

Intro into Herbal Energetics and Formulas

Module 7 Resources

Damp Energetics, Salty Herbs, Infusions and Plasters

Salty Herb Recipes and Articles

- <https://loriroseholistic.wordpress.com/herbs-for-energy/>
- <https://blog.mountainroseherbs.com/harvesting-seaweed>
- <http://www.ryandrum.com/seaxpan1.html>
- <http://www.ryandrum.com/islandherbsorderform.pdf>

Plaster Recipes and Techniques

- <https://loriroseholistic.wordpress.com/2017/12/23/does-herbal-first-aid-work-spoiler-yes/>
- <http://empoweredsustenance.com/bentonite-clay-uses/>