



The Herbal Medicine Maker's Handbook (2000)
by James Green

CLASS: G400

This is your test but... do not try to fill in the blanks! We created a Test Answer Sheet which is easy to download, fill in the answer, and email.

Chapter 1

1. The term _____ means soaking. Menstruum is the _____.
2. True or False? Dandelion look-alike plants are toxic and poisonous.
3. What would make a good menstruum for an herbal tincture? _____ vodka.
4. How long should the herbs soak in the solvent before straining? _____
5. In general, Dandelion carries substances that stimulate the function of many glands and organs, especially the _____ and _____.

Chapter 2

6. Within the CSHS List of 30 Herbs there are four at risk herbs. What makes a good substitute for each herb?
At Risk: Black Cohosh Use: _____
At Risk: Uva Ursi Use: _____
At Risk: Goldenseal Use: _____ or Oregon Grape
At Risk: Echinacea Use: organically _____ Echinacea
7. It is too limiting to think or ask, "What herb do I take for..." or "What herb will cure my..." This approach stems from the " _____ " (one drug for one disease) myth conjured by pharmaceutical drug marketing.
8. The art of herbal therapeutics is brought into play as one _____ single nutritional and medicinal plants together into a _____ formula, creating a uniquely synergistic

quality that can support health, and when necessary stimulate or modify the body's self-healing vital energy.

9. There are _____ herbal actions that are useful to recognize and understand.

Note: Type these herbal actions into a word document. This action list will form part of the "Herbal Reference Guide" project you will be creating as this class progresses.

10. Blackberry is _____, especially for the gastrointestinal tract.

11. Black Cohosh has a specific affinity for the _____ organs. This plant is widely used for the treatment of rheumatism and _____ and all cases characterized by the kind of pain known as rheumatic, dull, tensive, and intermittent.

12. Marigold is known as _____. It is unsurpassed for treating local skin problems that are due to _____, and for treating wounds, burns, bruises, or strains due to physical damage.

13. Cayenne is also known as capsicum. It is the most useful of the systemic _____, strengthening the heart, arteries, capillaries, blood flow, peripheral circulation, and nerves.

14. _____ is probably the most widely used relaxing nervine tonic.

15. Cleavers is a lymphatic cleanser which relieves lymphatic swelling, particularly where there is and _____ "hot" inflammation: it is a _____ diuretic.

16. Comfrey (Knitbone) contains pyrrolizidine alkaloids which reductionist science (looking only at a certain substance in the whole plant) says are damaging to the liver. Many herbalists continue using this herb because it has unparalleled wound, ulcer, and fracture healing action. Current standard precautions suggest that _____ women, young children, and those that have liver disease should avoid internal use of Comfrey.

17. _____ is an antispasmodic that relieves muscle spasms of the entire pelvic region which includes the bladder, womb, and ovaries.

18. Dandelion stimulates cell metabolism in the body, assisting the body to dump _____ waste into the blood to be cleansed by the liver.

19. _____ is nearly a complete pharmacy by itself.
20. Fennel when combined with _____, makes the best child's remedy for fever, colic, and general restlessness.
21. Goldenseal is a _____ - containing plant.
22. _____ is a relaxing expectorant and is useful for asthmatic and bronchial conditions.
23. Hawthorn directly effects the cells of the _____ muscle, enhancing both _____ and nutrition.
24. Which part of the Marshmallow plant is used to treat inflammation? _____
25. Mugwort is an anti-oxidant which protects the liver from damage caused by free radicals. The free radicals are caused by _____ fats.
26. _____ is an extremely beneficial respiratory remedy that tones the mucous membranes and reduces inflammation.
27. Nettle leaf, when taken _____, works against the allergic response to hay fever.
28. This plant, when combined with Elder and Yarrow, is a traditional treatment for fevers, colds, and influenza. _____
29. Uva Ursi is also known as _____. When combined with Marshmallow, it can be used instead of Pipsissewa for the _____ system.
30. Plantain is a magnificent weed. It is a valuable treatment for diseases of the blood and _____ conditions.
31. St. John's Wort is primarily known as an antidepressant. As a nervine, it has sedative and pain-relieving affects appropriate for treating _____, anxiety, and tension, and any irritable and anxious effects of menopausal changes.

32. Scullcap is a nerve _____, having a mild sedative, anti-spasmodic edge. It is especially appropriate for _____ emotions. As a cardiac relaxant, it is useful in sedating heart imbalances caused by overactive nerves.
33. Valerian is best used in people with _____ circulation. They are anxious, despondent, or nervous individuals with paleness and the body is _____.
34. Valerian has a stimulating and _____ nature.
35. Vitex is also known as _____. It is a _____ tonic that normalizes pituitary gland functions, especially its progesterone-stimulating function. Vitex can assist in the control of acne in teenagers.
36. _____ is an ancient analgesic remedy used for its pain-relieving, anti-inflammatory effects.
37. Yarrow is a standard remedy for reducing _____ due to its vaso-dilating and diuretic properties. Its astringent, hemostatic, and anti-inflammatory properties make this plant useful for _____ bleeding, bleeding hemorrhoids, and heavy menstrual bleeding.
38. _____ is a wonderful alliterative for treating oily and exudative skin conditions. It is also a hepatic liver stimulant and laxative.
39. Herbs, in addition to Baneberry, to avoid in pregnancy:
- A. _____
 - B. _____
 - C. _____ (use sparingly)
 - D. _____
 - E. _____ (use very sparingly)
 - F. _____
 - G. _____
 - H. _____
 - I. _____

Note: Barberry, Goldenseal, and Oregon Grape are berberine-containing herbs.

Chapter 3

Note: I don't believe in plant spirits. I do believe that our intention towards any living thing is important. Respect for life and understanding that our earthly life depends on the life around us will result in caring for the land we harvest.

40. Harvest _____ Only. Gather solely in those prime areas that you find abounding with plants of the same species.
41. When digging roots, _____ the holes, whether deep or shallow. Scatter the mature seeds of these root-medicine plants around the area whenever you can.
42. When harvesting the foliage of bushes or trees, pick from the _____ of the plants, leaving the central core of the plant to regenerate itself outward.
43. Gather only _____ plants. When you find an appropriate size community of healthy plants pick from the more central portions and let the plants living on the outer borders remain undiminished.
44. The roots of _____ plants should be dug late in the fall after the aerial parts have died back and the sap has returned underground. You may also dig them very early in the spring if you catch it while it is just appearing above ground and has not developed the stems and leaves.
45. Flowers should be gathered just _____ they are fully developed.
46. If herbs are dried too quickly by using too much heat, they roast and lose their _____. When herbs are dried too slowly, they can _____ and/or self-destruct by enzymatic actions, which also seriously impoverishes their quality.
47. Herbs dry excellently in warm, _____, well-ventilated areas. Circulating dry air is essential. Never dry them in _____.
48. Plants are dry enough to be placed in storage only when all of the parts are _____. All parts must snap crisply when bent.

49. Drying racks are my preferred contraption for dehydrating herbs. The screens should not be metal. Use _____ or stainless steel screens.

50. Never use a _____ to dry your plants.

51. Leaves, green parts, and flowers that have been dried store up to _____ year.

Chapter 4

52. When pulverizing roots, barks, and other tough wood materials, it is best to use a deep contusion _____ and _____.

53. What is an important tool a domestic herbalist will obtain, which is worth the expense to buy one with a fine-tuned temperature control? _____

Chapter 5

54. Maceration, or soaking a plant in a solvent, is performed to draw into a liquid solution the _____ constituents of the plant and to separate this solution from the insoluble residue or the _____.

55. The outer layer of cells of most leaves and seeds must be broken down like the hard tissues of plants. Powdering _____ plants increases their surface area, exposing more area to the solvent.

56. If you are using fresh, undried plant material for maceration, the menstruum is poured onto the plant and the entire mixture is pulverized in a _____ machine.

Chapter 6

57. _____ is the second most relied upon menstruum for most medicine-makers. It is reliably consistent in its actions as a solvent and _____.

58. Glycerin is often included as a small portion of an aqueous alcohol menstruum to modify the the magnetic relationship that exists in nature between _____ and tannins.

59. Water is called the _____ solvent, for it has a more extensive range as a solvent than any other known liquid. The greatest disadvantage of using water as a menstruum is that it is not a preservative
60. Alcohol mixes well with both _____ and _____ in all proportions.
61. In pharmacy a mixture of 50% ethyl alcohol and 50% water is commonly referred to as _____ alcohol.
62. Vinegar, in certain custom-prepared menstrea, is added as 5-10% of an alcohol-based menstruum to adjust the _____ when making extracts of Lobelia, Black Walnut, Goldenseal, Ephedra.
63. It is not commonly realized that fixed oils, especially when used as warm/hot infusions and decoctions, are good solvents for abstracting resins, oleo-resins, _____ and flavonoids.
64. One hundred-proof _____ is a dilute alcohol.

Chapter 8

65. An _____ is a liquid preparation made by treating fresh or dehydrated vegetable substances with either hot or cold water to extract the medicinal and nutritional principles.
66. Infusions should not be made in large quantities unless it is for immediate use. Ideally, they should be used within a _____ - hour period with a 24-hour maximum limit if stored in a very cool place.
67. When making either a hot or cold infusion, bear in mind that the amount of liquid used to prepare a medicinal tea is not so important, the _____ of the herb used is.

Note: It is not necessary to memorize this whole chart. ALMOST all herbs fall into the range of 2-5 grams per cup of water as a “dose”. Lower amounts of herbs should be used for young, weak, or sensitive individuals.

Chapter 9

68. _____ are liquid preparations made by **boiling** either fresh or dehydrated herbal substances with water or other fluids.
69. Decoctions (like infusions) are a standard method for preparing medicinal teas. It is normally reserved for herbs that will not yield their active virtues at a lower _____ and for situations in which no loss of volatile principles need to be feared.
70. Roots, barks, and some _____ require the heat of boiling to release the soluble active principles of the herb.

Chapter 11

71. Dr. Bach preferred _____ as a preservative, considering it a purer and more natural agent than rectified spirit.
72. An important part of gathering the flowers and finishing a flower essence: Do not touch the flower or water with your _____.

Chapter 12

100 cc = 100 ml 30 ml = 1 oz 60 ml = 2 oz (common size for tincture bottle)

73. According to the U.S. Pharmacopoeia VIII (1906): Tinctures of dried **non-toxic** botanicals should represent the activity of 20 grams of dried herb in each 100 cc of tincture. This is a 20% or _____ w/v tincture. (20:100 is reduced to 1:5)
74. According to the U.S. Pharmacopoeia VIII (1906): Tinctures of dried **toxic or intense** botanicals should represent the activity of 10 grams of dried herb in each 100 cc of tincture. This is a 10% or _____ w/v tincture. (10:100 is reduced to 1:10)
75. Tinctures of _____, undried plants are made as a 50% or 1:2 w/v tincture. Pure, undiluted (190-proof) ethyl alcohol is used for the fresh plant menstruum.
76. Tincturing by using the _____ Method does not require weighing the plant material you will be using.

Chapter 14

77. Our ancestors found certain advantages in the use of wine as a pharmaceutical menstruum: it dissolves substances usually considered insoluble in water, and resists their tendency to _____ change.
78. Wine, especially when used medicinally, needs to be of _____ quality.
79. Which wine is recommended when someone has a delicate stomach, or a tendency to acid indigestion? _____
80. In general, the dose when taking a medicated wine is a _____ to a wine-glassful, 2-3 times a day.

Chapter 15

81. Pure, naturally _____ vinegar is nontoxic and can be tolerated by just about everyone.
82. As a menstruum, vinegar facilitates (helps) the action of stimulants for use as _____ applications; it augments (expands, multiplies) and hastens (cause to quicken) the actions of _____.
83. For preservation and storage reasons it is best to use _____ plant material.

Chapter 16

84. Common belief is that 50% glycerin by volume will serve a good preservative. In the author's experience, _____ % is more reliable and adding 10-15% alcohol to the 50% glycerin might be ideal.
85. Glycerites are normally more _____ than either infusions or decoctions and therefore stronger. The dosage to be taken can be smaller.

Chapter 17

86. Medicinal oil infusions, when applied to the skin, form a protective covering...facilitating the _____ of the herbal remedies.
87. Rancidity in oils renders them _____ in herbal pharmacy and as foods. Fill bottles as full as possible to eliminate the oil's prolonged contact with air during storage.
88. Hot Infusion Method: Herbs should be prepared by finely powdering them and by using the process of _____.
89. Which oil is preferred for making a Fresh Plant Cold Oil Infusion? _____.

Chapter 22

90. Syrup is a traditional way to make herbal preparations more palatable for _____ and for other folks who aren't ready to hear that bitter is good.
91. These four items may be added to a syrup to help prevent fermentation:
1. _____ 2. _____
3. _____ 4. _____
92. When preparing an Herbal Honey, the glycerin is added in the proportion of _____ % of the amount of honey.

Chapter 24

93. Poultices owe their primary virtues to the _____ heat which they contain and therefore must be renewed every few minutes, or somehow kept _____ by other means.
94. Emollients reduce pain and inflammation and assist the ripening and _____ (pus-generating) process.
95. Medicated poultices are intended to exercise a _____ influence on a part of the body, _____ of warmth and moisture.

96. A counter-irritant or _____, induces a local irritation or inflammation to stimulate capillary dilation and action. This counter-irritation _____ stagnant blood and other materials from deeper tissues and organs to the surface.
97. Optimally, medicated herbal poultices are prepared from _____ herbs.
98. True or False? For the eyes, a tea bag may be used as a poultice.
99. For burns, a _____ poultice is best and you apply it directly to the burn.
100. A fomentation is a _____. It is composed of liquids or lotions absorbed in a woolen or cotton cloth and it is applied _____.
101. A _____ oil hot pack is the high monarch of all herbal compresses.

Chapter 25

102. Dosage: It is better to err on the side of _____ dosage and to trust nature than to overdose.
103. Small, frail, and elderly (and sensitive) adults require a _____ dose than large and robust persons.
104. Clark's Rule is to determine the dosage rule for _____.
105. Empirical therapeutics is that therapy for which no _____ support can be given other than it has been repeatedly used with success. In Rational therapeutics the method of action of a remedy can be "_____".

PAGE 317-318: MEASUREMENTS: You should type or copy these measurements. This should be added to your "Herbal Reference Project" when you are at that point in your studies.

CHAPTER 26 contains some excellent insights. Separate the nuggets from the author's belief system - take away those things that you relate to or can relate with.

_____ End of Test