Slide 1
Thank you for joining me in Part II of this Herbal Energetics mini-course. As before, we’re going to dive right in.

Slide 2
Plants, just like humans, also contain the four qualities of Hot, Cold, Damp, and Dry.

Slide 3
And just as before, the temperature of a plant is not referring to a number on a thermometer. In this case, we are speaking about the actions the plant has on our body.

Slide 4
Thinking about whether an herb is Hot/Cold or Damp/Dry, may sound a bit strange at first, but I’ll bet this is something you’ve done your entire life.

Slide 5
For example, if I show you these common foods, you would most likely be able to tell me their energetics.

Slide 6
Let’s take a closer look at what it means when a plant is warming or cooling, or moistening or drying.

Slide 7
Warming herbs tend to be warm to some degree. This might mean that they stimulate circulation, or stimulate some other aspect of the body, they might increase metabolic fire, support digestion, perhaps, they move stagnation.

An example of this could be somebody with cold hands and feet. By increasing circulation, these herbs help to relieve that feeling of having cold hands and feet.
Many of these herbs often relieve pain often due to coldness.

**Slide 8**
Here are some examples of Warming Herbs. As you can see, we have quite a lot of them, and many of these are favorite culinary herbs.

**Slide 9**
It’s important to realize that while many herbs are classified as warming, they exist within a moving scale. So, while turmeric and cayenne are technically both considered to be Warming, you can see that cayenne is a lot more Warming than turmeric.

**Slide 10**
We’ve discussed the warming qualities of these herbs generally or philosophically, but I want to give you a concrete and practical example of how herbs, in particular, exemplify these qualities.

Let’s look at Ginger.

If you drink a cup of ginger tea, you will most likely feel it warm you up. By increasing circulation, it’s decreasing the sensation of cold hands and feet (like the example I gave you earlier).

Ginger is also famous for stimulating digestion, but it’s especially helpful for people who have signs of cold digestion. That could mean that they have slow digestion. For example, if you eat a meal and then you feel like it just hangs out in your tummy like a bowling ball and there’s slow digestion. Or if there’s gas or bloating, ginger can be great for all of these.

Ginger can move stagnation. So another example of this is having stuffy sinuses, or you feel like you’re all stuffed up you can’t breathe. Ginger can help relieve that.

Ginger is also great at relieving pain and stiffness especially when it relates to coldness.

**Slide 11**
Now, let’s look at some Cooling Herbs. Conversely, cooling herbs tend to be cooling to some degree. That could mean that they undress infections.

A lot of infections have signs of heat, so in Chinese medicine, they actually say Cooling Herbs clear heat.

Cooling Herbs might be used to relieve high fevers as supporting the fever process. And Cooling Herbs tend to be sedative, meaning they relieve excitation.

**Slide 12**
Here are some examples for Cooling Herbs that include many of our favorite herbs such as dandelion and chickweed.
Slide 13
Again, here’s a look at three herbs and where I think they fit into the cooling scale. As you can see, goldenseal is much more cooling than chamomile.

Slide 14
Now, let’s look at peppermint and the specific ways it can act as a cooling plant. It’s used as a relaxing diaphoretic to support the fever process when someone feels hot and restless.

It can calm an anxious or excited stomach. And it relieves the excitation of insect bites and stings, meaning you can use it topically in that it helps with the itching, the redness, etc.

Slide 15
Now, let’s look at Damp or Moist Herbs. These herbs are soothing to dry and irritated tissues. They generally add moisture. As herbalists, we call this demulcent or mucilaginous in nature.

Slide 16
Here are some examples of Damp Herbs, everything from marshmallow to prickly pear.

Slide 17
Here’s a closer look at some of our Damp Herbs. While all three of these have some of the same basic moistening or damp qualities, marshmallow root is much more moistening than linden.

Slide 18
Speaking of marshmallow roots, let’s take a look at this one. Marshmallow root tea relieves an irritated dry throat. If you’ve ever had a really scratchy painful throat, drinking a thick marshmallow tea is so soothing to that (it’s just wonderful).

It can also soothe pain caused by digestive inflammation say, an ulcer. Have you ever had spasmodic coughing where you’re just coughing over and over and over again you can’t even stop?

Sometimes, that’s caused by irritated or dry lungs. Marshmallow is a great herb for adding moisture back into the lungs.

It can also be really used topically to relieve dryness and irritation.

Slide 19
And lastly, let’s look at Dry Herbs. This section is a little bit different, and then I’ve broken down Drying Herbs into two different categories.

Type 1 are herbs that are drying constitutionally. What I mean by that is that they’re drying because they’re promoting the loss of fluid from your body. So for example, diuretic are drying because they’re promoting the loss of fluid through urine.
Diaphoretics are drying because they are promoting the sweating process. And so, you’re losing moisture from your body through the act of sweating.

**Type 2** is a different type of herb. This is an herb that’s drying to specific tissues. In fact, it might even be more technically correct to say that these herbs tighten and tone lax tissues. Herbalists call this quality astringent or astringencies.

Basically, by tightening and toning these different areas, they can decrease the excess loss of fluid. An example of this I admit it’s not a very pretty one, but a great example is diarrhea.

If somebody has prolonged diarrhea, it could because their intestine have lost their tone. A lot of astringent herbs can tighten and tone the intestinal tissues thereby decreasing this excessive loss of fluid through diarrhea.

**Slide 20**
Here are some examples of drying herbs. You will see on the one hand I have diuretics and diaphoretics, which are just two examples of the way drying herbs can promote the loss of fluid.

And then, we also have astringent herbs as well.

**Slide 21**
Here’s how some of those herbs fit into the drying scale. As a reminder, I’m showing you these scales to illustrate how herbs that may be termed as drying, but they also exist within a scale.

So, we would call dandelion leaf drying than witch hazel drying. But as you can see in this example, dandelion leaf is more drying than witch hazel.

**Slide 22**
Our first example of a Drying Herb might as well be dandelion leaf. Dandelion leaf is a really strong diuretic, so it promotes the loss of fluid through urine (therefore very drying).

**Slide 23**
Our second example is an astringent herb, raspberry leaf. Raspberry leaf tightens and tone mucous membranes, so it’s just specifically tightening to specific tissues.

It prevents excess fluid loss such as the example I used before of diarrhea.

Raspberry leaf is also specific in that it can tone tissues and is often used for uterine prolapse.

**Slide 24**
Now that we’ve looked at some of the specific ways that herbs are heating or cooling, or moistening or drying, you might be wondering, “Well, how do we figure this out?”
Slide 25
Here are three ways: Observation, taste, and recorded systems of classification, which I basically mean other people’s opinions.

Slide 26
So, with some herbs, you can immediately deduce whether or not they’re cooling or warming simply by observing how they feel in your body.

This is true also for some moistening herbs and also drying herbs, especially those astringent ones.

A great way to have an observation for yourself is to compare the difference in how you feel after drinking ginger tea, and then how you feel after drinking peppermint tea.

Slide 27
I think that your own personal observations are so important for you to understand Herbal Energetics that I created an entire workbook for you. This workbook has recipes using all of the herbs that I’ve highlighted so far in this video. So you can download the workbook, check out those recipes.

All of them are simple recipes you can make yourself. That way, you can actually feel all of these things that I’m talking about.

Slide 28
Our next way of determining a plant’s energetics is by Taste. Classifying herbs by their taste is a developed system in Ayurveda and in Chinese medicine.

Slide 29
Here is a look at the five tastes within the Chinese medicine:

- **Pungent** herbs tend to be warming and drying.
- **Salty** herbs tend to be cooling and moistening. Some are drying.
- **Sour** herbs tend to be cooling, moistening, and some are drying.
- **Bitter** herbs tend to be cooling and drying.
- **Sweet** herbs tend to be warming and moistening.

Understanding how to interpret the taste of an herb is a powerful way to understand how herbs work.

Slide 30
I believe so strongly in this that I have actually created an entire course to help people learn how to do this.

This online course is produced by LearningHerbs, and you can learn more about it by visiting tasteofherbs.com.

Slide 31
Lastly, our third way of learning about Plant Energetics can simply come by stud-
ying what other herbalists are thinking about the subject.

We have many herbalists today working within all these different energetic systems whether it be Western Herbalism, Chinese Herbalism, Ayurveda and on and on.

I recommend looking for their books, look at their websites, take their classes. I do have a listing of all my favorite herbal books and many of these authors are listed on there.

**Slide 32**
This next section is about putting everything we’ve learned together (the Art of Herbalism).

**Slide 33**
In my view, this is using an energetic-based system to match the herb to the person rather than matching an herb to a disease.

**Slide 34**
So basically, instead of asking “What herb is good for eczema?” We ask “Who is this person? What do they need?”

**Slide 35**
Admittedly, when I think about this in my own practice, I’m thinking about all sorts of different things from diets, movement, and on and on, not just herbs.

But again, I’m simplifying this process just that we can focus in on Herbal Energetics.

**Slide 36**
I’ve created this visual just to explain what I mean by matching herbs to a person. So let’s say we have your Personal Energetics and Plant Energetics.

**Slide 37-39**
Let’s say that yellow dot that just appeared that’s representing the person we’re working with, and that person tends to be fairly hot and fairly damp.

What we want to do is, we want to match an herb, or maybe an herbal formula to them that is more drying and cooling.

The goal of this is to find balance. Seeking out this balance by careful matching herbs to a person really is the secret to the art of herbalism.

**Slide 40**
Granted, it’s not as easy as typing something into a search bar.

**Slide 41-42**
This mix and match approach just doesn’t give you the new answers you need in order to use herbs successfully.

**Slide 43**
By using this energetic approach, we’re also helping the person get to the root of their problem so that they can truly heal from the inside out.

**Slide 44**
I really hope you’ve enjoyed this short course. However, it is just the beginning.
Slide 45-46
I have lots of free information on my website to further help you explore Herbal Energetics.

If you look at the top of my website, you’ll see a link to Herbs. On that page, you’ll see an index to the many different herbs I’ve written about.

Each of these herbal articles discusses plants from an Energetic perspective. And I’m updating this page all the time with herbs.

Slide 47-48
Another section on my site that you’ll find helpful is the Your Health section. In this, you’ll see many articles that look at holistic ways that you can address many common health problems.

Also, in this section, you really see how I emphasize many different healing choices beyond herbs.

Slide 49-51
I also have a section for my Services.

When my schedule allows, I offer one-on-one herbal consultations to people seeking natural solutions for their chronic health problems.

Slide 52
And lastly, I have many articles and courses available on herbmentor.com.

Slide 53
Thank you once again for joining me on this mini-course on Herbal Energetics. My goal in creating this course is to help you become more successful using herbs by understanding the foundation of Herbal Energetics.

It’s an honor to be a part of your herbal path. Thank you for joining me.