

Formulas and Information

Daily Digestive Bitters

The formula is:

1/2-ounce ground Gentian Root

1/2-ounce ground Oregon Grape Root

The peel of 3 Mandarin Oranges

1 Cinnamon Stick

1 Star Anise

4-6 Cloves

1 chunk of Ginger

1 bottle vodka

Put your herbs and spices in a large jar, pour the vodka over. Store in a dark cabinet and shake daily.

I let the herbs and spices steep in the vodka until the citrus peels sank to the bottom and turned dull in color, 3-4 weeks.

Cooling Licorice/Dandelion/Burdock Bitters

½ ounce Licorice Root

½ ounce Dandelion Root

½ ounce Burdock Root

¼ ounce Juniper Berries

1 handful of fresh mint or 2 tablespoons dried mint

1 bottle vodka

Put your herbs and spices in a large jar, pour the vodka over. Store in a dark cabinet and shake daily.

Small Swedish Bitters (11 ingredients)

Wormwood

Myrrh

Saffron

Senna leaves

Camphor

Rhubarb roots

Manna

Theriac venezian

Carline Thistle roots

Angelica roots

Zedoary roots

Large Swedish Bitters (22 ingredients) - Source: <http://www.wellbeingherbs.com/blogs/swedish-bitters/details-on-swedish-bitter-from-stefan-zwerenz/>

1. Angelica archangelica – commonly known as garden angelica, Holy Ghost, wild celery, and Norwegian angelica.
2. Aloe Vera – also known as Aloe Barbadensis.
3. Lycopodium – also known as ground pines or creeping cedar.
4. Pimpinella – is a plant genus in the family Apiaceae.
5. Carlina acaulis – is a perennial dicotyledonous flowering plant in the family Asteraceae, native to alpine regions of central and southern Europe.
6. Veronica officinalis – is a species of Veronica, native to Europe and western Asia.
7. Althaea – is a genus of 6–12 species of perennial herbs native to Europe and western Asia.
8. Gentiana lutea – is a plant native to the mountains of central and southern Europe. Other names include 'yellow gentian', 'bitter root', 'bitterwort', 'centiyane' and 'genciana'.

9. *Acorus calamus* – can also be called Sweet Flag or Calamus, among many other names. It is a tall perennial wetland monocot of the *Acoraceae* family, in the genus *Acorus*.

10. *Cinnamomum camphora* – most known as camphor tree, camphorwood, or camphor laurel. Large evergreen tree, native to China south of the Yangtze River, Taiwan, southern Japan, Korea, and Vietnam.

11. Rock Candy.

12. *Viscum album* – it is a type of mistletoe in the family *Santalaceae*, known as European mistletoe, common mistletoe or simply as mistletoe (Old English mistle). It is native to Europe and western and southern Asia.

13. *Commiphora* – is a species-rich genus of flowering plants in the frankincense and myrrh family.

14. *Juglandaceae* – known as the walnut family, is a family of trees.

15. Rhubarb – also can be known as *Rheum rhabarbarum* and *Rhei radix* is a plant in the family *Polygonaceae*. Rhubarb is usually considered a vegetable.

16. Safflower – also can be known as *Carthamus tinctorius*. It is a highly branched, herbaceous, thistle-like annual plant.

17. Senna – Comes from Arabic name – *sanā*. Also known as sennas. It is a large flowering plant in the legume family of *Fabaceae*, and the sub family of *Caesalpinioideae*. *Sennae folium* is considered an herb, leaves and the fruit of the plant are used to make medicine. Senna is also FDA-approved nonprescription laxative.

18. Ginkgo – Also known as *Ginkgo biloba* and known as the maidenhair tree. Many years ago, leaves from the *Ginkgo biloba* tree been used as a treatment in Chinese medicine. The ginkgo supplements help to improve memory and sharpen thinking. Many people use Ginkgo to improve blood flow to the brain. Ginkgo can as well act as an antioxidant.

19. Theriaca – also known as Theriac, *Andromachi theriaca*, it is antidote against venom. (made from Valerian, Root, Cinnamon and Cardamom)

20. *Potentilla erecta* – also known as Common Tormentil, *Potentilla laeta*, *Potentilla tormentilla*, tormentil or septfoil. It is a herbaceous perennial plant that belong to the rose family. *Potentilla erecta* for a long time is known as a remedy in traditional medicine for the treatment of inflammations, wounds, and gastrointestinal disorders. Some people make a tea out of potentilla and use it as a tea

for diarrhea. Women take it for premenstrual syndrome, known as (PMS) and for mildly painful menstrual periods.

21. *Artemisia absinthium* – also known as absinthium, absinthe wormwood, wormwood, common wormwood, green ginger, or grand wormwood, is a species of *Artemisia*, native to temperate regions of Eurasia and Northern Africa.

22. *Curcuma zedoaria* – also known as *Zedoariae rhizoma*, zedoary, white turmeric or kentjur, is a member of the genus *Curcuma*, family *Zingiberaceae* and is a native to India and Indonesia.

From Dr. Samst's "Old Manuscript" (source, Maria Treben)

1. If they are frequently breathed in or sniffed, the base of the skull is moistened or a moistened cloth applied to the head, they dispel PAIN AND DIZZINESS and strengthen the brain and MEMORY.

2. They help dim eyes and take away redness and all pain, even if the EYES ARE INFLAMED. They rid them of SPOTS AND CATARACTS, in the corners are moistened in time or a moistened piece of cloth is applied to the closed lids.

3. PUSTULAS AND ECZEMA of all kinds, as SCABS in the nose or elsewhere on the body, are healed if they are often and well moistened.

4. For TOOTHACHE a tablespoon of these drops is taken with a little water and kept in the mouth for a little while or the aching tooth is moistened. The pain soon eases, and the putrefaction disappears.

5. BLISTERS ON THE TONGUE or other infirmities of the tongue are frequently moistened with drops and healing soon occurs.

6. If the THROAT IS HOT OR INFLAMED, so that food is only SWALLOWED WITH DIFFICULTY, these drops are swallowed slowly, morning, noon and evening and they take away the heat and heal the throat.

7. For STOMACH CRAMPS, 1 tablespoonful is taken.

8. For COLIC, 3 tablespoons are taken slowly, one after the other and relief will soon be felt.

9. To rid the body of WIND (GAS) and cool the liver, eliminate all troubles of the intestines and stomach, and help CONSTIPATION.

10. An excellent remedy for STOMACH DISORDERS if the DIGESTION is faulty or food cannot be kept down.

11. They are beneficial for PAIN IN THE GALL BLADDER. 1 tablespoonful daily in the morning and evening and at night compresses and soon all pain will disappear.

12. For DROPSY, 1 tablespoon in white wine is taken in the morning and evening for 6 weeks.

13. For PAIN AND BUZZING IN THE EAR a piece of cotton wool is moistened and put into the ear. It is very beneficial and brings back LOST HEARING.

14. For MORNING SICKNESS, 1 tablespoon of the drops in red wine is given in the morning for 3 days, half an hour later a walk is taken. Then breakfast with no milk. These drops should not be taken after drinking milk.

15. In the last 14 days of PREGNANCY if 1 tablespoon of the drops is taken mornings and evenings, it PROMOTES THE BIRTH. For easy EXPELLING OF THE AFTERBIRTH, a coffee spoonful is given every 2 hours, until the afterbirth is expelled without pain.

16. If, after a birth when the MILK DRIES UP, inflammation develops, it quickly subsides if a moistened piece of cloth is applied.

17. They Expel WORMS, even TAPEWORMS, in children and adults, the amount taken by children being according to age. A piece of cloth moistened with drops is applied to the navel and kept moist.

18. They rid children of PUSTULAS. The children are given these drops according to age diluted with water. If the pustule starts to dry up, they are moistened frequently with these drops and no scars will develop.

19. For JAUNDICE very soon all complaints disappear, if 1 tablespoon of these drops is taken 3 times daily and compresses are applied to the SWOLLEN LIVER.

20. They open all HEMORRHOIDS, and heal KIDNEYS, rid the body of all unnecessary liquids without further treatment, taking away MELANCHOLY AND DEPRESSION and improve appetite and digestion.

21. HEMORRHOIDS are reduced, if, in the beginning, they are moistened frequently and if the drops are taken internally, especially before going to bed, they soften the hemorrhoids.

22. If someone has FAINTED, open his mouth if required, give him 1 tablespoon of the drops and he will come to.

23. This remedy rids you of the pain of SPASM (cramps) so that it will cease in time.

24. For CONSUMPTION take them daily in the morning or on empty stomach and continue the treatment for 6 weeks.

25. If the MENSTRUAL FLOW CEASES for a woman or is too heavy, she takes these drops 3 days and repeats it 20 times. They will, what is too much, quiet and, what is too little, even out.

26. This remedy also helps to cure "WHITES" (white vaginal discharge.)

27. If someone is afflicted with EPILEPSY, he has to be given these drops on the spot and he should then take this remedy exclusively, since it strengthens the affected nerves as well as body and rids it of all sickness.

28. They heal LAMENESS and rid you of DIZZINESS AND INDISPOSITION.

29. They heal also hot PUSTULAS AND ERYSIPELAS.

30. If someone has FEVER, be it hot or cold, and is very weak, he is given 1 tablespoon of the drops and the patient, if he is not overloaded with other medications, will in a short time come to, the pulse will start to beat again and the fever, no matter how high it was, will pass and the patient will soon be better.

31. The drops also heal CANCER, OLD POCK MARKS, WARTS AND CHAPPED HANDS. If the wound is OLD OR FESTERING OR POUND FLESH has developed, everything is washed well with white wine and a piece of cloth moistened with the drops is laid upon it.

32. They heal, without danger, all WOUNDS, A piece of cloth is taken, moistened with the drops and the wounds covered therewith. They take away the pain in a short time, permit BLEMISH OR PUTREFACTION and heal also old wounds which were caused by a SHOT. If there are holes, the drops are sprinkled into the wound which need not necessarily be cleaned beforehand. Through repeated applying of the moistened cloth healing occurs in a short time.

33. They take away SCARS, even if very old, WOUNDS AND CUTS, if moistened up to 40 times with them. All the wounds heal and leave no scars.

34. They heal all FISTULAS, even if they seem incurable, be they as old as may be.

35. They heal all BURNS AND SCALDS, be they caused by fire, hot water, or fat, if the injuries are moistened frequently. No blisters form, the heat is taken out and even festering blisters are healed.

36. They serve against SWELLING AND BRUISES, be they caused by a blow or a fall.

37. If someone cannot eat with APPETITE, they bring back the lost taste.

38. In ANEMIA they bring back the lost color, if taken for a period in the mornings. They cleanse the blood and form new blood and promote circulation.

39. RHEUMATIC PAINS in the limbs are eased if the drops are taken morning and evening and a moistened cloth is applied to the aching parts.

40. They heal FROST BITTEN HANDS AND FEET, even if there are open parts, if a moistened cloth is applied as often as possible, but especially at night.

41. For CORNS, a cotton ball, moistened with the drops, is applied, and kept moist. After 3 days the corns fall out or can be removed painlessly.

42. They heal too BITES of mad dogs and other animals, if taken internally since they heal and destroy all poison. A moistened cloth is laid upon the wounds.

43. For PLAGUE and other INFECTIOUS DISEASES it is well to take them repeatedly since they heal PLAGUE BOILS AND SWELLINGS, even if already in the throat.

44. He who cannot sleep at night takes these drops before going to bed. For nervous SLEEPLESSNESS, a piece of cloth moistened with diluted drops is laid upon the heart.

45. A DRUNK can be sobered on the spot with 2 tablespoonfuls.

46. He who takes these drops mornings or evenings daily needs no further medication, since they strengthen the body, tone up the nerves and the blood, take away the TREMBLING OF HANDS AND FEET. In short, they take away all illnesses. The body stays supple, the face young and beautiful.

For more info, visit my blog: southernappalachianbitters.blogspot.com, email me at southernappalachianherbs@gmail.com or find me on The Grow Network Forums - I'll be glad to answer any questions.