

The Treasure Chest of Herbal Recipes

This includes a range of innovative and unique ways of using plants as medicines. These were ideas from creative herbal medicine students over 10 years at the Waikato Centre for Herbal Studies, Cambridge, New Zealand. It is an invaluable resource. They have all been made, tasted or applied for what were the most enjoyable assignments they ever worked on or I ever marked!

External Preparations

Ointments or Salves for everything

Note: Unless otherwise stated all oils are infused oils.

Plantain and Comfrey Ointment

Sharran Hardy

Finely chop or cut fresh plantain leaves and pack a jar loosely with the herb. Cover with cold pressed olive oil and leave in a dark, cool place for 6 weeks, topping up the oil if needed. Strain. Cut or grate fresh comfrey root and proceed as for plantain. Add equal amounts of both oils together. Warm in a double boiler and add enough grated beeswax to harden to the consistency of soft lip salve (3 parts oil to one part beeswax).

Sandfly/Flea Repellent Ointment

Yvonne

Harvest pennyroyal stems and flowers. Prepare the oil by packing a jar full of chopped plant material, cover with olive oil and place in a hot water cupboard or warm place for 6 weeks. Check frequently and top up the oil. Strain, press the oil out of the plant material and place it in the top of a double boiler. Heat gently and add a little beeswax (3 parts oil to one part beeswax). Then add 10 drops citronella essential oil. Pour liquid into a pot and label.

Haemorrhoid Ointment

Dee S.

5mls plantain oil

5mls calendula oil

5mls yarrow oil
3mls echinacea tincture
Blended with beeswax as for Ointments.
" Personally I found it soothing and healing"

Antiseptic Ointment

Hannah Banks

Equal parts of the following
Calendula oil
Plantain oil
St Johns Wort flower oil
Sage oil
Thyme oil
Peppermint oil
Combine 3 parts of the combined oils with just under 1 part of grated beeswax and heat gently in a double boiler until the beeswax has melted. Place in a jar and seal.

Green Elder Ointment (Unguentum Sambuci Viride)

Corrine

Approximately
3 parts fresh elder leaves
4 parts olive oil
2 parts beeswax
Just cover the elder leaves with olive oil in a large pot and heat gently for about 45 minutes until the oil is dark green. The leaves will be crispy by then. Strain and add enough grated beeswax to make a soft ointment when set. "A remedy for bruises, sprains, chilblains; for use as an emollient (skin softener) and for applying to wounds." Ref. Mrs. Maude Grieves 'A Modern Herbal'.

Breast Oil for combating lumps

Zodi Woods

1 chunk fresh poke root (about 10 cm x 5cm)
40mls castor oil
40mls almond oil
Blend together until well pulped. Put the pulp in a jar and store in the fridge for 2 weeks. Strain through muslin. Add 20 drops of lemongrass oil; 20 drops spearmint oil; 16 drops cypress oil; 4 drops black pepper oil. "Of course you don't need to add essential oils at all".
Splash the breast with cold water, then massage the oil in, in a circular motion.

Scented Sedative Salve

Jessamine

Use equal parts of fresh catnip; lavender; hops; mugwort; lemon balm and a small amount of chamomile. Cover the herbs with almond oil and heat at around 50 degrees C for 4 hours, then add beeswax to make an ointment.

General Healing and Antiseptic Salve

Veronika Mullar

80mls double infused calendula oil

50mls chamomile oil

35g grated beeswax

Melt in a double-boiler, add 25 drops lavender oil and 1ml manuka oil (optional). Allow to set.

Double infusion means to infuse a second lot of flowers in the strained infused oil from the first lot.

Clover Salve

Linley O'Neill

Fill a large saucepan with red clover heads. Cover with water and boil briskly for one hour. Strain, press and then refill the saucepan with new flower heads, adding the same water and repeating the process. Strain and simmer this liquid until it resembles a thick tar, taking care not to burn it. Apply the thick liquid to the affected area twice daily for growths and swellings.

Clover and Violet Ointment

Linley O'Neill

Mix the above extract with an equal amount of violet flower oil. Add an equal amount of aqueous cream and combine together gently by warming over a warm water bath (until the aqueous cream has melted).

Nappy Rash Ointment

20g dried flower heads of Roman or German chamomile

15-20 fresh flower heads of calendula

2 stuffed cupsfull of fresh chickweed

500mls of Olive oil

Wilt fresh calendula and chickweed for 24 hours to remove excess moisture from the herbs. Place in a jar and cover with oil, shaking gently to immerse and distribute the oil evenly. Leave to stand at room temperature for 2-6 weeks. Strain the herbs. Decant off any extra water after 1-2 weeks (leave oil to sit undisturbed, any water will be at the bottom). Melt grated beeswax over a double boiler using the general rule of 1oz (30g) of grated beeswax to 1 cup of oil. Add the oil infusion, stirring gently as you do.

Not only useful for nappy rash, but also for inflamed skin conditions eg eczema and psoriasis.

Ointments with a New Zealand flavour

NZ Native All Purpose Healing Ointment

Macerate rangiora leaves; dried roughly chopped kawakawa leaves; dried and pounded kanuka seed capsules in pure extra virgin olive oil in separate containers for one moon cycle. In each case just cover the plant material with oil. Strain and place 20mls of each oil in a double boiler. Heat gently and add 10g of grated beeswax, stir until the wax melts and the ingredients blend. Pour into a small jar and leave to set.

This ointment can be used for fresh, infected or slow healing wounds, aching muscles, bites and stings, boils, fungal infections and whatever else you care to use it for.

Kawakawa, Lavender and Calendula Ointment

Pip

Infuse the following in cold pressed almond oil for one moon cycle.

Strain and repeat the infusion.

Calendula flowers

Lavender flowers

Kawakawa leaves

Blend together in equal amounts and thicken with beeswax (not too much), more to a consistency of cream. "I blended a dollop of vitamin E cream and this made a very nice all round salve".

Manuka and Kanaka Ointment

Nicky Baillie

Collect fresh plant material from the bush. Dry for 24 hours. Grind the whole plant in a mortar and pestle. Place the ground plant in a jar and cover with extra virgin olive oil. Stir. Place in a hot water cupboard and leave for 10 days, stirring/mixing twice a day. Strain the oil and press the pulp. Allow the oil to sit in clean jars for 2 weeks undisturbed, in a dark cupboard. Decant after 2 weeks. Heat gently and add grated beeswax. Pour into jars.

Creams for Skin Care

Easy Healing Cream

Carol M

St John's Wort tincture

Calendula tincture

Echinacea tincture

20ml of each mixed into 60ml of aqueous cream

This cream was made in response to Carol M's mother requiring something to take with her on holiday to use for any open wound, new or old bites and skin infections.

Cream for Insect Bites, Burns, Cuts etc

Ling teo

Put 20mls of each of the following tinctures into 80mls aqueous cream
echinacea; comfrey; calendula; Aloe vera extract.

Cream for Tinea

Debbie

15mls ginger infusion

5mls cayenne infusion

30mls calendula infusion

add together to make 50mls.

Decoct this to 25mls, and add 3 tsp ground heartsease flowers.

Blend all ingredients, with 2 heaped tsp. of aqueous cream. This cream is applied to feet and hands after a foot bath.

Cream for Arthritis and Rheumatic pain

Tahi

Chop dried cayenne peppers to fill a jar. Cover with 50% (100 proof) alcohol and sit for 6 weeks. Strain. Add equal parts of the tincture to aqueous cream. Stir to blend and spoon into jars. Rub into the affected area and cover with a warm cloth.

Herpes Cream

Rebecca Baxter

50mls lemon balm tincture

50mls liquorice tincture

20g Vitamin E cream.

Reduce both the lemon balm and liquorice over a very low heat to 20mls.

Stir into the Vitamin E cream. The reduced tinctures could also be applied directly.

Cold Sore Cream

Corrine

50g aqueous cream

5mls liquorice tincture

5mls St John's Wort tincture

5mls very strong lemon balm decoction.

Gradually add liquids to the cream while whisking it well. Apply frequently.

Fungal/Nappy Rash Cream

Glenda

Decoct 10mls each of the following tinctures: comfrey; calendula; chamomile; usnea; liquorice; golden seal, down to 20mls. Add to 40g of Vitamin E cream, mixing well until blended. Bottle. Keep in a cool place in hot weather.

Anti-fungal Cream

Cynthia Taylor

Combine

5ml lavender tincture

15ml usnea tincture

20ml calendula tincture

6 drops lavender Essential oil

20ml Vitamin E cream

10ml Aloe vera gel

Rub into skin whenever needed. A cooling relief cream for inflamed and itchy skin.

Mastitis Cream for Animals

2 tsp ground dried comfrey root

1 tsp cayenne powder

400ml boiling water

200ml aqueous cream

50ml poke root tincture

Pour boiling water over powdered comfrey and cayenne. Strain and leave to stand until cool. Add aqueous cream and blend. Add poke root tincture and blend.

Variations include grating fresh comfrey root; using cayenne tincture - 10 mls; aqueous cream can be omitted but the application is more difficult.

Apply sparingly to the affected udder twice daily in cases of low grade mastitis and unexplained lumps in the udder.

Antiviral Cream

Patricia

Prepare a decoction of marshmallow by using 1 part marshmallow to 3 parts cold water, soaked over night, brought to the boil and decocted for 30mins.

Use

5mls marshmallow decoction

5mls lemon balm tincture

5mls chamomile oil

5mls liquorice extract or tincture
2.5mls wheat germ oil.
Mix the above with 25g Vitamin E cream.

Vaginal dryness Cream

Patricia

Prepare a decoction of marshmallow (as above); prepare decoction of comfrey root – 50:50 comfrey/cold water, soak in cold water over night and bring to the boil. Decoct for at least 30 minutes.

5mls marshmallow decoction
5mls comfrey decoction
5mls chamomile oil
5mls liquorice extract.
Mix all together with 30g Vitamin E cream.

Skin Cream for Eczema

Bronwyn

10mls each of the following tinctures:
meadowsweet; plantain; chamomile; comfrey
Add all, with the alcohol removed to 60g Vitamin E cream.
Note: To remove alcohol you need to heat the tinctures in a double boiler until the first steam appears at around 65-70 degrees centigrade.

Hand cream

Wendy

To 100g of aqueous cream, add
10mls of each of rosemary oil; manuka tincture (optional); echinacea tincture; comfrey tincture; calendula tincture and 10 drops Rescue Remedy.
Mix well.
10 mls of heartsease tincture could be used in place of manuka. (Ed)

Nurses Hand Cream

25g zinc and castor oil
30g Vitamin E cream
10mls calendula oil
2mls lavender oil.
Beat together with a whisk. Great for hands that are in water a lot.

Comfrey Cream

Sharon Bickle

1 cup extra virgin olive oil
1 cup fresh chopped comfrey leaves
1/4cup chopped beeswax
1 Vitamin E capsule.

Heat oil and plant material in a double boiler covered for 30 mins. Strain, slowly add beeswax and Vitamin E, stir until dissolved. Pour into dry containers and allow to cool and thicken. Use for sunburn, strains and superficial wounds.

Callus Cream

Sandy Urwin

1 part rose oil

1 part coconut oil

2 parts sheep lanolin.

Blend together, gently heat and add the contents of 2 x 1000mg capsules of Evening Primrose oil, 5 drops of calendula tincture and 1 tsp of Aloe vera gel.

Antiseptic Cream

Sharan Carter

3 Tbsp Vitamin E cream

1 tsp Aloe vera gel

Mix together and add 10mls golden seal tincture and 5mls myrrh tincture.

'Queen of Hungary Water' Cream

Rosemary was the main ingredient of Hungary water, an old recipe apparently given by a hermit in the 14th century to Isabella, Queen of Hungary. She was aged 72, 'infirm of limb and afflicted with gout' and after 1 year of using the preparation she recovered her health, strength and beauty to the extent that the King of Poland wanted to marry her.

1 handful fresh peppermint

1 handful fresh rosemary

1 handful fresh rose petals

Grated peel of an orange and lemon

100mls rosewater

100mls vodka

Mix all ingredients together and leave to soak. Cover well and store for a week, shaking daily. Filter. Add 20-30mls Hungary water to 100g of Vitamin E cream and mix thoroughly. Use as body lotion.

Varicose Vein Cream

Carol Burgess

5mls yarrow tincture

5mls horsechestnut tincture

5mls Old Fashioned witch hazel tonic

5mls heartsease tincture.

Added to 30mls Vitamin E cream.

Anti-nettle Sting Cream

Carol Burgess

Freshly squeezed juice of dock added to Vitamin E cream. Mix together and keep in the fridge..."I collected some nettle roots to propagate but forgot gloves and as a result ended up with both hands and arms covered with stings. I immediately squashed and rubbed dock over the area. As the day progressed the 'tingling' feeling returned and I thought how great it would be to have a cream at my finger tips... I experimented with the cream, by only using it on one arm and comparing with the other arm. I noticed a marked reduction in 'tingling' in the arm on which I used the cream."

Blocked Fallopian Tube Cream

1g beeswax

16mls almond oil

5g emulsifying wax

5mls calendula tincture

1ml chamomile tincture

2-3 drops red clover treacle - see next recipe

2 drops cedarwood essential oil

1 drop sandalwood essential oil

Melt the beeswax and almond oil together. Add the emulsifying wax and the tinctures, heat gently until the emulsifying wax is melted. Stir continually as it cools. Add the essential oils, stir and put into a pot labelled "Cream to support and nourish the ovaries and tubes." The essential oils can be varied to suit the humor of the patient.

Red Clover Cream

Naomi Pond

This cream is based on Dr Thomas's Famous Cancer Plaster from Dr John Christopher's book: *"The School of Natural Medicine"* p 57... "take the heads of red clover and fill a brass kettle and boil them in water for 1 hour; then take them out and fill the kettle again with fresh ones, and boil as before in the same liquor. Strain it off and press the heads to get out all the juice, then simmer it over a low fire, until it is about the consistency of tar, when it will be fit for use. Be careful not to let it burn. When used, it should be spread on a piece of bladder (?), split and made soft. It is good to cure cancers, sore lips and old sores."

"As a tricky exercise, this is an understatement. It takes me 2 days to make the tar, I let it stand, simmer, stand, simmer, strain, repeat, strain,

then bring it down to a tar, stopping seconds before it burns. I added Pau d'arco and chapparral to the second decoction as well, then mixed the tar into aqueous cream. This seems to be more effective than other Vitamin E creams as a base. Apply twice daily to pre-cancerous skin conditions; after 1-3 weeks, inevitably, the patient will report the problem gone. I've given it to 20-30 people now, but unfortunately haven't kept records because I didn't realise it would be so effective. If I were to "spread it on a piece of bladder" - or gauze, and keep the area saturated with it, maybe it would draw out the tumour?"

Compresses

Thyme Compress for Chest Cough and Congestion

Carol M

Choose fresh thyme sprigs (handful), bruise the leaves, place into a soft cloth ie muslin.

Pour boiling water over this. Use while hot and still cooling down (you can re-use the water first poured over, by reheating in a pot). Continue to reheat the compress. Place on a child's chest, on top of a small towel (rewarming if it cools too much).

This helps with expectoration, the chest is warmed up and volatile oils inhaled.

Mucous Reducing Compress

Prepare mucous reducing vinegar

Horseradish 3x6 " pieces

1 medium onion

1 large garlic corm

2 pods cayenne pepper

3" ginger root grated

Chop everything finely, put in a jar and cover with vinegar. Leave for 4-6 weeks.

Strain out the liquid and set aside. This is the vinegar. Place the warm pulp mixture in a hot cloth and place on the chest or over the nose. Use for any mucous related condition.

Compress for Contact Dermatitis

450mls chamomile infusion

10mls comfrey root tincture

10mls liquorice root tincture

10mls echinacea tincture

10mls plantain leaf tincture.

Add the tinctures to the infusion. Can add yarrow tincture if the dermatitis is weeping. Soak a soft muslin or cotton cloth in the liquid and apply warm to the affected area.

Compress for Eczema

2mls comfrey root tincture

20mls comfrey leaf infusion

20mls kumarahou leaf infusion and flowers

20mls kumarahou flower infusion

Soak a face flannel in the solution and apply to the affected area.

Headache Balm

Pour 500mls vodka over a handful of fresh lemon balm leaves. Place in a clear glass container and let it stand in the sun for at least 8 days. Shake often during this period. Filter the liquid and store in dark bottles. Rub undiluted spirits on the brow and temple.

Pastes

Plantain Paste - First Aid

Carol M

Collect plantain leaves. Use either a food processor or mortar and pestle to process into a paste (not adding any liquid). Cover the affected area, sting or irritation, replacing the plant material when it warms. This worked well on skin affected by stinging nettle.

Peppermint Paste for Skin Grazes

Helen Loe

Peppermint ointment is made by using 40g beeswax and 80mls oil (50ml peppermint infused oil and 30ml comfrey infused oil). To make the paste, finely grind dried peppermint leaves; dried heartsease flowers; dried calendula flowers to make 3 Tbsp. Slowly add ground herbs to the ointment, blending all together on a flat smooth surface.

Post Measles/Chicken Pox Paste

60g ground linseed

10mls dandelion root tincture

10mls plantain tincture

20mls calendula oil

10mls glycerine

½ cup hot water.

Remove the alcohol from the tinctures by heating to 70 degrees in a double boiler.

Mix the ingredients together and apply liberally.

Add 10mls of St John's Wort tincture and 10mls liquorice tincture for antiviral action topically.

Could use slippery elm instead of linseed. It's very cooling on the skin.

Peppermint Paste

Jenny

Dried peppermint leaves, finely powdered in a mortar and pestle. Add to Vitamin E cream. Use: inflamed itchy bites, sore muscles, rubbed on tummy of someone who needs a carminative (expels wind), but can't take peppermint internally.

Poultices

Poultice for cuts, burns, ulcers etc

Susie

Use equal parts of dried comfrey root, dried calendula flower dried yarrow or witch hazel, dried plantain leaves. Grind into a powder. Add enough boiling water to bind all together. Apply to the affected area.

Kawakawa Poultice

Moira

Fresh kawakawa leaves bruised and boiled for a short time. Remove the leaves from the hot water and place in a gauze. Cover the area to treat with a small amount of oil for protection. Apply the hot leaves in the gauze, to the affected area. Keep the poultice on the affected area until it goes cold. To keep the poultice warm, place a hot water bottle on it. Medicinal use: Kawakawa poultice will counteract an infection and promote healing on an infected wound. It is also useful for swellings, inflammation and bruising.

Honeysuckle Poultice

Jocelyn

2 large handful of fresh honeysuckle flower with a little of the branches and leaves. Add to 1 cup boiling water and infuse for 4 hours. Useful for inflamed skin infections, boils and ulcers. Drink 1 cup liquid and use the plant material for poulticing by adding 5mls comfrey tincture with alcohol removed.

Poultice for hard to heal ulcers

Janice Strong

Pick a Pelargonium leaf and lightly rinse under cold water and shake off excess water. Dampen cotton gauze with cold water and squeeze out the excess. Wash the ulcer with calendula and golden seal wash (1ml of each in a little water). Let air dry in the sun (if there is some) for 5-15 mins depending on heat of the sun (too strong a sun will burn the skin). Place Pelargonium leaf directly onto the skin, put cotton gauze over and secure with tape. Change leaf and dressing and use the wash every 4 hours until the ulcer has healed. ½ cup of red clover infusion taken internally night and morning may also aid healing.

Tender Breast Poultice

3 Tbsp slippery elm powder

1 tsp poke root tincture

1 dsp grated ginger

Mix the ingredients to a paste with water, until you can shape it like wet dough. Plaster and mould on the breast. Cover with a handy towel. After a few minutes it will set and stay in place very well inside a bra. Remove after about 1 hour. Just peels off.

Healing Poultice for fractures, cracks and sprains

Wendy Johns

¼ cup manuka honey

¼ cup cold pressed olive oil (could include calendula oil)

1 cup comfrey - fresh leaves

½ cup heartsease - fresh flowers

Blend in a food processor to a paste, approx. 2-3 minutes. Apply liberally and cover with a cabbage leaf or bandage. Leave for approx. 24 hours, or apply 2x/day leaving each application on for 12 hours.

Poultice for Boils

Veronika Mullar

In a mortar and pestle, put calendula petals, grated comfrey root, a pinch Epsom salts, slippery elm (to bind), a little water. Mix and apply hot, cover and bandage.

Baths

Herbal Bath for Shingles

Michelle Rivers

Add to the bath the following:

60mls echinacea tincture

30mls St John's Wort tincture

30mls valerian tincture
30mls lemon balm tincture
250g oatstraw simmered for 20 mins in 1 litre of water.

Bath Vinegar

Rebecca Baxter

Used by both mother and baby in replace of soap.

Lavender flowers

Chamomile flowers

Apple cider vinegar

Loosely pack a jar full of both flowers and cover with apple cider vinegar. Leave for 6 weeks. Add a few drops of rose or sandalwood essential oil can be added once strained. Apple cider vinegar is excellent on the skin, helping to soften and sooth and maintaining a good acid mantle. Also useful on the head and hair ie cradle cap and good for just softness and shine.

Bath for Itching and Weeping Eczema

Janice Strong

Into a muslin bag put dried or fresh calendula, chamomile, chickweed and lavender, plus some rolled oats. Hang the muslin bag over the tap and let the bath water run through.

Hand Bath for deep cuts with nerve damage, after the wound has closed up

Susie

Combine 500mls comfrey root decoction and 500mls oatstraw decoction.

Bathe

Footbath for Raynaulds disease, Insufficient Circulation, Intermittent Claudication

Debbie

30mls yarrow tincture

30mls rosemary

30mls ginger

10mls cayenne

20mls to 1 cup of warm water, soak a flannel in the mixture and wash feet.

Washing your own feet with this formula will help both hands and feet.

Menstrual Pain Footbath

2 handful yarrow herb

1/2 plant shepherds purse

1 handful nettles

1 handful sage

1 handful dandelion flowers, (parsley is also recommended).
Use water boiled for 5 minutes. Let stand to cool slightly. Pour over the chopped herbs. Macerate 4-5 hours. Strain. Add 20mls of hops tincture. Add to a footbath at 300mls plant extract to 3L boiled water. Can use the preparation up to 8 days by reheating but not diluting. Taken from Maurice Messegue's 'Of People and Plants'.

Footbath for Tinea

Debbie

Greater celandine - cut fresh root and leaf into a pot of boiled water, gently simmer for 20 minutes, remove from the heat.
Usnea - place a handful of the herb into a basin suitable for a footbath. Cover with boiled water, add the greater celandine preparation. Gently stir for 20 minutes. Place feet in a basin, gently adding hot water as it cools. Soak 1/2-3/4 hour minimum. Gently massage and rub feet with the herbs in the basin whilst soaking. Repeat daily until infection has disappeared.

Mouthwashes and Gargles

Mouthwash

Susie

Red sage
Whole cloves
Echinacea tincture
Make 1 cup of strong sage infusion by loosely packing half the cup with chopped sage leaves, covering with boiling water and infusing for 10 mins. Strain. Grind 1 tsp of cloves and infuse in 100mls boiling water. Combine sage and clove preparations and 1 tsp echinacea tincture per cup.
Use as a mouthwash.

Mouthwash II

Fresh chopped sage 2 tsp
Fresh chopped thyme 2 tsp
Infuse in 1 c of water with the lid on to retain the volatile oils. Strain when warm. Add 2 Tbsp apple cider vinegar and 1 tsp manuka honey.

Peppermint Gargle for sore throats

Helen Loe

200mls peppermint infusion (cooled). Add 20ml peppermint tincture, 20ml red sage tincture and 10ml echinacea tincture. Gargle as required. Pleasant to swallow.

Gargle

Jan P

50% liquorice decoction
20% sage tincture
10% hyssop tincture
20% thyme tincture.
2 tsp in hot water for gargle.
Can be swallowed if desired.

Gargle

Sharran Hardy

Sage infusion (2 tsp sage per 1 cup boiling water, let stand until cool)
Liquorice tincture 10mls
Barberry tincture 20mls
Plantain tincture 20mls
Manuka honey 2 tsp (or other honey)
To 1 cup of sage infusion add the honey while hot and dissolve. When cool, strain and then add the tinctures and pour into a bottle. Gargle 2-4 times a day or when needed.

Tonsillitis Gargle

Hannah Banks

40mls sage infusion or 4mls tincture
30mls rosemary infusion or 3mls tincture
20mls thyme infusion or 2mls of tincture
5mls plantain tincture
5mls calendula tincture
21 drops poke root tincture. Gargle with 10mls and swallow.

Gargle for a Sore Throat

Ling Teo

30mls liquorice
30mls sage
30mls echinacea
20mls comfrey root
3mls poke root
Add rice malt, 200mls. For sore throat, gargle and swallow 5mls x3/day.
"It Works!"

Antiseptic, soothing and Healing Gargle

2mls calendula tincture
2mls echinacea tincture
2mls sage tincture
2mls usnea tincture

5mls liquorice fluid extract

40mls distilled water.

Can also add 2mls myrrh tincture. Dose: 2 tsp mixture gargled in the back of the mouth for approximately 1 minute. Can be swallowed or spat out.

Healing Jellies and Gels

Jelly for Burns

10mls chickweed juice

10mls lavender tincture

5mls plantain tincture

10mls calendula tincture

35mls water

1/2 tsp agar agar flakes

Combine all in a double boiler, heat to remove the excess alcohol. Add the chickweed juice. Continue to heat until it goes thick. Stir and beat. Leave to cool and thicken. NB Perhaps soak agar agar before hand - it took a while to reconstitute and the agar agar went into little separate jelly lumps. It wasn't a consistent jelly-like substance. Perhaps once cooled it could be blended. Suggest dissolve agar agar first then add it to the plant liquid.

Antiseptic and Healing Gel

Angela S

Boil 200 mls water and dissolve 1 Tbsp. agar into it in a double boiler.

When cooled add 15mls comfrey tincture and 15mls calendula tincture.

Apply twice daily after showering.

This gel was prepared in response to a need for a substance to help keep small cuts and lacerations of the vulva area (following birth) clean and antiseptic. "I have used this gel with a client with perineal graze, it did not sting and the lacerations healed well."

Native NZ Healing Gel

Wendy Sloane

Kumarahou leaves and flowers

Karamu leaves

Kawakawa leaves

Horopito leaves

Harakeke gum (optional)

Agar agar

Aloe vera

Take a handful of leaves of each plant, add to 1200mls filtered water. Boil rapidly for 15 min then simmer for 30 min. Let stand 1 hour. Boil and

dissolve 1 small handful of agar agar strips in a bowl of water. Add decoction, flax gum and Aloe vera. Pour into a glass container and set. The gel can be warmed and softened as needed. Apply to all skin conditions - wounds, cuts, itching, ulcers, ringworm, bites, stings, rashes, sores, bruises and aches and pains.

Anti-fungal Foot Gel

Ellen Rose Miller

200mls strong yarrow infusion

50mls witch hazel tincture (decocted to remove alcohol)

20mls usnea tincture (decocted to remove alcohol)

30mls wild weed herbal cider vinegar (dandelion, yellowdock, elderflower, yarrow, heartsease, calendula, thyme)

15mls liquid kelp

5mls agar powder

1 egg white

Gently simmer agar powder in the yarrow infusion, add the tinctures, vinegar and kelp. When cool add the egg white and blend until smooth. Keep refrigerated. Apply at night to fungal infected toes and any time while sitting barefoot and relaxing for a while.

Aloe vera or Heartsease Jelly

Beth

To 40mls of water add 1 tsp agar flakes. Bring to the boil and simmer for 2-3 mins stirring constantly until the flakes dissolve. Take off the heat and add 40mls Aloe vera juice. Mix in well and pour into a sterilised jar. Alternatively, cool for 10 minutes and add 20mls of heartsease tincture, mix well and pour into a sterilised jar.

Vaginal Pessaries

Vaginal Pessary-Usnea and Ultra Acidophilus

Angela S

20mls Cocoa Butter, dissolve slowly in a double boiler. Lubricate a suppository mould with washing up liquid.

Allow the cocoa butter to cool, and add 6 capsules of ultra acidophilus and 10mls usnea tincture (33% of total). This should yield 12 suppositories, each capsule containing 2.5mls.

"I made the same recipe twice- the usnea separated out in the metal mould but when glove fingers were used - it didn't seem to separate out so much".

Vaginal Thrush Pessaries

1.5mls usnea tincture

1ml echinacea tincture

2mls golden seal tincture

Horopito or usnea decoction or anise infusion. Any of these could be used as a tincture.

Grate 12g Cocoa butter into a bowl, adding tinctures and stir. Use a double boiler and remove from heat when melted. Keep stirring until nearly set, then pour into moulds.

Pessaries for Vaginal infections

8mls usnea tincture

1ml myrrh tincture

1ml calendula tincture

6g cocoa butter

Gently heat cocoa butter and tinctures to remove the excess alcohol. Let it cool and pour into moulds.

Post Partum pessaries

Usnea tincture

Golden Seal tincture

Pukatea tincture (Optional)

Shepherds purse tincture

Calendula tincture

Comfrey root decoction

To 250mls comfrey add 50mls of each tincture (with the alcohol removed).

Thicken with 20g of gelatine, mould and leave to set.

Calendula ice blocks

Jude Lewer

Juice calendula flowers and put into iceblock moulds and freeze. When required remove, wrap in sterile gauze so the skin is not burnt by the ice. Gently press down onto the wound allowing the ice to melt over the area. It is cooling, soothing and healing. Use for perineal tears during child birth, inflamed varicose veins and to cool inflamed rashes.

Sitz baths

Sitz bath for Vaginal Thrush

Sharran Hardy

Calendula infusion and chamomile infusion (2 tsp of each in 1 cup of boiling water, stand until cool then strain)

1/2 cup of plantain juice (succus)

1 tsp cider vinegar.

When the infusion is cool add the plantain succus and cider vinegar. Use 1/2 of this amount for a sitz bath for the first 3-4 days, once a day. Also swab vagina each day with undiluted preparation.

Suppositories

Horse Chestnut

Nicky Baillie

Collect horse chestnuts in April. Peel and grind fresh horse chestnuts in food processor. Melt 40g cocoa butter in a double boiler, adding approximately 10g ground horse chestnut. Mix. Pour into tinfoil moulds. Store in the fridge.

NB Could also add witchhazel tincture and/or heartsease tincture.

Use 1 suppository once or twice daily until hemorrhoids settle, then use one every second day for further week.

Hemorrhoid Suppositories

1 part witch hazel dried

1 part horsechestnut dried

2 tsp plantain oil

3 parts yarrow

50g cocoa butter.

Melt together in a double boiler. Pour into tinfoil moulds. Use 1 once or twice daily until hemorrhoids settle, then every second day for a further week. Wear a pad.

Lotions

Itch Relief Lotion

Cynthia Taylor

Make fresh infusions of equal parts of calendula, chickweed, heartsease, chamomile and cleavers (strong brews). Add 3/4 usnea tincture to 1/4 fresh infusion. Keep in the fridge. Dab the lotion on 3x per day - more if the itch is strong, but 3x seemed to be enough.

Lotion for Tired and Swollen Legs

Sharan Carter

2 tsp horsechestnut tincture

2 tsp calendula tincture

2 tsp witch hazel tincture.

Evaporate alcohol and mix into a base of 3dsp Aloe vera gel; 1 dsp apricot kernel oil; 1 1/2 dsp Vitamin E cream. Apply to tired or swollen legs.

Acne Lotion

Tinctures of

Echinacea 10mls

Calendula 10mls

Comfrey 10mls

Witch hazel 10mls

Sterilised water 40mls. Mix. Dab on the infected area 2-3 /day.

Chickweed Eye Lotion

12mls witch hazel tincture

12mls distilled water

15mls chickweed juice

Dab on a closed eye for 3 minutes. Shake well.

Lotion for Eczema

15mls plantain succus

15mls heartsease succus

30mls comfrey tincture

2 tsp calendula dried and ground

60ml milk

30mls glycerine

Mix and apply

Other possibilities: chickweed, chamomile, calendula, barberry, hypericum, echinacea, goldenseal.

Lotion for Weeping Eczema

1 handful fresh heartsease flowers

1 handful fresh figwort

1 handful fresh chickweed

1/2 cups rolled oats

6mls witch hazel tincture

3mls calendula tincture

Infuse the oats, heartsease and figwort in a thermos for 15 minutes with 1.5c hot water. Blend chickweed and squeeze out the juice - makes about 1/3c juice. Blend together all the herbs and oats and squeeze out the juice. Add the witch hazel and calendula tincture. Keep in the fridge and dab on as needed.

Lotion for Weeping Eczema II

Equal amounts of
Liquorice tincture
Aloe vera fresh pulp
Chamomile infusion
Witch hazel tincture
Echinacea tincture.
Shake well.

Lotion for Dry Flaky Eczema

100g fresh chickweed and 100mls water - blend together and strain through a cloth
10gm chamomile flowers - covered with boiling water and infused, strain through cloth
20mls glycerine
Add alcohol (90%) at 1/5 of the volume if you wish to preserve the fluid but it does make it a drier lotion.

Antimicrobial Wash

Sharran Hardy

2 heaped tsp of calendula and chamomile flowers and add to 2 cups cold water. Bring slowly to the boil then simmer and decoct down to 1 cup of fluid and strain. Allow to cool. Add 1/5 the vol of echinacea tincture ie to 1 cup of decoction add 50mls echinacea. Soak, swab or spray the infected area 3 or more times per day. If the area is itchy, add the same amount of plantain juice or succus as echinacea tincture. Usnea can be added as well. Some uses are ringworm, tinea as well as a wash for cuts and wounds.

Flower Wash for Troubled Skin

Kathy Keighly

Rose water (20mls essential rose oil into 60mls 90% alcohol. Add 38mls of water and shake well.)
Add to this
5mls dried calendula flower tincture
5mls chamomile flower tincture
5mls fresh red clover flower tincture
5mls fresh hawthorne flower tincture
5mls fresh violet flower tincture
1 drop essential oil of violets
10 mls witch hazel tincture (fixed decoction 20%).

Dilute 50:50 with distilled water, and apply after cleansing. Store in a cool place.

Soothing Sunburn Wash

Deborah Jeyes

2 tsp dry chamomile

2 tsp dry calendula

45g fresh borage (including stems and flowers)

10g fresh peppermint.

Yellow from chamomile and orange from calendula are warm colours. Green from peppermint and green and blue from borage are good cooling colours to counteract this and makes this wash more effective,

Rose Water

Linley O'Neill

1 cup fresh rose petals in a glass bowl and pour 2 cups of boiling water over them. Cover the bowl and let the flowers steep for 15-20 minutes. Using a piece of finely woven cotton gauze or cheesecloth, strain the liquid and transfer to decorative bottles. Use within 1 week. Can stretch to 4 weeks if you add 1 tsp of alcohol (15ml) to the cooled infusion and shake well.

Old-Fashioned Witch hazel Tonic (From MediHerb)

Prune 1 pound of fresh twigs from shrubs as soon as they have flowered. This practice produces the strongest tonic. Strip off the leaves and flowers (save these for sachets) and chop the twigs into a coarse mulch using either a mechanical mulcher or pruning clippers. Place the chopped twigs into a 2 gallon stainless steel pot. Cover the twigs with distilled water and bring to the boil. Reduce the heat to simmer, then cover and cook for at least 8 hours. Add water as needed to cover the herb. Allow the mixture to cool to room temperature. Pour the witch hazel tonic through a funnel containing a cheesecloth filter and into tightly capped containers. Use the tonic within a week unless it's kept refrigerated. You can preserve your tonic for long-term room temperature storage by adding nine ounces of vodka or grain alcohol to 23 ounces of tonic.

Eardrops

Eardrops for Earache, Tinnitus and Deafness

Tahi

Chop a large garlic clove into a 30ml bottle. Fill with 20mls olive oil. Leave for 24 hours. Strain out the garlic. Add 5 ml of each tincture of mullein and ginkgo. Use 2-4 drops in the ear twice a day.

Ear drops for Otitis media

Corrine

15mls infused oil mullein flowers

15mls infused oil of calendula

10mls echinacea tincture.

Mix altogether and shake well before use, although mixture appears to emulsify well. Warm the bottle in warm water to warm the drops before applying internally into infected ears. Could also add plantain.

Deodorant

A La Naturelle Talc or Dry deodorant

Zodi Woods

1 large handful dried chamomile flowers

1 large handful dried calendula off.

1 little chunk of Amber resin - Succinum (from Trade Aid or Indian shop).

Whiz these 3 ingredients bit by bit in a coffee grinder, crumble the amber as fine as possible to prevent clumping. Shake enough arrowroot powder to give 'that powdery look' and hey presto! Nice smellies for the armpits or maybe even feet...

Hair Shampoos, rinses and washes

Chamomile Shampoo

Yvonne

Collect about 10 leafy fresh soapwort stems 15-18 cm long. Cut into shorter lengths and place in saucepan. Bruise lightly with a wooden spoon and add water to cover. Bring to the boil, cover and simmer for 15 minutes, stirring 2-3 times. Remove from the heat and allow to cool. Strain the herb and to the liquid add a strong chamomile infusion. Keeps 4-5 days in refrigerator. Other herbal options include rosemary for dark hair and lavender flowers for oily hair.

Rosemary Hair Tonic

Tess Ellery

1 cup fresh rosemary tips

1 litre bottled water.

Put the ingredients in saucepan and bring to the boil. Turn off the heat and then leave to cool in the pan. Strain the mixture and store in a clean bottle.

Use after shampooing hair. Rosemary tonic helps control greasy hair and enhances shine and natural colour

Salubrious Serpents Soapwort Shampoo Jessamine

1 cup strong oatstraw decoction

1 cup strong nettles infusion

1 cup cleavers infusion

1 cup rosemary infusion

4 handfuls chopped soapwort (stem, roots and leaves).

Mix together the oatstraw decoction, and the multi-herb infusion. Simmer 15-20mins until around 1/2 the liquid has evaporated. Strain and bottle.

Garden Herbal "Scalp and Hair Tonic" - Antidandruff and conditioner

Parsley (combats dandruff), chamomile (softens), thyme (antiseptic for scalp conditions), elderflower (conditions), comfrey leaves (for sensitive scalp), calendula (gold highlights), yarrow (cleanses oily scalp), sage (highlight shines), marjoram (hair stimulant, antiseptic, reduces dandruff), lemon balm (cleanses oily hair), rosemary (controls dandruff and aids baldness), lavender (prevents sebaceous glands to produce too much oil), catmint (stimulates), cleavers (for dandruff or scaling), nettles (whole plant, nourishes and adds body), fumitory (tonic), oatstraw (silica and tonic), southernwood (prevents dandruff, increases hair growth). Decoct rosemary leaves and nettle roots with oatstraw. Infuse all other herbs and mix. Massage into the scalp daily. Freeze into icecubes and store in a plastic bag to use when needed. Cider vinegar can be added to balance oiliness and soften a dry scalp. Honey can be added to make a paste, this softens the scalp and hair. Gelatine (protein) conditions limp hair, damaged hair, falling hair, dandruff and flyaway hair. Apply to the hair and leave for an hour or so. Use any of the above herbs you have growing.

Nettle and Rosemary Hair Tonic

Angela Frieswyk

30g fresh nettle leaves and stalks

1/2oz fresh organic ginger

Rosemary tincture

5 drops lavender essential oil.

Wash nettles. Using a blender, or preferably a juicer, juice the wet nettles and sliced ginger. Strain and squeeze out the plant material through a cheese cloth. Measure the volume of juice and add 10% by volume of rosemary tincture (my yield was 400mls juice, adding 40mls tincture). Bottle and label. Comb through the hair daily and leave an hour or so

before rinsing. Alternatively, comb through hair daily, note it will darken hair (if used on blond hair it will leave a greenish brown tinge unless washed out!). For balding heads soak a clean cloth in the tonic and wrap around the head. Place a plastic bag or cap over this and relax for an hour before rinsing. Nettles were traditionally used as a hair tonic, reputed to stimulate hair growth, lustre and to treat dandruff.

Hair Rinse

1 handful chamomile flowers

1 handful oatstraw

1 handful nettles.

Infuse. Strain. Cool to room temperature and then use as the final hair rinse. Soothes the scalp and conditions the hair.

Hair Rinse for nits

Merran

Equal parts of dried wormwood, mugwort and pennyroyal infused over night. Strain and decoct to 200mls. Infuse more plant material to 'hot' decoction. Add 50mls of cider vinegar to acidify rinse and 50mls of alcohol to preserve it. Use 1 Tbsp in a cup of warm water and apply as the final rinse.

Powders

Flea Powder

Merran

Equal parts finely ground pennyroyal and cornflour. Dust on animals in the spring as a deterrent.

Antiseptic Powder

Chris

Grind to a very fine powder the following:

2 parts plantain; 1/2 part thyme; 1 part violet leaves; 1 part comfrey.

Add French talc at a rate of 2:1 and place in a dry container, preferably with a shaker on top. This powder is ideal for weepy type sores where a drying antiseptic action is required, or for dusting on babies' rashes etc. It has antiseptic, antifungal and antibacterial actions.

Powder for tinea

Cut 1 tsp of dried usnea up finely with scissors, then grind to a powder in a coffee grinder. Mix with 1 tsp cornflour and add 5 drops of manuka oil.

Apply a light dusting 2-3/day. NB. Cornflour could be replaced with

arrowroot which is a very fine and soft powder and manuka oil with dried powdered manuka leaves.

Anti-fungal Foot Powder

Ellen Rose Miller

All dried herbal material ground to a powder and sieved including:

- 10g usnea
- 10g horsetail
- 5g cinnamon
- 5g orris root
- 3g calendula
- 3g heartease
- 3g yarrow
- 3g kelp
- 2g thyme
- 2g echinacea (arial parts)
- 2g plantain
- 1g garlic
- 1g golden seal

Powder to be used daily in shoes and socks and on infected toenails and in between toes.

Snuff

Stephen

Collect young yarrow leaves, dried and powdered. Useful for the treatment of nasal membranes after nosebleeds. Snuffs are used for quick access to cerebral tissues. "Slight fragrance is left in the nose. May develop slightly green goblins."

Liniments

Liniment

Wendy

Pour 1/2 a cup of Brandy into a bottle, add 1 Tbsp of manuka (optional) and rosemary infused oils, 5mls cayenne tincture and 1 Tbsp of lavender infused oil. Shake before use. You could substitute the infused oils with 5 drops each of essential oils.

Spirit of Balm

- 1 part lemon balm leaves
- 3 parts alcohol
- 3 parts water

Cut up the leaves and put into a screw top jar. Pour over alcohol and water. Leave in a warm place for 2 days. Strain and bottle. Apply to painful/rheumatic joints or bruised areas.

Liniment of Comfrey and Arnica

Glenda Harris

Put 1 cup of chopped fresh comfrey root and ½ cup of arnica flowers in a pot and cover with extra virgin olive oil in a double boiler. Leave on a low heat all day for approximately 10+ hours. Allow to cool, strain and bottle. Shake bottle well. Use for soft tissue injuries without broken skin.

Muscle Relaxant Liniment

Sharon Bickle

80mls rosemary oil
50mls chickweed oil
100mls nettle oil
20mls cayenne extract
10mls arnica flower tincture
10 drops lemon essential oil. Rub onto affected areas before and after exercise.

Relaxing Rub

20mls thyme
10mls chamomile
10mls lobelia
50mls Vitamin E oil or Apricot kernal oil
Shake well and apply.

Liniment - Peppermint Oil for Tired Muscles

Janice Strong

Fill a screw top jar 2/3rds full of Almond Oil. Take a really good handful of fresh peppermint scented geranium leaves and crush them well using a mortar and pestle. Add to this 1 tsp of white wine vinegar. Add all this to the oil and shake thoroughly. Place the jar in a very warm spot and shake each day for 3 weeks. Check after that time if the perfume is to your liking, add more peppermint at this point if you wish or leave the jar longer. When finally done, strain the oil from the leaves, bottle in an air-tight jar. Rub into aching muscles, it is a soothing and relaxing balm.

Liniment - Muscular and joint pain, rheumatism

Cheryl

Spirit of Balm

Clove oil

Comfrey oil

Cayenne oil

Add equal parts of balm and oils. Add a pinch of cayenne powder or tincture.

Liniment for Sore/Tired muscles and bruises

Tess Ellery

50ml infused rosemary oil

10mls infused arnica flower oil

40mls ginger tincture.

Mix in a jar and shake well before use.

Liniment for Post-injury Shoulder joint

All tinctures

50mls chamomile

10mls cayenne

40mls St John's Wort

Mix with equal amounts of olive oil, shake well and apply.

Liniment for Tennis Elbow

5mls capsicum tincture

20mls lobelia tincture

20mls cramp bark tincture

50mls comfrey root oil

Shake well and rub in gently.

Cayenne and Lobelia Liniment

Class of 1994

1 packet dried red chillis. Place chilli's on board, incise with a sharp knife to release seeds. Tincture in 60% alcohol. 70g dried chillis to 350mls 60% alcohol. Strain and add 20% by volume lobelia tincture.

Oil Rub for Old wounds, Bumps and Lumps (Ed)

Chris Fredricsin

1/2 part cayenne pepper oil

1 part usnea oil

1 part comfrey root oil

Mix well together and massage in well.

Liniment for Bruising

20mls Herb Robert decoction
20mls St John's Wort tincture
20mls witch hazel extract
15mls plantain oil
15mls lawn daisy tincture
15mls glycerine
Mix together and rub in well.

Muscle Rub/spirit

All tinctures
10mls valerian
15mls crampbark
5mls cayenne
5mls lobelia

Stimulating Chest Rub in oil

All tinctures
15mls lobelia
4 drops capsicum
10mls golden seal
10mls myrrh
15mls crampbark
50mls olive oil.
Use for asthma as a chest rub.

Massage Oil

45mls sweet almond oil
5mls lobelia tincture
1ml cayenne tincture
5 drops chamomile essential oil
"Personally I found this quite warming"

Dee S.

Hypericum Massage Wax

Angela Frieswyk

25g beeswax
60mls St John's Wort infused oil
20mls almond oil
7 drops lavender essential oil
3 drops manuka or kanuka essential oil.

Blend together St John's Wort infused oil, almond oil and drops of essential oils. Grate the beeswax, then melt in a water bath over a low heat. Remove the melted beeswax from the heat and pour in the oil blend, stirring constantly in one direction. Quickly transfer to a sterilised warm jar and continue stirring until it has cooled and blended well while hardening. Leave to set, then label.

Use less wax (about 10g in total), produces a softer wax. Warm the required amount in palm of hand, then massage into area. Use as a relaxing massage wax, specifically for muscular pain and inflammation. Good for people who do not like straight oil massages (ie skin gets pimples afterwards). Also has the antibacterial effects of manuka or kanuka and lavender oils and the conditioning effects of the almond oil.

"I have used this on my flatmate who has Occupational Overuse Syndrome, nerve compression caused by tightened shoulder muscles and obvious inflammation of shoulder muscle. She reports that her pain is reduced after a massage with the wax and is less painful than normal the following day. It seems to provide temporary relief of pain and inflammation symptoms in this case."

Rheumatism Rub

Chris

Mix together the following oils and massage into effected areas.

1 part comfrey
1 part bay
1 part rosemary
1/2 part cayenne

Chamomile and Lavender Massage Oil

Pip

Make 200mls from the following
150mls infused chamomile oil
50mls cold pressed almond oil with infused lavender.
Blend together.

This gentle oil can be used as an oil for the body, the bath or as a massage oil.

Sciatica Oil

Patricia Boyd

1 tsp freshly ground black pepper

60g cayenne pepper

60g freshly grated ginger root

1 tsp yellow mustard powder.

Infuse for 6 weeks. Mix with equal parts of infused hypericum oil.

Inhalation

Inhalation for Sinusitis

Peppermint herb

Japanese mint herb

Place the fresh herbs into a bowl and pour hot water over them. The rising vapours are then inhaled, keeping the mouth slightly open and over the head and bowl with a cloth or towel. This can be continued for 5-10 minutes.

Note: could also use Eucalyptus here.(Ed)

Chest Relaxing Inhalation

10mls chamomile

10mls thyme

10mls elecampane

10mls fennel.

Add 5mls per 100mls of boiling water. Use a paper bag, place over the bowl and cut a corner large enough for the mouth to cover. Inhale for 5-10 minutes.

Decongestant Rub and Inhalant

Kathy Keighly

20mls infused olive oil of dried chamomile flowers

20mls infused olive oil of dried and fresh peppermint leaves (6 weeks)

20mls infused olive oil of fresh eucalyptus leaves (6 weeks)

5mls fennel seed (dried) tincture

Blend, pour into a jar. Add beeswax, sufficient to set (2 tsp). Heat gently in water bath, keep a lid on to retain volatile oils until the beeswax melts.

When cool wipe the inside of the lid thoroughly to remove moisture. Label with ingredients and instructions for use.

Peppermint inhalant

Jenny

Apply a couple of drops of peppermint 1:3 tincture to a clean hankie and "have a couple of snorts" every so often, whenever the brain starts flagging.

Facials

Isla's Face Wash

Isla Burgess

5-10mls fumitory juice
10mls comfrey tincture
5mls heartease tincture
5mls echinacea tincture
10mls oatstraw decoction
5mls witch hazel extract.
Mix together. Apply to face and leave to dry.

Comfrey Face Wash

Moira

Gather comfrey root (spring and autumn). Place 1/2 c chopped root in 1 1/2 cups of water and bring to the boil. Simmer for 10-15mins. Use: wash face to soothe and nourish.

Facial Cleanser

1 cup ground oats
2 tsp kawakawa tincture (optional)
3 Tbsp echinacea tincture
8 Tbsp sweet almond oi
6 Tbsp glycerine
6 drops thyme essential oil.
Combine all in a blender and add 1 tsp chickweed succus or 1 tsp water to mix.

Facial Scrub

1 cup ground oats
1 cup sunflower seeds
2 tsp slippery elm powder
1 tsp glycerine
2 tsp kawakawa tincture (optional)
1 tsp echinacea tincture
1 tsp calendula oil
Combine all in a blender. Add water or chickweed succus to mix to a lather. Dries face in 5 minutes.

Facial Moisturiser

4mls echinacea tincture
4mls calendula tincture

4mls plantain tincture
4mls comfrey root tincture
2 tsp glycerine
Add to 50g Vitamin E cream. Blend and seal.

Oat, Calendula, Manuka Honey Facepack

Grind 1-2 tsp rolled oats. Add 1/8t manuka honey and a few drops of calendula oil. Add enough warm water to make a semi-solid paste. Spread evenly over face and neck. Leave for at least 20 minutes. Rinse thoroughly with warm water.

Feverfew Complexion Milk

Tess Ellery

1 large handful feverfew leaves
300ml or 1 1/4 c milk

Put the leaves and milk in a small saucepan and simmer for 20 minutes. Allow the mixture to cool in the pan, then strain into a bottle. Keep in the fridge. The milk will moisturise the skin, help fade blemishes and discourage blackheads.

Aftershave

Stephen

40% Vodka

Essential Oil of sandalwood

Fill whatever receptacle you want to use and add a few drops (several drops/100mls) or less depending on how strong you wish to make the aftershave. Give it a good shake and its ready to use. Needs to be shaken before use as it will settle out. " I made this as it's hard to find a good aftershave I like. This one is fragrant without being overpowering. Good as an underarm deodorant. With the huge range of essential and fragrant oils on the market the variations are endless."

Apres Cut Shaving Toner

Carol B

40mls yarrow tincture

40mls Old Fashioned witch hazel tonic

10mls hot water, poured over the above tinctures and left to stand for 1 hour to reduce the amount of alcohol. Add to this 30 mls strong oatstraw decoction. " it's effective for stopping bleeding from small cuts..."

Eyedrops

Eyedrops for Conjunctivitis

Michelle Rivers

5mls golden seal

5mls eyebright

Solution

5 drops of formula per eyebath (30mls water). Note: if using an eyebath to apply the solution, a new solution and sterilised eyebath is required for each eye to prevent cross infection.

Toothpastes

Toothpaste

Nicky Baillie

Mix 2 tsp kelp granules, 1/4t salt, 1 tsp ground fennel, 6 leaves fresh sage (dried in slow oven). Add spearmint and peppermint oil - fresh or dried leaves, infused in olive oil for 6 weeks. Mix into a paste with strong infusion of spearmint or peppermint.

Toothpaste

Patricia

1/2 tsp freshly ground cloves

1/2 tsp freshly ground cinnamon

2 tsp fresh; 1 tsp ground caraway or fennel seeds

2 tsp fresh; 1 tsp ground liquorice

2 tsp slippery elm.

Mix together and store in a tight jar. Each morning after breakfast take a sufficient amount of the dried herbal mixture and mix with your morning infusion - try peppermint - to a consistency suitable to put on your toothbrush.

Ticklish Toothfaeries Toothpaste

Jessamine Storm

2 parts sage

1 part thyme

1 part mint

8 parts arrowroot powder

fennel tincture

Grind sage, mint and thyme in a coffee grinder until powdery. Screen through a fine sieve. Add the arrowroot powder and mix well. Add a few drops of fennel tincture and stir. Can be used either as a powder or mixed into a paste with a little water.

Internal Preparations

For coughs and sore throats

Syrups

Cough Syrup

Carol M

35mls marshmallow decoction

10mls liquorice tincture

30mls elecampane tincture

30mls hyssop tincture.

Mix well into 150mls manuka honey (or other honey). Dose Adults 1 dsp 3x daily, Children 1 tsp 3x daily. " I have used it and it seems to work well."

Cough Syrup II

Nicky Baillie

Make a syrup from

1 cup brown sugar

2 tsp rice malt (or honey)

juice of half lemon

1 tsp oil

Decoct a handful of dried kumarahou leaves/flowers and 1 handful of kawakawa in 500mls of water. Simmer for 1/2 hour and strain. Make an infusion of fresh horehound, peppermint and thyme. Add to the heated syrup (when thick) 1/2 cup kumarahou/kawakawa decoction, 1/2 c infusion and 2 tsp comfrey root decoction. Bottle and keep in the fridge. Take 1 tsp 1-2 hourly as needed.

Editors note: The kumarahou/kawakawa decoction is optional and could be substituted with horehound and hyssop.

Cough Syrup III

20mls each of fennel, anise and thyme tinctures

30mls marshmallow tincture

30mls liquorice tincture

Mix in 1 dsp manuka honey for adults. Mix in 2 dsp manuka honey for children. Dosage for adults: 1 tsp as required, up to 6 tsp daily. Child ½ tsp as required, up to 3 tsp daily. For child add ½ tsp of syrup to 2 tsp warm water and sip.

Caution: liquorice is contraindicated for people with high blood pressure.

Cough Mixture

Wendy

Pick the following fresh herbs: calendula flowers; lavender flowers; lemon balm; horehound; red clover flowers; heartsease flowers; thyme; peppermint. Clean and chop herbs, add to 1L of water in a pot, and bring to the boil. Take off the heat and let sit for 10 minutes. Strain. Add ½ cup of manuka honey, 2 tsp of echinacea. Lastly add 300mls of Brandy. Bottle and label.

Cough Preparation for Smokers Cough (also helps put one off smoking!)

All tinctures

15mls lobelia

40mls elecampane

25mls thyme

20mls marshmallow.

Add to 10% glycerine (ie 10mls) Dose 5mls 3x daily.

Cough Linctus

All tinctures

Ling Teo

30mls echinacea

20mls hyssop

20mls liquorice

20mls sage

20mls horehound

Total 110mls.

Add 220mls of manuka honey. Dose 5mls 3-4 times per day.

Sore Throat Linctus

All tinctures

15mls sage

10mls liquorice

15mls echinacea

10mls marshmallow

5mls glycerine

50mls rice malt

Mix. Dose 10mls 3x day. Sip slowly and gargle on the way down.

Horehound Syrup

Beth

6 sprigs horehound (6" long). Roughly chop and put in a glass heatproof jug. Pour over 1 cup of boiling water and set aside to cool (about 4 hours). Strain and add 125g of manuka honey to the liquid. Bring to the boil and simmer for 5 minutes. Add 12 drops of liquorice tincture and pour into a sterilised jar. Dose 1-2 tsp 4-6 times daily for cough (bronchial) and ¼ tsp 4-6 times daily for infants. Refrigerate.

Marshmallow Syrup

113g (4oz) dried marshmallow root; 56g (2oz) raisins; 1.2L (2 pints) water; 15 drops orange flower water. Chop the root finely and simmer the mallow, raisins and water down to 1L and strain through cheesecloth. Add orange water. My mixture was not thick enough so I put the fluid and herbs through the kitchen whiz and then let it stand over night before straining. A lot thicker syrup resulted. A better mixture could have been achieved if the marshmallow root was infused in the water over night before boiling.

Malt Syrup Linctus for Sore Throats

2 tsp rice malt

Tinctures:

10mls comfrey

10mls sage

10mls marshmallow

5mls liquorice.

Mix well. Take 1/2 tsp as required.

Elixer for a child with tonsillitis or swollen glands

All tinctures except where stated otherwise.

25mls echinacea

10mls calendula

15mls red sage

35mls cleavers succus

10mls Liquorice

21 drops poke root

100mls rice malt

50mls ginger and garlic macerated in manuka honey. Dose 15mls 3x day for 1 week.

Toffees

Echinacea toffee for children

Sharan Carter

1 cup of organic cane sugar
½ cup water
½ Tbsp organic cider vinegar
½ tsp butter.

Simmer together as you would when making toffee. When the toffee is done add 1 tsp of echinacea tincture and 3 drops of peppermint oil. Set and cut as normal.

Horehound Toffee

Val

6 sprigs horehound (6" long). 1 cup boiling water. Infuse in the normal way and strain.

Add together ¾ - 1 cup horehound infusion, 2 cups brown sugar, 1 tsp cider vinegar, 1 tsp butter, juice of 1 lemon. Boil 20-30 minutes until the set point is reached.

Kawakawa and Liquorice Toffee

½ cup kawakawa infusion (8 hours)
½ cup liquorice infusion (8 hours)
2 cups brown sugar
2 tsp cider vinegar
2 tsp butter

Mix the ingredients in a pot on a slow heat so as not to burn the butter. When melted bring to a gentle continuous boil (approx 30mins) taking care not to burn. Test in water, when the toffee snaps, it is ready. Cool. While still warm, and cool enough to handle, roll small teaspoon amounts in liquorice powder.

Herbal Toffee

Dianna Karels

1kg sugar, 250g glucose, 1L horehound and hyssop infusion, 20mls liquorice tincture, 40mls echinacea tincture. Preferably over a gas element bring to the boil the infusion and sugar. When the mixture boils, bubbles form. Wait for the bubbles to appear clear then add the glucose and boil until mixture reaches 149C (300F). This process needs to be done as quickly as possible otherwise the toffee will be sticky. Remove from the heat and add the tinctures. Pour onto a cold slab and work pulling 'til toffee changes colour'. Feed through drop roller or roll and slice.

Liquorice Toffee

¼ cup sugar
½ cup oatstraw decoction

- 1 dsp butter
- 1 dsp vinegar
- 1 dsp 1:1 liquorice extract
- 1 tsp 1:5 sage tincture
- 1 large dsp manuka honey

Bring the first 4 ingredients to the boil. Gradually add the tinctures and honey. Continue to boil for about 5-10 minutes, until it reaches a glassy frothy boil. Test the mixture in a glass of cold water for setability. Pour onto non-stick baking paper, or pour into muffin trays. Shape when cool. This is a soft chewy toffee.

For Sinus conditions

Upper Respiratory Toffee

Allayne

- 20mls sage tincture
- 20mls horehound tincture
- 20mls elecampane tincture
- 20mls marshmallow tincture
- 20mls echinacea tincture
- 20mls liquorice tincture

Make a toffee mixture by putting 2 cups sugar, 1 tsp vinegar, 1 tsp butter and 3/4c water into a saucepan. Boil without stirring until a little tried in cold water snaps. Take off the heat, let it cool a fraction, then add the tinctures. Stir and pour into a buttered dish. The tincture allocation is equivalent to 6mls 3x per day. This makes 1 weeks supply. To get it brittle, make sure the toffee is at the breaking stage when cooling.

Candy

Horehound Candy

Wendy

- 14g horehound leaves
- 5-6c boiling water

Pour boiling water over the horehound leaves and stand for 10 minutes. Strain out plant material. Add 6 cups of sugar and 2 tsp of cream of tartar. Keep boiling until it starts to caramelize. Wait for the mixture to cool down. While still warm, take teaspoonfuls and mould into round balls or squares. Roll or dip into slippery elm powder or powdered liquorice and leave to set.

Tahini Candy

This is a great recipe to add to any tincture, great for disguising the taste for kids.

½ cup tahini

1 tsp carob flour

2.5-5mls tincture

4 Tbsp honey or maple syrup

¼ cup coconut

Blend together tahini, honey and tincture, beating vigorously for 3 minutes until a stiff ball forms and the oil begins to separate. Stir in the carob flour. As the mixture stiffens, press the dough against the sides of the bowl with a spoon to expel the oil. Pour the oil off. Allow the dough to sit for 1-2 minutes. Press the dough with a paper towel to absorb excess oil. Place the mixture on a piece of wax paper (so it won't stick to the chopping board) and roll into a cylinder shape. Slice off bite sized pieces and cover with coconut. Fruit, nuts and sesame seeds can be added.

Lozenges, Pastilles and Medicinal Balls

Echinacea, Peppermint and Plantain Lozenges

Carol M

Bring to the boil 4 Tbsp dried echinacea root (or ½ cup fresh root), simmer for 20 minutes, remove from heat. Add ½ cup of fresh, very finely chopped plantain and ½ cup of fresh very finely chopped peppermint, steep 20 minutes, strain and express all the liquid from the plant material. Add 1 tsp of agar to the remaining liquid (125mls in this case) – may need to adjust amount of agar as required. Heat gently until the agar is dissolved, add manuka honey to taste (5 dsp).

Place into a container to refrigerate. When set, cut into squares. Take 1 lozenge for coughs. They are especially beneficial for children.

Liquorice, Thyme, Hyssop and Honey Lozenge

Tahi

Add 2 tsp of agar to 2 cups liquid. Bring to the boil and simmer 2-3 minutes. Add 1-2 tsp of honey and 10mls each of tinctures of liquorice, thyme and hyssop. Stir well and pour into moulds to cool and set. For respiratory infections, coughs, bronchitis, catarrh, asthma and influenza. Use as required.

Peppermint Lozenges

Jenny

" purchased 200g Acacia Gum Powder. Mixed the gum powder with 400g boiling water (took approximately 12 hours to dissolve). The following day added 1400g icing sugar to a bowl, made a hole in the center and poured in 240mls of the gum mucilage and 25g of peppermint essential oil (added a little colouring). Mixed all this up to a really stiff dough, rolled it out, cut off little bits and placed them on a tray to dry. Beware this makes heaps!!! Could probably made this with a really strong tincture but wasn't sure if it would still set and as I had the essential oil and the recipe called for it I decided to do it this way! Dried for a couple of weeks. Better on a greased tray rather than on greaseproof paper (unless you like a little greaseproof with your lozenge). Only experience that I've used them for is with over-the-top flatulence eg every 10 minutes and very bad smelling. One of these and it will slow. One every ½ hour (and 2 if you can handle the strength of them), should pretty much sort it out completely. Decided to have bash at making this recipe with MediHerb 1:3 peppermint tincture with the alcohol boiled off (1-2 tsp tincture). Add this and approximately 4 tsp of left over gum mucilage to the icing sugar. Kept adding the icing sugar until the mix was of a really stiff consistency. Rolled into balls and put on a greased tray to dry. Nowhere near the strength of the essential oil lozenges but these might be OK to the people who find the other too strong."

Lozenge for Sore throats and Tonsillitis

Cheryl

2 heaped Tbsp manuka honey

3 Tbsp slippery elm

8 Tbsp powdered sage and thyme (pre-mixed)

2 tsp peppermint/mint powdered

2 tsp liquorice powder.

Mix together with a fork to make a gooey paste. Squash onto a plate, and flatten. Refrigerate. Cut into squares and roll to coat in more slippery elm. Keep refrigerated.

Slippery Elm and Liquorice Lozenge Jessamine Storm

2 parts slippery elm

1 part liquorice powder

1 part manuka honey.

Mix together slippery elm and liquorice powder on a clean, dry board. Mix this with honey to form a solid lozenge. Roll in slippery elm powder.

Useful for people with stomach difficulties.

Butterscotch Lozenge

Debbie

Prepare a strong infusion of the following fresh herbs:

thyme, ginger, sage, peppermint, red clover

Put 4oz butter, 2 cups sugar and 1 cup of infusion into a saucepan. Heat slowly and when the butter is melted add 1 tsp of cream of tartar and boil until a little tried in cold water snaps. Pour into a buttered dish. Cool, while still warm, but firm, indent (mark the squares), to enable easy cutting when cold.

Cough Drop

15mls white horehound tincture

25mls liquorice tincture

150ml corn syrup (from supermarket)

1 tsp icing sugar or ground brown sugar

Heat the corn syrup until boiling and simmer until it is at the hard crack stage. Add white horehound and liquorice tinctures as the corn syrup cools. Pour the mixture onto oiled, marble slab. When cool enough to handle but still hot, pull out and fold as with pulling toffee, occasionally covering with a fine coat of sugar. When it starts to set, shape into lollies.

Lavender Pastilles

Use 2 parts lavender tincture

2 parts glycerine

1 part gelatine

Heat altogether and chill. Useful for painful throats and hoarseness. NB Very strong!

Pastille After Dinner Toffee

Karina Hilterman

60g butter

1 tsp strong chamomile decoction

2 dsp golden syrup

225g white sugar

2 tsp ground ginger

Put all but the ginger in a large saucepan, bring to the boil stirring occasionally, keep at a steady boil for 10 minutes, taking care not to burn. Stir in the ginger, keep boiling, but test for setting. When the setting point is reached, pour into a greased tray.

Horehound Pastilles

Tess Ellery

50g fresh horehound

½ lemon, rind and juice
80g honey
3 Tbsp cider vinegar with manuka honey
1.5c water
1 tsp glycerine
2 rounded Tbsp gelatine

Simmer the horehound and lemon rind in the water for 15 minutes in a covered stainless steel saucepan. Remove from the heat, stand for 1 hour, then strain. Soften the gelatine in the lemon juice and cider vinegar. Stir into the horehound liquid, add honey and glycerine and heat gently until all are thoroughly mixed. Pour into moulds or into a glass dish and cut into squares or whatever shape.

Gumdrops

150mls corn syrup
175g gum Arabic
50g glucose
50mls usnea tincture
20 drops eucalyptus oil

Prepare the gum Arabic by dissolving in water in a bain-marie. Dissolve and cook the corn syrup and glucose, when boiling vigorously introduce gum arabic. Simmer gently, stirring all the time. When the mixture begins to gel, skim and filter. Add usnea, carefully. Add eucalyptus oil. Pour into starch impressions and leave to dry for 7-10 days. When dry remove from the moulds, brush clean and candy if desired.

Echinacea Balls

Nicky Baillie

Mix: 10mls echinacea tincture
40mls liquorice tincture
4 Tbsp wheatgerm
4 tsp slippery elm
2 tsp ground sesame seeds
2 tsp rice malt.

Roll in ground sesame seeds or wheatgerm and put a raisin in middle of each ball. Makes 20 balls with 2mls echinacea tincture in each. NB Could use ground liquorice root and also decoct the alcohol off the echinacea tincture. With this we would need much less wheatgerm to bind ingredients. Great way for kids to take echinacea, one ball = 2mls echinacea tincture.

Digestive Balls for a person suffering from a Stomach ulcer.

Patricia Boyd

Prepare the following with ½ cup of ground dried liquorice and ½ cup of finely chopped dried papaya (or alternatively dried pineapple), mixed with 1 tsp of slippery elm. Add 15mls of calendula tincture, 1 Tbsp of honey (preferably manuka) and 1 cup of marshmallow decoction. (Soak marshmallow root over night and bring to the boil, decoct for 30 minutes). Roll into balls, altering the consistency where necessary with either slippery elm or manuka honey, to make the balls firm but slightly sticky so that they may be rolled in dried ground liquorice. An addition to this could be to add 3 capsules of acidophilus powder or fresh acidophilus yoghurt depending on the length of time the balls are to be kept.

Alternative to above

Bronwyn

4 tsp marshmallow root

4 tsp liquorice root

4 tsp slippery elm

Grind the above into a fine powder.

4.5mls comfrey tincture

12mls meadowsweet tincture (alcohol removed).

Mix all ingredients together with enough honey to form a mixture that can be moulded into balls. Makes enough for 3 days.

Elixirs

Blueberry Elixir

Helen Loe

400mls red wine

100mls blueberry juice

30mls peppermint tincture

1 tsp rice malt.

Simmer the red wine and blueberry juice. Add the rice malt. Cool and add the tincture. Dose: small shot/day.

Brain Elixir

½ cup rice malt

1 cup water

5mls sage tincture

5mls motherwort tincture

5mls ginkgo tincture

3 drops rosemary essential oil

Add boiling water to the dissolved rice malt, add tinctures and rosemary.
take 1 tsp 3-4 times daily.

Elixir for child with repeated colds

Use tinctures

20mls of Echinacea added to 5mls each of the following; plantain;
barberry; ginger; sage; liquorice; lemon balm

10mls cleavers succus

40mls rosehip infusion

Mix together in a bowl. Add manuka honey and stir until dissolved. Bottle.

Elixir for a child with constipation

Equal parts of the following tinctures

fennel, liquorice, yellow dock, and raspberry leaf. Add sugar 1:2 ratio.

Dose 2mls, 20minutes before meals.

Pick me up for Children Elixir

60mls withania tincture

20mls dandelion tincture

20mls nettles or chickweed succus. Make a 1:2 syrup with sugar, honey or
rice malt. Dose 5mls TDS

Linctus

Honeysuckle Linctus for a Sore Throat

Jocelyn

1.5c honeysuckle flowers and stems (2 handful fresh)

1 cup sage

Cover with water.

Decoct to 1/2 cup and add 1/2 cup honey

Linctus for Sore Throat

50mls rice malt

15mls marshmallow tincture

15mls sage with glycerine

5mls hyssop tincture

5mls echinacea tincture.

Take 1 tsp when necessary. Sip slowly.

Oxymels

Native NZ Mel

This makes a healing, soothing, anti-septic and anti-inflammatory concoction for the mouth and throat.

Infuse over night

10g dried, finely ground kawakawa leaf in 150mls of boiling water

Kanuka bark (dried 1 week) and finely ground; with 10g of dried and finely ground kanuka leaves in 300mls boiling water.

Strain out kanuka-240mls and kawakawa-90mls

Place both lots of liquid together in one pot (330mls) and decoct. I got a bit distracted and ended up decocting until I had 1/3rd left-100mls.

Strain out the decoction and return to a gentle heat and add 80mls of bush honey.

Garlic Oxymel

250mls cider vinegar

10g fennel seeds

10g caraway seeds

40g garlic, fresh and sliced

300g manuka honey.

Boil up the seeds in cider vinegar for 5-10 minutes. Add garlic and boil for an extra 5 minutes. Strain the liquid, add honey and boil until it has consistency of a syrup. Use for people with digestive upsets including flatulence, colic, infections, alimentary canal parasites.

Garlic Mel for the control of worms in animals

Janice Strong

Take a dob of manuka honey (or small or as large as you like). Pour a little Olive oil onto your hand and roll the honey into a ball. With an eyedropper, squeeze 1-2mls garlic tincture into the ball (can use garlic powder if preferred). Roll the honey ball in rosehips mixed with ground coconut and serve!

Garlic, Onion and Horseradish Oxymel

Cheryl

Make a garlic and onion syrup (Add enough manuka honey to cover 1 crushed onion and 5 medium crushed garlic cloves. Macerate 1 days and strain).

Make a horseradish vinegar (add cider vinegar to cover grated horseradish root. Macerate 10 days weeks and strain). To make the oxymel add 1 part vinegar to 2 parts syrup. Take 1 tsp before each meal.

Earth Wych Oxymel for an Infectious and Irritating throat

All tinctures

15mls wild cherry bark

10mls echinacea

15mls thyme

15mls plantain spp

20mls marshmallow

600mls manuka honey

15mls apple cider vinegar. Mix together.

Take 5mls and add to 5mls of water, gargle and swallow.

Mel

Jan P

50% liquorice decoction (1 handful liquorice to 100mls of water)

30% sage tincture

20% thyme tincture

25g ginger honey.

Sip 1 tsp 4 times /day for a sore throat.

Infused Honey

Infused Honey

Deborah Jeyes

4 Tbsp raw manuka honey; horehound and sage - both fresh and enough for the honey just to cover. Coarsely chop the herbs and mix with the honey in a warm double boiler, infuse for 45 minutes. Strain the honey into a jar and keep in the fridge. (Ed - can just infuse in the honey without heating.)

Capsules

St John's Wort Capsules

Michelle Rivers

Add .05g of dried St John's Wort herb to a capsule. Take 5 capsules daily. (Ed Vege caps are available).

Feverfew Capsules

Angela Spence

As Feverfew tastes so bad I decided to try a way to make it easier to swallow. I gathered fresh feverfew leaves and dried them between kitchen paper in a cool room. (Air dried). Grind the leaves and encapsulate them. Use as a preventative treatment for Migraines headaches.

Headache pill or tablet

Base: sufficient slippery elm and cold pressed oil so as not to be sticky or dry. Roll in liquorice powder.

a) Prevention pill: Mix 3 dried and powdered feverfew leaves in the base.

Take 1/day.

b) Onset of headache pill: Add 1ml of feverfew tincture per pill. Take three pills per day, at the onset of a headache and take every 3 hours. Stop after 3 days.

Blood Cleanser/Tonic Capsules

2 dessertspoons each of the following dried; red clover flowers; dandelion root; oatstraw and 1 dessertspoon of liquorice .

Powder the dried herbs finely and mix together. Take the empty capsules and fill with the powdered mixed herbs. Useful for people with skin conditions eg eczema, acne, psoriasis; with poor liver and lymphatic functioning; with arthritic and rheumatic conditions and as a general cleanser and tonic.

Travel Sickness Capsule

Cynthia Taylor

Adults: 2 parts powdered ginger to 1 part powdered cinnamon. Take 2 capsules, before a journey.

Pain Relief Capsule or Powder

Sharran Hardy

Collect older white willow bark, dry and grind. Pack capsules tightly. 1 capsule equals ¼g. Use for pain relief such as headache, toothache, period pain and arthritic pain.

Capsules for Cystitis

Bearberry

Corn silk

Couch grass rhizome

Marshmallow

Grind equal amounts and encapsulate.

Regime for 3 weeks

Day1: 4 capsules hourly, 8am-8pm with 12oz water

Day2 and 3: 4 capsules 2 hourly

Day4: 2 capsules 2 hourly

Day 5-21: 2 capsules 4x per day.

Gastric Ulcer Capsule

Chamomile, liquorice, meadowsweet, slippery elm, comfrey root.

Using 1g each of powdered herb = 5g. Each capsule holds .25g. Dose 10 capsules BD.

Powders and Pills

Digestive Powder - Long-term Antibiotic Use

Slippery elm

Marshmallow root

Acidophilus powder

Fennel seeds powdered

Liquorice root powdered

1 part liquorice to 2 parts the rest.

Powder all ingredients, mix together. Dose 1 tsp/day.

Powder for General Digestion, Bloating, Halitosis, Discomfort

35g slippery elm

30g fennel

10g cinnamon

25g chamomile.

Powder all. (Use peppermint instead of chamomile if there is pain).

Dose 1-2 tsp per day. Take with juice or water after meals, with yogurt, or mashed banana.

Constipation Powder

6 parts flaxseed

4 parts psyllium seed

1 part powdered liquorice

1 part fennel seed.

Grind all seeds in grinder. Add ground powdered liquorice.

Dose: Take 2-3 tsp in a glass of water in morning after breakfast.

Digestive Powder for Constipation

5 parts slippery elm

1 part fennel

1 part liquorice

1 part fenugreek

All powdered.

1-2 tsp to be taken mixed with water (can leave to swell) after meals.

Powder for Gastric Reflux

25g slippery elm

15g meadowsweet

10g psyllium hulls

All powdered.

Take with meals when required. Try ½ dose before or with a meal and ½ dose mixed with a little water and yogurt after a meal. Take 7.5g per day.

Powder for Threadworms

21g southernwood

26g fenugreek

43g garlic

10g slippery elm

Powder all and take 4g, 3 times daily.

Comfrey, Calendula and Liquorice pills

Glenda

Decoct equal parts of comfrey, calendula and liquorice tinctures down to 1/3rd . Add enough slippery elm to make a pliable dough and make into pill shapes. Store in the fridge. These can be used in cases of stomach ulcers, dyspepsia etc. These can be chewed or swallowed after meals... another addition could be peppermint or spearmint (dried).

Peppermint Pills

Helen Loe

2 tsp dried ground fine peppermint

20mls peppermint tincture

2mls peppermint oil

10g slippery elm

Some drops of water. Mix altogether to create a firm paste - roll into pill size and dry. Dose 1-3 pills/day at any sign of indigestion.

Milk Drying Pills

Merran Gwyndel

Using dried sage, 1 dsp honey, 2 dsp warm water, 1/2 cups cornflour. Mix together and roll into pills and dry. Dose: 1 pill 3 times daily to suppress lactation.

Food Powder

Jocelyn

Combine equal parts of the following; wheatgerm, fenugreek freshly ground, sesame seed freshly ground, dried stinging nettle freshly ground, karengo

(or other seaweed) freshly ground, sunflower seeds freshly ground.
Combine with a double portion slippery elm. Mix well and sprinkle on food
as a condiment prior to eating.

Gastric Ulcer Powder

Jude Lewer

9g golden seal dried root
3g comfrey dried root
3g echinacea dried root
3g marshmallow dried root
3g calendula dried flower
2g per cup of water (steep in 1/2 cup of cold water for 15 minutes then
add hot water to make a cup). Take 1 hour before every meal - for long
term treatment.

Tonics

Rosehip and Oatstraw Tonic for Children

Soak 2 tsp rosehips in a little hot water (NOT boiling) to soften for 4
hours. Put in a coffee percolator with 2 cups of water and percolate.
Simmer 1.5c water add 1 handful of oatstraw and 1 cup of ginger root,
peeled and chopped, for 20 minutes. Strain, then add 2 heaped tablespoons
manuka honey. Stir until dissolved completely. Add rosehip liquid and stir
to combine. Bottle and refrigerate. Dose 1 tsp-1 Tbsp depending on age
and size of the child).

Male "Yang" Tonic

Combine the following powders in a bowl

2 tsp Siberian ginseng
2 tsp ginseng
1 tsp ginger
4 Tbsp bee pollen
6 Tbsp pumpkin seeds (ground)
1 tsp sesame seeds (ground)
1-2 tsp spirulina.
Combine in another bowl
3/4c sesame butter or tahini
1/4c manuka honey
1 tsp damiana tincture
1 tsp astragalus tincture

Gradually add the first mixture to the second and knead to a paste. Add roasted carob powder and shredded coconut. Roll into balls and coat with coconut. Eat one before and one after daily exercise.

"Yang" energy Tonic Balls

Chris Fredricsin

1/2-3/4c tahini

1/2-3/4c peanut butter

Combine this in a bowl

4 Tbsp bee pollen, 1 tsp ginger powder, 6 Tbsp ground pumpkin seeds, 2 tsp ground sesame seeds. Add to the above, then add the following tinctures; 2 tsp saw palmetto, 2 tsp astragalus, 1 tsp damiana. Roll into small balls. Can adjust the consistency with lightly toasted coconut. Eat 2 each day. (With thanks to James Green 'A Male Herbal'.)

Viriditas Heart tonic

Place 12 stems of fresh parsley in a pot. Cover with 750mls of preservative free red wine and heat. Simmer for 10 minutes with the pot covered. Add 1/2 cups of pure manuka honey and heat on low heat for a further 10 minutes. Remove and allow to cool. Strain and bottle. Take 1 tsp night and morning for strengthening the heart.

"Tastes great and as it has been recommended for 800 years, it must have something going for it."

Energy Tonic

Make separate tinctures of the following by filling each jar with the chopped herbs and cover with brandy.

fresh dandelion leaves

fresh lemon peel

dried liquorice root

fresh nettle leaves

fresh raspberry leaves

fresh rosemary leaves

Cap and shake to ensure there are no air bubbles. Leave in a cool place for 4-6 weeks. Strain and filter the tinctures. Mix equal amounts or amounts according to taste. Ginseng could be added to the final tonic. Sip 1/2 glass daily.

Crones Tonic

Jan P

7 medium-sized dill heads with stalks about 2" in length - seeds removed with approximately 6 or so left on each head

2 medium sized dried echinacea seed heads, seeds removed, 2" stalk small
handful dried basil stalks about 7-8" long, leaves removed
a small handful dried comfrey stalks from flowering stem - minus leaves
1 dsp oatstraw
1 dsp dried echinacea leaves
1 dsp dried liquorice
1 dsp rosemary

Place all the above in a stainless steel saucepan with 1L cold water. Bring to the boil with the lid on. Simmer for 10 minutes. Remove from the heat and infuse for 10 minutes. Strain.

Edi's Organ Tonic

Debbie

Garlic; motherwort; dandelion; lemon balm; chamomile; yarrow; nettles; cleavers; wormwood; thyme; calendula; sage and ginger were harvested fresh and cut, stuffed into a jar with apple cider vinegar poured over and left to macerate for 2 weeks. Strain. Combine 250ml of mixed herbs with 150ml honey. "Result, yummy and warming, with a bite. Consideration has been given to quantities of herbs included in this formula, a little of this, more of that and a lot of what really counts."

Iron Tonic

To 1L water, add 50g yellow dock root and infuse for 8 hours. Strain and simmer until reduced by 1/2. Infuse 1 handful of nettle leaves in 1L of boiling water, for 8 hours. Strain. Soak 1 handful of rosehips in 3c of water for 8 hours. Bring to simmer. Mash and strain. Infuse tangerine peel (or orange or lemon) in manuka honey over night. Mix together 400mls nettle, 100mls rosehip, 100mls yellow dock, 40mls infused manuka honey and 40mls molasses. Dose: 1/2 cup morning and night.

Bitter Tonic for Adults

All tinctures

70mls dandelion root

20mls barberry

10mls wormwood.

Take 2mls, 20 minutes before meals and hold in the mouth.

Wines, Beers and Liqueurs

Angelica Liquor

Merran Gwyndel

4.5oz angelica root

6.5oz angelica stem

4 pieces wild cinnamon bark

2 cloves

2.5c sugar

3c 37.5% alcohol (Vodka)

Shake daily for 2 weeks and leave for 12 months. Dose: 1-2 nips as needed for bronchitis and chest infections.

Breath of Spring Herbal Liqueur

1 cup strong lemon balm infusion

3 lemon leaves

5 bay leaves

2 tsp lemon juice

Small cup of brandy

1.5c water

1" ginger grated

1/2 cups honey

Add all together.

Anti-inflammatory and Lymphatic Liqueur Dee S.

15mls calendula tincture

Fennel leaves infused in 50mls cleavers tincture for 48 hours

8mls Devil's claw tincture

honey to taste.

Strain the cleavers, then add all the ingredients together. Take 5mls 3 times daily.

Winter Warming Tonic Sherry Katrina Hilterman

750mls sherry

2 sticks cinnamon

10 cloves

250g sage leaves

pinch or two cayenne

2-3 Tbsp manuka honey

Add herbs and spices to the sherry. Shake the bottle daily, for 1 month.

Strain and rebottle. Drink a small glassful in the evenings, especially if you have been chilled. Good for helping ward off coughs and colds.

Nettle Beer

Sharon Bickle

250g young nettle tops

handful young dandelion leaves

500mls water

1/2 lemon

2 dsp brown sugar

5g yeast

1/4tsp ground ginger

Place nettles and dandelion in a pan with water and boil, covered for 20 minutes. Strain and sweeten. Make up to 500mls with cold water. When at blood temperature, add lemon rind, lemon juice and ginger, stir and let it work for 3 hours. Skim off the top, put the liquor into a dry, screw top bottle and leave for 24 hours before using.

Nettle and Ginger Beer

Angela Frieswyk

4.5L cold, filtered water

1/2 bucket of young nettle tops

2 handful dandelion flowers

2 handful cleavers

1oz ginger

1/2 tsp cream of tartar

1 teacup brown sugar

Wash the nettles, dandelions and cleavers. Slice and bruise the ginger. Gently simmer these plants for 40 minutes. Strain through a cheesecloth and stir in 1 teacup of brown sugar. Leave until luke warm and stir in 1/3 sachet of wine yeast. Transfer to a sterilised carboy and place a cork and airlock on the top. Leave in a warm place overnight. If fermentation is happening there will be froth on top of the liquid and bubbles coming through the airlock. Check flavour. When at the desired sweetness stir in the cream of tartar. Transfer beer to 4 x 1.25L sterilized glass bottles, secure tops or corks. Chill before serving as a wholesome and refreshing summer drink.

Digestive Wine

Sherry

Fresh meadowsweet

Aniseed tincture

Liquorice tincture or decoction

Finely chop meadowsweet and macerate in sherry for 48 hours. Add aniseed and/or liquorice to taste.

Dose: A small sherry glass before meals.

Digestive Wine II

Carol Burgess

1 bottle cheap Italian red wine
6 stalks of fresh yarrow leaves (3-4 inches long)
6 stalks of fresh mugwort leaves (3-4 inches long)
Infuse the fresh plants in wine for 6-7 days.
Strain.
Take 1/2 glass before meals to stimulate appetite.

"Mulled Wine" to Aid Digestion

700mls red wine
Add 10mls ginger tincture
10mls hyssop tincture
15mls fennel tincture
5 leaves lemon grass
1 handful dill seeds
1 handful fennel seeds
Bring to a simmering point, remove from the heat and set aside covered for 10mins.
Take one glass with dinner.

Borage and Rosemary White Wine

Tess Ellery

1/2 cups dried borage leaves
4 sprigs rosemary
1 bottle white wine
Place borage and rosemary in a jar and fill to the brim with white wine.
Leave in cool dark place for 24 hours. Strain into a clean bottle and cork.
Drink a glass when your spirit needs lifting.

Rosemary and Sage Anti-oxidant Wine

Tess Ellery

3-4 sprigs rosemary
8 leaves sage
1 bottle red wine
Place rosemary and sage in a jar and fill to the brim with red wine. Leave in a cool dark place for 2 hours. Strain into a clean bottle and cork.

St John's Wort wine for soothing nerves and tension

Michelle Rivers

Add 50g of ground dried/fresh flowering tips of St John's Wort to 150-200mls red wine. Leave for 6 weeks. Drain herb from liquid. Take in sherry glass doses.

Fortified wine

1L tawny port
cardamom seeds (optional)
2 sticks of cinnamon
10 cloves
1 pinch cayenne
1-2" fresh ginger root
2-3 Tbsp honey
5-6 sprigs sage (wilted for 2-3 days).

Add spices and herbs to the wine and store for 1 month. Shake daily. A sherry glassful or two is a warming circulatory stimulant, appetite stimulant, nervine relaxant and digestive aid.

Ginger and Hop Wine

Stephen

30g dried hops
60g root ginger
Rind and juice of 2 oranges
1.5kg sugar
nutrient
wine yeast

Bring to the boil then simmer the hops and thinly peeled orange rinds in 4L of water for 30 minutes. Add the crushed ginger in the last 10 minutes. Strain and pour the liquid over the sugar, nutrient and orange juice. Stir to dissolve. Add the yeast the next day, pour into a fermenting vessel and make up to 5L volume with water. Keep at 20C inserting an airlock when the frothing ceases. Leave for 2-3 weeks, syphon off wine leaving the yeast behind. Dissolve 250g sugar in 5L wine and reinsert the airlock and keep at the fermenting temperature. Wait for gas bubbles to cease, leave for another month. Syphon off the wine leaving the yeast behind. Dissolve 1 campden tablet per 5l. Store cool for 3 months for a light wine or 6 months for a full-bodied wine. Syphon off the wine again, bottle and cork, leave for another month. Drink and enjoy! "Made as a medicinal aperitif and social conversation piece, and to inebriate and inhibit anti-diuretic hormone. Experiences: Hangover"

Dandelion Aperitif

Wendy Sloane

2-3c fresh dandelion blossoms

2/3c sugar

Rind 1/2 lemon

1L Vodka

Do not wash the flowers. Cut off all green parts. Mix all ingredients in jar and cap. Shake daily. Leave for preferably 3 weeks, strain. Serve with ice and lemon, hot water or honey.

Dandelion Wine - Densleonis gold

2.5L filtered water

2.5L flower blossom

300g glucose

1 orange and lemon

1 packet brewing yeast

On a sunny morning find a field of dandelions and pick the open flower blossom. Remove stalks and immediately put the blossoms into a 2.5-3L glass container. Boil the water and pour over the flowers. Cover the container with a gauze cloth. Stir daily for 3 days. On the fourth day, strain blossoms from the liquid. Cook liquid with glucose and citrus rind for 30-60 minutes. Return to the container. Add the citrus juice. When the liquid has cooled to blood temperature, add the yeast. Cover and leave to work (slight froth on top). Sediment will sink to the bottom of the container. I left this for 10 days. Strain. Return the the liquid to glass container to settle. Leave for approximately 2-3 days in the fridge - this deactivates the fermenting process. Siphon into wine bottles. Throughout the process allow as little air as possible to get into the wine.

Hawthorne Berry Brandy

Kathy Keighly

Cover dried ripe hawthorne berries with brandy. Leave to macerate for 3 months. Strain and label.

Hips and Haws Wine

Kathy Keighly

1 gallon rose hips and hawthorne berries

1 gallon water

3lb demerara sugar

1 camden tablet

2 oranges

½ lb raisins

1/4 oz ginger root

1 tsp pectolase

Put the fruit and rind (just peel, not the white) into a pail. Cover with water. Add 1 camden tablet, crush and dissolve. Add pectolase. 24 hours later add the raisins, ginger, sugar and yeast, and nutrients. Cover for 5 days. Strain into a fermentation jar, close off with an airlock and leave until the fermentation ceases. Rack and bottle. Leave to mature for 6 months.

Herbal Punch

Tess Ellery

1 cup honey

2L water

1 cup freshly squeezed lemon juice

1 cup freshly squeezed lime juice

800mls sparkling mineral water

1.5c fresh rosemary leaves, plus more to decorate

4 cups sliced strawberries

ice cubes

scented geranium leaves to decorate

Combine honey, 500mls water, 1/8th lemon juice and rosemary leaves in a saucepan. Bring to the boil, stirring until all the honey has dissolved.

Remove from the heat and leave to stand for 5 minutes. Strain into a punch bowl. Press strawberries through a sieve (helps if you zizz in a food processor first) into the punch bowl. Add the rest of the water and lemon juice, lime juice and sparkling water. Stir gently. Add the ice cubes before serving and float geranium and rosemary leaves on top.

Leathers

Cough Leather

Rosehip syrup

Liquorice tincture

White horehound tincture

Bananas

Take 250mls rosehip syrup, add 50mls of each tincture and reduce to 250mls. Blend into 2 bananas and dehydrate into a leather.

Delicious Leather Confectionary

6 cups of stewed apples

¼ cup oatstraw decoction (750mls water and 1.5 cups oatstraw, heated to 300mls liquid, remove oatstraw, further heat until ¼ cup oatstraw remains)

¼ cup liquorice decoction (4 cups water with 4 Tbsp dried liquorice, heated to 1/2 cup liquid remains. Remove liquorice and further decoct to ¼ cup concentrate)

1.5 Tbsp dried fennel seeds (ground)

2 tsp ground dried dandelion root

Mix well with the apple. Dehydrate for 6 hours at 40 degrees.

'Medicated' Leathers

Rebecca Baxter

Number 1

2 cups stewed apples

1/2 cup ground fennel

4 handful fresh lemon balm

Place in a food processor, blend to a smooth puree and dehydrate for 8-10 hours.

Number 2

2 cups stewed apples

1 cup rosehips (soaked in cold water 24 hours and drained)

15mls echinacea

Both are relatively tasty combinations for fruit leathers and a nice "sweet" for children. The fennel and lemon balm would be calming and the rosehip full of Vitamin C. The echinacea is well hidden and this could be a good way of getting young children to take various prophylactic medicines.

Dehydrating is definitely an experimental business. I put too much in at once and therefore needed to dehydrate longer and in the end probably dehydrated too long! Practice makes perfect.

Oatstraw, Liquorice, Ginger and Apple Leather

In a saucepan add

1 handful oatstraw

1 rounded dsp liquorice root

1 cup peeled and chopped ginger root

1.5 cups water

Bring to a simmering point and simmer for 20 minutes, uncovered. Strain. About 1/3-1/2 cups liquid remains. Peel and slice 6 medium apples, simmer uncovered until the apples are soft and the liquid is absorbed, stirring every so often to prevent sticking. Cool a little, then blend until smooth in a food processor (as lumps take too long to dry in a dehydrator). Lightly oil a tray in the dehydrator and spread evenly, including the edges. Set on

the required temperature and leave to dehydrate. Remove and roll up the leather in greaseproof paper to avoid sticking. Lightly dust with icing sugar.

Cholesterol Reducing Bar/Leather

Kathy Keighly

Soak 1 cup of dried hawthorn berries in 1/2 cup of water overnight. Soak 1/2 cup rosehips over night. Cook 4 unpeeled sliced apples and 1 cup each of blueberries, blackberries, raspberries, hawthorne berries and rosehips until pulped. Sieve through to remove pips. Add 1/2 cup of whole grain oats. Dehydrate using a dehydrator for approximately 10 hours. Slice and store in an airtight container.

Another Liquorice leather

4 Tbsp liquorice root

1 cup water

Simmer to a reduced decoction. Add 1 cup stewed apples. Dehydrate to leather.

Vinegars

Vital Vinegar

Jessamine Storm

2 parts dandelion vinegar

2 parts croneswort vinegar

4 parts nettle vinegar

6 parts cleavers vinegar

6 part rosemary vinegar

Blend and take 1 tsp before meals. Delicious in salad dressings.

Ginger Vinegar

Corinne Griffith

Macerate fresh root of ginger grated, in organic cider vinegar for 10-14 days. Strain and allow to settle. Pour off the clear liquid for use in dressings and use the cloudy residue in stir-fries and other similar dishes.

Mucous Reducing Vinegar

Thumbsize piece of horseradish

1 whole onion, peeled and chopped

1 corm garlic, peeled and chopped

2 cayenne pepper, chopped

3" ginger, finely chopped.

Place these in a jar and cover with organic cider vinegar and let sit for 6 weeks.

Old Sour Puss Mineral Mix (With thanks to Susun S. Weed)

Yellow dock leaves and roots

Dandelion leaves and roots

Plantain leaves

Nettle leaves

Raspberry leaves/cane or berries

Croneswort leaves

Comfrey leaves and flower stalks

Red clover blossoms

Clean eggshell

Completely fill a litre jar with one or more of these calcium rich herbs.

Use only fresh plant material. Add 1/2 an eggshell to the jar. Pour the apple cider vinegar over the herbs until the jar is full. Cover with a plastic lid and let sit for 2-6 weeks. Use this calcium rich vinegar as a refreshing drink before meals by mixing 1 tsp/30mls in up to a cup of water. Also great added to soups and bean dishes, and as a salad dressing.

You can make a lot of tasty, herbal vinegars... try the following:

Golden Rod flowers

Basil

Anise or hyssop

Amaranth

Thyme

Garlic

Sage

Dandelion leaf

Lavender and sage

Vinegars of lavender, pennyroyal plus a few drops of citronella, make a great flea repellent

Four Thieves Vinegar - Household cleaner

Garlic; lavender flowers; mint; rosemary; rue; sage; wormwood; calamus root (optional); cinnamon; cloves; nutmeg. Cover with apple cider vinegar and leave for 6 weeks.

Miscellaneous

Fruity Fix

Wendy John

Soak 100g of organic sultanas overnight in 35mls St John's Wort, 35mls echinacea, 30mls yarrow. Daily dose of tinctures = 15mls /day = approx. 30 sultanas.

Galactagogue Tea Mixture

Hannah Banks

Equal parts of dried

Fenugreek; fennel; plantain; chamomile; vervain; nettle; goats rue; borage.

2 good handful per litre of boiling water, leave overnight. Dose 3c daily.

Ginger Tea

Veronika Mullar

Infuse thinly sliced ginger for 10 minutes (say 4 slices/cup). Add lemon juice and manuka honey (whiskey is yummy too) Great for colds and fevers, sore tummies and cold winter mornings.

Rosemary Biscuits

Zodi Woods

120g butter

60g sugar

180g sifted flour

4 Tbsp finely chopped rosemary leaves

Cream butter and sugar, add rosemary. Add flour and mix. Roll into small balls, place on an oven tray, press very flat with a floured fork. Bake at 200degC for 10-12 minutes. Remove with a slice and place on a cake rack to cool.

Mothers Little Tipple

Zodi Woods

...the teenager isn't home yet and it's getting late... a row with a loved one has left you unsettled... you're worrying about everything and going insane... put your feet up you wonderful motherly being and have a little swig on this...

Huge handful from your luscious abundant garden of

Lemon balm (calm the chatter)

Motherwort tops (centre the heart and uterus)

Borage flower sprigs (to give courage in preparation for future dealings with whatever is worrying you).

Chop them up. Pop them into a sterilized preserving jar. Pour wine (any type) on top and leave on the bench for 24-48 hours. Strain and re-bottle.

Mixed Seed

The quantity can be varied, to suit different tastes. This is just a guide. 1 cup pumpkin and sunflower seeds

1/2 cups sesame seeds

1 cup cashew nut pieces

1 cup almonds

Soak in water overnight and then place all these in a roasting dish. Very slowly roast, shaking at intervals... after they have a light brown appearance, add 1-2 tsp tamari or soy sauce if desired. Return to the oven for a further 20 minutes approx. Keep an eye on them. Temperature of oven around 140 deg C. This is really a delicious snack and so-o good.

Spring Temptations Bliss Balls

1 cup tahini

1/2 cup honey

Ground cinnamon

2 tsp ginger cloves

Teaspoonful vanilla essence

2 tsp rosewater

2 big slices tansy cake or other cake (almond/orange essence and chestnuts)

2 tsp ground linseed

Brandy to mix

5mls ginseng tincture

5mls fennel tincture

Coconut, and some coconut for rolling.

Wahini's Wonder Liqueur (NZ flavour)

20cm fresh grated ginger

sprigs of fresh manuka and kanuka

kawakawa leaves

Simmer together for 20 minutes. Strain of 1 cup and add 10mls cinnamon tincture, 10 mls kawakawa tincture, 1 cup honey and 200mls brandy.

Horseradish Syrup

Moira

Clean the root of horseradish. Finely grate 2 cups and soak in enough honey to slightly cover the horseradish. Soak for 4-8 hours. Strain. Add a little water to the strained out horseradish and simmer for 10 minutes. Strain and add this to the honey mixture. This makes approx. 400mls. Useful for sinusitis and hayfever. Take 1 tsp 3x daily for 10-12 weeks for sinusitis and as a desensitisation for hayfever.

Memory increasing Formula

All tinctures Yvonne
30mls lemon balm
20mls ginseng
20mls ginkgo
10mls rosemary
15mls sage
Take 5mls daily.

Travel Tonic - Digestive Stimulant

Val

35mls gentian tincture
20mls wormwood tincture
15mls dandelion tincture
25mls ginger tincture
5mls cayenne tincture
2.5mls TID 10-20 minutes before meals.

Chickweed Smoothie

Cynthia Taylor

For B vitamins, calcium, sodium, manganese, phosphorus, zinc. Very nutritive, this mix is very much loved by children and menopausal women. 1 handful of chickweed fresh (chopped). Add apple juice and water and 1 banana. Put together in a Vitamix and drink. Chickweed is highly nutritious, mineral food source. Good for convalescents, nourishing the glandular and lymphatic systems very cooling.

Wild Weed Marinade

Sharan Carter

125mls olive oil
125mls apple cider vinegar
40g dried crushed nettles (fresh wild weeds are better when available).
Mix together and keep in the fridge. Use as a marinade or pesto.

Sleeping Draft

50g chopped valerian root
50g dried chamomile flowers
500mls red wine
2 tsp honey
Dissolve honey in wine, pour over valerian and chamomile and stand for 4 weeks. Bottle. Take 5-10mls before retiring.

Liquorice Lollipops

1/ 5inch long piece liquorice root

2 tsp honey

1 cup water

Place the liquorice root, honey and water in a covered pot, bring to the boil and simmer for 5 minutes. Strain out the herb and set aside to cool. Keep the liquorice tea to drink, or discard if you wish. When the soften root is cool enough to comfortably hold in the hand, give it to a child to suck on. Keep the dried liquorice in a labelled jar with a tight-fitting lid, away from children. Discard any unused root after 6 months. Application: give a child with a hoarse throat softened liquorice root (Lollipop) once each day in the morning or afternoon to suck on for as long as he/she wishes.

Melissa Cordial

Rebecca Baxter

4 handful fresh lemon balm leaves

1 lemon, sliced

Cloves and a handful of raisins

Honey to sweeten

Cover the lemon balm with hot water and infuse for 4 hours before adding the sliced lemon, cloves and raisins. Steep over night, drain and sweeten with honey. Useful to help calm and relax excitable, anxious, restless or hyperactive children.

Echinacea in Ginger/Lemon Drink for colds and beginning of flu

Ling Teo

1 good, round piece ginger 5cm, grated

3 cloves garlic, grated or chopped

5 cups water

Boil garlic and ginger in water slowly for 10 minutes. Strain. Add 5 Tbsp honey and 50mls echinacea tincture. Make up to double the amount (ie 10cups) with hot water or sparkling mineral water. 1 cup of this will contain 5mls of echinacea. 3 cups a day according to needs Use sinus congestion, colds, hayfever, to improve circulation, build immunity, warm the body and spirit!

After Dinner Mints

Deborah Jeyes

375g sugar

125mls water

1 tsp lemon juice

Enough fresh peppermint sprigs to be covered by sugar mixture

250g chocolate

Melt the first three ingredients together, add peppermint (coarsely chopped). Boil gently until it's thick and sticky (put small amount on cold surface to check). Remove the peppermint foliage. Cool for a while then beat until creamy. In a double boiler melt 250g chocolate and line chocolate moulds. Drop spoonfuls of peppermint mixture into moulds and cap with more chocolate. Chill, take out of moulds and devour them by the handful. Variation: 3 Tbsp fennel seeds.

Echinacea in Raisins

Ling Teo

10mls echinacea

10mls boiling water.

Soak raisins in it (about 2 tsp) until liquid is taken up (overnight). This is the dose for a child over 2 days.

Chocolate Dip Strawberries

Infuse peppermint leaves in a liqueur for a few days. Melt chocolate in a double boiler (add 1 drop of peppermint oil for extra taste). Dip strawberries in and cool. Inject liqueur or herbal tinctures into the strawberry and enjoy!

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Fruity Fix
Galactagogue Tea Mixture
Ginger Tea
Rosemary Biscuits
Mothers Little Tipple
Mixed Seed
Spring Temptations Bliss Balls
Wahini's Wonder Liqueur (NZ flavour)
Horseradish Syrup
Memory increasing Formula
Travel Tonic - Digestive Stimulant
Chickweed Smoothie
Wild Weed Marinade
Sleeping Draft
Liquorice Lollipops
Melissa Cordial
Echinacea in Ginger/Lemon Drink for colds and beginning of flu
After Dinner Mints
Echinacea in Raisins
Chocolate Dip Strawberries