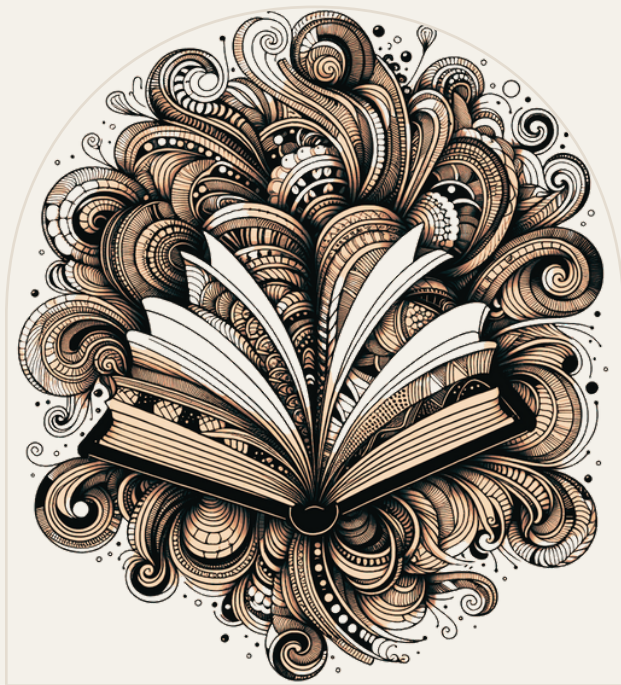


LIVINGGOURND.ART

# health at home

natural & herbal remedies



DIY  
ALCHEMY

EBOOK

# TABLE OF CONTENTS

Introduction  
3

Techniques  
5

Ailments  
14

immune System  
17

Healing Teas  
25

Natural Beauty  
27

REcipes for Healing  
31

Tonics & Ciders  
42

Poisoning  
51

Household Cleaners  
52

Animal Care  
55



# INTRODUCTION

In an era before supermarkets brimmed with mountains of produce and the abundance of manufactured, processed vitamin supplements and cosmetics, people were self-reliant in caring for themselves. Households relied on common, everyday items found in their immediate surroundings, utilizing natural and herbal ingredients that were readily available and easy to apply for various purposes – from beauty aids and health remedies to household helpers.

Families possessed a wealth of knowledge, passed down through generations, on how to harness the power of nature's bounty. These traditional recipes, born from hearts and gardens alike, were woven into the fabric of life, addressing all aspects of living, health, and sickness.

This book serves as a testament to those time-honored traditions, outlining the tried-and-true remedies that have withstood the test of time. It is a celebration of the age-old wisdom that understood the intrinsic value of embracing nature's gifts, and a call to carry forward these cherished practices that began so many moons ago.



Within these pages, you will find a compendium of recipes that have been lovingly curated and preserved, offering natural solutions for beauty, wellness, and household needs. From gentle skin tonics and soothing salves to homemade cleaning concoctions and culinary cures, this book is a gateway to rediscovering the simplicity and efficacy of our ancestors' ways. It is an invitation to embark on a journey of reconnecting with nature's abundance and ancient wisdom. It encourages readers to embrace self-care practices rooted in timeless traditions, such as crafting nourishing elixirs, foraging for herbs and wildflowers, exploring fermentation, and embracing slow living. The book promises to unveil ways to living in harmony with the natural world, the healing potential of plants, and creating probiotic-rich foods.

More is not always better in the world of herbs.  
Balance and harmony is important



## EQUIPMENT REQUIRED

Stainless steel, enamel or glass pots  
Wooden or silicon spoon/spatula  
Double boiler  
Cheese clothe, colander and/or press  
Glass containers with lid- various sizes

# TECHNIQUES

## CREAMS:

Making herbal creams at home is a relatively straightforward process that typically involves two main steps: infusing herbs into an oil base and then emulsifying the infused oil with an aqueous phase. To begin, choose a carrier oil such as olive, coconut, sesame, avocado, or shea butter, and place it in the top portion of a double boiler or a heat-safe bowl over simmering water. Add the dried or fresh herbs in the recommended proportions (about 1 ounce of dried herbs or 2.5 ounces of fresh herbs per 10 ounces of oil) and gently heat the mixture for approximately 2 hours to allow the herbs to infuse their properties into the oil. Once cooled, strain the mixture through a cheesecloth or fine mesh strainer to remove the plant matter.

Next, pour the infused oil back into the double boiler or heat-safe bowl, and add an emulsifying agent like beeswax, lecithin, or emulsifying wax following the recommended proportions. Slowly incorporate the aqueous phase (distilled water, hydrosols, or herbal infusions) into the oil mixture while stirring constantly. Continue heating and stirring until the mixture thickens and becomes creamy. At this point, optional natural preservatives such as grape seed extract, vitamin E, or rosemary essential oil can be added in the appropriate dosages. Finally, pour the cream into sterilized containers and allow it to cool completely before sealing.

## CREAMS continued

To enhance the emulsification process, consider using a hand mixer or immersion blender. Additional natural ingredients like essential oils or extracts can be incorporated for added benefits or scent. Properly label the containers with the ingredients and date of preparation, and store the herbal creams in a cool, dry place, using them within the recommended shelf life. Always research the properties and potential interactions of the herbs and ingredients used to ensure safe and effective application.



## Decoctions

A decoction is a liquid herbal preparation made by boiling hardy plant materials like roots, bark, or tough herbs in water to effectively extract their active compounds. The typical ratio is 1 ounce of dried plant material or 2.5 ounces of fresh plant material per 2 cups of water. To make a decoction, place the plant material in a pot and cover it with cold water. Bring the mixture to a boil, then reduce the heat and allow it to gently simmer for 20-30 minutes, or longer if working with particularly tough plant materials. Once the simmering time is complete, strain the liquid through a fine mesh strainer or cheesecloth to remove the plant matter, reserving only the liquid decoction.

Decoctions are commonly used for hardy plant parts that require prolonged heat extraction to release their beneficial compounds. The prepared decoction can be stored in a dark, cool place or refrigerated, but it is best consumed fresh for maximum potency and effectiveness. While storing, be mindful of the shelf life and any signs of spoilage. Decoctions offer a concentrated way to extract the therapeutic properties of tougher plant materials that may not release their compounds as readily through other extraction methods like infusions.

## Infusions

An infusion is one of the simplest and most common ways to extract the beneficial compounds from plant materials like leaves, flowers, or soft herbs.

It involves steeping the herbs in either hot or cold water to allow the active compounds to infuse into the liquid. For a hot infusion, which is essentially making an herbal tea, use about 1 tablespoon of fresh herbs or 2 teaspoons of dried herbs per cup of water. Bring the water to a boil, then pour it over the herbs and allow them to steep for around 10 minutes before straining out the plant material.



The steeping time can be adjusted to between 5-15 minutes depending on your desired strength. For a cold infusion, simply place the herbs in a jar or container and cover them with cold water. Allow the mixture to steep for several hours or overnight before straining out the plant matter. Cold infusions tend to extract slightly different compounds and can be preferable for more delicate herbs. Whichever method you choose, infusions offer a gentle, effective way to enjoy the flavors and therapeutic benefits of various herbs in a soothing, water-based beverage similar to tea.

## Oil Infusions

Oil infusions are a popular way to extract the beneficial compounds from herbs and plants into a carrier oil base. There are two main methods for making these infusions: cold and hot.



For a cold oil infusion, start by packing the dried herbs into a clean glass jar and covering them completely with a carrier oil like olive, coconut, almond, or sunflower oil. Sunflower oil is a good choice as it has a mild flavor. Use a non-metallic lid and place the jar in a sunny spot. Allow the mixture to steep for 3-4 weeks, ensuring the herbs remain fully submerged in the oil during this time. The extended steeping period at room temperature allows the oil to slowly extract the plant's compounds.



## Ointments

Ointments are semi-solid preparations ideal for topical application, made by combining herb-infused oils or extracts with a thickening agent like beeswax or shea butter. To make an herbal ointment, start by melting the thickening agent, such as beeswax, in a double boiler or heat-safe container set over a water bath. While the thickening agent melts, prepare an herbal oil infusion by gently heating fresh herbs (using a ratio of 1 1/2 cups fresh herbs per 2 cups of carrier oil) over low heat for about 3 hours. This allows the beneficial properties of the herbs to infuse into the oil.

Once the beeswax or other thickener is fully melted, remove it from the heat and allow it to cool slightly. Then, strain the warm herbal oil infusion to remove any herb particles, and combine the infused oil with the melted thickening agent. Mix the two together thoroughly until fully incorporated. At this point, you can optionally add essential oils or other ingredients as desired.

Carefully pour the ointment mixture into sterilized jars or containers, and allow it to cool completely until it solidifies into a smooth, semi-solid consistency. Be sure to label the containers with the ingredients and preparation date. Properly stored, these potent herbal ointments can be used topically for a variety of purposes, delivering the therapeutic benefits of the infused herbs in an easy-to-apply salve-like preparation.

# Poultices

A poultice is a soft, moist mass made from fresh or dried plant materials, often combined with hot water or other liquids, and applied directly to the skin for therapeutic purposes.

Grind or mash the plant material into a paste or thick mixture, using hot water, infusions, or other liquids as needed. Apply the poultice directly to the affected area, and cover it with a cloth or bandage to keep it in place and retain warmth.



## Tinctures:

When preparing herbal tinctures using alcohol as the solvent, it's important to achieve the proper ratio of alcohol to water, typically aiming for a 25% alcohol concentration. This allows for efficient extraction of the herb's beneficial compounds while still maintaining the solvent properties of the alcohol. If you are starting with an 80 proof (40% alcohol) spirit like vodka, the process is quite simple.

Take a standard 750ml bottle of 80 proof vodka. Divide the total volume into 3 equal parts, each part being 250ml. Set aside 2 of those 250ml portions, which equals 500ml - this will be your alcohol portion. The remaining 1 part of 250ml is the amount of water you need to add to the 500ml of alcohol to achieve the 25% ratio. By adding 250ml of water to the 500ml of vodka, you now have a 750ml mixture that is 25% alcohol and 75% water, which is the ideal tincture ratio.

Next, add your dried herb material to this alcohol-water mixture, ensuring the plant matter is fully submerged in the liquid. Seal the container tightly and allow the herbs to macerate (soak) for several weeks, shaking periodically. After the designated maceration time, strain out the plant material using a cheesecloth or fine mesh strainer, reserving only the liquid tincture. Following this simple 3:1 ratio of alcohol to water will consistently produce a potent 25% alcohol tincture when starting with an 80 proof spirit like vodka.

# Recipes for Health & Healing

Throughout history, diverse cultures worldwide have embraced natural and herbal remedies sourced from plants, roots, flowers, and other elements of nature to address a range of health concerns and enhance overall well-being. Initially disregarded as folklore or pseudoscience by modern medicine, these traditional healing practices have gained credibility with the advancement of scientific research and testing. A mounting body of evidence supports the medicinal properties and therapeutic advantages of various natural compounds present in herbs and plants.

What was once dismissed as anecdotal or steeped solely in cultural traditions is now substantiated by empirical data and clinical studies. Numerous pharmaceutical medications available today originated from or were influenced by natural plant origins. The resurgence of interest in natural and herbal healing reflects a growing inclination to explore holistic, less intrusive, and potentially safer options compared to conventional Western medicine, which heavily relies on synthetic drugs and surgical procedures.

As awareness of the potential drawbacks and constraints of certain pharmaceuticals increases, individuals are turning to ancient remedies from nature, revered across cultures and generations. With modern science validating the effectiveness of many natural compounds, the field of natural and herbal healing is gaining recognition and prominence within the broader healthcare realm.



# Converting Recipe Measurements

Use the following formulas for converting US measurements to metric. Since all conversions are not exact, it's important to convert the measurements for all ingredients to maintain the same proportions as the original recipe.

When the measurement given is:

**Tsp Multiply it by 4.93 to convert to milliliters**

**Tbsp Multiply by 14.79 to convert to milliliters**

**Cups (liquid) 236.59 to convert to milliliters**

**Cups (liquid) 0.2346 to convert to liters**

**Cups (dry) 275.31 to convert to milliliters**

**Cups (dry) 0.275 to convert to liters**

**Degrees F (Temperature - 32) x 5/9 = degrees C**

While this book provides recipes and traditional techniques, feel free to adapt them to your personal preferences. Recipes are guideposts, not rigid rules. Embrace creativity by incorporating seasonal herbs, local ingredients, or flavors you enjoy. Experiment fearlessly and trust your intuition to craft personalized, nourishing creations that align with nature's offerings and your individual tastes.



# Ailments

## Skin Issues

### Acne or Broken Skin

To soothe and smooth acne or broken skin, make a cold infusion of plantain leaves and calendula petals. Aloe Vera Gel is also beneficial.. Apply directly

### Warts

Rub wart with fresh garlic or the white latex (sap) of dandelion stems

### Eczema

Make a cream with Chickweed and violas and apply directly

### Insect Bites

Rub some basil juice or apple cider vinegar onto bite. Make an ointment from 1/2 cup fresh oregano, rosemary and matico (if available)

### Varicose Veins and Hemorrhoids

Witch hazel bark and leaves will shrink swollen tissue and ease the inflammation. This is an astringent. To make your own witch hazel, cut a branch into 2-inch pieces until you have 1/2 cup. Boil with 2 cups of water and 1 1/2 cups alcohol. Apply this directly to your skin. This has a wonderful cooling effect

### Ringworm

Fill a small glass with vinegar and put 2 copper pennies. When the pennies are corroded and green, apply the liquid to the ringworms

# Aches & Pains

## Potato and Cabbage Poultice

This simple poultice can aid in healing abscesses, boils, swollen joints or other localized infections by helping the body expel pus and fluids.

- 2 medium sized potatoes
- 1/2 head green cabbage
- 1 tbsp turmeric powder (optional, promotes healing)
- Cotton cloth or gauze
- Bandages

Wash the potatoes and peel them if desired. Grate the potatoes using a cheese grater or food processor shredding disc. Remove the outer leaves of the cabbage and shred/grate the inner cabbage leaves. In a bowl, mix together the grated potatoes and shredded cabbage. Optionally, you can stir in 1 tbsp of turmeric powder which has anti-inflammatory properties. Cut a square of cotton cloth or gauze larger than the area you want to treat. Scoop the potato and cabbage mixture onto the center of the cloth. Fold the sides up over the top to enclose it like a package. Place the warm poultice directly over the area of swelling, boil, abscess or infection on the skin. Secure it in place with bandages if needed. Leave the poultice on for 2-4 hours, replacing it with a new warm one once it cools. Repeat daily, making a fresh poultice each time, until the swelling goes down and any pus/infection drains out.

The enzymes in raw potatoes and cabbage help draw out pus and reduce inflammation when applied as a poultice. The turmeric provides additional anti-inflammatory benefits.

## Sore Muscles

Make a cold oil infusion of sage and basil and rub into sore muscles. Make a hot infusion of comfrey and thyme. Five large comfrey eaves and 10 sprigs of thyme in 4 cups of oil (and heat for 3 hours)

## Headaches

Make a hot oil infusion with 2 tablespoons of lavender and 1/2 cup of rose petals to 1 1/2 cups of oil

## Cuts and Scrapes

Make a cream (ointment) from calendula petals and plantain leaves.

## Bruises and Sprains

Make a poultice from 5 large comfrey leaves. Place leaves and 3 tablespoons of water in the blend. Put this mixture on a double layer of cloth or a diaper. Place on affected area and tape around the outside. Leave on overnight. You can also make a comfrey ointment and apply directly

## Sore & Inflamed Gums

Make a hot infusion using 1 cup of water to 1 tbsp of rosemary, sage and mint. Steep for 30 minutes. Strain. Use as a mouth wash

## Toothache

Clove oil rubbed on gums. Or you can put a clove on affected area.

## Sore & Inflamed Feet

Soak feet in a bucket of hot water with a couple tsp of oregano oil



# Immune system

## Immune Tincture

- 1 part of elderberry fruit (that has been boiled with 1 cup of water)
- 1 part goji berries
- 1/2 part rose hips
- 1 part skin of orange and lemons
- 1/2 part root of echinacea
- Vodka to cover all plant materials

Combine the ingredients in a glass container and cover. Allow to steep for 3 weeks stirring occasionally. Strain liquid place store in a cool dark space. Label with ingredients and date.

Dose: 10 drops on tongue several times a day until you are feeling better.

## Sore Throat

### Homemade Pastilles

Pronounced “pas-tee”, these soothe the throat.

- 1 1/2 cup of water
- 1 tsp of dried mint leaves
- 1/8 tsp of dried thyme
- 2 tsp of lemon balm
- A pinch of dried mallow leaves or holly hocks
- a punch of slippery elm bark
- 3 cups of honey
- 1/2 tsp of creme de tartar



In a saucepan, bring the water to a boil and then remove from heat. Mix in herbs and steep for 2 hours. Strain into a separate pot. Add honey and cream of tartar and stir over medium heat. Then cook without stirring until the mixture reaches the hard-crack stage (300 F). Pour into a greased pan. When it has cooled, score into pieces.

## Throat Syrup

- 1 1/2 cups of water
- 1 tbsp hyssop
- 1 tsp mallow (or hollyhock)
- 1 cup rose hips
- 1 inch of licorice root
- 1/2 cup of honey



In the top of a double boiler, combine the water and herbs and heat for 45 minutes. The rose hips should be soft. Filter the plant matter and add the honey. Stir well and bottle in the refrigerator

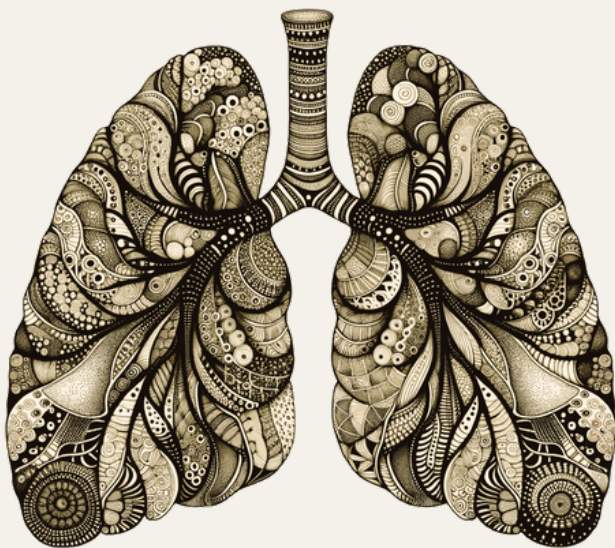
## Throat Scratchy

**I** medium sized rutabaga (winter turnip) and honey  
Water and peel the rutabaga and slice it straight across the bottom so it can stand up without falling over. Then cut into 4 wedges. Spread the cut sides of each wedge with honey and put the wedges back together. Set in a bowl to catch the juice. Cover and let sit for 24 hours. Store liquid in your fridge.

## Mustard Plaster for Chest Coughs

- 1/4 cup of dried mustard
- 1/4 cup of flour
- 3 tbsp molasses
- softened lard or thick cream

Mix the mustard, flour and molasses and lard (or cream) until you get a thick workable ointment. Lather on chest or back and cover with a piece of flannel that has been dipped in hot water and wrung out. Leave on for 15 minutes or until skin starts to redden. Do not use if it irritates. This will really heat up the skin.



## Vitamin C Packed Jam

- 2 cups fresh or frozen berries (strawberries, raspberries, blackberries)
- 1 cup diced pineapple
- 1/2 cup honey
- 2 tbsp chia seeds
- 1/4 cup water
- 2 tbsp acerola cherry powder
- 1 tbsp rosehip powder
- 1 tbsp dried orange zest
- 1 tbsp dried lemon zest



In a saucepan, combine the berries, diced pineapple, honey, chia seeds, and water. Bring to a simmer over medium heat.

Cook for 10-15 minutes, mashing the fruit as it softens, until it reaches a jam-like consistency. Remove from heat and allow to cool slightly. Then stir in the acerola cherry powder, rosehip powder, dried orange zest, and dried lemon zest.

The acerola cherry powder is extremely high in vitamin C, while rosehips are also an excellent plant-based source. The citrus zests add more vitamin C, flavor and nutrients.

Once fully combined, transfer the vitamin C packed jam to sterilized jars and seal. Allow to cool completely before refrigerating.

No need for processed vitamin C - this jam gets its big vitamin C boost from nutrient-dense whole foods like the acerola, rosehips, pineapple and citrus.

Enjoy this vibrant, immunity-boosting jam on toast, yogurt, oatmeal or straight from the jar! It makes a delicious and nutritious treat.

## Honey-Based Immune Tonic

- 1 cup raw honey
- 1 head garlic, cloves peeled and smashed
- 1 onion, diced
- 2-inch piece fresh ginger, grated
- 1 lemon, juiced
- 1 orange, juiced
- 1 tsp turmeric powder
- 1 tsp cinnamon powder
- 1/4 tsp cayenne pepper (optional)

In a saucepan, combine the raw honey, smashed garlic cloves, diced onion, and grated ginger. Cook over very low heat 5 minutes, stirring frequently, until garlic and onion are very soft and fragrant. Remove the pan from heat and allow to cool for 5 minutes. Stir in the fresh lemon and orange juices until fully incorporated into the honey mixture.

Add the turmeric, cinnamon, and cayenne pepper (if using). Mix well to combine all the ingredients into a thick, syrupy honey tonic. Transfer the tonic to a glass jar or bottle with a lid. Allow to cool completely before sealing. Store in the refrigerator for up to 2 weeks.

To use, take 1-2 tablespoons of the potent tonic daily, either straight or mixed into tea, warm water/milk, or drizzled over oatmeal, yogurt, etc. The healing properties of raw honey combined with garlic, onions, ginger, citrus and warming spices create an incredibly immune-boosting, anti-viral, anti-inflammatory remedy. Take this all-natural tonic regularly when feeling under the weather or during cold/flu season for an extra immunity boost!

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## Onion Plaster for Phlegm/Congestion:

- 1 large onion
- 1 tbsp olive oil or coconut oil
- Optional: honey, mustard powder, flour

Slice the onion into thick rounds, about 1/4 - 1/2 inch thick. Heat the olive oil or coconut oil in a skillet over medium heat. Add the onion slices and gently sauté for 2-3 minutes per side until slightly softened but not browned

Optional step: For an extra decongestant boost, you can spread a thin layer of honey or a dusting of dry mustard powder on one side of the warm onion slices. To help the onions adhere better, you can lightly coat the other side of the slices with a dusting of flour.

Find a soft cotton cloth or thin towel. Place the warm onion slices in an overlapping layer on the cloth. While the onions are still warm, place the cloth onion-side down directly onto your upper chest/breast area. Wrap or cover the onion plaster with another cloth or towel to contain the vapors and keep it in place. Keep the onion plaster on your chest for 30-60 minutes as tolerated. The vapors will gently waft up to loosen mucus. Discard the used onions after use. Repeat as needed with fresh warm onions every few hours.

The sulfur compounds in onions help expel mucus when the vapors are inhaled. The gentle warmth also aids in loosening congestion for easier removal by coughing or blowing your nose.

## Chest Rubs for Colds

### Basil and Anise

1/2 cup of basil leaves and flowers

1/4 cup of anise or hyssop

2 cups of oil

### Mint and Thyme

1/2 cup of mint

1/2 cup of thyme

2 cups of oil

Make a hot oil infusions and massage in the chest area (do not use the basil and anise during pregnancy. This has a stimulating effect of the uterus.

## Garlic

When you feel a cold coming on, chew up a clove twice a day. Garlic has many medicinal properties and is an antiseptic. It might irritate the stomach for some people. To get around this, chop up a clove of garlic and sprinkle it on a salad.





# Healing Teas

Sometimes herbal teas are called tisanes. This term comes from the Latin ptisana which refers to a watery barley tea that was given to those who were unwell. Today, “tisane” can mean any healing herbal tea. Tisanes are hot infusions simply made by boiling the water, pour over herbs, cover and let steep for 15 minutes. You can substitute dried herbs for fresh - use 1 part of dried instead of 2 parts for fresh.

## Female Tea

Wonderful relaxant during menstruation.

- 1 tsp fresh lemon basil
- 1 tsp fresh raspberry leaves
- 1 1/2 cups of water

## Headache Tea

- 2 tsps fresh catnip
- 1 1/2 cups of water

## Relaxing Tea

- 2 tsps fresh chamomile
- 1 1/2 cups of water

## Gastrointestinal Relief

- 1 tsp fennel
- 1 tsp dill seeds
- 1 tsp anise
- 1/2 cups water



## Digestive Tea

1 tsp mint

1 tsp bee balm

1 1/2 cups water

## Cure-All Tea

1 tbsp fresh lemon balm

1 tbsp fresh mint

2 tsp chamomile

2 tsp chopped rose hips

2 1/2 cups water



# Natural Beauty Recipes

## Remedies for Skin

### Dry or Rough Skin:

Add broache juice to skin creams to help soften your skin. Also make a cream from calendula petals, chamomile flowers, rose petals and elderberry flowers.

### Toning Face Mask:

Combine 2 tbsp of oatmeal, one egg white (not beaten) and 1 tbsp of honey. With your hands, mix these ingredients in a bowl and apply directly to your face.

### Facial Cleaner:

Apply yogurt to face and leave it on for 15 minutes. Or, steep 1 tbsp of fresh rosemary in a pot of very hot water and gently steam face.

### Oily Skin”

Mix 1/4 cup of Apple Cider Vinegar and 2 tbsp witch hazel. Apply to skin with a moistened cotton ball or spray bottle

### Wrinkles:

Sage helps wrinkles. Make a cold infusion using 1 part sage per 2 parts water. Apply with soft cloth

### Tired Eyes”

Place cucumber slices or spent black tea bags on eye and allow to stand for 10 minutes.

### Stained hands:

Remove stains with lemon juice or vinegar

### Dry Elbows:

Soften dry elbows with a cold infusion of calendula petals

### Callouses:

Rub with salt

# Rose Water & Powder

To create homemade rose water, follow these steps:

Start by making a cold infusion with 1 cup of chopped fresh rose petals in 2 cups of cold water. Stir well and let it sit covered overnight, then strain the mixture.

To preserve the rose water, consider adding a small amount of alcohol or witch hazel.

For Rose Powder, dry rose petals and blend them into a fine powder. Use this powder to create a paste with some rose water.

Apply the paste on your face, leave it on for 10 minutes, and then rinse off.

Once the paste has been rinsed off, you will notice your skin feeling refreshed and rejuvenated. The natural properties of rose water and rose powder work together to hydrate and tone your skin, leaving it with a radiant glow. Regular use of this homemade rose water and rose powder paste can help improve skin texture and promote a healthy complexion. Embrace the beauty of roses and pamper your skin with this simple yet luxurious DIY skincare routine.



# Herbal Soap

Homemade soaps are fun and you can use a wide variety of herbs (as infusions) to make soaps.

## Basic Soap Recipe

- 1/3 cup of boiling water
- 2 tbsp chamomile flowers
- 1 tbsp calendula flowers
- 1/2 tsp sage (chopped finely)
- 2 bars glycerin or unscented non deodorant soap grated.

Pour the boiling water of the herbs and let stand overnight. Strain the herbs (but you do not have to) Please the grated soap and herbal infusion in a double boiler. Heat and stir until well mixed. Let cool then place in forms. Allow to dry for two weeks. If you have oil skin, add rosemary or cornmeal.



## Hair Care

### Dandruff:

Mix equal parts of vinegar and water and use as a final hair rinse. No need to wash this out.

### Conditioning:

Steep 1 tsp rosemary and chamomile in hot water. Strain. I add tbs of vinegar and 1 beaten egg. Massage the mixture into hair and let stand for 3-10 minutes, Rinse

### Oily Hair:

Sprinkle oatmeal or cornmeal and then bush it out

### Dry Hair:

Apply warm (not hot) unsaturated oil to your hair. Cover with a plastic and then cover with a towel. Leave in for two hours and then shampoo and clean. You can also use an oil infusion with sage, rosemary and chamomile.

### Hair Rinse:

Combine 1/2 cup of vinegar and 1 cup of water and bring to a boil. Remove from heat and add 2 tbs of rosemary and 1 black tea bag. Let steep overnight. Use as a final rinse.



# Recipes for Healing Foods

These recipes are an important way to care for your inner being. Soups, broths, tonics, fire cider, vinegars and flours

## Bone Broth

Bone broth is an excellent addition to a healthy diet as it provides numerous benefits for the microbiome and overall human health. This nutrient-dense liquid is made by simmering animal bones, typically from chicken, beef, or fish, along with vegetables and herbs for an extended period. The slow cooking process extracts collagen, amino acids, minerals, and other valuable compounds from the bones and connective tissues.



Gather your ingredients. You'll need animal bones (such as chicken, beef, or fish bones), vegetables (like carrots, celery, and onions), herbs (like parsley, thyme, or rosemary), and water. Optionally, you can add apple cider vinegar or lemon juice to help extract more nutrients from the bones. Roast the bones (optional). For added depth of flavor, you can roast the bones in the oven at 400°F (200°C) for 30-60 minutes until browned. Place the bones and ingredients in a large pot or slow cooker.

Arrange the bones in a single layer, and add the vegetables, herbs, and enough water to cover everything. Simmer the broth. Bring the pot to a boil, then reduce the heat to low and let it simmer gently for at least 6 hours, but ideally 12-24 hours for chicken bones and 24-48 hours for beef or fish bones. The longer cooking time allows for maximum extraction of nutrients. Skim the surface. During the simmering process, use a spoon to skim off any foam or impurities that rise to the surface. Strain the broth. Once the desired cooking time has elapsed, strain the broth through a fine-mesh sieve or cheesecloth to remove the bones and vegetables. Discard the solids.

Cool and store. Let the broth cool to room temperature, then transfer it to airtight containers or jars. Refrigerate for up to a week or freeze for longer-term storage.

The benefits of bone broth for the microbiome and human health are numerous. The collagen and amino acids in bone broth help to heal and seal the gut lining, promoting a healthy intestinal barrier and reducing inflammation. Additionally, the minerals and electrolytes present in bone broth, such as calcium, magnesium, and potassium, support overall health and can aid in hydration. The gelatin in bone broth also acts as a prebiotic, nourishing the beneficial bacteria in the gut and promoting a balanced microbiome.





## Probiotic Beet Kvas:

Beet kvass is an excellent addition to a gut-friendly diet due to its probiotic and nutritional properties. The fermentation process used to make kvass promotes the growth of beneficial lactic acid bacteria, creating a probiotic-rich tonic that can help support a healthy gut microbiome. These probiotics aid in digestion, boost the immune system, and promote overall gut health by maintaining a balanced population of good bacteria in the intestines. Moreover, beets are packed with vitamins, minerals, and antioxidants, providing a range of essential nutrients. The kvass also contains beneficial compounds like betaine, which supports liver function and digestion, and betalains, which are potent antioxidants. By incorporating beet kvass into your diet, you can nourish your gut with probiotics, replenish your body with vital nutrients, and potentially improve overall well-being through a healthier microbiome.

Prepare the ingredients by peeling and coarsely chopping 4 medium beets. Place the chopped beets into a large glass jar or fermentation crock. Add 1 tablespoon of sea salt or Himalayan pink salt, and pour in 8 cups of filtered water, ensuring the beets are fully submerged. If desired, you can add a cabbage leaf or a tablespoon of whey (from a previous ferment) to the jar to jumpstart the fermentation process by introducing beneficial bacteria.



Cover the jar with a tight-fitting lid, airlock lid, or a coffee filter secured with a rubber band to allow gases to escape during fermentation. Let the mixture ferment at room temperature, away from direct sunlight, for 5–7 days. Taste it after a few days and allow it to ferment longer if you prefer a more sour flavor. Once the desired flavor is achieved, strain the kvass through a fine-mesh strainer or cheesecloth, separating the liquid from the beet solids.

Transfer the kvass to an airtight bottle or jar and refrigerate. It will keep for several weeks in the fridge. Optionally, you can reserve some of the beet solids and add them back to the kvass for extra probiotic benefits and fiber. To drink, enjoy the kvass straight or diluted with water. Start with small amounts, like 4–8 ounces per day, and gradually increase as your body adjusts to the probiotics.



# Healing Herbal Broth Soup

- 8 cups vegetable or chicken broth
- 1 onion, diced
- 3 carrots, sliced
- 3 celery stalks, sliced
- 2 garlic cloves, minced
- 2 inch piece fresh ginger, grated
- 2 tsp dried thyme
- 1 tsp dried rosemary
- 1/4 cup fresh parsley, chopped
- 2 tbsp fresh turmeric, grated (or 1 tsp dried)
- 1 bay leaf & salt and pepper to taste
- Juice of 1 lemon
- Optional add-ins: greens like kale or spinach, cooked rice or noodles

In a large pot, combine the broth, onion, carrots, celery, garlic, ginger, thyme, rosemary, parsley, turmeric and bay leaf. Season with salt and pepper. Bring to a boil, then reduce heat and simmer for 30 minutes to allow flavors to blend. Remove bay leaf. Use an immersion blender to partially blend some of the vegetables into the broth if desired for a thicker, heartier texture.

Stir in lemon juice. Taste and adjust seasoning as needed. Add any optional greens or grains and cook a few minutes more until wilted/heated through.

Serve hot. The ginger, turmeric and herbs give this broth anti-inflammatory and immune-boosting properties to soothe and nourish. You can adjust

the herbs based on your tastes or what you have on hand. Other healing herbs like oregano or sage also work well.



# Vitamin Packed Herbal Soup

- 1 cup dried beans (kidney, pinto, etc.)
- 1/2 cup dried peas
- 4 carrots, sliced
- 2 parsnips, sliced
- 1 small rutabaga, cubed
- 1 onion, diced
- 2 cups grated zucchini or squash
- 1 cup total assorted fresh herbs (like 1/4 cup each parsley, thyme, rosemary, oregano), chopped
- 4 garlic cloves, minced
- 8 cups vegetable or chicken broth
- 1 tsp salt
- 1/2 tsp black pepper

Soak the dried beans overnight according to package instructions. Drain and rinse. In a large pot, add the soaked beans, peas, chopped carrots, parsnips, rutabaga, onion, grated zucchini/squash, plenty of chopped fresh herbs, minced garlic cloves and enough broth to generously cover the vegetables. Season with salt and pepper. Bring to a boil, then reduce heat and simmer for 1-2 hours until beans and vegetables are very tender. Use an immersion blender to partially purée some of the soup for a thicker texture if desired. Adjust seasoning as needed before serving. The variety of vegetables and herbs makes this soup incredibly nutrient-dense and vitamin-packed. Serve hot.



# Vegetable Bouillon

Here is the vegetable bouillon recipe with instructions for dehydrating into bouillon cubes:

- 1 cup dried mushrooms (shiitake, porcini, etc.)
- 1 onion, diced
- 3 carrots, diced
- 3 celery stalks, diced
- 6 garlic cloves, minced
- 2 tomatoes, diced
- 1/2 cup dried parsley
- 2 tbsp dried thyme
- 2 tsp dried oregano
- 1 bay leaf
- 8 cups water or vegetable broth
- 2 tbsp soy sauce or tamari
- 1 tsp white miso paste (optional)
- Salt and pepper to taste



In a large pot, combine the dried mushrooms and water/broth. Bring to a boil, then remove from heat and let sit for 30 minutes to rehydrate the mushrooms. In a skillet, sauté the onions, carrots, celery, and garlic for 5-7 minutes until softened. Add the sautéed veggies, tomatoes, dried herbs, bay leaf, soy sauce/tamari, and miso paste (if using) to the rehydrated mushrooms and liquid. Bring to a boil, then reduce heat and simmer for 1 hour, uncovered, to allow flavors to meld. Remove bay leaf. Use an immersion blender to puree the mixture completely until smooth. Season with salt and pepper to taste.

For Bouillon Cubes: Spread the pureed bouillon out in an even layer on dehydrator trays lined with non-stick sheets. Dehydrate at 135°F for 12-24 hours until completely dried and able to break apart into crumbles or cubes. Once dehydrated and cooled, break the dried bouillon into cubes or pieces and store in an airtight container. Rehydrate cubes with hot water when ready to use.

For Bouillon Concentrate: Alternatively, you can simmer the pureed bouillon over low heat for 2-3 hours to reduce it down to a thick, concentrated paste. Spread onto dehydrator trays and dehydrate as above to create more intensely flavored dried bouillon cubes or powder.

The dried bouillon cubes will keep for up to 6 months stored in an airtight container. Use them to add rich flavor to soups, stews, sauces and more by dissolving in hot liquids



## Pickled Onions & Garlic

- 1 large red onion, thinly sliced
- 8-10 garlic cloves, peeled
- 1 cup apple cider vinegar
- 1 cup water
- 1 tablespoon sea salt
- 1 teaspoon black peppercorns
- 1 bay leaf



Thinly slice 1 large red onion and peel 8-10 garlic cloves. Layer them in a clean jar or bowl. In a small saucepan, combine 1 cup apple cider vinegar, 1 cup water, 1 tablespoon sea salt, 1 teaspoon black peppercorns, and 1 bay leaf. Bring the mixture to a boil. Once boiling, carefully pour the hot vinegar mixture over the onions and garlic, ensuring they are fully submerged. Allow the mixture to cool to room temperature, then cover the jar or bowl and refrigerate for at least 24 hours before consuming. The pickled onions and garlic will keep for up to 2 weeks in the refrigerator.

Red onion (prebiotic fiber, anti-inflammatory quercetin) and garlic cloves (immune-boosting allicin, heart-healthy sulfur compounds, antioxidants) provide the base for these pickled vegetables. Apple cider vinegar introduces beneficial acids to aid digestion and a probiotic boost. Sea salt, black peppercorns, and bay leaf infuse additional flavors. During the fermentation pickling process, probiotics are created, supporting a healthy gut microbiome. The onions and garlic also offer prebiotic fibers to nourish the good gut bacteria, as well as anti-inflammatory and antioxidant properties for overall wellness.

# Wholesome Herbal Broth

- 8 cups water
- 1 cup loosely packed sorrel leaves
- 1 cup loosely packed lettuce leaves
- 1/2 cup chervil sprigs
- 4 carrots, sliced
- 4 celery stalks, sliced
- 1 bunch green onions, green tops sliced
- 6 garlic cloves, peeled whole
- 1 tsp salt
- 1/2 tsp black pepper

In a large pot, add the water along with the sorrel leaves, lettuce leaves, chervil sprigs, sliced carrots, sliced celery stalks, sliced green onion tops (green parts only), and peeled whole garlic cloves. Season with salt and pepper. Bring to a boil, then reduce heat and gently simmer for 30-45 minutes to allow the flavors to meld. Use a slotted spoon to remove the herb stems and garlic cloves. At this point, you can use an immersion blender to partially blend some of the vegetables into the broth for a thicker texture, or leave as is for a clear broth. Taste and adjust seasoning as needed before serving. The fresh greens, herbs and vegetables create a light yet nourishing wholesome broth. Serve hot on its own or as a base for soups and stews.





# Golden Milk



This warm, soothing turmeric tonic is packed with anti-inflammatory benefits. Turmeric contains curcumin, a powerful antioxidant that helps reduce inflammation. Black pepper enhances the absorption of curcumin. Ginger also has anti-inflammatory properties and can soothe digestive issues. Cinnamon and coconut oil provide additional antioxidants and make it rich and creamy.

:

- 2 cups milk of your choice (dairy, almond, coconut, etc.)
- 1 tsp turmeric powder
- 1/2 tsp ground ginger
- 1/4 tsp ground cinnamon
- 1 tbsp coconut oil or ghee
- 1 tsp honey or maple syrup (optional)
- Pinch of black pepper
- Pinch of cayenne pepper (optional)

In a small saucepan, gently warm the milk over medium heat until steaming and tiny bubbles form around the edges. Do not boil. Add the turmeric, ginger, cinnamon, coconut oil/ghee, and a pinch each of black pepper and cayenne (if using). Whisk vigorously to incorporate the spices and coconut oil. Once heated through and the spices are well-combined, remove from heat. Whisk in honey or maple syrup to taste, if desired. Pour into a mug and enjoy warm. You can froth it with a milk frother if you'd like it foamy. Optionally, add a pinch each of cardamom and nutmeg.

# Tonics and Ciders

## Apple Cider Vinegar Tonic

### Ingredients:

- 1 cup warm water
- 1 tbsp apple cider vinegar (ACV)
- 1-2 tsp honey (or to taste)

In a large glass, combine the warm water, apple cider vinegar, and honey. Stir well until the honey has dissolved into the vinegar and water mixture.

This tonic makes a refreshing drink that provides several potential health benefits:

- Apple cider vinegar may help ease digestion and relieve symptoms like bloating, nausea, and indigestion.
- The vinegar can help alkalinize the body and reduce inflammation, which may help soothe arthritis joint pain.
- ACV contains enzymes and probiotics that promote gut health.
- The potassium and amino acids in ACV may help boost energy and fight fatigue.
- Honey adds sweetness and contains antioxidants.

For morning sickness relief, sip this tonic slowly. For other uses, you can drink it once or twice per day, ideally before or with meals. Adjust amount of honey to your desired sweetness level.

- Start with just 1 tsp vinegar and work your way up if the taste is too strong
- You can add fresh grated ginger for extra digestive support

## Fire Cider

:

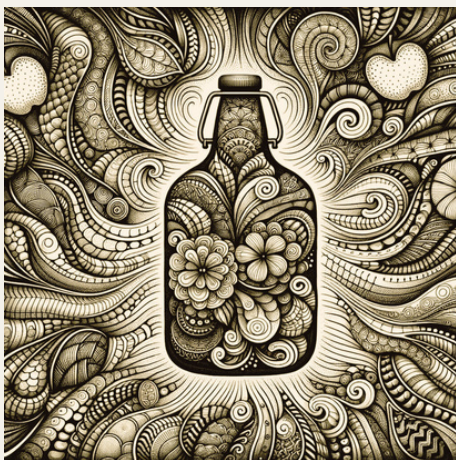
- 1 cup fresh grated horseradish root
- 3 tbsp fresh grated ginger root
- 1 onion, diced
- 1 head garlic, cloves peeled and smashed
- 2 jalapeño peppers, sliced (or other hot peppers)
- Zest and juice of 2 oranges
- Zest and juice of 2 lemons
- 1/4 cup honey (or maple syrup)
- 1 tbsp turmeric powder
- 2 cinnamon sticks
- 1 tsp black peppercorns
- Apple cider vinegar
- Optional add-ins: 1/2 cup dried nettle leaf, 1/4 cup dried dandelion root, 1/4 cup dried oregano, 1/4 cup dried thyme, 1/4 cup dried rosemary

In a large jar, combine the grated horseradish, grated ginger, diced onion, smashed garlic cloves, sliced jalapeños, orange zest and juice, lemon zest and juice, honey, turmeric, cinnamon sticks, black peppercorns, and any optional dried herbs you're using like nettle leaf, dandelion root, oregano, thyme or rosemary.



Pour apple cider vinegar over the mixture until all ingredients are fully submerged and covered by at least 1 inch of vinegar. Use a fermentation weight or smaller jar to fully submerge the contents if needed. Cover the jar with a lid, plastic wrap or coffee filter secured with a rubber band to allow gases to escape. Let the mixture infuse for 4-6 weeks at room temperature, shaking the jar daily. After the infusing time, strain out the solids through a mesh strainer or cheesecloth, squeezing to extract as much liquid as possible from the solids. Bottle the fire cider vinegar tonic in clean jars or bottles. Refrigerate for the longest shelf life.

Take a shot glass or sip of fire cider daily as an immune booster, to help with congestion, as a digestion aid, etc. You can also use it in salad dressings, marinades, or cocktails. Drink when you feel a cold or illness coming on. The added ginger increases the anti-inflammatory benefits. The optional dried herbs provide extra nutrients and immune support.



## Ginger Bug

A natural starter culture used for fermenting beverages like ginger beer or plant-based milk alternatives.

- 2 cups filtered water
- 1/4 cup grated fresh ginger
- 1/4 cup organic cane sugar or unrefined sugar

In a wide-mouth glass jar or bowl, combine the grated ginger and sugar with 2 cups of filtered water. Stir well to dissolve the sugar, making sure there are no dry pockets. Cover the jar or bowl with a coffee filter or breathable cloth and secure it with a rubber band. Allow the mixture to sit at room temperature for 24 hours. After the initial 24 hours, stir the mixture well and feed it with 1 tablespoon of grated ginger and 1 tablespoon of sugar. Continue feeding the bug once a day with these same amounts of ginger and sugar, stirring well each time.

Within a few days, you should notice bubbles forming and a slightly yeasty or beer-like aroma developing. This indicates that the natural yeasts and beneficial bacteria present on the ginger peel are becoming active and fermenting the sugar.

Once the bug becomes very active and bubbly, with a strong yeasty aroma (usually within 5-7 days), it is ready to use for fermenting ginger beer or culturing plant-based milks. At this point, you can transfer the bug to a clean jar, reserving about 1/2 cup of the liquid starter to maintain the culture.

## Ginger Bug

To maintain the ginger bug, continue feeding it daily with 1 tablespoon each of grated ginger and sugar, even after using some for fermenting projects. Store it at room temperature, away from direct sunlight, and stir well before each feeding.

The ginger bug is a probiotic-rich starter that can add beneficial bacteria and natural carbonation to fermented beverages. It's a simple and cost-effective way to create delicious, gut-friendly drinks at home.



## Digestive Bitter Tonic

- Dandelion greens/root - bitter herbs that stimulate digestive enzymes and bile for better nutrient absorption
- Chicory leaves/root - contains prebiotics that feed beneficial gut bacteria
- Burdock root - rich in fiber and prebiotics to nourish a healthy microbiome
- Ginger and turmeric - anti-inflammatory roots that soothe digestive discomfort
- Apple cider vinegar - provides beneficial acids and probiotics to aid digestion
- Raw honey (optional) - adds sweetness along with enzymes and antioxidants
- Lemon juice (optional) - vitamin C to enhance nutrient absorption



Simmer dandelion, chicory, burdock, ginger, and turmeric in water for 10-15 mins. Steep 10 more mins then strain. Once slightly cooled, stir in vinegar and honey/lemon juice if using. Drink warm or chilled before/after meals, starting with small amounts. Gradually increase intake as your body adjusts to the bitterness. This tonic supports digestion and gut health. The bitter herbs, prebiotics, anti-inflammatories, and probiotics in this tonic work together to improve digestion, soothe the gut, and nourish a balanced microbiome for overall digestive wellness.

# Yogurt Healing

Yogurt has been used for centuries to help alleviate intestinal inflammations. This is a great Candida tonic.

- 32 oz (4 cups) plain Greek yogurt
- 1 tsp salt
- 1/4 cup chopped fresh herbs like dill, chives, parsley, etc. (or 2 tbsp dried herbs)
- 2 garlic cloves, minced (optional)
- Zest of 1 lemon (optional)

Line a strainer or colander with a double layer of cheesecloth and set it over a bowl. Scoop the yogurt into the lined strainer. Cover the yogurt with the overhanging ends of the cheesecloth. Place a small plate or can on top to weight it down. Refrigerate for 12-24 hours to allow the whey to drain out, leaving behind thickened yogurt cheese.

Transfer the thickened yogurt cheese to a bowl. Stir in the salt, chopped fresh herbs, minced garlic (if using), and lemon zest (if using) until fully combined. Taste and adjust seasoning if desired by adding more salt, herbs, garlic or lemon. The yogurt cheese will have a thick, spreadable texture perfect for serving with bread, crackers, veggies or using in dips.

For variations, you can add different fresh or dried herb combinations like dill/chives or basil/oregano. Or stir in spices like paprika, cumin, red pepper flakes. Another option is mixing in roasted garlic instead of raw, or swirling in sundried tomato pesto or olive tapenade. Store the herbed yogurt cheese covered in the refrigerator for up to 1 week.



## Golden Milk Kefir

A probiotic-rich drink that can help support gut health and heal the microbiome:

- 2 cups plain kefir (made from cow's milk or plant-based milk)
- 1 inch fresh turmeric root, grated or 1 teaspoon ground turmeric
- 1 inch fresh ginger root, grated or 1 teaspoon ground ginger
- 1 cinnamon stick or 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground black pepper
- 1-2 tablespoons raw honey or pure maple syrup (optional)

In a small saucepan, combine the kefir, grated turmeric (or ground turmeric), grated ginger (or ground ginger), cinnamon stick (or ground cinnamon), and black pepper. Gently warm the mixture over low heat, stirring occasionally, until it reaches a comfortable drinking temperature but does not boil. Remove from heat and let the mixture steep for 10-15 minutes to allow the flavors to infuse. Remove the cinnamon stick (if using) and stir in the raw honey or pure maple syrup, if desired, to taste. Pour the golden milk kefir into a glass or jar and enjoy warm or chilled.

Kefir is a fermented dairy or non-dairy beverage that contains a diverse range of beneficial bacteria and yeast strains, making it an excellent probiotic source for supporting a healthy gut microbiome.



Turmeric is renowned for its anti-inflammatory properties due to its active compound, curcumin, which can help reduce inflammation in the gut and promote overall digestive health.

Ginger is a potent anti-inflammatory and digestive aid, helping to soothe the gut and improve digestion.

Cinnamon has antimicrobial and antioxidant properties, which can help balance the gut microbiome and protect against harmful bacteria.

Black pepper contains piperine, a compound that enhances the bioavailability and absorption of curcumin from turmeric, allowing the body to better utilize its benefits.

This golden milk kefir is not only nourishing for the gut but also rich in flavor, making it a delicious and medicinal way to support gut health and overall well-being.

# Poisoning

## Activated Charcoal - For Stomach Issues & Poisoning

Activated charcoal is an incredibly adsorbent and porous substance that can bind to toxins, chemicals, gases, and other undesirable substances in the digestive system to help flush them out of the body. It's used to treat accidental poisonings, overdoses, intestinal gas and bloating, diarrhea, and other digestive issues. The charcoal's millions of tiny pores trap toxins and gases, preventing their absorption through the intestines into the bloodstream. These bound substances are then harmlessly excreted from the body.

Instructions for Digestive Issues:

Mix 1-2 capsules' worth or 1/2 - 1 tsp of activated charcoal powder into a glass of water, juice or non-dairy milk. Stir briskly and drink the mixture. Follow with another glass of liquid to ensure it makes its way through your system.

For gas/bloating, take the charcoal after a gas-producing meal. For diarrhea/food poisoning, take it at the first signs and continue every 2-4 hours as needed. The charcoal will absorb intestinal gases as well as bind to bacteria, viruses or other digestive irritants to provide relief.

In case of poisoning or overdose, call Poison Control immediately. They may recommend taking 50-100 grams of activated charcoal powder mixed into a beverage as soon as possible after ingesting the poison. This helps bind the toxic substance before it's absorbed. Continue taking repeated doses of charcoal as recommended until the poison/toxin can be removed from your system.

# Household cleaners

## Natural Wood Conditioner

- 1 cup mineral oil or fractionated coconut oil or olive oil
- 1/4 cup white vinegar
- 1 tsp lemon juice
- 10-15 drops lemon or orange essential oil (optional)

In a bowl or jar, combine the mineral oil or fractionated coconut oil, white vinegar, lemon juice and lemon or orange essential oil if using. Whisk or shake vigorously until fully emulsified into a creamy liquid.

Use a clean lint-free cloth to apply a thin, even coat of the wood conditioner onto clean, dry wood surfaces. Let it soak in for 5-10 minutes. Go back over the surface with a fresh cloth, wiping away any excess conditioner that hasn't absorbed into the wood. Allow to dry completely, about 30-60 minutes.

Buff the surface with a clean, dry cloth to bring out the shine and luster. Repeat every few months or as needed when the wood starts looking dull or dry. The oils help nourish and hydrate the wood, while the vinegar helps remove dirt, grime and polish residue. The lemon revives the natural smell of wood.

This natural conditioner can be used on finished wood furniture, cabinets, floors, butcher blocks, cutting boards and more. Avoid using on unfinished or untreated wood as it can cause staining. Always test first on an inconspicuous area. Store any leftover conditioner in a sealed container for future use.



## Natural Fabric Softener



- 6 cups warm water
- 1 cup hair conditioner (without harsh chemicals)
- 1/2 cup white vinegar
- 10-15 drops essential oil (optional - lavender, lemon, etc.)

In a large bowl or jar, combine the warm water, hair conditioner, and white vinegar. Whisk together until fully incorporated. If using, add 10-15 drops of your preferred essential oil like lavender or lemon and mix well.

Pour the fabric softener mixture into an empty bottle or container you can easily pour from. Shake gently before each use to recombine the ingredients.

For each load of laundry, add 1/2 cup to 1 cup of the fabric softener during the rinse cycle. The conditioner helps soften fabrics, while the vinegar removes soap residue, odors and static cling. You can also use this as a fabric spray after drying clothes. Simply mist lightly over garments and linens, then toss in the dryer for 5-10 minutes on air fluff to soften them up.

For front-loading washing machines, consider diluting the fabric softener with more water to prevent buildup in the drums. Start with half the amount and adjust as needed.

Store any unused portions in a sealed container at room temperature. The fabric softener will keep for several months. Shake vigorously if it separates before using again.

## Natural All-Purpose Cleaner

- 1 cup white vinegar
- 1 cup water
- 1/2 cup baking soda
- 2 tbsp lemon juice
- 10 drops lemon or orange essential oil (optional)



In a large spray bottle, combine the white vinegar, water, baking soda, and lemon juice. Secure the spray top and shake vigorously to combine everything and dissolve the baking soda. If using essential oil, remove the spray top and add 10 drops, then replace and shake again.

To use, simply spray the all-purpose cleaner directly onto kitchen counters, floors, bathroom surfaces, inside ovens/microwaves, etc. For tough jobs, make a thicker paste by using less water. Spread the paste onto the surface and let sit for 5-10 minutes before scrubbing and wiping away. The abrasiveness of the baking soda combined with the acidity of the vinegar makes an effective cleaning combo.

Rinse all surfaces with water after cleaning if desired. Use on any hard, non-porous surfaces around the home. Do not use on marble, granite or stone as the acid can damage it over time. For extra cleaning power, add 1/2 tsp of dish soap or a few drops of castile soap to help cut through stuck-on messes and grease. For deodorizing, increase the amount of lemon juice or essential oils.

# Animal Care

## Herbal Flea Collar for Dogs

- 1 cup apple cider vinegar
- 1 cup water
- 1/4 cup cedar shavings or chips
- 3 cloves garlic, crushed
- 2 tbsp dried wormwood
- 2 tbsp dried basil
- 2 tbsp dried lemon balm
- 2 tbsp dried mint
- Cotton bandana or handkerchief



In a saucepan, combine the apple cider vinegar, water, cedar shavings, crushed garlic cloves, and all the dried herbs. Bring to a gentle simmer over medium heat. Once simmering, reduce heat to low and allow the mixture to steep for 30 minutes to extract all the herbal oils and scents. Remove the pan from heat and allow the concentrated herb mixture to cool completely.

Lay out a cotton bandana or handkerchief flat. Once cooled, slowly pour the herb vinegar mixture evenly over the fabric until saturated, reserving any excess liquid. Let the soaked bandana fully air dry. Once dried, gather and tie the fabric into a loose collar shape. Secure the herbal flea collar comfortably around your dog's neck. The blend of herbs, garlic, cedar and vinegar helps naturally deter and repel fleas and ticks. Re-soak or refresh the collar once a week by pouring any reserved herb vinegar over it. Add more dried herbs as needed to restore scent. Rotate using 2-3 collars, while allowing the others to fully dry between wearings.

## Peanut Butter and Oat Dog Biscuits

- 2 cups whole wheat flour
- 1 cup rolled oats
- 1/3 cup peanut butter (xylitol-free)
- 1/2 cup milk (or milk alternative)
- 1 egg
- 2 tbsp honey
- 1 tsp baking powder
- 1 beef bouillon cube, crumbled
- 1/4 cup chopped beef jerky or meat treats



### Optional Add-Ins:

- Shredded carrots, apple, sweet potato, etc.
- Parsley, mint, or other dog-friendly herbs
- Shredded cheese

Preheat oven to 350°F. Line a baking sheet with parchment.

In a large bowl, whisk together the flour, oats, baking powder and crumbled bouillon cube. In a separate bowl, mix the peanut butter, milk, egg and honey until combined. Pour the wet mixture into the dry ingredients and mix to form a sticky dough, adding more milk if needed. Fold in the chopped jerky and any other optional add-ins until evenly distributed. On a lightly floured surface, roll dough to 1/2 inch thick. Cut into treat shapes with cookie cutters or a knife. Arrange cut outs on the baking sheet 1 inch apart. Re-roll scraps to make more treats. Bake for 18-20 minutes until lightly golden brown on the bottom. Cool completely. Store baked dog biscuits in an airtight container at room temp for 1 week or fridge for 2 weeks.

The addition of the savory beef bouillon and salty jerky makes these treats extra enticing for dogs! Other fun add-ins can include their favorite foods too.



Here are some other homemade recipe ideas for treats and foods for different pets:

### For Dogs:

Frozen Pupsicles - Blend plain yogurt, peanut butter, mashed banana/pumpkin and freeze in cupcake tins

Chicken Jerky - Dehydrated strips of cooked chicken breast

Pumpkin Dog Treats - Pumpkin puree, oats, egg, whole wheat flour baked into shapes

Doggy Beef Stew - Ground beef, sweet potatoes, carrots, brown rice

### For Cats:

Tuna Treats - Bake tuna mixed with whole wheat flour, egg, parsley

Chicken Cat Treats - Dehydrated cooked chicken breast

Meat Cat Treats - Bake or dehydrate treats using pureed meat baby food

### For Birds:

Birdseed Cookies - Mix birdseed into cornbread or muffin batter and bake

Veggie Kabobs - Skewer fresh veggies like corn, bell peppers, greens for a foraging treat

Bread Bites - Toasted whole grain bread pieces with seeds and nuts

### For Small Pets:

Rabbit Treats - Bake slices of banana, sweet potato, or apple chips

Hamster Treats - Mix pieces of whole grain cereal, dried fruit, seeds and nuts

Guinea Pig Veggies - Fresh bell pepper, cucumber, carrots and greens

THANK YOU!



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