

BECOMING A HOME HERBALIST WORKBOOK

MASTERING HERBAL MEDICINE FOR OUR
MOST COMMON ISSUES



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Focus of the Class

HORMONES

Herbs for:
PMS
menstrual cramps
perimenopause
hormonal imbalance

DIGESTION

Herbs for:
digestive difficulties
digestion
upset tummy

+
immune
care

Herbs for:
acne
eczema
bug bites
scratches/burns

SKIN

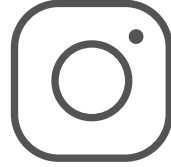
Herbs for:
anxiety
stress
depression

ANXIETY/STRESS

Let's Connect



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What is paradise, but, a garden, an orchard of trees and herbs, full of pleasure and nothing there but delights.

William Lawson



Herbs for the Female Reproductive Cycle

ADAPTOGENS

UTERINE
TONICS

ANTISPASMODICS

ALTERATIVE

Adaptogens

They are herbs that increase the body's nonspecific resistance and vitality, helping the individual adapt to and defend against the effect of allostatic load on the body--the wear and tear of acute and chronic exposure to stressors.

Use for:

Alteratives

Restore the body to a state of health by improving eliminative and detoxifying functions especially those of the lymph, liver, kidneys, and skin, and eliminating metabolic waste.

Use for:

Uterine Tonics

Tonifies the Uterus.

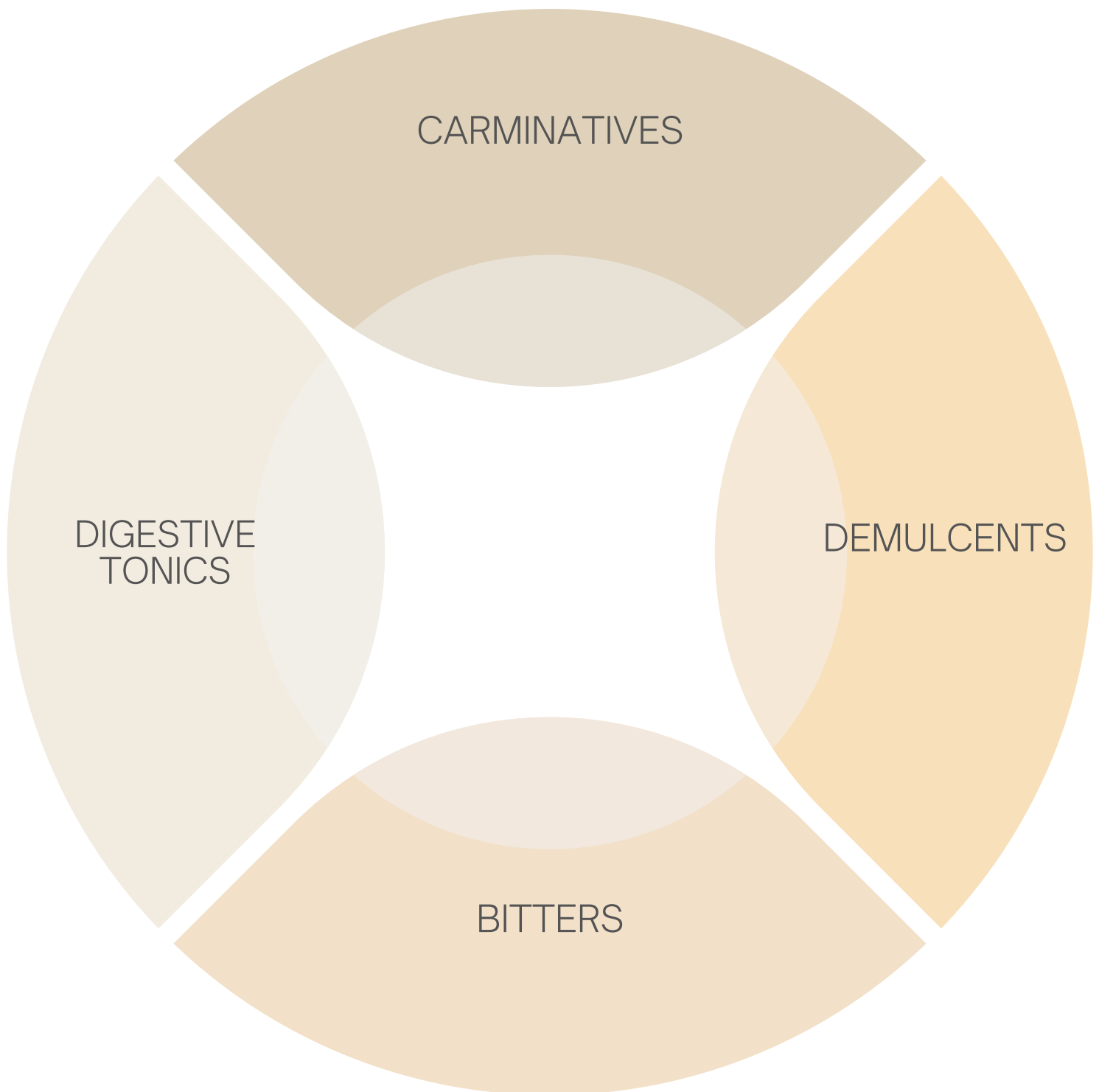
Use for:

Antispasmodics

Relaxes smooth or skeletal muscle spasm

Use for:

Herbs for Digestion



Bitters

Eases digestive discomfort. Helps stoke digestive fire.

Use for:

Carminatives/ Antiemetics

Ease spasm in the digestive tract/relieves nausea

Use for:

Digestive Tonic

Tonifies the digestive system.

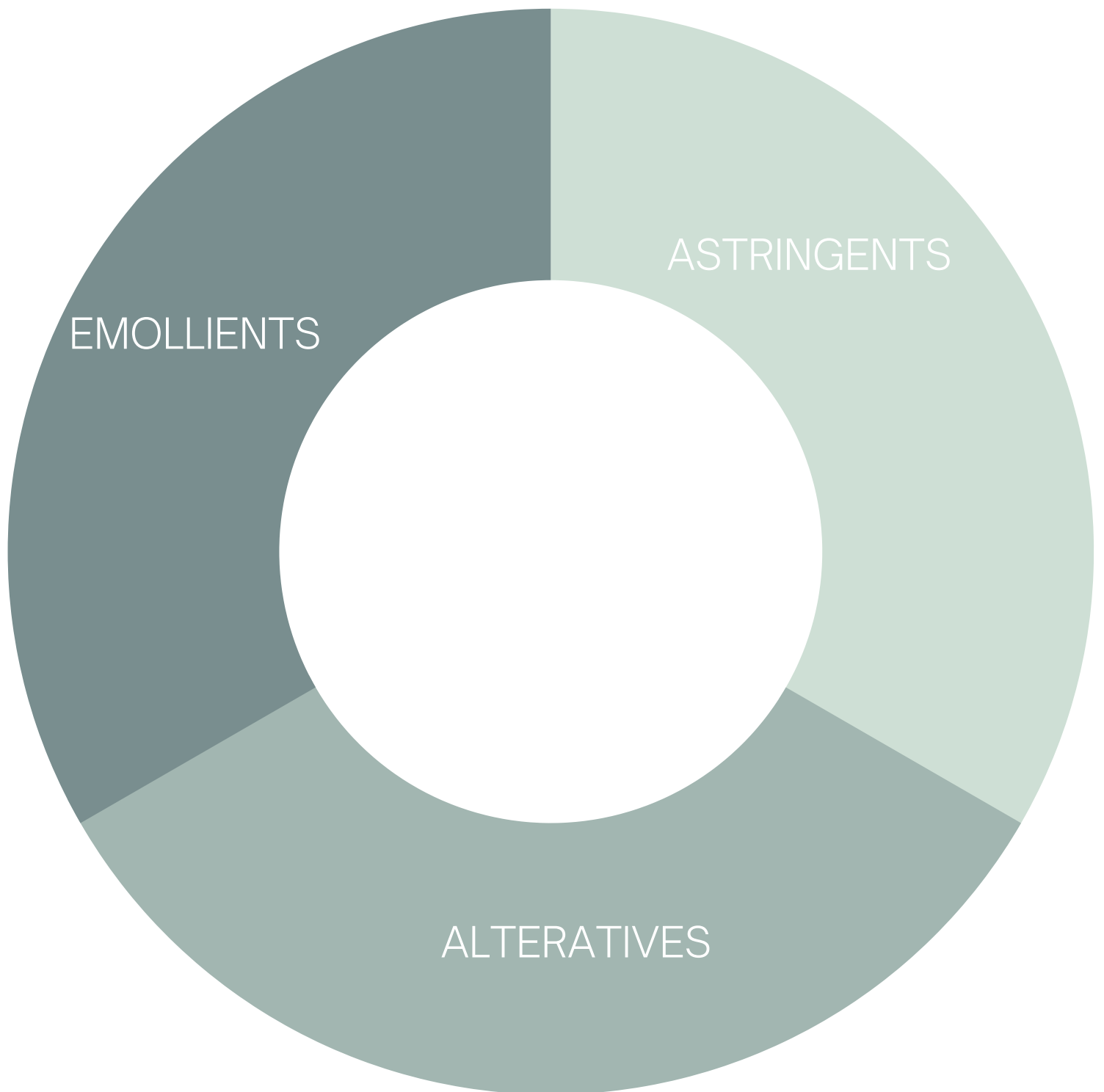
Use for:

Demulcent

Soothe and protect the mucus membranes inside the body.

Use for:

Herbs for the Skin



Emmolient

Soothes, moisturizes, and protects irritated skin or external mucosa.

Use for:

Astringent

Contain tannins that cause binding of proteins on the surface of tissue. They are used to tone and tighten.

Use for:



MAKE A PLANTAIN SALVE

1 STEP ONE

Identify Plantain growing in your area. It grows EVERYWHERE. dont choose from heavy foot traffic, car exhaust, or animal droppings

Harvest just as much as you need and gently dry so some of the water content is gone.

2 STEP TWO

3 STEP THREE

Fill the jar 3/4 of the way up with cut plant material. Fill to the top with Olive Oil. Make sure plantain is completely cover. Label, store in dark cool place 4-6 weeks

Strain Oil. In a double boiler add 3 parts infused oil, 1 part beeswax, melt together. Pour into small jars. Add essential oil if you wan

2 STEP FOUR

Alterative

Works on the general level to tonify the systems of the body involved in waste removal.

Use for:



Herbs for

Stress

Immune System

NERVINES

ADAPTOGENS

IMMUNO
MODULATING

Nervines

Relaxant: Helps to relax the central nervous system or the musculoskeletal system.

Tonic: Strengthens the stress response when there is chronic stress and nervous debility, convalescence, nervous shock.

Use for:

Immuno Modulating

"Immune-modulating herbs enhance activity of the immune system through a wide variety of mechanisms using direct and indirect stimulation of the immune system ... and through improving stress resistance. " (Romm)

Stimulating:

Used to treat colds and infections to stimulate immune system response.

Tonic:

Used when there is poor resistance to stress and infection, or recovery.

Use for:

Adaptogen

Herbs we take to keep our bodies strong and resilient in the face of stress.

Use for:

Now....

Lets create our apothecary list!

1. Go through the worksheets with all the herbs listed and start highlighting, underlining or circling the repeats
2. Go to the blank sheet and write at least one herb that was repeated that can fit in the different categories!



Adaptogen

Alteratives

Astringents

Bitter

Carminative/
Antispasmodic

Demulcent/
Emollient

Digestive
Tonic

Immunomodulating

Nervine

Uterine Tonic

Apothecary List
