

Mullein Flower Oil

1 or 2 ounces of fresh mullein flowers (use tweezers to pick the flowers as to not contaminated them)

Sufficient olive oil to cover the flowers

A fresh chopped garlic clove can be added but is optional. This will add antibiotic properties to the oil.

Put the fresh flowers into a clean glass jar. Add the chopped garlic if desired. Cover with olive oil. Use a piece of nylon or muslin cloth to cover the jar with a rubber band around it. Let the jar steep in a warm place for 2 weeks and strain the oil through muslin cloth or filter paper. Store in a cool place.

Use a dropper to apply to each ear. Use 2 to 5 drops depending on the size of the ear 3 or 4 times a day.

Note: I keep the dropper separate from the jar the oil is stored in. When ready to use get some of the oil in the dropper and run under warm water to warm up the oil before inserting into the ear. This is used for ear aches and inflammation, excessive wax in the ears and hearing loss. It can be taken internally for parasites, 1 tsp. 3 times a day.

Recipe by Jo Francks

