



PIONEER HEALTH

Herbal

RECIPES







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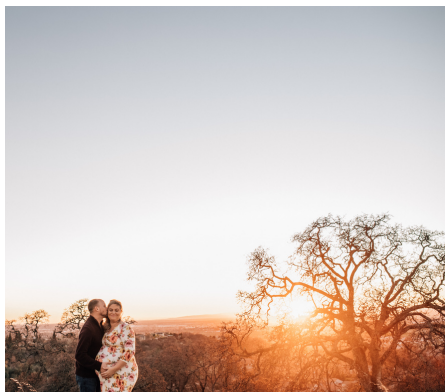


MEET SERRA

I'm a nurse (RN) and am passionate about natural living and holistic care. My goal is through education, we can reclaim our health and do better for our children and generations to come.

Many years ago, I entered the medical field as a medical assistant and quickly went into the United States Navy as a Hospital Corpsman. While in the Navy, I challenged the LVN board and obtained my LVN license in California. Once I was a civilian again, I was able to continue my education. I went to California State University of Sacramento (CSUS) and completed the LVN to RN program. Shortly after, I finished my RN to BSN program.

I had personal health issues that has led me down the holistic approach and away from allopathic care.



While I do believe western medicine has it's uses and place today, it is not something that is truly promoting health in our culture.

I define health as feeling the best physically that is possible through diet, exercise and limiting exposure to harmful substances.

Here are some basic recipes I use very often with my own family, friends and Pioneer Health Ministry. I hope you love them as much as we do.

with love,

Serra Blaine RN.
BSN



BASICS ABOUT HERBS

One of the most important things to remember when using herbs is that they are potent and should not be discounted as harmless. Some herbs can react with medications and certain diseases. If you are unsure about a particular herb and potential side effects, please reach out to your local herbalist or talk with your healthcare provider prior to taking. I am not a doctor and cannot speak to your personal health. These recipes are not medical advice.

Syrups

The best tasting way to take herbs medicinally is by making it into a syrup. Syrups are a water extract that gets preserved with the use of the sweetener, typically honey. Other sweeteners are maple syrup or vegetable glycerin.

Typically you use 2oz of herbs per 1 quart of water. Once strained, you mix 50% of the extract with 50% of the sweetener.

Syrups are best used for soothing sore throats, coughs and most digestive ailments.

Syrups in the fridge can last for several months.

Salves

Salves are a semi-solid herbal oil base. It is generally solidified with beeswax.

Herbal salves can be used for burns, scrapes, rashes/skin irritations and even deep tissue/bone injuries. These are prepared to deliver the medicinal herbs straight to the problem area/tissues.

Salves can be a powerful tool in your first aid kit and home medical arsenal. When choosing a carrier oil, you will need to choose one that is appropriate for the purpose of the salve. An organic olive oil is the most common, but others are coconut oil, almond oil and castor oil.

To make an herbal oil, I have directions on my [blog](#) and [YouTube](#) channel.

Fire Cider

Fire cider is a very popular and old recipe. You can tailor it many different ways to fit your particular needs.

It does take several weeks to make. A good practice is to start a batch in late August or early September to be ready for any illness in the colder months. Start a new batch if your current one starts to get low or if an illness enters your home. Having this available at all times can be very helpful.

There is a story about using fire cider back in the fifth century during a bad plague. The disease was easily spread, and thousands of people had already died. Soon the people noticed graves being robbed. They caught four young thieves, and it was found they were taking their mothers recipe of fire cider! Can you believe that simple ingredients from your own kitchen is so powerful, it can ward off the plague? Amazing!

Fire cider recipes are based with apple cider vinegar, preferably raw and organic ACV. Vinegar is one of the oldest known fermented foods as it dates back to Babylonian texts written thousands of years ago.

Essentially, vinegar is a double fermented food/drink. It starts with a carbohydrate, like fruit, rice or even regular sugar. If submerged in water and then exposed to yeast gets converted into alcohol, which is the first fermentation. The second fermentation is when that alcohol is exposed to air it becomes vinegar.

Apple cider vinegar (ACV) is a superior vinegar and used in fire cider recipes because it contains many of the same nutrients that the apples originally possessed including vitamin B (B1, B2 and B6), vitamin C, biotin, folic acid, niacin and pantothenic acid. There are also small amounts of sodium, phosphorus, potassium, calcium, iron and magnesium. Along with a soluble form of fiber known as pectin.

All of this to say that ACV alone is a very effective all-purpose health tonic. Making it into fire cider, makes it that much more potent and valuable.



Herbal Teas

This is a great way to start learning how to make and use herbal remedies.

Teas are popular using herbs from the grocery store in prepackaged tea bags. However, those tea bags generally have such little amounts of quality sourced herbs that it would take several tea bags to equal enough medicinal herbs, if the herbs were still potent enough to begin with.

Herbal teas can be made into infusions and decoctions.

Infusions are made when you steep the delicate plant parts in water for 30-60 minutes. This would include leaves, flowers and aromatic parts of the herb.

A decoction is when you simmer the herbs in water on the stove for 20-45 minutes because it is made from the hardier portions of the plant and requires more to extract their constituents for use. This would include parts of the herb such as roots, bark and seed.

For the medicinal tea to be effective, you must take it in small quantities throughout the day. Making the tea in a larger batch 1-2 times a day is the best practice. Making a quart of tea in the morning and evening to drink throughout the day.

Once the tea is made, you must keep it in the fridge for up to 3 to 4 days. Left out at room temperature, the tea will begin to sour.

Herbal teas can be made into popsicles, gummies and more!

Tea dosages for adults:

Chronic issues: 3-4 cups daily for several weeks

Acute issues: 1/4 to 1/2 cup throughout the day for no more than 3 to 4 cups total.



SIMPLER'S METHOD OF MEASUREMENT

In some of the recipes in this book, I am using the simpler's method of measurement when giving ingredients and their amounts.

This is a very easy and versatile method. I give ingredients with measurement amount in "parts." This "part" can be interpreted into cup, ounce, pound, tablespoon or any amount at all you choose. As as long as you use the specific unit of measurement consistently throughout the recipe.

I generally use ounces or a cup as measurement for my batches made at home. But if you're wanting to make a smaller amount, tablespoon or even teaspoon may be more appropriate for you. The same would be true if you wanted to make an even bigger batch, I'd suggest using larger forms of measurement to make it simpler for you.

For example, if the recipe calls for 1 part elderberry, 1/2-part echinacea and 1/4 part rose hips, you can interpret this in cups easily as: 1 cup elderberry, 1/2 cup echinacea and 1/4 cup rose hips.

It will be the same for form of measurement you choose for your recipe.



Strong Lung Tonic Tea



Ingredients

- 4 parts fennel
- 4 parts rose hips
- 2 parts lemongrass
- 1 part calendula
- 1 part coltsfoot
- 1 part mullein
- 1 part red clover flowers

This tonic is for building strong and healthy lungs. This helps to create a healthy respiratory system.

This tea is to be used for chronic respiratory deficiencies, not acute. It is useful for children who have recurring respiratory problems such as colds, flu, hay fever, asthma, ear infections, and general congestion.

It is not to be used longer than 6 weeks without a break.

Directions

1. Combine all ingredients in an airtight container and store in a cool, dark place.
2. To make the tea, steep the herbs in an infusion for 30-60 minutes.
3. Strain the herbs in a mesh strainer or cheesecloth. Compost the herbs.
4. Store in refrigerator for 3 to 4 days.
5. Add sweetener of choice if desired.

Notes



Too Hot Fever Tea

Catnip and elder are strong but gentle diaphoretics, and catnip also has nervine pain-relieving properties.

This is traditionally used for children when sick with a fever or stressed.

INGREDIENTS

- 2 parts catnip
- 2 parts elder flower
- 1 part echinacea
- 1 part peppermint

DIRECTIONS

1. Mix the herbs in an airtight container and store in a cool, dry place until needed.
2. To make the tea, steep approximately 1 tsp of the herb mix in boiling water for 1 hour.
3. Strain herb mix with mesh strainer or cheesecloth. Compost herbs.
4. May add sweetener of choice to tea once done steeping and strained.
5. Give approximately every 30 minutes until symptoms have subsided.

NOTES:



Ginger-Echinacea Syrup

Directions

1. Pour water into the pot while on medium to low heat
2. Add in all of the herbs and do a quick stir.
3. Let the mixture come to a simmer. The syrup is done when the cinnamon sticks have opened and the water level has evaporated by at least 1 cup.
4. Strain mixture with a mesh strainer into a large enough measuring cup/bowl. While allowing the mixture to cool to approximately 100 °F, add your honey into the quart jar. Once mixture is cooled, pour into the jar and stir.
5. Apply a leak proof lid. Once syrup is completely cool, store in fridge for up to 6 months.

Ingredients

- 1 part dried echinacea root
- 1 part fresh ginger root, grated or chopped

Notes



This is a very effective syrup for treating a cold. You can add more herbs in such as cherry bark, licorice root, valerian and elecampane as needed.

Elderberry Syrup

Ingredients

- 5 cups water
- 1 cup dried elderberries Organic is always best when possible
- 1 tablespoon fresh ginger can substitute with dried
- 1/4 cup echinacea root
- 1/4 cup rosehips
- 2 sticks cinnamon
- 1 medium dried cayenne pepper
Can crush before adding
- 1 cup raw honey Can add less or more to taste

Directions

1. Pour water into the pot while on medium to low heat
2. Add in all of the herbs and do a quick stir.
3. Let the mixture come to a simmer. The syrup is done when the cinnamon sticks have opened and the water level has evaporated by at least 1 cup.
4. Strain mixture with a mesh strainer into a large enough measuring cup/bowl. While allowing the mixture to cool to approximately 100 °F, add your honey into the quart jar. Once mixture is cooled, pour into the jar and stir.
5. Apply a leak proof lid. Once syrup is completely cool, store in fridge for up to 6 months.



Notes



Fire Cider

INGREDIENTS

Cayenne pepper chopped fresh, or dried,
to taste

1/2 cup or more chopped onions

1/2 cup more of chopped garlic

1/2 cup or more of grated fresh

horseradish root

1/4 cup grated ginger root

1/4 cup or more of grated turmeric root

3 T fresh oregano

3 T fresh thyme

ACV to cover herbs in chosen vessel

Honey

NOTES

DIRECTIONS

1. Place prepared herbs in a half-gallon jar, or larger if needed.
2. Add enough ACV to cover all the herbs by no less than 3 inches.
3. Seal the jar with airtight lid.
4. Place the jar in a warm spot and let sit for no less than 3 weeks.
5. Shake the jar at least once daily to help with the maceration process.
6. After at least 3 weeks, strain out the herbs with a mesh strainer. Compost the herbs and reserve the liquid.
7. Pour the liquid into a medium sized pot and warm on low heat.
8. While liquid is warming, add in the honey to taste/desired amount. Only warm until honey is mixed in. Do not overheat (over 100 F) or the honey will lose some of its medicinal properties (if using raw honey).
9. Bottle and label.
10. Can store in a cool pantry for several months or in the refrigerator for even longer.
11. Take a small shot daily if tolerable, or teaspoons throughout the day if exposed or becoming ill.



Boo-Boo Salve

Ingredients

Equal parts of an herbal
infused oil of:

Lavender

Comfrey

Plantain

organic beeswax

- Herbs can be infused in separate oils for versatility or in the same oil together for easy use.

This is an amazing salve to use when you have injuries such as sprains, strains, broken bones, cuts and more! This will speed up the healing process and also help manage the pain. This is great for chronic pain such as arthritis and RA.

Directions

1. Prepare your herbal infused oils with your preferred method. (If you need directions on this step, please see my [blog post](#) for further directions.)
2. Measure out a total of 1 cup of herbal oil (see options above) and add to a double broiler on low to medium heat. Low and slow is the way to go!
3. Add to the oil 1 oz of beeswax for every cup of herbal oil.
4. Mix in the double broiler until thoroughly incorporated.
5. Have your prepared container(s) ready and pour the desired amount of salve into each container(s).
6. Label your container(s) and allow to cool before using.



HOW MUCH IS WHAT?

Here is a simple chart to help you convert liquid herbal remedies into dosages.

| Teaspoons | Dropperfuls | Milliliters |
|-----------|----------------|-------------|
| 1/4 | 1 (35 drops) | 1 |
| 1/2 | 2.5 (88 drops) | 2.5 |
| 1 | 5 (175 drops) | 5 |

This chart will most likely be used most with tinctures and glycerites (not covered in this book) and syrups. Keep it as reference for when you do start making tinctures and glycerites.

Recipe card

DIFFICULTY:



NAME OF REMEDY:

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INGREDIENTS:

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PREP TIME:

COOK TIME:

SERVES:

DIRECTIONS:

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NOTES:



Recipe *card*

DIFFICULTY:



NAME OF REMEDY:

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INGREDIENTS:

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PREP TIME:

COOK TIME:

SERVES:

DIRECTIONS:

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NOTES:



Herb list



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Pioneer Health Ministry

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Pioneer Health Homestead

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