

# INTRODUCTORY HERBAL COURSE

## INTRODUCTORY HERBAL COURSE OUTLINE

### UNIT 1: HERBAL BASICS

#### ***Lesson 1: Welcome and Introduction***

- Introduction to the Course
- Welcome to the Course (VIDEO)
- Introduction: Why Herbs?
- Why Herbalism? (VIDEO)
- Ancient Greek and Roman Medicine
- Chinese Medicine
- Ayurveda
- Herbal Energetics
- Introduction to Energetics and Tissue States (VIDEO)
- How Do Herbs Work?
- Herbal Glossary
- Whole Herbs and Synergy

#### ***Lesson 2: From Field to Apothecary***

- Choosing Good Quality Herbs
- How to Store Herbs
- How to Store Herbs (VIDEO)
- Supplies for Making Herbal Preparations
- How to Properly Clean Used Supplies and Storage Containers (VIDEO)
- Store-Bought Herbal Preparations

#### ***Lesson 3: Herbal Teas and Tinctures***

- The Art of Brewing Tea (VIDEO)
- Infusions and Decoctions
- How to Make a Decoction (VIDEO)
- Tea Infusion Demonstration (VIDEO)
- The Tea Booklet
- Tincture Making
- Understanding Solvents (VIDEO)
- Tincture Demonstration (VIDEO)

#### ***Lesson 4: Syrups and Topical Applications***

- Syrups
- How to Make a Syrup (VIDEO)
- Topical Water Extracts



# INTRODUCTORY HERBAL COURSE

- Making a Sore Muscle Bath Soak (VIDEO)
- Making an Herbal Respiratory Steam (VIDEO)
- Topical Infused Oils, Salves, and Balms
- Making an Infused Oil (VIDEO)
- Crushed and Chewed Herbs and Poultices
- Onion Poultice (VIDEO)
- Internal vs. External Preparations

## **Lesson 5: Herbal Actions**

- Understanding Herbal Actions (VIDEO)
- Herbal Actions Chart

## **Lesson 6: The Herbs All Around Us**

- Trees Used in Herbalism
- Mushrooms
- Seaweed

## **Lesson 7: Anatomy Overview**

- Anatomy of Body Systems and Homeostasis
- Anatomy Introduction (VIDEO)
- The Heart (VIDEO)

## **Lesson 8: Offshoot: Materia Medica and Herbaria**

## UNIT 2: KITCHEN HERBS

### **Lesson 1: Wellness in Your Kitchen**

- Spicing Things Up
- Spices as Antimicrobials
- Sizing Up Your Spices
- Herb Tasting with Kitchen Spices (VIDEO)
- Meet Your Spices

### **Lesson 2: Kitchen Materia Medica**

- Kitchen Herbs Used for Digestion
- Making Bitters (VIDEO)
- Making Wellness Shots (VIDEO)
- Kitchen Herbs Used for Respiratory Infection



# INTRODUCTORY HERBAL COURSE

- Kitchen Herbs Used for Inflammation
- Kitchen Herbs Used for the Nervous System

## **Lesson 3: Kitchen Preparations**

- Infused Vinegars
- Making an Herbal Vinegar (VIDEO)
- Infused Honeys
- Making Infused Honeys (VIDEO)
- Culinary Infused Oils
- Kitchen Herbs (VIDEO)

## **Lesson 4: Herb Gardening**

- Kitchen Dooryards
- Apothecary Gardens (Physic Gardens)
- Benefits of Growing Your Own Herbs (VIDEO)
- A Few Gardening Tips
- Easy To Grow Herbs for the Beginning Gardener
- Guidelines for Growing
- Guidelines for Harvesting
- Preserving Herbs
- How to Harvest Various Plant Parts (VIDEO)

## **Lesson 5: Wildcrafting**

- At-Risk Plants
- Guidelines for Wildcrafting
- A Few Favorite Wild Herbs
- Wild Greens Pesto (VIDEO)
- Seasonal Wildcrafting
- Plant Identification (VIDEO)
- Herbal First Aid Pocketbook

## **Lesson 6: Offshoot: Bringing it Home**

## UNIT 3: HERBAL SUPPORT FOR COMMON COMPLAINTS

### **Lesson 1: Immune System**

- Overview of Immune Function
- Immune Response



# INTRODUCTORY HERBAL COURSE

- Components of the Immune System
- Immunomodulants
- Immune Stimulants
- How to Use Immune Herbs with Autoimmune Conditions (VIDEO)
- Recipes for Immune Health
- Making Fire Cider (VIDEO)

## ***Lesson 2: Body Ecology: Building A Healthy Terrain***

- Supporting the Body with a Healthy Digestive System
- Choosing Foods that Support Healthy Terrain
- Speaking of Food, How Should I Eat?
- Cleansing and Detoxification to Support Terrain
- Minimizing Exposure to Environmental Toxins in the Home
- Tonic and Adaptogen Herbs
- Making Herbal Bliss Balls (VIDEO)

## ***Lesson 3: Respiratory Health***

- The Respiratory System
- Common Respiratory Complaints
- Aromatic Herbs for Respiratory Support (VIDEO)
- Cold and Flu Recipes
- Herbal Approaches for Colds and the Flu (VIDEO)

## ***Lesson 4: Herbs and Children***

- The Wild and Wonderful Just Beyond the Back Door
- Creating a Children's Garden
- Herbs in Childhood
- Examples of Dosing Herbal Preparations for Children (VIDEO)
- Common Imbalances
- Herbal Support for Fevers (VIDEO)
- Children's Herbal Recipes
- Treats for Children

## ***Lesson 5: Herbal Support for Reproductive Health***

- Nourish and Balance: Foundational Tonic Herbs
- The Moon Cycle: Menstruation and Health
- How to Make a Biphasic Formula (VIDEO)
- Pregnancy
- Making Ginger Mint Lollipops for Nausea and Tummy Troubles (VIDEO)
- Herbal Support for Lactation (VIDEO)
- Menopause



# INTRODUCTORY HERBAL COURSE

- Herbal Support for Prostate Health

## **Lesson 6: Offshoot: Vitamin D**

## UNIT 4: HERBAL SUPPORT FOR THE NERVOUS SYSTEM

### **Lesson 1: Overview of the Nervous System**

- Central Nervous System
- Peripheral Nervous System
- Enteric Nervous System

### **Lesson 2: Stress**

- The Acute Stress Response
- Chronic Stress
- Herbal Support for Stressful Times
- Using Nervines for Stress Support (VIDEO)
- Making a Relaxing Herb-Infused Milk (VIDEO)
- Using Aromatherapy for Stress Management (VIDEO)
- Lifestyle Considerations for Stress Management
- Stress and the Nature Deficit Link (VIDEO)
- Stress (VIDEO)

### **Lesson 3: Headaches**

- Types of Headaches
- Herbal and Lifestyle Support to Address Headaches
- An Energetic Approach to Headaches (VIDEO)

### **Lesson 4: Sleep**

- Insomnia
- Herbal Support for Healthy Sleep
- Making a Sweet Sleep Linen Spray (VIDEO)
- Lifestyle Strategies
- Sleep Hygiene and Herbs (VIDEO)

### **Lesson 5: Offshoot: The B Vitamins**



# INTRODUCTORY HERBAL COURSE

## UNIT 5: BODY CARE

### **Lesson 1: Introduction to the Skin**

- Anatomy of the Skin
- Skin Health
- Common Skin Conditions
- Herbal Actions that Support Healthy Skin
- Other Considerations
- Topical Applications

### **Lesson 2: Body and Bath Recipes**

- Internal Health = External Health
- First...Self-Acceptance
- Topical Herb-Infused Oils
- Salves and Balms
- Making a Calendula Salve (VIDEO)
- Body Butters
- Salt and Sugar Scrubs
- The Comforts of a Bath
- Making Bath Salts (VIDEO)

### **Lesson 3: Face and Hair Recipes**

- Cleansers
- How to Make an Oatmeal Cleanser (VIDEO)
- Moisturizers
- Making Face Cream (VIDEO)
- Toners
- Hair Care
- Ten Common Body Care Ingredients to Avoid

### **Lesson 4: Offshoot: Healthy Aging**

## UNIT 6: THE HOLISTIC APPROACH

### **Lesson 1: Introduction and Overview**

- Conventional Allopathic Medicine
- The Roots of the Holistic Model
- Introduction to Ayurveda (VIDEO)



# INTRODUCTORY HERBAL COURSE

- Introduction to Chinese Medicine (VIDEO)
- The Holistic Approach to Herbalism
- Integration

## ***Lesson 2: The Holistic Body***

- Developing a Theoretical Framework
- The Power of the Mind
- Holistic Approaches in Practice
- The Holistic Approach (VIDEO)

## ***Lesson 3: A Brief History of Western Herbalism***

- Early Herbalism
- Early Western Herbalism
- The Eclectics
- The First Hospitals

## ***Lesson 4: Integrating the Holistic Approach***

- The Next Steps
- Mindfulness Exercise (VIDEO)

## ***Lesson 5: Course Conclusion***

- Congrats on Finishing the Course (VIDEO)

