

Intro into Herbal Energetics and Formulas

Module 5 Resources

Tense Energetics, Bitter/Acrid Herbs, and Tinctures

Bitter/Acrid Herb Articles

- <https://herbalconstituents.com/herbal-constituents-book/>
- <https://www.herbalremediesadvice.org/gentian-herb.html>
- <https://www.herbalremediesadvice.org/elecampane-uses.html>
- <http://weedcrafter.blogspot.com/2011/04/agarita-mahonia-trifoliolata.html>
- <https://www.herbalremediesadvice.org/oregon-grape-herb.html>
- <https://www.herbalremediesadvice.org/benefits-of-goldenseal.html>
- <https://www.herbalremediesadvice.org/valerian-benefits.html>
- <https://chestnutherbs.com/passionflower-ecology-cultivation-botany-and-medicinal-and-edible-uses/>
- <http://weedcrafter.blogspot.com/2011/04/chaparral-larrea-tridentata.html>
- <http://www.foragingtexas.com/2008/08/queen-annes-lace.html>
- <http://www.laabejaherbs.com/blog/anemone-berlandieri>
- <http://weedcrafter.blogspot.com/2011/04/inmortal-asclepias-asperula.html>

Tincture Recipes and Techniques

- <https://www.herbalremediesadvice.org/making-tinctures.html>
- <https://www.youtube.com/watch?v=gFMZkmCSdxA>
- <https://blog.mountainroseherbs.com/guide-tinctures-extracts>