

### *Proportions and Boiling Time*

The standard pharmaceutical approach to decoctions is 1 ounce (25 g) of herb per pint (475 ml) of water boiled for 15 minutes and strained when cool; water is then added to bring the total volume back to 1 pint. I approach the process a little differently: I take 1 ounce (25 g) of herb in 3 cups (750 ml) of water and boil slowly and steadily until the liquid is reduced to one half. (If larger amounts of the decoction are desired, the amounts of water and herb may be increased.) The boiling should take place in a stainless steel or glass container, never aluminum.

The doses can range from a tablespoon to a cup depending on the plant used. For use as a compress, you simply soak a sterile bandage in the decoction and then place it on the body. As a syrup, add honey to taste.

## Decoction for Colds and Flu

1 ounce (25 g) dried leaves of white or  
culinary sage  
3 cups (750 ml) water  
Honey  
Juice of 1 lemon  
Cayenne

1. Boil sage at a slow boil in 3 cups (750 ml) water until liquid is reduced by one half. Let cool.
2. Strain liquid, and press sage to remove as much liquid as possible.
3. Reheat to barely hot, and add fresh wildflower honey to taste. Let cool; add juice of 1 lemon and a pinch of cayenne.
4. Store in refrigerator.

**To Use:** Take 1 tablespoon (15 ml) (cold) to 1 cup (250 ml) (hot) as often as needed for the beginning of throat or upper respiratory infections.