

Herb Immersion Workshop

Module 01 Asheville NC March 25 - 26, 2023

Understanding *Wind*, and Elucidation on Treatment of Wind

- Wind as a pathogenic influence, wind as a metaphor explaining symptoms and illness
- Reinterpreting herbs and formulas that release the exterior / affect wind-heat or wind-cold
- Investigating, tasting, experiencing and discussing release the exterior herbs
- Reinterpreting herbs and formulas that dispel wind dampness
- Investigating, tasting, experiencing and discussing dispel wind dampness herbs
- Reinterpreting herbs and formulas that extinguish wind and stop tremors
- Investigating, tasting, experiencing and discussing extinguish wind herbs
- Herb sourcing, quality and herb types: raw herbs, tinctures & granular
- Outline of expectations and rubric for homework assignments 1-3
- Case studies relating to treatment of wind

Homework Assignment 01

Taste / experience 3 herbs from herbs relating to wind chapters. write about their qualities following the homework rubric.

source text: Benske Materia Medica *student must purchase book for this material*

Module 02 Asheville NC May 20 - 21, 2023

Understanding Heat as an influence, Elucidation on Treatment of Heat

- Discussion on homework assignments and presentation by participants
- Lecture on heat as a pathogen, and heat as a descriptor for illness in the body.
- Tasting and discussion sweet cold herbs compared to cold bitter herbs
- Reinterpreting herbs and formulas that clear heat
- Reinterpreting herbs and formulas that drain downward
- Reinterpreting herbs and formulas that transform phlegm
- Reinterpreting herbs and formulas that calm the spirit

Homework Assignment 02

Taste / experience 3 herbs from above chapters writing about their qualities following the homework rubric.

Module 03 Asheville NC August 5 - 06, 2023

Understanding Dryness, Dampness, Yin and Blood Deficiency and Elucidation on Treatment

- Discussion on homework assignments and presentation by participants
- Dryness as a pathogen; internal causes versus external causes
- Dampness as a pathogen, causes and cascade of events
- Tasting and discussion of herbs: thick quality versus light, aromatic versus bland
- Introduction to herbs and formulas that tonify blood
- Introduction to herbs and formulas that tonify yin
- Investigating, tasting, experiencing and discussing herbs that tonify blood, tonify yin
- Introduction to herbs and formulas that drain dampness
- Introduction to herbs and formulas that transform dampness
- Investigating, tasting experiencing and discussing herbs that drain damp compared to transform dampness
- Case studies

Homework Assignment 03

Taste / experience 3 herbs from above chapters writing about their qualities following the homework rubric.

Module 04 Asheville NC October 21-22, 2023

Understanding Cold as an Influence, Treatment of Cold Versus Tonification of Yang

- Cold as a pathogenic influence
- Group tasting and discussion hot / warm acrid herbs, hot / warm sweet herbs
- Understanding *Yangishness*, and the varied meanings of 'weak yang'
- Introduction to herbs and formulas that tonify yang
- Investigating, tasting experiencing and discussing herbs that tonify yang
- Introduction to herbs and formulas that warm the interior and expel cold
- Investigating, tasting experiencing and discussing herbs that expel cold
- Case studies
- Outlining expectations for case study assignment

Homework Assignment 04

Case Study: developing a 5-10 herb custom formula for a specific person, symptoms and diagnosis following homework rubric