



ARBOR VITAE

SCHOOL OF TRADITIONAL HERBALISM

Year 2 Application Addendum

1) Reference books:

What do you consider the most useful reference books you use as an herbalist?
(Please list at least 5-7 books as a general guideline)

2) Materia Medica:

In your own words and based on your own understanding, describe for the following herbs (500 word limit for each):

- Common actions
- Energetics
- Information and understanding
- Experience with taking it yourself or others

1. *Salvia officinalis* (sage)
2. *Withania somnifera* (ashwagandha)
3. *Actaea racemosa* (black cohosh)

3) Case Studies:

For the following two cases, please provide us with a sense of how you would approach the case. In approximately 500 words (750 max) please answer the following for each case (if you do not yet have a background in tongue/pulse diagnosis, please disregard that part of the case):

- a. What overall dietary approach would you recommend to this person, if any, and why?
- b. What herbal protocol and/or formula(s) would you recommend, and why?
- c. What additional supplements would you recommend, and why?
- d. What questions would you have about the case in order to better understand and assess it, if any?

CASE #1:

Female, 34 years old, with a history of recurring urinary tract infections for which she has repeatedly taken antibiotics over the past several years. She also suffers from abdominal bloating after meals and sugar cravings, and is often fatigued. Emotionally she is fulfilled at work but has episodes of fear and anxiety that feel impairing. She gets cold easily and craves warmth, although sometimes has flushes of heat in her hands or face, and often breaks out in acne and an occasional migraine before her period. Her pulse is slow, thready, and deep, and her tongue is pale with red edges and tip, and dry/cracked.

CASE #2:

Male, 67 years old, with a family history of heart disease and told he is at high risk for diabetes as well as cardiovascular disease. He would like to do everything possible to stay healthy as he gets older. His digestion is generally good but skips a BM on some days and sometimes becomes constipated. He is generally easy-going but can have fits of anger, and feels especially irritable if he skips a meal. He is on his feet and walks a lot during the day for work. He is a fitful sleeper, and often has trouble falling asleep at night. His pulse is rapid, strong/bounding, and taut/wiry. His tongue is bloated with tooth marks along the edges, and with a thick white-yellow coating.

4) References:

Please provide one-three references we can contact, preferably prior teacher(s) or mentor(s), or someone familiar with your knowledge of herbalism.