

The Ten Tastes - The Energetics of Herbs

In virtually every traditional system of medicine including Traditional Chinese Medicine, Kambo, Unanni-Tibb, Ayurveda, and Tibetan medicine, there are two important components that help separate it from a simple collection of folk remedies. The two foundations of traditional medical practice are a system of constitutional energetics (hot, cold, damp, dry, excess, deficient, etc.) and a method of classifying herbs as to their energetic effect on the body. In most systems the taste of the herb is the most effective and easiest way to accomplish this. For 40 years, David has studied the world's great systems of medicine and found ways to simplify these challenging and often difficult to grasp concepts into a concise, easy to learn and effective system that can be utilized by beginning herbalists as well as advanced clinical practitioners. Thousands of students throughout the world have studied David's 10 Tastes and found it enables them to more accurately assess patients' problems and more effectively apply appropriate herbs to help the body regain balance and health. This system also helps to prevent exacerbation of illness due to incorrect prescribing and is especially effective when used along with systems of practice such as western herbal medicine/ phytotherapy which do not have an energetic basis.

A Message From Matthew Wood Regarding The Ten Tastes System

David Winston is one of the most important contemporary teachers in the field of Western herbal medicine. Few can match his background and experience, uniting traditional Native American medicine, Eastern and Western herbalism, and modern biomedicine.

He studied with traditional and native elders, as well as Western herbalists of the past generation, some of whom are no longer with us. He is thoroughly grounded in traditional Chinese medicine, and David is one of the few knowledgeable teachers of the eclectic and physio-medical traditions of 19th century American herbal medicine - systems of great importance in the current renaissance of herbalism in the West. David Winston is therefore in the unique position of being able to compare different uses and traditions. To this he adds 32 years of clinical experience in tens of thousands of cases and situations.

My own work has been much aided and enriched by Winston's original contributions to bridging the gap between traditional energetics, tastes, scents, and physical properties, and the biochemistry of herbal medicines. I feel he has contributed the most important and workable ideas in this area of our work. A great deal of this insight comes from his ability to understand the commonalities of these diverse systems and create his own unique and effective hybrid, known as the Ten Tastes, which this class will discuss.

All of us in the herbal field are grateful to hear the recent news that David will be offering an on-demand class on the Ten Tastes. It is seldom that we have the opportunity to receive precious "heritage gifts" of this nature.

Matthew Wood, MS (HM), RH (AHG)

*We don't recommend taking this class if you have a dial up connection.

This program is broadcast using Adobe Flash, which is compatible with most PC and MAC operating systems.