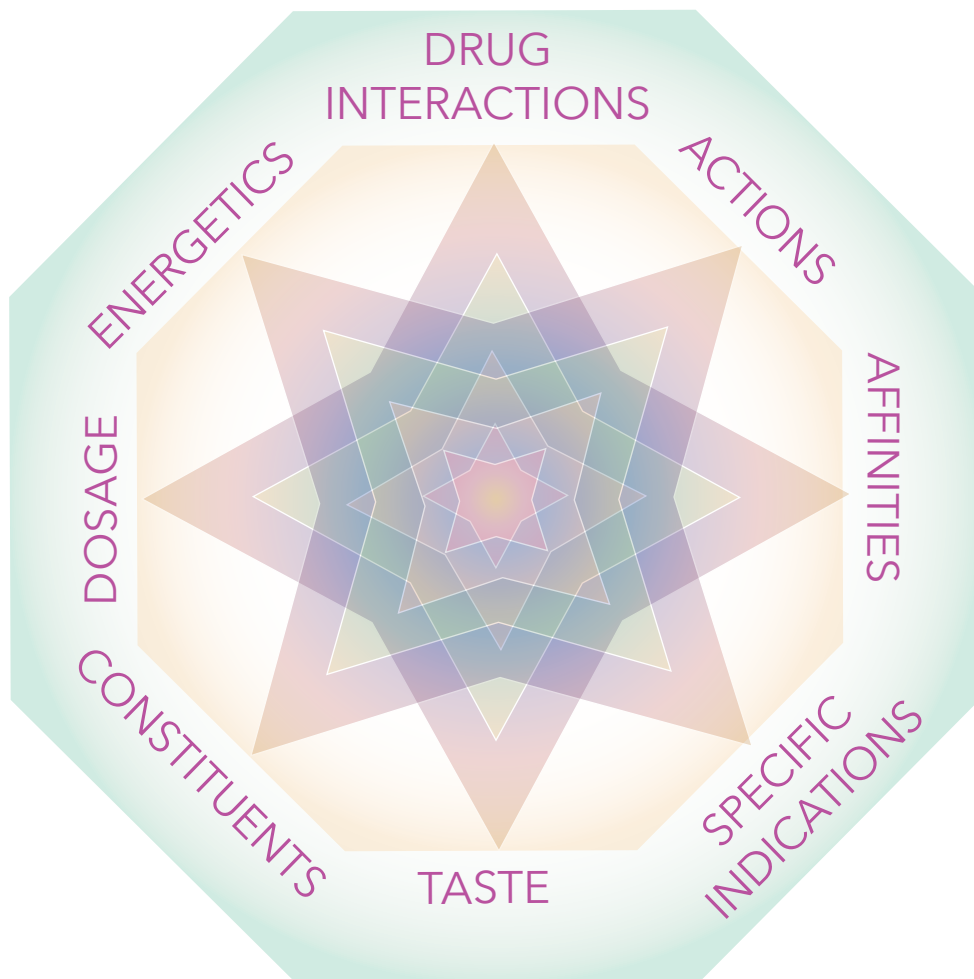


# THE VITALIST HERBALIST MINI-COURSE



## LESSON THREE: The Foundations of Formulation Guide Part 1: The Pillars of Holistic Formulation

These are the 8 main components of an herb you'll need to consider when preparing to create a holistic herbal formula.



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# THE VITALIST HERBALIST MINI-COURSE



## LESSON THREE: The Foundations of Formulation Guide Part 1: The Pillars of Holistic Formulation

These are the 3 primary aspects in a person you'll need to consider when preparing to create a holistic herbal formula for them.



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