

Using Infusions as Daily Vitamins

If you dislike taking pills for your multivitamins each day then here is a simple way to ensure that you get your vitamins without having to take them in pill form.

Most people are familiar with the concept of infusions because it's basically the same as making a cup of tea. The difference is that a cup of tea is a very small amount of an herb in very little water and steep for just a few minutes. An infusion is a large amount of herb in a large amount of distilled water and soaked for 2-4 hours or overnight. An infusion may be used hot or poured over ice. Dried herbs are considered best for infusions.

I have found that the easiest way to make an infusion is to put $\frac{1}{2}$ cup of the dried herb in the bottom of a quart mason jar. Pour hot distilled water over the herb and put a lid on the jar. If you want to drink it the same day then let it sit on the countertop and steep for 2-4 hours. I like to leave the herb in the water and I use a strainer to catch the herb. I then place the herb back in the container so that it continues to steep throughout the day. You may also strain the entire jar at once if you don't want to strain each glass. You can also make the infusion at night and place it in the refrigerator to drink the next day. The infusion will need to be refrigerated and used within 3 days. If you let it sit much longer then use it as a plant fertilizer, your plants will love it.

I use distilled water because it is an empty water and therefore will pull out into the water more of the plant properties. If you use a water already full of minerals you won't get the same benefit from the herb.

My favorite herbs to use are nettle, oat straw, alfalfa, comfrey, horsetail, red clover and red raspberry. I rotate between these each week. If you get busy and just need to pick one to drink, I would pick nettle. It is a superstar of nutrients and will also provide green energy. These herbs may be ordered in bulk on amazon from Starwest Botanicals, Mountain Rose Herbs or Frontier to name a few of my favorites. I like to buy the herbs in 1 lb bags so that I don't have to reorder as often. Also, order the herbs that are labeled C/S meaning Cut and Sifted, you don't want to try to make infusions from powdered herbs.

You may add stevia or honey if you would like to sweeten the tea. You may also try adding some himalayan salt to balance out the bitter flavors. If you find an herb that you absolutely do not like then try adding mint to the infusion and see if that helps you get it down better.

You may also combine horsetail, alfalfa and oat straw as a "calcium" drink since the horsetail is high in silica which is an absorbable natural form of calcium. You can place $\frac{1}{4}$ of a cup of each herb in a quart jar and fill with boiling distilled water.

Enjoy! Bambi