



Herbal Energetics and Formula Creation

Transcript – Lesson 5

Alright, guys, we are at the halfway mark of this certification program and now we get to move on to a different energetic axis, a couple of new flavor profiles and plants and learn how to make herbal tinctures. My routine disclaimer, remember that everything we learn about herbal protocol creation, herbal energetics, and how to use herbal medicine is meant to supplement lifestyle strategies that incorporate the roots of wellness that support the functioning of all of our organ systems. This concept is especially true for the energetic we're studying this time, which is the tense energetic, and we'll talk about why here in a minute.

So, in this module, we're going to talk about the tense energetic health issues and lifestyle strategies that can support these and then we'll learn about herbs that can help support and address tense energetic health issues. We'll learn about the bitter and acrid taste flavor profiles and the herbal constituents that are found in those. And we'll learn how to use and create herbal tinctures. Let's get going. Let's jump right in. So, we are going to leave the hot versus cold energetic axis and move over to the tense versus lax energetic axis starting with tense health issues. So, if a health condition is going to be identified as tense, they are going to be several key phrases or descriptions or manifestations that you're looking for and two are going to be interfering tension versus spasm. Interfering tension is sort of like constriction or decrease of range of motion in a specific organ system.

Now, that sounds all complicated and fancy, but Jim MacDonald uses the analogy of garden shears to teach this concept, which I think is just perfect for this audience, right? Cause hopefully we're all using garden shears here at the GrowNetwork and so I just thought I would use that same analogy here. So, imagine your organ systems with full range of motion or lack of constriction or lack of tension are like garden shears that are functioning perfectly and they open and close all the way without a lot of extra effort, right? Your favorite pair of garden shears. So, this can be your Paracelsus in your digestive system, contracting and squeezing and moving your food along at maximum efficiency. This can be coughing and breathing with maximum efficiency. This can be the contractions of labor functioning as they should. Now imagine taking those garden shears and that bolt in the middle is rusted.

And so now it's all tight where it's supposed to be just normal. And so, you go to use your garden shears and it takes a ton of effort to open them and it takes a ton of effort to close them and they won't even open or close all of the way so they're no longer your favorite pair, right? Which is unfortunate, but in the body, this could be a decrease in function because it requires so much energy to do even a less efficient version of the job that organ system is supposed to do. So that's interfering tension. So, this is where tension in the muscles decrease the efficiency of Paracelsus. This is where tension in the lungs or the rib cage muscles decrease the efficiency of coughing and expectorating and this isn't to say it's not happening. It just takes a lot of energy to make it happen and it happens with less efficiency. That's interfering tension versus spasming is this sort of going back and forth or oscillating between tension and laxity.

So, it's going to sound like spastic coughing or spasms in the muscle or digestive spasms and because that involves tension, you're going to use herbs that address that tense situation. Now interfering tension can cause issues in the body because it impedes the flow of circulation, of muscle movement, this can decrease the ability of organ systems to extract or receive nutrients, it impedes their ability to function, it can decrease circulation causing headaches or causing fever or causing cold extremity or even causing injury to peripheral organ systems because they get too cold. And this all around decreases the vital energy and so you're going to have both physical and mental symptoms because of this.

Another way tension shows up is through compensatory tension and this is where you have a weak musculoskeletal system. And so, a weak muscle is overcompensated by tension in another muscle, which is one of the primary sources of back pain. And this can also show up as nerve pains, nerve spasms, et cetera. And so, descriptions that involve these manifestations are all going to be assessed as tense, energetic health issues.

So, as we start to create a formula for this using our foundational primary and secondary actions, we know the visceral action we're looking for here is relaxing, right? We're going to relax that tension. Now the outcomes of this is going to depend on which of the aforementioned health issues is going on. So, it could be relaxing and decreasing pain, relaxing constriction, relaxing spasming, easing either compensatory or interfering tension, relieving resistance to the flow of energy. So, relieving that constriction and allowing energy to flow and I don't mean that ethereally, I mean like actual circulation, et cetera. It's also going to disperse because we're removing that barrier and resistance to flow. We're going to disperse circulation, disperse nutrients, et cetera. So, relieve tension, decrease pain, decrease resistance, all through the visceral action of relaxing. Now, the reason why I said holding onto the concept of the wellness tree is going to be crucial for this energetic health state is because oftentimes herbs are going to just be a Band-Aid for these issues and the real root cause is going to be more physical and/or spiritual.

So, if we have a structural weakness causing compensatory tension, we can acutely relieve the pain from that tension over a short time frame, but really restoring the root cause of that is going to be strengthening muscles, right, through proper body movement. If we have built up tension through always being in this sympathetic nervous system state, so fight or flight condition, that's going to involve both physically alleviating that tension through exercise, cardio exercise or even experiencing joy, but also relieving the mental fear that's creating that fight or flight reaction in the first place. So, that's where focusing on spiritual wellness and stress control is going to be crucial and that's a whole other course for another time. So that's out of the scope of this course, but it's definitely crucial to understand that starting at the roots of wellness is really the ... that's really the strategy we want to focus on, right? You can't, I mean you can Band-Aid these things but they're not going to last a long time.

You just have to keep doing it forever. So, remember the roots. A nutrient deficiency that can often cause tension. So, if you think of headaches and migraines and restless legs syndrome and muscle spasm and even cardiovascular tension, all of these can be symptoms of a magnesium deficiency, which as gardeners, you guys have probably heard our soils are deficient in magnesium. So, magnesium deficiency shows up in many, many people. So, in your resources, I'm going to include some links to identifying a magnesium deficiency and what to do about it. So again, if we've got tension caused from magnesium deficiency, taking herbs for that isn't going to fix that magnesium deficiency unless of course, you're taking magnesium dense nutritive herbs. But after you have addressed the roots of wellness, there are many herbs, several flavor profiles of herbs that can be very useful in relaxing tension and relieving that resistance to flow.

And those are going to be the aromatic flavor profiles that we're very familiar with now because they're both relaxing and antispasmodic, which is going to stimulate flow and also relieve compensatory tension from having tense muscles making up for weak muscles somewhere else. But we're also going to get into that acrid flavor profile here and remember we said the acrid flavor profile is sort of subdivided into a skunky, sickly sweet tastes. It's more sedative and anodyne, relieving physical pain either in the muscles or emotionally in the nervous system and then that more sort of numbing acrid sensation, which can be antispasmodic or even immune-stimulating, but here we're looking for that antispasmodic quality. The bitter flavor profile is also going to resurface here because if we have digestive tension and we talked about the bitter relaxing nervine in a previous module, then that can relieve that digestive tension or that nervous tension and even circulatory tension. And so those are the three flavor profiles we're really gonna focus on if we assess a health issue as having tense energetics.

One thing Jim McDonald makes a point to address when it comes to using aromatic herbs for tense issues is aromatic herbs are both relaxing and antispasmodic but they're hot, so they're diffusive and stimulating. And the analogy, again, it's a garden analogy, is a water hose. So, if you're watering your garden and all of a sudden, the flow stops, there's two

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ways that you can stimulate the flow of that hose. You can put your thumb over the nozzle to make that water squirt out harder, right, but if there's tension in the hose, if there's a kink in the hose, you also have to release or relieve that resistance or that tension. And so relieving tension or relieving the kink in that hose removes resistance to flow, but then if you put your thumb over that nozzle, it also stimulates the flow. So that's sort of like the heating or stimulating and relaxing. So, you can both stimulate and relax to different organ systems or two different ways in order to address tension. So, when we say aromatics are both stimulating and relaxing, it sounds like opposite, but really, it's not.

So, in the previous modules when we identified different flavor profiles that can be used to address an energetic health issue, we sort of then followed it up by breaking it down into when each flavor profile would be indicated. But that really doesn't work here because that sickly, sweet, acrid sensation is sort of spread out all over the different flavor profiles. Some are aromatic, some are bitter and so I organize this by organ system. And so, remember, we know we want relaxing. We know that can be achieved by the stimulating and relaxing action of the aromatics by the nervous system and digestive system, relaxing action of the bitters, and then by that sickly sweet or acrid taste sensation. So now we're going to walk through different organ systems and talk about the primary actions that are going to be useful in those different organ systems for tense, energetic states.

So, in the digestive system, if they're spasming, cramping, or stuck gas. So, if something is stuck, that means flow is impeding, right? So that's interfering tension and so we need to relieve that tension, relieve those spasms so that normal Paracelsus can take place. Often this is gonna be combined with constipation because peristalsis isn't moving the food out like it should. And that can also be fluctuating constipation and diarrhea. So, you're constipated for several days, but then when it does come out, it's just, you know, like this explosive thing and so that's considered a tense digestive issue. And so, this is where digestive aromatics and antispasmodics will be useful. So, ginger and fennel are both antispasmodic and aromatic to relieve that digestive tension. Wild yam is another commonly used digestive antispasmodic. So, carminatives would be the primary action here. The cardiovascular system is having hypertension, tension's even in the word. You're going to choose trophorestorative cardiovascular herbs.

And so those are going to be linden, motherwort, arjuna, even Hawthorne. I don't know why I didn't put that on this slide, but that's definitely indicated. If you have tension in the nervous system, you are going to use relaxing nervine so you have the relaxing in there, right? And different herbal flavor profiles are going to be useful here. So, if you have tension in the nervous system that manifests as anger or irritability in traditional Chinese medicine, that's considered a liver issue, which is digestive systems. So, bitters would be indicated there. If you have more of a stuck gas and bloating type thing, then you're going to choose aromatics that are also relaxing nervines so, lemon balm, chamomile, catnip are great. Catnip is also antispasmodic, so that would address the sort of digestive system issue there. But then if you just have like mindset tension in general, then there's other aromatic relaxing nerve vines like Holy basil, rosemary, lavender.

And then trophorestoratives to the nervous system include nettle seed, St. John's wort, milky oats. Make sure if you're using St. John's wort, you know that it has drug interactions with a lot of pharmaceuticals. In general, what it does is make them not work as well, but you definitely want to be careful using St. John's wort. Then if you have tension in the immune system, so this sort of shows up as like aching, super-hot, uncomfortable type fever that you're gonna relax the body. You're not relaxing the fever, you're not decreasing the fever, you're relaxing how you're experiencing the fever. So good herbs for that are boneset, blue vervain. I do want to say that like comfrey, boneset has been shown to have P-A-H's in it and so many herbalists are now recommending not using boneset if you're pregnant in children, et cetera.

So, you can definitely look that those up, but those are going to be bitter, relaxing diaphoretic. So, not just diaphoretics cause some diaphoretics are stimulating and heat you up. You don't want that here. What you want is a relief of the tension. So, you want relaxing. Some other organ systems where tensions can show up are the respiratory, muscular, urinary, and reproductive systems. So, in the respiratory system, this is going to look like the need to expectorate but you have tightness and spasming and not tightness from dryness or tightness from stuckness, but really tightness from that lack of range of motion. So, imagine it's like garden shears trying to open and close as you're coughing, but they just

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can't do it. So, you're going to use some relaxing expectorants there that can help you expectorate what you're trying to expectorate.

This can also be asthma-related and so this is ... there are different relaxing expectorants with different energetics along the hot versus cold scale. So, keep in mind as you're building these formulas, it's not just along one axis and we've already talked about the hot/cold axis. So, if you've got a hyperfunctioning situation combined with tension, you're going to use more cooling, relaxing expectorants like Mullen versus if you've got a cold hypo type functioning combined with tension, you're going to use a more heating, relaxing expectorant like skunk cabbage. You can also just suppress spasming with things like lobelia, wild cherry, California poppy and so depending on the way that is showing up, choosing the correct relaxing expectorant to match the energetics of that respiratory tension-type issue. In the muscular system, these are mostly gonna be antispasmodics or aromatics that relieve the barriers to flow.

So, the aromatics are going to be like ginger and cayenne. The more acrid are gonna be cramp bark, wild yam, kava. So, the difference here is cramp bark, wild yam, and kava, they're pretty cooling versus ginger and cayenne are heating. And so, you just got to figure out where along those energetic scales you want, which you know to do that, you can apply what you learned in the previous modules. Spasming can show up in the urinary system, especially with infections, stones, irritable sort of spasming bladder, and so the antispasmodics that are also diuretic and excreted by the urinary system can be useful there. It is considered common practice to make your teas with cold water if you want them excreted through the urinary system. I don't know if that's been tested, but every herbalist that I've ever learned from has said if you want it to be excreted through the urinary system, that happens faster if you make the tea with cold water. So that can be fun to experiment with. And then black cohosh and wild yam and even cramp bark really are really common antispasmodic herbs for any spasming and cramping in the reproductive system causing tension. Those would be called the emmenagogues.

So since we started with knowing that we need a relaxing visceral response and we know the flavor profiles to give us that, then we just pinpoint the organ-specific primary action we need, which may be a nervine or carminative or a bitter, an expectorant, a diuretic or a diaphoretic, even emmenagogues or a trophorestorative. And since you're choosing relaxing examples of those that match the energetic of the tense health issue, the end result will be anti spasming, anodyne antipain. Even antidepressive if the tension is sort of creating a mental barrier. And I would even say anti-inflammatory if all this tension is causing a sort of buildup in inflammation. So instead of just reaching for every antispasmodic herb or every anodyne, now we know how to choose the right antispasmodic or the right anodyne for the right organ system with the right foundational action. So, we know we're building this energetic formula that matches the tension of the person.

Alright, so now that we've addressed those tense, energetic health issues, and talked about how they can kind of show up differently in hot combined with the hot versus cold energetics and the herbs that are going to be useful for those tense, health issues, we're going to dive into the bitter and acrid flavor profiles, not just because they showed up with these tense energetics but because they are often made up of the same type of herbal constituents. So, I thought they went well together. So, let's dive into them and then we'll talk about how to make and use herbal tinctures.

Alright, so recall that when we're talking about plant constituents, we are delineating between plant primary metabolites that are just the normal proteins and carbs and lipids that every living cell needs in order to function from the secondary metabolites that plants make that enable the plants to reproduce and live and defend and attract pollinators, et cetera, that help the plant grow. But because we have been living with plants since our existence, our cells are also dependent upon these secondary metabolites. And so, the secondary metabolites we're really going to be talking about this time are the ones that contribute to the bitter flavor profile and that acrid flavor profile that we were just talking about. Now, if you're looking, if you're reading about this or taking a class or looking in Lisa Ganora's book about herbal constituents, which again is just so awesome, you are going to learn that the bitter and acrid flavors are generally in two different herbal constituents. They're going to be alkaloids or the terpenes/steroids.

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So, let's first start with the bitter flavors. So, the bitter flavor can show up in two different alkaloid sort of subset groups. One are going to be lipid-soluble. So those are the terpenes and steroids and the other are going to be protein soluble and those are going to be more of this ... just another subset of alkaloids. And so, the lipid-soluble ones, the terpenes, and steroids are generally in the Aster family. And so, notice all of these bitter flavor alkaloid plants; gentian, and elecampane, chamomile, Artemisia, that's wormwood, right, the artichoke leaf; don't throw those artichoke leaves away y'all. Dandelion leaf and root chicory, the wild lettuces, yarrow, these are all in the bitter flavor profile. And the terpene/steroid bitter herbs tend to have that blood sugar regulation. They have the inulin we talked about when we were talking about this sweet flavor profile, so they're prebiotics. They're alteratives that herb means it helps your body excrete toxins or really just the organs of elimination and here it does it through the liver and the gallbladder by being cholagogues and cholaretics. They're also slightly toxic to the body, so those are called hormetic stressors, which means it provides a little bit of stress to the body that in turn make yourselves more resilient. And so, these terpene/steroid alkaloids are more blood sugar regulation, alterative bitters compared to the bitters we're going to look at next.

Now the protein soluble bitter alkaloids tend to be in the Berberine family, so this is like Oregon graperoot, agarita if you're in the Southwest. Some other examples that contain Berberine are going to be goldenseal, yellow dock root is another example of an alkaloid bitter and a protein soluble alkaloid bitter. And so, these are gonna look yellow in the roots; hence yellow dock, right? But if you look at agarita root or Oregon grapefruit or goldenseal root, they're all going to be yellow and not only are these cholaretic liver stimulants and hormetic because they're pretty toxic, but they also have this added component of being anti-microbial. So, if you have an indication for a bitter herb, but you also need an antimicrobial, you're going to choose these Berberine bitters as opposed to the more Aster family bitters, which just tend to work more strictly as alteratives, blood sugar regulation, digestive support. These protein soluble alkaloid bitters, they do those but also have a very strong antimicrobial component to them. So, you're actually going to use them in lower amounts for a shorter period of time versus the previous page just depending on which one you're choosing. Cause wormwood, artemisia can actually be pretty strong too. But if you're thinking about chamomile or yellow dock or chicory, you can use those for a longer period of time cause they're not as like strong of an alkaloid medicine as these Berberine bitters.

Another group of the protein soluble alkaloids are the acrid flavor profile. So, these acrids are sort of like that sickly sweet, kind of putrid smell really, and you're going to find that in valerian root, lobelia, passionvine. These indicate ... that flavor profile indicates that it's strongly sedating, a very strong, relaxing nervine and anodyne, antispasmodics. Herbalist Sam Coffman says that a passionvine tincture can take someone out of a panic attack just instantly. That's how strongly sedating it is and most of these you shouldn't use if like during the daytime if you're going to be driving. These are sort of nighttime alkaloid herbs with that sort of sickly sweet, putrid tastes sensation or really smell, I guess you might say. Something that's very important to be aware of is that in both the protein and lipid-soluble alkaloid groups, so both the alkaloids and then the terpene/steroid alkaloids.

You also have some of the very, very toxic low dose herbs and even the most deadly plants are in these groups. And so, I definitely want to squash the misconception that all herbs are safe. Many herbs you need in low doses in formula for a short period of time. For example, chaparral, which really traditionally wasn't even used internally. So, external use only type stuff or herbs that you're really just gonna stay away from, so like datura. Now some herbalists might call that a low dose herb, but it can definitely lead to hallucination and death and then the hemlocks; those are all made up of deadly or toxic alkaloids.

Some of the terpene/steroidal low dose or sort of deadly alkaloids are going to be your cardiac glycosides like in foxglove. Foxglove, don't ever plant it near your edibles or your herbs. Just one piece of pollen ingested can cause death. Nightshades, the Leaves of nightshades can be damaging. Lily of the valley's another one, but you also have some low dose medicinal herbs here, like anemone or immortal, which is all ... that's milkweed. Now be careful with milkweed

cause it is ... there's a sustainability issue there, right? But I just want to point out again that not all of these herbs are safe.

Okay, so, we have journey through our tense energetics and what to do about it. And we've talked about our bitter and acrid flavor profiles and now we're going to learn how to make and use herbal tinctures and tinctures just really went along with the investigation into alkaloids, terpenes and steroids cause they're both very alcohol soluble. But that doesn't mean that tinctures can only be used for bitter and acrid or that bitter and acrids can only be extracted by tinctures, right. This is just sort of the medicine making technique we chose for this module.

So, as I sort of just alluded to or said, but not really directly, tinctures are defined as alcohol extractions of herbs. So, we mentioned in module one that really everything is extracted by alcohol with the exception of minerals in that salty flavor profile. So, if you're trying to get nutrients out of those nutrient-dense herbs, alcohol is not the way to do it. You can't take enough of alcohol to get all the minerals anyway and the polysaccharide. So, if you're taking medicinal mushrooms for their adaptogens properties from those sweet flavor profile polysaccharides or you're trying to get demulcents, tinctures aren't the way to go. But everything else, the sour flavor profile, the bitter flavor profile, the alkaloids, the acrids, astringent, tannins; all of those things can be extracted by alcohol which is great, especially for preserving herbs for the future, for herbs that don't just grow year-round.

For herbs that have a strong flavor that people really don't like to taste or even for low dose herbs that you just need tiny amounts of that might be more convenient to take via an alcohol tincture. One thing I do want to mention is that while tinctures are used a lot nowadays, tinctures weren't necessarily the traditional way of using herbs. If you look at the two oldest, most commonly studied oldest herbal medicine philosophies, traditional Chinese medicine and Ayurveda, well, TCM used water and Ayurveda really used powders and ingesting herbs. So, tinctures weren't really all of that common, but they are useful when they're indicated and just know when to not use them to make sure you're making the most powerful medicine.

So how do you make herbal tinctures? Well, there are two main methods used. One is the folk method and one is the ratio method. The folk method is pretty simple. You just fill a jar halfway full of dried herbs or all the way full with fresh herbs. You cover it with alcohol, put a lid on it, put it in a cool dark place, let it sit. It's called macerate for four to six weeks, shaking it every day if you can. And then you strain it and there you have your tincture. Now the pro of this is that it's super easy. The con of this is that you don't really know the strength of your tincture. You haven't weighed how much of that tincture was herb versus how much of it was alcohol. So, the dose isn't really going to be predictable.

With the ratio method, which we're going to talk about in a minute, you weigh the herb, you measure the volume of the alcohol. So, you know that. So, the power of the medicine is just a little more predictable. Another question that's often asked is what type of alcohol should I use? And the answer is, of course, it just depends. The general standardized recommendation, which we all know how useful standardized anything is, right, but that if you're using dried herb, 40 to 50% alcohol is fine versus if you're using fresh herb, 95% alcohol is fine, but really it depends on which constituent you're trying to pull out of the herb. If the constituent you need is only alcohol soluble, then 40 to 50% alcohol, that's almost over half water. So, you're gonna pull out less herb versus if you have water-soluble constituents in there, 95% alcohol only has 5% water. And so, you're not gonna make as strong of a medicine.

So, you can sort of start with the standardizations, but really use your taste and taste how strong that herb is or use clinical herbal books that have recommendations based on tradition. And again, as far as the dose, it's just going to depend on the herb, the constitution of the person, if this is an acute versus chronic health issue, et cetera. Some good terminology to know is that in general dropper full means one mil cause dropper size is different. The word drop can be many, many different things and depend on the dropper itself, the viscosity of the herb, but we talked about a few of those conversions in module one, so you can refer back to those resources.

Now the ratio method tincture is a little intimidating to some people cause it gets a little mathy, but really, it's just multiplication. So, you need a scale and what it is, is the grams by weight, of course, of herbs to mls, which is volume of alcohol. So, when you see one to two, that means if you had five grams of herb, you would have 10 mls of alcohol or one to four. That would mean if you had five grams of herb, you would have 20 mls of alcohol. So, it's just multiplying, right? Now, the same is true with the percentage the alcohol content. In general, fresh herbs, you do a one to two ratio with 95% alcohol and with dried, you do a one to four or a one to five ratio with 40 to 50% alcohol. But again, that's just a standardization.

So, start there, use your taste, ask herbalists around you, use clinical herbal books. I have a difficult time finding organic 95% alcohol. They don't have it in my state, but you can order it from Alchemical Solutions. I can find organic 40 to 50% alcohol. So, I tend to just use what I have organic cause that makes me stress less. So, I worry about that part less than I do about the percentage alcohol, but it's really about making the strongest medicine possible. Sometimes if you're doing a one to two ratio method or even a one to five sometimes honestly, the alcohol doesn't cover the herb and that's crucial. The alcohol needs to cover the herb all of the way.

Sometimes blending can help that happen and Jim McDonald has a video where, let's say you're trying to put the herb in a quart jar and the alcohol doesn't cover the herb, well if you move all of those exact same contents, so you don't have to remeasure anything, into a smaller jar and really shove that herb into that jar, then the alcohol will cover it. And so, it was the exact same stuff, you just put it in a smaller jar and it worked. Combining tinctures also involves a little bit of math and I sort of laid it out here for you, but that can get advanced. And probably what I'm going to do in your resources is just sort of take you step by step, but let's say you have 3 different tinctures that you want to put into a formula. You've got echinacea, elecampane, and bee balm, this would be a great like respiratory infection tincture and you have them all separated, but you want to make it combined formula and you want twice as much echinacea and elecampane as you have bee balm.

Well, let's say you have a 30-ml bottle. Well, 30 mls divided by five parts cause you had two parts echinacea, two parts elecampane and one-part bee balm and you just made up those parts. Those were the parts you wanted. So, five parts in a 30-ml bottle, well 30 mls divided by five parts is every part equals six mls. So, if you know you want two parts echinacea, you put 12 mls of echinacea into the tincture bottle. You also have 12 mls of elecampane but you only want one-part bee balm. So that's six mls because six mls is a part. Now the amount per part is going to depend on the size of your bottle. The number of parts is going to depend on how many herbs you have in that formula and how you want to divide up those parts. So that's sort of the step by step process there. We don't really have to get any further into that. I just really wanted to walk you through that process. There are also other advanced tincture methods. There's percolation tinctures, there's all sorts of other tinctures. I'll put some videos in your resources, but those are a little more advanced. But I wanted you to have them just to know that there's other ways of making tinctures other than just soaking herbs and alcohol in a jar for four to six weeks, which works fine too.

And then, of course, I just wanted you to have these tincture conversions. I'll put this in your resources as well, but this is really just to know the language that you may find in some herbal books about drams versus drops versus dropper fulls, et cetera, and how to convert between a ml and drops and tablespoons and teaspoons. So, this is really just for your reference as you start your medicine making, which leads us to the next slide. So, remember your formula making is really going to be put into practice in the quiz, but your medicine making is where you're going to do your hands-on homework. So, you can choose a bitter or acrid herb that we mentioned in the bitter and acrid flavor profiles or you can use any other herb you want. And I want you just to make a tincture.

You can use the folk method, the ratio method. You can do a combo at the end if you want to. Make sure on your label you include your common and the Latin name, the date if you used ratio versus folk method. And if you did use the ratio method put with the ratio was, the kind of alcohol you used, if it was fresh versus dry, where you harvested the plant if you did. And I find it really helpful to put the dose and the use of the plant on the tincture bottle itself right when I make

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it. I listed some herbs here that are handy as tinctures, but really anything other than a mineral-rich herb or a polysaccharide herb is, you know, extracted with a tincture. So, have fun and enjoy your tincture making. So, that covers the tense energetic health issues, the bitter and acrid plant flavor profiles. And tincture medicine making. So, hop on over to the quiz in the homework and don't forget to check out your resources and I'll see you in the next module for lax energetics.