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# **Certified Advanced Herbalism Course Instruction Manual**

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## Certified Advanced Herbalism Course Rules & Conditions

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1. To be a part of this CD-ROM course you need to print each question and answer page. Be sure to write your name, telephone, e-mail address, and shipping address at the top of each page **before you e-mail or fax it back to us for grading**. Fax it back to us at 425-955-4639 (US) or at +353 1 647 5705 (EU) or e-mail it to us at [joyful@best.com](mailto:joyful@best.com) (US) or at [answers@med-herbs.com](mailto:answers@med-herbs.com) (EU). There is no time limit as to when the Question and Answer sessions must be completed.
2. To be eligible for Certification you must complete all 26 sessions of the online course. You must give correct answers to 80% of the questions in the **Final Exam**. 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 JLS Educational Services and Med-Herbs Educational 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, regarding 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. You must fill out the box at the bottom of the First Page of the Test and have it notarized. There is a notarization form provided.
7. There is no time limit on the completion of this CD-ROM 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. If you have any questions at any time, please e-mail your questions to [joyful@best.com](mailto:joyful@best.com) (US) or to [questions@med-herbs.com](mailto:questions@med-herbs.com) (EU), fax them to 425-955-4639 (US) or +353-1-647-5705 (EU), or call us at 530-878-1119. We will answer your questions and spend as much time as necessary to help answer your questions.
9. 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: JLS Educational Services and Med-Herbs Educational Services reserve 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 ADVANCED HERBALISM COURSE - SESSION 1:

- COURSE OVERVIEW
- COURSE DEFINITION
- INTRODUCTION TO HERBS
- BRIEF HISTORY OF HERBALISM

### Course Overview



You will receive a certificate at the end of this course. The homework and test will be graded and returned to you. 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 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

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 Herbalism 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 fruit 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.

### Disclaimer

It should be noted that a professional should always be consulted prior to using herbal remedies and the advice given anywhere in this document does not attempt to provide an alternative.

### Introduction to Herbs

The plant world numbers over 500.000 different plant species. In Mediterranean flora, you can find around 6500 different kinds of plants. The number of plants being used in the pharmaceutical industry for the development of medicine, and in the cosmetic industry for the development of cosmetic products, is considerably smaller. Because of ecological factors, which constantly act on our surroundings, we need to be very careful where we collect our herbs. Besides that, we have a number of less favorable factors that directly influence the growth of plants (herbs) and on the elements that go into the plants (herbs) during its development, which later on if used in the pharmaceutical or cosmetic industry can damage health.

Whole plant and animal life on this planet is constantly exposed to influences of some chemicals, whose biological influence is not yet fully studied. The modern industries through their enormous chimneys expel huge quantities of toxic gases and smoke, whose elements are being deposited in surrounding plant (herbal) life. Because of that we can never collect plants (herbs) for use in the pharmaceutical or cosmetics in the vicinity of heavy industries (because of huge quantities of sulphur dioxide and other toxic gases), motorways, or other roads (because of huge deposition of lead in plants). It is also dangerous to collect the plants near the waste waters because they contain phosphates, which get into the soil, after which plants collect them up through their root systems and are then deposited in the plant. The use of chemicals such as herbicides and pesticides in agriculture is not favorable for the herbs, which grow in those kinds of surroundings. From the 1950s onwards more and more chemicals, such as artificial growth supplements, are being used in agriculture. Because of that, we should avoid collecting herbs and useful plants near the larger agricultural surfaces. That means that herbs need to be collected far away from the inhabited areas, public parks, large agricultural surfaces and industrial areas. This has two advantages, which are clean and not poisonous herbs and a good picnic for the whole family. An important point to remember while collecting herbs is that we should always leave some herbs so that the colony of herbs in question can be renewed for the next season.

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.

## **Brief History of Herbalism**

Herbalism is the oldest method of treating ailments known to mankind. Extensive knowledge of herbs and their remedial properties has been built up over several thousand years. Since the dawn of mankind, humans have explored nature and used the knowledge gained to provide themselves with food, shelter and relief from various illnesses. Quite often the same herb used to provide food also had medicinal purposes. And then by people traveling down through the ages, knowledge about herbs was continually exchanged and developed and people learned through experience which herbs were appropriate to treat each particular ailment.

One of the first known written documents about herbs and their remedial properties is Ebers' Papyrus from ancient Egypt. It was written in 1552 B.C. and contains descriptions and remedial properties of 85 herbs including dill, peppermint and poppy. Some scientists believe that this book is a copy of an even more ancient book on the subject by Thoth (3000 B.C.).

Dioscorides, an ancient Greek herbalist who lived in the 1<sup>st</sup> Century B.C., has described over 400 herbs in his books, most of which are in use to this day.

The golden age of English herbalism occurred in the 16<sup>th</sup> and 17<sup>th</sup> Century. In 1653 Nicholas Culpepper published a book 'Complete Herbal'. The book was written to provide a guide to ordinary people in relation to herbs and their beneficial uses.

During the last century and particularly since the industrial revolution, more and more people have moved to towns and large cities. Consequently, the connection with the tradition of herbalism has been lost. Recently however, an interest in herbalism is re emerging. This is mainly due to people like Albert Coffin MD, who travel across the USA gathering information about herbs and their remedial qualities from native North American Indians. In modern society, people are looking for alternative ways to treat ailments and herbalism provides an ideal alternative to conventional medicine and pharmaceutical products.

## **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 Do Herbs Work?**

Herbalism can be considered to be located somewhere between using conventional medicine to treat various ailments and food consumption. The herbal range is very wide. On one side are herbs with strong compounds, used in the preparation of modern chemicals e.g. the poppy is used in opium production. On the other side of the spectrum are mild herbs rich in vitamins e.g. horsetail.

The main objective of the pharmaceutical industry, is to find one 'active' ingredient in a herb. Then by extracting only that ingredient from the herb a more potent potential medicinal cure is found.

Herbalists believe that each herb contains many different compounds, each acting together and thereby producing a safer more effective remedy. For example, the research carried out at Cornell University, New York, found that eating a small apple (100g) gave an anti-oxidant effect equivalent to taking 1500mg of vitamin C. It should be noted that the recommended daily allowance of vitamin C is 60-100 mg.

In treating various ailments, selecting the appropriate herb will significantly supplement the body's natural defense mechanisms. For example, the natural response of the body to fever and high temperature is sweating, a defense mechanism which lowers the body temperature. Therefore, in selecting an appropriate herb to fight fevers, a herb that induces sweating should be sought e.g. elder. Also it is known that hawthorn strengthens the heart and dandelion is very effective for rejuvenating the liver. So to treat heart problems hawthorn should be used, whereas for liver problems, dandelion should be the herb of choice.

There are several ways to acquire the particular desired herb(s).

1. Supermarket
2. Health food shop
3. Pharmacy
4. Greenhouse
5. Do-It-Yourself
6. Collecting from the wild

If you decide to buy herbs, always try to buy them from well known suppliers. This approach should ensure that good quality fresh herbs are procured. Additionally, it is important to make clear to the person you are purchasing from, which part of the herb you require (flower, bud, stem, leaves, bark or root). If possible, try to find the Latin name for the required herb, as quite often there may be ambiguities in the English name. A good example of this point is plantain, which is the name for a short herb with wide egg-shaped leaves. However, plantain is also the name for a tropical fruit, which looks like a large banana.

If you decide to go for the “Do-It-Yourself” option and grow your own herbs in the back garden, there are some important points that should be considered. Firstly, you should never use chemicals or pesticides to fend off parasites. You will also need specific knowledge of each herb you are trying to grow. For example, if you decide to grow basil, it is very important to know that it is very sensitive to cold conditions and using cold water to provide it with moisture could kill it.

If collecting from the wild, it is advisable to seek the assistance of a person with considerable experience in this area as different herbs can be found in different parts of a hill or forest. Also it is important to know the best time of the year to collect each herb type. An example of the importance of this is Mistletoe (a herb well known for its use at Christmas parties). Mistletoe should be collected from the beginning of October to the end of December and from March to the end of April. Mistletoe leaves and twigs collected outside this period have no remedial qualities. The best quality Mistletoe is found on pine trees and the various fruit trees.

## 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 applying an external pressure to herbs with a heavy hydraulic press. This is then followed by soaking the produce 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 which 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.

### **Some rules while collecting herbs**

1. The best time for collecting herbs is late afternoon hours, when the sun has lost its full strength, and dew has not yet fallen on the plants.
2. Never collect herbs when they are wet from rain or dew.
3. Only collect herbs that you know well.
4. Roots are collected in autumn or spring; Whole plants when they begin to blossom; Flowers from the herbs are collected straight after they have blossomed and leaves are collected when they are the most developed.
5. The worst time for collecting bark is in the spring.

6. Only collect one kind of herb at a time, but if you are collecting more than one kind use different baskets for storage.
7. The best place to leave collected herbs is in a basket and not a plastic bag because the air is not circulating around the herbs, and causes them to lose their quality.
8. The collected herbs need to be put gently into the basket and never just thrown on top of each other.

## **How to dry herbs**

The collected herbs need to be cleaned quickly, separated and if necessary washed under running water. Then we start to dry them. The main function of drying herbs is the removal of water from the herbs, which comes to around 10% to 15% of water in herbal seeds and its produce, over 70% in green parts, and up to 90% in meaty parts of an herb. The dried leaves weigh close to 1/4 to 1/5 of its original weight.

Which means that from around 4kg to 5kg (kilograms) of fresh leaves you can get around 1kg (kilogram) when dried. From around 5kg to 9kg (kilograms) of fresh flowers you get about 1kg (kilogram) when dry, and from 3kg to 4kg (kilograms) of dry roots you get 1.5kg (kilograms) when dry.

The time necessary for the drying of certain part of the herb varies from herb to herb and the part of the respective herb, which you are trying to dry. The whole herb takes about 3 to 5 days to dry during the summer time, and 10 to 14 days in the autumn and spring. The time the flowers take to dry is the same, and roots take around 14 days to dry during the summer, and 3 weeks in autumn and spring. Drying of herbs is conducted in the shade; usually you need to turn them a few times. Only crusts, seeds, roots and some herbal produce, flowers and leaves can be dried in the sun.

## **Storage of herbs**

Collected herbs cannot be stored for long periods of time, because during the long storage periods dried herbs lose their herbal quality. This needs to be kept in mind when we are collecting herbs so that we do not over stock on certain herbs. This needs to be kept in mind especially when we are collecting herbs for cosmetic use. The main reason for the damage of drugs (drug is a name which is used in pharmaceutical industry to describe herbal materials) are:

- Damp
- Light
- Air
- High Temperature
- Cold Temperature
- Live Organisms (bacteria, insects, etc.)

### **Damp**

Dried herbs need to be stored carefully. The best way to preserve herbs is to put them into bags or boxes made out of paper or cardboard and then place them in a dry location. If herbs are stored under damp conditions, they can absorb up to 20% water, which allows enzymes to work and leads to the breakdown of active substances. Besides that, damp herbs can very quickly go off, and when that happens, the herbs that are affected need to be removed straight away.

### **Light**

Light, especially direct sunlight leads to loss of natural color, which herbs have. This goes especially for the flowers of rose, chamomile and some others. The loss of natural color due to the light also occurs in leaves, which is also a sign that the herbs in question are no longer useful or usable. Besides these easy to spot signs, light also can influence the herbs so that it damages them, which is not so easily detectable, but they have the same unwanted effects which is that it deactivates useful substances in herbs.

### **Air**

Air helps the oxidation of certain substances in herbs. This results in the action of oxygen and ozone, with the help of water vapor and traces of different gases in the air (such as ammoniac). Additionally, higher temperatures, light and relative damp conditions, can lead to the loss of the characteristic effectiveness of the herbs in question. The most visible examples can be seen in an herb that poses aromatic extracts or oils. This is so because the smell in the herb will change and that would give you a sign that there is something wrong. This is just one of the important changes which are clearly visible in herbs.

## High Temperatures

It is not recommended to store and keep herbs at high temperatures because this will speed up the enzymes that act in the herbs and causes the breakdown in the chemical substance of the herbs in question. The danger caused by high temperatures is the development of parasites, especially if the herbs are being kept in high temperatures and damp conditions.

## Cold Temperatures

Colder temperatures are good conservation methods, because it stops the development of micro-organisms and insects, but too low temperature can be dangerous. This is because low temperatures lead to deposition and crystallization of some substances such as oil in the particular herb, and can completely change the herbal makeup. Also a big drop in temperature and fast cooling of herbs can lead to condensation of small drops of water vapor on the walls of the storage boxes or bags in which we keep the herbs.

These drops can fall on to the herbs and destroy them. The herbs that are most susceptible to this sort of damage are those herbs that have delicate composition.

## Live Organisms

Herbs are usually attacked by pests, bacteria and insects. Pests are especially dangerous with herbs, which consists of starch, sugar and similar materials. Herbs that are surrounded with pests are not suitable for use, in any way. Insects are usually found on herbs that are improperly stored. Improper storage provides a perfect hiding place and source of food. The most frequent insects found in herbs are moths, flour and cheese maggots. So if you discover even one member of the insect family in your herbs, you need to discard all of the herbs in the box or bag immediately. This is recommended because there is no way of knowing how big the infestation is, and if appropriate steps are not taken the infestation can spread really quickly onto all your other herbs. Besides absolute cleanliness we need to keep in mind some other rules about storage of herbs and they are as follows:

- Herbs need to be cleaned with care and placed in clean bags or boxes.
- Keep the herbs in smaller quantities.
- On every storage bag or box clearly write the name of plant (herb) that is inside, which part of the plant (herb) it is and the date of storage.
- Herbs always need to be kept in storage where the temperature is never higher than 25°C and never lower than 10°C.
- Never add fresh new herbs onto old herbs; new dry herbs must be kept separate from the older ones, even if they are from the same family.

## Which herbs should we collect?

The basic rule of collecting herbs is that we collect only the herbs we know. Some herbal books can tempt us to collect all different types of herbs, which are illustrated in the book. This can be very dangerous because even the best illustration can trick us. Because of that reason we recommend that beginners should take someone with greater knowledge of herbs with them when collecting new, and to them, not so known herbs.

## CERTIFIED ADVANCED HERBALISM COURSE - SESSION 1 – QUESTION & ANSWERS

NAME: \_\_\_\_\_

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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 425-955-4639 (US) or at +353 1 647 5705 (EU) or e-mail it to us at [joyful@best.com](mailto:joyful@best.com) (US) or at [answers@med-herbs.com](mailto:answers@med-herbs.com) (EU). We will grade your question & answer session and will let you know if we have any questions or concerns.

1. In what year did Culpepper publish the book 'Complete Herbal'?
2. Name the person who traveled across the USA gathering information about herbs and their remedial qualities from native North American Indians.
3. List areas from which herbs should NOT be collected?
4. List at least 5 rules to be followed when collecting herbs
5. What is the basic rule when collecting herbs?