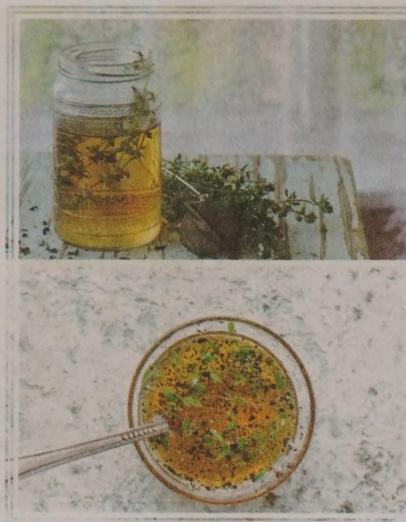


# *Thyme and Honey*

## *Respiratory Elixir*



Homemade thyme and honey respiratory elixir is a natural remedy that combines the soothing properties of thyme and honey to help alleviate respiratory symptoms such as coughs, congestion, and sore throats. Thyme is known for its antimicrobial and anti-inflammatory properties, while honey helps soothe a sore throat and provide some relief from coughing.

### INGREDIENTS:

- 1 cup fresh thyme leaves or  $\frac{1}{2}$  cup dried thyme (*Thymus vulgaris*)
- 1 cup raw honey

#### NOTES:

Be cautious if you have allergies to thyme or bee products like honey.

If you experience any allergic reactions, discontinue use and seek medical advice.

Avoid giving this elixir to infants under one year of age. Honey can pose health risks to young children due to the potential presence of botulism spores.

### INSTRUCTIONS:

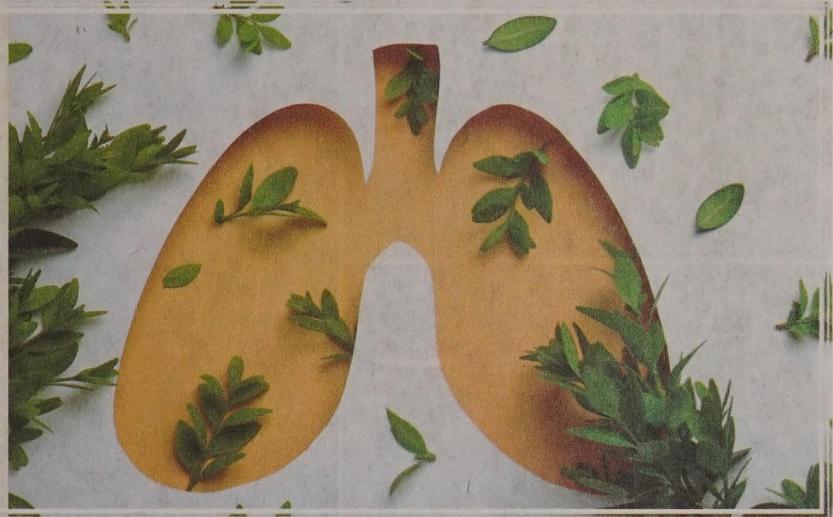
- 1 | **Harvest and Prepare Thyme:** If you're using fresh thyme, wash it thoroughly and remove the leaves from the stems. If you're using dried thyme, skip this step.
- 2 | **Combine Thyme and Honey:** Place the thyme leaves (or dried thyme) in a clean, dry glass jar. Pour the honey over the thyme.
- 3 | **Mix Well:** Stir the honey and thyme together until they are well combined.
- 4 | **Infuse:** Seal the jar tightly and let the mixture infuse for at least 3-4 days. You can leave it for up to a week to maximize the flavor and medicinal properties. Store the jar in a cool, dark place.
- 5 | **Filter the Mixture:** After the infusion period, pass the mixture through cheesecloth or a fine mesh strainer into a clean glass bottle. This will separate the thyme leaves, leaving you with the infused honey. You may find that warming the jar slightly in a warm water bath helps this process.
- 6 | **Store:** Seal the glass bottle with the infused honey and store it in a cool, dark place. It should remain good for several months.

### DOSAGE:

Take 1-2 teaspoons as needed to soothe a sore throat or calm a cough. You can take it straight or mix it into a cup of warm water or herbal tea.

# *“Mighty Lungs”*

## Tincture



A homemade “Mighty Lungs” tincture can support respiratory health. This tincture consists of herbs and ingredients known for their lung-strengthening and soothing properties.

Mullein is known for its respiratory benefits and can help soothe irritated lungs. Lungwort is an herb that is traditionally used for lung health. Thyme is known for its antimicrobial properties and can help with respiratory congestion. Peppermint helps open up the airways and soothe the respiratory tract.

### INGREDIENTS:

- $\frac{1}{4}$  cup dried mullein leaves (*Verbascum thapsus*)
- $\frac{1}{8}$  cup dried lungwort (*Pulmonaria officinalis*)
- $\frac{1}{8}$  cup dried thyme
- $\frac{1}{8}$  cup dried peppermint
- 1 cup alcohol (vodka or brandy work well)

### INSTRUCTIONS:

- 1 | **Gather the Ingredients:** Collect the specified amounts of dried mullein leaves, lungwort, thyme, and peppermint. You can find these herbs in health food stores or online.
- 2 | **Combine the Herbs:** Mix the dried herbs together in a clean glass jar with a tight-fitting lid. Ensure that you have an equal proportion of each herb.
- 3 | **Add Alcohol:** Pour 1 cup of alcohol (vodka or brandy) into the jar containing the mixed herbs to cover them completely. Seal the jar tightly.
- 4 | **Shake and Steep:** Gently shake the jar to ensure the herbs are fully submerged in the alcohol. Then, store the sealed jar in a cool, dark place for about 4-6 weeks. Remember to shake the jar once a day to agitate the mixture.
- 5 | **Strain the Tincture:** After the steeping period, strain the liquid through a fine mesh strainer or cheesecloth into a clean, dark glass dropper bottle.

### NOTES:

These measurements will yield a small batch of tincture that you can use to support respiratory health. If you want to make a larger batch, you can scale up the measurements accordingly while maintaining the equal proportions of the herbs.

Start with a small dose and monitor your body's response. Adjust the dosage as needed based on your individual preferences and needs.

### DOSAGE:

To use the tincture, take about 20-30 drops (approximately 1-1.5 ml) directly in the mouth or diluted in a small amount of water, tea, or juice. You can take it up to three times a day or as needed to support your respiratory health.

# Cowboy Cough Syrup

(with Whiskey)



Cowboy cough syrup with whiskey is a time-tested remedy used to combat cough symptoms. It is a natural remedy that combines the soothing properties of raw honey, lemon, whiskey, and peppermint candies to ease cough symptoms. Raw honey soothes a sore throat, reduces inflammation, and provides antioxidants. Lemon breaks up mucus, relieves throat discomfort, and has anti-inflammatory properties. Whiskey numbs the throat and temporarily eases coughing. Peppermint candies provide short-term relief with menthol and analgesic effects.

## INGREDIENTS:

- 4 fl oz whiskey (~120 ml)
- 2 sliced lemons (medium-sized)
- 3 tablespoons of honey
- 8 peppermint candies

### NOTES:

It's important to use whiskey responsibly and avoid giving raw honey to infants.

Keep the jar in a dark place or in your fridge. This way it will keep for up to a month.

Please remember that this remedy contains alcohol, and it should be used responsibly. It's not a substitute for medical advice or prescribed medications.

If your cough persists or worsens, consult a healthcare professional.

## INSTRUCTIONS:

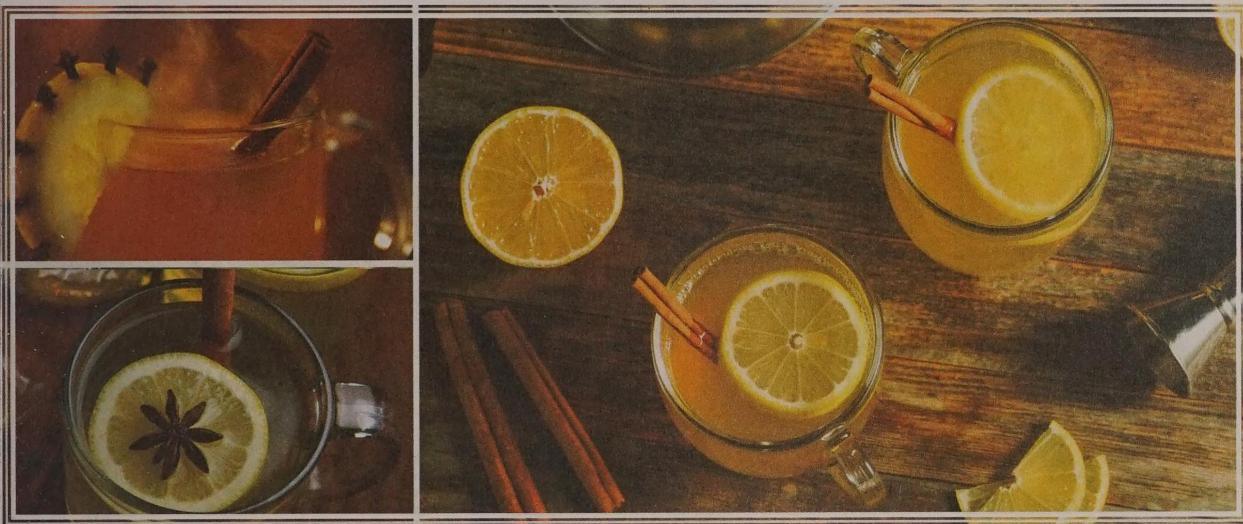
- 1 | **Prepare the Base:** Place 4 peppermint candies in the mason jar.
- 2 | **Layer the Ingredients:** Add the lemon slices, covering the peppermint candies.
- 3 | **First Honey Addition:** Add two tablespoons of honey.
- 4 | **Add More Peppermint:** Place the remaining peppermint candies on top of the lemon slices.
- 5 | **Layer with Lemon Slices:** Cover the candies with the second round of lemon slices.
- 6 | **Second Honey Addition:** Add another tablespoon of honey.
- 7 | **Pour in the Whiskey:** Pour the whiskey into the jar until you cover the rest of the ingredients.
- 8 | **Seal and Gently Mix:** Close the lid carefully and shake it gently.
- 9 | **Allow Mixture to Infuse:** Leave the jar in a dark place and shake it every 6 hours. After 24 hours, your cough syrup is ready to use.

This homemade cowboy cough syrup can be taken in small sips as needed for cough relief. The whiskey and peppermint help numb the throat and provide temporary relief from coughing, while the honey soothes the throat, and the lemon helps soothe and break up mucus.

## DOSAGE:

Take 1 tablespoon of the mixture every 4 to 6 hours. You can also put 1-2 tablespoons of this syrup in warm water or tea.

# *Hot Toddy*



A hot toddy is a classic warm beverage that's perfect for cold weather or soothing a sore throat.

Whiskey provides a comforting warmth, while honey sweetens the concoction and is traditionally known for its soothing properties. Fresh lemon juice adds a burst of flavor and is commonly used for its vitamin C content. Cloves contribute a hint of spice and are traditionally used for their potential anti-inflammatory effects. Cinnamon not only adds a delightful flavor but also brings potential antioxidant qualities. Including star anise in your hot toddy can introduce an additional layer of complexity and flavor, with its subtle licorice-like aroma. Star anise is traditionally valued for its potential antimicrobial and digestive properties.

## INGREDIENTS:

- 2 oz whiskey (such as Scotch or bourbon)
- 1 tablespoon honey
- ½ oz fresh lemon juice
- 4 oz hot water
- 2 whole cloves
- 1 cinnamon stick
- Optional: lemon wedge for garnish and star anise

## INSTRUCTIONS:

- 1 | **Prepare Ingredients:** Gather your whiskey, honey, fresh lemon juice, hot water, cloves, and cinnamon stick.
- 2 | **Warm Your Mug:** Heat a mug by rinsing it with hot water, then discard the water.
- 3 | **Combine Ingredients:** Pour the whiskey, honey, lemon juice, cloves, and cinnamon stick into the warmed mug.
- 4 | **Add Hot Water:** Fill the mug with hot water, leaving a bit of space at the top.
- 5 | **Stir:** Use a spoon to stir the ingredients until the honey is fully dissolved.
- 6 | **Steep:** Allow the cloves and cinnamon stick to steep in the mixture for a few minutes to infuse their flavors. Remove.
- 7 | **Garnish and Serve:** If desired, garnish with a lemon wedge. Remember to stay hydrated by drinking water alongside or after enjoying a Hot Toddy, as alcohol can contribute to dehydration.

## DOSAGE:

Enjoy this Hot Toddy as needed for warmth or relief. It's best enjoyed in moderation.

**NOTES:**  
Exercise caution when consuming alcohol, especially if you have a low tolerance or sensitivity to its effects.

Everyone's tolerance to alcohol and its effects varies. Know your limits and listen to your body.

Consult with a healthcare professional before consuming a Hot Toddy, especially if you are taking medications that may interact with alcohol or any of the ingredients.

# *Anti-Viral* *Pine Needles Tincture*



Pine needles contain compounds such as vitamin C, antioxidants, and certain essential oils that are known to have antiviral properties. They have up to five times the amount of Vitamin C as an orange and contain enormous amounts of Vitamin A. In addition, the natural terpenes in pine needles lend to their antibacterial, anti-microbial, and anti-inflammatory capabilities. Pine needles also contain shikimic acid, a natural compound known for its potential help with respiratory complications due to illness and it is traditionally used as an anti-viral.

## INGREDIENTS:

- Fresh pine needles
- High-proof alcohol (such as 100-proof vodka or Everclear)

### NOTES:

Ensure that you can positively identify the pine species.

Make sure the pine needles are from a non-toxic pine species like Eastern white pine or Scots pine.

You can use the young green pine cones and more mature pine cones to make a pine cone tincture, but the more immature cones hold more medicinal value. They should be harvested directly off the tree in late spring to early summer once nutrition levels have reached their maximum.

## INSTRUCTIONS:

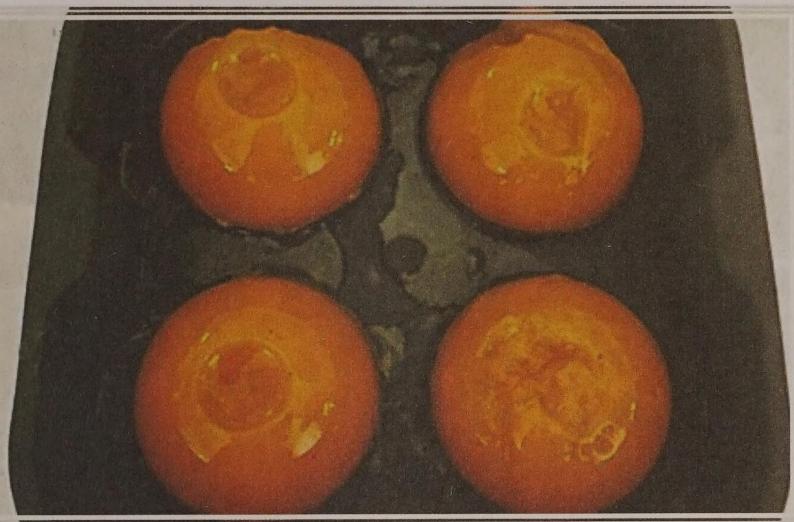
- 1 | **Harvest Pine Needles:** Gather fresh, green pine needles from a healthy pine tree.
- 2 | **Clean and Dry:** Rinse the pine needles under cool running water to remove any dirt or debris. Pat dry.
- 3 | **Chop or Crush:** Chop the pine needles into small pieces or use a mortar and pestle to lightly crush them. This will help release the active compounds.
- 4 | **Place in Jar:** Place the chopped or crushed pine needles in a glass jar. Fill the jar about halfway with the pine needles.
- 5 | **Add Alcohol:** Pour the high-proof alcohol over the pine needles, making sure they are fully submerged. Seal the jar with a tight-fitting lid.
- 6 | **Infuse:** Store the jar in a cool, dark place for at least four weeks. You can shake the jar gently every day or so to help with the extraction process.
- 7 | **Strain:** After the infusion period, strain the tincture through a fine mesh strainer or cheesecloth to remove the pine needle solids. Transfer the liquid tincture to a clean, dark glass bottle for storage.
- 8 | **Storage:** Store the tincture in a cool, dark place away from direct sunlight. When stored properly, it can have a shelf life of several years.

## DOSAGE:

The appropriate dosage can vary, so it's crucial to consult with a healthcare professional or herbalist for guidance. I usually use this when ill, taking 1ml (~ a dropperful) 2-3x/day.

# "Jello"

## Flu Shots



This "Jello" flu shots recipe combines the immune-boosting properties of echinacea (*Echinacea purpurea*) with the vitamin-rich goodness of freshly squeezed apple and carrot juice.

Turning wellness remedies into jello shots offers a convenient and enjoyable way to consume immune-boosting ingredients, suitable for both adults and children. Their portability makes them ideal for on-the-go consumption, fitting into busy lifestyles, while their individual moldings allow for customizable dosage control. Additionally, these shots mask any undesirable flavors, making them palatable for those who may find herbal remedies unappealing. Furthermore, compared to fresh juices or teas, jello shots have a longer shelf life, providing a convenient option for stocking up on immune-boosting remedies.

### INGREDIENTS:

- 1 cup of freshly squeezed apple and carrot juice
- 1 tablespoon of agar agar flakes
- $\frac{1}{2}$  cup of echinacea tea (adjust to your preference)
- Optional: Honey or maple syrup for sweetness

### NOTES:

Experiment with different variations of juice for flavor variety. Consider adding additional immune-boosting ingredients like ginger or lemon juice for added benefits.

Consult with a healthcare professional before using echinacea, especially if you have autoimmune conditions (elderberry is a good replacement) or are pregnant or nursing.

Avoid this recipe if you have allergies to any of the ingredients.

### INSTRUCTIONS:

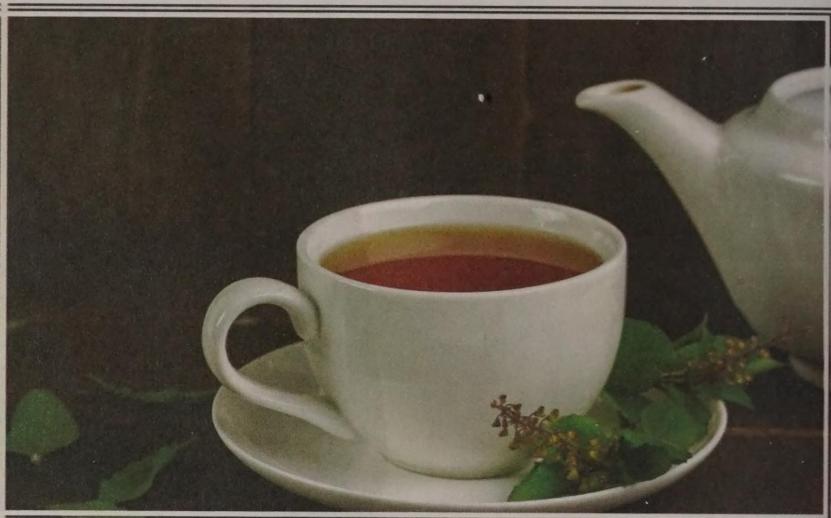
- 1 | **Prepare Agar Agar Mixture:** In a small saucepan, combine the agar agar flakes and the echinacea tea. Let the mixture sit for a few minutes to allow the agar agar flakes to soften.
- 2 | **Dissolve Agar Agar:** Heat the mixture over medium heat, stirring continuously until the agar flakes dissolve completely. This typically takes about 5–7 minutes. Be patient as the mixture thickens.
- 3 | **Incorporate Juice:** Once the agar agar flakes are fully dissolved, remove the mixture from the heat. Stir in the freshly squeezed apple-carrot juice until well combined.
- 4 | **Optional Sweetener:** If desired, add honey or maple syrup for sweetness. Note that honey is a natural throat soother and cough treatment; avoid adding it to boiling mixtures to preserve its enzymes.
- 5 | **Mold and Set:** Pour the mixture into silicone molds or a glass dish. Refrigerate until set, usually within 1–2 hours.

### DOSAGE:

Enjoy one jello flu shot daily as a preventative measure during flu season or increase dosage as needed during illness.

# *Anti-Phlegm*

## *Holy Basil Tea*



Holy basil, also known as Tulsi, is a popular herb with a long history of use in traditional medicine systems like Ayurveda. It is believed to have various health benefits, including its potential to help with respiratory issues, such as expectorating phlegm.

### INGREDIENTS:

- Holy basil leaves (*Ocimum tenuiflorum*)
- 1 cup of water per serving
- Raw honey (optional): Honey can be added for flavor and to soothe a sore throat

#### NOTES:

While fresh holy basil leaves are preferred, dried leaves are a convenient alternative.

Fresh leaves offer a more vibrant flavor and aroma, but dried leaves are a practical option, especially when fresh ones are not readily available.

If you have allergies to basil or similar plants, be cautious when trying this remedy, and consult a healthcare professional if needed.

### INSTRUCTIONS:

- 1 | **Wash the Basil Leaves:** If using fresh leaves, wash them thoroughly to remove any dirt or contaminants.
- 2 | **Boil the Water:** Place the water in a pot and bring it to a boil.
- 3 | **Add Holy Basil Leaves:** Once the water is boiling, add the holy basil leaves to the pot. You can use 4-6 fresh leaves or 1-2 teaspoons of dried basil per cup of water, depending on your preference for flavor and strength.
- 4 | **Simmer:** Reduce the heat to low and let the basil leaves simmer for about 5-10 minutes. This allows the leaves to infuse their beneficial compounds into the water. When simmering the holy basil leaves, ensure the water remains at a gentle simmer, not a rolling boil. This will help preserve the delicate flavors and beneficial compounds in the herb.
- 5 | **Strain:** After simmering, strain the tea to remove the basil leaves. You can use a fine mesh strainer or a tea infuser.
- 6 | **Serve:** Pour the hot holy basil tea into a cup. If desired, add honey for sweetness and to help soothe your throat.
- 7 | **Enjoy:** Sip the tea slowly while it's still warm. In addition to holy basil tea, make sure you stay well-hydrated by drinking plenty of water, especially when dealing with respiratory issues and phlegm.

Get creative with your holy basil tea by adding other herbs like mint, ginger, or lemongrass for additional flavors and health benefits.

### DOSAGE:

Drink 1 to 2 cups of holy basil tea per day, especially when you're experiencing respiratory discomfort due to excess phlegm.

# Alergy Relief Balm



Creating a homemade antihistamine balm for natural allergy relief can be a soothing and effective way to alleviate the discomfort caused by allergies. Keep in mind that while these ingredients have natural antihistamine properties, they may not be as potent as over-the-counter medications or herbs such as stinging nettle, so their effectiveness may vary from person to person. Adding garlic to your homemade antihistamine balm can enhance its anti-inflammatory and immune-boosting properties. Using stinging nettle tincture 2-3x/day in conjunction is advised.

## INGREDIENTS:

- $\frac{1}{4}$  cup coconut oil
- 1-2 tablespoons beeswax
- 2-3 garlic cloves (finely minced)
- Essential oils (optional):
  - Lavender oil (*Lavandula*): 5-10 drops
  - Peppermint oil (*Mentha piperita*): 5-10 drops
  - Tea tree oil (*Melaleuca alternifolia*): 5-10 drops
  - Chamomile oil (*Matricaria chamomilla*): 5-10 drops

## NOTES:

Be sure to do a patch test on a small area of your skin before applying the balm more widely to check for any adverse reactions to the garlic or essential oils.

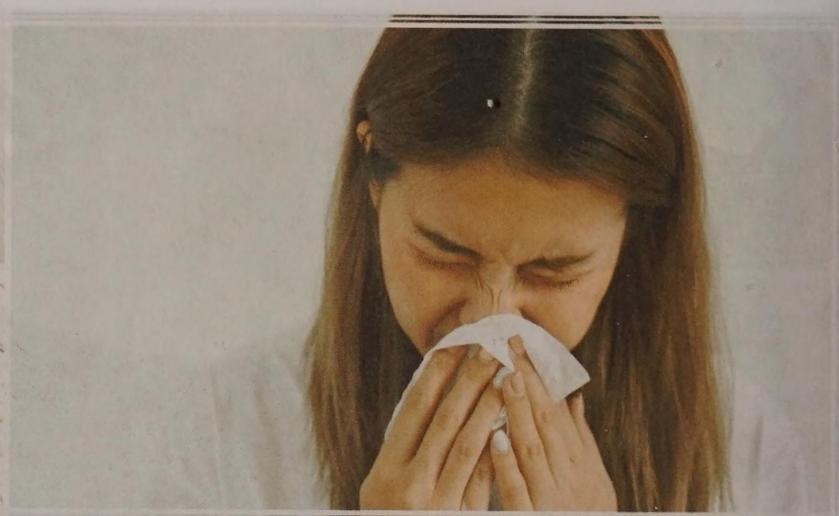
## INSTRUCTIONS:

- | **Prepare a Double Boiler:** Fill a pot with a few inches of water and place a heatproof glass or metal bowl on top, ensuring it doesn't touch the water. This creates a double boiler for melting ingredients.
- | **Melt Coconut Oil and Beeswax:** Add  $\frac{1}{4}$  cup of coconut oil and 1-2 tablespoons of beeswax to the bowl. Heat the pot over low to medium heat until the oil and beeswax are completely melted, stirring occasionally.
- | **Add Minced Garlic:** Once the coconut oil and beeswax are melted, add the finely minced garlic cloves to the mixture. Stir well to incorporate the garlic into the balm.
- | **Incorporate Essential Oils:** Add the desired essential oils at this stage for added fragrance and potential antihistamine benefits. Adjust the quantity to your preference. Stir the mixture thoroughly to evenly distribute the essential oils.
- | **Pour into Containers:** Remove the mixture from heat and let it cool slightly, but not enough to solidify. Pour the liquid balm into small containers, lip balm tubes, or any suitable containers you have on hand. Allow the balm to cool and solidify at room temperature or in the refrigerator.

## DOSAGE:

Whenever needed, apply the balm to affected areas of your skin or gently rub it on your chest and under your nose to inhale the soothing aroma.

# Anti-Histaminic Tea



"Anti-Histaminic Tea" is an herbal blend designed to help alleviate symptoms of allergies. This tea combines herbs known for their natural antihistamine properties, providing relief from common allergic reactions such as sneezing, itching, and congestion. Stinging nettle is traditionally used to support the body's response to allergens. Peppermint soothes respiratory discomfort and supports clearing the airways. Chamomile offers calming effects and eases allergy-related stress. Rooibos, rich in antioxidants, supports immune health. Ginger, known for its anti-inflammatory properties, aids in respiratory health.

## INGREDIENTS:

- 1 teaspoon dried stinging nettle (*Urtica dioica*)
- 1 teaspoon dried peppermint (*Mentha piperita*)
- 1 teaspoon dried chamomile (*Matricaria chamomilla*)
- 1 teaspoon dried rooibos (*Aspalathus linearis*)
- 1 teaspoon dried ginger root (*Zingiber officinale*)
- 2 cups boiling water
- Honey (optional, to taste)

## INSTRUCTIONS:

- 1 | **Combine the Herbs:** In a teapot or a heatproof container, combine the dried stinging nettle, peppermint, chamomile, rooibos, and ginger root. Use high-quality, organic herbs for the best results.
- 2 | **Boil the Water:** Bring 2 cups of water to a boil.
- 3 | **Steep the Tea:** Pour the boiling water over the herbs. Cover and let the tea steep for 10-15 minutes to allow the herbs to infuse their beneficial properties into the water.
- 4 | **Strain the Tea:** After steeping, strain the herbs from the tea using a fine mesh strainer or cheesecloth.
- 5 | **Serve:** Pour the strained tea into a cup. Add honey to taste if desired. Add a squeeze of fresh lemon juice to your tea for extra flavor. You can make a larger batch of the herbal blend and store it in an airtight container for convenience.

## DOSAGE:

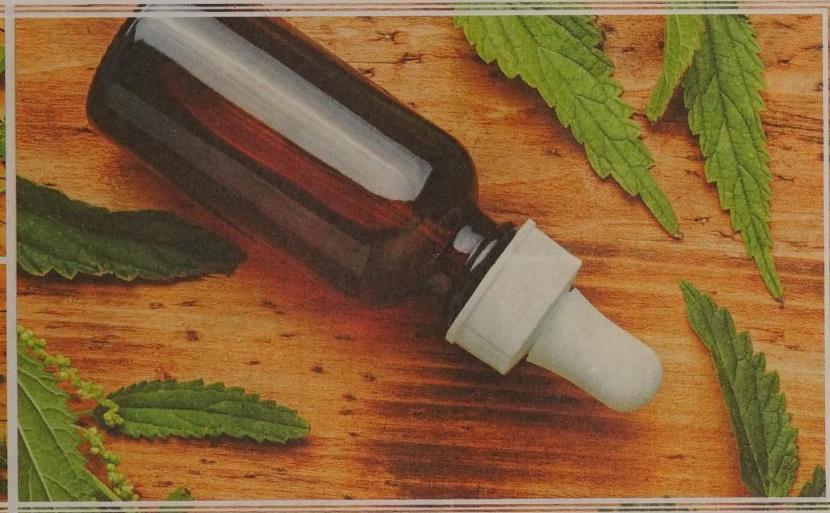
Drink 1-2 cups of the anti-histaminic tea daily, especially during allergy season or when experiencing allergy symptoms.

## NOTES:

Stinging nettle, peppermint, chamomile, rooibos, and ginger may cause mild digestive issues or allergic reactions. Start with small amounts. Consult a healthcare provider if taking antihistamines, blood thinners, or blood pressure medications, and before use during pregnancy, nursing, or with chronic health conditions.

# *Stinging Nettle Tincture*

## *for Hay Fever*



Stinging nettle is a natural remedy that some people use to alleviate the symptoms of hay fever (allergic rhinitis) and other allergies. Stinging nettle has anti-inflammatory and antihistamine properties that can help reduce the allergic response.

### INGREDIENTS:

- Fresh stinging nettle leaves and stems (*Urtica dioica*)
- 80-100 proof alcohol (such as vodka or brandy)

### NOTES:

When harvesting stinging nettles, wear gloves and protective clothing to avoid skin irritation from the stinging hairs on the plant.

If you have a real allergy to plants in the Urticaceae family, avoid using stinging nettle altogether, as it can trigger allergic reactions in some individuals.

### INSTRUCTIONS:

- 1 | **Harvest the Stinging Nettle:** Wear gloves to protect your hands from stings. Harvest fresh stinging nettle leaves and stems., but younger leaves are preferred.
- 2 | **Chop the Nettle:** Roughly chop the nettle leaves and stems. This will increase the surface area for extraction. Letting the leaves dry first takes away the majority of the sting, making the plant easier to work with.
- 3 | **Fill the Jar:** Place the chopped nettle in a glass jar. Fill the jar about halfway with the nettle.
- 4 | **Add Alcohol:** Pour the alcohol over the nettle, making sure it covers the plant material completely.
- 5 | **Seal and Store:** Seal the jar tightly with its lid.
- 6 | **Shake and Store:** Periodically shake the jar gently to mix the alcohol and nettle. Store the jar in a cool, dark place, away from direct sunlight.
- 7 | **Wait and Shake:** Let the tincture sit for at least 4-6 weeks, shaking it every few days to help with the extraction process.
- 8 | **Strain:** After the steeping period, strain the tincture through cheesecloth or a fine mesh strainer into a clean glass container or amber dropper bottles. Squeeze out as much liquid as possible from the nettle material.
- 9 | **Label:** Label your tincture with the date and contents.

### DOSAGE:

Take 10-20 drops of the tincture directly in the mouth for hay fever symptoms, up to three times a day. Start with a lower dose and adjust as necessary. You may take it in a small glass of water or juice, but it works better if taken orally.

# *Anti-Mucus*

## Mullein Leaf Infusion



Mullein leaf tea is a traditional remedy that has been used for centuries to alleviate respiratory issues and clear out mucus from the respiratory tract. Mullein is known for its soothing and expectorant properties. In addition to making tea, mullein can be used in herbal smoking blends for respiratory benefits. A blend can include 1 tablespoon each of dried mullein and peppermint (*Mentha piperita*), and 1/2 tablespoon of dried thyme (*Thymus vulgaris*). Combine the herbs in a bowl, mix well, and use rolling papers or a pipe for smoking. Light the blend and take slow, steady puffs, inhaling gently to avoid irritation.

### INGREDIENTS:

- 1-2 tablespoons of dried mullein leaves or 1-2 fresh mullein leaves (*Verbascum thapsus*)
- 1 cup of boiling water
- Honey or lemon (optional, for taste)

### NOTES:

Ensure the quality and cleanliness of the mullein leaves you use. If you're harvesting fresh leaves, pick them from a clean, pesticide-free source. When using dried leaves, make sure they are from a reputable supplier to ensure their safety and efficacy.

Use mullein tea for a maximum of 7-10 days. If your symptoms persist beyond this time frame, consult a healthcare professional. If you use the smoking blend, always ensure the herbs used are safe for smoking and sourced from reputable suppliers.

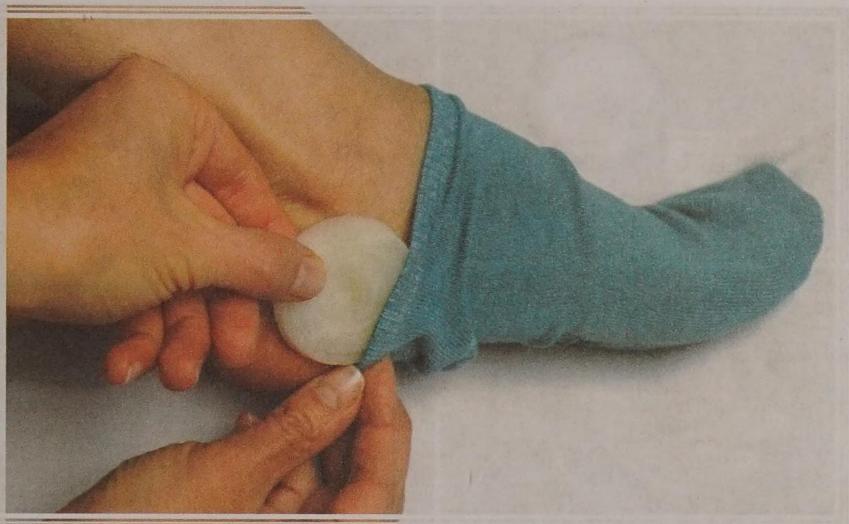
### INSTRUCTIONS:

- 1 | **Prepare the Mullein Leaves:** If you're using fresh mullein leaves, wash them thoroughly and chop them into smaller pieces. If you're using dried mullein leaves, measure out 1-2 tablespoons.
- 2 | **Boil the Water:** Heat 1 cup of water to a boil. You can use a kettle or a pot for this purpose.
- 3 | **Steep the Mullein Leaves:** Place the mullein leaves in a teapot or a cup. Pour the boiling water over the leaves.
- 4 | **Cover and Steep:** Cover the teapot or cup with a lid or a saucer to trap the steam and let the tea steep for about 10-15 minutes. This steeping time allows the beneficial compounds in the mullein leaves to infuse into the water.
- 5 | **Strain the Tea:** After steeping, use a fine-mesh strainer or a tea infuser to remove the mullein leaves from the tea. You can discard the used leaves.
- 6 | **Optional Flavoring:** If desired, you can add honey or lemon to your mullein leaf tea to improve the taste and add extra soothing properties. Raw honey, in particular, can help soothe your throat.
- 7 | **Cool and Enjoy:** Let the tea cool down to a comfortable drinking temperature, and then sip it slowly. You can have this tea 2-3 times a day as needed to help clear mucus and alleviate respiratory discomfort.

### DOSAGE:

Start with 1-2 cups of mullein tea per day. If your symptoms are severe, you can increase the dosage to 3-4 cups of mullein tea per day.

# Fever-Breaking Onion Socks



Onion socks are a traditional home remedy believed to help reduce fever and alleviate symptoms of illnesses like the common cold and flu. The idea behind onion socks is that the natural compounds in onions, such as sulfur compounds, can have anti-inflammatory and antimicrobial properties, which may assist in lowering fever and improving overall comfort.

## INGREDIENTS AND MATERIALS:

- 1 onion (preferably red or white)
- 1 pair of thin cotton socks
- 1 pair of thick wool or fleece socks

### NOTES:

This remedy is believed to work by drawing heat and toxins away from the body, potentially helping to reduce fever and alleviate some symptoms. However, scientific evidence supporting the effectiveness of onion socks is limited, and it may not work for everyone.

If you have high fever, another thing to do is to soak your socks in vinegar.

Keep them on your feet for about 20 minutes, and refresh them every half hour until the temperature begins to drop. You can use regular or apple cider vinegar.

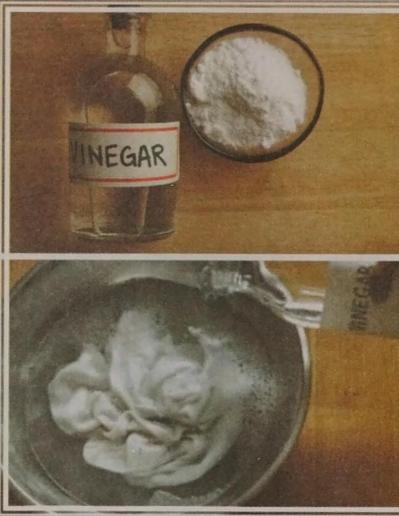
## INSTRUCTIONS:

- 1 | **Prepare the Onion:** Start by peeling and either finely chopping or slicing the onion. Use an organic onion (you don't want pesticides being absorbed by your skin).
- 2 | **Select Socks:** Choose a pair of thin cotton socks to help to minimize the smell and hold the onions in place.
- 3 | **Onion Filling:** Place the chopped onion evenly in the socks, distributing it throughout both socks. Make sure the onion pieces are spread out as much as possible to maximize their contact with your feet. You can also use thin slices and put them directly in the socks. Make sure the onion slices are on the bottom of your feet, not the top, to maximize absorption.
- 4 | **Prepare Your Feet:** Before putting on the onion-filled socks, make sure your feet are clean and dry.
- 5 | **Put On Onion Socks:** Wear the onion-filled cotton socks.
- 6 | **Insulate with Outer Socks:** Next, put on a pair of thick wool or fleece socks over the onion-filled socks. These outer socks will help hold the onion-filled socks in place and provide insulation.
- 7 | **Wear Overnight:** Wear these onion socks overnight while you sleep. It's essential to keep your feet warm and covered throughout the night. If the smell of the onion bothers you, sprinkle a few drops of complementary scented essential oils on the outside of your socks or on a cotton pillowcase.
- 8 | **Morning Removal:** In the morning, remove the onion socks and discard the onion pieces.

## DOSAGE:

Whenever needed, wear these onion socks overnight while you sleep.

# Vinegar Socks



Vinegar socks are a traditional home remedy believed to help reduce fever and provide relief during colds and flu. This simple and natural method uses the cooling and antimicrobial properties of vinegar to help alleviate symptoms.

## INGREDIENTS AND MATERIALS:

- 2 cups water
- $\frac{1}{2}$  cup vinegar (apple cider vinegar preferred)
- 1 pair of cotton socks
- 1 pair of wool socks (optional for added warmth)

### NOTES:

If you have sensitive skin, dilute the vinegar further or discontinue use if you experience any irritation or discomfort.

Consult with a healthcare professional before using this remedy, especially for children, the elderly, or if you have any chronic health conditions.

If the fever is very high or persistent, seek medical advice promptly.

## INSTRUCTIONS:

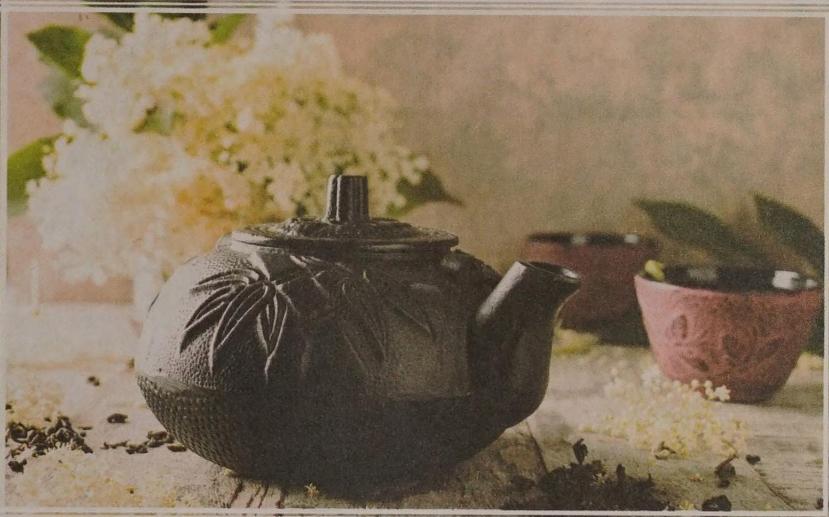
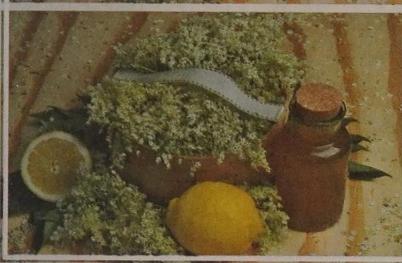
- | **Prepare the Vinegar Solution:** In a bowl, mix 2 cups of water with  $\frac{1}{2}$  cup of vinegar. While apple cider vinegar is preferred due to its additional health benefits and pleasant aroma, other types of vinegar can also be used. White vinegar is a suitable substitute and works just as well for this remedy. If you have sensitive skin, consider diluting the vinegar more or using milder types like rice vinegar.
- | **Soak the Socks:** Soak the cotton socks in the vinegar solution until they are thoroughly saturated.
- | **Wring Out Excess Liquid:** Remove the socks from the solution and wring out any excess liquid so that they are damp but not dripping.
- | **Apply the Socks:** Put the damp cotton socks on your feet. For added warmth and comfort, you can layer a pair of dry wool socks over the damp socks.
- | **Rest and Relax:** Lie down and rest with your feet elevated if possible. Leave the socks on until they are dry. Ensure the room is warm enough to prevent chilling while using this remedy. You can also use this method in conjunction with other fever-reducing techniques, such as drinking plenty of fluids and resting.

## DOSAGE:

Use the vinegar socks remedy as needed to help reduce fever and alleviate symptoms of cold and flu. It can be repeated several times a day if necessary.

# *Anti-Fever*

## *Elixir*



For a fever elixir, we can use herbs known for their antipyretic (fever-reducing) properties. One effective combination includes peppermint (*Mentha piperita*) and elderflower (*Sambucus nigra*). Peppermint is widely recognized for its cooling effect on the body and its ability to reduce fever, while elderflower has been traditionally used to support the immune system and ease symptoms of colds and fevers. If the fever is high, yarrow is an excellent addition.

### INGREDIENTS:

- 2 cups water
- 1 tablespoon dried peppermint leaves (*Mentha piperita*)
- 1 tablespoon dried elderflower (*Sambucus nigra*)
- 1 tablespoon honey (optional, for taste)

### INSTRUCTIONS:

- 1 | **Prepare the Herbs:** In a small saucepan, bring the water to a boil.
- 2 | **Infusion:** Once boiling, remove from heat and add the dried peppermint leaves and elderflower to the water. Cover the saucepan and let the herbs steep for about 10-15 minutes to extract their beneficial properties.
- 3 | **Strain:** After steeping, strain the mixture to remove the herb residues. Use a fine mesh strainer or cheesecloth for this step.
- 4 | **Sweeten (Optional):** If desired, add honey to the strained liquid and stir until it dissolves. Honey not only adds sweetness but also possesses its own antimicrobial properties. For additional flavor and immune-boosting benefits, consider adding a slice of fresh lemon or a dash of ginger to the elixir.
- 5 | **Cooling:** Allow the elixir to cool to a lukewarm temperature before consumption. It can be consumed warm or chilled, according to preference.
- 6 | **Store:** Store any leftover elixir in a sealed container in the refrigerator for up to 24 hours. Reheat gently before consuming.

### DOSAGE:

Drink  $\frac{1}{2}$  to 1 cup of the elixir every 4-6 hours as needed to reduce fever. Maintain proper hydration by drinking plenty of water in addition to the elixir to support the body's natural healing process.

### NOTES:

Consult with a healthcare professional before giving herbal remedies to children, pregnant women, or individuals with pre-existing medical conditions.

Peppermint may cause heartburn or allergic reactions in some individuals. Discontinue use if any adverse reactions occur.

# Herbal

## Fever Compress



Plantain (*Plantago major*) is a common weed traditionally known for its anti-inflammatory and cooling properties. This herbal compress may help reduce fever by providing a soothing and cooling effect when applied to the skin. I often add yarrow leaves and flowers to this mixture as well.

### INGREDIENTS:

- Fresh plantain leaves (*Plantago major*)
- A clean cloth or cheesecloth
- A bandage or strip of cloth to secure the compress

### NOTES:

Test a small amount of crushed plantain on your skin before full use to ensure you do not have an allergic reaction. Discontinue use if irritation occurs.

If you have any chronic health conditions, are pregnant, or are nursing, consult with a healthcare professional before using this remedy.

If the fever is very high or persistent, seek medical advice promptly.

### INSTRUCTIONS:

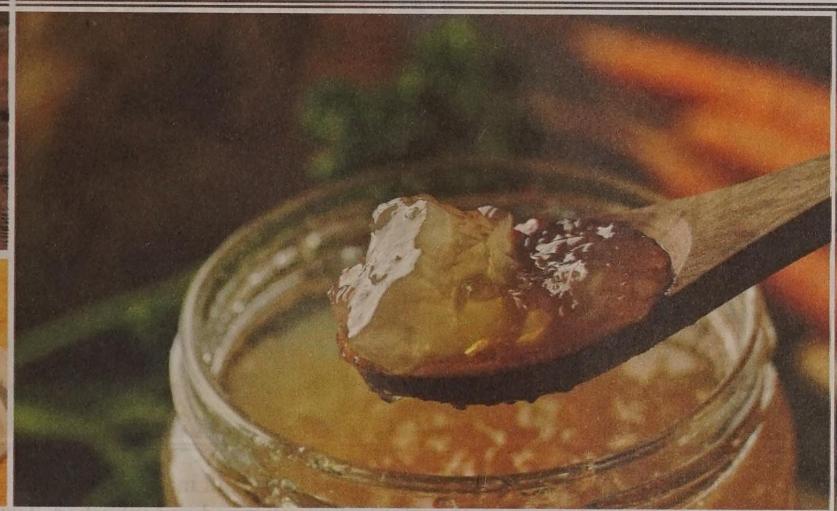
- 1 | **Prepare the Plantain Leaves:** Plantain is a common weed found in many areas, making it an accessible and easy-to-find remedy. Gather a handful of fresh plantain leaves. Wash them thoroughly to remove any dirt or contaminants.
- 2 | **Crush the Leaves:** Using a mortar and pestle or a clean utensil, crush the plantain leaves to release their juices. You can also chop them finely and mash them to achieve a similar effect.
- 3 | **Make the Compress:** Place the crushed leaves onto a clean cloth or cheesecloth. Fold the cloth to create a small, secure bundle that can be easily applied to the skin.
- 4 | **Apply the Compress:** Place the plantain compress on the forehead, back of the neck, or the soles of the feet. Secure it in place with a bandage or strip of cloth.
- 5 | **Leave in Place:** Leave the compress in place for 20-30 minutes, or until the leaves begin to dry out. Replace with fresh leaves if needed. For added cooling, you can refrigerate the leaves before using them in the compress.

### DOSAGE:

Use the compress as needed to help reduce fever and provide a cooling, soothing effect. I often add yarrow tincture internally to help reduce fever.

# *Snore Relief*

## Jelly



Snoring can be disruptive to both the snorer and their sleeping partner. While there are various causes of snoring, including nasal congestion, relaxed throat muscles, or sleep position, using a snore relief jelly can help alleviate the symptoms by lubricating the throat and nasal passages, reducing irritation and potential obstruction.

Here's a simple recipe for a snore relief jelly using peppermint (*Mentha piperita*) and eucalyptus (*Eucalyptus globulus*) essential oils, which are known for their decongestant and soothing properties.

### INGREDIENTS:

- ½ cup water
- 1 tablespoon agar-agar powder (natural gelatin alternative)
- 5 drops peppermint (*Mentha piperita*) essential oil
- 5 drops eucalyptus (*Eucalyptus globulus*) essential oil

### NOTES:

Adjust the essential oil quantities according to personal preference, but be cautious not to use too much, as it may cause skin irritation.

Avoid applying the jelly to broken or irritated skin.

Discontinue use if any adverse reactions occur.

Keep out of reach of children and pets.

### INSTRUCTIONS:

- 1 | **Prepare the Agar Mixture:** In a small saucepan, bring the water to a gentle boil. Slowly sprinkle the agar-agar powder over the boiling water while stirring continuously to prevent clumping. Allow the mixture to simmer for 2-3 minutes until the agar-agar is fully dissolved.
- 2 | **Add Essential Oils:** Once the agar mixture is smooth and free of lumps, remove the saucepan from heat. Add the peppermint and eucalyptus essential oils to the mixture, stirring well to ensure they are evenly distributed.
- 3 | **Pour into Molds:** Carefully pour the liquid jelly mixture into a jar, small silicone molds or an ice cube tray.
- 4 | **Allow to Set:** Place the molds in the refrigerator and let the jelly set for at least 1 hour, or until firm.
- 5 | **Usage:** Before bedtime, remove a portion of the snore relief jelly from the mold. Gently massage a small amount onto the throat and chest area, and/or beneath the nostrils for nasal congestion relief. This jelly can also be used as a natural vapor rub for respiratory congestion relief during cold and flu season.

### DOSAGE:

- 1 | Use as needed, preferably before bedtime.

# Turmeric Tonic for Inflammation



This tonic is traditionally used to support overall wellness, and many people find it helpful during the cold and flu season. Additionally, it's a great way to start your day feeling energized and refreshed. Turmeric is a spice long valued for its anti-inflammatory, antioxidant, and immune-supporting properties. You can adjust the quantities to suit your taste and tolerance. Some people prefer a milder flavor, while others like it stronger.

## INGREDIENTS:

- 1 tablespoon fresh turmeric (*Curcuma longa*)
- 1 tablespoon fresh ginger (*Zingiber officinale*)
- A pinch of black pepper (*Piper nigrum*)
- Juice of 1 lemon (about 3 tablespoons)
- 3 cups of water
- 1-2 teaspoons honey (optional, for sweetness)

## NOTES:

Remember that turmeric can stain surfaces and clothing, so handle it carefully and clean up any spills promptly.

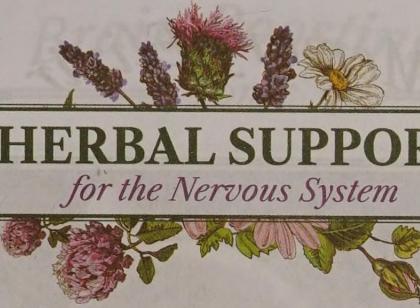
Additionally, be mindful of the potential staining of your teeth, which can occur due to the natural pigments in turmeric.

## INSTRUCTIONS:

- 1 | **Prepare the Turmeric and Ginger:** Wash and peel the fresh turmeric and ginger. Grate or finely chop them. The finer you chop, the more flavor they'll release.
- 2 | **Boil the Water:** In a saucepan, bring 3 cups of water to a boil.
- 3 | **Add Turmeric and Ginger:** Once the water is boiling, add the grated or chopped turmeric and ginger to the water.
- 4 | **Add Black Pepper:** Add a pinch of black pepper to the mixture. Black pepper contains piperine, which enhances the absorption of curcumin, the active compound in turmeric.
- 5 | **Simmer:** Reduce the heat to low, and let the mixture simmer for about 15-20 minutes. This will allow the flavors and medicinal properties to infuse into the water.
- 6 | **Strain:** After simmering, strain the liquid to remove the turmeric and ginger pieces. You can use a fine mesh strainer or a piece of cheesecloth.
- 7 | **Add Lemon Juice:** Squeeze the juice of one lemon into the turmeric-ginger-infused water. Stir well to combine.
- 8 | **Sweeten (Optional):** If you'd like to sweeten your turmeric tonic, add 1-2 teaspoons of raw honey. Adjust to your taste.
- 9 | **Serve:** Pour the turmeric tonic into a mug or glass. You can enjoy it hot, like a tea, or let it cool and serve it over ice for a refreshing drink.
- 10 | **Enjoy:** Sip on your homemade turmeric tonic to relish the health benefits and flavors of this invigorating drink.

## DOSAGE:

You can drink this turmeric tonic 2-3 times a day when you have cold or flu symptoms. It can be helpful to have a warm cup in the morning and evening, and possibly a milder version during the day. If you make a larger batch, store in a sealed glass jar in the fridge up to 3 days.



## HERBAL SUPPORT

*for the Nervous System*

The nervous system serves as the body's control center, ensuring that all other systems work together harmoniously. Its ability to sense, process, and respond to internal and external stimuli is crucial for maintaining health, adapting to changes, and responding to challenges in the environment. This complex network of communication and control is essential for the overall well-being of the body.

### Tips to support a healthy nervous system:

#### BALANCED DIET:

Eat a nutritious diet rich in whole grains, lean proteins, healthy fats, and a variety of fruits and vegetables. Nutrients like omega-3 fatty acids, B vitamins, magnesium, and antioxidants support nerve function.

#### REGULAR EXERCISE:

Engage in physical activity regularly to reduce stress and promote overall health. Aerobic exercises, yoga, and tai chi are excellent choices for nervous system health.

#### BRAIN EXERCISES:

Keep your mind active with puzzles, reading, learning new skills, and engaging in cognitive challenges.

#### ADEQUATE SLEEP:

Prioritize quality sleep to support cognitive function and emotional well-being.

#### STRESS MANAGEMENT:

Practice stress-reduction techniques such as meditation, deep breathing, and mindfulness.

#### SOCIAL CONNECTIONS:

Foster positive relationships with friends and family to support emotional well-being.

#### HOBBIES AND RELAXATION:

Engage in activities you enjoy to reduce stress and boost mood.

#### AVOID TOXINS:

Minimize exposure to environmental toxins and pollutants.

## HERBAL SUPPORT

### Ashwagandha (*Withania somnifera*)

An adaptogenic herb, ashwagandha is thought to help reduce stress and anxiety by supporting the adrenal glands. It can be taken as a powdered supplement or tincture.

### Lion's Mane Mushroom

#### (*Hericium erinaceus*)

This mushroom is believed to support nerve health by encouraging the production of Nerve Growth Factor (NGF). It may help with sleep issues, mood, cognitive function, energy levels, gut health, and stress symptoms. It is commonly used as a dual-extracted tincture.

### Lemon Balm (*Melissa officinalis*)

Lemon balm is associated with improvements in memory, mood, and age-related cognitive performance, a reduction in stress and anxiety, and improved clarity and focus. Lemon balm is an antioxidant, helping to protect nerves. Lemon balm also inhibits the brain's levels of acetylcholinesterase (AChE), an enzyme that helps break down acetylcholine (Ach), a critical neurotransmitter involved in cognition and memory. It can be consumed as a tea or tincture.

### Passionflower (*Passiflora incarnata*)

Passionflower is known for its calming effects and can help alleviate anxiety and promote better sleep. It is typically used as a tea or tincture at night.

### Ginkgo Biloba (*Ginkgo biloba*)

*Ginkgo biloba* may improve cognitive function and blood circulation to the brain. It is available as a supplement or tincture.

### Waterhyssop (*Bacopa monnieri*)

*Bacopa monnieri* is believed to support cognitive function and memory. It can be taken as a supplement or tincture.



# Memory Elixir



This memory elixir combines five herbs traditionally used for their cognitive and memory-enhancing properties. Rosemary, ashwagandha, lemon balm, ginseng and ginkgo biloba are all renowned for their ability to support mental clarity, reduce stress, and improve overall brain function.

## INGREDIENTS:

- 1 tablespoon dried rosemary (*Rosmarinus officinalis*)
- 1 tablespoon dried ashwagandha root (*Withania somnifera*)
- 1 tablespoon dried lemon balm (*Melissa officinalis*)
- 1 tablespoon dried ginseng root (*Panax ginseng*)
- 1 tablespoon dried ginkgo biloba (*Ginkgo biloba*)
- 4 cups of water

## INSTRUCTIONS:

- 1 | **Prepare the Ingredients:** Measure and prepare all the dried herbs: rosemary, ashwagandha, lemon balm, ginseng, and ginkgo biloba.
- 2 | **Boil the Water:** Add 4 cups of water to a pot and bring it to a boil. Once boiling, add one tablespoon each of the prepared herbs to the pot.
- 3 | **Simmer:** Lower the heat to a simmer and let the mixture simmer for 15 minutes. This allows the herbs to release their beneficial compounds into the water.
- 4 | **Steep:** After 15 minutes of simmering, turn off the heat completely.
- 5 | **Cover the pot and let the mixture steep for an additional 30 minutes.** This ensures maximum extraction of the herbal properties.
- 6 | **Strain:** After 30 minutes of steeping, strain the mixture through a fine mesh strainer or cheesecloth into a clean container to remove the herbal material.
- 7 | **Serve:** Pour the elixir into cups and enjoy. You can store the remaining elixir in a glass jar in the refrigerator for up to 3 days. For added flavor, consider adding a teaspoon of honey or a slice of lemon to each cup.
- 8 | **Store:** Store the elixir in a sealed container in the refrigerator to maintain its freshness and potency.

## NOTES:

Whether using fresh or dried herbs, ensure they are of high quality and free from pesticides or contaminants. If harvesting from your garden, do so when the herbs are at their peak potency.

## DOSAGE:

Do not drink more than two cups of this elixir per day.

# *Brain Boosting* Tonic



In the quest for optimal cognitive function, this brain-boosting tonic combines herbs known for their cognitive-enhancing properties. *Ginkgo biloba*, known for its distinctive fan-shaped leaves, has long been celebrated for its ability to enhance blood circulation to the brain, thereby improving memory and concentration. *Bacopa monnieri* is rooted in its support for cognitive function, anxiety reduction, and memory enhancement. Gotu kola, with its historical use in traditional medicine, contributes by improving memory, increasing mental clarity, and alleviating anxiety. Finally, sage, an herb with cognitive-enhancing properties, further enriches the concoction, promoting memory and concentration.

## INGREDIENTS:

- 1 teaspoon of dried *Ginkgo biloba* leaves
- 1-2 teaspoons of dried *Bacopa monnieri*
- 1-2 teaspoons of dried gotu kola (*Centella asiatica*)
- 1-2 teaspoons of dried Sage (*Salvia officinalis*)

## INSTRUCTIONS:

- 1 | **Herbal Infusion Preparation:** Boil 4 cups of water in a pot.
- 2 | **Add the Herbs:** Once the water is boiling, add the specified amounts of dried *Ginkgo biloba* leaves, *Bacopa monnieri*, gotu kola, and sage to the pot.
- 3 | **Simmer and Steep:** Reduce the heat to a simmer and cover the pot. Allow the herbs to steep for 10-15 minutes.
- 4 | **Strain the Infusion:** After the steeping period, carefully strain the infusion into a glass or container, removing the herbs. This will leave you with the herbal tonic.
- 5 | **Sweeten and Serve:** Add honey or stevia to sweeten the herbal tonic to your liking. You can store any leftover infusions in the refrigerator for up to 2 days.

## NOTES:

Regularly incorporate brain-boosting foods like blueberries, walnuts, and fatty fish into your diet for added benefits.

Herbs can interact with medications you may be taking. *Ginkgo biloba*, for example, can interact with blood thinners. Ensure there are no contraindications with your current medications.

Before indulging in this brain-boosting elixir, it's wise to incorporate other brain-friendly foods into your diet, such as blueberries, walnuts, and fatty fish.

## DOSAGE:

Consume 1 cup of this tonic daily, preferably in the morning, to enhance cognitive function.

# *Natural* *Brain Booster*



This recipe creates a “brain booster” powder that combines ingredients traditionally valued for their cognitive support properties. Using rosemary, fennel seeds, walnuts, and pumpkin seeds, this blend is rich in antioxidants, omega-3 fatty acids, and other nutrients believed to support brain health and mental clarity.

## INGREDIENTS:

- 2 tbsp of dried rosemary
- 1 tsp fennel seeds
- $\frac{3}{4}$  cup walnuts
- $\frac{1}{2}$  cup pumpkin seeds
- Stevia or monkfruit (to taste)
- Grinder or blender
- Jar for storage

### NOTES:

Adjust the amount of sweetener based on your preference for sweetness.

For an additional flavor boost and extra nutritional benefits, consider adding a sprinkle of cinnamon or cocoa powder to the mix.

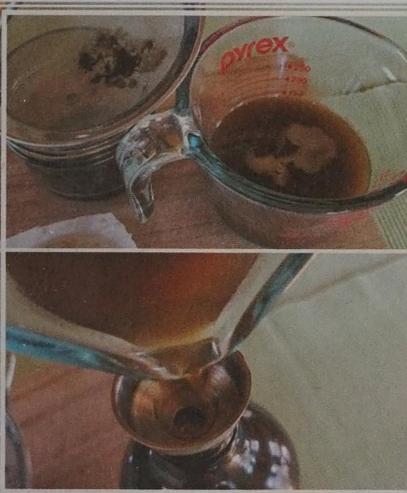
## INSTRUCTIONS:

- 1 | **Blend the Ingredients:** Place the dried rosemary, fennel seeds, walnuts, pumpkin seeds, and a suitable amount of stevia or monkfruit into your blender or grinder.
- 2 | **Grind to a Powder:** Process all the ingredients until they are fully pulverized into a fine powder. This ensures that the flavors and nutrients are well-mixed and easily consumable.
- 3 | **Storage:** Transfer the resulting powder into a clean and sterile jar. Seal the jar tightly to preserve freshness.
- 4 | **Refrigeration:** Keep the jar in the fridge to maintain its potency and freshness for up to 4 months.
- 5 | **Serve:** Incorporate 2 teaspoons of the brain booster powder into your daily diet by adding it to a glass of milk, coffee, or a smoothie.

## DOSAGE:

You can consume it in the morning before a meal or before bedtime to suit your routine.

# Brain Power Mushroom Elixir



Lion's mane is a remarkable mushroom traditionally used for its potential cognitive-supporting properties. It contains compounds such as hericenones and erinacines that support brain health, making it a popular choice for addressing brain fog. This recipe combines the double extraction method using alcohol and water with the spagyric method to maximize the full benefits of lion's mane.

## INGREDIENTS:

- 4 oz dried and ground lion's mane mushroom (*Hericium erinaceus*)
- 2 cups high-proof alcohol
- 2 cups distilled water

## NOTES:

Be aware of any potential allergic reactions, especially if you have known mushroom allergies. Discontinue use if you experience adverse effects.

If you are particularly sensitive to the taste, you can dilute the tincture with a small amount of water or juice.

These mushrooms are also delicious in soups, cut finely as an alternative to meat in light spring rolls, or simply cooked in wild garlic butter for delightful simplicity. You can also make teas, or you can find them in supplements.

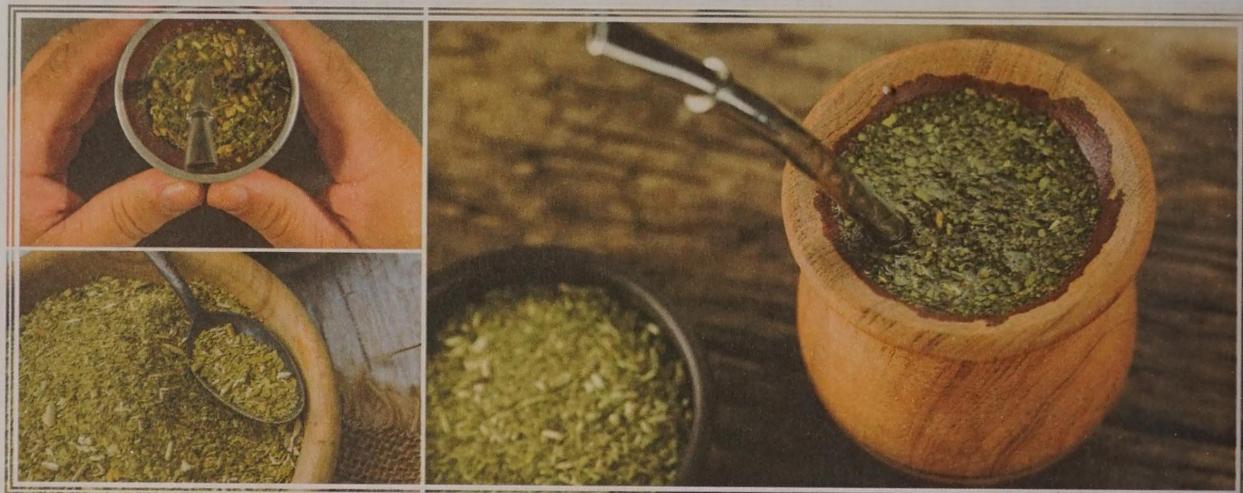
## INSTRUCTIONS:

- 1 | **Alcohol Extraction:** Begin by finely grinding the dried lion's mane mushroom. Place the ground mushroom in a glass jar and cover it with the high-proof alcohol. Seal the jar tightly and store it in a cool, dark place for at least 5-6 weeks, shaking it gently every day. After 5-6 weeks, strain the liquid through a fine mesh strainer or cheesecloth into a clean glass container. This is your alcohol extract.
- 2 | **Water Extraction:** Take the strained mushroom material from the alcohol extraction and place it in a pot. Add 2 cups of distilled water. Simmer the mixture for about 1 hour, ensuring the liquid reduces to half its original volume. Strain the liquid through a fine mesh strainer into a separate container. This is your water extract.
- 3 | **Combine Extracts:** Mix the alcohol extract and water extract together in a glass container (my ratio is usually a 3:1 ratio of alcoholic extract to water extract; you can do 2:1 if you start with a high percentage alcohol, like Everclear).
- 4 | **Spagyric Method:** To extract the full spectrum of minerals and compounds, you can incorporate the spagyric method as well. Burn the leftover mushroom material from the alcohol extraction to ash. Then add the ash to the combined extracts.
- 5 | **Aging and Bottling:** Seal the container and allow it to age for an additional 2-4 weeks if you are using the spagyric method. After aging, strain the tincture one more time to remove any remaining particulates. Transfer the tincture into dark glass bottles, and label them with the date and ingredients. Store the tincture in a cool, dark place to preserve its potency.

## DOSAGE:

Start with 1-2 ml (about 20-40 drops) of lion's mane tincture, 1-3 times per day.

# The Mind-Sharpening Infusion



Yerba mate, scientifically known as *Ilex paraguariensis*, is a South American herb known for its stimulating and cognitive-enhancing properties. It contains caffeine and theobromine, which can help improve mental alertness and focus.

The instructions for preparing yerba mate described below refers to the traditional way, but you may prepare it any way you like. The simplest method is to treat yerba mate like any other loose tea, prepared in a regular cup or glass, prepared with a brewer, or by using French press.

## INGREDIENTS:

- 1 tablespoon of dried yerba mate leaves
- 8 ounces (about 240 ml) of hot water around 160-180°F (70-80°C)

### NOTES:

The flavor and strength of yerba mate depends on where the yerba is taken from, its drying and toasting process, the time of year, and the proportion of stems versus leaves. Each one has a different taste, so you will need some testing to find your favorite.

You can flavor your yerba mate tea with citrus, honey, or mint for added taste.

Yerba mate contains caffeine, so avoid excessive consumption, especially in the evening, as it may disrupt your sleep.

## INSTRUCTIONS:

- 1 | **Prepare the Gourd:** Put the dried yerba mate into the mate gourd. Adjust the amount based on how strong you want the infusion.
- 2 | **Shake to Remove Dust:** Cover the mate gourd with your hand, turn it upside down, and shake. This helps remove some of the dust to prevent clogging the bombilla's filter. Skip this step if your yerba mate has no twigs or dust.
- 3 | **Create a Mound:** Return the mate gourd to its initial position and tilt it to form a "mound" of dried mate on one side while exposing the bottom of the gourd.
- 4 | **Insert the Bombilla:** Place the bombilla (metal straw with a filter) on the mound with the filter facing down, so it touches the bottom of the mate gourd.
- 5 | **Position the Gourd:** Carefully bring the mate gourd to an upright position, ensuring that the dried mate doesn't cover the bottom.
- 6 | **Add Cool Water:** Pour a small amount of cool water over the yerba mate, aiming for the exposed bottom of the mate gourd. Wait for the liquid to soak into the dried leaves.
- 7 | **Pour Hot Water:** Fill the mate gourd with hot water, around 160-180°F (70-80°C). Avoid using boiling water, as it can make the tea bitter. If the bombilla isn't already in the gourd, insert it, plugging the tip with your thumb to avoid clogging. Yerba mate will brew for about 5 minutes, longer steeping results in a stronger, more bitter infusion. You can pour water over the dried mate multiple times until it loses its flavor.

## DOSAGE:

- Consume 1-2 cups of yerba mate tea a day for improved mental alertness.

# *Ginko Biloba*

## *Focus Fuel*



*Ginkgo biloba* has a long-standing history of use in improving cognitive function. It has been used in Traditional Chinese Medicine since at least the 11th Century to treat dementia and other ailments. The main active ingredients in *Ginkgo biloba* leaf and fruit are terpene lactones, phenolic acids, and flavonoid glycosides.

It's particularly renowned for its ability to increase blood flow to the brain. This increased circulation aids in better oxygen and nutrient delivery, which is vital for maintaining cognitive health. *Ginkgo* also possesses antioxidant properties, which help protect the brain from oxidative damage, a key factor in age-related cognitive decline.

### INGREDIENTS:

- 2 teaspoons of dried ginkgo (*Ginkgo biloba*) leaves
- 1 cup of boiling water

### NOTES:

Just because a remedy is natural or plant-based does not necessarily mean it is safe for everybody. There are records of adverse reactions to *Ginkgo* and even reactions to the pollen.

In addition, certain individuals or groups should avoid this plant.

- Those who are taking blood-thinning medications
- Pregnant and breastfeeding women
- Individuals who are allergic to mangoes, cashews, and poison ivy
- Patients taking SSRIs/MAOIs/antidepressants (e.g., Prozac and Zoloft)
- NSAIDS - analgesics such as Ibuprofen and Tylenol.

### INSTRUCTIONS:

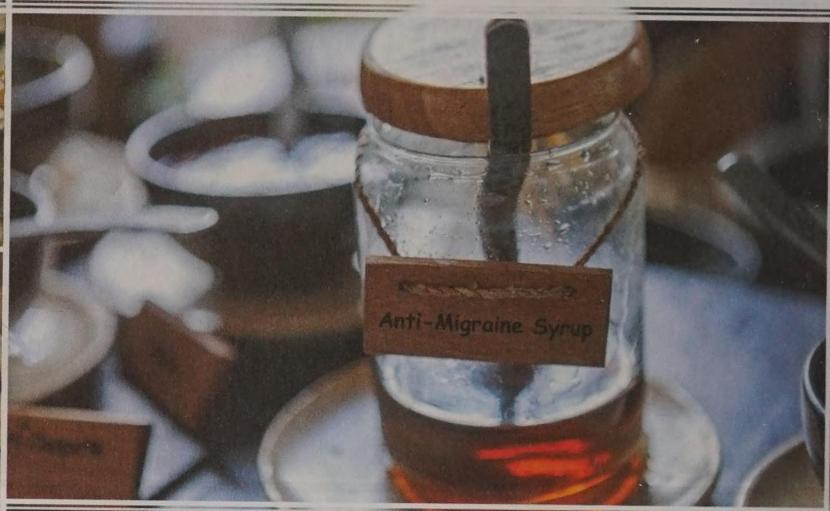
- 1 | **Boil the Water:** Boil one cup of water.
- 2 | **Prepare *Ginkgo Biloba* Leaves:** While the water is boiling, place 2 teaspoons of dried *Ginkgo biloba* leaves in a teapot or heatproof container.
- 3 | **Pour Boiling Water:** Once the water has boiled, pour it over the *Ginkgo biloba* leaves.
- 4 | **Steep *Ginkgo Biloba* Tea:** Cover the container and let the tea steep for about 10-15 minutes. This allows the beneficial compounds to infuse into the water.
- 5 | **Strain the Tea:** After steeping, strain the tea to remove the leaves. You can add a touch of honey or lemon for added flavor, if desired.

To enhance the effectiveness of *Ginkgo biloba* for cognitive health, you can also make a tincture by combining  $\frac{1}{4}$  cup of finely chopped dried *Ginkgo biloba* leaves with 1 cup of 80-proof alcohol. This method yields a concentrated form of the herb. Let steep for 4-6 weeks before straining.

### DOSAGE:

Consume this tea 1-2 times a day for cognitive support. It's best to drink in the morning for a mental boost.

# The Anti-Migraine Syrup



Migraines are debilitating headaches often accompanied by nausea, sensitivity to light, and other symptoms. Herbal remedies can offer relief by targeting inflammation, reducing pain, and calming the nervous system. One effective remedy is a homemade anti-migraine syrup containing feverfew (*Tanacetum parthenium*) and ginger (*Zingiber officinale*), both known for their anti-inflammatory and analgesic properties.

## INGREDIENTS:

- 1 cup water
- $\frac{1}{4}$  cup dried feverfew (*Tanacetum parthenium*) leaves
- 2 tablespoons fresh ginger (*Zingiber officinale*) root, grated
- $\frac{1}{2}$  cup honey

### NOTES:

Avoid this syrup if you are allergic to any of its ingredients.

Consult with a healthcare professional before using this syrup, especially if you are pregnant, breastfeeding, or taking any medications.

Discontinue use if any adverse reactions occur and seek medical attention.

## INSTRUCTIONS:

- 1 | **Boil the Water:** Boil 1 cup of water in a saucepan.
- 2 | **Infuse Feverfew:** Add  $\frac{1}{4}$  cup of dried feverfew leaves to the boiling water.
- 3 | **Simmer:** Reduce heat and let simmer for 10 minutes to infuse the water with feverfew's medicinal properties.
- 4 | **Strain:** Strain the mixture to remove the feverfew leaves, leaving only the infused liquid.
- 5 | **Add Ginger:** Return the infused liquid to the saucepan and add 2 tablespoons of grated fresh ginger.
- 6 | **Simmer Again:** Simmer for an additional 5 minutes to incorporate the ginger's benefits.
- 7 | **Cool:** Remove from heat and let the mixture cool slightly.
- 8 | **Add Honey:** Once cooled, stir in  $\frac{1}{2}$  cup of honey until fully dissolved. Use raw honey for its additional antimicrobial properties. Consider adding a squeeze of lemon juice for flavor.
- 9 | **Store:** Transfer the syrup to a clean, airtight container for storage. Store the syrup in the refrigerator for extended shelf life.

## DOSAGE:

Take 1 tablespoon of the syrup at the onset of migraine symptoms. Repeat every 4-6 hours as needed, not exceeding 4 doses in a 24-hour period. Some people use this syrup as a preventative measure for migraines, especially when paired with butterbur.

# Herbal Blend for Headache Relief



## INGREDIENTS:

- 1 teaspoon of feverfew (*Tanacetum parthenium*) leaves
- 1 teaspoon of chamomile (*Matricaria chamomilla*) flowers
- 1 teaspoon of peppermint (*Mentha piperita*) leaves
- $\frac{1}{2}$  teaspoon of white willow (*Salix alba*) bark
- 1 cup of water

This tea blend combines herbs traditionally used for their potential to provide relief from headaches.

- Feverfew is believed to help reduce the frequency and severity of migraines.
- Chamomile is known for its calming and anti-inflammatory properties, which may help alleviate stress-related tension headaches by relaxing muscles.
- Peppermint is valued for its analgesic properties, which can help relax constricted muscles, promote blood flow, and relieve headache discomfort.
- White Willow, containing salicin, is traditionally used as a pain reliever and anti-inflammatory agent, addressing various types of headaches. To prepare white willow, gather freshly grown buds from a willow tree and store them in a jar. Chewing some of these buds is a traditional method to potentially help alleviate headache discomfort. The bark is also commonly used.

## INSTRUCTIONS:

- 1 | **Boil the Water:** Bring one cup of water to a rolling boil in a pot.
  - 2 | **Add the Herbs:** Once the water is boiling, remove it from heat and add the feverfew leaves, chamomile flowers, peppermint leaves, and white willow bark to the hot water.
  - 3 | **Steep:** Cover the pot with a lid and let the herbs steep for about 10-15 minutes.
  - 4 | **Strain:** After steeping, strain the tea into a cup, removing the herb materials.
  - 5 | **Let it Cool:** Allow the tea to cool slightly but ensure it's still warm enough to drink comfortably.
  - 6 | **Sweeten (Optional):** You can sweeten the tea with honey or lemon if desired.
  - 7 | **Enjoy:** Relax in a quiet, dimly lit room while sipping this tea to maximize its headache-relief effects.
- Keep hydrated and maintain a healthy diet to prevent future headaches.

## DOSAGE:

- Drink this tea when you experience a headache, up to two times a day.

# Moon Milk

## for Better Sleep



Moon milk is a traditional Ayurvedic remedy that includes herbs known for their relaxing properties. Ashwagandha, a key ingredient in moon milk, is an adaptogenic herb known for its ability to reduce stress and anxiety. It helps your body adapt to stressors, making it easier to unwind and prepare for a restful night's sleep. The process of making moon milk is also a calming and meditative ritual. You can customize it with other adaptogens like astragalus (not recommended for those with autoimmune issues). The addition of virgin coconut oil or ghee enhances the absorption of turmeric, as it is fat-soluble.

### INGREDIENTS:

- 1 cup of whole milk or unsweetened nut milk
- $\frac{1}{2}$  teaspoon of ground cinnamon (*Cinnamomum verum*)
- $\frac{1}{2}$  teaspoon of ground turmeric (*Curcuma longa*)
- $\frac{1}{4}$  teaspoon of ground ashwagandha (*Withania somnifera*)
- 2 pinches of ground cardamom (*Elettaria cardamomum*)
- 1 pinch of ground ginger (*Zingiber officinale*)
- 1 pinch of ground nutmeg (*Myristica spp.*)
- A pinch of freshly ground black pepper
- 1 teaspoon of virgin coconut oil or ghee
- 1 teaspoon of raw honey

### NOTES:

While ashwagandha is generally safe, consult with a healthcare professional if you are pregnant, nursing, or have specific health concerns.

### INSTRUCTIONS:

- | **Simmer the Milk:** Simmer your choice of milk in a small saucepan over medium-low heat.
- | **Add the Spices:** Whisk in the turmeric, cinnamon, ashwagandha, ginger, cardamom, nutmeg, and freshly ground black pepper. Whisk vigorously to prevent lumps and clumps.
- | **Incorporate Healthy Fats:** Add the virgin coconut oil or ghee, reduce the heat to low, and continue to cook for about 5-10 minutes. The longer you simmer, the stronger the infusion will be.
- | **Cool and Sweeten:** Remove the mixture from the heat and allow it to cool slightly. Then, stir in the raw honey. Do not heat the honey, as it retains its healing properties when used raw.
- | **Serve and Enjoy:** Pour your Moon Milk into a mug, ensuring it's warm but not too hot, and enjoy it before heading to bed, allowing it to gently guide you into a restful night's sleep.

One of the wonderful aspects of Moon Milk is its adaptability. Moon Milk boasts versatile variations, each with distinct benefits for relaxation and sleep: **Rose Moon Milk**, with rose petals, calms the mind; **Lavender Moon Milk** uses lavender for stress reduction. **Saffron Moon Milk** adds an earthy, mood-enhancing twist. **Blue Moon Milk**'s vivid blue hue comes from butterfly pea flowers, believed to reduce stress. Finally, **Chocolate Moon Milk** combines cocoa with traditional ingredients, providing a comforting and relaxing flavor.

### DOSAGE:

Enjoy your Moon Milk about 30 minutes before bedtime.