

## *Train to Become an Herbalist ~ Intensive Program*

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### **Maria's First Ever Advanced Herbalist Intensive Training Program** **2 Mondays per Month, 9:30 am - 4:30 pm** ***Runs May 8 – November 13, 2017***

At Wintergreen Botanicals in Allenstown, NH

*Each class is limited to 13 students - Sign up early to ensure your spot!*

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### ***Wintergreen Botanicals'*** **Advanced Herbalist Intensive Training Program** ***Instructed by Maria Noël Groves, Clinical Herbalist*** ***with Special Guest Teachers***

This program is designed for the serious herbal student and aspiring herbalist, picking up with Maria's Home Herbalist and Beyond the Home Herbalist Series leave off.

**Dates: May 8 & 22, June 12 & 26, July 10 & 24, August 14 & 28,  
September 11 & 25, October 16 & 30, November 13**

#### **Topics Covered, Taught by Maria:**

- Gardening & Wildcrafting Herbs
- Botany, Identification and Plant Families, Field Work
- Organoleptics, Phytochemistry, Quality Assessment, and Intro to GMPs
- Constitutional Energetics and Tastes of Herbs
- Advanced Apothecary Techniques including Herbal Formulation, Percolation, and Flower Essences
- Clinical Skills and Case Studies
- Advanced Health Topics including Autoimmune Disease, Advanced Gut Protocols, Thyroid Health

#### **Special Guest Teachers and Topics:**

- Saving and Planting Herbs Seeds with Val White
- Aromatherapy with Jessica LaBrie
- Tongue Diagnosis/Assessment with Paul Mosier
- Medicinal Mushrooms with Nathan Searles
- Lyme Disease with Debbie Mercier
- Cancer Support & Prevention with Christine Tolf

#### **Homework:**

- 12 Detailed Herbarium Plant Pressings with Botanical Identification, Organoleptics, and Monographs
- 6 Short Case Studies
- 2 Detailed Case Studies
- Recommended monthly reading and listening
- Final Project and Short Presentation (topic of your choice)

**Students who attend at least 11 classes will receive a *certificate of completion* for the series.  
The Herbal Intensive Training Program is ONE component of the Herbalist Training.**

## **To get a certificate\* as an *Herbalist*, you must complete the following:**

1. Home Herbalist Series (in the classroom or online), including all homework
2. Beyond the Home Herbalist Series (in the classroom or online), including all homework
3. Herbal Intensive Training Program, including all homework

*Together, these three programs represent approximately 150 classroom hours.*

This is a pretty intense program if you do it all in one year with very long days!

*Note: This 3-part program does not cover business and marketing, and it only touches on regulations and legalities of being an herbalist. We introduce clinical skills but will not cover them as in depth as other school clinical programs. In the future, I may add a 4<sup>th</sup> module on to cover this if there is enough interest.*

*\*Disclaimer: Herbalism is not licensed nor is there any sort of nationwide or regulated certification for the practice in the United States. However, your certificate will show that you have completed the entire 3-part intensive program, reflecting the hours spent and topics covered.*

### **Payment Options**

- **\$1200 for the entire, stand-alone Herbalist Intensive Training Program** paid for up front
- **Payment Plan:** \$200 nonrefundable deposit to hold your spot, \$375 due on May 1, July 1, and Sep 1
- **\$100 per class, space willing** – individual class registrations are not open until May. No discounts.

### **Special Discount Opportunities:**

- **Returning/Full Program Student Discount: \$200 off** for *full program* students who have already completed the *classroom* Home Herbalist AND Beyond the Home Herbalist Series, OR for those who register for all three full programs/series in 2017. (Discount does *not* apply to online students.)
- **Early Bird Discount: ~ 10% off full series payments made before January 15**

These fees cover all class costs, take-home remedies made in class, and guest teachers. It does not include the cost of additional materials for at-home activities and books.

Wintergreen Botanicals is located in Allenstown, NH, surrounded by the forests of Bear Brook State Park. This course will take place primarily on Wintergreen Botanicals' 2-acre property including herb gardens, forest paths, and in the classroom.

**Register Online: [www.wintergreenbotanicals.com/classes](http://www.wintergreenbotanicals.com/classes)  
or email [office@wintergreenbotanicals.com](mailto:office@wintergreenbotanicals.com) or call 603 340-5161**

*Next page – see overview of topics and dates (tentative and subject to change)*

**Wintergreen Botanicals, Allenstown, NH ~ Nestled in Bear Brook State Park**  
*Students will receive detailed directions before the start of class.*

## Advanced Herbalist Intensive Training Program at Wintergreen Botanials

*note that these topics are subject to change*

Apothecary & Clinical Skills	Gardening/Medicine Making	Plant Family	Chemistry	Taste
5/8/17 Identification, Constituents	Growing herbs from seed (Guest: Val White), Planting trees & shrubs	Birch & Nettle	Salicylates & Minerals	Salty
5/22/17 Botany, Herbarium, Herbal History pt 1, Researching Herbs	Plant Seedlings, Intro to Formulation	Heath	Anthocyanadins	Sour
5/12/17 Botany, Wildcrafting, Herbal History pt 2	Harvesting Weeds, Formulation Continued	Aster	Sesquiterpenes	Bitter
5/26/17 Energetics, Taste	Organoleptics	Barberry & Buttreup	Alkaloids	Acrid
7/10/17 Flower Botany Reviewed, Tongue Diagnosis (Guest: Paul Mosier)	Flower Essences, Flowers	Rose	Tannins	Astringent
7/24/17 Aromatherapy & Earthly Aromatics (Guest: Jessica LaBrie)	Harvesting Herbs, Hydrosol & other aroma remedies	Mint	Aromatics (Terpenes, Polyphenols)	Spicy/Carminative
3/14/17 Advanced Gut Protocols, Intro to Case Studies & Clinical Practice	Powders	Malva	Mucilage	Bland/Slimy
3/28/17 Endocrine System, Clinical, Post-Class Gathering/Dinner/Party	Percolation, Berries/Fruit Preservation	Ginseng & Parsley	Steroidal Saponins	
7/11/17 Mushrooms (Guest: Nathan Searles)	Double-Extraction Tincture	Mushrooms	Polysaccharides	Umami
7/25/17 Autoimmune, Clinical	Adulteration & Quality Issues	Pea	Phytoestrogens (also Coumarins)	Sweet
10/16/17 Thyroid, Clinical, Project Presentations	Harvesting Roots & Barks	Nightshade & Mustard	Isothiocyanates & Carotenoids	
10/30/17 Lyme Disease (Guest: Debbie Mercier)	GMP & Regulatory Basics	Garlic	Sulfur	Pungent
11/13/17 Cancer (Guest: Christine Tolf), Clinical, Project Presentations	Putting the Garden To Sleep, Remedy Show/Swap	Evergreens/Pines	Oleoresin	

**Time Frame**

9:30 am - 4:30 pm (30 min brown bag lunch)

**# Classes**

13/series

**Hours**

84.5/series

**Certificate of completion if you attend 11 of 13 classes in the series**

### For the Herbalist Certificate Program:

Recommended reading/listening

Client Practice Activities

Herbarium pressings/ID/organoleptics, 12 plants total.

Final Project, topic of student's choice, short paper + 15 minute presentation

Must attend or have already completed HHS & BHHS (on site or online) as well as HTP to get herbalist certificate

All HHS/BHHS homework including monographs and "do this"

**So, if a student is taking all 3 series,**

**every other week is a long day:**

9:30 am - 4:30 (30 min lunch) HTP

4:30-5:30/6 pm - dinner/decompress break

5:30-6 pm optional herb walk some dates

6-9 pm HHS/BHHS

9.5-10 hours of class time