



Q & A

Exploring How Herbs Can Help You

Happy is he who hath the power to gather wisdom from a flower.

This is a basic list of questions and subjects that were asked at our live class, Exploring How Herbs Can Help You and in your follow up emails. If I missed your question (and you were a live class participant) please drop Kim your question through the shop website. 1.

NO additional questions please, this option is only for those of you who were at the live class and have already asked a question you don't hear in the replay OR answered here.

We weren't able to get a transcript as I mentioned in class that I'd look into. However, we've got you covered between the Q&A, Book List, Plant pictures and your class replay!

And... as we update these class materials, you'll automatically receive an email about any significant additions.

Lets start with a few basics to start your journey with herbology.

Some folks like tea balls, some like mesh strainers. For each, the tea or herb sits inside and the water is poured over it. Then you simply remove the tea ball or strainer, and voila. Add honey or your choice of sweetener, or not. Sometimes its simply a matter of growing your taste buds away from preferring sweet and salty to enjoying the subtle or sometimes, strong, delicious taste of te

Europeans often don't use strainers and drink their tea while the herb is still in the cup. It will settle to the bottom – give that a go and let me know!

The water you use is important and will determine the quality of your tea

I've taught full classes on just water. For our tea purposes here, just clean, purified water or spring water is wonderfully nourishing and hydrating. Why not make some of your glasses of daily water, be herbal teas instead. You've added powerful nourishment and hydration to boot.

While there's something to be said for "A spoonful of sugar makes the medicine go down."

Organic cane please. Or honey, or stevia. (did you know stevia is used to break up bio films in the body?! I digress and that's another class entirely). Stevia is a simple plant to grow and is used as a sweetener in tea or in baking. Its very sweet, so use tiny amounts.

I used to drink lots of honey in my tea – and we make our very own lovely infused thyme or lavender honey at the apothecary. But I've been working to reduce the glucose and fructose I ingest. Now I mostly drink my tea plain. And it's delicious! Nourishing, without giving my blood sugars a rise.

Play with the ritual of making your tea.

To make a cup of green or red or black tea or chai tea is simply a teaspoon of the herb steeped into 1 cup of hot water for 3-7 minutes depending on the strength you want. Strain and enjoy delicate flavor. Or add honey (optional)

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We can also make a simple cup of tea with most any herb, or tea blend. Same way as above, except we steep longer so that the water (our solvent) has time to draw the medicinal qualities out from the herb into our tea liquid.

Our directions on our tea blend bags for loose leaf teas (those with flowers and tea petals and NOT Hard roots) are to steep loose in a mason jar or in a pan on your stove. You can also use a tea ball or strainer. Pour your hot water over the herbs, cover and steep for 20-30 minutes. Then continue on as above, strain, drink, be healthy, feel wonderful. You can reheat in a small pan on your stove. Please avoid microwaving as per class 😊

When you prepare roots, they need a bit more friction than leave or flowers – makes sense, right? Roots are harder, denser, hence the need to slow and low boil them anywhere between 10-20 minutes depending on your herb or tea.

Remember, you are experimenting. This learning and getting reacquainted with your body's needs and your taste buds, IS part of your medicine.

Mushrooms are a bit involved for here and we'll be teaching another class on them.

Pick up some of our medicinal mushroom soup mix and read the variety of ways to work with them. PLEASE be careful of purchasing ready made mushroom drinks. Sure, they're better for you than coffee or artificial chemical laden energy drinks, but there are things you need to know. We explain why in our upcoming mushroom classes.

Herbs as food and food as medicine.

Use as many fresh or dried spices as you can in your daily food intake. Many of these can be made into simple teas – brewed the same as green teas listed above. I.E. thyme or rosemary.... 1 teaspoon of the fresh spice (or ¼ to half a teaspoon of dried – powdered, even less. Dried herbs are more concentrated than fresh spices. And if they're powdered, even more so. Again, experiment and have fun!

Let that steep in water – I like to cover my cup with a plate to keep all of those volative oils inside my cup instead of evaporating out. Steep 5-7 minutes, strain and I do like to add a tiny spot of honey to this tea. Delicious on a chilly or damp night. Also taken to ward off colds.. and other things 😊

We are going to have a class on the basics of tea brewing.

Other questions asked were if we could cover the process of making a tincture, salves, etc. We'd need a much longer class, though we have a lot of options coming your way to learn how to make these.

Some of your Big takeaways were:

Igniting or reigniting the magic, inspiration with plants. Now the challenge is to follow through/to slow down to be with the plants.

"Herbs are your birthright"



"You are the CEO of your life"

"Get really simple with herbs & life (slow down, its a journey; nourishment first; sit quietly with plants, they become our allies")

Health continuum

Herbal continuum

1] What would you recommend for my cousin with cancer? She takes nausea med as well.

Without knowing important information about your cousin's condition... Age, history, type of cancer, treatment, previous health issues, and much more... off the cuff, and with the permission of her oncologist, I'd suggest our medicinal mushrooms soup mix.

Ginger is also wonderful – I mention how to make fresh ginger tea in class.

For someone with cancer, while we don't want to add sugary foods, I would recommend ginger tea with honey... for many reasons. Raw local organic honey.

Depending on her energy level, I'd be starting her on Mineral blend and Intestinal Soother teas so that we rebuild her foundation, as well as her gut. This is by far not enough to talk about when there is a cancer diagnosis. Please explore all options, a 3 pack one on one consultation are a place to start for specifics when something is this involved.

We have many cancer survivors who visit the shop. Cancer is a huge call to change our life, see what isn't working. NO blaming the victim, but there is a way to listen to the messages of our bodies.

2] Class was great. My grandmother got me interested in natural healing at a young age. I use essential oils now but I am very interested in hearing about herb applications. And how different herbs help with different ailments. I have a brother using many of the teas from your shop. He has digestive and nerve problems. They seem to be working. He still has some type of tick, electrical shock going through his body that is painful but the other day when I saw him he never seemed to twitch which was awesome!

Your brother should continue both of those teas as they seem to have started helping. They're nourishing for both the nervous system – and the gut – and are beneficial to take long-term, like I said in class, it's like eating good food on a regular basis

3] Hoping your future classes will highlight an herb and tell us more about it. Thanks again.

Yes, in other class formats we'll do a deep dive into individual plants. This class was general and the focus were several and how to bring herbs in.

4] I have some weight issues going on and find it extremely difficult to lose weight no matter what I do. Would the adrenal teas help me? What are good herbs to help the metabolism?

Weight loss is, especially in middle age tough so I recommend mineral blend and anything nervous system related like our nerve calm. Yes, the adrenal tea would help if you're also giving yourself some sort of rest so that you can rebuild... We discussed the importance of this in class.



5] I look forward to learning more especially about the nervous system. Many thanks.

Nervous system health is the name of the game, folks! You may be interested in my future program which focuses on replenishment and healing our nervous system. Upcoming on Nervous system class also stay tuned.

6] CATARACTS – chamomile came to mind in class. While chamomile is wonderful for eye, its used more often for infections, pink eye, etc.

I'd recommend an herb called EYE bright. Visit our website at Littleherbshop.com and search for sinus tea – that would be a good tea to start, but I'd rather come up with a specific tea or tincture blend for you. Would need to know more, most likely consultation.

Herbs in general help with the integrity of all tissue. I'm glad you're starting your herbal journey!

Meanwhile, I referred you to pubmed. Here's one article <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6585469/>

7] I am a fan of your store when I used to live in Montreal. Now I am back in the UK and I am wondering whether you post your products to the UK specifically the Green first aid and green healing salve as I have now run out of them.

We don't currently ship out of the country. Perhaps one day.

Seek our farmers markets to find experienced herbalists making products. Happy to support the many new herbalists, but some could lack the experience to make quality herbal products. We've had folks in the past ask us about international shipping. We've shipped to a US friend of theirs who lives state-side, who would in turn, then ship it out of the country to them. Thank you.

8] I just wanted to touch base on the internship and if you were planning on offering one this year - if not, do you have any open Friday-Sunday positions available?

Thank you for asking 😊 We no longer offer internships or apprenticeships. We do have our upcoming 5 month herbal program, and retreats we're planning.

Employees generally come from those who've gone through our programs.

9] Hi Kim, Thanks again for taking the time in sharing your great knowledge with us regarding herbs. I have always loved growing and eating fresh herbs with all my meals for a long time now and have taken burdock root when I developed hormonal acne after having my second child. I had done some research on Burdock root and was on the hunt to learn more. I walked into your shop (5 years ago), and was introduced to the "Hormonal Balance" tincture, and it changed my life.

But for the past year or so, I have feel so drained and tired. I eat pretty healthy and walk about 4-7 miles each day, but still feel like I have no energy. I wanted to hear your thoughts and see if there is another tincture that would be safe to take with "hormonal balance"?

I'm so glad you found Burdock and Burdock found you! Yes the hormonal balance is an amazing blend! Glad to hear it's helping you. Definitely a shop favorite among my customers. In my upcoming program



will be information about nervous system.

You can try angelical root for your fatigue if it is nervous system based. You could alternate nerve calm tincture and/or tea with intestinal soother. Supporting both will take a load off your body systems and give you the support your body seems to be needing.

If your sleep is interrupted or you have insomnia, I'd add in sleep easy tea or tincture as well. I think that gives you a few things to consider trying.

10] IT band injury (lingering for two months and not much pain improvement despite doing PT and stretching as prescribed) What about CBD / Arnica topical?

Kim's answer: Okay, IT. Stop stretching it. And slowly start to roll on balls - google. Not easy, go gently, not more trauma to area.

Yes, topically a CBD could help and/or combined with Arnica or Joint and muscle topical.... Along with mineral blend tea for overall tissue healing and integrity (tissue strength and pliability).

11] Chronic acid reflux (I've eliminated lottssss of stress from my life and it's no longer a pressing issue as it was four years ago, but still lingering).

Kim's answer: Reflux: intestinal soother. Stress can take a while to unravel from.

More classes on stress and how to really work with your body through that. You're welcome, go slow and know you can heal all of this.

12] I would love to someday be able to learn some hands on herbal techniques in person, so that I can see it firsthand and tell if I'm doing things correctly or not. My passion is to learn herbalism throughout my life and hopefully one day become an herbalist myself if the opportunity arises for me to. I'm super thankful for all the resources you've given us and will get reading on those book recommendations when they come in, so that I can feel well prepared on the textbook side of it, and can dive in to the practice side.

Kim's answer: Yes, yes, and Yes! Classes, books, start making your teas and recipes. I can't wait to see your herbal blossoming.

13] I am so sorry that I couldn't stay until the end of the class. I enjoyed the class as I am truly a beginner. I purchased the Dandy Blend, Nerve Calm Tea and the Mineral Blend.

My goal is to support the foundation of my body functioning. I'm generally healthy but have had a history of prolonged stress and a variety of concerns (swelling leg, gluten intolerance, tiredness, recent weight gain, some sadness). I have never found doctors to be helpful and have used chiropractic, acupuncture and essential oils successfully. I think I need to add herbs!

I look forward to future classes to assist in my understanding of how herbs work and can be used to support my body.

Kim's answer: You sound exactly like I was! Going everywhere, without results. Please continue to take the basic herbs we've been discussing for your healthy foundation. Take more classes, I'm doing



my best to bring others in the way that I teach.

Keep doing those practices that you've found to be successful: And now that you've found your way to my teachings, you'll begin to explore how your nervous system is most likely the cause of much of what's going on. There is hope!

14] One of you missed class due to a migraine:

Migraines are one of the toughest. To heal them requires us to explore many areas. There are many causes. I'd explore in a consult if these are regular... Having Nerve Calm or skullcap (one of the herbs in our nerve calm) is helpful. As is catnip! Sometimes, they say, a little essential oil of either lavender or peppermint dabbed on your temples or wrist can be helpful in preventing one if you feel it coming on. This is definitely not the time to experiment.

Other than that, for a basic suggestion is to start with hormonal tea or Menopause tea. Dark room. Quiet. And again, I go back to exploring nervous system mis attunement – they are realizing this contributes to migraines. I hope you weren't down for the count for too long.

15] All other questions were answered in the replay. If not, and you attended live, then email me if I missed yours.

Your feedback:

"I really liked the online formatting as the intro class and can see this working for a lot of foundations, so it was very inclusive and pleasant!"

"I liked having this introduction class to just refresh my knowledge of the basics of herbalism and it was taught in a way that was very easy for me to retain."

"I've been inspired by your class yesterday to start experimenting and listening with intuition to how my body responds to things."

Thank you for doing classes again I missed them last year and have been looking forward to this all winter! I moved to Bethlehem in recent years and feel welcome every time I visit your store.

I really loved the class and honestly wouldn't change a thing about how you do them. I thought it was a good balance of real stories along with honest knowledge. Taking the extra time at the end was really great too, I didn't have too much to ask about yet but stayed the whole time just to hear more. Really wonderful, I'll definitely be signing up for all of these that I can.

I felt very validated in the way I'm going about doing things. The way you explained the spectrum of healing made so many things click into place for me especially. My friend has some health issues, but she is sort of afraid of herbal and pharmaceutical so I suggested some veggies and regular seasonings. I did this pretty recently so not sure if it's helping or not, but I'm glad to know I started in the right place.

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As far as what I'd like to see in the future, I'm really interested to know anything useful about the science, care, prep, and lore. You clearly have knowledge in all these things so I'll be happy to see what's next.

"Very informative, interesting!!"

"I've been inspired by your class yesterday to start experimenting and listening with intuition to how my body responds to things."

"Your online class was great!! It was full of information, stories & simple recipes."

"Thanks again for all your insight."

I love the store and the work you are doing. Keep it up.

"Thank you, Kim for all your inspiration, wisdom & generosity!!"

Thank You

Thank you to ALL of you for your suggestions, your inspiration and loyalty to our shop, the sanctuary and to your health. Caring for yourself and healing is one of the best gifts you can give not only to yourself, but to the world (and anyone in yours).

For now, make your cup of tea, take some deep breaths. Life is good and it is beautiful.

Trust that you can heal.

Plant Love,

Kim