**THE HERB SAFETY CONTINUUM SCALE**

<table>
<thead>
<tr>
<th>SAFETY RATING</th>
<th>CLASS OF HERB</th>
<th>SAFETY NOTES</th>
<th>PERIOD OF USAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>NOURISHING HERBS (NH)</td>
<td>No known side effects</td>
<td>As often as wanted, like food</td>
</tr>
<tr>
<td></td>
<td>Nourishing Tonics (NT)</td>
<td>Little to no side effects</td>
<td>Daily use over long periods of time</td>
</tr>
<tr>
<td></td>
<td>STIMULATING TONICS (ST)</td>
<td>Possible side effects with improper use</td>
<td>Days to months</td>
</tr>
<tr>
<td></td>
<td>SPECIFIC HERBS (SH)</td>
<td>Acute use only</td>
<td>2 to 3 weeks</td>
</tr>
<tr>
<td></td>
<td>HEROIC HERBS (HH)</td>
<td>Extreme acute use only under guidance of experienced herbalist</td>
<td>Very limited doses</td>
</tr>
</tbody>
</table>

**EXAMPLES OF HERBS TO CHOOSE**

- Nettles, oatstraw, chickweed, alfalfa
- Reishi, burdock, dandelion, holy basil, Astragalus, cinnamon, garlic, schisandra berry, raspberry leaf
- Hawthorn, ginseng, licorice, eleuthero, Rhodiola, turmeric, ashwagandha, Ginkgo, ginger, motherwort
- Goldenseal, myrrh, juniper, Usnea
- Foxglove, poke root, lily of the valley

**FACTORS THAT AFFECT DOSAGE**

- Smaller body size, increased sensitivity to herbs, differences in physiological function from adults

**DOSAGE GUIDELINES**

*The necessity and tolerance for herbs change throughout an individual's life and safe usage in each phase of life calls for appropriate doses of herbs. Begin with gentle herbs and start with small doses. Watch carefully for improvements or reactions and adjust accordingly.*

### CHILDHOOD

**RULES FOR CONVERTING ADULT DOSAGE TO CHILD-FRIENDLY DOSE**

- **Clark’s Rule:**
  \[
  \text{child's weight}/150 = \text{fraction of the adult dosage indicated}
  \]

- **Young’s Rule:**
  \[
  \text{child's age + 12} = X; \text{then child's age}/X = \text{fraction of adult dosage indicated}
  \]

- **Cowling’s Rule:**
  \[
  \text{child's age at next birthday}/24 = \text{fraction of adult dosage indicated}
  \]

**EXCEPTIONS FOR CONVERTING ADULT DOSAGE TO ELDER-FRIENDLY DOSAGE**

**PREGNANCY** & LACTATION

- Red raspberry leaf, nettle, oatstraw, chamomile, ginger, echinacea

**FACTORS THAT AFFECT DOSAGE**

- Effects of herbs on fetus/newborn, differences in physiological function during pregnancy

**ELDERHOOD**

**RULES FOR CONVERTING ADULT DOSAGE TO ELDER-FRIENDLY DOSE**

- Guidelines from King's American Dispensatory

**EXAMPLES OF HERBS TO CHOOSE**

- Hawthorn, Ginkgo, burdock and dandelion roots, ginseng, Astragalus, linden, mushrooms, Lycium

**FACTORS THAT AFFECT DOSAGE**

- Prescription drug usage, reduction of digestion and absorption of nutrients, slowed elimination
### Dosage Guide for Sensitive Life Phases

#### Determine Adult Serving Size at a Glance

<table>
<thead>
<tr>
<th>Tool</th>
<th>Acute Dose (CHRONIC)</th>
<th>Chronic Dose (ACUTE)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infusion, Decoction</td>
<td>¼ – ½ cup, every 30 to 60 minutes with a total of up to 4 cups per day.</td>
<td>2 to 4 cups per day for several months</td>
</tr>
<tr>
<td>Tincture, Glycerite, Vinegar</td>
<td>1 mL (¼ tsp) to 2.5 mL (½ tsp) taken every 30 to 60 minutes. Reduce the frequency of the dose as symptoms abate.</td>
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</tr>
<tr>
<td>Capsule</td>
<td>1 capsule taken every 60 minutes. Reduce the frequency of the dose as symptoms abate.</td>
<td>1 to 3 capsules taken 1 to 3 times daily</td>
</tr>
<tr>
<td>Syrup</td>
<td>½ tsp to 1 tbsp, taken 1 to 3 times daily</td>
<td>½ tsp to 1 tbsp, taken 1 to 3 times daily</td>
</tr>
</tbody>
</table>

#### Benefits:
- Infusion, Decoction: Extracts vitamins, minerals, and other herbal constituents very well. Helps to encourage hydration and fluid flow which can be beneficial in certain situations such as urinary tract issues. Also may help folks to slow down and relax while preparing and drinking their infusion or decoction.
- Tincture, Glycerite, Vinegar: Can be an easy way to preserve and take herbs. The taste of the herb is present when taking which is important for some herbal actions such as with bitters. Concentrated preservation of herbal constituents and helps to make available certain constituents that do not extract well into water.
- Capsule: Very easy to take for some folks especially when taking less palatable herbs. Watch out for inferior products that may contain poor quality herbs.
- Syrup: Syrups are a delicious way to take your herbs! Lasts longer than infusions and decoctions, helps to coat a sore throat, and are typically easy to give to kids. Be sure to adjust the dosage for children.

### References


Herbal Academy programs offer multiple levels of comprehensive herbal education, ranging from very beginner to the advanced clinical level. Set your foundation in the Introductory Herbal Course, explore herbal therapeutics for body systems in greater depth in the Intermediate Herbal Course, prepare for business endeavors in the Entrepreneur Herbal Course, and delve into complex clinical topics in the Advanced Herbal Course. All programs are held online, and designed with an international classroom in mind.

View all herbalist training programs and path packages on the Herbal Academy’s website: theherbalacademy.com/courses-classes.