

Healing our heart

Additional Resources

Herbs for the Circulatory + Cardiovascular System

Cramp Bark, *Materia Medica***

<https://materiamedicaresource.wordpress.com/2013/08/11/cramp-bark/>

Ginkgo, Anne Schadde**

<https://www.provings.info/pruefungen.html/ginkgo%20biloba%20anne%20en.pdf?pruefung=ginkgo%20biloba%20anne%20en.pdf>

Ginkgo, *Materia Medica***

<https://materiamedicaresource.wordpress.com/2013/07/17/ginkgo/>

Hawthorn, *Herb Rally***

<https://www.herbrally.com/monographs/hawthorn/>

Hawthorn, *Tribe+Truth*

<https://docs.google.com/document/d/1CvVLiUW4b-CrXItAFocLQVg2MxacMyQUnsFfRfJ1Fk>

Herbs for the Cardiovascular System, *Aroma Culture**

<https://www.aromaculture.com/blog/top-10-herbs-for-the-cardiovascular-system>

Herbs for the Heart, *Sage Maurer* **

<https://drive.google.com/file/d/OB2mNfHjzPFLdVk5jRmRTUTRyTlk/view?usp=sharing>

Hibiscus, *Semilla of Ixchel*

https://docs.google.com/document/d/1WWyZ1lgINGAnpEORLbCQHDGIM6PITDtrlhFFEyYy_N8/edit?usp=sharing

Hibiscus, *Bioweb***

http://bioweb.uwlax.edu/bio203/2011/curler_meli/habitat.htm

Circulatory + Cardiovascular System

Cardiovascular 3d Interactive, *Inner Body****

<http://www.innerbody.com/image/cardov.html>

The Heart & the Circulatory System, *Mayo Clinic****

<https://www.youtube.com/watch?v=CWFyxn0qDEU>

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Additional Resources

Heart Chakra Magick

Anahata Heart Chakra Awakening Kundalini Practice, *Zain Saraswati Jamal*

<https://www.youtube.com/watch?v=5TtYqm00AT8>

FEF Flower Essence Guide, *Flower Essence Services***

<http://fesflowers.com/files/7114/2678/9893/flower-essence-guide.pdf>

Tips on Balancing the Heart Chakra, *The Herbal Academy***

<https://theherbalacademy.com/tips-balancing-heart-chakra/>

Working with the Heart Chakra, *Golden Poppy Herbs***

<https://www.goldenpoppyherbs.com/blog/the-heart-chakra/>

Eye Gazing: A Powerful Exercise for Bonding and Self Exploration, *Medium*

<https://medium.com/honeyboom-xyz/eye-gazing-a-powerful-exercise-for-bonding-and-self-exploration-fe6444a91353?source=linkShare-1fc4a9e36a61-1533385665>

Seed Saving + Seed Keeping

6 Tips for Storing Seeds Saved From Your Own Garden, *GH***

<https://www.goodhousekeeping.com/home/gardening/a20706339/how-to-store-seeds/>

29 States Just Banned Laws about Seeds, *Mother Jones*

<https://www.motherjones.com/food/2017/08/29-states-just-banned-laws-about-seeds/>

The Law of the Seed, *Navdanya*

<http://www.navdanya.org/attachments/lawofseed.pdf>

Seed Freedom, *A Global Citizens' Report*

http://navdanya.org/attachments/Seed%20Freedom_Revised_8-10-2012.pdf

Seed Saving Guide, *Seed Savers Exchange***

https://www.seedsavers.org/site/pdf/Seed%20Saving%20Guide_2017.pdf

Seed Saving Instructions, *Native Seeds/SEARCH*

<https://www.nativeseeds.org/learn/seedsaving>

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Additional Resources

This list was compiled with the intention of including resources from as many POC as possible. Because of the lack of representation in the fields of health and wellness, we have had to include information from non-POC sources as well. Resources by non-POC are marked as follows:

*white presenting or non-POC identifying

**non-POC

***non-POC, cis man