

Clinic I Syllabus 2022 (Thursdays)

March 3 – Dec 8

Note: The full days with green shading are when we meet in person (every 4 weeks). The half days are virtual.

| Date | 9 – 10:30 | 10:45 – 12:15 | 1pm – 2:45 | 3:00 – 4:30 pm | Assignments |
|----------|--|--------------------------------|---|------------------------------------|--|
| March 3 | Intro to Clinic, Professional & Legal Issues | Apothecary & Record Keeping | Phytochemistry | | Read M Wood Chapters 1-3 |
| March 10 | | | Phytochemistry | | Read M Wood Chapters 4-5 |
| March 17 | | | Functions & Production of Vital Energy | Energy In/Out Balance Sheet | Read MW Chapters 6-7 |
| March 24 | | | Constitutions (Review) | | Read M Wood Stimulants |
| March 31 | Kidney/Jing Constitutional Deficiency | Materia Medica | Cold/Depression | Assessing Vital Energy Deficits | Read MW Sedatives |
| April 7 | | | Heat/Excitation | Materia Medica | Read MW Astringents |
| April 14 | | | Damp Flowing | Materia Medica | Read MW Alteratives |
| April 21 | | | Damp Stagnation | Materia Medica | Begin Research on Herb/Diet |
| April 28 | Changes in flow | Qi Stagnation | Food Stagnation | Blood Stagnation | Read MW Nutritive Tonics |
| May 5 | | | Dry/Atrophy | Materia Medica | Read MW Relaxants |
| May 12 | | | Wind/Tension/ Changes in Tone | Materia Medica | Research on Herb/Diet |
| May 19 | | | Nutritive Layer- production of Nutritive Qi | Materia Medica | Elimination diet/ Food Journal/ Dietary Research |
| May 26 | Quiz: Tissue States Digestion A & P | Digestion Energetics | Materia Medica | | Elimination diet/ Food Journal/ Dietary Research |
| June 2 | | | Digestion Energetics Continued/Materia Medica | | Elimination Diet/ Food Journal/ Diet Research |
| June 9 | | | Energetics of Food | | Research on Diet |

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| June 16 | | | Diet Presentations | | Reintroduction Phase/ Research Herb Monograph |
| June 23 | Quiz: Digestion | Respiratory A & P | Respiratory Energetics | Materia Medica | Food Journal/ Herb Monograph |
| June 30 | | | Cardio A & P/ Energetics | Materia Medica | Herb Monograph |
| July 7 | | | Fats & Cholesterol Review | Materia Medica | Herb Monograph |
| July 14 | | | Assessing the Blood/ Rakta Dhatu | Materia Medica | Herb Monograph |
| July 21 | Quiz: Cardio Regulatory System: The Liver | Materia Medica | Regulatory System: Hypothalamus | Materia Medica | Herb Monograph |
| July 28 | | | Endocrine System Review | | Herb Monograph |
| Aug 4 | | | Defensive Layer | Materia Medica | Herb Monograph |
| Aug 11 | | | Pathogenic Influences | Materia Medica (Acute Infection) | Herb Monograph |
| Aug 18 | Quiz: Reg & Def Systems Eliminatory System: Colon | Materia Medica | Correcting Apana Vayu | Leaky Gut & Microbiome Review | Herb Monograph |
| Aug 25 | | | Elimination: Bladder A & P | Materia Medica | Herb Monograph |
| Sept 1 | | | Intro to 7 Dhatus: Plasma- Medas | Masma Dhatu/ Materia Medica | Herb Monograph |
| Sept 8 | | | Musculoskeletal A & P | Ashti Dhatu/Materia Medica | Herb Monograph |
| Sept 15 | Quiz: Eliminatory & M.S. System Majja Dhatu | Nervous System A & P | Adaptogen Differentials | Nervine Differentials | Herb Monograph |

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| Sept 22 | | | Shakra Dhatu- Women's Reproductive | Materia Medica | Herb Monograph |
| Sept 29 | | | Shakra Dhatu- Men's Reproductive | Materia Medica | |
| Oct 6 | | | Herb/Drug Interactions | | |
| Oct 13 | Quiz: nervous & reproductive systems Tongue & Pulse Review | | Intake | | |
| Oct 20 | | | Root Causes of Disease | | |
| Oct 27 | | | Detox Protocols | | |
| Nov 3 | | | 8 Diagnostic Questions | Principles of Treatment | |
| Nov 10 | Facial diagnosis | | Intake | | |
| Nov 17 | | | Stool Diagnosis | | |
| Nov 24 | | | Off for Thanksgiving | | |
| Dec 1 | | | Intake | | |
| Dec 8 | Quiz: Cumulative Review Intake | | Intake | | |

Required Texts:

The Practice of Traditional Western Herbalism- Matthew Wood

Recommended Texts:

The Practicing Herbalist by Margi Flint
Medical Herbalism- David Hoffman

Pre-Requisites:

College-level Anatomy & Physiology Class. If you have not had A & P, I highly recommend this class with herbalist Tammi Sweet for \$480: <https://courses.heart-stone.com/p/online-anatomy-physiology>