

Rosalee de la Forêt:

Two sisters both get nauseous. One makes a cup of ginger tea and feels better within minutes. The other drinks the same ginger tea and feels worse. Same symptom, same herb, opposite results.

Ginger for nausea is one of the first "this for that" pairings most of us learn, right alongside chamomile for sleep and elderberry for colds. None of those are wrong, but they're only part of the story. The rest of the story is qualities. Ginger is warming. The sister who runs cool does beautifully with that warmth. The sister who runs hot is getting more heat than her body wants.

So if you've ever tried an herb that everyone swears by, and it did nothing for you, or maybe it even made things worse, you aren't alone. It wasn't you, and it probably wasn't the herb either, to be honest. It was just a mismatch.

Once you start seeing herbs and people through their qualities, the question changes. Instead of asking "what's good for nausea?" you start asking "what qualities would help this person?" That one shift is how herbalists choose herbs with confidence, and it's how you stop wondering why herbs seem to work for everyone but you.

That's herbal energetics, and it's what this whole episode is about.

Over the past few weeks I've been asking you to send me your questions about energetics. You did. They came in through my Sunday Q&A newsletter and through my text community, and there were a lot of them. I think I got over 100 questions! Unfortunately I can't answer all of them individually, but luckily for me, a lot of you asked the same things, so I've grouped questions together by theme and I think by the end I'll have gotten through most of what was submitted.

As I read through your questions, something stood out to me. So many of you were asking a version of the same question: *What if I don't fit?*

Things like: I'm cold, but I sweat when no one else does. My skin is dry, but my sinuses never stop running. I ran cold my whole life, but now I'm older and I'm warm all the time. Or some people say, I've taken different constitutional quizzes but they all give me a different answer.

If that sounds like you, here's the short answer, and it's what we're going to be looking at in many different ways through this episode: you don't have to fit. Energetics aren't a box you get sorted into. They're a way of seeing what's in front of you, right now, in your body. So instead of trying to fit yourself into energetics, let energetics help explain who you are.

One thing I really want to stress: herbal energetics is not some new-fangled thing. It shows up in some form all over the world in herbal medicine. That's because, at its simplest, herbal energetics are a way to understand what's already there. It's basically a translation tool for your body and for the plants we love. It's one of our oldest ways of understanding medicine, and I'd argue it's still one of the most practical and useful.

In this episode, we'll look at how to read your own energetics when your signs are mixed, what to do when your body changes over time, how energetics fit with everything else we know about herbs, and how to keep working with the herbs you love—even if they're not a great energetic match. Along the way, I'll give you a few simple questions you can ask yourself tonight about your own constitution and energetics. And I'll tell you why dried ginger tastes hotter than fresh.

One more thing before we start. This is the very last week to enroll in my Herbal Energetics Course, and enrollment closes this Saturday, October 3rd. What I share in this Q&A episode is valuable, and it's the framework. The course is where you learn the language: taste and flavors, temperature, moisture, and the other qualities you can notice in both plants and people.

Instead of memorizing hundreds of this-for-that recommendations, you get to understand why an herb makes sense in one situation and not another. Inside the course you'll work with the Flavor Wheel, lots of plants, and some awesome teachers who bring their own lenses to

these same questions. I'll say more at the end, but if you already know you want to join, the link is in the show notes.

Okay. Let's start with the question I got more than any other.

This was by far the most common question. I'm calling this Segment 1: "I don't fit the box." I got dozens of versions of it through the Sunday Q&A, so here's a composite question that represents them all.

"I get cold easily, but I sweat when no one else is warm."

"I have dry skin, but I also have constant clear mucus."

"Every quiz I take gives me a different answer for my constitution."

"How do I figure out my energetics when everything seems mixed?"

Also, "Can a person just be neutral?"

I love that this was the most-asked question, because it's so interesting to see what's on people's mind and see when there's a common thread of confusion.

Okay, first: mixed is normal. You aren't one thing. You aren't one quadrant. Different tissues can show different qualities at the same time, so you can absolutely have dry skin and damp sinuses in the same body. A few of you told me that you'd actually given up on energetics because it seemed false, because those things are opposing. But that isn't proof energetics don't work. Instead it's energetics describing what's actually there.

And yes, you can be neutral. Not everyone runs strongly hot or cold, damp or dry. If you're somewhere in the middle on one of those, that's useful information too. It might mean you have more flexibility there, and your attention can go to whatever is clearly out of balance.

It's also worth saying that running warm isn't wrong. Running cool isn't wrong. That might simply be your natural state. If you are cool and that's fine with you, it doesn't bother you,

great! That's just who you are. Where we start paying attention is when those qualities become uncomfortable, either as part of a longer-lasting pattern or in an acute situation like a cold or the flu.

So when it comes to matching herbs to people with energetics in mind, here's my top tip: look for the loudest signal. When your signs conflict, ask which one is causing the most trouble right now. Work with that, and watch what happens. We always address what's in front of us. There's no need to get overly philosophical about it, especially when you're just starting out.

Your preferences are clues too, but they aren't verdicts. If you love hot, dry climates, that might mean you're seeking balance because you run cool and damp, or it might just reflect your nature. Look at it alongside everything else. There's nothing that's ever the one thing; we're looking for the big picture. Same with "I hate heat, but I also get cold quickly." That may say more about how well you handle extremes than about your constitution.

Personality can be a clue as well. We all know a hothead—which is kind of interesting that we have that in our vernacular, a “hot” head. We also might know someone who stays “cool as a cucumber” no matter what's happening. Again, interesting we use those words and that vernacular. If that connection between personality and energetics interests you, we have jim mcdonald teaching a fascinating four part section—actually, I think it's five, where he puts it all together—five-part section on the temperaments inside the Herbal Energetics Course, and he goes much deeper into it there. It's a lot of people's favorite aspect of the course.

Now, some of you said, "I honestly don't know what I'm supposed to be feeling" when it comes to assessing your own energetics. That's fair. So here are a few questions you can ask of yourself—and it's not that you just ask these questions once, it's something you think about.

Question number one: Do you usually feel warmer or cooler than the people around you?

Do you reach for hot drinks or iced ones, and how thirsty are you?

Are your skin, lips, and eyes more on the dry side or the damp side?

What does your tongue look like? Bright red? Does it have a thick coating? Is it pale?

Do you sweat easily, or rarely?

Again, no single answer is the whole picture. Together, they start to tell a story.

Also—I really want to accentuate this—this is a skill, not a talent. That means you develop it over time. Nobody starts out fluent. Every time you ask these questions and notice the answers, you get a little better at it.

A couple of you also asked about other systems: “Should I be using Ayurveda or traditional Chinese medicine?” Somebody asked, “Are energetics the same thing as doshas?”

Nearly every herbal tradition has its own way of reading a person and plants. Ayurveda speaks of doshas—that is a form of energetics and constitution. Traditional Chinese Medicine has various ways of looking at it, especially through patterns, and the Western energetics I teach speak of temperature and moisture. These different systems overlap in lots of ways, but they aren't identical, so it's cool to see different perspectives. The good news is, you don't have to choose one to get started.

In fact, I think seeing how different traditions read the same body is one of the best ways to deepen your understanding because it's not that one is right or wrong—it's just different perspectives. That's why the Herbal Energetics Course includes guest teachers teaching these different aspects. Tiffany Freeman Harper teaches traditional Chinese medicine and the five element, and Anjali Deva teaches an introduction to Ayurveda. You get a solid foundation from me of course, with a Western perspective, I mentioned Jim's doing temperaments, and then you get to see from a broad perspective how these traditions approach the very same questions in their own ways.

Next up is another segment called “I've changed.” This next question came in through my text community. If you haven't joined yet, it's a simple way to stay connected. I send out a weekly

text with herbal updates, and from time to time I'll ask for your input, like when I asked for your energetics questions. To join, text JOIN to (509) 383-8398. Again, that's JOIN to (509) 383-8398, and I'll put a link in the show notes too. It's a no-pressure thing, you can always text STOP and get opted out immediately.

Okay, so I got several versions of this one:

"I've run cold my whole life. Cold hands and feet all winter. Then after pregnancy (or some people mentioned perimenopause), I'm suddenly warm all the time. Does that mean cooling herbs are right for me now? Am I still a cold person? How do I know if this is my new normal or an imbalance?"

I love this question, because I got a lot of it—which means a lot of you are living it.

Here's the thing: your energetics shift through life. Puberty, pregnancy, nursing, perimenopause, menopause, and simple aging all change how a body runs. Even illnesses and accidents can change things.

Several of you described a similar arc: cold for decades, and then suddenly warm. Another common thread was as people got older, they've gotten colder. Change is common, and it doesn't mean you misjudged yourself before. You were probably right then, and you're paying attention now.

So what do you do with that? You work with who you are now. If you're running warm, that's what you work with, even if you ran cold for forty years. The old label doesn't really get as much of a vote. You can think of it this way: your constitution is the baseline you tend to return to, and what's happening right now is what you respond to. But we're always going to treat what we see. So again: if you're running warm these days, cooler herbs may well suit you better right now, even if you've always thought of yourself as a cold person.

Another question that went along with this was, is a new setpoint or an imbalance? Here are some things to think about with that.

First, stability. A new setpoint tends to hold steady over months. An imbalance tends to fluctuate, or keep moving. So if it's stable for a long time, it might be your new setpoint.

Second is comfort, and I mentioned this earlier. A new setpoint usually feels like, "Huh, this is just me now." You could just feel cool, or just feel warm, and it feels fine; whereas an imbalance comes with symptoms that bother you. It's going to be like, "This isn't good for me. I don't like it."

Third is the context. We have these things happening to us, whether internally or externally. Maybe it's nursing, maybe it's broken sleep, hormonal transitions—these are all real influences. Some changes settle once that season of life ends—once the nursing ends, once the sleep comes, etc.—and some stay.

And fourth, time and attention. You don't have to decide today if this is a setpoint, an imbalance, a fluctuation. Notice, adjust, and check in with yourself again in a few months. Nothing is static; we're always changing.

Another thing that came up a lot is that many of you noticed more dryness as you moved through perimenopause and menopause: dry eyes, itchy skin, dry vaginal tissues, constipation. That's worth pausing on, because this season is often more about dryness than we give it credit for. A lot of the heat people feel is connected to that dryness. When there's less moisture in the body, there's less to keep things cool and calm. So if you're feeling warmer, cooling alone may not be the whole answer. Moistening, nourishing support often matters just as much.

One person also mentioned that a medication they take is drying. That's a good reminder that everything that goes into your body has its own energetic effect, medications and food included, and it all adds up.

This is where we also want to talk about lifestyle, because that can matter just as much and sometimes even more than herbs. For example, sleep is one of the most deeply nourishing, moistening things you can do for your body. It's how we refuel our reserves. So if you're

feeling hot and dry, good rest can make a huge difference. Hydration, of course; healthy fats; all of this helps too. They're moistening in ways that herbs can support but can't replace. And I don't mean that as a lecture. It's good news! Some of the most helpful changes that we can make through lifestyle and diet are easily within reach.

So yes, your energetics can change over time. They can also seem to clash with what's happening right now, and that's the next segment—looking at constitution, symptoms, and herbal actions.

These next questions are really the heart of thinking about herbal energetics. First one: "My husband and I had the same flu, but we have opposite constitutions. So what do I pay attention to: the person, the symptoms, or what the herb does?"

My short answer is all three. These aren't competing. It's more like each one answers a different question. The symptoms tell you what's going on. Herbal actions tell you which herbs can help with it. Energetics tell you which of those herbs fits this particular person. And taste gives you information about the herb itself, right there in your mouth.

Remember the two sisters from the beginning? That's all of this at once. Both needed help with nausea, which narrowed things down to herbs that settle the stomach, which could be carminatives or bitters. Energetics ultimately decided which one actually worked.

With something acute like the flu, the acute picture usually leads. If you both had fever with chills and lots of congestion, you start there with those symptoms. Treat what you see. Your constitutions can shape the edges: how much warming or cooling each of you needs, how much drying you can handle, what feels supportive rather than too much. So you might end up with similar herbs in slightly different blends, or in different amounts.

But in practical terms—and I just want to be very real right here—when you're in the middle of it, choose something easy and fairly middle of the road and see how it goes. Because I don't know about you, but when I'm sick, like really sick with the flu, I'm not up for deep philosophical musings about herbal medicine. I just want Lord of the Rings, my coziest

blanket, my cat curled up at my toes and whatever tea blend is easiest for me at the moment. The real trick is you want to study all of this before you're sick so it's just really easy to choose when you're in the middle of it. Definitely when the sickness is there, we don't want to be really thinking about complex things. I don't know about you, but I just can't. All I want to be thinking about is Aragorn—but that's another story.

Alright, next question: "How much weight should I put on energetics compared to herbal actions?"

Here's my rule of thumb. The shorter and gentler the use, the less precise your energetic matching needs to be. So if one night, you're like, "I'd like a calming cup of tea after dinner" don't overthink it! In fact, I would say as an herbal student, switch it up, try different herbs, try different blends. Part of the exploration here is figuring out if cooling bitters resonate with you or if you're more of a warming relaxing nervine person in the evening. And the best way to find out is to try it!

However, the longer and stronger the use, and the more pronounced someone's pattern, the more energetics matter. If you give a hot, dry person a warming, drying tonic every day for months, you can end up creating a new problem while you might be solving the old one.

So think about timelines but here's one way of thinking about it: basically actions get you into the right neighborhood, and energetics help you find the right house. I'll say that again: herbal actions get you into the right neighborhood—so we understand, "Okay, we're looking for carminatives, we're looking for bitters"—but it's energetics, the warming/cooling, moistening/drying that's going to help us pinpoint the one we want to use.

Alright, this is a more big-picture question: "Should I focus on the whole person, or on the main thing they want help with?"

Well, it kind of depends on what's going on, and this is where the acute/chronic thing make a big difference.

With acute situations, we always go with what's in front of us first. If someone has a sore throat, we're not going to spend an hour hearing about their lifelong energetics! We look at that sore throat. Is it hot, red, and raw? Is it dry and scratchy? Then we choose herbs that fit what we see for their acute symptoms. Their constitution might nudge a choice here or there, but really it's the sore throat that leads.

Chronic situations are different. If someone has had insomnia for years, that's when I start thinking much more constitutionally. I want the bigger picture, because long-term sleeplessness is often pointing to something underneath it. Are they running hot and wired at night? Are they dry and depleted? Are they tense and unable to settle? The answers to those questions shape which herbs I reach for, and that's why not everybody who has insomnia gets the same herbs. This is that whole "herbal actions bring us into the neighborhood, but it's the energetics that bring us to the house."

Either way, the main goal matters. It's why someone came to you in the first place, and if you ignore it, they probably won't be back! Again, with something acute, you meet that goal directly. With something chronic, you meet it by working with the whole person, so the support keeps helping over time.

Alright, that's some philosophical musings. Now, what do we actually put in the cup? Well, that's segment 4: putting it together.

One thing I saw is some people—they're starting to see energetics, they're getting it, but then they're wondering what to do about the herbs they already love. Here are some questions I got around that realm.

"I run warm and dry, but so many of the herbs I love are warming and drying. Ginger, rosemary, holy basil. Do I have to stop using them?"

My answer: no. You don't have to give up herbs you love. That's what formulas are for. A warming, drying herb blended with moistening herbs lands very differently than that same herb on its own. You might also use it a little less often maybe, or you might use it in smaller

amounts, or save it for the times it really fits, like ginger: reach for that when you're chilled and coming down with a cold.

But definitely never stop using something just because it doesn't match on paper. We want to try it, and see what actually works for you! Energetics give you a head start in knowing what's most likely to work, and then it also offers us a deeper understanding when something doesn't work. But we never want to miss out on a helpful herb because of theory rather than what we actually feel, especially as herbal student—which we all are. I'm an herbal student, you're an herbal student if you're listening to this. We want to try things and get to know them for ourselves.

Someone else asked a related question: when do you balance something like cooling hibiscus with warming ginger?

One thing I want to mention with this question is that the goal isn't to bring every formula to this perfect neutral. The goal is for the formula to fit the person drinking it, and the moment they're drinking it in. For example, I often drink hibiscus in the summer because I *want* it to be cooling! So I wouldn't add ginger just for the sake of warming it up. But I could see making a hibiscus tea in the winter and wanting to warm it up—so it depends on seasonality, depends on the person. And sometimes balancing is simply about making something taste really good. That counts too!

Next question: "I'd like to start nettle, but I've heard it can be drying, and my menopausal body does not need that. Can I add something like marshmallow and still get nettle's benefits?"

Yes, and that's a classic pairing. Marshmallow brings moisture, and nettle still brings everything you love about nettle. Preparation matters here too. Nettle cooked into a soup, or eaten with healthy fats, is a different experience than a strong nettle infusion every single day.

But here's the thing, always. I've said this before and I'm going to keep saying it: try it! Drinking nettle infusions, even if you tend to be on the dry side, is not the end of the world. Find out for yourself what it feels like. Find out if a bit less suits you better, or as you already suggested, if marshmallow helps. As I said earlier, we use energetics to help us form a hypothesis, but that should never take the place of actually trying it for ourselves.

Next question: "I run cold and dry. I've been studying the Flavor Wheel on my fridge, and there aren't many herbs on it that are warming and moistening. Is that an unusual combination? Should I use warming herbs even though they're drying, and balance them with moistening herbs that aren't too cooling?"

A lot of these questions have the answers in them. Smart crowd! Because really, this person answered their question beautifully. That's exactly what I'd do.

And you're right: warming, moistening herbs are uncommon. Several of you noticed this, including someone who asked whether there are any bitter herbs that are hot and moistening. Moistening bitters are rarer. That scarcity is one of the clearest arguments for formulating. When one herb can't give you everything, you combine.

I will give you one delicious spice that is warming and moistening: cinnamon. Especially when it's prepared as a decoction and then allowed to cool. If you've never experienced it like that, give it a try and tell me what you think!

Next question: "What liver-supporting herbs work for someone who runs cold, damp, and lax? I love dandelion root, but it seems like the wrong fit. Should I just add a bunch of cinnamon and other warming herbs?"

Again, people are already clueing in to formulation here! Absolutely, you don't have to give up dandelion. Bringing warmth alongside it, like you suggested, is a great approach. It's actually very common that we add warming aromatics to round out a bitter, cooling herb and make it easier on cold digestion. A favorite here for me is actually dried orange peel; classic example.

This is also the answer to another question I got, about using energetics to lessen unwanted effects. What could feel like a “side effect” could just be an herb's qualities being too much for you: too cooling, too drying, or too warming. Energetics help you see that and understand that’s what’s going on, and then adjust. You can pair the herb with one that brings the opposite quality, like dandelion with orange peel, or nettle with marshmallow. Sometimes you can just take a little bit less. And if an herb truly disagrees with you, that's worth listening to. There are always other herbs to choose from. We’re so lucky in that regard.

I also want to point out that word "lax," since it showed up in this question. I frame energetics as temperature and moisture, and tissue tone is something to look at alongside those qualities. Knowing if someone's tissues tend toward laxity or tension tells you something useful about which herbs to use. In this case for laxity, herbs with a bit of astringency can help tone things up. I think of schisandra as being a wonderful, nourishing supportive herb for the liver, and it also has some astringency to it. In the Herbal Energetics Course, we explore astringents as part of the sour taste in module 5.

Some other interesting questions about how plants can change. We talked about how people can change; what about plants?

Next question is, "Do herbs lose some of their energetic qualities when they're dried? Does the way I prepare an herb change its energetics?"

Yes, preparation changes things, and ginger is the classic example. Fresh ginger is more directly antimicrobial, which is why it's so nice at the start of a cold. We like to use it fresh, often we'll use it juiced even; whereas dried ginger has a deeper, hotter warmth, and we use it more for stagnant digestion and cold fevers. If you've tasted both, you know just from that that dried ginger bites harder. It's a lot more heating. Part of what's going on here is how the plant is changing chemically.

Now, I have a confession. Phytochemistry is my least interesting part of herbalism. Give me a cup of tea, a plant to taste, a garden to frolic in, and I'm happy for hours. Show me a diagram of molecules, and my eyes start to glaze over. But Rich Mandelbaum, who teaches

phytochemistry in the Herbal Energetics Course, really makes it fascinating. He just pulls different threads in, and when I took it with him I finally just got it. And I'm not the only one who thinks this! We've gotten so much feedback from students saying the exact same thing. So if chemistry has ever intimidated you, I think you're going to love Rich's approach.

Another thing to mention is that some herbs change as you experience them. If you joined the live tasting in the mini course, you felt this with peppermint, which can feel warming at first and then turn cooling—that's the menthol properties in there. Another example is if you eat a really hot bowl of soup—like spicy hot—you might feel warm at first. But then what happens? You sweat and you cool off. Again, this doesn't negate energetics, it just gives us a way of understanding it.

And extraction matters too. Things extracted in alcohol tend to be more warming. Marshmallow in cool water brings out its moistening mucilage, and it has a very cooling aspect to it as well. All of that matters.

Alright, I think this is the last plant question—and maybe even our last question, but it's a great one! "Does the environment a plant grows in change its profile?"

It absolutely does. Growing conditions affect a plant's chemistry, and the cool thing is you can actually taste and smell the difference. Not only that, but closely related species can differ as well. Sometimes people will ask me that: "Can I use this species, or that species?" and the answer is: I don't know! Taste it. (As long as you know it's safe. I'm not talking about tasting unknown plants; as long as you know it's safe.)

I was actually just reading about goldenrod, which is *Solidago* genus, in *King's American Dispensatory*, one of our great eclectic herbals, originally published I think—or maybe the latest version was published in 1898, so it's a little old. Still very relevant! In there, in *King's American Dispensatory*, it states that many species of goldenrod "differ from each other in their degree of astringency and fragrance." Which inherently means the medicine in those different plants is different too!

This is just one more reason I encourage you to taste the plant in front of you, rather than relying on what a book says about the species. Truly, your own senses—especially when they're trained and developed—are some of the best tools you're ever going to have as an herbalist.

So those are our herbal questions, formulation etc., so let's bring this all together.

So that's how all of this comes together in the cup. Let's wrap up.

A lot of the questions I got were something along the lines of "what if I don't fit?" And I hope by now you can hear the answer: you don't have to fit into one or the other. Energetics aren't a test you pass or fail. They're simply a way of seeing, and a way of starting a conversation with your body and with the plants.

Here's what I really want you to take with you. Energetics really do matter. Herbal actions really do matter. Symptoms matter. They don't cancel each other out. They're woven together. Formulas matter, because they let you keep working with the herbs you love, and be more nuanced. Lifestyle matters too: never underestimate how nourishing a good night's sleep can be and how big of an effect it can have on your own energetics!

Another principle is: when in doubt, always treat what you see. Form your hypothesis, try it, test it, pay attention to what happens. That's how every single herbalist learns, including myself.

My hope is that this episode has given you a solid framework, but one episode can't give you the practice.

I've often said that you can read all you want about an apple. You can read about how the tree grows, when it blossoms, how the fruit ripens in the fall. You can read about an apple's color, its texture, what it's supposed to taste like, and how beautifully it bakes into a pie. But you'll never actually understand what an apple is until you taste one.

And even then, you've only tasted one apple. I'm going to bet you've probably eaten a lot of apples in your lifetime. Some apples are crisp, some are mushy. Some are tart, some are sweet, and some are just kind of bland and disappointing. But every one of those tastes tells you something different, because there are different chemical constituents showing up in that moment.

Herbs are the same way. And that's why the Herbal Energetics Course is about two things. First, it's about guiding you so you clearly understand the underlying philosophy. And second—this is the best part!—it's supporting you in figuring this out for yourself. It's not passive book learning. I don't just want you to read about herbs and then keep coming back to me or other sources to figure things out. I want you to experience them! So you can be your own herbal expert. Can you imagine being able to taste an herb and fundamentally know how to work with it? Without even cracking a book? That's pretty cool.

So many of us—including myself—start herbalism with a "this for that" approach, and that works sometimes. It does work—up to a point. But in the Herbal Energetics Course, you learn to see herbs and people through their qualities, things you can actually measure: taste, temperature, moisture, all the things you can notice with your own senses. So what happens is that instead of trying to memorize hundreds of individual recommendations of “take this herb for that problem,” you understand why an herb makes sense in one situation and not another. That's when choosing herbs starts to feel really fun, and you start to feel really confident instead of confused.

In the Herbal Energetics Course we work with the Flavor Wheel, we learn in depth herbal actions and we taste a lot of plants together. And you don't just learn from me!

I've mentioned them before: jim mcdonald teaches the western temperaments. He's hilarious, and it's also super informative. It's something I've studied with him for years on, always get more insights.

Tiffany Freeman Harper teaches traditional Chinese Medicine and Five Elements; she gives us an overview of what that all means. I think it's so important for even Western herbalists to have a basic understanding of those terms, because they show up all the time.

Then we have Anjali Deva; she teaches an introduction to Ayurveda, and gives us a more in-depth look at the doshas.

And Rich Mandelbaum teaches phytochemistry; I promise that's going to be more fun than you think it is!

That's a lot of wonderful teachers, and they all offer great perspectives on so many of the questions you've been asking.

Enrollment for the Herbal Energetics Course closes this Saturday, October 3rd. If you've been thinking about it, the time is now. The link is in the show notes and I'd love to have you there.

And thank you, truly, to everyone who sent in questions through the Sunday Q&A newsletter and my text community. There were so many great questions and I always love hearing from you. They shaped this entire episode, so keep them coming! I love hearing what you're wondering about.

As always, thanks for joining me! I'll see you in the next episode.

This podcast is made possible in part by our awesome students. This week's Student Spotlight is on Deb Johnson in Ontario, Canada.

Deb has been part of our community through the Herbal Energetics Course, where she has brought really thoughtful observation and a growing awareness of plant energetics to her studies. In her Pungent module reflections, she included excellent sensory observations comparing fresh and dried ginger, along with a deepening ability to notice subtle effects and describe how the herbs were affecting her body.

I especially appreciated seeing Deb's growing awareness of her own constitution and how she responds to different plants. Her reflections beautifully demonstrate that herbalism is not simply about learning what a plant does, but about developing the awareness to notice what happens when we meet that plant ourselves.