



# Foraging Wellness

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## Mastering the Time Factor

Understand that you don't actually need huge blocks of \_\_\_\_\_ to make it happen. If you have just 5 minutes, you can pick an herb, make a tincture, or a tea blend. And craft the exact remedies you need. It doesn't have to be \_\_\_\_\_.

What if instead you could \_\_\_\_\_  
\_\_\_\_\_ and you had the confidence that it was the safest, most potent herbal remedy you could find.

This doesn't mean having to work much harder. It's about working \_\_\_\_\_. In many cases it takes only a few \_\_\_\_\_ to harvest an herb and turn it into a safe and potent remedy. Multiply that by many herbs over the growing season and you will have a \_\_\_\_\_ herbal apothecary to take your family through the year, while investing only \_\_\_\_\_ at a time.

When you take a chemical drug your body has to recover from \_\_\_\_\_ and then recover from the \_\_\_\_\_. Whereas, our bodies were designed for plants as food and medicine. We nurture the plants and they also nurture us.

The 3<sup>rd</sup> Leading cause of death in North America is \_\_\_\_\_ and currently the top contender is "unknown causes".

Most herbalists use a handful of medicinal herbs but they know them really well and use them for a \_\_\_\_\_ \_\_\_\_\_. Knowing a dozen herbs really well can take care of most \_\_\_\_\_ to \_\_\_\_\_ health challenges effectively.

If you are just starting out, along the herbal path, \_\_\_\_\_ to use to make herbal formulas can save you money, because when you forage you are getting something for free.

It doesn't take long to find the \_\_\_\_\_, harvest them, and then make the right herbal formula for your needs. It's really just 5 minutes here and 5 minutes there. I call this "\_\_\_\_\_".

