How to Make Medicinal Vinegars & Oxymels

What are oxymels and herbal vinegar's, you ask? Why, they are age-old medicine-making techniques. Age-old as in ancient Greek times! To this day, oxymels and vinegar's are viable and valuable ways to get plant medicine in an easy-to-make and delicious-to-consume approach.

These are great for sore throats, congestion, and antivirals using wild and garden plants. The herbal possibilities are endless and you'll have an opportunity to create your own formulas. This knowledge would be invaluable in an extended emergency situation.

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If this is of interest, I highly recommend the book: Making Plant Medicine
by Richo Cech. It is very detailed and shows how to make loads of herbal medicines, such as vinegar extracts, glycerites, herbal succi and syrups teas, decoctions, herbal oils, salves and creams poultries, compresses and soaks.

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