

A close-up photograph of several green hop cones (Humulus lupulus) hanging from a vine with serrated leaves. The hop cones are in various stages of maturity, showing their characteristic scale-like structure.

HERBS
with ROSALEE

7

POWERFUL HERBAL RECIPES FOR PAIN

TO MODULATE INFLAMMATION, REDUCE
TENSION AND SPASMS, AND STOP PAIN.



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Strong Chamomile Tea

BY ROSALEE DE LA FORÊT



16 OUNCES OF JUST
BOILED WATER

1/2 CUP (10 GRAMS)
DRIED CHAMOMILE
FLOWERS

Strong Chamomile Tea

BY ROSALEE DE LA FORÊT

I recommend this recipe when someone is experiencing a lot of spasmodic pain such as back pain or menstrual cramps. I often recommend this tea when there is a fever accompanied by aches, pains, and a headache.

Because this tea is so strong, you'll want to drink it slowly. Drinking strong bitter drinks too quickly can result in nausea.

Shelf Life: Drink within 24 hours.

Yield: Approximately 2 cups

Ingredients

- 16 ounces of just boiled water
- 1/2 cup (10 grams) dried chamomile flowers



Directions

1. Steep the chamomile flowers in the hot water, covered, for fifteen to twenty minutes.
2. Strain and add honey (or sweetener of your choice) if desired.



Willow Decoction

BY ROSALEE DE LA FORÊT AND EMILY HAN



1 OUNCE DRIED WILLOW
BARK OR TWIGS
(ABOUT 1/2 CUP)

2 CUPS COLD WATER

Willow Decoction

BY ROSALEE DE LA FORÊT AND EMILY HAN

This versatile willow bark decoction can be consumed as a tea for inflammatory pain and gut conditions (warning: it's terribly bitter) and gargled to relieve sore gums and throat. Externally, it can be added to bathwater or used as a wash to soothe itchy skin conditions like eczema and poison ivy or oak rashes. By soaking a cloth in the decoction, you can make a fomentation for musculoskeletal pain.

Shelf Life: If not using right away, let it cool and refrigerate for up to 24 hours.

Yield: About 1 cup

Ingredients

- 1 ounce dried willow bark or twigs (about 1/2 cup)
- 2 cups cold water



Directions

1. Place the willow and the water in a saucepan. Cover and bring to a boil. Reduce the heat to low and simmer for 20 minutes.
2. Strain out the herbs and use the liquid as desired.

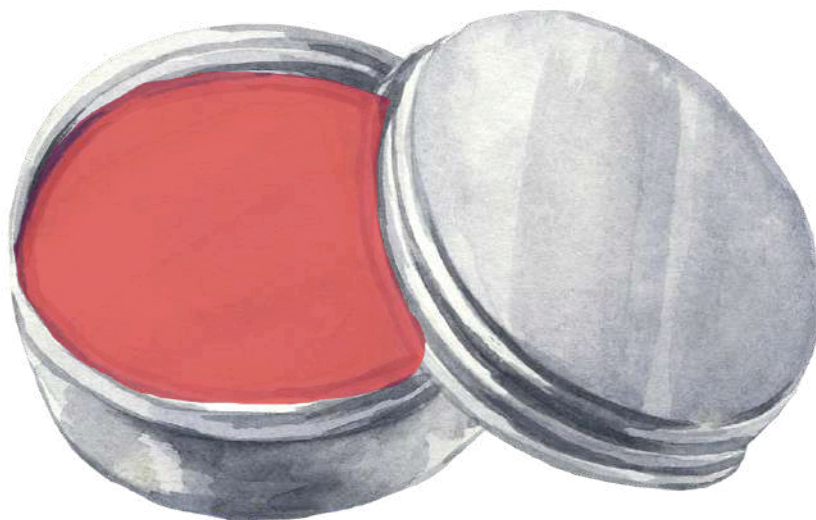


Cayenne Salve

BY ROSALEE DE LA FORÊT



1/2 OUNCE BEESWAX
(14 GRAMS)



1/2 CUP OLIVE OIL



2 TABLESPOONS CAYENNE
POWDER (15 GRAMS)

Cayenne Salve

BY ROSALEE DE LA FORÊT



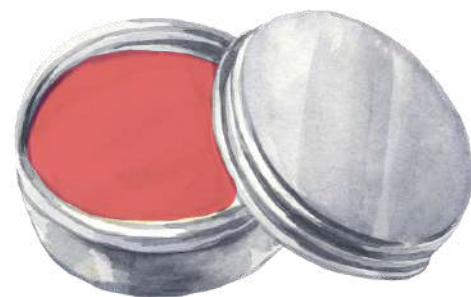
This salve provides quick relief for minor pain, sore muscles, joints, bruises, and nerve pain. For arthritic pain, apply daily and expect results in 1-2 weeks. Store at room temperature for up to a year; best used within six months.

Yield: 4 ounces

Safety tips: Only apply externally on unbroken skin, as it may sting open wounds. Some may feel burning or heat; sensitive individuals could experience tenderness or blistering. If so, stop use until healed, then apply less often or in smaller amounts. Cayenne can burn if it contacts mucosal membranes or eyes. Wash hands thoroughly after use and consider wearing gloves. If applying to hands, apply at night and wear gloves while sleeping.

Ingredients

- 2 tablespoons cayenne powder (15 grams)
- 1/2 cup olive oil
- 1/2 ounce beeswax (14 grams)



Directions

1. Place 1 to 2 inches of water in the bottom of a double boiler. (Alternatively, fill a pot with 1 to 2 inches of water and place a tight-fitting bowl on top.) Place the oil and cayenne powder on the top pan. Heat over medium-low heat for about 2 minutes, or until the oil is warm (about 100° F). To avoid overheating, turn off the heat. Once cooled, turn on heat again. Repeat this warming and cooling process for 12-24 hours.
2. Pour your infused oil through a strainer lined with two layers of cheesecloth.
3. Gently heat the beeswax over low heat in a small saucepan or double boiler until it is melted. Stir in the infused oil and continue mixing until wax and oil are thoroughly combined.
4. Immediately pour into containers and allow to cool before attaching labels.

Tension Relief Tincture

BY THOMAS AVERY GARRAN



4 G CUT AND DRIED
LICORICE ROOT



8 G CUT AND DRIED
BITTER ORANGE

32 G CUT AND DRIED
MOTHERWORT



375 ML
120-PROOF (60%)
GRAIN ALCOHOL

16 G CUT AND DRIED
SKULLCAP



16 G CUT
AND DRIED
BLUE VERVAIN



Tension Relief Tincture

BY THOMAS AVERY GARRAN

This is Thomas' go-to formula for breast tenderness and other signs of PMS.

Hints: If you don't have access to strong alcohol, then straight vodka or similar could be substituted, but a higher ABV (60%) will yield a better product.

Shelf Life: Best used within 3 years of making.

Yield: 375 ml (approximately 12.5 ounces)

Ingredients

- 4 g cut and dried licorice root
- 8 g cut and dried bitter orange
- 32 g cut and dried motherwort
- 16 g cut and dried skullcap
- 16 g cut and dried blue vervain
- 375 ml 120-proof (60%) grain alcohol



Directions

1. Place the herbs in a canning jar.
2. Add the alcohol over the dried herb. Cap the jar and label.
3. Shake daily for 2 weeks to macerate.
4. Strain or press the tincture (squeeze the herbs to extract as much of the liquid as possible).
5. Bottle and label.

Pain Relief Oil

BY ANNA RÓSA RÓBERTSDÓTTIR



8 G (3 TABLESPOONS)
CUT AND DRIED GINGER



19 G (3 TABLESPOONS)
WHOLE CLOVES



40 G (3 FISTFULS)
DRIED ROSEMARY



16 G (3 TABLESPOONS) BLACK
PEPPERCORNS, COARSELY GROUND



800 ML VEGETABLE OIL



Pain Relief Oil

BY ANNA RÓSA RÓBERTSDÓTTIR

A warming oil to soothe sore muscles and joints.

Dosage: For external use only. Massage into painful joints and muscles three to six times per day.

Shelf Life: Best used within 1 year of making.

Yield: 800 ml (approximately 26 ounces)

Ingredients

- 8 g (3 tablespoons) cut and dried ginger
- 40 g (3 fistfuls) dried rosemary
- 19 g (3 tablespoons) whole cloves
- 16 g (3 tablespoons) black peppercorns, coarsely ground
- 800 ml vegetable oil



Directions

1. Infuse in a *Baine Marie* for 2 hours.
2. Use a sieve and cheesecloth to strain the herbs from the oil.
3. Bottle and label.

Teasel and Hops Pain Spray

BY DR. PATRICK JONES



TEASEL ROOT (*DIPSACUS* spp.)



HOPS (*HUMULUS LUPULUS*)

VODKA

Teasel and Hops Pain Spray

BY DR. PATRICK JONES

A handy spray for aches and pains of all kinds.

Shelf Life: This spray will remain effective for many years if stored in amber glass or out of direct light.

Yield: Varies depending on amount of herbs and vodka you use. The important thing is to follow the 1:5 ratio by weight when making the spray, as instructed.

Ingredients

- vodka
- hops (*Humulus lupulus*)
- teasel root (*Dipsacus* spp.)

Directions

1. Dry and powder the teasel and hops.
2. Mix with vodka in a 1:5 ratio by weight (i.e., 1 gram herb mix to 5 grams vodka).
3. Allow to soak for two weeks.
4. Strain and decant into a spray bottle.
5. Apply topically as needed.



Herbal Cream for Neuropathic Pain

BY CHANCHAL CABRERA

15 ML
ST. JOHN WORT—
INFUSED OIL



50 G NEUTRAL
BASE CREAM

5 ML VITAMIN
E OIL



10 ML
MAGNESIUM GEL



10 ML GOTU
KOLA—INFUSED OIL

5 ML
CAPSICUM
TINCTURE



2 ML ACONITE TINCTURE
(1:10 TINCTURE MADE WITH 60%
ETHYL ALCOHOL: THIS IS A TOXIC
HERB, SO USE IT ONLY TOPICALLY)



10 DROPS EACH (2 ML TOTAL) ESSENTIAL
OILS OF BAY LAUREL, NUTMEG,
WINTERGREEN AND PEPPERMINT)



Herbal Cream for Neuropathic Pain

BY CHANCHAL CABRERA

This is a rich and creamy formula that soothes and numbs the skin. St. John's wort and gotu kola both have a nerve-healing, restorative action, while the cayenne and aconite inhibit pain impulse transmission. Magnesium gel is cooling and soothing, vitamin E is anti-inflammatory, and the essential oils are numbing, cooling, and pain relieving.

Shelf Life: Store in a glass jar in a dark place. Use within one year. Discard if you see mold.

Yield: Approximately 95 g



Ingredients

- 5 ml capsicum tincture
- 50 g neutral base cream
- 5 ml vitamin e oil
- 15 ml st. john wort-infused oil
- 10 ml gotu kola-infused oil
- 10 ml magnesium gel
- 10 drops each (2 ml total) essential oils of bay laurel, nutmeg, wintergreen and peppermint)
- 2 ml aconite tincture (1:10 tincture made with 60% ethyl alcohol: this is a toxic herb, so use it only topically)

Directions

1. Blend the oils into the base cream, then add the tinctures slowly, followed by the magnesium gel, and mix until all is smoothly incorporated.
2. Apply to the affected part as needed. Wash hands after applying.

Learn More About Our Recipe Authors



Emily Han

Emily Han is a naturalist, herbalist, and educator helping people to cultivate their connection with the Earth. Emily is the author of *Wild Drinks and Cocktails*, *Wild Remedies*, and *Mushroom Hunting*. Based in Altadena, CA, Tongva/Kizh land, she is also the co-founder of Food Swap Network and a California Naturalist and Master Food Preserver. You can find more from Emily on her [website](#), as well as on [Instagram](#).

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Thomas Avery Garran

Thomas Avery Garran has been studying plant medicine for over 30 years. He lived in China from 2007-2023 and received his PhD in Materia Medica studies and Plant Pharmacy at the China Academy of Chinese Medical Sciences in Beijing: National Center for Materia Medica Resources and Daodi Herbs (the first non-Chinese recipient of this degree). You can find more from Thomas at his website, [Herb-Whisperer.com](#). You can also find him on [Instagram](#) and [Facebook](#).

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Anna Rósa Róbertsdóttir

Anna Rósa Róbertsdóttir is the heartbeat and passionate founder behind Anna Rósa Skincare. She hand-picks wild Icelandic herbs to use in her 100% natural, non-toxic, small batch skincare products. Anna Rósa's Skincare Collection is a skincare that empowers because she uses the profits to support Helping Herbs, a registered charity in Iceland dedicated to empowering refugee women. You can find more from Anna Rósa at her website, HelpingHerbs.com. You can also find her on [Instagram](#) and [Facebook](#).

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Dr. Patrick Jones

Dr. Patrick Jones is a clinical herbalist, traditional naturopath, and practicing veterinarian. Because of his veterinary credentials, he has been able to use herbs to treat cases most herbalists don't get to address. Cases like rattlesnake bites, gunshot wounds, and serious disease make up his daily practice. You can find more from Doc Jones at his website, [HomeGrown Herbalist](https://HomeGrownHerbalist.com). You can also find him on [Instagram](#), [Facebook](#), and [YouTube](#).

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Chanchal Cabrera

Chanchal Cabrera is a medical herbalist and has been in clinical practice for 35 years with a specialty in holistic oncology. She is the author of *Fibromyalgia: A Journey towards Healing* and her latest book *Holistic Cancer Care: An Herbal Approach to Preventing Cancer, Helping Patients Thrive during Treatment, and Minimizing the Risk of Recurrence*, launched in April 2023. You can find more from Chanchal at her website, ChanchalCabrera.com. You can also find Chanchal on [Instagram](#) and on [Facebook](#).

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Hi! I'm Rosalee de la Forêt, and I'm passionate about inspiring you to embrace the healing gifts of medicinal plants and to deepen your connection to the living world around you.

For over 20 years, I've guided countless beginners to become confident herbalists through my engaging online courses.

In addition to being an herbal teacher, I'm a registered herbalist with the American Herbalist Guild, a best selling author, and host of the Herbs with Rosalee Podcast.

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Illustrations by Tatiana Rusakova

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