

Herbs that SHOULD be prepared fresh

***ACONITUM COLUMBIANUM (Aconite, Western Monkshood)**

FLOWERING HERB. Fresh Herb Tincture, 1:4, topical in moderation, internal 1-5 drops to 4X a day.

ALLIUM SATIVUM (Garlic)

BULB. Fresh Juice, 1/4 to 1 teaspoon. Fresh Tincture [1:2] 15-40 drops.

***AMYGDALIS PERSICA (Peach Tree)**

FRESH TWIGS. Cold Infusion, 1-2 oz. Tincture [1:2], 30-90 drops, both ad lib.

ANAGALLIS (Scarlet Pimpernel)

HERB. Fresh Plant Tincture [1:2] 5-15 drops.

***ANEMONE HIRSUTISSIMA (*Pulsatilla ludoviciana*, Pasque Flower)**

FRESH PLANT. Tincture [1:2] 3-10 drops, to 4X a day.

***ANEMONE TUBEROSA (Desert Anemone, Desert Pasque Flower)**

Same as previous.

ARISAEMA (Jack-in-the-Pulpit)

CORM. Tincture [Fresh Corm, slightly wilted, 1:2, 50% alcohol] 2-10 drops.

***ARNICA (*A. montana*, *A. cordifolia*, *A. latiflora*, etc.)**

WHOLE PLANT. Fresh plant, flower or root tincture [1:2], dry flowers or herb tincture, [1:5, 50% alcohol] and dry root tincture [1:5, 60% alcohol].

EXTERNAL is diluted with one or two parts of water, applied as needed.

INTERNAL use 3-10 drops.

AVENA (*A. sativa*, *A. fatua*, Oats, Wild Oats.)

UNRIPE FRESH SEED, w/"Milky" center. Fresh Tincture [1:2], 10-20 drops, to 4X a day.

***BRYONIA (Bryony)**

ROOT. Tincture [Fresh Root, 1:2, recent Dry Root, 1:5, 50% alcohol], 2-10 drops to 3X a day.

***CAPSELLA BURSA-PASTORIS (Shepherd's Purse)**

WHOLE PLANT. Tincture (Fresh Plant, 1:2, recent Dry Plant, 1:5, 50% alcohol] 20-60 drops.

CENTELLA ASIATICA (*Hydrocotyle asiatica*, Gotu Kola, Brahmi)

HERB. Fresh Plant Tincture [1:2], 15-30 drops to 3X a day. Standard Infusion, 1-2 ounces. Dry Herb Tincture [1:5, 50% alcohol] 20-40 drops, to 4X a day.

CEREUS GRANDIFLORUS (*Selenicereus*, *Peniocereus*, Night-Blooming Cereus)

FRESH STEMS. Fresh Tincture [1:2], 5-15 drops (*Selenicereus spp.*) ; 10-25 drops, (*Peniocereus greggii*). Either one to 4X a day.

CHELIDONIUM (Greater Celandine)

WHOLE PLANT. Fresh Plant Tincture, [1:2] 10-25 drops. Alone, for short term use; safe for extended use as a low dose formula constituent.

CHOROGALUM (Amole Lily)

FRESH BULB. Grate 2-4 tablespoons in cheesecloth, rub into a froth in a cup, of water, and wash or shampoo.

COLLINSONIA (Stone Root, Horse Balm)

ROOT and HERB. Tincture [Fresh Plant, 1:2] 20-40 drops to 3X a day. Tincture

[Dry Root, 1:5, 60% alcohol] 45-60 drops to 4X a day (inferior).

CORALLORHIZA (Coral Root, Crawley)

ROOT. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 60% alcohol] 30-90 drops in hot water. Cold Infusion 3-6 ounces, reheated.

EPIPACTIS GIGANTEA (Stream Orchid, "Helleborine")

WHOLE PLANT. Tincture [Fresh Plant, 1:2, Dry Root, 1:5, 60% alcohol] 30-90 drops. An equivalent to the far rarer *Cypripedium*.

***FOUQUIERIA SPLENDENS (Ocotillo)**

FRESH BARK. Tincture, [1:2] 10-30 drops, to 4X a day.

***GELSEMIUM (Yellow Jasmine)**

ROOT. Tincture [Fresh Root 1:2, Dry Root, 1:10, 65% alcohol] 2-10 drops.

GUAIACUM ANGUSTIFOLIA (Porlieri, Guayacan)

BARK AND WOOD. Fresh Tincture [1:2] 10-25 drops in water, frequently. As a gargle, one part tincture in four parts hot water.

HERACLEUM (Cow Parsnip, Yerba del Oso)

ROOT. Fresh Root Tincture [1:2] applied topically as nerve irritant/stimulant.

SEED. Fresh Seed Tincture [1:2] applied topically to teeth/gums as anesthetic and antimicrobial

HYPERICUM (St. Johns Wort)

FLOWERING TOPS. Tincture [Fresh Plant, 1:2] 20-30 drops to 3X a day. The dry plant is far less active, but a Standard Infusion can be taken, 3-6 ounces.

WIC

IMPATIENS (Jewel Weed, Touch-Me-Not)

FRESH PLANT. Fresh juice for topical use, Fresh Plant Tincture [1:2], both as needed.

LOBELIA CARDINALIS (Cardinal Flower)

WHOLE PLANT. Fresh Plant Tincture [1:2], 10-40 drops up to 5X a day.

LOBELIA INFLATA (Lobelia, Indian Tobacco)

FLOWERING PLANT. Fresh Plant Tincture [1:4] 5-20 drops up to 4X a day.

Dry Plant Tincture (inferior) is best as an Acetum Tincture [Dry Herb 1:5 in vinegar] 10-20 drops, or used for local application.

SEED. Tincture [1:5, 65% alcohol], 3-10 drops.

The dry herb as tea is especially nauseating, the fresh herb or seed very little.

***LOPHOPHORA (Peyote, Mescal Buttons)**

FRESH PLANT. Tincture [1:2], 20-40 drops to 4X a day.

ILLEGAL TO POSSESS AT PRESENT.

LYCOPUS (Bugleweed, Water Horehound)

HERB. Fresh Plant Tincture [1:2] 15-40 drops, to 3X a day. Standard Infusion of recent plant, 2-3 ounces, also to 3X a day.

***PHYTOLACCA (Poke)**

ROOT and BERRIES. Fresh Tincture, (Root or Berries), [1:2], 2-10 drops. Dry Root Tincture [1:5, 50% alcohol] 5-15 drops.

SCUTELLARIA (Skullcap)

HERB. Tincture [Fresh Plant, 1:2, Recent Dry Plant, 1:5, 50% alcohol] 20-60 drops. Standard Infusion of recent herb, 2-6 ounces, all to 3X a day.

STELLARIA MEDIA (Chickweed)

HERB. Fresh plant juice or bruised whole plant as a poultice. Tincture [Fresh Herb, 1:2, Recent Dry Herb 1:5, 50% alcohol] as needed.

***TRILLIUM* (Beth Root)**

WHOLE PLANT. Fresh Plant Tincture [1:2] 15-25 drops to 3X a day.

****USTILAGO* (Corn Smut)**

FUNGUS. Fresh Fungus Tincture [1:5] 10-40 drops to 3X a day.

Herbs that should NOT be prepared fresh

***ALETRIS FARINOSA* (Star Grass. "True"(properly "False") Unicorn Root)**

****APOCYNUM CANNABINUM* (Dogbane, Canada Hemp)**

***ARGEMONE* (Prickly Poppy, Cardo Santo)**

****ASCLEPIAS ASPERULA* (Immortal, Antelope Horns, Spider Milkweed)**

****ASCLEPIAS CORNUTA* (Common Milkweed)**

****ASCLEPIAS INCARNATA* (Swamp Milkweed)**

****ASCLEPIAS SUBULATA* (Desert Milkweed)**

****CAULOPHYLLUM* (Blue Cohosh)**

***CHAMAELIRIUM* (*Helonias*, Unicorn Root)**

****IRIS VERSICOLOR*, *I. MISSOURIENSIS* (Blue Flag)**

****PODOPHYLLUM*. (American Mandrake)**

***URTICA* (Nettles)**

****VERATRUM* (Green, False or American Hellebore)**

(*) - Not for internal use in pregnancy