



The Lost Book of Herbal Remedies

with dried herb (for some herbs, like cottonwood sure the water in your water bath/crock pot stays buds or *Usnea*, I fill it over half-full).

full. If you are using fresh herbs leave the caps off 2. Pour your high-quality organic olive oil (or other the jars letting the moisture evaporate out and natural plant oil) over the herbs. Fill to within $\frac{1}{2}$

make sure no water gets in from your water bath.

inch (1.25 cm) of the top with your carrier oil. Mix 5. Once cooled, strain herbs using cheesecloth or a well, removing all air bubbles. Cap and label with tincture press. Pour into a clean, sterile bottle or herb and date.

jar. This oil can be used directly for medicine or for 3. Place your glass jars in the crock pot and cook on making salves. Lasts about 1 to 2 years.

low for 4 to 7 days, depending on the herb, making **Salve-making** Salves are a useful way of applying herbs to the skin. **To make a simple salve out of your infused** They are useful for treating burns, rashes, skin irrita-oil and beeswax: tions, bites, wounds, eczema, sore muscles, arthritis, 1. Measure and pour your infused oil(s) into the top nerve pain, and more. Turning herbal oil infusions into part of a double boiler.

salves provides a good way to apply herbs and to take 2. Add beeswax and melt. I usually use a 1 part bees-them with you when not at home.

wax to 4 parts infused oil mixture and common use - In order to make a salve, you have to already have a base is 1/4 cup to 1/5 cup per cup of oil. For 8 oz turned the herbs into an infused oil (see above). You (250ml) of oil I use 2 oz (48g) of beeswax.

may also use the "fast method" below:

3. Mix together thoroughly until the beeswax has melted.

4. Add 15 to 20 drops or more of each of your essential oils for every 8 oz (250ml) of infused oil. Vitamin E

can be added to help rancidity (1/2 tsp for 16 oz (250ml) oil). Add essential oils just before pouring.

5. Before you pour into your containers (jars/tins) to set you may add just a few drops to your container to test the consistency. If it's too hard add more oil and if it's too soft add more beeswax. Then complete pouring, label, and date.

Photo taken by Nicole Apelian

Photo taken by Nicole Apelian

The quickest method for making herbal salves combines the infusion and salve-mixing steps into one. It uses a lot of dried herb. Combine your herbs and enough oil to cover the herbs in the top of a double-boiler being sure there is water in the bottom half of your double boiler. Simmer for a few hours (don't over-heat - about 100 degrees). Stir, cool slightly, and strain through cheesecloth. Pour back into your double-boiler and add melted beeswax (about 1/4 cup to 1/5

cup per cup of oil) to the oil. Then add 15 to 20 drops or more of each of your essential oils for every 8 oz of oil. Vitamin E can be added to help rancidity. Mix well, pour into containers, and let set.



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Tinctures/Extracts

Tinctures are medicinal extracts of any herb or herbal (amount of the herb used depends on the surface concoction in an alcohol, vinegar, or glycerin base. Be-area and extractability of the herb). You can also cause alcohol is a universal solvent, it is usually able to use fresh herbs – use 2x the amount of dried herbs.

extract the essential oils from herbs, as well as extract 2. Fill the jar with the alcohol, leaving $\frac{1}{2}$ inch (1.25

most of the other chemical compounds that water is cm) of headspace. Stir well.

able to extract (note that some herbs need a double-3. Close the lid on the jar, label and date, and store in extraction in water and alcohol to access all of the me-a cool, dry place. Tinctures can take anywhere from dicinal compounds).

4 weeks up to 6 months to fully extract, depending But alcoholic tinctures have another, much more im-on the herbs you are using. 2 months works well for portant attribute. They absorb into the body faster most herbs. Shake the jar once a day if possible.

than any other means of using herbal medicines. This 4. Once your tincture is complete, usually around 8

is due to the alcohol base, which starts absorbing weeks, strain out the herbs and rebottle the fin-through the stomach wall and even through the mouth ished product. The alcohol renders it very shelf-upon taking the tincture. Rather than being digested, stable and tinctures can last up to 7 years. Many like other things that are eaten and drunk, the herbs people put tinc-are absorbed right into the bloodstream.

tures in dropper

Another benefit of tinctures is that they last virtually bottles for ease of forever, as long as they are stored in a well-sealed con-use,

but

any

tainer. The alcohol is uniformly fatal to any microor-small glass bot-ganisms might that come into contact with it, so there tle will work. $\frac{1}{2}$

is no possibility of the tincture decomposing. The big-to 1 teaspoon is gest risk is evaporation.

a normal dose

To make a tincture you will need some sort of consum-for adults. For able alcohol that is at least 80 proof (40% alcohol).

children dosage

Vodka is the preferred alcohol to use, because it has no is about 1/4 to flavor, but rum, gin, brandy, and whiskey will work as 1/3 of the adult well. You can also use apple cider vinegar or food grade dose, depend-vegetable glycerin, although these often don't work as ing on weight.

well for many herbs and they don't last as long.

1. Fill a glass jar 1/3 to 1/2 full of the dried herbs you are using for your tincture, but don't pack it down **Double Extractions** A double extraction is a combination of a tincture and For this tincture, alcohol and water are required. There a decoction, often used for mushrooms and lichens. In are two methods. Both are below and different herbal-recent years, the medicinal value of various types of ists prefer

different methods. Final alcohol percentage mushrooms has been researched heavily. If only a wa-should be 25% to 30% or higher. The recipes below give ter-based decoction is used with Reishi Mushroom, for you that percentage but you may also start with a example, it extracts the beneficial polysaccharides (in-higher proof alcohol. If you see cloudiness in your final cluding the beta-glucans) and the glycoproteins but product that is OK - it is just the polysaccharides com-not the triterpenes (like ganoderic acid in Reishi), as ing out of solution. Simply shake before use.

they are not soluble in water. Both water and alcohol are needed to extract all of the medicinal compounds.

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Method #1: Starting with the alcohol ex-

**Method #2 Starting with the water extrac-
traction**

tion

Feel free to scale down this recipe. You'll need: 8

I like to use a small crockpot for this recipe. You may ounces (224g) or more of dried mushroom or lichen, also place the herbs and water into a jar, which is then 24 ounces (750ml) of 80 to 100 proof alcohol (40 to covered and placed into a crockpot of water on low or 50 % alcohol), 16 ounces (500ml) distilled water.

a pot of water on low on the stove. Feel free to scale 1. Fill a quart-sized (1 liter) canning jar half-full with down this recipe. You'll need: 8 ounces (230g) or more diced dried mushrooms, then fill it to about $\frac{1}{2}$ inch of dried mushroom or lichen, 24 ounces(710ml) of 80

(1.25 cm) of the top with alcohol. Stir and cap it, to 100 proof alcohol, 16 ounces (500ml) distilled wa-shaking it every day for 2 months. Then strain out ter.

the alcohol and set it aside.

1. Cut up the herbs into very small pieces. Place the 2. Make the decoction. Put 16 ounces (500ml) of wa-distilled water and the dried herbs into the crock-ter into a ceramic or glass pot with a lid and put the pot and stir well. Cover and cook on the lowest pos-mushrooms into it. Cover and simmer the mixture sible setting for 3 days. It will cook down to about until half of the water has boiled off. This will take 8 oz (250ml) of medicinal decoction (water).

a few hours. If the water level drops too quickly, 2. Allow the herb and water mixture to cool and pour add more so that you can continue simmering your it into a large glass jar. Add the alcohol while the mushrooms. The end result should be 8

ounces mixture is still quite warm, but not hot. Make sure the jar is large enough that you are adding 24

(250ml) of your decoction.

ounces (710ml) of alcohol or split everything evenly 3. Allow the water to cool, and then strain out the between 2 jars.

mushrooms. Mix the water and alcohol (you should 3. Cap the jar tightly, label and date the jar and allow have about 24 oz (710ml) of alcohol tincture) to-it to macerate for 6 to 8 weeks, shaking the jar gether to create the finished double-extraction. It daily.

has a high enough alcohol content (30%) that it 4. Strain out the herb (cheesecloth works well for should be shelf-stable for many years, as long as it this) or carefully decant the tincture off. Store it in is stored in a sealed container.

tightly capped glass jar. Label and date.

Distillation

Distillation is a process used for extracting essential • **Water and steam distillation** – The only differ-oils from herbs or other plants. Not all plants provide ence in the equipment for this and water distilla-essential oils; but for those that do, this is one of the tion is the insertion of a rack inside the still, which surer methods of extracting the essential oil.

holds the herbs up out of the water and only allows Distillation is something that should only be under-the steam to have contact with it. This method pro-taken by someone who wants to make a lot of essential duces essential oils much more quickly than water oils, due to the equipment investment and the amount distillation.

of plant matter you need. The amount of essential oil •

Direct Steam Distillation – A different sort of that is distilled out of plants is very small and it takes a still is needed for this method, so that the steam pretty good size still to get enough oil to make the effort can be created in a separate chamber. The steam is worthwhile. You may want to simply purchase organic then injected into the retort/still that is holding the essential oils from a reputable source to have on hand.

herbs, below a rack holding the herbs. This allows There are three basic types of distillation, requiring mi-a lower temperature to be used, reducing the po-nor differences in the still: tential for heat damage to the essential oil. This is

❖ **Water distillation** – The herbs are immersed in the most common method used commercially, es-water and the water is boiled. This works best for pecially for essential oils like rosemary and laven-herbs that don't break down easily.

der.



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Much expertise is needed for distillation as the amount are specific to the still and the herb from which you are of plant material, distillation times, and temperatures trying to extract the essential oil.

Medicinal Syrups

Herbal syrups are a great way of getting children to To make any medicinal syrup, start out by making a take herbal medicines and supplements. Made with decoction. You want to end up with a known amount raw honey, they store

extremely well, taste good, and of decoction, so that you'll know how much honey to can also soothe a sore throat. Making a medicinal add. This is easy, as you will need to strain out the honey syrup for treating colds, sore throats, or the flu herbs before adding the honey. When you do this, will have the added benefit that the raw honey brings. measure using a Pyrex glass measuring cup.

Before starting, decide how sweet you want your syrup. Typically, these syrups will last about six months in the Some people like a sweeter syrup, using a 1:1 ratio of refrigerator if you use a 1:2 ratio. You can also extend honey to decoction, while others use a 1:2 ratio, using the life by adding a tincture to the mixture, as the alco-less honey. The 1:1 ratio will store longer, as honey hol in the tincture will act as a preservative, or by add-doesn't spoil easily. You can add glycerin in place of ing glycerin.

some of the honey to extend shelf-life.

Poultices

Poultices may be one of the oldest ways in which purpose. The idea is to have the leaves broken, so that herbal medicines are used. They provide an excellent the sap of the plant can come out, contacting the skin.

way of applying healing herbs directly to the afflicted Chewing also works but make sure the herbs are safe area. Usually used for first-aid field situations, such as to chew.

dealing with burns, bee stings, cuts, and infections, they are also useful for deeper problems, like joint problems and bruises. They can even be applied to the chest to aid with congestion.

Normally, poultices are made of fresh herbs, picked on the spot. This means that they are at their most potent, able to provide the maximum possible benefit.

They are also able to help draw out splinters, bee stingers, and other infection-causing foreign matter that has embedded itself into the skin.

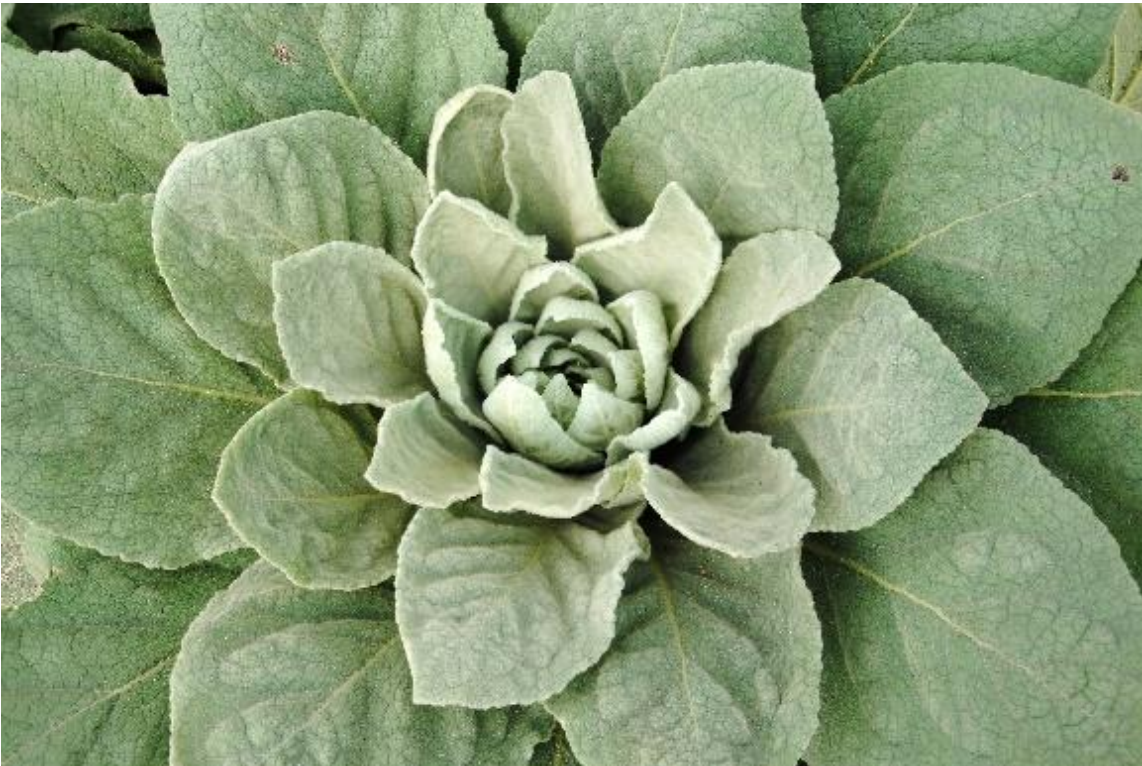
One of the great things about poultices is that they are made on the spot to deal with a specific need. There is little preparation and they are not stored. Rather, they A generous quantity of the poultice is applied to the are often made of whatever herbs are readily available afflicted area of the skin and bound in place with a at the time. Of course, that requires the ability to rec-bandage. Gauze is normally used for this, but an elas-ognize those herbs growing in the wild so that they can tic bandage or a large leaf are other options. The poul-be harvested and put to use immediately.

tice must be kept damp to work, so it is usually changed out a couple of times per day.

How to Make a Poultice: To make a poultice, se-Poultices can be made from dried herbs as well. In lect the necessary fresh herbs and tear or cut them that case, the crushed or chopped herbs are soaked in finely. If you don't have the ability to cut them, crush-warm water, softening them so that they won't irritate ing them between the fingers will work too. Doctors the skin and to draw out their medicine.

carried a mortar and pestle in ancient times for this 41





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A little fine-tuning can be applied by using either hot properties of the herbs to the cells needing it more or cold water with it. A hot poultice (not hot enough quickly. Using cold water, on the other hand, reduces to burn) helps to increase the circulation in the area circulation, while also reducing swelling.

where it is applied. This can help get the medicinal **How to Make a Field Poultice** Poultices have been used as field bandages and dress-contract your skin and, in doing so, will help close the ings for countless generations. In wartime, poultices wound.

This

helped manage many serious traumatic wounds and plant has the

prevented as well as treated infection.

added benefit of

I have used poultices on both others and myself many being used as, times in the field. My most common go-to poultice well, toilet paper herbs are Plantain, Yarrow, Mullein, and *Usnea*. I al-if you ever run ways carry dried Yarrow and Plantain with me in the out. It's very soft.

winter when these plants are not readily available.

Another

plant

These herbs are all in this book, so rest assured you'll you
can
use

have no problem identifying them. You can use these alone
or mix into as single-herb poultices or mix them together.

your field poul-

One of my favorites is a plant growing in many back tice is
Yarrow. *Plantain Leaf* yards and probably yours as well:
Plantain (*Plantago* Yarrow is a very spp.).

strong anti-bacterial and is also a blood coagulant and thus
helps stop bleeding.

Plantain has a powerful antibacterial effect. It also contains
allantoin, which is a phytochemical (a chem-Usnea Lichen is
my other fantastic go-to for applying ical found in plants)
that speeds up wound healing to a wound. It is very
absorbent and has anti-micro-and stimulates the growth of
new skin cells. Plantain bial, anti-bacterial, anti-viral and
anti-fungal proper-stops bleeding and helps relieve pain and
itching. We ties. It is ready to go as is!

use it for immediate relief for bites and stings.

A strong herbal field poultice:

Another common poultice herb is the plant known as 1.
Gather plantain, mullein, and yarrow in equal "The Cowboy's
Toilet Paper": Mullein. Mullein works quantities.

in two different ways to enhance the effects of the 2. Grind
the leaves together until you get a paste-like plantain
already in the poultice.

mixture. Add clean water if needed.

Mullein is an analgesic and thus lessens the pain, and 3. Apply it to your wound or cut.

it works as an astringent as well. That means it will 4. Leave it on for one to two hours; then reapply as needed.

5. Keep the paste in place by using a non-toxic plant that has big leaves and high flexibility or normal bandages if

you have some around.

Burdock leaves are per-

fect for this if you don't

have normal band-

ages.

Yarrow Leaves and Flowers

Mullein leaves

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How I Manage Multiple Sclerosis (Nicole Apelian) I do a lot to manage Multiple Sclerosis. This page is up) I rely on my healing trinity of Elderberry Tincture, also available (with products links for your conven-Usnea Spray, and First Aid Salve. You can make all of ience) at www.nicoleapelian.com. I believe that a lot of them using the information in this book.

this information can be extrapolated for other autoimmune conditions as well.

The 3 tinctures that I take daily for MS are: The first thing I did was get an IGG food sensitivity test ♦ Lion's Mane Mushroom Tincture. Lion's Mane is to see how I needed to alter my diet for optimum known to boost mental functioning and stimulate health. I don't eat gluten. I also stick to a low sugar diet Nerve Growth Factor (NGF). Studies show great with few processed foods. I alternate an anti-inflam-potential for myelination and regeneration of matory diet with a ketogenic diet and practice inter-nerves.

mittent fasting. This works well for me. For some, a modified paleo diet is ideal. I find that adding freshly ♦ Reishi Mushroom Tincture. I make this tincture as ground flax seeds into my diet is helpful. I have pro-a double-extraction. I take this daily as Reishi gressive Multiple Sclerosis (though it is not currently mushrooms are adaptogens, which help us deal progressing!). Diet is really important in managing MS

with the negative effects of stress, address issues and health in general.

such as increased inflammation, depleted energy levels, damaged blood vessels, and various types of Here are some of the things I incorporate into my MS

hormonal imbalances. Reishi has been shown to management in addition to diet: have neuroprotective effects and, because many autoimmune illnesses are inflammatory in nature, I give gratitude daily and I try to stay in the present I also take it for its anti-inflammatory properties.

moment the best I can. (This is very important! The mind-body connection is huge.) ❖ Turkey Tail Mushroom Dual-extracted Tincture. I always make all of my products with locally I spend time in nature daily. Nature connection is a big sourced and/or organic ingredients. It works well piece of total health for me.

for leaky gut, as turkey tail has prebiotics that helps balance the digestive system and helps with *Can-I spend time away from media and carry a personal dida overgrowth. It is also been shown to be a great anti-EMF device and have another one for my home.*

cancer preventative, an anti-inflammatory, and more.

I take these specific vitamins and herbal remedies: I keep leaky gut at bay. Plantain tincture works well for ❖ High-dose Biotin & Alpha-Lipoic Acid. Personally, me for this as does Turkey Tail and probiotics. I do I take 100mg Biotin three times every day (300mg make a Leaky Gut Tincture, which can be found in my a day total) for progressive MS.

apothecary, and drink organic bone broth for my gut.

❖ 4000 units Vitamin D drops

❖ Omega 3s (and incorporate these into my diet) I keep internal inflammation down with my Reishi ❖ Multi--Vitamin

+ Ca/Mg blend

Mushroom Tincture and Turmeric.

❖ *Tru Niagen (nicotinamide riboside)*

Wishing you the best on your journey to health.

❖ *Probiotics*

❖ *Vitamin B12 if my levels get low*

For more information and links to everything I dis-cuss above please see www.nicoleapelian.com For preventing general illness (which causes the dreaded immune response that then causes MS to flare 43





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Backyard Plants

Agrimony,

Agrimonia eupatoria

Agrimony, also called sticklewort, cocklebur, or church steeples, is native to Europe and is now found across North America. It is a pretty plant with spikes of tiny yellow flowers. It is in the Rosaceae (Rose) Family.

Identification: *This dark green perennial has a rough stem. It is covered with soft hairs that help it spread its seeds. It grows to a height of 2 feet (0.6me-ters).*

The leaves are ser-

Anti-inflammatory, Wound and Skin Care:

rated and pinnate. Agrimony is effective for wound care. It stops excessive They are large (7 bleeding by promoting the formation of clots. It con-inches) (17.5 cm) at tains tannins and is an astringent. It also has antibac-the base and get terial and anti-inflammatory properties. Agrimony tea smaller at the top of can be used as a wash for wounds and all types of skin the stem. Its roots diseases or the fresh leaves can be pounded and ap-are deep woody rhi-plied directly to a wound as a poultice.

zomes.

Digestive Problems and Diarrhea: *Agrimony The short-stemmed Tea is used for digestive problems. The tea acts as a flowers have a sweet, tonic to the digestive system and heals underlying apricot-like scent. They bloom from June to Septem-problems.*

ber on long terminal spikes. Each flower is a cup with rows of hook-shaped bristles on the upper edge. Flow-Migraines: An herbal poultice made from fresh ag-ers have five sepals and five yellow, rounded petals, rimony leaves and applied to the head is a good topical each with 5 to 20 stamens.

treatment for migraines. Use it at night as it may also induce deep sleep.

The fruit has hooked bristles called cockleburs that at-tach to animals, thus spreading the seeds.

Edible Use: *The leaves are used for tea, and the fresh flowers are often added to home-brewed beer or wine Prof. Dr. Otto Wilhelm to enhance flavor.*

Thomé Flora, 1885, CC.

Medicinal Use: *Both the leaves and seeds are used 3.0 in medicinal preparations. It is astringent, anti-inflammatory, and antibacterial.*

To Induce Sleep: *While lying in bed, place a few of this plant's leaves under your head to induce sleep.*





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Conjunctivitis and Eye Infections: For applying anti-coagulant therapy or taking blood-pressure medication as an eye wash, mix equal parts of Agrimony Tea medications. Avoid using agrimony if pregnant or with boiled and cooled water. nursing.

Harvesting: Harvest agrimony in the late spring to
Recipes: Agrimony Tea. 1 to 2 teaspoons of powder

summer when the herb is in full bloom. Pick the dried agrimony leaves or 3 teaspoons of crushed fresh leaves, flowers, and stems. Use the herbs fresh or dry leaves, 1 cup boiling water, raw honey, to taste, if desired for later use.

sired. Steep the agrimony leaves in boiling water for 5

to 10 minutes. Cool and strain. Take one cup, three

Warning: Some people develop an allergic rash with times daily.

sun exposure while using agrimony. Do not use if **Aloe Vera**
Aloe Vera is edible and is incredibly effective for many afflictions. It's not native to North America, but it's been naturalized in many places. I find it readily in the southwest where the weather is warm and it is easy to grow in pots around the house. It is in the Asphodelaceae (Aloe) Family.

Identification: Aloe Vera plants have succulent leaves that grow to 2 to 3 feet (0.6 meters to 0.9 meters) tall.

The plant is stemless or has very short stems.

Aloe Vera leaves are thick,

fleshy, and filled with **How to Use Aloe Vera:** For external use, split the gelatinous sap.

The leaf long ways with a knife and scrape the gel from the leaves grow in clumps, leaf's interior. I most often use it as a soothing salve and are green to directly on the skin. For internal use, try 1 to 3 ounces grey-green and (28-85g) of the gel added to juice, since the gel can be may have

white unpleasant and bitter when taken alone.

flecks on the leaf sur-

faces. The leaf margins are **Heartburn Relief and Irritable Bowel Syndrome:** Consuming 1 to 3 ounces (28g to 85g) of teeth. Flowers appear in the sum-aloe vera gel with each meal reduces the severity of acid mer on a tall spike growing from the center of the reflux and the associated heartburn. It also helps the plant. Flowers range in color from white and yellow to cramping, abdominal pain, flatulence, and bloating orange and red.

caused by irritable bowel syndrome. However, there are some safety concerns and it may cause irritation, **Edible Use:** Eat aloe vera leaves raw or cooked. The so use internally with care for these conditions.

outer green skin can also be eaten, but is bitter and tough. Removing the skin with a sharp knife leaves the **Bleeding or Swollen Gums:** Aloe Vera extract meat and gel inside the plant; both are edible.

makes a safe and effective mouthwash that reduces swelling, soothes, and provides relief from bleeding or Aloe is good poached or otherwise gently cooked. Fully swollen gums. Try adding the gel to the final rinse wa-cooked, it loses its slimy texture. Some people enjoy ter and swishing it around, holding it in the mouth for raw aloe as juice or by putting a chunk in their water.

a minute, then spitting it out.

Medicinal Use: Aloe Vera gel, the gelatinous sub-Lowering Blood Sugar in Diabetics: If you stance inside the leaf, is used as a relief for sunburn, suffer from type 2 diabetes, you can regulate your wounds, and other minor skin irritations. It also has blood sugar levels by simply ingesting two tablespoons internal uses.

of Aloe Vera juice or pulp extract daily.