



Avoid Common Herbal Pitfalls So That You Can Make Powerful Remedies That Heal

ROSALEE: Hello, everyone, it's Rosalee and Emily here. Hi, Emily.

EMILY: Hi!

ROSALEE: Welcome, everyone, to our webinar on how to avoid common pitfalls so that you can make powerful herbal remedies that heal.

This presentation contains the biggest pitfalls and mistakes that either we've made and/or we've watched other people make along the way. If you're an herb lover, and I assume you are because you're here, you might see yourself reflected in some of these stories.

Something to keep in mind is that this presentation isn't about memorizing herbal facts; instead, it's filled with ahas and insights into your path and plant studies.

EMILY: We also want to add that this is a highly visual presentation, so you'll get the most out of it if you give us your full attention, not scrolling social media or otherwise dividing your attention. Anything else, Rosalee?

ROSALEE: No, I think that's it.

EMILY: Okay, let's get started. Making powerful herbal remedies is really a crucial part of being an herbalist. I know this might sound obvious, but when we turn to herbs for help, we want them to actually help. We want to feel confident about their effects and know that we're using and sharing safe remedies that really work.

ROSALEE: Yes, and in this webinar, we're going to share seven common pitfalls that people make when making and using herbal remedies. These pitfalls can lead to weak herbal medicines or, even

worse, choosing flat-out wrong herbal medicines. Some of these mistakes can also lead you to miss out on the best part of herbalism, which is connection to the plants themselves.

We really value your time; that's why we're jumping right in, and we want to make sure that you're in the right spot. This webinar is for you if...

- You love herbs and using plant medicines.
- You want to rely on herbal remedies for your everyday health needs.
- You dream of your kitchen being full of effective herbal remedies that you made yourself.
- You want to feel confident when choosing herbal remedies for yourself or your loved ones.
- You're wondering where to start with herbs, or you're ready to take your herbal skills to the next level.

Okay, let's get started with the first pitfall.

#1 Piecing together tidbits of herbal facts from random sources on the internet or social media.

We live in an extraordinary era of information. With a computer, tablet, or smartphone in your hands, you can easily search for practically anything you're wondering about.

Perhaps for the first time ever in human history, our challenge isn't a lack of information. Instead, we are bombarded with an overwhelming amount of information. And, when it comes to herbs, it's really easy to find bad information that is flat-out wrong.

It's also easy to be overwhelmed with confusing herbal information. One site will tell you to make a tincture this way while another says the opposite. Sometimes you'll even see conflicting safety advice, where one source says a plant is safe and another says it's dangerous.

Googling how to use herbs or how to make herbal medicines is easy, but it's a major pitfall. Relying on bits and pieces of herbal information here and there, especially bad or inaccurate information, can set you back years! Years wasted in making weak herbal medicines (medicines that maybe work okay but aren't showstoppers). Not to mention years of you and the people around you losing confidence in your medicines because sometimes they work and sometimes they don't.

Another drawback to DIY googling herbal information is that it's also hard to remain consistent in your studies. That can make it feel like you are taking one step forward and then two steps back. For example, maybe you manage to finally make something but then you forget about it, and it spoils

before you use it. Or you spend time studying something but it's so long before you actually put that knowledge to use that you've forgotten it again.

This piecemeal method also can create big gaps in your learning — gaps you aren't even aware of. It's impossible to know what you don't know! It reminds me of the first time I tried to bake my dad a surprise birthday cake. I was probably 10 years old and while I was home alone, I pulled out *Joy of Cooking* and got started. I thought it would be as simple as following the directions. But, wow, there was so much I didn't know I didn't know!

Of course, my dad was surprised! But from the very first bite, we looked at each other and I knew it was a total fail. I was so bummed to have made something so awful! My dad told me it was the thought that counts, but he also showed me that I was missing some key information. Like I used the wrong flour, in fact really did need baking soda, and there's such a thing as overmixing. Who knew! I certainly didn't.

We ended up making another cake together and it turned out much better because he filled in the gaps I didn't know! It's really hard to know what you don't know, whether it's the importance of using baking soda when baking or the importance of knowing how to make a tincture with the correct plant to alcohol ratio.

EMILY: One of the reasons it's hard to piece information together is there's so much to know about herbs! For example...

- What herbs should you work with? There are lots of considerations here, like which ones are safe, when you should use dried vs. fresh plants, etc.
- How do you make sure your herbs are excellent quality and not just a few steps above sawdust? There are a lot of poor-quality herbs out there. If you don't start with excellent herbs, then your end result will be disappointing!
- How do you know what herbal preparation to choose? You've got teas, tinctures, syrups, creams — there are so many herbal preparations and each one has its own pros and cons, making it better or worse for any given person or situation.
- How do you know you're making a potent remedy versus something that is weak or too diluted?

- How do you know that the herbal medicines you make are safe for you and your loved ones?
- How do you both avoid common mistakes *and* know how to fix mistakes when making remedies? Because let's face it, whenever we do something new, we make mistakes. That's a good thing — we learn by doing! But we need to move on from mistakes instead of being paralyzed by them or making them over and over again.

Making herbal medicines isn't hard. But it can be complex, especially when you are attempting to put it all together in a piecemeal way.

You can save yourself lots of time and energy by having mentors by your side to show you exactly how to make potent herbal medicines that work. Mentors who can answer all your questions based on their many years of experience and who can make the entire process clear and simple instead of overwhelming.

Instead of spending countless hours trying to mine worthwhile nuggets from the hodgepodge that is social media and random internet searches, it's far better to have dedicated and trusted mentors to help you every step of the way.

There's a lot of bad information shared online. Sometimes it's shared simply because there is a lot of copying and pasting happening. Someone starts a new site, or posts on social media and, without knowing any better, they repeat frequently shared misinformation.

Also, these days any newbie can start a YouTube channel, website, or social account and start spreading information that isn't time tested. Usually this isn't out of ill intention; they're just excited. We know the feeling — we've been working with plants and herbal medicine for over twenty years and we're still excited!

Instead of getting your herbal google diploma by piecing together random tidbits of information from questionable sources, it's way better to find reliable and consistent help to guide you along the way. This ends up saving you from years of frustration and years of wasted, weak medicines.

Before we continue, let's introduce ourselves. We are Emily Han and Rosalee de la Forêt, co-authors of the book *Wild Remedies*.

I'm Emily Han. I'm a naturalist, herbalist, and educator helping people cultivate their attention and connection with the earth. Living in Altadena, CA, Tongva/Kizh land, my work focuses on

intersections of ecology, culture, food, and plant medicine. I am the author of *Wild Drinks and Cocktails*, *Wild Remedies*, and the forthcoming *Mushroom Hunting*.

ROSALEE: I'm Rosalee de la Forêt, and I'm passionate about inspiring you to enjoy plants every single day, whether it's marveling at their beauty or using their gifts as food and medicine. I'm the best-selling author of the books *Alchemy of Herbs* and *Wild Remedies*, a podcast host, and a registered herbalist with the American Herbalists Guild. In addition to writing books, I've taught thousands of students about herbs through my online courses: *Cooling Inflammation*, *Taste of Herbs*, *Herbal Cold Care*, and *Apothecary*. I live in a log cabin in the northeastern cascades of Washington State with my husband, our spoiled cat, chickens, and my ever-expanding garden.

Together, we're co-teachers of Rooted Medicine Circle, an online medicine making course and community that shows you how to make strong herbal medicines through the seasons. But more on that a bit later.

Okay, the next common herbal pitfall is...

#2 Getting so caught up in overthinking, fear, confusion and overwhelm that you don't even begin.

We've just shared about a lot of different things you'll want to know about herbs, and even that can feel overwhelming!

When attempting to learn something new, or even to deepen knowledge you already have, it's easy to get paralyzed into inaction before you even begin. This is especially true when working with herbs because you want to make sure what you're making, using, and sharing is not only effective, but also safe.

This pitfall is often a symptom of trying to google your herbal studies. When you have access to TONS of information, some of it good, some of it bad, but without any clear path for you to follow, it's not surprising that it gets overwhelming and confusing fast.

Let's be real, of course herbalism can be simple. You've probably had the experience of reaching for an herb and having it work right away. I can't tell you how many times ginger has soothed my tummy upset or chamomile has eased my nervousness or stress.

But herbs and herbalism are also dynamic! There's a lot to know beyond the basics.

For example, you need to make sure that the herbs you start out with are the best quality possible.

You want the best tools to make herbal medicines, preferably ones that don't break the bank.

You also want to feel confident while learning. Knowing that you're doing things well, not just guesstimating the process. That way you end up with potent herbal medicines that you feel excited and confident about. Not weak herbal medicines that you are wondering if they are going to work.

So how do you avoid getting stuck in this cycle of overthinking, fear, confusion, and overwhelm?

First of all, start with a clear path that builds your skills, little by little. There's a stunning amount of herbal information out there. Jumping in too fast or too haphazardly can lead to overwhelm and confusion.

The second is to have guidance every step of the way, mentors, who you can ask your questions and your fears and someone who you trust to give you reliable information. It's normal to have questions and even make mistakes when starting anything new. It's part of the process! But problems set in when you aren't able to get help and move beyond your questions or mistakes.

This is an area we excel in! We've been teaching beginning and intermediate herbal students about how to work with herbs for over a decade. We know how to make herbal medicines approachable, exciting even, and to give you all that you need to know so that the process is fun rather than stressful or confusing.

One of the most common things we heard from our hundreds of students is something along the lines of, "I started out confused and overwhelmed and now I'm confident."

Here's what a few of our students have said about our teachings in our online course, Rooted Medicine Circle.

"This is one of the best classes I have ever taken! I am so much more confident now in my herbal medicine making skills, and it was such a joy to learn from Rosalee and Emily along with the community of learners they nurtured."

— Melissa Hunter

“Learning to actually be successful in using what is on hand and making remedies that actually work has been a monumental shift in my life this year. I have been chipping at this as best as I can for several years, but this is the course that made it happen. This is the type of experience where an initial investment of money transforms into something else entirely: community, a sense of place, and healing.”

— Kyle Putnam

“I love Rooted Medicine Circle. It has given me the confidence to treat my family naturally. This course walks you through step by step on how to connect with nature yourself and herbs. The practical hands-on learning and how-tos are amazing, inspiring, and informative. I can't recommend this course enough.”

— Jennifer Judd

EMILY: Okay, on to pitfall number three...

#3 Being a student of the supplement aisle, books, and other passive learning.

This may be one of the saddest pitfalls of all. We know it can be easy to start with herbalism by reaching for store-bought herbal remedies, books, and other passive learning methods.

But what makes herbalism so special and so amazing are the PLANTS! Yes, the plants! These beautiful green beings that grow in the earth around us.

You can't find whole and living plants in the supplement aisle. And, while books can share herbal information, there are no actual living plants in there, either.

It can be easier to sit and listen to someone, or to read through a book rather than actually DO something yourself, but the *doing* is the most important piece.

And the sad thing is, if your plant knowledge doesn't extend beyond store-bought bottles of capsules and tinctures, you're missing out.

Okay, reality check. Of course, we aren't dogmatic about this. There are times when we buy our herbal remedies, especially when handmade by other plant-centered herbalists.

But when you prioritize being a student of the living world around you and building relationships with plants instead of the supplement aisle, a whole new world opens up to you.

Your life is enriched with each passing season. You form connections to the medicines you make. Instead of simply combining ingredients in your kitchen, you're an artist, a medicine person, working with the plants you love to make remedies with meaning and intention.

The best place to start learning about herbs isn't only from books and the supplement aisle. It's about making your own herbal remedies. Hands on. It's about growing skills that you will use for the rest of your life.

Most importantly, these connections with plants, and the process of making remedies with your own hands, are an integral part of the medicine and healing you'll experience.

Just for a moment envision the difference in feeling between going to the store and grabbing something off the shelf versus the pride and connection to creating those medicines yourself.

Just like you might often prefer fresh, homemade cookies to store-bought ones, the same is true for herbal medicines.

ROSALEE: Okay, our next pitfall is a funny/sad one. It's...

#4 Trying to force herbs onto people (because you care and you know they'll help!)

Herbs are so incredible! And once you start seeing their healing potential, it's only natural to want to share that with your loved ones, your neighbor, your favorite barista at the coffee place down the street, or anyone else who you talk to for more than three minutes.

Raise your hand if you've gone full-on herbal preacher on someone and they've basically run the other way.

Yes, it's true. I've totally been guilty of this. I get excited about things, and I just can't help but share them with others. In my early years of studying herbs, I was probably the *worst*. So, I know first-hand what it's like to see people's eyes gloss over or perhaps the furtive glances as they glance for a way out.

Now that I'm older, I still have that same excitement that makes me want to share herbalism with everyone I meet. But I've gotten better at bringing people in, rather than sending them running in the opposite direction.

Here's the secret: It's all about showing rather than telling. Instead of telling people about herbs, now I make amazing herbal remedies that work so well people now run towards me!

I have so many stories about this.

One year I made some arnica salve and sent it to my friend who's a dancer. A few days later, she called to say that the salve was magical, and it completely erased her bruises. It was so amazing that she had shared it with her fellow dancers, and it was already gone ... so could I send more? Keep in mind, these weren't people who were previously interested in herbs. I didn't have to go herbal preacher to get them in the herbal world. I simply showed them how amazing it worked.

I can't tell you the amount of people I've given a cough syrup to, and after days or even weeks of hacking, they have finally found relief, often to their complete surprise!

Fifteen years ago, I sold herbal products at our local farmer's market. I still get stopped in the street from people asking if I could pretty please sell them some of my sore muscle rub or my cold sore lip balm.

But you don't just have to take my word for it, here's what one of our students has to share...

"My husband thought I was a little cuckoo for diving into herbal medicines. He would ask me, 'Why do we need all this? Why do you need to go to school?' But all that has changed since enrolling in Rooted Medicine Circle. We were traveling in our RV this year and our dog got a UTI and I was able to help cure her with herbs. Now my husband tells me, 'This is amazing! Please learn even more!' So it's been truly amazing. The amount of information you've shared, and I've taken in and how connected I feel to the plants compared to a year ago is indescribable. Thank you!"
— Angela G.

So instead of shouting about the amazing benefits of herbs from the rooftops, or perhaps I should say in addition to excitedly sharing about herbs, back up your facts with amazing herbal products. When people see what works with their own eyes, you'll soon be a trusted herbal resource in your community.

EMILY: Our next herbal pitfall is...

#5 Relying too much on one herbal product

I don't know why, but a lot of people get super focused on herbal medicine being primarily about tinctures or alcohol extracts. Sure, they are convenient, and they have their place. But tinctures aren't always the BEST herbal preparation. There are some drawbacks to them.

Whether or not you choose a tincture is best based on the plant, the person taking the tincture, the desired dosage, etc.

For example, tinctures aren't a good choice if you want to extract vitamins and minerals, if you're working with a high dosage plant, or if you or the person taking the medicine abstains from alcohol.

We're just choosing tinctures for this example, but this pitfall applies to relying on any one herbal product whether it's tinctures, essential oils, or capsules.

So don't get trapped in this pitfall! Don't limit your herbal abilities by only choosing one kind of herbal product.

Instead, know how to make herbs into all sorts of medicines so that you have a versatile apothecary. Know how to make medicines that work for many different people (whether they are young, old, have sensitivities, etc.) in a lot of different circumstances.

In our online medicine making course, Rooted Medicine Circle, we show you how to make A LOT of different kinds of medicines. And we guide you in when you'd want to choose one type over the other.

For example:

- Teas are a foundational herbal remedy, but unfortunately people often make them too weak, or perhaps worse, gross tasting. We show you how to make amazing infusions and decoctions that are perfect for the plants you choose.
- Syrups are a wonderful way to soothe a sore throat and entice pickier folks to even try herbal medicine. We show you how to make medicinal syrups that are strong and concentrated for a fraction of what you'd pay at the store.

- Herbal vinegars are often underrated. Sometimes people mistakenly think they're a good substitute for alcohol tinctures. That's inaccurate. But vinegars do have their own special gifts as medicine and as tasty medicinal beverages.
- When you powder an herb, you make it really easy for your body to digest and extract. But if you aren't careful, you can also render the herb to be basically useless. We show you the pros and cons of powdered herbs as well as how to make these into medicines like homemade capsules, pastilles, and honey infusions.
- Tinctures, or alcohol extracts, can be a convenient way to take herbs. Unfortunately, a lot of homemade tinctures end up being a lot weaker than commercially made tinctures. But those tinctures that you buy at the store are often super expensive, plus you miss out on forming that connection with the medicine you make yourself. We show you how to make effective herbal tinctures every single time and save you hundreds of dollars in the process.
- Herbal infused oils are some of our favorite medicines. They are wonderful in themselves but they're also the starting place for so many useful medicines like salves, lip balms, creams, and body butters. There are endless possibilities of medicines with herbal infused oils and we show you how to make safe and potent oils! This is especially important because these remedies can easily spoil or go rancid unless you know how to make them really well.
- Working with herbs externally can be a powerful way to get medicine to someone while avoiding their digestive system. Remedies like poultices, compresses, fomentations, and herbal baths should be part of every herbalist's toolkit.

Rather than just relying on one type of herbal medicine, students finish Rooted Medicine Circle with a counter filled with herbal remedies and, more importantly, the skills to keep growing their home medicine chest.

ROSALEE: Our second-to-last herbal pitfall is...

#6 Only thinking about herbs when you're sick

When you are sick or in pain, or whatever other acute problem you have, it can make trying herbs feel very urgent. You want them to work now. But this can be a tough time to turn to herbs when you're starting out. When you're not feeling well, it can be hard to think clearly and know how best to work with herbs for your issue.

If you're excited to let go of over-the-counter medicines and replace them with effective herbal remedies, then you'll get the best results when you make herbs a part of your lifestyle and family culture.

That means turning to herbs every day. It means making and studying herbal remedies before you're sick. It means inviting delicious foods and drinks into your life, every single day. Not only are they highly requested but also serve as nourishing medicine.

The best part of making herbs your everyday choice is all the benefits that add up along the way. That could mean that you actually get sick less often as your health becomes more resilient with the support of herbs.

Rather than just thinking about herbs when you're sick and then getting frustrated or overwhelmed when trying something out when you aren't at your best, invite herbs and herbal remedies into your life every day. In a short time, you'll find you have the confidence and clarity to successfully use herbs when you really need them.

EMILY: And for our last herbal pitfall is...

#7 Trying to go it alone

Do you ever feel alone in your herbal interests? Like people look at you as if you have two heads once you start talking about the value of dandelions?

We get it!

Not everyone loves weeds ... yet!

Not everyone knows how powerful herbal medicines can be for many of their common health complaints ... yet!

While the tide might be turning for herbalism, the fact is, it's easy to feel like the black sheep of your family, or friends, or neighborhood, or your workplace.

And feeling alone in your herbal interests isn't just about getting strange looks when you mention dandelion might be cool.

Being alone in your herbal interests can mean that you don't have people to share with. To share your wins, your challenges, your questions, and your stories. You also miss out on hearing someone else's experience, which is a powerful way to learn and get new and fun ideas.

If everyone around you just takes over-the-counter cough syrup or pain meds, then it's hard to feel like you're constantly swimming upstream with your leafy and rooty medicines.

Herbalism wasn't meant to be done on its own. Instead, it was meant to be practiced in a supportive community. A community that includes mentors with a lot of experience and people who are also learning right along with you.

Herbalism is also way more fun when you have a community of people who get your love of plants and are cheering you on.

ROSALEE: What would your life look like if...

- You could make strong herbal remedies that you could confidently rely on for a variety of health issues.
- You had a deep connection to the living world around you. That you were not only able to recognize common plants by name but also by their many gifts of food and medicine.
- What if you had mentors to answer all your questions and guide you on your herbal learning path?
- What if you had a community of people to grow with? To share your wins, your challenges, and simply to know that you are not the only person out there who deeply loves (and eats) your lawn weeds.
- You were able to learn how to make simple and advanced herbal medicines, step by step, with live teachers, without leaving your kitchen.
- You were the person your loved ones turned to for their trusted herbal remedies.

There's so much to learn about herbal medicine! Way more than we could fit in an hour-long webinar, which is why we created Rooted Medicine Circle, a nine-month-long online course that guides you step by step to make your own herbal remedies from start to finish.

Rooted Medicine Circle is NOT a DIY course that leaves you feeling confused or overwhelmed.

As your mentors, we are here to show you step by step, in live classes, how to make so many herbal preparations, including:

- Teas
- Decoctions
- Vinegars
- Syrups
- Oxymels
- Infused honey
- Pastilles
- Capsules
- Tinctures (advanced)
- Glycerites (advanced)
- Hydrosols (advanced)
- Infused oils (advanced)
- Salves
- Lip balms
- Creams (advanced)
- Body butters (advanced)
- Fomentations
- Poultices
- Incense
- Herbal baths (advanced)
- And more

This is a lot of medicine! One of our favorite parts of Rooted Medicine Circle is how many students find new herbal remedies that they fall in love with, that work so well, they can't imagine their life without them.

What our students repeatedly tell us is that one of their favorite parts of the course is how available and supportive we are to them. We are committed to giving you all the help you need so that you can make powerful herbal medicines that actually work.

That's why there are many opportunities for you to ask questions, whether it's during live classes, via email, or in our community forum. Your days of feeling confused, overwhelmed, and stuck are over. We are your mentors and we're here to help you!

However, we aren't going to sugarcoat this. To become a confident herbalist, you have to DO things! Passively reading about herbs or simply even listening to us will only get you so far. Rooted Medicine Circle is about *you* actually making herbal medicines. Which admittedly requires some effort.

EMILY: But we've got you covered! Our success is seeing your success!

To get prepped for each herbal remedy we make together, you'll get clear and simple supply lists, so you know exactly what you need. We also help with substitution ideas so you can work with the herbs you have access to where you live.

To make the medicines, we support many learning styles by providing you with written, audio, and video instructions for the medicines.

We also have herbal cheat sheets, like an entire chart on how to make tea with over 100 different herbs.

We even have fancy online calculators so that with a few simple clicks, you can take the guesswork out of ratios. This is an herbal gamechanger! Every year our students go bananas over these calculators and how easy it makes something that was previously so confusing.

We also know that you have a busy life! Rooted Medicine Circle is spread over nine months so that you can learn, little by little, without feeling overwhelmed or that you have to cram to fit it all in.

We know that this means you will be consistent in your herbal studies. No more stopping and starting your herbal studies, which can leave you feeling like you're taking a step forward and then two steps back.

In addition to live classes, which are also recorded, you receive extensive written materials that include step-by-step instructions, journaling prompts, and lots more.

ROSALEE: What is the value of Rooted Medicine Circle?

First of all, knowing how to make your own herbal medicines saves you a TON of money. Let's take tinctures, for example. If you buy once ounce of tincture at the store, it can cost you anywhere between \$10 and \$20.

We are going to show you how to make eight ounces of tincture for the same price. That's eight times the savings, or more specifically, that means you'll spend \$20 instead of \$160 for a lot more medicine! By learning how to make these remedies yourself, you will save hundreds of dollars a year. And that's not just for one year, that's for years to come.

The best part is that you are also making herbal remedies that you are deeply connected to. Not something you just picked up off the shelf and slapped down some cash for.

More than the money you save, we believe that turning to herbs for your everyday health issues actually creates stronger and better health. The side effects of using over-the-counter meds, say ibuprofen, include stomach ulcers and bleeding and even death.

The side effects of using a peppermint fomentation for your headache are nil. But, in order to turn to herbs with confidence, you need to know that you are making potent medicines. That's why we show you how to maximize every single preparation so that you can avoid making weak medicines like you often see photos of on social media.

There are five modules throughout the nine months that propel you towards making powerful medicines while strengthening your connection to nature.

To guide and inspire you along the way, we have created many recipes and extensive deep dives into herbs featured in the course. You get to download and print beautiful handouts featuring original watercolor illustrations and photography. In all, there are over 400 pages of exclusive handouts and this is an entire herbal textbook worth over \$500.

Then there's the value of the live classes. When I was in clinical practice, my fee for a consultation was \$100 an hour. With Rooted Medicine Circle, you are getting Emily and I both, TWO very experienced live teachers to mentor you every step of the way!

Even better, you get to join these live classes in the comfort of your own home. Which means you don't have to pay for travel, food, and lodging, like you often have to do with other herbal classes.

EMILY: One thing we know for certain is that you're going to have questions. We'd be concerned if you didn't have questions! Plus, we know how helpful it is to have feedback on what you're working on.

That's why we prioritize getting your questions answered. Both of us are highly available to you for the entire nine months. You can ask your medicine making questions in our live medicine making classes or our live Q&A sessions. We also have staff to moderate our student forums and answer your emails promptly. If you have an herbal question, a tech issue, or whatever, our team is there to help you.

You also get lifetime access to your classroom. That means you can rewatch medicine making classes and try out new recipes or read the library of herbal monographs whenever you want.

With all the money you'll save by making your own herbal remedies, and with all the incredible value you get from our mentorship, live classes, and extensive course materials, we know that this nine-month course is easily worth \$3,000.

And we know that you are going to love this whole experience. Every year we survey our students, and every year we receive exceptionally high ratings. In fact, many of our students join us for a second year so that they can continue to be part of the live classes and community.

ROSALEE: And more than just being happy with this course, our students often tell us how transformative and life changing this class was for them.

We want that for you too!

We want you to be confidently making herbal medicines that you trust.

We want you to feel that awe- and wonder-filled connection to the living world around you, whether you live in the city, in a suburb, or in the countryside. That joyful connection is your human right!

We also want you to feel supported and inspired every step of the way.

That's why we are offering this course at 50% less than its value.

That means that you can start today for \$175 a month for 10 months. Or pay in full and save an additional \$353.

Here's the thing. This is a live course. We all start together with an opening circle and then we guide you through medicine making and nature connection every step of the way for nine whole months.

That means that we open enrollment for this course for a very short period of time.

So, if you'd like to take the plunge into the world of herbalism and really learn the essential skills to confidently make your own herbal medicines, now's the time.

For as little as \$175 a month, you can move beyond herbal overwhelm, confusion, and even fear and step into a supportive herbal circle that will propel your herbal skills.

Obviously, we love Rooted Medicine Circle. We poured our hearts into this course when we wrote it, and we pour our love into it each and every year. But you don't just have to take us at our word. We've had hundreds of students who have loved this course too.

"I started the course with having the most basic and limited knowledge of herbs. By the end I feel confident in working with herbs both medicinally and nutritionally. I could never have gotten here this fast on my own. The common-sense instructions and explanations made the classes thorough and easy to follow along. The camaraderie between Rosalee and Emily made the learning very enjoyable."
— Sandra Bundy

"This course seriously changed my life. Not only have I had the most expansive journey getting to know the plants in my area and learning their unique gifts, I've also learned so much about herbal medicine making and it was FUN! This course is not JUST about herbs and medicine making, it's about listening to the plants, exploring your own beliefs, and evolving into a human deeply in touch with this planet. I cannot recommend this journey highly enough. Rosalee and Emily are open, honest and fun teachers offering every step of the way. The information and explorations are abundant, well curated and deeply meaningful. This is not just a course, it's a tool for self realization, wellbeing, and compassion."
— Kristin L. Amundson-Speer

"Rooted Medicine Circle has changed my life. I have learned so much that strengthens my family's health and wellness and have also gained an appreciation of nature that I hadn't had before. This class is worth every dollar it costs and every moment you spend learning. Take it."
— LeeAnne Call

"Rooted Medicine Circle has been an incredible journey for me. To have access to the knowledge and wisdom of Rosalee and Emily, to watch them make the herbal medicines live and have the ability to ask questions and get answers is life changing. Anyone who wants to learn more about how to use the plants around us should take this course."

— Deb Bergman

EMILY: Okay, we know you've probably got some questions...

When are classes held? What if I can't make the live sessions?

Medicine making circles take place once or twice a month. We also have Q&As and optional online meetups that each take place once a month. Most events will be held on Wednesdays. The exact schedule is posted in the course.

We record ALL of the medicine making sessions and Q&As so that you can watch them at a time that's convenient for you.

Attending the live classes is great! But the reality is that many students don't. Many people prefer watching the replay so that they can pause to prep ingredients, rewind to hear a tip again, etc.

If you can't make live classes, don't let that stop you from signing up! We've repeatedly heard that students loved the course even without attending live.

Is this course for beginner or intermediate students?

Rooted Medicine Circle is for anyone who wants to bring their herbal medicine making skills to the next level, especially doing so in a way that deepens their connection to the plants themselves. We often have beginners as well as people who've been studying on their own for a long time.

Here's what our students say...

"This course exceeded my expectations! It meets people wherever they are and takes them to the next level(s) both in herbal medicine making and their relationship with not only plants but the natural world in general. The feeling of community throughout the course is really special, and the live medicine-making sessions make it feel like you are just sharing time with Rosalee and Emily, who are not only immensely knowledgeable but warm and gracious."

— Victoria Parker

"The Rooted Medicine course broadened my knowledge of medicinal herbs and the way they could be used. After more than 40 years studying herbs, the curriculum still provided new and helpful information. This course is a must for anyone contemplating a career as a medical herbalist and is also

an experience that is fulfilling for the layperson who only wants to expand their knowledge and use of herbs for their personal world!”

— Jill Allison

“Rooted Medicine helped me to get more in touch with the heart of herbalism through herbal recipes and connecting to my plant ally. As a clinical herbalist I have been more in my head and this course has opened up a whole new world for me. I am so grateful to Rosalee and Emily for sharing their love of plants and their wisdom.”

— Nicole McDaniel-Richards

Can I receive a certificate for the course?

Yes! We offer a certificate upon successful completion of the course. Once you're in the course, be sure to look at the Certificate Path section for details.

What if I don't want to wildcraft, forage, or grow herbs?

Rooted Medicine Circle will help you to ethically harvest and sustainably grow plants. However, foraging and gardening are not required or even expected.

We do prioritize you having exceptional herbs, even if you didn't harvest them yourself. So we help you to find the best herbs that are well tended, harvested, and processed in loving and regenerative ways.

Are the plants in the course relevant to where I live?

We intentionally chose common plants that grow in a variety of locations and/or are readily available from grocery stores and apothecaries. Assuredly many of these plants will grow near you.

However, it is expected that some of the plants don't grow near you. We also consider these plants as steppingstones for you to find additional plants near you.

We regularly have students who are located throughout North America, the UK and Europe, and Australia and New Zealand. We've also had students from Asia and South America.

ROSALEE: Okay, we're nearing the end of this webinar, which means it's choice time.

Choice #1 is to keep doing things how you've been doing them. Whether that is googling for herbal skills, putting things together piecemeal from social media posts or simply continuing to dream about being an herbalist without taking action.

Or Choice #2: To say yes to almost an entire year of guided herbal learning. To say yes to being a part of a supportive community. To say yes to living your dreams as a confident herbalist with a kitchen full of potent herbal remedies that you can rely on.

We believe this world needs more herbalists and we'd love to have you join us!

You can visit **RootedMedicineCircle.com** or click the button below and we will see you on the other side. We are both very excited to welcome you into the Circle.