

## Non Alcohol Herbal Extractions Vinegar, Honey, Glycerin & Oil

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This presentation will explore effective non-alcoholic herbal extraction methods—using vinegar, honey, glycerin, and oils—as alternatives to traditional tinctures. These preparations offer versatile options for people with alcohol sensitivities, children, and those who seek more food-based remedies. We will include formulation strategies, dosing guidelines, and demonstrate preparation techniques. Emphasis will be placed on safety, efficacy, accessibility and integration into family and community apothecaries.

By exploring different solvents and carriers - such as vinegar, honey, glycerin, oil, and nut butters— we can make herbal remedies both palatable and effective. We'll explore several alcohol-free delivery methods and recipes. You're encouraged to experiment with the ingredients and techniques presented. The goal is to craft enjoyable, supportive herbal products without the use of alcohol.

### Vinegar as menstruum

*Vin Aigre*, two French words denoting sour wine is where the Vinegar is derived. Vinegar made with naturally fermented apples, Apple Cider Vinegar (ACV), can be used as a solvent. ACV also provides its own medicinal benefits, such as; it balances PH, astringes the skin and tones mucus membranes. It is a refrigerant, a thirst quencher and a sialagogue that promotes saliva. Vinegar is also used to stimulate the secretions of the kidneys and respiratory mucous membranes.

Vinegar by FDA standards must contain at least 4% acetic acid per 100cc. It is only 4-6% acid solution but is stable at room temperature.

It contains the fruit's inherent mineral salts, specifically Potassium.

Dr. William Cook a brilliant herbalist, physician and professor - wrote the *Physio-Medical Dispensatory of 1869*, where he so eloquently wrote about Lobelia. He suggests that Lobelia is best extracted into vinegar and I do too. Other Alkaloid-containing plants, such as, Goldenseal and Bloodroot are also best prepared in vinegar. Cayenne also. Because of the acid content it is best to use dried plant marc in this menstruum to have a more shelf-life stable product.

Medicinally, vinegar makes an excellent gargle for sore throats.

As a menstruum it is useful to extract fresh mineral rich herbs to be used as food and medicine:

- Motherwort
- Mugwort
- Dandelion
- Shiitake mushroom
- Nettle
- Violets

### Cayenne/Sage Throat Gargle

- Sage tea

ACV  
Cayenne pepper powder  
Salt

### Fire Cider Vinegar

½ c Onion  
½ c Garlic  
½ c Ginger  
½ c Horseradish root  
¼ t Cayenne powder  
1 Parsley bunch  
1 qt. Apple Cider Vinegar

**Oxymels-** A preparation using both apple cider vinegar and honey as menstruum, making it sweet and sour. Unpleasant tasting herbs may be disguised by this method of preparation. First the herbs are simmered in the vinegar then strained and honey is added to the liquid for sweetness, medicinal properties and stability.

An oxymel is usually comprised of 2 parts vinegar to 1 part honey.

The typical dosage is 2 T or 1 oz. of the oxymel. This is an excellent way to ingest food source Phyto-nutrients.

Medicinal culinary herbs which make an excellent oxymel include:

Onion, Garlic, Sage, Oregano, Thyme, Basil, Ginger

For the real medicinal ones which are more difficult to ingest try: Elecampane, Horehound, Hyssop, Mullein, Marshmallow together for a lung clearing oxymel.

### Vir-Oxymel-

1 large Raw onion, sliced

Hands-full of my favorite garden raised culinary essentials:

Rosemary, Sage, Thyme and Oregano

32 oz. Apple Cider Vinegar

Add onion and herbs into a soup pot.

Pour vinegar over them in the saucepan.

Cover with a lid and bring up heat slowly to a simmer.

Lower heat if necessary and infuse for 30 minutes.

Strain through a sieve into a large measuring cup.

Measure out 2 cups, add to a quart jar.

Honey - Measure out 1 cup and add while the liquid is still warm, not hot.

Mix well, Enjoy.

Refrigerate as desired.

Dose is 1 t. – 1 T often when an illness is present.

May be used as salad dressing or over cooked greens.

For cold and flu symptoms add a tablespoon to warm water and drink as a tea.

**Dr. Duke's Viroxymel** – original formula based on the anti-viral properties of these plants. Have fun creating your own, inspired by the "Duke of Herbs".

garlic, ginger, green tea, licorice, onion, persimmon, and turmeric

**Honey-**

Wonderfully healing and nutritious food of the bees. This enzyme rich anti-bacterial carries the pollen of whatever the bees are eating which makes it valuable in the treatment of allergies. There are many ways to use this delightful food for healing. I find it extremely beneficial for sore throats. It also alleviates cough and helps one recover from a chest cold.

Honey has a high osmotic pressure which helps it draw out toxins and reinvigorate the skin when used as a mask.

Honey is also used externally to heal skin after a burn or a rash.

Honey is the only food on the planet that will not spoil or rot. However, when left in a cool dark place for a long time it will "crystallize" or turn to sugar. To re-liquefy loosen the lid, boil some water, and sit the honey container in the hot water bath, off the heat, careful not to boil. Heating honey kills the enzymes.

Remember to buy local honey if at all possible.

**Ginger Honey syrup**

1 c. Ginger root fresh, chopped lengthwise to fill a pint jar

2 c. Honey to cover

1 t. Lemon zest (optional)

This is the best honey ever! I use a wide mouth pint jar for this one. Just fill a jar with fresh ginger, peeled and cut lengthwise. Pour on the honey until you reach the top of the jar making sure all the ginger is covered. The honey begins to extract the juice from the ginger immediately. I turn the jar upside down several times a day. It only takes days before the jar is full of liquid the viscosity of syrup. The honey is ready to be poured off.

Save the ginger! It can be used in teas or in scones, in stir-fry or for nibbling.

I save it for several days in a container in the refrigerator, eating some daily.

To the ginger honey you may add lemon zest and allow it macerate for a while.

This honey to a delicious pairing with Green Tea in the morning.

Spruce tip honey

Turmeric honey

Cinnamon honey

**Glycerin makes lovely "Glycerites" or Glycol-extracts-**

Vegetable glycerin, food grade and organic is a wonderful sweet viscous menstruum.

Glycerin is a solvent, a preservative and an emollient.

It is the sweet principle of oils, obtained by the hydrolysis of vegetable or animal fats.

The vegetable glycerin I use is extracted from coconut fat.

Here are some guidelines to follow when using vegetable glycerin in herbal medicine making:

Glycerin needs to have water to break the chains for extracting dry plants.

To preserve an herbal extract, use 25% glycerin to stabilize a decoction to create a syrup, which will be stable for 3-6 weeks makes a tincture which will last for 2 years.

Adding 10 % glycerin in an alcohol extract will keep tannins in suspension.

Use a ratio of glycerin/water: 80% glycerin 20% water

Some herbalists recommend a 60/40 or 70/30 ratio glycerin to water.

I will use these the 80/20 ratio to make some glycerite extracts.

For 10 ounces of menstruum use:

8 oz. Vegetable glycerin

2 oz. Water

Measure glycerin first. Add the water. Notice the water does not penetrate the glycerin. Mix together with a fork to break the chain and incorporate.

Cover the herb in the solution.

Shake, Stir and Warm ever so slightly to extract.

Hot water bath indirectly to warm infuse the glycerin water solution into the marc.

If it warms for 2-4 days I taste it to check if it is appropriately extracted.

Strain through a stainless steel strainer, pushing with a spoon through a tight weave. Pour into a glass bottle using a stainless funnel.

Herbs to prepare as a glycerite:

Cinnamon

Lavender

Hibiscus

Chamomile

Fennel

Rose Glycerite

Holy Basil

Oats

Mind Body Spirit glycerite:

Holy Basil

Oats

Rose

### **Oil infusions-**

Olive oil *Olea pinguia*, a non-volatile, fixed oil rich in anti-oxidant tocopherols.

Vegetable, nut and seed oils are fixed fluid substances, soluble in chloroform, ether or other fats. Fats extract or dissolve fats, making them perfect for the fatty acids we want to extract from highly resinous plants fat soluble phytochemicals.

Using a fixed vegetable oil to extract plant properties and keep them stable is one way oil can be used in making medicine. Oil extractions may be ingested, applied on the body externally or made into salves, balms and body butters.

**Rosemary & Garlic infused Olive oil-**

Garlic bulb divided into cloves and paper peeled or better yet, fresh from your garden, washed and chopped.

Harvest 6-8 springs of Rosemary the length of the jar.

Fill a wide mouth pint jar with garlic and rosemary.

Pour olive oil over top to cover plant matter.

Allow this oil to sit on a warm surface for a week or so.

Strain well. Stabilize the oil using 10 drops of Vitamin E oil.

**Oils for external use include:**

**Rosemary infused in Olive oil-** for hair and head, rub into scalp and massage.

**Mullein ear oil-** used in ears for ear aches, inflamed ears and blockages

**St. John's wort flower oil-** to reduce nerve inflammation like sciatica, neuritis and any herpes or shingles out breaks.

**Chickweed oil** for soothing inflamed skin

**Solomon's seal** root – as anti-inflammatory rub for hands, hips and shoulders.

**Black Cohosh root oil** – for neck, knees and join rub.

**Ghee**

Clarified butter is stable at room temperature. Ayurvedic medicine uses it as a carrier of medicinal herbs particularly those, which are fat-soluble. Ghee is excellent for diseases of the subtle tissues, nerves and mind, including many Vata problems and is said to help reduce fever. Medicated ghee in Ayurvedic medicine is called *Siddha Ghrita*.

Some herbs prepared in ghee include:

Ashwagandha

Garlic

Gotu Kola

Bacopa

Licorice

Shatavari

Triphala

**Bonus Recipes for Non-alcohol Medicinal Foods:****Sunny Day BonBon**

½ c Sunflower seed butter

2 T Ghee

2 T Shatavari

1 T Ashwagandha

1 T Licorice  
½ c Sunflower seeds to roll them in

### **Adrenal Gland Adaptogen Molasses Brew**

1 oz Ashwagandha  
1 oz Astragalus  
.5 oz Rehmannia  
6 c water  
½ - 1 c Molasses

Brandy is optional, add for longevity of the syrup.

Weigh and Measure adding everything but the molasses into the soup pot

Bring to a simmer and leave off the lid. Reduce the water by half as it simmers.

Strain out the herbs. You should have about 3 cups by now.

Add ½ cup of the black strap molasses and stir. Sip for taste. It should be strong tasting. If you want more of the molasses minerals (iron and calcium) add more while it is warm.

I have been skipping the Brandy for stabilizer by warm bath canning the product to create a seal in the pint size canning jars.

Take 1 T. twice a day to increase vim, vigor and vitality.

### **Slippery Elm Oatmeal Gruel**

¼ c Slippery Elm powder  
½ t Cinnamon Powder  
2 T Oatmeal  
1 c Water

Slowly heat and stir. Let cool, sweeten with honey if you like.