

## Austin School of Herbal Studies 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 Adaptogens
  - 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 have adapted well here.
  - Learn how to harvest, dry and store herbs



The art of making herbal preparations is an imperative skill for all herbalists. Learn how to properly prepare medicinal infusions and decoctions (teas), herbal oils, salves, tinctures, compresses, poultices, syrups, herbal candy and more.

- Discover how to use herbal first aid and experience creating different herbal products while using fresh plants from your own backyard pharmacy.
- Learn how to determine high quality herbs and where to purchase them.



Discover the lovely practice of using Natural Cosmetics & learn how to create products perfect for any skin type - A day of Beauty and FUN!

- In-depth study on Herbs for Women's Health; adolescence, child bearing years, pregnancy, peri-menopause and menopause. Male reproductive issues and children's health will also be explored.
- Herbal Formulation – Practice and learn how to combine herbs for the most effective and beneficial healing
- A review of complementary disciplines including Aromatherapy, Homeopathy, Chinese Medicine, Ayurvedic Medicine, Flower Essences, Yoga, Meditation and more.
- Seasonal Health Issues – Herbs for cold, flu and allergies
- Preventive Health Care- Learn to create a Personal Health Program
- Prepare and learn how to create a Medicinal Herb Garden including an Organic Gardening program: planting seeds, transplants, vegetables, herbs, flowers, using fertilizer and more.

NOTE: Students are always welcome to take cuttings, plants and small saplings that grow abundantly in my garden. My mission is to Share the Wisdom of the Plants with you.