

BotanoLogos School of Herbal Studies

Foundations of Herbalism Online Program 2021

## Program Information

Patricia Kyritsi Howell, RH (AHG), Program Director

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More than ever before, herbalists are needed to provide safe, effective herbal health care for their families, friends, and communities. Our Foundations of Herbalism Online program gives you a solid introduction to the art of herbal healing along with skills and information you can use today.

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. By the end of the program, you'll know how to use more than 60 herbs for a wide range of common health conditions, to make herbal medicines in your own kitchen, and much more.

The 2021 Foundations of Herbalism Online Program begins on Thursday, February 18, 2021 and continues until Thursday, December 2, 2021. Classes are streamed live each Thursday evening, 7:00 to 10:00 pm ET. The program includes 120 hours of lectures, discussions and medicine-making demonstrations.

We offer two options for attending the Foundations Program: Full Access Students have the option to attend live classes or to access recordings for one year, along with other program features. On-Demand Students receive access to 10 Modules, released monthly beginning March 1, 2021. Each module contains four or five recorded classes and all program handouts.

Find complete details about both options below.

The Foundations of Herbalism Program curriculum includes:

- A materia medica covering the medicinal uses of 60 herbs.
- Botany, plant families, cultivation basics and the botanical characteristics of 60 herbs.
- Detailed instructions about how to make herbal preparations (tinctures, oils, salves, infused oils, teas, syrups and more).

- Herbs for specific body systems (cardiovascular, reproductive, etc.)
- How to create herbal formulas for everyday health problems.
- Herbal first aid and wound care.
- Aromatherapy.
- Herb/drug interactions.
- Health assessment skills.
- Herbal support for stress, cancer and other degenerative diseases.
- Herbal strategies to improve your health.

**2021 Program Dates:** Thursday nights, 7:00 to 10:00 pm ET. February 18, 25; March 4, 11, 18, 25; April 1, 8, 15, 22, 29; May 6, 13, 20, 27; June 3, 10, 17, 24; July 1, 8, 15, 22, 29; August 5, 12, 19, 26; September 2, 9, 16, 23, 30; October 7, (no class Oct. 14), 21, 28; November 4, 11, 18, (no class Nov. 25), December 2, 2021.

**Location:** The 2021 Foundations of Herbalism Program is an online course accessible on your computer, phone, or tablet. Registered students receive a link to our private online classroom portal where they can access live-streamed or recorded sessions and download all program materials.

**Program Options and Tuition:** We offer two options for attending the FOH 2021 online program. Please read the information about each option for complete details and costs be

**Full Access: \$2500.00**

Full Access students receive these program features:

- Weekly live streamed classes with program teachers available for questions and discussion.
- Access to recordings of all classes for one year.
- Membership in a private online student discussion group monitored by program teachers.
- Access to "Office Hours" with Patricia each month for live questions and discussions.
- Student discounts with herb suppliers and organizations including Frontier Herbs, Herbalist and Alchemist, and the American Herbalists Guild.
- Opportunity to earn a "Certificate of Completion" if all program requirements are met.

## **On-Demand Access: \$1200.00**

On-Demand students receive these program features:

- Access to all class recordings and handouts released monthly beginning March 1, 2021 and ending on December 3, 2021. Each of the ten modules contains four or five recorded classes and all program handouts.
- Access to all class recordings for one year after the program begins through our Online Classroom.

**Curriculum:** The Foundations of Herbalism Program includes 120 hours of lectures, discussions, demonstrations, and interactive learning exercises. See the Program Syllabus.

**Additional Costs:** Expect to spend about \$200 to \$300 for books, herbs, and medicine making supplies. See the required book list below.

Program materials are provided as digital files. You should have access to a computer with a printer throughout the program to print program materials.

We do not offer any scholarships or state funded tuition stipends. Our program is not accredited. However, a limited number of tuition discounts based on a sliding scale are available.

**Certification:** A Certificate of Completion is available to students who complete all program requirements, take the final exam and make a specific set of herbal preparations. The certificate acknowledges the successful completion of the Program and recognizes demonstrated proficiency in herbal therapeutics, herbal formulation, medicine-making techniques and knowledge of the uses of sixty herbs. We do not confer any titles such as, "Certified," "Registered" or "Master Herbalist."

For more information, see **Is This Program Right for You?**

## Required Books

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These books are needed for reading assignments. Most have been in print for a while so used copies may be available at a discounted price. Check out our favorite used book sites: ABE books ([www.abebooks.com](http://www.abebooks.com)) and Better World Books ([www.betterworldbooks.com](http://www.betterworldbooks.com)) The prices listed below are for new copies.

*Adaptogens: Herbs for Strength, Stamina and Stress Relief* by David Winston and Steven Maimes. **Second edition.** \$18.95

*Herbal Therapy and Supplements: A Scientific and Traditional Approach* by Merrily A. Kuhn and David Winston. **Second edition.** \$54.95.

*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 (if you buy it from me) NOTE: You may order a copy of Patricia's book at a discounted price from the [BotanoLogos website](#).

*The Modern Herbal Dispensatory: A Medicine-Making Guide* by Thomas Easley and Steven Horne. \$24.95

## Program Teachers

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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.

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.patrickyritsihowell.com](http://www.patrickyritsihowell.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](http://www.herbalista.org).

Mimi Hernandez, MS, RH (AHG), draws upon her rich ethnic background and the influence of her Granny Healers to inspire her work as a clinical herbalist, educator and ethnobotanist. She believes strongly that keeping plant wisdom alive is essential and has dedicated her life's work to serving as an advocate for both traditional and professional herbal pathways while building cultural bridges of understanding. Mimi is the Executive Director of the American Herbalists Guild and formerly served as the Director of the Appalachian Center for Ethnobotanical Studies at Frostburg State University in Maryland.

### **Materia Medica**

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These 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> (also Crampbark, <i>V. opulus</i> )         |
| 5) Blue Cohosh  | <i>Caulophyllum thalictroides</i>                                       |
| 6) Blue Vervain | <i>Verbena hastata</i> and other species                                |
| 7) Boneset      | <i>Eupatorium perfoliatum</i>                                           |
| 8) Burdock      | <i>Arctium lappa</i>                                                    |
| 9) Calendula    | <i>Calendula officinalis</i>                                            |
| 10) Chamomile   | <i>Matricaria chamomilla</i>                                            |
| 11) Chasteberry | <i>Vitex agnus castus</i>                                               |
| 12) Comfrey     | <i>Symphytum officinale</i>                                             |
| 13) Dandelion   | <i>Taraxacum officinale</i>                                             |
| 14) Echinacea   | <i>Echinacea purpureum</i> , <i>E. angustifolia</i> , and other species |
| 15) Elder       | <i>Sambucus canadensis</i> (European species: <i>S. nigra</i> )         |

16) Elecampane	<i>Inula helenium</i>
17) Eleuthero	<i>Eleutherococcus senticosus</i>
18) Garlic	<i>Allium sativa</i>
19) Gentian	<i>Gentiana lutea</i>
20) Ginger	<i>Zingiber officinale</i>
21) Ginkgo	<i>Ginkgo biloba</i>
22) Ginseng, American	<i>Panax quinquefolius</i>
23) Ginseng, 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) Jewelweed	<i>Impatiens capensis</i> , <i>I. pallida</i>
30) Joe Pye Weed	<i>Eutrochium purpureum</i> , and other spp.
31) Kava Kava	<i>Piper methysticum</i>
32) Lemon Balm	<i>Melissa officinalis</i>
33) Licorice	<i>Glycyrrhiza glabra</i>
34) Linden	<i>Tilia platyphyllos</i> , <i>T. cordata</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) Oat	<i>Avena sativa</i> (also known as Milky Oat or Wild Oat)

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