

Medicinal Tinctures

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Medicinal Tincture Overview

- Definition of tincture
- Traditional OHN Recipe
- Recommended use
- Properties of tincturing & OHN
- Other tinctures
- Suggested Workflow



Tincture: a medicine made by dissolving a drug
in alcohol

-New Oxford American Dictionary

Traditional Oriental Herbal Nutrient Recipe

- Garlic
 - Ginger
 - Licorice
 - Cinnamon
 - 2x Angelica
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- traditional oriental medicines
 - common denominator: good for digestion; element of fire!

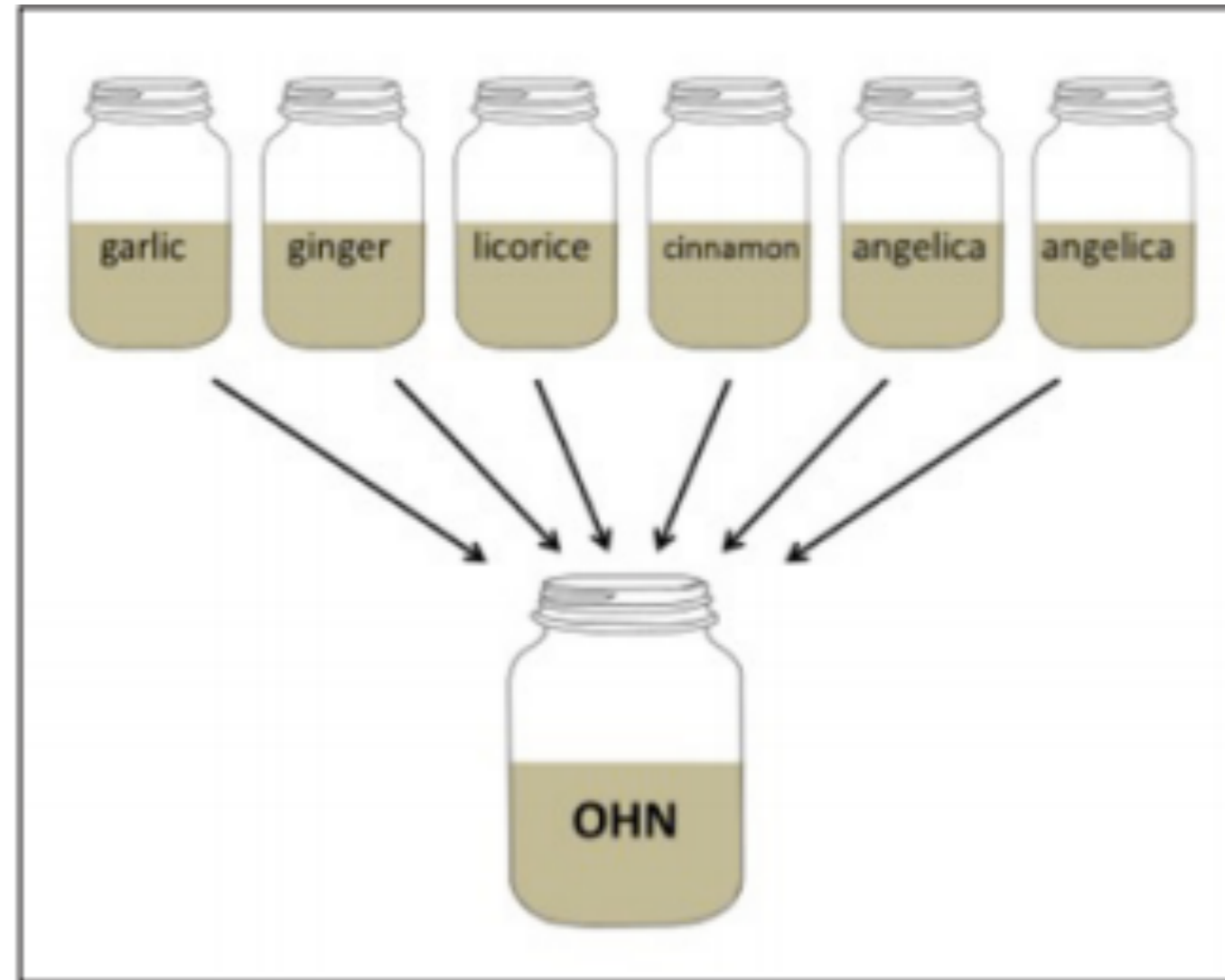


Figure 1. Oriental Herbal Nutrient (OHN) is comprised of several herbal extracts: 1 part garlic: 1 part ginger or turmeric: 1 part licorice: 1 part cinnamon: 2 parts angelica)

Fresh Ingredient Fermentation

- ie, when working with fresh ginger or garlic
- cut or crush material to ~ quarter size pieces
- mix well with 1/3 brown sugar by weight
- fill vessel to 2/3 full
- ferment for 3-5 days
- discard excessive garlic peels



Figure 2. Chop or crush fresh garlic cloves to prepare their extract.

Dry Ingredient Fermentation

- Fill vessel with material 2/3 full
- Cover material with cheap beer
- Let stand for 3-5 days



Alcohol Extraction

1. Cover fermented material with 40% alcohol (ie vodka, soju) to the brim of vessel
2. Seal with airtight lid
3. Stir once daily for 7-10 days
4. Drain off liquid into separate containers, i.e. don't mix garlic with ginger. garlic goes with garlic only until the very end.
5. Pour back liquid till 1/3 full
6. Add fresh 40% alcohol to brim
7. optional: Repeat 2-6 4 times



Final Steps of Combination & Storage

- Combine all pour offs into one large vessel
- Store with airtight lid
- Keep in the dark
- Shake well before use

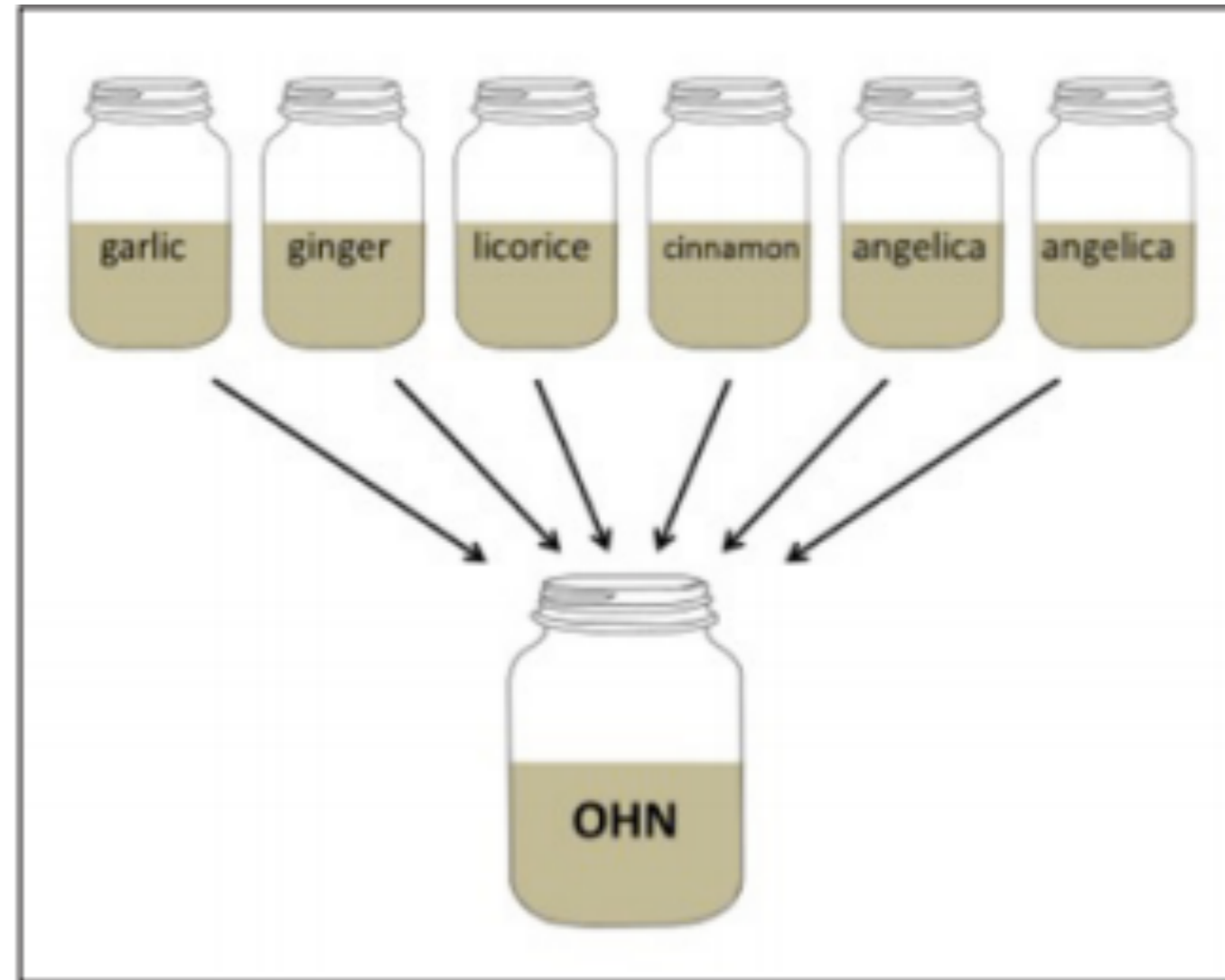


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Recommended Use

- Dilute fresh OHN 1:1000
- For every year old, add 1000, so two year old OHN is 1:2000
- Used in EVERY recipe
- Enhance potency & absorption of other amendments
- Boosts plant and soil immune system / resilience
- If plant is sick, dilute more.
- Take nip every 1/2 hour when feeling sickness coming on.



Properties of Tincture

- fermentation before tincturing increases potency
- alcohol can make many nutrients water soluble
- alcohol can bring many nutrients across the cell boundary



Benefits of OHN

- returns aerobic conditions
- makes fermentation happen faster, yet more controlled
- selects for beneficial microbes
- can be used daily as a medicine without building up resistance or losing effectiveness
- older batches get more potent



Other OHNs

- hawaiian modification
 - garlic, ginger, turmeric
- Gil Carandang's modification
 - garlic, ginger, cashew



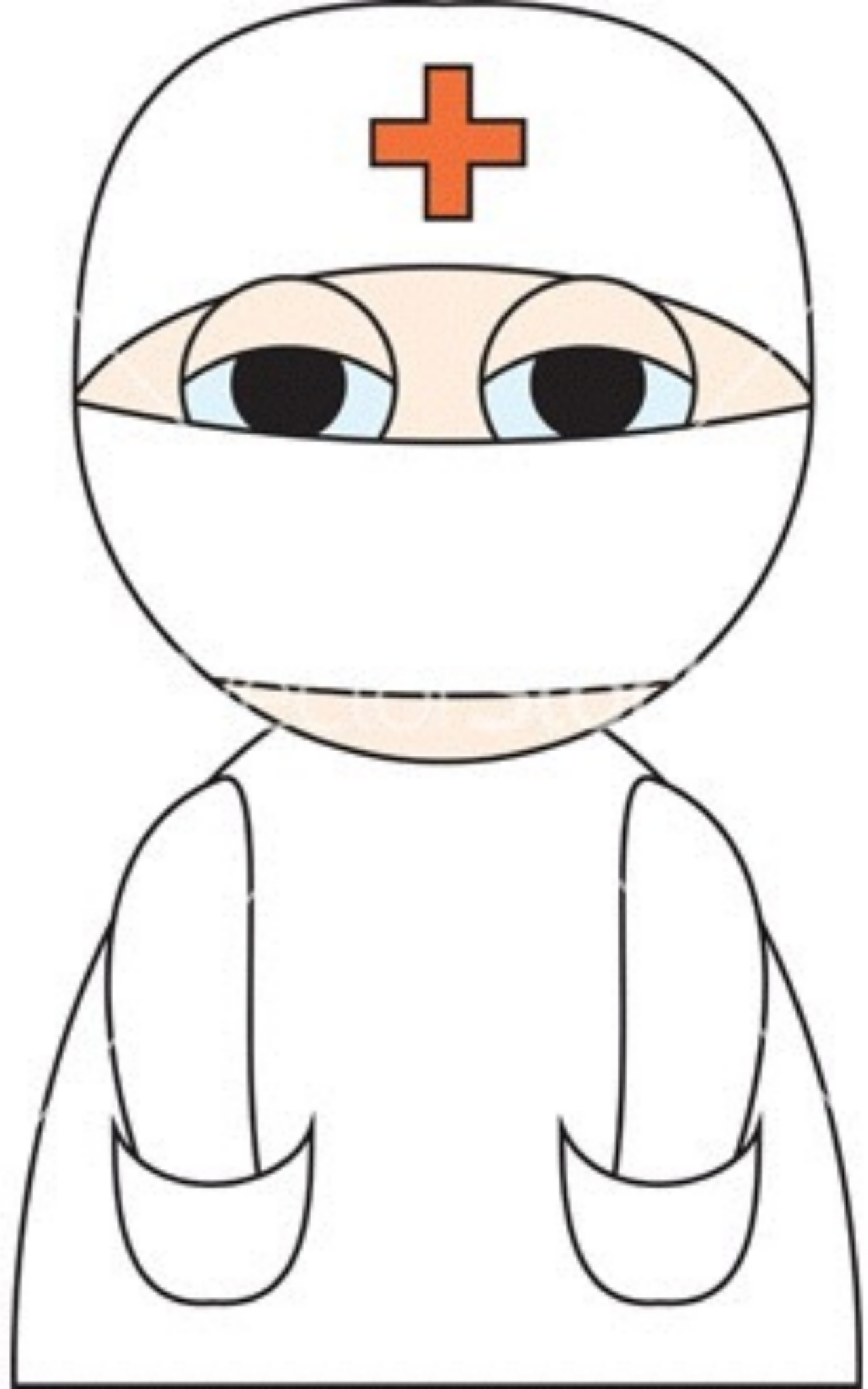
Other tinctures

- Mugwort tincture
 - can pull toxins out of bones
 - strong fungal control
- Comfrey tincture
 - incredible healing properties



Suggested Workflow

- Make fermented plant juice and place in fridge without adding equal parts of sugar
- Tincture left over material with alcohol filled to brim for 10 days
- Preserve by combining FPJ with tincture pour off
- The high alcohol content will arrest further fermentation
- FPJ and tincture gets you “most bang for your buck”



More info

- <http://www.ctahr.hawaii.edu/oc/freepubs/pdf/SA-11.pdf>



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