

# **MAKING HERBAL PREPARATIONS**

## **LIST OF EQUIPMENT**

MEASURING SPOONS

MEASURING CUPS

WOODEN SPOONS

KNIVES

CUTTING BOARD

FUNNEL

SCALE

COTTON OR MUSLIN PRESSING CLOTHS

CONTAINERS FOR INFUSIONS, COFFEE MAKER, POTS AND PANS CONTAINERS FOR  
FINISHED PRODUCT, DARK GLASS, METAL. STRAINERS

WIDEMOUTH CANNING JARS

UNBLEACHED COFFEE FILTERS

BLENDER

GRINDER

MORTER AND PESTLE

STAINLESS STEEL BOWLS

EMPTY TEA BAGS

EMPTY CAPSULES

DOUBLE BOILER

CROCKPOT

PLASTIC SPATULAS

## **TYPES OF HERBAL PREPARATIONS**

INFUSION-HERBAL TEAS FOR SIPPING ON A COLD AFTERNOON DECOCTION-STRONG INFUSION FOR MEDICINAL USE

## **TYPES OF SOLVENTS FOR INFUSIONS AND DECOCTIONS**

WATER- THE UNIVERSAL SOLVENT, DOESN'T PRESERVE

GLYCERIN-WILL PRESERVE SOLUTION FOR WEEKS (USE FOR KIDS OR ALCOHOLICS)

HONEY- USE LIKE GLYCERIN ESPECIALLY IN SYRUPS

VINEGAR-GOOD SOLVENT, GOOD FOR PRESERVING, POOR TASTE

ALCOHOL-EXCELLENT AT EXTRACTING AND PRESERVING SYRUPS

## **CONCENTRATED EXTRACT**

MUST BE AT LEAST 60% SUGAR FOR PRESERVATION

## **TINCTURES**

USES ALCOHOL AND WATER MIXTURE DEPENDING ON WHAT IS TO BE EXTRACTED.

RATIO OF SOLUTE TO SOLVENT MUST BE AT LEAST 1: 1

CONVIENENT WAY OF DOSING, CAN USE MUCH LESS THAN DECOCTIONS OR INFUSIONS.

MORE COSTLY THAN WA TE~ BASED MEDICINE

CAN'T USE WITH KIDS OR ALCOHOLICS.

## **METHODS OF PREPARATION OF TINCTURES**

MACERATION- ADDING A KNOWN VOLUME OF SOLVENT TO A KNOWN WEIGHT OF HERB. LOOK UP CHEMICALS IN HERB TO DETERMINE PROOF AND VOLUME NEEDED.

PERCOLATION-MOISTEN GROUND HERB WITH SOLVENT AND DRIP IT SLOWLY THRU THE HERB, MUST BE DONE WITH DRY HERB

TINCTURES OF VARIOUS KINDS CAN BE MIXED

OILS-CAN BE USED FOR MASSAGE AND BASES FOR SALVES

CAN USE SAFFLOWER, OLIVE, SWEET ALMOND, WHEAT GERM OR GRAPSEED OILS

KEEP OILS AWAY FROM HEAT AND LIGHT

GENERAL DIRECTIONS CALL FOR 1 OZ HERB TO 4 OZS OIL

PRESERVE WITH 1\8 TSP VITAMIN E PER 4 OZS OIL

SALVES-OILS THAT HAVE BEEN THICKENED WITH BEESWAX

ALWAYS USE GENTLE HEAT SO AS NOT TO "FRY" THE HERBS

USE 1\2 OZ BEESWAX PER 4 OZS OIL

STEEP HERB IN OIL AT LOW HEAT FOR 24 HRS.

STRAIN THRU CHEESECLOTH

HEAT BEESWAX IN DOUBLE BOILER AND GENTLY BLEND WITH OIL

ADD ESSENTIAL OILS, FLAVOR, TINCTURES, ETC.

## **RECIPES FOR TODAY**

### **ORANGESICLE FLAVOR LIP BALM**

4 OZS. OIL  
1 OZ. BEESWAX  
2 VITAMIN E CAPSULES  
1½ t. FLAVORING- ORANGE ESSENTIAL OIL AND VANILLA FLAVOR

HEAT OIL GENTLY UNTIL VERY WARM. GRATE BEESWAX AND THEN MIX INTO THE OIL UNTIL MELTED. STIR IN OIOLS AND FLAVORING. POUR INTO TUBES OR SMALL TINS. COOL BEFORE USING.

### **MINT BODY LOTION**

1 ½ CUP MINT TEA  
1 ⅛ t. BORAX POWDER  
1 ½ C. SAFFLOWER OIL  
1t. COCONUT OIL  
1 t. BEESWAX  
3-4 DROPS PEPPERMINT OIL

MIX TEA AND BORAX. MELT OIL AND WAX. HAVE BOTH MIXTURES AT THE SAME TEMPERATURE. MIX IN BLENDER. WITH BLENDER RUNNING, ADD TEA SLOWLY UNTIL CREAMY.

### **HAIR WASH GEL**

25 OZS. WATER  
2 OZS. LIQUID SOAP  
2 OZS. ALOEVERA GEL  
2 T. PECTIN  
20 DROPS ESSENTIAL OIL

BOIL WATER, ADD SOAP AND SIMMER 20 MINUTES. DISSOLVE FPECTIN IN 2 CUPS WATER. ADD FPECTIN, ALOE, AND OILS TO SOAP SOLUTION. POUR INTO A SPRAY BOTTLE, COOL.

### **MINT BEVERAGE TEA #1**

PUT LARGE TEA BAG INTO A CLEAN POT. ADD BOILING WATER, ABOUT 4 CUPS. COVER AND STEEP FOR 15 MINUTES.

### **MINT BEVERAGE TEA #2**

PUT LARGE TEA BAG INTO A CLEAN POT. ADD COLD WATER, ABOUT 4 CUPS, AND COVER. STEEP FOR 4 TO 6 HOURS. REMOVE TEA BAG AND THEN HEAT TEA TO DRINK HOT OR POUR OVER ICE.

MAKE BOTH TEAS AND COMPARE THE TASTES. WHICH IS STRONGER? WHICH TASTES "BETTER"? WHICH ONE WOULD BE BETTER FOR UPSET STOMACH? FOR KIDS?

## **HERBS IN YOUR YARD**

DANDELION ROOT TEA - FOR LIVER CLEANSING OR PROBLEMS

LEAF TEA - DIURETIC

WILLOW BARK - CONTAINS ASPIRIN, TEA HELPS WITH PAIN

CATNIP - HELPS WITH RELAXATION AND SLEEP

CHICKWEED - SOOTHING TO SKIN

MULLEIN FLOWER - MAKES MEDICINAL OIL FOR EARACHES

THYME - GOOD FOR LUNG CONGESTION, KILLS BACTERIA

LAVENDER - KILLS BACTERIA, RELAXING

PEPPERMINT - DIGESTION, ANTISPASMOTIC

ELDERBERRY FLOWER - ENCOURAGES SWEATING TO BREAK FEVERS ECHINACEA -

STIMULATES IMMUNE SYSTEM



Botanical Name	Common Name	Part Used	HERBAL PERPARATIONS			Topical	EO	Stan	Comments
			Strength	Solvency	Tea				
<u>Achillea millefolium</u>	Yarrow	flower	1:1-1:5	25%	infusion	T,I,C,EO	yes		
<u>Acorus calamus</u>	Calamus	rhizome	1:1-1:5	60%	decoction	no	yes	1	Potentially toxic if inhaled
Aesculus hippocastanum	Horse Chestnut	fruit	1:1-1:5	25%	infusion	P	no	1-2	Potentially toxic in high doses
<u>Agrimonia eupatoria</u>	Agrimony	herb	1:1-1:5	25%	infusion	T, I	no	3	
Alchemilla arvensis	Parsley Piert	herb	1:1-1:5	25%	infusion	no	no	3	
Alchemilla vulgaris	Ladies Mantle	leaf	1:1-1:5	25%	infusion	I	no	3	
Aletris farinosa	True Unicorn	root	1:1-1:5	45%	decoction	no	no	3	
Aloe cupensis	Cape Aloes	resin	1:10-1:40	45%	no	no	no	1	Powerful cathartic, handle with care
Althaea officinalis	Marshmallow	leaf	1:3-1:5	25%	c, infusion	P	no	3	Excellent as syrup
Althaea officinalis	Marshmallow	root	1:3-1:5	25%	c. infusion	P	no	3	
<u>Anemopsis californica</u>	Yerba Mansa	root	1:5	60%	c. infusion	no	no	3	
Angelica archangelica	. Angelica	root	1:1-1:5	45%	decoction	no	yes	1	
<u>Angelica archangelica</u>	Angelica	. leaf	1:1-1:5	45%	infusion	no	yes	1	
Angelica sinensis	Dong Quai	root	1:1-1:5	25-45%	decoction	no	no	1-2	
<u>Apium graveolens</u>	Celery seed	seed	1:1-1:3	60%	infusion	no	yes	1-2	
Aralia racemosa	Spikenard	root	1:1-1:3	45%	decoction	no	no,	3	
Arctium lappa	Burdock	root	1:1-1:5	25%	decoction	no	no	3	Beware of atropine contamination
Arctium lappa	Burdock	leaf	1:1-1:5	25%	infusion	no	no	3	May cause contact dermatitis
Arctostaphylos uva-ursi	Bearberry	leaf	1:1-1:5	25%	c. infusion	no	no	1	
<u>Arnica montana</u>	Arnica	flower	1:1-1:10	45%	decoction	E. ONLY	no	1-2	Topical Only
Artemisia absinthium	Wormwood	tops	1:1-1:10	45%	infusion	no	yes	1	Toxic in high doses
<u>Artemisia vulgaris</u>	Mugwort	tops	1:1-1:5	45%	infusion	no	yes	3	
Asclepias asperula	Inmortal	root	1:5	60%	decoction	no	no	3	
Asclepias tuberosa	Pleurisy root	root	1:1-1:5	45%	decoction	no	no	3	
<u>Astragalus membranaceus</u>	Astragalus	root	1:1-1:5	25%	decoction	no	no	1-2	
Atropa belladonna	Belladonna	leaf/root	1:5-1:10	45-70%	no	no	no	2	Beware: toxic
T=tincture: I=infusion D=decoction: <>=Oil; P=poultice; C=cream; EO=essential oil; c. infusion=cold infusion									
1. May be standardized. 2. Recommended standardization.									
3. Not available standardized 4. Standardization highly recommended.									

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			Strength	Solvency	Tea	Topical			
<u>Avena sativa</u>	Oats	seed	1:1-1:5	25%	infusion	P	no		Fresh in milky stage
<u>Avena sativa</u>	Oatstraw	herb	1:1-1:5	25%	infusion	P	no	1	
<u>Ballota nigra</u>	Black Horehound	herb	1:1-1:5	25%	infusion	no	no	3	
Baptisia tinctoria	Wild Indigo	root	1:1-1:10	60%	neither	no	no	no	Toxic
Barosma betulina	Buchu	leaf	1:1-1:5	25-60%	infusion	no	yes	1-2	High mucilage in 25% high resins in 60%
Berberis aquifolium	Oregon grape root	root bark	1:1-1:5	45-60%	decoction	C,O	no	1-2	
Berberis vulgaris/indica	Barberry	root bark	1:1-1:5	45-60%	decoction	C.O	no	2	potential Toxicity in high doses
<u>Betula alba</u>	Birch	leaf	1:1-1:5	25%	infusion	I	no	1	
<u>Borago officinalis</u>	Borage	leaf	1:1-1:5	25%	infusion	I, Oil	no	3	may cause contact dermatitis
<u>Bryonia dioica</u>	White Bryony	root	1:5-1:10	60%	decoction	P	no	3	toxic
Calendula officinalis	Calendula	flower	1:1-1:5	25-90%	infusion	T,I,C,O,P	no	3	
Capsella bursa-pastoria	Shepard's Purse	herb	1:1-1:5	25%	infusion	I, T	no	3	
<u>Capsicum minimum</u>	Cayenne	pod	1:3-1 :20	70%	neither	C.O,T,P	no	2	causes seven: coughing and burning.
Carbenia benedicta	Holy Thistle	herb	1:1-1:5	25%	infusion	no	no	3	may cause contact dermatitis
<u>Carduus marianus</u>	Milk Thistle	seed	1:1-1:5	25%	decoction	no	no	4	
Carum carvi	Caraway	seed	1:1-1:5	45%	infusion	EO	yes	1	
Cassia angustifolia	Senna	pod/leaf	1:1-1:10	45%	infusion	no	no	2	
<u>Caulophvllum thalictroides</u>	Blue Cohosh	root	1:1-1:5	70%	decoction	no	no	1	toxicity potential
Ceanothus spp.	Red root	root bark	1:1-1:5	45%	decoction	no	no	3	
Centella asiatica	Gota Kola	leaf	1:1-1:5	25%	infusion	I	no	1-2	
Cetraria islandica	Iceland Moss	lichen	1:1-1:5	25%	infusion	I	no	3	
<u>Chamaelirium lutea</u>	False Unicorn	root	1:1-1:5	25%	decoction	no	no	1	becoming endangered
Chamaemelum nobile	Roman Chamomile	flower	1:1-1:5	45%	infusion	I,C,E,O,P	yes	1-2	
<u>Chelidonium majus</u>	Greater Celendine	herb	1:3-1:10	45%	decoction	juice	no	1-2	Toxic
<u>Chelone glabra</u>	Balmony	herb	1:1-1:5	45%	infusion	no	no	3	
Chimaphila umbellata	Pipsissewa	leaf	1:1-1:5	45%	infusion	no	no	3	
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<u>Chionanthus virginicus</u>	Fringe Tree bark	root bark	1:1-1:5	45%	decoction	no	no	3	
<u>Cimicifuga racemosa</u>	Black Cohosh	root	1:1-1:5	60%	decoction	no	no	1-2	
<u>Cinnamomum zeylanicum</u>	Cinnamon	bark	1:1-1:5	45%	decoction	EO	yes	1	
Clematis SDD.	Clematis	herb	1:1-1:5	45%	infusion	no	no	3	
Cola nitida	Kola	fruit	1:1-1:5	45%	decoction	no	no	2	
Collinsonia canadensis	Stone root	root	1:1-1:5	45%	decoction	no	no	3	
Commiphora molmol	Myrrh	resin	1:1-1:5	90%	neither	T	yes	3	
Convallaria majalis	Lily of the Valley	leaf	1:5-1:10	25%	infusion	no	no	2	Toxic if overdosed
Crataegus spp.	Hawthorn	berry	1:1-1:5	25%	decoction	no	no	1-2	
Crataegus spp.	Hawthorn	Ivs & fls	1: 1-1:5	25%	infusion	no	no	1-2	
Curcuma longa	Tumeric	root	1:1-1:5	70%	decoction	P	yes	4	
<u>Datura stramonium</u>	Thorn Apple	herb	1:5-1:10	45%	infusion	no	no	2	Toxic
Daucus carota	Wild Carrot	herb	1: 1-1:5	25%	infusion	no	no	1	
Dioscorea villosa	Wild Yam	root	1:1-1:5	25%	decoction	C?	no	1-2	
<u>Echinacea angustifolia</u>	Echinacea	root	1:1-1:5	25-45%	decoction	T,C	no	1-2	
<u>Echinacea purpurea</u>	Echinacea	leaf/root	1:1-1:5	25-45%	decoction	T,C	no	1-2	
Eleutherococcus senticosus	Siberian Ginseng	root	1:1-1:5	25%	decoction	no	no	2/4	
Ephedra sinica	Ma Huang	stem	1:1-1:5	25-45%	both	no	no	2/4	toxic in high doses
Ephedra viridis	Mormon Tea	stem	1: 1-1:5	25-45%	infusion	no	no	3	
Equisetum arvense	Horsetail	herb	1:1-1:5	25%	decoction	D	no	1-2	
<u>Eriodictyon angustifolium</u>	Yerba Santa	leaf	1:1-1:5	25%	infusion	no	no	3	
<u>Erythraea centaurium</u>	Centaury	herb	1:1-1:5	25%	infusion	no	no	3	
Escholtzia californica	California Poppy	herb	1:1-1:5	25%	infusion	no	no	3	
Eucalyptus globus	Eucalyptus	leaf	1:1-1:5	45%	infusion	EO	yes	3	
Eugenia jambolana	Jambul	seed	1:1-1:5	45%	decoction	no	no.	3	
Eupatorium perfoliatum	Boneset	herb	1:1-1:5	25%	infusion	I,T,P	no	3	
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Eupatorium purpureum	Gravel root	root	1:1-1:5	25%	decoction	no	no	3	
<u>Euphorbia hirta</u>	Spurge	herb	1:1-1:5	60%	decoction	no	no	3	Toxic in high doses
Euphrasia officinalis	Eyebright	herb	1:1-1:5	25%	infusion	no	no	3	
Filipendul ulmaria	Meadowsweet	herb	1:1-1:5	25%	infusion	no	no	1	
Foeniculum vulgare	Fennel	seed	1:1-1:5	45%	infusion	no	yes	1	
<u>Fouquieria splendens</u>	Ocotillo	stem bark	1:1-1:5	60%	decoction	no	no	3	
Fragaria americana	Strawberry	leaf	1:1-1:5	25%	infusion	no	no	3	
Fucus vesiculosus	Bladder wrack	plant	1:1-1:2	25%	both	I,D,P	no	1	beware iodine content
Fumaria officinalis	Fumitory	herb	1:1-1:5	45%	decoction	no	no	1	
Galega officinalis	Goats Rue	herb	1:1-1:5	25%	infusion	no	no	3	
Galium aparine	Cleavers	herb	1:1-1:5	25%	infusion	no	no	3	may cause contact dermatitis
Ganoderma lucidum	Rieshi mushroom	cap	1:1-1:5	25%	decoction	no	no	2-4	
Garrva flavescens	Silk Tassel	leaf	1:1-1:5	25%	infusion	no	no	3	
Gelsemium sempervirens	Yellow Jasmine	root	1:5-1:10	45%	decoction	no	no	1-2	Toxic
Gentiana lutea	Gentian	root	1:1-1:5	45%	decoction	no	no	1	
Geranium spp.	Cranesbill	herb/root	1:1-1:5	45%	decoction	D,T	no	3	
Geum urbanum	Avens	herb	1:1-1:5	25%	infusion	I	no	3	
Ginkgo biloba	Ginkgo	leaf	1:1-1:5	25%	infusion	no	no	4	
<u>Glechoma hederacea</u>	Ground Ivy	herb	1:1-1:5	25%	infusion	no	no	3	
<u>Glycyrrhiza glabra</u>	Licorice	root	1:1-1:5	25%	both	C	no	1-2	
<u>Grindelia camporum</u>	Grindelia	flower	1:1-1:5	60%	decoction	no	n	3	
<u>Guaiacum officinale</u>	Lignum vitae	wood	1:1-1:5	90%	decoction	no	no	2	
<u>Hamamelis virginiana</u>	Witch Hazel	leaf	1:1-1:5	25%	infusion	C,P	no	1	
Hamamelis virginiana	Witch Hazel	bark	1:1-1:5	25%	decoction	C,P	no	1	
<u>Harpagophytum procumbens</u>	Devil's Claw	2 tuber	1:1-1:5	25%	decoction	no	no	2	
Humulus lupulus	Hops	strobile	1:1-1:5	60%	infusion	no	yes	1-2	
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<u>Hydrangea arborescens</u>	Hydrangea	.root	1:1-1:5	25%	decoction	no	no	3		
Hydrastis canadensis	Golden Seal	rhizome	1:1-1:5	60%	decoction	5	no	1-2		
Hyoscyamus niger	Henbane	herb	1:5-1:10	70%	decoction	no	no	2	Toxic	
<u>Hypericum perforatum</u>	St. John's Wort	tops	1:1-1:5	25-45%	infusion	O,C	no	1-2		
<u>Hyssopus officinalis</u>	Hyssop	tops	1:1-1:5	45%	infusion	no	yes	3		
	<u>Inula helenium</u>	Elecampane	root	1:1-1:5	25%	decoction	no	no	1	
	Iris vesicolor	Blue Flag	root	1:1-1:5	25-45%	decoction	no	no	1	
	Juglans cinerea	Butternut	root bark	1:1-1:5	45%	decoction	no	no	1	
	Juglans nigra	Black Walnut	leaf	1:1-1:5	25%	infusion	no	no	3	
	<u>Juniperus communis</u>	Juniper	berry	1:1-1:5	45%	decoction	EO	yes	1	
	<u>Krameria triandra</u>	Rhatany	root	1:1-1:5	25%	decoction	TD	no	1	
	Lactuca virosa	Wild Lettuce	leaf	1:1-1:5	25%	infusion	no	no	1	
	Lamium album	White Deadnettle	herb	1:1-1:5	25%	infusion	no	no	3	
	<u>Larrea tridentata</u>	Chaparral	leaf	1:1-1:5	60%	decoction	5,0	no	1	
	<u>Lavandula angustifolia</u>	Lavender	flower	1:1:1:5	45%	infusion	EO	yes	1	
	<u>Leonorus cardiaca</u>	Motherwort	herb	1:1-1:5	25-45%	infusion	no	no	1	
	<u>Ligusticum porterii</u>	Osha	root	1:1:1:5	60%	decoction	no	no	3	Occasional hemlock contamination
	<u>Lobelia inflata</u>	Lobelia	herb	1:1-1:5	60%	both	O,T	no	1-2	Toxic in high doses
	<u>Lomatium dissectum</u>	Lomatium	root	1:1-1:5	45%	decoction	no	no	3	
	Lycopus americanus	Bugleweed	herb	1:1-1:5	25%	infusion	no	no	3	
	<u>Marrubium vulgare</u>	Horehound	herb	1:1-1:5	25%	both	no	no	3	
	<u>Matricaria recutita (chamomilla)</u>	German Chamomile	flower	1:1-1:5	45%	infusion	C,EO,I	yes	1-2	
	Medicago sativa	Alfalfa	herb	1:1-1:5	25%	infusion	yes	no	1	
	<u>Melilotus officinalis</u>	Melilot (sweet clover)	herb	1:1-1:5	35%	infusion	no	no	1	
	<u>Melissa officinalis</u>	Lemon Balm	leaf	1:1-1:5	45%	infusion	EO	yes	1	
	Mentha piperita	Peppermint	leaf	1:1-1:5	45%	c. infusion	EO	yes	1	
T=tincture; I=infusion, D=decoction; O=oil; P=poultice; C=cream; EQ=essential oil; c. infusion=cold infusion										
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Menyanthes trifoliata	Bogbean	leaf	1:1-1:5	25%	infusion	no	no	3		
Mitchell repens	Partridge berry	herb	1:1-1:5	25%	infusion	no	no	3		
<u>Myrica. cerifera</u>	Bayberry	root bark	1:1-1:5	45%	decoction	no	no	3		
Nepeta catena	Catnip	tops	1:1-1:5	25%	infusion	no	no	3		
<u>Oplopanax horridum</u>	Devil's Club	root bark	1:1-1:5	45%	'decoction	no	no	3		
Panax ginseng	Ginseng	root	1:1-1:5	45-70%	decoction	no	no	1-2		
Parietaria diffusa	Pellitory of the Wall	herb	1:1-1:5	25%	infusion	no	no	3		
<u>Passiflora incarnata</u>	Passion flower	herb	1:1-1.5	25%	infusion	no	no	1-2		
Petroselinum crispum	Parsley	leaf/seed	1:1-1:5	25%	infusion	no	yes	1		
	<u>Peumus boldo</u>	Boldo	leaf	1:1-1:5	60%	decoction	no	no	2	
	<u>Phytolacca americana</u>	Poke root	root	1:1-1:5	45%	decoction	0	no	1	Toxic
<u>Pimpinella anisum</u>	Anise	seed	1:1-1:5	45%	infusion	no	yes	1		
<u>Piper methysticum</u>	Kava Kava	root	1:1-1:5	60%	infusion	no	no	2-4		
<u>Piscidia erythrina</u>	Dogwood, Jamaican	bark	1:1-1:5	45%	decoction	no	no	1	Toxic in high doses	
	<u>Plantago major</u>	Plantain	leaf	1:1-1:5	25%	infusion	P,I	no	3	
Polygonum bistorta	Bistort root	root	1:1-1:5	25%	decoction	D	no	3		
<u>Polygonum multiflorum</u>	Fo Ti	root	1:1-1:5	25%	decoction	no	no	1-2		
Populus candicans	Balm of Gilead	buds	1:1-1:5	90%	decoction	no	no	3	best as syrup	
<u>Populus tremuloides</u>	Aspen	bark	1:1-1:5	25%	decoction	no	no	1		
Potentilla erecta	Tormentil	root	1:1-1:5	25%	decoction	T,D	no	3		
Prunella vulgaris	Heal All	herb	1:1-1:5	25%	infusion	P	no	3		
Prunus serotina	Wild Cherry	bark	1:1-1:5	25%	decoction	no	no	3		
Pulsatilla vulgaris	Pasque flower	herb	1:1-1:5	45%	decoction	no	no	1	Toxic when fresh	
	Quassia amara	Quassia	wood	1:3-1:20	45%	decoction	no	no	3	
Quercus spp.	Oak	bark/leaf	1:1-1:5	25%	both	D,C,	no	3		
Rhamnus cathartica	Buckthorn	bark	1:1-1:5	25%	decoction	no	no	1-2		
T=tincture; l=infusion, D=decoction; O=oil; P=poultice; C=cream; EO=essential oil; c. infusion=cold infusion										
1. May be standardized. 2. Recommended standardization.										
3. Not available standardized 4. Standardization highly recommended.										

Botanical Name	Common Name	Part Used	HERBAL PERPARATIONS			Topical	EO	Stan	Comments
			Strength	Solvency	Tea				
<u>Rhamnus purshiana</u>	Cascara Sagrada	bark	1:1-1:5	25%	decoction	no	no	1-2	
Rheum palmatum	Rhubarb, Turkey	root	1:1-1:5	25%	decoction	no	no	1-2	
<u>Rhus aromatica</u>	Sweet Sumach	bark	1:1-1:5	45%	decoction	no	no	3	
Rosemarinus officinalis	Rosemary	leaf	1:1-1:5	45%	infusion	EO	yes	1-2	
Rubus idaeus	Red Raspberry	leaf	1:1-1:5	25%	infusion	no	no	3	
<u>Rumex crispus</u>	Yellow Dock	root	1:1-1:5	25%	decoction	no	no	1	
Salix spp.	Willow	bark	1:1-1:5	25%	decoction	D,C	no	1-2	
Salvia officinalis	Sage	leaf	1:1-1:5	45%	infusion	EO	yes	1-2	
<u>Sambucus nigra</u>	Elder	flower	1:1-1:5	25%	infusion	no	no	1	
Sanguinaria canadensis	Blood root	root	1:1-1:5	60%	decoction	no	no	1	Toxic: in high doses
<u>Sarothamnus scoparius</u>	Broom	tops	1:1-1:5	25%	decoction	no	no	1-2	Toxic: in high doses
<u>Scutellaria lateriflora</u>	Skullcap	herb	1:1-1:5	25%	infusion	no	no	1	
Serenoa repens	Saw Palmetto	berry	1:1-1:5	45-90%	decoction	no	no	4	
<u>Silybum marianum</u>	Milk Thistle	seed	1:1-1:5	45-90%	no	no	no	4	
<u>Smilax ornata</u>	Sarsaparilla, Jamaican	root	1:1-1:5	25-45%	decoction	yes	no	1	
Solanum dulcamara	Bittersweet	twigs	1:5-1:10	45%	decoction	no	no	1-2	Toxic
<u>Solidago canadensis</u>	Goldenrod	herb	1:1-1:5	25%	infusion	no	no	1	
<u>Stachys betonica</u>	Wood Betony	herb	1:1-1:5	25%	both	no	no	1-2	
Stellaria media	Chickweed	herb	1:1-1:5	25%	infusion	C,I,P,O,T	no	3	
<u>Stillingea sylvatica</u>	Queen's Delight	root	1:1-1:5	25%	decoction	no	no	3	
Symphytum officinale	Comfrey	leaf	1:1-1:8	25%	infusion	T,I,C,O,P	NO	3	
Symphytum officinale	Comfrey	root	1:1-1:5	25%	infusion	T,I,C,O,P	NO	3	EXTERNAL USE ONLY
<u>Tabebuia impetiginosa</u>	Pau D' Arco	bark	1:1-1:5	25-45%	decoction	no	no	1	
<u>Tanacetum parthenium</u>	Feverfew	leaf	1:1-1:5	25-45%	infusion	no	no	2	
<u>Tanacetum vulgare</u>	Tansy	herb	1:1-1:5	25%	infusion	no	no.	3	
Taraxacum officinalis	Dandelion leaf	leaf	1:1-1:5	25%	both	no	no	3	
T=tincture; I=infusion, D=decoction; O=oil; P=poultice; C=cream; EO=essential oil; c. infusion=cold infusion									
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<u>Taraxacum officinalis</u>	Dandelion root	root	1:1-1:5	25%	both	no	no	1-2	
Thuja occidentalis	Thuja	leaf	1:1-1:5	60%	infusion	C,O	no	1	E O Toxic
Thymus vulgaris	Thyme	herb	1:1-1:5	45%	infusion	EO	yes	1	
<u>Tilia europaea</u>	Linden	flower	1:1-1:5	25%	infusion	no	yes	1	Dried Dower causes respiratory inflammation
<u>Trifolium pratense</u>	Red Clover	flower	1:1-1:5	25%	infusion	no	no	3	
<u>Trigonella foenum-graecum</u>	Fenugreek	seed	1:1-1:5	25%	decoction	no	no	1	
<u>Trillium erectum</u>	Beth root	root	1:1-1:5	45%	decoction	no	no	3	
<u>Turnera aphrodisiaca</u>	Damiana	leaf	1:1-1:5	60%	decoction	no	no	1	
<u>Tussilago farfara</u>	Coltsfoot	If & fls	1:1-1:5	25%	infusion	no	no	1	
<u>Uncaria tomentosa</u>	Cat's Claw	bark	1:1-1:5	45%	decoction	no	no	1-2	
<u>Urginea maritima</u>	Squills	bulb	1:5-1:10	45%	decoction	no	no	1-2	considered Toxic
<u>Urtica dioica</u>	Stinging Nettles	leaf	1:1-1:5	25%	infusion	yes	TIP	3	
<u>Urtica dioica</u>	Stinging Nettles	root	1:1-1:5	45%	decoction	no	no	2	
<u>Usnea spp.</u>	Usnea	lichen	1:1-1:5	70%	decoction	no	no	1-2	
<u>Valeriana officinalis</u>	Valerian	rhizome	1:1-1:5	45%	infusion	no	no	1-2	
<u>Verbascum thapsus</u>	Mullein	leaf	1:1-1:5	75%	infusion	no	no	3	
<u>Verbascum thapsus</u>	Mullein	flower	1:1-1:5	25%	infusion	no	no	3	
<u>Verbena officinalis</u>	Blue Vervain	herb	1:1-1:5	25%	infusion	no	no	3	
<u>Viburnum opulus</u>	Cramp bark	bark	1:1-1:5	25%	decoction	no	no	1	
<u>Viburnum prunifolium</u>	Black Haw	bark	1:1-1:5	25%	decoction	no	no	1	
Vinca minor	Periwinkle	herb	1:1-1:5	25%	infusion	no	no	1-2	
<u>Viola odorata</u>	Sweet Violet	leaf	1:3-1:5	25%	c. infusion	no	no	3	
<u>Viola tricolor</u>	Heartease	herb	1:1-1:5	25%	infusion	no	no	3	
Viscum album	Mistletoe	herb	1:1-1:5	25%	decoction	no	no	1	Berries Toxic
Vitex agnus-castus	Chaste Tree berry	berry	1:1-1:5	45%	decoction	no	no	1-2	
Withania somnifera	Ashwagandha	root	1: 1-1:5	45%	decoction	no	no	1-2	
T=tincture; I=infusion, D=decoction; O=Oil; P=poultice; C=cream; EO=essential oil; c. infusion=cold infusion									
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			Strength	Solvency	Tea				
<u>Yucca spp.</u>	Yucca	root	1:1-1:5	45%	decoction	no	no	1-2	
<u>Zanthoxylum</u> clava-herculis	Prickly Ash bark	bark	1:1-1:5	45%	decoction	no	no	1	
Zea mays	Cornsilk		1:1-1:5	25%	infusion	no	no	1	
Zingiber officinale	Ginger	root	1:1-1:10	90%	decoction		no	1-2	

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## Herbal Preparations Appendix 2

### HERBAL RESOURCE LIST

#### WHOLESALE WILDCRAFTED AND ORGANICALLY GROWN HERBS

##### ***Blessed Herbs-Martha and Michael Volchok***

109 Barre Plains Road  
Oakham ,Mass. 01068  
1-800-489-4372

Great supplier of wild crafted and some organically grown herbs. Will also ship fresh herbs as well.

##### ***Nature's Cathedral- Leroy Ballard*** RRT 1 Box 120

B1airstown, IA 52209 1-319-454-6959  
Grows Echinacea and Golden Seal

##### ***Oshadhi***

Ayus,15 Monarch Bay Plaza  
Suite 346  
Monarch Beach, CA 92629  
1-800-933-1008

Bulk supplier for essential oils and floral waters.

##### ***Frontier Herbs***

Box 299  
Norway, Iowa 52318  
1-800-669-3275

Fair quality of wild crafted herbs and international herbs as well. .

##### ***Pacific Bontanicals-Mark and Margie Wheeler*** 4350 Fish Hatchery Road

Grants Pass, OR 97527  
(503) 479-7777 .

High quality organic and wild crafted herbs. Will deliver fresh plants if you're on the list early enough. They have a limited selection of sea vegetables.

Will also fill 1/2 lb. orders.

##### ***Island Herbs-Ryan Drum***

P.O. Box 25  
Waldron Island, WA 98927-0025

Quality herbs picked by loving energies and spirits. A good friend to all of us now... Also offers Apprenticeships in Medicinal Herb Wild crafting and Cultivation as well as weekend herbal retreats at his homestead

##### ***Starwest Botanicals***

11253 Trade Center Drive  
Rancho Cordova, CA 95742  
1-800-800-4372

A fair quality herbal wholesaler but has lots of other products such as oils, teas, soaps, etc. for retailers.

***Materia Medica***

112 Hermosa SE  
Albuquerque, NM 87108  
1-505-232-3161

Large selection of tinctures, fluid extracts, essential oils, creams, lotions ...for practitioners. Ask for a catalog.

***Southern Virginia Herbals- Robe,***

Rt.3 Box 81  
Hallfax, Virginia 24558  
1-804-476-1339

Organic grower and wild crafter of East coast herbs Spring Wind  
2315 Fourth St.  
Berkeley, CA 94710  
Good quality Chinese herbs- by Chinese or.

***North Amer. Reishi Ltd.***

1-604-886-7799  
Suppliers of reishi, shiitake maitake, other medicinal mushrooms and extracts

***Trout Lake Farm***

1-509-395-2025  
Largest organic herb farm in U.S.  
-large quantities of echinacea, valerian, etc.

***MayWay***

1-510-208-3123  
Variety of herbal supplies but specifically sell blenders for  
herbs (\$400-\$500) Hopefully you can get someone on the phone you can understand.

## **Foundations in Herbal Medicine**

### **OTHER SUPPLIES**

#### ***Alameda Chemical***

922 E. Southern  
Pacific. OR 85034  
1-602-256-7044

Ask for purest 2.5 kg Anhydrous Granular Potassium Carbonate (\$40.00) Split with other herbalist as it lasts a long time.

#### ***California Glass***

510-635-7700  
Bottles, Salve Jars, etc.

#### ***Essentials and Such - Michael***

1-209-298-3313 .  
Shrink seals for bottles of all sizes as well as other supplies

#### ***Fortec***

248 Pennsylvania Ave.  
Virginia Beach, VA 23462  
1-804-468-8999  
Electronic (also battery operated) scale for weighing herbs up to 4.5 lbs.

#### ***McCormick Distilling Co., Inc.*** Weston, MO

800-825-0377  
Grain Alcohol

