



*Certified
Herbal Counselor
Course
Instruction Manual*

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*Certified
Herbal Counselor
Course
Rules & Conditions*

1. To be a part of this course you need to print each session. Be sure to write your name, telephone, e-mail address, and shipping address at the top of each page of **the Question and Answer page before you e-mail or fax it back to us for grading. You will receive a Question and Answer session at the end of each session. Fax it back to us at 530-878-1119 or e-mail it to us at iridology@netzero.net. There is no time limit as to when the Question and Answer session must be completed. However, we do recommend that you complete each session within the week you receive it so you do not get behind in the study.**
2. To be eligible for Certification you must complete all 16 sessions of the online course. You also need to let us know that you want to become certified. At the end of the 16 sessions you will be given a test. You must give correct answers to 80% of the questions in **the Test**. Scores are **not** averaged for an overall grade.
3. You must not loan, sell or reproduce this online course in any form. **To do so is cause for expulsion from certification from Joyful Living Services.** This provision is to protect the integrity of the certification. Such protection is further assured by periodic rotating and changing of the questions.
4. You must not edit or share the instruction sessions or test. You must e-mail or fax your Question and Answer session to us as well as the final test where they are maintained as part of your permanent file.
5. In the event of failure: If you should fail the final test, you may repeat the test after a wait of 30 days. There will be a re-examination fee of \$15.00 to cover the costs of new materials, regrading and filing. Should you fail on this second attempt, you must then wait 60 days before making a third attempt. These mandatory delays are for the purpose of continuing study and preparation on your part.
6. When you have completed all sixteen sessions and question and answers, you will receive a bound final test. You must fill out the box at the bottom of the First Page of the Test Packet and have it notarized. There is a notarization form provided.
7. There is no time limit on the completion of this Online Course. Most candidates are full-time practitioners with little time to be able to rush through this course. So please take your time and get it correct the first time.
8. You may drop the online course at any time by notifying us. No refunds will be given if the course is dropped in the middle of any given month.
9. If you have any questions at any time, please e-mail your questions to iridology@netzero.net, fax them to 530-878-1119, or call us at 530-878-1119. We will answer your questions and spend as much time as necessary to help answer your questions.
10. The time you need to study and answer the questions for each session will vary on the amount of iridology you already know and understand and the amount of information we decide to send you. Each session can take you anywhere from one-half to three hours but should not take you longer than three hours to study and answer the question and answer.

NOTE: Joyful Living Services reserves the right to change the test questions for any test repeated.

NOTE: All information regarding a candidate's grades, or the fact of any failures, is kept strictly confidential and is not released to any person.

CERTIFIED HERBAL COUNSELOR COURSE - SESSION 1:

- COURSE OVERVIEW
- COURSE DEFINITION
- INTRODUCTION TO HERBS

Course Overview

This course runs for 16 weeks. It contains 16 lessons on the web as an online course. You will receive a certificate at the end of this course. There will be weekly homework and there will be a test at the end of the course. The homework and test will be graded and returned to you. They will need to be mailed, faxed, or e-mailed to us. Each week offers a different subject. You will have one week to study the lesson and turn in your homework IF you choose to follow our timeline. 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 and is on your own time, you are responsible for turning in your homework when it is complete. You will receive your certificate once all the homework has been turned in and once your final exam is graded and passed. You will then be listed on our web site to receive referrals from us if you choose.



Course Definition

Herbs perform many healing functions in the body, but they must be used appropriately, not indiscriminately. Although herbal remedies are less likely to cause side effects, they can be very potent. Not all plant life is beneficial. There are poisonous plants, and some of them are deadly, especially if used for long periods of time. Since herbs contain active ingredients, you should be aware that some of these elements might interact negatively with prescribed medications. This course is designed to teach you about the safety of herbs and how to use them appropriately for you and others.

Introduction to Herbs

The medicinal benefits of herbs have been known for centuries. Records of Native American, Roman, Egyptian, Persian, and Hebrew medical practice show that herbs were used extensively to cure practically every known illness. Many herbs contain powerful ingredients that, if used correctly, can help heal the body. The pharmaceutical industry was originally based upon the ability to isolate these ingredients, and make them available in a purer form. Herbalists, however, contend that nature provides other ingredients in the same herbs to balance the more powerful ingredients. These other components, though they may be less potent, may help to act as buffers, synergists, or counterbalances working in harmony with the more powerful ingredients. Therefore, by using herbs in their complete form, the body's healing process utilizes a balance of ingredients provided by nature.

Herbs have always been integral to the practice of medicine. The word drug comes from the Old Dutch word **drogge** meaning, "to dry," as pharmacists, physicians, and ancient healers often dried plants for use as medicines. Today approximately 25 percent of all prescription drugs are still derived from trees, shrubs, or herbs. Some are made from plant extracts; others are synthesized to mimic a natural plant compound.

The World Health Organization notes that of 119 plant-derived pharmaceutical medicines, about 74 percent are used in modern medicine in ways that correlated directly with their traditional uses as plant medicines by native cultures.

Yet, for the most part, modern medicine has veered from the use of pure herbs in its treatment of disease and other health disorders. One of the reasons for this is economic. Herbs, by their very nature, cannot be patented. Since herbs cannot be patented and drug companies cannot hold the exclusive right to sell a particular herb, they are not motivated to invest any money in that herb's testing or promotion. The collection and preparation of herbal medicine cannot be as easily controlled as the manufacture of synthetic drugs, making its profits less dependable. In addition, many of these medicinal plants grow only in the Amazonian rain forest or other politically and economically unstable places, which also affects the supply of the herb. Most importantly, the demand for herbal medicine has decreased in the United States because Americans have been conditioned to rely on synthetic, commercial drugs to provide quick relief, regardless of side effects.

Yet, the current viewpoint seems to be changing. The revival of interest in herbal medicine is a worldwide phenomenon. This renaissance is due to the growing concern of the general public about the side effects of pharmaceutical drugs, the impersonal and often demeaning experience of modern health care practices, as well as a renewed recognition of the unique medicinal value of herbal medicine.

The scope of herbal medicine ranges from mild acting plant medicines such as chamomile and peppermint, to very potent ones such as foxglove (from which the drug digitalis is derived). In between these two poles lies a wide spectrum of plant medicine with significant medicinal applications. One need only go to the **United States Pharmacopoeia** to see the central role that plant medicine has played in American medicine.

Many people believe that herbs are just as effective as drugs, but without the side effects. Most over-the-counter drugs should be used with caution. In addition, many of them are not particularly effective. Others can mask important symptoms, possibly leading to misdiagnoses and, ultimately, worse health problems. It is of interest to note that in many industrialized countries today, herbs are prescribed by physicians and prepared and sold through neighborhood drugstores. In developing countries, where access to hospitals and doctors is limited, herbal remedies often are the only generally available form of medicine.

Herbs do perform many healing functions in the body, but they must be used appropriately, not indiscriminately. Although herbal remedies are less likely than most conventional medicines to cause side effects, herbs nevertheless can be very potent. Moreover, not all plant life is beneficial. There are poisonous plants, and some of them are deadly, especially if used for long periods of time. In fact, it is important to point out that qualified herbalists use herbs with great care. Also, since herbs contain active ingredients, you should be aware that some of these elements might interact negatively with prescribed medications. It is therefore wise to consult a health professional when there is any question about safety.

As a general guideline, most of the bitter-tasting herbs are medicinal herbs. The pleasant-tasting herbs are potentially less toxic and can be used more often. All plant roots and bark are naturally fungicidal and bactericidal. (If they were not, pathogens would destroy them in the ground.) Certain herbs should be used only for healing purposes, and not for extended periods of time. Also, the active ingredients in most herbs are more potent when the herbs are freshly picked. However, roots, bark, and other herb parts can retain their medicinal value for years if thoroughly dried and kept dry.

What is an Herb?

The word herb as used in herbal medicine (also known as botanical medicine or, in Europe, as phytotherapy or phytomedicine), means a plant or plant part that is used to make medicine, food flavors (spices), or aromatic oils for soaps and fragrances. An herb can be a leaf, a flower, a stem, a seed, a root, a fruit, bark, or any other plant part used for its medicinal, food flavoring, or fragrant property.

There are an estimated 250,000 to 500,000 plants on the earth today (the number varies depending on whether subspecies are included). Only about 5,000 of these have been extensively studied for their medicinal application. This illustrates the need for modern medicine and science to turn its attention to the plant world once again to find new medicine that might cure cancer, AIDS, diabetes, and many other diseases and conditions. Considering that 121 prescription drugs come from only ninety species of plants, and that 74 percent of these were discovered following up native folklore claims, a logical person would have to say that there may still be more jackpots out there.

How Herbal Medicine Works

In general, herbal medicines work in much the same way, as do conventional pharmaceutical drugs, i.e., via their chemical makeup. Herbs contain a large number of naturally occurring chemicals that have biological activity. In the past 150 years, chemists and pharmacists have been isolating and purifying the “active” compounds from plants in an attempt to produce reliable pharmaceutical drugs. Examples include such drugs like digoxin (from foxglove [*Digitalis purpurea*]), reserpine (from Indian snakeroot [*Rauwolfia serpentina*]), colchicine (from autumn crocus [*Colchicum autumnale*]), morphine (from the opium poppy [*Papaver somnifera*]), and many more.

According to Andrew Weil, M.D., of Tucson, Arizona, because herbs and plants use an indirect route to the bloodstream and target organs, their effects are usually slower in onset and less dramatic than those of purified drugs administered by more direct routes. Doctors and patients accustomed to the rapid, intense effects of synthetic medicines may become impatient with botanicals for this reason.

Herbal medicine has most to offer when used to facilitate healing in chronic ongoing problems. By skillful selection of herbs for the patient, a profound transformation in health can be effected with less danger of the side effects inherent in drug-based medicine. However, the common assumption that herbs act slowly and mildly is not necessarily true. Adverse effects can occur if an inadequate dose, low-quality herbs, or the wrong herb is prescribed for the patient.

What's on the Shelves

The fresh leaves, bark, and roots of herbs can be used in their natural form, or they can be found in the form of tablets, capsules, liquid beverages, bark pieces, powders, extracts, tinctures, creams, lotions, salves,

and oils. The whole leaves, berries, seeds, roots, flowers, and bark of herbs are also dried and made available to consumers.

How to use Herbs

The many ways in which herbs can be used include:

- Compresses. A compress is a cloth soaked in a warm or cool herbal solution and applied directly on the injured area.
- Decoctions. A tea is made from the bark, root, seed, or berry of a plant. Decoctions should not be boiled; they should only be simmered for approximately twenty to thirty minutes, unless the product label states otherwise.
- Essential Oils. Essential oils are derived from herbs or other plants through steam distillation or cold pressing. They are usually mixed with a vegetable oil or water, and used either as a mouth, ear, or eyewash, or as an inhalant, douche, or tea. These oils can also be used externally in massage or on burns and abrasions. Essential oils readily combine with the natural fats present in the skin. With a few exceptions, such as the use of camphor, eucalyptus, or tea tree oil for certain skin conditions, essential oils should always be diluted in either water or oil before being applied to the body, and they should not be taken internally except under the direction of a physician trained in their use.
- Extracts. Extracts are made by pressing herbs with a heavy hydraulic press and soaking them in alcohol or water. Excess alcohol or water is allowed to evaporate, yielding a concentrated extract. Extracts are the most effective form of herbs, especially for people with severe illnesses or malabsorption problems. Alcohol-free extracts, if available, are usually best. Herbal extracts should generally be diluted in a small amount of water before being ingested. The following are some herbal extracts that are very beneficial in healing. They can be found in health food stores. Add these extracts to juices, and take them while fasting for greatest benefits:

Burdock	Ginkgo biloba	Red clover
Cat's claw	Goldenseal	Parsley
Celery	Hawthorn	Pau d'arco
Echinacea	Horsetail	Pumpkin
Fig	Licorice	Red beet crystals
Garlic	Milk thistle	Suma
Ginger	Nettle	Valerian root

- Herbal Vinegar's. Herbs are put into raw apple cider vinegar, rice vinegar, or malt vinegar and left to stand for two or more weeks.
- Infusions. Leaves, flowers, or other delicate parts of the plant are steeped, not boiled, for five to ten minutes in hot water, so that the benefits of the herbs are not destroyed. (See Herbal Teas and Their Effects, below.)
- Ointments. An extract, tea, pressed juice, or powdered form of an herb is added to a salve that is applied to the affected area.
- Poultices. A poultice is a hot, soft, moist mass of herbs, flour, mustard, or other substance spread on muslin or other loosely woven cloth and applied for up to twenty-four hours on a sore or inflamed area of the body to relieve pain and inflammation. Ground or granulated herbs are best. The cloth should be changed when it cools.
- Powder. The useful part of the herb is ground into a powder, which may then be made into capsules or tablets.
- Syrup. Herbs are added to a form of sugar and then boiled.
- Salves. Salves, creams, oils, and lotions are generally used on bruises, sores, and inflammations, and for poultices.

- Tinctures. Tinctures are a well-preserved form of previously fresh herbs. Most tinctures contain varying amounts of alcohol; however, there are now some on the market that contain less alcohol, and some that are alcohol-free.

If there are several herbs recommended for a certain disorder, it is best to alternate among the different herbs, so that you obtain the benefits of each. This may also help you to determine which herb agrees best with your body's chemistry and particular needs. Also, do not preserve herbs in clear glass jars; use colored glass or ceramic jars instead. The potency of herbs can be destroyed by exposure to light.

Herbal Teas and their Effects

Herbal teas are the most convenient form of herbal remedy for long-term use. The powerful ingredients of the herb are diluted by water when made into tea. Mild teas may be used daily as tonics and for general well being.

To prepare an herbal tea, use approximately 1 to 3 teaspoons of herbs per cup of boiling water. Boil water in a kettle as you would for ordinary tea, but do not use an aluminum kettle. Pour the water into a ceramic or glass (not metal) mug or teapot and leave the herbs to steep for at least five minutes (but don't leave them for longer than ten minutes or the tea may have a bitter taste). If you prefer a stronger tea, increase the amount of herbs used rather than steeping the tea for a longer period.

CERTIFIED HERBAL COUNSELOR COURSE - SESSION 1 – **QUESTION & ANSWERS**

NAME: _____

ADDRESS: _____

PHONE: _____

FAX: _____

E-MAIL: _____

Please be sure to fill out the information above, complete the test and e-mail or fax it back to us at iridology@netzero.net or 530-878-1119. We will grade your question & answer session and will let you know if we have any questions or concerns.

1. All plant roots and bark are naturally _____ and _____.

2. Make a decoction out of one of the single or combination herbal products you currently use. Drink several sips of the mixture. Describe the taste, smell, and texture below.

3. How many plants on the earth today have been extensively studied for their medicinal applications?

4. Are all herbs safe? Why or why not?