

North Star Herbal Studies

Family & Community Herbalist Training

Herbalist Certificate Program Syllabus

<u>Course Title/Number:</u>	Herbalist Certificate Program
<u>Instructor:</u>	Nicholas Schnell, Clinical Herbalist, AHG, RH, Nutritionist, RD, LMNT
<u>Instructor Contact Information:</u>	Nicholas Schnell Four Winds Natural Healing Center 9935 Maple Street, Omaha, NE 68134 O: (402) 933-6444 spiritbear4@msn.com
<u>Program Director:</u>	Franque Noble franquenorthstarherbschool@gmail.com
<u>Program Manager:</u>	Rachel Ruff rachelnorthstarherbschool@gmail.com
<u>Teaching Assistant:</u>	TBD
<u>Teaching Assistant:</u>	TBD
<u>Location:</u>	Four Winds Natural Healing Center 9935 Maple Street, Omaha, NE 68134
<u>Course Description:</u>	This course introduces students to terms and concepts from natural healing, holistic healing, traditional western herbalsim, traditional Chinese medicine, western phytotherapy, dietary supplements, whole foods nutrition, history of natural healing, herbal products making, traditional Ayurvedic medicine, living a natural lifestyle and other cultural concepts. The use of herbs for supporting a variety of health concerns and preventative health will be covered. Students will learn a variety of natural healing and holistic living principles. Class will include hands-on methods of making herbal products, outdoor herb walks, classroom instruction, special tours, live lectures, homework and other projects. Course offers

many foundational aspects of natural healing and training in a wide variety of pathways.

Course Objectives:

The student will gain an understanding of the following:

- Core principles of holistic healing
- Differences between western herbalism, traditional Chinese medicine, traditional Ayurvedic medicine and Western medicine
- The importance of natural living principles in promoting health and vitality
- Basic theories of western, Chinese and Ayurvedic herbalism
- Basic remedies to help promote optimal health with a variety of illnesses and body systems
- History of natural healing
- Foundational concepts and principles of herbalism
- Administering herbal preparations both internally and topically
- Herb safety, herb-drug interactions
- Strategies of herbal formulation
- Understanding how mind, body and lifestyle influence illness
- Importance of preventative health
- Appreciation of nature and plants via herb walks and hands on herbal products making
- Celebration of life using herbs to enrich every area of one's life
- Ethics and guidelines of herbal consulting

Prerequisites:

High School Diploma or Equivalent.

It is highly recommended to review physiology, anatomy, basic chemistry and basic biology before class starts.

Students must have access to a computer, internet access and have an email account to actively participate in this course.

Clock/Credit Hours:

Two Year Program

Instructional Resources

- Required Textbooks:
 - *Medical Herbalism* by David Hoffmann
 - *Bartram's Encyclopedia of Herbal Medicine (New Edition)(1998)* by Thomas Bartram
 - *Herbal Therapeutics* (12th Edition) by David Winston

- Optional But Highly Recommended Textbooks:
 - *Principles and Practice of Phytotherapy* (2nd Edition) by Simon Mills and Kerry Bone
 - *Herbal Contraindications & Drug Interactions* (4th Edition) by Francis Brinker
 - *Planetary Herbology* by Michael Tierra
 - *300 Herbs* by Michael Alfs
- Numerous class handouts and charts will be also be provided
- Numerous specific websites for free online articles and textbooks will be provided

Method of Evaluation: Attendance, Participation, Quizzes, Tests, Special Projects, Final

Completion Requirements:

Year One Monograph	10%
Attendance	10%
Class Participation	10%
Home Work Assignments	10%
Quarterly Exams (8 Total)	40%
Year Two Special Project	10%
<u>Final Exam (1)</u>	<u>10%</u>
	100%

Passing Course: Students need a 70% or higher grade to pass the course and get their certificate.

Course Timeframe: Course begins October 4th, 2021. Course ends October 31st 2023. Graduation ceremony date is TBD.

Class Time: 6:00 PM – 8:00 PM (Wednesday) at Four Winds. Class will be live lecture.

- Class will be live Zoom broadcast.
- Class will also be recorded and uploaded to class Thinkific website.

9:00 AM – 12:00 PM (Saturday once per month) at TBA.

- Most all Saturday class will be live broadcast and video recorded.

Print Date: 9/27/21

Other Reading Resouces: See additional Recommended Reading and Student Educational Resources Handout for complete list of all other optional reference materials.

**Syllabus is subject to change without notice.
See attendance policy in Course Catalogue.**