



## Natural Cardio Care: An Herbalist's Perspective with Guido Masé

Here is the complete schedule for the 2020 live lessons. We will meet twice weekly for 6 weeks. At the end of the 6 weeks is a special wrap-up Q&A session for any additional questions that come up.

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**Mondays** will be the core-curriculum classes with Guido

**Thursdays** will be presentations from our fabulous guests :-)

**Class Link** : <https://botanicwise.teachable.com/courses/ncc>

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### CLASS SCHEDULE

#### **Monday, February 3, 2020 7:00pm - 8:30pm ET**

Lesson 1: Understanding Hypertension, Lipids & Cholesterol with Guido Masé

An overview of energetic and biological causes of high blood pressure and lipid/cholesterol imbalances.

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#### **Thursday, February 6, 2020 7:00pm - 8:00pm ET**

Guest Speaker: Cannabis and the Heart with Tammi Sweet

This class offers a detailed exploration of the delicate interaction of cannabis and the cardiovascular system.

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### **Monday, February 10, 2020 7:00pm - 8:30pm ET**

Lesson 2: Diagnostics and Herbal Therapeutics for Blood Pressure and Elevated Blood Lipids/Cholesterol with Guido Masé

An overview of modern diagnostic criteria for blood pressure and blood lipid/cholesterol levels as well as an overview of the herbal materia medica appropriate for therapeutic treatment of imbalances.

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### **Thursday, February 13, 2020 1:00pm - 2:00pm ET**

Guest Speaker: Flower Essences for the Heart with Jacquelin (Jinpa) Guiteau

\*This class will be held at 1:00pm ET due to Jacquelin's European location. Using flower essences can nourish not only the spirit but also the physical heart. Learn how Jinpa uses flower essences from Haiti to remove energy blocks and liberate the whole expression of the heart.

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### **Monday, February 17, 2020 7:00pm - 8:30pm ET**

Lesson 3: Understanding the Effects of Chronic Inflammation on the Heart and Vascular System with Guido Masé

An overview of the pathophysiology of the heart and vessels exposed to chronic inflammation, including an understanding of cumulative damage to vessels, capillaries, heart muscle leading to cardiovascular disease.

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### **Thursday, February 20, 2020 7:00pm - 8:00pm ET**

Guest Speaker: Traditional Chinese Herbs for the Heart with Dr. Christopher Hobbs

This class is an overview of Traditional Chinese Medicine and its approach to cardiovascular care. Learn about plants, pulse, and tongue diagnosis.

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### **Monday, February 24, 2020 7:00pm - 8:30pm ET**

Lesson 4: Diagnostics and Herbal Therapeutics for Heart/Vascular Disease with Guido Masé

An overview of modern diagnostic criteria for heart and vascular disease as well as an overview of the herbal materia medica appropriate for therapeutic treatment of imbalances.

### **Thursday, February 27, 2020 7:00pm - 8:00pm ET**

Guest Speaker: Herbs to Quiet the Heart: A Meditation with Deb Soule

Learn about plants that help quiet the heart and mind. This class will include a guided meditation.

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### **Monday, March 2, 2020 7:00pm - 8:30pm ET**

Lesson 5: The Electrical, Rhythm System and Heart-Mind Connection with Guido Masé

An overview of the connection between the heart and the mind, especially the effects of mood disruption and stress on cardiac function.

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### **Thursday, March 5, 2020 7:00pm - 8:00pm ET**

Guest Speaker: Cardiovascular Herbs for the Herbalist with 7Song

The class will present a number of herbs that are helpful for the heart and vascular system including Horse chestnut, Prickly ash, Hibiscus, Motherwort, and Hawthorn. We will cover some of the more common preparations and dosages and how to make specific formulas for individuals

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### **Monday, March 9, 2020 7:00pm - 8:30pm ET**

Lesson 6: Diagnostics and Herbal Therapeutics for Electrical, Rhythm, Heart and Mind Connection Disruption with Guido Masé

Evaluating Heart Rate Variability, including pulse reading and modern techniques, plus therapeutic options to improve variability, rhythm, anxiety and stress.

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### **Thursday, March 12, 2020 7:00pm - 8:00pm ET**

Final Wrap Up and Q&A with Guido Masé

Understanding common energetic threads: such as movement and circulation, flow, and rhythm; liver function, reactive intermediates, systemic inflammation; the vessels and endothelium as directive, responsive organ system; heart-spirit link and bi-directional pattern of influence. Key herbs: hawthorn, arjuna, dan shen, berries, aromatics and diaphoretics as well as renal remedies.