

Date	Recorded Module (watch prior to our live call)	Live Class 4:30 pm -7:00 pm	Homework & Materia Medica
August 27	Read Energetic Herbalism Chapters 1-5	Orientation 5 Elements & Seasons	Watch Phytochemistry pt.1
<p style="text-align: center;">August 30 & 31, 10 am -4 pm both days In Person Weekend @ Tonic in Shepherdstown, WV Constitutional Theory Review, Functions & Production of Vital Energy, Jing Tonics, Spleen & Qi Tonics</p>			
September 3	Phytochemistry pt. 1	Phytochemistry pt.2	Quiz: Vital Energy Cf. condonopsis, eleuthero
September 10	Phytochemistry pt. 3	Phytochemistry pt. 4	Read Energetic Herbalism pages 133-148 Cf. lemon balm, rosehips
September 17	Intro to TWH Heat/Excitation	Materia Medica: sedatives	Quiz: Phytochemistry Read pages 148-156 Cf cinnamon, ginger
September 24	Cold/Depression	Materia Medica: stimulants	Read E.H. pages. 160-164 Cf. Oregon grape, goldenseal
October 1	Damp Flowing/ Damp Stagnation	Materia Medica: astringents & alteratives	Read E.H. pgs. Cf. fennel, orange peel
October 8	Changes in Flow: Qi, Food & Blood Stagnation	Materia Medica: aromatics	Read pages. 164-171 Cf. black haw & black cohosh
October 15	Wind/Tension/ Changes in Tone	Materia Medica: antispasmodics	Read pages 156-160 Cf. cleavers & violet
October 22	Dry/Atrophy	Materia Medica: tonics & demulcents	Quiz: Energetics Cf. nettle & alfalfa
October 29	Stool Analysis	Energetics of food	Begin research on monograph marshmallow & slippery elm
November 5	Digestive System A &P	Principles of a Healthy Diet	Cf. dandelion, burdock

November 12	Digestive Imbalances pt. 1	Materia Medica	Continue herbal monographs Cf. meadowsweet, agrimony
November 19	Digestive Imbalances Pt. 2	Materia Medica	Begin Food Journal; continue monographs Cf. plantain, gotu kola
November 26	Holiday Break	Holiday Break	Holiday Break
December 3	Digestive Imbalances pt. 3	Materia Medica	Begin Food Journal Quiz: Digestive System Cf. chamomile, catnip
December 10	Digestive Imbalances pt. 4	Materia Medica	Food Journal Cf. yellow dock, triphala
December 17	Digestive Imbalances pt. 5	Materia Medica	Quiz: Digestive System Cf. Elecampane, thyme
December 24	Holiday break	Holiday break	Work on Herbal Monographs; prepare for elimination diet
January 7	Respiratory A & P	Materia Medica	Begin Elimination Diet Cf. coltsfoot, mullein
January 14	Respiratory Pathologies	Materia Medica	Quiz: Respiratory System Elimination Diet Cf. linden, motherwort
January 21	Cardiovascular A & P	Materia Medica	Elimination Diet, herbal monograph Cf. yarrow, ginkgo
January 28	Cardio Pathologies	Kat on Cholesterol	Elimination Diet, herbal monograph Cf. rehmannia, dong quai
February 4	Assessing the Blood/ Rakta Dhatu	Materia Medica	Quiz: CV system; Cf. milk thistle, sarsaparilla
February 11	Regulatory System: Liver	Materia Medica	Continue herbal monograph Cf. gymnema, bitter melon
February 18	Endocrine System A & P	Materia Medica	Cf. schisandra, rhodiola

February 25	Endocrine System Pathologies	Materia Medica	Cf. bacopa, lion's mane
February 28- March 1 In Person Weekend: Geo on Alzheimer's & Brain Health, Tongue & Pulse Review, Facial Diagnosis			
March 4	Adrenal Fatigue & Chronic Stress	Materia Medica	Cf. skullcap, blue vervain
March 11	Nervous System A & P	Kat on Depression	Cf. damiana, lavender
March 18	Nervous System Pathologies	Nervine Differentials	Cf. turmeric, willow
March 25	Musculoskeletal A & P	Materia Medica	Cf. chickweed, calendula
April 1	Integumentary System	Materia Medica	Cf. Echinacea, pau d' arco
April 8	Spring Break	Spring Break	Spring Break
April 15	Defensive Layer: Immune A & P	Kat on infection	Cf. Elderflower, Peppermint
April 22	Immune System Pathologies	Geo on Cancer	Quiz : Nervous, Skin & MS Cf. Andrographis, Baikal skullcap
April 29	Geo on Lyme	Materia Medica	Cf. uva ursi, goldenrod
May 6	Urinary System	Materia Medica	Quiz: Immune Cf. white peony, shatavari
May 13	Women's Reproductive A & P	Materia Medica	Cf. sage, raspberry

May 20	Women's Reproductive: Pathologies	Materia Medica	Cf. maca, ashwagandha
<p>May 22 – May 25: In Person Weekend</p> <p>Mornings: the Art of Intake, Principles of Treatment</p> <p>Afternoons: Intakes on each other</p> <p>Evenings: Formulation Strategies</p>			
May 27	Shakra Dhatu Men's Reproductive	Materia Medica	Quiz: Urinary & Reproductive Cf. reishi, tulsi
June 3	Herb & Drug Interactions	Discuss Herb & Drug Interactions Discussion	Final Exam
June 10	Review Root Causes of Disease, Detox protocols	Final Q & A, Next Steps and Farewells	

Required Texts:

- Energetic Herbalism by Kat Maier

Recommended Texts:

- The Practice of Traditional Western Herbalism- Matthew Wood
- 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>