



Herbal Energetics

Workbook 1:

What's Your Constitution?

with Rosalee de la Forêt



Herbal Energetics Workbook I: What's Your Constitution

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HERBS
with ROSALEE

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I want you to be able to successfully use herbs for your health.

However, using herbs effectively is not as simple as memorizing a list of herbs. In order to get powerful results with herbs you're going to have to learn to think like an herbalist and avoid Google-Herbalism.

What's Google-Herbalism? That's when you turn to search engines and ask, "What herb is good for eczema?"

You then sort through site after site of information, only to be more confused than when you started. For instance,

A

Site A gives you a list of the 10 Best Herbs for eczema. But now you are wondering which one should you use? All of them?

B

Site B tells you that you have to be a vegan in order to heal eczema.

C

Site C tells you you have to eat meat on a low carb diet in order to heal eczema.

D

Site D tells you that you might die if you try the top herb listed on Site A.

E

Site E tells you that they have the best herb for you, it'll just cost you \$297 a month for six months.

Argh!!!!

Here's the thing. You are unique. I know this probably isn't a huge revelation to you, but *it is* a radical idea in today's health culture. Pharmaceutical companies want to sell us the ONE drug for depression. Diet gurus say that EVERYONE should follow their one diet. Even many natural health practitioners are keen on selling everyone on the same detox program.

However, all of these perspectives are missing a crucial concept that herbalism has known for thousands of years.

"It is better to know *who* has the disease rather than *what* disease a person has." (School of Hippocrates)

In other words, in order to overcome health challenges we have to start with who YOU are, not what disease you may have.

In this two-part mini course I am going to walk you through the following:

Part 1: Herbal Energetics: What is your Constitution?
Part 2: Plant Energetics and the Art of Herbalism

By the end of this mini-course you'll be able to move beyond Google-Herbalism and be on your way to using plants confidently and effectively. Let's get started!

There are many unique and complex systems of herbalism in the world today. Some of the main ones being taught are Traditional Chinese Medicine, Ayurveda (from India) and many



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different forms of Western Herbalism. Admittedly, all of these systems require years of study to fully comprehend. However, what I've done for you in this workbook is I've synthesized the most basic concepts from these systems so that you can have a foundational understanding of herbal energetics. Knowing this basic information will tremendously improve your ability to use herbs.

At the core of many of these systems is the idea that everything is made up of the four qualities: hot, cold, damp and dry.

Herbalists assess people using this understanding. Is someone more hot or cold? damp or dry?

From there, they use herbs to help the person find balance. If someone is too hot, they give cooling herbs. If someone is too damp they give drying herbs.

In this way the herbs are chosen to match the person and not the disease.

The first step to understanding this is to determine your own qualities of hot, cold, damp and dry. In order to help you with this I've created a set of simple quizzes which you can find on the following pages.

To get the most out of these quizzes I recommend watching the presentation: Herbal Energetics Part 1 - What is your Constitution?

Fill out these quizzes to the best of your ability and keep the following in mind:

1. You are looking for general tendencies and how you feel *most of the time*. Ignore rare exceptions. For example, if you normally feel warm, but remember that time you spent outside in a blizzard where you felt cold, warm wins.
2. Everyone contains some aspect of *all* four qualities. What makes you unique is your individual mix of the four qualities. In other words, it's normal if you have both hot and cold tendencies or both damp and dry tendencies. Generally people have significantly more qualities on either end of the spectrum (more cold than hot and more damp than dry and vice versa). Some people have a fairly balanced mix of the qualities.

Once you've taken all the quizzes, your result from the first set of quizzes can be combined with your result from the second set of quizzes so that you end up with a combination of thermal results and humidity results. For example: hot/dry OR hot/damp OR cold/dry OR cold/damp.

Remember that these are the most basic principles of personal constitutions. If you went to see an herbal practitioner who practices herbal energetics, they would most likely do a thorough examination to get a more precise understanding of who you are. However, knowing your basic tendencies will be all you need to get started on learning how to apply the art of herbalism to successfully use herbs.



Quiz Set A: Determining Hot & Cold

Add up the “true” statements in both quizzes. If you clearly have more true statements in the first quiz than in the second, this indicates more heat qualities.

If you clearly have more true statements in the second quiz than in the first then you have more cooling qualities. If you have equal true statements in both quizzes this could mean that you are fairly balanced in regards to hot and cold.

Mark an “X” next to each statement that feels true to you.

I tend to feel warmer than others.	<input type="checkbox"/>
I tend to have a loud voice.	<input type="checkbox"/>
My entire face can easily get red or flushed.	<input type="checkbox"/>
My tongue tends to be bright red.	<input type="checkbox"/>
I have a strong appetite.	<input type="checkbox"/>
I have lots of opinions and I’m not afraid to share them.	<input type="checkbox"/>
I prefer cold weather.	<input type="checkbox"/>

Total: _____

Mark an “X” next to each statement that feels true to you.

I tend to feel colder than others.	<input type="checkbox"/>
I tend to have a quiet voice.	<input type="checkbox"/>
My face, lips and/or tongue tends to be pale.	<input type="checkbox"/>
I tend to have a smaller appetite.	<input type="checkbox"/>
I prefer warm drinks.	<input type="checkbox"/>
I often feel like I have low energy levels.	<input type="checkbox"/>
I prefer warm weather.	<input type="checkbox"/>

Total: _____



Quiz Set B: Determining Damp & Dry

Add up the “true” statements in both quizzes. If you clearly have more true statements in the first quiz than in the second, this indicates more damp qualities.

If you clearly have more true statements in the second quiz than in the first then you have more dry qualities. If you have equal true statements in both quizzes this could mean that you are fairly balanced in regards to damp and dry.

Mark an “X” next to each statements that feels true to you.

I tend to sweat more easily than others.	<input type="checkbox"/>
I often have a runny nose.	<input type="checkbox"/>
My arms and legs can feel heavy.	<input type="checkbox"/>
I tend to have a thick coating on my tongue.	<input type="checkbox"/>
My skin and hair are often oily.	<input type="checkbox"/>
I prefer dry climates and don't like humidity.	<input type="checkbox"/>

Total: _____

Mark an “X” next to each statements that feels true to you.

My skin tends to be rough and dry.	<input type="checkbox"/>
I often have a dry throat, nose and/or mouth.	<input type="checkbox"/>
It's hard for me to stay hydrated.	<input type="checkbox"/>
My hair tends to be dry.	<input type="checkbox"/>
My tongue does not usually have a coating on it.	<input type="checkbox"/>

Total: _____

Hopefully, by taking these short quizzes you are beginning to understand how the four qualities of hot, cold, damp, and dry show up in your life. The act of continuing to observe how you feel in regards to these qualities is a powerful step towards learning the art of herbalism and how to choose the herbs that work best for you. It's okay if you didn't get any definitive answers from these quizzes. What's more important at this stage is to create a foundational awareness so that, over time, you get more and more insights about how these qualities show up in your life.



What's next?

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In Part II we'll explore the Energetics of Plants.

By the end of Part II, you will know:

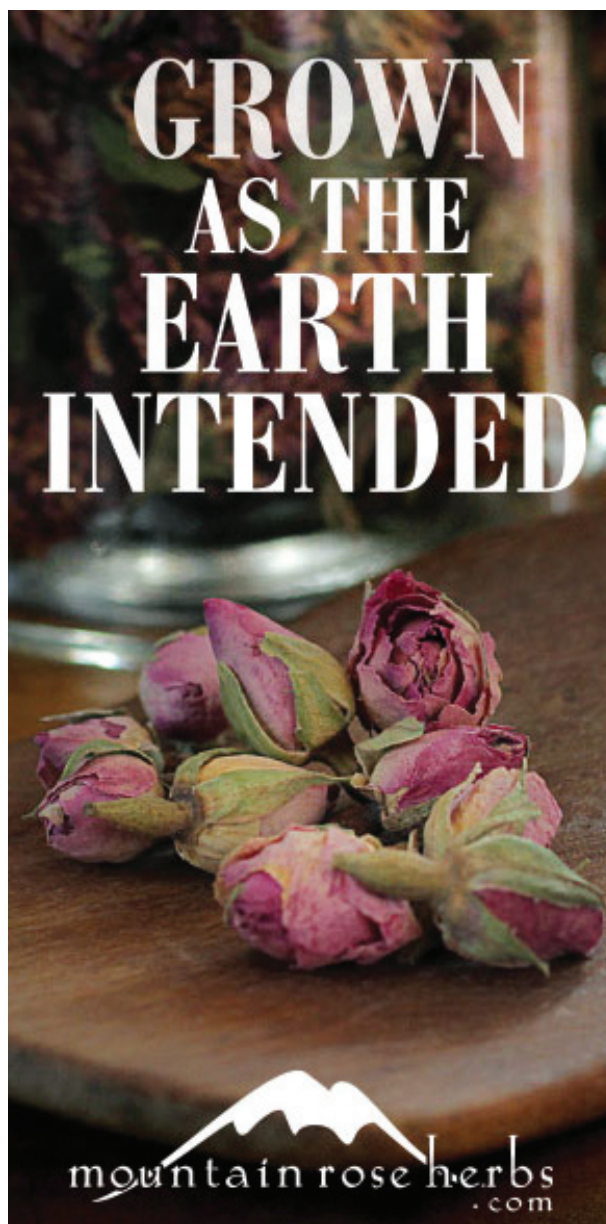
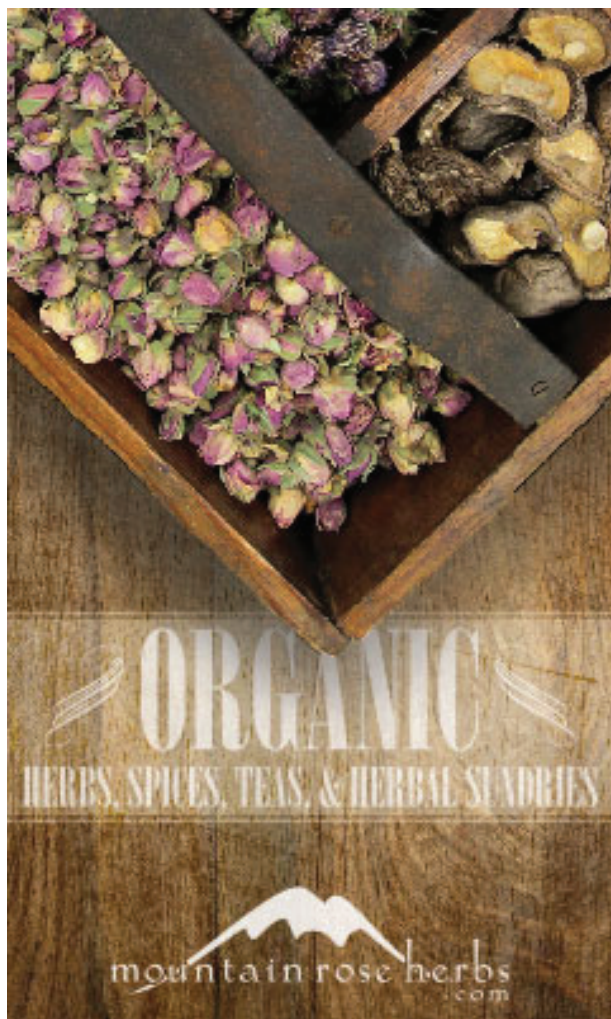
- What it means if an herb is warming, cooling, moistening or drying.
- How to determine an herb's energetics.
- How to choose the herb that works best for YOU instead of choosing an herb for a disease.

Keep an eye on your inbox - I'll be sending you Part II shortly.



Need Herbs?

Mountain Rose Herbs offers organic, high quality herbs. Using [this link](#) to buy your herbs helps support my work, thank you!





About Rosalee

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Rosalee de la Forêt, RH (AHG), is passionate about helping people discover the world of herbalism and natural health. As an herbal consultant, she helps people find natural solutions to their chronic health problems. She also teaches extensively about herbalism internationally and as the Education Director at **LearningHerbs**.

Rosalee has been privileged to study with many wise herbalists along her path, including Karen Sherwood, Michael Tierra, Paul Bergner, Karta Purkh Singh Khalsa, and jim mcdonald.

When she's not immersed in herbs you can find her curled up with a good book in a hammock, swimming and kayaking in lakes and rivers, hiking and taking an absurd amount of plant photos.

Want to learn more with Rosalee? See her online courses: **Taste of Herbs** and **Herbal Cold Care**.

Get more free herbal and health articles at: **HerbsWithRosalee.com**.

