

*The School of*  
Evolutionary  
Herbalism

LESSON I:  
HERBAL ENERGETICS TABLE  
OF CORRESPONDENCE

THE VITALIST HERBALISM MINI-COURSE





## HERBAL ENERGETICS TABLE OF CORRESPONDENCE

	Energetics	Tastes	Actions*	Plant Examples
Temperature	Warming	Pungent	Circ. stimulant, carminative, diaphoretic	Cayenne, Prickly Ash, Ginger, Fennel, St. John's Wort, Rosemary
	Cooling	Bitter, Sour (fruits)	Bitter, sedative, inflammation modulating	Dandelion, Hawthorn, Oregon Grape, Rose, Elderberry, Lemon Balm
Moisture	Moistening	Sweet, Salty (some salty herbs help to retain water)	Demulcent	Marshmallow, Licorice, Slippery Elm, Solomon's Seal, Chia, Goji, Milky Oats
	Drying	Sour, Salty (many salty herbs are diuretic)	Astringent, diuretic, bitter, diaphoretic, carminative (many actions are drying)	Nettle, Pipsissewa, Goldenrod, Celery seed, (honestly most herbs are drying)
Tone	Relaxant	Acrid	Anti-spasmodic, nervine	Blue Vervain, Valerian, Kava-Kava, Lobelia, Passionflower, Hops
	Tonic	Astringent	Astringent/Tonic (increases tone)	Goldenseal, Oak, Red Root, Raspberry leaf, Lady's Mantle

\*Note there are many more herbal actions associated with these patterns of herbal energetics, these are just a few examples.