



MATERIA MEDICA

EXPLORE YOUR ENERGETIC
RESPONSE WITH HERBS AND
OTHER FOODS..



BEAUTIFY FACE YOGA

INTRO

WELCOME TO THE ENERGETIC WORLD OF FOODS & DRINKS



This is a dedicated space for storing your unique responses to the herbal actions that you take.

Deciphering your body's response to herbs and other foods can help you become more aware of your body. This can be particularly helpful for anyone experiencing allergies.

For folks over 40 years, you may sometimes experience a hormonal shift in your body that presents a new "allergy". This is very common, but not entirely known by many people.



WAYS TO USE THIS GUIDE.



Connect deeply with the self-guided process so you can elevate your health and vitality



Go step by step and use this template or use it as a guide for reflecting in a purchased journal that you can easily keep in your kitchen or take on the go.



Reflect with completeness to allow the self-study you are doing through the experience you have with herbs so you can enliven your vitality.



Better understand your nourishment and how you can enrich your digestion with more clarity in your gut health.

TIPS FOR LIVING IN HARMONY WITH EDIBLE ENERGY.



- Eat balancing foods.
- Eat within the six tastes: bitter, salty, sweet, pungent, astringent, & sour.
- Be aware of the foods you are eating.
- Use this journal to document your response to herbs and other foods.
- Attune your diet to match what it needs.

SPECIAL NOTE

Also, if you aren't already, please become attuned to your body's feelings as you eat and why you would want to isolate each ingredient in your diet. I am suggesting you use this specifically for herbal actions in the beginning of your self-awareness practices which can influence your digestive health.

WHY A MATERIA MEDICA PRACTICE?

Dictionary

Definitions from [Oxford Languages](#) · [Learn more](#)



ma·te·ria med·i·ca

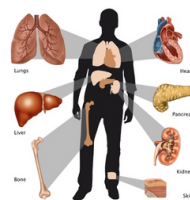
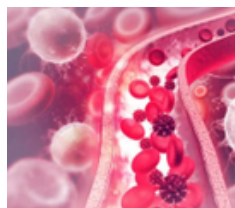
/mə'tirēə 'medəkə/

noun

- the body of **remedial** substances used in the practice of medicine.
"his confidence in materia medica tends to waver"
- the study of the origin and properties of remedial substances used in medicine.
"to one Professor is assigned Human Anatomy and Materia Medica"

Materia Medica comes from the Latin language and dates back to 1663, when medical professionals would study the origin and properties of matter used in medicines.

With holistic health practices, we can use a parallel self-study to identify ingredients and the energies they bring into our bodies. By cultivating a discovery process about your unique individual body and how it responds to ingredients, **you can fine tune your gut health and refine your overall health** by attending to the vital nature of your digestive organs, you in turn, offer the best possible environment for you to boost your blood nourishment, which in turn, nourishes your organ health, which fosters overall general health and vitality!



GUT HEALTH +. NOURISHED BLOOD & ORGANS. + VITALITY

MATERIA MEDICA

Use the following questions to isolate the ingredients you eat. Be sure to be complete in your descriptions so you can return to this and reflect if there is an ongoing isolating concern or effect.



This can be incredibly helpful if you take medications. You can do this practice to better understand its workings with your body.

WHAT IS THE NAME OF THE INGREDIENT YOU ARE EATING? IN WHAT SEASON DOES IT GROW?

WHAT EFFECT DO YOU SENSE ON YOUR TASTE BUDS WHEN CHEWING?

DO YOU NOTICE IF IT IS EASY TO SWALLOW AND DO YOU NOTICE IT IN THE THROAT OR LOWER IN YOUR ESOPHAGUS? PLEASE DESCRIBE.

HOW DOES THIS INGREDIENT IMPACT YOUR FEELINGS IN YOUR STOMACH AND DIGESTIVE TRACT, INCLUDING YOUR ELIMINATION. OF THIS INGREDIENT.

Sit for a moment and listen to your intuitive feelings about any random places you may have new feelings, for example, if you are taking an herb or a drug for your heart, do you have signs and symptoms in your feet? List these things here and do not hold back.



INTUITIVE CONTINUATION OF THOUGHTS DESCRIPTION

A large, empty, light gray rectangular area intended for writing the intuitive continuation of thoughts and descriptions.



ANGELA ROSOFF

Angela is an Ayurveda Digestive Health Counselor and coaches women into a state of deep awareness about their inner state of being. Additionally, she is a yoga and face yoga teacher. She is also a culinarian. In another time of her life, she was a private chef and pastry chef in fine dining restaurants.



If you would like to explore my programs or work with me 1:1, I have a range of price points from which you may experience. I believe in the highest quality coaching experience for each and every client I work with. We will meet 1:1 for check-ins always.

Explore more at: <https://beautifyfaceyoga.com/>

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MY PHILOSOPHY ABOUT BEGINNING MATERIA MEDICA PRACTICE

Digestive Health Coach, 500HR-RYT, E-RYT200,
Face Yoga Method Certified, and Founder of Beautify
Face Yoga

Angela believes in our connection with nature and holds the ideal experience for humans to co-create with the planetary resources with respect and dignity for the planet and ourselves.

Materia Medica is a term that herbologists have used for hundreds of years to isolate potent ingredients for use medicinally. Cultivating this practice is an aligned action for your health and vitality.

With continued self-study through Materia Medica practices, you will find that you become more aware of the foods you eat and the energetic qualities that you invite into your body to bring yourself into balance or imbalance.

If you like this guide, you may enjoy the 3-day course, the [Energetics of Foods & Drinks!](#)