



HERBAL SUPPORT

for a Healthy Immune System

HERBAL SUPPORT

A strong immune system is crucial for maintaining overall health. It acts as your body's defense mechanism against infections, diseases, and foreign invaders. The immune system is composed of various components, including white blood cells, antibodies, and lymphoid tissues, all working in harmony to identify and neutralize threats.

Tips and Herbal Remedies to Boost Your Immune System:

HEALTHY DIET:

A well-balanced diet rich in fruits, vegetables, lean proteins, and whole grains provides essential vitamins and minerals necessary for immune function. Key nutrients include vitamin C (found in citrus fruits), vitamin D (from sunlight and fortified foods), and zinc (in nuts and seeds).

ADEQUATE HYDRATION:

Staying well-hydrated supports the body's natural detoxification processes and helps the immune system function optimally. Aim for at least 8 cups (64 oz) of water daily.

REGULAR EXERCISE:

Physical activity promotes good circulation, which helps immune cells move through the body more effectively. Aim for 150 minutes of moderate-intensity exercise per week.

QUALITY SLEEP:

Quality sleep is essential for immune health. Aim for 7-9 hours of restful sleep per night to allow your body to repair and regenerate.

AVOID SMOKING AND EXCESSIVE ALCOHOL:

Both smoking and excessive alcohol consumption can weaken the immune system.

HAND HYGIENE:

Good hygiene practices, such as regular handwashing and avoiding close contact with sick individuals, help prevent the spread of infections.

AVOID ANTIBIOTIC OVERUSE:

Use antibiotics only when prescribed by a healthcare professional, as overuse can weaken the immune system's ability to fight infections.

Echinacea (*Echinacea purpurea*)

Echinacea is believed to stimulate the immune system and may help reduce the severity and duration of cold symptoms. Use as a supplement, tea, or tincture. Do not use or use with care if you have an autoimmune condition.

Astragalus (*Astragalus membranaceus*)

Astragalus is an adaptogen that helps enhance immune function and protect against stress. It's often used in traditional Chinese medicine and can be taken as a supplement, tea, or tincture. Do not use or use with care if you have an autoimmune condition.

Garlic (*Allium sativum*)

Garlic contains compounds that have immune-boosting properties. Include fresh garlic in your diet and/or take garlic supplements.

Ginseng (*Panax ginseng*)

Ginseng is an adaptogen that may enhance immune responses and help the body cope with stress. Use as a supplement or tincture.

Turmeric (*Curcuma longa*)

Curcumin in turmeric has anti-inflammatory and antioxidant effects that can support immune health. Incorporate turmeric into your cooking or take curcumin supplements or tinctures.

Oregano Oil (*Origanum vulgare*)

Oregano oil has antimicrobial properties and may help support immune function. It can be taken as a supplement, but use caution as it's potent.

Mushrooms

Certain mushrooms like reishi, turkey tail, cordyceps, lion's mane, shiitake, and maitake contain compounds that support immune function. They can be consumed as part of your diet or as a dual-extracted tincture.

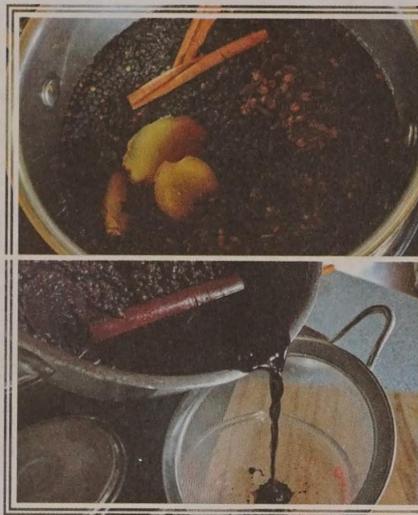
Elderberry (*Sambucus nigra*)

Elderberry has been used traditionally to alleviate cold and flu symptoms. It's available as a syrup, extract, tincture, or supplement.

Licorice Root (*Glycyrrhiza glabra*)

Licorice root has immune-modulating and antiviral properties. Use as a supplement or herbal tea.

Immune-Boosting Elderberry Syrup



Elderberries are rich in antioxidants and are traditionally known for their supportive anti-viral properties during cold and flu seasons. For those seeking variation, there's ample room for creativity with this recipe. To enhance shelf stability, you can increase the sugar content or introduce a small amount of alcohol, like vodka or brandy. Additionally, you can explore a world of flavors by incorporating various herbs, extracts, or flavorings. For instance, brighten your syrup with lemon or citrus, or infuse it with the comforting smoothness of vanilla bean. By tailoring this recipe to your preferences, you can create a unique and delightful elixir that not only supports your immune health but also pleases your taste buds.

INGREDIENTS:

- 1 cup dried black elderberry (*Sambucus nigra*)
- 2 cups fresh spring water
- 2 cinnamon sticks
- 1 tablespoon whole cloves
- 3 slices ginger root
- $\frac{1}{2}$ cup raw local honey

NOTES:

Never consume raw or unprocessed elderberries, as they can cause cyanide poisoning symptoms, including nausea, vomiting, diarrhea, and, in severe cases, respiratory distress.

Children and those with compromised health are especially susceptible to these effects.

Ensure that you accurately identify the black elderberry (*Sambucus nigra*) and avoid using potentially toxic species.

INSTRUCTIONS:

- 1 | **Prepare the Elderberries:** Rinse the dried black elderberries thoroughly under cold water and put them in a medium-sized pot.
- 2 | **Boil the Berries:** Add the 2 cups of fresh spring water to the pot with the elderberries. Bring the mixture to a boil, then reduce the heat to a simmer. Allow it to simmer for about 30 minutes, until the liquid is reduced by half.
- 3 | **Add Spices:** Once the liquid has reduced, add the 2 cinnamon sticks, 1 tablespoon of whole cloves, and 3 slices of ginger root to the pot. Continue to simmer for an additional 20-30 minutes.
- 4 | **Strain the Mixture:** Remove the pot from the heat and allow it to cool for a few minutes. Then, strain the liquid through a fine-mesh strainer or cheesecloth into a clean glass container. Discard the solids.
- 5 | **Add Raw Honey:** After the liquid has cooled to a lukewarm temperature, add $\frac{1}{2}$ cup of raw local honey. Stir until the honey is completely dissolved. You can also add a splash of lemon juice for an extra vitamin C boost.
- 6 | **Store:** Transfer the elderberry syrup to a glass jar with a lid. Store it in the refrigerator. Label and date your elderberry syrup for reference.

DOSAGE:

For immune support, adults can take 1 tablespoon daily, while children can take 1 teaspoon daily. If you feel like you're coming down with something or are ill, you can take the same dose every 2-3 hours.

Turmeric Golden Milk

(Anti-Inflammatory)



Golden milk, also known as "Haldi Doodh" in India, is a traditional herbal remedy used for its anti-inflammatory properties. The key ingredient in this recipe is turmeric, scientifically known as *Curcuma longa*. Turmeric contains an active compound called curcumin, which has been widely-studied for its anti-inflammatory effects.

INGREDIENTS:

- 1 cup whole milk
- $\frac{1}{2}$ teaspoon ground turmeric (*Curcuma longa*)
- $\frac{1}{4}$ teaspoon ground black pepper
- $\frac{1}{2}$ teaspoon honey (optional)
- A pinch of cinnamon (*Cinnamomum verum*) for flavor (optional)

NOTES:

People with gallbladder issues should avoid the use of turmeric. Turmeric may worsen gallstones or obstruct the bile duct.

Do not use turmeric if you have liver issues/disease as it may worsen the problem. Also, the herb may inhibit iron absorption. Thus, it should be avoided by people with iron deficiency anemia or other iron-related problems.

INSTRUCTIONS:

- | **Warm the Milk:** Start by heating 1 cup of whole milk in a small saucepan over low heat. Do not bring it to a boil. You can substitute whole milk with almond milk, coconut milk, or any other plant-based milk if you are lactose intolerant or prefer a dairy-free option.
- | **Add Turmeric and Black Pepper:** Add $\frac{1}{2}$ teaspoon of ground turmeric and $\frac{1}{4}$ teaspoon of ground black pepper to the milk. Stir well. You may use fresh turmeric root if available. Grate a 1-inch piece and add it to the milk for a more intense flavor.
- | **Simmer and Infuse:** Simmer the mixture for about 5 minutes, allowing the flavors to meld and the turmeric to infuse into the milk. If you prefer a thicker consistency, consider adding a touch of coconut oil or cream for a creamy texture.
- | **Sweeten:** If you prefer a slightly sweet taste, add $\frac{1}{2}$ teaspoon of honey. You can use maple syrup, agave nectar, or a sweetener of your choice. Adjust the sweetness level to suit your taste. Some people prefer it without any sweetener.
- | **Optional Spices:** If desired, sprinkle a pinch of cinnamon for added flavor and aroma. Nutmeg, vanilla, or cardamom can be used as alternatives to cinnamon for a different flavor profile. Experiment with various spices to find your favorite combination.
- | **Strain:** Strain the golden milk into a cup to remove any sediment. Be cautious with staining, as turmeric can leave yellow marks on surfaces and clothing.

DOSAGE:

Drink this soothing golden milk once a day, preferably before bedtime, to help with inflammation.

“Penicillin” Soup



“Penicillin” soup derives its name from the comparison of its therapeutic properties to those of penicillin, a widely used antibiotic. However, instead of relying on pharmaceuticals, this soup harnesses the natural antibacterial properties of garlic. Garlic contains allicin, a compound known for its antimicrobial effects. This herb has been valued for centuries for its ability to support immune function. In this soup, garlic’s beneficial qualities are combined with a variety of vegetables to create a nourishing dish that is not only flavorful but also supportive of overall health.

INGREDIENTS:

- 50 cloves of garlic (*Allium sativum*), peeled and minced
- 4 tablespoons olive oil
- 6 cups vegetable/chicken broth
- 1 cup carrots, diced
- 1 cup celery, diced
- 1 cup onion, diced
- 1 teaspoon dried thyme (*Thymus vulgaris*)
- Salt and pepper to taste
- Fresh parsley for garnish

INSTRUCTIONS:

- 1 | **Prepare Ingredients:** Peel and mince the 50 cloves of garlic. Dice the carrots, celery, and onion.
- 2 | **Sauté Garlic:** Heat olive oil in a large pot over medium heat. Add minced garlic and sauté for 1-2 minutes until fragrant, being careful not to burn it.
- 3 | **Add Vegetables:** Add diced carrots, celery, and onion to the pot. Cook for another 5 minutes until vegetables are slightly softened.
- 4 | **Add Broth and Seasonings:** Pour in the vegetable broth. Stir in dried thyme, salt, and pepper to taste.
- 5 | **Simmer Soup:** Bring the soup to a boil, then reduce heat to low and let it simmer for 15-20 minutes until the vegetables are tender and the flavors meld together.
- 6 | **Serve:** Ladle the garlic soup into bowls. Garnish with fresh parsley for added flavor and presentation. This soup freezes well, so you can make a large batch and store it for later use.

NOTES:

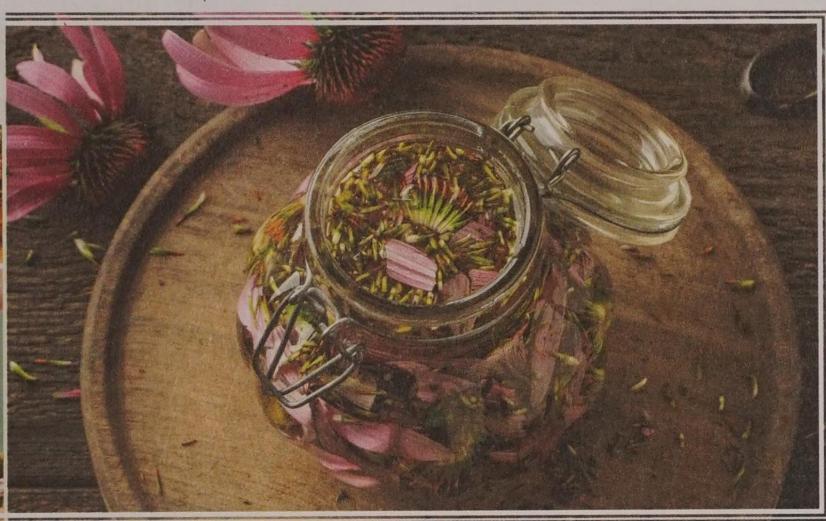
Garlic may interact with certain medications, particularly blood-thinning drugs.

Consult with your healthcare provider if you have any concerns or medical conditions.

DOSAGE:

Enjoy a bowl of garlic soup whenever you feel like supporting your immune system or seeking comfort during the cold or flu season.

Echinacea and Astragalus Tincture



Echinacea and astragalus are two well-regarded herbs traditionally known for their immune-supporting properties. Echinacea is commonly used to support the body's defenses against infections and may help reduce the severity and duration of colds and respiratory ailments. Astragalus is valued for its ability to enhance the immune system, support adaptability to stressors, and promote long-term wellness. Together, echinacea's immediate immune support and astragalus' long-term benefits create a synergistic combination that can help fortify the immune system.

INGREDIENTS:

- 1-part dried echinacea root (*Echinacea purpurea*)
- 1-part dried astragalus root (*Astragalus membranaceus*)
- 80 proof (40% alcohol by volume) vodka or grain alcohol

NOTES:

Echinacea and astragalus are immune-stimulating herbs, which may not be suitable for individuals with autoimmune conditions such as rheumatoid arthritis, lupus, or multiple sclerosis.

If you have an autoimmune condition, consult a healthcare practitioner before using these herbs. Alternative herbs that are generally considered more immune-balancing and less stimulating include: elderberry and turkey tail mushroom.

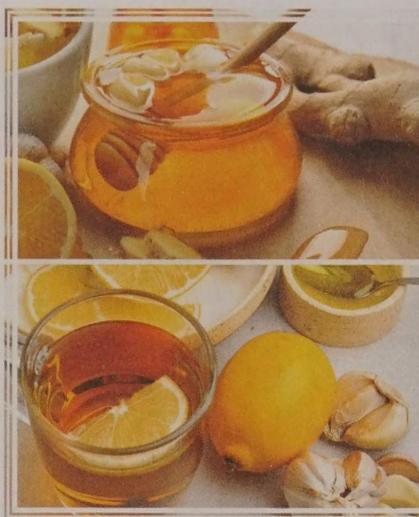
INSTRUCTIONS:

- | **Preparation:** Start by measuring your herbs in parts. For example, if you have 1 ounce of echinacea root, you should also have 1 ounce of astragalus root.
- | **Combining Herbs:** Place the dried echinacea and astragalus roots in a glass jar. Ensure the herbs are finely chopped or crushed for maximum extraction. Fill the jar $\frac{1}{3}$ rd full with your herbs.
- | **Alcohol and Herbs:** Pour enough alcohol into the jar to completely cover the herbs. Seal the jar with a tight-fitting lid.
- | **Shake and Store:** Shake the jar gently to make sure the herbs are well-soaked. Store it in a cool, dark place for about 6-8 weeks. Shake the jar daily to agitate the mixture.
- | **Strain:** After the maceration period, strain the tincture through a cheesecloth into a clean container.
- | **Bottling:** Use a dark, glass container to store the tincture, as this protects it from light, which can degrade its potency.
- | **Store:** Store your tincture in a cool, dark place to maintain its effectiveness. Label with the name of the tincture and the date it was made.

DOSAGE:

Take 1-2 ml (approximately 20-40 drops) of the tincture in a glass of water 2-3 times a day when needed for immune support.

Antiviral Herbal Honey



Garlic, lemon, and honey have been used for centuries for their potential immune-boosting properties. Garlic contains allicin, which is believed to have antimicrobial and immune-enhancing effects. Lemons are a rich source of vitamin C and antioxidants, and honey has natural antioxidants and soothing properties. Ginger contains compounds with anti-inflammatory properties, which can help reduce inflammation throughout the body. This is particularly beneficial when looking to support overall health and the immune system. It also adds a pleasant, warm, and slightly spicy flavor to the elixir.

INGREDIENTS:

- 5-6 cloves of fresh garlic (*Allium sativum*)
- 1 lemon
- 1 cup of raw honey
- 1 small piece of fresh ginger (*Zingiber officinale*)

NOTES:

Do not give honey or honey-based elixirs to infants under 1 year of age due to the risk of botulism.

If you have allergies to garlic, lemon, ginger, or honey, consult a healthcare professional before using this elixir.

You can add a teaspoon of this elixir to warm water or herbal tea for a soothing drink.

INSTRUCTIONS:

- 1 | **Prepare the Garlic:** Peel and finely chop the garlic cloves.
- 2 | **Prepare the Lemon:** Wash the lemon thoroughly and cut it into slices.
- 3 | **Prepare the Ginger:** Peel and finely chop the small piece of ginger.
- 4 | **Mix the Ingredients:** In a clean glass jar, combine the chopped garlic, lemon slices, and ginger.
- 5 | **Add Honey:** Pour the raw honey over the garlic, lemon, and ginger mixture.
- 6 | **Infusion time:** Stir the mixture thoroughly until all ingredients are well coated with honey. Seal the glass jar with a lid and let the mixture infuse for at least 3-4 days. Allowing the elixir to infuse for a longer time will intensify the flavors and potential health benefits. It can be left at room temperature during this time.
- 7 | **Strain:** After the infusion period, strain the elixir to separate the liquid from the garlic, lemon, and ginger pieces. Store the liquid in a clean, airtight container.

DOSAGE:

Take 1-2 teaspoons of the elixir daily, especially during the cold and flu season, to support your immune system.

Immunity Mushroom Blend



This Immunity mushroom blend incorporates three key mushrooms, each renowned for their immune-boosting properties. Reishi mushrooms are antiviral and contain compounds that stimulate white blood cell production and reduce oxidative stress. Shiitake mushrooms are rich in lentinan and beta-glucans, enhancing immune response and providing essential nutrients. Maitake mushrooms offer immune-modulating beta-glucans and antioxidants that combat inflammation and support immune function. This blend combines these powerful mushroom varieties to create a potent synergy of immune-enhancing compounds, making it a valuable addition to your daily wellness routine.

INGREDIENTS:

- 2 tablespoons of dried reishi mushrooms (*Ganoderma lucidum*)
- 2 tablespoons of dried shiitake mushrooms (*Lentinula edodes*)
- 2 tablespoons of dried maitake mushrooms (*Grifola frondosa*)

NOTES:

If you are pregnant, nursing, or have any medical conditions, consult with a healthcare provider before using this blend.

Discontinue use and seek medical advice if you experience any adverse reactions.

To add a zesty twist and extra warmth to your immune-boosting blend, include chili flakes.

INSTRUCTIONS:

- | **Prepare the Mushrooms:** Start by gathering your dried reishi, shiitake, and maitake mushrooms. Ensure they are clean and free from any debris. If you purchase the mushrooms, it's essential to purchase high-quality, organic dried mushrooms for the best result.
- | **Grinding the Mushrooms:** Grind each type of mushroom individually into a fine powder using a clean coffee grinder. Make sure each type is very finely ground.
- | **Combine the Mushroom Powders:** In a bowl, combine the powdered reishi, shiitake, and maitake mushrooms. Mix them thoroughly to create your immunity mushroom blend.
- | **Store the Blend:** Transfer the blend to an airtight container, preferably a glass jar, and store it in a cool, dark place.
- | **Serve:** You can incorporate this mushroom blend into smoothies, soups, coffee, or sprinkle it on your meals for an added immune boost.

DOSAGE:

Take $\frac{1}{2}$ to 1 teaspoon of the immunity mushroom blend daily, mixed into your favorite beverage or food.

Immuni-Tea



This recipe explores the synergy of aloe vera, pine needles, mint, and rosemary, all of which have unique properties that contribute to a healthy immune system.

Aloe vera, though optional, offers soothing and anti-inflammatory qualities, promoting overall well-being. Fresh or dried pine needles provide a rich source of vitamin C, a vital nutrient known for its immune-boosting potential. Mint adds a refreshing element to the blend while contributing antimicrobial and digestive benefits. Rosemary, with its robust flavor, brings antioxidants and anti-inflammatory properties to the mix, enhancing the tea's immune-supporting properties. By combining these herbs in this Immuni-Tea, we create a flavorful elixir that empowers your immune system to face daily challenges with vitality and strength.

INGREDIENTS:

- 1 tablespoon of aloe vera gel (optional)
- 1 tablespoon of fresh pine needles (*Pinus spp.*) or 1 teaspoon of dried pine needles
- 1 tablespoon of fresh Mint (*Mentha spp.*) or 1 teaspoon of dried mint
- 1 tablespoon of fresh rosemary (*Rosmarinus officinalis*) or 1 teaspoon of dried rosemary leaves

NOTES:

The choice of pine species can vary, and it's important to ensure that you select a pine species that is safe and suitable for consumption.

While many pine species are edible and have vitamin C content, the most used pine species for culinary and herbal purposes are Eastern white pine (*Pinus strobus*) and Scots pine (*Pinus sylvestris*).

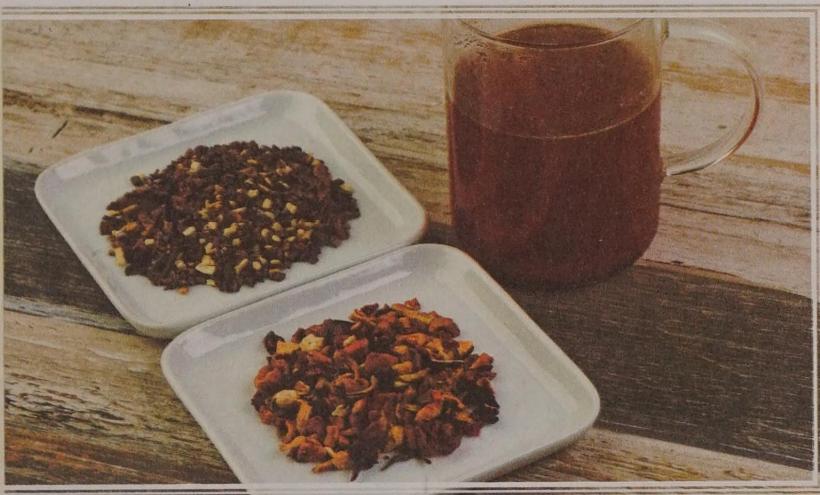
INSTRUCTIONS:

- 1 | **Prepare Your Herbs:** If using fresh pine needles, mint, and rosemary, finely chop or crush them to release their aromatic compounds. If using dried herbs, use a mortar and pestle to slightly crush them to enhance their flavor.* If you're foraging for pine needles, make sure they come from a tree that hasn't been treated with pesticides or other chemicals.
- 2 | **Boil the Water:** Bring 2 cups (16 ounces) of water to a boil in a pot.
- 3 | **Steep the Herbs:** Add the fresh or dried pine needles, mint, and rosemary to the boiling water. Reduce the heat to a simmer and let the herbs steep for about 5-7 minutes. Adjust the strength of your tea by varying the amount of dried herbs or steeping time according to your taste.
- 4 | **Strain the Tea:** After steeping, strain the tea to remove the herb particles, leaving you with a clear liquid.
- 5 | **Aloe Vera Addition (Optional):** If desired, add 1 tablespoon of aloe vera gel to the strained tea. Stir well to combine.

DOSAGE:

Consume 1-2 cups of this Immuni-Tea daily to support your immune system. It's best enjoyed warm.

Anti-Inflammatory Root Infusion



This herbal tea blend is a delightful combination designed to support your immune system. Turmeric, celebrated for its anti-inflammatory and antioxidant benefits, works synergistically with ginger, known for its anti-inflammatory and immune-boosting properties. Calendula contributes to the blend with its soothing and anti-inflammatory effects, enhancing overall immune support. Cinnamon not only adds delightful flavor but also brings antioxidant properties that promote a healthy immune system. Rooibos, rich in antioxidants, forms a soothing base for this harmonious herbal infusion, providing a gentle and caffeine-free option for immune well-being.

INGREDIENTS:

- 1 teaspoon ground turmeric (*Curcuma longa*)
- 1 teaspoon fresh ginger, sliced (*Zingiber officinale*)
- 1 teaspoon dried calendula petals (*Calendula officinalis*)
- 1 teaspoon dried rooibos (*Aspalathus linearis*)
- 1 cinnamon stick (or $\frac{1}{2}$ teaspoon ground cinnamon)
- 1 cup water

NOTES:

When using this herbal tea, be mindful of potential allergic reactions and consult a healthcare professional if pregnant, breastfeeding, or having liver or gallbladder issues.

Turmeric may cause stomach upset or worsen gallbladder issues; ginger can increase bleeding risk; and calendula should be avoided by those allergic to plants in the Asteraceae family.

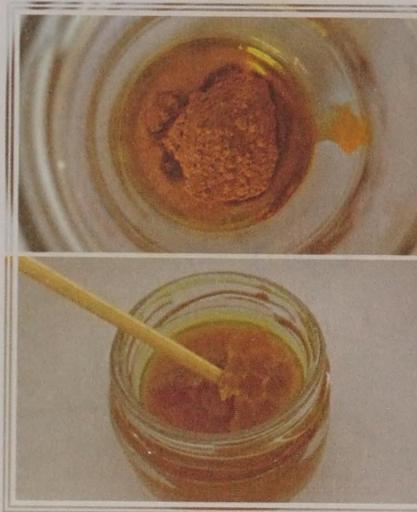
INSTRUCTIONS:

- 1 | **Boil the Water:** Begin by bringing 1 cup of water to a boil in a kettle or pot.
- 2 | **Add the Herbs:** As the water reaches a boil, incorporate 1 teaspoon of ground turmeric, 1 teaspoon of sliced fresh ginger, 1 teaspoon of dried calendula petals, a cinnamon stick (or $\frac{1}{2}$ teaspoon of ground cinnamon), and 1 teaspoon of dried rooibos into the boiling water. If you prefer a caffeinated version, consider replacing rooibos with green tea in the herbal tea recipe. This adds a gentle caffeine boost along with the antioxidant benefits of green tea. Adjust the steeping time according to your green tea preferences and enjoy the energizing twist to this immune-supportive blend.
- 3 | **Steep:** Allow the herbal blend to steep in the boiling water for 7-10 minutes. This step extracts the beneficial compounds from the herbs.
- 4 | **Strain:** After the steeping period, strain the tea into a cup using a fine mesh strainer or tea infuser. This helps remove the solid herb particles, leaving you with a smooth, flavorful liquid. Sweeten it with raw honey or a splash of almond milk for added flavor.

DOSAGE:

Savor 1 cup of this herbal tea daily. Adjust the frequency based on your preferences and consult with your healthcare provider if you have specific health concerns.

Anti-Inflammatory Golden Salve



Turmeric is a potent herb known for its anti-inflammatory properties. This golden salve combines the benefits of turmeric with the soothing properties of carrier oils and the skin-nourishing effects of beeswax. Applying the salve topically allows the skin to absorb the beneficial compounds directly. The skin, being the body's largest organ, plays a crucial role in immune defense. By promoting skin health and reducing inflammation locally, the salve indirectly supports the overall immune system.

INGREDIENTS:

- 6 teaspoons of dried turmeric powder (*Curcuma longa*)
- 8 tablespoons of organic carrier oil (olive oil or a mixture of different plant-based oils)
- 1 oz (28 g) of beeswax

NOTES:

Perform a patch test before widespread use to check for any allergic reactions.

Avoid contact with eyes, mucous membranes, and broken skin.

Consult with a healthcare professional if pregnant, nursing, or under medical supervision.

Discontinue use if irritation occurs.

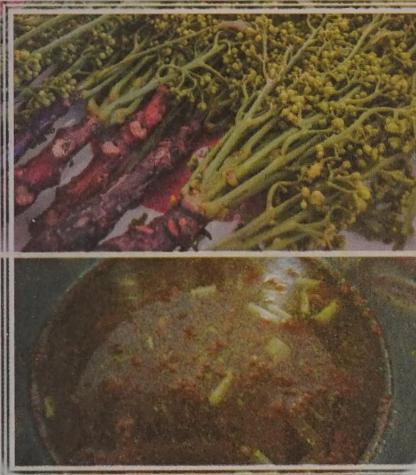
INSTRUCTIONS:

- 1 | **Turmeric Infusion:** Combine 6 teaspoons of dried turmeric powder with 8 tablespoons of your chosen organic carrier oil in a heat-resistant bowl. Gently heat to infuse the oil with turmeric.
- 2 | **Strain:** Once heated, strain the turmeric-infused oil using a fine mesh sieve or cheesecloth to remove any solid particles (this step is needed for fresh grated turmeric but is usually not needed for powdered turmeric).
- 3 | **Melt Beeswax:** In a separate heat-resistant container, melt 1 oz of beeswax using a double boiler (preferred) or microwave.
- 4 | **Combine Ingredients:** Slowly add the turmeric-infused oil to the melted beeswax, stirring continuously for even incorporation.
- 5 | **Cooling Phase:** Remove the mixture from heat and let it cool slightly before pouring it into clean, sterilized jars or tins.
- 6 | **Solidification:** Allow the salve to solidify completely before sealing the containers. Label.
- 7 | **Proper Storage:** Store the salve in a cool, dark place to prolong its shelf life.

DOSAGE:

Apply a small amount of the golden salve topically to the affected area, massaging gently until absorbed. Repeat 2-3 times daily, or as needed for relief.

Homemade Quinine



This recipe combines a variety of flavorful and beneficial ingredients, making it both healthful and enjoyable. Quinine, derived from the bark of the cinchona tree, has been traditionally used for its potential immune-supporting properties. The bark of the cinchona tree contains quinine alkaloids, such as quinine and cinchonidine, which are believed to have immune-boosting effects. Quinine (in larger doses) is still used for malaria treatment, often in conjunction with other medications.

INGREDIENTS:

- 4 cups filtered water
- 2 teaspoons powdered cinchona bark
- Zest of 1 orange
- Zest of 2 lemons
- 2 star anise pods
- 1 lemongrass stalk
- 2 tablespoons citric acid
- 1 teaspoon coriander powder (or 1 $\frac{1}{4}$ teaspoon coriander seeds)
- 10 drops liquid stevia
- Water/sparkling water (to mix with once the quinine mixture is ready)

NOTES:

Keep in mind that while homemade preparations may not be as standardized as pharmaceutical products, you can still make a simple quinine tonic at home. Consult with a healthcare professional before using quinine, as it has many possible (and serious) side effects. Do not use if you have myasthenia gravis.

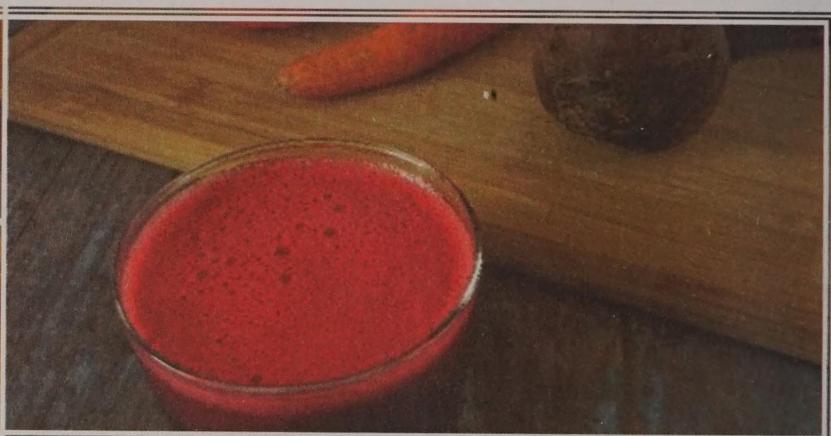
INSTRUCTIONS:

- 1 | **Infuse the Cinchona:** In a saucepan, combine 4 cups of filtered water with 2 teaspoons of powdered cinchona bark.
- 2 | **Add Aromatic Zest and Spices:** Introduce the zest of 1 orange, zest of 2 lemons, 2 star anise pods, and 1 lemongrass stalk to the mixture. Sprinkle in 2 tablespoons of citric acid to elevate the tonic's tanginess.
- 3 | **Simmer to Infuse Flavors:** Bring the mixture to a gentle boil, then reduce heat and simmer for 15-20 minutes, allowing the flavors to meld. Take it off the heat and let it cool to room temp.
- 4 | **Aging Process:** Pour the quinine mixture into a container, preferably a glass jar with the lid securely fastened. Place it in the refrigerator for 72 hours, giving it a gentle shake a few times each day. This step allows the infusion to intensify, enhancing the overall flavor and potency of the tonic.
- 5 | **Strain:** After the infusion period, pour the infused mixture through a cheesecloth-covered sieve, allowing the liquid to pass through while catching any remaining solids.
- 6 | **Sweeten with Stevia:** Add 10 drops of liquid stevia to sweeten the tonic naturally.
- 7 | **Thoroughly Mix:** Stir the concoction well to ensure all ingredients are thoroughly mixed.
- 8 | **Serve:** For a refreshing twist, mix the quinine tonic with water or sparkling water to create a revitalizing beverage (1 part quinine to 2 parts water/sparkling water). You can keep the tonic in a sealed container in the refrigerator for up to one month.

DOSAGE:

Take 1-2 tablespoons of the homemade quinine tonic for immune support after consulting with a healthcare professional. It is widely considered safe in this dosage but best to get a consult first.

White Cell Boosting Juice



Carrots and beets are rich in antioxidants, vitamins, and minerals, including vitamin C, vitamin A, and potassium, which support overall immune function. These vegetables also contain phytonutrients like beta-carotene and betalains, which have been shown to have immune-boosting properties and may help increase the production of white blood cells, thus enhancing the body's ability to fight off infections and illnesses. Additionally, parsley is a good source of vitamin C and vitamin K, as well as flavonoids and antioxidants, which further support immune health.

Adding astragalus (*Astragalus membranaceus*) or echinacea (*Echinacea purpurea*) extract enhances the immune-boosting benefits, while ginger adds a touch of warmth and depth to the flavor profile. Together, they create a delicious and nutritious juice. Elderberry and Japanese honeysuckle extracts/tinctures may be also be used (see side note).

INGREDIENTS:

- 1 liter of natural orange juice (approximately 8-12 freshly squeezed oranges)
- 1 medium carrot, chopped
- 1 medium beet, chopped
- 1-inch piece of ginger (*Zingiber officinale*), peeled
- A handful of parsley leaves
- 1 teaspoon of honey or sweetener (optional)
- Astragalus or echinacea extract/tincture

NOTES:

If you are pregnant, nursing, or have any underlying health conditions, consult with a healthcare professional before consuming this juice.

If you have an autoimmune condition best to replace astragalus and echinacea with elderberry and Japanese honeysuckle, as the former herbs may be too immunostimulatory.

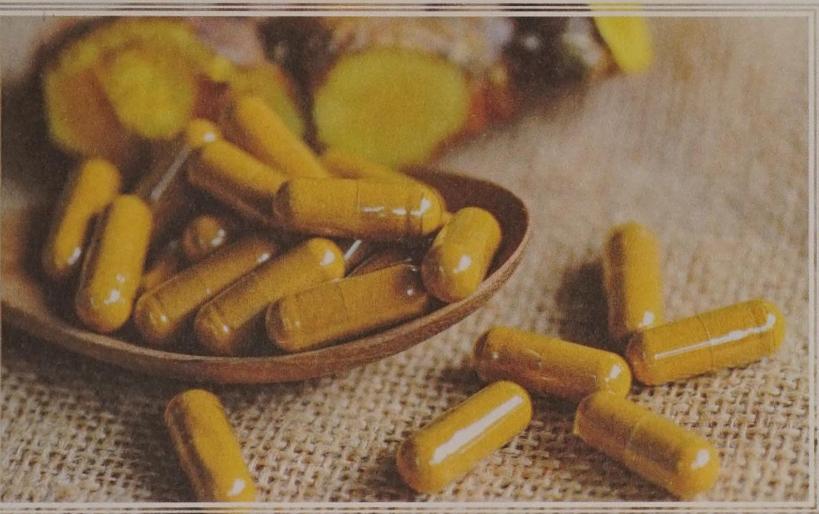
INSTRUCTIONS:

- 1 | **Gather and Prepare Ingredients:** Prepare the ingredients as directed. In a blender, combine the natural orange juice, chopped carrot, chopped beet, peeled ginger, and parsley leaves. Use freshly squeezed orange juice for the best flavor and nutritional content.
- 2 | **Sweeten:** Add the honey or sweetener if desired for additional sweetness. Exercise caution if using honey or sweetener, especially if managing blood sugar levels.
- 3 | **Include the Extract:** Add 10-15 drops of astragalus and/or echinacea extract to the blender.
- 4 | **Blend:** Blend on high speed until the ingredients are well combined and the mixture is smooth.
- 5 | **Strain:** If necessary, strain the juice using a fine mesh strainer or cheesecloth to remove any pulp.
- 6 | **Serve:** Pour the juice into a glass and serve chilled or over ice.

DOSAGE:

Enjoy a glass of this immune-boosting juice daily for optimal health benefits.

Herbal Antibiotic Capsules



This recipe offers a natural alternative to conventional antibiotics, utilizing the unique properties of various herbs. From the pungent kick of jalapeño peppers to the robust earthiness of grated horseradish, each ingredient contributes to a holistic approach to wellness. The concoction includes antioxidant-rich turmeric, immune-boosting echinacea, and nutrient-packed moringa leaves.

INGREDIENTS:

- ¼ cup chopped onion
- 2 hot jalapeño peppers
- 2 tbsp grated horseradish
- ¼ cup grated ginger (*Zingiber officinale*)
- 2 tbsp turmeric powder (*Curcuma longa*)
- ¼ cup chopped garlic
- ¼ cup moringa leaves (*Moringa oleifera*)
- ¼ cup echinacea (*Echinacea purpurea*)
- 3 cups apple cider vinegar
- Empty gelatin capsules (size 0 or 00)

NOTES:

Regularly check the drying process to prevent burning. The mixture is sufficiently dried when it turns brown and exhibits a crumbly texture.

If making capsules regularly, consider investing in a capsule filling tray for efficiency.

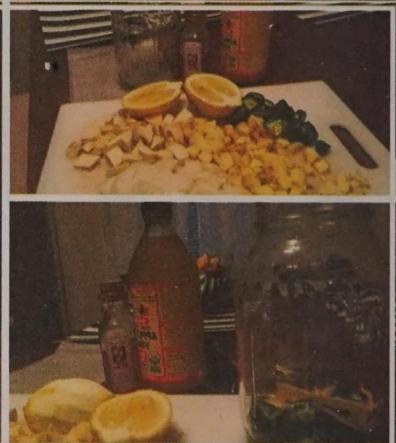
INSTRUCTIONS:

- 1 | **Blend the Ingredients:** Chop all ingredients and place them in a blender. Pour apple cider vinegar into the blender last. Blend on high until a smooth, consistent liquid is achieved, similar to the texture of a smoothie.
- 2 | **Infusion Period:** Pour the blended liquid into jars and store them in a cool, dark place for two weeks.
- 3 | **Thickening Process:** After 2 weeks have passed, pour the liquid into a metal baking dish and place it in the oven at low heat. Allow the moisture to evaporate and the liquid to thicken to a consistency thicker than a cake batter, ensuring it won't run.
- 4 | **Spread and Dry:** Cover a cookie sheet with parchment and spread the thickened mixture in an even layer. Return the mixture to the oven on low heat to thoroughly dry, avoiding burning. It will turn brown when dry.
- 5 | **Powdering the Mixture:** Break up the dry mixture and place it in a jar blender (or regular blender). Chop it at high speed into a fine powder.
- 6 | **Capsule Filling:** Using a spoon or scoop, fill the inner part of the gelatin capsules until the powder is flush with the edge. Cap it with the outer part of the capsule.
- 7 | **Storage and Dosage:** Keep the finished antibiotic capsules in a sealed, moisture-proof jar. If available, include a silica desiccant package in the jar to protect the capsules from moisture. Capsules can last up to a year or more if stored correctly.

DOSAGE:

Start with one capsule a day and adjust the dosage based on individual response. Omit or replace echinacea if you have an autoimmune disorder. Elderberry, oregano, and yarrow are good alternatives.

Amish Fire Cider



This traditional Amish remedy is a type of fire cider that combines the unique properties of onions, garlic, horseradish, honey, black pepper, and apple cider vinegar to create a natural tonic. Onions, rich in quercetin and sulfur compounds, are known for their supportive analgesic and anti-inflammatory effects. Garlic, abundant in allicin, is traditionally used for its supportive anti-inflammatory properties. Horseradish contributes its antibacterial qualities, while honey's natural properties aid in microbial control. Black pepper's piperine enhances nutrient absorption, potentially amplifying the benefits of the entire blend. Feel free to customize the recipe to suit your preferences and specific needs. You can adjust the quantities of ingredients to achieve your desired potency or flavor profile. Additionally, you may explore adding other herbs or spices known for their supportive properties, such as ginger, turmeric, lemon, and/or cayenne pepper.

INGREDIENTS:

- 1 medium onion, finely chopped
- 3 cloves garlic, minced
- 2 tablespoons horseradish, grated
- $\frac{1}{4}$ cup raw honey
- Dash of ground black pepper
- Apple cider vinegar, enough to cover the ingredients

NOTES:

Consult with a healthcare professional before using this remedy, especially if you have any underlying health conditions or are pregnant or nursing.

Discontinue use if any adverse reactions occur.

Adjust the amount of honey and pepper to suit your taste preferences.

For a smoother tonic, blend the strained liquid before transferring it to a storage container.

INSTRUCTIONS:

- | **Prepare Ingredients:** Finely chop the onion, mince the garlic cloves, grate the horseradish.
- | **Combine Ingredients:** In a clean glass jar, layer the chopped onion, minced garlic, and grated horseradish. Pour honey over the layered ingredients. Add a dash of ground black pepper.
- | **Cover with Apple Cider Vinegar:** Pour apple cider vinegar over the mixture until all ingredients are completely covered.
- | **Mix Well:** Use a spoon to gently stir the ingredients, ensuring they are evenly distributed.
- | **Seal and Store:** Seal the jar tightly with a lid. Label and date. Store the jar in a cool, dark place for up to 1 month to allow the flavors to meld and the medicinal properties to infuse into the vinegar.
- | **Strain and Transfer:** After 1 month, strain the mixture through a fine mesh sieve or cheesecloth to remove solids. Transfer the liquid to a clean glass jar or bottle for storage.

DOSAGE:

Take 1 tablespoon of this cider up to three times per day as needed for pain relief and inflammation.

Blue Tea to Ease Inflammation



Butterfly pea flower, scientifically referred to as *Clitoria ternatea*, earns recognition not just for its striking blue appearance but for its anti-inflammatory properties. The flowers make a great anti-inflammatory tea thanks to the plant's anthocyanins - antioxidant compounds that give the flowers their vibrant blue color. The ternatin anthocyanins found in the flowers help to fight chronic inflammation, which is a precursor to many diseases. This also helps reduce pain and swelling for conditions such as rheumatoid arthritis. This recipe takes it a step further by incorporating lemon, not only for a color-changing effect but also to enhance the overall health benefits of the concoction.

INGREDIENTS:

- 2 teaspoons dried butterfly pea flowers (*Clitoria ternatea*)
- 1 cup hot water
- 1 tablespoon fresh lemon juice

NOTES:

Individuals with known allergies to pea flowers or citrus should exercise caution or avoid this tea.

For a refreshing twist on hot summer days, try serving the butterfly pea flower and lemon tea over ice. This simple addition transforms the herbal infusion into a cool and invigorating beverage, perfect for staying hydrated while enjoying the anti-inflammatory and antioxidant benefits of butterfly pea flowers.

INSTRUCTIONS:

- 1 | **Infusion Process:** Boil 1 cup of water. Place the dried butterfly pea flowers in a teapot. Pour the hot water over the flowers, initiating the extraction of beneficial compounds and imparting a vivid blue color. Allow the infusion to steep for 5-7 minutes. Experiment with steeping times to achieve the desired intensity of color and flavor.
- 2 | **Strain and Serve:** Strain the tea to remove flower remnants, leaving behind the visually stunning blue liquid. Pour the tea into a cup.
- 3 | **Add lemon:** Squeeze half a lemon into each mug and watch the color change from bright blue to a purple hue. Since the tea has lemon juice in it, remember to rinse your mouth out with water after each mug you drink to remove the acid and protect your tooth enamel.
- 4 | **Optional Additions:** Sweeten with honey if a touch of sweetness is preferred. You can also play around by adding extra ingredients and flavor combinations (e.g. mint, lemongrass, or ginger). As this tea has such a subtle flavor it lends itself to many additions so choose ones that you like and are beneficial to your health.

DOSAGE:

For those seeking its anti-inflammatory benefits, consider consuming 1-2 cups daily.

Herbal *Vitamin Bars*



Crafted to support and enhance your immune system, this vitamin bar incorporates a blend of nutrient-rich herbs. Bilberry, known for its antioxidant properties and richness in anthocyanins, contributes to immune health. Elderberries, renowned for its anti-viral and antioxidant properties, is a staple in herbal remedies for overall well-being. Licorice root, with its anti-inflammatory and antiviral properties, is included to bolster the immune system. Packed with essential nutrients, pumpkin seeds provide a dose of zinc vital for immune function, while sunflower seeds, high in vitamin E, contribute to maintaining a robust immune system. Cocoa powder not only adds a rich flavor but also contains flavonoids that may have immune-supporting effects.

INGREDIENTS:

- 4 oz dried pitted dates
- 5 oz mixed nuts
- 1 heaped tsp bilberry powder
- 1 tsp elderberry extract
- 1 tsp licorice root extract
- 1 tbsp pumpkin seeds
- 1 tbsp sunflower seeds
- 2 tbsp pure cocoa powder
- 2 tbsp raw honey

INSTRUCTIONS:

- 1 | **Prepare the Base:** In a food processor, combine dried pitted dates and mixed nuts. Blend until you achieve a sticky and cohesive mixture. Press the mixture into a lined pan to create an even base for your vitamin bar.
- 2 | **Herbal Infusion Layer:** In a small bowl, mix bilberry powder, elderberry extract, and licorice root extract. Spread this herbal blend evenly over the prepared base.
- 3 | **Nutrient-Rich Toppings:** Sprinkle pumpkin seeds, sunflower seeds, and pure cocoa powder over the herbal layer.
- 4 | **Sweeten and Set:** Drizzle honey evenly across the top, providing natural sweetness. Keep the mixture in the freezer for 30 minutes.
- 5 | **Cut and Serve:** Once the herbal vitamin bar has set in the freezer, use a sharp knife to carefully cut it into individual squares or bars. For a clean cut, run the knife under hot water before slicing each portion. Store in portioned containers for convenient daily consumption.

NOTES:

Customize the nut mix based on your preferences and dietary restrictions.

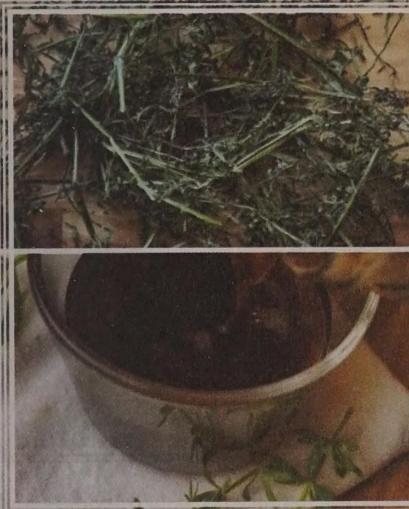
Store the vitamin bars in an airtight container in the refrigerator for prolonged freshness.

Individuals with known allergies to any of the listed ingredients should avoid consumption.

DOSAGE:

Consume one square of the herbal vitamin bar daily for optimal immune support. The calories per serving will vary based on the specific ingredients you use, their nutritional content, and the size of the bars.

Lymphatic Cleanser



The lymphatic system plays a crucial role in immune function, helping to remove waste and toxins from the body. Herbs such as cleavers and red clover are traditionally used to support lymphatic health by promoting lymphatic drainage and circulation.

- For added flavor and benefits, incorporate other lymphatic-supporting herbs such as burdock root or dandelion leaf
- Consider adding a splash of lemon juice or a drizzle of honey to enhance the taste of the infusion.
- Pairing this herbal remedy with gentle exercise, such as yoga or walking, can further support lymphatic circulation.

INGREDIENTS:

- 2 tbsp dried cleavers (*Galium aparine*)
- 2 tbsps dried red clover blossoms (*Trifolium pratense*)
- 4 cups water

NOTES:

Cleavers may interact with certain medications, particularly blood thinners. Use caution if you are on medication or have a bleeding disorder.

Red clover may have estrogenic effects and should be avoided by individuals with hormone-sensitive conditions such as breast cancer, uterine fibroids, or endometriosis.

INSTRUCTIONS:

- 1 | **Prepare the Herbs:** Combine the dried cleavers and red clover blossoms in a teapot or heatproof container.
- 2 | **Infusion:** Bring 4 cups of water to a boil. Pour the boiling water over the herbs. Cover and let steep for 15-20 minutes to extract the beneficial compounds.
- 3 | **Strain:** After steeping, strain the herbal infusion using a fine mesh strainer or cheesecloth into a clean container.

DOSAGE:

Drink 1-2 cups of the herbal infusion daily. For a more intense cleanse, you may drink up to 3 cups per day for a limited period, typically 1-2 weeks.

Mushroom Extract to Help with Viral Infections



The selected mushrooms, including reishi (*Ganoderma lucidum*), shiitake (*Lentinula edodes*), maitake (*Grifola frondosa*), and turkey tail (*Trametes versicolor*), are traditionally used for their immunomodulatory and anti-viral properties, thus potentially helping address HPV (Human Papillomavirus) infections.

Reishi, rich in beta-glucans, may enhance immune cell activity; Shiitake, containing lentinan, has immunomodulatory effects; Maitake, with beta-glucans, supports immune function; Turkey tail, housing polysaccharopeptides (PSP) and polysaccharide-K (PSK), contributes to immunomodulation. Together, these mushrooms may create a synergistic effect, aiding the immune system's ability to recognize and combat viral infections, potentially inhibiting HPV. Additionally, their anti-inflammatory properties may help modulate immune responses and reduce inflammation associated with HPV persistence.

INGREDIENTS:

- 1 ounce dried reishi mushroom (*Ganoderma lucidum*)
- 1 ounce dried shiitake mushroom (*Lentinula edodes*)
- 1 ounce dried maitake mushroom (*Grifola frondosa*)
- 1 ounce (dried) turkey tail mushroom (*Trametes versicolor*)
- 2 cups vodka (at least 40% alcohol)
- 2 cups distilled water

NOTES:

While promising, more research specific to HPV is needed, and individual responses vary.

Consult with a healthcare professional before use, especially if you have existing medical conditions. Monitor for any adverse reactions and discontinue use if any occur.

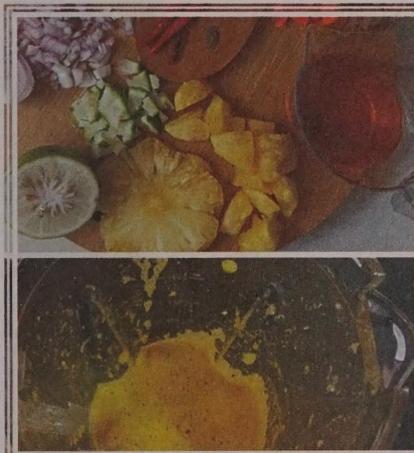
INSTRUCTIONS:

- 1 | **Preparing the Mushrooms:** Ensure all mushrooms are clean and chopped or ground into small pieces. Place the dried reishi, shiitake, maitake, and turkey tail mushrooms in a glass jar.
- 2 | **Alcohol Extraction:** Pour 2 cups of vodka over the mushrooms, ensuring they are fully submerged. Seal the jar tightly and store it in a cool, dark place for 6-8 weeks, shaking periodically.
- 3 | **Water Extraction:** After the alcohol extraction period, strain the alcohol extract into a separate container. Take the strained mushrooms and place them in a saucepan. Add 2 cups of distilled water to the saucepan and simmer for 1-2 hours, simmering off half the water.
- 4 | **Combining Extractions:** Strain the water extract, squeezing out any remaining liquid from the mushrooms. Combine the alcohol and water extracts in a glass container using a ratio of 3 parts alcoholic tincture to 1 part water extraction.
- 5 | **Label and Store:** Label the tincture with the date of preparation. Store the tincture in a dark glass bottle in a cool, dark place.

DOSAGE:

Consume 1 teaspoon of the double extraction tincture daily. Dilute it in water or juice or take directly in the mouth.

Nature's "Amoxicillin"



"Nature's Amoxicillin" is an herbal concoction designed to support immunity and promote overall health. Packed with natural ingredients renowned for their antimicrobial and anti-inflammatory properties, this recipe harnesses the power of herbs like ginger (*Zingiber officinale*), turmeric (*Curcuma longa*), garlic (*Allium sativum*), and more, combined with the acidic punch of apple cider vinegar. The addition of fresh pineapple and honey not only enhances the flavor but provides additional health benefits. Experiment with different herbs and spices to customize the recipe to your liking.

INGREDIENTS:

- 2/3 cup apple cider vinegar (ACV)
- 1/2 cup fresh pineapple, washed and cut into half-inch cubes
- 2-inch piece of ginger, peeled
- 1-inch piece of turmeric root, peeled (or 1/2 to 3/4 tsp turmeric powder)
- 2 to 3 cloves of garlic
- 1 medium-sized onion
- 1/4 organic lime or lemon with peel, chopped
- 1 1/2 tbsp honey
- 1/8 tsp cayenne pepper
- A pinch of black pepper

INSTRUCTIONS:

- 1 | **Prepare Ingredients:** Wash and chop the pineapple, ginger, turmeric, garlic, onion, and lime (or lemon) as specified. Ensure all ingredients are fresh and organic for maximum potency and health.
- 2 | **Blend:** Place all the prepared ingredients in a blender, including the apple cider vinegar and honey. You can also use fresh cayenne pepper instead of powder for a spicier cider. Blend until smooth and well combined.
- 3 | **Strain (Optional):** If desired, strain the mixture through a fine mesh strainer to remove any pulp and extract just the liquid. However, consuming the pulp provides additional health benefits.
- 4 | **Store:** Transfer the strained or unstrained juice to a clean glass mason jar for storage. Seal the jar tightly and refrigerate. The fire cider shot can be kept in the fridge for up to 2 weeks.
 - Take a shot glass of Nature's "Amoxicillin" tonic before meals to support digestion and boost immunity.
 - Incorporate the tonic into salad dressings or marinades for an added flavor kick and health benefits.
 - Mix with sparkling water for a refreshing and health-supportive cocktail.

NOTES:

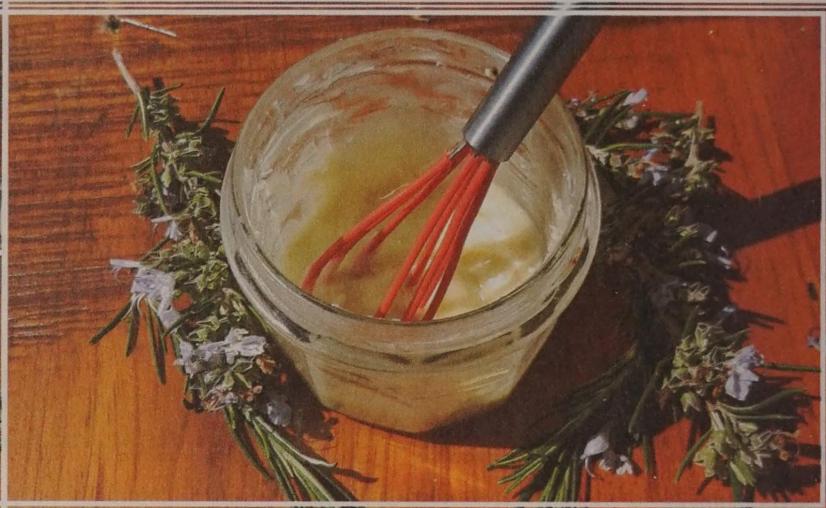
While this herbal concoction is generally safe for consumption, individuals with allergies to any of the ingredients or those with underlying health conditions, pregnant, or breastfeeding should consult with a healthcare professional before use.

DOSAGE:

1 shot glass (approximately 1-2 ounces) per day.

Nail-Fungus

Herbal Cream



Nail fungus, or onychomycosis, is a prevalent and persistent condition that can be challenging to address. This homemade cream combines natural ingredients known for their antifungal properties and skin-nourishing effects. Other strong antifungal options include usnea lichen (an oil-infusion or a tincture in a spray bottle works well) and black walnut hull as an oil-infusion. Simply replace the 2T of each oil with one or both of these antifungal oils, making the recipe even stronger.

INGREDIENTS:

- 2 tablespoons of olive oil
- 2 tablespoons of soybean oil
- $\frac{1}{3}$ ounce (10 g) of beeswax
- 1 teaspoon of arrowroot powder
- 30 drops of essential oil

NOTES:

In addition to using the cream, maintain good nail hygiene practices.

Regularly trim infected nails to promote faster healing. Keep feet dry and well-ventilated to create an inhospitable environment for fungal growth.

Conduct a patch test before widespread use to check for any adverse reactions.

Avoid contact with eyes and mucous membranes.

INSTRUCTIONS:

- | **Double Boiler Method:** Utilize a double boiler to melt the beeswax. Once melted, add the olive oil and soybean oil. Stir the mixture thoroughly until all ingredients are well combined. To ensure a successful homemade nail fungus treatment, it's important to consider how to maximize the skin's absorption so that the cream is delivered deeper into the skin. Olive oil improves the absorption of the outer skin layers (the epidermis), while soybean oil penetrates both the epidermis as well as the dermis underneath.
- | **Arrowroot Addition:** Gradually add the arrowroot powder to the mixture, stirring continuously to prevent the formation of lumps. This step is crucial for thickening the cream.
- | **Antifungal Essential Oils:** Allow the mixture to cool slightly before adding 10 drops of each: cinnamon bark, oregano oil, and lavender oil. Stir the oils into the mixture for a uniform blend. **Cinnamon Bark Oil:** contains cinnamaldehyde, known for its antifungal and antibacterial properties. **Oregano Oil:** Rich in carvacrol, which has potent antifungal and antimicrobial effects. **Lavender Oil:** Exhibits antifungal and soothing properties, promoting overall skin health.
- | **Pouring and Cooling:** Transfer the cream into a clean, airtight container, and allow it to cool and solidify. This process may take a few hours, depending on the ambient temperature.

DOSAGE:

Apply a small amount of the cream to the affected nails twice daily. Before each application, ensure the affected area is clean and dry. For stubborn infections, consider adding in usnea and/or black walnut hull.

Anti-Fungal Powder

for Toenail Fungus



This DIY anti-fungal powder uses natural ingredients known for their anti-fungal and anti-inflammatory properties. Bentonite clay is used traditionally to help draw out toxins and impurities, while cayenne pepper stimulates circulation and has anti-fungal properties. Cinnamon, clove, and frankincense essential oils are renowned for their anti-fungal and antimicrobial effects. Together, these ingredients create a blend that may help support the management of toenail fungus.

INGREDIENTS AND MATERIALS:

- $\frac{1}{2}$ cup Bentonite clay
- 2 teaspoons cayenne pepper powder
- 6 drops cinnamon essential oil
- 6 drops clove essential oil
- 6 drops frankincense essential oil
- A container with holes for dispensing (e.g., a salt shaker)

NOTES:

Test a small amount on a patch of skin before full use to ensure you do not have an adverse reaction. Discontinue use if irritation occurs. Do not touch your face or eyes after handling the powder, especially due to the cayenne pepper. Wash hands thoroughly after use. If you have any chronic health conditions or are pregnant or nursing, consult a healthcare professional before using this remedy.

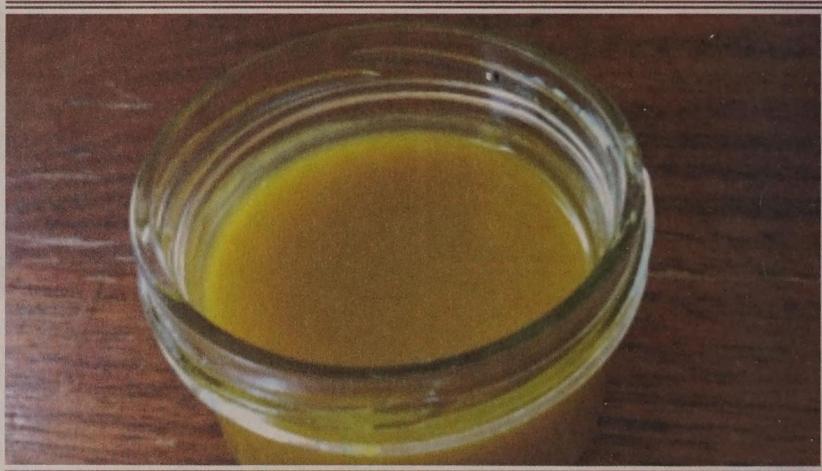
INSTRUCTIONS:

- 1 | Combine Ingredients:** Measure $\frac{1}{2}$ cup of Bentonite clay into a bowl or food processor. Add 2 teaspoons of cayenne pepper powder. Wear gloves when handling the powder to avoid irritation from the cayenne pepper.
- 2 | Add Essential Oils:** Add 6 drops each of cinnamon, clove, and frankincense essential oils to the mixture.
- 3 | Mix Thoroughly:** Process on low for about 30 seconds in a food processor or mix well by hand with a fork or whisk to ensure the oils are evenly distributed.
- 4 | Store:** Transfer the finished powder to a container that is easy to scoop or shake out, such as a salt shaker. Store the powder in a dry place. If it becomes moist, add dry rice to the container.

DOSAGE:

Sprinkle the powder on your feet or in your socks twice a day for 1-2 weeks. You can also apply it before bedtime, ensuring to wear socks.

Anti-Fungal Salve



This antifungal salve harnesses the potent properties of garlic, oregano, thyme, and marjoram to create a natural remedy for combating fungal infections on the skin. Each of these herbs are traditionally used for their antifungal properties, making them valuable in addressing various fungal pathogens. Garlic is renowned for its antimicrobial and antifungal effects, while oregano contains compounds such as carvacrol and thymol, known for their powerful antifungal properties. Thyme and marjoram also contribute to the salve with their antimicrobial and soothing qualities, providing additional support for skin health. By combining these herbs with beeswax and coconut oil, we create a soothing and effective salve that can be applied topically to support the management of fungal issues and promote skin wellness.

INGREDIENTS:

- 3 tablespoons beeswax
- ½ cup coconut oil
- 1 tablespoon dried oregano (*Origanum vulgare*)
- 1 tablespoon dried thyme (*Thymus vulgaris*)
- 1 tablespoon dried marjoram (*Origanum majorana*)
- 3 cloves garlic, finely minced (*Allium sativum*)
- 10 drops tea tree oil
- 10 drops lavender essential oil

INSTRUCTIONS:

- 1 | **Prepare Your Work Area:** Clean and sterilize all utensils, containers, and work surfaces before you begin.
- 2 | **Infuse the Coconut Oil:** In a double boiler or a heatproof bowl set over a pot of simmering water, melt the coconut oil. Add the dried oregano, thyme, marjoram, and minced garlic to the melted coconut oil. Let the mixture simmer gently for 30 minutes, stirring occasionally to ensure thorough infusion.
- 3 | **Strain the Infused Oil:** After 30 minutes, remove the infused oil from the heat and strain it through a fine-mesh sieve or cheesecloth to remove the solid herbs and garlic. Return the infused oil to the double boiler.
- 4 | **Add the Beeswax and Essential Oils:** Add the beeswax to the infused oil in the double boiler and continue to heat until the beeswax is fully melted, stirring occasionally. Once melted, remove the mixture from the heat and add the tea tree oil and lavender essential oil. Stir well.
- 5 | **Pour Into Containers:** Carefully pour the melted mixture into clean, sterilized containers. Allow the salve to cool and solidify completely before sealing the containers. Label and date.

NOTES:

For external use only.

Avoid contact with eyes.

Consider doing a patch test on a small area of skin before using the salve more extensively.

Keep out of reach of children.

If pregnant, nursing, or under medical supervision, consult a healthcare professional before use.

DOSAGE:

Apply a small amount of the salve directly to the affected area 2-3 times daily.

Wart “Freezing” Spray



One herb known for its potential wart-removing properties is *Thuja occidentalis*, commonly known as Arborvitae or white cedar. It contains compounds, such as thujone and flavonoids, that possess antimicrobial and antiviral properties, making it a popular choice for addressing viral infections like warts. The essential oil from this herb is believed to inhibit the growth of the human papillomavirus (HPV), which causes warts. This recipe creates a convenient spray form for easy application.

INGREDIENTS:

- 3-4 drops *Thuja occidentalis* essential oil
- 1 tablespoon witch hazel
- 2 tablespoons of distilled water
- Small spray bottle

NOTES:

Other home remedies for wart removal include: applying apple cider vinegar (ACV), using crushed garlic secured with a bandage, placing banana peel on the wart, applying aloe vera gel multiple times a day, diluting tea tree oil with a carrier oil for daily use, employing duct tape occlusion for about six days followed by gentle exfoliation, creating a baking soda paste for regular application, using castor oil covered with a bandage, and using diluted oregano oil regularly.

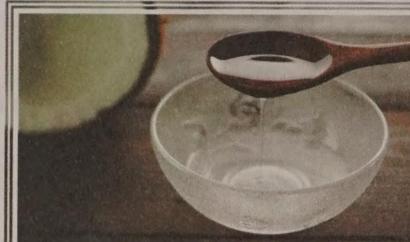
INSTRUCTIONS:

- 1 | **Clean the Area:** Start by cleaning the affected area around the wart with mild soap and water. Pat it dry gently with a clean towel.
- 2 | **Prepare the Solution:** In a small mixing bowl, combine 3-4 drops of *Thuja occidentalis* essential oil with 1 tablespoon of witch hazel. Mix well. Add 2 tablespoons of distilled water to the mixture and stir until fully blended.
- 3 | **Fill the Spray Bottle:** Pour the mixture into a small spray bottle. Ensure the lid is tightly secured and shake the bottle vigorously to ensure that all ingredients are well combined.
- 4 | **Apply the Spray:** Spray a modest amount directly onto the wart, making sure to cover it thoroughly. It's important to perform a patch test on a small area of skin first to ensure there are no adverse reactions. Avoid contact with eyes and mucous membranes.
- 5 | **Cover the Area:** After application, cover the wart with a sterile bandage or gauze pad. This prevents the solution from rubbing off on clothes or bedding and helps in keeping the treated area clean.
- 6 | **Be Patient:** Allow time for the remedy to take effect. Natural treatments can take longer to show results. If the wart persists or if there is any sign of irritation, consult a healthcare professional for advice.

DOSAGE:

Perform this application once or twice daily, preferably in the morning and evening. Consistency is key.

Cleaning Ointment (for Candida)



Candida overgrowth can cause a variety of health issues, including yeast infections, digestive problems, and fatigue. It can also manifest externally, leading to skin issues such as yeast infections and fungal rashes. To support the body in managing Candida, you may create a soothing ointment using herbs traditionally known for their antifungal properties. One effective combination includes tea tree oil (*Melaleuca alternifolia*) and garlic (*Allium sativum*), both known for their potent antifungal properties. Additionally, addressing internal digestive balance may involve focusing on dietary adjustments, probiotics, and herbs taken internally. For internal support, consider incorporating Japanese honeysuckle (*Lonicera japonica*), turmeric, and/or caprylic acid.

INGREDIENTS:

- 1 tablespoon of coconut oil
- 3 drops of tea tree oil (*Melaleuca alternifolia*)
- 1 clove of garlic (*Allium sativum*), minced

NOTES:

Avoid applying the ointment to broken skin or sensitive areas, as it may cause irritation.

Perform a patch test before using the ointment extensively to ensure you do not have an allergic reaction to any of the ingredients.

If irritation occurs, discontinue use and consult a healthcare professional.

INSTRUCTIONS:

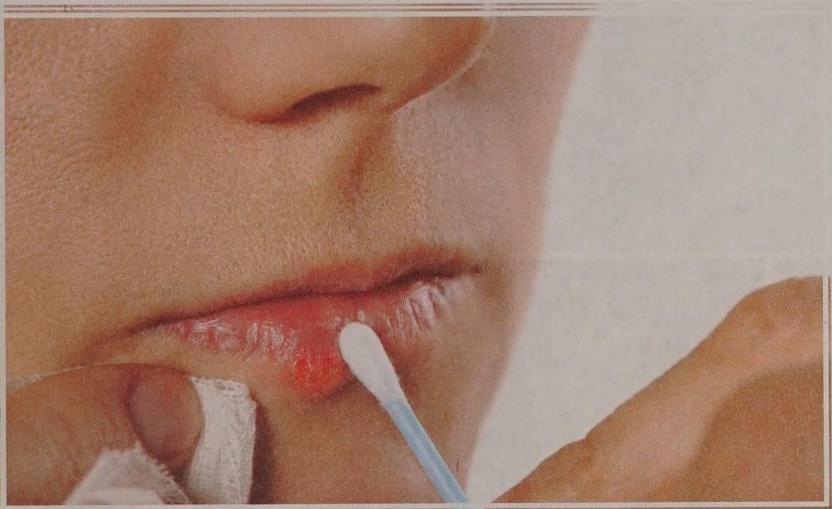
- 1 | **Melt the Coconut Oil:** Place the coconut oil in a small saucepan and heat it gently until it becomes liquid.
- 2 | **Add the Tea Tree Oil:** Once the coconut oil is melted, remove it from the heat and add the drops of tea tree oil. Stir well to combine.
- 3 | **Mix in the Minced Garlic:** Add the minced garlic to the oil mixture and stir thoroughly to distribute it evenly.
- 4 | **Cool and Solidify:** Allow the mixture to cool down until it solidifies into a firm ointment consistency. Transfer to a container: Once the ointment has reached the desired consistency, transfer it into a clean, airtight container suitable for storage.
- 5 | **Store:** Store the ointment in a cool, dark place to prolong its shelf life. Consider adding other antifungal herbs such as oregano (*Origanum vulgare*) or thyme (*Thymus vulgaris*) for added effectiveness.

DOSAGE:

Apply a small amount of the ointment to affected areas up to three times daily.

Soothing Anti-Viral Oil

for Herpes Sores and Shingles Rashes



This soothing oil, traditionally used for its potential antiviral properties, may support the management of herpes outbreaks. Lemon balm demonstrates significant antiviral activity against both HSV-1 and HSV-2, while also calming the nervous system and reducing stress, common triggers for outbreaks. Heal-all contains antiviral compounds and anti-inflammatory properties to alleviate discomfort. Sage aids in drying out and healing herpes sores and shingles lesions. Rosemary exhibits antiviral properties against herpes viruses. Calendula soothes and helps heal herpes sores and shingles lesions, promoting skin regeneration. Geranium essential oil offers rapid pain relief, particularly for shingles-related discomfort. These herbs work together to provide relief and support for those managing skin outbreaks.

INGREDIENTS:

- Equal parts lemon balm, heal-all (self-heal/*Prunella vulgaris*), sage, rosemary, calendula
- Organic almond or olive oil
- Geranium essential oil (*Pelargonium graveolens*)

NOTES:

Perform a patch test before applying the oil to a larger area of the skin to check for any allergic reactions.

Avoid contact with eyes and mucous membranes.

Consult a healthcare professional before using if pregnant, nursing, or have any underlying medical conditions.

Best paired with internal tinctures of lemon balm and the following medicinal mushrooms: turkey tail, reishi, and cordyceps.

INSTRUCTIONS:

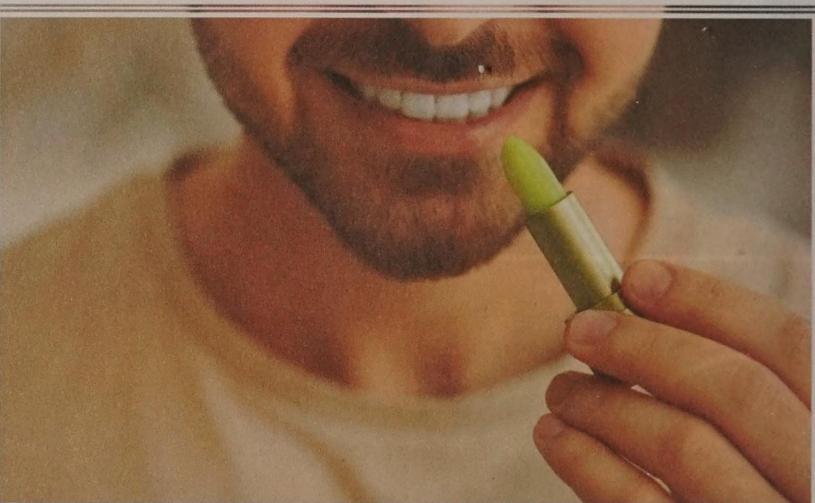
- 1 | **Prepare the Herbs:** Tear or crush the lemon balm, heal-all, sage, rosemary, and calendula. Lightly pack the herbs into a sterilized glass jar.
- 2 | **Infusion:** Fill the jar $\frac{1}{3}$ full with the dried herbs. Pour organic almond or olive oil over the herbs, filling the jar to within a $\frac{1}{2}$ inch (1.25 cm) of the top.
- 3 | **Storage:** Cap the jar tightly and label it with the contents and date. Store the jar in a cool, dark location for 6 to 8 weeks (no longer) to allow the herbs to infuse into the oil.
- 4 | **Straining:** After the infusion period, strain the oil using cheesecloth into a clean, sterilized glass jar. Label and date.
- 5 | **Add Essential Oil:** Add ~10 drops of geranium oil to the mixture. Mix well to remove any air bubbles.
- 6 | **Storage and Usage:** Store the strained oil in a cool, dark location. When stored properly, the oil will last for 1 to 2 years.

DOSAGE:

Apply a small amount of the oil topically to the affected area as needed.

Herbal Balm

for Herpes Sores



Creating herbal balm designed to soothe skin irritations can be beneficial, especially when it includes ingredients traditionally used for their calming properties. The primary herbs used are lemon balm, which is known for its antiviral properties, and St. John's wort, which is also a known anti-viral and helps in reducing inflammation. Additionally, lavender and tea tree essential oils are included for their soothing and antiseptic properties.

INGREDIENTS:

- $\frac{1}{4}$ cup dried lemon balm (*Melissa officinalis*)
- $\frac{1}{4}$ cup dried St. John's Wort (*Hypericum perforatum*)
- $\frac{1}{2}$ cup coconut oil
- $\frac{1}{4}$ cup beeswax pellets
- 10 drops lavender essential oil (*Lavandula angustifolia*)
- 10 drops tea tree essential oil (*Melaleuca alternifolia*)

NOTES:

Perform a patch test before first use to ensure no allergic reactions occur. Avoid use on broken skin or open wounds. If irritation or adverse reactions occur, discontinue use immediately and consult a healthcare professional.

Not recommended for use during pregnancy or breastfeeding without consulting a healthcare provider.

INSTRUCTIONS:

- 1 | **Prepare the Infusion:** Combine the dried lemon balm and St. John's wort in a heatproof jar. Add the coconut oil to the jar, ensuring the herbs are fully submerged. Place the jar in a double boiler or a saucepan with water and heat gently for 2-3 hours, keeping the water at a simmer. This allows the herbs to infuse into the oil.
- 2 | **Strain the Infused Oil:** After 2-3 hours, strain the oil through a fine mesh strainer or cheesecloth into a clean heatproof bowl, squeezing out as much oil as possible from the herbs.
- 3 | **Melt the Beeswax:** Add the beeswax pellets to the infused oil and place the bowl back into the double boiler. Heat gently until the beeswax is completely melted, stirring occasionally. For a firmer balm, increase the amount of beeswax slightly; for a softer balm, reduce the beeswax.
- 4 | **Add Essential Oils:** Once the beeswax is melted, remove the bowl from the heat. Add the lavender and tea tree essential oils to the mixture, stirring thoroughly to combine.
- 5 | **Pour and Settle the Balm:** Pour the mixture into small, clean containers, tins, or empty lipstick tubes for easy application. Allow the balm to cool and solidify completely before capping the containers. Store the balm in a cool, dark place to extend its shelf life.

DOSAGE:

Apply a small amount of balm directly to the affected area 2-3 times daily during an outbreak. For preventative use, apply once daily to areas prone to outbreaks.

Heavy Metal Detoxifier



This heavy metal detoxifier is designed to help remove accumulated heavy metals from the body using natural ingredients known for their detoxifying properties. This smoothie combines powerful ingredients like moringa, ginger, cilantro, parsley, and more to support your body's detox processes.

INGREDIENTS:

- $\frac{3}{4}$ cup papaya
- 1 tablespoon moringa powder
- $\frac{1}{2}$ inch piece of ginger root
- Small handful of cilantro
- A small handful of parsley
- 1 orange, segmented
- 1 teaspoon cinnamon
- 1 teaspoon vanilla powder
- 2 tablespoons chia seeds
- 1 cup prepared bone broth (or vegetable broth for a vegan option)
- 1 cup ice
- 2 tablespoons honey
- 4 tablespoons date sugar or 4 raw dates

NOTES:

Consult a healthcare professional before starting any detox regimen, especially if pregnant, nursing, or having chronic conditions. Ensure no allergies to ingredients and stop if reactions occur. Consult your provider if on medications.

INSTRUCTIONS:

- 1 | **Soak Chia Seeds:** Combine the chia seeds with the bone broth and let them soak while preparing the other ingredients. Use vegetable broth if you are vegan or cannot find bone broth.
- 2 | **Prepare Ingredients:** Gather all your ingredients. Measure and cut everything into small pieces. Use fresh, organic ingredients whenever possible.
- 3 | **Add Ice to Blender:** Add the ice to the blender.
- 4 | **Add Remaining Ingredients:** Add the soaked chia seeds and broth, papaya, moringa powder, ginger root, cilantro, parsley, orange segments, cinnamon, vanilla powder, honey, and date sugar (or dates) to the blender.
- 5 | **Blend:** Blend until smooth.
- 6 | **Serve:** Pour into a glass and Drink immediately for best results. If you need to store it, keep it in an airtight container in the refrigerator and consume it within 24 hours.

DOSAGE:

Drink this smoothie as often as desired. For best results, consume on an empty stomach and wait at least one hour before eating or taking medication.