# Herbalism in Western Veterinary Practice:

# An Introduction

## April 9-11, 2027

| Date and Time | Topic | Description | Location |
|---|---|---|---|
| **Friday, April 9** 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 |
| 12:30-12:45 | Break | | |
| 12:45-1:30 | Travel to Roanoke Island | | Van |
| 1:30-3:00 | Lunch/Free time in Manteo | This will be free time to explore the flavor and atmosphere of the Outer Banks | Manteo |
| 3:00-3:15 | Travel to Garden | | Van |
| 3:15-5:00 | 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 |
| 5:00-5:45 | Return to Lowood | | |
| **Saturday, April 10** 8:00-8:30 | Breakfast | | Breakfast Nook |
| 8:30-9:30 | 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 |
| 9:30-10:30 | 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 | Classroom |

| | | | |
|---|---|---|---|
| | | patient, environment and speed of delivery. We will also discuss basic dosing. | |
| 10:30-11:00 | Break | | |
| 11:00-12:30 | 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 |
| 12:30-2:00 | Lunch | | |
| 2:00-4:00 | Lab: Forms of Herbal Administration | In this lab, we will demonstrate methods of preparing teas, tinctures, oils and salves. | Kitchen classroom |
| **Sunday, April 11** 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 | | |
| 11:00-12:00 | Lecture: Setting up and Integrative Practice | Does it seem daunting to incorporate new modalities into your existing practice? This lecture will walk you through setting up and integrating new methods. We will also discuss marketing your new skills to your clients. | Classroom |
| 12:00-1:30 | Lunch | | |
| 1;30-2:30 | Lecture: Food Therapy | This lecture will discuss using food as medicine, with and without herbs. We will briefly discuss home-cooking for pets. | Classroom |
| 2:30-3:00 | Break | | |
| 3:00-5:00 | Lab: Incorporating Herbs into Food | In this lab, we will demonstrate the incorporation of herbs into food, both for pets and humans. | Kitchen Classroom |
| 5:00 | Closing | | Kitchen Classroom |