Chamomile

Warm Chamomile Tea

To brew a proper cup of warm **chamomile** simply steep one bag (or 1 teaspoon loose leaf) organic **chamomile** ten minutes in a cup of purified water. To brew a gallon, steep a heaping cup loose leaf organic **chamomile** in a gallon of purified water.

Chamomile Extract

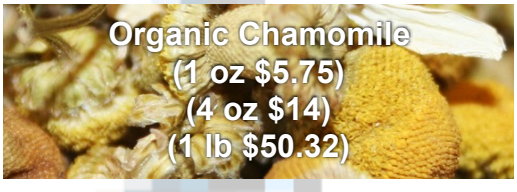
To make **chamomile** extract simply use one heaping cup of loose leaf organic **chamomile** in a pint sized mason jar. Cover **chamomile** with any strong grain alcohol or Vodka. Layer plastic wrap between lid and jar to prevent the lid from rusting. Label and date the jar (ex. **chamomile** Extract 1/17/15). Store overnight in a dark, cool place. The **chamomile** will absorb the alcohol, so for one week you'll need to top it off daily with more alcohol and give it a good shake to keep the herbs covered. After that, make it a point to shake the jar weekly for 4-6 weeks. Strain through a damp cheesecloth preferably into amber bottle, but, I normally give the jar a good cleaning and drying and pour it back into the same one. Store in dark, cool place. To use: take a half teaspoon with 8 ounces of water, juice or tea.

Chamomile Oil

Half fill a mason jar with organic chamomile. Cover the chamomile with 1½ cup organic extra virgin olive oil and carefully place the entire jar upright in a saucepan of cold water. Bring the water to boil over high heat then immediately reduce to low heat and maintain a simmer for 2 hours. Do not let the water boil out. Refill the pot with water as necessary. Allow the jar to cool completely before removing it from the pot. Strain the oil through a paper towel and funnel into an oil bottle. Store tightly covered in a cool, dark place. Remember to label and date your homemade oil.

Organic Chamomile (Matricaria Recutita) is known to:
Relieve allergies; reduce inflammation; as a wash or compress for eye inflammation and skin problems; control insomnia; soothe skin rashes (including eczema), minor burns and sunburn; treat eye infection; calm an upset stomach; treat an upset stomach, sleeping problems, and menstrual pain; boost your immune system; help manage anxiety and boost emotional health and wellness; reduce muscle spasms.
On the skin organic chamomile is used to reduce swelling and fight bacteria; treat irritation from chest colds, slow-healing wounds, abscesses, gum inflammation, and skin conditions such as psoriasis, eczema, chickenpox, and diaper rash.





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