

Integrative Clinical Herbalism and Family Health Course

an eight month program based on the guidelines of the American Herbalists Guild

- 145 hours- about 16 hours a month; 6 class hours plus 2-3 hours a week

This course will cover the following:

- Basic Principles- Ayurveda, Traditional Chinese Medicine
- Basic Botany, Ecology, plant identification, foraging
- Horticulture, Permaculture
- Basic Anatomy, Physiology, Nutrition
- History, Stories, Spirituality and Cultures of Healing
- Materia Medica of 50 to 100 herbs
- Processing, storing and making herbal products:
 - teas, soup, milks, puddings, plasters, gummies, compresses, drinks, salves, oils, soaps, hydrosols, flower waters, liniments, tinctures, syrups, essential oils, glycerites, cultured foods, vinegars, pills, lozenges...
- Basic first aid, home care, knowing when to call the doctor
- Basic history taking, assessment, building a holistic care plan
- Basic herbal formula building

By the end of this course you will have knowledge of herbs, and how to identify, grow, store and process them into a variety of forms. You will be able to use traditional healing principles and modern knowledge

to identify imbalances, and select the herbal therapies that fit into a holistic plan of care. You will learn guidelines for safe application of herbal therapies. In addition you will have time to reflect, share, explore your own special interests, creativity and connection to herbs and planetary health.

Over the months you will develop:

- A notebook or binder with Plant Data Sheets (Materia Medica)
- A notebook or binder for class notes, handouts and correspondence
- your own healing journal
- A foraging and identifying Field Kit
- A First Aid and Home Care box
- A home apothecary with herbs and simple processing tools

Basic Calendar of Class Subjects

subject to change as events, weather, plant changes and other ideas occur to student group

Class 1 – Ayurveda: qualities, seasons, tastes. Observing climate, environments, changes in plant structures and qualities. Water-based herb preparations: soup, milk, digestive jams, foods and spices, etc. Learning astrigent, pungent and bitter herbs. Identifying qualities in foods and plants

Class 2 – Ayurveda: Doshas, Agni, Ama, general assessment, tongue and pulse checking. Nutritional guidelines. More water-based preparations: topical applications, gummies, syrups and more . Learning tonifying and adaptogenic herbs. Identifying plants, plant taxonomies and basic structures used in therapies.

Class 3 – First Midterm Potluck and Sharing, Very Basics of Traditional Chinese Medicine, Western and American history of healing. Making salts, powders and scrubs, making drinks and sodas. Learning heating and cooling, rubifacient and anti-pyretic herbs

Class 4 – Digestive Anatomy and Physiology, Leaky Gut. Starting first aid box and field kits. Formulas for safe supported and personalized cleansing regimens. Making infused oils, honeys and vinegars. Learning laxative and stomachic herbs. Foraging, collecting, processing, identifying plants.

Class 5 – Digestive Anatomy and Physiology, Liver. Making glycerites and tinctures, ices and other treats. Learning vulnerary and structure strengthening herbs. Drawing and photographing plants and Nature.

Class 6 – Second Midterm Potluck and Sharing, Western and Traditional views of organs such as Kidneys, Lungs, Liver, Heart. Learning herbs that ease the Heart and clear the Mind. Songs, artwork and stories about our connection to the Earth.

Class 7 – Basic Systems Assessment and Care Planning. Traditional and Western views of immune system function. Formula building. Recipes for healthy changes of season and life stages. Learning immune supporting herbs, replenish deep energy. Legal concerns, documentation, professional and career ideas

Class 8 – Case Studies, Final Potluck and Sharing. Case studies, stories, songs, show and tell, certifications presented. Congratulations!

Laurie Stiers Foltz MSN ARNP-BC Family Practice

BSc Holistic Nutrition, Certified Clinical Herbalist

1729 Kane Street shop-home, La Crosse Wisconsin 54603

W21046 Deer Run Lane medicinal gardens, Galesville Wisconsin 54630

608-780-2255 laustiers@herbsallaround.com www.herbsallaround.com