



I MADE A TINCTURE FROM TURMERIC POWDER AND THIS IS WHAT HAPPENED

Posted on October 13, 2022 by Crissy Joshua

People have used herbs in medicine for thousands of years. There are many different ways that you can take herbs to reap their health benefits. Tinctures are a good way to preserve herbs and administer a quality dose using just a little.

You've probably bought tinctures at some stage and even have a few in your cupboard. They are readily available in health stores and come premade in dropper bottles to aid with nearly every ailment under the sun. Many people like making their own at home and while it may not be possible to do this with every herb (because some aren't available to buy everywhere), I made one with turmeric powder, which is inexpensive and simple to make.

Tinctures are usually made by extracting the goodness of a medicinal herb with alcohol, which is what I used in this recipe. The alcohol in tinctures also helps you absorb the herb and its medicinal properties faster, and because they are highly concentrated, you only need to consume a little each day. This is especially useful if there's a herb you don't particularly enjoy the taste of, but want to incorporate into your diet.

So, what happened when I made this turmeric tincture? I got a lovely mahogany-colored mixture after six weeks. Now, I can add a tiny bit of my tincture to a cup of water and it has a very subtle flavor when I drink it. If you're not a fan of turmeric or tinctures in general you might like to add your tincture to a splash of water, or to some juice and ingest it quickly. Of course, adding it to a full glass of water gives you the added bonus of making you drink more water.

Medicinal Benefits of Turmeric Powder

Curcumin is the main active component in turmeric which provides the greatest health benefits and also gives turmeric its golden yellow color.

Some of the conditions turmeric may help with are:

Rheumatoid arthritis - as an anti-inflammatory it helps reduce inflammation of the joints and can improve arthritis symptoms.

Cancer - it's a powerful antioxidant and fights against free radicals which cause damage to body cells. It can reduce the spread of cancerous cells and even kill off those already formed.

Heart disease - it can ward off the development of clogged arteries by reducing inflammation and plaque build-up.

▣ [How to Recognize a Heart Attack and What to Do Next](#) (Video)

Type 2 diabetes - it can also play an important role for people at risk of diabetes, by managing blood sugar levels and can help people already living with type 2 diabetes.

Alzheimer's disease - by fighting against oxidative damage and due to its anti-inflammatory

properties it may help stop the breakdown of brain cells. Some research suggests that it may even stimulate new brain cell growth.

Depression - it acts as an anti-depressant by boosting dopamine and serotonin levels.

In addition to these specific benefits, thanks to its anti-inflammatory nature it can help boost the immune system in general, warding off any number of diseases and infections. It is also a prebiotic, so it helps us maintain a healthy gut, which is crucial to keeping our bodies functioning properly and to our overall well-being.

How To Make This Homemade Turmeric Tincture

First off, turmeric with its lovely golden glow has a habit of staining everything, so always be careful when using it. You'll see I do many of the steps over the sink just as a precautionary measure, especially when you have the final product and need to put it into dropper bottles.

Ingredients

- 1.5 oz. of turmeric powder
- 8 oz. (1 cup) good quality vodka with 40% alcohol
- 1 heaped tsp. of cracked black pepper

Note: The black pepper is in the recipe to help you absorb the curcumin more efficiently.

Equipment

- Small glass jar with an airtight lid
- Fine-mesh strainer
- Bowl or container large enough to fit your strainer
- Cheesecloth
- Funnel
- Dropper bottles

Method

1. Measure 1.5 oz. of turmeric powder, then add it to a sterilized glass jar. You will need to leave at least 1-inch of space between the ingredients and the lid so you can shake it later.
2. Take a heaped teaspoon of cracked black pepper and add this to the jar.
3. Measure 8 oz. (1 cup) of your vodka and add this on top, then close the lid.
4. Shake it gently up and down and side to side, until no turmeric powder is sticking to the bottom.

5. Place your jar in a dark cupboard so it's away from sunlight. You'll store it there for six weeks. Set a reminder on your phone or calendar when it will be ready.
6. In the meantime, you will want to give your jar a quick shake every day. The powder will look infused and then settle at the bottom again. If you forget a day here and there it's not a problem, you just need to shake it a little longer the next day. Shake it by twisting your wrist so the top of the jar faces the ground, then the ceiling, and repeat this action a few times until you don't see any clumps of turmeric at the bottom. This isn't a hard or fast shaking action, you just want to mix the vodka with the turmeric gently.
7. After six weeks, it's ready. Don't shake it on the final day, but take it out of the cupboard and leave it on the bench when you're ready to strain it.
8. Take your bowl or container which will catch the tincture and place your fine-mesh sieve over it and at least six layers of cheesecloth over the sieve. I recommend doing this in the sink. It's not a messy process but if you were to pour it over the benchtop and floor by accident it would be.
9. Open your jar and pour the liquid over the cheesecloth. If some of the turmeric sediment comes out that's fine, as your cheesecloth will catch it. You can discard all of this. If you want to use your glass jar again, you can. Just scrape out the remaining turmeric from the bottom and soak the glass in hot water before washing it.
10. Now you can pour your tincture into as many glass droppers as you need, depending on whether they are large or small. Use a filter to guide the liquid in, so you don't spill any.
11. Label your glass droppers, so you know it's your turmeric tincture. Write the date on for future reference, in case you want to make another batch before this runs out, so you'll know which to use first.

Your turmeric powder tincture is ready to use!

You can take 1 dropper (20-30 drops) between 1-3 times a day. It doesn't matter how large or small a dropper bottle is, you will get the same portion (1ml or $\frac{1}{4}$ of a teaspoon). That's because the squeezey bit at the top (the bulb) is a standard size. You'll notice in longer droppers the liquid won't fill all the way, but in shorter droppers, it may come up $\frac{3}{4}$ of the way.

Store your tincture in a dark cupboard. You'll notice that dropper bottles are dark and this is to protect the mixture from light. It will keep for at least one year, although some people claim that alcohol tinctures last 10 years and up. If you're using it regularly, it will be finished much sooner though.

You may also like:

[**Anti-Inflammatory Turmeric Tea**](#)

[**Similar to Morphine: The Best Natural Painkiller that Grows in Your Backyard**](#) (Video)

[Warming Turmeric and Cayenne Pain-Relief Balm](#)

[How To Make Medicinal Pickled Turmeric](#)

[50 Health Benefits of Turmeric](#)

Comments



The Lost Herbs – 2022-10-18 05:16:12

Hello Am, Thank you for your interest in our books! An email has been sent to you with more information. Many blessings and good health!



MaryAnn Brooks – 2022-10-18 00:16:59

Is there a difference in medicinal value in different turmeric? Is there a source you recommend or a brand? Is ground turmeric in the spice department in the grocery store as effective as turmeric purchased from an herbal company?



The Lost Herbs – 2022-10-17 06:04:24

Hello Mathilde, Thank you so much for your feedback! It's extremely important for us and we promise we'll put it to good use in improving the website. Many blessings and good health!



The Lost Herbs – 2022-10-17 06:02:22

Hello William, We are very happy to hear the articles are valuable to our readers. Many blessings and good health!



The Lost Herbs – 2022-10-17 05:42:58

Hello Jo, Thank you for your comment! You can use apple cider vinegar or vegetable glycerin if you don't like alcohol. The article below might be helpful to you:
<https://thelostherbs.com/how-to-make-a-tincture-using-apple-cider-vinegar-instead-of-alcohol/>
Many blessings and good health!



The Lost Herbs – 2022-10-17 05:35:08

Hello Nogah, We recommend working with an alcohol that is between 40-60% ABV (80-120 proof) to capture the widest range of both water-soluble and alcohol-soluble constituents. Vodka is the preferred alcohol to use because it has no flavor, but rum, gin, brandy, and whiskey will work as well. Many blessings and good health!



The Lost Herbs – 2022-10-17 05:20:03

Hello Heena, Thank you for your comment! You can use apple cider vinegar or vegetable glycerin if you don't like alcohol. The article below might be helpful to you:
<https://thelostherbs.com/how-to-make-a-tincture-using-apple-cider-vinegar-instead-of-alcohol/>
Many blessings and good health!



The Lost Herbs – 2022-10-17 05:16:47

Hello Barry, Thank you for your question. Alcohol is a solvent that extracts the compounds with medicinal properties from herbs. You can use any type of alcohol you like, but vodka is typically used because it has a more neutral flavor than other alcohols. You can also use apple cider vinegar instead. This article might be useful to you:
<https://thelostherbs.com/how-to-make-a-tincture-using-apple-cider-vinegar-instead-of-alcohol/>
Many blessings and good health!



The Lost Herbs – 2022-10-17 05:12:47

Hello Lilian, You're very welcome. We are glad to hear you enjoy the article. Many blessings and good health!



The Lost Herbs – 2022-10-17 05:11:49

Hello Peter, Thank you for taking the time to share this. We really appreciate it! Black pepper indeed contains piperine, which inhibits the metabolic breakdown of turmeric compounds in the gut and the liver. Many blessings and good health!



The Lost Herbs – 2022-10-17 05:08:15

Hello Peter, Thank you for your feedback. 1 heaped teaspoon of cracked black pepper should be enough for your turmeric tincture. It equals about 0.081 oz. Many blessings and good health!



The Lost Herbs – 2022-10-17 05:03:20

Hello Jenn, Thank you for your kind feedback. It is much appreciated! Many blessings and good health!



The Lost Herbs – 2022-10-17 05:01:50

Hello Sheri, Thank you for your question. You can use apple cider vinegar instead. This article might be useful to you:
<https://thelostherbs.com/how-to-make-a-tincture-using-apple-cider-vinegar-instead-of-alcohol/>
Many blessings and good health!



The Lost Herbs – 2022-10-17 04:58:54

Hello Fiona, Thank you for your comment! We are glad you enjoyed the article. Many blessings and good health!



Mathilde – 2022-10-16 21:03:44

I also wanted to thank you for this article/recipe, I very much enjoy these, and save to try many of them. One comment I would like to make, please don't resort to these sensationalized titles, such as the above one, honestly! You have something really good here, there is no need to try and trap people into reading them, it's cheap, and not in line with the content you have.



Mathilde – 2022-10-16 19:41:44

I have received the book in New Zealand. Hope that helps. I did contact the admin directly.



Jonell Cadman – 2022-10-16 11:29:25

You need 40% alcohol. If you use everclear you have to dilute with water.



William – 2022-10-15 18:34:31

I love this article and also the one for Tea. I really love the articles posted here!



Ruth – 2022-10-15 15:14:41

Thank you thank you. I've made many tinctures and many Maserati on for salve in my lifetime but am always interested in another.



Jo – 2022-10-15 11:55:37

Thanks for the info. I use no alcohol at all. So you using coconut oil? And how much?



Jo - 2022-10-15 11:46:58

I do NOT drink any alcohol. What can be used instead of alcohol?



Nogah - 2022-10-15 09:09:59

Can one use a 95% alcohol instead of vodka for this recipe? If yes, how much?



Becky - 2022-10-14 15:53:09

1:5 ratio- 1 part turmeric to 5 parts vodka. You need enough liquid to cover product by an inch or so. Same as infusing with honey.



Zofia Newham - 2022-10-14 14:20:43

Hi. I tried turmeric but with reflux it burned my guts that I had to stop. So it's good for my osteoarthritis but no good for reflux. I'm trying to make rosemary one. Good luck



AM Robinson - 2022-10-14 13:39:13

I tried to buy the book but when it came to putting in the country, it only had the USA there to choose from. Is your book available in Canada and if so, what would be the charges? Also, digital books are of no use to me, nor would they be of use in the event of some sort of catastrophe when people were out of electricity for a long time.



Skye - 2022-10-14 09:50:18

You never said what happened to you. Everyone shares what herbs are good for but never have a personal testimony. I don't understand this



Heena Hassan - 2022-10-14 06:43:46

Do you have a receipt excluding alcohol, can we use glycerin instead?



barry - 2022-10-14 06:27:37

did not see response, is alcohol necessary or does the alcohol evaporate?



Lilian - 2022-10-14 03:26:23

Thank you so much for this sharing.



Peter - 2022-10-14 02:02:42

I don't know if you hosts read these comments, but to those of you who do: Black pepper is an essential ingredient to enhance the bio availability and effectiveness of turmeric, but there is a catch missed by this recipe. The element of pepper that enhances the turmeric is not just pepper. It is the volatile element in pepper, piperine.. What doesn't seem to be widely known is that it evaporates quickly upon grinding. It is hydrophobic and evaporates in water. It is best captured in oil. I do not know if it is captured in alcohol. But it must be ground directly into the medium to be most effective. In Ayurveda, Asians would grind and add directly and immediately into ghee or coconut oil. I don't know how they knew, but they did. Cracked or ground pepper is not nearly as effective as grinding directly into oil (and maybe alcohol?)



peter metcalf - 2022-10-13 23:32:13

Since the measurement for humeric is in ounces, please include the pepper in ounces, or preferably, vice-versa. I have no kitchen scale and my kitchen counter is already crowded with spices and appliances. Thank you.



Jenn - 2022-10-13 23:01:11

Great recipe Crissy, thanks for sharing!



Sherry Desmarais - 2022-10-13 20:36:48

Or you could do both!



Sheri – 2022-10-13 20:28:18

What if you don't like alcohol?



Richard – 2022-10-13 19:29:25

Duh, or you can skip all that and just go with the Mexican method! Mix a small amount of Tumeric (Curcurma) with a very small amount of water until it becomes a paste (takes 1 minute litterly), then smear it on any absyses and bandage and leave for a week. Then take of bandage and wash up. Voila! No scales, no bowls, no vodka no nada excepting Tumeric and a little water.



Fiona – 2022-10-13 19:18:58

Thanks so much for this Nicole!!



Fiona – 2022-10-13 19:18:38

I'd be really interested to know about using fresh turmeric too! Thanks for asking :)



Marc – 2022-10-13 18:07:55

Forgot to add: is dried, powdered tumeric better than fresh tumeric? As I have fresh growing in my garden. If I use fresh how much would be the equivalent of 1.5 oz. powerdered Turmeric



Marc – 2022-10-13 17:55:54

Are they any concerns or risks with making a tincture of Tumeric, combines with Triphala? Or would you add the Triphala to the final mixture



Kathy Osgood – 2022-10-13 16:42:24

I make a tea of turmeric, ginger, lemon and black pepper and honey every morning and I have not been sick since I started doing this more than a year and a half ago



Dorothy - 2022-10-13 14:14:16

Just what I needed! Can you use Everclear for the alcohol part?



Josep - 2022-10-13 10:46:54

Many thanks for the detailed article and instructions