

# Migraine Tincture ~ A Recipe

## Supplies needed

- Solvent (i.e. 100 proof alcohol or vegetable glycerin)
- quart-sized glass jar
- 4 oz. fresh or 2 oz. of dried herbs

## Ingredients

- 3 parts lemon balm
- 2 parts feverfew
- 100 proof vodka to fill (approximately 16 ounces)

## Method

1. Measure your herbs depending on whether you are using fresh or dried herbs.
2. If using fresh herbs, chop until fine.
3. Add 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 migraine symptoms, begin taking ¼-1/2 a teaspoon of the tincture every 30 minutes to an hour until symptoms subside.

*Disclaimer: Please understand that this information is for educational purposes only. The statements made here have not been approved by the Food and Drug Administration. These statements are not intended to diagnose, treat or cure or prevent any disease. Don't take my word for it...you must engage conventional wisdom and consult with your medical professional to determine potential drug interactions and safety of use.*