

MAKING

HERBAL PREPARATIONS 101

MINI COURSE

MAKING HERBAL PREPARATIONS 101 MINI COURSE OUTLINE

Lesson 1: Everyday Herbal Preparations

- Introduction
- How Herbs Support Us on a Daily Basis
- Making Herbal Preparations 101 Mini Course (VIDEO)
- Types of Herbal Preparations
- Solubility of Herbal Constituents

Lesson 2: Everyday Herbs

- Herbal Safety

Lesson 3: Water-Based Herbal Preparations

- Water-Based Preparations
How To Make Herbal Infusions and Decoctions (VIDEO)

Lesson 4: Sweet-Based Herbal Preparations

- Sweet-Based Herbal Preparations
- How To Make An Herbal Honey (VIDEO)
- How To Make An Herbal Glycerite (VIDEO)

Lesson 5: Alcohol-Based Herbal Preparations

- Alcohol-Based Herbal Preparations
- How to Make Herbal Tinctures and Liniments (VIDEO)

Lesson 6: Oil-Based Herbal Preparations

- Oil-Based Herbal Preparations
- How To Make An Herbal Infused Oil (VIDEO)
- How To Make An Herbal Salve (VIDEO)

Lesson 7: Everyday Recipes

- Herbal Recipes by Preparation
- Next Steps

