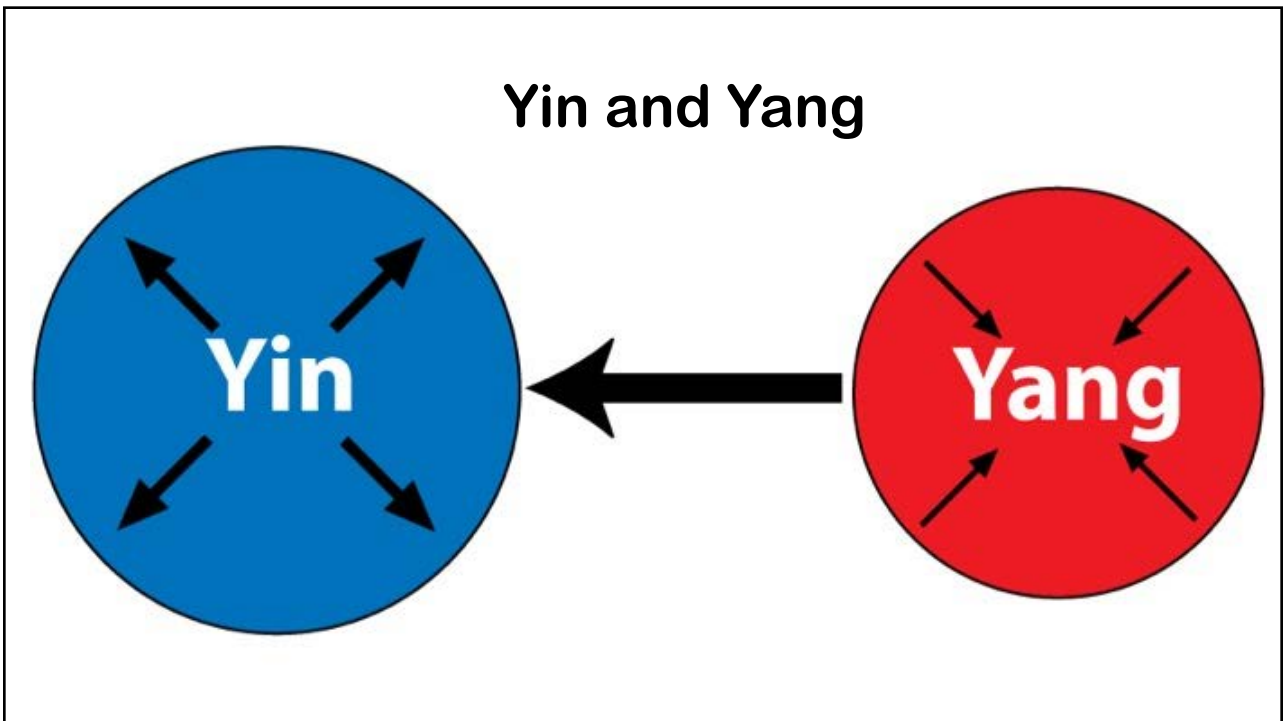




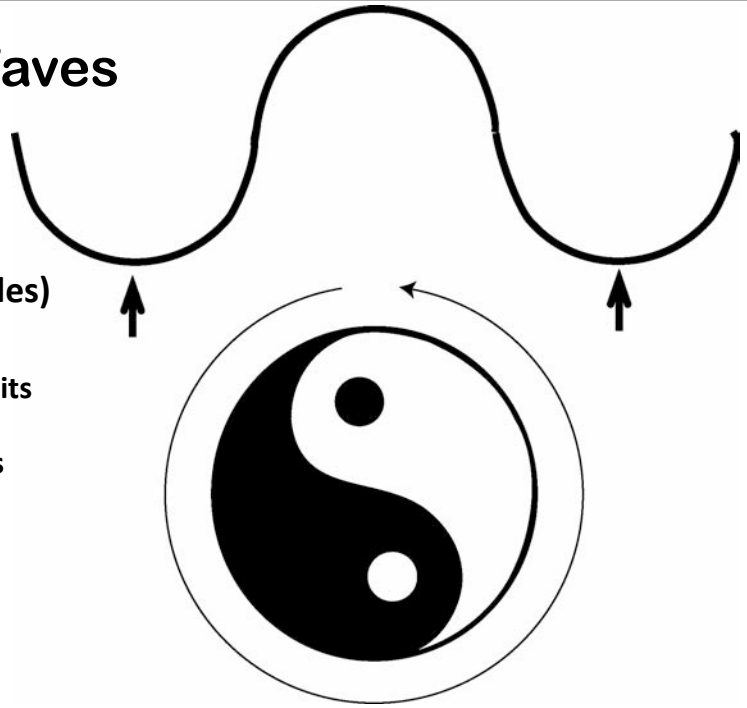
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2

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)



3

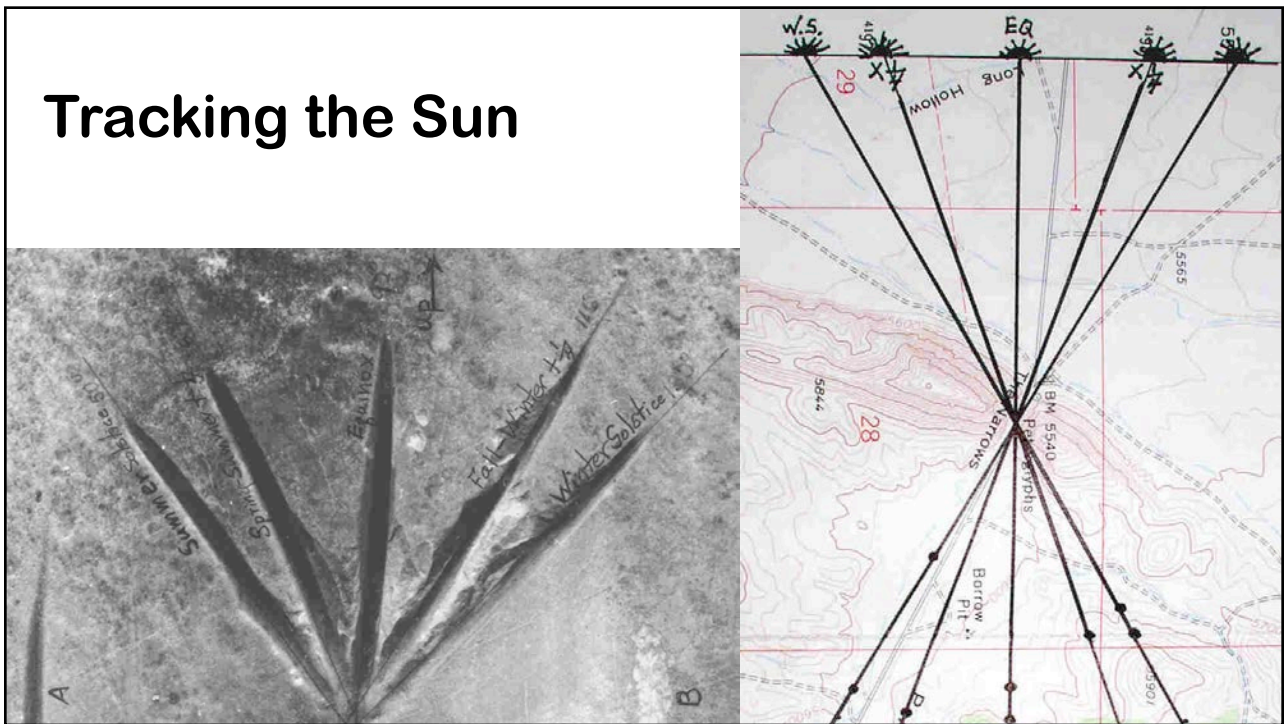
Parowan Gap Petroglyph Site



4

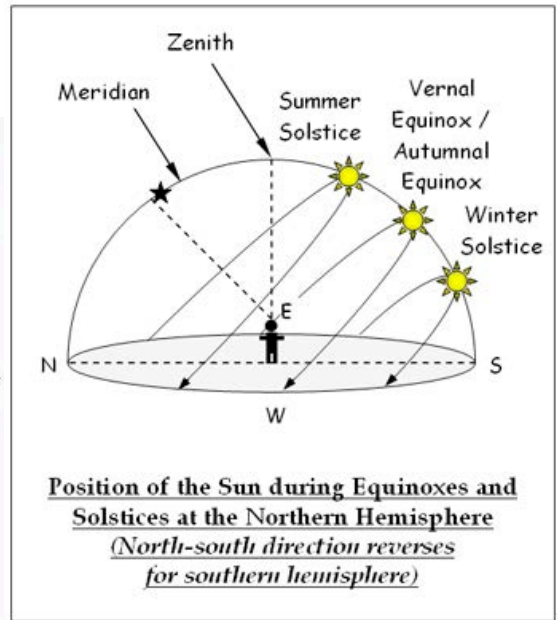
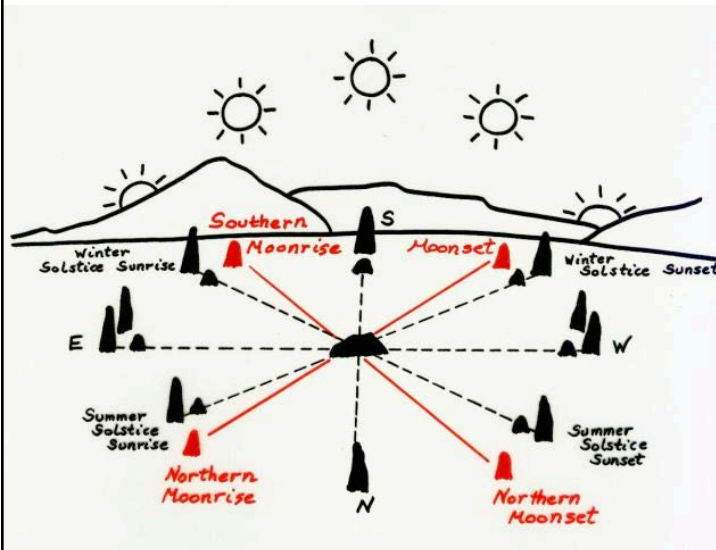


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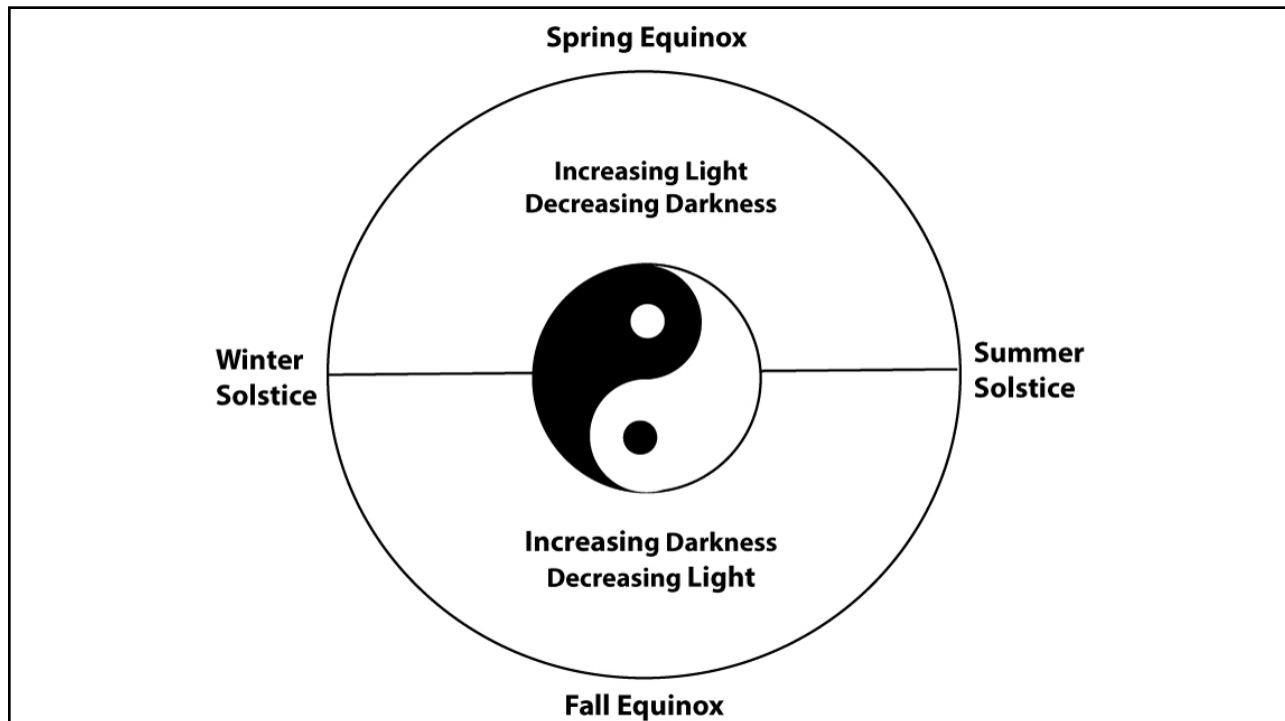
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Sun Movements

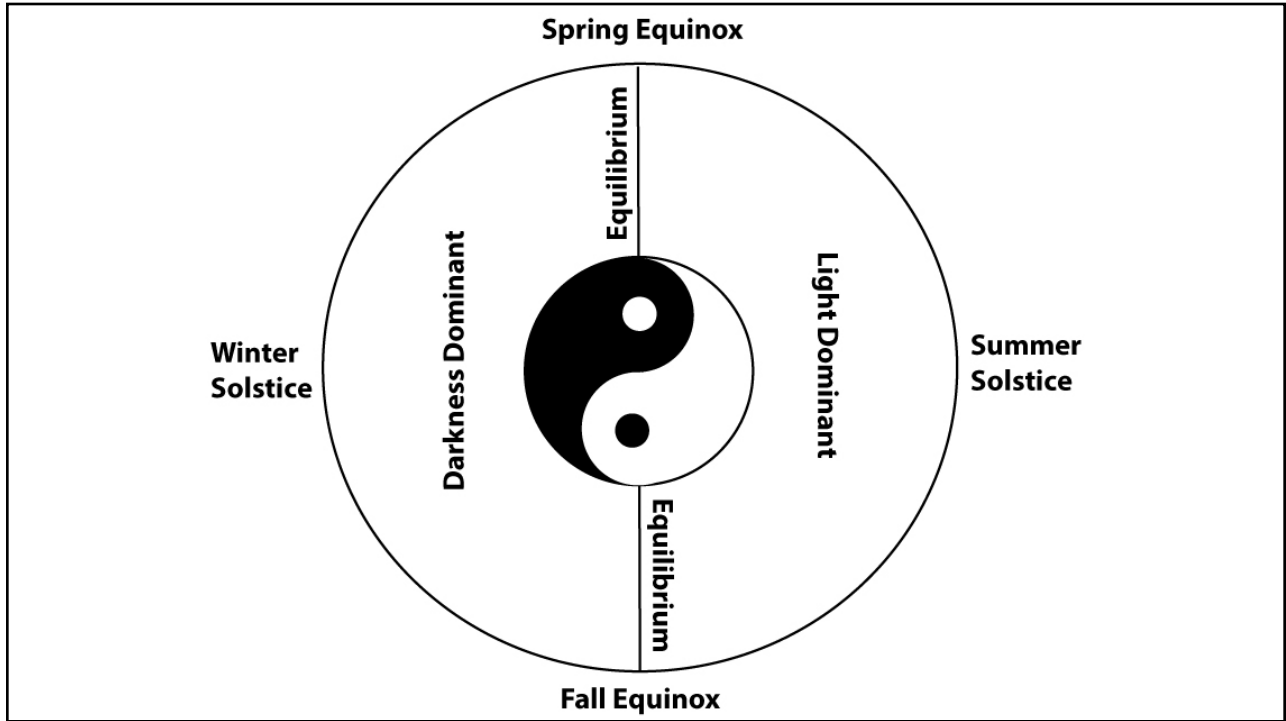


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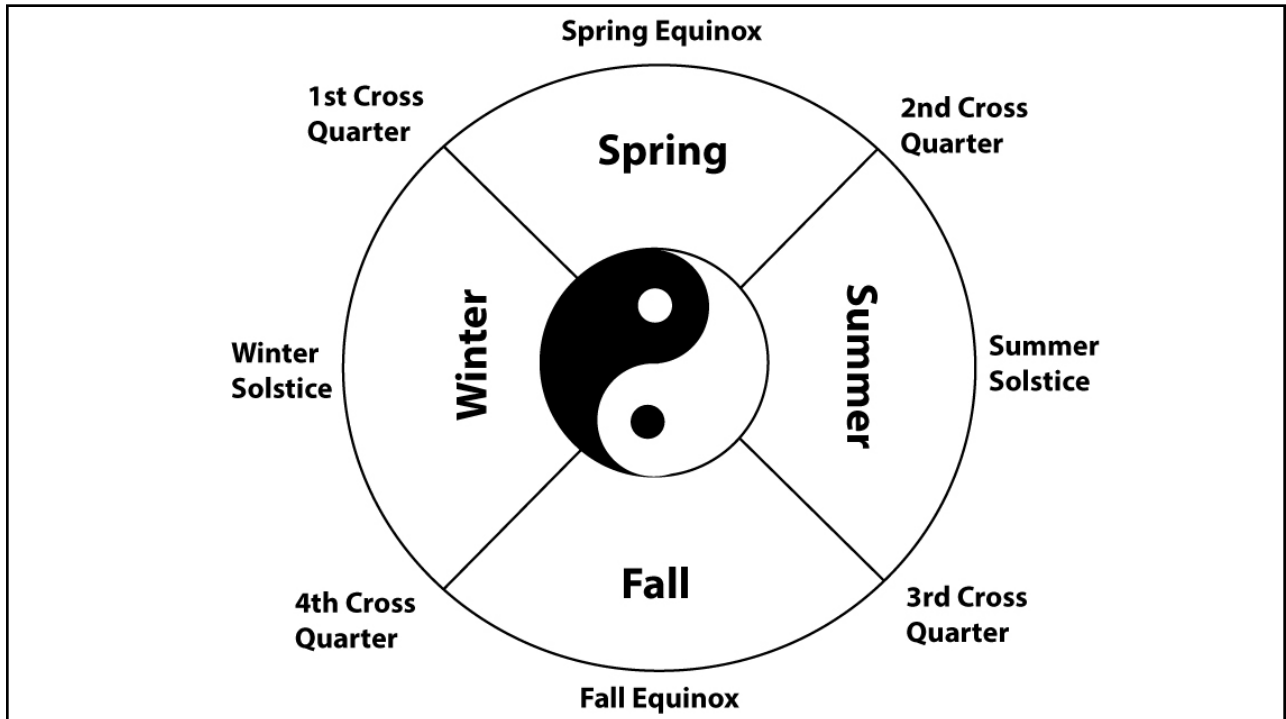
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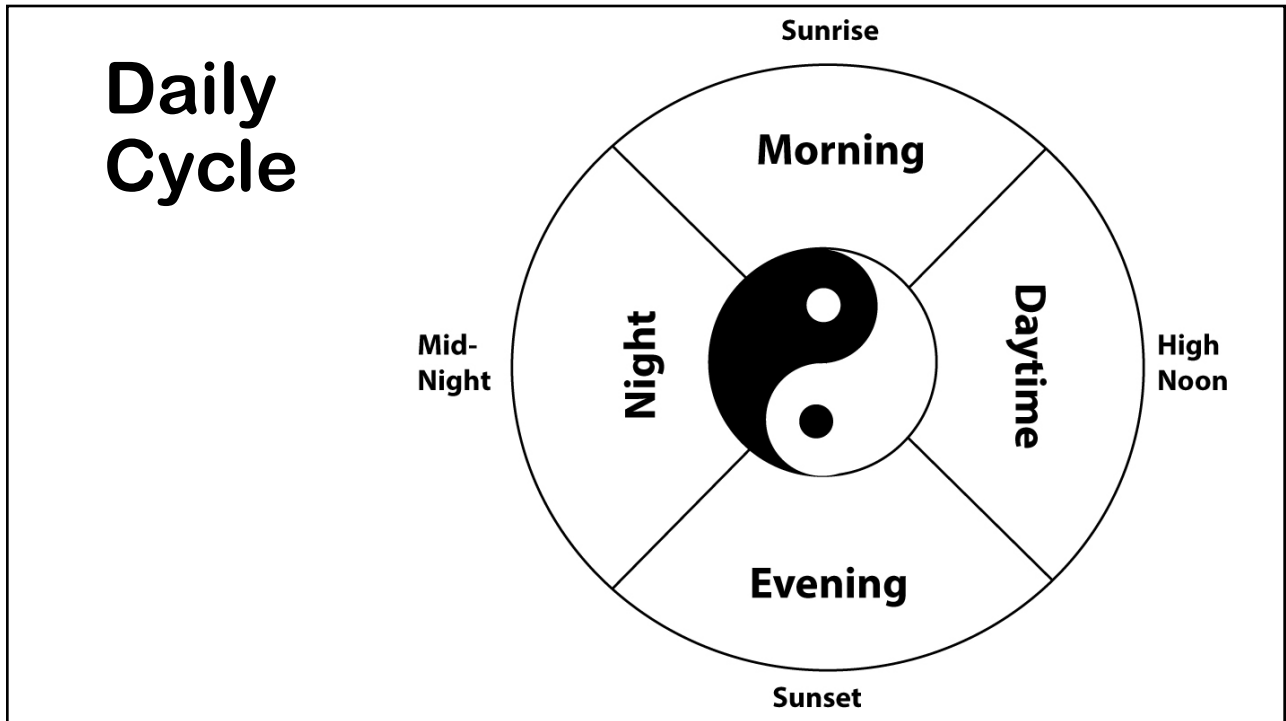
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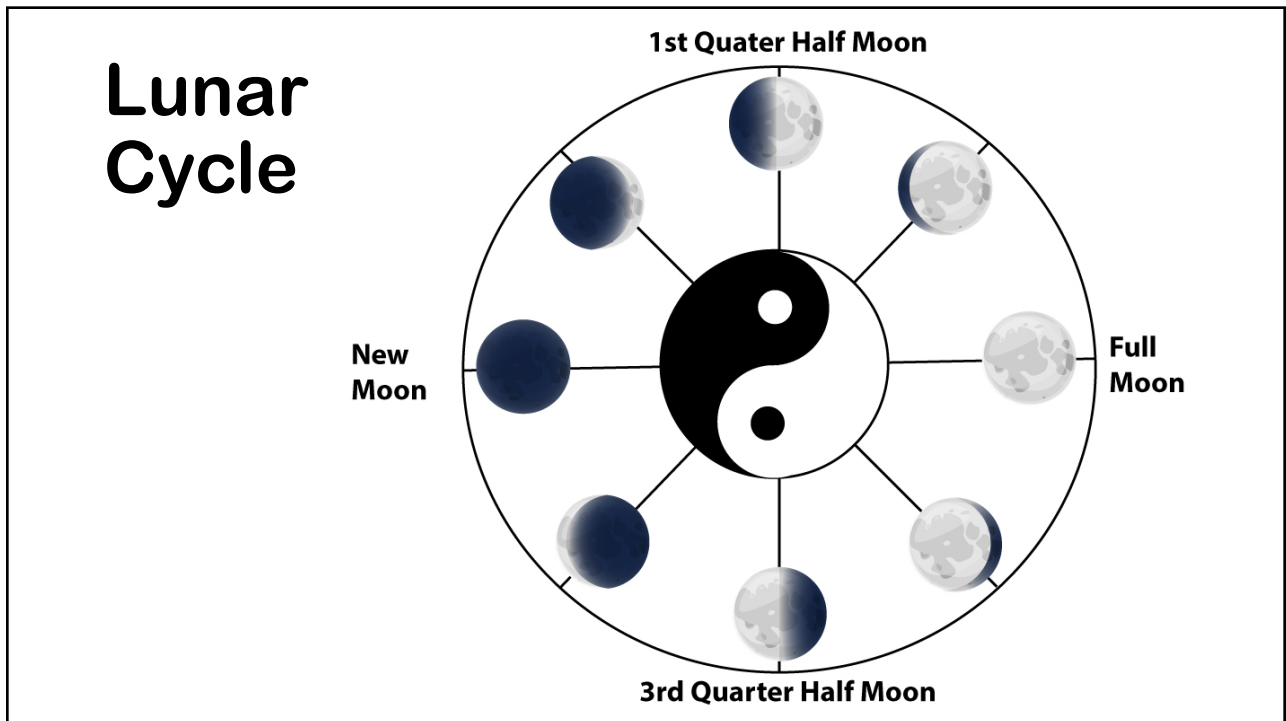
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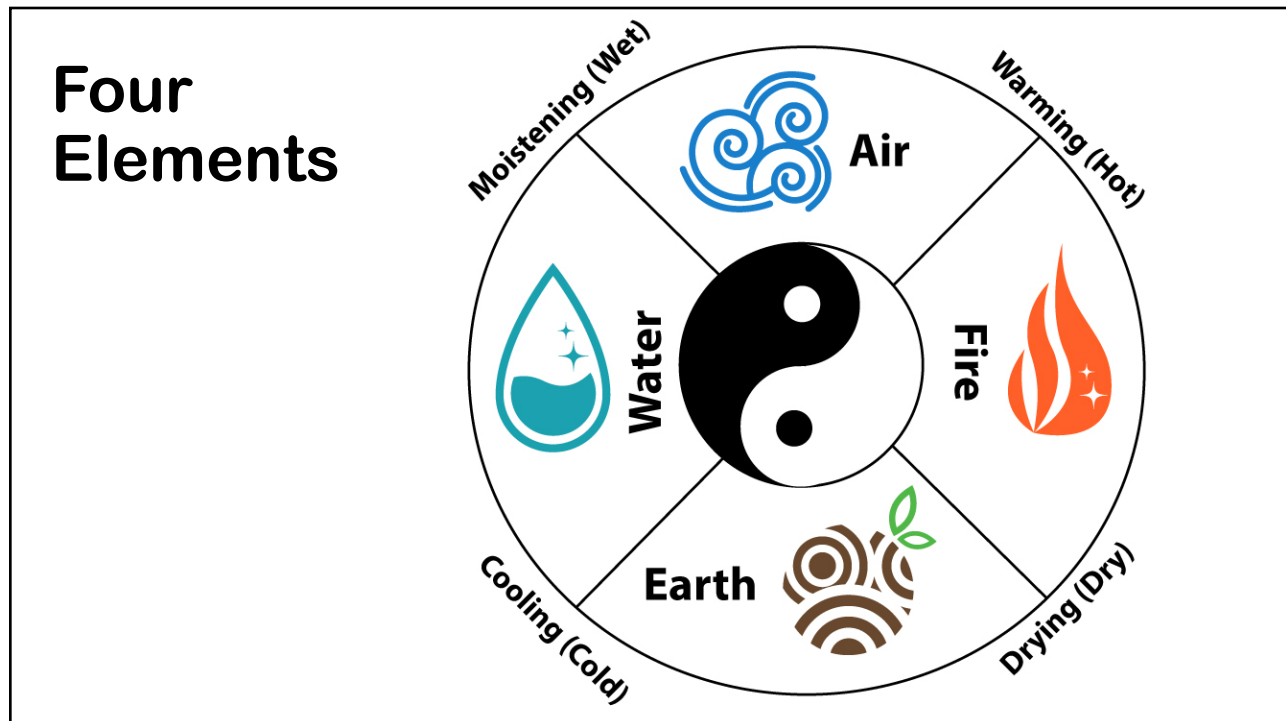
10



11



12



13

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

14

Air (Change) and Earth (Stability)

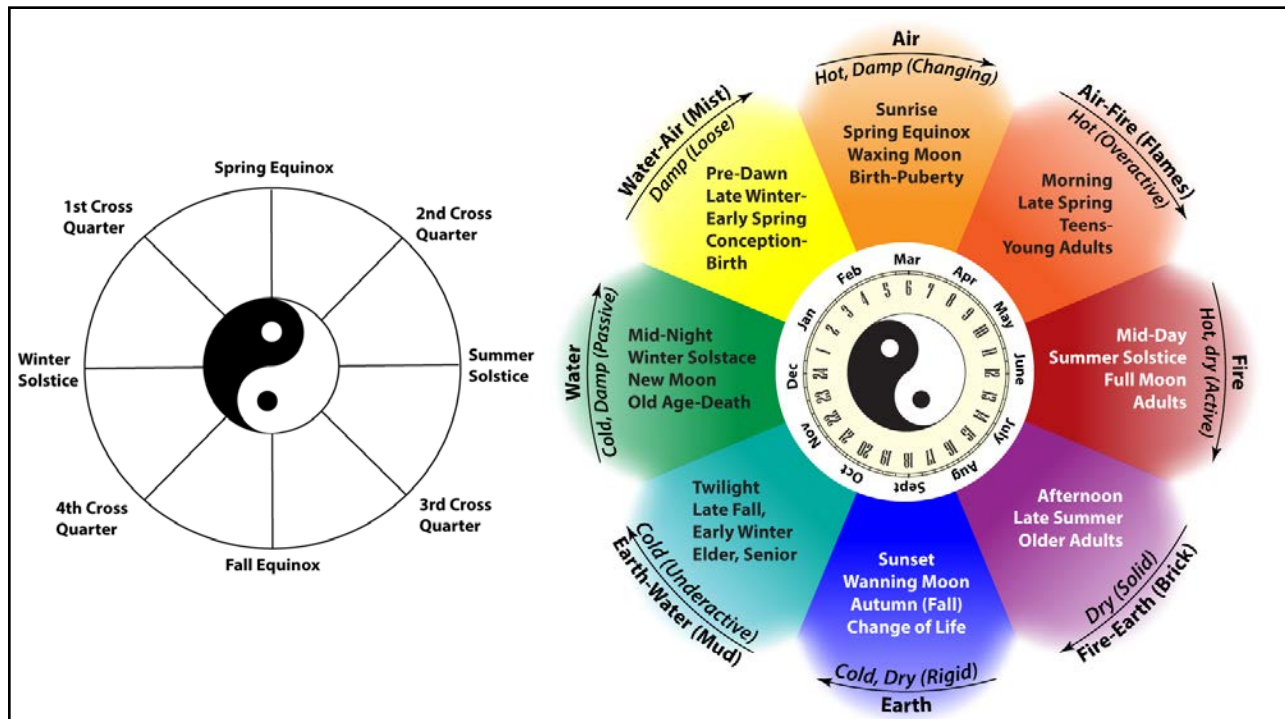
Air (Yin to Yang Shift)

- 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

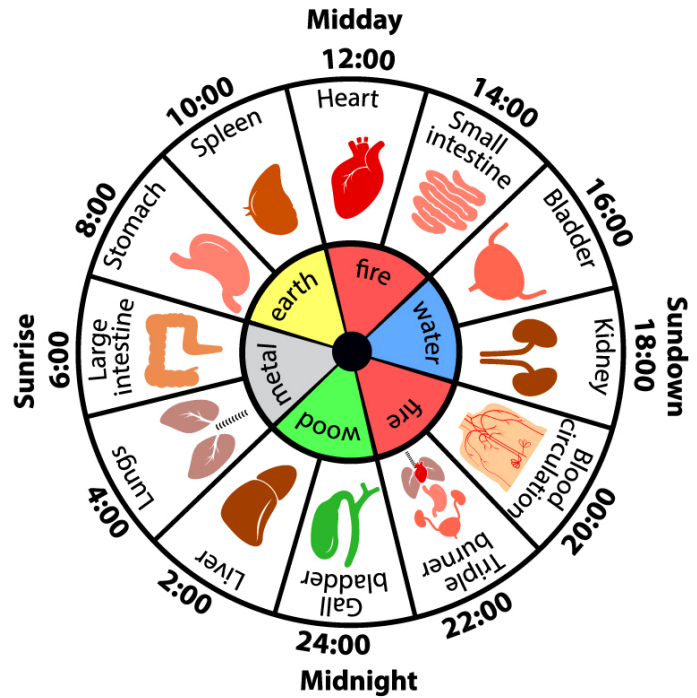
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16

Meridian Clock

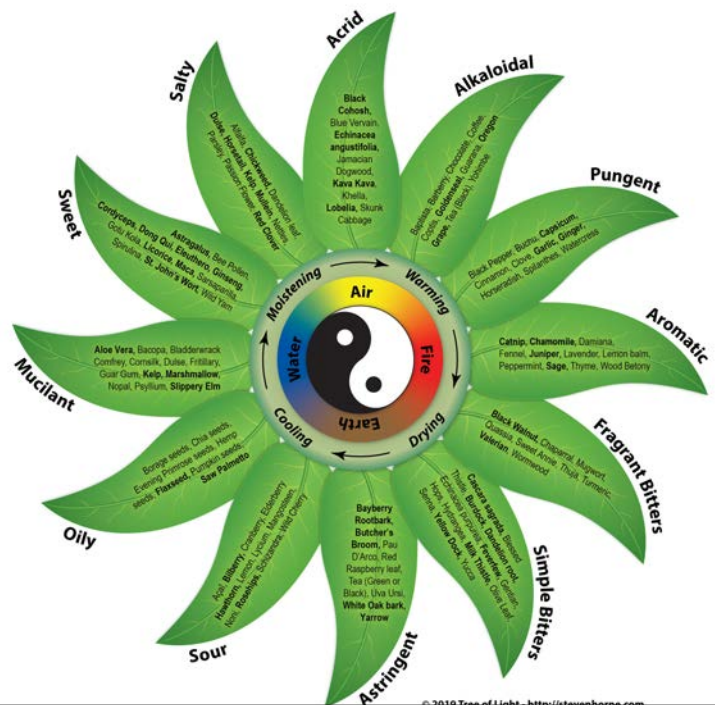
- Each meridian (and its accompanying element) have a dominant time of the day
- The meridian and element is the most active at this time
- They are least active at the opposite time of the day
- When you have symptoms is a clue to how your body is out of balance



17

Herb Wheel

- Acrid
- Alkaloidal
- Bitter
- Pungent
- Aromatic
- Fragrant
- Simple Bitters
- Astringent
- Sour
- Oily
- Mucilant
- Sweet
- Salty



18

Why Energetics?



19

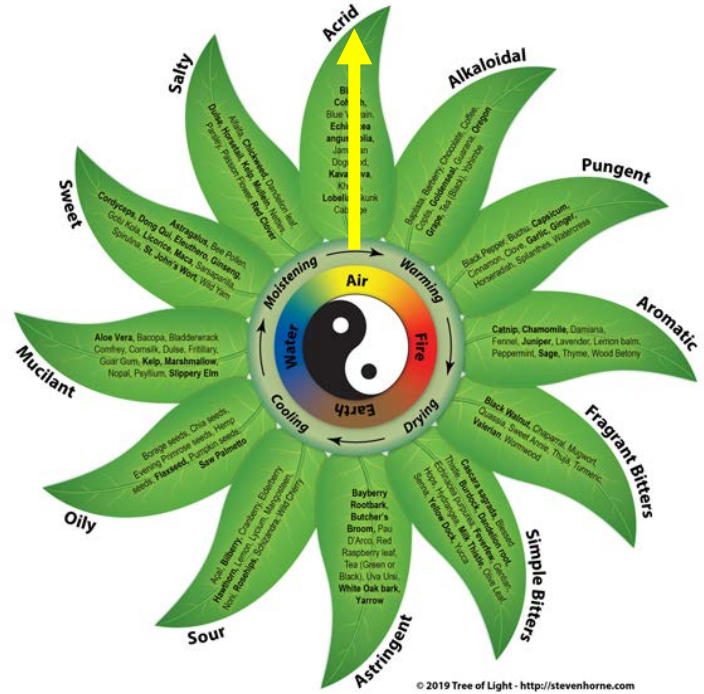
Herbal Energetic Cycle and Categories



20

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



21

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



22



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

23

Examples of Acrid Herbs

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

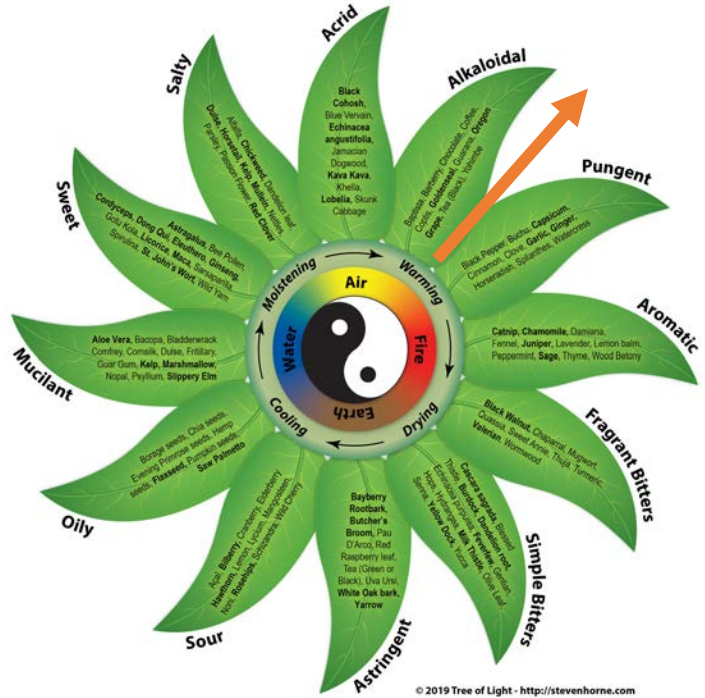
Kava Kava

Lobelia

24

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



25



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

26



Golden Seal

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

28



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**

29

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



30



Ginger



Garlic

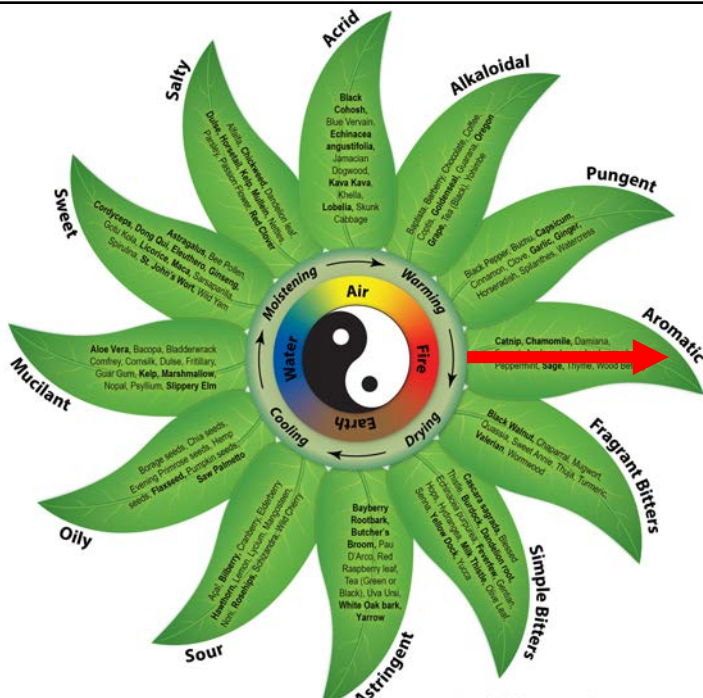
Examples of Pungent Herbs

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

31

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**



33

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




34

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

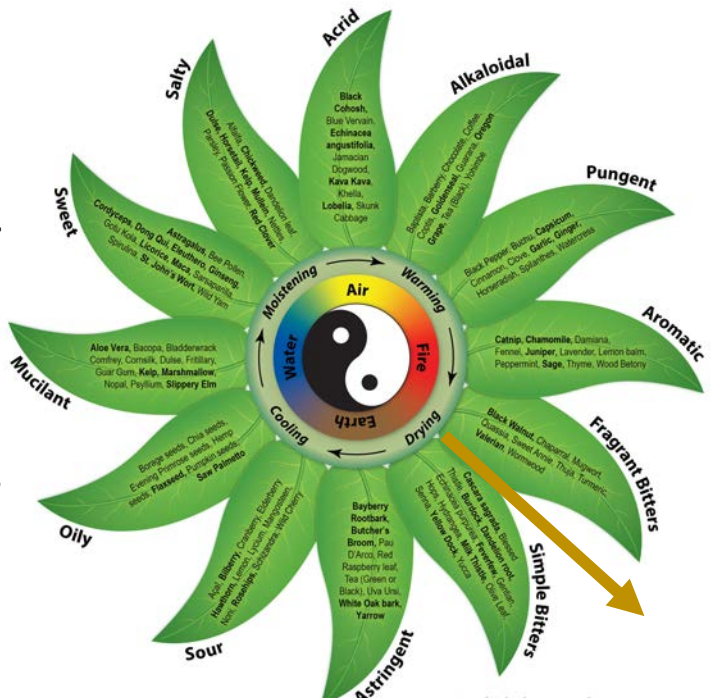


Chamomile

35

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

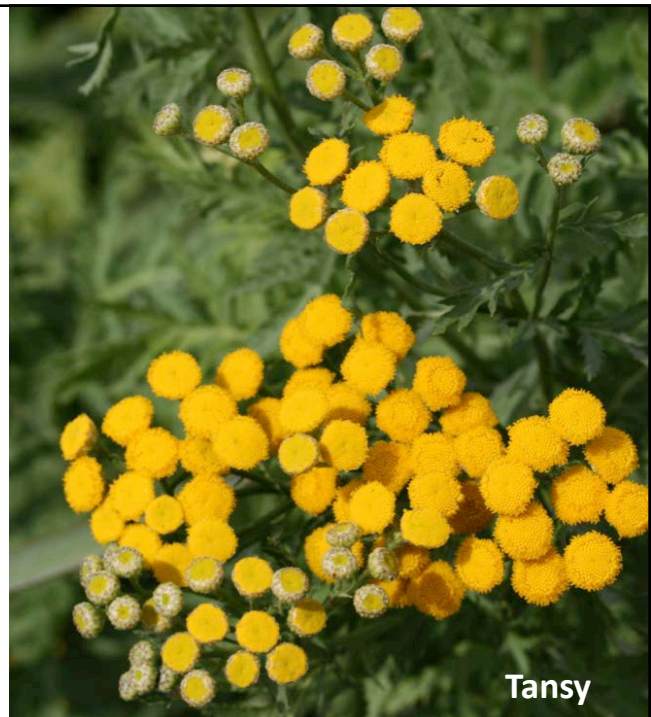
- **Characteristics**
 - Bitter taste; bitter aroma (often not pleasant)
- **Constituents**
 - Sesquiterpene lactones and triterpenes
- **Energetics**
 - Slightly warming and drying
- **Opposite Category: Sweet**



37

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



38

Examples of Fragrant Bitters

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



Wormwood

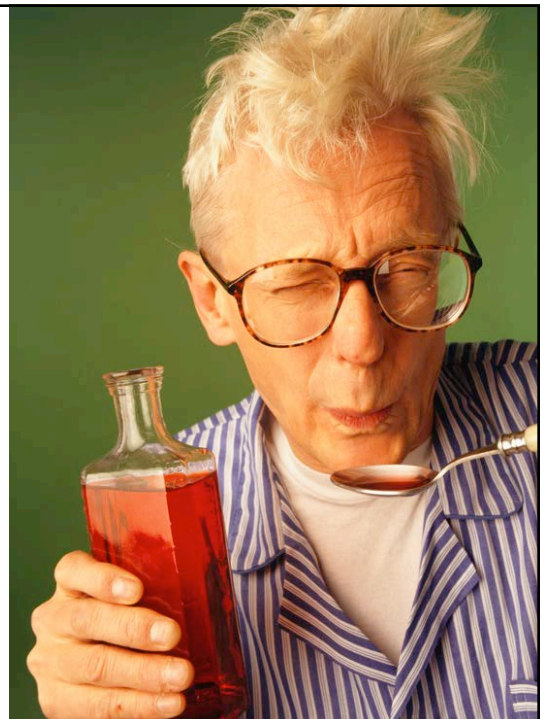


Sweet Annie

39

Bitters (Simple or Relaxing)

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



40

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



41

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



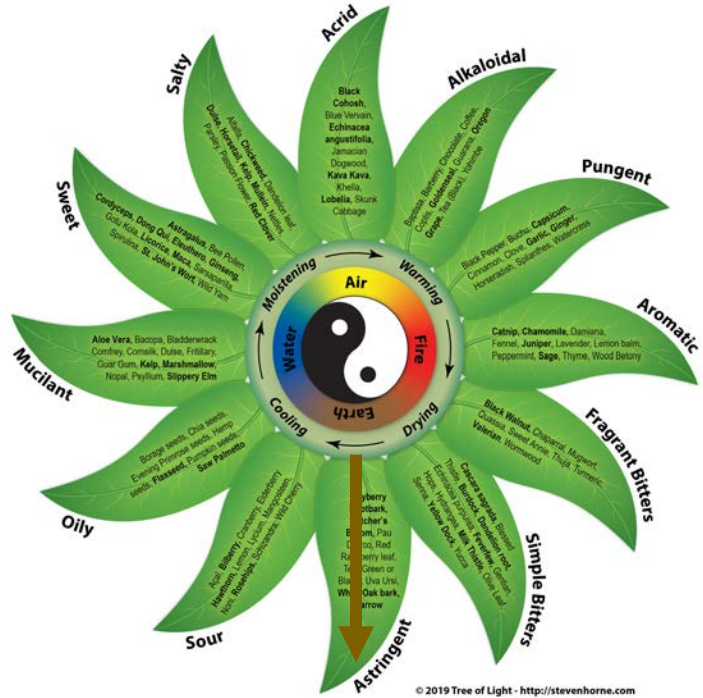
Artichoke

Milk
Thistle

42

Earth

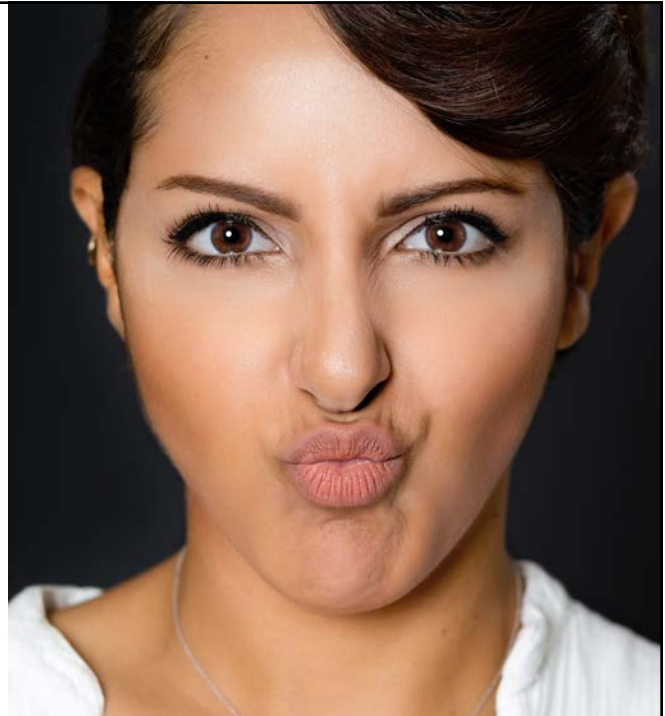
- Yang to Yin, Dry & Cold
- Time of Day: Evening (Sunset)
- Season of the Year: Fall (Autumn Equinox)
- Meridian: Kidney
- Embodied, stable, strong, solid, rooted, toned, tight, firm, grounded
- Counters: Loose, leaking, bleeding, dripping, atonic, unstable, disconnected, ungrounded, swollen
- Herbal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



43

Astringent Herbs

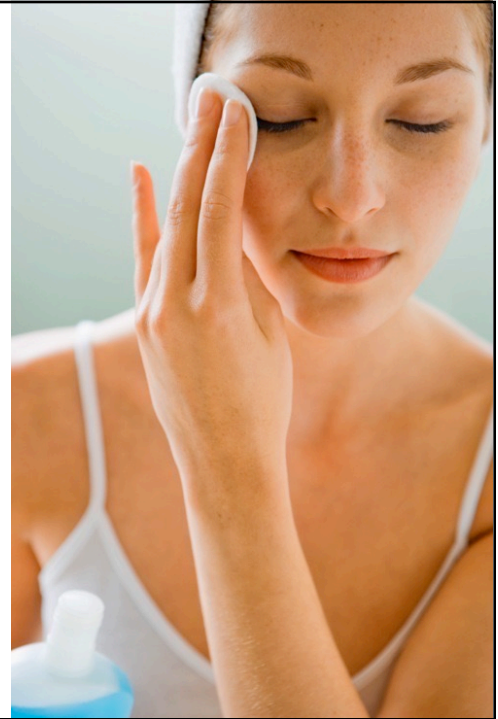
- Characteristics
 - Slightly bitter, with drying, slightly puckering sensation
- Constituents:
 - Tannins
 - Tannic and gallic acid
- Energetics
 - Drying and Constricting
- Opposite Category: Acrid



44

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



45

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

Uva Ursi



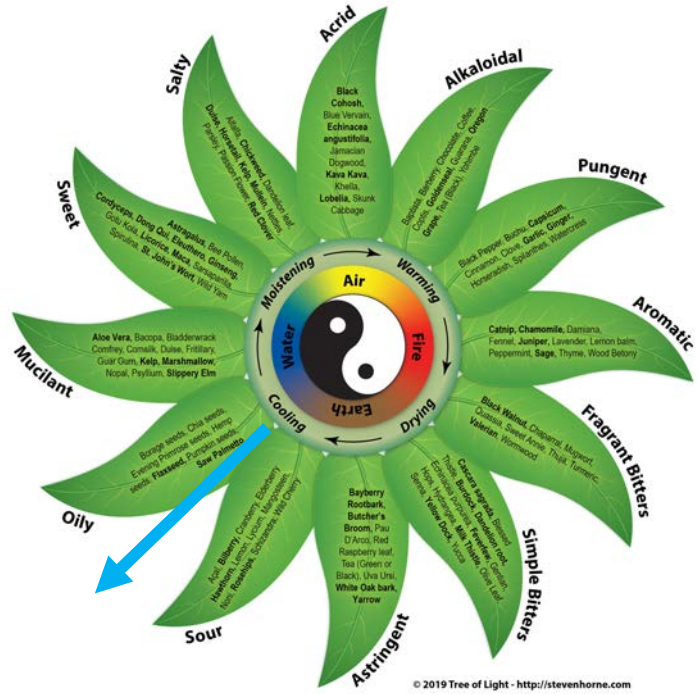
Oak bark, leaves



46

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



47

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



48

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



49

Sour Herbs

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



Lycium

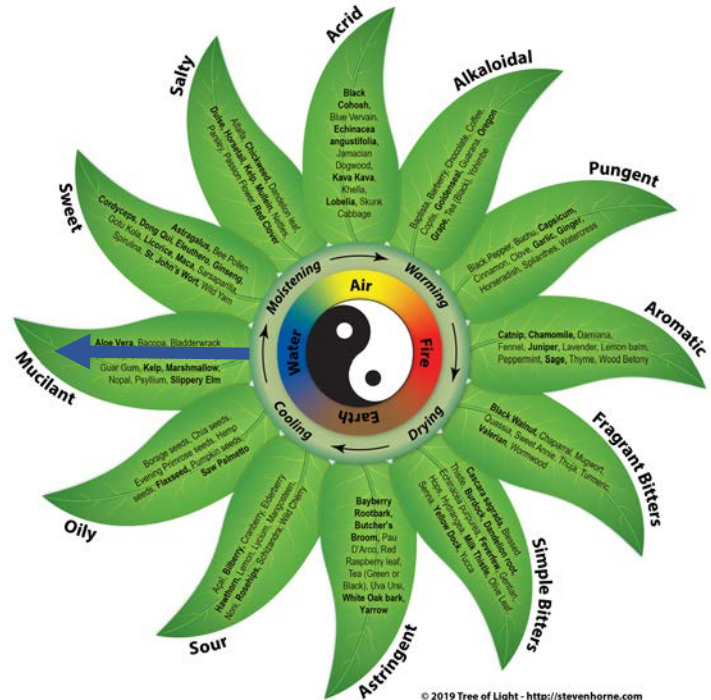


Blueberry

50

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



51

Oily Herbs

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



52

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



53

Examples of Oily Herbs

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

Coconut



Flaxseed



54

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**

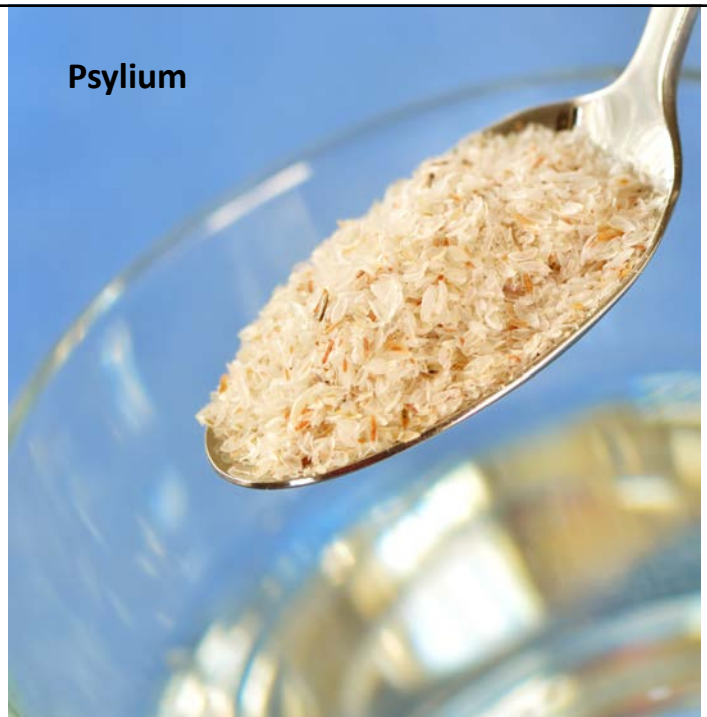


55

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



56

Examples of Mucilant Herbs

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



Aloe Vera

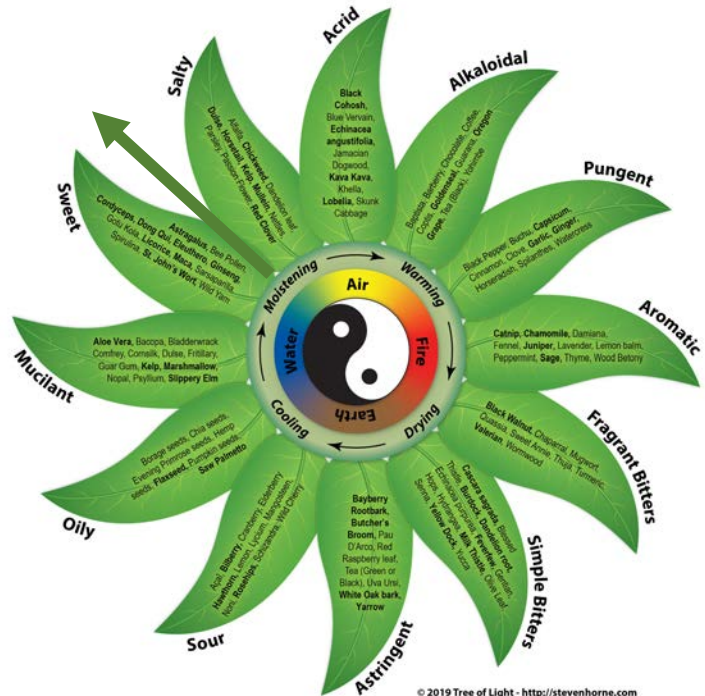


Okra

57

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



58

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**



59

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

Bee Pollen



60



Licorice Root



Ginseng

Examples of Sweet (Tonic) Herbs

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

61

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)**



62

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



63

Examples of Salty Herbs

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

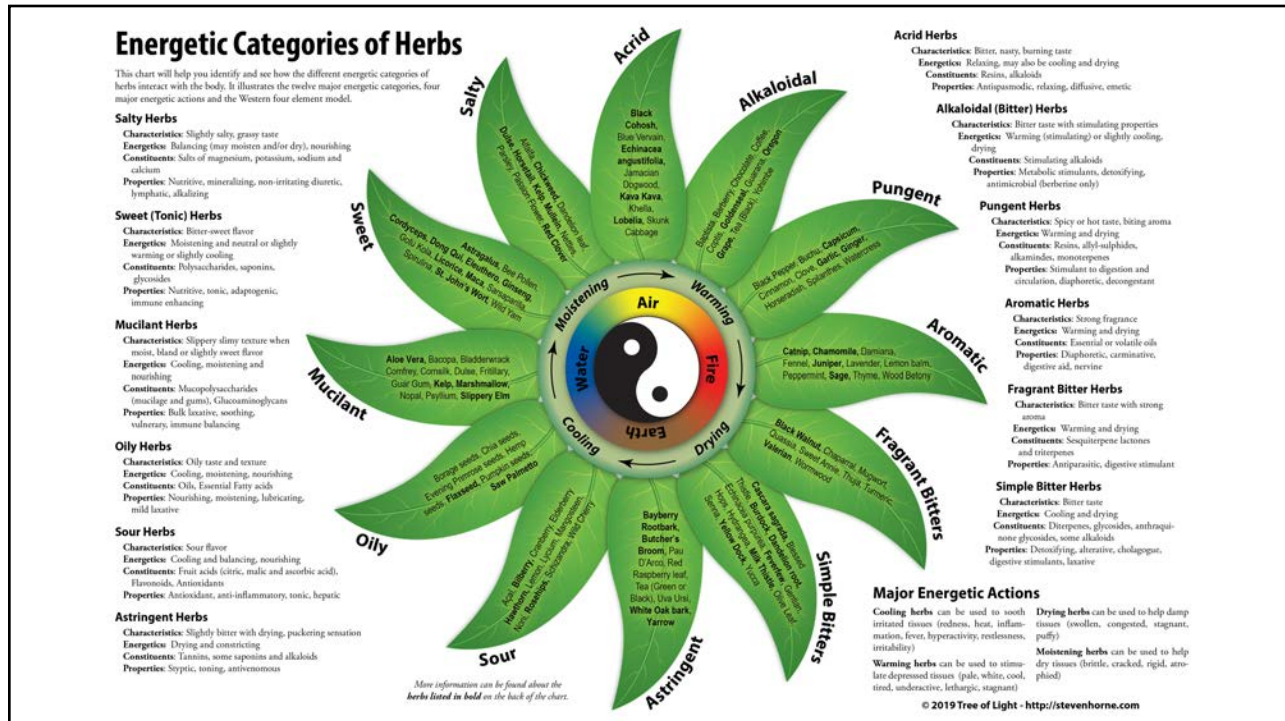


Nettles



Mullein

64



65

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 or call 800-416-2887 to order**

Herbal Energetics

An Introduction to the Energetic Properties and Uses of Herbal Remedies

by Steven Horne, RH(AHG)

66

Question and Answer Time

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

