



# HERBAL RECIPES

TO CALM ANXIETY AND  
PROMOTE WELL-BEING



Christine J. Dalziel

# Herbal Recipes to Calm Anxiety and Promote Wellbeing

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## Introduction:

We have a wide variety of herbs that have anti-inflammatory, and calming actions. In this concise ebook we offer a few recipes that may help in the area of pain, anxiety, depression, or insomnia. These are not the only herbs that have these actions, but for the most part these are herbs that can be grown or found wild in North America or Europe.

For many of the recipes in this book the measurements will be in parts. For a single cup of tea, or to test a recipe, a part size of one teaspoon can work well for these blends. For larger quantities, use a part size of one cup, or match the volume of whichever herb you have the least of.

Parts can be measured in either volume or weight. For the most accurate reproduction of a recipe use weights as the parts but for home use, using volume measurements is adequate.

### **Some Cautions:**

Pharmaceuticals should not be combined with any of these herbs or blends if taken internally, without consulting with your primary care health professional. The bath salts and shower tablets are fine to use, even if taking pharmaceuticals.

Don't take herbs with pharmaceuticals that have similar actions. An herb like valerian that helps you sleep can increase the sleepiness of sleeping pills and tranquilizers in a dangerous way. The same is true for antidepressants.

People with ADHA seem to be wired differently. Sedatives may act as stimulants and stimulants may act as sedatives. Valerian and chamomile often have opposite affects on people with ADHD, and other sedative herbs can also have a stimulant effect.

Valerian can be stimulating for some people even those who don't have ADHD. One of the keys for valerian is the smell of the roots. To some folks it smells like stinky feet. If you're offended by the smell of valerian, it might not work for you or may have an opposite effect (energizing instead of calming). If you're not offended by the smell, valerian is more likely to have a calming effect, according to naturopath doctor, Dr. Pat Jones.

Many of the herbal formulas in this month's ebook are inspired by formulas in Dr. Pat Jones' Homegrown Herbalist School of Botanical Medicine classes. I highly recommend having a look at Dr. Jones' classes if you are looking at long term studies in herbalism.

## St. John's Wort Tincture

A simple tincture, this is made with fresh St. John's wort flowers using the folk method. Use this tincture for pain relief, as an anti-depressant, for anxiety and insomnia, and for nerve related pains.

### Ingredients:

- 3 cups fresh St John's Wort blossoms
- 750ml 40% alcohol, vodka or brandy

### Directions:

Harvest St. John's Wort in the morning, before the dew is dry. Let flowers wilt for 4 to 6 hours.

Place the wilted flowers in a wide mouth quart mason jar, or similar jar.

Fill the jar with the alcohol of choice.

Cap and label the jar. Place the jar in a safe spot on a counter, or in a dark cabinet. Shake weekly for 6-8 weeks.

After 8 weeks, strain out the spent flowers, reserving the liquid. The resulting liquid should be ruby red.

Pour into tincture bottles, or re-use the alcohol bottles for storage. Label and date.

Dose: 1 teaspoon 2-3 times daily for anti-depressant affects. Take up to 1 tablespoon for pain 2-3 times daily.

## Lavender and Rosemary Shower Tablets

Use these shower tablets to bring calm and relaxation to your mind. These dissolve in the shower releasing their scent.

### Ingredients:

- 1 tablespoon lavender flowers, dried, powdered
- 1 teaspoon dried rosemary, powdered
- 1 cup baking soda
- 1/2 cup Himalayan salt
- 40 drops rosemary essential oil
- 60 drops lavender essential oil
- 2 tablespoons lavender hydrosol (optional)

### Directions:

Add lavender blossoms and dried rosemary to a blender jar and blend till they are the consistency of coarse powder. Turn out into a 1 quart bowl. Add baking soda and salt. Stir well to blend. Add essential oils. Stir again. Add hydrosol. Stir to combine. Add 2 tablespoons of the herbmixture to silicone molds or a cupcake liner placed in a muffin tin. Tamp the mixture firmly into the mold using the small end of a kraut pounder or the back of a spoon. Repeat with remaining mixture. Tamp each mold to make a firm tablet.

Place molds in a 250F oven for 60 minutes. Turn off heat. Allow the oven to cool down naturally before removing the tablets. The tablets continue to dry as they cool.

Pop the shower melts out of mold. If you are using silicone molds they will pop out easily. If you used cupcake liners just remove the



liners from the muffin tins. Allow the shower tablets to cool and harden completely.

Store in a jar with a tight fitting lid. Remove the paper before use.

## **Lavender, Bee Balm, and Rose Petal Bath Salt**

A relaxing bath salt blend, made with fresh blossoms with optional essential oils to intensify the scent.

### **Ingredients:**

- 2 cups Dead Sea Salts or Epsom salts
- 1/3 cup fresh or dried lavender blossoms
- 1/3 cup fresh or dried rose petals
- 1/3 cup fresh or dried bee balm flowers
- 5 drops each lavender, rose geranium, and bee balm essential oils (optional)

### **Directions:**

Combine the Dead Sea salts, or Epsom salts, with the fresh flower petals in a large jar. Let sit for 2-7 days, shake daily.

Add essential oils if desired. Stir to blend well.

Use ½ cup of the salt and flower blend per bath.

## Rose, Hawthorn, and Tulsi tea

A calming tea that eases stress and promotes well being. It won't make you drowsy.

### Ingredients:

- 1 part rose petals, dried
- 1 part hawthorn flowers, dried
- 1 part Tulsi basil, dried

### Directions:

Into a large dry bowl, measure out equal parts of rose petals, hawthorn flowers, and Tulsi basil.

Hand mix the herbs together till blended.

Store in wide mouthed quart jar, label and date.

### To Use:

Use 2 teaspoons of the herbal mixture per cup of tea. Steep, covered, for 5 minutes, and sweeten to taste with honey.

## **Chamomile, Catnip, and Lemon Verbena/Lemon Balm tea**

If you do not have lemon verbena, you can substitute lemon balm. This tea can make you drowsy. Use it before bed to promote relaxation and sleep

### **Ingredients:**

- 1 part dried chamomile
- 1 part dried catnip
- 1 part dried lemon verbena

### **Directions:**

Into a large dry bowl, measure out equal parts of chamomile, catnip, and lemon verbena.

Hand mix the herbs together till blended.

Store in wide mouthed quart jar, label and date.

### **To Use:**

Use 2 teaspoons of the herbal mixture per cup of tea. Steep, covered, for 5 minutes, and sweeten to taste with honey.

## St. John's Wort, California Poppy, Spearmint (Tincture)

A pain relieving tincture that may make you drowsy. Do not drive or operate heavy machinery while using this tincture. Dried herbs may be used in the place of fresh.

### **Ingredients:**

- 1 cup fresh St. John's wort blossoms, wilted
- 1 cup California poppy, above ground portions, wilted
- 1 cup spearmint, wilted or dried
- 750ml 40% alcohol, vodka or brandy

### **Directions:**

Pack the wilted St. John's wort, California poppy, and spearmint into a widemouthed quart jar.

Fill the jar with the vodka.

Using a butterknife, slide it around the edges of the jar, and the plant matter to release bubbles.

Secure the lid on the jar, and set aside in a dark cupboard. Shake daily for 6 weeks. Top up with vodka/brandy if needed during this time frame.

After six weeks, strain out the plant matter and reserve the liquid. Pour the liquid into colored glass tincture bottles, or back into the original alcohol bottle.

Label and date.

Dose: 1 teaspoon, 3-4 times a day. Do NOT take if taking prescriptions

## **Anxiety Tincture – Catnip, Hops, Chamomile, Lemon Balm**

Tincture allows this compound blend to be portable.

### **Ingredients:**

- 3/4 cup catnip, wilted
- 3/4 cup hops, wilted
- 1/2 cup chamomile, dried
- 1/2 cup lemon balm, wilted
- 750ml 40% alcohol, vodka or brandy

### **Directions:**

Pack the wilted and dried herbs into a widemouthed quart jar.

Fill the jar with the vodka.

Using a butterknife, slide it around the edges of the jar, and the plant matter to release bubbles.

Secure the lid on the jar, and set aside in a dark cupboard. Shake daily for 6 weeks. Top up with vodka/brandy if needed during this time frame.

After six weeks, strain out the plant matter and reserve the liquid. Pour the liquid into colored glass tincture bottles, or back into the original alcohol bottle.

Label and date.

Dose: 1-2 teaspoon, 3-4 times a day. Do NOT take if taking prescriptions

## Nerve Pain

*Inspired by a tea in Dr. Pat Jones' Homegrown Herbalist School of Botanical Medicine*

### Ingredients:

- 1 part Valerian root
- 1 part chamomile
- 1 part cramp bark
- 1 part St. John's wort flowers
- 1 part skullcap

### Directions:

Measure and blend equal parts of all herbs. Use a large dry bowl if necessary.

Use 2 teaspoons of the plant blend for tea, sweeten with honey if desired.

Aim for 3 cups dried plant material to make a one quart jar of tincture. Follow normal tincture directions.

Portions of the blend can also be infused in oil for use as a lotion or balm. Use the hot infused oil technique to make it quickly.

Dose: 2 teaspoons 3-4 times daily, as needed (For Nerve pain/shooting pains). Can also use as a tincture, or lotion externally.

## Calming the Brain and Nervous System

*Inspired by a tea in **Dr. Pat Jones' Homegrown Herbalist School of Botanical Medicine***

### **Ingredients:**

- 1 part passion flower
- 1 part linden flower
- 1 part skullcap

### **Directions:**

Measure and blend equal parts of all herbs. Use a large dry bowl if necessary.

Use 2 teaspoons of the plant blend for tea, sweeten with honey if desired.

Aim for 3 cups dried plant material to make a one quart jar of tincture. Follow normal tincture directions.

Dose: 1-2 teaspoons 3-4 times daily, as needed.

## Stroke Formula

In case of stroke, one **MUST** have received emergency medical treatment before starting to take this herbal preparation.

### **Ingredients:**

- 1 part ashwagandha
- 1 part Siberian ginseng
- 1 part ginkgo

### **Directions:**

Measure and blend equal parts of all herbs. Use a large dry bowl if necessary.

Use 2 teaspoons of the plant blend for tea, sweeten with honey if desired.

Aim for 3 cups dried plant material to make a one quart jar of tincture. Follow normal tincture directions.

Dose: 1-2 teaspoons 3-4 times daily, as needed.



## Formula for Dementia

This won't reverse dementia but can lessen the anxiety and forgetfulness and protect the brain.

### **Ingredients:**

- 1 part Ashwagandha
- 1 part Lemon Balm
- 1 part Siberian ginseng
- 1 part Gingko

### **Directions:**

Measure and blend equal parts of all herbs. Use a large dry bowl if necessary.

Use 2 teaspoons of the plant blend for tea, sweeten with honey if desired.

Aim for 3 cups dried plant material to make a one quart jar of tincture. Follow normal tincture directions.

Dose: 1-2 teaspoons 3-4 times daily, as needed.

## Stress

Helpful for supporting the brain and easing stress. This is energizing. Don't use this blend right before bed.

### **Ingredients:**

- 1 part Gingko
- 1 part Siberian Ginseng
- 1 part Lemon Balm

### **Directions:**

Measure and blend equal parts of all herbs. Use a large dry bowl if necessary.

Use 2 teaspoons of the plant blend for tea, sweeten with honey if desired.

Aim for 3 cups dried plant material to make a one quart jar of tincture. Follow normal tincture directions.

Dose: 1-2 teaspoons 3-4 times daily, as needed.

## Bedtime Formula

A relaxing, pre-bed tea or tincture.

### Ingredients:

- 1 part passion flower
- 1 part Skullcap
- 1 part Chamomile
- 1 part hawthorn

### Directions:

Measure and blend equal parts of all herbs. Use a large dry bowl if necessary.

Use 2 teaspoons of the plant blend for tea, sweeten with honey if desired.

Aim for 3 cups dried plant material to make a one quart jar of tincture. Follow normal tincture directions.

Dose: 1-2 teaspoons 3-4 times daily, as needed.

## Recovering From Addiction

*Inspired by a tea in Dr. Pat Jones' Homegrown Herbalist School of Botanical Medicine. Make this as a tea, rather than using the herbs in alcohol. Lobelia is a low dose herb that can ease some of the withdrawal symptoms of recovery.*

### Ingredients:

- 1 part St. John's Wort
- 1 part lemon balm
- 1 part passion flower
- 1 part oat straw
- 1/2 part lobelia

### Directions:

Measure and blend equal parts of all herbs. Use a large dry bowl if necessary.

Use 2 teaspoons of the plant blend for tea, sweeten with honey if desired.

Aim for 3 cups dried plant material to make a one quart jar of tincture. Follow normal tincture directions.

Dose: 1-2 teaspoons 3-4 times daily, as needed.

## Formula for ADHD

*Inspired by a tea in Dr. Pat Jones' Homegrown Herbalist School of Botanical Medicine. Use this formula in the morning to support brain health.*

### Ingredients:

- 1 part American Ginseng
- 1 part oat straw
- 1 part ginkgo (for focus)

### Directions:

Measure and blend equal parts of all herbs. Use a large dry bowl if necessary.

Use 2 teaspoons of the plant blend for tea, sweeten with honey if desired.

Aim for 3 cups dried plant material to make a one quart jar of tincture. Follow normal tincture directions.

Dose: 1-2 teaspoons, 3-4 times a day. Do NOT take if taking prescriptions.





### 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)