

Herbalism in Western Veterinary Practice: An Introduction

October 13-15, 2023

Date and Time	Topic	Description	Location
Friday, October 13 8:00-8:30	Breakfast		Breakfast Nook
8:30-9:30	Introductions		Classroom
9:30-11:00	Lecture: Introduction to Western Herbal Medicine	This lecture will go over the basics of medicinal use of Western Herbs. We will discuss how herbs can be used in terms of physiology, treatment modalities, safety and interactions. How to read a monograph will be explained.	Classroom
11:00-11:30	Break		
11:30-12:30	Lecture: The Wholistic Examination	The wholistic history and physical examination includes multiple factors, observations and questions that may not always be included in a conventional physical examination. This lecture will cover some important considerations to enhance this approach to patient care.	Classroom
12:30-2:00	Lunch		
2:00-3:00	Lecture: Forms of Herbal Administration	This lecture will explain the basics of preparing teas, tinctures, oils and salves. The applications and pros and cons of each form will be discussed.	Classroom
3:00-3:30	Break		
3:30-5:00	Lab: Forms of Herbal Administration	In this lab, we will demonstrate methods of preparing teas, tinctures, oils and salves.	Kitchen classroom
Saturday, October 14 8:00-8:30	Breakfast		Breakfast Nook
8:30-9:30	Lecture: Herbal Formulation	In this lecture, we will go through how to put together an herbal formula. Things to consider include: type of administration, type of herb, number of herbs, specifics of patient, environment and speed of delivery. We will also discuss basic dosing.	Classroom
9:30-10:00	Break		
10:00-11:30	Lecture: Organoleptics	The definition of organoleptics is "being, affecting, or relating to qualities (as taste, color, odor, and feel) of a substance (as a food or drug) that stimulate the sense organs" (Merriam Webster dictionary). In this lecture, we will explain groups of herbs and their uses based on their organoleptics. The class will discuss the 5 common flavors described in herbal medicine, and taste examples of each flavor.	Classroom
11:30-11:45	Break		
11:45-12:30	Travel to Roanoke Island		Van
12:30-2:00	Lunch/Free time in Manteo	This will be free time to explore the flavor and atmosphere of the Outer Banks	Manteo
2:00-2:15	Travel to Garden	Stop by Mother Vine	Van

2:15-4:00	Herb walk	This excursion to the Elizabethan Gardens will include a guided herb walk. The Gardens start with a proper English herb garden, which includes many non-culinary medicinal herbs. We will then progress through the Gardens while learning about many native and beautiful species of plants.	Elizabethan Gardens
4:00—4:45	Return to Lowood		
Sunday, April 2 8:00-8:30	Breakfast		Breakfast Nook
8:30-10:30	Lecture: Ethnomedicine with a Specific Look at Cultures Commonly Used in Veterinary Medicine	The origins of herbal medicine are from native cultures around the world. This lecture will explain how many cultures have chosen medicinal herbs throughout time, and then proceed with a brief overview of TCVM, Ayurveda and Eclectic use of herbs. We will also briefly discuss how pharmaceutical companies have coopted herbal chemicals for pharmaceuticals and the pros and cons of traditional herbal use versus pharmaceutical use.	Classroom
10:30-11:00	Break		
11:00-12:30	Lecture: An Integrative Approach to Pain Management	This lecture will address the integration of herbal medicine, pharmaceuticals and other treatment modalities in a way that puts the “whole” in “wholistic.” Communication with clients, other practitioners and specialists can be crucial to case management and using a language that everyone understands facilitates patient care.	Classroom
12:30-2:00	Lunch		
2:00-3:00	Lecture: Food Therapy	This lecture will discuss using food as medicine, with and without herbs. We will briefly discuss home-cooking for pets.	Classroom
3:00-3:30	Break		
3:30-5:15	Lab: Incorporating Herbs into Food	In this lab, we will demonstrate the incorporation of herbs into food, both for pets and humans.	Kitchen Classroom
5:15-5:30	Closing Ceremony		Kitchen Classroom