

## Herbal Syrup Recipes

### Alterative Syrup

1 part yellow dock root  
1 part burdock root  
1 part dandelion root  
1 slice of ginger or a cinnamon stick, for flavor (optional)  
Honey and molasses, for sweetener

Use 2 tablespoons of fresh root mix or 1 tablespoons of dried root mix for every 8 ounces of water. Decoct until the water volume has reduced by half. Strain, measure the total volume, and add  $\frac{1}{4}$  part honey and  $\frac{1}{4}$  part molasses (for  $\frac{1}{2}$  part total sweetener). Store in the refrigerator, where the syrup will usually keep for up to 3 months.

#### *Dosage:*

- *As a tonic during seasonal transitions: 1 tablespoon 2x a day for 1 month.*
- *For those needing direct liver support and blood cleansing or for iron-deficient anemia: 1 tablespoon 2x a day for 3 months.*

### Elderberry Syrup

2 cups water  
2 tablespoons elderberries  
1 teaspoon grated fresh ginger root  
 $\frac{1}{2}$  cup raw honey

Combine the water, elderberries, and ginger in a saucepan. Simmer over low heat until the liquid volume reduces by half (to about 1 cup). Strain the berries and ginger from the decoction and add the honey (or another natural sweetener). Shake well, until all the honey is dissolved.

Store in the refrigerator, where the syrup will usually keep for up to 3 months. For increased shelf life add  $\frac{1}{4}$  cup of brandy to the finished syrup (refrigeration is still recommended).

#### *Dosage:*

*Take 1 tablespoon 2–3x a day to boost the immune system. I usually take elderberry syrup if I feel I might get sick and continue to take it until all symptoms have cleared. If you do get sick or are already sick, continue to take elderberry syrup through the course of illness.*

## High Mineral Syrup

5 cups water  
2 tablespoons fresh nettle leaf or 1 tablespoon dried  
2 tablespoons fresh chickweed herb\* or 1 tablespoon dried  
2 tablespoons fresh dandelion leaf or 1 tablespoon dried  
2 tablespoons fresh violet leaf and/or flower or 1 tablespoon dried  
2 tablespoons fresh horsetail herb or 1 tablespoon dried  
½ cup raw honey

Combine the water and herbs in a saucepan. Simmer over low heat until the liquid volume reduces by half (to about 2½ cups). Strain the herbs from the decoction and add ½ cup of honey (or another natural sweetener). Shake well, until all the honey is dissolved.

Store in the refrigerator, where this syrup will usually keep for up to 3 months. For increased shelf life, add ½ cup of brandy to the finished syrup (refrigeration is still recommended).

Notes: Using molasses as part, or all, of the sweetener in the syrup will increase the iron content. This recipe calls for wild spring herbs, but other mineral-rich herbs can be substituted or added, such as oatstraw or tops, raspberry leaf, red clover, alfalfa, and parsley.

### *Dosage:*

*Take 1 tablespoon 1–2x a day as a dietary supplement. This formula is excellent for those with low energy or anemia and can be safely taken by anyone for general nutrition. Children should take half the recommended adult dose.*

\*The generic term “herb” refers to the above ground parts of a plant - leaves and stems (and flowers, if the plant is meant to be used during the flowering stage).