

HERBAL HEALING – USE AND PREPARATION

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What – Healing Foods

Parts (usually one) – root, bark, leaf, seed, flower, oil

Where – cultural context

Styles

- Global Herbalism – current, modern
- Older – Ayurveda, Chinese, European, Native American

Effectiveness and Safety

- Use enough – adequate dose essential
- Proper form
 - Capsules = slow release
 - Liquid = rapid
- With food, divide dose, increase gradually
 - Desired effect – continue and sustain
 - Discomfort – reduce and sustain
- Adequate time trial
 - 2 weeks Acute – more aggressive

Form and Use	Advantage	Disadvantage	Comments
Capsules “0”, 4-5 grains, 300 mg “00”, 8-10 grains, 600 mg	Entire herb used No taste Convenient, travels well Easy dose count Long lifespan	Expensive Dissolves slowly Swallowing problems Digestive difficulty Little herb per dose	Best for small amounts, potent herbs, bad taste, herbs that do not extract Amounts: 1 ounce powder= 30-50 “00” capsules ½ tsp. powder= 1 “00” capsule Life: 3 years (proper conditions)
Teas Medicine, not beverage 1 ounce herb (dry weight) per 1 pint hot water, steep covered= 1 ½ cups strong tea= 45 capsules Make in advance- store 7 days in refrig.- drink cold	Control of ingredients No binders, additives, alcohol Inexpensive Easily swallowed Convenient for high dose	Liquid volume Taste Messy Time consuming Equipment All active ingredient may not be extracted Spoilage	Best for mild flavor, mild actions, large quantities Amounts (mild herbs): 4-5 cups per day (acute) 2-4 cups per day (chronic) Life: brewed, room temp.- 1 day Brewed, strained, refrig.- 7 days May brew more dilute, add sweetener or flavor
Tincture Dilution ratio- (often 1:5) (1 lb herb makes 5 lbs finished tincture) Put in 1 ounce juice Dose higher than label	Less expensive than capsules Travels well, convenient Easily swallowed, digested Fast acting Never loses potency	Taste Requires liquid medium Possible mess, spills Alcohol content All active ingredient may not be extracted Necessary dose has strong bad taste	Solvents: alcohol, glycerine (“glycerite”), vinegar- extracts and preserves- for oil soluble ingredients Life: forever (proper conditions)

Infusions- Delicate Herbs (flowers, leaf)

1. Bring water to boil and turn heat off.
2. In the meantime, put herbs in tea pot or container
3. Pour boiled water over herbs in container.
4. Put tight lid on to keep the volatile oils from escaping and put in warm place.
5. Let sit (steep) for 1-12 hours
6. Strain, squeeze, drink.

Decoctions- Sturdy Herbs (root, bark)

1. Place herbs directly in water and stir well.
2. Bring water to boil, and then turn heat down to simmer.
3. Simmer herbs for 30-60 minutes (30 minutes for coarse leaves, up to 60 minutes for stems, roots, and barks). Usually, water will decrease by half through evaporation.
4. Strain tea by pouring herb water through strainer into cup, and drink.

Bulk

Whole- longest shelf life (may need to chop before brew); sliced- usually roots (brews faster), 1-2 years

Cut- 1 year life

Powdered- easily digested, unstable shelf life (3-12 months)

Formulas

Avoid "shotgun" formulas (expensive, not synergistic); use well crafted combinations (personal compatibility, synergy)

Shopping

- Reputable source- develop trusting relationship
- Deep, rich color- not faded
- Moist, not dried out
- Size, weight, density
- Strong scent and flavor
- Buy whole if possible- freshest- grind as needed
- Pay more for quality when necessary
- Visit Recommended Herb & Supplement Supplier list here
(<http://www.kpkhalsa.com/pages/recommended-herbs-supplements>)

Storage

Avoid: heat. Light, air, bacteria, moisture

Use: airtight jars, dark container or shelf, cool space, proper

Labels - name, date, type of preparation