



The Ultimate Guide...

How To Choose The Right Herb

An 8-step process, using Western scientific and
Eastern energetic approaches, to help you
choose the right herbs for you.

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The Ultimate Guide to Choosing the Right Herb

What You'll Discover In This Guide...

- **An 8-step process you can use again and again** to safely and effectively choose the right herb(s) to treat your condition or unique set of needs.
- **Get clear about your particular needs and intentions** when choosing herbs. This process will help you articulate your unique physical, mental, emotional, and spiritual health so you can choose herbs that are right for you.
- **How to use a Western scientific approach when choosing herbs.** Deepen your understanding and confidence in the value of the scientific approach.
- **How to use an Eastern energetic approach when choosing herbs.** Use basic Traditional Chinese Medicine (TCM) principles to support and transform your physical, mental/emotional, and spiritual well-being and health.
- **How to bring the Western scientific and Eastern energetic perspectives together** so you can take better advantage of both.

DISCLAIMER

All material provided is for informational or educational purposes only. It is not intended as a substitute for the advice of your healthcare professional or physician. Remember to check with your healthcare provider before using new medicines or herbal remedies, especially if you are using other supplements or medications. Thank you for your support of White Rabbit Institute of Healing! Be Healthy. Be Happy. Be Whole. Be Free.

What Members Are Saying About WRI™

Suzanne Palen



"I absolutely love the plethora of information you share on how plants can help us better our lives. These are old and trusted natural health options that I am more inclined to use than anything the pharmaceutical people can give me."

Catherine Hegazi



"Great research presented for everyday use. I go for a walk and come back to look up in your book what i remember seeing-already have some reishi drinks, linden flowers-even added a flower to my boiled egg, which turned the shell yellow! tks"



Annetta



"The amount of information given in such detail and in different forms, especially within the Fact Sheets, is second to none, always interesting, colourful and clear. Many thanks White Rabbit, love your work."



Millie Gray



"I'm very thankful to White Rabbit Institute as it really educates me more and more. I have learned about the plants, flowers, grasses that I don't know about. They actually surround me. I'm so proud to be a part of it. Bless you."

Lynne Cannisi AP



"I love it. The factsheets help me to educate my clients to the alternatives they have. Instead of taking chemicals they can use a more natural way. They help open up a dialogue on taking responsibility for ones health and personal choice."

Diane Rohring



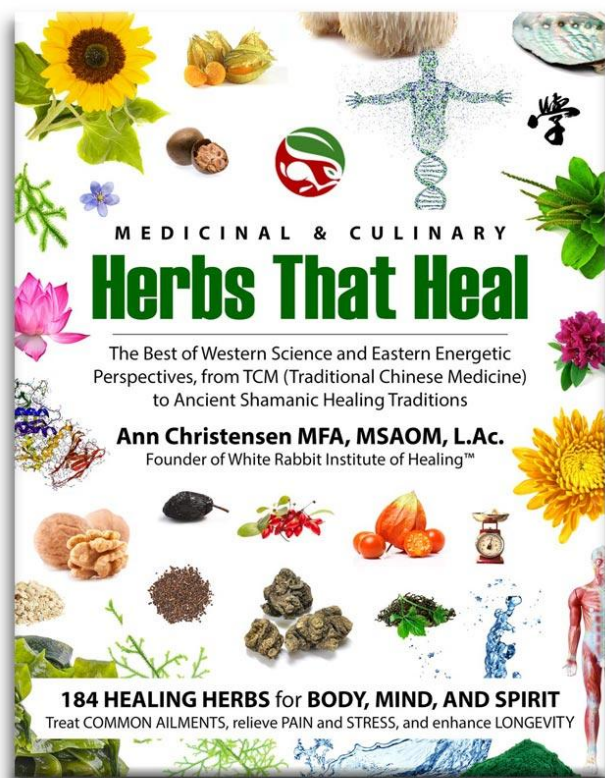
"I have been reading your fact sheets for some time now and I find them to be very informative and helpful. So happy to be learning to use herbs! Thank you for sharing this wealth of information with us!"

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Introduction: Herbs That Heal

While the term *herb* technically means a medicinal or culinary plant, it has come to include a wide range of healing substances including insects, shells, minerals, resins, mushrooms, and other natural healing substances. Therefore, I will use the term *herb* to refer to this collection of natural healing substances.



This guide is a companion to my [Medicinal & Culinary Herbs that Heal](#) reference book. The book provides detailed information on 184 medicinal and culinary herbs from Western scientific and Eastern energetic perspectives. It covers 800+ symptoms and the herbs that heal them, tips on how to use the herbs, dosing information, and much, much more! The reference book and this companion guide are my invitation for you to deepen and enhance your enjoyment of the exploration of the full range of healing possibilities that await you in the natural healing world of gardens, parks, and the wilder places of the great outdoors.

As always, at White Rabbit™, our particular approach is not limited to providing you with just the Western scientific perspective. We do provide you with the science because most of us have some familiarity with the scientific approach and its verbiage. And, there is no doubt, it contains critical and useful information that can deepen your effectiveness in choosing and appreciating herbs.

However, unlike drugs, designed in laboratories to address an isolated physical or emotional issue, herbs can do more than one thing at a time. They also have integrative capabilities that go beyond the limited range of our scientific understanding.

Herbs have nutritional, culinary, medicinal, and energetic properties that can simultaneously heal all levels of being -- physical, mental, emotional, and spiritual. Therefore, I include critical information regarding the energetic healing capabilities of herbs drawn from Traditional Chinese Medicine (TCM) and the ancient shamanic healing perspectives it represents.

This dual approach of providing you the science and the energetic information gives you the best and most complete information available, so that you can easily be making more informed choices about your healthcare and about your choice of herbs. It gives you options.

I am dedicated to providing you with options. Whether by giving you more herbs from which to choose, educating you about new ways to take advantage of their healing potential, or introducing you to healing methods and approaches that may be unfamiliar, such options can make all the difference in helping you to heal, stay healthy, and live a more courageous life full of spirit and conscious intention.

When I was a little girl I believed in magic. Faeries were real, nature and plants spoke, and even as a baby I focused on picking up sunshine from off the floor. It was a warm, sparkling, loving field of energy, I just wanted to hold and put it in my pocket or rub into my skin.

Growing up and as the daughter of a doctor, I had the great good fortune to go with my father to homes and hospitals while he visited his patients. I spent many an hour playing at nurse's stations and asking questions about equipment and healing protocols.

Technology and science began to challenge my fascination and connection to sunlight and nature as sources of well-being. As I grew older, I volunteered in the Emergency Room, continued visiting patients as a volunteer, and watched one of the first open heart surgeries. I loved science and biology and I was going to be a doctor.

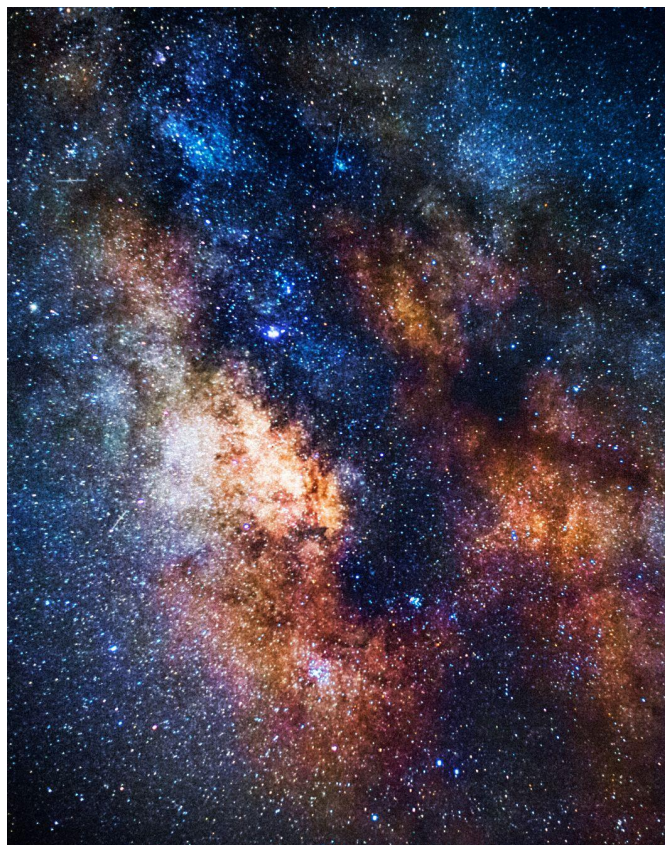
However, a funny thing happened on the way to pursuing this calling, life stepped in and circumstances began to open me up to new possibilities that would alter my course, but not my calling.



One night I had a most profound experience. As I lay in my bed prior to falling to sleep, with my attention on my breathing and my attention focusing inwards tracing my sense of awareness and “self” to its core.

Then there was a sudden rush of energy that swooshed, spirally up and out of my body taking my sense of awareness with it out into space where it slowed and then hung suspended and rested in a great universal vastness. I was aware “I” was no longer in my body and I was aware of my body far below and the “where” I was included a profound sense of floating in a vast friendly emptiness.

Clearly “I” was not my body, though it was equally clear that I was connected to it. As I became more deeply aware of this truth I began to wonder if this non-body “I” could return back to my physical body and with the thought, or this intention, I could feel a movement of energy that took me with it passing this energetic me back down through a drain, into a field or net of energy that I somehow understood was what my body is prior to its physical manifestation....in other words, prior or behind the physical body, the body, my physical self, is this net of energy, like a galaxy or milky way of stars, full of bursts of golden, pulsating points of energy in various sizes and brightness connected by thin lines of energy radiating between the bursts like a great map of roads and paths running between the bursts.



When I later began to read about shamanism, the Tao and the I Ching (the ancient Taoist book which translates as The Book of Changes) I resonated with the descriptions of all life being made up of and connected by flows of Living Energy. My attention was grabbed. So it was, I became a practitioner of TCM and never lost my love of science and biology.

The idea that health and healing goes beyond just healing the physical body, resonated deeply with so many of my experiences and increasing knowledge of Eastern energetic studies. In fact, bringing you the best of both is what I do. And as it turns out, herbs and foods are one of the key healing tools for healing from an energetic perspective. They are a great

starting point for bringing the best of Western science and Eastern energetic wisdom together because they are themselves, a living source of Energy, medicine, nutrition, and more.

Herbs can effectively be used from a purely scientific perspective, an energetic perspective, or a combination of both. Integrated with drug protocols, herbs can offset unwanted side effects while also supporting your overall health in the midst of a condition you may be required to manage with drugs. This approach can allow you to remain strong and recover more quickly and thoroughly.

It would be wonderful if just one pill, herb, or method worked for everyone or every time. Unfortunately this is not the case. Sometimes you need an aspirin, sometimes Ibuprofen, or sometimes an herb. Sometimes, science is not solving your issue or taking you where you want to go. Sometimes you need ancient energetic healing approaches that have been effectively and safely used for thousands of years to help you move the needle.

Science brings to bear a rich history of research and knowledge that is of incalculable importance. TCM and the traditions based on more subtle energetic and shamanic principles have also proven to be authentic and effective approaches. It is valuable to understand both. By recognizing the limitations and strengths of each you can better customize a health program that works for you or those you love.

To help you choose the correct herb for your needs, I will be introducing you to simple methods that you can start using today--whether your intention is to stay healthy, grow strong, improve your meditation practice, relieve pain, or simply be nourished by these gifts from Mother Earth. These 8 simple steps will be your guide to making better use of the scientific and energetic healing powers that herbs can provide.



This process can take an hour or be allowed to percolate slowly for a day, or two, or even longer. It's up to you. I recommend for your first time, whether you are a novice or a professional, that you slow down and savor your journey. Let the universe and the natural world surprise you by offering you selections that might not at first seem relevant. Move too fast and you can miss important treasures.

The I Ching, the ancient Taoist Book of Changes, is a sacred book of guidance, wisdom, and divination. It is one of the key texts upon which Traditional Chinese Medicine (TCM), the art of Feng Shui, martial arts, and so much more are based. It notes that beginnings are times to gather and fill with abundance. The Chinese character for this reading on beginnings is pronounced tun and contains the meaning warehouse.



This is your moment to fill your warehouse (or basket) with knowledge, intuition, herbs, and new ways to enhance well-being. This process is critical to finding what I call Radical Health™. Radical Health™ is not limited to physical health but includes the full range of psycho-physical potential that awaits us all. Take that first courageous step towards fulfilling our unique physical and life-purpose potentials.

This guide will help you begin to discover, clarify, and develop the kind of health and well-being that is anchored in humor and compassion, expands your awareness, and sets you free to be spontaneously and naturally engaging with others and the world around you. Who would have thought that choosing an herb could open so many doors?

WRI™ Resources

- **[Online Course: How To Choose The *Right* Herbs](https://www.whiterabbitinstituteofhealing.com/choose-the-right-herb-course/)**
<https://www.whiterabbitinstituteofhealing.com/choose-the-right-herb-course/>
Feeling overwhelmed? This is for you! Together we'll walk through my unique 8-step process so you can confidently choose herbs for you, your clients, or someone you love.
- **[Book: Medicinal & Culinary Herbs That Heal](https://amzn.to/3YfHgAW)**
<https://amzn.to/3YfHgAW>
A careful curation of 184 herbs and 800+ symptoms. This is our companion book to this guide. Get the best of Western science and Eastern energetic perspectives.
- **[Healing Herb Directory](https://www.whiterabbitinstituteofhealing.com/herbs)**
<https://www.whiterabbitinstituteofhealing.com/herbs>
Our website contains a lot of information about healing herbs. Browse a list of 100's of herbs by their Western or Eastern names. Many herbs also offer a course.
- **[Herbs By Condition Directory](https://www.whiterabbitinstituteofhealing.com/health-conditions)**
<https://www.whiterabbitinstituteofhealing.com/health-conditions>
Browse a list of ailments and symptoms to identify herbs commonly used to treat them. This is a work in progress, we're always adding to it. Please email us with any suggestions.
- **[Complete Collection of Healing Herb and East/West Courses](https://www.whiterabbitinstituteofhealing.com/complete-collection-plus)**
<https://www.whiterabbitinstituteofhealing.com/complete-collection-plus>
Includes ALL of our Healing Herb Courses on individual herbs and our East-West Course Collection. It is a "living" resource, we are always adding to it!
- **[Flower Your World™ - A unique program from WRI™](https://www.whiterabbitinstituteofhealing.com/fyw)**
<https://www.whiterabbitinstituteofhealing.com/fyw>
Join Ann and special guest speakers with VIP access to WRI™ online events, watch videos about healing herbs, download WRI's Healing Herb Fact Sheets, and much more!

Thank You For Joining Us!

We've got a **special, limited-time opportunity** that you don't want to miss.

Check your email and the end of this guide for details.

If you have questions, email us at info@whiterabbitinstituteofhealing.com.

The 8-Step Process

So what can you expect from this guide? Essentially, it will walk you through established approaches used by professional herbalists and healers to help you better identify the herb that is best for you.

Don't let the word *professional* frighten you! This guide is for novice, hobbyist, and professional, alike. It will provide you with a simple, 8-step process you can use again and again. It works. That's why even the experienced pros use it. This approach is not complicated and the results can be stunningly effective when used correctly.

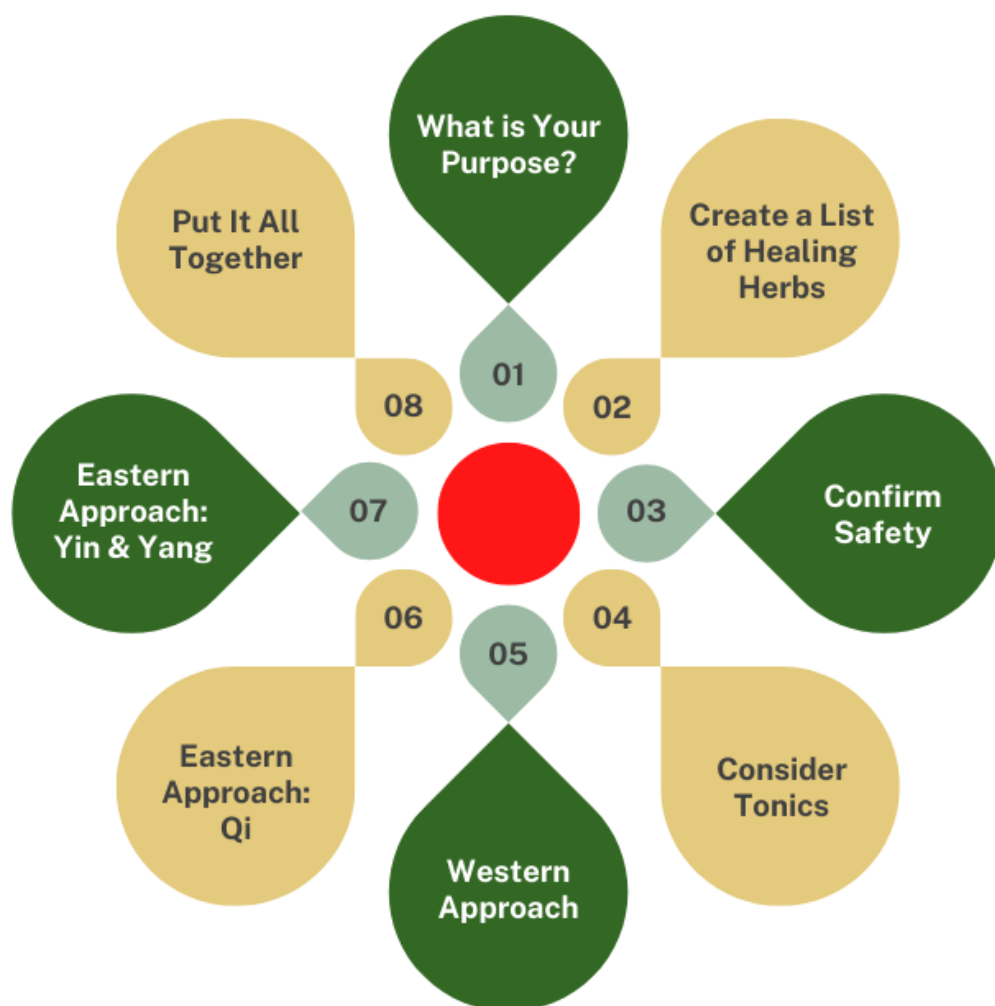
One of the first and most common quandaries that comes up when choosing an herb is the fact that most herbs function on multiple levels. Which herb is best, and when?

While the internet, and many books can, provide a wealth of information, the process and its results can be overwhelming and even contradictory. Often, you end up confused instead of confident about which herb might work best for you. A google search simply cannot provide a customized solution. What it does is provide you with a ton of information that you then have to sift through as best you can, hopefully revealing which option might work best for you.

To better help you, White Rabbit Institute of Healing™ (WRI) has created easy-to-use resources that will allow you to take full advantage of the vast amount of herbal information that is generally available. Beyond our training programs and courses we have our [*Medicinal & Culinary Herbs That Heal*](#) book and our website includes a free [Healing Herb Directory](#) you can explore at any time. Both resources curate the best of the Western scientific and Eastern energetic perspectives, including Traditional Chinese Medicine (TCM) and other ancient shamanic healing approaches for every herb referenced.

No more searching for hours or days to find the answers you need. We've done it for you, put it all in one place, and made it easy to find the pertinent information you are looking for. These references are quick, informative, comprehensive, accurate, easy-to-use, and fun. I highly recommend you enjoy and make use of these unique tools.

8 Steps to Choosing the Right Herb For You



Using this guide and the 8-steps it provides, will give you insight into a few simple rules-of-thumb that can help you sort through all the information (from wherever you choose to get it) and put it into a useable format that you can access whenever you want to determine the right herbs, or know how to use them, for yourself, for those you love, or for your clients.

A key advantage of herbs is that they are provided by nature, and therefore our bodies know how to digest and make use of their many healing compounds and energetic healing properties because we too are a part of nature.

The fact that many powerful healing herbs are also common culinary herbs that you may already have in your kitchen, does not mean they are not effective. Don't underestimate the power of what is familiar! You can more easily start to use unknown herbs by building skills with those that are known. This approach can build your expertise and confidence. You will be

amazed by the results you can achieve simply by using familiar herbs and spices for their medicinal effect.

However, unlike pharmaceutical drugs, individual herbs treat a wide variety of conditions, including the opening and quieting of the mind for spiritual practice, which is arguably the most healing adventure on which you can embark.



In contrast, most drugs are designed, and are at their best, treating isolated symptoms or conditions. They are targeted to impact specific systems and their specific chemical pathways within the body. This approach to healing is derived from a scientifically, strictly-focused, physical perspective.

Unlike drugs, herbs are simultaneously nutritious and medicinal powerhouses full of multiple compounds and energetic potentialities that can change your life. They are capable of treating multiple symptoms at one time.

This broad spectrum of application can be confusing even though it is this very feature that makes them so incredibly effective. The 8-steps I will walk you through will help you take advantage of this feature rather than leave you wondering whether herbs are effective at all.

To begin, we will start by considering the Western scientific perspective of healing as this is the approach and language that is familiar to most people. In this step you will deepen your scientific understanding of herbs, opening doors for you to explore their use and application from this important perspective.

Because the language and approach of science can feel familiar, in this first step using the Western scientific approach, I invite you to slow down, suspend reflexive inclinations to presume you “already know this,” and let yourself return to, and splash around in, “beginner’s mind” again.

These first few steps are used in the best herbal training programs in the world for a reason. They are safe and effective. The steps will help you articulate your needs and your intentions, then help you outline which herbs best meet your criteria. In the process of using this step-by-step approach, I have had many students, and even professionals, discover new options they had not considered.



You are on a path of discovery that will give you greater confidence, expertise, and success, if you follow the steps. Stay on the path and out of the weeds! (Though as herbalists, we do love weeds, truly some of the most healing plants available!) Let go of doubt and the urge to rush or skip steps. Let yourself rediscover aspects of herbs you may have forgotten or never knew. You won’t regret it.

The second part of this process is not taught in Western herb schools but lies at the heart of choosing herbs from a Traditional Chinese Medicine (TCM) perspective. This approach is ancient, safe, and effective. It focuses on the Energetic healing properties of herbs and it has been used to safely facilitate the healing of many conditions including menstrual cramps, headaches, digestive disorders, HIV, cancer, diabetes, depression, cardiovascular disease, and even to improve meditation and the opening of the mind and heart, to name only a few applications.

The principles that lie at the heart of TCM are available to all who are interested or have need. This is a profound medicine with far reaching healing and integrative potentials. It is this approach that can also be used to support and deepen your spiritual and intuitive awakening.

Do not be afraid that any step or approach might be new to you. New is ok. New can awaken you to unexpected possibilities. New can be just the thing you need to heal in a previously unconsidered way. And if nothing else, learning new things helps keep your brain young and functioning on all cylinders, encouraging the possibility of a long, wise, and healthy longevity.

As with the first stage, we will go into this second stage step-by-step, so you do not need to fear being overwhelmed or left behind. The whole point of this guide is to introduce you to a process you can use repeatedly to best choose the herbs you need safely and with less fuss or confusion.

You do not need to fear the science or the energetic perspectives being presented here. Either one, or both together, can heal. And I will be making both easy for you to follow and take better advantage of.

These two simple approaches can kickstart or deepen your knowledge of herbs and healing. The finest healers I know return to these approaches again and again, even after many years of practice and experience, so will you.

STEP 1: What Is Your Purpose?

The first step is so obvious it is often missed, rushed, or done improperly. It is the starting point of your selection process and critical for obtaining the best results. Don't skip it or rush too quickly through the steps. Time is your friend. Slow down and focus on the details that can make a difference for you. This is your chance to pay attention to what your body, intelligence, and intuition are telling you. Listen and take notes!

We start with clearly defining your intentions. Specifically, why are you looking for an herb? Then we dive in. This is the part that gets missed.

Why are you looking for an herb? Use the lines below to jot down your response.

It is easy to say, "I have a headache," but forget to further refine your condition or current state of wellness by describing it more fully. For example, do you also possibly have underlying digestive issues? Or are you on your menses? Or is this perhaps a headache that is more likely a one-off, stress-related headache or is it a chronic on-going condition? By clarifying each of these scenarios as an aspect of your condition or purpose, you may be pointed to three very different herb selections. While many herbs can treat headaches, there are specific herbs that you will find that might better apply because they also happen to apply to each of these additional conditions simultaneously.



Here's your chance to slow down and take the time to create a full and proper inventory of your symptoms. This applies to the desire to stay healthy or use herbs for supporting your spiritual practices. For example, you may not be struggling with any particular clearly defined condition, such as a headache, right now. You may be looking to build your immunity to stay strong and not get sick as often, or at all. Good.

Now pause, and consider your overall health from a fully integrated physical, mental/emotional, and spiritual perspective. Perhaps you feel restless, your stress level is high, or your sleeping pattern is irregular.

Make a note of these occurrences as they can play a role in your choice of herb and overall balancing of your health. I've provided a checklist to help walk you through this consideration. This step is how you are going to customize your herb program.

Some people simply want to stay healthy but can also confirm that they experience underlying digestive issues (for example, periodic constipation or bloating), suffer insomnia, or recognize that they are going through a particularly stressful period in their lives.

Or perhaps, you are experiencing all of these or a few other potential imbalances and observations you can make note of as well. This full inventory-taking will help you make herb choices that are best for you. It will also dramatically improve your knowledge of herbs as you begin to consider their abilities more closely.

Let the Health Assessment I have created inspire you. Don't be limited by its scope. It is created to spur your imagination and awaken you to signs or symptoms you may not have thought of before. If in the process of going through the form you feel you have some other symptoms, improvements, or intentions that are not described, write them down, these additions may be the clue that points you toward one herb versus another.

Once you have completed your full list you are going to select 3 of what now feels to be the key points you want to focus on. The other items on your list will become supporting materials as we move forward. You will notice that certain parts of your health are stronger or weaker than others. For example, when reviewing your list, you may notice that while you may be choosing to focus on headaches and related symptoms, that you also seem to have several imbalances stemming from your digestive system.

This observation will help you choose herbs that not only relieve headaches, but that can also support healthy digestion, even if your digestion is not your main focus point. An herb that

relieves headaches and supports digestion may prove to be more relevant for you than an herb that relieves headaches and supports respiratory function.

For now, simply be thorough and allow your health patterns to reveal themselves. Then you'll prioritize your current purpose, making note at the bottom of the worksheet if your symptoms tend to group around any particular area of your health (such as digestion or respiratory issues). You will see that none of these efforts will go to waste so don't reject your other conditions or desires just yet. Simply highlight your top 3 so you can best focus your herb selecting efforts.

Don't be afraid to discover that you have more than one symptom going on. This is normal. Repeat normal! As you live, your body, mind, and spirit are all always in a constant state of evolution, change, maturation, and adaptation. At any given moment, some aspect of your life or health is likely to be pushed upon and will therefore require a bit of rebalancing or support. Here's your chance. This is a process you can use continually to help stabilize and invigorate your entire being.

STEP 1: TAKE ACTION

1. Fill out the **Inventory of Symptoms Worksheet** below.
2. In the "Symptoms and Intentions" section, list the symptoms you are dealing with or what your intentions are for using herbs. Be as precise and detailed as possible. Even walk away and return a few hours later as new thoughts or observations arise.
3. In the "Get More Specific" section, check off the symptoms and intentions that apply to you. This section may inspire new ideas.
4. Review both sections and circle your top 3 symptoms and/or intentions.
5. In the "Review Your Symptoms and Intentions" section, review all of your symptoms and intentions for possible groupings.

Inventory of Symptoms Worksheet

Use this sheet to make an inventory of your symptoms and intentions. Remember, this is your chance to make as full an inventory as possible. Take the time to fully check-in with your whole being. Do not be concerned if your inventory feels long or short, it is not a test.

Symptoms and Intentions:

Get More Specific About Your Symptoms and Intentions

NOSE:

- ☐ ___ White copious mucus
- ☐ ___ Yellow mucus

EYES:

- ☐ ___ Red, itchy eyes

LIPS/MOUTH:

- ☐ ___ Purplish
- ☐ ___ Red, swollen gums

THROAT:

- ☐ ___ Chronic sore throat

SKIN:

- ☐ ___ Acne
- ☐ ___ Dry and flaky
- ☐ ___ Oily

RESPIRATION:

- ☐ ___ Cough that is faint or feeble
- ☐ ___ Asthmatic
- ☐ ___ Shortness of breath

STOOLS:

- ☐ ___ Constipation
- ☐ ___ Bloody stool
- ☐ ___ Diarrhea:
 - ☐ Before daybreak (common in the elderly)
 - ☐ Long term
 - ☐ Frequent watery or unformed
 - ☐ Loose with undigested food
 - ☐ Long term diarrhea

OVERALL BODY-MIND-SPIRIT/HEALTH:

- ☐ ___ Overweight
- ☐ ___ Dry skin and withered appearance
- ☐ ___ Weak / frail / exhausted
- ☐ ___ Paralysis of limbs, neuropathy
- ☐ ___ Tendency for recurring colds and flu
- ☐ ___ Chronic ailments
- ☐ ___ Allergies
- ☐ ___ Very slow or unable to recover from having been sick
- ☐ ___ Convulsions, twitching muscles
- ☐ ___ Agitated / talkative
- ☐ ___ Passive / quiet
- ☐ ___ Foggy brain
- ☐ ___ Forgetful
- ☐ ___ Compulsive
- ☐ ___ Agitated or restless
- ☐ ___ Anxious
- ☐ ___ Overthinking
- ☐ ___ Talk to oneself (internally or externally)
- ☐ ___ Fearful
- ☐ ___ Angry
- ☐ ___ Sorrowful, potentially frequently crying
- ☐ ___ Grieving, feeling deeply wounded
- ☐ ___ Sighing
- ☐ ___ Feel emotionally numb
- ☐ ___ Feel empty or hollow
- ☐ ___ Tend toward hysteria, feeling emotionally unstable, unanchored
- ☐ ___ Scattered
- ☐ ___ Lethargic
- ☐ ___ Unable to manifest
- ☐ ___ Feel a bit lost or uncertain, unable to commit or take a next step, lacking purpose

DIGESTION:

- ☐ ___ Poor appetite
- ☐ ___ Constantly hungry or noisy stomach

SPEECH:

- ☐ ___ Weak, low voice, faltering
- ☐ ___ Weeping
- ☐ ___ Shouting
- ☐ ___ Groaning, moaning
- ☐ ___ Laughing, delirium or mania, muttering to oneself
- ☐ ___ Shallow breathing with sweating after slight exertion

COUGH:

- ☐ ___ Dry
- ☐ ___ Damp
- ☐ ___ Faint and feeble
- ☐ ___ Cough with a clear voice

CHILLS & FEVER:

- ☐ ___ Chills predominate
- ☐ ___ Fever predominates
- ☐ ___ Chills with no fever
- ☐ ___ Chills or cold limbs
- ☐ ___ Irregular periods of low fever and lassitude

TASTE:

- ☐ ___ Bitter taste in the mouth, foul taste
- ☐ ___ Sticky, sweetish taste in the mouth
- ☐ ___ Foul breath

PAIN:

- ☐ ___ Dull ache
- ☐ ___ Excess sharp pain
- ☐ ___ Migrating
- ☐ ___ Soreness / numbness
- ☐ ___ Sensation of depression in the chest with shortness of breath
- ☐ ___ Headache made worse by hot environments
- ☐ ___ Headache, frontal / supraorbital
- ☐ ___ Headache, vertex

URINE:

- ☐ ___ Deep yellow
- ☐ ___ Scanty yellow with an offensive smell
- ☐ ___ Clear, odorless, copious
- ☐ ___ Scanty, no odor
- ☐ ___ Lack of force (dribbling, thin stream)
- ☐ ___ Difficulty urinating
- ☐ ___ Excess urine at night

SWEATING:

- ☐ ___ No sweating
- ☐ ___ Excess sweating with little exertion
- ☐ ___ Sweating with no break in fever
- ☐ ___ Frequent spontaneous sweating without exertion
- ☐ ___ Profuse cold sweat during severe illness

MENSES:

- ☐ ___ Excess flow
- ☐ ___ Irregular flow
- ☐ ___ Amenorrhea

FERTILITY:

- ☐ ___ Weak libido
- ☐ ___ Overactive libido
- ☐ ___ Difficulty becoming pregnant
- ☐ ___ Erectile dysfunction

VERTIGO:

- ☐ ___ Dizziness, unclear vision, ringing in the ears
- ☐ ___ Unsteady walking

SLEEP:

- ☐ ___ Excessive fatigue
- ☐ ___ Half asleep, lassitude
- ☐ ___ Difficulty falling asleep after a full meal
- ☐ ___ Irritability and difficulty falling asleep
- ☐ ___ Dream disturbed sleep

MEDITATION/PRAYER:

- ☐ ___ Unable to quiet the mind
- ☐ ___ Agitated, unable to sit quietly
- ☐ ___ Fall asleep
- ☐ ___ Unable to maintain focus
- ☐ ___ Irregular breathing
- ☐ ___ Aching muscles

Review Your Symptoms and Intentions

Review both of the lists you just completed. Do you notice any patterns emerging? For example, are more of your symptoms relating to digestion, or sleep, or the respiratory system? If so, identify the largest grouping of symptoms as a primary grouping and if you have a strong secondary grouping of symptoms, identify these as a secondary grouping.

This will help you in a later step. If you have no obvious primary or secondary grouping, that is ok. Simply select the N/A (not applicable) option.

Primary Grouping of Symptoms

(the system or area of health that is most reflected in your choices):

- ☐ Mental / Emotional
- ☐ Respiratory
- ☐ Digestive
- ☐ Cardiovascular
- ☐ Urinary
- ☐ Muscular / Skeletal
- ☐ Skin
- ☐ Reproductive
- ☐ Sleep
- ☐ Meditation / Prayer
- ☐ Other: _____
- ☐ N/A

Secondary Grouping of Symptoms

(the system or area of health that is secondarily reflected in your choices):

- ☐ Mental / Emotional
- ☐ Respiratory
- ☐ Digestive
- ☐ Cardiovascular
- ☐ Urinary
- ☐ Muscular / Skeletal
- ☐ Skin
- ☐ Reproductive
- ☐ Sleep
- ☐ Meditation / Prayer
- ☐ Other: _____
- ☐ N/A

STEP 2: Create A List Of Herbs

In this step, you are taking stock of the condition you are looking to heal and determining if your symptoms are acute or chronic and mild or severe. Some herbs are wonderful for treating early-stage, acute conditions, such as colds and flu.

Others are perfect for countering the effects of long-term, chronic conditions that may have become more difficult to treat (including colds and flu that have sunk into the system and become stubborn in their refusal to heal, or such symptoms as arthritis, chronic low back pain, or even chronic fatigue).

As best you can when choosing an herb, consider matching an herb's description to your needs, or at least make note that you would likely want to use more or less of an herb to enjoy the benefits you are seeking. Noting if a condition is more acute or chronic or mild or severe, can further refine your herb selection process helping you to select the herb best suited to your needs.

At White Rabbit™, I try to provide information that will highlight these features if one or the other of these properties applies to a particular herb. Most herbs will treat each type of these conditions so do not panic if your research about an herb does not make this type of specification. It simply means the herb is effective for treating acute or chronic or mild or severe symptoms.



However, you may not be dealing with an acute or chronic condition per se, but rather looking to bolster your overall health or well-being. Then indicate the symptom as needing strengthening or support. If you are using herbs to support meditation practice, for example, you would likely choose strengthening as an expression of an ongoing ability you are looking to sustain and fortify.

If you are focusing on emotional vulnerabilities you might choose acute, chronic, or strengthening depending on your circumstances. If for example, you are in the midst of a sudden and unexpected emotional crisis, you might choose acute as your description. If you

have been going through emotional unrest for several months or longer, you will choose chronic as your description.

Or if you feel your emotional state is alright, but maybe you are feeling just a bit stuck, you might choose strengthening as the best description. In other words, you'd like to strengthen your ability to more fully express yourself, but you are not particularly feeling either acute or chronic emotional distress, just stuck. These examples are meant to show you that symptoms can have very personal expressions and you will be better able to choose the right herb for yourself if you take these aspects into account. This is your chance to do so.



Next, you will start to gather a list of possible herbs you can consider for healing, relieving pain or supporting your overall health and well-being, this can include quieting your mind, or lifting your spirit. At this point, you want to have 10 to 25 herbs that might be just right for you. You will narrow this list down as we move forward.

Right now (and don't skip this step), surprises are waiting for you if you open yourself up to the possibilities. Your task right now is to gather options. Start your search by focusing on your top 3 symptoms.

To search for possible herbs, you can google for herbs that might work or make use of suggestions from people you trust. You can also consider using our companion book [Medicinal & Culinary Herbs That Heal](#), or visit our [WRI Herb By Condition Directory](#) that pairs herb examples with various conditions, or use our [Healing Herb Directory](#). These tools were created to help make your search process easier by providing you with the most complete and relevant Western scientific and Eastern energetic information all in one easy-to-access location and format.

They can save you hours of research effort while simultaneously introducing you to new and unfamiliar herbs or help you to recall information about an herb that you may already know and love.

Remember, this list is your first pass. It is meant to "fill your warehouse or basket" giving you 10-25 possible herbs you can be considering. In later steps, you will start to narrow this list for now, be sure to give yourself enough herbs to consider. Err on the side of two or three too many. You'll be surprised which herbs you may end up using.

As you consider what herbs to choose, you will be guided by your own prior knowledge and recommendations from our Directories, google searches, books, or friends and healers. It is also possible that during your search a particular herb may grab your attention simply because something of its history or look catches your eye and it seems to apply or otherwise catch your attention. If so, add it to your list and make your notes accordingly so you can know at the end why you selected it. Your intuition may be nudging you. This is your chance to add herbs, you will eliminate herbs later. Remember too few and you have little to work with. Too many and you'll just want to cry or walk away in frustration!

This is why I invite you to consider 10-25 herbs to start with--enough to be useful, but not so many as to be overwhelming. Also, be sure to include herbs that are already familiar as well as a few that might be utterly new or less familiar to you. This tip will support your increasing knowledge of herbs and give you options you might otherwise miss out on.

Your brain remembers best what it can put into context. Choosing herbs to treat a symptom is a very specific context and personal, so you are more likely to remember a particular herb's attributes and expand your expertise, even if it is not one of your final selections. In this process, no step or choice is wasted!

Consider including one or two herbs that seem only vaguely possible, not necessarily your first choice -- a secondary selection of a few herbs that grab your attention. Be sure to make a note in the notes section as to why you selected them.

Do not worry if you find you are selecting the same herb for more than one symptom. This is the power of herbs. They can effectively treat more than one symptom at a time. This type of synergy and overlap can powerfully help you to stay healthy or grow strong.

An herb that treats all three of your symptoms may likely be one of the best herb choices for you. By the end of this process you will know if this is true or not. For now, don't hold back from choosing an herb to treat one or more of your symptoms if it seems to apply to one or more of your symptoms.

Finally, this process will help you increase your ability to select herbs by awakening your intuitive awareness as well as building your intellectual capacities. Use them both. Your mind and your heart. The scientific and the energetic. Using both your intellectual and intuitive capacities together, as well as the scientific and energetic aspects of each herb, will open new doorways for you to effectively and safely incorporate herbs into your life.

STEP 2: TAKE ACTION

1. Fill out the **Herb Selection Worksheet** at the end of this step with your top 3 symptoms and/or intentions from STEP 1.
2. Classify each symptom as acute or chronic and mild or severe. If your symptom, or intention, is simply to strengthen or support, for example, boost immunity, check the Strengthening box.
3. Select 3-5 herbs for each symptom. Here are some WRI resources to help you make your herb selections: [Medicinal & Culinary Herbs That Heal](#) book, [Herbs By Condition Directory](#), and [Healing Herb Directory](#).

This is not your shortlist. It is your exploratory, leave-no-stone-unturned list. Use the symptom type classifications you just identified to help guide your search. Your purpose in this step is to gather a full list of herbs for consideration and culling. I recommend 10-25. Don't worry if you have more or less. This is your journey. Trust the process.

4. In the "Notes About Herbs" section, make a few notes about why you chose each herb. They will provide guidance during your final selection process. These notes will also support your growing knowledge and confidence in your intuition as you continue to select herbs in the future.

Be sure to highlight any herb that is particularly effective at treating the nature of your condition, acute or chronic, mild or severe. If no mention is made, that is ok. It means the herb is able to treat acute or chronic and mild or severe symptoms and it can remain on your list.

Herb Selection Worksheet

Symptom / Intention #1:	
Type: ☐ Acute ☐ Chronic // ☐ Mild ☐ Severe // ☐ Strengthening	
Possible Herbs	Notes
1.	
2.	
3.	
4.	
5.	

Symptom / Intention #2:	
Type: ☐ Acute ☐ Chronic // ☐ Mild ☐ Severe // ☐ Strengthening	
Possible Herbs	Notes
1.	
2.	
3.	
4.	
5.	

Symptom / Intention #3:	
Type: ☐ Acute ☐ Chronic // ☐ Mild ☐ Severe // ☐ Strengthening	
Possible Herbs	Notes
1.	
2.	
3.	
4.	
5.	

STEP 3: Confirm Safety

In this step you eliminate herb choices that might be toxic, too strong, or interact in a negative way with medications you are taking.

The first rule of thumb is to always check with your healthcare provider! This is your invitation and a reminder to check in or visit your doctor or other healthcare provider so they can help guide you. If your healer's training is not herbally oriented, then confirm with a professionally trained Western or TCM (Traditional Chinese Medicine) herbalist whether any herb, particularly a potentially potent or toxic herb, is right for you. By walking through this process you will be able to create a list of directed, pertinent questions a professional can answer for you.

As I've said before, not every drug, herb, or method is right for everyone or even works every time. Let your curiosity and interest in natural healing modalities open you up to new possibilities safely. Don't be reckless by attempting herbs or protocols that require training or licensing you do not have.

To find safety information on any given herb look in a typically provided "cautions" section of whatever resource you are making use of.

Key Questions To Ask About Safety

Is this the correct herb?

Confirm which herb you are considering by double-checking its botanical name. Many herbs make use of the same common name even though they are not the same herb! Be sure to match the herb you think you are using with its correct botanical name so you are certain you are following the correct information and using the right herb.



Is the herb toxic either in high doses or if improperly prepared?

Is the herb listed as a toxic, not-recommended-for-use herb? Hemlock (*Conium maculatum*) is an example of a highly toxic and poisonous herb that is not recommended for internal use, no matter how small the dose. Then there are a few herbs, aconite (aka wolfbane, *Aconitum napellus*, *A. chammichaeleae*) is one of them, that when prepared properly and used in correct dosing become important medicines. You need to make sure that you understand the potentially toxic effect of any herb you are considering, whether due to overdosing, improper preparation, or using the wrong part of the plant (the flower might be safe, but not the root). An herb may be safe to take internally as a tea but will not be used internally as an essential oil.

Very rarely, an herb is described as having a toxic function, meaning its toxicity when used in a low dose, is what makes it a medicine. For example, an herb's toxicity may promote vomiting or powerfully stimulate the bowels which can, in certain circumstances, be of medicinal value. Such herbs are typically incredibly strong and are generally used only in rare circumstances.

With the wealth of available herbs that nature has provided, you already have an extraordinary variety of healthy and safe alternatives. Use these safe options instead of thinking you must use a too-strong potentially toxic herb. Again, never underestimate the power of the highly safe herbs and spices of which many, can be found in your kitchen's spice cabinet.



Is the herb recommended for internal or external use only? Some herbs are only recommended for external use, and some are safe for internal use, and some that are used externally need proper preparation or they can cause rashes or skin irritations. Essential oil preparations significantly condense the potency of plant compounds making them potentially unsafe for internal use, but perfect for topical use or aromatherapy. Some toxic plants make excellent homeopathic remedies you can safely take internally. You will want to note these details in your herb notes section.

Do you have a potential allergy to an herb? While you cannot be certain before using an herb if you are allergic to it (this is why starting slow and low is always recommended), an allergy to a particular herb will increase the likelihood that you will be allergic to another herb in the same family of plants.

For example, if you are allergic to daisies (*Bellis perennis*) you may be allergic to other plants in the daisy family, Asteraceae, such as sage (*Salvia officinalis*) or chamomile (Roman or English chamomile: *Chamaemelum nobile*. German chamomile: *Matricaria recutita*). You may also not be allergic to these other plant family members, so you should go slow and use smaller doses until you are certain of what your response could be.

And remember, the world of herbs is full of other options. If you need to, or are concerned about a potential allergic reaction, find another herb in a different plant family with similar properties.



Nature provides many herbs that have similar properties. There is likely an herb that fulfills your need without the risk of a potential allergic reaction.

Confirm potential drug interactions. Many herbs work wonderfully with pharmaceutical drugs. Some do not. And some will be fine with one class of drugs, but could be more concerning with another. Sometimes a drug/herb combination may be fine, but your condition is too compromised to allow the use of both the drug and the herb simultaneously. Certain therapies or conditions may call for a slower, more considered approach. A visit to your herb-savvy healthcare provider with a prepared list of herbs that you are considering and related questions, will give you an excellent starting point.

Dosing matters. Pay attention to dosing and always start with a low dose, until you are sure an herb is safe for you. As you become more familiar with an herb you can start to use higher doses as appropriate. Some herbs only ever require a very small amount. Some can be used for a few weeks, with a short three to five-day interval before starting up again, and some you can use daily and in higher doses very safely. As the saying goes--more is not necessarily better!

A word to the wise. Some of the information available, especially on the internet, would make it seem that virtually any herb is potentially dangerous. Some of this is the result of ignorance and misunderstanding or incorrect reporting (even from highly reputable sources). The rule remains, be careful. Of course you should proceed with caution. Don't zealously plow ahead without first having done your homework.

Consult a qualified healthcare provider for confirmation, but don't feel you must avoid natural medicine because of frightening reports or fear-mongering. It doesn't have to be a difficult process. It is an adventure!

STEP 3: TAKE ACTION

1. Review the herbs you listed on the **Herb Selection Worksheet** in STEP 2.
2. Cross out any herb that is either too toxic, may cause an allergic reaction, or interferes with medication you are using. Add a brief note if the herb has any qualifications per its usage, i.e. only used externally, or in smaller doses, or any other key safety information that is relevant in your case.

If you are feeling overwhelmed, check out our offer at the end of this guide.
We are here to help!

STEP 4: Consider Tonics

Classic tonic herbs can be safely used for longer periods and in larger doses if needed. Tonic herbs are traditionally used for long periods because their effectiveness increases over time. Most other herbs are used for shorter periods, in lower doses, and for specific purposes.

The purpose of tonic herbs is to support ongoing overall health and longevity. If you are hoping to stay healthy or feel you need to strengthen your system by building stamina or improving immune function, then you will want to make sure that a tonic herb is on your list.

Be aware that some herbs are mentioned or described as adaptogenic herbs, meaning they support some aspect of the body's immune system or ability to cope with the effects of stress.



Many herbs have adaptogenic properties but are not necessarily classic tonic herbs. These herbs may or may not be recommended for long-term use or larger doses. Be sure to confirm dosing recommendations and herb descriptions.

Generally, if an herb is designated as a tonic herb, such as schisandra (*Schisandra chinensis*), it is a true classic tonic herb and safe for long-term use. If an herb is simply described as having adaptogenic properties it may support immune function but may or may not be meant for long-term use. Double-check this nuance to better improve your herb selection (and herb knowledge!). A classic tonic herb may be described as having adaptogenic properties, in the way schisandra is, but not all herbs described as adaptogenic are tonic herbs.

Tonic herbs can be either your main go-to herb and used alone or they can be used together with your other key herb choices. They can become an important adjunct to supporting your overall health.

To find herb tonic information you can do an internet search or a simpler solution is to use our book [*Medicinal & Culinary Herbs That Heal*](#) or visit our website and take advantage of our [Healing Herb Directory](#).

STEP 4: TAKE ACTION

1. Fill out the **Herb Tonic Worksheet** at the end of this step with your top 3 symptoms and/or intentions from STEP 1.
2. Fill in your remaining herbs from STEP 3.
3. Check off which herbs are tonic herbs.
4. Use the “Notes” section to record whether an herb can be used long-term, whether it is a tonic herb or not.

Herb Tonic Worksheet

Symptom / Intention #1:		
Possible Herbs	Tonic?	Notes
1.	☐ Yes	
2.	☐ Yes	
3.	☐ Yes	
4.	☐ Yes	
5.	☐ Yes	

Symptom / Intention #2:		
Possible Herbs	Tonic?	Notes
1.	☐ Yes	
2.	☐ Yes	
3.	☐ Yes	
4.	☐ Yes	
5.	☐ Yes	

Symptom / Intention #3:		
Possible Herbs	Tonic?	Notes
1.	☐ Yes	
2.	☐ Yes	
3.	☐ Yes	
4.	☐ Yes	
5.	☐ Yes	

NOTES: _____

STEP 5: Western Approach

Now you are ready to start using a Western approach for choosing herbs. You will do this by focusing on the Western scientific and medically associated actions for each of the herbs you have selected. We will start with the Western perspective because for most people, it is familiar, even if you may not be familiar with all the terminology.

Western “uses” will be described by terms that are familiar to you, such as headaches, diabetes, cancer, fevers, constipation, etc. These are the descriptions you will have likely used on your Inventory Worksheet.



The designation of “action”, “function” or “property,” gives you a description of the action of an herb. These are not symptoms, or conditions. For example, arthritis is a condition. Anti-inflammatory is an action. An action tells you what an herb does - how it behaves.

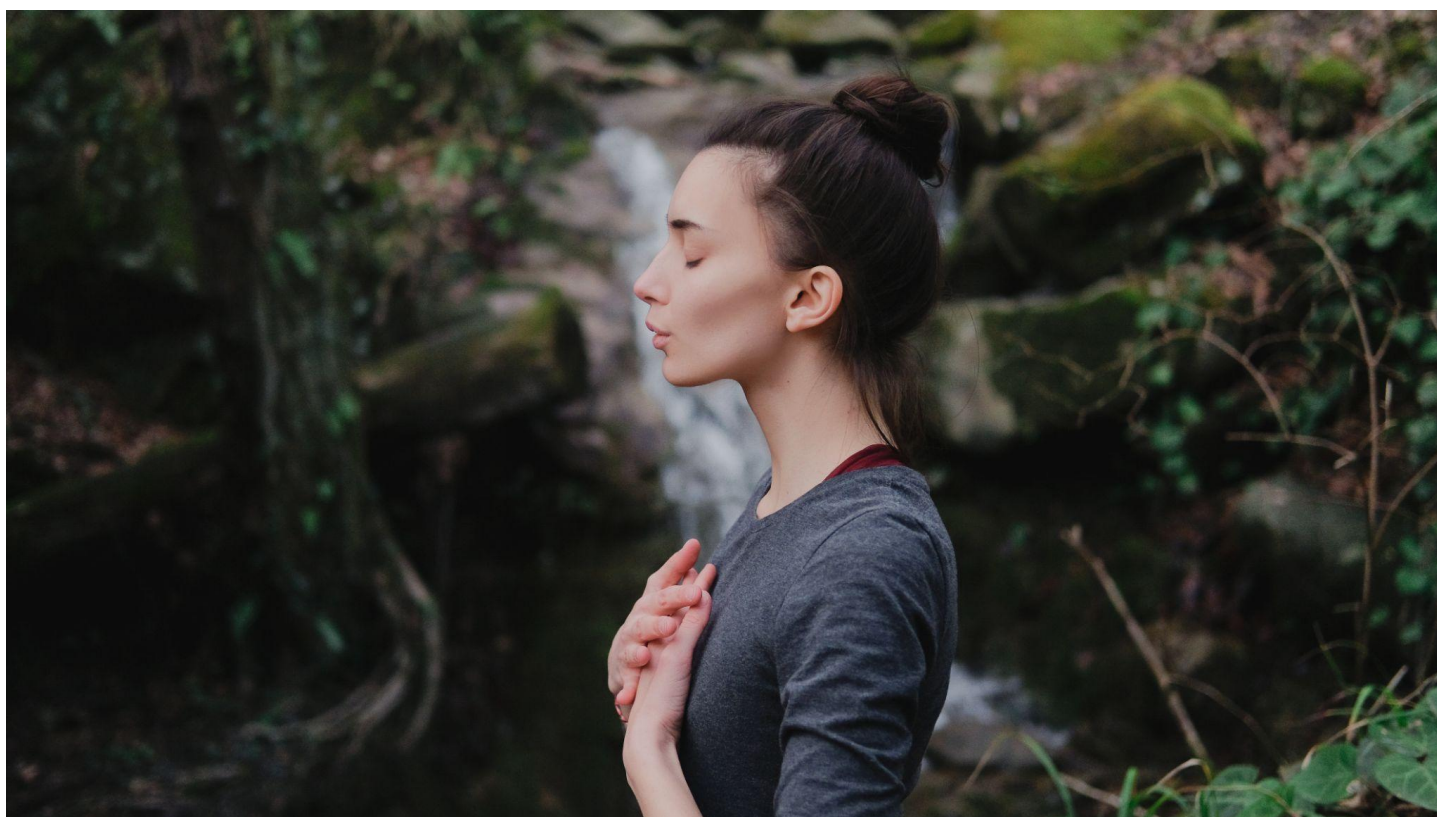
An herb that has anti-inflammatory properties can be used in cases where inflammation is present. Knowing an herb has anti-inflammatory properties can suggest multiple ways of using it. For example, an herb with anti-inflammatory properties can be used to treat headaches, arthritis, or injuries, three different uses.

So for example, if one of your desires is to ease headache pain, then you will be looking to see if an herb you’ve selected has analgesic properties (relieves pain), or if it has anti-inflammatory properties. Analgesic and anti-inflammatory are Western medical terms used to describe an herb’s (or medicines) action. They are commonly referenced in any google search or herb book. To help make this easier for you, our book [Medicinal & Culinary Herbs That Heal](#) and [Herb Directory](#) on our White Rabbit Institute of Healing™ website includes both Western and Eastern Actions for every herb listed.

Don’t worry about the Eastern Actions yet. We will be exploring that perspective shortly. For now, move your way thoughtfully and purposefully through your herb selection process by focusing on the more familiar, Western scientific approach.

Revisiting your initial selection of herbs in order to now consider their actions, will give your brain and subconscious a chance to assimilate the information that you have already collected. This revisiting of each herb gives you a chance to confirm your initial herb selection by determining if it offers a desired action. It also gives you a chance to review the notes you have made, allowing you to learn more about each herb as you reconsider or discard any particular herb initially selected.

This double-take will surprise you with new insights. Reconsidering this initial list of herbs gives you a chance to focus more deeply on each herb. This revisit will also naturally lead you to hone in on the possible differences and similarities between the herbs on your list, which in turn, will help you make a more customized selection as you consider herb actions and as we continue to move forward.



Understanding an herb's action is an important next step because it opens the door to the possible treatment of conditions not necessarily listed in any given resource about an herb. It suggests new, inventive, safe, and effective approaches for using an herb alone or with other herbs based on its function and what it can do.

Do not worry if an herb you have chosen has actions that do not immediately apply to your needs. For example, an herb may help prevent inflammation and be a digestive (help improve

digestive function), an action you may not feel you need at the moment. Again, this is the magic of herbs. The fact that they can heal more than one condition at a time does not mean they are not the best herb for you, it could mean it's exactly the best herb for you!

The great gift of herbs is that they have multiple effective healing attributes. Before you disregard these apparently unrelated functions, return to your Inventory of Symptoms list and see if at the bottom of the page you noted any overarching primary or secondary grouping of symptoms, such as digestive issues, that the herb you are reviewing might also address. Make a note of this overlapping capability.

In this way, you can see that a particular herb has anti-inflammatory and analgesic properties, but also includes digestive actions that might also be useful for you. When it gets down to further narrowing your list, this additional capability may suggest that you choose one herb over another that does not have that capability.

Remember, at this point you are merely taking notes and reviewing your herb selections in order to further refine your choices. Following these simple steps one by one will enable you to sift through all the options that may typically overwhelm or confuse you and allow you to choose a selection of herbs that is just right for you. This process will improve your herb selections by deepening your awareness of your overall health as well as the ability of any particular herb, or combination of herbs, to support it.

STEP 5: TAKE ACTION

1. Fill out the **Western Action Worksheet** at the end of this step with your top 3 symptoms and/or intentions from STEP 1.
2. Fill in your remaining herbs from STEP 3.
3. Fill in the top 2-3 Western Actions, per herb, that your research confirms pertain to your symptom. In our headache example, you might note an herb is anti-inflammatory and analgesic (pain-reducing) as these two Actions apply to easing headaches.

4. Now review the herbs listed on your worksheet. Circle the 2-3 herbs for each symptom that best match your needs. In our headache example, if you notice that an herb only has one action that applies to easing headaches versus another herb that has two actions, the latter may be a better choice. Let your research and intuition guide you.
5. Make a final revisit to your original Inventory of Symptoms Worksheet. If there are herbs that you are trying to choose between, observe whether one might include an additional Western Action that applies to one of your primary or secondary groupings of symptoms.

In our headache example, we noted headaches as being our area of focus but there was a primary grouping of symptoms that reflected imbalances within the digestive system. If you had to choose between herb A or herb B in this example, do either of them, besides treating headache, also better support digestion? Highlight this herb. This technique can help you make a better choice.

6. Don't let the steps overwhelm you. This is a treasure hunt and by engaging in it you are exploring your goals and stimulating your thought processes and intuition as you deepen your connection to yourself and these amazing healing plants.

If you are feeling overwhelmed, check out our offer at the end of this guide. We are here to help!

Western Action Worksheet

Symptom / Intention #1:	
Possible Herbs	Western Actions
1.	
2.	
3.	
4.	
5.	

Symptom / Intention #2:	
Possible Herbs	Western Actions
1.	
2.	
3.	
4.	
5.	

Symptom / Intention #3:	
Possible Herbs	Western Actions
1.	
2.	
3.	
4.	
5.	

NOTES: _____

STEP 6: Eastern Approach - Qi

Congratulations! You have completed the first half of choosing an herb. Our focus has so far been on the Western scientific approach. Now we are going to pivot and build upon this foundation by exploring the world of the Eastern energetic approach based on ancient, shamanic Taoist, and TCM healing principles for choosing herbs and supporting health.

The principles applied in Traditional Chinese Medicine (TCM) have their roots in the ancient divination, Taoist text called the I Ching, also known as The Book of Changes. This text, combined with other ancient sacred and practical Taoist texts and healing manuals, forms the foundation for the methods and principles used in this ancient art of healing the body, mind, and spirit.

These ancient methods and this knowledge continue to be used because they heal safely and effectively. They can improve your physical, mental, and emotional health, and open doors to spiritual transformation, providing you with a deeper non-dual and fully energetic

understanding and experience of reality. This approach has proven its efficacy over many thousands of years of application.

Our purpose is not to turn you into an expert in these ancient arts, but to introduce you to and deepen your awareness of them so that you can begin to use them to your advantage. Over half the world makes use of these principles in one way or another, and not only by trained or licensed healing professionals. They have long held a place of respect and been rooted in the cultural awareness of parts of the world. If half the world can make use of these principles



safely and effectively, so can you. To do this, I am now going to walk you through a few foundational concepts that you will put to use for further defining your choice of herbs.

This part of the process is going to significantly increase the effectiveness of your herb selection process. That said, I understand learning something new can be daunting, but it can also be exciting and revelatory. To keep it simple, we will be continuing our step-by-step process as we move through what may be new territory for you, in a simple and straightforward fashion. I promise you, you will be amazed and delighted, with your new and growing expertise in this extraordinary healing modality.

Understanding Qi

It is important to note that many words are used in both Western medicine and TCM but in fact, can have different meanings. For clarity, when a word is used in both Western medicine and TCM, the TCM version of the word is capitalized. For example, the word *body* is used in both Western medicine and TCM. In Western medicine, *body* refers to the physical entity of the body. In TCM, *Body* with a capital “B,” refers to not just the physical body but also the many Energetic aspects related to the body.

Here’s another example. In Western medicine, the word *liver* merely means the liver organ. In TCM the word *Liver* (with a capital “L”) refers to the entire physical and Energetic system that includes the liver organ, its Energetic Pathways, the Liver’s associated Mental and Emotional Bodies, the Liver’s Spiritual Aspects, and more. So, any capitalized word, that you would not normally see capitalized, is referencing the word’s TCM meaning.

This includes words such as Hot, Cold, Damp, Phlegm, etc., that have alternate TCM meanings. When you see this protocol being used, you can know that even if you are not clear about the fuller meaning of the word in TCM, you are being cued that a broader TCM meaning is being referenced. It will invariably include an Energetic aspect not referenced in the Western meaning.

The next thing to understand in TCM is that everything starts with Qi and everything is Qi. This is a core concept derived from Taoism. We will dive a bit deeper into this particular Energetic concept, especially as it relates to health and the Body, in a moment, but fundamental to understanding all of the Energetic concepts in TCM is recognizing that these Energies are all aspects of Qi.

All these Energies are inherently fluid, sometimes more Material, sometimes more Etheric or purely Energetic, and they are always moving in and out of each other. In the West, when we use the words associated with these various Energies or concepts, such as Qi, we tend to automatically think of them as a material substance, or “thing.”

None of these Energies are “things.” Instead, they are understood and recognized as behaviors and functions. This is a significantly different approach to the world at large, and the Body in particular. Western science promotes a method of tests and measurements of separate and isolated material “things,” whether they are atoms, molecules, cells, compounds, or organs.

In the West, energy is a physical “thing” that is detectable and interchangeable with “matter.” From a scientific perspective, “things” are separate and made of “matter.” There are no forces (spiritual or psychic) that can cause change in this model of reality. Only the physical is real and can cause change.

In the East, diagnosis and even life itself, are not viewed with the same substantial limitations as in Western science. In Eastern cosmology there are no separate “things.” In Taoist terms, there is only the Tao or Qi, which is polarized into Yin & Yang, and which in turn, creates all of the apparent “things.”



Like Yin & Yang these apparent “things” or events are always only understood to be in relationship to each other and remain as aspects of the Whole. The strict categorizations of “matter” and “energy” found in the West do not apply. In Taoism and TCM, Energies are identified by their actions, by what is happening, and not as separated physical-only “things.” Life and health are subjective, not objective. Connected and not isolated.

There is therefore no way to use a machine to measure Qi (Though many have tried and are continuing to try to develop such a device.) because Qi is not a “thing” that can be physically identified, it is not “material” in the scientific sense of the term, nor is it “energetic” in the Western sense. Instead, it is defined and recognized by how it functions.

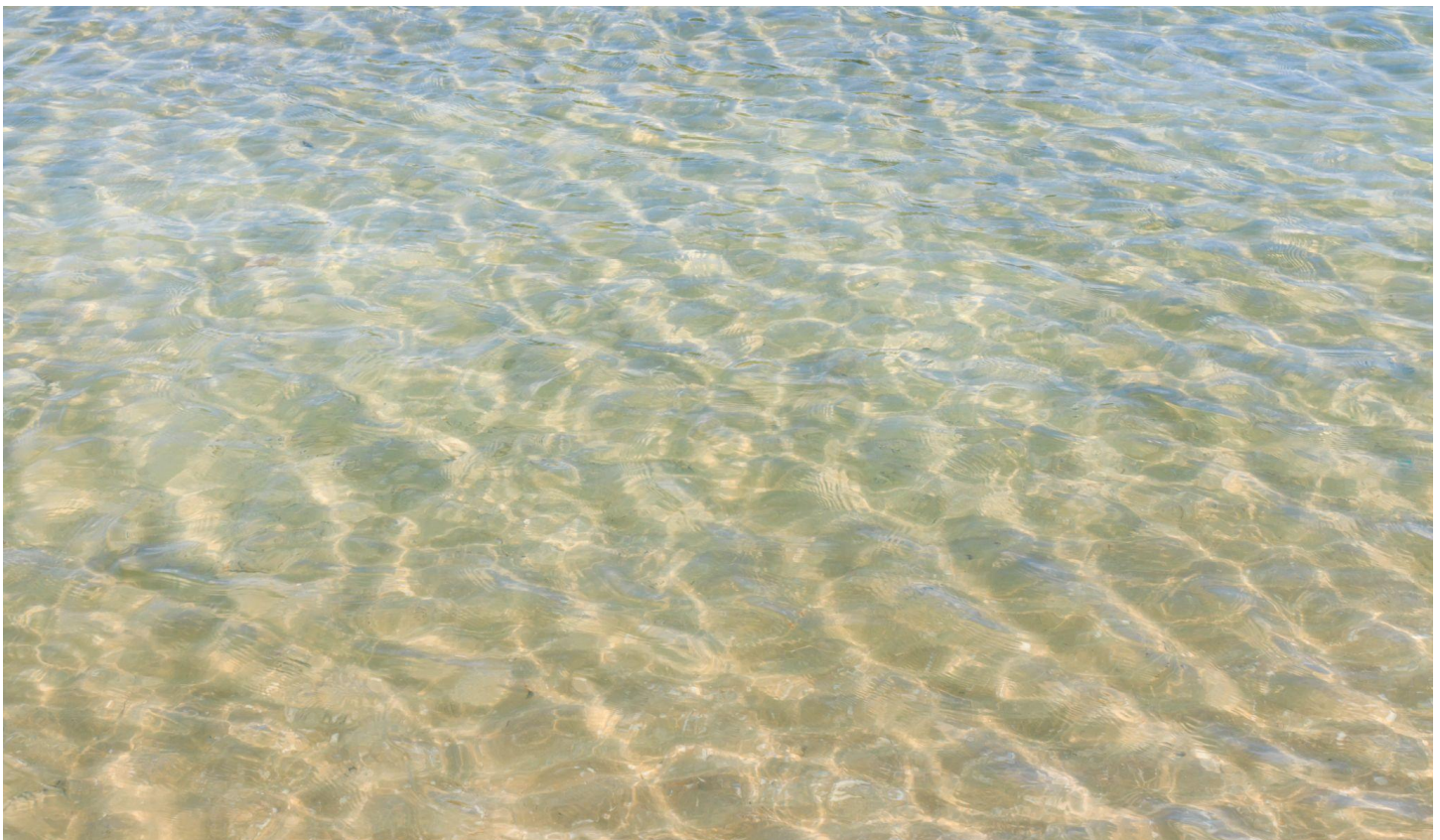
Qi’s presence is easily identified by how it is, or is not, functioning. Again, each key Energy in TCM is understood and recognized by what it does, how it functions and behaves, in concert with the other Energies and even life itself. Even our language can pose a potential barrier to understanding this notion of “non-material, separate “thing”, in that the word *it*, or even the

word *energy* itself, implies an entity or separate material object of some kind, as in *it* does such and such.

Another example for describing this idea might be, that we can identify a wave in the ocean, but the wave is always a part of the ocean. Qi and the other TCM Energies are like this. They can each be identified and recognized as “waves” that are either weak or strong or behaving in certain ways, but ultimately they all remain part of the larger ocean of Qi.

Even Qi can be reduced to many different types of Qi, and while each type will ultimately remain an aspect of this more all-pervading Qi (or ocean in our example), each individual type of Qi (or wave in our example) can still be recognized in various forms or aspects.

For example, Breath is an aspect of Qi, the Energy of the Digestive System is another type or function of Qi, and there are types of Qi identified with each physical system in the Body, the Heart, Liver, Spleen, Lungs, and Kidney systems, all have types of Qi identified with their particular systems. All of these types of Qi still remain an aspect of the larger all-pervading Energy identified as Qi. In other words, in the same way that one can witness many apparently distinct waves in the ocean with their own particular characteristics, all the waves still remain simultaneously, the ocean.



Like a good sailor, a trained healer can “read” the signs and help guide a person through potentially rough waters, the doldrums, or perilous times. In fact, in Taoism and TCM, health is viewed as a movement through life that is always full of potentially stressful and confusing change. The aim of a healer is to provide and support a sense of direction, stability, and adaptability in order for a person to be better able to ride the ebb and flow of their life so that they can thrive, optimize progression, and minimize injury and stagnation.

Life is Change. The Body (and by extension the Mind and Spirit) is always changing as a person matures and responds to life circumstances. Therefore, the process of finding balance and supporting it is an ongoing daily endeavor. In this way, Radical Health™ is experienced--the state when not just a symptom is relieved, but rather a deeper, fuller realization of potential is achieved. It includes physical well-being but is not limited to the physical as it includes the mental/emotional and spiritual aspects of a person's being.

This fundamental point of view of unity (there being no material or separate other) is a reflection of the inherent interconnectedness that lies at the core of Taoism and Traditional Chinese Medicine (TCM). In Taoism and TCM, everything is constantly moving within a spectrum of changing and adapting Energies, but at all times everything remains connected.

Sometimes these Energies will appear more Material in relationship to another Energy, sometimes more Etheric. But always in relationship with the whole, not separated. The Western scientific world-view is dualistic and materially oriented. Nothing exists that cannot be observed and measured. It is objective and all objects are separate and disconnected. For example, there is a “me” and a “you” and there is “this organ or that organ.” There is no underlying principle that connects all things, events, or beings.

In Taoism and TCM, the world is non-dual. All things, events, inner and outer worlds, are interconnected. This is a non-dual understanding of reality that is based on everything being unified. Qi is the Force or Energy that both connects and *is* everything at once.

This is why healing the physical body can heal the spirit or healing the spirit can heal the body. They are interdependent and not separated from one another. In fact, from this perspective having the feeling, or behaving as if your body or spirit are separate from one another, can cause imbalances that in turn can cause illnesses.

In TCM, it is not a matter of treating an isolated organ or cell. Instead, healing becomes a matter of rebalancing, nourishing, and revitalizing what is understood to be an entirely interconnected material and Energetic system.

This Energetic perspective is why the healing modality of acupuncture, an Energetic healing modality, is effective. It makes use of Energetic pathways that move through the Body to heal and rebalance the system. You cannot dissect the Body and find any of these pathways. Any more than you can find a chakra or any other esoteric energetic field or pathway internally. Yet many ancient systems--Buddhism, Hinduism, shamanic, and Taoist philosophies-- have for many thousands of years made use of Empirical Energetic Experiences and wisdom to chart and craft profoundly safe and effective methods for using Energetic systems to heal, transcend the ordinary material world, and open the Heart to enlightened states.

In the same way that the Body (and life) is viewed Energetically, so too are herbs, foods, and other methods of healing. There are herbs, foods, exercises, meditations, and more, that can help tonify Qi for example. You will be amazed at how easy and effective this approach can be and how well it can integrate with Western modalities and approaches.

Finally, it is invaluable to understand that from a TCM perspective, the Body is viewed as a microcosm of the universe, the macrocosm. It is not just that these two fields are connected but they also reflect one another. Consequently, the Body and its functions mirror the outer world, from physical anatomy that is described as terrains with mountains, rivers, or seas, for example, to physical conditions that are described as weather systems or patterns such as Heat, Cold, Damp, Dry, or Windy.

These aspects and patterns can be drawn upon while practicing acupuncture, herbs, breathing, meditation, Tai Qi, Qi Gong, or martial arts. In TCM herbs play a key role in treating conditions that have either penetrated Internally from the External world or have arisen Internally due to some form of Deficiency or Stagnation.

I am often asked, "If I cannot see, taste, feel, or even believe in any of these Energetic fields, concepts, or approaches, can they still work?" Yes, just like in the Western scientific approach, it makes no difference if



you believe in science or not, if you are sick or injured, either medicine can work, and sometimes one or the other may be the better choice for you. This is why I want you to have choices. This is why gaining a better understanding of what each approach can or cannot do is valuable.

So now, let's get started walking through three of the key basic Energetic Healing Fields, starting with Qi, so they can become less mysterious and more readily available for your advantage. Do not fret if everything does not fall immediately into place. You are engaging in a process, let it wash over you. It is not complicated, but it may be new for you. Celebrate the use of your brain (and Heart too!) as you open up to these new ideas and the possibilities for healing and choosing herbs that they can provide you with.

There are Five Key Energies in TCM. They are Qi, Blood, Jing, Shen, and Yin & Yang. It is not our intention to go into all five of these Energies. We are instead going to keep our focus on the next practical step you can take today.

This is the step of gaining a better understanding of the foundational Energies of Qi and Yin & Yang. The Energies of Blood, Jing, and Shen are discussed in more depth in other materials we provide in our [Complete Collection of Healing Herb and East/West Courses](#), and while more knowledge is always enriching, it is also true that to get started you simply need to grasp the significance of Qi and Yin & Yang.

Indeed, it is said the finest practitioners of TCM can diagnose and heal using just these Energies as their guides. They are both the beginning and end points for healing, nourishing, and transforming the physical, mental/emotional, and spiritual aspects of a person and their daily life and environment. These aspects and Energies can be used to make lifestyle, health, dietary, and yes, even herbal choices.

As Qi is the source of Yin & Yang, we will start by deepening our understanding of this Universal Concept and Energy. The Old Taoist saying that “first there is the one, then the two, then the ten thousand things,” refers to the idea that first there is Qi, then Qi gives rise to Yin & Yang, and these, in turn, become all other “things” seen and unseen, Material or purely Energetic.

Qi Definition: The literal translation of "Qi" is "breath" "air" or "gas" and it is often translated figuratively as "life force", "energy", or "energy flow."

Qi can mean breath, air, smell, spirit, vigor, vital energy, tone, anger, sorrow, fear, respiration, weather, insult, attitude, and more. One of the original Chinese characters for writing Qi was an image of a bowl of steaming rice. This image conveys the idea of Qi as nourishment, Qi as

being connected to Earth (rice grows out of the Earth and is Material), Qi as a container, and Qi as that Energy that rises to heaven while also being available from heaven as an aspect of breath for inhalation.

There is no static conceptual definition of Qi in Chinese thought or texts. Instead, it is always defined within the context of its use. This is why in order to truly understand Qi you need to understand that the ancient Taoists defined Qi not by what it is but by what it does.

What Qi does: Qi Moves, Warms, Protects, Gives Form, Transforms, and Animates. It is the source of Yin & Yang (which we will define and explore shortly) and is considered to be more Yang than Yin. In the Body, Qi moves through the Channels, Vessels, and Meridians (Energetic Pathways) to flow through every Organ and part of the Body physical, mental/emotional, or spiritual, providing protection, warmth, and the Energy needed for proper Bodily functioning.



A happy, healthy person is considered to have "good Qi." A tired, weak person is considered to have "weak Qi."

On a physical level, Qi enters the Body originally through your parents, a kind of DNA Qi, if you will, called PreNatal Qi. After birth, a form of Qi (creating what is now called PostNatal Qi) enters the Body through breath and the food and beverages we ingest. Together Pre- and PostNatal Qi are also called Jing.

Breath is not just a source of oxygen. It is also associated with what is called "Heavenly Qi," a purely Energetic aspect of Qi related to the divine and the source of being itself. The best quality Qi derived from food and drink is called "Gu Qi." Together these two types of Qi combine to become the various other types of Qi that impact respiration, Blood production, the circulation of Blood and Qi throughout the Body, thought, feelings, development, growth, immunity, as well as physical structural elements such as bone, brain, organs, fertility, and on and on.

All of these are Qi, as well as other types of Qi, are differentiated in this manner for diagnostic purposes. They are examples of the underlying understanding that Qi is everywhere, in everything, and is everything, even as it morphs and expresses itself in various parts and

functions of the Body and the myriad of objects, images, emotions, thoughts, and events of life and death.

Qi can be nourished to strengthen the health of the physical Body, stabilize the Emotions, and lift and activate the Spirit, reconnecting a person to that that is beyond the Body and is divine and eternal.

Two Pathologies of Qi

In the Body, Qi will either be weak or stagnant (stuck). Here we will primarily focus on Weak Qi as a fundamental area of concern. The accumulation of healthy, circulating Qi is accomplished through breath, exercise, healthy sleep, meditation, Tai Qi, Qi Gong, martial art forms that focus on building Qi, and of course, nutritious food, herbs, and beverages. A person can never have too much or excess Qi.

Signs of Weak Qi (aka Qi Deficiency) may include fatigue, exhaustion, neuropathy, prolapse, feeling cold, cold hands and feet, bloating, poor circulation, shortness-of-breath, weakness, weak or low voice, groaning, moaning, continually catching colds or flus, chronic sore throat, weak coughing, constipation, diarrhea, daybreak diarrhea, loose undigested food in diarrhea, hemorrhoids, varicose veins, long term diarrhea, very slow or unable to recover from having been sick, overthinking, unable to manifest, poor appetite, overweight, dull aching pain, aching muscles, copious urination, dribbling, excess urination at night, frequent sweating, excess menstrual flow, irregular menstrual flow, weak libido, depression, or anxiety.

In other words, because Qi's Function is to Move, Warm, Protect, Transform, Animate, and Lift, if any of these Functions are impaired, it is a sign of Qi Deficiency or Weak Qi.

This is not a complete list of Qi Deficiency symptoms. It simply provides some guidelines for recognizing potential Qi Deficiency symptoms.

How Qi Compares East To West

East: Qi is Moving, Warming, Transforming, Protecting, and Retaining (Holding). It is often called "Vital Force" and is Nourished or made Deficient by the interplay between Yin & Yang. It is the Force that Transforms Yin into Yang and Yang into Yin. In the Body, it moves in and out of the Meridians (Energetic Channels) and Vessels and plays a large part in the Formation and Movement of Blood. Qi integrates the entire Western understanding of energy within the Body and includes an entire Energetic Field that is Etheric.

West: There are four types of bodily energy described in Western medicine: chemical, electrical, mechanical, and electromagnetic. In this system, energy is transmitted through the body through chemical and cellular biology.

1. **Chemical energy** occurs typically in the form of ATP (adenosine triphosphate, used in metabolic processes and the making of RNA). ATP is the fundamental chemical reaction that provides energy to every cell in the body supporting proper cell function.
2. **Electrical energy** is used by the nervous system to transmit impulses that are read like messages from one part of the body to another.
3. **Mechanical energy** is involved in the moving parts of the body, such as the movement of muscles including hands, legs, and even the heart.
4. **Electromagnetic energy** includes light and ultraviolet rays used for seeing and the production of vitamin D, which helps the body absorb and retain calcium and phosphorus, reducing the risk of cancer, inflammation, and infection.

How Qi compares to Yin & Yang: Qi is more Yang than Yin. Blood, which in TCM includes Qi as one of its major aspects, is considered more Yin than Qi. Qi and Blood are a fundamental Yin & Yang pairing in the Body. Qi is the Commander of Blood and Blood is said to be the Mother of Qi.

In the Body, sometimes the concepts of Qi and Yang are almost interchangeable as they both Warm, Move, Protect, Lift, and Transform. Ultimately, however, Yin & Yang are both derived from Qi pointing back to all “things or energies” having their source in Qi.

As one begins to treat and consider the Qi of the Body, the concept of Qi can comparatively become slightly more Material (or therefore Yin), compared to Yang. In other words, there is the total Universal Qi, the most Esoteric and Etheric, which contains Yin & Yang, and then there is a more Material Qi found moving within the Body that becomes ever so slightly Yin compared to Yang at this more Physical or dense level.

But this can be really splitting hairs! Don't let it confuse you. Remember, these Energies are always moving in and out of each other and are described and understood in relationship to one another.

It is said that in the Body, Qi is the source of Yang, and Yang Energy helps to create Qi. They do not exist separately from each other any more than Yin & Yang do. Yang is the active

Principle or Energy, and Yin is the static Principle or Energy. They are related. Qi is the Energy that bridges the Physical (Yin) and Spiritual (Yang) worlds.

Now you will revisit your symptoms and herb selections using Qi as your guide. You can visit our [Herb Directory](#) or use our book [Medicinal & Culinary Herbs That Heal](#) to confirm if an herb Tonifies Qi.

Remember, tonic herbs are excellent for Tonifying Qi. If you decide you are Qi Deficient, you will want to be sure to include either Qi Tonifying (Building) herbs and/or tonic herbs as part of your final herb selection process.

STEP 6: TAKE ACTION

1. Fill out the **Qi Symptom / Herb Worksheet** at the end of this step with your top 3 symptoms and/or intentions from STEP 1.
2. Fill in your remaining herbs from STEP 3.
3. Indicate whether or not your top symptoms represent Weak Qi.
4. Indicate whether or not your herbs Tonify (Build) Qi.
5. Revisit your Inventory of Symptoms list where you noted if you have a Primary and/or Secondary Grouping of Symptoms. Use the Notes section of the Qi Symptoms /Herb Worksheet to indicate if these groupings represent Weak Qi.

In our headache example, we noted that there was a grouping of symptoms stemming from digestive issues. This is your chance to note if you think your grouping of symptoms is being impacted by Weak Qi.

6. Now review the herbs listed on your worksheet. Circle the 2-3 herbs for each symptom that Tonifying Qi. If all your herbs Tonify Qi, choose the 2-3 you think might be your best choices. If no herbs for a particular symptom Tonify Qi that is OK.

Qi Symptom / Herb Worksheet

Symptom / Intention #1:		Weak Qi? ☐ Yes ☐ No
Possible Herbs	Tonifies Qi?	
1.	☐	
2.	☐	
3.	☐	
4.	☐	

Symptom / Intention #2:		Weak Qi? ☐ Yes ☐ No
Possible Herbs	Tonifies Qi?	
1.	☐	
2.	☐	
3.	☐	
4.	☐	

Symptom / Intention #3:		Weak Qi? ☐ Yes ☐ No
Possible Herbs	Tonifies Qi?	
1.	☐	
2.	☐	
3.	☐	
4.	☐	

NOTES: _____

STEP 7: Eastern Approach - Yin & Yang

In this step you discover the meaning and application of Yin & Yang. These two Energetic forces can be applied to your health and to the herbs you are selecting, helping you to further refine your selecting process and thereby improve your intended results. Similar to Qi, Yin & Yang are understood by how they function.



Yin & Yang

Definition: Yin & Yang balance each other, define each other, contain each other, and are always evolving or changing into and out of each other. There is never Yin without Yang or Yang without Yin. They have no meaning except in relation to each other. Bringing Yin & Yang back into harmony is a key principle of Taoism and Traditional Chinese Medicine.

Again, Qi is the source of Yin & Yang. Like Qi, there is not one kind of Yin or Yang. They too are recognized by how they function. Together they are considered to be the parents of change and transformation.

The famous Tai Ji Tu or Yin & Yang Symbol is a visual representation of the profound relationship between Qi and Yin & Yang. Qi is the circle that contains and is, Yin & Yang together. Yin is the dark side and Yang is the light side. Like Qi, Yin & Yang are Universal Energetic properties that can be recognized in life, events, places, and consequently within the Body, herbs, and your health as well.

Yin is said to come up from the Earth and Yang is said to come downwards from the sun, sky, and the heavens. Yin is Nutritive and Yang is Metabolic. In the Body, the interaction between Yin & Yang generates what is called Bodily Qi. Yin is more Dense, Static, Nutritive, Cool, Moistening, and Material than Yang. Yang is more Etheric, Warming, Protective, Transforming, and Moving than Yin.

Because Qi and Yang have similar functions within the Body the terms are frequently used interchangeably. This can be confusing at first. I recommend you consider it a reminder of the subjective, point-of-view perspective that TCM exhibits. Qi and Yang are a continuum of each other and inter-related. Similarly, you can simultaneously consider health from a Blood (Yin) and Qi (Yang) perspective and/or an Energetic Yin & Yang perspective. They are all extensions of one another.

This dual, all connecting perspective allows healing that integrates the physical, mental/emotional, and spiritual aspects of a person. Remember, TCM does not operate from an objective, material, this or that, perspective. It is not linear, but circular, with meaning determined by relationship, context, and function. Therefore, while Qi is the source of Yin & Yang, it is also simultaneously recognized as a unique Energy within the Body that can be distinct from Yang, even while it is connected and related to Yang.

Yin is feminine, shady, nighttime, and the moon. Yang is masculine, sunny, daytime, and the sun. The internal parts of the Body are Yin, the external parts are Yang. The lower parts are Yin, the upper parts are Yang.

Winter (or midnight) is said to be Yin within Yin. Spring (or Dawn) is Yang within Yin. Summer (Noon) is Yang within Yang, and Fall (Dusk) is Yin within Yang.

Examples of Yin & Yang are endless and universal, each system in the Body has a Yin & Yang aspect. The Kidney System is said to be the source of Yin & Yang in the Body. Lifestyle, breath, meditation, and diet can impact the balance and health of Yin & Yang. Herbs can help to build and rebalance Yin & Yang. Good health is a function of balancing Yin & Yang.

What Do Yin & Yang Do?

Yin's Function: Cool, Nourish, Moisten, and Provide Rest or Stillness.

Yin Anatomy / Physiology: Yin is identified with the Lower Body, Interior, Abdomen, Sinews, Bones, and Blood.

Yin Pathology: When Yin is in excess, the Body can become sluggish and Damp causing congestion, poor digestion, headaches, and brain fog. When Yin is weak (aka Deficient) the Body becomes listless, Dry, and False Heat can flare up, causing, for example, hot flashes, compared to True Heat symptoms, such as a high fever. Palpitations, insomnia, constipation,

dry itchy skin, anemia, or dizziness can also be caused by Yin Deficiency. Feeling malnourished and craving solitude are Yin attributes.

Examples of Yin Related Symptoms:

- **Cold:** Low fevers, pale complexion, feeling cold, cold limbs, white copious mucous, constipation, chills predominating with a fever, chills with no fever, clear copious urine, profuse cold sweat during severe illness, amenorrhea, difficulty becoming pregnant.
- **Damp:** Congestion, running eyes, leukorrhea, oozing skin conditions, acne, oily skin, watery asthma, diarrhea, frequent unformed watery stools, foggy brain, forgetful, frequently crying, lethargic, feeling stuck, poor appetite, damp cough, sweet taste in the mouth, heavy chest feeling, excess urination at night, difficulty urinating, dizziness, unable to maintain focus.
- **Chronic:** On-going or reoccurring, stubborn conditions, chronic coughing, chronic fatigue.
- **Sharp:** Pain will be sharp, stabbing, or deep and unrelenting. These are all signs of Stagnant Blood, which is fundamentally Yin in nature and therefore an example of a Yin oriented symptom.
- **Quiet:** Craving sleep, curling up, or seeking solitude and quiet. Feeling stuck, weak, frail, hollow, empty, passive, fearful, sorrowful, sighing, emotionally numb, lethargic, unable to manifest.

Some of these symptoms may also be Qi and/or Yang related symptoms. That is OK. Often a person can be both Yin and Qi Deficient or be experiencing Yin & Yang imbalances at the same time.

Examples of Eastern Actions that Identify Yin Supporting Herbs: Tonifies Yin, Builds Yin, Supports Yin, Cools, Moves Blood, Builds Blood, Moistens (sore throat, intestines, eyes, or skin, for example), Nourishes, Anchors, Calms Shen (Spirit), Calms Anxiety, Supports Fertility, Eliminates Wind Heat, Supports Restful Sleep, Soothes Nerves or Irritated Hot, Red, Dry and Flakey Skin Conditions, Cools Red Eyes.

Yang's Function: Yang is everything that is Warming, Transforming, Protecting, Moving, and Lifting Up or Holding.

Yang Anatomy / Physiology: Yang is identified with the Upper Body, Exterior, Back, Skin, Body Hair, and Immune System.

Yang Pathology: When Yang is in excess, the Body can become too Hot causing agitation, anemia, restlessness, and the complexion can become flushed. When Yang is weak (aka Deficient), the Body can feel cold, circulation can become sluggish, and there can be feelings of fatigue or depression. Hemorrhoids, dribbling, and prolapses of the stomach and uterus are associated with Yang Deficiency as a key Yang function is to lift or hold up.

Yang Related Symptoms:

- **Hot:** High fevers, red complexion, red eyes, yellow mucus, red swollen gums, constipation, excess sweating, constantly hungry, irregular menstrual cycle, excess menstrual bleeding, overactive libido, erectile dysfunction, difficulty becoming pregnant, unsteady walking, difficulty falling asleep, dream disturbed sleep, bitter taste in the mouth, foul taste, foul breath, headache made worse by hot environments, frontal headache, headache vertex, deep yellow urine, scanty yellow urine with offensive odor, or blood in the vomit, urine, or stools.
- **Dry:** Dry or flaky skin, dry cough, dry eyes.
- **Acute:** Sudden on-set conditions such as colds or flus.
- **Dull:** If pain is involved, it will be dull, aching, potentially more superficial or feel like you are aching all over. If it comes and goes, tingles, or moves around, it is a sign of Wind Pathology, which is fundamentally Yang in nature and therefore is another example of a Yang oriented symptom.
- **Loud in nature:** Feeling agitated, angry, shouting, delirium, mania, muttering to oneself, laughing inappropriately, over talkative, talking to oneself, tending toward hysteria, compulsive, anxious, hyperactive, or restless. Feeling unanchored, lost, or uncertain, emotionally unstable, unable to calm the mind or maintain focus, or feeling aimless.

Some of these symptoms may also be Qi and/or Yin related symptoms. That is OK. Often a person can be both Yang and Qi Deficient or be experiencing Yin & Yang imbalances at the same time.

Examples of Eastern Actions for Identifying Yang Supporting Herbs: Tonifies Yang, Builds Yang, Supports Yang, Warms, Moves, Eliminates Wind Cold, Lifts the Spirit, Lifts

Depression, Builds Stamina or Strength, Builds Immunity, Supports Libido, Improves Circulation and Focus, Dries Wet, Oozing Skin Conditions. Secondly, because Qi is Yang in nature, Qi Building and Tonifying herbs will be Yang oriented herbs in the same way the Blood Tonifying or Moving herbs are more Yin oriented.

How Yin & Yang Compare East to West: There is no comparison to Yin & Yang in the West. Yin & Yang are a uniquely Taoist and TCM perspective of Energetic functioning and interaction.

How Yin & Yang Compare to Other Key Bodily Energies: Yin & Yang are at the heart of every Energetic system. We are not exploring these other systems in this guide book. More about them and how they relate to the Western perspective can be found in our book [Medicinal & Culinary Herbs That Heal](#) and in our [Complete Collection of Healing Herb and East/West Courses](#). But it is important for you to know that every system (identified as the Heart, Spleen, Liver, Lung, and Kidney, with the addition of the Pericardium and Triple Warmer Systems) has a Yin & Yang aspect.

There is always Yin within Yang and Yang within Yin. They are always understood in relation to each other. Therefore, symptoms related to these various systems as outlined in TCM can also present as either more Yin or Yang oriented. You will find in the Eastern Action section descriptions that include Tonifies Kidney Yin or Kidney Yang, for example.

I share this with you because all you need for choosing herbs, from a TCM perspective, is an understanding of Qi and Yin & Yang. It is both a simple and amazingly depthful approach. Understand these first and the understanding of how to make use of the other systems can come later.

When it comes to choosing the right herb for a particular symptom, a key principle in TCM is rebalancing Yin & Yang. The key in this section is matching your herb selections to your symptom by using the Energetics of Yin & Yang to guide you.

If you decide a symptom is more Yin in nature, you will be choosing a Yang herb to rebalance. A Cold (Yin) symptom, for example, will suggest a Warmer (Yang) herb as a potentially better herb for you to choose. If a symptom is agitated in nature (more Yang), then a Calming (Yin) herb will be preferred. In this way you bring the Body, or a symptom, back into balance.

Many times I have, for example, had students or clients using ginger and not understanding why their results were not satisfying or seemed ineffective, especially given ginger's renown as a healing herb. However, upon closer examination, they noted that their particular symptom was already hot in nature, and what was needed was a cooling herb such as

peppermint instead of ginger, or perhaps the inclusion of a cooler herb along with ginger, to help cool its warming tendencies.

If you only feel confident about determining if your symptoms or herb choices are hot or cold, then do not fear! This is in fact, a huge step forward as it sets the stage for making a considerably more refined choice of herbs to work with.

By choosing an herb that can better cool a warm symptom or warm a cold symptom, you will have eliminated herbs that, while equally healing, are simply not the best match for you. As you progress you will gain confidence in deepening this awareness of how to make use of Yin & Yang, including beginning to be able to balance your overall selection of herbs to include both Yin & Yang choices by how much of each herb you use and starting to create blends of herbs that more fully and particularly address your needs. This is an even more customized approach that can further vastly improve results and awaits you as you grow more confident.

STEP 7: TAKE ACTION

1. Fill out the **Yin / Yang Symptom Worksheet** at the end of this step with your top 3 symptoms and/or intentions from STEP 1.
2. Use the five Yin and five Yang columns to identify which, if any, of your symptoms are more Yin or Yang in nature. Check the boxes that best apply. If no Yin aspects apply, leave the boxes blank. If no Yang aspects apply, leave the boxes blank.
3. Count the number of checks listed in the Yin & Yang columns. If you have more checks in the Yin columns, your symptom is more Yin in nature. If you have more checks in the Yang columns, your symptom is more Yang in nature. Use the final column to indicate whether your symptoms are more Yin or Yang.

Do not worry if you have the same number of check marks in the Yin & Yang columns. If this happens, decide whether the Yin characteristics or Yang characteristics better represent your symptom.

4. Fill out the **Yin / Yang Herb Worksheet** at the end of this step with your top 3 symptoms and/or intentions from STEP 1.

5. Using your results from the **Yin / Yang Symptom Worksheet** to indicate whether your symptoms are more Yin or Yang.

6. Fill in your remaining herbs from STEP 3.

7. Use the five Yin and five Yang columns to identify which, if any, of your herbs are more Yin or Yang in nature. Check the boxes that best apply. If no Yin aspects apply, leave the boxes blank. If no Yang aspects apply, leave the boxes blank.

8. Count the number of checks listed in the Yin & Yang columns. If you have more checks in the Yin columns, your herb is more Yin in nature. If you have more checks in the Yang columns, your herb is more Yang in nature. Use the final column to indicate whether your herbs are more Yin or Yang.

Again, do not worry if you have the same number of check marks in the Yin & Yang columns. If this happens, decide whether the Yin characteristics or Yang characteristics better represent the herb.

TIP: An herb's temperature is a key tool in determining whether the herb is more Yin or Yang in nature. A Cold herb is more Yin and a Warm or Hot herb is more Yang. The Eastern Action section included on herb pages in our [Healing Herb Directory](#) and in our book [Medicinal & Culinary Herbs That Heal](#) provide insight as to whether an herb is more Yin or Yang. Actions such as Tonifies Yin and Tonifies Blood (a fundamental Yin Energy of the Body) indicate that the herb is more Yin. Actions such as Tonifies Yang and Tonifies Qi (a Yang Energy of the Body) indicate that the herb is more Yang.

9. Now review your symptoms and herbs. For each symptom that is more Yin, circle the herbs that are more Yang. For each symptom that is more Yang, circle the herbs that are more Yin. If you need help, check out our offer at the end of this guide.

Yin & Yang Symptom Worksheet

Symptoms / Intentions	YIN					YANG					YIN/ YANG?
	Cold	Damp	Chronic	Sharp	Quiet	Hot	Dry	Acute	Dull	Loud	
1.											
2.											
3.											

NOTES: _____

Yin & Yang Herb Worksheet

Symptom / Intention #1:						Is symptom more: ☐ Yin? ☐ Yang?					
Possible Herbs	YIN					YANG					YIN/ YANG?
	Cold	Damp	Chronic	Sharp	Quiet	Hot	Dry	Acute	Dull	Loud	
1.											
2.											
3.											
4.											
5.											

Symptom / Intention #2:						Is symptom more: ☐ Yin? ☐ Yang?					
Possible Herbs	YIN					YANG					YIN/ YANG?
	Cold	Damp	Chronic	Sharp	Quiet	Hot	Dry	Acute	Dull	Loud	
1.											
2.											
3.											
4.											
5.											

Symptom / Intention #3:						Is symptom more: ☐ Yin? ☐ Yang?					
Possible Herbs	YIN					YANG					YIN/ YANG?
	Cold	Damp	Chronic	Sharp	Quiet	Hot	Dry	Acute	Dull	Loud	
1.											
2.											
3.											
4.											
5.											

STEP 8: Putting It All Together



Now you are ready to make the final decisions per your herb selections. Do not fear if you are uncertain, this is after all, an art. People spend their lives studying and practicing and building upon these skills for a reason. This does not mean you cannot be making significantly improved, safe, and effective choices by using these steps.

In this section you will be reviewing your herb choices from sections 4, 5, 6, and 7. In each of these sections you have selected herbs from a

particular point of view that best support each of your symptoms. Now you will step back and narrow your list to the herbs that best meet your needs.

For each symptom you will choose what you think is the best herb. Back in Section 2, I mentioned that you may discover that you want to choose one herb to treat two or more of your symptoms. This is the power of herbs. They can effectively treat more than one symptom at a time. This type of synergy and overlap can powerfully help you to stay healthy or grow strong. An herb that treats all three of your symptoms is likely one of the best herb choices for you. If you discover at the end of this step that it is...circle it!!

Remember, herbs are not drugs. When taking a drug, you are typically taking a dose of one particular compound. With herbs the aim is to take advantage of their multiple compounds, antioxidants, and nutritional values. And while certain individual herbs may be enjoyed or used as medicines alone, such as a nice cup of peppermint tea; in general, herbs are very

rarely used alone. It is not only common, but recommended, you enjoy multiple herbs together in teas, capsules, and decoctions, especially when using them as medicines.

Together herbs can bring out the best in each other and help you achieve your health goals naturally. So having a group of 3-7 herbs to confidently work with is just right. This final group of herbs, unless otherwise noted in your notes, can be used together in recipes or made into teas or tinctures.

Here's what you've accomplished by following these 8-steps:

- You have awakened yourself to a fuller range of total personal awareness by more deeply considering what exactly you are wanting to achieve by using herbs. Your health and wellbeing will progress from being vague notions of discontent or discomfort, or from being too laser-focused on just one aspect of your health, to becoming clear and more fully integrated about what your whole being needs, Body, Mind, and Spirit.
- You have broadened and deepened your awareness of the many potential herbs you might have forgotten or not known about before.
- You have reduced the sense of overwhelm by allowing yourself to walk through this process step-by-step. Starting by opening the door to possibilities and then narrowing your selection down as you refined your intentions and improved your focus.
- You have confirmed the safety and application of each herb.
- You have increased the likelihood that you will be making a more customized, and therefore more effective herb choice that better meets your particular needs.
- You have selected 3-7 herbs that are customized to your needs and that you can start using today to feel better and stay healthy. Start by using them in culinary dishes and/or making teas or tinctures.

Is there more to this process than is suggested here? Of course. Even these steps can be further delved into in order to deepen your understanding and build your skills. But by starting here, using the same techniques that professionals use, you will take a quantum step forward. You will gain confidence and naturally improve.

Making better use of both the Western science and Eastern energetic aspects of herbs, you will be better able to enjoy improved results. You can use this system, again and again, to

improve a condition, lessen pain, reduce anxiety, and even improve your meditation practice or spiritual life.

For more information about each herb that can further aid your selection process, including definitions of actions and constituents, as well as easy-to-follow recipes and information on dosing, consider our [Complete Collection of Healing Herb and East/West Courses](#) which include all our individual Healing Herb Courses. Each one focuses on an individual herb, making it an excellent resource for tips on how to make best use of each herb.

STEP 8: TAKE ACTION

1. Fill out the **Putting It All Together Worksheet** at the end of this step using your results from STEP 4, 5, 6, and 7.
 - a. Fill in your top 3 symptoms and/or intentions from STEP 1.
 - b. For each symptom, fill in any herbs that you circled in STEPS 4, 5, 6, and 7. If an herb was circled in multiple STEPS, only write it down once. Use the checkboxes to note which herbs were circled in which STEP.
2. Now count the number of boxes checked for each herb. Circle the herb under each symptom that has the most boxes checked. These are your primary herbs for consideration that best meet your needs.

NOTE: If you have two or more herbs under a symptom with the same number of boxes checked, decide to either use both of them, or narrow your selection down by reviewing your notes about each herb and selecting the one you feel best suits your current needs.

TIP: If you have the same herb circled under more than one symptom, then this is likely one of your power herbs. A power herb is an herb that has met a majority of our criteria (has the most boxes checked) and simultaneously fulfills multiple symptoms you are wanting to treat.

Putting It Together Worksheet

Symptom / Intention #1:				
Top Herbs Circled in STEPS 4, 5, 6, and 7.	Tonic	Western	Eastern	Yin/Yang
1.	☐	☐	☐	☐
2.	☐	☐	☐	☐
3.	☐	☐	☐	☐
4.	☐	☐	☐	☐
5.	☐	☐	☐	☐

Symptom / Intention #2:				
Top Herbs Circled in STEPS 4, 5, 6, and 7.	Tonic	Western	Eastern	Yin/Yang
1.	☐	☐	☐	☐
2.	☐	☐	☐	☐
3.	☐	☐	☐	☐
4.	☐	☐	☐	☐
5.	☐	☐	☐	☐

Symptom / Intention #3:				
Top Herbs Circled in STEPS 4, 5, 6, and 7.	Tonic	Western	Eastern	Yin/Yang
1.	☐	☐	☐	☐
2.	☐	☐	☐	☐
3.	☐	☐	☐	☐
4.	☐	☐	☐	☐
5.	☐	☐	☐	☐

NOTES: _____

Congratulations!



It is my sincere hope that by using this 8-step process you feel more confident choosing herbs and that a few unexpected doors may have been unlocked for you in this selection process, allowing you to use herbs that are safe and effective in new and unexpected ways.

May you now open up your spice cabinet with renewed interest and respect for the magic and healing powers waiting for you right at your fingertips. May you expand your awareness of your whole being, not just your physical self but your whole self, including your spirit, purpose in life, and finding that your joy and humor are more readily available to enjoy and share with others.

In short, may you find Radical Health™--that gentle and powerful point of balance that allows you to adapt, be courageous, celebrate, and feel better through and through and top to bottom. May you be able to naturally take the next key step on your own journey to fulfilling your physical, mental/emotional, and spiritual potentials.

Be Healthy,

Ann Christensen

MFA, MSAOM, L.Ac.

Founder and Creator

White Rabbit Institute of Healing™





HOW TO CHOOSE THE RIGHT HERB WORKSHOP

with Ann Christensen, MFA, MSAOM, L.Ac.

How To Choose The *Right* Herbs

Together we'll walk through my unique 8-step process
for choosing herbs using *both* Eastern and Western tools.

Feeling Overwhelmed? Too Many Choices?

This workshop is for you! Together we'll walk through my unique 8-step process so you can confidently choose herbs for you, your clients, or someone you love.

Customize Your Herbal Choices!

Take *FULL* advantage of the healing power of herbs and take the next step forward on your unique health journey.

What's Included In The Workshop?

All 8 steps include videos and printables to help you move forward. We'll also introduce you to guest experts to broaden your understanding of healing and how to use herbs.

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