



ARBORVITAE

SCHOOL OF TRADITIONAL HERBALISM

SYLLABUS: 1ST YEAR FOUNDATIONAL PROGRAM IN HERBAL MEDICINE, 2016-2017

Primary Instructors:

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Objective:

The 1st year curriculum offers a comprehensive introduction to the art and science of herbal medicine, and stands as a strong foundation for further studies or as a basis for effective and knowledgeable home practice. The class blends science with tradition, offering a holistic focus on supporting healthy function. Fundamentals of traditional herbalism that have evolved in North America underpin the course content, though the approach is eclectic and integrates herbal and holistic principles and practices from throughout the world. It offers over 378 classroom hours of instruction in basic herbalism, materia medica, holistic anatomy and physiology, botany and plant identification and medicine making. Students will also learn a basic knowledge in traditional nutrition, wild food, first aid, varied herbal application through the life cycles and energetic assessment. Instruction will include a variety of traditional approaches to healing, with a focus on western herbalism based on energetics, Vitalism, and the tissue state model. Students who complete the first year of study at ArborVitae can expect to gain a basic understanding of herbal medicine, with application for friends and family. The one-year program is a comprehensive course that may be taken as a standalone or as the foundational year for the three-year clinical program

COURSE OUTLINE

Please note that specific details of this course outline may be subject to change. Students will be notified of changes ahead of time.

FALL SEMESTER

September-February

On-Line ANATOMY AND PHYSIOLOGY with Tammi Sweet

This course is designed to take an herbal student through the major systems of the body through the lens of an herbal practitioner. No previous Anatomy & Physiology is required and previous experience is welcomed as well. Students will develop a working level knowledge of anatomical terms and a deeper understanding of the physiology within systems especially useful to a practicing herbalist. Video lectures will be released biweekly, with accompanying notes, diagrams and review questions (and with a break for the holidays). Quizzes must be completed for each video. Students are expected to attend the group, call-in question and answer conference call biweekly with Tammi as well. Dates that videos will be released and dates of mandatory Q&A are noted on syllabus.

Tuesday September 13

9:00-11:30: Introduction and Welcome

11:30 - 12:30, 1:30-2:30: HERBAL THERAPEUTICS: Tastes with Claudia Keel

In this class, we will consider our natural ability to perceive the properties and actions of plants through our attention to the plants subtle (and not so subtle) flavor. Flavor is a combination of the experience of taste, smell and mouth sensation. We will explore the "6 tastes" of Traditional Medicines: bitter, salty, pungent, sour, astringent and sweet, along with their elements and associations in traditional medicine assessment. We will also consider additional distinctions different cultures have made in categorizing the flavors.

The flavors of plants offer us a particular gift. By turning our awareness to our taste of the plants, we can develop our skills in perceive the medicine plants and their actions.

2:45-5:00 Introduction to Energetics and Herbal Actions with Richard Mandelbaum

An understanding the particular actions of plants form the basis of their use in healing. The words herbalists use to refer to their actions can seem mysterious until you understand the patterns of actions it refers to. We will cover these terms that refer to the plants actions (*including: adaptogen, alterative, anti-inflammatory, antispasmodic, anodyne, antimicrobial, astringent, bitter and cholagogue, cardiogenic, circulatory tonic, carminative, demulcent, diaphoretic, diuretic, emmenagogue, expectorant, hepatic, immunomodulator, immunostimulant, lymphatic, nervine, nootropic, reproductive tonic or hormonal modulator, and vulnerary.*) Also our sense perceptions of the plants, particularly through specific tastes, have traditionally provided us with a profoundly accurate means assessing

many dynamics of plant actions. We will also consider the 5 tastes: bitter, sweet, pungent, sour and savory, and additional distinctions different cultures have made, as a way of understanding the properties and actions of plants.

Reading: handouts, Hoffmann Ch. 12 A Model of Herbal Medicine, Ch. 25 Herbal Actions, Caldecott "Tastes"

Tuesday September 20

9:00-12:30: Intro to Herbcraft: HARVESTING AND HERBAL PREPARATIONS with Claudia Keel

In this class we will delve into preparation of plant medicines available easily to all. Starting first with the quality of herbs, gathering (garden harvesting, wild-crafting or purchasing), and drying practices. We will prepare herbs in a number of methods including, infusions (hot & 'cold'), decoctions, vinegars, oxymels, electuaries and 'folk methods' of alcohol extraction. For each preparation we will also consider their particular qualities, uses and indications.

1:30-5:00: Introduction to AYURVEDA 1 with Anne McIntyre

Full description pending

Reading: The Practice of Traditional Western Herbalism (Wood), The Three Primary Constitutions pp. 121-133; Caldecott pp. 11-29, 93-108

Tammi Sweet - Video #1 : Introduction, Integumentary System released

6:00-8:00pm: School-Wide Party/Get-Together: *Please join us for our first back to school party. Bring snacks or drinks to share!*

Saturday September 24

9:00-12:30 & 1:30-5:00: Introduction to BOTANY AND PLANT IDENTIFICATION with Richard Mandelbaum

Knowledge of botany is essential for nurturing a more intimate and direct relationship with plants. In this class we will review basic taxonomy (how plants are related to each other) and fundamental botanical concepts such as the characteristics of the various plant organs (stem, leaf, root, flower, and fruit). The focus of the class will be on honing our observational and identification skills and gaining an understanding of how plants grow and live. We will also discuss how botanical knowledge informs our decisions regarding harvesting and medicine making, to ensure we are making and using remedies that are both ethical (sustainable) and high quality.

Reading: handouts, Hoffmann Chapter 2 Classification of Medicinal Plants, Wohlmuth pp.1-10, 58-64

Note: The class will meet in our classrooms at Tristate College of Acupuncture, but weather permitting we may move to the High Line Park nearby, or spend the second half of the day in Central Park.

Sunday September 25

FIELD TRIP: Foraging and Feasting: Dina Falconi's Garden, Kitchen & Apothecary

We will spend the day at the beautiful herb gardens and permaculture homestead of Dina Falconi for a day considering wild and cultivated herbs as food and medicine. We will learn to identify wild edible and medicinal plants that grow abundantly and readily in the region along with their healing and nutritional properties. Participant will gain hands-on experience processing and tasting wild foods through participating in the preparation of a wild food lunch and drink. Particular preparation techniques to optimize nutritional value will be discussed. The day will conclude with a tour of a working apothecary where herbs are processed and many forms of herbal preparations are made.

Note: This class will be held in Accord, NY. ArborVitae will help to arrange carpools but a bus can be taken to Rosendale. Students should schedule for a longer than usual day to allot for travel time.

Food Note: A wild food and local, organic lunch will be offered and included. The meal will largely be vegetarian (which will include pastured eggs from Dina's homestead and local organic raw and cultured dairy and cheese) A bone broth from pastured local chickens will be included as well. There is no need to bring a bagged lunch unless one has special diet needs. **Please bring your own plate and cutlery for the day.** (Drink cups/ mugs will be provided.)

Tuesday September 27

9:00-12:30: Introduction to TRADITIONAL CHINESE MEDICINE ENERGETICS I: Assessment through Organ Systems, Tongue and Pulse with Richard Mandelbaum

Traditional Chinese theory provides a valuable framework for herbalists and other holistic practitioners for assessing imbalances and conditions (known as patterns of disharmony), and guiding the selection of the most appropriate herbal, dietary, and lifestyle recommendations for that individual. While many people are somewhat familiar with yin, yang, and qi, many people lack a deeper understanding of the theoretical underpinnings and therefore find its usefulness to be limited. During this course we will introduce key concepts of traditional Chinese approaches, including Yin Yang Theory, the Fundamental Substances (Qi, Shen, Jing, Blood, and Fluids), and an overview of the Organ Systems including their relationship to the Five Elements. Students will also be introduced to assessment techniques such as traditional tongue and pulse diagnosis.

Reading: handouts, *Tierra, Chinese Herbalism in America*, The Web That Has No Weaver (Kaptchuk): Appendix H Five Phases pp. 343-357; Chapters 1-3 pp. 1-76 (we will eventually read this entire book so feel free to read more, in particular Ch. 7) The exact page numbers may vary depending on your edition

1:30-5:00 FIELD TRIP: BOTANY AND PLANT IDENTIFICATION Urban Medicinal Plant Walk with Robin Rose Bennett: Identification, Gathering, and Use

Plants are generous healers and many important medicinal plants live where the most people are, so NYC is rich in a diversity of wild, nourishing medicines. We are likely to see and discuss healing plants such as plantain, dandelion, violet, goldenrod, yellow dock, and red raspberry, along with medicinal trees such as white pine, linden and hawthorn, and there are always surprises to delight us when we go out “weed walking”. Robin Rose has been plant walking in Central Park for nearly 30 years. She will share the physical and spiritual gifts of some of these and other plants, identification tips, best times for harvesting, and suggestions on whether to use specific plants as tinctures, oils, infusions, and/or food.

This walk will focus on how to approach these green healers with respect, gratitude, and an open heart as you invite the plants to share their teachings with you. The abundance of nature’s medicines in the heart of NYC will open your eyes and deepen and change your experience of living in the city.

Note: This class will be held in Central Park. The class will meet at: 103rd St. and Central Park West. Please plan to **arrive by 1:45** (an extra ½ hr. is allotted for travel)

Food Note: Please bring a bagged lunch for a picnic in the park before the afternoon class

Friday September 30

9:30AM-12:00PM Extra Q & A session with Claudia Keel

Tuesday October 4

9:00-12:30: Introduction to TRADITIONAL CHINESE MEDICINE ENERGETICS II: Assessment through Organ Systems, Tongue and Pulse with Richard Mandelbaum

Traditional Chinese theory provides a valuable framework for herbalists and other holistic practitioners for assessing imbalances and conditions (known as patterns of disharmony), and guiding the selection of the most appropriate herbal, dietary, and lifestyle recommendations for that individual. While many people are somewhat familiar with yin, yang, and qi, many people lack a deeper understanding of the theoretical underpinnings and therefore find its usefulness to be limited. During this course we will introduce key concepts of traditional Chinese approaches, including Yin Yang Theory, the Fundamental Substances (Qi, Shen, Jing, Blood, and Fluids), and an overview of the Organ Systems including their relationship to the Five Elements. Students will also be introduced to assessment techniques such as traditional tongue and pulse diagnosis.

Reading: handouts, Tierra, Chinese Herbalism in America, The Web That Has No Weaver (Kaptchuk): Appendix H Five Phases pp. 343-357; Chapters 1-3 pp.1-76 (we will eventually read this entire book so feel free to read more, in particular Ch. 7) The exact page numbers may vary depending on your edition

1:30-5:00: BOTANY & TRADITIONAL WESTERN MEDICINE ENERGETICS Language of Plants and Doctrine of Signatures with Nathaniel Whitmore

All traditional peoples knew Nature to be alive. This class invokes a way of looking at herbs and healing in the living, energetic tradition that once was common. It focuses on the doctrine of signatures, an ancient understanding known in cultures worldwide. Its present name was popularized by the famous pre-renaissance doctor, Paracelsus. More generally, we could call it The Language of Plants, as the plants "speak" to us with particular characteristics that make up "signatures" (such as its colors, shapes, tastes, or environment).

Reading: [Doctrine of Signatures article \(Handout\)](#) by M. Wood

Tammi Sweet - Video #2 : GI and Liver

Wednesday October 5

Tammi Sweet: Required Q&A/Office Hours (on phone) 7:00 PM

Tuesday October II

9:00-12:30 HERBS IN THE CYCLES OF LIFE 1: Herbs for Pregnancy, Infants and Young Children, and New Moms (and Dads) with Bevin Clare

Explore the use of herbal medicine for the family in the early years of life. From pregnancy to the newborn and infant times to introduction of foods and the toddler and child years, herbs can support the body in many common health concerns. Find out about the use of herbs to support women's bodies around pregnancy and lactation and how to safely use herbs with babies and children. Designed for self-care and practitioners alike, this course will offer insight and story from extensive clinical practice. Woven throughout will be creative ways to integrate herbs in everyday life from therapeutic and kid-friendly herb recipes to drinks to bliss balls.

Reading: [handouts](#)

1:30-5:00: Food as Medicine: Medicine Balls with Bevin Clare

Our food materia medica is bursting with fresh, tasty, therapeutically valuable herbal medicines. Be it in your daily life or in a clinical situation there are many possibilities to use herbs in creative forms. From fresh herbs and culinary spices to fruits, herb balls, chocolates, pestos and other living medicines. We will create and explore a variety of recipes and also have a medicine ball contest!

Instructions: We are having a medicine ball contest! Medicine balls are a great way to take powdered herbs and you can get very creative with them. In a nutshell, they are nut butters and a bit of honey combined with herbs to make balls. Each of you will be given two powdered herbs (the same herbs for everyone) and some almond butter and optional honey / maple syrup as a base. Beyond that, you need to bring your secret ingredients! Think about what you could put into them, roll them in, etc. The only rule

is that you need to keep it gluten free and not add too much volume (meaning you are trying to make a daily dose – if you add so many things it makes it into 6 balls it's not going to be realistic) so try to make whatever you add be fairly compact. Bring along your secret ingredients and we will make the balls in class. We will be tasting them and judging them. Yum!

Bring along:

your special ingredients

two small spoons

a butter knife

6:30-9:00 PM: Extra Q & A session with Claudia Keel

Saturday October 15

FIELD TRIP: KITTATINNY VALLEY- BOTANY AND PLANT IDENTIFICATION for Herbalists with Richard Mandelbaum

We will spend a full day together outside the city in an unusually botanically rich park that will provide a wide diversity of plant life to hone our identification skills and discuss sustainable and effective harvesting methods. We'll develop our skills at plant identification using field guides. We will also keep on the lookout for fall mushrooms to discover and discuss and will review basic features of mushrooms and mycology. We will be making extensive use of Newcomb's Wildflower Guide, as well as Symond's Tree and Shrub Identification Books.

Please note: This field trip will take place in Kittatinny Valley State Park near Andover NJ. We will help to arrange carpooling to the park (students will be asked to chip in for gas and tolls).

And also note: Students should be prepared to be out for the day, bringing field guides, lunch and snacks, water, sunscreen, rain gear, etc. Students can also bring with them any other field guides they regularly use and or loupes/lenses (not required).

Note: Students should bring the botany books listed above and are also encouraged to bring a lens (loupe) and notebook. Students should schedule for a longer than usual day to allot for travel time.

Reading: handouts, Wohlmuth pp.8-57

Sunday October 16

9:00-12:30 Deepening in the 5 Elements with Jonathan Edwards

This class will be a chance to integrate and deepen into the elemental model, one of the most useful frameworks for understanding plants and people alike. We'll touch on the elements in turn, relating pulse and tongue patterns for each. We'll also explore how the elements interact and get into some clinical case examples.

1:30- 5:00: NUTRITION: Food as Medicine for Herbalists pt. 1 with Claudia Keel

Herbal medicine and other health modalities face an almost insurmountable obstacle if the basic elements of nutrition are missing in the diet. In this 2-part class we will consider the basic food elements of traditional nutrition and how historically humanity has nourished itself with a diversity of diets yet with certain common denominators. We will consider the specific nutritional needs for the optimal functioning of our body systems, windows into deficiencies, and how to use food to heal when there are ailments. Traditional preparation of foods which optimize bioavailability of nutrients and special diets for healing particular ailments will be introduced as well.

Reading: handouts, Caldecott

Tuesday October 18

9:00-12:30 & 1:30-5:00: NUTRITION & BODY SYSTEMS: Culture (is) Everything: Our Microbiome and Cultured Food, Drink & Environment with Claudia Keel

Our microbiome outnumber our cells 10:1 and is being touted as our 11th body system. Exciting new research is revealing the essential roles our beneficial and symbiotic microorganisms play throughout our body, particularly our immune and digestive systems. We will discuss ways to protect ourselves from modern threats to their (our) wellbeing, as well as ways to support them and heal from dysbiosis. In this light, we will explore the worldwide and ancient traditions of cultured food and drink both in recipes methods and also hands - on making our own jar of sauerkraut and other fermented vegetables . We will explore simple and effective ways to culture food, drinks, herbal preparations, household cleansers, and even our food waste for remediation and compost. Many methods will be demonstrated throughout the day and students will get to make their own 'kraut' in class to take home. A special guest and bokashi master, Shig Matsemura, will visit the class at the end of the day to discuss the many applications of ferment inoculant called 'EM' (Effective Microorganisms) and referred to as Bokashi (the Japanese word for 'ferment')

Reading: handouts, Caldecott "Culturing Food & recipes"

Note: Students must bring clean wide mouth jars for their own pickling. (both pint and quart size recommended) Basic vegetables such as cabbage salt and some spices will be provided along with cutting board and knives. But students are encouraged to bring extra vegetables and spices they would like to ferment along with their preferred kitchen knife.

Tammi Sweet - Video #3 : Cardiovascular System

Wednesday October 19

Tammi Sweet - Required Q&A/Office Hours (on phone) 7:00 PM

Tuesday October 25

9:00-12:30: BODY SYSTEMS / MALE REPRODUCTIVE SYSTEM: Male Health Care for the

Herbalist with 7Song

This class will discuss how to understand and treat some of the disorders of the generalized male body, such as prostate health. Male reproductive anatomy and physiology will be covered so students will have a working understanding of how to treat these health issues with herbs, preparations and other treatment protocols.

Reading: handouts, Hoffmann pp.406-408

1:30-5:00: HERBAL FIRST AID for the Herbalist with 7Song

This class will cover an array of first aid situations and how to take care of them with plants, herbal preparations and other treatment protocols. We will focus on some of the more common first aid circumstances such as injuries, pain, allergies, digestive maladies and infections. This class will give students a practical understanding of how to help in these situations.

Reading: Handouts

Tuesday November 1

9:00-12:30: HISTORY AND PHILOSOPHY OF HERBAL MEDICINE Part I- Pre-history & European Roots with Claudia Keel

Humanity, even Neanderthals, have sought out and harvested specific plants for medicine and ceremony since time immemorial. In this class we will discuss what is known and conjectured about medicine plants and practices in prehistory and move through plant practices in ancient Egypt to the great spanning influence of ancient Greek medicine, which influenced medical development as far as Tibet and India and as far forward as practices today. We will continue the thread with Traditional Arab Medicine (Unani-tibb) and the developments in Vitalist European Medicine from Galen and the persistent folk and 'wise women' traditions to the chemical and alchemical influence of Paracelsus. And we will conclude the romp through history with considering the striking contributions of Culpeper, Hahnemann the founder of homeopathy and Bach the founder of flower essence therapy. In all this you will discover unsung, yet grand, influences on humanity's history as a whole.

1:30-5:00: BODY SYSTEMS / MUSCULO-SKELETAL SYSTEM with Katinka Locascio and Lena DeGloma

Our musculo-skeletal system is responsible for executing all of our actions and manifesting our intentions in the world- and yet it's almost always under tension! This class offers a review of the musculo-skeletal system and its components, in particular how they and muscular-skeletal conditions relate to and present as particular 'tissue states', which in turn, provide a window into how to most effectively apply particular herbal remedies. We will consider both at acute and chronic muscular skeletal complaints and cover both topical and global herbal treatments for supporting this important system.

Reading: Hoffmann Ch. 19 Musculoskeletal System, handouts

Tammi Sweet - Video #4 : Lymph, Immune & Respiratory System

Wednesday November 2

Tammi Sweet - Required Q&A/Office Hours (on phone) 7:00 PM

Friday November 4

9:30AM-12:00PM Extra Q & A Session with Richard Mandelbaum

Tuesday November 8

9:00 - 12:30: PLANT MEDICINE PREPARATIONS: Herb Extracts and Tincture Making with Richard Mandelbaum

This hands-on class will provide you with the skills you need to make high-quality home remedies. Richard will discuss infusions, decoctions, and tinctures (liquid extracts), spending most of our time on in-depth tincture making that takes into account fresh versus dry plant material, optimal alcohol percentage for various medicinal plants, alcohol alternatives, and an introduction to basic phytochemistry as it relates to medicine making.

Reading: handouts, Hoffmann Ch. 11 Formulation and Preparations, *Cech Making Plant Medicine* pp. 1-102

1:30-5:00: Herb Shop Herbalism with Lata Chettri-Kennedy

Learn how one of NYC's longest-standing herb shops, Flower Power, works with the community and serves as not only a source of high quality remedies, but also education and information. Lata will discuss the unique challenges of working as an herbalist in a retail setting, including most frequent recommendations and herbs used, and how the shop interacts with practitioners and the broader herbal community.

Note: This class will meet in our regular classroom space.

Tuesday November 15

9:00-5:00: BODY SYSTEMS / FEMALE REPRODUCTIVE SYSTEM: Introduction to Female Health with a Focus on Herbs for Fertility and Pregnancy with Katinka Locascio and Lena DeGloma

This class will cover common concerns related to fertility, infertility and pregnancy and herbs and nutrition that support vitality for parent and child as well as address many obstacles to conception. We will discuss fertility charting as a window into women's health and tool for practitioner to more accurately address cycle imbalances and infertility. Case studies and charts will be used to illustrate examples. In addition, herbs for pregnancy and postpartum will be discussed.

Reading: Hoffmann Ch. 18 Reproductive System, excerpts from *Trickey Women, Hormones, and the Menstrual Cycle*

Tammi Sweet - Video #5: Nervous, Endocrine Systems and Pain

6:30-9:00 PM: Extra Q & A session with Richard Mandelabum

Wednesday November 16

Tammi Sweet - Required Q&A/Office Hours (on phone) 7:00 PM

Saturday November 19

9:00-12:30 & 1:30-5:00: BODY SYSTEMS / RESPIRATORY SYSTEM: Physiology of the Lungs & Respiratory Tract & Herbs to Help with Asthma, Infection, & Inflammation with Tammi Sweet

Our respiratory system is the second largest interface with our external environment. It is charged with allowing in necessary oxygen while, at the same time, keeping out everything else! In this all day workshop WE will explore the anatomy and physiology of the system capable of performing this function. Of course, sometimes it is unable and we are faced with the pathological conditions of infection, allergy, asthma and chronic, long-term conditions such as emphysema. We will examine some of these conditions and the herbal interventions, which assist the body to heal. The discussion will also include cells of the immune system, their role in the inflammatory response, an in depth exploration of inflammation including biochemistry, and of course, the herbs that help.

Reading: Hoffmann Ch. 15 Respiratory System, handouts

Sunday November 20

9:00-12:30 : BODY SYSTEMS: Digestive System with Claudia Keel

1:30-5:00: BOTANICAL MATERIA MEDICA with Claudia Keel

The understanding healing plants holistically as what can be called particular 'personalities', rather a compendium of uses is the basis of traditional herbalism. Today much misunderstanding stems from labeling a plant as a headache herb or a prostate herb or any number of one-sided actions. In this class we will consider thirty of the most commonly used medicinal plants and mushrooms in depth. As much as possible, we will taste preparations of the herbs and consider their energies from a number of vantage points. For each herb students will learn the following components: Latin name, common name, botanical information, herbal actions, energetics, system affinities, current and historical uses, specific indications, and herbal toxicity, safety, and cautions.

Reading: review monographs for herbs to be covered in Winston, Hoffmann, Wood; handouts

–THANKSGIVING BREAK - No Class Tuesday II/2I–

Happy Thanksgiving!

Tuesday November 29

9:00–12:30 BOTANICAL MATERIA MEDICA with Richard Mandelbaum

Using healing plants holistically includes understanding what can be called particular plant ‘personalities’ or their specific indications, rather than a general compendium of uses. Today much misunderstanding stems from labeling a plant as a headache herb or a prostate herb or any number of one-sided actions. In this class we will consider thirty of the most commonly used medicinal plants and mushrooms in depth. As much as possible, we will taste preparations of the herbs and consider their energies from a number of vantage points. For each herb students will learn the following components: Latin name, common name, botanical information, herbal actions, energetics, system affinities, current and historical uses, specific indications, and herbal toxicity, safety, and cautions.

Reading: review monographs for herbs to be covered in Winston, Hoffmann, Wood; hand outs

1:30–5:00: SEASONAL HEALTH & PLANT MEDICINE PREPARATION: Herbs and Foods for Winter Health and Vitality Pt. 1 with Claudia Keel

Until modern times humanity had no choice but to live within the confines of the season their environment offered, and so traditional medicine followed with seasonal applications. In this class we will delve into the special challenges and opportunities for health the winter season brings and consider traditional practices, therapeutics foods and herbs that help us weather the season well. We will discuss the healing role of fevers have for children in particular as well as for adults and learn to differentiate between kinds of fevers to apply herbs and other remedies energetically to help both the fevers and illnesses resolve in way that bolsters our immune system going forward. And we will also focus on simple ways to prevent winter ailments, through supporting immune and respiratory health. An extensive handout with many herb and kitchen remedy recipes will be offered and a number of preparations such as elderberry syrup will be demonstrated and tasted in class.

Friday December 2

9:30AM–12:30 PM Extra Q & A session with Claudia Keel

Tuesday December 6

9:00–12:30: Introduction to WESTERN ENERGETICS AND TISSUE STATES with Claudia Keel

Energetic evaluation around the world: universal use of energetics; the most basic energetics boil down to fire and water. This is equivalent to hot and cold, damp and dry, in Greek medicine; yin and yang (water and fire) in Chinese medicine; vata (dry/tense), pitta (hot/oily), kapha (cold, damp) in Ayurveda. The Six Tissue States (hot/cold, damp/dry, tense/relaxed) in traditional Western herbalism. Excess and deficiency. Basic symptoms and review of remedies. The doctrine of signatures, "spirit signatures," organ-affinities, specific indications.

Reading: The Practice of Traditional Western Herbalism (Wood) Energetics and Tissue States pp.1-62 and handouts

1:30-5:00 BOTANICAL MATERIA MEDICA with Richard Mandelbaum

Using healing plants holistically includes understanding what can be called particular plant 'personalities' or their specific indications, rather than a general compendium of uses. Today much misunderstanding stems from labeling a plant as a headache herb or a prostate herb or any number of one-sided actions. In this class we will consider thirty of the most commonly used medicinal plants and mushrooms in depth. As much as possible, we will taste preparations of the herbs and consider their energies from a number of vantage points. For each herb students will learn the following components: Latin name, common name, botanical information, herbal actions, energetics, system affinities, current and historical uses, specific indications, and herbal toxicity, safety, and cautions.

Reading: review monographs for herbs to be covered in Winston, Hoffmann, Wood; handouts

Tammi Sweet - Video #6: Stress Response

Wednesday December 7

Tammi Sweet - Required Q&A/Office Hours (on phone) 7:00 PM

Saturday December 10

9:00-12:30: HERBAL THERAPEUTICS: Introduction to HERBAL SAFETY with Richard Mandelbaum

In this class we turn our attention to questions of herbal safety: As the use of herbal remedies becomes more and more popular as well as the diversity of products and forms of remedies being taken, issues of safety have come to the forefront. On the one hand cautionary statements including recent warnings regarding some popular herbs such as ginkgo, kava, and black cohosh, are often exaggerated or based on less than sound evidence. On the other hand, there are legitimate cases of abuse or misuse of herbal remedies that can result in adverse reactions. It is essential for those of us who follow holistic practices to "first do no harm"! During this class we will separate myth from reality. We will discuss how both tradition and science can inform our work with herbs, the relative strengths and weaknesses of both frameworks, and how both are most effective when used in combination. Topics covered will include: herbal

contraindications, how dosage relates to safety, herb-herb interactions, herb-drug interactions, safety during pregnancy and lactation, whole plant poly-pharmacy (synergy versus standardization), and how our current knowledge of phytochemical constituents of plants can inform safe use – using case reports and some of the herbs recently in the press for safety concerns, such as those listed above, to illustrate the concepts discussed. We will also present the books, websites, and other resources that are most reliable and accurate.

Reading: Herb-Drug Interactions from the Lancet, Hoffmann Chapter 10 Toxicity, Contraindications, and Safety, hand outs

1:30-5:00: BODY SYSTEMS / CARDIOVASCULAR SYSTEM: Herbs, Diet & Lifestyle to Support a Healthy Heart and Circulation with Richard Mandelbaum

Heart disease is the leading cause of death in both women and men in the United States despite being overwhelmingly preventable. As much as awareness has grown in recent years about how to promote heart health, many myths persist. Mainstream medicine continues to focus on cholesterol numbers despite thin evidence of its significance for most of the population, and is still behind the curve on providing up to date dietary recommendations, in particular regarding dietary fats. At the same time, one of the most potent risk factors for heart disease – emotional imbalances including chronic stress, anxiety, and depression – continue to be deemphasized despite solid scientific evidence. In this class we'll explore the major risk factors for heart attacks and strokes and present primary herbal, dietary, and lifestyle protocols to promote heart health. We will present general cardiovascular tonics as well as some more specific protocols with an emphasis on working with the individual and her/his specific condition rather than a broadcast approach. In addition, we will pay close attention to emotional wellbeing and the heart, exploring both scientific evidence as well as the traditional Chinese concept of Shen. Shen encompasses what in the West we think of as both “the heart and the mind” – our cognitive and emotional wellbeing and source of joy, and closely linked to our physical heart health.

Reading: Hoffmann Chapter 14 Cardiovascular System; hand outs

Sunday December II

9:00-12:30 & 1:30-5: WESTERN ENERGETICS AND TISSUE STATES with Matthew Wood

Conventional biomedicine treats a specific molecular lesion rather than the whole person. The drug, its action, and the disease are all defined in terms of molecular structure. This is an example of reductionism in science: the phenomenon is reduced to its smallest components. In complementary and alternative medicine, on the other hand, the attempt is made to understand the whole person and use a whole plant to treat the whole disease. This is known as holism and is one of the major differences between biomedicine and complimentary and alternative medicine (CAM).

In order to practice herbalism in a holistic fashion we need to have a system for recognizing and describing patterns. All traditional systems of medicine and herbalism use such patterns. For instance, Traditional Chinese Medicine (TCM) uses yin and yang and the five elements. Ayurvedic medicine uses the three doshas and the five elements. Greek/Arabic medicine uses the four elements, the four qualities, the four temperaments, and the two tissue states. Nineteenth century Western herbalism used a system of six 'tissue states.' In this presentation we will study this particular system of pattern based analysis.

Recommended Reading: Matthew Wood, *The Practice of Traditional Western Herbalism* (2004) and introductions to *The Earthwise Herbals* and handouts.

Tuesday December 13

9:00-12:30: TRADITIONAL CHINESE ENERGETICS & TONGUE AND PULSE PRACTICUM with Richard Mandelbaum

In this class we will have an opportunity to review tongue and pulse assignments thus far, share experiences and questions, and practice on each other!

Reading: Review your notes from our earlier Chinese medicine classes, as well as *The Web That Has No Weaver: Chapter 6 The Four Examinations*; bring tongue and pulse assignments to class.

1:30-5:00 STUDENT PRESENTATIONS AND WRAP UP

END OF YEAR CELEBRATION: DECEMBER 13, 2016 (EVENING)

We will celebrate the season together, sharing of herbal foods and drinks!

**---- WINTER BREAK - NO CLASSES 12/15/16 - 1/16/17 ----
HAPPY NEW YEAR!**

WINTER / SPRING SEMESTER

Tuesday January 17

9:00-12:30: SEASONAL HEALTH & PLANT MEDICINE PREPARATION: Herbs and Foods for Winter Health and Vitality Pt. 2 with Claudia Keel

Until modern times humanity had no choice but to live within the confines of the season their environment offered, and so traditional medicine followed with seasonal applications. In this class we will delve into the special challenges and opportunities for health the winter season brings and consider traditional practices, therapeutics foods and herbs that help us weather the season well. We will discuss the healing role of fevers have for children in particular as well as for adults and learn to differentiate between kinds of fevers to apply herbs and other remedies energetically to help both

the fevers and illnesses resolve in way that bolsters our immune system going forward. And we will also focus on simple ways to prevent winter ailments, through supporting immune and respiratory health. An extensive handout with many herb and kitchen remedy recipes will be offered and a number of preparations such as elderberry syrup will be demonstrated and tasted in class.

1:30-5:00: FLOWER ESSENCES FOR HERBALISTS :Expanding our Understanding of the Healing Plants with Claudia Keel

In this class we will explore the preparation of healing plants as flower essences, which typically are used to balance emotional states such as anxiety, depression and anger, but also address the underlying energies of physical ailments. The actions of flower essences can dramatically expand our understanding of the healing plants offer. Yet often flower essences are presented as just a list of emotional indications with no clear way to use them wisely. We will explore an energetic system of assessment to help us understand patterns and effectively make essences formulations. Medicinal herbs will be featured and considered both in their traditional herbal uses and as flower essences. By working with flower essences, we can dramatically expand our understanding of the healing plants -- and health and vitality as a whole.

Reading: Stars of the Meadow by David Dalton introduction (provided as handout)

Note: ArborVitae is planning to offer an additional optional weeknight and weekend classes in Flower Essences that can be taken for credit.

Monday January 23

6:30-9:00 PM: Extra Q & A session with Richard Mandelbaum

Tuesday January 24

9:00-5:00 FIELD TRIP: Winter and Tropical Plant BOTANY at NYBG with Richard Mandelbaum and Claudia Keel

We will spend the day exploring the Conservatory at NYBG, and weather permitting, practice some winter botany in the NYBG Forest. Class will meet at 10:00 a.m.

Reading: review botany notes, Wohlmuth, handouts

Tammi Sweet - Video #7: Female Reproductive System

Wednesday January 25

Tammi Sweet - Required Q&A/Office Hours (on phone) 7:00 PM

Saturday January 28

10:00-5:00 HERBS IN THE CYCLES OF LIFE: Herbs for Children & Teenagers with Peeka Trenkle

This class will cover the various stages of development in children from infancy through adulthood. The primary focus of the day will be on the use of herbs, foods and remedies for the treatment of common ailments that arise in families and also how to foster resilience in children so that remedies are unnecessary. Topics will include the developing immune system, vaccinations, childhood inflammatory illness, puberty, the needs of teenagers and the transition to adulthood. There will also be a strong focus on the psychological and spiritual development of children and how this impacts overall health.

Reading: Hoffmann's Chapter 24 Phytotherapy and Children

Sunday January 29

9:00-12:30: BODY SYSTEMS / CARDIOVASCULAR SYSTEM Holistic Medical Approaches to Heart Health with Patrick Fratellone

Patrick Fratellone M.D. will build on the prior class on heart health, and delve more deeply into the following conditions: hypertension, hyperlipidemia, valvular heart disease and congestive heart failure and arrhythmias, and botanicals used in each of these areas.

Reading: handouts, review notes from previous class, review Hoffmann Ch. 14 Cardiovascular system

1:30-5:00: Holding Space and Staying in Presence with Karyn Sanders

In this class I will talk about what it is to truly hold space with a client. How to guide them instead of just responding to symptoms. We will also look at what true presence is and what it means to work from that state. animal medicine will also be covered. Class will be taught from a Native American paradigm.

Tuesday January 31

9:30-12:30: BODY SYSTEMS / IMMUNE & LYMPH SYSTEMS PT. I: Bolstering Our Natural Defenses: Nourishing Immune and Lymphatic Function with Herbs Richard Mandelbaum

Our immune system comprises a carefully calibrated balance of wide-ranging physiological activity ranging from our thymus gland to our sweat glands, from lymphatic and circulatory function to our bone marrow, and now as we increasingly recognize, our gut. The old paradigm of a healthy immune system distinguishing between "self" and "other" is quickly becoming outdated as we realize that our bodies are living symbiotic ecosystems of thousands of microbial species interacting with our human bodies. A more useful paradigm might be that a healthy immune system distinguishes effectively between "friend" and "foe", working interdependently with beneficial microbes to prevent illness. Many aspects of modern life can work to undermine this delicate immune balance resulting in both over-activity as manifested in allergic states or autoimmune conditions, as well as under-activity that can result in poor resistance to colds and flu, chronic illness, or even certain forms of cancer. During this class we will review how herbs when best used can help to restore immune

regulation by modulating activity and boosting our bodies' innate resilience and resistance to infection. We will discuss how to apply herbal, lifestyle, and dietary approaches to a wide range of imbalances including seasonal and food allergies, low resistance to colds and flu, chronic infection, and autoimmune conditions. We will also discuss which herbs have been shown to have the most promise based on both traditional indications as well as modern science to have marked antimicrobial activity, in particular which herbs have antibacterial, antiviral, and/or antifungal properties and how to use them effectively.

Reading: handouts, Hoffmann Ch. 21 Immune System

1:30-5:00: TBD with Bevin Clare

Friday February 3

9:30-12:00 PM Extra Q & A session with Richard Mandelbaum

Tuesday February 7

9:00-12:30 BODY SYSTEMS / IMMUNE & LYMPH SYSTEMS Pt. II: Bolstering Our Natural Defenses: Nourishing Immune and Lymphatic Function with Herbs with Claudia Keel

1:30-5 HISTORY AND PHILOSOPHY OF HERBAL MEDICINE Part II - Colonial America and the Rise of the Eclectic Medical Doctors with Richard Mandelbaum

In this class we will present the fascinating early American history of herbal medicine. We'll begin with a discussion of Johannes Sauer, an apothecary and printer in Philadelphia (a competitor of Ben Franklin), who wrote the first herbal published in colonial North America adhering closely to Western European herbal tradition. From there we will discuss the so-called Indian doctors or root doctors, men such as Samuel Thompson who learned much of what they did from Native American healers and who began to incorporate our native plants into their materia medica. The work of John Redman Coxe, who published his American Dispensatory in 1806 and who is largely credited with inventing the first modern inoculation, represents a systematization of herbal knowledge and a bridge of sorts between the rich tradition of folk healers who preceded him and the Eclectic doctors to follow. We will also discuss the life of James Still, The Black Doctor of the Pines, as an important example of a prominent African American herbalist of the 19th century. A large portion of the class will be spent presenting and discussing the Eclectic Medical movement which dominated herbal practice in the U.S. through much of the nineteenth and into the early twentieth century and who brought into public awareness many of the herbs that are popular today such as Echinacea, goldenseal, and black cohosh, which previously has been used mainly by Native healers and those who learned from them. The Eclectics fostered the development of a domestic herbal tradition that continues to inspire and inform modern herbalists not only in the U.S. but in Europe and elsewhere, and their writings

remain some of the best clinical texts on herbal medicine available in the English language.

Reading: *A Tree Without Roots* by R. Mandelbaum (JAHG), [Early American Herbal Medicine Resource List](#)

Tammi Sweet - Video #8: Men's Reproductive System, Urinary, Musculoskeletal

Tuesday February 14

9:00-12:30: HERBS IN THE CYCLES OF LIFE: Herbs for Elders with Claudia Keel

Reading: Hoffmann Ch. 23 *Phytotherapy and the Elderly* and review presentation notes

1:30-5:00: BOTANICAL MATERIA MEDICA and Herbs for the Emotional Heart with Claudia Keel

Using healing plants holistically includes understanding what can be called particular plant 'personalities' or their specific indications, rather than a general compendium of uses. Today much misunderstanding stems from labeling a plant as a headache herb or a prostate herb or any number of one-sided actions. In this class we will consider thirty of the most commonly used medicinal plants and mushrooms in depth. As much as possible, we will taste preparations of the herbs and consider their energies from a number of vantage points. For each herb students will learn the following components: Latin name, common name, botanical information, herbal actions, energetics, system affinities, current and historical uses, specific indications, and herbal toxicity, safety, and cautions.

Reading: review monographs for herbs to be covered in Winston, Hoffmann, Wood; handouts

Monday February 20

6:30-9:00PM Extra Q & A session with Claudia Keel

Tuesday February 21

9:00- 12:30: TRADITIONAL CHINESE ENERGETICS: Patterns of Disharmony I with Richard Mandelbaum

This class will delve more deeply into the common patterns of disharmony for each organ system. Chinese tradition has observed and refined these patterns over millennia down to a very specific set of manifestations for each pattern including physical symptoms and sensations, emotional profiles, tongue, pulse, and facial assessments. For each pattern Chinese tradition points to a specific set of herbs and herbal combinations, complemented by dietary approaches, found to be most helpful in

reestablishing balance. Over the two classes we will review the most common patterns for each major (yin) organ: Liver, Kidney, Lung, Heart, and Spleen; as well as the most common patterns combining more than one organ.

Reading: review notes from previous Chinese medicine classes; *The Web That Has No Weaver* with a focus on Chapter 7 “Eight Principal Patterns” and Appendices C “Patterns and Chief Complaints” and E “Chinese Patterns and Some Common Western Diseases”

1:30-5:00 BOTANICAL MATERIA MEDICA with Claudia Keel

Using healing plants holistically includes understanding what can be called particular plant ‘personalities’ or their specific indications, rather than a general compendium of uses. Today much misunderstanding stems from labeling a plant as a headache herb or a prostate herb or any number of one-sided actions. In this class we will consider thirty of the most commonly used medicinal plants and mushrooms in depth. As much as possible, we will taste preparations of the herbs and consider their energies from a number of vantage points. For each herb students will learn the following components: Latin name, common name, botanical information, herbal actions, energetics, system affinities, current and historical uses, specific indications, and herbal toxicity, safety, and cautions.

Reading: review monographs for herbs to be covered in Winston, Hoffmann, Wood; handouts

Saturday February 25

9:00-5:00: HOLISTIC ASSESSMENT PRACTICUM with Claudia Keel

In this practicum, we will share and review cases considering energetics, therapeutics, nutrition and herbal protocols.

Sunday February 26

9:00- 5:00 BODY SYSTEMS / NERVOUS SYSTEM: Holistic and Ayurvedic Approaches with K.P. Khalsa

Khalsa is a professor of neurology at Massachusetts College of Pharmacy. His clinical specialty is neurology, and he devotes a large proportion of his clinical practice and research to epilepsy, migraine, autism and multiple sclerosis, with increasingly good results. This basic professional class will be an introduction to herbal medicine for the nervous system, including pain. The class will cover clinical approaches, remedies, preparations and doses.

Reading: Hoffmann chapter 16: *The Nervous System*; handouts

Tuesday February 28

9:00- 12:30: BODY SYSTEMS / ENDOCRINE SYSTEM: with Richard Mandelbaum

Reading: Hoffmann Chapter 22 *Endocrine System*; handouts

The Endocrine System is the underlying regulatory overseer of the body and mind,

through the Hypothalamus-Pituitary Axis then branching out to all organs and systems of the body. We will focus predominantly on the H-P-A (H-P-Adrenal) axis and the role adaptogenic herbs and changes in diet and lifestyle can play in re-establishing autonomic equilibrium and adrenal health. We will also briefly touch upon other aspects of endocrine function such as thyroid function, blood sugar metabolism, and more.

1:30-5:00: BOTANICAL MATERIA MEDICA with Claudia Keel

The understanding healing plants holistically as what can be called particular 'personalities', rather a compendium of uses is the basis of traditional herbalism. Today much misunderstanding stems from labeling a plant as a headache herb or a prostate herb or any number of one-sided actions. In this class we will consider thirty of the most commonly used medicinal plants and mushrooms in depth. As much as possible, we will taste preparations of the herbs and consider their energies from a number of vantage points. For each herb students will learn the following components: Latin name, common name, botanical information, herbal actions, energetics, system affinities, current and historical uses, specific indications, and herbal toxicity, safety, and cautions.

Reading: review monographs for herbs to be covered in Winston, Hoffmann, Wood; hand outs

Wednesday March 1

Tammi Sweet: Required Q&A/Office Hours (on phone) 7:00 PM (last Q&A Session)

Friday March 3

9:30AM-12:00PM: Extra Q & A session with Richard Mandelbaum

Tuesday March 7

9:00-12:30 & 1:30-5:00: AROMATHERAPY with Amy Galper

Full description pending

Tuesday March 14

9:00-12:30: TRADITIONAL CHINESE ENERGETICS: Patterns of Disharmony II with Richard Mandelbaum

This class will delve more deeply into the common patterns of disharmony for each organ system. Chinese tradition has observed and refined these patterns over millennia down to a very specific set of manifestations for each pattern including physical symptoms and sensations, emotional profiles, tongue, pulse, and facial assessments. For each pattern Chinese tradition points to a specific set of herbs and herbal combinations, complemented by dietary approaches, found to be most helpful in reestablishing balance. Over the two classes we will review the most common patterns

for each major (yin) organ: Liver, Kidney, Lung, Heart, and Spleen; as well as the most common patterns combining more than one organ.

Reading: review notes from previous Chinese medicine classes; *The Web That Has No Weaver* with a focus on Chapter 7 “Eight Principal Patterns” and Appendices C “Patterns and Chief Complaints” and E “Chinese Patterns and Some Common Western Diseases”

1:30-5:00 BOTANICAL MATERIA MEDICA with Richard Mandelbaum

Using healing plants holistically includes understanding what can be called particular plant ‘personalities’ or their specific indications, rather than a general compendium of uses. Today much misunderstanding stems from labeling a plant as a headache herb or a prostate herb or any number of one-sided actions. In this class we will consider thirty of the most commonly used medicinal plants and mushrooms in depth. As much as possible, we will taste preparations of the herbs and consider their energies from a number of vantage points. For each herb students will learn the following components: Latin name, common name, botanical information, herbal actions, energetics, system affinities, current and historical uses, specific indications, and herbal toxicity, safety, and cautions.

Reading: review monographs for herbs to be covered in Winston, Hoffmann, Wood; hand outs

Friday March 20

6:30-9:00 PM Extra Q & A session with Claudia Keel

Tuesday March 21

9:00-12:30 & 1:30-5:00: **SEASONAL HEALTH & PLANT MEDICINE PREPARATION: Spring Tonics and Wild Spring Foods and Summer Therapeutics with Claudia Keel**

Until modern times humanity had no choice but to live within the confines of the season their environment offered, and so traditional medicine followed with seasonal applications. This class will delve into the green energy of spring after a long winter! We will consider traditional spring herbs, tonics, foods, practices and remedies for common spring challenges including spring allergies, liver health and detoxification practices. We will make and taste preparations of nettles, dandelion, violets and other herbs available for harvest in early spring (and many other herb recipes will be offered in an extensive handout). We will also peak into foods, herbs and preparations for summer health, with cooling herbal preparations and remedies sometimes needed around summertime fun - such as insect and sun protection and bite and burn remedies.

Note: There will be a lunch break but we suggest participants bring their lunch as we will have a number of wild food tastes to add to it and share together.

Also, if conditions allow, we may travel to visit a nearby East Village community

garden near 14th St in the afternoon to identify many and harvest some of the herbs we discussed during the day - and other meet other plants as well. (* If so, there will be shared taxi and/or subway travel costs for each participant and the class will end in the EV garden.)

Saturday March 25

9:30-12:30 & 1:30-5:00: BODY SYSTEMS / URINARY SYSTEM: Herbal Medicine for the Kidney and Bladder with Richard Mandelbaum

In this class we will discuss the general functions of the kidney and bladder, and how natural and herbal approaches including diet and nutrition can support and reestablish health. Common ailments and imbalances will be discussed including renal and bladder dysfunction including cystitis, recurring urinary tract infections, and calculi (stones). We will also cover how renal and urinary health inter-relates to the health of other organs and systems throughout the body. Herbs important to these systems will be discussed in depth such as marshmallow, corn silk, uva ursi, Cordyceps, and nettles, among others.

Reading: handouts, Hoffmann Ch. 13 Digestive System, Ch. 17 Urinary System

Sunday March 26

9:00-12:30: Topical PLANT MEDICINE PREPARATIONS with Susanna Raeven

Susanna Raeven, owner of Raven Crest Botanicals - an herbal apothecary and herb farm in upstate NY - will share methods and recipes for topical herbal applications. We will discuss the different methods of making good quality herbal oil extractions - the base ingredients for many topical preparations. You will explore step-by-step instructions and recipes for salves, balms, creams, and lotions. This is a hands-on class and we will learn how to make a healing balm and an anti-inflammatory cream and blend a liniment for sore muscles and achy joints.

1:30-5:00: TBD

Tuesday March 28

9:00-12:30 Growing Herbs with Susanna Raeven

Susanna Raeven, owner of Raven Crest Botanicals - a small-scale medicinal herb farm in upstate NY - will share her knowledge about how to cultivate and care for medicinal herbs. We will discuss how to grow herbs from seed guided by organic, biodynamic, and permaculture growing methods, and talk about soil types and soil amendments, organic pest control methods and organic fertilizer options.

We will touch upon a wide variety of medicinal plants - Western, TCM, and Ayurvedic - and their individual best growing and harvesting practices. We will explore different drying methods and how to proper storage for later medicine making. In addition, Susanna will share sustainable farming practices applied at her farm, such as the use of

an earth sheltered greenhouse, solar and gravity fed irrigation systems, and how to incorporate straw bale gardening into a limited and temporary growing space.

1:30-5:00: TONGUE AND PULSE AND HOLISTIC ASSESSMENT Practicum with Richard Mandelbaum

In this class we will have an opportunity to review tongue and pulse assignments thus far, share experiences and questions, and practice on each other!

Reading: Review your notes from our earlier Chinese medicine classes, as well as *The Web That Has No Weaver: Chapter 6 The Four Examinations*; bring tongue and pulse assignments to class.

Friday March 31

9:30AM-12:00PM Extra Q & A session with Richard Mandelbaum

Tuesday April 4

9:00- 12:30: BOTANICAL MATERIA MEDICA with Richard Mandelbaum

Using healing plants holistically includes understanding what can be called particular plant 'personalities' or their specific indications, rather than a general compendium of uses. Today much misunderstanding stems from labeling a plant as a headache herb or a prostate herb or any number of one-sided actions. In this class we will consider thirty of the most commonly used medicinal plants and mushrooms in depth. As much as possible, we will taste preparations of the herbs and consider their energies from a number of vantage points. For each herb students will learn the following components: Latin name, common name, botanical information, herbal actions, energetics, system affinities, current and historical uses, specific indications, and herbal toxicity, safety, and cautions.

Reading: review monographs for herbs to be covered in *Winston, Hoffmann, Wood*; handouts

1:30- 5:00 PHYTOCHEMISTRY I: Richard Mandelbaum

In this two-part class we will introduce the science of phytochemistry, i.e. plant constituents, and how they relate to traditional and modern uses of herbal remedies, and effective medicine making. We will cover some basics of chemistry and plant metabolism including major plant hormones, as well as the major classes of phyto-constituents: primary compounds (lipids, proteins, carbohydrates), and secondary compounds (phenols, terpenes, and alkaloids).

Reading: *Hoffmann Chapter 3 Intro to Phytochemistry*, hand outs

Monday April 17

6:30-9:00 PM Extra Q & A session with Claudia Keel

Tuesday April 18

9:00-12:30: FLOWER ESSENCES FOR HERBALISTS: Expanding our Understanding of the Healing Plants with Claudia Keel

In this class we will explore the preparation of healing plants as flower essences, which typically are used to balance emotional states such as anxiety, depression and anger, but also address the underlying energies of physical ailments. The actions of flower essences can dramatically expand our understanding of the healing plants offer. Yet often flower essences are presented as just a list of emotional indications with no clear way to use them wisely. We will explore an energetic system of assessment to help us understand patterns and effectively make essences formulations. Medicinal herbs will be featured and considered both in their traditional herbal uses and as flower essences. By working with flower essences, we can dramatically expand our understanding of the healing plants -- and health and vitality as a whole.

Reading: Stars of the Meadow by David Dalton introduction (provided as handout)

Note: ArborVitae is planning to offer an additional optional weeknight and weekend classes in Flower Essences that can be taken for credit.

1:30-5:00: Introduction to AYURVEDA 2 with Anne McIntyre

Full description pending

Reading: The Practice of Traditional Western Herbalism (Wood), The Three Primary Constitutions pp. 121-133; Caldecott pp. 11-29, 93-108

Saturday April 22

BODY SYSTEMS / TEETH & MOUTH: Herbal Dentistry: Getting to know the Mouth & Conducting a Sound Oral Intake with Leslie Alexander

Getting to know the mouth: Interventions are easier, and certainly more effective, when we know how and why something works, or doesn't work. As practitioners and students, we spend time getting to know various body systems. Understanding our mouths is critical to not only relieving pain or discomfort but also moderating inflammation throughout the body. We'll begin with the obvious, teeth and gums, effective oral care as well as form and function. We'll talk about saliva, its importance and effects in moderating pH; we'll discuss foods and pharmaceuticals and how these can positively and negatively affect oral health.

Herbs for the Mouth: An effective materia medica for the herbal practitioner and herb student, will be the focus of this introduction to herbs for the mouth. Our time will include methods of preparation and delivery with a focus on actions and combining herbs to mediate desired outcomes.

An Introduction to clinical skills (for the mouth): We'll begin by discussing links between oral and systemic health and the need for a sound oral health intake. We will focus on how to move through questions associated with a sound oral health intake.

We'll work with extracts from clinical intakes and discuss how information gleaned from conversations about other health issues may directly affect oral health or vice versa. Ensuring that we obtain a thorough understanding of the health of the mouth will serve to enhance each of our interventions throughout the body. Developing skills in this area is key to working within the emerging and exciting field of oral systemic health.

Reading: Handouts

Sunday April 23

9:00-12:30 FIELD TRIP: East Village Community Garden Plant walk with Claudia Keel

1:30-5:00 BOTANICAL MATERIA MEDICA with Claudia Keel

Using healing plants holistically includes understanding what can be called particular plant 'personalities' or their specific indications, rather than a general compendium of uses. Today much misunderstanding stems from labeling a plant as a headache herb or a prostate herb or any number of one-sided actions. In this class we will consider thirty of the most commonly used medicinal plants and mushrooms in depth. As much as possible, we will taste preparations of the herbs and consider their energies from a number of vantage points. For each herb students will learn the following components: Latin name, common name, botanical information, herbal actions, energetics, system affinities, current and historical uses, specific indications, and herbal toxicity, safety, and cautions.

Reading: review monographs for herbs to be covered in Winston, Hoffmann, Wood; handouts

Tuesday April 25

9:00-5:00 FIELD TRIP: Brooklyn Botanic Garden with Richard Mandelbaum

Knowledge of botany is essential for nurturing a more intimate and direct relationship with plants. We will explore the Brooklyn Botanic Garden and hone our observational skills at plant identification! We'll review basic concepts in botany by looking at living examples throughout the garden, such as taxonomy (how plants are related to each other) and fundamental botanical concepts such as the characteristics of the various plant organs (stem, leaf, root, flower, and fruit). We will spend a fair amount of time in the recently expanded Native Plant garden but will also explore other parts of the garden (herb garden, Conservatory) allowing us to get familiar with many significant medicinal plants from Europe, Asia, and other parts of the world. Throughout the day we will also discuss ecosystems and the natural history of the plants we observe, and how ecology relates to harvesting and medicine making. In the Native Plant Garden we will be making extensive use of Newcomb's Wildflower Guide, as well as Symond's Tree and Shrub Identification Books.

Note: Students should bring the botany books listed above and are also encouraged to bring a lens (loupe) and notebook. The instructor will bring extra

lenses for those students who do not own them.

Tuesday May 2

9:00-5:00 FIELD TRIP: Prospect Park Plant Walk and Materia Medica with Richard Mandelbaum and Claudia Keel

Using healing plants holistically includes understanding what can be called particular plant ‘personalities’ or their specific indications, rather than a general compendium of uses. Today much misunderstanding stems from labeling a plant as a headache herb or a prostate herb or any number of one-sided actions. In this class we will study the diverse medicinal flora of Prospect Park, native, naturalized, and cultivated as we walk through the park. We will also spend time focusing on some of the most commonly used medicinal plants in more depth. For each herb students will learn the following components: Latin name, common name, botanical information, herbal actions, energetics, system affinities, current and historical uses, specific indications, and herbal toxicity, safety, and cautions

NOTE: This class will be held in Prospect Park. Please bring lunch, notebook and paper, comfortable clothing, raingear etc. We will meet right at the arch in Grand Army Plaza and enter the park from there. Please be on time or it may be challenging to find us!

Tuesday May 9

9:00-12:30 BOTANICAL MATERIA MEDICA with Claudia Keel

Using healing plants holistically includes understanding what can be called particular plant ‘personalities’ or their specific indications, rather than a general compendium of uses. Today much misunderstanding stems from labeling a plant as a headache herb or a prostate herb or any number of one-sided actions. In this class we will consider thirty of the most commonly used medicinal plants and mushrooms in depth. As much as possible, we will taste preparations of the herbs and consider their energies from a number of vantage points. For each herb students will learn the following components: Latin name, common name, botanical information, herbal actions, energetics, system affinities, current and historical uses, specific indications, and herbal toxicity, safety, and cautions.

Reading: review monographs for herbs to be covered in Winston, Hoffmann, Wood; handouts

1:30-5:00 PHYTOCHEMISTRY II: Richard Mandelbaum

In this two-part class we will introduce the science of phytochemistry, i.e. plant constituents, and how they relate to traditional and modern uses of herbal remedies, and effective medicine making. We will cover some basics of chemistry and plant metabolism including major plant hormones, as well as the major classes of phyto-constituents: primary compounds (lipids, proteins, carbohydrates), and secondary compounds (phenols, terpenes, and alkaloids).

Reading: Hoffmann Chapter 3 Intro to Phytochemistry, hand outs

Tuesday May 16

9:00-12:30 FIELD TRIP: East Village Community Garden Plant walk with Claudia Keel

NOTE: The morning class will meet at El Sol Brillante Community Garden on East 14th St. Between Ave A & Ave B (On the south side of the street, closer to Ave A. The garden has a whimsical iron fence) Then the class will travel to Brooklyn Bridge Park. Please bring lunch, notebook and paper, comfortable clothing, raingear etc.

1:30-5:00 FIELD TRIP: Brooklyn Bridge Park: Plant / Botany walk with Richard Mandelbaum

We will spend the afternoon exploring the predominantly native plant landscaping at this beautiful small park along the East River under the shadow of the Brooklyn Bridge. We will also review botanical concepts as we spend time with the plants.

To travel from the community garden to Brooklyn Bridge Park (approx. 40 minutes), walk to the L train at 14th St. and 1st Ave., and take the L to 8th Ave. Switch to the A or C train and take that to High Street in Brooklyn. From there walk north to Old Fulton Street and downhill to the river and pier.

Richard will meet the students at the park entrance at Pier One on the corner of Old Fulton and Furman Streets (close to the Brooklyn Bridge, and near Bargemusic and the Brooklyn Ice Cream Factory - yum).

Saturday May 20 and Sunday May 21

This weekend is held together with 2nd & 3rd yr. students (but with separate classes)

FIELD TRIP: ArborVitae Weekend, location TBD

Richard Mandelbaum, Claudia Keel, Jody Noe, Nathaniel Whitmore

This full weekend is exclusively for students registered in ArborVitae's certificate program. We will spend all day Saturday and Sunday upstate, with camping and indoor options for sleeping arrangements.

We will focus on:

- Botany, Mycology, and Gathering
- Plant Attunement and Flower Essences
- Energetics: Native American Plant Spirit Traditions
- Putting it All Together: Assessing Patterns and Working with People

FOOD NOTE: While ArborVitae will provide food and drink for the weekend, the majority of the food will be potluck and all students will be asked to bring a 1-2 dishes or drinks. We believe we can provide ourselves with much higher quality foods that can be purchased! Potlucks are an excellent time to share therapeutic and herbal food and drinks (and for such foods, they will be recognized as part of one's assignment). ArborVitae will provide a sign-up so the food and drink can be coordinated. Every effort will be made to address special

diets & needs, but students should bring any foods they may particularly need that might not be available.

Tuesday May 23

9:00-11:45 BOTANY: Plant Intelligence with Richard Mandelbaum

Modern scientific research is now confirming what indigenous cultures around the world have known for millennia or more: that plants are fully aware of their surroundings and as responsive as animals to the world around them – in some cases even more so. We will review together some of the more recent scientific findings and how that intersects and interlays with traditional views of plants. We will also explore how discoveries around Plant Communication and the interconnectedness of plants through the mycorrhizal network in the soil are upending our notions not only of plants but of ourselves as well. Modern Western culture trains us to think of ourselves as individuals, but recent research on both animals and plants is now challenging us to replace the Self with Community as the basic unit of Life. This has profound impact on how we view not only our health and well being, but ultimately our relationships with all life and the Earth itself.

11:45-12:30 FLOWER ESSENCES: Flower Essence Research, Indications and Therapeutic Applications with Claudia Keel

Building on the experiences with flower essences over the weekend and on Richard's Plant intelligence presentation, we will consider ways to research flower essences along with therapeutic indications and applications.

1:30-5:00 Professional Program Wrap-up and Celebration with Richard and Claudia

We will discuss legal and other issues for those moving on to year two or considering it and weave together the threads of the year's classes to help form a comprehensive whole. This is also a time we all can reflect on the program together and consider our journey on the herbal path this year and going forward ...