



Herbal Energetics and Formula Creation

Transcript – Lesson 7

Alright, guys. You have made it through two of the three energetic axes. You have covered hot and cold, tense and lax and now it's time to dive into the damp versus dry axis. So, in module seven we're going to be covering damp energetic health issues, the salty plant flavor profile and then we're going to learn how to do nourishing infusions and drying herbal plasters. You guys know what I'm going to say here by now, don't use herbs as Band-Aids. They are a supplemental solution to a holistic approach to life and wellness. In this module, we are going to cover damp, energetic health issues, herbs that can be used to powerfully, but supplementally help with those damn health issues. We're going to talk about the salty flavor profile. We're going to also talk about how to make and use nourishing infusions and drying herbal pastures. So, let's get into it.

So, for damp energetics, we're talking about dampness that is stuck inside the body. People often confuse dampness but with actually seeing liquid leaving the body. But remember, if liquids leaving the body it's from lax tissues in the body itself is drying out because it's losing all of that fluid. That's not dampness, right? That's laxity and laxity can cause dryness. Dampness is fluid that is stuck in the body. So, you're not going to be seeing the fluid, the fluid just going to be stuck all up in there. So, when we talk about stuck fluids in general, this fluid is mucus. It can be water for example, like edema is stuck fluid in the body. It can be menstrual fluid. So, that can get stuck up in the body, right? But in general, when we talked about damp energetics, often we're considering mucus and so I wanna distinguish between mucus spelled with "U" and mucous spelled with an "OU."

So, mucous with an "OU" is the mucosa. I'm going to dare to call it an organ system that sort of inner connects all of our organ systems. It's the mucosal lining of the digestive system. It lubricates all of our organs, all of our tissues and mucus spelled with a "U" is that fluid that you often see leaving the body, right? So, mucus is part of the mucosa and what you really want to do is support the mucosa and the reason for that is because it is a crucial part of our immune system. So, the mucus of the mucous lubricates our tissues and prevents it from drying out. And if our tissues dry out, it allows for bacteria to thrive and for infections to ... for bacteria to be able to invade and create infections. So, the mucosa is a physical barrier and it's also full of immunoglobulins like it's literally our immune system.

And so, if we dry out mucous too much, it can send us on the other side of this axis and create its own health issues. And so, we're not trying to completely dry out the damp issues. We're trying to support the mucosis so it's fluid enough, not stuck, but also not lax and leaving and drying us out. So, one thing, another thing I want to point out here is we all have our innate constitutions that were born with. Some of us are hot and dry, some are damp and cold, some are damp and hot, you know, there's all these different combinations of the three axes that we tend to be just because of who we are genetically. So, when the damp constitution gets out of balance, that leads to congestion. So, people with a damp constitution, when illness shows up, it tends to be a sort of congested allergy, stuck sinuses, stuck respiratory, that sort of thing.

And if that congestion is allowed to stay there too long, that can lead to stagnation. So really when you think of damp energetics, the terms stuck, stagnant, even toxic because toxins are stuck in the body. Symptoms of this can be really thick mucus that's just not leaving. I already mentioned edema. Gas and bloating and heaviness and sluggishness; these are words we talked about with cold energetics cause cold was hypo functioning. So, if the digestive system is hypo functioning, that food is sitting there and then that dampness that's just staying there because of the hypo functioning

leads to then stuckness, congestion, and stagnation. But dampness can show up in any organ system and we'll talk about what to do about it here in just a sec.

So, what's the big deal about stagnation? Like who cares? So, if fluid is stuck, then it's obstructing flow, right? And our whole body operates on the flow of nutrients and resources in waste and hormones and neurotransmitters, everything just flowing, flowing, flowing through our body. But if something is stuck and stagnant, that flow stops. It's sort of like putting up a dam in the river system and then it just sort of becomes this stagnate, putrid lake that you don't want to swim in because it's full of amoebas. I just went on a tangent there, you guys; your body is not full of amoebas, okay? But we don't want to obstruct flow in the body. Also, that sort of stuck fluid can prevent tissue ... it can prevent nutrients from flowing from the digestive system into the blood and then into our tissues. It can prevent toxins from leaving the tissues and going into the blood and flowing out of our digestive system. So, it can cause malnourishment and also it can be a breeding ground for infection. It can create biofilms and bacterial and other microbial overgrowth in places we don't want it to happen. So, we really do need to get this congestion and stagnation moving. We don't want to leave it there. So how do we do that?

Well, remember that disclaimer I always give on the second slide. Here's another situation where you really wanna consider the routes first. So, one thing to consider, especially for people with a damp constitution is damp foods are likely to send that damp constitution out of balance, leading to congestion and then that congestion prolonged can lead to stagnation and dairy is considered a damp food. And so, these tend to be the people who are really big advocates of removing dairy. Like I removed dairy and I felt so super amazing. Everyone should remove dairy. Well removing dairy or minimizing dairy happens to work fabulously for people with a more damp constitution where sickness shows up as congestion for them. Me, I have a hot dry constitution and so removing dairy for me is one, not indicated, but two can send me out of balance because dairy is damp and I am dry, so I need that dampness. So, this is just an example of why there's no perfect dietary guideline that is standardized for every person. It's all about knowing you and your constitution and your energetics and applying that to food and herbs, right? Food is just plants and so, the food has energetics that affects the body's energetics. So, roundabout way of saying if you have a damp constitution or you're afflicted with a damp health issue currently, then eliminating dairy temporarily or minimizing it daily if you have a damp constitution, can be really helpful.

So, once we've considered those root cause issues or other things that could be exacerbating this damp health issue, what are herbal choices going to do for these damn conditions? Well, foundationally we're going to dry them, right? At least dry them back into balance, but other things you're going to be doing are thinning any thickened mucus or fluid. So, we can start flowing. You're going to stimulate and move the flow of anything that's stuck. This can involve breaking it up, dispersing it, and then eliminating or releasing the stuck fluids from the body.

So which herbal flavor profiles are going to be useful in drying up in moving this stuck damn congestion? Well, one flavor profile, that's sort of a side note here, are the nutritives or salty flavor profile. If you think about pouring salt on a slug, don't do that, guys. I'm just kidding. You can do it if you want to, it's kind of mean, but if you pour salt on a slug, it dries that slug out and you can actually see the mucus leaving the slug, right? And the same thing happens to ourselves. If you put salt on damp cells, it's going to draw out that dampness. Now, most nutritive or salty flavor profile herbs are drying because of that, not all of them are, and we mentioned that dampness can prevent nutrients from getting to the tissues. And so often nutritives are indicated in damp health issues.

But really specifically what you're going to be thinking about are the fluid releasers that cause fluid to either move more and/or leave the body. So, you might be like, well, if we're releasing fluids, isn't that moistening? Well, it can be moistening as it leaves the body, but it's really drying to the whole system because the fluids are leaving, right? And so, the two flavor profiles you're really thinking about here are going to be bitters or aromatics or the pungents. So, this is going to depend on the combo energetic of the health issue that you're dealing with, so if your damp and hot, you're gonna need cooling and drying, which are the bitters. If you're damp and cold, you're going to need heating and drying,

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which are the pungent aromatics. So, this is going to be pretty and sweet because we've already talked about the hot and damp health issues when we talked about hot energetics and we already talked about cold and damp health issues and we talked about cold energetics. So, we've covered all of these, but I'm just going to sort of refresh as I talk about when bitters might be indicated for a damp health issue and when aromatics might be indicated for a damp health issue.

So, our foundational organoleptic visceral sensation is drying. The drying action or the drying flavor profile will likely either be bitter or aromatic, just depending upon what's happening and which organ system the dampness is showing up in, so the primary actions will be determined by the organ system. So, remember we said bitters for hot damp congestion or stagnation. This is where your alterative bitters are going to be indicated. So alterative is sort of a catchall term that refers to anything that increases elimination from the body. The organs of elimination are your urinary system, your liver and digestive system, and your skin. And so, indications for this can be skin issues like when acne or eczema or psoriasis show up on the skin, that's an indication that something is stuck in the body and not getting out through the other organs of elimination. So, alternatives will be indicated.

This can also clog up or stagnate the lymph or the immune system. So, lymphagogues would be indicated, any kind of digestive stagnation, these are all going to sort of be a catchall under the term alternative. So, you may see specific terms like cholagogues or cholaretics. Those refer to the liver and the gallbladder or lymphagogues of course to the lymph. And so, these are going to be your bitters that you'll use in hot damp situations. If you're in a cold, damp situation, which I'm not going to argue is more common, but I tend to think of cold and damp together other than the skin and sort of immune things I just mentioned. But if you've got cold and damp, that's where you're going to use your aromatics because aromatics, we've mentioned, this release tension that's obstructing flow.

They heat up and they diffuse and therefore can break up stagnation and then they get things moving around the body. And so, these are going to be your diffusives, which are your aromatics that increased circulation. You're going to use diuretic aromatics if you've got cold damp issues in the urinary system or even cardiovascular system because if you have damp edema or high blood pressure from fluid in the vessels, then diuretics can decrease the symptoms of that. If you have stagnation in the lungs or the upper respiratory system, your expectorants and decongestants will break up and move that cold stagnation. Emmenagogues are where you have stagnation in the female reproductive system. Diaphoretic is where you've got this sort of stuck fever that just can't get out and you need to get it moving and released. Even if you want to increase and release fluid from the breast tissue in breastfeeding, right? That could be galactagogues, so if your fluids are stuck in the body and you need help releasing them, well those are your aromatic galactagogues. So, the primary action is really going to depend on where the stagnation is showing up and how it's showing up. Is it cold stagnation or hot stagnation?

And if you have infection from stagnation or inflammation from stagnation, energetically addressing and creating your formula by first knowing you need to dry it up and move it, choosing the correct primary action depending upon where the stagnation and how this stagnation is showing up will then inherently lend itself to being anti-inflammatory and antimicrobial by just changing the terrain and supporting the ordinance systems of the body. Alright, so that was our coverage of damp health issues, damp energetic health issues and how they show up and herbs that can be useful for those depending upon where they are. Now we're going to jump into the salty flavor profile, which we sort of introduced earlier in a previous slide earlier in this video. And we'll talk about herbs and plant center in the salty flavor profile and then how to make nourishing infusions with them and how to use plasters.

So, two groups of, not really plants cause seaweed is algae, right, but two groups of living organisms that are in this salty plate flavor profile are the nutritive or nourishing herbs and seaweed. So, when I first started learning to use taste to tell me about their herbs, this one really got me because while I could taste seaweed and taste the salt on it and that's more conventionally salty, right? That salt indicates there's minerals in the herbs. And while I intellectually knew plants in the salty flavor profile, if they don't taste salty but they're in the salty flavor profile, that means that they're high in minerals. I still couldn't grasp like if I tasted a plant and it didn't taste salty, how did I know it was in the salty flavor profile? And

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how did I know it was nutritive and herbalist Matthew Wood really help to clear this stagnation for me in the thinking about salty flavor because he calls the salty flavor an earthen flavor. And so that reminds me of like grassiness or soil and soil is just full of minerals, right? And just the grassy plantain flavor. I would think of like oat straw or kale. Those are high in minerals and so if the term salty flavor profile is creating some sort of stuck thinking in the putting two and two together here, maybe think of it as a more earth flavor. So, the earthy flavor profile in herbs indicates it's high in minerals and therefore it's a highly nutritive herb. So, let's talk about the nutritive herbs and then we'll talk about seaweed for a bit.

So, the mineral-rich herbs in the salty flavor profile are generally going to be consumed by creating an herbal remedy called a nourishing infusion and this is where you take a nutrient-dense herb, so salty flavor profile, high in vitamins and minerals, you take an ounce of that dried herb, you put it in one quart of just-boiled water, you cover it, and then you steep it four to eight hours, you strain it and then you can just sip it all day. If you're not keen on that earthen flavor profile, then you can always add things to spice up the flavor. So, you can add Rosehips to make it more sour, you can add licorice root, a tiny bit to make it more sweet, peppermint, lemon, cinnamon can all improve the flavor to heat it up cause these nourishing infusions tend to be cooling. The nutritive herbs tend to be cooling.

Not all of them are, but they mostly tend to be, so if you have a cold constitution then heating it up with ginger or cayenne or any other of the aromatic herbs can be helpful. I mentioned before that the nutritive herbs tend to be drying. Not all of them are, but a lot of them are. So, if you have a dry constitution then you can moisten them up with marshmallow root. So, I happen to have in my body a cold and dry constitution. Mentally I'm more of a hot constitution kind of person, but in my body, I tend to be cold and dry. And so, I drink nourishing infusions every day. I generally have to heat them up with something. I usually use cinnamon for that and then moisten them up with marshmallow root. So, I don't send myself out of balance. There's lots of different herbs in the salty flavor profile that are high in vitamins and minerals and they're going to ... you're going to pick them based on the same methods you've been learning throughout this whole course. You don't just put all of the nutritive herbs or just pick one randomly willy-nilly. They all have different indications. So, let's talk about those on the next slide.

So, I would always start with the mineral-rich or the nutrient-dense herbs, the nutritive herbs we've already talked about before. They're going to benefit everyone. I've given you a demonstration of how easy it is to make these, but you don't have to stick to just one. There's a diversity of nutrient-dense herbs and you can rotate through them or make combinations of them so that we're increasing that the diversity of plants we're exposed to daily or weekly. So, make sure and check out that demo and start here and if you make, look, if you make a nettle leaf, oat straw, burdock nourishing infusion with Rosehips, marshmallow root and licorice for flavor, that's six different plants right there. Six different plants with a different phytonutrient makeup being added to your body, not to mention the nutrients we're getting from these plants, Right? There we go, six plants right there from one nourishing infusion. That's amazing. Do it.

So, here's a table excerpt from my Herbs for Energy eBook that I created outlining both the nutrient content of the different nutritive herbs, but also their indications and their energetics. So, I mentioned most of the nutritive herbs are drying and you can see the first six are, but the last four tend to be more moist. So, because I have a dry constitution, I tend to use those last for more than the first six. But also, they all have a different affinity for different organ systems, so some have a reproductive system affinity, some have a lymphatic or lung affinity, some have been shown to reduce tumors, some are great for the skin, some are good for the nervous system, some are good for the heart, right? So, it really just depends on what health issue you're trying to address. Also, if you or a client you know, has this specific mineral deficiency or nutrient deficiency, the different nutritive herbs are high in different nutrients and so you can match up their nutrient or mineral deficiency with the herb that's high in that. And so that's really how I sort of use this table is, I don't just randomly pick a nourishing infusion, nutritive salty flavor profile. I very systematically choose which herbs go with that person.

Now seaweed, and I've found that if people are turned off by the word seaweed, that calling them sea vegetables can make them a little more attractive. So, sea veggies are also in that salty flavor profile and they taste conventionally salty, right? You're going to taste the salty sea on them, which I happen to just adore and my kids will just eat seaweed straight out of the package, out of the pantry. So that's super awesome. Don't get too jealous cause they also beg me to eat school breakfast and school lunch. So, you know, nobody's perfect, but there's over 10,000 species of these sea veggies. They're salty, but also, they tend to be demulcent, so, moistening. So, that's really interesting because many of the other salty flavor profiles tend to be drying while the seaweeds tend to be both nutritive and moistening at the same time, many of them are high in iodine, but depending on the sea veggie you're talking about, they're also high in many different vitamins and minerals, essential fatty acids, even polysaccharides, and fiber.

So, they're a really nutrient-dense food that I think we should be eating daily. Now, depending again on the seaweed, that will determine which one's highest in which nutrients. So, brown sea veggies tend to be highest in iodine. Not all of them are nutritive. For example, Irish Moss is really a respiratory herb, not so much of a nutrient, dense sea veggie. Sustainability and cleanliness is crucial here. You want to make sure and only buy hand-harvested sea veggies and in your resources, I'll provide a website where you can look that up. And also, Mountain Rose Herbs carries sustainably harvested sea veggies, but mix them up. First try them, if you haven't tried them and then mix up the different ones you eat, different days and different weeks cause they all have a different nutrient profile and therefore different benefits.

Alright, so we sort of mixed the salty flavor profile and our first herbal remedy for this module. So how to turn those salty flavor herbs into nourishing infusion. Let's end this with our final herbal remedy creation with learning how to make herbal plasters. And I chose herbal plasters for this module because they are indicated for damp issues because they dry up dampness. So, let's get into those plasters. So, a plaster is really just taking an herb, powdering it and putting it right on the body. So super simple, right? You can also mix it with a tiny bit of water or even alcohol and turn it into a paste and then put that on the body. But oftentimes, my students in my free clinic will be seeing clients with damp skin issues and they go, or they will say, "Use this salve, use this oil."

And I'm like, "No, you don't really want to use a salve or an oil on a damp health issue," right? Cause that's putting something damp on something damp. You want to put something drying and then they'll recommend squirting a tincture on them, but some people don't want to put tinctures on their body or that's too drying, or maybe they're pregnant and they're worried about the alcohol getting through their skin. So, I'm like, don't make anything. Just powder the herb and put it right on the body. So simple that we sometimes forget that we don't have to turn everything into a remedy, right. You can just take the plant then put it on you. So, these plasters and paste are indicated for external damp conditions. Usually, this is involved in skincare or wound care. So, you can use just clays, which are not herbs or you can mix their herbs with clay.

Um, there's some controversy there because clay binds to everything, which is why you're putting it on something damp. It'll bind to the infectious agents, it'll bind to the bacteria and so, some people think that if you mix clay and herbs together, that the clay binds to the medicinal components of the herb, rendering them both useless before you put them on the body. If you're concerned with that, then you can sort of take turns. So, put clay on something first, rinse it off, put the dry herb on it, rinse it off, and then alternate. Clay, herb clay herb, which I think is perfectly fine, right? So, these are going to be like the leaky, gooey, even infected, visibly damp, skin issues. You can also use these as like a tooth polish. These are all great ways to use herbal plasters or herbal pastes. And I'll put all of these, your resources for sure. All of these links.

One of the reasons why I keep saying external, a lot of people use clays internally, especially bentonite clay under the idea that if you take that night clay internally, it can bind to toxins, it can bind to pathogens and then you excrete them. This is really, really dangerous in my opinion because I've seen people take clays and then create such extreme constipation like they can't, they're so dried out that they can't go to the bathroom for weeks and they ended up having to go to the hospital. Like it's a really huge deal and it doesn't just sometimes happen. It frequently happens where

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someone takes clay and then they create extreme compaction and extreme dryness in the body. So, I personally and in my clinic do not recommend internal use of clays ever at all. However, a lot of the teachers I learned from recommend using clay's weekly. So, it is a controversy and different people do different things. If you are going to take clays internally, take a tiny bit with lots of water, and at least two hours away from food because it'll bind from the nutrients in your food as well. But for damp external conditions on your skin and for wounds, powders and plasters and clays are just fabulous.

So, for your homework for this module, I would like you to pick one herb to make a nourishing infusion and drink it every day for a week. So that'll be like seven nourishing infusions, right? So, seven ounces of the same herb. Then if you like, you can rotate through them all and sort of pay attention to how they affect your body. I would like you to try one seaweed recipe and I'll include some options in your homework and then do one herbal plaster recipe, whether it's a tooth polish or skin care or wound care or whatever. I'll put options in there. So have fun with these.

Alright, so we have covered damp energetic health issues, the salty flavor profile and making and using nourishing infusions and herbal plasters. So, your homework's going to cover those last three. Remember the energetic formula creation questions will be in your quiz. All right guys, you just have one more energetic condition, dry energetics, and then you get to start practicing building your formulas. So, hop over to your homework in your quiz, and then I'll see you at the next module.