

## **Become a Certified Advanced Herbal Counselor Online & CD-ROM Course**

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Joyful Living Services is giving a Certified Advanced Herbal Counselor Course. This course is an excellent follow-up to our Certified Herbal Counselor Course. Both courses can be ordered at the same time. We recommend completing the Certified Herbal Counselor Course before starting this course. For information on the Certified Herbal Counselor Course go to <http://www.joyfullivingservices.com/handouts/chccourse.pdf>

### **Course Details**

This course contains 28 lessons on the web or on CD-ROM. If you are taking this course online, the files are in PDF format and are ready to download. If you are taking this as a CD-ROM course, the files are in PDF format on the CD-ROM. You will receive a certificate at the end of this course. There is homework with each session and there is a test at the end of the course. The homework and test will be graded as you turn them in. They will need to be mailed, faxed, or e-mailed to us. This course is on your own time so you can complete the lessons at your own pace. If you are going on vacation, are ill, or don't have the time every week to read the lesson and complete the homework you will not be penalized. Because this course is online or on CD-ROM and is on your own time, you are responsible for turning in your homework when it is done. You will receive your certificate once all the homework has been turned in and once your final exam is graded and passed.

### **January 2012 Course Cost**

This course costs \$300. Special cost if you register in January is \$200! The course can be paid in full up-front, in two payments, or monthly (whichever is easier for you). It can be paid by check, credit card, or bank wire. This course must be paid in full up-front if on CD-ROM. If you take this course online and pay for it up-front we will send you the CD-ROM for your library.

### **January 2012 Special Double Course Discount**

If you would like to take two courses at the same time, you can take them for a discount of \$200 if you register in January. Both courses you choose will cost \$400 instead of the regular price of \$600. Let us know if you want to take advantage of this special double course discount when you register.

### **Questions & Registration**

Fill out the attached registration form and mail it to us along with your payment to Joyful Living Services, P.O. Box 485, Weimar, CA 95736-0485, USA or fax it to us at 530-878-1119. You can also contact us via e-mail at [iridology@netzero.net](mailto:iridology@netzero.net), by phone at 530-878-1119 or 800-704-9800. We will need your name, company if you have one, mailing address, phone, fax, e-mail, and payment information to complete your registration process.

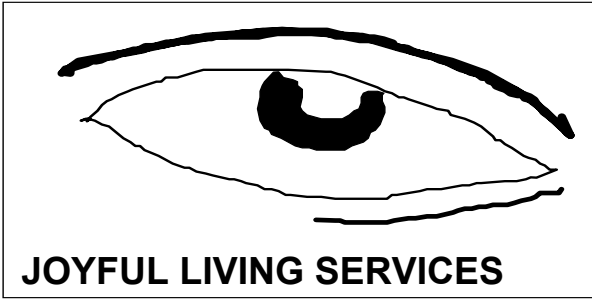
## **Course Definition**

With the development of modern medicine, the tradition of using herbs and herbal remedies to prevent and fight illness, seems to have been lost. To reverse this trend “Joyful Living Services” in conjunction with “Med-Herbs” have designed this Advanced Herbal Counselor Course. This course describes the preparation and use of herbal teas, creams and oils in detail. In depth descriptions are included of over 60 herbs, plants, fruits and vegetables along with information in relation to harvesting times, methods of preservation and remedial properties. Additionally, this course considers various aspects of nutrition relative to the maintenance of general good health, specifically detailing vitamins and minerals found in fruits and vegetables. The overall aim of this course is to equip the student with a basic knowledge of herbs and herbal remedies that can be prepared and utilized in the home. After successful completion of this course, students will be awarded a certificate of completion, will be placed on the referral pages of the Joyful Living Services’ and Med-Herbs web site, and will receive free referrals from potential clients.

## **Course Schedule**

- Session 1: Introduction to Herbs, Some rules while collecting herbs, How to dry herbs, Storage of herbs, and which herbs should we collect?
- Session 2: Herbal Products: Home Pharmacy, Herbal Tea (Infusion), Herbal Soup (Decoction), Herbal Syrup, Tincture, Apple Cider Vinegar, Oil Extracts, and Ointments and Creams
- Session 3: Vitamins: Introduction, Vitamin A (Retinol), Vitamin B, Vitamin B1 (Thiamin), Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Vitamin B5 (Pantothenic Acid), Vitamin B6 (Pyrodixine), Vitamin B9 (Folic Acid), Vitamin B12 (Cobalamin), Vitamin C (Ascorbic Acid), Vitamin D (Calciferol), Vitamin E (Tocopherol), and Vitamin H (Biotin)
- Session 4: Minerals: Calcium (Ca), Iron (Fe), Iodine (I), Magnesium (Mg), Phosphorus (Ph), and Zinc (Zn)
- Session 5: Herbs & Plants I: Almond (*Prunus Amygdalus*), Apple (*Malus Communis*), Banana (*Musa Sapientum*), Basil (*Ocimum Basilicum*), Beetroot (*Beta Vulgaris*), Birch (*Betula Pendula*), Bitterbloom (*Centaurium Umbellatum*), and Blackberry (*Rubus Fruticosus*)
- Session 6: Herbs & Plants II: Blackcurrant (*Ribes Nigrum*), Blueberry/Billberry (*Vaccinium Myrtillus*), Broccoli (*Brassica Oleracea L. v. Italica*), Brussel Sprout (*Brassica Oleracea L.*), Burdock (*Arcitum Lappa*), Cabbage (*Brassica Oleracea*), Camomile (*Matricaria Chamomilla*), and Celery (*Apium Graveolens*)
- Session 7: Herbs & Plants III: Cinnamon (*Cinnamomum Zeylanicum*), Coltsfoot (*Tussilago Farfara*), Comfrey (*Symphytum Officinale*), Cowslip (*Primula Officinalis*), Cranberry (*Vaccinium Macrocarpa*), Dandelion (*Taraxacum Officinale*), Dill (*Anethum Graveolens*), Elder (*Sambucus Nigra*), and Fennel (*Foeniculum Vulgare*)
- Session 8: Herbs & Plants IV: Garlic (*Allium Sativum*), Ginger (*Zingiber Officinale*), Grapevine (*Vitis Vinifera*), Ground Ivy (*Glechoma Hederacea*), Hawthorn (*Crataegus Oxyacantha*), Horse Chestnut (*Aesculus Hippocastanum*), Horsetail (*Equisetum Arvense*), and Juniper (*Juniperus Communis*)
- Session 9: Herbs & Plants V: Lavender (*Lavandula Vera*), Leek (*Allium Ampeloprasum Porrum*), Lemon (*Citrus Limon*), Lemon Balm (*Melissa Officinalis*), Lime Tree (*Tilia x Vulgaris*), Lovage (*Levisticum Officinale*), Marigold (*Calendula Officinalis*), and Marshmallow (*Althea Officinalis*)
- Session 10: Herbs & Plants VI: Mistletoe (*Viscum Album*), Nettle (*Urtica Diotica*), Oak (*Quercus Robur*), Oats (*Avena Sativa*), Olive Tree (*Olea Europaea*), Onion (*Allium Cepa*), Parsley (*Petroselinum Hortense*), and Peach (*Prunus Persica*)

- Session 11: Herbs & Plants VII: Pepper (*Capiscum Annuum*), Peppermint (*Mentha Piperita*), Plantain, Common (*Plantago Major*), Plum Tree (*Prunus Domestica*), Potato (*Solanum Tuberosum L.*), Pumpkin (*Cucurbita Pepo*), Red Currant (*Ribes Rubrum*), and Rosemary (*Rosmarinus Officinalis*)
- Session 12: Herbs & Plants VIII: Sage (*Salvia Officinalis*), Soy (*Glycine Max*), ST. John's Wort (*Hypericum Perforatum*), Thyme (*Thymus Serpyllum*), Tomato (*Solanum Lycopersicum*), Valerian (*Valeriana Officinalis*), Walnut (*Juglans Regia*), and Wild Garlic (*Allium Ursinum*)
- Session 13: The Action of Herbs
- Session 14: The Digestive System
- Session 15: The Intestinal System
- Session 16: The Glandular System
- Session 17: The Nervous System
- Session 18: The Respiratory System
- Session 19: The Circulatory System
- Session 20: The Urinary System
- Session 21: The Structural System
- Session 22: The Immune System
- Session 23: Common Ailments and Historical Uses of Herbs from Recipes for Success
- Session 24: Weight Gain and Loss
- Session 25: Herbs and Surgery - The Combination Could be Dangerous
- Session 26: Herbs that should not be used with Medications and Quick Reference
- Session 27: Conditions/Herbs
- Session 28: APPENDIX: HERBS AND THEIR USES: Herbs from Alfalfa to Yucca
- Final Exam, Certification, and Class Evaluation



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Name: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

Address: \_\_\_\_\_

City, State: \_\_\_\_\_

Zip Code: \_\_\_\_\_

Country: \_\_\_\_\_

Telephone: \_\_\_\_\_

Fax: \_\_\_\_\_

E-mail: \_\_\_\_\_

Course Name: \_\_\_\_\_

Payment By: (Please circle one) VISA    MasterCard    American Express    Bank Wire    Check    Money Order

Payment Option: (Please circle one)    1 payment    2 payments    3 payments    4 payments

Credit Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Date Funds were Wired (if bank wire): \_\_\_\_\_ Check Number (if personal check mailed): \_\_\_\_\_