



# Alfalfa



“*Medicago sativa*”

Therapeutic Actions

Tonic Nutritive

Medicinal Uses

Father of all Foods, nervous system support, cardiovascular, and digestive support. Anemia, Colitis, Atherosclerosis, side effects from cancer treatments, endometriosis, fungal infections, menopausal symptoms, Osteoporosis & Ulcers.

Magickal Uses

Used for health, prosperity, and good fortune. Generally, the herb is added to spells and charms in its dried form, rather than being infused or burned as incense. The same charm is said to inspire others to be generous to you. Sprinkle Alfalfa around the base of a green candle for a money-drawing spell put a jar of dried Alfalfa in the kitchen pantry to ensure your household will always have enough to eat. Add Alfalfa leaf to money spells of any kind (mojo bags, candles, and spell bottles, for instance). It is appropriate for all positive financial goals—securing a bank loan, winning prize money, or growing a business.

Considerations

Use as a supportive herb, avoid sprouts during pregnancy.

Tea is absolutely safe

# Different Types of Herbal Remedies

## Herbal Tinctures

Herbal tinctures are made from an alcohol and water solution (menstruum) added to either fresh or dried botanicals: roots, berries, bark, leaves and flowers.

There are a two basic methods to tincture herbs:

One requiring measurement and one that does not

### Metric System Measurement

Measuring herb and menstruum of weight of solid material and volume of liquid. (the only tincture found in commerce) OR you can use Weight to Volume method.

Using one herb and menstruum tailored to pull out the most therapeutic properties of the plant.

### Folk Method

No measurement required most commonly made at home by adding selected herb or herbs to a jar or other vessel and covered with a higher proof alcohol (Everclear or 80-100 proof Vodka)

# Different Types of Herbal Remedies

## Folk Method Tincture Recipe For Stress Relief

2 parts Skullcap

2 parts Valerian Root

1 part Motherwort

1 part Chamomile

1 part Mugwort

Add plant parts to a jar with a tight lid  
cover with alcohol of at least 80 proof  
leaving room to shake (everyday) for min  
of 2 weeks up to 1 month. Strain & bottle.  
**REMEMBER TO LABEL YOUR TINCTURE**