

**The Complete Integrative Master Course in Herbs,  
Essential Oils, Chakra and Crystal Balancing  
~ December 2023-2024 Cycle ~**

**COMPLETE HERB COURSE DESCRIPTION ~ Full Year Curriculum**

- I. Beginner's Course (4 Classes/2 months)**
- II. Intermediate Course (8 Classes/4 months)**
- III. Advanced Course (12 Classes/6 months)**

**Cost: \$125 per month**

Required reading: *"The Way of Herbs"* by Michael Tierra; *"Ayurveda: The Science of Self Healing"* by Vasant Lad, and *"The School of Natural Healing"*, by Dr. John Christopher. You will not need all of them by the first class.

**I. BASIC HERBOLOGY COURSE ~ 2 Month Curriculum**

**NATURE'S MEDICINE BAG 101 ~ 4 Classes; held every 1<sup>st</sup> and 3rd Sat. (Dec 2023 & Jan 2024)**

Since we are all inherent healers, we need to learn what main herbs/essential oils (EO) should be in our MEDICINE BAGS that we can use as tools to maintain the health and wellness of our family. Your medicine bag would hold many singular herbs/essential oils, that when combined with different herbs/EOs would generate many different formulas; as one herb used for a cold (mullein), when combined with totally different herbs, can be used as an antispasmodic for pain, or combined with yet others can be used for inflammation caused by an injury or arthritis. You will learn how herbs are processed through the steam distillation process that yields essential oils and their hydrosols.

**Nature's Medicine Bag 101 – Class #1**

In this class you will learn what herbs comprise the five basic herb groups, and their functions in restoring health, harmony and balance.

***Herbs and their Essential Oils and their Hydrosols:*** You will learn about the ins-and-outs of the harvesting of herbs and the powerful essence of a single drop of essential oil that they yield.

**Nature's Medicine Bag 101 – Class #2**

Learning what percentage of each herb should be used is critical in making an efficacious healing formula. In this class we will learn how to formulate a well-balanced and synergistic herbal formula.

***Herbs and their Essential Oils and their Hydrosols:*** You will learn about the various categories of EO and how to select EOs for specific conditions.

**Nature's Medicine Bag 101 – Class #3**

This class will be a "hands on" Herbal Formulary Class. **YOU** will choose the herbs/EOs and learn exactly how to make an herbal/essential oil formula, and how to balance each herb/EO that goes into the formula to make it the most effective combinations.

***Herbs and their Essential Oils and their Hydrosols:*** You will learn about the balancing of EOs in making formulas using proper balancing and dilution techniques.

**Nature's Medicine Bag 101 – Class #4**

This final class will cover various **methods of application** [teas, capsules, massage oils, salt baths, soaps, tonics] and **safety guidelines** for different herbs/essential oils, and how to prepare and apply them safely and efficaciously.

## II. INTERMEDIATE COURSE: Healing with the Elements ~4 Month Curriculum

### **INTERMEDIATE COURSE ~ 8 Classes; held every 1<sup>st</sup> and 3rd Saturday (Feb – May 2024)**

This course will cover healing with the elements (Ether/Air, Fire, Water, Earth, Wood and Metal) and how different cultures include nature's elements in their healing systems. This will include the healing system of Western herbs, the healing system of our Afrikan Ancestors in Kemet/Egypt; Ayurveda Self-Healing System: Vata, Pitta and Kapha constitutions; and will include healing of the Chakras with crystals; all of which will be correlated to the yin and yang balance of our organs, and the impact of the elements, states of disease, our lifestyles and diet. The content will also cover the full range of Western Herbology and will include a comprehensive understanding of herbal therapies, and properties. We will also provide comprehensive lists of herbs/EOs, their uses and methods of application for each element and their corresponding organs.

## III. ADVANCED COURSE ~ Chinese 5-Elements ~ 6 Month Curriculum

### **ADVANCED COURSE ~ 12 Classes; held every 1<sup>st</sup> and 3rd Saturday (June – November 2024)**

The advanced course will fully cover the Chinese 5-Element System. In this class, we will take the elemental healing to a deeper level, and discover the inherent properties of each element (their color, quality, sense organ, fluid, etc.) and how these facts will enable you to identify and resolve illness in your body, according to our current diets, likes/dislikes and lifestyles); **the relationships** between the elements [Water, Wood, Fire, Earth and Metal], organs and disease, and how each can facilitate healing the other, and their related herbal remedies. The course materials also include learning how to utilize the acupuncture meridians and reflexology points as healing modalities for each of the elements.

The full year curriculum course also offers a Certificate of Completion. If you wish to receive a certificate you must take the Final Exam and pass with an 75% or better.