

# Herbs A-Z



## Contact:

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## Herbs A-Z : Learn your Herbal ABC's

**Details:** You will receive verbal and written information on identification of specific herbs, harvesting techniques and forms to best use the herb. The class will emphasize how to use these healing plants as agents to keep yourself, your family and your pets healthy. You will also learn how each herb is used for specific health conditions. The action of the herb on the mind and body will be discussed as well as correct forms to use such as teas, tinctures, poultices, etc. You will learn correct dosages for each herb. Contraindications for some herbs will also be discussed. The classes will be taught by classifications of herbal properties and actions. The list of herbal properties and actions are listed in the class schedule below. In each classification the most important herbs of that classification will be studied. Every class will include sampling of many of the herbs we are discussing. This allows you to experience the herbs first hand and get better acquainted with them. A book of extensive notes will be given to each participant. If time allows we will make herbal products that the class feels they need more experience with. All participants who finish the course will receive a certificate of attendance.

### February 7th - April 25th: every other Sunday

Day one starts with an introduction to the course: What to expect from future classes, suggested texts, where to get reliable herbal information in books, periodicals, newsletters, internet, where to get reliable tools and supplies that a herbalist needs. Bring questions and be ready to tell Sharol what you hope to learn from this class. We will begin studying the digestive herbs first and proceed through the list below.

You will learn intimate details about more than 100 herbs based on the following categories. Many of the terms below will be new to you. After the class you will know what all of them mean and know many herbs that fit into each category and what makes each herb unique.

- **Digestive Herbs:** Nutritives, Bitters, Carminatives, Laxatives, & Stool forming herbs, Vermifuges, Antihelmintics, Astringents, Vulneraries, Mucilaginous Herbs, Antiinflammatories
- **Liver & Gall Bladder Herbs:** Cholagogues, Choleretics, Liver Protectants & Stimulants
- **Immune System Herbs:** Immunomodulators, Antimicrobials, Antiseptics, Antifungals, Antivirals, Antiprotazoals, Antitumor, Lymphagogues
- **Respiratory Tract Herbs:** Diaphoretics, Expectorants, Bronchodilators, Anticatarrhals
- **Reproductive Herbs:** Emmenagogues, Abortifacients, Parturients, Galactagogues, Aphrodesiacs, Uterine Tonics, Prostate Tonics, Sexual Potency Effectors
- **Cardiovascular Herbs:** Heart Tonics, Vascular Tonics, Hypotensives, Vasoconstrictors, Vasodilators, Hemostatics/Stypics
- **Nervines:** Nerve Tonics, Relaxants, Stimulants, Hypnotics, Analgesics, Antidepressants
- **Musculoskeletal System:** Antiarthritics, Rubefacients, Antispasmodics, Antiinflammatories
- **Endocrine System:** Blood Sugar Effectors, Thyroid Effectors, Adrenomodulators, Reproductive Hormone Modulators.
- **Urinary tract System:** Diuretics, Antilithics, Urinary Tract Tonic

### When is Herbs A-Z (Part II of Herbal ABC's):

Six Sundays in late winter/early spring 2010 - February 7th, 21st, March 14th, 28th, April 11th, 25th. The class is from 9:30AM - 5:00 PM. We provide drinks. You provide a sack lunch. Usually we have cheese available with the drinks.

What is the Cost of Herbs A-Z:

6 Sunday classes \$375-\$425 sliding scale fee

**Discounts:** Receive a 15% discount if you register two months in advance. Receive a 10% discount if you register one month in advance. Refunds Available up until two weeks prior to the class starting. There is a 20% surcharge on all refunds up until three weeks prior to the class when it changes to a 25% surcharge on all refunds.

### Lodging:

Camping on the farm: \$15/night per each person.

Private cabin with a single bed and loft bed available for \$35 per night for three or more nights or \$45 per night for one night. Includes use of outdoor kitchen and bathroom with hot shower.

Motel 15 minutes away

Many motels/hotels 20 minutes away

**Registration: To print out a registration form, click here "[Herbs A-Z \(Also called Advanced Herbal ABC's\)](#)"**

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