

# Professional Herbalists Training Program

The Professional Herbalists Training Program in St. Petersburg, Florida, offers one of the few herbal training programs in the US with a supervised, hands-on intern clinic. This two year program is designed to prepare students as clinical herbalists.

Students can access the on-site Chinese and western herbal pharmacy with more than 500 crude herbs, powders, tinctures and pre-made formulas. Herbalists will be able to reference our over 400 volume library and periodicals. With this program you advance at your own pace with the once a month lectures and Wednesday night intern clinic. The program is designed and taught by doctors of Oriental Medicine and highly trained herbalists.

Curriculum will cover many exciting topics such as:

- Western and Chinese material medica
- Traditional Chinese Herbal Theories: Five Elements and Eight Principal
- Tongue and pulse evaluation
- Nutrition, food therapy, vitamin and mineral supplementation
- Formulating with western and Chinese herbs
- Barefoot doctor techniques: Moxibustion and auricular therapy
- Herb – drug interactions
- Plant identification and safety
- Native Florida herbs
- Creating topical herbal remedies: poultices, salves, oils and lotions
- Creating tinctures, teas, decoctions
- Ethics and herbalism
- Legal aspects of practicing herbalism

This program prepares students to see clients; design herbal formulas and topical solutions; create herbal product lines; consult with other healthcare providers; help friends and family with lifelong wellness; and work with established herbal companies. Enjoy endless opportunities in the rapidly growing industry!

For more information, please contact Bob Linde, AP, RH(AHG), at 727-551-0857 or visit our website at [www.acuherbals.com](http://www.acuherbals.com) or [info@acuherbals.com](mailto:info@acuherbals.com)

Acupuncture & Herbal Therapies  
Professional Herbalists Training Program  
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## Level One Classes

Level One Classes are required for advancement to Level Two Classes. These classes must be completed in order. All classes are Saturday and Sunday unless otherwise stated.

**General Traditional Chinese Medicine Theory** – This class covers the concepts of Yin, Yang, Qi, Blood and Body Fluids as well as 5 Elements and 8 Principle Theories. \$215  
Pre- registration and Herb school application required. Class usually starts in November.

**General Chinese Herbal Theory & Legal and Ethical issues in Herbalism** – The first day of this class will cover basic concepts of herbs and formulas. We will discuss quality, risks, preparation, dosage, flavors, 18 incompatibles and more. Day two will explore potential legal and ethical issues in clinical herbalism to include DSHEA, selling/prescribing conflicts risk factors in the consulting room and HIPPA. \$215

**General Traditional Chinese Medicine Diagnostics** – This class covers the courses of disease, skills of observation, interrogation, and hearing as well as tongue and pulse evaluation. \$215

## Level Two Classes

Must have completed all three Level one classes to attend Level Two classes.

These classes can be completed in any order. Each class will be offered once every two years. Discussion will be on the major herbs of each group on the first day and common formulations on the second. We will also discuss western herbs, Du Yaos and possible formula alterations. All classes in this section are \$215

### **Release Exterior and Drain Fire Herbs & Formulas**

### **Drain Damp/Transform Phlegm**

### **Regulate Qi & Blood**

### **Building Qi, Blood, Yin & Yang**

### **Calming the Shen & Extinguishing Wind**

### **Stabilize & Bind, Open Orifices, Food Stagnation**

**Making Herbal Products & The Business of Herbalism** – The first day of this class will be hands-on making of various herbal medicines. On the second day we will delve into the opening and running of potential herbal practice, record keeping and business plan writing.

**Vitamin & Mineral Therapies** – We will discuss how various supplements can be included into client care. Discussion will also focus on TCM energetic relationship to various vitamins.

**Anatomy & Physiology for Herbalists** – This class will explore the body from the western medical approach so that we can better have conversations with doctors and clients.

**Pathology for Herbalists** – This class will discuss common western medical diseases from patho-physiology and pathology approaches. Must have completed Anatomy & Physiology.

**Overnight Field Study/Camping Trip** – The camping trip will be offered once a year and will be a fun and exciting exploration of the roots of herbalism. Only \$100

**Botany** – This class will explore the basic ideas of plants structure and classifications needed for any herbalist.

**Herb/Drug Interactions & Western Herbal Practices** – Day one will be a discussion of risks and potential herb & drug interactions as well as positive benefits of herbs and drugs. Day two will explore the language of western herbalists and many of their approaches.

### **Level Three Classes**

Must have completed at least one year of classes before attending these advanced classes.

**Chronic Disease** – We will focus on the difficulty of treating some of the more common chronic diseases such as HIV/AIDS, Hepatitis C, Cancer, CFS and more.

**Fertility & Gynecology** – We will focus on the unique problems faced by the practitioner when dealing with regulating the menstrual cycle. We will look at fertility, PMS, dysmenorrhea, amenorrhea and more.

**Geriatrics, Children & Infants** – We will look at the unique needs of these special types of clients and how we must adjust our diagnostic techniques, dosages and administration of herbs.

### **Open Classes**

No prior classes must be completed. These classes are open to any interested person.

**Beyond Herbs: Barefoot Doctoring** – This class covers the techniques outside of normal herbalism such as auricular therapy (ear therapy), moxibustion, basic acupressure, Chinese dietary theory and cupping. Wear comfortable clothes since there will be hands-on practice. Moxa (mugwort) will be burned during this class and may bother someone who is irritated by certain types of incense. \$215

### **Intern Clinic**

The intern clinic is held most Wednesday and Thursday nights from 6-10pm. New students will start observing in the clinic one night a week after completion of the Level one core courses. Treating status will be granted with permission of the clinical supervision once basic evaluation techniques are well understood. One night a month will be dedicated to case & general discussion. Clinical fees are \$45 per quarter or \$300 for eight quarters (2 years). Graduation required 40 sessions as an observing intern and 25 sessions as a treating intern. Graduates may request up to an additional 6 months of clinical time after graduation with the permission of the clinical supervisor.

### **Clinical Office Internship**

There are currently two internship positions available. This is not required for the program but is available for students who may have the extra time available to them. The positions are approximately 10 hours per week and last for 10 weeks. At this time, internships do not include any compensation or financial support of any kind. Duties will vary greatly from formula filling for staff, inventory control, order processing, medicine making, and assisting with office tasks as needed. Because of the impact that an intern can have on the busy office environment, careful selection based on the input of the entire staff will determine the selection of the interns.

## **Other Questions You May Have**

### **What is herbal medicine?**

Many different types of natural medicine use herbs as a part of their practice. In the United States, herbal medicine generally refers to a system of medicine that uses European or North American plants. Traditional Chinese Medicine (TCM) uses plants native to China or Asia, while Ayurvedic herbal medicine uses plants native to India. Modern herbalists often use plants from many different regions of the world, and they do not restrict their practice only to those plants classified as an herb (a seed plant whose stem withers away annually). Instead, in medicine, an herb can be a root, a piece of tree bark, a mushroom or anything else which grows naturally and falls into the plant kingdom. Chinese herbalism actually goes a step further and includes rocks, shells and even some insects and seafoods as herbs.

Phytopharmaceutical literally means “plant medicine” and has become a popular term for some types of herbal medicine, especially those practices that treat the herb or the herbal extract as a drug.

### **What is an herbalist?**

In the United States, an herbalist is a self-defined professional. There is no national or state system of licensure or certification for herbalists. Professional groups may grant certification to members that have reached a certain level of training as an herbalist.

Some herbalists concentrate on growing or wildcrafting (picking) herbs. Others manufacture herbal products. Still others teach or counsel people about the use of herbs as medicine.

One branch of anthropology, called ethnobotany, studies the use of plants in other cultures, particularly their use as medicine. Ethnobotanists, who receive their training through the standard university system, have classified a number of medicinal herbs. Their work helps preserve the traditional folk medicines of indigenous people around the world.

### **Can an herbalist practice medicine?**

Legally, in the United States, the practice of medicine is restricted to those professionals who have a medical license. Practice is generally defined as both diagnosis and prescription, with a focus on the treatment of disease (the laws vary from state to state). There are no restrictions however, on teaching people how to take better care of themselves. Most herbalists define themselves as teachers, healers, or counselors rather than as medical practitioners.

Several natural medicine professions are licensed and do use herbal medicine as part of their practice. So herbalists who want to practice medicine generally choose to do so under the license of another profession such as acupuncturist, naturopath or chiropractor.

### **What career opportunities are available for an herbal school graduate?**

Most herbalists are self-employed. They may run small manufacturing companies making herbal products; grow herbs for sale to manufacturers; own retail stores; counsel others about herbal products. There are a few teaching positions available through the alternative medicine colleges. The goal of this program is to focus on the clinical practice

of herbal care. Clinical herbalists may open their own practice; work with MDs, chiropractors or acupuncturists.

### **How much money will I make as an herbalist?**

A large number of working herbalists were interviewed and asked the question. The most common answer was “as much as you want”. Some choose to live very Spartan lives, “off the grid” and away from civilization. Others make comfortable wages as counselors, teachers, manufacturers or writers. Many herbalists have more than one job—it’s not unusual to see someone running an herb farm and writing books and teaching classes. Herbalists enjoy the variety and independence of being self-employed.

### **What are the eligibility requirements to begin school?**

. Our program requires that you are at least 17 years of age when you start and able to attend classes on weekends and intern clinic. Our program is very rigorous and requires outside study between formal classes. Before starting the program a student should know that they are prepared for a fast paced, academically challenging course of study in a real world clinical setting.

### **Is financial aid available?**

Financial aid is not currently available at our program. The classes are set up as pay as you go so that they are not overly taxing for anyone. The program after required books and all classes will cost under \$5000. If a student budgets \$250 per month for classes and books they will be able to attend all the classes, purchase books and have plenty left over for extras they may want.

### **How do I get started?**

The program begins in November of each year. To begin the program, just fill out the application with a non refundable \$100 deposit. This will guarantee you place in the next class. When you start the program, that fee will be used for your student membership in the American Herbalists Guild and American Botanical Council. Confirmation of your acceptance into the program will be given to you by letter within 8 weeks of receiving your application. Classes are limited to 20 students and are on a first come basis.

## **Text Book List Required Books**

Foundations of Chinese Medicine 2ND EDN

by Giovanni Maciocia

Published: 2005, Hardcover book, 1205 pages

ISBN: 9780443074899

This text covers the basic theory of traditional Chinese medicine for beginning students. Concentrating on acupuncture, and emphasizing relationships in its discussions of pathogenesis and therapy, Foundations uses many illustrations, diagrams, and case histories to reinforce the text. It describes the functions, etiologies and patterns associated with each of the channels and organs. Also included are descriptions of hand diagnosis, eye reflex areas, and information regarding the often overlooked specifics of habit and lifestyle.

### **Chinese Medical Herbology and Pharmacology**

by John Chen, Tina Chen

Published: 2003, Hardcover book, 1226 pages

Price: \$89.95

ISBN: 9780974063508

This exciting new book is not only the most comprehensive and authoritative text on Chinese Materia Medica to have been published. Each of the 1,266 pages is typeset to deliver the maximum of information in a readable and easily-referenced format. Each of the 670 herbs discussed is treated as a single monograph that presents the nomenclature of the medicinal substance, the Chinese therapeutic actions, dosage, cautions and contraindications, chemical composition, pharmacological effect, clinical studies and research. There are references given for each herb and the author's often add clinically-useful comments. Also discussed are toxicology and herb-drug interactions.

### **Chinese Herbal Medicine: Formulas and Strategies 2E**

by Volker Scheid, et al

Published: 2009, 1072 pages

Price: \$120.00

ISBN: 9780939616671

The new 2nd edition is designed to serve as both a textbook for students and an authoritative reference for TCM practitioners. The introduction to the book traces the historical evolution of the formulas, and provides practical pointers for their preparation and use. The text includes over 800 medicinal formulas drawn from both classical and modern sources, and more than twice the information in the first edition. For each of the 340-plus principal formulas there is a discussion of therapeutic actions and indications, an analysis of the functions and interactions of the ingredients, the method of preparation, and a list of modifications to customize the formula in the clinic.

## **Suggested Books**

### **Chinese Herbal Patent Medicines, A Clinical Desk Reference**

by Jake Fratkin

Published: 2001, 1360 pages

Price: \$75.00

ISBN: 9780962607844

### **Helping Ourselves: Guide to Trad. Chinese Food Energetics**

by Daverick Leggett

Price: \$18.00

ISBN: 9780952464006