

# HERBAL MATERIA MEDICA

— *Short Course* —

## HERBAL MATERIA MEDICA COURSE OUTLINE

### ***Lesson 1: Connect With Plants And Create Your Own Materia Medica!***

- Introduction
- About The Herbal Academy
- Studying One Plant at a Time
- The Materia Medica Journal
- Getting Started
- Lesson 1: Naming Your Herbs
- Referencing

### ***Lesson 2: Plant Descriptions, Botany, & Harvest***

- Focus on Plant Descriptions
- Plant Parts Used
- Harvesting Guidelines
- The Plant Portrait

### ***Lesson 3: Plant Constituents, Actions, & Uses***

- Finding Quality Research
- Constituents
- Actions
- Uses

### ***Lesson 4: Herbal Preparations, Taste, & Energetics***

- Experiencing Your Herb
- Activity: Tea Meditation
- Download: Printable Plant Study Flashcards
- Making An Apothecary: The Importance Of Labels
- Download: Apothecary Labels

### ***Lesson 5: Herb Safety & Dosage***

- Learning How To Safely Use Your Herb
- Dosage, Sensitive Populations, & Timeline

### ***Lesson 6: Conclusion***

