

APHRODESIAC  
DECOCTION

# APHRODESIAC DECOCTION



## WHAT IS A DECOCTION?

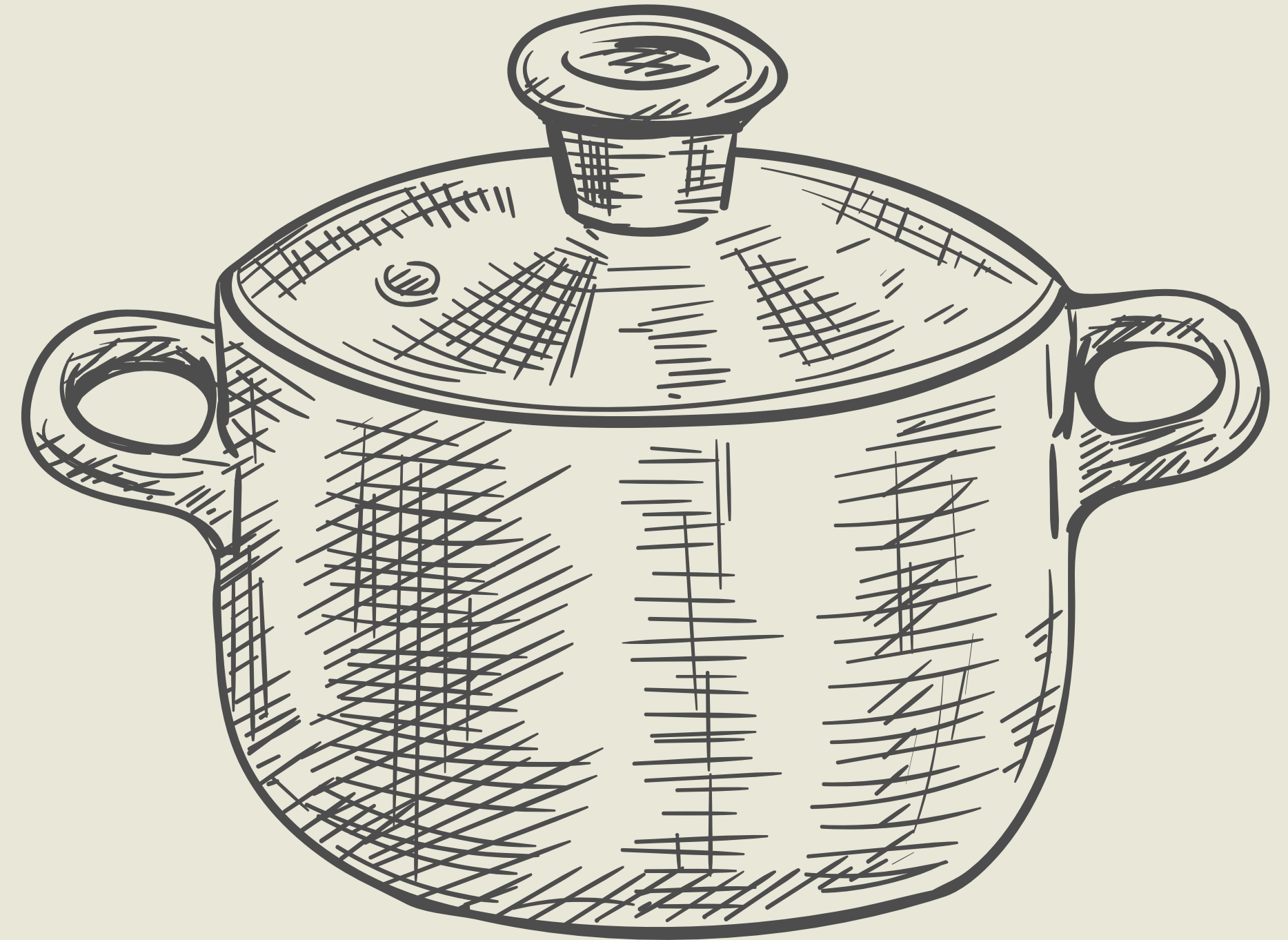
"AN HERBAL PREPARATION IN WHICH PLANT MATERIAL (USUALLY HARD OR WOODY) IS BOILED IN WATER AND REDUCED TO MAKE A CONCENTRATED EXTRACT. " (HOFFMAN, MEDICAL HERBALISM)

# APHRODESIAC DECOCTION

STANDARD DOSING:

1 TSP DRIED HERB ( OR HERB MIXTURE)  
OR 2 TSP OF DRIED HERB

1 1/4 PINTS OF COLD WATER



THINGS TO NOTE:

DECOCTIONS ARE INTENDED FOR IMMEDIATE USE AND STORED FOR A MAXIMUM OF 72 HOURS IN THE FRIDGE.

- CONSIDER THE DECOCTION EXTRACTION METHOD FOR ROOTS, RHYSOMES, NUTS, SOME SEEDS, BARK, AND STEM PLANT MEDICINE. IN ADDITION CHECK THE MATERIAL IS WATER SOLUABLE.

- POWDER, OR BREAK UP DRY HERBS INTO SMALL PIECES

-STORE DECOCTION IN GLASS, CERAMIC, OR EARTHWARE (OR AT LEAST ENAMBED BY THE AFOREMENTIONED)

## RECIPE FOR APHRODESIAC DECOCTION:

PREP: 5 MINUTES COOK TIME: APPROX. 20 MIN TOTAL : 25 MINUTES

### INGREDIENTS USED:

3/4 TSP DRIED ROSE  
TBSP BURDOCK ROOT  
4 TBSP DANDELION ROOT  
1 CINNAMON STICK  
4 CUPS WATER.

IN MEDICAL HANDBOOK, UNLESS OTHERWISE DIRECTED

### MATERIALS USED:

STAINLESS STEEL OR CAST IRON BOILING POT, STRAINER, TEA POT, JAR FOR STORAGE

### METHOD

STEP 1: DECIDE ON YOUR INGREDIENTS. FIND A RELIABLE RESOURCE TO CHECK FOR ANY ADVERSE AFFECTS OF THE PLANT BEING BOILED DOWN.

STEP 2: MAKE SURE ALL YOUR INGREDIENTS ARE WATER SOLUABLE AND NON-VOLATILE. MOST DECOCTIONS ARE FOR MORE HARDY INGREDIENTS LIKE ROOTS, BARK

STEP 3: BASIC RECIPE IS ONE PART WATER, ONE OZ. OF HERB OR ROOT.

STEP 4: PLACE WATER INTO A POT

STEP 5: TURN ON STOVE TO MEDIUM AND SIMMER UNTIL 1/4 OF WATER IS REDUCED. (USU. ABOUT 10-15 MINUTES)

STEP 6: REMOVE FROM HEAT, COOL, AND STRAIN

STEP 7: DRINK WARM, IN DIVIDED DOSES ACCORDING THE PLANT YOU USE WITHIN 72 HRS.

# CINNAMON

PLANT OF STIMULATION  
ELEMENT: FIRE  
METAL: GOLD  
PLANETS: SUN, MARS  
ASTRAL: ARIES  
SPIRIT: APOLLO, DIONYSUS



WARMING

CINNAMON NATURAL APHRODISIAC

PROMOTES BLOOD FLOW ESPECIALLY IN THE ABDOMEN AREA

RUBBING CINNAMON OIL ON GENITALS POWERFUL SEXUAL STIMULANT

SUPPORTS IMMUNITY

HIGH IN MANGANESE, A NUTRIENT ESSENTIAL TO THE HEALTH OF YOUR LOVE LIFE.

MANGANESE IS VITAL, PARTICULARLY WHEN IT COMES TO SEXUAL HEALTH. WITHOUT A SUFFICIENT AMOUNT OF THIS NUTRIENT YOU WILL NOT BE ABLE TO PERFORM AT PEAK ABILITY.

PRECAUTIONS: BE VERY CAREFUL APPLYING CINNAMON TOPICALLY AS IT IS KNOWN FOR HEATING THE BODY

AND CAN CAUSE AN ALLERGIC REACTION.



# DANDELION

## TARAXACUM OFFICINALE

CREATION

ELEMENT: AIR

PLANETS: JUPITER. SUN

SPIRIT: DIVINATION,

WISHES, CALLING

SPIRITS

COOLING

HIGH IN VITAMINS A,C,D,B COMPLEX, CHOLINE

RICH IN IRON, POTASSIUM, AND ZINC

NOURISHING TONIC FOR LIVER LYMPHATIC SYSTEM

STRENGTHENING/RESTORATIVE TO THE HORMONAL/ REPRODUCTIVE SYSTEM

HIGH IN INULIN BALANCES BLOOD SUGAR

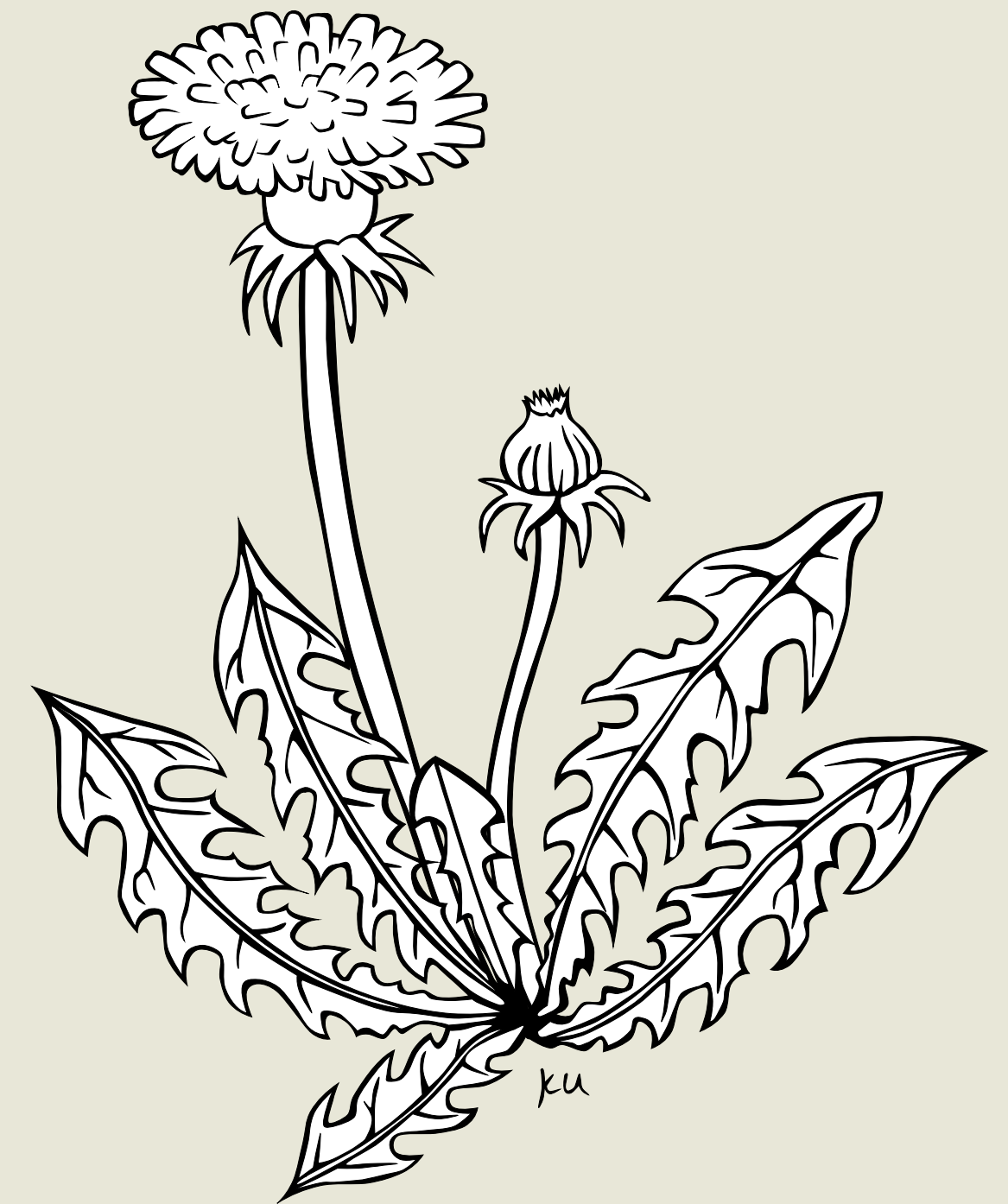
NOURISHING FOR BREAST/ UTERUS / OVARY HEALTH

PMS

PROMOTES KIDNEY HEALTH

STRENGTHS AND TONES ENTIRE URINARY SYSTEM (HISTORICALLY USED TO TREAT BED WETTING)

PRECAUTIONS: IF SUFFERING FROM GALLSTONES, ONLY USE ROOT UNDER PROFESSIONAL SUPERVISION



# BURDOCK

## ARCTIUM LAPPA

GROUNDING

Element: Earth

Planets: Venus

Spirit:

\*DEEP CLEANSING OF  
OLD ENEGIES/EMOTIONS/ TOXINS

COOLING

NOURISHING HERB

HIGH MINERALS/ VITAMINS

GENTLE DETOXIFYING

SUPPORT NUTRIENT ABSORPTION

SUPPORTS ELIMINATION KIDNEYS LIVER SKIN

APHRODISIAC

SEXUAL VITALITY

STAMINA

LUBRICATION

INGESTING AND APPLYING TO SKIN HELPS TO RELIEVE PSORIASIS AND ECZEMA  
EXTERNALLY AND INTERNALLY.

TO GET THE BEST EFFECT OF BURDOCK ROOT, IT MUST BE TAKEN OVER LONG  
PERIODS OF TIME.



# ROSE

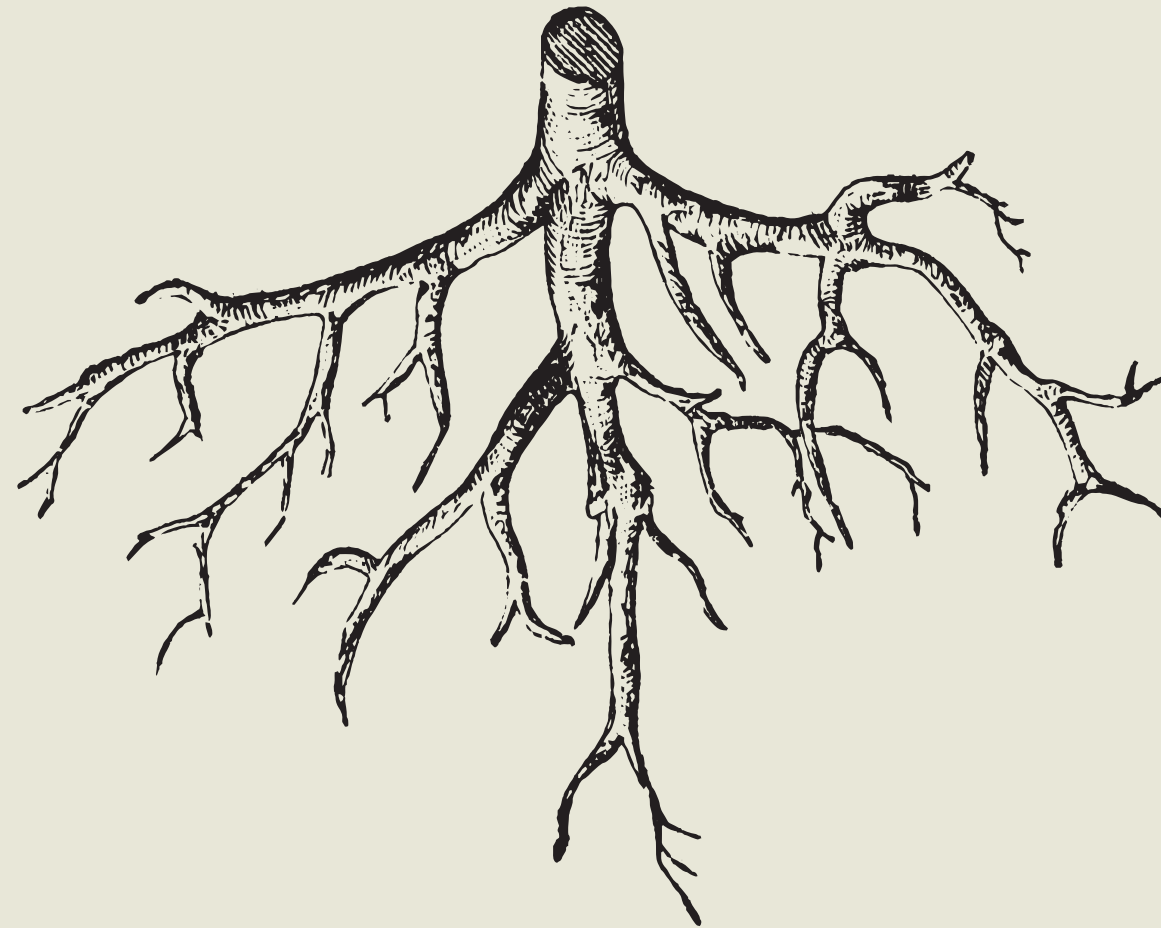
THE FLOWER OF LOVE  
HEART OPENING  
ELEMENT: WATER  
GENDER: FEMININE  
PLANETS: VENUS  
ASTRAL: TAURUS  
SPIRIT: PROMOTES RELAXATION, JOY,  
SEXUALITY AND POSITIVE THOUGHTS.  
APHRODITE, ADONIS, EROS, VENUS



ROSE IS FULL OF NATURAL OILS AND VITAMIN C, WHICH HYDRATE AND REPLENISH DULL, DRY SKIN,  
REDUCES SCARS STRETCH MARKS  
HYPNOTIC, MILDLY SEDATIVE  
ANTISEPTIC,  
ANTI-INFLAMMATORY, AND ANTI-PARASITIC  
EMMENAGOGUE (INCREASES AND STIMULATES MENSTRUAL FLOW)  
UTERINE TONIC — HEALING CYSTS, INFECTIONS, AND BLEEDING  
ROSE PETALS ARE A NERVINE; THEY HELP SOOTHE AND CALM THE NERVOUS SYSTEM, EASING TENSION AND PAIN  
THROUGHOUT THE BODY  
ANTI HIV, ANTIOXIDANT, ANTI DEPRESSANT, AND ANTI-ANXIETY  
AROMATHERAPY RELAXATION JOY POSITIVE THOUGHTS  
"THE SCENT OF ROSE CONTAINS PHENYLETHYLAMINE-RELATED COMPOUNDS MAKING IT AN APHRODISIAC.  
PHENYLETHYLAMINE (PEA) IS...THE LOVE MOLECULE, BECAUSE IT ACTS AS A RELEASING AGENT OF  
NOREPINEPHRINE AND DOPAMINE, WHICH ARE CHEMICALS THAT GET RELEASED IN LARGE QUANTITIES DURING  
SEX AND FIRST (OR EVEN LONG-TERM) ATTRACTION."



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## SOURCES

THE GIFT OF HEALING HERBS BY ROBIN ROSE BENNET  
THE EARTHWISE HERBAL REPERTORY BY MATTHEW WOOD  
HEALING WISE BY SUSUN S WEED  
MEDICINAL PLANTS IF THE MOUNTAIN WEST  
BY MICHALE MOORE

[HTTPS://WWW.NCBI.NLM.NIH.GOV/PMC/ARTICLES/PMC3586833/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3586833/)