

## Making Powdered Extracts

Alcohol and water (tincturing) remove the more stimulating properties of herbs (resins, etc.). These are most effective for moving and directing the energy of the body (specifics, stimulants). They are best when taken in 10-day cycles with a 3-day break between to relieve symptoms, reduce pathogenic heat, and stimulate body processes.

Hot water breaks down cell walls and extracts the more tonic principals (minerals, giant-molecular-weight sugar molecules—polysaccharides; protein-bound polysaccharides, etc.). These are useful for long-term (3-9 months or longer) strengthening of the immune system, adrenal and hormonal system, nervous system, blood system, and other parts of the body. For long-term use, herbal preparations that don't contain alcohol can be an advantage, especially for people who aren't used to consuming alcohol or prefer not to.

### Directions for Making Powdered Extracts

1. Place the herbs in a large pot in the ratio of 1 part herbs (by weight) to 10 parts of water (by volume).
2. Simmer for 2-4 hours, until a dark, strong tea is created; let cool until warm.
3. Remove 4/5 or all (if a stronger extract is desired) of the boiled herbs, press all the water out of them that is possible; add this water back into the pot with the original tea.
4. Compost the marc (spent herb).
5. Start simmering the tea with the 1/5 marc left in the pot; simmer for 1-2 more hours until the water level is reduced by about 2/3 to 3/4, until residue is thick, but not a paste; let cool until warm.
6. Blend this strong tea with a *carrier* until a creamy consistency is achieved. You should add a little at a time and wait for 15-20 minutes until the carrier powder absorbs some of the liquid. *Note: a carrier is an herb or substance that has some insoluble or soluble fiber—when it is blended into the concentrated tea, it provides fiber that absorbs the tea, enabling a completely dried tea to be powdered. Without a carrier, many herbs (especially roots and mushrooms) have so much sugars that the resulting completely dried tea concentrate will end up sticky, making it difficult to produce a nice smooth powder. Try a powder of eleuthero, nettle leaf powder, or if you want a finished product that completely dissolves in water, gum arabic. Methyl cellulose is often used in the production of commercial extracts, as is lactose and maltose.*
7. Pour this “batter” into the lightly-oiled (olive oil) nylon fruit leather trays of a food dehydrator and dry at around 95 degrees fahrenheit until completely dry.
8. Break this wafer up and eat pieces the size of a quarter to a silver dollar 2-3 x daily as a dose. Or powder the wafer in a blender and place into “00” caps or place into jars and blend 1/4 to 1/2 tsp in tea or water. A dose of the extract powder is usually 2-4 grams/day, depending on the severity of the deficient state and the nature of the individual. A single “00” cap will hold about 500 mg (1/2 gram) of the extract, so take 2 for each gram of extract.

**Hints:**

Add licorice, orange peel, etc. for flavor and sweetness, especially if the herb being extracted is bitter.

**Ordering Supplies for Making Powders**

**To order tonic herbs:** [Mountain Rose Botanicals](#)

[Pacific Botanicals](#)

[Blessed Herbs](#)

[Asia Naturals](#)

**To order a food dryer:** American Harvest (800) 288-4545

**Here are some additional sites for ordering dryers, blenders, juicers, etc.:**

[Products for Health](#)

[Ultimate Nourishment](#)

[Miracle Exclusives](#)