

## The Hagetisse's Herbal Grimoire

Emma Storris

The Hagetisse's  
Herbal Grimoire

A vademecum about the medicinal power, magic  
and edibility of plants



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#### Disclaimer

The information provided in this book is based on long personal experience and extensive research. Of course, this does not mean that other experiences and insights are less valuable or incorrect. It should also be noted that illnesses should be treated under medical supervision and that this book is not intended as a substitute for doctors or therapists. It is also not advisable to postpone the consultation of medical specialists in case of ailments.

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UK English is used throughout this book. As a result, some spelling, grammar and wording will be different from US English.

In loving memory of my grandfather, Aart, and the time we were allowed to spend together with our hands in the earth.

For my family, without whose support this book would never have come into being.

For everyone from whom I have been allowed to learn and whose love of plants has kept my flame burning and actually turned it into a bonfire.

For anyone who wants to learn from me. After all, you are the reason I ever started working on this book.

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## Prologue

For as long as I can remember, I have felt most at home in nature, among the many life forms that you will find there. Being part of a family that was strongly and traditionally connected to the land on which we lived, I was lucky enough to grow up with my feet firmly rooted in Mother Earth. I learned a lot about and from my environment through play.

When the big city swallowed up our land in the 1990s, I found it hard. Suddenly, that familiar piece of history was no longer there. I think something in me will always try to replace the roots that were cut off at that time. It could have meant the end of my love for plants and the outdoors. But as is clear now, that was not the case. Blood will always tell. In the end, I became what I had to be: a wise woman, specialised in herbalism and holistic medicine.

Now, everyone's way of learning and storing knowledge has its own challenges. I am no exception to that rule. My strengths are seeing the broader picture and having a strong intuition. As a result, I am good at solving problems, even complicated ones such as chronic diseases. I am not as good at remembering minor facts and details; I suspect those are just not interesting enough. That is also one of the reasons, from an early age, I devoted a lot of time and attention to recording what I learned along the way. I still do. That way, I easily retrieve those little facts and details. Over time, the result has taken on the size of an extensive database.

When the coronavirus shut down the world and my practice in 2020, I initially took some time off. However, this soon got boring. Everyone needs a purpose in life that they see as useful and I am no exception. Since I could not use my knowledge in my practice, I tried to put it to use in a different manner. And, to make a long story short, thus the idea of creating the Hagetisse websites was born. I created something I'm really proud of: an online plant handbook in which I discuss a wealth of trees, shrubs and herbs in detail.

Every day, kind messages arrive through the website I made. In those messages, one question comes up time and time again: Can't you write a book? I understand that question well. After all, I always return to my own herbal grimoire myself. In response to those requests, I wrote this book, the Hagetisse's Herbal Grimoire.

Herbal books often seem to aim to cover as many different plants as possible. It surely was not my goal in creating this book. Not only is it impossible to get to intimately know a multitude of plants, but it is also undesirable. Compare it to friendship. Of course, there are hundreds, thousands, millions of nice people you could get acquainted with. But still, your group of friends is limited. The thing is, there are only twenty-four hours in your day and getting to know someone through and through takes time. Not to mention our physical inability to maintain more than about 150 meaningful social relationships.

To build a real, close friendship, it is important to know someone really well. We, therefore, do not think it is strange that we do not have a hundred close friends. It is no different with plants. To get to know a plant thoroughly, you will have to invest a lot of time. Learn, try, repeat, expand, again and again.

As a result, it is quite normal that most herbalists work with no more than twenty to thirty plants. To turn those plants into useful allies, they have studied them for years. That number is more than sufficient to treat most indications. If something out of the ordinary happens, you can always look for a plant that you did not know yet. Just like, sometimes, you need other friends.

How do you choose those plants? How do you know which herbs are right for you? I cannot answer that question, because we are all wired differently. But I can tell you what works for me and why these specific plants ended up in this book.

'My' plants have come into my life organically. There would be an issue that I wanted resolved and I would start looking for the right plant. When I was young, I would often find this plant in my immediate vicinity. The people around me would point it out to me. The older I got, the more I experimented with plants unknown to me. I am still a huge fan of experimenting. After all, ideally one keeps learning. My experiments stem from things I am confronted with and for which I could use a herbal ally. Think of an ailment or a magical purpose.

When searching for an ally, I ask myself several questions. What plants growing in my part of the world can I use for this? I rarely use exotic plants, but I never rule it out either. If the best candidate for my goal is foreign, I am not going to be pig-headed. But in case of equal suitability, I will always choose the local option. As a result, most of the plants you will find in this book are native to or have been assimilated in the Northwest of Europe. Only a few are exotics.

The next question would be which of these plants I can grow myself. If necessary, I will buy my herbs from a reliable supplier, but I prefer to grow them myself. Then I will ask myself which of those plants have useful additional features. Think of other indications they work against, or, for example, edibility. And perhaps the most important criterion: which one appeals to me intuitively? This is how I eventually end up with the right plant to work with.

Sometimes plants come to me. Mullein, *Verbascum*, is one of them. It pops up spontaneously in just about every place I've lived for a long time. Pokeberry, *Phytolacca*, ditto. Both are respiratory plants and that is no coincidence. If plants are handed to me in this manner, I will certainly investigate them. Other plants come back again and again in a different way. For example, I have always had a strong bond with roses, both wild and cultivated varieties. They are in the gardens of houses where I will live, I dream of them, sometimes I even get caught up in them. And I use them in my practice.

In short, if plants catch my eye in one way or another, I take that as a sign. Thus, I have made many plant-based friends over the decades. But there is a hierarchy. Some have become best friends; others remain acquaintances. That is okay. In fact, many plants I cannot even name. That fact sometimes surprises people.

People seem to think that, as a herbalist, I should be able to name the vast majority of plants. I strongly disagree. In fact, I would not even want to. I love walking out and just being able to look at something without the name coming to mind, followed by all sorts of things you can do with it.

As Shakespeare said, *'What's in a name? That which we call a rose, by any other word would smell as sweet.'* I think sometimes things can be even more beautiful precisely because you do not know the name. In any case, it ensures that you can enjoy it unhindered by any knowledge.

So, you do not have to feel bad if you cannot use all plants after reading a voluminous herbal book. It is better to focus on one plant at a time, a plant you chose because you need its qualities. This way, you gradually and meaningfully expand your network, plant by plant. The result will be a deeper, experiential knowledge that will always serve you.

In this book, I have chosen to discuss my favourite plants in depth. You will also find information on how to make the most common herbal remedies.

The advantage of my organic way of making plant friends, in combination with the long experience I've gained over time, is that I have encountered the most important ailments by now.



As a result, the selection of plants you will find in my herbal grimoire together form a decent home pharmacy. In the introduction I will go into how you best use this book.

Why do I call my book a herbal grimoire rather than a herbal book? Because it is more than an ordinary herbal book. I like to learn everything about a plant and not just how to use it medicinally. The magical aspects of a plant are, as far as I am concerned, an essential part of the way it serves you. That is why the word herbal grimoire is more appropriate for this particular book.

I sincerely hope that, apart from knowledge, this herbal grimoire will bring a lot of magic to your life. A magical life is simply a more beautiful life, which is something I wish for everyone.

- Emma Storris, March 2023

# Nettle, stinging



*Urtica dioica*

## General

Everyone has had a run in with stinging or great nettle, *Urtica dioica*, at some point in their lives and knows that it lives up to its name. After touching this plant, your skin can seem to be on fire, due to the formic acid that the plant excretes.

Nettle is vilified by many and finds itself unceremoniously ripped out of gardens often. The people who do this clearly do not know the value of this plant. Admittedly, nettle can take over a bit if you do not keep it in check. But the good thing is, you can always eat it.

Medicinally, stinging nettle can be used for such a large number of things that I was almost a little reluctant to start working on this monograph. I knew that it would be an enormous job, but that is precisely why this plant belongs in this book.

In this introduction I will focus on its most important applications. These are, in random order, its blood purifying, detoxifying, immune-enhancing and remineralising properties and its anti-inflammatory and analgesic effects.

Magically, it makes sense that nettle has protective characteristics. After all, no one gets past the stinging hairs of this plant unscathed. As a result, it is hardly surprising that this powerful plant chases away fear. However, nettle can also make someone burn with passion. It is therefore a plant that is often used in love magic, including increasing libido.

## Botanical description

Stinging nettle grows on a tenacious, running root, which branches strongly and quickly, allowing the plant to spread over large surfaces. The stems are green, square and covered in what mostly are stinging hairs.

The leaves are opposite, acute ovate, with a serrated margin. The leaves are covered with stinging hairs as well.

Small, green flowers grow from the axils in panicles which are about 8 cm in length. The male flower panicles stand upright, the females will hang down after fertilisation. Those female flowers produce small yellow-brown achenes.

## Particularities

The small nettle (*Urtica urens*) might be even more powerful than the great nettle. In any case, they can be used in the same way. I have chosen to discuss this particular nettle because it is more common in the area that I'm from.

In Germanic mythology, nettles were dedicated to Donar, or Thor.

## Other

- ☞ folk names: stinging nettle, common nettle, great nettle, naughty man's plaything
- ☞ nettle family (*urticaceae*)
- ☞ perennial
- ☞ non-toxic
- ☞ green flowers
- ☞ blooming from June to October
- ☞ up to 4 petals
- ☞ deciduous

- ✍ good ground cover
- ✍ height from 0.3 to 2.5 metres
- ✍ found in fields and ruggedness, grassland, woods and thickets
- ✍ position in full sun to partial shade
- ✍ maximal shade tolerance shade
- ✍ hardiness zone 3
- ✍ preference for clay, loam, loess, sand, sabulous clay, peat, humus and nitrogen-rich soil

Originally native to Africa and Asia, it has been common in temperate regions worldwide for a long time.

## Medicinal properties

✍ *Nettle's blood purifying and detoxifying effects are legendary. Add to that its kidney-supporting capacity, which promotes the excretion uric acid and urine and resolves kidney stones, and you will understand that nettle works well against indications which require detoxification. In addition, nettle is rich in minerals, which helps restore mineral levels. Waste excretion plays a significant role in numerous disorders and, as a result, nettle is an important plant in battling these disorders. Nettle is also anti-inflammatory, antibacterial and anti-oxidative.*

Pimples, boils, lack of energy, recovery after illness, weak kidney function, detoxification via the kidneys, too much uric acid, gout, joint wear, joint inflammation, fluid retention, varicose veins, benign skin tumours, psoriasis, low urine output, kidney stones, cystitis, kidney inflammation, eczema

✍ *Nettle regulates the immune system, alleviating allergic reactions. Due to its purifying effect and inhibition of histamine, it reduces allergic reactions. In addition, nettle works detoxifying, anti-inflammatory and supports the removal of unwanted substances, which makes this plant an immense help in these types of conditions.*

Hay fever, asthma, sinus infection

✍ *Nettle has a general stimulating effect on the digestive system. It promotes the production of digestive juices, stomach acid, gall bladder and liver function, thus aiding digestion and stimulating the appetite. Nettle regulates intestinal peristalsis.*

Lack of appetite, weak digestion, overburdened liver, jaundice, gall bladder complaints, bile duct inflammation, gallbladder inflammation, constipation, diarrhoea

✍ *Nettle is rich in vitamins and minerals and ensures that absorption improves by promoting digestion.*

Anaemia, mineral deficiency, osteoporosis, brittle nails

Internal and external: hair problems, alopecia areata

✍ *Nettle contains phytoestrogens, which stimulate milk production and regulate menstruation.*

Breastfeeding, irregular periods

✍ *Nettle nourishes skin and scalp and counteracts excessive sebum production.*

External: scalp problems, oily skin

☞ Nettle root acts on various processes concerning the prostate, slowing down the growth of prostate adenomas. The plant has an anti-inflammatory and anti-swelling effect on the prostate. This helps against associated urination problems.

### Benign prostatic adenoma, prostatitis, urinary problems due to prostate abnormalities

☞ Both internally and externally, nettle has an astringent, blood staunching and wound healing effect. It therefore helps with wound-like conditions.

Excessive menstruation, blood in urine, respiratory tract bleeding, stomach bleeding, intestinal bleeding,

Internal and external: nosebleeds

External: haemorrhoids, oral mucosal inflammation, pharyngitis, vaginal inflammation, acute skin injuries, insect bites

☞ Nettle promotes insulin secretion and thus lowers blood sugar levels.

Type 2 diabetes

☞ Nettle has a strengthening effect on the respiratory tract. It promotes the dissolving and coughing up of mucus. It supports viral and other diseases involving fever due to its perspiration-promoting effect.

Bronchitis, cold

☞ Externally, nettle promotes blood circulation and reduces pain.

External: nerve pain, sciatica, rheumatic pains, gout

☞ Nettle root lowers cholesterol due to the presence of sitosterols.

Elevated cholesterol

## Usage

### Internal

#### ☞ Tincture

Herb: 3 times a day up to 60 drops.

fresh: 1:2 in 100% alcohol

dried: 1:4 in 50% alcohol

Root: 3 times a day up to 30 drops.

dried: 1:4 in 50% alcohol

#### ☞ Infusion

Herb: 5 grams per 150 ml boiling water. Let this steep for at least 5 minutes and then strain.

Drink 3 cups a day.

Root: 1.5 grams ground on 150 ml cold water, bring to the boil and let it steep for 10 minutes, strain. Drink 3 to 4 cups a day.

### ☞ Decoction

Herb: 4 grams in 150 ml water, simmer for 5 minutes, strain. 3 cups a day.

Root: 10 grams of root to 1 litre of water, bring to the boil, simmer for 5 minutes and then let stand for another 10 minutes. Strain. Use a maximum of 4 dl per day.

### ☞ Glycerin macerate

Especially against allergies and mineral deficiencies. Dosage: up to 4 x the dose mentioned for tinctures.

Herb:

fresh: 1:2 in 90% glycerin

dried: 1:4 in 60% glycerin

Root:

dried: 1:4 in 60% glycerin

## External

### ☞ Decoction

External use in general: 50 grams of herb to 1 litre of water, bring to the boil and let it simmer for at least 5 minutes. Then strain, let cool and apply.

Hair water: 250 grams of fresh leaf in 125 ml of water and 125 ml of vinegar, bring to the boil, simmer for 15 minutes, strain by squeezing it through a linen cloth or cheesecloth. Use as hair water.

### ☞ Fresh

Apply fresh leaves for rheumatic diseases and sciatica.

Use fresh leaf juice as a gargle or on a poultice.

### ☞ Compress

Made with fresh juice, see above. Or with tincture, 10% on water.

## What, where, when

Depending on the application, the above-ground herb or root is used. The herb is harvested when the plant blooms. The root is harvested in autumn.

## Interactions and other information

Always consult a pharmacotherapeutic guide and other interaction guides.

Do not use in case of allergies to the discussed plant or one of its constituents.

In case of doubt and/or underlying conditions, always consult a doctor.

Interactions with medication that has the same scope are possible.

Do not use the root for children under 12 years of age.

Do not use in high doses during pregnancy and lactation.

At normal dosage side effects rarely occur.

Do not use if you have fluid retention due to heart disease or kidney disease or on doctor's prescription only.

Nettle increases coagulability, so be careful with blood clotting disorders.

For an anti-inflammatory effect (for example pimples) the herb must be used for a long time, at least a month, but often longer.

## Magic properties

### ☾<sup>☼</sup> *General protection*

Nettle has a powerful protective effect. Put it in an amulet and always carry it with you.

Throw some nettle into the fire if danger looms.

Stinging nettle is also part of the Ninth Hand Kruidwis, a herbal bouquet containing nine different herbs that protect against evil sorcery. Pick the herbs in silence on midsummer's day at noon. Do not use a knife or other iron or steel tool while doing this. Hang the kruidwis in whichever place you want to protect.

### ☾<sup>☼</sup> *Protection against disease*

A pot of fresh nettle tea next to a sick person's bed helps them recover.

A nettle can take over fever and thus lower the fever. There are two ways to do this. I do not recommend the first, because it involves sprinkling salt on the plant and that salt will also end up in the soil. The second way is to go to a stinging nettle three days in a row just before sunset, greet it and tell it that you are bringing it your fever. On the fourth day, the fever will subside. You can also do this for someone else. In that case, you should state their name and their mother's name on each consecutive day.

### ☾<sup>☼</sup> *Protection against magic*

Fill a doll with nettle to break a spell or curse and return it to the sender.

Sprinkle nettle around your house to ward off evil.

### ☾<sup>☼</sup> *Property protection*

Nettle protects against lightning strikes if you throw it into the fire during a thunderstorm.

Protect your beer from spoilage during a thunderstorm by placing nettles on the edge of the tub.

Stick a nettle in the ground at each corner of your field to protect your crops from pests and thieves.

### ☾<sup>☼</sup> *Protection against entities*

With nettle in your hand, you keep ghosts at bay.

Nettles can house entities or spirits. If a stinging nettle suddenly disappears, then its inhabitant finished what needed doing and has moved on.

### ☾<sup>☼</sup> *Divination*

There are a number of ways to use nettle for divination. You can predict what the coming winter will be like by observing the way a nettle fares. If they get tall, a harsh winter is coming. If they bloom early, sow early. Nettles under the bed of a sick person indicate how their disease will progress.

### ☾<sup>☼</sup> *Low libido*

Eat nettle to arouse lust.

### ☾<sup>☼</sup> *Attracting love*

Make a decoction of nettle seeds and pour it over the doorstep of your intended lover.

To make your skin irresistibly white and soft, boil nettle seeds in distilled water and cleanse your skin with it.

Touch your intended lover with the root of a nettle dug up at midsummer to win them over.

## Edibility

### General

Nettle is super nutritious, rich in minerals and vitamins, and therefore recommended to eat regularly. Picking them with gloves is advisable.

### Leaf

🌿 January – December

Nettle leaves can be eaten raw when young, but have to be blanched soon after. Older leaves can be eaten raw if you gently work them with a rolling pin to get rid of the stinging hairs. Even if the plant seems dead, you can still find young offshoots at the bottom of the plant. They are versatile in use. Some suggestions: in a pesto, in scrambled eggs, in quiches, juiced, et cetera.

Can also be processed into nettle beer and vegetable rennet. To get the latter blanch the leaves and put them in salt.

It is advisable to dry plenty of nettles as a vitamin and mineral rich staple in wintertime.

### Bud

🌿 May – June

Nettle buds can be eaten raw, for example in salads.

### Seed

🌿 July – October

The seeds can be eaten both roasted and dried. The taste is nutty.

## Nutrients and constituents

*Vitamin A, B1, B2, B5, B11, C, E, K, boron, calcium, chromium, iron, potassium, copper, magnesium, manganese, sodium, silicon, zinc, sulphur, proteins, fibre, fatty acids, coumarins, ethereal oils, phenols and phenolic acids, flavonoids, tannins, saponins, mucilages*

Nettle owes its broad effect to a range of constituents that fall within all kinds of main groups and are too numerous to name. Supported by its wealth of nutrients, nettle is therefore an important partner.



## Notes

## Making tinctures: the traditional method

Surely by now your hands are itching to get started and create your own tincture from medicinal plants. In this chapter, we will discuss how to do this using the traditional method. Or maybe I am wrong, you are not anxious to get started but only seeing hurdles.

If the latter is the case, I can reassure you. There is not much that can go wrong and if things do not go as intended, it is hardly a disaster. Learn from it and just try again. With this kind of work, it is especially important to practice a lot. That you clock up some mileage, gain experience and find your own way through this process.

### About the alcohol in a menstruum

As I wrote earlier, the traditional method is mainly a matter of using your eyes. You visually check whether you have put enough herb into your jar and you visually check whether you have added enough menstruum. As we discussed last time, the menstruum is essential for macerating a successful tincture. The right menstruum will tease those constituents right out of the plants.

In this chapter, we are keeping it simple when it comes explaining how one makes a traditional tincture. We will use 190-proof alcohol for the fresh plants and an 80 to 100-proof alcohol for the dried plants. Please reread the previous chapter to refresh your memory on why and when you might need to use different alcohol levels.

You may be wondering what proof means. That term stems from an eighteenth-century method of standardising the ethanol content in liquid. Ethanol is the scientific word for alcohol, that stuff that is found in alcoholic beverages and has the intoxicating effect.

If you want to know more about this, you can read about it on Wikipedia, for example. For us, it is enough to know that the alcohol percentage in a menstruum is roughly half of the proof. So, a 190-proof alcoholic liquid contains 95% ethanol and a 100-proof alcoholic liquid contains 50% ethanol. 190-proof alcohol is the highest percentage you can achieve, so if a recipe says 100% alcohol, that means your menstruum consists completely of 190-proof, nothing else added.

### Where to get your alcohol

People sometimes ask me where I buy the alcohol for my tincture menstruum. Of course, you would want to use a good alcohol that is suitable for making tinctures and in which your herbs come into their own. Especially when it comes to 190-proof alcohol, which is not always easy to find. After all, the alcohol you will find at the chemist is not meant for internal use, which is obviously a requirement.

The alcohol at the chemist is intended for things like disinfecting, cleaning stubborn grease spots, or removing glue residues. Toxic substances have been added to make the liquid unsuitable for human consumption. Naturally, you would not want to ingest those toxins. Wondering why those substances are added? By making their wares unsuitable for consumption, the producers avoid paying excise taxes, so they can offer them cheaply for tasks where alcohol only needs to be used externally.

## Alcohol menstruum for tincture with dried plants

When making a tincture with dried herbs, shopping for your menstruum is fairly easy. In that case, you will typically need 80 to 100-proof alcohol. You could, of course, purchase 190-proof alcohol and then dilute it to the correct percentage, but this is unnecessarily expensive and cumbersome.

For up to a 100-proof alcohol, your local off-licence can help you out. Just buy a neutral liquor like gin or vodka with an alcohol percentage of 40 to 50%. There are also flavoured spirits that may be useful. This does come with potential complications, because you should read the label carefully to see if any of the additional ingredients affect the effect of your tincture. Plain, good quality gin or vodka is therefore the best choice.

## Alcohol menstruum for tincture with fresh plants

When making tinctures with fresh plants, it is a different story. You might need a higher alcohol percentage for that. And if you are making a weighted tincture with fresh plants, you will almost always use 190-proof alcohol. But then you will have to be able to find it first.

The frustrating thing is that 190-proof alcohol is quite expensive. Add to that the fact that not many people use it in their daily lives – how many people do you know who make their own standardised tinctures? Alcohol that strong is also hardly pleasant to consume and it will certainly make your liver suffer – so logically, it is difficult to find. Due to this combination of high price and low demand, many retailers find it an uninteresting product to put on offer. Some can buy their alcohol through a wholesaler, but that means buying in bulk. There are some speciality shops to be found, but not everyone has those nearby.

## The best tip: visit your pharmacy

There are options to find good alcohol with a high alcohol percentage outside the specialty shops. Especially if you know your way around the internet, you can sometimes order some at a favourable price. Drinks such as Everclear and Poitin are sometimes available online in a 190-proof (95%) variant. But you cannot have those sent to every country. In addition, I personally would want to ensure that my alcohol is ethically produced. Not every source supplies sufficient information on their production process.

Perhaps the best tip I can, therefore, give you, is to visit your local pharmacy. They can order 190-proof alcohol for you. Explain what you need it for so that you will get the right product. Surely you would not want to pick up your order only to find out that it is not suitable for consumption as well.

In short, there are always ways to source 190-proof alcohol, but maybe it is best to first try out those recipes that only ask for a trip to the off-licence. It is certainly something I take into consideration when choosing the traditional over the weighted method. Or even a completely different, yet faster and less complicated method, like infusion or decoction.

## Supplies

A gentle reminder: what did you need again to create a tincture? My standard equipment for a traditional tincture looks like this:

- ☞ A smooth wooden cutting board
- ☞ A sharp knife
- ☞ A mortar
- ☞ A well-sealable jar and two bowls, jars or other containers for decanting and pressing
- ☞ Filter materials, such as a funnel, strainer and coffee filters, muslin or cheesecloth
- ☞ Bottles of dark glass that can be closed properly
- ☞ Optionally, labels

If you have not read the previous chapter, it is useful to do so now. In that chapter, you will find some useful tips about what to take into consideration when purchasing materials.

## The most important tools for a herbalist

I have not mentioned our most important tools yet, but now that we are about to get started, it is time I did. First of all, there is your notebook and pen or pencil. Because – whether something went horribly wrong, or you just brewed the most powerful tincture ever – it is always useful to be able to look back at what you did. The more you take notes, the more you can fine-tune your herbal preparations.

Second, there is ourselves. Our experience and, above all, our relationship with a plant is what gives our preparations an advantage over factory-produced preparations. A herbalist does more than simply follow dry instructions. Herbalists enter into an alliance with the plant they are processing. This alliance begins the moment we start harvesting. We bring in our emotions, our senses, our inherent knowledge. All this makes for a lovingly handmade tincture bringing just that little bit more to the table than a machine-made herbal remedy.

## Making a traditional tincture with fresh plants

Enough chatter. We will start by making a tincture with fresh plants.

- ☞ Cut the plants into small pieces and put them in your jar right away. Do not let time pass between cutting and processing the plants, because that will be at the expense of the constituents within them. Fill the jar with as much plant matter as possible, so pack it tightly. Leave a bit more than a centimetre space between plant matter and the rim of the jar.
- ☞ Fill the jar to the brim with 190-proof alcohol. *Please note: the menstruum may also contain less alcohol. Depending on the constituents you are trying to extract, this may even be a good idea. However, remember that a minimum percentage of alcohol is required and that fresh plants still contain moisture that will dilute the alcohol. 100-proof alcohol is still usable, but in that case I would personally cut my herbs even finer. That way you ensure that all your constituents macerate.*
- ☞ Make sure all herbs are thoroughly wet. The menstruum should be approximately a centimetre above the herbs. Stir the mixture, then let it settle to check that everything is wet and the amount of extra menstruum is correct. Some herbs float. In that case, you will find the surplus amount of menstruum below the plant material.
- ☞ Wipe the rim of the jar thoroughly and put the lid on tightly to prevent leakage. Label the lid with name the plant(s), the reference number of your notes and the date your tincture will be ready (i.e., two to four weeks from the current date).
- ☞ Shake the jar vigorously – this is why the jar must be tightly closed – and do this several times a day for two to four weeks.
- ☞ Get another, clean container. It is helpful if it is wide enough to fit a strainer that can hold all the herb pulp, which is called the marc. Place a suitable strainer on top of the container and put

# Register

## A

☼ *Abrasions: see Skin, wounds and injuries, acute*

☼ *Absence*

Blackcurrant, hawthorn, lemon balm, periwinkle,  
rosemary, tea, thyme, valerian

M: cleavers

☼ *Acne: see Pimples*

☼ *Addiction, alcohol*

Blackcurrant, milk thistle, St. John's wort, valerian

M: linden, rosemary

☼ *Addiction in general, addiction proneness*

Milk thistle, motherwort, St. John's wort, tea, valerian

☼ *Addiction, drugs, medication, narcotics*

Milk thistle, St. John's wort

☼ *Addiction, nicotine*

Mullein, St. John's wort, sweet flag, tea, valerian, woodruff

☼ *Addison's disease: see Adrenal gland, insufficiency*

☼ *Adenoma, benign prostatic: see Prostate, enlarged*

☼ *Adenovirus: see Viral infections, adenoviruses*

☼ *ADHD: see Hyperactivity*

☼ *Adrenal glands, insufficiency*

Liquorice

☼ *Adrenal glands, overworked*

Blackcurrant, liquorice

☼ *Aggression, aggressive behaviour*

St. John's wort

M: wormwood

☼ *Aging: see Youthfulness*

☼ *Agitation: see Irritability*

☼ *AIDS: see Viral infection, HIV*

☼ *Air sickness: see Motion sickness*

☼ *Albuminuria: see Urine, protein in*

☼ *Alcoholism: see Addiction, alcohol*

☼ *Alertness, decreased: see Absence*

☼ *Allergy, food: see Food allergy*

☼ *Allergy, inhalation: see Hay fever*

☼ *Alopecia areata: see Hair, spot baldness*

☼ *Alzheimer's disease: see Dementia, Alzheimer's*

☼ *Amenorrhoea: see Menstruation, absent*

☼ *Anaemia*

Dandelion, horsetail, nettle, rose, rosemary, watercress,  
wormwood

☼ *Anaphrodisiac: see Libido high*

☼ *Anger management: see Aggression*

☼ *Angina: see Pharyngitis*

☼ *Angina pectoris*

Greater celandine, hawthorn, motherwort, linden,  
periwinkle, rosemary, tea

☼ *Animosity: see Enemy, recognise & fight*

☼ *Anorexia: see Appetite, loss of*

☼ *Anorexia nervosa*

St. John's wort, sweet flag

☼ *Antisocial behaviour: see Social disorders*

☼ *Anxiety: see Nervousness*

☼ *Anxiety over health: see Hypochondria*

☼ *Aphrodisiac: see Libido, low*

☼ *Appetite, lack of*

Bear's garlic, chamomile, chicory, dandelion, garlic,  
fennel, juniper, lavender, lemon balm, mugwort, nettle,  
peppermint, rose, rosemary, sage, sweet flag, tea, thyme,  
watercress, wormwood, yarrow

☼ *Arrhythmia: see Heart, irregular heartbeat*

☼ *Arterial blockage by clot: see Embolism or  
Thrombosis*

☼ *Arteries narrowing, hardening of the, in the brain*

Garlic, hawthorn, periwinkle

☼ *Arteries, narrowing, hardening of the, systemic*

Bear's garlic, garlic, hawthorn, horsetail, Japanese  
knotweed, motherwort, peppermint

☼ *Arteries, narrowing, plaque build up: see Blood  
vessels, narrowing*

☼ *Artery disorders: see Blood vessel disorders*

☼ *Artery wall inflammation: see Blood vessel wall  
inflammation*

☼ *Arthritis, rheumatoid: see Joint inflammation and  
pain*

☼ *Arthrosis: see Joint wear*

☼ *Asthenia: see Energy, lack of*

☼ *Asthma*

elder, goldenrod, greater celandine, horsetail, Japanese  
knotweed, lavender, liquorice, mullein, nettle, plantain,  
tea, valerian, vervain