# Herbal Energetics — Study Worksheet

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**Plant name / botanical name**

**Plant part and preparation described by your reference**

**Traditional descriptor (warming, cooling, drying, moistening, other)**

**Tradition / author / source title, page or URL**

**What the author actually says (paraphrase; do not overstate)**

# Evidence, Safety & Reflection

Distinguish traditional language from research findings

### Does another source describe this plant differently?

### Evidence questions — what is known or uncertain?

### Safety questions — what needs expert review?

### My next research step

*Traditional energetic descriptors are not measures of clinical safety or effectiveness.*