

Herbal Tea, Infusion & Decoction Recipe Guide

Herbal teas can be made from fresh or dried herbs. Medicinal strength herbal teas are called herbal infusions. If they are boiled then they are called ‘decoctions’. There are instructions here for making both forms. They are much stronger than herbal tea bags so please don’t be discouraged from using them if you have tried herbal tea bags and don’t like them. Tea bags make weak, bland herbal tea, often made from poor quality herbs. Real medicinal strength herbal teas taste completely different, are much stronger and more fortifying. People are usually able to find teas and blends that they enjoy making and benefiting from.

The information and recipes in this guide refers to the herbs that I have recommended in this course. If you want to use other herbs then you will need to consult a reliable source to determine the safe strength and dosage.

The dosages listed are recommendations for healthy adults only.**

****REMINDER:** The educational recommendations in this class are only for people who are fit, healthy, don’t have underlying diseases, are not on pharmaceutical or prescription medications (including hormonal contraceptives) and who are not pregnant or breast-feeding. For people who have any of the above conditions or circumstances, professional herbal treatment should still be possible: please consult a qualified, responsible practitioner instead of trying DIY treatments.

HERBAL INFUSIONS:

How to Make Herbal Infusions

This technique is used when making a herbal tea from the softer bits of a plant i.e. leaves, flowers, stems. It can be used at this strength for the following herbs mentioned in this course: Camomile, Damiana, Lavender, Lemon Balm, Lime Flower, Oatstraw, Primrose, Rosemary, St John's Wort & Wood Betony.

The other herbs featured in this course are used in smaller amounts (see note below):

- Add 1-2 tsp (5g – 10g) dried herb or blend of dried herbs or 3-4 tsp fresh herb or blend of herbs to a pot or mug.
- Pour on 1 cup boiled water.
- Let it infuse for 5-10 mins.
- A shorter infusion time is better for some flowers and plants that can taste bitter if infused for too long e.g. chamomile, lavender etc.
- Strain off the liquid into a new cup. This is the tea that you will drink.
- Put the herbs on the compost or the food waste.
- For **Shelf-life** info see below.

DIRECTIONS FOR USING STRONGER HERBS

The following herbs mentioned in this course are stronger so are used one their own or are added to blends in much smaller amounts.

- **Hawthorn (leaves, flowers, haws):** Use 1 tsp/5g of the dried herb or 2 tsp/10g of the fresh herb. It works well added to a herbal blend, so try it in combination with other, safer herbs that are used in larger amounts e.g. lemon balm, oatstraw etc.
- **Liquorice root:** Use ½- 1 tsp/2-5g of the dried herb. It works well added to a herbal blend, so try it in combination with other, safer herbs that are used in larger amounts e.g. oatstraw, cinnamon, rose etc. Note: this is for the root when it is chopped. If you have bought powdered root then half the weight that you use again, because the powder will be even stronger.
- **Rose:** Roses are very safe indeed but they work better in lower amounts because they can taste very dry or bitter if we use too much. Use ½ tsp or 1g of rose petals per 1 cup.
- **Cardamon and/or Cinnamon:** These are added to blends to enhance the flavour and for their aromatic, uplifting properties. Use about 1/8 of a normal dose of herbs e.g. add a pinch to a cup of herbal tea, or had ¼ tsp where a recipe calls for 2 tsp of a dried herb. Using more than this wouldn't be dangerous but it would over-power the taste of the herbal tea blend.

Standard Adult Dose for Infusions:

- Drink 3 cups daily as tonic.
- An herbalist may prescribe a stronger infusion or a higher dosage.

Recommended Infusion Blends

Herbal Tea Blend: Tea of Happiness

Function: Uplifting & kind

<u>HERB</u>	<u>PARTS</u>	<u>WEIGHT</u>
• Chamomile (Chamomilla)	1 part	10g
• Lavender (Lavandula)	1 part	10g
• Lemon Balm (Melissa)	1 part	10g
• Lime Flower (Tilia europa)	1 part	10g
• Roses (Rosa spp.)	½ part	5g

Method:

- A simple infusion/tea.
- Add 1-2 tsp per mug boiled water.
- Infuse for 5 mins.
- Strain.
- Drink freely (1- 6 cups daily).

Herbal Tea Blend: Concentration Brew

Function: To help to clear the mind

<u>HERB</u>	<u>PARTS</u>	<u>WEIGHT</u>
• Wood Betony (Stachys betonica)	1 part	10g
• Rosemary (Rosmarium officinalis)	½ part	5g

Method:

- A simple infusion/tea.
- Add 1-2 tsp per mug boiled water.
- Infuse for 5 mins.
- Strain.
- Drink 1- 4 cups daily.

How to Make an Herbal Decoction

This technique is used when making a herbal tea from the parts of the plant are a bit tougher e.g. roots, seeds, bark, straw. Use this method for oatstraw and/or the decoction blend recipes that I have included in this class.

Nourishing Nerve & Adrenal Decoction

Function:

Nourishes nerves, supports adrenals, improves energy levels.

- Oatstraw (*Avena sativa*) 65g
- Liquorice (*Glycyrrhiza glabra*) 20g
- Cinnamon (for flavour) 5g
- Cardamon (for flavour) 10g

Total: 100g

Method:

- Add 15g to a pan,
- pour on 500ml boiling water.
- Simmer for 5-10 mins.
- Strain.
- Drink hot or cold (storing in flask can be convenient).

Dosage: Drink this volume daily. Make a fresh batch every day.

Combined Drinks

You may want to drink herbs together that taste and work better when brewed in different ways. What you can do is make the extracts separately, and then combine them together in a mug to drink them. This way, the best features of both herbs are brought out and combined. This helps to prevent the brew tasting bitter or being too weak.

For example **Rose infusion & damiana & liquorice decoction.**

Function:

Damiana nourishes nerves;

Rose is aromatic: uplifts, comforts & soothes.

Make Damiana decoction

Method: Add 15g dried damiana to a pan, pour on 500ml boiling water. Simmer for 5 mins.

Strain. Pour about into a mug until mug is 2/3 full.

Make Rose infusion

Method: Add 2-5g roses in a mug or pot. Pour on boiled water. Infuse for 5 mins. Strain into the mug containing the damiana decoction.

Dosage: Drink 1-3 mugs daily.

Herbal Infusions in the Bath

Herbal infusions can also be administered via the skin in the bath. Pour the strained tea/infusions/decoction into a foot bath, hand bath or body bath.

Shelf-Life of Herbal Teas, Infusions & Decoctions

Herbal teas, infusions & decoctions are made with water and don't contain a preservative. For these reasons we need to use them before harmful levels of bacteria grow in them.

Up to 24 hours old: Drink the tea.

Up to 48 hours old: Use the tea to rinse hair, as a toner for the skin or in a bath (hand, foot or body). Avoid contact with the eyes or lips (due to bacteria levels).

After 48 hours: It makes a good plant feed/fertiliser so pour it on your house plants or on plants or the earth outdoors.