

TINCTURE DOSAGES

One basic reason herbal remedies work for a particular problem is that the herb has provided one or more vital nutrients that are missing in the diet.

Herbs are not witchcraft or magic wands. They are a source of vitamins and trace minerals. Herbs feed the body, much like our food should but often doesn't. They aid the body's natural healing processes by providing essential nutrients.

An alcohol tincture is typically taken 8-12 drops in a little bit of water. It is usually advisable to take tincture along with a meal. The nutrients are more likely to be absorbed that way. With something in your stomach, the tincture will be less likely to cause an upset tummy. Depending on the severity of the problem, tinctures should be taken 2 to 5 times a day. Because herbs are nutrition it is hard to over do.

Tinctures are administered in drops, and at least half of those few drops are just water if you used vodka to make the tincture. The alcohol consumed when taking an herbal remedy is negligible. It is far less than that contained in over the counter remedies such as cold and cough medicines, even those for children. In fact, you will be consuming less alcohol taking herbal remedies that you consume when adding vanilla to your favorite frosting recipe.

Alcohol dissipates very rapidly with heat. Since you will be adding the tincture to a couple of tablespoons of water to take it anyway, you can make sure the water is very hot when you put the tincture into it. The alcohol will dissipate instantly. You will have completely eliminated the alcohol with this simple step.

Herbal teas are another great way to get large amounts of nutrition from herbs. I like to add honey and lemon to my tea.