

REBECCASNOW

Rebecca Snow Nutrition, LLC
www.rebeccasnow.com
Integrating Herbal Medicine into Clinical Practice

Description:

This herb course provides nutritionists and health professionals with additional tools for clinical practice and client education. The course focuses on herbs that benefit specific disorders and processes such as Type 2 diabetes, detoxification, high blood pressure, stress management, allergies, skin health, and menopause. Several methods for safely and effectively recommending herbal medicine are discussed, including incorporating herbs into healthy meals, herbal teas, liquid extracts, and supplements.

Teacher: Rebecca Snow, MS, CNS, LN, RH(AHG)

Total hours: 25 CEU hours for full course, 18 CEU hours for webinars only

Target Audience: Primarily nutritionists & dieticians, Also physician assistant, nurse practitioner, coaches, acupuncturist in private practice, group practice, or providing client education

What is included?

8 Webinars on Tuesday nights 630 pm – 9 pm, January 17th, February 7th, February 28th, March 21st, April 4th, April 25th, May 16th, June 6th

One Weekday Intensive: May 6th 2017, 9 am – 6 pm (with lunch break).

Herbal Starter Kit: All participants will receive an HERBAL STARTER KIT with samples of “15 Herbs to Know.”

All webinars and lectures will be recorded.

Cost:

FULL COURSE \$440 early bird sign-up by 11/15/16, \$490 regular sign-up by start date
WEBINARS ONLY \$290 early bird sign-up by 11/15/16, \$330 regular sign-up by start date

**Additional \$40 off discount for current or past participants of my Mentorship Program*

**Cost includes all supplies and take-home products from medicine making (salve, tincture, tea blend) and food tastings at weekend intensive.*

Educational Objectives for the course

Participants will learn how to:

- Describe foundational principles and practices of herbal medicine
- Effectively and safely employ 30+ herbs in their clinical practice for a variety of health concerns
- Incorporate herbs into dietary recommendations and recipes
- Incorporate herbs into clinical protocols for various disorders
- Apply general principles of preparing and dosing herbal remedies
- Identify high-quality resources for further study

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Live Herbal Workshop

Date	Time	Module	Outcome for each module	Hours
5/6/17	9 am – 10:45 am	Herb walk to identify common local weeds	At the end of this module, participants will be able to: <ul style="list-style-type: none">○ Identify several common local weeds and their health benefits○ Explain how garden/wild medicine can reduce health costs for underserved populations○ Learn how to harvest various plant parts	1.75
	11:00 – 12:30	Herb tasting and discussion	At the end of this module, participants will be able to: <ul style="list-style-type: none">○ Identify the 6 tastes that are present in herbal medicine and explain accompanying medicinal activity○ Creatively incorporate herbs into diet planning	1.5
	12:30 pm – 1:45 pm	LUNCH		
	1:45 pm – 3:15 pm	Lab: Reading the herb supplement label	At the end of this module, participants will be able to: <ul style="list-style-type: none">○ Identify best quality herbal products on the market	1.5
	3:30 pm - 6 pm	Lab: Herbal medicine making	At the end of this module, participants will be able to: <ul style="list-style-type: none">○ Identify the pros and cons of various herbal preparations○ Prepare herbal infusions and decoctions○ Prepare herbal tinctures○ Make an herbal salve	2.5

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WEBINARS

1/17/17	6:30 pm -9:00 pm with 15 minute break	Webinar 1: Introduction to Herbal Medicine and Herbal medicine for supporting the nervous system	At the end of this module, participants will be able to: <ul style="list-style-type: none"> ○ Describe how herbal medicine integrates with nutritional therapy and practice ○ Name 15-20 herbal actions ○ Contrast traditional and modern understanding of herbal medicine ○ Describe the safety and efficacy of specific adaptogenic herbs, nervine tonic herbs, and sedative herbs ○ Differentiate the clinical role of several nervines and adaptogens 	2.25
2/7/17	6:30 pm -9:00 pm with 15 minute break	Webinar 2: Herbal medicine for Type II Diabetes and Hypertension	At the end of this module, participants will be able to: <ul style="list-style-type: none"> ○ Differentiate the clinical role of 4 hypotensive herbs, and 4 herbs that assist with type 2 diabetes and insulin resistance ○ Incorporate herbs into a comprehensive nutrition plan for type 2 diabetes and insulin resistance ○ Incorporate herbs into a comprehensive nutrition plan for hypertension 	2.25
2/28/17	6:30 pm - 9:00 pm with 15 minute break	Webinar 3: Herbal medicine for menopause and women's health	At the end of this module, participants will be able to: <ul style="list-style-type: none"> ○ Describe the efficacy and safety of 5 herbs for benefiting women's health ○ Employ herbs to improve protocols and patient outcomes for female health complaints (menopause, PMS) 	2.25
3/21/17	6:30 pm - 9:00 pm with 15 minute break	Webinar 4: Herbs to support liver, lymph and detoxification	At the end of this module, participants will be able to: <ul style="list-style-type: none"> ○ Describe the efficacy and safety of 5 herbs for supporting detoxification ○ Employ herbs to improve outcomes for clients with skin issues and conditions where detoxification capacity is impaired 	2.25
4/4/17	6:30 pm - 9:00 pm with 15 minute break	Webinar 5: Herbal medicine for respiratory health, allergies, and the common cold	At the end of this module, participants will be able to: <ul style="list-style-type: none"> ○ Address client concerns about allergies, viral infections with herbal suggestions ○ Utilize 5 herbs that benefit respiratory health in clinical practice 	2.25

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4/25/17	6:30 pm - 9:00 pm with 15 minute break	Webinar 6: Case studies - Practice applying herbal knowledge to real life cases	At the end of this module, participants will be able to: <ul style="list-style-type: none">○ Integrate herbal knowledge into assessment and treatment planning	2.25
5/16/17	6:30 pm - 9:00 pm with 15 minute break	Webinar 7: Herbal medicine for IBD and IBS and other digestive disorders	At the end of this module, participants will be able to: <ul style="list-style-type: none">○ Describe the efficacy and safety of 5 herbs for promoting digestive health○ Differentiate the best herb choice for various digestive complaints	2.25
6/6/17	6:30 pm - 9:00 pm with 15 minute break	Webinar 8: Herbal First Aid	At the end of this module, participants will be able to: <ul style="list-style-type: none">○ Identify 10-20 helpful remedies for acute care as an adjunct to proper medical care Identify herbs best used topically for various complaints	2.25