



Medicinal Herbal Tinctures

Mini-Manual

Introduction

Alright, here's the deal.

If you follow this little guide, you'll make your own damn tincture.

And I'm talking about real, high-quality, potent stuff.

You'll know how to grab the right plants, get your hands on the alcohol that actually works (not that watered-down crap), and make your own herbal magic in a jar.

And yes, it'll be your magic.

First try, you'll get it. Then, over time, you'll get better at this. Way better.

You'll go from being a curious newbie to someone who's got an arsenal of tinctures sitting on their shelf. You'll start knowing what works for your body, your mood, your life. No more guessing what's in that overpriced bottle from the store. You'll have real, personal medicine.

And hey, who knows? You might even find yourself becoming the go-to herb guru in your circle. You're basically turning into a wanted apothecary, whether you planned on it or not.

Now, here are the steps to get you there (don't complicate it, keep it simple):

1. **Harvest high-quality plants:** You gotta pick the good stuff. Bad plants = bad tincture. Period.
2. **Get high-proof alcohol:** Not just any booze. We're talking high-proof to pull out all the magic from those plants.
3. **Mix the plant material and alcohol in a glass jar:** This is where you start making the thing, mixing it up and setting the stage for greatness.
4. **Be patient and wait:** Patience, my friend. This is where the magic happens, but you gotta let it do its thing. No rushing.

So why these steps? Why this order?

Let me break it down.

If you start with bad plants, you're screwing yourself. No way around it. It's like making a stew with rotten veggies, it's just not gonna taste right.

Then, alcohol. Not just any alcohol, but strong enough to *extract* what you need. You can't use weak sauce here, you need that high-proof kick.

After that, mixing it in the jar is where the real work starts. You're not just throwing stuff together, you're setting the stage for weeks of alchemical magic.

And finally, patience. You can't rush this. Trust me, I've tried. You'll screw it up. It needs time. I know it sucks, but it's part of the process.

One last note...

If this was a videogame, I would consider this guide to be LEVEL 1.

In that sense, this guide is the most simple, short, and stripped down version of the tincture making process.

That's because my philosophy is that you need to crawl before you walk, and walk before you run.

That said, I'm planning to release other editions in the future, where I'm going to gradually take you from level 1 to level 10 as a tincture maker. So stay tuned. You'll love the experience.

Now, if you're ready to get your hands dirty and learn something real, we're about to dive in.

No fluff. Just the good stuff. Let's make some tinctures.

Ready? Let's go.

Step 1. Harvest High Quality Plants

The higher quality the plant, the stronger the tincture. Period.

The potency, flavor, and therapeutic effects of your tinctures DIRECTLY DEPEND on the quality of the plants you use. So use fresh, healthy, and properly harvested plants.

To get the best plants, pay special attention to the harvest time and the plant aspect.

1. **Harvest Time:** Ensure it contains the most active compounds
2. **Plant Aspect:** Ensure it's free from pests, diseases, and contamination

HOW TO DO THIS STEP:

1. Choose the plant for the tincture based on your need (e.g., sedative, anti-inflammatory, etc.)
2. Make sure you identify the plant correctly, especially if wildcrafted
3. Harvest the plant just before (or during) flowering, in the morning after the dew has dried (this is a general rule for most plants, but notice that each plant is different)
4. Avoid plants that show signs of disease, pests, wilting, yellowing, or spots. Also, harvest from a pollution-free area, away from roads, industrial zones, or areas treated with pesticides.

IMPORTANT: This guide favours wildcrafted and homegrown plants, as they are the highest quality. But, if you are not comfortable with that, simply buy the plants. Bought plants will make your tincture less powerful, but they are a good start if you want to learn the process.

Just to manage expectations, there's a high chance you'll gather suboptimal plants the first few times you harvest plants for tinctures. That's fine, don't stress it. It usually takes a few tries to develop "an eye" for high quality plants.

In the worst case scenario, your tincture will be less potent than what it could really be, but that's not a dealbreaker. Tinctures are strong by nature, so even a suboptimal one is still quite effective.

On the other hand, when you learn to harvest high quality plants, your tincture becomes potent, flavorful, highly therapeutic, and delivers maximum benefits. Just a few milliliters can give you instant and noticeable medicinal effects.

Step 2. Get High-Proof Alcohol

Alcohol is by far the most used and (arguably) the best solvent to make tinctures.

It extracts a great deal of active compounds from the plant and has an astonishing shelf life.

That said, you need the right high-proof alcohol for making effective plant-based tinctures. Here's what to pay attention to:

1. **Alcohol Proof:** The proof indicates how strong the alcohol is. Generally, the higher the proof, the more extraction power the alcohol has.
2. **Purity of Alcohol:** Alcohol with impurities alter the taste and reduce the therapeutic effects of the tincture.
3. **Aroma of Alcohol:** If the alcohol has an aroma, it will impact the taste of your tincture.

HOW TO DO THIS STEP:

1. Buy a bottle of 180-proof pure ethyl alcohol (90% alcohol by volume).
2. Make sure it is food-grade alcohol, and not cleaning alcohol. Alcohol used for cleaning is toxic to ingest. Never make a tincture with that.
3. Make sure it's colorless, as this helps check its purity and it preserves the natural color of the tincture.
4. Make sure it's flavorless, as this preserves the natural flavor of the tincture.

WARNING: Depending on your local legislation, alcohol above a certain proof may be illegal. If a 180-proof alcohol is not allowed, get a 90-proof alcohol bottle (vodka would be the best option in most cases). If for whatever reason a 90-proof alcohol bottle it's still not an option for you, your best bet would be to replace alcohol with glycerine. That said, this guide doesn't cover the preparation of tincture with glycerine. Maybe a future guide will.

If you only can find colored or flavored alcohol, your tincture will probably still be effective but there will be minor taste issues and a less potent extraction.

On the other hand, colorless and tasteless alcohol will make a clean and potent tincture that fully captures the plant's medicinal properties. The tincture will taste and smell good, and it will be effective for its intended purpose for years to come (even up to 5 years sometimes).

Step 3. Mix the plant material and alcohol in a glass jar

Now that the boring prep work is done, it's time to have some fun.

This is the step where you make the tincture, by paying particular attention to the dosage of the ingredients. In fact, the herb-to-solvent ratio is crucial in medicinal tincture making.

Before making the tincture, make sure you have the following ingredients/tools:

- **Plant Material:** I suggest starting with leaves, stems, and flowers if it's your first time making tinctures. I would avoid roots, barks, and other hard parts, as it's harder to make tinctures with them.
- **Alcohol:** If you can, use 180-proof (90%) food-grade alcohol. As a second option, use 80-proof (40%) food-grade alcohol.
- **Water:** If you use 180-proof alcohol, you need potable water to dilute the alcohol (as explained later).
- **A Glass:** This glass is used to dilute the 180-proof alcohol with water (as explained later).
- **A Glass Jar:** This is where you put all the ingredients to mix them. Make sure it is transparent glass so that you can look inside while making the tincture.
- **Knife:** The knife is used to chop the plant material into small bits before putting it into the jar, as the smaller the pieces the more strong the tincture will become.

HOW TO DO THIS STEP:

1. Chop the plant material into small pieces (the smaller, the better). Don't use a blender for this, it can give your tincture a lot of problems if you don't know what you're doing.
2. Fill 1/2 (half) of a small glass jar with the chopped material. Make sure it's half filled.
3. Take a glass and fill 1/2 with 180-proof alcohol and the other 1/2 with clean potable water. If you are using 80-proof alcohol, fill the entire glass with the alcohol without diluting it with water. In both cases, you should end up with a glass of alcohol at about 40% by volume.
4. Pour the alcohol from the glass into the jar until you fill 3/4 of the jar. Make sure it's three-quarter filled. If the alcohol from the glass is not enough to fill 3/4 of the jar, repeat step 3 and step 4 until needed.
5. Now close the jar, happily shake it (making sure the lid is well-sealed, to not spill tincture everywhere), and store it in a dark-cool place (like inside a cabinet).

NOTE: The whole point in diluting 180-proof alcohol with water (half-glass alcohol and half-glass of water) is to have a 40% alcohol by volume solution. In specific, 40% is the sweet spot to extract most active constituents from leaves, stems, and flowers without ruining them. If you put the 180-proof alcohol into the jar without diluting it first, the alcohol will be too aggressive and ruin the tincture.

NOTE: In the case of the 80-proof alcohol, you don't need to dilute it first because it's already at 40% alcohol by volume. If you dilute it, it will be too weak to extract most of the active constituents from the plant parts.

Step 4. Be patient and wait

The hard part is done.

All you need to do now is to patiently wait and let the tincture macerate. If you don't let it macerate for enough time, the alcohol won't extract all the active compounds from the plant material and your tincture will be ruined.

So for this step you need:

- A lot of patience: Maceration time is critical to make a potent medicinal tincture
- A dark-cool place: Good storage conditions are also crucial to make a herbal tincture, as light and heat can degrade it significantly.

HOW TO DO THIS STEP:

1. After you prepare the tincture, immediately store it in a dark-cool place (maybe a cabinet or in a cellar).
2. Wait for 2 weeks (some herbalists suggest up to 4 weeks to squeeze out as much constituents as possible, but 2 weeks are good enough for your first few experiments)
3. During these 2 weeks, shake the tincture once per day (at night before going to bed).

NOTE 1: After the 2 weeks, you can use a strainer to remove the exhausted plant material from the tincture and keep only the liquid part. Finally, store the final tincture in a dark-cool place and use it whenever you like it.

NOTE 2: Just to clarify, the more the maceration time, the more concentrated the tincture will be. For reference, if you wait for 2 weeks you get about 80-90% of the constituents you can extract from the plant material, which is the best compromise if you ask me.

With optimal maceration time and storage conditions, you get a highly concentrated tincture that gives you the maximum medicinal benefits possible.

Conclusion

There you have it, the full tincture making process explained in less than 10 minutes.

Nothing complicated, right?

So, here's the deal. It's not just about making tinctures. It's about taking control of your health, your power, your damn life.

You're in charge now.

You're not relying on some company to decide what goes into your body. You're not a victim of some mass-produced, overpriced "health" product.

You know exactly what's in that bottle. You made it with your own hands. You take the plants, you turn them into medicine. You control the process.

That feels good. Really good.

And here's the kicker...

You start doing this stuff, and people notice. They see you taking care of yourself, making your own decisions, cutting out the middlemen, and they'll get curious.

"Yo, how'd you make that?" they'll ask.

You become that person they want to talk to, the one with the secrets.

And guess what? The best part is, when you hand them a bottle of your tincture, you're giving them something real, not some mass-produced crap.

That creates connection. Real connection. You can't fake that. People respect it.

I get it, you've tried the pills. You've Googled your symptoms and tried whatever the internet said, hoping to feel a little better.

But now? You've got something that actually works.

You can fix stuff in your body. Fix your mood, fix your energy, fix your stress. You don't need to hit up the pharmacy 99% of the time. You've got your own medicine cabinet in your kitchen.

And let's be honest, that feels like a goddamn superpower.

The first time, it's gonna be messy. You're probably gonna screw up. But that's cool, just own it.

Because next time, it'll be smoother.

And the time after that, even smoother.

You'll know your plants like the back of your hand. You'll know what works, what doesn't. You'll get better at trusting yourself, and when you trust yourself, life becomes a hell of a lot easier.

Keep at it. You'll get into a rhythm, and before you know it, this whole tincture thing will feel as natural as breathing.

Don't sit around thinking about it. Don't wait for the "perfect moment." There's no such thing.

You're ready. Right now. Get the plants. Get the alcohol. Get the jar. Stop procrastinating.

Get your hands dirty. Start making your tinctures.

It's gonna be wild, and you're gonna mess up, but so what? At least you'll be **DOING** something real. And that? That's worth every single minute.

Go on... make it happen.

Stay Grounded,

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P.S. What's next? Well, this guide is "Level 1 Edition". In the near future, I'll make the "Level 2 Edition". And then Level 3, 4, 5, 6, 7, 8, 9, and 10. Yep, up to Level 10 (probably a full-blown book). Each edition will add tons of tips, recipes, and other cool stuff that will progressively take you from "Never made a tincture" to "I know black magic". So stay tuned.

P.P.S. Remember to regularly visit TerraWhisper.com. It's a massive "encyclopedia" of medicinal plants, remedies for common ailments, and tools for apothecaries. Oh yes... and it's all FREE.