



Herbal Energetics and Formula Creation

Transcript – Lesson 3

Alright, guys. It is time to dig into the nitty-gritty of herbal energetics. For the next several modules, we are going to cover one energetic state per module and to spice it up a little bit, we're also going to cover one herbal taste per module and one herbal medicine making remedy per module. So, there's going to be some theory, some herbal education, and then some hands-on herbal do-it-yourself training just to keep things interesting in each module, so let's get going with hot energetics. So, the outline for this module is diving deep into all of the different body systems and what conditions in those body systems would be considered to have hot energetics. Then we'll talk about herbs of all of the different flavor profiles that would be useful in different hot conditions and then we're going to dive into the sweet flavor profile.

So, one thing I want to make sure you know is that the flavors that I chose for these modules aren't the only flavor that can help that condition. So, it's not like the sweet flavor is the only flavor that helps a hot condition. There's going to be lots of flavors that help hot conditions in different scenarios and we'll cover that, but I did want to dive deeper into each of the herbal taste and I have designed it to where the herbal tastes that we dive deep into does relate to the energetic state that we talk about. And then the herbal remedy creations we're going to talk about in this module are herbal powders and herbal honeys. So, let's get going.

So just to reacquaint ourselves with the thought process behind this methodology is instead of thinking about herbalism as, "Oh, what herb is good for this and what herb is good for that," sort of like how conventional medicine uses pharmaceuticals, right? There are pharmaceuticals used for this disease name in that disease name. Instead, we're tapping into ancient wisdom that everyone is different and everyone has a different combination of issues and everyone has a different personality. And so, understanding the person that has the health issue and creating a formula for that person is going to be far more successful than just doing this for that or kitchen sink herbalism. And so, we're going to dive into the hot condition and so, remember the graphic created by Jim McDonald. You can see in the top left or I guess this slanty left, right, we've got the hot condition. And so just keep in mind, we're going to dive into all of the other energetic states in future modules, but right now we're really going to talk about what sorts of health issues in different body systems would be considered to have hot energetics.

So, one thing to keep in mind with these energetic states is that they're not measured with thermometers. So hot versus cold doesn't mean hot like a thermometer or cold like a thermometer, but we all know that like a cayenne pepper is hot and a cucumber is cold. But when you stick a thermometer in each of those, it's just gonna be room temperature, right, if they've been sitting out on the counter. And so, we have to understand that this is sort of an analogy, right? It's a descriptive state compared to other states in the body and so for hot energetics in the body, Jim McDonald gives the vision of a bonfire that's just like completely gone up in flames and it's burning like crazy, right? We've just put tons of fuel on that bonfire and it's roaring out of control and so there's just too much fire.

And that's sort of what hot energetics is; it's excess of something, it's overuse of a certain organ, it's hyperfunction. So like hypertension, hyperthyroid, a worn-out muscle from overuse or excess use, too much toxins in the body causing excess hot liver condition, right? So just any kind of hyperfunctioning of an organ system would be considered a hot condition. Any irritation or bright pinpointed redness would be considered a hot condition. Sharp pain; so, pain is ... you'll have dull pain and aching pain and chronic pain and acute pain. So sharp, acute, pinpointing pain would be considered hot, energetic pain. A fever, now that does affect the thermometer, right? A really hot, roaring fever would

be considered hot versus a low-grade fever. That's still high on the thermometer, but that's more of a cold fever, a low, never going away kind of fever versus a really acute hot flare-up fever.

And that brings us to our next one, an acute flare-up. So, any condition you have that may be like latent and chronic and sort of in the background would be considered a cold issue, but when that flares up and it's all-consuming, it's all you can think about. So, let's think about a headache. So like you can have a dull aching sort of background headache, that's annoying, but then when that headache flares up into a migraine and it's literally all that you can think about and it's consuming your life and your thought process, that would be considered hot versus when it was background, that would be considered cold. And again, we'll have a whole module on cold. I'm just giving the comparisons to show you that this is always relative. Clear flowing mucus is more like a cold condition versus yellow-green mucus is considered hot, a hot sort of infection.

A raging pulse. Now that doesn't necessarily mean a fast pulse even though a fast pulse would be hyper and therefore would be a hot condition, but it's more like if you take someone's pulse and you can feel it very tensely against your fingers like it's really strong and raging, that would be considered hot. Another thing to ask or consider is that these don't just have to deal with what we normally consider physiological health issues. This can also be personality. So, a hot temper, a hot, hyper, excess-type personality, that would be considered a hot, energetic state or a hot personality and when it comes to pain, someone may not know how to describe their pain or inflammation. They're definitely not going to use hot versus cold, right? These are questions we need to ask them to get them to describe it and then based on their descriptions, you assign hot versus cold to it. But if you're really struggling with their descriptions, you could say what would feel better an ice pack or a heating pad. And they're like, "Oh, an ice pack would really make this calm down." Then that tells you it's a hot condition versus if you're like, "Yeah, this ... man, if I put a heating pad on this, it would really relax it and bring some heat and healing to it," then that would be more of a cold condition. And so, this is more like puzzle piece questioning, right, where you ask all sorts of things. Describe your pain. Does it radiate? Is it sharp or is it all over? And you try not to put words in their mouths. You just more keep asking until you hear the descriptions that lead you to assessing hot versus cold.

So, I have hot conditions are those hyper, excess, flaming, acute pain, sort of flaring conditions. Then the way to bring that back into balance is we're gonna want to cool that down, right? So, the visceral reaction and the foundational action we're looking for with herbs for hot conditions is cooling, right? Now there's different ways to cool down that fire depending on which of the previous descriptions our clients or ourselves, right, we are experiencing. So, we may need to slow down or cool down hyperactivity. This can be mentally or physically or organ-specific. We may need to cool down or soothe flared up irritation internally or externally or frankly mentally, right? We may need to sooth excess. We may need to sedate or relax and that could also be mental or physical. We may need to astringe if we have hot conditions that are stemming from leakiness of cells allowing infection. So, we first have to get a handle on the area of the heat and then we'll understand more which of these cooling actions we're going to need and that's exactly what we're going to dive into. Now, if you're like, "Oh my gosh, how did we do that?" Well, let's look at it, right? Let's break this up into different health conditions, different hot health conditions and the different herbal actions that would be useful for those to cool them down, to cool that heat, cool and sooth and slow down.

So, if we think back to the herbal tastes from module one, many of them were cooling, right? The taste indicated a cooling. So, bitters were cooling, demulcents were cooling, astringents were cooling, the salting nutrients were cooling, the acrids were cooling. We even said aromatics or pungents are generally warming, but some of them were cooling, right? So, there's a lot of different herbal tastes that are cooling. So how on earth are you going to know which ones to use for hot conditions? Well, they weren't all just cooling. They were cooling with a combination of another energetic state. So, bitters are cooling and drying. So, they're going to be good for hot and damp conditions, which we're going to go over. Demulcents were cooling and moistening. So, they're going to be good for hot and dry conditions, which we're going to go over. Astringents are cooling and tightening to the cells, so they'll be for hot and leaky conditions.

The nutritives restored vitamins and minerals. So, if someone has heat from deficiency and that organ is so burned out, it's sort of like an engine without oil. It's trying to go, but it's deficient in oil, so it overheats. Our bodies can do that too. So, the nutritive salty herbs will be good for heat from deficiency. The acids were very sedating, so if someone has an excess hot condition and needs sedating, that's what the acids will be good for and then the cooling aromatics will have their own specific indications. So, there's lots of different herbal tastes that are cooling and we have to think about them in combination with the other energetic states. So generally, someone's not just going to be hot, they're going to be hot and something else. So, let's go through those hot and something else issues and talk about when these different herbal tastes would be useful for hot conditions.

So, to bring back our herbal formula creation thought process, remember we're starting at the bottom with those foundational visceral tastes and sensations we can get from herbs. So, if we know someone has a hot issue, we're either going to need the cooling bitters, the cooling astringents, the cooling demulcents, the cooling nutritives, the cooling acids, just depending on which organ system it is and depending on which methodology of cooling we're going to use. So, we know we're starting with one or multiple of these bottom visceral tastes or visceral reactions because we know they're all cooling, so now let's talk about the different organ systems we may need as we build this protocol for someone presenting with a hot condition.

So, let's start going through some of the organ systems' conditions and herbal tastes that would be great to cool a hot, energetic. So, the first herbal tastes, we're going to talk about our bitters and if you remember back to module one, bitters are cooling, which is great for a hot, energetic state, but they're also drying. So, bitters are going to be indicated when someone is presenting with hot plus damp energetic issues. So, we're going to have a whole module on damp issues, but in general, just as a refresher, these are sort of stuck, congested conditions. So stagnant digestions, stagnant, lymph, stagnant congested lungs. This can even be like mentally stuck, right, just circulating over an issue that you can't move forward combined with heat. So, the cooling drying bitters are indicated for hot damp conditions. So, let's go through some examples of this. So, because they're cooling, bitters are going to move the circulation inward to move hot stuff out.

So damp, stuck digestion like gas, bloating; the non-aromatic digestive bitters like dandelion, burdock, gentian's really bitter, goldenseal and Oregon grape and even agarita, if you're in the Southwest, would be great for hot damp digestion combined with infection because they're antimicrobial. The reason why you want to choose non-aromatic bitters for this is because the aromatics are going to be heating and this is for a hot condition, right? So, we want those cooling, non-aromatic bitters. This can also be used for hot, damp digestive conditions combined with a nervous system issue. Because remember from module one, bitters were also nervous system relaxants and so to decrease sympathetic nervous system and increase the parasympathetic nervous system, which is usually affecting digestion, right. So, someone who's got hot digestion combined with hot nervous system issues, you're going to choose those non-aromatic nervine bitters to cool what Jim McDonald calls a hot brain, right?

So, anxiety, worry, anger, mentally stressed hot energetics combined with hot digestive stuck energetics. So good herbs for this are things like skullcap, verbena which grows locally, calamus which is a great herb to grow if you have sort of a wetland habitat. You can even like get an old bathtub and grow calamus roots in it. Linden, which is a tree that grows all over the United States. The cool thing about Linden is it's also demulcent and is a cardiovascular tonic and nutritive, so if you have someone who matches the indication for all of those things, right? Hot temper, hot digestion, hot cardiovascular issues than Linden would be perfect. Now, oddly, our lungs have receptors for the bitter tastes. So, our lungs have bitter taste receptors that dilate when they come in contact with bitters. So, if someone has this sort of stuck, congested lung issue combined with inflammation in the bronchioles, in the lungs, then steaming or breathing and diffusing or even ingesting bitter expectorants can address that issue as well.

So, if we go over to our formula pyramid, remember we're trying to be cooling cause this is for hot issues and for hot damp issues, you're going to use the bitter or the bitter nervine, which can sometimes be acid, visceral tastes. And then

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the primary actions that are organ-specific are going to be the alternatives. They're going to be the digestive bitters; they're going to be the nervine bitters or the expectorant bitters. I'm not sure if I clarified alterative in an earlier module, but that essentially means anything that increases the organs of elimination. So moves the lymph, moves digestion, increases detox, et cetera, so it can move things out of the skin, out of the digestive system through stimulating the liver and gallbladder or through stimulating the lymph. So, since we are moving stuck digestion here, then alternatives would be indicated.

So, another situation or another combination for hot energetics is hot and dry. So, if there's a condition that's hot and dry, you're going to need something that's cooling and moistening, which is pretty much the definition of the mucilaginous demulcents, right, that obey-gooey sensation found in the demulcent sweet flavor profile herbs. And so, just to refresh and again, we'll have a whole module on the dry energetics, but dry is indicated by scratching, burning. People often confuse burning with heat, but burning is more about sort of dry friction and so if someone has dry, scratchy, burning digestion; bowel movements are really dry, they burn, they scratch; burning with urination. So, well, let me back up. So, for those digestive issues, a great herb for that would be marshmallow root or slippery elm or even plantain combined with marshmallow root. The urinary system can often burn and that can indicate dryness and so if that's combined with heat, right, hot inflammation, hyperfunctioning, any of the heat conditions we mentioned earlier.

Corn silk is a great urinary demulcent, watermelon seeds. One thing I want to say here is the word diuretic means something a little bit differently in herbalism than it does in conventional medicine. In conventional medicine, it means it increases urination. In herbalism, it can mean that, but in general, a diuretic means it's eliminated through the urinary system. And so, any herb that you're going to use to address a urinary issue has to be diuretic, otherwise, it's not going to be excreted through the urinary system and won't get to the tissues that you need it to get to. You can also have external dry conditions where you put demulcents on your skin. You could have dry coughs where there's no congestion coming up. There's nothing stuck in the lungs.

That would be a damp issue. It's more of just like there's nothing there but you're coughing and it's causing irritation in your throat. That will be like a hot dry cough that would need cooling and moistening. So, I mentioned marshmallow root. I mentioned plantain, violet is great, Mullen for the lungs. Cinnamon's a demulcent if you do a cold-water extraction. Comfrey for external use. Linden, we mentioned earlier, is a bitter and a demulcent. I sort of glossed over slippery elm and the reason for that is it's very over-harvested and it's a wonderful demulcent for a lot of these issues, but we want to make sure and realize like, look here, there's a list of tons of other demulcent herbs. I didn't even put aloe on the list, but it's the picture, right? So, if it's absolutely 100% the herb you think is gonna work better than any of the others, fine, right? But there are so many other demulcent herbs you can use for these hot, dry conditions.

Another thing I want to mention is that the skin, the nasal passages, and other tissues and organ systems in the body can be dry from lack of fat in the diet and lack of bile. And that's gonna dry out your body by just being low in that crucial nutrient. So, there's a difference between water dryness and lipid or fat dryness. And if you have lipid dryness, that has to be replenished with lipids, with fats as opposed to water dryness, which is where demulcents are gonna come in handy. So foundational actions here in our formula pyramid, again we're still cooling, cause they're talking about hot energetic issues, but the visceral action we're looking for now is demulcent because it's hot and dry. So, we talked about diuretics for the urinary system, demulcent expectorants like Mullen for the lungs, the pulmonary system, and then vulneraries which can be internal or external epithelial tissue healers. And that can be useful for the digestive system, the urinary system, the skin externally, or the lining of your digestive system internally.

Now, another interesting combination you can get with hot, energetic issues is hot and leaky. So, remember we said the lax condition is where your tissues are leaky. So, if you have ulcers or runny things like conjunctivitis or even runny noses, eruptive skin issues where your skin cells are sort of leaky and they need to be astringed, so hot and leaky is going to be perfectly matched with astringent. So that astringent sensation, which are also cooling, but they're tightening and toning. And the classic example of herbs that are astringent are the rose family. In fact, there's an acronym YARFA that

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says, "Yet another rose family astringent." So rose petals themselves are astringent, but raspberry leaves, blackberry leaves, blackberry roots are considered extremely astringent and so those are going to be indicated for issues like this. Some other issues are menorrhagia which is excessive menstruation, hot leaky infections internally or externally need to be tightened and toned, but also cooled.

A prostate issue might be here. So, if you have a hot, acute, inflamed prostate that's also leaky, then astringents are going to be indicated there. If you've got this going on in your upper respiratory system, you can neti pot teas made with herbs. They need to be strained really well. Same thing for conjunctivitis. If you're putting herbs on the eyes, you need to be tripled, double strained, so there's no particles in there, but you need to get astringents to the tissues. So, you can't drink in an astringent for your skin. You can't put an astringent on your skin for your upper respiratory system. Astringents have to get to the tissue that they need to tone and so that's important. If you need to astringe the urinary system, it has to be a diuretic astringent. So just keep that in mind. And there's not really a primary organ action here. You're really just going to pick an astringent combined with the organ system in question, and again, these can be used internally or externally. So internal ulcers in the digestive system, ulcers in the mouth, et cetera.

So, an interesting condition that can cause heat is malnourishment and I mentioned the analogy of an engine running without oil, right, and then the engine burns up. And it's a very loose analogy because our body's not a machine, right? But if we try to run our body without the nutrients that it needs, it can cause something called false heat or heat from deficiency where your body is hot, which is supposed to be a hyper condition, but it was really caused by a malnourishment issue. And in this instance, the salty flavor profile are directly indicated and many of them, in fact, almost all of them are cooling. However, you have different combinations of the other energetics in the nutritive herbs. So, some are drying, some are moistening, some are diuretics, some are bitters, some are cardio tonics, some are lung tonics. And so, you really just want to combine that cooling, nutritive salty flavor profile herb, find the one that has the right combinations for the complete energetic profile of the client. And so, I listed several here. These are all nutritive herbs that can be taken one ounce of the herb per quart of water, steep for at least four hours and strain. But you really want to ask yourself all the questions of all the energetics of the client and find the nutritive herb that sort of matches them and you can use them in combination as well. And again, I didn't have an organ system primary action here cause it just varies, but it's definitely going to be the visceral, cooling, nutritive foundational action.

So now let's talk about the rule-breakers. There's always gonna be someone who breaks the rules and in this hot issue or energetic module, it's the pungent or aromatic herbs that are the rule-breakers. So, I mentioned before that aromatics are generally heating. So how can we use heating herbs for hot issues? Well, I also mentioned that a hot issue could be a hot infection, right? So, if you have herbs that are antiseptic, lymphatics, or antimicrobial or immune stimulants, then they're probably going to be indicated, right, even though they're stimulating the immune system, which increasing function is generally heating. Herbs like echinacea, silanes, low dose herb wild Indigo are definitely going to be indicated. Now this sensation for those is that acrid sensation where you chew on the root or chew on the bark or chew on the seed and it numbs your mouth.

Another example of this is xanthoxylem, so prickly Ash that may grow wild where you live. There are also some other aromatics that are cooling, so yarrow is aromatic and bitter and the bitterness of yarrow makes it cooling. Boneset is cooling and aromatic, elderflower is cooling and aromatic and all three of these are actually indicated for like a hot, stuck fever where you need a relaxing diaphoretic, not a fever reducer, but it sort of opens up the pores and allows the heat to leave the body, which creates cooling, right, even though these are aromatics. And then there are other cooling aromatics like menthol and camphor that for a lot of people create a cooling sensation to the body. So, if aromatics are indicated for any of the other magical properties of aromatics, but a person is also hot, then you might try using a cooling aromatic instead of one of the normal heating aromatics. So here the foundational actions were still cooling but acrid, the cooling aromatics could be useful for the primary organ-specific actions of lymphagogue, immunostimulant or immunomodulators, and the relaxing diaphoretics to assist with that fever process.

And so now we sort of have a thought process to pull from for someone who is presenting with the hot energetics. And as we mentioned, they can be hot and dry, hot and damp, hot and lax, and it can be affecting any number of the different organ systems, but we don't just go grab bag every cooling herb, right? We want to make sure we're choosing the foundational herbal action that balances all of the energetics, hot plus what we want to choose the primary organ-specific actions that get the herb to those organ systems. And when we do that, we're inherently going to end up with our secondary actions being fulfilled like anti-inflammatory for hot inflammation, antimicrobial for hot infection, antispasmodic or anodynes or anxiolytics for hot mental issues or hot pain or hot spasming. But when you choose the right cooling combination herbs, those secondary actions are inherently going to take place as opposed to just saying, "Oh, this person's inflamed or anxious. Let's just throw all the anxiolytics or all the anti-inflammatories at them."

So in future modules, we're going to go over all of the different individual energetics state individually, but now we're sort of going to shift gears and talk about sweet flavor profile herbs and the medicine making strategies of using powders and honeys and how that relates to both cooling a hot, energetic state, but also other ways those sweet herbs and powders and honeys can be used. Okay, so we have covered hot conditions and herbs for hot conditions and now we're going to talk about the sweet flavor profile and how to use herbal powders and honeys. And I remember, I just want to clarify, I'm picking a flavor profile for every module. It doesn't mean that's the only flavor profile that's indicated for the energetics of that module and I'm picking an herbal remedy for every module, but that doesn't mean that's the only herbal remedy that's good for the energetics of that module. It just made sense to me to sort of space them out that way, so we learn one thing in each category in each module. So, let's talk about the sweet flavor profile.

So, as we dive into these flavor profiles of herbs, I'm going to get a little science-y for just a second and talk about what these herbal constituents are, so in the plant world, there are things called primary metabolites and secondary metabolites. Primary metabolites are the things that all cells need to live no matter what species they are. So, these are proteins, carbs, lipids, and DNA, which you're probably familiar with those, right? Cause those are the nutrients on the back of food labels and it's what our genes are. So those are primary metabolites. Those molecules are also found in plants because they're living cells, but plants also have secondary metabolites. And when we're talking about the medicinal properties of plants, we're talking about secondary metabolites in plants. And the cool thing about these secondary metabolites is that plants have millions of secondary metabolites and they make these molecules as chemical defenses against pathogens, against herbivores, they can help with reproduction like they can be the colors in the flowers or the smells of the flowers to attract pollinators, they can be phytonutrients that the plants use themselves and the really interesting thing about this is humans have been around at the same time as plants for so long, that our bodies have become dependent on plants' secondary metabolites to function. So, except for the deadly plants, even chemical defenses in plants that are generally toxins, our cells are dependent on them to be strong and resilient. That's actually what the bitter flavor profile in plants is their toxins to cells, but they make cells stronger. And as I mentioned before, our digestive system has bitter taste receptors, our lungs have bitter taste receptors ... not taste receptors, but receptors, so like all the organ systems in our body respond to these secondary metabolites. But phytonutrients, vitamins, bioflavonoids, all of these things are plant secondary metabolites that humans have grown dependent on for both food and medicine. And so, as we go through these flavor profiles, I'm going to be describing the secondary metabolites in plants and for each flavor profile and what those secondary metabolites do for us. How cool is that?

So, in the sweet flavor profile, the secondary metabolites are oligosaccharides and polysaccharides and that just means many, many, many sugars, right? Now, interestingly, well, interestingly to me, polysaccharides are also primary metabolites. So those are the starches that we get from our foods, but there are other secondary metabolite polysaccharides that are icing on the cake for us and do different herbal actions for us and three of them are inulin, adaptogenic constituents in plants and demulcents. So, these are the three primary sweet flavor profile, secondary metabolite polysaccharides. And we're going to go through each of those and what they do for us.

So, inulin is an oligosaccharide meaning they're giant molecules made up of lots and lots and lots of sugars. That's what monosaccharides are, but not so many sugars that it makes them a polysaccharide. So, they're a little smaller than a polysaccharide if you want to get all biochemistry. If you don't, just remember that inulin has prebiotic properties meaning when we consume inulin, it feeds the good gut bacteria in our body. Inulin is also bitter. Well, guess what? Bitters are cooling and so inulin and plants with inulin are indicated for hot conditions that are also damp cause bitters are cooling and dry. So that's cool, right? Inulin also helps regulate blood sugar and it's also a hepatic meaning it supports and stimulates liver function. And so, some classic examples of herbs with inulin in the roots are burdock root, dandelion root, and chicory root. All of these roots are made sweeter by roasting them, which decreases the inulin a little bit, but they're still inulin left. Now what these links are, I'm going to provide these in the resources, but there are links to either blog posts that I've written about these herbs or that my teachers have written about these herbs. So, you can check those out for doses and recipes, et cetera. But I'm going to include some recipe links as well in your resources and maybe in your homework.

So, the inulin rich herbal roots can be taken as drinks, as soups, as soured vinegars. You can even sour burdock roots and eat them, kinda like pickles and that's what these links to recipes are just to give you some ideas of how to use these plants. But all of these roots, all of these plants, burdock, dandelion and chicory, these are just considered weeds, right? So this is an abundant source of a very body supportive secondary metabolite in plants in the sweet flavor profile, but again, you wouldn't necessarily bite into a dandelion root and think, "Oh, that's sweet," but it is in the sweet flavor profile in that it contains the inulin oligosaccharide, which is really just a bunch of sugars. They just all also happen to be bitter. So, they're sweet and bitter.

The next suite, flavor profile, secondary metabolite we're going to talk about are the polysaccharides found in adaptogenic plants. So, not all adaptogens are polysaccharides and not all polysaccharides are adaptogens. So just remember that, but some adaptogens are polysaccharides and the adaptogens that contain polysaccharides are medicinal mushrooms, shatavari, codonopsis, astragalus, eleuthero root that's also known as Siberian ginseng, but the FDA doesn't let us call it that anymore, American and Asian ginseng, echinacea, calendula; all of these herbs and not all of those herbs are really technically considered adaptogens like I wouldn't call echinacea and calendula adaptogens, but they do contain these polysaccharides, so I put it in this sweet flavor profile. So, in my eBook called Herbs for Energy, I just have this collection of links to research articles showing, and that's just one section of the eBook, showing the researched, scientifically studied benefits of these adaptogens.

So adaptogens can modulate the immune system, modulate the stress response, protect mitochondria, increase the efficiency and uptake of oxygen, which obviously can improve energy, right? They increase white blood cell count, decrease viral replication and infection. They can improve allergies; they can improve autoimmunity. So in like hyper immunity, they can be anti-inflammatory. This isn't every adaptogen has every one of these qualities, right? But the adaptogens as a group affect the body in this sort of building, supportive way and we mentioned earlier that, in module one, that sweet herbs are building and supportive and this is really showing that, that's exactly what these herbs do. Now, interestingly, we talked about in the hot energetics, someone can have a hot sort of mentality because of stress or they can have a hot mentality because of infection or deficiency. All of these hot energetics are great indications for adaptogens. Now, I wouldn't necessarily say adaptogens would be the only herbs you use in those scenarios. You'd need to have other more specific cooling, supportive herbs, but adaptogens can be part of that formula.

Along those lines, some adaptogens are cooling, some are moistening, some are drying, some are heating. So just like the salty flavor profile where they're sort of all over the place, you want to find an adaptogen that matches the person's indications. There are so many fun ways to get adaptogens into your body and have your medicine as food. I'm going to put these links in your resources and maybe your homework, so you can boil up adaptogen roots as soups and broths, which is how I use astragalus and codonopsis. You can make drinks and chai's and smoothies and syrups. You can powder adaptogens and make fudge and herbs, nut butter balls out of them. We're going to look at those two later

since we're going to talk about powders in this module and really any time you boil water, if you boil the adaptogen in it first, then that water has the medicinal quality of that adaptogen. And so if you use that water to cook with for broth or rice or pasta or whatever, cooking veggies, then that's a way to eat your medicine and to sort of sneak it in if your family's not on the like herbal bandwagon that you're on, which is likely the case. So that's a great way to get some relatively mildly tasting herbs into your diet and into your family's diet.

The last sweet flavor profile, secondary metabolite we're going to talk about are the mucilaginous polysaccharides. So again, these are millions and millions of glucoses and sugars bonded together and the way that they're bonded together make them especially gooey which is fabulous if you have a hot dry condition that needs cooling and moistening, which we actually covered those previously in the hot energetic part of this module. Some great examples of this are marshmallow root and leaf. Really anything in that high viscous family, the leaves are going to be pretty mucilaginous, comfrey root and leaf, which you should really only use externally and I'll put a resource to my blog post about that later. Slippery elm, which is really wonderful as a mucilage, but it is an at-risk plant. And again, I keep leaving aloe off the list, but aloe is just a perfect example of a mucilaginous demulcent plant and the way these are used are either internal or external sources of moistening and cooling, hot, dry, energetic issues.

So, ways that you can get more mucilage in your life. Who doesn't need more mucilage in their life? You can make a nourishing infusion, which is that one ounce of herb to one quart of water of marshmallow root. When you do this though, with any mucilaginous demulcent, a fun experiment is to compare a hot versus a cold extraction and even a decoction, which is where you boil the herb version of extracting the mucilage cause it's widely considered cold extractions are the best ways to extract and use mucilage and even comparing this with a tiny little alcohol tincture of mucilage cause a lot of people make marshmallow root tinctures. And if you recall back to module one, polysaccharides are water-soluble, they're not alcohol soluble and while alcohol does have, you know, some water in it, alcohol is known to break down polysaccharides.

The same thing is true for the polysaccharide adaptogens. If you have polysaccharide adaptogen tinctures, the question is, are those polysaccharides even in that medicine. They're water-soluble constituents. So, you always want to remember the solubility of the constituents of the medicine of your plant and to match that with the right Menstrum, but it's fun just to question that, right? So, do a hot versus cold demulcent extraction. Do a cold versus decoction versus tincture extraction and see what you come up with. Actually, I have all of my students in the holistic wellness pathway do this experiment. You can also make lozenges of demulcent powders. Now the most common example of this is slippery elm lozenges, but you can do marshmallow powder as well. And marshmallow is all over the place as opposed to slippery elm, which is at risk. So, lots of fun ways to get these demulcents into or on you.

Alright, so now that we've covered the sweet flavor profile and the constituents that make up that flavor profile and what they can do and how they can be extracted, let's talk about our herbal remedy method for this module, which are herbal powders and herbal honeys. And I picked these because honeys do tend to be moistening and cooling to hot dry conditions. And I picked powders because that's one of the most common ways to get adaptogens sweet herbs into your body and honey's sweet, right? So, it all sort of tied in together in my brain, but again, you don't just have to use powders and honeys for hot, energetic issues and they're not the only remedy for hot energetic issues and vice versa, right?

So, honey in and of itself is not a fabulous extractor of the medicinal constituents in herbs. However, it's a really great carrier because it can make kids take their herbal medicine and make things taste great. Honey just on its own is demulcent and not demulcent but you know, soothing and cooling and is antimicrobial if you don't heat it up. And so, it's sort of medicine in and of itself, right? And it's just a great carrier to get herbs into the body. Also, honeys made up of glucose, so when you mix herbs with glucose, it is theorized that because glucose goes into cells, right? Like your cells take glucose up. Well, if the honey has the medicinal components of the herbs in it, then that medicine is also getting

into cells. So, based on just sort of biological theory of the way the body works, it could be a good way to get medicine into your cells.

So, there's lots of ways to get herbs into honey. You can just completely powder the herb and stir it into the honey, right? So, you have like a powdered honey that you want to do, like at least half a jar of the powder, the herbed powder, and then stir the honey into that. You don't want it to be mostly honey with a little bit of herb, otherwise, it's not really medicine, right? You're not getting enough of that herb and I'm going to put links to these in your resources and maybe have you do them for your homework. You can also do honey extractions where you have the bulk herb and you just put it in a jar of honey and you let it sit two to six weeks and then you strain out that herb. So now you have herbed honey or you can even do that on a double boiler on the stove.

Remember you don't want to heat the honey up cause you'll damage the antimicrobial properties, but if you keep it on low heat for a long period of time and then strain the herb out of the honey, that's a way to do a honey extraction of the herb. Honey's also used to make syrups. So, if you do herbal teas, like water extractions of herbs, and then you mix that with honey that actually increases the preservation power. So, teas usually only last three days or so. If you add a good amount of honey to it, then those syrups can last in the fridge for up to a month and so it gives a little staying power to your herbal remedies. And people tend to take syrups better than they do teas for some herbs. And don't forget your lovely Crock-Pot, right? Crockpots are low heat especially if you have a warm setting where you can just put the honey in there, put the herb there, put the lid on and leave it for a really long time. And that can be a convenient way to make some herbed honey. You just want to make sure and check your Crock-Pot, cause everyone's Crock-Pot is different and yours may heat up too hot and therefore damaged the honey. And you don't want to do it that way if that's how hot your Crock-Pot is, so lots of fun ways to get powdered herbs into honeys or any kind of bulk herbs into honeys.

So why might you want to take an herb as a powder as opposed to a tea or a tincture or a vinegar or all of these other herbal remedies that we're gonna learn how to make? In all of those herbal remedies, you're extracting some of the constituents of the herbs, right? So, in a water extraction in a tea, you're only pulling out the water-soluble components in a tincture, you're only pulling out the alcohol-soluble components, so on and so forth, right? And whatever you didn't extract is thrown away with the herb. However, when you powder the whole herb, you're ingesting the whole plant and presumably, that's the way our ancestors were ingesting these plants and that's the way the human body has evolved to utilize these plants. So instead of extracting some stuff here and some stuff there, you can powder the leaves or the roots or the flowers or whatever part of the herb you're using and ingest the powder.

Now you can do this as easily as just stirring the powder into water and kind of downing it. You can stir it into honey as we talked about on the previous slide and just, you know, take that by the tablespoon full or stir that honeyed powder into water and take it. There are all sorts of other fun ways you can ingest herbal powders. So, you can make pastilles, which is where you sort of put a little bit of honey in the powder and roll it into little balls. And these can be bitter or sour or nutritive, or adaptogen. You can make medicinal ghee or butter where you stir the powder into the ghee or the butter and you cook with it and eat it that way. You can make herbal fudges and herbal chocolates, which I'll have links for you in your resources. You can make what my friend and colleague calls herb guzzles and that's again where you just put the powder into the water and just down it, get it over with, right?

You can make adaptogen and vitamin herb balls where you mix the powder with nut butter and oils and honey and all sorts of other goodies and roll it up and take it. You can make lozenges and we talked about that before. You can make powdered fruit leather where you put the powder with some fruit in a blender and then dry it out in a dehydrator. And all of these are ways to get these medicinal herbs into your daily life just as general support or into your body for chronic and acute health issues. So, one thing my teacher Rosalee told me is to remember, don't forget to have fun and enjoy this, right? Herbs aren't just like this acute, powerful medicine. They are, but herbs are also plants that are meant to, you know, impart joy onto our daily lives and connect us into our backyard gardens, in the wild around us. And these are all great fun, creative ways to do that.

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So, I just wanted to share my colleague's herb guzzler recipe with you. So, she was my co-student and colleague and she was my pretend practitioner in one of my clinical courses at my school. And when she was my pretend practitioner, I was suffering from a little bit of burnout. And so, she recommended I take three adaptogens shatavari, ashwagandha, and bacopa as powder and she said just stir it into water and guzzle it down. Like, okay. So, I tried that and apparently, I like to be a little more romantic with my herbs, so I wanted to make it more enjoyable. So, the top three ingredients were hers to just stir into the water, which is fine. But then I was like, I could add a little bit of fat to this to make them more absorbable. I can add some cacao cause who doesn't want to do that? Added a little bit of flavor in as vanilla, cinnamon, ginger, a tiny bit of honey and then I drank that every morning. And instead of feeling like I was taking medicine, I was really just having a delicious drink, right? And so, you can do it fast and easy and get it out of the way or you can fancy it up, but there's lots of ways to get these herbal powders into your life, as I mentioned.

Ah, so now on to your homework, what you've been waiting for, right? So, first of all, most of the energetic stuff and having you apply that is going to be included in the quiz versus the hands-on homework is going to be more about the flavor profile and the herbal remedies part of the module. So, for this one, I just want you to go back through the previous recipes and again, they're going to be in your resources too. And I want you to make one of the sweet herb recipes; this could be the inulin or the adaptogen or the demulcent. I want you to make one herbal honey recipe, any of the methods that you like, and one herbal powder recipe. Again, any of the recipes that you like and remember, you're dipping your toes into the energetics. So, don't just, if you do adaptogens, don't pick a random one. Do some research and pick one that's energetically matched to you. If you pick an herbed powder, pick one that's energetically matched to you, right? So, let's start putting ... start dipping your toes into practicing your new energetic skills, alright? Have fun with this one.

Okay, so now we've bounced all over these branches of the wellness tree talking about hot energetics in different organ systems. So, after you finish the quiz and homework for this module, hop on over to module four where we talk about your next energetic state and your next flavor profile and your next herbal remedy skill. I'll see you there.