

## Nourishing Infusions

What is a Nourishing Infusion? It is a large amount of nourishing herb prepared as a tea that is soaked for more than four hours, typically overnight. The beauty of this type of preparation is that it is very safe (highly nourishing herbs with less medicinal action), powerfully nutritive (1 cup of nettle nourishing infusion is about 200 mg of calcium, opposed to 5-10mg in a regular tea), easy to make, and tastes comparatively good.

### Safety:

Safe for all ages

Pregnancy: red raspberry, nettle, red clover blossoms (careful if you weren't taking it before pregnancy), seaweeds (including kelp, nori, dulse, kombu, and wakame)

### Recipe for a Daily Nourishing Infusion:

- 1 oz nourishing herbs
- About 3 c boiling water

Weight out dry herbs and place them in a quart jar. Fill the quart jar with boiling water. Cover jar and let sit overnight. Let sit at least four hours. Strain and drink hot or cold. You can (mildly) sweeten it if you wish.

**Nourishing Herbs:** Nettle (*Urtica dioica*), Oatstraw (*Avena sativa*), Plantain (*Plantago spp*), Mullein (*Verbascum thapsus*), Chickweed (*Stellaria media*), Red Raspberry (*Rubus idaeus*), Red Clover Blossoms (*Trifolium pratense*), Burdock Root (*Arctium lappa*), Linden Flowers (*Tilia americana*), Plantain Leaves (*Plantago sp.*)

Medicinal Nodge:

- Diuretic (nettle- mild, parsley, dandelion leaf)
- Digestive Health (plantain)
- Kidney Support (nettle seeds, mullein)
- Softens Lumps/ lymphatic (violet, chickweed, seaweed, cleavers)
- Strengthen hair/bones/teeth (nettles)
- Increase energy (nettles, adrenal nourisher)
- Inflammation (linden)
- Aphrodisiac (oat straw), Fertility (red clover)
- Anxiety (oat straw, lemon balm)
- Menstrual cycles Support (raspberry, nettle- high chromium, magnesium, red clover blossoms)
- Cold and Flu (linden- prevent and helper during, lemon balm), Dry cough (mullein), Zinc (*Echinacea*, nettles, and seaweed)
- Immune system Support (Nettle)
- Bones/Joints (oatstraw, nettles)
- Detoxifying (Red clover, Burdock root)
- Cancer (burdock and red clover)

### Herbs rich in color:

Exciting phytonutrients that give your infusion some beautiful color: hibiscus, rose hips, calendula

**Added Minerals:** 1 tsp horsetail

### Susun Weed Rotation:

The creator of the nourishing infusion concept, Susun Weed, rotates through five nourishing infusions: linden, nettle, oatstraw, red clover, and comfrey. Comfrey is quite controversial so I don't feel completely comfortable about recommending it, but Susun Weed has used it for years.

**aluminium:** very high (mullein)

**calcium:** very high (nettles); high (mullein, horsetail, red clover, raspberry leaf, oat straw)

**chromium:** very high (horsetail, red clover, nettles, oat straw ); high (mullein)

**cobalt:** high (mullein, alfalfa, nettles)

**iron:** Very high(mullein, horsetail, raspberry leaf)

**magnesium:** very high (nettles, oat straw); high (mullein, horsetail, red clover, raspberry leaf)

**manganese:** very high (raspberry leaf ); high (mullein, horsetail, nettles)

**niacin:** very high (raspberry leaf ); high (mullein, alfalfa, red clover, oat straw)

**phosphorus:** high (mullein, red clover, nettles)

**potassium:** high (red clover, nettles)

**protein:** high (nettles)

**riboflavin:** high (alfalfa, nettles)

**selenium:** high (raspberry leaf, nettles)

**silicon:** very high (horsetail, oat straw ); high (mullein)

**thiamin:** high (red clover, nettles)

**Vit A:** high (mullein, alfalfa, raspberry leaf, oat straw, nettles)

**Vit C:** high (mullein, alfalfa, red clover, raspberry leaf, nettles)

**zinc:** very high (Echinacea, nettles, and seaweed)

**\*\*The minerals are completely different than the supplemental form. These minerals are supported by the complete plant makeup and are much more balanced in their application. These infusions are so much better for you. There are limits. Not all of the vitamins and minerals are available in this method, yet still it is a good foundation for almost everyone.**