



Seelie Apothecary

Western Eclectic Herbal Healing Shop & Research Center  
seelieapothecary.com

### **Instructions for Proper Administration and Dosage of Herbal Tinctures:**

*\*Author's Note: When using herbs to treat psychological and physical disorders, dosage can vary depending upon such factors as the nature of the condition(s) being treated as well as the unique constitutional state of the individual. It is important to bear in mind that while all human beings are composed of the same basic anatomical, physiological, and psychic structures, the state in which these structures present themselves (internally and externally) will differ from one person to the next, and as such, dosage of healing substances may also differ.*

*The following Standard Dosing Procedure is meant to be used as a barometer; a starting point, if you will; from which to measure and to 'tweak' the dosages of healing substances. For more specific information pertaining to individual herbs and their unique healing modalities, please refer to the 'Seelie Apothecary Materia Medica'.*

**Standard Dosing:** 3 drops, 3 times daily. Continue with this dosage amount and frequency for a two-week period of time. If no results are to be seen, then slowly increase the dosage amount by one drop, in one-week increments, in the following fashion, until such time as the effects are felt. This is known as 'tweaking' the dosage:

Weeks 1 and 2: 3 drops, 3 times daily  
Week 3: 4 drops, 3 times daily  
Week 4: 5 drops, 3 times daily  
Week 5: 6 drops, 3 times daily

And so forth...

Dosages should be spread apart evenly by approximately 4-6 hours. A good routine to follow would be:

8am - First dose  
2pm - Second dose  
8pm - Third dose

If multiple herbal medications (flower essences included) are prescribed as part of the treatment regimen, they should be taken five minutes apart, following the same drop dosage procedure listed above.

To administer medicine, stand in front of a mirror, and place drops directly under the tongue. Wait 10 seconds, and then swallow. No food nor drink should be consumed five minutes prior to, nor five minutes following, administration of the medicine.

Please make certain that you do not intentionally shake the tincture bottle. This is known as 'succussing' the remedy, and it changes the potency of the medicine. Succussing is in fact a method employed in the administration of certain types of energetic medicines, such as flower essences and gem elixirs. For single, drop dose herbal tinctures, however, succussing is not necessary.

If a medicine is being taken in the form of a tea, steep 1 teaspoon of the dried herb, covered, in a 10-12 ounce mug for 15-20 minutes using spring/Artesian well water that has been heated not quite to the boiling point. Drink 1-2 glasses daily. If sweetener is desired, add a bit of raw honey to the tea. *\*Note that for each new glass of tea that is prepared, a fresh teaspoon of the dried herb should be used.*

Store your herbal medicine bottle(s) in a dark place, away from any sources of heat and light, as heat itself both breaks molecular bonds (loss of vital energetic life energy) as well as encourages the growth of certain microorganisms, and can, over time, lessen the effectiveness of the medicine. A shelf inside a of a closet is an acceptable place for storage *\*(note that a medicine cabinet in your bathroom may also be acceptable, but only if the steam from the shower/bath does not lead to condensation on the bottles.)*

Herbal medicines usually have a shelf life of two to three years. However, in the case of highly nutritive plants such as Stinging Nettle and Dandelion, this shelf life may only go up to one or two years, as they are prone to a more rapid growth of certain micro-organic life (manifesting into existence as a result of changes in the nature of the underlying life energy structures of the carrier, i.e. the liquid of the tincture). These will not necessarily be harmful to the person, but again, they will ultimately affect the potency of the medicine. Changes in color and loss of fragrance are indications of loss of potency.

#### **Duration of Administration:**

Depending upon the nature of the condition(s) being treated, the herbal remedy(ies) may only be needed for a short period of time, or it (they) may be needed for an extended period, i.e. several months to years. Oftentimes, this reveals itself with time, so be patient and pay attention to the condition of your body, your feelings, and your mind. Sometimes the effects will be felt immediately and in quite a profound fashion, while at other times, the effects will be felt in a more subtle manner, over the course of months, or even years. Everyone's internal constitution is different, and there are, for the most part, no hard and fast rules that apply to how quickly the herbs themselves will take effect upon a particular individual.

#### **Achieving Effective Healing and Remediation:**

In the beginning stages of administration of the medicine, it is not uncommon for the physical body as well as the soul (realm of one's feelings, experienced most frequently by human beings as 'emotion') and the psyche (elements of the human mind expressed outwardly through one's unique personality) to experience what is known as a '*healing crisis*', whereby symptoms will appear at first to become worse. This is very often a normal part of the healing process - it means that the medicine is actually working to assist the body and the mind to purge themselves of the disorder(s) that are present. During such times, one must be patient, and allow the medicine to do its work, as this indicates that the body (anatomical and physiological structures), soul (your feelings), and spirit (your mind) are seeking a state of equilibrium, known in conventional medical circles as '*homeostatis*'.

It is also important to note that once the remedy has taken effect, and remediation has been established, you may slowly cut back on the dosage, until such time as dosing is ceased entirely.

Remember that herbs themselves, depending upon the type of medicine being taken, can, if overused, cause what they cure. Again, some may find it beneficial to continue forward with the administration of the medicine for an extended period of time, while others may find effective remediation in a rather short period of time. Paying careful attention to the state of one's health will prove to be an effective barometer for determining the length of time of administration of the herb(s) in question.

If questions should arise, please do not hesitate to contact me:

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*Here's to your good health, and to deepening your understanding of yourself as part of your own unique process of growth and evolution...*

*Billy Moschella, Jr.*