

# HOW TO MAKE HERBAL PREPARATIONS

by Dr. Richard Schulze

## DEDICATION

As a child I had a wonderful great aunt, aunt Hattie. She was born in the late 1800's and still held onto many of these values into the 20th century. She also grew up on a farm and didn't trust the ways of the "big city". She was not a believer in water unless it came from a well so she boiled all her water that came out of a city faucet.

All of my grandparents were already dead when I was a child, so my aunt Hattie was like; a grandmother to me. My family on both side originated in Eastern Europe and my aunt Hattie was some type of gypsy. Whenever my brother or I got sick, she would make up some type of herbal or food concoction that usually smelled bad and tasted worse. We would be forced to drink it and many times afterwards she would tell us of things to come by reading herbal leaves in the bottom of the cup or by cards. She was an herbalist but my brother and I lovingly referred to her as a witch.

My great aunt Hattie outlived all of her brothers and sisters, my parents and even her own children, because of her firm resistance against modern living and doctors. She finally died, but it is obvious to me now what a great influence she had on me as I was growing up.

I began my research to write this book about 25 years ago. As I started using herbs for my health and medicine I realized that there was a lot of people and books that professed knowledge about herbs, but little was said or written on the topic of making herbal preparations. I gathered what I could and did a lot of experimenting on my own. I made a lot of mistakes. It wasn't until the 1970's when I met Dr. John Christopher that I found many missing pieces of this puzzle. It was obvious to me at this time that very few had any knowledge of how to turn herbs into different herbal preparations, and of those who had the knowledge, very few had any real practical experience. Finally in meeting Dr. Christopher, I met a man who had both. He spent the most of his life healing people with herbs, and the preparations he made. He told me endless stories of his experience with plants. He told me that to earn extra money he used to *weed* peoples yards in the summer and then in the fall, sell them back their same *weeds* but now as healing herbal tonics and formula. We used to laugh as he would tell me these and other funny stories. He took me under his wing and told me all the mistakes I was making, and told me how to make things stronger, and better.

I asked him if I could teach with him in his newly formed courses and he warmly invited me to. It became my job to hold practical demonstrations showing the students how to do the different things that Dr. Christopher talked about. I was the first person to ever demonstrate his version of the cold sheet treatment. The first time I demonstrated it for his school, I knocked the person out I was doing it on, hence I learned the value of always keeping my cayenne and lobelia tinctures in my pocket. My most popular class was how to make herbal preparations. He sat in on the first few, I was nervous and spilled a lot but he just smiled and laughed. Over the next few years he shared so much of his wisdom, knowledge, love and humor with me.

I remember visiting him at his home up in the mountains of Utah just before he died. He knew he was slipping away and could see my distress. He told me not to be sad, he said he wasn't and was looking forward to his journey. That was the last time I ever saw him.

It is to my greataunt Hattie and John Ray Christopher that I dedicate this booklet.

## FORWARD

I have taken much out of this booklet over the last few years. The vast majority of what you need to know is now covered on the Sam Biser "Save Your Life" video collection. This is just to clarify a few points and give you some specific measurements and formulae.

By the year 2000 I plan to publish a very detailed book on making herbal preparations. With the help of one of my great students and good friend, Keith Thompson, I am preparing a very detailed herbal preparations book with all of my formulae, specific proportions, the many notes I have on herbal quality, exact alcohol percentages, and many more notes from my clinic. With the help of Ron Man Warren, we have constructed a new improved herbal tincture and extract press that is now available to the public.

If I could give you one word of advice it would be to not be afraid to make some herbal preparations. Whether you make every herbal preparation you need, or a few, or just play with it as a hobby it doesn't matter. You will probably find that even your mistakes are better than what is commercially available. And if God forbid, the day ever arises that you can't get what you need, this information could save your life.

## HERBAL HISTORY LESSON

Since the beginning of time, herbs have been used for food and for medicine. Still today over 70% of the world's population continues to use herbs as their *only* source of medicine. Although some of these people reside in primitive countries, many people in the world's most civilized countries such as Germany, Japan and The United Kingdom still prefer herbal medicine to chemical medicine. This is because herbal medicine has hundreds, even thousands of years of practical healing experience. It is the traditional medicine of every country on this planet. It has proven itself worldwide to be a safe and effective form of therapy.

Chemical medicine is very new. Many people distrust it and rightly so. In the few short years drugs have been available, their track record is far from perfect. Many medical researchers report that our increase in longevity and decrease in certain diseases over the last few decades is not the result of drug therapy, as the pharmaceutical industries would like you to believe. Instead it is the result of better nutrition, cleaner water and better waste removal and disposal. Many of the world's leading doctors even point out that medicine and drugs may have done more harm than good. Statistics prove that although some have been saved, many have suffered and died at the hands of medical techniques and drugs. In fact statistically the majority of people would live longer if they never visited a doctor's office or hospital.

Unfortunately with the powerful crushing influence of medicine, pharmaceuticals and their bribed lawmakers in Washington D.C., herbal medicine in the United States has been destroyed. Shortly after the turn of the century herbal doctors were attacked, hounded, driven out of business and jailed by government agents protecting the interest of big business and industry. A few years later the practice of herbal medicine was for all intensive purposes made illegal. By the 1940's and 1950's, herbal medicine in this country was almost obliterated except for a few bold men and women, who dared to continue the tradition.

As the fabulous fifties came to an end and the 1960's began, medicine and drugs were already starting to flounder. Many drugs that were sworn safe, maimed thousands. Others that were heralded as life savers, were later found out to cause serious disease and death. Thousands of children were born deformed and paralyzed and new diseases, never seen before vaccinations and inoculations were springing up everywhere.

Certainly if a person is in a life or death situation, the risks of using drugs may outweigh their dangers. But for the most part even Americans are beginning to understand that the indiscriminate usage of drugs causes far more harm than good.

Even those who choose chemical medicine may end up with refined and concentrated herbal products. Still today the vast majority of pharmaceutical drugs are either made from plants or synthesized to mimic the chemistry or action of a plant.

## **HERBAL PREPARATIONS continued**

There are many ways in which we can use herbs. Some herbs we can eat just like they are in their fresh, raw state. Others we like to dry, cut, sift and powder to use. Basically, herb capsules and tablets are probably the most common means of ingesting herbs in their dry state. Beyond this we enter the world of various Herbal Preparations. The basic Preparations I will cover in this booklet are: Snuffs, Infusions, Decoctions, Fomentations, Poultices, Suppositories, Douches, Enemas, Syrups, Oils, Tinctures and Ointments. There are many other Herbal Preparations used but these are some of the most common.

If you gathered a convention of "dusty" Herbalists together not only might you have some slight quarrels over the hundreds of thousands of herb species known to us today, and their uses, but also over the making of Herbal Preparations. This booklet is meant for a general guide in making herbal preparations, a road map for the student, not a rigid rule book.

### **SNUFFS**

Herbal Snuffs have been used for hundreds of years. They are basically herbs in a finely powdered state and sometimes with an essential oil added. Most of the Snuffs I have made and used in the clinic over the years were for decongesting and draining of the sinus cavity.

One of my favorites was Goldenseal root powder and Bayberry bark powder, with a tiny bit of Cayenne pepper and Garlic added. This Snuff disinfects and decongests the sinus cavities.

Take a small jar and put 7 tablespoons of finely powdered Goldenseal Root and 7 tablespoons of finely powdered Bayberry bark. The Cayenne and Garlic add the *intensity* to the formula and the amounts should be judged by your ability to tolerate the formulae. The amounts I added in the clinic were 1 tablespoon of 150,000 H.U. Cayenne powder and 1 tablespoon of Garlic powder. Although this amount may seem a bit extreme to some, it works !

Shake the jar and mix the powder well.

### **INFUSIONS**

When we speak of Infusions we mean making a common tea. Taking an amount of herb and pouring boiling water over it and letting it steep. An Infusion can be made with cold water, a sun tea or using boiling water.

A basic formula for making an Infusion is to use 1 teaspoonful of dried herb or 2 teaspoons of fresh herb to the cup of water. Pour the boiling water into a cup with the herbs (a tea ball may be used) cover and let steep for 15-30 minutes. When making a cold infusion or sun tea let the herbs remain in the water before straining for 1 to 4 hours.

We use Infusions with herb parts that are easy to extract the medicinal qualities out of like leaves and flowers, example peppermint leaves or chamomile flowers. If we were to simmer or boil these sensitive parts of herbs we would have their valuable healing chemicals in the air of our kitchen but not in our cup of tea.

When we want to make a tea out of the harder parts of plants such as the twigs, branches, barks and roots, then we make a Decoction.

## **DECOCTIONS**

A Decoction is also an herbal tea, but it is designed for the harder parts of herbs such as the barks, roots, twigs, berries, fruit, nuts, etc. With these parts of herbs an Infusion may not extract all the medicinal properties, they are more *locked in* the harder parts of the plants . Therefore, we need to apply more heat for a longer period of time.

A basic Decoction is made by adding 1/2 to 1 ounce ( 1 to 4 tablespoons) of dried herb to 1 1/2 pints of cold water (the extra 1/2 pint covers the evaporation in boiling). It is best to let the herbs soak and re-hydrate in the water up to 12 hours if you have the time and then slowly bring it up to a boil. Let it simmer between 10 and 30 minutes.

For both Infusions and Decoctions, and any other herbal preparation you make that requires water, it is best to use the *emptiest* water. Your first choice would be distilled water, a very close second would be reverse osmosis and then filtered. Mineral and spring waters are very saturated (full) with minerals and therefore dissolve less plant chemicals than the *empty* waters

## **FOMENTATIONS (compress)**

A Fomentation is basically an herbal Infusion or Decoction applied externally using a piece of cloth, gauze or towel, always using natural fibers such as cotton or wool.

Fomentations can be made with any liquid at any temperature but generally we use a hot herbal tea made with water. Other possibilities are to make the Fomentation with various Oils, castor oil is one of my favorites, apple cider vinegar, diluted essential Oils, fresh fruit or vegetable juices, use your imagination.

To make an herbal tea Fomentation you first make an Infusion or Decoction as previously described. Then dip a piece of cloth in the solution, the size of the cloth being in proportion to the area of the body you want to cover. Wring out the excess liquid and apply this cloth to the affected area of the body. You may wish to keep the tea hot and keep dipping the cloth back in it and reapplying it when the cloth gets cool, this can be done every few minutes. Also, a heavy towel placed over the Fomentation will help it retain its heat longer.

A nice way to increase circulation to an area is to place an ice cold wet cloth or ice pack on the area for a 2 to 8 minutes followed with a application of the hot Fomentation for 5 to 10 minutes.

To leave the Fomentation on for a long period of time, like overnight, you will want to cover it with other towels or even plastic to keep the area warm and wet. Even a hot water bottle can be applied over the Fomentation to keep it warm. Over the years my patients have come up with thousands of ways to keep poultices on all night from ski caps on the head to elastic ace bandages. Use your imagination.

Fomentations are wonderful hydrotherapy and with using different water temperatures you have a wonderful aid for increasing blood flow and circulation. Fomentations can be used for stiff or torn muscles, burns, cuts, bruises, scrapes, broken and cracked bones, internal organs, glandular areas, general pain, etc.

Castor Oil Fomentations are great eliminative routines. Oil soaked cloth, usually hot, can be placed over the liver, kidneys, intestines, appendix, lungs, etc. and will assist in elimination.

Using hot water or liquids in a Fomentation relaxes tight muscles, draws blood to the surface of the skin, increases circulation in that area and opens up congestion. Heat is also drawing and aids in pulling impurities from the body. One of my favorites is using Cayenne and Ginger with other herbs to really increase the blood flow to an area.

A cold Fomentation constricts the blood flow and circulation to the area and drives the blood deep below the surface. It can soothe discomforts caused by too much heat (bums, sunburns, inflammation, etc.) and also increases circulation to reduce unwanted swelling and pain.

## POULTICES

A Poultice differs from a Fomentation in that instead of applying the herbal tea, oil or juice to the body we apply the actual herb itself. This could be in a very simple way, by just "bruising" an herb leaf and applying it to the skin. The American Indians and still today primitive cultures all over the world simply chew herbs up into a wet pulp and apply this pulp to various parts of the body.

The most common way is mixing dried herbs together, in a finely cut or powdered state, adding water, apple cider vinegar or some other liquid to it to form a paste and applying this to the skin. I have found that adding 1/4 to 1/3 of a mucilaginous herb powder, such as Slippery Elm inner bark powder, makes a much nicer consistency and will also adhere better.

Poultices are great for just about any problem but most used for wounds. When using a Poultice on a "hole" in the body or a deep wound, you want to have cleaned and disinfected the area before applying the Poultice but also have added some anti-infection herbs to the Poultice, Goldenseal, Garlic, it does burn a bit, or Tea Tree oil. Another general rule of thumb on a wound is that once the Poultice is dried it may look like some of it is gone or has been absorbed into the body; don't clean the remaining Poultice off unless you absolutely need to recheck the wound. Just add a new Poultice over the old one and keep "*feeding*" the area.

There are other types of Poultices, especially a drawing one like my Black Super Draw Poultice, that you will want to change frequently. A drawing poultice removes impurities and poisons out of the body and can be more effective if changed 1 to 3 times a day.

But generally once a Poultice has dried on a wound I consider it a part of the body, just like a scab - it will come off when it's time to.

A good example is many years ago I was with someone who cut the tip of their finger entirely off. The finger was bleeding profusely so I dumped a handful of Cayenne pepper on it. When the bleeding stopped (in about 2 seconds) I put their finger tip on top of the cayenne pepper and just stuck it to the rest of their finger.

I covered the whole area with an herbal Poultice made up of mainly Comfrey leaf and root, Garlic, Slippery Elm and a few other herbs. After adding more Poultice in the next few hours, I finally wrapped gauze around the whole area. The next morning we realized that the Poultice had dried hard with the gauze and this person now had a rock hard herbal cast on their finger. I said not to worry and in about 3 days it worked itself off and we found a beautifully healed finger, the finger tip was reconnected with the finger. Only a slight redness was around the cut area, but we could see lots of cayenne pepper under the new skin between the finger tip and the finger. I assured the person that the body would just *digest* the cayenne pepper over a few weeks and it did. A month later there was not even a scar.

Other Poultices that are wonderful are Poultices for itching skin and other skin irritations, Poultices to draw out the poisons of stings and bites, or internal poisons coming out, Poultices to heat an area (the famous mustard plaster) and Poultices for glandular infections or congestion. You can put a Poultice on just about anything you can come up with. A Poultice can also be applied between 2 layers of gauze or light cotton if you don't want the actual herbs to touch the skin for some reason. As a Poultice dries it becomes more and more pulling. To increase the pulling power you can add drawing herbs and even bentonite clay.

One of my favorite additions to a herbal poultice is fresh aloe vera leaf gel, it adds soothing and healing qualities helping your body repair itself 2 to 10 times faster than normal.

Besides herbal Poultices, vegetable Poultices have also been used widely over the years with potatoes, onions, carrots, beets, garlic, cucumbers, and a wide variety of greens. Cayenne, Ginger, Mustard, Horseradish have all been popular heating and stimulating Poultices. Healing and soothing Poultices made from Slippery Elm, Marshmallow, Aloes, Calendula, Lobelia and Mullein have had extensive use. Seed and grain Poultices have also been used over the years (oats, barley, flax, etc.) with very soothing effects. Let's not forget fruit Poultices. Bananas, Figs, Apples, Papayas and melons all make excellent Poultices. Last but not least, Plantain. It grows in most peoples yards and is a classic from bites and stings to blood poisoning.

## **SUPPOSITORY - BOLUS - PESSARY**

Suppositories, Boluses and Pessaries are basically Herbal Poultices used internally. They are generally made with a mucilaginous herb base like Slippery elm or an oil base like Coconut Oil or Cocoa Butter. They are inserted into body openings (vagina, rectum, nasal opening, ears, mouth, etc.) to distribute their herbal power to internal areas.

In making your Bolus you will want your herbs FINELY powdered so the Bolus will be as smooth as possible. You will want to add something to the mixture to give it a slippery consistency. A soft bolus can be made by adding Slippery Elm bark powder to your herbal mixture. Slipper Elm is very mucilaginous when mixed with water and also a great soothing, healing and nutritional agent. If you desire a harder Bolus, sometimes preferred in the rectal and vaginal areas, Coconut Oil works the best.

Take a jar of Coconut Oil and place it in a bowl of hot water (in the jar). In a short time the oil will melt, (depending on your air temperature, it may already be in a liquid state). Mix the melted Coconut Oil with the finely powdered herbs you choose into a dry pie dough consistency. Shape and form the herb mixture into the size and shape of the Suppository you desire. (This can vary greatly depending on the area they are to be used in and the size of the individual).

Place the individual Boluses on a piece of wax paper, stainless steel or glass plate and refrigerate them. Refrigeration will make them hard. When you want to use one, take it out of the refrigerator, hold it between your fingers for just a few seconds (the Coconut Oil will begin to melt) and insert the Bolus. Use some olive oil to lubricate the area of insertion first.

When the Bolus is inside of the body, the body temperature will cause the coconut oil to melt rapidly and the herbs will be dispersed. Suppositories are commonly used for rectal cleansing and hemorrhoids, vaginal infections, irritations and inflammation and problems of the whole reproductive area.

## **DOUCHES AND ENEMAS**

Douches and Enemas are liquid injections into the vagina and rectum, usually in the form of Infusion or Decoction, Vegetable, Nut and Seed Oils or Aloe vera gel. These injections can be used to wash out a Bolus, to cleanse the area and to supply the area with herbal medicinal and nutritional properties. Rectal injections can be extremely important. In some cases, when a person cannot accept liquids, food and medicinal agents orally, they can be fed through a bowel injection.

## **SYRUPS**

A Syrup is basically an Infusion or a Decoction and sometimes a Tincture to which Maple Syrup, Vegetable Glycerine, Honey or sugar has been added. These substances are added mainly to preserve the solution but also added to give the liquid a thicker, stickier and more coating consistency and make it much more palatable to children.

I prefer Maple Syrup over the others and used it successfully in my clinic for years. If you use Glycerin make sure it is vegetable and *not animal of petroleum derived*.

Usually adding from 1/4 to 1/2 Maple Syrup will work perfectly. I can get most children to swallow any herbal tincture just by adding 1/2 or 50% Maple Syrup.

You can make a very strong syrup by simmering down your Decoction to less than its original amount before adding the syrup. If you "slowly" simmer your decoction down to 1/4 its original amount, you have what used to be referred to as a 3 power Decoction. If you simmer your 3 power Decoction down to 1/2 this amount you will have a 7 power Decoction. By adding maple syrup to this you have 3 & 7 power syrup.

Always try to find organic maple syrup but it must be 100% pure maple syrup

## **OILS**

What I will explain here is the Oil extraction of herbs. I prefer to use Olive Oil; Almond works well too. A common Oil extraction is Oil of Garlic. There are many other types of Oil extractions you can make in a similar way. It is most important that your herbs are either dried or that when fresh the liquid in the herbs mixes well with oil. Water in your oil will be a sure way to have spoilage and problems.

In making a Garlic Oil you peel, cut and chop many cloves of Garlic, covering the bottom of the bowl with at least 1 inch of cloves. I use glass or Pyrex bowls. Don't use any container the solution can react badly with like aluminum.

Cover the Garlic with your Oil and set it in a warm place for 1 to 3 days. Cover with gauze or cheesecloth to keep bugs out. You can place it in a warm oven, that is turned off or over a heat register as long as it doesn't get too hot.

Occasionally I like to mash the Garlic with a potato masher to squeeze out all the "goodness". When you feel the Oil is right, strain your mixture through cheesecloth or cotton and bottle. If you refrigerate this it will keep longer.

Oils can be made from any herb bark, stem, leaf, root, etc. With some herbs you will definitely want to heat the Oil to a higher temperature for varying amounts of time but never above 120 degrees . Generally you will want to steep your herbs in your oil for 14 days with the moons, the same way as described in detail in the tincture section.

Oils are great remedies for internal use and wonderful for external applications (wounds, infections, skin problems, massage, etc.). Making a good Oil takes time and practice. When you turn out a good one, your time and patience are rewarded.

Commercial essential Oils such as lavender, eucalyptus and thousands of others are usually made by steam distillation. It can take hundreds of pounds of herb to make only a few ounces. For the most part you are better off buying good quality essential Oils. They make nice additions to the herbal Oils you make. A few drops added to your Oils is a nice finishing touch.

## **HERBAL TINCTURES**

Herbal Tinctures are technically a fluid extract of herbs. They usually differ from an Infusion or Decoction where we use water to extract because we now add alcohol to the water or apple cider vinegar.

There are many advantages of tinctures over infusions and decoctions. One basic one is that there are many medicinal properties in herbs that are not water soluble. While many of the chemical properties of herbs do dissolve in water, there are also some important properties that do not. In fact many essential Oils, resins, alkaloids, steroids, etc. dissolve better in a water / alcohol base, some don't dissolve in water at all.

Like Infusions and Decoctions, the medicinal properties in Tinctures can be digested and assimilated easier than consuming herbal capsules, the raw herbs, especially if a person's digestion is bad. The medicinal properties of herbs in a tincture get in the bloodstream the fastest, almost instantly. Unlike Infusions and Decoctions, Tinctures are quick; they are already made up and on hand and this makes them invaluable for First Aid Kits and Emergency applications.

Tinctures are also much more concentrated than teas. As little as 2-3 drops of good Tincture can equal and excel the medicinal properties of a whole cup of tea. Tinctures made with an alcohol base are also good antiseptics for open wounds.

## **HERBAL TINCTURES continued**

The alcohol we use to make Tinctures in grain alcohol. This means it is distilled off of a fermented grain "mash". Denatured, Isopropyl (Rubbing Alcohol) or Methyl (Wood Alcohol) are never used because they are poisonous. Although all herbal medicinal chemicals are best extracted in various percentages of alcohol, the standard Tincture solvent solution (base) is 50% grain alcohol and 50% water. 50% alcohol is equal to 100 proof, (alcohol % x 2 equals the proof (or) proof divided by 2 equals the alcohol %). Many people have used 80 proof (40%) alcohol solutions successfully throughout the years and for most herbs this will make a great tincture. "Dr. Christopher always said to use 90 proof (45%) alcohol or better." When your end cost per ounce will be so little anyway, I suggest using 100 proof vodka which is a 50/50 solution of grain alcohol and water.

**NOTE, occasionally a few people have an emotional aversion to consuming alcohol, on this I will make the following statements.**

**The base is mostly distilled water but it does have a pure grain alcohol content. Grain alcohol dissolves and extracts certain important phytochemicals, (plant chemicals) that are necessary for this formula to be effective, better than just water alone. Example, the diosgenin in *Discorea villosa* is only soluble in alcohol and not in water. The alcohol also preserves the formula and gives it an almost indefinite shelf life, over 5 years.**

**The actual amount of alcohol per dosage is so small that their is more in some mouthwashes. This dosage has been tested on people who are alcohol sensitive with no adverse reactions. It is also a safe amount for anyone in a 12 step program or alcoholics anonymous.**

Vodka by law can be nothing more than grain alcohol and water and this is the reason why it is the choice of most Herbalists. It is also obviously a very safe alcohol because it is specifically designed for human consumption. Other whiskeys may contain the correct amount of alcohol but also contain impurities, colorings, flavorings, preservatives and toxic substances. Gin is grain alcohol flavored with Jumper but also may contain other additives. Dr. Christopher used to suggest Brandy (distilled grape wine). Although it has been used for hundreds of years for Tinctures, modern brandies usually contain many additives (colors, preservatives, flavors, etc.).

So, vodka is our best and purist grain alcohol base. Everclear, or pure grain spirits is available in some areas of the United States. It can range from 150 to 190 proof. (75-95% alcohol). It can be used straight or diluted with distilled water to make Tinctures. Some herbal properties such as gums and resins will release properties better at this higher alcohol content.

Pure apple cider vinegar (acetic acid) is also a good Tincture base for certain herbs especially lobelia inflata. It is not as strong a solvent as grain alcohol. Tinctures made with vinegar are less drying to the skin so they can be nice for liniments and they are slightly antiseptic. Always use a health food store brand of Pure Apple Cider Vinegar - naturally aged and unfiltered and RAW, not distilled and organic if possible. One main problem I have with apple cider vinegar Tinctures especially my SuperTonic, (Garlic, Cayenne, Ginger Root, Onion and Horseradish) is that they taste so delicious that I drink them all and "eat" my profits. Also, the people who buy them from me don't have colds; they just know a good salad dressing when they taste one.

If you are not getting the results from your tincture that you desire you could consult various Pharmacology, Materia Medica, Botanical Chemistry, Pharmacognosy and Dispensatory books for more information.



## **HERBAL TINCTURES continued**

In most cases the best way to make a tincture is using fresh herbs. This can be simply done by putting fresh herbs in a blender, adding your water/alcohol solution and then just turning the blender on. By turning your herbs and solution into this herbal *applesauce*, more alcohol solution will reach individual cells of the plant and make a stronger tincture than if you just dropped a whole root in a jar and covered it with alcohol. If you have dried herbs and want to powder them, an inexpensive way to do this is an electric coffee grinder or a mortar and pestle. If you use an electric type of grinder be careful not to "cook" your herbs in the grinding processor brake the blades off with hard roots.

If you are going to be making many Tinctures, you are best off making them all separately. Specifically what I mean is that you are better off making separate Lobelia, Valerian Root, Skullcap, Wild Lettuce, Hops and Cayenne Tinctures, than putting them all together in one jar. If you make them all together, you have a nice Antispasmodic, Nervine Formula. If you make each herb Tincture separately, you can not only make this exact formula but you can also vary the amount of each herb in the formula by mixing the different Tinctures together in different proportions for each individual need. Also, if you made the individual herbs into separate Tinctures, you could not only mix them in different doses to make an individual Antispasmodic, Nervine Formula, but also you could have just a straight Emetic Formula (Lobelia), a Stimulant Formula (Cayenne), a Pain Formula (Wild Lettuce and Valerian Root), and Insomnia Formula (Hops and Valerian) or any number of numerous different mixtures.

### **MAKING THE TINCTURE**

The first thing to remember is that making a Tincture Is fun. You are going to put your Love and "good energy" into making this preparation. If you are all "nerved up" and in a bad mood, your Tincture will taste like it.

Most proportion rules in the past have been 4 ounces of dried herb to the pint (16 ounces) of alcohol or 8 ounces of herb to the quart (32 ounces). Herbs have many varying weights and densities and this makes this type of formula ridiculous. What I have found that works the best over the years is simply my half to full rule.

Blend your herbs with your alcohol and then pour the solution into a big glass jar. Let it settle for a day and see where the herbs end and the liquid starts. You want the herbs to settle at least halfway up to the top of the jar. If they settle to less add more herbs. If you want a stronger tincture then make sure the herbs settle to 3/4 of the way to the top and a really strong tincture could be all pulp like *applesauce*. This rule has worked better for me in my pharmacy over the years than all the rules in every herb book I have read. You need to use your common sense when putting a Tincture together. 8 ounces of Mullein or Red Raspberry leaf may not even fit into a quart jar, so you have to use your best judgment. Follow my 1/2 to full method and you will never fail.

Common, inexpensive Tincture jars are one (1) quart canning jars. A clear glass jar lets you observe the Tincture as it's "working" and is okay to use as long as you keep it in a dark place out of sunlight. Do not use plastic, metal or any other type of container that your base (alcohol) may react with undesirably.

Pour your solvent over the herbs and seal the jar. Then it should be shaken vigorously for several minutes to make sure there are no clumps of herb that have stuck together. At this point you can open the jar and usually add more alcohol or herb. Once your jar is fully packed then it is not to be reopened until the Tincture is done. From this point on until it is finished, it should be shaken at least three (3) times daily or as Dr. Christopher said "every time you walk by it".

## **HERBAL TINCTURES continued**

The Tincture is left in the jar for two weeks. Start the tincture on the new moon and squeeze it out on the full moon. (Many tests have been done by Dr. Christopher and myself as to the strength and potency of Tinctures in relationship to the time they "brewed" and the phases of the moon and in all cases Tinctures made in accordance with the phases of the moon made the strongest Tincture.

Note: Obviously, most manufacturers of commercial Tinctures nowadays, who use a 3 or 4 day "special process", and ignore the moon phrases, are making a highly inferior product.

There are many astrological books and almanacs that give the times of the New Moon and Full Moon, although you may have to calibrate these times to your local area. Most Herbalists don't get too critical on the time but go just by the day of the Full Moon.

It is nice to keep a record of your Tinctures as well as your other herbal preparations. I record the amounts of herbs, where I got them, the amount of base and the % of alcohol, the date and any other pertinent information. This logging of information could lead you to making fairly consistent tinctures.

The big complaint the A.M.A. and the F.D.A. have of herbal preparations is that they are not standardized. Even if you make a preparation the same exact way each time you can't rely on the herbal medicinal properties being in the same quantity from one bunch of herbs to another. How Wonderful!! This is Nature's beautiful way of adjusting not only the chemical properties of herbs from season to season but also to adjust the chemical properties to the local area for the local people. We are not all living in the same climate, doing the same things, eating the same foods, etc. Personally, I would rather experiment with a dosage of a natural remedy than take any of the poisonous, isolated, synthesized, chemicals the pharmaceutical industry has to offer.

You will first want to filter your Tincture well through a natural fiber like cotton or through paper coffee filters, brown unbleached ones only. Laboratory grade filters work well too. Let's not forget the old cotton diaper cloth - this works great. If you use a funnel, use a glass one; not plastic or metal.

Bottle your tinctures in amber glass jars with tight lids. Laboratory polyseal are good airtight, leak proof tops. I usually put my Tinctures in 16 oz. or 32 oz. amber glass jars and then pour or mix them into 1 or 2 oz. amber bottles with glass droppers bottles as needed. A glass dropper is necessary. You don't want a plastic dropper sitting in your Tincture or you will end up with a nice Tincture of plastic.

Always label your Tincture preparation jar, your Tincture storage jars and your 1 oz. or 2 oz. dosage jars to identify the type of Tincture in them. I also include the base used, % of alcohol and the date of bottling. An unlabeled Tincture is dangerous and can be an unpleasant "surprise".

## **HERBAL SALVES. OINTMENTS AND BALMS**

In the 1970's the California State Department of Health (and I'm sure this will be followed by the U. S. Department of Health and the Food and Drug Administration) decided that the words "salve", "ointment", "unguent" and probably "balm" indicate a medicinal substance and can be used only by pharmaceutical preparations. You will notice in the herbal industry, ointments and salves generally have odd and creative names such as herbal saavy, green goo and unpetroleum jelly.

Herbal Salves, Ointments and Balms are one of the most often used of the herbal preparations. With the oil soluble medicinal properties of the herbs, suspended into the preparations, we have a multi-versatile product. A general purpose herb salve could be used for cuts, bruises, scrapes, burns, sunburn, insect bites and stings, plant irritations, sore rough skin, and dry skin. We can also make salves to draw out poisons, vapor salves for the nose, salves for eczema and dermatitis, lip salves - the possibilities are endless! Like Tinctures, salves are great for herbal First-Aid kits and first-aid applications.

### **THE BASE**

The best base of all that I have used is Olive Oil and Beeswax. Olive oil supplies the medium for the herbal medicinal properties to be placed in and beeswax provides the hardening agent to the olive oil.

The Oil - although olive oil is the most generally used oil, other types of vegetables, nut and seed Oils can be used. Olive oil is high in monounsaturated fats and so it has a good shelflife and it is naturally healing and soothing to the skin. It also contains many vitamins, including A, D, E and K and many minerals. Olive oil just by itself is a great medicinal agent for the skin and a nutritious food for the body. Some other Oils that are acceptable are Almond and Sesame.

Petroleum Oils and mineral Oils are in many commercial "name brand" preparations (Vaseline Petroleum Jelly). In my opinion, they're wonderful for lubricating car engines and packing wheel bearings but who would want to put this garbage on their skin.

Coconut oil and cocoa butter can also be used for salves but melt and soften at room temperature so that makes your salve very unstable and on a hot day your ointment turns into an herbal soup. To make a creamier salve you can replace some of your beeswax with these products.

Beeswax, which is most commonly used as the hardening agent for the base is available in different forms. Generally you can get it white (bleached) or brown (unbleached). I suggest the brown - unbleached, which is in its natural state and not chemically altered. It also still contains naturally occurring medicinal ingredients such as propolis.

The general base formula I use is one quart (32 fluid ounces) of olive oil to between 1/4 pound (4 ounces weight) and 1/2 pound (8 ounces weight) of beeswax. If you want a real creamy ointment, like petroleum jelly use the 4 ounces of beeswax. If you desire a normal harder ointment then add the 8 ounces. The temperature of the area where you live will also come into play. I make my Heating Balm Formula fairly creamy for California. In Upstate New York in the winter its consistency gets very hard and during my trip to India this Spring with temperatures in the 120 degree range it turned into soup.

## **HERBAL SALVES. OINTMENTS AND BALMS continued**

### **HERBS**

Use dried herbs. Fresh herbs can be used but since they contain water this can encourage mold and bacterial growth - just what you don't want in your salve. This can be somewhat controlled by adding natural preservatives and keeping your salve refrigerated, but it's a big problem.

Basically, cut your herbs finely like described in the Tincture section so that the oil can reach maximum plant cells. It is best to use dried finely cut or powdered herbs.

Some of the most common salves made are:

- \* General Purpose Herbal Salves with Comfrey, Mullein, Chickweed, Marshmallow, Marigold, Arnica, Saint Johnswort, etc.
- \* Infection Salves - Goldenseal root & Myrrh Gum is an old time favorite. Add essential Oils like Tea Tree
- \* Skin Cleansing and Drawing Salves - with Plantain, Chaparral, Red Clover blossoms and Poke Root.
- \* Vapor Balms with essential Oils of Peppermint, Spearmint, Eucalyptus, etc.

### **HOW TO MAKE OINTMENTS**

Some Herbalists prefer the old cast iron pots, others prefer stainless steel double boilers. Some use a crock pot plugged into a light dimmer switch which gives me a variable control on the temperature. Whichever vessel you choose, it is helpful to have a food thermometer that ranges from at least 80 degrees to 160 degrees F. You can get one in almost any grocery store that ranges from 0 degrees to 220 degrees F.

Lets assume that your herbs have been *brewing* in your oil in a jar for the last two weeks and that you started on the new moon and it is now the full moon. Strain your oil through a cotton cloth and a stainless strainer. You may want to do this a few times because usually you don't want a "gritty" salve. At this point you have a decision to make.

Dr. Christopher frequently talks of single power, 3 power and 7 power ointments. To make a 3 power ointment, strain the oil and herb mixture when it's done and then add more dried herb to this solution and let it "brew" all over again. When you strain this solution you have a 3 power ointment which is much stronger medicinally than your regular ointment. To make a 7 power ointment, repeat the process with your 3 power oil and strain. Now you have a 7 power solution. Whichever you choose to make, always strain your oil well, pressing and squeezing the oil saturated herbs because the rich properties can cling to the herbs.

Next, put the amount of beeswax you are going to use into a separate small pan and heat until it is melted being careful not to overheat or burn it. Some beeswax takes up to 140 degrees to melt. In the meantime warm your herbal oil that you pressed out to about 120 degrees and then slowly pour in the melted beeswax and stir during this process. Many try to melt the beeswax in the herbal oil. This works but you have to heat the oil way to hot so the 2 pan method works much better.

You definitely want to make a test pouring, which could save you a lot of time and mess. Take a sample of your solution and pour it into a small container or just drip some on the counter top and it will harden quickly. See if it's the consistency that you want. You can always add more beeswax but you can't go the other way.

## **HERBAL SALVES. OINTMENTS AND BALMS continued**

### **PUTTING INTO JARS**

When you feel your consistency is right, ladle or pour your solution (a glass laboratory pipette works well) into your containers. A glass turkey baster works just as well. 1/4 oz., 1 oz., 2 oz., or 6 oz. wide mouth jelly jars - use any container that suits your needs.

Don't move or mess with your jars after you have poured your ointment or it will crack and puddle. Leave the clean up for later. Leave the tops off until the ointment is hard.

Seal your containers tightly. Dr. Christopher has always suggested that with ointments, tinctures, syrups or any herbal preparation you want to store for a long time to seal with paraffin wax. You can do this by heating up a vessel of paraffin wax and dipping your sealed jar or bottle upside down into the hot wax. This makes a long lasting air tight seal.

Making an essential oil ointment is very easy. You can either add the essential Oils in before you add the beeswax or after. That's all. When making your first ointment, an essential oil "Vapor Balm" is a good one to start with.

## **Dr. Schulze's 16 Steps to a healthier life !**

**START** with cleaning out your elimination organs, especially the colon.

**STOP** eating animals and their by-products.

Buy a **JUICER** and use it daily.

Have your **SUPERFOOD** every day.

**MOVE** everyday for one hour, **SWEAT**.

**STOP** watching television, especially the news.

**WEAR** cotton and other natural fibers.

Eat more **RAW FRESH FOODS** and cook only in stainless steel or glass.

**DRINK** only distilled, filtered of r.o. water.

**WALK** barefooted and **BREATHE DEEPLY**

**BEGIN** and end each day by saying "It's great to be alive and I love myself and I love my life".

**HELP** someone everyday.

**THROW OUT and give away** 1/3 of everything you own, Your possessions can bury you.

**PRAY**

Learn 1,000 jokes and **LAUGH**

**LOVE, LOVE, and LOVE some more**