



Herbal Energetics and Formula Creation

Transcript – Lesson 4

Alright, guys, it's time to jump into our next energetic state as we learn about cold, energetic health issues and herbs that can help with those energetic states and then we'll also learn about the aromatic plant flavor profile and our herbal medicine making techniques are herbal teas and oils. So, we've got a lot of fun stuff going on. So just to reacquaint our self with the roots and branches of wellness. Remember herbs are powerful and incredibly useful for lots of different health issues, but we want to make sure we're using them in combination with all of those roots of wellness. So, movement, whole foods, positive thinking, time in the sun, sleeping, joy, all of those, parts of the tree of wellness that really feed the tree. And then the herbs that we're going to talk about and herbal protocols are really just an additional powerful supplement to those lifestyle strategies.

That being said, let's dive right in. We'll talk about what the cold, energetic health issues are, herbs that can be useful for cold, energetic health issues, herbs that have the aromatic flavor profile and what they're useful for, how to make use herbal teas, infusions and decoctions, and how to make and use herb-infused oils. Okay, so this is a busy slide as we get right into defining what cold, energetic state health issues are and so I have some visual representations of hot versus cold. So, the analogy is whereas hot is a huge, enormous flaming bonfire, right, that's sort of getting out of control. Cold isn't lack of fire. It could be the smoldering fire that's about to go out. The compost picture is a representative of digestion, that sort of ... there's not enough heat to digest and so your compost pile is kind of sitting there, right?

So that's a cold compost pile. It's not breaking down the food, it's not doing its processes. So, the food just kind of sits there and nothing happens. So, I just wanna reinforce that cold versus hot isn't a thermometer, right? You don't want to touch a smoldering fire just as much as you don't want to touch a flaming fire. And it's not like if someone is obsessed with hot versus cold energetics, you put a thermometer in their mouth, they're going to be at 98.6 degrees. It's not temperature, right? So as opposed to hot, energetic states that were hyperfunctioning and increased or overactivity, cold is the opposite of that. It's hypo functioning conditions. So, hypo immunity where the immune system just can't even kick into gear. Hypothyroid, brain fog, cold thinking, so lack of memory, lack of processes, lack of motivation, just kinda sitting there, right? Nothing's happening, the wheels aren't turning. Cold digestion I already sort of described. Even cardiovascularly, this could be hypotension, reproductive could be infertility or hypo functioning of that. Cold can also be deficiency. So, a deficiency in nutrients causing decreased activity, a deficiency in strength or capability of the organ system leading to decreased activity. So poor circulation, this is where your hands and feet feel cold. Even just internally, you can feel cold. These are people that wear their jackets in 80 degrees when everyone else is sweating in shorts, right? When it comes to inflammation and pain, which can be all of the energetic states, right, cold inflammation and cold pain is sort of chronic, dull background, lingering pain. So, remember we said hot pain is like all-encompassing. It's all you can think about. It's like the only thing that is getting your attention because it's so hot and sharp and acute versus cold is like, "Okay, this pain has been there for 20 years. It never goes away. I've learned to deal with it, but it's there, right? And I don't like it." This could be a low-grade fever, an illness, but the mucus is like more pale and clear and this could deal with the lungs, the respiratory, upper or lower. Even cardiovascularly, this could be a weak or a slow pulse. Though not necessarily low blood pressure, but just sort of weak, non-bounding, pulse. Pale tongue if you're doing tongue assessments as opposed to red tongue and really just the wordless. So, less digestive secretion, less inflammation compared to hot, less fever, less mucous, just less all-around of this stuff that was hot. So, it's just sort of background. So, we talked about you can ask the question, does it feel better with cold if you put an ice pack on it or does it feel better with heat? These cold issues are going to feel better with heat and don't forget, we can be dealing with not just

the physical organs, but this could be spiritual as well. So emotionally cold meaning a hypofunction of dealing with emotion sort of stuck in a mental state that isn't moving forward. So, hypo processing of emotions could be considered cold. So, these are all of the different ways that we can visualize that sort of smoldering fire that's still there, but it's going out, right? Or that compost pile that just not moving because it's not functioning right. It has less of everything needed to get that fire going and burning. So, what kind of herbs or herbal formulas can assist with these cold, energetic state? Oh, remember as we're building our formula, we start with those base foundational actions, those a visceral, organoleptic sensations that we can actually feel and taste and sense. So, if something is cold and not circulating and not doing anything, what do we want to do?

We want to speed up the processes and the activity. So, we want to stimulate and we want to warm up that cold. So, herbs for cold conditions are going to speed up those processes, speed up those organs, speed up those activities. You're going to increase circulation usually to the periphery. So, to those fingers and toes and hands and feet, you're going to thin any cold sort of thick, stuck mucus. So, you're going to stimulate the flow of mucus. You're going to relax any barriers to movement, so you're going to relax muscles so that circulation can disperse, relax and disperse. You gonna move stuck things. One thing I want to mention is that not all stimulating herbs are warming. We talked about echinacea that stimulates the immune system last time, but that's more of a cooling herb. So just keep that in mind.

It's not that if an herb has stimulating next to it, it's necessarily warming. And since this is a cold condition, we're looking for stimulating and warming or at least just warming. Right? Also, keep in mind that herbs are not the only things that can heat up the body or that can be lacking, that needs to be addressed. Cold issues can come from lack of insulation from fats and oils in the diet. And so, you don't want to throw a bunch of heating, stimulating herbs on someone who's fat and oil deficient. They need to add those things to their body and the other cool thing about this is what people don't realize. So, when you're cold, right, what do we go for? We go for the hot chai's and the hot cocoas and we may be drinking those outside in the cold.

But what happens to our body once we heat it up with these hot drinks, is we get hot and then we sweat which thing cools us off? So, the conundrum here is like, why do people in the hottest climates have the hottest herbs? So like cayenne in Mexico, right? It's hot down there. Why are you taking this hot herb? Well enough, hot herbs, open up the pores and make you sweat, which eventually cools you off. So, the idea here is you want just enough heating not to make you sweat and cool off and you want to drink your hot drinks inside, not outside where you're going to get too hot and sweat and then get colder than you were before.

So, if we know we're going to be warming up cold energetics and we're going to be stimulating a lack of movement, which of those eight original herbal tastes or organoleptic sensations are we going to be tapping into in order to provide that warming and or stimulating effect? Well first of all, aromatics, right? Aromatics, in general, are warming and moving and diffusive. So, you're gonna use aromatics for cold energetics that are also tense because they relax those barriers and stimulate that movement. You're going to use aromatics and even aromatic bitters for cold and damp issues. Because remember, bitters are drying and if they are an aromatic bitter, then there'll be warming and drying or for lax issues that need tightening and toning. Some aromatic bitters, so these are really cool because aromatic bitters are both carminative and bitter, which are very great for the digestive system that acts also needs some warming and relaxing.

So, these aromatic bitters are really good to know. So, Angelica root, Calamus which grows in like really wet conditions so you can have like a bathtub garden. Calendula, super easy to grow with the resinous aromatic bitters. Chamomile, which is a very gentle, like kid-safe yet very effective aromatic bitter. Elecampane, which is used mostly for respiratory issues that need that moving and heating. Fenugreek is interesting because it's aromatic and bitter and demulcent and so that's useful for these cold states that need moistening as well. Cold and dry. The lavender, orange peel, turmeric, these are all those sort of aromatic and bitter mixed sensation herbs. So, keep those in your back pocket for when that unique need arises. So, all different sorts of aromatics for different issues, but aromatics aren't the only warming herbal tastes we talked about. The sweet herbal taste is useful for building. So, if someone is cold from deficiency and that

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deficiency is just making that fire, just go out, right, like nothing's happening because you're not feeding that fire. Then the sweet adaptogen-building sort of tonic herbs are going to be useful there. So, let's go over some specific health issues where these different mixtures of just aromatic or aromatic and bitter or the sweet flavor profiles are going to be likely indicated and don't forget about those fats and oils.

So now that we know which foundational visceral taste and actions, we're looking for to warm up and stimulate those cold health issues, we're going to move up the formula pyramid to primary actions that are organ-specific. And there are so many organ-specific actions that aromatics and bitter aromatics are useful for in the cold, energetic state that they're divided over several different slides. So, this slide is gonna cover when aromatic and aromatic bitters are useful for the digestive system, immune system, cardiovascular system, and the nervous system and which of those primary herbal actions you might be looking for in a cold, energetic state. So, as we were just discussing, those aromatic bitters are going to be really useful for when the digestive fire is just out. Your digestion is cold so that compost pile really just can't be composted or digested like it's supposed to and the food sits there in your stomach or your intestines and nothing happens to it and when that happens you can get gas and bloating.

So, when we talk about damp energetic states, you're going to see that damp is really things stuck somewhere. Fluid-y, things stuck in the place and so coldness and dampness often go together and gas and bloating is from that cold, damp, stuck non-digesting food and so that's why the warming dryingness of those aromatic bitters are going to dry up that dampness and move and warm up the coldness of that stuck food. Gas and bloating and deficient digestion are often combined with sort of cramping and constipation, which is why you don't want just aromatics here. You want the aromatic bitters because aromatics can reduce cramping through relaxing the smooth muscles and the bitters can increase the movement of that constipation because it increases all of those digestive enzymes that we talked about in the last section.

So digestive aromatic bitters are just perfect for those cold stuck digestive conditions. So, the immune system is interesting cause this doesn't ... it's hard to pinpoint what a deficient immune system is, so it's not like, "Oh I never get sick. But it's like when I do get sick, the fire never really heats up and the sickness lingers for a long time." So, it's like having a cough for a month as opposed to just a week or having the flu that lingers for six weeks instead of just a few days. So that would be a deficient or sort of stuck immune system that needs heating and stimulating. And so lymphagogues are useful here. Examples of that are poke, which is, let me just say this about poke, it is a low dose herb that you can get too much of. In fact, herbalist Sam Coffman says, even just handling the roots with your bare hand can lead to sort of a toxicity effect from that poke root, which is gonna make you throw up. That's what that means.

So, poke is used in low doses in formula with other moving and stimulating lymphatics, like cleavers and red clover, et cetera. But poke is very moving and stimulating and you use it in a tiny amount in a bigger lymph or immune system formula. Calendula is another great example there too. It's an aromatic and so it's going to be warming and moving to that immune system. Another example is in the fever scenario where you're sort of shivering and you know your body's trying to heat you up and it just needs a little assistance to get you up to that fever state, that's where the stimulating diaphoretic primary herbal actions are going to be useful and great examples of this that are easy to grow or even just wildcraft locally are ginger, bee balm, hyssop is wonderful and just remember when you're wildcrafting always consider the sustainability of your source. So cardiovascularly, we already kind of described this, this is for people with sort of the cold deficient circulation. So, it's going to be moving circulation to the periphery and really any of those aromatics are going to be fabulous at that. Ginger is a great example there too and cayenne; really any of them are going to achieve that goal. And we'll talk about on the next slide other situations where that might be fun and handy other than just cold hands and feet.

So, we talked about how the nervous system you can be mentally cold. So, getting that brain fog, the mental stuckness, lack of memory, having trouble moving through an emotional sort of state and that's where neurotrophics, which are sort of like the adaptogens but for the nervous system and adaptogens can be combined and classic examples of this are

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of rosemary, which has tons of studies on its ability to improve mental function. Holy Basil is an adaptogen that's also an aromatic, so it's warming. Rosemary's aromatic. Rhodiola, I put a star beside that because it is considered stimulating. So, it might be indicated here, but it's also kind of cold and drying. The drying might be indicated, but you might need to heat up that coldness from the Rhodiola since we're really talking about cold, energetic states, right, but it is stimulating. So, this is an example where I was talking about before, not everything stimulating is warming. So, if you really think Rhodiola is indicated, you want to add some other warming stuff to that formula. Interesting things to consider here is if you have sort of like neuropathy or like things aren't moving, people have even used stinging nettle stings on that location of neuropathy to just sort of sting and stimulate circulation in that area to improve that.

Another example that that grows wild is prickly ash or xanthoxylum; that's a great lymphatic as well, but it can really get that mental state and those nerves sort of stimulated and moving. And one thing I wanted to mention is all these links here, they're going to be in your resources section. They're just links to either my herbal monographs on these where you can get doses or other herbalists that are credible, their monographs on these and again, I'll put those all in your resources section. That's true for the whole PowerPoint.

So other organ systems that you might be searching for primary or herbal actions to support those organ systems in a cold, energetic state are the respiratory and pulmonary systems, the reproductive system and the musculatory and or connective tissues. So respiratory, this is often where, again, I said you usually have cold and damp kind of mixed together. So, when it comes to the respiratory system, this is where you have cold unmoving but also damp stuck fluids. So, in the upper respiratory system, this could be a just sort of sinus congestion where a decongestant or anti-kitaro, that's another fancy, primary action word for that could be indicated. Great examples of this are yerba mansa, goldenrod because these are aromatic, they're going to be warming and so get that coldness stimulated and moving, but they're also going to be drying so they dry up any of that excess, damp fluid stuckness.

Then in the lower respiratory system, this is where you're going to have stuff that needs to be coughed up, but your lungs are just deficient in doing it. So, your lungs are cold. So, they need to be warmed up and stimulated and often this is because mucus is stuck there. So, the dryness of the aromatics are, again, especially useful. Examples of this garlic, bee balm, we mentioned hyssop before. So, the cool thing about elecampane, that's a bitter aromatic. We've mentioned that before. So, your respiratory system also has bitter sort of taste ... it's not a taste receptor, right, but it has bitter receptors that are stimulated with the bitter compounds. And so, elecampane is both bitter and aromatic and so it stimulates the lungs two different ways for those stimulating expectorant properties. So, I also mentioned before how the warming of aromatics will be useful in stimulating peripheral flow in a fun but different way.

So, aphrodisiacs are often warming and stimulating aromatics, because if you think about it, those external reproductive organs are on the periphery. So, if you move flow, blood flow to those areas, you're gonna feel that sort of rubbed up feeling. Another example in the reproductive system that this is useful in is for cold damp stuck menses where emmenagogues are going to increase menstrual flow. These are used very frequently in infertility where females are just not really having menstruation as frequently as they should. And so great examples of that are gonna be motherwort, ginger, even yarrow. So, one important thing to note here is that if someone is trying to get pregnant emmenagogues are contraindicated because after fertilization and after that embryo has implanted, so after implantation, if you take an emmenagogue, that increases menstrual flow, then that can remove that implanted embryo, right? So, it's a little iffy when to use these emmenagogues, but I just wanted to bring that primary action up cause it's definitely a time where deficiency and stuckness can be stimulated and warmed with these warming and stimulating aromatics.

And then the musculatory and connective tissue, these are just like the quintessential aromatic indications. So, the warmness of the aromatics, the diffusiveness, and the aromatics can move circulation to those cramping, spasming muscles. And by moving the circulation there, whatever was stuck and by relaxing the barriers, whatever was stuck can sort of move. So just by being warming and diffusive and bringing blood flow to the area, it can be anti-inflammatory and antispasmodic and great examples of this are ginger and cayenne, like ginger and cayenne salves, ginger and

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cayenne compresses with the heating pad. Very, very useful instead of having to take or in addition to, pharmaceutical muscle relaxers or anti-inflammatories. Just a ginger salve or ginger compress can really do the trick.

So, I think we covered almost every organ system in the body that can really benefit from aromatic or aromatic bitters in a cold, energetic state. But those aromatics aren't the only warming visceral tastes that can benefit cold, energetic states. So, the sweet flavor profile we mentioned is building to a depleted state and depending on the person, depletion can cause heat from lack of functioning like the engine burning, right that we talked about last time engine burning without oil. And so, you need more cooling, but the building is like putting oil on the engine and can decrease that fire. But cold energetic states from depletion can also happen in people. And it sort of where there the fire just goes out or even for people who really never had that fire and they just need some fuel on that fire. And so, the warming of adaptogens can build that deficiency and rev up that fire, get that compost pile burning? So, these are going to be the more stimulated stimulating adaptogens.

Now one thing I want to mention here is stimulating adaptogens are not for people that already had a ton of fire like that bonfire and burn themselves out into depletion. Those people are hot and they need cooling down. It was their overheatness that caused them to burn out. Stimulating adaptogens are for people who never really had that fire to get going in the first place and so they need stimulating. And often this is going to be combined with nutritive to make up for any deficiencies, right? So you can have nutrient deficiencies and then herbs can build the organ systems themselves. Examples of this are going to be things like the ginsengs, codnopsis which is a root you can grow in your garden or aralia. Rhodiola we already talked about. It's definitely stimulating it but can be cooling. So, you might need to combine that with something heating like ginger or cayenne, something else hot. So, these stimulating adaptogens are going to be for people who have a cold deficiency kind of state that needs warmed up and stimulated by that sweet action.

So now hopefully we've reinforced really the paradigm that we've been creating our herbal ... our energetic herbal formulas under and that we don't just want to reach for every warming herb that's out there. Sometimes the aromatic bitters are indicated, sometimes just the aromatic, sometimes the sweet and that's really gonna depend on the specific combinations of the cold energetic state with what the person has going on. And then based on the organ system being affected, that will help you choose your primary actions and as long as you're choosing the warming and stimulating, then that'll help you pinpoint which herbs have those primary actions. And then just as a side effect, right, of energetically balancing that person and that organ system, those secondary actions of anti-inflammatory antispasmodic decreasing pain, even antidepressive in those cold energetic states, right, or antimicrobial where you have that hypo immunity, all of those were going to be achieved just by bringing balance to this system.

Alright, so I think we covered and learned a lot about cold energetic health issues and all of these branches of wellness. So, we learned how to assess a cold, energetic health issue and then ways to sort of pinpoint which primary actions and which herbs can be helpful for bringing balance to those cold energetics. So now we're gonna jump into our herb flavor profile study and our herbal medicine making. And of course, sort of the queen of this topic is the aromatic flavor profile. It goes right along with the cold energetic state because it's warming, but I just again wanted to remind you that that doesn't mean only aromatics are good for cold energetics. And it also doesn't mean aromatics are only good for cold energetics. It's just, you know, the one we're going to talk about for this module. Alright, so let's jump right into our herbs.

So, as a quick refresher, when we talk about these flavor profiles, so we talked about sweet last time, we're going to talk about the aromatics this time. Remember what we're really studying are the secondary metabolite compounds in plants. So, the primary metabolites found in plants are really found in all living things and they're required for really just basic metabolism of staying alive. So, proteins, DNA, lipids, and carbohydrates, but the magic of plants is that they create these millions of secondary metabolites that aid in their life and proliferation and reproduction and defense that we by having lived with plants and consumed them for so long have become dependent upon for resilience and health and

vitality. And so, the secondary metabolites we're going to talk about today all relate to the aromatic flavor profile where you can smell, viscerally smell right, those herbs because of the aromatic oils in those plants.

So, if you do any intense study on secondary metabolites or plant constituents, and by the way, Lisa Ganora's book, I'm going to include that in your resources, it's just a fabulous resource for studying secondary metabolites and plant constituents. But the volatile oils that you're smelling when you smell an aromatic plant are in the terpene and steroids sort of classification of plant secondary metabolites. And the volatile oils are divided into three, really, it's two sections, the aromatics that you can smell and then a subset of those aromatics that are the resins, and that's where aromatics get really, really sticky. And that stickiness gives them different herbal actions than just the aromatics have. Now, I mean I put this as a third subset, but I really just wanted to bring it up here.

The topic of essential oils coincides with these volatile oils and what essential oils are, are where you take these volatile aromatic oils out of plants and extract just this one constituent and then condense it by extracting and distilling literally tons, tons like a measurement in tons, of plant material and extracting just the aromatic oils and putting those in a bottle and that's what essential oils are. And they're very intense as far as sustainability and resource use, but if you have an essential oil that you love, keep in mind, it came from the volatile oil of the actual plant. So many of the benefits of essential oils can come from just the plant itself. And I'm going to put an article in your resources where you can read about the issue of essential oils and sustainability. So, for the rest of this talk, we're really gonna focus on the aromatic volatile oils and the subset resinous aromatics.

So, I think you guys have this down by now, right? But those aromatic volatile oils are both stimulating and warming, which makes them perfect for cold, damp, stuck health issue energetics, but they're also relaxing to the muscular system. And so, it can remove barriers to movement, which allows these aromatics to also be diffusive and moving to the periphery or to specific places in the body. This also makes them carminatives meaning, well, that word specifically means decreases gas and bloating, but it does that by diffusing circulation to the digestive system and therefore stimulating that digestive fire and so they all sort of work together. And then we talked about the herbs that have an affinity for the respiratory system, can be those stimulating expectorants to heat up and move the pulmonary system. And then just about all aromatics, in general, have those antimicrobial properties, which likely is why so many of the different cultural cuisines started cooking with so many different aromatic herbs before there were refrigerators and electricity and preservatives, right? These aromatic herbs provided a defense against food spoiling. So, this is text taken from my Herbs for Energy eBook. That's an eBook all about herbs that can help with chronic fatigue and I'll provide a link for that in your resources. But this specific quote is about how aromatics can help with chronic fatigue caused by either digestive issues that the carminative action helps or any other kind of issue.

And the great thing about aromatic herbs, and I got this information from Guido Mase's book and I'll put a link to that in your resources as well. It's just such a fabulous, fabulous book. I recommend everyone read it. It's amazing, but what happens when we smell aromatic oils, whether they're an essential oil or just the plant, right, is they go up your nose through the blood-brain barrier and straight to your limbic system. And the limbic system is the mood-regulating part of your brain, like that fight or flight region of your brain and it relaxes that. So, it relaxes you mentally, but also by relaxing you mentally, the vagus nerve directly connects that part of your brain to your digestive system so it relaxes your digestive system. At the same time, it's stimulating the parasympathetic nervous system, which is where problem-solving and thinking and mood and all of those things are happening.

And Guido says this is the likely explanation for why just walking through a forest has so many health issues like reducing stress and reducing blood pressure and all of those sorts of things. So, it both relaxes us and stimulates us in all the right ways just by smelling these herbs. And so, these aren't herbs that you even actually have to take. You can get these into your body so many different ways. You can diffuse and smell them. You can put them in water on the stove and just boil them and then smell them throughout your house. You can do a steam; you can rub them on your skin and they get into your body and you smell them that way. And so, there are so many fun ways you can use these aromatic volatile oils or

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you can eat them and you can drink them, right? And so, these are just some of the most fun herbs to get creative with and the easiest for kiddos or spouses who just aren't into drinking all of their medicine. You can figure out the way they like to take their aromatic relaxation and stimulation.

So, the subset of the aromatic oils are resins. So, resins are all aromatic but not all aromatic are resins. What makes an aromatic a resin is this sticky gooeyness that you might have experienced in pine resin, Cottonwood buds, the back of that calendula flower, myrrh, balsam root. These are all examples of resinous herbs and because they're aromatic, resinous herbs have all the magical qualities of the other aromatic herbs, but maybe to a more powerful extent. So very powerful expectorants, very powerful antimicrobials, very powerful antispasmodics and so I'm going to put in the resources, some links to articles and monographs about how you can use these aromatic resins, but this just goes to show you how many different resources are out there. Many of these are trees that just grow wild, right, that we can learn to harvest and use what grows around us and reconnect with the medicinal gifts that our local ecosystems have to offer.

So now that we have extensively covered that aromatic flavor profile and what just smelling that an herb is aromatic, and you know, it's in the aromatic flavor profile, knowing all the amazing herbal actions that that plant likely has. Now we're going to talk about two different ways to extract that aromatic constituent from plants, but again, these aren't the only ways to make herbal medicine with aromatic plants. You can just walk through a forest and smell them and also these herbal remedies, teas and oils aren't just for aromatics. So, we'll talk about which constituents, teas, and oils are great for, how to make them and how to use them.

Alright, so let's first dive into herbal teas and this is just a fancy way ... tea's not a fancy way, but teas, decoctions, infusions just a fancy way of saying extracting medicinal constituents from plants with water. So, it's a water extract. So, we're going to talk about the secondary metabolites that can be extracted by water. We'll talk about different doses and links and temperatures of teas and infusions, just depending on the taste and flavor profile of the herb that you're using. We'll talk about the difference between infusions and decoctions and then we'll talk about some other fun ways to make water extracts. So, bath, steam, nasal washes, syrups, how to do this with a crockpot, all sorts of fun stuff.

So which secondary metabolites can be extracted by water? Pretty much everything except for those sticky, sticky resins. Water's just not gonna get that sticky resin off of the plant and you may have experienced this by washing your hands when they're covered in resin. So, the bitter alkaloids, the aromatic oils, the sour organic acids, the astringent tannins, the demulcent, and adaptogenic polysaccharides; all of these are going to be able to be extracted by water, the minerals and vitamins of the salty flavor profile, all extracted by water. The con of water is that it does not store well. Teas, infusions, and decoctions really only last about three days and that's in the fridge. So, water extractions are good for things you need right now. They're also good for things that you need a lot of. So, you're not gonna use an alcohol extraction if you need lots of vitamins and minerals, right?

You're gonna want a whole lot of it. So, water is a great way to get a lot of something. You're gonna use a longer infusion time for minerals and nutrients versus aromatics and bitters. And the reason for that is it really just takes a 10 to 15 minute extraction time to pull out the tiny amount of aromatics and bitters that you need. Aromatics and bitters are strong and powerful in their flavor. So you need smaller amounts and shorter steeping times versus the salty flavor profile that's higher and minerals and nutrients, you're going to need a lot more herbs generally about an ounce in weight, and you're going to need a much, a longer steep time, so generally, four to eight hours and you're going to do that in about a quart of water. Now the difference between a decoction and an infusion, whether you're doing a short infusion or a long infusion, is that the harder plant materials like roots, seeds, bark, and berries will not extract as easily by pouring just-boiled water over them.

You're going to want to actually boil the roots, seeds, berries, and bark because they're hard and you'll extract more of that medicine out of them. Now, some herbalists say never decoct an aromatic herb because the aromatic oils will float

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off in the air, but other herbalists say if you're doing a decoction of an aromatic plant, just put the lid on, right? But decoction really just means you actually boil the plant in water versus infusion means you pour just-boiled water over the plant in general. Even more general infusion means a water extraction.

So, this link is to Growing Up Herbal; it's one of my favorite herbal websites and she does a lot of fabulous free do-it-yourself tutorials on making herbal remedies. I'll put this in your resources, but she goes through making a tea versus a decoction. So, when it comes to doses and lengths and temperatures of teas, it really depends. We already talked about sometimes you're going to boil the plant, sometimes you're not. But when I said in general, infusion means pouring just boiled water over the plant, that's because you don't always do that. They say for those demulcent polysaccharides that cold infusions are better than hot infusions and hot infusions are better than decoctions and that you shouldn't use alcohol for a polysaccharide at all, right. We sort of covered that last time with the sweet flavor profile. Also, they say that some plants have both aromatic and demulcent qualities and depending on the temperature of the tea you use, that will affect the energetics of that remedy.

So, for example, cinnamon is aromatic, very, right? It's got aromatic volatile oils, but it also has a little bit of demulcent quality. And so, if you do a short cold infusion of cinnamon or a long cold infusion of cinnamon versus a short hot infusion of cinnamon, there is a difference between the flavor profiles, meaning the constituents that you're pulling out of that plant. And so, these are fun experiments to do. Don't just, you know, take a remedy at its word, right, experiment with and figure out how using these different methods affect the flavor and therefore the actions of the remedy you're making.

And these are just some fun ways and alternative ways to use water extractions and just really amplify the way you're using herbs in your life or to provide different ways of getting herbs into people who don't necessarily want to take herbs like I mentioned before and all these links and recipes will be included in your resources for this module. So herbal bath, you make a tea or an infusion and then soak in it. Steams, you boil the herbs, let it cool a little bit, then drape a towel over your head and you infuse or you inhale all of those aromatic oils coming up in the steam. Compresses and fomentations. A fomentation is where you just taking herbs, get it wet or kind of make a plaster with water and put it directly on your skin or your body.

A compress is where you boil the herb, put a towel like a cloth towel and soak it in that tea and then put that cloth towel on you often with the heating pad. Nasal washes, you can use a neti pot, make a tea, definitely like triple, double strain it and then put that tea up your nasal passages for sinus issues, all sorts of other health issues where you want to get the herbs to the specific tissues in the upper respiratory system. You can turn your teas into syrups by adding honey. Usually, you want to start with equal parts honey. So, let's say you do a decoction and you end up with two cups of tea or water. You'll add two cups of honey. Some people that's way too sugary, but what that honey does is it increases the preservation time of your tea.

So instead of it lasting only three days, now it'll last maybe a month or two in the fridge, but keep in mind that you don't have to turn remedies into honey like you ... I mean into syrup. You don't have to have elderberry syrup; you can just drink elderberry tea. The benefit of this syrup is that it increases the preservation power and it tastes yummy, right? And then don't think you have to have a bunch of fancy supplies to do this. You can use your crockpot to make lots of different herbal remedies, but definitely these water infusions, especially long infusions because some herbs like particularly medicinal mushrooms need a really long infusion time to get really powerful medicine and crockpots are just great ways to do that. And the crockpots going to come up with a lot of other herbal remedies too.

Alright, so now let's jump over into herbal oils and I really wanted to cover oils with the aromatics and the resins because oils really are very ... are one of the only ways you can extract resinous plants. And so, I just kind of wanted to cover those two things together. So, we'll first talk about the constituents extracted by oils. We'll talk about how to use herbal oils and then we'll talk about some simple versus more advanced ways of creating herbal oils and the crockpot's

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gonna come up again, but one thing I just really wanted to distinguish is these are not essential oils. These are like olive oil where you soak the herb in it and then you strain the herbs out and now you have an herb-infused oil.

Let's talk about how to use those and make those. So, oils not only extract resins, but they extract any aromatic oil and that's really what you're going to use these oils for. So fat-soluble, secondary metabolite, most commonly the aromatic oils and resins. These are great for short term storage, not short, like just three days, but oils can last quite a while, especially if you keep them in the fridge. This is also what people use to mix with wax, like beeswax and make salves. And you don't have to turn your oils into salves. People love salves but they're ... I mean those are resource-intense cause you have to use a lot of beeswax. You can really just infuse your oils with herbs and use the oil. What the salves do, however, is make it a lot easier to transport your herb-infused oil around and they're a bit cleaner to use, but you don't have to turn your oil into a salve. You just can if you want to.

So how do we use these herbal oils? Why would you want to make an herbal oil? They have so many uses and again, all of these links will be in your resources, whether it's just an herbal monograph or ways to use these herbal remedies. But one really traditional way that's very popular in Ayurveda, and I learned this from my Ayurveda mentor K.P. Khalsa is cleaning your body and your skin using body oiling versus soap. So, soap essentially removes all of the oils and any other living beneficial microorganisms from your skin versus oil moisturizes and feeds the skin and supports the native microorganisms that live on your skin and form as part of your immune system. So, it's a really popular Ayurvedic tradition to do full-body oiling, scalp oiling et cetera, if not every day then definitely part of like a monthly self-care ritual. Nausea, not like I'm nauseous, but N-A-S-Y-A, NASYA is where you use planar herb oil and you put it in your nasal passages so that your nasal passages don't dry out. If your skin and nasal passages are dry, that's opening up a place for bacteria to get into your body for like infectious bacteria.

But if you keep it moisturized, then that supports the mucosa, which is a very important part of your immune system. Alright, so I talked about oiling your scalp. You can also use oils in your bath. So, my teacher Kami McBride, taught me about this, doing foot baths in oils or putting oils in your bath. Now, let me tell you something, that this is really, really, really messy. So, when you're putting oils in your bathtub is going to get slippery. It's getting it messy, it's very therapeutic and supportive, but just know you're going to have some clean up afterwards. And really what you want to do here is without water coat the bathtub in soap and then once it's all coated and rubbed in, then you rinse it with water. Oils are also very popular and useful for first aid. So, for burns, scrapes, sprains, strains; depending on which of those issues are at hand, different herbs are going to be indicated.

So, St. John's wart is great for burns, so is lavender and calendula. Calendula, plantain, and chickweed are great for scrapes and bites and stings. Arnica and comfrey are fabulous for healing strains and sprains and breaks. Even ginger and cayenne are antispasmodic for muscular issues and you use all of these externally as sort of your herbal first aid kit. And again, these can be salves or they can just be the oils if they're easy to use and transport for you that way. So, so many different ways to use your herbal oils to really reconnect with the plants you're growing and harvesting and harness the benefits of the plants growing around you.

So now that I've convinced you all the wonderful ways to use herbal oils, how do you do it? So, you choose the oil you want to use. You want to make sure you're starting out with a good non-rancid clean oil. So organic if possible, cold-pressed, so you don't want it heat extracted because heat damages oil, you don't want it chemical extracted cause then you're just slathering yourself with chemicals. So, you want cold expeller pressed organic if possible, oils. You also want them in a dark bottle because light damages oils. So, one thing you want to keep in mind with your herbal oils is the three things that can make them go rancid. Light, heat and what did I just forget? Light, heat and air. So, you're going to want to keep them closed. You don't want to leave any headspace in the jars like these jars.

Notice how they're not all the way full. Well, that oil is getting exposed to air. So, you want to use the right size jar to where you make just enough to fill up the jar. So, once you have that, you can really use any oil you want; olive oil,

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almond oil, walnut oil, sesame oil. Some people use avocado oil. I wouldn't use grapeseed or grapefruit seed oil because those are both chemically extracted just by nature. So really research your oils. You don't want to use canola or vegetable or corn oil. So, you choose your oil, the oil that you want depending on texture and scent and how it makes you feel. And you'll have a jar. You want your jar to be completely, completely, completely dry because water will also make your oils, not go rancid, but it'll make them mold. So, you fill up your jar a third to halfway full of dried, completely dried herbs.

You fill it all the way up with oil and then you cover it and put it in a cool dark place and you let it sit two to six weeks, totally dry. Shake it every day if you can remember to do that and then strain it and use it. Now there's a faster way to do this. If you don't want to wait the two to six weeks for your oil, you can put it on the stove on a double boiler. You don't have to have a double boiler; you can just have a big pan where you have water and then put a smaller pan on top of that. So, you have a small empty pan in a larger pan. The larger pan has the water and you boil the water in the larger pan, but you put the oil in the smaller pan and you mix that oil with the herb and you keep it on low heat for as long as possible.

This isn't my favorite method because the oil is getting exposed to heat and air, but it is faster and it can give you oil in a day or a few days as opposed to waiting two to six weeks. A great way to do that is to use your crockpot if your crockpot has a really low setting that's going to keep the oil on the low heat. So this simple method, the dried, sort of let it soak two to six weeks in oil, this is the way to make oils for external use for like first aid stuff we talked about before or self-care, but you can also do this with culinary herbs that you're going to eat and so you have oil and vinegar-based salad dressings, well instead of just using plain oil, soak some culinary, aromatic or resinous herbs into that oil and use that.

If you're going to use an oil, might as well use an herbed oil and make it medicinal, right? Something to be careful about there is if you have fresh plant material, so like garlic or onions and you soak that in oil, it's sort of creating the conditions for botulism. So, you just want to be really, really careful with that. If you're worried about that, just always use dried herbs. There are also some advanced ways to make herbal oils and I'm really not going to get into those cause I kinda ... that's kind of beyond the scope of practice of this training. But Kami McBride has an amazing herbal oils course where she teaches how to make herbal oils with fresh herbs. So, she teaches you how to sort of deal with that water issue. She teaches you how to blend up the herb and the oil together to make kind of powdered oils. So, you can go to these links and I'll put them in your resources to look at her free trainings or recipes, but I definitely recommend her herbal oils course. It is just top-notch.

Alright, now it's time for the fun stuff where you put all of this information into action. So, remember the energetic formula building that's really going to be embedded in the quiz part of this module, but the herbal taste and herbal medicine making is where you're going to get some hands-on, do-it-yourself experience. So, what I want you to do is just make one simple herbal oil by any method that you choose and then choose three infusion or water extraction experiments. So, you can do a dried versus fresh extraction. A tea versus decoction of like the same amount of herb, hot versus cold. Sage, marshmallow root, cinnamon are great examples to do with that. Short versus long steeping time versus decoction. Cinnamon is a great one to do with that too. A high dose versus low dose tea, so like a tablespoon versus an ounce of nettles and see the difference between that culinary versus a therapeutic amount of herb. A great one is chamomile. So like taste one little tea bag that you would get at the store of chamomile versus a therapeutic amount, which would be like nine to 15 grams. I suggest doing this in the evening or doing that marshmallow polysaccharide experiment where you do a cold infusion, hot infusion, a decoction, and alcoholic extraction and a vinegar extraction and really just viscerally feeling for those marshmallow polysaccharides.

And the way you do that is just by squeezing it afterwards and feeling how much goo is there in which one has more or less goo in it and come to your conclusions about the best ways to make these herbal water extractions, but also maybe even the differences between the therapeutic action of these different water extractions and when they might be indicated. So have fun with your experiments. I'll detail all of them in the homework section of the module and just have

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fun. Enjoy. Alright, so we learned a lot in this module. We talked about how to assess cold, energetic health states, herbs that can help with those energetic health states and how to build a formula for cold energetics depending upon what's going on with the person. We talked about the aromatic flavor profile and then how to make and use herbal teas and oils. So now head over to the quiz and homework part of the module and don't forget all of the amazing resources from the links that were in this module. There were a ton.