

# Master of Science in Medicinal Herbalism

## (M. Sc.)

### Course Descriptions

#### **Herbology I**

**4 Credit Hours**

*This brief introduction gives the student an understanding of “how” herbals affect organs in the body. The “Principles of Herbal Healing” are also discussed for the sake of the student, so that he/she may compare conventional medicine with herbal medicine and learn how to choose the “Right Herb” for the diagnosis. One essential factor learned is: “More is Not Necessarily Better” for anyone, and taking too many herbals of one kind, may cause allergy or even death in rare cases. Discussed in Part One is: a.) plans for long range improvement; b.) origins of Traditional Chinese Medicine (TCM); c.) sizing up ways to render herbal treatment to children and older adults; and discussed are d.) Disorders of the Immune System, Psychosomatic Complaints, Allergies, Capsules, Extracts, Granules, Lozenges, Medicinal Spirits, Plant Juices, Syrups, Tablets, Teas, and Tinctures, as well as other maladies too numerous to mention.*

#### **Herbology II**

**4 Credit Hours**

*This study discusses in detail Common Health Problems and “how” herbs may bring about a remedy for some Common Bad Health Maladies such as: Acne, Atherosclerosis, ADHD, Benign Prostatic Hypertrophy (BPH), Breast Cancer, Congestive Heart Failure, Constipation, Depression, Endometriosis, Eye Problems, Fibromyalgia, Gastritis, Hypertension, IBS, Memory Problems, Rheumatoid Arthritis, Stomach Cancer, Wrinkles, and Yeast Infections. All total, there are more than 160 herbal remedies discussed. Most of these herbals bring about amelioration (improvement) in humans, who suffer with various illnesses or maladies.*

#### **Microbiology**

**3 Credit Hours**

*A comprehensive yet concise study on Microbiology that leads you from the history and scope of microbiology, through the equipment and techniques used, and survey of microorganisms such as eukaryotic cells, and bacteria. You will also discover control of microbial growth, transport of molecules, and microbial metabolism.*

#### **Detoxification**

**3 Credit Hours**

*Many Americans are toxic. Most follow the world’s worse diet. A body with a healthy immune system, efficient organs of elimination and detoxification, and sound circulatory and nervous system can handle a great deal of toxicity. In this study you will learn the benefit and the importance of how to cleanse the body of toxins. Toxic suppressors can include heavy metals (lead, aluminum, cadmium, copper, mercury, arsenic, nickel), chemicals (carcinogens, fluoride, chlorine, food additives), and radiation (electromagnetic, microwave, nuclear, solar X rays, computer monitors). They can all include ingested hormones, steroids, drugs, alcohol, toxic water, caffeine, processed foods, inhaled or absorbed pesticides perfume, smog, nicotine from cigarettes, noise, and stress. The toxic suppressors must be eliminated before medications and other natural approaches will have permanent effect.*

**\*Health Improvement-Herbal Lifestyles****3 Credit Hours**

*When tragedy strikes and you are unable to access doctors, pharmacies, and hospitals do you have a back up plan. Natural medicine is increasing in popularity, and this guidebook will show you how to craft natural medicine for emergencies, first aid and everyday ailments. You will learn therapeutic properties of over fifty herbs to create powerful home remedies, that will be a smart survival tool in the hand of the craftsman.*

**Principles of Digestion****3 Credit Hours**

*You will learn much about enzymes in this study which are essential to good digestive health. You will learn about: Metabolic Enzymes, Pancreatic Enzymes, and Plant (Food) enzymes. Also discuss are: Predigestion, Protease, Amylase, Lipase, saccharides, and Cellulose (soluble fiber). Enzyme deficiencies are also discussed along with how to evaluate the patient's health, diet survey, nutritional deficiencies, and Urinalysis. Learn about what causes enzyme deficiencies, Hybridization and Genetic Engineering, Bovine Growth Hormone, Irradiated Food, Excess Intake of Unsaturated and Hydrogenated Fats, Good Fats and Bad Fats, Cardiovascular Disease, Cancer, and much, much, more.*

**Herbal Healing I (Study of Common Disorders & Herbal Remedies)****4 Credit Hours**

*Focuses on the development of Herbal Medicine and types of Medicinal Plants and their therapeutic properties. In addition this study will expand upon herbal remedies and their usage in for personal and private practice. Their usage, safety and a review of today's research on Herbal Plants and their effect on humans shall be included.*

**Herbal Healing II (Study of Common Disorders & Herbal Remedies)****4 Credit Hours**

*This study discusses the "Techniques of Herbal Healing" and the short- and long-range effects. Some of the subjects discussed are: Acupuncture, Aromatherapy, Douches, Estrogen-Reducing Diet, Foot Baths, Kegel Exercises, Massage, Ointments, Plasters, Poultices, Relaxation Techniques, Steam Inhalations, Teas, as well as other subjects not listed herein.*

**Anatomy & Physiology I****3 Credit Hours**

*Every aspect of Anatomy and Physiology is discussed because every health care professional needs a basic understanding of this subject. Some naturopathic colleges graduate students with graduate degrees, who have never taken a single course on this subject. In part one you will study the: Chemical Organization, Cell Organization, Tissue Organization, Integumentary System, Skeletal System, Muscular System and the Sensory System.*

**Anatomy & Physiology II****3 Credit Hours**

*In part two the study continues with the: Cardiovascular System, Hematologic System, Lymphatic System, Respiratory System, Urinary System, Gastrointestinal System, Urinary System, Fluid, Electrolyte, and Acid-Base Balance, Endocrine System, and the Reproductive System.*

**\*Stress Management****3 Credit Hours**

*This course focuses on the benefits and healing properties of natural medicine. Discussed are oriental medicine, acupuncture, acupressure, meditation, homeopathy, botanical medicine, chiropractic care, massage therapy, psychotherapy, family therapy, and biofeedback. You will learn the value of “Stress and Relaxation” therapy, and how it influences the mind, body, and spirit. Learn about natural therapies and they may help others and yourself. Study the effects of anxiety on the mind and body, aromatherapy, and the psychological causes of depression and what can be done to eliminate these problems. In addition, special herbal formulas are given, diets, nutritional formulas, massage reflexology, and how one may learn to “control his/her thoughts” for a better outlook on life.*

**Mental Conditions and Nutritional Therapy****2 Credit Hours**

*Mental Disease is the second leading cause of disability and premature mortality in America and other developed countries. Some years ago schizophrenia was the most diagnosed mental Disorder, but now it is bipolar disorder. This course is essential for holistic healers because it is essential knowledge for the practitioner who desires to heal the whole person. You will learn about the causes of mental disorders and what triggers them such as: Genetic Vulnerability, Stress, Chemical Toxicity, Heavy Metal Toxicity, Food Allergies, Intestinal Dysbiosis, Food Additives, Nutritional Imbalances, Neurotransmitter Deficiencies, Hormonal Imbalances, Hypoglycemia, Structural Factors, Medical Conditions, Medications/Drugs, Stimulants and Alcohol, Lack of Sleep, Lack of Exercise, Lack of Light, and Energy Imbalances. For all of these disorders you will learn what herbs to give and how to design an “Action Plan” for your clientele. In addition you will study healing at a spiritual level, Biological Level, and Biochemical Level. Moreover, the importance of Amino Acids is discussed as well as rebalanced the “Vital Force” with homeopathy.*

**The pH Balance****2 Credit Hours**

*Your body’s pH balance is the key to optimal health, weight, mental clarity, and overall vigor. It is important to strike the right balance by nourishing your body with certain foods to create an alkaline environment. This innovation program, proven effective over decades, works with the body chemistry to revitalize and maintain health.*

**Dissertation [Thesis –2 of 5,000 words each]****3 Credit Hours**