



## Sky House Herbal Apprenticeship Program Year One

### Plant Dieting & Journaling



### What is a Plant Diet?

A plant diet is the most direct way to study plant medicines. The term “diet” is the literal translation of the Spanish word “dieta” which refers to the shamanic practice of imbibing plants in order to create a relationship with them. We have chosen this word for an important reason. In the Amazon, the shamans understand that the power of the plant only makes itself available when we commit ourselves to becoming an apprentice to the plant itself. By making a commitment in this way we open our minds, bodies, and spirits to the teachings of the medicine and only then can we authentically share this with others.

Plant diets are restrictive in that we vow to only work with this plant during this set period of time. You do not need to change your regular diet although you may find that your tastes change as the plant works with you. If you are already taking other herbs you can continue but we ask that you don't add any other new plants into your diet.

If you are taking supplements or pharmaceutical medications please inform your faculty before you begin the plant diet. In most cases you will still be able to take these medications while dieting a plant.

### Instructions

For the daily diet you will be drinking between 2 cups to a quart of the plant tea daily. For the amount see your plant diet preparation instructions below. We ask that you drink these plant diet teas for a minimum of one week and up to two weeks. They can be enjoyed anytime during the day although it is preferable to drink them in the first part of the day so you are able to feel the results. If you are unable to drink the tea due to the taste, you can add a small amount of raw honey or salt. Do not use artificial sweeteners or juice. See specific instructions below for each type of diet.

### Plant Diet Preparation Instructions

#### Overnight Hot Infusion - For Tonic Herbs

1. Add ¼ cup of your herbs to your one quart glass mason jar
2. Fill with hot water (approx. 4 cups) and cover completely with a lid or cap
3. Steep overnight. Strain and drink the next day.

#### Simple Infusion - Best for Aromatic Plants/Delicate Flowers

1. Add 1/8 cup of your herbs to your one quart glass mason jar
2. Fill with hot water and cover
3. Steep for 15 - 30 minutes. Strain and drink.



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Overnight Cold Infusion - Best for Polysaccharide Containing Plants

1. Add 1/8 cup of your herbs to your one quart glass mason jar
2. Fill with cool or room temperature water and cover
3. Steep overnight. Strain and drink the next day.

Decoction - Best for Roots or Barks

1. Add 1-3 tbsp of your herbs to a stainless steel pot
2. Pour one quart of water over the herbs. Bring to a boil.
3. Turn down the heat to a low rolling boil (simmer) and partially cover leaving room for the steam to escape for 15 minutes. Watch carefully.
4. Turn off heat and cover for 15 minutes. Strain and drink.

### Journaling

A large part of your learning will come from your experiences with the plants. Journaling will help you to capture, process, and reflect. We recommend you record your plant diet experiences daily in your journals. Some ideas of what to include:

- Your Sensory Experience of the Plant - What do you experience through your five senses? Include color, flavor, scent, feeling, temperature, and energetic experiences of plant (hot/cold/damp/dry).
- Your Personal Experience with the Plant -What do you notice? How do you feel? What has shifted? Include any images, insights, or physical changes that you noticed during the day or in your dreams.

### Yearly Plant Diet Schedule

|           |                       |               |                         |
|-----------|-----------------------|---------------|-------------------------|
| May       | Nettles .....         | 1/4 cup.....  | Overnight Hot Infusion  |
| June      | Oatstraw .....        | 1/4 cup.....  | Overnight Hot Infusion  |
| July      | Red Clover .....      | 1/4 cup ..... | Overnight Hot Infusion  |
|           | Lemon Balm.....       | 1/4 cup.....  | Overnight Hot Infusion  |
| August    | Linden.....           | 1/8 cup ..... | Simple Infusion         |
|           | Peppermint.....       | 1/8 cup ..... | Simple Infusion         |
| September | Elder Flowers .....   | 1/8 cup ..... | Simple Infusion         |
| October   | Chamomile.....        | 1/8 cup ..... | Simple Infusion         |
| November  | Holy Basil .....      | 2 tbsp .....  | Overnight Hot Infusion  |
| December  | Marshmallow Root..... | 1/8 cup ..... | Overnight Cold Infusion |



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|          |   |
|----------|---|
| January  | Yarrow ..... 2 tbsp ..... Simple Infusion       |
| February | Licorice Root..... 1 tbsp..... Decoction        |
|          | Hawthorn..... ¼ cup..... Overnight Hot Infusion |
| March    | Burdock Root ..... 2 tbsp ..... Decoction       |
| April    | Dandelion Root ..... 2 tbsp ..... Decoction     |