



## **Green Medicine: A 4 Month Training in Herbalism Syllabus**

Each weekly class will cover a particular body system, and the healthy functioning of that system and how to support its health with the use of herbs. Then we cover common acute complaints and herbal treatments for each condition. This course primarily covers acute conditions but also touches on some chronic issues as well.

### **Session 1: Monday, April 4, 2022, 7:00 – 9:00 PM ET**

#### **A Brief History of Western Herbalism**

This evening will cover highlights of the history of medicine - which throughout history, until the 20th century, was almost 100% herbal medicine. We will take a look at pivotal moments especially in the 19th century that set the stage for medicine to become the major industry that it is today.

### **Session 2: Monday, April 11, 2022, 7:00 – 9:00 PM ET**

#### **Preparations & Dosages**

This class reviews the different forms and preparations of herbs and how to determine which preparation is best to use and how to determine dosage.

### **Session 3: Monday, April 18, 2022, 7:00 – 9:00 PM ET**

#### **The Digestive System and Liver**

Tonight, we look at what interferes with good digestion, how to work with herbs to relieve acid reflux, stomach aches, gluten intolerance, IBS, microbiome issues, colitis and how to address the liver for optimal functioning

### **Session 4: Monday, April 25, 2022, 7:00 – 9:00 PM ET**

#### **The Respiratory System**

The respiratory system is greatly affected by the quality of the air we breathe. We live in a time when there is a lot of particulate pollution in our air, and this can weaken our respiratory system and lungs and make us more susceptible to illness. Tonight, you will learn how to keep your respiratory system healthy and how to use herbs for colds, respiratory infections, flu, bronchitis, sinus infections, and asthma.

### **Session 5: Saturday, April 30, 2022, 10:00 AM – 5:30 PM EST**

#### **Basic Chinese Diagnostic Techniques with Drew DiVittorio (TBA)**

Herbology is the core of treatment in Chinese medicine, and energetically, practitioners look beyond the symptoms of the disease to alleviate the underlying imbalance that caused the disease. Imbalances are determined by a non-invasive diagnostic system that includes tongue reading, pulse reading, facial observations, reading the eyes, voice

quality, identifying symptoms based on the 5-Element theory, and a discussion of a health history evaluation.

All these tools are very effective and used to formulate a treatment strategy. For example, a sing-song voice may indicate an imbalance in the earth system (digestion), talking too much may affect the lung system, and darkness around the eyes may indicate a kidney imbalance. Chinese medicine will also look at certain areas of the tongue which correspond to different organs systems and different areas of your body. The body of the tongue, the coating of the tongue, and the shape, all indicate whether one's condition is running hot, cold, excess, deficient, dry, or damp. This categorization known as differential diagnosis according to Chinese Medicine allows the practitioner to choose the best course of action for their clients. For example, if the tongue is red with a yellow coating indicates heat and dampness. This observation dictates the treatment strategy, which is to clear heat and dry dampness using bitter cold and pungent herbs and foods to correct the imbalance. Differential diagnosis allows the practitioner to formulate an effective treatment strategy and increase clinical outcomes.

In addition, we will introduce the basic concepts of pulse reading. The pulses are based on the energy of each organ system, just as the tongue, the pulse guides us to what are the different imbalances within the body. Based on the way the pulse strikes your fingers, the size of the pulse, the shape, the speed, and the texture are all indications of a different imbalance within the organ systems. Lastly, in this class, we will be presenting many pictures of tongues and we will be covering case studies to enhance our diagnostic skills resulting in better clinical outcomes and client compliance.

### **Session 6: Monday, May 2, 2022, 7:00 – 9:00 PM ET**

#### **The Nervous System and Brain**

As our society has speeded up and most of us are not connected in a daily way with natural rhythms our nervous systems have become more stressed. This class covers the basics of how your nervous system works and ways to heal insomnia, anxiety, depression, and the effects of stress on the body.

### **Session 7: Monday, May 9, 2022, 7:00 – 9:00 PM ET**

#### **The Endocrine System**

Hormones are called the molecules of emotion. The nervous system and the endocrine system work together and govern so much of how we feel and function. Tonight, we discuss the different endocrine organs and how all of them work together as a synergistic whole. We also cover how chemical residues in our environment greatly affect the proper functioning of our hormonal system.

### **Session 8: Saturday, May 14, 2022, 10:00 am – 1:00 pm EST**

#### **Herbal Pharmacy PART 1: Making Herbal Products with Peekka Trenkle**

In this first 3-hour segment we will cover the basics of how to make teas, tea blends, extracts, brandy infusions, herbal syrups and more using both fresh and dried herbs.

### **Session 9: Monday, May 16, 2022, 7:00 – 9:00 PM ET**

#### **The Circulatory System: Blood and Lymph**

Blood and lymph are both transport systems in our bodies. They can be thought of as our internal rivers. Too much pollution and the river cannot support life; reducing toxicity allows

for balance to be regained. This evening we cover how to use herbs to support the circulatory systems including how to naturally treat high and low blood pressure, lymphatic congestion, immune function in blood and lymph, angina, varicose veins, and swollen glands.

**Session 10: Monday, May 23, 2022, 7:00 – 9:00 PM ET**

**The Skin**

Our skin is an organ of both excretion and of assimilation. It is populated with microflora and oils and sebum which function as part of our immune response to our environment. Tonight, we cover how to keep the skin healthy and how to heal conditions such as acne, eczema, psoriasis and more.

**Monday, May 30, 2022 – NO CLASS**

**Session 11: Saturday, June 4, 2022, 10:00 am – 1:00 pm EST**

**Herbal Pharmacy PART 2: Making Herbal Products with Peekka Trenkle**

In this 3-hour class we will continue with instructions and demonstrations of how to make an herbal salve, pickled herbs, energy bars, cordials and more.

**Session 12: Monday, June 6, 2022, 7:00 – 9:00 PM ET**

**Women's Reproductive System.**

With fertility rates down globally because of environmental influences (not only in humans but also in wildlife) it becomes more important to understand proper functioning of women's reproduction. This class covers the basics of the menstrual cycle and various ways to increase health, vitality, and fertility. We cover how to regulate an irregular cycle, how to work with herbs to diminish fibroids, breast cysts, treat symptoms of menopause and more.

**Session 13: Monday, Jun 13, 2022, 7:00 – 9:00 PM ET**

**Men's Reproductive System**

Just as fertility in women is decreased so it is also with men. Sperm counts in humans and wildlife are down throughout the world because of residual estrogens in our environment. Tonight, we cover the male reproductive cycle and how to treat various conditions including sperm health, enlarged prostate and prostatitis.

**Session 14: Monday, Jun 20, 2022, 7:00 – 9:00 PM ET**

**Seasonal Healing: Herbal Therapeutics and the Cycle of the Year**

Each season has a unique gift to help us build our health and wellness. We need to go about things differently in summer than we do in winter, especially in temperate regions where seasons change dramatically throughout the year. Tonight, we will cover how to work with the different seasons to gain the greatest benefit from our relationship with the environment.

**Session 15: Monday, Jun 27, 2022, 7:00 – 9:00 PM ET**

**Musculo-Skeletal System**

It is not true that once we become old, we must anticipate osteoporosis or arthritis and rheumatism. Tonight, we learn about how to keep our bones healthy throughout life and how to naturally treat arthritis and other bone and joint conditions. This evening we also cover herbal first aid treatments.

**Monday, July 4, 2022 – NO CLASS**

## **Session 16: Saturday, July 7, 2022, 10:00 AM – 5:30 PM EST**

### **Herbal Treatment & Management of Chronic Illness: Eastern & Western Approaches with Drew DiVittorio**

#### **Chronic Illness**

In this class, we will introduce some of the many herbal and nutritional protocols of the 5-Elements as they relate to the treatment and management of chronic illness. We will discuss digestive health for the Earth System, Respiratory Health for the Metal Element, Anti-aging for the Water Element, Detoxification for the Wood Element, and Stress-Induced Disorder for the Fire Element. The following are five elements and their role in our bodily systems:

#### **The Earth Element:**

According to Oriental Medicine a 'Strong Earth', or digestive system, plays the most important role in our overall health. It enables us to extract life-supporting nourishment and Qi (life energy) from our food as well as providing the first line of defense against harmful microorganisms, i.e., parasites and yeast. Our digestive system is a complex harmony between healthy and unhealthy bacteria. When unhealthy bacteria begin to grow out of control it is called *dysbiosis* (not living in harmony), this can lead to such symptoms as bloating, gas, irregular bowel movements, constipation, acid reflux, gallbladder issues, food, and environmental sensitivities.

#### **The Wood and Metal Elements**

According to Oriental Medicine, the Liver and the Lungs are responsible for maintaining the free flow of Qi. When the Qi is not constrained, the body is able to effectively remove harmful toxins and manage pain and inflammation. However, when the liver Qi becomes stagnate, it is unable to effectively perform these functions and can result in such symptoms as chronic pain, inflammation, fatigue, chemical sensitivities, acne, rashes, headaches, food and environmental allergies, fertility issues, and memory loss just to name a few. The discussion of the Metal and Wood Elements will present protocols designed to support the movement of Qi and facilitate the cleansing process safely and effectively removing stored toxins. These include pesticides from food and water, environmental pollutants, heavy metals, and pesticides.

#### **The Fire Element:**

According to Oriental Medicine, our emotions are controlled by the heart, which houses the spirit, or '*shen*'. In today's fast-paced society the vast majority of individuals are under constant stress. An unhealthy response to stress can lead to adrenal burn or exhaustion. Research has shown that stress can be a contributing factor to obesity, diabetes, osteoporosis, hypertension, cardiovascular disease, and psychological and neurological disorders. In the discussion of the Fire Element, we will introduce nutrients and herbal adaptogens that are targeted to calm the spirit by reducing the harmful effects of stress. The Protocol also includes simple lifestyle changes such as meditation, tai chi, six-healing sounds, and a healthy diet. Following the principles of Oriental Medicine, calming the spirit will lead to compassion and happiness in your career, your relationships, and your life.

#### **The Water Element:**

According to Oriental Medicine, the Kidney is responsible for maintaining our essence, or life force energy, and slowing down its depletion. Our essence or life force energy consists of Qi, blood, yin, and yang. These elements are regarded as the most important influences upon the aging process. Poor nutrition, poor absorption, an unhealthy diet, not enough sleep, working too many hours, chronic illness, certain medications, and stored toxins are all contributing factors that can begin to rapidly deplete our essence, creating such symptoms as bone and hair loss, immune deficiencies, malnutrition, sagging and wrinkling skin, infertility, low sex drive, fatigue, and memory loss. The discussion of the kidney element will introduce certain nutrients, herbs, exercises, and a healthy diet, which assists the process of regeneration by building Qi, Blood, Yin, and Yang – essence. Applying the principles of Oriental Medicine, one can say that strengthening and preserving our essence is the key to anti-aging and longevity.

#### **NOTE:**

The herbal formulas, the diet suggestion, and the internal exercises discussed during this presentation are ***not an alternative to professional medical treatment***. This class does not attempt to give any medical diagnosis, treatment, prescription, or suggestion for medications in relation to any human disease, pain, injury, deformity, physical or psychological condition.

Any reference to western pathological terms during this class is not an attempt to provide a cure for that disease. The only goal here is to provide a clear reference to further the comprehension of the student.

### **Session 17: Monday, July 11, 2022, 7:00 – 9:00 PM ET**

#### **Urinary Tract and Kidneys**

The kidneys process approximately 200 liters of fluid per day and keep our blood in a state of homeostasis. Tonight, we will cover the basics of how to keep the urinary tract healthy, what stresses the kidneys, bladder infections, dehydration, and more.

### **Session 18: Monday, July 18, 2022, 7:00 – 9:00 PM ET**

#### **Materia Medica/Herbal Medicine Chest**

In tonight's class we talk about what herbs you can have on hand at home in order to treat most basic acute conditions. How you choose what to stock in your medicine chest is based on your needs and your lifestyle and we discuss how to determine that. We cover not only which herbs but also what form: dry, extract, syrup, vinegar, etc. We will also cover ways to construct a good natural first aid kit.

### **Session 19: Sunday, July 24, 2022, 10:00 AM - 12:30 PM & 2:00 PM - 4:00 PM ET**

#### **Programs with David Winston**

#### **Adaptogens: Herbs for Strength, Stamina & Stress Relief**

In our modern world we live incredibly busy, and stress filled lives. Chronic stress and the resultant elevation of stress hormones such as cortisol have been shown to be an initiator and cofactor for much of our chronic degenerative disease. In addition to stress reduction techniques, healthy relationships, a good diet and adequate sleep, another important method for reducing stress and enhancing well-being is the use of adaptogenic herbs. In this class we discuss the definition of adaptogens, what is and is not an adaptogen, how these herbs work, the rational and effective clinical use of the different adaptogenic herbs, the unique qualities of each herb and how they can improve cognitive function, restore immune and endocrine balance, and promote increased mental and physical wellbeing. We will also discuss companion herbs used with adaptogens such as nervines, nootropics and restorative tonics.

#### **Herbal Synergy, A Key to Effective Herbal Medicine**

In just about all the world's great herbal traditions (Traditional Chinese Medicine, Ayurveda, Unani-Tibb, Tibetan medicine, Siddha, Jamu, Physiomedicalism, the Eclectic Movement, William LeSassier's Triune System, etc.) the concept of herbal synergy is woven into the fabric of healing practice. In fact, throughout the history of herbal medicine, the use of simples (one herb at a time) is the rare exception rather than the rule. The use of complex herbal formulas is almost universal, as practitioners have always understood they are most often treating complex people with complex problems, and modern scientific research is now confirming that when herbs are skillfully combined in formulas they can have far greater activity than the individual ingredients.

### **Session 20: Monday, July 25, 2022, 7:00 – 9:00 PM ET**

#### **Case Taking Skills I**

This evenings and next week's class go over the basics of case taking skills. This is helpful for both the clinician and the lay person. We go over what questions one needs to ask to

ascertain from a natural health perspective what might best help the person/people we are caring for.

**Session 21: Monday, August 1, 2022, 7:00 – 9:00 PM ET**

**Case Taking Skills II**

This class continues the previous one and leaves room to discuss questions about further study, legal implications of practicing as an herbalist and how to develop confidence.

**Note:** Please note that questions are welcomed throughout the course and that each evening leaves room for questions. However, questions about personal health matters cannot be addressed.