



MAKING PLANT MEDICINE

TROPICAL PLANT MEDICINE PREPARATIONS & HEALING RECIPES

GUAYUSA GARDEN TEA



Add guayusa leaves, 'olena, & ashwagandha root, simmer for 10-15min., then add tulsi basil or any other fresh garden herbs. Turn off burner and steep for a few minutes, strain and drink hot or cold

COMFREY & NONI LEAF COMPRESS



1. Chop the comfrey leaves and root or masticate them in a blender/food processor with enough water to make a paste
2. Heat noni leaves by dipping them in hot water
3. Apply the comfrey directly to the affected area inside a fine cloth and wrap the noni leaf around it
4. Leave it on for at least 20 minutes and apply 1-3 times per day



GOTU KOLA GREEN LEMONADE



Blend gotu kola leaves with water, fresh lemon juice, and honey. Strain out the leaves and pour over ice for a focusing, refreshing drink.



KAVA KAVA /'AWA EXTRACTION



1. Grind fresh root in a blender with water (if using dried root powder, skip this step)
2. Place 'awa in a fine mesh, nylon, nut milk, or cheese cloth bag and massage for 5-10 minutes in a bowl of water (coconut water or milk can be added or substituted)
3. Serve into a coconut shell cup and enjoy!

ASHWAGANDHA TINCTURE



Water extraction:

Boil chopped roots in water for an hour and then strain.

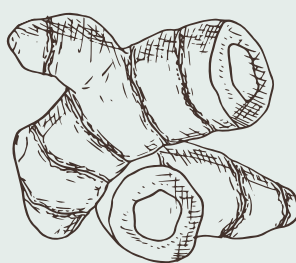
Alcohol extraction (can be used with gotu kola or 'awa):

Fill up 1/2 of a glass jar with clean plant material and the rest with high proof alcohol. Leave it to cure for a full moon cycle (at least 28 days), shaking every day, then strain and store.



TURMERIC GOLDEN MILK

Heat up regular or non-dairy milk, freshly grated or dried ground turmeric, spices (ginger, cinnamon, star anise, cloves, or cardamom), a pinch of black pepper, and honey. Bring to a simmer over medium-low heat and whisk to froth. Drink as a bedtime tea.



TRADITIONAL 'OLENA JUICE

1. Pound and grind turmeric root with a mortar and pestle or use a food processor to break it down
 2. Place in a strainer bag over a bowl and squeeze out the juice
 3. Store in a glass jar and refrigerate
- *For quicker preparation, the fresh roots can also simply be processed in a juicer