

EMBRACING THE POWER of HERBAL TINCTURES



Herbal medicine offers a natural way to support health, but the form in which you take herbs can make a big difference in their effectiveness. From fresh leaves to soothing teas, each preparation method has unique strengths and drawbacks.

Among these, tinctures have earned a reputation as one of the most potent, convenient, and long-lasting ways to harness the full power of plants.

Today, we'll explore the different ways herbs are taken (*see sidebar, next page*), why tinctures stand out, how they're made, and how to use them.

WHY TINCTURES?

Tinctures stand out as one of the most effective and convenient ways to take herbs.

High Potency: Tinctures concentrate the active compounds, so only a small amount is needed for noticeable effects.

Fast Absorption: Because tinctures are liquid, the body absorbs them quickly—especially when taken under the tongue—bypassing much of the digestive process.

Convenience: You can take tinctures almost anywhere—simply add a few drops to water, tea, juice, or place them directly under your tongue.

Cost-Effective: Concentration means you use less per dose compared to bulk herbs or capsules.

EXTRACTS vs. TINCTURES

There are two main categories of liquid herbs: extracts and tinctures. These can be alcohol-based, glycerin-based, or vinegar-based.

- Extracts a broader range of medicinal compounds than water or vinegar
- Preserves the formula for years
- Prevents bacterial growth

Glycerin, while sweet-tasting, can promote bacterial growth, and vinegar is less effective at extracting certain compounds.

Fun fact: You actually get more alcohol from eating a single soda cracker than from two ounces of a low-alcohol tincture!

HOW TINCTURES ARE MADE

Making a high-quality tincture involves both time and technique.

Grinding the Herb: Fresh or dried herbs are finely ground to increase the surface area for extraction.

Soaking in Solvent: The ground herb is placed in a solution of distilled water and alcohol, which acts as a solvent to draw out the plant's beneficial compounds.

Steeping and Agitation: The mixture is left to soak—usually for about three weeks, though some herbs require longer—with



Low-alcohol tinctures are considered the gold standard because alcohol does the following better:



occasional shaking to ensure even extraction.

First Extraction: The liquid (called the reserve) is poured off and set aside.

Second Extraction: The remaining plant material is placed into a cold-process, vacuum-extraction chamber to draw out any remaining compounds.

Combining Reserves: The two extracts are blended together to form the final tincture.

If you prefer to avoid alcohol, it can be removed by briefly heating the tincture—similar to flambéing in cooking—or by adding it to warm (not boiling) water or tea, which allows the alcohol to evaporate without damaging delicate enzymes.

HOW TO USE TINCTURES

Tinctures are simple to take:

- **General Use:** 6–12 drops, three or four times daily



CRYSTAL MACEIRA is a Certified Bowenwork Practitioner, practicing in Helena. She has been a massage therapist for 23+ years. She is also a Master Herbalist and certified IIPA Iridologist. She prepares her own single and formula-blend herbal tinctures.

Find out more on her website at:

PositiveLifeChange.info.

Call Crystal at 406-616-2599

Email: crystalclearhealth@gmail.com



OTHER WAYS HERBS ARE TAKEN:

People have been using herbs for centuries, and there are several ways to consume them—each with its own strengths and drawbacks.

FRESH HERBS:

Taking fresh herbs can be challenging. Many medicinal plants aren't easy to find in fresh form, and some are only available in certain seasons or regions. Even if you have access to them, you'd need to consume large quantities to get noticeable results. On top of that, the human digestive system—especially if it's not in optimal condition—may not break down the plant enough for your body to absorb its beneficial compounds.

CAPSULES OR TABLETS:

Encapsulated herbs can be convenient and mask strong flavors, but they face the same digestion challenges as fresh herbs. If your system can't fully extract and assimilate the active compounds, you may not get the full benefit.

TEAS AND INFUSIONS:

Tea is a traditional and effective way to take herbs. Hot water releases many valuable compounds, making them more bioavailable. However, not all beneficial elements are water-soluble, and the heat can destroy delicate enzymes. While teas can be soothing and nourishing, they may not deliver the complete spectrum of a plant's medicinal properties. ■

- **During Acute Illness:** 30–60 drops every half hour until symptoms improve, then resume normal dosage

- **Children:** Use half the adult dose

You can combine different tinctures or take them alongside prescription medications, but always monitor your body’s response and avoid overmedicating.

Some tinctures may appear cloudy or contain suspended particles—this is normal, especially if they include honey, vinegar, glycerin, or lecithin. Slight changes in color or taste from season to season are also natural and do not affect potency.

TINCTURES—NATURE’S MOST POTENT ALLY

In the world of herbal medicine, tinctures offer a powerful blend of tradition, science, and practicality. Their concentrated potency, rapid absorption, and long shelf life make them a standout choice for anyone seeking reliable, plant-based support.

Whether you’re new to herbal remedies or refining your wellness routine, tinctures provide a versatile and effective way to experience the full spectrum of nature’s healing potential. By understanding how they’re made and how to use them wisely, you can confidently harness the benefits of herbs in their most accessible and impactful form.



OUR POPULAR HERBAL BLENDS:

- ▲ Antispasmodic
- ▲ Brain Support
- ▲ Immune Builder
- ▲ Cough & Sore Throat
- ▲ Eye Support
- ▲ Fertility
- ▲ Heart Tonic
- ▲ Kidney/Bladder
- ▲ Lower Bowel
- ▲ Lymphatic Support
- ▲ Male Enhancement
- ▲ Mom’s Calm Formula
- ▲ Nerve Calm

- ▲ Pancreas Formula
- ▲ Sleep Relax
- ▲ Thyroid-Adrenal-Pituitary
- ▲ Women’s Formula

OUR POPULAR SINGLE HERBALS:

- ▲ Alfalfa Leaf
- ▲ Boswellia
- ▲ Garcinia Cambogia
- ▲ Milk Thistle
- ▲ Stevia (alcohol-free)
- ▲ Saint John’s Wort
- ▲ Turmeric
- ▲ Yellow Dock

ABOUT OUR PRODUCTS

Visit PositiveLifeChange.info to find detailed information about each of the formulas and single-herb tinctures that my husband and I make. (Of course, we use many of them ourselves!)

We go to great lengths to produce the highest-quality products available, using organic, wildcrafted, or kosher herbs and ingredients. We can make special orders of single-herb or herbal formulas up to a gallon or more in size.

Enjoy the power of Nature’s most powerful herbal concentrates! ■



POSITIVE LIFE CHANGES!

Crystal Maceira, CBP, LMT, MH

IIPA Certified Iridologist, Master Herbalist & Licensed Massage Therapist, Trained in many modalities including: Bowenwork, Pregnancy Massage and Sports Massage. *Quiet home studio.*

POSITIVE LIFE CHANGES, LLC ~ PositiveLifeChange.info

406-616-2599 ~ crystalclearhealth@gmail.com

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