





Summercamp TimeLab Gent 2011



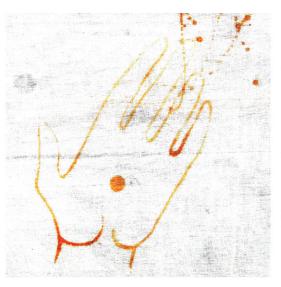
















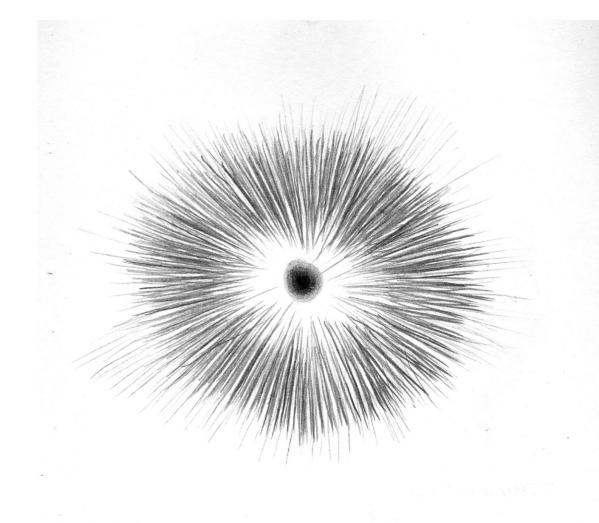


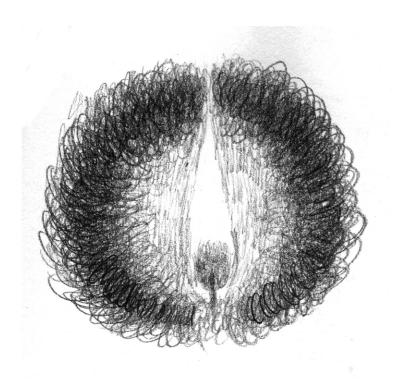
markanite



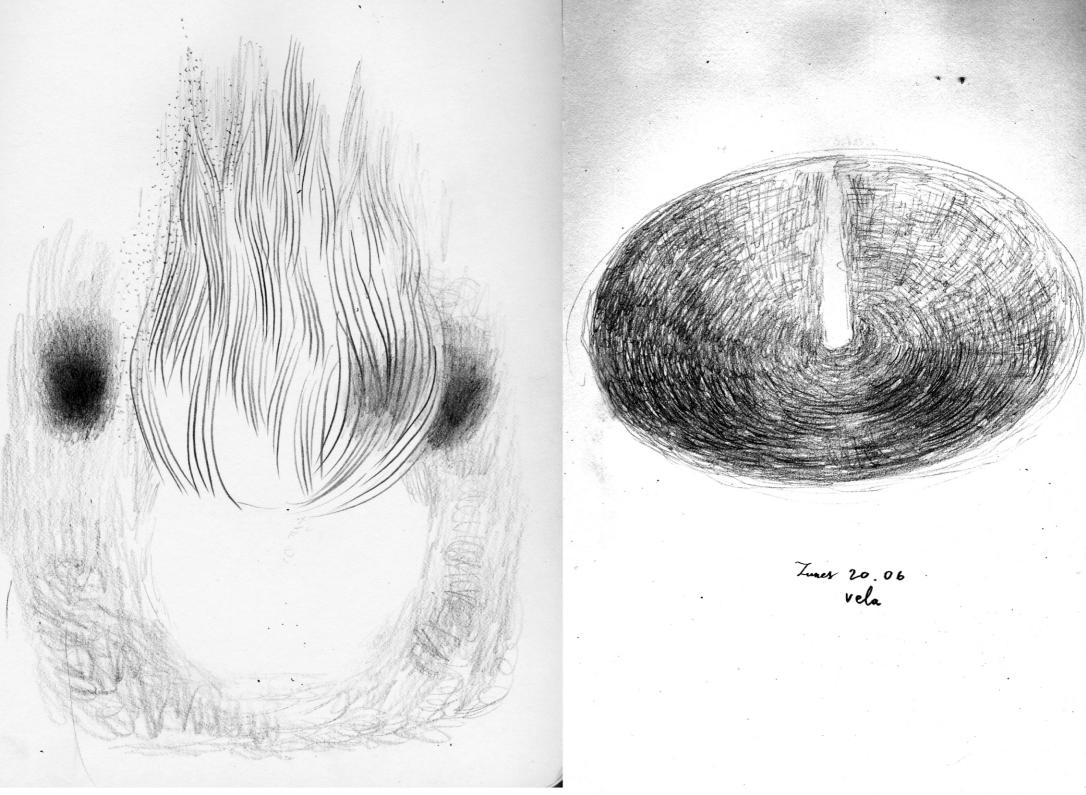
- opens the chakra of plexus solar spiritual proprieties of optimism

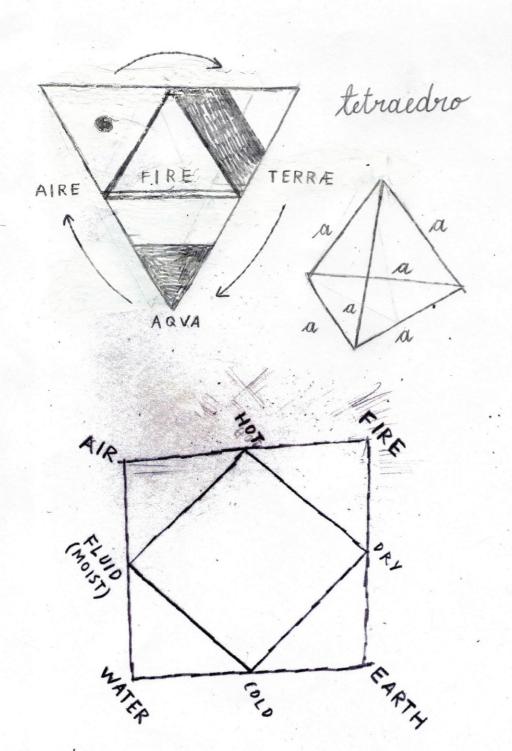




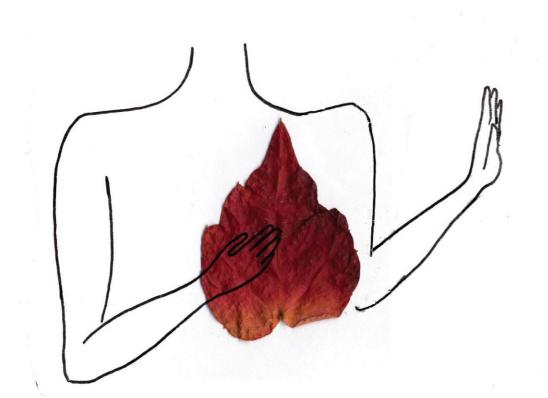


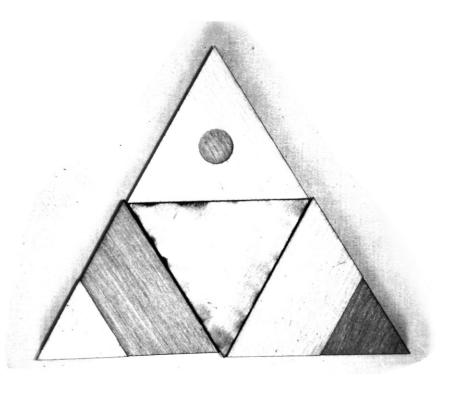




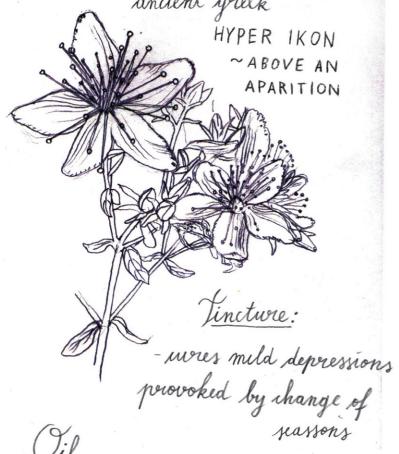








Hypericum perforatum ancient greek

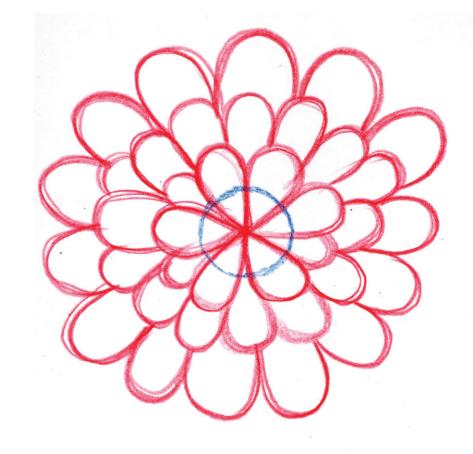


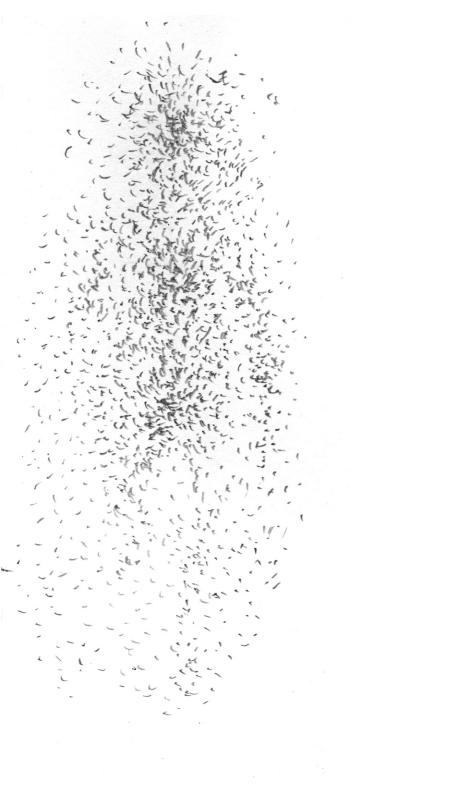
Til

- cures wounds and sunburns

also: San Johns Worth, Kantarion, Coraronsillo

to be picked on the day of I. Yohn as it is a day with longest period of daylight in the year





HYPERICUM PERFORATUM

St John's wort possesses an essential oil, tannins and hydrocarbons.

This plant is attributed to many properties, but above all be a good healing and antiseptic, astringent and vulnerary, is also a plant has slightly sedative and antidepressant properties, although very slight.

It is indicated for the treatment of anxiety, depression, diarrhea, asthma, peptic ulcer and hemorrhoids.

DRYING

Flowering tops are harvested in full bloom and sunny weather, which is normally coincide with the start of summer.

Once harvested the tops and the upper stem, are dried in the shade, $\,$ airy. It dries quickly in the shade, hanging in clusters. Do not exceed 35 $^{\circ}$ C. The plant must maintain at all times its original color.

HIPERYCUM OIL

It is prepared with 125 g of flowering tops, 250 g of olive oil and 125 wine, preferably white. Everything is macerated for 3-5 days, after which the mixture is heated water bath for 3 hours, filter the liquid and compresses soaked in olive oil for local applications..

TINCTURE

Tincture is a method of extracting active ingredients from a plant by leaving the plant in ethyl alcohol or ethanol.

The types of tincture inks, depending on how prepared, can be divided into:

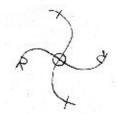
- · Dye-alcohol,
- Dyes vinosas (Medicated Wine)

Preparation:

In practice, tinctures are prepared by maceration. Put the shredded plant in a bottle, preferably dark glass and left in contact with the solvent indicated (hydroalcoholic solution) for 5 to 10 days. The container should be sealed. Subsequently be kept in a place away from heat and sunlight. While the time the bottle should be shaken occasionally and not very vigorously.

Transcured certain time the solution is filtered through a sterile gauze which can be purchased at the pharmacy or drugstore. Squeeze the plant and add the amount of solvent required to obtain the required final volume..





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