

NURSE MASTER HERBALIST SYLLABUS

Certificate Program Name: Nurse Master Herbalist

Contact Hours: 360 hours

Course Duration: Each module corresponds to 3 semester college hours. 8 modules comprise the program. The program is self-paced without a time limit. It usually takes 5.04-9.6 months to complete the program, so it takes from 0.63-1.2 months to complete each module.

Prerequisites: Applicants must have an active US RN/LPN/LVN license. A copy of the license must be on file with the college before your certificate/s will be issued. If you did not send in a copy with your application, please fax to: 888.201.4186

Program Description: This in-depth program covers the history of herbal medicine, hands-on herbal preparation, health conditions and corresponding herbal therapies, extensive Materia Medica, herb research, terminology, case studies, and other topics related to herbalism. Students will learn in great detail about the three main traditions of healing: Chinese, Western, and Ayurvedic, including herbal suggestions for over 100 medical conditions based on these healing modalities. Growing and cultivating medicinal plants and making herbal remedies at home will also be covered. Drug-herb interactions will be covered in order to avoid potentially harmful combinations. The Nurse Master Herbalist Certificate can be used alone, or it can be applied toward the Certified Holistic Nurse Diploma.

Accreditation: GIFAM is accredited by the American Association of Drugless Practitioners(AADP aadp.net) and you may apply for AADP board certification upon completion of this program.

Goals:

Module 1

1. Identify 15 chemical herbal categories
2. Describe these 15 chemical herbal categories
3. Define 15 herbal terms
4. Define 15 botanical terms
5. Identify 8 categories of herbal preparation techniques
6. Describe 8 categories of herbal preparation techniques
7. Identify the fat-soluble vitamins
8. Identify the water-soluble vitamins
9. Describe the etiology of toxicity of fat-soluble vitamins
10. Identify 9 acids, listing whether or not they are organic or inorganic
11. Define "carotenoid"
12. Describe chelation according to traditional Western medicine theory
13. Describe the purpose of chelation via alternative health applications
14. Define "DSHEA"
15. Define "macrobiotics"

Module 2

1. Define "autointoxication"
2. Identify signs of toxic colon
3. Review colon anatomy and physiology via traditional Western medicine and alternative theory bases
4. Define "bowel toxemia"
5. Define "leaky gut syndrome"
6. List common parasites in the U.S.
7. Describe Candidiasis
8. Describe detoxification

9. Describe bathing as a method of detoxification
10. Describe nasal lavage and oral care as methods of detoxification
11. Describe sweating as a method of detoxification
12. Describe fasting as a method of detoxification
13. Describe bowel cleansing as a method of detoxification
14. Describe blood and lymphatic system detoxification
15. Describe liver and kidney system detoxification
16. List category of detoxification herbs

Module 3

1. Define "herb"
2. List 3 major classifications of herbal medicine
3. List 2 classification systems of herbs
4. Define "tincture"
5. Define "extract"
6. Describe capsules and tablets
7. Describe teas
8. Describe lozenges
9. List 3 topical forms of herbal administration
10. Name the common theme of herbal approaches
11. Name the Herbal practitioner who developed a system for classifying illnesses and remedies that was utilized in Western medical education for several hundred years
12. Name the time frame during which herbalists were routinely put to death
13. Describe the development of the two-tiered health system in England in the 1600s
14. Describe how the "Flexner Report" impacted herbalism in the U.S.
15. Name the percentage and number of people who use herbalism for some aspect of primary health care

Module 4

1. Define "botany"
2. Define "stem"
3. Define "root"
4. Define "leaves"
5. Define "flower"
6. Describe types of flowers
7. Define "inflorescence"
8. Define "fruit"
9. Define "seed"
10. Define "non-vascular plants"
11. List examples of non-vascular plants
12. Define "fungi"
13. Define "lichens"
14. Name 2 categories of vascular plants
15. Define "seedless vascular plants"
16. Define "seed vascular plants"
17. Define "flowering plants"
18. Review harvesting and storage

Module 5

1. Describe the method of preparing tea
2. Describe the method of preparing an infusion
3. Describe the method of preparing a tincture syrup
4. Describe the method of preparing a cold infusion
5. Describe the method of preparing an ointment
6. Describe the method of preparing and herbal powder

7. Describe the method of preparing capsules
8. Describe the method of preparing pills
9. Describe the method of preparing compresses and poultices
10. Describe the method of preparing massage oils
11. Describe the method of preparing herbal baths
12. Describe the method of preparing liniments
13. Describe the method of preparing steam inhalants
14. Describe the method of preparing tonic wines
15. Describe the method of preparing lotions
16. Describe the method of preparing skin washes
17. Describe the method of preparing suppositories
18. Describe the method of preparing juice
19. Describe the method of preparing macerations
20. Name some simple home remedies
21. Describe herbal first-aid (give examples of agents in parentheses)
22. List conditions for which to use practical herbal first-aid
23. Prepare an herbal remedy as part of a final exam

Module 6

1. Name an applicable condition to manage with Aloe vera
2. Name an applicable condition to manage with Black cohosh
3. Name an applicable condition to manage with Burdock
4. Name an applicable condition to manage with Cascara sagrada
5. Name an applicable condition to manage with Cat's claw
6. Name an applicable condition to manage with Cayenne pepper
7. Name an applicable condition to manage with Chamomile
8. Name an applicable condition to manage with Cranberry
9. Name an applicable condition to manage with Dong quai
10. Name an applicable condition to manage with Echinacea
11. Name an applicable condition to manage with Evening primrose oil
12. Name an applicable condition to manage with Feverfew
13. Name an applicable condition to manage with Flax
14. Name an applicable condition to manage with Garlic

Module 7

1. Name the method of categorizing Western herbs
2. Describe the purpose of herbal property assignment
3. List the properties of herbs
4. Name the primary principle of Western herbalism
5. State the principle that describes what an herbalist must avoid doing in his or her practice
6. State the principle that describes holism
7. State the principle of avoiding illness
8. List the principle that encourages client autonomy
9. List 5 diagnostic methods of Western herbalism
10. Name the purpose of the Essiac formula
11. List the formulator(s) of Essiac tea
12. List the main herbs in Essiac tea
13. Describe the important legislative action that was taken regarding Rene Caisse's practice
14. Describe how Rene Caisse was allowed to care for terminally ill patients
15. Describe why the history of Essiac tea is so important to the practice of herbalism

Module 8

1. Define "pharmacokinetics"
2. Define "pharmacodynamics"
3. Define "absorption"

4. Define "distribution"
5. Define "metabolism"
6. Define "elimination"
7. Describe 3 common herb-drug interactions
8. Describe 3 common vitamin-drug interactions
9. Describe 3 common food-drug interactions
10. List 3 herbs that are unsafe to use during pregnancy
11. Describe 3 herbs that are helpful during pregnancy
12. Name the 2 classifications of medications that should not be used with St. John's Wort
13. Name a source of unhealthy electromagnetic field emanations
14. Name 3 herbs that contain steroid factors that could cause problems during pregnancy
15. Name a homeopathic remedy used to bring the baby into proper birthing position

Syllabus: 2 Segments, 8 Modules with 8 self-review quizzes, 1 final examination

Segment I

NMH11 Medical/Herbal/Botanical Terminology: Hundreds of medical, herbal and botanical terms are explained to the student to help better comprehend future lessons and to gain a greater understanding of the client's medical conditions and treatments.

NMH12 Toxicity and Detoxification: An in-depth study of auto-intoxification, food and environmental pollutants, *Candida Albicans* and parasites. The importance of detoxification is emphasized and the most popular cleansing herbs are discussed for each organ system.

NMH13 History of Herbal Medicine: The history of herbal medicine is woven into the histories of people and civilizations. This lesson is an introduction to Herbology and gives a detailed description of the use of herbal medicine throughout the ages.

Segment II

NMH21 Botany and Plant Identification/Harvesting: A detailed study of botany in relation to herbal medicine. Plant anatomy. Over 1,000 herbs will be covered with over 1,500 colored photographs for quick reference to assist the student in identifying, cultivating and using herbs.

NMH22 Making Herbal Remedies: Students will learn how to make their own herbal remedies, including healing balms, lotions, teas, syrups, oils, tinctures, and more. We'll also discuss the entire process of preparing herbal medicines at home, from methods of growing, gathering, and drying herbs to different ways of extracting their vital essences. Students will be expected to send in a sample of a homemade remedy during their final grading.

NMH23 Materia Medica / Therapeutic Herbalism: The study of hundreds of healing herbs, their uses, ratings, safety issues, dosage, and research behind the plant. Ground breaking herbal treatments will be discussed for over 100 medical conditions including: cancer, migraines, Chronic Fatigue Syndrome, diabetes, and arthritis.

NMH24 Western Herbal Medicine: Traditional Western Herbal Medicine evolved from the Greeks who were strongly influenced by the Egyptians and Middle Eastern civilizations. Herbal medicine in North America today is also influenced by European and Native American traditions. Students will learn how to incorporate the different healing systems and how to determine the best therapy for individual cases.

NMH25 Drug-Herb-Vitamin Interactions: Students will learn how to avoid making mistakes when using natural supplements and common medications together. The A-Z guide will teach students which drugs can deplete the body's essential nutrients; which supplements can help prescriptions work better, or reduce drug side effects; and which herbs and drugs should never be taken together.

Final Examination

Self-Review Quizzes: Each module contains a self-administered quiz designed to assist the student in assimilating information and discovering where more learning needs to take place. Self-Review quizzes are open book and have no point value.

Final Examination: Students can use self-review quizzes as references. The final examination must be completed and submitted in order to obtain a grade and course credit.

Book Report: Students must select and read a book (minimum 250 pages) that relates to the topic of herbalism or natural healing, then write a two-page book report on the subject and how it may benefit a future master herbalist practice. Current books should be chosen; encyclopedias and dictionaries are not acceptable.

Herbal Remedy Making: Students must select an herbal remedy and make it from scratch, compiling a list and giving some details on the process. Remedy must be clearly labeled, packaged so as to avoid spilling and submitted with final examination and other assignments. Please snail mail to

GIFAM

3822 Lake Ave.

Wilmette, IL 60091-1019

Thesis: Students must write and submit for grading a five-page thesis on one of four topics: Prevention (through herbs and nutrition) and what constitutes a healthy lifestyle, the difference between alternative and conventional medicine, anti-aging with herbs and lifestyle choices, or the future of natural medicine. Thesis should be typed, single-spaced with 1" margins or neatly handwritten. The thesis must be completed and submitted with final examination to receive program credit.

Case Studies: Students must complete 5 case studies as instructed by course materials.

Online Forum Participation: This is encouraged but optional. The login URL is at gifam.org and you need your student ID and an email address to register.

Grading: Students will be graded on a percentage scale and given a letter grade at the completion of the course. Total number of points from which percentage and grade are calculated is 500. To pass the program, a student must receive at least a "B" grade (80% of possible points). Point breakdown is as follows:

Final Examination – 140 points
Book Report – 60 points
Herbal Remedy Making – 50 points
Thesis – 150 points
Case Studies – 100 points

A = 90 – 100%
B = 80 – 89%
C = 70 – 79%

D = 60 – 60%

F = 0 – 59%

Approval for contact hours through the AHNA is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific modality in the care of clients

Heather Johnstone PhD RN BC APN AMP-C RYT is a planner and presenter. She is employed by Shiprock Institute DBA GIFAM. She has no other financial interests.

Theda Renee Floyd, BS, RN, HHP, MH, NC is a planner and presenter. She is employed by GCNM and does not receive compensation for her work within the GIFAM classrooms. She is paid by GCNM for her time on the shared forums.

Kathryn Marcinak, HHP, BA, C-PT is a planner and presenter. She is employed by GCNM and does not receive compensation for her work within the GIFAM classrooms. She is paid by GCNM for her time on the shared forums.