



ARBORVITAE

SCHOOL OF TRADITIONAL HERBALISM

SYLLABUS: 2ND YEAR INTERMEDIATE PROGRAM IN HERBAL MEDICINE 2016-2017

Primary Instructors:

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Prerequisites:

The second year program requires that a student has successfully completed either (1) the ArborVitae first year program or (2) a program or training or combination of programs/trainings sufficiently equivalent in hours and curriculum to the ArborVitae First Year Foundational Program. It is understood that current herbal education takes many forms, both formal and informal, and ArborVitae is ready to work with any prospective student to determine her/his qualifications for potentially beginning in the second year. The first step is to complete the appropriate application process.

Objective:

The second year of this program will provide deeper and broader study of herbs and medicinal application, expanding the Materia Medica. Students will learn about specific conditions and multilayered approaches for working with them, in addition to advanced energetics and diagnostics, including pulse and tongue reading. They will study formulation and advanced medicinal preparations, while expanding on knowledge of nutrition and lifestyle for balancing energies. Students in the second year will begin to consider clinical applications.

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.

On-Line Course for Second Year:

Students will choose between the following:

- **On-Line Ayurveda Course Living Wisdom with Anne McIntyre** This on line course will be offered by herbalist Anne McIntyre. Students must completed chapters 1-11. Due dates for each chapter are indicated below.
- **Live Conference Call Student Case Review Forum with Leslie Alexander and Leslie Williams** Live Thursday evening forum for case discussion with two professional herbalists. Students must call into live sessions and present at least once case throughout the year in the forum.
- **Note:** Students can opt to take both on-line courses for an additional fee.

FALL SEMESTER

Wednesday September 14

9:00–5:00: **CLINICAL SKILLS: Putting it all Together: The Art of the Intake with Richard and Claudia**

- Intake forms and the intake process
- Introduction to developing holistic and herbal protocols, formulation & dosing strategies
- How to write a Case history
- Case review and/or in-class intake session.

Reading: Weiss Ch. 1-3, handouts

Tuesday September 20

Anne McIntyre- Begin On-line Ayurveda Lesson #1

Wednesday September 21

AYURVEDA: with Anne McIntyre

9-12:30: In the morning class, Anne McIntyre will teach about Ayurveda for children.

1:30-5:00: In the afternoon class, Anne will cover Ayurvedic tongue and pulse diagnostics and will discuss some of her favorite Ayurvedic herbs and how to apply them clinically.

Thursday September 22

7:00pm Leslie and Leslie Round Table #1

Saturday September 24

This class is taken together with third year students

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

Advanced Wild Foods and Medicines with Dina Falconi and Claudia Keel

Full description pending

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.)

Sunday September 25

This class is taken together with third year students

FIELD TRIP: BOTANY AND PLANT IDENTIFICATION with Richard Mandelbaum and Nathaniel Whitmore

We will continue our extensive ongoing botanical survey of the property at Turtle Pond. We will be making extensive use of Newcomb's Wildflower Guide, as well as Symond's Tree and Shrub Identification Books. Students should be prepared to be out for the day, bringing field guides, lunch and snacks, water, rain gear, etc. Students can also bring with them any other field guides they regularly use and or loupes/lenses.

Note: This class will be held at Turtle Pond Farm, Bethlehem Connecticut

Reading: Handouts

Wednesday September 28

9:00-12:30 AILMENTS: Holistic Approaches to Inflammatory Bowel Disease Part I with Claudia Keel

In this class we will go into depth about the etiology of inflammatory bowel diseases including IBS, Chrones, and ulcerative colitis, and discuss holistic protocols including diet and nutrition, lifestyle, and herbal formulations. We will review traditional energetics and Chinese patterns of disharmony. The class will include case review and/or in-class intake.

Reading: Weiss Ch. 4 Digestive System

1:30-5:00 AILMENTS: Holistic Approaches to Inflammatory Bowel Disease with Claudia Keel Part 2

In this class we will go into depth about the etiology of inflammatory bowel disease including IBS, Chrones, and ulcerative colitis, and discuss holistic protocols including diet and nutrition, lifestyle, and herbal formulations. We will review traditional energetics and Chinese patterns of disharmony. The class will include case review and/or in-class intake.

Reading: Weiss Ch. 4 Digestive System

Friday September 30

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

Tuesday October 4

Anne McIntyre - On-line Ayurveda Lesson #1 DUE

Wednesday October 5

9:00-12:30: **FORMULATION I** with Richard Mandelbaum

Students learn to craft personalized herbal formulas for individuals and the principles of formulation. Students will be introduced to the triune system of formulation developed by William LeSassier and refined by subsequent herbalists. Additional topics covered include synergies and plant compatibility in formulation, compounding and the forms of herbal remedy most appropriate to a specific formula, dosing, and how phytochemistry affects herbal activity and formulation decision-making.

Reading: Weiss, Ch. 1-3, Romm Ch. 1-4

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

Note: This class will be held in Central Park. The class will meet at: Park entrance at 97th St. and Central Park West. Please plan to arrive by 1:45 (an extra ½ hr. is allotted for travel)

Food Note: A bagged lunch for a picnic in the park beforehand is recommended

Tuesday October 11

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

Wednesday October 12

9:00-12:30: **Advanced Digestive Therapeutics: An Energetic Approach** with Bevin Clare

1:30- 5:00 Intake Demo with Bevin Clare

Thursday October 13

Leslie and Leslie Round Table #2

Saturday October 15

9:00-12:30: **Review and Clinical Synthesis** with Katinka Locascio and Lena DeGloma

This course will review key topics from the first year curriculum, female reproductive health and the musculoskeletal system. Practical clinical application of the course materials will be emphasized. Students are encouraged to review the course material and come with questions as ample time is allotted for discussion.

1:30-5:00: **Vitamins A, D, and K: Strategies to Improve and Monitor Nutritional Status** with Chris Masterjohn

This class is taken together with third year students

Sunday October 16

9:00-12:30 AILMENTS: Holistic Approaches to Diabetes and Metabolic Syndrome Part I with Claudia Keel

In this class we will go into depth about the etiology of metabolic syndrome and related conditions (diabetes, hypertension, and heart disease), and discuss holistic protocols including diet and nutrition, lifestyle, and herbal formulations. We will review traditional energetics and Chinese patterns of disharmony. The class will include case review and/or in-class intake.

Reading: handouts, Weiss pp. 275-278

1:30-5:00: AILMENTS: Parkinson's and Neural Diseases with Karen Vaughan

In this class we will look at problems affecting the brain and nerves, focusing specifically on MS, Parkinson's disease and autism. We will look at diet, lifestyle and a neurological materia medica.

Reading: Weiss Chapter 11 Nervous System, Karen's links

Tuesday October 18

Anne McIntyre - On-line Ayurveda Lesson #2 DUE

Wednesday October 19

9:00-12:30 AILMENTS: Holistic Approaches to Diabetes and Metabolic Syndrome Part II with Richard Mandelbaum

In this class we will go into depth about the etiology of metabolic syndrome and related conditions (diabetes, hypertension, and heart disease), and discuss holistic protocols including diet and nutrition, lifestyle, and herbal formulations. We will review traditional energetics and Chinese patterns of disharmony.

Reading: handouts, Weiss pp. 275-278

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

Over 40 additional medicinal plants and mushrooms are reviewed in depth with specific indications, including plants & fungi that grow in North America as well as medicinal herbs from other regions. The following components are covered for each herb: Latin name, common name, botanical information, herbal actions, energetics, system affinities, current and historical uses, specific indications, and herbal toxicity, safety, and interactions.

Reading: For herbs to be covered review monographs provided and found in Hoffmann, Wood, Winston and Kuhn, Weiss, and Eclectic texts (King's and Ellingwood)

Wednesday October 26

9:00-12:30 AILMENTS: Advanced First Aid with 7Song

Herbal medicines can help a wide variety of first aid situations including infections, wounds and trauma. In this advanced herbal first aid class we will go beyond the basics on how herbalists can use their skills and medicines in these conditions.

1:30-5:00 AILMENTS: Herbal Medicine for Headaches with 7Song

Reading: handouts

Thursday October 27

Leslie and Leslie Round Table #3

Tuesday November 1

Anne McIntyre- On-line Ayurveda Lesson #3 DUE

Wednesday November 2

9:00-12:30 AILMENTS: Holistic Approaches to Sleep, Depression, and Anxiety part I with Claudia Keel

In this class we will go into depth about sleep, sleep quality, differing forms of insomnia including Traditional Chinese patterns. We will also differentiate between differing forms of anxiety, depression, and stress and specific indications for herbal remedies for each. For each pattern or condition we will discuss holistic protocols including diet and nutrition, lifestyle, and herbal formulations. The class will include case review and/or in-class intake.

Reading: Weiss Ch. 11, Nervous System, and Handouts

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

Over 40 additional medicinal plants and mushrooms are reviewed in depth with specific indications, including plants & fungi that grow in North America as well as medicinal herbs from other regions. The following components are covered for each herb: Latin name, common name, botanical information, herbal actions, energetics, system affinities, current and historical uses, specific indications, and herbal toxicity, safety, and interactions.

Reading: For herbs to be covered review monographs provided and found in Hoffmann, Wood, Winston and Kuhn, Weiss, and Eclectic texts (King's and Ellingwood)

Friday November 4

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

Wednesday November 9

9:00- 12:30 AILMENTS: Holistic Approaches to Sleep, Depression, and Anxiety Part II with Richard Mandelbaum

In this class we will go into depth about sleep, sleep quality, differing forms of insomnia including Traditional Chinese patterns. We will also differentiate between differing forms of anxiety, depression, and stress and specific indications for herbal remedies for each. For each pattern or condition we will discuss holistic protocols including diet and nutrition, lifestyle, and herbal formulations. The class will include case review and/or in-class intake.

Reading: Weiss Chapter 11 Nervous System, review Hoffmann and notes from previous classes

12:30-5:00 AILMENTS: Healing the Womb from Trauma using the Medicine of Plants, Ritual and Community with Karen Rose

In this class we will explore the physical and emotional/spiritual ramifications of womb trauma, with a specific focus on sexual trauma, abortion and C-section. We will discuss the physical and ancestral connections of the womb, the herbs that will bring harmony emotionally and physically, and the role of community and ritual as medicine.

Reading: handouts

Thursday November 10

Leslie and Leslie Round Table #4

Tuesday November 15

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

Anne McIntyre- On-line Ayurveda Lesson #4 DUE

Wednesday November 16

9:00-12:30: AILMENTS: Auto-Immune Disease I with Richard Mandelbaum

This class will focus on some of the common autoimmune conditions and will include case review and/or an in-class intake. Conditions discussed will include lupus, MS, Rheumatoid Arthritis, in the context of other AI ailments such as Grave's disease and Crohn's disease. We will review traditional energetics and Chinese patterns of disharmony and discuss holistic protocols including diet and nutrition, lifestyle, and herbal formulations.

Reading: handouts, Weiss pp.257-267, review notes on immune system

1:30-5:00: 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: for herbs to be covered review monographs provided and found in Hoffmann, Wood, Winston and Kuhn, Weiss, and Eclectic texts (King's and Ellingwood)

Saturday November 19

9:00-12:30 AILMENTS: Auto-Immune Disease II with Claudia Keel

This class will focus on some of the common autoimmune conditions and will include case review and/or an in-class intake. Conditions discussed will include lupus, MS, Rheumatoid Arthritis, Grave's disease, and Crohn's disease. We will review traditional energetics and Chinese patterns of disharmony and discuss holistic protocols including diet and nutrition, lifestyle, and herbal formulations.

Reading: handouts, Weiss pp.257-267, review notes on immune system

1:30-5:00: CASE REVIEW AND PRACTICUM (and/or in-class intake) with Richard Mandelbaum

Sunday November 20

9:00-12:30 & 1:30-5:00 AILMENTS: Physiology of Inflammation and Pain with Tammi Sweet

Advanced Physiology of Inflammation: Inflammation is the primary defense in the body and is a major cause/contributing factor to almost all illness, disease and pain. This class will take an in-depth look at the entire process from the biochemistry within the cell to manual techniques for both increasing and decreasing inflammation, herbs used in various stages, and finally a larger look at an anti-inflammatory lifestyle. The information will help therapists make informed decisions concerning when and if alteration of the inflammatory process is needed. We will look at how and why inflammation is beneficial, when it is not beneficial and finally we will discuss an anti-inflammatory lifestyle.

The Physiology Pathway for Pain and the Correlating Herbs: What better way to assist healing from acute or chronic pain, than to have a deeper understanding of the

mechanism and benefit of pain? We will explore the pain pathway from the origin at the source, to the recognition in the brain. We will also discuss self-care, the myriad of methods to interrupt the chronic pain pathway, and how each works. Indications and contraindications will also be shared.

Tuesday November 29

Anne McIntyre- On-line Ayurveda Lesson #5 DUE

Wednesday November 30

9:00-5:00 Women's Health & Herbal Therapeutics: Understanding and Treating Imbalances of the Reproductive Years with Katinka Locasio and Lena DeGloma An in-depth look at female reproductive hormones. This class will explore different lenses thru which to view common imbalances, including a biomedical take and a tissue states and energetic approach. We will discuss the etiology of reproductive hormonal and uterine imbalance including PMS, dysmenorrhea, amenorrhea, PCOS, dysfunctional uterine bleeding, endometriosis, and unexplained infertility. In addition we will cover topics surrounding sexual and vaginal health including STI's. For each condition we will discuss holistic protocols including nutrition, lifestyle, and herbal formulations.

Reading: handouts, Weiss Ch. 12 Gynecological Conditions; Romm Ch. 5 (pg.122-184), Ch. 7, Ch. 8 (pg. 256-282); excerpts from Ruth Trickey's Women, Hormones, and the Menstrual Cycle Ch10 & Ch18

Friday December 2

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

Wednesday December 7

9:00-12:30 AILMENTS: Arthritis, Rheumatism and Osteoporosis / Bone Health I with Richard Mandelbaum

In this class we will discuss the etiology of arthritis including osteoarthritis, Rheumatoid arthritis, gout, and bursitis, as well as bone health and osteoporosis. We will also review traditional energetics and Traditional Chinese patterns corresponding to these conditions. For each pattern or condition we will discuss holistic protocols including diet and nutrition, lifestyle, and herbal formulations. The class will include case review and/or in-class intake.

Reading: Weiss Ch. 9; review Hoffmann Ch. 19; Romm pp.505-512

1:30-5:00 AILMENTS: Arthritis, Rheumatism and Osteoporosis / Bone Health II with Claudia Keel

In this class we will discuss the etiology of arthritis including osteoarthritis, Rheumatoid arthritis, gout, and bursitis, as well as bone health and osteoporosis. We will also review traditional energetics and Traditional Chinese patterns corresponding

to these conditions. For each pattern or condition we will discuss holistic protocols including diet and nutrition, lifestyle, and herbal formulations. The class will include case review and/or in-class intake.

Reading: Weiss Ch. 9; review Hoffmann Ch. 19; Romm pp.505-512

Thursday December 8

Leslie and Leslie Round Table #5

Saturday December 10

This class is taken together with third year students

9:00-12:30 & 1:30-5:00 TBD with Matthew Wood

Sunday December 11

9:00-12:30: 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: for herbs to be covered review monographs provided and found in Hoffmann, Wood, Winston and Kuhn, Weiss, and Eclectic texts (King's and Ellingwood)

1:30-5:00 Advanced Topical HERBAL PREPARATIONS & FORMULATIONS with Dina Falconi

Tuesday December 13

Anne McIntyre- On-line Ayurveda Lesson #6 DUE

Wednesday December 14

9:00-12:30: CASE REVIEW AND ASSESSMENT PRACTICUM / Student Presentations

1:30-5:00: Second Year Professional Program 1st Semester Wrap-up

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.

END OF YEAR CELEBRATION: DATE TO BE ANNOUNCED.

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

Wednesday January 18

9:00-5:00 AILMENTS: Men's Health with Richard Mandelbaum

In this class we will touch on some of the more common reproductive health challenges that men can face, weaving in traditional Chinese perspectives on these conditions as well as the modern medical perspective. Throughout the webinar he will present and discuss foods, herbs, and lifestyle approaches to support men's health.

- How to understand male sexual physiology and why and how things can go wrong
- How emotional and mental health interweave with physical reproductive function
- Which herbal and dietary choices they can make to address issues of prostate health, sexual function and libido, and male menopause (andropause)

Reading: hand outs

Monday January 23

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

Wednesday January 25

9:00-12:30 HERBAL MEDICINE AND THE LAW with Richard Mandelbaum

Students will gain an accurate understanding of the legal framework surrounding herbal medicine in the United States. We will place our discussion of the current day within the historical context of 19th and early 20th century legal and political challenges faced by Eclectic and other practitioners, and will cover three key areas: the rights and restrictions of herbalists (1) as unlicensed practitioners, (2) as educators, and (3) as small-scale manufacturers or home medicine makers. Within this framework we will discuss the First Amendment and freedom of speech, state laws governing medical practice, relevant aspects of DSHEA (Dietary Supplement Health and Education Act) including website language and product claims and descriptions, and Good Manufacturing Practices, along with the various roles of federal and state agencies including FDA, FTC, and state medical boards.

Reading: Handouts, resource list, AHG Legal and Regulatory FAQ page

1:30 - 5:00 CASE REVIEW AND ASSESSMENT PRACTICUM with Claudia Keel

Thursday January 26

Leslie and Leslie Round Table #6

Saturday January 28

This class is taken together with third year students

9:00-12:30 & 1:30-5:00 TBD with Karyn Sanders

Sunday January 29

9:00- 12:30: FLOWER ESSENCES & ENERGETICS with Claudia Keel

1:30-5:00 AILMENTS: Heart Health for the Intermediate Herbalist with Patrick Fratellone

In this class we will review modern scientific etiology and traditional approaches to more advanced cardiovascular health, including hypertension, hyperlipidemia, valvular heart disease and congestive heart failure and arrhythmias. We will review cases and present formulations and development of protocols including botanicals used in each of these areas.

Reading: handouts, Weiss Ch. 5 Cardiovascular System

Tuesday January 31

Anne McIntyre- On-line Ayurveda Lesson #7 DUE

Wednesday February 1

9:00-12:30: CLINICAL SKILLS: Honing Professional Clinical Skills and Conducting Intakes with Bevin Clare

full class description pending

Reading: handouts

1:30-5:00: Atopic Conditions with Bevin Clare

Atopic conditions include the trio of allergies, asthma, and eczema and can be traced to a common root which can get out of balance in today's world. Explore these roots, how we support a healthy balance, and how these conditions manifest. Continue by exploring several case studies to gain understanding of the therapeutic, formulation, and practical considerations when working with these conditions.

Reading: handouts

Friday February 3

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

Wednesday February 8

9:00-12:30: CASE REVIEW AND PRACTICUM with Claudia Keel

1:30-5:00: TBD

Thursday February 9

Leslie and Leslie Round Table #7

Tuesday February 14

Anne McIntyre- On-line Ayurveda Lesson #8 DUE

Wednesday February 15

9:00-12:30: CASE REVIEW AND PRACTICUM with Richard Mandelbaum

1:30-5:00: RESEARCH AND EVALUATION SKILLS with Karen Vaughan

This class will introduce the student to how to read, understand, and critically analyze published studies, articles regarding herbal remedies. We will also address how to identify and evaluate resources needed to address specific clients' needs when working on a case.

Reading: Jonathan Treasure's "Medline & The Mainstream Manufacture of Misinformation" pp.53-62:

http://greatesthits.jonathantreasure.com/herbological_ebook.pdf;

Karen Vaughan's links

Monday February 20

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

Wednesday February 22

9:00- 12:30: Formulations II with Richard Mandelbaum

Students learn to craft personalized herbal formulas for individuals and the principles of formulation. Students will be introduced to the triune system of formulation developed by William LeSassier and refined by subsequent herbalists. Additional topics covered include synergies and plant compatibility in formulation, compounding and the forms of herbal remedy most appropriate to a specific formula, dosing, and how phytochemistry affects herbal activity and formulation decision-making.

Reading: Handouts and notes from previous classes

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

Over 40 additional medicinal plants and mushrooms are reviewed in depth with specific indications, including plants & fungi that grow in North America as well as medicinal herbs from other regions. The focus in the 2nd year will include their effect

on specific imbalances and patterns. Students will continue to build their own materia medica based on their studies. The following components are covered for each herb: Latin name, common name, botanical information, herbal actions, energetics, system affinities, current and historical uses, specific indications, and herbal toxicity, safety, and interactions.

Reading: For herbs to be covered review monographs provided and found in Hoffmann, Wood, Winston and Kuhn, Weiss, and Eclectic texts (King's and Ellingwood)

Thursday February 23

Leslie and Leslie Round Table #8

Saturday February 25

Topic TBD - With K.P. Khalsa

This class is taken together with third year students

Sunday February 26

9:00-12:30 **AILMENTS:** Sinus Health with Sezelle Haddon

Reading: Sezelle's book chapter:

<http://www.niaid.nih.gov/topics/immunesystem/Pages/immuneCells.aspx>

Reading: Handouts, articles provided

1:30-5:00: **MEDICINE MAKING:** Percolations with Avi Rosenthalis and Advanced Tincture Making Review with Richard Mandelbaum

This hands-on class will include a review of a maceration method of tincture making, and introduce percolation, as well as a discussions of pro's and con's of each approach and which factors might determine how one might select one method over the other in different situations.

Tuesday February 28

Anne McIntyre- On-line Ayurveda Lesson #9 DUE

Wednesday March 1

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

Over 40 additional medicinal plants and mushrooms are reviewed in depth with specific indications, including plants & fungi that grow in North America as well as medicinal herbs from other regions. The following components are covered for each herb: Latin name, common name, botanical information, herbal actions, energetics, system affinities, current and historical uses, specific indications, and herbal toxicity, safety, and interactions.

Reading: For herbs to be covered review monographs provided and found in Hoffmann, Wood, Winston and Kuhn, Weiss, and Eclectic texts (King's and Ellingwood)

1:30-5:00 AILMENTS: Advanced Protocols for the Skin with Claudia Keel

In this class we will discuss the etiology of skin disease including acne, eczema, and psoriasis. We will also review traditional energetics and Traditional Chinese patterns corresponding to these conditions. For each pattern or condition we will discuss holistic protocols including diet and nutrition, lifestyle, and herbal formulations. The class will include case review and/or in-class intake.

Reading: Weiss Ch. 14 Skin Diseases, review Hoffmann, notes from previous classes

Friday March 3

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

Wednesday March 8

9:00-12:30: HOLISTIC ASSESSMENT AND CASE REVIEW with Richard Mandelbaum

1:30- 5:00 Intermediate HERBAL SAFETY AND DOSING with Richard Mandelbaum

In this class we will build on our knowledge of phytochemistry, herbal constituents, and whole plant poly-pharmacy focusing on safety considerations in a clinical setting. We will also present the books, websites, and other resources that are most reliable and accurate.

We will focus on:

- Herb-drug interactions
- Safety during pregnancy and lactation
- Safe dosing

Reading: review Hoffmann's Chapter 10 on Toxicity and Safety.

-Aviva Romm, Chapter 4 Section on Botanical Medicine Safety, pp.75-94

-Botanical Safety Handbook Appendices 2, 3, and 4, pp. 971-995

-Jonathan Treasure, Treading on the Tiger's Tail: Interactions Between Herbs and Anticancer Drugs as an additional resource.

Thursday March 9

Leslie and Leslie Round Table #9

Tuesday March 14

Anne McIntyre- On-line Ayurveda Lesson #10 DUE

Wednesday March 15

9:00- 12:30 AILMENTS: Lyme Disease with Richard Mandelbaum and Claudia Keel

This class will introduce the complex subject of Lyme disease and how natural approaches to health can restore vitality and health. We will cover etiology and patterns that manifest during Lyme including energetics, mental as well as physical, and touch upon herbs, foods, and lifestyle choices that can be therapeutic.

Reading: handouts

1:30-5:00 AILMENTS: Chronic Infection with Richard Mandelbaum

We will consider holistic protocols including herbal formulas and dietary modifications to address chronic infection such as Hepatitis C, Lyme, HIV, etc. with a focus on the infectious aspects of the conditions. Note that these conditions may be explored in more depth in other classes or separate workshops.

Reading: handouts

Monday March 20

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

Wednesday March 22

9:00-12:30 AILMENTS: Allergies I with Richard Mandelbaum

In this class we will go into depth about the etiology of allergy including hay fever and seasonal allergies, and food allergies. We will review traditional energetics and Chinese patterns of disharmony corresponding to allergic states, and discuss holistic protocols including diet and nutrition, lifestyle, and herbal formulations.

Reading: review immune system notes from previous classes

1:30- 5:00 AILMENTS: Allergies II with Claudia Keel

In this class we will go into depth about the etiology of allergy including hay fever and seasonal allergies, and food allergies. We will review traditional energetics and Chinese patterns of disharmony corresponding to allergic states, and discuss holistic protocols including diet and nutrition, lifestyle, and herbal formulations. The class will include case review and/or in-class intake.

Thursday March 23

Leslie and Leslie Round Table #10

Saturday March 25

9:00-5:00: TBD with Cathy Skipper

Sunday March 26

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

Over 40 additional medicinal plants and mushrooms are reviewed in depth with specific indications, including plants & fungi that grow in North America as well as medicinal herbs from other regions. The focus in the 2nd year will include their effect on specific imbalances and patterns. Students will continue to build their own materia medica based on their studies. The following components are covered for each herb: Latin name, common name, botanical information, herbal actions, energetics, system affinities, current and historical uses, specific indications, and herbal toxicity, safety, and interactions.

Reading: For herbs to be covered, review monographs provided and found in Hoffmann, Wood, Winston and Kuhn, Weiss, and Eclectic texts (King's and Ellingwood)

1:30 - 5:00: Amazonian Medicinal Plants with Susanna Raeven

Susanna Raeven, from Raven Crest Botanicals, will share her knowledge about the healing powers and energetic properties of Amazonian plant medicine. Chuchuwasi, bobinsana, piri-piri, and cat's claw are just a few of the plant spirit teachers we will explore. These plants are not only widely used for their medicinal properties in the traditional Amazonian art of healing. They are also often part of a traditional "dieta", a solitary time in the jungle during which different plants are consumed for physical, emotional and spiritual healing powers. We will get to taste plant preparations, inhale the scent of traditional smudges and plant perfumes, and listen to icaros - traditional plant spirit healing songs.

Tuesday March 28

Anne McIntyre- On-line Ayurveda Lesson #11 DUE

Wednesday March 29

9:00-5:00: Clinic with Richard Mandelbaum and Claudia Keel

Friday March 31

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

Wednesday April 5

9:00-12:30 **ASSESSMENTS: Respiratory Ailments for the Intermediate Herbalist with Richard Mandelbaum**

In this class we will discuss the etiology of respiratory ailments including Chronic Obstructive Pulmonary Disease, asthma, and chronic bronchitis. We will also review traditional energetics and Traditional Chinese patterns corresponding to these conditions. For each pattern or condition we will discuss holistic protocols including

diet and nutrition, lifestyle, and herbal formulations. The class will include case review and/or in-class intake.

Reading: Weiss Ch. 6 Respiratory System, review Hoffmann and notes

1:30 – 5:00 PLANT PREPARATIONS: The Materia Medica of Medicine Making with Claudia Keel

The materials we use to extract and make medicine all have their own properties, which contribute to the qualities extracting and bioavailability of our medicines. In this class we will consider energetics of many types of menstruums: water, vinegar, honey, sugars, salt, oils and fats, smoke and various types of alcohols along with the properties of the tools we use to make medicine including ourselves.

Wednesday April 19

9:00-5:00 TBD Anne McIntyre

Saturday April 22

This class is taken together with third year students

FIELD TRIP: Intermediate BOTANY, PLANT IDENTIFICATION, AND MYCOLOGY for Herbalists with Richard Mandelbaum and Nathaniel Whitmore

We will continue our extensive ongoing botanical survey of the property at Turtle Pond. We will be making extensive use of Newcomb's Wildflower Guide, as well as Symond's Tree and Shrub Identification Books. Students should be prepared to be out for the day, bringing field guides, lunch and snacks, water, rain gear, etc. Students can also bring with them any other field guides they regularly use and or loupes/lenses.

Note: This class will be held at Turtle Pond Farm, Bethlehem Connecticut

Reading: Handouts

Sunday April 23

9:00-12:30: & 1:30-5:00: Dental Health and Case Review for the Intermediate Herbalist with Leslie Alexander

Reading: handouts

Wednesday April 26

9:00-12:30: CASE REVIEW AND PRACTICUM with Claudia Keel

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

Over 40 additional medicinal plants and mushrooms are reviewed in depth with specific indications, including plants & fungi that grow in North America as well as medicinal herbs from other regions. The following components are covered for each herb: Latin name, common name, botanical information, herbal actions, energetics,

system affinities, current and historical uses, specific indications, and herbal toxicity, safety, and interactions.

Reading: For herbs to be covered, review monographs provided and found in Hoffmann, Wood, Winston and Kuhn, Weiss, and Eclectic texts (King's and Ellingwood)

Thursday April 27

Leslie and Leslie Round Table #11

Wednesday May 3

9:00-12:30: **THE BUSINESS OF HERBALISM** with Claudia Keel and Richard Mandelbaum

Students will be introduced to various ways herbalist manage their businesses and also begin to learn the basic skills needed to build an herbal practice as a small business, including:

- Record keeping
- Legal issues and ethics
- Business management

Reading: Romm pp.93-94, handouts

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

Over 40 additional medicinal plants and mushrooms are reviewed in depth with specific indications, including plants & fungi that grow in North America as well as medicinal herbs from other regions. The following components are covered for each herb: Latin name, common name, botanical information, herbal actions, energetics, system affinities, current and historical uses, specific indications, and herbal toxicity, safety, and interactions.

Reading: For herbs to be covered, review monographs provided and found in Hoffmann, Wood, Winston and Kuhn, Weiss, and Eclectic texts (King's and Ellingwood)

Wednesday May 10

9:00-12:30: Topic TBD with Claudia Keel

1:30-5:00: **CASE REVIEW AND PRACTICUM** with Richard Mandelbaum

Thursday May 11

Leslie and Leslie Round Table #12

Wednesday May 17

9:00-12:30 **BOTANY:** Introduction to Mycology and Advanced Botany Topics with Richard Mandelbaum

The focus of the class will be on introducing basic concepts of mycology and mushroom identification, and on honing our identification skills and delving more deeply into advanced topics such as the Arco-Tertiary Disjunction, and time permitting, Plant Families.

Reading:

Handouts: Slides; Schooley: Fungi Basidiomycetes
Wohlmuth pp.65-85 Plant Family Profiles

1:30-5:00: Materia Medica with Claudia Keel

Over 40 additional medicinal plants and mushrooms are reviewed in depth with specific indications, including plants & fungi that grow in North America as well as medicinal herbs from other regions. The focus in the 2nd year will include their effect on specific imbalances and patterns. Students will continue to build their own materia medica based on their studies. The following components are covered for each herb: Latin name, common name, botanical information, herbal actions, energetics, system affinities, current and historical uses, specific indications, and herbal toxicity, safety, and interactions.

Reading: For herbs to be covered, review monographs provided and found in Hoffmann, Wood, Winston and Kuhn, Weiss, and Eclectic texts (King's and Ellingwood)

Saturday May 20 and Sunday May 21

This weekend is held together with 1st & 3rd year students (but with separate classes)

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

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. 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 24

9:00-5:00 **BOTANY** : Fibonacci, the Golden Mean, and Plant Growth and Form with Richard Mandelbaum

Professional Program Wrap-up and Celebration with Richard and Claudia

We will weave together the threads of the year's classes to help form a comprehensive whole.

Legal and other issues for those moving on to year three or considering it

End of Year Graduation and Party – DATE TBD

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