

# Billberry Glycerite

to Enhance Night Vision and Circulation to the Eyes



Bilberry, a renowned herb with a rich history of traditional use, is valued for its capacity to promote eye health and enhance night vision. These beneficial effects can be attributed to various actions of bilberries, including stabilizing tear production, strengthening collagen fibers within capillaries, and supporting the development of robust blood vessels. This, in turn, contributes to improved circulation to the eyes. Additionally, the high anthocyanin content in bilberries has been demonstrated to stimulate the production of rhodopsin, a light-sensitive pigment crucial for aiding the eyes in adapting to changes in light and potentially enhancing night vision.

## INGREDIENTS:

- 1 cup of dried bilberry (*Vaccinium myrtillus*) berries
- 1.5 cups of food-grade vegetable glycerin
- ½ cup distilled water

## NOTES:

Consult a healthcare professional before using if you have any specific medical conditions or are taking medications.

Bilberry is generally safe for most people, but it's essential to consult with a healthcare provider before starting any herbal remedy, especially if you are pregnant, nursing, or have underlying health concerns.

Allergic reactions to bilberry are rare but possible. If you experience any adverse effects, discontinue use and seek medical attention.

## INSTRUCTIONS:

- 1 | **Preparation:** Measure 1 cup of dried bilberry berries. Ensure that the berries are clean and free from debris. If they are not already crushed, lightly crush the berries using a mortar and pestle or a clean cloth to break them open, allowing the glycerin to extract the beneficial compounds more effectively.
- 2 | **Mix:** Place the crushed bilberry in a glass jar. Pour ½ cup of warmed distilled water and then 1.5 cups of food-grade vegetable glycerin over the berries, ensuring they are completely submerged. Stir the mixture well to combine the water, glycerin, and berries.
- 3 | **Maceration:** Seal the jar tightly and store it in a cool, dark place. Shake the jar gently every day for ~4 weeks to promote the extraction of the herb's beneficial compounds.
- 4 | **Strain:** After the maceration period, strain the mixture through a fine mesh strainer or cheesecloth into a clean, dry glass bottle. Squeeze out as much liquid from the herbs as possible to maximize your extract.
- 5 | **Store:** Store the bilberry glycerite in a cool, dark place to maintain its potency.
- 6 | **Label:** Label the bottle with the contents, date of preparation, and dosage instructions for easy reference.

## DOSAGE:

The recommended dosage is typically 20-30 drops, taken 2-3 times a day.

# *Ginkgo Biloba Tincture*

## *to Support Retinal Health and Blood Flow*



*Ginkgo biloba* is a popular herbal remedy known for its potential benefits in supporting retinal health and improving blood flow. By promoting consistent blood flow and helping to keep intraocular eye pressure low, *Ginkgo biloba* may support overall eye health. It is believed to help with maintaining visual acuity and supporting the prevention of issues related to macular health and diabetic eye concerns.

### INGREDIENTS:

- $\frac{1}{4}$  cup dried *Ginkgo biloba* leaves
- 1 cup of 80-proof vodka (40% alcohol by volume)

### NOTES:

*Ginkgo biloba* may interact with certain medications or medical conditions.

Consult with a healthcare provider before using this tincture, especially if you're pregnant, nursing, or taking other medications.

Discontinue use and consult a healthcare professional if you experience any adverse reactions.

### INSTRUCTIONS:

- 1 | **Prepare the Glass Jar:** Start by thoroughly cleaning a glass jar with a tight-fitting lid to ensure it's sterilized.
- 2 | **Measure *Ginkgo biloba* Leaves:** Measure and place  $\frac{1}{4}$  cup of dried *Ginkgo biloba* leaves into the glass jar.
- 3 | **Add Vodka:** Pour 1 cup of 80-proof vodka (40% alcohol by volume) over the dried *Ginkgo biloba* leaves in the jar, ensuring they are completely submerged.
- 4 | **Seal the Jar:** Seal the jar with the lid tightly.
- 5 | **Maceration Period:** Allow the mixture to macerate in a cool, dark place for about 4-6 weeks. Shake the jar gently every few days to agitate the ingredients.
- 6 | **Straining:** After the maceration period, strain the tincture through a fine-mesh strainer or cheesecloth into a clean, dark glass bottle. Squeeze the plant material to extract all the liquid.
- 7 | **Store:** Store the tincture in a cool, dark place to maintain its potency.

### DOSAGE:

15-30 drops (0.5-1 ml) in a glass of water or directly in the mouth, up to three times a day.

# Antioxidant Vision Protection



The active component in turmeric, known as curcumin, is a polyphenolic compound that has gained widespread recognition for its potent antioxidant and anti-inflammatory properties. These qualities are particularly significant when it comes to eye health, as the eyes are highly susceptible to oxidative stress and inflammation, which can contribute to various vision problems.

## INGREDIENTS:

- 1 teaspoon of dried turmeric (*Curcuma longa*) root powder
- 1 cup of water
- A pinch of black pepper
- Honey or stevia to taste (optional)

### NOTES:

If you are taking other medicinal herbs or dietary supplements, be aware of potential interactions. Some combinations can be beneficial, while others may have adverse effects. Consult with a healthcare provider or herbalist to ensure safe combinations.

Turmeric, especially in high doses, may cause gastrointestinal discomfort. If you have a sensitive stomach or a history of gastrointestinal issues, start with a small amount and monitor your body's response.

## INSTRUCTIONS:

- 1 | **Prepare the Turmeric Mixture:** In a small saucepan, add one cup of water. Mix in one teaspoon of dried turmeric root powder. Using fresh Turmeric root is a viable alternative. Simply grate or finely chop the fresh root and use it in the recipe. Add a pinch of black pepper to enhance the absorption of curcumin. Adding a bit of healthy fat, like coconut oil or ghee, can further enhance curcumin absorption.
- 2 | **Stir:** Stir the mixture well.
- 3 | **Simmer:** Place the saucepan over low heat and let the mixture simmer for 15-20 minutes. As the mixture simmers over low heat, it allows the turmeric to release its beneficial compounds into the liquid. This gentle simmering process not only enhances the flavor but also ensures that the curcumin is effectively extracted. The longer simmering time allows the infusion of more curcumin, making this tea even more potent to support eye health. Stir occasionally.
- 4 | **Strain and Sweeten:** Remove the saucepan from heat and strain the liquid into a cup. Sweeten your turmeric tea with honey or stevia if desired.
- 5 | **Enjoy:** Sip and enjoy while it's warm. The warm and soothing nature of this tea makes it an ideal addition to your daily routine, whether enjoyed in the morning, as a mid-day pick-me-up, or as a relaxing evening beverage.

## DOSAGE:

You can consume this turmeric tea daily to support vision health. One cup per day is a typical recommendation.



## HERBAL SUPPORT

for Musculoskeletal Health

The musculoskeletal system is vital for movement and our body's structure. Comprised of bones, muscles, tendons, ligaments, and joints, it enables mobility, supports the body's framework, and safeguards crucial organs. Additionally, the bone marrow within produces essential blood components. Maintaining the health of this system is key to a vibrant and active life.

### Tips to Maintain a Healthy Musculoskeletal System:

#### REGULAR EXERCISE:

Engage in weight-bearing exercises such as walking, running, and weightlifting to strengthen bones and muscles. Incorporate flexibility and balance exercises like yoga and Pilates to maintain joint health.

#### BALANCED DIET:

Consume a diet rich in calcium, vitamin D, and other essential nutrients to support bone health. Include sources of lean protein to promote muscle maintenance and growth.

#### ADEQUATE HYDRATION:

Proper hydration is essential for joint lubrication and overall body function. Drink enough water to keep joints and muscles functioning smoothly. Make sure to get enough minerals, like magnesium, potassium, calcium, and zinc.

#### POSTURE AWARENESS:

Maintain good posture to reduce stress on your spine and joints.

#### REGULAR CHECK-UPS:

Visit a healthcare professional for routine check-ups, especially if you have musculoskeletal concerns. Early diagnosis and treatment can prevent issues from worsening.

#### AVOID OVERUSE AND INJURY:

Pay attention to your body's signals. If you experience pain, rest and seek medical advice. Prevent injuries by using proper techniques in sports and daily activities.

#### WEIGHT MANAGEMENT:

Maintain a healthy weight to reduce the strain on your joints, particularly those in the lower body.

#### PROPER FOOTWEAR:

Choose supportive and comfortable footwear that fits well to prevent issues with your feet, knees, and lower back.

#### ERGONOMICS:

If you have a desk job, set up an ergonomic workspace with proper chair height, keyboard placement, and monitor height to prevent strain on your muscles and joints.

#### STRETCHING:

After exercise or strenuous activities, perform stretching exercises to reduce the risk of strains and injuries. Daily stretching is recommended, regardless of exercise.

#### QUALITY SLEEP:

Ensure you get adequate and restful sleep. Sleep is essential for muscle recovery and overall health.

## HERBAL SUPPORT

### Turmeric (*Curcuma longa*)

Turmeric contains curcumin, which has anti-inflammatory properties that may help alleviate joint pain and reduce inflammation. Consider using turmeric in cooking or taking curcumin supplements or tinctures.

### Ginger (*Zingiber officinale*)

Ginger also has anti-inflammatory effects and may provide relief from muscle soreness and joint pain. Include ginger in your diet or take it as a supplement.

### Boswellia/Indian Frankincense (*Boswellia serrata*)

Boswellia extract may help reduce inflammation and alleviate joint pain. Use as a supplement or tincture.

### Devil's Claw (*Harpagophytum procumbens*)

Devil's claw has been used traditionally to support joint health and reduce pain. Use as a supplement or tincture.

### Arnica (*Arnica montana*)

Arnica is used topically as a cream or gel to relieve muscle aches, stiffness, and bruising. External use only.

### White Willow (*Salix alba*)

White willow bark contains salicin, a compound similar to aspirin, providing pain relief. Use as a supplement or tincture.

### Cayenne Pepper (*Capsicum annuum*)

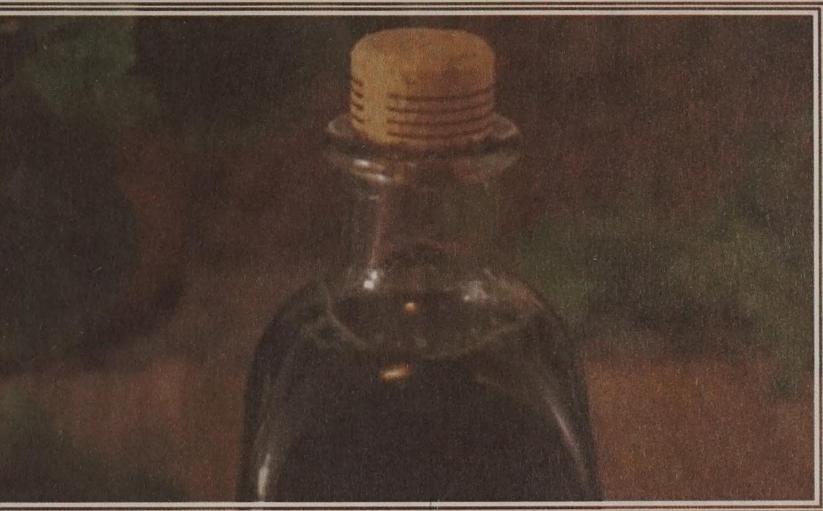
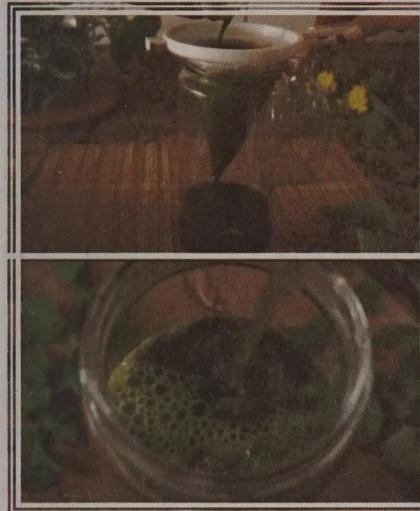
Cayenne contains capsaicin, which can help reduce pain by blocking pain signals. It's used topically in creams or ointments.

### Comfrey (*Symphytum*)

Comfrey has been used for centuries to support bone and joint health. It can be applied topically as a cream or used in compresses. External use only.

# Painkiller

## in a Jar



Wild lettuce (*Lactuca virosa*) has been valued for its traditional use in herbal practices. Often overlooked as a weed, this common plant is believed to have properties that can help with pain.

This recipe, "Painkiller in a Jar," is a simple way to incorporate wild lettuce into your natural wellness routine.

### INGREDIENTS:

- 20 fresh leaves of wild lettuce
- 80-proof vodka
- A clean glass jar with a lid
- Sieve or cheesecloth
- Dark dropper bottle

### NOTES:

Wild lettuce can cause drowsiness. Do not drive or operate heavy machinery after taking this remedy. Consult with a healthcare professional before using wild lettuce if you are pregnant, nursing, or have any chronic health conditions.

If you are taking any medications, consult with a healthcare provider before using this remedy, as wild lettuce may interact with certain medications.

### INSTRUCTIONS:

- 1 | **Harvest Wild Lettuce:** Harvest approximately 20 fresh leaves of wild lettuce.
- 2 | **Prepare the Leaves:** Chop the leaves into thin slices and fill half of your glass jar with these chopped leaves.
- 3 | **Fill the Jar:** Pour 80-proof vodka over the leaves, filling the jar to the top. Label and date.
- 4 | **Seal and Store:** Seal the jar tightly with its lid and store it in a cool, dark place for 4-6 weeks, shaking the jar daily to help the extraction process.
- 5 | **Strain the Liquid:** After 4-6 weeks, strain the liquid through a sieve or cheesecloth into a dark dropper bottle. Label your dropper bottle with the name and the date it was made. Store the dropper bottle in a cool, dark place to maintain its potency.

### DOSAGE:

Do not take more than 10 drops per day, as wild lettuce can have sedative effects in larger quantities. Start with a smaller dose to see how your body reacts before taking the full dosage.

# Amish Ibuprofen



The Amish community is renowned for their use of natural remedies and a holistic approach to health. This "Amish Ibuprofen" recipe utilizes the medicinal properties of dandelion and rosemary to create a natural pain-relieving tonic. By infusing these herbs in raw apple cider vinegar, you can harness their potential benefits in a simple, homemade remedy. This traditional approach offers a natural alternative to conventional pain relief methods and is rooted in centuries of herbal wisdom.

## INGREDIENTS AND MATERIALS:

- $\frac{1}{2}$  cup dried dandelion flowers, leaves, and roots (1 cup fresh)
- $\frac{1}{4}$  cup dried rosemary leaves ( $\frac{1}{2}$  cup fresh)
- 2 cups raw apple cider vinegar (with "the mother")
- A glass jar with a tight-fitting lid
- A piece of cheesecloth or a fine mesh strainer
- A dark glass bottle for storage

### NOTES:

Consult a healthcare professional before using this remedy, especially if pregnant, nursing, or having chronic health conditions.

Discontinue use if you experience any allergic reactions.

If taking medications, consult a healthcare provider as herbs may interact with them.

## INSTRUCTIONS:

- 1 | **Combine the Herbs and Vinegar:** Place half a cup of dried dandelions and a quarter cup of rosemary into a glass jar. Fill the jar with raw apple cider vinegar, ensuring that the herbs are fully submerged.
- 2 | **Seal the Jar:** Seal the jar with a tight-fitting lid. If you are using a jar with a metal lid, cover the top of the jar with plastic wrap, cheesecloth, or baking paper before screwing on the metal lid to prevent corrosion and rusting.
- 3 | **Store and Shake:** Store the jar in a cool, dark place or in the refrigerator for 2 weeks. Shake daily. During this time, the dandelions and rosemary will infuse their healing properties into the apple cider vinegar.
- 4 | **Strain the Mixture:** After 2 weeks, strain the mixture through a piece of cheesecloth or a fine mesh strainer, making sure to squeeze out as much liquid as possible.
- 5 | **Transfer to Storage Bottle:** Transfer the strained liquid to a dark glass bottle with a plastic lid for storage. You can store it in the fridge or in a dark, cool location. If you are using fresh herbs, this remedy will last about 6 months. If you are using dried herbs, it should last closer to 9 months.

## DOSAGE:

When needed, mix 2 teaspoons of the "Amish Ibuprofen" with a glass of water or your favorite herbal tea. Consume up to three times a day.

# Cartilage Support Cream



Arnica is a well-known herbal remedy valued for its potential anti-inflammatory and pain-relieving properties, making it a popular choice for addressing muscle discomfort and inflammation. Its active compounds, such as helenalin, are believed to help reduce swelling and inhibit pain signals, providing relief from muscle and cartilage discomfort caused by strains, sprains, or overexertion. Arnica is also thought to support improved blood circulation to the affected area, aiding in nutrient delivery and waste removal, which may support the healing process. When applied early after an injury, it can minimize the discoloration (bruising) and swelling that often accompany muscle and cartilage trauma.

## INGREDIENTS:

- ½ cup of *Arnica montana*-infused oil
- ¼ cup of beeswax
- 5-10 drops of peppermint essential oil
- ½ teaspoon of vitamin E oil (optional)

## NOTES:

Arnica should never be ingested. Consuming Arnica can lead to severe health risks, including gastrointestinal distress, dizziness, and even poisoning. Keep it out of reach of children and pets.

Do not apply to broken skin or open wounds. Avoid contact with eyes and mucous membranes.

Before using arnica products, perform a patch test on a small area of the skin to check for any allergic reactions. Discontinue use if you experience itching, redness, or swelling.

## INSTRUCTIONS:

- 1 | **Prepare Arnica-Infused Oil:** Begin by making arnica-infused oil. Do this by loosely filling a clean, dry jar with freshly-dried *Arnica montana* flowers and covering them with a carrier oil, such as organic olive, jojoba, hemp, or almond oil. Seal the jar and place it in a warm, dark place for 4-6 weeks, shaking it daily. Once your oil is ready, strain out the arnica flowers, leaving you with arnica-infused oil.
- 2 | **Melt Beeswax:** In a double boiler, melt the beeswax.
- 3 | **Add Arnica-Infused Oil:** Once the beeswax is completely melted, add the arnica-infused oil and stir well.
- 4 | **Add Peppermint Essential Oil (Optional):** Add the peppermint essential oil for fragrance and a cooling effect.
- 5 | **Add Vitamin E Oil (Optional):** If desired, add vitamin E oil as an optional preservative to extend the shelf life of your salve.
- 6 | **Pour into Containers:** Pour the mixture into clean, dry labeled containers or jars.
- 7 | **Let it Cool and Solidify:** Allow the salve to cool and solidify in the containers.
- 8 | **Store:** Store Arnica salve in a cool, dark place and keep it tightly sealed to maintain its effectiveness. Keep away from direct sunlight and heat sources.

## DOSAGE:

Apply the arnica salve to the affected area, as needed, up to 3 times a day.

# Comfrey and Lavender

## Herbal Oil for Joint Support



Comfrey and lavender are two powerful herbs known for their beneficial properties. Comfrey is traditionally used for its ability to support joint health, reduce inflammation, and ease discomfort. Lavender is cherished for its soothing aroma and anti-inflammatory properties. Combining these herbs in an herbal oil can provide relief for joint-related issues.

### INGREDIENTS:

- 3/4 cup of dried comfrey leaves (*Symphytum officinale*)
- ¼ cup of dried lavender flowers (*Lavandula angustifolia*)
- 2 cups of carrier oil (such as organic olive or almond oil)

### NOTES:

This oil can be especially handy for on-the-go use and for targeting specific areas with joint discomfort.

Do not use comfrey on open wounds or broken skin.

Lavender is generally considered safe, but it can make your skin more sensitive to sunlight. Avoid prolonged sun exposure after applying the oil, especially if you have fair or sensitive skin.

### INSTRUCTIONS:

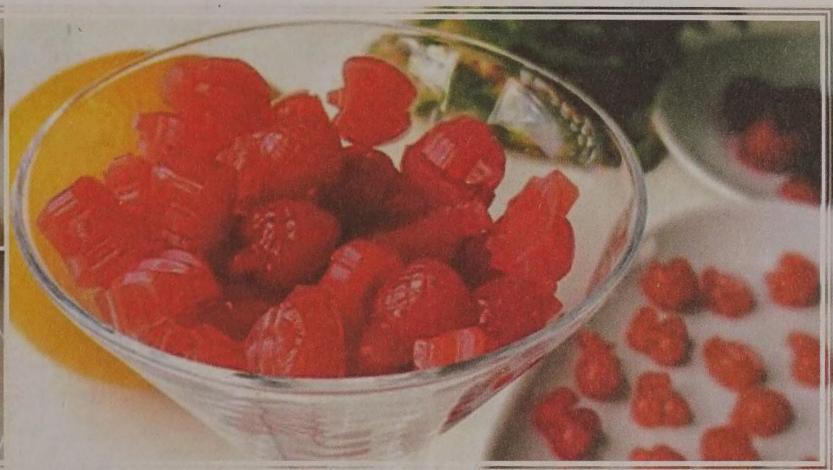
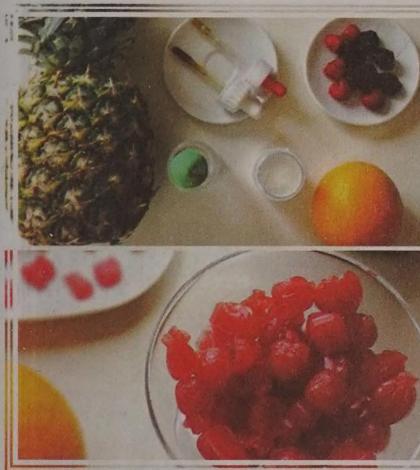
- 1 | **Preparation:** Start by ensuring that your comfrey and lavender herbs are completely dry. Moisture can lead to mold growth in your herbal oil.
- 2 | **Combining the Herbs:** In a clean glass jar, combine the dried comfrey leaves and lavender flowers.
- 3 | **Adding the Carrier Oil:** Pour the carrier oil over the herbs, making sure they are fully submerged.
- 4 | **Infusion:** Seal the jar tightly and place it in a warm, sunny spot for about 4-6 weeks. This allows the herbs to infuse into the oil. Shake gently daily (or at least a few times a week).
- 5 | **Straining:** After the infusion period, strain the oil through a fine mesh strainer or cheesecloth to remove the plant material. Squeeze out as much oil as possible. You can enhance the aromatic properties of the oil by adding a few drops of lavender essential oil after straining.
- 6 | **Storage:** Transfer the infused oil to a dark glass bottle, which helps protect it from light. Store it in a cool, dark place.

You can easily transform your comfrey and lavender herbal oil into a salve for convenient application. This salve will have a thicker consistency, making it easier to apply to your joints. Simply melt some beeswax (I use a 4:1 ratio of oil to beeswax) and combine it with your herbal oil over low heat. Once combined, pour into tins for easy application.

### DOSAGE:

Apply the herbal oil to the affected joints as needed, massaging gently for best results. Use a small amount and increase as necessary.

# “Better Than Collagen”



Collagen, the protein responsible for skin's elasticity and youthful appearance, naturally decreases with age, leading to wrinkles and sagging skin. To counteract this, these homemade collagen-boosting gummies incorporate key ingredients known for their collagen-enhancing properties. Rosehips are rich in vitamin C, essential for collagen synthesis; agar-agar provides calcium and iron for skin health; raw honey moisturizes and contains antioxidants; and amla, acerola cherry, orange, and pineapple are vitamin C powerhouses, vital for collagen production. These gummies offer a delicious way to support collagen production, maintain skin elasticity, reduce signs of aging, and provide a tropical twist to your daily skincare routine.

## INGREDIENTS AND MATERIALS:

- $\frac{1}{2}$  cup rosehips (*Rosa canina*) decoction
- 2 tablespoons agar-agar powder
- $\frac{1}{4}$  cup raw honey
- $\frac{1}{4}$  cup fresh orange juice
- $\frac{1}{4}$  cup fresh pineapple juice
- 1 tablespoon amla/Indian gooseberry (*Phyllanthus emblica*) powder
- 1 teaspoon acerola cherry (*Malpighia emarginata*) powder
- Gummy molds

### NOTES:

If you have allergies to any of the ingredients, avoid consuming these gummies.

Consult a healthcare professional before adding new supplements to your diet, especially if you're pregnant, nursing, or have underlying health conditions.

## INSTRUCTIONS:

- 1 | **Prepare Rosehip Decoction:** Start by making a rosehip decoction. Boil  $\frac{1}{2}$  cup of water in a covered pot, turn to low, and add  $\frac{1}{2}$  cup of crushed dried rosehips; cover so to not lose the water and simmer for 15-20 minutes. Strain and put back into the pot.
- 2 | **Mix Agar-Agar:** In the pot, mix 2 tablespoons of agar-agar powder with the rosehip decoction. Stir well.
- 3 | **Heat and Dissolve:** Heat the mixture over low heat, stirring constantly until the agar-agar is completely dissolved.
- 4 | **Add Honey:** Remove from heat and add  $\frac{1}{4}$  cup of raw honey. Stir until fully incorporated.
- 5 | **Add Juices and Powders:** Mix in  $\frac{1}{4}$  cup of fresh orange juice,  $\frac{1}{4}$  cup of fresh pineapple juice, 1 tablespoon of amla powder, and 1 teaspoon of acerola cherry powder. Stir until the mixture is smooth.
- 6 | **Pour into Molds:** Pour the mixture into gummy molds. Try using silicone molds for fun shapes.
- 7 | **Cool and Set:** Allow the gummies to cool and set at room temperature for about an hour.
- 8 | **Remove from Molds:** Once they are set, gently remove the gummies from the molds and store them in an airtight container in the refrigerator to maintain freshness.

## DOSAGE:

Take 2-3 gummies daily for collagen-boosting benefits.

# *Herbal Liniment*

## *for Sports Injuries and Strains*



This herbal liniment combines the benefits of dried arnica, calendula, and myrrh to create a soothing and effective solution for sports injuries and strains.

*Arnica montana* is well-known for its anti-inflammatory properties, *Calendula officinalis* helps in the healing process of damaged skin, and myrrh offers additional anti-inflammatory and beneficial properties.

### INGREDIENTS AND MATERIALS:

- 1 tablespoon dried arnica (*Arnica montana*) flowers
- 1 tablespoon dried calendula (*Calendula officinalis*) flowers
- 1 tablespoon dried myrrh resin (*Commiphora myrrha*)
- 1 cup (240 ml) witch hazel extract
- 1 glass jar and 1 glass bottle with tight-sealing lids

#### NOTES:

For external use only.

Be cautious when applying herbal liniments to sensitive or broken skin and avoid contact with the eyes and mucous membranes. Always do a patch test on a small area of skin to ensure you don't have an adverse reaction to the liniment.

### INSTRUCTIONS:

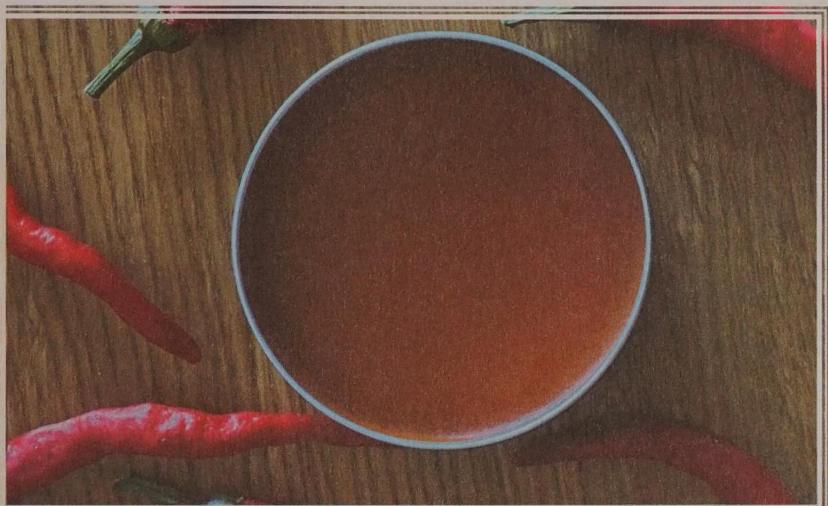
- 1 | **Prepare the Glass Bottle:** Start by sterilizing the glass jar and ensure it's completely dry before proceeding.
- 2 | **Combine Dried Herbs:** In the glass bottle, place the freshly-dried *Arnica montana* flowers, dried *Calendula officinalis* flowers, and dried myrrh resin.
- 3 | **Add Witch Hazel:** Pour the witch hazel extract over the dried herbs in the jar. Witch hazel will act as a carrier for the liniment and help extract the herbal properties. You may use rubbing alcohol instead.
- 4 | **Seal and Infuse:** Seal the bottle tightly and give it a good shake to mix the ingredients. Let the mixture infuse for at least two weeks, shaking the bottle gently once a day to encourage the extraction of herbal properties.
- 5 | **Strain and Store:** After the infusion period, strain the mixture to remove the dried herbs. Transfer the herbal liniment into a clean glass bottle for storage. Store the liniment in a cool, dark place to prolong its shelf life.
- 6 | **Application:** Apply a small amount of the liniment to the affected area and gently massage it into the skin.

### DOSAGE:

Use as needed, but not more than 3-4 times a day

# Grandma's Hot Salve

## for Back Pain



Muscle, joint, and back pain can disrupt our daily lives, making simple tasks a challenge. This cream is specifically formulated to provide soothing relief from discomfort and inflammation.

Cayenne pepper, known for its capsaicin content, desensitizes pain receptors, reducing discomfort. When applied topically, it enhances blood circulation for muscle recovery. Ginger, with gingerol, an anti-inflammatory compound, reduces swelling and eases muscle and joint pain. Its warming effect synergizes with cayenne pepper, enhancing the cream's pain-relief properties. Rosemary essential oil is traditionally known for its analgesic and anti-inflammatory properties, which may help alleviate pain.

### INGREDIENTS:

- $\frac{1}{4}$  cup of cayenne pepper (*Capicum annuum*) powder
- $\frac{1}{4}$  cup of ginger (*Zingiber officinale*) powder
- $\frac{1}{4}$  cup of beeswax
- $\frac{1}{4}$  cup of coconut oil
- 10 drops of rosemary (*Rosmarinus officinalis*) essential oil
- $\frac{1}{4}$  cup of aloe vera gel

### NOTES:

Avoid contact with eyes, mucous membranes, or open wounds. Wash hands thoroughly after application. Discontinue use if irritation or a burning sensation occurs. Do not use on children or pets.

Consult a healthcare professional before use if you have sensitive skin, allergies, or any medical conditions.

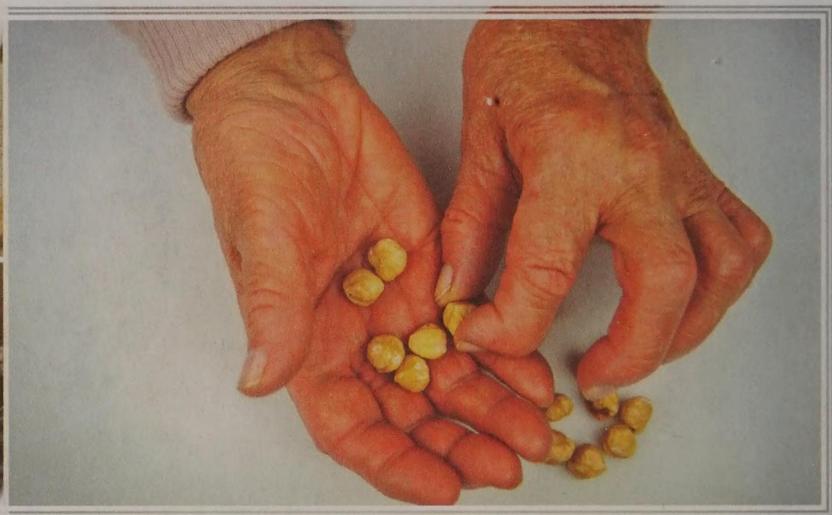
### INSTRUCTIONS:

- 1 | **Gather the Ingredients:** First, assemble all the ingredients you'll need to prepare your cream.
- 2 | **Prepare the Base:** Begin by melting  $\frac{1}{4}$  cup of beeswax and  $\frac{1}{4}$  cup of coconut oil in a double boiler. Heat the mixture until both ingredients are fully combined.
- 3 | **Add the Herbs:** Once the beeswax and coconut oil are fully melted, add  $\frac{1}{4}$  cup of cayenne pepper powder and  $\frac{1}{4}$  cup of ginger powder to the mixture. Stir thoroughly to ensure even distribution of the herbal powders.
- 4 | **Incorporate Essential Oils and Aloe Vera:** After mixing in the herbal powders, remove the mixture from heat and let it cool for a few minutes. Now add the 10 drops of rosemary essential oil (note: frankincense also works well). Next add your  $\frac{1}{4}$  cup of aloe vera gel, which contributes to the cream's soothing and hydrating properties.
- 5 | **Transfer and Cool:** Transfer the herbal cream into a clean, airtight container. Allow it to cool completely before sealing the container.

### DOSAGE:

To use, apply a small amount of the pepper cream to the affected area. Gently massage it into the skin until fully absorbed. Use as needed, but do not exceed three applications per day. Wash hands after application so as not to get it into your eyes.

# Mobility Maintenance Tincture for Arthritis



This herbal tincture combines several herbs traditionally known for their supportive anti-inflammatory and analgesic properties, which may help reduce the discomfort associated with arthritis. Devil's claw is known for its anti-inflammatory and pain-relieving abilities, traditionally used in African medicine to alleviate joint pain. Turmeric boasts potent anti-inflammatory effects with curcumin, which can reduce joint inflammation and pain. Ginger possesses anti-inflammatory properties, easing arthritis-related discomfort and swelling. Willow bark contains salicin, akin to aspirin, offering natural pain relief. Boswellia is renowned for its anti-inflammatory benefits, especially in managing osteoarthritis and rheumatoid arthritis. The pinch of black pepper helps with the bioavailability of the curcumin. Taking a daily stinging nettle tincture in conjunction with this tincture is recommended, especially for those seeking additional support.

## INGREDIENTS:

- 2-parts devil's claw (*Harpagophytum procumbens*)
- 1-part turmeric (*Curcuma longa*)
- 1-part ginger (*Zingiber officinale*)
- 1-part willow bark (*Salix spp.*)
- 1-part boswellia (*Boswellia serrata*)
- A pinch of black pepper
- 40% (80-proof) alcohol, such as vodka or brandy

## NOTES:

Avoid this tincture if you are allergic to any of the ingredients.

Discontinue use if you experience any adverse reactions.

Combine this tincture with a balanced diet and regular exercise for better results in managing arthritis.

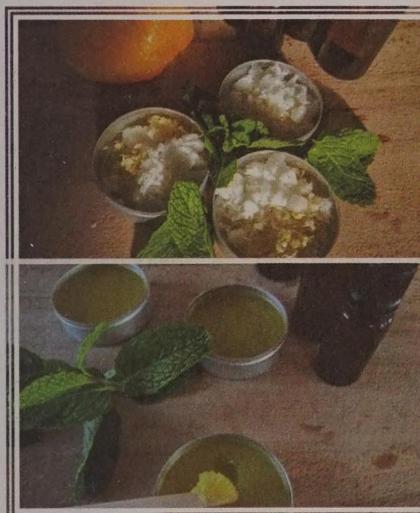
## INSTRUCTIONS:

- | **Herb Preparation:** Finely chop or grind the selected herbs to enhance their surface area, allowing for better extraction of their beneficial compounds during the tincture-making process.
- | **Infusion:** In a glass jar, combine the chopped herbs, ensuring an accurate ratio of the ingredients and filling the jar  $\frac{1}{3}$ - $\frac{1}{2}$  full of total herbal ingredients. Fill the jar with 40% alcohol, such as vodka or brandy, making sure all the herbs are completely submerged. Label.
- | **Steeping Period:** Seal the glass jar tightly, and place it in a cool, dark location. Allow the herbs to steep in the alcohol for approximately 4-6 weeks. During this period, gently shake the jar every few days to ensure thorough extraction.
- | **Straining and Storing:** After the steeping period, strain the tincture through a fine mesh or cheesecloth, collecting the liquid extract in a clean glass container. Store the tincture in a dark glass bottle in a cool, dark place (like a cupboard) for future use.

## DOSAGE:

Take 1-2 ml (approximately 30-60 drops) of the tincture, directly in the mouth or diluted in a small amount of water, three times a day. Adjust the dosage as needed, but do not exceed the recommended daily dose.

# Joint Pain Reliever



The pain-relieving power in mint lies with its menthol compounds. Many mint plants contain some amount of menthol; peppermint has the highest concentrations. Spearmint also has menthol, and like peppermint, has carvacrol and limonene. These pain-killing plants have been traditionally used for pain relief for centuries. More recently, their analgesic qualities have been recognized for providing safe support for osteoarthritis and other chronic musculoskeletal discomforts.

## INGREDIENTS:

- 3 tablespoons grated beeswax
- 3 tablespoons flaked coconut
- ½ cup peppermint leaf infused oil
- 30 drops mint essential oil (*Mentha piperita*)
- 15 drops spearmint essential oil (*Mentha spicata*)

## NOTES:

For external use only.

Do not apply to broken skin. If you experience any irritation or discomfort, discontinue use.

The salve is also excellent for reducing headaches. Place a small amount at the base of your skull and around your ears and temples to help with headaches.

## INSTRUCTIONS:

- 1 | **Prepare Your Work Area:** Ensure your workspace is clean and sanitized. Gather all the ingredients and equipment.
- 2 | **Melt the Beeswax and Oils:** In a double boiler, melt the 3 tablespoons of grated beeswax over low heat until it's completely liquid. Add the 3 tablespoons of cold, flaked coconut and ½ cup of mint-infused oil to the melted beeswax.  
\*\* To prepare mint-infused oil, fill a glass jar with freshly-dried mint leaves (peppermint or spearmint) and cover them with your chosen carrier oil (like olive or coconut oil). Seal the jar, place it in a sunny spot for 2-4 weeks, shaking daily. After infusing, strain out the leaves, leaving you with mint-infused oil, perfect for culinary and herbal uses.
- 3 | **Stir:** Stir well to combine. Heat this mixture until everything is well incorporated. Remove from heat.
- 4 | **Adding Mint Essential Oils:** Allow the mixture to cool slightly, but not solidify. Add 30 drops of peppermint essential oil and 15 drops of spearmint essential oil. Stir thoroughly.
- 5 | **Pour into Containers:** Pour the mixture into 3 one-ounce containers. Ensure they are clean and dry. Let the salve cool and solidify for a few hours. Label your containers/tins.

## DOSAGE:

Apply a small amount of the mint salve to the affected area and gently massage it in until absorbed. Use as needed, up to 3-4 times a day.

# *Three-Herb Poultice*

## *for Arthritis Pain*



Creating an arthritis poultice involves combining natural ingredients traditionally recognized for their therapeutic properties. Green clay is used for its ability to draw out impurities and reduce inflammation. Comfrey leaves offer soothing effects and may help decrease swelling, while arnica flowers are valued for their anti-inflammatory and pain-relieving properties. Turmeric is included for its potent anti-inflammatory effects, thanks to curcumin, which may alleviate joint pain and swelling. Together, these ingredients form a poultice aimed at providing relief from the discomfort associated with arthritis.

### INGREDIENTS:

- $\frac{1}{2}$  cup of green clay
- $\frac{1}{4}$  cup of fresh or dried comfrey leaves (*Symphytum officinale*)
- $\frac{1}{4}$  cup of fresh or dried arnica flowers (*Arnica montana*)
- 2 tablespoons of turmeric powder (*Curcuma longa*)
- Warm water, enough to form a paste
- Gauze or clean cloth

### NOTES:

Always test a small amount on your skin first to check for any allergic reactions.

Arnica should only be used topically and not on broken skin, as it can be irritating and is toxic if ingested.

Consult with a healthcare provider before using any new treatments, especially if you have sensitive skin or are on medication.

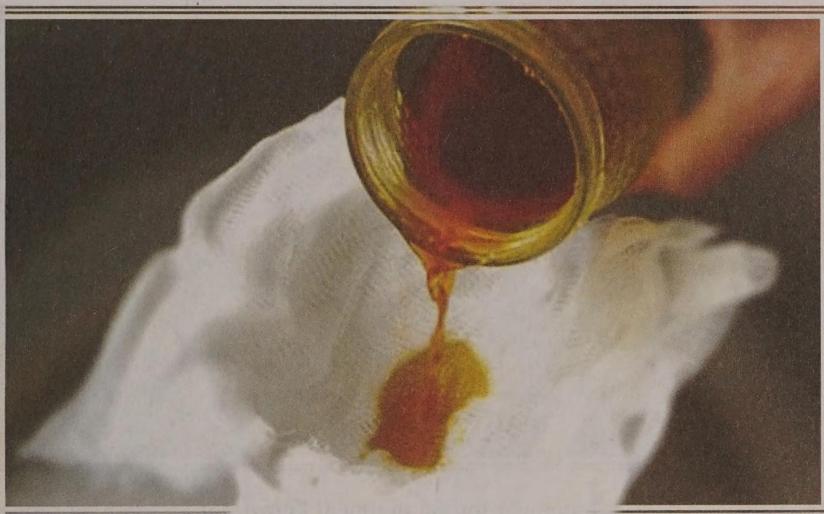
### INSTRUCTIONS:

- 1 | **Prepare the Herbs:** If using fresh herbs, wash and finely chop them. If using dried herbs, crumble them into smaller pieces.
- 2 | **Mix the Ingredients:** In a bowl, combine the green clay, comfrey leaves, arnica flowers, and turmeric powder. Gradually add warm water and stir until you create a paste of spreadable consistency.
- 3 | **Heat the Poultice (Optional):** If desired, you can gently heat the mixture in a double boiler just until warm but not hot to enhance the poultice's soothing effects.
- 4 | **Apply the Poultice:** Spread the mixture onto a piece of gauze or clean cloth. Fold the cloth to encase the mixture fully.
- 5 | **Position the Poultice:** Place the poultice directly onto the affected area. If the skin is sensitive, you may place a thin cloth between the poultice and the skin.
- 6 | **Secure the Poultice:** Use additional cloth or an elastic bandage to hold the poultice in place.
- 7 | **Leave in Place:** Keep the poultice on for up to an hour, checking occasionally to ensure comfort and safety.
- 8 | **Remove and Cleanse:** After removing the poultice, gently wash the area with warm water and pat dry.

### DOSAGE:

Apply the poultice up to two times daily, as needed, to relieve arthritis discomfort.

# Anti-Inflammatory Tincture for Joints



This recipe for an anti-inflammatory tincture uses natural ingredients traditionally recognized for their potential to support joint health and reduce inflammation. By infusing these ingredients in vodka, you create an extract that may help manage joint discomfort.

## INGREDIENTS:

- 1 fresh ginger root (*Zingiber officinale*)
- 1 fresh turmeric root (*Curcuma longa*)
- 3 fresh cayenne peppers (*Capsicum annuum*)
- A handful of fresh peppermint leaves (*Mentha piperita*)
- Vodka (enough to cover the ingredients)

## NOTES:

Always consult with a healthcare provider before starting any new treatment, especially if you have existing health conditions or are taking other medications.

Tinctures containing high concentrations of active ingredients like cayenne can interact with medications and affect individuals differently.

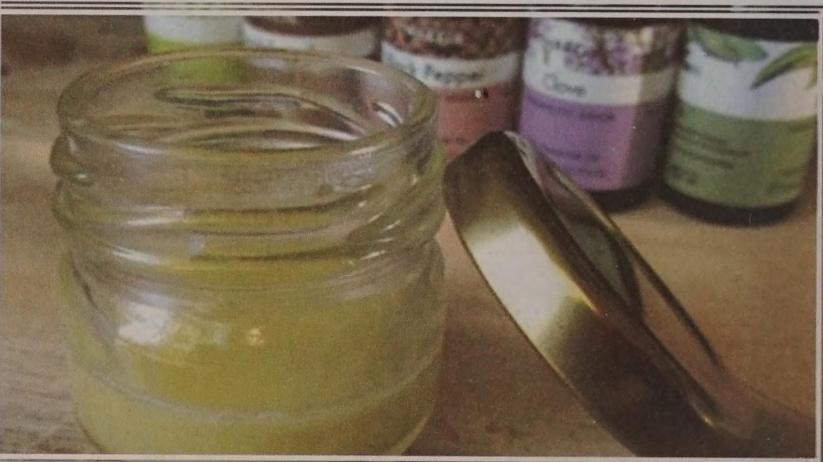
## INSTRUCTIONS:

- | **Prepare the Ingredients:** Peel and chop one ginger root and one turmeric root into small pieces to maximize their surface area. Slice three cayenne peppers carefully, wearing gloves to avoid irritation. Roughly chop a handful of peppermint leaves to release their oils.
- | **Combine in a Jar:** Place the chopped ginger, turmeric, cayenne peppers, and peppermint leaves into a clean glass jar.
- | **Cover with Alcohol:** Pour enough vodka over the ingredients to completely submerge them. Vodka is preferred due to its neutral flavor and high alcohol content, which is excellent for extracting the active compounds from the ingredients.
- | **Seal and Store:** Tightly seal the jar and place it in the refrigerator. Let the mixture infuse for four to six weeks. Shake the jar occasionally to mix the contents and promote extraction.
- | **Strain and Preserve:** After the infusion period, remove the jar from the refrigerator. Strain out the solid ingredients using a fine mesh strainer or cheesecloth, saving the liquid. Transfer the liquid tincture to a clean, sealed bottle or jar for storage. Store your tincture in a cool, dark place. Because it's alcohol-based, it will remain potent and preserve its therapeutic properties for years without refrigeration.

## DOSAGE:

Tinctures are highly concentrated, so typically, just a few drops to a dropperful are needed per dose. Begin with a small amount to see how your body responds. You can gradually increase the dosage until you find what works best for you.

# DIY Relieving Balm



DIY Relieving Balm is a popular topical ointment known for its soothing properties, combining several key ingredients traditionally used for pain relief:

- **White Camphor** essential oil produces a cooling sensation when applied to the skin, followed by a warming effect. This dual action can help distract the mind from pain or discomfort.
- **Menthol**, found in peppermint and spearmint essential oil, provides a cooling effect, which can alleviate pain by numbing the skin's surface.
- **Cinnamon or Cassia essential oil** is known for its warming properties. It helps increase blood flow to the applied area, providing relief for sore muscles and joints.
- **Clove essential oil** is another strong warming oil with analgesic properties. It can help reduce pain and inflammation in muscles and joints.
- **Cajeput essential oil** has warming properties and is traditionally used for pain relief, particularly for muscle aches and joint discomfort.

## INGREDIENTS:

- White camphor essential oil (*Cinnamomum camphora*) (15%)
- Menthol (*Mentha* spp.) in the form of peppermint and/or spearmint essential oil (15%)
- Cinnamon or cassia essential oil (*Cinnamomum* spp.) (10%)
- Clove essential oil (*Eugenia caryophyllata*) (10%)
- Cajeput essential oil (*Melaleuca cajuputi*) (7%)
- A base, such as coconut oil or beeswax

## NOTES:

For external use only.

Avoid contact with eyes, mucous membranes, and open wounds. Do a patch test on a small area of skin to check for any adverse reactions before widespread use. Discontinue use if irritation occurs.

## INSTRUCTIONS:

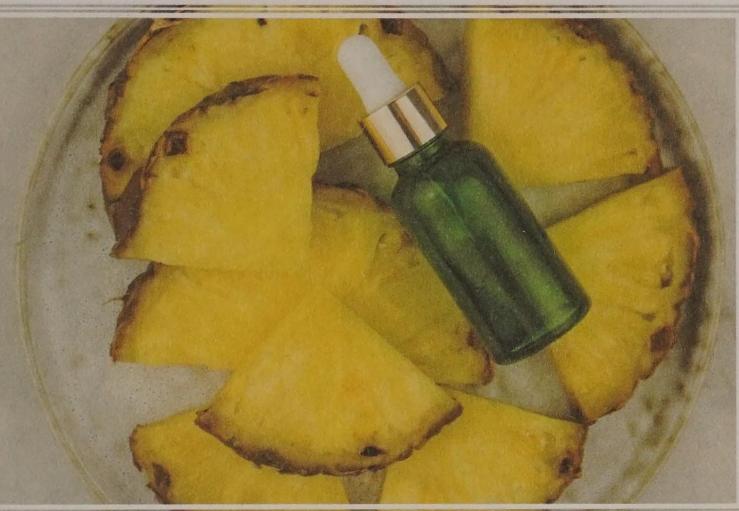
- 1 | **Preparing the Base:** Measure out your base (beeswax) according to your desired batch size. It will make up the remaining percentage of your balm. Typically, a 57% base to 43% essential oils ratio is recommended for this balm. You can eyeball ~60% base to ~40% essential oils if easier. Or use a small measuring cup for each, then mix.
- 2 | **Mixing the Essential Oils:** In a clean, dry container, mix the essential oils in recommended percentages.
- 3 | **Combine the Base and Essential Oils:** In a double boiler or microwave, melt your base (coconut oil or beeswax) until it's completely liquid. Once melted, add the mixture of essential oils and stir thoroughly to ensure even distribution.
- 4 | **Cooling and Storing:** Allow the mixture to cool slightly. Pour the balm into clean, airtight containers.

## DOSAGE:

Apply a small amount of this homemade balm to the affected area. Massage it into the skin in a circular motion until fully absorbed. Wash hands post-application.

# Pineapple

## Painkilling Extract



Bromelain, an enzyme derived from pineapple, is known for its pain-relieving properties. It has anti-inflammatory and analgesic effects, making it a natural choice for managing pain.

### INGREDIENTS AND MATERIALS:

- Fresh pineapple, including the stem
- Juicer
- Cheesecloth

#### NOTES:

If you prefer a topical application, you can also use the extract as a poultice on the affected area.

If you're allergic to pineapple or bromelain, do not use this extract.

Avoid consuming large quantities as it may cause digestive discomfort in some individuals.

Consult a healthcare professional before using bromelain if you are pregnant, nursing, or taking medications, as it can interact with certain drugs.

### INSTRUCTIONS:

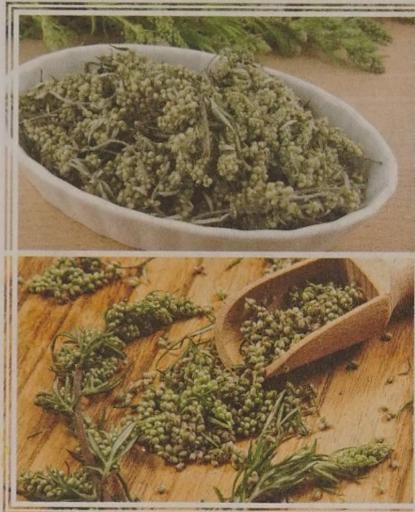
- | **Preparation:** Begin by selecting a fresh pineapple, including the stem. Cut the pineapple into small chunks. Remove and discard any damaged, soft, or discolored pieces of the pineapple. These signs indicate rotting and can affect the quality of the bromelain.
- | **Juicing:** Run all the pineapple chunks, including the stem, through a juicer to extract the juice. This method ensures you get the most concentrated form of bromelain.
- | **Straining:** After juicing, pour the pineapple juice through a cheesecloth or a fine mesh strainer to remove any remaining pulp. This step will give you a clear and pure extract.
- | **Store:** You can freeze the extract in ice cube trays for longer storage. Storing your fresh pineapple bromelain extract properly is crucial to retain its enzymatic activity. Maintain a temperature that is below -4 degrees Celsius (24.8 degrees Fahrenheit). This temperature is essential to preserve the enzymatic activity of the bromelain.

You can also create a pineapple bromelain tincture with vodka by simply mixing the fresh pineapple pieces with high-proof vodka (100-proof) in a 1:2 ratio (1 part pineapple to 2 parts vodka). Allow this mixture to infuse in a sealed container for 4-6 weeks, shaking it periodically. Strain and store the tincture in an amber glass bottle for easy dosing. Take 1-2 droppers (approximately 1-2 ml) under the tongue or in water up to three times a day for pain relief.

### DOSAGE:

For pain relief, consume 1-2 tablespoons of the pineapple bromelain extract on an empty stomach up to three times a day.

# Backyard Calming Pills



These “Backyard Calming Pills” are crafted using mugwort (*Artemisia vulgaris*), an herb traditionally used for its calming properties and to help alleviate occasional discomfort. This simple recipe provides a natural way to support relaxation and soothe mild pain.

## INGREDIENTS:

- 1/2 cup of dried mugwort (*Artemisia vulgaris*)
- Honey or glycerin (for binding)
- Empty capsules (size 00 recommended)

### NOTES:

Always consult with a healthcare provider before starting any new herbal regimen, especially if you are pregnant, nursing, or taking other medications.

Be aware of potential allergies to mugwort. Do not exceed the recommended dosage to avoid potential side effects. Keep out of reach of children.

## INSTRUCTIONS:

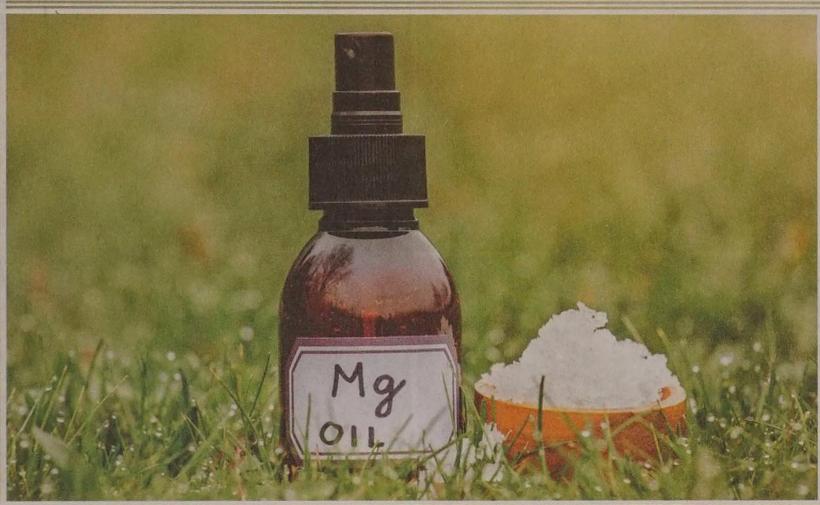
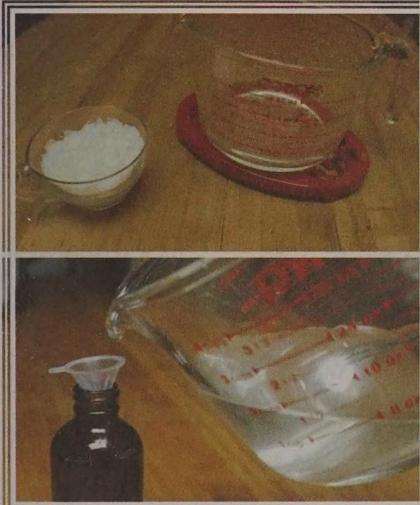
- 1 | **Prepare Mugwort:** Using a mortar and pestle or a coffee grinder, finely grind the dried mugwort into a fine powder. Using 1/2 cup of dried mugwort, you should be able to make approximately 50-60 capsules, depending on how firmly they are packed.
- 2 | **Mix and Bind:** In a bowl, add a small amount of honey or glycerin to the mugwort powder. Mix thoroughly to create a slightly sticky consistency. This will help the powder adhere together when forming the pills.
- 3 | **Form Pills:** Using a small spoon, fill each empty capsule with the mugwort mixture, packing it firmly but not overfilling. Alternatively, you can form small pea-sized balls with the mixture if you prefer not to use capsules. Using 1/2 cup of dried mugwort, you should be able to make approximately 50-60 capsules, depending on how firmly they are packed.
- 4 | **Store:** Store the filled capsules or formed pills in an airtight container in a cool, dark place. They can be kept for up to 6 months.

## DOSAGE:

Take 1-2 capsules or pills as needed for calming mild pain. Start with a lower dose to assess your body's response.

# Magnesium Rub

## for Leg Cramps



Magnesium is an essential electrolyte in the body, responsible for muscle relaxation and preventing cramps. It's lost through sweat and urination, along with other vital minerals like sodium, potassium, and iron.

Many people don't get enough magnesium in their diets, and factors like medication use and certain medical conditions can exacerbate deficiencies. One of the best ways to relieve these symptoms is to supplement with magnesium. But if some of the symptoms you're experiencing are muscle-related, such as soreness, cramping, restless legs, and pain, making a magnesium muscle rub can help.

### INGREDIENTS:

- $\frac{1}{4}$  cup magnesium flakes
- $\frac{1}{4}$  cup warm distilled water
- 10 drops of lavender essential oil
- 1 tablespoon of coconut oil

### NOTES:

Avoid applying the spray to broken or irritated skin.

If you have allergies or skin sensitivities, perform a patch test before using the spray more extensively.

If you're pregnant or nursing, consult a healthcare professional before using this remedy.

### INSTRUCTIONS:

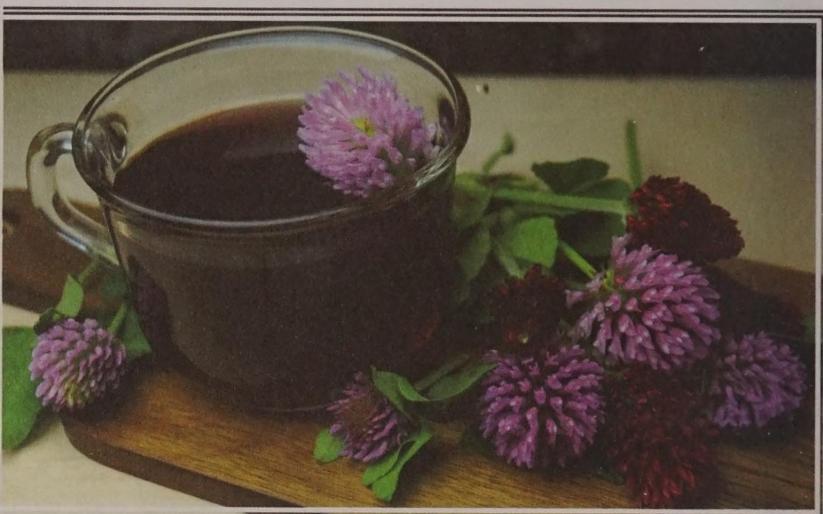
- 1 | **Prepare Magnesium Spray:** Begin by mixing  $\frac{1}{4}$  cup of magnesium flakes and  $\frac{1}{4}$  cup of warm distilled water in a clean bowl. Stir well until the magnesium flakes are fully dissolved.
- 2 | **Add Essential Oils:** Add 10 drops of Lavender essential oil to the magnesium spray. Lavender's calming properties will enhance the spray's effectiveness. Feel free to experiment with different essential oils to customize the scent to your liking.
- 3 | **Include Coconut Oil:** To make the rub more spreadable, include 1 tablespoon of coconut oil. Mix everything thoroughly to ensure the oils are well combined.
- 4 | **Transfer to Spray Bottle:** Carefully pour the magnesium rub mixture into a spray bottle or dropper bottle. Make sure the bottle is clean and dry before transferring the mixture. Label.

### DOSAGE:

Spray a small amount or apply a few drops of the magnesium rub directly onto the area of your leg affected by cramps. Gently massage it into the skin. Use as needed when you have leg or foot cramps.

# Fermented Red Clover

## (Can Help You Rebuild Bone Mass)



Red clover (*Trifolium pratense*), an herbal gem, is believed to be beneficial for bone health due to its rich content of isoflavones and phytoestrogens. These natural compounds may support the rebuilding of bone mass by assisting with bone density and hormonal balance.

### INGREDIENTS:

- $\frac{1}{4}$  cup dried red clover blossoms (*Trifolium pratense*)
- A little less than 1 quart (32 fl oz) purified water (need 24 oz)
- $\frac{1}{4}$  cup sugar
- $\frac{1}{4}$  cup organic red clover honey (optional, for flavor)

### NOTES:

If you have a history of hormone-related conditions, such as estrogen-sensitive cancers (e.g., breast, ovarian, uterine), endometriosis, or uterine fibroids, please consult with a healthcare provider before using red clover. Please consult with your doctor if you are pregnant or breastfeeding.

### INSTRUCTIONS:

- 1 | **Prepare the Glass Jar:** Begin by sterilizing a quart-sized glass jar and its lid to ensure cleanliness.
- 2 | **Add Red Clover Blossoms:** Add  $\frac{1}{4}$  cup of dried red clover blossoms (*Trifolium pratense*) to the sterilized jar.
- 3 | **Water Infusion:** Pour 24 fl. oz of room temperature purified water over the red clover blossoms in the jar. Make sure the water is not too cold or hot, as extreme temperatures can affect the fermentation process.
- 4 | **Sweeten with Sugar:** Add  $\frac{1}{4}$  cup of sugar to the jar and stir gently to dissolve. Use a glass jar and bottle for fermentation to avoid any chemical reactions with plastic containers.
- 5 | **Optional Honey:** For enhanced flavor and sweetness, you can also add  $\frac{1}{4}$  cup of organic red clover honey (optional but recommended) at this stage.
- 6 | **Partially Cover and Begin Fermentation:** Cover the jar with its sterilized lid, leaving a small gap for gas to escape (or use a fermentation jar).
- 7 | **Extended Fermentation:** Place the jar in a cool, dark place, away from direct sunlight, and at room temperature for an extended fermentation period of 5-7 days. This longer fermentation time allows for a more potent infusion.
- 8 | **Strain and Store:** After the extended fermentation period, strain the liquid into a clean glass bottle, discarding the Red Clover blossoms. Seal the bottle and store it in the refrigerator. It's ready to use after about one week of fermentation.

### DOSAGE:

Consume 1-2 tablespoons of fermented red clover daily. You can dilute it with water or add it to your favorite beverage or salad dressing.

# Dandelion Salve

## for Sore Muscles and Joints



This healing dandelion salve is specifically formulated to soothe sore joints and provide relief. Dandelion's potent anti-inflammatory properties, courtesy of flavonoids and polyphenols, can help alleviate joint pain and stiffness by reducing inflammation. Additionally, this herb is a nutritional powerhouse rich in vitamins (A, C, and K) and minerals like calcium and potassium, supporting joint health and tissue repair. Dandelion's diuretic effects assist in eliminating excess fluids and toxins, providing relief for swollen joints. Furthermore, its antioxidants, including beta-carotene and polyphenols, combat harmful free radicals, safeguarding joint tissues from damage and pain.

### INGREDIENTS:

- ½ cup dried dandelion flowers
- 1 cup coconut oil
- ½ cup sweet almond oil
- 1.5 oz beeswax
- 1 oz shea butter
- 10-15 drops of essential oil of your choice (e.g., jasmine)

### NOTES:

To enhance joint health, consider drinking dandelion tea as well. This dual approach can provide comprehensive support for your joints.

Before applying the salve, you'll want to warm up the salve to make it easier to apply. Place a small amount of salve in your hands rub it gently until it melts.

Perform a patch test before applying the salve to a larger area to ensure there are no adverse reactions.

### INSTRUCTIONS:

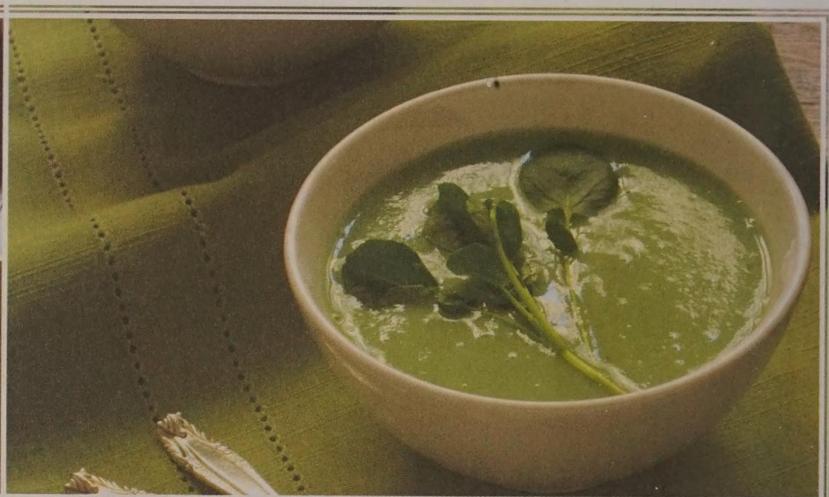
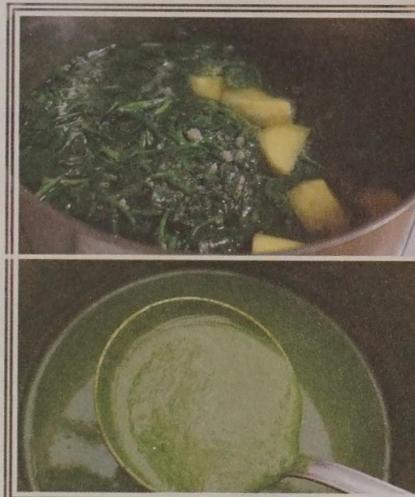
- 1 | **Harvest Dandelion Flowers:** Pick 1 cup of dandelion flowers. Ensure they are free from pesticides and thoroughly wash them. Dry them prior to infusing them in oil.
- 2 | **Prepare Herbal Infusion:** Place the dandelion flowers in a clean, dry glass jar. Melt the coconut oil and sweet almond oil together until they are warm but not boiling. Pour the warm oils over the dandelion flowers in the jar. Seal the jar and let it sit in a sunny spot for ~2 weeks to infuse. Shake the jar gently daily.
- 3 | **Strain the Herbal Oil:** After the infusion period, strain the oil through a fine-mesh strainer or cheesecloth to remove the dandelion flowers.
- 4 | **Create the Salve:** In a double boiler, melt the beeswax and shea butter together.
- 5 | **Combine the Ingredients:** Once melted, add the dandelion-infused oil to the beeswax and shea butter mixture. Stir well to combine.
- 6 | **Add Essential Oil:** Add 10-15 drops of your chosen essential oil (e.g., jasmine) for a pleasant fragrance and added benefits.
- 7 | **Pour into Containers:** Pour the mixture into clean, airtight containers (such as small tins or glass jars). Let the salve cool and solidify. Label.

### DOSAGE:

Apply the dandelion salve to sore joints as needed. Gently massage it into the affected areas

# Watercress Broth

## to Strengthen Your Joints and Bones



Watercress, a small leaf with a big taste, is traditionally known to support bone health and reduce inflammation in the joints. One cup of watercress contains 85 micrograms of vitamin K, which represents 106% of the recommended daily dose. Vitamin K aids the absorption of calcium in the body and stops it from being eliminated through urine.

### INGREDIENTS:

- 2 cups loosely packed watercress (*Nasturtium officinale*)
- ½ cup sliced carrots
- 3 garlic cloves, thinly sliced
- 1 white potato peeled and cut into ½-inch dice
- 1-quart (1 liter) of water
- Salt and pepper to taste
- A few slices of ginger (*Zingiber officinale*) for extra flavor and vitamins

### INSTRUCTIONS:

- 1 | **Prepare the Watercress:** Begin by washing and thoroughly cleaning the watercress to remove any dirt or impurities. If you're preparing watercress for a salad, you may want to trim off the stems. For this soup, however, include the stems. Drain and set it aside.
- 2 | **Assemble the Ingredients:** Gather and prepare the ingredients. In a large pot, combine the water, sliced carrots, thinly sliced garlic, and diced white potato.
- 3 | **Add Ginger:** Optionally, add a few slices of ginger to enhance the flavor and provide additional vitamins.
- 4 | **Boil:** Bring the mixture to a boil over medium-high heat. Once it starts boiling, reduce the heat to a simmer, cover, and let it cook for about 20-25 minutes until the vegetables are tender.
- 5 | **Add the Watercress:** Once the other vegetables are tender, add the 2 cups of watercress to the pot. Continue to simmer until the watercress wilts, which should take an additional 5-7 minutes.
- 6 | **Season:** Season the broth with salt and pepper to taste.
- 7 | **Blend:** Remove the pot from heat and let it cool slightly. You can either eat it as it is or blend it together for a smoother texture (my preference). Using a blender or an immersion blender, carefully puree the mixture until it becomes a smooth and creamy soup.
- 8 | **Serve:** For an extra nutritional boost, add a squeeze of fresh lemon juice or a drizzle of olive oil before serving.
- 9 | **Store:** This broth can be stored in the refrigerator for a few days, so you can prepare a batch and enjoy it throughout the week.

### DOSAGE:

Consume a cup of this watercress soup daily to help strengthen your joints and bones.

# Bone-Strengthening Juice



Creating a bone-strengthening juice with plant-based ingredients rich in calcium can naturally support bone health. Kale provides calcium and vitamin K, which are crucial for bone health, while spinach offers additional calcium and vital minerals. Oranges boost vitamin C, aiding calcium absorption and adding a mild flavor to the juice. Celery contributes calcium and anti-inflammatory properties, and apples add natural sweetness and fiber. Chia seeds and sesame seeds are rich sources of calcium, omega-3 fatty acids, and other essential minerals.

## INGREDIENTS:

- 1 cup kale
- 1 cup spinach
- 1 orange, peeled
- 1 small cucumber
- 2 celery stalks
- 1 apple
- 1 tablespoon chia seeds
- 1 teaspoon ground sesame seeds

## NOTES:

While plant-sourced calcium may offer benefits, it should not be seen as a treatment or cure for medical conditions but rather as a complement to a balanced diet and healthy lifestyle. This juice provides various nutrients traditionally known to support bone health. Regular consumption of a balanced diet with adequate physical activity is essential for maintaining healthy bones. Always discuss dietary changes with a healthcare provider, especially if you have pre-existing health conditions or dietary concerns.

## INSTRUCTIONS:

- 1 | **Prepare Ingredients:** Wash all the vegetables and fruits thoroughly. Roughly chop the kale, spinach, cucumber, celery, and apple into chunks that will easily blend.
- 2 | **Juicing:** Add the kale, spinach, orange, cucumber, celery, and apple to your juicer. Process these ingredients until smooth. If the juice is too thick, adjust the consistency by adding a little water or ice to blend further or thin it out.
- 3 | **Add Seeds:** After juicing, stir in the chia seeds and ground sesame seeds into the juice. Let it sit for a few minutes to allow the chia seeds to swell and thicken the juice slightly.
- 4 | **Serve:** Pour the juice into a glass and enjoy immediately. For an extra nutritional boost, add a squeeze of fresh lemon juice or a drizzle of olive oil before serving.
- 5 | **Store:** This broth can be stored in the refrigerator for a few days, so you can prepare a batch and enjoy it throughout the week.

**Variations:** You can add fresh herbs like parsley or mint for additional flavor and nutrients. Nettle leaf is a great addition if you have access. Using bok choy and mustard greens instead of kale and spinach can help minimize the dietary intake of oxalates, which may enhance the bioavailability of calcium in the juice. This adjustment is particularly beneficial for individuals concerned with oxalate intake due to specific health issues like kidney stones.

## DOSAGE:

Consume one glass of this bone-strengthening juice daily to support bone health.

# *Cabbage "Socks"*

## *for Inflammation and Joint Pain*



Cabbage has been used for centuries in traditional herbal medicine for its anti-inflammatory properties. It contains various beneficial compounds, including antioxidants and sulfur-containing compounds like glucosinolates. When used externally, cabbage leaves are thought to help reduce inflammation and alleviate joint pain.

### **INGREDIENTS AND MATERIALS:**

- Fresh cabbage leaves
- Plastic wrap or bandage
- Clean cloth or gauze

#### **NOTES:**

If you have a known allergy to cabbage or any related vegetables in the Brassica family, refrain from using cabbage bandages. Always perform a patch test by applying a small piece of cabbage leaf to your skin.

In addition to joint pain, cabbage leaves are also used to alleviate breast engorgement in lactating mothers. If you're experiencing breast engorgement, follow a similar process to apply cabbage leaves to your breasts. Ensure they cover the affected areas but avoid the nipple area.

### **INSTRUCTIONS:**

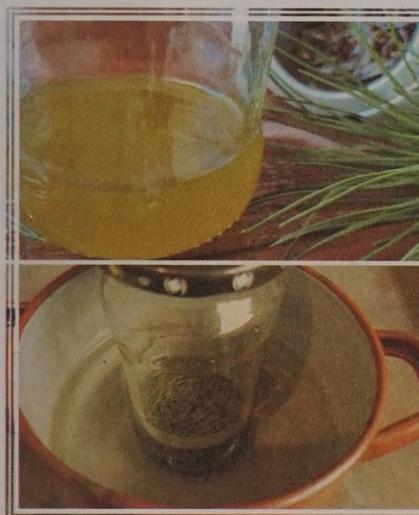
- 1 | Select and Prepare the Cabbage Leaves:** Choose fresh cabbage leaves, preferably organic, as they are free from pesticides and unwanted chemicals. Look for leaves that are pliable and not wilted. Wash the leaves under running water to remove any dirt or impurities.
- 2 | Soften the Cabbage Leaves:** You can put the leaves directly on the skin, but boiling water or microwaving is often used to soften the cabbage leaves and make them more flexible for application. Fill a pot with enough water to submerge the cabbage leaves and bring it to a boil. Submerge the cabbage leaves in the boiling water for about 2-3 minutes. This blanching process makes the leaves easier to mold to the joint and may enhance their effectiveness. After blanching, remove the leaves carefully using tongs and let them cool until they reach a comfortable temperature for application. To release more of the cabbage juices, gently bruise the leaves with a rolling pin or a meat hammer.
- 3 | Apply the Cabbage Bandage:** Lay the cabbage leaves on the affected joint area, such as the knee, ankle, or elbow. Ensure the leaves cover the joint and the surrounding area where you're experiencing pain. Place the leaves in such a way that they overlap slightly for better coverage. To secure the cabbage leaves in place, cover them with plastic wrap or a bandage. This will help keep them in contact with the skin. Avoid wrapping it too tightly to allow for proper circulation and comfort.

### **DOSAGE:**

Apply the cabbage bandage for at least an hour, depending on your preference and the level of pain you're experiencing. You can repeat this treatment once a day or as needed for pain relief. The cabbage poultice can be left on overnight for extended relief.

# Pine Needle Infused Oil

## for Rheumatism and Arthritis Pain



Pine needles (*Pinus spp.*) are well-known for their traditional uses. They contain compounds like turpentine and pinenes, which have anti-inflammatory and analgesic effects, making them beneficial for rheumatism and arthritis. When considering the use of pine for medicinal purposes, it's important to choose the right species. Not all pine species are suitable for herbal use, and some may be toxic. Here are a few common pine species that are typically considered safe for herbal and medicinal applications: Eastern white pine (*Pinus strobus*), Scots pine (*Pinus sylvestris*), and Ponderosa pine (*Pinus ponderosa*).

### INGREDIENTS:

- 1 cup fresh pine needles (*Pinus spp.*)
- 1 cup carrier oil (such as olive oil or coconut oil)

### NOTES:

Perform a patch test before using to check for any allergic reactions. If irritation occurs, discontinue use.

While pine needles do have medicinal properties and can be used topically, ingesting them can be risky.

Pine needles contain compounds like turpentine and pinenes, which, when consumed in large quantities, may irritate the digestive system and mucous membranes, leading to stomach discomfort, nausea, and potential poisoning.

### INSTRUCTIONS:

- 1 | **Harvest the Pine Needles:** Gather fresh pine needles. Ensure they are clean and free of debris.
- 2 | **Prepare the Pine Needles:** Wash the pine needles thoroughly and pat them dry with a clean cloth.
- 3 | **Crush the Pine Needles:** Use a mortar and pestle to gently crush the pine needles. This helps release the essential oils and compounds.
- 4 | **Infusion Process:** In a glass jar, add the crushed pine needles. Pour the carrier oil over the pine needles, ensuring they are fully submerged. Seal the jar tightly.
- 5 | **Sunlight Infusion Method:** Place the jar in a sunny windowsill or outdoors in a place where it will receive direct sunlight for about 2-4 weeks. This will allow the oil to infuse with the pine needles.
- 6 | **Shake Daily:** Shake the jar gently every day to ensure thorough infusion.
- 7 | **Strain the Oil:** After the infusion period, strain the oil through a fine mesh strainer or cheesecloth into a clean glass container. Label.
- 8 | **Storage:** Store the pine needle infused oil in a cool, dark place in an airtight container.

### DOSAGE:

For external use, apply a small amount of the oil to the affected area and massage gently. Use as needed.

# Willow Bark Bath Salts

## for Inflammation



Named after the *Salix* genus, willow bark contains salicin, a natural precursor to aspirin, which is traditionally known for its analgesic and anti-inflammatory properties. When used in bath salts, salicin eases muscle tension and joint discomfort as it permeates the skin during a relaxing soak. Additionally, Epsom salts, rich in magnesium and sulfate, complement these benefits. Magnesium relaxes muscles, and sulfate supports detoxification processes, further enhancing relief during a warm bath.

### INGREDIENTS:

- 1 cup Epsom salt (Magnesium sulfate)
- $\frac{1}{2}$  cup sea salt (Sodium chloride)
- $\frac{1}{4}$  cup dried and ground willow bark (*Salix alba*)
- 10-15 drops of your favorite essential oil (optional, for fragrance)

### NOTES:

If you are allergic to aspirin or have a known sensitivity to salicylates, it's advisable to avoid using willow bark bath salts. Salicin is a natural form of salicylate and may cause adverse reactions such as skin rashes. Consult with a healthcare professional if you are pregnant, nursing, or have any medical conditions before using this product.

### INSTRUCTIONS:

- 1 | **Prepare the Willow Bark:** Begin by finely grinding the dried willow bark into a powder. You can use a coffee grinder or mortar and pestle for this. If you can't find dried willow bark, you may purchase willow bark extract and add a few drops to the bath salts mixture.
- 2 | **Mix the Salts:** In a mixing bowl, combine the Epsom salt, sea salt, and the ground willow bark. Make sure to blend them thoroughly to distribute the willow bark evenly throughout the mixture.
- 3 | **Add Essential Oils:** If you want to add a pleasant fragrance to your bath salts, add 10-15 drops of your favorite essential oil. Lavender or chamomile essential oil complements the natural scent of willow bark. Mix the essential oil into the salts until well distributed. You can customize the fragrance of your bath salts by using different essential oils. Just ensure they are safe for use on the skin.
- 4 | **Store Your Bath Salts:** Transfer the mixture into a sealed glass jar to preserve its freshness and scent. When ready to indulge in a soothing bath, pour the salt mixture into a muslin bag and hang it below the faucet or let it float in your bath.

### DOSAGE:

For a standard bath, add approximately  $\frac{1}{4}$  to  $\frac{1}{2}$  cup of these bath salts to your warm bathwater. Soak for at least 20-30 minutes to enjoy the soothing effects.

# Patches

## with Nature's "Ibuprofen"



Cayenne pepper (*Capsicum annuum*) and turmeric (*Curcuma longa*) are both renowned for their anti-inflammatory properties. When combined with olive oil and beeswax, they create a soothing patch that can help alleviate various types of pain, including muscle soreness and joint pain.

### INGREDIENTS AND MATERIALS:

- 3 tablespoons of cayenne powder
- 3 tablespoons of turmeric
- $\frac{1}{2}$  cup of olive oil
- $\frac{1}{2}$  cup of beeswax pellets
- Gauze pads
- Waterproof paper tape
- Glass Mason jars

### NOTES:

Avoid contact with eyes and mucous membranes. Avoid using on broken or irritated skin. Discontinue use if any adverse reactions occur. Wash hands thoroughly after handling the patches.

Keep out of reach of children and pets.

Consult with a healthcare professional before use, especially if pregnant, nursing, or taking medication.

### INSTRUCTIONS:

- | **Mix the Ingredients:** Mix the cayenne powder and turmeric with  $\frac{1}{2}$  cup of olive oil in a medium-sized bowl until evenly distributed.
- | **Heat the Mixture:** Pour the mixed contents into a small- or medium-sized pot. Warm over medium heat for a few minutes, but do not let it come to a boil. Pour  $\frac{1}{2}$  cup of beeswax pellets into the mixture on the stove and stir until melted evenly. Avoid fumes coming into contact with eyes. You may use a lid on the pot, but keep an eye on it to prevent burning.
- | **Dip the Gauze Pads:** Take your gauze pads and dip them fully into the warm mixture, then place them into your glass Mason jar. They won't stick together once cooled. You may cool them first on wax paper if needed.
- | **Cool:** Place the Mason jar (or wax paper) with the gauze pads in the refrigerator to cool for at least 30 minutes before use. The patches should be cool to the touch when ready to use.
- | **Store:** Always store the patches in the refrigerator. You may also save the remaining mixture by pouring it into another glass Mason jar and storing it in the refrigerator. This can be used as a salve/cream by spooning the mixture onto a bandage or rubbing it into your skin.
- | **Apply and Use:** Once cooled, place a patch on the affected areas. Cover the patch with either sports tape, or with a large bandage or similar. Leave the patch on for 1-2 hours, or overnight for prolonged relief.

### DOSAGE:

Apply the patch to the affected area as needed for pain relief.

# Soothing Herbal Blend for Fibromyalgia Pain



Fibromyalgia is a chronic condition characterized by widespread pain, tenderness, and a range of other symptoms. This herbal remedy incorporates herbs traditionally known for their supportive properties in managing discomfort, inflammation, and promoting relaxation.

Turmeric has anti-inflammatory properties to help reduce the pain and discomfort associated with fibromyalgia. Ginger has anti-inflammatory and analgesic properties, which can provide relief from pain. White willow bark contains salicin, a compound similar to aspirin, which can help with pain management. Chamomile has calming properties, which can help ease the psychological aspects of fibromyalgia.

## INGREDIENTS:

- 1 tablespoon of dried turmeric (*Curcuma longa*)
- 1 tablespoon of dried ginger (*Zingiber officinale*)
- 1 tablespoon of dried white willow bark (*Salix alba*) or 2 teaspoons if using powdered form
- 1 tablespoon of dried chamomile (*Matricaria chamomilla*) flowers
- 4 cups of water

## NOTES:

Incorporating regular exercise, stress management techniques, and maintaining a balanced diet complements herbal treatments and contributes to an improved quality of life for individuals with fibromyalgia. Consult with a healthcare professional for a comprehensive fibromyalgia management plan tailored to your needs.

## INSTRUCTIONS:

- 1 | **Mix the Herbs:** Combine the selected herbs, creating the base for your herbal blend. Add all of the gathered herbs into a pot or saucepan.
- 2 | **Add Water:** Pour 4 cups of water into the pot with the herbs to create the herbal decoction. Place the pot on the stove, and turn the heat to medium-high.
- 3 | **Bring to a Boil:** As the mixture heats, wait until it comes to a gentle boil.
- 4 | **Simmer and Extract:** Once the mixture reaches a boil, reduce the heat to low, and let it simmer for 15-20 minutes. This simmering process will help extract the medicinal compounds from the herbs.
- 5 | **Strain the Herbal Blend:** Remove the pot from the heat. Using a fine-mesh strainer or cheesecloth, strain the liquid into a cup or glass jar. This is your herbal decoction.
- 6 | **Enjoy Your Herbal Blend:** Your soothing herbal decoction blend for fibromyalgia pain is ready to be consumed.

## DOSAGE:

Drink 1 cup of this herbal blend two times a day, preferably in the morning and before bedtime. If you prefer a tincture, simply infuse these herbs into an 80-proof alcohol, such as vodka (see Mobility Maintenance Tincture for Arthritis in the Herbal Support for Musculoskeletal Health chapter).