



## Herbal Energetics and Formula Creation

### Transcript – Lesson 2

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Welcome to module two, everyone. Now that you guys have a good introduction and understanding of how the taste of herbs can tell you a lot about the energetics of that herb and what that herb can do. Now we're going to take it a step further and talk about how to combine what you know about the energetics of the tastes of herbs with the energetics of health issues and how to use that information and building energetic based herbal formulas. And then we're also going to talk a little bit about how to make sure you are using proper doses for herbs so that you know your herbs are working. Alright, let's get started.

So, this module is really just a sort of foundational baseline for understanding formula building and matching the energetics of herbs with the energetics of health issues. And we're going to spend the whole rest of the course diving into really, things that just take up one slide in this video, we're going to turn into entire modules. So, I just want to preface this by saying don't stress out too much. You're not going to perfect this and one, you know, 45-minute video. Just sort of sit back and listen and think about the framework. That's really what this module is about. Introducing the thought process to you and then we will dive deeper into it for the whole rest of the course, but again, I just wanna reiterate that these herbal formulas where we're matching the energetics of herbs to the energetics of health issues are meant to be supplemental to lifestyle strategies, whole food and wellness strategy, strategies of joy and green time and movement that all make up a complete holistic protocol and addressing your health issues. But knowing how to make strong, properly dosed energetically matched herbal formulas for your health issue can be very strong supplements to those whole food and lifestyle strategies.

So I want to introduce the concept of energetic based herbal formulas with this visual that we have to the side where if we don't have this foundational herbal training, whenever we have some health issue, like let's say a headache, we may get online and look up what herbs are good for headache. And there's a list of like 30 herbs and we don't know which does what and we know they're all good for headache and so, we're like, okay, and we grab whichever ones we have and throw it in a pot and drink it, right. So, that concept is sort of called kitchen sink herbalism and it ignores what you just learned in the previous module about the energetics of the herbs and it also ignores the energetics of your particular headache or your particular health issue. So, what I'm hoping to do with this first module is sort of reframe that thought process of let's just Google it, grab all the herbs we can for a health issue and take them all, to let me think just for a little bit longer about this. How is this health issue presenting in me? How can I combine that and balance that with what I know about the tastes of herbs and then I can make this formula that's really for me, for my presentation and hopefully be more successful than just throwing all the herbs you have in the kitchen sink and hoping that they work. So, let's get started.

Okay, so this is an image created by Jim McDonald and it really helps visually define what I mean by energetics. Energetics isn't this ethereal woo-woo concept. It's really this scale of six different states. So, there's a hot or cold scale, there's a dry or damp scale and there's a tense or lax scale and every person has their own energetics, which is called the constitution. So, your constitution are the energetics you're born with. Like for example, I tend to be very tense. I tend to be colder than most people and my skin and tissues tend to be dry. So, I would be a tense, dry, cold constitution energetically. Then every health issue has an energetic manifestation, which we're going to learn in this talk. And in my talk in the spring 2018 Home Medicine Summit, I talked about the energetics of plants so that we're going to briefly review what those are cause they're sort of the foundation of where we're going in this talk. And I'm going to teach you

how to take the energetics of a plant, the energetics of your health issue, and the energetics of your own personal constitution and sort of find that sweet spot star that you see in the middle of this whole energetic field to bring you back into balance. Wherever you or your health issue is energetically, we want to bring you back into balance to that sweet spot in that star, in the middle of this picture.

So, as a brief review of my talk in the spring 2018 GrowNetwork Home Medicine Summit, I went over how you can use your taste or really feel sensations in your mouth to learn the energetics of a plant because plants have different tastes or feelings. So, they can taste sweet, bitter, salty, sour. They can feel acrid or astringent or taste aromatic. And depending upon which sensory response we get from a plant. And this is what I mean by the personality of a plant. It's really their taste. Each one of those different tastes tends to fall along different areas of this energetic scale. So bitter herbs tend to be cooling and drying. Aromatic herbs tend to be heating and drying. Sweet herbs, and by sweet we don't really mean sugary sweet, although sugar is also sweet; sweet herbs tend to be warm and moist. So, by tasting an herb, we can learn the energetic personality of that herb. And later in this talk, I'm going to tell you how to use that herbal personality or those herbal energetics to bring you and your health issue into balance.

The method of herbal formulation we're going to use, mostly because it's what my brain aligns with and I can only teach what I understand, right? So, Jim McDonald's class on Herb Mentor called Foundational Herb Craft takes Western herbs and Western herbalism and layers energetics on top of it. He layers the Greek energetics of hot, dry, cold, hot, damp, moist, tense and lax onto herbal actions to create energetic-based herbal formulas that match with the person. And so, he divides herbs into herbs that have foundational herbal actions, herbs that have primary herbal actions and herbs that have secondary herbal actions. So, we're going to talk about what those are. We're going to talk about how it applies to the energetics of pathologies and health issues and then how to build an herbal formula that is energetic space that matches an herb to the person based on the issue they have, the constitution they are born with and the energetics of the plant.

So, in order to do this method of formulation, which again, there's so many different ways to formulate herbs, what we're just going to talk about this one. We have reviewed the energetics of plants, which we'll circle back to in this talk, but now we're going to talk about the energetics of health issues and pathologies and how to take herbal actions and divide them up into that sort of three-layer pyramid triangle of foundational primary and secondary herbal actions proposed and taught by Jim McDonald to create a specific herbal formula that finds the perfect herb to balance the pathology and the constitution to an herbal action to bring you back into balance. As we go through these, I'm going to have little pretend clients so that you can pause and practice figuring out the energetics of a pathology, which area of that pyramid the herbal action falls in and then you're actually going to build an herbal formula by the end of this talk so that you should be able to at least have the thought process to apply this to yourself.

So, we're going to take each energetic axis on here and describe different types of Western terminology for health issues. This is why I like Jim McDonald's cause he applies it in language that we're used to here in this country as opposed to Chinese medicine, which it's really like learning a completely new language, which I just don't have time for right now. One day I'll get into it. The great thing about Rosa Lee's teaching is that she has been trained in Chinese medicine, Ayurvedic medicine and Western medicine, Western herbalism. And so, she mixes them all together in her teachings and just a brilliant way and that's why she's such an amazing herbalist and herbal teacher. Okay, so let's talk about hot and cold health pathology issues. So, if someone is hyper something like hyperthyroid, that's considered a hot issue. If something is flared or sharp and stabbing, that's considered a hot issue. Something's intense if there's signs of redness, that's a hot health issue. If someone has yellow or green mucus, that's considered a hot infection versus cold would be hypo conditions. So, hypothyroid, dull lingering pain or inflammation is considered cold inflammation as opposed to flared, sharp, stabbing pain or inflammation. Anything that's a weakness or a deficiency or a paleness, that's considered a cold health issue. White mucus is considered cold as far as energetics is concerned.

Now let's talk about the damp and dry axis. So, stagnation is considered dampness. So stuck thick internal fluids like croupy coughs where the mucus is just stuck and stagnant and thick in your lungs. That would be considered a damp issue. Oiliness, stuck fluidity, damp versus dry would be things like the atrophy of organs, flakiness, scratchiness. If you have burning sensations, that's considered dryness. Stiffness, you can have tightness from dryness like for example, the way he describes this is if you think about stale bread and how hard it is and scratchy, it's cause it's dry, right? It's lost moisture and so it becomes stale and scratchy and burning and dry. It has lack of pliability. You could also have dryness from lack of oils. So, his analogy to this is if you think of a belt and you oil that belt and keep it nice and oiled and the leather doesn't crack, but if you don't oil it, it becomes cracked and scratchy and less pliable. You don't put water on the belt, soaking in water, right? You soak in oil. So, dryness can come from a lack of water like stale bread or a lack of oils like fat and oils.

And they have different indications, right? So, you want to know which kind of dryness a person has and then you can get inflammation from friction. If something is dry and it's causing friction and rubbing together, then that's going to get inflamed and irritated. So, friction-based inflammation is dry. And then tension; tense versus lax. So, tense is like a tightness, but remember we said there's a tightness from dryness, but there's also a tightness from being constricted and cramped, right? Spasming, cramped, decreased range of motion or function. Those are tense pathologies versus lax is anything that's leaky, draining, prolapsed sagging, hanging, stretched, so bleeding, pussy, draining. So, like a runny nose, most people think of that as dampness, but it's not, right? Because the body's losing fluid, the body's getting more dry. What's happening is your tissues are lax, not damp; they're lax and so, they're losing fluids. And so, they need to be tightened and constricted as opposed to have more fluid or as opposed to being dried up. What else? Ulcerations are considered laxity. So, the cells have become lax and infected from bacteria cause they're lax. Exhaustion is a lax condition that needs tightening and toning and building.

So, I know this is a different way of thinking about conventional health issues with an energetic mentality layered onto them. But the more practice you get and the more you think about it and the more you zoom out and think, "Hmm, is this hot or cold, is this damp or dry? Is it dry from lack of water or lack of oil? Is this runny nose dampness or really laxity? Is this prolapsed organ dampness or is it oh, that's really a loss of tone of those tissues? I need to tighten and tone that." Then that can help you get more of a sense of what herbs would help that person. If something's lax and it needs tightening and toning, you need an astringent. If something is tense, then you need something antispasmodic or something relaxing like a relaxing nervine. If something's dry, you need moistening, if something's damp, you need drying, right? So, your whole goal is identifying the energetic of the health issues so you can counterbalance it with the right earth energetics of herbs. So then what you do is you ask so many questions of that person that you get a good idea for the energetics of the health issue they're dealing with and then you again think about the energetics of herbs in which herbs have which energetics and you choose that herbs for that person, not herb for a disease name because different people are going to manifest diseases different ways and have different underlying reasons for that disease. So, let's give you some practice here.

So usually when someone asks the question, what herb is good for this or what herb is good for this, most people answer that with the anti-herbs. You got an infection, get an antimicrobial, you got some muscle cramps, get an antispasmodic, you got some inflammation, get an anti-inflammatory. We're going to look at what's wrong with that and why this is only successful sometimes instead of all the time as the name of the anti might imply and something I just want to preface this with is this, one of the dangers of using the herbs wrong is that one, it's not going to help the person, but two, it makes it look like herbs don't work. And when herbal studies set up formulas this way to test herbs without matching the herb to the person, it results in studies that show the herbs are ineffective or it results in people not getting help from herbs because they weren't matched with the herb for them. Instead, they were matched with some anti-herb for some disease name. Let's look at what the problem is with this.

So, let's say someone comes to you with the health complaint of inflammation. So, here's the copy of the slide that I showed you when we were going over in the energetics of pathologies. Notice that there is inflammation in almost every kind of energetics. There was sharp stabbing inflammation, there was dull lingering inflammation, there was damp, congested inflammation, there was dry friction-based inflammation and there was tense inflammation. Now if you just take an anti-inflammatory without taking an energetic based anti-inflammatory, let's say you have friction-based anti-inflammatory from dryness, and you take turmeric, which is world-renowned for being an anti-inflammatory. Turmeric is so drying. Guess what's going to happen to this person who has inflammation from friction? You think they're going to get better? They get worse, right? The dry anti-inflammatory herb is going to exacerbate the energetics behind the inflammation. So, you first need to understand the foundational causes of the symptoms of the people, and then match the energetics to the ... that would balance the health issue energetics that they have.

So instead of starting with the antis, we start with the herbs that have foundational actions that he calls the visceral actions of herbs, the herbs that are the herbal actions that you can taste and sense and know exactly what energetics they are. You know, exactly if it's heating or cooling or drying or dampening or stimulating or relaxing. And guess what you happen to already know what these are. And how do you know these foundational action herbs? It's because it's the herbs that you can taste and we've been learning about the taste of herbs. You know from smelling and tasting aromatics that they're usually heating and drying and both relaxing and stimulating just depending on the tissue you're talking about. You know from bitters that they're cooling and drying. You know from demulcents that they're moistening and cooling. You know from astringents that they're tightening and toning, right? Because you tasted them and you can sense it.

So, if someone has hot versus cold, dry versus damp, tense versus lax health issues, you're going to balance that with the herb of the opposite foundational action. So, what I did on here is I said, "Okay, for a hot health issue, bitters are cooling, demulcents are cooling, astringents are cooling. For a damp health issue, aromatics are drying, bitters are drying. For lax health issues, astringents are tightening and toning. For cold health issues, most aromatics are warming. For dry, demulcents, fats and oils. Now, why on earth would I put astringent match with a dry health issue when astringents make your mouth feel so dry? But remember what I said, astringents are drying locally, but they help your tissues hold water and moisture in, so they're moistening systemically. Alright, so if someone's tense, those aromatics are relaxing, the acid were those relaxing, strong, relaxing, nervine. So, you're going to balance the health issue with the foundational action of the herb. So, you're going to know, "Oh, this person's hot and dry. They need cooling and moistening, Oh, this person's damp and cold. They need warming and drying."

And you know that by tasting the herb. So, here's a great example of why this is so important. If someone comes to you with a cough, you may be like, "Here, let's take an antitussive, right?" Stop the coughing, but you don't necessarily want to stop the cough if there's mucus in them, right? Instead, think about it energetically. Do you have hot coughing? Let's cool you off. Do you have cold coughing? Let's warm you up and get it moving. Is your cough stuck and stagnant? Let's get it moving and dry it up and cough it up versus if your cough is tight and dry, let's moisten it to get that fluid out; that dry, stuck fluid out. Do you have tense, constricting, spasming? Let's relax those lungs so you can better cough up all the mucous. Do you have this loss of tone like your ... this weak cough? Let's tighten and tone it so that your lungs can strongly cough up and get rid of all that mucus.

So, whereas in conventional medicine it's really like let's just stop the coughing cause the coughing is the symptom and we need to get rid of it. Instead, think what is this cough trying to do? Is this cough trying to get mucus out of my body? Yeah, let's help it do that, but how do we help it has to be thought of from an energetic standpoint. And so, you've got to ask a lot more questions, right? What color is your mucous? Do you feel like there's fluid stuck in your lungs or are you coughing it up? When you cough it up, is it thick? When you cough it up, do you feel tightness in your chest? Do you feel tightness cause it's dry or is it really spasming, right? And then you know the herbal energetics to match with it. Cause there's lots of herbs for cough, but the herbs for cough range throughout all these different energetics and only

the right one's going to be successful. The other ones will exacerbate it and they'll think, you know, you're an herbalist who doesn't know what they're talking about cause you made them worse instead of better.

So, something that's really important to bring up here that I've sort of been alluding to is I was like, how can you have an astringent that's moistening? How can you be drying and moistening? How can you be stimulating and relaxing? I said that aromatics are most stimulating and relaxing. Well, you can be stimulating to the brain while you're relaxing to the muscles and that helps you think better and function better. So, you can be different actions to different tissues and organs at the same time. So, the analogy he gives for stimulating and relaxing at the same time is let's say the water hose is like a blood vessel and you're trying to get that blood to flow more, right? And one way to get that water to flow more is put your finger over it and stimulate the flow. So that would be stimulating.

But notice there's a kink in the water hose so you can only stimulate it so much without relaxing that kink in the hose or relaxing the muscle, then the water's gonna flow. So, you need to stimulate and relax at the same time to get that water flowing better, right? Same thing with astringing or tightening and toning a tissue versus relaxing the tissue at the same time. We'll if a tissue's like all inflamed cause it's infected cause it's all loose and lax and then you astringe it and it restores the balance of the ecosystem there, all the tissues around it will lose inflammation and will relax. Same thing with the drying and moistening. I've already explained that if you tighten and tone that little satchel over there, it'll hold in the moisture that's inside of it versus if it's all open and leaky, all the moisture's going to be leaving it. So, he says, try not to think of herbs as dichotomies. Try to think like, how can these things be happening at the same time, cause we're always this makeup of tons of different tissues, tons of different things, internal and external, systemic versus local. So, you really have to broaden how you think about the body, not just in terms but in function when you're trying to match the herb to the person and the energetics.

Okay, so now we've looked at all of the herbal action categories and designated the ones that give us a visceral sensation, a feeling or a taste that tells us where along these axes, that herbal action falls. And we've called these herbal actions foundational. So just to reiterate herbal actions that tell us just by the name, "Oh, this is hot or this is cold, this is dry, this is damp, this is tense, this is lax." Those are foundational action herbs and we know that those foundational actions are going to be needed based upon the energetics of a particular health issue that someone is presenting with. Then what you do is you go up the pyramid to the next category of herbal actions, which are primary herbal actions. This is going to help us get that astringent to the right organ system. Get that aromatic to the right organ system so that you can heat up or cool down or dry up or moisten the right part of the body. Now we're going to go on to primary actions.

So primary action herbal actions are organ-specific, meaning by definition, the word of the herbal action specifies a specific organ system. So, diuretics refer to the urinary system. Expectorants refer to the lungs. Galactagogues are the breast tissue. Lymphatics, the immune system. The reason why these are primary action instead of foundational action is because the word adaptogen, which is the stress system, right? The word adaptogen doesn't tell you, is this a warming or cooling adaptogen. Is this a moistening or a drying adaptogen? You don't know. So, you have to start the thought process with the foundational energetic goal for this specific person. That way when you then choose the primary organ-specific herbs that you're going for, you choose the one with the right energetic. Do you want a moistening diuretic or an astringent diuretic or both? Do you want a heating diuretic or a cooling diuretic? If you start with the primary organ-specific herbal actions, you don't know. But if you start with a foundational action and then move up to primary, then you know which specific primary herb will fit the definition that you're looking for, for this specific person. So just to reiterate, primary action herbal actions are herbal actions that by definition refer to a specific identifiable organ system.

So for example, let's consider someone who's stressed. Usually, when someone's stressed, you're like, "This person needs adaptogens long-term to deal with chronic stress and they may need some nervines to help them relax and deal with this stress." So, you may just pick your random adaptogen or a random nervine or you may pick three adaptogens in three nervines and throw them together in a formula. This is how a lot of herbalists do herbalism, but as you can see here, that's not a good way to function, right? Because let's say someone is stressed because they're overworked and

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tense and they discharge their anger and they're emotionally reactive. A totally different group of adaptogens and nervines are going to be useful for that person compared to someone who's stressed, who's depleted and lethargic and holds everything in and just sits there foggy-headed and sits there and dwells silently and that's why and how they're stressed, right?

Versus if you go to the doctor, they're going to give you a beta-blocker, right? Or an anti-depressant, match it to the disease name. And so, what we're saying is we want to be careful to not say, oh, just because we're using herbs, we're not matching their herb to the disease name because you very well can. If you say someone's stressed, oh adaptogens and nervines are good for stress. Let's just pick some. You're matching the herb to the disease name and not the person versus if you think energetically about what that person needs and how they're manifesting and you choose the right adaptogen and nervine for that type of stress that person has, now you're going to be way more successful. That person's going to think you're the most amazing herbalists on the planet and that you're a miracle worker. When really all you did was ask questions about them instead of their disease name.

So, once you know the energetics of the herb, you need to match the person and then the organ-specific action, that's where you add in the anti. Once you know the type of inflammation, pick the anti-inflammatory for that organ and that foundational action. Once you know that type of spasm, pick the antispasmodic with ... for that organ, with that visceral foundational action. Once you know the kind of pain, the kind of infection, then you pick the herbs for that specific organ with that foundational action, and now you've got the herbs that you need for that person.

Now you know that you need an anti-inflammatory and that this person has tight, dry, scratching burning inflammation. Turmeric's not gonna work. That's why they've been taking it for five years because their doctor told them to and the health food store person told them too, and they got worse and worse and they didn't get better. You switch them to a damp, moistening anti-inflammatory and they're better in a week and they think you're a genius and you're not, you just match the herb to the person. This isn't just true with inflammation, right? This is true with every health issue. Every health issue has an energetics and every plant can ... there's a plant that can balance that energetics. You just have to ask the right questions.

So, what you are not going to do is use Google. You are going to use websites by clinical herbalists who practice herbal formulation energetically. And so, I'm going to recommend [herbalremediesadvice.org](http://herbalremediesadvice.org), not.com. That's Rosalee's website and [herbcraft.org](http://herbcraft.org). That is Jim McDonald's website. These are the tinctures who taught this method that this presentation is based off of, so these are the resources you should use and we're going to walk through an example of how to use them. The second link, [herbalremediesadvice.org/herbal-energetics](http://herbalremediesadvice.org/herbal-energetics), that's where we're actually going to start. The very bottom link is the availability to purchase two PDFs that are worth way more than what Jim McDonald charges where he walks through every single herbal action and specific herbs that meet those herbal actions and how to use those in specific pathologies. But if you just want to start off using free resources, I'm going to show you how to do that. Just please remember above all else, do not just Google.

So let's walk through an example with your first pretend client, your digestive system client, and then you can pause for the next ... you can pause the presentation for the next clients and build your own specific herbal formula with herbs matched to the person's energetics and presentation, not disease name. Let's get started. So, this is a screenshot of the webpage, [herbalremediesadvice.org/herbal-energetics](http://herbalremediesadvice.org/herbal-energetics). This is where you should start and it has a list of every single herbal action. And what I'm looking at here are anti-inflammatory herbs that can identify anti-inflammatory herbs as a possible herbal action for my digestive system client cause they were cramping. Now you may be yelling at me, Hey, I thought you said start with foundational herbs. You start your formula building with the foundational herbs, but you start your herbal research with filling in your formula with the primary or secondary action herbs.

So I just happened to start with the anti-inflammatory and I see this long list of anti-inflammatory herbs, but because I know through my formula building that I am going to need a heating, digestive system herb because they had hypo

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digestion cause they were only having a bowel movement every four to eight days. But I also want a moistening anti-inflammatory herb because they had painful scratchy bowel movements. So, I'm going to start by clicking on each of these herbs and reading Rosalee's monograph about them and as I'm reading them, these are all anti-inflammatory. But I'm looking for a heating, moistening anti-inflammatory herbs and I'm going to start with turmeric because that's like the most famous herb and it's been proven to help all these health issues. So, I'm thinking that might be the herb for me. So, I'm gonna click turmeric and read Rosalee's monograph on what it says. So, let's see what that looks like.

So I clicked on the turmeric link and it took me to her monograph all about turmeric and I'm reading and I scroll down and I see down here where she starts to define turmeric as warming, which is good cause I wanted warming, but it's also drying, which isn't good because I don't want something drying because my particular client had painful, scratchy bowel movements and scratchy equals dry. So, I don't want to use a drying herb for a dry manifestation. I wanted a moistening herb. Now, what if this monograph didn't say warming and drying and all it said was the taste was pungent and bitter. Well, if you remember the energetics or the personalities of herbs, the pungent taste is often drying and the bitter taste is also often drying and if I look at this plant property, and I see it's astringent, well, astringent is locally drying and it's used for diarrhea.

Well, my client doesn't have diarrhea. My client has constipation, a bowel movement every four to eight days. So, it seems like this herb is going to be super drying both based on the energetics, the taste, the plant properties, the plant uses. This may not be the herb I'm looking for, even though it is anytime inflammatory, but it's not energetically matched to this client. So I'm going to go backwards, back to my list of anti-inflammatory herbs and choose another one to click on and I'm going to keep reading and keep reading until I find an anti-inflammatory herb that's also moistening because I know moistening was one of the foundational actions I needed to find for this client. So, I keep reading down the list of anti-inflammatory herbs. I see ginger's also drying. The next one's drying, the next one is drying. I'm getting frustrated.

Then I click on marshmallow and I scroll down and I see, "Oh marshmallow's sweet. The sweet flavor personality is usually moistening." Then I see next to energetics, it's moistening. I see next to herbal properties, it's demulcent, which is moistening and it's also anti-inflammatory. So, and it's good for digestive inflammation. Well, that sounds like it's a much better match than turmeric, right, for my client even though turmeric has, you know, hundreds of research papers on it and it's good for inflammation. Well, so is marshmallow, but marshmallow's moistening which is what this client actually needs. So instead of suggesting turmeric, which might be suggested by everyone else this person talks to, you're going to suggest marshmallow because it meets the need of the painful scratchiness. Now, this doesn't take care of the gas and bloating and the cramping. So, you're going to do this for all of the different herbal indications that you would ... you specified in your formula. So, this will address the moistening part of the formula and the anti-inflammatory part of the formula, but make sure everything you mentioned in your formula, like you may have said you need a carminative to address the gas and bloating. Well, now you're going to go back to that herbal energetics page, find carminatives and find a carminative that matches your formula, but now that you have marshmallow in this formula, your formula is moistening. So, you've met that foundational herbal action.

So, as you probably noticed, as you clicked through some of the herbs on this webpage, Rosalee does not have a monograph for every single herb. So, if you get to a point where Rosalee doesn't have a monograph and Jim MacDonald doesn't have information on his herbcraft.org website, still don't Google. Okay, here is a list of the different taste personalities of lots of different herbs. And so, you can remember that the bitter herbs tend to be cooling and drying, salty tends to be neutral and drying, sweet tends to be moistening and warming, so on and so forth. So, if this is where you have to start, that's fine. Another great resource that's not free, but it has a lot more information on a lot more herbs is herbmentor.com. It's a membership site that's only \$10 a month. I strongly recommend it if you're not finding luck on some of these free websites from clinical herbalists learning the energetics of different herbs.

So, if your heads are spinning, don't worry. We are going to spend all the rest of this course diving into each of those tissue states. So hot versus cold health issues, what herbs can help with those. Dry versus damp health issues, what herbs can help with those. Tense versus lax health issues, what herbs can help with those and then we will practice. I'll have you practice with more client scenarios, but like I said, I really just want you one, to not panic and two, to just be thinking about this pyramid as a change in thought process so that that teapot up there isn't just a handful of all the herbs in your kitchen that are good for this or good for that, but that, that teapot is a few herbs that you were like, "Hmm, so my issue is really sort of cold and dry and therefore I need warming and moistening herbs that are good for this organ system and this organ system and that have this in result."

So that now that teapot is matched to you and your presentation using what you know about the energetics of plants, the energetics of your health issues, and using those to balance out what's going on with you health-wise. And again, we're going to dig into that, but for now just sort of be thinking about and pondering this thought process. So, let's shift gears a little bit and leave this for now. We'll come back to it in module three in much deeper, more hands-on practice and let's talk about herbal dosing strategies so that when you are making these formulas, you know how much of each of these herbs to use, right?

So undoubtedly the second most common question, a close second to which herbs should I take, is how much of this herb should I take? And I hate to tell ya, there's not a standardized answer to that question. When we think about how much of a specific herb we should take, it's going to depend. That's always the answer. It depends. It depends on the person. Is this a younger or older person? Is this a heavier or lighter person? Is this a super vital person or is this a weaker person? All of those things are going to come into play when you figure out dose. Also, you have to ask yourself, what herbs am I taking? Depending on which herb you choose, you know, as we've learned, different herbs have different energetics and have different medicinal strengths, and so the dose is going to depend on which herb, why you're taking the herb; is this for just a one-time acute issue? Is this for a lifetime chronic issue?

You'll have different strategies for those different scenarios. Is this more about restoring vitality or is this really a sort of intelligent allopathy where we're just trying to suppress the symptom so you can make it through the day, right, cause those are our two very different ways you can use herbs. And then how we're taking the herb? Is this ... are you taking it as a tea or a tincture, as food or as powder? All of those things are going to come into consideration when you figure out how much of an herb you should take and the link here, I'm going to put this in your resources, but I just always like to give credit where credit's due. So, this link goes to the website of my tincture who first introduced these concepts to me of the ins and outs of herbal dosing. So, you can go check that out, but I tried to include as much of what I know as possible here in the following slides. So, let's get into how to sort of think through how to determine a specific dose of an herb or a group of herbs for someone.

So just going down the list of several things to consider when you are considering herbal dosing is one, you want to know the strength of herb that you're using. So, is it a food-like herb where you're gonna use more? Is it a medicinal herb where you're going to use less? Is it a toxic herb where you're going to use very low dose? We're actually not going to be learning a lot of those in this course, but I may mention some in passing. You also want to consider the potency of the herb. If your herb is colorless and has no smell and has been in your cabinet for 15 years, probably no amount of that herb is going to do the trick. So, you always want to make sure you have as fresh as possible herbs so that they're as potent as possible. And I don't mean dried versus fresh. I mean if it's dried herb, make sure it's not 15-year-old dried herbs, right? The preparation matters. Are you taking this as a tincture or a tea, as a powder? And we'll go through some of those in some slides here coming up.

There are also different ways that herbalists do herbal doses. So, a therapeutic dose tends to be a really high dose for a short period of time, maybe a week, maybe a month, maybe six months. A titrating dose is a dose where there's a range. So, you may have looked up in an herb and seen, "Take this herb in three to 20 grams" and you're like, "Uh, that's a pretty big range," and there's a good reason for that because everyone is different, right? So, a titrating dose means you

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start at the lowest amount of that range and you slowly increase it daily or weekly until you find the dose that works for you and then that's your dose long-term. And as I mentioned before, really toxic herbs like, let's say poke root, that you take with drop doses or you usually only take them in formula, those are herbs where a teeny bit goes a long way.

And so, if you're going to take them for any amount of time, they need to be taken with other herbs. So, as part of a formula and usually, even then as part of an acute short-term protocol, which leads me into frequency of taking the herb; is this an acute protocol that you're doing short-term? Is this a chronic protocol that you're doing long-term? And I'll go over that in a few slides as well. You also want to consider this size, the age, the constitution of the person. In general, if you're looking up herbal doses in the clinical herbal book or from a clinical herbalist from the resources, I provided in module one, which are really the only places you should be looking at herbal doses. You shouldn't be Googling this.

You should be using clinical herbal books or websites by clinical herbalists. Those doses are for a 150-pound adult. So, you're going to use less than that recommended dose for sensitive people, weak, depleted people, young people, the elderly. You're going to use more than that for larger, robust, less sensitive people, right? So, these are all things to consider. A really interesting thing to know is that the different fields of herbalism, so Chinese herbalism, Ayurveda, Western herbalism, they actually dose their herbal formulas very differently from each other. So, an Ayurveda may tell you to take three ounces of an herb and in Western herbalism, it may tell you to take one dropper full of the herb. A cool thing to know is that in Chinese medicine, if a formula has, let's say 10 herbs, you're going to take the full dose of all 10 of those herbs.

So, you may be taking ounces and ounces of herbs, but in Western herbalism, they tend to have an end goal of the amount already in mind, so like maybe 15 grams. And so, if you're taking 10 herbs, you're actually going to take a fraction of the doses of all 10 of those herbs so that they add up to say 15 grams. So, there's even different theories behind developing these doses. So I know this didn't make the question, how much of this herb should I take easier, but I want you to see that there is no standard answer and consider lots of clinical resources, consider the person, consider the goal and maybe titrate or maybe experiment and find the dose that works for you. But definitely consider all of these things.

So, this is just a generalization and of course, they are going to be some herbs that break these rules, but in general, if you have a chronic health issue, like a health issue that you've had for years and years, it's not ... it hasn't gone away. It's not like a fever or an illness, just a chronic health issue. You're going to take higher doses but less frequently. So for example, you'll take higher doses three times a day for six months or for a year or you know, for forever versus for acute illness, like cold, flu, an injury, that sort of thing, you're going to take smaller doses compared to the chronic dose, but you're going to take it more frequently. So, you actually end up taking more of the herb because you're doing frequent doses like every 30 minutes to an hour, but you're doing that for a shorter duration, like for a day or for three days, or for a week or until three days after symptoms go away. So, this is something that a lot of people don't understand about dosing for herbs. It's not like conventional medicine where you take something once every 24 hours or once a day. For acute illness, you're really dosing herbs very, very frequently and a lot of studies on herbs, on the efficacy of herbs that show that herbs don't work, they didn't dose this way.

They dose like conventional medicine doses and they're like, "Here, take a dropper full of echinacea once a day" and nothing happens. And you're like, "Yeah cause you didn't really take that herb." So, when you're looking at studies about herbs and trying to figure out where science sort of merges with tradition and with experience, remember in those scientific studies, if an herbalist didn't design it, likely the dosing isn't going to be accurate. And then for yourself, ask yourself, when you're dosing herbs, is this a chronic everyday long-term issue or is this an acute, I need very, very frequent doses sort of issue. And again, like I mentioned, not every herb is gonna follow these rules, but this is just a generalization.

For a few guidelines just to start you off somewhere, if you're using bulk dried herbs, the type of herb you're using, which is going to relate to the taste, will determine how much of that herb you're going to use in your dosing. So, first of all, I would just like to preface this advice I'm about to give by saying, weighing your herbs is always better than measuring your herbs by volume. So, I'm going to tell you all these teaspoon and tablespoon and cup recommendations and these are really just so standardized that the more you learn, the less useful they are. But I just want to give you something to start with. But when you look in clinical herbal books and really accurate herbal dosing, you're really gonna want to be weighing your herbs and for your homework, which I'll tell you about in a minute, you're gonna explore why that is.

But just in general, if you're using the salty taste or a nutritive herb, you are going to use a lot more of that herb so you can get more vitamins and minerals. So, you're going to make what Susan Weed calls a nourishing infusion. So, an ounce of that herb per quart of water every day and you're going to have a long steep time so that you're pulling out all those vitamins and minerals. And so, the steep time for that is like four to eight hours or overnight. Some of my students do experiments and they're finding that one to two hours pull out just as many vitamins and minerals as four hours or eight hours, but do whatever makes you happy, right? So longer steep times, more herb to get those salty vitamin and mineral constituents versus if you're using the aromatic or bitter flavor profile type of herbs, you're going to need a lot less of them.

They're a lot stronger and more potent medicine and you're going to steep them for a shorter amount of time. If you've ever steeped an aromatic or a bitter herb for more than 30 minutes or an hour, you'll see what I mean. And when you have a bitter alkaloid or those aromatic oils, a little goes a long way. So, in general, the recommendation is a teaspoon per cup and then the frequency is just going to depend on the health issue. Now there's exceptions to this, right? So Rosalee de la Foret, one of my tinctures, she'll say, "Sure, you can take a teaspoon of chamomile and that's a really yummy tea, but if you take like a cup of chamomile per cup of water, that's a really strong tea that's gonna knock you out, so that's a therapeutic dose. So again, keep the goal in mind, but for just day to day, use lower doses of aromatic and bitter herbs compared to the nutritive herbs.

And then all the herbs that are in between, so like a tablespoon per cup of water is somewhere to start with and now, these are all leaves and flowers. If you're using roots, bark, seeds, the fruits, dried fruits of the herbs that are a lot harder, like actually like physically harder, you're gonna want to boil those cause just steeping them in just boiled water isn't going to pull out all of the herbal constituents. So those are herbs that you decoct and decocting is where you boil an herb water for at least 20 minutes. So now again, these are just generalizations. You want to look each herb up before you use it in its clinical herbal book and like I said, sometimes a teaspoon of a bitter's gonna be too little.

Sometimes a tablespoon of a non-aromatic bitter is gonna be too much. Sometimes five minutes might be too long, sometimes eight hours might be too short. For example, medicinal mushrooms, you actually want to decoct those for as many hours as possible. So, there's always exceptions. It's hard to standardize with herbs and that's why you can't really just say how much of this herb should I take and get a clear-cut answer. One thing I do want to mention here is everyone's generally concerned with how much water should I use? How much water should I boil this in? How much water should I steep this herb in and really the amount of water doesn't matter. It's the amount of herb that matters. So, let's say I make a nourishing infusion in a quart of water and I taste it and I don't like it. Well, I can dilute it as long as I'm gonna drink all of that water in that day. Or let's say I make a whole cup of chamomile in one cup of water and I think that's too strong, or there's too much herb for that water, I can add water to it to make it practical to extract the constituents in that herb, as long as I'm going to drink that water. So, the amount of water doesn't matter. It's about practicality and preference. As long as you're going to ingest that dose of that herb in the set amount of time.

Now really quick, I just want to mention we're going to go over a lot of these medicine making techniques in future modules. I'm just sort of introducing these concepts now, so don't be like, "Oh my gosh, what's a decoction or a nourishing infusion or a tincture, right?" We're going to go over all of these things, or you can check out the herbal

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medicine making course that's on the GrowNetwork, but again, I'm going to go over all of those things in future modules as well. So, let's talk about preparations of herbs. So, one way you can take herbs is bulk herbs, which is what we just went over, which is usually dried leaf or roots or seeds, et cetera. And another great way to take herbs is through ingesting the powder. So, one of the reasons why you might want to ingest the powder, is all of the other ways of taking herb tea, tincture, vinegar, honey, et cetera, is you're throwing away most of the herb, right?

You're using some kind of liquid to extract medicine out of the herb and then you throw the rest of it away. Well, when you ingest a powder, you're ingesting 100% of that herb, all of the constituents, you're not throwing anything away. There's a lot of herbs where that is very useful for and there's a lot of herbal traditions where herbs are usually taken as powder. So, for example, this is very common in Ayurveda. So, in Ayurveda and traditionally people took powdered herbs by eating them, right? This is "your food is medicine," so stir it in water and drink it, mix it with a fat, like a nut butter or ghee or butter or yogurt and eat it, make smoothies with it. These are all great ways to consume your herbs as food. You can even stir powdered herbs into honey and then take your honey that way, but in our culture, we sort of have aversions to many tastes of the medicinal herbs. So, if you or you happen to have a client who just won't ingest the powdered herbs, you can definitely take them as capsules and I include some capsule conversion measurements here because there's different capsule sizes. So, you have to be clear on are you using an 0E or a double 00 or a triple 000 capsule because that will determine the dose.

So, tinctures. Tinctures are where you soak the herb alcohol for a set amount of time. The alcohol extracts the medicinal constituents of the herbs and then you throw the herbal way. So, we already talked about in module one, which tastes of herbs are best extracted by tinctures and what tinctures are great for, but just to reiterate, tinctures are really useful for preserving an herb that you don't need to take just right now, right? Like, if you have lemon balm in the summer and you know you're gonna want it in the winter, you can make a tincture of it that way you have it when you want it, but not all tinctures are created equal. We will learn in future modules in the course how to make ratio method tinctures. But you may have seen this on tincture bottles where you have a one to two ratio tincture, a one to four or one to five.

Basically, what that means is that's the amount of herb per alcohol; so, a one to two, you have twice as much alcohol as herb, but a one to four you have four times as much alcohol as herb. So that's going to be a weaker tincture, right? So, you're going to dose a one to four or a one to five higher than a one to two because you're going to have take more to get the same amount of that herb. Also, the strength of the alcohol matters. So, some herbs are full of alkaloids that are extracted by alcohol and there are no constituents in there that need to be pulled out by water. In that case, you would use a 95% alcohol, that's only 5% water, but some herbs are made up of some alkaloids, some things that need to be water extracted. And so, you would use a lower percentage of alcohol. However, the lower percentage of alcohol, the lower preservation quality, it's going to have.

Also, you'll hear doses given in dropper fulls or drops, but the issue with that is dropper sizes differ and so, therefore, drop sizes and dropper full differ. The viscosity of herbs can even differ or the viscosity of formulas can differ. So, one drop isn't equal to another drop. So, you just have to be clear about that. In general, dropper full means one mil. So, if you want to actually measure it, you can do it that way. One thing to consider with tinctures is that you are going to take less because it's alcohol and you're not trying to get tipsy here and so just remember the dose and frequency is going to be different than bulk herbs and teas and powders. And it'll address that in any clinical herbal book where you're looking up these doses.

Sometimes you will find a very frustrating situation where you want to take the herb in bulk, but you can only find doses as a tincture or vice versa. You want to take it as a tincture, but you can only find doses as powders or as decoctions or in bulk. So, here are some conversions like preparation conversions, tincture to bulk or tincture to capsule or bulk to capsule that you can use. And if you look at some older herbal books, they'll talk about drams. So, here's a conversion of fluid ounces to teaspoons, to drams, drops and dropper fulls and what I'm going to do is put this in your resources list for this module. That way you can go ahead and just print it out.

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Now, something that's transferred over from conventional medicine into herbalism is the development of a fear of being harmed by our medicine. So, if you take conventional medicine the incorrect way, you can definitely cause a lot of harm, right? You can die. And so, when we start taking herbs, a lot of people come over into herbalism or holistic living because of the fear of the side effects and withdrawals, et cetera, the dangers of conventional medicine. And so, we come into herbalism scared to take our herbs, especially if you have an herbal practitioner saying, "I want you to take three ounces of this herb every day" or "take three dropper fulls of this herb every 30 minutes." And you're like, "Uh, that sounds pretty scary." So, what happens is we have the opposite of the placebo effect, it's called the nocebo effect where something ... we think something negative is going to happen and then it does and then the new thing we're doing is taking this herb. And so, we blame it on the herb, even though it could be any number of other things or it could just be a nocebo that was created right?

And you, I'm going to put this link in your resources, but here's where my teacher, Rosalee de la Foret talks about this phenomenon. But in general, what you should do is take an herb three different times, different times of day in different scenarios. If you think an herb is causing a side effect, which there are side effects from herbs, I'm not going to lie about that, but if you think you're getting a side effect from an herb, take a couple of days off. Take it again, take a couple of days off. Take it again, repeat that three times and if you take the herbs three different times, three different days, and you always get the same side effect from it, then blame the herb.

But in general, we have the human tendency to be like, "Okay, it's the only thing new I did today was take an herb and I got a headache," or "the only thing new I did today is take an herb and I fell down and sprained my ankle," right, and then we blame the herb. The last one doesn't really happen, right? So just be aware of the nocebo effect, but also be aware of the side effects to look for and know to sort of experiment before you rule out taking an herb for causing you side effects. But also, do be aware like if you have an aster family allergy, lots of herbs are in the Aster family. If you have a nightshade allergy, lots of herbs are in the nightshade family and there are some herbs that do traditionally even cause side effects in people. And if you give a hot, energetic herb to someone with a hot constitution that may exacerbate them. So, there's all sorts of reasons for adverse reactions to herbs, but they're few and far between and you just want to make sure and rule them out in an experimental way.

So, I imagine this module brought up more questions than answers and that's okay. I'm just asking you to be comfortable with that because this is really meant to just introduce you to these topics of thinking through an energetic based formula and thinking through the thought process of figuring out an herbal dose for you or for someone else. And throughout the rest of this course, we're going to dive really, really deeply into these topics. So just take a deep breath, maybe listen to it again and just hang in there and I promise you, you will at least get close to mastering these concepts by the end of this course. So, let's talk about your homework to really drive these points home.

So, to sort of just dip our toes in the water of this energetic based formula creation that you learn in this module, I am going to give you a link to some definitions of herbal actions and I may even provide some definitions for very common herbal actions. And what I want you to do is read those herbal actions and put them into the correct category that we talked about in this module. So, are they foundational actions where you read the herbal action and you know if it's cooling or warming or drying or moistening or tensing or relaxing? Or is it a primary action where you don't really know the energetics but you do know the body system? Or is it a secondary action where it's really just telling you an outcome; it doesn't tell you where, it doesn't tell you energetically how, but it's just an end game.

And so, I want you to read through and get familiar with these herbal action terminologies and also practice trying to think through the formula building and figuring out which herbal actions fall into which of those three formula building categories. And then for the dosing homework, you guys are going to compare weights versus volumes of herbs to really drive the point home that it's always better to weigh your herbs and you might as well just go ahead and get a kitchen scale if you're going to start using herbs. So, you're gonna compare the weight and volume of the same herbs. You're going to pick the same volume of three different herbs and compare the weights of them. So, you can read the

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instructions on the homework page and get your hands dirty with that. Have some fun comparing volume versus weight of bulk herbs.

All right, so you've done the hard part, you introduce these new concepts, you're starting to shift your mindset and your thinking framework around these formulation and dosing concepts. So, after you get the homework done for module two, you're going to move into module three, where all of the future modules are really diving into those six different energetic states. So hot issues and herbs for hot issues, cold issues, herbs for cold issues, so on and so forth as we talk about how to use herbs to address these health issues and just to support general health and wellness. All right, I'll see you there and enjoy your homework.