

Date	Recorded Module (watch prior to our live call)	Live Discussion 12:00-2:30	Assignments
August 28	Read M. Wood Chapters 1-7	Intro to Clinic Review 5 Season & Flavors	Watch phytochemistry pt. 1
<b>August 31 &amp; September 1</b> In Person Weekend @ Tonic in Shepherdstown, WV Constitutional Theory Review, Functions & Production of Vital Energy, Jing Tonics, Spleen & Qi Tonics			
September 4	Phytochemistry pt. 1	Phytochemistry pt.2	Quiz: TCM Cf. condonopsis, eleuthero
September 11	Phytochemistry pt. 3	Phytochemistry pt.4	Read MW Stimulants Cf cinnamon, ginger
September 18	Intro to TWH Cold/Depression	Materia Medica: stimulants	Quiz: Phytochemistry Read MW: Sedatives Cf. lemon balm, rosehips
September 25	Heat/Excitation	Materia Medica: sedatives	Read MW: Astringents & Alteratives Cf. Oregon grape, goldenseal
October 2	Damp Flowing/ Damp Stagnation	Materia Medica: astringents & alteratives	Read MW: Relaxants Cf. fennel, orange peel
October 9	Changes in Flow: Qi, Food & Blood Stagnation	Materia Medica: aromatics	Cf. black haw & cramp bark
October 16	Wind/Tension/ Changes in Tone	Materia Medica: antispasmodics	Read MW: Tonics Cf. marshmallow, slippery elm
October 23	Dry/Atrophy	Materia Medica: tonics & demulcents	Quiz: Energetics Cf. nettle & alfalfa
October 30	Stool Analysis	Energetics of food	Begin research on monograph Cf. cleavers & chickweed
November 6	Digestive System A &P	Principles of a Healthy Diet	Cf. dandelion, burdock

November 13	Digestive Imbalances pt. 1	Materia Medica	Continue herbal monographs Cf. meadowsweet, agrimony
November 20	Digestive Imbalances Pt. 2	Materia Medica	Begin Food Journal; continue monographs Cf. plantain, gotu kola
November 27	Holiday Break	Holiday Break	Holiday Break
December 4	Digestive Imbalances pt. 3	Materia Medica	Food Journal Quiz: Digestive System Cf. chamomile, catnip
December 11	Leaky Gut & Food Allergies	Materia Medica	Food Journal Cf. yellow dock, triphala
December 18	Eliminatory System: Colon	Materia Medica	Quiz: Digestive System Cf. Elecampane, thyme
December 25	Holiday break	Holiday break	Work on Herbal Monographs; prepare for elimination diet
January 8	Respiratory A & P	Materia Medica	Begin Elimination Diet Cf. coltsfoot, mullein
January 15	Respiratory Pathologies	Materia Medica	Quiz: Respiratory System Elimination Diet Cf. linden, motherwort
January 22	Cardiovascular A & P	Materia Medica	Elimination Diet, herbal monograph Cf. yarrow, ginkgo
January 29	Cardio Pathologies	Kat on Cholesterol	Elimination Diet, herbal monograph Cf. rehmannia, dong quai
February 5	Assessing the Blood/ Rakta Dhatu	Materia Medica	Quiz: CV system; Cf. milk thistle, sarsaparilla
February 12	Regulatory System: Liver	Materia Medica	Continue herbal monograph Cf. elderflower, peppermint
February 19	Regulatory System: Hypothalamus	Materia Medica	Continue herbal monograph Cf. gymnema, bitter melon

February 26	Endocrine_System Review	Materia Medica	Continue herbal monograph Cf. schisandra, rhodiola
<b>March 1-2</b> In Person Weekend: Geo on Alzheimer's & Brain Health, Tongue & Pulse Review, Facial Diagnosis			
March 5	Adrenal Fatigue & Chronic Stress	Materia Medica	Continue herbal monograph Cf. skullcap, blue vervain
March 12	Nervous System A & P	Kat on Depression	herbal monograph Cf. damiana, lavender
March 19	Nervous System Pathologies	Nervine Differentials	Herbal monograph Cf. turmeric, willow
March 26	Musculoskeletal A & P	Materia Medica	Herbal monograph Cf. calendula, plantain
April 2	Integumentary System	Materia Medica	Herbal monograph Echinacea, pau d' arco
April 9	Defensive Layer: Immune A & P	Kat on infection	Herbal monograph Quiz : Nervous, Skin & MS Cf. Andrographis, Baikal skullcap
April 16	Spring Break	Spring Break	Spring Break
April 23	Immune System Pathologies	Geo on Lyme	Herbal monograph Cf. uva ursi, goldenrod
April 30	Eliminatory System: Urinary	Materia Medica	Herbal monograph Quiz: Immune Cf. black cohosh, shatavari
May 7	Women's Reproductive A & P	Geo on Cancer	Herbal monograph Cf. sage, raspberry leaf
May 14	Women's Reproductive: Pathologies	Materia Medica	Herbal monograph Cf. maca, ashwagandha

May 21	Shakra Dhatu Men's Reproductive	Materia Medica	Quiz: Urinary & Reproductive Cf. reishi, tulsi
May 28	Herb & Drug Interactions	Discuss Herb & Drug Interactions Discussion	Study for Final Exam
<b>May 30 - June 1: In Person Weekend</b> Mornings: the Art of Intake, Principles of Treatment Afternoons: Intakes on each other Evenings: Formulation Strategies			
June 4	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>