

## **Oil Based Medicines**

### **External Remedies**

#### **Infusion of Fresh Herbs**

1:3 w/v (1 part fresh plant by weight:3 parts oil by volume)

Cut the herbs into small pieces. Lightly pack the herbs into a glass jar, filling the jar two-thirds full. Cover the herbs with oil, packing them down as you pour in the oil. Be sure that all the plant material is covered by oil; if this means increasing the ratio of oil to herb, that is okay! Allow the oil and herbs to steep for 1 moon cycle, or 4 to 5 weeks, before straining. Check regularly and add oil as needed; the herbs should always be covered with oil.

#### **Infusion of Dried Herbs**

1:5 w/v (1 part dry plant by weight:5 parts oil by volume)

Prepare as above for fresh herbs. All the herbs should be covered with oil. You may need to go to a higher ratio of 1:7 or more depending on the fluffiness of the dried herbs you are using.

*In Unit 8 you will learn to use your herbal infused oils as the base for salves, slathers, butters, balms and lotions/creams!*

### **Internal Remedies**

#### **Culinary Infused Oils**

Place dried culinary herbs of your choice in a glass jar. Completely cover the herbs with organic extra-virgin olive oil and infuse for 2 to 4 weeks. You may strain out the herbs before using the oil, or use the oil as is and include some of the herbs in your cooking. Enjoy your culinary oil as a flavorful addition to dressings, for cooking, or as a dipping sauce or garnish.