



Curriculum

Lesson	Hours
Unit 1: The Roots of Healing	23.0
Lesson 1: The Women's Herbal Path	1.5
Lesson 2: The Roots of Wellness	1.5
Lesson 3: Transformational Healing	1.5
Lesson 4: Food is Medicine	1.5
Lesson 5: A Woman's Body	1.5
Lesson 6: Traditions and Core Principles in Herbal Medicine	2.0
Lesson 7: Actions, Energetics, and Chemistry of Herbs	2.0
Lesson 8: Herbal Medicine Safety	2.0
Lesson 9: Herbal Preparations	2.0
Lesson 10: Formulating and Dosing	2.0
Lesson 11: The Client Encounter I	2.0
Lesson 12: The Client Encounter II	2.0
Lesson 13: Materia Medica for Women 1	1.5
Unit 2: Herbs for Gynecologic and Menstrual Health	25.5
Lesson 14: The Healthy Menstrual Cycle and Body Care	2.0
Lesson 15: Menstruation and Adolescents	2.0
Lesson 16: Painful Menstruation (Dysmenorrhea)	2.0
Lesson 17: Menstrual Irregularity	2.0
Lesson 18: Premenstrual Syndrome (PMS)	2.0
Lesson 19: Fibrocystic Breasts and Breast Pain	2.0
Lesson 20: Polycystic Ovarian Syndrome	2.0
Lesson 21: Endometriosis	2.0
Lesson 22: Vaginal Infections	2.0
Lesson 23: Urinary Tract Infections and Interstitial Cystitis	2.0
Lesson 24: Uterine Fibroids	2.0
Lesson 25: Issues in Unplanned Pregnancies and Botanical Medicine	2.0
Lesson 26: Materia Medica for Women 2	1.5



Curriculum

Unit 3: Herbs for Childbearing Women	31.5
Lesson 27: Specific Issues of Safety During Pregnancy and Lactation	2.0
Lesson 28: Fertility Problems	2.0
Lesson 29: Pregnancy Wellness, Nutrition, and Body Care	2.0
Lesson 30: Miscarriage	2.0
Lesson 31: Nausea & Vomiting of Pregnancy & Hyperemesis Gravidarum	2.0
Lesson 32: Constipation and Hemorrhoids	2.0
Lesson 33: Iron Deficiency Anemia	2.0
Lesson 34: IBS During Pregnancy	2.0
Lesson 35: Premature Labor and Uterine Irritability	2.0
Lesson 36: Skin Problems	2.0
Lesson 37: Insomnia and Nervous Disorders	2.0
Lesson 38: Breech Presentation	2.0
Lesson 39: Post Partum, Partus preparators, and Prolonged Labor	2.0
Lesson 40: Pain and Exhaustion in Labor	2.0
Lesson 41: Postpartum Care, Breastfeeding, and Postnatal Depression	2.0
Lesson 42: Materia Medica for Women 3	1.5
Personal Review Session	
Unit 4: Herbs for the Wisdom Years	16.0
Lesson 43: Healthy Menopause and Body Care: Wisdom Years	2.0
Lesson 44: Hormone Replacement Therapy	2.0
Lesson 45: Hot Flashes and Night Sweats	2.0
Lesson 46: Insomnia, Anxiety, and Depression	2.0
Lesson 47: Uterine Bleeding	2.0
Lesson 48: Vaginal Dryness, Uterine Prolapse, Low Libido	2.0
Lesson 49: Prevention of Heart Disease	2.0
Lesson 50: Osteoporosis	2.0
Additional Requirements	
Rapid Fire or Teleseminar 1	
Rapid Fire or Teleseminar 2	
Final Project	
Final Exam	