

Herbalism as Resistance

How do we create a different world? In order to create a new reality we must be able to dream it, to envision it. These stories of others' success, of "magick", and of struggle give us the inspiration help us to dream bigger and more creatively. I invite you to listen to my stories and dream big when it comes to herbalism. How will you use herbalism as resistance? I believe herbalists are here to be the bridges between dreams and the physical world. We walk in many worlds and help dreams become reality. We connect people back to the wild, to the Earth and to our own primal selves. I came to herbalism from the world of direct action in defense of Mother Earth and have been resisting with herbalism since the late 90s. I hope to see you join with others that continue this path of resistance in their own way, to create a better world for all creatures.

Nicholas Culpepper: who dreamt of writing books on herbs for everyone to be able to access herbal healing

Barberry *Berberis vulgaris*

Parts Used: Berries, Leaves, Bark

Humoral Energetics/Taste: Cool and Dry / Bitter, Astringent

Properties/Actions: Antimicrobial, Bitter Stimulant, Alterative, Tonic with an affinity to the gut and mucosa, and to the skin.

Preparation: Tincture or decoction of woody parts/infusion of leaves

Dosage: May be used in large doses for acute gut infections, 150 drops every 1-2 hours
As a bitter stimulant 30 drops 4x a day

Bioregional analog: Oregon Grape

Samuel Thompson: who dreamt of being a physician for the people

Lobelia *Lobelia inflata*

Parts Used: Aboveground parts in flower, fresh preferred

Humoral Energetics/Taste: Cooling/Acrid

Properties/Actions: Relaxant, calming to the musculoskeletal and nervous system, some affinity to the lungs.

Preparation: Fresh Vinegar or Tincture or Mix of both

Dosage: Generally used in lower doses emetic in larger doses 10-15 drops of tincture/acetate
Bioregional Analogs: Lobelia cardinalis

Juliette de Barclay Levy: who dreamt of traveling with the Roma and healing animals with herbs

Thyme *Thymus vulgaris*

Parts Used: Aboveground parts

Humoral Energetics/Taste: Warm, Dry/Pungent

Properties/Actions: Antimicrobial, Aromatic, with affinity to respiratory tract

Preparation: Infusion or Tincture

Dosage: Standard Infusion 2-4 oz at least 4X a day for acute care. Tincture 2 droppers 4X a day

Combined with: Marshmallow internally to soothe sore mucosa

Bioregional Analog: Monarda

Michael Moore: who dreamt of following the traditions of the Eclectics and designing a constitutional assessment model for modern times

XXX**Aconite *Aconitum spp***

Parts Used: Herb or Root--not recommended too strong

Humoral Energetics/Taste: Cold---very cold with acrid numbing

Properties/Actions: Antispasmodic and Analgesic

Preparation: Tincture herb 1:4 or root 1:10

Dosage: Drop Dosage Tincture 1 drop topically to deaden a nerve XXX

Rosemary Gladstar: Who dreamt of building herbal communities through gatherings and organizations

Violets *Viola spp*

Parts Used: All parts

Humoral Energetics/Taste: Cool moist/ Unctuous, Salty

Properties/Actions: Vulnerary, Anti-inflammatory, Demulcent with affinity to lungs and urinary tract

Preparation: Tincture, Glycerite, Syrup, or Cold Infusion, Externally-Oil

Dosage: Standard Cold/Hot Infusion 2-5oz 3x a day or Fresh Tincture 1:2 1-2tspns 2X a day
Oil topically 4X a day

Doug Fir *Pseudotsuga menziesii*

Parts Used: young tips of leaves

Humoral Energetics/Taste: Warm to Neutral Dry/Pungent, Sour

Properties/Actions: Aromatic, Astringent with affinity to Circulatory System and Lungs

Preparation: Tincture, Hot Infusion, Oil, Honey

Dosage: External--diluted tincture or oil 4X a day, Internal Standard Infusion 2-4oz 2-4X a day

Dona Enriqueta: Who dreamt of saving the Earth, Catching Babies **and** supporting her family

Plantain *Plantago ovatum et al*

Parts Used: Leaves

Humoral Energetics/Taste: Cool Dry/Astringent, Unctuous, Salty

Properties/Actions: Astringent, Styptic, Anti-inflammatory, Vulnerary, Demulcent, Antimicrobial

Preparation: Tincture, Vinegar, Oil, Hot Infusion, Powder, Juice

Dosage: External as a Infused Oil/Diluted Tincture/Wash/Powder/Poultice 4X a day especially overnight. Internally as a juice 1oz 4X a day, as a hot standard infusion 2-4 oz 4X a day

Mary Ayodele: Who keeps people dreaming and dreams for them

Chives *Allium schoenoprasum* (closely related to other *Alliums* used medicinally)

Parts Used: Leaves

Humoral Energetics/Taste: Warm Dry/Pungent

Properties/Actions: Antimicrobial, Stimulating, with affinity to immune system and lungs
In food fresh,

Preparation: Fresh in food, Topical as poultice, Allium Oil as a ointment, Syrup

Dosage: Externally as poultice or oil 4X a day, Syrup 1 tspn 4X a day for respiratory infections

Analogs: Onion, Garlic(stronger)

Maria Elena: Who dreamt of working with the spirits of women in trauma

Rosemary *Rosmarinus officinalis*

Parts Used: Leaves

Humoral Energetics/Taste: Warm Dry/ Bitter, Pungent

Properties/Actions: Aromatic, Bitter, Antioxidant, Stimulant to Circulatory system,
Antimicrobial, Alterative

Preparation: Tincture, Hot Infusion, Oil, Vinegar, Topical as smudge

Dosage: Standard Infusion 2-4 ounces, to 4X a day or for a topical wash. Tincture 90 drops

Grizz: Who dreamt of being a herbal support for direct action activists

Devils Club *Oplopanax horridus*

Parts Used: Inner Root bark

Humoral Energetics/Taste: Warm Moist/Bitter, Sweet, Pungent

Properties/Actions: Adaptogen, Aromatic, Affinity to pancreas, respiratory system, and many would label a panacea.

Preparation: Tincture, Decoction, Oil

Dosage: Tincture 10-30 drops Cold Infusion, 1-3 ounces, all forms to 3X a day.

Gigi Stafne: Who dreamt of building alliances of herbalists around the world

Fireweed *Epilobium angustifolium*

Parts Used: aboveground in flower

Humoral Energetics/Taste: Cool, drying

Properties/Actions: Astringent, Antimicrobial, Demulcent

Preparation: Tincture, Hot Infusion

Dosage: Standard Infusion 2-4oz as needed.

Combines well with plantain

Bioregional Analog: *Tecoma stans*, *Campsis radicans*, *Bignonia Capreolata* in flower

Corey Pine Shane: Who dreamt of supporting his friends and community with herbs

Mullein *Verbascum thapsus*

Parts Used: Flowers, leaves, root

Humoral Energetics/Taste: Neutral to Dry/Astringent, mildly Acrid and Pungent

Properties/Actions: Relaxing, Anti-inflammatory, Tonic with affinity to lungs. Topical-spine, joints.

Preparation: Tincture, Hot infusion, Oil

Dosage: Externally as a wash/oil for pain and as a vulnerary 4X a day or as needed. Internally 2-4 oz Standard Infusion(lvs) Decoction(rt) Tincture of flwrs 30-90 drops 4X a day

Paul Bergner: Who decided to stick it to the man by leaving a couple hundred well trained clinical herbalists in his wake

Calendula *Calendula officinalis*

Parts Used: Whole Plant in Flower

Humoral Energetics/Taste: Cool/Drying /Bitter, Unctuous, Astringent

Properties/Actions: Bitter stimulant, Vulnerary, Antimicrobial, Affinity to Skin and Mucosa

Preparation: Externally as wash or diluted tincture, oil Internally as a tincture, hot infusion

Dosage: Tincture 5-30 drops, to 4X a day, Standard Infusion 2-4 oz 4X a day

Sue Sierralupe: Who dreamt of offering herbal first aid to the homeless and underserved

Apple *Malus spp*

Parts Used: Pome-pulp

Humoral Energetics/Taste: Cool and Dry, Sweet, Astringent, sometimes sour

Properties/Actions: Refrigerant, Astringent, Alterative and Prebiotic

Preparation: Eaten fresh, mashed and applied topically, cooked and eaten

Dosage: an apple a day.....

Nicole Telkes : Who dreams of a world full of herbalists free from trademarks and full of ethical wildcrafting.

Peony *Paeonia spp*

Parts Used: Tuber

Humoral Energetics/Taste: Cooling and Drying/Pungent and Acrid

Properties/Actions: Relaxing, Antispasmodic, Tonic, Alterative, affinity to the Reproductive system

Preparation: Tincture/Cold Infusion

Dosage: Tincture of root 10-30 drops at a time Tincture to 4X a day. Cold Infusion, 1-2 ounces. Capsules, #00, 2-3 at a time.

Herbal Warrior Projects

- **Herbalists Without Borders** <http://herbalistswithoutborders.weebly.com/> International with chapters everywhere.

Health Justice & Humanitarian Aid Herbalists Without Borders is a nonprofit local to global network of volunteers devoted to providing compassionate care to communities and countries in need impacted by natural disasters, violent conflicts, poverty, trauma and other access barriers to health and wellness. Herbalists Without Borders humanitarian aid and actions center around health justice: Borderless Medicine, Free People's Clinics, Street Medic Workers, Trauma Trainings, Education, Advocacy, Technical Assistance and more.

Gigi Stafne Director

- **MASHH** <https://mashhclinic.com/> N California and Oregon

MASHH is an all volunteer grassroots collective based in far northern California and Oregon. We are primarily Street and Forest Medics who are experts in herbal first aid. We volunteer our skills and help get medical supplies & clinical support to a variety of off-grid events including nonprofit gatherings of herbalists, primitive skills gatherings, forest defense campaigns, native lands rights actions, base clinics at social justice movements, as well as disaster zones around the world. Our mission is to provide accessible, sustainable, affordable, natural medicine for all people but especially those engaged in environmental and social justice, and particularly those engaged in nonviolent direct action campaigns to defend wilderness ecosystems and biodiversity. We take direct action against the industrial medical complex and provide traditional, plant-based first aid and preventative healthcare.-Grizz founder

- **Herb Bus** <http://herbbus.org/> Atlanta, Georgia

The Herbalista Health Network recognizes healthcare as a fundamental human right and works to protect health access through clinical services and educational opportunities. We strive for a community based model of healthCARE that is based on solidarity and not charity. Our web of programming is built to spread the knowledge, keep costs down, and give us all opportunities to share the love we have for our neighbors and planet. We hope you will join us as we Build Community through Herbalism! The Herbalista Free Clinic started serving Atlanta in February of 2013 out of a 1990 VW Westfalia, aka the [Herb Bus](#), with a focus to provide consistent health care to underserved communities. We set up monthly stops at both the Open Door Community and what was formerly the Big House, now 368 Ponce. We provided free clinical care, a spot of tea, and herbal education.

- **Third Root** <https://thirdroot.org/> 380 Marlborough Rd. Brooklyn, NY 11226

At Third Root, our mission is to provide accessible, empowering & collaborative holistic health care. Our on-going Anti-Oppression Initiative responds to the shifting and emergent needs that

we identify as crucial to maintaining our vision. This initiative includes staff trainings, screening and accountability, community education, social justice engagement locally, nationally, globally, and support in the form of visibility and referrals.

We are committed to providing skilled practitioners & high quality services that center the experiences of marginalized communities. One tool of this aim is shown below. Our patients and students can expect compassionate consciousness from our staff & worker-owners!

- **Common Ground** <http://www.cghc.org/> 1400 Teche St., Algiers, New Orleans, LA 70114

Mission: The Common Ground Health Clinic is a non-profit organization that provides quality health care for the greater New Orleans community, and develops and provides programs to address community health care needs through collaborative partnerships.

Purpose

- To provide quality integrative healthcare
- To provide quality healthcare education for preventive self-care
- To create an environment conducive to patient, staff and volunteer learning
- To work in an anti-racist paradigm

Programs and Projects

- Latino Health Outreach Project (LHOP)
- Community Health and Strength Initiative (CH&SI)
- Mind-Body Medicine Groups
- Community Health Needs Assessment Project
- CGHC/ACC Video Voice Project

Rachel Reeves/Wendy Hounsel and others

- **Occupy Medical** Sunday at the downtown Eugene, OR Park Blocks (8th and Oak) between 12-4pm

Occupy Medical started as a humble first aid tent at the Occupy Eugene site on October 15, 2011. A handful of medically trained volunteers began to serve the movement with their specialized skills. We had a pop-up canopy, a few blankets and donated medical supplies from the local emergency clinic. Mostly, we had enthusiasm.

The Occupy Eugene camp included a wide variety of people, ranging from street kids to middle-aged elders. As people learned that Medical was there to treat patients and not to judge, our client load increased.

The complexity of the medical conditions that we treated increased as well. We tracked patients with hepatitis, MRSA, HIV, and pneumonia. Our medical staff saved lives by sending Occupiers to the

hospital for conditions that they were unaware of. We also saved lives by CPR. Our volunteers restarted the hearts of three patients during our brief occupation.

-Sue Sierralupe

- [Herb Geek](#): Great Blog full of interesting ideas
- **Herbal Aide Documentary**: <http://herbalaide.blogspot.com/>
herbalism and activism <http://www.cultureunplugged.com/documentary/watch-online/play/12336/Herbal-Aide>

--Mary Blue

Wise Words from Herbal Resisters to take home with us

"Give more than you take"

"Be humble"

"Be patient"

"Keep your ear to the ground and your fingernails dirty"

"Take care of the earth"

"Find your authentic calling and adhere to it"

Resources used regarding some of the dosage and prep:

William Cook's Physiomedical Dispensatory

Michael Moore's Herbal Materia Medica

Nicole Telkes, Personal Experience