**Herbal Infusions**

Herbal infusions go beyond a simple tea bag, giving you a full “dose” of medicine. A cup of tea is generally a weak infusion of plant material that can by enjoyed over conversation, in social events or as a routine to awaken the body. Infusions are a stronger preparation that creates a true medicinal dose of tea that’s potency can be truly powerful medicine.

**Hot Infusion**

This infusion helps preserve volatile oils in delicate plant material, can be used for diaphoresis and makes a strong, nutrient rich drink for self-care rituals.

1 oz. of dried herb

1 quart boiling water

Pour freshly boiled water over fresh or dried herbs in quart jar. Stir herbs, allowing air bubbles to emerge out, then cover. Steep herbs for 20-30 minutes (or 4 hours-overnight for a truly strong brew). Strain herbs out and enjoy 1 cup three times a day as needed. Refrigerate up to two days.

**Cold Infusion**

A cold infusion is a strong tea from herbs whose constituents are extracted with cold or temperature water. This infusion helps extract soothing/slimy mucilage which is not soluble in alcohol and not delivered in hot water. Cold infusions help protect volatile oils of plants, make a weaker and cooler solution than a hot infusion and also prevent undesired constituents from entering your solution as they would with hot water.

1 oz. of dried herb

1 quart cold or room temperature water

Pour cold or room temperature water over fresh or dried herbs in quart jar. Stir herbs, allowing air bubbles to emerge out, then cover. Steep herbs for 4 hours-overnight (or less time depending on the material). Strain herbs out and enjoy 1 cup three times a day as needed. Refrigerate up to two days.

**Nourishing Herbs**

Hawthorn leaves and flowers

Hibiscus

Nettle (energy, strong and supportive, nourishes adrenals)

Comfrey (skin, bones, ligaments, tendons, stomach)

Mullein

Rose Hips

Red Clover (Phyto-estrogen, anti-cancer)

Linden (anti-inflammatory)

Oatstraw (lubricating, clear and focus)

Burdock root

Chickweed

Violet

Dandelion leaves

Seaweed (dulse, kelp, hijiki)\*

Marshmallow root\*

Aromatic nervine herbs\*

\*=cold infusion herbs

**Infusion Combinations**

Mental Clarity:

1 oz. Hibiscus

1 handful Rosemary

1 condensed palm sugar

Cooling Comfrey

1 oz. Comfrey

Handful of Mint or Lemon Balm

Calming Oats

1 oz. Oatstraw

Handful of Lavender

Colds/Flu

1/4 oz. of each:

Boneset, Elderflower, Yarrow, Lemon Balm

Soothing Stomach (for ulcers, IBS)

1/4 oz. of each:

Chamomile, Catnip, Spearmint, Marshmallow &/or Slippery Elm

Calming Tummy

1 oz. Chamomile

Handful of Peppermint

Marshmallow Cold Infusion

Infuse 1 oz. Marshmallow root (optional: 1 Tbsp. slippery elm) to 32 parts cold water overnight. Decant and squeeze after 8-12 hours, incorporating the thick and thin liquids. Drink throughout day for irritations such as sore throat, cystis, stomach ulcer, digestive disorders and stomach yin deficiency.