

How to Make an Herbal Infusion



[Healing Waters Clinic & Herb Shop](#)

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What is an Infusion?

An herbal tea made with **flowers and leaves** and cooked for about twenty minutes is called an ***Infusion***. The purpose of an infusion is to **lightly** extract the healing principles of the delicate parts of a plant.

The directions here are for 3 to 6 ounces of herbs.

Directions:

- Bring 3 quarts of water to boil in a large pot
- Turn down to simmer
- Add herbs to water
- Simmer for 15 to 20 minutes
- Turn off heat
- Strain tea and discard spent herbs
- Store tea in quart jars in refrigerator

Dosage:

- Drink 3 to 6 ounces 1 to 5 times a day
- Reheat tea in a saucepan on stove top (preferable to microwave)
- Honey can be added

NOTE: the amount of herbs and water can be cut in half if the tea is meant to be drunk over 1 to 3 days.

FAQS (Frequently Asked Questions)

Why cooked the herbs for only for 20 minutes?

Sometimes people are under the impression that “more is better.” The leaves, flowers, and twigs of plants often contain volatile oils which are delicate and can be boiled off with too long an extraction. Shorter cooking time is best. Roots and barks are typically cooked for about an hour and the longer extraction of denser plant material is called a decoction.

How do I know how much tea to drink?

Infusions are often used for acute type problems and can be drank fairly often. It is not uncommon to have 1/2 to 1 cup of infused tea every 1 to 2 hours for colds and flus, etc. This is

unlike cooking roots for chronic conditions and detoxification regimens. The herbalist usually suggests how much to take based on whether it is an acute or chronic condition. If you are a patient at our office you will be given specific instructions.

How long can the tea be stored in the refrigerator?

The rule of thumb for infusions are to drink as soon as possible so refrigeration is on the order of 1 to 5 days instead of the several weeks a large batch of decocted tea lasts.

How much tea will a three quarts of water make?

By boiling the water and simmering for 20 minutes you will only lose a few ounces to evaporation. You should end up with a little under 3 quarts of tea or a little over 90 ounces. Taken by the 1/2 cup (4 ounces) at the rate of 4 times a day, this should last about 5 days.

The tea doesn't taste good, how do I drink this?

Some herb teas are bitter. It is easier to drink a strong or bitter-tasting tea in 1 ounce amounts (shot glass) or in 3 ounce doses in a wine glass. A small dose can be swallowed quickly. A 1/2 cup full can be sipped or gulped. Honey helps the taste.

If you have any question, contact us at:

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