

Definitions to know:

Maceration: Soaking a properly ground or chopped herb in menstruum until it is wetted through and the soluble components are softened and dissolved. (Green) Softening or breaking into pieces using a liquid. Raw, dried or preserved fruit or vegetables are soaked in a liquid to soften the food and/or absorb the flavor of the liquid into the food. (Wikipedia)

Extraction: A semi-quote - "Purpose is to draw out an herb's unique...soluble components...(and energetic components)...and put them into a form that is more easily absorbable, maybe more concentrated, more palatable, and more convenient to administer

Menstruum – pronounced men stroo um. In herbalism, it means the liquid which dissolves and holds the components from the plant. It is an old fashioned word for solvent + extracted material. Yes, it is related to the word menses and menstruation. The extract containing the desired components can be combined with honeys, syrups, waxes and foods.

Decoction - 1: the act or process of boiling usually in water so as to extract the flavor or active principle—compare infusion. Or 2a: an extract or liquid preparation obtained by decocting b: a liquid preparation made by boiling a medicinal plant with water usually in the proportion of 5 parts of the drug to 100 parts of water

Percolation is when the plant material is packed in a column or tube and the solvent drips through it, just like coffee.

Alkaloids are organic molecules, all of which contain some nitrogen. Many of them are actually poisonous; they have strong effects on body and mind. If you doubt that plants and herbs can really be medicines or have an important effect on us just think about the following alkaloids. Their names end in –*ine*. For example; *caffeine, nicotine, morphine, cocaine and quinine*.

Allopathic medicine is an expression commonly used by homeopaths and proponents of other forms of alternative medicine to refer to mainstream medical use of pharmacologically active agents or physical interventions to treat or suppress symptoms or pathophysiologic processes of diseases or conditions

MARC (pronounced MARK) Medical Definition of marc. : an insoluble residue remaining after extraction of a solution (as a drug) with a solvent. French, from Middle French, from *marchier* - to trample, march. (Merriam-Webster)

Infusion: A liquid preparation made by treating fresh or dried vegetable substances with either hot or cold water to extract the medicinal and nutritional principles.



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