

☆☆ *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?
- 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



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- 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



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- 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



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- 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



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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



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- The Next Steps - Moving Toward a Holistic Mindset

Lesson 5: Course Conclusion

