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The Modern Herbal Dispensatory: A Medicine-Making Guide

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The Modern Herbal Dispensatory: A Medicine-Making Guide

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193.197.73.79 To extract the beneficial mucilage (the set of constituents that make a plant demulcent), herbalist Richo Cech (2000) recommends a cold-water infusion of the leaves and flowers and a water decoction of the dried root. However, other herbalists suggest that a cold infusion of the root is best. When making a tincture of this or other demulcents, keep in mind that it is best to use ...

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