

# Meno-ease

BY KAT MAIER

*This is one of my most reliable remedies to help with cooling temps from hot flashes. While this formula is in a tincture, I have had success with chickweed in a tea. Even dried!*

## ingredients

- Motherwort, 3 parts
- Chickweed, 2 parts
- Black cohosh, 1 part
- Dandelion root, cut and sifted, .5 part
- Vodka (80-proof)

**Yield:** Depends on the size of your macerating jar (half-pint, pint, quart, etc.)

Shelf life is over ten years as a tincture.

## directions

I always prefer to tincture fresh chickweed, but this recipe will work with dried herbs, as well. It is best to work with all fresh herbs or all dried herbs so that the proportions for the formula work out properly.

1. Place the herbs in a jar. If using fresh herbs, fill the jar  $\frac{2}{3}$  to  $\frac{3}{4}$  of the way with herbs. If using dried herbs, fill the jar  $\frac{1}{2}$  to  $\frac{3}{4}$  of the way full.
2. Fill the jar to within  $\frac{1}{4}$  inch of the top with vodka.
3. If you're using a metal lid, place a square of parchment paper over the top of the jar before screwing on the lid.
4. Cover the jar, shake it well, and place it in a cool, dark, dry place. Shake daily. If the alcohol evaporates a bit, add a bit more (enough to keep the plant material completely submerged).
5. Allow the mixture to extract for 6-8 weeks, then strain out the plant matter and discard.
6. Use a funnel to pour the tincture into clean amber or cobalt glass bottles.
7. Take the tincture  $\frac{1}{2}$  tsp three times a day and if more is needed at night, change evening dose to 1 tsp.



HERBS  
with ROSALEE





## KAT MAIER



Kat Maier RH, (AHG) is the founder and director of Sacred Plant Traditions, a center for herbal studies in Charlottesville, Virginia. One of her greatest accomplishments has been to train many clinical herbalists who have gone on to begin other schools, apothecaries or open practices. In clinical practice for over 30 years, Kat teaches internationally at universities, conferences, and herbal schools. She is a founding member of Botanica Mobile Clinic, a nonprofit dedicated to providing accessible herbal medicine to local communities. This grew out of her school's free clinic which was one of the first on the east coast and went on to be a template for other schools. She began her study of plants as a Peace Corps volunteer, and her training as a Physician's Assistant allows her to weave the language of biomedicine into her practice of traditional energetic herbalism. She is coauthor of Bush Medicine of San Salvador Island, Bahamas. As a passionate steward of the plants, Kat also served as president of United Plant Savers and was the recipient of the organization's first Medicinal Plant Conservation Award.

Find more from Kat at her website, <https://www.katmaierherbalism.com/>, and at her Center for Herbal Studies: <https://sacredplanttraditions.com/>. You can also find her on Instagram: [@katmaier7](https://www.instagram.com/katmaier7) and Facebook: [@sacredplanttraditions](https://www.facebook.com/sacredplanttraditions).

