



Mullein flower earache remedy

Yield: 4 ounces

Ingredients:

- ¼ cup Mullein flowers, fresh or dried
- 2 Garlic cloves, peeled, finely chopped
- ¼ cup Extra Virgin Olive Oil
- ¼ teaspoon vitamin E oil (optional)
- 4 x 1 ounce colored glass bottles with dropper lids

Directions:

Make a double boiler with a 1 cup glass measuring cup, canning jar ring, and saucepan. Put the herbs and olive oil in the measuring cup. Fill the saucepan with water so that it comes halfway up the sides of the measuring cup. Simmer the water over low heat, keeping it just below boiling. Simmer for one hour. Add more water to the saucepan as necessary to keep the water level half way up the side of the measuring cup.

After simmering for one hour, remove from heat. Allow the herbs and oil mixture to come to room temperature naturally, while you do something else.

Once the herbs are cool, strain the oil. Discard the herbs and retain the oil. Add the vitamin E to the oil, if you are using it.

Pour the oil into 1 or 2 ounce bottles with dropper tops. Label “Mullein flower oil” and date. Include the measure – 1 or 2 ounce, if you intend to take this through airport security. Pack in your plastic liquids bag for airport security in your carry-on.

How to use:

Warm the dropper bottle in a mug of hot tap water for 15 minutes. Put 1 to 2 drops of the oil in each ear, treating the pain-free ear first. Do not touch the glass dropper tip to the inside of the ear. Simply drop the ear drops into the ear. Place a cotton ball or wadded up tissue paper into the ear to hold the ear drops in place. Repeat as often as necessary to relieve pain. Continue the ear drops for two or three days at night, once the pain and redness has stopped.

This can be used prior to swimming to protect the ears from water getting behind the ear drum and causing infection.