



Mini Herbal Energetics Course Video 1: Overcoming 3 Herbal Hurdles

Welcome to the Mini Herbal Energetics Course where I'm showing you how to get the skills to be an herbalist, so you can confidently choose the herbs that actually work for you and your family without memorizing lists of herbs or being fearful of making things worse.

Herbs have become incredibly popular in just the past couple of decades, so why all the renewed interest all of a sudden? It could be in part due to a backlash against pharmaceuticals. People are weary of merely suppressing symptoms without achieving genuine health improvements, and they are frustrated with the side effects and the perpetual cycle of illness without true recovery.

Additionally, there's growing disillusionment with artificial additives like Red Dye #40 that's commonly found in children's vitamins and medications. People are also craving health beyond the pill. They want connection with the world around them by working with nature's remedies. Something I hear a lot from my students is that they want to know how to tap into the wisdom of their ancestors.

My life is immersed in herbs and herbalism, so I'm thrilled they're becoming so popular. But there is a downside. This quick rise in popularity of herbs has resulted in fad, herbal marketing, quick fix herbs, and even people turning to AI for their herbal advice. Yikes! Just in the past year, many herbal books written by AI are showing up in bookstores, entire websites are being created with AI, and they're often filled with horrible and sometimes even dangerous advice.

But it's not just bad herbal information that's the problem. Large scale supplement and nutraceutical companies aren't really invested in the whole of herbalism. They simply want you to buy their products, so they use fancy marketing techniques to get you to just open up your wallet, and the result is that people are accumulating lots of bottles of herbs and supplements but they aren't really learning about herbs or seeing much change in their health. This isn't just doom and gloom here though. All of this simply means that it's important to learn from experienced herbalists as well as the plants themselves.

During this training, I'm going to share with you a few of the biggest myths about working with herbs so that you can move beyond fad herbalism and so called "quick fixes," which tend to



drain your bank account but don't often even work. You'll probably want to take notes to capture your ahas and personal insights, and you'll get the most out of this by giving it your full attention because this training is absolutely packed with transformative information.

You do not have to watch this training all at once, but I do recommend that you watch it soon because more video trainings are headed your way. I've broken up these essential teachings into shorter chunks of training, that way you have time to really digest what you're learning and it can easily fit into your busy life. Just keep in mind that you'll only have access to this Mini Herbal Energetics Course for a very limited time, so make sure you prioritize it soon.

Before we get too far into this training, I want to introduce myself. I'm Rosalee de la Forêt and I've been teaching people how to use herbs through my herbal online courses since 2011. I've been studying herbs myself for over two decades, and over that time I've become a registered herbalist with the American Herbalist Guild. I've written two bestselling books and I'm the host of the popular herbal podcast, Herbs with Rosalee.

I filled this video training with lots of important concepts that will transform how you approach working with herbs because my goal as an herbal teacher is to see your success. I believe that the world needs more herbalists. By the end of this training, you'll understand why some approaches to learning about herbs actually set you back in knowledge and how you can best work with herbs, so you get the results that you're looking for.

To start off, let's make sure you're in the right place and that this Mini Herbal Energetics Course is really for you because I don't want to waste anybody's time if it's not what you need. If you are brand new to learning about herbs for your health, then you're going to learn a ton about getting started in a really smart way with the help of herbal energetics. So, definitely stick around. If you've been studying herbs for a long time, but you're struggling with all that there is to learn, or you've tried herbs for your health before, but you've struggled to get clear, consistent results, then you'll get lots of value out of this training. I'll show you why things haven't worked like you expected and what to do instead.



Here's what a former student of my Herbal Energetics teaching said about her experience:

"This course helps us to 'see' herbalism in a new way. Rosalee is so very knowledgeable and shares these ideas in an easily accessible way. Her presentations are fun to watch. Her exercises really allow you to play with and apply the concepts she has presented."

Whether you're brand new to herbalism or you've been working with herbs for years, there's one key thing to do to get the most out of this training: approach it with a beginner's mindset. You're here because you want to know herbs really well so that you can be a confident herbalist. There might be some concepts in this training that you've heard before, but if your mind is busy saying, "I already know that," you're going to miss out on this bigger picture of how it all comes together.

One thing is certain about herbalism: there's always more to learn. By approaching this video training with a beginner's mindset and curiosity, you'll get the most out of it. I want you to walk away from this training with your mind blown, as well as be inspired to welcome more herbs into your life.

Admittedly, studying herbs can get complicated. Have you ever struggled in your herbal studies? Maybe you tried an herb, but you didn't get the results you're expecting, or you simply tried to research something and then got stuck along the way. Have you ever struggled with learning about herbs? That's not surprising. That's because there are some really common hurdles to learning about herbs in today's high tech, modern world.

In this first video, I'm showing the three biggest hurdles to learning about herbs, and giving you solutions to move beyond them. This includes my unique safety framework so that you can work with herbs safely. Let's dive in.

Hurdle #1: Attempting to substitute herbs for drugs.

Many people new to natural remedies often attempt to simply replace pharmaceutical drugs with herbs. For example, if they normally take ibuprofen for aches and pains then they try to find the herbal equivalent to ibuprofen, and then they're often disappointed with the results. This leads people to question the effectiveness of herbs. They'll come to me asking, "Can herbs



really work as well as pharmaceuticals or over-the-counter drugs?” My response is easy. Yes, they can, but you can’t really compare the two and here is what I mean by that.

Let’s say someone has been diagnosed with heartburn. A common approach in Western medicine is to prescribe an antacid, like a proton pump inhibitor or a PPI. These drugs inhibit the enzyme that creates stomach acid. PPIs can work really well to temporarily start heartburn. However, PPIs come with a lot of side effects such as increased digestive problems like diarrhea, abdominal pain, constipation, gas, headaches and even fevers. Long term use of PPIs can lead to serious issues like kidney disease, severe infections and increased fractures due to calcium deficiency. While PPIs can temporarily stop the symptoms of heartburn, taking PPIs does nothing to address why a person is having heartburn.

In fact, taking these types of drugs is not a long-term cure. According to the American Gastro Association, most people prescribed antacids should be taking them in the smallest dose possible and only in a short-term. Unfortunately, many people are overdosed and taking them for far too long. Herbs do not work like antacids.

In other words, while there are definitely fantastic herbs out there for addressing heartburn, they don’t simply work like a hammer beating down your symptoms and giving you lots of side effects without actually curing anything. Herbs, when used effectively, don’t simply suppress symptoms. Instead, they help to heal the root cause of the problem by restoring balance to your body.

So, when someone comes to me wondering about what herbs are good for heartburn, I’m not thinking, “What is the herbal antacid or what herbs stop stomach acid secretion?” That mentality or approach offers only short-term results, but doesn’t actually solve problems long-term.

As you’ll see in the next couple of videos, I’m more concerned with who the person is and what herbs they could turn to so they can find balance in their digestive system, the goal being that they no longer have heartburn without taking something that gives them horrible side effects.

Before I continue, now seems like a good time for just a little bit of reality check. Yes, I love herbs and I know that they are powerful healers. At the same time, herbs are not simplistic



miracle cure that many inexperienced people on the internet proclaim. There's so much herbal information out there, and frankly, a lot of it is crap or at least misguided. It's really hard to tell the difference between the knowledgeable herbalist and the amateurs who are simply repeating what they've heard.

It can also be hard to find people who have actually have years of experience working with the plants. Here's one reason why that is: A few years ago, internet browser search engines change their algorithms to prioritize information from strict medical sources. That's why when you search for information about herbs, the top results are often from sites like WebMD and some more sources.

I feel like it's probably worth saying right now I have a lot of respect for modern medicine. I've seen it save people's lives, and frankly, what they can do with things like trauma surgery is totally astonishing. But when you are searching about herbs and what you find is WebMD articles or the equivalent, you're basically getting no information at all or very limited and skewed information. That's because the information there isn't based on actual experience.

Let me give you an example. I did a search of herbs for heartburn. Sure enough, the first sites that pop up are WebMD type sites. The first article I saw recommended peppermint for heartburn. I can tell you this right now: most people will see an increase in symptoms when they take peppermint for heartburn, so it definitely don't do that. The second herb that was recommended was ginger, which again, while often used for digestive complaints is rarely going to be recommended for heartburn by an experienced herbalist because for certain people, ginger might make it worse. The third recommended herb was chamomile, which probably won't make things a lot worse, so that's an improvement over the first two recommendations, but chamomile might not get fantastic results for most people.

By the way, later in this training series, we're going to do a tasting experience with ginger and peppermint so you can directly feel just how different these two herbs are.

As I was saying, the problem with this article and many like it is that they aren't sharing information based on years of herbal studies and experiences. Instead, they're relying solely on limited research that can be quite misleading and very constraining. They are also playing this game of "mix and match" herbalism where they throw herbs at a disease or symptoms. In this



case, peppermint or ginger or chamomile for heartburn, without first understanding who the person is and why they're experiencing heartburn, and how they can work with herbs to address the root cause. If you have tried to search for herbal information online only to be stymied by poor search results, you aren't alone. In this case, the algorithms are not in your favor.

To sum up what I've just shared, the first major hurdle to learning about herbs is falling into this common trap of playing mix and match herbalism by attempting to substitute herbs for drugs. This commonly happens because people are trying to shove herbs into a Western medicine system that focuses on disease rather than understand how to use the herbs within its own healing system. This is made worse because online searches prioritize information for medical doctors who don't have herbal training or experience, and it's rigged against people who are herbal experts but not medical doctors. The result is that you find very limited and skewed information.

So, what's the solution to this mess? Here's the first one. Repeat after me: Friends don't let friends use Google as their herbalist. Ultimately, the best solution is to stop chasing herbal facts from inexperienced people, and instead to develop your own herbal skills that way you become your own herbal expert. The first step to gaining these skills is to understand the difference between diagnosing a disease, which is a practice reserved for medical doctors, and instead to understand who the whole person is so that the herbs can be used to promote balance rather than simply suppress symptoms. This is going to be the topic for Video Training #2, so stay tuned for that.

Hurdle #2: Sinking into herbal overwhelm.

Someone told me that they've never felt overwhelmed when learning about herbs. I would wonder if that person has even attempted to learn about herbs ever. The reality is there is a lot to learn about herbs and herbalism. In some ways, herbal overwhelm is just part of the learning path. The problem is when you stay stuck in herbal overwhelm and become paralyzed without moving forward.

Herbal overwhelm is common for two reasons. The first is just simple excitement. Once the herbal bug bites you, it's hard to maintain a moderate approach to learning. Instead you want to



learn it all and preferably by yesterday. The more you learn, the more you realize there is to learn and it just keeps going and going and going. The second reason is that there's so much information out there. We live in an age of information between the internet, social media, books and teachers. There is an astonishing amount of herbal information out there. Honestly, more than you or I could possibly consume within a lifetime.

When people get stuck in the overwhelm phase, here's two results I often see: one, is that they attempt to memorize everything, which means they are possibly taking in loads of information and then just hoping it sticks, so they can pull out that information when they need it. If you've tried this approach and you aren't blessed with a photographic memory, then you know what most often happens is that the information you attempt to memorize just goes in and then out, meaning that you end up looking up the same herbal facts over and over again.

Another path which is even more sad, is that herbal overwhelm hits and the person just gives in. They get discouraged and basically, don't keep moving forward. I hear these excuses all the time. People will say, "There is just too much to learn. I'm too old. I'm too busy," etc. The solution to herbal overwhelm is stop trying to memorize herbs so that you're essentially an herbal parrot. It's just not sustainable, or frankly, even fun to just keep repeating what you have memorized from other sources. Again, this solution is about becoming your own herbal expert by gaining herbal skills beyond memorization. This includes being able to tell how a plant works by how it tastes and feels. More about that in Video Training #3.

Alright. We're on to our last hurdle.

Hurdle #3: Fear of getting it wrong and making things worse.

Have you ever felt afraid of using herbs either for yourself or for a loved one? Have you ever held back from using herbs because you're afraid of choosing the wrong herb or you're afraid of making things worse? If so, that's great, like seriously awesome because a little dose of caution is warranted when you're starting out with herbs. Fear can be this great internal warning system to ensure that you move forward slowly, so you can avoid hazards. Of course, you don't want to stay stuck in fear, and the best way out of fear is to get informed. Part of this fear, especially in the beginning is that there's so much to learn about herbs that we don't even know what we



don't know. It's hard to feel confident when there are so many unknowns. The solution to this is to get fully informed rather than trying to piece things together as you go.

One thing I want to address is that my students often ask, "Is it okay to tell my doctor about the herbs I'm taking?" The answer is a definite yes. However, when you discuss herbs with your doctor, don't be surprised if you know more about them than they do even if you're a beginner. The thing is doctors aren't herbalists and sometimes doctors can have a very conservative approach to herbs because they simply aren't informed about them. Again, caution about the unknown isn't a bad thing.

While I have some issues with how mainstream medicine is often practiced today, especially in regards to chronic illness, I never recommend stopping medical care. So, find the doctor you like and trust, and keep them informed. Everyone deserves to have access to the best healthcare possible, so when it comes to your personal health, gather a team of folks with you. Include a medical doctor and an herbalist on that team.

I want you to walk away with some practical tips you can move beyond fear with working with herbs. To do that, I'm introducing a simple framework for you to evaluate how much caution is warranted in regards to herbal safety.

To begin, we need to evaluate who is taking the herbs and then what herbs are being taken. Here's a way of doing this: while everything exists on a spectrum, we can roughly place humans into three cautionary categories – green, yellow, red. Just like a stoplight.

People in the green zone are in great physical shape with very few health complaints or they have some health challenges, but with very mild symptoms. People in the green zone don't have moderate or severe allergies or sensitivities. People in the yellow zone are in fairly good physical shape with several health complaints and are possibly taking a couple of mild pharmaceutical medications. This could include someone who is experiencing acute symptoms like a cold or a flu or maybe back pain. They also might have some allergies or food sensitivities. People in the red zone have a challenging health conditions and may be taking lifesaving pharmaceutical medications, especially things like warfarin. This can include people who are currently experiencing acute or chronic, moderate to severe symptoms. This group could also



include someone who is pregnant or breastfeeding, which is obviously not an illness. Just something that warrants extra caution.

Next, we can place herbs in this framework:

Herbs in the green zone are culinary and food-like herbs that are generally considered safe for most people. These are often consumed as food, teas, capsules, tinctures, etc. in moderate to large amounts. There's generally no issue with taking these herbs frequently or for a long time. Examples include things like basil, nettles, oat straw, ginger, and chamomile. Herbs in the yellow zone are used for specific health reasons often in small to moderate amounts for a specific amount of time. These herbs may have known contraindications with pharmaceuticals. Examples can include things like valerian, cramp bark and St. John's wort. Herbs in the red zone have strong medicinal effects. These could be low dose herbs, which are taken for a very specific health challenge for a shorter amount of time. Examples include things like Rauwolfia, *Pulsatilla*, and *Corydalis*.

In this model, if a person is in the green zone, they can take herbs in the green zone with a high likelihood of safety. They can also most likely do fine with most herbs in the yellow zone. Herbs in the red zone are always best under the supervision of an experienced clinician who has experience working with these types of herbs. If someone is in the yellow zone, they can also have herbs in the green zone, but there may be some specific issues like an allergy to the Aster family, in which case chamomile might not be a good choice. More caution would also be warranted for herbs in the yellow zone, especially if the person is taking pharmaceuticals. As always, herbs in the red zone are always best under the supervision of an experienced clinician.

If someone is in the red zone, they can most likely have herbs in the green zone. However, there might be significant issues here. For example, if they're taking warfarin, stinging nettles may not be okay. Dosage and duration could also be considered differently vs. someone in the green zone. Extra caution is warranted for herbs in the yellow zone, especially in regards to medications. As always, herbs in the red zone are always best under the supervision of an experienced clinician.



I hope this gives you a helpful framework for evaluation or just a way to think about herbal safety. Most herbs are mostly safe for most people, but there are potential challenges and complications that is important to know about.

There are two other aspects of herbal safety that I want to cover briefly. The first is what's called, "red flag symptoms." These are the symptoms that require immediate medical attention. I'm going to include this in a handout so you can reference them easily, and then I'll go over them here briefly too.

Red flag symptoms are sudden, severe and they aren't explained by recent activities. For example, shortness of breath is normal during or shortly after running or walking up 10 flights of stairs. But if someone experiences shortness of breath suddenly without any reason, that's a red flag symptom that needs medical care. Other red flag symptoms include the following (and again, remember these are all sudden severe and without explanation):

- abdominal pain
- high fever
- chest pain
- dizziness
- severe fatigue
- shortness of breath
- loss of bladder or bowel control
- blood in the stool or urine
- red streak coming from a wound
- severe pain or pain following an accident like a car accident, as well as
- signs of a stroke, which are loss of speech or understanding, paralysis in the face or one side of the body, difficulty walking and severe headache.

Also included in my red flags is whenever there's a health symptom that you find worrisome, it's better to get help if you're in doubt. Many local hospitals or perhaps your insurance company have nurse hotlines you can call with questions, so find that number now and then have it available for when you need it.



Lastly, one area of herbal safety we haven't covered yet is how to work with herbal energetics to best match herbs to people, so there aren't unwanted effects and you don't make things worse. But that's something that we'll be covering in the future training videos once we go over the foundations of herbal energetics.

To sum up Hurdle #3, it's a good idea to approach herbs with caution and a full safety understanding. Most herbs are safe, but not all herbs are safe for all people. Complications can happen when someone is taking pharmaceutical medications during pregnancy, and when there's a mismatch of herbal energetics. The solutions to overcoming a fear of using herbs are:

- to be fully informed, to use the green, yellow, red framework I've shared to have an idea of how much caution is warranted
- to know your red flags and complications so you know when medical help is required
- to begin by working with herbs that are known to be safe. Culinary herbs are wonderful for this because when they're used well, they're super powerful while being safe for most people.
- You also want to start with low amounts of herbs when using them for the first time
- You want to work with herbal energetics to match herbs to the person, which is going to be in our future training videos.

This broad overview of herbal safety is an ideal starting point. In the Full Herbal Energetics Course, you'll find a dedicated section with everything you need to work with herbs safely. I'll be sharing more about the Herbal Energetics Full Course later in the training.

I want to see you confidently using herbs. That's why I'm providing this basic framework with you now, so you have a foundation to feel safe and confident on your health journey with herbs. Ultimately, I want your experience with herbs to be joyful and empowering because herbs are powerful healers. They don't simply suppress symptoms like most pharmaceuticals.



Once you have the tools to choose a remedy that makes sense for your body, rather than trying to concoct a faith door, so called “miracle cure,” they can address the root causes of your illness in some really spectacular ways.

There are three reasons I’m so confident in making that statement. I know it’s all possible because I’ve studied and practiced extensively myself, and I’ve seen thousands of my students become confident herbalists. Thirdly, because herbs have literally saved my life. When I was in my early twenties, I had this bizarre set of symptoms that eventually landed me in an ambulance headed to the ER. A team of specialists worked on my case at a prominent hospital in Seattle, but once I was diagnosed with this rare autoimmune disease, they didn’t have much to offer me. They told me the quality of my life will decline, that I probably wouldn’t live past 40. The only solution they could offer was high dose of steroids. They did warn me that steroids might help me in the short-term, but they came with many side effects. Eventually, the steroids just wouldn’t work at all.

I was devastated, but luckily, I didn’t accept the vision for my future. I dived head first into the world of natural health. I learned everything I could and after just six months of natural treatments including lots of herbs, I was symptom-free from that debilitating disease. Plus, I’ve made it past my prescribed death date of 40. As soon as I recovered, I knew I needed to help other people with their chronic illnesses and I’ve since dedicated my life to doing just that.

I studied for over eight years at intensive herbal schools. I completed a clinical mentorship. I had a clinical practice and I became a registered herbalist with the American Herbalist Guild. In time, I wrote two bestselling herbal books and over the past decade, I’ve had tens of thousands of students in my online classes. I’m known for my herbal energetics approach to herbalism, which has helped thousands of people use herbs safely and effectively.

Herbs are my life and I’m deeply passionate about herbalism, which is why I’m committed to teaching people just like you to work with herbs effectively. What I most often hear from my students is that I help them move beyond herbal overwhelm so they could feel confident when working with herbs, which is exactly what this training is all about.



Before I give you a peek at what the other trainings are that are headed your way, here is a summary of what this video covered:

Herbs are becoming increasingly popular, which is awesome, but there are also some downsides like this sloppy use of mix and match herbalism, or attempting to use Google or AI in order to memorize herbal facts. Many people understandably initially try to use herbs by substituting them for pharmaceuticals or over-the-counter drugs. For example, they want to find an herb to take for heartburn instead of taking an antacid or a PPI. This often doesn't give them the results they were looking for. The solution is to change the approach from mix and match herbalism to learning the herbal skills you need to become your own herbal expert, and to instead match herbs to people.

I've also shared how herbal overwhelm is common and very real and it's a natural part of learning anything new. How you can break free of paralyzing herbal overwhelm is to become your own herbal expert by developing herbal skills instead of trying to be an herbal parrot and simply repeat memorized facts.

Lastly, this training focused on the importance of herbal safety. The three tips I shared are:

- to definitely tell your doctor and health team about the herbs that you decide to take.
- use the green/yellow/red framework to get an idea of how much caution is needed when working with herbs, and
- to know your red flag symptoms so you can get medical help when it's necessary.

I'm honored that you're here for this training. It's my absolute privilege to be an herbal teacher and that wouldn't happen without you. One of my greatest joys is seeing my students go from overwhelm to confused to feeling confident.

Here's what I'm sharing in the next three videos to help you do just that:

In Video 2, we'll look at your unique herbal type or constitution and how you can better match herbs to a specific person rather than this ineffective game of mix and match herbalism.



In Video 3, you'll see how you can drop herbal overwhelm and let the herbs tell you how they work simply by how they taste and feel. This will be a live video training and we're going to be doing an actual herb taste test with ginger and peppermint. Check out your handouts so you can have the herbs that you need on hand.

In Video 4, I'll take you through the Herbal Energetics Flavor Wheel so you can see how this entire system is put together. For those of you who are ready to dive deeper, I'll be sharing about the Full Herbal Energetics Course.

Remember that this Mini Herbal Energetics Course is free, but it's only available for a limited amount of time so set aside time this week to make sure you have time to watch everything before it's gone.

Okay. Here are your next steps:

First, be sure to download your worksheets and safety handouts for this video so you can easily reference them when you need them.

Second, head over to our herbal community to join the discussions there and introduce yourself. We'd love to hear where you're hailing from and what you love about herbs. I'd also love to hear what was your biggest aha or takeaway from this first Mini Herbal Energetics Training.

Thanks again for being here. I'll be back soon with your next herbal training.