

THE AT HOME APOTHECARY PRESENTS:  
**NATURE'S MEDICINE:**  
**CRAFTING YOUR AT HOME APOTHECARY**  
*Essential herbs & building an herbal practice from your kitchen*

## OVERVIEW & PURPOSE

The goal of this course is to help you feel confident in stepping into your own herbal wellness practice with the knowledge you need to make remedies while gaining the ability to self educate so you can continue to learn about other plants in a safe manner. In this course we will discuss 55 different herbs and their uses as food and medicine. We will discuss the different outlets for sourcing these herbs while learning ethical harvesting and safe foraging practices. With these 55 herbs you will learn to make a variety of different herbal remedies, with techniques that can be applied to any other herbs you learn about. In addition, we will examine proper essential oil use and safety, modalities of aromatherapy, the shelf life of herbal preparations, herbal action terms, and uses for 42 essential oils.

## SAFE HERB RESEARCH

### ESSENTIAL AT HOME APOTHECARY HERBS

#### *Herbs to grow*

Comfrey  
Passion Flower  
Elderberry  
Yarrow  
Tulsi  
Chamomile  
Milky Oat Seed  
Lemon Balm  
Motherwort  
Catnip  
Lavender  
Rosemary  
St John's Wort  
Basil  
Thyme  
Sage  
Mint

## IDENTIFYING AN ETHICAL SOURCE FOR PURCHASING HERBS

### *Herbs to outsource*

Echinacea Root  
Ashwagandha  
Ginger Root  
Cherry Tree Bark  
Rose  
Feverfew  
Calendula  
White Willow bark  
Mugwort  
Witch Hazel  
Agrimony  
Aloe Vera  
Chaste Tree  
Hyssop  
Valerian Root  
Calamus Root  
Skullcap  
Licorice

## SAFE FORAGING PRACTICES & ETHICS

Where is it safe to forage?  
What are the main ethics of foraging?  
How to identify herbs  
How to ensure the herbs thrive too

## HERB IDENTIFICATION

### FORAGABLE HERBS

#### *Herbs*

Honeysuckle  
Plantain  
Red Clover  
Chickweed  
Stinging Nettle  
Mullein  
Boneset

Juniper  
Pine  
Speedwell  
Bee Balm  
Cohosh  
Goldenrod

### *Roots*

Burdock  
Chicory  
Dandelion  
Solomon's Seal  
Milk Thistle

### *Mushrooms*

Reishi  
Lions Mane

## ESSENTIAL TOOLS FOR YOUR APOTHECARY

### HERBAL ACTION TERMS

Adaptogen	Aphrodisiac
Adjuvant	Astringent
Alterative	Balsamic
Analgesic	Bitter
Anaphrodisiac	Carminative
Anesthetics	Cell Proliferants
Anodynes	Cooling
Antacid	Cordial
Anti-inflammatory	Decongestant
Antibacterial	Demulcent
Antibiotic	Diaphoretic
Antidiarrheal	Digestive
Antiemetics	Diuretic
Antimycotic	Drying
Antiphlogistics	Emollient
Antipyretic	Expectorant
Aperient	Hemostatic

Hepatic  
Hepatoprotective  
Hypnotic  
Hypotensive  
Moistening  
Nephritic  
Nervine  
Nutritive  
Orexigenic

Poultice  
Refrigerant  
Rubefacient  
Sedative  
Stimulant  
Tonic  
Vermifuge  
Vulnerary  
Warming

## BUILDING YOUR HERBAL PRACTICE

### HERBAL TEAS

What is tea and how is it made?

When should you use a hot infusion? When should you use a cold infusion?

What determines how long you should steep the tea?

What are some other ways teas can be used besides as a beverage?

### INFUSED OILS

What is an infused oil?

How is an infused oil made?

What are the different ways to infuse an oil?

What does macerate mean? What are 3 tools you can use to macerate herbs?

How is an infused oil used?

### BALMS & SALVES

What is a balm?

What are the main ingredients of a balm?

How is a balm preserved?

When are the most appropriate times to use a balm?

What is a poultice?

### TINCTURES

What is a tincture?

When are the most appropriate times to use tinctures?

How is a tincture made?

How is a tincture preserved?

How is a tincture used?

What is the proper dosage of a tincture?

What timeframe should tinctures be taken on?

## OXYMELS

What is an oxymel?

When are the most appropriate times to use oxymels?

How is an oxymel made?

How is an oxymel preserved?

How is an oxymel used?

What is the proper dosage of an oxymel?

What timeframe should oxymels be taken on?

## FLOWER ESSENCES

What is a flower essence?

What principles make up the theories behind how flower essences work?

How is a flower essence made?

What is the proper dosage of a flower essence?

What timeframe should flower essences be taken on?

## ESSENTIAL OIL USE AND SAFETY

### *Essential Oil Safety & Use*

How are essential oils diluted?

Photosensitive Essential Oils

Essential Oil Consumption

## ESSENTIAL ESSENTIAL OILS

Lavender

Rosemary

Peppermint

Myrrh

Clary Sage

Frankincense

Ginger

Clove

Neroli

Sage

Patchouli

Bergamot

Pennyroyal

Lemongrass

Geranium

Chamomile

Wintergreen

Tea Tree

Citronella

Lemon

Sweet Birch

Sandalwood

Marjoram

Oregano

Mugwort  
Pine  
Eucalyptus  
Cinnamon  
Anise  
Basil  
Camphor  
Cedar  
Fir

Juniper  
Rose  
Black Pepper  
Thyme  
Angelica Root  
Hyssop  
Jasmine  
Yarrow

## WAYS TO USE AROMATHERAPY

### INCENSE MAKING

#### RECIPES

##### *Balms:*

Decongestant Balm  
Warming Balm  
Raw Honey Balm  
Itch Relief Balm  
Rehydrate Balm  
Pain Relief Salve  
Aromatherapy Balm

##### *Bath Salt Soaks:*

Destress Salt Soak  
Respiratory Salt Soak  
Headache Salt Soak  
Floral Salt Soak

##### *Mocktails:*

Honeysuckle Cordial  
Mulled Cider Mocktail  
Blackberry Lemon Balm  
Tulsi Blueberry

*Tincture and Oxymel Blends:*

Sleep

Nerve Tonic

Digestive

Lung Tonic

Immune Tonic

Blood Balance

Allergy Support

Liver Tonic

Headache Relief

*Misc.:*

Simple Tea Syrup

Fire Cider

Dirty Chai Sugar Scrub

Beard Oil

Natural Floor Wash Soap

Countertop Cleaner

Insect Repellent

Jaw Pain Oil

Fumigation Herbs

Oxymel Vinaigrette

Herbal Tea Jelly

Solar Parsley Oil

Immune Tonic Cough Syrup

Lavender Chamomile Infused Honey

Face Wash Tea

Mud Masks

Smoking Blends