

# How to use this book

This is a coloring book! Find your crayons!  
Step into your right brain!

My first herb teacher, Toni Narins, gave the best advice about how to learn herbs... Make it fun! It was that advice that inspired this book. Thank you, Toni!

Since there are so many herbs to memorize, I have found that the easiest way to keep things organized in the brain is to know herb categories. If you know the category for each herb, then you have won half the battle. Each category in this book has a theme. Each herb has its own story and picture related to that theme. In times of stress, like tests, if you can't remember the herb function, just remember the theme of the category and it will help you bring back the information.

To get the most out of this book color the pictures. Allow yourself to be a child again. Use red for blood, yellow for urine, and add colors that make you happy. Sing the songs. Go back and look at the pictures while doing something relaxing. Don't try to memorize, let your right brain play. The left brain will remember on its own. The key is to enjoy yourself. Study in places that inspire you, like the park, the zoo, a botanical garden, or the Oriental art exhibits in museums.

This book is not a substitute for attending classes or studying from a materia medica, such as "Chinese Herbal Medicine: Materia Medica" by Dan Bensky and Andrew Gamble. In this text, I recommend you read the beginning of every chapter to help you with the theory. That will make remembering the herbs even easier.

