

Intro into Herbal Energetics and Formulas

Module 8 Resources

Dry Energetics, Demulcent Herbs, Salves and Poultices

Dry Energetics Resources

- <https://www.westonaprice.org/health-topics/know-your-fats/the-skinny-on-fats/>
- <https://www.ncbi.nlm.nih.gov/pubmed/19423317>
- www.smallscalesseafood.com
- <https://www.herbcraft.org/soseal.html>
- <https://www.herbcraft.org/backpain.html>
- <https://www.herbalremediesadvice.org/violet-herb.html>

Demulcent Herb Recipes and Articles

- <https://learningherbs.com/skills/how-to-make-marshmallows/>
- <https://learningherbs.com/remedies-recipes/sore-throat-home-remedy/>
- <https://loriroseholistic.wordpress.com/2018/07/09/everything-you-need-to-know-on-how-to-use-comfrey-safely/>
- <https://learningherbs.com/remedies-recipes/home-remedies-for-stress/>
- <https://www.herbalremediesadvice.org/licorice-root-benefits.html>
- <https://www.herbalremediesadvice.org/chickweed-herb-uses.html>
- <https://www.herbalremediesadvice.org/linden-flower-tea-benefits.html>