

2018 Herbalist Classes & Master Herbalist Certification Program Schedule

Tess Fries, Master Herbalist 931-334-4347 (call for information and to register)

Nutrition and Healing

8:00-12:00 Saturdays, January 27, May 26, September 22 \$100 4 CEU's

This class explores the physiological effects of foods we eat and how they heal, help or hinder body processes and function. We will talk about nutritional needs, how to meet them and how to absorb nutrients more efficiently. Includes discussion about and recipes for green drinks, rejuvelac and bowel cleansing.

Natural Laws of Healing

12:30 - 2:30 Saturdays, January 27, May 26, September 22 \$50 2 CEU's

Understand the fascinating and important part water, sunshine/light, air, rest and exercise play in creating a better internal healing environment and how to best implement them into your lifestyle.

The Mind / Body Connection

3:00 - 5:00 Saturdays, January 27, May 26, September 22 \$50 2 CEU's

This class delves into the chemical and physical reactions of our emotions and our thoughts and the enormous impact these have on our health and wellbeing. Learn simple actions we can take to greatly improve our emotional and physical state.

Cleansing and Detoxing

1:00 - 3:00 Sundays, January 28, May 27, September 23 \$50 2 CEU's

Learn why and how to cleanse, detox and heal our bodies with foods, herbs, exercise and other natural aids. Herbal formulas and recipes are included.

Kitchen Medicine

3:30 - 5:30 Sundays, January 28, May 27, September 23 \$50 2 CEU's

Discover the simple, effective remedies you have in your spice cabinet and refrigerator that could help your heartburn, headaches and even save your life!

Body Systems / Herbal Supports 1

8:00 - 1:00 Saturdays, February 24, June 23, October 27 \$125 5 CEU's

Discuss basic body system functions and see and taste herbs that support healing each system. This class investigates identification/growth locations, historical information and use, current healing applications and contraindications for the following herbs:

Blood cleansing herbs; Herbs that eliminate parasites and worms; Herbs that strengthen tissues; Herbs that help tone and clean the intestines; Perspiration inducing and nerve influencing herbs; Urinary system cleansing and supporting herbs

Body Systems /Herbal Supports 2

1:30 - 6:30 Saturdays, February 24, June 23, October 27 \$125 5 CEU's

Discuss basic body system functions and see and taste herbs that support healing each system. This class investigates identification/growth locations, historical information and use, current healing applications and contraindications for the following herbs:

Female balancing herbs; Herbs that help to clean and strengthen the lungs; Herbs that calm, soothe and assist in rebuilding the nerves; Herbs that stimulate or sedate and assist the circulatory and nervous systems; Herbs that strengthen and balance the entire body

Herbal Preparations (Making Herbal Medicine)

1:00 - 5:00 Sundays, February 25, June 24, October 28 \$150 4 CEU's

This is a hands on workshop. Understand details of herbal preparations, herbal administration options/advantages and disadvantages, and dosages. Make and take home 4 different tinctures, an oxymel, a liniment, and an infused oil. Learn how to make poultices, suppositories, salves, boluses, capsules, decoctions, fomentations, casts, washes and more.

Natural Therapies / Emergency First Aid 1

8:00 - 12:00 Saturdays, March 24, July 28, November 10 \$100 4 CEU's

Learn how to make a natural first aid kit and about the four items you should always have on hand for emergencies. Find out about herbal and natural remedies and therapies for common and emergency situations. From colds to heart attacks, be prepared for just about anything!

Natural Therapies / Emergency First Aid 2

12:30 - 4:30 Saturdays, March 24, July 28, November 10 \$100 4 CEU's

****Prerequisite: Natural Therapies / Emergency First Aid 1**

Continuation of Natural Therapies and Emergency First Aid 1. Includes hydrotherapy and the Cold Sheet Treatment.

The Medicinal Herb Garden

1:00 - 5:00 Sundays, March 25, July 29, November 11 \$100 4 CEU's

Explore the historical and scientifically proven Doctrine of Signatures for easy plant use knowledge. Discuss planning, planting, troubleshooting, and harvesting an herb garden. Discussion includes harvesting seeds, flowers, herbs and barks and how to dry and store them. We will look into business ideas from your gardens, big or small, and natural pest remedies.

Healing Protocols 1

8:00 - 1:00 Saturdays, April 28, August 25, December 8 \$125 5 CEU's

****Prerequisites: All previous classes except Kitchen Medicine & Medicinal Herb Garden**

This class covers natural helps for gout, Lyme disease, blood pressure, circulatory and heart disorders, prostate problems, emphysema and lung disorders, arthritis, strokes, nerve disorders, neuromuscular conditions, cancers and much more. Must attend prerequisite classes.

Healing Protocols 2

1:30 - 6:30 Saturdays, April 28, August 25, December 8 \$125 5 CEU's

****Prerequisites: All previous classes except Kitchen Medicine & Medicinal Herb Garden**

This class covers natural helps for gout, Lyme disease, blood pressure, circulatory and heart disorders, prostate problems, emphysema and lung disorders, arthritis, strokes, nerve disorders, neuromuscular conditions, cancers and much more. Must attend prerequisite classes.

Fertility, Pregnancy and Childbirth

1:00 - 5:00 Sundays, April 29, August 26, December 9 \$100 4 CEU's

****Prerequisites: All previous classes except Kitchen Medicine & Medicinal Herb Garden**

Discuss protocols for menstrual difficulties, infertility, reproductive problems and menopause as well as herbs and natural therapies for a healthy pregnancy, labor and delivery. Must attend prerequisite classes.