

Intro into Herbal Energetics and Formulas

Module 6 Resources

Lax Energetics, Sour/Astringent Herbs, and Vinegars

Sour/Astringent Herb Recipes and Articles

- <https://herbalconstituents.com/herbal-constituents-book/>
- <https://www.herbalremediesadvice.org/rose-hips-benefits.html>
- <https://loriroseholistic.wordpress.com/2017/05/01/the-many-benefits-of-dandelion/>
- <https://learningherbs.com/remedies-recipes/hawthorn-cordial-recipe/>
- <https://www.herbalremediesadvice.org/benefits-of-hibiscus.html>
- <https://learningherbs.com/remedies-recipes/schisandra-berry-pastilles/>
- <https://www.herbalremediesadvice.org/benefits-of-hibiscus.html>
- <https://chestnutherbs.com/roselle-hibiscus-pomegranate-fire-cider-and-the-medicine-and-cultivation-of-hibiscus/>
- <http://gettingstronger.org/2011/03/the-case-against-antioxidants/>
- <http://naviauxlab.ucsd.edu/wp-content/uploads/2016/09/J-Pharmacol-Exp-Ther-2012-Naviaux-608-18.pdf>
- http://naviauxlab.ucsd.edu/wp-content/uploads/2016/09/cell_danger_response.pdf
- <http://weedcrafter.blogspot.com/2011/05/oak-quercus.html>
- <https://www.herbalremediesadvice.org/calendula-benefits.html>
- <https://www.herbalremediesadvice.org/plantain-herb.html>
- <https://www.growingupherbal.com/5-interesting-things-about-rose-petals>
- <https://www.youtube.com/watch?v=IfGO8QoXcU0>
- <https://blog.mountainroseherbs.com/herbal-mouthwash-recipe>
- <https://www.mommypotamus.com/yarrow/>
- <https://www.mommypotamus.com/tooth-powder-recipe/>

Vinegar Recipes and Techniques

- <https://herbal-kitchen.com/order?orid=51077&opid=81>