

MASTER HERBALIST PROGRAM COURSE DESCRIPTION AND OVERVIEW

Certificate Program Name: Master Herbalist

Credit Hours: 500 hours

Course Duration: Students have 12 months to complete this program.

Prerequisites: Applicants must have a High School Diploma or equivalent. Students who do not hold a High School Diploma or equivalent will be required to pass a basic entrance exam that will demonstrate their knowledge of English and basic Math skills.

Program Description: This in-depth certificate program covers the history of herbal medicine, hands-on herbal preparation, health conditions and corresponding herbal therapies, extensive Materia Medica, herb research, terminology, case studies, holistic nutrition, and other topics related to herbalism. Rather than focusing on only one aspect of herbal medicine (for example Traditional Chinese Medicine) students will learn in great detail about the three main traditions of healing: Chinese, Western, and Ayurvedic, including herbal suggestions for over 100 medical conditions based on these healing modalities. Growing and cultivating medicinal plants and making herbal remedies at home will also be covered. Drug-herb interactions will be covered in order to avoid potentially harmful combinations. Practical guidelines for setting up a private practice as well as an explanation of the legal implications of being an Herbalist are also explored. The Master Herbalist Certificate can be used alone, or it can be applied toward a Holistic Health Practitioner Diploma.

Goals:

- Students will demonstrate an advanced understanding anatomy and physiology.
- Students will show an increased knowledge of body toxicity.
- Students will be able to describe the detoxification process and will encourage others in need.
- Students will be able to use and understand medical terminology in their case study analyses.
- Students will explore the history of Western Herbal Medicine.
- Students will explore the history of Eastern Medicine.
- Students will recognize the differences between Ayurvedic Medicine and Traditional Chinese Medicine.
- Students will explore the similarities between Eastern medicinal theories and methodologies.
- Students will recognize and list the differences and similarities between Eastern Medicine and Western Herbal Medicine.
- Students will become familiar with a Materia Medica of medicinal herbalism.
- Students will comprehend the uses of medicinal herbs in relation to disease and illness.

- Students will be trained in the usage of medicinal herbs to enhance health and strengthen the immune system.
- Students will have a basic understanding of botany.
- Students will be able to identify medicinal plants and their useful parts.
- Students will explore the differences in herbal remedies.
- Students will make herbal remedies.
- Students will comprehend that herbs, drugs, and vitamins interact within the body.
- Students will explore the ways that herbal supplementation may affect the human body and its use of drugs and vitamins.
- Students will develop a basic understanding of nutritional guidelines
- Students will understand how herbal supplements affect a person's nutrition.
- Students will have a basic understanding of physical fitness and of the importance of pure water to health and wellbeing.
- Students will have an understanding of their legal obligations and jurisprudence surrounding their work as nutritional consultants.
- Students will be able to develop disclaimer forms for use in their own practice.
- Students will develop insights as to what is appropriate in a master herbalist consultation and what is legally and ethically inappropriate.
- Students will be able to apply holistic herbalism principles in their client education activities.
- Students will be able to evaluate a person's herbal supplementation needs through a thorough nutritional assessment based on current lifestyle and eating habits.
- Students will be able to recognize that each person has different needs and to customize a unique herbal supplementation plan with each client, based on up-to-date scientific principles and practical skills.

Recommended Texts:

The Herbal Medicine Maker's Handbook: A Home Manual, by James Green: This guide to the kitchen pharmacy discusses the entire process of preparing herbal medicines at home. From methods of growing, gathering, and drying herbs, to different ways of extracting their vital essences and making healing balms, lotions, and more.

The A-Z Guide to Drug-Herb and Vitamin Interactions, by Schuyler W. Lininger Jr. Steve Austin, Alan R. Gaby, Donald J. Brown, and Forrest Batz: This book helps you learn which drugs can deplete your body's essential nutrients, which supplements can help your prescriptions work better, or reduce drug side effects, and which herbs and drugs should never be taken together.

The One Earth Herbal Sourcebook: Everything You Need to Know About Chinese, Western, and Ayurvedic Herbal Treatments, by Alan Keith Tillotson: Drawing upon traditional teaching, scientific reports, personal experience, patient feedback, peer reports, and intuition, the author

presents over 96 herbs from Chinese, Western, and Ayurvedic Materia Medicas, analyzing each singly and presenting their characteristics, actions, dosage, general usage, and research highlights.

Medical Herbalism: The Science and Practice of Herbal Medicine, by David Hoffmann, FNIMH, AHG: This text blends science with a very holistic approach to herbal healing. In addition to suggested herbs and dietary changes for various conditions, helpful rationale is given for why they work. This book is an herbal reference masterpiece that will aid the practitioner in choosing herbs that are both effective and safe.

World of Healthy Healing, DVD by Dr. Linda Page: Dr. Linda Page explains clearly and concisely about herbal healing in this instructional video. She helps unlock the healing secrets of herbs in this exciting program: An overview of herbal healing in different cultures throughout history - China, Ayurvedic, Western History; how herbs work in the body; why herbal healing is becoming more popular today; the latest scientific research about a few of Dr. Page's favorite herbs; the difference in herbal delivery systems: capsules, teas, extracts and gels; easy ways to tell if whole herbs are fresh and potent; how to use herbs safely; why medicinal herbal tea is a good way to use the healing power of herbs for everyone including children, elderly people, even pets; and the correct way to prepare and take medicinal herbal teas for maximum healing power.

Legal Guidelines for Unlicensed Practitioners, by Lawrence Wilson, M.D.: How to practice holistic therapies or any unlicensed profession without legal problems. Includes disclaimer forms, disclosure and consent forms, discussion of how our legal system works, history of occupational licensing laws, problems with occupational licensing the ninth amendment and much more.

Human Anatomy Coloring Book, by Margaret Matt: This practical exercise will help you to better understand human anatomy.

Additional Materials:

- Study Guide
- Case Studies
- Final Examination

Syllabus: 3 Modules, 12 lessons with 12 self-review quizzes, 1 final examination

Module 1

Lesson 11 – Basic Anatomy

Lesson 12 – Toxicity and Detoxification

Lesson 13 – Terminology

Lesson 14 – History of Herbal Medicine

Module 2

Lesson 21 – Eastern Medicine

Lesson 22 – Western Herbal Medicine

Lesson 23 – Materia Medica/Therapeutic Herbalism

Lesson 24 – Botany and Plant Identification

Module 3

Lesson 31 – Making Herbal Remedies

Lesson 32 – Herb-Drug-Vitamin Interactions

Lesson 33 – Nutritional Guidelines

Lesson 34 – Business Procedures/Jurisprudence

Final Examination

List of Assignments

- Final Examination
- Book Report
- Herbal Remedy #1
- Herbal Remedy #2
- Anatomy and Physiology Essay
- Thesis
- Case Studies
- Online Forum Participation

Self-Review Quizzes: Each lesson contains a self-administered quiz designed to assist the student in assimilating information and discovering where more learning needs to take place. Self-Review quizzes are open book, require no grading by instructor, and do not need to be submitted with the final examination.

Final Examination: Students can use self-review quizzes as references. The final examination must be completed and submitted in order to obtain a grade and course credit.

Book Report: Students must select and read a book (minimum 250 pages) that relates to the topic of herbalism or natural healing, then write a 500 word book report on the subject and how it may benefit a future master herbalist practice. Current books should be chosen; encyclopedias and dictionaries are not acceptable.

Herbal Remedy Making: Students must develop two of their own herbal remedies made from scratch. They must include with the herbal product a list of the herbs used, the action of each herb, and a description of the process used in making it. Your herbal remedies are to be submitted

for grading, with final examination and other assignments, clearly labeled in an amber or blue glass container. Please bubble wrap and place in a sealable plastic bag for shipment in order to avoid breaking or spilling.

Thesis: Students must write and submit for grading a 1250 word thesis on one of four topics: Prevention (through herbs and nutrition) and what constitutes a healthy lifestyle, the difference between alternative and conventional medicine, anti-aging with herbs and lifestyle choices, or the future of natural medicine. Thesis should be typed with 1” margins or neatly handwritten, and must be completed and submitted with final examination to receive program credit. References used should be highlighted with some type of format.

Anatomy & Physiology Essay: Assignment on Systems of the Body, 250 words on each of ten systems: HEENT, Neurological, Respiratory, Cardiovascluar, Digestive, Genito-Urinary-Reproductive, Musculo-Skeletal, Lymphatic, Endocrine and Integumentary.

Case Studies: Students must complete 5 case studies as instructed by course materials. These case studies must be completed and submitted with final examination to receive credit.

Online Forum Participation: Students are required to exhibit regular participation in relevant online forum discussions. To receive full credit, students must log in a minimum of 10 posts in the online forum (located at www.VICNW.com in the Student Services area). Posts should be appropriate and thoughtful and should pertain to subjects related to herbalism and holistic health and healing.

Grading: Students will be graded on a percentage scale and given a letter grade at the completion of the course. Total number of points from which percentage and grade are calculated is 500. To pass the program, a student must receive at least a “B” grade (80% of possible points). Point breakdown is as follows:

Final Examination – 150 points
Book Report – 50 points
Herbal Remedy #1 – 25 points
Herbal Remedy #2 – 25 points
Anatomy Essay Assignment - 100 points
Thesis – 100 points
Case Studies – 100 points
Online Forum Participation – 50 points

A = 90 – 100%
B = 80 – 89%
C = 70 – 79%
D = 60 – 60%
F = 0 – 59%

General Educational Information Worksheet, General Educational DVD, or General Educational Videoclip – 5 bonus points

(Bonus points will be included in total points earned; thus, a perfect score with bonus points will be calculated as $605/600 = 101\%$.)