



DIY ROSEMARY MEMORY ELIXIR

Posted on June 22, 2020 by Susan Elizabeth

Rosemary (*Salvia Rosmarinus*) is part of the mint family and related to oregano, basil, and marjoram. All these herbs are familiar to most people who cook or enjoy food.

However, easy-to-grow rosemary offers so much more than delicious flavor and vitamin B-6, calcium, and iron. For centuries, this herb has been used as a tonic for the nervous system and those suffering from anxiety, depression, headaches, to boost the immune system, detox the body, aid digestion, ease cold symptoms, and – in oil form – ease aching joints.

While you may be aware of some of these health benefits, but did you know that rosemary can also improve your memory? This aspect of our lives is essential, but we probably become more aware of how good (or bad) our memory is as we get older. It's rosemary's ability to boost our memory and recall that this article will focus on.

Herbs and Your Memory

While there are reports that inhaling the fumes from fresh rosemary or rosemary oil in hot water boosts memory, there are other herbs that can be combined with it to produce even better results. Together these herbs and plants create a product – an elixir or potion – that has powerful benefits for your body and mind/memory.

- **Rosemary:** This is, of course, the primary ingredient. There is both anecdotal and scientific evidence that this herb improves blood flow, stimulates the nervous system, and improves the health of the cardiovascular system. All of these have a positive impact on how our brains and memories function.
- **Gotu Kola:** This plant, also known as Indian or Asiatic pennywort, also offers support to the nervous and cardiovascular systems. It is especially valued for its ability to increase blood flow to the brain and ease anxiety. It is also known to increase libido, calm epileptic episodes, and slow down the signs of premature aging.
- **Ginkgo biloba:** Only the leaves of this plant should be used. Like the previous two, this herb boosts the health and strength of the cardiovascular system. Furthermore, it's particularly beneficial for improving cerebral / brain blood flow and protecting nerves. This effect has a direct bearing on how well the brain and memory function.
- **Milky Oats / Oat Straw:** This herb has a soothing effect, improves blood flow, boosts the health of the endocrine and cardiovascular systems, and acts as a tonic. The most valuable property is that oat straw can help to restore the myelin sheath around nerve fibers in the brain which has been shown to improve concentration and memory in some people.
- **Peppermint:** This herb contains high quantities of several minerals and vitamins and is also a circulatory stimulant while also calming the nerves. The reason it is added to our elixir is that it gives it a lovely taste.

All these herbs can be obtained from a good health or food store. They are often offered in a variety of forms: fresh, powdered, dried, in capsules, as a tea, etc. You may even decide to grow rosemary and peppermint in your garden or a pot or container at your home. Both herbs are not challenging to grow even if you are a novice gardener.

The Rosemary Memory Elixir Recipe

You have the option to either make this with fresh or dried herbs. Of course, you may not have access to all the fresh ones and may have to settle for a dried version. Both will work!

Ingredients:

- 4-parts Rosemary
- 1-part Gotu Kola
- 2-parts Gingko Biloba
- 2-parts Oat Straw
- 1-part Peppermint
- Honey to taste (preferably raw)
- Brandy.

Method:

Step 1: Combine all the dried herbs in a dry bowl and mix the ingredients well using your fingers or a utensil.

If you don't want to use the mixture yet or use all of it, you can store it in a labeled paper bag in a dry, cool, dark place. Don't use plastic as the herbs – even if they are dry – may become moldy.

Step 2: Use a glass jar that holds a pint or approximately half a liter. Ensure that it is thoroughly clean and that it has a lid that fits well.

Half fill the jar with your dry herb mix. If you are using fresh rather than dry herbs you need to fill the jar completely to obtain the same effect or elixir potency as dry and fresh herbs do differ in this regard.

Step 3: Next, you need to half fill the jar with brandy. It doesn't matter which brand you use although it's not necessary to use a very expensive brandy. Top up the jar with raw honey.

Use a spoon to mix the ingredients well so that the herbs, brandy, and honey are all properly combined so the end-product will be uniform.

Step 4: Once you have thoroughly mixed the ingredients, place the lid on the jar and label it clearly with the name and the date you made the elixir.

Put the jar in a place that is both dark and cool and stir the mixture a couple of times a week. It won't be a big problem if you forget to, though. Leave the jar there for 6 weeks until it has had time to infuse.

Step 5: At the end of the 6 weeks your rosemary memory elixir will be ready. Use a strainer or sieve to remove all the herbs from the mixture. The herbs can be composted or thrown away.

Place the elixir into a bottle or jar, label it, and store the bottle (or bottles if you made more than one batch) where the solution will remain cool and away from direct light.

Dosage, Storage, and Shelf-life

- The dose or amount to take is 30 drops daily. At this level, you should experience improvement in your memory, recall, and a general sense of well-being without having any side effects.
- There is no need to refrigerate the elixir. However, it must be stored in a cool location where it is not exposed to direct light. A cupboard or pantry is ideal.
- Because the elixir contains alcohol in the form of Brandy, the shelf-life is up to 3 years if you have used dried herbs. The alcohol prevents the growth of mold and kills any bacteria. If you used fresh herbs, though, the shelf-life will be reduced to 6 to 12 months.

<https://www.youtube.com/watch?v=uiTIQeukAe4>

As with any health preparation, natural or not, it's not a good idea to take too much. You are also urged to consult your pharmacist or doctor *before* you take this elixir if you have any medical conditions or are on medication. This caution especially applies to individuals who are pregnant, have heart disease, or are taking diuretics, anticoagulant / blood-thinning drugs, blood pressure medication, or lithium.

If you don't fall into these categories, and you've been given the go-ahead to use it, gather the ingredients, enjoy making the recipe, and reap the benefits of this memory-boosting rosemary elixir!

You may also like:

[How To Properly Dry Plants for Medicine](#)

[Healthy Brain Bundle: How to Keep Your Brain Healthy, Clear, and Sharp](#) (Learn More)

[DIY Wilderness Soap And Shampoo From This Plant](#)

[8 Medicinal Plants You Can Grow Indoors](#)

[How To Make Antibiotic Capsules](#)

Comments



Johnny Gee - 2022-05-25 22:59:15

The trouble I have with memory elixirs is that I keep forgetting to take them. ;)



The Lost Herbs - 2022-04-28 09:04:46

Hi Lauri, The herbs can be cured in alcohol, glycerin, or apple cider vinegar. However, the elixirs made with apple cider vinegar or glycerin are not as strong as alcohol tinctures/elixirs. Vinegar tinctures have a much shorter shelf life than alcohol tinctures. While an alcohol tincture can be stored for several years without spoiling, a vinegar tincture has a much shorter shelf life—about one year, at most. Vinegar tinctures are also typically less potent than alcohol tinctures, meaning that you'll need to consume more to get the same amount of herbal ingredients into your body. <https://thelostherbs.com/how-to-make-a-tincture-using-apple-cider-vinegar-instead-of-alcohol/> Many blessings and good health!



Lauri - 2022-04-27 20:42:42

Can this elixir be made without alcohol?



matt - 2022-03-27 01:25:48

The recipe is confusing am I supposed to fill the other half of the pint jar with honey or to taste ?
The jar is only half full after adding the half of jar of brandy and dried herbs



matt - 2022-03-27 01:19:03

The recipe is confusing am I supposed to fill the other half of the pint jar with honey or to taste ?
The jar is only half full after adding the half of jar of brandy and dried herbs



Holly - 2022-03-07 14:54:12

Beyond excited to get my book. Its been 3 weeks so far. Any ideas on when I will get it? I definitely wasnt interested in the digital copy. Thanks



The Lost Herbs - 2022-02-09 14:22:20

Hi Jeannette, Thank you for purchasing "The Lost Book of Herbal Remedies". Please check your email address for a message regarding your order. Many blessings and good health!



Jeannette Watson - 2022-02-09 05:44:00

How can I get the physical. Book. I purchased the digital version and now realize that the physical version would be more helpful.



John brophy - 2022-02-07 21:30:31

Thanks a lot for this info. I am a neophyte (newcomer) to.the.world of herbs and medicinal plants..It's very interesting besides being beneficial to our health I wish I could have gotten more info from My.grandparents thanks, God bless you " In Jesus Name.john brophy



Mihaela Stanciu - 2022-01-30 17:50:24

Hello ! It says you have to take 30 drops a day. For how long ? What's the right way to taking the tinctuur ? Thank you !



The Lost Herbs - 2022-01-27 19:08:35

Hi Kat, 40%- 50% alcohol is fine for most herbs used in preparations of alcohol based tinctures. This means that either vodka or brandy can be used. I hope this helps! Many blessings and good health!



The Lost Herbs - 2022-01-27 19:03:39

Hi Wendy, Herbal tinctures are typically made from alcohol, but glycerin is a good alternative. You can also use apple cider vinegar. You can find more information about non-alcoholic tinctures and elixirs in the article below:
<https://thelostherbs.com/how-to-make-a-tincture-using-apple-cider-vinegar-instead-of-alcohol/>
Many blessings and good health!



Kat - 2022-01-27 16:22:18

is there a reason for using Brandy? just wondering if a person could use vodka instead? Thank you!



Ms Peppercorn - 2022-01-03 14:45:26

Should I assume one must use either all fresh herbs OR all dried herbs to get the proportions correct?



Kasey Thomason - 2021-12-16 15:59:24

Could I make this just using the rosemary and peppermint? Or do I need to use all the herbs to make it work right?



Kasey Thomason - 2021-12-15 23:36:38

Could I make this just using the rosemary and peppermint? Or do I need to use all the herbs for it to work right?



The Lost Herbs - 2021-12-15 21:03:13

Hi Marlene, Thank you for your interest in our work. Please check your personal email. I sent you an email regarding your order. Many blessings and good health!



Marlene Poisson - 2021-12-15 12:12:05

I can not download the ebook. How do I get a hard copy please?!!



Kasey Thomason - 2021-12-04 16:22:57

Could I make this just using the rosemary and peppermint? Or do I need to use all the herbs?



jing - 2021-12-02 13:19:07

do you drink it ? 30 drop a day ? I dont see anywhere for how to use it .



Mihaela Stanciu – 2021-11-15 12:45:09

Hello ! I have also a quick question about the measures ! For the mix you suggested , what is the exact measure of brandy (or alcohol) ? I've received the book and I'm very excited ! Thank you



Rachael – 2021-11-12 17:21:38

I have a purchasing question. I purchased the Lost Bundle of books for over 83 dollars, but only received "The List Book of Herbal Remedies".



Rachael – 2021-11-12 17:20:56

I also have a purchasing question. I purchased the Lost Bundle of books for over 83 dollars, but only received "The List Book of Herbal Remedies".



The Lost Herbs – 2021-11-12 16:46:46

Hi Leland, Thank you for your interest in our work. Please check your personal email. I sent you an email regarding your order. Many blessings and good health!



LELAND D OLEAL – 2021-11-11 20:44:01

I ordered 2 and received 2 of the 'The Forager's Guide to Wild Foods' hard copies, however from the add on youtube the book was approximately \$37 + S&H to a total of about \$100+ for the 2 books but included were other books offered which i did not receive per the add. Are they shipped separately?



Carol L – 2021-10-24 14:00:19

They have to say that, but you are right. My mom's doctor ALWAYS said no to any holistic suggestions I made, even for adding vitamin D3 for her, AND magnesium!!! And since she still believes that Doctors are related to God, she always followed their words. A better option would be to ask your PHARMACIST: they know which things will interfere with which medications because they HAVE to know.



Rachael – 2021-10-22 12:38:16

In your recipes that contain Brandy, is it ok to substitute gluten free Vodka?



The Lost Herbs - 2021-10-15 20:52:46

Hi Kae, Please check your personal email. I sent you an email regarding your order. Many blessings and good health!



Kae - 2021-10-15 16:33:55

I have never received my hard copy...just the e-book.



Ed Kirkley - 2021-10-10 16:53:24

Hi Melike, Would you please advise on what you ordered to get the correct herb in the correct dose from nmteaco? I've tried every combination I can think of and I can't get anything remotely reflecting the ingredients. I'm ready to order but I want to get the right items! Thank you very much! Ed



The Lost Herbs - 2021-10-07 19:25:22

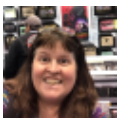
Hi Nicole, We apologize for the confusion. You can make the elixir alcohol free as follow: Fill a mason jar ½ way with dried herb (2/3 way full with fresh herb). In a separate jar, mix 3 parts Vegetable Glycerine and 1 part distilled water. Shake to combine. Pour liquid mixture over the herb and completely cover to fill the jar. Label container with date, ratio of glycerine to water, and herbs used. Agitate daily for 4-6 weeks. Strain with cheesecloth, bottle, label! Many blessings and good health!



The Lost Herbs - 2021-10-07 19:10:41

Hi Reberkah, Thank you for your comment. You are right. We apologize for this. Herbal tinctures are typically made from alcohol, but glycerin is a good alternative. You can also use apple cider vinegar. You can find more information about non-alcoholic tinctures and elixirs in the article below:

<https://thelostherbs.com/how-to-make-a-tincture-using-apple-cider-vinegar-instead-of-alcohol/>
Many blessings and good health!



Rebekah - 2021-10-05 21:12:02

Inappropriate answer. People are asking how to make this without alcohol and you are responding to use essential oils. Does that mean it is a lotion instead of a food? Please clarify.



The Lost Herbs - 2021-10-04 19:17:08

Hi Francois, Thank you so much for your interest in our work. Please check your personal email. I sent you an email regarding your order. Many blessings and good health!



Francois Hewing – 2021-09-30 15:36:30

Where do I purchase the physical copy of the book??? I have digital copy but I want a physical copy. I prefer physical copy.



The Lost Herbs – 2021-09-14 19:22:20

Hi Eileen, Thank you so much for your interest in our work. Please check your email address. I sent you an email regarding your book order. Many blessings and good health!



RAJ – 2021-09-14 15:15:06

Thank you for this recipe! I had just ordered your book, and this is the first article I am reading, which brought tears to my eyes. I had no idea the oats were able to restore the myelin sheath around nerve fibers in the brain. I would like to know about doubling the oat straw, doing 4 parts of the oat straw, in this same recipe. Would that change the results too much? My friend has MS, early stages with no physical problems, only the MRI shows some spots. I think this would greatly help her!! I really want to focus on the myelin sheath health. All those herbs are excellent! I've been growing the gota kola to share with her, for the last 3 years. Thank you SOOOO much for your valuable insight, and sharing it with us!!!



EILEEN WETZEL – 2021-09-14 00:27:42

i didn't know I'd get a digital copy. I really wanted a hard copy so I wouldn't have to look at a screen, especially when having trouble with my MS & eyes.



Anna Gallo – 2021-09-10 13:17:09

Where do you buy gota kola? Do they sell it at a health food store? or is there a website? Can't wait to get the book.



Graham – 2021-09-07 12:43:44

How can I purchase my hard copy?



Karen – 2021-09-07 11:23:25

I'm loving your site Nicole, so much information which will help me on my journey. Thank you



Renee - 2021-09-06 11:09:11

Thank you Patty I also use Bragg's I love it. I will try that. Thanks again God Bless.



Renee - 2021-09-02 15:17:06

Yes I also use Bragg's ACV I love it



Renee - 2021-09-02 15:11:00

Thank you my house is the same. Alcohol free zone.



Sarah Johnson - 2021-08-29 18:57:31

Is it possible to get the same benefits without adding the alcohol?



Pauline - 2021-08-25 00:37:48

A few questions after reading through the comments. 1. If I use glycerin, is the infusion time the same? 2. If I use glycerin, is the dose the same? 3. I can access most of the ingredients fresh from my garden, but not the ginkgo or the oat straw. What adjustment do I need to make to the ratios when I measure up the ingredients. I was disappointed when I viewed the e-book using Kindle (the formatting went haywire) but was great when I accessed using Chrome.



Ruth Caspell - 2021-08-23 15:33:09

The ingredients are in their jar. Only 6 more days to straining. Made it once before and noticed a marked improvement to brain fog. I omit the honey - though I have made elixirs with honey and apple cider vinegar which are delicious.



Ruth Caspell - 2021-08-23 15:27:44

I use apple cider vinegar to extract. rather than alcohol



Amanda - 2021-08-23 13:42:42

I had no idea we could get the hard copy :(



Melike Dewey - 2021-08-20 23:23:37

And Thank You for putting it all together. My mom used to make propolis, and I collected some Chaga mushroom out of which I made some very potent tea.



Melike Dewey - 2021-08-20 23:19:10

I received my ingredients also, they shipped it really fast, and I just wanted to add that they sell these ingredients in right amounts, so you just mix them together, all you need is then buy brandy and honey, or oil and honey, or ACV, yes I read the comments..

<https://www.nmteaco.com/>



Melike Dewey - 2021-08-20 23:12:22

Hi, I received your book, and I already ordered ingredients for the tincture from New Mexico Tea Company, I just googled it. They had all the ingredients, if anybody is interested.



Marianne Barrett - 2021-08-15 14:31:36

I'm waiting for my book, I really look forward to receiving it and learn about these amazing herbs! I also appreciate the videos and recipes and to learn that you can obtain the ingredients in health shops etc. as we may not be able to get hold of most of them Here in Wales (UK) 🇬🇧🇬🇧🇬🇧🇬🇧🇬🇬🇧🇬🇧🇬



Day - 2021-08-12 07:55:08

Hello.. this link you sent does not deliver to the UK, is there any other ones you do recommend that do deliver to the UK?? <https://www.mountainroseherbs.com/> Thank you



sue - 2021-08-10 20:51:07

what if I am diabetic type II? I can escape honey easily and I also thought Vodka instead of Brandy but could you tell me if this elixir is OK for person with diabetic



The Lost Herbs - 2021-08-10 14:26:32

Hi Judit, Thank you so much for your interest in our work. Please check your email. I sent you an email regarding your order. Many blessings!



Stanna - 2021-08-10 13:35:50

Thus recipe sounds wonderful! Do you agree with Patty Schell, June, 2020 comment, that Apple cider vinegar is an acceptable substitute for the brandy/vodka/essential oils?



Judit - 2021-08-09 21:27:20

I was very sad to learn that I cannot have the paper version because I am leaving in Canada Only the Digital Copy



Denise - 2021-08-08 22:41:59

I'm super excited to try this. Really looking forward to receiving and reading my book



Erin - 2021-08-04 15:11:27

Hi! Is there an option to the alcohol in the tincture?



Wendy - 2021-07-27 00:11:20

Is there an alternative way to make this not using alcohol?



Gay Dowdy - 2021-07-25 20:51:36

I ordered your book and all these herbs are very new to me. I have no history of knowing this type of pharmacy. I want to try this rosemary herbal elixir. Since 2008, I have been diabetic. Is there a substitute I could use instead of the honey? I appreciate your comments and suggestions in helping me feel better.



Sonia - 2021-06-07 14:44:59

I order through Amazon and get one pound of chopped oat stems and tops for under \$20



Deborah Dooley - 2021-06-03 23:48:53

The link for the greek ritual for diabetes goes here: The target URL was invalid. Please contact the vendor.



Prethicia Williams - 2021-06-01 23:54:59

Thanks, that was my question also.



Linda Frenette - 2021-06-01 14:32:00

I've purchased 3 copies of your book, 2 for gifts, and never received a digital copy. Is it possible to get a copy now? I would really appreciate it. Thank you so much. I love all the information you send out. Linda



The Lost Herbs - 2021-04-07 05:52:56

Hi Mary, Thank you for purchasing "The Lost Book of Herbal Remedies". A physical copy of the book is already on your way. Please check your personal email. I have sent you an email with all the details of your order. God bless!



Ruth Caspell - 2021-04-06 17:14:14

Believe ACV is safer than essential oils.



mary metcalf - 2021-04-06 04:49:04

I wanted a regular book and it seems that people get a digital copy. I would not have ordered it if I had known that was what you were selling. For the price I don't want to have to make a paper copy. If that will be what you send I want to cancel the order. Please inform me right away. Thank you.



The Lost Herbs - 2021-04-05 08:48:59

Hi Claude, Thank you so much for purchasing "The Lost Book of Herbal Remedies". Please check your personal email. I have sent you an email regarding your order. God bless!



claude morrell - 2021-04-02 22:21:31

Hi i recently ordered a book, and by my surprise i received a digital copy, it was going to be a gift for my very dear friend. The physical book is what i was looking for if you could help me with this i would be happy. Hoping for a reply thank you so very much.



Kimberly - 2021-03-17 07:13:51

The whole point of ratios is that it doesn't matter what unit of measurement you use. I learned this in elementary school, but I'm old. All I can think is - what are they teaching in school these days? LOL Carmen, the joy of ratios is that you could use anything! An ounce, a cup, some old pail you dug out of the barn, a random scoop, a teaspoon. It doesn't matter. If a recipe, for instance, calls for a ratio of 1:12, then that means you use one Part of the 1st ingredient and 12 parts of the 2nd ingredient. Just measure both ingredients using the same unit of measure. You pick. If you only want a little bit of something - you might use a teaspoon. If you want a whole lot of it - you might use a bucket.



Carmen - 2021-03-16 20:41:13

I have never use the measuring method of parts. How do I translate it to cups/ounces?



Glen - 2021-03-11 13:55:20

You keep saying ask your doctor first for, I would assume, possible drug interactions. But from what I've heard drs. spend very little time even on nutrition let alone ayurvedic type medicines. Probably because big pharma has too much sway over their medical education. Natural remedies does not serve their bottom line.



Sylvia - 2021-03-06 13:34:41

Yes, I am excited to receive the physical books as well. I was a little disappointed when I saw the digital versions because I like to sit in the sunroom and read and make herbal recipes not looking at my computer or cell phone. So now I am happy to know I will be getting it in the mail. Because of your posting.



Kimberly - 2021-03-01 16:32:19

The acid wouldn't neutralize some of the constituents?



margaux – 2021-02-15 14:33:48

What can i substitute for oat straw and ginkgo biloba as i cannot get a hold of them?



Varanisese – 2021-02-01 19:54:48

This elixir will be very useful. Excited n waiting for my book to arriive! Thank you.



JACKSON – 2021-01-25 22:28:00

Mukta: The Lost Book Remedies says "Wild yam root is an anti-inflammatory and pain-reliever and is good for digestive issues." I just started making the "Wild Yam Tincture." I still need to wait for a month before it is ready.



Mukta – 2021-01-23 03:43:40

Thanks a lot. I ordered you book. However, I am wondering if you can provide a remedy for severe stomach acidity, that causes nausea, mucus and headaches.



Mukta – 2021-01-23 02:04:39

Thanks a lot. I ordered you book. However, I am wondering if you can provide a remedy for severe stomach acidity, that causes nausea, mucus and headaches.



Mukt – 2021-01-23 02:04:20

Thanks a lot. I ordered you book. However, I am wondering if you can provide a remedy for severe stomach acidity, that causes nausea, mucus and headaches.



Diane – 2021-01-22 18:53:48

I live in Alaska. How can I order Gotu Kola? I think finding milk straw may also be a challenge. Anyone know of a site or company I can order from? Thanks



Kathy Glass - 2021-01-21 16:53:55

I was wondering if you used apple cider vinegar instead of alcohol is the substitution an equal amount or do you need to make adjustments



The Lost Herbs - 2021-01-14 15:51:41

Hi Jackson, Thank you so much for your interest in our work. Unfortunately, at the moment, The Rosemary Memory Elixir is not available for purchase. God bless!



The Lost Herbs - 2021-01-14 15:50:40

Hi Jelina, Here are some articles where you can find more information about herbs and remedies that might help with anxiety: <https://thelostherbs.com/5-calming-herbs-to-soothe-anxiety/>
<https://thelostherbs.com/just-like-xanax-the-anxiety-relieving-plant-that-grows-in-your-backyard/>
<https://thelostherbs.com/soak-your-troubles-away-with-homemade-tub-tea/>
<https://thelostherbs.com/ashwagandha/> <https://thelostherbs.com/homemade-deep-sleep-salve/>
God bless!



Jelina - 2021-01-05 19:47:33

thank you for that wonderful recipe. I recently ordered your book and cant wait until I can read all the great information. In the meantime do you have a recipe for anxiety?



Jackson - 2021-01-05 01:38:34

Dear The Lost Herbs: Is it possible for me to purchase The Rosemary Memory Elixir from the Lost Herbs Store?

How to Treat Gastrointestinal Disorders With Evening Primrose - The Lost Herbs - 2020-08-18 10:22:27
[...] DIY Rosemary Memory Elixir [...]



The Lost Herbs - 2020-06-29 12:07:37

Hi Patty, Thank you so much for your comment and for sharing this information with us as well. We appreciate it! God bless!



The Lost Herbs - 2020-06-29 12:05:58

Hi Veronica, Thank you so much for your comment. If you are willing to purchase herbs, please check the link below: <https://www.mountainroseherbs.com/> God bless!



The Lost Herbs - 2020-06-29 12:04:30

Hi Marg, Thank you so much for your comment. No, the metal screw cap will not affect the mixture. God bless!



Patty Schell - 2020-06-28 15:49:38

I have used Braggs Apple Cider Vinegar in place of alcohol. Besides the benefits of the herbs, a spoon of ACV a day is a wonderful thing for your body.



Nicole - 2020-06-27 04:08:53

What kinds of essential oils do you recommend to substitute for recipes without alcohol? I am under the impression that some are not recommended for ingesting. Also, would the oils need be the same amount as the alcohol? also half the jar?



Veronica Mathis - 2020-06-24 07:41:22

Could you recommend a good place to buy the herbs.



Marg - 2020-06-24 06:07:00

Hi, am just curious as to whether the metal screw cap on your pictured jars will affect the mixture?



Julie Peyreau - 2020-06-23 16:10:22

I am anxious to try this and also am excited to learn about oat straw and its effects on myelin sheath. My daughter has been living with MS since she was 18 (now 27) and is vegan, baffling doctors with her success of staving off major effects of this disease. I will pass along the oat straw info to her, but she may already know this. Could you substitute something else for the honey? Blessings!!!



The Lost Herbs - 2020-06-23 08:58:04

Hi Jacob, Thank you so much for your comment. You can find more information about the contraindications with lithium in the article below:
<https://www.pediatriconcall.com/drugs/lithium/717> I kindly advise you to ask your doctor, too. God bless!



The Lost Herbs - 2020-06-23 08:52:52

Hi Yolene, Thank you so much for your comment. A part can be any type of measurement. All you have to do is assign a measurement increment to be a part. As long as you use the same basic measurement for each ingredient, whether it is tablespoons, teaspoons, cups, ounces, or pounds, and then multiply this measurement by the number of "parts" in the recipe, you'll be fine! One part equals one tablespoon, and two parts equals two tablespoons. Or if you're using ounces, one part is one ounce while two parts equals two ounces. Simply use the same unit of measurement for all of the ingredients in your herbal recipe. Many blessings and good health! God bless!



The Lost Herbs - 2020-06-23 08:45:14

Hi Victor, Thank you so much for your interest in our work. We truly appreciate your kind words. God bless!



The Lost Herbs - 2020-06-23 08:40:03

Hi Victor, Thank you so much for your interest in our work. We are happy that our recipes are useful to you! God bless!



The Lost Herbs - 2020-06-23 08:32:49

Hi Cristina, Thank you so much for your comment. We really appreciate your kind words! God bless!



Jennifer WAITES - 2020-06-22 23:53:21

Should be able to use an 1:8 herb to glycerin in place of the alcohol. I think (but not positive) you can leave the honey in the glycerin tincture. But. Glycerin is fairly sweet so it might not be necessary.



Michelle Gauthier - 2020-06-22 23:46:46

Can I use another ingrédient then Brandy ? I dont take alcool it has been 5 years .thank yiu



Veronica Mathis - 2020-06-22 20:03:56

I want very much to make this. Now I am on blood pressure medication but a low dose twice a day. I am hoping that this won't stop me from being able to use it. Do you no of any reason it may stop me from being able to use it? I will check with a doctor, I am in the middle of finding a new one, but haven't as of yet. Thank you for all you are doing to help people. I have a friend with MS who I have sent her some information about your book.



Yolene Tassy - 2020-06-22 18:33:13

Thank you for sharing. Quick question, what is a part in measuring form?



Rachel Schwartz - 2020-06-22 17:21:18

Can I use the oil instead.. for memory, anxiety, and more please. Thank you.



Ken - 2020-06-22 17:15:53

I believe the knowledge and experience that you impart is priceless and am extremely grateful as are many others, I am having some problems finding supplies for some of the more obscure herbs, could I ask you please to include where possible suppliers details if you have them, either prepared or seeds for cultivating, this would be massively helpful, once again many many thx for sharing. Kindest regards. Ken.



marian cronin - 2020-06-22 16:43:01

alcohol is a no no in our house due to misuse in the past so what can I use instead of brandy please.



Jan Spears - 2020-06-22 16:38:01

If this question is answered please share. I would love to know if it can be done without alcohol, or at the least bit Brandy.



Victor Robles - 2020-06-22 16:20:37

I love your recipes I learn so much



Victor Robles - 2020-06-22 16:18:56

I love these recipes I save all these and plan to use it in the near future, I also love your bookm thank you for all you do



Joanna - 2020-06-22 15:45:18

is this an elixir because of the honey? If we wanted to make a tincture would we do this same recipe without the honey?



Denise - 2020-06-22 15:32:59

I have the same question as above. Can you make this recipe without alcohol? Thanks!



Jacob Booth - 2020-06-22 15:25:28

I take lithium for brain and nervous health, what is the contraindication with lithium?



Ruth Caspell - 2020-06-22 15:15:57

I intend on using vodka. Having made many tinctures - which this seems to be though maybe the honey makes it an elixir. If the honey is just for taste - I'll skip it. Have rosemary and ginkgo so I'll buy some goto kola tomorrow and it will be ready for fall. At 72 I need it :)



Andrea - 2020-06-22 14:11:45

Is it possible to make this into an oil supplement rather than using alcohol? What would the storage life be?



Wendy Rasmussen - 2020-06-22 13:43:06

Can you use vodka instead?



Cristina Dorsey - 2020-06-22 13:27:58

This sounds delicious! I love all your concoctions and am learning so much!