

How to Make Tinctures, Extracts, Flower Essences and Homeopathic Remedies



*Soothe Your Soul, Refresh Your Spirit
and Restore Body and Mind As You
Experience the Natural Power of
Herbal Extracts*

Copyright © 2015 by Scott Rauvers

Library of Congress Catalog

ISBN-13: 978-1502587169

ISBN-10: 1502587165

All rights reserved. This book or any portion thereof
may not be reproduced or used in any manner
whatsoever without the express written permission
of the publisher except for the use of brief quotations
in a book review.

Printed in the United States of America



First Printing October 2014
Second Printing November 2015

Website: www.mightyz.com

This book is available in Paperback,
Nook and Kindle Versions.

Just enter the title into any Internet
search box to locate these versions



This book is part of our ongoing series about longevity using Nutraceuticals. Other books published by mightyz.com include:

How to Make and Sell Your Own Aromatherapy and Herbal Products: How to Profit from Your Craftsmanship - Published Dec 22, 2012

How to Sell Your Homemade Products Online - Published Jul 6, 2012

Living Healthy Beyond 120, A Centurion's Plan for Longevity: Healthy Aging Naturally - Published Sep 20, 2012

My Book of Stem Cell Longevity Formulas and
Nutraceutical AntiAging Combinations -
Published Nov 23, 2013

You may preview the first 3 chapters of any of these
books by visiting:

<http://wwwmighty.com>

Chapters

Introduction Page 14

My Professional Background And Experience With Herbs And Tinctures

Page 15

The Convenience Of Tinctures Page 15

Why Tinctures Are More Cost Effective And Longer Lasting Than Herbal Capsules

Chapter 1

Beginner Questions and Answers Page 17

What Are Tinctures? Page 17

Making Your First Tincture. A Step by Step Simple Summary

What is the Difference between a Tincture and an Extract? Page 19

How do I Make a Tincture Using Glycerin?

Page 20

How do I Make Flavored Tinctures? Page 21

How to Make a Nasal Spray Tincture Page 22

Does Exposing My Tinctures To A Few
Hours Of Sunlight After Making Them
Increase Their Potency? Page 23

How Do I Use My Finished Tinctures? Page 23

What Are The Best Times Of Day To
Harvest The Leaves, Stems And Roots
Of Herbs? Page 25

The Best Seasons And Times Of
The Year To Gather Herbs Page 26

Chapter 2

**Preparing Herbs for Making
Tinctures** Page 33

Where Can I Find Herbs In
Powder Form, Freshly Harvested
Or Dried? Page 33

What Herbs Can I Make A Tincture
From Without Having To Shake
The Bottle Daily? Page 34

Because Some Herbs Soak Up
Heavy Metals In The Surrounding
Soil, Are Tinctures Safe To
Consume?

Page 34

Chapter 3

Common Questions and Answers Regarding Alcohols Used In Preparing Tinctures

Page 37

What Does The Wording "Proof"
Stand For On Alcohol Bottles?

Page 37

Why Is 100+ Proof Alcohol Best
For Making Tinctures?

Page 41

How Long Should I Soak Tinctures?

Page 42

How Much Liquid Alcohol Should
I Use When Making My Tinctures?

Page 42

What Is The Difference Between
Everclear And Vodka?

Page 43

Should I Use Brandy, Everclear Or
Vodka Which Is Best?

Page 44

What Is The Required Strength Of
Alcohol To Use For Herbs That

**Are High In Resins, High In Moisture
Or High In Gums?** Page 44

**How Much Alcohol Should I Use For
Fresh Herbs And Dried Herbs?** Page 45

**Is There A Risk Of Getting Drunk From
Taking Too Much Tincture?** Page 46

**How Does A Glycerin Tincture Differ
From An Alcohol Tincture?** Page 47

Chapter 4

**Tincture Soaking, Bottling and
Storage** Page 48

**How Do I Filter, Extract And Bottle
My Tinctures After They Have
Soaked?** Page 48

**Extracting And Bottling Your
Tinctures After Soaking Them** Page 48

**What Is The Best Way To Strain
(Decant) My Tinctures When
They Are Ready?** Page 50

What If I Don't Shake My Tinctures Daily, What Will Happen?	Page 50
How Will I Know If My Tinctures Have Expired?	Page 51
Why Do Powdered Herbs Soak Up More Liquid?	Page 51
Where Is The Best Place To Store Tinctures?	Page 52
Why Is It Important To Label And Date My Tincture Bottles?	Page 52
What is the Mother in a Tincture?	Page 52
Which Is Better For Health And Healing, The Mother Tincture Or By Just Using A Plain Tincture?	Page 53
What Uses Are There Of The Leftover Tincture Mother (Menstruum) For?	Page 54

Chapter 5

General Questions and Answers Page 55

How Many Drops Of Tincture
Are Best For Infants, Children,
Adults And Seniors? Page 55

How Do I Remove The Tannins
From Herbs? Page 57

Does Taking Echinacea Tincture
In Cold Water Or Hot Water
Boost Its Effects On Creating A
Healthy Immune System? Page 58

Chapter 6

**Tincture Recipes for Well Being
And Healing** Page 60

A Tincture For Boosting Memory,
Concentration And Focus Page 60

A Tincture For Strengthening And
Nourishing The Heart - Hawthorne
Berry (Crataegus Species) Page 62

How To Make A Tincture For Eyestrain Relief And To Strengthen Vision	Page 65
A Tincture For Cold And Flu Prevention - Elderberry	Page 66
How To Make Elderberry Tincture Using Elderberries	Page 68
How To Make Elderberry Tincture Using Dried Elderberry Powder	Page 68
How To Make Elderberry Cough Syrup	Page 68
A Tincture For Instant Migraine Relief And Stress Relief - Fever Few	Page 69
How To Make A Fever Few Tincture	Page 70
A Tincture for Mental Refreshment	Page 71
How to Make your Own Multi- Vitamin Tincture	Page 72
A Tincture For Stress Relief And Insomnia	Page 74

An Anti-Aging Longevity And Physical Strengthening Tincture	Page 75
Anti-Depression Tincture - St. John's Wort	Page 76
How To Make St. John's Wort Tincture	Page 78
A Tincture For Instant Sinus Relief - Yerba Mansa	Page 79
A Tincture For Instant Relief Of Cold Sores - Echinacea	Page 80
A Tincture For Weight Loss - Ginseng	Page 80
How to Make Your Own Ginseng Tincture	Page 81
Longevity Tincture Combining Tinctures To Attract Men	Page 83
Tinctures To Attract Women	Page 84

Chapter 7

Advanced Tincture Making	Page 85
The Multipurpose Swedish Bitters Tincture With Over 40 Medical Uses	Page 85
How To Properly Prepare The St. Germain Formula	Page 94
The Overnight Rejuvenessence Formula	Page 97
What Is A Flower Essence?	Page 98
What Are The Best Times To Take Flower Essences?	Page 99
How Long Does A Flower Essence Last?	Page 100
How Do I Make A Flower Essence?	Page 100
Preserving Your Flower Essence	Page 103
Making A Flower Essence Using The Boiling Method	Page 104
Solar Infusions	Page 105

How Do I Make A Solar Infusion? Page 105

How To Make Herbal Infusions Page 106

The Steaming Towel Method Page 107

How To Make A Compress Page 108

Chapter 8

Spagyric Tinctures Page 109

What Is The Meaning Of The
Word Spagyric? Page 109

How To Make A Spagyric Tincture Page 111

Making A Spagyric Tincture With
The Oven Method Page 116

How To Make An Ens Tincture Page 118

How To Use The Ens Page 124

How To Make Ormus Page 125

Using Ormus to Accompany
Personal Intentions Page 140

Chapter 9

Creating Customized Tinctures Page 142

How To Make A Long Lasting Spring Wine Tincture Page 142

The Medicine Wine Formula Page 144

How Do I Make A Sweet Honey Infused Tincture? Page 147

Additional Tips And Suggestions For Tincture Making Page 149

Chapter 10

Popular Tinctures and Scientific Studies Conducted On Them and How These Tinctures Are Used To Heal And Enhance Overall Health Page 150

The Results Of A Scientific Study Conducted On Marshmallow And Rosemary Tinctures Page 150

The Results Of A Scientific Study Conducted On Lavender Tincture Page 152

The Results Of A Scientific Study
Conducted On Jalapa Tincture Page 153

The Results Of A Scientific Study
Conducted On Hawthorne Tincture Page 154

The Results Of A Scientific Study
Conducted On Echinacea Tincture Page 155

The Results Of A Scientific Study
Conducted On Daisy Tincture Page 157

The Results Of A Scientific Study
Conducted On Dendrobium
Candidum Tincture Page 158

The Results Of A Scientific Study
Conducted On Dombey Tincture Page 159

The Results Of A Scientific Study
Conducted On Danshen Tincture Page 160

Chapter 11

**Environmental Factors and How
They Affect Tinctures** Page 161

Does Higher Than Usual Solar
Activity Affect Tincture Making? Page 161

Do Tinctures Turn Out Better When
Made With A Planetary Chart?

Page 162

Chapter 12

Tinctures for Pets

Page 164

Administering Tinctures To Your Pet

Page 165

Books For Further Reading

Page 167

Handy Cooking Conversions Drops,
Teaspoons, Pints and Ounces

Page 168

A Chart Of The Planetary Hours For
Making Spagyric Tinctures

Page 170

Introduction

Enter the world of nature's herbal kingdom filled with enchanted aromatic blends that soothe body, mind and spirit. As you enter this private enchanted realm, you begin to realign yourself with harmony and well being and your mind and soul begin to experience the healing of nature's herbs.

If you are seeking to create tinctures for healing or general well being, nature's herbs are here for you and you won't be disappointed with their unique ability to enhance your life with their mysterious re-vitalizing properties.

Nature has given us these unique herbs so we can enjoy the fullness of life and the rewards of living in harmony and absolute tranquility with nature. Many of these you already possess in your kitchen, garden or local forest and this guidebook shows you how to unlock their complete healing powers.

This book, written by professional herbalist Scott Rauvers, takes you on a journey to explore the exciting world of nature's gifts.

Yours Truly Scott Rauvers

My Professional Background and Experience with Herbs and Tinctures

Besides being the founder of the Institute for Solar Studies on Behavior and Human Health in Santa Monica, California (www.ez3dbiz.com), I am the author of 5 nutrition and longevity books and 1 book on Aromatherapy and Essential Oils. I started learning how to make my own tinctures deep in the coniferous woods of Oregon, along flowing streams filled with green river banks glittering in the fresh forest sunlight. Portland, Oregon is known for its many herbal shops, as well as the abundance of natural herbs that grow in the forest. It was this learning environment that taught me how to properly make tinctures. This taught me simplicity, focus and the importance of quality. I have than passed these skills down to the readers of this book.

The Convenience of Tinctures

Tinctures are extremely convenient. You can easily carry a 1 month's supply in a purse or gym bag and they are much more cost effective.

Why Tinctures are more cost effective and longer lasting than Herbal Capsules

With a tincture, you get more value for money, plus they are better absorbed into your system. Tinctures never go bad. Many last between 5 and 50 years or more.

Let's compare supplement capsules to a 1oz bottle of Herbal Tincture Extract.

A 1oz bottle of Herbal Extract Tincture contains approximately 590 drops.

At the recommended dosage of 8 drops per usage, once per day, a 1oz bottle of Herbal Tincture would last approximately 74 days. (590 divided by 8).

When you purchase herbal supplements in capsule form, most are in size 0. One size 0 capsule equals approximately 12 drops of liquid Tincture.

Many herbal supplements come in quantities of 60 capsules per bottle. At the recommended dosage of 2 Capsules per day, 60 capsules would last approximately 1 month, compared to about 2 months for a liquid tincture.

Chapter 1

Beginner Questions and Answers

What Are Tinctures?

A tincture is an alcoholic extract obtained from plant material with an ethanol percentage between 25% and 60% (50–120 US proof).

Some alcohol tinctures contain as much as 90% or more (180 US proof).

The majority of tinctures are made by placing the herbs in a glass jar with plastic covering the interior portion of the lid and adding between 25% and 30% alcohol or brandy and soaking for between 4 and 8 weeks.

Tinctures can be made from glycerol, vinegar, ether and propylene glycol, some of which are not to be used for internal consumption.

Because Ethanol can extract nutrients from both acidic and basic (alkaline) constituents, it is often used.

Some people do not like to use alcohol, so non-alcoholic extracts make an excellent alternative.

Later on in this book we will discuss in more detail how to make a Tincture. For now here is a quick summary of Tincture Preparation.

Making Your First Tincture. A Step by Step Simple Summary

Place root, leaf or stems of herbs in a glass jar with an alcoholic spirit of the following: 80 proof Vodka, 190 proof Everclear or 80 proof Brandy.

Add enough alcohol to your jar to cover the herbs, plus another inch. I prefer Everclear, especially for fresh herbs. Cover with a lid. Shake every other day.

Label your jar with date and the herbs used. Place in a cool, dark place for 4-6 weeks. Once your tincture is ready, strain through a coffee filter or cheesecloth into a dark (amber) jar. If you do not have a dark jar, leave in a dark place. Store the bottle away from heat. When you need to use your tincture, pour the main contents of this bottle into 1oz dropper bottles and place in your purse or bag for use on the go. A 1oz dropper bottle lasts up to 2 months or more and makes it convenient and handy for travel.

What is the Difference between a Tincture and an Extract?

Simply put, tinctures are extracts, however not all extracts are tinctures! A tincture is a concentrated herbal extract that has alcohol as the solvent. When you use vinegar, water, glycerin, or any solvent, other than alcohol, your preparation than becomes an extract. There are some exceptions to this rule, but this is the general understanding of the difference between a tincture and an extract.



How do I make a Tincture Using Glycerin?

To make a tincture with Glycerin, add equal parts of glycerin and distilled water. The best combination is to use between 1 and 2 parts water and between 3 and 3.5 parts glycerin. The general rule is just slightly more glycerin than water.

Next place the glass jar in a container of warm water that covers the mason jar to halfway. An example would be a Crockpot and place the Crockpot on low heat. Keep the heat on low for 3 days and cover the Crockpot with a towel. Be sure to watch for the water drying up in the Crockpot by adding more water through the 3 day process.

After 3 days, remove the glass jar from the hot water, and allow it to cool down. Next filter the liquid through a coffee filter, cheese cloth, knit fabric or other filter and then bottle and store away from light and heat. You can buy coffee filters from the dollar store for \$1.00.

Be sure to buy glycerin that is food grade. You can also now buy vegetable glycerin that is made for vegetarians. If you use animal glycerin, when you rub your skin with it, it will warm your skin if you rub it on and then blow on it.

How do I Make Flavored Tinctures?

Each tincture has its own unique taste from the herbs that are made from it. However some herbal tinctures can have their taste enhanced by adding alcohol that has flavors already in it. One example is using a lemon-flavored vodka to make a fever few tincture. The unique flavor of lemon combined with an aroma of fever few blends extremely well together making a very appealing tincture. Another combination is vanilla bean and star anise. There are other combinations, just use your imagination.

A good rule to follow is to use the same blending rules as you would for essential oils. An example is Citrus Essential Oils blend well with: Fennel, Frankincense, Geranium, Juniper, Lavender, Neroli, Oakmoss, Rose, Sandalwood, Benzoin, Chamomile, Cistus, Elemi, Eucalyptus and Ylang Ylang. Therefore making a tincture from oranges would blend well with a rose vodka. This gives you a general idea of how you can properly blend tinctures to enhance their taste and aroma.

How to Make a Nasal Spray Tincture

To make a tincture to heal sinus and nasal congestion, fill a 1oz glass dropper bottle 1/3rd of the way with distilled water. Next add between 8 and 15 drops of Yerba Mansa tincture, then gently spray around your nasal cavity.

Scientific studies have confirmed that vitamins that are inhaled through the nasal cavity have a much faster absorption rate into the blood stream compared to taking them orally. So an Echinacea Nasal Spray is a great way to boost the immune system during winter.

An old formula I found in Ellingwood's Therapeutist for a excellent yerba mansa nasal spray is prepared as follows, and uses glycerin rather than salt: combine 5-30 drops yerba mansa tincture (I've always used 5-10 drops, which seems to work fine) with 1 dram (about 60 drops) glycerin and add enough distilled water to make 2 fluid ounces of the mixture. The author writes "*As a rule, an acute attack (nasal congestion) yields quickly to the treatment, but a chronic case naturally requires more time to effect a cure.*"

Does Exposing my Tinctures to a few hours of Sunlight After Making Them Increase their Potency?

By allowing exposure of a freshly made tincture to nature and sunshine during the first 24 hours allows the light to increase the separation of the herbs caused by the alcohol liquid. I have also discovered that when tinctures are made in glass bottles of a smaller size such as salt and pepper bottles, they are more potent than when made in large batches. This is because the smaller area concentrates the forces more strongly and acts as a lens to the outside forces, creating a "sharper" tincture, compared to tinctures made in large jars or those made in big bottles.

How do I Use my Finished Tinctures?

From my personal experience, if the herbal tincture is new and I have not ever used it before, I start with 5 to 7 drops one day, and a few days later 10 drops, leading up to a maximum of 15 drops after 1 to 2 weeks, because your body will eventually build up a tolerance to the dosage amounts used. And the best way to get the most out of tinctures is to allow your body to absorb just the right amount that it can handle, than over the next few days gradually reduce the dosage taken.

That is why at first you should start with small amounts, than listening to your internal intuitive doctor, gradually increase the amounts until you feel you are getting the most out of your herbal tincture. You will know if you have taken too much because instead of feeling “energized” you may feel lethargic or nauseous.

I have also had great success combining tinctures, such as 1 part nettle to 2 parts vanilla bean before bed. This works out to 8 drops of nettle to 16 drops of vanilla bean. Another powerful combination is 1 part Maca to 2 Parts Ormus (see chapter on how to make your own Ormus).

If you make an Ens Tincture (see section on Ens Tinctures), it is key that you dilute the finished tincture with 10 parts distilled water, as these tinctures evaporate in the air very quickly.

Other people will add a few drops of their tincture to between 2oz and 4 ounces of water, then hold a spoonful at a time under their tongue for a few seconds before swallowing.

By placing a tincture sublingually (*under your tongue*), it gets into your bloodstream quicker, allowing you to feel the effects sooner.

What are the best Times of Day to Harvest the Leaves, Stems and Roots of Herbs?

The liquids in plants follow a similar pattern to the liquids in our body. For example, when we wake up in the morning, our body is going through a detoxification stage and much of the overnight liquid toxins gather in our bladder, which is why we pee in the mornings.

Furniture builders will cut wood during a growing moon. This is because the moisture content is high in the tree because the sap is being drawn up into the trunk. This makes the wood easier to steam, bend and work with. If the person is cutting a tree for lumber to be used on exterior housing, the opposite applies. The tree is cut during a new moon. This is because the pull from the moon is not as strong, and the fluids remain closer to the base of the tree or

stump. This makes the upper regions of the wood drier and less susceptible to rot, decay and infestation.

General Guidelines for harvesting plants include the following:

Harvest the leaves during midmorning. Leaves of a plant become fully potent just before the plant opens its flowers.

The Best Seasons and Times of the Year to Gather Herbs

If you grow your own herbs you can increase their potency 10X or more by knowing the best times to gather and prepare them. This means you can make potent tinctures or extracts from them. To use a tincture, you add between 1 and 3 drops per glass of water. Because they are stronger and more concentrated, you use less, saving time and money in the process.

When herbs are consumed by the body, their concentrated energy flows through the pathway meridians of the body (not the acupuncture pathways). They then target specific organs where they restore, heal and bring any necessary support to these areas of the body, returning them to their

optimal state of functioning, which is why certain herbs that target specific organs work best when taken at certain times of the day or season that the organ is naturally stimulated.

When preparing healing combinations, use one strong potent herb combined with a “carrier” to assist in nutrient absorption. An example would be Garlic (potent) and Ginseng (circulation herb = carrier). Carriers also help boost metabolism of the potent herb, properly delivering its effectiveness. Carriers are also used in lotions where they are known as “carrier oils”. These oils are usually jojoba, grape seed oil or similar.

Ancient texts give specific results for harvesting herbs during specific seasons and lunar phases so that you can get the most potency from them. The times listed are when the essence of the herb is most concentrated in that region of the plant. The general rules are as follows:

SEEDS

- The seeds are best gathered during Summer. The best lunar phase is between the 7th and 15th day after a new moon. Harvest seeds from plants just after they have fully matured. Their greatest potency can be judged by tasting the seeds, their various stages toward maturity.

HERBS

- Herbs harvested during the full moon are most potent.
- Herbs are best gathered at dawn while facing the sun and in a good state of mind as they are picked.
- Try to avoid harvesting herbs before the dew moisture evaporates for maximum strength and potency. Herbs picked with the dew moisture still fresh on their leaves are stronger than those that are picked dry.
- During fall, herbs are filled with sap, and are best used in any treatment or preparation. If the herbs are to be used in Cosmetics or Purges, they are best harvested during spring. If the roots of a herb are unnaturally thick, use the outer skin, as it contains more resin.
- Herbs that have been affected by frost, fire, parasites or are found growing in bogs, cemeteries, termite mounds, salty soil or dirty locations are not recommended for

consumption. Herbs found or grown in soil that is lush, especially volcanic soil, and in open fertile fields are highly recommended.

- Store the roots of herbs in clay, ceramic or glass jars.

ROOTS

- If the roots are delicate and soft, the entire root should be used. For Banyan shaped like trees, using the bark is best. For Citron type trees, the pitch is best.
- Roots are best harvested during a new moon and in the fall, during the end of the growing season. If you harvest roots during spring, they are sweeter and will have a gentler effect, but less nutrients than if harvested during fall.

LEAVES AND FLOWERS

- Leaves are best harvested during summer. For Paniala Plum Plants, the flowers are best. For Myrobalans and similar the fruits are best. For Fire Flams bush types, use the flowers, and for the Oleander Spurge, use the sap.
- The fruit blossoms, leaves and stems are best gathered during mid to late spring.
- Flowers are best harvested in their early stages preferably just after they open and also prior to their being pollinated. Some examples include: The daisy and dandelion open an hour after sunrise and close their leaves at dusk. Because they are a plant that opens, they are best harvested just before sunrise.
- The Bark, Sap or Resin are to be gathered during early spring.

Herbal pastes lose their effectiveness after about 1 year. If made into a powder, their effectiveness begins to diminish after 2 months. Lotions can be combined with Red Sandalwood and Oils. Powders and Electuaries can be combined with sandalwood paste. If making an oil Jojoba is one of the most popular oils to use as a carrier oil.

How well are Nutrients extracted from Herbs using Different types of Fluids?

Herbs high in Glycosides are soluble in both alcohol and water.

Herbs high in Mucilage (Gums) are only soluble in water. They are extracted out of the solution by adding alcohol. These work best as teas.

Herbs high in Polysaccharides are easily water soluble and can be precipitated out of solution by using alcohol.

Herbs high in Saponins can be made with water.

Herbs high in Tannins can be made with either water or glycerin. They can be rendered inactive by the addition of milk.

Plants high in Alkaloids will dissolve very easily in alcohol and slightly so in water. If you add a little vinegar, it will sometimes increase the potency.

Resins are not soluble in water and are best used to make tinctures using alcohol or a hot oil.

Essential Oils from plants are very soluble in alcohol and somewhat in oils. They dissolve slightly in water, but more so when alcohol is added to the water.

Chapter 2

Preparing Herbs for Making Tinctures

Where can I Find Herbs in Powder Form, Freshly Harvested or Dried?

Many of the herbs mentioned in this book can be found in powder form in vitamin supplement stores. Just buy the capsules and take the powder from the capsules. Or you may be able to find the herb in full powder form from reputable online merchants who sell herbal supplements. I have had much luck with Amazon.com, just be sure to read their feedback to be sure they are selling quality herbs. For those of you who love to pick herbs wild, or buy them fresh at your local farmer's market, I have included the amounts necessary for making tinctures in some of these recipes as well.

Many of these herbs can be found in powder form in vitamin supplement stores. Just buy the capsules and take the powder from the capsules. Or you may be able to find the herb in full powder form from reputable online merchants who sell herbal supplements. I have had much luck with Amazon.com, just be sure to read their feedback to be sure they are selling quality herbs. For those of you who love to pick the herbs wild, or buy them fresh at

your local farmers market, I have included the amounts necessary for making tinctures in some of these recipes as well.

What Herbs can I make a Tincture From without having to Shake the Bottle Daily?

There are only one category of herbs that you don't need to shake the jar daily in order to make a tincture. This is when you use freshly picked plants, especially those that are high in water. As long as you use a high percentage of alcohol in these tinctures, you do not need to shake the jar daily. This is because the liquid from the fresh plants is automatically deprived by the internal evaporation of the alcohol as it reacts with the water in the plant.

Because some herbs soak up heavy metals in the surrounding soil, are tinctures safe to consume?

For many of us who use herbs, especially rare herbs, they may be grown in areas where the soil is highly contaminated with metals. If you don't want to use herbs or the powdered herbs, tinctures are an excellent way to use the herb if it has been grown in soil with heavy metals. This is because during the tincturing process, many of the heavy metals in the herb are removed by the alcohol in the tincture. The only exception is the fungi class of herbs, such as Reishi, Cordyceps and the like. In a scientific study

titled: "*Study of the risk of heavy metal transfer to homoeopathic mother tinctures*", the study researched 9 species of plants and 1 fungus. They analyzed the herbs for their cadmium (Cd), lead (Pb) and mercury (Hg) levels and the plants were harvested from 2 sites contaminated by different heavy metals.

The study concluded that in all cases when the plants were made into a tincture, there was a significant depletion of all the heavy metals. The study found that the metal become accumulated in the press cake, also called the Menstruum or the place where the herbs gather after they have been tinctured. This is why it is important to not squeeze too hard when you decant or strain your tinctures, because this mass contains much of the pollutants.

The study also found that substantial heavy metal concentrations were detected in the mother tincture of the fungus Amanita muscaria (fly amanita). What is most interesting is the fly amanita is regarded as one of nature's most powerful longevity substances, therefore this would be best taken as a powder and harvested from areas where the soil is free of metal contamination, or grow it yourself.

Perhaps this is such a powerful anti-aging tincture because it may be removing metals from the body. Perhaps all the major diseases of our time are largely

due to a toxic overload of built up metals and toxins in our bodies.

Scientific Reference:

Pharmer Bio Sci Notes. 2012 Apr;2012:55-71.

Busch J1, Werner W, Huwer A.

Deutsche Homöopathie-Union GmbH & Co. KG, Karlsruhe, Germany. joachim.busch@dhu.de

Chapter 3

Common Questions and Answers Regarding Alcohols used in Preparing Tinctures

What does the word "proof" stand for on alcohol bottles?

Proof means twice the Percentage. Simply put, 80 "proof" means the liquid contains 40% Ethanol. The more alcohol, the BETTER the Extraction will work, because it penetrates the leaves, stems or roots more thoroughly. The best is 190 proof Everclear (190 proof = 95%) Ethanol. Because of this high level of ethanol, it has NO taste and is available ONLY in slightly over one-half of the 50 States.

Other options are to use Korbel Brandy, or iced Russian Vodka, which are 40% to 50% Ethanol. Others use Bacardi Rum (151 Proof).

If you place tinctures under your tongue using these high ethanol levels and find they burn under your Tongue TOO MUCH, than use a HIGH quality 90-100 Proof Vodka such as Stolichnaya, Finlandia, Absolut, Smirnoff or Popov, or dilute your tincture with distilled water.

Most Everclear is made with GMO corn. If you don't want to use GMO Everclear, one of the best organic Vodka's is the Rain Organics brand.

As of 2014, EVERCLEAR (190 proof) is available in the following States: Kentucky, Louisiana, Mississippi, Missouri, Montana, New Jersey, New Mexico, New York, North Dakota, Oklahoma, Alabama, Arkansas, Arizona, Colorado, Connecticut, Georgia, Illinois (limited areas), Indiana, Kansas, Oregon, Rhode Island, South Dakota, Tennessee, Texas, Utah, Vermont, Washington, Wisconsin and Wyoming.

Tincture Basics for creating a 1:5 dried herb to Menstruum tincture

The below chart is a simplified format that you can use as a quick reference guideline for making your Tinctures;

Alcohol Content

Halving the proof of the alcohol will indicate % alcohol

- 190 proof = 95% alcohol content

- 151 proof = 75.5% alcohol content

- 100 proof = 50% alcohol content
- 80 proof = 40% alcohol content

How Much Alcohol will become absorbed by Alcohol?

Herbs with high absorbency

- The most efficient method is to start by adding between 1/4 and 1/2 tablespoon of a herb, than add a little alcohol and then wait and see how much fluid is absorbed.
- Next add more herbs a bit at a time and make sure the herb does not absorb all of the fluid.
- Now you have an idea of how much herb and how much alcohol you need. Write this down and then calculate it for scaling it up for larger batches. Remember, different herbs will soak up different amounts of alcohol differently.
- Next allow the mixture to soak for the following time periods: 14 days for flowers/leaves and 28 days for roots/bark, than strain them.

Quick and Easy Calculations

- Multiply your total Menstruum by the percentage of Alcohol desired in finished tincture.
- Divide the amount by the percentage of Alcohol in the alcohol.
- The above calculation represents the amount of alcohol spirit required.
- Next subtract the above calculation from the total Menstruum. You now have the amount of water or glycerin to add your alcohol Menstruum.

Using an alcohol percentage of 40% - 50% (80-90 proof vodka) is the standard percentage range for most tinctures, and is good for most dried herbs and herbs that are not fresh. This amount is also good for the extraction of water soluble properties.

Using an alcohol percentage of 67.5% - 70% ($\frac{1}{2}$ 80 proof vodka + $\frac{1}{2}$ 190 proof grain alcohol) is good for most volatile aromatic properties. This makes it good for fresh high-moisture herbs such as lemon balm, berries, and aromatic roots. With these parts, the higher alcohol percentage draws out more of the plants nutrients.

Using an alcohol percentage of 85% – 95% (190 proof grain alcohol) is also recommended for plants high in gums and resins and for plants that have their nutrients bound in the plant and do not dissipate easily. In this case, the alcohol is so strong, it produces a tincture not quite pleasant to take, so the tincture may need to be taken with honey or a natural sweetener.

Why is 100+ Proof Alcohol Best for Making Tinctures?

Alcohol will dissolve the majority of the constituents in many herbs allowing their nutritive properties to become gathered in the alcohol.

Some herbs such as Lobelia work well when a combination of Alcohol and Vinegar are used, such as 50 parts alcohol to 50 parts Organic raw unfiltered apple cider vinegar. This is because herbs high in gums and resins need a stronger base to draw the valuable herbal constituents out.

How thoroughly do different types of alcohols extract the nutrients from Herbs?

Because some parts of a plant are more concentrated than other parts, such as the root and stems, compared to the leaves, some parts take longer to extract the nutrients when soaking. If you are unsure

as to the strength of alcohol to use and you want to extract the most nutrients necessary, use 100 proof Everclear.

How Long Should I soak Tinctures?

Root or Seed Tinctures should soak a full 8 weeks.

Tinctures made with less dense areas of a plant such as leaves or stems can soak from 2 to 4 weeks.

How Much Liquid Alcohol Should I use when Making my Tinctures?

For every 1oz of herb used you should add between 4 and 8 oz of alcohol liquid. So 2oz of liquid = 1/2 oz of herb and then fill the bottle to 75% of the herbs.

Personally I use the rule of 2.5 tablespoons of herbal powder to 2oz of liquid alcohol.

If after a few days the herbal powder has soaked up a lot of the alcohol liquid, I will than add about 1 to 2 inches more of Everclear above the herbs to give the

final amount necessary for a successful tincture soak for 4 to 8 weeks.

You can also make small herbal tinctures from using the salt and pepper shakers found at the dollar store. Just under 1/2 teaspoon of herbal powder herb will be needed for a small bottle the size of a glass salt and pepper shaker. Just add 1/2 teaspoon (TSP) of herbal powder, than fill the remaining bottle up with alcohol.

What is the Difference between Everclear and Vodka?

The only difference between Everclear and domestic Vodka is the amount of water. The highest brand of Everclear is 190 proof, which is 95% grain alcohol and 5% water. 100 proof vodka is 50% grain neutral alcohol and 50% water.

If they made Everclear from 100 pure alcohol, it would be so hydrophilic that it would draw the moisture out of the air. By adding only just 5% water to pure alcohol creates stability. It is easy to make the approximate equivalent of 100 proof vodka by just diluting Everclear with distilled water in equal parts.

Should I Use Brandy, Everclear or Vodka? Which is Best?

As a general rule, herbs that are for the digestive system soak well with brandy, rum or other spirits. For herbs that heal and strengthen the upper part of the body, I will use Everclear. Everclear works best for tinctures affecting the upper part of the body such as brain boosting herbal tinctures that contain gotu kola, ginkgo or bacopa.

So in summary, brandy works best for tinctures affecting the digestive system or lower part of the body and Everclear for tinctures affecting the upper part of the body.

What is the required strength of Alcohol to Use for Herbs that are High in Resins, High in Moisture or High in Gums?

Certain substances such as Goji Berry happen to be extremely high in Resin, so you will have to make your alcohol amounts different, compared say to plant leaves. Herbs and plants high in these resins such as Goji Berry require you to roughly cut up the berries or stems before soaking, so that the liquid thoroughly penetrates the flesh while soaking.

Other herbs that are high in resins include: Myrrh, Cayenne, Frankincense, Calendula and Guggul. It is

best to use 80% or higher alcohol when making tinctures from these herbs.

I have found from experience that Brandy, which naturally contains many longevity substances, works well with adaptogenic herbs, which are herbs that help digestion and keep the stomach healthy. So I use brandy to make my FO TI tinctures.

How Much Alcohol Should I Use for Fresh Herbs and Dried Herbs?

Fresh Herbs

For fresh herbs, fill the jar 2/3rds to 3/4ths with herbs or fill jar 1/4th to 1/2 with roots than add alcohol to the jar.

If you don't add sufficient alcohol, the tincture will start to go moldy and breed bad bacteria.

Dried Herbs

For dried herbs fill the jar 1/2 to 3/4 with herbs or fill jar 1/4 to 1/3 with roots. The roots will expand by 1/2 their size after a few days of soaking.

Is there a risk of getting Drunk from Taking too much Tincture?

There is more alcohol in some mouthwashes than in taking 8 to 15 drops of a herbal tincture.

A ripe banana contains approximately the same amount of alcohol as an average dose of tincture.

So if you took 30 drops of an Echinacea tincture (that is made with between 45% and 50% alcohol), which is about 3 times the recommended dosage, it would be the same as consuming 1/65th of the amount of a can of beer or 1/85th the amount of an 8oz glass of red wine.

And if you mixed those same 30 drops of the Echinacea tincture into 2oz of distilled water, the mixture would contain only 0.59% alcohol.

Studies have been done where the amount of alcohol present in tinctures has been given to alcohol sensitive people with **NO adverse reactions**.

This makes it safe for those in 12 step programs or Alcoholics Anonymous programs. There are even herbs that reduce alcohol cravings, so these would make great tinctures for those recovering from alcohol.

If you want to remove all the alcohol from a tincture, place an open bottle of the tincture in a cup, pour boiling water into the cup, and the alcohol will evaporate within seconds from the tincture due to the heat. This is why tinctures are best stored away from heat and light.

How Does A Glycerin Tincture Differ From An Alcohol Tincture?

Tinctures made with Glycerin are used by some people who prefer not to use tinctures made with alcohol. They are also preferred for people who want to give tinctures to young children. They also have a slightly sweeter taste than an alcohol tincture. The drawback to making a tincture with glycerin is that if the herb is high in resin, such as Goji Berry, it won't extract the nutrients from these types of herbs very well.

Tinctures made with glycerin do not keep as long as alcohol-based tinctures so it is best to make these in small batches.

Thank you for reading. This book is available for immediate purchase on Amazon.com in **Kindle** or **Hardcover**.