

HERBALISM CERTIFICATE PROGRAM SYLLABUS

1. Interactive Classroom Education (150 hours)

- a. Classes meet every Thursday from 6-9 p.m.
 - i. In-depth study of over 75 individual herbs
 - 1. Taste and experience
 - 2. Learn historical importance and folklore
 - 3. Plant energetics and their uses
 - ii. Learn techniques to make herbal preparations and remedies
 - iii. Strong focus on systems of the human body
- b. Weekend classes each month on Saturday and/or Sunday 9 a.m. – 4 p.m.
 - i. Gardening and horticulture techniques
 - ii. Harvesting fresh herbs from on-site garden
 - iii. Garden walks and hiking in the beautiful Rocky Mountains
 - iv. Plant identification and botany
 - v. Herbal preparations and techniques using fresh plants
 - vi. Cooking with herbs
 - vii. Discussion

2. Extra-curricular Activities/Homework (100 hours)

- a. Assignments
 - i. Recommended reading/literature
 - ii. Case studies
 - iii. At home herbal preparations
 - iv. Final project preparation

b. Optional Activities

- i. Journaling
- ii. Additional reading/research
- iii. Additional monographs
- iv. At home herbal preparations
- v. Denver Medicinal Plant Society meetings
- vi. Podcasts, lectures and events relating to herbalism
- vii. Adult education classes at the Gardens relating to herbalism
- viii. Gardening
- ix. Other approved activities

3. Work opportunity/Volunteering (50 hours)

- a. Internship at local apothecary
- b. Denver Botanic Gardens Volunteer Program
- c. Community-based volunteering related to herbalism, gardening or horticulture



HERBALISM CERTIFICATE COURSE LIST

Recommending Texts for the Certificate Program

"The Herbal Medicine-Maker's Handbook:
A Home Manual" by James Green

"Medical Herbalism" by David Hoffmann

"Medicinal Plants of the Mountain West"
by Michael Moore

"Botany in a Day" by Thomas J. Elpel

4/16 Introduction to the Herbalism Certificate Program

Thursday, 6-9 p.m.

A welcoming class that reviews what the program consists of, expectations for students, attendance, schedule and materials.

4/23 Infusions and Nutritive Herbs

Thursday, 6-9 p.m. | Blake Burger

Learning the basics of infusing herbs is an important stepping-stone on the path to becoming a great herbalist. The valuable information provided in this class creates a foundation for making herbal remedies at home. Learn about water, vinegar, oil, honey and witch hazel infusions and which herbs are best for infusing. We also discuss the benefits of nutritive herbs. Nutritive herbs are high in vitamins and minerals, feed gut flora and provide deep nourishment for the body, mind and soul.

4/30 Decoctions and Herbal Safety

Thursday, 6-9 p.m. | Cat Pantaleo

The focus of this class is the herbal preparation of decocting, necessary to release the healing qualities of roots, barks and seeds. We continue to explore the world of nutritive herbs, those that assist in building the physical foundation of a healthy body by providing essential nutrients. The second part of the class provides an overview of botanical safety guidelines, including critical thinking, dosage strategies and primary considerations.

5/7 Your Constitution and Why It Matters

Thursday, 6-9 p.m. | Monticue Connally and Farnosh Family

Many of us are used to a one-size-fits-all approach to medicine and diet. We look at someone with a tendency to gain weight and think they should try to remain slim. We see someone who is very thin and say, "Wow, she should really eat something!" We might see someone with a headache and right away assume they need an Aspirin or an Advil because they are both "good" for headaches. Is immediate pain relief always good for a headache? Or is the headache a gateway to greater insights? We make these assumptions without looking at underlying energetic patterns, which can lead much closer to the core properties of a potential illness in the body that is hosting it. Open to a deeper level of understanding in these realms. By exploring the attributes or qualities of a particular herb, one can be wiser and more deliberate in the use of that herb.

5/9 Introduction to Botany and Making Infusions

Saturday, 9 a.m. – 4 p.m. | Blake Burger and Cynthia Farris

The first portion of this class focuses on demonstration and hands-on making of herbal infused oil, nutritive vinegar and witch hazel with commercially available medicinal plants. The second half of the class is an introduction to plant identification, including basic botanical terminology, plant families and flower structure. We finish with a leisurely stroll in the gardens to reinforce the concepts and terms covered in class.

5/14 Tincture and Cordial Making

Thursday, 6-9 p.m. | Cat Pantaleo

This class introduces the wonderful world of tincture making – the art and science of creating herbal medicine by soaking plants in alcohol. We cover both folk and weight to volume methods, discuss a variety of alcohol choices, as well as sample and formulate cordials – the ancient art of combining herbs spices and sweetener to make delicious and comforting medicine. Students take home a 1 oz bottle of cordial.

5/21 Herbal Allies for the Liver and Internal Skin Remedies Using Herbs

Thursday, 6-9 p.m. | Monticue Connally

The liver means just that, to live. A strong foundation of good health starts with an understanding of the liver. Liver dysfunction can show up as symptoms reflected in energy levels, a myriad of diseases and in obvious ways through the skin. For lack of understanding we are bombarded with ads for lotions, creams and washes that claim to promote skin health. The truth is that the health of the skin is quite often a reflection of what's going on inside of the body and more specifically the liver.

Join us as we go over general functions of the liver, common liver-based diseases, how they can manifest in the skin and effective herbal remedies to aid the liver in its important functions.

5/28 Herbal Allies for the Digestive System

Thursday, 6-9 p.m. | Cat Pantaleo

There is no denying the connection of optimal digestive function and overall health and vitality. This class covers the basic anatomy and physiology of the GI tract, common digestive complaints and their underlying etiology and the proper and safe use of botanicals to address these issues. Also included are herbs, food and lifestyle practices to maintain optimal gut health. We sample a variety of delicious herbal preparations from the herbs discussed, and each participant takes home a bottle of bitters.

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6/4 Gardening and Cheesman Park Weed Walk

Thursday, 6-9 p.m. | Blake Burger

Gardening in Colorado is extremely rewarding, but often a challenge. Patience, adaptability and skill are all necessary virtues to be successful and fruitful as a gardener in Colorado. This class talks about soil and compost, seed starting, climate, propagation techniques, transplanting and more. Learn techniques to not only help your plants survive but thrive. We also discuss the best herbs and medicinal plants to grow in Colorado's dynamic climate.

6/6 Food: Recipes for Healthy Living

Saturday, 9 a.m. – 4 p.m. | Amberle Suski and Cynthia Farris

One of the most potent, practical and preventative forms of plant remedies is thoughtfully grown and prepared food. Join us as we harvest and preserve herbs from the garden that we also make into a variety of delicious, sensory pleasing foods. We discuss microbiomes, vital vitamins, minerals, prebiotics and probiotics to be aware of, as well as nutrient dense herbs that are sure to supply them plentifully with many other amazing benefits. We explore the culinary world and incorporate herbs into every inspiring and tasty bite and sip!

6/11 Smoke in Herbal Practice and Spirit Herbal Remedies

Thursday, 4-9 p.m. | Blake Burger and Steve Sietos

Many of us burn palo santo or sage in our homes but do not know the reason why, or the history behind the practice. You have likely been to a traditional sauna or visited a church and have noticed plants and resins being smoked or burned, but perhaps didn't know the benefits. In this class, we make those connections and see how we have evolved to include smoke medicine in many areas of life. You also learn how smoke can restore lungs and ease respiratory complaints. When administered properly, smoke is a great vehicle for the healing constituents within plants to enter into the body.

This class covers herbs we can smoke or burn for ceremony, ritual and healing. There are several plants native to the Rocky Mountain region that have been traditionally used to clear energy, ward off illness and promote health. Learn about these sacred herbs as well as the many other plants used for smoke medicine. Learn how to conduct your own ritual and meditation at home using resins, barks and plant material. A portion of the class covers smoking herbs such as mullein, tobacco, chamomile and lobelia.

6/18 Nurturing the Skin you Live In

Thursday, 6-9 p.m. | Amberle Suski

This class cultivates an understanding of the skin from a holistic approach. We explore skin conditions from acne to wounds and talk about our plant allies that soothe and deeply nourish the skin. We learn how to use demulcent herbs for irritated or inflamed tissue. Students also discover astringent herbs and their tissue-healing effects. In this class, we briefly explore anatomy and physiology of the skin to gain familiarity with patterns of health and trauma. Learn about key herbs and herbal remedies to support acute traumatic conditions like cuts, bruises, scrapes, infections, burns, inflammation, sprains, strains, fractures, breaks and more! Sample and create herbal remedies such as a fresh comfrey poultice, a lavender witch hazel liniment and a chamomile oat scrub.

6/20 Creating Flower Essences and Hydrosols

Saturday, 9 a.m. – 4 p.m. | Amberle Suski and Blake Burger

Safe for all beings, flower essences are a subtle yet powerful and versatile form of homeopathic herbal therapy that work deeply on the emotional and spiritual bodies. Learn to create custom flower essences outside in the garden while discovering their unique energetic and therapeutic potential. We explore the world of homeopathic medicine and methods of production. Students sample essences to reflect upon. Concepts of gem essences and environmental essences will also be touched on. We create an herbal syrup to complement your unique essence for dosing and explore applications like room and body sprays, libations, elixirs, baths, household products and more! Hydrosols, also known as "flower waters," are produced by distilling fresh leaves, fruits and flowers. The class harvests fresh plant material from the garden and process it into a fragrant hydrosol. Learn step-by-step instructions and explore the ways you can utilize this technique in everyday life.

6/25 Natural First Aid

Thursday, 6-9 p.m. | Cat Pantaleo

This class introduces students to the myriad ways in which a variety of botanicals and other natural remedies can be utilized safely and effectively for first aid situations, including burns, sprains/strains, poison ivy and insect bites/stings. We cover both internal and external applications, including homeopathy and poultices. Students make products to take home to add to their first aid kits.

HERBALISM CERTIFICATE COURSE LIST

7/9 Herbal Allies for the Circulatory System

Thursday, 6-9 p.m. | Amberle Suski

Get excited to learn about the functions, ailments and herbal remedies of the circulatory system! We start class by exploring anatomy and physiology of the system to gain familiarity with patterns of health and dis-ease. Learn about key herbs and herbal remedies to support physical and energetic conditions like poor circulation, heart disease, grief, anemia, elevation sickness, high or low blood pressure and more. We sample and create heart-healing remedies as well as learn about to grow or forage for heart-healthy herbs.

7/16 Herbal Allies for the Lymphatic System

Thursday, 6-9 p.m. | Steve Sietos

A lymphatic system that flows properly is important to maintaining robust health. Herbal allies improve the flow of lymphatic fluid which help to cleanse and detoxify the body. We explore self-care methods of keeping the lymphatic system moving: dry brushing and lymphatic drainage massage that you can do at home.

7/23 Herbal Allies for Reproductive System Health: Male

Thursday, 6-9 p.m. | Monticue Connally

For thousands of years men have benefitted greatly from the use of herbs. We cover male specific uses of herbs and how these remedies promote a healthy reproductive system. This class also places heavy emphasis on the amazing inner workings of the system itself.

7/25 Electuaries, Acetums, Oxymels & Fermentation

Saturday, 9 a.m. – 4 p.m.

Amberle Suski and Cynthia Farris

This herbal remedy focused class centers on creating infused vinegars, honeys and oxymels from plants we harvest in the garden and are also easy to find at the grocery store. We learn about and create the zippy immune boosting traditional remedy known as Fire Cider and touch on trademarking and language surrounding business in herbalism.

7/26 Plant Identification and Field Medicine Making

Sunday, 9 a.m. – 4 p.m. | Cat Pantaleo and Amberle Suski

This is a full and fun day with the plants outdoors in their natural setting. We spend the morning on a local trail exploring the botanical diversity of the Front Range as well as review and practice plant identification skills learned earlier in the program. We review basic botanical terminology, plant families and ecology, and introduce the concept and practice of ethical wild crafting and stewardship. Edible and medicinal properties of the plants we encounter will be discussed, as well as botanical first aid applications. We spend the afternoon at the beautiful and bountiful Denver Botanic Gardens Chatfield Farms. As we wander through the gardens, we continue practicing identification and observation skills, nibble herbs we encounter and make simple remedies.

7/30 Feminine Health: Nurturing the Rhythm of Life

Thursday, 6-9 p.m. | Farnosh Family

A woman's natural rhythm is maintained by her intrinsic monthly menstrual cycle, which can be a time for cleansing, rebirth and rejuvenation. Just as there are different phases of the moon, the different phases within the cycle represent the different energies, functions and needs of the body and mind. Finding balance in each of these phases for mind and body is crucial for setting the pace for a life of health and wellness. According to Ayurveda, an imbalance in any of the three doshas—the bodily humors or energies—can cause multiple conditions related to a woman's cycle from PMS and dysmenorrhea to infertility and hot flashes in menopause. The objective of this course is to discuss the ways to restore the natural rhythm absent from any symptoms and find balance by addressing the root cause. We explore how to identify which dosha is out of balance and the lifestyle and herbal recommendations that can be used.

8/6 Cold Season Gardening

Thursday, 6-9 p.m. | Amberle Suski

In this class we will dive into fall gardening practices including sowing cool season crops, crop rotation, cover crops, mulching, herbal fertilizing and composting and various methods of extending the growing season. We discuss herbs and veggies that prefer cooler weather, as well as tips for growing annuals at higher elevations and herbs to consider growing indoors over the winter. Everyone starts their own tray of cool season seedlings such as sage, parsley, leafy greens, radishes and beets to take home and tend for a final fall harvest before putting the garden to rest for the winter.

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8/13 Herbal Allies for Optimal Vitality and Resilience

Thursday, 6-9 p.m. | Cat Pantaleo

Adaptogen is a term coined by Russian scientists in the 1960s and refers to botanicals that have been used for centuries to increase vitality and the capacity to endure life's stressors. In this class we discuss the basic anatomy of function of the endocrine system, the vast array of detrimental effects of stress on health and explore the efficacy and safety of five well known adaptogens and how best to use them for optimal health and longevity. This is a lecture style class that will include sampling a variety of different medicines prepared from the herbs discussed.

8/15 Skin Spa

Saturday, 9 a.m. – 4 p.m. | Blake Burger and Cynthia Farris

Learn to effectively make affordable skin care products that are all natural, garden fresh and excellent for your skin. There are many herbs growing here in Colorado that help clear, moisturize and revitalize your skin. This class covers which plant oils are great for your skin. Students make and take home a skin serum, scrub, honey mask made with bentonite clay and fresh herbs from the garden.

8/16 Hiking

Sunday, 9 a.m. – 4 p.m. | Blake Burger and Kim Beck

In our nature-deficit times, herbalism is a doorway and herbalists hold the key to re-connection and health. In this outing we engage the opportunity and responsibility to be knowledgeable, ecologically literate and nature-connected herbalists through a focus on bioregionalism and awakening your native awareness. During this time outdoors, we integrate botany, ecology, plant identification, knowledge of local edible/medicinal/survival plants, landscape observation, sensory awareness and explorations in perception. Deepen your relationship to land while adding to your confidence as a regional herbalist.

8/20 Herbal Allies for Muscular/Skeletal Health

Thursday, 6-9 p.m. | Monticue Connally

The skeleton and musculature are the supporting structures of our bodies. They work well together but are often challenged by poor posture, overexertion, dehydration and other potentially disruptive forces. But there are herbs that can help us to manage the aches, pains and inflammations that come with the territory. In this class we learn about the muscular-skeletal system, potential problems and the herbs that help us to manage them!

8/27 Herbal Allies for the Respiratory System: Tonics, Expectorants, Antispasmodics, Cold/Flu

Thursday, 6-9 p.m. | Amberle Suski

The respiratory system is responsible for bringing oxygen into the body and then expelling carbon dioxide back into the air. Our respiratory system must stay open and nourished so our body's cells stay rich with oxygen. Luckily, many plants have profound therapeutic effects on the respiratory system. Make a vapor rub oil in class to take home.

9/3 Herbal Allies for the Immune System

Thursday, 6-9 p.m. | Monticue Connally

There is a team of protectors and processes within each of us that work together to help prevent and fight off illness. This team within can be weakened or strengthened depending on many factors. There are many tools in our herbal arsenals that can boost the efficiency and power of these forces! Let's take a close look at this system and the herbs that are proven to help this army within to keep the baddies away.

9/10 Herbal Allies for Children

Thursday, 6-9 p.m. | Amberle Suski

Kids are prone to a variety of health quandaries from bruises and cuts, teething and ear infections, colic and diarrhea, cold and flu, and many others that can feel overwhelming. Often these are easily managed at home with time honored herbal remedies. In this class we learn about safety in choosing which herbs to work with. We cover a variety of commonly used herbs for kids and some tried and true recipes like gripe water, calming herbal baths, teas, salves and more. Make a soothing herbal oat milk bath and a calming catnip lemon balm glycerite to take home and try. We also explore a few reflexology techniques that can be very easy and helpful especially when paired with herbal oils.

9/17 Herbal Remedies for Pets

Thursday, 6-9 p.m. | Steve Sietos

Medicinal plants and their healing properties are not reserved solely for humans. Our pets can benefit from their offerings as well. In fact, many herbal remedies were discovered by humans from watching animals utilize plants for medicine. Join herbalist Steve Sietos for an evening discussion on keeping your pet healthy and happy. Learn which diet is best for your pet and how to treat digestive issues, allergies and common ailments with herbs.

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9/19 Visit Desert Canyon Farm and Tammi Hartung

Saturday, 9 a.m. – 4 p.m. | Blake Burger

This tour of Desert Canyon Farm covers the flower farm, seed production area, heirloom orchard, green house, and gardens. Tammi Hartung, owner of Desert Canyon Farm, also discusses specific aspects of the farm, such as growing organic, utilizing wind energy and their wildlife conservation efforts. After the tour, eat lunch on the property. Students have the option to purchase some plants. Participants are encouraged to bring their own picnic foods and blanket.

9/24 Nervines Part 1: Herbal Allies for Nervous System Support and Nourishment

Thursdays, 6-9 p.m. | Cat Pantaleo

The nervous system is the body's primary controlling system, monitoring and detecting changes, integrating the information, then initiating and directing actions that maintain homeostasis – all without our conscious awareness. We begin with covering the basics of nervous system anatomy and physiology, then delve into the wonderful world of nervines: botanicals that support and nourish the nervous system.

10/1 Nervines Part 2: Herbal Allies for Nervous System Support and Nourishment

Thursdays, 6-9 p.m. | Cat Pantaleo

This class continues where Part I left off. As we sip infusions of the monographed herbs, we cover specific nervous system ailments and remedies, including anxiety and disturbed sleep. Students are also be introduced to the skill of formulating, have the opportunity to formulate a tea with their classmates and go home with a custom nervous system blend.

10/3 Garden Harvest and Roots

Saturday, 9 a.m. – 4 p.m.

Amberle Suski and Cynthia Farris

Fall is the perfect season for connecting with roots. We spend time grounding and digging medicinal roots in the garden, discussing seasonal energy patterns, preventative care, digging tools and good practices regarding harvesting roots. Fall can also be chaotic and stressful, so we make immune-boosting, sickness-fighting, stress-combatting remedies like cough syrup, adaptogenic root beer and kombucha. Many of the roots we learn about contain inulin, so a discussion of prebiotics, digestive health, fermentation and immunity is explored as well.

10/8 The Art and Science of Formulating

Thursday, 6-9 p.m. | Cat Pantaleo

This class is a culmination whereby students will have the opportunity to put into practice what they have learned. We explore the art of combining herbs to make therapeutically effective and good tasting formulas, both in tincture and tea form. Pertinent to the conversation is a review of botanical safety and dosage strategies, as well as introducing basic assessment skills and applying them to mock case studies.

10/15 Class time reserved for any potential rescheduling of classes due to unforeseen circumstances.

10/22 Final Project Presentations and End of Program Celebration

