

Veterinary Herbal Apprenticeship and Retreat 22-23 Schedule

Module I: September 16-19, 2022

Date and Time	Topic	Description	Location
Friday, September 16 6:00 pm-?	Dinner and Introductions	We will start with a group dinner at a local restaurant and take some time to introduce ourselves and get to know one another.	Agave Roja, Corolla
Saturday, September 17 8:00-8:30	Breakfast		Breakfast Nook
8:30-10:00	Opening and Welcome, Introduction	Introduction to the Course and Lowood Educational Center	Classroom
10:00-10:30	Break	Guided stretching available	
10:30-12:00	Lecture: Integrative Medicine and Evaluation	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 other practitioners and specialists can be crucial to case management, and using a language that everyone understands facilitates patient care. The Holistic history and physical exam includes multiple factors, observations and questions that may not always be included in a standard physical exam.	Classroom
12:00-1:30	Lunch		
1:30-3:00	Lecture: Introduction to Western Herbal Medicine	This lecture will go over the basics of medicinal use of Western Herbs. The concept of Evidence-based Medicine will be introduced. 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, and there will be cases presented.	Classroom
3:00-3:30	Break	Guided stretching available	
3:30-5:30	Lab: Tea Making	Preparations of infusions and decoctions will be made, as well as methods for combining them. Beverage blending will be demonstrated. All teas will be tasted. We will also introduce students to the apothecary. Students will have an opportunity to blend their own formulas.	Kitchen Classroom and Apothecary
Sunday, September 18 7:50-8:20	Breakfast		Breakfast Nook
8:20-8:30	Morning Gratitude		Classroom
8:30-10:30	Lecture: Herbal Modalities around the World	Western Herbal Medicine is one of many ways to look at herbal medicine in our world. Since people grouped together into communities, they have developed culturally unique philosophies of medicine. In this lecture, we will briefly describe	Classroom

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		TCVM, Ayurveda, Unani-Tibb, Native American and Humoral Theory.	
10:30-11:00	Break	Guided stretching available	
11:00-12:30	Lecture: Ethnomedicine	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 to detail how a few specific native cultures choose their herbs. The societal examples will focus on ethnoveterinary uses of herbs. We will also briefly discuss how pharmaceuticals have coopted herbal chemicals for allopathic drugs and the pros and cons of traditional herbal use versus pharmaceutical use.	Classroom
12:30-2:00	Lunch		
2:00-4:00	MM: Cardiovascular	Monographs of 8-12 herbs for the cardiovascular system will be presented. There will also be an organoleptic component to this lecture, with tasting of the herbs dried, in tea and in tincture forms. Fresh herbs will be shared when available.	Classroom
4:00-4:30	Break	Guided stretching available	
4:30-5:30	Personal Wellness: Lecture/Lab – Breathing Techniques	We will begin with an exploration of breathing methods for health, including both relaxing and energizing approaches. Then we get to go to the beach to practice these techniques!	Classroom and Beach
Monday, September 19 7:50-8:20	Breakfast		Breakfast Nook
8:20-8:30	Morning Gratitude		Classroom
8:30-10:30	MM: Adaptogens	This lecture will start with a detailed explanation of adaptogens as an herbal group. Monographs of 8-12 herbs will be presented. There will also be an organoleptic component to this lecture, with tasting of the herbs dried, in tea and in tincture forms. Fresh herbs will be shared when available.	Classroom
10:30-11:00	Break	Guided stretching available	
11:00-1:00	MM: Endocrine	Monographs of 8-12 herbs for the endocrine system will be presented. There will also be an organoleptic component to this lecture, with tasting of the herbs dried, in tea and in tincture forms. Fresh herbs will be shared when available.	Classroom
1:00-2:30	Lunch		
2:30-4:00	Herb walk	This outdoor adventure will be an introduction to Lowood's gardens. We will learn about cultivated and native medicinal plants as well as other non-medicinal native plants.	Lowood Garden

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4:00-4:30	Closing		Lowood Garden
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Module II: October 14-17, 2022

Date and Time	Topic	Description	Location
Friday, October 14	Breakfast on your own		
8:30-9:30	Travel to Island Farm		Van
9:30-11:30	Island Farm Field Trip	On this field trip, we will be stepping back in time to experience mid-1800's farm life. We will spend time discussing the medicinal herbs in the kitchen garden and the traditional "medicine chest." We will also look at the crops and trees grown, and visit a traditional cookhouse.	Island Farm
11:30-12:30	Free Time	This time will be to explore the rest of the farm, ask questions and enjoy a picnic lunch we will be bringing with us.	Island Farm
12:30-12:45	Travel to Elizabethan Garden		Van
1:00-3:00	Herbwalk	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. There will be time for personal exploration as well as plant and gift shopping.	Elizabethan Garden
3:00-4:00	Return to Lowood	There is a secret bonus stop on the return trip!	Van
Saturday, October 15	Breakfast		Breakfast Nook
7:50-8:20			
8:20-8:30	Morning Gratitude		Classroom
8:30-10:30	Lecture: Food Therapy	This lecture will discuss using food as medicine, with and without herbs. We will briefly discuss homecooking for pets, both healthy and with chronic disease. If we have time, we will look at the origins and medicinal qualities of spices in food.	Classroom
10:30-11:00	Break	Guided stretching available	
11:00-12:30	Introduction to Plant Families	This lecture will discuss the similarities of species within the same plant family. It will also highlight the differences. While each species must be taken individually, it will aid the student in thinking about plants in groups and provide clues about medicinal properties based on their familial characteristics.	Classroom
12:30-2:00	Lunch		
2:00-3:30	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	Classroom

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		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. Students will begin to discern the quality of herbs based on their organoleptics.	
Sunday, October 16 7:50-8:20	Breakfast		Breakfast Room
8:20-8:30	Morning Gratitude		Classroom
8:30-10:30	MM: GIT	Monographs of 8-12 herbs for the gastrointestinal system will be presented. There will also be an organoleptic component to this lecture, with tasting of the herbs dried, in tea and in tincture forms. Fresh herbs will be shared when available.	Classroom
10:30-11:00	Break	Guided stretching available	
11:00-1:30	Lab: Food Therapy	In this lab, we will demonstrate the crockpot method of homecooking for animals, with and without herbal supplementation. We will also prepare bone broth. We will explain nut butter balls as a vehicle for herbs and other medications, and students will have an opportunity to prepare their own nut butter balls with herbs.	Kitchen Classroom
1:30-4:00	Lab: Making Food Naturally	This lab will be continued with human food, in which we make fun wholesome foods, such as nut butters, herbal syrups, granola and season delights. The purpose will be to show how easy it is to prepare stock items and delicious foods healthfully and from scratch.	Kitchen Classroom
Monday, October 17 7:50-8:20	Breakfast		Breakfast Nook
8:20-8:30	Morning Gratitude		Classroom
8:30-10:30	MM: Liver	Monographs of 8-12 herbs for the liver will be presented. There will also be an organoleptic component to this lecture, with tasting of the herbs dried, in tea and in tincture forms. Fresh herbs will be shared when available.	Classroom
10:30-11:00	Break	Guided stretching available	
11:00-12:30	Student Herb Walk Presentations and Teas	2-3 herb walk presentations plus tea homework sampling	Classroom
12:30-2:00	Lunch		
2:00-4:00	MM: Antimicrobials	Monographs of 8-12 antimicrobial herbs will be presented. There will also be an organoleptic component to this lecture, with tasting of the herbs dried, in tea and	Classroom

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		in tincture forms. Fresh herbs will be shared when available.	
4:00-4:30	Closing		Classroom

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Module III: November 5-7, 2022

Date and Time	Topic	Description	Location
Saturday, November 5 7:50-8:20	Breakfast		Breakfast Nook
8:20-8:30	Morning Intention		Classroom
8:30-10:30	MM: Nervines	Monographs of 8-12 herbs both for the nervous system and for mental health ("nerves") will be presented. There will also be an organoleptic component to this lecture, with tasting of the herbs dried, in tea and in tincture forms. Fresh herbs will be shared when available.	Classroom
10:30-11:00	Break	Guided stretching available	
11:00-1:00	Lecture: Formulation and Dosing	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 the determination of dosage, and the many methods to decide on a dose. There will be case examples of formula preparation. Herbal labeling will be detailed. Lastly, we will discuss marketing and pricing as a veterinary herbalist.	Classroom
1:00-2:30	Lunch		
2:30-4:00	Lab: Tinctures	This lab will cover making tinctures with a variety of menstrua, including glycerites, vinegars and alcohols. The preparation of simples and formulas will be covered. We will also demonstrate blending premade simples into formulas for specific patients.	Kitchen Classroom
4:00-4:30	Break	Guided stretching available	
4:30-6:00	Student Herb Walk Presentations and Foods	2-3 herb walk presentations and food homework sampling	Classroom
Sunday, November 6 7:50-8:20	Breakfast		Breakfast Nook
8:20-8:30	Morning Gratitude		Classroom
8:30-10:30	MM: Urinary	Monographs of 8-12 herbs for the urinary system will be presented. There will also be an organoleptic component to this lecture, with tasting of the herbs dried, in tea and in tincture forms. Fresh herbs will be shared when available.	Classroom
10:30-11:00	Break	Guided stretching available	
11:00-12:30	Lecture: An Overview of Rehabilitation Modalities	Rehabilitation offers numerous modalities to round out a multimodal therapy approach to pain management. Students will be able to identify and	Classroom

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		choose from a variety of options to address pain in a non-pharmacological manner.	
12:30-2:00	Lunch		
2:00-2:30	Drive to Currituck Banks Reserve		Van
2:30-4:00	Herb Walk	The Outer Banks Maritime Forest has a plethora of native plant species, some medicinal, some edible and some part of the ecosystem. This park also has wildlife, and we will be able to examine animal tracks and discuss the ecosystem as a whole from an herbal, veterinary and environmental standpoint.	Currituck Banks Reserve
4:00-4:30	Return to Lowood		Van
Monday, November 7 7:50-8:20	Breakfast		Breakfast Nook
8:20-8:30	Morning Gratitude		Classroom
8:30-10:30	Lecture: Pain Management	This lecture presents an integrative approach to pain management starting with the recognition of physical and behavioral signs of pain in animals. Multiple supportive herbal properties will be discussed including anti-inflammatory, anti-anxiety, muscle-relaxant and others. The goal is to use multiple herbal actions in synergy to improve patient comfort. Often pharmaceutical drugs are needed for severe pain control and the combination of herb/drug therapies are covered, including possible side effects and herb-drug interactions., circulation, joint support herbs	Classroom
10:30-11:00	Break	Guided stretching available	
11:00-1:00	MM: Musculoskeletal	Monographs of 8-12 herbs for the musculoskeletal system will be presented. There will also be an organoleptic component to this lecture, with tasting of the herbs dried, in tea and in tincture forms. Fresh herbs will be shared when available.	Classroom
1:00-2:30	Lunch		
2:30-3:30	Personal Wellness: The Wellness Wheel	We will go through the Wellness Wheel, which is a self-assessment of our lifestyle and wellbeing. We will explain all the pieces and how the assessment brings awareness to many aspects of our lives.	Classroom
3:30-4:00	Closing		Classroom

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Module IV: March 18-20, 2023

Date and Time	Topic	Description	Location
Saturday, March 18 8:00-8:30	Breakfast		Breakfast Nook
8:30-9:00	Morning Intention, Rejoining after break		Classroom
9:00-10:30	Lecture: Introduction to Botany	Immerse yourself into the plant world and become reacquainted with major plant families and key characteristics for identification. Hone your botany skills by observing and recording leaf, flower, and fruit types. Discover the role these plants play in the daily lives of those who use them. This will be a tactile lecture in the Garden.	Lowood Garden
10:30-11:00	Break	Guided stretching available	
11:00-1:00	Virtual Herb Walk: Wild Weeds Cooking	This virtual herb walk will teach us about the many nutritious and cleansing early spring greens. In this lab, we will learn about these fresh herbs and then learn to prepare them in a variety of ways. Bring your appetite!	Kitchen Classroom
1:00-2:30	Lunch		
2:30-3:30	Lecture: Phytopharmacology I	This 2-part lecture will go through the chemistry of herbs and their constituents. It will help the student identify the use of an herb by its taste and energetics. Students will sample herbs that embody each constituent group. Lastly, we will talk about the chemicals that make foods certain colors and the health benefits of each.	Classroom
Sunday, March 19 7:5-8:20	Breakfast		Breakfast Nook
8:20-8:30	Morning Gratitude		Classroom
8:30-10:30	MM: Dermatology	Monographs of 8-12 herbs for the skin will be presented. There will also be an organoleptic component to this lecture, with tasting of the herbs dried, in tea and in tincture forms. Fresh herbs will be shared when available.	Classroom
10:30-11:00	Break	Guided stretching available	
11:00-12:30	Student Herb Presentations Walk and Tinctures	2-3 herb walk presentations and tincture homework sampling	Classroom
12:30-2:00	Lunch		
2:00-4:00	Lab: Oils and Salves	In this lab, we will start by making herb-infused oils. Demonstrated methods to prepare oils will include solar infusions, the crockpot method, and the double boiler method. Other methods will be explained. The lab will continue with salve-making from the herbal oils. We will	Kitchen Classroom

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		also create lotion, lip balm, lotion bars and salt scrubs. Lastly, we will demonstrate adding tinctures to lotions for topical use.	
4:00-6:00	Dinner Break		
6:00-8:00	Movie Night	<i>Juliette of the Herbs</i> – with desserts	Classroom
Monday, March 20 7:50-8:20	Breakfast		Breakfast Nook
8:20-8:30	Morning Gratitude		Classroom
8:30-10:30	MM: Pulmonary	Monographs of 8-12 herbs both for the pulmonary system will be presented. There will also be an organoleptic component to this lecture, with tasting of the herbs dried, in tea and in tincture forms. Fresh herbs will be shared when available.	Classroom
10:30-11:00	Break	Guided stretching available	
11:00-1:00	Lecture: Essential Oils, Phytopharmacology and Safety	This lecture will cover the phytopharmacology of Essential Oils, to explain their activity in the plants. It will also cover issues of safety with their usage. There will be case examples.	Classroom
1:00-2:30	Lunch		
2:30-4:30	Personal Wellness Lab: Herbal Skin Care	Part of self-care is caring for our physical bodies. Our skin is both our largest organ and also a major organ of detoxification. Therefore, good skin care is a big part of good health. We will be using the products made in the oils and salves lab along with others provided to detoxify and nourish our faces. There will be a brief presentation on other skin care products and their uses.	Kitchen Classroom
4:30-5:00	Closing		Classroom

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Module V: April 15-17, 2023

Date and Time	Topic	Description	Location
Saturday, April 15 7:50-8:20	Breakfast		Breakfast Nook
8:20-8:30	Opening and Intention		Classroom
8:30-10:30	MM: Reproduction	Monographs of 8-12 herbs for the reproductive system will be presented. There will also be an organoleptic component to this lecture, with tasting of the herbs dried, in tea and in tincture forms. Fresh herbs will be shared when available.	Classroom
10:30-11:00	Break	Guided stretching available	
11:00-12:00	Lecture: Phytopharmacology: Part II	This 2-part lecture will go through the chemistry of herbs and their constituents. It will help the student identify the use of an herb by its taste and energetics. Students will sample herbs that embody each constituent group. Lastly, we will talk about the chemicals that make foods certain colors and the health benefits of each.	Classroom
12:00-1:30	Lunch		
1:30-3:00	Student Herb Walk Presentations and Oil/Salves	2-3 herb walk presentations and exhibition of oil and salve homework	Classroom
3:00-3:30	Break	Guided stretching available	
3:30-5:00	Lecture: Naturalist's Journal	This lecture will demonstrate how to write and keep a naturalist's (or in our case an herbalist's) field journal. Ideas will be presented to enable the student to create a personalized journal by observing and recording findings in nature taking into account local environmental conditions, weather, seasonal changes and other factors. We will discuss both scientific and artistic aspects of journaling.	Classroom
Sunday, April 16 7:50-8:20	Breakfast		Breakfast Nook
8:20-8:30	Morning Gratitude		Classroom
8:30-10:30	Lecture: Cancer Treatment - Theory, Formulas and Cases	The herbal approach to cancer therapy focuses on helping the body to heal itself through immune and antioxidant support in addition to using the anti-neoplastic properties of many plants. Creation of individualized supportive herbal formulas using traditional and scientific knowledge will be covered. Classic anti-neoplastic formulas will be discussed with a Materia Medica-based explanation of the herbs in the formulas. Cases using classic and individualized treatment protocols will be presented.	Classroom

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10:30-11:00	Break	Guided stretching available	
11:00-1:00	Lecture/MM: Medicinal Mushrooms	The concept of medicinal mushrooms will be elucidated and explored. The differences between mushroom parts used and how to prepare mushrooms medicinally will be explained. Additionally, 6-8 medicinal mushroom monographs will be presented with tasting.	Classroom
1:00-2:30	Lunch		
2:30-3:30	Drive to Carova Beach Park		Van
3:30-5:00	Herb Walk	Carova Beach is the home of the Corolla Wild Horses, who live in harmony with both nature and humans. We will explore this environment and the flora that both supports the land and the horses. There will be opportunities for tasting many wild edible plants, medicinal, delicious and both!	Carova Beach Park
5:00-6:00	Return to Lowood		Van
Monday, April 17 7:50-8:20	Breakfast		Breakfast Nook
8:20-8:30	Morning Gratitude		Classroom
8:30-10:30	Forum: Cases	Students send their cases in advance and we will work them up and discuss	Classroom
10:30-11:00	Break	Guided stretching available	Classroom
11:00-12:00	Herbal Games	This will be a fun way to review what you have learned about herbs over the last 6 months!. There will be prizes!	Classroom
12:00-12:30	Break	Students will prep for Medicine Show	Classroom
12:30-3:00	Catered Lunch, Student Medicine Show and Graduation	Student Medicine Show and Graduation Ceremony	Classroom
3:00-5:00	Final Party	Families and friends welcome	Lowood