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Personalized Nutrition and Health Care

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### **Instructions for Preparing and Using Herbs**

#### **TEAS**

**Cold Infusion:** Add 8-16 oz cold water to your daily dose of herbs in a glass or stainless steel container, and let sit for at least 60 minutes or as directed. Drink throughout the day or as instructed.

**Hot Infusion:** Add 16 oz of hot water to your daily dose of herbal tea in a glass or stainless steel container. Let steep, covered for at least 15 minutes or as directed. Strain the tea and drink throughout the day or as instructed.

**Decoction:** Bring 16 oz of water to a light simmer in a stainless steel or glass pot and add your daily dose of herbal tea. Simmer for at least 15 minutes or as directed. Remove from the heat, let cool slightly and strain. Drink throughout the day or as directed.

#### **POWDERS**

There are several possible ways to take powder.

1. Add the powdered herb to a small amount of juice or water, stir and drink.
2. Add powder to food, such as oatmeal, applesauce, yogurt or smoothie
3. Place the powder on your tongue (do not inhale) and wash down with water or juice. You can divide your dose into two or more servings if needed.
4. Add your powder to herb balls, see recipe below

Make your powder into herb balls. Add the following ingredients to 100 grams of your herb powder.

½ cup dried fruit- ground

¾ cup pecans or walnuts - ground

1 tbsp pure unsweetened cocoa powder

1 tsp cinnamon

¼ cup honey

2 tbsp Blue agave nectar

1 cup almond or peanut butter

Shredded coconut, optional

First grind nuts and fruit. Blend all dry ingredients together. Then in a food processor or by hand blend in almond butter, honey and blue agave nectar. Form into acorn size balls and roll in coconut or cocoa powder.

#### **TINCTURES AND LIQUID EXTRACTS**

There are several possible ways to take liquid extracts. Take each dose of tincture directly in your mouth and chase with water or juice. Or add 2 oz of juice or water. Or add 2-4 oz boiling water, to evaporate some of the alcohol. Let cool and drink.

### **STEAM INHALATION**

Add your daily supply of herbs or 2-4 drops of your essential oil mix to a glass, stone or stainless steel bowl and pour boiling water over it. Lean over the bowl and drape a towel over your head and the bowl. Breathe the inhalation deeply until the mixture cools or you need a break.

### **SITZ BATH**

Get 2 buckets large enough to sit in. Fill one halfway with hot water (not scalding) and one halfway with cold or cool water to preference. Take turns sitting in the buckets for several minutes.

Or add 16 oz of herbal tea (use instructions above) to one bucket and add more hot water to fill halfway. Sit in the bucket for 5 – 10 minutes, or until it cools.

### **DRY SKIN BRUSHING**

Get a brush with tough bristles. Prima makes a brush with a long handle, so you can reach your back. Before getting into the shower or bath, brush the skin on your legs, arms, torso and back, towards your heart. This practice improves venous and lymph circulation and helps remove dead skin cells.

### **CASTOR OIL PACKS**

Cover your bed with plastic and an old sheet to prevent staining. Warm a couple of tablespoons of castor oil in a sauce or frying pan. Do not burn the oil. Soak a flannel cloth in the oil and squeeze out the excess. Lie on your back, fold the flannel cloth into a double thickness and place on your abdomen. Cover the flannel with plastic wrap or wax paper and then a towel or sheet. You can place a hot water bottle on top of the sheet or towel, to keep the castor oil pack warm. Keep the pack on at least ½ hour, but the longer the better. You can sleep with the castor oil pack on your abdomen, using an ace bandage to keep the pack in place. Store the pack in a large zip lock bag in the freezer, replacing the pack after it begins to change color.