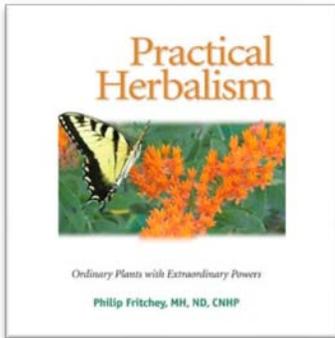




In case of emergency #2
I.C.E CHEST SERIES
- TINCTURE OF CAPSICUM



Heart Friendly Support

The #2 item in your I.C.E. Chest should be, Tincture of Capsicum (cayenne).

To have these important items in a prepared case that you can grab and go is essential for peace of mind. We all pray we never have to use them, but they sure are nice to know about and have around. The "Making a Basic Tincture" instructions can be used for any herb that is worth saving.

*****When working with fresh or dried herbs it is imperative to educate yourself. Some herbs are very powerful and should not be taken for granted. Respect them and they will respect you.**

The following information and instructions are excerpts From Dr. Phillip Fritchey's, "Nature's 9-1-1" course provided by the National Association of Certified Natural Health Professionals, Inc. (www.cnhp.org). Dr. Fritchey is a fabulous Master Herbalist and instructor that requested we disseminate this information to everyone. More of his "Nature's 9-1-1" remedies will be made available in future newsletters. I highly recommend attending any of Dr. Fritchey's courses if available in your area, but if not, I highly suggest that you at least purchase his informative book. Many blessings to Dr. Fritchey, for his insight and wisdom into the world of herbs.

Tincture of Capsicum - aka Cayenne



STORE: 2oz. DOSE: 15-30 drops (1 dropper full) sub-lingual, as needed. An emergency herb of the first order, Capsicum has been known to stop a heart attack, relieve both hemorrhagic and ischemic strokes, curtail hemorrhagic bleeding whether internal or external, and prevent shock from trauma. It is often added in small amounts to other herbal formulas as a "catalyst" and activator. It can strengthen the function of a weak heart and improve general circulation. Small doses are anti-emetic. Classical herbalists used this remedy to bring "heart" back to the core when the fires of the vital force were growing cold.

Long-term use may be contra-indicated in hypertensives. As an alcohol based tincture, the shelf-life, well-stored, is easily 3-5 years.



Making a Basic Tincture

Materials required:

- 4 oz. of FRESH herb
- OR
- 2 oz. of DRIED herb
- 16 oz. 100 Proof Vodka (exp: Everclear®, grain alcohol)
- 1 Quart Mason jar with lid

Method: Weigh out the amount of herb required. If fresh herb material is used, it should be very finely chopped or crushed. A food processor makes short work of this task (Caution: always use rubber gloves when working with fresh hot peppers). Dried herbs also need to be reduced as much as possible. A food processor or blender works well for most dry herbs, but very hard material like some roots and barks may require a grain mill or coffee grinder (reserve it for this pur-pose).

Put the finely cut or ground herb into the mason jar. Measure out the Vodka (Brandy, Rum or other good quality distilled spirits may also be used in a pinch), and pour it over the herb. Seal the jar and shake to mix thoroughly. Set the jar in a warm place where you will pass it regularly. A sunny window sill or porch railing is ideal. Shake the jar at least twice daily to mix its contents. After two weeks, strain off the liquid through a clean piece of muslin or linen fabric. Squeeze as much as possible of the menstruum (solvent medium) out of the herb pulp. If desired, the liquid extract that is recovered can be filtered once more through an unbleached coffee filter paper, but any remaining particles will eventually settle out of the tincture once it is bottled.