

Forgotten

**AMISH
REMEDIES**

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FORGOTTEN AMISH REMEDIES

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Table of Contents

Table of Contents	2
Disclaimer	5
Introduction	7
Chapter 1: Brief History of the Amish Community	8
Origins and Early History of the Anabaptist Movement	8
Formation of the Amish Community	8
Amish Migration to North America	9
Community Structure and Beliefs	9
The Ordnung	9
Chapter 2: Principles of Amish Health Practices	11
Do Amish Use Conventional Medicine?	11
The Herbs Amish Use	12
What About Folk Medicine?	12
The Amish Live Longer	13
The Importance of Care	13
Chapter 3: Integrating Amish Remedies into Modern Life	15
Chapter 4: Basic Homemade Herbal Remedy Instructions	17
Tinctures and Extracts	17
Teas	19
Decoctions	20
Herbal Washes	21
Poultices	21
Salves or Ointments	23
Chapter 5: Homemade Amish Remedies with Step-by-Step Instructions	25
Digestive Health Remedies	25



Blackberries or Blueberries for Diarrhea.....	25
Goldenseal for Peptic Stomach	25
Apple Cider Tonic for Acid Reflux (Heartburn)	25
Horehound Digestive Tea	26
Licorice Digestive Tea	26
Plantain For Inflammatory Bowel Issues	27
Parasite Cleanse	27
Dandelion For Liver Problems and Nausea.....	29
Remedies for Skin Conditions	29
Goldenseal for Rashes, Shingles, Sores, and Poison Ivy	29
Apple Cider Vinegar for Itching	30
Plantain Salve	30
Black Walnut for Fungal Infections	30
Foot Odor Powder.....	32
First Aid.....	33
Amish Drawing Salve	33
Amish Burn and Wound Ointment.....	36
Aloe Vera or Honey for Burns	37
Plantain Soak or Poultice for Sprains	38
Insect Bites and Stings	39
Aches and Pains.....	40
Anti-Inflammatory Willow Bark Tea	40
Apple Cider Vinegar Arthritis Relief	41
Oral Health	41
Bad Breath Remedies.....	41
Cold Sores.....	41
Sage Tea For Cold Sores.....	41



Amish Mouthwash (and Canker Sore Remedy)	42
Colds and Flu.....	42
Immune Booster Tonic.....	43
Feverfew Tea	44
Amish Flu Tea	45
Horehound Cough Syrup.....	45
Wild Cherry Bark Syrup	46
Goldenseal Tea for Sore Throat	47
Decongestant Steam.....	48
Garlic Poultice for Stubborn Congestion.....	50
Women’s Remedies	50
Raspberry Leaf for Menstrual Pains.....	50
Black Cohosh Tea	51
Children’s Remedies.....	52
Diaper Rash	52
Garlic Oil for Ear Infection	52
Apple Cider Vinegar for Ear Infection	53
Chapter 6: Recipes for Natural Drinks That Promote Health and Healing	54
Amish Meadow Tea.....	54
Mint Ginger Summer Spritzer.....	55
Hot Spiced Apple Cider	57
Sage Memory Tea.....	58
References	61



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Introduction



The Amish are a fascinating group of people with a rich culture and an admirably strict adherence to a traditional agrarian lifestyle.

Because of their focus on a simple, traditional life, they tend to eat and live healthily and turn to herbal and other homemade remedies to treat and prevent illnesses.

Many of these recipes have been used by the Amish since their beginnings in

Europe hundreds of years ago. Some have been used by herbalists throughout Europe for hundreds to thousands of years. Since the Amish migrated to the USA in the 1700s, they also added a significant number of herbal remedies that Native Americans have used for countless generations, which naturally fit into their agrarian lifestyle of living off the land. All of this means that the remedies they use have a very long history of use inside the Amish communities and outside in others who followed a very traditional lifestyle.

While many of us in the modern world are no longer aware of these remedies, with all our modern medicine so readily available, these simple, healthy, down-to-earth remedies have stood the test of time and are still in use today. They are safe and effective and so easy to make at home with a fraction of the cost, risk, and side effects of modern medicine's so-called miracles.

We will explore a brief history of the Amish community and how that relates to their traditional health practices. Then, we will go over some general instructions for making tinctures and extracts, teas, decoctions, washes, poultices, and salves or ointments. Finally, we will give you some great Amish remedies with a long history of use, including some variations used in different communities.

These remedies can be used to help with skin and digestive problems, first aid, colds and flu, and specific remedies for women and children.

Finally, we will give you some incredibly delicious recipes for natural drinks that are safe to consume daily by all ages, but that also offer health benefits of their own.



Chapter 1: Brief History of the Amish Community

The Amish people have a rich and complex history spanning hundreds of years. They are known for their distinctive way of life and adherence to traditional values. The Amish movement began in Europe, where they faced persecution, and eventually migrated to North America.

While the history is rich, here we will give a brief overview of their origins, beliefs, migration, and community structure and beliefs, as this will help explain their use of natural healing remedies.

Origins and Early History of the Anabaptist Movement

The roots of the Amish can be traced back to the Anabaptist Christian movement in 1525 in Zurich, Switzerland, where they were called Swiss Brethren (Crowley, 1978). The Anabaptist movement emerged as a radical reform movement within Protestantism because they advocated for adult baptism as a sign of an individual's mature faith rather than infant baptism, hence the Anabaptist movement.

One of the key figures in the early Anabaptist movement was Menno Simons, initially a Dutch Catholic priest who became an Anabaptist leader and spokesperson around the same time as the movement was beginning in Switzerland (Dyck, 2020). His teachings led to the Mennonite movement and emphasized non-resistance, simplicity, a community of peaceful believers, and a primacy of biblical authority in church life. While the broader Anabaptist movement included diverse beliefs, some including violent uprisings, those who later became the Amish were mainly influenced by the teachings of Simons and others who emphasized non-violence, separation from the world, community cohesiveness, and a non-conformity to societal norms.

Formation of the Amish Community

The split that led to the formation of the Amish occurred over a century and a half later under Jakob Amman's leadership from 1693 - 1697 in Switzerland and Alsace (Crowley, 1978), now part of France and Germany. The split was from a disagreement over the practice of Meidung, the shunning of members who violated church rules. Jakob Ammann advocated for strict shunning practices and a more rigorous adherence to traditional Anabaptist principles.

The followers of Ammann became known as Ammansch, which eventually became the Amish (Crowley, 1978). However, the term "Amish Mennonite" was initially used to distinguish them from Mennonite groups with similar beliefs. The Amish emphasized a strict interpretation of biblical teachings, including separation from the world, plain dress, and communal living. They sought to maintain a distinct identity and resisted assimilation into broader society, a stance that would shape their community for centuries to come.



Amish Migration to North America

In the early 18th century, facing continued persecution, many Amish families and communities began to migrate to North America (Crowley, 1978). Between 1717 and 1750, approximately 500 Amish migrated mainly to Berks County, Pennsylvania, USA, seeking religious tolerance and opportunities for land ownership. Pennsylvania had fertile land and welcomed the establishment of rural agricultural communities, which aligned very well with Amish values.



Over the next few decades, additional waves of Amish immigrants arrived in North America, settling in Lancaster County, Pennsylvania, and parts of Ohio, Illinois, and Iowa in the USA and southern Ontario in Canada (Crowley, 1978). Some maintained the older Amish Order with very strict adherence to traditional values (like no electricity), while others became more liberal and allowed some modern amenities.

Community Structure and Beliefs

Amish communities are organized into church districts made of 2-3 dozen families, each with its own church and school (Amish America, 2007). Each district is governed by a bishop, ministers, and deacons, chosen based on their spiritual maturity and leadership qualities.

The Ordnung

Central to Amish life is the Ordnung, a set of unwritten rules that govern behavior, dress, technology use, and other aspects of daily life. The Ordnung helps the Amish maintain their traditional way of life and a healthy balance in their communities (Ohio Amish Country Ordnung, n.d.). The Ordnung varies among Amish groups but typically emphasizes simplicity, humility, and separation from worldly influences.

Initially, the Ordnung prohibited modern technologies that may threaten their traditional way of life, like electricity, telephones, and automobiles (Ohio Amish Country Ordnung, n.d.). Today, many Amish communities allow limited use of technologies in certain situations.

Ordnung also covers their principle of plain dress characterized by simplicity and modesty, reflecting their commitment to humility and separation from worldly fashions (Ohio Amish Country Dress, n.d.). The Amish make all of their own clothing. Men typically wear plain suits with



suspenders and broad-brimmed hats, while women wear modest dresses or skirts, often with aprons, and cover their heads with prayer caps or bonnets.

Finally, the Ordnung also governs education. The Amish complete eighth-grade education in a one-room private school taught by Amish teachers (Amish Studies, 2013). They are taught English, mathematics, geography, health, and basic sciences. They do not attend high school or university.



Chapter 2: Principles of Amish Health Practices

Now that we have learned a brief history of the Amish people, let's see how that history has shaped their healthcare practices.

The principles of simplicity, traditional values, and living in balance all come through strongly in the Amish approach to health and medicine. They focus on complementary alternative medicine, folk or herbal medicine, vitamin supplements, and spiritual beliefs (Anderson & Potts, 2020). It should be understood that while all Amish rely on spiritual beliefs, they don't rely on that alone. They understand the need for medicine, but their spiritual beliefs and adherence to a traditional lifestyle play a strong role in their daily lives, including their health. Most Amish use vitamin supplements and herbal medicine, and some also use other healing methods like massage therapy, chiropractic, and reflexology.

Thus, when it comes to healthcare, the Amish's dedication to a traditional lifestyle and their own educational system encourages them to focus on traditional herbal medicine rather than modern medicine. As a result, many of their remedies have been used for centuries. Given that the Amish are generally healthy people, their approach to healthcare works pretty well.

Do Amish Use Conventional Medicine?

The Amish visit conventional doctors when necessary but are often more likely to reach for their traditional herbal medicines for most common everyday problems, such as colds, flu, rashes, and first aid. Conventional medicine is seldom their first choice due to feeling disoriented in modern healthcare facilities, but cost and proximity also play a role (Anderson & Potts, 2020).

A significant separation from conventional medicine that aims primarily to treat symptoms, the Amish focus primarily on healthy living, whole-body health, and preventing illnesses. This is another reason they only sometimes turn to conventional medicine. You tend not to get sick very often when you eat healthy and live a healthy lifestyle.

Amish also tend to distrust the conventional medical and pharmaceutical industries as being profit-oriented corporations (Anderson & Potts, 2020). They often feel that prescription drugs are too strong, have too many undesirable side effects, and are too expensive. However, when intervention in trauma or pregnancy requires surgeries or broken bones need to be reset, they will turn to modern medicine.

For these reasons, most Amish do not carry medical insurance and opt out of Social Security and other programs because they take care of each other rather than relying on government programs or insurance (Anderson & Potts, 2020). If tragedy strikes and a member needs hospitalization, their church and community help pay for expenses.



However, how much they rely on modern medicine can vary widely with the church, community, family, and past experiences. When they do seek conventional medicine, they usually use it alongside traditional medicine. If you do the same, it's essential to let your doctor know what natural medicines you are using because certain prescription drugs can become dangerous and even deadly when used alongside natural remedies that may enhance or alter their effects.

The Herbs Amish Use



Many of the herbs in the recipes that follow are well-known to herbalists because they have been used in Europe for centuries, sometimes even millennia.

Some of their favorite herbs, like **goldenseal** and **black cohosh**, are from plants native to North America and have been used by Native American peoples for countless generations (BRIT NAEB, n.d.). This naturally works well with their focus on traditional values and an agrarian lifestyle; it makes sense to use what you have on your land.

As for where they source their herbs, the Amish try to grow everything they need within their community or collect it from the wild. However, they will order remedies or ingredients they cannot make themselves, preferring to get them from other Amish communities where possible.

Since they use traditional agricultural methods, many of the herbs they grow are naturally organic. However, some Amish will use chemical fertilizers or pesticides, but they do not rely on them solely. They focus on regenerative agriculture, which adds organic matter back to the soil to nurture the plants the way nature intended and turn to chemicals only if they feel it necessary.



Wildcrafting, or harvesting herbs from the wild, is also a common practice, especially since many of the herbs they use are either native to their local area or are commonly introduced weeds like dandelion and plantain, two more of their favorite herbs. Instead of trying to kill the weeds on their land with chemicals, they make use of them instead.

What About Folk Medicine?

Folk medicine is often used interchangeably with herbal medicine because folk medicine uses many herbs. However, traditional folk medicine also includes what the Amish may call “brauche” folk practices, also called folk healing, folk magic, or sympathy curing. Some examples are using words, charms, or other physical manipulations to “pull out” various ailments from the body. While this is often done in conjunction with herbs, sometimes it is done on its own.



These traditional folk medical practices are rarely used and mostly in ultra-traditional Amish groups. However, they are also very controversial among the Amish, so they rarely like being associated with those practices. Some even consider them akin to witchcraft and in opposition to their religious beliefs. So, even though you often hear about the Amish and their folk medicine, it's best to think of it as herbal medicine or natural remedies rather than folk principles since that is what a significant majority of the Amish rely on.

The Amish Live Longer

Despite a prevalence of rare genetic disorders and lower use of modern doctors and hospitals, the Amish still live longer than their non-Amish counterparts (Anderson & Potts, 2020).

This could be their focus on prevention and whole-body medicine, focusing on healthy living rather than magic pills to cure us. This is opposite to what is sometimes presented in the literature that suggests the Amish don't use preventative care. While they don't use conventional preventative care much, such as cancer screenings, that doesn't mean they don't use preventative care. Quite the opposite; they just practice preventative care at home. For instance, the Amish often take herbal tonics every winter to prevent colds and flu. The Immune Booster Tonic in Chapter 4 is a popular example of this. Different communities make different variations of it and call it by different names, based in part on what herbs they have readily available in their community. However, the principle is the same; it boosts the immune system, making you less likely to get sick in the first place.

Another difference between the Amish and “average people” is that they mostly live and work on farms and don't use much modern farm equipment. This means they do a lot of physical labor. For the Amish, daily exercise is a way of life. It's not something they do to try to lose weight or get healthy. Instead, they constantly use their bodies, relying on their physical strength or endurance to get a job done rather than using powered equipment. This active lifestyle and exposure to the great outdoors bring enormous health benefits with it. These are things many of us lack in our modern lives and are among the keys to Amish longevity.



The Importance of Care

Another reason the Amish live longer may be their strong family values. They have a sound support system to provide care during illness from their immediate and extended families and their church (Anderson & Potts, 2020). The community provides home support, including extra help on the farm and home support visits. They also offer gifts to help cover any medical or



hospital expenses when conventional medicine becomes necessary. Even when hospitalized, other Amish are usually always there with them to offer support in any way it is needed.

Giving care is seen as both an obligation and privilege of belonging to their community, and humbly receiving care when needed is expected by all members (Anderson & Potts, 2020). Care is also intergenerational, with all ages participating, extending to decision-making processes around healthcare, where they seek advice from their families, friends, and church. This can help strengthen social bonds and help reinforce the care, with so many physical, mental, and emotional benefits that can help support more rapid healing from illnesses.



Chapter 3: Integrating Amish Remedies into Modern Life

If you are in an Amish community, you will already know most, if not all, of these popular remedies or some variation of them and how to use them. However, you don't have to be Amish or live a traditional lifestyle to take advantage of these traditional remedies. Whether you are just interested in natural medicine, want to improve your health, like to be self-sufficient, are a homesteader, want to reduce your environmental impact, or are just simply curious, integrating these recipes into our modern lives is not only extremely beneficial, it's also very easy to do.



In fact, incorporating natural remedies into your life is one of the simplest healthcare practices you can do. None of the following recipes are complex, and none require special schooling or specialized skills. They are all very much like learning to cook. Just follow the recipes and the instructions carefully the first time you make them so that you learn the steps, the amounts, and any tips, tricks, or precautions that come with them.

The beauty of these recipes is not just their simplicity but also their wide availability of ingredients. Many things can easily be bought from your local grocery store or grown in your garden. Some of the less common medicinal herbs like golden seal, marshmallow root, or black cohosh for example, you may need to find from a local health food store. You can also buy ingredients online in bulk, saving lots of money and reducing packaging waste. Combine your orders with friends and family to increase your savings even more.

Using herbal and natural remedies that have stood the test of time is a fantastic way to take a break from the sometimes destructive practices of so many of our modern society's approaches to health. You can make safe, all-natural, organic, healthy recipes at home for you and your family, free of additives, preservatives, high fructose corn syrup, and all those other things we should limit in our lives. Also, making remedies at home means you buy fewer consumer goods, reducing packaging waste, environmental contamination, microplastic pollution, and greenhouse gas production. Not only will you improve the health of your family but also that of your community and our global community by contributing less to the destruction of our natural world.

Finally, it is easy to incorporate traditional practices into our modern lives. If you are a homesteader or live a similar lifestyle, it will be very easy to add natural remedies since you are



already at home being self-sufficient, and this just adds another level of self-sufficiency. However, even if you are busy commuting to work or have a hectic family schedule with kids always off going to different extra-curricular activities, natural remedies are still easy to incorporate.

Tinctures are great because they last for many years, salves last about three years, tonics about a year, and syrups last for months.

Teas, decoctions, and washes don't last as long, but they are also the easiest to make. You can make enough to last a whole week and keep the extras in your fridge if need be. Spend a few hours on a slow day and you can make enough to last the next year or a few years.

Invite your friends over and share the costs and time of making them; it is always fun making things like this with your friends. If you have children, be sure to involve them; learning these skills while young will help them throughout their lives.



Chapter 4: Basic Homemade Herbal Remedy

Instructions

Before we discuss the specific remedies, it is helpful to understand basic methods to make tinctures, teas, poultices, and salves. These recipes will give thorough instructions and avoids repeating basic principles in the recipes that follow in Chapter 5.

Tinctures and Extracts

Tinctures are traditionally made with alcohol, so their use amongst the Amish varies with the Amish Community. Some Amish communities strictly abstain from alcohol; some use it only medicinally, while others will occasionally consume it in moderation.

The principle behind tinctures is that some ingredients, especially things like resins and alkaloids, are insoluble in water and require alcohol to extract the medicinal components contained within them. The added benefit of tinctures is that the alcohol preserves the ingredients so well that they may still be effective up to 10 years later. Vodka is usually used because it has no flavor or color, making it easy to see and taste the ingredients within, rather than tasting like rum or tequila. But you can make it with any alcohol fit for human consumption as long as it is 40% or higher. The stronger the alcohol, the better the tincture.



Those who don't consume alcohol at all make their tinctures out of vinegar or vegetable glycerin, which is usually referred to as an extract. These have a shorter shelf life and should be consumed within a year.

Basic Instructions for Making Tinctures or Extracts

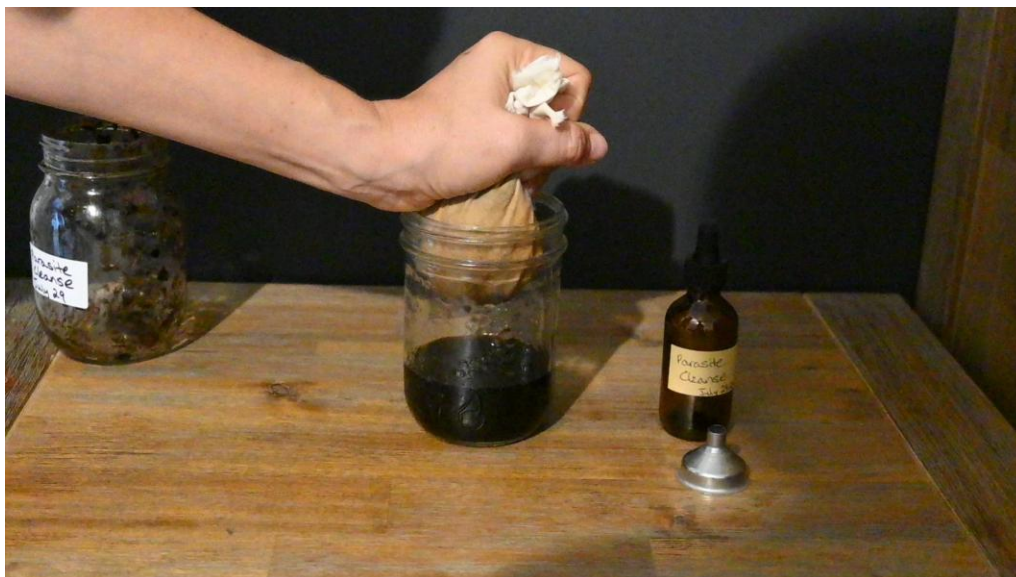
This is the basic procedure for making tinctures and extracts (Lyrae's Naturals, 2007).

1. Chop fresh or dried herbs, bark, roots, etc., into small pieces.
2. Place the herbs in a small glass jar.
3. Pour alcohol, vinegar, or glycerin over top of the herbs until just covered.





4. Place a tight-fitting lid on top. This is one of the few instances where plastic lids are best since metal lids will react with alcohol and vinegar. Not only will this give your tincture a metallic taste, but it could also render it ineffective. If you only have metal lids, line them with wax or parchment paper to keep the metal from coming into contact with the liquid.
5. Check it after a few hours. Sometimes, especially with dried roots, berries, or other items, they absorb a fair bit of the alcohol, leaving the tops of the herbs exposed. If this happens, just top it up with a bit more alcohol.
6. Allow the mixture to steep for 2 weeks or up to 6 months. It should be stored out of direct sunlight and away from heat sources. This works much faster in the summer when the air is warm, while cooler winter temperatures slow down the extraction process. Shake the jar once daily to help speed up the process.



7. Strain the herbs out using a piece of fabric or a coffee filter. Putting an elastic band around the rim of a jar will hold it in place nicely. Then, squeeze all the liquid out of it.
8. Next, store your finished tincture in a dark glass jar or bottle.
9. Remember to label and date it immediately! Depending on the herbs used, it can be impossible to tell what a tincture contains by looking at it or smelling it afterward.

Teas

Most of us know how to brew a cup of tea. Even if you are used to using tea bags, using loose-leaf teas is not much different; just infuse loose herbs, roots, bark, etc. in hot water. You can put your herbs in a tea ball or reusable tea bag and pop them out once they're done. Alternatively, you can just drop the herbs in a cup or jar, add the water, and then run the tea through a small metal strainer once it's finished infusing.

Basic Instructions for Making Herbal Teas

Here are some basic instructions for making medicinal herbal teas (Lyrae's Naturals, 2007).

1. Prepare your herbal blend according to the plant.
 - a. Dried leaves usually just need to be gently crushed in your fingers.
 - b. Fresh leaves should be coarsely chopped or bruised between your fingers.
 - c. Fresh berries can be chopped or squeezed and dropped in.
 - d. Fresh or dried flowers can be left whole or chopped or crumbled.
 - e. Fresh roots and bark should always be finely chopped or grated.
 - f. Note that dried roots, bark, or whole dry berries are usually best used in a decoction rather than a tea infusion (see below).
2. Heat the kettle to boil water.
3. Place 1-2 tsp (5-10ml) of dried herbs or 2-4 tsp (10-20ml) of fresh herbs per cup into a tea infuser or straight into the cup. If you are using a teapot, simply multiply those measurements by the number of cups per teapot.



4. Pour boiling hot water over the herbs (but do not add any more heat).
5. Steep for about 10-15 minutes.
6. Remove the infuser or use a strainer to remove the herbs. If you used a cup, just put a strainer over another cup and pour from one into the other.
7. If a sweetener is desired, honey can be added while still hot.
8. Drink your tea hot or cold, depending on the tea, season, and personal preference.

Decoctions

A decoction is basically tea that you gently cook instead of steeping it (Lyrae's Naturals, 2007). It is used for roots, berries, bark, and sometimes leaves or flowers, all especially when in dried form, which requires a little extra heat to draw out the medicinal ingredients.

Note that roots and bark should always be chopped *before* they are dried. Whole dried roots are notoriously difficult to cut; you may need a power tool to get through them! Therefore, if you have fresh roots or bark you want to dry, simply cut them into roughly ¼ inch (½ cm) sizes before they dry. Then, you can just pop them in the pot when you are ready to use them.

Basic Instructions for Making Herbal Decoctions

1. Measure your herbs, usually 1 - 2 tbsp (15-30ml) dried or 2 - 4 tbsp (30-60ml) fresh.
2. Place herbs in a saucepan with about 2 cups (480ml) of water.
3. Place a lid on the pot and bring it to a boil.
4. Immediately lower the heat and allow it to simmer for 10 - 60 minutes, depending on how thick the dried roots or other ingredients are and how strong the medical properties are.
5. Remove from heat, leaving the lid on the pot, and allow the mixture to cool.
6. Strain the herbs in a metal strainer or piece of fabric, squeezing the plant materials to extract all the liquid.



Herbal Washes

Washes are simply herbal infusions (tea) or decoctions (cooked tea) that are allowed to cool and applied to the skin with a clean cloth (Lyrae's Naturals, 2007). They are used to clean wounds and treat skin conditions.

Basic Instructions for Making Herbal Washes



1. Make your infusion or decoction according to the instructions above.
2. Allow it to cool slightly or entirely, depending on the treatment and personal preference.
3. Apply it to the skin with a clean cloth, rinsing it often in the wash to add fresh liquid.
4. Repeat as often as necessary.

Poultices

Poultices are a method that has been used for thousands of years, as long as people have been using plants to treat infections and illnesses. Naturally, the Amish use them a fair bit because they are so traditional. Modern herbalists, and certainly modern medicine, don't use them as often, simply because they are less convenient rather than being ineffective. In fact, they can be very effective since they put the healing herbs exactly where they are needed.

Essentially, a poultice is just fresh or dried plants or other ingredients applied directly to the skin, usually as a paste or sometimes contained in cheesecloth, muslin, flannel, or other cloth. It is used to soothe, heal, regenerate tissues, stimulate circulation, warm or relax muscles, or draw out toxins and foreign particles (Lyrae's Naturals, 2007).



Basic Instructions for Making Poultices

1. Bruise fresh herbs in a mortar and pestle, with your fingers, or chop it with a knife.



2. If using dried herbs, clays, or other powdered materials, crumble them or grind them in a coffee grinder.
3. Then mix in just enough water to make a paste.
4. Apply the herbs directly to the wound or affected body part. Alternatively, some poultices are placed in a piece of fabric first and then applied to the skin, especially with deep wounds since cleaning the herbs out later can be difficult.
5. The area is then usually wrapped in gauze or fabric (strips of old sheets work great!) to hold the poultice in place, which can be left on for a few hours or overnight.
6. Remove the poultice, gently cleaning the paste off of the skin. Flush the area with water to remove all the bits.



Salves or Ointments

Salves have a long tradition of use in herbal medicine, going back hundreds to thousands of years, and the Amish community has used them since their beginnings. Some call them salves, and some call them ointments; the terms are often used interchangeably. Most people differentiate them based on consistency; salves are usually thicker than ointments.

Salves are great since they can be made and stored out of direct sun and away from heat sources for three years; a refrigerator will extend their shelf life. Then, just reach for them anytime they are needed, the ultimate in convenience.

Basic Instructions for Making Salves or Ointments

At their most basic, salves are just oil infused with herbs, strained, and then re-heated with beeswax added to get the right consistency (Lyrae's Naturals, 2007). The following is a basic salve base that will make a handful of jars to share with your family or neighbors.

Ingredients:

- ½ cup (120ml) extra virgin olive oil
- 0.7oz (20g) beeswax
- ½ cup (120ml) of herbs of choice

Instructions:



1. Infuse your herbs in olive oil in a thick-bottom pot on the lowest heat setting or in a crockpot on low heat for about 2 hours.
2. Strain the oil in a piece of fabric (squares torn out of old sheets work great) to remove the herbs, squeezing the fabric and herbs to get all the oil out.



3. Put the oil back in the pot and add the beeswax and any other waxes, honey, lanolin, etc., that your recipe includes and heat on low, stirring occasionally, just until melted.



4. Remove from heat and pour into a Pyrex glass measuring cup with a good pouring lip.
5. Add essential oils or powders (clay, charcoal, etc.) if your recipe calls for them.
 - a. If you add powders, it is very important to allow your salve to cool slightly, stirring occasionally to keep the powder in suspension. If you pour it while still hot, the powders will settle to the bottom of the jar as it cools.
6. Pour your salves into small mason jars or amber glass salve jars.
7. Store out of direct sun and away from heat sources for up to 3 years.



Chapter 5: Homemade Amish Remedies with Step-by-Step Instructions

The Amish rely heavily on herbal remedies, usually made from plants that they either grow in their community or collect from the wild. Their remedies include many popular traditional herbs, such as dandelion, goldenseal, echinacea, and peppermint. Others like goldenseal, black cohosh, and black walnut are remedies they adopted from the Native Americans when they first migrated to North America. Now that you know the basics of making home remedies, here are some great traditional Amish formulas.

Digestive Health Remedies

Blackberries or Blueberries for Diarrhea

Blackberries and blueberries are great remedies for diarrhea due to their natural astringency. But don't eat the berries themselves, especially blackberries, since the seeds could irritate an already sensitive digestive tract. Instead, drink juices or teas several times daily until better.

- Drink the juice from home-canned or frozen blackberries or blueberries.
- Make tea from fresh or dried berries using 2-3 tsp (10-15ml) of berries per cup of tea.
- Make tea from blueberry leaves using 1 tsp (5ml) of dried leaves per cup of tea.
- Make a decoction of 2 tbsp (30ml) of chopped blackberry root in 2 cups (480ml) water.

Goldenseal for Peptic Stomach

Goldenseal is a favorite Amish remedy. It is expensive to buy, but its effectiveness and versatility make it well worth the investment. Here are some ways to use it.

- Chew on the root of the Goldenseal plant
- Make goldenseal tea using ½ tsp (5ml) of root in 2 cups (480ml) water (Blyer, 1992)

Apple Cider Tonic for Acid Reflux (Heartburn)

The Amish love apple cider vinegar products, and here is one that they use often for heartburn (Strusnik, 2023). It may sound strange, but this remedy provides instant heartburn relief.

Ingredients:

- ¼ cup (60ml) fresh ginger root, grated or finely chopped
- 5 cloves garlic finely chopped
- Apple cider vinegar



Instructions:

1. Place ginger and garlic in a glass jar.
2. Add enough apple cider vinegar to just cover the herbs.
3. Place a tight-fitting lid on the jar.
4. Infuse in a dark cupboard for 2-6 weeks.
5. Strain and store in the fridge up to one year.
6. Take 1-2 tsp (5-10ml) as needed.

Horehound Digestive Tea

Horehound is widely known for soothing a bad cough but can also help with poor digestion. Simply drink a cup just before your meal to help stimulate the appetite. You can also have it with or just after your meal to help ease digestion. If necessary, drink it 3-4 times daily. Honey is optional, but it is quite bitter, and most people will add honey to sweeten it.

Ingredients:

- ½ oz (14g) fresh or ¼ oz (7g) dried horehound
- 1 cup (240ml) boiling hot water
- Honey to taste (optional)

Instructions:

1. Steep fresh or dried herbs in hot water for 10 - 15 minutes.
2. Strain and sweeten with honey if desired.

Licorice Digestive Tea



Licorice root tea is really a decoction since it needs to simmer to extract its medicinal properties. The added bonus is that licorice root is naturally sweet and delicious, so you don't need to add honey, making it a great option for those who cannot have sweets.



A word of caution: licorice can raise blood pressure, so consume it sparingly (1 cup daily) if you have high blood pressure. It takes a fair bit to become dangerous but always err on the side of caution. On the other hand, those with low blood pressure can benefit immensely from drinking licorice tea regularly.

Ingredients:

- 1 tbsp (15ml) chopped dried root
- 2 cups (480ml) water

Instructions:

1. Place dried root and water in a saucepan with a lid.
2. Bring to a boil, then reduce the heat to simmer immediately.
3. Simmer for about 10-25 minutes, depending on the size of the root pieces.
4. Strain and drink warm or allow it to cool.

Plantain for Inflammatory Bowel Issues

Plantain is a popular heal-all medicinal plant introduced worldwide from Europe and Asia. You can use either Ribwort Plantain, with its longer leaves with raised ridges (ribs), or Broadleaf Plantain, with rounded leaves. The Amish use it in tea for bowel issues, among other things.

Ingredients:

- 2 tsp (10 ml) freshly chopped plantain leaves or 1 tsp (5ml) dried
- 1 cup (240ml) boiling hot water

Instructions:

1. Place the leaves in a cup.
2. Add hot water and allow to steep for 10-15 minutes.
3. Strain and drink hot or cold as often as needed.

Parasite Cleanse

Many Amish who don't use alcohol will use this tincture for its potent ability to cleanse the gut of parasites. However, if you strictly abstain from alcohol, you could make a strong decoction instead. Otherwise, take 20 drops of tincture daily for about 2 weeks, then stop. If you have a sensitive stomach, start with 5 drops and work up to 20. Don't take it longer than 2 weeks since it destroys the good and bad bugs in your gut. Therefore, follow your cleanse with lots of fresh, raw, organic fruits and vegetables and take a probiotic to replenish your microbiome.

Ingredients:

- 1 oz (28g) chopped dried black walnut hulls
- 1 oz (28g) chopped dried wormwood
- Vodka



Tincture Instructions:



1. Place the herbs in a small mason jar.
2. Top with enough alcohol to cover them thoroughly.
3. Apply a tight-fitting lid.
4. Let it sit in a dark cupboard for 1 - 3 months.
5. Strain and store in a dark tincture bottle or jar.



Dandelion For Liver Problems and Nausea

The Amish use dandelion tea to cure conditions related to the blood and liver. It also helps with nausea. Dandelion is very bitter, so most people add some honey to make it more palatable.

Ingredients:

- 2 cups (480ml) water
- 1 tbsp (15ml) chopped dandelion root
- 1 tbsp (15ml) dandelion leaf (optional)
- Honey to sweeten (optional)

Instructions:

1. Place the herbs in a saucepan with the water and place a lid on top.
2. Bring the water to a boil, then reduce the heat to low and simmer for 5 minutes.
3. Turn off the heat and let it steep with the lid on for 10 minutes.
4. Strain the herbs.
5. Sweeten with honey if desired.

Remedies for Skin Conditions

Skin conditions are treated with poultices, salves, or washes, all applied directly to the skin.

Goldenseal for Rashes, Shingles, Sores, and Poison Ivy

The Amish use the roots and leaves of goldenseal plants to help soothe and heal rashes, shingles, leg sores, and poison ivy (Blyer, 1992). The easiest way is to make a wash and apply that to the skin with a clean cloth. In severe cases, you can mix the powdered root with just enough water to make a paste and apply it to the skin as a poultice.



Ingredients:

- ½ tsp (2.5ml) goldenseal root
- ½ tsp (2.5ml) goldenseal leaves (optional)
- 2 cups (480ml) boiling water

Instructions:

1. Place the powdered root in a jar or bowl.
2. Pour the hot water over it and stir it.
3. Allow it to cool, and then use it as a wash.

Apple Cider Vinegar for Itching

Apple cider vinegar works great for soothing itchy skin as long as the skin is not broken; otherwise, the vinegar will burn! For itchy conditions where there are wounds or broken skin, try the plantain salve (below).

Plantain Salve

Amish love using plantain, and for good reason. This cure-all herb soothes all kinds of skin conditions, including rashes, dry and irritated skin, bug bites and stings, scratches, and minor wounds. It may even help reduce the appearance of wrinkles! Note that olive oil is usually the best carrier oil to use for skin conditions since it has healing properties of its own.

Ingredients:

- ½ cup (120ml) extra virgin olive oil
- 0.7oz (20g) beeswax
- ½ cup (120ml) of dried and crumbled plantain leaf
- 5 drops lavender oil (optional)

Instructions:

1. Infuse the olive oil with the plantain leaf on low heat for 2 hours.
2. Strain herbs in cloth, squeezing all the oil out.
3. Add beeswax and heat just until melted.
4. Add lavender oil, if desired, and stir well.
5. Pour into small mason jars or salve jars.

Black Walnut for Fungal Infections

Fungal infections like ringworm and athlete's foot can be very stubborn. Treating with black walnut hulls is very effective but be patient. No matter what modern or traditional treatment method you use, fungal infections will take weeks, sometimes even months, to treat.

The Amish typically make a wash with black walnut hull to apply to the infection multiple times daily. For really bad infections, it's recommended to use a tincture and a topical treatment. You



could use the parasite cleanse tincture at a lower dose or make a straight black walnut hull tincture. Either way, the tincture is best taken for no more than one month. Then, replenish your microbiome with fresh fruits and vegetables or a probiotic before repeating it again if necessary.

Ingredients:

- 1 oz (28g) chopped dried black walnut hulls
- 2 cups (480ml) water (for wash)
- Vodka (for a tincture)

Black Walnut Topical Wash Instructions:



1. Place the chopped hulls in a saucepan with the water and place a lid on top.
2. Bring to a boil, then immediately reduce the heat to simmer and simmer for 10 minutes.
3. Strain and allow to cool.



4. Apply it to the infected area 2-3 times daily.



Black Walnut Tincture Instructions:

1. Place the herbs in a small mason jar and top with alcohol to cover them.
2. Apply a tight-fitting lid and let it sit in a dark cupboard for 1-3 months.
3. Strain herbs and store the tincture in a glass dropper bottle.
4. Take 5 drops daily for one month, then stop. Repeat again a month later if needed.

Foot Odor Powder



Since we are on the topic of smelly feet, here is a very simple yet effective Amish remedy for foot odor. It helps reduce sweating and control odor.



Ingredients:

- ½ cup (120ml) baking soda
- ½ cup (120ml) corn starch

Instructions:

1. Mix the powders together and run them through a flour sifter to break up any lumps.
2. Put it in a bottle with a shaker lid (clean parmesan cheese shakers work great!)
3. Dust your shoes every morning before putting your shoes on.

First Aid

Most Amish turn to herbal remedies for first aid, such as salves, poultices, and washes. When bones are broken, stitches are needed, or wounds will not heal, consult a medical doctor.

Amish Drawing Salve

This popular remedy works great to pull out splinters or embedded objects and infection but should be used carefully in large open wounds. There are many different versions of this recipe, and they vary with the Amish community.

Traditionally, this black salve is applied to the skin, then covered with a piece of cloth, gauze, or bandage, and left for several hours or overnight. This allows the salve time to draw out the impurities from the skin. In the morning, the bandage is removed, and the skin is gently cleaned.

Ingredients:

- ½ cup (120ml) olive oil
- ¼ cup (60ml) comfrey root
- ¼ cup (60ml) calendula flowers
- 0.7oz (20g) beeswax pellets
- 15 drops of Tea Tree oil
- 15 drops of Lavender oil
- 3 tbsp (45ml) pine tar
- 3 tbsp (45ml) activated charcoal
- 3 tbsp (45ml) bentonite clay



Instructions:



1. Heat the olive oil, comfrey root, and calendula in a thick-bottom pot or a small crockpot on the lowest setting for about 2 hours.
2. Strain the herbs out, squeezing all the oil out of the herbs.



3. Put the oil back in the pot, add beeswax and heat again on low heat.
4. Stir occasionally until melted.
5. Remove from heat and add pine tar, charcoal, bentonite, and essential oils.
6. Stir very well.





7. Allow to cool a little bit before pouring so that the powders remain in suspension instead of settling to the bottom.



8. Pour into small mason jars or salve jars and allow to harden.
9. When needed, apply it generously to the affected area. A popsicle stick or tongue depressor work well for applying.
10. Then wrap it with gauze, bandage, or strips of cloth (old sheets work great) and leave it overnight. Then remove it and clean it the next morning.



Amish Burn and Wound Ointment

Burns are common in the Amish community since they often don't use electricity and must rely instead on wood-burning stoves and kerosene lamps, increasing the chance of burns. So, naturally, they have a popular ointment for burns that has even been tested scientifically for its ability to reduce pain, prevent infection, and accelerate wound healing (Flurry et al., 2017). The Amish make the ointment and apply it to the burn, then make a poultice by applying whole bruised burdock leaves on top of the ointment. If burdock is unavailable, the ointment can be used on its own or also wrapped in gauze or fabric for very bad burns.



Ingredients:

- $\frac{1}{3}$ cup (75ml) honey
- $\frac{1}{3}$ cup (75ml) lanolin
- $\frac{2}{3}$ cup (150ml) olive oil



- 3 tbsp (45ml) comfrey root
- 3 tbsp (45ml) marshmallow root
- 0.7 oz (20g) Beeswax

Optional Ingredients:

- fresh burdock leaves (as a poultice, not part of the ointment).
- white oak bark, myrrh, or Lobelia inflata
- vegetable glycerin

Instructions:

1. Place the olive oil in a saucepan or crockpot on low heat and add all the herbs.
2. Simmer on the lowest heat setting for about 2 hours.
3. Strain herbs using a cloth, squeezing them to remove all the oil.
4. Add the rest of the ingredients and heat again on low just until melted.
5. Remove from heat and pour into small mason jars or amber glass salve jars.

Aloe Vera or Honey for Burns

If you have an aloe vera plant, simply break off a succulent leaf and squeeze the thick, slippery juice directly onto the burn to soothe the pain and keep the air off it. This works great for all kinds of mild to moderate burns, scalds, sunburns, etc.



Alternatively, you can apply honey to a burn as a poultice and cover it with cheesecloth or other fabric. Honey is a natural antiseptic and antibiotic, so it helps when there is a risk of infection.



Plantain Soak or Poultice for Sprains

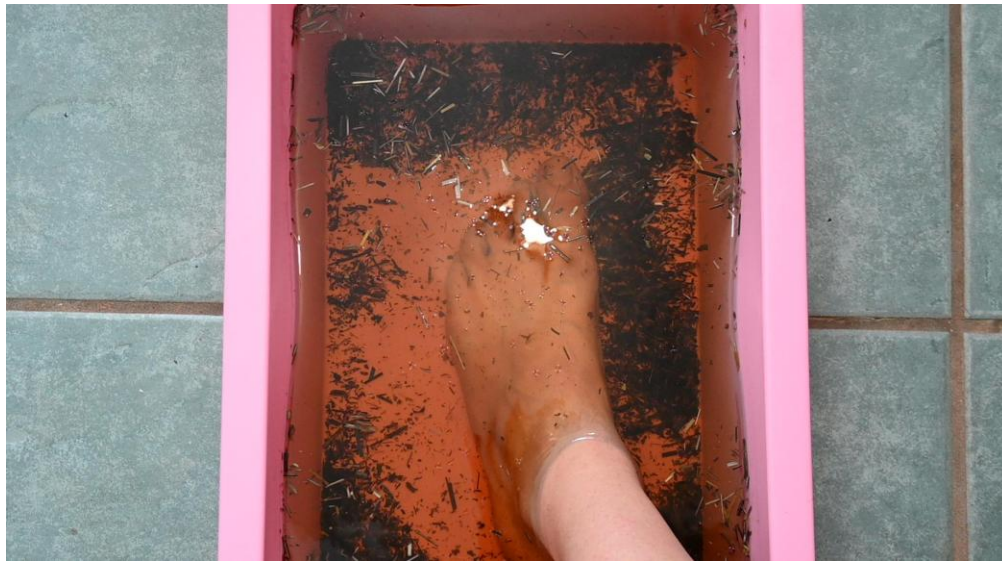
The lovely healing plantain is back. Here, we use it as a soak or poultice for sprained ankles and any other injuries or swellings. If you have comfrey leaf, it makes a suitable substitute.

Ingredients:

- ¼ cup (60ml) dried plantain (or comfrey) leaf or ½ cup (120ml) fresh chopped leaf
- hot water

Instructions:

1. To make a soak, simply pour the herbs into a large bowl, bin, or tub and fill it with enough hot water to immerse the foot or body part. There is no need to strain the herbs out; let them keep steeping in the water. It is recommended that the water should be as hot as you can handle it (Byler, 1992).



2. To make the poultice, grind the dried herbs or crush and mash fresh leaves. Add just enough water if needed to form a paste. Apply it to the affected area and wrap it with gauze or fabric strips. Then, raise the foot up to the level of the heart to help reduce the pain and swelling. Leave the poultice on for several hours or overnight.





Insect Bites and Stings

Dealing with bee stings and insect bites are easy to treat at home using a variety of remedies. The sooner you treat the problem, the faster it feels better. These methods are all perfectly safe to use on children and can be reapplied as necessary.

- Moisten salt or baking soda and apply it like a poultice over the sting. You can just leave it as is to dry and then brush it off, or you could wrap the area with gauze or fabric strips.



- Apply wet clay or mud like you would salt or baking soda.
- Dab apple cider vinegar on the bite or sting. However, if there are open wounds, this should be avoided as it will sting.



- Mash fresh plantain leaves and apply them as a poultice, or use plantain salve.

Aches and Pains

Anti-Inflammatory Willow Bark Tea



Willow bark tea is an ancient remedy used to reduce fevers, as an anti-inflammatory for headaches and general pains, and anytime someone is injured.

You can pick willow twigs and chew on them like they did long ago. But they taste very bitter, so tea is more popular since you can sweeten it with honey or add other flavorful herbs. You can drink this tea 3-4 times daily as necessary.

While white willow is a popular choice, you can use any willow you find; simply peel the fresh bark from wigs. Never peel it from the trunk; you could accidentally kill the tree. Instead, choose a branch, cut it off, and remove all the bark. Use the bark fresh and dry extras for later use.

Ingredients:

- 2 tsp (10ml) fresh or dried willow bark
- 1 ½ cup (360ml) water
- honey to taste

Instructions:

1. Place the bark in a saucepan with the water and place a lid on it.
2. Bring to a boil, reduce the heat, and let it simmer for 10-15 minutes.
3. Remove from heat, and let it continue to steep for 1 hour.



4. Strain the bark out and add honey to taste.

Apple Cider Vinegar Arthritis Relief

Apple cider vinegar has so many uses in Amish communities, and one is to help with arthritis. Drink a few teaspoons with water with meals. If the taste bothers you, sweeten it with honey.

Oral Health

The Amish generally take good care of their oral health, using natural remedies to promote healthy gums, prevent cavities, and treat sores.

Bad Breath Remedies

Here are some very simple remedies to deal with bad breath.

- Chew whole anise seeds after dinner.
- Take 1 tsp (5ml) of purified charcoal in water to cleanse the stomach and intestines.

Cold Sores

Cold sores generally appear on or around the lips and can be stubborn to treat. Try these Amish remedies but be patient, they take time to heal.

- Take extra daily Vitamin C
- Applying Vitamin E oil or in a cream form directly to the sore to help relieve the pain.
- Drink Sage Tea (see below).

Sage Tea For Cold Sores

Sage Tea is an old Amish and European herbal remedy for cold sores. Even modern medicine has found it beneficial (Healthline, 2019).

Ingredients:

- 1 tsp (5ml) of dried or 2 tsp (10ml) of fresh sage
- 1 cup (240ml) of boiling hot water.

Instructions:

1. Place herbs in your cup, add water, and steep for 10 minutes.
2. Drink the tea slowly.



Amish Mouthwash (and Canker Sore Remedy)

Instead of buying mouthwash, you can make this easy version at home. It is an alcohol-free version used by many Amish communities as a gargle for sore throats and a rinse to help fight the bacteria that lead to bad breath and tooth cavities. It is also one of the fastest ways to soothe and treat canker sores instantly without irritating them like other mouthwashes.

Ingredients:

- 1 tsp (5ml) baking soda
- 1 tsp (5ml) salt
- 1 tsp (5ml) apple cider vinegar
- ½ cup (120ml) water

Instructions:



1. Mix all ingredients together in a jar or glass bottle and shake very well.
2. Use it as a gargle once to several times a day.
3. Leave it on your bathroom counter and make a fresh batch every couple of weeks.

Colds and Flu

The Amish always use the Immune Booster Tonic as a preventative remedy in winter to avoid getting sick. They also use steams, poultices, and honey-based syrups and are generally a very healthy group of people, so these remedies really work!



Immune Booster Tonic

This popular tonic is used as preventative medicine but is also taken when sick with colds or flu. It is an alcohol-free tonic made every summer or fall and used throughout cold and flu season. Different communities use various variations and optional ingredients; feel free to experiment.

Ingredients:

- ½ cup (120ml) fresh horseradish, chopped
- 10 cloves garlic chopped
- 1 small onion peeled and chopped
- ¼ cup (60ml) fresh chopped ginger root
- Apple cider vinegar

Optional Ingredients:

- 1 sliced lemon, lime, or jalapeno pepper
- ¼ tsp (2.5ml) cayenne pepper powder
- 2-3 tbsp (30-45ml) crushed fresh elderberries or fresh or dried juniper berries

Instructions:



1. Cut, dice, slice, or grate all the fresh roots and vegetables.
2. Place all the prepared roots, vegetables, and herbs in a large sterile mason jar.
3. Pour enough apple cider vinegar into the jar until the ingredients are entirely covered.





4. Allow it to sit in a dark cupboard for 1 - 3 months, shaking the jar occasionally to mix it.
5. Strain the herbs out of the liquid and place liquid in another sterile jar.



6. Sweeten with honey, if desired and store in the fridge for up to a year.
7. Take 2-3 tsp (10-15ml) in water or tea three times daily to treat colds or flu or take once daily as a preventative tonic.

Feverfew Tea

Feverfew tea is great for coughs, colds, and flu (Byler, 1992). In fact, that is where its common name comes from since it is used to reduce fevers. Feverfew also works to help soothe headaches. Most people use honey to sweeten it since it is very bitter without it.



Ingredients:

- 1 tsp (5ml) dried or 2 tsp (10ml) fresh feverfew herb
- 1 cup (240ml) hot water
- 1-2 tbsp (15-30ml) honey (optional but recommended)

Instructions:

1. Steep herbs in hot water for 10 - 15 minutes.
2. Strain the herbs.
3. Add honey to sweeten it.

Amish Flu Tea

The Amish drink this simple tea in the winter to prevent or treat sickness. It is also very nutritious and tastes good! Make a full batch and share it with your whole family.

Ingredients:

- 3 tsp (15ml) red raspberry leaf
- 1 tsp (5ml) peppermint
- 1 tsp (5ml) alfalfa
- 1 tsp (5ml) nettle
- 1 tsp (5ml) yarrow
- 6 cups (1440ml) boiling hot water

Instructions:

1. Mix the herbs together and place them in a large teapot or saucepan.
2. Add boiling hot water and let it steep for 20 minutes.
3. Strain.
4. Tea can be served hot or cold.

Horehound Cough Syrup

Horehound is a very popular remedy for coughs and colds. Making syrup is similar to making tea, except that you simmer it on low heat and then add lots of honey at the end, which also helps with colds and coughs. The syrup can be stored in the refrigerator for 2-3 months.

Ingredients:

- ½ oz (14g) dried or 1 oz (28g) fresh horehound leaves
- 1 cup (240ml) water
- About 2 cups (480ml) of honey

Instructions:

1. Add the herbs and water to a saucepan and place a lid on the pot.





2. Bring to a boil, then reduce the heat to low and simmer for 10 minutes.



3. Strain the leaves out and measure the remaining liquid.
4. Add twice as much honey as there is liquid while still hot and mix very well.
5. Pour the syrup into a sterilized glass jar and store it in the fridge.
6. Take 1 teaspoon (5ml) of the syrup up to 4 times daily as necessary.

Wild Cherry Bark Syrup

This is another popular syrup for colds and coughs.





Ingredients:

- ½ oz (14g) wild cherry bark
- ¼ oz (7g) licorice root chopped
- ¼ oz (7g) fresh grated ginger root
- 1 cup (240ml) hot water
- About 2 cups (480ml) honey

Instructions:

1. Place herbs in a saucepan and add water, placing a lid on the pot.
2. Bring the water to a boil, then reduce heat and simmer for 10 minutes.
3. Remove from heat and let it steep for another 30 minutes.
4. Strain the herbs out and measure the amount of liquid.
5. Add twice as much honey as there is liquid while still hot and mix well.
6. Pour into a sterilized glass jar and store it in the fridge.
7. Take 1 tsp (5ml) 3-4 times daily until better.

Goldenseal Tea for Sore Throat

Here we use goldenseal as a tea for sore throats.

Ingredients:

- 1 tsp (5ml) dried goldenseal root powder
- 1 cup (240ml) boiling hot water
- Honey to sweeten, optional

Instructions:

1. Place the goldenseal in your cup.
2. Add boiling hot water and steep for 15 minutes.



3. If you find it too bitter, add some honey to sweeten it.

Decongestant Steam

Using herbs in hot water and inhaling the steam is a tried-and-tested old-time herbal remedy long used by the Amish. It helps soothe and moisturize sore nostrils, clear mucus in the sinus cavities, and ease coughing fits. You can substitute any other mint for peppermint or add horehound or other herbs as well. Fresh herbs are best since they are more aromatic, but in winter, dried herbs make a suitable substitute.

Ingredients:

- 2 tsp (10ml) peppermint leaves
- 2 tsp (10ml) rosemary
- 2 tsp (10ml) thyme
- 4 cups (960ml) of water

Instructions:



1. Place water in a saucepan and add all the herbs.
2. Place a lid on the pot and heat it just until it starts to boil, then immediately remove it from the heat.
3. Let it steep for 10 minutes with the lid on the pot.





4. Place a towel over your head.



5. Remove the lid and lean over the pot so that your face is over the pot and the towel drapes down all around. This will create a tent over the pot that traps the steam inside.
6. Inhale for about 5 minutes and repeat as necessary.
7. Note that if the steam feels burning, it is too hot. Allow it to cool for a few more minutes, then try again. It should not cause discomfort.



Garlic Poultice for Stubborn Congestion



Garlic poultices are a popular Amish remedy for stubborn chest congestion. They are super easy to make, and all you need is garlic!

Ingredients:

- 2-3 cloves of garlic

Instructions:

1. Chop and thoroughly mash the garlic; a mortar and pestle work well.
2. Place the garlic in cheesecloth, muslin, or flannel to cover it.
3. Place the poultice on the chest and leave it there for at least an hour.

Women's Remedies

Raspberry Leaf for Menstrual Pains

This is another long-time tried and tested remedy that has been widely used by herbalists and the Amish alike for countless centuries to help ease menstrual pains. It is also highly beneficial during the later stages of pregnancy (one cup daily) but should be avoided in early pregnancy since it can stimulate uterine contractions.

Ingredients:

- 1 tsp (5ml) dry red raspberry leaves
- 1 cup (240ml) boiling water
- Honey to sweeten (optional)



Instructions:

1. Add the leaves to a cup and pour boiling water over the top.
2. Steep for at least 10 minutes.
3. Strain and sweeten with honey if desired.
4. Best drank while still hot; use 1-3 times daily as necessary.

Black Cohosh Tea

Black Cohosh is a native North American herb adopted into the Amish community from its use by local Native Americans. It is a very popular remedy for the late stages of pregnancy, irregular menstruation, and symptoms of menopause, including hot flashes. The Amish usually use it in tea and drink it 1-3 times daily. However, you can also make it into a tincture for convenience.



Ingredients:

- 1 tsp (5ml) chopped dried black cohosh root
- 1 cup (240ml) boiling water
- Honey to sweeten, optional.

Instructions:

1. Add herbs to a cup and pour boiling water over them.
2. Steep for at least 15 minutes.
3. Strain and sweeten with honey, if desired, and drink it hot.
4. Use 1-2 times daily as necessary. Do not consume more than 2 cups in a day, and do not take it continuously for more than 6 months.



Children's Remedies

Diaper Rash

As always, the Amish focus on prevention and treatment when necessary. Here are some things they do to help prevent diaper rash.

- Change diapers when they are wet and allow their bottoms to air dry for a bit.
- After washing diapers, leave them to air dry for a long time, ensuring they are fully dry.
- Use cornstarch in the diaper to help absorb moisture.

Then, when a rash does happen, and treatment becomes necessary, do this:

- Apply Vitamin E oil to the affected area.
- Apply some plantain salve (see Remedies for Skin Conditions).

Garlic Oil for Ear Infection

Garlic and olive oil are both great remedies for most ear infections. Combining them increases their effectiveness. Using the olive oil while warm also helps soften and melt the earwax, so you can *carefully* clean the ear canal using cotton swabs.

Ingredients:

- 3-5 cloves garlic (depends on size), thoroughly mashed
- ¼ cup (60ml) of olive oil

Instructions:



1. Simmer the garlic and olive oil in a small saucepan on low for 10 minutes.





2. Strain the garlic out of the oil using a cloth and squeeze it to get all the liquid out.
3. Place the oil in a glass dropper bottle and label it.
4. Place some warm oil in the ear canal while the child is lying down.
5. Let it sit there for 5 minutes or more.
6. Turn the head the other way to drain the oil.

Apple Cider Vinegar for Ear Infection

Yes, the Amish also use apple cider vinegar for ear infections. Dilute it in water at about a 1:1 ratio, soak a cotton ball in the solution, and put that in the ear canal for 5-10 minutes.



Chapter 6: Recipes for Natural Drinks That Promote Health and Healing

These recipes are tasty natural drinks that most people can safely consume daily. They also promote healing and general good health.

Amish Meadow Tea

Amish Meadow tea is a very popular drink among the Amish and Mennonite communities. The name Meadow Tea likely comes from the invasiveness of mint plants in moist meadow habitats.

Meadow Tea is a fresh mint tea that is sweetened and chilled in the fridge or with ice cubes added. The more conservative traditional Amish simply allow it to cool before drinking. They drink it often, especially after a hard day's work in the spring and summer. There are variations, like what kind of mint you use and optional ingredients, but the base is always fresh mint and sugar or honey. Some say you shouldn't use honey, and some use twice as much sugar as this recipe. But here, we used a recipe with a more moderate amount of sweetness.

Since mint is extremely safe, this is an excellent caffeine-free alternative to Sweet Tea and can be drunk by adults and children alike. Mint is also very good for digestive complaints, including calming an upset stomach and improving digestion. It is also rich in potassium, Vitamin A, calcium, and antioxidants, making it good for inflammation, bone and eye health, and healthy longevity. With all those benefits and a delicious taste, who could possibly say no?

Ingredients:

- 16 cups (1 gallon or 3.7L) water
- 30 pieces of fresh apple mint, but spearmint, peppermint, or other mints can be used
- $\frac{3}{4}$ cup (180ml) sugar or honey; the amount can be increased according to taste

Optional Ingredients:

- Lemon juice and
- Lemon slices (as garnish in the cup when served)

Instructions:

1. Put the water in a large pot and bring to a boil.
2. Rinse the fresh mint and strip the leaves from the stocks.
3. Place the leaves in the water and put a lid on the pot.
4. Reduce the heat to medium-low and allow it to simmer for 10-15 minutes.
5. Remove from heat and let it steep for at least an hour with the lid on.
6. Strain tea into a pitcher, add the sweetener, and stir very well.
7. Optional - refrigerate and serve chilled, or serve it over ice.



8. Add lemon slices if desired.

Mint Ginger Summer Spritzer

Here is another popular summer drink served over ice (Williams, 2022) or simply cooled. Again, this is another very safe and delicious beverage that can be drank daily by young and old alike. The ginger is great for preventing colds and flu and helps with upset stomachs, nausea, and morning sickness. The ginger syrup can be kept in the fridge for at least a month and made into drinks as you want them.

Ingredients:

- 1 cup (240ml) hot water
- $\frac{1}{3}$ cup (80ml) sugar
- 3 tbsp (45ml) fresh grated or sliced ginger root
- mint leaves (for syrup and later for use as garnish)
- 1 lime (for garnish)
- sparkling grape water or other sparkling fruit-flavored water

Instructions:



1. Place ginger, sugar, and water in a saucepan.
2. Simmer on low heat for about 5 minutes.
3. Remove from heat and add several mint leaves.





4. Stir in the mint leaves and let it steep with a lid on for about an hour.
5. Strain and refrigerate to chill.



6. To prepare the drink, place ice cubes, 1 lime wedge, and a crushed mint leaf in each cup.
7. Add 2 tbsp (30ml) of the ginger syrup to each cup, and fill the rest with sparkling grape water. Then enjoy!





Hot Spiced Apple Cider

Since we just discussed some tasty summer drinks, here is a nice warm drink for cool nights or wintertime. This one is also very popular among the Amish (Williams, 2021) and is another very healthy drink that can be consumed daily. In fact, it's a favorite of all ages! The recipe calls for brown sugar, but you could use white sugar or honey; it is also delicious without sweetener.

In terms of health benefits, apple cider is rich in antioxidants and can reduce the risk of heart disease, cancer, and inflammatory conditions and also contains a good dose of Vitamin C (Asale et al., 2021). The spices also help aid in digestion and ease a sore stomach.

Ingredients:

- 4 cups (960ml) apple cider
- ½ cup (120ml) brown sugar
- Pinch of salt
- ½ tsp (2.5ml) whole cloves
- ½ tsp (2.5ml) whole allspice
- 1-2 whole nutmeg
- 2 cinnamon sticks
- orange slices (for garnish)

Instructions:

1. Pour apple cider into a pot and place it on the stove.
2. Place the whole spices and cinnamon sticks into the apple cider and place a lid on top.
3. Bring it to a boil, then immediately reduce to a simmer for 15-20 minutes.





4. Strain out the spices but keep the cinnamon sticks.
5. Serve hot with orange slices and a cinnamon stick in each cup.



Sage Memory Tea

Sage tea is widely used in the Amish community for many things, including cold sores, flu, sore throats, and headaches. The Amish believe that it helps men be wiser and improves their memory, so it is often used as a daily tea by many. This is not a unique belief of the Amish since the name “sage” suggests experience, wisdom, and learning. Have you heard the term “sage advice?”





Modern science recognizes that sage tea is rich in antioxidants, anti-inflammatory compounds, and vitamin K (Healthline, 2019). It also has antifungal and antibacterial compounds and could be helpful with people with bacterial pneumonia and stubborn fungal infections. It has even shown promise in helping prevent certain types of cancer like thyroid and colon cancer.

While sage is considered safe in average amounts, it should be avoided by pregnant women since, in very large amounts, it can cause toxic side effects due to the presence of thujone



(Healthline, 2019). However, it should be noted that you would have to consume an enormous amount to have toxic side effects, but with pregnancy, always err on the side of caution.

Ingredients:

- 1 tsp (5ml) dried sage leaf or 2 tsp (10ml) fresh sage leaf
- 1 cup (240ml) boiling water
- Honey to sweeten, optional.

Instructions:

1. Add the sage to a cup and pour boiling water over the top.
2. Steep for at least 10 minutes.
3. Strain herbs out and sweeten with honey, if desired, and drink it hot.
4. Drink it once or twice daily.

Now, you have all the knowledge you need to start making your own healthy, all-natural, healing remedies at home. The Amish have been using these remedies for centuries, so we know they work, and they are safe. In fact, they are safe for our health, our family, and the environment around us since they contain no synthetic or toxic ingredients, and we can avoid all that excessive packaging and plastics. Just pay attention to the few precautions we mentioned throughout and enjoy these healthy recipes.

Hopefully, this has inspired you to start a new, simpler, but more healthful path in your life. Using natural remedies, balanced with a healthy, active life, with healthy homemade food, are great Amish principles that can help each and every one of us live a better life. It can allow us all to enjoy our lives to the fullest, regardless of our current health problems.



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