

HERBAL INFUSIONS

Herbal infusions have a long history of use in traditional herbal medicine. Infusions are ideal where alcohol is to be avoided, and for those with poor tolerance of hydro-ethanolic herbal extracts.

In certain cases such as cystitis, poor lactation and fevers, consuming herbal medicine as an infusion adds to the therapeutic benefits due to the hot liquid nature (to encourage diaphoretic action) and the increased fluid intake (for cystitis and lactation).

It should be noted that only water-soluble constituents of herbs are extracted via infusions, whereas hydro-ethanolic herbal extracts have a more complete extraction of all therapeutic components due to the ethanol and water extraction method.

GENERAL INSTRUCTIONS FOR MAKING HERBAL INFUSIONS

Infuse 1-2 heaped teaspoons of dried herb (or as per label instruction) per 1 cup of boiling water for 5-10 minutes (ideally covered).

2-4 cups can be made in one lot and taken over the day if desired. Store in the fridge once cooled, and discard any remaining herbal infusion after 12 hours.

A small amount of honey, fruit juice, or added water may be added to suit individual tastes.

Store airtight in a cool dry place under 30°C away from direct sunlight.

PhytoMed Dried Herb Blend	Pregnancy	Breastfeeding
Bronchial Tea	✘ (due to Hyssop)	✓
Cystitis Tea	✘ (due to Bearberry)	✘ (due to Bearberry)
Diaphoretic Tea	✓	✓
Digestive Tea	✘? (caution due to Cinnamon & Kawakawa)	✓
Galactagogue Tea	N/A	✓
Liver Cleansing Tea	✓	✓
Sleep Tea	✓	✓