

Herbal Medicine Basics

The Natural Home Medicine Chest For Super-Charged Immunity

Remember to keep all herbal medicines safely stored out of reach of children.

Kitchen Supplies You'll Need for Making Basic Herbal Preparations

1. Tea kettle and a wire mesh tea strainer OR
2. Tea kettle and a FRENCH PRESS (makes tea prep SO easy!)
3. Wooden cutting board
4. Vegetable grater
5. 2 quart stainless steel or glass pot
6. Measuring spoons
7. A few mason jars in 1 pint (= 2 cups, 16 oz, or 400 ml) and 1 quart sizes
8. Glass or tin storage containers for storing homemade salves
9. 2 and 4 oz glass dropper bottles if you'll be mixing your own tinctures/extracts

Dried Herbs

10. Anise or fennel seeds
11. Catnip
12. Chamomile
13. Cinnamon powder
14. Elder flowers (different than elderberry syrup)
15. Elderberry Syrup
16. Lemon balm
17. Licorice root
18. Marshmallow root
19. Peppermint leaves (or spearmint)
20. Slippery elm powder
21. Goldenseal powder

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Herbal Tinctures/Extracts

1. Echinacea tincture and Glycerite
2. Black Elderberry syrup
3. Herb Pharm Children's Herbal
4. Planetary Formulas Calm Child Formula *OR* Gaia Kids Calm and Restore
5. Herb Pharm Echinacea Goldenseal Tincture
6. Herb Pharm Children's Winter Health
7. Herbal Bitters
8. Valerian

Oils

For topical (external) use only.

1. Garlic-mullein earache oil
2. Mentholated chest rub
3. Lavender essential oil
4. Thyme essential oil
5. Peppermint essential oil

Fridge and Pantry

1. Text Raw organic honey
2. Sea salt (throat gargle)
3. Fresh ginger root
4. Fresh lemons
5. Fresh garlic

Nutritional Supplements

1. Zinc lozenges
2. Vitamin D3
3. Vitamin C
4. A Probiotic
5. A digestive enzyme product
6. Quercetin and Nettles
7. NAC