

Practical Herbalist Online Program®

(© Natural Options Consulting Services & The College of the Rockies)

Program Description

The course is designed to provide students with a sound, basic knowledge of the use of herbs, nutrition, vitamins, and other supplements for common health concerns, including the growing, harvesting and preparation of herbs, proper dosing, safe administration and contraindications.

PROGRAM PRE-REQUISITES:

High School level basic sciences are preferable but not essential.

TRANSFER CREDIT:

None

PROGRAM CONTENT

Course modules:

- | | |
|---|--------------------------------|
| 1) History & Philosophy of Herbal Medicine | 12) Central Nervous System |
| 2) Introduction to Basis Physiology & Anatomy | 13) Integumentary System |
| 3) Natural Pharmacy | 14) Genitourinary System |
| 4) Pharmacokinetics & Pharmacognosy | 15) Female Reproductive System |
| 5) Botany for Herbalists | 16) Male Reproductive System |
| 6) Nutrition | 17) Pediatrics |
| 7) Cardiovascular System | 18) Gerontology |
| 8) Respiratory System | 19) Immune Systems |
| 9) Gastrointestinal System | 20) Environmental Health |
| 10) Endocrine System | 21) Complimentary Health |
| 11) Muscular/ Skeletal System | 22) Business and Ethics |

History and Philosophy of Herbal Medicine

The use of herbs as therapeutic agents throughout history and the pros and cons of the recent "Herbal Renaissance" will be explored. Students will have the opportunity to examine the philosophy of preventative medicine, and the similarities and contrasts of the conventional and complementary medical models.

Introduction to Anatomy/ Physiology

The Introduction to Anatomy and Physiology module will provide the student with a basic understanding of how the body functions in a healthy state. Subsequent modules will look at the physiology of specific systems of the body, how these systems influence the function of the overall body, and how pathology alters the physiological state.

Natural Pharmacy

Pharmacy will teach the student how to prepare their own herbal tinctures, teas, creams, salves, as well as other healing herbal treatments. This module also covers equipment needed, how to create formulations, dosing guidelines, and safe dispensing techniques.

Pharmacokinetics & Pharmacognosy

Pharmacokinetics examines how the body utilizes herbs, methods of uptake and excretion and factors that affect this process. Pharmacognosy identifies the chemical constituents of the plants

and the effect these constituents have on the body. Knowledge of both subjects allows the herbalist to use plants as therapeutic agents in a safe and effective manner.

Botany for Herbalist

This module offers a basic introduction to plant structure and classification and on ways to identify plants. Also covered in this module is how to create your own herb garden, growing and propagation techniques and harvesting and wild crafting methods.

Nutrition

In the Nutrition module students will learn about the nutritional requirements necessary to maintain a healthy body. The role of food, water, vitamins, minerals, fats, and other supplements will be examined. Therapeutic nutritional plans to maintain health and to address specific concerns such as allergies, Celiac disease, Candidiasis overgrowth, and cleansing are presented.

System Specific Herbal Training (modules 7 through 20)

Each of these 14 modules focuses on a specific body system -covering the anatomy and physiology for that system, specific health conditions that can adversely affect the system and the natural approach to resolving these health concerns using herbs, nutrition, vitamins, and lifestyle changes. Each module includes a detailed materia medica section (herb profiles) as well as herbal formulations.

Complimentary Health

This module is designed to give students an overview of a variety of popular natural therapies that can be used effectively in conjunction with herbal medicine. A variety of treatment modalities are presented including Traditional Chinese Medicine & Acupuncture, Flower Essence Therapy, Homeopathy, Massage, Reiki, Reflexology, Iridology, Aromatherapy etc.

Business & Ethics

Business and Ethics will assist the student in exploring possible business or career opportunities that they may wish to pursue once they have completed the program. Information is presented on the current regulations governing the use of herbs and supplements; professional/ethical conduct, best business practices and the various professional organizations students may wish to join.

Upon successful completion of the program, students will have:

- A historical & philosophical perspective of herbal medicine and it's similarities and contrasts to the conventional medical model
- A basic understanding of the anatomy & physiology of the human body including the physiology of specific systems of the body, how these systems influence the function of the overall body, and how pathology alters the physiological state.
- A comprehensive knowledge of vitamins, minerals, nutritional supplements and over 100 medicinal herbs and their uses in treating common ailments.
- A working knowledge of herbal pharmacy including preparing herbal tinctures, salves, creams, capsules, and teas, as well as methods of administration, dosages, contraindications and possible interactions with conventional medications.
- An understanding of basic botany, plant identification, growing and harvesting techniques.
- A general knowledge of popular complimentary health practices that can be used in conjunction with herbal medicine.
- A sound understanding of the current regulations governing the use of herbs and supplements, professional/ethical conduct, the existing professional organizations available and the opportunities for employment in the natural health industry.

PROGRAM EXPECTATIONS

The students will be expected to view the online component of the course and then read the corresponding section in their manuals. Once they have completed this they can do the self-quiz

(optional) and access their assignment for that module. They must complete each module assignment and submit it to the instructor before they can move on to the next module in the course. Each module varies in length somewhat but on average a module will take approximately 10 to 14 days to complete. (Study and research time is estimated to be between 15 – 20 hours per average module). Students will also be expected to participate in one online chat per week and to post at least one response/ comment for every new topic posted by the instructor on the discussion board.

PROGRAM EVALUATION

Written assignments plus mid-term and final exams.

Successful participants will receive a College of the Rockies Associate Certificate.

Instructor will issue, upon request, a written evaluation.

PROGRAM CHANGES

Information contained in this program outline is correct at the time of publication. Content of the courses is revised on an ongoing basis to ensure relevance to changing educational, employment and marketing needs. The instructor will endeavor to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses. The timetable may also be revised.

PROGRAM TUITION

The full program tuition is \$1744.00. The first half (\$872) is due before the start of the class, and at that time Modules 1 - 10 will be released and CD of the first half of the manual will be sent to you. If you prefer a printed copy of the manual rather than the CD this is available for an additional \$60.00 (this covers the cost of both Part I and II the manual) The second half of the tuition is due following Module 10 or after six months, whichever comes first.

There are no refunds available for the course once tuition has been paid.

CONTACT INFORMATION

Administrative Office

Phone (250) 428 – 5332

Toll Free: 1– 866 – 740 – 2687

Email: creston@cotr.bc.ca

www.cotr.bc.ca/creston

Instructor

Rachel Beck, BA DiHom CHT

Phone (250) 428-5332

Toll Free: 1– 866 – 740 – 2687

Email: rbeck@cotr.bc.ca