

Intro into Herbal Energetics and Formulas

Lesson 2 Homework

Energetic Formula Creation, and Dosing

This homework has two parts: practicing putting herbal actions into correct categories in formula building (there will be an answer key) and exploring why herbalists measure doses in weight instead of volume.

Part 1: Herbal Action Matching

In lesson 2, we learned the three steps to creating an herbal protocol:

1. Defining foundational actions needed: herbal actions with the energetics that balance our health issue, but don't mention body system or outcome
2. Defining primary actions needed: herbal actions that address the body systems involved, but don't mention energetics or outcome
3. Defining secondary actions needed: herbal actions that tell outcome, but don't tell energetics (how) or organ system (where)

For this practice activity, you are going to go to the following website from clinical herbalist Rosalee de la Foret, read the definitions of each herbal action, and put each herbal action into either foundational, primary, or secondary herbal action categories based on the definitions of those herbal actions.

For example, if I read that "lymphatics" are herbs that support the immune system, that would go into primary herbal actions because it tells me an organ system, but doesn't tell me energetics (hot/cold, damp/dry, toning/relaxing) or outcome.

Don't get down on yourself if you don't get this right on the first try. My college herbal students take multiple times to get this right. We will spend this entire course honing this skill. The most important thing is that you are thinking about formula creating based upon energetics, not just "an herb for this, an herb for that". Plus, you can always check out the answer key. <3

Websites with herbal action definitions:

- <https://www.herbalremediesadvice.org/herbal-energetics.html>
- Foundational herbal actions:
- Primary herbal actions:
- Secondary herbal actions:

Answer key: <http://www.herbcraft.org/properties.html> by herbalist Jim McDonald

Part 2: Dosing

While it might be a pain, herbalists use weight for herbal dosing instead of volume. The reason is simple: 1 TB of the same herb doesn't always equal the same weight. One TB of mullein is far less herb than 1 TB of burdock root because mullein is so fluffy it can barely fit on a spoon, and burdock is so dense that a lot can fit on a spoon. Furthermore, how finely the herb has been cut/sifted/powdered/processed means that 1TB of burdock in your kitchen might be more or less than 1TB of burdock in my kitchen.

So, to make sure you really commit to measuring herbs by weight instead of volume, you are going to do 2 activities:

1. Compare the weight of the same volume (1tsp, 1TB, 1 cup, you choose) of 3 different herbs

Volume amount for each herb:

- Weight of herb 1:
- Weight of herb 2:
- Weight of herb 3:

What did this activity show you?

2. Compare the weight of the same volume (1tsp, 1TB, 1 cup, you choose) of the same herb processed in different ways (bulk vs. powdered vs. coarsely cut vs. finely cut, etc.)

Volume amount of herb:

- Weight of version 1:
- Weight of version 2:
- Weight of version 3 (optional):

What did this activity show you?