***North Star Herbal Studies***

***2021-2023 Course Catalog***

***Family & Community Herbalist Training***

***Herbalist Certificate Program***

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***Table of Contents***

Mission Statement & Vision ………………………………………. 4

General Overview of the School ………………………………… 4

Facilities ……………………………………………………………………. 4

Faculty & Staff …………………………………………………………… 5

Programs Offered ……………………………………………………… 5 - 6

Certified Herbalist Program …………………………. 9 -12

Program Calendar and Class Schedule 2018-2020 …… 12 - 13

Prerequisites and Entrance Requirements ………….……. 13 - 14

Enrollment ……………………………………………………………….. 14

Re-admission Policy ………………………………………………….. 14

Attendance Policy …………………………………………………….. 14

Grading …………………………………………………………………….. 14 - 15

Student Code of Conduct ………………………………………….. 15

Procedure for Student Complaints ……………………………. 15

Program Costs ………………………………………………………….. 16

Payment Options and Refund Policy …………………………. 16

Disclaimers ……………………………………………………………….. 17

***Mission Statement & Vision***

Our mission is to empower you to truly heal your own life, that of your family and your community. We do this by providing you with quality educational programs in western herbalism and closely related areas of time honored natural healing systems. Our hope and vision for the future is to see knowledgeable herbalists and natural healing in every city and town in the Midwest.

***General Overview of the Program***

North Star Herbal Studies (hereinafter referred to as NSHS) is a private educational program in natural healing and western herbalism. NSHS offers education in natural healing, western herbalism, utilizing the healing power of plants, embracing cultural traditional healing wisdom, as well as many other relevant aspects of holistic health and wellness. We take an inspired approach to teaching. The program is a process of gaining wisdom, but also of transforming one’s life. The north star is considered a source of wisdom and guidance by many ancient cultures. In keeping with that tradition, we strive to embrace a multicultural and diverse scope of training in natural health. NSHS is owned by Four Winds Natural Healing Center INC, a Nebraska Corporation, wholly owned by Nicholas Schnell, RH, AHG, RD, LMNT. NSHS is staffed with credentialed instructors who are experts in their fields. NSHS is the educational division of Four Winds Natural Healing Center, serving as a community teaching resource.

Natural healing requires a vast knowledge base to understand. It takes two years to really digest and assimilate the program information. Students learn to see in Nature’s eyes, think like a healer and deeply understand disease. The program is two years because wisdom takes time to accumulate. A wonderful degree of personal growth happens naturally along the way.

***Facilities***

The location of the program is at Four Winds Natural Healing Center, 9935 Maple Street, Omaha, Nebraska. NSHS is held in a modern indoor facility which includes a classroom, natural healing library, and ADA compliant restrooms. Within the facility, students also have access to a small library, WIFI internet connection and a relaxed learning environment. The facility also has student consulting rooms, a kitchen and an onsite herbal dispensary which voluntarily follows GMP guidelines and protocols.

**Equipment available includes:**

1. Whiteboard
2. Chairs
3. Tea Urn or tea dispenser for special class teas
4. WiFi internet

***Faculty and Staff***

**Regular Faculty & Staff**

Nicholas Schnell, Clinical Herbalist, RH, RD, LMNT; program teaching; Director of NSHS; head faculty

Lisa Grabenbauer, Clinical Herbalist, PhD; herbal product manufacturing, laboratory chemistry, FDA cGMP

Mary Reeg-Dhingra; Pharm D.; herbal pharmacognosy, herb-drug interactions

Shea Harkness, Clinical Herbalist, EMT; herbal product making, herb farming, herb processing, adjunct faculty

Jerome Kills Small, Lakota Elder; Native American ethnobotany, traditional wisdom

Program Administrator: Franque Noble and Rachel Ruff

Teaching Assistant: TBD

**Guest Faculty -** Other experts in various fields may also guest lecture at NSHS including:

Joel Dunning (Acupuncturist L.Ac.), Rod Angeroth (ginseng farmer, nurseryman), Ramona Horner (Clinical Herbalist, RH), Dustin Clayton (naturalist, stones), Sarah Brandt (Qi gong, Tai chi) and others if the opportunity presents.

***Programs Offered***

**Overview of Programs**

NSHS offers one key archetype program. The Family & Community Herbalist Program is a two-year training curriculum. Successful completion of the course will result in a Certified Herbalist Certificate. The program will utilize classroom hours, online options, labs, retreats, projects, homework and exams. The maximum teacher to student ratio at any given time for these programs is 1:50.

**Class Format, Times and Distant Learning Option**

Class meets every Wednesday night and one Saturday per month. The Wednesday evening class is a live lecture from 6 PM to 8 PM. This class will be live Zoom broadcast and recorded. Online students can participate in live Zoom or recorded classes. All classes are recorded and archived on a class website. One Saturday per month there will be an intensive live lecture from 9 AM to 12 PM. This class is often a plant identification nature walk, herbal products lab or specialized class. There is one annual retreat each year. Annual retreat attendance is optional, but it does deeply add to your experience. As weather and time permit, some Saturday or Wednesday night classes may involve herb walks, farm tours or other field trips.

**World of Natural Healing**

Our goal is to provide comprehensive introductory level training in herbal healing and natural healing principles. Many students of the program have utilized the coursework wisdom in many ways. Many past students have worked in the following areas: natural healthcare clinics, conventional healthcare, the growing herbal industry, health spas, health coaching, wellness clinics, fitness coaching and training, yoga instruction, dietary supplement manufacturing, wellness education, tea industry, tea sales, community health clinics, community herbalism, mental health counseling, herb farming, massage therapy, herbal supplement retail sales and management and the health food industry. The program is intended for any individual interested in exploring herbalism and the benefits of using plants for healing in a variety of settings.

Natural healing is a rapidly growing industry. Two thirds of the world’s population uses Complementary and Alternative Medicine. Seventy percent of Americans surveyed believe in the positive effects of natural medicine. Two out of every three Americans take some type of dietary supplement. The herbal and dietary supplement industry contribute $121 billion dollars to the US economy every year. The industry employees over 750,000 jobs nationwide. Additionally, experts estimate the Complementary and Alternative Medicine healthcare industry in the US will be $197 billion dollars. Understanding herbal therapeutics is a vital step in education for those seeking to use plants and dietary supplements for self-care, starting new businesses, integrating into their current healthcare setting or making herbalism a future professional career choice.

**Diversity of Students**

We pride ourselves on our diverse student population each year. Many types of students and backgrounds attend the program. Students in the past have come from all walks of life including: stay at home parents, chiropractors, college students, acupuncturists, massage therapists, cosmeticians, pharmacists, school teachers, organic farmers, wilderness survival experts, retired business owners, nurses and much more. NSHS honors and celebrates cultural diversity.

***Certified Herbalist Program - Year 1***

***Overview***

This program is designed to introduce students to the foundations of natural healing, core foundation of herbalism, the history of medicine, a wide range of healing theories, an introduction to assessment techniques, the basics of herbal therapeutic actions and herbal materia medica. A full list of class topics is listed below. It is our intent to equip you with the knowledge and skills to begin healing yourself and your family. There will be many deep discussions on the philosophy of health, healing and wellness. You will be encouraged to practice what you learn in your personal life on yourself, family and friends. Your grade will be based on class attendance, projects and four quarterly exams. Students must complete the first year with a 70% grade or higher in order to continue on to year two.

***Topics for Year 1***

***Foundations of Natural Healing & Health***

Foundation of natural healing philosophy

Deeper causes of disease

Real preventative health

Holistic strategies for healing

***Foundations of Herbalism, Theory & Concepts***

Vitalism philosophy

Foundation of herbal theory

Constitutional herbalism

Energetic and thermodynamic nature of plants

Basics of six tissue states

Paradigms to understand healing and plants

Introduction to plant signatures and specific indications

***Western Herbal Traditions***

Core philosophy and theory of different western healing traditions

Eclectic (Early American) herbalism

Traditional European herbalism

Greek and Roman herbalism

Seasonal cleansing and detoxification protocols

Six tissue cleansing programs

***Traditional Ayurvedic Medicine***

Core concepts and theory of Traditional Ayurvedic Medicine

Ayurvedic tridosha theory

10 basic Ayurvedic plants

Ayurvedic nutrition principles

Introduction to Ayurvedic herbalism

***Traditional Chinese Herbal Medicine***

Basic concepts and theory of Traditional Chinese Medicine (TCM)

Introduction Tai chi and/or chi kung practice

Introduction to Traditional Chinese herbal therapy

15 basic TCM plants

Power of Chinese tonic herbs

The world of tea and ancient tea culture

Chinese tea ceremony

***History***

History of herbal medicine ancient to modern

Understanding key figures in history and their unique contributions

History of major natural medicine systems around the world

***Food & Nutrition***

Introduction to whole foods nutrition and five season diet

Vitamins, minerals, trace minerals

Fats and oils

Culinary herbalism – using spices for healing, cooking and digestion

Healing properties of foods

TCM Five element nutrition

***Psychological and Spiritual Health***

Concepts of psychology, cultural insights and spirituality in health

Body, mind and spirit connection to wellbeing

***Assessment***

Basic holistic assessment theory

Introduction to tongue, eye, nail, hair, skin and pulse assessment

***Herbal Therapeutic Actions***

Introduction to herbal action categories and theory

15 basic therapeutic action categories

***Therapeutic Herbalism Systems Review***

Introduction to systems based approach to phytotherapy

Basic discussion of digestive, cardiovascular, renal, nervous, liver, musculoskeletal, respiratory and endocrine systems

Topical use of herbal products including oils, essential oils, salves, liniments, baths, etc.

***Botany***

Field botany introduction: plants, shrubs, trees

Identifying botanical resource books and on-line databases

Basic native prairie plant and garden plant identification

Field botany walks, herb identification field trips

***Gardening, Harvesting, Growing & Wild-crafting***

Basics of harvesting plants and tools

Organic gardening and growing techniques for plants

Wild-crafting basics

Drying, storing and preparing herbs

Home medical plant garden

Field trips

***Pharmacognosy & Phytochemistry***

Introduction to herbal Pharmacognosy and natural product chemistry

Introduction to drug interactions and contraindications

***Materia Medica***

Introduction to properties and basic uses of over 85 western herbs

Organoleptic profiles

Traditional uses and modern clinical understanding of specific plants

***Herbal Preparations & Lab***

Sanitation guidelines

Tincture and fluid extract lab

Glycerite and syrup lab

Herb infused oils and salves lab

Body creams and lotions lab

Liniment lab

Capsules and tablets

Powdered extracts

Teas, decoctions, infusions and tisanes

Footbaths, herbal baths, herbal steams

Suppositories and enemas

Topical poultices and plasters

***Administering Herbs & Supplements***

Introduction to administration and dosing of plants

***Emergency Preparation***

Basic emergency home preparedness

Pandemic home apothecary

***Aromatherapy***

Introduction to essential oil safety and history

Introduction to distillation, essential oils and hydrosols

15 basic essential oil therapeutic uses in aromatherapy

***Herbal Safety***

Introduction to herb-drug interactions, supplement drug interactions, food drug interactions

Contraindications of supplements and plants

Allergen safety

Concepts of herbal safety

***Survey of Other Natural Healing Systems***

Introduction and history of flower essences

Bach and flower essence society materia medica

Introduction to homeopathy

Traditional Native American wisdom and story time with elders

***Herbal Therapeutics Independent Study***

Year one special project herb monograph

Community service projects

***Certified Herbalist Program - Year 2***

***Overview***

The second year of the program will build upon the foundations laid in understanding the core fundamentals of the first year. The Certified Herbalist Program integrates all core areas of western therapeutic herbalism into a holistic synthesis with current real-world application. Students learn intermediate herbal materia medica and theory including: intermediate assessment, basic phytochemistry, intermediate herbal theory, principles of practice, relevant scientific research, traditional uses, botany and plant identification, therapeutic uses, energetics, herbal actions, therapeutic action categories, contraindications, cross cultural uses, indications, drug interactions, herbal safety, etc. All forms of herbal preparations and administration will be covered. Coursework will also cover a wide variety of natural healing principles, concepts, traditions and theories. Topics such as cultural health practices, cooking, nutrition, healthy lifestyle, wild foods, and flower essences will be touched on.

In this program, your grade will be based on class attendance, three quarterly exams, a final and a community outreach project. With a 70% grade or higher at the end of the second year, the result of your quality focus and effort is a Certified Herbalist Certificate from NSHS.

***Topics for Year 2***

***Cross Cultural Medicine Wheel or Hoop of Life***

Cross cultural exploration of the medicine wheel for healing

Personal healing journey with the medicine wheel

***Foundations of Herbalism, Theory & Concepts***

Intermediate thermodynamic nature of plants

Intermediate plant specific indications and clinical indications

***Western Herbal Traditions***

Intermediate Eclectic herbalism

Intermediate Traditional European herbalism

***Traditional Chinese Herbal Medicine (TCM)***

Basic zhang fu pattern identification in Traditional Chinese Medicine

Intermediate Traditional Chinese herbalism and applications

25 intermediate Chinese plants

TCM herbal formulating strategies

Introduction to Chinese topical healing methods (cupping, scraping, moxa, etc.)

Longevity and anti-aging protocols

***Food & Nutrition***

Intermediate whole foods nutrition

Food allergies and intolerances

Basic healing food recipes

Common food phytochemicals used as dietary supplements

Traditional food and nutrition (Chinese, Ayurvedic, Native American, etc.) concepts

***Psychological and Spiritual Health***

Intermediate concepts of body-mind health

***Assessment***

Global questioning and holistic intake

Hands on physical assessment tools

Eye, ear, skin, hair, nail, lip, abdomen and face assessment

Stool and urine assessment

Tongue and pulse assessment

Comparison of Eclectic, western and Chinese pulse assessment

Basic laboratory assessment

***Intermediate Herbal Theory & Principles***

Herbal therapeutics

Intermediate herbalism and natural healing theory

Principles of herbal formulation

Principles of administering and dosing herbal formulas

***Herbal Therapeutic Actions***

Intermediate herbal therapeutic action categories and theory

Minor and lesser known action categories

***Therapeutic Herbalism Body Systems Review***

Disease fundamentals and materia medica for each system review

Digestive system

Cardiovascular system and circulatory system

Nervous system and brain

Integumentary system, hair and nails

Eyes, ear, nose and throat

Dental

Liver and gallbladder

Renal and bladder

Hormonal and endocrine system

Musculoskeletal system

Immune system

Psychiatry & Mental health

Lymphatic system, spleen and thymus

Respiratory system and throat

Cancer, chemotherapy and radiation

First aid

Gynecology

Ophthalmology

Sports medicine

Pediatrics

Gerontology & elder care

Topical use of herbal products including oils, salves, liniments, baths, etc.

***Botany***

Introduction to using a botanical key

Optional field trip

***Pharmacognosy & Phytochemistry***

Basic phytochemistry and pharmacognosy concepts

Introduction to natural medicine research

***Materia Medica***

Intermediate healing properties and uses of over 100 western herbs

Organoleptic profiles

Intermediate traditional uses and modern clinical understanding

Interpreting modern research

***Herbal & Dietary Supplement Industry***

Introduction to FDA Good Manufacturing Practices (cGMP)

Current state of herbal industry in US

Setting up a home herbal apothecary for family or community

***Herbal Preparations***

Intermediate herbal preparation making

Field trip to herb company

***Ethics & Professionalism***

Ethics in field of natural health and herbalism

Professionalism and standards of practice

***Aromatherapy***

Intermediate essential oil safety and history

Distillation and hydrosol lab

***Herbal Safety***

Intermediate drug interactions and clinical contraindications

***Herbal Therapeutics Independent Study***

Year two special or community project

Community service project

***2019-2021 Program Calendar and Class Schedule***

**Certified Herbalist Program**

Enrollment Period: 1/1/21 – 10/1/21

Program Start Date: 10/6/21

Program End Date: 10/31/2023

Graduation Ceremony Date: TBA

Wednesday: In-person and audio recorded class from 6:00 PM – 8:00 PM

One Saturday per month: 9:00 AM – 12:00 PM Day, with break from 10:30 AM – 11:00 AM

Note: There will be no Saturday classes during the months of December or January

One annual retreat per year: see below for dates and times

Optional: student led study group meets once a month.

Includes periodic Independent Study weeks, Winter Break and a Summer Break. See Calendar below for specified dates.

Updated schedules for each year of program are completed approximately 1 – 2 months before program start date and are provided upon request.

**Additional Dates:**

October 6, 2021 at 6pm Certified Herbalist Program Begins

November 24th, 2021 No Class, Thanksgiving Break

December 22nd, 2021 No Class, Winter Break

August TBA, 2022 ………………………………………………………………………………………………Retreat 1

Includes a Friday night, Saturday and Sunday morning

October 1st, 2022 Year One Monograph Due

November 23, 2022 Thanksgiving Break

December 21, 2022 Winter Break

August TBA, 2023 Retreat 2

Includes a Friday night, Saturday and Sunday morning

October 1st, 2023 Year Two Project Due

October 4th – 25th, 2023 Finals

Includes a Friday night, Saturday and Sunday morning

October 25th, 2023……………….………………………………………..………………….All Coursework Due

October 25th, 2023 Last Day Class

November TBA, 2023………………………………………………………………………………………Graduation

***Prerequisites and Entrance Requirements***

1. High School diploma or equivalent are required for all programs. Special exceptions can be made.
2. Additional courses in anatomy, physiology, biochemistry, pathology, chemistry and microbiology are helpful but not required. Students are encouraged to self-study or review these areas before the program begins.
3. Background knowledge in Traditional Chinese Medicine, Traditional Ayurvedic Medicine and Western Herbology are not required, however, it is helpful to self-study the basics before the program begins.
4. Certificates are awarded solely for satisfactory completion of this program. No credit will be granted for any previous education, training or experience.

***American Herbalists Guild Educational Requirements***

NSHS is an official member of the American Herbalist Guild (AHG). Our program is designed to cover most of the core didactic competencies for the AHG Educational Guidelines. For students wanting to apply for professional membership with AHG and receive their Registered Herbalist (RH) national certification, they will also need to get an additional 400 hours of clinical training or apprenticeship. Some other additional educational classes maybe necessary. See the American Herbalists Guild website (<https://www.americanherbalistsguild.com)> for full details.

***Enrollment***

To enroll in this program or put your name on the wait list, please email us to request a course catalog and an enrollment agreement form. Our email address is admin@northstarherbschool.com. Please note that a non-refundable deposit of $100 is required with your signed enrollment agreement to reserve a space. Seats are limited to the first 50 applicants. Please make checks payable to Four Winds NHC. Checks can be mailed, or hand delivered to: Four Winds Natural Healing Center, 9935 Maple Street, Omaha, NE 68134. Please include a note indicating that the check is your non-refundable deposit for the NSHS Herbalism Program. Late enrollments, although not advised, will be at the discretion of the Program Director.

***Readmission Policy***

Readmission to any NSHS program will be at the sole discretion of the Program Director.

***Attendance Policy***

Students may not miss more than nine Wednesday classes per academic year. The once a month Saturday class attendance is not mandatory. Once a year nature retreat is not required. Students who fail to meet the attendance requirements will not receive the course certificate. Students may receive an excused absence for any medical emergencies, family vacations, personal medical emergencies, mental health concerns and funerals are acceptable reasons to receive an excused absence.

***Grading***

1. Grades are based a variety of coursework.
   1. Certified Herbalist Program
      1. 10%: Year one herbal monograph
      2. 10%: Year two special project or community service project that incorporate plants, herbal healing, conservation or community natural health
      3. 10%: Class participation which includes weekly on-line discussions, classroom attendance, community trips and field trips
      4. 10%: Attendance. Any classes missed will need to be made up by listening to the audio. For important topics, students may have to take a short quiz or write a short paper about the material covered.
      5. 40%: Quarterly exams (8)
      6. 20%: Final exam given at the end of the program
2. Extra Credit
   1. Students have the opportunity to gain extra credit through projects offered throughout the course as well as extra credit questions on the quarterly exams.
3. Completion of program and certification:
   1. Students must:
      1. Complete the final exam
      2. Fulfill requirements of attendance policy
      3. Turn in all homework, tests and special projects
   2. Student must have a “C” grade (70%) or better to receive certificate of completion and the herbalist certification.
4. All coursework, tests, projects and final must be completed within two weeks of finals test date.
5. To graduate, students must fulfill the attendance requirement, pass with 70% grade or higher, and may not have any outstanding bills with the program.
6. Auditing the Class
   1. Students make take the class as audit for the same price. No homework or attendance is required. However, audit students will not receive Certified Herbalist Certificate.

***Student Code of Conduct***

Students are expected to be respectful, professional, considerate and cooperative during all classes, guest lectures, study groups, field trips and class retreats. Students who do not exhibit qualities expected of professionals will receive a verbal and written warning for the first incident which will be stored in the student’s permanent file. If a second infraction occurs on the same day, the student will be asked to leave for the remainder of the day. Any subsequent incidents may result in termination of enrollment. No refunds will be given to students who are terminated from the program due to misconduct. Drug and alcohol abuse, sexual harassment, and discrimination of any kind will not be tolerated. Students may not attend any class or function while under the influence of drugs or alcohol. Furthermore, due to the nature of our school and programs, students may choose to share information of a personal nature during discussions. In order to have an open, honest and positive learning experience, we ask all students to withhold judgement and exercise sensitivity to the information being shared and not discuss, gossip, post or otherwise share fellow classmate’s personal stories or situations. Students must show cultural and lifestyle tolerance to fellow students.

***Procedure for Student Complaints***

The procedure for addressing a student complaint begins with the student discussing the complaint with staff. If the issue is not resolved, the next step is for the student to provide a written complaint to the Program Director who will investigate the issue or allegations.

***Program Costs***

Certified Herbalist Program:

Application Fee & Deposit: $100\*

Books and materials: $250 estimated \*\*

Tuition for 1st year: $210/month x 12 = $2,520 - $100 application fee = $2,420

Tuition for 2nd year: $210/month x 12 = $2,520

\*A non-refundable deposit and application fee of $100 is required with enrollment to reserve a space. Application fee will be applied to tuition.

\*\* Students can buy books through the office or acquire books and materials independently. Materials include herbs and essential oils purchased for use in class projects. Every attempt will be made to keep this expense at a reasonable minimum. Book costs will vary depending on the source and whether they are new or used. Total price of books will vary by student depending on their choice to purchase additional reading for further information or reference. Sources for books and materials as well as a recommended reading list is available upon request will also be handed out in class. Many excellent books are available for free online.

***Payment Options and Refund Policies***

**Option One: Annual Payment**

Payment due first week of class each year. Students receive 10% discount.

Year One: $2,520 – $100 = $2,420 - 10% discount ($252) = $2,168

Year Two: $2,520 – 10% discount ($252) = $2,268

**Option Two: Monthly Payment**

Monthly payment of $210 due first week of class each month

No refunds will be made for monthly payments already rendered.

No refunds will be given to students who are terminated from the program due to misconduct. If a student is terminated for any reason, the student will be notified in writing. The date indicated on this correspondence will be used as the official date of termination.

Payments will be considered late 14 days after due date.

There are a limited number of scholarship and work study positions available.

**COVID Pandemic Policy**

NSHS will follow all local and state guidelines in regards to any pandemic or COVID health policies. Douglas County health guidelines and directives will be followed when needed. Changing COVID guidelines may affect different aspects of in-person learning. Students are advised to not come to class if coughing, feverish or sick.

***Disclaimers***

**Changes**

Some details of NSHS catalog may change or be adjusted based on unforeseen events.

**Legal Disclaimer**

The professions of natural healing and herbalism are not regulated by state licensing boards. Requirements and ability to practice vary by state.

**Medical Disclaimer**

All material provided in this catalog, in our courses, on our website and on any distributed documents are provided for informational or educational purposes only, and is not intended to diagnose, treat or cure disease and is not a substitute for the advice provided by a healthcare professional or physician.

**Placement Assistance Disclaimer**

It is not the responsibility of NSHS, its employees or its affiliates to provide job placement assistance to its students during or following completion of any NSHS program.

**Herbalism Certificate Disclaimer**

Satisfactory completion of this program certifies that you have completed two years of coursework in the study of herbalism. As of this publication, herbalism is not licensed by any state in the US. If students want to practice herbalism clinically, it is highly recommended that they pursue clinical training, apprenticeship or advanced mentorship after this introductory program. There is a national credential, “Registered Herbalist” offered by the American Herbalists Guild that some students may want to pursue. A majority of the educational requirements are fulfilled by this program. However, students will need clinical practice hours or apprenticeship work.

**State of Nebraska Department of Education Disclaimer**

North Star Herbal Studies is not a state approved university or vocational training program. We decided state accreditation would limit the flexibility of the program, restrict what we could teach and would increase the cost of tuition by about four to five times the current rate. We have a core value that education should be affordable to all socioeconomic backgrounds without needing to take on burdensome financial debt. We also firmly believe that we know the best what makes excellence in teaching natural healing, not any state department.