

WELLNESS WITHOUT HOSTILITY

Herbal Care for Men
Beyond Performance



SUPPORT
not correction



NOURISH
not deplete



RESTORE
not force



RELATE
not replace



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INTRODUCTION

Why This Conversation Matters

Men's health begins with two questions worth sitting with.

01

**What should men
know about health?**

02

**How should men
relate to health?**

THE CULTURAL SCRIPT

The Stories Men Are Told

A good man is...

Strong

Reliable

Productive

Self-sufficient

In control

Able to handle it

...and then the dreaded “S” word: **“Should.”**

WHEN STORIES BECOME RULES

When Stories Become Rules

Rest

becomes

weakness

Asking for help

becomes

failure

Limits

becomes

something to overcome

Worth

becomes

tied to output

THEN WELLNESS ADDS ANOTHER STORY

A New Kind of Pressure

“You could always be better.”

More

productive

More

optimized

More

disciplined

More

efficient

More

resilient

Traditional rules said endure. Wellness now says optimize — endlessly.

CAUGHT BETWEEN TWO MESSAGES

Caught Between Two Messages

Traditional Masculinity

Endure

Suppress

Perform

Push Through

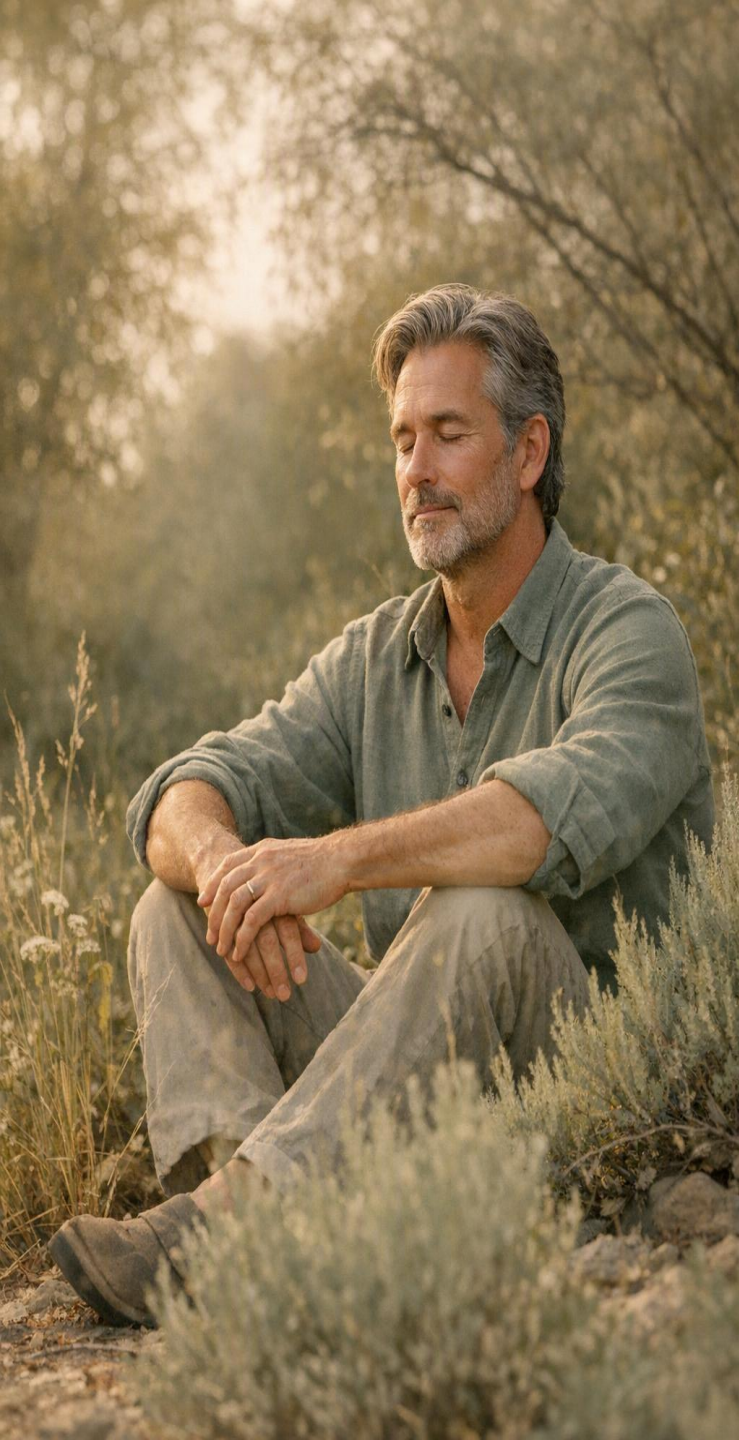
Modern Wellness

Optimize

Track

Improve

Upgrade



UNDERSTANDING DEPLETION

What Depletion Actually Looks Like

Not disease. Not crisis. Not diagnosis — just the accumulated cost of modern life.

- Poor sleep
- Chronic stress
- Constant stimulation
- Responsibility overload
- Isolation
- Lack of recovery

The Cost of Constant Performance

When every challenge is met with **“Push harder,”** what gets lost?



Recovery



Reflection



Connection



Joy



Resilience

Performance has its place — but constant performance quietly costs us the things that restore us.

THE WELLNESS INDUSTRY'S ANSWER

One Word, On Repeat

Optimize.

Track.

Measure.

Improve.

Upgrade.

Repeat.

A loop with no finish line — always another metric to chase.

AN HERBALIST'S ANSWER

A Gentler Question

Instead of asking

“How do I fix myself?”

Ask instead

“How do I support myself?”



FROM CORRECTION TO CARE

From Correction to Care

Correction

Fix

Force

Control

Override

Optimize

Care

Support

Nourish

Relate

Listen

Restore

The Wisdom of Support

Most people do not need

- More pressure
- More guilt
- More optimization

Many people need

- **More recovery**
- **More nourishment**
- **More support**



PART TWO

Practical Herbal Care for Men

The question is not “What’s the strongest herb?” but “What kind of support is needed?”



NERVOUS SYSTEM SUPPORT

Stress, Burnout & the Nervous System

When the nervous system needs support

1 Milky Oats

2 Skullcap

3 Reishi



ENERGY & RESILIENCE

Energy, Recovery & Resilience

Supporting vitality without stimulation

1 **Oatstraw**

2 **Nettle**

3 **Eleuthero**



HEART & LONGEVITY

Heart, Longevity & Healthy Aging

Caring for the long journey

1 Hawthorn

2 Linden

3 Daily habits

Aging Well Without Fear

Healthy aging is not a failure.

Aging is not

- Weakness
- Decline
- Irrelevance

Healthy aging can include

- **Wisdom**
- **Adaptation**
- **Resilience**
- **Perspective**

Men's Health Beyond Performance

Men's health is more than a number.

More than

- Testosterone
- Productivity
- Physical performance

It also includes

- Relationships
- Recovery
- Purpose
- Connection
- Meaning

A Different Definition of Strength

Strength is not

- Never struggling
- Never resting
- Never needing help

Strength can also be

- **Adapting**
- **Recovering**
- **Receiving support**
- **Continuing with intention**

What Herbs Can Teach Us

The plants themselves model a gentler way to grow.

- **Growth takes time**
- **Support matters**
- **Relationships matter**
- **Healing is often gradual**
- **Sustainability is more valuable than intensity**

THE HEART OF IT

**We do not need to wage
war against ourselves in
order to care for ourselves.**



THREE QUESTIONS TO TAKE HOME

Three Questions to Take Home

When I leave today, I want to ask myself...

01

**Where am I
depleted?**

02

**What kind of
support do I
need?**

03

**What would
care look like
right now?**

SMALL ACTS OF CARE

Care Can Be Small

- A nourishing tea, or a bath instead of a quick shower
- A walk, some yoga, or a workout — when you're ready, not because you “should”
- Going to bed earlier
- Asking for help
- Saying no
- Making space to recover



THE GOAL IS NOT PERFECTION

The Goal Is Not Perfection

The goal is not

- Perfect health
- Perfect habits
- Perfect performance

THE GOAL IS

**A sustainable
relationship with
wellbeing.**



Thank You

Questions & Discussion

ABOUT THE PRESENTER

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