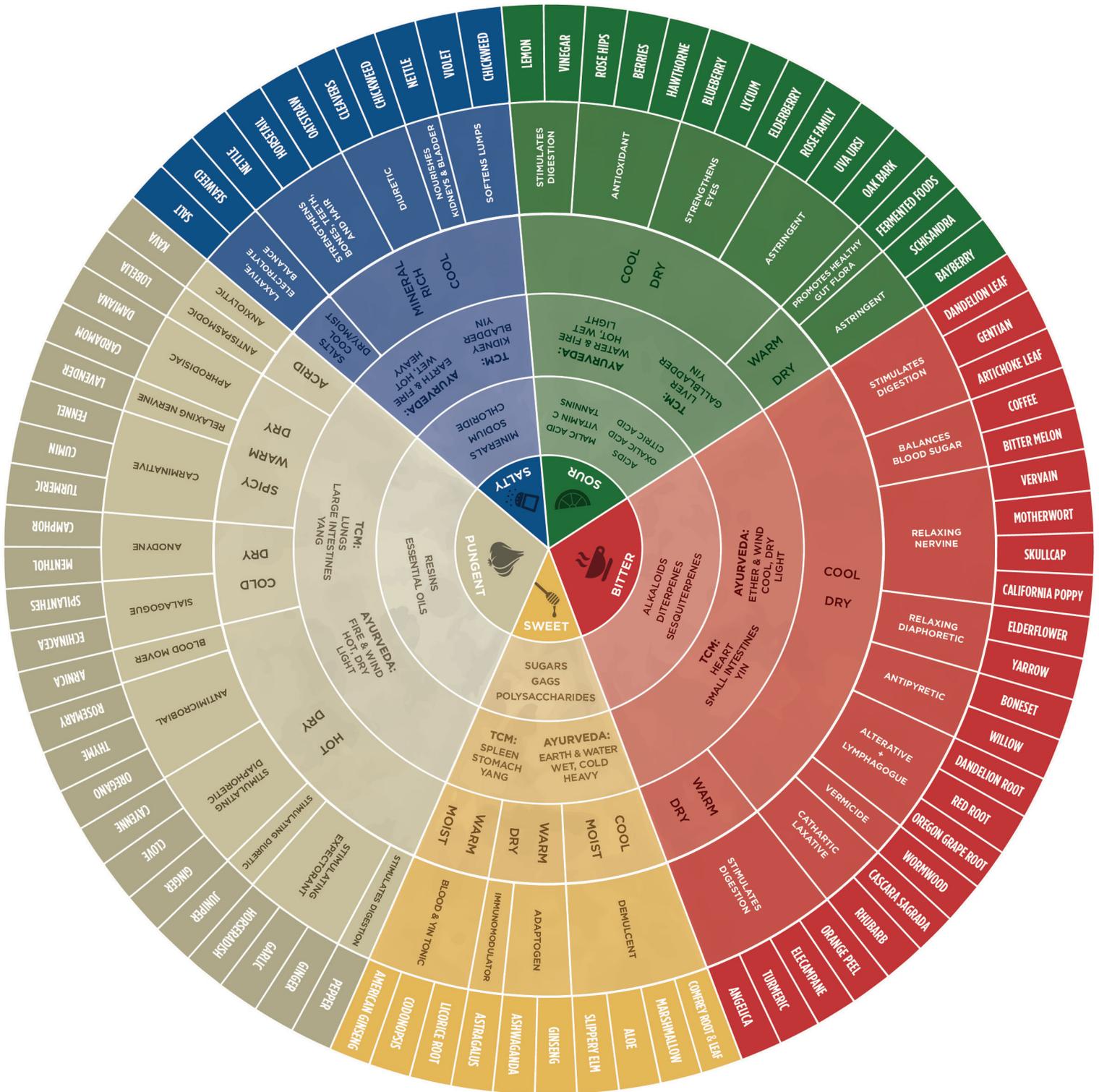


Taste of Herbs Flavor Wheel



THE SIX RINGS OF THE FLAVOR WHEEL



- 1 The Five Tastes
- 2 Common chemical constituents
- 3 Traditional Chinese Medicine & Ayurveda classifications
- 4 Plant energetic qualities
- 5 Western herbalism actions
- 6 The Herbs



Taste of Herbs Flavor Wheel created by Rosalee de la Forêt.
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Discovering Your Personal Constitution

Quiz Set A: Determining Hot and Cold

Check each statement that feels true to you.

- I tend to feel warmer than others.
- I tend to have a loud voice.
- My entire face can easily get red or flushed.
- My tongue tends to be bright red.
- I have lots of opinions and I am not afraid to share them.
- I prefer cold weather.

Total number of checks: _____

Check each statement that feels true to you.

- I tend to feel colder than others.
- I tend to have a quiet voice.
- My face, lips and/or tongue tends to be pale.
- I often feel like I have low energy levels.
- I prefer warm weather.

Total number of checks: _____

Add up the checks in both quizzes. If you clearly have more checks in the first quiz, this indicates more heat qualities. If you clearly have more checks in the second quiz then you have more cooling qualities. If you have an equal amount of checks in both quizzes this could mean that you have a fairly balanced constitution. Next step is to evaluate your damp and dry qualities...

Quiz Set B: Determining Dry and Damp

Check each statement that feels true to you.

- I tend to sweat more easily than others.
- I often have a runny nose.
- My arms and legs can feel heavy.
- I tend to have a thick coating on my tongue.
- My skin and hair are often oily.
- I prefer dry climates and don't like humidity.

Total number of checks: _____

Check each statement that feels true to you.

- My skin tends to be rough and dry.
- I often have a dry throat, nose and/or mouth.
- It's hard for me to stay hydrated.
- My hair tends to be dry.
- I often have itchy skin or scalp.
- My tongue does not usually have a coating on it.

Total number of checks: _____

Again, add up your totals for both the quizzes. If you have more checks in the first quiz then you have more signs of dampness. If you have more checks in the second quiz then you have more signs of dryness. If you have an equal amount of checks in both quizzes, this could mean you are fairly balanced in regards to damp/dry.

Your result from the first set of quizzes can be combined with your result from the second set of quizzes so that you end up with a combination of thermal results and humidity results. For example: hot/dry, hot/damp, cold/dry, cold/damp.

Your Current Energetics

Quiz Set A: Determining Hot and Cold

Check each statement that feels true to you.

- I feel hot or have a high fever.
- I am very thirsty.
- My face is red and flushed.
- I dislike hot temperatures and crave coolness.
- I am restless and/or irritable.
- I have red eyes.
- I have yellow discharges (e.g. mucus).
- I have strong odors.
- My sleep is restless.
- I have a strong appetite.
- My tongue is bright red possibly with a yellow coating

Total number of checks: _____

Check each statement that feels true to you.

- I strongly dislike cold temperatures and prefer warmth.
- I feel fatigued or lethargic.
- I have white or clear discharges (e.g. mucus).
- I have loose stools or indigested food in stool.
- I have a poor appetite.
- I have a pale face, lips and/or tongue.

Total number of checks: _____

Add up the "true" statements in both quizzes. If you clearly have more true statements in the first quiz, this indicates more heat qualities. If you clearly have more true statements in the second quiz then you have more cooling qualities. Next step is to evaluate your damp and dry qualities...

Quiz Set B: Determining your damp and dry qualities.

Check each statement that feels true to you.

- I have excess fluids (e.g. sweat or a runny nose).
- I have nausea.
- My arms and legs feel heavy.
- I have edema.
- My chest feels full of congested.
- I feel sluggish.
- My tongue has a thick coating.

Total number of checks: _____

Check each statement that feels true to you.

- My skin is rough and dry.
- My fluid discharges are scanty or thick (e.g. mucus).
- I often have a dry throat, nose and/or mouth.
- I have hot flashes or night sweats.
- I am unusually thirsty.
- I am constipated with dry stools.
- My tongue looks dry and cracked and does not have a coating.

Total number of checks: _____

Again, add up your totals for both the quizzes. If you have more checks in the first quiz, then you have more signs of dampness. If you have more checks in the second quiz, then you have more signs of dryness.

Your result from the first set of quizzes can be combined with your result from the second set of quizzes so that you end up with a combination of thermal results and humidity results. For example: hot/dry, hot/damp, cold/dry, cold/damp.

Ginger Tasting

Tasting herbs and feeling how they work in our bodies is the BEST way to learn about the art of herbalism. Once you have an experience with an herb, you are not going to forget it in the same way you can easily forget those long lists of herbs and ailments.

To show you how simple this is I am going to take you through a Simple Tasting Experience so you can really get what I mean.

This experience is about simply noticing how something makes you feel and what changes you notice in your body. There is no wrong or right experiences. It's really about your own awareness and observations.

We are going to start by tasting ginger. This is a perfect herb to start with because its energetics are very pronounced, it's easy to find and most people think it tastes good.

You could make a tea with the fresh ginger or dried ginger. Whatever you can most easily find will work great.

FOR FRESH GINGER...

- Put one tablespoon of minced fresh ginger into a cup.
- Cover this with 8 ounces of just boiled water.
- Cover the cup and let steep for ten minutes.
- two identical mugs or cups

FOR DRIED GINGER...

- Put 2 teaspoons of dried ginger powder into a cup
- Cover this with 8 ounces of just boiled water.
- Cover the cup and let steep for ten minutes.

You can strain either of these teas if you like, I generally leave the ginger in myself. *Now that your tea is made you are ready for the Tasting Experience.*

Step #1. Smell your tea...

What do you notice?

Does the tea have a smell? Do you notice any changes in your body when you smell that tea? Is it a pleasurable smell? Or do you dislike it?

Step #2. Sip your tea...

How does it taste?

Sweet? Sour? Bitter? Spicy?

Step #3. Take another sip...

What do you notice within your body?

Do you notice yourself taking a deeper breath? Do you have any sensation in your sinuses? Do you feel the digestive process begin? (More salivation, tummy rumbling?)

Step #4. Take another sip...

What do you notice about its warming or cooling qualities? Do you feel heat when you sip this tea? Heat on your tongue or in your belly? Or do you feel more cold sensations?

Remember: This experience is about simply noticing how something makes you feel and what changes you notice in your body. There is no wrong or right experiences. It's really about your own awareness and observations. Practicing and refining this tasting experience is one of the most important tools an herbalist can have.





Peppermint Tasting

Our next tasting experience is with peppermint (*Mentha arvensis*).

Like our previous tasting with ginger the most important thing is to observe how this tastes and how it feels.

You can make peppermint tea with either fresh or dried leaves. Whatever you can most easily find will work great. You could also use spearmint (*Mentha spicata*).

FOR FRESH PEPPERMINT...

- Put one tablespoon of minced fresh peppermint into a cup.
- Cover this with 8 ounces of just boiled water.
- Cover the cup and let steep for five minutes.
- Strain.

FOR DRIED PEPPERMINT...

- Put 2 teaspoons of dried peppermint leaf into a cup.
- Cover this with 8 ounces of just boiled water.
- Cover the cup and let steep for five minutes.
- Strain.

Step #1. Smell your tea...

What do you notice?

Does the tea have a smell?

Do you notice any changes in your body when you smell that tea? Is it a pleasurable smell?

Or do you dislike it?

Step #2. Sip your tea...

How does it taste?

Sweet? Sour? Bitter? Spicy?

Step #3. Take another sip...

What do you notice within your body?

Do you notice yourself taking a deeper breath?

Do you have any sensation in your sinuses?

Do you feel the digestive process begin? (More salivation, tummy rumbling?)

Step #4. Take another sip...

What do you notice about its warming or cooling qualities?

Do you feel heat when you sip this tea?

Heat on your tongue or in your belly?

Or do you feel more cold sensations?

Try drinking this tea cold. How do the sensations you experience change?

