

Intro into Herbal Energetics and Formulas

Lesson 5 Homework

Tense Energetics, Bitter/Acrid Herbs, and Tinctures

Homework Activity

Create a folk method or ratio method tincture.

The herbal tincture I chose was:

- Latin name:
- Ratio or folk method:
- % alcohol:
- Fresh vs. dried plant:
- Uses for this tincture:
- Doses for this tincture:
- Comments on this homework assignment: