



THE HOME APOTHECARY

Home Crafted Recipes Using Herbs and Essential Oils



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I'm Jackie, a thirtysomething mother of two and wife of an Army Veteran. I'm the headmistress behind The Paleo Mama website and author of *Everyday Natural: Living a Pure and Simple Life Is Not As Complicated As You Think*¹.

My journey into crafting my own herbal recipes started when I was pregnant with my first child nearly 11 years ago. I remember reading the ingredients for the first time on my sunscreen bottle and then searching online for what "oxybenzone" could do to my unborn baby. Then I found out that my hair dye had lead in it, my body wash had known carcinogens in it, and in my deodorant was aluminum, which is a known hormone disruptor.

So I purged my drawers and dresser tops of these dangerous products and started making my own. Not only did I discover that it was fun to create homemade products for my health, my home, and my children, but it was also so much cheaper, and I was saving money!

This passion into getting my hands dirty with ingredients like coconut oil, shea butter, cacao butter, bentonite clay, essential oils and herbs, led me to the desire to learn more about these beautiful gifts of the earth through having my own herbal garden, dabbling into permaculture principles, attending plant and mushroom walks, and, eventually, through attending herbal medicine school to become a trained herbalist.

I am confident that once you make your first batch of homemade body butter, or create a nightly ritual of sipping on my Golden Milk latte, you will fall in love with the art of herbal medicine making. There is something so cathartic about creating your own healing recipes and seeing your own apothecary overflowing with tinctures, infused honeys, body butters, home-crafted cleaning products, medicinal bone broth, and delightful tea blends.

I hope you enjoy these recipes and are able to create some beautiful gifts for yourself, your family and your friends.

In love and gratitude,

Jackie Ritz



I'd love for you to stay in touch and subscribe to my email list

¹ Jacqueline Ritz, *Everyday Natural: Living a Pure and Simple Life Is Not as Complicated as You Think* (Lake Mary, FL: Siloam, 2017).



About the Author

A Note About the Recipes



I tried to make the largest collection of home crafted herbal recipes with the least amount of ingredients, but without sacrificing quality and efficacy. There might be some ingredients that you have never heard of and never used before. I've created a [Home Apothecary resource page](#) to help you order the products that you need.

You're going to discover that you love certain recipes in this book and there will be ones that you come back to year after year.

I've poured my heart out in these pages, wasted gallons of coconut oil, and have truly found what I believe to be the best collection of herbal concoctions for your home apothecary. Because of my experience with these recipes, I do have some favorites.

Jackie's Top 10 Favorite Recipes

1. Quickie Fire Cider
2. Traditional Elderberry Syrup
3. Mushroom Hot Chocolate
4. Herbal Bone Broth
5. Cinnamon Vanilla & Golden Turmeric Ghee
6. All Purpose Healing Salve
7. Mint Chocolate Body Cream
8. Grapefruit Sugar Scrub
9. Probiotic Deodorant
10. Morning Swish



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Introduction

The Home Apothecary

It has been nearly eleven years since I started taking increasingly bigger steps toward a more natural, healthy lifestyle. During those eleven years I have researched, googled, gone to various schools, taken online classes, read hundreds of blogs, made thousands of recipes for my home, whipped up tinctures and body butters, made some terrible Elderberry syrup, cried over spilled bottles of expensive essential oils, and failed miserably over and over again.

In my pursuit of living a more natural life, I almost gave it all up. I became consumed with the need to be and do everything that every expert was telling me to do. I felt guilty because I wasn't living up to my perfect idea of who "Mrs. Natural" was. I burned the midnight oil and read every health and wellness website, raided our cabinets and cupboards, threw my husband's deodorant away many times, and became too fearful to use anything.

This is not what I want for you.

There are hundreds of different opinions out there about what natural living is. The whole idea of natural living is constantly evolving. What you learned today is merely a stepping stone to what you will learn tomorrow. So let me give you my simple working definition of what natural living has become for my family, after I nearly threw in the towel and gave up on trying to be perfect.



Natural living is providing the cleanest, healthiest food, herbal remedies and household products for my family, and avoiding as many chemicals and additives as possible. It is helping each family member to become less stressed, happier, and freer by living as simply and as close to nature as possible.

It isn't about becoming an anxious, hot mess because now you know about all those chemicals, toxins, and GMOs attacking you through commercial foods and body products. Before you knew about all these things, you were oblivious to the dangers in them, and you probably were enjoying your life. It was nice. Now that you have a little knowledge, you see all these warning labels and you feel like your brain might explode.

Natural living and crafting your own herbal recipes shouldn't make you feel more stressed, less happy, less functional, more miserable, exhausted, and anxious. It doesn't mean you can't enjoy this beautiful life anymore because you are overwhelmed by the ugliness in it.

No one wants to feel like that.

As you start crafting your own home apothecary, remember this is a journey into being more sustainable and to putting a priority on your health. The most important step you can take in this journey is the first one. It doesn't have to be a big one. And if that first step was purchasing this e-book, then I'm honored to be your guide.


Stepping into the craft of making your own remedies with herbs and essential oils is something that millions of people have done for thousands of years. This is a healing art that is deeply rooted in the earth and has survived many natural catastrophes of time, the largest being the Industrial Revolution and the introduction of technology. For a short while, the science of medicine replaced the art of healing; and although modern medicine offers great advances in our healthcare, emergency-oriented services, and medication for serious diseases, its monopoly on health care poses a serious problem — no one system can answer the needs of all the people in every kind of health situation. In spite of these medical advances, we, as a society, are becoming sicker and less healthy.

We have become dependent on doctors, and we are no longer in touch with what amazing gifts this earth offers to us. Out of neglect, we have forgotten how to nourish and support our own bodies with herbs and essential oils.

But the tides are changing. More and more people are becoming dissatisfied with Western medicine, and there is a natural “awakening” happening all over the world. Home-crafted remedies using herbs and essential oils are beginning to pop up all over the place.

Natural medicine is on the rebound, and people like you and me all over the world are starting to grow, gather, and make their own herbal recipes.

Healing is a craft, not a science, and if we are to heal ourselves then we must find a way to connect with the traditions of our past through beginning to craft our own home apothecary, stocked and stuffed with remedies that will help us on our journey of healing.



“Your life does not get better by chance. It gets better by change.”

- Jim Rohn

Recommended Herbs & Supplies to Start Your Apothecary



Herbs

Astragalus, sliced thin
Calendula, whole flowers
German Chamomile flowers
Cardamom, hulled
Cinnamon chips or sticks
Comfrey root or leaves
Echinacea
Elderberry berries
Fennel Seed
Ginger
Hibiscus “roselle” calyxes
Lavender
Lemon balm
Lemon verbena
Rose
Stinging Nettles
Valerian

Essential Oils

Lavender
Lemon
Peppermint
Wild Orange
Tea Tree
Frankincense
Eucalyptus
Grapefruit
Vetiver

Body Care Supplies

Almond Oil
Arrowroot
Baking Soda
Beeswax pastilles
Bentonite Clay
Castor oil
Coconut oil
Cocoa butter wafers
Fractionated Coconut oil (liquid coconut oil)
MCT oil
Olive oil
Jojoba oil
Shea butter
Sugar (brown, white, raw, sucanat, etc)
Vitamin E



You can find my recommended brands on my **Home Apothecary [resource page](#)**.

Part One

Introduction to Herbal Teas and Tinctures

Herbal Tea Infusions and Decoctions

I have to admit that tea and tincture making is the easiest craft of all the herbal recipes in this book. It is the bread and butter of your home apothecary.

If you have ever enjoyed a hot cup of tea (whether with loose herbs or using a teabag), then you have made an herbal infusion. Infusions are when we pour hot or cold water over plant material — mainly leaves, flowers, and fruits. These herbs are then allowed to sit covered for twenty minutes. It's very important to cover these herbs, especially aromatic herbs, or the beneficial compounds and essential oils will evaporate out. After straining the herb or removing the teabag, the tea can then be drunk, cooled to room temperature, or even refrigerated.

Decoctions are made with herbs that need to be boiled and simmered down. This method is necessary for barks, roots, hard non-aromatic seeds, and mushrooms. The herb is placed in water and then brought to a boil. Once boiling, you turn down the heat to a simmer, place a lid on the pot, and then allow to simmer for twenty to thirty minutes.

Sometimes we make a tea with a mixture of herbs and will need to do a combined infusion and decoction. If this is the case, you will make your decoction, turn off the heat, and add your herbs to be infused for the next 20 minutes.

Benefits of Tea

- Tea is one of the most ancient forms of medicine and very comforting to drink.
- Tea is very inexpensive to make, especially if you grow and gather your own herbs from your garden.
- Drinking tea is very hydrating (unless they are diuretic herbs) and a great remedy when you are sick.
- Teas are a better choice for those who want to avoid any alcohol. Tinctures are usually made with an alcohol solvent.

