

Sharing People's Medicine



People's medicine is meant to be shared.
And you can do it.

You don't need to be a teacher or guru to share your experiences with people's medicine. You don't need a degree or a certificate or anyone's permission. In fact, I urge my students to avoid joining any organization that requires you to "prove" you are an herbalist.

Sharing people's medicine expands compassion.
Sharing people's medicine nourishes joy.
Sharing people's medicine brings sound sleep.

This is not a course to help you become a "practicing" or "professional" herbalist. Just the opposite. This course is designed to encourage you and guide you as you share with others the abundant health of drinking nourishing herbal infusions and the delight of making your own remedies from the weeds outside your door.

People's medicine is the medicine of the people, by the people, and for the people.

People's medicine is alive; it is living: There are no right answers, no set ways to make remedies, no Material Medica to memorize, no rules, and no licenses. It is so easy that three-year-olds can do it.

People's medicine grows right where you live. People's medicine is curious and experimental. People's medicine honors the unique individual in a unique circumstance at a unique time. Herbal medicine is people's medicine when it is ♥ local ♥ simple ♥ easy ♥ available and ♥ shared feely

Sharing people's medicine elevates and empowers the people's voice.
Sharing people's medicine honors the Ancient Ones.

In this course you will share your skills making simple remedies from common weeds, write about herbs, cook with herbs, use herbs in your garden, present a short class, give a weed walk, and nourish yourself deeply. It's easy to share people's medicine. Let's begin.

Follow your heart.

Tell your stories.

Trust that green blessings yearn to be shared.

People's Medicine

Make simple remedies.

One herb per remedy. You can combine them when you take them, if you wish.

Use local plants.

When I mention a specific plant, it is by way of example, not a demand.

Use fresh plants when making remedies.

The remedies are a little less stable, but so much more dynamic and effective.

Use dried herbs when making infusions.

Dehydration breaks the cell walls, allowing extraction of minerals.

Use 100 proof vodka when making tinctures.

Exclusively. Only. Your liver will thank you a thousand times.

Pasteurize your vinegar.

Raw vinegar interacts with fresh plants in strange ways.

Eschew essential oils.

People's medicines are made at home.

Keep the magic alive.

Connect with the earth, the spirit of the plants, the Ancestors.

Encapsulated herbs are the

most **dangerous**

least effective

most **expensive**

most **contaminated**

most **adulterated.**

