

# Contents – The HomeGrown Herbalist

Introduction	9
Philosophy & Principles of Herbal Healing	11
What Is A HomeGrown Herbalist?	12
Freshness = Potency	12
Quality Control	13
Availability & Self-Reliance	14
So, How Many Plants Do I Need To Learn?	16
Herbal Medicines	22
Just Eat 'Em	22
Some thoughts on medicine making	24
A word On Capsules (Actually Several Words)	25
Hot Infusions and Herbal Teas	29
Cold Infusions	30
Decoctions	31
Tinctures	32
The Folk Method of Tincturing	34
The Ratio Method of Tincturing	35
A note on Lobelia	36
A word on glass bottles	36
Herbal Vinegars	37
Glycerites	38
Poultices	39
Wound Sprays	40
Herbal Pills	40
Electuaries	42
Oil Infusions	43
The Blender method	43
The Double Boiler Method	44
Herbal Salves	45
Coconut Oil or Shortening Salves	46
Herbal Creams & Lotions	47
Harvesting, Collecting and Storing Herbs	47
Timing	48
Quality	49
Ecology	49
Legality	49
Safety	49
Pollution	50
Garbling	50
Drying and Storing	50
Principles of Herbal Healing	54
Get a correct diagnosis	54
Understand what the herbs are really doing...how and why they work.	55
Know how and where to access the plants and how to prepare and administer them.	56
Be plant based, not product based.	57
Have a Working Knowledge	57
Treat Early, Often and After	57
Garbage In, Garbage Out	58
Affinity and Aversion...Pharmacognasy	60
Multiplicity of Actions	61

Herbal Energetics	62	
Asking The Right Question	63	
Herbal Catalysts	66	
The “Healing Crisis”	67	
Adaptation	68	
Faith to be Healed	68	
Spirituality and Herbalism	69	
Materia Medica:	73	
Some Plants to Know	73	
Choosing the Herbs	74	
A Note on Dosing	75	
Dosing Dogs and Cats	76	
Alfalfa <i>Medicago sativa</i>	79	
Aloe <i>Aloe vera</i>	81	
Angelica <i>Angelica archangelica</i>	87	
Blackberry <i>Rubus spp.</i>	91	
Brigham Tea <i>Ephedra spp.</i>	92	
Calendula <i>Calendula officinalis</i>	97	
Cayenne <i>Capsicum annum</i>	101	
Chamomile <i>Matricaria recutita</i> , <i>Chamaemelum nobile</i>	105	
Comfrey <i>Symphytum officinale</i>	108	
Cramp Bark <i>Viburnum opulus</i>	113	
Cone Flower <i>Echinacea spp.</i>	117	
<i>Echinacea purpurea</i>	117	
Black Eyed Susan <i>Rudbeckia hirta</i>	118	
Corn Silk <i>Zea mays</i>	121	
Elder <i>Sambucus spp.</i>	123	
Elecampane <i>Inula helenium</i>	127	
Garlic <i>Allium sativum</i>	131	
Hops <i>Humulus lupulus</i>	133	
Lemon Balm <i>Melissa officinalis</i>	137	
Lobelia <i>Lobelia inflata</i>	141	
Marshmallow <i>Althea officinalis</i>	145	
Oregon Grape <i>Mahonia repens</i>	149	
Parsley <i>Petroselinum sativum</i>	153	
Peppermint <i>Mentha piperita</i>	155	
Raspberry Leaf <i>Rubus idaeus</i>	157	
St. John’s Wort <i>Hypericum perforatum</i>	159	
Yarrow <i>Achillea millefolium</i>	163	