



HomeGrown
HERBALIST

HomeGrownHerbalist.com



HomeGrown Herbalist
School of Botanical Medicine

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Herb safety and precautions information may be incomplete or incorrect. Some herbs are not safe during pregnancy, lactation or in combination with pharmaceuticals or other health conditions. No herb or herbal product should be taken without consulting a qualified physician.

Becoming A HomeGrown Herbalist

Dr. Patrick Jones



HomeGrown Herbalist
School of Botanical Medicine



DR. PATRICK JONES

Veterinarian (Large animal & Small Animal)
Traditional Naturopath
Clinical Herbalist

Founder of
HomeGrown Herbalist
School of Botanical Medicine



Caution

Many of the herbs mentioned in this module are **not safe** to take during pregnancy or while nursing. Carefully research each plant mentioned in each formula and consult a physician before using them in those cases.

Don't combine herbs with pharmaceuticals or add herbal supplements to your regimen without consulting your physician.



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!

MORE GREAT REASONS TO USE HERBS!

Herbs are Safe and Effective

Herbs are often as effective (or more effective) than drugs.

Herbs are often safer than drugs

Herbs are more bioavailable than pharmaceuticals

Herbs contain multiple complex, synergistic properties

YET MORE 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.

MORE AND MORE 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

MORE AND MORE GREAT REASONS TO USE HERBS!

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

Can't I 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 each day became his medicine 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 and Preparation.

Real Independance...

You Control Your Sources!

Relation Between Local Plant Properties and 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 are likely to face.

With **40** plants, you could do about anything herbalist do.

Seasoned, professional herbalists often have more.

I work with about **120**...
but that is because I am 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 and 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.

She had multiple hip fractures
and significant skin death.

A tea of herbs was sprayed on the
wound regularly and herbs
were given internally.

Now she runs and plays.

[Details Here](#)



SOME AMAZING HERBS

*To get you
started!*

A close-up photograph of a comfrey plant, showing several large, green, ovate leaves with prominent veins. The leaves are arranged in a dense cluster, and the background is slightly blurred, showing more of the plant and some dark soil.

COMFREY

Symphytum officinale

COMFREY

Symphytum officinale

Leaf and root are medicinal

Markedly accelerates healing

Excellent for wounds and fractures

Good expectorant

Soothes inflamed mucous membranes

(bladder, gut or lungs)

Do Not Feed To 6-Week Old Rats!





CALENDULA

Calendula officinalis

CALENDULA

Calendula officinalis

Anti-inflammatory

Accelerates Healing

Antibacterial, Antiviral, Antifungal,

THE ENTIRE PLANT IS EDIBLE.

THE FLOWER IS THE MEDICINE

AKA POT MARIGOLD

Menstrual Cramps

Stomach Ulcers

Shingles

Avoid Internally During Pregnancy





ECHINACEA

Echinacea purpurea

ECHINACEA and RUDBECKIA

The flowers and the roots are the medicine.

❁ Immune Stimulant ❁ Antiviral

❁ Rattle Snake Bites ❁ Sepsis

Hobo Spider Bites ❁ Cartilage

❁ Antibacterial

❁ Recluse spider bites ❁

and Joint Healing ❁



A close-up photograph of a cayenne pepper plant. The plant has green, serrated leaves and several bright red, curved chili peppers hanging from the stems. The background is a soft, out-of-focus green, suggesting a garden or field setting. A white rectangular box with a red border is overlaid on the upper part of the image, containing the text 'CAYENNE' and 'Capsicum annuum'.

CAYENNE

Capsicum annuum

CAYENNE

Capsicum annuum

THE ENTIRE PEPPER IS THE MEDICINE. ANY HOT PEPPER WILL DO!

Stomach Ulcers

Stops Bleeding Internally Or Topically

High Or Low Blood Pressure

Clears Phlegm From Lungs

Sinus Congestion

Shock/Heart Attack





CHAMOMILE

Matricaria recutita

CHAMOMILE

Matricaria recutita

THE FLOWER IS THE medicine.

Insomnia, Anxiety, Stress

Fabulous for Gastrointestinal ills

Antimicrobial and Antifungal

Anti-inflammatory

Menstrual Cramps

Kidney Restorative

Liver Tonic

Pain



PARSLEY

Petroselinum crispum

PARSLEY

Petroselinum crispum

Good Diuretic

Stomachache

Lung Congestion

Bladder Infections

Urinary Stones (Root)

THE LEAF AND ROOT IS THE medicine.



PRICKLY PEAR

Opuntia spp.

PRICKLY PEAR

Opuntia spp.

**THE FLOWER AND FRUIT ARE
BOTH EDIBLE.**

Excellent for Burns
(Use like Aloe Vera)

Ulcers

Diabetes

No Contraindications



A close-up photograph of the Uva Ursi plant, showing its characteristic small, rounded, green leaves and clusters of bright red, berry-like fruits. The plant is growing on a dark, textured ground.

UVA URSI

Arctostaphylos uva-ursi

UVA URSI

Arctostaphylos uva-ursi

**NATIVE AMERICANS CALLED
THIS HERB KINNIK KINNIK.**

The leaf is the medicine,
but the berries are edible.

Bladder infections

Kidney infections

Kidney Stones

Thrush

Topically for hives

Avoid in pregnancy!



CRAMP BARK

Viburnum opulus



CRAMP BARK

Viburnum opulus

THE ENTIRE PLANT IS MEDICINAL.

Antispasmodic

Muscle spasms

Asthma

Coughs

Diarrhea

Menstrual cramps

Preterm labor



YARROW

Achillea millefolium

YARROW

Achillea millifolium

All of the aerial parts are the medicine.

Fevers

Colds and Flus

Stops Bleeding Internally and Topically

Anti-bacterial and Anti-inflammatory

Menstrual Cramps

Root Is Local Anesthetic For Tooth Pain

Colored Varieties Work Too!

Avoid Internal Use During Pregnancy



YOU CAN DO IT!

Go Find Your First Herbal Friend
And Get Started.

You Can Be An Herbalist!



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Thanks For Listening
Doc Jones

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Herb Supplements & Supplies

HomeGrown Herbalist has a full line of single herbs, herb formulas, essential oils, tinctures, teas and supplies for humans and their furry friends.



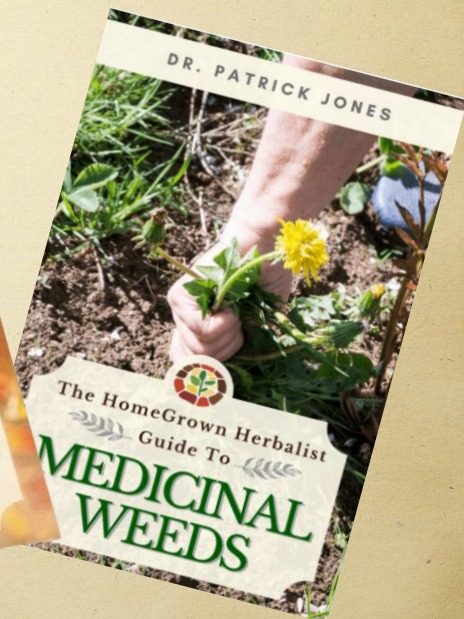
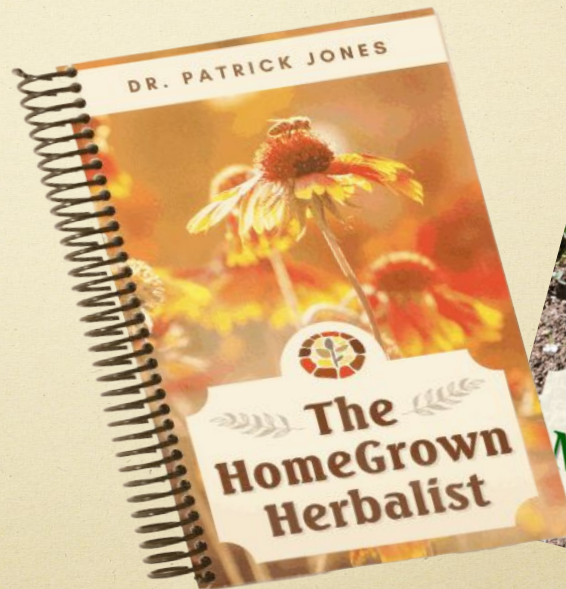
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Shameless Commercial Announcement

Wanna Learn About
Some of Doc's Friends?
Have a Look at his Books!

Doc's Books



Shameless Commercial Announcement

We Have Some Amazing Herb Kits

Herb Kits





The HomeGrown Herbalist YouTube Channel!
<https://www.youtube.com/c/HomeGrownHerbalist>



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