

Intentional Health with Stacie Saterly

Supplies for Optional Hands-on Homework Assignments

Supplies marked with * are available as a kit through Stacie Saterly for \$45

- Quart size jar
- Apple cider vinegar
- Honey
- ½ cup fresh grated ginger root
- ½ cup fresh grated horseradish root
- 1 medium onion, chopped
- 10 cloves of garlic, crushed or chopped
- 2 jalapeño peppers
- 1 lemon, chopped
- 2 Tbsp fresh turmeric, chopped
- Several sprigs of fresh rosemary and thyme
- 1 oz each of Dried Elderflower, Yarrow and Peppermint*
- Tea kettle (or pot for boiling water)
- ¼ oz of dried arnica and ¼ oz ginger root*
- Extra virgin olive oil
- Tins for finished salve
- Double Boiler (or a pot with a jar to act as a double boiler)
- ½ oz beeswax
- Optional essential oils: lavender and ginger
- Optional: Vitamin E oil (1 Tbsp), Rosehip seed oil (1 Tbsp)
- ½ cup Lemon balm* (or 1 cup Lemon balm, if fresh) (if hypothyroidism is present, replace with chamomile)
- 4 to 6 oz Vegetable Glycerin (for glycerite making)
- Dropper bottles for strained glycerite
- 8 oz glass jar with lid for making the glycerite
- 1 bulb garlic
- 1 Tbsp each of 4 herbs* (my favorites to use are rosemary, sage, thyme, lavender)
- 1-16 oz of Apple Cider Vinegar
- 1 pint size glass jar with lid
- 1 cup dried elderberries* (if you are already an elderberry syrup making expert, replace these with elecampane or ginger or astragalus or ask me what ingredients to get for a throat soothing syrup!)
- 2 – 3 tsp dried ginger root*
- 1 cinnamon stick*
- 1 cup honey (raw and local is preferred!)
- Cheesecloth or mesh for straining
- Pot for cooking herbs