

“Medical statistics clearly show that Americans are the most heavily medicated people in the world. In spite of this (or possibly because of this), we rank far below many other first world countries in life expectancy, cancer rates, levels of obesity, and many other chronic degenerative diseases. As our population ages many more people are realizing that in order to stay healthy into old age we need to become proactive, improving our diets and lifestyle choices, reducing stress, and becoming more knowledgeable about our health and medicine. One way we can help to prevent disease and enhance wellness is the intelligent use of herbs. Because few Americans grew up using plants as medicine, educating oneself as to their safe and rational use is essential. With so many books, web sites, and magazines publishing information on herbs and natural health, how does one discern accurate information from the fraudulent?”

David Winston, RH (AHG)

*Use your plants respectfully  
and honorably  
In return they will heal your ills...*

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*Herbal Clinic*  
*Apothecary & Remedies*



**2019 Curriculum**

# PLANT TRADITIONS SCHOOL OF HERBAL MEDICINE



**Herbal  
Apprenticeship  
Program  
thru  
Traditional  
Study of  
Herbalism**

**Apprenticeship I**

.....  
COME LISTEN TO WHAT THE PLANTS HAVE TO SAY....

## THE PLANTS ARE CALLING YOU

Herbalism has been around since the beginning of creation. Creator gifted this planet with vegetation, instilled healing properties into many of the species in the green kingdom. He placed them here before he placed the human race, which makes the plants our Elders. Learning of their ways and the multitude of gifts they give to other living beings is an honor, let's return that gift by being their caretakers.

Today herbal medicine is looked upon as an "alternative" to allopathic (western or modern) medicine. When in actuality Herbalism was incorporated into our healthcare long before drugs were even conceived. For many centuries plant medicine was the only thing known to "cure" illness and dis-ease. People used to eat healthy, foraging the woodland and prairies for wild foods, their water was still clean and untainted. Herbicides and pesticides were not frequently spread upon the earth. Diseases were curable!

Over the past 120 years our society has set herbal medicine aside, even coming to a point where it was banned from being practiced. Greed overcame people, companies and even healthcare became more of a profit business and not an issue of caring for another being.

Thankfully there are our indigenous people, Herbalists, Native Americans, Folk medicine people, Wise Woman healers, and others who refused to give up their art of healing, but mostly their tradition. Refusing to let go of the tradition that was passed down to them. Because of their courage many others have had the opportunity to learn of this amazing art. Bless them for their commitment and act of loyalty to the plants in keeping herbal medicine alive.

Herbal medicine is making a strong comeback. Some states have adopted legislation to allow practitioners to practice this art of healing without a license and without prosecution. Should we not be allowed to make the choice in our own healthcare—'our well-being'.....

This apprenticeship will lay the foundation for becoming a respectful Herbalist. Teach you how to make your own medicine but more importantly how to connect with the plants and Yourself.

## EXCELLENT RESOURCES

Here is a list of great books, most written by the "professionals" themselves, the "Clinical Herbalists".

These are some good choices for the beginner to the intermediate herb student.

*Back to Eden ~ Jethro Kloss*

*A Family Herbal ~ Rosemary Gladstar*

*(now being published as Rosemary's Recipes)*

*The Book of Herbal Wisdom ~ Matthew Wood*

*Southern Folk Medicine ~ Phyllis D Light*

*Common Herbs for Natural Health ~*

*Juliette de Bairacli Levy*

*A Modern Herbal (a two volume set)*

*Maude Grieve*

*Medicinal Plants of the Northeast and Central States*

*Steven Foster and James Duke*

*Minnesota Wildflowers ~ Stan Tekiela*

*(great book for plant identification)*

*101 Medicinal Herbs ~ Steven Foster*

*Edible and Medicinal Wild Plants of Minnesota & Wis*

*Matthew Alfs*

*Plants Have So Much To Give You, All We Have To Do Is Ask ~ Mary Siisip Geniusz*

## WE ARE ALL CONNECTED ... ..



I saw a bear on a mountain  
As I drew closer, I saw the bear was  
a person  
As I drew closer, I saw the person  
was a friend  
The friend meditated on healing.

I said, "May I help with the healing?"

Since the friend was concentrating, there was merely a nod, but we  
joined forces to heal. Although the mountain was cold, the Power which  
flowed through us was warm and strong and good. It Was Healing.

Then I looked at my bear/person/friend, and I asked, "Whom have we  
healed?"

The friend looked into my eyes and said, "We have just healed You."

I was amazed, but I looked and saw that the strength, the Power, and  
the friendship had indeed healed me.

Suddenly my friend cried out in a sharp surprise, "Behold, the Power has  
also healed me!" That cry echoed across the valleys and high up the  
mountain.

"Heal me....heal me....heal me...me...me...me," called the Mountain.

We were startled. In our perception, we had come to the mountain for  
healing.

We turned to each other, my friend, and I, and Warmth and Strength  
and Power flowed through us. With the same voice we said, "Let us heal  
the mountain."

I saw a bear on the mountain.

As I drew closer, I saw the bear was me, was friend, was mountain.

*---Grandmother Keewaydinoquay*

## THE PLANTS WILL TEACH YOU ... ..

Come walk into the world of Herbalism. It's been a blessing to  
walk the medicine path and it's time to share it with you. Guiding  
you in the proper way of harvesting, establishing your own  
medicine gardens, preparing your medicine, and how to  
incorporate this into the body are highlights of this program.

I bring to you the traditions I have been taught, through my  
traditional teachers and the plants themselves. The eighteen years  
of practice as a clinical herbalist gives you the opportunity to hear  
of case histories and the way the plants have helped people to  
heal. Experience with a 40-item herbal product line will give you  
a great deal of insight as to the preparation of medicine, the  
tenacious ways of marketing and regulations that are required to  
be followed.

Our world is changing, and with it we must be on constant watch.  
Now more than ever people are turning to herbs and this tradition  
of healing. They are seeking information to be more conscious as  
to helping themselves along their life's journey. The plants are  
your guide, the vehicle, allowing the body to do its healing. They  
have opened their door to you. Come on in.....



To honor a world renown  
herbalist,

Juliette says it best, "Man  
can never excel nature in  
medicine manufacture, for she  
makes the best one."

Juliette de Bairacli Levy

Hippocrates once said:

Your food is your medicine, make medicine your food.

## THE PLANTS ARE SPEAKING.....

This apprenticeship is a 6-session program spanning from May 4<sup>th</sup> to November 2<sup>nd</sup>. Being held every first Saturday from 9:00 to 4:00. You are going to spend time in the apothecary making medicine and classroom time conversing on the herbs and the body. You will be outside walking amongst the plants and sitting with them. If scheduled to be outdoors and the weather presents a challenge, we will switch up classes and hold an indoor class. We won't skip any classes. There is much to learn. Every class will include handouts and if in the apothecary, medicine to take home. Assignments accompany every session.

Cost of this herbal journey is on a sliding scale from 950.00 to 1200.00.

The registration fee is due by the first class or three installments. Each installment being due with the first 3 classes as per the installment agreement.

The apprenticeship includes class materials, a journal for starting your materia medica, remedies, and up close and personal introductions to the plants. Along with your registration would you include a short story, from your heart, as to why you would like to embark on this journey into the Plant's Medicinal Kingdom.

Register early so materials can be prepared!! See you in May!

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Payment Cash ~~ Check ~~ Credit Card ~~ Installments

In full w/ registration \_\_\_\_\_ In full at 1<sup>st</sup> class \_\_\_\_\_

3 installment plan \_\_\_\_\_ amounts \_\_\_\_\_

## ANOTHER SEASON CLOSING... ..



### November 2<sup>nd</sup>

Immune System

Herbs for

Lymphatic system

Colds, Flus, Viruses

Winter Health

Herbs

Foods

Making an herbal cream

Butters

Oils

Topical treatment/internal treatment

## THEY'RE STILL SPEAKING .....

September 7th

Herb Walk

Root energy

Proper Harvesting

Creating Lip Balms

Kidneys

Herbs for

Components

Antioxidants

Systems Emotions

Holistic Diagnosis



October 5th

Making Glycerites

Non-alcohol

Safe for all ages

Dosage

What is the difference

Treating Spirit

Making the correct menstruum choice

Respiratory System

Upper/Lower

Herbs

Food Choices

Herb tasting demulcents

## COME AND SIT.....WELCOME

Class dates for 2019:

May 2<sup>nd</sup>

June 1<sup>st</sup>

July 6<sup>th</sup>

August 3<sup>rd</sup>

September 7<sup>th</sup>

October 5<sup>th</sup>

November 2<sup>nd</sup>



### *Your first assignment:*

It's customary for students to write a letter or story, speaking of your intentions why you would like to learn of this art of herbal medicine. What do you hope to achieve from this apprenticeship? Why do you feel you are being drawn to this humble way of healing? Please send your story along with your registration. Thank you.

## ARE YOU LISTENING... ..

May 2<sup>nd</sup>

- Opening Circle
- Introductions
- Spring Herb Walk
- Herbs
  - Defining Quality
- Menstrums
- Forms of Medicine
- Intro into Materia Medica
- Liver
  - Functions
  - Components
  - Herbs for



June 1<sup>st</sup>

- Plant pharmacopeia
  - Plant properties/actions
- Oil Infusions
  - Creating a salve
  - Formulas
- Digestive System
  - Herbs for
  - Enzymes
  - Probiotics/prebiotics
  - Vitamins/eating habits

## HEAR THEIR VOICES... ..



July 6<sup>th</sup>

- Herb Walk
- Tinctures
  - Fresh or percolation
- Treating trauma with herbs
  - Herbs for
  - Poultices
  - Compresses
- An herbal first aid kit
- Creating a flower essence

August 3<sup>rd</sup>

- Tea Tasting
  - Infusions
  - Decoctions
  - Sun Tea/ Moon tea
- Energy of the plants
- Making Misters
- Dream Pillows
- Nervous System
  - Herbs for
  - Components
  - Best form of medicine