

Ancestral Herbal Starter Guide

African & African-American Folk Medicine
Preventative Wellness - Natural Sourcing - Primitive Skills

A beginner's companion from Apocalypz.org
For Africa and her Diaspora

Welcome, Seeker

For generations, our ancestors kept themselves well with the plants, foods and skills of the land around them. This knowledge was passed down through grandmothers, root doctors and healers across Africa and the Diaspora. This guide is a gentle first step for the complete beginner - no prior knowledge required.

The heart of ancestral health is PREVENTION: keeping the body clean, alkaline and strong so that dis-ease has no place to take root. Pair this guide with the free lectures in the Herbal / Natural Health category on Apocalypz.org.

Part 1 - Preventative Teachings

Let food be your first medicine. The old teaching is simple: eat close to the earth, drink clean water, rest with the sun, and cleanse regularly.

- Eat living foods: leafy greens, fruits, roots and sea vegetables over processed foods.
- Hydrate with clean spring water; add lemon or hibiscus (sorrel) for minerals.
- Mineralize: sea moss, baobab and moringa are ancestral nutrient powerhouses.
- Rest & rhythm: sleep with the cycles of the sun; stress weakens the body.
- Gentle fasting: periodic rest from heavy food gives the body time to cleanse.
- Move daily: walking, stretching and breathwork keep energy flowing.

Part 2 - Naturally Sourcing Your Ingredients

You can gather much of your medicine from the earth. Sourcing responsibly (wildcrafting) protects the plants for the next generation.

- Learn 5 plants first: know each one with total certainty before use.
- Common allies: dandelion, plantain leaf, mullein, burdock root, elderberry.
- Harvest ethically: never take more than 1 in 10 plants; leave the roots to regrow.
- Avoid roadsides and sprayed land; gather from clean, unpolluted ground.
- Grow your own: a small home medicine garden gives you a trusted supply.
- Buy wisely: choose organic, wildcrafted sources from trusted Diaspora vendors.

Part 3 - Simple Preparations

Three foundational preparations cover most beginner needs. Always start with small amounts and observe how your body responds.

- Herbal Tea (infusion): steep 1-2 tsp dried herb in hot water, 10-15 min. For leaves & flowers.
- Decoction: simmer tougher roots & barks in water 20-30 min. For burdock, ginger, sarsaparilla.
- Tincture: soak herbs in high-proof alcohol 4-6 weeks; strain. A concentrated, shelf-stable extract.
- Salve: infuse herbs in oil, warm gently, add beeswax; cools into a healing balm for skin.
- Label everything with the herb name and date.

Part 4 - Primitive Skills to Support the Teachings

Self-sufficiency is part of the tradition. These core skills let you support your health without depending on outside systems.

- Fire: master friction and flint methods; fire purifies, cooks and warms.
- Water: filter through sand & charcoal, then boil 1+ minute to make water safe.
- Shelter: learn to build a dry, insulated shelter from natural materials.
- Food preservation: drying, salting and fermentation (a probiotic tradition) store the harvest.
- Cordage & tools: make rope from plant fibers; craft simple digging and harvesting tools.
- Observation: read the seasons, the soil and the sky to know when to plant and gather.

A Word on Safety

This guide is for education and cultural preservation only. It is not medical advice and does not replace a qualified healthcare provider. Herbs can be powerful - some interact with medications or are unsafe during pregnancy. Always research thoroughly, start slowly, and consult a professional before treating any condition.

Continue your journey with the free lectures, classes and community at Apocalypz.org. Ase.