

# Medicine Making 101



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Holly Hutton, EWCH, AHG (RH), MS, MFA, BFA



<https://www.facebook.com/herbalgoddessmedicinals/>  
<http://www.herbalgoddessmedicinals.com/about/>  
<https://herbalgoddessmedicinals.wordpress.com>

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# Herbal Terminology



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## Fresh vs. Dry Herbs



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## Medicine Making Supplies

<http://livingawareness.com/medicine-making-resources/>



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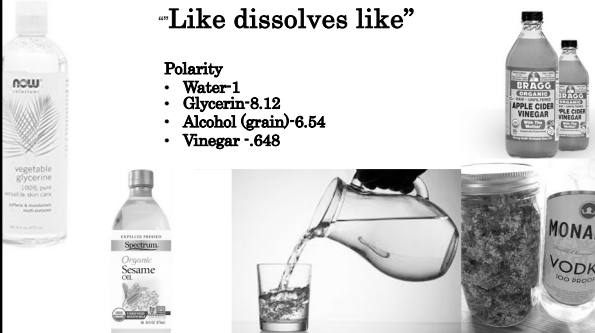
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## Picking a Solvent

“Like dissolves like”

**Polarity**

- Water-1
- Glycerin-8.12
- Alcohol (grain)-6.54
- Vinegar -.648



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## Picking a Solvent

“Like dissolves like”

Low Alcohol (higher polarity and water content)	Medium Alcohol (grain alcohol)	High Alcohol (lower polarity and higher alcohol content)
Reshli (20-25%)	Astragalus (40-50%)	Ashwagandha (60-65%)
Cleavers (30-35%)	Coptis (50-60%)	Schizandra (70-80%)
Ginseng, Panax (20-40%)	He Shou Wu (40-45%)	Usnea (60-95%)
Willow bark (20-40%)	Passionflower (50-60%)	Black Cohosh (65-85%)

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## Water



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## Alcohol

<https://organicalcohol.com/organic-wheat-alcohol-1-gallon/>



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# Glycerin

<https://blog.mountainroseherbs.com/make-glycerin-extracts-glycerites>



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# Oil

<https://www.julesaron.com/2018/01/16/best-oils-for-your-skin-type-infusion-techniques/>



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# Vinegar



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# Phytochemistry



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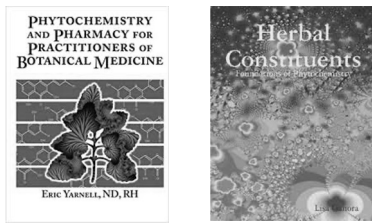
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# Solvency and Phytochemistry



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# Alkaloids



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**Flavonoids/Polyphenols**



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**Tannins/Acid**



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**Resins**



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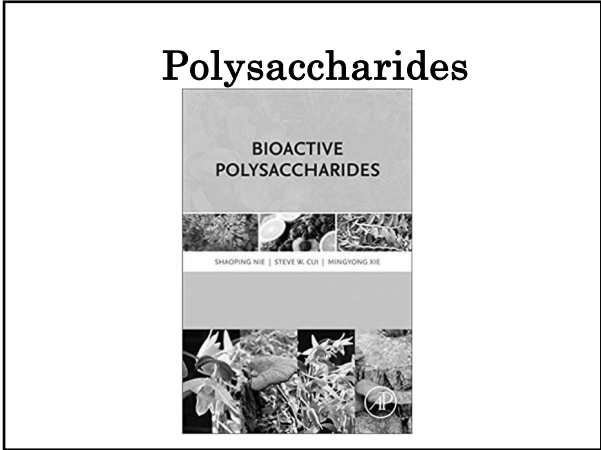
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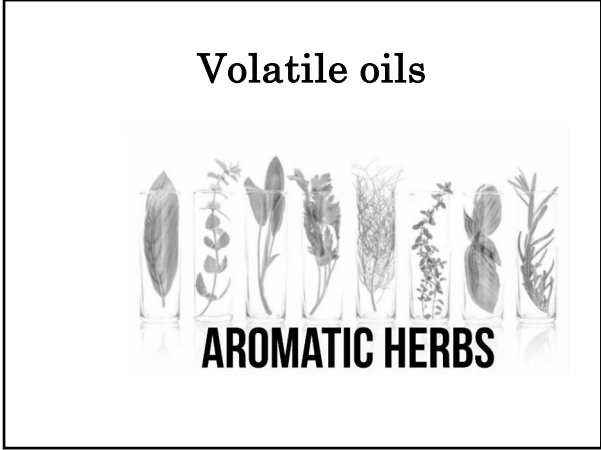
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## Minerals and Vitamins




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## Essential Oils

<https://blog.mountainroseherbs.com/essential-oil-dilutions>  
<https://blog.mountainroseherbs.com/essential-oil-safety>




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## Herbal Preparations

- Infusions
- Decoctions
- Dual Decoction
- Dual Extraction
- Tinctures
- Vinegar Infusions
- Herbal Paste
- Infused oils
- Salves

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### Vinegar Infusions



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### Herbal Infusions



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### Herbal Decoction



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## Dual Extraction (advanced preparation)



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Create your own Tincture Combination

## Herbal Tinctures

- Folk
- Weight-to-Volume

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## Herbal Tinctures

- Weight-to-Volume

1:4 (50%)

1 (weight):4 (volume), 50% (alcohol)

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## Herbal Paste



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## Infused Oils



- Coconut oil
- Apricot kernel oil
- Avocado
- Rice Bran
- Sunflower
- Hemp
- Sweet Almond Oil
- Sesame seed oil
- Argan oil
- Rosehip oil
- Black seed oil

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## Salves



- Arnica flowers
- Burdock root
- Calendula flowers
- Cayenne powder
- Chamomile flowers
- Chickweed
- Comfrey leaf and/or root
- Echinacea herb and/or root
- Ginger root
- Goldenseal leaf and/or root
- Lavender flowers
- Murrh Gum powder
- Nettle leaf
- Oregon Grape root
- Plantain leaf
- St. John's Wort
- Thyme leaf
- Yarrow leaf and flowers

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### Class Medicine Making

- Infusion Health Digestion
- Decoction Immunity Support
- Icy Hot Salve
- Tincture Respiratory Support

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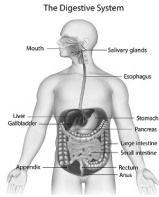
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### Infusion Healthy Digestion

Hawthorn berry, Coriander seed, Anise seed, Fennel seed, Orange peel, Licorice, Peppermint, Marshmallow root, Angelica root, Lemon Balm, Chamomile.




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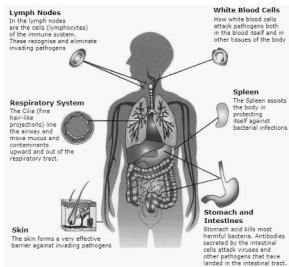
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### Decoction Immunity Support

Rosehips, Astragalus, Elderberry, Reshi mushrooms, Licorice




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## Icy Hot Salve



**Ingredients:**

- Arnica
- St. Johns Wort
- Sesame Seed Oil
- Menthol Crystals
- Bees Wax\*
- Lavender EEO
- Benzoin resin or Vit E\*\*

\* 1 oz beeswax to ¼ cup oil  
 \*\* 4 caps of Vit E oil 20 drops of Benzoin resin per 1 cup of oil

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## Tincture Respiratory Health



- Bee Balm
- Plantain
- Mullein
- Thyme

Echanaecia, Licorice & Honey  
NATURAL COUGH SYRUP

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## Advanced Medicine Making Supplies




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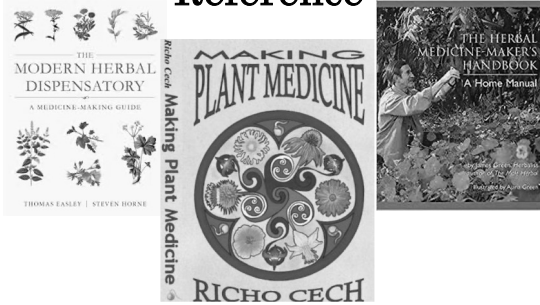
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## Advanced Medicine Reference



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## Happy Medicine Making



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