

Family Herbalist Program

Course Description

The Family Herbalist program will empower you to feel confident to use herbs and food to nourish your body for optimal health. This program will introduce you to seven body systems; you will learn how they work, how to balance it with herbs, nutrition, and lifestyle. You will learn how to prepare a variety of herbal remedies. When you finish the program, you will have obtained a strong background in herbal medicine, the ability to confidently use herbs in your home for everyday ailments and overall wellbeing, and a have started a home apothecary.

Instructor Information

Instructor: Tatum Andrews RHN, CH

Telephone: 506-721-5753

E-mail: tatum@bearrootsforest.ca

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 Forest website where they will have access to videos and audio recordings.

There will be a monthly online live Q&A session, if you are unable to attend it will be recorded for viewing anytime!

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 body systems.
- 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.

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.

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
 - Intro to Herbalism
 - Categories of Herbs
 - Wise Woman Tradition & Way of the Wild Heart
 - Constituents
 - Herb Actions
 - Protocols:
 - Cold & Flu
 - Allergies
 - Medicine Making:
 - Infusions
 - Decoctions
 - Syrups
 - Materia Medica:
 - Astragalus
 - Usnea
 - Reishi
 - Shiitake
 - Burdock
 - Hyssop
 - Echinacea
 - Calendula
 - Elderberry
 - Rosehips
 - High Bush Cranberry

- Mullein
- Elecampane
- Horehound
- Goldenrod
- **Module 2: Digestive System**
 - Functions and Organs
 - Food as Medicine
 - Tastes- Bitter, Sour, Sweet, Pungent, Salty
 - Bitters
 - Common Food Allergies
 - Prebiotics & Probiotics
 - Protocols:
 - Acid Reflux & Heartburn
 - Diarrhea
 - 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 (Liver, Colon & Urinary)**
 - Functions and Organs
 - Natural Anti-Inflammatories

- Detox Friendly Foods
- Soluble & Insoluble Fiber
- Protocols:
 - Eczema & Acne
 - Urinary Tract Infections
 - Kidney Stones
 - Infections, Warts & Fungi
- Medicine Making:
 - Infused Oils
 - Liniments
 - Salves
- Materia Medica:
 - Calendula
 - Lavender
 - Plantain
 - Witch Hazel
 - Cedar
 - Rose
 - Horsetail
 - Dandelion
 - Burdock
 - Milk Thistle
 - Juniper Berry
 - Uva Ursi
 - Cornsilk
 - Gravel Root
 - Marshmallow Root
- **Module 4: Nervous System, Brain Health, Mood & Relaxation**
 - Functions and Organs
 - Herbs & Foods for Mental Health
 - Brain Nourishing Herbs
 - Herbs for Mind & Spirit
 - What Drains the Brain

- Sleep
- Protocols:
 - Depression
 - Anxiety
 - Panic Attacks
- Medicine Making:
 - Honeys
 - Oxymels
 - Vinegars
- Materia Medica:
 - Lavender
 - Skullcap
 - Kava Kava
 - Valerian
 - Milky Oats & Oatstraw
 - St. John's Wort
 - Lemon Balm
 - Gotu Kola
 - Gingko Biloba
 - Bacopa
 - Lion's Mane
- **Module 5: Endocrine & Adaptogens, Energy & Stress**
 - Functions and Organs
 - Adaptogens
 - Foods for Thyroid
 - Foods that Inhibit Thyroid
 - Herbal First Aid
 - Protocols:
 - Hypothyroid & Hashimotos
 - Hyperthyroid & Graves
 - Medicine Making:
 - Wildcrafting
 - Harvesting

- Materia Medica:
 - Ashwagandha
 - Bugleweed
 - Motherwort
 - Lemon Balm
 - Holy Basil
 - Rhodiola
 - Codonopsis
 - Schisandra

- **Module 6: Reproductive System**
 - Functions and Organs
 - Estrogen
 - Female Cycle
 - Cancer Prevention
 - Protocols:
 - Low Libido in Men
 - Low Libido in Women
 - Menstrual Cramps
 - PMS
 - Medicine Making:
 - Herb-Drug Interactions & Dosing
 - Flower Essences
 - Materia Medica:
 - Black Cohosh
 - Chaste Tree
 - American Ginseng
 - Lady's Mantle
 - Red Clover
 - Red Raspberry
 - Violet
 - Dong Quai
 - Cramp Bark

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.

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 'Family 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 three months after the last class to pass in all assignments and final exam.

If you are an online student, you will have one year to complete the course from your start date to receive your Family 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.