

How to use your Herbal Cheat Sheet

"This cheat sheet is here to help you track the herbs you try and how they work for you. Over time, you'll build a personalized herbal reference based on your own experience!"

HERBAL NAME & IMAGE

Use this section to write the name of the herb and, if you'd like, draw a little picture, print a picture to add to this section or add a pressed leaf!

HERBAL ACTIONS

What It Does (Actions) → What are the herb's main benefits? (e.g., calming, digestive support, immune-boosting?)

How to Use It → Check off the way you prepared it! (Tea, tincture, syrup, oil, etc.)



ENERGETICS

How It Feels (Energetics) → Does it feel warming, cooling, drying, or moistening? (Not sure yet? That's okay! Just write down how it makes you feel when you use it.)

PURPOSES

When to Use It (Purposes) → What kinds of situations do you use this herb for? (E.g., colds, sleep support, digestion?)

HOW TO USE IT

- TEA/INFUSION
- TINCTURE/GLYCERITE
- POWDER
- SYRUP
- OIL

OTHER NOTES

Other Notes → Anything else you noticed? Did you like the taste? Did it work quickly? Any side effects?

See Example below

Herbal Cheat Sheet

HERBAL IMAGE

Chamomile (*Matricaria chamomilla*)



HERBAL ACTIONS

Relaxing
Digestion
Healing
Modulates inflammation

ENERGETICS

Slightly warming
Drying

PURPOSES

Sleep
Indigestion
Gas
Teething pain
Pink eye/eye irritation

BEST TYPE OF REMEDY

- TEA/INFUSION
- TINCTURE/GLYCERITE
- POWDER
- SYRUP
- OIL

OTHER NOTES

1. Great for grumpy babies. Make a strong infusion and add to their bath.
2. Nice for relaxing before bedtime. Regular steeping time of 5 mins works well.
3. Good for nervous tummy - use a stronger/longer steeping time.
4. Makes a great eye solution for tired and irritated eyes.