



# MODULE 3 CLINICAL HERBALISM

Clinical Herbalism, Botanical Medicine, & Plant Energetics

## **THE SYLLABUS & TEXTBOOK CHECKLIST**

Materials Provided Except Where Otherwise Specified—All Book Titles Are Clickable

Lessons 1-26

Lesson 1: Intro to Plant Medicine & The Plant Healer's Path

Lesson 2: Nomenclature & the Botany of Global Plants

Lesson 3: Adaptogens for Stress & Physiological States

Optional Reading

[Adaptogens for Stress](#)

Lesson 4: Ethical Wildcrafting • Responsible Foraging • Plant Identification Continued • Wild Edibles • Edible Flowers

Lesson 5: Herbs from A-Z & Poisonous Look Alikes

Lesson 6: Herbal First Aid & Traditions in Western Herbalism

Lesson 7: Plant Energetics & The Herbal Clinician

Lesson 8: Ocean Seaweeds, Sea Veggies &, Algae

Lesson 9: Ibogaine For Drug Addiction

Lesson 10: Regional Profiles & Plant Biomes



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## Lesson 11: Medicinal Mushrooms: Fungi, Pharmacology, & Clinical Applications

### Optional Reading

- Healing Mushrooms: A Practical Guide
- Medicinal Mushrooms: A Clinical Guide

## Lesson 12: The Science & Practice of Herbal Medicine: Contraindications & Drug Interactions

### Optional Reading

- Medical Herbalism

## Lesson 13: Principles & Practice of Botanical Prescribing: Growing & Making Herbal Medicine

- Concentrates
- Infusions
- Decoctions
- Tinctures
- Herbal Honeys, Syrups, & Vinegars

## Lesson 14: Herbs & Pregnancy: The Childbearing Year

### Optional Reading

- Wise Woman Herbal: The Childbearing Year

## Lesson 15: Herbal Folklore & Plant Mysticism

## Lesson 16: Delving Deeper Into Clinical Herbalism & Herbal Medicine

### Optional Reading

- The ABC Clinical Guide to Herbs (Preview)

## Lesson 17: The 7 Rivers of Healing & Wise Woman Traditions with Susun Weed



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## Lesson 18: Herbal Antibiotics: Natural Alternatives for Treating Drug-Resistant Bacteria

### Optional Reading

- Herbal Antivirals

## Lesson 19: Herbal Antivirals: Natural Remedies for Emerging & Resistant Viral Infections

### Optional Reading

- Herbal Antibiotics

## Lesson 20: Herbal Formularies for Health Professionals: Digestion, Elimination, the Gastrointestinal System, Liver, Gallbladder, Urinary System, & the Skin

### Optional Reading

- Herbal Formularies for Health Professionals, Volume 1: Digestion & Elimination, including the Gastrointestinal System, Liver & Gallbladder, Urinary System, & the Skin

## Lesson 21: Herbal Formularies for Health Professionals: Circulation, Respiration, the Cardiovascular, Peripheral Vascular, Pulmonary, & Respiratory Systems

### Optional Reading

- Herbal Formularies for Health Professionals: Circulation, Respiration, the Cardiovascular, Peripheral Vascular, Pulmonary, & Respiratory Systems

## Lesson 22: Herbal Formularies for Health Professionals: Endocrinology, the Adrenal & Thyroid Systems, Metabolic Endocrinology, & Reproductive Systems

### Optional Reading

- Herbal Formularies for Health Professionals, Volume 3: Endocrinology, including the Adrenal & Thyroid Systems, Metabolic Endocrinology, & the Reproductive Systems



## Lesson 23: Herbal Formularies for Health Professionals: Neurology, Psychiatry, and Pain Management, including Cognitive and Neurologic Conditions and Emotional Conditions

### Optional Reading

- ❑ Herbal Formularies for Health Professionals, Volume 4: Neurology, Psychiatry, & Pain Management, including Cognitive & Neurologic Conditions & Emotional Conditions

## Lesson 24: Wild Remedies: Connecting Deeply with the Seasons

### Optional Reading

- ❑ Wild Remedies: How to Forage Healing Foods and Craft Your Own Herbal Medicine

## Lesson 25: Native American Herbalism

### Optional Reading

- ❑ A Handbook of Native American Herbs
- ❑ Native American Herbal Encyclopedia
- ❑ The Native Americans Herbal Dispensatory Handbook

## Lesson 26: Chinese Herbal Medicine for Beginners

### Optional Reading

- ❑ Chinese Herbal Medicine: 100 Remedies