

## TABLE OF CONTENTS

### SECTION ONE

#### INTRODUCTION p1-47

About the Course  
Herbal Philosophy  
Herbal History  
Dosing Methods  
Creating Formulas  
Herbal First Aid Kit  
Antibiotics and Acidophilus  
Healing Crisis  
Folk Names/Latin Binomials  
Classification of Medicinal Plants  
Plant Constituents  
Constructing Your Own Plant Press  
Wild Crafting  
Harvesting, Drying and Storing  
Wild crafting Plant Parts  
Wild Plant Dyes  
Quality of Herbs  
Client Intake Sheet

### SECTION TWO

#### MEDICINE MAKING p48-68

Solvents  
Infusion and Decoction  
Capsules  
Pills  
Glycero-Gelatin  
Oxymel  
Oils and Salves  
Tinctures and Liniments

Syrups  
Compress  
Poultice  
Plaster  
Electuary  
Eyewash  
Bath, Vapors, Steam  
Suppository/ Bolus  
Herbal Smoke

### SECTION THREE

#### HEART & CIRCULATION p69-91

Physiology  
Cardio-Tonics  
Circulatory Stimulants  
Peripheral Vasodilators  
Cholesterol  
Arteriosclerosis  
Hypertension  
Hypotension  
Angina Pectoris  
Varicose Veins  
Insufficient Circulation  
Profiles and Questions

#### DIGESTIVE AND LIVER p92-117

Physiology  
Demulcents  
Bitters  
Astringents  
Carminatives  
Cathartics/Laxatives  
Anthelmintics/Parasiticides  
Gingivitis

Gastritis  
Hiatus Hernia  
Indigestion  
Peptic Ulcer  
Appendicitis  
Hemorrhoids  
Irritable Bowel Syndrome  
Ulcerative Colitis  
Constipation  
Swedish Bitters

### Liver

Physiology  
General Program  
Cholagogue  
Hepatics  
Jaundice  
Hepatitis  
Cirrhosis  
Profiles and Questions

### RESPIRATORY SYSTEM p118-144

#### Upper Tract

Physiology  
Expectorants  
Demulcents  
Anti-catarrhal  
Anti-microbial  
Diaphoretic  
Colds  
Hay Fever  
Allergic Rhinitis  
Sinusitis  
Laryngitis  
Tonsillitis

### Lower Tract

Physiology  
Asthma  
Bronchitis  
Cough  
Profiles and Questions

### NERVOUS SYSTEM p145-159

Physiology  
Sedatives  
Stimulants  
Antispasmodics  
Anti-depressants  
Mild Stress  
Extreme Stress  
Depression  
Insomnia  
Tranquillizers  
Headache  
Migraine  
Neuralgia and Neuritis  
Tinnitus  
Motion Sickness  
Profiles and Questions

### ENDOCRINE-ADRENAL- IMMUNE-LYMPH 162-189

Physiology  
Hormones and Metabolism  
Hypothyroidism  
Hyperthyroidism  
Diabetes  
Physiology – Adrenal  
Thymus

Adaptogens  
Detoxification  
Actions and Elimination  
Alteratives  
Anti-scorbutics  
Infections  
Anti-microbials  
Shingles  
Prostatitis  
Boils  
Fungal Infections  
Tinea or Ringworm  
Athlete's Foot  
Lymph  
Astringents  
Profiles and Questions

**URINARY SYSTEM** p190-209

Physiology  
Kidneys out of Balance  
General Maintenance  
Diuretics  
Anti-microbials  
Demulcents  
Astringents  
Anti-lithics  
Anti-inflammatories  
Urine Diagnosis  
Barley Water  
Dysuria  
Cystitis  
Water Retention  
Incontinence  
Urinary Calculus  
Profiles and Questions

**MUSCULO-SKELETAL** p210-232

Physiology  
Analgesics  
Anti-rheumatics  
Anti-inflammatories  
Rubefacients  
Rheumatoid Arthritis  
Gout  
Bursitis and Tendonitis  
Osteo-arthritis  
Fibromyalgia

**THE SKIN** p233-249

Physiology  
Alteratives  
Diaphoretics  
Antipruritics  
Anti-inflammatories  
Nervine Relaxants  
Vulnerary  
Emollient  
Spring Tonics  
Topical Applications  
Eczema  
Psoriasis  
Acne  
Bums  
Poison Ivy  
Adaptogens

## REPRODUCTIVE SYSTEM p250-280

Physiology  
Emmenagogues  
Hormonal Normalizers  
Uterine Tonics  
Nervines/Anti-spasmodics  
Dysmenorrhea  
Menorrhagia  
Amenorrhea  
PMS  
Yeast Infections  
Pregnancy and Childbirth  
Herbs to Avoid  
Infertility  
Debility  
Emotional Problems  
Threatened Miscarriage  
Stretch Marks  
Morning Sickness  
Water Retention  
Constipation  
Herbs for Birthing  
Birthing Massage Oil  
Sitz Bath  
Milk Production  
Post Partum  
Uterine Fibroids  
Fibrocystic Disease  
Menopause

## MALE REPRODUCTIVE SYSTEM

Physiology  
Prostatitis  
Inflammation  
Profiles and Questions

## CHILDHOOD DISEASE p281-299

Measles Chicken  
Pox  
Colic  
Constipation  
Diarrhea  
Teething  
Nausea  
Respiratory Problems  
Nervous System  
Hyperactivity  
Diaper Rash  
Cradle Cap  
Impetigo  
Mumps  
Otitis Media  
Formulas for Children

## SECTION FOUR

### MATERIA MEDICA

Contains comprehensive monographs of over 100 medicinal herbs that either grow in your environment or are easily obtained that are used throughout the course.