

# Join Us!

## The HomeGrown Herbalist

*School of Botanical Medicine*



**You Can Be a Clinical Herbalist!**

*Online Course Work, Personal Mentoring,  
Hands-on Workshops & Plant Walks.*

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[www.HomeGrownHerbalist.net](http://www.HomeGrownHerbalist.net)



# BECOMING A HOMEGROWN HERBALIST

*DR. PATRICK P. JONES*







Presented By  
Dr. Patrick Jones & Carl The Herb Hound

HomeGrownHerbalist.net



# WHY HERBS?

More and more, folks are becoming interested in using medicinal plants to take control of their own health and wellness.



*Elderberry*



# SOME GREAT REASONS TO USE HERBS!

## **SELF RELIANCE**

- Taking Care of Yourself is Empowering!
- Herbs are Low-Tech/No-Tech
- You Can be Separated From Your “Preps” but Not From Your Knowledge!
- The Weeds Ain’t Goin’ Anywhere!



# SOME GREAT REASONS TO USE HERBS!

## **HERBS ARE SAFE & EFFECTIVE**

- Herbs are often as effective (or more effective) than drugs.
- Herbs are often safer than drugs
- Herbs are more bio-available than pharmaceuticals
- Herbs contain multiple complex, synergistic principles



# SOME GREAT REASONS TO USE HERBS!

## MODERN MEDICINE DOESN'T HAVE ALL THE ANSWERS.

- They're asking the wrong question... "*What's wrong with you?*"
- Herbalists focus on a deeper question... "*Why is something wrong with you?*"
- Herbs often address the source of the problem rather than the symptom.



# SOME GREAT REASONS TO USE HERBS!

## MODERN MEDICINE DOESN'T HAVE ALL THE TOOLS.

- **Some Things Herbs Do Better Than Drugs:**

- Accelerate Healing
- Cleanse & Detoxify
- Nourish
- Draw Out Poisons & Infection
- Stimulate Normal Function
- Affect Multiple Systems Simultaneously



*Plantain*



# OK, HERBS ARE GREAT BUT HOW DO I GET STARTED?

Can't You Just Buy 'Em?



Well, Maybe...



# PURCHASED HERBS CAN VARY WILDLY IN QUALITY!



A Recent Study Showed 1/3 of Commercially Prepared Herb  
Supplements Contained  
**NONE**  
of The Herb Listed on the Label!



# PURCHASED HERBS CAN VARY WILDLY IN QUALITY!

## **Why Not Just Buy Herbs?**

Quality?

Processing?

Harvest Time?

Adulteration?

Contamination?

Shelf Time?



# WHY NOT JUST BUY HERBS?



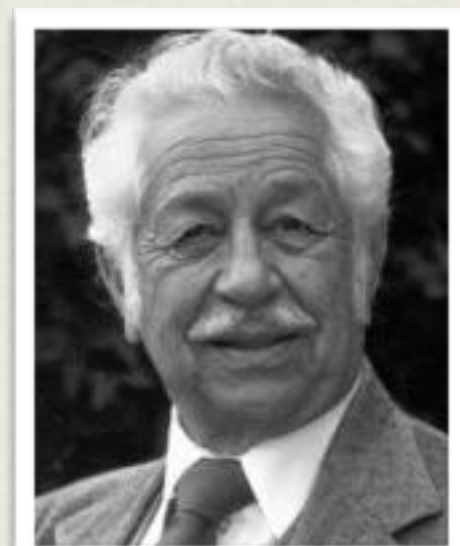
Why Trade One Dependency For Another?  
What Will you Do If Imports Stop?



# WHY NOT JUST BUY HERBS?

During the Great Depression,  
Every Herb-Importing Company in The USA  
Went Bankrupt

Herbalist John Christopher  
Got a Job Weeding Gardens!



The Weeds He Picked Then Became The Medicines  
For That Day's Rounds As a Naturopath!



SO...  
WHAT'S THE SOLUTION?

Become A  
HomeGrown Herbalist!



# WHAT MAKES A HOMEGROWN HERBALIST?

A HomeGrown Herbalist Is...

Plant Based Not Product Based





# WHAT'S THE DIFFERENCE?

## Local Plants!



*Calendula*



# WHY LOCAL PLANTS?

- Better Quality Control...Where Did Those Other Herbs Really Come From?
- Maximized Potency Through Timely Harvest & Preparation.
- Real Independance...You Control Your Sources!
- Relation Between Local Plant Properties & Disease Demographics. God Is Smart. Pay Attention!



# ECONOMY & ECOLOGY: ANOTHER POINT IN FAVOR OF LOCAL PLANTS



Sorry, But Transporting Dandelions From Bulgaria to Idaho  
Is Just Dumb!

We Can Probably Find Better Ways To Use Our Fossil Fuels!



SO...

How Many Plants  
Do I Need To Know?



# HOW MANY PLANTS?

If You Deeply Knew 10 or 20 Plants, You Could Be A Great Help  
In Most Situations You're Likely To Face.

With 40 Or So You Could Do About Anything Herbalists Do.

Seasoned, Professional Herbalists Often Have More ...  
I Work With About 120. But That's Just Because I'm Sentimental.



SO...

How Many Plants  
Do I Need To Know  
To Start?



# ONE





# START WITH ONE!

Get To Know That One Plant

Grow It. Taste It. Use It. Read About It. Talk To It.  
Learn All It Has To Offer You.

Then Pick Another!

And...Repeat!



# GROW YER OWN!

Grow Herbs In Your Gardens & Flower Beds

Or In Pots On Your Patio

Or Collect Them In The Wild  
(Once You Know Who's Who)





# THE POWER OF HERBS

## Juno Was Run Over

Multiple Hip Fractures  
Significant Skin Death

A Tea of Herbs  
Was Sprayed On The  
Wound Regularly  
& Herbs Were Given  
Internally

Now She Runs & Plays  
And Has Her Butt Back!

Details Here:

<https://www.homegrownherbalist.net/blogs/news/junos-story-a-wound-healing-case-using-spray-instead-of-poulticing>





# 10 Amazing Herbs To Get You Started



# COMFREY

## SYMPHYTUM OFFICINALE

- Leaf & Root Are Medicinal
- Markedly Accelerates Healing
- Excellent For Wounds & Fractures
- Good Expectorant
- Soothes Any Inflamed Mucus Membrane (Bladder, Gut, Lungs)
- Do Not Feed To 6-Week Old Rats!





# CALENDULA

## CALENDULA OFFICINALIS

- Entire Plant Is Edible (Pot Marigold)
- Flower Is Medicinal
- Antibacterial, Anti-Viral, Anti-Fungal, Anti-inflammatory
- Accelerates Healing
- Menstrual Cramps
- Stomach Ulcers
- Shingles
- Avoid Internally During Pregnancy





# CONE FLOWERS

## ECHINACEA & RUDBECKIA SPECIES

- Flower & Root Are Medicinal
- Immune Stimulant
- Anti-Bacterial & Anti-Viral
- Rattlesnake Bites
- Hobo & Recluse Spider Bites
- Cartilage & Joint Healing
- Sepsis





# CAYENNE

## CAPSICUM ANUUM

- The Pepper & Seeds
- Any Hot Pepper Will Do
- Stops Bleeding Internally Or Topically
- Stomach Ulcers
- High Or Low Blood Pressure
- Sinus Congestion
- Shock/Heart Attack
- Clears Phlegm From Lungs





# CHAMOMILE

## MATRICARIA RECUTITIA

- Flower Is The Medicine
- Insomnia, Anxiety, Stress
- Pain
- Antimicrobial, Anti-Fungal & Anti-Inflammatory
- Fabulous For Gastro-Intestinal Ills
- Liver Tonic
- Menstrual Cramps
- Kidney Restorative





# PARSLEY

## PETROSELINUM CRISPUM

- Leaf & Root
- Good Diuretic
- Bladder Infections
- Urinary Stones (Root)
- Stomachache
- Lung Congestion





Aspen

# Willow, Aspen, Birch, Poplar

- Young, green bark is like aspirin.
  - Headache
  - Pain
  - Inflammation
  - Fever
- 
- No Contraindications



Willow





# YARROW

## ACHILLEA MILLIFOLIUM

- Flower & Leaf
- Fevers
- Colds & Flus
- Stops Bleeding Internally & Topically
- Anti-bacterial & Anti-inflammatory
- Menstrual Cramps
- Root Is Local Anesthetic For Tooth Pain
- Colored Varieties Work Too!
- Avoid Internal Use During Pregnancy





# Mallow

*Malva neglecta*





# Mallow

**Malva neglecta**

- **Entire Plant is Edible**
- **Entire Plant is Medicinal**
- **Bronchitis**
- **Diarrhea**
- **Bladder Infections**
- **Gangrene**
- **No Contraindications**





# PLANTAIN

## PLANTAGO SPECIES

- Entire Plant is Medicinal & Edible
- Draws Out Venoms & Poisons
- Accelerates Healing (Mildly)
- Mild Antibiotic
- Soothing Topically & Internally (Demulcent)
- Bladder Infections, Wounds, Bites, Ulcers
- Sepsis
- No Contraindications





# YOU CAN DO IT!

Go Find Your First Herbal Friend  
And Get Started.

You Can Be An Herbalist!





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