

# 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 the 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 the 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 th 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 the 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 the 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 the 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 the 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 the 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 the 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 the 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: