

BotanoLogos School of Herbal Studies

Foundations of Herbalism Program 2020

Patricia Kyritsi Howell, RH (AHG), Program Director

Now in its 27th year, our Foundations of Herbalism program offers you a solid introduction to the art of herbal healing. As one of our students, you'll gain first-hand experience with herbs both in the wild and in medicine making workshops. You'll learn the many ways herbs may be used to treat a wide range of common health conditions. Our goal is to strengthen your innate ability to heal yourself and others, broaden your knowledge of herbs as a natural, effective way to promote optimal health and wellness, and support you as you learn to use herbs with confidence.

The 2020 Foundations of Herbalism Program begins in March and ends in December. Classes meet one weekend each month for ten sessions. Class times are Saturday, 10:00 am to 6:00 pm and Sunday, 9:00 am to 5:00 pm. The curriculum includes lectures, hands-on workshops and field studies, along with plenty of time for discussion, questions and community building.

You'll learn:

- the medicinal uses of more than 60 herbs.
- to make herbal preparations (tinctures, oils, salves, infused oils, teas, syrups and more).
- how to identify wild herbs in the field with an emphasis on regional plants.
- to use herbs to heal specific body systems (cardiovascular, reproductive, etc.)
- to create herbal formulas for treat everyday health problems.
- herbal strategies to improve your own health.

2020 Program Dates: March 28 & 29, April 25 & 26, May 16 & 17, June 13 & 14, July 18 & 19, August 22 & 23, September 26 & 27, October 24 & 25*, November 14 & 15, December 5 & 6, 2020.

*Note: The dates for the October class are subject to change. Final dates will be confirmed by October 1, 2019.

Location: Clayton, (Rabun County) Georgia. We are located approximately 100 miles northeast of Atlanta and 90 miles southwest of Asheville, North Carolina.

Tuition: \$2750.00 (\$275.00 per weekend). See **About Payment Plans** for payment options. We accept Visa, MasterCard, American Express and Discover.

Early Registration Discount: Register before December 1, 2019 and receive a \$100 discount on your tuition balance.

Curriculum: Includes 150 hours of instruction, extensive class materials (in digital form), herbs for medicine making workshops, some medicine making supplies, and membership in an on-line discussion group moderated by faculty. And as a student of our program, you'll also qualify for discounts from various herbal suppliers and organizations.

Additional Costs: Students may expect to spend about \$250 for books, medicine making and other supplies throughout the program. A list of required books is available upon request. Lodging and meals are not included in the tuition cost. Limited work exchange or barter may be possible; see **Work Exchange, Barter and Trades** for details. We do not offer any scholarships or state funded tuition stipends. Our course is not accredited. Most program handouts and other materials are provided as digital files. Students should have access to a computer with a printer throughout the program in order to print their own copies of program materials.

The following books are required for reading assignments:

You'll need *Medical Herbalism* and the *Medicine Maker's Handbook* when the program begins and . Newcomb's *Wildflower Guide* for the April class. By June you should have all of books as you will need them to complete homework assignments each month. Most of these books have been in print awhile and used copies are almost always available at a discounted price from used book sources.

Foundations of Herbalism 2020 Book List

- *Adaptogens: Herbs for Strength, Stamina and Stress Relief* by David Winston and Steven Maimes. \$18.95.
- *The Modern Herbal Dispensatory: A Medicine Making Guide*, by Thomas Easley and Steven Horne, \$24.95
- *Medical Herbalism: The Science, Principles and Practice of Modern Herbalism* by David Hoffmann. \$60.00.
- *Medicinal Plants of the Southern Appalachians* by Patricia Kyritsi Howell. \$15.00
NOTE: Order a copy from the BotanoLogos website (www.wildhealingherbs.com) or let us know and we'll have a copy for you at the first class.
- *Herbal Therapy and Supplements: A Scientific and Traditional Approach (2nd Edition)* by Merrily A. Kuhn and David Winston. \$42.95.
- *Newcomb's Wildflower Guide* by Lawrence Newcomb. \$14.95.

March

Herbal Medicine Basics

- Overview of traditional healing systems that have shaped herbal medicine in the US
- Introduction to the concepts of Herbal Energetics.
- Medicinal preparations overview

Materia Medica

- Basic plant taxonomy and introduction to bioregional plant communities
- Herbal actions defined
- System affinities and specific indications for individual herbs
- Efficacy and safety issues

Discussion: Definitions of Health and Healing

April

Medicinal Preparations: Part 1

- Overview of herb sourcing, quality standards and organoleptic assessments of plant materials
- Tinctures (alcohol, apple cider vinegar and glycerin based) using both maceration and percolation techniques

Herbal Dosing (Posology)

- Dosage guidelines for various medicinal preparations
- Dosage strategies for acute and chronic symptoms
- Treating babies, children and the elderly

May

Medicinal Preparations: Part 2

- Water-based preparations: Infusions, decoctions, compresses, baths, etc.
- Oil based preparations: Infused oils, salves and lotions

Field Studies

- Introduction to field botany
- Taxonomy: Plant classification and basic botanical terms

- Ethical harvesting and conservation concerns in wild plant medicines
- Herbs of early spring

June

Herbs in Practice

- Overview of body systems and system affinities in herbalism
- Body Systems: Immune and endocrine
- Common imbalances of the immune and endocrine systems
- Using adaptogens for chronic and constitutional conditions

Materia Medica

- Materia Medica: Ten herbs*

Field Studies

- Identifying plant families of common medicinal herbs
- Herbs of early summer

July

Herbs in Practice

- Body Systems: Digestive, hepato-biliary and respiratory
- Common imbalances of the digestive, hepato-biliary and respiratory systems

Materia Medica

- Materia Medica: Ten herbs*

Field Studies

- Using botanical keys for field identification
- Herbs of summer

August

Herbs in Practice

- Body Systems: Cardiovascular, nervous, musculo-skeletal, skin, urinary and male reproductive
- Common imbalances of cardiovascular, nervous and musculo-skeletal, skin, urinary tract and male reproductive systems

Materia Medica

- Materia Medica: Ten herbs*

September

Herbs in Practice

- Body Systems: Female reproductive
- Common imbalances of the female reproductive system
- Introduction to herb formulating
- Calculating dosages for acute and chronic conditions

Materia Medica

- Materia Medica: Ten herbs*

Field Studies

- Herbs of early autumn
- Ethical root harvesting practicum: Black cohosh, yellowroot and yellow dock

October

Herbs in Practice

- Taking a health history and health assessment basics
- Assessing symptoms and creating formulas
- Introduction to tongue diagnosis
- Herbal adaptogens and seasonal tonic therapies

Materia Medica

- Ten herbs*

Medicine Making: Part 3

- Herbs in the kitchen: Soups, condiments and other therapeutic preparations

November

Herbs in Practice

- Herbal therapies for depression, anxiety, insomnia and other psycho-spiritual imbalances
- First aid and wound care basics
- Understanding the role of inflammation in chronic disease

- Herb-drug interactions: Resources and guidelines

Materia Medica

- Ten herbs*

Discussion: Treating the person not the disease

December

Materia Medica

- Review of all herbs

Final Exam and Medicine Show

- Multiple choice exam and case study review
- Student presentations of herbal preparations

Celebration and Goodbyes

Note: Syllabus content subject to change.

Foundations of Herbalism 2020 - Materia Medica

Here are the 60 herbs are covered in the program.

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|-----------------|-------------------------------------------------------------------------------------|
| 1) Angelica | <i>Angelica archangelica</i> |
| 2) Astragalus | <i>Astragalus membranaceus</i> |
| 3) Black Cohosh | <i>Actaea racemosa</i> (formerly <i>Cimicifuga racemosa</i>) |
| 4) Black Haw | <i>Viburnum prunifolium</i> (Crampbark, <i>Viburnum opulus</i>) |
| 5) Blue Cohosh | <i>Caulophyllum thalictroides</i> |
| 6) Bloodroot | <i>Sanguinaria canadensis</i> |
| 7) Blue Vervain | <i>Verbena hastata</i> and other species |
| 8) Boneset | <i>Eupatorium perfoliatum</i> |
| 9) Burdock | <i>Arctium lappa</i> |
| 10) Calendula | <i>Calendula officinalis</i> |
| 11) Chamomile | <i>Matricaria chamomilla</i> , <i>M. recutita</i> (Roman: <i>Anthemis nobilis</i>) |
| 12) Chasteberry | <i>Vitex agnus castus</i> |
| 13) Comfrey | <i>Symphytum officinale</i> |

14) Dandelion	<i>Taraxacum officinale</i>
15) Echinacea	<i>Echinacea purpureum</i> , <i>E. angustifolia</i> , and other species
16) Elder	<i>Sambucus canadensis</i> (European: <i>S. nigra</i>)
17) Elecampane	<i>Inula helenium</i>
18) Eleuthero	<i>Eleutherococcus senticosus</i>
19) Garlic	<i>Allium sativa</i>
20) Gentian	<i>Gentiana clausa</i> and other species (European: <i>Gentiana lutea</i>)
21) Ginger	<i>Zingiber officinale</i>
22) Ginkgo	<i>Ginkgo biloba</i>
23) Ginseng	American, <i>Panax quinquefolius</i> , and Asian, <i>Panax ginseng</i>
24) Goldenrod	<i>Solidago spp.</i>
25) Goldenseal	<i>Hydrastis canadensis</i>
26) Gotu kola	<i>Centella asiatica</i>
27) Hawthorn	<i>Crataegus oxycantha</i> , <i>C. monogyna</i> and other species
28) Holy Basil	<i>Ocimum sanctum</i> and other species
29) Indian Pipe	<i>Monotropa uniflora</i>
30) Jewelweed	<i>Impatiens capensis</i> , <i>I. pallida</i>
31) Joe Pye Weed	<i>Eutrochium purpureum</i> , <i>E. fistulosum</i> , <i>E. maculatum</i>
32) Kava Kava	<i>Piper methysticum</i>
33) Lemon Balm	<i>Melissa officinalis</i>
34) Licorice	<i>Glycyrrhiza glabra</i>
35) Lobelia	<i>Lobelia inflata</i>
36) Milk Thistle	<i>Silybum marianum</i>
37) Mimosa	<i>Albizia julibrissin</i>
38) Motherwort	<i>Leonurus cardiaca</i>
39) Mullein	<i>Verbascum thapsus</i>
40) Nettle (Stinging)	<i>Urtica dioica</i>
41) Partridgeberry	<i>Mitchella repens</i>
42) Passionflower	<i>Passiflora incarnata</i>

43) Peppermint	<i>Mentha piperata</i>
44) Pipsissewa	<i>Chimaphila maculatum</i>
45) Red Clover	<i>Trifolium pratense</i>
46) Reishi	<i>Ganoderma lucidum, G. tsugae</i>
47) Rhodiola	<i>Rhodiola rosea</i>
48) Rosemary	<i>Rosmarinus officinalis</i>
49) Sage	<i>Salvia officinalis</i>
50) Schisandra	<i>Schisandra sinensis</i>
51) Skullcap	<i>Scutellaria lateriflora, S. incanum</i> and other species
52) St. John's Wort	<i>Hypericum perforatum, H. punctatum</i>
53) Turmeric	<i>Curcuma longa</i>
54) Thyme	<i>Thymus vulgaris</i>
55) Valerian	<i>Valeriana officinalis</i>
56) Wild Oat	<i>Avena sativa</i>
57) Willow	<i>Salix spp.</i>
58) Yarrow	<i>Achillea millefolium</i>
59) Yellow Dock	<i>Rumex crispus</i> and other species
60) Yellowroot	<i>Xanthorhiza simplicissima</i>

2020 Program Faculty

Patricia Kyritsi Howell, R. H. (AHG) is the author of *Medicinal Plants of the Southern Appalachians* (2006) and director of the BotanoLogos School of Herbal Studies. She has been a practicing herbalist and teacher for twenty-eight years and is Herbalist in Residence at the Foxfire Museum and Heritage Center.

A registered herbalist member of the American Herbalists Guild since 1997, she is the AHG Admissions Coordinator, co-chair of the AHG Symposium Committee and formerly served three terms on the Guild's Governing Council (board of directors) Learn more at www.patriciakyritsihowell.com

Lorna Mauney-Brodek is an herbalist with a global perspective on herbalism. Her commitment to providing affordable, holistic health care to the Atlanta community inspired her to found the Herbalista Herb Bus Free Clinic, serving our friends who live on the streets. In 2013 she was awarded the American Herbalists Guild's Community Service Award for her work with the Herb Bus. A gifted teacher, she

teaches at herb events throughout the US and Europe, consults with numerous groups to establish herbal health clinics for underserved communities, and practices herbalism in Atlanta. Learn more at www.herbalista.org.

BotanoLogos Herb Program Refund and Cancellation Policy

Refunds All deposits are non-refundable.

Thirty days before the first class: A full refund of any tuition payments made (less non-refundable deposit) is available upon receipt of a written request by post or e-mail. **Fewer than 30 days before the first class:** Tuition credit for any tuition payments made (less non-refundable deposit) is available upon receipt of written request by post or e-mail. Tuition credit (not deposit credits) may be applied to future BotanoLogos programs if space is available. Credits expire after twelve months. **After the first class:** After the first weekend of the program, no tuition refunds are possible. If a student must drop out of the program for any reason, any payment arrangements remain in effect and payment in full is due according to the terms of your promissory note.

Cancellations: In case of an emergency, such as severe weather or illness, it may be necessary to cancel a class and reschedule for a later date. If a class is cancelled, we will contact you at the telephone number you have provided on your program application. Should unforeseen circumstances require that a class be cancelled, we will do our best to reschedule at a time that is convenient for all enrolled students. However, we reserve the right to make the final choice of dates for all rescheduled classes. In the event that a student cannot attend a rescheduled class, no refunds will be given. Upon request, we will issue a tuition credit to be applied to a future class. Credits expire after twelve months.