



ARBORVITAE

SCHOOL OF TRADITIONAL HERBALISM

SYLLABUS: 1ST YEAR FOUNDATIONAL PROGRAM IN HERBAL MEDICINE, 2015-2016

Please note that specific details of this syllabus may be subject to change as circumstances warrant.

Primary Instructors:

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Additional Instructors:

Note: subject to change; not all instructors teach all three levels

7Song	[Kate Gilday - invited]
Leslie Alexander	K.P. Khalsa
Robin Rose Bennett	Katinka Locascio
Lata Chettri-Kennedy	[Chris Masterjohn - invited]
Bevin Clare	Anne McIntyre
Lena DeGloma	Susanna Raeven
Jonathan Edwards	Kristen Rae Stevens
Dina Falconi	Tammi Sweet
Margi Flint	Peeka Trenkle
Patrick Fratellone	Nathaniel Whitmore
Amy Galper	Matthew Wood

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

Primary Texts (required):

Medical Herbalism (Hoffmann) Healing Arts Press, VT, 2003
The Practice of Traditional Western Herbalism (Wood) North Atlantic Books 2004
The Web That Has No Weaver (Kaptchuk) McGraw-Hill 1983 or 2000
Herbal Therapy and Supplements: A Scientific and Traditional Approach 2nd edition (Winston & Kuhn) Lippincott Williams & Wilkins; **note: not 1st edition!**
Earthwise Herbs vol. 1 & 2 (Wood) North Atlantic Books, 2008, 2009
Newcomb's Wildflower Guide (Newcomb) Little, Brown, and Co., 1977
The Tree Identification Book (Symonds) William Morrow and Co., 1958
The Shrub Identification Book (Symonds) William Morrow and Co., 1963
Making Plant Medicine (Cech) Horizon Herbs, 2000
Food As Medicine (Caldecott) PhytoAlchemy, 2011

Additional Readings:

- Additional handouts, articles and eBooks for most all of the classes will be provided to registered students free of charge in electronic form.
- There are additional recommended texts available on our website [here](#) and to be provided to enrolled students.

Additional Costs:

- Students are responsible for their own travel costs to and from class, including days when there are field trips both within the city (such as city parks, botanic gardens, etc.) as well as parks or other locations in the nearby region. In some cases this may include a small expense for gas and tolls (carpooling will be encouraged and facilitated).
- Teas and herbal food samples will be offered in a number of classes, but unless otherwise noted, meals during classes and field trips will be at students' expense. In general additional materials fees will not be charged for classes involving medicine or food preparation, except for unusual and limited circumstances in the case of costly materials.
- \$50 fee for Tri-State issued Student I.D.
- There may be additional fees for herb or food supplies for formulations that students may personally use or take home from classes.

Student Benefits:

- Students will receive a valid student I.D. issued by the Tristate College of Acupuncture, which provides students with discounts wherever they are honored.
- All enrolled students will receive a student membership to United Plant Savers, which provide particular benefits and discounts.
- Students receive a discounted membership to the American Herbalists Guild, which provides many additional discounts and benefits.

- The school will explore other opportunities to provide additional student discounts for herb related events and vendors.

Sessions:

The ArborVitae calendar is divided into two semesters roughly following the college calendar, i.e. a fall semester September-December, and a winter/spring semester January-May or early June.

Foundational Year classes for the 2015-2016 year will be held weekly on Wednesdays from 9 am to 5 pm, plus one weekend a month. There will also be occasional (and optional) evening classes (usually Monday evenings and pre-weekend Friday evenings).

Weekdays: Wednesdays 9 - 5

September 16, 23, 30	December 2, 9, 16	March 2, 9, 16, 23*, 30
October 7, 14, 21, 28	[Holiday & Semester Break]	April 6, 13, 20
November 4, 11, 18	January 20, 27	[Spring Break]
[Thanksgiving Break]	February 3, 10, 17, 24	May 4, 11, 18

Weekends: Saturdays & Sundays 9 - 5

September 26 & 27	December 12 & 13	March 12 & 13
October 24 & 25	January 30 & 31	April 30 & May 1
November 21 & 22	February 20 & 21	May 14 & 15

**There will also be an online A & P course offered in the fall semester; *all students are required* to have a background in A&P, take the course offered by ArborVitae, or enroll in a comparable course.

Class Location(s):

Most classes will meet in Room 1302 or 1303 at TSCA, 80 8th Ave, New York NY.

A portion of this course will be held in other venues and outdoors. Locations will include the High Line Park, New York Botanical Garden, Brooklyn Botanic Garden, Central Park, Prospect Park, Brooklyn Bridge Park and Community Gardens and natural areas in the region such as Kittatinny Valley State Park in New Jersey and Dina Falconi's permaculture gardens and homestead. There will be one overnight weekend in May 2016, to be held at Turtle Pond Farm in Bethlehem CT.

Community Classes on Monday Evenings & Special Programs

ArborVitae will host community classes on Monday evenings, generally between once and three times per month. Occasionally they may also be offered on other days and times. These classes are open to the public and will cover a variety of topics, some but not all of which may be covered during the regular program. Throughout the year ArborVitae may also offer special programs or intensives. Neither these classes or programs will be required part of the program but they do offer an opportunity to delve deeper into a particular subject. They can be attended at an additional cost; *All enrolled ArborVitae students receive a 25% discount for community classes.*

Note: All community classes and special program will be posted on the ArborVitae

website and notices will be sent to those who have signed up for the ArboVitae newsletter. **This is a different elist than those sent to program students.** If you are interested in keeping abreast of these classes we strongly recommend signing up for this list.

Extra Q & A Sessions

In addition, ArborVitae students will be offered extra monthly sessions with faculty to review case histories and additional topics not covered in class, as well as review and clarification of topics that are part of the curriculum.

Sessions take place October through April, with two sessions per month (with the exception of December and January, in which there is one session per month). They are all scheduled in advance and in the syllabus below:

- Monday evening 6:30-9:00 PM (generally first Monday of the month); in the ArborVitae classroom
- Friday morning 9:30 AM- 12:00 PM (generally second Friday of the month), location TBD

The Q & A sessions are held together with the 2nd & 3rd year students. Students should sign up for the Q&A ahead of time, so we can assign credit and allot space for all.

Note: Q&A sessions are not required but do count as program credit. They are not included in part time tuition, but part time students can sign up to come for an additional fee based on hours. They are an additional opportunity for interactive learning and can also count towards making up for missed classes in terms of required attendance.

Assignments:

Throughout the course, students will be given reading assignments and asked to briefly reflect on them. Students are also asked to make and report on a number herbal preparations and therapeutic foods they learn of at home or to gain experience. One brief in class herb presentation is required, along with a short paper or project that is due by May 10th. Assignments are 'handed-in' by uploading them in the student portal of the website. ArborVitae may also initiate quizzes into the program to assess students' learning retention. For a full outline of assignments please see the assignment page on the student portal

Evaluations:

Evaluation of student performance and qualification for a certificate will be based on a combination of completion of reading and written assignments, in-class group work and fieldwork, and attendance and participation. Instructors also reserve the right to issue quizzes or exams. Students must attend each session and arrive on time. Students needing to arrive late or miss a class must inform the instructor beforehand and devise a plan to make up the missed class time. See ArborVitae Attendance Policy for more information.

Lunch and Food & Drink Notes:

- **Herbal teas** will often be provided during classes. Spring water (hot and cold) is also provided. ArborVitae provides mugs, plates and cutlery (as we try to avoid disposables). *All students must wash the dining items they use and help generally with cleanup after class.*

- **Lunch times** for classroom days are generally for 1 hour and between 12:30 -1:30. However there will be exceptions, and as much as possible we have noted these in the syllabus.
 - Students are very welcome to bring lunches and eat in the classroom. Food can be stored for the day in the fridge and heated up on school hot plate or toaster oven. *Students are welcome to use school kitchen dining items but must wash them after use.*
- **Field trips generally require bagged lunches**, as there rarely is the opportunity to purchase lunch in the field. For some field trips (such as the visit to the Falconi homestead), lunch will be provided and there is no need to bring food unless one has special dietary needs
- **Potlucks:** Periodically will have potluck lunches as a way to spend time with visiting teaches and each other and to share good food. We list a number of these dates in the syllabus but they are subject change and new times may be added:
 - We do encourage all students to participate but they are certainly not required
 - Potlucks are also 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 parties are also potluck
- **Snacks:** There will be breaks in the morning and afternoon schedule for tea. Students are welcome to bring their own snacks for this time if inclined, and also to bring snacks to share if inclined. In some classes herbal and therapeutic foods will be prepared and tastes provided. Also when a student brings in their therapeutic and herbal food assignment small tastes may be provided to other students.
- **Special Diets:** 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.
- **Alcohol Sensitivity:** *Please let us know if you are sensitive to alcohol.* There are classes that outline herb medicine preparations that include alcohol and tastes of alcohol tinctures will be an option in many classes. Special events such as parties may have alcohol available. ArborVitae will endeavor to make special arrangements if needed.

Wi-Fi Internet Connection:

A Wi-Fi Internet connection is available in the ArborVitae classrooms and the password will be provided. However, personal use is restricted for class time. Please limit both texting and Internet use for breaks lunch and personal emergencies.

Course Curriculum Topics: Botanical Materia Medica:

Throughout the course materia medica (herbal medicines) will be covered in depth related to the topic at hand. In addition, in the foundational year will focus on 50-60 plants holistically. The list of plants is supplemental to this syllabus and is also available on line [here](#).

Other Course Curriculum Topics:

Other themes in curriculum topics are underlined in this Syllabus. They include: Botany and Plant Identification, Preparation of Plant Medicines, Herbal Therapeutics, Energetics of Traditional Western (Greek-European) Medicine, Energetics of Traditional Chinese Medicine, En-

ergetics of Ayurveda (Traditional Indian Medicine), Holistic Assessment Techniques, incl. tongue, pulse and practicums, Body Systems (including the Microbiome and Dental), Nutrition (incl. therapeutic herb / food preparations), First Aid, Herbs in the Cycle of Life, Seasonal Health, Flower Essence Therapy, and Field Trips. Some curriculum classes do not fall within general themes, but offer important aspects of the application

COURSE OUTLINE

Please note that specific details of this course outline may be subject to change.

FALL SEMESTER

October-February (exact time frame to be announced first day of class)

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 weekly, over eight weeks, with accompanying notes, diagrams and review questions. Tests will be given the following week. Students will have the opportunity for a group, call-in question and answer conference call weekly as well.

Please note: Videos for the week's class are released biweekly with a break for the winter holidays. Conference call office hours are held weekly for the previous week's material. Videos are available to download and will be available online for at least one year of access. Written course material will be provided through Dropbox. **This course or a comparable course or previous background is required for all year one students.**

Wednesday September 16

9:00-12:30: Introduction and Introduction to ENERGETICS

1:30-5:00: HERBAL THERAPEUTICS: Actions and Tastes with Claudia Keel and 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"

Wednesday September 23

9:00-12:30 & 1:30-5:00: Introduction to AYURVEDA 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 September 26

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

A 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 at Tristate College of Acupuncture, but weather permitting for a large percentage of the class we will move to the High Line Park nearby, or spend the second half of the day in Central Park.

Sunday September 27

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.)

Wednesday September 30

9:00-12:30: Intro to PLANT MEDICINE 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.

2:00-5:00 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: **Park entrance 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

Monday October 5

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

Wednesday October 7

FIELD TRIP: 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.

Although not required, for this class it will be helpful if people have some prior knowledge in botany or have taken the morning Botany for Herbalists class on September 21.

Please note: This field trip will take place in Kittatinny Valley State Park near Andover NJ. Every attempt will be made to arrange carpooling to the park (in which case students will be asked to chip in for gas and tolls), but otherwise information will be provided on public transportation options. Registered students will be contacted to make arrangements.

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).

Students should schedule for a longer than usual day to allot for travel time.

Reading: handouts, Wohlmuth pp.8-57

Wednesday October 14

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, Hahneman 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: 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

Friday October 16

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

Wednesday October 21

9:00-12:30 & 1:30-5:00: Introduction to TRADITIONAL CHINESE MEDICINE ENERGETICS: 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 TCM 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

Saturday October 24

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. Simple and effective ways to culture food, drinks, herbal preparations, household cleansers, and even our food waste for remediation and compost will be demonstrated throughout the day with a number of tastes along the way as well.

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.

Food Note - Potluck: Students are encouraged to bring a dish for a potluck lunch.

Sunday October 25

9:00-12:30: 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

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 October 28

9-12:30: 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 bio-availability of nutrients and special diets for healing particular ailments will be introduced as well.

Reading: handouts, Caldecott

1:30-5:00: PLANT MEDICINE PREPARATIONS: Herb Extracts with Richard Mandelbaum

This full day hands-on workshop will provide you with the skills you need to make high-quality home remedies. In the morning Richard will cover 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

Monday November 2

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

Wednesday November 4

9 -10:30: 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

10:30- 12:30: TRADITIONAL CHINESE ENERGETICS: Five Element Theory in American Herbalism with Nathaniel Whitmore

Explore the application of the Chinese five element theory in American herbal practice from assessment to selection of herbs. Five Element theory is used in Traditional Chinese Healing Arts, from acupuncture to shiatsu, martial arts, chi gung, and feng shui. It is continuously being integrated into American herbalism, though few get past the apparently random correspondence chart listings to embody a working comprehension of the theory. We will also consider how Chinese element theory parallels element theories of Ayurveda and Traditional

Greek/ European medicine. Five element theory is a simple, yet profound, system that can help form the foundation of one's herbal medicine practice. This workshop along with time, study, and practice will help herbalists toward a practical and working understanding of the five element approach to holistic assessment.

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

Wednesday November 11

9:00-12:30 & 1:30-5:00: SEASONAL HEALTH & PLANT MEDICINE PREPARATION: Herbs and Foods for Winter Health and Vitality 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 November 13

9:30 AM-12:30 PM Extra Q & A session

Wednesday November 18

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

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

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.

Saturday November 21

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 22

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: hand outs

**–THANKSGIVING BREAK - NO CLASS WEDNESDAY 11/25–
HAPPY THANKSGIVING!**

Wednesday December 2

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

Monday December 7

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

Wednesday December 9

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

In this class we will look through the lens of modern science of phytochemistry, herbal constituents, and whole plant poly-pharmacy (synergy versus standardization) as another window into plant actions within nature and also our bodies. We will then 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, 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 con-

cerns, 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 3 Intro to Phytochemistry, Chapter 10 Toxicity, Contraindications, and Safety, hand outs

12:30-5:00: 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. 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

Saturday December 12

9:00-12:30: 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.

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

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 form 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

Food Note - Potluck: Students are encouraged to bring a dish for a potluck lunch.

Sunday December 13

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

Full description pending

Reading: Review readings in The Practice of Traditional Western Herbalism and introductions to the Earthwise Herbals and handouts.

Wednesday December 16

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

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: **Professional Program 1st Semester Wrap-up with Richard and Claudia**

We will weave together the threads of the first semester's classes to help form a comprehensive whole and answer questions and discuss the new year's classes coming up.

Monday December 21

7 - 11 PM: END OF YEAR SOLSTICE CELEBRATION!

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

**--- WINTER BREAK - NO CLASSES 12/22/15 - 1/19/16 ---
HAPPY NEW YEAR!**

WINTER / SPRING SEMESTER

Wednesday January 20

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

Friday January 22

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

Wednesday January 27

9:00-12:30: TRADITIONAL CHINESE MEDICINE ENERGETICS: Herbal Medicine 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: BODY SYSTEMS / MUSCULO-SKELETAL SYSTEM with Katinka Locasio

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 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, hand outs

Saturday January 30

9:00-10:00 Topic TBD with Claudia Keel

10:00-12:30 & 1:30-5:00 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 31

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 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 misunder-

standing 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

Wednesday February 3

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

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.

Food Note - Potluck: Students are encouraged to bring a dish for a potluck lunch.

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

Monday February 8

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

Wednesday February 10

BODY SYSTEMS / IMMUNE & LYMPH SYSTEMS: Bolstering Our Natural Defenses: Nourishing Immune and Lymphatic Function with Herbs

9:30-12:30 Claudia Keel

1:30-5:00 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 au-

toimmune 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

Wednesday February 17

9:00-12:30: BODY SYSTEMS / CUTANEOUS SYSTEM: Plant Medicine for the Skin with Claudia Keel

In this class we will discuss a range of skin conditions, such as acne, rosacea, seborrheic dermatitis and eczema. We will cover basic skin physiology and common pathologies that underlie skin problems, particularly focusing on the relationship of the gut-brain-skin axis. Case histories will illustrate how plant and food medicine can be used internally and topically to improve skin and overall functions.

Reading: Hoffmann Ch. 20 the Skin

1:30-5:00: TRADITIONAL CHINESE MEDICINE ENERGETICS: Herbal Medicine 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"

Friday February 19

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

Saturday February 20

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: BODY SYSTEMS / ENDOCRINE SYSTEM: with Richard Mandelbaum

Reading: Hoffmann Chapter 22 Endocrine System; handouts

Sunday February 21

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: BOTANICAL MATERIA MEDICA with Claudia Keel

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

Wednesday February 24

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

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

Wednesday March 2

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 the gastrointestinal tract - 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 to optimize digestive health and how that inter-relates to the health of other organs and systems throughout the body, and some common digestive

ailments and complaints and how to address them. Herbs important to these systems will be discussed in depth such as marshmallow, corn silk, uva ursi, and nettles, among others.

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

Monday March 7

9:30am-12:00pm Extra Q & A session

Wednesday March 9

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

Full description pending

Saturday March 12

9:00-12:30: **TRADITIONAL CHINESE MEDICINE ENERGETICS: Medical Applications of the Yi-jing (I Ching): Divination as Diagnostic Tool** with Jonathan Edwards

1:30-5:00: **AYURVEDA Doshas, Dhatus and Diagnosis: Understanding Body Types and Treatment Through Ayurveda** with Kristen Rae Stevens

During this lecture, Kristen Rae Stevens will deepen students' knowledge of Ayurveda and understanding through light review of the doshas or body type systems and introducing new concepts such as the sub-doshas and dhatus, or tissue systems of Ayurvedic Anatomy as well as the gunas, or the qualities that so deeply define this work. We will explore how these concepts are effectively used in a thorough examination to determine a positive protocol for healing. This will improve students' knowledge base of Ayurveda and practice and will help build confidence in identifying the main difference between Prakruti, or constitution and Vikriti or current state of health, so that one will gain the best outcome from the treatments provided. Lecture and experiential practice will be included.

Reading: review The Practice of Traditional Western Herbalism (Wood), The Three Primary Constitutions pp. 121-133; Caldecott pp. 11-29, 93-108 and notes /handouts from class with Anne McIntyre

Sunday March 13

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

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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

Wednesday March 16

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.)

Friday March 18

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

Wednesday March 23

9:00-12:30: TONGUE AND PULSE AND HOLISTIC ASSESSMENT Practicum with Richard Mandelbaum

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

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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

Wednesday March 30

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

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

Monday April 4

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

Wednesday April 6

9:00-12:30 & 1:30-5:00: HERBS IN THE CYCLES OF LIFE: 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

Wednesday April 13

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, bio-dynamic, 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 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

Friday April 15

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

Wednesday April 20

FIELD TRIP: Brooklyn Botanic Garden with Richard Mandelbaum

A knowledge of botany is essential for nurturing a more intimate and direct relationship with plants. Celebrate Earth Day by exploring the Brooklyn Botanic Garden and honing 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 and copies of the field guides for those students who do not own them.

SPRING BREAK - NO CLASS Wednesday April 27

Happy Spring!

Saturday April 30

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: hand outs

Sunday May 1

9:00-12:30 & 1:30-5:00: HOLISTIC ASSESSMENT PRACTICUM with Claudia Keel

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

Wednesday May 4

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

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

NOTE: The morning class will meet at El Sol Brillante Community Garden on East 1st 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.

Wednesday May II

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!

Saturday May 14 and Sunday May 15

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

FIELD TRIP: Weekend at Turtle Pond Farm in Bethlehem, CT

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.

Wednesday May 18

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 ...

Thursday May 19

End of Year Graduation and Party

We will celebrate the year together and each other's accomplishments, sharing herbal foods and drinks! Family and friends are welcome.