

**Complementary Health and Wellness Nashua (CHWN) 115  
Introduction to Herbology**

**3 credits**

**Course Syllabus  
Maria Noël Groves**

**Office:** Offsite, Wintergreen Botanicals, Allenstown, NH  
**Office Hours:** By Appointment, Mon & Fri, 9 am – 5 pm, Wed, 9 am – 12 pm

**Office/Home Phone:** 603-268-0548  
Please do not call before 9 am or after 9pm.  
I do not own a cell phone.

**Email Address:** mgroves@ccsnh.edu  
(checked approx. every 24 hours)

**Other Email Address:** herbalist@wintergreenbotanicals.com  
(checked more frequently)

**Class Hours/Location:** Wednesday nights, 5-10:30 pm                      Room TBA

**Course Prerequisite(s):** None

**Course Description:** This survey course will familiarize the student with the properties and the usage of herbs from around the world. At least 12 herbs will be studied in depth, with the students developing monographs of the herbs studied in class. At the conclusion of this course the students will have developed individual Materia Medicas and will be able to create herbal products for their own use.

**Method(s) of Instruction:**

This class will rely on a combination of lecture, demonstration of herbal preparations, and hands-on experience with several herbs. Small group work, outdoor herb walks (when applicable), personal medicine-making, and independent research will also be used. There will be six quizzes and one final exam, an ongoing Materia Medica project, and an independent project.

**Goals and Objectives:**

- 1) Students are able to distinguish the therapeutic properties of herbs.
- 2) Students can articulate to others the benefits of herbs as part of a holistic therapy or as a complement to Western medical care.
- 3) Students are able to identify and defend indications and contraindications of herbs.
- 4) Students will be proficient in creating herbal infusions, decoctions, tinctures, oils, salves, and other herbal products to experience herbs in a practical manner.
- 5) Students will be able to identify how herbology fits into a holistic model of wellness as well as develop a Materia Medica.
- 6) Students will have an understanding of herbalism, which will help them determine if they will continue with more in-depth study.

7) Students will demonstrate a knowledge of common herbs, the properties of the herbs and their therapeutic uses, and their possible contraindications.

**Class Outline: TENTATIVE**

- Class 1: Herb Basics, Nutritives The Art of Tea  
Featured Herb: Nettle
- Class 2: The Nervous/Endocrine System: Energy & Relaxation Tinctures  
Featured Herbs: Eleuthero, Lemon Balm & St. John's Wort  
QUIZ 1
- Class 3: Digestion, Detoxification & Skin Oils & Salves  
Featured Herbs: Peppermint, Ginger, Dandelion  
QUIZ 2
- Class 4: Immune & Respiratory: Colds, Flues & Allergies Honey & Vinegar  
Featured Herbs: Echinacea & Astragalus  
QUIZ 3
- Class 5: Men & Women's Health Body Care  
Featured Herbs: Saw Palmetto & Red Raspberry  
QUIZ 4  
PROJECT PRESENTATIONS
- Class 6: Cardiovascular & Blood Sugar/Diabetes/Weight Capsules  
Featured Herbs: Hawthorn & Cinnamon  
Handout (no lecture): First Aid Kit  
QUIZ 5  
PROJECT PRESENTATIONS
- Class 7: FINAL EXAM & SURVEYS

*At least one short herb walk will take place during this course. The exact date will depend on the weather, plants, and class schedule.*

**Featured Herbs**

1. Nettle - Nutritive
2. Eleuthero - Energy
3. Lemon Balm - Relaxation
4. St. John's Wort - Mood
5. Peppermint - Digestion
6. Ginger - Digestion
7. Dandelion - Detoxification
8. Astragalus - Immune
9. Echinacea - Immune
10. Cinnamon - Blood Sugar
11. Hawthorn - Heart
12. Saw Palmetto - Men's Tonic
13. Red Raspberry Leaf - Women's Tonic

**Textbook:** Encyclopedia of Herbal Medicine by Andrew Chevallier.

DK, 2000. ISBN: 0-7894-6783-6 \$40.00

**Recommended Reading:**

*The Encyclopedia of Popular Herbs*, by Robert S. McCaleb, et al. Prima Health, 2000.  
ISBN: 0-7615-1600-X \$29.95

*Herbal Medicine*, by Sharol Tilgner. Wise Acres Press, Inc., 1999.  
ISBN: 1-881517-02-0 \$29.95

*Rosemary Gladstar's Family Herbal*, by Rosemary Gladstar. Storey Books, 2001.  
ISBN: 1-58017-425-6 \$24.95

*Medicinal Plants of the Pacific West*, by Michael Moore. Red Crane Books, 2001.  
ISBN: 1-878610-7 \$22.50

*The Green Pharmacy Herbal Handbook*, by James. A. Duke. Rodale Reach, 2000.  
ISBN: 1-57954-184-4 \$19.95

*The Way of Herbs*, by Michael Tierra. Pocket Books, 1998.  
ISBN: 0671023276

**Supplies:** Reviewed in course but includes textbook & remedy-making supplies (covered by \$30 materials fee).

**Grading Plan:**

Attendance & Participation:	10%
Quizzes:	15%
Materia Medica (homework):	15%
Herbal Project:	10%
Final Exam:	50%

**Course Procedures:**

Classes will involve hands-on experience of specific herbs, lecture, demo and hands-on remedy making, and a daily quiz. The quiz will take place at approximately 5:15 pm. Students who are unable to take the quiz at the allotted time must reschedule with the instructor.

Weekly homework will involve writing a monograph of approximately two herbs per week and trying them in some form.

**There is a \$30.00 supplies fee for this course.** This is due in cash or check to the instructor at the first class. No fee received, no supplies bought, no passing grade given.

Make up of written and/or final exam is at the discretion of the instructor under serious circumstances, such as medical emergency.

All other policies considerations (plagiarism, cheating, disorderly or inappropriate behavior), please refer to your *Student Handbook*

**Accommodations for Students**

**With Learning Disabilities:** Please contact Donna Szekely at Extension 1451 (603-882-6923) Rm 100

**Student Support Services:** Computers are located in the Learning Center, first floor of the college, and in the Library.

### **Administrative Withdrawal – Attendance Policy:**

This policy applies to all full time and part time students.

- Nashua Community College is a non -attendance taking institution.
- A student who has missed the equivalent of two weeks' work may be Administratively Withdrawn by the course faculty during the entire semester.
- A student may be "Administratively Failed" in this course for other reasons as defined in the Student Handbook.

### **Rules of Conduct**

- If more than two sessions are missed, Instructor may require meeting with student to discuss possible academic withdrawal from the course.
- Please turn off your cell phones, IPODS, laptops and all electronics during class. NO TEXTING PLEASE!!! It is common courtesy in a classroom and disruptive to both students and teacher.

### **Classroom Safety**

Students must take care to be safe when using the hot plate as well as any flammable herbal solvents.

### **Drop With Refund Policy**

Students who officially withdraw from the college/institute or an individual course by the end of the eighth (8th) calendar day of the semester will receive a 100% refund of tuition, less-nonrefundable fees. This policy applies to all semester length and alternative semester formats. Students in classes which begin after the designated start of the semester (e.g., a mid-semester start) will have 8 calendar days from the start of the class to withdraw for a full refund . Exception: students in courses that meet for two weeks or fewer must drop by the end of the first day of the class in order to get a 100% refund.

### **Snow Cancellation**

In the event that snow cancels class, we will hold it the same evening via Blackboard. At the next class we will take the quiz that was missed and cover any questions from the snow day Blackboard class. The quiz for that week will be combined the following week.

### **COLLEGE EMAIL SYSTEM**

NHCTC-Nashua has established a College electronic mail ("email") system as a means of the College sending official information to enrolled students, and for students to send communication to their instructors and College personnel. All students registered at NHCTC-Nashua will be assigned a College email account/address to be used as the only email address for all email communication: 1) sent to the students from their instructors and from all College personnel.; and, 2) sent by the students to their instructors and to all College personnel.

In addition:

- Students should check their College email account regularly to ensure they are staying current with all official communications. Official communication includes, but is not limited to, policy announcements, registration and billing information, schedule changes, emergency notifications and other critical and time sensitive information.
- Students should also check their college email account to be sure that they are current with all email communication from their faculty.
- The student email account/address should be the only e-mail address students use to send email to faculty and College personnel so that student email is recognized and opened.

- This service is provided exclusively to the students of NHCTC-Nashua. Accounts are for individual use only, and are not transferable or to be used by any other individual.
- Students using their College email account do so under the policies set forth in the Student Handbook under "Student Computer Conduct Code".