



SMART MAJORITY

HERBS &
Natural Remedies





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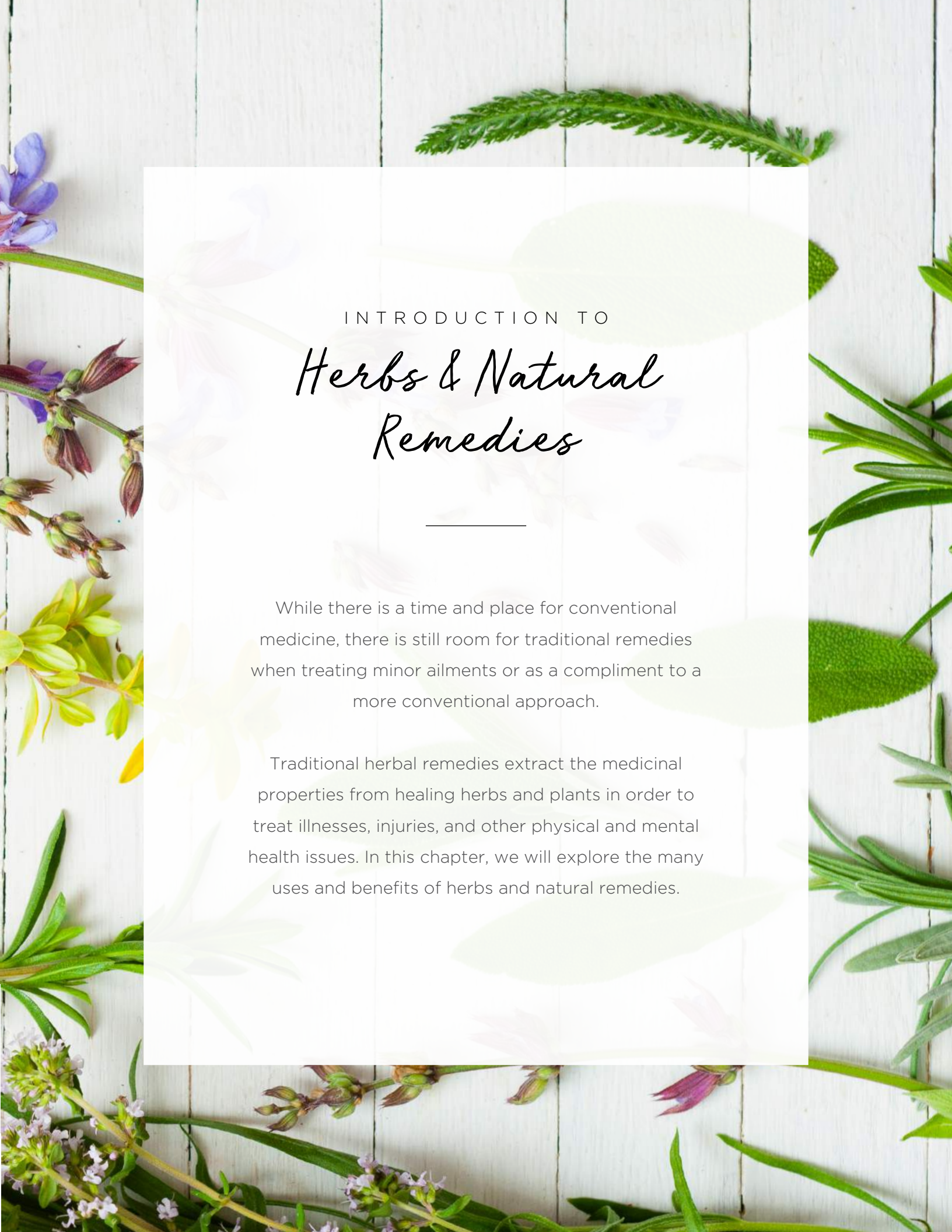
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INTRODUCTION TO

Herbs & Natural Remedies

While there is a time and place for conventional medicine, there is still room for traditional remedies when treating minor ailments or as a compliment to a more conventional approach.

Traditional herbal remedies extract the medicinal properties from healing herbs and plants in order to treat illnesses, injuries, and other physical and mental health issues. In this chapter, we will explore the many uses and benefits of herbs and natural remedies.

INTRODUCTION

USING HERBS IN

Natural Remedies

'Herbal' typically refers to any kind of preparation that is derived from a medicinal plant. This broad definition encompasses any preparation made from leaves, stems, seeds, flowers, fruit, bark or roots. In this section, we will further explore how herbs and herbal preparations can be used both externally and internally to treat a range of issues and ailments.





There are numerous ways to employ the benefits of herbal treatments. To start with, they may be taken internally in the form of a pill, tincture, or liquid extract. These can be purchased pre-formulated, or you can purchase the ingredients and craft your own home remedies.

For example, using empty gelatin capsules and a mortar and pestle, you can grind up your own dried herbs to make herbal pills. If taking this approach, be sure to research the dosage carefully. You should also be mindful of the quality of herbs you use. Use only organic herbs from a reputable source or those you have grown yourself.

Herbal teas can also be a wonderful addition to your natural health arsenal. There are herbal teas or tisanes which will help you feel invigorated and awake while others can help you achieve a relaxed and mellow state. There are also herbal oils that may be taken internally. Some of these are suitable for flavoring homemade toothpaste and mouthwash or taken diluted as a gargle.

Tinctures



Herbal Teas



Herbal Baths



Essential Oils



When taken internally, liquid extracts, teas, and tinctures are absorbed faster than pills since they do not have to be broken down in the digestive tract. However, many herbal practitioners believe that any kind of liquid is actually absorbed more efficiently when applied externally.

Applying the herbs directly on the skin bypasses our stomach acid and delivers the nutrients directly to where they are required. Of course, not all herbal preparations are available in liquid form, so ask questions when you shop and be sure to research the options for the herbs that you would like to use.

External applications can also be used to provide soothing relief as they deliver the medicinal benefits to be absorbed via your skin. Topically, herbs can be applied as a salve, cream, lotion, oil, or poultice. You can even apply some tinctures directly on the skin if that is all that you have available.

Foot baths, sitz baths or full body baths are another way to absorb the benefits of me-

dicinal herbs. These can also be great methods for treating conditions like hemorrhoids or for increasing the circulation. Adding some tea bags or oats to your bathwater can stop itching and calm rashes.

An herbal facial steam inhalation is another option. This can be extremely beneficial for alleviating symptoms of asthma, bronchial problems and the common head and chest cold.

There are a host of other ways to use herbs topically. For example, something as simple as chamomile tea bags cooled and placed on the eyes will reduce the redness and inflammation of conjunctivitis.

Aromatherapy essential oils are a different class of incorporation again. These are applied externally, but inhalation can provide the fastest path for achieving either relaxing or stimulating effects. These wonderful oils can boost not only physical health but mental health as well.



Benefits

OF HERBS & HERBAL REMEDIES

There are very real benefits to using herbs and herbal preparations. In this section, we will explore just a few of the benefits and advantages of using herbs, including natural healing, improved immunity, relief from chronic conditions, and reduced side effects.

Herbal remedies work by invoking the body's natural healing abilities. The natural compounds found in herbs tap into the body's natural ability to enable and promote self-healing.

The emotional aspects of disease and ill-health are often not adequately addressed by mainstream medication options. However, it is known that some of the active compounds found in herbal medicines stimulate different hormones in the body. This hormonal activation helps the body to heal both emotionally and physically. These hormones, once activated and working efficiently, send specific messages to the parts of the body that require healing.

Herbal remedies are also well known for their ability to support and strengthen the immune system, which is under constant stress from dietary and environmental in-

puts. Herbs contain natural antioxidants and nutrients that are helpful for improving the body's overall state of health.

By fortifying the body's innate defense system, the use of herbs leads to a stronger immune system. This helps the body fight against many different types of disease-causing pathogens.

In regards to chronic conditions, herbal remedies can be used as a long-term treatment option without the concern of suffering from unwanted side effects. This in itself is a huge benefit of using herbal remedies. It has been shown that many herbal preparations work more effectively than conventional drugs in treating chronic conditions.

Back pain is one example. Traditional painkillers can cause terrible side effects, plus there is a very real risk of addiction to many





drugs, including readily-obtained over-the-counter pills. The acute pain may be temporarily eased, however, the cycle of pain continues. This is why it is called chronic pain.

Herbal remedies address the 'pain center' and heal the actual cause. In many cases of chronic back pain, inflammation is at the root of the problem. One herbal remedy that can attack the root cause - the inflammation - is Bromelain. It is nonaddictive, has bonus health benefits, and it works for many sufferers.

Combining herbal medication, the avoidance of sugary foods and the elimination

of processed foods will go a long way towards providing lasting relief from chronic pain caused by inflammation.

It would be wrong to say that herbs do not have any side effects, however, they have far fewer than conventional medicines and they are not as long-lasting. Some herbal remedies may have side effects and therefore these herbs should not be used without the strict supervision of a professional.

If used correctly, many potential side effects can be avoided. This is unlike many conventional drugs, which even when prescribed by a licensed physician can incur unavoidable consequences.

*Turmeric has antibacterial
and antiseptic properties.*



*The entire chamomile plant
is of value, but the medic-
inal quality is centered in
the blossoms.*



*Aloe vera
juice is an
adaptogen,
which means
that it is
effective in
relieving
diarrhea and
constipation.*





TRADITIONAL

Herbal Preparations

If you want to try crafting your own traditional herbal remedies at home, there are some basic techniques you will need to learn. In this chapter, we will explore four types of traditional preparations that form the basis of any herbal medicine cabinet:

1. Herbal teas & tisanes (pages 16-17)
2. Herbal poultices (pages 18-19)
3. Herbal tinctures (pages 20-21)
4. Herbal salves & infused oils (pages 22-23)

Note: You should always consult with your physician in regards to the proper dosage,

HOW TO PREPARE HERBAL TEAS & TISANES

If you are new to using herbs, one of the easiest preparations is herbal tea. The two main ‘classes’ of teas are simple teas and tisanes (often called herbal teas). In this section, we will be exploring both types of preparations to help you differentiate between the two and learn which best suits your needs!





The simplest way to differentiate between a simple tea and a tisane is the type of material used to create the drink. If you are using tea leaves (*Camellia sinensis*), then you are making a simple tea. Simple tea can be enhanced with dried herbs, flowers, or fruits.

However, if you are drinking an herbal tea that has been made from a flower, fruit, or any other herb, then it is more accurately referred to as a tisane. Tisanes use no tea leaves and are derived strictly from the steeping of the fruit, flower, or herb in hot water for a duration of time to extract the properties of that material.

Most teas are used to soothe or calm the body in some way. For example, you may purchase a chamomile tea that is cut with black tea or green tea. This is generally used to help soothe the body and mind before sleep or to soothe the stomach. Though it can have medicinal properties, this simple tea is 'dulled' by the use of the tea leaves.

However, if you are hoping to use a tea for medicinal purposes, such as for pain reduction or management, then you will want to use a tisane or herbal tea, which will

extract the full potency of the ingredients used.

As you can imagine, the preparation for a simple tea versus that of a tisane is a bit different. For example, a black tea may take as little as three minutes to brew and steep. A green or white tea takes as little as two minutes.

When you are extracting from an herb, plant, flower, or fruit to get the medicinal properties of that material, you will likely brew for a longer period of time. A tisane is also generally brewed at a lower temperature to ensure that you are not actually cooking the material, but instead extracting from it.

Note: If you are buying your tea leaves or herbal materials for your teas and tisanes from a tea shop, make sure you are asking how they are harvested. This can be vital to determining if they hold the medicinal properties you need.

To get you started on creating your own herbal teas or tisanes, you will find remedies incorporating the techniques introduced here on pages 32-39.



HOW TO PREPARE HERBAL POULTICES

You may be wondering what a poultice is and why you would be using it. However, you have probably already used a poultice but were simply calling it something else. A poultice is a pack or salve that helps to heal sore muscles, skin issues, or localized pain. Let's explore the basics of preparing your own herbal poultices – it's easier than you think!

The first thing you need to decide before creating a poultice is how long you will be using it on the affected area. If you plan on keeping the poultice on the treatment area for a longer period of time, then you will likely want to apply the poultice using a strip of cheesecloth filled with an herbal paste. This will reduce mess and help hold the poultice in place.

However, if you will only be using the poultice for an hour or less, then you can use a simple flour-based paste applied directly to the affected area (Note: you will want to use an organic unbleached flour). This application technique can be messier, but is faster to prepare and apply, and easy to rinse away when you are done with the treatment.

Before using an herb in a poultice, it is important to be aware if it is appropriate for topical application or if there is any chance of irritation, sensitivity, or interactions with other herbs.

For example, you do not want to combine herbs containing menthol (e.g. peppermint)

with those containing capsaicin (e.g. cayenne pepper) in the same application. This combination can cause burns to the skin and may cause increased irritation. Instead, you will want to balance any potential irritants. For example, chamomile could be added to any poultice for its soothing properties.

Once you have mixed and prepared your poultice, you need to prepare the treatment area. Make sure the area is clean and free of any debris. This will help with the effectiveness of the poultice. When you are done, remove the poultice and rinse away any paste or residue with warm water.

Remember, do not reuse the poultice! You will need to make a fresh one for each application in order to reduce chances of infection or irritation from bacteria.

To get you started on creating your own poultices, you will find a remedy incorporating the techniques introduced here on pages 26 and 27.



HOW TO PREPARE HERBAL TINCTURES

Tinctures are liquid-based healing agents that are generally very potent and can contain one herb or a mix of different herbs and plants. Each tincture is usually design to combat specific issues. For example, you may see a tincture for migraines or a tincture for insomnia. Tinctures are usually taken as a few drops on the tongue or mixed with water and taken orally. Here are the basic steps you can follow to create your own herbal tinctures.





Tinctures can be crafted using either fresh or dry herbs, and must be stored for several weeks to several months in a cool, dry, and dark place before use. For this reason, many tinctures use cane alcohol in one form or another as the base. This helps to extract the medicinal properties of the herb or plant without breaking down the plant overtime and without harming or reducing the properties of the herb.

For homemade tinctures, an ideal base is 100 proof vodka. Keep in mind, you want top shelf for your tinctures, as cheaper vodka can break down the plant material. However, a large bottle of vodka can make over two dozen tinctures, so this is still an affordable remedy to make for yourself at home.

For the extraction process, you will want to find large mason jars or something similar, so long as it comes with a tight-fitting lid. Once you have your jars, herbs and a carrier base ready, you can begin assembling the tincture. First, place your fresh or dry herbs into a mason jar, being careful not to bruise the plant.

Next, top up the jar with vodka, covering the herbs completely before securing the lid. Once the tincture has been crafted, you will need to store the jar in a cool, dry,

and dark place. Most people tend to store them in a climate controlled storage area, in a cupboard, or in the back of a closet. Wherever you store it, keep in mind that it will need to be easily accesible. You should be taking the jar out at least one a day to give it a bit of a shake to agitate the contents.

The longer you leave your tincture, the more potent it will be. Wait for at least 4-6 weeks before opening and straining the tincture. However, for higher potency, you can wait up to 4-6 months. When ready, open the jar and strain the contents using a cheesecloth. You can discard or compost the plant materials, and store the tincture liquid in small glass bottles with droppers. The bottles should be brown or dark blue in color as light will degrade the contents.

You can store the completed tinctures in your kitchen cabinet or in a medicine cabinet that is located in a cool, dry place. Tinctures should be dosed out using an eye dropper for less potent blends, and at a maximum of 2-4 drops for more potent ones.

To get you started on creating your own tinctures, you will find a remedy incorporating the techniques introduced here on pages 30 and 31.



HOW TO PREPARE HERBAL SALVES & INFUSED OILS

A salve is essentially a cream or oil-based preparation that can be applied topically to the skin to treat a myriad of conditions. Each herbal salve has its own unique healing properties. In the following, we will explore the basics of how to make your own healing herbal salves.

If you would like to stock up your medicine cabinet with natural remedies for burns, scrapes, and various skin irritations – not to mention a host of other issues – then you will want to learn how to make your own herbal salves.

An herbal salve is usually prepared using an infused oil and beeswax, then is applied directly to the affected area. However, you can also create a salve that is rubbed on the chest to help with a chest cold, for example.

The basic procedure when preparing any salve is as follows:

- Take a couple ounces of infused oil and a couple tablespoons of beeswax, and warm over low heat until warmed through and fully incorporated.
- Pour the mixture into a clean container until it solidifies.
- If the salve remains runny or soft, you can troubleshoot by putting it back on the heat and adding more beeswax into the mixture.

While the beeswax helps create the texture and consistency of the salve, it is the infused oil where the healing benefits are found. Therefore, you will want to either purchase

high quality infused herbal oil to create your salve, or create your own infused oil at home.

The first step to creating an infused oil is learning how to choose the right base materials. To start with, you will need to choose an organic carrier oil. Olive oil and coconut oil are popular choices, however, you can experiment with other options as well. You may want to consider both the properties of the carrier oil and the intended use of the salve when choosing.

Next, you will need to choose the dried herbs you will infuse into the carrier oil. It's important to use dried herbs to prevent the oil from going rancid or growing mold.

You will want to develop your own salves based on the healing properties of the herbs you are using. Keep in mind that most salves use more than one herb when treating a particular health condition.

To get you started on creating your own infused oils and salves, you will find remedies incorporating the techniques introduced here on pages 28 and 29.







NATURAL

Health Remedies

In this chapter, we will begin to apply what we've learned so far about traditional herbal preparations, as well as explore new and exciting natural remedies that you can create at home. The remedies included are:

1. Cayenne Pepper Poultice
2. Neem Infused Oil
3. Soothing Neem Salve
4. Calming Rose Petal Tincture
5. Turmeric & Ginger Tea
6. Soothing Lemongrass Tea
7. Stress-Busting Basil Tea
8. Herbal Bath Tea
9. Vegan Dandelion Honey

CAYENNE PEPPER POULTICE

Cayenne pepper is high in capsaicin, an active, anti-inflammatory agent. This poultice, which uses powdered cayenne pepper, is perfect for reducing pain and inflammation as it increases blood flow to the treated area, encouraging natural pain relief. Use this poultice to treat localized pain, like aching muscles or joints, arthritis, fibromyalgia, sciatica, etc. Do not apply this poultice to broken skin, sensitive skin, or the area around the eyes.

Ingredients

Powdered cayenne pepper
(1 Tbsp. per square inch of treatment area)
Carrier oil (e.g. olive oil)

Equipment

Cheesecloth or sterile pads (cut 1" wider on each side than treatment area)
Plastic wrap or medical grade tape

Directions

1. Mix the powdered cayenne pepper into a paste using a carrier oil (e.g. olive oil).
2. Gradually add the carrier oil to the cayenne pepper, forming a smooth, thick paste. It should be spreadable but not runny.
3. You have two options for creating and applying your poultice (depending on supplies and the area you are treating):
 - 3a. Spread the paste on a square or rectangle of cheesecloth cut to size and cover with another layer, sandwiching the paste in between. Place on the treatment area and wrap with saran wrap to hold in place.
 - 3b. Apply the paste to one side of a sterile pad cut to size, place on the affected area paste side down, and use medical tape to hold in place.
4. Leave the poultice on for 2-3 hours.
5. Remove the poultice and rinse away any paste or residue with warm water.

You may repeat this treatment 1-2 times a day. You may feel a slight burning or tingling sensation, but it should also be soothing.

Powdered Cayenne Pepper



Olive Oil



Cheesecloth

NEEM INFUSED OIL

Neem leaves have natural antibacterial, antifungal, and antiviral properties. This infused oil can be used alone or as the base for the Soothing Neem Salve recipe on the next page. Note: It is important to use dried herbs when creating this remedy as it will prevent the oil from going rancid or growing mold.

Ingredients

1 cup loosely packed dried neem leaves
(organically grown with no pesticides or
chemicals)
1 cup carrier oil (e.g. olive oil)

Equipment

Glass jar with a tight-fitting lid
Wooden spoon
Cheesecloth
Dark-colored glass bottle(s)

Directions

1. Fill the clean glass jar with the dried neem leaves.
2. Fill the jar with the olive oil, covering the leaves. Stir to ensure no air bubbles remain.
3. Place the lid on the jar and ensure a good seal.
4. Place the jar in a warm, sunny place (e.g. in a windowsill) for approx. 2 weeks.
5. Each day, give the jar a shake to agitate the mixture.
6. After 2 weeks, strain the oil using a cheesecloth, saving the oil and discarding the leaves.
7. Store the infused oil in dark-colored glass bottles in a cool, dark, and dry place.





SOOTHING NEEM SALVE

This remedy uses the Neem Infused Oil from the last remedy as its base. Both the infused neem oil and salve can be used to soothe skin irritation, including rashes and itching. This salve can be applied directly to the affected area as often as necessary using your fingertips. Be sure to avoid the eye area.

Ingredients

1 cup neem infused oil
1/8 cup of beeswax
15-20 drops of essential oil (optional)

Equipment

Saucepan
Wooden spoon
Small tins or jars

Directions

1. Over low heat, heat the beeswax and neem infused oil in a clean saucepan, stirring gently to combine.
2. Take off the heat and add the optional drops of essential oil, stirring again.
3. Pour the mixture into small tins or jars.
4. Allow to sit until the salve cools and hardens. Then place lids on the tins or jars and store in a cool, dry place.

CALMING ROSE PETAL TINCTURE

Rose petals are high in Vitamin C, A, B3, D, E, bioflavonoids, and minerals.

Rose essence is also known to be calming and a spirit-lifter. This tincture is perfect for creating a feeling of calm and relaxation, or lifting your spirits if you are feeling a bit down. It can also help relieve heavy menstrual cramps. To use this tincture, use an eye dropper and add a dropper-full of the tincture to juice or tea, or simply take it straight.

Ingredients

Fresh rose petals (organically grown with no pesticides or chemicals)
100 proof vodka

Equipment

Glass jar with a sealable lid
Wooden spoon
Cheesecloth
Small, dark-colored glass bottles with droppers

Directions

1. Fill the clean glass jar with rose petals, without packing the petals in.
2. Fill the jar with enough vodka to completely cover the rose petals.
3. Gently push the petals down using the handle of a wooden spoon to ensure they are completely submerged in the vodka (if necessary, add a bit more vodka).
4. Put the lid on the jar and store in a dark, cool and dry place (e.g. in a cupboard) for approx. 4 to 6 weeks.
5. Each day, take out the jar and give it a little swirl or shake to agitate the mixture.
6. After the 4-6 weeks, strain the tincture using a cheesecloth, saving the liquid and discarding or composting the petals.
7. Store the tincture mixture in small, dark-colored glass bottles with droppers for easy use.



TURMERIC & GINGER TEA

Rich, aromatic, sensuous, and power healers: turmeric and ginger together are an effective way to help relieve stress, increase calm, and so much more! Both herbs have been widely used in traditional medicine and natural remedies for thousands of years. When brewed together to create a tisane, you are drinking an ancient and sacred remedy. Here's how to prepare a stress-relieving turmeric and ginger tea:

Ingredients

1-2 Tbsps. of dried ground turmeric
1 Tbsp. minced or finely grated fresh ginger
2 stevia leaves, 6 drops of liquid stevia or 1 tsp.
of raw honey (optional)
250 ml water

Equipment

Pot
Cup or mug
Spoon

Directions

1. Prepare all of the ingredients.
2. Add 250 mL of water to the pot.
3. Add the turmeric and ginger and heat over a high temperature.
4. Bring the mixture just to a boil, then reduce the heat and simmer for 5-10 minutes.
5. Serve the tea hot in a cup or mug. You may strain out the ginger if you wish.
6. Add stevia or raw honey to sweeten if you prefer (this is optional).
7. Enjoy! Indulge in the exquisite taste and let the aroma and the flavor calm your senses.



Turmeric

Turmeric is a root or bulb that is dried and ground to make the popular cooking spice. Its most active ingredient, curcumin, is what gives turmeric its yellow to golden color. It has antiviral, antibacterial, antifungal, and anti-inflammatory properties. It also contains antioxidants, and anti-cancer components.

Studies have shown that turmeric can also enhance your mental wellbeing by supporting the production of mood boosting hormones such as dopamine and serotonin. Not only do these hormones help you feel good but they also help with anxiety, stress, and unease.

Ginger

Indian and Arabic medicine have long counted on ginger for relief from a myriad of conditions. With its active ingredients, it is reliable to help anyone who suffers from an upset stomach, nausea, rheumatoid arthritis, the common cold, or flu.

The gingerol contained within ginger also helps to cleanse the body of stress hormones and bring about a feeling of peace and relaxation.



SOOTHING LEMONGRASS TEA

Lemongrass tea is a delight to the senses! It is a natural and refreshing drink which calms the nerves when served hot and enlivens the spirit when enjoyed cold. Ancient Mexican culture relied on the natural benefits of lemongrass to fight health conditions like insomnia and high blood pressure, just to name a few. To enjoy your own soothing lemongrass tisane, follow the recipe below, which uses fresh lemongrass leaves:

Ingredients	Equipment
Fresh lemongrass leaves (10-15 grams/serving)	Pot
250-300 mL of water	Cup or mug
Honey or stevia (optional)	Strainer
Fresh lemon juice (optional)	Scissors (optional)

Directions

1. Tie the lemongrass leaves around themselves to create a small bundle. Alternatively, you can cut the leaves into pieces using a pair of scissors.
2. Place the water in the pot and bring to a boil over high temperature.
3. Add the lemongrass bundle or cut leaves to the water, reduce to a low heat, and simmer.
4. Let the fresh leaves steep for 7-10 minutes, depending on how strong you want your tisane.
5. Strain the cut leaves or simply remove the lemongrass bundle from the tea and set aside.
6. Pour the tea into a cup or mug.
7. You can add an optional sweetener like honey if you prefer.
8. You can also add a squeeze of lemon juice if you prefer a zesty drink.



Other benefits of lemongrass:

- Treats digestive tract spasms
- Eases stomachache
- Helps with nausea
- Relaxes you when at the point of exhaustion
- Helps your body fight flu, colds, and fever
- Soothes aching joints
- Can be used as an astringent for some minor skin issues

With all of these health benefits, you might want to add this easy-to-grow herb to your own herb garden! It is an easy, no fuss plant to grow, especially in places where the climate is sunny and warm. You can simply plant portions of the root and then water sufficiently.

Even if you don't grow your own lemongrass, you can purchase it fresh from a reputable seller to make a hot tea or a cold juice in order to reap all of the benefits of this plant. Whether as a targeted health remedy, or for general relaxation and wellness, this is a great herb to add to your collection!



STRESS-BUSTING BASIL TEA

Basil is well-known for bringing flavor into kitchen. However, it is also a great source of wellness, protection, and healing. This wonder herb has been used in tea for thousands of years in India. It is to date one of the most trusted natural remedies for flu, colds, cardiovascular disorders, and vision problems. Here's how to make your own healing herbal tea from fresh basil leaves:

Ingredients

4 fresh basil leaves
Juice of 1 lemon (optional)
1 tsp. honey (optional)
1-2 cups of water

Equipment

Cup
Knife
Kettle
Strainer

Directions

1. Pick the freshest basil leaves and wash them. Be sure to wash them carefully without blemishing the leaves.
2. Cut the leaves into small, thin strips.
3. Bring a kettle of water to a boil.
4. Pour the boiled water into your cup, mug, or any thick glass container.
5. Add the freshly cut basil leaves to the water.
6. Let steep for approximately 3-4 minutes until the water turns a golden shade.
7. Using a strainer, remove the leaves and set them aside.
8. You can add honey or other sweetener if you prefer a sweeter taste.
9. You can also squeeze lemon into the basil tea for a more zesty drink.

Honey



Fresh Basil



Basil isn't just an effective treatment for physical ailments – it's also a wonderful ingredient for busting stress! This powerful herb has been proven to calm both the mind and the nervous system.

With its unique taste and sensuous aroma, a cup of tea from fresh basil leaves is perfect to help you relax and feel calm, while also protecting you from a wide range of physical ailments. This pure gift from nature is a natural way to reduce stress and boost the immune system.



Lemon

HERBAL BATH TEA

The main components of an herbal bath tea are the same as a tea or tisane, the only difference being that they are added to your bath for a full body soak instead of a cup of tea that you ingest. You will want to consider both the scent and the medicinal properties of the herbs you choose. Experiment with different, soothing herb combinations to make your herbal bath tea and find out which one works best for you!

Ingredients

Herbs of choice (see page 39):
 ½ cup if using dried herbs
 or 1 cup if using fresh herbs
 Alternative: 20 drops of essential oil

Equipment

Cheesecloth (triple layered) or muslin cloth
 String
 Scissors
 Bathtub

Directions

1. Cut a length of string that will allow you to hang the herb bundle from your faucet so that it steep as the bath fills with water. Leave extra to tie off the herb satchel.
2. Place the dried or fresh herbs in either a large square of muslin or triple layered cheesecloth. You will need a larger square for fresh herbs to accommodate the larger volume.
3. Gather the corners together and tie securely with one end of the string.
4. Tie the string to the faucet or tap and allow the herb satchel to hang down into the tub.
5. Fill the tub with warm water.
6. As the tub fills, gently push the herb satchel down into the water if it floats to the surface. Eventually it will become weighed down and not bob up.

Ensure that the corners are secured or else you will be cleaning herbs out of your tub later!



Sage



Lavender



Basil



Bergamot



Calendula



Marjoram



Rosemary



Mint

VEGAN DANDELION HONEY

Dandelion honey is an herbal (and vegan!) alternative to regular honey. It is a perfect replacement for honey in most remedies, and packs the added health benefits that dandelion flowers have to offer, including relieving digestive issues, encouraging appetite, and a diuretic effect that provides relief for liver and bladder problems. Below we will detail a simply recipe for dandelion honey that you can try out for yourself!

Ingredients

3.5 oz. fresh dandelion heads
4 cups water
1 lemon, sliced into rounds
3 cups cane sugar

Equipment

Pot
Strainer/cheesecloth
Wooden spoon
Glass jar with lid

Directions

1. Pick fresh dandelions when they are at full bloom (during daylight hours).
2. Pluck the heads off and soak them in cold water. After 10-20 minutes, strain the water and rinse the flowers once more.
3. Over high heat, bring a pot of water to boil. Add the dandelion heads and lemon slices, reduce the heat, and simmer for 25-30 minutes.
4. Remove the pot from the heat and allow to steep for several hours before straining the mixture through a cheesecloth.
5. Return the saved liquid to the pot, discarding or composting the flowers.
6. Add the cane sugar to the pot gradually and stir to incorporate. Simmer gently over a very low heat to reduce to a syrupy consistency, stirring only occasionally.
7. When the mixture has reduced to the desired, honey-like consistency, remove the pot from the heat (this can take several hours!)
8. Transfer the dandelion honey to a clean glass jar with a tight-sealing lid. Store in the refrigerator.

Fresh Dandelion Flowers



Cane Sugar



While bees make honey from nectar in other flowers, this rarely occurs with dandelions. Just like most humans, bees tend to avoid dandelions. Therefore, the nectar is still there for the taking!

When making dandelion honey, you are the 'bee' turning nectar into delicious honey. However, always be sure to avoid dandelions that have been sprayed with pesticides or are located near sources of pollution, like busy roads and highways.



Lemon





N A T U R A L

Skincare Remedies

In this chapter, we will explore how you can get back to basics and begin swapping out some of your skincare products with simple, natural home remedies. We've also included a few luxurious treats to take your self-care routine up a notch! The remedies included are:

1. Thyme & Yogurt Cleansing Lotion
2. Green Tea & Witch Hazel Toner
3. Calendula & Green Clay Mask
4. Aloe & Tea Tree Oil Gel
5. Cleopatra's Milk Bath
6. Custom Facial Oil

THYME & YOGURT CLEANSING LOTION

Skin Type : All - Yield : Multiple Use

Ingredients

8 oz. filtered or boiled water
1 oz. whole yogurt
½ tsp. dried calendula flowers (ground)
½ tsp. dried thyme (ground)

Equipment

Glass jar with lid
Spoon
Cotton pads



Directions

1. Combine all of the ingredients in a glass jar.
2. Put the lid on and let it sit in the fridge for 24 hours.
3. Take it out and blend the mixture.
4. Place some mixture on a cotton pad, and cleanse your face using gentle circular motions until it is smooth and soft.
5. Rinse any residue with warm water.
6. Apply your favorite moisturizer.
7. Seal the jar carefully and store in the fridge between use.

Note: lasts for up to a week in the fridge.

GREEN TEA & WITCH HAZEL TONER

Facial toner should be used following cleansing and helps to further cleanse your skin and reduce the appearance of pores. Green tea has antioxidant properties and can help to reduce inflammation and increase the skin's elasticity. Witch hazel has antioxidant and astringent properties, also helping the reduce inflammation and speed up healing.

Skin Type : All - Yield : Multiple Use

Ingredients

1 Tbsp. alcohol-free witch hazel extract
½ cup green tea, cooled

Equipment

Spray bottle

Directions

1. Brew the green tea for 5-7 minutes, then allow to sit and cool completely.
2. Pour ½ a cup of green tea into a spray bottle, along with 1 Tbsp. of witch hazel. Give the spray bottle a good shake and it's ready to use!
3. Spritz on the face after cleansing and before applying other products, avoiding the eyes, nose and mouth. Alternatively, you spray it onto a cotton pad and swipe your face gently in an upwards motion.

Note: lasts for up to a month.



CALENDULA & GREEN CLAY MASK

This luscious clay mask uses only healthy, natural ingredients. The green clay will help balance oil production, remove dead skin cells and tone the skin. Raw honey cleanses and soothes. Calendula powder calms and heals. Lavender essential oil will relax the body and mind.

Skin Type : Normal/ Oily - Yield : 1 mask

Ingredients

1 tsp. green clay
1 tsp. raw honey*
1 tsp. warm water (or more if needed)
½ tsp. calendula powder
2 drops lavender essential oil

Equipment

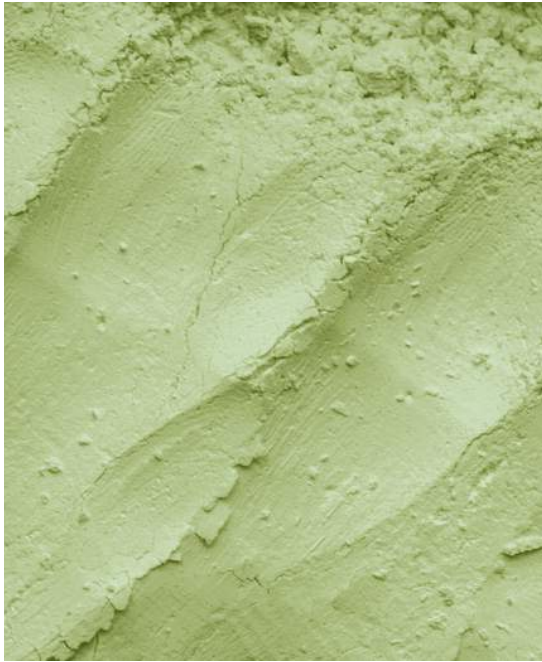
Small bowl
Spoon
Face towel
Cotton pads

Directions

1. In a small bowl, combine the clay and the herb powder.
2. Add the honey and stir until the mixture has the consistency of a smooth, thick paste.
3. Add the warm water and stir until you get the desired, spreadable consistency.
4. Add the drops of lavender essential oil and stir the mixture again to evenly distribute.
5. Spread the mixture over your face and neck with gentle, circular moves. Avoid the eye area.
6. Leave for 10-15 minutes or until it dries and hardens.
7. Soak a dark towel in hot water, allow to cool to a comfortable temperature, then place over your face. Enjoy the warmth for a moment, and then gently wipe away the mask. (The steam will help you easily remove the mask, without having to rub the skin too hard.)
8. Use a cotton pad with toner to gently wipe your face in order to remove any remaining traces of the mask.

* use only local, unpasteurized honey.

Green Clay



Raw Honey



Calendula



Lavender

ALOE & TEA TREE OIL GEL

This is a great all around skincare remedy. Pure aloe gel is great for reducing inflammation, as well as killing bacteria. Tea tree essential oil – sometimes called a ‘first aid kit in a bottle’ – is antifungal and antiseptic. So feel free to dab this on blemishes, sunburns, cuts, insect bites, and beyond!

Skin Type : All - Yield : Multiple Use

Ingredients

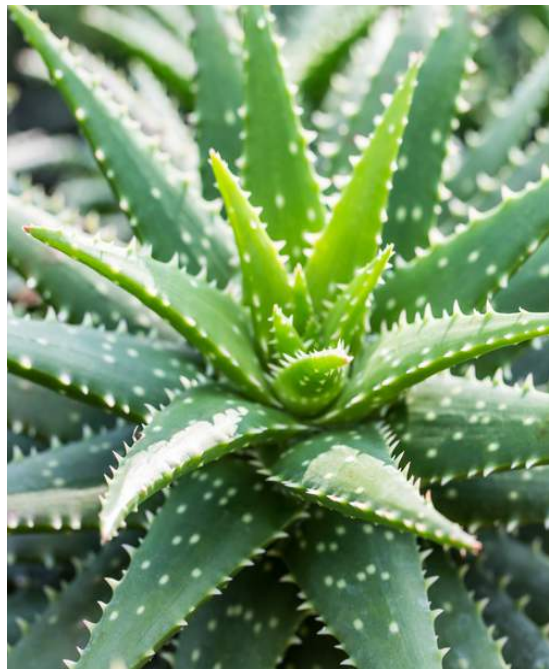
Pure aloe vera gel
Tea tree essential oil

Equipment

Air tight container with lid
Sterile stir stick or spatula

Directions

1. Fill a clean, airtight container from $\frac{1}{2}$ to $\frac{3}{4}$ full with pure aloe vera gel.
2. Add approx. 3 drops of tea tree essential oil per 10 ml of pure aloe vera gel (the total amount will depend on the size of the batch).
3. Use a sterile stir stick or spatula to gently combine the gel and essential oil.
4. Keep the container tightly sealed and in a dry, cool place when not being used.
5. Apply directly the skin as needed, avoiding the eye area.



CLEOPATRA'S MILK BATH

Skin Type : All - Yield : 1 bath



Ingredients

Several sprigs of rosemary, thyme & mint

Peel of 1 orange

Peel of 1 lemon

2 cups of water

1-4 cups of dry powdered milk

Equipment

Pot

Strainer

Bath

Directions

1. In a pot, combine several sprigs of fresh rosemary, thyme and mint (or 2 Tbsps. each of dried herbs) with the peel of 1 orange and 1 lemon.
2. Add 2 cups of water, bring to a boil, and then simmer for 10 minutes.
3. Strain the herb-citrus mixture and add the liquid to the bathtub along with 1-4 cups of powdered milk.
4. Fill the tub with warm but not hot water.
5. Soak in the tub for 15-30 minutes.
6. Rinse off with cool water.
7. Pat dry and moisturize.



CUSTOM FACIAL OIL

Facial oils are ideal if you have dry skin, struggle with lines and wrinkles, or if you have acne scars that you want to minimize. However, facial oil blends can be very pricey, so creating your own at home is a great way to enjoy this skincare treat – especially because you know exactly what goes into it! This is a fun remedy because it is completely customizable. You can choose exactly which oils you use based on your skintype and the various oil properties.

Skin Type : All/Custom - Yield : Multiple Use

Ingredients

1 or more essential oils
1 or more carrier oils

Equipment

Small, dark-colored bottle with a dropper

Directions

1. Choose 1 or more essential oils, and 1 or more carrier oils to suit your skin type and concerns (see the next page for inspiration)
2. Combine the oils in a small, dark-colored bottle with a dropper: 3-5 drops of each essential oil per Tbsp. of carrier oil. Shake gently before each use.
3. Apply to face by adding a few drops of oil to the palm of your hand, allowing it to warm briefly, and then patting it gently on to the skin.
4. Ensure the lid is on tightly and store the bottle in a dry place away from sunlight (can be stored at room temperature).





Aging Skin

Carrier oil: Argan oil

Essential oils:

Ylang ylang
Palmarosa
Cypress
Rose

Dry Skin

Carrier oil: Any

Essential oils:

Myrrh
Geranium
Cedarwood
Sandalwood

Oily/Combination Skin

Carrier: Jojoba

Essential Oils:

Lavender
Tea Tree Oil
Bergamot
Patchouli

Hyperpigmentation

Carrier oil: Rosehip oil

Essential oils:

Lavender
Lemon
Frankincense



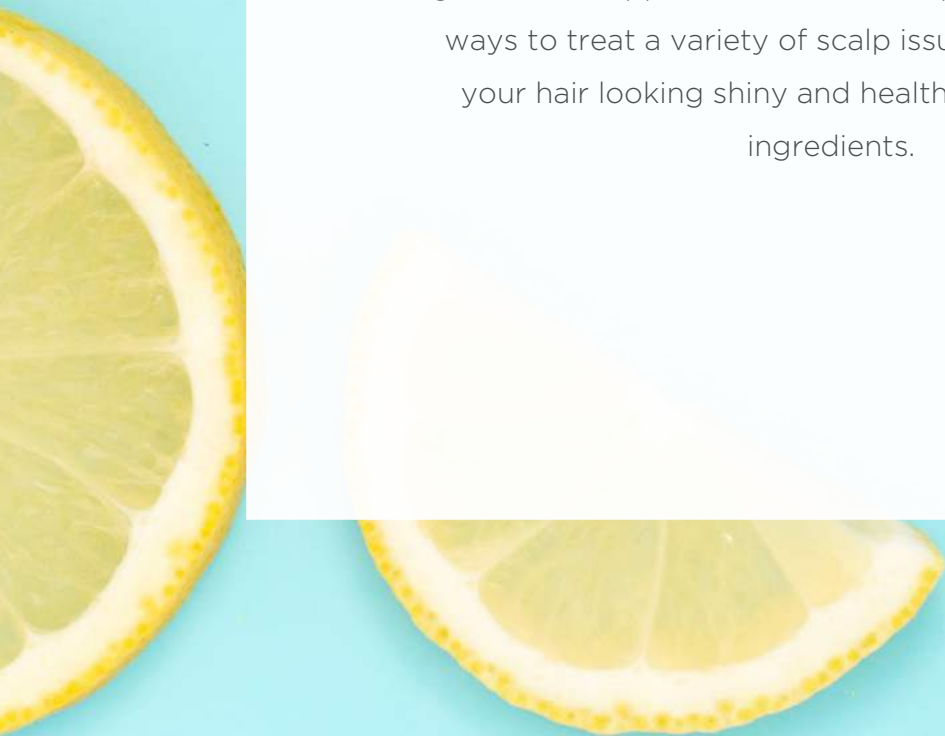


N A T U R A L

Haircare Remedies

Hair gets dry and dull because of breaks in the cuticle of the hair shaft. To maintain a healthy appearance, you need to take precautionary measures to limit damage.

Treating the scalp itself is another way to influence hair growth and appearance. In this chapter, we will explore ways to treat a variety of scalp issues, as well as keep your hair looking shiny and healthy using all natural ingredients.



TIPS FOR A DRY SCALP

If your scalp is dry and itchy, apply a natural face moisturizer to your scalp. Take a rat tailed comb and make one inch parts in your hair and dab the moisturizer onto the exposed scalp with your fingers or a cotton pad.

Don't squirt the moisturizer directly from the bottle onto your scalp, you'll use way too much. Then go on to the next section until you've completed the entire scalp. Leave on overnight if possible.



You can also repeat the same process using a light oil, or try a commercial serum. If you are using a commercial product, check to see that the main ingredient is an oil, not silicon. Silicon does nothing for your scalp.

Wrapping the hair and head in plastic wrap and then in a towel helps the moisturizer or hair treatment product penetrate more easily by trapping in heat. Heat boosts the effectiveness of the product.

If you don't like the heaviness that a heavy conditioner leaves on your hair, dampen the ends of your hair, apply the conditioner, wrap your head in a towel, and wait five to ten minutes, then shampoo as normal.



TIPS FOR AN OILY SCALP

A short term solution is to apply witch hazel on a cotton pad to your scalp, but this won't help in the long term.

Alcohol is drying so a product with alcohol will technically help with oiliness as well. However, the alcohol will also dry out the hair follicles so be mindful of using products with alcohol if you have an oily scalp.

The best treatment is shampooing only 1-2 times a week to help balance oil production and applying conditioner only to the ends of the hair.

TIP FOR AN ITCHY SCALP

After you've shampooed and rinsed your hair, try the following rinse for an itchy scalp:

Ingredients

½ cup apple cider vinegar
2 cups of water

Combine the ½ cup apple cider vinegar with 2 cups of water. Rinse your hair with the mixture, focusing on the scalp. You may want to add the mixture to a spray bottle so that you can spritz the roots directly. Allow to sit for a few minutes and then rinse well with water before conditioning your hair.



COCONUT MILK SHAMPOO

Hair Type : All - Yield : Multiple Use

Ingredients

¼ cup coconut milk
⅓ cup of liquid castille soap
½ tsp. almond oil
20 drops grapefruit essential oil

Equipment

Clean jar or glass
Wooden spoon
Funnel
Shower-safe bottle with pump



Directions

1. Add the liquid castille soap to a clean jar or glass.
2. Slowly add in the coconut milk, incorporating thoroughly.
3. Add a ½ tsp. of almond oil to the mixture, continuing to stir gently
4. Add 20 drops of grapefruit essential oil to the mixture, giving it a final stir.
5. Transfer the mixture to a shower-safe bottle with a pump.
6. Use 1 tsp. per use. Shampoo as normal and rinse.

Note: lasts for a couple months.





YLANG YLANG LEAVE-IN CONDITIONER

Hair Type : Dry/damaged - Yield : Multiple Use

Ingredients

4 oz. distilled water
2 tsp. aloe vera juice
2 tsp. ylang ylang essential oil
2 tsp. argan oil
1-2 tsp. honey

Equipment

Clean jar or glass
Wooden spoon
Funnel
Spray bottle

Directions

1. In a clean jar or glass, combine the distilled water, aloe vera juice and honey. Stir well.
2. Add the ylang ylang essential oil and argan oil to the water-based mixture and stir well to incorporate.
3. Using a funnel, transfer the mixture to a spray bottle. Shake well before use to reincorporate the ingredients.
4. After shampooing, spritz on towel-dried hair, avoiding the scalp.
4. Distribute the mixture by gently running your fingers or a wide-toothed comb from root to tip.







NATURAL *Perfumes*

It is difficult to recreate your favorite perfume with natural ingredients, since many modern day perfumes contain artificial ingredients and chemicals.

But you *can* create scents that are enticing and uniquely yours! In this section, we will explore how you can easily create natural perfumes using both essential oils and raw ingredients.





Eau de Cologne is French for ‘water of cologne’. Create a lovely eau de cologne by mixing ½ cup high proof vodka, ¼ cup distilled water and four to five drops of the essential oil of your choice.

You can experiment with different essential oils, keeping in mind that some oils like lavender will overpower other scents, so use only a few drops to start. Keep adding drops of oils until you’re pleased with the scent itself and the strength of the scent. Keep the oils within the same family for your first attempts and then you branch out. For example, try mixing bergamot, orange, and lemon.

To create a more concentrated perfume, start with a base of ¼ cup high proof vodka. Add essential oils a few drops at a time and shake the bottle in between to disperse the oils in the alcohol. Let the perfume mellow in a dark, cool place for 24 hours to develop and meld the different scents.

Apply a few drops at a time to your pulse points or use a spray atomizer to apply. For more inspiration, you can see the recipes on the next pages, or create your own unique essential oil blend!

CITRUS BREEZE

15 drops lemon oil

10 drops bergamot oil

10 drops bitter-orange oil

5 drops grapefruit oil

5 drops lemongrass oil

2 drops cedarwood oil



SUMMER GARDEN

6 drops jasmine oil

4 drops lavender oil

12 drops rosewood oil

12 drops lemon oil

A WALK IN THE WOODS

6 drops cedar oil

6 drops sandalwood oil

10 drops orange oil



ARABIAN NIGHTS

3 drops bergamot oil

2 drops neroli oil

8 drops jasmine oil

12 drops geranium oil

8 drops ylang-ylang oil

4 drops patchouli oil

PERFUME: USING RAW INGREDIENTS

You can also make perfumes with ‘raw’ ingredients, like scented flowers, herbs, and citrus peels. Be sure to use only organic ingredients that have not been sprayed with chemicals or pesticides.

Ingredients

2+ cups of fresh scented petals, herbs
or citrus peels of your choice
¼ cup of vodka

Equipment

Glass jar
Plastic wrap
Strainer

Directions

1. Combine one cup of the raw materials of your choice in a glass jar.
2. Add ¼ cup of vodka to the jar, the higher proof the better. Push the raw materials down gently so that they're covered by the vodka.
3. Cover the mouth of the jar with plastic wrap and place in a cool, dark place for 24 hours.
4. Strain the petals out of the vodka, returning the strained liquid to the jar.
5. Add another cup of fresh raw materials to the jar. Push down gently to fully submerge in the saved vodka. Place in a cool, dark place for another 24 hours.

6. At this point the vodka should have the scent of your flowers. Repeat the process a few more times to increase the strength of the scent.

Tips

Experiment with different combinations of scents. Keep the perfume in the smallest bottle possible. Every time you open the bottle you introduce air. The smaller bottle contains less air. Find apothecary type brown bottles at craft stores and health food stores.

Scented Petals



Herbs



Strongly Scented Favorites

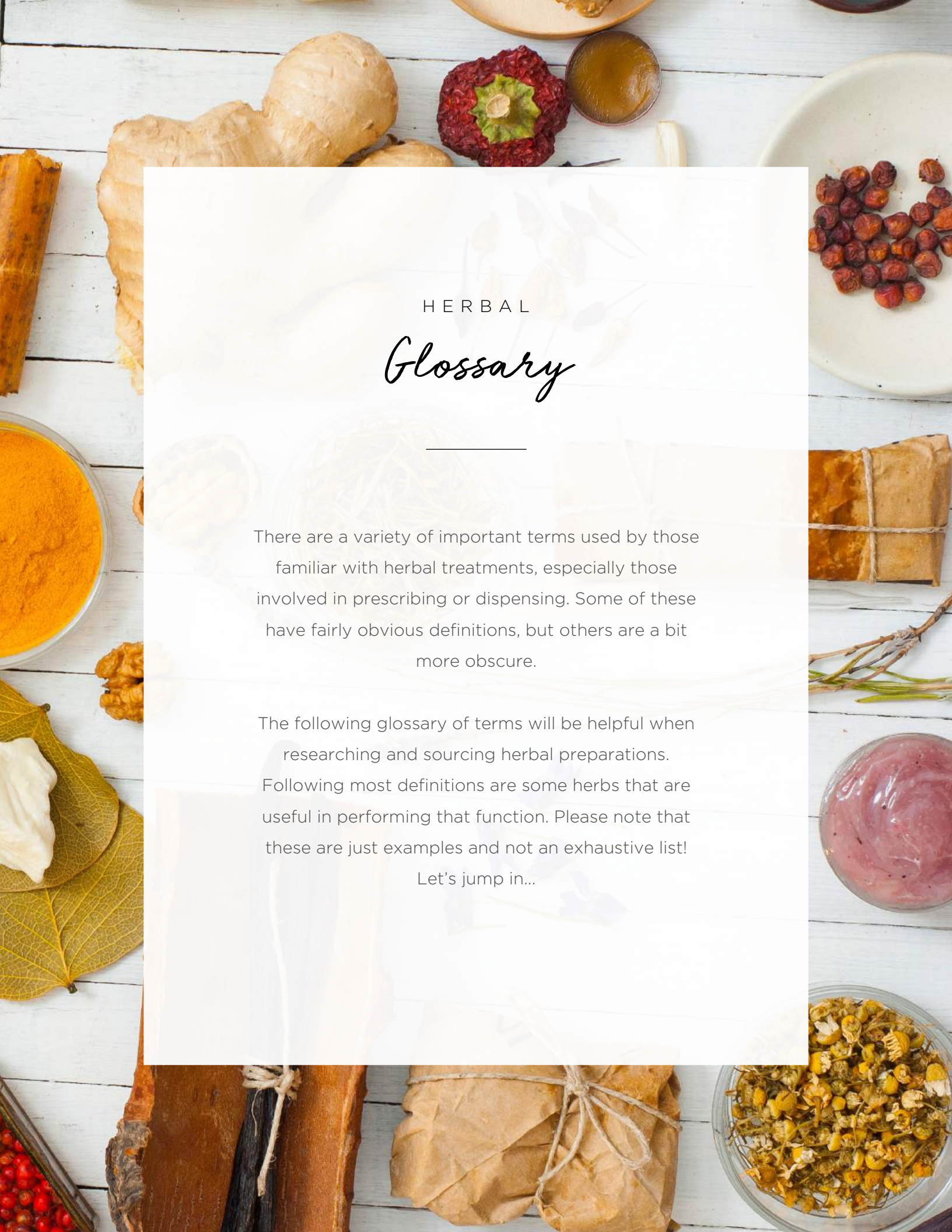
Jasmine
Geranium
Lavender
Rose
Four O'clock
Nicotiana
Orange or other citrus blossoms
Gardenia
Basil
Lemon Balm
Citrus leaves
Rosemary
Citrus peels*

* zest only, leave out the white pith



Citrus Peels





HERBAL *Glossary*

There are a variety of important terms used by those familiar with herbal treatments, especially those involved in prescribing or dispensing. Some of these have fairly obvious definitions, but others are a bit more obscure.

The following glossary of terms will be helpful when researching and sourcing herbal preparations. Following most definitions are some herbs that are useful in performing that function. Please note that these are just examples and not an exhaustive list!

Let's jump in...

Alterative

Blood purifiers that work to detoxify the blood and the lymph while promoting renewal of body tissue. *Blue Flag Root, Queen's Delight, Burdock, Ginseng, Chaparral, Marigold, Garlic, Echinacea, Devil's Claw, and Goldenseal.*

Anti-Catarrhal

Herbs that reduce mucous production. *German Chamomile, Comfrey, Mullein, Witch Hazel, Garlic, Fenugreek.*

Anti-Coagulant

Agents helpful for keeping the blood flowing easily and preventing platelets from clumping together or clotting. *Lime flowers, Ginseng, Garlic.*

Anti-Emetic

Herbs that quell nausea and prevent vomiting. *Meadowsweet, Black Horehound, Chamomile, Nutmeg, Cinnamon, Dill and Cloves.*

Anti-Infective

Remedies to stimulate the immune response in the body and help withstand infection. *Echinacea, Goldenseal, Wild Thyme, Garlic, Red Clover, Holy Thistle.*

Anti-Inflammatory

Agents that reduce inflammation by working to enable tissues to return to their normal functioning as opposed to suppressing inflammation. Bio-Strath formula, nicknamed the 'anti-inflammatory formula' contains a blend of the following herbs: *Echinacea, Horseradish, Marigold, Arnica, Balm, Hypericum, Bryony and others.* *Comfrey* is specific for bone inflammation, *Devil's Claw* for muscles; *Turmeric, Feverfew and Chamomile* are general anti inflammatories.

Anti-Lacteal

Herbs to decrease breast milk production, utilized for weaning a baby off the breast and drying up the mother's milk supply. *Common sage.*





Anti-Lithic

Herbs utilized for dissolution or elimination of gravel or stones. *Parsley Root, Gravel Root, Stone Root, Hydrangea and Pellitory of the Wall.*

Anti-Microbial

Plants with the capacity to inhibit the growth of micro-organisms and disease causing bacteria. *Mountain Grape, Buchu, Barberry, Camphor, Clove, Cinnamon.*

Anti-Pruritic

Herbs that help to relieve intense itching. *Marigold, Chickweed, Cucumber, Peppermint, Chamomile.*

Anti-Rheumatics

Herbs that can ease the pain of arthritis and rheumatism. *Celery seed, Wild Yam, Dandelion, Blue Cohosh, Lavender, Black Cohosh.*

Anti-Spasmodic

Plant medicines that bring relief of mild pain, spasm or muscle cramp. *Lobelia, Dong Quai, Black Haw, German Chamomile, Valerian, Passion Flower.*

Anti-Tussive

Agents used to relieve coughing, clear the lungs and lessen expectoration. *Pleurisy Root, Mullein, Angelica, Thyme, Slippery Elm Bark.*

Antioxidant

Scavengers of free radicals within the body, compounds that protect the body from lipid peroxidation and from free radical activity. *Gotu Kola, Beet tops, Alfalfa, Garlic.*

Bitters

Bitters are a class of herbs that stimulate the bitter taste buds located in the back of the mouth. When this occurs, a hormone is secreted into the blood stream which increases production of juices within the pancreas and the stomach.

Bitters are typically given approximately half an hour before meals. They work to assist assimilation and increase the appetite while reducing fermentation in the intestines. Popular bitters include: *Centaury, Wormwood, Feverfew, Chicory and Goldenseal.*

Catarrh

When the mucous membranes become inflamed, excess mucous can be discharged. Catarrh is often the result of allergy, toxemia, dust irritation, ear infection, sinus issue or inflamed tonsils. It is also commonly caused by a high intake of sugar, starches, dairy, and white flour products.



Decoction

An herbal preparation made from the woody parts of a plant such as the barks and roots. These dense materials are brought to a boil and simmered in order to extract the active constituents. Typically, a decoction is made in the ration of 1 oz. of the crushed or cut material simmered in 750 mL of water until the total volume is reduced by one quarter.

Afterwards, it is strained and cooled and taken in divided doses throughout the day. Using a covered vessel is recommended to prevent the volatile components escaping. Plastic free or non-aluminum saucepan containers such as ceramic, stainless steel or earthenware are ideally used.

Demulcent

A soothing herb that is rich in mucilage and bland in taste; offering protection to

inflamed or irritated mucous surfaces. It is considered to be an Herbalist's alternative to glycerine. *Slippery Elm, Marshmallow Root, Plantain, Oatmeal, Liquorice Root, Mullein, and Meadowsweet*, among others. Typically, a demulcent is almost always given in conjunction with anti-lithic herbs for stones to protect the surrounding mucosa as the stone passes.

Contra-indicated

Herbs that should not be taken with a certain medical condition or while taking specific medications, as they cause an unwanted reaction. For example, some herbs are not suitable and therefore contraindicated during pregnancy or lactation. If in any doubt, check first with your doctor or pharmacist prior to starting a new herbal preparation.

Emetic

Herbs that induce vomiting; used for expelling poison from the system. Emetic therapy is not as popular as it was in the 1800's; however, it may still be used for various conditions such as jaundice, bilious attacks, dropsy, swollen testicles and acidity. Bitters are often given afterwards to restore the tone to the stomach.

Febrifuge

Anti-pyretic, anti-fever agents to reduce high body temperature. *Elderflowers, Yarrow, Raspberry Leaves, Cayenne and Boneset.*

Galactagogue

Herbs utilized to increase milk production in nursing mothers. Examples include: *Cumin, Nettles, Raspberry, Goat's Rue, Fennel, Holy Thistle, and Agnus Castus.*

Liquid Extract

Considered to be the most concentrated form of an herbal preparation. Liquid Extracts are stronger than a tincture and the majority of them contain alcohol. They can be made in a variety of ways including: under pressure, evaporation by heat and cold percolation. Commonly, Liquid Extracts are taken in water.

Poultice

Poultices are made by using dried or fresh herbs, wrapped in a piece of flannel, a linen handkerchief or muslin bag and soaked in hot water. Equal parts of vegetable oil or honey can be mixed together with the herbs until they form a paste. Common poultices include: *Bran* for neuritis or sciatica, *Comfrey* for fractures and ulcers, and *Hops* for muscle pains.

Spasmodic

Plant medicines that bring relief of mild pain, spasm or muscle cramp. *Lobelia, Dong Quai, Black Haw, German Chamomile, Valerian, Passion Flower.*

Tincture

A concentrated liquid extract made from the soluble constituents of plants, seeds, barks, or roots in order to preserve their vital medicinal essences. Tinctures can be made on a base of glycerine and water preparation or an ethyl alcohol preparation and can last for years. Tincture of *Myrrh* is often used if there is any fear of infection.

