

DRINKING NOURISHING HERBAL INFUSIONS

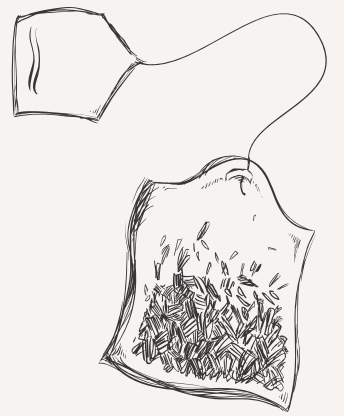


WHY DRINK NOURISHING HERBAL INFUSIONS?



This simple practice nourishes your overall health and well-being, providing your body with essential vitamins and minerals. Rotating through five or six different herbs offers a wide array of nutrients and benefits. Nourishing herbal infusions are nutritious, natural and safe - think of them as you would wholesome food, only in a cup.

INFUSIONS VS. TEA: WHAT'S THE DIFFERENCE?



Tea uses only a small amount of herb and is steeped for a short time (1-10 minutes depending on the herb). The medicine in tea comes from volatile oils - such as those in chamomile, mint and black tea - which are best extracted quickly. Steeping them too long can make them bitter.

Infusions, on the other hand, use a large amount of herb (1 oz by weight) and are steeped for a long time (4-6 hours or overnight). The herbs used for infusions are packed with minerals and vitamins, which can only be released through the long steeping process.



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TO MAKE A NOURISHING HERBAL INFUSION:

Place 1 oz (by weight) of dried herb in a quart jar. Fill the jar to the top with boiling water, stir, and cover with a tight-fitting lid. Let it steep at room temperature for 4–6 hours or overnight. Strain through a fine mesh strainer. For hairy or fuzzy herbs, like Mullein, strain again through a fine cloth (I like using a handkerchief). Store your infusion in the fridge. When you're done, compost the herbs - giving them back to the earth is important.

YOUR WEEKLY HERBAL INFUSION ROUTINE:

I recommend consuming 1 quart of nourishing herbal infusion daily. Rotating your herbs to enjoy a variety is ideal for supporting your body with a broad spectrum of vitamins and minerals.

Remember to store each infusion in the fridge and consume it within its recommended shelf life: Mullein and Linden infusions can be kept fresh in the fridge for 5 to 6 days. Nettle and Burdock infusions last about 3 to 4 days, while Oatstraw, Comfrey Leaf, and Red Clover should be consumed within 1 to 2 days.



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EXTRA INFUSION INFORMATION:

Rebrewing Linden and Comfrey:

Linden and Comfrey can be rebrewed to draw out even more nourishment. For Linden, place the strained herb in a pot, add 1 quart of cold water, bring to a boil, then remove from heat (For Comfrey, use ½ quart of cold water instead). Let steep for 4–6 hours, then strain and refrigerate.

Rebrewing draws out additional mucilaginous properties from the herbs, making them even more soothing.

Rebrewing Burdock:

Burdock root also responds well to a second brew. Place the strained herb in a mason jar, fill to the top with boiling water, and steep for 4–6 hours, then strain and refrigerate.

Mullein Milk:

Combine ½ cup organic whole milk with ½ cup of double strained Mullein infusion. Sweeten with honey or your preferred sweetener, if desired. For an extra-cozy variation, warm the milk with chai spices to create Mullein Chai!



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MY FAVOURITE INFUSION HERBS:

Oatstraw (*Avena sativa*): helps reduce high cholesterol, enhances libido, and strengthens the nervous system. A cup of oatstraw infusion contains over 300 milligrams of calcium and various essential minerals. Its steroidal saponins support pancreatic and liver function, aiding digestion and mood stabilization. Oatstraw is especially noted for its libido-enhancing and mood-stabilizing properties. In Ayurvedic medicine, it is regarded as an excellent longevity herb. Wonderful overall for the nervous system.

Red Clover Blossom (*Trifolium pratense*): contains four phytoestrogens, significantly more than soy, and its infusion is ten times richer in these compounds than soy milk. Red clover is also an excellent source of calcium, has fewer calories, and contains no added sugars. It is a leading anti-cancer herb, unlike soy isoflavones, which have been shown to promote breast cancer cell growth in the lab. Additionally, red clover supports memory, contrasting with findings that frequent tofu consumption may increase the risk of Alzheimer's disease. A wonderful anti-cancer ally which supports fertility.

Burdock Root (*Arctium lappa*): this powerful root is often celebrated for its cooling and strengthening properties. It supports both the liver and kidneys, while also helping to clear stubborn skin conditions over time. Rich in inulin, a prebiotic fiber, it nourishes the digestive system and promotes healthy gut flora. In addition, the root contains flavonoids, phytochemicals, and antioxidants - plant compounds known for their wide range of health benefits, including protective and restorative effects in the body.



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Stinging Nettle Leaf (*Urtica dioica*): is known for boosting energy, supporting adrenal health, and promoting vascular flexibility. A cup of nettle infusion provides approximately 500 milligrams of calcium and is rich in magnesium, potassium, silicon, boron, and zinc. It's also a good source of vitamins A, D, E, and K. This herb supports bone health, cardiovascular wellness, hair thickness, and skin beauty, making it a beneficial addition to your routine for overall energy and vitality.

Linden Flower (*Tilia spp.*): is a well known herb for preventing and treating colds and flu. It is effective in alleviating respiratory issues (though not an anti-infective) and is cooling and strengthening. A wonderful anti-inflammatory, Linden is considered safe for both children and the elderly.

Mullein Leaf (*Verbascum thapsus*): is a soft, fuzzy-leaved plant often found along roadsides and in sunny, open spaces. Renowned as one of the world's best herbal allies for respiratory health, it offers gentle yet effective support for allergies, asthma, and overall lung function. Mullein makes a deeply nourishing infusion that helps soothe and strengthen the lungs.

Comfrey Leaf (*Symphytum uplandica x*): known as "knitbone," comfrey is beneficial for bone health and contains proteins that aid in short-term memory formation. Its mucilage content helps maintain flexibility in joints, eyes, the vagina, and lungs. The leaves of garden Comfrey are safe for use and do not contain the liver-damaging compounds found in the root.

A PRACTICAL GUIDE TO BUYING HERBS IN BULK:

Buying herbs in bulk is the best way to keep up with your daily nourishing herbal infusions. Let's do some math: if you consume 1 oz (by weight) of herbs per day, that adds up to 365 oz per year. Since there are 16 oz in a pound, you'll be using about 23 pounds of herbs annually.

For this reason, I recommend purchasing your herbs wholesale by the pound. Setting up a wholesale account with a trusted herbal supplier is the most economical and convenient choice for maintaining a steady herbal supply. For my infusions I use home-grown, wild-harvested and commercially sourced herbs.

MY EXPERIENCE:

For over a decade, I've made nourishing herbal infusions part of my daily routine. It's become a simple, grounding practice that really supports my health. Before I began working with plants, I was often sick with colds and flus and sometimes caught secondary infections afterward. Once I started drinking these herbs regularly, I noticed a real difference: I got sick less often, and when I did, it didn't turn into bronchitis. My nails grew stronger, my sleep improved, my hair looked healthier, and my energy increased. Very quickly, I even started to crave them - my body recognized just how much it needed these plants. These infusions became my main daily drink - I don't even drink plain water anymore. Why would I, when I can be sipping something so nourishing instead?



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BEST WISHES ON YOUR HERBAL JOURNEY!



I'm Vanessa, an herbalist and holistic practitioner rooted in the Wise Woman tradition. I'm passionate about guiding people to connect deeply with plants and their own healing power.

I offer shamanic counselling sessions, personalized herbal mentorships, immersive herbal apprenticeships, and a handcrafted tincture shop.

These offerings are designed to support you in deepening your relationship with herbs and yourself.

Feel free to visit my website landloved.com to learn more or get in touch.

Book a session [here!](#)



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