

Date	Recorded Module (watch prior to our live call)	Live Discussion 12:15-2:45	Assignments
August 30	Read M. Wood Chapters 1-7	Intro to Clinic Review 5 Season & Flavors	Cf. reishi, tulsi
<b>September 2-3</b> In Person Weekend @ Tonic in Shepherdstown, WV Constitutional Theory Review, Functions & Production of Vital Energy, Jing Tonics, Spleen & Qi Tonics			
September 6	Phytochemistry pt. 1	Phytochemistry discussion	Quiz: TCM Cf. condonopsis, eleuthero
September 13	Phytochemistry pt. 2	Phytochemistry discussion	Read MW Stimulants Cf cinnamon, ginger
September 20	Intro to TWH Cold/Depression	Materia Medica: stimulants	Quiz: Phytochemistry Read MW: Sedatives Cf. lemon balm, rosehips
September 27	Heat/Excitation	Materia Medica: sedatives	Read MW: Astringents & Alteratives Cf. Oregon grape, goldenseal
October 4	Damp Flowing/ Damp Stagnation	Materia Medica: astringents & alteratives	Read MW: Relaxants Cf. fennel, orange peel
October 11	Changes in Flow: Qi, Food & Blood Stagnation	Materia Medica: aromatics	Begin Research on Diet Cf. black haw & cramp bark
October 18	Wind/Tension/ Changes in Tone	Materia Medica: antispasmodics	Research on Diet Read MW: Tonics Cf. marshmallow, slippery elm
October 25	Dry/Atrophy	Materia Medica: tonics & demulcents	Quiz: Energetics Cf. nettle & alfalfa
November 1	Stool Analysis	Energetics of food	Diet research Cf. cleavers & chickweed
November 8	Digestive System A & P	Diet Presentations	Begin herbal monographs Cf. dandelion, burdock
November 15	Digestive Imbalances pt. 1- burps, anorexia, bulimia, nausea, acid reflux	Materia Medica	Continue herbal monographs Cf. meadowsweet, agrimony
November 22	Holiday Break	Holiday Break	Holiday Break
November 29	Digestive Imbalances pt. 2 Enzyme deficiency, gallbladder, malabsorption	Materia Medica	Begin Food Journal; continue research for monograph Cf. plantain, gotu kola
December 6	Digestive Imbalances pt. 3 IBS, Chron's, diverticulitis, colitis	Materia Medica	Food Journal Quiz: Digestive System Cf. chamomile, catnip

December 13	Leaky Gut & Food Allergies	Materia Medica	Food Journal Cf. clove, black pepper
December 20	Eliminatory System: Colon	Materia Medica	Quiz: Digestive System Cf. yellow dock, triphala
December 27	Holiday break	Holiday break	Work on Herbal Monographs; prepare for elimination diet
January 3	Respiratory A & P	Materia Medica	Begin Elimination Diet Cf. elecampane, thyme
January 10	Respiratory Pathologies	Materia Medica	Quiz: Respiratory System Elimination Diet, Cf. coltsfoot, mullein
January 17	Cardiovascular A & P	Materia Medica	Elimination Diet, herbal monograph Cf. linden, motherwort
January 24	Cardio Pathologies	Kat on Cholesterol	Elimination Diet, herbal monograph Cf. yarrow, ginkgo
January 31	Assessing the Blood/ Rakta Dhatu	Materia Medica	Quiz: CV system; Begin reintroduction phase, Cf. rehmannia, dong quai
February 7	Regulatory System: Liver	Materia Medica	Continue Reintroduction phase, herbal monograph Cf. milk thistle, sarsaparilla
February 14	Regulatory System: Hypothalamus	Materia Medica	Continue with reintroduction, herbal monograph Cf. elderflower, boneset
February 21	Endocrine System Review	Materia Medica	Continue with reintroduction, herbal monograph Cf. gymnema, bitter melon
February 28	Adrenal Fatigue & Chronic Stress	Materia Medica	Continue with reintroduction, herbal monograph Cf. schisandra, rhodiola
<b>March 2-3</b> In Person Weekend: Geo on Alzheimer's & Brain Health, Tongue & Pulse Review, Facial Diagnosis			
March 6	Nervous System A & P	Kat on Depression	herbal monograph Cf. skullcap, blue vervain
March 13	Nervine Differentials	Nervine Differentials	Herbal monograph Cf. damiana, lavender
March 20	Musculoskeletal A & P	Materia Medica	Herbal monograph Cf. turmeric, willow

March 27	Integumentary System	Materia Medica	Herbal monograph Cf. calendula, plantain
April 3	Spring Break	Spring Break	
April 10	Defensive Layer: Immune A & P	Kat on Infection	Herbal monograph Cf. echinacea, pau d' arco
April 17	Pathogenic influences; stages of disease	Geo on Lyme	Herbal monograph Cf. Andrographis, Baikal skullcap
April 24	Eliminatory System: Urinary	Materia Medica	Herbal monograph Cf. uva ursi, goldenrod
May 1	Shakra Dhatu- Women's Reproductive A & P	Geo on Cancer	Herbal monograph Cf. black cohosh, shatavari
May 8	Women's Reproductive: Pathologies & MM	Becca on pregnancy, birth & postpartum care	Herbal monograph Cf. sage, raspberry leaf
May 15	Shakra Dhatu- Men's Reproductive	Materia Medica	Herbal monograph Cf. maca, ashwagandha
May 22	Herb & Drug Interactions	Discuss Herb & Drug Interactions Discussion	
May 23-26 Retreat	Mornings:, Art of Intake, 8 Diagnostic Questions, Principles of Treatment	Days 2-4: Intakes on each other	Evenings: Formulation Strategies
May 29	Review Root Causes of Disease, Detox protocols	Final Q & A, Next Steps and Farewells	

### Required Texts:

- The Practice of Traditional Western Herbalism- Matthew Wood

### Recommended Texts:

- Energetic Herbalism by Kat Maier
- The Practicing Herbalist by Margi Flint
- Medical Herbalism- David Hoffman

### Pre-Requisites:

- Basic herbal training- either Roots & Vines Foundational Herbalism or an equivalent program
- 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>