

# Making Your Own Herbals Remedies!



*by Jane Smolnik, N.D., M.H., Iridologist*

Learn to make your own tea blends, oils, salves, herbal honeys, tablets, extracts, tinctures, compresses, and even your own nourishing Vitamin/Mineral formulas! Complete with recipes.

Plus learn how to use Essential Oils in many powerful ways!

# Making Your Own Herbal Remedies!

Your Guide to Natural Wellness!

*by Jane Smolnik, ND, MH, Iridologist*



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**Please note:** None of this information is intended to diagnose, prescribe, treat, or claim to cure any ailment. Educate yourself and use with care. Don't self-diagnose, please seek proper medical attention whenever needed. Keep remedies away from children.

## **How would you like to make your own homemade herbal remedies?**

It's fun, easy and empowering! It will save you money over buying the little expensive bottles of extracts. They make great gifts if you put a pretty label on them!

Plus you will always have a supply of remedies on hand whenever needed. Everyone should learn how to do this. Get together with a friend and make some together.



## **Why is this so important to learn now?**

Since so many people have turned to natural and herbal remedies it has become a multi-billion dollar business. Of course the pharmaceutical industry does not want to lose their huge share of profits from selling medications. They have tapped into the herbal market as well. Many of the cheap herbals brands you see in drug stores are actually made by the pharmaceutical industry with names that sound natural, like 'Nature Made'.

The FDA is now requiring ALL small herbal companies to go through rigorous testing standards, which can cost them up to \$400,000 just to stay in business. So many of them are going out of business. Their only other option is to purchase bulk from large companies who can afford the testing then put their own labels on them.

The 'Codex Alimentarius' bill keeps being pushed into state legislatures for approval. Once it passes, it would require people to go to their licensed Naturopathic medical physician's for a prescription for their herbs and vitamins! We may lose our right to purchase them from any store.

Herbal medicine is considered 'The People's Medicine'. We were provided with everything we need to live, grow, heal, and prosper! Use it.

## Create Medicinal Herb Gardens!

If you enjoy gardening, but sure to include some beautiful medicinal herb plants! They can give you a lifetime of enjoyment and good health.

**Perennial plants come back year after year and get larger and/or spread:** Echinacea, Sage, Thyme, Feverfew, Mints, Comfrey, Lady's Mantle, Valerian, Passion Flower, Lavender, White Yarrow, Rosemary, Skullcap, Wormwood, Hops, Rue, Tansy, Elecampane, Meadowsweet, Lemon Balm, Licorice, Stevia, and more. *You can start many from seed.*

**Annual Plants need to be started from seed every year, but many reseed themselves:** Calendula, Chamomile, Borage, Arnica, Holy Basil

**Biennial Plants have a two year life cycle:** Mullein, Burdock, Foxglove, Sweet William, Parsley, Evening Primrose



**Harvest WILD herbs! Learn to identify a great many plant in the wild:** St. Johnswort, Plantain, Coltsfoot, Mullein, Nettles, Jewel Weed, Cleavers, Heal-All, Red Clover tops, Sheep Sorrel, Blesses Thistle, Dandelion, Yellow Dock root, Elder Flowers and berries, Burdock root, Barberry root, Lobelia, Yucca roots, Boneset, Black Cohosh, Mugwort, and more.



## Great Herbal Honey!

These are easy and great to take. Most people don't mind the delicious taste. Using fresh, raw local honey is essential as you get many benefits for your immune system and extra nutrients!

Chop fresh, clean herbs and fill jar loosely. Fill to the top with **local, raw** honey. Cover jar and let sit for at least two weeks. Use it on toast, crackers, in teas, hot water, or by the teaspoon.



**Echinacea** Honey is great for sore throats, colds, supports immune system. Harvest some fresh Echinacea flowers from your garden when they are just starting to flower. Cut the heads in half and place in jar. Cover with honey.

**Sage** honey is excellent for respiratory infections, coughs. Chop up some clean, fresh Sage from your garden and place in jar, fill with honey.

**Cinnamon** Honey is great for balancing the blood sugar. I use a small container and add several tablespoons of good, organic cinnamon! I like it pretty strong for best benefit. Take a teaspoon anytime to help with blood sugar, or use in teas, or on toast!



**Thyme flowers**, good for colds and sore throats. If you grow fresh thyme, cut some with the flowers and place in jar, add honey. Can take by the teaspoon for sore throats!

**Mint** honey is soothing for stomach aches. Peppermint or Spearmint are best.

**Ginger, with cinnamon, cloves** is warming and cleansing, great for digestion. Slice some fresh ginger root, add some cinnamon and cloves. Fill with honey and enjoy!

**Lemon and Ginger** Honey is great for colds, sore throats, digestion (my favorite!) Slice a washed, organic lemon, and slice some fresh ginger root. Place in jar and fill with honey. Delicious! Can add a tablespoon to hot water for an instant, soothing tea.

## Making Medicinal Strength Herbal Teas

There's nothing more soothing and self-nurturing then making your own herbal teas!

**Leaves and flowers, dried or fresh:** Boil a quart of water then turn it off, add your herbs, cover and let steep for 20 minutes, or overnight. Use about 1 tablespoon of fresh herbs per cup, or 2 teaspoons of dried herbs per cup. I suggest making a pot at night before bed and let it steep all night. Strain it in the morning and place in a pitcher in the refrigerator. Keeps for about 2-3 days.



Drink 3-5 cups a day for medicinal dose, hot or cold. Add juice if preferred. You can even make herbal 'ice pops' for the kids by mixing with half of their favorite juice, even add some berries and freeze in little paper cups with popsicle sticks (see craft stores) or popsicle molds. Kids love them, especially if they have a fever or sore throat!

**Roots, dried or fresh:** Roots and barks require a longer steep for medicinal strength. Simmer gently, covered for at least 30 minutes. Strain and drink as above. You can combine several different types of herbs, add some for taste, like mints, rose hips, hibiscus, orange peel, licorice root, stevia, cinnamon, etc.

Again, 3-5 cups per day is the medicinal dose.



**USEFUL TEA HERBS** - Use all or some, mix your own! You can add "sweet" herbs to flavor teas - such as stevia, licorice root, marshmallow root, fennel or anise seed, hibiscus, mints, cinnamon, ginger, orange peel, lemon grass, or just mix with juice!

## Choose Your Own Herbs to Blend!



<p><b><i>High Calcium/Mineral Herbs</i></b></p> <p>Nettles Oatstraw Horsetail Raspberry Leaf Catnip Comfrey leaf Lemon Grass Fennel Seed, Mints Alfalfa</p>	<p><b><i>High "C" Tea Herbs</i></b></p> <p>Rose Hips Lemon Grass Hibiscus Orange peel Rose Hips Nettles Spearmint Pine Needles</p>
<p><b><i>Calming Tea Herbs</i></b></p> <p>Chamomile Oatstraw Passion Flower Lemon Balm Skullcap Licorice Root Comfrey Hops</p>	<p><b><i>Cough and Cold Tea Herbs</i></b></p> <p>Red Clover Mullein Coltsfoot Rose Hips Plantain Sage and Thyme Elecampane Lemon Grass</p>
<p><b><i>Adrenal/Stress Support Herbs</i></b></p> <p>Ashwaghandha Siberian Ginseng Licorice Root Rhodiola Nettles Passion Flower Skullcap Lemon Balm</p>	<p><b><i>Good Digestion Herbs</i></b></p> <p>Chamomile Peppermint Licorice Root Rosemary Blessed Thistle Cayenne Cinnamon Angelica</p>

## Make Your Own Herbal Tablets!

These are great for sore throats or stomach aches! You can even make some for your cat or dog to add to their dry food! Use about 2/3 cups of dried, powdered herbs of your choice. Add 1/4-1/3 cup of honey, 2 TBSP. water. Mix well. Roll into about 175 balls.

Then roll in gluten-free flour, or slippery elm powder. You can bake them for about 10-15 minutes at 150 degree oven if you want them hard. Bake longer for a crunchier texture for your pets. Store in jar. Use them up in 2-3 months.



*Suggested herbs:*

**Digestion:** Tumeric powder, slippery elm powder, dried peppermint, cayenne, ginger, cinnamon.

**Parasites:** Wormwood, Cloves, Garlic, Quassia, Black Walnut hulls.

**Coughs:** Slippery elm, Tumeric, Goldenseal, Mullein, Coltsfoot, Usnea, Plantain, Licorice Rt.

**Pain and Inflammation:** Tumeric, Feverfew, Vervain, Willow Bark, Yucca



## Making Herbal Oils / Massage Oils

Pick and wash fresh herb leaves. Allow clean, fresh leaves wilt for a day or two on a paper towel or towel, or use dried herbs. Chop, fill jar to top with fresh herbs, or 1/3 full for dried herbs. Add a good quality oil such as extra virgin olive oil, almond oil, apricot, or safflower oil. Fill to the very top. Cover and set in warm, sunny place for at least 6 weeks. Shake daily. Strain and bottle the oil in dark glass bottle.



Great to use on dry skin, feet, healing scratches, cuts, some rashes, etc.

**Add some essential oils for a great massage oil or muscle rub!**

**Suggested herbs:** Comfrey, St. Johnswort, Plantain, Calendula, Arnica, Borage, etc.

**Quick Method:** Place dry herbs in small crock pot with the oil on LOW for 4-5 hours for a quicker result. Strain and bottle or use to make salves!

## Healing Herbal Salves

Every household should have a good herbal salve on hand, whether you have kids or not!

Warm 1 cup of your herbal oil (that you made as above) in a double boiler. Add 1/4 cup of beeswax (cut into chunks). Stir in well till dissolved. Test by filling a tablespoon and placing it in the freezer for a few minutes. If it is too hard, add more oil. If too soft, add more beeswax - till desired consistency. (Double recipe to make more!)

I highly suggest you add a few drops of essential oils, like Lavender, Rosemary, Eucalyptus, or tea tree. Also add 1 Tsp. of Vitamin E oil! Mix.



Fill small jars, let cool. Cover and use as needed. Good for about 1-2 years (lasts much longer with essential oils/Vit. E oil in there!) Be sure to label your salve with the ingredients and date made. Makes a great gift!

**Suggested Uses:** I use this for everything! Cuts, scrapes, sores, insect bites, burns, chapped hands, lips, dry feet, eczema. I even use it as a make-up remover for mascara, and great on wrinkles for overnight use.

## Make Your Own Herbal Extracts / Tinctures!

An excellent and affordable way to keep a supply of herbal medicine on hand for many conditions. Easy to make, and in an alcohol base, they never go bad! You can make blends as well, see suggestions below.

Collect and clean your plant parts (roots, leaves, flowers, barks). Chop. Fill a jar to top with **fresh** plant material (When using **dried** herbs, only fill 1/3 of the jar!). Cover with preserving medium.



Can use **alcohol and water** at 40/60% ratio (80 Proof) for most leaves, flowers, roots, barks. Vodka works well. (I prefer distilled potato vodka instead of ones made from wheat!) If you use grain alcohol, which is 95% alcohol, add water accordingly! For resins and gums, such as Myrrh or Kava Kava Rt. use a 65% alcohol solution. Lasts indefinitely.

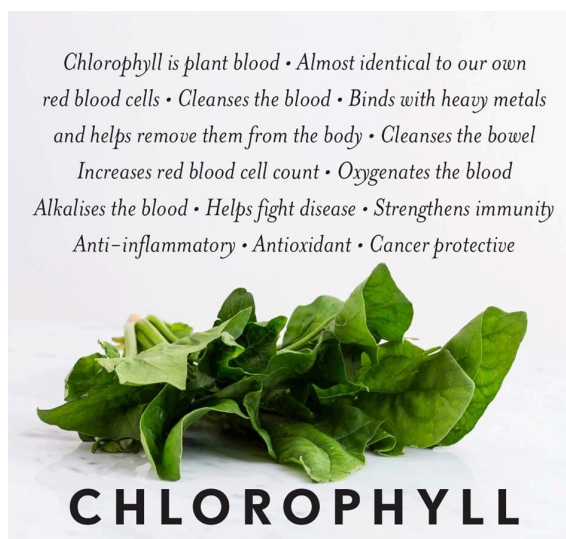
**Hint:** Adult dose is about 3/4 - 1 teaspoon. (40-60 drops if using a dropper) Use 3-5 x a day. Can take straight or add to juice or tea. If you prefer to avoid the alcohol, add your dose to a cup of boiling water and stir to evaporate the alcohol. Cool or add a little juice and drink!

## Alcohol-Free options:

**Vegetable glycerin and water** solution (66/34% solution) which is great for children's formulas, sweet, but not as strong. Lasts 1-2 years.

**Organic apple cider vinegar** (100%). Be sure to label your extracts with name, date, and medium. Let steep in warm, sunny place for at least 6 weeks. Shake daily. Decoct and fill bottles to use. Use within a year.

Label your extract bottles with name of herbs, date, and solution! Fill clean dropper bottles for easy use and label. (See dosage chart on p. 26)



**Note** - An alcohol based solution is the best choice for medicine making as it extracts the stronger components of the active ingredients and preserves them. A small amount of alcohol in the solution actually helps it to absorb through the lining of the stomach wall quickly. To evaporate the alcohol out, simply place dose in hot water and stir.

Water solutions, as in teas, will extract mainly the nutritional qualities of the plant and bio-flavanoids, but may leave stronger components behind.

Glycerin solutions will also extract the bio-flavanoids and nutrients from the plant material, leaving the strong components behind. Great for children.

## Hot Herbal Compresses

Simmer gently dried or fresh herbs in water for at least 20-30 minutes, covered to make a strong solution. Strain and dip clean washcloth into hot 'tea' water. Wring out and place warm (not scalding) cloth directly over skin for several minutes. Re-dip for continued warmth.

Refrigerate left over solution, warm and use again within the next two or three days.

**Arnica** is great for sprains, bruises, inflammation.

**St. Johnswort** is great for nerve damage.

**Chamomile** is wonderful for inflamed tissue or belly aches.

**Comfrey** is excellent for almost any abrasions or wounds.

**Juniper Berries** for Joint Pain

**Salt Water** compresses help draw out toxins, splinters, pus.



## Castor Oil Compresses

This idea was originally brought to us by Edgar Cayce. Castor oil has been used to draw out toxins, reduce tumors, boils, cysts, and break up congestion.

Buy a small bottle of Castor Oil in any drug store. Can place the bottle in a cup or pan of hot water to warm the oil. (can add a few drops of essential oils!) Take an old, clean washcloth and cut it into quarters. Place a couple of tablespoons of the warm oil onto cloth and place over area where there may be a tumor, cyst, or boil. You can place a piece of plastic wrap over the area and keep warm. May use a hot water bottle or warming pad over it for about 45 minutes. (Used cloths will be sticky and hard to clean. May dispose and use another 1/4 of cloth next time.)



## Making Nutritional Formulas

When we make our own herbal supplements we are using natural whole plants and foods, made by Mother Nature herself! Since our foods today have less of the nutritional value as years ago, we can easily include nutritious teas, vitamin syrups, and nutritional vegetable powders.

They are easily accessible to your body chemistry providing more vitamins, minerals, and antioxidants in concentrated doses. Your body will immediately recognize and know what to do with it. Great when taken over an extended length of time to increase vitality and well being!

### High Vitamin/Mineral Syrup ~ Make Your Own Vitamins!

2 parts Nettles  
1 part Alfalfa  
1 part Oatstraw  
1 part Horsetail  
1 part Watercress  
1 part Lamb's Quarter  
3 parts Lemon Grass  
3 parts Hibiscus Flower  
1 part Comfrey leaf  
1 part Chickweed  
1 part Ginseng  
1 part Ashwaghandha  
6 parts Peppermint or Spearmint  
2 parts Dulse Seaweed (optional)



Add 1 ounce of the above formula to 1 quart of water and slowly simmer uncovered to 1/2 quart. Then add 1 pint of local honey and some spirulina powder and/or nutritional yeast for extra nutrients!! Cook over very low heat for 10-15 minutes. Add 1/2 cup of Brandy to preserve syrup. (If you leave out the brandy it will not last as long!). For an extra rich, sweet flavored syrup, add 1/2 cup black cherry concentrate or Anise oil for licorice flavor! Put into jars and keep in refrigerator. Take 1-2 TBSP. daily! Enjoy.

## Nutritious Herbal Vitamin/Mineral Powder

1 part Kelp or Dulse powder  
2 parts toasted sesame seeds  
2 parts Nutritional Yeast  
1/2 part garlic powder  
1/4 part spirulina powder  
1 part soy lecithin (optional)  
1 part Himalayan Salt (optional)

Add Herbs of your choice to taste: Basil, Rosemary, Oregano, Thyme, Cayenne, Tumeric, Cumin, etc.

Grind or mix all ingredients together and put into shaker jar. Use as a seasoning at the table. Great to use on popcorn, soups and salads! Enjoy.



## Herbal Aromatherapy - Using Essential Oils

Essential Oils are volatile oils derived by steam distillation of fresh herb materials, using leaves, stems, flowers, and roots. They are HIGHY concentrated and should always be used with care and respect.



You will not be able to make your own essential oils but can purchase some for a variety of medicinal uses. It can take up to several hundred POUNDS of plant material distilled down to make 1 ounce of essential oil!

Essential oils will evaporate, unlike fixed oils (such as olive, safflower, coconut oil, etc), and should be stored properly. You can test the purity of your essential oils by placing a drop on a tissue. It should evaporate after a bit. If it has been mixed with fixed oils as a filler, it will leave an oil ring! They should be kept tightly sealed in dark amber bottles, out of direct sunlight and excessive heat. Don't leave bottle open for aroma.

Always be certain to dilute an essential oil before using on the skin. If any irritation occurs from using an oil, discontinue use and consult a Naturopathic, Chiropractic, or Medical doctor, or other integrative health care provider. Since they are highly concentrated, **DO NOT USE INTERNALLY**, unless under the care of a highly trained aromatherapy doctor!

**PLEASE - Keep out of reach of children!**  
**Avoid Using during Pregnancy, on infants or small children.**

Essential oils contain very tiny molecules and can penetrate the skin and nasal passages very easily, making them useful in baths, steams, and skin care. They will trigger the memory, delight the senses, and ease the emotions. Almost ALL essential oils are antiseptic and anti-bacterial in quality and have very effect medicinal uses!

There is a subtle bio-energy that flows through all organic life. It is sometimes referred to as Chi or life force. This energy is expressed as an electromagnetic vibrational frequency – and pure essential oils have the highest frequencies of any measured natural substance.

### **Essential oils have VERY high frequencies!**

For example, here are the average frequencies of some of the therapeutic grade essential oils that have been measured:

Rose (Rosa damascene).....	320 MHz
Lavender (Lavendula angustifolia).....	118 MHz
Myrrh (Commiphora myrrha).....	105 MHz
Blue Chamomile (Matricaria recutita).....	105 MHz
Juniper (Juniperus osteosperma).....	98 MHz
Aloes/Sandalwood (Santalum album).....	96 MHz
Angelica (Angelica archangelica).....	85 MHz
Peppermint (Mentha peperita).....	78 MHz
Galbanum (Ferula gummosa).....	56 MHz
Basil (Ocimum basilicum).....	52 MHz



The measured frequencies of essential oils begin at 52 MHz, the frequency of basil oil, and go as high as 320 MHz — the frequency of rose oil. For comparison, fresh produce has a frequency up to 15 MHz, dry herbs from 12 to 22 MHz, and fresh herbs from 20 to 27 MHz. Processed and canned foods have no measurable frequency whatsoever.

The human body resonates at 62-68 MHz when it is healthy. (*MHz means Mega Hertz, which is a Million pulses per second*) An unhealthy body can be at 40 - 59 MHz. This means that essential oils help RAISE the vibrational frequency of the human, which facilitates healing!



## Ways to Use Essential Oils

### Making Essential Oil Sprays

Use a clean, empty spray bottle. Fill it with alcohol like Vodka (NOT rubbing alcohol!) to about 20%. Then add several different oils you like. I recommend Lavender, Rosemary, Eucalyptus, and many others. Use about 20 drops per ounce size. Then fill the rest with Reverse Osmosis, Distilled, or filtered water. Cap, label and shake to use as needed. Can spray in air to refresh, spray on pillow case, clothes, closets, etc. You can also add flower essences as well!

### Many Ways to Use Them!

- ~ Add 5-10 drops in the bath. Add *after* the bath has filled and agitate to disperse oil. Use mineral, sea, or epsom salts in bath. Soak 10-20 min.
- ~ Use in a Foot bath! or plug drain in the shower, add several drops to the bottom and breathe in the steam!
- ~ Add 15-30 drops to a 1 oz. base oil (such as Almond, olive, sesame, etc.) and use as a massage oil, muscle rub, or a bath oil.
- ~ As a steam inhalation, place a couple of drops in a bowl of steaming water, place towel over your head and carefully breathe in the steam. Can stop to blow your nose and add more hot water and another drop or two of oil and repeat! Excellent for colds, sinus infections, coughs.
- ~ Add a few drops to hot water in a potpourri simmered and light candle below to steam. Or add a few drops to an essential oil diffuser!
- ~ Put a few drops on your pillow case, or a tissue at night and breathe! Can also use a spray on pajamas or pillow. Great for stuffiness!
- ~ As a room freshener, place a few drops on a light bulb ring, or use an aroma lamp.
- ~ Add a few drops in drains, trash cans, compost buckets, toilets.
- ~ Add a few drops to the rinse cycle when you wash bed sheets or linens!
- ~ A few drops in a humidifier or vaporizer helps clean the air, kills bacteria.
- ~ Put a few drops on a cotton ball and place in drawers, closes, cupboards, or stinky shoes.
- ~ A few drops on the filter pad of your vacuum will leave a refreshing aroma.
- ~ Sprinkle into potpourri to re-freshen.
- ~ Use in soap, incense and candle making.
- ~ Place a few drop in the car to fresh, relieve stress, and awaken senses.

## Essential Oils and their Common Uses

**Balsam Peru** - Warm, vanilla-like fragrance. Very thick. Must be diluted, soluble in alcohol, used as a fixative for perfumes. Blends well with most essential oils. Once used for scabies.



**Camphor** - Anti-inflammatory and soothing to the skin. Repels insects. Effective for bruises, aches, sprains, tired muscles. Mix w/ eucalyptus.

**Cedarwood** - Drying when applied to acne eruptions. Pleasant fragrance, good fixative in perfumes. Repels moths and other insects.

**Citronella** - Well known for repelling mosquitos and fleas. Use in soaps, lotions, sprays, candle making.

**Clove Bud** - Traditional toothache application. Sweeter than clove leaf. Keeps moths out of closets. Great in soaps, potpourri's. Ringworm.

**Eucalyptus** - Stimulating to the mind, can clear the head when inhaled. Decongesting, antiseptic, soothes sore muscles. removes tar and adhesives. Repels insect pests. Mix w/ Camphor, Pine, Rosemary.

**Frankincense** - Antiseptic, eliminates bacteria, virus's. Relieves chronic stress, and anxiety. Reduces joint pain and inflammation, boosts immunity, fights cancer. Anti-aging. Dental Issues, decay. Indigestion. Eczema, acne.

**Geranium Rose** - Sweet, floral, rosey fragrance. Often used in cosmetics, deodorants and soaps.

**Juniper** - Antiseptic. Increases circulation. Use in bath or massage oil to relieve achy muscles, arthritis. Used for urinary tract infections.

**Lavender** - Fragrant, antiseptic, used to kill Staph, Strept, diphtheria, skin conditions. Soothes burns, headaches, depression, insomnia, sore

muscles, herpes, and sinus infections. Used in soaps, candles, perfumes, lotions. (over 100 medicinal qualities to this oil!)

**Myrrh** - Antioxidant, antiseptic, antibacterial, anti-fungal. Potent anti-cancer oil, fights parasitic infections. Used for hay fever, as a paste to stop bleeding. Used for Gum disease and mouth infections. Hypothyroidism.

**Patchouli** - Sweet, earthy, oriental fragrance. Good deodorant. Aphrodisiac.

**Peppermint** - Stimulates a tired brain. Use for headaches, sore throats, muscle aches, stomach aches, insect bites, toothaches, sweetens breath.



**Pennyroyal** - Exceptional in repelling fleas and insects! Use on dog collars, pet bedding, shampoos, herbal insect lotions. Do NOT take internally.

**Pine** - Disinfectant, decongesting. Use for muscle rubs. Repels insects.

**Rosemary** - Stimulating, uplifting, refreshing! Great in massage oils and in the bath. Aids memory. Stimulates hair follicle growth, prevents premature baldness. Use in shampoos to enhance color of dark hair, counter split ends, reduce static, thicken hair.

**Sweet Orange** - Anti-depressant. Soothing in low concentration (dilute to use on skin). A natural degreaser, cleanser. Freshens stale air.

**Tea Tree Oil** - Antiseptic, anti-fungal, germicidal, anti-viral. Strong medicinal fragrance. Immune system stimulant, used for infectious illness, debility. Acne, wounds, mouthwash, athletes foot, warts, cold sores, insect bites, scalp disorders.

**Thyme** - Germicidal, anti-fungal, decongesting. A little goes a long way - use with care! Use in bath, foot baths for athletes foot. relieves achiness.

**Wintergreen** - Use for warts, sore muscles, soaps, candles. Freshens breath.

**Ylang Ylang** - 'The Flower of all Flowers', soft sweet, erotic. Floral bouquet. Aphrodisiac. Relaxes body, mind & Spirit. Anti-depressant. Lowers blood pressure and rapid heartbeat. Eases frustration, anger, tension, insomnia.

**My favorite blends are:**

Lavender, Rosemary and Eucalyptus together as massage oil, in bath salts or diffuser. Great for all-purpose use.

Frankincense and Myrrh together as a rub or in a diffuser.

Pennyroyal, citronella and eucalyptus oils for herbal insect repellent.

## **Make Your Own Miracle Bath Salts!**

4 cups of Sea Salt or fine Epsom Salt  
1 cup Borax (mineral salts)  
1/2 cup French White Clay Powder (optional)  
Add essential oils such as Rosemary, Lavender, Eucalyptus - about 1 oz. total.



Mix dry ingredients in a large container like a dish basin, then add essential oils and mix with wire whisk. Store in glass jar, label and seal. (can easily double the recipe! Makes a great gift!)

Use several handfuls in a warm bath. Relax, light a candle and is open pores, absorbs toxins, relieves aches, uplifts your spirits! Or enjoy in a warm foot bath. Very soothing and refreshing!

You can purchase many essential oils at a great price on our website. We also offer oil diffusers, sprays, blends and sets. Visit [www.ultimatehealing.com](http://www.ultimatehealing.com) for more info.



## Useful Healing Herbs For Many Ailments

**Ears:** Mullein Flowers steeped in olive oil with garlic. Goldenseal internally.

**Eyes:** Eyebright, Chamomile, Calendula, or Goldenseal as an eye wash.

**Soap:** Soapwort or Yucca roots. Soak and chop roots. Add essential oils.

**Itching:** Yellow Dock leaves, Celandine, Chamomile, Jewel Weed

**Antiseptics:** Garlic, Witch Hazel, Oak Bark, Plantain, Smooth Sumac, Dogwood bark, Indigo broom, Goldenseal

**Astringents:** Uva Ursi, Eucalyptus, Yarrow, Oak Bark, Wild Geranium, Dogwood bark

**Sores:** Comfrey leaves, plantain calendula, flax seeds and oil. Herbal Salves.

**Burns:** Aloe, St. Johnswort, Comfrey, Irish Moss, Flax.

**Stings/Bites:** Honeysuckle, Rue, Chamomile, Jewel Weed, Aloe, Vinegar

**Poison Ivy:** Jewel Weed (internally and external), Sweet Fern, Mugwort

**Wounds:** Yarrow, Pearly Everlasting, Witch Hazel, Horse Mint, Bee Balm, Solomons Seal, Plantain, Cattails

**Bleeding:** Oak Bark, Yarrow, Shepards Purse, Puff Balls. Cobwebs

**Expectorants:** Honey, Horehound, Mullein, Coltsfoot, Elecampane, Sunflower seed, Skunk Cabbage roots, Lobelia.



## Herbal Combination Suggestions (for extracts, teas, etc.)

### HERBAL MEDICINE

**Tension and Anxiety** - Skullcap, Valerian, Gingko, Passion Flower, Chamomile, Skullcap, Motherwort

**Coughs:** Irish Moss, Wild Cherry Bark, Coltsfoot, Mullein, Elecampane, Royal Fern, White Pine, Lobelia.

**Colds and Fever:** Garlic, Yarrow, Goldenseal, Goldenrod, Blessed Thistle, Hyssops, Horehound, Elder flowers, Sage.

**Bronchial Asthma:** Garlic or Onion syrup. Lobelia, Coltsfoot, Red Clover, Elecampane, Common Daisy, Wild Yam, Sundew

**Nasal Catarrh/Mucous, Sinus:** Elder flowers, Goldenrod, Borage, Blessed Thistle, Goldenseal, Sage, Thyme, Usnea

**Digestion:** Angelica, Blessed Thistle, Chamomile, Cayenne, Peppermint, Hops, Elecampane, Ginger, Rosemary, Dandelion, Burdock

**Diarrhea:** Blackberry leaves, Shepards Purse, St. Johnswort, White Oak Bark, Blueberries, Witch Hazel, Oatmeal, Cream of Rice

**Kidneys/Urinary Tract:** Uva Ursi, Dandelion leaf, Horsetail, Myrrh, Marshmallow root, Pipsissiwa



**Laxatives:** Rhubarb, Aloe Juice, Burning Bush (wahoo), Cascara Sagrada, Senna, Flax seed oil, Magnolia, Dandelion, Bunch berry, White Ash, Walnuts, Horehound,

**Liver Support:** Milk Thistle seed, Dandelion root, Burdock root, Barberry root, Yellow Dock root, Turmeric



**Neurological Support:** Ginkgo, Gota Kola, St. Johnswort, Chamomile, Motherwort

**Pain and Inflammation -**

Vervain, Feverfew,  
Meadowsweet, White Oak Bark,  
Turmeric, Valerian, Devil's Claw,  
Yucca rt.

**Men's Health** - Saw Palmetto,  
Sarsaparilla root, Damiana, Gota  
Kola, Ginseng, Black Walnut  
Hulls



**Women's Health** - Black

Cohosh, Wild Yam, Vitex, False Unicorn Root, Damiana, Yellow Dock root,  
Ashwaghandha

**Tumor Reduction:** Sheep Sorrel, Slippery Elm, Burdock Root, Turkey  
Rhubarb rt., Pau D'arco, St. Mistletoe, Johnswort,

**Cardio Support** - Hawthorne berries, leaves, flowers, Linden flowers,  
Motherwort, Yarrow flowers.

**Parasites** - Black Walnut hulls, Cloves, Wormwood, Quassia, Rue, Turkey  
Rhubarb, Neem



## Herbal Care for Children and Families

**Disclaimer:** This information is not intended to treat, cure, or prevent any ailment, but to inform and educate. PLEASE seek more information, proper diagnosis and treatment whenever needed.

Children should be raised in a healthy, loving environment for optimum health, as nature has intended. They should be given plenty of fresh air and sunlight every day, lots of daily exercise, plenty of rest, a whole food, natural diet, plenty of LOVE, and attention to their needs. Children lacking any of these will produce symptoms and health problems to bring your attention to it.

Herbs and plants can and should be used for many common ailments. It is best to avoid chemical intervention whenever possible, saving them for extreme situations and emergencies. *This information is NOT intended to replace proper diagnosis and health care by a qualified practitioner.*

Most tonic herbs that are safe for adults are also safe for children, but in smaller doses. There are some "strong" herbs which can be used with the many "gentle" herbs. Children's bodies respond quickly to herbal medicines so only a little may be needed.



**Some gentle tonic herbs include:** Slippery Elm, Chamomile, Fennel seeds, Catnip, Red Clover tops, Comfrey, Rosehips, Nettles, Oatstraw, Raspberry leaves, the Mints, Licorice Root, Echinacea, Wild Cherry Bark.

**Strong medicinal herbs** to use sparingly include: Goldenseal, Valerian, Yellow Dock, Poke, Blue Cohosh. Do NOT use for small children under 4 without the direction of a trained Naturopathic Doctor. Also avoid during Pregnancy.

## Common Ailments for Children:

**TEETHING**- Catnip and Chamomile tea (or popsicles), High Calcium tea, High Vit. C liquid, Hylands Homeopathic Tablets. Toddlers can chew on Licorice Root sticks, soothing to the gums, helps molars.

**TOOTHACHES** - 2 Drops of Valerian tincture on the gum. Clove oil is TOO strong for small children but great for adults and teens.

**COLIC** - Infants have immature digestive tract. Nursing mothers avoid gasey, spicey, acidic foods. Avoid caffeine, stress. Drink calming teas. Slippery Elm, Dill, Fennel, Anise seeds, chamomile, catnip - make tea, give baby one or two teaspoonfuls before nursing, drink the rest. Acidophilus is highly recommended. "Lifestart" for infants. Hylands Homeopathic Colic tablets. Yogurt, kefir, buttermilk is good for mother and children. Warm chamomile and lavender herb baths - or place warm herb soaked towel over babies stomach.

**STOMACH ACHES** - Use calendula, fennel, catnip, peppermint, chamomile as tea or glycerin extract. Warm bath.

**DIAPER RASH** - Avoid acidic foods, strong detergents on diapers. Exposure to air and sun is good. Use arrowroot powder or clay. DO NOT USE TALC - a known carcinogen and synthetic scents. Homemade baby powder: White clay, arrowroot powders with some slippery elm and comfrey root powders. Use herbal salves -Comfrey, Calendula, St. Johnswort.

**DIARRHEA** -caused by a reaction to certain foods, viruses, bacteria, emotional upset. Give lots of fluids to avoid dehydration. Drink herb teas and vegetable broths. Give yogurt, kefir, cottage cheese, mashed potatoes. Warm herb baths. Tea: Blackberry Rt., Slippery elm, and comfrey root. Simmer 20 min. give 2-4 TBS. every hour. Use the B.R.A.T. diet - Banana's, Rice, Applesauce, Toast.



**CONSTIPATION** - Eliminate all dairy, cheese, wheat, eggs, refined foods. Give oat water, fresh fruits, vegetables, liquids, prunes, molasses, grains. Tea: Slippery elm, psyllium seed, comfrey, fennel, herbs to flavor. Use a 'catnip tea' enema for acute constipation.



**COLDS** - Echinacea drops in juice or bottles. Warm teas (see "Cold Tea") include sage, thyme, catnip, elder flowers, Rose Hips, Hibiscus. Thyme, pine, eucalyptus essential oils are all de-congesting. Use in steam baths, in spray bottle to spray on pillow, in humidifier, or in baths.

**COUGHS & LUNGS** - Mullein, Coltsfoot, Plantain, Elecampane, Slippery Elm, Licorice rt., are expectorants, relieves congestion, soothing to mucous membranes, soothes spasmodic cough. Also good for bronchitis. Use as tea, syrup, glycerin extracts, herb balls, in baths. Use Essential oils in diffuser.

**SORE THROATS** - Sage and thyme gargle in apple cider vinegar or as strong tea. Add honey and drink the tea. Add slippery elm. Herbal honeys include Echinacea flowers and thyme. For STREP throat, Usnea is excellent! Echinacea, 20 drops 5-6x day, add 1 drop poke root 2x day (no more) to stimulate lymph glands. also good is Cleavers. Usnea is specific for strep. Sage & Thyme gargle. Use same for SWOLLEN GLANDS.

**EAR ACHES & INFECTIONS** - Warm Mullein Flower & Garlic oil - a couple drops in ear as often as needed. Use Use Echinacea & Goldenseal (glycerin extract). Look for allergies! Massage opposite baby toe! Warm baked onion (cut in half) over ear will draw out ear wax. Avoid all congesting foods. Give acidophilus, 1/2 tsp. 3x day. Make tea of fresh grated ginger root, fresh lemons, and honey or maple syrup. Feed lots of juicy fruits, melons, oranges, and grapefruits. Give plenty of rest and wear hats to cover ears. Warm packs over kidneys (lower back).

**FEVERS** - Moderate fevers help the body get rid of infections. To control or lower fever: Bath in tepid water, add 1/4 cup apple cider vinegar. Tepid Catnip enema reduces fever, increases fluid intake. Keep fluid intake high! Tea: Catnip, Elder, Peppermint, Echinacea Rt. Goldenseal has 3x the anti-pyretic value as aspirin to reduce fevers!

**HEADACHES AND PAINS** - Boneset will relieve body aches due to colds or flu. Valerian or skullcap relieves muscle spasms, tension, cramps, calms hyperactivity. Lavender, vervain, willow bark, meadowsweet act like aspirin to relieve pains. St. Johnswort relieves pain from nerve damage.

**EYE INFECTIONS** - Eyebright, goldenseal, chamomile tea used as an eye wash 2 or 3 x day. Strain carefully.

**KIDNEY PROBLEMS** - Dandelion leaf, Horsetail, Goldenrod, Uva Ursi, Mallow, Yarrow tea or tincture.

**WOUNDS** - wash, soak, or compress with plantain, comfrey leaves. Shepards Purse will help stop bleeding. Myrrh and goldenseal topically are anti-infective. Green clay and yellow dock leaves reduce swelling. Peroxide to clean, then herbal salve for cuts, scrapes, minor wounds, burns. Use Comfrey, calendula, plantain, St. Johnswort in salves.

**TO DRAW OUT INFECTIONS** - Poultice of grated potatoes, cabbage, green clay, oats, or chickweed. Warm salt compresses also draw out infections.

**SPRAINS AND BRUISES** - Use arnica liniment or compress on unbroken skin. Also Hydrotherapy.

**PINWORMS** - Garlic, cabbage juice 1/4 cup in AM for 4 days. repeat in 10 days. We use 'Para-Shield' or 'Para Biotic' organic herbal anti-parasite and anti-fungal formula for easy, safe, effective results!

**CALMING HERBS** - include Valerian, skullcap, Lemon Balm, Oatstraw, Hops, Chamomile, passion flower. Use as Tea, glycerin tincture, or in bath.

**ADD / ADHD** - Whether children or adults, they are usually lacking trace minerals, are full of toxins, may have candida, often have parasites. Eliminate sugars. I highly recommend using a colon cleanse to cleanse out toxins, use a good Parasite formula to eliminate candida and parasites, and use liquid organic vitamins, minerals, with essential fruits and vegetables to nourish and rebuild. This is a 90 day program.

**DREAM PILLOWS** - Calming, helps baby or child fall asleep. Use 4-6 oz. of herbs. Can use Chamomile, lavender, roses, oatstraw, hops, lemon balm, and St. Johnswort (for nightmares). Stuff cotton or flannel, can use milkweed or cattail fur for natural stuffing. Make Teddy Bear or Heart shaped. Can slip under pillow case.

*We are all healers and nurturers! When someone is sick, give them lots of Love. Trust in nature is trust in Divine Nature. There is often an emotional situation underlying every illness. Pay attention!*

## Dosages For Medicinal Herbal Extracts/Tinctures

3-6 months old ~ 2 drops  
6-9 months old ~ 3 drops  
9-12 months old ~ 4 drops  
12-18 months old ~ 5 drops  
18-24 months old ~ 6 drops  
2-3 years old ~ 7 drops  
3-4 years old ~ 8 drops  
4-6 year olds ~ 10 drops  
6-9 year olds ~ 15 drops  
9-12 year olds ~ 20 drops  
12-18 year olds ~ 20-30 drops  
Adult Dose ~ 30-40 drops  
Large Adult ~ 60 drops



Use 3-5x a day for best results! (Can dilute in juice or water)  
Optional: Add dose to cup of hot water and stir to allow the alcohol to dissipate if desired.

## Medicinal Herbal TEA Dosages - (concentrated)

1 year old or less ~ 2 teaspoons  
2-4 year olds ~ 1 Tablespoon  
4-7 year olds ~ 2 Tablespoons  
8-10 year olds ~ 3 Tablespoons  
10-12 year olds ~ 4 Tablespoons  
Teens and Adults ~ Full cup

*PLEASE NOTE: Infants and Toddlers should NOT be given "strong" medicinal herbs such as Goldenseal, Valerian, Yellow Dock, or Poke, without the advice of a Naturopathic Physician. Tonic herbs are fine and gentle enough for all children.*



Medicinal Teas can be enjoyed warm or cold, or mixed with juice. Take 3-5 dosages a day for desired medicinal affect.

## ***Enjoy creating your home collection of medicinal remedies!***

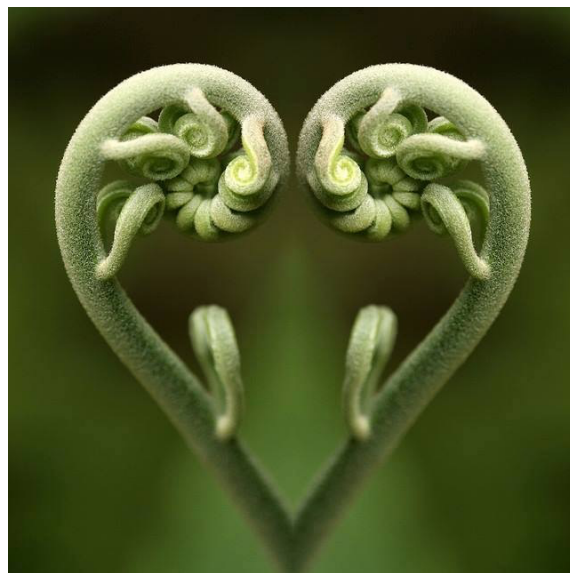
Be sure to plant as many herb plants as you can, both medicinal and culinary, and you will always be guaranteed the use of these wonderful remedies. It is both empowering as well as nurturing to be able to provide for yourself and your family. It is essential for all households today to gain knowledge of the use of herbal remedies.

### ***Some Recommended Reading :***

'Nature's Children' by Juliette deBaricli Levy. Excellent old book. Ash Tree Publishing.  
'The Family Herbal' by Peter and Barbara Theiss, Healing Arts Press  
'The Encyclopedia of Natural Medicine' by Dr. Michael T. Murray, ND, Joseph Pizzarno, ND.  
'The Healing Power of Foods' - by Dr. Michael T. Murray, ND Prima Publishing  
'The Healing Power of Foods Cookbook' - by Michael T. Murray ND.  
'Laurel's Kitchen' - Laurel Robertson, Carol Flinders, and Bronwen Godfrey.  
'Herbal Healing for Women' - by Rosemary Gladstar  
'Holistic Herbalism' by David Hoffmann

***Please Note: ALL of this information is NOT claiming to treat, cure, or prevent any disease, or meant to replace proper medical care! Please visit your doctor whenever needed.***

*Jane Smolnik is a Master Herbalist, Naturopathic Doctor, and Iridologist with a practice in Asheville, NC. For more info, please visit her website at: [www.UltimateHealing.com](http://www.UltimateHealing.com)*





## **About Jane Smolnik**

**Naturopathic Doctor, Master  
Herbalist, Iridologist, Certified  
Intuitive Healer, Kinesiologist,  
Light Therapist**

Jane Smolnik is an accomplished healer with over 30 years experience in the Natural Health field. As a Master Herbalist, Jane owned a 70 acre medicinal herb farm in Vermont for 20 years. She taught eight month herbal certification courses, and founded a company making Advanced Herbal Formulas, as well as a line of animal formulas for veterinary practices, and a large collection of flower essences.

Jane received her doctorate in Natural Medicine at Trinity College of Natural Health. She is also a graduate of the International Institute of Iridology, a Diplomat in Holistic Iridology, former vice pres. of the American College of Iridology, and a board member of the International Iridology Practitioners Association, and past editor for the Comprehensive Iridology Journal.

As graduate of the Stillpoint Institute of Advanced Energy Healing and Intuitive Diagnosis, Jane is a Certified Intuitive Healer, and Holistic Therapist trained in Advanced Energy Therapies. She is also certified in Digital Pulsewave Analysis for cardiovascular screening, and trained in Meridian Kinesiology, muscle testing the acupuncture points to determine nutritional deficiencies, chemical imbalances, structural weaknesses, and emotional blockages, as well as what your body would respond best to.

Jane has a strong spiritual aspect to her health approach. Besides holding a Bachelor of Divinity degree, she is also a licensed Avatar Master and Wizard, with many years experience teaching the International Avatar Course in conscious awareness and belief management. Her passion is helping people expand their awareness on many levels, understanding their unlimited potential. Jane also produced a radio show in Asheville called 'Soul Medicine' helping people understand the deeper issues behind many of our health issues. Through Iridology she also explores the emotions, personality patterns as well as the chakras and deeper Soul issues.

Jane is the founder and director of the Wisdom Institute of Self Evolvement and teaches fascinating, experiential classes and courses in helping people easily to explore and expand our higher levels of consciousness, the abilities of our awareness, intuition, multi-dimensional understanding and skills, and so much more. She teaches in a compassionate, inspiring and easy to understand manner, enjoyed by many!

Jane also uses Quantum Light Therapy, using Light and Frequencies as an amazing healing system. She is an Instructor for Solas Academy teaching the Advanced Certification training course for Quantum Light Energy Coach. Jane intuitively draws upon her wide background of knowledge, skills, and effective healing techniques to assist in healing the body, mind, and Soul - naturally!