

ROOTS

Please note that some of these fresh root tincture formulas include water. That's because different properties tincture out in alcohol than in water and you usually want both. You use more water for dried roots because you need to rehydrate the root. Use distilled water, and the highest proof alcohol you can get. For specifics of use, please consult your favorite herbal handbook. There are other things you can do with roots besides tincture them in alcohol (tea, honeyed, etc.).

Echinacea

- +fresh root 1:2 (1 oz by weight root to 2 oz by volume liquid), 75% alcohol, 25% water
- +Actions: anti-microbial, alterative, anti-bacterial, anti-viral, great for upper respiratory stuff

Elecampane (*Inula helenium*)

- +fresh root 1:2 (75A:25W)
- +dried root 1:5 (50A:50W)
- +Actions: expectorant, anti-tussant, diaphoretic, stomachic, anti-bacterial, great for the upper respiratory tract, safe for children

Marshmallow (*Althaea officinalis*)—

- +Low or non-alcoholic extracts are preferred. Alcohol precipitates out the mucilage.
- +Long, cold infusion—put roots into jar, cover with water & let stand overnight.
- +tea 1:5
- +Actions: demulcent, expectorant, diuretic, emollient, vulnerary, great for any inflamed mucous membrane

Valerian (*Valeriana officinalis*)

- +fresh root 1:2 (75A:25W)
- +dried root 1:5 (50W:50W)
- +Actions: sedative, hypnotic, anti-spasmodic, hypotensive, carminative, nervine

Oregon Grape (*Mahonia aquifolium*)

This has already been tinctured, so you can't do it again. However, you can infuse it in honey or oil to extract more of its anti-bacterial goodness. It's also a digestive tonic.

Kathy Eich uses it in her cold/flu formulas.

- +Actions: alterative, cholagogue, anti-bacterial, anti-fungal, emmenagogue (don't use if you're pregnant)

A great source for how to harvest roots for tincturing:

<https://theherbarium.wordpress.com/2009/03/08/harvesting-making-specific-tinctures-4/#more-503>