

Bloom Herbal Studies – Level 2

Deepen your relationship with plant medicine

This course follows Bloom *Herbal Studies Level 1* and is designed to deepen your knowledge and experience with herbs, for application in your personal life. Where *Level 1* offers practical, foundational level herbal and health studies, level two delves more in depth, into some of the finer aspects of herbalism.

We will meet one Sunday per month, for nine months (three semesters) from 10-3 p.m., with 1/2 hour lunch break. (No class December, July, August)
 \$625 paid in full or \$225 per semester plus HST

Program created and facilitated by:

Savayda Jarone CHT clinical herbalist, fertility awareness educator, and preventative health advocate
 Benna Keoghoe, RHP, HANS. Herbal Practitioner, biologist
 Other guest teachers

<p>Some subjects covered: History of herbal medicine Important herbalists – becoming acquainted with our great-green grandparents Materia medica continued Herb walks & field trips Plant/Spirit Medicine Herbal synergy Hormesis Poisonous and toxic plants Herbal pharmacology expanded The art and science in herb combining Simples vs. Herb Combining How to build a herbal formula</p>	<p>Differentiating herbs of the same action - how to choose which adaptogen, nervine, immune herbs Herbal energetics expanded 6 Tastes expanded Doctrine of signatures Pain management, musculoskeletal system Herb Drug Interactions – positive and negative Water element, medicinal soups and baths Glycerites Tree medicines Lichens Plant families One focused plant study per semester</p>
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