

Herbal Reference Project SG30



Each herb has an array of **actions** and **affinities** that are important to remember if one is going to work as an herbalist. Over time a person will accumulate a memory of dozens if not hundreds of herbs. Until we have most of them in memory (and sometimes we just have a blank moment) we need a better system than pouring through 20 books every time we see or talk to a client. Creating an herbal reference guide that grows with your expanded knowledge and experience will serve you for many years.

The details in your reference guide will change as you use the herbs first hand and acquire more reading from the many available sources. Combining the herbs is an art but it first requires knowledge of the herbs themselves. Combining herbs to **support, enhance, or multiply** the actions of the individual herbs can quickly bring about the changes needed for the body to heal itself.

Creating the Guide

The format example used below will work well for most herbalists. Depending on your learning style and personal preference you may choose to modify or completely change it - this is your guide so make it work for you.

Using a word document create a table with 2 Columns - adding or inserting Rows anywhere within the table is easy and necessary as you add new herbs to the guide. With each book you read you are likely to get more (or a different view of) information about the use and properties of an herb. Add new information about the herbs as you go through your studies.

Grading the Guide

We will not be looking for mistakes or if you didn't put down a specific action. We trust that you have read about the herb and are not just making things up - it is also YOUR guide and what you write was triggered by your brain as a detail you want to remember. We will look it over quickly to make sure you are doing the assignment. Yes, you are an adult and you will only get out of any book or class what you are willing to learn. **This is pass fail: 100% or 50% effort on creating the guide.**

Headings: While there is much separation in headings it is important to understand and keep in mind how the body functions as a whole. The liver will affect the health of the eyes, immune system, bowels, hormones...The heart is a muscle and the heart's electrical system needs the potassium regulated by the kidneys....The bowels influence the sinuses, immune response, nutrient assimilation....The pituitary gland makes the thyroid stimulating hormone (TSH), growth hormone, and hormones that drive activity in the adrenals, ovaries, testes....

Heading Ideas (They work for most people!)

Liver/Gallbladder	Spleen/Lymphatic System
Bowels/Intestines	Blood/Circulatory System
Heart/Circulation	Nervous System
Kidney/Bladder	Endocrine System
Lungs/Sinuses	Women Specific
Skin Issues	Men Specific
Bones/Joints	Primarily Nutritional
Muscles	

The example below is not a complete list of herbs you will find for working with the liver and bowels. It is an example that keeps the information compact - more details can always be looked up in a book. This is a guide with just the specific information needed on a regular basis.

LIVER	
Barberry <i>Berberis vulgaris</i> (alterative)(cool, bitter)	Corrects liver secretions, removes waste from bowels, reduces size of spleen, helps correct anemia and general malnutrition (loss of appetite), malaria, diarrhea with blood, antimicrobial, excellent for children, delicate, or weak people where Goldenseal is too powerful.
Blue Flag <i>Iris versicolor</i> (alterative)(slightly cool, bitter, acrid)	Powerful liver stimulant , clear bile ducts, chronic and torpid conditions, pancreas/low blood sugar, migraines from toxicity, cleanses impurities from blood and skin diseases , - LOW DOSES (5-10 drops 2x per day). Best used with other alternatives.

<p>Burdock root/Lappa <i>Arctium lappa</i> (alterative)(cool, slightly acrid, slightly bitter)</p>	Weakest of liver, chronic and toxic conditions , increases renal action, edema, congestion of lymphatics, helps the body remember what it was like to be healthy, skin and kidney diseases, arthritis/gout, inflammation of skin like rashes, boils, acne, and eczema, lowers blood sugar
<p>Dandelion <i>Taraxacum officinale</i> (alterative)(cool-cold, dry, bitter)</p>	Liver, gallbladder , spleen, digestive aid, acne/boils, nutrient rich. Clears heat toxins (internal or external abscesses or boils - redness, swelling). Urinary tract infections, chronic skin disorders, rheumatism
<p>Yellow Dock <i>Rumex crispus</i> (alterative)(cool, slightly bitter and astringent)</p>	Increases bile , high in vitamin A, iron (anemia) , phosphorus, selenium. Mild laxative in bowels. Release toxins from blood and clears skin so weak livers need the addition of dandelion . If body is already cool add ginger.
BOWELS/INTESTINES	
<p>Barberry <i>Berberis vulgaris</i> (alterative)(cool, bitter)</p>	Corrects liver secretions, removes waste from bowels, reduces size of spleen, helps correct anemia and general malnutrition (loss of appetite), malaria, diarrhea with blood, antimicrobial, excellent for children, delicate, or weak people where Goldenseal is too powerful.
<p>Dandelion <i>Taraxacum officinale</i> (alterative)(cool-cold, dry, bitter)</p>	Liver, gallbladder, spleen, digestive aid , acne/boils, nutrient rich. Clears heat toxins (internal or external abscesses or boils - redness, swelling). Urinary tract infections, chronic skin disorders, rheumatism
<p>Fennel <i>Foeniculum vulgare</i> (aromatic, slightly warm, slightly acrid)</p>	Cramping, painful flatulence/gas , indigestion, colic , increases mother's milk
<p>Goldenseal <i>Hydrastis canadensis</i> (alterative)(cool, bitter)</p>	Gastro/Liver - gastritis, diarrhea or constipation, inflammation, infection, or over-secretion of mucous membranes of stomach, intestines, lungs, bladder, or uterus (excessive bleeding), inflammation of bladder or prostate, sinusitis or bronchitis. Consider Barberry or Oregon Grape
<p>Licorice <i>Glycyrrhiza glabra/radix</i> (neutral-cool, sweet)</p>	Hepatoprotective - drugs, toxins, moistens and soothes mucous membranes (lungs, intestines, bladder), ulcers, hoarseness, cough, asthma. Moderates and harmonizes other herbs.

Marshmallow <i>Althaea officinalis</i> (cool, sweet, slightly bitter)	Soothes and cools irritated mucus membranes (irritable bowel, heartburn, indigestion, ulcers, diarrhea) reduces inflammation , mild diuretic cystitis, kidney, bladder or urinary tract infections.
Mullein	Soothing and strengthening for membranes of stomach and intestines, good for children, calms and quiets irritated or inflamed nerves, allergies
Nettle <i>Urtica dioica, U. urens</i> (warm-cool, acrid)	Urinary disorders, dysentery, hemorrhoids, chronic bowel issues , opens lung passages (wheezing, tough phlegm), allergies
Peppermint <i>Mentha x piperita</i> (warm-cool, aromatic, acrid)	Flatulent colic, nausea , abdominal pain, strengthens stomach and digestions, reduces stomach gurgling and heartburn , clears wind heat (influenza with sore throat),

Creating a second reference guide for herbal combinations would also serve you well. Categories like Skeletal System (formulas for bone building, tooth decay, gout), Lungs and Sinuses (dry coughs/hacking, post nasal drip, sinus infection, runny nose and coughing...)