



Bear Roots Forest School
Roots of Health: Holistic Herbalism & Nutrition
Syllabus for March & September 2024

- ❖ This is a six-module online course that can be done at your own pace. Upon registration you will receive access to the first module, each subsequent module will be released monthly.
- ❖ There will be six monthly live classes that will be recorded if you are unable to attend live.
- ❖ To receive a certificate of completion you will need to complete six assignments and a final exam. Please note these are not mandatory.
- ❖ It is estimated that each module will take between 20-30 hours per month to complete. This will vary from person to person.

Module One: Herbs

Herb Allies

Categories of Herbs

Overview of Herb Actions

Basics of Phytochemistry

Fundamental Herb Energetics

Materia Medica & Monographs

Wildcrafting & Foraging

Medicine Making: Teas/Infusions/Decoctions

Module Two: Nutrition

Basics of Nutrition

Essential Principles of Nourishment

Overview of Vitamins & Minerals

Nutritional Deficiencies

Taste of Herbs

Nourishing Herbs

Culinary Herbs

Medicine Making: Herbs in the Kitchen: Vinegar, Honey, Broth, Salts etc.

Module Three: *Liver*

Basic Anatomy & Physiology

Herb Actions

Signs & Symptoms of Malfunction

Overall Healing Strategies

Detoxification

Herbs:

Burdock

Dandelion

Milk Thistle

Schisandra

Turmeric

Protocols:

Toxic Liver/Bad Blood

Gallstones

Bilious Dyspepsia

Non-Fatty Liver Disease (NAFLD)

Environmental Toxicosis

Medicine Making: Tinctures

Module Four: *Digestive*

Basic Anatomy & Physiology

Herb Actions

Importance of Bitters

Gut-Brain Connection

Signs of a Poorly Functioning Digestive System

How to Maintain Good Gut Health

Herbs:

Chamomile

Marshmallow

Meadowsweet

Oregon Grape Root

Peppermint

Yarrow

Yellow Dock

Protocols:

Constipation & Diarrhea

Gas & Bloating

GERD

Food Intolerances/Intestinal Permeability

Hypochlorhydria

Indigestion

Malabsorption

Nausea

Medicine Making: Herb Oils

Module Five: *Nervous*

Basic Anatomy & Physiology

Herb Actions

Adaptogen Deep Dive

Herbs: Holy Basil, Ashwagandha, Reishi

Circadian Rhythms

Tips for a Better Sleep

Pain Management

Herbs:

Milky Oats/Oatstraw

Skullcap

Passionflower

California Poppy

Lavender

Valerian

Lemon Balm

Motherwort

Protocols:

Anxiety

Attention Deficit Hyperactivity Disorder

Depression

Headache & Migraine

Insomnia

Medicine Making: Salves & Balms

Module Six: Respiratory

Basic Anatomy & Physiology

Herb Actions

Mucous Membrane Health

Inflammation

Herbs:

Coltsfoot

Elecampane

Goldenrod

Hyssop

Lobelia

Mullein

Osha

Protocols:

Asthma

Bronchitis/Coughs

Laryngitis

Pneumonia

Seasonal Allergies/Sinusitis

Tonsillitis

Medicine Making: Syrups & Oxymels

Bonuses:

Constitutions (Elements & Doshas)

Herb First Aid

Herb Energetics

Herb Monographs: Calendula, Elder, Plantain, Rose, St. John's Wort, Violet

Hours Breakdown:

Biomedical/Biological Services- 60hrs

Anatomy & Physiology

Phytochemistry

Pathophysiology

Herbal Sciences- 105hrs

Introduction to Herbal Medicine

Materia Medica

Therapeutics

Herbal Pharmacy

Energetics

Elective

Nutrition- 15hrs