

THE
VITALIST HERBALIST
MINI-COURSE



LESSON ONE:
The Herbal Energetics Chart

| | ENERGETICS | TASTES | ACTIONS | PLANT EXAMPLES |
|-------------|------------|---|--|--|
| TEMPERATURE | Warming | Pungent | Carminative, Diaphoretic, Circulatory Stimulant | Cayenne, Prickly Ash, Ginger, Fennel, St. John's Wort, Rosemary |
| | Cooling | Bitter, Sour (fruits) | Sedative, Inflammation modulating | Dandelion, Hawthorn, Oregon Grape, Elderberry, Rose, Lemon Balm |
| MOISTURE | Moistening | Sweet, Salty <small>(some salty herbs help to retain water)</small> | Demulcent | Marshmallow, Chia, Licorice, Milky Oats, Slippery Elm, Goji, Solomon's Seal |
| | Drying | Sour, Salty <small>(many salty herbs are diuretic)</small> | Astringent, Diuretic, Diaphoretic, Carminative | Nettle, Pipsissewa, Goldenrod, Celery Seed (many herbs are drying) |
| TONE | Relaxant | Acrid | Anti-spasmodic, Nervine | Blue Vervain, Valerian, Kava-kava, Lobelia, Passionflower, Hops |
| | Tonic | Astringent | Astringent, Tonic <small>(increases tone)</small> | Goldenseal, Oak, Red Root, Raspberry leaf, Lady's Mantle |

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