



## What is Herbalism?

You may have heard of herbalism and know it concerns the medicinal and therapeutic use of plants but many are not aware of the rich and diverse nature of this discipline. Recently local herbalist apprentice Lauren Eadline was nice enough to sit down with the Health Spotlight and talk about the basics of herbalism.

### Balance

One of the primary goals of herbalism is to help the body achieve a balanced state. Some concepts that can help us do this include:

Vitalism: The idea that the functions of a living organism are due to a vital principle distinct from biochemical reactions.

Energenics: A framework of understandings of how to best match herbs to the individual and/or situation.

Constitutions: Referring to the mixture of different constituent elements into a whole organism.

### What type of herbs can most people benefit from?

Lauren has consistently seen the beneficial effects of ginger, lavender, and peppermint as well as mentions burdock and dandelion root for the purposes of helping the body to detoxify.

### The Big Picture

When thinking about our health it is easy to get caught up in discussions of the latest technology and drugs. Herbalism reminds us that the responsibility for our health falls primarily on us and that the more natural option is usually the best. If you are interested in herbalism the Mohawk Valley is rich in beneficial herbs and a great place to explore (Eadline, 2012).



Sources:

Eadline, Lauren (2012). Interview. January 12, 2012.

## Healthy Transformations Book of the Month:

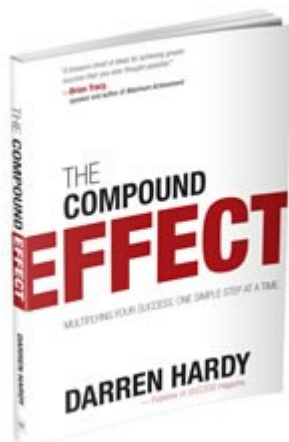
### The Compound Effect

By: Darren Hardy

I just finished reading this book the day after Christmas and was completely inspired and focused on where 2012 will take me. I hope you pick this book up and take the time to determine where you are heading in 2012.

I give this book a 5-star rating!

-Kim Thompson of Healthy Transformations



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