

Community Herbalist Program

Course Description

The Community Herbalist program will empower you with the knowledge and confidence to approach health holistically and systematically, so you can build and support your own health, and be a person your community can rely on to support their health and wellbeing. This program will introduce you to ten body systems; you will learn how they work and how to balance them with herbs, nutrition, and lifestyle. When you finish the program, you will have obtained a strong background in herbal medicine and nutrition, be able to create herbal remedies and have the ability to confidently assist members of your community with their health.

Instructor Information

Instructor: Tatum Andrews RHN, CH
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Course Structure

The course will be available in two formats; online and in-person.

Online: A monthly lesson will be delivered to your email in PDF form. There will be a suggested weekly schedule to follow and you will receive audio and video recordings. Included in the PDF lesson will be additional resources as well as an assignment that can be completed during the month to deepen the learning experience. **Each month, a package will be delivered to the student containing the necessary materials to create the herbal remedies for the medicine making portion of the month's lesson.** Students taking the online version can attend any of the in-person classes if they are able to.

In-Person: There will be one weekend day class per month from 9:30am-4pm. During the summer months, the class will take place at the Bear Roots Forest farm for the Hampton students and at an outdoor location to be determined for the Moncton students. Each class will include hands-on medicine making as well as the opportunity to try different herbal remedies. In addition to the taught lesson, each student will be provided with additional resources and an assignment to work on during the month which will deepen the learning experience. Classes will take place in Hampton and Moncton, NB.

Online Resources

All students will be given a username and password to the Bear Roots website where they will have access to videos and audio recordings. There will be a monthly online live Q&A session, which will be recorded for viewing anytime! In addition, students in the Community Herbalist program will have the opportunity to participate in online case study sessions which will be scheduled based on the availability of the students.

Student Learning Outcomes

- Understand the functions of the body systems and how herbs and nutrition support them.
- Develop an understanding of the foundations of herbalism and nutrition.
- Learn how to make herbal remedies.
- Learn protocols for supporting imbalances within each body system.
- Feel confident in using herbs and food to bring the body into balance.
- Be able to recognize health problems and know what to do to rebuild strength and vitality.
- Create formulas and protocols that are individualized for each specific person, because bodies are different. What works for one person may not be what works for another, and you will feel confident to successfully match the right strategy for the person you're working with.
- Feel empowered and knowledgeable when you're navigating health issues: understanding how your body works means that you'll be able to make better choices about the best way to take care of yourself and those you love.
- Deepen your connection to the whole interconnected community of the Earth, seeing your individual health as a part of the health of our larger body.

You will meet the objectives listed above through a combination of the following activities in this course:

- Complete all readings and assignments.
- Participate in class work and/or online forums.
- Start to implement the use of herbs in everyday life.
- Spend time outdoors with the plants.
- Complete the final exam and four case studies.

Topic Outline/Schedule

Each module will cover an in-depth study of the functions and organs of the body system along with the key nutrients and herbs that affect that system. Also covered in each module is a medicine making component which will provide comprehensive information on creating herbal remedies and how to administer them through the protocols studied for specific imbalances within the body system. The module will also include other areas of interest in the realm of herbal and nutritional subjects.

- **Module 1: Immune/Lymphatic System**
 - Functions and Organs
 - Basic Phytochemistry
 - Categories of Herbs
 - Wise Woman Tradition & Way of the Wild Heart
 - Case Studies
 - Protocols:
 - Cold & Flu
 - Medicine Making:
 - Infusions
 - Decoctions
 - Syrups
 - Vinegars
 - Materia Medica:
 - Astragalus
 - Usnea
 - Reishi
 - Shiitake
 - Burdock
 - Hyssop
 - Echinacea
 - Calendula
 - Elderberry
 - Rosehips
 - High Bush Cranberry

- **Module 2: Digestive System**
 - Functions and Organs
 - Foundations of Nutrition
 - Tastes- Bitter, Sour, Sweet, Pungent, Salty
 - Bitters
 - Common Food Allergies
 - Prebiotics & Probiotics
 - Protocols:
 - Acid Reflux & Heartburn
 - IBS & IBD
 - Diarrhea
 - Dysbiosis
 - Constipation
 - Medicine Making:
 - Tinctures
 - Glycerites
 - Materia Medica:
 - Dandelion
 - Chamomile
 - Burdock
 - Marshmallow
 - Fennel
 - Peppermint
 - Ginger
 - Angelica
 - Yellow Dock
 - Milk Thistle
 - Slippery Elm
- **Module 3: Skin & Detoxification**
 - Functions and Organs
 - Creating a Materia Medica
 - Herbal Allies
 - Detox Friendly Foods

- Soluble & Insoluble Fiber
- Protocols:
 - Eczema
 - Acne
 - Infections, Warts & Fungi
 - Herpes
- Medicine Making:
 - Infused Oils
 - Liniments
 - Salves
- Materia Medica:
 - Calendula
 - Lavender
 - Plantain
 - Witch Hazel
 - Cedar
 - Rose
 - Horsetail
 - Dandelion
 - Burdock
 - Milk Thistle
- **Module 4: Muscular/Skeletal System & Inflammation & Pain**
 - Functions and Organs
 - Energetics
 - Herbal Aspirins
 - Natural Anti-inflammatories
 - Anti-Inflammatory Diet
 - Protocols:
 - Fibromyalgia
 - Sciatica
 - Carpal Tunnel
 - Headaches & Migraines
 - Rheumatoid Arthritis & Osteoarthritis

- Medicine Making:
 - Poultices
 - Fomentations
- Materia Medica:
 - Comfrey
 - Wood Betony
 - Blue Vervain
 - California Poppy
 - Skullcap
 - Passionflower
 - Holy Basil
 - St.John's Wort
- **Module 5: Circulatory System**
 - Functions and Organs
 - Blood Sugar & Diabetes
 - Wild Foods
 - Protocols:
 - Vascular
 - Cholesterol
 - Hypertension
 - Varicose Veins, Hemorrhoids, Spider Veins
 - Medicine Making:
 - Nourishing Herbal Infusions
 - Materia Medica:
 - Garlic
 - Hawthorn
 - Motherwort
 - Hibiscus
 - Cacao
 - Linden
- **Module 6: Nervous System & Brain Health**
 - Functions and Organs
 - Herbs & Foods for Mental Health

- Brain Nourishing Herbs
- Herbs for Mind & Spirit
- Sleep
- Protocols:
 - Depression
 - Anxiety
 - Panic Attacks
- Medicine Making:
 - Hydrosols
- Materia Medica:
 - Lavender
 - Skullcap
 - Kava Kava
 - Valerian
 - Oatstraw
 - St. John's Wort
 - Lemon Balm
- **Module 7: Urinary System**
 - Functions and Organs
 - Herbal First Aid
 - Wildcrafting & Harvesting
 - Organic vs. Local vs. Non-organic
 - Protocols:
 - Urinary Tract Infections
 - Cystitis
 - Kidney Stones
 - Medicine Making:
 - Honeys
 - Oxymels
 - Sun Tea
 - Materia Medica:
 - Juniper Berry
 - Uva Ursi

- Cornsilk
- Gravel Root
- Marshmallow Root

- **Module 8: Memory & Cognitive Thought**

- Functions and Organs
- Mint Memory Herbs
- Mind-Body Balance
- What Drains the Brain
- Protocols:
 - ADD
 - Foggy Brain & Poor Memory
 - Alzheimer's & Dementia
 - Varicose Veins, Hemorrhoids, Spider Veins
- Medicine Making:
 - Flower Essences
- Materia Medica:
 - Gotu Kola
 - Gingko Biloba
 - Bacopa
 - Lion's Mane
 - Rosemary
 - Wild Sarsaparilla

- **Module 9: Endocrine & Adaptagens**

- Functions and Organs
- Adaptagens
- Foods for Thyroid
- Foods that Inhibit Thyroid
- Protocols:
 - Hypothyroid & Hashimotos
 - Hyperthyroid & Graves
- Medicine Making:
 - Herbal Salts & Spices

- Powders
- Materia Medica:
 - Ashwagandha
 - Bugleweed
 - Motherwort
 - Lemon Balm
 - Holy Basil
 - Rhodiola
 - Codonopsis
 - Schisandra
- **Module 10: Respiratory System**
 - Functions and Organs
 - Herbs for Allergies
 - Antihistamines
 - Raw vs. Cooked
 - Protocols:
 - Asthma
 - Seasonal Allergies
 - Coughs
 - Medicine Making:
 - Herbal Formulating
 - Materia Medica:
 - Mullein
 - Elecampane
 - Horehound
 - Goldenrod
 - Nettle
 - Wild Cherry Bark
 - Horseradish
- **Module 11: Reproductive System**
 - Functions and Organs
 - Estrogen

- Female Cycle
- Cancer Prevention
- Protocols:
 - Low Libido in Men
 - BPH
 - Yeast Infections
 - Low Libido in Women
 - Menstrual Cramps
 - PMS
- Medicine Making:
 - Herb-Drug Interactions
- Materia Medica:
 - Black Cohosh
 - Chaste Tree
 - American Ginseng
 - Lady's Mantle
 - Red Clover
 - Red Raspberry
 - Violet
 - Saw Palmetto
 - Dong Quai
 - Cramp Bark
- **Module 12: Overview of Program**
 - Review Case Studies
 - Where to go from here?
- Students will be given the choice to complete two of the following electives:
 - Pregnancy Pediatrics
 - Menopause Gardening
 - Business 101 Men's Health

These electives will be completed on the students' own time. Lessons will be in an online course format. Students will need to make their elective choices by the third month of the program.

Course Completion

Assignments: There will be an assignment to complete for each module. It will allow the student to apply the concepts learned in the module as well as deepened their understanding through additional research.

Case Studies: Students will be required to work on four case studies throughout the program. The case studies will involve completing an intake form and evaluating the person to see which areas of the body need support and nourishment. As the course progresses student will compile recommendations based on the learning that takes place. The final case studies will outline nutrition, herbal and lifestyle recommendations for the individual.

Final Exam: At the end of the program students will be given a final open book exam that will allow for evaluation of their knowledge of the concepts learned throughout the program. Students will be required to achieve a mark of 80% for successful completion.

Once the above requirements have been fulfilled successfully the students will receive a 'Community Herbalist' Certificate of Completion.

It should be noted that in Canada herbalists are not certified or licensed by any governmental body, which means that no one can make you a 'certified herbalist'. By completing this course, you will be an herbalist with a certificate. In the future, Bear Roots hopes to be a Member School of the Herbalist Association of New Brunswick, however at this time the association has not completed their policies regarding the requirements for professional members.

The study of herbalism is a lifelong pursuit and is not earned after one year of study. Bear Roots teaches skills and practices that will make you a competent, safe and confident herbalist however additional studying is always recommended!

Course Policies

If you are taking the course 'live and in person' you will have six months after the last class to pass in all assignments, case studies and final exam.

If you are an online student, you will have two years to complete the course from your start date to receive your Community Herbalist certification.

If you need more time, there is a fee of \$100 for a six-month extension.

A full refund will be given if a student withdraws within the first two weeks of the course. A partial refund will be given within the first month of the course.

If payment arrangements have been made and are not made on time, they will be subject to a \$10 administration fee.