

TIM GOYETCHE

MAY 2025

CLOVE BUD WATER EXTRACT



SCIENTIFICALLY PROVEN BENEFITS OF CLOVE BUD EXTRACT:

2

- ANTIBACTERIAL
- ANTIVIRAL
- ANTIFUNGAL
- ANTI-INFLAMMATORY
- ANTI-ANAPHYLAXIS
- ANTIHYPERTENSIVE
- ANTIHISTAMINE
- ANTICANCER
- ANTI-MUCUS
- ANTIDIABETIC
- HEPATOPROTECTIVE
- ANTI-PLAQUE
- ANTI-OBESITY
- LOWERS CHOLESTEROL
- ANTI-ACNE
- SLEEP AID
- ANTI-GAS
- ANTI-ANXIETY
- INSECT REPELLENT (USED TOPICALLY)
- STIMULATES DIGESTIVE ENZYME SECRETION
- NEUROPROTECTIVE
- ANTISPASMODIC
- WOUND HEALING
- ANTIWRINKLE
- ANTIAGING
- ANTIPLATELET (PREVENTS BLOOD CLOTS)
- IMPROVES CIRCULATION
- MAST CELL REGULATOR
- ANALGESIC (PAIN RELIEF)
- ANTI-GINGIVITIS
- MAY REVERSE RESTLESS LEG SYNDROME
- IMPROVES INSULIN SENSITIVITY
- FRESHENS BAD BREATH
- REDUCES GRAY HAIR IN MANY PEOPLE



HOW TO MAKE CLOVEBUD HOTWATER EXTRACT:

3

WHAT YOU'LL NEED:

- 2L/2Q POT
MUST HAVE SOLID LID
- 2L/2Q PURIFIED WATER
ANY BOTTLED WATER
- 2 HEAPING TBSP ORGANIC CLOVE BUDS
WHOLE CLOVES ONLY
- COLANDER OR CHEESE CLOTH
FOR STRAINING AFTER
- MASON JARS TO HOLD 2L/2Q TO LIQUID
FOR STORAGE ONCE COMPLETED

1. PLACE POT ON STOVE AND FILL WITH 2 LITERS OR 2 QUARTS OF WATER.
2. PLACE 2 HEAPING TABLESPOONS OF ORGANIC CLOVE BUDS INTO THE POT FULL OF WATER.
3. NOW, PLACE THE SOLID LID WITHOUT ANY STEAM OUTLETS ON TOP OF THE POT AND **DO NOT REMOVE THE LID, EVEN TO LOOK AT THE WATER, UNTIL IT IS TIME TO BOTTLE THE EXTRACT. THIS IS CRITICALLY IMPORTANT.**
4. TURN THE HEAT ON HIGH UNTIL IT BEGINS TO BOIL. ONCE IT BEGINS TO BOIL, TURN THE HEAT DOWN TO LOW FOR 1 HOUR. THEN TURN OFF THE HEAT AND ALLOW IT TO COOL OVERNIGHT. **DO NOT REMOVE THE LID!**
5. ****FOR A STRONGER EXTRACT, REPEAT STEP 4, AFTER IT HAS COOLED OVERNIGHT, AND THEN ALLOW IT TO COOL AGAIN UNTIL THE NEXT DAY. DO NOT REMOVE THE LID!**
6. NOW THAT IS COOLED, YOU CAN FINALLY REMOVE THE LID, AND USING A COLANDER OR CHEESE CLOTH SO THAT THE CLOVE BUDS AND THE SMALL PIECES OF THE BLOOD STEMS DO NOT GO TO YOUR FINISHED PRODUCT, TRANSFER THE EXTRACT FROM THE POT INTO YOUR MASON JARS.
7. **REFRIGERATE UNTIL USED!**

OTHER CONSIDERATIONS:

- **NEVER GIVE TO CHILDREN:** CLOVE BUD EXTRACT SHOULD NEVER BE GIVEN TO A CHILD WITH A STILL-DEVELOPING BRAIN, UNDER 10 YEARS OF AGE, AS IT MAY CAUSE SEIZURES.
- **PETS AND ANIMALS:** CLOVE BUD EXTRACT MAY BE LEATHAL WHEN GIVEN TO DOGS AND CATS IN THE SAME WAY ALCOHOL MIGHT.
- **TOXICITY (OVERSODE) POTENTIAL:** EXTREME DOSES OF CLOVE BUD EXTRACT CAN BE TOXIC, CAUSING LIVER OR KIDNEY DAMAGE. JUST LIKE ALCOHOL!
- **DRUG INTERACTIONS:** DUE TO ITS BLOOD-THINNING EFFECTS, IT MAY INTERACT WITH ANTICOAGULANTS (I.E., WARFARIN) AND DIABETES MEDICATIONS DUE TO ITS HYPOGLYCEMIC POTENTIAL.
- **PREGNANCY AND NURSING:** CONSULT YOUR HEALTH CARE PROVIDER FOR ADVICE. EUGENOL IS THE MAIN COMPONENT OF THIS EXTRACT, AND IT IS AN ALCOHOL! I DO NOT RECOMMEND IT IN EITHER SCENARIO.

DOSING AMOUNTS:

- **ANXIETY & BAD BREATH, ACNE, WOUND HEALING, AS AN ANALGESIC, AND ANTI-WRINKLE:** PLACE THE CLOVE BUD EXTRACT IN A SPRAY BOTTLE WITH 2 OR 3 SPRAYS INTO THE MOUTH FOR BAD BREATH AND 5 OR 6 SPRAYS EVERY FEW HOURS OR AS OFTEN AS NEEDED FOR ANXIETY. MIST THE FACE OR AREA OF ACNE, WOUND HEALING, AS AN ANALGESIC, OR WRINKLES 3 TIMES PER DAY TO RESOLVE THESE ISSUES.
- **AS A SLEEP AID:** DRINK ONE OUNCE OF THE EXTRACT, 30 MINUTES BEFORE BED ONLY. THERE IS NO NEED TO FOLLOW UP WITH PROBIOTICS AND PREBIOTICS AT THIS DOSE.
- **ALL OTHER USES:** ALL OTHER USES WILL REQUIRE 3 SINGLE OUNCE SERVINGS PER DAY FOR A MAXIMUM OF 30 DAYS AND THEN FOLLOW UP WITH PREBIOTICS AND PROBIOTICS FOR ONE MONTH.
- **PS:** REDUCING GRAY HAIR REQUIRES ORAL CONSUMPTION AS DEPICTED IN THE "ALL OTHER USES" SECTION ABOVE.

CLOVE BUD WATER EXTRACT

TIM GOYETCHE

MAY 2025

THANK YOU FOR READING