

# HERBALISM AS RESISTANCE

NICOLE TELKES RH (AHG)



## CREATING THE WORLD WE WANT TO LIVE IN

*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 CULPEPER



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 THOMSON



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 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 TINCTURE/ACETATE
- **BIOREGIONAL ANALOGS:** LOBELIA CARDINALIS

# JULIETTE DE BAÏRACLI LEVY



who dreamt of traveling with the Roma and healing animals with herbs

## ROSEMARY

*ROSMARINUS OFFICINALIS*

- **PARTS USED:** ABOVEGROUND PARTS
- **HUMORAL ENERGETICS/TASTE:** WARM, DRY/PUNGENT
- **PROPERTIES/ACTIONS:** ANTIMICROBIAL, AROMATIC, STIMULANT, WITH AFFINITY TO BLOOD
- **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:** LAVENDER

# MICHAEL MOORE



who dreamt of following the traditions of the Eclectics, designing a constitutional assessment model for modern times and gifting away as much knowledge as possible

# 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

# 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

# ROSEMARY GLADSTAR



Who dreamt of building herbal communities through gatherings and organizations without holding on to what she creates

# VIOLETS

## *VIOLA SPP*

- **PARTS USED:** ALL PARTS
- **HUMORAL ENERGETICS/TASTE:** COOL MOIST/ UNCTUOUS, SALTY
- **PROPERTIES/ACTIONS:** VULNERARY, ANTI-INFLAMMATORY, DEMULCENT WITH AFFINITY 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-
- OIL TOPICALLY 4X A DAY

# DOUGLAS 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 LUNGS
- **PREPARATION:** TINCTURE, HOT INFUSION, OIL, HONEY
- **DOSAGE:** EXTERNAL--DILUTED TINCTURE OR OIL 4X A DAY, INTERNAL 2-4X A DAY

# 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, SYSTEM, AND MANY WOULD LABEL A PANACEA.
- **PREPARATION:** TINCTURE, DECOCTION, OIL
- **DOSAGE:** TINCTURE 10-30 DROPS COLD INFUSION, 1-3 OUNCES, ALL

# MARIA ELENA MARTINEZ



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 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 DROPS

# 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 taking care of his community with herbs

# MULLEIN

- *VERBASCUM THAPSUS*
- **PARTS USED:** FLOWERS, LEAVES, ROOT
- **HUMORAL ENERGETICS/TASTE:** NEUTRAL TO DRY/ASTRINGENT, MILDLY ACRID AND
- **PROPERTIES/ACTIONS:** RELAXING, ANTI-INFLAMMATORY, TONIC WITH AFFINITY TO JOINTS.
- **PREPARATION:** TINCTURE, HOT INFUSION, OIL
- **DOSAGE:** EXTERNALLY AS A WASH/OIL FOR PAIN AND AS A VULNERARY 4X A DAY OR AS INTERNALLY 2-4 OZ STANDARD INFUSION(LVS) DECOCTION(RT) TINCTURE OF FLWRS 30-

# 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
- 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
- ANALOGS: ONION, GARLIC(STRONGER)

# 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,
- **PROPERTIES/ACTIONS:** BITTER STIMULANT, VULNERARY, ANTIMICROBIAL, MUCOSA
- **PREPARATION:** EXTERNALLY AS WASH OR DILUTED TINCTURE, OIL INTERNALLY HOT INFUSION
- **DOSAGE:** TINCTURE 5-30 DROPS, TO 4X A DAY, STANDARD INFUSION 2-4 OZ 4X

# SUE SIERRALUPE



Who dreamt of offering herbal first aid to the underserved

# APPLE

- *MALUS SPP*
- PARTS USED: POME-PULP
- HUMORAL ENERGETICS/TASTE: COOL AND DRY, SWEET, ASTRINGENT,
- PROPERTIES/ACTIONS: REFRIGERANT, ASTRINGENT, ALTERATIVE AND
- PREPARATION: EATEN FRESH, MASHED AND APPLIED TOPICALLY, COOKED
- DOSAGE: AN APPLE A DAY.....

# KARYN SANDERS



Who dreamt of continuing the walk of her ancestors and teaching the Western world

# 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, REPRODUCTIVE SYSTEM
- **PREPARATION:** TINCTURE/COLD INFUSION
- **DOSAGE:** TINCTURE OF ROOT 10-30 DROPS AT A TIME TINCTURE TO 4X A 1-2 OUNCES. CAPSULES, #00, 2-3 AT A TIME.



# HERBAL WARRIOR PROJECTS

- **HERBALISTS WITHOUT BORDERS** [HTTP://HERBALISTSWITHOUTBORDERS.WEEBLY.COM/](http://herbalistswithoutborders.weebly.com/) INTERNATIONAL WITH CHAPTERS EVERYWHERE.
- **THE HERB BUS** [HTTP://HERBBUS.ORG/](http://herbbus.org/) ATLANTA, GEORGIA
- **MASHH MASHH** [HTTPS://MASHHCLINIC.COM/](https://mashhclinic.com/) N CALIFORNIA AND OREGON
- **THIRD ROOT** [HTTPS://THIRDROOT.ORG/](https://thirdroot.org/) 380 MARLBOROUGH RD. BROOKLYN, NY 11226
- **COMMON GROUND** [HTTP://WWW.CGHC.ORG/](http://www.cghc.org/) 1400 TECHE ST., ALGIERS, NEW ORLEANS, LA 70114
- **OCCUPY MEDICAL** [HTTP://OCCUPY-MEDICAL.ORG/](http://occupy-medical.org/) 509 E. 13TH AVE. AT THE CORNER OF FERRY ST. ACROSS FROM THE BIJOU THEATRE AND NEXT TO HIGH PRIESTESS TATTOO AND PIERCING. WE START TAKING NAMES AT 11:45AM UNTIL 3:00PM EVERY SUNDAY.
- **HERBAL AIDE DOCUMENTARY** [HTTP://HERBALAIDE.BLOGSPOT.COM/](http://herbalaide.blogspot.com/)

HERBALISM AND ACTIVISM [HTTP://WWW.CULTUREUNPLUGGED.COM/DOCUMENTARY/WATCH-ONLINE/PLAY/12336/HERBAL-AIDE](http://www.cultureunplugged.com/documentary/watch-online/play/12336/herbal-aide)

**IN LOVING MEMORY OF ALL THOSE THAT HAVE DEDICATED THEIR LIVES TO HEALTH AND ENVIRONMENTAL JUSTICE THROUGH HERBALISM**

**CASCADE ANDERSON GELLER**



# FINAL THOUGHTS

- **“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”**