

## TISSUE ENERGETICS

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### **Hot Tissues**

Inflamed, red, increased activity of skin, excess, irritation, hyperactive, yellow and green discharges, hot skin, warm head and paws

### **Hot Herbal Actions**

Stimulate, warming, increase activity, can be relaxing, thin mucus and secretions

### **Hot/Warming Herb Examples**

Cayenne pepper, cardamom, ginger, thyme, celadine, myrrh

### **Cold/Cool Tissues**

Decreased activity, deficient, mostly chronic, soreness, dull eyes, cold head and paws, white secretions, lethargy, contracted

### **Cold/Cool Herbal Actions**

Help slow function, contract tissues, soothe, cool, reduce excess, sedative

### **Cold/Cool Herb Examples**

Chickweed, comfrey, dandelion leaf, red clover, horsetail

### **Dry Tissues**

Dry, sullen, sunken, brittle nails, coarse fur, stiffness, dandruff, scaly, scabby, crusty, broken open, inflexible

### **Dry Herbal Actions**

Decreases moisture

### **Dry Herb Examples**

Barberry root, german chamomile, lemon peel

### **Damp Tissues**

Excessive moisture, congestion, stagnant, dull senses, lethargic, poor circulation

### **Damp Herbs**

Cooling, slippery, adds moisture

### **Damp Herb examples**

Pumpkin, cucumber, wild strawberry, cleavers, plantain

### **Tense Tissues**

Inflexible, spasm, tight

### **Tense Herbs**

Astringe, tighten, bring together

### **Tense Herb examples**

Lady's mantle, rose hips, rosemary, yellowdock

### **Lax Tissues**

Loose, open, spilling over, weak, swollen, leaking fluids

### **Lax Herbs**

Soothing and relaxing

### **Lax examples**

Marshmallow, oat straw, borage, slippery elm