Letter from the Publisher

Amanda Klenner

November brings the cold for those of us in the Northern Hemisphere. With the cold, people move indoors. Due to increased close contact with others we also increase our chances for catching illnesses like the cold, flu, whooping cough, and other viral illnesses.

This is why, moving into the winter, we are starting to focus on immune boosting and immunostimulating herbs. When someone says, “I think I’m coming down with a cold,” I immediately hand them a huge bag of immune boosting tea or an immune boosting tincture. What is the star of these formulas? Echinacea. Echinacea, when used frequently at the beginning of symptoms, will help stop viral reproduction. This is an herb everyone needs to have on hand and ready to use at the first sign of illness.

Echinacea is good for so much more than virus fighting. It is an herb that has been used traditionally by Native Americans for hundreds of years. The Cheyenne used Echinacea for sore mouth and gums, Choctaws used it for coughs and stomach troubles, Comanche used it for sore teeth and throat, the Crows used it for colds, coughs, and colic. It is also used traditionally by many tribes as a treatment for snake bites.

This medicinal power house’s wide range of uses is forgotten by many and it is often reduced to only a cold and flu remedy. I hope this issue helps you understand the many ways Echinacea can be used, and that you can appreciate its full potential.

- Amanda
Echinacea Herbal Monograph

Nina Katz

Common name:  Echinacea

Latin names:  Echinacea purpurea, Echinacea angustifolia, Echinacea pallida

Family:  Echinacea

Actions:

Stimulant, cooling, immunostimulant, anti-viral, anti-microbial, febrifuge, antihistamine, decongestant anti-inflammatory, lymphatic.

There are several species of Echinacea, and most books list the two as similar if not identical in action. My experience is primarily with Echinacea purpurea, so I shall begin with that.

Echinacea purpurea, also called the purple cone flower, stimulates the immune system to fight off both viral and bacterial infections.
Unlike antibiotics, Echinacea works to enhance the body’s normal defense system rather than to destroy bacterial cells. The same stimulant action also helps to reduce fevers, especially low-grade fevers, and it can help the body to heal faster from chicken pox, measles, mumps, and scarlet fever by speeding both the eruptions and the recovery.

I prepare *Echinacea purpurea* as a strong tincture, packing a jar full with the fresh aerial parts, especially the flowers in full bloom, before adding the menstruum, which can be vodka or any other water alcohol mix (drinking alcohol, not rubbing alcohol) with at least 40% alcohol, but preferably more. The flowers need careful garbling, as bugs may lurk inside them. Cut them and inspect to be sure of what you’re tincturing. Shake daily for at least two weeks, and then strain and squeeze the marc. Others report excellent results from juicing *Echinacea purpurea*. Some people use the roots to make the tincture, but since the plant is endangered and the aerial parts are effective, I see no need for this.

In my experience, *Echinacea purpurea* works best in large doses; I use 75 drops to a teaspoon of the tincture. Some people respond to smaller doses, but if you don’t feel a response within an hour, you probably haven’t taken enough. Start with 8 drops, and wait. If you don’t feel relief from symptoms, take more. The adult dose may be as much as 1 teaspoon (about 80 drops) an hour for an acute situation.

To determine a child’s dose, guess what this particular kid’s dose would likely be if the kid were a grown up. Then, set up this equation:
Equation

- Kid’s weight = Kid’s dose
- 150 lbs = Adult’s dose

If this is a kid who usually responds well to minute doses, is very suggestive, responds well to homeopathy, etc., then figure the equivalent adult dose may be only 8 drops. If this is a kid who takes adult doses of ibuprofen or other pharmaceuticals, then the adult dose may be a teaspoon, although you can always start with a lower dose and work up.

While symptom relief should begin immediately, *Echinacea purpurea* calls the immune system into high gear and helps the virus resolve speedily. I have seen colds resolve in as little as 24 hours with this protocol, although they may take significantly longer.

For the miserable period of a cold or flu, take the tincture every hour. When the people around you have it, take *Echinacea purpurea* 3-5 times a day as a prophylactic. After two or three days, *Echinacea purpurea* starts to lose its efficacy. Imagine someone cheering you on in the same words for two or three days. By the third day, you may not hear the words anymore, so it’s time for someone else to step in with new words of encouragement. At that point, if I’m not yet over the cold, I usually switch to goldenrod or Spilanthes.

Echinacea does not help to build immunity long-term, but it is very useful for an immediate surge in immune action.

For allergies presenting with standard histamine reactions of sneezing, itchy eyes, itchy roof of mouth, or skin rash, goldenrod is my first herb of choice, but *Echinacea purpurea* is my second. If you take it early enough, a single, strong dose usually takes care of the episode. If you have allergy symptoms often, however,
make sure to get or prepare some goldenrod tincture, because *Echinacea purpurea* is not effective for long-term use.

Stephen Buhner recommends *Echinacea angustifolia* root tincture for strep throat, tonsillitis, and mouth sores and ulcers. He recommends direct contact between the tincture and the injured tissues, as by gargling\(^1\).

Buhner recommends a similar use of powdered angustifolia root for cervical dysplasia, including stage three. If a Pap smear comes back irregular, combine the powdered *Echinacea* root with vegetable glycerin and slippery elm bark powder or the flour of your choice until it’s doughy, then shape it and freeze it until it’s firm enough to insert. At night, position it so that it’s in direct contact with the cervix, and in the morning douche to remove what’s left. Buhner recommends douching with a mixture of \(\frac{1}{4}\) ounce Usnea and \(\frac{1}{4}\) ounce calendula tinctures with one pint of water, for a 14 day protocol\(^2\).

Matthew Woods paints a portrait of *Echinacea angustifolia* for exhausted people who have been working too hard, too many hours, for too many months, get sick as soon as they get a break, and typically present with pimples or boils and lackluster skin. Angustifolia can be used as well for septic conditions, abscesses, diphtheria, bad reactions to vaccines, and poor lymph circulation.\(^3\)

Unlike *Echinacea purpurea*, *Echinacea angustifolia* can be used in lower doses (30 drops are often effective, but for those who respond well to low doses, 2 may suffice), and for several months at a time, although sometimes a few days will do the trick.

\(^1\) Buhner, Stephen Harrod. *Herbal Antibiotics*,
\(^2\) Buhner, 272, 355-356
I have yet to see an adverse reaction to Echinacea in my practice, but some people experience nausea, increased fatigue, upset stomach, dizziness, mild throat pain, or joint pain. Note that many of these are symptoms that Echinacea treats, following the homeopathic principle that a remedy treats the symptoms it causes. If it makes you nauseous, take it with ginger. For any of the other symptoms, lower the dose or try a different remedy.

**Contraindications:**

None known.
Echinacea Flower Essence Profile

Charis Denny

Echinacea flower essence can probably best be described as an essence for modern times. Over the last few decades, our society has advanced technologically in almost unfathomable leaps and bounds, and while this advancement has made many things in life easier, it has come at a price.

In our increasingly high-paced and anonymous world, many of us have become alienated from nature, our community, and even our families. The result of all of this “progress” is countless people feeling a lack of human nourishment and connection. Additionally, the stress and trauma of crime, violence, and sexual, emotional, or mental abuse can further detach a person from their personal dignity and even their very spirit. Without the context of self-identity provided by community and an attachment to nature, many people float through life as a “personality” without a connection to their deeper soul.

Echinacea can help awaken the true inner self, and can help a person put the pieces back together if they feel shattered inside, either from assaults on their body or spirit, or lack of connection that the modern world often offers. Echinacea helps the soul move forth in the world with dignity and positive self-identity.
Echinacea Tea

Amanda Klenner

People love to combine Echinacea with other herbs to add flavor and anti-microbial “oomph”, but enjoying Echinacea tea all by itself leads to an interesting experience you don’t find with most herbs. When you sip Echinacea tea you will find it isn’t very pungent or astringent, although it is an astringent herb. It doesn’t have that knock you over flat flavor. The flavor is really quite pleasant, almost earthy with a hint of roasted root and a fleeting hint of sweetness.

The most interesting thing about Echinacea tea though, is the way it makes your mouth feel. When you sip on the tea at first you might feel a little dry in the mouth, but as you continue to sip and pay close attention, you will feel your mouth start to tingle. Some herbalists say this is how you know it is medicinally active. If you take an Echinacea tincture you will feel that tingling on an extreme level. It hits you upside the tongue and tells you it is there, ready to heal.
Echinacea Tea

Ingredients
- 1 oz Echinacea
- 4 cups of water
- 1 pint mason jar

Directions
Put your Echinacea in your mason jar and cover with boiling water. Put a lid on the jar to trap the volatile oils and let steep for 20-30 minutes. Enjoy it by itself, or add a bit of honey for sweetness.

How does your mouth feel?
How One Traditional Herbalist Uses Echinacea

Carol Little

For Prevention and to Wage WAR against the Common Cold!

There are many opinions about how best to use Echinacea, this great gift from the green world. I love this plant. I grow it and yet don’t harvest it, as my small garden embraces every plant and I cherish the show of glorious blooms every summer. I do use Echinacea, however, purchased locally from other herbalists. I tend to use a mixture of *Echinacea Angustifolia* root and *Echinacea Purpurea* flowers and leaves combined in tincture form.

Echinacea can be used effectively in immune stimulant formulas that can create a rapid increase in immune system function. I will include some ideas for formulas later on, but want to explain that for me, the same formula can be used when symptoms are present (i.e. sore throat or sniffles) or for prevention of winter
maladies in general. The difference lies in the amount of remedy taken and the frequency of the dosage.

**Prevention**

We can use Echinacea formulas in a preventative way by “pulsing the formula”. This means that we take the formula for two weeks every day and then take a week off. After this rest week, we begin again with 2 weeks of remedy every day, followed by the week off. Pulsing encourages maximum immune function and slowly increases the baseline immune response. Some herbalists believe that this on and off remedy pattern helps our immune systems to become strong and ready to fight invaders more than the idea of constant immune stimulation which can cause the immune system to stall.

As a remedy to prevent colds and flu, the immune stimulant formula needs to be taken 3-4 times daily. The adult* dose is 4-5 droppers per dose. It should be taken on an empty stomach when possible, under the tongue or in a small glass of pure water or warm tea. (Anti-viral herbs like lemon balm or sage leaves for example, are a good choice). *see below for child dose info.

Ideally, this preventative strategy begins in the fall, perhaps October or early November. Anytime is a good time to support immune system function, so consider incorporating an Echinacea formula into your day.

**War on Colds**

So let’s imagine for a moment, that we are taking our preventative remedy as suggested and, one morning, we awaken with a sore throat. NOW is the time for ACTION. Acute protocols now go into effect. In situations where symptoms are present, the herbs will help to throw the virus off track if we begin the treatment right away! To be clear, I don’t mean that we wait 8
hours until we get home from work. Immediately means that we start right away to aggressively treat the invaders and attempt to side step the virus. Up until two years ago, this meant taking the tincture every hour while symptoms present. As always, I am like a sponge, soaking up new information when and where I can. Thank you to fellow herbalist, Daniel Gagnon for this:

“A flu virus replicates from one virus to thousands in about 5 hours and a cold virus can replicate from one virus to thousands in about 8 hours. We need to flood the body with the herbal remedy to STOP the cold or flu virus from taking hold.”

With this in mind, these are my current thoughts for waging war on the virus. When symptoms are present, increase the amount of remedy and the dose frequency. Since these viruses replicate every 15-20 minutes, I suggest that adults* take 5-6 droppers of immune stimulant tincture every 15 minutes during that first day or until symptoms subside.

I suggest that folks ensure that they are well equipped during cold + flu season, with an immune boosting tincture available at all times. My clients normally have a small dropper bottle at home and another in purse or drawer at the office so that they can start to handle the situation as soon as the symptom makes itself known. When symptoms begin to abate, the frequency can reduce as well, to about 6 times daily until at least 2-3 days after the symptoms have disappeared. This is important.

**What to do to Ensure the Best Results Possible:**

*We need to start early and take enough of the herb.*

We need to take the best form of this herb, tincture over tablets for example.
We need to take it persistently for at least 2-3 days after all symptoms are gone.

We need to support the herbal remedy by choosing to nourish the body and mind always, but especially when fighting for health. We need to give thanks for the plant medicine and respect the healing that is possible.

**Immune Stimulant Tincture formulas with Echinacea:**

This immune boosting formula consists of 3 types of herbs: Immune, lymphatic, & circulatory stimulants.

*Immune Stimulant Herbs*

- Known to strengthen and support the immune system.
- Can be the entire formula or 50% +.

Example of Immune Stimulant Herbs would include:

- Echinacea
- Calendula
- Ginger

*Lymphatic*

- Are both directly and indirectly a part of improving immune function. They support and reduce congestion of lymph nodes and improve lymphatic drainage.
- Can be 20-50% of the formula.

Examples of Lymphatic Herbs would include:

- Echinacea
- Elder
- Calendula
- Garlic
Circulatory stimulants

- A group of herbs which I always think of as the ones that blast or propel the formula to all areas of the body, quickly.
- Can be 1-10% of the formula.

Examples of a Circulatory Stimulant Herbs would include:

- Echinacea
- Calendula
- Elecampane
- Cayenne

This article is obviously about Echinacea, star immune stimulant herb. I use it frequently, as I’ve said, in formulas. It’s important to note, however, that we want to have other immune stimulant herbs in play as well, over a period of time, to ensure that the body receives a good round up of herbal constituents for maximum effect.

Have you ever noticed that your hair responds to a “change up” in your shampoo? It’s the same here. I would change the formula after a couple of weeks to accent other herbs so that the desired healing affect can be achieved.

Other immune stimulant herbs include: Calendula, elecampane, plantain.

Lymphatic herbs include: calendula, Echinacea, nettle leaf, goldenrod.

I usually rotate ginger, cayenne, garlic, and cinnamon as circulatory stimulants in this sort of formula.

ECHINACEA is indeed a star performer. Have a healthy winter!
**Doses for children.**

Adult dose info applies to those from puberty to 70 years and children 100 lbs +.

For children from 1 year old to puberty < 100 lbs:

**Preventative Dose**

Take weight of the child ____ x .04= _____ x .5 droppers

Example: Child weighs 80 lbs.  x .04 = 3.2  x .5 droppers = 1.6 which translates into + or – 1.6 droppers or about 1½ droppers.

**Acute Dose**

Take weight of the child _____x .07 = _____ x .1 droppers

Example: Child weighs 80 lbs x .07 = 5.6 x .1 droppers = .56 which translates into + or -.56 or ½ a dropper.
Echinacea, E for Effective – Echinacea Yarrow Salve

Jessica Morgan

I once read something about Susan Weed referencing Echinacea as "the big E for emergency." I loved it and it stuck. So, whenever I’m thrown into a minor emergency it’s one of the herbs I pull from my apothecary, and I like to think of it as “E for Effective!” It’s true, it’s a good plant to turn to as a valuable alternative to antibiotics as well as an effective blood and lymph cleanser. Perfect for minor emergencies, no medicine cabinet should be without it.

We know that the American Indians used all plant parts of the wild coneflowers for food and medicine. It was the ‘healing root’ for many tribes, as it mended infected wounds, cleansed the blood, and broke fevers faster than the medicine man could say his prayers. It didn't take long for the frontier men to catch on either. These striking native wildflowers have long proven to be popular and reliable medicine plants for the treatment of a myriad of ailments, which is why we have all fallen head-over-heels for “the
big E” and quite probably will continue to be in love with this plant until the end of time.

In our modern times though, it seems most often when we think of Echinacea we think of it as a home remedy for boosting the immune system; for fighting colds, for flu prevention, and almost any type of internal infection in between. Echinacea is wonderful medicine internally to activate the immune system when fighting many types of infection and is a good herb to turn to for building the entire system. But it’s also great for healing externally, with traditional uses including topical wounds from snakebites to arrow wounds, skin infections, burns, cuts, and bedsores. A simple salve made with it has an incredible ability to halt a cold sore, soothe burns and blisters, and reduce inflammation, making healing time faster and less painful. And the great thing about a salve is that it is easy to tote around in one’s bag, ready for anything.

There are several species of Echinacea commonly used, including and most common *E. purpurea*, which I personally cultivate because it is the most abundant species, and *E. angustifolia*, which is becoming rarer in the wild but is extremely medicinal. Many herbalists cultivate Echinacea in their gardens to avoid further depletion of the wild Echinacea plants, as well as to share in the healing presence of these amazing coneflowers. I suggest you do too. No garden, gardener, or herbalist should be without it. Growing Echinacea, or coneflowers, is extremely easy as this perennial will grow in a wide range of conditions and is hardy in even very cold regions. Plus, it tolerates poor soil conditions and withstands drought, making it a perfectly resilient plant.

Both *E. purpurea* and *E. angustifolia* are powerhouses at healing wounds, skin infections, and restoring skin regeneration. They both help protect our healthy cells from invasion by bacteria and
viruses, even if we apply the herb topically. Small cuts, big cuts, bites, or burns you name it, Echinacea can be used as a topical disinfectant to get the wounds to heal, and heal fast. The root is often touted as the most powerful part of the plant and is used most often, but I like to use the leaves and the flowers too. You can use the whole plant to keep cuts and scratches from getting infected and, topically applied, Echinacea can dramatically speed wound healing, especially for the treatment of slow-healing wounds. When applied topically to burns and/or sunburns, Echinacea’s healing properties help speed the recovery process, plus it also has analgesic properties, helping to ease pain. Go on, use the whole plant!

And then there’s yarrow, one of my favorite antiseptics. Together, they are amazing. Yarrow is analgesic, hemostatic, and antiseptic; it helps stop bleeding, lessens pain, prevents infections, and is a superior wound dressing. Perfect for a wound balm.

Below is one of my easy to prepare wound balms great to have around during fall clean up, camping, hiking, playing, or any other activity where one might find themselves with a flesh wound.

**Echinacea & Yarrow Wound Balm**

Use this balm to treat minor cuts and burns, bites, stings, or sores. Both Echinacea and yarrow have disinfecting and antibiotic properties making it soothing and healing. Apply as needed.

**Ingredients**

- 1/4 ounce dried *E. purpurea* and/or *E. angustifolia* root, leaves and flower
- 1/4 ounce dried yarrow (*Achillea millefolium*) herb, leaves and flowers
- 1 cup extra virgin olive oil
• 1 ounce grated raw unrefined beeswax

Optional
• 20-30 drops essential oils, lavender or tea tree etc.
• 5 capsules vitamin E oil

Directions
1. Weigh out your dried herbs using a kitchen scale. Fresh can be used of course, but dried may be more accessible year round. If using fresh, you’ll want to wilt your herbs a bit to allow surface moisture to escape.
2. Prepare the oil infusion. In double boiler—I use a mason jar atop of a pan of water—cover the herbs with oil and stir to combine. Infuse the oil and herbs on lowest setting for 8 hours or better, all day. Note: You’ll want to watch the pot and add water as it will evaporate. Strain infused oil through cheesecloth or cotton T-shirt or towel and set aside.
3. In your double boiler, gently heat the infused oil and grated beeswax until melted together. Remove from heat and add essential oils and vitamin E.
4. Pour into containers and let cool on the counter until completely cool and hard.
Echinacea Herbal Mouth Wash

Amanda Klenner

Echinacea has been used by Native American tribes like the Cheyenne, Comanche, Crow, Omaha, Ponca, and Oglala to treat tooth infections and disease according to Paul Bergner. Its ability to increase T cell activity in the body, thus increasing immune system function, and to draw out infections, makes it a wonderful addition to any mouth remedy. When you drink the tea or tincture you can feel the tingling activity in the mouth and throat which, to me, indicates the usefulness in oral care. Echinacea does not work alone in this mouthwash formula.

Myrrh is a resinous sap that comes from the Commiphora tree, which has been revered medicinally for thousands of years in both Traditional Chinese Medicine and Ayurvedic medicine. It is used to treat weak gums, loose teeth, candida, infection, inflammation, and swelling. It tones and tightens the tissues of the gums and helps fight infection and reduces redness in gums.
Propolis is a resin bees create to seal the holes and gaps in beehives. It is used to prevent pathogenic invasion and is highly anti-microbial. It is very commonly used as an antibiotic and astringent remedy for gums and tooth infections.

Oregon Grape Root (*Mahonia angustifolia, M. nervosa*) is another very potent antimicrobial herb that can help fight mouth, tooth, and gum infections. Its astringent and anti-inflammatory qualities help it tighten and tone the gums while reducing redness and inflammation.

Peppermint (*Mentha piperita*) is also antimicrobial and reduces redness and swelling in the mouth. It is in this formula to add some flavor.

**Ingredients:**

- ½ oz Echinacea Tincture
- ½ oz Propolis Tincture
- ¼ oz Peppermint Tincture
- ⅛ oz Myrrh Tincture
- ⅛ oz Oregon Grape Root Tincture

**Directions:**

Combine all of the ingredients into a 1 oz dropper bottle. Add 1-2 droppers full of the mixture to 1oz of water. When you combine the herbal formula with the water it will get a bit cloudy because of the resins from the myrrh and propolis in the water. Swish and gargle with the mouthwash for at least 30 seconds, up to two minutes, and spit it out when finished.

Along with a real whole food diet, brushing and flossing twice a day, and maintaining healthy gut and oral bacteria, this should help reduce redness, inflammation, receding gums, and more. As always though, healing will not happen if diet and lifestyle are not addressed.

Be sure to consult a dental health professional if you feel you have an infection, abscess, or anything that may require medical attention. Dental infections can lead to systemic infections and cardiovascular disease if not treated correctly.
Echinacea Cold Weather Lip Balm

Jan Berry

Between the dry, heated air of indoors and the blustery cold weather outside, the thin skin on our lips needs a lot of extra care during the chilly months of winter. I designed this lip balm recipe especially for the season. However, it can be used year-round as well.

When thinking over my lip balm and the needs I had for it, I decided to include the following ingredients in the formula:

**Calendula:** Is incredibly soothing and healing to irritated, chapped skin.

**Echinacea:** Contains mild anti-inflammatory and antiseptic properties that address painful, cracked lips.

**Lemon Balm:** Contributes strong anti-viral activity, especially effective against the virus that causes cold sores.

**Coconut Oil and Shea Butter:** For extra hydration and protection against the elements. (If you're allergic to coconut oil,
just use more herbal infused oil instead. You can also substitute mango or cocoa butter for the shea.)

**Castor Oil:** Adds a bit of gloss and helps the balm stay on your lips longer.

Sunflower is used as the carrier oil and beeswax helps bind it all together into an easy-to-apply form.

Optional ingredients include: peppermint (or spearmint) essential oil, if you'd like to add a little scent and flavor, and vitamin E, which acts as a preservative while lending its own healing properties.

To make our lip balm, first we'll need to create a compound herbal oil infusion.

Add a handful each of dried calendula petals, dried Echinacea root (or flowers and leaves, if you harvest your own), and dried lemon balm to a jar. Precise measurements are not required – your jar just needs to be about one-fourth to one-half full of dried herbs.

Next, slowly pour in sunflower oil until you near the top. Cap and shake well.

Store this in a cool, dark place for four to six weeks, shaking every few days, or as you remember to. After sufficient time has passed, strain out the herbs, reserving the oil.

While the slow method is ideal, if you don't want to wait that long, add the herbs and oils to the jar, but then set it down into a saucepan filled with a few inches of water.
Place the pan over a medium-low heat burner for a few hours. This helps speed up the infusing process. Keep a close eye on the oil so that it doesn't overheat. The water in your makeshift double boiler should not get so hot that it simmers.

After two to three hours, remove the jar from the heat. Once it's cool enough to handle, strain and use in the following recipe.

Any leftover oil should be capped and stored in a cool, dry place. It should stay fresh for about a year.

**Echinacea Cold Weather Lip Balm**

**Ingredients**

4 ½ tablespoons sunflower oil infused with calendula, Echinacea, and lemon balm

1 tablespoon plus 1 teaspoon coconut oil

½ tablespoon castor oil

1 tablespoon shea butter (or mango or cocoa)

2 scant tablespoons of beeswax pastilles

optional: around 25 drops of peppermint or spearmint essential oil

optional: contents of one vitamin E gel cap
Directions

Combine all of your oils, butter, and beeswax in a heat proof container.

Set it down into a saucepan containing a few inches of water. Heat the water over a medium-low burner until the shea butter and beeswax has melted.

Remove from heat and stir in the vitamin E and essential oil, if using.

I like to make these in individual half-ounce tins, especially if intended for someone with cold sores or who is ill. This way, you can use a clean finger or cotton swab to apply each time, without contaminating a whole container.

This recipe makes about 3 ½ ounces of product and fills around seven of the little half-ounce tins.

Feel free to experiment and create your own unique formula by using different herbs! Other ones that I like for lip balm include: Violet Leaf, Rose Petals, Plantain, and Comfrey. Instead of sunflower oil, you can use olive or sweet almond oil.

Finally, keep in mind that this lip balm also makes a terrific spot healing salve for dry skin areas, wind burned cheeks, bug bites, or other minor skin irritations!
Herbal steams can provide instant and powerful relief during colds and asthmatic episodes. The preparation is easy, and it begins with visiting your spice rack or herb collection to see what you already have on hand. My favorite steaming herb is thyme, but oregano, basil, peppermint, spearmint, and lemon balm are other options. It’s fine to combine more than one herb. The first question is which of these do you have on hand in quantity. A quarter of a spice jar would be a reasonable amount to use; half a jar will be more potent but not too much. You don’t need to measure or worry about the precise amount.

The next question is whether you want the steam to cool down fairly quickly or to stay hot for as long as possible. When it’s too hot, you’ll need more frequent breaks in the treatment, and the steaming will be briefer, or delayed for longer to allow it to cool enough to prevent burning. If it cools too quickly, the treatment will be shorter, or require a long intermission while you reheat it.
If the potential for fast cooling is essential, then fill a large tea kettle with water and set it to boil. Meanwhile, put your herbs into a large canning jar, find a large metal bowl and set it on the table, and find a large towel. Once the water boils, pour it very slowly over the herbs so as to prevent the jar from breaking. Once the jar is full or near full, put the lid on and let it steep. Time five minutes, and then pour the contents into the metal bowl.

If the steam is plentiful but not burning, you are now ready to drape the towel over the bowl and head of the person doing the steam. Tuck in all the ends of the towel to prevent any of the steam from escaping as you bend your head over the bowl. The lower your head, the hotter, so be careful to avoid burning. Come up for air every few minutes, and then go back under the tent and inhale more steam.

If you want the steam to stay hot for as long as possible, then fill a large pot with water and set it to boil. Place a trivet on your table and find a large towel. Once the water reaches a simmer, turn off the flame, add the herbs, and cover the pot to allow the herbs to simmer. Time them five minutes, and then bring the pot to the table and set up the towel as a tent around the pot and head, with the edges tucked to prevent the steam from escaping. Bend your head over the pot, but not so low as to burn, and breathe in the steam for as long as is comfortable. Come up for air, and then go back under the tent to inhale more herbal steam before your next break.

Herbal steams break up congestion effectively and fairly quickly. They can also calm or stop wheezing, dilate the bronchi, and free up all of the respiratory passages. A steam treatment for asthma will usually take longer than a steam treatment for a stuffed nose.

A couple of drops of thyme, peppermint, or eucalyptus essential oil on the floor of the tub during a hot shower will create a similar steam, although the delivery will be more diffuse.
Herbs of the Holidays

Heather Lanham

Herbs have been incorporated into the winter holidays for as long as there have been humans celebrating them. The winter solstice was much celebrated as it represented a halfway point. The cold season was half over; the sun would stay for longer every day, building toward the blessed heat and abundance of summer.

Holly and ivy were important herbs to the druids, as they symbolized life and rebirth. Both stay green throughout the harsh winter cold. Holly even produces its beautiful red fruits during the cold season. Evergreens are another that stay green, and the needles of pine trees can be burnt in place of sage for purification of an area. The needles, packed full of flavor as well as vitamins C and A, can also be used as a tea. The taste is light with only a hint of pine; very palate pleasing with the addition of some local honey.

Lavender has been associated with the birth of Christ, as the Virgin Mary is said to have hung the swaddling blankets out to dry over lavender and rosemary bushes. Lavender is great for filling sachets
or setting out as potpourri to sweeten the air in a guest room before family and friends arrive for the holidays. Thyme can be a lovely addition to the potpourri and also has historic connections to the Virgin Mary; thyme was used as part of the rushes for the bed the Virgin Mary laid on as she gave birth. The use of thyme as part of the rushes for a birthing bed is quite logical as thyme is very antiseptic. Thyme can also be used for culinary purposes. It is wonderfully tasty when added to turkey, stuffing, or baked mac and cheese. Baked mac and cheese is a holiday favorite here. My grandmother has been making this tasty dish since before I was born. It is so simple to make and such a great comfort food.

Frankincense and myrrh, what beautiful scents. Long associated with the three wise men and Christmas, their use goes back much farther in time. Set on coals to burn, the fragrant smoke is used to purify. They are often used now in mouthwashes and toothpastes but once upon a time they were popular for use in embalming.

The scent of allspice, cinnamon, nutmeg, and cloves baking in something yummy has become synonymous with winter holidays. What says winter holidays more than the heavenly scent of pies loaded up with these spices baking in the oven? All of these spices perform double duty. Allspice is good for the digestion while cloves are relaxing and analgesic. Cinnamon aids the digestion as well by helping to keep the digestive fires burning, and nutmeg is good for the digestion and has a carminative effect. A tasty chai can be created with these four herbs. A half teaspoon of each (ground) infused in water, add a little honey, and you have some awesome in your cup. If you want to make it a latte, just make the tea stronger and heat some milk. Mix the two and visit heaven.
Baked mac and cheese

Ingredients

- 1 box of elbow macaroni
- 2 lbs cheese (cheddar, mozzarella, whatever type preferred)
- 1 teaspoon dried thyme or 1 sprig
- 1 clove fresh garlic (chopped)
- Butter or oil for the pan

Directions

Grate all the cheese. Don't use pre shredded cheese as there is often a chemical put on it to keep the cheese from sticking. It interferes with flavor. Set your noodles to boil. While the noodles cook, butter/oil a 9 x 13 baking dish and add your thyme and garlic to the grated cheese. Once the noodles are done thoroughly drain them. Spread a thin layer of noodles in the buttered baking dish, follow with a thin layer of the cheese/ herb mixture. Continue layering until near the top of the dish, making sure to end with a thicker layer of the cheese/ herb mix.

It goes in the oven for 30 minutes at 400. Although, it needs to be checked more often the first time and the times/temps may need adjusting to suit each person's stove.

http://www.oregonwildharvest.com/archived_newsletter/the_lore_of_herbs_at_christmas


http://perrysperennials.info/articles/holiherbs.html

http://nuannaarpoq.wordpress.com/thalassas-herbal/herbs-for-yule/

Simple Herbal Gift Giving

Angela Justis

The holiday season is upon us! As an herbalist, the holidays give me a great excuse to make an assortment of herbal goodies for friends and family. Each year I put together a bounty of gifts to hand out to everyone. From the mail person to my daughter’s teachers to my best friend, almost everyone loves a little herbal something given from the heart.

With a bit of planning and preparation you can make your own magical herbal gifts to share with friends and family. Here are guidelines and instructions for making 4 different simple herbal body care gifts. Each of these gifts can be made in large batches and customized as your intuition guides you.

Bath Salts

I love to make and use bath salts. These are so very easy to create! Following is a very basic recipe. You can add a multitude of things to this blend to change it up and add some personalization. I like to add flowers like lavender and rose petals or a pretty salt such as course pink Himalayan salt to make the bath look as gorgeous as it feels.
Ingredients & Supplies

Makes 5 small gifts or 2 medium sized gifts

- 4 cups Epsom or sea salts
- 1 cup baking soda
- 20 to 30 drops of essential oil*
- Optional ingredients include rose petals, lavender blossoms, chamomile blossoms, milk powder, Himalayan salts, a bit of beet powder for color, and even small pieces of seaweed! Add these in small amounts.
- For packaging your creation use jars, containers, or nice plastic bags like you would get in the food supply section of your craft store.
- ribbons or ties
- labels*

Directions

Combine the salts and baking soda in a bowl. Add the drops of essential oils and stir well making sure to break up any clumps of the essential oils. Add any optional ingredients you have chosen, blending everything together well. Then put the bath salt into bags, tie shut, add a label, and you are done!

Aromatherapy Spritzers

Spritzers are so easy to make, user friendly, and bring a bit of plant magic into life. Here are basic instructions for making your own spritzer.

Ingredients & Supplies

Makes 1 spritzer

- 4 oz. bottle
- atomizer (spray top)
- water, distilled or filtered
- 10 to 20 drops of essential oil*
- label*
**Directions**

First get yourself set up by trimming the tube on the spray top (or tubes if you are making lots of spritzers) to be sure that it is the proper length, just reaching the bottom of the bottle. Then, fill the bottle almost to the top with water. Be sure to leave enough room for the sprayer tube to insert into the bottle because the water level will rise a bit when you add the top. Then, add the essential oils. Next, shake up your creation and add a label and ribbon if you wish. That is it! So simple.

**Shea Body Butter**

I love Shea butter. It is so rich and creamy. This super simple body butter is really fun to make and feels so good on the skin, it is a real treat.

**Ingredients & Supplies**

*Makes 10 small 2 ounce gifts or 5 larger 4 ounce sized gifts*

- 20 ounces of unscented shea butter by volume
- 20 to 40 drops of essential oil*
- 5 round tins or squat jars, 2 or 4 ounce size
- labels*

**Directions**

Prep your containers by placing them on your work space and taking the lids off. Place the shea butter in a bowl. Then add your essential oils. After you have added the essential oils, it is time to have fun! Massaging the shea butter and essentials oil together with your hands to blend them together. (Make sure your hands are very clean and very dry before you start. Water in the shea butter will make it go bad.) All of your loving attention will make the shea butter nice and soft. If you do not want to use your hands, simply blend the shea butter and essential oils with a spoon
or fork. You may have to warm the shea a bit if it is stiff. Scoop it into your containers. Rub the extra shea on your hands all over. This is a great project to do while wearing a skirt so you can easily rub any extra shea butter on your legs! Don’t forget to label your containers.

**Salt Scrubs**

Luscious salt scrubs are great for exfoliating away dead skin cells while moisturizing the skin. You could easily spend $20 for a small jar of high quality salt scrub at the store. Make your own to gift at a fraction of the cost.

**Ingredients & Supplies**

*Makes 6 small 4 ounce gifts or 3 larger 8 ounce sized gifts*

- 2 cups of sea salt or fine Himalayan salt
- 1 cup high quality oil like apricot kernel, almond, grapeseed, avocado, or olive oil
- 15 to 30 drops of essential oil*
- For packaging your creation use jars or plastic containers. I have had people tell me that they prefer plastic containers for their salt scrub to protect against breakage in case they happen to drop it in the shower.
- labels*

**Directions**

Blend all ingredients thoroughly in a bowl. Spoon into jars or containers. Label and enjoy giving away this lovely present.
* A TIDBIT ABOUT ESSENTIAL OILS

The recipes above use essential oils both for scent and therapeutic properties. When I make a gift for someone whose preferences I don't know, I almost always use lavender essential oil. Most people love lavender and it is one of the safest essential oils. There is a whole world of essential oils beyond lavender. Here are few common ones that you might consider using in your creations.

<table>
<thead>
<tr>
<th>Essential Oil</th>
<th>Emotional Attributes</th>
<th>Benefits In Skin Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bergamot</td>
<td>Uplifting, eases anxiety &amp; stress</td>
<td>Oily skin</td>
</tr>
<tr>
<td>Cedarwood</td>
<td>Centering &amp; relaxing</td>
<td>Oily skin</td>
</tr>
<tr>
<td>Frankincense</td>
<td>Calms &amp; assists in meditation by deepening the breath</td>
<td>Dry, mature skin &amp; wrinkles</td>
</tr>
<tr>
<td>Jasmine</td>
<td>Soothing &amp; creates a sense of hopefulness</td>
<td>Sensitive &amp; dry skin</td>
</tr>
<tr>
<td>Lavender</td>
<td>Simultaneously relaxing &amp; stimulating</td>
<td>Cleansing and soothing</td>
</tr>
<tr>
<td>Lemon</td>
<td>Refreshing &amp; happy</td>
<td>Oily skin &amp; acne</td>
</tr>
<tr>
<td>Neroli</td>
<td>Comforts, soothes depression &amp; anxiety</td>
<td>Skin tonic and for scarring</td>
</tr>
<tr>
<td>Orange</td>
<td>Happy, uplifting &amp; refreshing</td>
<td>Oily skin</td>
</tr>
<tr>
<td>Rose</td>
<td>Emotionally comforting &amp; heart soothing</td>
<td>Healing for all skin types</td>
</tr>
<tr>
<td>--------------------</td>
<td>----------------------------------------</td>
<td>-----------------------------</td>
</tr>
<tr>
<td>Rose Geranium</td>
<td>Balancing &amp; relaxing</td>
<td>Skin tonic</td>
</tr>
<tr>
<td>Rosemary</td>
<td>Refreshes a tired mind &amp; aids memory</td>
<td>Nourishes mature, dry skin</td>
</tr>
<tr>
<td>Sandalwood</td>
<td>Grounding &amp; relaxing</td>
<td>Helps all skin types</td>
</tr>
<tr>
<td>Spearmint</td>
<td>Lifts sadness, relaxes &amp; ease fatigue</td>
<td>Congested skin</td>
</tr>
<tr>
<td>Ylang Ylang</td>
<td>Calming &amp; aphrodisiac</td>
<td>All around good for skin care.</td>
</tr>
</tbody>
</table>

*Cautions: Bergamot, lemon, and distilled orange are phototoxic so do not use on skin directly before sun exposure. Avoid cedarwood and rosemary during pregnancy.*

**TIPS FOR EASY LABELING**

It is important to label your creations. It lets you and everyone else know what is inside! Sheets of blank labels with sticky backs are available at most office supply stores. In a pinch I often use cardstock to create labels. After creating a label with card stock, I just punch a hole in the corner and tie it to my creation with a pretty ribbon. It looks really sweet and handmade this way. You can simply write your labels by hand or create them on your computer and print them off.

You may have noticed that all of these gifts are ideas for making body care items. The world of herbs is vast indeed and ideas for
gifts certainly doesn’t stop with body care. Creations for the kitchen include tea blends, infused oils and vinegars, syrups, as well as herbal infused honeys, sugars, and extracts. Presents to use around the home include dream pillows, sachets, wreaths fashions with herbs, and more. There are so many ideas for creating herbal gifts. This really is just the tiniest peak. I hope you find it to be a great place to start.

Happy crafting!

References

- *Aromatherapy, A Complete Guide to the Healing Art* by Mindy Green & Kathy Keville
- Jeanne Rose Aromatherapy & All Things Herbal, Aromatherapy Course Home & Family: [http://www.jeannerose.net/articles/25_essentials.html](http://www.jeannerose.net/articles/25_essentials.html)
- *The Encyclopaedia of Essential Oils*, by Julia Lawless

*Salt Scrub*
Many people don't realize that essential oils are highly concentrated and must always be diluted before applying topically. How much dilution depends on several factors, but can be boiled down to these four: age, health issues, therapeutic reason for using, and the essential oil itself.

- 1% dilution (1 drop per teaspoon of carrier oil; 5-6 drops per ounce) – For children under age 6, pregnant women, elderly adults, and those with sensitive skin, compromised immune systems, or other serious health issues. This is also the dilution you want when you are massaging over a large area of the body.

- 2% dilution (2 drops per teaspoon of carrier oil; 10-12 drops per ounce) – Ideal for most adults and in most situations. This is also a good dilution for daily skin care.
- **3% dilution** (3 drops per teaspoon of carrier oil; 15-18 drops per ounce) – Best used short-term for a temporary health issue, such as a muscle injury or respiratory congestion. Up to 10% dilution is fine, depending on the health concern, the age of the person, and the oils being used.

- **25% dilution** (25 drops per teaspoon of carrier oil; 125-150 drops per ounce) – Occasionally a dilution of this strength is warranted. This might be for a muscle cramp, bad bruising, or severe pain.

- **Using oils “neat” (undiluted)** – Lavender is one of the few essential oils that can be used neat, on occasion, and only for short-term use. A bug bite, burn, or wound, might be a good reason to use lavender neat. Just use caution when using undiluted, as some individuals can experience irritation or sensitivity when essential oils are used neat.

Keeping safe use of essential oils in mind, always use the lowest dilution possible that gives you effective results.

Some essential oils inherently need more dilution than the general guidelines above:

- Lemongrass, for example, is a potential skin allergen, and is recommended for topical use at a level of .7%.

- Cinnamon bark has a limit of .07%, where cinnamon leaf can be used at .6%.

- Distilled lemon has a max dermal limit of 20%, whereas cold-pressed lemon must be limited to 2%.

- The best source for obtaining max dermal limits, as well as a host of other information, is from Robert Tisserand's book, Essential Oil Safety.
How to Dilute Essential Oils

The best rule of thumb is one drop of essential oil per 1 teaspoon of carrier oil for a 1% dilution. View the chart below for other dilutions...


<table>
<thead>
<tr>
<th>Essential Oils Measurement Equivalents</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 drops = 1 tsp = 5ml = 1/6 ounce</td>
</tr>
<tr>
<td>200 drops = 2 tsp = 10ml = 1/3 ounce</td>
</tr>
<tr>
<td>300 drops = 3 tsp = 15ml = 1/2 ounce</td>
</tr>
<tr>
<td>400 drops = 4 tsp = 20ml = 2/3 ounce</td>
</tr>
<tr>
<td>500 drops = 5 tsp = 25ml = 5/6 ounce</td>
</tr>
<tr>
<td>600 drops = 6 tsp = 30ml = 1 ounce</td>
</tr>
</tbody>
</table>
A Glossary of Herbalism

Nina Katz

Do you feel befuddled by all of those terms? Are you curious about what a menstruum might be, or a nervine? Wondering what the exact difference is between an infusion and a decoction? Or what it means to macerate? Read on; the herbalist lexicographer will reveal it all!

<table>
<thead>
<tr>
<th>Glossary Term</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adaptogen</td>
<td>n. An herb that enhances one's ability to thrive despite stress. Eleuthero, or Siberian Ginseng (Eleutherococcus senticosus) is a well-known adaptogen.</td>
</tr>
<tr>
<td>Aerial parts</td>
<td>n. pl. The parts of a plant that grow above ground. Stems, leaves, and flowers are all aerial parts, in contrast to roots and rhizomes.</td>
</tr>
<tr>
<td>Alterative</td>
<td>n. An herb that restores the body to health gradually and sustainably by strengthening one or more of the body's systems, such as the digestive or lymphatic system, or one or more of the vital organs, such as the liver or kidneys. Burdock (Arctium lappa) is an alternative. adj. Restoring health gradually, as by strengthening one or more of the body's systems or vital organs.</td>
</tr>
<tr>
<td>Anthelmintic</td>
<td>n. A substance that eliminates intestinal worms.</td>
</tr>
<tr>
<td>Anthelmin</td>
<td>adj. Being of or concerning a substance that eliminates intestinal worms.</td>
</tr>
<tr>
<td>Term</td>
<td>Definition</td>
</tr>
<tr>
<td>------------------</td>
<td>-------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Anti-catarrhal n.</td>
<td>A substance that reduces or slows down the production of phlegm.</td>
</tr>
<tr>
<td>adj.</td>
<td>Being of or concerning a substance that reduces or slows down the production of phlegm.</td>
</tr>
<tr>
<td>Anti-emic n.</td>
<td>A substance that treats nausea. Ginger (<em>Zingiber officinale</em>) is anti-emic.</td>
</tr>
<tr>
<td>adj.</td>
<td>Being of or concerning a substance that treats nausea.</td>
</tr>
<tr>
<td>Anti-microbial n.</td>
<td>An herb or a preparation that helps the body fight off microbial infections, whether viral, bacterial, fungal, or parasitic. Herbal anti-microbials may do this by killing the microbes directly, but more often achieve this by enhancing immune function and helping the body to fight off disease and restore balance.</td>
</tr>
<tr>
<td>adj.</td>
<td>Being of or concerning an herb or a preparation that helps the body fight off microbial infections.</td>
</tr>
<tr>
<td>Aperient n.</td>
<td>A gentle laxative, such as seaweed, plantain seeds (<em>Plantago spp.</em>), or ripe bananas.</td>
</tr>
<tr>
<td>adj.</td>
<td>Being of or concerning a gentle laxative.</td>
</tr>
<tr>
<td>Aphrodisiac n.</td>
<td>A substance that enhances sexual interest or desire.</td>
</tr>
<tr>
<td>adj.</td>
<td>Being of or relating to a substance that enhances sexual interest or desire.</td>
</tr>
</tbody>
</table>
**Astringent**  
*n.* A food, herb, or preparation that causes tissues to constrict, or draw in. Astringents help stop bleeding, diarrhea, and other conditions in which some bodily substance is flowing excessively. Some astringents, such as Wild Plantain (*Plantago major*), draw so powerfully that they can remove splinters.

**adj.** Causing tissues to constrict, and thereby helping to stop excessive loss of body fluids.

**Bitter**  
*n.* A food, herb, or preparation that stimulates the liver and digestive organs through its bitter flavor. Dandelion (*Taraxacum officinale*) and Gentian (*Gentiana lutea*) are both bitters. Also called *digestive bitter*.

**Carminative**  
*n.* A food, herb, or preparation that reduces the buildup or facilitates the release of intestinal gases. Cardamom (*Amomum spp.* and *Elettaria spp.*) and Fennel (*Foeniculum vulgare*) are carminatives.

**adj.** Characterized as reducing the buildup or facilitating the release of intestinal gases.

**Carrier Oil**  
*n.* A non-medicinal oil, such as olive or sesame oil, used to dilute an essential oil.

**Catarrh**  
*n.* An inflammation of the mucous membranes resulting in an overproduction of phlegm.
<table>
<thead>
<tr>
<th><strong>Compound</strong></th>
<th><strong>v.</strong></th>
<th>To create a medicinal formula using two or more components.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>n.</strong></td>
<td>An herbal preparation consisting of two or more herbs.</td>
</tr>
</tbody>
</table>

| **Compress** | **n.** | A topical preparation consisting of a cloth soaked in a liquid herbal extract, such as an infusion or decoction, and applied, usually warm or hot, to the body. A washcloth soaked in a hot ginger decoction and applied to a sore muscle is a compress. |

| **Decoct** | **v.** | To prepare by simmering in water, usually for at least 20 minutes. One usually decocts barks, roots, *rhizomes*, hard seeds, twigs, and nuts. |

| **Decoction** | **n.** | An herbal preparation made by simmering the plant parts in water, usually for at least 20 minutes. |

| **Demulcent** | **n.** | An herb with a smooth, slippery texture soothing to the mucous membranes, i.e. the tissues lining the respiratory and digestive tracts. Slippery elm (*Ulmus rubra*), marshmallow root (*Althaea officinalis*), and sassafras (*Sassafras albidum, Sassafras officinale*) are all demulcents. |

|             | **adj.** | Having a smooth, slippery texture that soothes the mucous membranes. |
**Diaphoretic**  
**n.** An herb or preparation that opens the pores of the skin, facilitates sweat, and thereby lowers fevers. In Chinese medicine, diaphoretics are said to “release the exterior.” Yarrow (*Achillea millefolium*) is a diaphoretic.  

**adj.** Opening the pores, facilitating sweat, and thereby lowering fevers.

**Digestive**  
**n.** An herb, food, or preparation that promotes the healthy breakdown, assimilation, and elimination of food, as by gently stimulating the digestive tract in preparation for a meal. Dandelion (*Taraxacum officinale*) and bitter salad greens are digestives.  

**adj. 1** Concerning or being part of the bodily system responsible for the breakdown, assimilation, and elimination of food.  

**adj. 2** Promoting the healthy breakdown, assimilation, and/or elimination of food.

**Diuretic**  
**n.** A substance that facilitates or increases urination. Diuretics can improve kidney function and treat swelling. Excessive use of diuretics can also tax the kidneys. Stinging Nettles (*Urtica dioica*), cucumbers, and coffee are all diuretics.  

**adj.** Facilitating or increasing urination.
<table>
<thead>
<tr>
<th><strong>Emmenagogue</strong> n.</th>
<th>An herb or preparation that facilitates or increases menstrual flow. Black cohosh (<em>Cimicifuga racemosa</em>) is an emmenagogue. Emmenagogues are generally contraindicated in pregnancy.</th>
</tr>
</thead>
<tbody>
<tr>
<td>adj.</td>
<td>Facilitating or increasing menstrual flow.</td>
</tr>
<tr>
<td><strong>Essential Oil</strong> n.</td>
<td>An oil characterized by a strong aroma, strong taste, the presence of terpines, and by vaporizing in low temperatures. Essential oils are components of many plants, and when isolated, make fairly strong medicine used primarily externally or for inhalation, and usually not safe for internal use.</td>
</tr>
<tr>
<td>n. 1</td>
<td>A preparation made by chemically removing the soluble parts of a substance into a solvent or menstruum. Herbalists often make extracts using water, alcohol, glycerin, vinegar, oil, or combinations of these. Infusions, medicinal vinegars, tinctures, decoctions, and medicinal oils are all extracts.</td>
</tr>
<tr>
<td>n. 2</td>
<td>A tincture.</td>
</tr>
<tr>
<td><strong>Extract</strong> v.</td>
<td>To remove the soluble parts of a substance into a solvent or menstruum by chemical means.</td>
</tr>
<tr>
<td><strong>Febrifuge</strong> n.</td>
<td>An herb or preparation that lowers fevers. Yarrow (<em>Achillea millefolium</em>), ginger (<em>Zingiber officinale</em>), and boneset (<em>Eupatorium perfoliatum</em>) are all febrifuges.</td>
</tr>
<tr>
<td><strong>Galactagogue</strong> n.</td>
<td>A substance that increases the production or flow of milk; a remedy that aids lactation. Nettle (<em>Urtica dioica</em>) and hops (<em>Humulus lupulus</em>) are galactagogues.</td>
</tr>
<tr>
<td>--------------------</td>
<td>--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td><strong>Glandular</strong> n.</td>
<td>A substance that treats the adrenal, thyroid, or other glands. Nettle seeds (<em>Urtica dioica</em>) are a glandular for the adrenals.</td>
</tr>
<tr>
<td>adj.</td>
<td>Relating to or treating the adrenal, thyroid, or other glands.</td>
</tr>
<tr>
<td><strong>Hepatic</strong> n.</td>
<td>A substance that treats the liver. Dandelion (<em>Taraxacum officinale</em>) is a hepatic.</td>
</tr>
<tr>
<td><strong>Hypnotic</strong> n.</td>
<td>An herb or preparation that induces sleep. Chamomile (<em>Matricaria recutita</em>) and valerian (<em>Valeriana officinale</em>) are both hypnotics.</td>
</tr>
<tr>
<td>adj.</td>
<td>Inducing sleep.</td>
</tr>
<tr>
<td><strong>Infuse</strong> v.</td>
<td>To prepare by steeping in water, especially hot water, straining, and squeezing the marc.</td>
</tr>
<tr>
<td><strong>Infusion</strong> n.</td>
<td>A preparation made by first steeping one or more plants or plant parts in water, most often hot water, and then straining the plant material, usually while squeezing the marc. An infusion extracts the flavor, aroma, and water-soluble nutritional and medicinal constituents into the water.</td>
</tr>
<tr>
<td><strong>Long Infusion</strong> n.</td>
<td>An infusion that steeps for three or more hours. Long infusions often steep overnight.</td>
</tr>
<tr>
<td>Term</td>
<td>Description</td>
</tr>
<tr>
<td>-----------------</td>
<td>--------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Lymphatic</td>
<td>n. A substance that stimulates the circulation of lymph or <em>tonifies</em> the vessels or organs involved in the circulation or storage of lymph.</td>
</tr>
<tr>
<td>Macerate</td>
<td>v. To soak a plant or plant parts in a <em>menstruum</em> so as to extract the medicinal constituents chemically.</td>
</tr>
<tr>
<td>Marc</td>
<td>n. The plant material left after straining a preparation made by steeping, simmering, or macerating.</td>
</tr>
<tr>
<td>Menstruum</td>
<td>n. <em>(Plural, <em>menstrua</em> or <em>menstruums</em>).</em> The solvent used to extract the medicinal and/or nutritional constituents from a plant. Water, alcohol, vinegar, and glycerin are among the more common menstrua.</td>
</tr>
<tr>
<td>Mucilage</td>
<td>n. A thick, slippery, <em>demulcent</em> substance produced by a plant or microorganism.</td>
</tr>
<tr>
<td>Mucilaginous</td>
<td>n. Having or producing mucilage; <em>demulcent</em>. Okra, marshmallow root (<em>Althaea officinalis</em>), sassafras (<em>Sassafras albidum, Sassafras officinale</em>), and slippery elm (<em>Ulmus rubra</em>) are all mucilaginous.</td>
</tr>
<tr>
<td>Nervine</td>
<td>n. An herb or preparation that helps with problems traditionally associated with the nerves, such as mental health issues, insomnia, and pain.</td>
</tr>
<tr>
<td>Nervine adj.</td>
<td>Helping with problems traditionally associated with the nerves, such as mental health issues, insomnia, and pain.</td>
</tr>
<tr>
<td>Pectoral</td>
<td>n. A substance that treats the lungs or the respiratory system.</td>
</tr>
<tr>
<td><strong>Poultice</strong></td>
<td>n.</td>
</tr>
<tr>
<td><strong>Rhizome</strong></td>
<td>n.</td>
</tr>
<tr>
<td><strong>Salve</strong></td>
<td>[sæv] n.</td>
</tr>
<tr>
<td><strong>Short Infusion</strong></td>
<td>n.</td>
</tr>
<tr>
<td><strong>Sedative</strong></td>
<td>n.</td>
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<tr>
<td><strong>Sedative</strong></td>
<td>adj.</td>
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<tr>
<td><strong>Simple</strong></td>
<td>n.</td>
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<tr>
<td><strong>Simpler</strong></td>
<td>n.</td>
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<tr>
<td>Abbreviation</td>
<td>Definition</td>
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</table>
| Spp.         | abbr. n.pl. Species. *Used to indicate more than one species in the same botanical family.* *Echinacea spp.* includes both *Echinacea purpurea* and *Echinacea angustifolium*, among other species. *Plantago spp.* includes both *Plantago major* and *Plantago lanceolata*.

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
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<tbody>
<tr>
<td>Stimulant</td>
<td>n. An herb or preparation that increases the activity level in an organ or body system. <em>Echinacea</em> (<em>Echinacea spp.</em>) is an immunostimulant; it stimulates the immune system. <em>Cayenne</em> (<em>Capsicum spp.</em>) is a circulatory stimulant. <em>Rosemary</em> is a stimulant to the nervous, digestive, and circulatory systems.</td>
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<tr>
<td>Sudorific</td>
<td>adj. Increasing sweat or facilitating the release of sweat; cf. <em>diaphoretic</em>.</td>
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<tr>
<td>Syrup</td>
<td>n. A sweet liquid preparation, often made by adding honey or sugar to a decoction.</td>
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<tr>
<td>Tea</td>
<td>n. A drink made by steeping a plant or plant parts, especially <em>Camellia sinensis</em>.</td>
</tr>
<tr>
<td>Tisane</td>
<td>n. An herbal beverage made by decoction or short infusion and not prepared from the tea plant (<em>Camellia sinensis</em>).</td>
</tr>
</tbody>
</table>
| Tincture      | n. A preparation made by macerating one or more plants or plant parts in a *menstruum*, usually alcohol or glycerin, straining, and squeezing the *marc* in order to extract the chemical constituents into the *menstruum*.
<p>| v.            | To prepare by <em>macerating</em> in a <em>menstruum</em>, straining, and squeezing the marc in order to extract the chemical constituents. |</p>
<table>
<thead>
<tr>
<th><strong>Tonic</strong></th>
<th>n.</th>
<th>A substance that strengthens one or more organs or systems, or the entire organism. Stinging nettle (<em>Urtica dioica</em>) is a general tonic, as well as a specific kidney, liver, and hair tonic. Red raspberry leaf (<em>Rubus idaeus</em>) is a reproductive tonic; Mullein (<em>Verbascum thapsus</em>) is a respiratory tonic.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tonify</strong></td>
<td>v.</td>
<td>To strengthen. Nettle (<em>Urtica dioica</em>) tonifies the entire body.</td>
</tr>
<tr>
<td><strong>Volatile Oil</strong></td>
<td>n.</td>
<td>An oil characterized by volatility, or rapid vaporization at relatively low temperatures; cf. essential oil.</td>
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<tr>
<td><strong>Vulnerary</strong></td>
<td>n.</td>
<td>A substance that soothes and heals wounds. Comfrey (<em>Symphytum officinale</em>) is an excellent vulnerary.</td>
</tr>
<tr>
<td>adj.</td>
<td>Being or concerning a substance that soothes and heals wounds.</td>
<td></td>
</tr>
</tbody>
</table>
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