

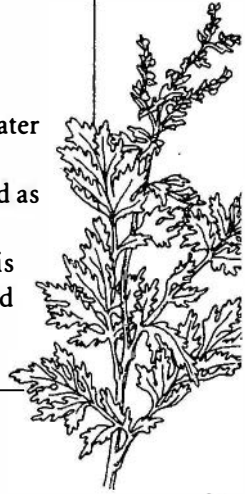
Hot Infusion for Parasites

This is a traditional infusion used to eliminate intestinal worms. For malaria, it should be twice as strong, and the dosage doubled. It is very bitter.

2 ounces (57 g) dried wormwood leaves
(*Artemisia absinthium*)
2 quarts (2 l) water

1. Place wormwood in container, pour near-boiling water on top, cover tightly, and let sit overnight.
2. Strain, and press wormwood to remove as much liquid as possible.

To Use: Drink 1 cup (250 ml) 4 times per day. This amount will last 2 days. Make it again every 2 days, and continue for 8 days.



Cold Infusions

Cold infusions are preferable for some herbs. The bitter components of herbs tend to be less water soluble. Yarrow, for instance, is much less bitter when prepared in cold water. Cold infusions usually need to steep for much longer periods of time. Each herb is different.

MAKING DECOCTIONS

Decoctions, prepared with boiling, can be much more potent than infusions and are generally prepared for use as compresses, enemas, and syrups. Like infusions, decoctions should be kept only for a maximum of 3 days if refrigerated, 1 or 2 days if not refrigerated.