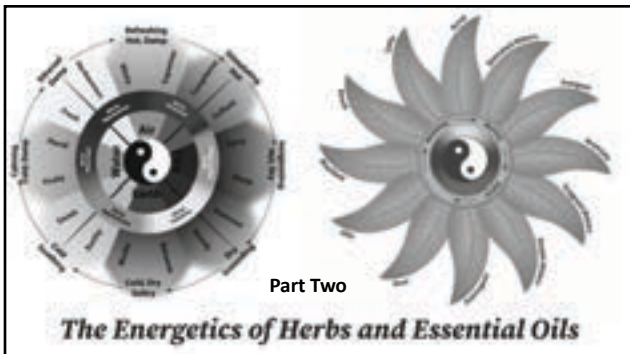




1




2



3

Life is Energy




- All life processes require energy
- The idea that health and healing is connected to some type of energetic process has a long history in many cultures
- Eastern traditions posited the idea of a vital energy called qi [Chinese] or prana [Ayurvedic]
- Traditional Western medicine spoke of a vital force and belief that the vital force creates life and healing is called vitalism
- Many traditions also call this non-material force—spirit
- Modern medicine tends to ignore these ideas, claiming “there is no ghost in the machine”

4

Bioelectrical Energy


- Even if we reject the idea of a soul or spirit in the body, looking at life as an energetic process is still valid
- Since all “work” requires energy, healing cannot take place if there is not enough energy to do the “work” of healing
- So, let’s briefly examine some concepts about energy




5

Redox Reactions and Electron Transfer

Oxidation



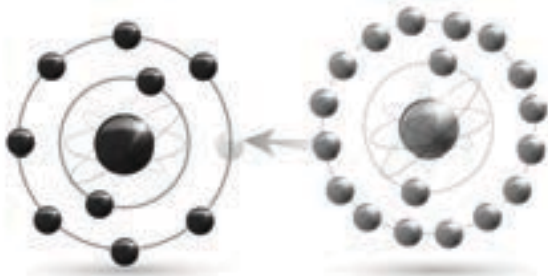
Reduction



- The molecule that gives up the electron is said to be oxidized
- The molecule that receives an electron is reduced

6

Free Radical - Antioxidant



7

Batteries and Electrical Flow

- Batteries have an alkaline medium and an acidic medium
- When a circuit is connected between the two, electrons flow from the alkaline side to the acidic side, releasing energy
- Our bodies store energy in cellular “batteries” to be released as needed for our use
- Example: relaxed muscles hold an energy charge (alkaline) while tense muscles are depleted in energy (acid)



8

EZ Zones and Structured Water

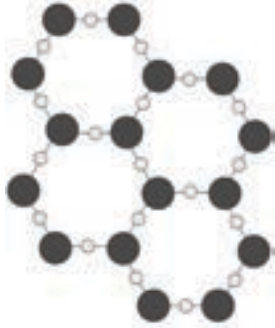


- When water comes in contact with a membrane (like those found in cells) it forms exclusion zones (EZ) next to the membrane
- Any impurities in the water are excluded from the EZ zone
- Water in the EZ zone is structured water (H3O2)
- EZ zones are recharged by radiant energy (infrared) or heat and light

9

Structured Water

- EZ water has a honeycomb structure similar to ice
- However, the layers are offset in a helical pattern that creates great stability
- This form of water is known as hydronium, a fourth phase of water
- EZ zones are charged by radiant energy (heat and light)



10

EZ Zone Batteries

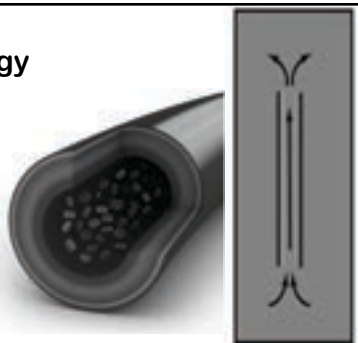
- Water in the EZ zone is alkaline because extra hydrogen atoms (with extra electrons) are drawn into the EZ Zone
- This makes water outside the EZ zone more acid
- This forms a natural battery because a current will flow between the zones if electrodes are placed into the two zones



11

EZ Zones Create Mechanical Energy

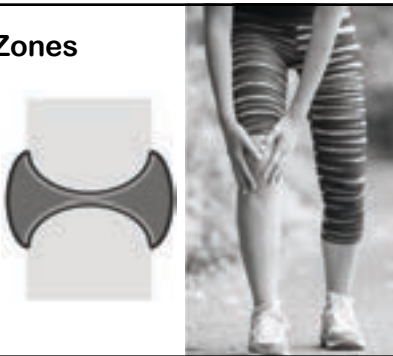
- If a membrane-lined tube is inserted into a tank of water, as the EZ zones form along the sides of the tube water begins to flow from one end of the tube to the other
- This mechanism may help explain how trees move water hundreds of feet into the air
- It may also help to explain why blood starts flowing in the fetus before the heart starts beating



12

Joints and EZ Zones

- Cartilage is a gel-like material, so it forms EZ Zones
- Both surfaces of a joint are coated in cartilage
- The hydronium atoms building up on the EZ zones in the joint would prevent the surfaces from touching, creating a very low friction surface




13

Energy Levels Affect Health

- Health can partially be expressed as a measure of how much electrical potential is storied within the tissues
- The storage of energy potential is roughly reflected in the pH of tissues
- If your body "batteries" have a high energy charge you feel alert, refreshed, revitalized, alive, and healthy
- As levels of stored energy diminish, health diminishes and you feel tired, weak, and sick
- In order to create healing, there needs to be a higher-than-normal level of energy available

Cell pH	Voltage	Tissue Condition
7.88	-50 mV	Acute Inflammation
7.61	-35 mV	Normal for kids
7.53	-30 mV	
7.44	-25 mV	Normal for adults
7.35	-20 mV	Subacute
7.26	-15 mV	Tired
7.18	-10 mV	Sick
7.09	-5 mV	Chronic
7.00	0 mV	Polarity Shift
6.83	+20 mV	Degenerative
6.48	+30 mV	Cancer occurs

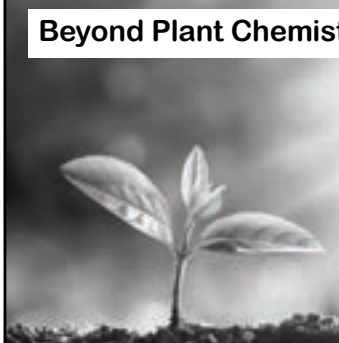
Table above adapted from Healing is Voltage by Jerry Tennant



14

Beyond Plant Chemistry


- Our mechanical view of the world causes us to see plant chemicals (constituents) as the primary source of healing
- But what if there is also an energetic component to herbal medicine?
- Do plants also have a "vital force" and is this part of what gives them healing properties?



15

Fresh versus Devitalized

- The minute we harvest a plant it begins to die
- Antioxidant levels (representing the ability to donate electrons for energy) begin to drop
- The more we process the food, the more we denature or devitalize it
- This suggests that the more processed something is, the less vital energy it has to contribute to our health



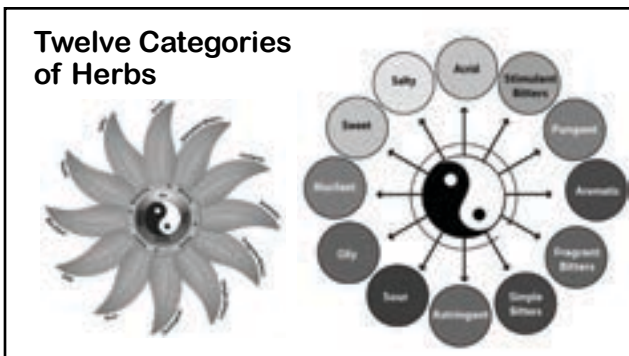
16



Herbal Energetics

17

Twelve Categories of Herbs



The twelve categories of herbs are: Salty, Acid, Stimulant Bitters, Pungent, Aromatic, Simple Bitters, Sweet, Cooling, Bland, Cold, Dry, and Warm.

18

Water (Yin) and Fire (Yang)

Water or Yin

- Receives and expands
- Aids assimilation
- Aids creation and storage of energy
- Associated with nighttime and winter
- Promotes rest and relaxation
- Aids playfulness, peacefulness and openness
- Promotes softness, gentleness and sensitivity

Fire or Yang

- Contracts and discharges
- Aids elimination
- Aids breakdown and discharge of energy
- Associated with daytime and summer
- Promotes activity and alertness
- Aids work, direction and assertiveness
- Promotes hardness, firmness and self-containment

19



20

Understanding the Fire Element

- Fire breaks material down into smaller components, releasing energy (heat and light) in the process
- Fire is connected to oxidative processes, substances that borrow or "steal" electrons from other substances
- Fire energy reflects catabolic (breaking down) processes and the discharge of energy
- Energy creates movement, so all activity is related to the idea of fire

21

Discharge is Not Recharge



- It is important to recognize that energy discharge is NOT the same as energy storage
- During yang or fire phases (daytime and summer), energy is being discharged, not recharged
- For example, when you're using your cell phone the battery is discharging
- To have more energy available for your phone to use you have to recharge the battery

22

Fire Herbs

- Would have to stimulate or move energy
- Would move outward rapidly
- Would increase activity in the body
- Primary Herbal Category: Aromatic
- Secondary Herbal Categories
 - Pungent
 - Fragrant Bitter



23

Properties of Volatile (Essential) Oils


- Evaporate in the presence heat
- Dissipate rapidly into the air
- Are responsible for the fragrance (and much of the taste) of flowers, herbs, and foods
- Don't mix with water
- Stimulate tissues to increase activity



24

Aromatic Herbs



- **Characteristics**
 - Strong aroma, many are used as seasonings for adding flavor to food
- **Constituents**
 - Essential or volatile oils
- **Energetics: Warming and drying**
- **Opposite Category: Mucilant**
- **Major Healing Properties: Carminative, expectorant, decongestant, nervine, sudorific or diaphoretic, digestive stimulant**



25

Examples of Aromatic Herbs


• Angelica	• Fennel
• Anise	• Lavender
• Basil	• Lemon balm
• Caraway	• Oregano
• Cardamom	• Peppermint
• Catnip	• Pine
• Chamomile	• Rose petals
• Coriander	• Rosemary
• Cumin	• Sage
• Dill	• Spearmint
• Dong Quai	• Yarrow

Peppermint **Chamomile**

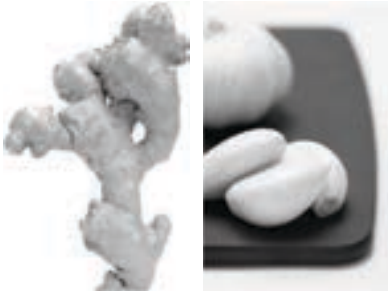
26

Pungent Herbs



- **Characteristics**
 - Spicy or hot taste, biting aroma
 - Also used as seasonings for food
- **Constituents**
 - Resins
 - Allyl-sulphides
 - Alkamindes
 - Some essential oils (monoterpenes)
- **Energetics: Warming and drying**
- **Opposite Category: Oily**
- **Healing Properties: Circulatory stimulant, digestive stimulant, expectorant, decongestant, sudorific and diaphoretic, antiseptic, disinfectant**

27



Examples of Pungent Herbs


- Black pepper
- Capsicum
- Chili Peppers
- Cinnamon
- Clove
- Garlic
- Ginger
- Horseradish
- Mustard
- Watercress

Ginger Garlic

28

Fragrant Bitters


- Characteristics
 - Bitter taste; bitter aroma (often not pleasant)
- Constituents
 - Sesquiterpene lactones and triterpenes
- Energetics: Slightly warming and drying
- Opposite Category: Sweet
- Healing Properties: Digestive stimulants, antimicrobial, antiparasitic, detoxifying, may be calming, some are toxic



29

Examples of Fragrant Bitters

- Black walnut hulls
- Elecampane
- Sagebrush
- Sweet Annie
- Tansy
- Wormseed
- Wormwood
- Hops
- Valerian



Wormwood Sweet Annie

30

Fire Herb Summary

- Pungent herbs are more heating with rapid but quickly dissipating effects
- Aromatics are more sustained in their warming effects and often have nervous system properties as well
- Fragrant bitters are less heating and more drying and detoxifying



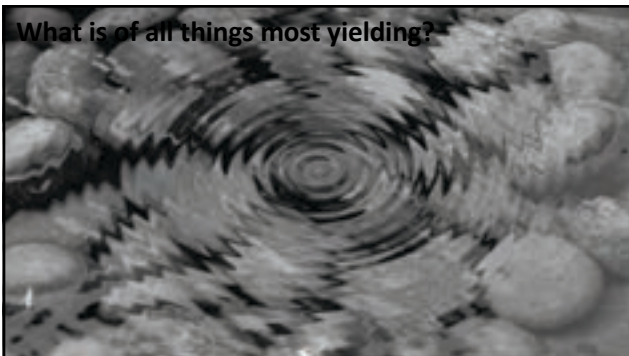
31

Water Element



32

What is of all things most yielding?



33



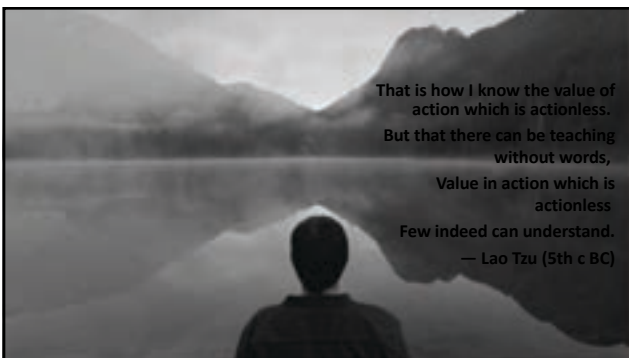
Can overcome that
which is most hard?

34



Being substance-less, it can
enter in even where there is
no crevice.

35



That is how I know the value of
action which is actionless.
But that there can be teaching
without words,
Value in action which is
actionless
Few indeed can understand.
— Lao Tzu (5th c BC)

36




37



38



39



Water conquers by yielding; it never attacks, and always wins the last battle.


The sage who makes himself as water is distinguished for his humility; he embraces passivity; acts from non-action and conquers the world.

— Lao Tzu

40

Water is Unique


- Water exists in solid, liquid and gas form at normal earth temperatures
- Most solids get denser and therefore sink in liquids, water is less dense in its solid state so it floats
- Water's boiling point is unusually high so it can store heat
- Water has two poles, positive and negative, so it can dissolve a wide variety chemical substances
- Water is essential to all life
- Our planet surface and our bodies are mostly water



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Water Herbs


- Would have to absorb, draw in, and swell
- Would have to cool, moisten, soothe, lubricate, and nourish (recharge energy)
- Primary Herbal Category:
 - Mucilant
- Secondary Herbal Categories:
 - Oily
 - Sweet



42

Mucilant Herbs



- **Characteristics**
 - Absorb water and swell
 - Soothe, moisten, and cool tissues
 - Have nourishing qualities
- **Constituents**
 - Contain mucopolysaccharides (mucilage and gums)
- **Energetics: Cooling and moistening**
- **Opposite category: Aromatic**
- **Properties: Demulcent, emollient, bulk laxative, soothing, moistening, cooling, absorbent**



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Examples of Mucilant Herbs


- Aloe Vera
- Chia Seeds
- Comfrey
- Irish Moss
- Kelp
- Marshmallow
- Okra
- Psyllium
- Slippery Elm

Aloe Vera Okra

44

Oily Herbs




- **Characteristics**
 - Soothe, moisten, and cool tissues
 - Have nourishing qualities
- **Constituents**
 - Contain vegetable oils (triglycerides)
- **Energetics: Moistening, cooling and nourishing**
- **Opposite Category: Pungent**
- **Healing Properties: Emollient, lubricating, soothing, moistening, cooling, nourishing**

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Examples of Oily Herbs

- Black current seed
- Borage seeds
- Chia seeds
- Coconut
- Evening primrose seed
- Flaxseed
- Hemp seeds
- Olives
- Pumpkin seeds
- Sunflower seeds

Coconut




Flaxseed




46

Sweet Herbs

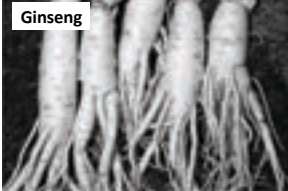
- Characteristics
 - Bitter-sweet flavor
 - Traditionally used as tonics
- Constituents
 - Polysaccharides, saponins, and others
- Energetics: Moistening, neutral, and nourishing
- Opposite Category: Fragrant Bitter
- Healing Properties: Tonic, nourishing, softening, building, restorative, adaptagenic



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Licorice Root



Ginseng

Examples of Sweet (Tonic) Herbs

- American ginseng
- Astragalus
- Bee Pollen
- Beet Root
- Codonopsis
- Dong Quai
- Eleuthero root
- Korean ginseng
- Licorice
- Medicinal Mushrooms
- Spirulina
- Stevia

48

Air (Change) and Earth (Stability)

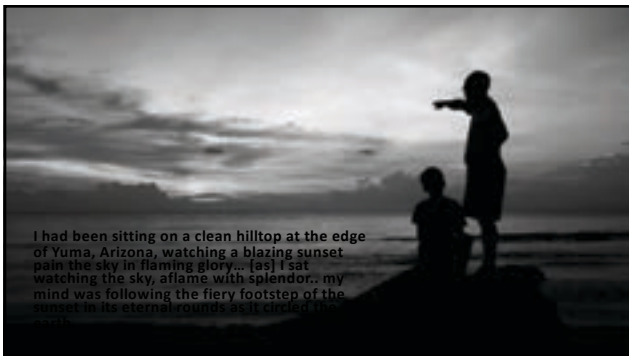
Air (Yin to Yang Shift)

- Shift from absorption to discharge of energy
- Associated with morning and springtime
- Helps to clear congestion, stagnation, stuffiness
- Initiates release and detoxification
- Promotes feelings of release, openness and freedom
- Associated with new beginnings, release and forgiveness

Earth (Yang to Yin Shift)

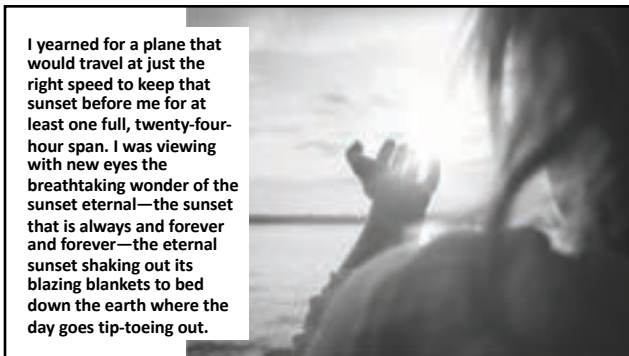
- Shift from discharge to absorption of energy
- Associated with evening and autumn or fall
- Helps to clear emptiness, weakness and malnourishment
- Initiates absorption and assimilation
- Promotes feelings of desire, connection and connection
- Associated with contemplation, satisfaction and receiving

49



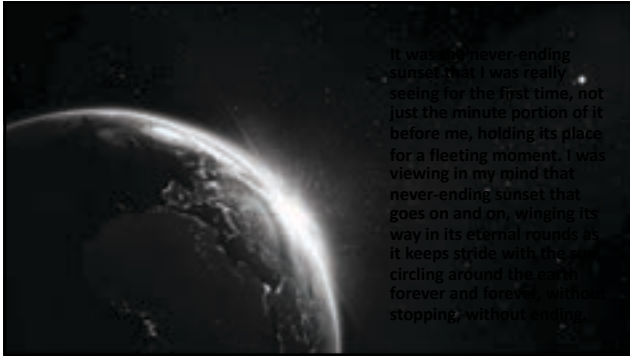
I had been sitting on a clean hilltop at the edge of Yuma, Arizona, watching a blazing sunset pain the sky in flaming glory... [as] I sat watching the sky, aflame with splendor, my mind was following the fiery footstep of the sunset in its eternal rounds as it stepped

50

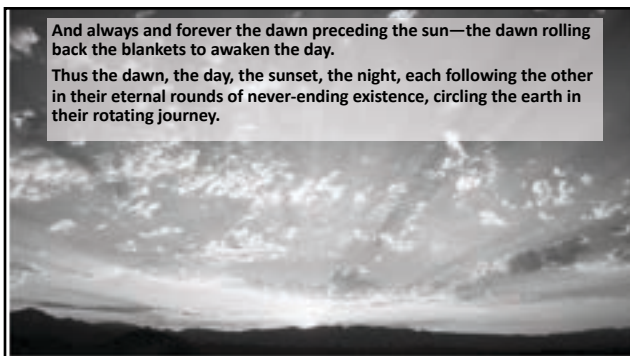


I yearned for a plane that would travel at just the right speed to keep that sunset before me for at least one full, twenty-four-hour span. I was viewing with new eyes the breathtaking wonder of the sunset eternal—the sunset that is always and forever and forever—the eternal sunset shaking out its blazing blankets to bed down the earth where the day goes tip-toeing out.

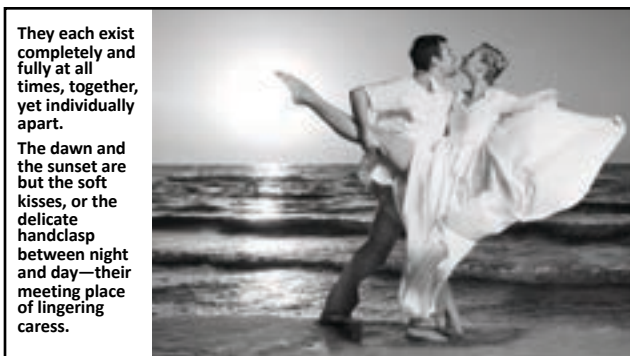
51



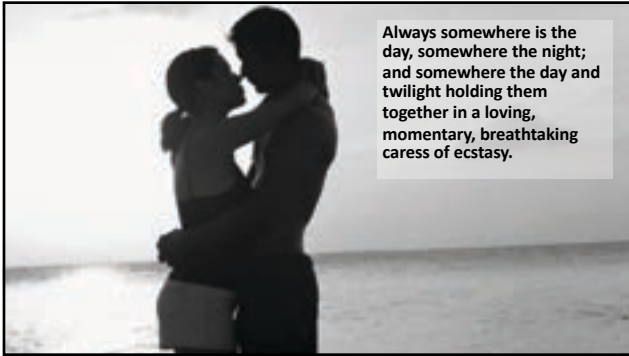
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53

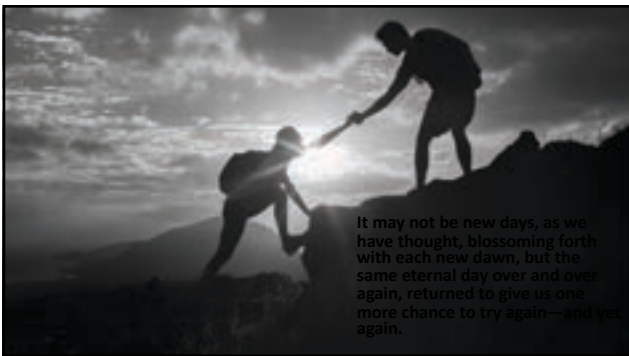


54



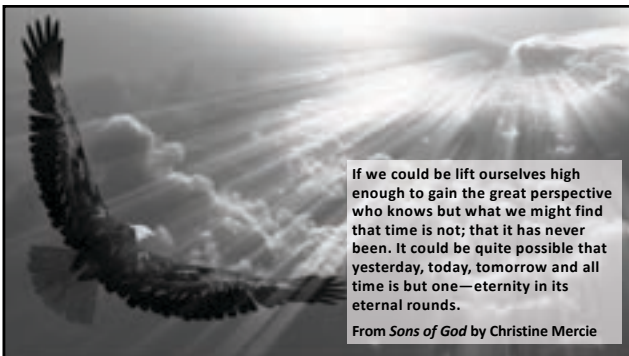
Always somewhere is the day, somewhere the night; and somewhere the day and twilight holding them together in a loving, momentary, breathtaking caress of ecstasy.

55



It may not be new days, as we have thought, blossoming forth with each new dawn, but the same eternal day over and over again, returned to give us one more chance to try again—and yet again.

56



If we could be lift ourselves high enough to gain the great perspective who knows but what we might find that time is not; that it has never been. It could be quite possible that yesterday, today, tomorrow and all time is but one—eternity in its eternal rounds.

From *Sons of God* by Christine Mercie

57

Air


- Would have to help transition from a state of fullness to the process of discharge
- Would have opening, awakening, motivating, and energizing properties
- Primary Herbal Category
 - Acrid, includes Diffusive
- Secondary Herbal Categories
 - Salty
 - Bitter Stimulants



58

Acrid Herbs


- Characteristics
 - Bitter, nasty, taste that may have a sour, burning quality
- Constituents
 - Resins and Alkaloids
- Energetics: Relaxing, Warming, and Neutral
- Opposite Category: Astringent
- Healing Properties: Antispasmodic, diffusive, decongestant, emetic, diaphoretic



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Examples of Acrid Herbs


- My favorites:
 - Lobelia
 - Kava Kava
- Other examples:
 - Black cohosh
 - Blue vervain
 - Skunk cabbage
 - Echinacea (angustifolia)
 - Spilanthes



60

Salty Herbs


- **Characteristics**
 - Slightly salty, grassy or "green" taste (think of celery or spinach)
- **Constituents**
 - Salts of magnesium, potassium, sodium and calcium
- **Energetics: Nourishing, balancing, neutral**
- **Opposite Category: Simple Bitters**
- **Healing Properties: Lymphatic, alterative, diuretic, moistening, decongestant, vulnerary, mineralizing, alkalizing**



61

Examples of Salty Herbs

- Alfalfa
- Barley Grass
- Celery
- Chickweed
- Dandelion leaf
- Horsetail
- Mullein
- Nettles
- Red clover
- Seaweeds (kelp, dulse)
- Wheat grass





Nettles Mullein

62

Bitter Stimulants


- **Characteristics**
 - Bitter tasting herbs that act as stimulants
- **Constituents**
 - Alkaloids such as caffeine, berberine, and nicotine
- **Energetics: Slightly warming, drying**
- **Opposite Category: Sour**
- **Healing Properties: Metabolic stimulant, vasoconstrictive, detoxifying, diuretic, digestive stimulant, antimicrobial (berberine)**



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Examples of Bitter Stimulants

- Caffeine/Theobromine:
 - Coffee
 - Chocolate
 - Kola Nuts
- Berberine
 - Barberry
 - Goldenseal
 - Oregon Grape
- Others:
 - Chinese ephedra
 - Scotch broom
 - Tobacco




Coffee Oregon Grape

64

Earth


- Transition from a state of discharge to a state of rest and expansion
- Make tissues tighter, firmer, more dense
- Primary Herbal Category
 - Astringent
- Secondary Herbal Categories
 - Simple Bitters
 - Sour



65

Astringent Herbs

- Characteristics
 - Slightly bitter, with drying, slightly puckering sensation
- Constituents:
 - Tannins, tannic and gallic acid
- Energetics: Constricting, drying, cooling
- Opposite Category: Acrid
- Healing Properties: Styptic, vulnerary, antivenomous, toning, arresting discharge



66

Examples of Astringent Herbs

- Bayberry rootbark
- Blackberry root, leaves
- Cinnamon
- Green or Black Tea
- Oak bark, leaves
- Raspberry leaves
- Uva ursi
- Wild geranium
- Willow bark
- Witch hazel
- Yarrow




Oak bark, leaves

67

Simple Bitters

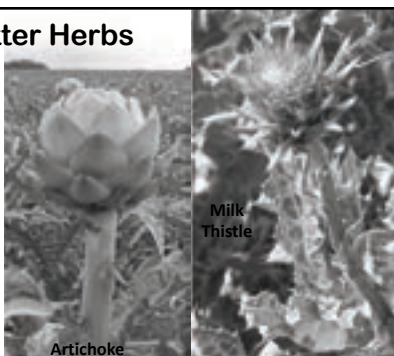
- **Characteristics**
 - Bitter taste, but not metabolic stimulants
- **Constituents**
 - Diterpenes
 - Glycosides
 - Athraquinone glycosides
- **Energetics:** Cooling and drying
- **Opposite Category:** Salty
- **Healing Properties:** Digestive stimulant, hepatic, cholagogue, detoxifying, alterative, cooling, laxative, possibly relaxing



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Examples of Bitter Herbs

- **Simple Bitters**
 - Alfalfa
 - Artichoke leaf
 - Blessed Thistle
 - Dandelion leaf and root
 - Gentian
 - Milk Thistle
- **Relaxing Bitters**
 - Hops
 - Valerian
 - Wild Lettuce
- **Laxative Bitters**
 - Buckthorn
 - Cascara sagrada
 - Senna
 - Turkey rhubarb




Artichoke

Milk Thistle

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Sour Herbs

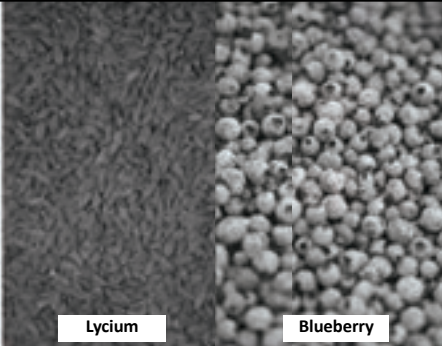
- Characteristics
 - Sour taste
- Constituents
 - Fruit acids (citric, malic and Vitamin C--ascorbic acid)
 - Flavonoids and antioxidants
- Energetics: Cooling, balancing, nourishing
- Opposite Category: Bitter Stimulants
- Healing Properties: Antioxidant, anti-inflammatory, cooling, hepatic, tonic



70

Sour Herbs

- Bilberry, Blueberry
- Cranberry
- Hawthorn
- Lemon
- Lycium, Gogi, Wolfberry
- Mangosteen
- Noni
- Raspberries
- Rosehips
- Schizandra



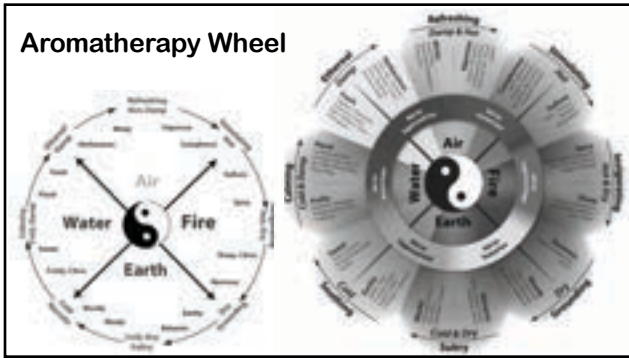
Lycium Blueberry

71

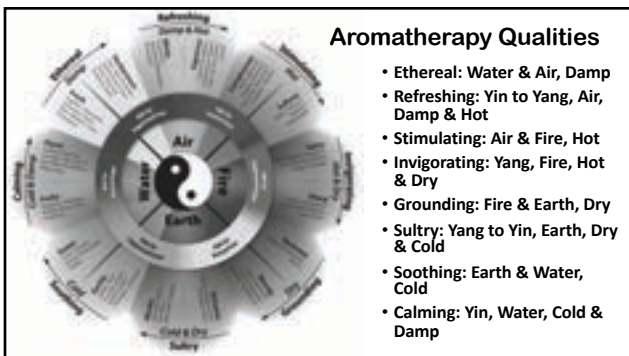
Energetic Aromatherapy



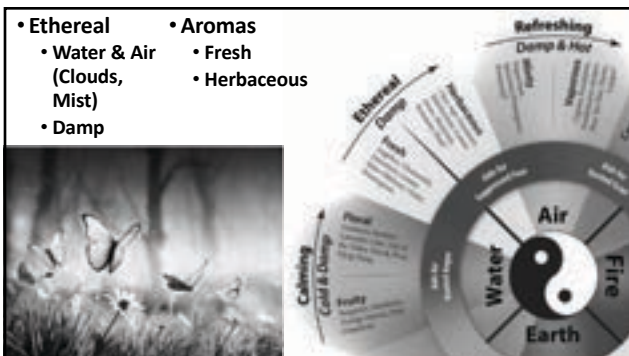
72



73



74



75

Ethereal


- Time of day: Pre-dawn, dreamtime
- Time of year: Late winter, early spring
- Qualities: Fluid, expansive, creative, imaginative, light, uplifted, open heart and mind
- Counters: Rigidity, dogmatism, materialism, addiction, obsession, feeling stuck, uninspired



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Fresh

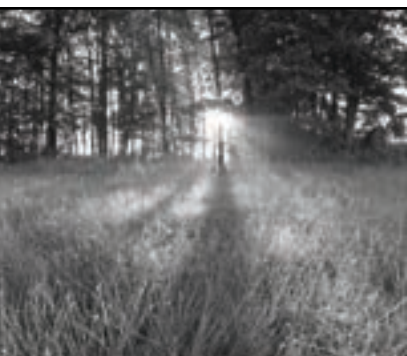
- Refreshing aroma, like the earth after rain or the predawn morning, new alive
- Opposite of resinous
- Examples:
 - Angelica
 - Clary Sage
 - Geranium
 - Lemon Balm (Melissa)
 - Lemon Grass
 - Violet
 - Wintergreen



77

Herbaceous

- Grassy, alfalfa-like, smell
- Opposite of woody
- Examples:
 - Basil
 - Clary sage
 - Geranium
 - Helichrysum
 - Lemon Grass
 - Marjoram
 - Rosemary



78

Refreshing
Damp & Hot

- Refreshing
- Air
- Yin to Yang
- Damp & Hot
- Aromas
- Minty
- Vaporous

79

Refreshing

- Time of day: Morning, sunrise
- Time of year: Spring, spring equinox
- Associated with the breath of life, breathing and inspiration
- Qualities: Renewed, revived, replenished, awake, unburdened, open, emotionally free, generous, giving
- Counters: Self-pity, toxic shame, victim-hood, emotional paralysis, feeling burdened and weighed down, stifled, stingy

80


Minty

- Mint like smell (members of the mint family)
- Opposite balsamic
- Examples:
 - Pennyroyal
 - Peppermint
 - Spearmint
 - Wintergreen
 - Pennyroyal


81

Vaporous


- Penetrating, opening fragrances
- Opposite musky
- Examples:
 - Cajeput
 - Cypress
 - Eucalyptus
 - Frankincense
 - Juniper
 - Pine
 - Tea Tree
 - Thyme




82



- Stimulating
- Air and Fire
- Heating
- Aromas
- Camphoric
- Sulfuric (sulfurous)




83



Stimulating

- Putting air on a fire heats it up as in "fanning the flames"
- Time of day: Late morning
- Time of year: Late spring
- Qualities: Excited, stimulated, inspired, motivated, moving, outgoing, active
- Counters: Coldness, fatigue, feeling stuck, discouraged, unmotivated, procrastination, laziness.

84



Camphoric

- Camphor-like smell
- Opposite earthy
- Examples:
 - Atlas Cedarwood
 - Bay Laurel
 - Camphor
 - Hyssop
 - Oregano
 - Marjoram
 - Ravintsara

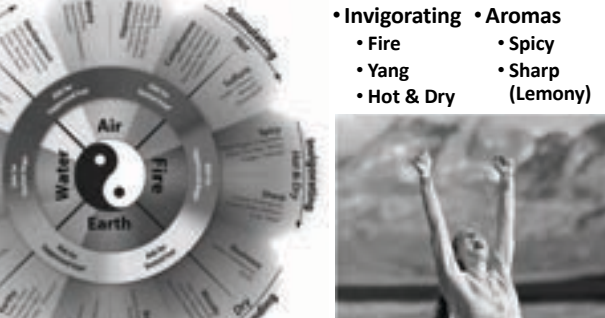
85



Sulfuric


- Sulphur smell
- Opposite sweet
- Examples:
 - Garlic
 - Onions
 - Mustard
 - Horseradish

86



• Invigorating • Aromas
 • Fire • Spicy
 • Yang • Sharp (Lemony)
 • Hot & Dry

87



Invigorating

- Time of day: Daytime (noon)
- Time of year: Summer (summer solstice)
- Qualities: Enthusiastic, determined, outgoing, active, busy, driven, focused.
- Counters: Lack of direction, being wishy-washy, overly pleasing or yielding to others, discouraged, low energy and motivation.


88



Spicy

- Pungent, hot spicy aroma
- Opposite fruity
- Examples:
 - Black Pepper
 - Cinnamon
 - Clove
 - Ginger
 - Nutmeg
 - Tea Tree
 - Thyme

89



Sharp

- Lemony or citrus aroma with sharp edge
- Opposite floral
- Examples:
 - Lemon
 - Lemongrass
 - Lemon Balm (Melissa)
 - Lime
 - Citronella

90

• Grounding

- Fire & Earth
- Dry
- Brick, ceramic

• Aromas

- Resinous
- Woody

91

Grounding


- Time of day: Late afternoon, early evening
- Time of year: Late summer, early fall
- Qualities: Solid, practical, realistic, stable, firm, physically connected.
- Counters: Impractical, unrealistic, spacey, unaware, blinded, head in the clouds, ungrounded.

92

Resinous

- Earthy, aromatic smell from tree resins, which are sap released to seal wounds in trees
- Opposite fresh
- Examples:
 - Amber
 - Frankincense
 - Myrrh
 - Pine Gum

93



Woody

- Wood-like aroma usually associated with trees and forests
- Opposite herbaceous
- Examples:
 - Atlas Cedarwood
 - Cypress
 - Marjoram
 - Rosemary
 - Sandalwood

94




- Sultry
 - Earth
 - Yang to Yin
 - Dry & Cold
- Aromas
 - Balsamic
 - Musky

95

Sultry

- Time of day: Evening (sunset)
- Time of year: Fall (fall equinox)
- Sensual, seductive, passionate, embodied, stable, strong, solid, rooted.
- Counters: Tense, flighty, changeable, airy, air headed, disconnected, ungrounded, overly idealistic, unembodied.




96



Balsamic

- Sweet, but earthy aroma like Balsamic vinegar
- Opposite minty
- Examples:
 - Cypress
 - Juniper
 - Myrrh
 - Patchouli
 - Vetiver

97



Musky

- Mossy or slightly moldy smell
- Opposite vaporous
- Examples:
 - Oak Moss
 - Patchouli
 - Spikenard
 - Valerian
 - Vetiver

98

- Soothing
- Earth and water
- Mud
- Cooling

- Aromas
- Sweet
- Earthy



99



Soothing

- Time of day: Evening, bedtime
- Time of year: Fall moving to winter
- Relaxed, calm, restful, quiet, still, peaceful, happy, playful, yielding, open.
- Counters: Feeling overwhelmed, feeling overstimulated, excessively busy, restless, nervous, agitated, stressed, burned-out.

100

Earthy


- Rich, deep dirt-like aroma
- Opposite camphoric
- Examples:
 - Amber
 - Anise
 - Chocolate
 - Coconut
 - Coffee
 - Fennel
 - Juniper
 - Turmeric



101

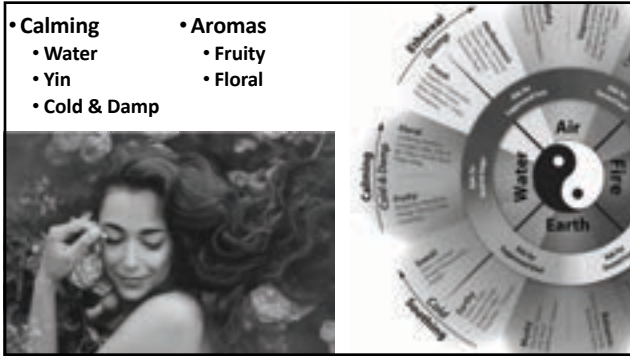
Sweet

- Pleasant, sugary aroma
- Opposite sulfuric
- Examples
 - Anise
 - Chamomile
 - Coconut
 - Fennel
 - Honeysuckle
 - Orange
 - Vanilla



102

- **Calming**
 - Water
 - Yin
 - Cold & Damp
- **Aromas**
 - Fruity
 - Floral



103

Calming

- Time of day: Night (midnight)
- Time of year: Winter (winter solstice)
- Qualities: Peaceful, flexible, relaxed, patient, tolerant, open hearted, yielding
- Counters: Irritability, anger, impatience, feeling stressed, workaholic, intolerance, fanaticism, restlessness




104

Fruity

- Sweet, fruit-like aroma, often citrusy
- Opposite spicy
- Examples:
 - Bergamot
 - Chamomile
 - Mandarin
 - Orange (Sweet)
 - Pink Grapefruit



105



Floral

- Light, flowery smell
- Opposite sharp
- Examples:
 - Gardenia
 - Jasmine
 - Lavender
 - Lilac
 - Lily of the Valley, Neroli
 - Rose
 - Ylang Ylang

106

Question and Answer Time



107
