

# Introduction

## Why I Love Herbal Infusions & How to Use This Book

Before I delved into herbalism, much of it seemed difficult or beyond my capabilities. I didn't think that I had the knowledge or skills to make things such as tinctures and salves from scratch. But, when I finally set out to make my first infused oil—after putting it off for way too long—I honestly couldn't believe how easy it was! It was definitely a light bulb moment for me. I was making herbal medicine!

Putting dried herbs into jars, covering them with oil and then letting them sit for weeks is something that anyone can do. Beyond that, it's merely a matter of choosing the right herbs and the infusing medium that will work best for your particular needs—and this book can help you with that. All that you really need for these recipes are herbs, an infusing liquid and time.

Time. We could all use a little more of it, right? Thankfully, these recipes take very little time to put together. This is the real beauty of herbal infusions and why I love them so much. They do take time to sit and infuse and gather all of their herbal goodness into whatever medium they are infusing into—oil, vinegar, honey, alcohol, water or glycerine. But the best part is that this is unattended time. This is time that the herbs are doing the work for you while you go about your business, waiting patiently for the outcome. What you end up with is an herbal remedy that you can either use as is, like a tincture, tea or infused vinegar, or you can transform it into something else, such as turning an infused oil into a healing salve, body butter or lip balm.

This book is meant to be a guide to help you choose the best herbal remedy for you and your loved ones. I have specially chosen these recipes to cover a wide range of common ailments and issues. Whether you or someone in your family is suffering from a common cold or flu, muscle or body aches, migraines or earaches, upset stomach or heartburn, anxious nerves or insomnia, dry skin or flaky scalp or even have a baby with diaper rash, this book has an herbal treatment for it, plus many more!

The recipes and remedies in this book are all quite simple to make and use herbs that are generally considered to be very safe for the entire family. There are a few exceptions for young children or those who are pregnant or who have specific medical conditions, and they have been noted as such. The formulas that I've included make it easy for someone who is new to herbalism to have confidence in a recipe that is made for a certain ailment. Feel free to adjust the recipes if you'd like, paying attention to the actions of the herbs so that you can find a suitable alternative for your particular needs. The herb profiles at the end of the book (page 191) will help with that. Once you start to understand the basics of herbal infusions, or for those who have some experience making herbal medicine already, you can use the infusion guide at the beginning of the book (page 11) and the herb profiles to come up with your own specific remedies.

When I took that very first infused oil that I made—a mix of calendula, lavender and plantain—and I turned it into a salve, I knew that I was embarking on the beginning of a

long herbal journey. It felt right, like what I was meant to be doing. So, during the years, I've expanded on that knowledge, using mostly foraged or homegrown herbs, flowers, roots, berries, bark and leaves. And now I'm so pleased to be sharing all of that knowledge with you in this book. I hope that it will become a part of your herbal journey to natural wellness!