

Simple Directions For Using Herbs To Make Infusions, Decoctions And Ointments

This eBook brought to you by:
Buy-Ebook.com

Our site has got a great collection of the best ebooks which are sold on the Internet, but at a lower price than on any other site.

Affiliates

Earn 60% Commission On Every Sale! We sell 500+ eBooks.

As a Buy-Ebook.com Associate, we will pay you a Massive 60% referral fee for every sale that you generate. You can [sign up for FREE](#) and start making money straight away.

If you want to directly link to some ebooks related to content of your site, [get affiliate link here](#). Choose any from 500+ titles.

NOTE:

If you Would like to Offer this Ebook to Your Web Site Visitors as a FREE Download, then please do so. You can post this ebook to your web site, offer it in your newsletter, print it out as a book, give it to your friends, etc. No royalties are necessary. Give it away or offer it as a bonus with your products. You are not allowed to make any changes to it without permission.

The Author, his publishers, agents, resellers or distributors assume no liability or responsibility to any person or entity with respect to any loss or damage or alleged to be caused directly or indirectly by the use of and the advice given in this publication. It is recommended that the users of this publication seek legal, accounting and other independent professional business advice before starting a business or acting upon any advice given. This book is not intended for use as a source of legal, business, accounting or financial advice, but is distribute for information purposes only.

Simple Directions For Using Herbs To Make Infusions, Decoctions And Ointments

It seems that many health conscious people these days are turning away from prescription drugs and turning to making their own medicines. Healing with herbs and other natural remedies is becoming popular and making your own medicines is quite an art.

Some popular methods of natural healing involve the use of making infusions, steeping to extract various properties, decoctions, the extraction of an essence by boiling and ointments.

Always remember when you are creating your own herbal remedies to use an enamel or nonmetal pot.

HERBAL TEAS

To make a cup of herbal tea, for drinking or as a face wash, boil 10 ounces of water. Prewarm your teapot, put in 1 tbsp. or less of dried herbs or a large pinch of fresh herbs and pour the boiling water over them. Add honey, if you like. cover and steep to taste, 3 to 5 minutes. Strain and drink.

INFUSIONS

To make an infusion, fill a teapot with one quart of boiling water. Then throw in a large handful of fresh herbs or an ounce or more of dried herbs. Add some honey, if desired, and let the mixture steep for ten to twenty minutes. Now strain and drink.

DECOCTIONS

Making a decoction involves boiling your mixture. It is usually made from the tougher parts of a plant, the roots, seeds or the bark. Put one ounce or more of the herb parts in a quart of water and cover the pot. Bring the mixture to a boil and simmer for about twenty minutes. Steep and strain the mixture. Drink or apply externally.

OINTMENTS

An ointment, unguent or salve is made by combining the decoction

of a herb with olive oil and simmering it until the water has completely evaporated. A little beeswax is then added to get a firm consistency. Some gum benzoin or a drop of tincture of benzoin per ounce of fat will help preserve the ointment.