

Formula "recipes" for Blood, Bones, Brain & Nervous I & II, Heal All Tea, Immunie, Kidney & Bladder I & II, Lower Circ., Lungs II, Lymphy Nodes I & II, Lymphatic System I, II & IV, Skin, Stomach & Bowels 1 & 3 and Upper Circulation

Door†Debbie Jensen Bruce†op maandag 27 mei 2013 om 20:02

Using the ratios below is how I was taught to follow a list of ingredients.† I have made and taken (well, some were my husband's so I didn't take those) all of the 'recipes' below.

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These are ratios.† So for example on the recipe below for BLOOD = 333 22 1† That means is you're making a "triple recipe", then multiply everything by 3.

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If you want to triple the recipe below, this is how you'd do it:3x3 = 9 grams red clover, 9g burdock root, 9g white oak bark.† Then 2x3=6g plantain herb, 6g yellow dock.† 1x3=3g prickly ash bark.

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Blood

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4† Red Clover Herb & Flowers (*Trifolium pratense*) 48 gr

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3 †Burdock Root (*Arctium lappa*) 36 gr

3 †White Oak Bark (*Quercus alba*) 36 gr

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2† Plantain Herb (*Plantago lanceolata*) 24 gr

2 †Yellow Dock Root (*Rumex spp.*) 24 gr

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1† Prickly Ash Bark (*Zanthoxylum clava-herculis*) 12 gr

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Bones

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5 †Kelp (*Nereocystis luetkeana*) 53 gr

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4† Horsetail Grass (*Equisetum arvense*) 42 gr

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3 †Comfrey Leaf (*Symphytum officinalis*) 32 gr

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2 †Alfalfa Lea(*Medicago sativa*) 21 gr

2 †White Oak Bark (*Quercus alba*) 21 gr

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1†† Prickly Ash Bark (*Zanthoxylum clava-herculis*) 11 gr

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3 Slippery Elm Bark Powder 28 gr

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2 Chickweed 20 gr

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1 Bayberry Bark 9 gr

1 Comfrey Leaf 9 gr

1 Horehound 9 gr

1 Yerba Santa Leaf 9 gr

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Lymph Nodes I

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4 Echinacea Angustifolia Root Echinacea angustifolia) 42 gr

4 Red Clover Herb (Trifolium pratense) 42 gr

3† Poke Root (Phytolacca americana) 32 gr

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2† Blue Violet Leaf (Viola odorata) 21 gr

2 †Plaintain Herb (Plantago ovato) 21 gr

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1 Burdock Root (Arctium lappa) 11 gr

1 Periwinkle Herb (Vinca major) 11 gr

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LYMPH NODES II

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3† Blood Root (Sanguinaria canadensis)†38 gr

3† Plaintain Herb (Plantago ovata)†38 gr

3† Poke Root (Phytolacca americana)†38 gr

2† Chaparral Herb (Artemisia absinthium)†26 gr

2† Wormwood Herb (Artemisia absinthium) 26 gr

1† Burdock Root (Arctium lappa) 14 gr

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Lymphatic System 1

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4† Chaparral Leaf (Larrea tridentata) 36 gr

4 †Poke Root (Phytolacca americana) 36 gr

3 †Plaintain Herb (Plantago spp.) 27 gr

2 †Cleavers Herb (Galium aparine) 18 gr

†

2 †Echinacea Angustifolia Root (Echinacea angutifolia) 18 gr

2† Red Root (Ceanothus americanus) 18 gr

2 †White Oak Bark (Quercus alba) 18 gr

1 †Prickly Ash Bark (*Zanthoxylum clava-herculis*) 9 gr

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LYMPHATIC II

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5† Graviola (*Annona Muricata*)† Sour Sop 34 gr

5† Suma Root (*Pfaffia paniculata*)†34 gr

4† Poke Root (*Phytolacca americana*)†28 gr

3† Cats Claw Bark (*Uncaria tomentosa*) 21 gr

3† Periwinkle Herb (*Vinca major*)†21 gr

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3† Red Clover Herb (*Trifolium pratense*)†21 gr

2† Cleavers Herb (*Galium aparine*)†14 gr

1† Blood Root (*Sanguinaria canadensis*) 7 gr

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Lymphatic System IV

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4 Bayberry Bark 29 gr

4 Mullein 29 gr

4 Red Clover 29 gr

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3 Marshmallow 22 gr

3 White Oak Bark 22 gr

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2 Plantain 14 gr

2 White Pond Lily 14 gr

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1 Burdock Root 7 gr

1 †Blue Flag 7 gr

1 †Bistort Rhizome 7 gr

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Skin

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5 Oregon Grape Root (*Mahonia aquifolium*) 53 gr

4 Jamaican Sarsaparilla (*Smilax ornata*) 42 gr

3 Burdock Root (*Arctium lappa*) 32 gr

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2 Bayberry Root Bark (*Myrica cerifera*) 21 gr

2 White Oak BARK (*Quercus alba*) 21 gr

1 Prickly Ash Bark (*Zanthoxylum clava-herculis*) 11 gr

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Stomach & Bowel #1

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Slippery Elm Bark Powder ñ 5mg
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Marshmallow Root Powder ñ 4mg
Wild Yam Root ñ 4mg
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Mullein Leaf ñ 3mg† (doesnít grind well)
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Chickweed Herb ñ 2mg
Gentian Root ñ 2mg
Plantain Leaf ñ 2mg
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Fennel Seed ñ 1mg
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Stomach and Bowels #3

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5 Cascara Sagrada Bark (*Rhamnus purshiana*) 42 gr
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4 Cape Aloe (get powder) (*Aloe ferox*) 33 gr
4 Slippery Elm Bark (Powder) (*Ulmus fulva*) 33 gr
3 Gentian Root (*Gentiana lutea*) 24 gr
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2 Wild Yam Root (*Dioscorea spp.*) 16 gr
2 Plantain Leaf (*Plantago spp.*) 16 gr
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1 Fennel Seed (*Feoniculum vulgare*) 8 gr
1 Ginger Root (*Zingiber officinale*) 8 gr
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UPPER† CIRCULATION

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5† Ginkgo Leaf (*Ginkgo biloba*) 32 gr
4† Butcher's Broom Root (*Ruscus aculeatus*) 27 gr
4† Gotu Kola Herb (*Centella asiatica*) 27 gr
4† Rosemary Leaf (*Rosmarinus officinalis*) 27 gr
3† Bilberry Leaf (*Vaccinium myrtillus*) 20 gr
3† Hawthorn Berry (*Crataegus spp.*) 20 gr
2† Eleuthero Root (*Eleutherococcus sent.*) 13 gr
1† Bayberry Root Bark (*Myrica cerifera*) 7 gr
1† Cayenne Pepper Fruit (*Capsicum annum*) (40,000 HU max.) 7 gr

Use at least 100 proof grain alcohol with no additives, flavors, colorings etc. (everclear, vodka, smirnoff etc) and grind the herbs to a powder to get a 1:4 ratio. 1 gram of herb to 4 ml of alcohol. These ratios equal out to 180 grams of herb. So 180 grams of herb

times 4 ml of alcohol is 720 ml. Use a 32 oz mason jar. Make sure you shake them up everyday and keep them in the dark. Keep them in a dark area away from the light. Tincture will be ready in 30 days or you can wait 45 if you can stand it!

Order all your herbs as leaf type unless otherwise noted. You can use a coffee grinder to grind them.

Start your tinctures on the new moon and decant (strain them) 45 days later on the full moon. Use a potato ricer to get the most alcohol out of the herbs. Then use a paint strainer funnel to get any remaining herb out of the alcohol. Store you finished tincture in an amber or brown bottle. You will get about 16 oz (2 cups) of tincture from the original 32 oz jar.