

Excerpt from Foundations of Herbalism Course Introduction

This course teaches “holistic” herbalism based on traditional and time-honored healing principles from an ancient system of healing that has developed over 5,000 years, Traditional Chinese Medicine, and modern scientific knowledge based on European phytotherapy. Phytotherapy has developed with a lineage from the ancient Egyptians, Greeks, Renaissance herbalists, and includes many new innovations from scientific work mostly performed in the last 50 years, including chemical analysis of herbs, an understanding of their biological effects on the body's cells, tissues, and organs, an examination of the safety of herbs, how they might interact with modern pharmaceuticals, and how this knowledge can be used to best determine how herbs and herbal preparations can be used to prevent disease, maintain optimum health, and help assist the body to help itself when disease is present.

This exciting approach of combining traditional western herbs and native North American herbs with a very humanistic and vital system of medicine is one that is on the cutting edge of healing today. In Foundations of Herbalism you will also gain the benefit of Christopher's 30 years of intensive research and 10 years of clinical experience. As he is one of the world's foremost herbal educators, you will receive the benefit of his interaction with thousands of students. This course is based on what he has learned from these years of experience. You will find the material accessible, exciting, thought-provoking, and personally relevant.

In this course you will learn how to use local, wild, and traditional western herbs for your own health care, your family, and as a foundation for further on-going study as a practitioner. Whatever your background and eventual goals, you will find the Foundations of Herbalism course will meet and exceed your highest expectations.

If you are inclined to take this course for the sheer enjoyment and excitement of learning and for self-empowerment, you are not required to take the quizzes, complete homework assignments or projects, or take a final test, though we still encourage you to do so for your own benefit. You will still get a tremendous amount of benefit if you spend some time reading the material, watching the shows, and listening to the classes. This will be especially true if you put some of the principles into practice and start or continue growing herbs and learning them in the wild, as well as cooking with them and making medicinal preparations.

If you feel a pull towards herbal medicine or herbalism as a career or livelihood that you feel good about, or for which you have a passion, and you want a certificate of completion, then we want you to complete all the assignments, quizzes, homework, and tests. If you do successfully complete the course and fulfill all requirements and work, then we will send you a certificate of completion signed by Christopher Hobbs L.Ac., A.H.G. This will show what training you received and may be applied towards eventual professional membership or registration as a clinical herbalist.

In this present course, we blend elements from phytotherapy, traditional western folk-based herbal medicine, and Traditional Chinese Medicine to create an approach to the understanding of herbal medicine that is both timeless and rooted in tradition, as well as relevant to today's modern world of science and medicine. As you go through this course, you will develop an understanding of the breadth and depth of herbalism today. You will learn about the actions of specific herbs and their uses to either direct and facilitate the smooth functioning of body processes to create harmony and balance or to help alleviate undesirable symptoms, and you will learn about the use of herbs to help support and strengthen the body and its organs.

An important aspect of the course is an in-depth discussion about the many-sided nature of over 250 of today's most-used herbs. Many of the herbs are from the western medicine-chest, but also from some of the top Chinese and Ayurvedic herbs in common use. Rather than just focusing on the simplistic uses of herbs, you will learn about the physiological actions of the herbs, the tastes and temperature of herbs, and the contraindications, as well as a thorough profile of the herb's uses.

The course is arranged so that you will learn about all of the body systems, including the reproductive and immune systems. You will review a holistic understanding of the nature of over 450 common symptoms and diseases and a treatment plan for each, including dietary recommendations.

Practical information on "how-to" make a tincture (including ideal solvent or menstruum systems for over 250 herbs), salves, powdered extracts, and other kinds of herbal preparations is discussed. Before herbal products can be made, the herbs must be properly harvested, cultivated, dried, and processed.

Extensive information is presented on all of these important aspects of herbal medicine. You will also find extensive resource lists of suppliers, bibliographies, information about library and database searching. We hope you find our course an inspirational and educational experience, and remember that we are here to help!