INTRODUCTORY HERBAL COURSE OUTLINE

UNIT 1: HERBAL BASICS

Lesson 1: The Herbal Approach and World Healing Traditions
- Introduction to the Course
- Why Herbs?
- European Herbalism
- Traditional Chinese Medicine
- Ayurveda
- Herbal Energetics
- How Do Herbs Work?
- Whole Herbs and Synergy

Lesson 2: From Field to Apothecary
- Choosing the Best Herbs
- How to Store Herbs
- Supplies for Making Herbal Preparations
- Store-Bought Herbal Preparations
- Creating an Herbarium

Lesson 3: Herbal Teas and Tinctures
- Water Infusions and Decoctions
- The Tea Book
- Water Infusion Demo (VIDEO)
- Tincture Making
- Folk Method Tincturing Demo (VIDEO)

Lesson 4: Syrups and Topical Applications
- Syrups
- Topical Water Extracts
- Topical Infused Oil, Salve, and Balm
- Crushed & Chewed Leaves and Poultices
Lesson 5: Herbal Actions
- Introduction
- Herbal Actions Defined

Lesson 6: The Medicine Around Us
- Tree Medicine
- Mushroom Medicine
- Healing from the Sea

Lesson 7: Anatomy Overview
- Homeostasis
- Holistic Health and the Body Systems
- Anatomy Introduction (VIDEO)
- The Heart (VIDEO)

Lesson 8: Offshoot: Native American Medicine

UNIT 2: COMMON DISCOMFORTS

Lesson 1: The Immune System
- Overview of Immune Function
- Immune Response
- Some Components of the Immune System
- Herbal Immune Tonics and Immunomodulators
- Herbal Immune Stimulants
- Recipes for Immune Health

Lesson 2: A Healthy Terrain
- Supporting the Body with a Healthy Digestive System
- Herbal and Food Energetics
- Myriad Ways to Detoxify and Cleanse
- Tonic Herbs and Adaptogens...What’s the Difference?
- Getting the Hazardous Chemicals Out: Natural Cleaning
Lesson 3: Colds and Flu
- The Respiratory System
- Cough
- Bronchitis
- Influenza
- Allergies
- Cold and Flu Recipes

Lesson 4: Herbs and Children
- The Wild and Wonderful Just Beyond the Back Door
- Creating a Children’s Garden
- Common Herbs for Childhood
- Safety and Dosing
- Children’s Herbal Recipes
- Yummy Food Recipes

Lesson 5: Herbs for Her and Him
- Herbal Support for Women
- Herbal Support for Men

Lesson 6: Materia Medica
- System for Organizing Plant Information

Lesson 7: Offshoot: Vitamin D

UNIT 3: KITCHEN REMEDIES

Lesson 1: What’s in Your Kitchen
- Spicing Things Up
- Spices as Antibiotics Hypothesis
- Getting to Know Your Spice Rack

Lesson 2: Kitchen Materia Medica
- Speaking of Food, How Should I Eat?
- Kitchen Herbs for Digestion
- Kitchen Herbs for Infection
• Kitchen Herbs for Inflammation
• Nervine Kitchen Herbs
• More Kitchen Herbs

**Lesson 3: Kitchen Remedies, The Dooryard, & Wildcrafting**
• Herbal Vinegars
• Herbal Honeys
• Culinary Infused Oils
• The Kitchen Dooryard: Creating an Herb Garden
• Wildcrafting and Foraging
• A Few Favorite Wild Herbs
• Plant Identification Key

**Lesson 4: Demonstration**
• Make Your Own Herb Pesto (VIDEO)

**Lesson 5: Offshoot: Bringing it Home**

UNIT 4: NERVOUS SYSTEM

**Lesson 1: Overview of the Nervous System**
• The Brain
• The Spinal Cord
• Central Nervous System
• Peripheral Nervous System

**Lesson 2: Stress**
• The Physiology of Stress
• Herbal Support for Stressful Situations
• Nervine Herbs
• Lifestyle Considerations to Reduce Stress

**Lesson 3: Headaches**
• Types of Headaches
• Headache Prevention
• Liver Support
Herbal Therapeutics

Lesson 4: Sleep
- Insomnia
- Herbs for Insomnia
- Lifestyle Strategies

Lesson 5: Demonstration
- Make Your Own Relaxation Tea (VIDEO)

Lesson 6: Offshoot: The B Vitamins

UNIT 5: BODY CARE

Lesson 1: Introduction to the Skin
- Anatomy of the Skin
- Skin Conditions
- Herbal Actions and Herbs for Skin Conditions
- Topical Applications

Lesson 1: Body Care Recipes
- External Health, Internal Health
- Topical Oils, Salves and Balms, Body Butters
- Salt and Sugar Scrubs
- Herbal Baths
- Facial Cleansers, Moisturizers, Toners
- Hair Care
- Common Ingredients to Avoid

Lesson 3: Demonstration
- Make Your Own Easy Oatmeal Cleanser (VIDEO)

Lesson 4: Offshoot: Anti-Aging
UNIT 6: THE HOLISTIC APPROACH

Lesson 1: Introduction and Overview
- Conventional Medicine
- The Holistic Model

Lesson 2: The Holistic Body
- Developing a Theoretical Framework
- The Healing Power of the Mind
- Holistic Approaches in Practice

Lesson 3: The History of Plant Medicine
- The Eclectics
- The First Hospitals
- Whole Body Introspection

Lesson 4: Integrating the Holistic Approach
- Your Place on the Spectrum of Self Sufficiency
- The Next Steps - Moving Toward a Holistic Mindset