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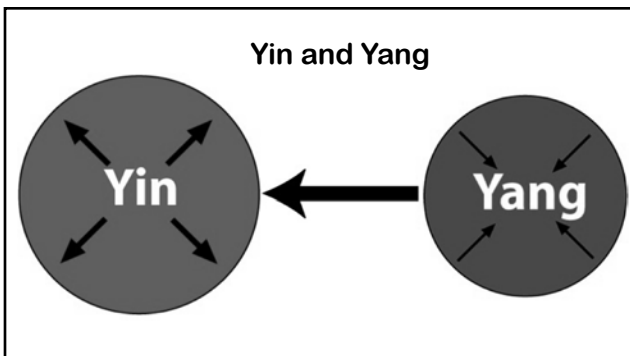
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**Energy Travels in Waves**

- Energy Travels in Waves
- Waves are cycles
- Cycles are also circling (circles)
- Major Cycles
  - Daily Cycle (earth rotates on its axis)
  - Monthly Cycle (moon rotates around the earth)
  - Yearly Cycle (earth rotates around the sun)

A diagram illustrating energy waves and cycles. It shows a wave with two peaks and two troughs. Below the wave is a Yin-Yang symbol enclosed within a circle. Two arrows point upwards from the Yin-Yang symbol to the troughs of the wave above it.

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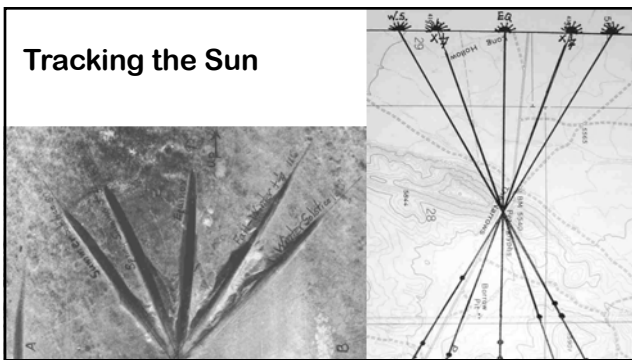
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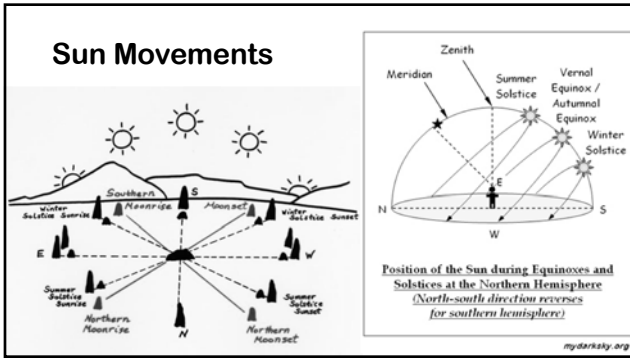
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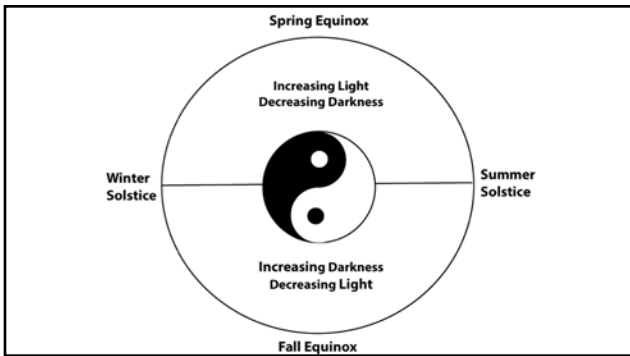
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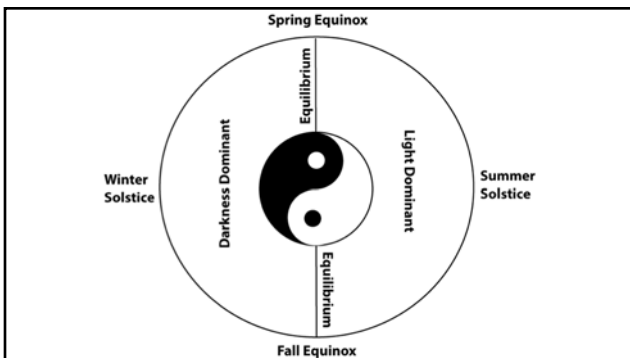
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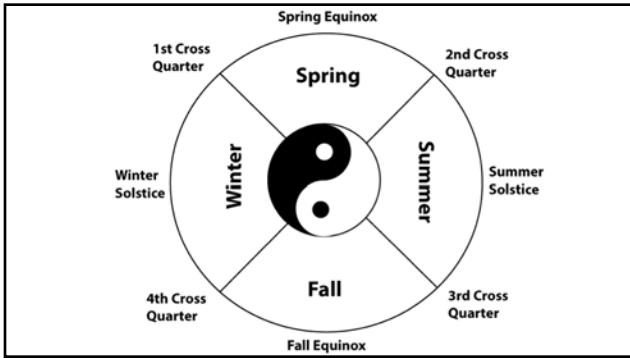
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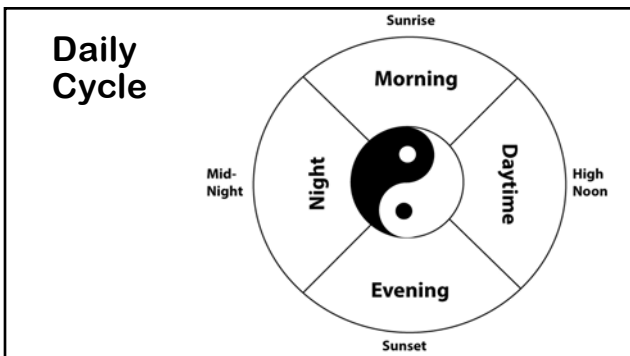
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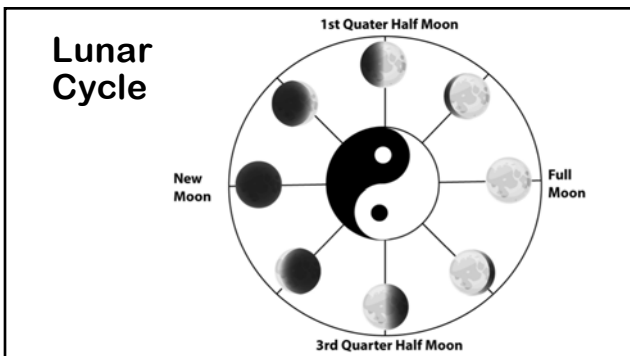
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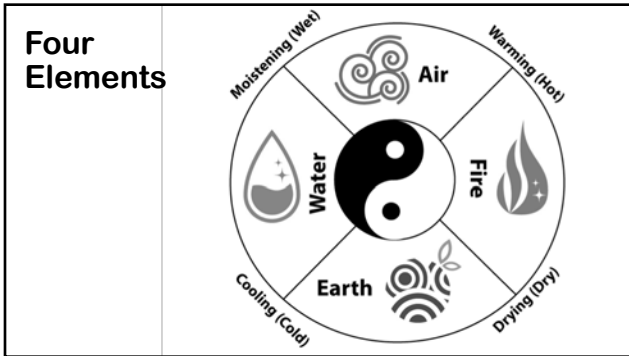
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**Water (Yin) and Fire (Yang)**

<p><b>Water or Yin</b></p> <ul style="list-style-type: none"> <li>• Receives and expands</li> <li>• Aids assimilation</li> <li>• Aids creation and storage of energy</li> <li>• Associated with nighttime and winter</li> <li>• Promotes rest and relaxation</li> <li>• Aids playfulness, peacefulness and openness</li> <li>• Promotes softness, gentleness and sensitivity</li> </ul>	<p><b>Fire or Yang</b></p> <ul style="list-style-type: none"> <li>• Contracts and discharges</li> <li>• Aids elimination</li> <li>• Aids breakdown and discharge of energy</li> <li>• Associated with daytime and summer</li> <li>• Promotes activity and alertness</li> <li>• Aids work, direction and assertiveness</li> <li>• Promotes hardness, firmness and self-containment</li> </ul>
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**Air (Change) and Earth (Stability)**

<p><b>Air (Yin to Yang Shift)</b></p> <ul style="list-style-type: none"> <li>• Shift from absorption to discharge of energy</li> <li>• Associated with morning and springtime</li> <li>• Helps to clear congestion, stagnation, stuffiness</li> <li>• Initiates release and detoxification</li> <li>• Promotes feelings of release, openness and freedom</li> <li>• Associated with new beginnings, release and forgiveness</li> </ul>	<p><b>Earth (Yang to Yin Shift)</b></p> <ul style="list-style-type: none"> <li>• Shift from discharge to absorption of energy</li> <li>• Associated with evening and autumn or fall</li> <li>• Helps to clear emptiness, weakness and malnourishment</li> <li>• Initiates absorption and assimilation</li> <li>• Promotes feelings of desire, connection and connection</li> <li>• Associated with contemplation, satisfaction and receiving</li> </ul>
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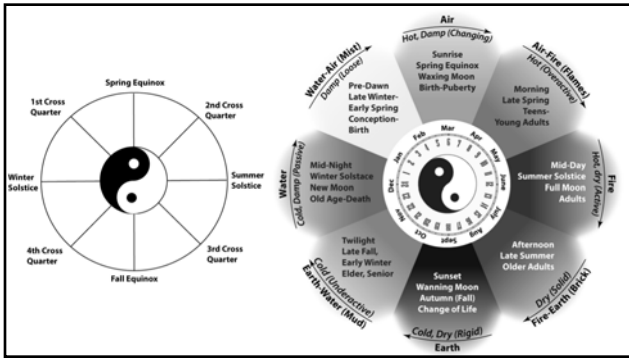
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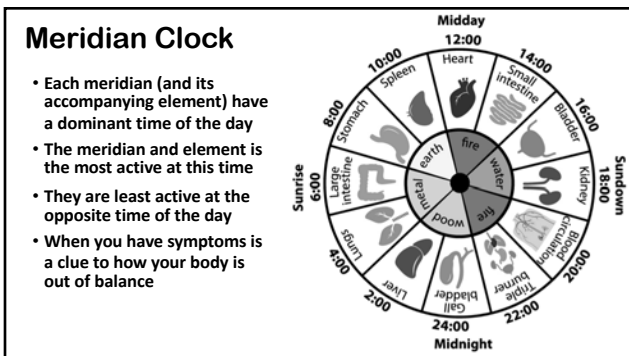
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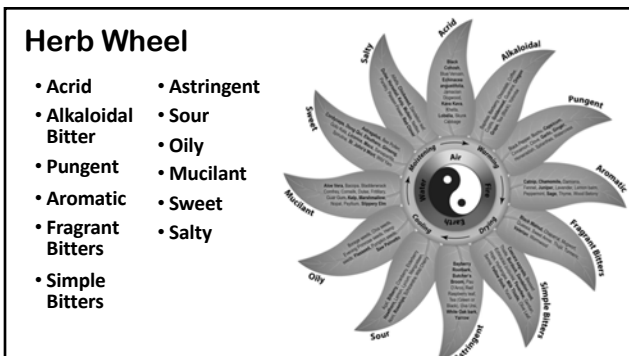
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### Why Energetics?



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### Herbal Energetic Cycle and Categories



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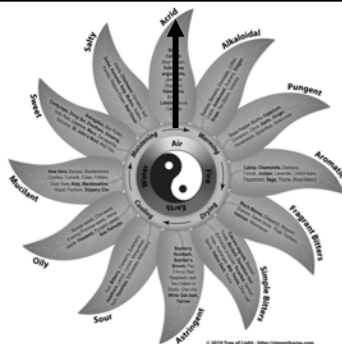
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### Air

- Yin to Yang, Dampness Warming Up towards Heat
- Time of Day: Sunrise
- Season: Spring Equinox
- Meridian: Large Intestine
- Qualities: Open, flowing, energized, invigorated, awake, flexible, relaxed, refreshed
- Counters: Tension, cramping, pressure, spastic, constricted, burdened, weighed down, stifled
- Herbal Category: Acrid



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**Acrid Herbs**

- **Characteristics**
  - Bitter, nasty, taste that may have a sour, burning quality (kind of like the taste in the back of your throat when you regurgitate, and it burns your throat)
- **Constituents**
  - Resins and Alkaloids
- **Energetics**
  - Relaxing (eases constriction), may also be cooling and drying
- **Opposite Category: Astringent**



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**Primary Action and Uses for Acrid Herbs**

- Antispasmodic: relax cramping and muscle spasms, spastic conditions where flow and movement are constricted
- Relieve “wind” disorders in TCM: problems involving alternating symptoms (fever-chills; diarrhea-constipation)
- Often helpful for sharp, shooting or migrating pain
- Some are emetic (induce vomiting) in larger doses

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**Examples of Acrid Herbs**

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



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### Warming

- Air & Fire (fanning the flames to produce a hot fire)
- Time of Day: Morning
- Season: Late Spring
- Meridians: Stomach, Spleen
- Qualities: Excited, stimulated, inspired, motivated, starting to move, getting going
- Counters: Coldness, fatigue, feeling stuck, stagnant, sluggish, weak.
- Herbal Categories:
  - Bitter Stimulants (Alkaloidal Bitters)
  - Pungent

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### Bitter Stimulants (Alkaloidal Stimulants)

- Characteristics
  - Bitter tasting herbs that act as stimulants, rather than relaxants
- Constituents
  - Alkaloids (alkaline compounds, names end in -ine)
  - Examples: caffeine, nicotine, berberine, lobeline, hydrastine
- Energetics
  - Cooling and drying
- Opposite Category: Sour

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### Primary Properties of Bitter (Alkaloidal) Stimulants

- Act to increase metabolism in various ways
  - Caffeine and theobromine: blocks adenosine, which signals you are tired
  - Berberine: enhances metabolism much like exercise; antimicrobial
  - Nicotine and ephedrine: Activate sympathetic nervous system receptors
- Bitters tend to stimulate detoxification processes in the liver
- When taken without sweeteners, bitters can also stimulate digestion
- Bitters tend to be drying, not good for people who are dehydrated

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**Examples of Alkaloidal Bitters**

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



Coffee Oregon Grape

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**Pungent Herbs**

- Characteristics
  - Spicy or hot taste, biting aroma
- Constituents
  - Resins
  - Allyl-sulphides
  - Alkamindes
  - Some essential oils (monoterpenes)
- Energetics
  - Warming and drying
- Opposite Category: Oily



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**Properties and Uses of Pungent Herbs**

- Dispel stagnation (mucus, fluid)
- Induce perspiration
- Increases mucus production
- Stimulates circulation to increase blood flow to tissues
- Increases intestinal peristalsis, dispels gas and digestive congestion
- Stimulates saliva, HCl and other digestive secretions
- Help relieve acute viral infections
- Warming and stimulating, then drying
- Tonifies the metal element (lung) in TCM



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### Examples of Pungent Herbs

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

Ginger
Garlic

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### Fire

- Hot and Dry (Yang)
- Time of Day: Daytime (Late Morning, Noon)
- Season of Year: Late Spring, Early Summer (Summer Solstice)
- Meridian: Heart
- Qualities: Invigorating, moving, dissipating, moving, active, warm, vibrant.
- Counters: Stagnation, fatigue, cold, dampness, congestion, depression, inactivity.
- Herbal Category:
  - Aromatic



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### Aromatic Herbs

- Characteristics
  - Strong aroma, generally used as seasonings for adding flavor to food
- Constituents
  - Essential or volatile oils (oils that evaporate)
- Energetics
  - Warming and drying, but milder than pungent herbs
  - More sustaining to energy and healing
- Opposite Category: Mucilant



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### Properties and Uses for Aromatics

- Stimulate perspiration when taken as warm teas
- Have an invigorating effect on metabolism
- Some have a calming effect on nerves
- Aid digestion by stimulating digestive secretions and increasing intestinal motility
- Essential oils have antimicrobial properties




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### Examples of Aromatic Herbs

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



Peppermint



Chamomile

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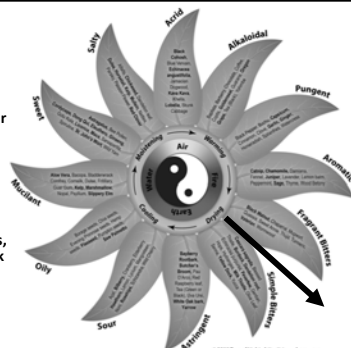
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### Drying

- Fire & Earth (Brick)
- Time of Day: Late Afternoon to Evening
- Season of the Year: Late Summer to Autumn
- Meridians: Small Intestine, Bladder
- Qualities: Solid, stable, clear, clean, dry, moving towards cooling
- Counters: Stagnation, dampness, congestion, toxic, swampy, stuck
- Herbal Categories:
  - Fragrant Bitters
  - Simple Bitters




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### Fragrant Bitters

- **Characteristics**
  - Bitter taste; bitter aroma (often not pleasant)
- **Constituents**
  - Sesquiterpene lactones and triterpenes
- **Energetics**
  - Slightly warming and drying
- **Opposite Category: Sweet**




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### Properties and Uses for Fragrant Bitters

- Usually have anti-parasitic properties
- May also be antimicrobial, can also help to rebalance gut microbes
- Act as digestive stimulants, increasing HCl, bile and pancreatic enzymes
- Generally used short term, or in smaller doses mixed with other herbs
- Most are contraindicated in pregnancy




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### Examples of Fragrant Bitters

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




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**Bitters  
(Simple or Relaxing)**

- **Characteristics**
  - Bitter taste, but not stimulating
- **Constituents**
  - Diterpenes
  - Glycosides
    - Anthraquinone glycosides
- **Energetics**
  - Cooling and drying



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**Properties and Uses of Simple Bitters**

- Used primarily for detoxification, aiding elimination through the bowels, liver, lymphatics and kidneys
- Bitter taste stimulates hydrochloric acid production as well as secretion of bile and pancreatic enzymes when tasted
- A few bitters have calming, relaxing effects and may help to ease pain
- Herbs with anthroquinone glycosides stimulate intestinal peristalsis
- Tonify the heart in TCM



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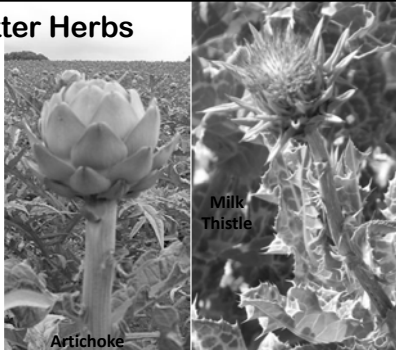
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**Examples of Bitter Herbs**

- **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



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### Earth

- Yang to Yin, Dry & Cold
- Time of Day: Evening (Sunset)
- Season of the Year: Fall (Autumn Equinox)
- Meridian: Kidney
- Embodied, stable, strong, solid, rooted, toned, tight, firm, grounded
- Counters: Loose, leaking, bleeding, dripping, atonic, unstable, disconnected, ungrounded, swollen
- Herbal Category:
  - Astringent

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### Astringent Herbs

- **Characteristics**
  - Slightly bitter, with drying, slightly puckering sensation
- **Constituents:**
  - Tannins
  - Tannic and gallic acid
- **Energetics**
  - Drying and Constricting
- **Opposite Category: Acrid**

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### Properties and Uses of Astringent Herbs

- Arrest excessive secretion (mucus, sweat, urine, etc.)
- Coagulate blood, help to stop bleeding applied externally
- Tone up loose tissue (wrinkles, varicose veins, hemorrhoids, spider veins, etc.)
- Slow intestinal peristalsis, arrest diarrhea, tone up leaky gut
- Help to neutralize venom when applied topically to bites and stings

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### 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

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### Cooling

- Earth & Water (mud)
- Time of the Day: Twilight to Midnight
- Season of the Year: Late Autumn to Early Winter
- Meridians: Circulation/Sex and Triple Warmer
- Qualities: Calming, cooling, soothing, quieting, sedating
- Counters: Overstimulated, irritated, hot, inflamed, restless, agitated, nervous
- Herbal Categories:
  - Sour

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### Sour Herbs

- Characteristics
  - Sour taste
- Constituents
  - Fruit acids (citric, malic and Vitamin C—ascorbic acid)
  - Flavonoids
  - Antioxidants
- Energetics
  - Cooling, balancing (may moisten or dry), nourishing
- Opposite Category: Bitter Stimulants

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### Properties and Uses of Sour Herbs

- Antioxidant and anti-inflammatory
- Reduce free radical damage and soothe irritated, inflamed tissues
- Strengthen capillary integrity, tone up weak or lax tissue
- Aid liver function, protect the liver from damage
- Tonify liver qi (wood element) in TCM




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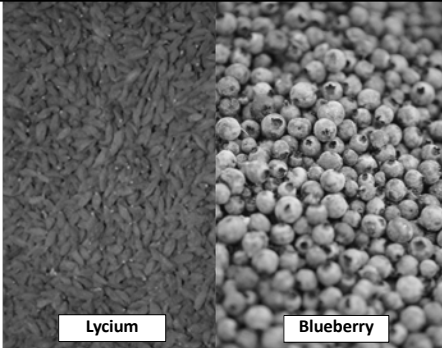
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### Sour Herbs

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



Lycium                      Blueberry

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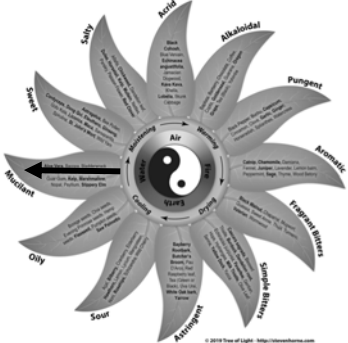
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### Water

- Yin, Cold & Damp
- Time of the Day: Nighttime
- Season of the Year: Winter
- Meridian: Gallbladder
- Qualities: Peaceful, flexible, relaxed, moist, tolerant, open, yielding, resting, soothing
- Counters: Irritation, redness, heat, fever, inflammation, overstimulation, excitable, nervous
- Herbal Categories:
  - Oily
  - Mucilant




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### Oily Herbs

- **Characteristics**
  - Oily taste and texture
- **Constituents**
  - Vegetable Oils
  - Essential fatty acids
- **Energetics**
  - Moistening, Cooling and Nourishing
- **Opposite Category: Pungent**




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### Properties and Uses of Oily Herbs

- Provide the body with fatty acids for energy, immune, nerve and glandular function
- Oils with GLA or omega-3 fatty acids can help to reduce tissue irritation and inflammation
- Lubricate the stool for better elimination
- Lubricate dry tissues, helpful for dry skin and skin irritation
- Aid tissue flexibility




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### Examples of Oily Herbs

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

Coconut



Flaxseed




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**Mucilant Herbs**

- **Characteristics**
  - Slippery slimy feel when moist, generally bland or slightly sweet taste
- **Constituents**
  - Mucopolysaccharides (mucilage and gums)
  - Glucoaminoglycans
- **Energetics**
  - Moistening, cooling and nourishing
- **Opposite Category: Aromatic**



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**Properties of Mucilant Herbs**

- Act as bulk laxatives; hold moisture in bowel to promote normal elimination
- Feed friendly gut bacteria to promote intestinal health
- Absorb irritants from GI tract, may help reduce cholesterol
- Help injured tissues heal when applied topically
- May enhance immune activity, especially on mucus membranes

Psyllium



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**Examples of Mucilant Herbs**

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

Aloe Vera      Okra

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### Moistening

- Water & Air (mist)
- Time of the Day: Late night, early morning
- Season of the Year: Late Winter, Early Spring
- Meridians: Liver and Lung
- Qualities: Fluid, renewed, light, energized, rested, renewed, replenished, hydrated, fluid, flexible, uplifted
- Counters: Rigidity, stiffness, aging, brittle, dry, dogmatic, stuck
- Herbal Categories:
  - Sweet
  - Salty

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### Sweet Herbs

- Characteristics
  - Bitter-sweet flavor, not sugary or starchy, more like the sweetness of dark chocolate or licorice root
- Constituents
  - Polysaccharides
  - Saponins
- Energetics
  - Moistening and neutral (may be slightly warming or cooling, too)
- Opposite Category: Fragrant Bitter

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### Properties of Sweet (Tonic) Herbs

- Build up weakened conditions
- Counteracts wasting, strengthens glands, builds energy reserves
- May act as adaptogens to modulate stress and improve overall health
- Counteract dryness and aging of tissues
- Often strengthen the immune system
- Often used for elderly people to regain or maintain good health

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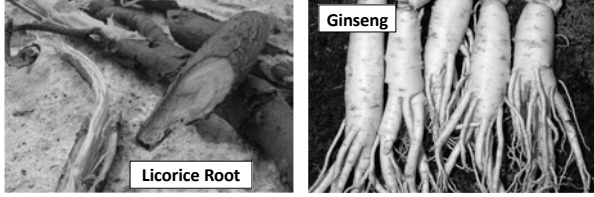
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**Licorice Root**

**Ginseng**

**Examples of Sweet (Tonic) Herbs**

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

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### Salty Herbs

- Characteristics**
  - Slightly salty, grassy or "green" taste (think of celery or spinach)
- Constituents**
  - Salts of magnesium, potassium, sodium and calcium
- Energetics**
  - Balancing (may moisten and/or dry tissues) and nourishing
- Opposite Category: Bitters (Simple)**




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### Properties of Salty Herbs

- Supply trace minerals to help tone and heal tissues, broken bones and other injuries
- Help to support kidney function by supplying potassium and other electrolytes
- Help to promote lymph flow and relieve lymphatic congestion and swollen lymph nodes
- May help to loosen mucus
- Tend to increase alkalinity, which aids general health




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### Examples of Salty Herbs

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

**Nettles** **Mullein**

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### Energetic Categories of Herbs

**Major Energetic Actions**

Each herb can be used in several ways. Herbs can be used in tea, tincture, capsule, or as a food. Herbs can be used in a variety of ways. Herbs can be used in a variety of ways. Herbs can be used in a variety of ways.

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### Want to Learn More?

- **Herbal Energetics book**
  - Explains energetics, lists 262 herbs, Cost \$5.00
- **Energetic Categories of Herbs chart**
  - Front shows wheel with explanation of categories, back lists about 40 herbs, Cost \$15
- **The Energetic Uses of Single Herbs Class**
  - Four Sessions, Thursdays, June 4 (air), 11 (fire), 19 (earth), 25 (water) at 5:00 MT, Cost \$99
- **Herbal Energetics bundle**
  - All of the above, Cost \$100, Member Cost \$80
- Visit [treelite.com](http://treelite.com) or call 800-416-2887 to order

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## Question and Answer Time

Type in your questions and I'll answer as many as I can



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