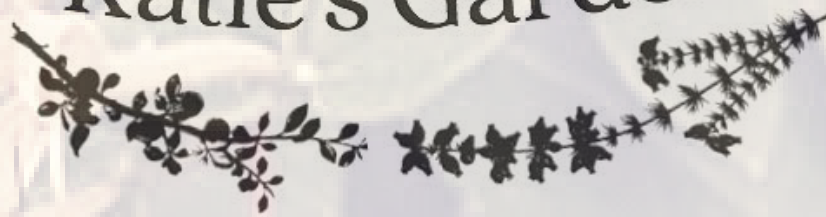


Katie's Garden



WORKBOOK

.....

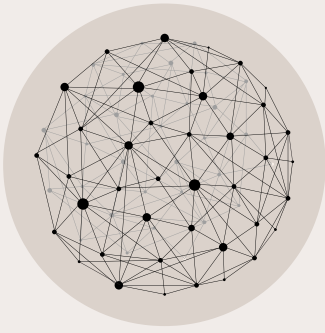
Home Herbalism

Mini Course

KATIEHANNA.BIZ

"HEALTH DEPENDS ON BEING IN HARMONY WITH OUR SOUL."

-DR. EDWARD BACH



The Interconnected Body



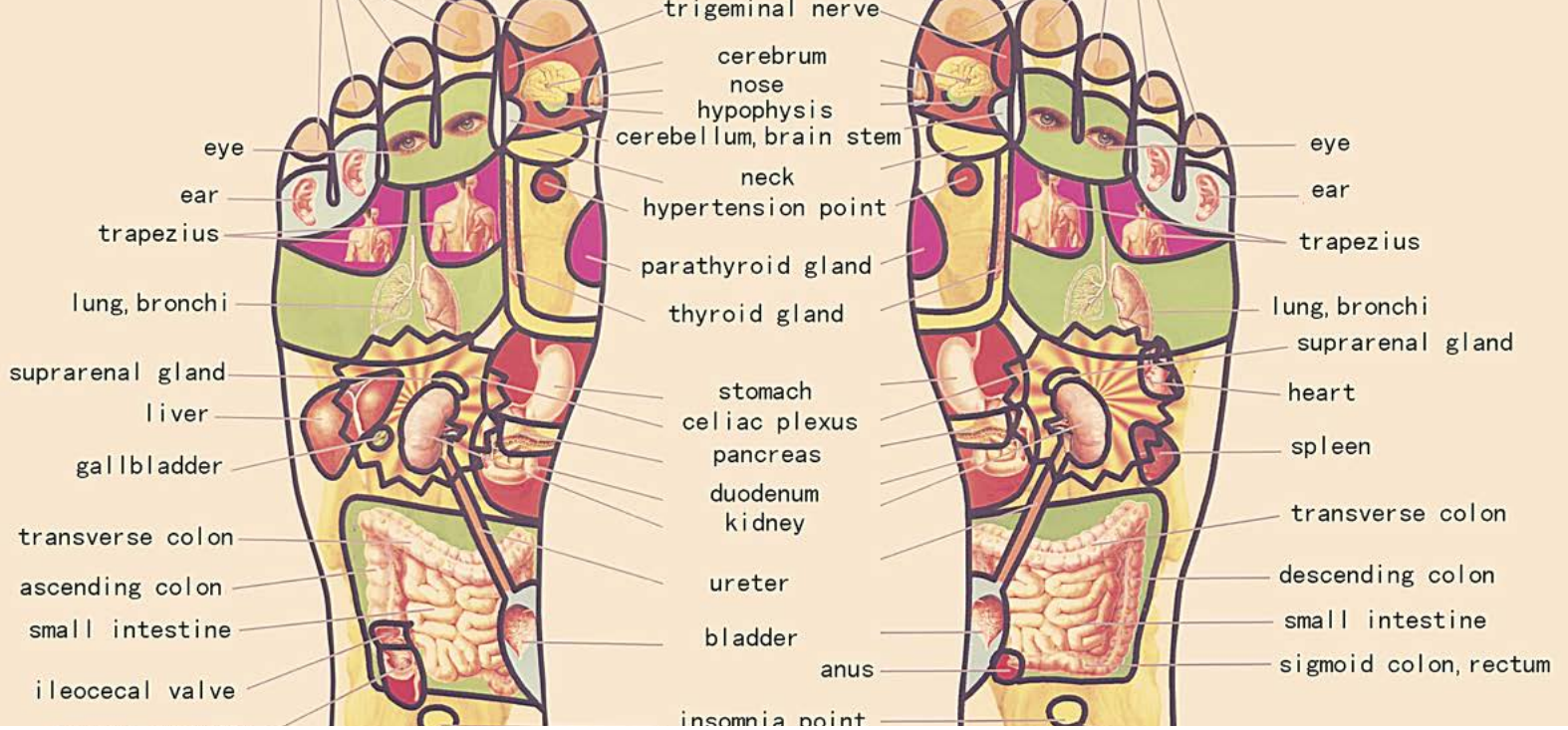
Herbal Classifications



Basics of Using Herbs in Everyday Life



Herbal Preparations



01 The Interconnected Body

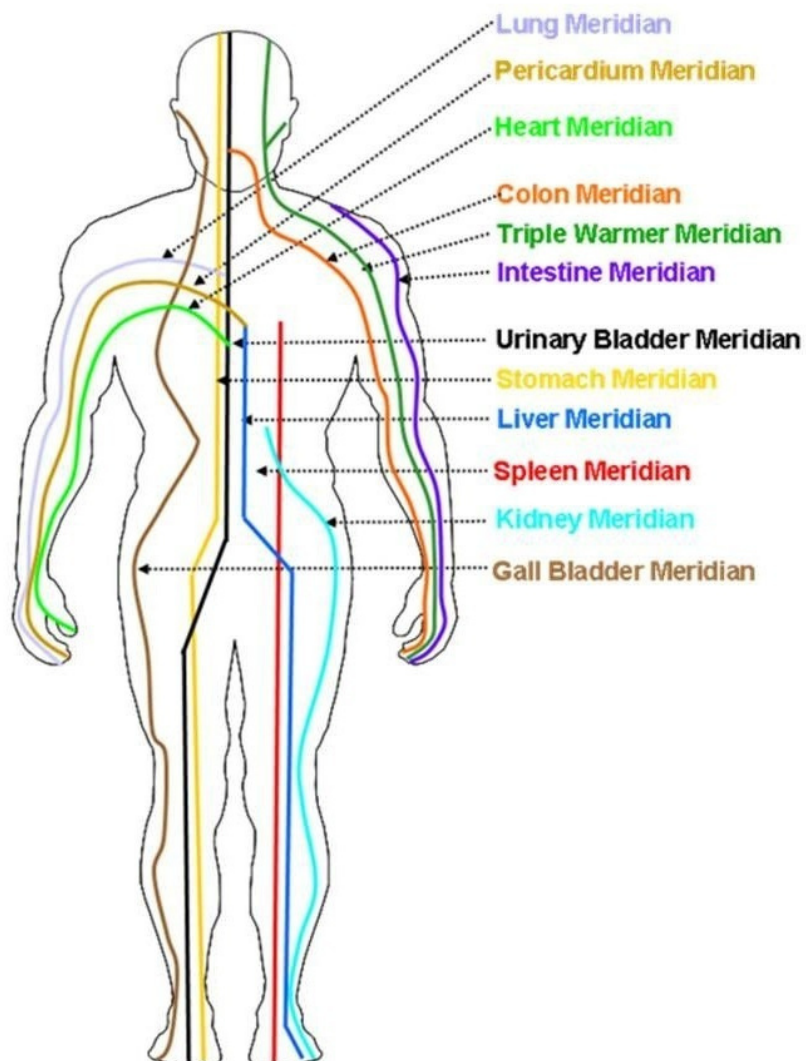
"There is no illness of the body
apart from the mind"
-Socrates

Reflection Page

When I think of my body and health as a whole I would describe it in these 3 words:

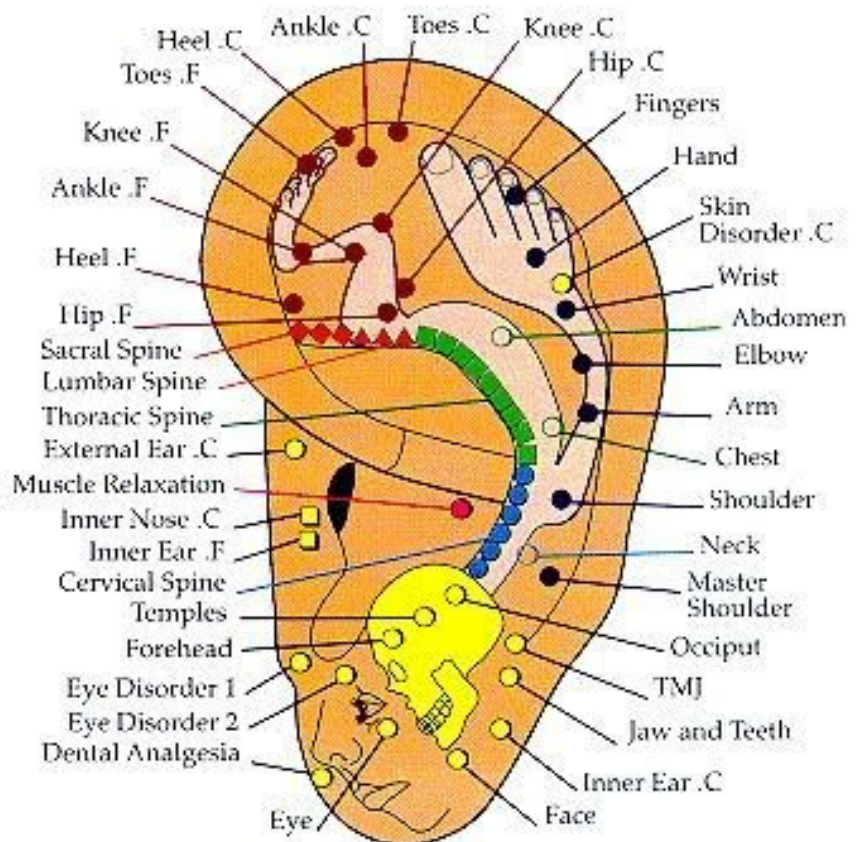
I would describe my understanding and relationship to my body as...

My WHY for learning about wholistic medicine is....

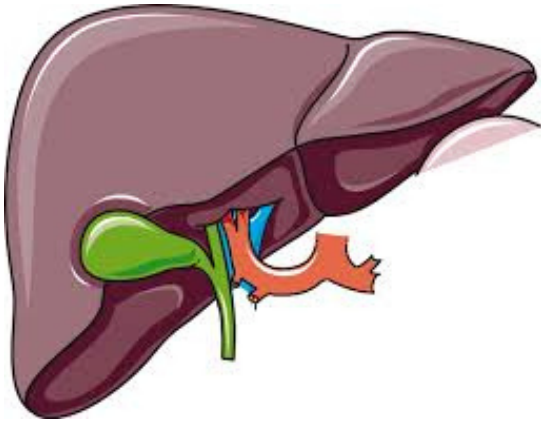


Meridians

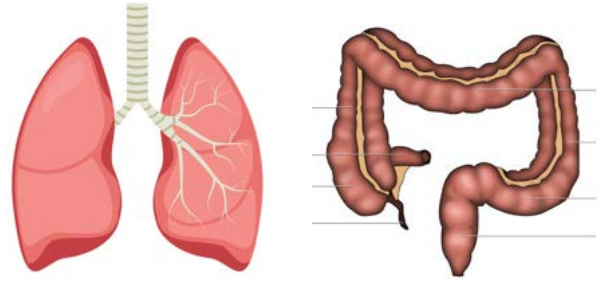
Map of Body Within Our Ear



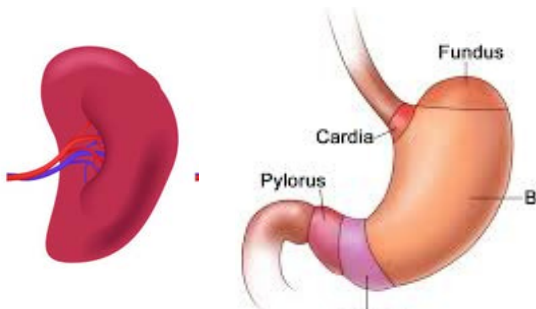
LIVER + GALLBLADDER



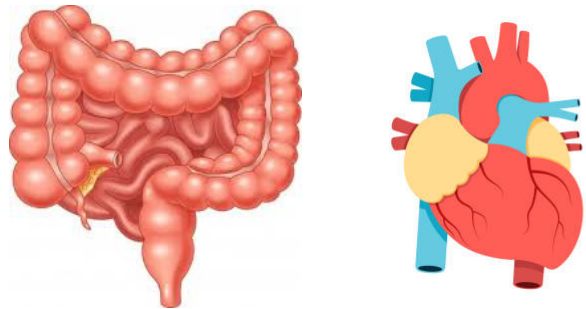
LUNGS + LARGE INTESTINE



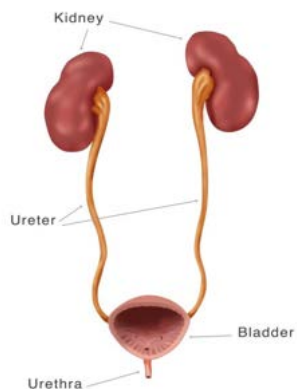
SPLEEN + STOMACH



SMALL INTESTINE + HEART



KIDNEYS + URINARY BLADDER



Flavors:

Sour: Calms

- **ex: lemon**
-
-
-

Bitter: Clears Heat

- **ex: dandelion**
-
-
-

Sweet: Tonifies

- **ex: licorice**
-
-
-

Spicy: Expels Wind & Cold

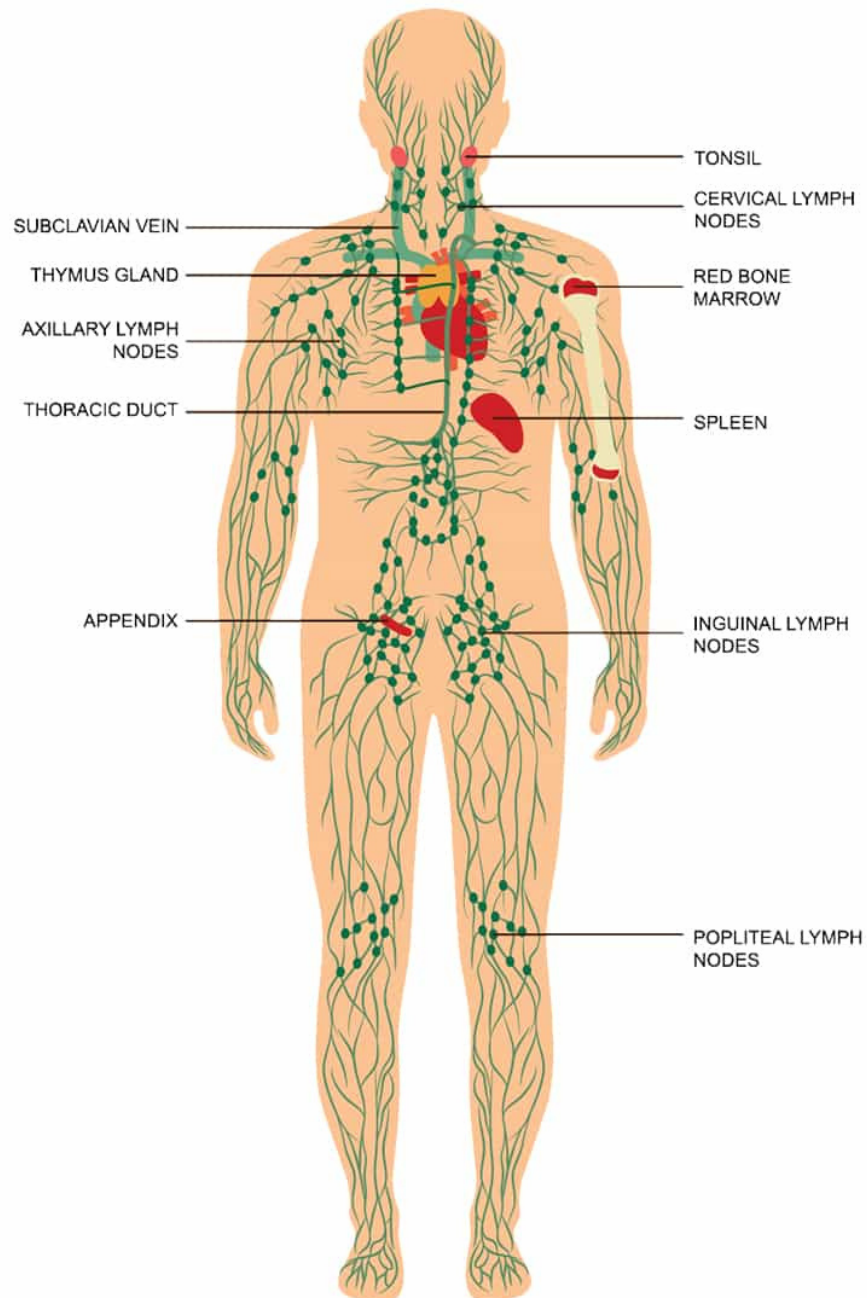
- **ex: ginger**
-
-
-

Salty: Dissolves Stagnation

- **ex: seaweed**
-
-
-

The Lymphatic System

HIGHWAY SYSTEM OF THE BODY



What it does:

- Fluid Regulation
- Elimination of wastes & toxins
- Metabolism and transformation
- Transportation of nutrients
- First line of defense for immune system



Similar to
Meridians
transporting Qi!

Organ & Components:

- Lymph Ducts & nodes
- Tonsils
- Spleen
- Bone Marrow
- Thymus

Healing Modalities:

- Lymphatic Massage
- Stretching
- Light bouncing on trampoline
-
-

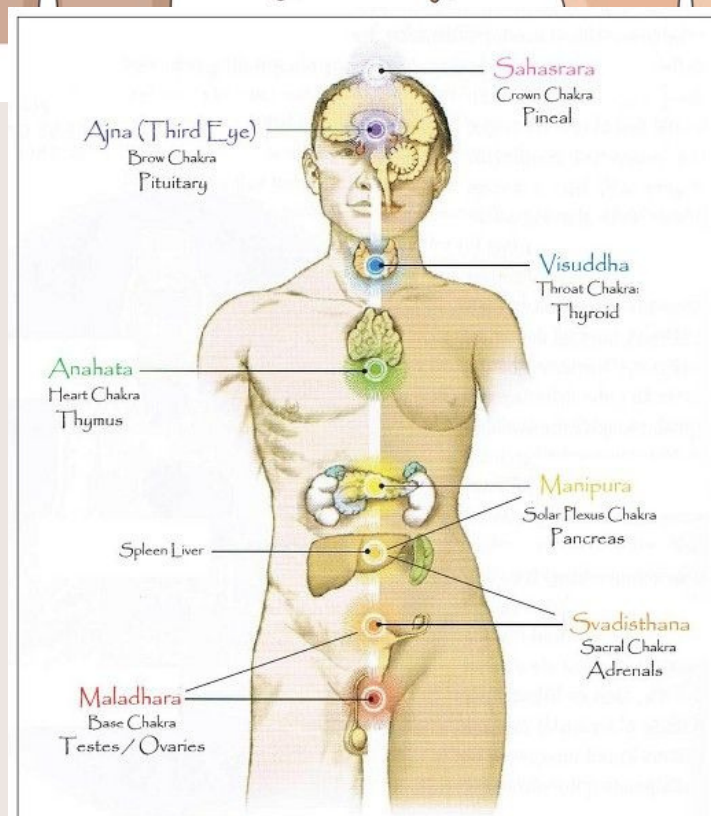
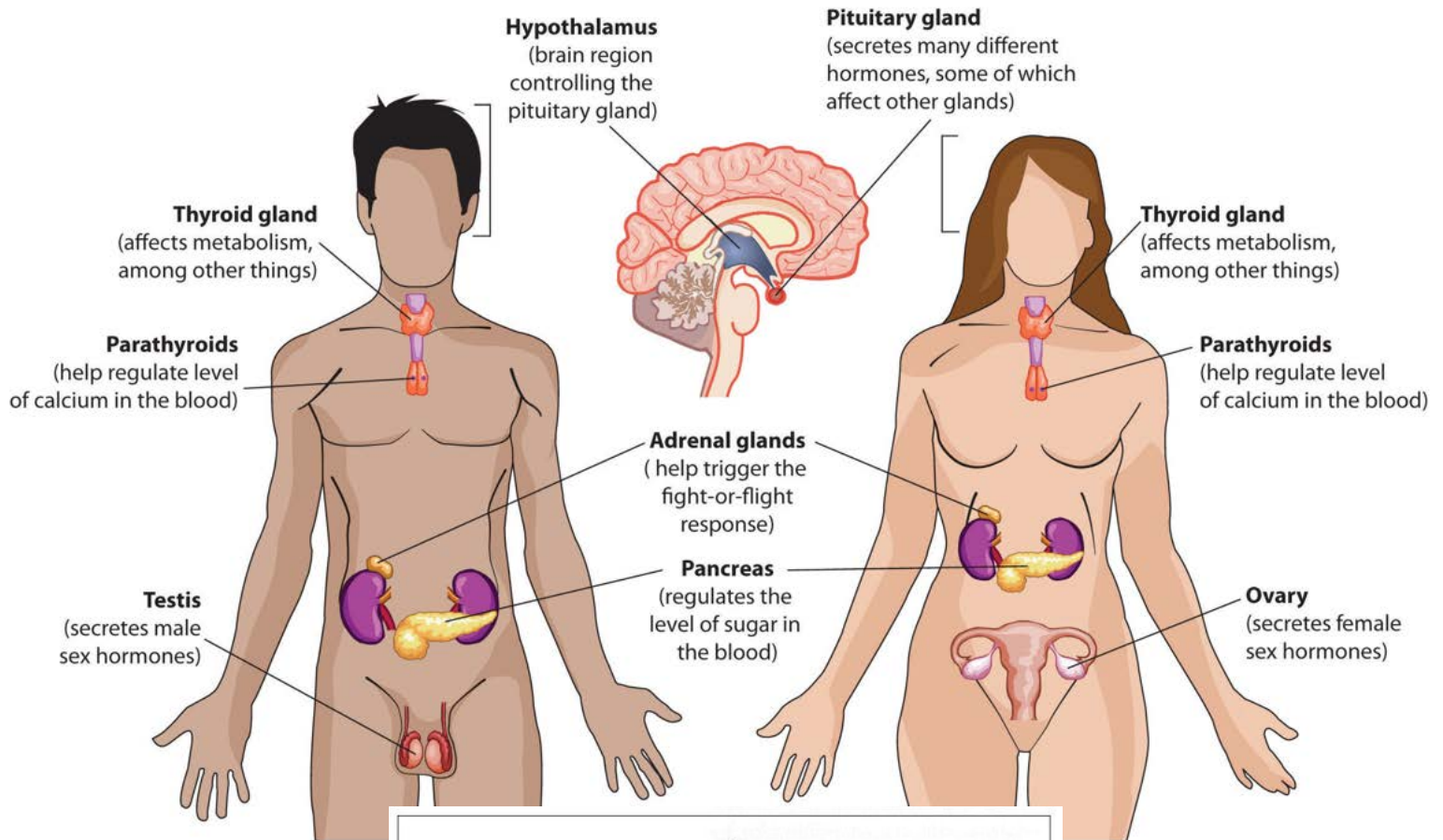
Herbal Classifications:

ALTERATIVE

- ex: cleavers
-
-
-

The Endocrine System

CHEMICAL MESSENGER SYSTEM OF THE BODY

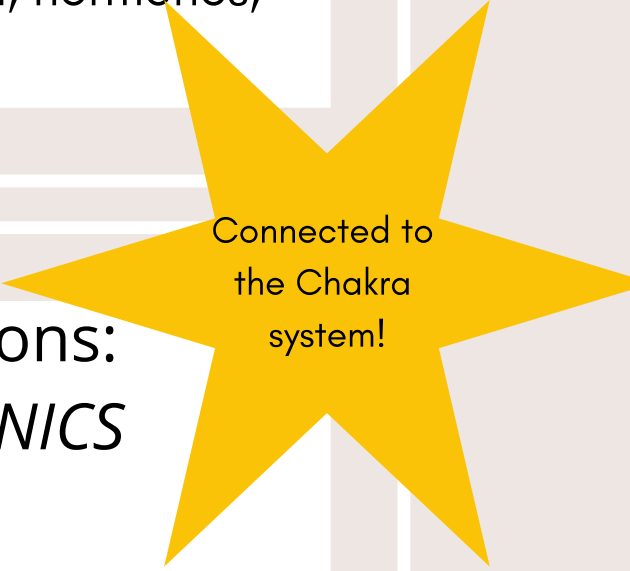


What it does:

- These glands produce chemical transmitters called hormones which transmit information all over the body
- Influence growth, development, and maintenance, metabolism, hormones, etc

Herbal Classifications: *ADAPTOGENS & TONICS*

- ex: Ashwagandha
-
-
-



Connected to
the Chakra
system!

Healing Modalities:

- Breath
- Stretching & yoga
- Sound & Mantra
- Rest
-
-

Reflection Page

What practices can I incorporate into my daily life to support my optimum health?

How can I cultivate a deeper connection to my body?

lemon balm



skullcap



st. john's wort



vervain



02

Herbal Classifications

"Everything in nature has a voice, a consciousness. Try and quiet the chatter in your mind enough to notice it. Can you hear the trees, the flowers, the rock, or the ant?

What are they saying to you?"

-Theresa Rose

Reflection Page

When I think about my health, I need the most help here_____.

What is the strongest part of my health/body?

bitters

aid the digestive process

chamomile



yarrow



centaury



mugwort



boneset



THEY STIMULATE APPETITE AND GASTRIC SECRETIONS, STIMULATING THE RELEASE AND PRODUCTION OF BILE IN THE GALLBLADDER OR DIGESTIVE ENZYMES IN THE PANCREAS.

THEY ARE ALSO USED IN MANY FORMULAS FOR HORMONAL DYSREGULATION OR GYNECOLOGICAL ISSUES. BITTER IS ALSO THE FLAVOR OF THE HEART IN TRADITIONAL CHINESE MEDICINE, WHICH IS WHY YOU MAY SOMETIMES HEAR THE QUOTE THAT “THE MORE BITTER FOODS AND DRINKS YOU INTAKE, THE SWEETER YOU ARE!”

Reflection Page

Different Ways to Use Bitters:

Where am I holding bitterness in my life?

nervine

restorative or relaxing effect on nervous system

nerve tonics: used for cases of acute or chronic stress

nerve relaxant: used in times of stress, anxiety, or feelings of overwhelm

lemon balm



skullcap



st. john's wort



vervain



passionflower



oat straw



hops



NERVINES ARE BROKEN INTO DIFFERENT CATEGORIES: STIMULATING, RELAXING, OR TONIFYING.

NERVE STIMULANTS ARE NOT USED AS OFTEN, WITH EXCEPTION OF GREEN TEA, SO WE WILL FOCUS ON RELAXING AND TONIFYING NERVINES.

NERVE TONICS ARE COMMONLY USED IN ACUTE OR CHRONIC EMOTIONAL OR MENTAL STRESS, OFTEN ALONGSIDE ADAPTOGENS. EXAMPLES OF TONICS ARE OATSTRAW, SKULLCAP, ST. JOHNS WORT.

NERVE RELAXANTS ARE USED IN TIMES OF STRESS, ANXIETY, OR FEELINGS OF OVERWHELM. IN SMALLER DOSES THEY HELP BRING AN OVERALL SENSE OF EASE AND CALM TO THE BODY AND IN LARGER DOSES CAN HELP WITH SLEEP ISSUES. MANY RELAXANTS HAVE ANTISPASMODIC ACTIONS WHICH AFFECT THE PERIPHERAL NERVES AND MUSCLES, WHICH CAN HELP THE WHOLE SYSTEM AND BODY EASE INTO A MORE RELAXED STATE.

SEDATING HERBS CAN ALSO HELP WITH SLEEP AND RELIEVING TENSION.

UTILIZING ADAPTOGENS ALONGSIDE NERVINES HELPS THE BODY IN MULTIPLE WAYS. BY ADDRESSING THE HPA AXIS AND OUR GENERAL ABILITY TO HANDLE THE STRESS OF LIFE, WE CAN BE MORE RELAXED, FEEL LESS ANXIETY, REST AND RELIEVE TENSION MORE EASILY.

Reflection Page

Different Ways to Use Nervines:

Which Nervine do I need most?

alterative

They "alter" the body's metabolic process, improving functions.
In folk traditions, can be referred to as "blood cleaners".

burdock



cleaver



red clover



yellow dock



dandelion



ALTERATIVES IMPROVE A RANGE OF FUNCTIONS FROM ELIMINATION TO NUTRITION. THESE HERBS HELP ELIMINATE WASTE THROUGH KIDNEYS, LIVER, DIGESTIVE SYSTEM, SKIN, OR LUNGS. THEY ARE OFTEN CONSIDERED "COOLING" HERBS.

ALTERATIVES GET THE GUNK MOVING AND HELP THE DETOXIFICATION ORGANS TO REMOVE IT EFFECTIVELY IN THEIR DIFFERING MODES AND CHANNELS. THIS IS WHY IN FOLK MEDICINE, MANY ALTERATIVES WERE ALSO CALLED "BLOOD CLEANSERS." THESE ARE HERBS THAT YOU WILL FIND IN SKIN CLEANSING BLENDS, TO HELP CLEAR UP SKIN ISSUES AND ACNE. THEY ARE ALSO GOOD FOR ALLERGIES OR INFLAMMATORY JOINT ISSUES.

THEY ALSO HAVE HISTORICALLY BEEN USED ALONGSIDE BITTERS FOR A "SPRING CLEANSING" ENERGY, AFTER A LONG WINTER OF HIBERNATION, THEY HELP GET THE BODY BACK IN MOTION AND THE ENERGIES THAT HAVE BEEN STAGNANT BACK MOVING AND CLEARING OUT.

Reflection Page

Different Ways to Use Alternatives:

Where do I feel stuck in life?

adaptogen

Improves the body's adaptability by increasing nonspecific resistance and vitality.

holy basil



ashwaghandha



rhodiola



astragalus



ginseng



cordyceps mushroom



ADAPTOGENS PLAY A KEY ROLE IN REGULATING VARIOUS METABOLIC PROCESSES THROUGH IMPROVEMENT IN HYPOTHALAMIC-PITUITARY-ADRENAL (HPA) AXIS FUNCTIONING. BASICALLY, ADAPTOGENS ARE SUBSTANCES THAT REDUCES THE STATE OF STRESS, THE SEVERITY OF STRESS AND COUNTERACT THE EFFECTS OF STRESSORS ON THE BODY.

STRESS CAUSES A MYRIAD OF HEALTH ISSUES AND ADAPTOGENS HELP OUR BODIES TO BE ABLE TO ADAPT TO THE STRESSES. THEY HELP OUR IMMUNE SYSTEM, OUR HORMONES, OUR MENTAL STATES AND CLARITY, OUR DIGESTION, AND MORE, BECAUSE STRESS REEKS SUCH HAVOC ON ALL OF THESE SYSTEMS.

Reflection Page

Different Ways to Use Adaptogens:

What are the biggest stressors in my life?

What are my external "real" stressors and what are my perceived stressors?

astrigent

They tonify or tighten tissue.

red raspberry leaf



green tea



yarrow



witch hazel



sage



goldenrod



ASTRINGENTS TONIFY OR TIGHTEN TISSUE. THEY DO SO VIA A CHEMICAL CONSTITUENT CALLED “TANNINS” WHICH CAUSES THE PROTEINS ON THE SURFACE OF TISSUE TO BIND.

THEY ARE USED TO TIGHTEN TISSUE, CONTROL SECRETIONS LIKE BLEEDING, OR FORM A PROTECTIVE LAYER OVER TISSUE. THE LATTER COULD BE USED AFTER A BURN OR WOUND, WHICH EXPLAINS THAT MANY ASTRINGENT HERBS ARE ALSO ANTISEPTIC.

IN THE GUT THEY HELP WITH DIARRHEA, REDUCE INFLAMMATION, AND HELP MANY ISSUES WITH DIGESTION. THEY HELP WITH VAGINAL AND MUCOSAL DISCHARGES, ULCERS, AND TREAT BURNS. EXCESSIVE USE CAN IMPAIR NUTRIENT ABSORPTION AND THE GUT WALL, SO PROLONGED USE IS NOT RECOMMENDED.

Reflection Page

Different Ways to Use Astringents:

Where are the leaks in your life?
(Energetically, spiritually, mentally, etc)

antimicrobial

substances that destroy or resist pathological microorganisms.
can be anti-bacterial, anti-viral, anti-fungal, etc

their effects may be related to direct interactions with pathogens or indirectly
through the herb's interaction with the immune system.

tea tree



cranberry



thyme



yarrow



goldenseal



@_katiesgarden

ANTIMICROBIAL IS A WIDE-RANGING TERMS FOR HERBS THAT INHIBIT OR DESTROY MICROORGANISMS INCLUDING BACTERIA, FUNGI, AND VIRUSES. MEANING, THIS IS A GROUP THAT COVERS ANTIBACTERIAL HERBS, ANTIFUNGAL HERBS, AND ANTI-VIRAL HERBS, SO THERE IS NOT ONE MECHANISM OF THE WAY HERBS IN THIS OVERARCHING CLASSIFICATION WORK.

MANY OF THESE HERBS CONTAIN VOLATILE OILS WHICH EASILY ENTER THE BODILY EXCRETIONS AND SECRETIONS AND THEREFOR TEND TO BE GOOD FOR RESPIRATORY INFECTIONS. CERTAIN HERBS WITH PHENOLIC COMPOUNDS (DIFFERENT ACIDS FOUND IN THE PLANTS, LIKE ROSMARINIC ACID IN ROSEMARY OR LEMON BALM) CAN DESTROY THE CELL WALLS OF BACTERIUM AND HAVE ANTI-VIRAL AND ANTI-FUNGAL PROPERTIES, AND ARE ANTI-INFLAMMATORY.

THIS IS ANOTHER CLASSIFICATION WHERE ONE HAS TO LOOK AT THE SYSTEM MOST EFFECTED AND CHOOSE HERBS BASED ON THAT, NOT JUST ANY HERB IN THIS SECTION. HOW ONE WOULD USE GOLDENSEAL WOULD VARY GREATLY FROM THE USE OF YARROW IN METHOD, AMOUNT, AND LENGTH OF USE. JUST AS HOW WE WOULD USE CALENDULA WOULD VARY FROM HOW WE WOULD USE TEA TREE.

Reflection Page

Different Ways to Use Anti-Microbials:

On a scale from 1-10 how strong are my boundaries?

demulcents

Relieves irritation and inflammation of the tissue..

licorice



flax



comfrey



marshmallow



slippery elm



DEMULCENTS ARE RICH IN CARBOHYDRATES THAT CONTAIN COMPLEX POLYSACCHARIDE MOLECULES THAT BECOME SLIMY AND GUMMY WHEN WET.

THIS REACTION HAS A POSITIVE SIDE EFFECT ON THE LINING OF THE INTESTINES, URINARY TRACT, OR LUNGS.

MUCILAGE-CONTAINING DEMULCENTS ASSIST DIGESTIVE SYSTEM; EASE COUGHING BY SOOTHING BRONCHIAL TENSION; RELAX SPASMS; PREVENT DIARRHEA AND INFLAMMATION.

Reflection Page

Different Ways to Use Demulcents:

Do I have a part of my life that feels inflamed?

Do I fan the fire?

Do I have a part of my body that feels inflamed?

immunomodulating

enhance the immune system through wide variety of direct and indirect methods via improving stress resistance, the adrenal axis, etc

immunostimulating: treat colds and infections

immunomodulating: used for poor stress resistance, convalescence, recovery

elder



garlic



reishi



eleuthero



panax ginseng



@_katiesgarden

THERE ARE TWO MAIN CLASSIFICATIONS OF IMMUNE SYSTEM HERBS: IMMUNOSTIMULANTS AND IMMUNOMODULATORS. THESE HERBS GENERALLY ENHANCE THE ACTIVITY OF THE IMMUNE SYSTEM THROUGH A WIDE VARIETY OF MECHANISMS SUCH AS DIRECT AND INDIRECT STIMULATION OF THE IMMUNE SYSTEM, THE HPA AXIS, AND IMPROVING STRESS RESPONSE.

THE IMMUNOSTIMULANTS ARE USED TO FIGHT INFECTIONS OR COLDS. THESE HERBS WOULD BE GARLIC OR ELDER.

IMMUNOMODULATORS ARE FOR POOR STRESS AND IMMUNE RESISTANCE, CONVALESCENCE, OR AFTER AN ILLNESS. EXAMPLES OF THESE HERBS WOULD BE ELEUTHERO OR REISHI.

Reflection Page

Different Ways to Use Immunomodulators:

What do I do in my daily life now that helps support my immune system?



03

Basics of Using Herbs in Everyday Life

"The only real valuable
thing is intuition."

-Albert Einstein

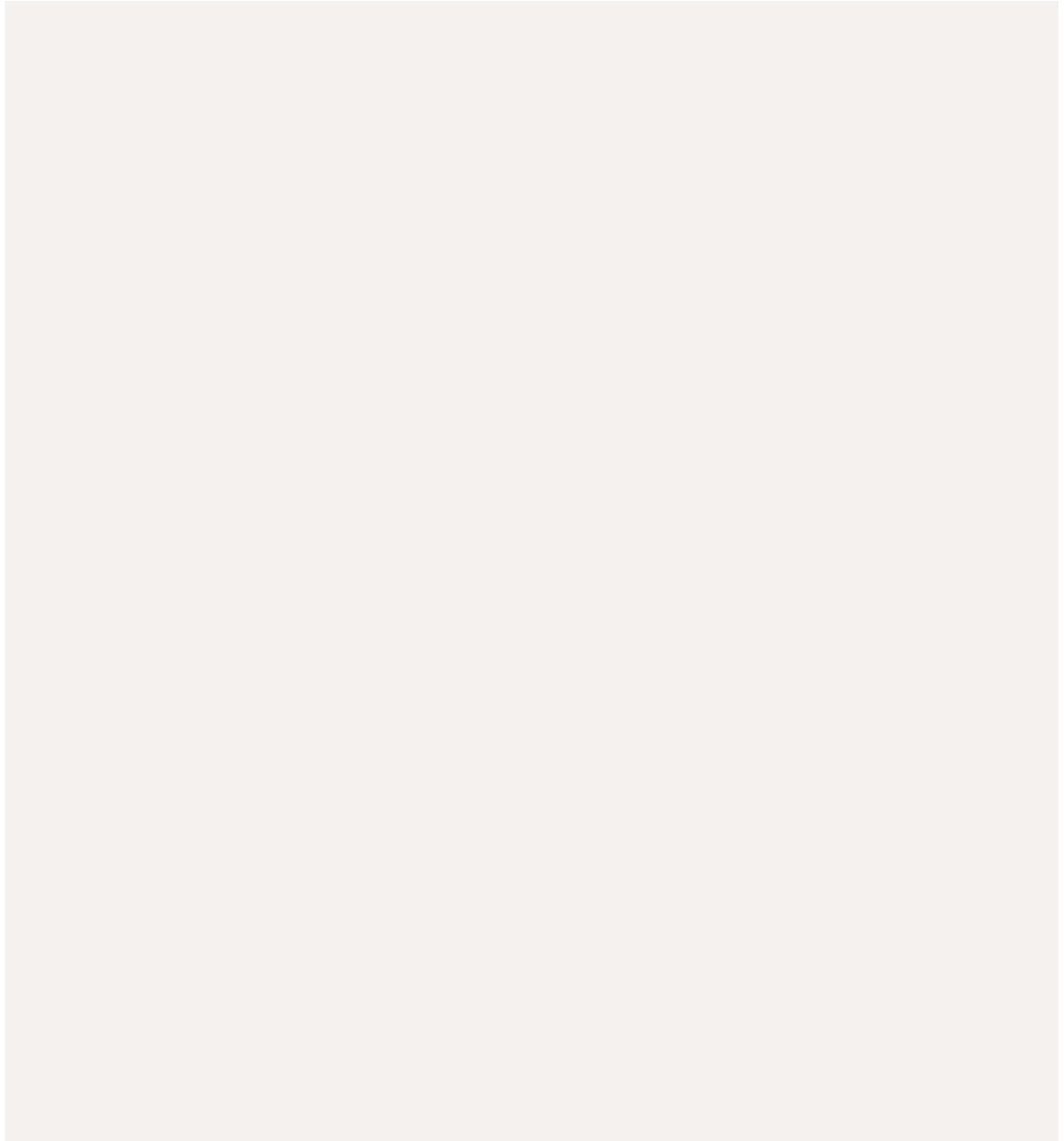
"The physician treats,
but nature heals."

-Hippocrates

Reflection Page

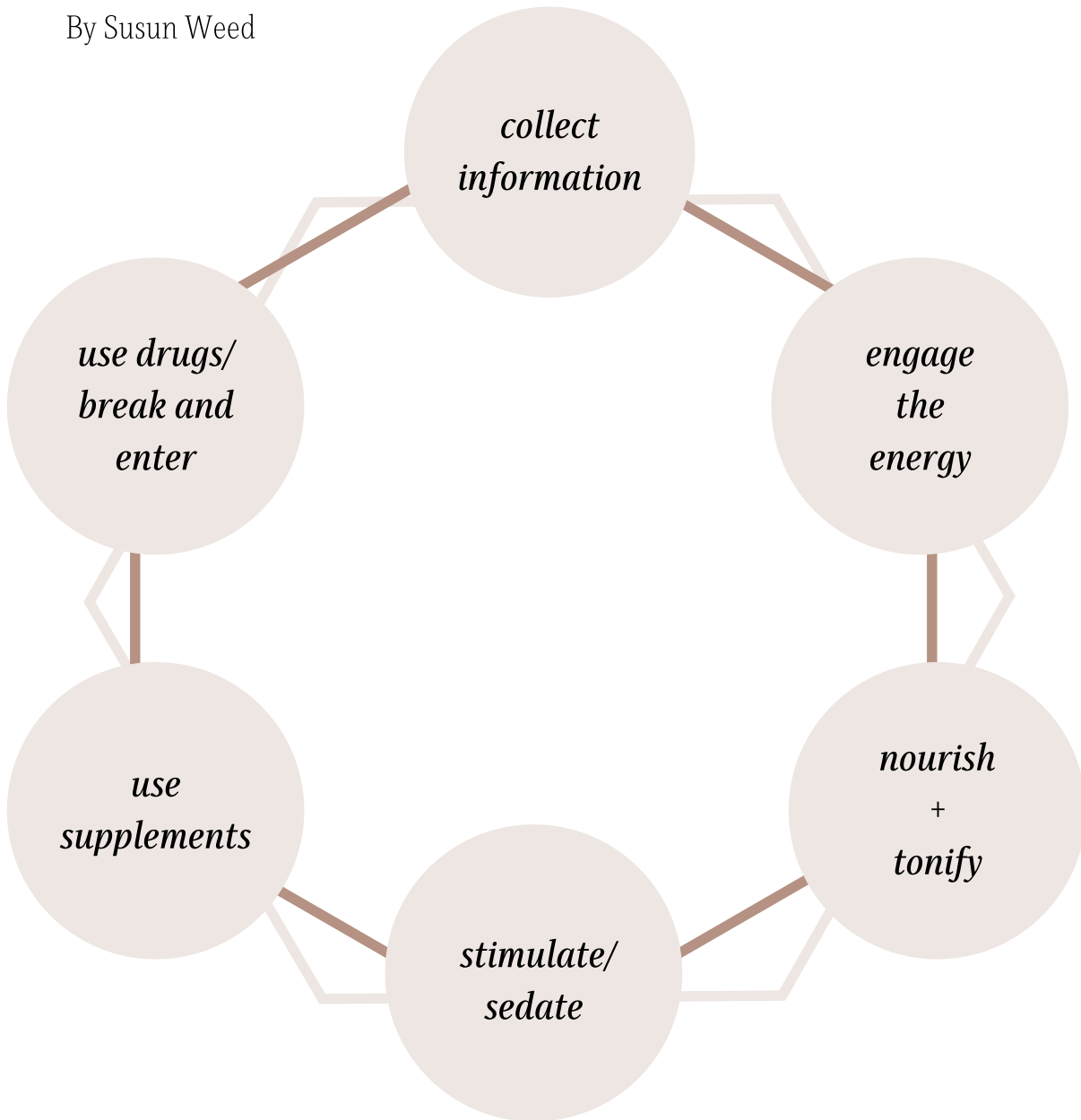
I am interested in Herbal Medicine because.....

Wholistic medicine means to me.....



The Wise Woman Way

By Susun Weed



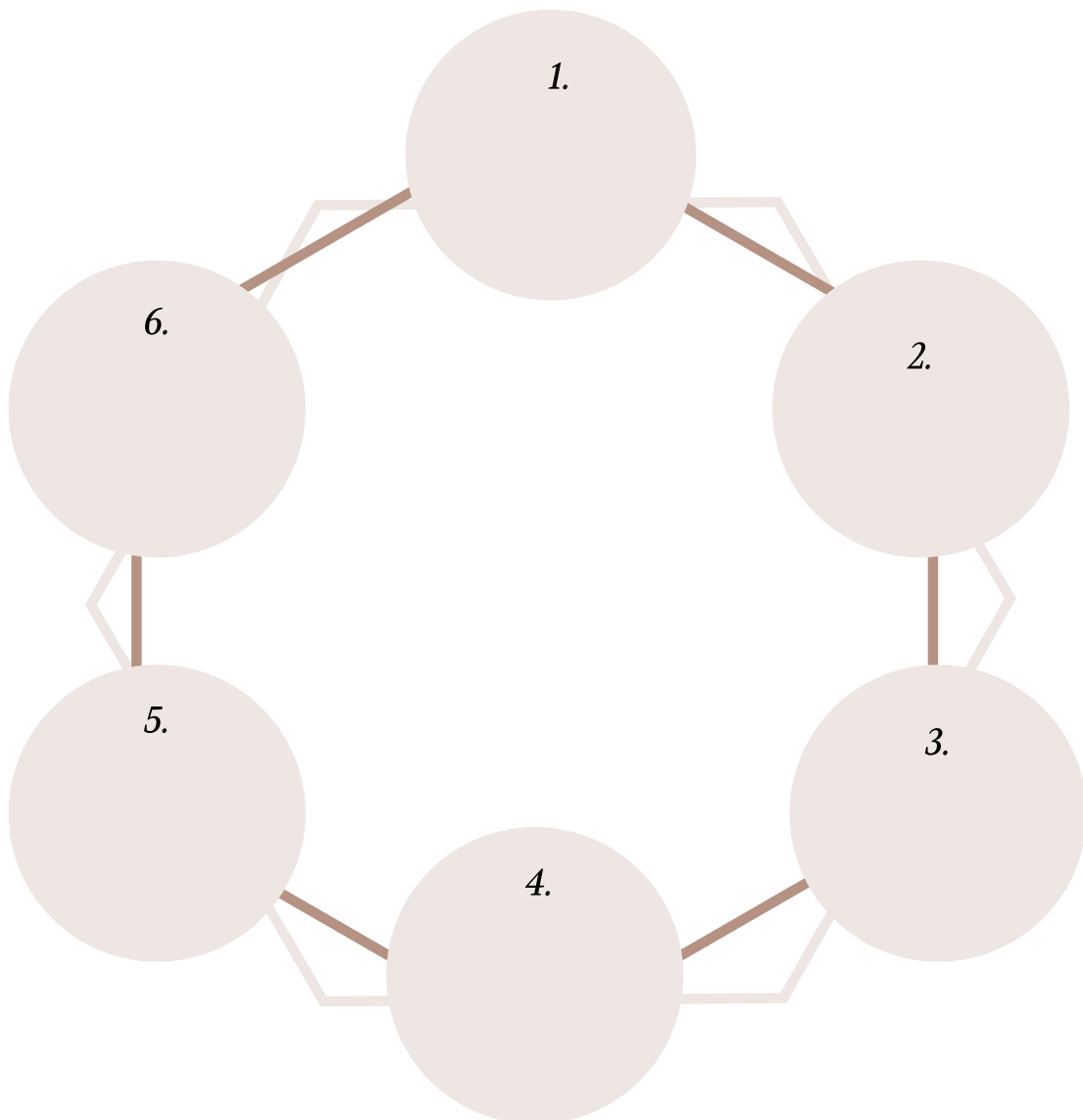
AVIVA ROMM'S TRAINING PROGRAM PROMPTS US BEFORE ANY ACTION IS TAKEN TO ASK 2 ESSENTIAL QUESTIONS:

1. Is there something contributing to your health problem that can be removed?
2. Is there something missing that you need to restore to promote your health?

Case Study

Types of Herbal Classifications that help:

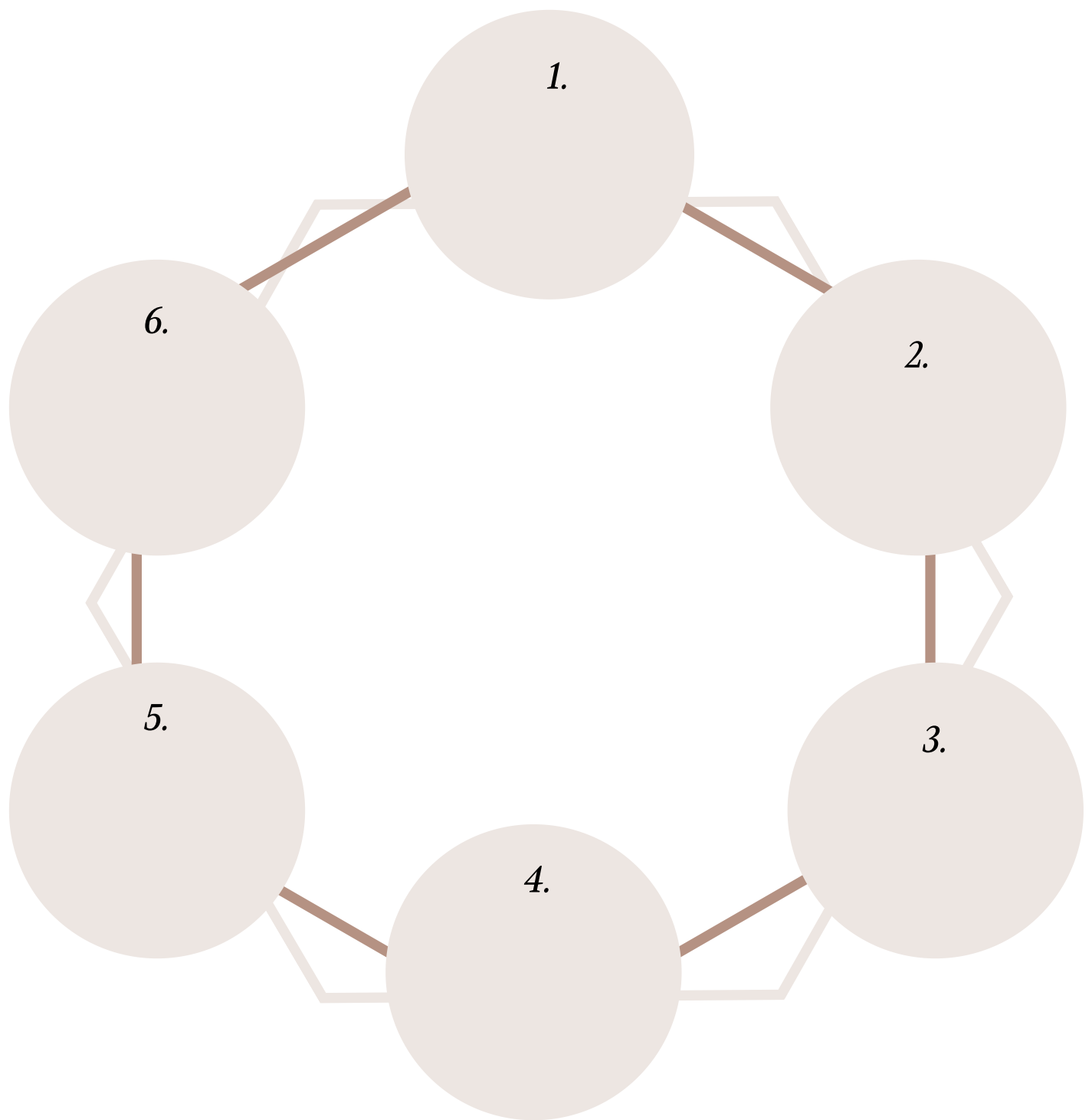
Lifestyle Changes:



What is my issue?

1. Is there something that can be removed?

2. Is there something missing that I need to restore?



Types of Herbal Classifications that help:

Lifestyle Changes:



04 Herbal Preparation

"The monks gathered before the image of Bodhi Dharma and drank tea out of a single bowl with the profound formality of a holy sacrament."

Okakura Kakuzo, *The Book of Tea*

HERBAL PREPARATIONS

WATER BASED

- Good solvent for minerals, medicinal constituents, mucilage but not for resins or alkaloids
- Pleasurable experience to sip tea.

VINEGAR BASED

- Best for people avoiding alcohol.
- Draws out minerals better than alcohol.
- Great solvent for mineral rich herbs.

ALCOHOL BASED

- They last for years, even decades.
- Easier medicine to travel with or take daily.
- Great at extracting resins.
- Essential oils are highly soluble in high percentage alcohol.

OIL BASED

- Great for soothing skin dryness, irritation, inflammation.
- Can readily extract volatile or essential oils, resins, lipids.

HERBAL PREPARATIONS

HONEY BASED

- Great for respiratory infections, coats throat.
- Honey is anti-microbial & anti-inflammatory.
- Easier medicine for children to take due to taste.

POWDERED HERBS & CAPSULES

- Herbs can be blended in smoothies, added to lattes, or mixed with honey or any other food.
- Herbs that taste bad can be taken internally without having to be tasted.
- Because they're ground, they have shorter lifespan.



START WITH SIMPLES

- Need:
 - Jars with Lids
 - One plastic lid or wax paper for vinegar
 - apple cider vinegar, honey, vodka 80 proof or higher, olive oil
 - a dark place and a screen or paper bags for drying
- Take plant material and fill the jar. If it is fresh plant material make sure it is dry, collect in heat of day to make sure dew is off. Fill to top but not stuffed if you use fresh material. Use equal parts solvent to herb if using dried plant material. If using metal lids with vinegar, first put wax paper around top.
- Label plant name, solvent used, and date.
- Store in cool, dark place for 4-6 weeks. Shake regularly.



STEPS FOR DEVELOPING FORMULA

- Determine treatment goals
 - ex: inflammatory bowel disease:
 - Goals: heal intestinal lining (antiinflammatory), gas and bloating (carminative), diarrhea (astringent), underlying stress (nervine)

ex:

Anti Inflammatory	Carminative	Nervine	Astringent



BASICS OF TEA BLENDING

- Key Formula Ingredients
 - Primary
 - Supporting
 - Corringent (flavor enhancer)
- Additions:
 - Carminative
 - Tonic
 - Nervine

Hey! I'm Katie Hanna

I am a mother, herbalist, spiritual being, Herb Lady and Wild Woman, amongst my many roles. I am so happy to have you here in Katie's Garden and look forward to all the ways we can connect in the future.

"In all creation, trees, plants, animals, and gem stones, there are hidden secret powers which no person can know of unless they are revealed by God."

Hildegard von Bingen

LET'S KEEP IN TOUCH

KATIEHANNA.BIZ
@_KATIESGARDEN

