



The Herbal Academy Of New England Launches Global Online Program The Intermediate Herbal Course, Herbal Education For All

Boston, MA – It is no shock to hear that across the country families everywhere are integrating ideas from the do-it-yourself movement, discovering their green thumbs, applying simple living ideas to their home, buying local, and reconnecting to nature. A holistic herbal-based approach to health is making its way back into the mainstream, right where it belongs, and the [Herbal Academy of New England](#) welcomes individuals to study these ideas in a guided, educational environment. On November 25, 2013, across the country – across the globe – students will embark in the [Intermediate Herbal Course](#), an online program that brings herbal education right into the home! Members can take their DIY tips and tricks to a whole new level by learning salves, tinctures, teas, and body care recipes that will keep us healthy and prevent various ailments.

And there is so much more!

With lessons in history, healing herbs, medicine making, and food is medicine, students will discover that herbalism is not a *hippy dippy* movement but rather a reconnection to oneself and generations past.

An online student shared, "Thank you so much for providing this on-line course! Amazing amount of information and easily digested! I had dabbled for some time with herbs, but gained much more understanding in the how-to's and what for's...I look forward to signing up for the next course in November and learning even more on my adventures with you all."

Students will dive into advanced topics, discussions about theory and energetics, in-depth coverage of physiology and guidance for diagnosis and herbal formulation. They will be educated on the many theories and works of some of today's most revered herbalists such as Matthew Wood, David Hoffman, Christopher Hobbs, and others. There will also be lessons covering the various ways herbalism has been practiced over the centuries and how in recent years people have begun to reclaim these traditions.

The Intermediate Herbal Course is designed as a comprehensive study for students with some herbal training (community herbal classes, workshops, or self-taught). The yearlong program will cover the following 10 units:

- Why Herbs And How They Work: History; Herbal Healing Philosophies; Homeostasis; Overview of Body Systems; Systems of Energetics, Actions and Constitutions; Medicine Making Review; Side Effects and Safety; Creating Formulations
- Immune System: Building Immune Health; Prevention; Common Disharmonies; Creating a Materia Medica
- Digestive System: Alimentary System Overview; Digestive Health as Foundation of Health; Imbalances of the Digestive System and Herbal Remedies
- Food is Medicine: Kitchen Cupboard Herbs; Vinegars; Oils; Honey; Edible and Medicinal Plants; Foraging; Wild crafting; Plant Savers; Gratitude and Ceremony
- Nervous System: The Central Nervous System; The Peripheral Nervous System; The Enteric Nervous System; Stress; Headaches; Sleep; Herbs
- Cardiovascular: Anatomy of the Heart; Blood Pressure; Cholesterol; Heart Strong/Heart Health; Herbal Therapeutics; Diet; Glycosides; The Energetic Heart
- The Liver: Anatomical Overview; Liver Health; Liver Imbalances; Herbal Treatments; Bitters
- Respiratory: Breathing; Asthma; Lung Imbalances; Herbal Tonics; Natural Remedies
- Urinary System: Kidney and Urinary Health; UTI; Herbs
- Children: Common Discomforts; Formulas and Recipes; Which Herbs are Safe; Dosing

[The Intermediate Herbal Course](#) is \$360 and begins on November 25, 2013. Students are welcome to sign up early for email updates prior to the program launch.

With roots in greater Boston, [The Herbal Academy of New England](#) is an educational resource offering online programs and local workshops, herbal clinics, and weight loss counseling. The academy is committed to researching and gathering information and tools to help support a lifestyle of self-awareness and whole body care. It is the Herbal Academy of New England's desire to encourage individuals and society to make sustainable and meaningful changes so as to use earth's resources with greater wisdom and respect. *Herbalism includes stewardship of the earth.*

[Click here for more information on the Intermediate Herbal Course](#)
or visit the Herbal Academy of New England's website, <http://herbalacademyofne.com>.