

HERBAL MEDICINE MAKING COURSE - Learn the art of preparing and using medicinal herbs for everyday ailments

The whole course comprises 66 modules, broken down into bite-size manageable chunks

Prerequisite: None

What you will learn:

Various herbal formulations which cover how to make syrups and elixirs, vinegars and oxymels, infusions, decoctions, salves and ointments, tinctures, poultices, compressions and fomentations, glycerites, herb-infused honey, liniments, herbal baths, macerations, pills and capsules, herb-infused oils

Equipment and tools needed

Which herbs you will need

Buying and storing herbs

Herbal actions (38 pages)

In depth profiles in separate modules of 20 herbs, their

medicinal uses, history and folklore, recipes, precautions, herb-drug interactions, herb-herb interactions

53 other herbs and how to use them

Body systems and which herbs to use

List of herbs to use for various other ailments (24 pages)

The safe use of herbs (16 pages)

How to match herbs to people and not just to ailments

Which herbs to use for children, dosages and recipes

Which herbs to use for pets, dosages and recipes

Which herbs to use for magickal use (81 pages)

Basic Anatomy and Physiology

Safety guidelines and poisonous plants

How to make your own Materia Medica

A calendar of herbal folklore for each month throughout the year (15 pages)

Plus much more ...

Human fascination with herbs started thousands of years ago.

They have played an important role in medicine, politics, religion, romance, cooking, perfume-making and superstition throughout human history.

It is believed that Neolithic man used herbs for food, healing and shamanic rituals. For instance, marjoram pollen was discovered in caves dating back 60,000 years. Some herbs were believed to have magical powers and were sometimes burned for their pleasing scent to keep the gods appeased. Many herbs had medicinal uses and have been used for millennia to cure illnesses. Today, herbal folk remedies are used by most of the world's population, especially in countries where refined pharmaceuticals and advanced medicine are not available or affordable.

Our ancestors cultivated a deep, rooted relationship with plants; they harvested plants in ceremony, made herbal medicines with intention and passed along traditional plant knowledge to help future generations maintain wellness. In many cultures this information was shared orally, through stories or an apprenticeship with a local healer.

The potent healing qualities of herbs have been used in different therapeutic philosophies throughout history. We find plants used within the Indian ayurvedic system and in Chinese medicine alongside acupuncture and other techniques. They also play a very important role in the Spiritual healing ecology of the North American Indians.

Did you know that about 25% of the drugs prescribed worldwide are derived from plants? Of the 252 drugs in the World Health Organization's essential medicine list, 11% are exclusively of plant origin. About 200 years ago the first pharmacological compound, morphine, was produced from

opium extracted from the seed pods of the poppy flower. Since then, scientists have been studying plants to create the pharmaceutical products we know today. After years of overmedicating, facing resistant bacteria in the microbiome and treating the illness rather than the root of the problem, people are beginning to pay more attention to natural, herbal medicine.

Nature insists that we slow down, listen and observe. Beauty and stillness fill us when we stop our incessant human chatter. Deep in our being we know we have come to this place before, that we too belong in the natural world. We might start with a botanical approach to learning about the plants, with a field guide in hand.

We might be walking along with a plant person simply to hear the lore behind each herbal friend. We may be working in rich soil, rooted in a gardener's passion bigger than ourselves. Regardless of where we are, the notes of the song begin. A melody calls to us. Where once we trod swiftly by a mass of green, now we see individual plants we know well. Miniature landscapes open before our eyes. And all the daunting information about these plants we felt we had never been able to grasp miraculously begins to take hold. Botany falls into place as surely as an understanding of energetic qualities and medicinal use.

My wish for you with this course is that you can start incorporating herbal remedies in your medicine chest. If you are like me, once you do, every herb you come across is scrutinized for its medicinal properties. I have also written this course at this time as the world is gripped in the Covid pandemic. Western medicine might become unavailable and very expensive in the future – this is where herbs come into

play.

Module 1

Introduction

A mantra for home healthcare

Module 2

Western Folk Wisdom

Hippocrates

Dioscorides

Galen

Dark Ages

Paracelsus

Culpeper's Herbal

The Queen's Closet Opened (1732)

Herbalism outlawed 1850 – 1900

Western Herbal Medicine

Modern times

Module 3

Basic principles of herbal treatment

Four basic qualities

Energetics of herbs

Energetics of illnesses

Signs of disharmony

Using herbs safely

Module 4

Equipment and tools

Essential tools every herbalist needs

Where to put your apothecary supplies

Module 5

Buying and storing herbs

Harvesting herbs if you grow your own

Drying processes
Indoor air-drying herbs
Solar drying herbs
Oven drying herbs
Microwave drying herbs
Storing home-dried herbs
Choosing herbs for drying
Freezing process
Whole herbs
Herb ice cubes
Frozen herbal paste
Buying herbs and remedies
Buying fresh-cut herbs and potted plants
Buying dry "bulk" herbs
Labelling
Make your own labels

Module 6
Methods and dosage
Water infusions (teas)
Standard adult dose
Children's dose
Brewing times
Water decoctions
Water – Simple syrups and honeys
Standard adult does
Children under five
Alcohol tinctures
Standard adult dose
Oil – Liniment
Infused oil
How to make
Smaller dosages more frequently
Clark's Rule
Example

Young's Rule

Example

Dosage charts

Notes for children

For teas

Age/dosage

For tinctures and glycerites

Age/dosage

Acute health problems

Dosage

Chronic health problems

Dosage

Other useful measurements

Approximate equivalents

Weight measures

Module 7

Safety guidelines and poisonous plants

When to use extra special care

Pregnant women

Children

Elderly people

Start small

Dosing safety

Using herbs during pregnancy

Herbs to avoid

Use your senses

Poisonous herbs with pictures

Belladonna

Foxglove

Wolfsbane

Hemlock – the witch's herb

Henbane, stinking nightshade

Index of poisonous plants

Poisons and antidotes

Module 8

Glossary of herbal actions

Abortifacient to Vulnerary

Examples of herbs for each herbal action

Module 9

Herb/Drug interactions

Understanding why herbs and drugs interact

Pharmacokinetic interactions

Pharmacodynamic interactions

Common herb-drug interactions

Herbal safety topics

Serving sizes

Potential herb/drug interactions

Potential allergies

Parts used

Precautions

Nourishing herbs

Heroic herbs

Tonic herbs

"Specific" herbs

The herb safety continuum scale

Class of herb

Safety rating

Safety notes

Period of usage

Examples

Herb listings by classification

Safety class 2a – For external use only

Safety class 2b – Not to be used during pregnancy

Safety class 2c – Not to be used whilst nursing

Module 10

Herbal preparations using the folk method

What is the folk method?

What is the difference between folk method and ratio method?

Examples of the folk method

Calendula infused oil

Ingredients

Directions

Traditional folk oxymel preparation

Ingredients

Directions

Cumin, coriander and fennel seed tea

Ingredients

Directions

Module 11

Herbal formulations

The different kinds of herbal preparations

Those for internal use

Those for external use

Module 11.1

Syrups, elixirs and cordials

The basic proportions you want to use

Basic herbal syrup recipe

Ingredients

Directions

Great herbs for syrups

Herbal elixirs

Definition

Simple elixir

Daily stress tonifying elixir

Herbal elixirs

Simple elixir

Daily stress tonifying elixir

Video: How to make shelf-stable syrups

Herbal cordials

Immune booster cordial – syrup method
Immune boosting cordial – direct infusion method
Single serving cordial from pre-made tincture

Module 11.2

Vinegars and oxymels

Vinegars

Administration and dosage guidelines

Shelf life and storage guidelines

Tools, equipment and ingredients

Directions

Pros

Vinegar's innate benefits

No alcohol

Cons

The acidity

Preparation time

Additional considerations

Four Thieves Vinegar

Pro tips

Oxymels

Basic herbal oxymel recipe

Oxymel method 1: Stir, shake, sit

Oxymel method 2: Vinegar decoction

Oxymel method 3: Separately infuse honey and apple cider vinegar

Suggested herbs for oxymels

Pro tips

Module 11.3

Infusions

What are infusions used for?

What are infusions made of?

How is an infusion made?

Hot herbal infusions
How to make a hot infusion
Cold herbal infusions
How to make a cold infusion
How to make an oil infusion
Basic recipe for a cold oil infusion
Recipe for a hot oil infusion
How to make solar and lunar infusions
General guidelines for steeping times
Herbs (including their uses) to use for herbal teas

Module 11.4

Decoctions
How to make an herbal decoction
Herbal decoction tips and tricks
Herbs to use
Video: How to make a perfect decoction

Module 11.5

Salves and ointments
Olive oil
Coconut oil
Sweet almond oil
Apricot kernel oil
Castor oil
Jojoba oil
Rose hip seed oil
Waxes and butters
Shea butter
Cocoa butter
Salve
Lip balm
Lotion bars
Basic salve recipe

Lip balm
About beeswax
Herbs for salves
All-purpose salve
Gentle salve
Fast healing salve
Antifungal salve
Video: How to make herbal salves

Module 11.6

Tinctures
Menstruum
Vodka
Wine
Vinegar
Single v complex
What is the shelf-life of a tincture?
How to make an herbal tincture?
The folk method
Dry herbs
Fresh herbs
Standardized method
Dosing
Making a glycerine tincture
Simplified
Brain tonic tincture
Headache-ease tincture
Caution
Video: How to make an herbal tincture

Module 11.7

Poultices, compresses, fomentation
Poultices
Compresses
Hot or cold compress?

How to make a compress
Fomentation
Shelf life and storage guidelines
Preparing remedies – step-by-step
Poultice
Pros
Cons
Additional considerations
Sunburn compress
Muscle sprains or strains compress
General rash
Aching or nerve pain
Eczema
Plant rashes (poison ivy, oak, sumac, nettle)
Varicose veins poultice and compress
Video: Comfrey compress

Module 11.8

Glycerites
Sealed simmer method
Materials needed
Making the glycerite
Glycerite dosages
Shelf life
Herbs to use for glycerites
How to use glycerites
Various glycerite formulas
Tummy trouble formula
Respiratory and cough formula
Cold and flu formula
Calming and sleep formula
Vitamin C Elderberry glycerite recipe
Video: How to make an herbal glycerite

Module 11.9

Liniment

What are liniments used for?

What are liniments made of?

How are liniments made?

Basic herbal liniment

Kloss liniment and how to make

Video: How to make a liniment

Module 11.10

Herb-infused honey

No heat method

Heated method

Flexibility honey

Upset stomach honey

Respiratory relief honey

Sleepy time honey

Winter colds honey

Video: How to make herb-infused honey

Module 11.11

Herbal baths

Lemongrass and Rosemary bath infusion

Lavender and Aloe Vera bath infusion

Relax and restore

Module 11.12

Macerations

What are macerations used for?

What are macerations made of?

How are macerations made?

Video: How to macerate plants in hot and cold process

Module 11.13

Pills

Capsules

How to make pills
How to make capsules
Allergy relief capsules
Headache relief capsules
Video: How to make herbal pastilles

Module 11.14
Herb infused oils
Supplies for herb infused oils
Warm herb infused oil
Solar herb infused oils
Double boiler herb infusion
Stovetop or crockpot infusion
Oven infusion

Module 12
Materia Medica
Setting up your Materia Medica
Creating the herb profiles
Actions and energetics
Specific indications
Clinical and contemporary use
Traditional use and folklore
Safety considerations
Combination and similar herbs
Videos: Compendium of Materia Medica
An herbalists Materia Medica – what it is and how to create one

Module 13
Various herbs
Taste of herbs
What is the difference between a herb action and a herb property?
Herbal action
Herbal property

Herbal energetic terms

Herb chart showing energetic of various herbs

Where to purchase organic herbs

What is a "part"

An example of parts in herbal recipes

Module 13.1

Aloe

Botanical names

Other names

Parts used

Energetics

Taste

Actions

Medicinal uses

How to harvest fresh aloe

How to freeze aloe

Burn recipe

Folklore and history

Precautions

Drug interactions

Herb interactions

Module 13.2

Calendula

Botanical names

Other names

Parts used

Energetics

Actions

Medicinal uses

Module 13.3

Chamomile

Botanical names
Other names
Parts used
Energetics
Taste
Actions
Medicinal uses
Dosage and preparations
Preparations
Poultice
Infused oil
Infusion
Tincture
Calendula eyewash
Calendula salve
Lymphatic teas

Module 13.4

Comfrey
Botanical names
Other names
Parts used
Energetics
Taste
Actions
Medicinal uses
Combinations
Preparations and dosage
Oil
Decoction
Tea/infusion
Lotion
Tincture
Herbal bath
Poultice

Liniment for muscle sprains and strains

Folklore and history

Precautions

Drug interactions

Herb interactions

Module 13.5

Dandelion

Botanical names

Other names

Parts used

Taste

Energetics

Actions

Leaf

Root

Flower

It can be used to treat

Root

Flowers

Sap

Preparations and dosage

Dandelion flower infused oil

Dandelion vinegar

Dandelion tincture

Dandelion infused honey

PMS tea

Folklore and history

Precautions

Drug interactions

Herb interactions

Module 13.6

Echinacea

Botanical names

Other names
Parts used
Taste
Energetics
Actions
Medicinal uses
Preparations and dosage
Remedies
Tinctures
Decoctions
Capsules
Flower heads
Powdered root
Gargles
Washes
How to make echinacea tincture
How to make echinacea salve
How to make echinacea oil
Folklore and history
Precautions
Drug interactions

Module 13.7

Elder
Botanical names
Other names
Parts used
Taste
Energetics
Actions
Flowers
Berries
Bark
Medicinal uses
Preparations and dosage

Remedies

Flowers

Berries

Bark

How to make elderberry tea for liver support

How to make an elderberry tincture

How to make elderberry tea for protecting heart and eyes

How to make herbal cough syrup

History and folklore

Precautions

Drug interactions

Module 13.8

Elecampane

Botanical names

Other names

Parts used

Taste

Energetics

Actions

Medicinal uses

Preparations and dosage

Carminative/digestive tonic

Remedies

Decoction from the root

Decoctions from the flowers

Tinctures

Syrups

Washes

How to make cough syrup

How to make a honey electuary

How to make an elecampane decoction

How to make herbal cough medicine

Folklore and history

Precautions

Drug interactions

Herb interactions

Module 13.9

Feverfew

Botanical names

Other names

Parts used

Taste

Energetics

Actions

Medicinal uses

Preparations and dosage

How to make headache tea

Folklore and history

Precautions

Module 13.10

Holy basil

Botanical names

Other names

Parts used

Taste

Energetics

Actions

Medicinal uses

Preparations and dosage

Can all basil be used the same way?

Preparations and dosage

Remedies

Steam

Crushes fresh leaves

Infusion

Tinctures

Wash
Juice
Syrup
Folklore and history
Drug interactions

Module 13.11

Lavender
Botanical names
Other names
Parts used
Taste
Energetics
Actions
Medicinal uses
Preparations and dosage
How to make lavender elixir
How to make lavender body scrub
Folklore and history
Precautions
Drug interactions

Module 13.12

Lemon balm
Botanical names
Other names
Parts used
Taste
Energetics
Actions
Medicinal uses
Preparations and dosage
Remedies
Infusions
Tinctures

Compresses
Ointments
Infused oil
Juice
Lotions
Combinations
How to make heartburn formula
How to make stomachache tea
How to make simply lemon balm tea
Migraine
Anxiety
Restlessness in children
Sleep aid
Herpes and shingles
Folklore and history
Precautions
Drug interactions

Module 13.13
Marshmallow
Botanical names
Other names
Parts used
Taste
Energetics
Actions
Root
Leaves
Medicinal uses
Urinary tract
Colds and flu
Digestive inflammation
Healing wounds and soothing burns
As a healing food
Applications

Flowers
Leaves
Roots
Decoction
Tincture
Poultice
Ointment
Preparations and dosage
Combinations
How to make marshmallow root cough syrup
How to make allergy tea
How to make throat lozenges
How to make lip balm
Folklore and history
Precautions
Drug interactions
Herb interactions

Module 13.14

Mullein
Botanical names
Other names
Parts used
Taste
Energetics
Actions
Medicinal uses
Preparations and dosage
Combinations
Preparations
Syrup
Infused oil
Infusion
Tincture
How to make mullein oil (using fresh flowers)

How to make a mullein poultice
Folklore and history
Precautions
Drug interactions
Video: Medicinal uses of mullein

Module 13.15

Nettle
Botanical names
Other names
Parts used
Taste
Energetics
Actions
Medicinal uses
Tissue state
Blood building
Styptic
Diuretic
Anti-inflammatory/histamine
Vulnerary
Hormone support
Seasonal allergies
Preparations and dosage
How to make nettle tonic for burns and rashes
How to make allergy tea
How to make anemia tea
How to make bronchitis tea
Folklore and history
Precautions
Drug interactions
Herb interactions

Module 13.16

Peppermint
Botanical names
Other names
Parts used
Taste
Energetics
Actions
Medicinal uses
Preparations and dosage
Folklore and history
Precautions
Drug interactions
Video: Spearmint v peppermint

Module 13.17

Plantain
Botanical names
Other names
Parts used
Taste
Energetics
Actions
Leaf
Seed
Medicinal uses
It is used in
Combinations
For minor cuts/scrapes and burns
To stop bleeding
For hemorrhoids
For poisonous plant rashes
For itchy bug bites
For infections
For Diarrhea
For constipation

For cystitis/UTI's
For chronic urinary discomfort
For coughs/bronchitis
Preparations and dosage
Infusion
Ointment
Tincture
Topical
Succus
Seeds
How to make plantain infused oil
How to make healing balm
How to make leaky gut tea
Other herbs to consider adding
How to make hemorrhoid "tea"
How to make hemorrhoid salve
Plantain foot bath
Folklore and history
Precautions and drug interactions
Video: Plantain uses

Module 13.18

Rosemary
Botanical names
Other names
Parts used
Taste
Energetics
Actions
Medicinal uses
Preparations and dosage
Combinations
Folklore and history
Precautions
Drug interactions

Module 13.19

Sage

Botanical names

Other names

Parts used

Taste

Energetics

Actions

Medicinal uses

Preparations and dosage

How to make sage mouth and throat spray

Folklore and history

Precautions

Drug interactions

Herb interactions

Module 13.20

Yarrow

Botanical names

Other names

Parts used

Taste

Energetics

Actions

Medicinal uses

Aerial parts

Infusions

Tincture

Compress

Leaves

Fresh

Poultice

Combinations

Preparations and dosage

Folklore and history

Precautions

Drug interactions

Module 13.21

53 Other medicinal herbs and their uses

Module 13.22

Formulating herbal blends

Formula framework

Formula elements

Immediate results

Long-term results

Root cause

Example: Someone with a stuck hacking cough

Pattern recognition

Remedy form

Longevity

Simple acute

Simple chronic

Compound

Simplicity

Balance the energetics

Synergy

Adherence

Barriers to adherence and possible solutions

Taste

Not seeing results

Inconvenience

Lack of comfort

Humility

Intuition

Module 13.23

Guide to the safe use of herbs (16 pages listing various herbs)

Module 14

BODY SYSTEMS AND WHICH HERBS TO USE

Module 14.1

Cardiovascular system

Cardiotonic herbs

Cardioactive herbs

Circulatory stimulants

Vasodilators

Hypertensives

Diuretics

Vascular tonics

Nervines

High blood pressure

Other herbs for high blood pressure

How to make low blood pressure tea

Hardening of the arteries

How to make circulation spice tea

High cholesterol

How to make artichoke tea

Hemorrhoids

Remedies

Remedies

Difficult passage of the stool and hemorrhoids

Remedy

Varicose veins

Other herbs for varicose veins

General remedies

External

Internal

Module 14.2

Respiratory system

Respiratory tonics

Anticatarrhals
Mucolytics
Respiratory stimulants
Lymphatic herbs
Demulcent herbs
Respiratory relaxants
Bronchodilators
Anti-microbial herbs
Allergy rhinitis and hay fever
General remedies
Hay fever
Allergic rhinitis with congestion
Remedies
Coughs and bronchitis
Productive chest coughs
Unproductive coughs
Bronchitis
Dry coughs in the throat and chest
Chest coughs and bronchitis
Remedies
Internal
Congestion, sinus problems and earache
Allergic states with excessive mucus
Earache
Earache causes by infection
Earache due to chronic congestion
Colds, flu and fevers
General remedies
Remedies
Colds
Remedies
High fever
Remedies
Mild fever
Remedies

Flu with muscle aches and pains

Remedies

How to make Fire Cider

Module 14.3

Digestive system

Bitter

Carminatives

Digestive demulcents

Purgatives and laxatives

Astringent

Antispasmodics

Constipation and diarrhea

Diet for constipation

Remedies for constipation

Persistent constipation

Remedies

Diarrhea

Chronic diarrhea and irritable bowel syndrome

Remedy

Acidity and indigestion

General remedies

Indigestion, abdominal pain, bloating and hiccups

Remedy

Acidity with gastritis

Remedy

Stomachache

Stomach spasm

Digestive infections

Remedies

Module 14.4

Integumentary system (skin)

Fungal skin infections

General remedies

Remedy 2

Athlete's foot

Cold sores, shingles and warts

Shingles and chickenpox

Cleansing wounds

Remedies 1 -4

Cold sores, chickenpox and shingles

Remedies

Internal External

General remedies

Healing wounds

Remedies

Bruises

Remedies

Internal

External

Warts

Remedies

Acne and boils

External remedies

Remedies 1 – 5

Internal remedies

Remedies

Skin rashes and minor burns

Hives

Small-scale burns

External remedies

Hives

Remedies 1 – 3

Internal

External

Inflamed skin rashes

Internal remedies

Remedies 1 – 3

Weeping skin

Minor burns and sunburn
Remedies 1 – 2
How to make a chickweed mullein compress
Eczema and psoriasis
Herbs that soothe
Salves that soothe
General remedies
Eczema with weeping skin
Remedies 1 – 3

Module 14.5
Nervous system
What are nervines?
Common nervines
What are adaptogens?
Common adaptogens
Nerve pain
General remedies
Head pain
Remedy
Toothache
Remedy

Module 14.6
Muscular system
Skeletal muscles
Cramps and muscle spasms
Herbs to use
Rheumatoid arthritis
Herbs to use
Osteoarthritis
Herbs to use
Arthritis and inflamed joints
Remedies
Arthritis associated with acid indigestion or peptic ulcer

Remedies

Stiff and aching joints

Remedy

Gout

Remedy

Back pain

Remedy

General remedies

Back pain due to joint inflammation

Remedy

How to make ginger-peppermint salve

Module 14.7

Immune system

What affects your immunity?

Your immune system's responses

Herbs for the immune system

Other herbs that can be used

Stress or convalescence

Remedies

Nervous exhaustion

Remedies

How to make immune support tea

Module 14.8

Reproductive system

Menstrual irregularities

Heavy menstrual periods

Irregular menses

Herbs for PMS

Herbs for menopause relief and treatment

Herbs for female libido enhancement

Herbs for male libido enhancement

Herbal remedies for enlarged prostate

Urinary infections

General remedies
Vaginal yeast infections
General remedies
Candidiasis
Remedies
Hot flashes and night sweats
Remedies

Module 14.9
A-Z Other ailments and herbs to use

Module 15
Herbs for children
Safe herbs for kids
Nourishing plants for kids
Gentle nervines for kids
When things go amiss
Appropriate dosing of herbs for kids
Clarke's Rule
Young's Rule
What to watch for
The scratch test
Recommended reading

Module 16
Herbs for pets
Flea repellent
Ear mites or ear irritation
Wounds
Upset stomach
Limping, tender paws
Anxiety

Module 17
Herbs for Magickal use

Herbs for every month of the year

Module 18

Giving credit and citing sources

Module 19

Herbs and astrological signs

Module 20

Suggested reading

Attunements:

Burdock and Charoite – **Value \$300 / R4 200**

Five Fairy Herbs – Self-attunement

Ethereal Herbs – **Value \$20 / R280**

Etheric Herbal Remedy