

## Vista Medicinal Garden: Basic Patient Guide

HERB	USES (usually as tea)	WHEN TO AVOID
Lemon Balm	<ul style="list-style-type: none"> <li>• Depression</li> <li>• Anxiety</li> <li>• Insomnia</li> <li>• Stress</li> <li>• Upset stomach, nausea</li> <li>• Pain</li> <li>• Headache</li> <li>• Menstrual cramps</li> </ul>	<ul style="list-style-type: none"> <li>• Hypothyroid: can block thyroid</li> </ul>
Spearmint	<ul style="list-style-type: none"> <li>• Upset stomach</li> <li>• Nausea</li> <li>• Irritable Bowel Syndrome (IBS)</li> <li>• Polycystic Ovarian Syndrome (PCOS)</li> <li>• Colds</li> </ul>	<ul style="list-style-type: none"> <li>• Can block testosterone if used for long time. Do not use if low testosterone</li> </ul>
Lavender	<ul style="list-style-type: none"> <li>• Depression</li> <li>• Anxiety</li> <li>• Insomnia</li> <li>• Pain</li> <li>• Headache</li> <li>• Menstrual Cramps</li> </ul>	
Garden Sage	<ul style="list-style-type: none"> <li>• Memory</li> <li>• High cholesterol</li> <li>• Upset stomach</li> <li>• Menopause: hot flashes</li> <li>• Colds, sore Throat</li> </ul>	<ul style="list-style-type: none"> <li>• PREGNANCY: Avoid in pregnancy. (Can stimulate contractions)</li> <li>• LACTATION: Can decrease breast milk production</li> <li>• Hypoglycemia (low blood sugar)</li> </ul>
Oregano	<ul style="list-style-type: none"> <li>• High cholesterol</li> <li>• Upset stomach</li> <li>• Heartburn</li> <li>• Menstrual cramps</li> <li>• Colds</li> <li>• Cough</li> <li>• Diabetes</li> <li>• Tooth ache</li> </ul> <p>Use as OIL topically for:</p> <ul style="list-style-type: none"> <li>• Wound healing</li> </ul>	<ul style="list-style-type: none"> <li>• PREGNANCY: Use only low doses or avoid</li> <li>• Can increase bleeding time; stop taking 2 weeks prior to surgery or procedure. Careful if taking aspirin, warfarin, plavix, or other blood thinners.</li> <li>• Hypoglycemia (low blood sugar)</li> <li>• Can increase Lithium levels</li> </ul>
Thyme	<ul style="list-style-type: none"> <li>• Bronchitis</li> <li>• Cough</li> <li>• Upset stomach</li> <li>• Menstrual cramps</li> </ul>	<ul style="list-style-type: none"> <li>• Can increase bleeding time; stop taking 2 weeks prior to surgery or procedure. Careful if taking aspirin, warfarin, plavix, or other blood thinners.</li> </ul>
Calendula (Marigold)	<ul style="list-style-type: none"> <li>• Peptic (stomach) Ulcers</li> </ul> <p>Use as OIL topically for:</p> <ul style="list-style-type: none"> <li>• Sprains</li> <li>• Diaper rash</li> <li>• Wound healing</li> <li>• Varicose veins</li> <li>• Conjunctivitis (Red/pink eye)</li> </ul>	<ul style="list-style-type: none"> <li>• PREGNANCY: don't take orally. Ok to use topically</li> <li>• Avoid in allergy to asteraceae (daisy) family</li> </ul>

### HOW TO MAKE TEA

- 1-2 tspn fresh herb
- Pour 1 cup boiling water
- Cover for 10 minutes
- Drink 1-3 times/day or more as needed

### HOW TO MAKE OIL

- Use dry herbs
- Cover in oil (olive, almond, sunflower) in a crock pot or simmer in a pot on the stove
- Warm for 4-12 hours
- (Make sure the oil doesn't boil and the herbs don't fry)

## VISTA MEDICINAL GARDEN Herbs and Uses

MENTAL HEALTH	LEMON BALM	MINT	LAVENDER	SAGE	OREGANO	THYME	CALENDULA
Anxiety	X		X				
Depression	X		X	X			
Insomnia	X		X				
Memory				X			
Stress	X						

HEART HEALTH	LEMON BALM	MINT	LAVENDER	SAGE	OREGANO	THYME	CALENDULA
High blood pressure	X		X				
High cholesterol	X			X		X	
Palpitations	X						

RESPIRATORY HEALTH	LEMON BALM	MINT	LAVENDER	SAGE	OREGANO	THYME	CALENDULA
Bronchitis						X	
Cough					X		

IMMUNE SYSTEM AND INFECTIONS	LEMON BALM	MINT	LAVENDER	SAGE	OREGANO	THYME	CALENDULA
Colds	X	X		X		X	
Sore throat	X			X			X

DIGESTIVE HEALTH	LEMON BALM	MINT	LAVENDER	SAGE	OREGANO	THYME	CALENDULA
Anxiety-related stomach pain	X						
Appetite stimulant				X		X	
Bloating				X		X	
Constipation							X
Diarrhea				X		X	
Heartburn						X	
Irritable Bowel Syndrome (IBS)		X	X				
Nausea	X	X	X				
Ulcers							X
Upset stomach	X	X		X		X	X

METABOLISM AND HORMONES	LEMON BALM	MINT	LAVENDER	SAGE	OREGANO	THYME	CALENDULA
Diabetes				X		X	
Hypothyroid	X						

URINARY HEALTH	LEMON BALM	MINT	LAVENDER	SAGE	OREGANO	THYME	CALENDULA
Urinary disinfectant						X	

## VISTA MEDICINAL GARDEN Herbs and Uses

WOMEN'S HEALTH	LEMON BALM	MINT	LAVENDER	SAGE	OREGANO	THYME	CALENDULA
Bacterial Vaginosis				X			
Menopause: hot flashes				X			
Menstrual cramps	X		X	X	X	X	X
Menstrual Irregularities					X		X
Polycystic ovarian Syndrome (PCOS)		X					
Yeast Infections			X				

PAIN	LEMON BALM	MINT	LAVENDER	SAGE	OREGANO	THYME	CALENDULA
Arthritis					X		
Headache	X	X	X		X		
Inflammation	X	X		X	X		
Pain	X	X	X				
Nerve Pain	X	X					
Sprains							X

SKIN	LEMON BALM	MINT	LAVENDER	SAGE	OREGANO	THYME	CALENDULA
Acne			X		X		X
Alopecia (hair loss)			X				
Bites			X		X		
Burns			X				X
Candida/tinea/yeast			X		X		X
Conjunctivitis/Blepharitis (Red/Pink eye; styes; eyelid swelling)							X
Dandruff/seborrhea					X		
Diaper rash							X
Eczema							X
Gingivitis, mouth ulcers				X		X	X
Herpes	X			X			
Psoriasis					X		X
Sore Throat, Horse voice (from cold), tonsillitis				X		X	
Toothache					X		
Varicose veins							X
Wound healing				X	X		X



## How to Make Medicine from Herbs

### Infusion (aka tea)

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- Use 1 teaspoon-1 tablespoon of herb per 1 cup of water
  - Closer to 1 tablespoon for dry herb or stronger infusions
- Pour boiling water over herb
- Steep for 15 minutes, covered (so volatile oils don't escape)
  - Use a tea strainer so the herb floats on the top of the cup and the medicine will infuse down
- Drink 1 cup 2-3 times a day
  - Drink more like 4-6 times a day for acute illness (like when you catch a cold, have pain, stomach ache, or anxiety attack)
- Can also use for gargle, mouthwash
  - Make a stronger infusion (1-2tbsp/cup) and let cool
- Can make a few cups at a time. These can be stored in the fridge for up to 3 days. Can drink cool or heat back up. When heating, do not bring to a boil (it will destroy some of the medicine)

### Tincture (Alcohol extract)

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- Chop up herb into small pieces. Can use fresh or dried herb
- Cover with 40%-100% alcohol (at least 80 proof: vodka, rum; Everclear is stronger) so that the alcohol is at least ½ inch above the level of the herbs.
  - If you want to avoid alcohol, you can use glycerin to make your extract
- You might need to use stones or other weight to push the herb down under the level of fluid
- Store in jar for 2 weeks. Shake the jar daily to help the medicine come out into the extract.
  - (Store for 4 weeks if making extract with glycerin)
- Strain out the extract. Use a damp cheesecloth or old thin t-shirt. Keep the alcohol extract. Discard or compost the leftover herb material. The medicine is now in the alcohol extract.
- Store extract away in sealed jar in a cool, dark place
- Take 1-2ml (1-2 dropperfuls) or 1/4-1/2 teaspoon 2-3 times a day for chronic use
  - Take 2-4ml (2-4 dropperfuls) or 1/2-1 teaspoon every 1-6 hours as needed for acute illness (like when you catch a cold, have pain, stomach ache, or anxiety attack)

**OPTIONAL:** To be more specific you can use a 1g: 2ml ratio of herb-to-liquid for fresh, 1g: 5ml for dry herb

1g: 2ml FRESH Example:

- Weigh your herb. If your dry herb weighs 30 grams, you would measure out 60ml of alcohol in a measuring cup
  - $30\text{g herb} \times 2\text{ml liquid} = 60\text{ml volume}$

1g: 5ml DRY Example:

- Weigh your herb. If your dry herb weighs 30 grams, you would measure out 150ml of alcohol in a measuring cup
  - $30\text{g herb} \times 5\text{ml liquid} = 150\text{ml volume}$

#### Volume in ounces

To figure out ounces from ml:

There are 30ml in 1 ounce of fluid. Divide your calculated ml by 30 to get you ounces.

- $60\text{ml} \div 30\text{ml} = 2 \text{ ounces}$
- $150\text{ml} \div 30\text{ml} = 5 \text{ ounces}$

**This can get complicated and requires scales, measuring cups, and some math. You don't have to do this! You can make great medicine by just following the simple instructions, which is how things have been done for a long time!**

## Oil

- Use dry herbs only (fresh will mold)
- Chop up herb
- Cover with oil: olive, sunflower, almond, safflower, etc. enough so that the oil is at least 1 inch above the level of the herbs.
- You might need to use stones or other weight to push the herb down under the level of fluid
- Store for 4 wks
- Strain out the oil. Use a strainer or cheesecloth. Keep the oil. Discard or compost the leftover herb material. The medicine is now in the oil.
- Add a few drops of essential oil to preserve, or store in fridge and use within 1-2mo.
- You can warm the oil and melt in beeswax to make a balm.

**Faster Method** A faster way to make an oil extract is to put the herbs covered in oil in a crock pot or pot on the stove on simmer and warm for 4-12 hours. Make sure the oil doesn't boil and the herbs don't fry. Just a gentle warming will help pull the medicine into the oil.