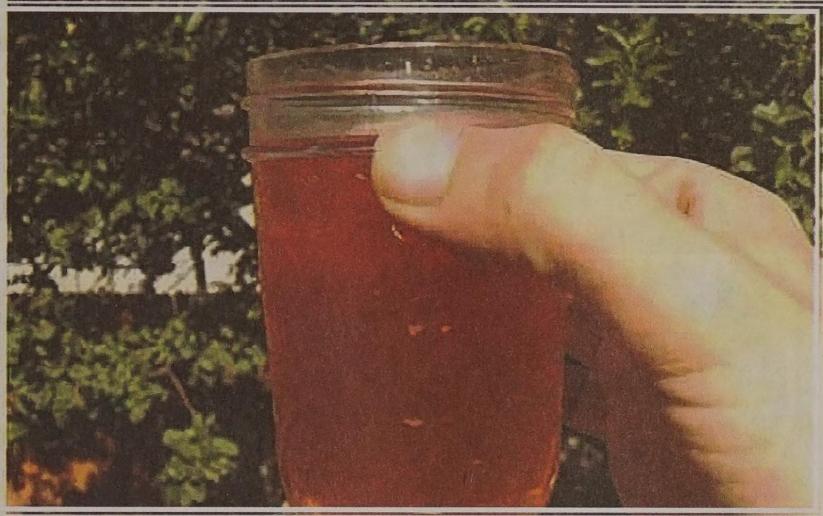
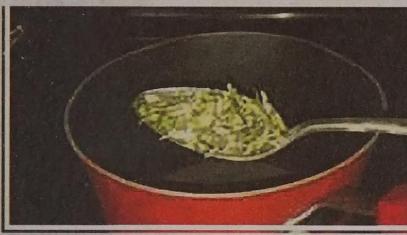


Nature's "Aspirin"



Making a homemade willow bark tincture can be a rewarding way to explore the traditional uses of willow bark, which contains natural salicylates (similar to aspirin) and has been used for centuries to relieve back pain, muscle pain and headaches. Given aspirin's recognized role in heart health, willow bark is also traditionally used in ways that may support similar benefits.

INGREDIENTS:

- Willow bark (*Salix alba*)
- You can gather willow bark from willow trees in your area or purchase dried willow bark from herbal stores or online.
- High-proof alcohol like vodka, brandy, or rum. Aim for at least 80-100 proof (40-50% alcohol content)

NOTES:

Individuals with conditions such as asthma, stomach ulcers, diabetes, gout, hemophilia, hypoprothrombinemia, or kidney or liver disease may be sensitive to aspirin and similarly to willow bark, due to its effects on blood clotting. It's important to be cautious with willow bark as it could increase bleeding during and after surgery. Therefore, it is advisable to stop using willow bark at least two weeks before any scheduled surgery.

INSTRUCTIONS:

- 1 | **Prepare the Willow Bark:** If you're using fresh willow bark, chop it into small pieces. There is an outer layer of bark, and an inner which has a greenish color to it, this is what holds the most medicine, while the darker wood beneath it all should be discarded. If using dried willow bark, you can use it as is.
- 2 | **Measure Ingredients:** For every 1 part of dried willow bark, use 5 parts of alcohol. For example, if you have 1 ounce of dried willow bark, use 5 ounces of alcohol.
- 3 | **Combine Ingredients:** Place the willow bark in the glass jar and pour the alcohol over it. Ensure that the willow bark is completely submerged in the alcohol. Seal the jar with a lid and label.
- 4 | **Shake and Store:** Give the jar a good shake to mix the ingredients thoroughly. Store it in a cool, dark place like a cupboard or pantry.
- 5 | **Steeping Time:** Allow the mixture to steep for at least 4-6 weeks, shaking the jar gently every few days. The longer it steeps, the stronger the tincture will be.
- 6 | **Strain and Bottle:** After the steeping period, strain the liquid through a fine mesh strainer or cheesecloth into a clean glass bottle. Squeeze out as much liquid from the willow bark as possible. It will last several years if stored properly.

DOSAGE:

Start with 1-2 ml (approximately 20-40 drops) of the tincture diluted in a small amount of water or juice, taken orally. You can take this dose up to three times a day.

Deep Sleep

Banana Tea



Bananas may seem like an unusual choice, but they can be a valuable herbal remedy for promoting deep and restful sleep. Banana is a rich source of potassium, magnesium, and tryptophan. Potassium and magnesium are minerals that are associated with better sleep. These minerals improve the length of your sleep as well as the quality. Moreover, it helps relax the muscles so that your sleep will be calmer. Tryptophan is an amino acid. This amino acid plays an important role in the production of serotonin and melatonin, two hormones that help induce sleep.

INGREDIENTS:

- 1 whole ripe banana or banana peel
- 2 cups of water
- A dash of cinnamon (optional)
- Honey (optional)

NOTES:

Bananas don't seem to have any known negative health effects, but they may cause allergic reactions in some individuals with a latex allergy.

Use washed organic bananas, when possible, as they are free from pesticides and chemicals.

Eating a moderate amount of bananas should not raise blood sugar levels significantly. However, diabetics should be careful with fully ripe bananas.

INSTRUCTIONS:

- | **Prepare the Banana:** Start by washing the banana thoroughly to remove any surface dirt. Cut off both ends of the banana and discard them, then can cut the whole banana in half or in 1-2-inch slices. If you are controlling your sugar levels and you find the above preparation too sweet, then you can forego using the fruit (use only the peel). If you use only the peels, carefully remove the peel, ensuring that you're left with the inner, white part.
- | **Boil the Banana:** Place the banana/banana peel in a pot of water. Bring the water to a boil and then reduce the heat to a simmer. Let it simmer for about 10-15 minutes.
- | **Add Optional Ingredients:** If desired, add a dash of cinnamon to the mixture for extra flavor. You can sweeten the tea with honey if you prefer a sweeter taste.
- | **Strain and Serve:** Remove the banana/banana peel from the pot. Strain the liquid into a cup or a teapot. Your deep sleep banana tea is ready to drink.

DOSAGE:

Drink this tea approximately 30 minutes before bedtime for the best results.

Soothing Herbal Soak



Nothing soothes the soul like a good warm bath - especially when the bath contains herbs, nourishing essential oils, and salts. Any herb that you can use in herbal tea to drink can be used for a tub tea.

This blend offers a harmonious fusion of lavender's calming influence, chamomile's stress-relieving properties, and calendula's soothing benefits for your skin, making it an ideal choice for unwinding and self-care. If you want to elevate the experience, you can add dry or fresh rose petals, which will help to tone the skin. Epsom salts help relax muscles and relieve pain in the shoulders, neck, and back. Adding powdered milk softens and soothes the skin while loosening any dead skin cells and baking soda is traditionally used to soothe certain itchy skin conditions.

INGREDIENTS:

- $\frac{1}{8}$ cup lavender (*Lavandula spp.*) flowers
- $\frac{1}{8}$ cup chamomile (*Matricaria chamomilla*) flowers
- $\frac{1}{8}$ cup calendula (*Calendula officinalis*) flowers
- 2 cups Epsom salt
- 1 cup baking soda
- $\frac{1}{2}$ cup powdered milk
- 15-20 drops of your choice of essential oils (e.g., jasmine, sandalwood)
- Reusable muslin tea bags or cheesecloth

NOTES:

Perform a patch test before using the tub tea if you suspect allergies to any ingredients. Discontinue use if skin irritation or allergies occur.

Avoid contact with eyes when using the tub tea. If contact occurs, flush the eyes with clean water. If irritation persists, seek medical attention.

INSTRUCTIONS:

- | **Prepare the Herbal Blend:** Grind the lavender, chamomile and calendula buds into a fine mixture using a coffee grinder or mortar and pestle.
- | **Combine the Dry Ingredients:** In a mixing bowl, combine the ground herbal blend, Epsom salt, baking soda, and powdered milk. Mix well.
- | **Add Essential Oils:** Add 15-20 drops of your chosen essential oils to the mixture. Mix thoroughly to distribute the fragrance evenly.
- | **Store Your Tub Tea:** Transfer the mixture to an airtight container or small sachets for storage. Store in a cool, dry place away from direct sunlight. They make a great gift as sachets.
- | **Usage:** Tie the mixture in a tea bag, muslin bag, or cheesecloth to prevent debris in the bath if not already in a sachet. Place it in the tub or drape it over the faucet. Let the water run through it while the tub fills. Allow the herbs to infuse in the bathwater for around 15 to 20 minutes. Be cautious when using the tub tea, as the essential oils and powdered ingredients may make the bathtub surface slippery. To prevent accidents, clean the tub thoroughly after use.

DOSAGE:

Use $\frac{1}{2}$ to 1 cup of the herbal tub tea per bath. Adjust the amount to your preference.

St. John's Wort and Linden Calming Infusion



By blending these herbs into a vinegar-based tincture, we create a concentrated, accessible remedy to combat anxiety naturally. St. John's wort is traditionally used to support mood stability and alleviate feelings of restlessness. Its active compounds may influence neurotransmitters related to mood regulation, potentially offering support for feelings of anxiety and nervousness. Linden, or lime blossom, is known for its calming effects. Rich in flavonoids, it is believed to help reduce tension and promote relaxation, making it a valuable ally during times of stress.

INGREDIENTS:

- ½ cup of dried St. John's wort flowers (*Hypericum perforatum*)
- ½ cup of dried linden flowers (*Tilia platyphyllos* or *Tilia cordata*)
- 2 cups of apple cider vinegar

NOTES:

Do not drive or operate heavy machinery after consuming the tincture, as it may cause drowsiness. St. John's wort may interact with certain medications, such as indinavir (used to treat HIV), cyclosporine (used to prevent organ transplant rejection), birth control pills, SSRIs, and more, so it's essential to consult with a healthcare provider beforehand.

If you experience any adverse effects, discontinue use, and seek medical advice.

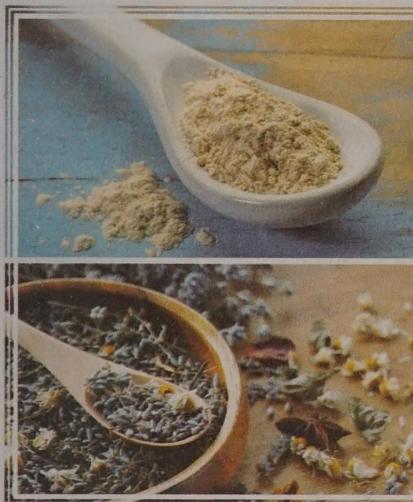
INSTRUCTIONS:

- | **Prepare the Herbs:** Start by finely chopping the dried St. John's wort and linden flowers.
- | **Combine the Ingredients:** Place the chopped herbs in a glass jar.
- | **Add Vinegar:** Pour the apple cider vinegar over the herbs until they are fully submerged. Ensure that there's about an inch of extra vinegar above the herbs.
- | **Seal the Jar:** Close the jar tightly with the lid.
- | **Infusion Period:** Let the mixture sit in a cool, dark place for about 4-6 weeks. Shake the jar gently every day.
- | **Strain:** After the infusion period, strain the liquid through a fine mesh strainer or cheesecloth into a clean, dark glass bottle. This is your St. John's Wort and Linden vinegar tincture.
- | **Store:** Store the tincture in a cool, dark place to maintain its potency. Keep a record of how the tincture affects your anxiety symptoms to adjust the dosage if needed.

DOSAGE:

Take 1-2 teaspoons of the tincture directly in the mouth or in a small glass of water up to three times a day.

Nature's Sedative



This herbal liquid sedative is a blend of traditionally used herbs known for their calming properties.

Ashwagandha root, lavender, chamomile, and lemon balm have been used in various cultures for their soothing effects. This recipe provides a simple way to combine these herbs into a potent liquid form that may support relaxation and help ease occasional restlessness.

INGREDIENTS:

- 2 tablespoons of dried Ashwagandha root (*Withania somnifera*)
- 1 tablespoon of dried lavender (*Lavandula angustifolia*)
- 1 tablespoon of chamomile (*Matricaria chamomilla*)
- 1 tablespoon of lemon balm (*Melissa officinalis*)
- 2 cups of water

INSTRUCTIONS:

- 1 | **Combine Herbs:** In a medium-sized pan, add the herbs.
- 2 | **Simmer:** Pour 2 cups of water over the herbs. Place the pan on the stove and bring to a gentle simmer. Let the mixture simmer for 20 minutes, ensuring it doesn't boil.
- 3 | **Rest:** Remove the pan from heat and let the mixture rest for 1 hour. Stir occasionally to ensure the herbs are well-infused.
- 4 | **Strain:** After the mixture has rested, strain the liquid using a mesh strainer or cheesecloth into a clean container.
- 5 | **Store:** Transfer the strained liquid into a bottle. Store the Liquid Sedative in the refrigerator. It can be kept for up to 4 weeks.

DOSAGE:

Start with a small dose of 1 teaspoon to assess your body's response. If needed, you may gradually increase the dosage to up to 1 tablespoon.

NOTES:

Consult with a healthcare provider before using this tea if you are pregnant, nursing, taking medications (especially for thyroid issues, blood pressure, or anxiety), or have chronic health conditions. Be aware of potential allergies, particularly to chamomile and lavender. This tea may cause drowsiness, so avoid driving or operating heavy machinery after consumption.

Stress-Free Elixir



Lavender and lemon balm are two well-regarded herbs for their calming and soothing properties.

Lavender, known for its calming and soothing properties, is a versatile herb that goes beyond its pleasant fragrance. The gentle sedative effect of lavender makes it an excellent choice for promoting relaxation. Documented benefits include calming the nervous system, alleviating insomnia, and reducing anxiety. Lemon balm is celebrated for its ability to soothe the mind, reduce stress, and lift the spirits. It has been used for generations to combat anxiety, restlessness, and sleep disorders. When combined with lavender, its lemony aroma complements the floral notes of lavender, creating a harmonious and comforting blend. Lemon balm may also be used as a tincture.

INGREDIENTS:

- 1 teaspoon dried lavender (*Lavandula angustifolia*) flowers
- 1 teaspoon dried lemon balm (*Melissa officinalis*) leaves
- 1 cup of hot water
- Honey (optional, for sweetening)

INSTRUCTIONS:

- 1 | **Boil the Water:** Boil a cup of water and allow it to cool slightly, to around 180°F (82°C).
- 2 | **Measure the Herbs:** Place one teaspoon of both dried lavender flowers and lemon balm leaves in a teapot or infuser.
- 3 | **Add Hot Water:** Pour the hot water over the herbs in the teapot.
- 4 | **Steep:** Cover the teapot and steep for about 5-7 minutes to release the flavors and therapeutic properties. Steeping longer may make the tea too bitter, but feel free to experiment with the steeping time to find your preferred balance of flavors.
- 5 | **Strain:** Strain the tea into a cup.
- 6 | **Optional Additions:** If desired, add honey for sweetening. Stir until it dissolves. To enhance the flavor, add a slice of lemon or a few fresh lavender flowers. Adjust honey and additional ingredients to suit your taste.

DOSAGE:

Consume this herbal calming tea as needed for relaxation. One cup in the evening may help promote better sleep.

NOTES:

If you have allergies to plants in the Lamiaceae family, be cautious.

If you are taking any medications, especially sedatives, consult with a healthcare provider before regularly consuming lavender and lemon balm, as they can potentially interact with certain medications.

Stress Relief

Herbal Candle



Indulging in the gentle flicker of a herbal candle can be a profound ritual for relaxation and unwinding. Lavender is an herb known for its calming properties. When used in aromatherapy, it may help reduce stress and support a peaceful state of mind. Its soothing scent is often used to calm racing thoughts and promote restful sleep. Sage has been appreciated for centuries for its ability to clear the mind, enhance focus, and release mental tension. The aroma of sage carries a sense of tranquility, making it an excellent companion for moments of relaxation and contemplation.

INGREDIENTS AND MATERIALS:

- 1 cup of soy wax flakes
- Lavender essential oil
- Sage essential oil
- Dried lavender (*Lavandula spp.*) flowers
- Dried sage (*Salvia officinalis*) leaves
- Wick
- Glass container

NOTES:

Experiment with the lavender and sage essential oil ratios to achieve your preferred scent intensity.

Never leave a burning candle unattended. Place the candle on a heat-resistant surface.

Keep out of reach of children and pets.

Use the candle in a well-ventilated room and enjoy the herbal aroma.

INSTRUCTIONS:

- | **Prepare Your Work Area:** Set up a clean and safe workspace for making the candle. Ensure all materials are within reach.
- | **Prepare the Container:** Place the wick in the center of the glass container and secure it using a bit of melted wax.
- | **Melt the Wax:** Melt the soy wax flakes using a double boiler or microwave. The ideal temperature for melting soy wax is around 170°F (77°C). This process usually takes about 10-15 minutes. Be careful while handling hot wax.
- | **Add Essential Oils:** For a standard-sized candle, add 10-15 drops of Lavender essential oil and 5-10 drops of Sage essential oil to the melted wax. Stir the oils into the wax thoroughly to ensure an even distribution.
- | **Add Dried Herbs:** Sprinkle some dried Lavender flowers and Sage leaves into the wax for a delightful visual and aromatic effect.
- | **Pour Wax into Container:** Carefully pour the scented wax into the prepared glass container, ensuring the wick remains centered.
- | **Let It Cool:** Allow the candle to cool and solidify. This may take a few hours.
- | **Trim the Wick:** Trim the wick to about $\frac{1}{4}$ inch above the wax surface.

DOSAGE:

Light the candle and let it burn for a few hours. You can use the candle during meditation or before bedtime to enhance relaxation.

At-Home Sedative to Alleviate Panic Attacks



This anxiety-relieving massage oil combines a blend of essential oils known for their calming properties. Utilizing oil massage can effectively reduce anxiety and alleviate stress and tension, particularly when combined with the stimulation of specific acupressure points.

These points include the LI4 point, located between your thumb and pointer finger, and the P6 point, just above your inner wrist. Additional acupressure points that may help alleviate stress are situated between your eyebrows, at your temples, ears, the tops of your feet, and in the area between your neck and shoulder.

INGREDIENTS:

- 10 drops lavender (*Lavandula angustifolia*) essential oil
- 8 drops clary sage (*Salvia sclarea*) essential oil
- 6 drops ylang ylang (*Cananga odorata*) essential oil
- 1 oz (30ml) carrier oil (e.g., sweet almond oil, jojoba oil)

NOTES:

Essential oils are potent; ensure you're not allergic to any of them. Do not use undiluted essential oils directly on your skin.

If you're new to acupressure, it's a good idea to seek guidance from a qualified acupressure practitioner or a healthcare professional. They can help you identify the right points and techniques for your specific needs.

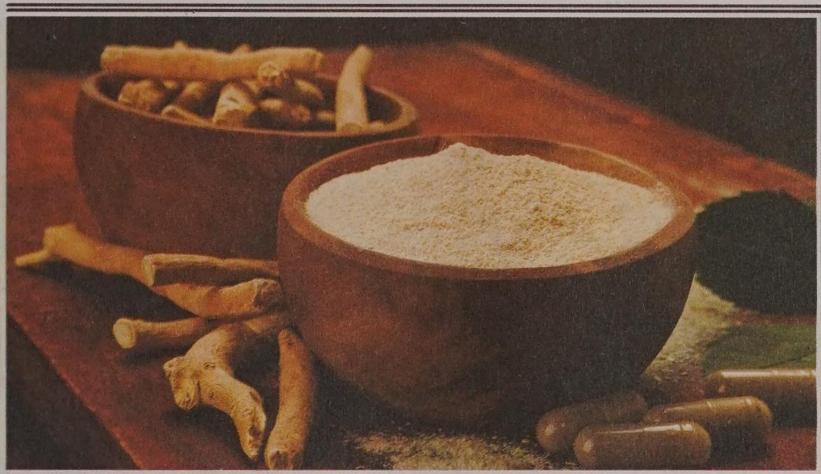
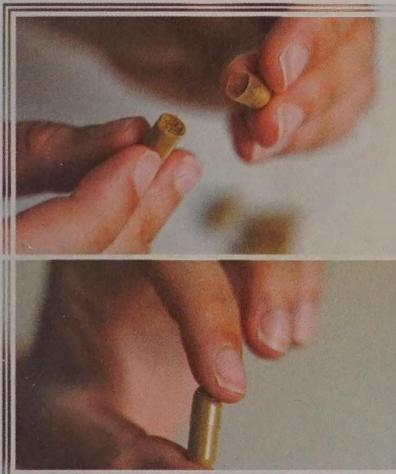
INSTRUCTIONS:

- 1 | **Preparation:** Ensure a clean and sterile workspace. Use a dark glass bottle to store your massage oil, protecting the oils from UV light and preserving their potency. For easy application, you can also use a roll-on bottle. The rollerball design of the roll-on bottle can be used to apply controlled pressure to acupressure points.
- 2 | **Blend the Essential Oils:** In the dark glass bottle or roll-on, add the lavender, clary sage, and ylang ylang essential oils. coriander, sweet basil, and bergamot are also excellent anxiety-relieving essential oils.
- 3 | **Add Carrier Oil:** Pour the carrier oil (e.g., organic sweet almond or jojoba oil) into the bottle with the essential oils.
- 4 | **Mix Thoroughly:** Seal the bottle and gently roll it between your palms to mix the oils.
- 5 | **Allow the Blend to Mature:** Store the bottle in a cool, dark place for 24-48 hours. This allows the oils to blend and intensify their aroma.
- 6 | **Test and Adjust:** Before using the massage oil, do a patch test on a small area of skin to ensure you don't have any allergic reactions. If the scent is too strong, add more carrier oil to dilute it.

DOSAGE:

Apply a small amount of massage oil to your skin and gently massage it in. If you use the roll-on bottle, gently roll the ball over the pressure points in a circular or up-and-down motion. Use as needed for relaxation and anxiety relief.

Restorative Tablets to Ease Mental Pressure



Ashwagandha, often referred to as Indian ginseng, boasts a history steeped in Ayurvedic medicine and is aptly named “*somnifera*” due to its capacity to promote restful sleep and alleviate stress-related insomnia. This adaptogen is valued for its potential to provide relief from stress and anxiety, making it a useful tool for individuals seeking to regain balance in challenging situations. Additionally, ashwagandha is renowned for its immune-enhancing effects. Rhodiola, also known as golden root, is celebrated for its ability to enhance stress resilience and increase energy levels. Its stimulating properties are traditionally used to help alleviate fatigue and improve mood, making it beneficial for those seeking to combat tiredness and stress-related discomfort. Furthermore, it has shown promise in improving physical performance and cognitive function, making it a versatile addition to the stress management toolkit. When combined, ashwagandha and rhodiola offer a comprehensive approach to stress reduction, striking a balance between relaxation and increased energy, ultimately promoting overall well-being.

INGREDIENTS AND MATERIALS:

- Ashwagandha root powder (*Withania somnifera*)
- Rhodiola root powder (*Rhodiola rosea*)
- Vegetarian capsules (size 00)
- Capsule filling machine (optional, but recommended)

NOTES:

As with any supplement, it's essential to consult a healthcare professional before starting a new regimen, especially if you have any medical conditions.

Note that rhodiola may be too stimulating for individuals with autoimmune disorders.

Rhodiola should be avoided by people with bipolar disorder.

INSTRUCTIONS:

- 1 | **Prepare the Herbs:** Measure the desired amount of ashwagandha and rhodiola root powders. A common ratio is 2:1, so you can use 2-part ashwagandha to 1-part rhodiola or adjust according to your preference.
- 2 | **Fill the Capsules:** If you have a capsule-filling machine, follow the manufacturer's instructions to fill the capsules with the herbal powders. This will ensure precise and consistent dosages. If you don't have a filling machine, you can fill the capsules manually. To do this, open a capsule and hold one half in each hand. Use a small spoon to scoop the herbal powders into one half of the capsule. Gently press the other half over it, so the capsules close securely.
- 3 | **Store:** Store the capsules in a cool, dry place, away from direct sunlight.

DOSAGE:

The specific dosage will depend on the size of the capsules and the ratio of ashwagandha to rhodiola used. A common dosage is 500-1000 mg per day. Since rhodiola is a stimulating herb, it's best when taken in the morning or early afternoon.

“Sweet Dreams”

Herbal Pillow



This herbal pillow is designed to promote sweet dreams and a restful night's sleep. Mugwort has been used for centuries to enhance dream clarity and encourage peaceful sleep while lavender offers a soothing and relaxing aroma. Essential oils will further enhance the calming effect.

INGREDIENTS AND MATERIALS:

- 1 cup dried mugwort leaves (*Artemisia vulgaris*)
- 1 cup dried lavender flowers (*Lavandula angustifolia*)
- Essential oils of your choice
- Fabric for the pillowcase
- Sewing machine or a needle and thread
- Scissors and pins
- Measuring tape or ruler
- Closure method (buttons, zipper, or Velcro)

NOTES:

To enhance the effectiveness of your herbal pillow, try using it in conjunction with other relaxation techniques such as deep breathing or meditation.

Refresh the pillow by adding a few drops of essential oil to it every few weeks.

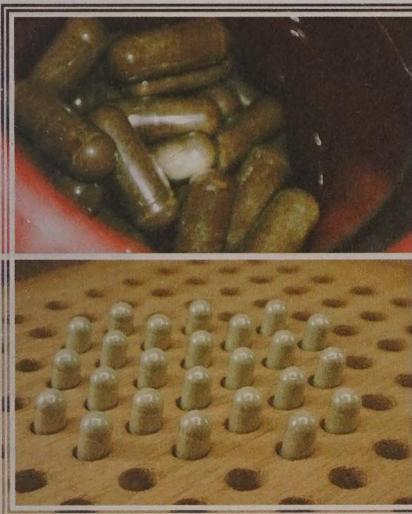
INSTRUCTIONS:

- 1 | **Prepare the Herbs:** Begin by drying the mugwort leaves and lavender flowers if they are not already dried. You can do this by spreading them on a clean, dry surface for a few days.
- 2 | **Mix the Herbs:** In a mixing bowl, combine the dried mugwort leaves and dried lavender flowers. Gently mix them together.
- 3 | **Add Essential Oils:** In a separate small bowl, select your preferred essential oils. You can choose from options like ylang ylang, chamomile, cedarwood, vetiver, and clary sage. Add a total of 10-15 drops of your chosen essential oils to the dried herb mixture. Mix well to ensure even distribution.
- 4 | **Make the Pillowcase:** Measure and cut two identical pieces of fabric. Generally, a 6" x 6" square works well for a small herbal pillow.
- 5 | **Sew the Pillowcase:** Place the two pieces of fabric right sides together. Pin around three sides, leaving one side open. Using your sewing machine or a needle and thread, sew along the three pinned sides, using a $\frac{1}{2}$ -inch seam allowance. Turn the pillowcase right-side out through the open side and gently push out the corners to make them sharp.
- 6 | **Close the Pillowcase:** Decide on your closure method (buttons, zipper, or Velcro). Sew or attach the chosen closure method to the open side of the pillowcase.
- 7 | **Fill the Pillowcase:** Using a funnel or a spoon, carefully fill a cloth pouch or pillowcase with the herb and essential oil mixture. Pack it firmly but not too tightly to allow for some movement of the herbs.

DOSAGE:

Place the herbal pillow under your regular pillow or near your head as you sleep. Enjoy the soothing aroma as you drift off to sleep.

Herbal Sleeping Pills



For those nights when sleep seems just out of reach and restlessness takes over, gentle, natural remedies can provide comfort. Inspired by traditional herbal practices, the following recipe combines well-regarded herbs known for their calming properties. This blend of hop flowers (*Humulus lupulus*), valerian root (*Valeriana officinalis*), lemon balm (*Melissa officinalis*), and passionflower (*Passiflora incarnata*) has been used historically to support relaxation and help ease the mind into a more peaceful state.

INGREDIENTS AND MATERIALS:

- 1 oz (25 g) of dried hop flowers
- 2 oz (50 g) of dried valerian root
- 1 oz (25 g) of dried lemon balm leaves
- 1 oz (25 g) of dried passionflower
- Empty capsules (size suitable for herbal use)
- Mortar and pestle or coffee grinder

NOTES:

It is advisable not to operate vehicles or heavy machinery after taking these herbal capsules due to the relaxing effects of the herbs used, especially valerian root.

Remember, it's important to consult with a healthcare provider before starting any new herbal regimen, especially if you are pregnant, nursing, or on medication.

INSTRUCTIONS:

- 1 | **Prepare of Ingredients:** Measure out the herbs as specified: 1 oz each of dried hop flowers, lemon balm, and passionflower, and 2 oz of dried valerian root.
- 2 | **Grind:** Using a clean mortar and pestle or a coffee grinder, grind each of the herbs separately into a fine powder. This allows for a more uniform texture and helps in evenly mixing the herbs.
- 3 | **Mix:** Combine the ground hop flowers, valerian root, lemon balm, and passionflower in a bowl. Mix thoroughly to ensure an even distribution of each herb.
- 4 | **Filling Capsules:** Carefully fill the empty capsules with the mixed herbal powder. Depending on the size of the capsules, the amount of powder needed per capsule will vary.
- 5 | **Storage:** Place the filled capsules in a sterilized jar. Store the jar in a cool, dark place to help preserve the potency and effectiveness of the herbs. Properly stored, these capsules can remain effective for up to one to two years.

DOSAGE:

Take 1-2 capsules approximately 30 minutes to an hour before bedtime.

Bath Salt Mix for Relaxation



Enjoy the therapeutic benefits of these bath salts—a blend crafted for relaxation and skin nourishment.

Chamomile, known for its calming properties, combines with the exotic fragrance of neroli essential oil to offer a soothing bath experience. Neroli essential oil, extracted from bitter orange blossoms, contributes a fragrant element recognized for its calming effects. Enhanced by the mineral-rich composition of Epsom and Himalayan salts, this bath salt mix aims to provide practical benefits for both your muscles and overall well-being.

INGREDIENTS:

- $\frac{1}{2}$ cup of Epsom salt
- $\frac{1}{2}$ cup of Himalayan salt
- $\frac{1}{4}$ cup of dried chamomile flowers (*Matricaria chamomilla* or *Chamaemelum nobile*)
- 10-15 drops of neroli essential oil (*Citrus aurantium*)

INSTRUCTIONS:

- 1 | **Combine the Salts and Chamomile:** In a mixing bowl, combine the Epsom salt, Himalayan salt, and dried chamomile flowers. Epsom salt, rich in magnesium, helps relax muscles, while Himalayan salt adds minerals to your bath. The soothing chamomile flowers will infuse the bathwater with their calming essence.
- 2 | **Add the Neroli Fragrance:** Carefully add the neroli essential oil to the mixture. Neroli oil, derived from bitter orange blossoms, has a sweet and comforting aroma. Stir the blend thoroughly to evenly distribute this delightful fragrance throughout the salts.
- 3 | **Store for Later Use:** Transfer the blend to an airtight container. It's essential to ensure the container is tightly sealed to preserve the aroma and properties of the salts and herbs. Store the container in a cool, dry place, away from direct sunlight.

NOTES:

Individuals with sensitive skin should exercise caution. If irritation occurs, discontinue use. Be aware of potential allergies to essential oils, especially Neroli. If you have a history of allergic reactions to citrus oils, a patch test is advisable.

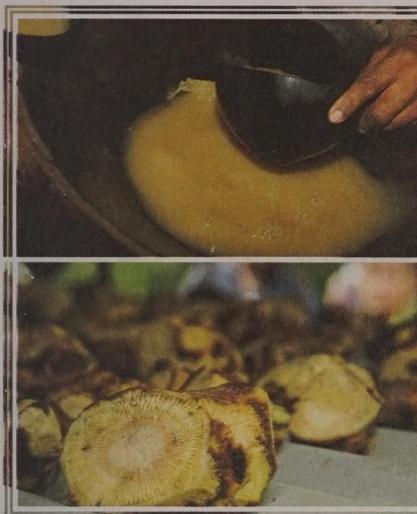
Consult a healthcare professional if you are pregnant or have any medical conditions before using this product.

Create a spa-like atmosphere by dimming the lights and playing calming music during your bath.

DOSAGE:

Add $\frac{1}{4}$ to $\frac{1}{2}$ cup of these bath salts to your warm bathwater. Soak for at least 20 minutes to experience their full benefits.

Kava Extract to Unwind and Get Relief



Kava is a traditional Polynesian beverage with numerous health benefits. The active compounds found in kava, known as kavalactones, play a pivotal role in delivering the array of beneficial effects associated with this traditional beverage. These kavalactones are the essence of what makes kava a cherished and valued drink in many cultures. Kava is said to elevate mood, well-being, and contentment, and produce a feeling of relaxation. It is often used to support the management of anxiety, insomnia, and related nervous discomfort.

INGREDIENTS AND MATERIALS:

- Kava root powder (*Piper methysticum*)
- Warm water
- A fine mesh strainer or cloth bag

NOTES:

Pregnant or nursing women should avoid kava.

Do not mix kava with alcohol or other sedatives.

If you have liver issues, consult a healthcare professional before using kava.

When purchasing kava, it is important to check the number of kavalactones in the product. It may be listed either in milligrams or as a percentage.

It is considered safe to consume less than 250 mg daily for several months, but long-term use is not recommended.

INSTRUCTIONS:

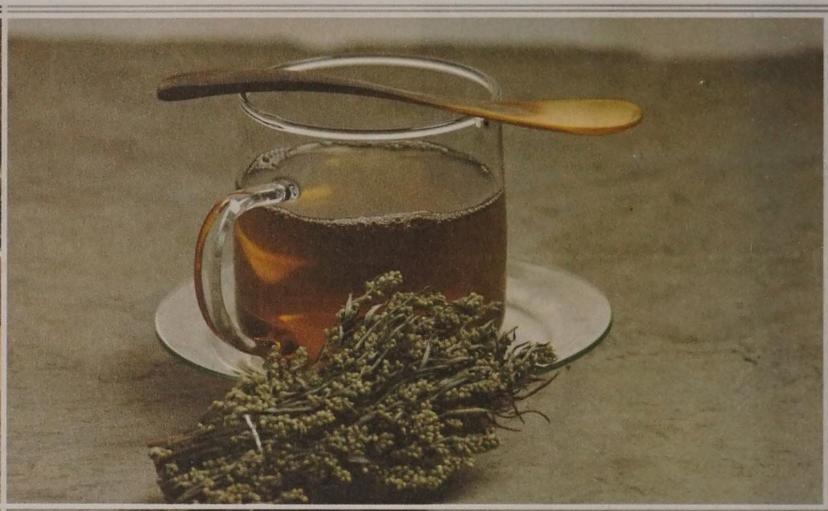
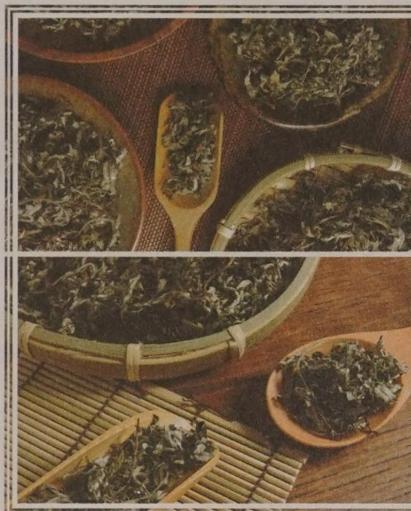
- 1 | **Measure Ingredients:** For a single serving, measure out 2-4 tablespoons of kava root powder. Adjust the quantity to suit your taste.
- 2 | **Prepare the Kava:** Add the kava root powder to a strainer cloth and place it into a bowl.
- 3 | **Add Hot Water:** Pour warm water, approximately 1 cup for each tablespoon of kava, into the cloth. Using warm water in this traditional preparation improves the emulsification of kavalactones from the root particles into the liquid. Let the kava steep in the bag in the bowl for 5-10 minutes.
- 4 | **Knead the Kava:** Twist the top of your kava strainer closed and press out all of the air. Alternate between kneading the kava and squeezing the bag to strain the liquid into the bowl. The water in the bowl will turn a nice milky brown color and begin to look like chocolate milk.
- 5 | **Strain the Mixture:** After 5-10 minutes of kneading, wring the bag tight, straining all the liquid into your cup.
- 6 | **Enjoy:** Wait until it cools down and enjoy. You may notice a mild numbing sensation on your tongue.

DOSAGE:

Drink one $\frac{1}{2}$ cup of kava on an empty stomach. Take at least 15-minute-long breaks between servings as it may take a while for the kavalactones to start acting and for you to feel the effects.

The Legal Narcotic

You Can Make at Home



Mugwort is sometimes colloquially referred to as a “legal narcotic” due to its psychoactive properties. Mugwort contains compounds such as thujone, cineole, and camphor, which contribute to its medicinal properties. It is known for its calming and relaxing effects, making it a popular choice for herbal preparations aimed at promoting sleep and relaxation. Additionally, mugwort is believed to enhance dream vividness and recall, leading to its use in traditional practices like lucid dreaming and divination.

INGREDIENTS:

- 1 tablespoon dried mugwort leaves (*Artemisia vulgaris*)
- 1 cup water
- Honey or another sweetener (optional, to taste)

NOTES:

Mugwort should be avoided by pregnant women as it may stimulate the uterus and potentially lead to miscarriage.

Individuals with allergies to plants in the Asteraceae family (such as ragweed, marigolds, and daisies) may also be allergic to mugwort and should avoid its use.

Excessive consumption of mugwort may cause adverse effects due to its thujone content. It's essential to adhere to recommended dosages.

INSTRUCTIONS:

- | **Preparation:** Boil 1 cup of water in a small saucepan.
- | **Add Mugwort:** Once the water reaches a boil, reduce the heat to low and add 1 tablespoon of dried mugwort leaves to the water.
- | **Simmer:** Allow the mugwort to simmer in the water for about 5-10 minutes. This will help extract the beneficial compounds from the herb. For a stronger infusion, steep the mugwort leaves for a longer duration or increase the amount of mugwort used.
- | **Strain:** After simmering, remove the saucepan from the heat and strain the mugwort infusion using a fine mesh strainer or cheesecloth to remove the leaves.
- | **Sweeten (Optional):** If desired, add honey or another sweetener to taste while the infusion is still warm.
- | **Serve:** Pour the mugwort infusion into a mug and enjoy it warm.

Mugwort may also be prepared as a tincture by soaking the dried herb in alcohol (such as vodka or grain alcohol) for 4-6 weeks to extract its medicinal properties. In Traditional Chinese medicine (TCM), mugwort is often used in moxibustion therapy, where dried mugwort leaves are burned near acupuncture points to stimulate circulation and promote healing. Moxibustion is believed to have various therapeutic effects, including pain relief and immune system support.

DOSAGE:

1 cup per day, preferably in the evening before bedtime. It's advisable to start with a small amount and gradually increase the dosage as needed. Avoid excessive consumption.

Happiness Hormone Booster



Catnip (*Nepeta cataria*), also known as catmint, is a herbaceous plant belonging to the mint family. While commonly associated with its effects on cats, catnip also possesses medicinal properties for humans. It contains compounds that can induce relaxation, reduce anxiety, and promote feelings of well-being. When combined with other herbs, catnip can act as a natural booster for oxytocin, often referred to as the “love hormone.” Oxytocin is associated with bonding, trust, and social interactions.

INGREDIENTS:

- 2 teaspoons dried catnip (*Nepeta cataria*)
- 1 teaspoon dried passionflower (*Passiflora incarnata*)
- 1 teaspoon dried chamomile (*Matricaria chamomilla*)
- 2 cups water

NOTES:

While catnip and passionflower are generally safe for consumption, they may cause drowsiness. Exercise caution, especially if operating heavy machinery or driving after consuming this tea. Pregnant or breastfeeding women should consult with a healthcare professional before using this herbal remedy. If you have any known allergies to plants in the mint family, avoid using catnip.

INSTRUCTIONS:

- 1 | **Preparation:** Gather all the dried herbs: catnip, passionflower, and chamomile. Ensure they are of good quality for optimal results.
- 2 | **Boil the Water:** Bring 2 cups of water to a gentle boil in a saucepan.
- 3 | **Add the Herbs:** Once the water reaches a boil, add 2 teaspoons of dried catnip, 1 teaspoon of dried passionflower, and 1 teaspoon of dried chamomile to the saucepan.
- 4 | **Steep:** Reduce the heat to low and let the herbs simmer for about 10 minutes, allowing their medicinal compounds to infuse into the water.
- 5 | **Strain:** After simmering, remove the saucepan from the heat and strain the herbal mixture to separate the liquid from the solids. You can use a fine mesh strainer or cheesecloth for this step.
- 6 | **Cool:** Allow the herbal infusion to cool to a comfortable drinking temperature. Enjoy the tea in a calm and relaxing environment to enhance its soothing effects. For added flavor, you can sweeten the tea with honey or a natural sweetener of your choice.
- 7 | **Store:** Any leftover herbal infusion in a sealed container in the refrigerator for up to 2 days for freshness.

DOSAGE:

Consume 1 cup of this herbal tea per day, preferably in the evening.

Worry-Relieving Tincture



This herbal tincture blends skullcap, holy basil, and blue vervain. These herbs are traditionally used for their calming effects. Skullcap is often employed to support the nervous system and may assist in easing feelings of anxiety, contributing to relaxation. Holy basil is recognized as an adaptogen that is traditionally used to help the body adapt to stress and to promote a sense of calm and balance. Blue vervain is commonly used to help alleviate stress and to support restful sleep through its mild calming effects. This blend is intended to offer support for managing anxiety and fostering improved sleep quality, utilizing historical herbal practices.

INGREDIENTS AND MATERIALS:

- 1 part dried skullcap (*Scutellaria lateriflora*)
- 1 part dried holy basil (*Ocimum sanctum*)
- 1 part dried blue vervain (*Verbena hastata*)
- 80-proof alcohol
- Glass jar with a tight-fitting lid
- Cheesecloth or fine mesh strainer

NOTES:

Skullcap can cause drowsiness, so avoid driving or operating heavy machinery after taking this tincture. Holy Basil may lower blood sugar levels; consult with a healthcare professional before use if you have diabetes or are on medication for blood sugar control. Pregnant and breastfeeding women should avoid this tincture unless approved by a healthcare provider.

INSTRUCTIONS:

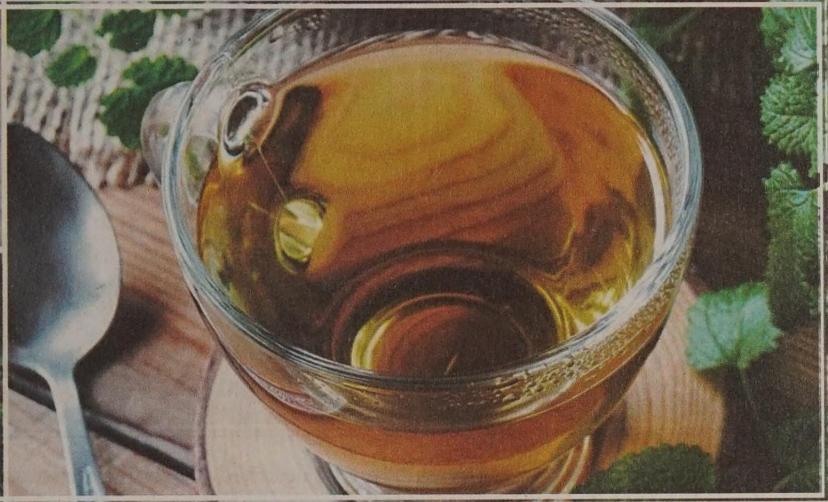
- 1 | **Prepare the Herbs:** Measure equal parts of dried skullcap, dried holy basil, and dried blue vervain. Crush the herbs slightly to increase their surface area for extraction. Combine these herbs in the glass jar, filling it about halfway.
- 2 | **Combine the Herbs and Alcohol:** Place the crushed Pour vodka, brandy, or vegetable glycerin over the herbs in the jar until the herbs are completely submerged and there is some extra liquid on top (typically about 1-2 inches above the herbs).
- 3 | **Seal and Infuse:** Seal the jar with a tight-fitting lid. Store the jar in a cool, dark place for at least 4 to 6 weeks. Shake the jar gently every day to agitate the contents.
- 4 | **Strain:** After the infusion period, strain the tincture through a cheesecloth or fine mesh strainer into a clean glass container. Squeeze out as much liquid as possible from the herbs. If you find the taste too strong, you can dilute the tincture in water or juice when taking it.
- 5 | **Label and Store:** Label the bottle with the herb's name, date, and other relevant information. Store your tinctures in a cool, dark place.

DOSAGE:

For anxiety relief, take 1-2 droppers (about 30-60 drops) of the tincture diluted in a small amount of water or juice, 2-3 times a day as needed. For sleep support, take 1-2 droppers of the tincture diluted in a small amount of water or juice, about 30 minutes before bedtime.

Lemon Balm and Skullcap

Relaxing Tisane



Lemon balm and American/blue skullcap are two wonderful herbs known for their calming and relaxing properties.

Lemon balm exerts its calming effects through GABA modulation, antioxidants, and improved sleep, making it effective for anxiety and stress. American skullcap, on the other hand, acts as a nervine tonic, regulates GABA receptors, relaxes muscle tension, and has mild sedative qualities, collectively reducing anxiety and promoting relaxation. Together, they create a delightful tisane, providing a natural and soothing way to unwind and relieve stress.

INGREDIENTS:

- 2 teaspoons of dried lemon balm leaves (*Melissa officinalis*)
- 1 teaspoon of dried American/blue skullcap leaves (*Scutellaria lateriflora*)
- 1 cup of hot water
- Honey (optional, for sweetness)

NOTES:

If you are taking medications for anxiety, depression, or sleep disorders, consult a healthcare professional before using this tisane to avoid any adverse interactions.

Due to the relaxing properties of lemon balm and American skullcap, exercise caution if you are sensitive to sedatives or other substances that induce drowsiness.

INSTRUCTIONS:

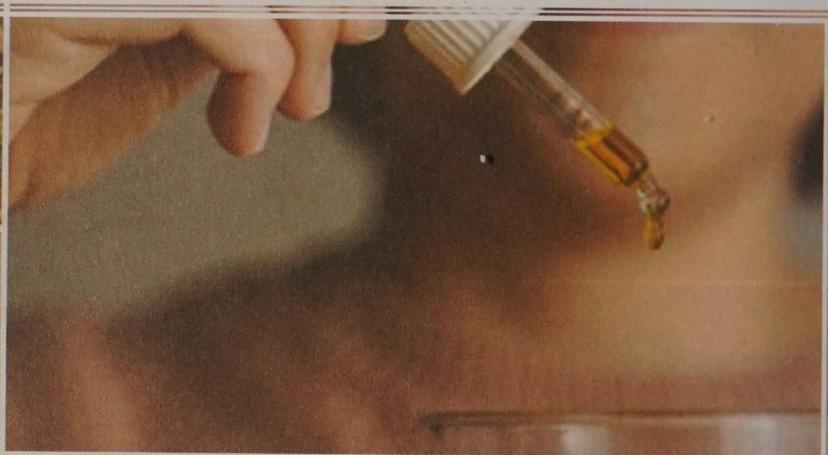
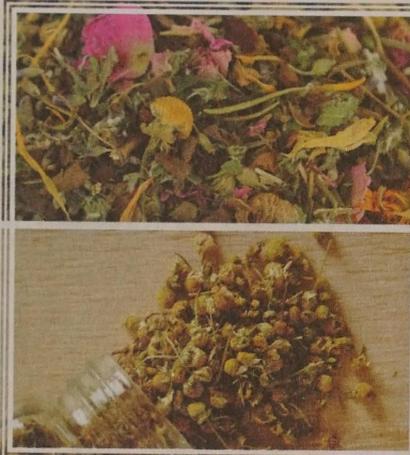
- | **Gather Your Herbs:** Begin by gathering dried lemon balm leaves and American skullcap leaves.
- | **Boil Water:** Boil 1 cup of water to a near boil, then let it cool for a minute or two. It's important not to use boiling water as it can damage the delicate compounds in these herbs.
- | **Combine Herbs:** Place the lemon balm and American skullcap leaves in a teapot or a heatproof container.
- | **Pour Hot Water:** Pour the hot (but not boiling) water over the herbs.
- | **Steep:** Cover the container and let the herbs steep for about 5-7 minutes. This will allow the herbs to release their soothing properties.
- | **Strain:** After steeping, strain the tisane to remove the herb leaves.
- | **Sweeten (Optional):** If you prefer your tisane a bit sweeter, you can add honey to taste.

DOSAGE:

Sip this tisane in the evening to promote relaxation. 1 cup is a standard serving, but you can adjust according to your preference. It's advisable not to use American skullcap continuously for more than a few weeks without a break.

Peaceful Mind

Drops



"Peaceful Mind Drops" is a calming herbal glycerite designed to help reduce stress and promote relaxation, using a glycerin base instead of alcohol. This makes it suitable for those who are sensitive to alcohol. This blend uses herbs and flowers known for their soothing properties, providing a natural way to support mental wellness.

INGREDIENTS AND MATERIALS:

- $\frac{1}{2}$ cup dried skullcap (*Scutellaria lateriflora*)
- $\frac{1}{2}$ cup dried lemon balm (*Melissa officinalis*)
- $\frac{1}{4}$ cup dried chamomile flowers (*Matricaria chamomilla*)
- $\frac{1}{4}$ cup dried rose petals (*Rosa spp.*)
- 2 cups vegetable glycerin
- $\frac{1}{2}$ cup distilled water
- A glass jar with a tight-fitting lid
- A piece of cheesecloth or a fine mesh strainer
- A dark glass dropper bottle

NOTES:

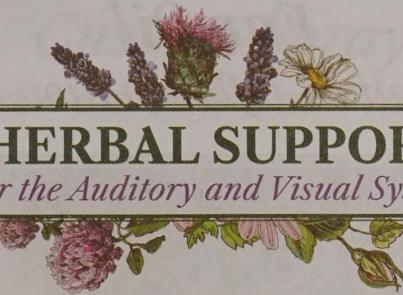
Consult a healthcare professional before using this glycerite, especially if pregnant, nursing, or having chronic conditions. Test a small amount first and discontinue if allergic reactions occur. If taking sedatives, antidepressants, or anti-anxiety drugs, consult your provider. Skullcap has rare associations with liver damage; consult your provider if you have liver conditions or take liver-affecting medications.

INSTRUCTIONS:

- 1 | **Combine the Herbs:** In a clean, dry glass jar, combine the dried skullcap, lemon balm, chamomile flowers, and rose petals. Ensure the jar is large enough to accommodate the herbs and liquid with about an inch of space at the top.
- 2 | **Prepare the Glycerin Solution:** Mix 2 cups of vegetable glycerin with $\frac{1}{2}$ cup of distilled water to create a glycerin solution.
- 3 | **Add Glycerin Solution to Herbs:** Pour the glycerin solution over the herbs, making sure they are completely submerged. Use a clean utensil to press the herbs down if necessary.
- 4 | **Seal and Store:** Seal the jar tightly with its lid. Store the jar in a cool, dark place for 4-6 weeks. Shake the jar gently every few days to mix the contents and enhance the infusion process.
- 5 | **Strain the Mixture:** After 4-6 weeks, strain the mixture through cheesecloth or a fine mesh strainer into a clean bowl, squeezing the herbs to extract as much liquid as possible. Discard the used herbs.
- 6 | **Transfer to Dropper Bottle:** Using a small funnel, carefully transfer the strained liquid into a dark glass dropper bottle for storage. Label the bottle with the name "Peaceful Mind Drops" and the date of preparation. Make sure the dropper bottle is properly sealed to prevent evaporation and contamination.
- 7 | **Storage and Shelf Life:** Store the glycerite in a dark, cool place to maintain its potency and extend its shelf life. Properly sealed and stored glycerite should last up to two years. Ensure the dropper bottle is tightly sealed to prevent contamination and evaporation.

DOSAGE:

Take 1-2 droppers full (approximately 20-40 drops) up to three times a day, as needed. You can take it directly under the tongue for quick absorption or mix it with a small amount of water or your favorite tea.



HERBAL SUPPORT

for the Auditory and Visual System

Your auditory and visual systems are essential for overall well-being and the way we experience the world. As we age, it's a natural process for our eyes and hearing to begin to degrade. Therefore, it becomes even more critical to take extra care of these sensory systems.

Tips to Maintain Healthy Auditory and Visual Systems:

PROTECT YOUR EARS:

Avoid exposure to loud noises or wear ear protection, such as earplugs or noise-canceling headphones, when in noisy environments to prevent hearing damage.

PROTECTIVE EYEWEAR:

Use protective eyewear, such as sunglasses with UV protection, to shield your eyes from harmful UV rays and reduce the risk of cataracts and other eye conditions.

AVOID COTTON SWAB USAGE:

Refrain from inserting cotton swabs or other objects into your ears, as this can damage the delicate structures of the ear canal.

LIMIT EARBUD/HEADPHONE USAGE:

Avoid prolonged use of headphones or earbuds at high volumes, as this can contribute to hearing loss over time.

REGULAR EYE EXAMS:

Schedule regular eye exams to monitor your visual health and address any issues promptly.

PROPER LIGHTING:

Ensure adequate lighting when reading or working to reduce eye strain.

BALANCED DIET:

Consume a diet rich in nutrients like omega-3 fatty acids, vitamin D, magnesium, and antioxidants to support the overall health of the auditory system. Consume foods rich in vitamins A, C, E, zinc, and omega-3 fatty acids to support eye health and reduce the risk of age-related macular degeneration (AMD) and other eye conditions.

HERBAL SUPPORT

Ginko (*Ginkgo biloba*)

This herb may support blood circulation to the eyes and ears, potentially benefiting vision and hearing health. Use as a supplement or tincture.

Bilberry (*Vaccinium myrtillus*)

Bilberry contains antioxidants that may support visual health, especially night vision. Use as a supplement or tincture.

Eyebright (*Euphrasia*)

Traditionally used to support eye health, eyebright can be used as an herbal eyewash or in supplement form.

Ginger (*Zingiber officinale*)

Ginger's anti-inflammatory properties might benefit both auditory and visual health. It can be consumed as part of your diet or as a supplement.

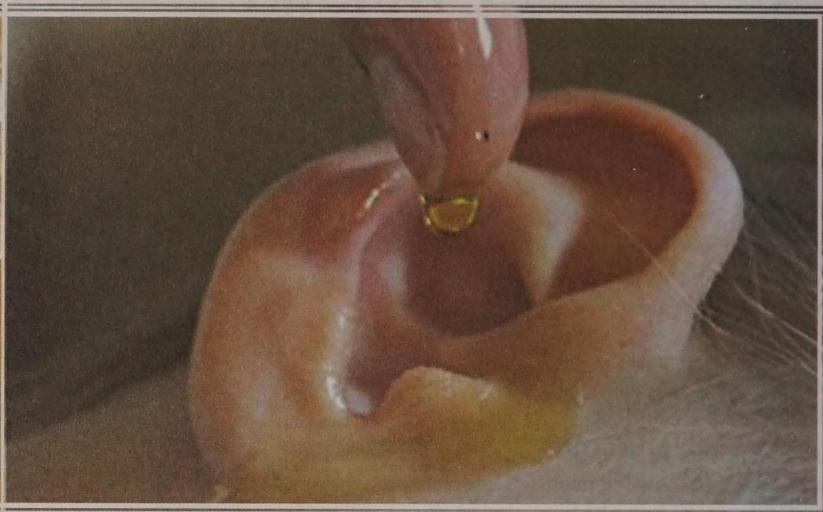
Turmeric (*Curcuma longa*)

Curcumin, found in turmeric, has antioxidant and anti-inflammatory properties that may be beneficial for both the eyes and ears. Consider incorporating turmeric into your diet or using curcumin supplements or tinctures.



Ear Oil

to Soothe Irritation, Inflammation, and Infection



Mullein and garlic are two powerful herbal allies known for their medicinal properties.

When combined, mullein and garlic oil may help reduce swelling and congestion within the lymph system, allowing fluid to flow and releasing any build-up in the ears. The olive oil can help soften earwax, making it easier to remove, while garlic is known for its natural cleansing properties. This combination can be used to support ear health. I used this for my children whenever they had an ear infection; adding yarrow flowers and/or leaves for additional support.

INGREDIENTS:

- $\frac{1}{4}$ cup dried mullein flowers (*Verbascum thapsus*)
- 2 cloves of fresh garlic (*Allium sativum*)
- $\frac{1}{2}$ cup olive oil (preferably extra virgin)

NOTES:

Ensure the dropper you use is clean and sterile.

Do not use this oil if you have a perforated eardrum or if there's any discharge from the ear.

Consult a healthcare professional if symptoms persist or worsen.

Always perform a patch test to check for allergies.

INSTRUCTIONS:

- 1 | **Prepare the Ingredients:** Begin by gathering all ingredients, then finely chop the two fresh garlic cloves.
- 2 | **Infuse the Oil:** In a small saucepan, combine the chopped garlic, dried Mullein flowers, and the $\frac{1}{2}$ cup of olive oil.
- 3 | **Gentle Heating:** Heat the mixture over low heat, allowing it to infuse for approximately 1-2 hours. Remember to stir occasionally to prevent burning.
- 4 | **Cooling:** After the oil has absorbed the beneficial properties of mullein and garlic, remove it from heat and let it cool.
- 5 | **Strain the Oil:** Strain the oil through a fine mesh strainer or cheesecloth into a clean, sterile glass container. Squeeze the herbs to extract all the infused oil.
- 6 | **Storage:** Store the mullein and garlic ear oil in a dark, cool place. Ensure it's labeled with the date of preparation for reference.

DOSAGE:

To use the oil, warm a few drops to room temperature. Using a clean dropper, place 2-3 drops in the affected ear 2-3 times per day. Gently massage the earlobe to help distribute the oil.

Custom Spray

to Relieve Ear Aches and Infections



Calendula officinalis, commonly known as pot marigold or calendula, is a herb traditionally valued for its many beneficial properties. Its anti-inflammatory, antimicrobial, and soothing effects make it an excellent choice for maintaining ear health. This calendula ear spray can help nourish your ears and provide relief from discomfort.

INGREDIENTS:

- 1 tablespoon dried Calendula flowers (*Calendula officinalis*)
- $\frac{1}{4}$ cup olive oil
- 1 cup distilled water
- 1 tablespoon witch hazel (optional, for added astringent properties)

NOTES:

While this recipe uses dried Calendula petals, you may also use fresh flowers. However, dried flowers are preferred for infusions as they have lower moisture content and are less likely to introduce water into the oil, which can lead to spoilage.

If ear pain or discomfort persists, consult a healthcare professional.

Before using the spray, perform a sensitivity test by applying a small amount to the inside of your wrist.

INSTRUCTIONS:

- 1 | **Herbal Infusion:** Place the dried calendula flower petals in a clean, dry glass jar. Pour the olive oil over the calendula flowers, ensuring they are fully submerged. Seal the jar tightly and shake it gently to distribute the flowers evenly.
- 2 | **Solar Infusion:** Place the jar in a sunny windowsill for 3 to 4 weeks, allowing the sun's warmth to infuse the oil with the medicinal properties of calendula. The longer you let the calendula infuse in the oil, the more potent the ear drops will be. If you prefer a milder infusion, aim for 2 weeks, but for a stronger product, go for a full 4 weeks. Shake the jar gently daily.
- 3 | **Straining:** After the infusion period, strain the oil through a fine-mesh strainer or cheesecloth into a clean glass container. Squeeze the petals to extract all the infused oil.
- 4 | **Mixing:** In a spray bottle, combine 1 tablespoon of the infused calendula oil with 1 cup of distilled water. Add 1 tablespoon of witch hazel if using. Shake well to combine all ingredients.
- 5 | **Storage:** Store the calendula spray in a cool, dark place to preserve its potency.
- 6 | **Usage:** Shake the bottle well before each use. Spray the calendula ear spray into the ear canal as needed. Warm the spray slightly by placing the bottle in a bowl of warm water before use for added comfort. Avoid using the spray if it is too cold, as cold drops can cause dizziness.

DOSAGE:

Spray into the affected ear as needed, up to three times a day.

Glycerite

to Calm Ear Ringing and Tinnitus



Tinnitus, the persistent perception of ringing or buzzing in the ears, poses a significant challenge for those who experience it. While chronic or long-term tinnitus may signal an underlying medical issue, herbal remedies like the ginger and mullein glycerite offer potential relief. Ginger (*Zingiber officinale*) is known for its anti-inflammatory properties, which can help reduce ear inflammation. It also improves circulation, potentially addressing problems related to poor blood flow in the ear. Mullein (*Verbascum thapsus*) is traditionally recognized for its soothing effects, making it useful for addressing ear discomfort. In addition to its primary use for respiratory support, Mullein's gentle nature contributes to overall ear health. Note that vasodilators such as cordyceps, reishi, and lion's mane mushroom tinctures are also helpful for tinnitus.

INGREDIENTS:

- 2 tablespoons of dried mullein leaves (*Verbascum thapsus*)
- 1-inch piece of fresh ginger root (*Zingiber officinale*), grated
- Vegetable glycerin
- 1-ounce dark glass bottle with a dropper

NOTES:

Tinnitus, especially when chronic or persistent, warrants thorough medical evaluation, as it could be indicative of an underlying health issue.

It is crucial not to rely solely on herbal remedies.

A comprehensive assessment by a healthcare professional is essential for appropriate diagnosis and management.

INSTRUCTIONS:

- 1 | **Prepare the Mullein Infusion:** Place 2 tablespoons of dried mullein leaves in a clean glass jar. Pour enough vegetable glycerin over the mullein to completely cover it. Seal the jar and shake it gently to ensure the glycerin covers the mullein.
- 2 | **Prepare the Ginger Extract:** Grate a 1-inch piece of fresh ginger root.
- 3 | **Squeeze the Grated Ginger to Extract Its Juice:** You should have about 1 teaspoon of ginger juice.
- 4 | **Combine the Ingredients:** After 4-6 weeks of steeping, strain the Mullein-infused glycerin into a clean bowl. Add 1 teaspoon of fresh ginger juice to the mullein glycerite. Mix well.
- 5 | **Bottle the Glycerite:** Using a funnel, pour the glycerite into a 1-ounce dark glass bottle with a dropper.
- 6 | **Store:** Store the glycerite in a cool, dark place to maintain its potency. Shake the bottle before each use to ensure the ingredients are well mixed.

DOSAGE:

Take 1-2 droppers (approximately 20-40 drops) of the glycerite up to three times a day as needed. If you prefer to enhance the flavor of the glycerite, you can mix it with lemon juice.

Herbal Oil

for Vertigo



While vertigo can be life-altering, this remedy may help you regain control of your life. Ginger (*Zingiber officinale*), lemon balm (*Melissa officinalis*), and peppermint (*Mentha piperita*) oils are renowned for their therapeutic benefits. In this blend, you can harness their unique properties to ease vertigo symptoms. Ginger oil aids in reducing dizziness, while lemon balm and peppermint oils provide a calming effect on the nervous system. Note that gotu kola is an excellent internal herb to try for vertigo.

INGREDIENTS:

- 5 drops of ginger (*Zingiber officinale*) essential oil
- 5 drops of lemon balm (*Melissa officinalis*) essential oil
- 5 drops of peppermint (*Mentha piperita*) essential oil
- 1 tablespoon of carrier oil (e.g., sweet almond oil)

NOTES:

Always perform a patch test before using essential oils on your skin to ensure you don't have any allergies or sensitivities.

Do not ingest the essential oils.

If irritation occurs, discontinue use immediately.

Practice deep breathing exercises alongside the application of the oil blend for better results.

INSTRUCTIONS:

- 1 | **Choose a Container:** Begin by selecting a clean, empty glass bottle or rollerball container for your oil blend.
- 2 | **Add Ginger Essential Oil:** Add 5 drops of ginger (*Zingiber officinale*) essential oil to the bottle. Ginger oil is effective in reducing feelings of dizziness and nausea associated with vertigo.
- 3 | **Add Lemon Balm Essential Oil:** Follow by adding 5 drops of lemon balm (*Melissa officinalis*) essential oil. Lemon balm oil has calming properties that can help alleviate stress and anxiety linked to vertigo.
- 4 | **Add Peppermint Essential Oil:** Lastly, add 5 drops of peppermint (*Mentha piperita*) essential oil to the blend. Peppermint oil is known for its ability to relieve nausea and dizziness, making it a valuable addition.
- 5 | **Mix in Carrier Oil:** Pour 1 tablespoon of a carrier oil (such as sweet almond oil) into the bottle. The carrier oil serves to dilute the essential oils, ensuring safe topical application.
- 6 | **Shake to Combine:** Seal the bottle and shake it gently to thoroughly mix the oils.
- 7 | **Apply the Oil Blend:** Apply a small amount of the blend to your wrists, temples, and behind your ears. You can also massage it on your neck and shoulders.
- 8 | **Inhale and Relax:** Inhale the soothing aroma and take deep breaths. This can help alleviate dizziness and promote relaxation.

DOSAGE:

Apply the oil blend as needed but avoid excessive use. A couple of times a day is usually sufficient.

Parsley Patches

for Tinnitus



Parsley is a common herb known for its culinary uses, but it also has traditional applications in herbal remedies. This recipe utilizes parsley's potential anti-inflammatory and circulatory benefits to help alleviate the symptoms of tinnitus, a condition characterized by ringing or buzzing in the ears.

INGREDIENTS:

- Fresh parsley leaves
- Cheesecloth or a clean, thin cloth
- Medical tape or adhesive bandages

NOTES:

Before using the parsley patch, test a small amount of crushed parsley on your skin to ensure you do not have an allergic reaction. If you experience redness, itching, or irritation, discontinue use.

Consult with a healthcare professional before using this remedy, especially if you are pregnant, nursing, or have any chronic health conditions. If your tinnitus persists or worsens, seek advice from a healthcare provider, as it may indicate an underlying condition that requires medical attention.

INSTRUCTIONS:

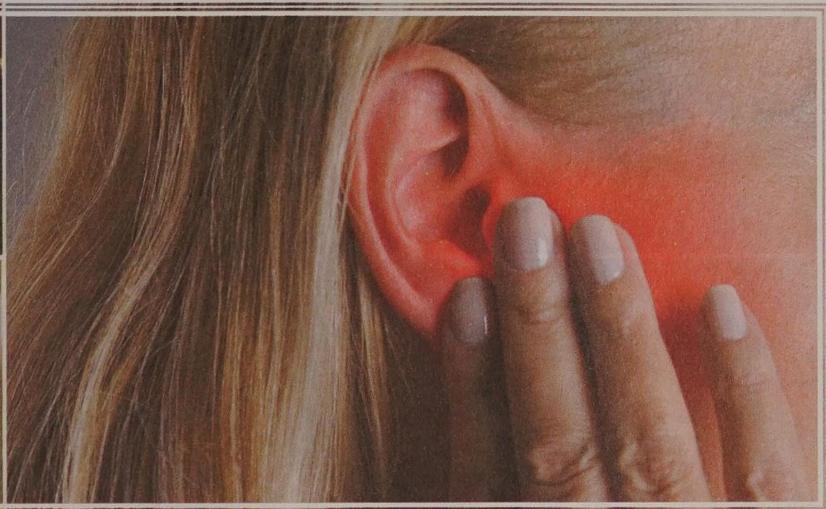
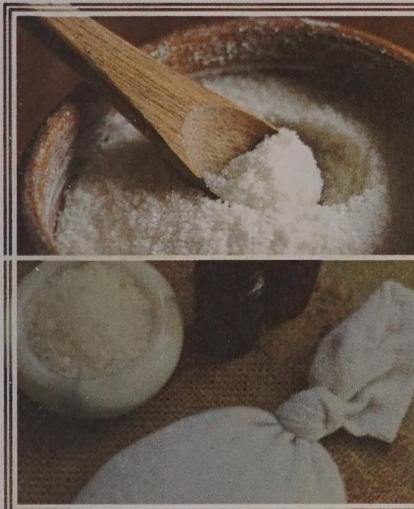
- 1 | Prepare the Parsley:** Wash a handful of fresh parsley leaves thoroughly to remove any dirt or contaminants. Pat them dry with a clean towel. Use fresh parsley leaves for the best results, as they contain the highest levels of beneficial compounds.
- 2 | Crush the Parsley:** Using a mortar and pestle or a clean utensil, gently crush the parsley leaves to release their juices.
- 3 | Make the Parsley Patch:** Place the crushed parsley leaves onto a piece of cheesecloth or a clean, thin cloth. Fold the cloth to create a small, secure patch that can be easily placed over the ear. You can prepare multiple patches in advance and store them in an airtight container in the refrigerator for up to 24 hours.
- 4 | Apply the Patch:** Place the parsley patch over the ear, ensuring it covers the area where you experience tinnitus. Secure the patch in place with medical tape or an adhesive bandage.
- 5 | Leave in Place:** Leave the parsley patch in place for at least 30 minutes to an hour. Combine this remedy with other relaxation techniques, such as deep breathing or meditation, to enhance its calming effects.

DOSAGE:

Apply the parsley patch once or twice a day as needed. You can use it whenever you experience discomfort related to tinnitus.

Anti-Inflammatory

Ear Compress



Beyond its role as a kitchen staple for flavoring food, salt has been utilized for centuries for its beneficial properties. In the context of earaches, a warm salt compress serves as a simple and traditional remedy. This technique uses the principles of osmosis to draw excess fluid out of the ear canal, potentially offering relief from ear discomfort. When the warm salt pouch is applied to the ear, it helps balance the solute concentration on both sides of the eardrum.

INGREDIENTS:

- 1 cup of coarse salt
- A clean, dry cloth or sock

NOTES:

Make sure the compress is not too hot to avoid burning your skin.

This remedy can provide relief from pressure and discomfort associated with earaches, serving as a temporary measure until you can see a doctor for professional care. If your earache persists or worsens, consult a healthcare professional immediately.

Adjust the essential oil concentration for children, and always consult with a pediatrician before using herbal remedies for children.

INSTRUCTIONS:

- 1 | **Preparation:** Begin by heating the coarse salt in a microwave-safe container for approximately 1-2 minutes. Periodically check and shake the salt to ensure even heating. Ensure that the salt is warm enough for comfort but not too hot to touch.
- 2 | **Fill the Cloth/Sock:** Take the warm salt and place it in the cloth or sock. Tie the open end of the cloth or sock securely, creating a salt-filled pouch. For added comfort, consider using a moist heat option by slightly dampening the cloth before filling it with salt. You can also enhance the experience by adding a few drops of lavender or chamomile essential oil to the salt for a soothing aromatherapy effect.
- 3 | **Test Temperature:** Before using, test the temperature of the salt pouch on the inside of your wrist to ensure it's not too hot.
- 4 | **Application:** Lie down on the side where you have the earache. Place the salt-filled pouch over the affected ear. Leave it on for 15-20 minutes, or until it cools down. You can repeat this process as needed for relief.

DOSAGE:

Use the salt hot compress as needed, typically no more than 3-4 times a day.

Antibiotic

Eye Drops



Eyebright and chamomile are two wonderful herbs traditionally known for their eye-soothing properties. As the name suggests, eyebright is often used to treat eye conditions like inflammation, blepharitis, conjunctivitis, red eye, styes, itchy eyes, stinging eyes, and weak vision, while chamomile offers anti-inflammatory and calming effects.

The combination of these herbs in the form of eyebright and chamomile drops provides a gentle yet effective remedy for soothing and supporting overall eye well-being.

INGREDIENTS:

- 1 teaspoon dried eyebright herb (*Euphrasia officinalis*)
- 1 teaspoon dried chamomile flowers (*Matricaria chamomilla*)
- $\frac{1}{2}$ cup distilled water
- A clean, airtight glass dropper bottle

INSTRUCTIONS:

- 1 | **Herbal Infusion:** Place the dried eyebright and chamomile in a heatproof glass or ceramic bowl. Boil the distilled water and pour it over the herbs. Cover the bowl and let it steep for 15-20 minutes.
- 2 | **Strain:** After steeping, strain the infusion through a fine mesh or cheesecloth into a clean container. Allow the liquid to cool to room temperature.
- 3 | **Fill the Dropper Bottle:** Using a funnel, pour the herbal infusion into the glass dropper bottle.
- 4 | **Store:** Store the bottle in a cool, dark place to maintain the freshness of the infusion.

NOTES:

Ensure the dropper tip doesn't touch your eye to prevent contamination.

Do not use if you are allergic to either eyebright or chamomile.

If you experience any adverse reactions, discontinue use and consult with a healthcare professional.

You can also make a compress from a decoction of eyebright, used to give relief from redness, swelling, and visual disturbances due to eye infections. A tea is sometimes given internally along with the topical treatment. It is also used for the treatment of eye fatigue and other disturbances of vision.

DOSAGE:

Use as needed for eye irritations or discomfort. For general eye health and soothing, apply 2-3 drops into each eye up to three times a day. Always exercise caution and seek professional advice if you encounter any unexpected reactions.

Calendula and Rose Water

Eye Wash



Calendula officinalis, commonly known as pot marigold, and *Rosa damascena*, the Damask rose, are two botanical gems known for their skin-soothing and anti-inflammatory properties.

These botanicals combine perfectly to create a gentle formula tailored to bring relief to irritated eyes and refresh them when your eyes feel fatigued. This eye wash offers a practical addition to your eye care routine, providing a soothing and refreshing touch for your eyes.

INGREDIENTS AND MATERIALS:

- 1 teaspoon dried calendula (*Calendula officinalis*) flowers
- 1 cup distilled or filtered water
- 1 teaspoon Damask rose (*Rosa damascena*) water (hydrosol)
- Cotton balls or cotton pads

NOTES:

Ensure that the water you use is pure and sterile to avoid contamination.

If eye irritation persists or worsens, consult a healthcare professional.

Store any leftover calendula and rose water solution in a clean, airtight container in the refrigerator for future use.

Always use clean cotton balls or pads to prevent contamination.

INSTRUCTIONS:

- | **Prepare the Calendula Infusion:** Boil the water and let it cool to a lukewarm temperature. Place the dried *Calendula officinalis* flowers in a clean, heatproof container. Pour the lukewarm water over the Calendula flowers, covering them completely. Allow the infusion to steep for 15-20 minutes.
- | **Strain the Calendula Infusion:** Strain the infusion through a fine mesh strainer or cheesecloth into a clean container to remove the flower petals.
- | **Mix with Rose Water:** Add 1 teaspoon of Damask rose hydrosol to the calendula infusion.
- | **Soak Cotton Ball or Pad:** Immerse a clean cotton ball or cotton pad in the calendula and rose water solution. Squeeze out excess liquid to avoid dripping.
- | **Apply to Eyes:** Gently close your eyes and place the soaked cotton ball or pad over your closed eyelids. Allow it to sit for a few minutes as it provides soothing relief to your eyes. Repeat as needed for both eyes.

DOSAGE:

Use this eye wash pads as needed for eye irritation. It's gentle and safe for regular use.

Aloe Vera and Cucumber Mix for Tired Eyes



Life's demands can often take a toll on your eyes, leaving them tired and puffy.

Aloe vera, cucumber, and green tea are all-natural ingredients renowned for their soothing and rejuvenating properties. This DIY eye mask is designed to provide a pampering experience, offering relief to tired and puffy eyes.

INGREDIENTS AND MATERIALS:

- 2 tablespoons aloe vera gel (*Aloe barbadensis miller*)
- 4 fresh cucumber slices
- 1 green tea bag (*Camellia sinensis*)
- Cotton pads or soft clot

NOTES:

Avoid getting the mixture into your eyes, as it may cause irritation.

If you have a known allergy to aloe vera, cucumbers, or green tea, do not use this eye mask.

Perform a patch test on a small area of skin before applying the eye mask.

For added comfort and a spa-like experience, chill the mixture in the refrigerator before applying.

INSTRUCTIONS:

- | **Extract Aloe Vera Gel:** Begin by carefully extracting the gel from an aloe vera leaf. To do this, cut a mature aloe leaf and squeeze out the gel. Make sure you use pure aloe vera gel without any added chemicals. Measure 2 tablespoons of aloe vera gel and place it in a clean bowl.
- | **Brew Green Tea:** Boil a cup of water and steep a green tea bag in it for about 5 minutes. Allow the tea to cool to room temperature. Remove the tea bag and measure 2 tablespoons of green tea.
- | **Blend Ingredients:** Combine the 2 tablespoons of aloe vera gel, 2 tablespoons of green tea, and the four cucumber slices in a blender. Blend the mixture until it forms a smooth, consistent paste.
- | **Application:** Soak a cotton pad or a soft cloth in the blended mixture. Gently apply the soaked cotton pad or cloth to the area under your eyes. Lie down, relax, and leave the eye mask on for 15-20 minutes.
- | **Store:** If you have leftover mixture, store it in the refrigerator for future use. Ensure the container is airtight to preserve its freshness.

DOSAGE:

Use this homemade eye mask whenever your eyes feel tired or puffy. Apply once a day or as needed.