

## Intro into Herbal Energetics and Formulas

### Module 2 Resources

#### Energetic Formula Creation resources

- <https://www.herbalremediesadvice.org/herbal-energetics.html>
- <http://www.herbcraft.org/properties.html>

#### Clinical Herbal Books for finding doses:

- <https://www.herbalremediesadvice.org/Herbal-Medicine-from-the-Heart-of-the-Earth.html>
- <https://www.herbalremediesadvice.org/Herbal-Formularies.html> (this is a series and the second book has come out as of 2-2019)
- <https://www.herbalremediesadvice.org/herbal-medicine-books.html>

#### Dosing Resources:

- <https://www.herbalremediesadvice.org/herbal-measurements.html>
- <https://www.herbalremediesadvice.org/herb-side-effects.html>
- <https://www.herbalremediesadvice.org/herbs-not-working.html>

#### Dosing Conversions:

- 1:5 tincture = 20g herb in 100ml finished tincture
- 1 oz tincture = 4-5g = 8.5 capsules
- 1 tsp = 5ml
- 1 fl oz = 29.57 ml = 8 drams = 6 tsp
- 1 one-ounce dropper = 25-35 drops
- 40 drops = 1 ml
- 1 TB = 3 tsp = 15 ml
- 0 capsules have 300ml
- 00 have 650 ml
- ½ tsp = 00 capsule
- 1 oz herbs = 40-50 capsules