

# Upper Respiratory Tincture

BY VAL ALCORN



1 OZ BARBERRY ROOT



2 OZ MULLEIN LEAF



25 OZ HIGH PROOF ALCOHOL



5 OZ FRESH GROUND IVY AERIAL PARTS (OR 2 OZ DRIED, THOUGH FRESH IS PREFERABLE)

*This is an ideal tincture for heavy, stagnant congestion and/or pain in the upper respiratory system. Ground ivy helps to drain mucus and relieve allergy symptoms, while barberry supports immune response and mullein lowers inflammation.*

**YIELD:** 25 oz

**SHELF LIFE:** This tincture will keep for 5-7 years when stored at room temperature.

1. Add all ingredients into a large mason jar. If the ground ivy you are using is fresh, be sure to chop it up into small pieces before adding to the jar.
2. Pour all of the alcohol into the jar. If there is plant material that is not covered by the alcohol,

use a large spoon to press it down so that it is completely covered. You can also add plant material and alcohol to a blender and pulse it a few times to infuse them more thoroughly.

3. Cover the jar mouth with cheesecloth and cap. Store in a dark cabinet for one month, shaking daily.
4. Strain the tincture into amber bottles.

**HINT:** At the first sign of infection, pressure, or earache in the upper respiratory system, take 20 drops in a small amount of water every 15 minutes for the first hour. Then take 20 drops every hour for the rest of the day. After the first day, take 2-3 times daily as needed.



HERBS  
with ROSALEE

# Val Alcorn



Val is an herbalist, herb farmer, writer, and artist living on Anishinaabe land in what is now Michigan. Her goal is to connect people with the stories and the medicine of the plants so that we may heal body and spirit with curiosity and reciprocity. She crafts a variety of herbal tools and goods with a focus on herbal bitters and runs a brick-and-mortar store in Gladwin, Michigan.

You can find more from Val at her website, [WoodSpells.com](http://WoodSpells.com).

You can also find Val on [Instagram](#) and [Facebook](#).