



Herbal Energetics and Formula Creation

Transcript – Lesson 8

Alright, guys. Congratulations. You've reached the module with the last energetic state as we learn about dry energetics, and we're going to learn about the demulcent flavor profile plants as well as salves and poultices. One final preface and disclaimer. Remember the herbs should be used as a supplement to a holistic lifestyle approach to any of the health issues that we talk about in this module or previous modules. So, for this module, first, we're going to talk about which health issues have dry energetic states. We'll talk about herbs that can be useful for dry, energetic health issues. Then we'll follow that up with a coverage of the demulcent flavor profile, and then we'll end up by learning how to make and use herbal salves and herbal poultices.

So, last time we were here, we learned about damp energetic states. We defined those as congestion or stuck stagnation where fluid is stuck in the body. Dry energetic states are a lack of that fluidity in the mucous membrane, on the skin, in the mouth, in the sinus cavities, even in the eyes. This can be a dry cough, not where they're stuck, stagnant mucus or fluid in the lungs that's not coming up, but to where there's nothing, no fluid and yet you're still coughing. So, that can cause atrophy in the case of the cough, you could have atrophy in the throat where the cells start to waste away from sort of friction. Indications of a dry energetic state are cracking, like cracking in the joint, scratchiness, burning. Burning sounds like hot, but it's actually burning from friction from dry cells and tissues rubbing on each other.

You can see flakiness, stiffness, there could also be tightness but not tightness from tension, tightness from dryness where there's a lack of pliability. So, imagine a belt that hasn't ... or leather jacket that hasn't gotten oiled in a while. So, there's lack of pliability and now that jacket or that belt is really tight and it can't move like it used to. So, lack of oil or lack of fat is one cause of dryness, but you can also have dryness from lack of water and the visual here is to imagine a piece of bread that has dried out and is really crunchy and crispy. right? And if we put water back on it, it would become more pliable and squishy and malleable versus when it's dry, it's crunchy and flaky and breaking and it's atrophied. Analogously to what would happen in the body. So, it's important to know that you can have dryness from lack of water or lack of oil or both.

Chapped lips is a quintessential example of dryness and most of us sit there and just drink water, drink water, drink water when our lips are chapped. And we don't consider that chapped lips could be from oil dryness and so really putting oil on the lips or oil in the body through eating it or taking supplements can be useful or even crucial to addressing that. So, you can have inflammation from dryness, especially when you have dry friction causing structural damage, cracking and burning. You can also have immune deficiencies that are from a dry state. And we've talked about immune deficiencies and a lot of the different energetic states. And I'm pointing this out because immune deficiency is a symptom resulting from dryness, but usually when people have immune deficiencies, what's the first thing you think? Antimicrobials, right? So, if we know that there's a lack of mucus and there's a dry energetic state going on, restoring balance to that dryness by adding water and oil can alleviate the immune deficiencies if the source of the deficiency was from dryness. And then also you can have digestion deficiency from lack of enzymes, lack of enzymatic fluid, which could be from lack of amino acid consumption, lack of hydrochloric acid breaking down those amino acids, just the lack of those enzymatic fluids, in general, are going to decrease digestion and then cause malnourishment and then you get this whole domino effect, right? So, these are all examples of signs or words or descriptions you're going to be looking for to assess a health issue as a dry, energetic state.

So, I'm sure you've probably caught on, but I had mentioned water and fat and oils multiple times on the previous slide and this is another energetic state where it's crucial to consider the whole picture before we first jumped to which herbs can be used to assess a dry or to alleviate or ameliorate a dry energetic state. So, from dryness, from lack of water, we need to ask, is this person consuming enough water or is this person taking diuretics either as caffeine or as medications that are causing excretion of excess water and therefore creating a dry energetic state. In the case of dryness from lack of fats or oils, we need to ask the same question. Is this person consuming enough fats and oils in their diet? Does this person have lack of bile either from lack of consuming fats and oils or lack of the enzymes required to create bile? Signs of this can be gray bowel movements and the indication there is consuming more fats and oils and also using those cholagogue and choleric bitters.

Burdock is a great example of a gentle, yet effective and also yummy food-like herb, food-like bitter that can be used along with an adjustment in the diet through increasing fats. A medical cause of this could be cholesterol-reducing medications because cholesterol is required to make bile and so, if you're on cholesterol-reducing meds for long enough, you can have a decrease in bile and therefore a decrease in all of the things that bile does in the body and we'll talk about that on a future slide. So, this is definitely one of those issues where you don't just jump to, "Oh, this is a dry condition, let's moisten that up with moistening herbs." We need to talk about moistening the body with both water and fat and oils if that's the underlying issue and then using those lifestyle changes concomitantly with using the moistening herbs.

So, we're going to do a quick segue here for just a minute and talk about water and talk about fats in oil so we know how to make sure we have enough of them in our bodies. So, and I just couldn't leave this out, but trust me, we're going to get back to the herbs in a minute, but again, I can't just say, "Oh, make sure you have enough water and fats and oils," and then move onto herbs without explaining how to do that. So many of us think of water is just this thing that we have to do in order to avoid dehydration. And most of us know that 70% of our body is water, but we don't connect the dots in that, oh if 70% of our body is water, water must have a lot of functional roles to do and if we have a lack of this water, those functional roles aren't going to happen. It's going to create this dry energetic state in many of the health issues we mentioned before.

So, water doesn't just act as a lubricant and a cushion to the joint and tissues and organs. It's also the universal solvent. So, almost every chemical reaction in the body takes place in water and that's really what cells are, are just billions of chemical reactions constantly taking place. It's crucial in regulating body temperature. It's how we sweat and alleviate heat. It maintains your blood pressure by regulating the volume of blood that's in your blood vessels and it carries nutrients and waste products where they need to go. So, if you're dehydrated, you're not getting these things and therefore the result is a dry energetic state where you get atrophy and loss of structure, loss of function, possibly inflammation, et cetera.

And I just want it to provide a visual of how crucial having the correct water balances in the body. So, in this picture you see the red blood vessels, right? And those blood vessels are supposed to have a specific amount of water in them in order to maintain accurate blood pressure, but not have it be too low or too high. Then you see the yellow circle, which is the cell and your cells also require a specific amount of water to make sure the cell can be doing all the chemical reactions it needs to do. And then outside of the cell, the blue is called the extracellular or the interstitial fluid. And this was just determined in 2018 the interstitial fluid to be an organ system that connects everything in the body together and herbalists were like, "Yeah, we've been treating the extracellular matrix-like an organ system since the beginning of time with demulcent herbs," which we'll talk about later in this video. So, it wasn't a shock to the more holistic-minded, but the medical system was like, "Oh my gosh, the interstitial is an organ system.: It was a big deal. We were like, "Well yeah, the extracellular matrix is crucial," and that also has a specific amount of water required to lubricate the tissues and the joints, et cetera. And so, you want a proper balance of water in these three places, in the blood vessels, in the cells, and in the interstitial fluid.

So, the way your body makes sure that there's the correct amount of water in these three places is with minerals. So, your macro and micro minerals are also called electrolytes and what they do is they go to specific places. So, you can see the mineral electrolytes that go into the cell. So, potassium, phosphorus, magnesium, and sulfur go in the cell. Sodium and chloride stay outside of the cell in the interstitial fluid. And so, what happens when we drink water is the water goes into the blood vessels and the rule for water is that water follows solutes. That just means it's going to go where the minerals are, so twice as much water goes into your cells as the interstitial fluid, as long as you have enough of these minerals in your body and as long as there's not other solutes in the blood vessels, meaning as long as we're not eating tons of sugar and sugar stays in the blood vessels and therefore water follows solutes and water would stay in your blood vessels creating dehydration in the cell and in the interstitial fluid and causing too much volume in the blood vessels which increases blood pressure.

That's the link between diabetes, sugar consumption, and blood pressure or we can eat too much table salt which lacks all of these other minerals and the table salt causes too much water both in the blood vessels and in the interstitial fluid which looks like edema and then feels like dehydration. That's why it's crucial to drink Himalayan salt or sea salt, actual mineral-rich salt, and stay away from table salt, which is high in processed food and it's also crucial to make sure you're drinking properly mineralized water. If you drink completely filtered demineralized water or distilled water, there's no minerals in that, right? And so that's going to cause a water imbalance and then if you drink things that are too high and solutes like sodas or other sugary or salty drinks as opposed to just mineralized water, that's also gonna cause a different type of fluid imbalance, fluid being in the wrong places. And the way we know that there's a fluid imbalance is we get thirsty and we tend to think that thirst is the first sign of dehydration. But actually, once you feel thirsty, your cells have already reached a dehydrated state in a fluid imbalance. So, let's look at what some of those symptoms are and what that can cause in the body and then we'll talk about how to make sure we stay hydrated.

So, notice that once we're feeling thirsty, we've already lost about 2% of our body weight in water. That's a lot. That's a lot of weight in water and you may start experiencing weakness at this stage of dehydration, even fatigue, loss of appetite, and then the longer you wait to drink water, you're going to have impaired physical performance, your urine is going to start getting more and more concentrated, you may get kind of hot feeling and notice symptoms of impatience and also symptoms of apathy, like not caring, irritability, sleeplessness, difficulty concentrating and paying attention. These can all be symptoms, simply just symptoms of dehydration and if you think about how often the symptoms are complained about for kids in school and they do not offer water to kids in school, how much of that could simply be caused by dehydration? That's crazy, right, and dehydration is very serious. It can eventually lead to exhaustion, collapse, and even death. So, it's important to know that your feelings of thirst are really a cry for help and you need to pay attention and give your body the water it needs. So how can we make sure we're doing that?

So, a lot of people when they're trying to figure out how much water to drink, they'll get this standardized like ounces per pound of bodyweight answer. And really, I just don't like those kinds of standardized nutrition recommendations. I just don't think they work as well as listening and paying attention to the signs of your body and the color of your urine is constantly telling you if you're under-hydrated, over hydrated or adequately hydrated. So, if your urine is clear, you are overly hydrated. You have urinated out all of your electrolytes and minerals and you are now causing a mineral and vitamin deficiency from too much urination. This can be caused from drinking too much water, but also having too many diuretics. Another thing this can be caused by is drinking distilled or filtered water that hasn't been remineralized cause then your body's like, "Oh my gosh, I don't have enough minerals" and it's going to make you feel thirsty.

And so, you're going to drink, drink, drink, but there's no minerals in that. And so, you're just going to urinate out all your extra water while you're still feeling thirsty and you can be like, "I drink all the time, but I'm still dehydrated." That's because your water doesn't have the minerals it needs and your brain's gonna keep telling you you need minerals; drink, you need minerals, drink cause that's where we're supposed to get our minerals. So, you don't want clear urine, but you also don't want dark urine that tells you that you're dehydrated and this is generally, that comes from either drinking,

too many sugary, salty drinks and just not enough water, right? So, the recommendations are to drink filtered water, clean filtered water that you remineralized with trace minerals. And when you're drinking remineralized filtered water, you can make sure your water is as clean as possible, as can possibly be with our polluted water systems, right? But you're adding the minerals back to them to give your body the electrolytes and trace minerals that it needs. So really your body's telling you if you need more or less water.

And the amount of water you consume doesn't just guarantee that you don't have feelings of thirst. It also helps make sure to protect against urinary stones as you make sure and excrete all of your uric acid, it makes sure your feces have enough water so that you don't get constipated and again, it makes sure your neurons and your cells are working so that you can concentrate and be alert, it affects your memory. Another interesting thing that a lot of people don't realize is that the water source, including the type of water that you have, really the different tiers between your hard water and your soft water determines the amount of electrolytes in your water and which electrolytes are in your water and as we're going to learn next, it's really the electrolyte in your body that makes sure the water that you drink and consume go to the right places in your cells. So, if you have hard water, which you can tell because if you leave it in your bathtub and then you drain the water, there'll be this ring around the tub. Hard water is high in calcium and magnesium, which sends the water you consume to one set of places in your body versus soft water is high in sodium and potassium. And you know, if you have soft water, because when you try to rinse the bubbles of soap off your hands or out of your hair, it takes a really, really, really, really long time.

And one negative effect of soft water is that it can increase swelling and edema and dehydration, but another negative effect, which, and that aggravates heart disease, but another negative effect is that it can increase the lead that's in your pipes if you happen to have lead pipes in your house. And so soft water can make that lead more soluble in the water and increase lead in your body. So, if you have soft water it's recommended that you treat it with minerals to take the softness away and avoid these negative issues. So exactly how do these minerals really cause ... does this really cause heart disease? How does that happen? And so, what we'll talk about next is how your electrolytes make sure that the water you consume, which hopefully you're consuming enough and not too much, go to the right places in your body.

So, we talked about how to make sure we have enough water and enough minerals to maintain that water balance and lack of water is one cause of a dry energetic state, but lack of lipids can be another cause of a dry energetic state. So, what do I mean when I say lipid? Lipid is just the fancy scientific word for the fats in oils, both in our food and in our bodies. Lipids are one of the three energy-building nutrients. So, when we talk about carbs, lipids, and proteins, that's mostly what conventional nutrition and dieticians are concerned with, how much of your carbs versus proteins versus lipids make up your diet? And in our country, we have developed what I call fat-phobia because one, we've developed weight-phobia which, if you take a nutrition class with me, you'll learn that the science really doesn't support that weight is a useful metric of health. It's about habits, but again, that's sort of a tangent, but what you'll also learn is that the idea or the concept that food fat equals body fat is completely misguided and unsupported by science.

And we'll get into that more here in just a second, but what that misconception has created is fat-phobia. And so, everyone stays away from fat and fats have crucial roles in the body. If you look at the bottom picture on the left, that's a picture of a cell. Those cells are surrounded by phospholipids. Lipids are made up of saturated and unsaturated fats and without both saturated and unsaturated fats, your cells will not function the way they should. And that's literally what your body is, right? You are a bunch of cells, so you need lipids to make your cell membranes. Also, the reason why I have pictures of fruits and veggies here is there a certain fat-soluble vitamins found in fruits and veggies that if we don't consume fats and oils, we cannot absorb those fat-soluble vitamins. Your vitamins A, D, E, and K are fat-soluble.

So, if we're on a low fat, fat-phobia diet, you're likely deficient in those fat-soluble nutrients. Those are called carotenoids. Also, our body uses fat to make a lot of crucial compounds. So, we already talked about bile and how crucial bile is for digestion, excretion of toxins, bile also helps you break down fats so you can absorb them and use them, but you also make other steroids with fats like your steroid or lipid-soluble hormones including vitamin D,

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including estrogen and testosterone. Those are pretty important, right? You need those. Cortisol is a fat-soluble hormone made from cholesterol. Also, the bottom picture on the right, that's a picture of a neuron and if you see those sort of dark, pink ovals that are coding the neuron, those are called myelin sheaths. They're 70% fat and they coat every neuron in body. They make sure that your neurons fire as fast as they can and without them, your neurons aren't going to function. And other functions of fat include insulation, they make waxes and waxes coat your skin and your hair, your ears as part of your immune system. So, all of these things are crucial functional roles of fats in the body and if you don't have enough fats and oils in your diet, then you're going to be fat deficient. All of these things are going to malfunction and it can create a dry energetic state with some pretty serious health consequences.

So, this link here that I'm going to put in your resources deeply covers the scientific controversy surrounding lipids and it is full of scientific sources that pretty much debunk what we're commonly taught in conventional dietician-based nutrition. And just to summarize it for you, essentially what happened is there are a series of bad interpretations of scientific studies and a series of scientific studies that were set up unbeknownst to them incorrectly that led to the idea that saturated fat and cholesterol cause heart disease and cardiovascular issues, cardiovascular disease. And so, the two main problems here were there were correlational studies that showed higher amounts of cholesterol in people that had higher levels of heart disease. And so, the conclusion was that "Oh, cholesterol causes heart disease," but that's a scientific fallacy where if it's just correlation, correlation doesn't prove causation. So that was a misinterpretation.

The other thing that happened is they took ... they did controlled studies where you can claim causation and they linked or they put trans-fat, which is a processed carcinogenic, deadly fat in the same group as saturated fats because they're both solid. So, they set up a study of solid fat versus unsolid fats or your plant oils and they showed that in the trans-fat slash saturated fat groups, heart disease, and cancer increases. Well, that's also scientifically invalid because you can't put two different things in the same group. Just because both fats solid doesn't mean that they act the same in the body. Quintessential examples, your plasma membranes around your cells are saturated fat. Your myelin sheaths around your neurons are saturated fat. The fat around your heart that constantly feed your heart cells are saturated fat. And so, your body needs saturated fat, but with these bad interpretations in these bad scientific setups, the whole medical and nutrition field sort of ran with it. And so now, that's conventionally what we're taught. Stay away from saturated fats, have a low-fat diet to avoid all of these health issues, but essentially what we've done is create healthy issues from creating this fat, malnourishment and dry energetic states in the body.

One important thing I want to point out is that bile doesn't just help us absorb our nutrients from fat. So, remember you had to have cholesterol to make bile and bile is used to absorb nutrients from fat. Another thing bile does is it helps trap toxins in our bodies. Remember I said pesticides and herbicides and toxins, a lot of them are fat-soluble. Well, bile will go and surround all of those toxins and help them be excreted in our feces. And so, if we have low bile because we have a low cholesterol, low-fat diet, you are not going to be able to excrete your toxins as well because you're not going to be trapping them in your bile and excreting them. Isn't that crazy? Like no one ever tells you this. So, just another important function of fat created molecules in our body.

So, when you start thinking about which lipids you should consume and which you should avoid, if any, really the kicker here is understanding the difference between whole food fat versus processed food fat. So whole food saturated fat that comes mostly from animals is actually really beneficial to the body as long as you get a clean source of them. And whole food unsaturated fats that come mostly from plants are also beneficial as long as you get an unprocessed, clean source of them. Now let me talk about the difference between two groups of unsaturated plant oils that are commonly talked about. You've got your Omega-three fatty acids and your Omega six fatty acids. So concomitant with the idea that saturated fats and cholesterol were bad for us, we switched as a culture from using animal fats to cook with, animal saturated fats like grease and lard and butter, over to plant-based oils.

And what happened is we had this huge increase in Omega six fatty acids including corn, sunflower, safflower, canola and vegetable oils. Um, so with this decrease in saturated, that's an increase in plant oils, we started to get these huge

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amounts of Omega six fatty acids in our diet. Well, Omega sixes and Omega threes are essential fatty acids, our body needs them, but right now we have so many Omega sixes and we have hardly any saturated fats. But another thing that happened is when we got so many Omega sixes, that causes an imbalance in the Omega six to Omega three fatty acid ratio and so now we have too few Omega threes, which primarily come from fish oils, but it also comes from animal products. I'm going to talk about that in just a second. We have too many Omega sixes and generally, these Omega sixes come from really processed plant-based oils that have been damaged by processing through heat and through air and through light exposure.

And I know this is a bit like heavy on the biochemistry here in this picture, but really what I want you to see is down at the bottom, when Omega six fatty acids get damaged, they cause inflammation in the body versus Omega threes never cause inflammation in the body. They're all anti-inflammatory. So now we have these huge amounts of Omega sixes cause we think vegetable oils are better than plant-based or animal-based fats and that has caused a huge increase in pro-inflammatory Omega sixes. Another thing that can increase Omega sixes in living creatures are in the animals that eat these Omega sixes as foods. And so, we feed our chickens corn, we feed our cows corn and then we raise them in these crowded stressful conditions. And what that does is it turns the Omega six fatty acids from the plants that they're eating into arachidonic acid.

Arachidonic acid is the stress created fatty acid that helps animals, including humans, deal with stress. And once these animals are stressed, they're fats turn into arachidonic acid, they're pro-inflammatory and so CAFO and conventionally raised meat are higher in Omega sixes versus grass-fed cows and pastured animals are higher in Omega threes. So, depending on how your animals are raised, also determine the Omega six to Omega three ratios in their bodies. So, all of that is a lot of biochemistry background really just to say we need Omega three and Omega six unsaturated oils, but we need them in a balanced ratio and we need them from unprocessed food sources and these are crucial again, to create your phospholipid bile around the cells, your myelin sheaths around your neurons and in supporting your endocannabinoid system in your nervous system that helps with sort of rest and relaxation.

And so, you can see over in that top right picture which plants are high in Omega six verses Omega threes. One thing I do want to say is the plants that are high in Omega-three, so notice fish is like 100% three, the plants that are high in Omega threes are great to consume but they have to be converted in the body before they're in a usable form, which is EPA and DHA versus fish-based sources and animal-based sources of Omega three are already in their EPA DHA usable forms. And so unless you have an impeccable diet where you're giving your body nutrient-dense minerals and vitamins which are required to convert those plant Omega threes into usable in your body Omega threes, then using strictly plant-based sources of Omega threes can cause an Omega-three deficiency cause you think you're getting enough of them but they have to be converted and a lot of people just don't eat the nutrient density required to convert those plant-based Omega threes.

Another thing I want to point out is that food products aren't just one fat or another fat. Food products come from living things, right, and all living things use all these different types of fats in their cells and their neurons if they have them in their body parts. And so, all living things have this unique mixture of saturated, monounsaturated, polyunsaturated Omega three, polyunsaturated Omega six and even fats on here that weren't measured. And so, I want you to understand that you're never eating just one, but you are eating different amounts of them depending on what you're eating. For example, coconut oil is mostly saturated fat and no Omega-three fats. Chicken is, you know, kind of divided up pretty evenly between saturated, monounsaturated and Omega sixes versus you can see butter and beef they have some Omega threes depending on where you're getting them, you know, so different things have different amounts of saturated, unsaturated and Omega three and Omega sixes. And so, that's going to determine not only what they do in your body, but the likelihood that they're going to get solid at room temperature or the colder it gets.

So, look, because, well, let me say here because olive oil has more saturated fat than canola oil. When you put olive oil in the fridge, it's going to get more solid than canola oil gets. Canola oil barely has any saturated fat. So, you could

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probably put that in the fridge and it's never going to get solid versus peanut oil and olive oil, definitely cottonseed oil, right? Those are gonna get solid if you put them in the fridge and they cool down because they have more of their saturated fat standing up straight with their single bond packing in tightly together. So different food products have different amounts of these fats and as you read the article and the article starts making recommendations for fats we should be eating for health. This is going to matter and this is what they're talking about. So, you could have this picture kind of up in front of you as you read the article and you learn about what Omega threes versus Omega sixes, do what saturated versus unsaturated, do, et cetera.

And this is the last thing I'm going to say about lipids before we jump back over into herbs that can be used for dry energetic health issues. But a lot of times we find that because our food sources are so contaminated, for example, a really great source of Omega threes are seafood. Like red-colored seafood. They're high in another nutrient called astaxanthin, which I'm gonna put an article about that in your resources as well. So, red phytoplankton, red algae, shrimp, wild-caught salmon; these are all really high lipid sources of Omega threes and astaxanthin. A lot of times people are just not going to be able to get these from their diet alone. So, it's crucial to know that if someone has a dry energetic state from lack of lipids, not only do they need to increase whole-food, clean sources of lipids in their diet, they may also need to supplement. And some lipid supplements that someone might consider are NT factors. There's a supplement called NT factors that are high in cellular base lipids, krill oil supplement astaxanthin supplements. These can all be used to help address a lipid deficient, dry energetic state. Okay. So now that we've talked extensively about how to make sure we're getting enough water and lipids so that they're not contributing to a dry energetic state, let's talk about how herbs can be used to address a dry energetic state.

Alright, so if we know dry energetic states cause atrophy and friction and dry inflammation and crackiness and burning, we know we need to moisten and sooth, we need to locally cool that sort of aggravated friction. We may need to coat and lubricate those dry cells and tissues and keep in mind this can be at this cellular level, at the tissue level or the organ level. And that's going to be important in a minute when we talk about how to get these moistening herbs to the right cell or tissue or organ. And something you might ... we might want to bring back is throwing around the idea of ... we talked about leaky personalities or there may be dry personalities, but we know foundationally we need to moisten these dry conditions.

So, the two herbal tastes or visceral herbal actions that we talked about that are moistening where the mucilaginous demulcents and the sweet flavor profile and there's a huge difference between how these two work to moisten dry energetic states. Before I get into that, one thing I want to throw out there is that speaking of leaky people, if someone is in a lax energetic state and they're losing fluid, creating dryness, demulcents aren't gonna address that, right? There'll be like a Band-Aid and instead, this person is dry from losing fluid from a lax tissue. And so, astringents, even though astringents are considered locally drying, which may seem counterintuitive for a dry energetic state, astringents can be indicated in order to restore tone to tissues to be able to hold in their moisture, to systemically moisten someone. So, keep that in mind. Alright, so let's talk about the demulcents though.

There are mucilaginous demulcents that are moistening and cooling locally either to the mucosa or to whatever tissues they're coming in contact with. These are really useful for hot and dry energetic states which we talked about when we talked about the hot energetic state, but the sweet polysaccharide, often polysaccharide-based, flavor profile also are sometimes systemically or constitutionally moistening. So, these are moistening more as a restorative or building to a deficient system and so, these people can be dry but also cold from hypo functioning conditions. And these tend to be warming and moistening and not necessarily as important to get to the specific dry tissues because they're building to the whole system versus the mucilaginous cooling, sort of gooey, liquidy demulcent. You tend to need to get them specifically to the tissues that are dry. So, let's look at some examples of these.

So, the more mucilaginous herbs that are more locally cooling or systemically restorative to the mucous membranes while they are moistening are aloe down there in the corner, things in the mallow family, either the roots or the leaves.

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So, marshmallow, hibiscus leaves, slippery elm is a great example of this, but you should really use it only when it's the only thing that will work cause now there's a sustainability issue there. Plantain is slightly mucilaginous. Comfrey leaves and roots are very mucilaginous, but you should really only use those externally. Cinnamon, if you do a cold extraction, can be a little bit demulcent and mucilaginous. Violet is a nutritive herb that's also moistening and even sassafras. So, depending on the dry issue here, these are herbs that you really need to get in contact with the dry tissues. So, like dry throat, dry external conditions, dry digestion that when you swallow them and take them internally, they coat the digestive system and we'll look at some examples of this in a future slide.

And then the sweet demulcent herbs again are gonna warm and build and restore the whole constitution of the system. So, these are gonna be more your adaptogenic herbs, so licorice codonopsis, shatavari, even ginseng; these are considered demulcent herbs, but they're not like goeey. They just tend to build and restore moisture as they warm the system and when we get to the demulcent plant section of this video, I'm going to explain why and how that happens. Other examples of this are spikenard, fenugreek is great because not only is it sweet and demulcent, but it's also bitter and aromatic. So, it's a very powerful sort of systemic and local digestive supportive herb. Alright, so let's get into some specific health issues and specific organ systems where these different groups of demulcent plants are going to be indicated.

Alright, so we know foundationally that were moistening a dry energetic state. And we know viscerally these are either going to be the mucilaginous demulcents or the sweet building adaptogens. And so, let's go through some organ systems where these might be indicated. So, in the digestive system, you're really getting physical contact with dry, burning, sort of friction scratchiness in the digestive system. So, these will be herbs that you can swallow and take internally in the sort of more goeey mucilaginous group. So, plantain, marshmallow root, aloe; these are quintessential digestive demulcents versus the urinary system. You're definitely going to need demulcent diuretics that are excreted through the urinary system. So, corn silk, watermelon seeds, those are sort of the go-to's if you have burning friction in the urinary system that needs some moistening. So, the skin, the integumentary system, this is where you're going to have external contact.

So, you can bring back the marshmallow root, aloe, plantain, but you can also add these external-only plants like comfrey leaf and comfrey root and we'll learn how to make poultices of these plants so that you can use them externally and apply them directly to the integumentary system. Now for the respiratory system, oddly, you're not breathing in marshmallow root and you're not breathing in licorice root, but both of these have been shown to have an affinity to restore moisture to the respiratory system. And it could be that, that interstitial fluid and the mucosa that I've been mentioning in the last few modules are all interconnected, so that this systemic and even locally restorative to the mucosa mucilaginous marshmallow root, restore something going on in that interstitial fluid to restore moisture to the lungs. But really right now the how we don't know, but we do know that marshmallow root and licorice root are useful for restoring moisture to sort of dry energetic state in the lungs. This is going to be like a dry cough, but they can also be used to coat and soothe a dry throat from a dry cough as well.

So, indications of a dry state in the reproductive system could be clots, which may indicate dryness, preventing proper menstruation from happening and so, drinking mucilaginous or systemically sweet, systemic demulcent herbs either all throughout the month or a few weeks before menstruation might be useful and restoring moisture to the reproductive system. Now Solomon seal is considered like the quintessential connective tissue moistener. Jim McDonald has great articles on Solomon seal, which I'll put in your resources. He says that he doubts it's because Solomon seal is particularly demulcent, it just has an affinity to restoring moisture to the connective tissues. So, that's really why I put a star there because it's not one of those goeey sort of demulcent plants, but it is known for restoring moisture and alleviating dryness in the connective tissue.

Now I mentioned we might throw around some dry personalities and one thing I want you to notice, and I haven't really talked about this a lot in this course because it's a sort of totally separate issue, but if you look at this chart from Jim

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McDonald and we've really just been talking about hot, cold, dry, damp, tense and lax physical tissue states in the body, but you see the letter C-S-P and M in the corners, that stands for choleric, sanguine, phlegmatic and melancholy personality states, that psychologists have been using for decades. And it's taken from the Greek origins of medicine and that's really what Western herbalism is based upon. And so, we could have layered on this sort of how personalities lend themselves to being hot or damp or dry or cold or combinations of those, well, the choleric personality, it's considered hot and dry, So, they're really fiery. They tend to get angry a lot. They're really passionate, so their fire can be used for good, but it can also turn on them, right?

So, returning moisture and cooling both herbs and food to someone with that choleric constitution can restore balance to that constitution and keep that choleric nature from getting out of balance and for using, you know, your innate personality for good instead of letting it use you and turning that fire and that passion against you. So, these sweet herbs or these moistening herbs can restore balance to that type of constitution and violet is a great herb to do this if you can drink every day and I'll put it another article by Jim McDonald on there; also, about how violet is great for the choleric constitution.

Alright, so now that now we know how to, instead of reaching for an anti-inflammatory or reaching for an antimicrobial, we know how to assess an issue energetically. And if something is inflamed from dry friction or is infected from a dry tissue state, allowing infectious bacteria to flourish, we know that to really restore balance and change the terrain of the body, we need to moisten either with demulcents or the sweet adaptogens, depending upon what's indicated. And so, you guys have gone through all six of these energetic states and you know that there are different ways to end up at the secondary actions, right? There's so many different ways or indications for an anti-inflammatory or antimicrobial or analgesic. All of these anti herbs that if you start at the foundation of assessing the energetics, restoring balance to those energetics that you can better support the body systems and support the root issues as opposed to just band-aiding by addressing these secondary actions. So, in the next final module, you guys are going to get some practice looking at case studies where you build real formulas. But for now, we're going to hop over and talk about demulcent plants, salves, and poultices before you get to put this into some concrete practice.

Alright, so now you guys have mastered the energetic tissue states and hopefully looking over at these branches of wellness. Now you don't just look at these organ systems as general organ systems. You can really look at them and think, "Ooh, I, I kind of have graphs now on how these organ systems can be experiencing dry energetic states or damp energetic states, or hot versus cold or tense versus lax, and how different herbs are gonna be used differently to restoring balance to those organ systems with those energetic assessments." Now we're gonna talk about the demulcent flavor profile and we're really going to distinguish between those mucilaginous demulcents and the adaptogenic sweet demulcents and talk about how that can be and then we'll end by talking about how to use salves and poultices, which are both really useful for dry energetic states.

So, recall that the moistening demulcent plants are subdivided into the mucilaginous, locally moistening and cooling plants and the sweet systemically moistening and warming adaptogenic plants. So, examples of these are marshmallow root and leaf, slippery elm, comfrey root and leaf, the aloe goey gel, shatavari which also happens to be systemically sweet. And then the sweet, more adaptogenic demulcent herbs are herbs like licorice root, shatavari root and codonopsis and even ginseng could go on here. But I didn't put it on there because it's so over-harvested that it really, that along with slippery elm, we should be minimizing our use. So, the mucilaginous plants are cooling and moistening because of the watery-based goey mucilage and if you get that onto the tissues, it's going to moisten and cool those tissues. Or if you take it internally, it is thought that it also supports the mucosa so much that that interstitial organ system, inner connects and therefore that mucilage can moisten other organ systems that it doesn't come in contact with like the urinary system or like the lungs. But let's talk about how the sweet demulcent plants could be systemically moistening.

So, when we talked about the sweet or flavor profile, we talked about how polysaccharides are one of the constituents in sweet plants. What we didn't talk about or the saponins. So, saponins are another constituent that are often found in sweet flavor profile plants, especially the demulcent sweet flavor profile plant like linden, codonopsis, chickweed, licorice. We even said shatavari and saponins are moistening because they're fat-soluble lipids and lipids are moistening to the system. And so, by consuming these saponins, we moisten the entire system and that's how the sweet demulcents are systemically moistening. So, you're not going to go rub licorice on dry skin, but if you take these saponins internally, they can restore moisture to the system while also being adaptogens in that saponins have other interactions with the body including modulating the immune response, modulating cortisol metabolism because they're fat-soluble steroids, interacting with cell membranes. And so, these are really unique herbal constituents that are fat-soluble and therefore systemically moistening while also being adaptogenic to the body. And so, you can read this here about how to use licorice root. This one takes a little bit of care. You really shouldn't use more than five grams per day. It could affect people with high blood pressure, but it's amazing for decreasing dry energetic based inflammation, decreasing fatigue by modulating cortisol, and because it has to saponins, it can be restorative to the immune system.

Another herb with saponins is ginseng, which again is so over-harvested, but I just wanted to describe all of the benefits that that plant did give before we over harvested it because of it containing saponins. It did also modulated cortisol. It also modulated the immune system, stimulating moistening to the system. It does have some medication interaction effects. So, make sure and read this and check up on that, but both of these quotes on this slide and the previous one were from my Herbs for Energy eBook on how these herbs can be used to decrease fatigue, but they're also useful for so many other things because of those saponin constituents.

Alright, so we've covered all of the plant flavor profiles. We've covered all of the energetic states. Now we're going to jump over to our last herbal remedy technique where we learn about salves and poultices. I chose those for this module because they are super useful for dry energetic states, but as with all the other modules, these aren't the only remedies that can be used for dry energetic states and salves and poultices can be used for lots of other things other than the dry energetic state. But they did relate to each other because salves and poultices are moistening because they're created with either oil or water. And so, it really fit well with this topic of dry energetics and demulcent plants.

So, we already had an entire module on how to create herb-based oils and I mentioned you can use oils just as they are, but you can also turn those oils into salves and lotions. Because these remedies are oil-based, they're moistening to whatever tissue they come in contact with so, they're really indicated for dry external issues. So, the way you turn an oil into a salve is you do a one to one ratio for every cup of oil you add it to an ounce of beeswax. So, if you had two cups of oil, you would mix that with two ounces of beeswax and let it melt stir 'em together and then pour it into a jar. It will solidify and there you have a salve and this can be used on the skin or it even be turned into a lip balm.

And depending upon which herb you infuse into that oil, that's the medicinal property that, that salve or that lip balm will have. You can mix these with other things like Shea butter and cocoa butter and other body butters to create herbal butters. You can mix these with water to create ointments and lotions and serums. One thing I do want to mention is that anytime you add water to one of these remedies, it's going to decrease the preservation time. And you may need to add preservatives, even synthetic preservatives to decrease the likelihood of bacterial contamination. So, I tend to stick to oils and salves and stay away from the ointments and lotions and serums. But I'm going to include recipes for all of these and you can just choose one. So, for your homework, I want you to choose one of these options. If you want to brave the lotions, that's great. If you want to just turn it into a salve or a butter, that's awesome too, but I did want to make sure and tell you guys that safety issue, that anytime you're adding water and oil together, that's where the bacterial contamination likelihood is going to substantially increase

So, another way you could add moisture, especially externally to dry external issues in the integumentary system is to create a wet compress or poultice. So, a poultice is really where you just take the plant matter, mash it up, cut it up, and then add water and sort of mash it together and you just gloop it right onto the body. So that's a poultice. Another thing

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you can do though is take that herb, soak it in water and then soak a rag or some other sort of towel into that demulcent soap water and then apply that rag to you and that's called a compress. And you can even put heat on top of that or cold on top of that depending upon what's indicated. And so that's two ways to add these demulcent herbs to your body. And so, what I want you to do is just create one. I'm going to have lots of different recipe options in your homework. I want you to make a poultice of something or make a compress of something, some demulcent herb and really, it's the technique I want you to use. You can make it a poultice or compress of really anything. So, I'll put the instructions and techniques in your homework and you can try that out.

And while this isn't a technique so much as your third homework assignment, I want you to drink some water. So, look at your urine, assess your hydration state, and then based upon that, adjust your consumption of filtered remineralized water. Perhaps decrease any self-used diuretics. I'm not talking about your medications; I can't tell you to do that, but caffeine, really caffeine, right? So, decrease caffeine, increased the filter, remineralized water and see how that changes how you feel. Alright, so that concludes our coverage of dry energetic states, demulcent herbs, how to make new salves and poultices and then your homework for the salve and the poultice and consuming water. I really should have had you guys eat some lipids too, but I don't think I have to tell anyone to add fats to their body now that you've heard the reason why cause fats just tastes so good. So, you're going to do that anyway, right? Alright, so that concludes our coverage of these topics and now you guys have covered every energetic state, every plant flavor profile, and every herbal medicine making technique. Now, you get to look at case studies and create actual energetic based herbal formulas, but first, check out your resources for this module, take the quiz for this module and get your homework done. Then hop over to the last module for formula creating.