

Unit 9: Activity 4 – Bitters Activity Forum (Feedback only - this activity is not graded)

By the end of this assignment you will:

- Be able to make a compound digestive remedy and know how to calculate
- suitable proportions of herb material and menstruum.
- Have considered the advantages and disadvantages of using different menstrooms.
- Have further developed your understanding of the actions of bitters and how they can be used to improve digestion.
- Have found information from a variety of appropriate sources to support your decisions about your recipe.

Description of this assignment:

1. Imagine you have a jar, and you are about to make your own remedy, **A Bitter Digestive Compound**, made up of several herbs, which will be a gentle stimulant of the digestive cascade.

2. You are going to soak these herbs together in a liquid 'menstruum'. The menstruum might be a distilled alcohol like vodka, or it might be a strong wine, or you may prefer to use a vinegar such as apple cider vinegar, or glycerine. If you have 25g of herbs you will use at least 100ml of 'liquid' (alcohol, vinegar, glycerine). Once the herbs have macerated (soaked) in your chosen liquid medium, you will press them/strain off the liquid, then bottle and label the remedy.

3. You will suggest a suitable dose, for example 20 drops before meals as a digestive 'tonic'.

4. Select your herbs from the lists below:

A. Choose one bitter from the list of herbal bitters below. This will form between 5% and 15% of the total weight of your herbal mixture, after researching how bitter your chosen bitter herb is:

- *Gentiana lutea* L. (yellow gentian)
- *Artemisia absinthium* L. (wormwood)
- *Cynara scolymus* L. (artichoke)
- *Chamaemelum nobile* (L) All. (Roman chamomile)

B. Choose at least one aromatic carminative herb from the list below. This will form the remaining 85-95% of the total weight of your herbal mixture.

- *Mentha x piperita* L. (peppermint)
- *Pimpinella anisum* L. (aniseed)
- *Citrus x aurantium* L. (bitter orange peel)
- *Elettaria cardamomum* (L) Maton. (cardamom)
- *Zingiber officinale* Roscoe. (ginger)
- *Foeniculum vulgare* Mill. (fennel seed)
- *Punica granatum* L. (pomegranate arils)

C. Optional: Choose one of the herbs below to complement the other herbs you have chosen for your recipe. This would make up part of the 85-95% total weight, alongside your chosen aromatic carminative herb/s):

- *Althaea officinalis* L. (marshmallow leaf or root)
- *Taraxacum officinale* (radix) F.H.Wigg (dandelion root)
- *Tilia spp.* (lime blossom bracts/flowers)

5. Write out your recipe including amounts and instructions for making, and how long it is macerated. Remember to include the weight of herbs to volume of liquid proportions.

6. Tell us about the menstruum you used, why you selected it, and explore if there is research to back up your choice.

7. Briefly consider and explain the reasons for your choice of herbs and why they might work well together. Please source some research that supports the use of bitter and aromatic herbs for digestive health, referencing appropriately.

8. Comment on at least one post from another student on the Bitters Activity Forum.

Notes on this assignment:

- Add your completed work as a post on the Activity Forum link at the bottom of Unit 9.
- Comment on at least one other post within the Activity Forum.
- You will not be given a grade for this assignment but your tutors will provide feedback.

Word count: There is no word count for this activity but we would suggest your post should be between 200-400 words. Please state your word count at the end.

Copy and Paste: Please do **not** copy and paste from any source (book, research paper etc.) into your work. We would like you to read the information, think about what it means, and write what you have learned in your own words. Cutting and pasting others' work is known as plagiarism and is viewed as bad practice across the academic world. This is especially important for those of you who are intending to go forward to the Professional Course.

Referencing: Once more, we would like to stress the importance of referencing and crediting sources of information. Whenever we use content from other sources, it is important to cite the original author. We suggest you attempt the APA style of referencing (and don't worry if you get it wrong!). If you are stuck, or finding it difficult to reference correctly, please say so in your post. Your tutors will be happy to help you out. If you do not plan to go on to the Professional Course in herbal medicine here or elsewhere, and you would prefer your feedback to be not overly technical, please put the letters "NPC" clearly at the end of your assignment. If you are considering doing the Professional Course in the future please attempt APA referencing and put "PC" at the end of your submission.

MARK	ASSIGNMENT CRITERIA
N/A	Created a post on the Bitters Activity Forum, following the instructions given, which includes a recipe that is easy to follow, the reasons for your menstruum and herb choices, and appropriate choice of weights and volumes.
N/A	Sourced relevant research (books, research papers, online sources) to support the use of your menstruum, and the use of bitter and carminative herbs for digestive health.
N/A	Accurately referenced the source material.
N/A	Commented on at least one other student's post on the Bitters Activity forum.

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