

Austin School of Herbal Studies Apprentices Curriculum

We will learn a Materia Medica of approximately 200 herbs and study these according to their corresponding bodily system.

These systems include:

- *Nervous System
- *Digestive System
- *Herbs for the Liver, including alteratives and adaptagens
- *Immune System
- *Respiratory System
- *Reproductive System
- *Cardio vascular system
- *Muscular-Skeletal System
- *Urinary System

- Learn to identify, grow and use many herbs that are native to our Central Texas environment as well as herbs that have naturalized, or grow well here.
- How to harvest, dry and store herbs.
- The Art of Making Herbal Preparations. Learn how to properly prepare medicinal infusions and decoctions, herbal oils, salves, tinctures, compresses, poultices, syrups, herbal candy and more.
- Herbal First Aid and how to create and use herbs from your backyard Pharmacy
- Learn how to determine high quality herbs and where to purchase them.
- Herbs for Children
- Herbs for pets
- Discover the lovely practice of using Natural Cosmetics & learn how to create products perfect for any skin type.-A day of Beauty!
- In-depth study on Herbs for Women's Health; adolescence, child-bearing years, pregnancy, peri-menopause and menopause
- Herbs for Men
- Herbal Formulation
- A review of complementary disciplines including Aromatherapy, Homeopathy, Chinese Medicine, Aryurvedic Medicine, Flower Essences, Yoga and Meditation
- Seasonal Health Issues; winter herbs. Herbs for allergies.
- Preventive Health Care- Learn to create a Personal Health Program
- How to Create a Medicinal Herb Garden-including an Organic Gardening program: planting seeds, transplants, vegetables, herbs, flowers, fertilizing and more.
- Starting your own herb business & legal issues concerning Herbalism

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NOTE: Students are always welcome to take cuttings, plants and trees that grow abundantly in my garden.

