

Vivienne's Recommended Blends: Make as Teas (infusions or decoctions) or Tinctures

- This document contains some of my suggestions and recommendations for blends for various reasons and scenarios.
- For each blend I have listed the recipe and proportions for making it as a herbal tea and as a tincture blend so that you can choose for yourself the form of extracts that you prefer.
- For more details about [Herbal Tea Blends click here](#) to read the guide.
- For more details about [Herbal Tinctures click here](#) to read the guide.

PARTS: What does this mean?

For both the herbal tea and the herbal tincture blends you will see that I have listed the amounts used as 'parts' as well as giving measurements in weight (g) or volume (ml).

'Parts' is a handy reference for you to use when you want to make the blend in different amounts. 1 part can be any measurement you want e.g. 50g. That would make ½ part = 25g. 1 part could also be 10g. That would make ½ part = 5g. And a final example, if 1 part = 20 ml then ½ part would = 10 ml.

I hope that this is clear and helps you to make your medicine in amounts that suit you.

** IMPORTANT REMINDER **

The educational recommendations in this course (including these recommended tea and tincture blends) are only for people who are fit, healthy, don't have underlying diseases, not on pharmaceutical or prescription medications (including hormonal contraceptives) who are not pregnant.

For people who have any of the above, professional herbal treatment should still be possible: please consult a qualified, responsible practitioner instead of trying DIY treatments.

Herbal Tea Blend: Tea of Happiness

Function: Uplifting & kind; an excellent ally for an upset of the emotional heart, be it major or minor.

<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
	Total:	45g

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 Tincture Blend: Tincture of Happiness

Function: Uplifting & kind; an excellent ally for an upset of the emotional heart, be it major or minor.

<u>HERB</u>	<u>PARTS</u>	<u>VOLUME</u>
• Chamomile (Chamomilla)	1 part	20ml
• Lavender (Lavandula)	1 part	20ml
• Lemon Balm (Melissa)	1 part	20ml
• Lime Flower (Tilia europa)	1 part	20ml
• Roses (Rosa spp.)	½ part	10 ml
	Total:	90 ml

Method: Pour these tinctures into a 100 ml bottle, put on the lid, and shake to mix them together.

Bottle: A dropper bottle with a pipette is ideal because it is easy to take drop dosages this way but a 100 ml bottle with lid is fine, you'll just need to measure the dose with a measuring spoon or dosage beaker instead.

Dosage: Anything from 10 drops 3 times daily to 5 ml 3 times daily.
Find the method and dosage that helps you best.

Herbal Tea Blend: Concentration Brew

Function: To help to clear the mind

<u>HERB</u>	<u>PARTS</u>	<u>WEIGHT</u>
• Wood Betony (<i>Stachys betonica</i>)	1 part	10g
• Rosemary (<i>Rosmarium officinalis</i>)	½ part	5g
		Total: 15 g

Method:

- A simple infusion/tea.
- Add 1-2 tsp per mug boiled water.
- Infuse for 5 mins. Don't infuse for longer because rosemary becomes bitter. Strain.
- Drink 1- 3 cups daily.

Herbal Tincture Blend: Concentration Brew

Function: To help to clear the mind

<u>HERB</u>	<u>PARTS</u>	<u>VOLUME</u>
• Wood Betony (<i>Stachys betonica</i>)	1 part	60ml
• Rosemary (<i>Rosmarium officinalis</i>)	½ part	30ml
		Total: 90 ml

Method: Pour these tinctures into a 100 ml bottle, put on the lid, and shake to mix them together.

Bottle: A dropper bottle with a pipette is ideal because it is easy to take drop dosages this way but a 100 ml bottle with lid is fine, you'll just need to measure the dose with a measuring spoon or dosage beaker instead.

Dosage: Anything from 30-90 drops 3 times daily to 2 - 5 ml 3 times daily.
Find the method and dosage that helps you best.

Herbal Decoction: Nourishing Nerve & Adrenal Tonic for Energy & Support

Function: Nourishes nerves, supports adrenals, improves energy levels.

<u>HERB</u>	<u>PARTS</u>	<u>WEIGHT</u>
• Oatstraw (<i>Avena sativa</i>)	3 ¼ parts	65g
• Liquorice (<i>Glycyrrhiza glabra</i>)	1 part	20g
• Cinnamon (for flavour)	¼ part	5g
• Cardamon (for flavour)	½ part	10g
		Total: 100g

Method:

- Add 15g of this herb mix to a pan.
- Pour on 500 ml 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.

Herbal Tincture Blend: Nourishing Nerve & Adrenal Tonic for Energy & Support

Function: To help to clear the mind.

NOTE: This recipe and the proportions are different to the water/tea/decoction blend. This is because liquorice tincture is usually very strong ([see the tincture document](#) for the section about strength of extracts and how to check how strong the one that you've purchased is). You may also have to omit the cinnamon too because it is rare to see for sale as a tincture. It doesn't matter: I add cinnamon and cardamon to the decoction blend because they really enhance the flavour. Flavour matters less for tinctures because we don't sit down and drink mugs of them.

<u>HERB</u>	<u>PARTS</u>	<u>VOLUME</u>
• Oatstraw (<i>Avena sativa</i>)	3 ¼ parts	65 ml
• Liquorice (<i>Glycyrrhiza glabra</i>)	½ part	10 ml
• Damiana (<i>Turnera diffusa</i>)	1 part	20ml
• Cinnamon (for flavour, omit if not available)	¼ part	5 ml
		Total: 100 ml

Method: Pour these tinctures into a 100 ml bottle, put on the lid, and shake to mix them together.

Bottle: Use a 100 ml bottle. No need for drops/pipette. This is taken in higher dosages.

Dosage: Take 5 ml 3 times daily.

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.

See the video/pdf slides from Class 2 for step-by-step photos where I make this combined drink.