UNIT 1: HERBAL BASICS

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

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

Lesson 3: Herbal Teas and Tinctures
- Infusions and Decoctions
- The Tea Book
- Tincture Making

Lesson 4: Syrups and Topical Applications
- Syrups
- Topical Water Extracts
- Topical Infused Oils, Salves, and Balms
- Crushed & Chewed Herbs and Poultices
- Internal vs. External Preparations

Lesson 5: Herbal Actions
- Introduction
- Herbal Actions Chart

Lesson 6: The Herbs All Around Us
- Tree Used in Herbalism
- Mushrooms
- Seaweed

**Lesson 7: Anatomy Overview**
- Anatomy Introduction
- Anatomy of Body Systems and Homeostasis

**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
- Meet Your Spices

**Lesson 2: Kitchen Materia Medica**
- Kitchen Herbs Used for Digestion
- Kitchen Herbs Used for Respiratory Infection
- Kitchen Herbs Used for Inflammation
- Kitchen Herbs Used for the Nervous System
- More Kitchen Herbs

**Lesson 3: Kitchen Preparations**
- Infused Vinegars
- Infused Honeys
- Culinary Infused Oils

**Lesson 4: Herb Gardening**
- Kitchen Dooryards
- Apothecary Gardens (Physic Gardens)
- A Few Gardening Tips
- Easy To Grow Herbs for the Beginning Gardener
- Guidelines for Growing
- Guidelines for Harvesting
- Preserving Herbs

**Lesson 5: Wildcrafting**
- At-Risk Plants
• Guidelines for Wildcrafting
• A Few Favorite Wild Herbs
• Wild Green Pesto
• Seasonal Wildcrafting
• Plant Identification
• 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
• Components of the Immune System
• Immunomodulants
• Immune Stimulants
• Recipes for Immune Health

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

Lesson 3: Respiratory Health
• The Respiratory System
• Allergies
• The Common Cold
• Cough
• Bronchitis
• Influenza
• Cold and Flu Recipes

Lesson 4: Herbs and Children
• The Wild and Wonderful Just Beyond the Back Door
• Creating a Children’s Garden
• Herbs in Childhood
● Safety and Dosing
● 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
- Pregnancy
- Menopause
- Herbal Support for Prostate Health

**Lesson 6: Materia Medica**
- System for Organizing Plant Information

**Lesson 7: 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
- Lifestyle Considerations for Stress Management

**Lesson 3: Headaches**
- Types of Headaches
- Herbal and Lifestyle Support to Address Headache

**Lesson 4: Sleep**
- Insomnia
- Herbal Support for Healthy Sleep
- Lifestyle Strategies

**Lesson 5: Offshoot: The B Vitamins**
UNIT 5: BODY CARE

Lesson 1: Introduction to the Skin
- Anatomy of the Skin
- Common Skin Conditions
- Herbal Actions that Support Healthy Skin
- Topical Applications

Lesson 2: Body and Bath Recipes
- Internal Health = External Health
- Topical Herb-Infused Oils, Salves and Balms, Body Butters
- Salt and Sugar Scrubs
- The Comforts of a Bath

Lesson 3: Face and Hair Recipes
- Cleansers, Moisturizers, 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
- The Holistic Approach to Herbalism
- Integration

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

Lesson 3: A Brief History of Western Herbalism
- Early Herbalism
- The Eclectics
- The First Hospitals

Lesson 4: Integrating the Holistic Approach
Lesson 5: Course Conclusion