



Mullein Recipes

MULLEIN TINCTURE

You need:

The dried Mullein
leaves
Vodka
Small glass jar

DIRECTIONS

1. Pour the dried mullein leaves into the mason jar and top with 2-4 oz of vodka, enough to cover the leaves completely.
2. Allow to sit for 2-6 weeks in a cabinet, gently shaking every day or two. Make sure the leaves are fully covered.
3. Once ready, strain into a tincture jar with a dropper top.
4. Take a dropper full every 2-3 hours as needed. For maintenance, take 1-2 droppers a day. Can be added to water or juice or just taken straight.

This can be used for any herpes virus, not just cold sores.

USES:

Mullein can be used for coughs, whooping cough, tuberculosis, bronchitis, hoarseness, pneumonia, earaches, colds, chills, flu, swine flu, fever, allergies, tonsillitis, and sore throat. Other uses include asthma, diarrhea, colic, gastrointestinal bleeding, migraines, joint pain, and gout.

Mullein Recipes

MULLEIN HERBAL INFUSION

You need:

Small glass jar

Dried Mullein leaves

Good EVOO

4 cloves of chopped garlic



DIRECTIONS

1. Pour the dried mullein leaves and chopped garlic into a small glass jar
2. Cover with good EVOO
3. Leave to sit for 3-6 weeks in a cool, dark place. Shake gently every day or two, making sure the leaves are fully covered.
4. Once ready, strain liquid into a dropper.

This is great for earaches and can also be taken internally.

USES:

Mullein can be used for coughs, whooping cough, tuberculosis, bronchitis, hoarseness, pneumonia, earaches, colds, chills, flu, swine flu, fever, allergies, tonsillitis, and sore throat. Other uses include asthma, diarrhea, colic, gastrointestinal bleeding, migraines, joint pain, and gout.



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MULLEIN TEA

You need:

Dried Mullein Leaves

Boiling water

Local Honey (optional)

DIRECTIONS

1. Infuse the Mullein Leaves in boiling water. I add my leaves to a tea strainer and leave in the mug.
2. Steep for a minimum of 20 minutes to get the full affect.
3. Stir in honey if desired.

USES:

Mullein can be used for coughs, whooping cough, tuberculosis, bronchitis, hoarseness, pneumonia, earaches, colds, chills, flu, swine flu, fever, allergies, tonsillitis, and sore throat. Other uses include asthma, diarrhea, colic, gastrointestinal bleeding, migraines, joint pain, and gout.