

*Mastering*  
HERBAL FORMULATION  
COURSE

## MASTERING HERBAL FORMULATION COURSE OUTLINE

### UNIT 1: THE BUILDING BLOCKS OF HERBAL FORMULAS

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

- Welcome to the Mastering Herbal Formulation Course!
- Why Formulate?
- What's Inside
- Here's How the Course Works
- VIDEO: Navigating the Course

#### **Lesson 2: Herbalism and the Holistic Approach**

- Our Herbal Roots
- Holistic Herbalism
- Considerations When Choosing and Using Herbs
- The Energetics of Herbs

#### **Lesson 3: Herbal Actions**

- Herbal Actions
- Other Terms

#### **Lesson 4: Herbal Energetics, Affinities, and Specific Indications**

- Energetic Qualities
- Body System Affinities
- Specific Indications
- Your Unique Relationship With Herbs

#### **Lesson 5: Herbal Preparations**

- Making Herbal Preparations at Home
- Bulk Herb Blends: Infusions and Decoctions
- Liquid Blends: Tinctures, Vinegars, Glycerites, and Honeys
- VIDEO: Percolation Demonstration
- Oil Blends: Oils, Salves, Creams, and Lotions

### UNIT 2: PHYTOCHEMISTRY



# *Mastering* HERBAL FORMULATION COURSE

## **Lesson 1: Basic Chemistry for Herbalists**

- The Roots of Chemistry
- Elements
- Atoms and Particles
- Chemical Bonds
- Molecules and Molecular Structure
- Key Chemistry Terms for the Herbalist
- VIDEO: Chromatography and Polarity
- VIDEO: Acid and Base Demonstration
- Functional Groups

## **Lesson 2: Introduction to Phytochemistry**

- VIDEO: Chemistry in Nature
- Phytochemistry: An Herbalist's View
- Plant Metabolites
- Phytochemistry and Plant Systematics
- Phytochemistry and Taste
- Whole Plant vs. Isolated Constituents

## **Lesson 3: Plant Constituents**

- Carbohydrates
- Lipids
- Phenolics
- Terpenes and Terpenoids
- Alkaloids

## **Lesson 4: The Solubility of Plant Constituents**

- Solubility and Phytochemical Extraction
- VIDEO: The Solubility of Plant Constituents with Lindsey Feldpausch, RH(AHG)

## UNIT 3: HERBAL FORMULATION

### **Lesson 1: Asking the Right Questions**

- Guiding an Interview
- Types of Questions to Ask

### **Lesson 2: Formulation Considerations**



# *Mastering* HERBAL FORMULATION COURSE

- Choosing the Route of Administration
- Choosing the Preparation
- Choosing Herbs
- Synergy and Catalysts
- Interactions Between Herbs/Herbal Constituents
- Dosing
- How Much to Make
- Formula Changes
- VIDEO: Tips for Skillful Formulation with Heather Irvine

### ***Lesson 3: Formulation Step-By-Step***

- Developing Goals
- Choosing Actions and Properties
- Choosing Herbs and Preparations
- VIDEO: Intuitive Formulations with Jillian Twisla
- Checking on Energetics
- Choosing Proportions and Dosage
- Formulation Exercises

### ***Lesson 4: The Triangle Method***

- Basic Principles
- Simple Formulas
- Complex Formulas

### ***Lesson 5: Special Considerations for Topical Formulas***

- When to Choose a Topical Preparation
- Choosing the Right Topical Preparation
- Skin Type and Energetics
- Synergy in Topical Formulation
- Catalysts in Topical Formulation
- Use and Dosage
- Safety/Contraindication for Topical Formulas
- Formula Examples

### ***Lesson 6: Teacher Tutorials***

- VIDEO: Formulating a Nervine Formula With Pamela Spence, MNIMH
- VIDEO: Formulating a Gut Support Tea With Maria Noël Groves, RH(AHG)

### ***Lesson 7: Course Conclusion***

