

☆☆ *Introductory* HERBAL COURSE

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



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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



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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



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- 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



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- 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



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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

