

CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 15 – HERBAL VINEGARS AND GLYCERITES

Medicinal Herbal Vinegar Tinctures:

Apple Cider Vinegar:



Pure Unfiltered Organic Apple Cider Vinegar is used to make tinctures when alcohol cannot be used. It is safe for children, the elderly, those who cannot have alcohol and people with celiac disease. Since most vodka on the market is made from wheat, rye, barley and glutenous grains.

Apple cider vinegar is an excellent preservative and has been used for thousands of years. Before the distillation of high proof alcohol, vinegar was the menstruum of choice. Vinegar offers many health benefits internally as well. Health benefits include maintaining proper pH levels, diabetes, digestion, aid in metabolism, blood conditioning, revitalizing the nervous system, and high cholesterol. Externally vinegar has been used to aid the skin and hair, disinfect surfaces and deodorize.

Apple cinder vinegar has shown to promote health and prevent disease. Ancient history shows us that the formula for the Four Thieves Vinegar was used to prevent the plaque. This herbal vinegar included herbs of: Calamus, Camphor, Cinnamon, Clove, Garlic, Nutmeg, Peppermint, Rosemary, Rue, Sage and Wormwood. It was known as “sour wine”, and was used as a refrigerant, to diminish thirst, promote saliva and alleviate restlessness. It promotes secretions of the kidneys and respiratory mucous membranes. Historically it was used to reduce fevers, slow pulse of heart, and heat in the skin. Herbal medicinal vinegars are the oldest class of medicinal herbals.

When making medicinal herbal vinegars it is best to use dried or powdered herbs. The water content in fresh herbs is not recommended with vinegar. Water from fresh herbs can cause mold to grow on your finished product. Tinctures made with apple cider vinegar usually have a shelf life of 1 year. After a year it is not that they are not good, it just means the potency is not that of the fresh. These vinegars can still be added to food, and yes you will still receive some of the benefits of the herbs used.

Vinegar has a tendency to rust the lids of your mason jars, therefore it is best before you put the lid on to cover the jar with BPA free plastic wrap or wax paper. Then add the lid and seal. Keep in mind that vinegar is not strong enough to draw out all the properties of the herb as alcohol does. However it is excellent to use for children or the elderly, or for those who do not like the taste of alcohol.

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Apple Cider Vinegar: Some of the most common herbs used with Apple Cider Vinegar include: Lobelia, Wintergreen, Tarragon, Oregano and Rosemary to name a few. Tonic herbs that are used for long periods of time or as maintenance are made with Apple Cider Vinegar. Apple Cider Vinegar is also an excellent digestive tonic, regulates the acid/alkaline balance. You can also add essential oils after the 14 day extraction process and straining of the plant material. Essential oils that are beneficial include but not limited to: Peppermint, lemon, lime, black pepper and ginger. If you choose to add Essential oils to your finished tincture you only need to add per ounce 4-6 drops. Make sure you roll the bottle between your palms to incorporate the essential oils.

You can also use wine vinegar, malt vinegar, rice wine vinegar. Make sure they are pure and I prefer of organic nature. Wine vinegars are best used with culinary herbs and spices. It is best to experiment to see which you prefer. Make sure you document your results, menstruum used and I like to note the color of the finished product. Usually if it is a dark color you have an excellent tincture. If you want a stronger tincture, you can strain and add dried plant material and leave for another 14 days.

Externally tinctures can be used for: cleansing, tone and condition the skin, antiseptic, relive skin inflammation, odor, sunburn, itching and as a natural cleaning product for counters etc. Vinegar tinctures produce coolness on the skin, reduce bruises and sprains. You can also add your vinegar tincture to lotions during the water phase to help reduce dryness. Vinegar tinctures are also wonderful to use in toners for the facial skin. When creating a vinegar toner with essential oils, be sure to match the skin type with the essential oils used. Since most toners are either 6 or 8 oz., you would add 10-15 drops of a single essential oil or 10-15 drops of a combination of oils. Shake before using. These tinctures are wonderful when used for problem or acne skin types.

Preparation: When using leaves and flowers let sit for 14 days, strain, label and bottle. When using bark or roots after 14 days strain, heat the tincture but do not boil. Filter your heated tincture through a coffee filter then bottle and label.

Dosage:

Dosage of tinctures are usually determined on an individual basis. You would consider the needs of the individual and/or severity of illness. The strength of the herb is also taken into consideration and any essential oils added. Remember herbs and essential oils work hand in hand in a synergistic manner. Gentle herbs can be used in larger doses and for longer periods of time. Tinctures are taken in daily doses, some need to be taken every hour and some only 3x daily. Condition dictates.

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Dosage: General Guidelines:

60 drops = 1 teaspoon	4 ml. = 1 teaspoon
1 fluid ounce = 29.57 mil.	1 teaspoon tincture = 2 “00” Capsules

Children:

When using tinctures for children you need to take into consideration the size of the child being treated, the illness and the power of the herbs used in the tincture, any essential oils added. One method to determine a child's dose use the child's age divided by 12 plus the age. Example: $4/12+4 = 4/16 = \frac{1}{4}$ of the adult dose. Another method used with tinctures and herbal supplements – divide the weight of the child by 150 to give the approximate fraction of the adult dose. Example: 40lb child – $40/150 = .26$ or $\frac{1}{4}$ the adult dose.

GLYCERITES:

Glycerin:



USP Food Grade Organic Vegetable Glycerin is always used to make your glycerties. If it does not state vegetable it is made from animal fats, usually pig fat. Glycerin is obtained from an extraction process called Hydrolysis. It is a by-product of vegetable fats. It is obtained by adding alkalites to fats and fixed oils such as soy, olive or almond. The basics of this system is that the fats and oils of a raw ingredient (usually vegetable oils) are split into crude glycerol fats, under the combined action of water, temperature and pressure. These temperatures can exceed 400° degrees and the material is usually kept under pressure

for 20-30 minutes. What is actually occurring is a sort of "counter-flow" where the water absorbs glycerol from the fatty acid phase of the oil production. After this phase this glycerol is isolated and further distilled to give buyers a standard 99% Glycerin product. Vegetable glycerin is an excellent menstruum to extract herbs when dealing with children, pets and those with diabetes. It does not raise the insulin level. Glycerin is also used for those with liver issues. Shelf life is usually 2 years when stored in a cool dark place away from light.

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GLYCERITES:



Glycerites also known as glycol extracts can be diluted with water, vinegar or alcohol. They were discovered in 1789 and used in medicinal pharmacopeia in 1846. Glycerin not only has solvent properties, it is an excellent preservative protecting against oxidation.

Glycerin can be added to warm water as well as herbal vinegars if it is too sweet for some. It is very effective as a menstruum for herbs high in tannins. It is not used as a menstruum for resins. Glycerin also contains anti-fermentation properties. When combined for external application, it is an excellent demulcent, emollient, it soothes and heals. When glycerin is used for external applications it helps draw water from the air, which helps to retain moisture in the skin. Glycerites can also be used as a base for cough syrups.

When combining glycerin with alcohol to cut the sweetness or extend the shelf life, use a dilution rate of 10-15% alcohol. When diluting with water use a dilution rate of 75% glycerite to 25% distilled water. Glycerites are more concentrated than infusions or decoctions and much stronger. A smaller dose is usually recommended. Dosage 10-25 drops added to water or dropped on the tongue 2-3x daily. Glycerites are mild to the digestive tract.

Should you decide to make a glycerin/alcohol tincture, make sure you combine all the liquids first before you add them to the plant material. Make your tincture as would any tincture and let sit for 14 days. Shake daily. Strain your tincture, store in labeled bottles. If you want a water/glycerin tincture add roughly 1 cup distilled water to 1 ½ cups glycerin then add to your plant material and follow general tincture procedures.

Methods:

Depending on which herbalist you follow, each has their own method. Here are 2 methods you can use unless you find one you like better. You can use alcohol, water, or vinegar.

Glycerin/Water: Make an herbal decoction using 2-4 oz dried herb. Strain off plant material. Add glycerin to your herbal decoction. Heat over low heat until it has the consistency of honey. Remove from heat, bottle and label.

Glycerin: This method is the same as making any tincture. Add your powdered or dried plant material to a jar. Cover with Glycerin and let sit for 14 days. Before you seal the jar make sure you stir your plant material. After 14 days and you strain the glycerite you can add your distilled water at that time if you choose to. Bottle and label.

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Anti-Plague formula:

This formula is from Dr. Christopher

Mix well the following liquid ingredients:

- 8 parts apple cider vinegar
- 5 parts glycerin
- 5 parts honey
- 2 parts garlic juice, fresh
- 2 parts comfrey root concentrate
- 1 part wormwood concentrate
- 1 part lobelia leaf concentrate
- 1 part marshmallow root concentrate
- 1 part oak bark concentrate
- 1 part black walnut bark concentrate
- 1 part mullein leaf concentrate
- 1 part skullcap leaf concentrate
- 1 part uva ursi, hydrangea or gravel root concentrate

To make concentrates:

Each concentrate should be made individually. Start by soaking the herb in enough distilled water to cover it, for four hours, over night if it is a root. After soaking, add more distilled water so that the total added equals 16 oz. water per 4 oz. of herb. Use a multiple of these amounts for larger batches. Using this amount will make approx. one gallon of Anti-Plague.

Simmer the herb on very low heat in a covered pan or double boiler for thirty minutes. Then strain the liquid into a clean pan. Put the liquid into a double boiler or on very low heat uncovered and simmer it down to one-fourth of the original volume (4 oz.) Only after all the ingredients have been prepared should the liquids be mixed. (Use only stainless steel pots.) To make Garlic Juice: for the above amount use 2 1/2 lbs. of garlic - peel, blend in blender with vinegar (do not liquify). Let set for 3 days, shaking several times per day. Squeeze out liquid and measure. If needed add more vinegar to equal the 8 parts.

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Gluten Free Vodka:

- Tito's handmade vodka. Tito's is made in Texas from corn. Here's the company's rather extensive (but helpful!) gluten-free statement: "Tito's is made from 100% corn and as a distilled spirit, is completely gluten-free. Some producers add a little bit of mash back into the spirit after distillation, which would add gluten content into an otherwise gluten-free distillate (if using wheat as the base).
- Vikingfjord vodka. Vikingfjord is another pure potato vodka which is made in Norway.
- Blue Ice vodka. Blue Ice makes two different vodkas: one potato-based and one wheat-based. If you decide to try it, make sure you grab the blue bottle, which contains the potato vodka. Both the wheat and the potato vodkas are processed in the same facility. Blue Ice Vodka is the first brand of spirits eligible for a gluten-free label.
- Bombora vodka. Bombora, a grape-based vodka, is imported from Australia. The company makes only grape-based vodka, so there should be few concerns about gluten cross-contamination in the facility.
- Chopin vodka. Chopin makes three varieties of vodka: wheat, potato and rye. Obviously, if you react to vodka distilled from gluten grains, you need to stick with the potato-based vodka, which comes in a bottle with a black cap and lettering.
- Ciroc Ultra Premium vodka. Ciroc, another premium vodka, this time made from grapes, comes in four different flavors. Ciroc's plain vodka is gluten-considered gluten-free.
- Cold River vodka. Cold River potato vodka is made in Maine and comes in two flavors: plain and blueberry (made with real Maine wild blueberries). Both are considered gluten-free. Interestingly, the company also makes an unusual potato-based gin (see the article [Is Gin Gluten-Free?](#) for more information).
- . •DiVine vodka. DiVine vodka is made from grapes by a winery in southwest Michigan. The winery/distillery does not process any gluten grains.

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Gluten Free Alcohol:

- Glacier vodka. Glacier vodka, made in Idaho out of Idaho potatoes, does not include any gluten grains, according to the company. Be aware it's made in a facility that also makes a wheat-based vodka (actually, it's the same facility that makes Blue Ice vodkas).
- Luksusowa vodka. Poland-crafted Luksusowa (which means "luxurious" in Polish) is the top-selling potato vodka in the world, according to distributor W.J. Deutch & Sons. Luksusowa makes only potato vodka, so again, any concerns about facility cross-contamination should be minimal.
- Monopolowa vodka. This potato-based vodka originated in Poland and now is distilled in Austria.
- Smirnoff vodka. Smirnoff is distilled from corn, and the company's plain vodka should be safe, even if you're sensitive to gluten-grain-based alcohol. However, watch out for Smirnoff Ice beverages (the kind that come in six-packs) — they are malt-based and not gluten-free (see my article [Gluten-Free Ciders and Beer Alternatives](#) for more information).

CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 15 – QUESTION AND ANSWERS

NAME: _____

ADDRESS: _____

PHONE: _____

FAX: _____

E-MAIL: _____

Please be sure to fill out the information above, complete the test and e-mail it back to us at sacredeartharomatics@hotmail.com. We will grade your question & answer session and will let you know if we have any questions or concerns.

1.) Make a vinegar tincture. You do not need to wait the 14 days to report your results. After your tincture sits for 2-3 days note any changes and color. What herbs did you use and why? Leave alone for the remainder of the 14 days. What essential oils did you use and why?

2.) Make a glycerite. Try both methods to see which you like best. You can also research and use another method. Note changes and color. What herbs did you use and why? What essential oils did you add if any and why?