

# Making your own herbal supplements



## Course booklet

This is a sample booklet and a snapshot of what's included with this course.

# Welcome

Hello and welcome to the course,

The aim of this course is to provide you with a basics on herbal capsules.

This course is an introductory level course and is really a starting point in the exciting world of medicinal plants.

## Safety

### Herbs and medications

Herbs are often seen as 'safe' because they are natural but that is not the case, and when someone is taking medications they can interact with herbs (as well as a wide range of supplements and vitamins).

If you are taking any medication I do not recommend you take any herbs internally without first consulting a medical herbalist to check for interactions.

## **Herbs and particular medical conditions**

In these courses we will only be looking at self limiting conditions, things that you would generally not seek medical attention for. e.g. coughs and colds.

It is important to seek medical attention when appropriate, either through a local doctor or local medical herbalist.

## **Herbs, pregnancy and breastfeeding**

While there are some herbs that are beneficial in pregnancy and breastfeeding, they must be strictly controlled and for that reason I recommend anyone who's pregnant to see a medical herbalist for advice before taking any herbs (internally) at any stage of pregnancy (or breastfeeding).

External preparations can be used for pregnant women but if you are ever in doubt check with a local medical herbalist.

# What is herbal medicine?

Herbal medicine is the use of plant based medicines to restore and maintain health.

Herbal medicine is the oldest form of medicine in the world, with over 80% of the world's population using herbal medicine as their only form of medicine (WHO statistic).

In the UK, herbal medicine is often seen as a 'complementary' medicine, as it can be used safely alongside orthodox medicine.

Many orthodox medicines in use today originated from medicinal plants, for example aspirin from willow bark, and digitalis from foxglove.

Medicinal plants have been used for thousands of years for health and nutrition, and modern scientific research is now starting to explain how that works. For example, Valerian has been shown to improve sleep in several studies\* and is now available to buy over the counter as an alternative to sleeping tablets.

Ginkgo (*Ginkgo biloba*) is another herb that has been studied extensively in recent years, research has shown that Ginkgo can improve brain function in people with Alzheimer's and Dementia\*.

# Capsule making

## Making capsules without a machine



It is possible to make capsules without a machine, simply buy some empty capsules and pull the two halves apart. Then scoop the powder you wish to fill them with into the

halves and press them together (they often click).

It's really as simple as that and while more time consuming it is inexpensive and quite fun once you get into a good rhythm.

## Making capsules with a machine

---

**Sign up to the course to find out more**

## But I don't like taking capsules



Don't worry if you're not a fan of taking capsules, there are lots of ways to get the benefits of turmeric without taking capsules.

---

[Sign up to the course to find out more](#)

## Turmeric as a supplement

---

[Sign up to the course to find out more](#)

# Making your own turmeric supplement



## Turmeric supplement recipe

7 teaspoons (35g) of turmeric powder

1 teaspoons (5g) of ground black pepper (or ground ginger)

Mix together thoroughly and then add to capsules or cooking or make into a golden milk.

# Pros and cons of capsules

## The good things about capsules

1. They are easy for many people to swallow.

---

**Sign up to the course to find out more**

## The bad things about capsules

---

**Sign up to the course to find out more**

# Herbs that work great as capsules

## Turmeric

Turmeric is one of the all time favourite herbs for capsuling and you will have already read about it earlier in this course.

Turmeric capsules are a great remedy to make and keep at home and use as you would Ibuprofen for aches and sprains.

---

**Sign up to the course to find out more**

# Combining herbs in capsules

## One herb per capsule



If you're going to be capsuling a lot of different herbs and storing them for future use then this is the most efficient way to do it. Just like in other remedy types you make one set of capsules per herb and then store them separately.

---

[Sign up to the course to find out more](#)

## Multiple herbs in one capsule

**"I want to take 10 different herbs. Do I need to take 10 capsules at once?"**



---

---

[Sign up to the course to find out more](#)

# How do you know which herbs to take?

That's really outside of the scope of this course but usually people have found out from personal recommendations, from other practitioners or from herbal books.

## Buying powdered herbs vs making your own

### Powdering your own herbs



You can powder your own herbs at home if you have a powerful four blade blender. You can also use a clean and sterilised coffee grinder.

**\*\*\*Warning!!! Herbs break blenders and grinders! I will not be held responsible for any damage you do to your kitchen equipment!!!!\*\*\*\*\***

Here's my [video](#) on powdering herbs at home.

## Buying powdered herbs

If you want to make a lot of capsules you may find it easier to buy your herbs in powdered form.

Remember that powdered herbs have a shelf life of 6 months.

## Can I see my capsules to other people?

---

**Sign up to the course to find out more**

## Home pharmacy

You can find out more about how to make herbal home remedies in my free eBook [Kitchen pharmacy](#).

## What next?

Other courses you may enjoy

If you've enjoyed this course I have lots more. You can take a look [here](#).