

Join Us!

The HomeGrown Herbalist

School of Botanical Medicine



You Can Be a Clinical Herbalist!

*Online Course Work, Personal Mentoring,
Hands-on Workshops & Plant Walks.*

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www.HomeGrownHerbalist.net

BECOMING A HOMEGROWN HERBALIST

DR. PATRICK P. JONES





Presented By
Dr. Patrick Jones & Carl The Herb Hound

HomeGrownHerbalist.net

WHY HERBS?

More and more, folks are becoming interested in using medicinal plants to take control of their own health and wellness.



Elderberry

SOME GREAT REASONS TO USE HERBS!

SELF RELIANCE

- Taking Care of Yourself is Empowering!
- Herbs are Low-Tech/No-Tech
- You Can be Separated From Your “Preps” but Not From Your Knowledge!
- The Weeds Ain’t Goin’ Anywhere!

SOME GREAT REASONS TO USE HERBS!

HERBS ARE SAFE & EFFECTIVE

- Herbs are often as effective (or more effective) than drugs.
- Herbs are often safer than drugs
- Herbs are more bio-available than pharmaceuticals
- Herbs contain multiple complex, synergistic principles

SOME GREAT REASONS TO USE HERBS!

MODERN MEDICINE DOESN'T HAVE ALL THE ANSWERS.

- They're asking the wrong question... "*What's wrong with you?*"
- Herbalists focus on a deeper question... "*Why is something wrong with you?*"
- Herbs often address the source of the problem rather than the symptom.

SOME GREAT REASONS TO USE HERBS!

MODERN MEDICINE DOESN'T HAVE ALL THE TOOLS.

- **Some Things Herbs Do Better Than Drugs:**

- Accelerate Healing
- Cleanse & Detoxify
- Nourish
- Draw Out Poisons & Infection
- Stimulate Normal Function
- Affect Multiple Systems Simultaneously



Plantain

OK, HERBS ARE GREAT BUT HOW DO I GET STARTED?

Can't You Just Buy 'Em?



Well, Maybe...

PURCHASED HERBS CAN VARY WILDLY IN QUALITY!



A Recent Study Showed 1/3 of Commercially Prepared Herb
Supplements Contained
NONE
of The Herb Listed on the Label!

PURCHASED HERBS CAN VARY WILDLY IN QUALITY!

Why Not Just Buy Herbs?

Quality?

Processing?

Harvest Time?

Adulteration?

Contamination?

Shelf Time?

WHY NOT JUST BUY HERBS?

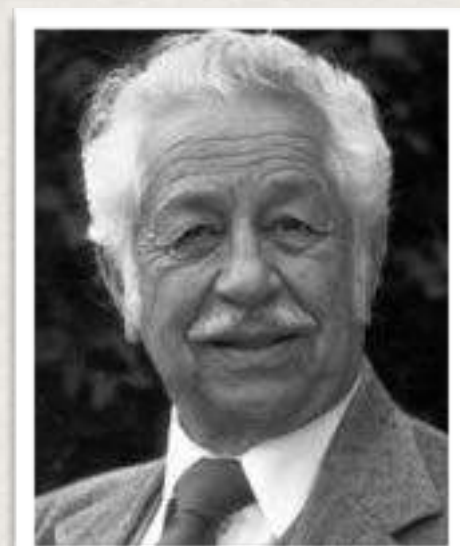


Why Trade One Dependency For Another?
What Will you Do If Imports Stop?

WHY NOT JUST BUY HERBS?

During the Great Depression,
Every Herb-Importing Company in The USA
Went Bankrupt

Herbalist John Christopher
Got a Job Weeding Gardens!



The Weeds He Picked Then Became The Medicines
For That Day's Rounds As a Naturopath!

SO...
WHAT'S THE SOLUTION?

Become A
HomeGrown Herbalist!

WHAT MAKES A HOMEGROWN HERBALIST?

A HomeGrown Herbalist Is...

Plant Based Not Product Based



WHAT'S THE DIFFERENCE?

Local Plants!



Calendula

WHY LOCAL PLANTS?

- Better Quality Control...Where Did Those Other Herbs Really Come From?
- Maximized Potency Through Timely Harvest & Preparation.
- Real Independance...You Control Your Sources!
- Relation Between Local Plant Properties & Disease Demographics. God Is Smart. Pay Attention!

ECONOMY & ECOLOGY: ANOTHER POINT IN FAVOR OF LOCAL PLANTS



Sorry, But Transporting Dandelions From Bulgaria to Idaho
Is Just Dumb!

We Can Probably Find Better Ways To Use Our Fossil Fuels!

SO...

How Many Plants
Do I Need To Know?

HOW MANY PLANTS?

If You Deeply Knew 10 or 20 Plants, You Could Be A Great Help
In Most Situations You're Likely To Face.

With 40 Or So You Could Do About Anything Herbalists Do.

Seasoned, Professional Herbalists Often Have More ...
I Work With About 120. But That's Just Because I'm Sentimental.

SO...

How Many Plants
Do I Need To Know
To Start?

ONE



START WITH ONE!

Get To Know That One Plant

Grow It. Taste It. Use It. Read About It. Talk To It.
Learn All It Has To Offer You.

Then Pick Another!

And...Repeat!

GROW YER OWN!

Grow Herbs In Your Gardens & Flower Beds

Or In Pots On Your Patio

Or Collect Them In The Wild
(Once You Know Who's Who)



THE POWER OF HERBS

Juno Was Run Over

Multiple Hip Fractures
Significant Skin Death

A Tea of Herbs
Was Sprayed On The
Wound Regularly
& Herbs Were Given
Internally

Now She Runs & Plays
And Has Her Butt Back!

Details Here:

<https://www.homegrownherbalist.net/blogs/news/junos-story-a-wound-healing-case-using-spray-instead-of-poulticing>



10 Amazing Herbs To Get You Started

COMFREY

SYMPHYTUM OFFICINALE

- Leaf & Root Are Medicinal
- Markedly Accelerates Healing
- Excellent For Wounds & Fractures
- Good Expectorant
- Soothes Any Inflamed Mucus Membrane (Bladder, Gut, Lungs)
- Do Not Feed To 6-Week Old Rats!



CALENDULA

CALENDULA OFFICINALIS

- Entire Plant Is Edible (Pot Marigold)
- Flower Is Medicinal
- Antibacterial, Anti-Viral, Anti-Fungal, Anti-inflammatory
- Accelerates Healing
- Menstrual Cramps
- Stomach Ulcers
- Shingles
- Avoid Internally During Pregnancy



CONE FLOWERS

ECHINACEA & RUDBECKIA SPECIES

- Flower & Root Are Medicinal
- Immune Stimulant
- Anti-Bacterial & Anti-Viral
- Rattlesnake Bites
- Hobo & Recluse Spider Bites
- Cartilage & Joint Healing
- Sepsis



CAYENNE

CAPSICUM ANNUUM

- The Pepper & Seeds
- Any Hot Pepper Will Do
- Stops Bleeding Internally Or Topically
- Stomach Ulcers
- High Or Low Blood Pressure
- Sinus Congestion
- Shock/Heart Attack
- Clears Phlegm From Lungs



CHAMOMILE

MATRICARIA RECUTITIA

- Flower Is The Medicine
- Insomnia, Anxiety, Stress
- Pain
- Antimicrobial, Anti-Fungal & Anti-Inflammatory
- Fabulous For Gastro-Intestinal Ills
- Liver Tonic
- Menstrual Cramps
- Kidney Restorative



PARSLEY

PETROSELINUM CRISPUM

- Leaf & Root
- Good Diuretic
- Bladder Infections
- Urinary Stones (Root)
- Stomachache
- Lung Congestion



Aspen

Willow, Aspen, Birch, Poplar

- Young, green bark is like aspirin.
 - Headache
 - Pain
 - Inflammation
 - Fever
-
- No Contraindications



Willow



YARROW

ACHILLEA MILLIFOLIUM

- Flower & Leaf
- Fevers
- Colds & Flus
- Stops Bleeding Internally & Topically
- Anti-bacterial & Anti-inflammatory
- Menstrual Cramps
- Root Is Local Anesthetic For Tooth Pain
- Colored Varieties Work Too!
- Avoid Internal Use During Pregnancy



Mallow

Malva neglecta



Mallow

Malva neglecta

- **Entire Plant is Edible**
- **Entire Plant is Medicinal**
- **Bronchitis**
- **Diarrhea**
- **Bladder Infections**
- **Gangrene**
- **No Contraindications**



PLANTAIN

PLANTAGO SPECIES

- Entire Plant is Medicinal & Edible
- Draws Out Venoms & Poisons
- Accelerates Healing (Mildly)
- Mild Antibiotic
- Soothing Topically & Internally (Demulcent)
- Bladder Infections, Wounds, Bites, Ulcers
- Sepsis
- No Contraindications



YOU CAN DO IT!

Go Find Your First Herbal Friend
And Get Started.

You Can Be An Herbalist!



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