



# Adaptogens

## Herbs that Heal and Restore

### Workbook





## What is an adaptogen?

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Where did the term “adaptogen” originate?

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What qualities do most adaptogens share?

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What safety issues need to be address in the use of adaptogens? (Can they be used by children safely? Etc)

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## Foraging

Is foraging for adaptogens recommended?



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Are adaptogens easy to find in the wild?

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Which adaptogens allow for an annual harvest?

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What ethical considerations are important when considering foraging for adaptogens in the wild?

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## What is your personal energetic constitution?

Hot or cold? \_\_\_\_\_

Damp or dry? \_\_\_\_\_

This means I should look for herbs with \_\_\_\_\_ and/or \_\_\_\_\_ energetics to balance my own.

Which herbal adaptogen and tonic herbs are a good fit for my personal energetic constitution?

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Which herbal adaptogen or tonic herbs could grow in my own climate?

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Which herbal adaptogen or tonic herbs do I want to plant this year?

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**Key take away:**

**Many adaptogens and tonic herbs can be easily grown in an apothecary garden or seeded in forested land in permaculture plantings.**

**In this way we protect wild, endangered plants and insure that the plants we do harvest have the most potent medicine. The plants you most need right now are probably growing close by.**





## 2. Reishi

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## 3. Lions Mane

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## 4. Maitake

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## 5. Turkey Tail

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## 6. Shiitake

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### Ways to use medicinal mushrooms safely

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## How to make a double extract mushroom tincture

### **Ingredients:**

Dried, chopped mushrooms  
80 proof vodka (40%)  
Water

### **Directions**

1. Divide dried and chopped mushrooms into two equal parts.
2. Using 1 part, prepare a tincture by covering half of the mushrooms with enough alcohol to keep them submerged.
3. Allow to steep 4-6 weeks, shaking occasionally
4. Strain. Reserve tincture.
5. Prepare a decoction by combining the second half of the mushrooms with twice the volume of water than what you used for the total solvent volume of the tincture you made. Simmer the decoction in a crock pot on low heat overnight.
6. Strain the decoction and continued to simmer the liquid until it equals one half the volume of the strained tincture. Remove from heat and cool completely.
7. Combine the liquids from the decoction and tincture, with the end product roughly 25% alcohol by volume.
8. Label and date. This mushroom extract is shelf stable. **Serving size: 1 ml/1 dropperful daily**

### **Assignment:**

- ➔ **Make a medicinal mushroom tincture using the double extraction method.**





## Safety concerns with adaptogens

Are adaptogens safe to use at all times?

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Are adaptogens the best remedy for burnout?

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What is a better remedy for exhaustion and burnout?

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How long can a person use an adaptogen to help with fatigue and burnout?

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“There is a tendency to suggest to debilitated patients that taking tonics is all that is needed for recovery. This is not true: physical and breathing exercises and diet are also important.”

**Bensky and Gamble Chinese Materia Medica**



## Take Action:

- ➔ Assess your current level of fatigue/energy on a scale of 1 to 10.
- ➔ Do you need more rest? Better nutrition? Digestive herbs?
- ➔ Decide on a course of action NOW that will improve your energy and enjoyment of life in the long term.
- ➔ Burnout is difficult to recover from. Prevent burnout through lifestyle changes – rest, nutrition, vacation, walks in nature, friendships.
- ➔ Herbs cannot raise the dead.

**What do you need to do this month to recover from/prevent burnout?**

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