and wounds. The antioxidants in rosemary oil protect the skin from free radical damage, slowing the signs of aging. Additionally, rosemary oil provides pain relief for muscle aches, joint pain, and headaches due to its anti-inflammatory and analgesic effects.



Internally using olive oil and a cold extraction method, rosemary-infused oil can improve digestion by stimulating bile production and alleviating symptoms of indigestion and bloating. Its antimicrobial properties support a healthy gut flora. It can also be taken in the morning as an antidepressant. Rosemary oil is also known to enhance memory and cognitive function, boosting mental clarity, which can be beneficial during periods of intense mental work. Furthermore, its anti-inflammatory and antioxidant effects help reduce systemic inflammation and protect the body from oxidative stress, promoting overall health and longevity. Can be used to compliment meals and salads. Or take a teaspoon a day.

### Precautions

For external use, always perform a patch test to ensure there is no allergic reaction and avoid contact with eyes and mucous membranes. For internal use, consume rosemary-infused oil in moderation to avoid potential side effects such as stomach upset and toxicity. Pregnant and breastfeeding women should avoid rosemary infused oil. Those with epilepsy or high blood pressure should avoid internal use.



### Healing Balm

This healing balm soothes and repairs damaged skin, reducing inflammation and promoting healing. It has antiseptic properties and is perfect for cuts, allergies, scrapes, burns, insect bites and dry skin.

#### Ingredients:

- 1 cup calendula flower infused oil
- 1/5 cup beeswax
- 1 tablespoon shea butter (optional)
- 40 drops Essential oil (optional, such as lavender or tea tree oil)



#### Instructions:

1. Melt the beeswax and shea butter in a double boiler.
2. Add the calendula-infused oil and stir until fully combined.
3. Remove from heat and add essential oils if desired.
4. Pour into sterilized tins or jars and let it cool until solid.

### Precautions:

Avoid using on deep wounds or severe burns without medical advice. Perform a patch test to ensure no allergic reaction occurs.



## Aches and Pains Salve

This salve provides relief from muscle aches, joint pain, and bruises. Arnica is known for its anti-inflammatory and pain-relieving properties, while comfrey supports tissue repair and reduces inflammation. Can also be used for backache.

### Ingredients:

- 1/2 cup arnica-infused oil
- 1/2 cup comfrey-infused oil
- 1/5 cup beeswax

### Instructions:

1. Melt the beeswax in a double boiler.
2. Add the arnica-infused oil and comfrey-infused oil, stirring until fully combined.
3. Remove from heat and allow to cool.
4. Pour into sterilized tins or jars and let it cool until solid.

### Precautions:

Do not use on broken skin or open wounds. Avoid if pregnant or breastfeeding. Perform a patch test to ensure no allergic reaction occurs.



## Chapter 8: Herbal Home Extractions



### Cough Syrup

This cough syrup helps soothe the throat, helps with coughs, boosts the immune system, and reduces inflammation. Elderberries and echinacea support immune health, ginger root soothes inflammation, and honey provides antimicrobial properties and soothes the throat.

#### Ingredients:

- 1/2 cup dried elderberries
- 1/2 cup dried echinacea root
- 1/4 cup grated ginger root
- 1 cinnamon stick
- 1 and a 1/2 cups raw honey
- 4 cups water

#### Instructions:

1. Combine elderberries, echinacea root, ginger root, and cinnamon stick with water in a pot.
2. Bring to a boil, then reduce heat and simmer for 20 minutes.
3. Remove from heat and allow to cool with the lid in place. Strain the mixture and let it cool.
4. Stir in honey until well combined.
5. Store in a sterilized glass jar in the refrigerator for up to 2 months.
6. Take 1 tablespoon as needed for adults or 1 teaspoon for children. 2-3 times per day.

#### Precautions:

Avoid using it for children under 2 years due to the honey.



### Herbal Vinegar

Herbal-infused vinegars offer a multitude of benefits for topical, culinary, and skincare purposes. When used topically, these vinegars can act as natural astringents and cleansing agents for the skin. They can also be used as facial toners to tighten pores, balance oil production, and promote a radiant complexion. The antimicrobial and anti-inflammatory properties of herbs infused in vinegar make it effective in treating acne, soothing sunburns, and promoting skin health.

Culinary uses of herbal-infused vinegars add a unique and flavorful twist to dishes. They can enhance salads, marinades, dressings, and sauces with a burst of herbal essence.

Herbal-infused vinegars can be used as a natural hair rinse to add shine, balance pH levels, and strengthen hair. For hair use it is best to use an apple cider vinegar. Rosemary can work well for hair care. Thyme vinegar makes a great treatment for athlete's feet due to their antimicrobial and antifungal properties.

**Ingredients:**

- 1 cup finely chopped fresh herbs (like thyme or sage)
- 2 cups organic vinegar of your choice

**Instructions:**

1. Place fresh herbs in a clean glass jar.
2. Pour vinegar over the herbs, ensuring they are fully submerged.
3. Seal the jar and store in a cool, dark place for 2-4 weeks, shaking occasionally.
4. Strain the vinegar and store it in a clean glass bottle.
5. Use as desired.
6. Dilute before applying to the skin or hair with 4 parts water to 1-part vinegar to avoid irritation.



## Herbal Wine

Herbal wine combines the relaxing properties of wine with the medicinal benefits of herbs, offering a unique way to enjoy herbal remedies.

**Ingredients:**

- 1 cup fresh herbs (e.g., lemon balm, sage, ginseng)
- 1 bottle white or red wine

**Instructions:**

1. Place fresh herbs in a clean glass jar or wine bottle.
2. Pour wine over the herbs.
3. Seal the container and store in a cool, dark place for 1-2 weeks, shaking occasionally.
4. Strain the wine and store it in a clean bottle.
5. Enjoy in moderation. A small cup at the end of a day is sufficient.





## Herb Infused Honey

Herb-infused honey provides the medicinal benefits of the herbs combined with the soothing and antimicrobial properties of honey. It can be used in teas, on toast, or as a natural remedy.

### Ingredients:

- 1 cup raw honey
- 1/2 cup dried herbs (e.g., lavender, chamomile, thyme)
- Few lemon slices (optional but not only delicious it is antibacterial and helps with immunity)



### Instructions:

1. Place dried herbs in a clean glass jar. If using lemon rounds, then layer the honey with lemon slices and herbs making sure all are in contact with the honey.
2. Pour raw honey over the herbs, stirring to ensure they are fully covered.
3. Seal the jar and store in a cool, dark place for 1-2 weeks, stirring occasionally.
4. Strain the honey and store it in a clean jar.
5. Use as desired.

### Precautions:

Avoid giving to children under 2 years due to honey. Check for allergies to specific herbs.

## Chapter 9: More Herbal Skin Care Recipes



### Deodorant Recipe

This natural deodorant helps to neutralize odor and absorb moisture without the use of harmful chemicals. It has antimicrobial properties which help to eliminate stinky bacteria.

#### Ingredients:

- 2 tablespoons shea butter
- 3 tablespoons coconut oil
- 3 tablespoons baking soda
- 2 tablespoons arrowroot powder (or organic cornstarch, optional)
- 30 drops of essential oils (lavender, tea tree, sage and lemon are great options for deodorant)



#### Instructions:

1. Melt the coconut oil in a double boiler.
2. Remove from heat and stir in baking soda and arrowroot powder until well combined.
3. Add essential oils and mix thoroughly.
4. Pour into a clean container and allow to cool and solidify.
5. Apply a small amount to underarms as needed.

#### Precautions:

Perform a patch test to ensure no skin irritation. Avoid use on broken or irritated skin.



### Natural Repellent

This natural repellent recipe not only helps protect against insect bites but also avoids the use of synthetic chemicals commonly found in commercial repellents, making it a safer alternative for both the environment and the user.

#### Ingredients

- 1/2 cup fresh rosemary sprigs
- 1/4 cup whole cloves
- 10 drops citronella essential oil
- 1 cup rubbing alcohol (isopropyl alcohol)



### Instructions:

1. Wash the fresh rosemary sprigs thoroughly and pat them dry.
2. Place the rosemary sprigs and whole cloves into a clean glass jar.
3. Pour the rubbing alcohol over the herbs, ensuring they are completely submerged.
4. Seal the jar tightly with a lid.
5. Store the jar in a cool, dark place for 1-2 weeks, shaking it gently every few days to mix the contents.
6. After the infusion period, strain the liquid through cheesecloth or a fine mesh strainer into a clean glass spray bottle.
7. Add the citronella essential oil to the mixture.
8. Shake the bottle well before each use.
9. Reapply as needed, especially after sweating or exposure to water.

### Precautions:

Perform a patch test on a small area of skin before applying it more broadly to check for any allergic reactions or skin sensitivity. Avoid spraying the repellent directly onto the face; instead, spray it onto your hands and then apply to the face, keeping it away from the eyes and mouth. Due to the high flammability of rubbing alcohol, keep the repellent away from open flames and sources of heat. When using on children, apply cautiously and avoid their hands to prevent accidental contact with their eyes. Be careful not to spray onto clothing as it may stain.



## Natural Sunscreen Recipe

This natural sunscreen provides protection against UV rays without the use of synthetic chemicals. Zinc oxide acts as a physical barrier to block UV rays. Carrot seed essential oil, cold pressed raspberry seed oil, and coconut oil all have SPF protection.

### Ingredients:

- 1/4 cup coconut oil
- 1/4 cup cold pressed raspberry seed oil
- 1/4 cup shea butter
- 1/4 cup beeswax
- 2 tablespoons non-nano zinc oxide
- 10-15 drops carrot seed essential oil

### Instructions:

1. Melt coconut oil, shea butter, and beeswax in a double boiler.



2. Add in the raspberry seed oil.
3. Remove from the heat and stir in zinc oxide carefully.
4. Add carrot seed oil and mix thoroughly.
5. Pour into a clean container and allow to cool and solidify.
6. Apply generously to skin before sun exposure.

#### Precautions:

Avoid inhaling zinc oxide powder. Perform a patch test to ensure no skin irritation. Reapply regularly, especially after swimming or sweating.



## Natural Toothpaste Recipe

This natural toothpaste harnesses the benefits of several key ingredients for maintaining oral health. Coconut oil has antibacterial properties that help reduce harmful bacteria in the mouth and promote overall oral hygiene. Baking soda acts as a gentle abrasive, effectively cleaning and whitening teeth without damaging enamel. Bentonite clay, if used, helps to detoxify and remineralize teeth due to its high mineral content. Peppermint essential oil not only provides a refreshing taste but also has antimicrobial properties that can help reduce oral bacteria and freshen breath. Sea salt adds an extra cleaning boost by providing natural minerals that can aid in strengthening teeth, while stevia powder offers a pleasant sweetness without the negative effects of sugar.



#### Ingredients:

- 1/2 cup coconut oil
- 2-3 tablespoons baking soda
- 1-2 tablespoons bentonite clay
- 10-15 drops peppermint essential oil (or another essential oil of your choice, such as spearmint or cinnamon)
- 1 teaspoon stevia powder (optional, for sweetness)
- 1/2 teaspoon fine sea salt (optional)

#### Instructions:

1. If the coconut oil is solid, melt it by placing the jar in warm water or using a double boiler.
2. In a small bowl, combine the coconut oil and baking soda. Mix well to form a smooth paste.
3. Add the bentonite clay. Avoid using metal utensils with bentonite clay as it can reduce its effectiveness.



4. Add the peppermint essential oil (or your preferred essential oil) and stevia powder, and mix thoroughly.
5. If using sea salt, add it and mix well.
6. Transfer the mixture to a small glass jar or any airtight container.
7. Label the container with the contents and date.

**Precautions:**

Some individuals may have sensitivities or allergies to certain ingredients such as essential oils or baking soda, so it's recommended to perform a patch test before using the toothpaste. If you experience any irritation or discomfort, discontinue use immediately. Additionally, avoid using metal utensils with bentonite clay, as this can reduce its effectiveness. Always store the toothpaste in a clean, airtight container to prevent contamination and maintain its freshness.



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