

## Intro into Herbal Energetics and Formulas

### Module 4 Resources

#### Cold Energetics, Aromatic Herbs, Teas and Oils

- **Herbs for Cold Energetics Articles**

- <https://www.herbalremediesadvice.org/calendula-benefits.html>
- <https://www.herbalremediesadvice.org/health-benefits-of-ginger.html>
- <https://www.herbalremediesadvice.org/bee-balm.html>
- <https://www.herbalremediesadvice.org/hyssop-benefits.html>
- <https://www.herbalremediesadvice.org/rosemary-health-benefits.html>
- <https://www.herbalremediesadvice.org/health-benefits-of-tulsi.html>
- <https://www.herbalremediesadvice.org/nettle-herb.html>
- <https://www.herbalremediesadvice.org/goldenrod-plant.html>
- <https://www.herbalremediesadvice.org/yarrow-plant.html>
- <https://www.herbalremediesadvice.org/benefits-of-motherwort.html>
- <https://www.herbalremediesadvice.org/cayenne-pepper-benefits.html>

- **Aromatic Bitters**

- <https://www.herbalremediesadvice.org/chamomile-benefits.html>
- <https://www.herbalremediesadvice.org/lavender-herb.html>
- <https://www.herbalremediesadvice.org/turmeric-benefits.html>
- <https://www.herbalremediesadvice.org/elecampane-uses.html>

- **Aromatic Herb Articles**

- <https://loriroseholistic.wordpress.com/herbs-for-energy/>
- <https://www.herbalremediesadvice.org/cottonwood-benefits.html>
- <https://learningherbs.com/remedies-recipes/evergreen-trees/>
- <https://www.herbalremediesadvice.org/myrrh-uses.html>
- <https://www.herbalremediesadvice.org/arrowleaf-balsamroot.html>

- **Water Extraction Recipes and Techniques**

- <https://www.growingupherbal.com/herbal-teas-infusions-and-decoctions/>
- <http://livingawareness.com/healing-benefits-bathing-herbs/>

- <http://livingawareness.com/turn-christmas-tree-healing-home-remedy/>
- <https://www.growingupherbal.com/using-herbs-herbal-washes-compresses-and-fomentations/>
- <https://learningherbs.com/remedies-recipes/herbal-cough-syrup-recipe/>
- <https://learningherbs.com/remedies-recipes/crock-pot-herbalism/>
- <https://www.herbalremediesadvice.org/tea-making-supplies.html>
- **Oil Extraction Recipes and Techniques**
  - <http://livingawareness.com/how-to-make-healing-herbal-oils/>
  - <https://learningherbs.com/remedies-recipes/crock-pot-herbalism/>
  - <https://www.banyanbotanicals.com/info/ayurvedic-living/living-ayurveda/lifestyle>
  - <http://livingawareness.com/nasal-oiling-help-congestion/>
  - <http://livingawareness.com/5-healing-uses-st-johns-wort-oil/>
  - <http://livingawareness.com/how-to-make-infused-lavender-oil/>
  - <http://livingawareness.com/how-to-make-healing-calendula-oil/>
  - <http://livingawareness.com/plantain-natures-band-aid/>
  - <https://learningherbs.com/remedies-recipes/chickweed-salve/>
  - <http://livingawareness.com/arnica-oil-not-use/>
  - <http://livingawareness.com/comfrey-oil-sprained-ankle-anyone/>
  - <https://learningherbs.com/remedies-recipes/herbal-pain-relief/>
  - <https://www.growingupherbal.com/learning-herbs-june-herb-challenge-week-1/>
  - <http://livingawareness.com/home-made-culinary-herbal-oil/>
  - <http://livingawareness.com/how-to-make-infused-lavender-oil/>
  - <http://livingawareness.com/how-to-make-healing-calendula-oil/>