

## Intro into Herbal Energetics and Formulas

### Lesson 7 Homework

#### Damp Energetics, Salty Herbs, Infusions and Plasters

##### Homework Activity

Complete each of the following:

- 1 nourishing infusion every day for 1 week
- 1 seaweed recipe (options below)
- 1 plaster recipe (options below)
  
- The nourishing infusion herb I chose was:
- Comments on this recipe:
  
- The seaweed recipe I chose was:
- Comments on this experiment:
  
- The plaster recipe I chose was:
- Comments on this experiment:

Seaweed recipe options (you can use another recipe that you find on your own):

- <https://blog.mountainroseherbs.com/mushroom-and-root-tonic-soup-recipe>
- <https://blog.mountainroseherbs.com/herbal-gomasio>
- <https://blog.mountainroseherbs.com/vegan-tom-kha-soup>
- <https://learningherbs.com/remedies-recipes/seaweed-recipes/>
- <https://learningherbs.com/remedies-recipes/seaweed-recipe/>

Plaster recipe options (you can use another recipe from a reputable source):

- [Skin care](#)
- [Clay](#)
- [Echinacea paste](#)
- [Tooth polish](#)