

Cold and Flu Tincture ~ A Recipe

Supplies needed

- Solvent (i.e. 100 proof alcohol or vegetable glycerin)
- quart sized glass mason jar
- fresh and dried herbs

Ingredients

- 2 ounces dried Echinacea root
- 1 ounce fresh lemon balm
- 1 ounce fresh horehound
- 1 ounce fresh sage
- approximately 16 ounces 100 proof vodka (or a mixture of 60% vegetable glycerin and 40% water) to fill jar

Method

1. Measure your herbs using a small kitchen scale.
2. Chop fresh herbs, until fine.
3. Add all herbs to glass jar.
4. Pour solvent over herbs to fill the jar. The solvent should rise 1-2 inches above the herbs.
5. Place the lid on the jar and shake until the herbs are well combined.
6. Label jar with contents and date.
7. Set in a warm, sunny window and steep for 2-6 weeks, shaking daily.
8. Strain with a cheesecloth, compost the plant material, and place tincture in dark colored bottles for storage in a cool, dark place. The tincture should keep for up to 5 years.

Adult Dosage

At the sudden onset of cold and flu symptoms, begin taking 1/4-1/2 a teaspoon of the tincture every 30 minutes to an hour until symptoms subside.

Child's Dosage

I recommend calculating a child's dose by using "Young's Rule." Add 12 to the child's age then divide his/her age by that number. For example, my daughter is 6 therefore the calculation that I will use is $6/18=0.33$ I will give her 33% of an adult dose.