



# Top 3 remedies for every home

and how to make them



*Welcome and hello.*

Many people these days are looking to return to a more natural, simpler way of caring for themselves and their families. Is that you?

It was certainly me. And along with many others who walk this plant path, I've found herbal remedies to be valuable friends and support when LIFE happens (illness, accident, stress, in amongst all the joy and love).

Herbs excel at the simple remedies we can all turn to everyday, whether for colds, improving sleep, taming stress or healing wounds.

Thanks for being part of this plant revolution and I hope you enjoy making and using these remedies.

*Cat Green*



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It was hard to pick just 3 recipes! I chose the ones I'd love to see in EVERY home around Australia. The ones you'll turn to again and again which will bring comfort, ease and natural care into your home.

1. ELDERBERRY SYRUP
2. YARROW - WOUND HEALING
3. EUCALYPTUS STEAM BATH

and where to access 2 bonus recipes at the end!





# 1. Elderberry Syrup

## Ingredients

- 1 cup dried elderberries
- 6 cups water
- 2 tablespoons fresh ginger, chopped
- 2 -3 cloves (optional)
- 2 cinnamon sticks
- Up to 1 1/2 cups raw honey



# Elderberry syrup continued...

## *Directions*

- Add herbs and water to a saucepan. Bring to a boil, then reduce heat and simmer for 30 – 45 until roughly half the liquid remains (about 2 – 3 cups).
- Strain liquid through sieve to remove the herbs. Strain into a bowl (ideally one which you can pour from, or I strain into jars (only filling halfway).
- Let liquid cool a little - just like Goldilocks - not too hot, not too cold, just right.
- Stir in 1 1/2 cups of raw honey\*
- Bottle, label, and refrigerate.

## *Suggested Use*

Take 2 teaspoons every 3 hours at the first sign of a virus.

Preventatively, you can take 1 tablespoon if around others who are sick.

Kids dose: Take 1 teaspoon every 3 hours at first sign of virus, or 1 teaspoon/ day if preventatively.

Note -never give to babies under 1 with the honey content.

\*You can add less honey, we do, but it'll reduce its shelf-life. You'll know it's off if it's more bubbly/ fizzy or it tastes a bit fermented. Discard if this happens and make a new batch.

## *Shelf life*

Refrigerate and use within 1-2 months.



## 2 Yarrow for Wound healing

Yarrow is one of the best wound-healing herbs out there and luckily for us, it grows easily in South-East Queensland (and many other parts of Australia).

Yarrow has many properties that make it an excellent wound-healer -- anti-inflammatory, vulnerary (wound healing), astringent, styptic (stops bleeding) antimicrobial and pain relieving.

There are a variety of ways to use it, depending what you've got available and the type of wound.



### Yarrow Salve - recipe below

A yarrow salve is great for everyday cuts and scrapes.

Note – don't use the salve on deep, bleeding wounds. For that you'll need powder or fresh plant – and perhaps emergency medical attention – please take the best care of you that you need.

## 2 Yarrow for Wound healing

### Yarrow Powder



Either harvest + dry fresh leaves and flowers (strip leaves from stem, and make sure they're completely dry – they'll crinkle when you touch them), or buy dried yarrow leaves from a herbal supplier.

Crumble the yarrow in your hands (or whizz in a blender) and push through a sieve until you have a fine powder. Store it in a jar or travel-ready tin, and keep handy to put on fresh cuts when you need it.

### Yarrow Fresh leaves



If you have the fresh plant, harvest a leaf, and chew it in your mouth until it's a gluggy mix of leaf and saliva. Put on wound and hold on until bleeding stops. Refresh with a new spit poultice if needed.





# 1. Yarrow Salve

## *Ingredients*

45ml Yarrow- infused oil\*

5g beeswax (or Vegan Candelilla Wax)

## *Directions*

- Measure the wax and grate or cut into small pieces. Add it to a saucepan or bowl
- Add the herbal infused oil and place in a double boiler or bain marie.
- Bring to a boil, then turn to a simmer and heat over a low heat until the wax is fully melted stirring occasionally

# Yarrow Salve continued

- Remove from the heat and allow to cool slightly but not set. You can test the consistency of the ointment by dipping the tip of a spoon into it. If needed you can return it to the heat and add a bit more oil/wax until you get it just right.
- Pour into your tin.
- Allow to cool and set completely before using
- Label tin with ingredients and date

## *Shelf life*

If stored in a cool cupboard will last 1-2 years or more. Always check for freshness and discard if it looks/ smells off.

## ***\*To make a herbal infused oil in the folk tradition –***

- Half fill a jar with herbs and cover with olive oil (or another oil, each herbalist has a preferred oil, whether olive, rice bran, sunflower, sweet almond etc). Shake to mix and pop in a warm, dry place (some people say on sunny windowsills, some say in dark cupboards, either is fine).
- The next day, if the herbs aren't submerged in oil, then add some extra oil to cover.
- Shake daily for 6 weeks.
- Strain through a mesh sieve and store in a bottle or jar. Label with ingredients and date.
- Will store for 1 year – but discard if it smells or looks funny.





### 3. Eucalyptus Steam Bath

Herbal steams are a great way to relieve the congestion that comes with a cold or flu, or even sinus infections or seasonal allergies.

This is grandma herbalism at its finest as all you need is:  
a kettle, towel, mixing or salad bowl, and 100% natural Eucalyptus Essential oil.

#### Directions

- Boil 3 cups water in the kettle.
- Put mixing or salad bowl on stable, flat surface like a dining table. Make sure the table is clear around the bowl as you'll drape the towel around the bowl on the table.



# Steam bath continued

- Pour boiling water in bowl
- Add 1 -2 drops eucalyptus essential oil
- This steam will be hot (!) – you can put your head carefully over the bowl now, and cover your head with a towel\*\*
- Breathe in deeply – through your nose when possible – until you feel less congested or it's cool and not steaming anymore.
- Discard water
- Use once or twice a day as needed when congested.
- Can also add other aromatic herbs if you have them in the garden, such as sage, thyme, rosemary

## **\*\*Safety Options –**

If the steam is too hot at first, you can:

- wait for it to cool for a minute.
- adjust where you place your head – starting further away from the steam, or
- put your head over the bowl but not using the towel for the first minute, or put the towel over first, but wait a minute before putting your head under

Please use your common sense and take care. As you get familiar with this technique you'll find a way that works for you and it'll become second nature.



## 2 bonus recipes

There are two other remedies that have to be mentioned here because I think they should be in EVERY home. They're so useful to everyone that we've included them in the full-size and MINI Herbal Starter Kits. They are:

Calendula salve – a multitude of uses

Everyday Cough syrup

These recipes – as well as everything you need to make them – are in the Herbal Starter Kit and the MINI Herbal Starter Kit.

These kits are the EASIEST way to get started making remedies at home. My co-collaborator, Heidi Merika, and I have thought about what recipes are most useful in your home, and we've carefully sourced all the herbs, tins etc that you'll need.

If that feels supportive, check out the Herbal Kits on the website.



# Who am I?

I'm Cat Green – founder of Everyday Empowered and I'm on a mission to bring herbs into homes all around Australia.

I started my self-study of herbs after my kids were born.

The longer I've been a home herbalist, the deeper my knowledge, love and respect for our plant friends.

I love that Everyday Empowered is a community business that demystifies herbalism and makes home healthcare simple and natural.

I work with a range of skilled practitioners to deliver my events and projects, including leading Australian herbalist Heidi Merika who collaborates with me on the Herbal Starter Kits and online courses.

I genuinely hope this e-book brings you deep satisfaction and empowerment that you CAN make and use remedies in your home.



♡ Cat



# Happy creating

*Made a remedy? I'd love to see!*

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*Questions? Want to say hello?*

Contact [hello@everydayempowered.com.au](mailto:hello@everydayempowered.com.au)

## *Disclaimer*

This information is provided for educational purposes only. Please seek medicinal advice, allopathic or herbal, if required.

## *Acknowledgement*

I'd like to acknowledge the beauty and awe of the natural world and those who have the wisdom to live in harmony with it. Gratitude and respect to our ancestors and to the First Nations people from the lands where you currently live and herbcraft.

