



Bear Roots Forest School  
Roots of Health: Holistic Herbalism & Nutrition  
Holistic Herbal Practitioner- Level One

- ❖ This is a six-module online course that can be done at your own pace.
- ❖ There will be monthly live classes that will be recorded if you are unable to attend live.
- ❖ To receive a certificate of completion you will need to complete six assignments and a final exam. Please note these are not mandatory. However, completing them is required if you would like to take level two and/or three.
- ❖ It is estimated that each module will take between 20-30 hours per month to complete. This will vary from person to person.

Module One: Herbs

Herb Allies

Categories of Herbs

Overview of Herb Actions

Basics of Phytochemistry

Fundamental Herb Energetics

Materia Medica & Monographs

Wildcrafting & Foraging

*Medicine Making: Teas/Infusions/Decoctions*

Module Two: Nutrition

Basics of Nutrition

Essential Principles of Nourishment

Overview of Vitamins & Minerals

Nutritional Deficiencies

Taste of Herbs

Nourishing Herbs

Culinary Herbs

*Medicine Making: Herbs in the Kitchen: Vinegar, Honey, Broth, Salts etc.*

## Module Three: Liver

Basic Anatomy & Physiology

Herb Actions

Signs & Symptoms of Malfunction

Overall Healing Strategies

Detoxification

Herbs:

Burdock

Dandelion

Milk Thistle

Schisandra

Turmeric

Protocols:

Toxic Liver/Bad Blood

Gallstones

Bilious Dyspepsia

Non-Fatty Liver Disease (NAFLD)

Environmental Toxicosis

*Medicine Making: Tinctures*

## Module Four: Digestive

Basic Anatomy & Physiology

Herb Actions

Importance of Bitters

Gut-Brain Connection

Signs of a Poorly Functioning Digestive System

How to Maintain Good Gut Health

Herbs:

Chamomile

Marshmallow

Meadowsweet

Oregon Grape Root

Peppermint

Yarrow

Yellow Dock

Protocols:

Constipation & Diarrhea

Gas & Bloating

GERD

Food Intolerances/Intestinal Permeability

Hypochlorhydria

Indigestion  
Malabsorption  
Nausea

*Medicine Making: Herb Oils*

## Module Five: *Nervous*

Basic Anatomy & Physiology

Herb Actions

Adaptogen Deep Dive

Herbs: Holy Basil, Ashwagandha, Reishi

Circadian Rhythms

Tips for a Better Sleep

Pain Management

Herbs:

Milky Oats/Oatstraw

Skullcap

Passionflower

California Poppy

Lavender

Valerian

Lemon Balm

Motherwort

Protocols:

Anxiety

Attention Deficit Hyperactivity Disorder

Depression

Headache & Migraine

Insomnia

*Medicine Making: Salves & Balms*

## Module Six: Respiratory

Basic Anatomy & Physiology

Herb Actions

Mucous Membrane Health

Inflammation

Herbs:

Coltsfoot

Elecampane

Goldenrod

Hyssop

Lobelia

Mullein

Osha

Protocols:

Asthma

Bronchitis/Coughs

Laryngitis

Pneumonia

Seasonal Allergies/Sinusitis

Tonsillitis

*Medicine Making: Syrups & Oxymercals*

*Bonuses:*

Constitutions (Elements & Doshas)

Herb First Aid

Hours Breakdown:

Biomedical/Biological Services- 100hrs

Anatomy & Physiology

Phytochemistry

Pathophysiology

Herbal Sciences- 105hrs

Introduction to Herbal Medicine

Materia Medica

Therapeutics

Herbal Pharmacy

Energetics

Elective

Nutrition- 15hrs