

California Poppy: How and where.

California Poppy is an herbal supplement that works like an opiate, but the alkaloids are different. It is legal, non-addictive and safe even for children. It is prepared as a tincture and drops can be added to whatever you are drinking. I find when I take it with a Tylenol, the Tylenol and CP seem to boost the effectiveness of the other. For those in Canada, half of a Robaxicet with the CP is amazing if you are having intense pain. It helps with pain, insomnia, and anxiety.

Order Ready Made: If you are looking to try California Poppy to see if it works for you, you can purchase prepared tincture from

<http://search.naturalwellbeing.com/search?asug=california&w=california+poppy+extract>

If it works for you, it is much cheaper to order dried, organic California Poppy and make your own tincture.

Order Dried Poppy: <http://www.pacificbotanicals.com/store/product.php?productid=75&cat=&page=1>

How to make California Poppy Tincture:

Prepare 1 litre Mason jars by boiling the jars and lids for 5 minutes.

After the jars have dried completely, each pound of California Poppy can be equally divided into 4 of the jars. (you don't have to make them all into tincture at once, you can keep the dried poppy, pre-measured, in the jars in a cool dry place away from sunlight.)

Fill the jars with 80-100 proof Vodka until the vodka is about an inch above the plant material (this will almost fill the jars, because the plant material will absorb the water from the vodka and expand.)

Note: It is important that the vodka be at least 80 proof (or 40% alcohol) to ensure no mold or mildew can develop. It is important not to exceed 100 proof (50% alcohol) because the water in the vodka helps liberate some of the alkalies that are water soluble. If the alcohol content is too high, you will not get those water soluble alkalies... and you want them.

Screw the lids on tightly and give each of your jars a good, vigorous shaking.

Store in a cool, dry place away from even indirect sunlight.

Shake vigorously every day or two to loosen up the plant material and re-distribute the alcohol thoroughly.

Let the tincture brew a minimum of 2 weeks; 4-6 weeks is said to provide an even stronger tincture.

When you are ready to strain: you will need a large glass bowl and some cheese cloth.

Fold the cheese cloth so that it fits in your bowl with the edges reaching up to the bowl's edges.

Shake your tincture to minimize clumps and pour into the cheese cloth lined bowl.

Gather the edges of the cheese cloth and wring as much liquid from the plant material as you can (men are very good at this... much better than me anyway.)

Place a coffee filter into the mouth of a clean Mason jar, fold the filter down around the mouth of the jar and screw the lid ring on to hold the filter in place.

Pour the tincture slowly into the filter and let it drip through. (you will likely have to change out the filter a few times as it gets a little gunked up)

Voila! The tincture must be kept away from sunlight. Shake well before using. Dosage is 20-40 drops, but can be increased as needed.

Store the tincture in glass as metals and plastics can leach toxins into the alcohol base.

Each 1 litre jar produces approximately one half liter of tincture. Additional Information, including moderate caution for drug interactions:

The following is from an article at: <http://www.webmd.com/vitamins-supplements/ingredientmono-104-CALIFORNIA+POPPY.aspx?activeIngredientId=104&activeIngredientName=CALIFORNIA+POPPY&source=0>

California poppy is a plant. It is the state flower of California. People use the parts that grow above the ground for medicine.

California poppy is used for trouble sleeping (insomnia), aches, nervous agitation, bed-wetting in children, and diseases of the bladder and liver. It is also used to promote relaxation.

In combination with other herbs, California poppy is used for depression, long-term mental and physical tiredness (neurasthenia), nerve pain, various psychiatric conditions, blood vessel problems, sensitivity to weather changes, and sedation. An herb combination including California poppy is also used for sleep and mood disturbance associated with strong, warm wind in the Alps (foehn illness).

How does it work?

California poppy contains chemicals that might cause relaxation and sleepiness.

Insufficient Evidence for:

Anxiety. Developing research suggests California poppy, in combination with magnesium and hawthorn, might be useful in treating mild-to-moderate anxiety disorders. This combination product, called Sympathyl, is not available in the US.

- Trouble sleeping (insomnia).
- Aches.
- Bed-wetting.
- Diseases of the bladder.
- Diseases of the liver.
- Other conditions.

More evidence is needed to rate the effectiveness of California poppy for these uses.

California poppy appears to be safe for most people when taken appropriately by mouth for three months or less. There isn't enough information to know if California poppy is safe for longer term use.

Special Precautions & Warnings:

Pregnancy and breast-feeding: Not enough is known about the use of California poppy during pregnancy and breast-feeding. Stay on the safe side and avoid use.

Surgery: California poppy can slow down the central nervous system, causing sleepiness and other effects. There is some concern that California poppy might slow down the central nervous system too much when combined with anesthesia and other medications used during and after surgery. Stop using California poppy at least 2 weeks before a scheduled surgery.

Moderate Interaction Be cautious with this combination

Sedative medications (Benzodiazepines) interacts with CALIFORNIA POPPY

California poppy might cause sleepiness and drowsiness. Drugs that cause sleepiness and drowsiness are called sedatives. Taking California poppy along with sedative medications might cause too much sleepiness.

Some of these sedative medications include clonazepam (Klonopin), diazepam (Valium), lorazepam (Ativan), and others.

Sedative medications (CNS depressants) interacts with CALIFORNIA POPPY

California poppy might cause sleepiness and drowsiness. Medications that cause sleepiness are called sedatives. Taking California poppy along with sedative medications might cause too much sleepiness.

Some sedative medications include clonazepam (Klonopin), lorazepam (Ativan), phenobarbital (Donnatal), zolpidem (Ambien), and others.