

*Introduction To
Botanical Medicine
Making*
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What is herbal medicine?

A broad term used to describe the practice of using plants internally and externally for medicine.

Herbal medicine is a non-government sanctioned practice of medicine.

There are no licensing, standardization, or minimum education requirements to practice.

**YOU CAN SIMPLY
PRACTICE HERB-
AL MEDICINE AS
AN EXTENSION OF
FREE SPEECH**

American Herbalist Guild (AHG) has established educational requirements to meet the status of *registered* or *clinical* herbalist.

ESSENTIAL RESOURCE~

GERMAN COMMISSION E

A SCIENTIFIC ADVISORY CREATED TO STANDARDIZE SAFE AND EFFECTIVE USE OF HERBAL MEDICINES.

THE AMERICAN BOTANICAL COUNCIL

HAS TRANSLATED ALL THEIR MONOGRAPHS (OFFICIAL DOCUMENTS STATING ALL RELEVANT INFORMATION TO THE MEDICINAL APPLICATION OF APPROVED PLANTS) TO ENGLISH.

SAFE HARBOR EXEMPTION LAWS in eleven states protect consumer access to unlicensed, complementary and alternative health.

New York is not one of these states.

LET'S TALK SOME NUMBERS.....

According to The World Health Organization (WHO)

60% of the world relies on traditional medicine as their main form of healthcare
42% of the US uses some form of alternative or complementary medicine

ONLY 25 countries have standardized national policy for herbal medicine.

THE US MARKETPLACE

- FDA controls everything we ingest
 - Herbal Medicine products are classified under *Supplements*
 - The Health Foods Industry is an economic opportunist who needs the FDA to stay in their lane ;)
 - *Dietary Supplement Health and Education Act of 1994* protects the industry's interests by imposing NO regulations, standards, or evidence proving the efficacy and safety of any product by the FDA.
- HENCE –

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Typesize. The disclaimer in paragraph (c) of this section shall appear in boldface type in letters of a typesize no smaller than one-sixteenth inch.

Adulteration : the practice of adding fillers to herbal products, which, in turn, lessens or eradicates the efficacy of said product.

Advertised Plant	Common Adulterant
Skullcap	Germander
Billberry Fruit Extract	Red Dye #2 (Amaranth Dye)
Eleuthero Root	Periplca Sepium Root

Ethics...or lack thereof

Biopiracy : the act of using traditional knowledge for profit, often without permission and often involving patents.

“Five hundred years after Columbus, a more secular version of the same project of colonization continues through patents and intellectual property rights....”
[Refer to Biopiracy: The Plunder of Nature and Knowledge by Vandana Shiva]

HINT:
Refer to American Herbal Products Association (AHPA)
This is the national trade association and voice of the herbal products industry. Check to see if your botanical supplier is a member!

HINT: Certified B Corporations are businesses that balance profit and purpose. Check to see what companies meet the industry standards towards reducing inequality, poverty, healthier environments and stronger communities.

GOOD PRACTICES FOR HERBAL MEDICINE

[loose template, still in the works] :

1. Support companies who share social responsibility by giving back to their communities. Special mention to companies who fund and bring business to local and indigenous communities of farmers, growers, healers and the like whose heritage of plant knowledge have shaped the use of herbs in the West.
2. Support small farmers who grow their own medicinal crops and make their own medicine. Special mention to those who employ agroforestry and whose operations support the ecological health of their environment.
3. Look for businesses that test their products for purity, using third party testing and post their results publicly.
4. Grow your own medicine! It's fun :)
5. Never buy from a company that does not include latin binomials.
6. Acknowledge that all herbal therapies come from a system of medicine that is a form of traditional knowledge. Even better, research where your herbs come from and how and for what conditions it is used!

RECAP:

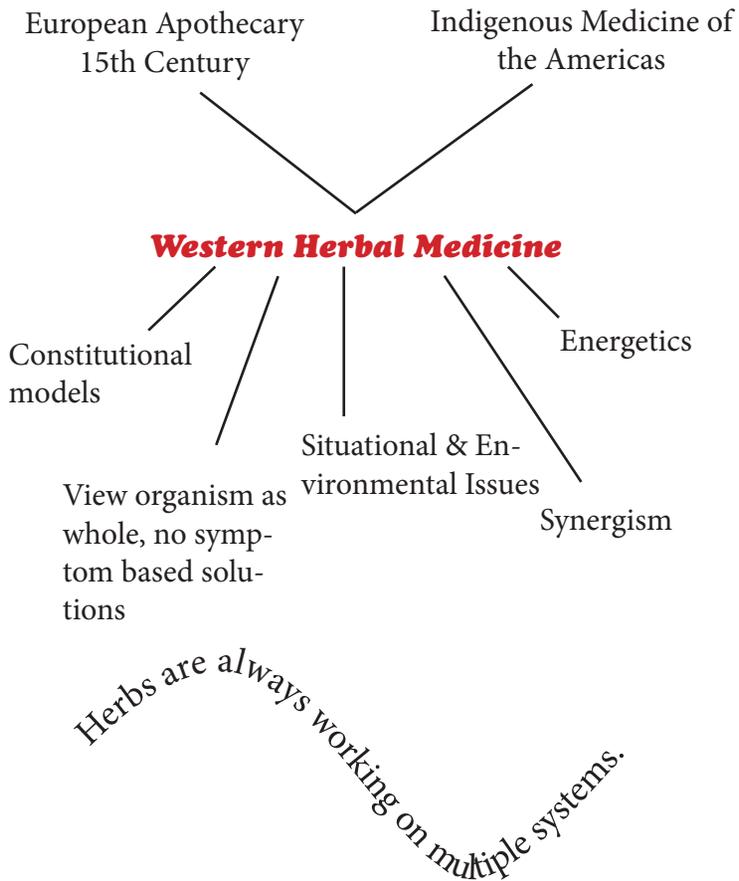
1. LITTLE TO NO SUPPORT FOR ALTERNATIVE AND COMPLEMENTARY HEALTHCARE PRACTITIONERS

2. NO QUALITY CONTROL IN THE MARKETPLACE

3. THE NEFARIOUS AFFAIR OF COMMERCIALIZING INDIGENOUS KNOWLEDGE

Traditional Medicine: a system of knowledge that belongs to indigenous, local and regional communities. Each system is shaped by the region's native flora and the history of the people within those communities.

Western Herbal Medicine is a broad system of knowledge that has coalesced through various systems and philosophies. It continues to splinter and fragment into different pockets; borrowing from allopathic medicine, ethno- and economic botany, nutrition, bioregional herbalists, clinical trials, anecdotal evidence, and other medicine systems.



HINT: if we are unsure what system is out of balance, it is best to treat the bladder + kidneys.

Drying & Storing Your Herbs :

If fresh and to be saved for later use, tie your herbs in small bunches, and hang them upside down. Keep your bunches well-spaced, well-ventilated, dry and out of the sun! 3-4 days will suffice.

Heat
Bright Light
Moisture
Fungi
Bacteria

} These will age herbs.

once dry, place into glass jars or cloth bags away from direct sunlight.

- Please, no plastic bags -

General rule of thumb ; restock your crude herb stash once a year.

Hint : If your herbs look old and have lost their color and smell, do not throw them out! Recycle into a herbal wash for your body and hair.

Herbal Preparations

101

menstruum : a solvent used to extract medicine out of plants (ex. Alcohol, glycerine, vinegar, water, oil)

Infusion : a fancy way to say herbal tea.

cold infusion

vs

hot infusions

lukewarm water, used for plant material high in mucilage (marshmallow, slippery elm, comfrey, couchgrass, yerba mansa) + plants with bitter principles (chamomile, blessed thistle, gentian)

boiling water, use for everything else.

Dry vs. Wet Plant Material

The jury is still out on the matter.

Chemists will say dry.

Herbalists will say wet, when possible! **

**Except when making oils, plants must be dry

Decoction : infusion for extracting hard roots, dried berries, barks and seeds. Made by steeping your plant material on low, constant heat until the infusion is reduced to half the original amount.

Refer to the following table for making medicinal infusions :

	TIME	dosage (if wet)	dosage (if dry)
Leaves	6-8 hrs	Fill to top	half the jar
Flowers	20 min	Fill to top	half the jar
Fruits/Berries	20 min if fresh/6-8 hrs if dry	Fill to top	half the jar
Bark/Root	2-4 hrs on low heat	half the jar	half the jar

Remember! Always cap.

And let sit. Drink tepid.

Or heat it back up, if you please.

Refrigerate, keep for five days.

tincture: an herbal extract that uses alcohol as the main solvent to distill the chemical constituents of the plant into a concentrated liquid. Glycerine is sometimes added in cases of extremely high tannin content.

Maceration : a tincture process where the plant material soaks (macerates) in the solvent for 4-6 weeks. Quite easy, traditional method, no special equipment needed.

Percolation : a tincture process that requires moistening powdered herbs, packing the material into a percolation cone with the solvent and allowing the tincture to slowly drip out. Takes 12-24 hours, special equipment necessary, herbs must be dried and ground into a fine powder.

Loose rule of thumb

Plant Material : Solvent Ratio for Tincturing by Volume

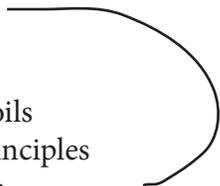
Fresh : 1:2

Dry : 1:5

Tincture Solvent

Solvent must be at least 40% ABV upwards of 80% depending on the chemical constituents of the plant

gums
resins
volatile oils
bitter principles
camphor



use a higher ABV

measure, mix, let sit for 4-6 weeks. Occasionally agitate your jar. Schedule a reminder on your phone for the date of THE GREAT STRAIN.

Strain Bottle Label enjoy for 5 years.

Fluidextracts - a tincture that has been tinctured once more.... Exercise caution when taking these as they are extremely potent medicines.

How much and when to take?

For acute phases of illness, take 30-90 drops 3-6x daily for at least three days

For adaptogens, take a dropper full on an empty stomach in the morning
Sparingly throughout the day
Take everyday for 4 weeks, one week of rest

For chronic conditions
30 drops 3x daily
Take a break every 7 days

Simple Formula Creation

3 parts primary medicine (1-3 herbs)

1 part demulcent (mucilaginous herbs intended to soothe mucous membranes, allay any potential irritation, and potentiate the function of other herbs in the formula.)

i.e., Licorice, Slippery Elm, Couchgrass, Elecampane, Mal-low, Irish Moss, Chickwee

HINT: if within three days you do not notice im-provements FOR ACUTE CONDITIONS, change your herbal formula.

Why herbs are not working when they should be:

1. Consistency
2. Formula is not specific enough
3. Dosage is not correct

Disclaimer: There is no substitute for conventional westernized medicine in serious illness and injury. Herbal medicine should only be employed as a preventative and/or complementary therapy.

Always do your research!