

Lab. Infusions other than water. + Immune System herbs

In general, these herbal preparations are taken daily to support the immune system for a period of a week or two when a challenge is present – i.e. cold and flu season onset. We did not make a glycerin infusion in this lab.

Vinegar of Four Thieves - vinegar infusion

Four thieves legends. They kept the bubonic plague at bay by using this herbal vinegar. The original recipe probably included wormwood to fight fleas.

Vinegar of 4 Thieves
1 cup good vinegar, cold
Add 1 T of each of the following dried herbs:
Thyme, Rosemary, Oregano, Sage
1 clove of garlic
Dose: Adults, 1T diluted in water several times daily when challenges to the immune system arise

3. Elderberry syrup – a decoction and honey infusion

- Elderberries cost about \$2.00 per ounce.
- Honey costs about \$10/lb or about \$5.00 per cup = \$2.50 per ½ cup
- Cost of this syrup is about \$4.50
- Can add cinnamon, ginger, tumeric or clove as a “hot” herb for extra kick.

Elderberry syrup
Decoct 1/4 cup (1 oz) dried elderberries in
1 cup boiling water
Simmer for 10 minutes until volume is reduced by about half and ½ cup is left.
Add to ½ cup of honey. Store syrup in a tightly seal jar.
Dose: 1 T/day for good health, 1 T/hour under challenge



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