



HOW TO USE Herbal Medicine

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Medicinals made and distributed by:

Authentic Creations Publishing Apothecary is an earth based spiritual offering a variety of ancient practices in the form of multi-lingual publishing, programs and medicinals. Our practice is dedicated to tending wounds, and bringing about harmony through personal, and collective transformation. Our offerings are by and for People of Heritage, genderqueer, and low-income members of this community, and their Allies. All our offerings are ethically sourced, and given on a sliding scale, and trade bases. Join our Moony Newsletter at artisticapothecary.wordpress.com

People of Heritage have family lineage originating from Afrika, the Middle East, Asia, South American and/or Turtle Island.

Thank the Plants

Do-it-yourself Herbals:

Vinegar Tinctures

Topical Ointments

Powders

Dehydrated Herbs

Herbal Sprays

Dental

Dehydrated Herbs



- * Tea: Boil herbs in water for 3 minutes. 1 tablespoon herbs to 1 cup water
- * Pultise: Mash up plants, add small amount of water and apply to skin.
- * Smoke Blend: only use herbs approved for internal inhalation.
- * Fumigants: bundle herbs and light with a match. Blow out flame and let smoke fill the area.
- * Herbal Bath: make tea and add to bath water
- * Infusions: Add herbs to vinegar, Alcohol, oil, or powder
- * Steams: 2 tablespoons of herbs in 1 cup water boiling
Place bowl on table. Rest head over bowl. Cover head & towel in towel for 10 minutes.

Herbal Sprays

- use when needed -

* Deodorant

Spray twice into armpits

* Hand Sanitizer

use to eliminate germs

* Bug Repellant

Spray on body to deter bugs
avoiding the face

* Burn Relief

Spray on burns to cool. Then
wash hands.

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&

REST



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Vinegar Tinctures (edible)




Dosage: 1 dropper full in a small amount of water daily

Your body will tell you to increase or lessen your dose. If you feel confident apply dosage directly under your tongue.

Topical Ointments

Stretch hurt area. Apply to skin. Avoid face and open wounds unless specific ointment. To personalize add oils of your choice.

 ← roll an application

Usually these ointments are potent. Roll on then wash your hands. Avoid rubbing skin with hands.

Phytoremediation

Plants that absorb harmful chemicals out of the Earth. Avoid harvesting Sunflower, Mustard and Cilantro from mine sites and waterways.

Powders



*Mineral Foot Soak

Boil $\frac{1}{3}$ cup of powder in 1 gallon of water for 20 minutes. Place infused herbal water in container your feet fit into. Add additional water if needed. Soak feet for 20 minutes to release toxins. Water will cool. Then for an additional 20 minutes soak feet to absorb beneficial minerals.

*Parasite Relief

(for people and animals)

Eat a tablespoon daily until symptoms release.

If animal has mites in ears place small amount of powder in ear.

SAVE SEEDS

let flowers, fruits, and vegetables dry on the plant to form seeds.

TRUST YOURSELF

SEEDS STORAGE

in a moisture, and bug proof container.
Cool, dry, dark

Dental

* Toothpowder

Apply powder to wet toothbrush
and brush normally.

* Mouthwash

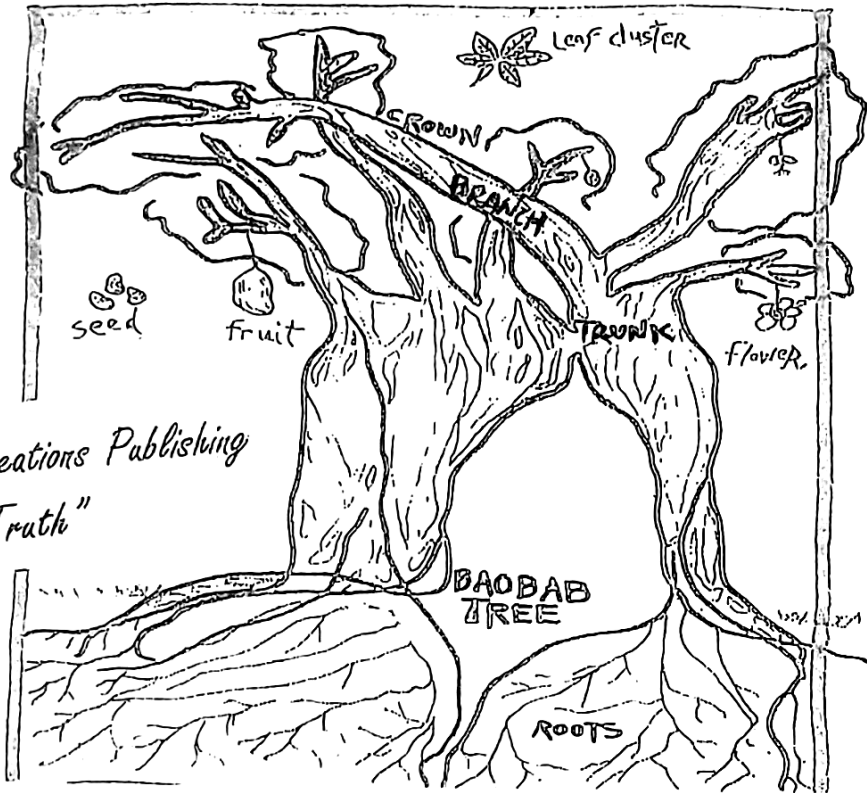
Place small amount in mouth
Swish for 30 seconds and spit.



THOUGHTFULLY

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