

INTERMEDIATE HERBAL COURSE

INTERMEDIATE HERBAL COURSE OUTLINE

UNIT 1: INTRODUCTION AND HERBAL REVIEW

Lesson 1: Let's Get Started!

- Welcome to the Course (VIDEO)
- Here's How the Course Works

Lesson 2: Introduction to the Intermediate Course

- Why Herbs? An Ecological Relationship
- How Herbs Work
- Herbal Traditions
- Doctrine of Signatures (VIDEO)
- Herbal Energetics
- A Word on Health and Healing
- Challenges to Herbalism: Quality, Efficacy, and Sustainability
- Making the (Re)Connection

Lesson 3: Herbal First Aid Book

- Herbal First Aid Booklet
- Herbal First Aid: Safety Notes
- Getting Started...The Methods & Techniques You Need to Know!
- Making Infusions (VIDEO)
- Making Decoctions (VIDEO)
- How to Blend a Tincture (VIDEO)
- Making a Calendula Salve (VIDEO)
- Bites and Stings
- Burns and Rashes
- Cuts and Wounds
- Colds, Coughs, and the Flu
- Pain and Stress
- Digestion and Hydration
- Additional First Aid Essentials

Lesson 4: Herbal Actions and Energetics

- Herbal Actions
- Energetics
- Ayurveda
- Use of Herbs in Ayurvedic Medicine (VIDEO)



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- Chinese Medicine
- Use of Herbs in Chinese Medicine (VIDEO)

Lesson 5: Creating Formulas

- Rationale: Choosing Herbs for a Formula
- Synergy
- Interactions Within a Formula
- Catalysts
- The Energetics of Formulation
- Dosage
- Creating Formulas: More Examples
- Triangle Formulas

Lesson 6: Side Effects and Safety

- Risks from Over-the-Counter and Prescription Drugs
- Reported Cases of Herb Toxicity
- Herb-Drug Interactions (HDIs)
- Some Herbs are Toxic
- Some Herbs are Toxic When Taken Long-Term
- Herbal Safety in Pregnancy
- Allergic Reactions to Herbs
- Questions to Ask Before Taking Herbs

Lesson 7: Offshoot: Drying and Storing Herbs

UNIT 2: FOOD IS THE FOUNDATION

Lesson 1: Food is the Foundation

- Whole Foods vs. Processed Foods
- Choosing Plants to Eat
- Eating with the Seasons
- Macronutrients
- Micronutrients
- Antioxidants
- Food for Convalescence
- Eating Mindfully
- Ayurvedic Nutrition
- Chinese Medicine Nutrition

Lesson 2: Kitchen Cupboard Herbs

- Kitchen Cupboard Herbs



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- Tasting a Plant (VIDEO)
- Kitchen Herbs for Digestion
- Kitchen Herbs that Support Immunity
- Storing Herbs for Your Cupboard
- Herbal Pesto (VIDEO)

Lesson 3: Vinegar, Oil, and Honey Preparations

- Infused Vinegars
- Shrubs
- Oxymels
- Honey
- Syrups
- Cordials
- Electuaries
- Making an Herbal Electuary (VIDEO)
- Infused Oils

Lesson 4: Foraging Wild Edibles & Herbs

- Wildcrafting
- Common Wild Edibles
- A Few Additional Wild Herbs and Recipes
- Pass the Flowers Please!
- Common Wild Herbs
- Responsibility
- Gratitude and Ceremony

Lesson 5: Creating Your Materia Medica

- A System for Herbal Information
- Organization of Your Materia Medica
- Referencing

Lesson 6: Offshoot: Phytochemicals

UNIT 3: THE DIGESTIVE SYSTEM

Lesson 1: Overview of the Digestive System

- What is the Digestive System?
- What Parts of the Body are Included in the Digestive System?
- Digestive Tract Part 1 (VIDEO)
- The Journey of a Bite



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Lesson 2: The Importance of Healthy Digestion

- Digestive Tract Part 2 (VIDEO)
- Absorbing Nutrients
- Excreting Waste
- The Gut/Brain Connection
- The Gut/Immune System Connection
- The Reflexive Effect
- The Ayurvedic View of Digestion
- The Chinese Medicine View of Digestion

Lesson 3: Supporting Digestive Health

- Bitters
- Formulating Digestive Bitters (VIDEO)
- Carminatives
- Cultivating a Healthy Gut Microbiome
- Non-Herbal Digestive System Support
- Mindful Eating Demonstration (VIDEO)

Lesson 4: Addressing Digestive Imbalances with Herbs

- Nausea
- Diarrhea
- Chronic Diarrhea
- Constipation
- Irritable Bowel Syndrome
- Inflammatory Bowel Disorders: Crohn's Disease, Ulcerative Colitis, and Leaky Gut Syndrome
- Gastroesophageal Reflux Disease

Lesson 5: Digestive System Materia Medica

- Digestive System Materia Medica Chart

Lesson 6: Offshoot: Breathing as a Wellness Tool

- Breathing Exercises (VIDEO)

UNIT 4: THE IMMUNE SYSTEM

Lesson 1: Overview of the Immune System

- A Holistic Perspective
- The Immune System: Anatomy and Physiology
- The Immune Response



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Lesson 2: Supporting a Healthy Immune System

- Lifestyle Choices for a Healthy Immune System
- Diet for a Healthy Immune System
- Herbal Support for a Healthy Immune System
- Making Elderberry Syrup (VIDEO)
- Ayurveda and the Immune System
- Chinese Medicine and the Immune System

Lesson 3: Addressing Bacterial, Viral, and Fungal Infections with Herbs

- Infections
- Immune Stimulants
- Lymphatics
- Herbal Antivirals
- Herbal Antibacterials
- Herbal Antifungals
- Skin Infections

Lesson 4: Herbal Support for Autoimmune Conditions and Allergies

- What is Autoimmune Disease?
- Types of Autoimmune Disease
- Support for Autoimmune Conditions
- What are Allergies?
- Herbal Support for Allergies

Lesson 5: Immune System Materia Medica

- Immune System Materia Medica Chart

Lesson 6: Offshoot: Wellness-Promoting Mushrooms

UNIT 5: THE NERVOUS SYSTEM

Lesson 1: Overview of the Nervous System

- The Brain
- Cells Within the Nervous System
- The Spinal Cord
- The Central Nervous System
- Emotions
- The Peripheral Nervous System
- Enteric Nervous System

Lesson 2: Stress



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- What is Stress?
- What Happens When We Experience Stress?
- Adaptogens
- Lifestyle Considerations for Stress
- Demonstration of Savasana (VIDEO)
- Nervine Herbs for Stress
- Vata and the Ayurvedic View of the Nervous System
- Qi and the Chinese Medicine View of the Nervous System

Lesson 3: Herbal Support for Headaches

- Tension Headaches
- Migraines

Lesson 4: Sleep

- What Happens When We Sleep and Why Is Sleep Important?
- Sleep, Rhythm, and Wellness
- Insomnia
- Herbal Support for Insomnia
- Formulations (VIDEO)
- Other Supportive Approaches
- Sleep Hygiene
- Daily Rhythms in Chinese Medicine
- Daily Rhythms in Ayurveda

Lesson 5: Herbal Support for Anxiety and Depression

- Anxiety
- Depression

Lesson 6: Nervous System Materia Medica

- Nervous System Materia Medica Chart

Lesson 7: Offshoot: Flower Essences

UNIT 6: CARDIOVASCULAR

Lesson 1: Cardiovascular System Overview

- The Heart
- The Vascular System



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- Blood
- The Beating Heart

Lesson 2: Supporting a Healthy Heart

- Blood Pressure
- Cholesterol
- Vascular Health & Inflammation
- Optimal Heart Health
- Food for the Heart
- Herbal Cardiovascular Tonics
- The Ayurvedic View of the Circulatory System
- The Chinese Medicine View of the Circulatory System

Lesson 3: Addressing Cardiovascular Imbalances with Herbs

- Hypertension
- Cardiovascular Disease

Lesson 4: Care of the Energetic Heart

- The Heart as a Sensory Organ
- Cultivating the Peaceful Heart
- Herbs for the Energetic Heart
- Making a Rose Elixir (VIDEO)
- Ayurveda and the Heart
- Chinese Medicine and The Heart

Lesson 5: Cardiovascular System Materia Medica

- Cardiovascular System Materia Medica Chart

UNIT 7: THE LIVER

Lesson 1: Overview of the Liver

- Liver Anatomy
- Functional Overview
- The Liver (VIDEO)

Lesson 2: Diet and Lifestyle Support for a Healthy Liver

- Foods that Keep the Liver Happy
- Lifestyle for a Healthy Liver
- Castor Oil Packs
- Castor Oil Pack Demonstration (VIDEO)
- Ayurveda and the Liver



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- Chinese Medicine and The Liver

Lesson 3: Herbal Liver Tonics

- Hepatics
- Bitters
- Cholagogues and Choleretics
- Hepatoprotectives

Lesson 4: Herbal Support for Liver Imbalance

- Liver Congestion and Hypofunction: An Herbalist's Perspective
- Jaundice
- Hepatitis
- Cirrhosis
- Colelithiatis

Lesson 5: Liver Materia Medica

- Liver Materia Medica Chart

Lesson 6: Offshoot: Healthy Skin

- How to Make a Compress (VIDEO)
- Making Bath Salts (VIDEO)

UNIT 8: THE RESPIRATORY SYSTEM

Lesson 1: Respiratory System Overview

- Respiratory System (VIDEO)
- Anatomy of The Respiratory System
- Pulmonary Circulation
- Blood Transport of Gases
- Nervous System Regulation of Respiration

Lesson 2: Maintaining a Healthy Respiratory System

- Physiology of Deep Breathing
- Rhythmic Breathing
- Heart Rate Variability
- Herbs and Heart Rate Variability (VIDEO)
- Aerobic Exercise and Lung Health
- Herbal Support for the Respiratory System
- Ayurveda and the Respiratory System
- Chinese Medicine and the Respiratory System



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Lesson 3: Herbal Support for Respiratory Imbalances

- Energetics
- The Common Cold
- Herbal Steam (VIDEO)
- Making Garlic Honey (VIDEO)
- Influenza
- Fever
- Cough
- Sinusitis and Rhinitis
- Lower Respiratory Infections
- Asthma

Lesson 4: Plants and Clean Air

- Improving Air Quality Indoors
- Houseplants as Air Filters
- Trees are the Lungs of the Earth
- Forest Bathing

Lesson 5: Respiratory System Materia Medica

- Respiratory System Materia Medica Chart

Lesson 6: Offshoot: Aromatherapy for the Respiratory System

- Using Essential Oils (VIDEO)

UNIT 9: THE URINARY SYSTEM

Lesson 1: Overview of the Urinary System

- Urinary System Anatomy
- Urinary System in Context of the Body
- Urine Formation
- Urine Transport, Storage, and Elimination
- Renin-Angiotensin-Aldosterone System
- Antidiuretic Hormone (ADH)
- The Urinary System (VIDEO)

Lesson 2: Supporting a Healthy Urinary System

- Water and Fluids
- Herbal Tonics for the Bladder and Kidneys
- Ayurveda and the Urinary System
- Chinese Medicine and the Urinary System



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Lesson 3: Addressing Urinary Imbalances with Herbs

- Urinary Tract Infections
- Interstitial Cystitis
- Kidney Stones

Lesson 4: Urinary System Materia Medica

- Urinary System Materia Medica Chart

Lesson 5: Offshoot: Experiential Exercises

UNIT 10: CHILDREN

Lesson 1: Safety, Dosing, and the Top Four Herbs for Kids

- Precautions
- Dosing for Children
- Herbs to Avoid for Children and During Lactation
- Top Four Children's Herbs

Lesson 2: Common Childhood Discomforts

- When to Use Herbs
- When Not to Use Herbs
- Teething
- Newborn Colic
- Constipation
- Diarrhea
- Fever
- Chickenpox
- Common Cold
- Earache
- Bumps, Bruises, and Scrapes
- Afraid of Monsters (Anxiety)

Lesson 3: Formulas and Recipes for Children

- Herbal Recipes for Children
- Making a Fresh Flower Glycerite (VIDEO)

Lesson 4: Offshoot: Herbalism and the Law

- What Herbalists Cannot Do
- What Herbalists Can Do and Say

Lesson 5: Closing Thoughts

