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How to Make Homemade Herbal Liniments

HOMEMADE HERBAL LINIMENTS

Liniments are used externally for aches, pains, arthritis, stiff joints, varicose veins, and bruises.

BASIC LINIMENT FORMULA

Fill a jar about 1/2 to 1/3 way with dried or chopped fresh herbs. Cover the herbs with rubbing alcohol, vodka, vinegar, or white witch hazel until the jar is almost full.

Let rest several weeks in a cool, dark place.

Before use, shake well, straining into a clean container for use. If desired, add essential oils (essential oils are added to the jar).

Shake this in an hour 1 to 2 times.

LIQUID INGREDIENT OPTIONS (can mix & match)

White Alcohol - soothes, reduces inflammation, soothing, helpful for bruises, varicose veins.

91 Proof Vodka - efficiently extracts properties of herbs, especially when mixed with 50% or higher heat for muscle pain relief.

Highproof Alcohol - easily available, quick acting and highly effective as a liniment. Has a higher level of potency than other options, heat & heat & keep out of reach of kids.

Apple Cider Vinegar - can be used if you're avoiding alcohol, or to extract the other ingredients, has a stronger smell than the other options.

MENTHOL CRYSTALS

Can be added for a cooling and pain-relieving sensation.

Shake menthol crystals in 1 clear bottle or rubbing alcohol before straining into your finished liniment.

Can be added up to 2% of your recipe - use only 0.2% for very family with sensitive skin.

1% use menthol crystals on 1 cup (250 ml) liniment = 0.25g.

Wear gloves when handling menthol crystals, don't rub eyes, and keep away from kids.

By Jen Berry of TheNerdyFarmWife.com and TheNerdyChickening.com



HERBS TO USE

See www.TheNerdyFarmWife.com/Herb-Infused-Liniments-Ready for a more complete list of herbs you should consider using.

Arnica (Arnica montana, A. officinalis) - for bruising, swelling, pain, arthritis, sores, do not use arnica on broken skin or cuts.

Blue Balm (Eucalyptus globulus, E. spp.) - anti-inflammatory, antimicrobial, helps rheumatic pain.

Celandine (Celandine officinalis) - antimicrobial, helps damaged skin, for varicose veins.

Capsicum (Capsicum annuum) - increases circulation of pain, heat, warming, use only small amounts to avoid burning your skin.

Cannabis (Cannabis sativa) - for bruising, sprains, reduces pain, helpful for some injuries, do not use on open wounds.

Comfrey (Symphytum officinale) - anti-inflammatory, helpful for pulling, and painful muscle pain.

Frankincense Resin (Boswellia serrata) - anti-inflammatory, reduces pain.

Ginger (Zingiber officinale) - warming, increases circulation.

Goldenseal (Hydrastis spp.) - for general aches and pain.

Marshmallow Root (Althaea officinalis) - for aches, pains, bruises, sprains, varicose veins.

Juniper Berries (Juniperus communis) - warming, stimulates circulation.

Lavender Leaves & Flowers (Lavandula angustifolia) - cooling, all purpose skin soothes.

Peppermint (Mentha arvensis, M. spp.) - warming, used for arthritis, stiff joints, and rheumatism, some families find the smell so strong.

Purple Dead Nettle (Limonium purpureum) - anti-inflammatory, helps damaged skin, for sores.

Stemona (Stemona officinalis) - stimulates circulation, helps aching joints.

Yarrow Root (Achillea millefolium) - can be used externally as a mild sedative and for sore muscles.

Yucca (Yucca mollis) - anti-inflammatory, helps with bruising, pain, varicose veins, and swollen skin.



Geranium Liniment Recipe

Health Research Staff



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The Old Herb Doctor, His Secrets and Treatments Health Research Staff,1996-09 1941 Contains many rare herbal formulas which have healed thousands when all else failed Some of the contents Organic Substance of Plants Secrets of Ancient Specialists Vitamin E The Sex Vitamin Anemia Running Fits in Dogs Hog Cholera H *The Old Herb Doctor, His Secrets and Treatments* ,1941 *Essential Oils & Aromatherapy For Dummies* Kathi Keville,2023-06-20 Reduce anxiety manage pain improve sleep and more with the healing power of aromatherapy and essential oils Looking for natural and organic ways to support your mind body and spirit Then look no further than the ancient practice of aromatherapy In *Essential Oils Aromatherapy For Dummies* Second Edition you ll find simple and easy advice on everything from therapeutics to cosmetics as well as the recreational use of essential oils Internationally known herbalist and aromatherapist Kathi Keville offers straightforward remedies for dozens of common conditions you can use immediately to make yourself or someone you love feel better Easily prepare your next natural remedy at home or at work with guidance on how to use essential oils and aromatherapy in familiar settings or find in depth coverage of how to use essential oils in conjunction with therapeutic massage You ll also discover What to look for in a great aromatherapy scent and how to shop for and store herbs and ingredients How to use aromatherapy in different settings including your home office and gym Quick tips on easy ways to add helpful fragrances to your life An easy to use and fun guide to safely and easily treating hundreds of frequently occurring ailments *Essential Oils Aromatherapy For Dummies* Second Edition will help you use organic and herbal ingredients to increase your focus improve concentration relieve tension and get more sleep Try it today **P.J.F., The Pharmaceutical Journal Formulary** John Thurlbeck Humphrey,1904 *American Druggist* ,1936 **American Druggists' Circular and Chemical Gazette** ,1914 *Druggists' Circular* ,1908 *American Druggist* ,1931 Manufacturers' Practical Recipes, Comprising Processes and Recipes for the Manufacture of Commodities Used in All the Industries, Arts and Professions George Sydney Ranshaw,1950 **Pharmaceutical Journal**; ,1903 *The Bulletin of Pharmacy* ,1906 *Bulletin of Pharmacy* ,1922 Pharmaceutical Formulas Peter MacEwan,1905 *Vegetarian Times* ,1981-12 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both **The Popular Science News and Boston Journal of Chemistry** ,1879 *Druggists' Circular and Chemical Gazette* ,1891 Includes Red book price list section title varies slightly issued semiannually 1897 1906 **Practical Druggist and Pharmaceutical Review of Reviews** ,1916 *Health at Home* William Whitty Hall,1875 **Health at home, ; or, Hall's family doctor** William Whitty Hall,1876 **Johnson's Univeral Cyclopædia** ,1890

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Table of Contents Geranium Liniment Recipe

1. Understanding the eBook Geranium Liniment Recipe
 - The Rise of Digital Reading Geranium Liniment Recipe
 - Advantages of eBooks Over Traditional Books
2. Identifying Geranium Liniment Recipe
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Geranium Liniment Recipe
 - User-Friendly Interface
4. Exploring eBook Recommendations from Geranium Liniment Recipe
 - Personalized Recommendations
 - Geranium Liniment Recipe User Reviews and Ratings
 - Geranium Liniment Recipe and Bestseller Lists

5. Accessing Geranium Liniment Recipe Free and Paid eBooks
 - Geranium Liniment Recipe Public Domain eBooks
 - Geranium Liniment Recipe eBook Subscription Services
 - Geranium Liniment Recipe Budget-Friendly Options
6. Navigating Geranium Liniment Recipe eBook Formats
 - ePub, PDF, MOBI, and More
 - Geranium Liniment Recipe Compatibility with Devices
 - Geranium Liniment Recipe Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Geranium Liniment Recipe
 - Highlighting and Note-Taking Geranium Liniment Recipe
 - Interactive Elements Geranium Liniment Recipe
8. Staying Engaged with Geranium Liniment Recipe
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Geranium Liniment Recipe
9. Balancing eBooks and Physical Books Geranium Liniment Recipe
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Geranium Liniment Recipe
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Geranium Liniment Recipe
 - Setting Reading Goals Geranium Liniment Recipe
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Geranium Liniment Recipe
 - Fact-Checking eBook Content of Geranium Liniment Recipe
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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