

Time Codes: Video Lesson One – Water Based Medicines

For each video tutorial you will get a corresponding list of time codes. Time codes will help you keep track of where you are in the video and what topics are being covered at what point. They are particularly helpful if you need to go back and review or re-watch a section that you are fuzzy on.

Two Notes/Corrections for Video Lesson One:

1. When talking about mucilage in Part II, I at one point say something to the effect of, "linden has linden in it." You will likely gather what I meant to say while watching, which is, "linden has mucilage in it."
2. When making syrups in Part IV the screen shot says to use 3/4 (1/2 part sweetener). It should say to use "3/4 cup (1/2 part sweetener). Again, you will likely know that it is 3/4 cup, because I say it as we go though, but just in case, now you know!

Enjoy!

0:00

Part I: Introduction, Making Teas and Infusions

Introduction

About Water

Water as a Solvent

3:15

Plant Constituents that Water Extracts

4:45

Tea

Tea Making Methods

7:00

Proportions and Ratios for All Water Based Medicines

1 Tbs. loose herb for every cup of water

or

1/4 oz. loose herb by weight with every cup of water

14:40

Teas Steep for 5 - 15 Minutes

13:20

Infusions

Steep 4 hours or more, often overnight.

15:00

Medicinal Benefits of Infusions versus Teas

16:50

Part II: Fresh versus Dried Plant / Hot versus Cold Water

16:50

Fresh versus Dried Plant

21:30

Hot versus Cold Water

23:30

About Mucilage - Medicinal Properties

24:35

Cold Water Infusions & Circulatory Displacement for Best Extracting Mucilage

31:20

Part III: Herbal Decoctions

When to Use and How to Make

35:25

Using Water Based Medicines:

When to Use the Different Methods we have Covered

Tonics versus Those Herbs Used for Acute Conditions or on an as Need Basis

Internal versus External Applications

External Applications: Herbal Wash, Herbal Baths and Foot Baths, Steams, Douches, Nasal Rises, Eye Wash

42:15

Self-Life of Teas, Infusions and Decoctions

44:05

Additives to Tea: Sweeteners, Milk and Milk Substitutes

48:25

Fresh Plant Preparations: Herbal Succus and Poultice

53:45

Part IV: Herbal Syrups

53:45

About Syrups and How to Make Them

1:02:00

Straining Your Herbal Syrup

About Cotton Muslin Fabric

1:04:35

About Different Sweetener Options

1:06:30

Ratio of Sweetener to Strong Decoction

1:10:40

Shelf-Life of an Herbal Syrup

1:12:20

What Happens When a Syrup "Goes Bad?"

1:13:12

Ways to Increase the Self-Life of your Herbal Syrup

1:15:05

Why Make an Herbal Syrup?!

1:15:58

How to Take and Use Your Herbal Syrups