



## CORRESPONDENCE COURSE OVERVIEW

### Module 1 - An Introduction to Herbalism (Theory)

Month 1	I	Overview – The Systems Approach
	II	People, Plants and Planet
	III	Herbs for the Digestive System
Month 2	I	A brief guided tour of the roots of Medicine
	II	Herbs for the Circulatory System
Month 3	I	Into the 20 <sup>th</sup> Century and beyond
	II	Herbs for the Respiratory System
Month 4	I	Introductory Comments
	II	Vegan Diet
	III	Herbs for the Urinary System
Month 5	I	Organic As Nature Intended
	II	Herbs for the Reproductive System
Month 6	I	The Environmental Factor
	II	Herbs for the Nervous System
Month 7	I	Ecology First
	II	First Aid
Month 8	I	Second Aid
	II	Herbs for the Musculo-Skeletal System
Month 9	I	A Cleansing Diet
	II	The Psycho-Spiritual Dimension

### Module 2 - An Introduction to Herbalism (Practical)

Month 1	Introduction to organic gardening
Month 2	Introduction to nutrition
Month 3	Introduction to basic pharmacy
Month 4	Applied Organic Gardening
Month 5	Introduction to Vegan Cookery

Month 6	Introduction to Botany
Month 7	Organic Gardening: Herb Gardens
Month 8	Nutrition: Food as Medicine
Month 9	Practical Herbalism

### **Module 3 - An Introduction to Anatomy & Physiology**

Month 1	I	General Overview
	II	The Digestive System
Month 2		The Circulatory System
Month 3		The Respiratory System
Month 4		The Urinary System
Month 5		The Reproductive System
Month 6		The Nervous System
Month 7	I	Introduction to Homeostasis
	II	The Skeletal System
Month 8		The Muscular System
Month 9		Discussion on Diagnosing

### **Module 4 - An Introduction to Life Sciences**

Month 1	I	General Overview
	II	Chemistry - The Basics
Month 2	I	Chemistry - continued
	II	Bonding & Chemical Formulae
Month 3		Biochemistry - Chemical Reactions
Month 4		Inside the Cell
Month 5		D.N.A - The Master Plan
Month 6		Plant Biochemistry
Month 7		The Biochemistry of Bones
Month 8		The Biochemistry of Muscles
Month 9		The Biochemistry of Nerves