



Curriculum

Unit 1: The Roots of Healing

Lesson 1: Women's Ways of Knowing

Lesson 2: The Roots of Wellness

Lesson 3: Transformational Healing

Lesson 4: Food is Medicine

Lesson 5: Our Bodies, Our Power

Lesson 6: Traditions and Core Principles in Herbal Medicine

Lesson 7: Safety, Legal, and Ethical Issues in Herbal Medicine

Lesson 8: The Actions, Energetics, and Chemistry of Herbs

Lesson 9: Herbal Preparations and Maintaining an Herbal Pharmacy

Lesson 10: Formulating and Dosing Strategies

Lesson 11: The Client Encounter I

Lesson 12: The Client Encounter II

Lesson 13: Materia Medica for Women 1

Unit 2: Herbs for Gynecologic and Menstrual Health

Lesson 14: The Healthy Menstrual Cycle and Body Care During the Moontime

Lesson 15: Adolescent Menstrual Health + Hormonal Acne

Lesson 16: Painful Menstruation (Dysmenorrhea)

Lesson 17: Menstrual Irregularity

Lesson 18: Premenstrual Syndrome (PMS)

Lesson 19: Fibrocystic Breasts and Breast Pain

Lesson 20: Polyendocrine Metabolic Ovarian Syndrome (aka Polycystic Ovarian Syndrome)

Lesson 21: Endometriosis and Chronic Pelvic Pain

Lesson 22: Vaginal Infections

Lesson 23: Urinary Tract Infections and Interstitial Cystitis

Lesson 24: Uterine Fibroids

Lesson 25: Contraception and Issues in Unplanned Pregnancies

Lesson 26: Materia Medica for Women 2



Curriculum

Unit 3: Herbs for Childbearing Women

Lesson 27: Botanical Medicine Safety During Pregnancy

Lesson 28: Fertility Challenges

Lesson 29: Pregnancy Wellness

Lesson 30: Miscarriage

Lesson 31: Nausea & Vomiting of Pregnancy & Hyperemesis Gravidarum

Lesson 32: Constipation and Hemorrhoids

Lesson 33: Iron Deficiency Anemia

Lesson 34: Inflammatory Bowel Disease and Heartburn During Pregnancy

Lesson 35: Premature Labor and Uterine Irritability

Lesson 36: Skin Changes and Varicosities in Pregnancy

Lesson 37: Insomnia, Depression, and Anxiety During Pregnancy

Lesson 38: Breech Presentation

Lesson 39: Post Partum, Partus preparators, and Prolonged Labor

Lesson 40: Pain and Exhaustion in Labor

Lesson 41: Postpartum Care, Breastfeeding Problems, and Postpartum Depression

Lesson 42: Materia Medica for Women 3

Unit 4: Herbs for the Wisdom Years

Lesson 43: Healthy Menopause and Body Care During the Wisdom Years

Lesson 44: Hormone Replacement Therapy

Lesson 45: Hot Flashes and Night Sweats

Lesson 46: Insomnia, Anxiety, and Depression

Lesson 47: Uterine Bleeding

Lesson 48: Vaginal Dryness and Low Libido

Lesson 49: Prevention of Heart Disease

Lesson 50: Osteoporosis

Additional Requirements

Final Exam