



HERBAL PILLS

25 HERBAL BLENDS
TO ENCAPSULATE

Christine J. Dalziel

Herbal Pills

25 Herbal Blends to Encapsulate

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Greenwood, British Columbia

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Herbal Pills, 25 Herbal Blends to Encapsulate

Christine J. Dalziel. —1st ed.

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Introduction:

The recipes in this book use powdered herbs. Herbs should be powdered just before you use them. Powdered herbs begin to oxidize after grinding and their shelf life is reduced after powdering.

Every recipe in this ebook can be encapsulated or used to make pills or electuaries. Use the same proportions for the powdered herbs regardless of which herbal medicine you intend to make.

Capsules are a relatively simple way to prepare and dose herbal preparations. They are often more convenient than tea or tincture, easy to travel with, and always pre-measured.

Capsules come in different sizes, the recipes in this book work with 00 size capsules. Capsules can be gelatin based, or a vegetarian. I prefer the vegetarian capsules, but both are equally easy to use.

Capsules can be hand-filled, but won't be packed as tightly as using a capsule making machine. The capsule machines are relatively simple to use, and let you pack in the powdered herbs quite tight. This makes creating the capsule easier, and helps you get a unified dosage amount in each capsule.

Filled capsules should be stored in airtight, opaque containers and kept out of heat and direct light.

Instructions for Encapsulation

Start with your desired recipe and gather the herbs.

Herbs will need to be powdered. A small coffee grinder that is kept just for herbs works quite well. You may also use a mortar and pestle and grind by hand.

To use an electric grinder, pulse the herbs for 20-30 seconds at a time, in the coffee grinder or a blender. Once the herbs are fully powdered, they can be measured out for the recipe. Any excess herbs can be stored in a jar, labelled, for the next recipe.

Measure by pressing the powder down into the measuring spoon, as there is a lot of air in powdered herbs.

Once all herbs are in the mixing bowl, blend together by stirring slowly until the capsule mixture is an even color. The evenness of the color indicates how well the herbs are blended.

Set up your capsule machine, if using, with unfilled capsules. Usually the larger half of the capsule goes in the bottom of the tray, and the smaller half of the capsule goes in the top part of the tray.

Place 1 teaspoon or so of the capsule filling mixture into the base of the capsule machine. Using the plastic card, brush over the empty capsules, until no loose herb is left on the surface.

Use the machine's tamper tool to press the herb down into the capsules, repeat until you cannot fit more herbs in the bottom half of the capsules. Place the top half of the machine over the bottom half, and press down the capsule tops over their bases.

Pop filled and sealed capsules out of the base of the machine and place in your storage container.

Repeat as needed to use all the herb mixture.

Filling Capsules by Hand:

If filling by hand, you'll need a thin pen or maybe a bamboo skewer or chopstick to tamp down the herb in individual capsules.

Use the bottom half of the capsule to scoop the herbal mixture out of the mixing bowl, tamp down, and refill as needed to completely fill the capsule.

Then place the top of the capsule on by hand, and pinch the capsule from both ends to ensure it closes securely.

Place each filled capsule into your desired storage jar.

Filling by hand will take longer than filling via capsule machine. However, it can be done.

See making an electuary on the next page for another way to make taking powdered herbs easier without a capsule machine.

Capsule Information:

A 00 capsule has a volume of 0.93ml, depending on powder density, or 500 mg.

¼ cup of powdered herbs will fill 80 capsules, this is the base line the recipes are calculated off of. One quarter cup is 4 tablespoons or 12 teaspoons.

Average dose is 2 capsules, at 500 milligrams of blended herbs per capsule. This is dependent on density so most of the time 2 capsules equal 1 gram of powder blend, so the end dose is one gram of blended herbal powder for whichever recipe you are following.

Young children should not be given capsules. Older children, age 12 and up, who can swallow capsules easily, may have ½ of the adult dose.

Instructions for Making Pills

Make sure all herbs in the recipe are powdered.

Measure out the herbs into a small bowl. Pour approximately 3 tablespoons honey over the powdered herbs, one tablespoon at a time. Stir well to incorporate the honey into the herbs.

As you get near the end of stirring the honey into the herbs it will become more difficult. Begin to knead the herbal dough to incorporate the last of the powdered herbs. The dough will be soft and pliable and form a ball. Add a bit more dried herbs if the dough is too sticky.

Pinch off 1/2 inch bits of the dough (slightly shorter than the length of your thumb from tip to the first joint). Between your thumb and forefinger, roll each piece into a small ball roughly 1/2 inch in diameter. Roll the formed balls in a powdered herb like hawthorn berry powder, or cocoa powder. Hawthorn and cocoa provide additional antioxidants, and help keep the herbal pills from sticking together.

Repeat these steps until all the dough is used up and you have about 15-20 — 1/2 inch balls. Roll each ball in the additional hawthorn or cocoa powder.

Store your herbal “pills” in a wide mouth glass jar in the fridge. Once these are chilled, the texture is firm and chewy.

Dose:

A good rule of thumb is to eat 1-2 herbal pills at the same frequency as you would take herbal pills. The child dose is 1/2 to 1/4 of the adult dose, depending on age.

Instructions for making Herbal Electuaries

Make sure all herbs in the recipe are powdered.

Measure out the herbs into a small bowl. Pour approximately 4 to 6 tablespoons honey over the powdered herbs, one tablespoon at a time. Stir well to incorporate the honey into the herbs. You are looking for a thick texture like nut butter, but not as stiff a texture as with the herbal pills. It should be able to be scooped up on a spoon.

Dose is 1 teaspoon of herbal electuary, two or three times a day. Children should receive $\frac{1}{2}$ to $\frac{1}{4}$ of the adult dosage, depending on age.

For use with children under 1 an herbal electuary can be made with maple syrup or nut butter instead of honey.



Recipes:

All recipes are designed to fill 80 capsules of the 00 size. For making herbal pills instead of a capsule, either add hawthorn berry or cocoa powder as a coating, or increase the quantity of one of the powdered herbs in the recipe to use as a coating. For making an electuary add the ¼ cup of herbs in the recipe to ¼ to 1/3 cup of honey or other sweet syrup.

Immune support blend of mushrooms

This blend is for immune support, many medicinal mushrooms are highly bitter so this blend will do best as a capsule.

Ingredients:

- 2 tablespoons turkey tail mushroom, powdered
- 1 tablespoon chaga mushroom, powdered
- 1 tablespoon shiitake mushroom, powdered

Directions:

Mushrooms like dried shiitake can be powdered at home in a coffee grinder. Turkey tail and chaga are often sold in pre-powdered form.

Measure out the herbs into a clean, dry bowl. Make sure herbs are powdered before measuring. Blend herbs together until mixture has an even color. Follow directions at start of book for making capsules.

Store prepared capsules in an opaque container, label and date.

Adaptogen support blend of mushrooms

This blend has some of Sarah's favorite supportive and beneficial medicinal mushrooms..

Ingredients:

- 1 tablespoons lion's mane mushroom, powder
- 1 tablespoon reishi mushroom, powder
- 1 tablespoon turkey tail mushroom, powder
- 1 tablespoon chaga mushroom, powder

Directions:

Measure out the herbs into a clean, dry bowl. Make sure herbs are powdered before measuring. Blend herbs together until mixture has an even color. Follow directions at start of book for making capsules or an electuary.

Store prepared capsules in an opaque container, label and date. Electuaries should be stored in an airtight container in the fridge.

Reishi capsules

Reishi is a highly bitter mushroom, and is easiest to take in capsule form. I would not recommend making an electuary out of reishi, due to its unpalatable bitterness.

Ingredients:

- ¼ cup dried reishi powder

Directions:

Measure out the herbs into a clean, dry bowl. Make sure herbs are powdered before measuring. Blend herbs together until mixture has an even color. Follow directions at start of book for making capsules or an electuary.

Store prepared capsules in an opaque container, label and date.
Electuaries should be stored in an airtight container in the fridge.

Turmeric capsules with black pepper

Turmeric is a valuable anti-inflammatory herb, this is a basic turmeric and pepper capsule to make it easy to take turmeric on the go.

Ingredients:

- 3 tablespoons + 1 teaspoon turmeric powder
- 2 teaspoons freshly ground black pepper

Directions:

Measure out the herbs into a clean, dry bowl. Make sure herbs are powdered before measuring. Blend herbs together until mixture has an even color. Follow directions at start of book for making capsules or an electuary.

Store prepared capsules in an opaque container, label and date.
Electuaries should be stored in an airtight container in the fridge.

Rosehip vitamin C

This is a simple homemade vitamin C recipe.

Ingredients:

- 1 tablespoon Acerola berry powder
- 2 teaspoon Amla powder
- 1 tablespoon Rosehip powder
- 2 teaspoons orange peel powder
- 2 teaspoons powdered hawthorn berry

Directions:

Measure out the herbs into a clean, dry bowl. Make sure herbs are powdered before measuring. Blend herbs together until mixture has an even color. Follow directions at start of book for making capsules or an electuary.

Store prepared capsules in an opaque container, label and date.
Electuaries should be stored in an airtight container in the fridge.

Insomnia Remedy

This capsule is to help with getting to sleep.

Ingredients:

- 1 tablespoon lemon balm, powdered
- 1 tablespoon chamomile, powdered
- 1 tablespoon passion flower, powdered
- 1 tablespoon skullcap, powdered

Directions:

Measure out the herbs into a clean, dry bowl. Make sure herbs are powdered before measuring. Blend herbs together until mixture has an even color. Follow directions at start of book for making capsules or an electuary.

Store prepared capsules in an opaque container, label and date.
Electuaries should be stored in an airtight container in the fridge.

Blood pressure support

This blend is made from herbs that help support cardiovascular health.

Ingredients:

- 3 tablespoons hawthorn berry, powdered
- 1 tablespoon dandelion leaf, powdered
- 1 teaspoon cayenne pepper, powdered

Directions:

Measure out the herbs into a clean, dry bowl. Make sure herbs are powdered before measuring. Blend herbs together until mixture has an even color. Follow directions at start of book for making capsules or an electuary.

Store prepared capsules in an opaque container, label and date.
Electuaries should be stored in an airtight container in the fridge.

Blood sugar support

These are herbs that help stabilize blood sugar. Take at least 30 minutes to one hour before meals. Fenugreek, if taken after a meal, can cause hunger.

Ingredients:

- 1 tablespoon Saigon cinnamon, powdered
- 1 tablespoon fenugreek seed, powdered
- 1 tablespoon ginger, powdered
- 1 tablespoon turmeric, powdered

Directions:

Measure out the herbs into a clean, dry bowl. Make sure herbs are powdered before measuring. Blend herbs together until mixture has an even color. Follow directions at start of book for making capsules or an electuary.

Store prepared capsules in an opaque container, label and date.
Electuaries should be stored in an airtight container in the fridge.

Brain health

Herbs in this capsule are for clarity and brain health.

Ingredients:

- 1 tablespoon sage, powdered
- 1 tablespoon rosemary, powdered
- 1 tablespoon ginko, powdered
- 1 tablespoon gotu kola, powdered

Directions:

Measure out the herbs into a clean, dry bowl. Make sure herbs are powdered before measuring. Blend herbs together until mixture has an even color. Follow directions at start of book for making capsules or an electuary.

Store prepared capsules in an opaque container, label and date.

Electuaries should be stored in an airtight container in the fridge.

Mood support

Herbs used are uplifting, and good to help against negative mood or SAD. St. John's Wort is traditionally used for depression.

Ingredients:

- 1 tablespoon sweet basil, powdered
- 1 tablespoon stinging nettle, powdered
- 1 tablespoon Tulsi basil (holy basil), powdered
- 1 tablespoon St. John's wort blossoms, powdered

Directions:

Measure out the herbs into a clean, dry bowl. Make sure herbs are powdered before measuring. Blend herbs together until mixture has an even color. Follow directions at start of book for making capsules or an electuary.

Store prepared capsules in an opaque container, label and date.

Electuaries should be stored in an airtight container in the fridge.

Menstrual cramps

A blend to help relieve menstrual cramps. Ginger is a synergist to help the other ingredients work.

Ingredients:

- 1 tablespoon red raspberry leaf, powdered
- 1 tablespoon motherwort, powdered
- 1 tablespoon cramp bark, powdered
- 2 teaspoons chamomile, powdered
- 1 teaspoon ginger, powdered

Directions:

Measure out the herbs into a clean, dry bowl. Make sure herbs are powdered before measuring. Blend herbs together until mixture has an even color. Follow directions at start of book for making capsules or an electuary.

Store prepared capsules in an opaque container, label and date.

Electuaries should be stored in an airtight container in the fridge.

*Do not use this one if you think you might be pregnant. It has a direct action on the womb.

Mother's Milk Support Capsules

A support blend for breastfeeding, as there's not always time to make a tea.

Ingredients:

- 1 tablespoon fenugreek seed, powdered
- 1 tablespoon fennel seed, powdered
- 1 tablespoon blessed thistle, powdered
- 1 tablespoon anise seed, powdered

Directions:

Measure out the herbs into a clean, dry bowl. Make sure herbs are powdered before measuring. Blend herbs together until mixture has an even color. Follow directions at start of book for making capsules or an electuary.

Store prepared capsules in an opaque container, label and date.
Electuaries should be stored in an airtight container in the fridge.

Men's health

A blend to help with men's concerns, like prostate health.

Ingredients:

- 1 tablespoon stinging nettle root, dried and powdered
- 1 tablespoon hawthorn berries, powdered
- 1 tablespoon saw palmetto berries, powdered
- 1 tablespoon burdock root, dried and powdered

Directions:

Measure out the herbs into a clean, dry bowl. Make sure herbs are powdered before measuring. Blend herbs together until mixture has an even color. Follow directions at start of book for making capsules or an electuary.

Store prepared capsules in an opaque container, label and date.
Electuaries should be stored in an airtight container in the fridge.

Hot flash blend

A blend to help with menopause symptoms, like hot flashes.

Ingredients

- 1 tablespoon red clover, powdered
- 1 tablespoon motherwort, powdered
- 1 tablespoon culinary sage, powdered
- 1 tablespoon lemon balm, powdered

Directions:

Measure out the herbs into a clean, dry bowl. Make sure herbs are powdered before measuring. Blend herbs together until mixture has an even color. Follow directions at start of book for making capsules or an electuary.

Store prepared capsules in an opaque container, label and date.
Electuaries should be stored in an airtight container in the fridge.

Heart support

For heart health and support.

Ingredients:

- 1 tablespoon garlic, powdered
- 1 tablespoon cayenne pepper, powdered
- 2 tablespoons hawthorn berries, powdered

Directions:

Measure out the herbs into a clean, dry bowl. Make sure herbs are powdered before measuring. Blend herbs together until mixture has an even color. Follow directions at start of book for making capsules or an electuary.

Store prepared capsules in an opaque container, label and date.
Electuaries should be stored in an airtight container in the fridge.

*If you have access to aged garlic or black garlic, that's an even better garlic to use for these capsules.

Tummy ache remedy

Soothing blend of herbs for upset stomachs. Safe to use in an electuary for children.

Ingredients:

- 1 tablespoon catnip, powdered
- 1 tablespoon fennel seed, powdered
- 1 tablespoon spearmint, powdered
- 1 tablespoon lemon grass, powdered

Directions:

Measure out the herbs into a clean, dry bowl. Make sure herbs are powdered before measuring. Blend herbs together until mixture has an even color. Follow directions at start of book for making capsules or an electuary.

Store prepared capsules in an opaque container, label and date. Electuaries should be stored in an airtight container in the fridge.

Liver support

Herbs that are beneficial to liver health.

Ingredients:

- 1 tablespoon dandelion root, dried and powdered
- 1 tablespoon milk thistle, powdered
- 1 tablespoon burdock root, dried and powdered
- 1 tablespoon stinging nettle leaf, powdered

Directions:

Measure out the herbs into a clean, dry bowl. Make sure herbs are powdered before measuring. Blend herbs together until mixture has an even color. Follow directions at start of book for making capsules or an electuary.

Store prepared capsules in an opaque container, label and date.
Electuaries should be stored in an airtight container in the fridge.

Cold and Flu Care

Immune boosting herbs for cold and flu support.

Ingredients:

- 2 tablespoons elderberry berries, powdered
- 1 tablespoon echinacea root, powdered
- 1 tablespoon ginger, powdered

Directions:

Measure out the herbs into a clean, dry bowl. Make sure herbs are powdered before measuring. Blend herbs together until mixture has an even color. Follow directions at start of book for making capsules or an electuary.

Store prepared capsules in an opaque container, label and date.
Electuaries should be stored in an airtight container in the fridge.

Respiratory care

Herbs that help the lungs and respiratory tract.

Ingredients:

- 1 tablespoon mullein leaf, powdered
- 1 tablespoon horehound, powdered
- 1 tablespoon echinacea, flowers or leaf, powdered
- 1 tablespoon ginger, powdered

Directions:

Measure out the herbs into a clean, dry bowl. Make sure herbs are powdered before measuring. Blend herbs together until mixture has an

even color. Follow directions at start of book for making capsules or an electuary.

Store prepared capsules in an opaque container, label and date.

Electuaries should be stored in an airtight container in the fridge.

Pain

A blend to help against pain.

Ingredients:

- 2 tablespoons willow bark, dried and powdered
- 2 tablespoons California poppy, above ground parts, dried and powdered

Directions:

Measure out the herbs into a clean, dry bowl. Make sure herbs are powdered before measuring. Blend herbs together until mixture has an even color. Follow directions at start of book for making capsules or an electuary.

Store prepared capsules in an opaque container, label and date.

Electuaries should be stored in an airtight container in the fridge.

Stress Calm

A stress support blend, to help the adrenal glands.

Ingredients:

- 2 tablespoon stinging nettle, dried and powdered
- 2 tablespoons Tulsi basil (holy basil), powdered

Directions:

Measure out the herbs into a clean, dry bowl. Make sure herbs are powdered before measuring. Blend herbs together until mixture has an

even color. Follow directions at start of book for making capsules or an electuary.

Store prepared capsules in an opaque container, label and date.
Electuaries should be stored in an airtight container in the fridge.

Cough

Herbs that help sooth cough symptoms.

Ingredients:

- 1 tablespoon Saigon cinnamon, powdered
- 1 tablespoon goldenrod, powdered
- 2 tablespoons licorice root, powdered

Directions:

Measure out the herbs into a clean, dry bowl. Make sure herbs are powdered before measuring. Blend herbs together until mixture has an even color. Follow directions at start of book for making capsules or an electuary.

Store prepared capsules in an opaque container, label and date.
Electuaries should be stored in an airtight container in the fridge.

Anti-anxiety

Different from stress calm, this is for soothing or calming anxiety.

Ingredients:

2 tablespoons lavender buds, dried and powdered
2 tablespoons lemon balm, powdered

Directions:

Measure out the herbs into a clean, dry bowl. Make sure herbs are powdered before measuring. Blend herbs together until mixture has an even color. Follow directions at start of book for making capsules or an electuary.

Store prepared capsules in an opaque container, label and date.
Electuaries should be stored in an airtight container in the fridge.

Diuretic

Herbs that support kidneys and encourage pulling excess water from the body.

Ingredients:

- 3 tablespoons, dandelion, leaf, flower, and root, dried and powdered
- 1 tablespoon, marshmallow, powdered

Directions:

Measure out the herbs into a clean, dry bowl. Make sure herbs are powdered before measuring. Blend herbs together until mixture has an even color. Follow directions at start of book for making capsules or an electuary.

Store prepared capsules in an opaque container, label and date.
Electuaries should be stored in an airtight container in the fridge.

Anti-inflammatory capsules

A more complex anti-inflammatory.

Ingredients:

- 2 tablespoon turmeric, powdered
- 1 tablespoon ginger
- 1 teaspoon black pepper
- 2 teaspoons cayenne pepper

Directions:

Measure out the herbs into a clean, dry bowl. Make sure herbs are powdered before measuring. Blend herbs together until mixture has an

even color. Follow directions at start of book for making capsules or an electuary.

Store prepared capsules in an opaque container, label and date.
Electuaries should be stored in an airtight container in the fridge.

Adaptogen recipe

An adaptogen blend for adrenal support

Ingredients:

- 3 teaspoons hawthorn berry powder
- 2 teaspoons astragalus powder
- 2 teaspoons eleuthero powder
- 2 teaspoons ashwagandha powder
- 1 teaspoon licorice root powder
- 1 teaspoon ginger powder
- 1 teaspoon cardamom, powdered

Directions:

Measure out the herbs into a clean, dry bowl. Make sure herbs are powdered before measuring. Blend herbs together until mixture has an even color. Follow directions at start of book for making capsules or an electuary.

Store prepared capsules in an opaque container, label and date.
Electuaries should be stored in an airtight container in the fridge.



ABOUT THE AUTHOR

Chris helps natural moms create a homegrown lifestyle so they can create health and wellness for their families naturally. She is a teacher, author, gardener, and herbalist with 35+ years' of growing herbs and formulating herbal remedies, skin care products, soaps, and candles.

Chris is the founder of the [DIY Herbal Fellowship](#), the DIY Herb of the Month Club, the Joybilee Farm blog, and an instructor at [Joybilee Academy](#). Chris believes in giving her readers a quick win because each quick win builds confidence and empowers intuition for self-reliance and natural health.

Chris is the author of the *Dehydrator Cookbook for Beginners, A Guide to Dehydrating Fruits, Vegetables, Meats, and More* (2022), *The Beeswax Workshop, How to Make Your Own Natural Candles, Cosmetics, Cleaners, Soaps, Healing Balms and More* (2017), *Homegrown Healing, from Seed to Apothecary* (2016), and *The Beginner's Book of Essential Oils, Learning to Use Your First 10 Essential Oils with Confidence* (2015)

