

List of Tinctures and Their Uses

Always consult with a healthcare professional before trying any home remedies, especially for serious or persistent conditions.

1. Chamomile (Flower)

- Use: Effective in treating anxiety, healing wounds, and reducing inflammation.
- Making Tincture: Steep 1-2 teaspoons of dried chamomile flowers in 1 cup of alcohol for 4-6 weeks. Strain and store.
- Dosage/Administration: Take 1-2 teaspoons in water or tea, 2-3 times daily.

2. Feverfew (Leaf):

- Use: Used for migraine prevention, treating arthritis, and showing potential in treating cancer, pain, and rosacea.
- Making Tincture: Combine 1 part dried feverfew leaves with 4 parts alcohol. Let it sit for 4-6 weeks, shaking occasionally. Strain and store.
- Dosage/Administration: Take 1-2 teaspoons in water, once daily.

3. Garlic (Cloves, Root):

- Use: May reduce cholesterol and is being studied for cancer treatment.
- Making Tincture: Chop or crush garlic cloves and cover with alcohol. Let it sit for 3-4 weeks, shaking daily. Strain and store.
- Dosage/Administration: Take 1-2 teaspoons in water or juice, once daily.

4. Ginger (Root):

- Use: Reduces nausea in pregnant women and is a remedy for motion sickness.
- Making Tincture: Grate fresh ginger root and cover with alcohol. Let it sit for 4-6 weeks, shaking occasionally. Strain and store.
- Dosage/Administration: Take 1 teaspoon in water or tea, 2-3 times daily.

5. Gingko (Leaf):

- Use: Used to treat asthma, tinnitus, improve memory, prevent dementia, and boost brain function.
- Making Tincture: Combine 1 part dried gingko leaves with 5 parts alcohol. Let it sit for 4-6 weeks, shaking occasionally. Strain and store.
- Dosage/Administration: Take 1 teaspoon in water, 1-2 times daily.

6. Ginseng (Root):

- Use: May have beneficial psychological and immune effects and can help people with diabetes.
- Making Tincture: Slice ginseng root and cover with alcohol. Let it sit for 4-6 weeks, shaking occasionally. Strain and store.
- Dosage/Administration: Take 1 teaspoon in water or tea, once daily.

7. Milk Thistle (Fruit):

- Use: Known to heal diseases of the liver.
- Making Tincture: Grind milk thistle seeds and cover with alcohol. Let it sit for 4-6 weeks, shaking occasionally. Strain and store.
- Dosage/Administration: Take 1 teaspoon in water, 1-2 times daily.

8. St. John's Wort (Flower, Leaf):

- Use: Can ease the symptoms of depression.
- Making Tincture: Combine 1 part dried St. John's wort with 5 parts alcohol. Let it sit for 4-6 weeks, shaking occasionally. Strain and store.
- Dosage/Administration: Take 1 teaspoon in water, 2-3 times daily.

9. Saw Palmetto (Fruit):

- Use: Traditionally used for benign prostatic hypertrophy.
- Making Tincture: Combine 1 part dried saw palmetto berries with 5 parts alcohol. Let it sit for 4-6 weeks, shaking occasionally. Strain and store.
- Dosage/Administration: Take 1-2 teaspoons in water, once daily.

10. Valerian (Root):

- Use: Can improve sleep quality.
- Making Tincture: Chop valerian root and cover with alcohol. Let it sit for 4-6 weeks, shaking occasionally. Strain and store.
- Dosage/Administration: Take 1 teaspoon in water before bedtime.

Additional Notes

Healthcare Professional's Information and Contact Details

Name:

Phone Number:

License Number:

Email:

Name of Practice: