

Using and Making Herbal Remedies Course Introduction

Thank you, for joining me and sharing my passion to using and making healing remedies with herbs and other natural remedies.

New research shows how important gut health is to your overall body systems including your immune system, digestive system, nervous system, hormone systems, and effects not only your health, but your emotions and moods as well.

Chemical medicines really do work in the short run, but may damage your digestive health. Herbs, spices and other natural remedies usually support your digestive system while helping to relieve, symptoms.

Many remedies you can make yourself. Others you cannot, or will not have them on hand when you need them. I have tried to guide you to buying herb remedies when needed, because you will find you cannot make all the remedies you will ever need.

I do believe the Lord meant for us not to be a “self-sufficient” so we will be forced to cooperate with others, give and ask for help, lean on each other and the Lord.

Herbs can become like collecting baseball cards, you just have to have everyone that you hear about and read about. You are collecting all the books, tearing out magazine articles, and printing articles off the internet.

Pretty soon your mind is just so boggled down with so much information, it becomes paralyzed and you cannot think of the simplest remedy when you need it.

I have divided this course into bite size chunks, so that you learn a little at a time. I urge you to control your enthusiasm to learn it all, slow down, and become familiar with each course.

The hardest part is where do you begin?

You cannot learn it all. Start with which remedy you need at the current time or what you think you or your family will need on a regular basis.

Or maybe you want to learn how to make basic herb remedies first.

Or maybe you want to learn about a specific herb, what is it used for and growing tips.

It is all up to you.

The greatest herbalist is not, who knows about the most plants, but how many remedies can one make with one plant?

To get the most from the course, I suggest getting a binder and a hole punch and dividers to keep everything organized so you can find your answers quickly. Use the worksheets each time you make a remedy so that you can make notes and adjustments.

My goal when I first began was to grow and make all the healing remedies, I needed for myself and my family.

I quickly found that was impossible.
And you will also.

Using and Making Herbal Remedies are not a religion, they are not magic potions or miracles in a bottle. Herbs and other natural remedies are your first line of defense. If they are not working, use the drugs available at your drug store or seek medical attention.

The Merriam-Webster dictionary defines an herbalist as one who collects, or grows, or one who practices herbal medicine.

Do you drink herbal tea, suck on a peppermint candy, add herbs and spices to your food? Do you grow rosemary, basil or any of the mints?

You are officially, an herbalist.

Let's continue your herbal journey.