

Intro into Herbal Energetics and Formulas

Lesson 4 Homework

Homework Activity

Complete each of the following from the recipe choices in the Module 4 Resources/Video

- 1 simple herbal oil
- 3 water extraction experiments (options listed below)

- The simple herbal oil recipe I chose was:
- Comments on this recipe:

- The first water extraction experiment I chose was:
- Comments on this experiment:

- The second water extraction experiment I chose was:
- Comments on this experiment:

- The third water extraction experiment I chose was:
- Comments on this experiment:

Water extraction experiment options:

Dry vs Fresh (ginger)

- Choose the same weight of a fresh vs. dried herb to make a 1 cup 15-min tea with.
- Compare the energetics/experiences between the two. A great choice is ginger (about 1 TB).

Infusion vs. Decoction (ginger)

- Choose the same weight of an herb to make a 1 cup 15-min infusion vs. 15min decoction with.
- Compare the energetics/experiences between the two. A great choice is ginger (about 1 TB).

Hot vs Cold (sage)

- Choose the same weight of an herb to make a 1 cup 15-min hot vs. cold infusion with.
- Compare the energetics/experiences between the two. A great choice is sage or cinnamon (about 1 TB).

Short vs Long vs Decoction (cinnamon)

- Choose the same weight of an herb to make a 1 cup 15-min infusion vs. 1 hr infusion vs. 15min decoction with.
- Compare the energetics/experiences between the three. A great choice is cinnamon (about 1 TB).

High-dose vs Low-dose (nettles)

- Choose the same herb to make a 1 TB/1 cup 15-min hot infusion vs. a 1oz/1quart 4-hr hot infusion with.
- Compare the energetics/experiences between the two. A great choice is nettles, oatstraw, alfalfa, or violet.

Culinary vs Therapeutic (9-15g-chamomile)

- Choose the same herb to make a culinary dose/1 cup 15-min hot infusion vs. a therapeutic dose/1 cup 15-min hot infusion with. Compare the energetics/experiences between the two. A great example is 1 tea bag of chamomile vs. 9-15g of chamomile-do this at night.

Cold vs. Hot vs. Decoction vs. Alcohol vs. Vinegar (Marshmallow-polysaccharide)

- Choose a high-demulcent herb to make a 1 TB/1 cup 1-hr cold vs. hot infusion vs. 15min decoction vs. alcohol extract vs. vinegar extract with. For the alcohol and vinegar extracts, fill a very small jar ½ full of the herb, then cover with alcohol (use another jar for vinegar) and let sit 2-4 weeks.
- Compare the energetics/experiences between them. A great choice is marshmallow root.