

**Maria Noël Groves:**

I—I love marshmallow. It's a really great plant, very sustainable, and so I just really have fallen in love with it. It's one of my many favorite digestive support herbs.

**Rosalee de la Forêt:**

Welcome to the Herbs with Rosalee Podcast, a show exploring how herbs heal as medicine, as food, and through our relationship with the living world around us.

Today, we're talking about one of the most soothing herbs that we have—marshmallow. It's a plant that deeply protects the gut, throat, and other mucosal membrane tissues. I'm joined by the fabulous herbalist, Maria Noël Groves, and she shares about mucilage, moistening, and why this herb can be such an important ally when tissues are irritated, inflamed, or in need of repair. If you enjoy this episode, please give the thumbs up so more plant lovers can find us, and be sure to stay with us until the very end for your herbal tidbit.

Maria, welcome back to the show!

**Maria Noël Groves:**

Thank you so much for having me back. I'm always honored to be here, and always a lot of fun to chat with you.

**Rosalee de la Forêt:**

That's how I feel. This is your third time on the show, so folks who might not have listened to your previous podcast or who want to relisten because they are chockfull of information, we had you on talking about lemon balm at one point, and motherwort. This is your third appearance, which puts you in the very upper echelon of podcast guests here at Herbs with Rosalee which is an indication of how much we love having you, so thanks so much for being here.

**Maria Noël Groves:**

Awesome. Thank you. Clearly, I have a little thing for nervous system support judging from the first two. We're going in a slightly different direction today.

**Rosalee de la Forêt:**

I'm looking forward to it. Since you've been on the show before and I've asked about your plant path and we've already been there, we're going to tread into some new territory today. I'm curious if you have anything to share about your time studying with Michael Moore because he is such a character, so incredibly influential in North American herbalism. I never got the chance to meet him, so I always love to hear stories and just—or anything you'd like to share about your time studying with him.

**Maria Noël Groves:**

He's such a character. I first learned about him, I interviewed him for an article I was writing for Natural Health magazine, back when I was an editor there. And I—back in the day, we used to record them and then I would transcribe them. I'm a pretty quick typer. He—we did an interview on nervous system support herbs, actually. He had so many great one liners that I ultimately transcribed the entire interview. I probably still have that somewhere either on a hard drive somewhere or a printout somewhere. Certainly, many of his sayings have become part of things that I teach when I'm teaching. I definitely credit him for my love of anatomy and physiology, and the way we look at the body and how to support it. He was just such a tremendous influence there.

I loved going to herb school. It was one of the best times of my life—timeframes—just sitting in class, listening to him talk. He was—he's not super “move around” kind of guy anyway, but at that point in time, he was not in the best of health. He just pretty much sat in the chair and showed pictures of the plants and talked about them. We would all type away—this group of 30 women and one guy. He would know when he had gone on enough of a tangent, I think, because he'd suddenly stop and realize nobody was typing anymore, because he was a—he was a rambler, for sure, but later listening to those recordings because we saved them all. In

our first book tour, I was traveling around a lot so I listened to about half the year's worth of recordings while I was driving. It was just so brilliant even—it was more than ten years later at that point. It was just like, wow! He was so ahead of his time even then, so I just really owe a lot to him in my own life as an herbalist. I think the herbal community as well is really grateful we get to study with him.

**Rosalee de la Forêt:**

Yeah, and he is one of those—as so many herbalists are, but he was such a prominent figure and he was such an extensive wildcrafter, knew botany and plant identification so well. He was a teacher and he was a practitioner. It's like he did all things herbs. He really brought the North American *materia medica* to light, I think. I just felt—really bringing that forth.

**Maria Noël Groves:**

Definitely, yeah. I had hoped after I left, I was like, “I wonder if I could write a book like he did for the Northeast,” and then as time went on, I’m really not that much of a forager so it really wouldn’t have been quite, and then I got into writing more of the body system side of things. I really, just reading through his books, they’re—they seem dry when you first look at them and then you actually read them, and they’re hysterical—

**Rosalee de la Forêt:**

They’re hilarious.

**Maria Noël Groves:**

And full of information at the same time, but just that dry sense of humor.

**Rosalee de la Forêt:**

I remember back in the day before all this—all these published books, I mean, he was one of the few books that you would have as an herbalist. They were so—they are just so much fun. I still crack them open, just the humor and the knowledge in there is really—a lot of gratitude for Michael and all that he gave us.

**Maria Noël Groves:**

For sure, yeah.

**Rosalee de la Forêt:**

Since another new development for you since we've last talked is that you are now a member of the AHG, American Herbalist Guild board. I'm curious just to hear a little bit about that. That's like no small feat. It's a volunteer position. It takes a lot of time, I imagine. I'm curious what—what called you to be a part of that?

**Maria Noël Groves:**

Sure, and I'll state for the record, just to cross my Ts and dot my Is, that as I talk about it, I'm talking about it myself as a person and not as a representative of the AHG. I did a lot of service work in my local herbal community in my earlier days. From 2009, we launched the New Hampshire Herbal Network. I was the coordinator and ran that for about ten years and it actually became an AHG chapter about halfway through, and then I passed it on to other leadership, and went back for a little while to give a little support during a tricky transition time, just to be the treasurer and help them set up some systems. Otherwise, for the most part, since I left that role mostly in—just before the book published, the first book published, I have been living a more selfish life that doesn't involve a whole lot of volunteerism. A few years ago, I thought, "You know, maybe I might join the AHG board at some point in time, but not this year; I'm writing a book," and then the next year, "Not this year, I'm writing a book," again. "Not this year, I'm moving." But it was something that was on my mind, and then I was really honored that as time went on, a couple of different people that I respect in the organization asked me to join the board. I was like, "That actually is on my mind and I am super honored that you've asked, but I don't have time right now. I don't have the bandwidth." It was part of my plan a while back when I was finishing up books and thinking, alright, pretty soon I finally have a book over my head—book project over my head. I can finally start to take on a volunteer job, much to the dismay of my husband who's like, "Please don't. I just know how much boards take of energy and all that. Please don't." I really feel like I should. So, I did. This summer I ran for the board and was elected, and ended up getting

appointed early. Currently, actually, I'm somehow the interim chair. We'll see how things continue, but I'm very excited for being on the board. I'm really excited with the other folks that are on the board with me, and of course, our new Executive Director, Erika. I have really high hopes that the AHG is going to be doing really great things in the next year and the years to come.

But it is a lot of work. It's volunteering and it always takes way more time than they would tell you at the—at the pre-meeting when you say, "How much time is this going to take out of my life?" and I'd multiply that by ten, is probably more realistic and that's true. I've been involved with other non-profits and boards before, that's pretty typical. The Board is, in this case, it's a governance board so we don't do the day-to-day stuff. The executive staff which would be Erika and her team, the Executive Director and all of them, do the the day-to-day stuff that you can think of for an organization, but the Board is focused more on the policies, the procedures, keeping an eye on things like finances, and all of that. A lot of the things that seem pretty boring at face value, but are actually quite important for the functioning of the organization, so I ended up on the governance committee of the board pretty quickly, and never really expected to be part of that, but I've found that that's a committee I love being on because we get to see things before they go to the full board and discuss them as smaller groups, pre-approve and refine them. That's been pretty exciting and we have a really great group in governance that represents a variety of viewpoints. If it makes it through that, then we know probably it'll be good on the whole board because we might not always, always agree, but if we can agree, then probably everybody else will too.

### **Rosalee de la Forêt:**

Thank you so much for your service because that does sound totally horrible. Just being honest. I am a member of the AHG and I believe in their higher calling. I'm so excited with Erika in Executive Director role now. I just feel right now, honestly, just a lot of gratitude that you find this exciting and want to do it because I'm like, "Alright!"

**Maria Noël Groves:**

Of course! I remember a lot of other organizations and non-profits and things like that, except for my little local group, I'd say there's no other organization that I feel super passionately about that has made such a big difference in my own life, and has crafted my own path from early student and all the way even before student. I was interviewing them before I was an herb student, and then all the way through to where I am now. I've probably taken advantage of almost every single offering that the AHG does. I'm that annoying person that would call to ask questions or type things and whatnot to them. They've been pretty instrumental for a couple of decades of my life, so I'm honored to be able to be in service.

**Rosalee de la Forêt:**

It sounds like you're really the perfect person to be in a service role, so again, thank you. Deeply appreciated.

I feel like maybe we could dive into your chosen herb now. Do you feel ready for that?

**Maria Noël Groves:**

I do. That's a much more fun topic than board work.

**Rosalee de la Forêt:**

Especially, marshmallow. Oh, my gosh. I love marshmallow. I feel like marshmallow is medicine. There's a lot to love there. I love marshmallow, the plant, even. I get giddy to spend time with marshmallow in my garden, so I'm really excited you chose this herb. Excited to hear why you chose it, let's maybe start there. Why did marshmallow call out to you, Maria?

**Maria Noël Groves:**

I love marshmallow. It's a really great plant, like you said. I have grown it in my garden. I'm still getting it established at the new property. At the old property, I had a really lovely plant and I just would go and pet it. If anybody doesn't know, this is a very—it can be quite tall and it's a very soft plant. It's got little hairs on it. It's very delicate. It's big but delicate-looking plant. It

has very light colors, and as you touch it, it's just soft. It's just such a lovely—everything about this plant is about softness. As far as what it brings to our bodies, I know for folks who work with herbs in more emotional, spiritual, the vibe of this plant is around softness, and then certainly, how it feels physically—the physical energetics of it as well. I love that about the plant. I am somebody who can occasionally—I have pretty good digestion, but I had ulcers years ago. I was combining a lot of ibuprofen for menstrual cramps in my early days, and then went to a wedding and drank some alcohol at the same time. That gave me a nice little ulcer. The marshmallow was one of the plants that was in my protocol to support it. My digestive system is still pretty good nowadays, but if I start to feel it getting a little cranky, marshmallow is one of the favorite plants. I just enjoy putting it in my tea, anyway, even if I didn't have a digestive reason to include it. I love the way that it makes—the mucilage—I'm sure we'll be diving into the mucilage a little bit more. I love the way that it gives a velvety, moistening quality to the tea, and a little bit of a—a sweetness. Marshmallow root or marshmallow leaf or—I have become quite fond of linden also as a mucilaginous herb. There's a good chance that one of those three is going to be in most of the tea blends that I make at home. That's—I just have a big love of it. I think that it's an underutilized plant that is easy to grow, easy to cultivate and get lots of it. Especially, if you're working with the leaves, you can harvest jars full of it in a season because it's such a robust plant. Very economical and easy to buy, very sustainable, and so I just really have fallen in love with it as one of my many favorite digestive support herbs. That's it in a nutshell, but we can dive deeper into any one of those.

### **Rosalee de la Forêt:**

Alright, let's do it wherever you'd like to go.

### **Maria Noël Groves:**

So, of course we know that marshmallow is—or hopefully, we know. Maybe we don't and you're about to find out right now that marshmallow is a very mucilaginous herb. It's rich in these complex saccharides, these polysaccharides that create a mucilaginous or mucus-like quality when they come into contact with water. Some people find that viscerally repelling, but if it's not too—too slimy—because if you just take the powder of the root and you mix it

with water, it literally does become the consistency of snot, and that can be a bit off-putting. But if it's in a more cut and sifted form, and it has a higher percentage of water, it gets more of this kind of not thick but just velvety texture that's quite nice, at least I think it's quite nice, almost like if you had a really gelatinous broth and then you warmed it up, so it wasn't literal jelly. You just felt that extra quality. It's just a little bit more hydrating, a little bit more moistening to the body than if you were just drinking plain water or plain broth for that matter.

The mucilage gives a moistening quality that's going to benefit any of the tissues it directly comes in contact to from the mouth, all the way down to the digestive system. Then there probably is also this kind of reflex response of other mucosal membranes that even if they're not—the marshmallow isn't directly touching it—and this is a jim mcdonald thing that I learned and I don't know if there are any science on it, but it makes sense, it feels right in the body—that as your tongue comes into contact with it, those mucosal membranes elsewhere go, "Ooh, let's splurt out a little bit more mucilage" or mucus, if you will, "to moisten our own tissues." It could potentially be affecting the reproductive organs, the urinary tract, the lungs, even though it's not going to come into direct contact with those areas. It's a great lung herb for moistening, and when you've got dryness or irritation whether it's lungs or anywhere else—dryness, irritation. Even with mucus where it seems like there's a lot of it, but maybe it's thick and stuck, often times having marshmallow will help loosen it up a little bit so that you just get things moving better. There aren't too many situations where I would consider marshmallow to be totally contraindicated from an energetics standpoint, but generally speaking, we're working with them more for signs of dryness, irritation, inflammation, and in the digestive system that's certainly true. It's one of the herbs that if we're having reflux and it's causing damage or if we are—or irritation or any of those things, or if we have any other digestive situation really where we're getting that sense of discomfort from dryness, inflammation, irritation. You may need medical care as well, but depending on the scenario, marshmallow tea might be a wonderful addition to your routine.

There is so much more to the mucilage as well. It helps feed our beneficial bacteria, so it can be a microbiome-supporting thing to be consuming on a regular basis. When they get to chew—when those little critters get to chew on fibers, on polysaccharides, they're less likely to chew on your intestinal lining. Because they'll get hungry—there is research on this that if folks aren't consuming fibers and things in their diet that the critters get a bit hungry and they'll start to chew on the mucus lining of the gut, which can contribute to digestive issues over the long haul. Making sure that we have these kinds of complex starches in our diet and lifestyle is going to feed the microbiome in a good way, and just really protect the gut and help it heal as well. Those are a few basic things.

I will say that within marshmallow, there are a couple—there's a continuum. You have the root, and that's the part that's the most popular. You can get it as a powder or you can get it cut and sifted, and—where it's just where it's in little bits and pieces versus a powder we would normally use for teas. They're both good. The powder you can just mix with water or food or whatever, and take it. That's going to be the most mucilaginous. As I was saying, if you added it to water, it would become this "glob of snot" in your cup which is therapeutically beneficial, but not always—not always palatable, especially if you're squeamish. That's pretty strongly mucilaginous. The cut and sifted roots, pretty mucilaginous but a little bit gentler, and often times will just do a cold or a hot infusion, especially if it's over time. This mucilage best extracts in water. It's a water-loving constituent. It also is something that does better over time, so the longer it sits. It also does better with cold, although I personally feel like if you start with hot water, it's fine. It's really more about the time, but listen to your body. I know different herbalists have different points of view on that. I don't mind warming up my marshmallow tea or starting with hot water as long as it has sat for a long time. In my side-by-side comparisons, it's not an issue, but—

### **Rosalee de la Forêt:**

Can I interject there for a bit?

**Maria Noël Groves:**

Please do, please do.

**Rosalee de la Forêt:**

I do like to say a great way to start an herbal fight is to walk into a room and ask about the hot or cold infusion of marshmallow and see—see where it goes. One thing, I think you said the time is so important for the marshmallow. That's something I want to encourage folks to do is to try it for yourself. Infuse it for half an hour, taste it, infuse it for an hour, taste it. Taste it. What is it like after eight hours? And I think that will answer a lot of questions for folks in terms of—and then same with the hot and cold. You could try the two of them, taste it. It's not even something—it's a fun, personal, organoleptic understanding, and it's not even that the eight hours has to be better than the two hours. One time, you might want one or the other depending on the circumstance, so it's a good thing to just test out. Another thing, I don't know if you've run into this, Maria, but my students—I've had this happen numerous times where they say, "I made the marshmallow infusion, let it sit overnight and it didn't get slimy." What I've been able to narrow it down to, I think is just old marshmallow root. I think there's just older marshmallow root out there. People got it from a place that didn't have a lot of turnover with marshmallow root or whatever, and then it just doesn't get the slime, so I always encourage people, like if you infuse a good amount of it overnight whether hot or cold and it's not slimy the next day or somewhat like jelly mucilaginous, it might be old.

**Maria Noël Groves:**

I don't know. I've always had pretty good marshmallow, so I've never experienced that. I also wonder if it's an expectation, like if they're expecting it to come out looking like Jell-O. It's really more just—it's a subtler quality of mucilage than when you're doing it in that kind of a tea-base. But maybe it is being old because it does attract moisture. Even when you're drying it, it takes forever to dry unless you're in a really arid climate or you are using a dehydrator or some other method to really boost that dehydration process, because any bit of moisture in the air it just sucks it back in again. I wonder too if it's older, if it has absorbed just enough moisture that it doesn't release very well. I'm just totally guessing on that. I did the test you're

talking about, that's how I came to my personal conclusion. I spent a day and I started with hot water and I started with cold water, and every hour or two, I'd take a sip of each, and then let it keep steeping. Over time, I really didn't notice a big difference if it was marshmallow only. At least, for mine. The longer it sat, certainly, if it was 12 hours or 24 hours, it tended to get even more velvety mucilage quality. A lot of times, if I'm making a quick—yeah, if I'm making a quick tea, I might let it sit for a couple of hours. It's not as thick, but it's still nice and that just fits my schedule better.

**Rosalee de la Forêt:**

From now on, let's always say "velvety" instead of snotty, I think. Let's make a pact.

**Maria Noël Groves:**

Yes. Velvety is nice and the leaf feels, it's a velvety feeling leaf when you pet it as well.

**Rosalee de la Forêt:**

Yeah, it is.

**Maria Noël Groves:**

I also love working with the leaves and the flowers. They are also quite mucilaginous. The kinds of starches that are in there, even though they are still mucilaginous starches, I think they are probably chemically slightly different from what's in the root. There are occasionally people who don't tolerate the root, that it makes them really gassy. This might be something that they will just adapt to if they take the marshmallow on a regular basis because if you don't normally eat fiber and you suddenly eat fiber, you're probably going to be gassy.

Mucilage is sort of in the family of fiber, if you will. It is technically kind of like a FODMAP. FODMAP is a term that refers to fructooligosaccharides, disaccharides, polyols, and whatever. I can never remember all the different things it stands for, but basically, it's a group of complex starches that if you have small intestinal bacterial overgrowth or SIBO or other forms of dysbiosis that when they come into contact with those complex starches, they can ferment and aggravate gas, bloating, and sometimes reflux. If somebody takes a spoonful of

marshmallow root powder or slippery elm powder and they get reflux from it, that would be a sign to me that they might want to go get tested for SIBO, because most of the time, reflux would not be caused by those things. You might get gas and bloating, but not usually reflux and other situations. Sometimes for some people, it's just a matter of adapting. For some folks, wherever their digestive system is at, what their dysbiosis or whatever it may be, it might just not be the right plant for them right now, and then to address that and then maybe later come back to marshmallow.

The marshmallow leaf almost always is well-tolerated, so I—often if there's any question, if I have them in clinic and they know they have SIBO or they are showing that they're having a hard time digesting fiber, I'll often just start them off with marshmallow leaf. It's cheap. It's easy. It extracts well. Even if you don't have any of those issues, I think it's a great—a great tea ingredient as well. I love putting it in my leafy tea blends or my floral tea blends because it just seems to blend well with them, and elevate their flavor and their energetic—balance the energetics of the teas because most of our herbs are warming and drying, and so adding a little marshmallow leaf or linden leaf or whatever it may be, balances that out really nicely. I'm really on a mission to get folks to work more with marshmallow leaf although the root is still great as long as you tolerate it, and most people do. And then certainly, the powder has its place as well, but oftentimes, I'm working with the cut and sifted forms in—in my beverage teas. They're just so, so delightful and enjoyable, especially when you combine them with others. You actually have a really great recipe that we might be featuring in the next book. You and Rebecca Altman had a recipe on resilience. It was like a resilience tea?

**Rosalee de la Forêt:**

Yeah.

**Maria Noël Groves:**

If I remember it correctly, it was marshmallow, oat straw, and shatavari-

**Rosalee de la Forêt:**

Shatavari, yeah.

**Maria Noël Groves:**

And love that. It amplifies that very bland, mucilaginous—and you could add other flavorful things if you want, but for a lot of people it just feels immediately soothing even though I wouldn't say that marshmallow is officially a nervine. Maybe oat straw is a little and shatavari can be even more so, but there is something soothing about being physically soothed. To some extent that does translate to a more soothed nervous system as well. I love that. That was a really delicious tea. I make it every now and then.

**Rosalee de la Forêt:**

Nice, nice. If that person is burnt-up and dried out, the soothing qualities are so lovely.

**Maria Noël Groves:**

Yes, totally. I will say that one thing that I've been playing with, and it's still early to say, "Yes, this is definitely a thing" or not, but for those folks who do have the dysbiosis where they don't digest fibers very well, oftentimes, I will start them with a marshmallow leaf. Make sure they are good with that, and then I might have them get a little baggie of the root too and just play with slowly adding it in because I suspect that that will be a way to help retrain the digestive system and the microbiome. It has seemed to be helpful in the folks who have done it, but it's really only been a handful, so I can't say for sure just yet. It's something you folks could play with at home. It's generally a pretty safe and well-tolerated plant.

**Rosalee de la Forêt:**

I really love that, Maria, because so often in years past, what has gone on with digestion is someone is like, "Oh, I can't digest that," and it gets off the plate. It's just like, "I'm done with that," and so I've been really into the retraining. Just as you're saying, how can we retrain so that people's diets don't get simpler and simpler, which is, in itself, not going to promote health, but more and more complex. There's like a little bit and a little bit and a little bit.

You're just kind of making the introduction like, "Hello, marshmallow. Hello, gut—gut bacteria."

**Maria Noël Groves:**

For sure.

**Rosalee de la Forêt:**

Just a little bit. This is a first date. You don't have to spend the night together. We're just doing a little bit of introduction.

**Maria Noël Groves:**

I love that. And marshmallow is a nice introduction because it usually—the leaf is almost always well-tolerated, and then the root, a little bit more so. I am alarmed, as I think you are too, by how much—how many people just are digesting fewer and fewer and fewer things well. It seems that fiber, in particular, is a big problem—we have a whole section on fiber in the book. Fiber in particular, is this thing that I'm seeing fewer and fewer people eating. It's like, fiber is really healthy. I know you're not tolerating it well, but the more you avoid it, the worse it often gets. How can we retrain our bodies to be able to digest more foods is not always easy. Sometimes limiting—at least, limiting a few things might help at first, but I don't love this big, ever increasing elimination diet. I don't think it's going to be helpful for most people in the long run. It was a tricky section of the book to write because I also don't want people being like, "I have anaphylaxis, but I'm going to give it a try." Well, technically, desensitization might help with that, that's not something I really want people doing in an uncontrolled setting.

**Rosalee de la Forêt:**

Right. I saw a really funny meme the other day that said, "Fiber really needs to get the publicist that protein does because everybody is talking about protein," but yet less than 5% of the population, according to this meme that I did not fact check, is getting the fiber that they need. I just thought that was so funny because it is true. My feeds are just full of

nutritional advice and it's like, "protein, protein, protein." It's like fiber needs the same publicist. We need to get on the same bandwagon.

**Maria Noël Groves:**

Somebody has to steal this idea from me because I like coming up with ideas but then I don't end up implementing them. Somebody with more artistic—I want to see a little—almost like a candy land thing that you can put on your—put on your fridge that has little magnets for it, and then has a list of how much protein—or how much fiber, rather, is in different foods that you can have races with your family members of how much fiber you're getting in your food for the day.

**Rosalee de la Forêt:**

I love that.

**Maria Noël Groves:**

Probably people would want an app version of that too, but I love the idea of something visceral, like it's on the fridge that everybody is-

**Rosalee de la Forêt:**

That is really cool.

**Maria Noël Groves:**

I have not created it. I'm not that artistic, so maybe somebody else will.

**Rosalee de la Forêt:**

Of course, you know what I want to do that with. It's phytonutrients.

**Maria Noël Groves:**

Oh, yes, yes! We'll be blowing it out of the water.

**Rosalee de la Forêt:**

[crosstalk] would be a part of it.

**Maria Noël Groves:**

Yes, yes, for sure. Phytonutrients are great for your microbiome as well. Thomas Easley, actually, clued me in that one. There's quite a bit of research on bioflavonoids and the deeply pigmented things are really great for not just about your typical probiotics and prebiotics, but eating more of these polyphenols will also help benefit your microbiome too.

**Rosalee de la Forêt:**

Especially, the diversity—they love it. Alright, well, that was a little tangent. Marshmallow!

**Maria Noël Groves:**

Marshmallow, yes! So, back to marshmallow. Back to marshmallow, let's see. Other things we might say about—I guess as a caution, not one I get too panicky about, but because it is a fiber, and especially, when you're taking it in the powdered form, there is a risk that things that you take at the same time of it would not be as well absorbed, but it will grab on to them and not—they'll break down more slowly or not quite as well and get taken out of the body. If you are taking medications, you probably want to separate them by a couple of hours. I suspect that the more velvety teas are less of a concern there, but I don't have any proof of that particular thing. If you are taking spoonfuls of powder, for sure, separate those by a bit. They may also-

**Rosalee de la Forêt:**

This is one that I'm interested in and I've been asking a lot of people about it, so I'm really glad you brought it up. I think it's one of those things that as far as I can tell, we just don't really know. I asked David Winston about it because I'm studying with him right now and he was like, "I suspect it's overblown," he says, but just like you're saying, if you're taking lifesaving or important medications that you really need to be absorbing well, then why risk it in this place of not knowing? I wish we knew more about that, honestly.

**Maria Noël Groves:**

I wish we did too. I think we know a fair amount about—more about just basic fiber supplements. I'm not as worried about eating fiber in the diet as taking a glob of a isolated fiber supplement kind of thing. I had a client who is—she had me as—she still has me as an herbalist and she also has a naturopathic doctor whom I respect. Oftentimes, we'll be doing different things. And so, she had a whole regime of stuff, and then the naturopath recommended that she takes slippery elm powder for her reflux. She started taking literal spoonfuls. I think it was a teaspoon or a tablespoon of it, and two interesting things happened. One, her reflux went through the roof. That was when we—we're like, "Hmm. Maybe you have SIBO," which I believe she did have. I think that was confirmed later. And then—and then the other thing that happened was she started not having all the benefits that she had been getting from her supplements. She was taking them all together, I don't know for sure, but I wondered if taking, mixing that slippery elm powder in with all of her tinctures and whatever else she was taking and swallowing them down with her pills was inhibiting that. I just suggested that she separate it. Not too many scenarios where I, as an herbalist, recommend people take spoonfuls of marshmallow or slippery elm root powder. Slippery elm is very similar to marshmallow root but is a lot less sustainable and it has more of a maple flavor instead of the oaty—there's like a oat—an oatmeal flavor to—to marshmallow, which is kind of bland and nice. It's fine. Slippery elm is fine, but I just like marshmallow more because it's more sustainable. [crosstalk]

**Rosalee de la Forêt:**

I love that nuance, Maria, because it's kind of like, basically, what you're saying is teaspoons of the powder mixed in water, which is this big, sloppiness isn't the same as like a lightly, velvety tea. There's going to be a range there, most likely.

**Maria Noël Groves:**

Yes, that's—that's my suspicion. I don't tend to caution my clients from having their gut-healing teas that happen to have a fair amount of marshmallow—a lot of times like 40%

marshmallow is in their gut-healing teas, and they're sipping it over the course of the day, a quart of it. They don't—I don't tell them to not have supplements and things at the same time. I don't—I just don't think it's going to be a problem, but I can't say that 100%. I forget about it until my students in their drug interaction classes start writing that in their homework like, "No, don't have your gut-healing tea." I was like, "Oh. I don't think it's a problem, but I see where you're getting at."

### **Rosalee de la Forêt:**

I think it's interesting that you've said that marshmallow tastes a bit like oats. I hadn't really thought of that, but as soon as you said it, I was like, "Oh, yeah," which, of course, made me think of your creamy marshmallow nutleg—nutmeg overnight infusion recipe that you're sharing with us. This looks so good. I have never done this before with the oat milk, so I'm going to let you take it from here. If you could please describe it for us, let us know what's in it, and why we'd want to use it. I'm going to go, first of all, that it just looks really yummy.

### **Maria Noël Groves:**

It's pretty tasty, yeah. Anybody that I've brought it to when I bring it to classes on gut healing, people are like, "Oh, my goodness, this is delicious!" You could serve it in the café and people would be very happy with that. I start with your typical overnight infusion of marshmallow root. You could use the leaf, but the leaf does have a little bit different flavor so it wouldn't be quite as yummy if you are working with the leaf. So, I'll do about one heaping—very heaping teaspoon per cup of water. Let that sit overnight and that's your marshmallow infusion or sometimes I'll even go 24 hours, and then I will strain that out. It's fine. You can have that on its own, but it's kind of boring and bland. What I'll do is add a couple ounces of creamy oat milk, like a barista type or a full fat type is going to be a little bit creamier than non-fat, but whatever you want to use. I use the full fat kind, and then—and then I will add some grated nutmeg because I'm a nutmeg fiend. I love nutmeg. And—I'm trying to remember what else—and then maple. Maple sweetens it up a little bit. You could skip the maple if you wanted to, but it definitely gives it a whole other level.

It sort of reminds me a little bit of a very milder tasting chai or—what do we have? Like those London fog latte type things, but it's just really, really soothing and delicious, and just having it, especially if you serve it warm, it's even nicer to drink warm. It's just like—swap your hot cocoa for it. Cocoa is great and all, it won't be energizing like hot cocoa, but if you, after a cold day, you sit there on your couch, snuggled in your blankets in front of the fire and you're sipping your cocoa, or your—or your—I keep saying “cocoa”—you're sipping your—your creamy oat milk marshmallow, just so delicious.

You can use other milks if you want to instead of the oat milk, but there is a potential benefit if people are having irritated gut lining. Oats and oat milk are mucilaginous as well. It's pretty low in protein, which for the most part, is not a great thing, but when it comes to folks who have really irritated gut linings like ulcers or—maybe ulcers I guess would be the biggie. Having a lot of protein will kick up digestive juices, which in most situations is fine, but if you have active wounds on the gut, it's not always very well-tolerated. This is nice also, you're having clients who've had stress gut and ulcers, they are also doing other therapeutics with their conventional practitioners. It was really nice, and all that irritation and stress and discomfort, to have something that was physically, immediately soothing, helped promote the healing and was really enjoyable at the same time, but it's also just a beverage that people could just drink for fun because it's quite tasty.

**Rosalee de la Forêt:**

Oh, my gosh. Aren't herbs incredible like that though?

**Maria Noël Groves:**

They are.

**Rosalee de la Forêt:**

This is a yummy beverage that you can enjoy in front of the fire, curled up with a book, or if you need serious medicine, it also works.

**Maria Noël Groves:**

Yep, totally. It would be lovely with rose or vanilla. You could throw more things in it—a little bit of beet powder to make it pink, you could really have fun with it.

**Rosalee de la Forêt:**

Pink makes everything better. I'm a believer. A little bit of cardamom, maybe.

**Maria Noël Groves:**

Ooh, yes, cardamom.

**Rosalee de la Forêt:**

I'm on it. I have an idea I'm going to run by you, Maria. I'm going to date this a little bit. We're filming this in mid-December right now. We're thick in the middle of eggnog season right now, and I—my husband and I have this recipe that we use for a homemade eggnog recipe that's like—we've been doing it for ten years, at least. We bring it to all the parties. It's a big hit. The one thing about that recipe is it doesn't have the thickness that store-bought eggnog has, which I really like, but that is generally, carrageenan, which I don't have a problem with but still, it's just like I will buy the store-bought stuff just to get that thickness because I like it so much, but my homemade stuff tastes way better. It's a mouth-feel thing. I just had this idea three days ago. I was like, "What if the night before we make the eggnog, we infuse marshmallow root into the milk and let that sit overnight, the next day strain it off, and then make the eggnog as is." What do you think?

**Maria Noël Groves:**

Maybe. It's worth trying. Does milk have—the question is going to be, does milk with all of its own natural fat and protein, is it as good of a solvent. But I bet you it could. It's worth trying—or even—

**Rosalee de la Forêt:**

I wouldn't want to water it down.

**Maria Noël Groves:**

Yeah. I would give it a try. You'll have to let us know. [crosstalk]

**Rosalee de la Forêt:**

There's probably a lot of different ways to go. You could maybe make a thick tea. Maybe not a whole bunch of water, but a really thick tea and add that. Maybe it's little water. I don't know. Go ahead. What are you going to say? You used to make homemade eggnog too?

**Maria Noël Groves:**

I used to. Actually, that was my breakfast growing up. Not—I mean, just—not the really thick, thick stuff. Just my breakfast growing up would be make a smoothie with a raw egg, and some milk, and some vanilla extract, and some sweetener. That was something I would eat in the morning—what I'd have in the morning on my out to go to school.

**Rosalee de la Forêt:**

Wow! I pretend there's not raw eggs in it because it makes me—it makes my tummy flip, so we pretend. I don't know where the eggs in eggnog come in!

**Maria Noël Groves:**

Doesn't the egg thicken it?

**Rosalee de la Forêt:**

Yeah, a little bit but it's still just not store-bought, so I'm on a mission now. By the time this airs, I will have tried something, hopefully, so folks can ask. For those of you listening, for the creamy marshmallow nutmeg overnight infusion, I love hearing how people—what it's like to make it, what it's like to enjoy it. When you make this recipe, let us know in the comments, let us know what it's like, and you can download your recipe card at [herbswithrosaleepodcast.com](http://herbswithrosaleepodcast.com), or check out the show notes and there will be a direct link there as well, and let us know about it. It's fun. I think too when people start commenting, "I made this and it was amazing," and tell about their experiences, it inspires other people to

make it too and then it just keeps growing. That's how we get the most connection and results with herbs, is when we actually work with them and take them, versus just listen about them. I encourage folks to actually get out there and do it.

**Maria Noël Groves:**

For sure! I love hearing adaptations too, so if people are like, "I started with that, but then I did this," or "I did that," I love hearing people's stories. When I'm reading recipes online, I like to see what other people are swapping in or out, and how it worked out for them. Pretty fun.

**Rosalee de la Forêt:**

Yeah. Looking forward to hearing about all of that.

Hey, it's Rosalee. You know, creating this podcast has been one of the most rewarding parts of my herbal work, and if you found something meaningful here, whether it's a new perspective, a favorite recipe or just a sense of calm, I want to let you know there's a good way to go even deeper. It's called the "Podcast Circle." Inside you'll get access to live classes taught by some of my favorite herbal teachers, behind-the-scenes updates, and a beautiful library of herbal resources that we've gathered over the years. But more than that, it's a space to connect with fellow plant lovers who care about the same things you do. And truly, your membership helps make this podcast possible. It's how we keep the episodes coming and the herbal goodness flowing. So, if you're ready to be part of something more, something rooted in connection, head over to [HerbalPodcastCircle.com](http://HerbalPodcastCircle.com). I'd love to see you there.

Maria, is there—I know we've covered a lot about marshmallow. Is there anything else you'd like to cover before we go on?

**Maria Noël Groves:**

I don't think so. I think we covered—I'm sure there are some little things somewhere, but I think we've covered most of the basics.

**Rosalee de la Forêt:**

Wonderful. Thank you for that. It's such a fun plant. I remember marshmallow being introduced way back in the day. It was like a slippery elm substitute. It was like "we have to use marshmallow because slippery elm is not sustainable," but I have come to love marshmallow so much for its own gifts and benefits. Now, I just think of it, although they are both demulcents, very different. Like you said, growing it in the garden too is just one of the delights of the garden, I feel like.

**Maria Noël Groves:**

I have only occasionally played with my own homegrown roots because I always hate digging the plant up. I have done it. Mostly, I think we did it for a photo shoot for one of the books. I was like, "Alright, plant. I'm going to dig you out" and cut up some of it, and then put the rest back in. I know Jim talks about that you can dig it up and cut some of it off, and then put the crown back in the ground. It will keep growing. It's pretty resilient, but I have to admit I'm usually just drying the above ground parts, and then buying the roots. Or sometimes I'm lazy and I just buy the above ground parts too and enjoy the plant in my garden.

**Rosalee de la Forêt:**

I have also harvested it, but not as much because it's easier just to get it. What I have done is just pull back the soil and take one of the roots out. I didn't even unearth the whole thing.

**Maria Noël Groves:**

That makes sense. That makes sense. Does yours attract Japanese beetle? We get—we get those. They kind of descend upon them, I think. I don't know if they've got a new name for them nowadays, but beetles that eat leaves that tend to-

**Rosalee de la Forêt:**

Yeah, yeah.

**Maria Noël Groves:**

So, we get those, but I don't worry about it too much. I usually try to harvest more of it before that happens. I also have found that the more you harvest the stems—I usually just harvest a big stem maybe about two-thirds of the way down, and then it sends up new shoots so you end up with a more beautiful plant for a lot longer. It will eventually flop over in the rain or something, but you can tie it up with your—a good [crosstalk]

**Rosalee de la Forêt:**

I love what you said too. They're just so prolific. I love those plants that are just so easy to grow and so prolific, and so much medicine within them.

Alright, well, I am so excited to talk about your latest book, *Herbal Gut Health*. Oh, my gosh. This book is phenomenal, and—yeah, I mean, you cover everything that you would need to cover in a book. I just happened to open this page, A Good Poop. There's a whole section here on pooping, which as herbalists, we love. Of course—

**Maria Noël Groves:**

We love to talk about poop.

**Rosalee de la Forêt:**

Here we go, fabulous fiber, right there. This is a definitive book on herbal gut health. How did we not have something like this before? Thank goodness, you have now supplied us with it. This is going to be an incredible—it's—first of all, it's super readable just to read through, and then it's going to be an incredible reference as well. You cover so many different things right up until the very end where you're discussing—I love the section where you're looking at the different diseases and it has what it is, when to call the doctor, looking at diet, looking at lifestyles. You have protocols, I guess is what we'd would call those. I loved this, the bean flatulence study talking about fiber. It covers what we are already talking about, looking at how introducing beans slowly over time will help with gas. These are—it's just a phenomenal book. Maybe you could tell us a little bit about—I could just go on and on. I could gush about

this book for you, but maybe we should hear about you, the author. How did this book come to be? How did you decide that you wanted to write a book about gut health?

**Maria Noël Groves:**

Well, as you know, herbalists, we love to talk about digestive system health. It's one of our cornerstone areas of the body that we—we focus on the nervous system, we focus on maybe some detoxification, and gut health is another real biggie in there. And so for us, this is one of the big ways that we tend to support our clients whether they're coming in for digestive system support or they have some other health concern where improving gut health would potentially, in the big picture, improve whatever else is going on. We love gut health. It was the biggest chapter in *Body Into Balance*, and then when the publishers-

**Rosalee de la Forêt:**

Another phenomenal book, in case people don't know. *Body Into Balance*.

**Maria Noël Groves:**

Thank you. Thank you. And a lot of similar content, but there's so much more in this book. When I did the sleep book, the publishers had the idea of diving into a specific topic. After we did that, I said what I really want to do is gut health because I could go so much more into it. Even in that book, we mentioned SIBO, Small Intestinal Bacterial Overgrowth. As that book was going to the very last edits, through the initials into the dysbiosis section, I was just barely learning about SIBO at that timeframe. There's all that to talk about. There were so many more things to talk about that weren't in the book, and things I wanted to go into greater depth on. I said to the publishers after submitting the sleep book that I really want to do one on gut health, but it's going to be bigger. It's going to be more original new content as well. And so we did. Once again, I was way over on my word count so the book ended up being quite a bit bigger than they envisioned, which is standard.

**Rosalee de la Forêt:**

Thank you.

**Maria Noël Groves:**

Standard scenario for Maria. Sorry, editors.

**Rosalee de la Forêt:**

Those of us [crosstalk]

**Maria Noël Groves:**

That's how it came about. It was really a labor of love. I thought maybe this will be a pretty quick book to throw together. That was not the case at all.

**Rosalee de la Forêt:**

How long did it take from conception, first starting writing it to finish?

**Maria Noël Groves:**

I'd say I started writing it in January and was hoping—this was last year. No, two years ago. I started writing in January. I was hoping it would be done by March or so. I think I did meet my deadline-ish, but definitely—

**Rosalee de la Forêt:**

But you wrote this in three months?

**Maria Noël Groves:**

I could be lying about that. It was—it was several months in the spring time. I can't remember exactly when the deadline was. Actually, it was because I was finishing it up as I was going to Italy. It was the end of March because we went to Italy in April. I remember them even saying to me, "You could have more time if you want." I was like, "I can't take more time because I'm going to Italy for three weeks, and then I'm coming in to big classes." It was very stressful, that last month or so was nonstop, seven days a week. The book that's in process now, that's going in edits, my Book #5 was an even bigger project than this one was. And then the edit rounds were pretty intense. The house flooded at the same time, and then I got COVID. I was like, "I'm

calling. I'm crying uncle now. I can't. I can't do this edit round right now. Can we do this later?" It was—there was a lot of—there was a lot of time that went into writing the book, and a lot of time that went into all the various edit rounds of the book as well. Every time something—I re-read something, I think of more things I want to say—another thing my editors don't really love about me, but they still—they still work with me and are nice to me.

**Rosalee de la Forêt:**

No doubt because you just—you have these phenomenal books. I love all of the illustrations, the anatomy and physiology. Just for anybody who's really—there are so many layers to this. An herbal student could read this book and just get so much out of it in terms of just a top down, really inclusive, and well-rounded approach to digestion. There's also—it's just such an approachable book that you could pick it up and go from here and there. You don't have to read the anatomy section if that doesn't interest you. Of course, one thing I really love being a fan of the flavors and taste of herbs, I love that that's—you've got the bitters. You got the sours. You also have the herbal actions in there – carminative, antimicrobial, demulcents. And then I have to give a shout out to Anna Farba who is the—one of—one of the illustrators, the main illustrator for the book? She was also the illustrator for the book I wrote with Emily.

**Maria Noël Groves:**

She did the plants.

**Rosalee de la Forêt:**

She did the plants.

**Maria Noël Groves:**

I was so excited when they—they told me who they found for—for the illustrators, and then I looked her up and I was like oh, my goodness! She did illustrations for your *Wild Remedies*.

**Rosalee de la Forêt:**

Yeah, so she did *Wild Remedies*. That was phenomenal. She's just a fantastic artist. This book is just so beautiful. It's just, yeah, so, so beautiful. Those of you who are watching get to see the insides here, but I just—I couldn't—the second I got this book and opened it up. I always have high expectations of you because you have already raised the bar with your incredible contributions. This one—this is a phenomenal book. It's absolutely phenomenal. I think—I honestly think every herbalist needs to get this book. I do not say that about every book that comes on the show. This book—

**Maria Noël Groves:**

I don't even have to say anything. I'm just going to make you the new publicist for my book. Thank you so much. I'm super honored.

**Rosalee de la Forêt:**

Oh, my gosh, but you have done the work. I mean, this speaks for itself. It's just incredible.

**Maria Noël Groves:**

A huge shout out to the Storey Publishing team as well because it wasn't just me. It was also the three illustrators and multiple editors, and all the different people who worked on the book. That's one of the things I love about working with Storey, is you really do get an awesome team that helps take a bunch, a huge word count, Word doc, and makes it into a really gorgeous book, so props to them for that.

**Rosalee de la Forêt:**

Props to Storey.

**Maria Noël Groves:**

I told them what I wanted them to do, but they actually did it.

**Rosalee de la Forêt:**

Nice, nice. So, this book comes out January 13th, I think it's published?

**Maria Noël Groves:**

Yes.

**Rosalee de la Forêt:**

Available wherever books are sold. And you're going to have a course that goes along with it too? Is that the case?

**Maria Noël Groves:**

Yes, yes. By the time this airs, it will be up and out so so you'll be able to learn more about it. I believe it's going to be three, two-hour classes that are going to happen in March. It will give people a chance to get the book and get a little bit familiar with it, and also for me to go through the next edit round of Book #5 in February, and then as I come out of that—hopefully I'll be done with that and will get to do the gut health course, and then I'll jump into all the other classes I'm teaching in 2026. It should be a lot of fun. There is a Easter egg. I always want them to put it a little further up in the book, but because of something, whatever reason, they usually put it in the back. This book, like the sleep book, comes with that free course. If you're on page 336, under the Resources and Helpful Websites, there is a webs page and a promo code that you can use to find and then sign up for the—the little mini course for free because it's a bonus—a free bonus item for people who buy the book. People can get the book through me and get signed copies, but you have access to that free course no matter where you get it from. That's a lot cheaper to get my book other places than it is to get it through me. I cannot compete with the free shipping and all of that.

**Rosalee de la Forêt:**

Right, right, but the fact that's been held in your hands and you get to sign—and we get the signed copy, and get to support you is awesome. How can folks stay in touch with you? What's the best way?

**Maria Noël Groves:**

The best way is probably my website, which is [wintergreenbotanicals.com](http://wintergreenbotanicals.com), will generally have whatever I'm up to, plus a whole bunch more free info. There is going to be—there already is and there will be more on it by the time this airs, is our little gut hub. You'll get to learn a little bit about digestion to prime yourself for the book, and then on there you can sign up for my newsletter. My newsletter comes out about monthly and keeps you posted on what I'm doing, and always has some recipes or other little useful tidbits for folks that go with the seasons. Those would be the two main ways to keep tabs on me, but I am, of course, I'm on Instagram and I am on Facebook. I do have a YouTube page that most of my videos are unlisted for my students, but I do keep some for free. There are some free videos out there as well, including a list that is videos that other folks have done; like this one will go on that list too.

**Rosalee de la Forêt:**

Nice.

**Maria Noël Groves:**

You can learn about me there.

**Rosalee de la Forêt:**

Wonderful! I can't—I just feel like this is such a service to the herbal community. This is going to be a classic that people reach for, for literally, decades to come. It's going to help so many people. It's going to inform so many people. Just lots of gratitude that you've created and lots of gratitude for the whole Storey team for creating something so beautiful too. It really is a delight. It has the perfect amount of design in it. I think it just adds to it and elevates it in a way. Anyway, I could go on and on, obviously. But before I let you go, Maria, I have one last question for you, and that question is: What would you include in your herbal first aid kit?

**Maria Noël Groves:**

For me, in my life, when I do my first aid classes, I often will tell people, "Don't just say, 'These are the things I need,' but what do you deal with when you're traveling?" For me, it's immune

system, which is pretty common for a lot of people because I very easily catch things when I'm traveling. I usually don't sleep well, and then I catch stuff. The other big one is nervous system, and especially, for sleeping. So, for the immune system, I have a couple of different things, but the biggie is elderberry. I'll either make syrup or I'll buy some gummies and take them that way. I do love my *Echinacea* capsules, the phytocaps that I get. They're a liquid extract inside of a pill because I don't like the way *Echinacea* tastes. Those are my biggies. I pretty much when I went to Italy, I think I literally had 10 lbs of supplements with me, which were my daily supplements, and then boatloads of elderberry and *Echinacea*. I traveled with people who were sick, and not only at that conference that you and I were at, but also with my family afterwards. I was with sick people the entire time. Knock on wood, I didn't get sick, which was amazing. And then—and then, usually, I'll carry kava, which I don't—normally, I'll go with something that's more from my garden for sleep or nervous system, but I love how kava is so broadly helpful in a lot of different nervous system states. For me, it's one I don't use in my day-to-day, but I do like to have in my first aid kit for travel.

**Rosalee de la Forêt:**

I'm a big fan of the elderberry-*echinacea* for travel. That's a big one for me too. I love how you're like, "I don't like the way *Echinacea* tastes," then you also choosing kava, which has a similar but different acrid-

**Maria Noël Groves:**

I don't mind kava.

**Rosalee de la Forêt:**

Really?

**Maria Noël Groves:**

Kava—we've probably talked about this in a prior one, kava was one of the first herbs I ever took because I had panic attacks and insomnia after a stressful event in college. I associate kava with chilling out. I kind of like the taste of it. The little fun fact that I discovered by

accident is that if you get it on your throat, it helps numb out a cough tickle because of its numbing action. Now, occasionally, if you're not sleeping because you have that irritated tickle on the back of your throat, it can help with that too.

**Rosalee de la Forêt:**

Valerian is like that for me. Valerian also came to me at a time of great need, and so now when people are like, "Ugh, valerian," I'm like to me it just tastes like peace.

**Maria Noël Groves:**

That was the other one I got. It was the '90s and so that was what you were given when you went to an herb shop. "I can't sleep and I've got panic attacks." "Here's kava and valerian," and they work. I still don't like the taste of valerian, but kava, kava I appreciate.

**Rosalee de la Forêt:**

I can appreciate that. Maria, this has been so awesome. It's just always such a pleasure to get to spend time with you. You always give us such a major download of herbal wisdom, so deeply appreciative of that. I'm really excited to hear folks' impression of this amazing book. As I said, if you're—if you're listening to this podcast, you definitely want this book. That's my biggest recommendation. I don't give it to every book I see. I definitely, big stamp of approval for this one. Phenomenal.

**Maria Noël Groves:**

Thank you. Thank you. I'm super honored. I love your books. I know I've gushed about them before, but I will say that my students' homework got so much better when they started using your books and your website, so thank you for that. And also, just for this podcast that I love listening to other people speak. I just love the way that you spread very accessible herbalism in the community. It's deeply appreciated. My students and so many people I come into contact talk about it and just love it, so thank you.

**Rosalee de la Forêt:**

Oh, thank you. Big shout out to the whole team who makes this possible. Like you said, it's like we just get to be the face, but yeah, so much goes into all of this, so deep gratitude. Thank you so much, Maria. Welcome back, anytime.

**Maria Noël Groves:**

Thank you. Have a good one.

**Rosalee de la Forêt:**

Thanks so much for listening. You can download your illustrated recipe card from today's episode, just head over to [herbswithrosaleepodcast.com](http://herbswithrosaleepodcast.com) or check out the show notes for a link. If you're not already subscribed, I'd love to have you as part of this herbal community, so I can deliver even more herbal goodies your way.

This podcast is made possible in part by our awesome students. This week's Student Spotlight is on Tricia Pogue in California. Tricia has been part of the Rooted Medicine Circle since its very first year. For years, she was juggling full-time work and caregiving while she kept returning to the course again and again; each time, determined to keep learning. Last fall, she set an intention to complete the entire class and she did it, so kudos, Tricia! I really think her story is just this beautiful reminder that steady commitment, even in small steps, can lead to big transformations. I, for one, have loved having you in class over the years, and I'm also just so proud of you for sticking with it and getting it done despite your incredible workload and caregiving. Among Tricia's favorite creations were her infused oil and her family's treasured "boo-boo cream," and I know she's making all of these with love and intention.

To honor her contributions, Mountain Rose Herbs is sending Tricia a \$50 gift certificate to stock up on their incredible selection of organically and sustainably sourced herbal supplies. So, thank you so much to Mountain Rose Herbs for supporting our amazing students.

Okay, you've made it to the very end of the show which means you get a gold star and this herbal tidbit.

One of my good friends and fellow herbalists, Jim McDonald, once said something along the lines of, "Herbalism is so cool because we have demulcents. Who else has demulcents? Nobody." I love that quote so much, I actually put it on a T-shirt, ironed it on old school, and wore it to a conference he was at as a surprise. But that's another story. Jim's right – demulcents are pretty unique to herbalism.

Demulcents like marshmallow create a soothing, slippery layer over irritated tissues. In doing so, they don't really force the body to do something or override symptoms. Instead, it's just this super basic action of protecting, moistening, and giving tissues a chance to calm down and repair themselves. That's why demulcents can be so helpful in so many situations like we're hearing from Maria: from digestive irritation to sore throats, to dry or inflamed tissues throughout the body, irritated lungs, heartburn, sunburn.

Demulcents really feel like they can do it all in terms of that hot irritation that needs soothing, moistening care. That's just a great reminder that some of the coolest herbal actions aren't really flashy at all. They're just very practical. They're gentle. They're protective and incredibly versatile.

Alright. As always, thank you so much for joining me on this episode. I'll see you in the next one.