

# PAY-IT-FORWARD MEDICINE MAKING WORKSHOP



The Herbalista Free Clinic, travelling by Herb Bus, provides free clinical care, a spot of tea, and herbal education to underserved communities. Currently hubbed in the Atlanta area, this mobile herb clinic offers both basic first aid treatment and long-term tonic therapy. We treat the patient, not the disease.

This project is thanks to the shared efforts of many! Thank you for joining us today, for supporting our little Bus with a mission, and for helping us make the potent, earth-based remedies with which we will nurture and care for those in need. Together we will build a stronger and more vibrant community through herbalism! Viva la Herb Bus!

*Herbalista Lorna*

[www.HERBALISTA.org](http://www.HERBALISTA.org)

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## HOW TO MAKE A TINCTURE

A tincture is a medicinal extract created by soaking (**macerating**) an herb in a liquid (**menstruum**) for an extended period of time. Steep alcohol macerations for 2 weeks and glycerin extracts for 1 month. Shake daily. Strain out and compost the spent herbs (the **marc**) & reserve the liquid. Store your tincture in a glass bottle in a dark cool place.

### TO PREPARE

Weigh herb. Grind dry herbs or chop fresh herbs and place in a mason jar. Cover with the appropriate volume of menstruum. Cap and label with the below information.

### TINCTURE RATIOS

**Fresh Herbs [1:2]**            1 part fresh herb to 2 parts menstruum

**Dry herbs [1:5]**            1 part dry herb to 5 parts menstruum

ex: I have 2 oz of dried elderberries.  $2 \times 5 = 10$ . I need 10 fl oz menstruum

Fresh / Dry \_\_\_\_\_

\_\_\_\_\_ Oz. [       :       ,       % ] \_\_\_\_\_

Part Used \_\_\_\_\_ Lot# \_\_\_\_\_

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## MIXING CUSTOM MENSTRUUMS

We blend glycerine or alcohol with water to create the right percentage blend. All tinctures require a minimum amount of alcohol or glycerine to be self stable.

Alcohol > 20% and Glycerine > 60%.

### The Formula

$$\begin{array}{r} \text{_____ oz. total menstruum} \quad \times \quad \text{_____ desired \%} = \text{_____ oz. GLY/ALC} \\ \text{_____ oz. total menstruum} \quad - \quad \text{_____ oz. GLY/ALC} = \text{_____ oz. H2O} \end{array}$$

*Example:* You want to make 20 ounces of 60% glycerine  
60% = 0.6

$$20 \times 0.6 = 12 \text{ oz pure glycerine}$$

$$20 - 12 = 8 \text{ oz H2O}$$

$$\text{Check yourself: } 12 + 8 = 20$$

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Fresh / Dry \_\_\_\_\_

\_\_\_\_\_ Oz. [ : , %] \_\_\_\_\_

Part Used \_\_\_\_\_ Lot# \_\_\_\_\_

\_\_\_\_\_ oz. total menstruum x \_\_\_\_\_ desired % = \_\_\_\_\_ oz. GLY/ALC

\_\_\_\_\_ oz. total menstruum - \_\_\_\_\_ oz. GLY/ALC = \_\_\_\_\_ oz. H2O

Fresh / Dry \_\_\_\_\_

\_\_\_\_\_ Oz. [ : , %] \_\_\_\_\_

Part Used \_\_\_\_\_ Lot# \_\_\_\_\_

\_\_\_\_\_ oz. total menstruum x \_\_\_\_\_ desired % = \_\_\_\_\_ oz. GLY/ALC

\_\_\_\_\_ oz. total menstruum - \_\_\_\_\_ oz. GLY/ALC = \_\_\_\_\_ oz. H2O

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## TEA INFUSIONS

Weight to Volume Method: [1:16] or [1:32]

Note: if working with fresh plants, double the amount of herb [2:16] or [2:32] because to take water weight into account.

**Hot** Infusion: Pour freshly boiled water over herbs. Cover and steep for 15-30 minutes, or as recommended.

**Cold** Infusion: Cover herb with cold water, cover and steep for 4-8 hours or overnight. Strain and serve room temp or heat to serve warm.

At our monthly Herbalista Health Fair we have a tea station and serve seasonal brews all day long. This blend will bring a little warmth and heart to cold February days...

## TULSI LOVE TEA

5 parts Tulsi Basil

3 parts Chamomile Flowers

1 part Rose Petals

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## ALLERGY RE-LEAF TEA

This combination makes a great springtime tonic and supports the body during the intense Atlanta allergy season. The recipe below is written in parts so you can blend as little or as much as you like. Please measure parts by weight (i.e. in ounces not by spoonfuls.)

2 parts Nettle Leaf  
1 part Goldenrod  
1 part Tulsi Basil  
1 part Eyebright  
1 part Dandelion Leaf

1 part Mullein Leaf  
½ part Elder Flower  
½ part Spearmint or Peppermint  
¼ part Licorice