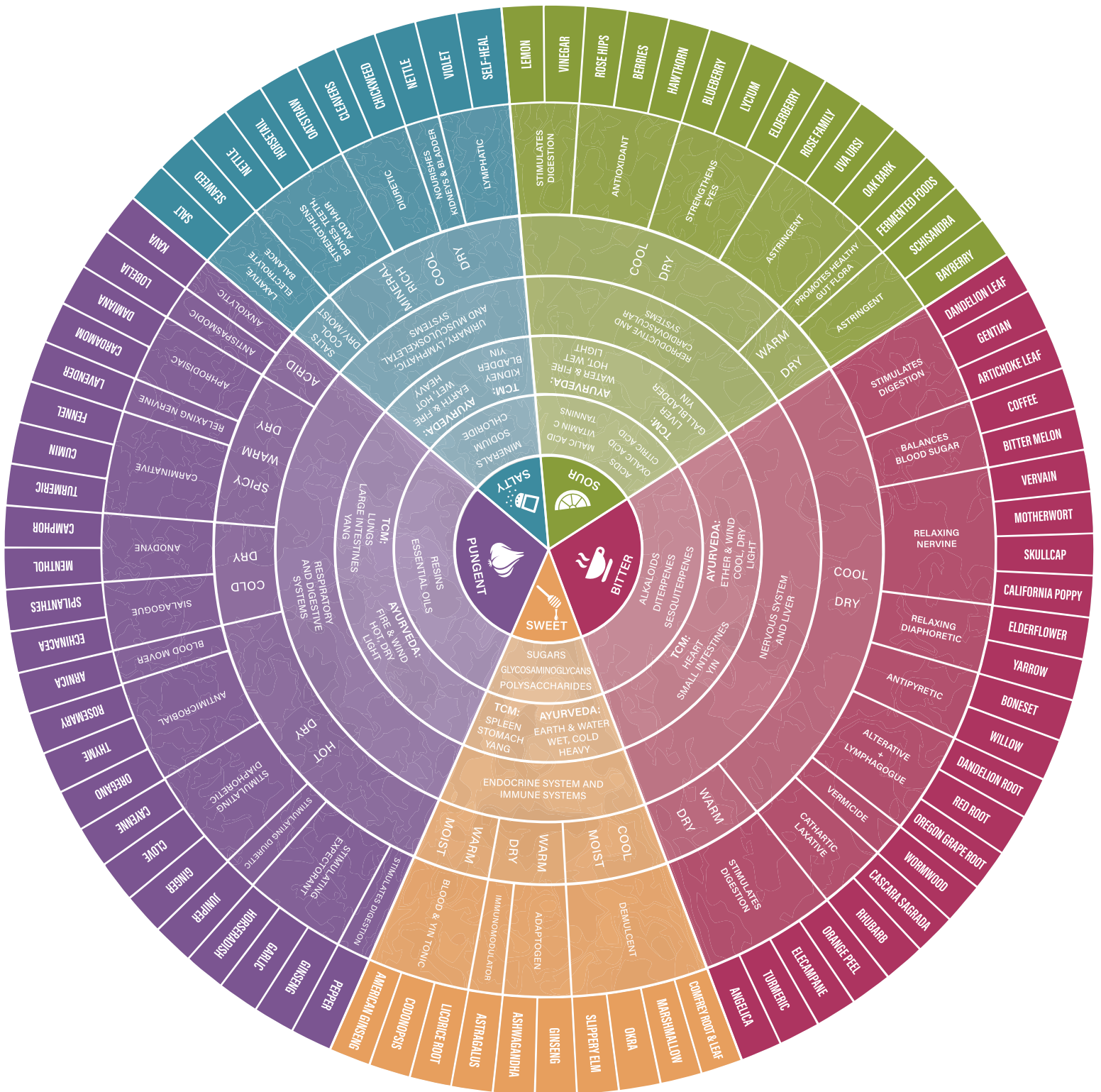


Herbal Energetics Flavor Wheel



HERBAL ENERGETICS
COURSE
How to be an Herbalist

Herbal Energetics Flavor Wheel created by Rosalee de la Forêt.
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HERBS
with ROSALEE

THE SEVEN RINGS OF THE FLAVOR WHEEL



- 1 The Five Tastes
- 2 Common Chemical Constituents
- 3 Traditional Chinese Medicine (TCM) and Ayurveda Classifications
- 4 Body Systems
- 5 Plant Energetic Qualities
- 6 Western Herbalist Actions
- 7 The Herbs

SAFETY GUIDE: PEOPLE

Everyone exists on a spectrum, but we can roughly place humans into three different categories: green, yellow, red.

GREEN

People in the green zone are in great physical shape with very few health complaints (or they have some health challenges with mild symptoms). People in the green zone don't have moderate or severe allergies or sensitivities.

YELLOW

People in the yellow zone are in fairly good physical shape with several health complaints, and are possibly taking 1-2 mild pharmaceutical medications. This could include someone who is experiencing acute moderate symptoms, like a cold, flu, or back pain. They also may have some allergies or food sensitivities.

RED

People in the red group have challenging health conditions and may be taking several lifesaving pharmaceutical medications (especially 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).

SAFETY GUIDE: PLANTS

Plants vary greatly in their degree of safety, and we can roughly categorize them into three different categories: green, yellow, and red. Understanding the safety spectrum of plants helps ensure their beneficial use while minimizing risks.

GREEN

Herbs in the green zone are culinary and foodlike 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: rosemary (*Salvia rosmarinus*), stinging nettles (*Urtica dioica*), oatstraw (*Avena sativa*), ginger (*Zingiber officinale*), chamomile (*Matricaria chamomilla*).

YELLOW

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: valerian (*Valeriana officinalis*), cramp bark (*Viburnum opulus*), St. John's Wort (*Hypericum perforatum*).

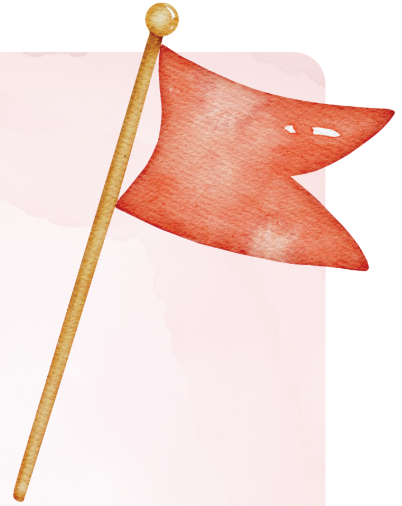
RED

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: Rauwolfia (*Rauwolfia serpentina*), Pulsatilla (*Pulsatilla vulgaris*), Corydalis (*Corydalis yanhusuo*).

RED FLAG SYMPTOMS

Red flag symptoms are sudden, severe, and aren't explained by recent activities. So, for example, shortness of breath is normal during or shortly after running. But if someone experiences shortness of breath suddenly without any reason, that is 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/pain following an accident (e.g. car accident)
- ⊗ Signs of a stroke: Loss of speech or understanding, paralysis in the face or one side of the body, difficulty walking, severe headache



Another red flag symptom is whenever there is a health symptom that you find worrisome. It's better to get help if you're in doubt. Many local hospitals (or your insurance company) have nurse hotlines that you can call with questions.



Find this number now and have it available for when you need it.

DISCOVERING YOUR PERSONAL CONSTITUTION

Quiz Set A: Determining Hot and Cold

Check each statement that feels true to you.

- ☐ I tend to feel warmer than others.
- ☐ I tend to have a loud voice.
- ☐ My entire face can easily get red or flushed.
- ☐ My tongue tends to be bright red.
- ☐ I have lots of opinions and I am not afraid to share them.
- ☐ I prefer cold weather.

Total number of checks: _____

Check each statement that feels true to you.

- ☐ I tend to feel colder than others.
- ☐ I tend to have a quiet voice.
- ☐ My face, lips and/or tongue tend to be pale.
- ☐ I often feel like I have low energy levels.
- ☐ I prefer warm weather.

Total number of checks: _____

Add up the checks in each quiz. If you clearly have more checks in the first quiz, this indicates more heat qualities. If you clearly have more checks in the second quiz then you have more cooling qualities. If you have an equal amount of checks in both quizzes this could mean that you have a fairly balanced constitution. Next step is to evaluate your damp and dry qualities....

Quiz Set B: Determining Your Damp and Dry Qualities

Check each statement that feels true to you.

- ☐ I tend to sweat more easily than others.
- ☐ I often have a runny nose.
- ☐ My arms and legs can feel heavy.
- ☐ I tend to have a thick coating on my tongue.
- ☐ My skin and hair are often oily.
- ☐ I prefer dry climates and don't like humidity.

Total number of checks: _____

Check each statement that feels true to you.

- ☐ My skin tends to be rough and dry.
- ☐ I often have a dry throat, nose and/or mouth.
- ☐ It's hard for me to stay hydrated.
- ☐ My hair tends to be dry.
- ☐ I often have itchy skin or scalp.
- ☐ My tongue does not usually have a coating on it.

Total number of checks: _____

Again, add up the checks in each quiz. If you have more checks in the first quiz then you have more signs of dampness. If you have more checks in the second quiz then you have more signs of dryness. If you have an equal amount of checks in both quizzes, this could mean you are fairly balanced in regards to damp/dry.

Your result from the first set of quizzes can be combined with your result from the second set of quizzes so that you end up with a combination of thermal results and humidity results. For example: hot/dry, hot/damp, cold/dry, cold/damp.

YOUR CURRENT ENERGETICS

Quiz Set A: Determining Hot and Cold

Check each statement that feels true to you.

- ☐ I feel hot or have a high fever.
- ☐ I am very thirsty.
- ☐ My face is red and flushed.
- ☐ I dislike hot temperatures and crave coolness.
- ☐ I am restless and/or irritable.
- ☐ I have red eyes.
- ☐ I have yellow discharges (e.g. mucus).
- ☐ I have strong odors.
- ☐ My sleep is restless.
- ☐ I have a strong appetite.
- ☐ My tongue is bright red possibly with a yellow coating.

Total number of checks: _____

Check each statement that feels true to you.

- ☐ I strongly dislike cold temperatures and prefer warmth.
- ☐ I feel fatigued or lethargic.
- ☐ I have white or clear discharges (e.g. mucus).
- ☐ I have loose stools or undigested food in stool.
- ☐ I have a poor appetite.
- ☐ I have a pale face, lips and/or tongue.

Total number of checks: _____

Add up the "true" statements in each quiz. If you clearly have more true statements in the first quiz, this indicates more heat qualities. If you clearly have more true statements in the second quiz then you have more cooling qualities. Next step is to evaluate your damp and dry qualities....

Quiz Set B: Determining Your Damp and Dry Qualities

Check each statement that feels true to you.

- ☐ I have excess fluids (e.g. sweat or a runny nose).
- ☐ I have nausea.
- ☐ My arms and legs feel heavy.
- ☐ I have edema.
- ☐ My chest feels full of congestion.
- ☐ I feel sluggish.
- ☐ My tongue has a thick coating.

Total number of checks: _____

Check each statement that feels true to you.

- ☐ My skin is rough and dry.
- ☐ My fluid discharges (e.g. mucus) are scanty or thick.
- ☐ I often have a dry throat, nose and/or mouth.
- ☐ I have hot flashes or night sweats.
- ☐ I am unusually thirsty.
- ☐ I am constipated with dry stools.
- ☐ My tongue looks dry and cracked and does not have a coating.

Total number of checks: _____

Again, add up your totals in each quiz. If you have more checks in the first quiz, then you have more signs of dampness. If you have more checks in the second quiz, then you have more signs of dryness.

Your result from the first set of quizzes can be combined with your result from the second set of quizzes so that you end up with a combination of thermal results and humidity results. For example: hot/dry, hot/damp, cold/dry, cold/damp.



GINGER TASTING

Tasting herbs and feeling how they work in our bodies is the BEST way to learn about the art of herbalism. Once you have an experience with an herb, you are not going to forget it in the same way that you can easily forget those long lists of herbs and ailments.

To show you how simple this is, I am going to take you through a simple tasting experience so you can really get what I mean.

This experience is about simply noticing how something makes you feel and what changes you notice in your body. There are no wrong or right experiences. It's really about your own awareness and observations.

We are going to start by tasting ginger. This is a perfect herb to start with because its energetics are very pronounced, it's easy to find and most people think it tastes good.

You can make a tea with fresh ginger or dried ginger. Whatever you can most easily find will work great.

FOR FRESH GINGER...

- Put one tablespoon of minced fresh ginger into a cup.
- Cover this with 8 ounces of just-boiled water.
- Cover the cup and let steep for ten minutes.

FOR DRIED GINGER...

- Put 2 teaspoons of dried ginger powder into a cup.
- Cover this with 8 ounces of just-boiled water.
- Cover the cup and let steep for ten minutes.

You can strain either of these teas if you like. I generally leave the ginger in, myself. Now that your tea is made you are ready for the tasting experience.

Step 1: Smell your tea

What do you notice?

Does the tea have a smell? Do you notice any changes in your body when you smell that tea? Is it a pleasurable smell? Or do you dislike it?

Step 2: Sip your tea

How does it taste?

Sweet? Sour? Bitter? Spicy?

Step 3: Take another sip

What do you notice within your body?

Do you notice yourself taking a deeper breath? Do you have any sensation in your sinuses? Do you feel the digestive process begin? (More salivation, tummy rumbling?)

Step 4: Take another sip

What do you notice about its warming or cooling qualities? Do you feel heat when you sip this tea? Heat on your tongue or in your belly? Or do you feel more cold sensations?

Remember: This experience is about simply noticing how something makes you feel and what changes you notice in your body. There are no wrong or right experiences. It's really about your own awareness and observations. Practicing and refining this tasting experience is one of the most important tools an herbalist can have.





PEPPERMINT TASTING

Our next tasting experience is with peppermint (*Mentha piperita*). Like our previous tasting with ginger the most important thing is to observe how this tastes and how it feels.

You can make peppermint tea with either fresh or dried leaves. Whatever you can most easily find will work great. You could also use spearmint (*Mentha spicata*).

FOR FRESH PEPPERMINT...

- Put one tablespoon of minced fresh peppermint into a cup.
- Cover this with 8 ounces of just-boiled water.
- Cover the cup and let steep for five minutes.
- Strain.

FOR DRIED PEPPERMINT...

- Put 2 teaspoons of dried peppermint leaf into a cup.
- Cover this with 8 ounces of just-boiled water.
- Cover the cup and let steep for five minutes.
- Strain.

Step 1: Smell your tea

What do you notice?

Does the tea have a smell? Do you notice any changes in your body when you smell that tea? Is it a pleasurable smell? Or do you dislike it?

Step 2: Sip your tea

How does it taste?

Sweet? Sour? Bitter? Spicy?

Step 3: Take another sip

What do you notice within your body?

Do you notice yourself taking a deeper breath? Do you have any sensation in your sinuses? Do you feel the digestive process begin? (More salivation, tummy rumbling?)

Step 4: Take another sip

What do you notice about its warming or cooling qualities?

Do you feel heat when you sip this tea? Heat on your tongue or in your belly? Or do you feel more cold sensations?

Try drinking this tea cold. How do the sensations you experience change?

