

## **Making a Honey Pill**

**What are honey pills and why use them?** Honey pills are an herbal medicinal preparation of dried powdered herb mixed into refined honey, creating a dough that is then rolled into pills, coated with wax as a preservative, and dry-baked. Pills are convenient to carry, easy to take, and can be stored for long periods. They release their ingredients slowly and thus are mostly used for long terms disorders where gentle and steady dosages of herbs are desirable. However, because they are easy to ingest and carry about, pills are used to treat some acute disorders as well. Formulas containing toxic agents are often taken in pill form so that the slow release of ingredients minimizes the toxicity and allows the formula to be taken on a regular basis without side effects.

### **What we're putting in:**

- Spirulina, *Arthrospira platensis*: “Often deemed the most nutritionally complete of all food supplements, containing a rich supply of many important nutrients, including protein, complex carbohydrates, iron, and vitamins A, K, and B complex. It also has a high supply of carotenoids such as beta carotene and yellow xanthophylls which have antioxidant properties. It is also rich in chlorophyll, fatty and nucleic acids, and lipids. Thus, spirulina has countless uses as a supplement for maintaining good health and for preventing diseases. Anti-aging, anti- cancer, improves nerves and tissues. Stimulates beneficial flora like lactobacillus and bifidobacteria in your digestive tract to promote healthy digestion and proper bowel function. It acts as a natural cleanser by eliminating mercury and other deadly toxins commonly ingested by the body. (<http://www.herbwisdom.com/herb-spirulina.html>)
- Goji Berries, *Lycium barbarum*, *L. chinesisense*: Oringated in China, but have been naturalized in Britain since the 1730s. Berries are useful for conditions as varied as dryness, sore back and legs, weak muscles and ligaments, impotence, dizziness, and vision problems. Improves sstrength and eyesight. Promotes a healthy gut flora, while lowering 'bad' cholesterol. Stabilize the capilaries, veins, and arteries. Considered to be an anti-aging tonic in Chinese Medicine. Because it is both food and medicine, it can be eaten daily. (*Backyard Medicine*, pg 87-91)
- Jujube Fruit, *Ziziphus jujuba*: “The potent chemical extracted from jujubes, jujuboside A, affects the hippocampus in the brain and is often used as a natural sleep aid. Jujubes can be used to treat both insomnia and anxiety...Because jujubes contain a large amount of antioxidants, they can help improve the immune system and overall health, while also protecting th liver. Their impressive nutritional content also includes a notable amount of vitamin C, vitamin A and vitamin B2. Jujubes also contain vital minerals, such as manganese, iron, phosphorus and calcium.” (<http://www.livestrong.com/article/117526-health-benefits-jujube-fruit/>)

### The Process:

1. *Weigh out* intended herbs and *grind* them. (We'll be using 200g of herb totale: 80 grams of goji berry, 80 grams of spirulina, and 40 grams of jujube fruit.)
2. *Refining the honey*: Heat honey just until it boils to use with sticky agents (which we are using). Or heat honey until it boils and water is steamed off-- darkening it, rnixing it into a deep-red color, and making its thick and sticky-- when using very dried powders with no sticky agents.
3. *Mixing in the herbs*: Slowly mix in honey, working the mixture into a dough, until desired consistency is achieved. The amount of honey used is approximately equal in weight to that of the herbs in the formula. However, fibrous agents require more honey to bind pills together, while agents that contain fats and oils require less.
4. *Forming the pills*: Pinch off small amount of dough (about  $\frac{1}{4}$  –  $\frac{1}{2}$  tsp worth) and roll into a small ball just a tad smaller than the size of a marble.
5. *Coating the pills*: This preserves the pills and prevents them from sticking together. Heat beeswax with oil until wax melts. Use just a few shaving of wax to each tablespoon of oil used. Roll pills in warm liquid until they are uniformly coated.
6. *Drying the pills*: They are then baked at a low temperature (for roughly 8 hours at 110 degrees farenheit, low enough to qualify as raw) until the coating hardens.

