

Quinine

Quinine has many uses and applications. It is analgesic, anesthetic, antiarrhythmic, antibacterial, antimalarial, antimicrobial, antiparasitic, antipyretic, antiseptic, antispasmodic, antiviral, astringent, bactericide, cytotoxic, febrifuge, fungicide, insecticide, nervine, stomachic, tonic.

Cinchona Tincture Instructions: for Quinine

1. Place 2 tbsp raw cinchona bark <https://www.australherbs.com.au/shop/item/cinchona-bark> in a 125ml mason jar and fill with Everclear or vodka of choice.
2. Keep in mind if using higher abv like Everclear, it should extract easily overnight whereas with 40% vodka you might be waiting a couple days
3. Strain and store away from direct light indefinitely.

OR

Make your own Quinine

It is made out of the peelings of Grapefruits and Lemons, ...but especially Grapefruits.

Recipe:

Take the rind of 2-3 grapefruits. You can add extra lemons as well.

Take the peel only and cover it with water about 3 inches above the peels.

Put a glass lid on your pot if you have one.... a metal one is fine if you don't.

Let it simmer for about 2 hours. Do not take the lid off of the pot till it cools completely as this will allow the Quinine to escape in the steam.

Sweeten if desired the tea with honey or sugar since it will be bitter. (I don't sweeten it)

Take 1 tablespoon every couple of hours to bring up the phlegm from your lungs.

Discontinue as soon as you get better.....