



QUICK GUIDE TO USING HERBAL CAPSULES

Pros to using herbal capsules

- Simple
- Inexpensive
- Empowering
- Ideal for harsh-tasting plant medicines
- With the exception of someone with really poor digestion, the human digestive system is stronger at extracting plant constituents than water or alcohol (teas or tinctures).

Cons to using herbal capsules

- Store-bought capsules can be of poor quality and expensive.
- You can't as easily taste the medicine.
- Won't address tissues in the mouth or throat (i.e. marshmallow capsules don't soothe the esophagus in acid reflux)
- Someone with extremely poor digestion may not be able to break down the plant material (fairly rare)

Example herbs that work well as capsules

Practically any herb that doesn't have a lot of aromatic compounds is a candidate for encapsulation. Here's a list of herbs that I commonly recommend as capsules to clients.

- Goldenseal (*Hydrastis canadensis*)
- Andrographis (*Andrographis paniculata*)
- Black Walnut (*Juglans nigra*)
- Cayenne (*Capsicum annuum*)
- Barberry (*Berberis spp.*)
- Cinnamon (*Cinnamomum zeylanicum*)
- Willow (*Salix spp.*)
- Burdock (*Arctium lappa*)
- Cascara Sagrada (*Rhamnus purshiana*)
- Turmeric (*Curcuma longa*)
- Boswellia (*Boswellia serrata*)
- Ashwagandha (*Withania somnifera*)
- Triphala (*Embllica officinalis, Terminalia belerica, Terminalia chebula*)

Tips for making your own herbal capsules

- Use freshly ground herbs that are vibrant and potent.
- Make herbal capsules in small batches so that you are always using freshly ground herbs that are still potent.
- Use only finely ground plant materials.
- Place your capsules in a bottle, then spoon in ½ teaspoon of the herbal powder and shake it around. This dusts the capsules with just a bit of herbal powder which allows you to taste the herbal medicines as you are taking them.