



Herbal Infusions

A companion guide for your custom blend

What's an herbal infusion?

Herbal infusions are water extracted herbal supports that are usually brewed overnight and drank throughout the day. They tend to be highly nourishing, and drinking them is a simple, regular way to consume herbal constituents.

How to prepare from dried herbs

Find a large glass jar. Fill 1/8 with herbs in jar. Cover with boiled, filtered water. (Filtered is best to extract more optimally, but if you don't have filtered, don't worry about it). Let it brew over night or at least a couple hours. If you want it to be cold, you can put it in the fridge once it cools enough to easier carry it, but it's ideal if it brews hot for at least 20 minutes. Strain it when you're ready to drink it. You can make up to 3 day's worth at a time, as long as you store it in the fridge.

When & How to Take:

Drink throughout the day. Ideally you want a quart a day. You can fill a water bottle that you carry around with you. The idea is to keep it simple and to consistency consume!

What's a quart?

Its equivalent to:

- 4 cups
- 32 ounces
- 4 pints
- 1/4 of a gallon

Where to source the herbs:

You can find many herbs at a local herb shop and I sometimes do this. I like to support small business, and at the same time you will go through these herbs fast so you may want to buy them in bulk for cost efficiency. You can use:

<https://www.mountainroseherbs.com/>

How much should I buy? How long will my herbs last?

A pound (16 oz) of herbs will last about 1 month. So if you're sourcing for 2 months, get 2 lbs (32 ounces) total for all your herbs combined.