THE POISON PATH

With Nicole Telkes of the Wildflower School of Botanical Medicine

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MEDICINE OR POISON?

What differentiates between medicine and poison is dosage

Whole plants are complex and it is short sighted to think of them as simple replacements for drugs and or supplements

OBSERVATIONS

- Ignoring the entire idea that we should be concerned with toxicity. The result being that many of herbal medicines are used improperly

- Avoiding the use of anything that may be seen as "too strong"

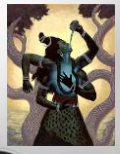
THE SPECTRUM OF ADMINISTRATION

- Nourish and tonify
- Sedate/Stimulate thru alteratives, adaptogens etc
- Drop Dosage, with overt drug like effects taken generally for acute situations

LA SOMBRA

- With light must come dark, everything cycles. To learn these plants well you must learn your own shadow self. Greed, ego, and fear.

These plants will force you to confront your shadow self



BALANCE

Fear of these plants comes from our culture focusing on honoring more solar influences and forgetting lunar influences.

HISTORICAL USES:

Entheogens

Using toxic plants to alter consciousness

"TOXIC" BOTANICALS IN YOUNG AMERICA

APPROACHING WITH CAUTION

MORE ABOUT SAFETY

- What does it feel like to overdose on a "toxic" plant

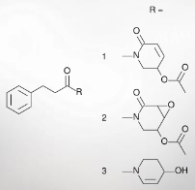
Dry mouth, swelling, irritation, spasms depending on plant

Empty the stomach—syrup of ipecac

Activated Charcoal-20-50grams

Tannins bind out alkaloids—strong black tea

PHYTOCHEMISTRY

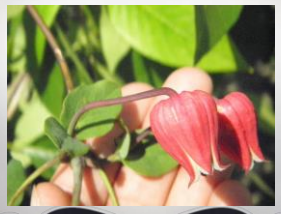


ARNICA

BLEEDING HEART

BITTERSWEET NIGHTSHADE

VIRGINS BOWER



DEVILS TRUMPET

VOMITWORT

YELLOW JESSAMINE

POKE