

## Intro into Herbal Energetics and Formulas

### Module 3 Resources

#### Hot Energetics, Sweet Herbs, Powders and Honey

- **Sweet Herb Articles**

- <https://www.herbalremediesadvice.org/burdock-benefits.html>
- <https://loriroseholistic.wordpress.com/2017/05/01/the-many-benefits-of-dandelion/>
- <https://loriroseholistic.wordpress.com/2017/09/21/how-to-forage-for-chicory/>
- <https://www.herbalremediesadvice.org/marshmallow-herb.html>
- <https://learningherbs.com/remedies-recipes/sore-throat-home-remedy/>
- <https://learningherbs.com/skills/at-risk-herbs/>
- <https://loriroseholistic.wordpress.com/2018/07/09/everything-you-need-to-know-on-how-to-use-comfrey-safely/>

- **Sweet Herb Recipes**

- <https://learningherbs.com/remedies-recipes/dandelion-root/>
- <https://learningherbs.com/remedies-recipes/hot-and-sour-soup-recipe/>
- <https://www.ediblewildfood.com/burdock-root-pickles.aspx>
- <https://learningherbs.com/remedies-recipes/miso-soup/>
- <https://www.herbalremediesadvice.org/chai-tea-health-benefits.html>
- <https://www.herbalremediesadvice.org/Turkey-Tail-Concentrate.html>
- <https://learningherbs.com/remedies-recipes/ashwagandha/>
- <http://www.foodasmedicine.ca/2012/blood-building-syrup/>

- **Herb Honey Recipes**

- <http://livingawareness.com/cough-ease-honey-winter-wellness/>
- <https://learningherbs.com/remedies-recipes/wild-roses-honey/>
- <https://learningherbs.com/remedies-recipes/herbal-cough-syrup-recipe/>
- <https://learningherbs.com/remedies-recipes/crock-pot-herbalism/>

- **Herb Powder Recipes**

- <https://learningherbs.com/remedies-recipes/bitters-recipe/>
- <https://learningherbs.com/remedies-recipes/schisandra-berry-pastilles/>

- **Herb Powder Recipes (continued)**
  - <https://learningherbs.com/remedies-recipes/whole-food-vitamin-c-pills/>
  - <http://livingawareness.com/love-heart-home-remedy/>
  - <https://blog.mountainroseherbs.com/lavender-walnut-milk-fudge-treats>
  - <https://learningherbs.com/remedies-recipes/how-to-make-chocolate/>
  - <https://redeemingvitality.com/home-remedy-videos/>
  - <https://learningherbs.com/remedies-recipes/home-remedies-for-stress/>
  - <https://www.growingupherbal.com/homemade-herbal-multivitamins-for-kids/>
  - <https://learningherbs.com/remedies-recipes/sore-throat-home-remedy/>
  - <https://learningherbs.com/remedies-recipes/herbal-fruit-leather/>