

Foundations of Western Herbalism 2020-2021 Syllabus & Details

Location of class: Currently, Lily has an office/teaching space in Clintonville. This is changing in the summer of 2020, as she is relocating to a farm just outside of Columbus (30 minutes from downtown). In May, the address for class: 757 Garden Road, 2nd floor.

(This address is located behind a strip mall (with Portia's Café and Savor Pint in it). White building has a banner "Studio Creative" on it. Glass door to enter is on west side of building (nearest to strip mall the wall with the banner), not the Aardvark furniture entrance on north side of building.)

Please park on gravel lot near railroad tracks (north side of Studio Creative building.) Landlord for strip mall is militant about us not parking in strip mall lot!

Other addresses and locations for class are listed under month in syllabus. TBA dates will be discussed in class and on email (in advance) for next month.

Structure of class:

I want you to get as much out of our class times as possible, so:
1. Things that you can do independently (reading, watching videos) are independent work, except for the first unit when they come up. Discussions about a system's anatomy and physiology are welcome the month after you do study that system. About 1/4 of the class is sharing a meal and chatting (Q & A about last month's work, sharing homework done, announcements) and the rest is hands-on activities.

After each class, you will get an email with a summary of what we studied, links to handouts and videos for independent work, and all the announcements from me and other students. This is helpful if you have to miss a class and to archive so you have access to handout links forever. It is also helpful for students to form an email group or join the existing Facebook group for FWH students to

communicate with each other and get lecture notes.

Please remember this is a **potluck** class. Bring a healthy item to eat and share with others and a large container so we can share leftovers, too. Homemade is encouraged whenever possible. We need to nourish our bodies as well as our minds! If you put some thought into it, your potluck contribution can also be your formula homework! The kitchenette at Garden Road has outlets for crock and instant pots, a fridge and freezer, and a microwave. The farm will have a full kitchen for this purpose. ***Once I hear from students, I will let folks know of dietary issues we need to be aware of.***

Class dates: (Third Wednesdays of the month, 7 PM)

2020: May 20, Jun 17, Jul 15, Aug 19, Sep 16, Oct 21, Nov 18, Dec 16

2021: Jan 13, Feb 17, Mar 17, Apr 21, May 19, Jun 16, Jul 21, Aug 18, Sep 15, Oct 20

If you are not going to make a class, please give as much notice as possible to Lily by texting her directly (614) 695-6644 (best for day-of issues) or email lilykunning@gmail.com (if you know in advance). Your cohort and your teacher worries if you are a no-call no-show!

Herb of the Month (HOM): You can opt to purchase the herb of the month from Lily or get it elsewhere on your own each month. If you opt for Lily to provide it, she will prepare each month to do so- so reimbursement for that HOM is expected.

As long as the herb is in what form she specifies and is of high quality, where you get it is up to you. Getting it from Lily is convenient, but optional. Many students prefer to have herb show up at class and purchase it there (easy!), while others like to shop around. If you opt to have Lily provide your herbs, she will do so each month and will collect payment the night of class (so come prepared with cash, check, or use VenMo: lilykunning@gmail.com).

Cost is \$14 for a month of tincture or \$15 for a month of loose tisane.

Outcomes for this class:

1. Students will gain a knowledge of how the human body develops and works, including all its interrelated systems and how the body interrelates to its environment.

2. We will differentiate between holistic models of health and viewing the body and western modern medical models. Successful herbalists need to navigate between these two worlds to do best for their clients.

3. Students will learn botanical materia medica, how it works on systems of the body, and how to make it into effective medicines. Both techniques and beginning formulation will be taught in medicine making.

4. Students will learn to identify native Ohio and cultivated medicinals, cultivate and harvest them, and process them for medicine making.

5. Students will meet other Ohio herbalists on field trips and see the myriad ways herbalism can be a career and lifelong passion.

6. Successful completion of this class is necessary to advance to clinical internships or farm and apothecary apprenticeships. All graduates are welcome to continue their studies with Lily.

Payment information, especially for those on payment plans:

1. Tuition is non-refundable.

2. Please understand that full tuition is due, whether you attend all the classes you signed up for or not. Agreement to a payment plan does not imply a “pay as you go” concept- missing a class does not mean skipping a payment.

3. Payment plans are a community service that Lily offers to make learning herbalism more accessible to the world, regardless of

economic class. Once you agree to be in the class and are accepted, payment in full is due. If you agree to a payment plan, installments on full tuition are due each month for the duration of your payment plan agreement.

4. If you cannot continue your studies due to time crunches, it is possible to join a subsequent cohort or an online version of this class. Talk to Lily about your situation and we will determine which option is best for you. If you move to online or a subsequent cohort, agreed-upon payments are still due each month, on time, according to your original agreement.

5. Lily spends a lot of time preparing for classes, gathering materials, continuing her learning (to make her a more valuable herbalist and teacher), and mentoring you, even when you are not in the room. Please respect that commitment to you by respecting Lily with timely payments, communication if you run into a payment (or other logistical) snag.

Month-by-month:

May 2020: Intro to Holistic Healing & Philosophy of Herbalism(s).

- 1. Default Location:** We will meet at 757 Garden, 2nd floor.
- 2. Activity:** Talk about privacy, HIPPA, and share holistic healing experiences and what brings us to herbalism and this class.
- 3. Independent Reading/Viewing:** A Model of Holistic Herbal Medicine (Hoffman, pp. 236-246); supplied handouts and videos.
- 4. Homework:** Compile a list of remedies and tonics your household needs. Study herbal actions.
- 5. Herb of the Month:** Chamomile
- 6. Optional Student Outing:** Herb Day in Gahanna (May 2, 9-3 PM)
- 7. Optional Field Trip:** May 23, 2:30 Plant Walk at Make/Do Farm

June 2020: Quality Herbs, Herb Safety, Systems and Actions (primer)

- 1. Location:** We will meet at Make/Do Farm.
- 2. Due:** Report on Chamomile, share list of needs you need to address.

3. Activity: Look at herbs from distributors and locally grown for differences. Monographs introductions. Herb Walk at Whetstone.

4. Independent Reading/Viewing: Handouts (given in class and downloadable from email).

5. Homework: Create medical actions index cards or download Quizlet. Study for Quiz.

6. Herb of the Month: Nettles

July 2020: Digestive System/Tisanes/Review of how to make a monograph

1. Location: We will meet at Make/Do Farm.

2. Due: Quiz on medical actions. Report on Nettles.

3. Activity: Tisane building/tasting

4. Independent Reading/Viewing: "The Digestive System" (Hoffman, pp. 258-290); supplied handouts and videos.

5. Homework: Digestive System Monographs (*Slippery Elm, Ginger, Mugwort, Milk Thistle, Licorice, Fennel, Peppermint, Yellow Dock, Chaparral, Chamomile, Marshmallow, Burdock, Gentian*); Make a digestive formula. Bring to class next month.

6. Herb of the Month: Mint (any variety, but note the variety you use).

7. Optional Field Trip: Herb Scavenger Hunt at Alley Park (Lancaster)

August 2020: Immune System/Tinctures

1. Location: We will meet at Make/Do Farm.

2. Due: Share your digestive formula. Report on Mint. Turn in monographs.

3. Activity: Weight to Volume & Folk Method tincturing.

4. Independent Reading/Viewing: "The Immune System" (Hoffman, pp. 441-452); supplied handouts and videos.

5. Homework: Immune System Monographs (*Echinacea, Yerba Mansa, Lomatium, Garlic, Elder, Horseradish, Myrrh, Cleavers, Baptisia, Astragalus, Reishi, Osha, Goldenseal, American Spikenard, Oregon Grape Root, Catnip, Usnea.*); Make an immune system formula. Bring to class next month.

6. Herb of the Month: Reishi

7. Optional Field Work: Attending and volunteering at Reeds &

Roots Earth Skillshare

September 2020: Endocrine System/Tinctures, (Percolation)

- 1. Location:** We will meet at Make/Do Farm.
- 2. Due:** Show us your immune formula. Report on Reishi. Turn in monographs.
- 3. Activity:** Percolation tincturing.
- 4. Independent Reading/Viewing:** "The Endocrine System" (Hoffman pp. 461-466); supplied handouts and videos.
- 5. Homework:** Endocrine System Monographs (*Skullcap, Valerian, Passionflower, Bugleweed, Lion's Ear, Bladderwrack, Eleuthro*); Make an endocrine system formula. Bring to class next month.
- 6. Herb of the Month:** Vitex

October 2020: Skin/ Salves, Oils, Balms

- 1. Location:** We will meet at Make/Do Farm.
- 2. Due:** Show us your endocrine formula. Report on Vitex. Turn in monographs.
- 3. Activity:** Infuse oils; Make salves
- 4. Independent Reading/Viewing:** "The Skin" (Hoffman, pp. 430-440); supplied handouts and videos.
- 5. Homework:** Skin Monographs (*Comfrey, Red Cedar, Betony, Arnica, Chickweed, Lavender, Marigold, Willow Bark, Oak, Calendula, Violet, Nasturtium*); Make a salve, oil, cream, ointment, or balm. Bring to class next month.
- 6. Herb of the Month:** Calendula
- 7. Optional Field Trip:** Soda Pharm in Marysville

November 2020: The Nervous System/Elixirs, Syrups, Honeys

- 1. Location:** We will meet at Make/Do Farm.
- 2. Due:** Share your topical treatment. Report on Calendula. Turn in monographs.
- 3. Activity:** Make a syrup and an electuary.
- 4. Independent Reading/Viewing:** "The Nervous System" (Hoffman, pp. 344-374); supplied handouts and videos.
- 5. Homework:** Nervous System Monographs (*Lobelia, St. John's Wort, Oats, Wood Betony, Gotu Kola, Lemon Balm, Chamomile, Hops, Sassafras*); Make an nervous system formula. Bring to class

next month.

6. Herb of the Month: Oatstraw/ Oat Tops

7. Optional Field Trip: *Fancy Park (Upper Arlington) to identify trees without foliage!*

December 2020: The Reproductive Systems/ Suppositories & Boluses

1. Location: We will meet at Make/Do Farm.

2. Due: Share your nervous system formula. Report on Oats. Turn in monographs.

3. Activity: Make suppositories

4. Independent Reading/Viewing: "The Reproductive System" (Hoffman, pp. 384-407); supplied handouts and videos.

5. Homework: Reproductive System Monographs (*Damiana, Dong Quai, Raspberry, Sage, Dandelion, Black Cohosh, Mugwort, Black Walnut, Wild Yam, Vitex, Saw Palmetto, Shepherd's Purse, Cramp Bark, Black Haw, Bugleweed*); Make an reproductive system formula. Bring to class next month.

6. Herb of the Month: Raspberry

7. Optional Field Trip: *Lloyd Library in Cincinnati (Dec 19, all day)*

January 2021: Respiratory System/Lozenges & Gargles

1. Location: We will meet at Make/Do Farm.

2. Due: Show us your musculoskeletal treatment. Report on Arnica. Turn in monographs.

3. Activity: Make soft lozenges

4. Independent Reading/Viewing: "The Respiratory System" (Hoffman, pp. 316-343); supplied handouts and videos.

5. Homework: Respiratory System Monographs (*Wild Cherry Bark, Mullein, Thyme, Elicampagne, Grindelia, Pleurisy Root, Lobelia, Goldenrod, Coltsfoot, Yerba Santa, Eyebright, Horehound, Cayenne, Lovage, Nettles*); Make a respiratory formula.

6. Herb of the Month: Mullein

February 2021: Flower Essences & Homeopathy

1. Location: We will meet at Make/Do Farm.

2. Due: Show us your respiratory formula. Report on Mullein. Turn in monographs.

- 3. Activity:** Flip through repertory book, take quiz, and pick an essence to take; make an essence.
- 4. Independent Reading/Viewing:** Supplied handouts and videos.
- 5. Homework:** Create a flower essence to share next month.
- 6. Herb of the Month:** Pick a Flower Essence to try.

March 2021: The Urinary System/ Herb Processing

- 1. Location:** We will meet at Make/Do Farm.
- 2. Due:** Share your flower essence. Report on flower essence taking.
- 3. Activity:** Process herbs
- 4. Independent Reading/Viewing:** "The Urinary System" (Hoffman, pp. 375-383); ; supplied handouts and videos.
- 5. Homework:** Urinary System Monographs (Corn Silk, Juniper Berries, Horsetail, Manzanita, Pipissewa, Buchu, Yerba Mansa, Yarrow, Goldenrod, Hydrangea); Make a urinary formula and bring to next months class.
- 6. Herb of the Month:** Horsetail
- 7. Optional Field Trip:** Scioto Gardens Nursery

April 2021: Wildcrafting/Plant Identification

- 1. Location:** We will meet at Make/Do Farm.
- 2. Due:** Show us your urinary formula. Report on Horsetail. Turn in monographs.
- 3. Activity:** Wildcrafting/Plant Walk
- 4. Independent Optional Reading:** Medicinal & Edible Plants of the Midwest or similar; supplied handouts and videos.
- 5. Homework:** Wildcraft 5 plants and preserve them for medicinal purposes and bring them to next class.
- 6. Herb of the Month:** Plantain
- 7. Optional Field Trip:** *UPS/Companion Plants (Athens area, all day)*

May 2021: Herbal First Aid & Medic Stuff

- 1. Location:** TBD
- 2. Due:** Wildcrafted Medicine and Specimens. Report on Plantain.
- 3. Activity:** Practice herbal medic techniques and herbal first aid in the outdoors.
- 4. Independent Reading:** Supplied handouts and videos.

5. **Homework:** Create an outdoor herb kit for camping. Bring it for Show and Tell
6. **Herb of the Month:** Yarrow
7. **Optional Student Outing:** *Herb Day in Gahanna*
8. **Optional Field Trip:** *Trillium Center (Overnight Trip) in Ashtabula*

June 2021: Cardiovascular System/ Extracts and Food Administrations

1. **Location:** We will meet at Make/Do Farm.
2. **Due: Show us your** First Aid Kit, Report on Yarrow.
3. **Activity:** Make food preparations
4. **Independent Reading/Viewing:** "The Cardiovascular System" (Hoffman, pp. 291-315); supplied handouts and videos.
5. **Homework:** Cardiovascular System Monographs (*Cayenne, Valerian, Hawthorn Berries, Linden, Lily of the Valley, Gypsywort, Scotch Broom, Figwort, Prickly Ash, Ginkgo, Dandelion, Horse Chestnut, Yarrow, Passionflower, Motherwort, Cactus, Lime Blossom*); Make a cardiovascular system formula. Bring food as medicine to the next potluck.
6. **Herb of the Month:** Dandelion

July 2021: Other Holistic Systems: TCM & Ayurveda

1. **Location:** We will meet at Make/Do Farm.
2. **Due:** Share your cardiovascular formula. Tell us about your food contribution and its properties. Report on Dandelion.
3. **Activity:** Acupuncture & Doshas
4. **Independent Reading/Viewing:** Supplied handouts and videos.
5. **Homework:** Give a presentation to the class on one therapy or herb in TCM or Ayurveda. Talk about how it is used and seen in their system and how their system and use of the herb differs and is similar to western herbalism.
6. **Herb of the Month:** Shiitake
7. **Optional field trip:** *AIAM's Acupuncture School*

August 2021: Musculoskeletal System/ Baths, Soaks, Washes, Steams, Poultices, Compresses, Fomentations

1. **Location:** Garden address.
2. **Due:** Class presentations and Shiitake

3. **Activity:** Make a bath and a compress.
4. **Independent Reading/Viewing:** "The Musculoskeletal System" (Hoffman, pp. 408-429); supplied handouts and videos.
5. **Homework:** Musculoskeletal System Monographs (*Celery Seed, Blue Cohosh, Boneset, Angelica, Gravel Root, Birch, Bearberry, Meadowsweet, Poke, Ginger, Feverfew, Aspen, Blue Flag*); Make a musculoskeletal formulation. Bring to class next month.
6. **Herb of the Month:** Arnica
7. **Optional Field Work:** *Staffing the First Aid/Wellness Center at Reeds & Roots*

September 2021: Aromatherapy

1. **Location:** We will meet at Garden address.
2. **Due:** Share your musculoskeletal formula; Report on Arnica; Turn in monographs.
3. **Activity:** Dilution techniques
4. **Independent Reading/Viewing:** Supplied handouts and videos.
5. **Homework:** Create an EO blend for you or someone close to you to share next month.
6. **Herb of the Month:** Lavender EO
7. **Optional Field Trip:** *Earth Elements in Grandview*

October 2021: Herbs for Misc Populations (Kids, Pets, Elderly, Immuno-Compromised, pregnant)

1. **Location:** We will meet at Garden address.
2. **Due:** Share your EO blend. Report on Lavender EO. Bring final monograph sets to share & family first aid kit to show.
3. **Activity:** Swap monographs and projects; discuss herbalism for your future.
4. **Independent Reading/Viewing:** Supplied handouts and videos.
5. **Homework:** NONE!
6. **Herb of the Month:** Catnip
7. **Explore possibilities of herbalism in your life with Lily.** Where do you want to do and what are your next steps?