MEDICINAL PLANT RECIPES
## Medicinal Plants

<table>
<thead>
<tr>
<th>Plant</th>
<th>Use</th>
<th>Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Arnica</strong></td>
<td><strong>Use on skin</strong></td>
<td>Heals bruises and sprains, good for arthritis and joint pain</td>
</tr>
<tr>
<td><strong>Calendula</strong></td>
<td><strong>Excellent for skin care</strong></td>
<td>Heals burns, rashes, scrapes, good for children &amp; adults</td>
</tr>
<tr>
<td><strong>Chamomile</strong></td>
<td><strong>Good for digestion</strong></td>
<td>Helps relax and sleep, good for children &amp; adults</td>
</tr>
<tr>
<td><strong>Elderberry</strong></td>
<td><strong>Good for immune system</strong></td>
<td>Helps recover from flu, berries need to be cooked in a syrup</td>
</tr>
<tr>
<td><strong>Lemon Balm</strong></td>
<td><strong>Good for winter health</strong></td>
<td>Helps relax and sleep, improves mood and happiness</td>
</tr>
<tr>
<td><strong>Mint</strong></td>
<td><strong>Good for improving digestion</strong></td>
<td>Helps upset stomach</td>
</tr>
</tbody>
</table>
# Medicinal Plants

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<tr>
<th>Plant</th>
<th>Uses and Benefits</th>
<th>Preparations</th>
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<tbody>
<tr>
<td><strong>Sage</strong></td>
<td>Helps sore throats, good for respiratory health</td>
<td>Make tea, make oil</td>
</tr>
<tr>
<td><strong>Skullcap</strong></td>
<td>Reduces muscle aches, good for sleep</td>
<td>Make tea</td>
</tr>
<tr>
<td><strong>St. John’s Wort</strong></td>
<td>Reduces muscle aches, use on skin as an oil or salve</td>
<td>Make tea</td>
</tr>
<tr>
<td><strong>Thyme</strong></td>
<td>Good for respiratory system, heals coughs &amp; congestion</td>
<td>Make tea, make syrup</td>
</tr>
<tr>
<td><strong>Tulsi</strong></td>
<td>Helps adapt to stress, helps immune system, sacred plant for many people</td>
<td>Make tea</td>
</tr>
<tr>
<td><strong>Valerian</strong></td>
<td>Helps relax and sleep, stronger than other herbs like chamomile</td>
<td>Make tea</td>
</tr>
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</table>

- Make **tea**
- Make **oil**
- Make **syrup**
CALENDULA HEALING CREAM

GOOD FOR:
- Protecting from bacteria
- Cuts, burns, scrapes, rashes
- Skin irritations on babies & kids

1 CUP OLIVE OIL
1/2 CUP DRY CALENDULA FLOWERS

STEP 1: MAKE A MEDICINAL OIL
1. Put olive oil & dry calendula flowers in a glass jar. The oil should be covering all the dry flowers.
2. Set up a double boiler to heat the oil very slowly: fill a small pot with water, place the glass jar inside the pot. Make sure the water does not get into the jar.
3. Heat the oil in the double boiler on very, very low heat. It is very important to not burn the oil. Use the lowest heat possible and leave it on for at least 2 hours.
4. Use a metal strainer or cloth fabric to remove the dry flowers. Now you have a calendula oil to use on your skin!

STEP 2: MAKE A CREAM
1. Again, set up a double boiler to heat the calendula oil on very, very low heat.
2. Add 4 tablespoons of beeswax and stir until the beeswax melts.
3. Pour the oil & beeswax into small glass or metal containers and leave it to cool and harden.

CALENDULA OIL + 4 TABLESPOONS BEESWAX
MUSCLE & SKIN HEALING CREAM

GOOD FOR:
- Muscle pain & tension
- Arthritis, joint & sciatica nerve pain
- Bruises & sprains
- Cuts, burns & rashes

STEPS
1. Put oil & herbs in a glass jar. The oil should be covering all the plants.

2. Set up a double boiler to heat the oil very slowly: fill a small pot with water, place the glass jar inside the pot. Make sure the water does not get into the jar.

3. Heat the oil in the double boiler on very, very low heat. It is very important to not burn the oil. Use the lowest heat possible and leave it on for at least 2 hours. Low heat and long time is best.

4. Use a metal strainer or cloth fabric to remove the plants. Now you made a medicinal oil!

5. Combine the medicinal oil and beeswax in a clean glass jar.

6. Again, place the jar in a double boiler to slowly heat on very low temperature until the beeswax melts.

7. Pour into small jars or tins and wait until the salve cools.

8. Use the salve on your skin.

- Olive oil
- Coconut oil
- Medicinal plants fresh or dry
- Calendula
- St. John’s wort
- Arnica

4 tablespoons beeswax
ONION COUGH SYRUP

GOOD FOR:
- SORE THROATS
- DRY COUGHS
- SUPPORTING YOUR IMMUNE SYSTEM

2-3 ONIONS
RED OR WHITE

1 CUP
HONEY

STEPS
1. PEEL TWO MEDIUM SIZED ONIONS AND SLICE INTO THIN RINGS.
2. PLACE THE ONIONS IN A SAUCEPAN.
3. ADD THE HONEY AND MAKE SURE THE ONIONS ARE COVERED - YOU MIGHT NEED TO ADD MORE HONEY.
4. HEAT THE SAUCEPAN OVER VERY LOW HEAT.
5. KEEP HEATING UNTIL THE ONIONS BECOME SOFT, ABOUT 30-45 MINUTES.
6. POUR THE COUGH SYRUP INTO A DRY, CLEAN JAR. YOU CAN LEAVE THE ONIONS INSIDE THE SYRUP OR STRAIN THEM OUT.
7. KEEP THE SYRUP IN THE REFRIGERATOR FOR UP TO 3 MONTHS.

HOW TO USE
- WHEN YOU HAVE A SORE THROAT, COUGH OR COLD, TAKE 1 SPOONFUL OF SYRUP, 3 TO 4 TIMES A DAY.
- CHILDREN ABOVE 1 YEAR OLD AND ADULTS CAN USE THE SYRUP.
SYRUPS ARE A SWEET AND PRACTICAL WAY TO CONSUME HERBAL MEDICINE. THESE SYRUP RECIPES ARE ESPECIALLY GOOD FOR IMMUNE SYSTEM HEALTH DURING WINTER COLD & FLU SEASON.

**STEPS**

1) COMBINE MEDICINAL PLANTS AND WATER IN A SAUCEPAN.

2) HEAT ON LOW TEMPERATURE FOR 30-45 MINUTES.

3) STRAIN OUT ALL THE PLANTS. NOW YOU SHOULD HAVE APPROXIMATELY 1 CUP OF A VERY CONCENTRATED MEDICINAL TEA.

4) ADD THE HONEY TO THE CONCENTRATED MEDICINAL TEA AND MIX IT UNTIL ALL THE HONEY HAS DISSOLVED.

5) POUR THE MEDICINAL SYRUP INTO A DRY, CLEAN JAR.

6) KEEP THE SYRUP IN THE REFRIGERATOR FOR UP TO 3 MONTHS.

**HOW TO USE**

- TAKE 1 SPOONFUL OF MEDICINAL SYRUP 3-4 TIMES A DAY.

- CHILDREN ABOVE 1 YEAR OLD AND ADULTS CAN TAKE THE SYRUP.

**3 RECIPES:**

- **ELDERBERRY** PREVENTS ILLNESS AND HELPS YOUR BODY RECOVER FROM THE FLU

- **THYME & GINGER** HELPS RESPIRATORY SYSTEM, ESPECIALLY COUGHS

- **ARONIA** SUPPORTS HEART AND IMMUNE HEALTH