
Medicine Crafts Collective

Ancestral Apothecary: Level 1 Home Herbalist

Welcome Packet

Dates Tuesdays, April 7, 14, 21, 28, 2026

Time 6:00 – 8:00 PM

Location Jesse's House HQ, 13707 Sablechase Court, Houston, TX 77014

Capacity 12 seats

Certificate Level 1 Home Herbalist Foundations (8 hours)

Instructor JC Jackson, Clinical Herbal Medicine Maker

An Elijah Broke The Gate Apothecary Division Initiative

www.elijahbrokethegate.com

Welcome, Medicine Maker

We are honored you chose to sit in this circle. Medicine Crafts Collective was born from Elijah Broke the Gate, a grief-rooted, hope-centered wellness company that supports women and families who experience child loss through storytelling, garden therapy, apothecary work, and holistic healthcare advocacy.

Over the next four Tuesdays, you will learn to safely make your own herbal remedies, salves, teas, and simple blends, in a space that honors God, ancestors, and community. No prior experience is needed. You will leave each week with remedies you made yourself and simple ways to keep practicing at home.

Rooted in Faith: Medicine Crafts Collective is a Christ-centered space. We believe the herbs of the field are gifts from God, and we honor the ancestors who carried this healing wisdom forward. Our work is grounded in scripture, guided by prayer, and offered in service to community. We worship the Lord and walk in His provision for our health and wholeness.

This packet has everything you need to prepare. Read through it before your first class, and bring it with you if you'd like.

JC Jackson

Download the RetreatRX App

Before your first class, make sure to open RetreatRX, your companion app for this entire series. You will use it throughout the course to check herb-drug interactions, explore products, and stay connected with our community.

- Interaction Checker: Look up any herb and see potential medication conflicts, backed by peer-reviewed research.
- Use It in Class: You'll reference the interaction checker during every session as we work with each herb.
- Browse Products: Explore EBTG Apothecary Division products: topicals, teas, and blends.
- Documentary & More: Watch the "Making Elijah" documentary trailer and connect with our community.

Open RetreatRX: <https://retreatrxappdownload.netlify.app/>

Add it to your phone's home screen so you can access it like an app during class.

What to Bring

A notebook and pen

For jotting down recipes, dosage notes, and reflections.

Comfortable clothing

You'll be hands-on with herbs and oils, wear something you don't mind getting a little messy.

A bonnet or hair covering

Required while making medicine. A scarf, wrap, or any clean hair covering works.

An open heart

We make space for whatever you're carrying. Come as you are.

What's provided: All in-class materials are included with your ticket. Herbs, oils, containers, and tools are ready for you.

Your 4-Week Journey

Week 1, April 7

Intro Night: Foundations of Herbal Safety

Introduction to herbal safety and preparation methods. Understanding simple dosage. Hands-on: making your first herbal tea blend.

Week 2, April 14

Perfume Salves & Scent Memory

Exploring scent as memory and ancestral connection. Understanding carrier oils and infusion methods. Hands-on: crafting your perfume salve.

Week 3, April 21

Heart & Nervous System Remedies

Nervine and cardiac herbs overview. Hands-on: blending a calming tea or tincture. Dosage and safety considerations.

Week 4, April 28

Ancestral Blessing & Spiritual Integration

Honoring the ancestors who healed before us. Spiritual integration in herbal practice. Hands-on: creating a blessing blend. Certificate ceremony and closing circle.

Herbal Safety Guidelines

Your safety is our highest priority. Please review these guidelines before class:

- If you are pregnant, nursing, or taking medications, please let JC know before class.
- Always check for allergies. If you have known plant allergies (especially to the daisy family), inform us.
- We work with common, gentle herbs, but always patch-test salves on a small area of skin first.
- If you feel dizzy, uncomfortable, or have any reaction during class, speak up immediately.
- Do not ingest any herb or remedy without understanding the proper dosage discussed in class.
- Use the RetreatRX Interaction Checker to verify herb-drug interactions before combining remedies with medications.

Featured Herbs in This Series

Herb	Primary Action
Chamomile	Gentle nervine and digestive soother; calms tension and supports restful sleep.
Lavender	Aromatic nervine; eases anxiety, headaches, and restlessness through scent and infusion.
Calendula	Skin-healing and anti-inflammatory; a foundation herb for salves and wound care.
Ginger	Warming digestive aid; relieves nausea, supports circulation, and eases cold symptoms.
Lemon Balm	Uplifting nervine; soothes anxiety and supports cognitive clarity and digestion.
Hawthorn	Heart tonic; strengthens cardiovascular function and calms emotional grief.
Rosemary	Stimulating herb; supports memory, circulation, and digestion. Rich in antioxidants.
Peppermint	Cooling digestive aid; eases nausea, headaches, and congestion.
Clove	Warming analgesic; eases toothaches, supports digestion, and provides antimicrobial protection.

Turmeric

Powerful anti-inflammatory; supports joint health, digestion, and cellular protection.

Check herb-drug interactions: [RetreatRX Interaction Checker](#)

Location & Directions

Jesse's House Headquarters

13707 Sablechase Court, Houston, TX 77014

Parking is available on-site. Detailed parking and entry instructions will be shared before class.

Your Certificate

Complete all 4 sessions to earn your Level 1 Home Herbalist Foundations Certificate, documenting 8 hours of live, hands-on training. This certificate includes an hours and skills summary you can use as part of your training record if you continue into longer herbal programs.

Stay Connected

Eventbrite (Tickets): <https://www.eventbrite.com/e/1981985019547?aff=oddtcreator>

RetreatRX Interaction Checker: <https://retreatrxappdownload.netlify.app/>

Elijah Broke The Gate: <https://www.elijahbroke.thegate.com>

We look forward to welcoming you into this circle.

Come with an open heart and leave with medicine in your hands.

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