



bespoke apothecary

## Tincture Guide

*\*Information on known uses for each herb,  
dosing, and contraindications*

[www.bespokeapothecary.com](http://www.bespokeapothecary.com)

*Find us on Facebook and Instagram!!*

FDA Disclaimer: These statements and products have not been evaluated by the FDA. They are not intended to diagnose, treat, cure, or prevent any disease or condition. If you have a health concern or condition, consult a physician. Always consult a medical doctor before modifying your diet, using any new product, drug, supplement, or doing any new exercises.

**Bespoke Apothecary**  
103 Sullivan Crest Rd \* Elmira, NY  
[email@bespokeapothecary.com](mailto:email@bespokeapothecary.com)

# Bee Balm Tincture

## Wild Bergamot

### Monarda Fistulosa

Wound care

Headaches

Indigestion

Cold/flu

Antiviral

Antifungal

Diuretic

Catarrh – inflammation of mucus membrane

Gastric disorders

Reduce low fevers

Soothe sore throat

Relieve flatulence

Nausea

Menstrual pain

Insomnia

Diaphoretic – sweat inducer

Dosage:

See dosage at the end of the guide.

### Contraindications:

SHOULD NOT BE USED BY PREGNANT OR NURSING WOMEN

SHOULD NOT BE USED BY CHILDREN UNDER 12 YEARS OF AGE

MAY LOWER BLOOD SUGAR LEVELS. MAY EFFECT BLOOD SUGAR COTROL IN PEOPLE WITH DIABETES

MAY INTERACT WITH PHOTSENSITIZING MEDICATIONS

STOP USING 2 WEEKS BEFORE SURGERY

# Burdock Tincture/Burdock Seed Tincture

*Arctium Lappa*

## **Benefits:**

Fresh burdock root or the various liquid extracts are taken internally as a treatment for staph infections, impetigo, and obstinate ulcerations of the skin or mucous membranes.

Often combined with dandelion or yellow dock, burdock is an effective blood purifier used to treat psoriasis, eczema, oily skin, acne, boils and gout.

For treating cancer, burdock is often combined with red clover.

Anti-inflammatory

Diuretic

## **Dosage:**

The dried seed tincture vs. the root is very powerful, cut dosing instructions in the back of the guide in half

## **Contraindications:**

Burdock root is safe for use as a food.

Burdock Poultices are also safe for general usage.

Burdock decoction and tincture are safe for general use, but it should be understood that, used alone, the herb will sometimes cause expulsion of toxins through the skin, resulting in the formation of pustules. Therefore, burdock is usually combined with a diuretic, such as dandelion, in order to help move toxins out through the urine and not the skin.

The intensely bitter seed extract is stronger medicine and should not be used during the first 2 trimesters of pregnancy.

# Cats Claw Tincture

## Uncaria tomentosa

Helps with intestinal disorders such as diverticulosis, dysentery, gastric ulcers.

Helps with arthritis (rheumatoid or osteo), Allergies (Do Not use in anaphylaxis or sudden allergic edema) such as hay fever, rhinitis, or mild food reactions.

Helps with agonies of cancer treatment, effective against nausea and pain caused by chemotherapy treatments.

Antiviral and antioxidant properties helping with infectious and contagious disorders such as herpes, skin irritations, infections and viral diseases of the skin.

### QUIN quinolic acid

High levels of QUIN in the brain will cause an overstimulation of neurons, produce excitotoxic lesions, degradation of brain tissue, high levels of reactive oxygen species in the brain, and, sometimes seizures. Cats Claw will help protect the brain from the effects of QUIN and reducing QUIN levels.

## Dosage:

¼ to 1 teaspoon, 3-6 times daily, depending on severity of infection.

## Contraindications:

Do not use if you have an autoimmune disorder (Lupus, MS, HIV, Tuberculosis, etc...) or are immune compromised.

Do not use while pregnant or nursing.

Do not mix with hormones, insulin, blood plasma, or vaccines.

## Corn Silk Tincture

- Is a demulcent, which provides a soothing and heating action on mucus membranes.
  - o Good for the urinary tract and also female reproductive system.
  - o Soothes urinary membranes irritated from infection
- Has antilithic action
  - o Helps prevent the formation of stones or gravel in the urinary system and can help the body with their removal
- Is a diuretic
  - o Increases the secretion and elimination of urine
- Used for renal problems in children
- Used-combined with other herbs in treatment of cystitis, urethritis, prostatitis, etc.
- Tincture dosage
  - o 3-6 milliliters, 3 times a day
  - o 1 milliliter = 45 drops
  - o Mix with water or juice

# Echinacea Tincture

*Echinacea augustifolia*

## Benefits:

Increases overall resistance to disease

Best if used in early stages of bacterial or viral infections

Anti-inflammatory, Anti-bacterial Anti-viral, used in colds, flu relief and upper respiratory infections

Used internally and externally for infected wounds and insect bites

Promotes salivation (sialagogue)

Aids in controlling blood glucose levels and healthy cell growth

Reduces risk of breast cancer



Soothes mucus membranes

Helps manage anxiety

Lowers blood pressure

## Dosage:

See dosage at the end of the guide.

## Contraindications:

Though rare, a small amount of people experienced an upset stomach

Safe for anyone over the age of 2



# Eleuthero Tincture

Eleuthero helps one adapt to stress, whether it be emotional, physical, or environmental in nature.

The herb is immune-enhancing and improves energy levels.

It is specifically useful for athletes to improve strength, stamina, and performance and is not classified as a stimulant or steroid.

The herb also has a profound normalizing and balancing effect on blood pressure and blood sugar levels.

A very important effect, shared also by astragalus, holy basil, and schizandra, is in protecting the body during radiation and chemotherapy, lessening side effects and improving overall energy and comfort.

## Contraindications:

Use of eleuthero is usually reserved for teenagers and adults.

Overdose can cause sleeplessness, elevated blood pressure, and/or temporary flush or rash of the skin, usually occurring on the chest and neck.

If these symptoms appear, reduce dosage, increase exercise, or discontinue use.

# Goldenrod Tincture

Soothing for the entire genito-urinary tract

Diuretic

Antiseptic for treating kidney and bladder infections

Kidney stone treatment

Anti-inflammatory for lower urinary tract

Prevent and breakdown renal and kidney calculi and gravel

Contains quercetin

Treatment hemorrhagic nephritis and other hemorrhagic conditions

Mouth inflammations and gum disease

Carminative – settles digestion

Upper respiratory infections

External for eczema

## Dosage:

See dosage at the end of the guide.

## Contraindications:

SAFETY OF USE BY PREGNANT OR NURSING WOMEN UNDETERMINED

FLUID RETENTION (EDEMA) DUE TO HEART OR KIDNEY CONDITIONS



# Japanese Knotweed Tincture

*Fallopia Japonica*

## **Benefits:**

***\*highly recommended for Lyme Disease maintenance due partly to its high levels of resveratrol***

Antibacterial, Antiviral, Antifungal, Anti-inflammatory, Antioxidant, Angiogenesis modulator, Calcium channel adaptogen, Central nervous system (brain and spinal cord) protectant and antiinflammatory, Antischistosomal, Antispirochetal, Immunostimulant, Antiatherosclerotic, Antiimmunogenic, Antihyperlipidemic, Anticarcinogenic (ANTI-CANCER), Antineoplastic, Vasodilator, Inhibits Platelet aggression, Inhibits eicosanoid synthesis, Antithrombotic, Tyrosine Kinase inhibitor, Oncogene inhibitor, Antipyretic, cardioprotective, analgesic, Antiulcer (slightly reduces stomach acid and protects against stress ulcers), Hemostatic, Source of Vitamin C, and astringent.

## **Active Against:**

Staphylococcus, E. coli, Cholera, and more (powerful antibacterial)  
Candida (powerful antifungal)  
ECHO viruses (powerful antiviral)  
Respiratory infections  
Snake bites  
Breaks up tooth plaque and tones the gums  
AND SO MUCH MORE

## **Dosage:**

See dosage at the end of the guide.

## **Contraindications:**

In rare occasions gastrointestinal side effects occurred: dry mouth, nausea, abdominal pain, diarrhea (recommend to back down the dose if this occurs)

This herb is contraindicated for use in pregnancy

# Lemon Balm Tincture

*Melissa Officinalis* – *Lamiaceae* family

## Benefits:

Gentle Sedative, calming herb – anti-anxiety

Increases GABA in the brain – improves mood

Treatment for panic attacks

Reduces depression

Soothes the mind / agitation

Promotes healthy sleep cycle

Reduces Stress

Used to treat nervousness and overexcitement in children and adults

Anti-viral – used for a cold / helps to sweat out a fever

Hyperactive Thyroid benefits – prevents thyroid-stimulating hormones from binding to its receptor

Anti-inflammatory

Type 2 diabetes treatment

Anti-Cancer

When used with a laxative it has a complimentary antispasmodic effect

Improves brain function

Improves memory and mood – used in **Alzheimer's** to reduce agitation and improved QOL

Used to treat cold sores and herpes

Anti-microbial

Treats infant Colic

**Dosage:** see the last page of this guide

**Contraindications:** none!

## **Local, wild-harvested Mushroom Double-Extraction Tinctures**

*'Fungi are the interface organisms between life and death' Paul Stamets*

### **Documented/Reported Benefits:**

#### **Birch Polypore / Fomitopsis Betulina**

- Anti-viral
- Slows cancers
- Anti-inflammatory – from triterpenes
- Antiseptic
- Antibacterial
- Helps to stop bleeding (topically)
- Antibiotic
- Aromatase Inhibitor
- Helps hormonal imbalances related cancers

#### **Reishi / Ganderma Lucidum**

- Detoxifies the body
- Improves cognitive ability
- Immune system modulating – adaptogen – immune system enhancer
- Helps with seasonal allergies
- Improves blood circulation
- Improves anxiety
- Helps with insomnia
- Reduces the number of tumors in colon related cancers
- Reduces symptoms of clogged arteries, shortness of breath and chest pain, reduced blood pressure
- Diabetes: reduces hemoglobin but not blood sugar levels
- Hepatitis B- improves liver function and reduces virus
- Reduces shingles related pain
- Boosts energy

**Dosing in the back of this guide**

**No known contraindications / Consult with a physician for use during pregnancy**

# Giant Polypore Tincture

## Black Staining Polypore – *Meripilus Sumstinei*

### Benefits:

#### Anti-Bacterial

- Bacillus* species
- Rhodococcus Equi* (foal pneumonia)
- Staphylococcus Aureus*

#### Anti-oxidant

Significant activity against estrogen-dependent breast cancer, cell line MCF-1

Hemolytic potential (Red Blood cells)

Inhibition of acetylcholinesterase (neurotransmitters) which makes it have possible benefit for Alzheimer's and related conditions

### Dosage:

See dosage at the end of the guide.

### Contraindications:

None known/found

# Motherwort Tincture

*Leonurus cardiaca*, *L. sibericus*

## Benefits:

Used to regulate menstrual cycle and can promote delayed menstruation

Stimulates uterine flow

Regulates hyperactive thyroid and blood pressure

Strengthens heartbeat, used for heart failure and irregular heartbeat

Helpful for anxiety - especially fast heart beat / heart related symptom's

Eases intestinal gas

Helps with insomnia

Relieves hot flashes and other menopause symptoms

## Dosage:

See dosage at the end of the guide.

## Contraindications:

People with hypoactive thyroid should not take

Likely unsafe for pregnant or nursing women

# Oregano Tincture

Practical uses: Used medicinally, oregano has a broad activity as an antioxidant (cell-protector), antiseptic, preservative, anthelmintic, anti-cancer, anti-inflammatory and antifungal.

The tea or tincture can be taken for viral or bacterially mediated colds and upper respiratory infections.

The essential oils exert an antiseptic influence on the lungs, bronchi, and nasal passages.



## Plantain Tincture

You can use plantain tincture both internally and externally.

Spring tonic, a gentle alterative, antiseptic, and astringent. Treats toothache, infections, cough, diarrhea, and hemorrhoids. Also treats eczema or acne. The seeds contain and large amounts of mucilage and are a direct and oft-employed substitute for psyllium, demonstrating the same emollient and laxative effects.

Plantain also greatly eases the itch of poison ivy, oak, or sumac.

Rosemary Gladstar, in her **Medicinal Herbs Book**, ranks plantain as a close second to dandelion as "most common and most useful weed."

Taken internally, it's considered a blood purifier, helping to improve liver health, and supporting kidney health too. Liver and kidney health is so crucial!

5 - 10 drops under the tongue or in a small glass of water is said to help draw out infections, mucous and other toxins out of the body. Herbalists have said it draws out bad emotions also thereby relieving you of past or present hauntings...

### Contradictions:

None, safe for general use.

Always drink plenty of water throughout the day when taking Plantain.  
(always, really)

## **Queen Anne's Lace Tincture**

*Daucus carota* / Wild carrot

### **Benefits:**

Soothes digestive disorders, kidney and bladder disorders

Porphyrians:

\*Stimulate pituitary gland & Increase release of sex hormone's & Stimulates uterus

Encourages delayed menstruation

Can induce uterine contractions

Anthelmintic & Carminative

Contraceptive & Anti-estrogenic

Deobstruent & Diuretic

Emmenagogue

Galactagogue

Ophthalmic & Stimulant

Analgesic

Anti-arthritis

Anti-depressant, Anti-psychotic & Anti-schizophrenic

Anti-inflammatory

Anti-bacterial

Anti-convulsant

Anti-diabetic

Anti-flu

Anti-histaminic

Anti-oxidant & Anti-septic

Anti-spasmodic

Anti-epileptic

Anti-anxiety & Anti-stress

Anti-PMS

Anti-hangover

Anti-viral

Cancer preventive

Expectorant

Fungistat

Immunostimulant

MAO-inhibitor

Sedative & Tranquilizer

Aphrodisiac

Gout & Cystitis

### **Dosage:**

See dosage at the end of the guide.

### **Contraindications:**

**SHOULD NOT BE USED BY PREGNANT OR NURSING WOMEN.**

Interacts with:

Estrogens

Lithium

Medications for high blood pressure

Photosynthesizing medications

Stop using 2 weeks before surgery

# Rose Tincture

## *Rosa Spp*

### **Benefits:**

Packed with vitamins – C, A, B-3, D

Lifts spirits, melts away stress, tension, moodiness, anxiety

Gift to console grieving women

Used to titillate romantic interests

Increase sexual function in both male and female

Powerful for female reproductive system

Used to cover up awful smells

Antimicrobial, antiviral, used in cold and flu relief

Soothes mucus membranes

Supports liver, gall bladder and bile flow

Diuretic / gentle laxative, gets everything moving!

### **Dosage:**

See dosage at the end of the guide.

### **Contraindications:**

None known/found

# Rosemary Tincture

## Rosmarinus officinalis

### Benefits:

Antimicrobial

Stimulates liver and gallbladder function

Relieves colds, flu, sore throat, chest infections

Stimulates digestion - Digestive, Nerve, Circulatory tonic

Relieves anxiety and depression

Relieves migraineHelps Low blood pressure and poor circulation

Improves memory

Gives courage

Lifts spirits

Use internal or external for areas of poor circulation, to gently stimulate a weak heart, also use externally for lice treatment (on hair/hairbrush)

### Dosage:

See dosage at the end of the guide.

### Contraindications:

None known/found

# Teasel Tincture

Anti-inflammatory

Stimulant for the nervous system

Pulls toxins (including bacteria, like Lyme) from the muscles, helps bring them out of hiding so that prescription and natural antibiotics such as colloidal silver, garlic, raw apple cider vinegar, or grapefruit seed extract can destroy the bacteria.

Teasel root in traditional Chinese medicine is classified as a yang tonic with an affinity for assisting with structural repair especially of connective tissue and bone.

Increases circulation and aids in building strong tendons and bones.

Helps damaged bone tissue grow, stimulating new bone growth

A natural diuretic, ridding the body of excess water weight, encouraging flow of urine.

Stimulates sweating and helps with tissue swelling/inflammation.

Helps treat candida overgrowth by purging to the bloodstream and the inulin helps probiotic growth in the colon.

## Contraindications:

May cause herxheimer reaction. Herxheimer reaction is a short - term detoxifying reaction in the body that makes one feel worse because the toxins are spilling in to the bloodstream. This can cause headaches, increased muscle pain or nausea as a result of the detoxication process.

## Dosage:

Due to possible herxheimer reaction start with 1 drop, 3 times a day. Can be increased to 10-30 drops, 3 times a day



## YARROW TINCTURE USES:

### – Yarrow Tincture For Fevers

"Fevers are our friend" is longstanding wisdom in the herbal tradition. Now, modern medicine is taking the same view.

"Fever is the body's normal response to infection — it's a natural defense mechanism," Dr. Janice Sullivan, a professor of pediatric clinical care and clinical pharmacology at the University of Louisville School of Medicine, told The Washington Post.

She explains that a high temperature triggers the body's production of infection-fighting white blood cells, which inhibits the growth of viruses and bacteria, and that "If you lower the fever, you may be affecting the body's ability to respond to that infection." I've written before about how to treat a fever naturally by supporting the body, and also discussed guidelines from a pediatrician on when to go to the doctor. Yarrow is one of the remedies mentioned in that post, and for good reason:

*This plant is a do-it-all for flu and fever! Yarrow is both an anti-inflammatory as well as being antimicrobial. It reduces pain, is an anti-catharrhal, relaxes circulation, and is a mild sedative, too."* – The Herbal Academy

### – Yarrow For Digestive Support / Diabetes

The Cherokee, Gosiute, Iroquois, and Mohegan nations have traditionally used yarrow for digestive support, which makes sense because bitter, aromatic herbs help digestion by stimulating the production of bile and pancreatic juices. (Kruidwilt)

*When used internally, yarrow's bitterness increases digestion as well as the absorption of nutrients by the body. The astringent gifts of yarrow makes her very useful in stopping diarrhea. . . The bitter properties of yarrow invigorate the liver and help it release bile while the antispasmodic gifts (an agent that relieves spasms or cramps) help in relieving cramps arising out of tensions, wind, colic, or nervous digestion."* Sobo

### – Yarrow For Headaches

The anti-inflammatory properties of yarrow are thought to be helpful for dull, pounding headaches or migraines that seem to drag on.

Modern research has confirmed the historical use of yarrow to relieve pain caused by a broad range of conditions. Yarrow teas and tinctures contain salicylate-like derivatives such as stigmasterol and beta-sitosterol that reduce the inflammatory process, which may accelerate healing. These compounds stop the formation of enzymes necessary for a series of chemical reactions that cause inflammation and pain.

Yarrow also contains compound designated sesquiterpene lactones, which reduce the action of pain-provoking hormones, the prostaglandins." (Belch)

How much yarrow should I use?

Fresh yarrow plant tincture of 1:2 ratio in 95% alcohol, 2-5mL/day

Is yarrow safe for pregnancy and breastfeeding?

Yarrow is a uterine stimulant and emmenagogue and should not be used internally during pregnancy. Yarrow has also not been proven safe for breastfeeding.



Yarrow, sometimes known as milfoil or plumajillo, is a small drought-tolerant perennial flowering plant in the *Asteraceae* family that typically reaches about three feet in height.

### Medicinal Uses

Yarrow is a diaphoretic, hypotensive, astringent, diuretic, anti-inflammatory, vulnerary, carminative, and antiseptic herb. It's one of the best herbs you can use to sweat out a fever. It also tones and dilates the blood vessels, which helps lower blood pressure.

Yarrow helps relax the smooth muscles of both the uterus and the digestive tract, making it useful for menstrual cramps as well as stomach complaints, flatulence, diarrhea, and sluggish digestion. It's also useful for tempering heavy menstrual flow. It's antiseptic and diuretic properties make it valuable in treating urinary tract infections as well as other internal infections and mild hemorrhaging. It's also useful as an anti-anxiety herb, as it contains the biochemical constituent thujone, a substance sometimes compared to marijuana. While yarrow doesn't have a potent enough amount to achieve euphoric effects, it can sometimes help counter insomnia, anxiety, and act as a mild sedative. Externally, its chemical constituent's *achilleine* and *achilletin* aid in blood coagulation, stopping bleeding and heal wounds. Several other of its constituents act as anti-septic's, analgesics, and anti-inflammatories, making it a good external poultice or wash. The flower extract is said to be helpful in treating hay fever. It is considered a neutral to cooling herb and good for Pittas.

### Folk Uses

Yarrow's other Latin namesake, *Achillea*, comes from the Greek legend of Achilles stopping the bleeding of his fellow soldiers during the Trojan war using the plant as a poultice. It was later used in Roman times up to the Middle Ages to stop nosebleeds and the bleeding of other small wounds. The leaves can be used culinary, cooked or eaten fresh in salads, and the flowers are often used to flavor liquors and beers. Around the time of Achilles, Chinese physicians were using yarrow to treat snakebites, inflammation, bleeding, menstrual complaints, and dog bites. In India, Aryuvedics were using yarrow to treat fevers. Early American settlers used yarrow for menstrual cramps, diarrhea, dysentery, hemorrhaging, and bloody urine. Cahuilla Indians use yarrow as a mouthwash for toothaches and to strengthen muscles. Yarrow has a long history of use in the occult; it was used in ritual practice by druids and in China for divining the I-Ching, a way of predicting the future, by asking questions and casting yarrow stems to read the answers. In the west, Yarrow was once thought to be a witches herb, and was often brought to weddings to ensure seven years of love.

## Dosage of Tinctures

The advantages of taking herbs in tincture form are many. Tinctures are stable, convenient, and due to the fact that they are cold-processed and preserved from enzymatic change through the addition of alcohol, they probably represent the actual chemistry of the herb more closely than any other preparation. Because they are liquid, the dosage can be regulated almost infinitely, from near-homeopathic dosages (1 drop diluted in water and taken over time) to heroic dosages ( $\frac{1}{4}$  ounce or more taken over the space of a few hours).

Tinctures are quickly and readily absorbed into the bloodstream through the lining of the stomach and, because of this, their effects are not dependent upon the efficiency of digestion. This is an advantage over solid preparations (tablets or capsules), but it also means that one must remember to take the tincture several times daily in order to produce the desired effect. Absorption is a bit more efficient if the extract is taken between meals, and tasting the herbs without the buffering of other food will maximize the benefits, because in many cases, especially with bitter or immune-enhancing herbs, the taste is part of the effect. The most important time to remember to take the extract is just before bed. At this time the body is in its most receptive phase, allowing the herbs to tonify the body organs and orchestrate the body processes in a clear and uncomplicated manner.

The basic dosage recommendations given in this section apply to tinctures that are safe for general consumption. Please check the formulary section of this book for potential contraindications. The decision to take an herb should be based on good herbalism and the advice of a qualified health care provider.

**Dosage for infants (10 weeks to 3 years):** The average dosage for infants is 2 to 5 drops well-diluted in water, milk, or juice, taken 3 to 5 times daily. Most herbs are safe for consumption by infants, but low-dose botanicals (e.g. *arnica*, *lobelia*) should be

avoided. Infants are very sensitive to herbal therapy and should be given the minimum effective dosage. In treating infant colic, it often makes sense for the mother to take the herb, delivering the influence to the child by way of the breast milk.

**Dosage for children (4 years to 10 years):** The average dosage for children is 5 to 15 drops well-diluted in water or juice, taken 3 to 5 times daily. As with infants, the low-dose botanicals should be avoided in favor of gentler herbs.

**Adult dosage:** The normal adult dosage of most tinctures is 30 to 60 drops (1 to 2 standard dropperful) diluted in a little water and taken 3 to 5 times daily. This represents a therapeutic level of intake, and is an appropriate starting dosage.

**Senior dosage:** Seniors tend to be very sensitive to herbal therapy. A good starting dosage is 1 dropperful (30 drops) taken 3 to 5 times daily.