

MAKING AN INFUSION

An infusion is made by pouring boiling water over the herbs, to extract the properties. It is suitable for leaves and flowers, whose parts are easily extracted.

Standard Quantities

25 grams (1 oz) dried herb or 50 grams fresh herb to 500 ml (16 fl oz / 2 cups) boiling water

Standard Doses

One teacup (About 150 ml (5 fl oz or 2/3 cup)) 3 times a day

MAKING A DECOCTION

A decoction involves simmering the herb in water to extract its properties, it is important not to boil the herb as that will over cook and make the properties boil out of the decoction. This is suitable for roots and woody parts that do not easily yield their medicinal properties.

Standard Quantities

25 grams (1 oz) dried herb or 50 grams fresh herb
To 750 ml (1 ¼ pt or 3 2/3 cups) water reduced to 500 ml (16 fl oz / 2 cups) after simmering.

Standard Doses

One teacup (150 ml (5 fl oz or 2/3 cup)) 3 times a day.

If combining two herbs where one is root or wood and one is flowers or leaf, use the strained decoction of the root or wood herb and pour it on the leaf or flower herb to make an infusion

Infused and decoctions should be stored in highly- stoppered vessels ideally, and will last for about 3 days refrigerated

MAKING A HOT OIL INFUSION

Herbs can be infused in oil to make an extract for use in massages or making creams and ointments. Infused oils may keep for a few months but will be stronger made in smaller batches. Hot infusions are good for immediate use.

Place the herbs with the oil in a glass bowl over a sauce pan of boiling water. Leave to infuse for about 10- 15 minutes. Strain infused oil through a cheese cloth or strainer

COLD OIL INFUSION

Some plants contain properties that are highly volatile, or they escape easily with heat, so a cold oil infusion would be more ideal as it helps retain their properties.

Pack a jar with the herbs and cover with oil and store for 2-4 weeks. Strain the oil to use.

Standard Quantities

250 grams (9oz) dried herb or 500 gram (1 ¼ lb) fresh herb
to 500 ml (16 fl oz or 2 cups) pure oil

OILS GOOD FOR OIL INFUSIONS INCLUDE:

- **Olive oil:** Antioxidant. Can help retain moisture. high in monounsaturated fats (MUFAs) and low in saturated fat,
- **Avocado oil:** Anti-bacterial. Avocado oil is known to kill bacteria.
- **Sunflower oil:** A good source of vitamin E, an antioxidant and is good for immune function. High in oleic acid, which can protect collagen and elastin in the skin and reduce the appearance of fine lines and wrinkles. Also, a good source of linoleic acid, an essential fatty acid
- **Safflower oil:** High in oleic acid and can help lower LDL cholesterol, reduce inflammation, and improve blood flow.
- **Sweet almond oil:** Contains vitamin E to protect skin and hair from external elements. Also, conditions hair, promotes hair growth,
- **Jojoba oil:** Anti-inflammatory and absorbs well into skin. Rich in fatty acids and similar to body's natural oils.
- **Black cumin seed oil or black seed oil:** Anti-inflammatory, anti-bacterial, anti-fungal. Can hydrate hair and nails. Boost immunity levels, making you more resistant to common illnesses.
- **Grapeseed oil:** Antioxidant, antimicrobial, omega -6, can reduce the risk of heart disease by lowering LDL ("bad") cholesterol and triglycerides, and raising HDL ("good") cholesterol