

BotanoLogos School of Herbal Studies
Foundations of Herbalism Program

Program Syllabus 2021

Class Date	Class Description	Teacher
2/18	Program overview. Herbalism in the USA. Traditional medicine influences on modern herbal practice. Introduction to language of herbalism.	Patricia K. Howell
2/25	Overview of various types of herbal preparations. Introduction to plant taxonomy. The importance of bioregional herbalism.	Lorna Mauney-Brodek
3/04	Introduction to Materia Medica. Herbal actions, system affinities and specific herbal medicines.	Patricia K. Howell
3/11	Introduction to herbal energetics.	Patricia K. Howell
3/18	Medicine making ethics, herb resources, & quality standards. Menstruum overview. Demonstration: Vinegar extracts and Fire Cider.	Lorna Mauney-Brodek
3/25	Introduction to herbal actions and body systems. Dosage guidelines for various herbal preparations.	Patricia K. Howell
4/01	Body System: Immune	Patricia K. Howell
4/08	Body System: Endocrine	Patricia K. Howell
4/15	Stress and the role of the Hypothalamus/Pituitary/Adrenal Axis. Introduction to adaptogens.	Patricia K. Howell
4/22	Materia medica: Part 1	Patricia K. Howell

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4/29	Tincture making basics: Weight to volume method, working with parts, menstruum math, and making custom menstruums. Demonstration: Dry plant macerations.	Lorna Mauney-Brodek
5/06	Tincture Making basics: Review of menstruum math, washing and reusing bottles & an apothecary tour. Demo: Fresh plant macerations.	Lorna Mauney-Brodek
5/13	Body System: Nervous. Herbal protocols for depression, anxiety and insomnia.	Patricia K. Howell
5/20	Body System: Digestive and hepatobiliary.	Patricia K. Howell
5/27	Materia medica: Part 2	Patricia K. Howell
6/03	Introduction to the art of herbal formulation.	Patricia K. Howell
6/10	Body System: Respiratory. Herbal protocols for colds and bronchitis.	Patricia K. Howell
6/17	Medicine Making Demonstration: Hot glycerite extraction. Tips for pressing herbs.	Lorna Mauney-Brodek
6/24	Body System: Cardiovascular	Patricia K. Howell
7/01	Materia medica: Part 3	Patricia K. Howell
7/08	Body System: Musculo-skeletal	Patricia K. Howell

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7/15	Formulations: Part 2	Patricia K. Howell
7/22	Medicine Making Demonstration: Infused herbal oils, salves and other oil-based preps.	Lorna Mauney-Brodek
7/29	Body System: Urinary and Male Generative	Patricia K. Howell
8/05	Materia medica: Part 4	Patricia K. Howell
8/12	Body System: Female Generative	Patricia K. Howell
8/19	Herbal protocols for fertility, pregnancy, lactation and postpartum tonics.	Patricia K. Howell
8/26	Medicine Making: Working with herbal powders & capsules. Demonstration: Herbal lozenges and chews.	Lorna Mauney-Brodek
9/02	Aromatherapy: Using essential oils. Herb-drug interactions.	Patricia K. Howell
9/09	Formulations: Part 3	Patricia K. Howell
9/16	Materia medica: Part 5	Patricia K. Howell
9/23	Inflammation: Herbal protocols for preventing inflammation.	Mimi Hernandez
9/30	Health assessment skills.	Patricia K. Howell
10/07	Health assessment skills.	Patricia K. Howell
10/14	NO CLASS	Patricia K. Howell
10/21	First aid and wound care.	Lorna Mauney-Brodek

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10/28	Herbal support for cancer and other degenerative diseases.	Patricia K. Howell
11/4	Materia medica: Part 6	Patricia K. Howell
11/11	Case study practicum.	Patricia K. Howell
11/18	Formulation: Part 4	Patricia K. Howell
12/2	Program review.	Patricia K. Howell