



Mary Blue's

~4 Essential Herbal Tips~

**HEAL YOUR BODY WITHOUT SIDE
EFFECTS & COSTLY PRESCRIPTIONS**



WHY HERBALISM?

- Develop the ability to heal naturally....
- Build a stronger relationship to nature....
- Feed your passion for plants & the earth....
- Support non-toxic healing practices....
- Security in being able to take care of yourself.... and those you love
- Self empowerment....

marybluerherbalist.com

Instagram: [@marybluerherbalist](https://www.instagram.com/marybluerherbalist)



CONTENTS

SECTION 1- PG 1-2

How to use this guide

SECTION 2- PG 3-6

Teas, Infusions & decoctions

SECTION 3- PG 7-9

Tinctures

SECTION 4- PG 10-12

Herbal Actions

SECTION 5- PG 13-16

Next Steps



ABOUT MARY BLUE

Founder, Herbal Foundations Program, Owner of Farmacy Herbs, Organic Farmer, Author, Artist, Community Herbalist, Teacher and Mom. 20 years experience as an herbalist! farmacyherbs.com maryblueherbalist.com

HEALING PHILOSOPHY

Mary advocates for personal and planetary healing through herbs, nutrition, and lifestyle. She focuses on using herbs to SUPPORT HEALTH, not treat disease. Mary's healing philosophy also revolves around community, activism, education and social justice.

AWARDS

Mary has been awarded TWO gubernatorial citations from the Governor of Rhode Island for her work as a community herbalist. She was awarded The Northeast Herbal Association Community Herbalist Award in 2008. In 2009 and 2015 Mary won first place at the International Herb Symposium for her herbal products. Farmacy herbs was awarded "Best of Rhode Island" in 2009, 2010 & 2018 from RI Monthly magazine.



SECTION 1

How To Use This Guide

Step 1:

TAKE ACTION!



Print out pages #4, 5, 9, 12 & 15

With the printer icon on top of the page

Step 2:

SET GOALS!

Answer questions on page 2 of the Herbal Action Sheet.

Step 3:

GET STARTED!

Watch the webinar and fill out the action sheets during that section.

Step 4:

NEXT STEPS

Start implementing what you learned!



Step 1 Take Action!

Use the following questions and note-taking boxes to record critical information from the webinar!

Before the webinar starts, list the 2nd goal you would like to achieve by learning more about herbalism.



List 3 body systems you would like to support with herbs.

Why do you want to support these body systems?



SECTION 2

Teas, Infusions & Decoctions

Circle the items you may need to start taking a a daily herbal infusion or decoction:

Mason jar	Tea infuser/strainer	Tea pot
Stainless steel or glass sauce pan		

Circle 2 herbs from the infusion part of the webinar & guide that might fit with the body systems you want to support for you to start taking daily.

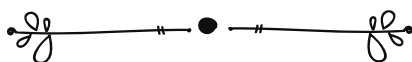
Nettle	Red Clover	Lemon Balm	Chamomile
joints, skin, hair, nails, allergies, inflammation	acne, hormones, kidney support	stress, digestion anxiety	digestion, sleep, stress

Circle 2 herbs from the decoction part of the webinar and guide that might fit with the body systems you want to support for you to start taking daily.

Burdock	Dandelion	Astragalus	Ginger
adrenal, kidney, skin, digestion, gut flora	liver, skin, hormone balance, digestive support	immune,cholesterol, blood pressure	respiratory, digestion, muscle cramping



TEAS, INFUSIONS & DECOCTIONS



HERBAL TEAS AND INFUSIONS ARE A GREAT WAY TO
MAINTAIN HEALTH, PREVENT DISEASE AND TREAT AILMENTS."
~MARY BLUE~

TEA

Lightly Infused Herb for
enjoyment

- Steep plant matter in hot water for 5-10 minutes
- Use aerial parts of the plant (leaves and flowers)
- Do not boil the plant matter!

DECOCTION

Infusion of Roots or Seeds

- Simmer roots or seeds lightly on low heat for 15-45 minutes
- Place a lid on pot while simmering
- Turn off heat, let steep for 30 min-2 hours.

INFUSION

Strongly Infused Herb for
Medicinal Purposes

- Steep plant matter in hot water for 30 minutes - 12 hours
- Use mostly aerial parts of the plant (leaves and flowers)
- Place a lid on infusion while it is steeping.
- Do not boil the plant matter!

Infusions are a very simple and popular way to make a remedy from medicinal plants for specific ailments or general health maintenance.

NOTE: Therapeutic dose of infusions is 4 cups daily (1 tbsp. plant matter per cup water).

MARY'S FAVORITE HERBS FOR INFUSIONS



How do you know which herbs are best for infusions or decoctions??

Check out Mary's Herbal Foundations Online
for more in-depth information on infusions!



NETTLE

Nettle is very high in iron and other vitamins and minerals - a nettle tea is a liquid multivitamin! It is also very high in silica which helps maintain healthy hair, nails and builds cartilage in the joints (therefore effective for arthritis and for athletes). Nettle is also well known for its ability to relieve seasonal allergies.

Herbal Actions: Tonic, Alterative, Adaptogen



RED CLOVER

Red Clover is well known as a blood cleanser and therefore supports healthy skin. It is also great for the female reproductive system because it produces estrogen, and will help a woman conceive and throughout her pregnancy.

Herbal Actions: Alterative, Tonic, Nervine



LEMON BALM

Lemon Balm is a very calming herb that tastes great!

Among many other uses, it is good for hyperactive children and in cases of hyperthyroidism. Take Lemon Balm daily to reduce stress and aid digestion!

Herbal Actions: Nervine, Anti-microbial, Digestive Aid



CHAMOMILE

Chamomile is another calming herb that reduces stress, aids sleep and calms the mind. It is very well known for its ability to aid digestion as well! Take chamomile daily to reduce stomach acid and reduce gas and bloating.

Herbal Actions: Aromatic, Digestive Aid, Nervine

HERBS THAT ARE GREAT FOR DECOCTIONS



BURDOCK ROOT

Burdock root is a traditional Asian food and medicine and grows prolifically in the US. One of the top adrenal and liver support herb, Burdock can help manage the damaging effects of stress, & clear up rashes, acne and psoriasis.

Herbal Actions: Tonic, Adaptogen, Alterative

DANDELION ROOT

Dandelion root contains sugars that are known as "pre-biotic". They help create healthy digestive flora.

Dandelion root is also well known for its ability to heal and nourish the liver.

Herbal Actions: Hepatic, Bitter, Digestive Aid, Tonic

ASTRAGALUS ROOT

Astragalus is another herb used in Traditional Chinese Medicine. It is well known for it's ability to strengthen the immune system and reduce blood pressure.

Herbal Actions: Adaptogen, Immunogenic, Tonic

GINGER ROOT

Ginger root is another root that is used as food and medicine. It has an anodyne effect (pain relieving) effect on the body, reducing muscle cramps and spasms. Don't forget about its effects on the digestive system and respiratory system. It can break up mucous and congestion and relieve a sore throat.

Herbal Actions: Tonic, Digestive Aid, Anodyne, Nervine

Want to learn more? Learn how to be use herbs successfully!



Herbal Foundations Online is NOW enrolling!



SECTION 3

Herbal Tinctures

Circle 2 herbs from the tincture part of the webinar & guide that might fit with the body systems you want to support for you to start taking.

Echinacea

immune stimulant-
best use as needed

Licorice

thyroid,
respiratory,
digestion

White
Willow Bark
pain,
inflammation

Rose

heart, stress,
anxiety, skin
support

Brainstorm herbs you might want to make a tincture of:

List any herbs you can buy fresh or have growing in your garden you can make a tincture with:

List any stores in your area to buy tinctures from:

Tincture

A tincture is an extraction of the medicinal properties of a plant dissolved in a mixture alcohol and water.

The herbs are soaked in the liquid for 1 month. After one month, the herbs are then strained out, and the remaining liquid is a tincture.

Tinctures can last up to twenty years when stored in a tightly closed container. Several herbs can be combined into a tincture formula.

Vinegar

Vinegar based extracts are sometimes referred to as "tinctures". Vinegar extracts vary based on their ingredients. Some vinegar based extracts are called "Oxymels" when they are mixed with honey or "Fire Cider" when they have spicy hot ingredients. Many vinegar based extracts are used to create nutritious salad



Glycerin

A "glycerite" or "glycerin" is an herbal tincture made with vegetable glycerin instead of alcohol.

A sweet alternative to alcohol-based tinctures.

Sugar is used to preserve the medicinal properties of the plants. Glycerin extractions works well for aromatic plants like peppermint or rose.

8 dressings.

Herbs that are great for Tinctures

LICORICE

Licorice root is very versatile! From its ability to aid the body in managing stress, to its ability to ease sore throats and aid digestion,,,,You really can't go wrong with this herb! It does increase blood pressure, so don't take this one before bed!

Herbal Actions: Adaptogen, Nervine, Anodyne

ECHINACEA

Echinacea is the superstar of herbs!! One of the most well known immune stimulants, Echinacea works excellent to help fight off colds and coughs! It is also a fabulous antiseptic and analgesic for the upper respiratory system. I use it as a sore throat spray and a first aid spray!

Herbal Actions: Immune Stimulant, Anti-microbial, Analgesic

WHITE WILLOW BARK

White Willow Bark is one of the top ANODYNE pain relieving herbs! Its main component was the inspiration and main ingredient in aspirin! Take 2-3 dropperful of tincture every 1/2 hour until the pain is reduced.

Herbal Actions: Anodyne, Nervine, Anti-spasmodic

ROSE

Rose is one of my top herbs for emotional health! I love it as a glycerin! Rose is well known for its NERVINE effects, its ability to calm the nerves and reduce anxiety. Rose is a wonderful addition to any tincture blend, improving the taste!

Herbal Actions: Nervine, Astringent, Cardio-tonic

Learn more about tinctures in

Herbal Foundations Online with Mary Blue!



SECTION 3

Herbal Actions

Circle 2 herbal actions you would like to incorporate into your daily herbal protocol:

Tonic
normalize body
function and correct
imbalances over time.

Nervine
Lower stress,
increase
energy, heal
nerves

Adaptogen
Lower stress, increase focus,
increase immune function,
balance hormones

What actions would support your family members health?

Family member name:

Tonic
Normalize body
function and correct
imbalances over time.

Nervine
Lower stress,
increase
energy, heal
nerves.

Adaptogen
Lower stress, increase focus,
increase immune function,
balance hormones

Family member name:

Tonic
Normalize body
function and correct
imbalances over time.

Nervine
Lower stress,
increase
energy, heal
nerves.

Adaptogen
Lower stress, increase focus,
increase immune function,
balance hormones

Family member name:

Tonic
Normalize body
function and correct
imbalances over time.

Nervine
Lower stress,
increase
energy, heal
nerves.

Adaptogen
Lower stress, increase focus,
increase immune function,
balance hormones



HERBAL ACTIONS

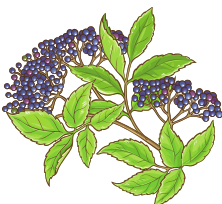


"Understanding herbal actions is like learning the herbal alphabet. It is hard to learn how to read without knowing the letters!!" ~Mary Blue~



HERBAL ACTIONS :

- What ACTION the herb has on the body.
- These action terms can be borrowed from western medicine. Terms like "diuretic" or "analgesic" are used in hospitals AND used to describe what an herb does.
- Actions can indicate specific dosage and uses of the herb. Actions like "tonic" indicate that the herb needs to be taken daily to be effective
- Many actions can be correlated with specific extraction methods. The action term DEMULCENT indicates that that herb needs cold water to extract its therapeutic properties.



MARY BLUE'S FOUNDATIONAL HERBAL ACTIONS



TONICS

Normalize and restore body functions. Increase the body's nonspecific resistance to stress. Tonics need to be taken daily to be effective. Many tonics are high in vitamin and minerals.

NERVINES

Affect the nervous system by calming, stimulating, or nourishing. Can relieve pain and aid digestion.

Nervines are used daily to reduce stress or enhance energy, or can be used every once in a while to aid sleep or stop muscle cramps.

ADAPTOGENS

Normalize and restore body functions and increase the body's nonspecific resistance to stress. Adaptogens have a big effect on adrenal gland function, the nervous system and many have specific effects on the endocrine system.

Adaptogens need to be taken daily to be effective

MARY IS NOW
ACCEPTING NEW
HERBAL STUDENTS!





SECTION 5

Next Steps On Your Herbal Path

List herbal resources in your local area:

Herbal Stores	Herbal Groups	Herbal Teachers	Herbal Classes/ Programs	Friends who might join you on your path

Brainstorm your next steps on your journey:

**HERBAL FOUNDATIONS
ONLINE DISCOUNT!!**

**\$500
discount!!**

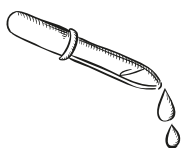


EMPOWER

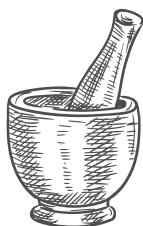
"DAILY PRACTICES"



- Drink a daily tonic infusion.
- Pick three herbs in your infusion. One nervine, one tonic and one adaptogen.



- Take a daily tincture
- Pick one nervine herb to reduce stress.



- Find a local herb shop or herbalist to connect with.
- Talk to your friends about your passion for herbs.
- Try out new remedies for minor issues.





EDUCATE



HERBAL FOUNDATIONS ONLINE IMMERSION

- Under an hour of weekly videos & detailed notes for six months.
- Watch videos on your own schedule!
- Understand Herbal Actions and Medicine Making concepts.
- 5 Sections of in-depth Western Herbalism content
- Receive a Certificate of Herbal Education!
- Feel confident in using and recommending herbs!

This program offers the student: A complete overview of Herbal Actions, their correlating herbs & constituents, an in-depth breakdown of how and when to use each herbal action and an overview of body systems and how they correlate with herbal medicine! It also offers: Medicine Making, Growing Herbs for Medicine, Plant Profiles, Tricks of the Trade, Herbal First Aid and MORE!

A GIFT FOR YOU....

**Register TODAY for
Herbal Foundations Immersion
& get a
\$500 discount!!**

REGISTER HERE

**Herbal Actions, Medicine Making,
Tricks of the Trade, Plant Profiles,
Growing Herbs for Medicine**

~1 hour per week for 6 months ~