

ALQUIMIA HEALING ARTS



HERBALISM ADVANCED DIPLOMA COURSE

2021/2022



PROGRAM

THE HERBALIST PROFESSION

- WORK ETHICS AND CODE OF PRACTICE
- ADMINISTRATION AND SAFETY
- HERBAL ADMINISTRATION AND DOSAGE
- HERB-HERB INTERACTIONS
- HERBAL CONTRAINDICATIONS
- NUTRACEUTICALS AND SAFETY

REFERENCE BOOKS

- DAVID HOFMANN - MEDICAL HERBALISM
- FUSI ELISA - THE HERBALIST OATH AND CODE OF ETHICS
- BENZIE & GALOR - HERBAL MEDICINE - BIOMOLECULAR AND CLINICAL ASPECTS
- FRED JENNES & BOB FLAWS - HERB TOXICITIES & DRUG INTERACTIONS: A FORMULA APPROACH
- RAMESH C. GUPTA - NUTRACEUTICALS: EFFICACY, SAFETY AND TOXICITY
- MICHAEL PHILLIPS & NANCY PHILLIPS - THE HERBALIST'S WAY - THE ART AND PRACTICE OF HEALING WITH PLANT MEDICINES

FIRST UNIT

APPROXIMATELY
30 HOURS OF STUDY



PROGRAM

PHYTOCHEMICALS AND ACTION IN THE HUMAN BODY

- BIOACTIVITY AND BIOAVAILABILITY OF MEDICINAL PLANTS
- ADVANCED PHYTOCHEMISTRY
- HOLISTIC HUMAN ANATOMY
- APPENDIX OF MEDICAL TERMS
- GENERAL AILMENTS AND MEDICINAL PLANTS

REFERENCE BOOKS

- PIP WALLER-
HOLISTIC ANATOMY: AN
INTEGRATIVE GUIDE TO
THE HUMAN BODY
- DAVID R. GANG-
THE BIOLOGICAL
ACTIVITY OF
PHYTOCHEMICALS
- NINA THIERER-
MEDICAL TERMINOLOGY
- SARAH E. EDWARDS-
PHYTOPHARMACY: AN
EVIDENCE-BASED GUIDE
TO HERBAL MEDICINAL
PRODUCTS

SECOND UNIT

APPROXIMATELY
50 HOURS OF STUDY



PROGRAM

HOLISTIC NUTRITION

- FUNDAMENTAL ASPECTS OF HUMAN NUTRITION
- NUTRIENTS AND MICRONUTRIENTS
- NUTRACEUTICALS
- OLIGOTHERAPY
- NATUROPATHIC APPROACH IN NUTRITIONAL THERAPY
- PLANT-BASED DIET
- HUMAN HEALTH AND NUTRITION
- APPLIED NUTRITIONAL THERAPY (20 CASE STUDIES)

REFERENCE BOOKS

- MICHAEL J GIBNE-INTRODUCTION TO HUMAN NUTRITION
- STANFIELD & HUI-NUTRITION AND DIET THERAPY
- LESLEY BRAUN & MARC COHEN-HERBS AND NATURAL SUPPLEMENTS: AN EVIDENCE-BASED GUIDE
- RUSSELL MARZ-NATUROPATHIC DETOXIFICATION, FASTING, AND HYPOALLERGENIC DIETS
- FUSI ELISA-INDIVIDUAL REPORTS OF CASE STUDIES IN HERBAL MEDICINE PRACTICE

THIRD UNIT

APPROXIMATELY
40 HOURS OF STUDY



PROGRAM

NATUROTHERAPIES

- HOMEOPATHIC APPROACH
- HOMEOPATHIC REMEDIES
- ALCHEMY AND PLANT SPAGYRICS
- MEDICINAL VALUE OF FUNGI AND MYCOTHERAPY
- OVERVIEW OF COMMON COMPLEMENTARY THERAPIES

FOURTH UNIT

APPROXIMATELY
40 HOURS OF STUDY

REFERENCE BOOKS

- MEUNINCK JIM-
BASIC ILLUSTRATED
EDIBLE AND MEDICINAL
MUSHROOMS
- CHANG & MILES-
MUSHROOMS:
CULTIVATION,
NUTRITIONAL VALUE,
MEDICINAL EFFECT, AND
ENVIRONMENTAL
IMPACT
- MICHAEL CARLSTON-
CLASSICAL
HOMEOPATHY
- DAVID OWEN-
PRINCIPLES AND
PRACTICE OF
HOMEOPATHY: THE
THERAPEUTIC AND
HEALING PROCESS
- JOHN PHARAMUND
RHUMELIUS-
SPAGYRIC MEDICINE
- MANFRED M. JUNIUS-
THE PRACTICAL
HANDBOOK OF PLANT
ALCHEMY
- W. JOHN DIAMOND-
THE CLINICAL PRACTICE
OF COMPLEMENTARY,
ALTERNATIVE, AND
WESTERN MEDICINE



PROGRAM

CLASSIFICATION OF MEDICINAL PLANTS

- FIRST AID HERBALS
- ANTIMICROBIAL PLANTS
- DETOXIFYING PLANTS AND DIURETICS
- CARMINATIVE AND ALTERATIVE PLANTS
- ANTI-INFLAMMATORY PLANTS
- NERVINE PLANTS
- STIMULANTS AND SEDATIVES
- ADAPTOGENS AND IMMUNOMODULATORS
- HERBAL TONICS
- MEDICINAL PLANTS AND BODY SYSTEMS
- MATERIA MEDICA
- CONSIDERATIONS AND APPLICATIONS (20 CASE STUDIES)

REFERENCE BOOKS

- DAVID HOFFMANN-
MEDICAL HERBALISM
- BRIGITTE MARS-
NATURAL FIRST AID
- DONALD R. YANCE-
ADAPTOGENS IN
MEDICAL HERBALISM
- BENZIE AND GALOR-
HERBAL MEDICINE -
BIOMOLECULAR AND
CLINICAL ASPECTS
- FUSI ELISA-
INDIVIDUAL REPORTS
OF CASE STUDIES IN
HERBAL MEDICINE
PRACTICE

FIFTH UNIT

APPROXIMATELY
70 HOURS OF STUDY



PROGRAM

THE PRACTICE OF HOLISTIC MEDICINE

- HOLISTIC COUNSELING
- HEALTH PROMOTION
- PREVENTIVE MEDICINE
- GUIDELINES FOR THE COMPLEMENTARY MEDICINE PRACTICE
- OVERVIEW OF ANCIENT AND MODERN APPROACH IN HOLISTIC MEDICINE

REFERENCE BOOKS

- CLIVE DAVIS-
A PSYCHOTHERAPEUTIC
MODEL FOR TRAINING
HOLISTIC COUNSELLING
FOR BODY, MIND AND
SPIRIT
- GERALD COREY-
THEORY AND
PRACTICE OF
COUNSELING AND
PSYCHOTHERAPY
- K. PARK-
PREVENTIVE AND
SOCIAL MEDICINE
- MAJOR AND MICOZZI-
ENERGY MEDICINE EAST
AND WEST: A NATURAL
HISTORY OF QI

SIXTH UNIT
APPROXIMATELY
40 HOURS OF STUDY



PROGRAM

HERBAL MEDICINE RESEARCH AND APPLICATIONS

- MODERN ADVANCES AND RESEARCH
- APPENDIX OF COMMONLY USED MEDICINAL PLANTS IN TREATING MINOR AILMENTS
- PHYTOTHERAPEUTICAL GUIDEINES
- MEDICINAL PLANTS COMMONLY USED IN PREVENTION OF DISEASE

REFERENCE BOOKS

- THOMAS BARTRAM-BARTRAMS
ENCYCLOPEDIA OF
HERBAL MEDICINE
- BRAUN, COHEN-
HERBS AND NATURAL
SUPPLEMENTS: AN
EVIDENCE-BASED
GUIDES
- SARAH E. EDWARDS-
PHYTOPHARMACY: AN
EVIDENCE-BASED GUIDE
TO HERBAL MEDICINAL
PRODUCTS
- FRANCESCO
CAPASSO-
PHYTOTHERAPY

SEVENTH UNIT

APPROXIMATELY
60 HOURS OF STUDY



PROGRAM

INTRODUCTION TO INTEGRATIVE MEDICINE

- LABORATORY TESTS AND
DIAGNOSTICS
- HERB-DRUG INTERACTIONS
AND SAFETY GUIDELINES
- INTEGRATION OF
BIOMEDICINE AND
COMPLEMENTARY MEDICINE
- PRESENTATION OF 20 CASE
STUDIES

REFERENCE BOOKS

- BRAUN AND COHEN-
HERBS AND NATURAL
SUPPLEMENTS: AN
EVIDENCE-BASED GUIDE
- FRANCES FISCHBACH-
A MANUAL OF
DIAGNOSTIC AND
LABORATORY TESTS
- PATWARDHAN-
INTEGRATIVE
APPROACHES FOR
HEALTH
- DAVID REKEL-
INTEGRATIVE
MEDICINE
- FUSI ELISA-
INDIVIDUAL REPORTS
OF CASE STUDIES IN
HERBAL MEDICINE
PRACTICE

EIGHTH UNIT
APPROXIMATELY
70 HOURS OF STUDY



PROGRAM

PSYCHOSOMATIC MEDICINE

- HERBS AND PSYCHOSOMATIC DISORDERS
- THE ENTERIC NERVOUS SYSTEM
- THE MICROBIOME
- ALLERGIES AND INTOLERANCES
- EMOTIONAL ASPECTS OF DISEASES

REFERENCE BOOKS

- DIRK HALLER-
THE GUT
MICROBIOME IN
HEALTH AND DISEASE
- KURT ACKERMAN &
ANDREA DIMARTINI-
PSYCHOSOMATIC
MEDICINE
- GRASSI, RIBA, WISE-
PERSON CENTERED
APPROACH TO
RECOVERY IN MEDICINE
- LESLIE GRAMMER-
PATTERSON'S
ALLERGIC DISEASES
- DEAN D. METCALFE-
FOOD ALLERGY:
ADVERSE REACTION TO
FOODS AND FOOD
ADDITIVES

NINTH UNIT

APPROXIMATELY
60 HOURS OF STUDY



PROGRAM

PRACTICAL ASPECTS OF THE HERBALIST PRACTICE

- LEGISLATION
- RECOGNITION OF THE
COMPLEMENTARY MEDICINE
PROFESSIONS
- DISCUSSION ON FUTURE
PERSPECTIVES FOR THE
PROFESSION
- NATURAL MEDICINE IN
MODERN TIMES
- CONCLUSIONS

REFERENCE BOOKS

- FUSI ELISA-
REGULATORY
SITUATION OF
HERBAL MEDICINES
- ROSEMARY GLADSTAR
& PAMELA HIRSCH-
PLANTING THE
FUTURE:SAVING OUR
MEDICINAL HERBS
- SARAH CANT-
A NEW MEDICAL
PLURALISM:
COMPLEMENTARY
MEDICINE, DOCTORS,
PATIENTS AND THE
STATE
- SCAMBLER AND
HIGGS-
MODERNITY, MEDICINE,
AND HEALTH

TENTH UNIT

APPROXIMATELY
40 HOURS OF STUDY



PROGRAM

**THE TOTAL HOURS OF STUDY
ARE APPROXIMATELY 500**

MODALITY OF STUDY: DISTANCE LEARNING

**INDIVIDUAL ASSIGNMENTS ARE SUBMITTED AT THE END
OF EACH UNIT
FOR A TOTAL OF 10 ASSIGNMENTS**

**AS SOON AS THE ASSIGNMENTS HAVE BEEN MARKED AS
PASSED/COMPLETE A CERTIFICATE WILL
AUTOMATICALLY BE ISSUED BY THE CENTRE**

**FACULTATIVE FINAL DISSERTATION: APPROXIMATELY
100 HOURS OF COMMITMENT FOR AN ORIGINAL WORK
OF THESIS IN ONE OF THE SUBJECTS OF THE COURSE**

EDUCATION PROGRAM DIRECTOR: FUSI ELISA

ALQUIMIA CENTRE OF HEALING ARTS
